

SCOUTS  
BSA®



Three Rivers

GREATER ALABAMA COUNCIL

# Three Rivers POST

## Emergency Preparedness

### Emergency Preparedness Award

This award has encouraged youth to be prepared, productive, self-reliant adults active in their communities.

**As of February 2019, elements of the award have been incorporated into other program materials and we will sunset the award.** You can continue to earn the award, but the requirements will not be updated.

This Award can be earned by registered youth and adults. There are different requirements for Tiger, Wolf, Bear, Webedo,

Requirements can be found by [clicking here](#).

[Download the application form.](#)

[Red Cross—Emergency Preparedness for Kids](#)



Scout, Unit Volunteer and Council/District Volunteers. This award also have different levels of achievement for the District./Council level and the Unit Level.

## 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 newslet-

ter is keep leaders informed and provide resources needed to support the mission of BSA Scouting.

Advancement is just one of the methods in Scouting that helps to grow a

Scouts self esteem,



### Inside this issue:

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The sport in Scouting is to find the good in every Scout and develop it.

-- Robert Powell

# Safety Resources

## Safety Moment

### First Aid kits

[Article](#)

#### **SUMMARY**

All Scouts and Scout leaders—as representatives of an organization whose motto is “Be Prepared”—should be sure they are always ready with an appropriate first-aid kit when it’s needed. Your kit may be simple, or more complex if you are trained to use it properly. But the kit must always be on hand and stocked with every essential item.

#### **GENERAL INFORMATION**

First-aid kits should be present wherever you might need them. That likely includes having a kit in your car, your home, your meeting location, and with your outdoor equipment for the next hike or camping trip. Since a first-aid kit is one of the essential items for Scout hiking, keeping one with your daypack is an easy way to assure you are prepared on the trail.

The contents of the kit can be as varied as the potential needs and the number of participants present, but it must always be stocked and ready for use. You should also regularly check for and replace expired items and those that need to be restocked after a trip. Have a kit that is suited to the number of participants and the length of time you’ll need it. A kit for a day hike will probably be different from the kit you would carry on a trek at Philmont Scout Ranch or a multiday boat trip at the Florida Sea Base or Northern Tier. If you’re a medical professional or trained in Wilderness First Aid, the kit may be expanded because of your knowledge and ability to safely use the items.

Not sure about what to buy and where to get it? A number of professionally prepared first-aid kits are available from ScoutStuff.org and your local Scout shop, major outdoor retailers, and the American Red Cross. Specifications are often provided as to locations where the kit might be appropriate and other considerations.

may be. ZipStitch enables you to treat minor cuts with hospital-grade technology, continue your outdoor activities with less interruption. No needles. No stitches. No hassles.

[Find Out More—  
Click Here](#)



*Scout Motto is  
“Be Prepared”*

You may want to add items based on

#### **RESOURCES**

[Boy Scout Handbook](#)

[Guide to Safe Scouting](#)

[Field book](#)

[First Aid merit badge](#)



known or anticipated needs. For example, a shakedown hike with many pairs of new boots being broken in would warrant additional moleskin. Even if you want to assemble your own kit, you can use the resources list to identify contents that are recommended.

[Wilderness First Aid: What Is It and Why Should You Care?—](#)

[American Red Cross—](#)

[PODCAST](#)

## ZipStitch

Introducing ZipStitch®, an ER quality wound closure device available without a prescription. It is completely non-invasive and easy to use, wherever you

# Wilderness First Aid

## WFA

[Article](#)

## What is wilderness first aid?

Wilderness first aid, or “WFA”, is a generic term that commonly refers to any training course that focuses on prevention, assessment, and treatment for an ill or injured person in a remote environment where definitive care by a

physician and/or rapid transport is not readily available. This is defined as being an hour or more away from advanced care. WFA courses are intended for anyone planning a remote high adventure, from lay responders to medical professionals. As we venture farther into the backcountry with our units, wilderness first aid training becomes essential (“Be Prepared”).

## Who needs WFA?

Youth (14 years old and up) and adult Scout leaders are encouraged to take a 16-hour WFA course based on the specific curriculum developed by the BSA, which includes a management dimen-

sion that most course fail to address. Participants will likely find it the most valuable program they’ll ever take.

## WFA Certification

BSA has identified the following providers as meeting the BSA’s requirements for WFA training: (1) [American Red Cross](#), (2) [Emergency Care & Safety Institute](#), and (3) providers accredited by the American Camp Association (ACA) under the ACA’s standard “[HW.2.2/ST.3.2 First Aid & Emergency Care Personnel](#)”. WFA courses offered by any other provider does not meet the BSA’s requirements. The ACA does not review courses for BSA units.

If WFA is required for your adventure, then you must obtain a certificate from one of the providers listed. In addition, a current CPR/AED certificate is also needed. If you have specific questions on equivalencies, reach out to the entity running the program requiring WFA.

### Core modules

- Patient assessment

- Chest injuries
- Shock
- Head (brain) and spinal injuries
- Bone and joint injuries
- Wounds and wound infection
- Allergies and anaphylaxis
- Scenarios

### Elective modules

- Abdominal problems
- Hypothermia
- Heat
- Lightning
- Altitude illnesses
- Submersion
- Wilderness first-aid kits

### Resources

If you wish to download the curriculum, click [here](#)

[BSA WFA Training](#)

## American Red Cross and BSA

[Training Discounts Available](#)

[Overview of Relationship with ARC](#)

[Participant Materials](#)

*Participants will likely find it the most valuable program they’ll ever take*

## A Scout is Trustworthy

A Scout is Trustworthy. A Scout tells the truth. He is honest, and he keeps his promises. People can depend on him. A reputation for being trustworthy is important to you now and in years to come. Trustworthiness will help you make and maintain good friendships. But more than that, your honesty is a sign of your character - the kind of person you are inside

Of course, there will be times when your judgment fails and you make mistakes. Now and then that happens to everyone. Your baseball might smash a window. You might misread your map and come home late from a hike. If you quickly admit what you have done and make good on any damage, others will soon forget the incident. By learning

from your errors, you can do better in the future.

You must also have trust in yourself. You know when you have done right and when you have done wrong. Live in such a way that you can respect yourself, and others will respect you, too.

# Advancement

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## Outing in Scouting

Looking for a new adventure in Scouting. Before taking on an adventure, be sure to review BSA policies found in the [Guide to Safe Scouting](#) and confirm the activity is appropriate for the age of the Scout.

Adventures like Biking, Hiking, Backpacking, Camping, Zipline, Whitewater, Canoeing, High Adventure Bases, nature trails, Biking, ATV, Caving, and getting lost. Adventures we all share..

Checkout the latest listing of Adventures [Click Here](#)

## Camping Adventure

[Camping Location Resources](#)

## Hiking Adventure

[BSA Historic Trails](#)

[The Best Trails in Alabama](#)

[Alabama Birding Trails](#)

[Sipsey River Trail](#)

[Alabama Recreation Trails](#)

[Alabama Horseshoe Bend](#)

[Little River Canyon](#)

[Trail of Tears](#)

[Appalachian](#)

## Canoeing Adventure

[Alabama State Lands Canoe Trails](#)

[Alabama Scenic River Trail - Rivers](#)

## White Water Adventure

[Alabama White Water](#)

[Chattahoochee River](#)

[Ocoee](#)

[Nantahala](#)

[Whitewater Paddling Rivers](#)

Be sure to ask other Scout Units which outfitter they recommend

*“A fisherman does not bait his hook with food he likes. He uses food the fish likes. So with Scouts”*

## Zip Line Adventure

**Alabama**

[Screaming Eagle](#)

[Zipline Wind Creek State Park](#)

[Zip-Line at Desoto State Park](#)

[Zipline in Alabama](#)

**Georgia**

[Zipline in Georgia](#)

## High Adventure Camps (BSA)

[Council Operated High Adventure Bases](#)

## Biking

[Biking Resources](#)

## ATV

[ATV Safety Program](#)

## Caving

[Ruby Falls \(Tennessee\)](#)

[DeSoto Caverns \(Alabama\)](#)

[Craighead Caverns \(Tennessee\)](#)

[Raccoon Mountain \(Tennessee\)](#)

[Jewel Cave \(South Dakota\)](#)

[Glenwood Caverns \(Colorado\)](#)

[The Lost Sea \(Tennessee\)](#)

## Alabama State Parks

[Bladon Springs State Park](#)

[Blue Springs State Park](#)

[Buck's Pocket State Park](#)

[Cathedral Caverns](#)

[Cheaha State Park](#)

[Chewacla State Park](#)

[Chickasaw State Park](#)

[DeSoto State Park](#)

[Frank Jackson State Park](#)

[Gulf State Park](#)

[Joe Wheeler State Park](#)

[Lake Guntersville State Park](#)

[Lake Jackson RV Park](#)

[Lake Lurleen State Park](#)

[Lakepoint State Park](#)

[Meaher State Park](#)

[Monte Sano State Park](#)

[Oak Mountain State Park](#)

[Paul M. Grist State Park](#)

[Rickwood Caverns](#)

[Roland Cooper State Park](#)

[Wind Creek State Park](#)

## Resources:

[Boy Scouts of America and Caving](#)

[Climb On Safely](#)

[Cave Safely, Cave Softly](#)

[Canyoneering Safely](#)

[COPE and Climbing Resources](#)

[Scout Camping](#)

[Camping Locations](#)

# Eagle

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## Eagle Court of Honor

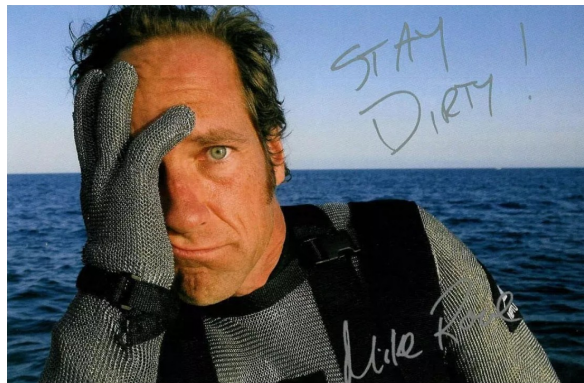
### [Article](#)

Eagle courts of honor are fully developed celebrations recognizing Scouts who have attained Scouting's highest rank. They often feature a variety of very special ceremonies commensurate with the high honor being bestowed upon outstanding young men. Video: [Sample Eagle Court of Honor Opening Ceremony](#)

### [Links, Ideas and Sample Eagle Courts of Honor](#)

## Eagle Charges

A regular feature of an Eagle court of honor is the recitation of an Eagle Scout promise, pledge, charge, or challenge directed to all Eagles Scouts in attendance. This court of honor segment is customarily conducted by an individual who is also an Eagle Scout.



## Letters of Congratulation

Some Ceremonies include reading some Special Letters. A Scout, Parent, Leader and Friend can request congratulatory letters from just about anyone. Typically Politicians, astronauts, celebrities, all of which share in the moment with their very special words of praise for the Eagle Scouts accomplishment,

There are even some Eagle Scout Certificate and letters you can print right now.

[Pedro the Boy's Life Mailburro](#)

[Blue Angels](#)

[NASA](#)

[National Park Service](#)

[Order of the Arrow](#)

[U.S. Air Force Academy](#)

[U.S. Coast Guard Academy](#)

[U.S. Fish and Wildlife Service](#)

[U.S. Military Academy \(West Point\)](#)

[Marine Corps League](#)

My Favorite letter that my son received was from Bob Hope. He said "Who's Bob Hope?". Previous Eagle Scouts like Mike Rowe (Dirty Jobs) have been know to send a unique letter .

## A Scout is Courteous

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A Scout is courteous. A Scout is polite to everyone regardless of age or position. He knows that using good manners makes it easier for people to get along. "A Scout is courteous" is another way of saying "A Scout is a gentleman." Open a door for someone. Offer your seat on a bus or in a busy waiting room to an elderly person, a pregnant woman, or anyone who needs it more than you. Greet others with a firm handshake. Do your share of family chores in a pleasant way. Say "Please" and "Thank you" or "Pardon me" and "I'm sorry" whenever appropriate. Being courteous shows that you are aware of the feelings of others. The habits of courtesy that you practice as a Scout will stay with you throughout your life.

## Special Recognition

You can have a [U.S. Flag flown over the Pentagon or Capital](#). But you must provide the flag.

## Scholarships

Scouting offers scholarship opportunities. [Scouting.org](#), and [NESA](#)

[3 Rivers Listing of Scholarships](#)

## Resources

### [.Scripted Ceremonies](#)

- The Voice of the Eagle Ceremony
- Eagle Scout Obligations Ceremony
- The Eagle Pledge Ceremony
- The Challenge Ceremony
- The Four Winds Ceremony
- History of the Eagle and Man

[The Eagle Challenge](#)

[Eagle Courts of Honor](#)

[3 Rivers Links for Planning Eagle Court of Honor](#)

[Letters of Congratulation](#)

[30 of the coolest Eagle Scout Letters](#)

# Upcoming Events Cubs

## Pinewood Derby

The cost will be 6 dollars for pre-registered cars, or 10 dollars for



walk-ins.

Start your engines it time for District Pinewood Derby. **The date is March 7th.** Details for District Pinewood Derby can be found on the [3RiversAdvancement.org](http://3RiversAdvancement.org) site.

This year 3Rivers District is thrilled to announce that the District Pinewood Derby will be at Barber's motorsports



park. How awesome is that, you'll be able to say "I raced at Barber's". Every pinewood car can enter to race. You can use the car you raced in your Pack, you can modify it to make it faster, or you can make a new car if you wish for this event.

Check out this issue of [Boy's Life Magazine](#).

*Sam: One night I dreamed I was a muffler.*

*Jeremy: Really? What happened?*

*Sam: I woke up exhausted.*

*Joke submitted by Samuel E., Kemp, Tex.*

This issue if chop full of great ideas and fun. Pinewood Derby Jokes, How to Build the Fastest Pinewood Derby Car, Shark Pinewood Derby Cars...



### Joke:

Hayden: What kind of car does a Jedi drive?

Jake: I don't know.

Hayden: A Toy Yoda.

Joke submitted by Hayden S., Eugene, Oregon

### References:

[How to Make a Fast Pinewood Derby Car](#)

[Polishing Pinewood Derby Axles](#)

[2020 Pinewood Derby Rules!](#)

[Awesome Pinewood Derby Car Designs of 2020](#)

## Scout Sunday

[Scout Sunday](#) is the Sunday before February 8th (Scouting Anniversary Day).

# Upcoming Events Scouts

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## District Camporee



The Three Rivers District Camporee will be **February 21-23, 2020** at Whippoorwill Creek Ranch. Address: 2001 Gaines Road, Altoona, Alabama 35952

The Theme will be “**Finding your way**” came about in an effort to reinforce a very important skill among our scouts.

While orienteering is a central theme, we’ve included a few other important skills, such as first aid. We’ve included a dinner competition that we



hope will encourage our youth to think outside their usual box while meal planning.

We’ve also included a great competition involving lashings just so the adults can have some entertainment while watching the youth squirm a bit.

At the end of the day, the most important thing is that our youth learn and grow.

**The fun is just a bonus.**

### References:

- [Whippoorwill Creek Ranch Camporee Leaders Guide and Registration.](#)
- [3RiversAdvancement.org](http://3RiversAdvancement.org)

## RoundTable

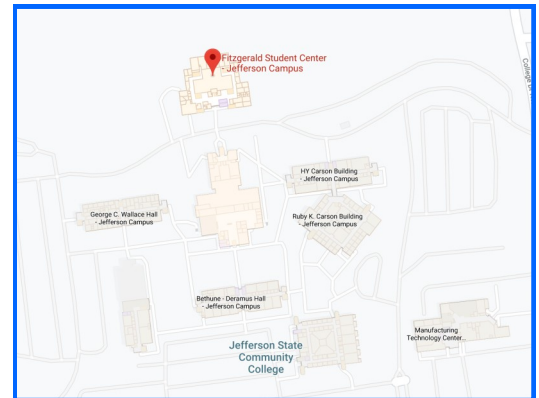
**Come Join Us.**

February 6, 2020 7 p.m.

**Fitzgerald Student Center**  
Cafeteria (Basement Floor)

Jefferson State  
Community College,  
2601 Carson Road,  
Birmingham, Alabama

RoundTable—[Map](#)



<http://3riversadvancement.org/activities-2020/round-table.html>

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## A Scout is Clean

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A Scout is clean. A Scout keeps his body and mind fit. He chooses the company of those who live by high standards. He helps keep his home and community clean.

# Cub Scout Leader Pow Wow—Blue and Gold Ideas

## Blue and Gold

Cub Scout Leader Pow Wow, an action packed training event for adult Cub Scout Leaders, pack committee members, parents of Cub Scouts and just Cub Scout interested persons. It provides a spark of ideas and energizes Cub Scout Leaders. This event still exist under a new title “College of Cub Scouting”.



Since Blue and Gold is coming up fast I wanted to share some of the inserts from past Pow Wow Books, I have dug out my 1989 and book from the Greater Alabama Council and plan to share it once I get it scanned into PDF format. Until then I will share the insert on Blue and Gold. I have posted the insert for Blue and Gold [Here](#),

I have found the [National Capital Area Council's Cub Scout Leader Pow Wow handouts from 2019](#).

Check them out here,

[The 2019 Pow Wow Blue and Gold Handouts click here](#).

## MacScouter

[Let's Celebrate Scouting](#)

[Blue & Yellow Theater - An introduction to performing skits, with lots of resource ideas](#)

[SKITS. The Blue and Gold Banquet Skit-a-mazoo](#). Characters: Some Cubs dressed as parents and seated at a table decorated as for a Blue & Gold banquet

[Cub Scout Game](#). February 1994 - Blue And Gold Traditions. Blue And Gold Balloon Pop. You will need an even amount of balloons in blue and gold.

## BSA Scouting

Scouting.org [What is a Blue and Gold Banquet](#).

[CUBHUB BLOG](#)—Blue and Gold. Includes:

9 Clever Food Ideas, 9 Winning Tips and Ideas for Blue and Gold, and 8 Themes for Blue and Gold that your Cubs Scouts will Love!

[Blue & Gold Banquet Planning Guide](#)

## Magazine

[Rethinking the Blue and Gold Banquet](#)—from Scouting Magazine.

[Blue & Gold Banquet Dinner Printable Rebus Word Puzzle Pre-Opener for the Blue and Gold Cub Scout Banquet - Printable Party Game Brain Teaser](#) from Akela's Council.

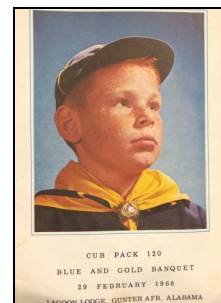
[Blue & Gold Printable Pack](#) and [Download for Blue and Gold Pack](#)

From Over the Big Moon.



## A Cubs Perspective

I have such fond memories of the Blue and Gold Banquet, when I was a cub scout many years ago (too many). My mom would scrapbook memories—way before the world of Digital. In my Analog scrapbook that she made for me was several items from my past around Blue



and Gold. I couldn't find the placemat that my Den made which I really liked. The placemat was a silhouette of our profile made by shining a bright light at us and tracing the outline on yellow construction paper. They cut the silhouette out and clued in to a larger piece of blue construction paper. Memories from this event really to last a life time.

The Placemat below is a different version similar concept.





# Knots

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## Knot tying

An essential skill that can save your life. But never has there been so many resources available to help Scout Leaders teach knot tying.

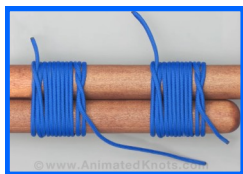
The Animated Knot site has tons of knots with animation on how to tie the knot. From [basic knots](#) like the overhand knot, square knot, half hitch, sheet bent... what about [surgical knots](#), and some [decorative knots](#). And remember how to care for your rope ([Rope Care](#)).

[Animated Knots](#) by Grog is the web's #1 site for learning how to tie knots. From [Scouting Knots](#), Boating Knots, Fishing Knots and Climbing Knots to tying a tie, or even Surgical Knots — they've got it covered

## Lashing

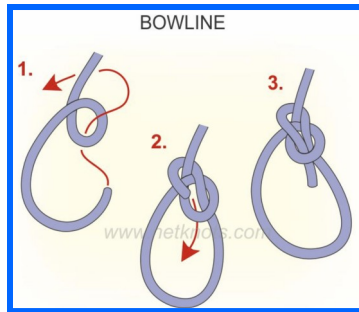
Include are lashing knots. Example ([Round](#)) Securely binds two poles together to make an end join,

### Lashing Knot – Round



Another great site for tying Knots is [NetKnots.com](#). Knots/Hitches along with easy to follow instructions plus animation.

### Demonstration on Bowline



### Shear Lashing

How to tie Shear Lashing (or Sheer Lashing). Shear Lashing is a knot used to bind two poles together. It is also useful as a solution to repair or reinforce a broken pole, add a section of reinforcement to strengthen a weak pole or to create an A-frame by spreading the two poles apart after the knot is completed.



You need skill the

may this set at up-

coming [District Camporee](#)—February 21-23.

The [International Guild of Knot Tyers](#) (IGKT) is an association of people with interests in knots and knotting techniques of all kinds.

### CUBs

The Cub Scout program, Wolves, Bears, and Arrow of Light ranks have knot tying in their required adventures.

## Resources

[Animated Knots by Grog](#)

[International Guild of Knot Tyers](#)

[Trusted Knots by NetKnots](#)

[ScoutShop.org](#)

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## Famous Quote

*"If life were predictable it would cease to be life, and be without flavor."*

*-Eleanor Roosevelt*



## 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

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### [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/>

