



The TRAILBLAZER



BOY SCOUT TROOP 204

ROSWELL STREET BAPTIST CHURCH 774 ROSWELL STREET MARIETTA, GEORGIA 30060 770-424-9800
MARK UR JUNE 2013

CALENDAR NOW

NEWSLETTER # 290

www.204bsa.com

May 25-NYLT #1 June 2- NYLT #2 June 9-NYLT#9

4 TROOP MEETING 1915-2100 Patrol Flags **MUST** be up to date -- **Contest counts on flags—Big Time**

PRE-OPENING:::: **PACK N**

IN THE HOLE:::: **LOAD** for Rocky Mountain

OPENING :::: **Thundercats**

SCOUTCRAFT:::: Military hand signals with Jonathan and Jacob

GAME:::: Silent Indian—ASM's

SERVICE PATROL :::: **Thundercats**

Bring your
Life jackets



ROCKY MOUNTAIN



FALL IN AT 1700

7-8-9

HOME Sunday by 1400

Q/M OPENS AT 1630

>>SURVIVAL KIT **MUST** BE ON YOUR PERSON >> CANTEEN IS A **MUST**---full please >> >>TROOP T-SHIRT

class **A uniforms** survival kit // with extra gear // **HANDBOOKS** are a **MUST** on all activities// Plan on staying Dry..rain gear //

Fishing gear (w/license if needed) // swim suits //

Home Sunday about 1600-1700....Pick up at Anderson's

11 COURT OF HONOR AND PARENTS' MEETING

1930 @ Anderson's

OPENING :::: **SPL**

CLOSING: **BEARS**

SERVICE PATROL:::: **Green Bar**

14 Flag Day



Fly your American Flag proudly!



16 Father's Day

Thanks, Dad, for all you do for me and for our family!

17 Troop Leaders Council 1845-for supper, 1915 for the meeting--- Summer Camp final plans
RSVP (that means tell Ms. Donna if you are coming or not !) by 1700 on Sunday the 16th ---

18 TROOP MEETING 1915-2100

PRE-OPENING:::: Knot tying competition with Jonathan and Nick

OPENING :::: **Night Furies**

IN THE HOLE :::: summer camp details...

SCOUTCRAFT:::: Stargazing--Nick

GAME:::: Submarines and Minefields—ASM's

SERVICE PATROL :::: **Night Furies**

21 PACK N LOAD for Camp --- - 1900 @ Anderson's ---

--pack n load---for Summer camp- 1900



ALL troop and adult leaders



All scouts to bring their personal gear tonight !!

BRING YOUR FOOTLOCKER, TONIGHT !

all troop leaders and adult leaders 1900---final briefing for leaders

EVERYONE---scouts and scouters---NO UNIFORM class "c"

bring all of your gear tonight to be loaded (workgloves would be nice)

It's still not too late to sign up for summer camp

summer camp IS here !!!!! -- is your patrol READY?

23-24-25-26-27-28-29

Summer Camp



@ Comer SR

SUNDAY FALL IN AT 0934

Saturday --- Home about 1300

>>SURVIVAL KIT MUST BE ON YOUR PERSON with extra gear // >> CANTEEN IS A MUST---full please >> >>



Meet SUNDAY 23 JUNE AT 0934 AM

June 23 ---- leave for camp -- meet at 0934 at the ANDERSON'S east parking lot

Are U ready for summer camp ?? Is your patrol ??? Who will be the best????

- >> Full dress uniform with your survival kit and a lunch.
- >> Give Scoutmaster an extra key (or combination) for your footlocker with your name on it
- >> Pack your troop t-shirt and your handbook (SWIM SUITS ON TOP, PLEASE)
- >> Use the personal gear checklist issued for summer camp --we load this on 21 June >>

Medicine ??? give the medicine to the scoutmaster ((in the original container with a note with directions, in a zip lock bag))
>> Troop Name Tag **TLC during camp if there is time**

29 June Back by 1300

Hope you had a great week.....

from the BUSHWACKER...

..BE SURE TO GET YOUR NEW ANNUAL PLANS FOR A GREAT YEAR OF SCOUTING

Phone numbers: Scoutmaster: 404-473-8015 Mrs. Donna: 404-473-8016

Campouts:.....:Campout patrol Roster set up and confirmed by S P L and JASM P L (when menu is due) --- gotta have (3) patrol members go to take full patrol gear. Less than that and you get a tarp, #10 cans and a caveman menu..... NO COMBINING of Patrols unless approved by the S/M

Are You SCOUTStrong? Scout strong is the new BSA physical fitness program. This is part of your Journey to Excellence program. We will be kicking off this program in the near future. Take a look at the SCOUTStrong info below:



! Happy Birthday !
1-Jacob F 3-Sid H 10-Zach M 3-Sheryl M 9-Josh N



Looking ahead:

July 2 no troop meeting

July 15-24 National Jamboree @ The Summit

August 16-17-18 Lake Conasauga and Annual Plans



SCOUTStrong™ PALA

BSA Quick-Start Guide

What Is the SCOUTStrong™ PALA?

The SCOUTStrong™ Presidential Active Lifestyle Award (PALA) Challenge will help your unit members add physical activity to their lifestyle, as well as help them improve their eating habits.

Who Should Be Involved?

This challenge is for Scouts and their entire families, as well as for leaders and their families.

How Is the SCOUTStrong™ Earned?

To earn the SCOUTStrong™ PALA Challenge Award, participants are required to meet a daily activity goal of 30 minutes a day for adults and 60 minutes a day for kids under 18 for at least five days a week, for six out of eight weeks. Also, each week they will focus on a healthy eating goal. There are eight to choose from, and each week they will add a new goal while continuing with their previous goals. Stick with the program, and participants can earn a SCOUTStrong™ PALA award patch in less than two months.

How Do I Get My Unit Started?

Participants can enroll and track their progress either online with a free online activity tracker or on a paper activity log (see reverse side) or downloading an activity log at www.scouting.org/SCOUTStrongPALA.

Online Activity Tracker Participant Directions

- Visit www.scouting.org/SCOUTStrongPALA.
- Use the appropriate dropdown menu to pick the appropriate state based on desired council/organization location.
 - Use the appropriate dropdown menu to pick the desired council/organization.
 - Click the START YOUR PALA CHALLENGE! button.
- At the PALA page of the affiliated council/organization, click CREATE AN ACCOUNT.
 - Complete the required fields and click REGISTER.
- The activity tracker home page is what will appear at each login. The home page allows participants to track their activities, join a group, see their award progress, and adjust their account preferences. For more information, including access to completion certificates, please go to www.scouting.org/SCOUTStrongPALA.

SCOUTStrong™ Healthy Eating Goals

I will make half my plate fruits and vegetables.

All forms count—fresh, frozen, canned (fruit in water or 100 percent juice), dried, or 100 percent juice.

At least half of the grains I consume will be whole grains. Switch from a refined grain food to a whole-grain food that lists a whole-grain ingredient first. Examples include whole wheat, brown rice, oatmeal, or wild rice.

I will choose fat-free or low-fat (1 percent) milk, yogurt, or cheese. Dairy products should be a key part of your diet because they provide calcium, vitamin D, and many other nutrients your bones need.

I will drink water instead of sugary drinks. Regular soda and other sweet drinks, such as fruit drinks and energy drinks, have a lot of added sugar. Add a slice of lemon, lime, or a splash of 100 percent juice to your glass of water if you want some flavor.

I will choose lean sources of protein. Select leaner cuts of beef, turkey breast, or chicken breast. Grill, roast, or boil meat, poultry, or seafood instead of frying. Also include beans or peas in main dishes, like chili or a casserole.

I will compare sodium in foods like soup and frozen meals and choose foods with less sodium. Look for “low sodium,” “reduced sodium,” and “no salt added” on food packages.

I will eat seafood this week. Seafood has protein, minerals, and heart healthy omega-3 fatty acids. Adults should try to eat at least 8 ounces a week, with children eating smaller portions.

I will pay attention to portion size. At home, become familiar with recommended portion sizes in the plates and glasses you use. When dining out, avoid “supersizing” your meal. Instead, choose small size items or request a “to go” box for half of your meal before you start to eat.

SCOUTStrong™ Recommended Activity List/Pedometer Requirements

- Aerobics
- Foot Bag
- Nintendo Wii (Sports)
- Snowshoeing
- Archery
- Football
- Nordic Walking
- Soccer
- Badminton
- Frisbee
- Orienteering
- Softball
- Baseball
- Gardening
- Paddleball
- Squash
- Basketball
- Golf
- Pedometer
- Stationary Bike
- Baton Twirling
- Gymnastics
- Pilates
- Stretching
- Bicycling
- Handball
- Polo
- Surfing
- Billiards
- Hang Gliding
- Racquetball
- Swimming
- Bowling
- Hiking/
Backpacking
- Rock Climbing
- Table Tennis
- Boxing/
Kickboxing
- Hockey
- Roller Skating
- Tai Chi
- Calisthenics
- Home Repair
- Rope Jumping
- Tennis
- Canoeing
- Horseback
Riding
- Rowing
- Track & Field
- Cardio
Machines
- Horseshoe
- Pitching
- Rowing
Machine
- Trampoline
- Cardio Tennis
- Household
Tasks
- Rugby
- Trap & Skeet
- Cheerleading
- Hunting
- Running
- Unicycling
- Children’s
Games
- Inline Skating
- Sailing
- Volleyball
- Circuit Training
- Jai Alai
- Scuba Diving
- Walking
- Cricket
- Juggling
- Shuffleboard
- Wallyball
- Croquet
- Kayaking
- Skateboarding
- Water Aerobics
- Cross-Country
Skiing
- Lacrosse
- Skating
- Water Jogging
- Curling
- Lawn Bowling
- Ski Jumping
- Water Polo
- Dancing
- Lawn Mowing/
Gardening
- Skimobiling
- Water Skiing
- Darts
- Lifting/Hauling
- Skydiving
- Weight Training
- Diving
- Marching
- Sledding
- Whitewater
Rafting
- Downhill Skiing
- Martial Arts
- Snorkeling
- Wrestling
- Fencing
- Motocross
- Snow Shoveling
- Yoga
- Field Hockey
- Mountain Biking
- Snowboarding
- Fishing
- Mountain
Climbing
- Snowmobiling

SCOUTStrong™ PALA Pedometer Requirements

Age Steps

- Girls (Ages 6-17) At least 11,000 steps a day
- Boys (Ages 6-17) At least 13,000 steps a day
- Adults (Ages 18-older) At least 8,500 steps a day