



Troop Tidings

April, 2016
Volume 13, Issue 4

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Troop 805
Danville, CA

Court of Honor

The next Court of Honor is coming!
Where: Sycamore Valley Elementary School

When: April 12th, at 6:30 pm

It's a potluck, and food assignments were sent out in email on April 9. Please check for what kind of dish to bring.



Ohlone Wilderness Backpacking

Experienced backpackers are invited to go on a very challenging 20-mile two-day backpack from Sunol Regional Park through the beautiful Ohlone Wilderness to Del Valle Regional Park. The outing will take place April 16-17. Day 1 will involve approximately 4,000 vertical feet of climbing over 10 miles, in about 7 hours of hiking. Day 2 is about as much descending over another 10 miles. This strenuous intermediate-level backpack is open to scouts with significant troop backpacking experience.

- Dates you need to know:
 - 3/22 [Permission slip](#) due at Troop Meeting
 - 3/22 Mandatory planning meeting at Troop meeting
 - 4/12 Mandatory pack check at Troop meeting

Details you need to know [here](#).

Sunol Beginner Backpacking



On April 16th-17th, we have a great backpacking trip through the green, wildflower covered hills of Sunol. We'll check out Alameda County's largest stream, Alameda Creek, and we'll pitch our backpacking tents at Stars Rest Campsite with views of Mission Peak. We'll also try different backpacking foods and water purification methods.

This trip is open to 2nd year scouts and above (Mutant Narwhales, Cobras and above), and is for first time backpackers and geared as an introductory backpack outing.

The scouts will have a backpack check on April 12th, which is the last troop meeting before the outing. If you cannot make that meeting, you may contact Mrs. Kim or Mr. Benveniste to make a special appointment for a backpack check. At the backpack check, we will make sure your backpack fits you properly, that you have everything you need, and that you don't have anything you don't need. We'll also divide the food and tent equipment.

There is a lot more information that you need to know about this fun outing [here](#). Check it out

This Month's Theme:

Backpacking

Outings

Scout Skills Weekend

When: April 1 - 3

Where: George Ranch Fremont

Adult in Charge: Mr. Chan

Ohlone Wilderness Backpacking

When: April 16 - 17

Where: Sunol-Ohlone-Del Valle

Adult in Charge: Mr. Gary

Sunol Beginner Backpacking

When: April 16 - 17

Where: Sunol Regional Park

Adults in Charge: Mrs. Kim, Mr. Benveniste

Kiwanis Service Project

When: April 16

Where: Crow Canyon Commons

Adult in Charge: Mr. Matsunaga

Meetings

April 5 – Spring Break: NO Troop Meeting

April 12 – Court of Honor

April 19 – Troop Meeting

April 26 – Troop Meeting

April 28 – Roundtable

April 14 – ASM Meeting

Kiwanis One Day Service Project



Our troop sponsors, the Kiwanis, are holding their annual "One Day" service project. One Day is a service day when Kiwanis clubs across the country do service projects. Our One Day project is to sponsor a booth at the Community Safety Saturday event in San Ramon on April 16.

This year's Kiwanis booth theme is bicycle safety. They will demonstrate using bicycles safely and possibly provide some free giveaways. Our troop's participation in this service project is being led by our Order of the Arrow scouts and is open to all scouts in the troop.

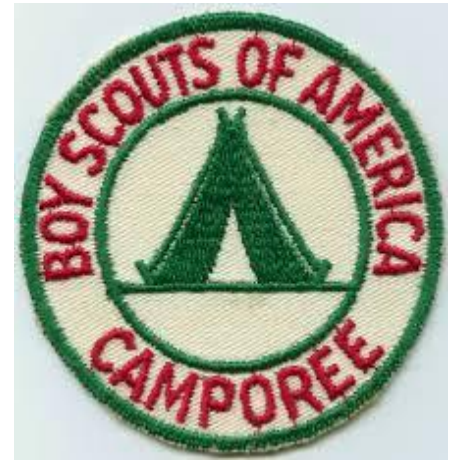
The [permission slip](#) and [details](#) are posted on the troop web site and has a submission deadline of Tuesday, April 12. Come out and enjoy a couple hours of service and then visit the rest of the booths at the event.

When: Saturday April 16, 2016, 9:00 am – 3:00 pm.

Where: Crow Canyon Commons
3130 Crow Canyon Pl, San Ramon

Attire: Class A Uniform

Camporee 2016!



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 Scout Camp, participating in friendly competition with other troops, playing games, shooting, archery, and participating in a friendly cooking competition. All troops in our area participate in Camporee!

Dates:

- 04/29 (Fri) 4 pm – Meet at Sycamore Park and Ride
- 05/01 (Sun) 12 pm – Drivers pick up Scouts at Los Mochos
- 05/01 (Sun) 1 to 2pm – Scouts arrive back at Sycamore Park and ride.

**Next Month's Theme:
Animals & Science**

Outings

Fages II Training Hike

When: May 7

Where: Pleasanton Ridge

Adult in Charge: Mr. K. Chan

Portola State Park

When: May 13 - 15

Where: Portola State Park

Adult in Charge: TBD

Art & Wind Festival

When: May 30

Where: San Ramon Central Park

Adults in Charge: TBD

Meetings

May 3 – PLC / BOR

May 10 – Troop Meeting

May 17 – Troop Meeting

May 24 – Troop Meeting

May 31 – PLC / BOR

May 26 – Roundtable

May 12 – ASM Meeting



Fages I I Training Hike

If you want to prepare yourself for high adventure outings like Fages II (on first Saturday of June), Northern Tier 2016, Philmont 2017, or working on hiking merit badge, this challenging 16 mile hike with 2200 ft elevation gain should be one of your practicing opportunities.

This trail offers a wonderful opportunity to increase stamina and conditioning, while offering some great scenery as a reward.



When: May 7, 2016, 7:30 am

Where: Pleasanton Ridge Foothill Road Staging Area

Attire: Class B wicking shirt, hiking pants, boots.

Bring: Water, lunch, sun protection.

[Permission Slip](#) due May 3rd.

More details [here](#).



Coming in June...

- Spelunking
- Fages II
- Wente
- ...and more!

Educational Series: New Boy Scout Handbook...April 2016

By Dr. Laubach, Adapted from Bryan on Scouting

Introducing the new 13th-edition Boy Scout Handbook



Boy Scouts don't read a Handbook cover to cover.

They flip to specific pages for reference, dog-ear their favorites and record their progress toward Scouting ranks in the back pages.

The new, 13th edition of the Boy Scout Handbook was designed with navigation in mind. It's the most user-friendly Handbook the BSA has ever released.

Each section — first aid, fitness, nature and more — has its own color, making it easy for Scouts to find the information they need in a flash. Once Scouts find the page they need, they're greeted with a fresh design.

Chapter-by-chapter improvements

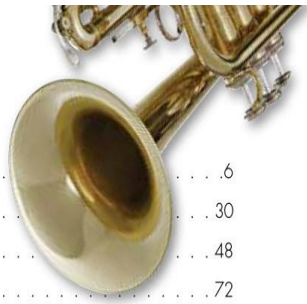
The 13th-edition Handbook features more than a visual revamp. Changes to the content support [new Boy Scout requirements for 2016](#), including those in the areas of camping, cooking, fitness, outdoor ethics, nature, first aid, citizenship, service, duty to God and STEM.

Sneak Peak

What's inside the Handbook? Here's a look at the table of contents:

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Transitioning to the new Handbook

Buying the 13th edition of the Handbook is not required for Scouts who already own the 12th edition. But with all these forward-thinking changes, every Scout is going to want the latest and greatest.

Educational Series: Backpacking...April 2016

By Dr. Laubach, Adapted from *wildbackpacker.com*

How to pack a backpacking backpack



When it comes to experiencing the outdoors, nothing beats backpacking. But carrying around all that gear on a trail isn't easy. While many backpackers just throw their gear into their packs with no organization the day before their trip, there is a method in packing it properly to improve their overall backpacking experience. Learning to organize your gear properly before loading your backpack will eliminate forgotten items and help you remove unnecessary luxuries. In addition, efficiently packing your backpack will give you more comfort, convenience and stability.

Backpack Capacity

Before loading the pack with your backpacking gear, be sure that you have the proper pack size to fit the gear you plan to bring. In short, you want to find the line between eliminated unnecessary weight and certain luxuries for comfort. Upgrading to new and lighter equipment will help keep weight and pack size down.

Also, keep in mind that shorter trips will require you to pack less gear while more gear, such as clothes and food, are needed for longer trips.

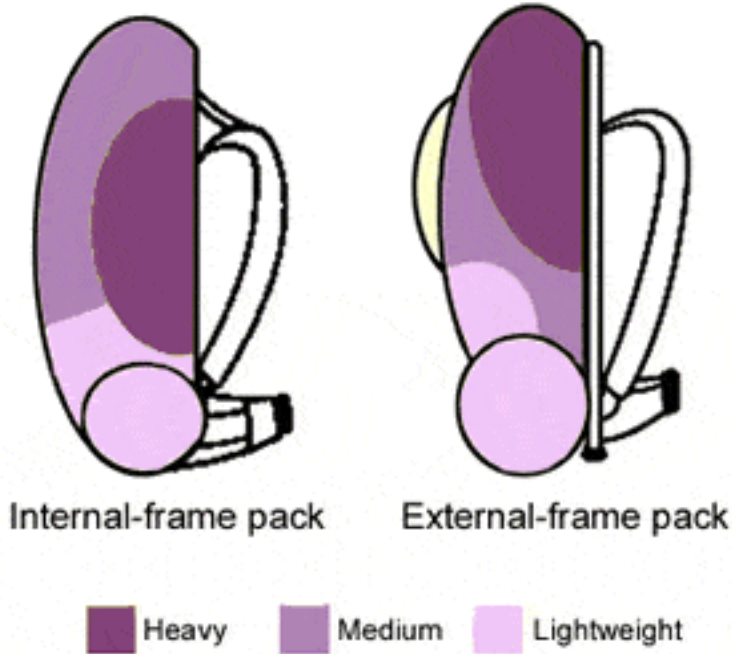
Backpack Weight Distribution

By distributing weight in a specific manner, you can achieve better comfort, convenience and stability. Instead of simply stuffing your backpacking gear inside your bag, follow these guidelines.

Internal backpacks have recently become the standard backpacking frame type. While trail hiking with an internal-frame pack, items with the most weight wants to be centered high between the shoulder blades and close to your back. By doing this, the weight is placed on the hips which should hold most of our backpacking pack's weight. When off the trail, items should be placed a bit lower on the back, lowering your center of gravity and stabilizing you better on rough terrain.

External backpacks are still used, although less common than internal frames. They are recommended for trail hiking only. The heaviest items should be packed on top and closest to the back to center the pack's weight over the hips and help you stay in a more upright stance.

Distributing Pack Weight



Backpacking Tip:

For maximum stability, load your backpack so the heaviest equipment is next to your back and centered in the pack. Medium-weight gear should be carried toward the top and outside portion of the pack and lightweight gear, like your sleeping bag, should be packed in the bottom.

Either frame type you choose, medium weight gear (water filter, first-aid kit, stove) should be placed in the middle and furthest from the back. Lightweight items (sleeping bag, clothing, odds and ends) should be placed lowest in the backpack.

Be careful to not overload your pack or body. A loaded backpack shouldn't exceed 25% – 30% of your ideal body weight. Although this is a general guideline, some experienced backpackers may be able to carry more weight. Beginner backpackers and less-fit persons should start with less weight.

Backpack Organization

In order to pack your backpack correctly, you may want to lay out all of your backpacking equipment to get it organized. This is a great way to make sure you have all your gear and organize it by weight. Another good idea is to cluster similar small items, such as eating utensils and pots, together in zip lock or stuff bags. You may want to even go further and color-code them as well. It is also a good idea to store food and liquid fuel in bags to prevent spills.

When loading your pack, be sure to follow the weight distribution guidelines given above. As lightweight items should be stuffed at the bottom of the backpack first, the sleeping bag usually goes in first along with other light nighttime supplies. After, pack medium-weight items, followed by heavy gear.

When packing your backpack, be sure to fill in all empty space with small or compressible items. For example, you can stuff a shirt inside a pot, put a roll of duct tape around your hiking poles, or remove your sleeping bag from its sack and stuff it around other gear. If you are using a bear canister, as more and more national parks and wilderness areas are requiring, be sure to fill it completely full with food and other scented items (be sure to pack this closest to your back).

Certain items like a GPS, insect repellent, snack food, rainwear, or a headlamp may need to be accessed at any time. Because of this, these essential things should be stored inside a front pocket, top lid, or in the top of the main compartment so they can be found with minimum searching.

After your bag is loaded and packed, tighten all compression straps to limit load-shifting while hiking.

Attaching Gear Externally



If you have packed your backpack properly and have the right pack size, you shouldn't need to attach much to the outside. However, sometimes it is necessary due to limited space or odd shaped items. Try to avoid doing this, however, because lashing gear to your pack could affect your balance and may also swing, rattle, or snag plants on the trail. To avoid stability issues, be sure to balance weight of items attached to your bag.

Trekking poles can be vertically attached on the outside of your backpack on either or both sides beneath compression straps and tucked inside the water bottle pockets on the bottom of pack if available. You may also choose to strap your tent poles to the outside as well.

Bulky items such as a tent, sleeping pad, or sleeping bag (although many packs come with a special sleeping bag compartment) could be attached on the top or

bottom of the pack horizontally. Just remember, if you plan to do on-trail hiking, keep items with the most weight higher. Some backpacks have straps near the top lid or underneath. You may want to store air-filled pads or sleeping bags inside a bag to avoid possible punctures.

If you backpack as a daisy chain on the front, you may also utilize this to hang gear from. Although it is intended for mountaineering equipment, you can improvise with rope or carabineers to hang items.

Backpacking Tip:



Organizing your gear in color-coded stuff sacks makes packing easier and helps you locate supplies quickly on the hiking trail.

Once you have your pack loaded, adjust the waist belt and shoulder straps so that most of the weight rides on your hips. Don't try to carry the pack with your muscles. Throughout the day, you can adjust the straps to shift the weight to ease any discomfort.

Educational Series: Backpacking...April 2016

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

Internal or External Frame?



Backpacking packs come in two types.

External frame packs are those with a framework on the outside. These old-school-style packs are the best choice if you'll be hiking mostly on groomed trails carrying lots of weight. They're especially good at transferring the load so you can hike in a more comfortable upright stance. They're also about half the cost of an internal frame pack, which has its support hidden inside like a skeleton.

Internal frame packs are usually more form-fitting, so they are better for guys who'll be hiking rugged trails that require freedom of movement and balance. Most internal frame packs have one huge compartment with a couple of zippered access points, whereas external frame packs usually have lots of smaller compartments that make organization easier. You can also easily attach extra gear – such as a sleeping bag or fishing rod – to the frame.

Which type of pack is better is really up to you and your needs.

Flag Ceremony for Art & Wind Festival – May 30th

By Dr. Laubach



Please join us in the Memorial Day Tribute flag ceremony at the San Ramon Art & Wind Festival on Monday, May 30. This will also help fulfill the second class rank requirement for an outdoor flag ceremony. Look for future details in the upcoming permission slip.

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TROOP 805 2015/2016 Outings Activities Calendar - Version 7

November (Team Building/Radioactive Gummy Bears)

- Webelos Open House (Tue:11/03)
Scout: **TBD** - Adult: **J. Marshall**
- Indoor Rock Climbing (Sat:11/7- Sun: 11/8)
Scout: **TBD** – Adult: **TBD**
- Scouting for Food (Sat: 11/14 – Distribute Flyers – Sat 11/21 – Food Pickup) – OA Adult: **S. Yu, E. Laubach**
- Mini Golf (Sun: 11/15)
Scout: **Brian L.** - Adult: **J. Garrahan**

December (Science and Academics/Mutant Narwhals)

- Exploratorium (Sat:12/12)
Scout: **Sam M.** – Adult: **B. Miyao, H. Wong**

January (Business/Yellow Jackets)

- Mt. Saint Helena Camping/Hike (RESCHEDULED)
Scout: **TBD** - Adult: **R. Chan**
- San Francisco Federal Reserve Tour (RESCHEDULED)
Scout: **TBD** – Adult: **S. Evans, S. Yu**

February (Winter Activities/Flaming Arrows)

- Snow Fun – Snow Shoe (Sat: 02/13 – Sun: 02/15)
Scout: **TBD** – Adult: **T. Huen**
- Intermediate Backpacking Training Hike/Camp Out (Sat 02/27 – Sun 02/28)
Scout: **TBD** – Adult: **T. Gary**

March (Shooting Sports/Yellow Jackets)

- Kiwanis Service – (Sat: 03/05– OA)
Adult: **N. Matsunaga**
- Shooting Sports Day (Sat: 03/05)
Scout: **TBD** – Adult: **M. Hudson**
- Mt. Saint Helena Camping/Hike (TBD)
Scout: **TBD** - Adult: **R. Chan**

April (Backpacking/Goodmen)

- Scout Skills (Fri: 04/01 – Sun: 04/03)
Scout: **TBD** – Adult: **R. Chan, D. Benveniste**
- School Service Project (Tue 04/05) – OA – Adult **J. Ghatta**
- Sunol Beginner Backpacking (Sat: 04/16 – Sun: 04/17)
Scout: **TBD** – Adult: **S. Kim, D. Benveniste**
- Intermediate Sunol to Del Valle Backpacking (Sat: 04/16 - Sun: 04/17)
Scout: **TBD** – Adult: **T. Gary**
- Meridian Camporee (Fri: 04/29 – Sun: 05/01)
Scout: **TBD** – Adult: **R. Chan**

May (Animal Science/Cobras)

- Fages II Training Hike (Sat: 05/07)
Scout: **TBD** – Adult: **K. Chan**
- Portola State Park – (UPDATED & RESCHEDULED)
Scout: **Jimmy B.** – Adult: **S. Evans, J. Garrahan**
- Monterey Bay Aquarium (CANCELLED)
Scout: **Jacob L.** – Adult: **C. Jasty, H. Wong**
- Art & Wind Festival – Flag Ceremony (Mon 05/30) – OA
Adult: **E. Laubach, Y. Yamada**
- Relay for Life (Sat 05/20 – Sun: 05/22) – OA Adult: **B, Miyao, A. Mo**

June (Climbing and Exploration/Dragons)

- Fages II (Sat 06/04) – OA – Adult: **K. Chan**
- Spelunking/Campout (Sat: 06/11 – Sun: 06/12)
Scout: **TBD** – Adult: **T. Huen**
- **Camp Wente Summer Camp (Sun 06/26 – Sat 07/02) (R. Chan)**

July (Aquatics/Huskies)

- July 4th Parade (Mon 07/04) – OA - Adult: **P. Alexander**
- Sea Kayaking (Fri 07/08 – Sun 07/10)
Scout: **TBD** – Adult: **TBD**
- **Northern Tier (Sat: 07/23 – Tue: 08/2)**
Scout: **TBD** – Adult: **T. Gary, S. Evans**
- Donner Fishing (Fri: 07/22 – Sun: 07/24)
Scout: **TBD** – Adult: **D. Benveniste, H. Wong, Y. Yamada**

August (Cardiovascular Fitness/Goodmen)

- Troop Olympics (Tue 08/02)
Scout: **TBD** – Adult: **R. Chan**
- Pt. Reyes (Fri: 8/12 – Sun 8/14)
Scout: **Nolan Y.** – Adult: **P. Alexander**

September (Citizenship/Wolverines)

- 9/11 Memorial Service (09/11) – OA – Adult: **E. Laubach**
- Fall Camp Out (Fri 09/16 – Sat: 09/17)
Scout: **TBD** – Adult: **A. Mo**
- Advance Camp – (Sat 09/24) – Adult: **E. Laubach**

October (Navigation/Wolverines)

- Camping and Orienteering “Scouting O” (Fri 10/14 – Sun 10/16)
Scout: **TBD** – Adult: **S. Kim**
- San Jose Tech Museum (Sat: 10/22)
Scout: **TBD** – Adult: **C. Jasty, Y. Yamada**

Rev. 1/22/16

