

December / January Newsletter

Cub Themes- Now Available on Website

JANUARY 2009 - "A-MAZE-ing" GAMES

January is a good time for indoor fun. Make and solve puzzles. Stump your friends with riddles. Build a maze, do crossword puzzles, and word searches. Have a pack games night in which your family joins in for relays, board games, and other cooperative games. Play Cub Scout Jeopardy; how much do you know about Cub Scouting? Rediscover some of the games that your parents and your grandparents could have played and work on the Heritages belt loop and pin. Discuss why playing by the rules is important. The pinewood derby is a good opportunity to learn about rules and good sportsmanship. Why not work on the Chess belt loop and pin.

February 2009 American ABC's

Take a personalized tour of the U.S.A. by the letters: Austin, Baton Rouge, and Cambridge to Xenia, York, and Zion. Our country contains an endless variety of scenic and historic places. What is special about these places? This month we'll find out by visiting historic places, theme parks, museums, and zoos. Choose a city or an historical site to highlight. Invite a guest speaker who can share something special about the places your Cub Scouts have picked to discover. Use maps or collect tourist brochures to learn more about places to visit. Your local historical society or public library is a great place to get started. Celebrate your blue and gold banquet with local foods from your choices of the ABCs and decorate to highlight your choices. This would be a good month to work on the Citizenship belt loop or pin or the Geography belt loop or pin.

Paintball Is Prohibited in Scouting!

Paintball poses a significant risk of injury, especially among children. In contrast to other Scouting activities involving firearms, the object of paintball is to fire a pellet—at a speed of at least 300 feet per second—at another human. A paintball that hits the body may produce a mere sting or welt, but a paintball that strikes an eyeball can cause severe injury to the eye and even blindness. The Consumer Product Safety Commission noted three deaths between 2002 and 2005 from paintball gun equipment.

Traditional CPR Technique Still Official

Recently there has been much discussion about the compression-only (or "hands-only") CPR technique. In the forthcoming months, this topic will be discussed by members of the Boy Scouts of America's Health and Safety Committee, which oversees the BSA's health- and safety-related policies and procedures. This committee also works closely with the American Red Cross and its BSA liaison to help ensure that such policies and procedures are the most appropriate for Scouting.

The compression-only technique may be suitable for some emergency situations. It is not, however, an all-encompassing method for every CPR-related circumstance. For example, drowning victims will still require mouth-to-mouth resuscitation, because they do not have enough oxygen in their blood. In addition, the compression-only technique should not be used for infants and children. There are other situations where the compression-only technique should not be applied.

Should the BSA Health and Safety Committee make any modifications to the existing policy, the new information will be posted on this Web site.

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AEDs Available to Councils and Units

Jose Lepervanche is Scoutmaster of Troop 182 in Jacksonville, Florida. On July 1, 2007, Jose arrived at Woodruff Scout Reservation, along with 900 Scouts and a hundred other leaders. After the opening campfire, Jose collapsed. CPR was administered immediately, and then Jose's heart was shocked five times with an AED brought by EMTs. Two days later, Jose regained consciousness, and he was released after 12 days in the hospital with a permanent implantable cardioverter defibrillator.

As reported in the Spring 2008 [Health and Safety Newsletter](#), a survey of BSA local councils revealed that 21 percent of council offices and 58 percent of council camps have automated external defibrillators, or AEDs, in place to Be Prepared for sudden cardiac arrest emergencies that affect more than 325,000 Americans annually. If CPR and defibrillation are not applied within 10 minutes after sudden cardiac arrest, there is virtually no chance of survival. However, in situations where defibrillation is provided within five to seven minutes, the survival rate from sudden cardiac arrest is as high as 49 percent. Active promotion of CPR and AED education, especially training, can help every Scout, Scouter, and family member to be prepared for such an emergency.

Do You Need an AED?

As part of the BSA's effort to make 100 percent coverage a reality for your offices and camps, councils can take advantage of offers from two great program supporters: Philips Medical, which has been providing AEDs to BSA councils since 2005, and Cardiac Science, which joined us in 2008.

Preferred pricing structures have been enhanced and **EXTENDED TO UNITS** that would like to purchase AEDs, support services, and equipment for unit use or for their chartered organizations, service projects, schools or throughout their communities.

Website News

All 3 volumes of the Troop Program Guide Series are now available on our website. You can also find the December program guide for Cubs and the Troop Program Resource Guide.

What's Happening

District Planning Meeting January 6, 2009

Klondike February 7, 2009

District Awards Dinner March 5, 2009

District Pinewood Derby March 28, 2009

Spring Camporee April 24-26

Work to be done

Centennial Award

Membership Validation

Rechartering

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Hazardous Weather Training (healthsafety@netbsa.org)

Latest e-learning course available on MyScouting's E-Learning Course Management System. **EFFECTIVE JANUARY 1, 2009, WEATHER HAZARDS TRAINING IS MANDATORY FOR AT LEAST ONE ADULT ON EACH TOUR.** The course includes training, testing, and additional resources on weather conditions that may be encountered during BSA activities, including lightning, flash floods, tornadoes, hot and cold weather, hail, and hurricanes. Participants who complete the course earn a Weather Smart Certificate of Completion. The course content is appropriate for Boy Scouts and Venturers as well as adult leaders.

