



TROOP 776 NEWS

April 2007

White Buffalo District - Quivira Council

www.goddardkansas.org/troop776

www.quivira.org

Spring Camporee at Santa Fe Lake

April

- 2: Troop Meeting 7PM
- 9: Patrol Meeting
- 14-15: Baden Powell
- 16: Troop Meeting 7PM
- 17: Committee Meeting
- 20-22: Spring Camporee
- 23: PLC Meeting
- 30: Court of Honor

May

- 7: Troop Meeting 7PM
- 14: Troop Meeting 7PM
- 15: Committee Meeting
- 18-20: Hawthorne Ranch
- 21: Patrol Meetings



Available Resources Drill

Quick! A Tornado is coming!
 What do you need?
 To be judged:

Bring what you think you need!

Cooking Competition

Imagine When Disaster Strikes!

A tornado, a flood, a hurricane: Will the labels stay on the cans? Try cooking a meal when you don't know what actually is available!

The cooking contest will consist of each troop picking up a variety of unmarked canned food at a designated time. The troop may prepare as many dishes as they like from these ingredients. But **ALL**

ingredients must be used in some way, and each troop must say what the ingredients are and how they were used.

(Troops may also add any other ingredient they have on hand).

Weekend Events Include:

- Troop Mobilization Plan
- Tornado Drill
- Gurney Race
- Unmarked Can Cook Off
- Capture the Flag
- Round Robin Events
- Available Resources Drill
- No Match Fire Contest
- Best Bandage Contest
- Plane Signals Contest
- Scavenger Hunt
- Emergency Shelter Contest
- Crutch Race
- Obstacle Course

Kaw Lake

All adults are welcome
and encouraged to
attend!

Committee Meeting
April 17th @ 7PM
Goddard Pizza Hut

Permission Slips & Fees Due Dates:

April 2: Baden Powell/
Spring Camporee

April 16: OSR

May7: Hawthorne Ranch

May14: Summer Medical
Forms are Due



Forty-three scouts and adults attended the Kaw Lake campout. Of that number, twenty scouts and four adults went backpacking. The backpacking crew hiked about five miles on Saturday and two miles on Sunday. The trail was ok in most spots but definitely slippery in others and down right muddy/sloppy/slushy/mucky in others. For several on the trek it was their first backpacking experience and I think they learned a lot about what works, what doesn't and what they will do differently next time. We camped out on a point that gave us a great view of the lake, nice sunset and a pretty cool full moon early evening. We woke Sunday morning to hooting of owls, turkeys and some pretty noisy kill dears. One part of the trek I found interesting is the two miles to our camp site Saturday morning took us nearly two hours to get there and only 75 minutes to return Sunday morning. I guess the trail got shorter overnight! Thank you gentlemen for the great time, and special thanks to the adults that slopped along in the mud with them.

Cliff

Finding the Proper Boot Fit

"Be Prepared" for the
events you wish to
attend.

With the recent hiking trip to Kaw Lake, some of you may be realizing that you need a new pair of boots. Finding a proper fitting pair of boots is well worth the time, effort and money. To help you find the right boot, here are some fitting suggestions: Try on footwear later in the day. Your feet expand slightly from walking or standing, and you will have a better sense of the boot's fit in the afternoon or evening. If you wear orthopedic devices replace these with the insole when testing boots. Try on boots with the socks you will wear when hiking. Sock weight often corresponds to boot weight, lightweight socks for light hikers for example.

Proper hiking socks are crucial to comfortable hiking and preventing blisters, so invest in socks to match your activities and intensity. When boot shopping, ensure you test various brands. Each company builds boots on a different last and they all have varying values on boot: flexibility, width, arch support, padding, and so on. Trying on various brands is crucial to finding boots to match your feet. To determine proper fit, begin by inserting your foot into an unlaced boot. Stand and push your toes to the front of the toe box. Next, try to slide your finger behind your ankle while keeping your toes as forward as possible. You should be able to fit one finger comfortably between your heel and the heel cup. If you plan on carrying heavy packs, two snug fingers would be a minimum. Do this test for both feet as they can vary in size, until you find an appropriate length. To check the width, bang your heel into the back of the boot and lace it up. The edge of the tongue and eyelets should run parallel, or move slightly outward, from toe to the boot top. If the edges get closer, the boot is likely too wide for your foot. Excess material hanging over the sides of the sole is another sign that a boot is too wide. Too much or too little is a sign of a bad fit. Once you have a few pairs of boots selected, it's time to start walking. Walk with full strides and feel how the boot moves. "Is your arch supported?" "How does the leather bend above the toe box?" "Are any areas constrictive or too loose?" If you notice discomfort, move to another pair. Minor annoyances will lead to major discomfort after miles of hiking.

For more information [click here](#) to go to [Bass Pro Shops'](#) full article on the subject.

"Patrol News" Column

Our newest column in the newsletter needs your help! Each month we would like to feature information about your patrol's activities. Patrol Leaders: please [email me](#) each month with info about your recent and upcoming patrol activities. Please include any pictures you may have, information on your patrol members' recent rank advancement, and anything else you'd like to see in print. All scouts and parents are welcome to submit information for inclusion. This is your newsletter and now you have the chance to be included in it!