

Everyone On The Tripod Race

During a "normal" troop meeting, after skills instruction and patrol meetings, it's time for an interpatrol activity. December's first troop meeting featured a race to build a tripod. The object was for each patrol to build their's as quickly as possible, and then have all their Scouts get on.



Members of the Panther Patrol and Wolverine Patrol race to get their tripod standing and lashed together.



Using 20' manila lashing ropes to tie Japanese Mark II Square Lashings, members of the Raccoon Patrol demonstrate excellent teamwork while lashing on their supporting cross bars.



Though, their cross bars were slanting and crooked, members of the Scorpion Patrol were still the first to have all their members climb aboard their completed tripod. Fast work, guys!

Other Troop News

Monday Night Troop Meetings resume on January 4th. Gathering Period starts at 6:15 p.m. Don't be late, and don't forget your Class A Uniform, pants and shirt!

On December 12, Tripp Collins, Josh McDaid, and Greg Spatholt's soccer team won the State Championship.

There will be a Board of Review for the following Scouts on Monday, January 11th: James Bumgardner, Theodore Fontana—Tenderfoot; Josh McDaid, Greg Spatholt—Second Class; Tripp Collins, Jason Hardee, Will Hall—Star; Timothy Green—Life.

Philmont Schedule of Aerobic Training and Exercise

JANUARY

- Walk indoors or outdoors for 30 minutes three times a week.

FEBRUARY

- Gradually increase the speed and length of your walks. Mix in some periods of running.

MARCH

- Walk, run, swim, or cycle three to five times a week for at least 30 minutes per session. At least one session should take you up and down some hills (or walk up and down the stairs in your house).
- Buy a pair of quality hiking boots and start walking in them several times a week. Wearing heavy woolen socks with polypropylene liner socks, walk in them for one or two miles at least once a week.

APRIL

- Walk, run, swim, or cycle (or some other aerobic exercise) at 75% of your maximum heartbeats-per-minute, four or five times a week for at least 30 minutes per session. Make sure you are practicing hill walking (get on those stairs).
- Wearing heavy woolen socks with polypropylene liner socks, walk in your boots for one or two miles at least once a week, carrying a twenty-five pound backpack.
- Take at least one five-mile hike and one ten-mile shakedown hike, with loaded backpack.

MAY

- Walk, run, swim, or cycle (or some other aerobic exercise) at 75% of your maximum heartbeats-per-minute, four or five times a week for at least 30 minutes per session. Hills, hills, hills.
- Wearing heavy woolen socks with polypropylene liner socks, walk in your boots for one or two miles at least once a week, carrying a twenty-five pound backpack.
- With your Philmont Crew, go on a shakedown 3-day overnigher of 15 miles with a 30-40 pound pack.

JUNE-JULY

- Walk, run, swim, or cycle (or some other aerobic exercise) at 75% of your maximum heartbeats-per-minute, five times a week for 30-60 minutes per session. Hills!!! (With fully-loaded pack.)
- Keep walking in your boots. One week before departing, walk in your boots for one or two miles every day.

A Scout is *physically strong*, mentally awake, and morally straight. You don't have to be going to Philmont to begin a regular schedule of exercise.

"Narc News"

(From Mrs. Bezmen, Advancement Chairperson)

Happy New Year! With the Court of Honor right around the corner, January is going to be very busy with advancement. Skills instruction will focus on earning Tenderfoot through First Class badges of rank as well as some of the Eagle-required merit badges.

Linda Britzke joins us, starting on January 4, as our new "Citizenship in the Community" counselor.

If you are unsure of what you need to complete your next rank, please check the boards or ask me.

Troop 888 Information Line: 272-3498