



# Troop 849

Manhattan Beach, CA  
Boy Scouts of America

## NEWSLETTER NOVEMBER-DECEMBER 2020

By Aaron Sung

### UPCOMING EVENTS:

### VIRTUAL LAW MERIT BADGE:

Calendar: Troop 849 B

Event: [Virtual Law Merit Badge Day](#)

Where: Online

When: Nov 14, 2020 9am-4pm (UTC-08:00) Pacific Time

Law Merit Badge Day is a unique experience that allows Scouts interested in legal careers to complete the requirements for Scouting's Law Merit Badge. It will provide Scouts with an understanding of criminal law, civil law, legal history and the opportunity to participate in a mock trial.

The Legal Eagles are a group of legal professionals who support the efforts of the Greater Los Angeles Area Council, BSA to provide young people with a better understanding of the law in their lives and as a career.

Register: <https://www.glaacbsa.org/VirtualLawDay>

Saturday, November 14, 2020 at 9:30am - 4:00pm

Via Video Conference Platform (details to follow)

Cost is \$5 per participant and they must be 14 years or older.

### 5 MILE HIKES: for hiking merit badge

ALL HIKES DUE TO SOCIAL DISTANCEING MUST BE DONE WITH FAMILY!!!

**Nov.21<sup>st</sup>, Manhattan Beach Perimeter: 8:00-9:00 am.**

# **Nov.28<sup>TH</sup>, Manhattan Beach Pier to Redondo Beach Pier: 8:00-9:00 am.**

## **HIKING MERIT BADGE:**

We are going to start working on hiking merit badge (an Eagle 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.

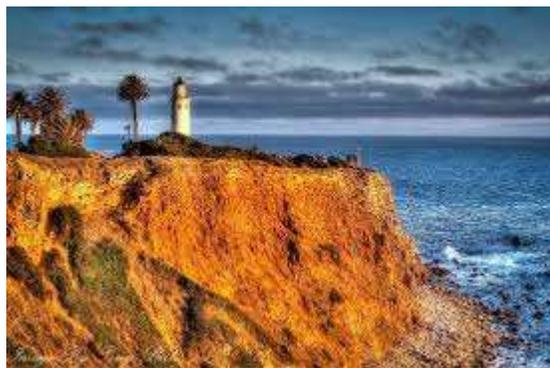
- (a) 5-mile hike
- (b) 10-mile hike #1
- (c) 10-mile hike #2

(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.



## MAP OF SOUTH BAY LINK:

[https://www.google.com/maps/place/South+Bay,+CA/@33.8730352,-](https://www.google.com/maps/place/South+Bay,+CA/@33.8730352,-118.4605941,12z/data=!3m1!4b1!4m5!3m4!1s0x80c2b1464aac89ff:0xc6a87f83edc0f3c2!8m2!3d33.8798386!4d-118.3812562)

[118.4605941,12z/data=!3m1!4b1!4m5!3m4!1s0x80c2b1464aac89ff:0xc6a87f83edc0f3c2!8m2!3d33.8798386!4d-118.3812562](https://www.google.com/maps/place/South+Bay,+CA/@33.8730352,-118.4605941,12z/data=!3m1!4b1!4m5!3m4!1s0x80c2b1464aac89ff:0xc6a87f83edc0f3c2!8m2!3d33.8798386!4d-118.3812562)

## 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 work book)
- 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 final 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, mutal 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.

## **FUTURE CALENDAR :**

A Message from Colin Sung: Activity Planner

Here are some activities that I am planning for the next six months. Time and Dates to be determined.

### DECEMBER 2020:

- 5 mile hikes: Bush canyon to Hollywood sign  
MB down town to El Segundo, Down town (round trip)
- 10 mile hikes: Manhattan Beach to Playa Del Rey (round trip)  
Ice house Canyon to Ontario peak (ice/snow day hike)
- Pier fishing

### JANUARY 2021:

- Rocket Hike – Saturday (build rockets prior and have launching with social distance)
- 10 mile hikes: Manhattan Beach to Palos Verdes Estates
- 5 mile hikes: The Strand hike

### February 2021:

- Ski/Snowboarding Day
- 5 mile hikes:

Ferndale to Mt Hollywood

10 mile hikes:

Manhattan Beach to Venice Beach

March 2021:

20 mile hike:

Manhattan Beach to Palos Verdes Lighthouse and back.

Cabrillo Day?

Scavenger Hunt via pioneering, Polliwog park

10 mile hike: Hollywood Sign Holly Ridge Trail.

April 2021:

ALL YOU CAN EAT Free ice cream day at the beach. (April 1<sup>st</sup>)

10 mile hike: Manhattan Beach to Venice Beach and Back.

15 mile hike: Manhattan Beach to Santa Monica Pier and back.

Cabrillo Merit Badge day

Cookout on Catalina Island.

May 2021:

15 or 20 mile hike: Manhattan Beach to Venice to Redondo and Back.

Tent setup competition at Polliwog Park with Camping merit badge prep.