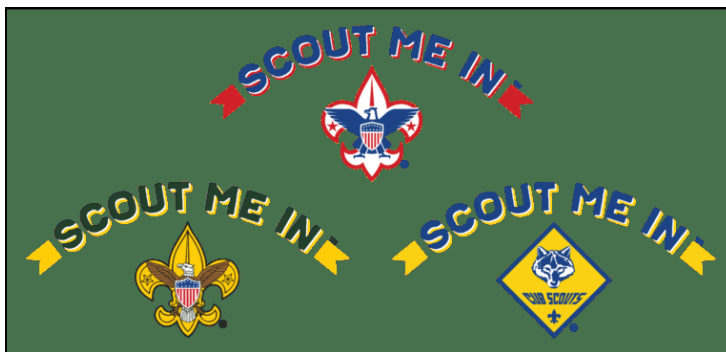




Three Rivers POST

Membership Training

Fall Membership Training
Three Rivers District
August 4, 2020 at 7:00 pm
Join Zoom Meeting



For more information, contact

Brooke Yarbrough,
Finance Executive
Brooke.Yarbrough@scouting.org
205-499-5748

Three Rivers POST

Please submit your comments, feedback or suggestions to [:japb@mindspring.com](mailto:japb@mindspring.com) Please include “Three Rivers Post” in the subject.

The intent of this newsletter is keep leaders informed and provide resources needed to support the mission of BSA Scouting.



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Scout Slogan
“Do a Good Turn Daily”

Safety Resources—How Scouting may have saved your life!

Cooking Merit Badge

When Avery Moore isn't volunteering as Scoutmaster of Troop 11 in Rocky Mount, N.C., you can find him helping out at a local pediatric burn survivor aftercare program. It was during a virtual meeting for the latter that he discovered a need that could be met by the former.

"Since COVID-19 has impacted the globe the way it has," Moore says, "the burn units have been bombarded with pediatric burn patients, all of them with a similar story: They were trying to cook when no one was around, and something went horribly wrong."

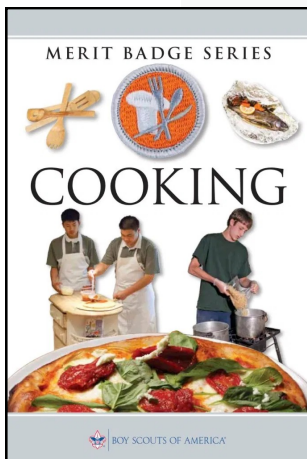
Then, a debate arose with an answer that would be obvious for anyone involved in Scouting.

"Very simply, they just wanted to know if there were any youth-serving organizations that teach life skills to youth like cooking, first aid, safety, fire prevention ... and the list could go on," Moore says.

[Continued - Click Here.](#)

10 Tips: Be Food Safe

A critical part of healthy eating is keeping foods safe. Individuals in their own homes can reduce contaminants and keep food safe to eat by following safe food handling practices. Four basic food safety principles work together to reduce the risk of food borne illness — Clean, Separate, Cook, and Chill.



These four principles are the cornerstones of [Fight BAC!](#)[®], a national public education campaign to promote food safety to consumers and educate them on how to handle and prepare food safely.

- **CLEAN**
- **SEPARATE**
- **COOK AND CHILL**

CLEAN

1. Wash hands with soap and water

Wet hands with clean running water and apply soap. Use warm water if it is available. Rub hands together to make a lather and scrub all parts of the hand for 20 seconds. Rinse hands thoroughly and dry using a clean paper towel. If possible, use a paper towel to turn off the faucet.

2. Sanitize surfaces

Surfaces should be washed with hot, soapy water. A solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water can be used to sanitize surfaces.

3. Clean sweep refrigerated foods once a week

At least once a week, throw out refrigerated foods that should no longer be eaten. Cooked leftovers should be discarded after 4 days; raw poultry and ground meats, 1 to 2 days.

4. Keep appliances clean

Clean the inside and the outside of appliances. Pay particular attention to buttons and handles where cross-contamination to hands can occur.

5. Rinse produce

Rinse fresh vegetables and fruits under running water just before eating, cutting, or cooking. Even if you plan to peel or cut the produce before eating, it is important to thoroughly rinse it first to prevent microbes from transferring from the outside to the inside of the produce.

[Continue this Article: with Separate, and Cook and Chill Click Here](#)

Life Scout—Eagle Project

Eagle Scout Service Project:

The Eagle Scout Service Project, every scout and scout leader knows about this service project, since during their years in scouting they have in one way or another seen and supported those working on their Eagle Project.

“While a Life Scout, plan, develop, and give leadership to others in a service project helpful to any religious institution, any school, or your community. (The project must benefit an organization other than the Boy Scouts of America.) A project proposal must be approved by the organization benefiting from the effort, your unit leader and unit committee, and the council or district before you start. You must use the Eagle Scout Service Project Workbook, BSA publication No. 512-927, in meeting this requirement.—Eagle Scout requirement 5”

Approval by the Unit does not mean the Unit determines the project. Where should the Eagle Scout Service project idea come from?

Try this one test when assessing an Eagle Scout project idea: Does it come from the heart?

Scouts who answer yes are more likely to stay motivated throughout the demanding process of planning, developing and giving leadership to others as they provide a service to their community.

...

Advice for younger Scouts



As the architect of an award-winning Eagle project, Tanner has advice worth sharing with Scouts in your unit.

1. Find a need that affects you personally, “so you will maintain interest throughout the project.”
2. Start early; don’t procrastinate.
3. Use the Eagle Project Workbook to break the project up into manageable pieces. “You will be overwhelmed thinking of it as a whole.”
4. Don’t try to do everything alone. “Get help when you need it, but don’t pawn it off either.”

[2020 Western Region Eagle Project of the Year: Making the outdoors more accessible](#)

[2020 Southern Region Eagle Project of the Year: Giving veterans a place to call home](#)

[2020 Eagle Project of the Year: He used STEM to build school seating](#)

[2020 Northeast Region Eagle Project of the Year: ‘Tiny house’ makes huge impact](#)

[Scout thinks several moves ahead to complete Eagle project during pandemic](#)

What’s the highest award in every Boy Scouts of America program?

[Article— Click Here](#)

It’s not about the patch or the medal or even that [epic cake](#) at the ceremony. It’s about all the incredible Scouting adventures that preceded them.

[Dogged determination helped him earn Eagle Scout Award, 2020 Pulitzer Prize](#)

Scouting in a COVID world.

COVID.

I know we are so over hearing about COVID, and so ready to return to our normal life. Until such time, we must “Be Prepared”. Be prepared to co-exist with this virus for a very long time. We pray that a vaccine is around the corner, and for those affected by in one way or another—either illness, death, employment, financial stress... The road to recovery maybe a long journey and if we are to move forward we need to proceed with caution, keeping safety our number one priority. But we must move forward.

“What lies behind us and what lies ahead of us are tiny matters to what lies within us. (Ralph Waldo Emerson)”

Scouting has provided us with checklist and protocols that we should adhere to. This guidance from BSA will help us navigate our units in a Safe manner during the COVID pandemic.

[BSA Guidance on Re-Starting your Unit while COVID-19 Exist in a SAFE manner.](#)

S—Supervision
A—Assessment
F— Fitness and Skill
E—Equipment and Environment

Checklist, Precautions, and Protocols to follow.:

[BSA Restarting Scouting Checklist](#)

[BSA Restart: SAFE ≠ Risk-Free](#)

[BSA Restart – Coming Together Precautions to follow.](#)

1. Before you gather,
2. As you gather and
3. When you return home.

[National Statement on COVID-19](#)

[COVID-19: Are You at Higher Risk for Severe Illness?](#)

[Are you in the high risk category?](#)

You might be surprised to see what is on the list found on the CDC website.

Coping with Covid-19

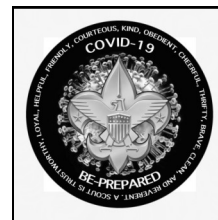
[Series of Videos:\(Scouting.org\)](#)

1. [Message from BSA’s National Director of Program](#)
2. [Time with Your Kids](#)
3. [Handling Stress Around Children](#)
4. [Guiding your Kids Through Disappointment](#)
5. [Assessing Mine and My Family’s Mental Health](#)
6. [A Special Message to Grandchildren](#)
7. [Dealing with Signs of Loneliness and Anxiety](#)

8. [Recognizing Signs of An Abusive Relationship](#)

9. [Conflict With Not Going Out](#)

COVID-19 Patch (Limited Edition)



Checkout those that have earned this patch. [\(Click Here\)](#)

We are fast approaching our Goal of 1000 Service Hours!.

Videoconferencing tips

- **Look presentable.** Just as you would want to look sharp in your uniform for an in-person board of review, the same should apply to one conducted via video.
- **Find a quiet space with a clean background.** Try to minimize audio and visual distractions.
- **Test your equipment.** Enlist a friend or family member to help you test your connection, making sure they can see and hear you with minimal lag.
- **Try for eye contact.** Though your instinct will be to look at the screen to see the board of review members, spend some time looking directly into the camera. It may feel strange, but it will look better to the people watching. (Continued p.5)

Educational Activities while at Home

Scouting @ Home

[Scouting At Home](#)

Resources available to units and Scouters on activities that can be done while at home.

Lots of helpful links. If you have your own set of links please share (japb@mindspring.com)

Flag Retirement Boxes



Life Scout creates flag retirement boxes for his community and shares how you can make them, too.

[Learn More Click Here.](#)

Videoconferencing tips continued

Free Videoconferencing options

Note: Each of the options below has a paid option, but I'm outlining the features of the free tier.

- [Google Hangouts](#): Easy to use, no time limit, allows up to 10 participants
- [Zoom](#): Great features, 40-minute time limit, allows up to 100 participants
- [Skype](#): Good stability, four-hour time limit, allows up to 50 participants
- [Uber Conference](#): Excellent video quality, 45-minute time limit, allows up to 10 participants

Additional Tips can be found on our District Website ([Click Here](#))

If you have a need to host a Zoom Videoconference longer than 40 minutes let us know we can help.

Contact japb@mindspring.com or (205) 541-1604 leave detail message.

A Scout is Helpful

A Scout is helpful. A Scout cares about other people. A Scout willingly volunteers to help others without expecting payment or reward.

The Scout Oath states “to help other people at all times”.



BSA Mission Statement

(Reference: [Guide to Advancement 2019](#))

The mission of the Boy Scouts of America is to prepare young people to make ethical and moral choices over their lifetimes by instilling in them the values of the Scout Oath and Scout Law.

The Aims of Scouting

Every Scouting activity moves young people toward the basic aims of: character development, citizenship training, leadership, and mental and physical fitness.

What a young person learns to do—is important,
but not as important as the
primary goal:

[Personal Growth](#)

Achieved through participating in a unit program.

General Resources

[Age-Appropriate Guidelines for Scouting Activities](#)

This chart provides an at-a-glance reference to activity guidelines that are based on the mental, physical, emotional, and social maturity of youth members.

[Guide to Safe Scouting](#)

The *Guide to Safe Scouting* is the unit leaders' guide to current policies and procedures.

[The Sweet 16 of BSA Safety](#)

As an aid in the continuing effort to protect participants in Scout activity, the BSA National Health & Safety Committee have developed 16 points that embody good judgment and common sense for all activities.

[Health and Safety News](#)

The Health and Safety Service provides periodic updates for Scouting leaders on a variety of relevant health- and safety-related topics.

Youth Protection

Resources for the [Cub Scout](#), [Boy Scout](#), and [Venturing](#) programs.

[Youth Protection Information](#)

[The Current of Three Rivers](http://www.threerivers1bsa.org/)—<http://www.threerivers1bsa.org/>

