

The FORUM

Venturing, Sea Scouting and Exploring Newsletter since 2003
March 2016 Issue

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The Current FORUM Newsletter:

http://www.minisi-southmountain.com/newsletters/current_forum.php

The Current FORUM Attachments

http://www.minisi-southmountain.com/newsletters/~forum_attach.php

The FORUM Back Issues

http://www.minisi-southmountain.com/venturing_archive.htm

This issue's attachments include:

Central

0216-Central Point Newsletter

**National
and Other**

Resolution Amending the ByLaws to Identify Sea Scouting as a Separate Program
2013 Venturing Standard Operating Procedures Current
2015 Council Standard for Venturing Excellence Award
2015 Goal Setting Time Management for Venturing Crews
2015 Mentoring for Venturing Crews Facilitator Guide
2015 National Outdoor Awards Program
2015 National Youth Leadership Society
2015 Registration Age Requirements
2015 Venturing Board of Review Guide
2015 Venturing Ethical Controversies
2015 Venturing Program FAQ Update 012715
0717 31st Asia Pacific Regional Jamboree
2015 Venturing Awards and Recognitions
Venturing Terms Lets get it Right

Northeast

Southern

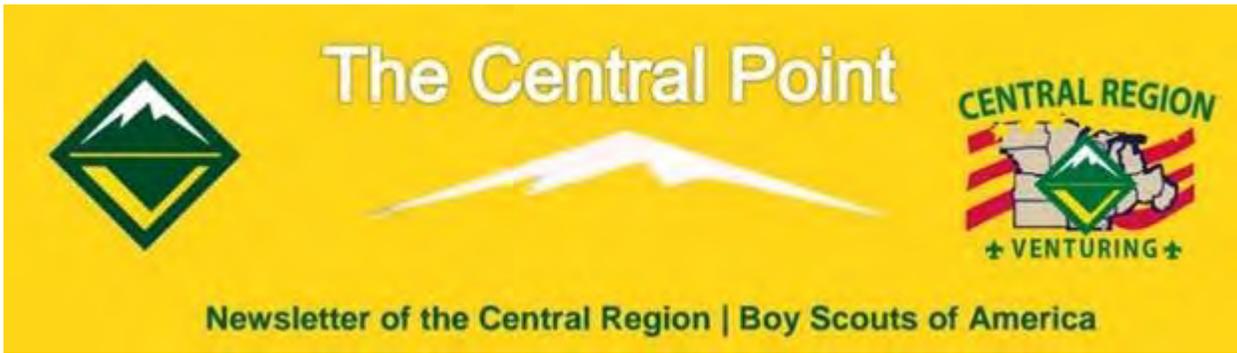
2016 Lumpking High Adventure Base Program Guide

Western

WR Law Enforcement Conference Guide

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The February 2016 edition of the Central Point, the Central Region Venturing newsletter, written by the Central Region's Venturing Officers is now available on our website at <http://crventuring.org/Home/Newsletters/>. A copy is also in the FORUM attachments.

Articles this month include:

VenturingFest
OA C-6B AIA Seminar
Celebrating Leadership
Area 2 Update
Advisor's Minute
President's Corner
Area Pages



PLANS FOR THE WILLIAM I. KOCH INTERNATIONAL SEA SCOUT CUP ARE UNDERWAY

William I. Koch International Sea Scout Cup is scheduled for July 30 - August 6, 2016 in Long Beach, California. Region qualifiers for teams are being conducted between now and late fall 2015.

If you have Sea Scouts who would like to compete in the 2016 international event, they must compete in one of their region's regatta qualifiers to be considered. We also need adults and youth to serve on the staff for the event. For more details about competing or serving on staff

For more details go to <http://seascoutcup.org/>



SEA SCOUTS BSA

National Sea Scout Support Committee

February 10, 2016

Sea Scout News!

The National Council of the Boy Scouts of America has approved a resolution establishing Sea Scouts, BSA as an independent program of the Boy Scouts of America--in full company with the other BSA programs: Cub Scouts, Boy Scouts, Varsity Scouts, and Venturing. Likewise, the Board made corresponding amendments to the BSA Charter and Bylaws.

While the changes in the text of these documents are modest, mostly the inclusion of the Sea Scout program in several clauses and paragraphs, the changes will be significant; providing Sea Scouting with access to the full range of attention and support at the National Council and throughout the BSA organization.

This is a significant milestone for Sea Scouts, BSA.

The National Sea Scout Support Committee, the National Director, and the National Commodore are already working to use this new status to improve and expand Sea Scouting. Plans for 2016 include emphasis on membership growth, providing additional resources to support existing ships and help increase the number of Sea Scout Ships (units) throughout the country.

Another emphasis area for 2016 will be improved communications and enhanced use of electronic media. Check out the new Sea Scout website at: www.SeaScoutBeta.org.

See attached Resolution

VenturingFest 2016



You've been patiently waiting and now we've got the details you've be clamoring for –VenturingFest 2016 (previously known as AdventureFest) is the first national gathering of Venturers at the Summit Bechtel Reserve and it's set for July 31 to August 5, 2016.

This six-day High-Adventure excursion invites participants to explore the best that the Summit has to offer. Activities include rock climbing, skateboarding, BMX biking, water sports, shooting sports, zip lines, challenge courses, and so much more.

What You Need to Know to Start Planning Your Trip

VenturingFest is \$400 for youth participants and \$300 for adults. Fees include meals (Monday breakfast through Friday breakfast), campsite (with showers, dining flies & Wi-Fi), tents, cots, and all program equipment. Final payment is due no later than June 1 and all paid fees are nonrefundable. This special event is open to registered Venturers, Sea Scouts, Boy Scouts (14+) and adult leaders. Groups must be no smaller than seven participants and must include at least five youth and two adults. There is no maximum group size.

How to Attend VenturingFest 2016

To register, simply fill out the [VenturingFest 2016 Reservation Form](#). Once completed you'll receive an email advising you when it has been processed along with information on how to submit your unit's non-refundable deposit. For more information head to www.summitbsa.org/venturingfest.

Have a question not covered here? Please reach out to venturingfest@scouting.org for additional information. What are you most looking forward to about this unique Venturing event at the Summit? Tell us in the comments below!

Go Nomad! (This is not a cheer for your local sports team)

Go Nomad is the theme for the 2017 Asia/Pacific Region (APR) Jamboree being hosted by the Mongolian Scout Association in late July, early August 2017. Nomads wander and roam the countryside and this is still the habit for about one half of the population of Mongolia.

Mongolia is about one quarter the size of the USA but we have 100 times the population so that going around in Mongolia it seems very large and empty. About one half of their three million population live in the capital city of Ulaan Baatar (there are many acceptable spellings of this name in English).



The Jamboree is going to be held just outside the city limits of the capital city in the national children's center, a facility built by the Soviets in the late 1970s. The theme of Jamboree will celebrate Mongolian culture which includes horse riding, camel riding, archery and other cultural activities and exchanges including a visit to the dinosaur museum. Did you know that more dinosaur remains have been found in Mongolia than anywhere else?

It is expected that about 10,000 Scouts from APR Scouting organizations and other countries will be in attendance.

The weather in Mongolia has two extremes, very hot and very cold. July and August is the hot part and temperatures are usually in the high 90s and dry.

Although the Jamboree is short in duration, the BSA contingent will be gone roughly three weeks. Here's the plan: We will travel in a group, probably leaving from Salt Lake City to Beijing, China. A three day stop in Beijing to visit the Forbidden City, the Great Wall and other sites then board the train for an exciting overnight ride to Ulaan Baatar. Arrive in Mongolia and move directly to the Jamboree site.

Since Mongolia is so spread out the post Jamboree stay is planned for five days. This will offer the opportunity for home stay, sight seeing in UB (even the Mongolians shorten it) and side trips to various points of interest around the country. There will be an opportunity to develop a menu of options for visiting coming in future updates.

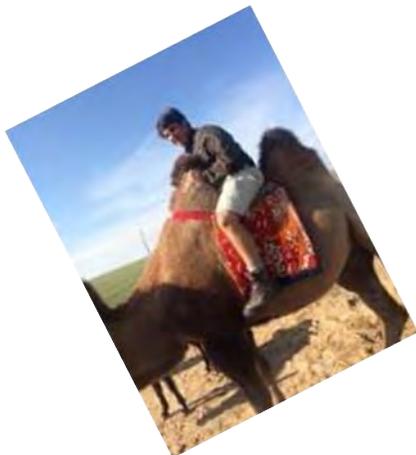
One must see is the giant (80 meter high) statue of Gengis Khan built on the site where he got his vision to spread conquer the world.

UB is a modern city in the midst of rapid growth. A special Scouting connection is that the lead architect for the design team on both the new international airport and the largest building in the country is a Scout and served as an International Camp Staff member in Camp Daniel Boone, NC in 2009.

After the Jamboree and visiting afterwards, we will fly directly from UB back through Beijing to Salt Lake City and then to your home towns. This travel will require both a valid US passport with at least six months remaining before the expiration date and a Chinese visa. Mongolia does not require a visa for short stays.

Head of contingent for this trip is Pete Armstrong, [28-654-9920](tel:28-654-9920), peteberet@aol.com. This event is a Daniel Boone Council event not a BSA national event.

Since this is the bottom line I will tell you what I believe will be the bottom line, \$3000 all inclusive. Unfortunately this is an estimate because it is still too early to make the travel plans.



LEARNING FOR LIFE & EXPLORING NEWSLETTER

February 2016 Edition

BREAKING NEWS.....



EXPLORERS AT THE SUMMIT 2016!

This summer Explorers will be invited to attend camp at the Summit! As the premier outdoor high adventure venue, what teenager wouldn't want to experience everything the Summit has to offer? More importantly, Explorers from all career fields who attend the Summit this summer will participate in the new Exploring Leadership Certificate training. Their feedback will impact how this new recognition is finalized and released to the field. ***More info coming soon!***

Looking for TRAINING opportunities?

STARTING THIS MONTH



EXPLORING EXPLOSION VILT's (*Virtual Instructor Lead Training*)

In preparation for and during your Exploring Explosion campaign, the National Service Center has developed a series of VILT's that will focus around the: **4-Phase Program Start Up**. There will be a VILT focused on each phase: Phase 1- Research, Phase 2 - Leadership, Phase 3 - Program, and Phase 4 - Participation

Register at <http://bit.ly/2016LFLwebinars>

EXPLORING AND LFL PROGRAMS: Best Practices and Strategies- PTC



Participants will learn how to identify and fill the needs of local schools and businesses by using the total package of in- school and Exploring programs. You'll learn how to fund and sustain these programs to achieve the maximum benefit to both the youth and the organizations who serve youth. District and Council Key 3s, commissioners at all levels and district and council committee members with Exploring and Learning for Life responsibilities are encouraged to attend. Faculty will include National Learning for Life volunteers and professionals who will share best practices and strategies.

Availability- Week 8: July 24-30 [click here](#)

Please send all questions and comments to: exploring@lflmail.org

LEARNING FOR LIFE & EXPLORING NEWSLETTER

February 2016 Edition

TRAVELING EXPLORING CERTIFICATION

In lieu of the Exploring Road Show, the National Exploring Team will be traveling to each area across the country to facilitate the Exploring Certification course during 2016. In an effort to support councils in their participation in the 2016 Exploring Explosion national growth campaign, there will be no course fee. For booking locations contact Tim.Anderson@lflmail.org. For all other questions contact Brooke.Parkinson@lflmail.org. **To register go to bit.ly/2016certifications.**

Check the registration site periodically as new dates and locations for the 2016 traveling Exploring Certification course will be added as they are scheduled with the area directors.

LEARNING FOR LIFE CURRICULUM BASED CERTIFICATION

This course will be offered twice, in addition to the dates and locations in conjunction with DOB listed above.

Tuesday, May 24 | San Diego, CA at NAM | Register during NAM registration

Monday, Sept 12 – Tues Sept 13 | Louisville, KY at Lincoln Heritage Council

Register at: bit.ly/2016certifications Call 972-580-2432 or email Brooke.Parkinson@lflmail.org for more information.

MONTHLY VIRTUAL TRAININGS

For those looking for a quick update and review of some of the basic parts and processes of Exploring and Learning for Life Curriculum Based programs – these webinars will meet your needs. Both professionals and volunteers are invited to participate. Please share this schedule with your volunteers. Contact Kristen.Falatko@lflmail.org for more information. *Register online at <http://bit.ly/2016LFLwebinars>*

EXPLORERS CAN NOW EARN COLLEGE CREDIT!



Exploring, in partnership with Pearson Education, is excited to offer Law Enforcement Explorers college-level courses. After completing the courses, your Explorers will receive college credit (from the American Council on Education) towards earning a degree in Criminal Justice. The attached Learning for Life Digital Booklet will provide the details and steps to enroll. In addition, all Explorers under the age of 18 must have their parents' approval and signatures on the attached consent form.

*This is an excellent opportunity to start earning a college degree at a **discounted fee** for all of our Law Enforcement Explorers. Please use the attached letter to spread the word.*

PLEASE NOTE: Explorers 18 and over can pay/register for Propero courses at www.propero.org/learning - we've asked them (in the Learning for Life Digital Booklet) to contact their local Exploring office for this URL information. All Explorers under the age of 18 will first need to submit their Propero Parent and Student Consent form to learningconsent@pearson.com before this URL will be provided by Pearson.

Please see associated Propero attachments – these will soon be available on exploring.learningforlife.org

📧 Please send all questions and comments to: exploring@lflmail.org



Lone Voyageur

Want to attend Northern Tier but your troop or Venturing Crew can't make it this year? No problem. The Lone Voyageur program allows Venturers to attend Northern Tier as part of a provisional crew – Northern Tier will provide qualified adult leadership. This program is offered out of Charles L. Sommers Wilderness Canoe Base and lets you participate in a seven-day trip through the pristine Quetico Provincial Park and Boundary Waters Canoe Area Wilderness.



COST

\$600 PER PERSON

2016 SUMMER SESSIONS

JUNE 8 – JUNE 15

JUNE 19 – 26

JUNE 29 – JULY 6

JULY 13 – JULY 20

AUGUST 3 – AUGUST 10

A round-trip shuttle from the Minneapolis/St. Paul airport is included in your fee.

Call 218.365.4811 for more information.

Older venture scouts and/or sea scouts should also consider joining the Northern Tier team for the greatest summer of their lives! Visit <http://ntier.org/Jobs> or email Jobs@Ntier.org.



COURSE INFORMATION FOR SEAL 2016

	<p>Northeast Region SL-71-MD-2016 <i>Date:</i> June 25 - July 3, 2016 <i>Location:</i> Chesapeake Bay, Maryland <i>Vessel/type:</i> SSTV <i>Der PeLiKan</i> (44' Morgan ketch) <i>Cost:</i> \$280</p>
	<p>Southern Region SL-72-TX-2016 <i>Date:</i> July 1 - 9, 2016 <i>Location:</i> Galveston Bay, Texas <i>Vessel/type:</i> SSTV <i>Gremlin</i> (38' Little Harbor) <i>Cost:</i> \$250</p>
	<p>Western Region SL-73-WA-2016 <i>Date:</i> July 6 - 15, 2016 <i>Location:</i> San Juan Islands-Seattle, Washington <i>Vessel/type:</i> SSTV <i>Argo</i> (40' Mark 4 Shore Launch motor) <i>Cost:</i> \$280</p>
	<p>Northeast Region SL-74-NY-2016 <i>Date:</i> July 7 - 17, 2016 <i>Location:</i> Long Island Sound, New York <i>Vessel/type:</i> SSTV <i>Resolution</i> (Hinckley 40 Bermuda yawl) <i>Cost:</i> \$280</p>
	<p>Northeast Region SL-75-MD-2016 <i>Date:</i> July 23 - 31, 2016 <i>Location:</i> Chesapeake Bay, Maryland <i>Vessel/type:</i> SSTV <i>Der PeLiKan</i> (44' Morgan ketch) <i>Cost:</i> \$280</p>

A Venturer Reports: Maryland Rail Trail & Fort Frederick State Park

By Nathan

The weekend of 11 to 13 September 2015 was shaping up to be great. Slight showers forecast for Friday evening and ending by Saturday after lunch. Seasonable temperatures promised to be in the high 50's during the day on Saturday and rising into the high 60's on Sunday with sunshine at the end of the weekend.

Grace had things sorted to a 'T' as she usually does. Grace is Crew 27's Vice President for Program and was also the activity chair for this weekend. The Crew was sending about a dozen of it's 45 members out on this adventure with half a dozen adults set on having a splendid fall weekend with the Venturers. The Crew included two brand new Venturers who had just joined the Crew, Jessica and Khant.

On Friday evening, the Crew rallied at the Advisor's home at 5 PM, set up the propane stoves to ensure they worked, and packed the trailer with bicycles. This was car camping with a bike ride interposed on the day. The Crew equips for backpacking but we do car camp when what we want to see is close to the roads. We pulled out fully loaded with four vehicles about 7:15 and drove northwesterly from Montgomery County, Maryland up I-270 to join I-70 West at Frederick, Maryland. From Frederick it was over the Catoctin Mountains through the Catoctin Valley, then over South Mountain of the Blue Ridge north of Harpers Ferry. We drove north of the battlefield at Antietam

mimicking General McClellan's fateful march to the point where General Hooker would have peeled off from the main body of the Union Army to plunge southerly headfirst into the defenses of two of General Lee's best Confederate Generals: Stonewall Jackson and 'Pete' Longstreet in September of 1862. Night deepened and we pressed west into the Allegheny Mountains of western Maryland to Hancock, which sits on the southern border of Maryland close to its narrowest point in the pan handle and has waterfront on the Potomac River. We made a brief stop to top the gas tanks and get some refreshment before winding our way west of the town to the White Rocks Hiker-Biker Overnighter on the Chesapeake and Ohio Canal.



Elisabeth, Grace & Jessica at Pearre Station - Western Terminus of the Western Maryland Rail Trail

Our Crew President had come up separately with his dad and arrived by the side of the road while a party of the Advisor and three Venturers were hiking down to the campsite to determine that it was open and not already occupied. Hiker-Bikers cannot be reserved so sometimes they fill up. The closest approach of the road was about 3,000' east of the campsite so it took a good half an hour in the dark to get to the campsite and return to the cars. The campsite was empty and potable water was available there so we were good to go. Almost.



A Venturer Reports: Maryland Rail Trail & Fort Frederick State Park

By Nathan

While the 'scouting party' was checking out the campsite, the Crew President (Michael) had arrived and suggested to move the campsite location, on short notice, to the canal park in the City of Hancock. This site, about a mile away from our planned campsite, was not listed in any literature as a camping facility but Michael was convinced it was available to us without prior coordination. This created a storming session that went on for 20 minutes and did not end until 10:30 PM when the Advisor informed the activity chair that she had an actionable plan and that she should stick to it. With some grumbling, Crew 27 started up the Chesapeake and Ohio Canal towpath to the White Rocks Hiker Biker overnighiter. As we reached the campsite and started setting up, the rain began to fall so ponchos were donned and everyone got to bed promptly while they could stay dry. Everyone, that is, except Nathan:

The rain was heavier than forecast through the night but everyone stayed mostly dry and the downpour had fallen off to a drizzle by morning. Nathan had a tent he had borrowed months earlier during the summer that had been put away wet so he had to stay up late wiping it down with some Clorox to demold it. Lesson learned, don't leave wet tents wrapped up for 75 days and expect them to be serviceable when you need them. It was 0130AM before Nathan finally could use the tent. Heavy rain began at 0215 AM.

What with the rain and all, no one was in a rush to arise on Saturday morning so the Crew dragged itself out of their tents around 8:30 AM. The rain had subsided to a light drizzle by then and precipitation echoes on the iPad were largely leaving the area. Nathan looked sleepier than everyone else and the Advisor who had to stay up and help Nathan and his two tent mates get the Petrie dish (tent) habitable was the last adult out of bed. By 10 AM, we were fed, camp was broken and we were hauling our stuff to the cars and getting the bikes out of the trailer. Our first stop was Hancock to get a few necessities for the bikes at the extremely well supplied bicycle shop there, C & O Bicycle has to be one of the nicest bike shops anywhere. They had everything we needed and a mechanic to help sort out some gnarly derailleur issues that arose from the bikes being put so close together in the trailer. The weather had gotten colder than forecast so the local thrift Shop, 'Loaves & Fishes' at 116 West High Street provided a couple of our lightly clothed Venturers with nice windbreakers and polyester knitted caps for fifty cents each. Hancock is awesome - it really has everything anyone could want.

We visited the much vaunted 'campground' of the previous night's discussion and read the sign: 'City of Hancock Picnic Area - No Camping.' Grace and the Advisor definitely made the right call the night before.

The Crew, now fully tuned up and properly clothed struck out to the west on their adventure. By noon we were off on our bike ride from Hancock to the farthest western extent of the Western Maryland Rail Trail. The only excitement was caused by Nathan who elected to try to ride over a 4 inch diameter branch across the Rail Trail. After ending up upside down in the ditch beside the trail, Nathan decided that leaping large downed branches was not necessarily the best use of what he carried in his cranium so with some adjustments to his handle bars, brakes and derailleurs he was off again with a healthy respect for seemingly surmountable obstacles. No first aid was required.



Boiling jackets for breakfast on the damp Western Maryland Rail Trail

A Venturer Reports: Maryland Rail Trail & Fort Frederick State Park

By Nathan

The western terminus of the Rail Trail is the micro-town of Pearre about 12 miles west of Hancock so we had a pleasant 24 mile ride on the rail trail ahead of us to get to Pearre and then return to Hancock. We stopped at locks along the Chesapeake and Ohio Canal, saw the remnants of antiquated mines and cement plants and took in the most amazing views of the Potomac River valley in the fall. As we got close to Pearre, the Crew stopped for a breather at Feeder Dam #6 on the C & O Canal. Feeder dams diverted water from the Potomac River into the Canal when it was the main form of transport between Washington D.C. and Cumberland, MD. The Canal stretched 185 miles



Khant Clowns on the Rail Trail

up the Potomac River Valley on the North side of the Potomac River. By the time it was completed in 1850 the C & O canal only spanned one third of it's planned extent and reached Cumberland at a cost of over \$11 Million dollars. By 1850, the canal was already obsolete and the tracks of the Baltimore and Ohio Railroad followed it into the Alleghenies and then went past Cumberland to reach parts of America the Canal would never see. The canal was damaged by several hurricanes but remained in operation until 1924. Interestingly enough, the seeds of the railroad's obsolescence also parallel the route up the north shore of the Potomac River in the form of Interstate Highways 70 and 68. Commerce that began on canal boats was overtaken by trains and is now largely conducted by trucks. The C & O canal is now preserved as one of America's most amazing National Parks. Traveling it allows you

to ride through 250+ years of North American history.

The feeder dam was an engineering marvel and the Crew made good use of it's architecture. Elisabeth did modern dance on a bridge, the Crew ate a late lunch of jerky, sandwiches, pudding and snacks along the edge of the lock at the dam and we all marveled at the stone work that was now over 165 years old. Most of it had been placed there by stone masons from Italy who came to America to work on building the canal.

Pearre is quaint! Once a growing place and shipment point for awesome Maryland apples, the apples continue to be harvested even though they now move out via truck. The old hotel in town and the remnants of a bygone civilization are now private homes that look stately to say the least. Their current owners obviously appreciate them.

A brief stay in Pearre was all that was needed to take in the small town. The Crew headed back eastbound to Hancock. This time without excitement but still enjoying amazing landscape of immeasurable beauty.



Elisabeth Imitates Art at the Feeder Dam 6 Lock Bridge

A Venturer Reports: Maryland Rail Trail & Fort Frederick State Park

By Nathan

By 3:30 we were all back in Hancock and our Crew President had another surprise for us. In his crusade to avoid a return to the lovely White Rock Hiker-Biker campground, he had entered a store in Hancock and struck up a conversation with the proprietor. Well, it turns out that this lady's brother in law was on the Hancock Town Council so when Michael asked if the Crew could camp anywhere in Hancock, the 'Powers that Be' went to work and came up with access to the City of Hancock public park from 223 to 231 West Main Street right in the middle of town. It had water, rest rooms and all of the in town amenities! Score one for Mr. President - he owed us one to make up for the previous night's storming session!

Khant's sister, and guardian (May) needed to head back to DC because she had to work on Sunday. Unfortunately, Khant went with her. They are from Myanmar and Khant wasn't comfortable enough with the Crew to stay on by himself. He had stayed pretty close to his sister all day so he didn't get to know the Venturers in the Crew yet.



Lillianne, Bilal, Pete, Nathan & Julie ordering at The Potomac Grille

The Crew set up camp for the rest of a leisurely afternoon heralded by dry skies and cool temperatures. We had planned a dinner in town that night so a gentleman who identified himself as 'Bubba' cajoled members of the Crew into trying a restaurant on the hill in town above our campsite. Hancock is interesting because the lower town is crowned by a bridge that leapfrogs above the lower town to a hill and then crosses another bridge across the Potomac River to Cacapon, West Virginia. The name of the establishment was 'The Potomac' and it sits on Highway 522 on the Maryland side of the Route 522 Bridge across the Potomac River. We crowded all 20 or so of us in to a fairly spacious porch amongst a lot of other hungry diners in time to watch Bubba get his dinner comped by the Potomac Grill. The Crew was now in full

Venturing Uniform with our classic 1960's Explorer uniforms! eBay serves us well and keeps us looking sharp for a fraction of the cost of new uniforms. There were no complaints about the food, the pot roast and fish were really very good and desserts were baked on premises. Prices were reasonable and the Crew nearly had to roll back down the hill to get to the tents. We were stuffed!

The next morning broke bright and sunny! We planned to attend the various religious institutions in Hancock to worship as each of us chose. A few of the Catholics missed Mass because they could not drag themselves out of their sleeping bags in time but just about everyone else made it to one of the many Services in town. The people of Hancock are incredibly welcoming and showed a real interest in Venturing. Apparently the Senior Division of BSA is not well known in these parts. Young women in Scout Uniforms who did not look like Girl Scouts were the center of attention.



Methodist Services at Hancock, MD -
A warm welcome for Crew 27!

A Venturer Reports: Maryland Rail Trail & Fort Frederick State Park

By Nathan

We were fixing sandwiches for lunch when our Crew President got it in his mind that he wanted an informational meeting so he started bellowing at the top of his lungs "C Formation, C Formation." C formation is an assembly where each miniCrew is formed up in a semicircle facing the speaker, it puts everyone in direct line of sight for receiving instructions and is an efficient way to communicate. Unfortunately, our Activity Chair (And VP for Program who was leading the Rail Trail Hike), Grace was on the phone with her mother about 15 feet behind Michael as he bellowed for 'C Formation.' Michael had no idea he was interrupting Grace and Grace was about out of patience so she picked up her bicycle and rolled it toward Michael to get him to quiet down. In retrospect, not a good choice. Michael, feeling assaulted, picked up the bike as our Advisor shouted, 'No, Michael, Stop.' Michael flung the Bike at an unoccupied picnic table where it ricocheted harmlessly onto the ground, apparently unbroken and none the worse for wear. Our Advisor had nothing very complimentary to say to any of the leadership at that point so he walked over to his car and had a sip of water and said nothing. In six years of very active Venturing, this was the first ever altercation between Crew members. Counseling followed. Our Crew has a rule that if you can't follow the Scout Law, you have time out until you can, or you go home until you can. Not wanting to send the two senior Venturers home, there was a serious time out!

After everyone had lunch, a sense of humor was restored and the Crew packed up camp and mounted up their bikes for a ride east on the Rail Trail to the eastern terminus at Fort Frederick. This trip, of about eleven miles was negotiated in about an hour and twenty minutes. Some adults went with the Crew, others positioned the vehicles at Fort Frederick and rode west to join up with the eastbound Crew. By the time the two groups joined up, the Crew was four miles west of Fort Frederick. After the join up, Julie, who had



Crew 27 in formation at Fort Frederick with Drummer

After the join up, Julie, who had tied her jacket around her bicycle seat was unceremoniously dumped onto the ground with a calf abrasion when the jacket suddenly entangled itself in her rear wheel bringing her bicycle to a very sudden stop. In a close examination of Newton's law's, Julie discovered that her tendency was to stay in motion, even after her bicycle had stopped, thus resulting in 'sliding in to home' and sustaining the calf abrasion. Fortunately, our Advisor and other Venturers were right behind her with the first aid bag so the wound was cleaned with sterile saline from a pressure can and dressed with a sterile dressing. The bike required a few mechanical adjustments but the lovely jacket from the Thrift Shop was toast. Too bad, Julie really like that jacket.



Flintlock Demo at Fort Frederick!

A Venturer Reports: Maryland Rail Trail & Fort Frederick State Park

By Nathan

As the Crew arrived at Fort Frederick State Park, it stepped out of the late 19th and early 20th centuries back to the mid-18th century and the time of the French and Indian War. Located only 80 miles from the Port of Baltimore, Fort Frederick, in 1756, was the western frontier of colonial America and Maryland. Move another twenty miles west in 1756, and you are in Native American lands populated by the remnants of a culture nearly destroyed by European diseases to which they had no immunity. In this vast, under-populated continent, French trappers extract fortunes of pelts and skins for the fashion industry of Europe. British interests see the French as competition. French



Flintlock 101 at Fort Frederick

trappers moved south out of Canada into the Ohio River Valley on the western slopes of the Allegheny Mountains. Both sides enlist native American tribes as allies and in 1756 war is declared. The war lasts for seven years until 1763 and the British eventually 'win.' If anyone can truly be called a 'winner.' Fort Frederick was the only stone fortification in the thirteen colonies in the mid-18th century, it was the front line of western civilization and routinely garrisoned two companies of British Troops or, later in the conflict, Colonial irregulars. A four pointed star with 40 foot high stone walls, it was virtually impregnable to any onslaught the French could mount. Only cannon of considerable caliber would be effective against this structure. The Crew was excited, one weekend a month from the spring into the fall, re-enactors pilgrimage to Fort Frederick to play their game. The families who reenact are very

knowledgeable about the history they portray and the Crew was looking forward to an education this Sunday afternoon!

They were not disappointed. They toured the museums, got to march with wooden matchlock musket mock ups, and learned about the tools, clothing and culture of the American frontier in the mid 18th century. It was an outstanding opportunity and a great education! We had actual flintlock and matchlock muskets demonstrated to us and learned about medicine on the frontier. We got to see and hear period instruments being played and see the accommodations for officers and men of the fort. We learned about frontier sanitation and the storing of food without refrigeration. We watched candles being made and bread being baked. We saw, first hand, how tenuous the grasp of the colonies was on the western frontier and learned about the confrontation that trained George Washington in military tactics so he could return in 1776 to lead the Continental Army against Britain. This part of the trip is best portrayed in the awesome pictures of the Fort and the re-enactors!

All good trips come to an end. About 5 PM on Sunday afternoon, the Crew loaded up the cars and trailer and headed back to Montgomery County to close out an outstanding weekend. While not without some clashes, the weekend ended with everyone on friendly terms and everyone indicated they had a superb time during our reflection using Thorns, Buds and Roses. It was another great Crew 27 memory



The Lock at Feeder Dam 6

A Venturer Reports: Maryland Rail Trail & Fort Frederick State Park

By Nathan



Nathan

Nathan is in his third year as a Venturer in Crew 27 of the National Capital Area Council and currently serves as a Crew Guide assisting Mya in leading MiniCrew A. One of Crew 27's prolific authors, Nathan loves sharing his experiences by writing! Nathan has completed four weeks at the Venturing program at Goshen Scout Reservation and participated in Crew 27's week-long summer adventure trips to Michigan (2014) and to Vermont (2015). A willing leader, Nathan has completed ILSC and NYLT.



BOY SCOUTS OF AMERICA®
PATRIOTS' PATH COUNCIL

2016 AdVenturee Save the date!



Activities will include:

- Shooting Sports
- COPE
- Rock Climbing
- ATV's
- Mountain Biking
- Venturing Ranger Award Core and Elective Requirements
- STEM
- Candy/Dessert making
- Many More

When: April 8-10, 2016

Where: Camp Somers, Mount Allamuchy Scout Reservation, located at 750 Waterloo Road, Stanhope, NJ 07874

Who: Any registered Venturer, adult leader, or Venturing aged Boy Scout (14+)

What: The AdVenturee is a council wide get together for Venturers! Venturers from out of Patriots' Path Council and Boy Scouts of Venturing age are also welcome! The weekend will be full of super fun activities, meeting other Venturers, and even completing requirements for the Ranger Award and the new (Venturing, Discovery, Pathfinder, and Summit) Venturing awards!

Theme: Superheroes! Scouting appropriate costumes are welcome!

Questions? Contact: Katie Rozek, kt.rozek@gmail.com, (973) 670-6998
Bill SanFilippo, bill.sanfilippo@scouting.org, (862) 777-2524

Not interested in earning awards? No problem! All the sessions have been designed to be incredibly fun and interesting! Sign up for whatever sessions appeal to you, and you'll have a blast!!

If you are interested in completing award requirements, simply check the session information document that will be available once we get registration up to see which sessions correspond to which award requirements.



Prepared. For Life.™



NATIONAL CAPITAL AREA COUNCIL, BSA GOSHEN SCOUT RESERVATION



Viewing Rock Overlooking Goshen Scout Reservation

Venturers & Venturing Leaders

Want a dedicated Venturing Summer Camp Program with a great track record featured in The Forum – search The Forum archives to see what Venturers think of Goshen Scout Reservation’s - Camps Bowman & Lenhok’sin. Want more than one week of Venturing Camp at a time, more hike-able terrain than either Philmont or The Summit at half the cost - \$360/week? Come to Goshen’s Venturing Program, now in its 7th year. It is tailored to the new Award System & Ranger! Join us this summer from 27 June thru 8 Aug!

Call Phil at (301)214-9195 or go to the guide below:

http://c.ymcdn.com/sites/ncacbsa.site-ym.com/resource/collection/D7F219CD-7A1C-49D0-A200-F3254CAE24CA/Goshen_Venturing_Guide.pdf

<https://www.facebook.com/GOSHENNCAC/>



SEABADGE (SB-28-CT-2016)



Dates: November 18th , 2016 thru November 20th 2016

Cost: \$175.00 / Participants

Course Director: Marshall Parsons, twinpars@earthlink.net C860.938.7681

Application and Information: <http://nerseascout.org>

- ★ Meet with other Sea Scouts around the Nation
- ★ This course is the newest and revised for 2016
- ★ Learn from over 100+ Years of Sea Scouting Knowledge from our Instructors
- ★ Participate in activities that will build on your seamanship skills
- ★ Team Building Activities
- ★ Explore the Seaport and learn about "living" maritime history
- ★ Right in Picturesque Mystic CT
- ★ Make new Scouting Friends

Easy Location for Travel

- ★ Nearby Groton Airport GON Served by Regional Airlines
- ★ TF Green Airport in Providence about 40 Min Away
- ★ Amtrak in Mystic CT
- ★ Bus Service and Train Service to nearby New London CT



A Venturer Reports: Coral Reef Restoration in St. Lucia **By Cassandra, a youth member of Venturing Crew 3000**

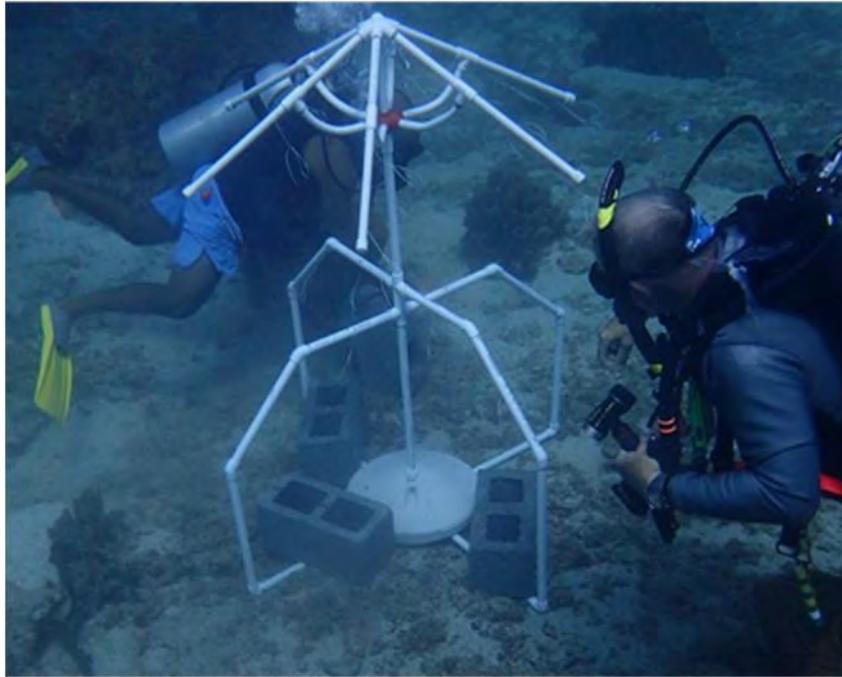
In August of 2015, Venturing Crew 3000 was invited to St. Lucia to construct the island nation's first underwater coral farm. In conjunction with the Saint Lucian government, various Crew members built PVC pipe structures for the propagation of Staghorn coral (*Acropora cervicornis*) and installed them in the Anse Chastanet Marine Reserve. A staggering 90% of all Staghorn coral has been lost on reefs in the United States and the Caribbean. This species is crucial in the natural process of coral reef growth and development. The stations that were created for coral growth not only had to be functional, but also challenged Crew members to build artistic expressions that would reflect St. Lucia's creative culture. In addition to building the coral farm, new members of the Crew 3000 were certified as Open Water Scuba Divers. This unique opportunity also allowed all Crew members to practice scuba diving alongside experienced dive instructors as well as professional and friendly diving staff at Scuba St. Lucia.

Venturing Crew 3000 was founded in 2010. It aims to teach and involve individuals in ocean conservation via hands-on experience. Today, Venturing Crew 3000 is comprised of members from all across the United States. It has also succeeded in establishing an underwater Staghorn coral farm in Quintana Roo, located in the Mayan Riviera, Mexico. As in St. Lucia, coral fragments are grown on PVC pipe structures. The growing process culminates in transplanting the healthy fragments onto the most damaged areas of coral reefs in the surrounding area. Healthy branches are also re-fragmented to continue conservation efforts. Work in Mexico is performed in coalition with students and professors of Post University. By strategically replanting corals onto reefs in genetically diverse clusters, Crew 3000 envisions enhancing reproductive output, which can potentially re-seed downstream reefs and lead to a natural recovery throughout the coral reef ecosystem. The Crew intends to continue coral reef restoration in the Caribbean, and through its activities helps to ensure the health of the world's oceans for generations to come.

For the purposes of the trip to St. Lucia, members of Crew 3000 created three distinct growing structures. Each station was designed in the United States, but constructed in St. Lucia. All designs had to conform to a specific set of criteria in order to be used in the field. When disassembled, all of the required parts and pieces of each structure had to fit into a piece of luggage or other means of baggage that was acceptable to transport internationally via passenger airlines. The design also had to be convenient to install in the ocean environment. Crew members had the option of anchoring their design to the sea substrate or suspending it in the water column. Each structure had to house a minimum of 10 coral fragments to a maximum of 50 fragments. All designs also had to be resistant to destructive factors posed by the marine environment.

The first growing station was deemed "The Umbrella." This structure was made entirely from PVC pipes. Coral fragments were hung on the station using nylon fishing line. One end of the line was tied to the structure itself, while its opposite end was tied to incorporate a noose-like knot. When populating this tree, divers inserted a finger-size fragment of Staghorn coral into the noose-end of the line and slid the knot down to suspend the fragment in the water column. As the name suggests, this structure appeared to be an umbrella skeleton without fabric attached. Coral fragments were hung underneath the umbrella's 'arms' and underneath the raised part of its supportive base. The structure was anchored to the seabed with three cinder blocks.

A Venturer Reports: Coral Reef Restoration in St. Lucia By Cassandra, a youth member of Venturing Crew 3000

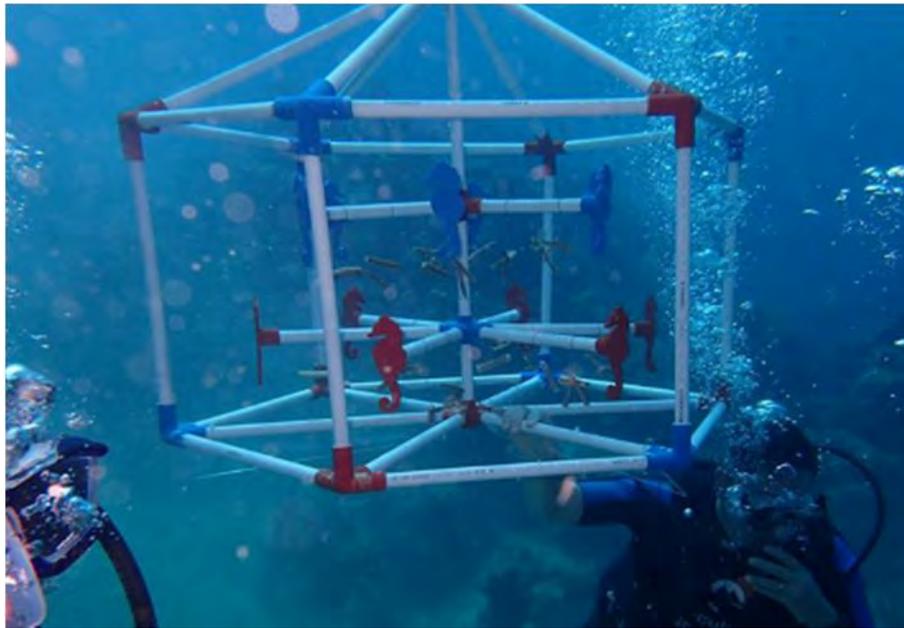


The second propagation structure that was installed was named “The Sundial.” This growing station was also made out of PVC pipes. This station was populated using the same techniques that were employed in the population of The Umbrella. Its base was an octagonal frame which was linked on either side by four other pipes, forming a four-way cross in its middle. From this base rose four vertical supports that upheld another octagonal frame. The top octagon was supported by another four-way cross like its base counterpart. Each of the top octagon’s eight sides supported an arrangement of PVC pipe that was jointed in two places to make each piece look like a ray of the sun. Coral fragments were suspended on the sun’s “rays” and upper octagonal frame. It, too, was fixed to the seafloor with cinder blocks.



A Venturer Reports: Coral Reef Restoration in St. Lucia By Cassandra, a youth member of Venturing Crew 3000

The “Carousel” completed the Crew’s trio of growing structures. This growing structure, created using PVC pipes and appliques from a three-dimensional printer, was the only station to be suspended in the water column. Its base was a PVC pipe hexagonal frame with six straight pieces of PVC meeting in the middle for support. From the middle of the base rose one vertical piece of PVC that also supported two layers of six-branch installments. Each of these 12 branches were capped with a seahorse shaped applique. The Carousel also had six other vertical supports that upheld a top hexagonal frame. The upper frame supported six other straight pieces of PVC pipe that came together at a peak, much like the roof of a circus tent. In order to populate this tree with coral fragments, pieces of wire were used. Each piece of wire was connected to a specific part of the growing structure itself, and held a coral fragment at its opposite end. Coral fragments were hung from this growing station on its 12 central branches as well as both of its hexagonal frames.



Among all of the three growing stations, more than 200 Staghorn coral fragments were hung in total. Crew 3000 is responsible for continued work on this project. In September 2016, its members will be returning to St. Lucia to care for these propagation structures as well as the fragments that were used to populate them in August 2015. This project is part of the Crew’s ongoing mission to restore, protect and preserve our ocean ecosystems through education and participation.

Should readers have any questions or comments about the activities mentioned previously, they may contact the Crew 3000 Advisor, Dr. William Zarillo, at 93 Malvern Hill Rd. Watertown, CT 06795, wzarillo@sbcglobal.net, or (203) 232-8384. Inquiries may also be made on the official Crew 3000 website, www.crew3000.org, or on the Crew 3000 Facebook page.

A Venturer Reports: Coral Reef Restoration in St. Lucia By Cassandra, a youth member of Venturing Crew 3000



About the Author

Cassandra (front row, fourth from left) is an 18 year-old member of the Crew 3000. She currently studies marine biology and aquaculture at The Sound School Regional Vocational Aquaculture Center in New Haven, CT. For as long as she can remember, she has had a passion for the ocean and learning more about the incredible animals that inhabit it. Through the Crew 3000, Cassandra hopes to continue her marine conservancy efforts. She will be attending Roger Williams University in the autumn of 2016 to pursue a career as a marine biologist.



**Your Venturing Crew/Explorer Post
+Our Mountain camp
=Best summer ever!**

Whether you choose to zipline into a mountain gorge, rappel down a waterfall, kayak down a whitewater river, shoot pistols or rifles, go horseback riding, go hiking, mountain bike our mountain trails, float down the Green River, take our Wilderness Survivor Challenge, or get wet and wild at our luau...these are memories for a lifetime! Each Crew/Post designs their own program by selecting from these and other exciting adventures. It can be a great time for team building, learning new skills, and working on your Venturing Ranger award.

What: 2016 High Adventure Summer Camp

Where: Camp Bob Hardin –Saluda, NC

When: July 5-9, 2016

Average Temperature: 76°F

Base Cost: \$150

For details and our Adventure Guide, check us out on Facebook or at our web site!

WWW.FACEBOOK.COM/CAMPBOBHARDIN

WWW.CAMPBOBHARDIN.COM

Is your Crew LAB Ready?

Lumpkin Adventure Base 2016



America's First Venturing Specific Camp is calling. Is your Crew ready? Is your Crew strong enough and filled with **Scout Spirit** and that **longing for adventure**? If so, Lumpkin is the only camp destination that makes sense for you and your crew!

We are pleased to announce our first crew is now registered, as well as a group of International Scouts from Haiti are planning to make Lumpkin their summer camp destination next year! Hope to see your Crew there as well.

Top Reasons for your Crew to make Lumpkin Adventure Base your 2016 camp experience!

1. LAB is the ONLY Venturing specific camp in America!

No trying to find your niche in the merit badge based program at your local Boy Scout camp. Come to LAB and spend the week with other co-ed Venture Crews at America's First Dedicated Venturing base!

2. You can travel with a partner troop that is coming to Camp Daniel Boone or Camp Rainey Mountain.

Located in Western Carolina, LAB is just a short drive from Camp Daniel Boone and Camp Rainey Mountain. You can cut travel costs by partnering with a local Boy Scout troop for travel purposes. If you need transported from either camp, we can help.

3. Amazing High Adventure Program.

A diverse and exciting array of program opportunities including multiple rivers to raft, thousands of miles of trails to hike, climbing, shooting, riding ... the list goes on.

4. Location Location Location

Western North Carolina is one of the most diverse eco-systems on earth, and it provides an amazing back drop for your Crew's adventures. With camp located at about 2,000 feet elevation, the summertime temperatures are cool. Backpacking treks will cross 5,000 foot peaks and evening temperatures can drop into the 50's.

5. Partners in Adventure

We partner with several certified outdoor program providers including the Nantahala Outdoor Center, which is heralded as one of the "Best Outfitters on Earth". We will also work with you to make sure your Crew itinerary meets your needs and exceeds your expectations.

6. Affordable Camp Fees

With trek fees starting at just \$350 per person, it is an affordable week long experience.

7. Great Food Made the way YOU like it ... Guaranteed!

Part of the program is your crew cooking your own food! You know you will like it! This provides a great team building opportunity, and your crew will learn the fine art of outdoor cooking. All food and cooking equipment is provided.

8. Just the right size.

Your crew will be a part of a larger group in base camp, but not so large you feel lost in a sea of people. With 60-100 campers per week, it is a comfortable camp setting where you can meet other Scouts from across the country.

9. Program equipment is provided.

We know many Crews do not have gear, so we will provide the needed gear. Tents, cooking equipment, water purification systems are all part of the package, be it for base camp or backpacking.

10. Plenty of program in base camp as well.

When not in the back-country, there are plenty of program opportunities in base camp including Frisbee golf, human foosball, and geo-caching. There are also social activities like campfires, Ice Cream Social and time to just relax on occasion.

For more information contact

Dan Rogers (828) 254-6189

dan.rogers@scouting.org

www.lumpkinadventurebase.org

Recruits, Recruits, RECRUITS



Recruiting, in my opinion, is the most difficult aspect of Sea Scouting. For those of us that are already scouts know what a great program it is, but not many others do. So, here are some tactics to help grow your ships' crews.

Be welcoming. This may seem obvious, but it is more complicated than you may think. Crews often form very tight bonds with each other, and this expected and really the point of scouts. We must remember, however, that when

a visitor is at the base inside jokes can make him or her feel excluded, and no one wants to be that one outsider. To prevent this, each ship member can make sure the new person is involved in an activity, and not the one that no one wants to do. Make joining the ship as easy and as fun as possible.

Push an interested teen a bit. If you have someone interested, tell them to come to your base immediately. Do not say, "Come down sometime." Bring them to the next activities day. Bother them until they join in on the fun.

Target the right age. In today's busy world, most kids already have so many commitments by their freshman year that they don't have time for scouts. Try to recruit 8th graders or the freshman at the beginning of the year.

Make it a competition. My ship often has recruiting competitions where the crew that recruits the most people gets a free cruise. We often get competitive and find large numbers of recruits.

Take groups out cruising. Bring adults, teens, and even young kids out on your ship. Adults help spread the word about sea scouts to other parents and colleagues. Obviously, teens that enjoy themselves will join. They are also more comfortable and likely to stay in the ship if they have a friend with them. Young kids are an opportunity to excite a future generation about scouts and build a bank of dedicated future recruits. Welcome everyone! You don't know where the next recruit will come from. School classes, summer camps, and church groups are all great groups to take out for the day.

Those are my tips to help build your ship. My final note is that not everyone is made for scouting. We all have those friends who say, "Wow! That's so cool!", but then won't ever come down to the base. Often they say, "Oh, I can't swim" or "Oh, I'm busy". Of course, try to convince them to come down one day, but the truth is they may not. Don't get discouraged, just try someone else.

A Trip to Area 1



Sea Scouts stretches across the West Coast, the nation, and all around the world. Each ship has its own policies and traditions, but despite this, all ships have a thread of similarity.

Recently, I took a trip down the Columbia with the SSS Sunsail and SSS Dragon. I arrived disheveled and nervous, but the SSS Dragon welcomed me aboard their vessel. We were underway for 2 hours and then arrived, only to be welcomed by 4 other sea scout ships.

The next day we woke up to join a treasure hunt for rubber ducks. With our feet soaked, we successfully searched the entire island and found enough ducks to win goody bags with candy and whistles. Next we set to carving pumpkins. We agreed on a sailboat design and began carving. As if we hadn't already had a busy, next was a costume contest, and they pulled out all the stops. From scary clowns to creepy dolls, they did not fail to impress. In fact, their costumes were so impressive that they were invited to participate in a haunted walk around the island.

Although the events of the trip were very different from anything I'd experienced back in area 3, I was impressed by how similar the experience was. There were the same awkward yet dedicated scouts, the same knowledgeable the leaders, and the same welcoming atmosphere. Despite how different each area is, in my experience, every sea scout ship holds the same welcoming and chaotic magic.



A day with U.S. Coast Guard Aviation Survival Technicians



Coast Guard rescues Swimmer in action

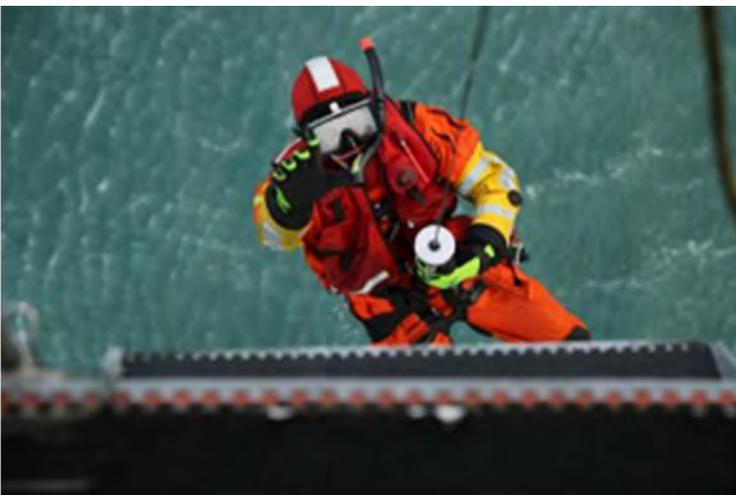
What is an Aviation Survival Technician?

Aviation Survival Technician is the term used by the United States Coast Guard for its “rescue swimmers.” They are trained at the U.S. Coast Guard’s Aviation Survival Technician/Rescue Swimmer school at Coast Guard Air Station Elizabeth City, North Carolina. Rescue swimmers are part of a team and when they’re not out doing rescues, they have other duties as Aviation Survival men and women, maintaining the survival equipment that the pilots and other aircrew depend on.



The Coast Guard realized that they need to have their own rescue swimmers after many tragedies at sea. On September 10, 1984 ASM2 Steve Ober and ASM3 Kelly Gordon became the first Coast Guard personnel to begin and complete the four-week rescue swimmer course, graduating on October 5, 1984. Petty Officers Ober and Gordon were joined not long after that by more people that eventually became rescue swimmers. On May 23, 1986, ASM3 Kelly M. Mogk became the first female to graduate from rescue swimmer school.

The rescue swimmer training school has one of the highest student drop out rates of any special operations school in the military. About 75 students go through the school each year and less than half graduate. Coast Guard Chief Petty Officer Thor Wentz, who helps run the school says that many candidates give up before stepping foot in the pool.



To go to rescue swimmer training school, which is known to Coasties as “A-School,” you need to enlist in the Coast Guard and go to boot camp, from there you go and try to complete the initial 18-week training course at the Aviation Technical Training Center in Elizabeth City, NC. The school tries to make sure that graduates have flexibility, strength, endurance, and the ability to function for 30 minutes in heavy seas.

A day with U.S. Coast Guard Aviation Survival Technicians

After graduation AST's are required to complete Coast Guard EMT School located at the Technical Training Center Petaluma, CA and successfully pass the National Registry EMT exam which allows them to provide basic pre-hospital life support for those that are rescued. Then they are sent out to a Coast Guard Air Station.

The Coast Guard operates approximately 210 aircraft from 24 Coast Guard Air Stations in the United States. There is one station in Hawaii. Coast Guard Air Station Barbers Point is located on the southwest shore of Oahu, in Kapolei, about 20 miles west of downtown Honolulu.

My visit to CG Air Station Barber's Point

On July 14, 2015 I visited the Coast Guard AST's at their Barbers Point Air Station. My Skipper set the whole thing up so that I could have this amazing experience with them. The Rescue swimmers that I met were Kevin Mattina, Mr.Walker and their chief. Kevin and Mr.Walker were both legit rescue swimmers.



Learning about the equipment the AST's use

While Kevin took me into the HH-65, AKA The Dolphin, he really got into detail of what they do in there and how they do it. My favorite part of this visit was being able to hangout with the 2 Coast Guard AST's and being able to learn all the things that they do, being able to go on the HH-65 and the C130 was amazing, even though we weren't flying I could imagine what it would be like.

Kevin gave me a tour of their station, he showed me the HH-65 helicopter and the C-130 airplane. He told me how everything works and talked about what it would be like to actually be in a situation where they would need to deploy someone from the HH-65.

I learned so much but the 2 things that really stood out to me was when Mr. Walker said "you need to own your weight." It doesn't matter what size you are, but being able to pull or push your weight up and lower yourself down and to know your limits is really the key. The second thing is that you need to be prepared for whatever comes your way.



In the cockpit of an HH-65 "Dolphin" helicopter

A day with U.S. Coast Guard Aviation Survival Technicians

Before I visited the Barbers Point Coast Guard station I wasn't really positive that I wanted to become an AST but after that visit I made it a goal of mine that one day I will hopefully become a AST. This trip has really changed my point of view on things. If you work hard and don't give up you will succeed, try your hardest and if you can't do something try it again, You really have to have the right mind set. Meeting Kevin and Mr. Walker helped me better understand how to reach my goal by showing me what they do and talking to them made me realize that my goal is realistic. I have created this daily work out schedule for myself in order to prepare for the the A School's physical test. It is based off some of the AST workouts:



The C-130

MY EVERY DAY WORKOUT

- 40 Push ups (in 2 minutes or less)
- 50 Sit ups (Fold arms over chest and do in 2 minutes or less)
- 1 Minute plank
- 4 Pull ups (Legs need to be straight)
- 4 Chin ups (Legs need to be straight)
- 100 Squats

ONE OF THE FOLLOWING:

- 1.5 Mile run (in 12 minutes or less)
- 500 Meter swim (in 12 minutes or less)
- 50 Meter swim (Must be Underwater)

One important thing that both Kevin and Mr. Walker told me about swim training is that no matter how good of a swimmer you are, even if you're one of the best on your high school swim team for instance, it's difficult to get used to swimming with fins on. You use different muscles with fins on than in regular swimming and for both of them it was one of the hardest parts of their AST training. So, I plan to train in fins before I go to A School and I am really glad they gave me that tip.

It was amazing that I had the chance to visit the Coast Guard Station at Barber's Point and for those that did not get to have this chance, I want you to know that if you always try your hardest and never give up, you can do anything!
-By Tessa R.

Tessa R. is the Aloha Council Boatswain and a member of Ship 11, "Decisive" on the island of Kauai, Hawaii



2016 Regional Explorer Conference

Date: July 10 - 15, 2016

Location: Western State Colorado University

2016 Conference Registration will be **OPEN SOON!**

2016 Conference Guide: **COMING SOON!**

2016 Conference Schedule: **COMING SOON!**

LEEPAAC has begun planning the 2016 Regional Law Enforcement Explorer Conference and planning will continue through the Spring of 2016.

LEEPAAC member agencies have agreed to take over the following committees:

- Ceremonies Coordinator - Denver PD
- Competitions/Dispatch - Lakewood PD
- Cop Shop -
- Entertainment Coordinator - Adams County SO
- Individual Competition Coordinator -
- Registration - Arapahoe County SO
- Safety Coordinator - Larimer County SO
- Medical Staff -
- Conference Video -

LEEPAAC is currently seeking agencies or groups of qualified individuals to organize and oversee several team and individual competition events.

Please attend regular monthly LEIPAAC meetings to participate in the planning, or to volunteer for a committee position or a competition event. If you are unable to attend a meeting but would like to help, please contact any LEIPAAC board member.

What is new in 2016:

Required Documents from Learning For Life:

- [Learning For Life Medical Release](#) (everyone)
- [Learning For Life Tour & Activity Permit](#) (one per post)

We are bringing back the In-Service Training again - Hosted By: Colorado Springs PD

Individual Competitions Sign-Up:

- Will be held on Monday July 11, 2016 from 1300-2300, with an hour break (1800-1900) for dinner.
- You will NOT be dispatched to them this year.
- You will register for the events you want to participate in, EXCEPT Obstacle Course, which is a walk-up event.
- Sign-Up will be held SUNDAY evening, right after the opening ceremonies have concluded.
- You will select a time and will need to arrive 20-mins prior to your scheduled time.
- Your choices this year are:
 - * Crisis Intervention - Hosted By: El Paso County SO
 - * Pedestrian Stop - Hosted By: Douglas County SO
 - * Obstacle Course - Hosted By: Jefferson County SO



Websites

National Exploring

<http://www.learningforlife.org/news-events/news-exploring/>

National Venturing

<http://www.scouting.org/venturing.aspx>

National Sea Scout

<http://www.seascout.org/>

Central Region Venturing

<http://www.crventuring.org>

Northeast Region Venturing

<http://nerventuring-bsa.org/>

Northeast Region Sea Scout Net

<http://www.nerseascout.org/>

Southern Region-Venturing

<http://srventuring-bsa.org/wordpress/>

Southern Region Sea Scout

<http://sregion.seascout.org/>

Western Region Venturing

www.wrventuring-bsa.org

USA Scouting Service-Venturing

<http://www.usscouts.org/usscouts/venturing/>

UniformingFAQ.asp

Venturing Magazine

www.venturingmag.org

Yahoo Groups

Central Region

<http://groups.yahoo.com/group/crventuring/>

Northeast Region

<http://groups.yahoo.com/group/nerventuring/>

Southern Region

<http://groups.yahoo.com/group/srventuring/>

Western Region

<http://groups.yahoo.com/group/wrventuring/>

National

<http://groups.yahoo.com/group/venturinglist/>



the FORUM

The FORUM is a National cluster concept and a friendly way to help Scouting Leaders exchange ideas and programs among our Troops, Crews, Ships, Posts, Councils, Areas, Regions and National..

The FORUM is shared by Volunteers and Professionals across the country.

“The **FORUM**” has been published monthly since 2003 and is not an official publication of any Council, Area, Region or National. It is the Leaders and Professionals newsletter. Help support our teenage program by sending the FORUM your stories, Newsletters. Council articles, By-Laws, Questions and Best Practices to share with others.

As always, articles, questions and comments are welcome. Promote Venturing, Sea Scouting and Exploring by promoting your Unit and Council. We are seeking support from anyone interested in working on the newsletter .

Thanks for all you do!

Bob the BEAR Monto—Editor in Chief

Pete Mapes—Associate Editor

Bernie Suess - Webmaster

TO SUBSCRIBE to the FORUM:

Email Bob the BEAR at

rmonto47@gmail.com

Use the email account you want to receive the FORUM and give Full name and Council to place you in the right email list.