



bsa hvc rockland district



Welcome to the December edition of Rockland Roundup, a monthly e-newsletter for scouts, parents, leaders and our community, designed to provide a venue to share information on what's going on in Scouting in Rockland County. We will be looking for unit submissions every month, with a monthly deadline of the 25th.Please let us know what's going on in your troop or community! Please send your submissions to:

RocklandScouts@gmail.com

Don't Miss...

Saturday February 3rd - Sunday, February 4th, 2018 — Winter Klondike

Saturday February 3rd - Iditarod Webelos Trek, 7am - 4pm

Sunday, February 4th, 2018 - Scout Sunday Catholic Service, St. Aeden Church, Pearl River, 2:00pm

February 4th - February 10th, 2018 -Scout Anniversary Week

February 8th, 2018 - BSA Anniversary

Friday, February 9th, 2018 - Scout Shabbat Reformed Temple of Rockland, Upper Nyack 7:30pm

Sunday, February 11th, 2018 - Scout Sunday Protestant Service, Pearl River United Methodist Church, 10:30am

Saturday, March 24^{th,} 2018 - Merit Badge College

Sunday, April 29 - District Dinner Casa Mia Manor House, Blauvelt

Saturday, May 5th, 2018 - Push Mobile Derby

Eight Essentials for Staying Warm While Cold-Weather Camping

by Gretchen Sparling

1.Toes cold? Put on a hat. Your body loses up to half of its total heat in 40-degree temperatures. So, when it's below freezing and your head is uncovered, you could be radiating more than three-fourths of your overall body heat from your head.

2. Get off your rear end.

If you're sitting on a snow bank or a cold rock, you're conducting the heat from your body into the surface



of the object beneath you. Often, Northern Tier cold-weather campers stand and sit atop thin foam pads.

3. Beware of frosty fuel. Pouring fuel into a stove? Put on a pair of thick rubber gloves. If it's sub-zero outside, so is the fuel (since it doesn't freeze like water). Spill it on your hands and you will have instant frostbite.

4. Baggy clothes are back in style — at least in the freezing-cold wilderness. Your body heats itself most efficiently when it's enveloped in a layer of warm air. If your clothes are too tight, you're strangling the cold right out of your body. Dressing in loose layers helps aid this convection layer of air. Tight clothes or too-tight boots can also restrict blood-flow.

5. The three W's: Every cold-weather camper needs to dress for the occasion. You'll need a wicking layer (long underwear), a "warm" layer (fleece) and a "wind" layer (waterproof shell).

6. Bundle up! It might be a phrase often heard from your mother, but mom is right about this one. If you're moving around outdoors in the cold and suddenly stop to eat lunch or take a break, put your warmer layers on — even if you're not cold. This change in activity will cause your body heat to plummet. Preempt the cold with an extra layer.

7. Fuel the fire. Feeling cold? Eat a snack. Staying warm is just like keeping a fire burning; every fire needs a steady supply of slow-burning fuel. Unlike a fire, you're body will also need lots of water to help digest food and stay hydrated.

8. Wet feet? Grab a bag — a bread bag, that is. The long plastic bag can stretch over your foot and serve as a liner between your sock and your boot.

22nd Annual Order of the Arrow, Nacha Nimat Lodge Banquet

by Robert Reicher, 2018 Nacha Nimat Lodge Chief

The annual Order of the Arrow Banquet took place at the Powaton Club in Newburgh, NY on Saturday, January, 6, 2018. We had excellent attendance from our brothers. We appreciate those who joined us in this special occasion as we honored the successes of the Lodge over the past year, and recognized those deserving of the awards that were presented. The awards included:

Black Bear Awards: Dan Tighe, Matthew Gandelman, Chris Meda, Michael Velez-Cosgrove, Amy Dick

Honor Elangomat Award: Tristan Mochon

Honor Dancer Award: Alex Mochon

Honor Singer Award: Dan Meda

Honor Officer(s) Award: Thomas Fitzpatrick

The Lodge Award of Merit: Billy McIsaac, Garrett Shimmel, Paul Lumpkin,

The Lodge Chief's Award: Christian Pearson

The Lodge Adviser's Award: Christian Miller

The Ned Krogslund - Cheerful Servant Award: Caleb Wilson

The Founder's Award: Sal Castronovo, Wayne Kunow

Chapter Spirit Award: Robert Reicher (immediate past Rockland Chapter Chief, on behalf of the Rockland Chapter)

It is with great honor and humility that I take upon my shoulders the role of Nacha Nimat Lodge Chief for 2018. I will carry out the position to the best of my abilities. I hope to accomplish as much as I can throughout my tenure and that all the accomplishments we will make will serve the Lodge for generations.

I would like to extend my sincere thanks to Salvatore Castronovo for laying the framework of the Lodge for me to assume. Without him, I would be lost in the proper way of conducting my Lodge duties. He is truly a mentor to me and all the newly inducted Lodge officers. I hope I can make Sal and previous Lodge Chiefs proud that I am among those who have served in this position.

The OA Nacha Nimat Lodge officers for 2018 are:

Lodge Chief: Robert Reicher Vice Chief: Tristan Mochon Secretary: Thomas Tighe Treasurer: Matt Gandelman Immediate Past Lodge Chief: Sal Castronovo Lodge Advisor: Gregory Dick Lodge Staff Advisor: Jon Whitaker Supreme Chief of the Fire: David Horton

Chapter Chiefs: Delaware River: Gabe Megna Dutchess: Ryan Smith Heritage: TBD Rockland: Dan Meda













Six reasons why Scouts and Venturers should take a swing at ice climbing

By Stephen Regenold

Swing an ice ax, kick and step up with your crampon spikes. You're now vertical on a frozen waterfall. Welcome to the weird and exhilarating world of climbing ice. An offshoot of mountaineering, ice climbing has roots in high-altitude glaciers and gigantic frozen falls. But today the sport is almost as accessible as its rock-based cousin.

And it's no surprise that the sport will appeal to the adventurous spirit of your Scouts and Venturers. In fact, some Scout camps offer ice-climbing courses (see below), where Scouts can earn their Climbing merit badge on a frozen face. Other icy adventures await young climbers at so-called "ice farms," which are now fairly common across the U.S. These quasi-natural venues feature pipes, hoses and spray heads where climbers "farm" giant pillars of climbable ice on cliffs or quarry walls.

Don't want to face the elements? Or maybe you live in a state with balmy winter temperatures? You can even swing an ice ax at one of several newly opened indoor venues. Foam and soft plastic holds made to support axes and crampon-equipped boots give beginners a chance to try the sport at room temperature in a gym. (Before visiting any facility, ensure they have the proper safety certification.)

I was a serious ice climber for several seasons. During dozens of trips and many thousands of feet climbed, I learned a lot about the sport and the nature of the creaking, crazy medium where it takes place.

Here are a few tips for anyone looking to grip an axe and get vertical this winter on a wall of ice:

1. Buy (Or Rent) Good Gear. You can skimp on equipment for some outdoor activities, looking store to store for budget buys. But for ice climbing, I recommend going with the best gear you can find and afford. Safety and comfort — not to mention performance on the frozen face — all depend on high-quality gear, from your boots on up. (Check out this list of my favorite gear for beginner ice-climbers.) Look to brands like Black Diamond, Petzl, La Sportiva, Grivel and others that specialize in the genre. Lightweight, well-balanced axes, warm boots and precise, sharp crampons make all the difference on a climb.

2. Go With A Guide. Many activities can be DIY to get started. Not ice climbing. (This includes simulated indoor ice climbing.) As part of the Scouting-approved high-adventure outings, you'll need to employ the advice and instruction of an expertly rated guide. Read more at Climb On Safely, and call or visit your local rock-climbing gym and ask for experts in this realm. With falling ice, difficult anchor placements and frozen ropes — not to mention a dozen additional factors — this is a dangerous game if not played right. A certified instructor or guide will demonstrate the proper techniques and educate



newbies young and old on this unique environment where the sport takes place.

3. Focus and Finesse. Ice climbing might seem like a brutestrength pursuit. But like rock climbing, the best ice technicians bank on balance and technique, not just upper-body power. Up close, some climbs are made up of intricate ice chandeliers, pillars and layered icicles that shatter with a wrong swing. Look for tiny crevasses and small ledges in the ice and tap your axe into place there for purchase. With the feet, step carefully and deliberately. Kick lightly and set the front-points of your crampons into place. It's easy to bash your way onto a climb, axe picks and crampon spikes digging in. But you'll quickly tire and flail if technique is ignored.

4. Mutating Medium. Unlike rock climbing, the ice-climbing medium changes dramatically with temperatures swings. Ice that is easy to climb and "plasticky" on a 30-degree day can be bullet hard and near-impossible when the mercury drops. Overall, ice climbs are dynamic, mutating environments where sunshine, snowfall, wind and temperature each has an affect on the nature of the route. Don't expect an icefall to be unchanged throughout the season — the difficulty of the ascent can change in a few hours as the winter elements swing. Approach each day as a possible new experience on the ice. 5. Macho Man. Ice climbing is not for the tame. Really, the sport can be painful and sometimes scary, and you should know what you're in for before pulling a harness on your hips. Feet can go numb in the cold, and you might lose a toenail from kicking too hard into the ice. The sport is defined by cold temps, wind, ice, snow, sharp, pointy metal things and a constant battle against gravity. Let's just say ice climbing is no walk on the beach.

6. An Apex Pursuit. Despite the potential difficulty and pain, ice climbing is among the most rewarding activities I've ever pursued. Working up a vertical plane — sometimes hundreds of feet in the air — is a rare and thrilling experience. The winter woods or mountains are quiet and serene. Views from the top are outlooks few people ever see. For me, ice climbing can be calming, a near-meditative movement — swing an axe, kick a boot, pull up, breathe and repeat — unlike anything else I've experienced outside.

Hot tips for cold-weather fun with Cub Scouts

The "Age-Appropriate Guidelines for Scouting Activities" states that only Boy Scouts, Varsity Scouts and Venturers may participate in winter camping. But the addition of heated cabins (when you follow appropriate Youth Protection guidelines) can make winter activities with overnight stays suitable for Cub Scouts. With cabins available, a boy who gets too wet, too cold or too tired can head inside.

Other tips for Cub Scout activities in cold weather:

- Give plenty of packing guidelines to parents and adult leaders and stress layering for warmth. Domino distributes a handbook with detailed information to unit leaders before the Polar Cubs weekends. And because many Cub Scout parents won't know how to prepare for outdoor winter activities, Tocket distributes packing lists.
- Pack extra items of everything warm. Domino suggests bringing a stash of extra hats and mittens for Cub Scouts whose gear gets wet, lost, or forgotten. Tocket tells the kids to bring extra blankets, hats, gloves, and footwear.
- **Remember hydration**. Campers need plenty of fluids, even in the cold.
- Offer plenty of hearty food, and keep meal preparation simple.
- **Cancel or postpone** if the forecast calls for heavy snow or extremely low temperatures.

Bottom line: Keep it simple, and make it fun. A well-planned cabin camping experience can provide a fun, safe venue where Cub Scouts can warm to the outdoors — even when it's cold out.



SCOUT ANNIVERSARY WEEK February 4-10, 2018

BSA ANNIVERSARY February 8, 2018

Papers incorporating the Boy Scouts of America were signed on February 8, 1910 - the date celebrated as the official birthday of the BSA.

THIS MONTH'S RECIPES

Corny Corn Bread Casserole

- 1 can cream corn 1 can regular corn 8 oz sour cream 1 stick margarine, melted onion flakes 1 egg
- 1 package Jiffy corn bread muffin mix

Mix all together and pour into greased pan. Bake 350 to 375 degree oven until done. depending on size of pan determine length of baking time.

NOTE: Mom makes this in a deep casserole dish and bakes for an hour or so.

When I did this in the dutch oven, I skipped the onion flakes and didn't melt the butter first. It baked for about 40 minutes with 6 coals on the bottom and 20 on top.

A favorite with the boys, won 2nd place in the 1996 Wabuha District camporee cookoff. The boys judged adult division cooking, how did I win feeding them vegetables?

-- Thanks to Bill Randall, ASM Troop 7, Cedar Falls, IA

Foil Dinner Meatballs

Heavy duty foil Frozen meatballs Canned potatoes Cream of chicken soup

Place several meatballs on foil, add some potatoes (you may want to slice them first), and a spoon ful of soup. Fold packet to seal well and place on coals (never on flames). Turn after about 10 minutes.

NOTE: if possible get someone to donate welding gloves to the troop for the turning. Using tongs to flip the packets can often cause the foil to tear.

Religious News... ICCS

Jerry Scanlon just received the ICCS (International Conference on Catholic Scouting) duty to God award while he was attending the triennial ICCS world conference in Rome. At that meeting he was also elected World Vice Chair of ICCS. Congratulations, Jerry!



Scout Sabbath and Scout Sunday Services

Many Scouts will worship with their families and friends on Scout Sunday (usually the Sunday before February 8) and Scout Sabbath (usually the Saturday after February 8).

Catholic Service

Sunday, February 4, 2018 @ 2:00 p.m. Saint Aeden Church, 23 South Reld Dr., Pearl River, NY 10965 Registration is free, but requested!

Protestant Service

Sunday, February 11, 2018 @10:30 am Pearl River United Methodist Church, 130 Franklin Ave., Pearl River, New York 10965 Registration is free, but requested!

Scout Sabboth

Friday, February 9, 2018 @ 7:30pm Reform Temple of Rockland, 330 N Highland Ave., Upper Nyack, New York 10960 Registration is free, but requested!

What is the UNIT HIDDEN HERO AWARD?

A few years ago, the Rockland District saw that the individual Scout Units had individual(s) that were deserving of recognition, but may not fit into one of the Award Categories that the District has established. It was decided the best way to extend this deserving recognition for both the Unit and an individual, was the establishment of a Unit Hidden Hero Award for each Unit, with the Unit's Committee being responsible for selecting the individual best deserving for this Recognition.

Guidelines for Unit to use in making their selection are:

- 1. Registered member of the Unit (son registered with Unit fulfills this)
- 2. Has not previously received the Unit Hidden Hero Award
- 3. Unit's selection must be entered, using the online nomination process at this link: http://www.hudsonvalleyscouting.org/survey/rockland-district-2018-award-nomination-form/59501
- 4. Online write up (reason for Nomination) should be approximately 50 words. This write up will be used at the District Dinner as the individual is recognized.
- 5. Unit should insure that the individual selected is then registered for the District Dinner. Many Units pay the dinner fee for their Honoree.
- 6. Additional members of the Unit are encouraged to attend the District Dinner as a show of support for their recipient.

Every Unit is expected to select and submit a Unit Hidden Hero, as every Unit has a Hidden Hero that deserves recognition.

Any questions, e-mail or call George Ferguson at gnf1@mail.com or cell 201-259-3759.

Scholarships

Dozens of universities, BSA local councils, and religious, civic, and military organizations offer college scholarships to Eagle Scouts. Some scholarships are needs-based; others are merit-based. Some go to every Eagle Scout applicant; others are highly competitive.

The National Eagle Scout Assocation directory lists those scholarships for which NESA had information. We will update the directory as new scholarships appear or as information changes. We welcome your suggestions or corrections; send them to Eagletter@netbsa.org.

All the scholarship described here are subject to change. For the latest information, contact the awarding agency.

ROCKLAND DISTRICT AWARDS ANNOUNCEMENT

Every year at the Annual Rockland District Dinner, we recognize and honor our leaders who have given exceptional service to the Scouting Program over the past year in the Rockland District.Below is the List of Awards that you may submit an online nomination for.

The direct link to the Online Nomination site is: http://www.hudsonvalleyscouting.org/survey/rockland-district-2018-award-nomination-form/59501.

All Nominations must be submitted by Friday, March 16, 2018. Please contact George Ferguson with any questions, at gnf1@mail. com or (cell) 201-259-3759.

DISTRICT AWARD CATEGORIES

District Award of Merit	National Award given by Districts – awarded for consistent and increasing dedication/ commitment to the Rockland program. Long term and continuous service is typically required.	
Lifetime Achievement Award	Presented to an individual who has demonstrated long term service and accomplishments to Scouting, length of service typically exceeds 25 years	
Lewis J. Freeman Award	Presented to an individual for extraordinary service to the Scouting Program	
Larrie Goetz Award	Presented to a scouter for extraordinary service to the district program who exemplifies the spirit that Larrie Goetz shows in all he does.	
Spirit of Scouting Award	Presented to an adult volunteer who has demonstrated exemplary Scouting Spirit	
Service to Youth Award	Presented for exceptional and long term service to youth in Scouting	
District Achievement Award	For outstanding service on the Unit or District level, in advancing the Scouting Program	
District Hidden Hero Award	Presented to a District level volunteer, for outstanding service during the past year	
Eric Huss Award	Presented to an Eagle Scout who has demonstrated outstanding Eagle Spirit, in memory of Eric Huss	
Young Scouter of the Year	Presented to a young man for continuing outstanding service since moving from Scout to Scouter, and not having reached his 25 th birthday	
Camp Bullowa Paul Bunyan Award	Presented to a scouter who has given exemplary service to Camp Bullowa during the past year	
Charter Organization Representative of the Year	Presented to the most outstanding Charter Organization Representative or Charter Organization in the Rockland District during the past year	

VENTURING/EXPLORING AWARD CATEGORIES

Venturing Achievement Award Presented for outstanding service to the Venturing Program

ROCKLAND DISTRICT AWARDS ANNOUNCEMENT

Continued from previous page

BOY SCOUT AWARD CATEGORIES

Scoutmaster of the Year	Presented to the most outstanding Scoutmaster
Assistant Scoutmaster of the Year	Presented to the most outstanding Assistant Scoutmaster
Troop Committee Chair of the Year	Presented to the most outstanding Troop Committee Chairperson
Troop Committee Member of the Year	Presented to the most outstanding Troop Committee member

CUB SCOUT AWARD CATEGORIES

Cub Scout Achievement Award	Presented for outstanding service to the Cub Scout Program	
Cubmaster of the Year	Presented to the most outstanding Cubmaster	
Assistant Cubmaster of the Year	Presented to the most outstanding Assistant Cubmaster	
Webelos Den Leader of the Year	Presented to the most outstanding Webelos Den leader	
Bear Leader of the Year	Presented to the most outstanding Bear Den Leader	
Wolf Leader of the Year	Presented to the most outstanding Wolf Den Leader	
Tiger Den Leader of the Year	Presented to the most outstanding Tiger Den Leader	
Pack Committee Chair of the Year	Presented to the most outstanding Pack Committee Chairperson	
Pack Committee Member of the Year	Presented to the most outstanding Pack Committee Member	

ADDITIONAL AWARDS

Service To Scouting Award	The District or its units many nominate a volunteer who gave exemplary dedication and service to scouting
Unit Hidden Hero Award	Presented to one volunteer in each unit for outstanding service during the past year, nominated by the unit's committee.
Veteran Pin recognizes Scouters for 5, 10, 15, 20, 25 etc. years of service	Please obtain National Award Form for the Veteran Pins from the Council office. (To allow processing time, file with Council by March 1)
Training and leadership Knots	Recognizes completion of Leadership Training. (File forms with Council by March 1)

UNIT NEWS CUB SCOUTS

PACK 2

At our December Pack meeting, we collected toys for the Marine's Toys for Tots campaign, and had two Marines not only come collect the

PACK 4

On December 17, 2017, members of Cub Scout Pack 4 met Chestnut Ridge's finest volunteer fire fighters at South Spring Valley Fire Department. Scouts of Pack 4 learned fire safety tips, toured the firehouse and sat in several fire

PACK 46

On December 8, 2017 - Pack 46 of New City had its Annual Holiday Giveback Program. This year, our scouts were busy building bikes, ornaments, and holiday cards. All these items were toys, and spoke to the Cubs about what its' like being a Marine, and about helping those less fortunate.

engines. Pack 4 would like to thank the South Spring Valley Fire Department, for the fun and educational tour of the firehouse and for keeping East Ramapo safe!

donated to Toys For Tots.Representatives from the Marines Corps League were present to receive the gifts. The Marines were very happy and impressed with the hard work from our scouts.













UNIT NEWS CUB SCOUTS

PACK 49

Here are photos from our holiday meeting...



PACK 165

Pack 165 had a visit from a special "friend" while it's scouts worked tirelessly on their requirements. Several dens collected goods and raised money for the underpriveledged. Unfortunately, a case of the flu put a damper on their service event to play BINGO and carol at a local nursing home, but have no fear... they will rescheduled and spread the joy! Have a healthy, happy, prosperous and fun 2018 in scouting!

UNIT NEWS BOY SCOUTS

TROOP 33

Troop 33 has been quite busy the past few weeks; having fun at a holiday movie night, camping, and honoring our newly inducted Eagle scouts, most who have returned from college to celebrate their accomplishments. Very successful courts of honors were held to congratulate Carl Hansen, Dillon Toto, and Brian Camillieri. Well done boys! May you always set the example of Eagle for others and live out your challenge!We also conducted a recruitment night, led by Life scout, Nicholas Mauceli, which emphasized the

TROOP 97

Troop 97 had a great month in December! We ran our annual Webelos Weekend at Camp Bullowa where webelos from several packs came out to experience a boy-led troop over the course of a weekend - webelos scouts were able to work as patrols, led by troop guides, on challenges like fire-building, cooking and knots and lashings while having a great time, while parents learned from troop leaders what to expect in differences of other's, at a successful "disABIL-ITIES Awareness" night. Participants learned about a variety of abilities and were personally able to experience each one at many different stations; motor, learning, vision, hearing. If you would like to conduct a "disABILITIES Awareness" night with your units, please reach out to Troop 33 (Francine Verzi) for assistance. Happy New Year to everyone!

the coming years. We made our annual holiday visit to the Nyack Men's Home to sing carols, decorate the house and have breakfast with the residents and made new friends. A contingent of hearty scouts also braved the cold weather for a weekend Harriman State Park backpacking trip. We are looking forward to a new year and new challenges ahead!

VENTURES

CREW 97

Recent activities – On a cold day in November the Crew ventured to Vernon New Jersey for a hike up the Stairway to Heaven. The hike starts off on flat terrain but then becomes rocky and steep. We had a quick lunch on top of the mountain before heading back the way we came. On the way back through the pasture the Crew enjoyed watching the cows heading in for their own feeding time. On December 16 we got together to help spread some holiday cheer. We made home made holiday cookies for our Charter Organization – Gemonds Church. The next day church members delivered the cookies while caroling at two Venture group homes whose members attend Germonds.



JANUARY 28, 2018 SCOUT AND FAMILY SKI DAY Open to all Scouts, Families and Friends!



Hudson Valley Council, BSA 20th Annual Family Ski Day Belleayre Ski Resort • Highmount, NY

BSA Policy requires helmets for all participants. If renting equipment, please plan on arriving by 8:15 a.m. An adult must sign for any minor(s) who will be using rental equipment.

- Breakfast and lunch are not included so please plan to purchase meals at the resort.
- Snow Sport merit badge will be offered to Boy Scouts:
 - Experienced skiers or snowboarders only.
 - A signed Blue Card is required.
 - Pre-registration is required.

Check-In and Registration Begins at 8:00 a.m. and ends at 9:15 a.m.

Lift Ticket	Register by 4:00 p.m. January 19 , 2018	8 After January 19 , 2018		
7 - 12	\$35.00	\$38.00		
13 - 19	\$35.00	\$38.00		
20 and over	\$40.00	\$45.00		
Equipment Rental (Includes Required Helmet and Rental				
7 - 12	\$30.00	\$35.00		
13 - 19	\$38.00	\$40.00		
20 and over	\$38.00	\$40.00		
Lessons	\$15.00	\$15.00		
First Time Beginner Group Package (Includes \$65.00		\$70.00		
lower mountain lift tick	et, equipment rental and			
helmet and a 1 and $\frac{1}{2}$	hour beginner lesson)			

Register online at hudsonvalleyscouting.org

For More Information, Please Contact Joe Spring at (845) 786-2852 or Christian Miller at christian.miller@scouting.org or HVC 845-566-7300

















First Annual Merit Badge College





Saturday, March 24, 2018 Minisink Valley HS, Middletown, NY





Fingerprinting Fire Safety First Aid* Game Design Indian Lore Law Lifesaving* Movie making Photography Public Speaking Robotics Scouting Heritage Signs, Signals & Codes Swimming Textiles











Detailed Registration Information Coming Soon!

*Eagle Required Merit Badge















Scheduled Merit Badge Selections as of November 2017 Subject to Change