

# Troop 7 Smoke Signals

## This Month's Events

**5/6/08 @ 6:00 p.m.**  
Assistant Scout Master Mtg.

**5/6/08 @ 6:30 p.m.**  
PLC Meeting

**5/11/08 @ 2:00 p.m.**  
Swimming Cert. @ Aqua Sports

**5/13/08 @ 7:00 p.m.**  
Troop Meeting

**5/13/08 @ 7:00 p.m.**  
Troop Meeting

**5/13/08 @ 7:30 p.m.**  
Troop Committee Mtg.

**5/15/08 @ 6:30 p.m.**  
Grocery Shopping  
Meet at Southern Hills Price  
Cutter

**5/16-5/18/08**  
Canoeing-Sunburst Ranch  
Meet at church at 5:00 p.m.  
Vans depart at 5:30 p.m.

**5/20/08 @ 7:00 p.m.**  
Troop Meeting

**5/27/08 @ 7:00 p.m.**  
Troop Meeting  
If you have any items to be included in  
the newsletter, please contact Robert  
and Sarah Asperger at  
[aspergers@sbcglobal.net](mailto:aspergers@sbcglobal.net) or  
882-6936. The newsletter will be  
published monthly.

### Campout Schedule

**5/16-5/18/08** Canoeing-Sunburst Ranch-From Springfield, take Route 60 East to Mansfield, then Hwy. 5 South to Gainesville. From Gainesville, take 160 East for 11 miles to Hwy. PP, turn left and go 6 miles to H Hwy., turn right and go 1.25 miles and there you will see our sign on the left on County Road 352. Turn left on to CR 352, and follow the gravel drive, through our front gate.

**7/25-7/27/08** Watersports- Table Rock Lake

**8/29-9/1/08** Gun Club- California, Missouri (scouts and parents only)

### PLC Meetings

**5/6/08 @ 6:30 p.m.**

**6/3/08 @ 6:30 p.m.**

**7/1/08 @ 6:30 p.m.**

**8/5/08 @ 6:30 p.m.**

### Merit Badge Opportunities

*Disability Awareness-* Anastasia Westley

(Postponed until June) - Meet at the couch outside Schweitzer gymnasium.

*Personal Management-* Amy Arnold, Alison Vaughn

**Tues. May 20 6PM** upstairs at Schweitzer bring completed work for requirements 8,9,10.

**Tues. May 27 6PM** upstairs at Schweitzer guest speaker will cover requirements 4,5,6. If you need more time to complete your work you can meet with Amy and Alison this summer.

*Citizenship in the Community-* Jim Kaatz- Starting this fall.

*Citizenship in the World-* Judd White/Presidents Museum Branson.

### Troop Committee Meetings

**5/13/08 @ 7:30 p.m.**

**6/10/08 @ 7:30 p.m.**

### Summer Camp

**6/15-6/21/08** Camp Arrowhead

**7/3-7/13/08** Double H (Scouts 14 and older only)

Double H crew members need to keep conditioning and scouts going also need to begin thinking about ideas for Trek t-shirts.

### Troop T-shirts

Scouts need to come up with designs for this year's Troop t-shirt.

### Deadlines

BSA Swimming certification (necessary for May & June – Camping Events)

Summer Camp – payment was due 4/8/08

Double H -

### Other

Troop Elections **8/05/08 @ 7:00 p.m.**

God and Country- Bob Lunn- 9/2/08 6:00 p.m.  
**Requirements for the Canoeing merit badge:**

1. Show that you know first aid for injuries or illnesses that could occur while canoeing, including hypothermia, heatstroke, heat exhaustion, dehydration, sunburn, insect stings, tick bites, blisters, and hyperventilation.
2. Do the following:
  - a. Identify the conditions that must exist before performing CPR on a person. Explain how such conditions are recognized.
  - b. Demonstrate proper technique for performing CPR **using a training device approved by your counselor.**
3. Before doing the following requirements, successfully complete the BSA swimmer test. Jump feet first into water over your head in depth, swim 75 yards or 75 meters in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards or 25 meters using an easy resting backstroke. The 100 yards or 100 meters must be swum continuously and include at least one sharp turn. After completing the swim, rest by floating.
4. Discuss the following:
  - a. The BSA Safety Afloat policy. Tell how it applies to canoeing activities.
  - b. The most common weather and water-related hazards encountered while canoeing and how to deal safely with each one.
5. Do the following:
  - a. Name and point out the major parts of a canoe.
  - b. Describe how the length and shape of a canoe affect its performance.
  - c. Discuss the advantages and disadvantages of the different materials used to make canoes.
  - d. Name and point out the parts of a paddle. Explain the difference between a straight and bent-shaft paddle and when each is best used.
  - e. Demonstrate how to correctly size a paddle for a paddler in a sitting position and a kneeling position.
  - f. Name the different types of personal flotation devices (PFDs), and explain when each type should be used.
  - g. Show how to properly fit and test a PFD of correct size.
  - h. Discuss the general care and maintenance of canoeing equipment.
  - i. Discuss what personal and group equipment would be appropriate for a canoe camping trip. Describe how personal and group equipment can be packed and protected from water.
  - j. Demonstrate how to load and secure equipment in a canoe.
  - k. Using appropriate knots, demonstrate how to secure a canoe to a rack on land, a vehicle, or a canoe trailer.
6. With a companion, wearing the proper PFD and appropriately dressed for the weather and water conditions, use a properly equipped canoe to demonstrate the following:
  - a. Safely carry and launch the canoe from a dock or shore (both, if possible).
  - b. Safely land the canoe on a dock or shore (both, if possible) and return it to its proper storage location.
  - c. Demonstrate kneeling and sitting positions in a canoe and explain the proper use for each position.
  - d. Change places while afloat in the canoe.
  - e. In deep water, exit the canoe and get back in without capsizing.
  - f. Capsize the canoe and demonstrate how staying with a capsized canoe will support both paddlers.
  - g. Swim, tow, or push a swamped canoe 50 feet to shallow water. In the shallow water, empty the swamped canoe and reenter it.
  - h. In deep water, rescue a swamped canoe and its paddlers by emptying the swamped canoe and helping the paddlers safely reenter their boat without capsizing.
7. With a companion, wearing the proper PFD and appropriately dressed for the weather and water conditions, demonstrate the following paddling strokes as both a bow and stern paddler:
  - a. Forward stroke
  - b. Backstroke
  - c. Draw
  - d. Pushaway
  - e. Forward sweep
  - f. Reverse or back sweep
  - g. For stern paddling only: J-stroke
8. Using the strokes in requirement 7, demonstrate the following tandem maneuvers while paddling on opposite sides and without changing sides. Repeat after switching positions and paddling sides:
  - a. Pivot or spin the canoe in either direction.
  - b. Move the canoe sideways or abeam in either direction.
  - c. Stop the canoe.
  - d. Move the canoe in a straight line for 50 yards.
9. Wearing the proper PFD and appropriately dressed for the weather and water conditions, demonstrate solo canoe handling:
  - a. Launch from shore or a pier (both, if possible).
  - b. Using a single-blade paddle and paddling only on one side, demonstrate proper form and use of the forward stroke, backstroke, draw stroke, pushaway stroke, forward sweep, reverse or back sweep, and J-stroke. Repeat while paddling on the other side.
  - c. While paddling on one side only, paddle a 50-yard course making at least one turn underway and one reverse of direction. Repeat while paddling on the other side.
  - d. Make a proper landing at a dock or shore (both, if possible). Store canoe properly (with assistance, if needed).
  - e. In deep water, exit the canoe and then get back in without capsizing.
10. Discuss the following types of canoeing:
  - a. Olympic flatwater
  - b. Outrigger
  - c. Marathon
  - d. Freestyle
  - e. Whitewater
  - f. Canoe poling