

SMOKE SIGNALS



March 2006
Volume 1, Issue 7

Inside This Issue

- 1 Klondike Derby
- 1 Attendance
- 1 Allagash Canoe
- 2 Cooking
- 2 Fencing
- 3 Care and Feeding of Dutch Ovens
- 3 Scoutmaster's Minute
- 3 PLC Meeting
- 4 Fun and Games

Troop 119
Peabody MA
Www.119peabody.org

Klondike Derby

Recently, the Aquila district held the Klondike Derby at Brooksby farm. The weather was good, nice and clear. Too bad the snow came the next day!

We got a workout dragging the sled across the dirt and rocks. Some of the events had to be modified, or cancelled completely due to the lack of snow. Obviously, the snowshoe run and snow snake throw had to be cancelled.

Thank you goes out to Mr. Crabb and his welding for making some much needed repairs to the sled. Mr. Garbenis helped out as well.

This was our best showing in years. We got three third place ribbons for individual events. A last minute event was to drop a fresh egg on the ground, and somehow protect it from breaking. Our ingenious Scouts came up with the idea to put the egg in a Ziplock bag filled with water, and then put that bag into another bag filled with water. Our egg was one of only four to not break. Ten others broke on impact.

After reviewing the scores, we are happy to announce that Troop 119 took third place overall. A hearty congratulations to all who participated. ■

Allagash Canoe Trip

Planning continues for the Allagash trip. Recently we had a meeting of all the Scouts who are interested in going on the trip. After some technical difficulties, we finally saw a video (sort of) about the trip. This case us more of a sense of what to expect. Mr. O'Brien brought some of the literature sent to him by Maine High Adventure.

(Continued on page 2)

Attendance and Scout Spirit

Normally in *Smoke Signals*, we discuss events that have happened, or will happen with the Troop. We try to keep things very upbeat. But, sometimes, we do have to get down to business.

The attendance at meetings this year has been somewhat less than great. The PCL meetings in particular have had few Scouts attending.

We are all busy, and Scouts is just one part of our lives. But, we have made a commitment to the Troop and the other Scouts. In particular, Scouts who have a leadership position have made a commitment to the Troop.

One requirement for all ranks is displaying Scout spirit. There is no real definition for this, it is a very subjective thing. But, participation goes a long way towards showing spirit.

At the recent PCL meeting, the committee discussed what would be considered acceptable attendance to show Scout spirit. The committee thought that attendance at 75% of activities would be a good number.

Especially for the more senior Scouts with a leadership position, we would expect to see this level of participation. We would also expect attendance at most of the PLC meetings. If leaders can not make the PLC, at least call Mr. O'Brien and try to get a replacement; your Assistant Patrol Leader for example.

PLC meetings are held on the second Monday of each month. If this day is always a problem for many Scouts, perhaps a change of day would prompt more attendance. But you must communicate this to the adult leaders/

Please feel free to talk to the Troop committee about this policy. ■

Cooking

More on our favorite topic, cooking. Many Scouts will be working on their Second and First Class cooking over the next couple months. So, as part of this, there will be articles for the next few issues of Smoke Signals discussing various aspects of cooking. There will be material gathered from Boy Scout Fieldbook, the web, and first-hand experience. Hopefully, this information will be useful in planning the meals for the upcoming trips. Let's try to be creative with the food on our upcoming trips.

Menu Planning

The type of trip will often dictate the type of food that can be used. On a car-camping trip, such as Brooksby, the sky is pretty much the limit. With the ability to use large camp stoves, dutch ovens, charcoal and possibly having refrigeration, your menu can include canned foods, fresh meats, poultry, eggs, etc... This type of camping makes the menu very flexible. A backpacking trip on the other hand, is a different situation. Canned foods and dutch ovens are out. This type of trip will rely on more dried foods such as rice and pasta. Freeze-dried meals are good, but expensive. The serving sizes listed on the packages are often times not applicable for a crew that is backpacking. Plan on a meal for two, actually serving one person, maybe a little more.

Variety

One most of our tips, we tend to bring the same foods and prepare them the same way. Here are a couple ideas to think about for future meals:

Mountain man breakfast—A tasty mixture of eggs, bacon, sausage, onion, has brown potatoes and cheese cooked in a dutch oven.

Bread Twist—Wrap bread dough around a stick like a vine. Cook over coals for 20 minutes or so.

Cooking in an orange—Every try cooking an egg inside of a hollowed-out orange?

Cardboard box oven—You can make an oven from a cardboard box, aluminum foil and some duct tape. Use charcoal, and you can cook almost anything you want.

Tin foil dinners—Ever thought of making a pizza for a tin foil dinner instead of the usual chicken?

When planning your menus for upcoming trips, think of testing out something new. Have something for a backup, just in case the test is a total flop (or gets burned beyond hope.) ■

Fencing

At a recent meeting, Paul Harris came and gave a fencing demonstration. He brought down a bag full of equipment and showed us some elementary fencing moves.

After some introductory safety instruction, everyone put on their protective gear and started having fun. Paul explained some terminology along the way. Most of this was in French. He also taught us that fencing is a sport with strict rules of addict

Some background on Paul. He is the current President Tanner Fencer's Club; competitively fencing since 1990, member of Tanner City Fencer's Club since 1991, Nationally licensed referee since 1996, National level armoire since 1995. His coaching experience includes: Coach at Tanner City Fencer's Club since 1994, instructor at the Academy of Fencing, 1997-1999, Fencing instructor at GuardUp Inc. 1999-present, and more. Clearly Paul is very experienced, and we were grateful to have him at our meeting.

If anyone is interested in learning more about fencing, ask Chris Adam or Chris Garbenis. They are both active in the sport.

Can you earn a merit badge for fencing? There is not a specific badge for fencing. But, participating in fencing as a sport does satisfy one of the requirements of the Sports merit badge. ■

(Continued from page 1)

Allagash

So far, we have six Scouts and three adults going on the trip; Patrick O., Patrick L., Andrew R., Robbie Z., Cameron H., and George L., Mr. O'Brien, Mr. Lynch and Mr. Regan.

A crew can have up to 11 members. Having an odd number in the crew is the best. The guide will make 12. So, if anyone else is interested is going, talk to Mr. O'Brien.

During the trip, Scouts may have the opportunity to work on merit badges, including canoeing, cooking, camping, fishing maybe even bird watching. We should also earn the 50 Miler award.

Over the next few months, there will be some special trips for the crew to began their preparation. ■

Care and Feeding of Dutch Ovens

Cooking in Dutch ovens is fun and usually easy. Using them sort of brings us back to “old time” Scouting. There is something nostalgic about it.

That being said, these ovens need a little special treatment to ensure a lifetime of use. Most ovens are made from cast iron, which is prone to rust if not cared for correctly. That leads to the first and most important rule, never store a Dutch oven when it is wet. The next time you go to use it, the oven will be covered with rust.

Ovens are “seasoned.” This seasoning is a build-up of oils on the cooking surface. A properly seasoned oven will have a deep black shiny look.

When finished cooking wash the oven with water and a stiff brush. Rinse the oven with hot water and then dry it. When the oven is still warm from the hot water rinse, apply a light coating of oil on all surfaces with a paper towel. Place the towel over the rim of the oven and replace the cover. The towel will prevent the cover from sealing tight which could cause moisture to build up and rust the oven.

If the oven becomes rusty, time to break out the wire brush. After all of the rust has been removed, wash the oven completely and re-season the oven. This is best done at home in the oven. Preheat the oven to 350F. Lightly coat the Dutch oven with oil. Place the Dutch oven upside down in the oven and let cook for about an hour. After this, the Dutch oven will be ready to use again.

Want to learn more about Dutch oven cooking? Check out some of these links:

- <http://papadutch.home.comcast.net/>
- http://www.usscouts.org/cooking/cook_05.html
- <http://www.macscouter.com/Cooking/DutchOven.html>

Scoutmaster’s Minute

Eugenio Monti was born in 1928 in Italy. He was known as the “flying redhead.” He considered becoming a skier, but an accident prevented this, and he turned to bobsledding.

He won the silver medal in the 2-man and 4-man bobsled event in the 1956 winter Olympics. Four years later, he won the gold in the same events.

But it was an event in the 1964 winter Olympics that will forever define Monti. He realized that the British team were missing a bolt on their sled. They could not run their sled. Monti gave them an extra bolt for their sled. The British went on to win the gold, Monti and his teammate took the bronze.

Answering critics from the press, Monti told them “the British didn’t win because I gave them a bolt. They won because they had the fastest run.”

Monti received the first Pierre de Coubertin medal. This is a special medal given by the International Olympic Committee to those athletes that demonstrate the spirit of sportsmanship in Olympic events. Many athletes consider this award of even more significance than a gold medal.

Watching Olympics from Italy, we heard stories of win at any cost, including blood doping, poor sportsmanship, feuding between athletes and more. It is hard to imagine that an athlete today would give a competitor any help at all.

PLC Meeting

We will be holding our next PLC meeting on Monday March 13th at 6:30PM. All Senior Scouts are expected to attend the meeting. If you can not make the meeting, please call Mr. O’Brien and arrange for someone to cover for you. ■

Month Events

March 8th
7:00 St. John’s
Fencing Demo
Troop Meeting

March 13th
6:30 St. John’s
PLC Meeting

March 15th
7:00 St. John’s
Troop Meeting

March 22nd
7:00 St. John’s
Troop Meeting

April 22nd and 23rd
Isaac Davis Trail hike and
campout

May 19th—21st
Aquila District Spring Cam-
porree

Always look to the calendar
on web site for the latest
schedule!

www.119peabody.org

Fun and Games

Something a little different this month. In keeping with the communications theme for the Spring Camporee, here is a semaphore signaling puzzle. In a previous issue of *Smoke Signals*, a chart of the semaphore alphabet was included. So, let's put some of these skills to use. Try to decode the Robert Baden-Powell quotes below:

