



Troop 849

Manhattan Beach, CA
Boy Scouts of America

NEWSLETTER MARCH-APRIL 2021

By Aaron Sung

UPCOMING EVENTS:

March 9th: Breakfast For Dinner Cooking Competition

**March 16th: Ten Essential Presentation and Kahoot
(Nathan)**

March 23rd: Ready Set-Hike (Quiz on who is ready to hike)

March 27th: MASH Hike

March 30th: Advancement

April 5th: PLC

April 6th No meeting (spring break April 2nd to April 9th)

April 13th : Elections

April 20th : Virtual Court of Honor - Zoom
Date: Apr 20, 2021 7:30 PM

other events:

Cabrillo scout camp advancement Merit badge day Mar
27th, 28th (see Cabrillo website for details)

Hiking events:

1 Mash hike date: March 27th

2 Sycamore day hike: TBD

HERE ARE SOME PICTURES OF PRIOR HIKES:

Photos of the Hollywood sign hike





HIKING MERIT BADGE:

Requirements:

1. Do the following:
 - (a) Explain to your counselor the most likely hazards you may encounter while hiking, and what you should do to anticipate, help prevent, mitigate and respond to these hazards.
 - (b) Show that you know first aid for injuries or illnesses that could occur while hiking, including hypothermia, frostbite, dehydration, heat exhaustion, heat stroke, sunburn, hyperventilation, altitude sickness, sprained ankle, blisters, insect stings, tick bites, snakebite.
2. Explain and, where possible, show the points of good hiking practices including proper outdoor ethics, hiking safety in the daytime and at night, courtesy to others, choice of footwear, and proper care of feet and footwear.
3. Explain how hiking is an aerobic activity. Develop a plan for conditioning yourself for 10-mile hikes and describe how you will increase your fitness for longer hikes.
4. Take the five following hikes, each on a different day, and each of continuous miles. The hikes MUST be taken in the following order:

One (1) 5-mile hike
Three (3) 10-mile hikes
One (1) 15-mile hike

You may stop for as many short rest periods as needed, as well as one meal, during each hike, but not for an extended period (example: overnight). Prepare a written hike plan before each hike and share it with your Scoutmaster or their designee. Include map routes, a clothing and equipment list, and a list of items for a trail lunch. *

* The required hikes for this badge may be used in fulfilling hiking requirements for rank advancement. However, hikes cannot be used to fulfill requirements of other merit badges.

- (a) 5-mile hike
 - (b) 10-mile hike #1
 - (c) 10-mile hike #2
 - (d) 10-mile hike #3
 - (e) 15-mile hike
5. Take a hike of 20 continuous miles in one day following a hike plan you have prepared. You may stop for as many short rest periods as needed, as well as one meal, but **not** for an extended period (example: overnight). *

6. **After each of the hikes (or during each hike if on one continuous "trek") in requirements 4 and 5, write a short reflection of your experience. Give dates and descriptions of routes covered, the weather, and interesting things you saw. It may include something you learned about yourself, about the outdoors, or about others you were hiking with. Share this report with your merit badge counselor.**

Troop 849 Hiking Merit Badge Counselors: Dave Rolandeli, Rick Reeley, Cedric Tuck-Sherman, Al Franz, Lance Siegel.

Merit Badge Outlines

Below are listed Outlines for other merit badges good to complete during shutdown

Family Life Outline:

- 1) Print Out the workbook - <http://usscouts.org/mb/worksheets/Family-Life.pdf>
- 2) Read through the workbook – work on criteria 1 and 2 with your Family
- 3) Setup a Google Sheet to prepare a list of regular home duties – do them for 90 days (5 chores)
- 4) Decide with your Family AND your Counselor on a project that you can do around your home that will benefit your family. Submit a report to your counselor
- 5) Work on a project in which your Family Can participate
- 6) Hold a Family Meeting (see details in workbook)
- 7) Discuss with your Counselor on what it means to be an effective Parent.

Troop 849 Counselors: Tim Lilligren, Rick Reeley, Jim Pidd

Personal Fitness Outline:

- 1) Print out the workbook: <http://www.usscouts.org/mb/worksheets/Personal-Fitness.pdf>
- 2) Requirement 1 will involve a physical by a doctor and having them fill out a BSA Medical form. Unfortunately, this one will have to wait during our current stay at home order (unless you had one prior to this current situation). You also need to have a dental exam.
- 3) Fill out the worksheet for requirement 2, 3, 4, & 5
- 4) Setup a google sheet or use the one provided in the worksheet to:
 - a. Setup initial Aerobic, Flexibility, and Strength Tests
 - b. Keep track of what you eat and drink – identify healthy goals
- 5) Outline a comprehensive 12-week physical fitness program.
 - a. Check in every 4 weeks and record results
 - b. Record results after 12 weeks.
- 6) Submit final worksheet and results to your counselor

Troop 849 Physical Fitness Counselors: Alan Franz, Dave Rolandelli, Lance Siegel, Jim Pidd

Personal Management Outline:

- 1) Print out the workbook: <http://usscouts.org/mb/worksheets/Personal-Management.pdf>
- 2) Work with your family for requirement 1 (for a family purchase)
- 3) Prepare a budget for 13 weeks – use google sheets or the workbook
- 4) Track actual expenses for 13 weeks
- 5) Research and document topics for requirements:
 - a. Req 3 – how emotion plays an effect on spending
 - b. Req 4 – topics on saving, investing, risk, etc.
 - c. Req 5 – Investment options (stocks, mutual funds, etc.)
 - d. Req 6 – Insurance
 - e. Req 7 – what are loans / interest / types of loans / credit cards
 - f. Req 8 – Time Management
 - g. Req 9 - Project Management
 - h. Req 10 – careers and planning for them

Troop 849 Personal Management Counselors: Alan Franz, Jim Pidd, Rick Reeley

A FRIENDLY REMINDER ABOUT Covid-19

To flatten the curve of the coronavirus outbreak, here are a few directions to follow to ensure your family and your own safety

1. WASH YOUR HANDS THOROUGHLY
2. WASH ANY BEDSHEETS, PILLOW COVERS, AND CLOTHES
3. WEAR PROTECTIVE FACE MASKS WHEN GOING OUTSIDE
4. DO NOT VISIT ANY FRIENDS OR FAMILY UNLESS NECESSARY
5. TRY TO STAY ACTIVE
6. STAY HOPEFUL

Covid-19's shutdown has left some emotionally affected, if you are feeling anxious and/or helpless, it is important to make sure to talk to your family or to call

1-800-273-8255 for emotional support.

COLIN'S CORNER

Hikes for hiking merit badge see separate emails for maps.

5-Mile Hikes

- March 27th- 8:00 am- 6-mile Hike

Mash Show Site Loop

*see back for map and instructions.

Check out where the hit TV Show M*A*S*H was filmed back in the 1970's.

- Manhattan Beach perimeter hike

- 5-mile Hike

Griffith Park Observatory Loop

10 Mile Hike

- Nike Missile Hike
- Hollywood Sign Hike- Hike #5

15 Mile Hike

- El Porto Manhattan Beach to Palos Verdes estates- Hike #9

- 15-mile Hike

Griffith Park POI Loop

20-mile Hike

- Manhattan Beach to Venice Beach

- 20 Mile Hike

Palos Verdes to Ocean Trail Preserve

FOR ALL HIKES:

Hike participation requirements

- Bring your *Ten Essentials*
- Water
- Food
- First aid kit
- Compass, maps, Etc.
- ***WEAR A MASK***
- Practice *S social Distancing*
- Appropriate Clothing
- Record your adventure
- Feel free to stop by at any significant locations