



THE TROOP LOG



3rd Quarter 2016

The Official Newsletter of Troop 100

Volume 12 Issue 3

Calendar Items

07/06	7:00 PM	Scout Meeting
07/13	7:00 PM	Scout Meeting
07/13	7:15 PM	Scout Committee Meeting
07/20	7:00 PM	Scout Meeting
07/27	7:00 PM	Scout Meeting
07/30	10:00 AM	YM/YW Activity (Water Activities)
08/03	7:00 PM	Stake Court of Honor
08/10	7:00 PM	Scout Meeting
08/10	7:15 PM	Scout Committee Meeting
08/17	7:00 PM	Scout Meeting
08/24	7:00 PM	Scout Meeting
08/27	8:00 AM	YM/YW Activity (Beach Trip)
08/31	7:00 PM	Scout Meeting
09/07	7:00 PM	Stake Court of Honor
09/14	7:00 PM	Scout Meeting
09/14	7:15 PM	Scout Committee Meeting
09/21	7:00 PM	Scout Meeting
09/27	2:00 PM	YM/YW Activity (Temple Baptisms)
09/28		NO MEETING

Dates and Times are subject to change. Please check our website (<http://troop100.pbmddm.org>) for updated calendar information.

[F] - Troop Fundraising Activity

High Adventure Activity



On Monday, June 13, 2016, the troop left for its high adventure activity in the Eastern Sierras (near Mammoth).



Activities included camping, fishing and visiting various sites (including a museum). Participating in the adventure were eight scouts and four leaders.



Independence Day
07/04/2016



Summer
2016



Labor Day
09/05/2016

Contact Information

Paul Matthews, Scoutmaster	818/472-6379
Randy Kirk, Assistant Scoutmaster	818/256-0834
Dan Palumbo, Assistant Scoutmaster	818/675-6230
Tim Starr, Assistant Scoutmaster	818/207-9110
Michael Montague, Assistant Scoutmaster	818/338-0665
Jim Burton, Troop Committee	818/333-6190

Troop Website: <http://troop100.pbmddm.org>
Facebook Page: <https://www.facebook.com/Troop100Scouts>

Stake Court of Honor

The next Stake Court of Honor will be held on September 7, 2016 at 7pm at the North Hollywood Stake Center.

We encourage everyone to support our scouts and attend the Stake Court of Honor.



Previous Troop Activities

On Friday, May 6, 2016 the troop participated in the Sylmar Ward Fathers and Sons activity held at Castaic Lake.



On Friday evening there was a program commemorating the restoration of the Priesthood. On Saturday morning, after breakfast (cooked by the scouts), there were a few activities.

LAFD Paramedics Stress Hot Weather Safety

Wednesday, June 15, 2016

LAFD Spokesperson: Brian Humphrey



With the return of hot weather, the Los Angeles Fire Department suggests you take action now to:

- Minimize the risks of sun and hot weather.
- Prepare your household, pets and workplace.
- Get relief from and avoid the effects of heat.

Plan to wear loose, lightweight and light-colored clothing that covers as much of your skin as practical, and a well-ventilated hat with a wide brim - or carry an umbrella. Wear plenty of broad spectrum sunscreen (SPF 15 or higher) and stay indoors or in shade whenever possible. Consider cool compresses, misting, a brief tepid shower or bath among your options to beat the heat.

Adjust your attire and activities to limit sun exposure, heat and exertion!

Water is normally the best drink during hot weather, and you'll need more than you think. For some, electrolyte-replacing sport drinks may be an option. Make certain those at greatest risk, including children, infants and the elderly stay hydrated. If you or a family member have a medical condition or are under a doctor's care, consult with a physician.

Plan on eating and serving light, healthy meals. Avoid drinks with alcohol or caffeine, which make the heat's effect much worse. Steer clear of sugar-filled or excessively cold beverages, and only use salt tablets if directed by a doctor.

Key Rules: Drink plenty of water *before* you become thirsty and rest in the shade *before* you become tired!

Limit your exposure to direct sunlight between 10:00 AM and 4:00 PM, when the sun's rays are strongest. Reschedule outdoor work and strenuous activities until the coolest time of the day. If indoors, cover windows that receive morning or afternoon sun with drapes, shades or awnings.

If you feel ill, tell someone immediately. Symptoms of dehydration and heat illness may include dizziness, fatigue, faintness, nausea, muscle cramps, headache and vomiting.

Many heat emergencies occur to people exercising, working or staying alone. Use a buddy system and check on older adults, frail or at-risk neighbors at least twice a day. **If you suspect someone is experiencing a medical emergency from extreme heat exposure, call 9-1-1.**

If your home does not have air conditioning, visit a cool place during the hottest part of the day!

Schools, libraries, theaters, shopping malls and community facilities such as senior centers and parks can offer an air-conditioned refuge. With the onset of hot weather, designated cooling centers may be open in the County and City of Los Angeles. To determine their status and location, call 2-1-1.

Pets, horses, and livestock are also susceptible to hot weather. See that the special needs of your animals are met, including copious shade and plenty of cool water.

Never leave children, pets or dependent adults alone in a hot car!

Even with windows down, the temperature inside a parked vehicle can quickly rise to lethal levels.

Learn more about hot weather safety at:

<http://emergency.cdc.gov/disasters/extremeheat>



And Remember the scout motto:

