



Compass Points

JANUARY

Troop 284

Eagle Scouts



New Eagle - Congratulations to Mathew Russell. He pinned on his Eagle on 18 December 2009.

The Quartermaster Store

The Ten Essentials: An Annotated List

By far, the best known outdoor equipment list is the so called list of Ten Essentials. The list was first suggested in the 1930s in an article which appeared in the newsletter of the Mountaineers, a Seattle-based outdoor club. Since then it has been reprinted in various forms and is used often by outdoor educators as a teaching tool.

The original ten items, along with helpful notes, are listed below. Even though the Ten Essentials list is revered by many in the outdoor field, it shouldn't be taken as gospel. It is a good starting point, but you should add to the list depending on circumstances (where you are going and what you will be doing):

Matches. Use "Strike-anywhere" matches. Whatever you do, don't use "Strike-on-box" matches. Once you're sure that you have the right matches, place the matches in a waterproof case--small plastic waterproof match containers sold at sporting goods stores work fine--and include a striker. A piece of emery board makes a good striker. In very wet conditions, you'll want to have a dry striker along with your matches. Matches are one of your most important survival tools. Not only does fire allow you to survive a cold, miserable night, but it is an important moral booster as well.

Fire Starter. Always include fire starter with matches. Always. Fire starter assures that you can get fire going quickly, no matter how bad the conditions. Place some fire starter in your pack, but also put a small chunk of fire starter along with your matches and a striker in a waterproof case. Carry the case in your pocket. Never put your waterproof match case in your pack. If you do and if for some reason, you get separated from your pack, you're in trouble.

Map. Many people who have been rescued could have easily gotten themselves out of trouble by simply having a good map along.

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Special Important Points of Interest:

New Eagle

Leadership

Philmont

Training

Upcoming Events

The Quartermaster Store - Continued

Compass. Even if you carry a GPS device, you still need a compass. Although, GPS units provide a reasonably accurate fix of your location, they do not provide accurate bearings. If you know how to following a compass bearing, you can guide yourself out of thickly forested areas, featureless winter landscapes, foggy sagebrush areas, etc.

Flashlight, Extra Batteries and Bulb. A flashlight--or better yet, a headlight--is another one of those tools, like a map, that is simple and cheap insurance. Should night overtake you, it gives you the ability to find your way back to the trailhead.

Extra Food. Having extra food is critical in emergency situations. It helps ward off hypothermia in cold, wet weather, and it keeps you thinking clearly in a crisis.

Extra Clothing. Even if it's a sunny day and you're on a short day hike, you should carry at least a rain jacket. It keeps you dry and also serves as wind protection. A good hat (wool or pile) stocking hat is also high on the list of extra clothing since a large amount of body heat is lost through the head and neck area. When deciding what to take, stay away from cotton which is worthless when wet.

Sunglasses. Good sunglasses are particularly important when you are in snow country. Snow blindness can completely disable an individual.

First Aid Kit. Be prepared for emergencies. Carry basic first aid supplies such as sterile gauze and pads, bandaids, moleskin, etc.

Pocket Knife. With a pocket knife--a multi purpose Swiss Army knife is ideal--you can make field repairs, shave branches to make kindling, punch holes to repair a tarp, cut nylon cord, etc.

Here's some other important items that you'll want to consider in addition to those listed above.

Shelter. When all is considered, the best way of surviving wet or snowy nights is have some type of roof over your head and a dry floor under you. One of the best shelter options is a combination of a lightweight nylon poncho, nylon cord and a lightweight space blanket. The poncho can be tied to trees or placed over a rudimentary snow shelter to keep out wind and weather--and in a pinch it doubles as a rain jacket. Use a nylon poncho or tarp. Avoid plastic ponchos and tarps. They rip easily and become brittle in cold weather. For a dry floor underneath you, a lightweight space blanket is a good choice. They are inexpensive, light, and aren't much larger than the size of a bar of soap. Since such lightweight space blankets, however, can tear easily, they are best used as a floor and not depended upon as a tarp over your head.

Winter Travel Considerations. For winter travel, make sure you have adequate extra clothing. You'll also want to carry enough repair supplies to be able to fix a broken snowshoe or ski. A headlight is doubly important in the winter since days are short and night comes quickly. It's hard to get to water in the winter--lakes are frozen and streams are under a deep layer of snow--and you'll need a metal cup to use for melting snow. A portable shovel is an important winter survival tool. With one you can dig snow caves or snow trenches in which you can survive a bitter, cold night. Moreover, in avalanche terrain, a shovel is a must. It is nearly impossible to dig someone out of an avalanche without a shovel. Lastly, in avalanche country, always carry an avalanche transceiver along with your shovel.

Walk-up Mountaineering. If you enjoy climbing mountains without using technical equipment, it is still good practice to carry at least 50 feet of lightweight rope for emergencies.

Lakes and Rivers. For water related activities, a life jacket is a must. Hypothermia is always a concern and you'll want plenty of high energy food, rain gear and synthetic clothing. Carry a throw rope rather than a coiled rope. They are far easier to use and are less apt to get tangled. And, of course, no self respecting river rat (or boy scout) ever leaves home without a roll of duct tape.

- Dave Jacobs, Quartermaster

Outdoor News

As we start the New Year we are heading into the part of the outdoor schedule that involves activities and camping in the snow and colder weather. We have been working to help teach the scouts about the importance of the correct clothing and equipment required to make sure they stay warm and safe. Sometimes however that information fails to reach home in any real helpful form. I would like to encourage anyone who feels they need more information or to just have us to come to their house and do an evaluation of the scout's gear to give me a call. This is not just for the new scouts, Everyone can do with an equipment evaluation from time to time. These are normally done as a pack inspections during the meetings but they can be done more thoroughly when we have more time.

Don't be shy. I personally *really* like to do this stuff, and some of the other adults are outdoor gear nuts as well. We love to advise and look over gear. We also do **not** like to get cold. The time to do this is now, not the week before the outings. We would much rather be sure the scouts have a good time and are ready to go rather than they get cold or worse not go at all. If properly prepared these can easily be the best outings of the year for these guys. We have many adults ready to do this for you all. Give us a call (206-999-7590)!

-Tim Szender, Scoutmaster

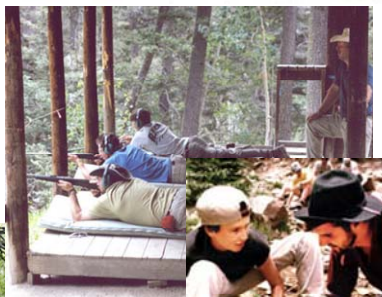
January Outing: Klondike Derby, 23 - 24 January 2010, Ensign Ranch (Between Easton & Cle Elum)

February Outing: Snow Shoeing, 6 - 7 February 2010, Paradise (Mount Rainier)

Philmont (Summer 2011)



2011 BSA Philmont High Adventure Camp



- When: 12 Days June 22nd to July 4th 2011
- Where: Cimarron NM
- Age: +14 or 13 and finished 8th grade by June 22nd
- Cost per Person: Approx \$1500 includes \$725 camp fee
- Camp Payment: \$100 Feb 12th 2010, \$313 Oct 1 2010, \$313 Mar 1 2011
- Hike: 60+ miles

Leadership/Volunteers

95th Anniversary Celebration: Saturday March 13, 2010, 2-4pm at Our Lady of Guadalupe Parish Hall. Help us spread the word!! We want to get the word out to Troop alumni, Eagle Scouts and Scoutmasters so they can help us celebrate this milestone with our troop. Contact those you know and ask them to email 95th@Troop284.org with their contact information (mailing address and email address). They will be sent an invitation to this celebration. If you want to help, please look over the needs below and volunteer.

Overall coordinator - This person or persons will keep the committees on track and provided guidance if needed.

Speaker/program - find a speaker(s) and develop the program for the event (Randy Guzzardo)

Promotion - Advertise/promote the even to get the word out to the community and Troop 284 alumni (Erik Toth)

Hunting down alumni/former scoutmasters/mailling/email list - develop mailing/email list and send out invitations. (Terry Beaty, Marie Guzzardo)

Decorations/troop history display - determine theme and table decorations, create troop history display table, have scout patrols contribute to the decor (Diane Szender, Judy Hill)

Slide show - put together running loop slide show for the scout history table and a shorter show for the program (provide Ryan Jacobs with pictures by February 26)

Refreshments - set up refreshment tables (cake, coffee, punch, nibbles), ask Kiwanis for cake donation (Jim Pennie, Mindy Stensaas)

Annual Salmon Dinner fundraiser: Saturday May 8, 2010, 5-9pm at St John's Episcopal Parish Hall.

Help is needed in all areas. So far, we have the following individuals who have signed up:

- Erik Toth has volunteered to be the coordinator for the event.
- Randy Guzzardo has agreed to do one last dinner, but is requesting that someone work with him to take over next year.
- Lesa Russell likewise will provide her expertise for the silent auction portion of the event to anyone willing to take on the role for this year. She has been a one woman show for the last few years, but a group of folks can easily work on this together.

Sign up sheets for the above will also be available at the troop meetings. If you do not attend the meetings, but would like to help out with any of these events, please send me an email and I'll be happy to sign you up!!

Keep your eyes out for items that you and your scout can provide for the silent auction. This is a fundraiser for the boy's scout account. The majority of the proceeds from the silent auction items is returned to the scout for their account.

- *Michele Jacobs, Committee Chair*

Charter Notes - West Seattle Kiwanis

You are invited to enjoy the free concert of the Seattle Symphony on Friday, Jan. 15, 2010 @ 8pm
Location: South Seattle Community College, The Brockey Conference Center (6000 16th Ave SW)

Mendelssohn: The Hebrides ("Fingal's Cave"), Op. 26

Jones: Benediction

Stamitz: Viola Concerto in D major, Op. 1

Tchaikovsky: Selections from Symphony No. 2 in C minor, "Little Russian"

Hosted by the Kiwanis Club of West Seattle

Warren Lawless, Program Chair

P.O. Box 16128, Seattle, WA 98116

ewl@westseattle.com

Training Opportunities

January 30: CPR/First Aid - The seminar will be held from 9am to 1pm at Our Lady of Guadalupe Parish Hall. Scott Holloway of A CPR Class has offered to provide a 4 hour session that will provide certification in CPR, choking, AED and First Aid to anyone interested for the discounted price of \$45 per person. If any boy scout want to join the class for the first section covering CPR, choking and AED (scouts generally get a lot of first aid training other ways), he will make that available for \$25. We need a minimum of 6 people to commit to the training for it to occur.

It is becoming more important to have parents trained in first aid on our outings and this is also training that can come in handy in our every day lives. If you would like to sign up, please contact Michele Jacobs, michelej133@comcast.net, or add your name to the sign up sheet at the troop meeting.

On-Line Training. For all to do, these trainings, which can be found at <http://www.scouting.org/Training/Adult.aspx>, can be done anytime and at your own pace. All take less than an hour of your time. You will need to set up an account which will allow access to a host of different online classes. If you take one of these classes, or any other in person trainings, be sure to let Larry Malchodi know (malcoscouter@comcast.net) so he can record it in our troop records. The following courses are a small selection of what is available:

This is Scouting (formerly New Leader Essentials)— provides an overview of the Scouting organization, including history, values, programs, Youth Protection, community involvement, and training for new leadership and any interested parent

Boy Scout Leader Fast Start—This is the first training step for all new leaders and should be taken immediately after they register and before they meet with any youth members in the troop.

Youth Protection Training (ALL parents should take this)—designed to help you keep our youth safe from abuse.

Safety Afloat (need to have an adult with this training for any boating activities)

Safe Swim Defense (need to have an adult with this training for any swimming activities)

Because of our troop size, we can request trainers to come to us to conduct a training. Currently we are considering a First Aid/CPR training event for our adults, since we are required to have a First Aid/CPR trained adult on all outings. Topics include how to respond to adults and children who need CPR and how to help if they are choking. First Aid topics cover medical emergencies such as Asthma and allergic reactions. Injury emergencies cover topics such as falls and head injuries. There would be a fee for this course which would last about 4 hours. We would schedule this on a weekend at a mutually agreed upon date/time. This American Heart Association Course comes with a card good for 2 years. There will be sign up sheet at the troop meeting.

- Michele Jacobs, Committee Chair

Check out the new information on the Troop's website, Troop284.org.

Mrs. Diane Szender and Mrs. Paula Tortorice have been busy updating the site!

Scoutmaster's Corner

Looking ahead to the next 2 years



First of all, I would like to wish all of you the best in the upcoming New Year. As we look forward to the next 2 years in the troop we have a lot of exciting things planned and many changes in store. We will have our normal monthly outings along with the new summer camp adventure in Oregon. We will be also seeing more hikes on the schedule as we gear up for our great Philmont adventure in 2011. In addition, we will be having more fund raising activities planned as these adventures don't generally pay for themselves.

It is my belief that the more a scout contributes to his troop and personally earns the funding for these outings the more they enjoy the whole process. They will have a sense of ownership created as they work towards the goal. This applies to any of the events that allow the scouts to add to their scout account. I will encourage all the scouts to make it a personal goal to earn their way in the troop whether their parents can afford it or not. Thanks to Mrs Van Vleet, it looks like they will have ample opportunity to "pay their way". She is actively pursuing ideas for the troop and has already come up with some really good opportunities. These fund raising events also enforce the concept to the scouts that they are part of a team and if they work together, good things happen. Thanks again for your continued support to the troop and scouting.

-Tim Szender, Scoutmaster

Upcoming Events

January

- 3rd** • PLC Meeting (Szender's Residence)
- 5th** • 1st Troop Meeting of 2010
- 19th** • Philmont Parent Meeting
- 23rd - 24th** • Klondike Derby
- 26th** • Parent Meeting
- 30th** • CPR/First Aid Training
- 31st** • PLC Meeting (Szender's Residence)

February

- 6th - 7th** • Snow Shoe Outing
- 16th** • Troop Meeting at Duwamish Longhouse
(WSHS closed for Wtr break)
- 24th** • Troop Committee Meeting
- 28th** • PLC Meeting (Szender's Residence)

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