

Cardinal District
Roundtable Agenda
6 April 2023

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|-------|---|---|-------------------|
| I. | Opening Ceremony | | William Paige |
| II. | Welcome and Introduction | | |
| III. | District Key 3 Updates | | |
| | a. | District Chair's Corner | Tim Forrest |
| | b. | District Commissioner's Corner | William Paige |
| | c. | Family Scouting Executive's Corner | Erin Shiflett |
| IV. | Program Update | | Chris Harmon |
| V. | Advancement Update | | Tom Allen |
| VI. | Safety Moment – Heat Related Injuries | | Robert Froom |
| VII. | General Session – Historic Trails of North Carolina | | David Crowley |
| VIII. | Breakout sessions | | |
| | a. | Cub Scouts Summertime Activities | David Crowley |
| | b. | Scouts BSA Streamlining Camp Meal Planning | Rick Kelly-Crapse |

Calendar Events

Cardinal District Events

- | | | |
|--------------|--|----------------------|
| 10 Jun 23 | Cardinal District Shooting Sports (Cub Scouts) | Optimist Farm |
| 25 Jun 23 | Cardinal District Fishing Derby (Cub Scouts) | Harris Lake Pond |
| 13-16 Jul 23 | Cardinal District Twilight Camp (Cub Scouts) | Pine Springs Academy |
| 19 Aug 23 | Cardinal District NOVA Days | Apex |

Occoneechee Council Events

- | | | |
|--------------|--|-------------|
| 21-23 Apr 23 | Council Cub-o-ree (Cub Scouts) | Camp Durant |
| 15-17 Jun 23 | Cub Scout Summer Camp | Camp Durant |
| 22-24 Sep 23 | Davy Jones Rendezvous (Sea Scouts/Venturing) | Camp Durant |
| 27-29 Oct 23 | Council Spook-o-ree (Cub Scouts) | Camp Durant |

Order of the Arrow

- | | | |
|--------------|---|-------------|
| 14-16 Apr 23 | E8 Cardinal Conclave | Camp Boddie |
| 19-21 May 23 | Occoneechee Lodge Spring Inductions | Camp Durant |
| 18-19 Aug 23 | 10 th Annual Occoneechee Trade-O-Ree | Camp Durant |

National Scouting Events

- | | | |
|--------------|-------------------|------------------------------|
| 19-28 Jul 23 | National Jamboree | Bechtel Summit Scout Reserve |
|--------------|-------------------|------------------------------|

World Scout Jamboree

- | | | |
|-------------|-------------------------|-------------------------|
| 1-12 Aug 23 | World Scouting Jamboree | SaeManGeum, South Korea |
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Cardinal District
Roundtable Agenda
6 April 2023

Training Opportunities

National Youth Leadership Training (NYLT) Scouts BSA

8-10 Sep 23	Weekend 1	Camp Durant
29 Sep - 1 Oct 23	Weekend 2	Camp Durant

Wood Badge

8-10 Sep 23	Weekend 1	Camp Durant
30 Sep - 1 Oct 23	Weekend 2	Camp Durant

Basic Adult Outdoor Leadership Orientation (BALOO) Cub Scouting

21-22 Apr 23	North Star BALOO	Wake Forest Presbyterian Church
6-7 May 23	Sandhills BALOO	Twin Oaks Trails

Introduction to Outdoor Leadership Skills (IOLS) Scouts BSA

21-22 Apr 23	North Star IOLS	Wake Forest Presbyterian Church
6-7 May 23	Sandhills IOLS	Twin Oaks Trails

First Aid/AED/CPR

20 Apr 23		Council Service Center
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Wilderness First Aid

6 May 23		Camp Reeves
29 Sep-1 Oct 23		Camp Durant

Other Training Events

14-16 Apr 23	Leave No Trace	Camp Durant
24-26 Apr 23	Paddlecraft Safety	Cary
12-13 May	Whitewater Training	Cary

Next Roundtable

4 May 23		Apex United Methodist Church
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CARDINAL DISTRICT ROUNDTABLE

April 6th, 2023



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Roundtable Agenda

General Session:

- **Welcome and Introductions**
- **Key 3 Moments**
- **Program and Advancement Updates**
- **Safety Moment: Heat Related Injuries**
- **Historic Trails in North Carolina**

Breakouts:

- **Cub Scouts: Summertime Activity Planning**
- **Scouts BSA: Streamlining Camp Meal Planning**





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District Chair Update



- Thank you Camporee Staff!
- Thank you to our Council Commissioner, Scout Executive and Council President for the CRU Discussion and planning session
- Random safety comment – fireworks are not allowed at BSA events. Please have the conversation with your units
 - Camporee – fortunately the wet ground kept it from spreading
 - Safety is paramount for all Scouts and Scouters
- We have opportunities for training coming up, every Scout deserves a trained leader

Questions:

Tim Forrest

timothy.forrest@gmail.com



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District Chair Update

Wood Badge 15-421-23

- **When September 8-10 & September 30-October 1, 2023**
- **BSA's ultimate leadership training for adults (theory, practice, and experience of developing teams, communicating effectively, leading change and more)**
- **A new Adult Leader or Scouting for decades**
- **Register at ocscouts.org/wood-badge**



District Commissioner Update



Questions:
Patrick Sperlein
sperlein@gmail.com



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District Status

Current District strength is 71 units

- **26 Cub Scout Packs**
- **37 Scout BSA Troops**
- **7 Venture Crews**
- **1 Sea Scout Ship**



District Commissioner Topics

- Recording of the Council Commissioner's Discussion on the changes to the Guide to Safe Scouting:
<https://ocscouts-org.zoom.us/j/94n78zp1nKCEXkeV.EzByM-6R9SDf2ojO>
- Please continue to track unit YPT status - our District's YPT percentage as of 2 April 2023 is 97.19%
- Unit Key 3 plus 3 delegates appointments will need to be renewed after 1 April
- District Merit Badge Counselor, NOVA counselors and SUPERNOVA mentors renewal starts 1 April



District Professionals' Update



Questions:
Tyler Perkinson
Tyler.Perkinson@scouting.org

Erin Shiflett
Erin.Shiflett@scouting.org



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Program

**Vice Chairman Program:
Chris Harmon
chrisnc00@gmail.com**



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District Public Events:

22 Apr 23

Children's Day Festival of Cary (11am to 5pm)

**Volunteers needed for the District's
Information Booth. Contact Chris Harmon
(chrisnc00@gmail.com) for more information**



TRAINING



Registered New Leaders?

- 1) *Every Scout deserves a trained leader*
- 2) *BSA guidelines are that Scouters should be trained within 90 days of joining the unit*
- 3) *Does your Unit have a Plan and Schedule to complete TRAINING?*
- 4) *When was the last time your Unit conducted an assessment to determine training needs?*
 - A) Youth Protection Training 2.0
 - B) Training for new and existing leaders



District and Council Training Events:

- 21-22 Apr 23** **Basic Adult Leader Outdoor Orientation (BALOO)**
Location: Wake Forest Presbyterian Church, Wake Forest
[Registration Link on Council website](#)
- 21-22 Apr 23** **Introduction to Outdoor Leadership Skills (IOLS)**
Location: Wake Forest Presbyterian Church, Wake Forest
[Registration Link on Council website](#)
- 6-7 May 23** **Basic Adult Leader Outdoor Orientation (BALOO)**
Location: Twin Oaks Trails, Lillington
[Registration Link on Council website](#)
- 6-7 May 23** **Introduction to Outdoor Leadership Skills (IOLS)**
Location: Twin Oaks Trails, Lillington
[Registration Link on Council website](#)
- 6 May 23** **Troop Leader Position Specific Training**
Location: Saint Andrews Presbyterian Church, Raleigh
[Registration Link on Council website](#)



NYLT Staffing Opportunity

ATTENTION!
If you have youth seeking
leadership and training
opportunities



Serving on NYLT staff is a great way to earn service hours needed for rank requirements, school projects, and additional leadership opportunities for college applications!!



National Youth Leadership Training is an exciting and powerful program designed to provide members of Troops, Crews, and Ships. NYLT is unique in that all the training is led by Youth Staff!

We are currently seeking youth staff for this fall's course. Staff will need to be available on course weekends (September 8-10, September 29-October 1) and staff development weekends. Requirements:

Must be 13 years old or older.

Must be 1st Class (or equivalent) at minimum.

Scouts who have completed NYLT previously are preferred, but that is not mandatory. Scouts who staff will get credit for attending NYLT.

If you have a youth in your unit who shows leadership, teamwork, and communicates well and would be interested in serving on staff, please forward name and contact information (including parent or Scoutmaster/Advisor/Skipper information) to: **Penny Schulken (Course Director)**
pschulken.scout@gmail.com



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Special Needs and Disabilities Committee

Bi-Monthly Program Meeting

Who: All Adults with an interest in Special Needs Scouts

When: April 13, 2023 - 7:00pm-8:00pm

Where: Zoom

<https://ocscouts-org.zoom.us/j/5799783651?pwd=eFRLOVpHdWtTek40Z1diWVhNNS91QT09>



Goals of April's Meeting:

Introduction to Scouting with Special Needs

Gather contact information from interested Scouters

Connect with others within your District and Council



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Accolades and Recognition

Congratulations to:

W.D. Boyce New Unit Organizer Award

- Troop 22: Brianne Kerns, Jeffrey McKay, Carolyn Langley, Patrick Flanagan, Debra Hall

Scouter's Key for Cubmasters

- Pack 232: Jeffrey Warren



District and Council Events: Cub Scouts

21-23 Apr 23

Occoneechee Council Cub-o-ree

Location: Camp Durant

[Registration Link will be through Tentaroo on Council website](#)

10 Jun 23

Cub Shooting Sports Day

Location: Optimist Farms

25 Jun 23

District Fishing Derby

Location: Camp Durant

[Registration Link is forthcoming](#)

13-16 Jul 23

District Twilight Camp

Location: Pine Springs Academy

[Registration Link is forthcoming](#)

19 Aug 23

District NOVA Days

Location: Apex

[Registration Link is forthcoming](#)

27-29 Oct 23

Occoneechee Council Spook-o-ree

Location: Camp Durant

[Registration Link will be through Tentaroo on Council website](#)



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District and Council Events: Scouts BSA, Venture & Sea Scouts

21-23 Apr 23

Kodiak Challenge

28-30 Apr 23

Location: Camp Raven Knob

Registration Link: <https://www.oldsickorycouncil.org/kodiak>

5-7 May 23

Venturing Rendezvous

Location: Grimes Scout Camp

Registration Link: <https://www.mccscouting.org/Rendezvous2023>

27-29 May 23

Sea Scout Academy

Location: Fort Monroe, VA

Boarding Manual Available on Sea Scout Academy at Fort Monroe Facebook Page:
<https://www.facebook.com/groups/299772773794065>

22-24 Sep 23

Davy Jones Rendezvous

Location: Camp Durant

Registration Link: <https://ocscouts.org/events/davy-jones-rendezvous-9-22-23/>



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Advancement & Recognition

Tom Allen – District Vice Chair – Advancement
ellenandtomjr@nc.rr.com



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Safety Moment

Heat-Related Illness



Safety Moment Summary:

Each year, heat-related illnesses strike the unprepared.

Prevention is key! Be prepared by acclimating to the environment for 3 to 5 days before going on an outdoor adventure; drinking plenty of fluids and eating a healthy diet beforehand; and continuing to drink fluids when outdoors on hot or humid days. Be sure to drink only when you're thirsty to avoid overhydrating. Take extra rest breaks, especially if you are exercising strenuously.



General Information:

Four most common heat illnesses

- Heat Syncope
 - Dizziness or fainting that most commonly occurs when standing for long periods of time (such as flag ceremonies) or suddenly standing up.
 - Treat by moving the person to a cool area and drink water or diluted sports drink. If the person does not improve within an hour, seek medical attention.
- Heat Cramps
 - Sweating depletes the body's salts and fluids
 - Treat by moving the person to a cool area and drink water or diluted sports drink. If the person does not improve within an hour, seek medical attention.



General Information:

Four most common heat illnesses

- Heat Exhaustion
 - Excessive loss of water through excessive sweating
 - Treat by removing the person from heat, remove excess clothing, spray the person with cold water or fan the person. Evacuate from the area if no improvement within 30 minutes.
- Heat Stroke
 - The body is no longer able to cool itself and immediate medical attention is needed.
 - While waiting for medical assistance, treat by moving the person to a cool, shaded area; remove excess clothing, spray or douse with cold water, place ice packs in the armpit, groin, and neck areas.



Additional Resources

- Scouts BSA Handbook
- [National Institute for Occupational Safety and Health, “Heat Stress – Heat Related Illness”](#)
- [Gauer, R. and Meyers, B.K. Heat-Related Illnesses. *American Family Physician*. 2019;99\(8\):482-489](#)



General Session

Historic Trails in North Carolina



General Information:

North Carolina is full of hiking opportunities for our scouts and leaders to enjoy. Some of these trails have the added benefit of providing education opportunities about the history of our State.

Certain trails also have opportunities for recognitions for our scouts. This includes trail medals and the BSA Historic Trails Award.



Historic Trails

- Scouts can learn about sites of historical significance by:
 - Studying in advance about areas the sites to be visited
 - Planning routes from site to site
 - Answering questions put forward by the groups sponsoring the trail medals
- Some trails are age-appropriate for Cub Scouts, to include some urban hiking routes



Historic Trails

- Hornets Nest Trail
- Salisbury-Spencer Historical Trail
- Raleigh Historical Trail
- Outer Banks Historic Trail

Scouts complete the questions/tasks for each trail and submit the application to receive the trail patch and/or trail medal



History of Scouting Trail

- Four Trails
- 2.5 – 7.2 miles
- Downtown Washington DC area



BSA Historic Trails Award

- Available to be earned by Packs, Troops, Crews, or Ships.
- Designed to help scouting units create or develop relationships with local historical societies.



BSA Historic Trails Award Requirements

- Study information related to a BSA Historic Trail
- Hike or camp overnight on the trail or vicinity of the site
- Cooperate with an adult group to restore and mark all or part of the trail or site, or cooperate with such a group to stage a public event large enough to merit coverage by the local press.
- File Historic Trails Award application



Approved BSA Historic Trails in North Carolina

- Cape Fear Historic Trail
- Moore's Creek National Battlefield
- Glencoe Mill Village History and Culture Trail
- Haw River Hiking Trail
- Roanoke Canal Trail



Resources

- [American Historical Trails Pamphlets, Patches, and Medals](#)
- [Outer Banks Historic Trail](#)
- [BSA Historic Trails Award Application](#)
- [Raleigh Historical Trail](#)
- [Year of the Trail NC](#)
- [History of Scouting Trail \(HOST\)](#)



NEXT DISTRICT ROUNDTABLE

Our next Roundtable will be on
May 4th, 2023 at 7:00 pm



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Breakout Sessions



**David Crowley:
Summertime Pack
Award and Summer
Activity Planning**



**Rick Kelly-Crapse:
Streamlining the
Process for Planning
Campout Meals**



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