



# THE TROOP LOG



2nd Quarter 2017

The Official Newsletter of Troop 100

Volume 13 Issue 2

## Calendar Items

04/05	7:00 PM	Scout Meeting
04/11	7:00 PM	<b>Scout Committee Meeting</b>
04/12	7:15 PM	Scout Meeting
04/14	5:30 PM	Campout (Gould Mesa Trail Camp)
04/19	7:00 PM	Scout Meeting
04/26	6:30 PM	YM/YW Activity (Trampoline)
05/03	7:00 PM	Scout Meeting
05/09	7:00 PM	<b>Scout Committee Meeting</b>
05/10	7:15 PM	Scout Meeting
05/17	7:00 PM	Scout Meeting
05/19	3:00 PM	Campout (Father and Son's Outing)
05/24	6:30 PM	YM/YW Activity (Poor Man's Paintball)
05/31	7:00 PM	Scout Meeting
06/07	7:00 PM	Scout Meeting
06/12	6:00 AM	Summer Camp (Forest Lawn)
06/13	7:00 PM	<b>Scout Committee Meeting</b>
06/14		<b>NO MEETING</b>
06/21	7:00 PM	Scout Meeting
06/28	6:30 PM	YM/YW Activity (Physical Games)

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

## Troop Committee Meetings



Starting in **April**, the **Troop Committee Meeting** will be held on the second **Tuesday** of the month in the Ward Council room (located next to the Sylmar Ward Bishop's office).

The meeting night was changed because some of the leaders could not participate in the Troop Committee Meeting while trying to run the regular scout meeting on Wednesday nights.

The Boy Scout Troop Committee is responsible for conducting the business of the troop, setting policy, and helping the Scoutmaster and Scouts with the outdoor program and other planned activities. The committee also has the responsibility to provide adults for boards of review. The committee consists of parent volunteers who fulfill various roles on the committee.

**Thank you to all the parents and leaders that participate in the Troop Committee.**

## Previous Troop Activities



Easter Sunday  
04/16/2017



Memorial Day  
05/29/2017



Flag Day  
06/14/2017



Spaghetti Dinner

On Saturday, February 11, 2017, the troop held its annual Valentine's Day spaghetti dinner at the church building. This year we again had spaghetti and meat sauce, salad, roll and dessert.

The Kirk family prepared the food and the scout were the waiters for the dinner.

**We would like to thank the Kirk family for taking the lead on this activity; and all those that helped them.**

The troop also had its annual Valentine's Day fundraiser by selling Valentine bags. The bags were assembled the Wednesday prior to the Valentine's dinner and distributed at the dinner and the following Sunday.



**We would like to thank the Loni for taking the lead on this activity; and all those that helped her.**

## Contact Information

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Michael Montague, Assistant Scoutmaster	<b>818/338-0665</b>
Jim Burton, Troop Committee	<b>818/333-6190</b>

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

## Previous Troop Campouts

On Friday, February 24, 2017 the troop went to Switzer (ANF) for a campout. It was out intention to hike one and half miles into Commodore campground and spend the night; however, the trail was impassable and we spent the night about a quarter mile from the Switzer picnic area.



The next morning we found out from the ranger that the trail had been washed out from the previous week's rain storm.



### Campout Participants

**Scouts:** Ryan, Adam, Tommy, Michael and Logan

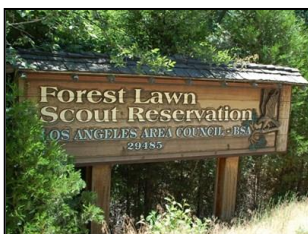
**Leaders:** Bro. Montague and Bro. Matthews

## Upcoming Troop Activities



Our next campout will be on Friday, March 14, 2017 to Gould Mesa Trail Campground. This will be a mile-and-a-quarter backpack into the campground. On Saturday morning we will identify native plants and animals in the area (using the sheets from our previous scout meeting).

On Friday, May 19, 2017, the troop will participate in the Sylmar Ward Father and Sons Outing at Castaic Lake at the Three Acres campground.



The second week of June (June 12 - 17) the troop will be at Forest Lawn Scout Reservation for its annual summer camp.

During the week the scouts will have the opportunity to work on Merit Badges and participate in many scout activities.

## The 10 Essentials

**By Karen Berger**

*Scouting Magazine, March-April 2004*

**Don't leave home for the outdoors without these basic items. They could save your life.**

**THE 10 ESSENTIALS** are items every outdoor adventurer should include in his or her pack. The original list was devised in the 1930's by The Mountaineers, a Seattle-based hiking, climbing, and conservation organization, whose members get out in some truly dreadful weather--including in the rainy North Cascades, along the Olympic Peninsula, and on such snow-covered peaks as Mount Rainier.

The Mountaineers' essentials list was designed to keep climbers safe in case of accident, injury, or misadventure. Over time, like any classic, the list has been used and altered, but the core remains the same. Seventy years later, the list is included in many outdoor guides, including the latest edition of the Boy Scout Fieldbook.

**Here's what you need--and why:**

### 1. POCKETKNIFE OR MULTIPURPOSE TOOL.



These enable you to cut strips of cloth into bandages, remove splinters, fix broken eyeglasses, and perform a host of repairs on malfunctioning gear--not to mention cut cheese and open cans.

### 2. FIRST-AID KIT.



Prepackaged first-aid kits for hikers are available at outfitters, but you can customize your kit with your favorite blister treatment and ointments for common outdoor ailments (a topical antihistamine, for example, to take care of itches and rashes). Double your effectiveness with knowledge: Take a 16-hour Wilderness First Aid Basics course from the American Red Cross.

### 3. EXTRA CLOTHING.



Above timberline, bring one more clothing layer than you think you'll need. Two rules: Avoid cotton (it dries slowly and keeps moisture close to your skin), and always carry a hat. A windproof, water-resistant fleece jacket can help you withstand ornery mountain

conditions. Plastic baggies or extra socks can help keep hands warm.

#### 4. FLASHLIGHT AND HEADLAMP AND EXTRA BATTERIES



Headlamps and flashlights allow you to find your way in the dark or signal for help. Headlamps are convenient for hands-free use.

#### 5. RAIN GEAR.



Remember that high mountains make their own weather, and storms can erupt suddenly and violently. Even in a temperate summer forest, a dousing rain can quickly chill you to the point of hypothermia. Rain gear protects against not only rain, but also wind, cold, and even insects.

#### 6. WATER BOTTLE.



Without enough water, your body's muscles and organs simply can't perform as well. You'll be susceptible to hypothermia and altitude sickness, not to mention the abject misery of raging thirst.

Always carry plenty of water and stop often to drink.

#### 7. MAP AND COMPASS.



A map not only tells where you are and how far you have to go, it can help you find campsites, water, and an emergency exit route in case of an accident. A compass helps you find your way through unfamiliar terrain--especially in bad weather where you can't see the landmarks. A GPS (global positioning system) can also help--but it is no substitute for knowing how to read a map.

#### 8. MATCHES AND FIRE STARTER.



The warmth of a fire and a hot drink can help prevent hypothermia. Also, a fire can be a signal for help if you get lost. Carry matches and a small amount of fire starter protected in zipper-locking bags. Dripping candle

wax on match tips helps waterproof them. Commercially available windproof and waterproof matches are also a good choice.

Fire starter is anything flammable, from pocket lint to filled-in journal pages. Pine needles and birch bark make especially good starter, even when wet.

#### 9. SUN PROTECTION AND SUNGLASSES.



Especially above timberline, when there is a skin-scorching combination of sun and snow, you'll need sunglasses to prevent snow blindness and sunscreen to prevent sunburn. Buy sunglasses that are ultraviolet ray (UV) resistant and have side flaps (ventilating holes that keep them from fogging).

Don't use sunscreen that's been sitting in your medicine cabinet for a season or more: It has probably lost at least some of the effectiveness of its sun-protection factor (SPF), a rating of how well and how long the sunscreen will keep you from getting sunburned. A light-colored hat with a wide brim is also an effective sun deterrent. In desert conditions, consider using a long-sleeved light shirt and lightweight loose-fitting long pants. Zipper-off legs give more versatility.

#### 10. TRAIL FOOD.



Nothing boosts energy and spirits as much as a quick trail snack. See the Outdoor Smarts column in Scouting's September 2003 issue for suggestions. You can make your own trail mix with nuts, raisins, banana chips, and chocolate bits. The combination of sugar, fats, and potassium tastes great and provides quick energy, long-lasting calories, and replacement electrolytes.

Always take a bit more food than you think you will need. A lot of things could keep you out longer than expected, like a lengthy detour, getting lost, an injury, or difficult terrain.

