



Trails of Troop 48

Doing more before breakfast than most people do all day.

March 2010

White Horse District – SNJ Council

Troop 48 Hoagie Sale

By Ethan Zeigler

Another hoagie sale goes by for Troop 48. This year we set up in a quick and fast time. Other than the shortage of lettuce, we did a good job of estimating the supplies we needed. We also kept the hoagie line moving at a steady pace. But other than all that, what is Troop 48 without having the highlights being us doing things that are always a laugh and sometimes hilariously dumb? The first group to wash their hands ended up having to use the ladies room to get soap, or was it just a scout that wanted to check out the girl's bathroom? Then during the break waiting for lettuce, we had some scouts outside having a snowball fight without gloves and some not wearing jackets at all, but it was not even close to the snowball fight we had at Loins Lake last year. We had some fun with that ten foot pile of snow. Lastly, the lettuce shortage did not hurt us much because we only needed one more head. We did a good job cleaning up, we made some money and we had no complaints from customers.

UPCOMING EVENTS...

- March 4 to 6** Maryland Biking Trip
- March 27** Mammal Studies Merit Badge Day
- April 15 to 17** Pequea Creek Trip
- April 25 to 28** 50 Miler Backpacking Trip
- April 29 to May 1** Troop 48 Alumni Campout
- May 13 to 15** Whitewater Rafting Trip



Upcoming trips!

Pequea Creek Campground, Pequea, PA

Friday, April 15 thru Sunday April 17, 2010

Troop 48 returns to the site of one of our most legendary trips – the Pequea Gorge. We'll be camping out at Pequea Creek Campground (at the top of a mountain, seriously awesome), taking a hike along the Conestoga Trail, exploring Wind Cave (bring a flashlight and a bike helmet), taking in an amazing view from House Rock, and wading in Pequea Creek.

This is a trip not to be missed.

Cost: \$17

Please arrive at “the shed” at 6:00 PM, we plan to leave by 6:45 PM. Eat dinner before you come!

The permission slip for this trip can be found at the end of this newsletter!

50 Mile Spring Backpacking Trip

Monday, April 25 thru Thursday April 28, 2011

The Scouts drag Mike McCormick and Tom Ferrari out of their warm homes for a four day, three night 50 Mile Backpacking adventure on the Batona Trail in New Jersey's Pine Barrens. Along the way, Scouts will camp at Buttonwood, Lower Forge, and Brendan Byrne State Forest campgrounds, will complete ten hours will earn the coveted 50 Mile Foot/Afloat Patch.

Cost: ???

Please arrive at “the shed” at 6:00 AM, we plan to leave by 6:30 AM. Eat breakfast before you come!

The permission slip for this trip can be found at the end of this newsletter!

Wednesday, March 16, 2011

7 PM

**Informational Meetings about our super high-adventure trip to
THE GRAND TETONS for August 2012**

**All Scouts should bring a parent/guardian to the meeting.
Scouts must be 14 years old by July 1, 2012 to attend the trip.**

Dinner... Impossible?

A guide to eating well on camping trips

By Steven Hale

The past few months I have been getting asked questions like, “Why do you eat so well?” and, “How do you manage to buy all of this food?” The time to answer these questions has come. In this new line of articles, I would like to answer one of the most important questions. Food. What should I eat? What should I get with it? How should I prepare it? Relax. All will be answered.

Before I start off the series “*Dinner Impossible?*” I would like to start by saying this. Food is very important. Don’t think so? I dare you to go a weekend trip without eating. You will be hurting. In addition, this is a life skill that **everyone** should know. Gathering on a budget, keeping and storing, preparing, and cooking food is something you will use throughout your life. That being said, it is best you master it now. Now, where better to start the answers then with the first step? Planning the menu.

Let’s tackle this question big picture style. Breakfast Saturday morning is always a quick (yet filling) meal to prepare you for the days events Most of the trips the troop is doing something crazy during lunch so cooking time / options are limited. Dinner is always the highlight as far as food. Let’s start with the first meal of the day. Breakfast. You should plan something quick and easy to prepare will little to no clean up. I personally am a fan of “no-cook breakfasts”. Something as easy as muffins or a few bowls of cereal can be just the thing you need to start off the day. The downside to this is that the breakfasts are usually not hot meals and are moderately filling. To remedy this, you can always cook your breakfast. Some ideas for a nice **filling** breakfast include: French toast with syrup and a side (sausage or bacon is popular), breakfast burritos (a tortilla filled with eggs, sausage or bacon, cheese, and hot sauce if wanted), pancakes with a side. These ideas are all relatively quick and painless (if your chef is good at his job). The last note I have for breakfast is that the less you spend on it the more money you will have to spend on dinner which is usually the highlight of the food.

On to tackle the next meal, lunch. Lunch is usually something quick that can be carried easily and eaten in a short time. For that reason, I will limit this discussion to “traveling meals”. These meals usually consist of PB&J or deli sandwiches, or ramen. I only have a few pointers on deciding what to eat as far as lunch. There are:

1. If you make sandwiches of any sort, make them on bagels because they fill you up better
 2. If you are tired of the same-old same-old then try something new! Get some tuna and crackers with cheese wiz instead. It’s always a good travel meal
 3. If you don’t want to carry much, pack the lunch light. But if you are willing to lug gear around. You might be able to pull off an amazing hot lunch like grilled ham and cheese
 4. Freeze dried is an option however it is slightly costly and time consuming
- Again, if you can cut down on cost for lunch, the bigger dinner can be.

The time for the highlight of the food has come. The main course that is dinner has arrived. The more money you able to save the bigger and more impressive your supper can be.

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I can't stress that enough. The biggest thing to keep in mind is balance. I neglected it until now but it still applies to the other meals. It is important to try and balance food groups. Eat some fruits, some grains, some vegetables (yes, even though you are away from your parents you must eat your greens) and eat some dairy. Dinner should consist of a meat (steak, chicken, pork, turkey) a vegetable (corn, salad, broccoli, potatoes), and something else that goes well with the other two (beans is popular). Another important thing to keep in mind is who is going to eat with you. It would not be a good thing to feed Jewish scouts pork, or to feed a vegetarian any meat.

The biggest thing in this category is food allergies. Make sure you don't feed anyone something they are allergic to. There are ways around this. Plan a vegetarian main for anyone who is indeed vegetarian or bring a piece of chicken to keep kosher. One other thing to think about is the activity you did that day. Pasta is something great to fill you up and give you the starches you need to go to bed full and wake up the next day full of energy. That is all of the tips and pointers I really have for dinner.

One last note for planning is snacks and beverages. I'll take on the question of what you should be drinking. Water. You should always drink at least a cup or two of water with every meal. Snacks are up to you. Whatever money you have left can be spent on pretzels, popcorn, pie, or whatever else catches your eye.

Looking to the next article I will tackle step two. Buying the food. Just a quick look includes time management in the store, and a walkthrough of how I personally go shopping. Until next article... Happy shopping!

EASY TROOP 48 FUNDRAISER!

Wish you could do more to support Troop 48 but never seem to find the time? Well now you can *and* take care of your errands at the same time when you use Shop Rite gift certificates purchased through Troop 48! These gift certificates come in handy denominations of \$25 and \$50 and are sold by Deb Sperling during each troop meeting. With every card you purchase the troop makes money!

Antieam

By: Cameron Zeigler

The trip to Antieam was very fun. There were many things we did. One of the funniest parts was when the van got stuck on the hill. We had to load everything into Mikes car and bring it up the hill. In the morning after brackets we went to a museum. There they told us all about the battle. There also was a video there, and a gift shop. We got a magnet for the traitor of course. After that we waked around the Corn Field where part of the battle had token place. During the walk Nick found his sign in a pit. He carried with him the rest of the way. After the walk we got in the car and went around looking at the battle filed and signs. Before we went on our next walk we ate lunch. After lunch we climbed a giant tower to look caress the battle field. Next we went to the bridge Lee's men had to cross. The guy was not joking the bridge was very small. Wehiked around another part of the battlefield father the bridge. Then we went back to the cars and went back t the camping site.

PERMISSION SLIP – Pequea



When?: Friday, April 15 – Sunday, April 17, 2011.
Please meet at “the shed” at 6 PM, we will be aiming to leave by 6:30!

Where?: Pequea Creek Campground, Pequea, PA

Cost?: \$17 - Please make checks payable to “Troop 48”

Come prepared for hiking (water bottle, a backpack, and boots/sturdy shoes), caving (a bike helmet and a flashlight), and a ton of fun

Please eat dinner before you come Friday!

SCOUT: _____ has permission to attend the troop activity/trip and has permission to engage in all activities, except as noted below. I hereby give permission to the physician selected by the adult leader in charge to treat, hospitalize, and secure proper anesthesia and/or order injection or surgery for my son/ward.

RESTRICTIONS: _____

PARENT SIGNATURE: _____

If your son is required to take medication or has any other special needs, please list the details below:

I am paying by ___ cash ___ check ___ Scout account
Initials of Scout if paying by Scout account: _____

PERMISSION SLIP – Backpacking



When?: Monday, April 25 – Thursday, April 28, 2011.
Please meet at “the shed” at 6 AM on Monday!

Where?: Batona Trail, The Pine Barrens, NJ

Cost?: \$25 - Please make checks payable to “Troop 48”

50 miler, here we come.

Please eat breakfast before you come Monday!

SCOUT: _____ has permission to attend the troop activity/trip and has permission to engage in all activities, except as noted below. I hereby give permission to the physician selected by the adult leader in charge to treat, hospitalize, and secure proper anesthesia and/or order injection or surgery for my son/ward.

RESTRICTIONS: _____

PARENT SIGNATURE: _____

If your son is required to take medication or has any other special needs, please list the details below:

I am paying by ___ cash ___ check ___ Scout account

Initials of Scout if paying by Scout account: _____