



Trails of Troop 48

Doing more before breakfast than most people do all day.

January 2010 Happy New Year!!

White Horse District – SNJ Council

Preparing for Winter Camping

By Mike McCormick

The upcoming Klondike Derby (January 29-31) is a WINTER campout, as in, we will be spending most of the weekend outdoors, including sleeping in tents. Before you get worried, know that winter camping (especially at a Klondike Derby surrounded by other Boy Scout troops) can be just as much fun as Spring and Summer camping. In fact, it might even be MORE fun because a) all the ticks and mosquitoes are dead and b) there might be snow on the ground. Plus, on this trip, you get to race around with a sled all day. However, you must **BE PREPARED** for the cold weather.

Things that will make you a much happier Scout at the Klondike:

- **Wear a hat.** Preferably one that covers at least your head and your ears, such as the traditional winter hats that almost everyone has or the “Pete and Pete” hats with the ear flaps. Most heat escapes through your head, so this really makes a difference.
- **Wear gloves.** Not only do they keep your hands warm, they keep your hands padded when pulling the sled. Also, bring an extra pair in case the first pair gets wet.
- **Wear LONG UNDERWEAR or WINTER UNDERARMOUR.** One of these should be worn as a base layer as part of a general layering system. If you wear Under Armour, make sure it is meant for winter use, as the “summer” type will not help you much. If you don’t have either of these, buy the long underwear at Wal-Mart/Targer/K-Mart, it is much, much cheaper than Under Armour (which can run well over \$50 for one piece).

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UPCOMING EVENTS...

1/10/10	Jack Frost Ski Trip
1/29-1/31	WH District Klondike Derby
2/7/10	Super Bowl Sunday Hoagie Sale
2/19-2/21	Rodney Scout Reservation
3/26-3/28	Gettysburg
March	Rifle & Shotgun Day

For a complete listing of this year’s events, see page 4!!!

Thanksgiving With The Troops

On a Thanksgiving day, one hundred and eighty soldiers stationed at Fort Dix scurried aboard five buses and were taken “down town”. But that “down town” wasn’t really a “down town”, but a surprise turkey dinner for the soldiers. The men and women in the armed forces were greeted with cheers and shouts of joy from a crowd of supporters. As the men and women were greeted, some were happy and others were filled with tears of joy, especially some of the women.

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- Continued from pg 1
- **Make sure to LAYER.** Fleecees are always helpful when layering (as they are lightweight and warm), as are sweatshirts with hoods on them (especially if you managed to not have the drawstring pulled out). A winter coat may be worn on top, but should not be used by itself. When you layer, this gives you the option of removing and adding layers of clothing as the day gets warmer, or as you get overheated from running around during events. As for pants, do not wear anything cotton (such as jeans), it will soak up water and leave you cold. Army surplus pants are always a good alternative (some may be available down the shed, many are available at Raul's Army Navy Surplus on Rt 30 in Berlin).
- **Wear layers of WOOL socks (not cotton) over boots.** Wool stays warm, even when its wet. Boots are more water resistant than most sneakers. In this case, even a cheap pair of boots will keep your feet in better shape than a good pair of sneakers.
- **Eat.** Your body makes heat the same way that a fire does, by burning fuel. As a person (and not a fire), your fuel is food.
- **Do not go swimming in either the pool or the lake.** That one is pretty much meant for Dan S.

Tips for keeping WARM and COMFORTABLE while you SLEEP:

- **Bring a sleeping pad.** If you don't have one, let us know, we'll lend you one. When you are in your sleeping bag, the cold ground pulls far more heat out of you than the cold air. A pad acts as an extra layer of insulation between you and the ground.
- **Buy chemical handwarmers.** They are cheap and sold at Target/Wal-Mart/camping supply stores. One in your pocket during the day can be switched between your gloves to keep your hands warm, but one (or ever better, two or three) in your sleeping bag at night will help keep you toasty and warm.



- **Pack blankets and/or a sleeping bag liner.** A cheap fleece or down blanket (available at Target/Walmart/REI/LL Bean and other places) or a sleeping bag liner (available at camping goods stores like LL Bean and REI) can be placed in your sleeping bag, keeping you warmer at night. Throwing some old comforters or other blankets under your sleeping bag and on top of you acts the same way that layers do during the day. Cocoon yourself in.
- **Don't wear a lot of layers to bed.** Your sleeping bag is not a heater (even with hand warmers in it), it needs your body heat to warm it up. You should wear a fresh, dry t-shirt to bed with either lightweight shorts or one layer of lightweight long pants (gym pants or jogging pants) and count on the layers of blankets to keep you warm.

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- **Keep your face OUT of your sleeping bag.** Moisture from your breath will make you much colder in the long run. Wear a stocking hat or even a ski mask on your head to keep that part of your body warm. If you have the extra blankets, pull them over your head to make a pocket of warm air for your face.



- **Put articles for your base layer of clothing in your sleeping bag with you.** Your underwear, long underwear, and t-shirt for the next morning should be kept in your bag with you. This will make them much warmer in the morning than if they are sitting out all night. For those that wear contacts, keep the case in your bag with you so that they don't freeze your eyeballs when you go to put them in in the morning. Your eyes will thank you.
- **Finally, share a tent with other people.** A tent with two, three, or more people in it is always going to be warmer than a tent with just you in it. Consider using a separate tent for your gear so that you can fit more people in your tent.

There will be fires kept going at each station and in our campsite all day (and as much of the night as we can keep it going), extra blankets available, hot soup for lunch, and other ways to help everyone stay warm, but nothing will keep you as warm as coming prepared!

Thanksgiving with the troops - Continued from pg 1

Among the crowd was our little troop 48 out in full force sporting our class A uniforms. It was a wonderful day filled with people shouting and screaming. The parking lot at which the men and women walked off of the buses was electric. Overall supporting our troops was a perfect thing to do on a Thanksgiving day. And hey getting on CBS wasn't half bad either. You can watch the video by going to the troops newly redesigned home page.

By Nick Maurer

**Don't forget to
check out the
Troop website for
pictures, forms,
the troop
schedule, and
much more!
[www.troop48berlin
.org](http://www.troop48berlin.org)**

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!

Schedule for 2010

- January 29-31 - Klondike Derby
- February 7 - Super Bowl Sunday Hoagie Sale
- February 19-21- Rodney Scout Reservation, Northeast, MD
- March - Shotgun & Rifle Merit Badge Day
- March 26-28 – Gettysburg, PA
- April 16-18 – Bike Trip on the Valley Forge Rail Trail, Philadelphia to Valley Forge, PA
- May 21-23 – kayaking and swimming at Assateague Island National Seashore, MD
- June - Swim Day
- June/July – Advancement Camp
- July 26 – August 4 – BSA 100th Anniversary National Jamboree
- August 7-13 – Summer Trip to Acadia National Park in Maine

PARENTS: INTERESTED IN GETTING MORE INVOLVED IN SCOUTS?

Troop 48 is always looking for new parents to help handle the variety of adult roles that make Boy Scouting a positive experience for our children. Adult leadership in Troop 48 is on a volunteer basis, and offers ways to get involved even if you can only offer a small commitment.

*For more information contact:
-Michael Gallagher (Committee Chair)
mgalla48@gmail.com*

Attention Troop 48 salesmen: Scout Accounts are coming to Troop 48.

Earn money toward future scout activities like Troop 48's annual, exciting, summer adventure trip! Here's what you do. Participate in selling items in a Troop 48 fundraiser (for example, sell LOTS of Hoagies to family and friends for our January Super Bowl Hoagie Sale). A percentage of the money you personally raise, will be recorded under your name, and will subsequently be available for you to apply toward the cost of a future scout activity. You help the troop while helping yourself. The more you sell, the more you earn, and the more the troop earns. For example, let's say you sell 40 hoagies @ \$4.50 each, for a total revenue of \$180. Let's say the Troop Committee authorizes 25% of revenues to go toward scout accounts. This would mean you could earn \$45 toward the summer trip cost. The percentage allocated to scout accounts for each fundraising event, will vary, will be determined by the Troop Committee, and will be based on the profit expected from the fundraiser. Applying accumulated scout account funds toward a troop activity, will be as simple as indicating the amount on your permission slip when you turn in your money for a troop activity. You cannot withdraw money from a scout account.

You can only apply the balance toward scout activities in which you participate.

Good luck! Get out and sell!

Leave NO Trace

By: Steven Hale

What is “Leave No Trace”? Well, it’s what it sounds like. You shouldn’t leave any evidence that you were there. In other words, the people that camps, hikes, or goes sightseeing there after you shouldn’t be able to tell you were there. There is a little saying that everyone, not just scouts, should follow, “Take only pictures, leave only footprints.”

The first part of that saying “Take only pictures” means that we shouldn’t take anything with us. Let’s say that you were hiking in Philmont and you reach the top of a mountain. You pick up a rock, write the date, you name, and some other stuff on the rock and take it with you. You just took a piece of earth from the top. If everyone who was there took a rock, or even one per group, eventually there won’t be any rocks left. The people from there on will not be able to admire the beauty of the area, including the rocks on top of the mountain.

The last part of the phrase “leave only footprints” means we shouldn’t leave anything at all behind. If you go camping you wouldn’t just leave the trash behind. I recently went to the Grand Canyon over spring break. The sight was amazing! Unfortunately, there was trash all over the walkways. Why would you leave candy wrappers on the ground? Something that simple not only hurts the scenery for people after you, but it ruins the environment. Animals can eat the wrappers and other trash, and die.

As scouts I’d like to think know more than those people that leave trash around, or take things out of the environment. The sad thing is, we aren’t. In the past scouts haven’t lived up to this saying. There are nine Leave No Trace rules. Scouts should follow this as much as the oath and law. Below are the rules, and a short description. (Information taken from <http://www.usscouts.org/advance/LeaveNoTrace.asp>)

Plan Ahead and Prepare: Proper trip planning and preparation helps hikers and campers accomplish trip goals safely and enjoyably while minimizing damage to natural and cultural resources. Campers who plan ahead can avoid unexpected situations, and minimize their impact by complying with area regulations such as observing limitations on group size.

Camp and Travel on Durable Surfaces: Damage to land occurs when visitors trample vegetation or communities of organisms beyond recovery. The resulting barren areas develop into undesirable trails, campsites, and soil erosion.

Concentrate Activity: In high-use areas, campers should concentrate their activities where vegetation is already absent. Minimize resource damage by using existing trails and selecting designated or existing campsites.

Pack It In, Pack It Out: This simple yet effective saying motivates backcountry visitors to take their trash home with them. It makes sense to carry out of the backcountry the extra materials taken there by your group or others. Minimize the need to pack out food scraps by carefully planning meals. Accept the challenge of packing out everything you bring.

Sanitation: After straining food particles, properly dispose of dishwater by dispersing at least 200 feet (about 80 to 100 strides for a youth) from springs, streams, and lakes. Use biodegradable soap 200 feet or more from any water source.

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Leave What You Find: Allow others a sense of discovery: Leave rocks, plants, animals, archaeological artifacts, and other objects as you find them. It may be illegal to remove artifacts.

Minimize Site Alterations: Good campsites are found, not made. Avoid altering a site, digging trenches, or building structures.

Minimize Campfire Use: True Leave No Trace fires are small. Use dead and downed wood no larger than an adult's wrist. When possible, burn all wood to ash and remove all unburned trash and food from the fire ring. Respect Wildlife

Respect Wildlife: Quick movements and loud noises are stressful to animals.

- Observe wildlife from afar to avoid disturbing them.
- Give animals a wide berth, especially during breeding, nesting, and birthing seasons.
- Store food securely and keep garbage and food scraps away from animals so they will not acquire bad habits. Help keep wildlife wild.



Upcoming trip!

White Horse District Klondike Derby

Friday, January 29 – Sunday January 31

After deciding to run our own Klondike last year, we are heading back to Pine Hill Scout Reservation for the 3rd Annual White Horse District Klondike Derby! Our Beaver, Panther, and Eagle Patrols will put themselves up against the best that the rest of the district has to offer as they compete in a series of tests of Scout skills, pioneering, problem solving, and team work. While pulling all of their gear in a Scout-powered dog sled, each patrol will compete in events such as fire building, lashing, the infamous “make a box with a length of rope” event, first aid disaster scenarios, simulated ice rescue, and more! With any luck, we’ll even get some snow for this annual Yukon themed event.

While our own Scouts are competing, the adults of Troop 48 will be challenging the other troops of the district with an event of our own.

Troop 48 has had a lot of fun and a lot of success over the years in district Klondike Derbies, and with everyone pitching in and working together, we should have a lot more of the same this year. However, no matter what place the patrols finish in, the troop will have a large celebration bonfire on Saturday night to look forward to!

We will be meeting at the shed at 6 PM on Friday to load up the trailer and the sleds. Please eat dinner before you come!

If, for some reason, you cannot camp out the entire weekend, please make it out on Saturday for the events (they usually start at 8 AM and run until around 4 PM). Your patrol and your patrol members are depending on **YOU** to be there to help them compete, and none of the patrols have many members to spare this year. If you are in a position of leadership, you are expected to be there a minimum of Friday night to make sure that your patrol sled is ready to go and Saturday morning and afternoon to lead your patrol.

Cost: \$20 and a can of Chicken Noodle soup (each patrol is expected to have one can of soup per member as part of their gear)

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

PERMISSION SLIP – Klondike Derby



When?: Friday, January 29 – Sunday, January 31 - Arrive at “the shed” at 6 PM (planned departure – 6:45 PM).

Where?: Pine Hill Scout Reservation, 12 Watsontown-New Freedom Rd, Berlin, NJ

Cost?: \$20 and a can of chicken noodle soup.
Please make checks payable to “Troop 48”

Our three patrols will compete against other patrols from across the White Horse District in a series of challenges testing their Scout skills, problem solving, and teamwork.

Please eat dinner before you come!

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 Intials: ____