

Agenda and Notes: Roadrunner District Roundtable

Meeting purpose To provide leaders with program ideas; information on policy and events; and training opportunities through a forum for sharing experiences and enjoying fun and fellowship with other Scout leaders.

Meeting date, time, and place Date: Thursday, March 5, 2020
 Time: 7:30 pm to 9:00 pm
 Place: Longhorn Council Office, Upstairs Room
 850 Canon Drive, Hurst, TX

Pre-Opening The table below identifies the activities, responsible leaders, and allotted time.

| Begin | Time Allotted | Activity | Person Responsible |
|---------|---------------|--|---------------------------------|
| 6:00 pm | 30 minutes | Setup: May include setup details such as: <ul style="list-style-type: none"> • Unlocking and locking up facility • Setting up tables and chairs Secure American flag | Dave |
| 6:30 pm | 30 minutes | Commissioners Meeting | Robert Spence and Commissioners |
| 7:00 pm | 30 minutes | <ul style="list-style-type: none"> • Registration/Sign-In | Stefan |
| | | <ul style="list-style-type: none"> • Name That Plant! | Dave |

General Session This is the main part of the Roundtable in which all levels of the scouting program participate.

| Time | Time Allotted | Activity | Person Responsible |
|---------|---------------|-------------------------------|--------------------|
| 7:30 pm | 1 minute | Welcome and Introduction | Stefan |
| 7:31 pm | 3 minute | Opening Ceremony | OA |
| 7:34 pm | 1 minute | Opening Prayer | TBD |
| 7:36 pm | 1 minute | Recognize New Attendees | Stefan |
| 7:40 pm | 5 minutes | Big Rock Topic: BK Update | Dave |
| 7:50 pm | 10 minutes | Announcements | Stefan |
| 8:00 pm | 5 minutes | Dismiss for breakout sessions | Stefan |

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Agenda and Notes: Roadrunner District Roundtable, Continued

Cub Scout Pack Leader Session This is the time that activities are directed to the specific scouting programs.

| Time | Time Allotted | Activity | Person Responsible |
|---------|---------------|---|--------------------|
| 8:00 pm | 45 minutes | Campfires | RTC |
| 8:45 | 5 minutes | Q&A | RTC |
| 8:50 | 1 minute | Closing/Commissioner's Minute | RTC |
| 8:51 | 9 minutes | After the meeting fellowship and/or cleanup | All |
| 9:00 pm | | End meeting | |

Boy Scout Troop Session This is the time that activities are directed to the specific scouting programs.

| Time | Time Allotted | Activity | Person Responsible |
|---------|---------------|---|--------------------|
| 8:00 pm | 10 minutes | Littlest Worm Song | RTC |
| 8:10 pm | 5 minutes | Camping Weights | RTC |
| 8:15 pm | 10 minutes | Recruiting a Great Committee | RTC |
| 8:25 pm | 25 minutes | Backpacking | RTC |
| 8:50 pm | 5 minutes | Q&A | All |
| 8:55 pm | 3 minutes | Closing/Commissioner's Minute: Mark Twain Quote | RTC |
| 8:58 pm | | End meeting | |

Boy Scout Breakout Meeting

Group Activity
5 min

The purpose of this part of the breakout session is to demonstrate activities that troops or patrols can use to occupy their time before troop meetings, during patrol meetings, or during inter-patrol activities.

The Littlest Worm Song

The littlest worm, (everyone echo)
I ever saw (echo)
Was curled up in (echo)
My soda straw (echo, etc)

(all together)
The littlest worm I ever saw, was curled up in my soda straw.

He said to me
don't take a sip
for it you do
I surly slip

He said to me don't take a sip, for if you do I surely slip.

I took a sip
and he went down
right through my pipes
he must have drowned

I took a sip and he went down, right through my pipes he must have drowned.

I coughed him up
and he was dead
I buried him
in my counselors bed (or insert a name for counselors)

I coughed him up and he was dead, I buried him in my counselors bed

He was my pal
he was my friend
but now he's gone
and thats the end

He was my pal, he was my friend, but now he's gone and thats the end

That is the end
there is no more
until I meet
that worm once more.

That is the end, there is no more, until I meet that worm once more.

Tips for Troop Meetings

5 min

CAMPING WEIGHTS

CAMPING WEIGHTS. Lay out all articles that a normal person takes to camp (clothes in a bundle) and let each boy estimate the separate weights of the bundles, etc. Then tell them the correct weight (use a spring balance) and finish up by giving a yarn on cutting down the weight of your kit without giving up comfort.

Boy Scout Interest Topic
10 min

Recruiting a Great Committee – Your Troop Depends on it! (see attached)

Program Feature of the Month
25 min

Backpacking

Many people today never stray far from a warm bed, a cozy bathroom, and a well-stocked refrigerator. While they enjoy all the comforts of home, they miss out on the wonders of nature, the fun of exploring new places, and the exhilaration that comes with accomplishing more than they ever thought they could.

When you go backpacking, you carry all the essentials of home (if not all the comforts of it) on your back. No longer are you tied to one particular place. You can eat breakfast in a secluded valley, have lunch along a winding trail, and enjoy dinner by starlight on a mountaintop. Then you can bed down under the stars for a well-earned rest before beginning a new day of adventure.

Backpacking can be a single-day activity of several miles in a local park or a weeklong trek of 50 miles or longer at Philmont Scout Ranch. No matter what the distance, you will need to be prepared to meet the challenge, and you will need to follow the principles of Leave No Trace so that those who follow you can enjoy the same trails for decades to come.

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Boy Scout Breakout Meeting, Continued

- **Tenderfoot Camping and Outdoor Ethics, and Hiking requirements**
- **Second Class Camping and Outdoor Ethics, and Navigation requirements**
- **First Class Camping and Outdoor Ethics requirements**
- **Backpacking and Hiking merit badges**
- [50-Miler Award](#)
- [Outdoor Ethics awards](#)
- [National Medal for Outdoor Achievement](#)
- [National Outdoor Challenge Unit Award](#)
- [Historic Trails Award](#)

Making Backpacking Fun – Unless the trails are scenic, Scouts who are new to backpacking can find it boring. And, Scouts who are less physically fit may view it as little more than hard work in disguise. Fortunately, there are plenty of things you can do to make backpacking fun. Here are a few:

- Hike to interesting destinations: a hidden waterfall, a scenic overlook, a historic site, or a spot to do some bouldering or horseback riding.
- Plan activities for evenings in camp. Take along cards, a flying disc, and other game equipment.
- Combine hiking with other activities. Play a favorite [Scout game](#) at lunch. Stop along the trail and have Scouts study the flora and fauna in a 3-foot-square area. Practice splicing at breaks. Use techniques from the *Boy Scout Handbook* to measure the height of or distance to specific landmarks.
- Don't just walk. Take a 10-minute water break every hour, ideally in an attractive location—never at the bottom of a big hill!
- Practice techniques that help reduce fatigue. When climbing a big hill, try the caterpillar technique: When the leader needs a break, they step to the side of the trail and lets the group continue. The new leader does the same thing after a few minutes, and so on. Eventually, the original leader, now rested, will end up in front again. Repeat as needed.
- As you hike, play the sorts of games you might on a long car ride, such as Twenty Questions.

Budget Backpacking Equipment – Although it is possible to spend hundreds of dollars on equipment, including backpacks, sleeping bags, and boots, backpacking doesn't have to be expensive. Some outdoor stores rent backpacks and other gear, and many Scouting units collect donated gear that

Scouts can use. That is especially helpful with backpacks, which young Scouts can quickly outgrow.

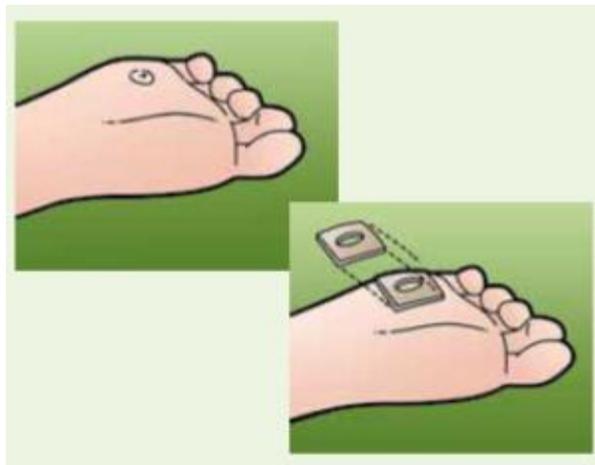
Scouts also don't need the latest, greatest gear. Rather than buying an expensive zero-degree sleeping bag, you can add a fleece blanket to a less expensive bag rated to 20 degrees. Rather than buying fancy stuff sacks, use resealable zipper bags from the kitchen. If you are hiking on easy terrain, you can probably make do with good athletic shoes rather than hiking boots.

[The Principles of Leave No Trace](#) should be applied to every backpacking experience!

Link to: [BEARmuda Triangle](#)

Blisters develop when skin is irritated by friction or heat and are often caused by footwear that doesn't fit properly. To help prevent blisters:

- **Ensure that your footwear fits well and has been adequately broken in.**
- **Change into dry socks whenever your feet become damp.**
- **Wear two pairs of socks—a thin, close-fitting liner sock made of a synthetic material under a thicker, looser-fitting hiking sock.**



If you notice a hot spot—the signal that a blister is starting to form—treat it immediately. Apply a gel pad intended for blisters. Alternatively, cut a piece of moleskin with a hole in the center, and fit it around the affected area. These steps will help reduce direct pressure and protect the blister from continued rubbing. Change bandages daily to lower the chances of infection.

OBJECTIVES

This month's activities should:

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LEADERSHIP PLANNING

As a leadership team, you may want to discuss the following items when choosing multimedia as your program feature during your planning meetings.

- What will our main event be?
- Where will we have our main event?
- Do we have appropriate crew gear (e.g., stoves, tents)?
- Do our Scouts have the appropriate personal gear (e.g., backpacks, boots)?
- Who in the unit can teach backpacking skills?
- Where could we find guest speakers who have worked at a high-adventure base or hiked trails like the Appalachian Trail and Pacific Crest Trail?
- How proficient are our Scouts and leaders in backpacking skills? Are we ready to tackle a trek at a high adventure base operated by the BSA or a local council?
- How can we involve parents?
- What parts of the Backpacking merit badge can we focus on?
- How can we use backpacking to promote team building?
- To meet our needs, what should we change in the sample meeting plans?

Preopening Ideas:

- Hand groups of arriving Scouts decks of cards listing steps in first aid (assess the scene, call 911, perform CPR, stop bleeding, treat for shock, splint broken bones, etc.). Have them sort the cards in the order of priority.
 - Show arriving Scouts pictures of poisonous and nonpoisonous plants, and venomous and nonvenomous snakes found in your area. Challenge them to identify which plants are poisonous and which snakes are venomous.
 - Poll arriving Scouts to see if they are carrying adhesive bandages in their wallets or personal first-aid kits in their backpacks. Offer adhesive bandages to those who don't have one.
 - From the previous meeting, remind Scouts to make sure they bring their personal first aid kit to the next meeting. As Scouts arrive to the next meeting, check to see they've brought their kit. Have materials on hand for those who still need to make one.
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Group Instruction Ideas

Personal Gear

- Explain and practice hiking techniques that help reduce fatigue, such as finding a comfortable pace and swinging your arms in opposition to your legs.

Crew Gear

- Brainstorm techniques for saving weight when backpacking.
- Talk about which techniques make sense and which ones don't.

Backpacking Food

- Explain the concept of the "[BEARmuda Triangle](#)" used to increase safety in bear country.
- The cooking area, cleanup area, and bear-bag area are the points of the triangle.
- The crew tarp is within the triangle, and tents are at least 50 feet away.
- All "smellables" stay within the triangle.

Leave No Trace

- Have leaders or special guests talk about the worst [Leave No Trace](#) violations they have ever seen and how those violations affected their outdoor experiences.
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SKILLS INSTRUCTION

Personal Gear

-  Teach Scouts how to properly pack a backpack.
 - Demonstrate that a backpack is a bag of bags, and show where to pack items based on priority (e.g., raingear on top).
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-  Practice hiking around the parking lot with full packs.
 - Stop every few minutes to adjust straps and redistribute weight.
 - Discuss why it's important to move weight from your shoulders to your hips.
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-  Demonstrate ultralight backpacking gear.
 - Use catalogs or go online to research brands and costs.
 - Discuss which items represent good values based on cost and weight savings.
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Crew Gear

-  Teach Scouts how to fuel and light a backpacking stove.
 - Cover safety rules, local laws, and rules of the venue.
 - Discuss how to shield the stove from the wind.
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-  Inventory and examine crew gear.
 - Make any needed repairs.
 - Cut ground cloths from heavy plastic sheeting.
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-  Using maps of your proposed main event location, determine starting and ending points for each leg of the journey.
- Look for likely campsites and water sources.
- Be sure to take into account terrain and hikers' abilities as you determine mileages.

Backpacking Food

-  Cook a backpacking meal.
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-  Create a menu for the main event.
 - Make a shopping list based on the number of participants.
 - Assign someone to shop for or order the food.
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-  Take a field trip to a nearby grocery store.
- Research ordinary food items that could be used instead of backpacking food.
- Discuss ways to repack food to save space and weight.

Leave No Trace

-  Assign members to learn about different Leave No Trace principles, found in the Boy Scout Handbook and Fieldbook.
 - After a few minutes, have the members teach each other what they learned
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-  Quickly review the principles of Leave No Trace.
 - Using the Start, Stop, Continue technique, discuss how well your group follows those principles.
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-  Discuss an ethical dilemma related to Leave No Trace. (For an example, see: <http://scoutingmagazine.org/2012/04/lead-an-ethicsdebate-on-leave-no-trace-values/>)

Getting Ready for the Main Event

- Getting Ready for the Main Event**
 - Menu Planning (as applicable)
 - Duty Roster Planning (as applicable)
 - Make sure everyone has the necessary gear and make provisions to secure the gear anyone needs.
 - Establish tent partners.
 - Determine how the crew gear will be divided.
 - Shakedown everyone's backpack to make sure all gear is distributed in the best way.

Preparation for the meeting's game or challenge

GAME AND CHALLENGE IDEAS

- Scout Pace Contest**
 - *Materials:* Watch with a second hand
 - *Method:* Players will complete a 1-mile course in exactly 12 minutes, traveling in pairs and using the Scout pace (50 steps running, 50 steps walking). Select a turning point that is half a mile from the meeting place, or have players go as many times around the same area as needed to make a mile. Space the pairs apart at two-minute intervals.
 - *Scoring:* The pair that finishes closest to 12 minutes (more or less) wins.
- The Leaking Backpack**
 - *Materials:* Paper and pencils; various camping items that could have fallen out of a backpack: compass, map, flashlight, piece of fishing line, matchbox, soap, comb, sock, spoon, toothbrush, toothpaste
 - *Method:* Arrange the items not too conspicuously along one side of a path. The entire unit walks slowly along the trail in single file, silently looking for stray articles but not stopping or turning back at any time. Once they have passed all the items, each team huddles and compiles a list of everything they saw in the correct order.
 - *Scoring:* The team with the most complete list wins. If desired,

teams can then arrange their list in order of how important the items would be to a lost camper.

- **Walking Race**

- *Materials:* A safe, long-distance walking area with enough room for all players to walk alongside each other; judges to disqualify those who run instead of walk.

- *Method:* A walking race differs from running in that one foot must be in contact with the ground at all times.

- *Scoring:* See which player can reach the finish line first without running.

Comm Minute
3 min

Twenty years from now, you will be more disappointed by the things that you didn't do than by the ones you did do.

So throw off the bowlines.

Sail away from the safe harbor.

Catch the trade winds in your sails.

Explore.

Dream.

Discover!

Mark Twain penned those words years ago and they are still valid today. Be prepared and take advantage of all the opportunities that come your way.
