



# THE TROOP LOG



4th Quarter 2017

The Official Newsletter of Troop 100

Volume 13 Issue 4

## Calendar Items

10/04	7:00 PM	Scout Meeting
10/11	7:00 PM	Scout Meeting
10/13	5:30 PM	Campout ( Mt. Pinos )
10/17	7:00 PM	<b>Scout Committee Meeting</b>
10/18	7:00 PM	Scout Meeting
10/25	6:40 PM	YM/YW Activity ( Ice Skating )
11/01	7:00 PM	Scout Meeting
11/07	7:00 PM	<b>Scout Committee Meeting</b>
11/08	7:00 PM	Scout Meeting
11/10	5:30 PM	Campout
11/15	7:00 PM	YM/YW Activity ( Food Bank )
11/22		<b>NO MEETING</b>
11/29	7:00 PM	Scout Meeting
12/06	7:00 PM	Stake Court of Honor
12/12	7:15 PM	<b>Scout Committee Meeting</b>
12/13	7:00 PM	Scout Meeting
12/20	7:00 PM	YM/YW Activity ( Caroling )
12/27		<b>NO MEETING</b>

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



Halloween  
10/31/2017



Thanksgiving  
11/24/2017



Christmas  
12/25/2017

## Contact Information

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

## Stake Court of Honor



A *Stake Court of Honor* was held on Wednesday, September 27, 2017 at 7:00 PM at the Stake Center with the following scouts receiving awards:

### Logan Breidert

Ranks: **2nd Class** and **1st Class**

Merit Badges: **Environmental Science** and **Swimming**

### Michael Kirk

Ranks: **Star**

Merit Badges: **Camping, Fish and Wildlife Management, Lifesaving, Personal Fitness** and **Shotgun Shooting**

### Thomas Kirk

Ranks: **Life**

Merit Badges: **Camping, Fish and Wildlife Management, Horsemanship** and **Personal Fitness**

### Adam Montague

Merit Badges: **First Aid, Pioneering** and **Shotgun Shooting**

### Ryan Montague

Ranks: **Scout**

Merit Badges: **Environmental Science, Mining in Society** and **Rifle Shooting**

### Brenton Okereke

Merit Badges: **Camping, Communications, Horsemanship, Lifesaving** and **Personal Management**

Assistance of parents is the key to success of any Boy Scout troop. The more a parent is involved, the more the Scout is likely to stay involved and advance in rank.

*Thank you* to all the parents for your support of the scouts in their efforts to work on rank advancements and Merit Badges.

**Congratulations to the scouts who received awards!**

## Upcoming Troop Activities

Our next campout will be Friday, October 13, 2017 to Mt. Pinos. We will hike 1/4 mile to the Chula Vista campground. The focus of this campout will be on the Cooking Merit Badge.

Additional activities will be planned for this quarter so please check the troop website for updates.

## Winter Hiking Tips

December 16, 2016 / Other / Winter Hike

*The weather outside is frightful, but the trails are so delightful... and since we're all geared up to go, let it snow, let it snow, let it snow...*

Hike through the winter months and enjoy crowd and bug-free trails, crisp fresh air to ward off the winter blahs... plus there's no need to "get back into hiking shape" when spring rolls around.

### Dress in Layers

This is really the key to being outside in cold weather; add and remove pieces as needed. Don't overlook packing a hat and gloves even in shoulder-seasons – they offer an easy way to control temperature.

Depending on the conditions, use these layers:

- **Bottom:** moisture-wicking breathable shirt or thermal layer
- **Mid:** insulating layer like a fleece jacket
- **Outer:** water/wind proof layer
- Hat and gloves
- Good socks; waterproof boots

Various layering items we use (not necessarily all at once!):

- Long-sleeved wicking tee
- Heavyweight TechWick 1/4 zip
- Under Armour long-sleeve and bottoms
- Fleece jacket
- Packable wind/rain shells
- Columbia Vertex jacket w/zip-out lining
- Gloves: Basic lightweight ones, and heavier winter hiking gloves for really cold weather.
- Mountain Hardwear Hat with ear flaps
- Peruvian hat (wool with ear flaps)
- Polar Buff headwear (configure into hat, neck gaiter, balaclava...)
- Hiking Socks – Smartwool, Darn Tough, Wright Socks
- Gaiters

**Resist the temptation to dress too warmly.** When you are shivering at the trailhead, you may think you need heavier stuff than you really do. You may be chilly for the first 15 minutes, but once you get moving you will warm up quickly. And if you

will be doing a lot of uphill, you will heat up more than level hiking.

If you heat up too much and start sweating, you can risk hypothermia. It can be tough to get the balance right but adjust your temp by adding/removing hat and gloves, and opening/closing pit zips or other clothing vents. With layers, you can remove a piece to cool down and dry out some, then put it back on.

Another way to mitigate sweating is to slow your speed, or at least taper your speed down as you approach a stopping point

**Tip for chilly starts:** If you tend to run cold and always find yourself shivering for the first 15 minutes of a hike... try jogging in place for a few seconds at the trail head, or do a couple of jumping jacks to kick start your body a bit. Yes, you'll look stupid. But you won't be cold.

### Traction Aids/Winter Gear

- YakTrax or MICROspikes can be helpful for traction in the snow
- Snowshoes can be used for deeper snowy conditions; Crampons may be better in very icy conditions.
- Gaiters can be worn around your lower leg and over your boot to keep deeper snow out and your pants from getting wet. Ones for snow are water repellant and usually go up above the calf. There are other lower models that are meant more for sandy/desert conditions.
- Trekking Poles add stability in slippery conditions. Even if you don't normally use them, you may want them for hiking in snow or ice. Very helpful with snowshoes.

### Other Winter Hiking Considerations

- Daylight hours are limited; know when sunset is. Start early and pack a headlamp in case you get caught out in darkness. A small, lightweight one can be had for around \$20 and is easier to hike with than a flashlight
- Know and watch for signs of hypothermia.
- Know the signs of frostbite so you can be aware if you or a friend are beginning to exhibit them.
- **Tip:** in under 20 degree weather try breathing in through your nose, out through your mouth to warm up the air before it gets into your system.

**Source:** <https://www.njhiking.com/winter-hiking-tips/>

