

The Varsity Letter

San Diego-Imperial Council - Boy Scouts of America

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Happy Fourth of July!



This is a good time to teach your Scouts about proper flag respect and etiquette. Here are a few websites that will provide you with all the information you will need. If they do not work, copy and past URL into your browser.

Flag Regulations:

<http://www.ushistory.org/betsy/flagcode.htm>

http://www.scoutingbsa.org/council_info/misc/flag_regulations.html

Retiring Ceremonies:

<http://www.usscouts.org/ceremony/flagret1.asp>

<http://www.usscouts.org/ceremony/flagret2.asp>

http://www.scoutorama.com/ceremony/ceremony_display.cfm?cer_id=20

Folding the American Flag:

<http://www.bsatroop780.org/troop/resources/Flag-Folding.html>

<http://www.ushistory.org/betsy/foldflag.htm>

On Target is Coming!!!

On-Target is July 16th! This great national Varsity Special Event is a great activity for your Varsity Team to get involved with. Time is running out and you need to reserve the mountain top that your team will want to climb and signal the other units on top of their mountains.

To reserve the peak of your choice, contact Larry Purcell.

lpurcell@san.rr.com

You can also go to our Varsity Website for additional information and help getting ready for On Target:

<http://varsity.sdicbsa.org/calender.html>

Here is the National On-Target Website:

<http://www.ontargetbsa.org/index.htm>

Use Operation "On Target" as a vehicle for an uplifting "Mountain Top Ceremony"

Encourage each other to seek greather heights in our lives.

Let our light and the light of scouting shine forth through our example to others and to set, work for and achieve lofty personal and team goals.

A letter from President Monson:

In 2009 President Monson sent a letter to the Varsity Scouts in Arizona who were going to participate in On-Target. The letter was intended to be read to the scouts while they were on a peak during On-Target. A copy of the letter can be downloaded here:

<http://varsity.sdicbsa.org/events.html>

Reaffirming Safety Guidelines for Activities

In a letter dated March, 2011, the first presidency requested that the church leaders re-familiarize themselves with the Safety Guidelines as found in the Activities Chapter of Handbook Two. We who are planning and implementing these activities should be familiar with these guidelines also.

Priesthood and auxiliary leaders should follow these guidelines when planning activities for members, especially children, youth and young single adults.

1. Plan activities that are safe and have minimal risk of injury or illness. Activities that pose greater risk, such as white water rafting or rock climbing, should not be undertaken unless led by trained and licensed guides, or in conjunction with Scout sponsored camps or High Adventure bases.

2. Activities should be appropriate for the participants ages and maturity. Instruct participants in safety practices unique to the activity before starting, and observe safety precautions at all times during the activity.

3. Be prepared for emergencies that may occur. Know in advance how to contact law enforcement and emergency services. Leaders who plan, conduct, and supervise activities should be knowledgeable about the Church Activity Insurance Program, including its restrictions and limitations. (See Handbook 2: Administering the Church, 13.6.9)

4. Use the Parental or Guardian Permission and Medical Release form (33810) and the Activity Plan form (33809) for all about of area and overnight travel. These forms are available at LDS.org or through Church distribution. For Scout related activities, use the appropriate Scouting approval and consent forms.

5. Activities normally should not require Long distance travel. However, in the case of approved long distance travel, use commercial transportation whenever feasible. Transportation should be licensed and protected by liability insurance. Commercial transportation should be licensed and protected by liability insurance.

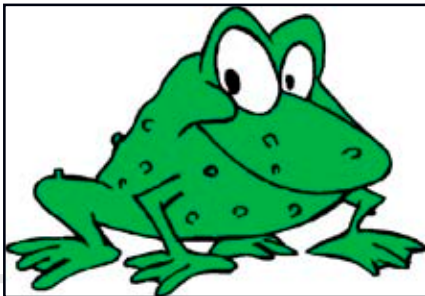
6. When using private passenger vehicles, instruct drivers in safe driving practices before each outing. Ensure that each vehicle is in safe operating condition and properly insured and that each person in the vehicle uses a seat belt. Each driver should be a licensed responsible adult.

7. Ensure that at least two adult supervisors are present at every activity. For overnight activities involving young women, two or more Melchizedek Priesthood brethren should be present. The number of adult supervisors will vary depending on the type of activity and the maturity and number of participants.

8. Notify the bishop and stake president promptly if an accident, illness, or injury occurs on Church property or during a church sponsored activity. Notify the Risk Management Division at Church headquarters if the accident involves serious injury (telephone 1-801-240-4049 or 1-800-453-3860k, Ext. 2-4049).

All adult leaders who participate in Scouting activities in the Church are to be duly registered with the Boy Scouts of America (BSA) through their local council. The BSA completes a background check on all adults as part of the registration approval process. Priesthood leaders should cooperate with BSA officials to resolve any issues that arise and complete this process before sustaining, and setting apart each Scout leader.

Coach's Corner



A group of frogs were traveling through the woods and two of them fell into a deep pit. When the other frogs saw how deep the pit was, they told the two frogs that they were as good as dead. The two frogs ignored the comments and tried to jump up out of the pit with all their might. The other frogs kept telling them to stop, that they were as good as dead. Finally one of the frogs took heed to what the other frogs were saying and gave up.

The other frog continued to jump as hard as he could. Once again, the crowd of frogs yelled at him to stop the pain and just give up. He jumped even harder and finally made it out. When he got out, the other frogs said, "Did you not hear us?" The frog explained to them that he was deaf. He thought they were encouraging him the entire time.

This story teaches two lessons:

1. There is power of life and death in the tongue. An encouraging word to someone who is down can lift them up and help them make it through the day.
2. A destructive word to someone who is down can be what it takes to kill them. Be careful of what you say. Speak kindly to those who cross your path. The power of words...it is sometimes hard to understand that an encouraging word can go such a long way. Anyone can speak words that tend to rob another of the spirit to continue in difficult times. Special is the individual who will take the time to encourage another.

Fred's Favorite Recipe: Hot Banana Boats!



Ingredients:

Bananas (As many as you need. Estimate 1 per person. Once they taste it, no one will want to share.)
Mini-Marshmallows, chocolate chips, butterscotch chips, peanutbutter chips or sweetened coconut, or any combination. Aluminum Foil

Preparation:

1. Choose your bananas. I personally like mine ripened until perfectly spotted. I think they are sweeter this way.
2. Slit the banana lengthwise.
3. Carve a groove into the banana to make room for the goodies.
3. Stuff them with any combination of toppings you desire. I like chocolate chips and marshmallows.
4. Wrap them in foil, leaving it open on top and place on briquets or the coals of a fire.
5. Cook until you see the toppings melt.
6. Eat with a spoon and enjoy.

Send us your favorite camp, backpacking or end of the meeting refreshments recipes. Make them fun, easy and really tasty.

Send them to Lon Atkinson at:

Lon@AtkinsonStudios.com

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Be Prepared for Summer High Adventure



Headwaters of the Kings River, Western Sierra

Summer is here and it's time to get your unit into the great outdoors; on the trails and in the mountains. Here is a list of things that you need to be concerned about and that will help you to have a safe, fun and exciting summer High Adventure.

Hydrate, hydrate, hydrate...

Water helps you cope with temperature extremes and high altitude, plus it's a great natural mood enhancer. Drink plenty and develop an 'eye' for clear urine which means you're hydrated- dark urine means you're not. Munch on salty snacks to keep sodium levels balanced. Make sure any water sourced the back country is treated or filtered and safe to drink.

Get the right fit...

Properly fitted backpacks and hiking boots are key to comfort and safety. Preventing back injuries, blisters and potentially nasty falls. Remember: snug around the waist, loose in the toe.

Watch your step...

About 50 percent of all injuries in the wilderness are strains or sprains related to slips and falls. Take it slow at first, adjusting to the terrain and your pack's weight before increasing your pace.

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2011 Varsity Scout Dates And Contact Info:

Varsity Scout Leader's Huddle:

July 21st - Thursday, 7:00 pm

September 8th - Thursday, 7:00 pm

November 17th - Thursday, 7:00 pm

North Huddle:

Barry Baker: iambarrybaker@yahoo.com

South Huddle:

Lon Atkinson: Lon@AtkinsonStudios.com

Varsity Leader Training:

October 21-22nd. Santee Stake Center

Ed Jones: edjonesheating@hotmail.com

Varsity On-Target:

July 16th: On-Target

Larry Purcell: lpurcell@san.rr.com

Mountain Man Rendezvous:

September 16-17th

Lon Atkinson:

Booshway@VarsityRendezvous.com

Varsity Mailing List:

Marty Bramwell: MartyBramwell@yahoo.com

Varsity Newsletter:

Lon Atkinson:

Lon@AtkinsonStudios.com

Council Activity Dates:

July 15th - Scout Night at Petco Park

Council Calendar:

<http://www.sdicsa.org/Calendar/default.php?V=C>

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Protect your provisions...

Bears aren't the only threat to your Varsity team's food supply. Raccoons, squirrels, possums, skunks and even those cute little chipmunks will eagerly mix. Depending on where you're going, you may need either an animal-proof container, or a light cord and reinforced stuff sack to hang your food.

Pack hats for all seasons...

Protect yourself from the sun with a shady brimmed hat. Pack a warm beanie to keep you warm from the cold. A beanie will also help to keep your feet warm when worn on your head when you sleep. A hot day can quickly turn to a cold night in the great outdoors. A sunny day can also turn into a drenching cloudburst.

Manage risk and look out for your scouts...

Know what hazards to expect and either be skilled in managing risks or be ready to back off. It's okay to back off if something is too hard or too dangerous. Let someone know where you're going and when you'll be back. Have an emergency plan in case someone gets hurt, and have a plan for how to get help. Know your Varsity Scouts limits and establish a pace that suits everyone. Bring them all back home safe and sound.

Learn some 'common sense'...

Bring a GPS unit, map and compass and check them often. Don't wait until you're lost to use them. Check the weather forecast before you leave for your trip. Bring a first aid kit and know how to use it. Teach your scouts how to use all of these safety items before you leave on your trip.

Make it an outdoor learning experience...

Pack a BSA fieldbook to learn about the flora and fauna. Learn about the animal life you may encounter for of the particular region or time of your adventure. Study the constellations you will see at night. Speak with locals for tips on things to do and sights to see.

Care for the places you visit...

Leave No Trace is a guideline of ethical use and behaviors in wild places. It was developed by the Boy Scouts of America in collaboration with Several land managing agencies.

Mix it up and keep it fun...

Always look for a new adventure destination for your Varsity Scouts so that they can prove their wilderness experience and knowledge.

To download a printable copy of this article go to our Varsity website at:

<http://varsity.sdicbsa.org/resources.html>

Help Wanted!

The Booshway is looking for a young man of at least 18 years of age that would like to become his assistant (aka: "The Grunt") at the 2011 Varsity Scout Mountain Man Rendezvous.

The ever faithful, industrious 'U-haul' may not be available this year. Therefore the search is on for his replacement. Requirements are simple: The prospective assistant must be hard working, have attended the rendezvous in the past and be willing to do whatever he is asked to do. He must be available from Thursday, Sept. 15 through Saturday, Sept. 17th..

To apply a Scout Leader must submit a letter of recommendation in behalf of his scout. The letter should state why this young man should be considered and what talents and abilities he brings to the job. There is no pay involved!

Letters should be sent to the Booshway at:

Booshway@VarsityRendezvous.com

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The first ever, On-Target Kickoff Workshop was held on Saturday, June 11th. We had eight units represented at the workshop. Our presenters, Richard Fowell and Bob Church had a great presentation on the history of heliography and the use of mirrors for signaling. Then they showed us a great new way to make signal mirrors.



After everyone finished making good aiming signal mirrors we went outside and practiced aiming and using them.

To close the day we had barbecued hamburgers with all the trimmings. All in all it was a great program.

Varsity Huddle

The Year of Adventure

July 21st - 7:00 PM

**Team Building:
Bringing Your Scouts Together!**

- Blackfoot Fort Mountain Man Rendezvous:
Get ready for Team fun!
 - Pres. Monson wants safe scouting activities!
 - Coach's Roundtable Discussion: Teamwork
 - And more good stuff to help you succeed.
-

Two Locations to Choose From

North Huddle: Escondido South Stake Center
Felicito & 15 Frwy

South Huddle: San Diego East Stake Center
The Zion Building

Driving Directions: <http://varsity.sdicbsa.org/calender.html>

Who Should Attend?

Varsity Scout Coaches & Assistants
Bishopric Counselors over Varsity Scouts and Teachers
Quorum. Stake Leaders are also invited and
encouraged to attend.

For additional information contact:

South Huddle: Lon Atkinson: Lon@AtkinsonStudios.com

North Huddle: Barry Baker: iambarrybaker@yahoo.com