

TROOP 87

JANUARY 2014 NEWSLETTER

SCOUTMASTER'S MINUTE



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Hello All:

We welcome in 2014 with a lot of activity in Troop 87. We began with Merit Badge University and we are quickly planning for some cold weather camping at Klondike. In the upcoming meetings we will be covering camping and dressing in inclement and cold weather. The key things you need to be thinking about is layering your clothing for warmth starting with a wicking layer and then an insulating layer followed by a weather protective outer layer. As far as sleeping in the cold and snow you need to think about insulation of your body against moisture and cold. All these things are important to protect you against frostbite and hypothermia which are dangers of cold weather exposure. So, look forward to planning and enjoying the cold by staying warm and hydrated. Here are some good ideas to ponder regarding cold weather camping.



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Tips on Sleeping Warm in the Outdoors

Sleeping warm is one of the factors that can make or break a cold weather adventure. Remember the body cools down during sleep and the blood is drawn from the extremities (feet and hands) to the center or core of the body, so proper insulation must be provided to prevent heat loss.

To stay warm and get a good night's sleep on your next camping or backpacking trip, try some or all of the tips below:



1. Keep hydrated during the day and avoid drinking lots of fluids at night, so you won't have to go to the bathroom in the middle of the night.

2. If you must go, use a pee bottle, it's better than exposing yourself to the elements. Just make sure you label the bottle! Besides, holding it in requires your body to waste energy (calories) trying to heat up the water in your bladder to 98.6 degrees.
3. Eat a big dinner with lots of calories. Calories are a unit of heat, without them the furnace won't burn hot.
4. Keep a snack with you for the middle of the night, so if you do wake up cold you can replenish lost calories and warm back up again. (**Editor's note:** in [bear country](#), always keep foods safely stored in air tight containers - *away from tents* - to avoid attacks.)
5. Go to bed warm. Warm up by taking a brief hike around camp or doing some jumping jacks. If you wrap a frozen salmon in a sleeping bag, will it stay frozen? Yes, because your sleeping bag will insulate cold or heat, just like a Thermos.
6. Select a protected campsite out of the wind and off the valley floor and other low areas where cold air settles. A good rule is to be about 50 feet above the valley floor.
7. Fluff up your sleeping bag with vigor to gain maximum loft before you climb in.
8. Use a good insulating pad between you and the ground. Studies show that what you have under you is more important in keeping you warm than what's on top of you.
9. Wear a stocking hat to bed, you lose most of your body heat through your head.
10. Keep your nose and mouth outside your sleeping bag. Your breath contains a great deal of moisture that can cause dampness to collect in the bag as you sleep. To keep your face warm, wear a balaclava or wrap a scarf around your face.
11. Roll the moisture out of your bag each morning when you get up (roll from foot to head), then leave it open until it cools to air temperature. If weather permits, set it out to dry.
12. Use a layered sleeping system (i.e. sleeping bag, liner, half bag, bivy sack). A layered system helps to remove the frost buildup that naturally occurs when your body warmth meets the cold air (a concern if you're staying out multiple nights).
13. Avoid overheating at night and make sure you go to bed dry. Being too warm produces perspiration, so vent your bag if needed or take off your stocking hat.
14. Make sure your feet are as dry as possible before going to bed. This can be done by having a pair of dry sleeping socks or polarguard booties in your bag for sleeping only. Also, you can "dry" wash your feet with a good foot powder that contains aluminum chlorohydrate, which helps dry the skin and reduce perspiration.
15. Use a "sleeping suit", which is a clean and dry pair of long underwear stored in your sleeping bag.
16. Wear loose fitting clothing to bed so it doesn't restrict circulation.
17. Keep your sleeping gear clean. Dirt clogs air spaces in the material and reduces insulation value making it harder to stay warm.
18. If you have cold feet, sleep with your feet together in an elephant foot or half bag. It's a bag that uses the principle of the buddy system, where the feet share heat instead of being isolated, much like mittens are warmer than gloves. The bag slips over your feet and legs and then drawstrings pull it shut or you could just use a fleece jacket wrapped around the same area.
19. Fill a water bottle with hot water before you go to bed and then strategically place it at any cold spots in your sleeping bag. Just make sure it has a screw on lid like the Nalgene bottles. A variation of this is to use disposable heater packs or hand warmers, which costs a little extra

money. Or, in the old days they would take some heated rocks from around the campfire and place them in a wool sock (just make sure they're not too hot, so they don't burn you or your sock or melt your bag).

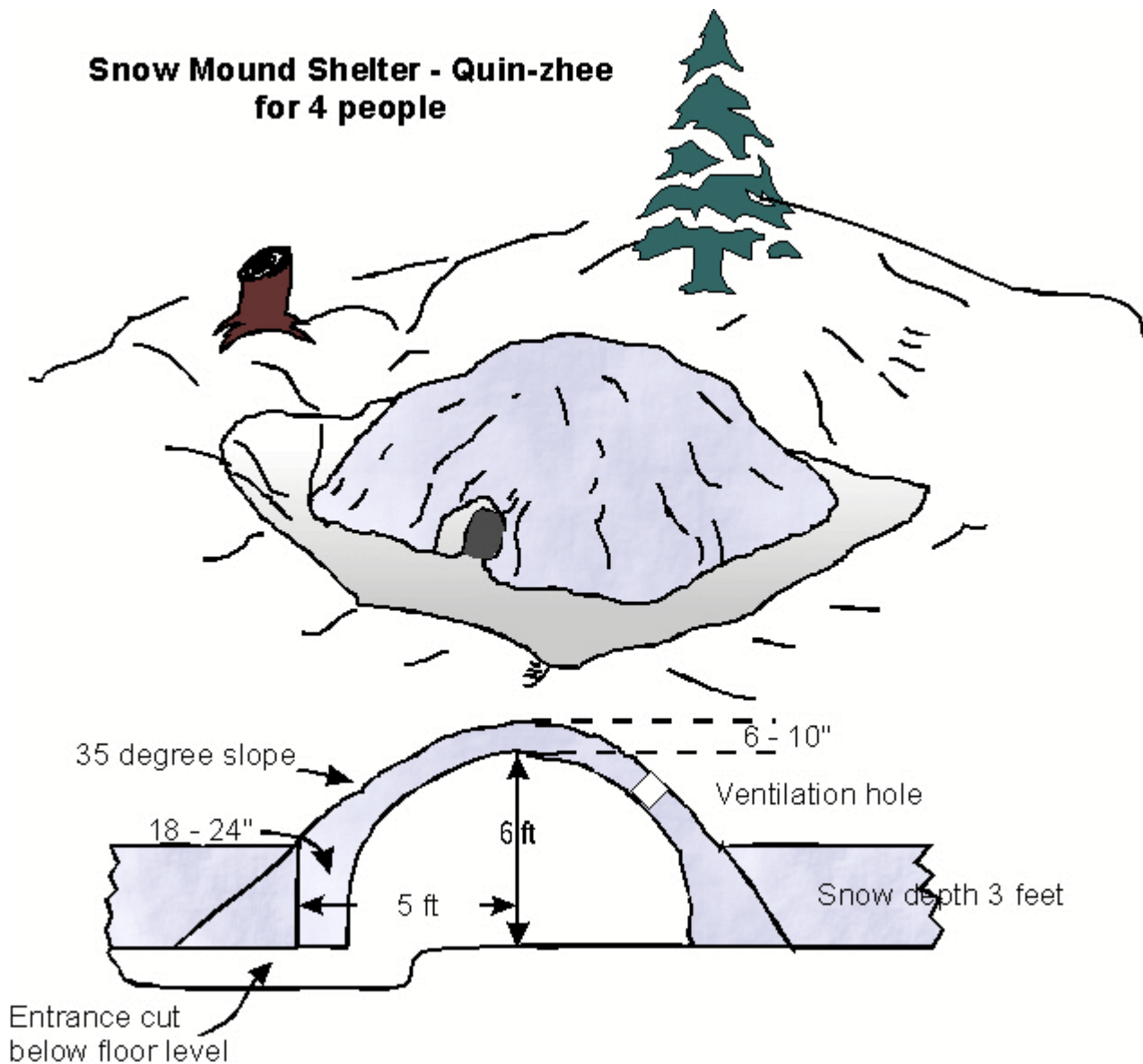
20. Finally the old stand by...to stay use the Buddy System in tents and shelters (share warmth with others).

Finally, when we are camping and in the outdoors we need to always practice the buddy system and looking out for your fellow scouts.

Happy Scouting

Scott Addington
Scoutmaster Troop 87

Snow Mound Shelter - Quin-zhee for 4 people



UPCOMING SCHEDULE

(Schedule changes are indicated in RED)

January 2014:

- 1/14/14 (Tuesday) Cold weather camping tips and preparations
- 1/21/14 (Tuesday) Camping Merit Badge
- 1/28/14 (Tuesday) Prep for Klondike
- 1/31-2/2 (Fri-Sun) Klondike Winter Camping in Gould, Colorado

February 2014:

- 2/4/14 (Tuesday) Troop 87 PLC Meeting
Laporte Pizza, 6:00 PM
All Patrol Leaders should attend
- Troop 87 Scout Meeting
Laporte Presbyterian Church, 7:00-8:30pm
Cleanup after Klondike
- 2/11/14 (Tuesday) Carpentry Merit Badge
- 2/18/14 (Tuesday) Prep for elections
- 2/22/14 (Sat) Building Bookcases
- 2/25/12 (Tuesday) Elections & Court of Honor

March 2014:

- 3/4/14 (Tuesday) Troop 87 PLC Meeting
Laporte Pizza, 6:00 PM
All Patrol Leaders should attend
- Troop 87 Scout Meeting
Laporte Presbyterian Church, 7:00-8:30pm
Committee Meeting – all parents encouraged to attend
City Council Meeting (for Citizenship in the Community MB)
- 3/11/14 (Tuesday) Finish Citizenship in the Community MB
- 3/18/14 (Tuesday) No meeting [Spring Break]
- 3/25/14 (Tuesday) Prep for camping trip
- 3/28-3/30 (Fri-Sun) Camping Trip (Pawnee or other)

April 2014:

- 4/1/14 (Tuesday) Troop 87 PLC Meeting
Laporte Pizza, 6:00 PM
All Patrol Leaders should attend
- Troop 87 Scout Meeting
Laporte Presbyterian Church, 7:00-8:30pm
Committee Meeting – all parents encouraged to attend
Cleanup after camping trip

4/8/14 (Tuesday) Rock climbing (Inner Strength Rock Gym)

4/15/14 (Tuesday) Ultimate Frisbee

4/22/14 (Tuesday)

4/29/14 (Tuesday) Prep for Spring Camporee

May 2014:

5/2-5/4 (Fri-Sun) Spring Camporee

5/6/14 (Tuesday) Troop 87 PLC Meeting
Laporte Pizza, 6:00 PM
All Patrol Leaders should attend

Troop 87 Scout Meeting
Laporte Presbyterian Church, 7:00-8:30pm
Committee Meeting – all parents encouraged to attend

5/13/14 (Tuesday)

5/20/14 (Tuesday)

5/27/14 (Tuesday)

June 2014:

6/3/14 (Tuesday) Troop 87 PLC Meeting
Laporte Pizza, 6:00 PM
All Patrol Leaders should attend

Troop 87 Scout Meeting
Laporte Presbyterian Church, 7:00-8:30pm
Committee Meeting – all parents encouraged to attend

6/10/14 (Tuesday)

6/17/14 (Tuesday)

6/22-6/28 (Sun-Sat) Summer Camp

6/24/14 (Tuesday) No meeting (summer camp)

July 2014:

7/1/14 (Tuesday) Troop 87 PLC Meeting
Laporte Pizza, 6:00 PM
All Patrol Leaders should attend

Troop 87 Scout Meeting
Laporte Presbyterian Church, 7:00-8:30pm
Committee Meeting – all parents encouraged to attend

7/8/14 (Tuesday)

7/15/14 (Tuesday)

7/22/14 (Tuesday)

7/29/14 (Tuesday)

Aug 2014:

8/5/14 (Tuesday)

Troop 87 PLC Meeting
Laporte Pizza, 6:00 PM
All Patrol Leaders should attend

Troop 87 Scout Meeting
Laporte Presbyterian Church, 7:00-8:30pm
Committee Meeting – all parents encouraged to attend

8/12/14 (Tuesday)

8/19/14 (Tuesday)

8/26/14 (Tuesday)

September 2014:

9/2/14 (Tuesday)

Troop 87 PLC Meeting
Laporte Pizza, 6:00 PM
All Patrol Leaders should attend

Troop 87 Scout Meeting
Laporte Presbyterian Church, 7:00-8:30pm
Committee Meeting – all parents encouraged to attend

9/9/14 (Tuesday)

9/16/14 (Tuesday)

9/23/14 (Tuesday)

9/30/14 (Tuesday)

October 2014: **Computer Merit Badge**

10/7/14 (Tuesday)

Troop 87 PLC Meeting
Laporte Pizza, 6:00 PM
All Patrol Leaders should attend

Troop 87 Scout Meeting
Laporte Presbyterian Church, 7:00-8:30pm
Committee Meeting – all parents encouraged to attend

10/14/14 (Tuesday)

10/21/14 (Tuesday)

10/28/14 (Tuesday)

Corn Maze

November 2014:

11/4/14 (Tuesday)

Troop 87 PLC Meeting
Laporte Pizza, 6:00 PM
All Patrol Leaders should attend

Troop 87 Scout Meeting

Laporte Presbyterian Church, 7:00-8:30pm
Committee Meeting – all parents encouraged to attend

11/11/14 (Tuesday)

11/18/14 (Tuesday)

11/25/14 (Tuesday)

11/29 (Sat) **Christmas Tree Cutting**

December 2014:

12/2/14 (Tuesday) Troop 87 PLC Meeting
Laporte Pizza, 6:00 PM
All Patrol Leaders should attend

Troop 87 Scout Meeting
Laporte Presbyterian Church, 7:00-8:30pm
Committee Meeting – all parents encouraged to attend

12/7 (Sat) **Christmas Tree Sales**

12/9/14 (Tuesday)

12/16/14 (Tuesday)

12/23/14 (Tuesday)

12/30/14 (Tuesday) **No meeting**

Troop Events 2014

May - Elks Memorial Day Events: Veterans Plaza, Flag Retirement Ceremony

Aug - Open Water Swim Fundraiser

Nov - Tree Cutting

Dec - Tree Sale

Fundraising Chairs

1. Popcorn – Cindy Tunney

2. Jax – Cindy Tunney

3. Elk's Lodge – Scott Addington

4. Fort Collins Nursery – Bev Addington and Lori Discoe

5. Christmas Trees – Cutting: Scott Addington; Sale: Bev Addington

6. Patrol Boxes – Scott Addington

TROOP COMMITTEE MEETING NOTES



Dawn Dorsch, Committee Chair
Home Phone: 484-5045
Email: dsdorsch@msn.com

Minutes by: Pat Knebel

Committee Meetings are held the first Tuesday of each month during the Scout meeting. All parents should strive to attend, as this is a great opportunity to participate in the Troop and keep abreast of Troop plans and activities. *Please join us for our next Committee Meeting.*

January 7, 2013

Attendees: Dawn D, Kim Y, Sean D, Lee R, Mark W, Cindy T, Matt C, Pat K, Chuck Y, Robert A, Tom N, Doug B.

Approve minutes from previous meeting: Chuck motioned and Sean seconded to approve as written.

Committee Reports:

A. Finance: Budget Review

Balances:

Entire account: \$5004.07

Troop account:

Scout accounts: \$2883.74

Expenses:

Upcoming:

Cooking Merit Badge discussion: There are a lot of requirements for cooking during campouts and hikes. Scouts approaching Eagle rank should be aware of the requirements since there may be many scouts who want to cook on campouts for rank advancement and/or for this Merit Badge. Here are a few bullets from Mr. Noon regarding the Merit Badge:

- As of 1 Jan 2014, Cooking MB is required for the Eagle Scout rank
- A Scout already working on Cooking MB using the old requirements can continue to use them until he has completed the MB no matter how long it takes
- During 2014 a Scout can choose to use either the old or new Cooking MB requirements. If a Scout chooses to use the old requirement, he can continue to use them until he completed the MB no matter how long it takes
- Starting 1 Jan 2015, a Scout starting to work on Cooking MB can only use the new requirements

FOS update: We met our FOS goal during the Christmas party. Troop 87 is getting a lot of buzz within the council because we hit (and exceeded) our goal before Christmas!

2015 High Adventure – Mark Wilson

\$605 per crew (6-8 participants, including 2 adults)

12 scouts = 2 crews = 4 adults (Mark, Matt, Chuck, Doug) (Sean is an alternate)

\$300 deposit per crew (\$50 per scout)

Decision was made for a 6-day trip

July 12-18, 2015 first choice

July 19-25, 2015 second choice

Other fees include airfare, shuttle service, maps, etc. Assume ~\$1050 per scout total.

Payment schedule: Mar 1, Jun 1, Sept 1, Dec 1, Mar 1

Matt and Mark will coordinate crews and flights

2014 summer camp fees will be due in April (amount tbd)

- Summer Camp 2014: Kim/ Scott A – June 22-28, 2014; Deposit made

B. Fundraising:

- King Soopers Card: update from Sean
 - \$750 put directly into scout accounts for Troop 87 (9 families)

Old Business:

- Eagle Scout Plaque: Dawn to confirm hanging location with the Church Session.
- Business Cards/Letterhead: Dawn and Logan to order via Vista Print
- Troop Equipment: Update from Sean/Chris K. about developing list and writing donation request letter
- Quartermaster, Cole Beyer/Josh B: Made requests for the committee's permission:
 - Explore the costs of creating a repair kit for the trailer. The repair kit would contain several items to repair tents and patrol boxes. All tents will be numbered so Scouts can report issues by tent. Robert motioned; Bev seconded; passed unanimously. Once final list and costs are determined, ask the Scoutmaster for final approval.
- Trailer Repair: Chuck report on repairs needed

Updates/Information:

- For Troop T-shirts see The Quartermaster; Troop Numeral "87" patches (\$2.00 each) see Dawn