#### Cardinal District Roundtable Agenda May the 4<sup>th</sup>, 2023

I.       Opening C = mony       William Paige         II.       Wetcom= and Introduction         III.       District K=y Jupdates       Patrick Sperlein         III.       District Commissioner's Corner       Patrick Sperlein         III.       Family Scouting Executive's Corner       Neil Smithet         IV.       Council VIT Policy Updat=       Neil Smith         V       Program Updat       Neil Smith         V.       Advancement Update       Other Sperlein         V.       Safety Moment – Nap On Safely       Patrick Sperlein         VIII.       General Session – Inclusion Toolbox       Program Possibilities       Safery Momente         VIII.       General Secouts BSA       Board of Review Best Practices Des Nazareth       William Paige and Ed Wals Des Nazareth         10 Jun 23       a.       Curdinal District Twitight Camp (Cub Scouts)       Program Sosibilities         10 Jun 23       Cardinal District Twitight Camp (Cub Scouts)       Program Sosibilities       Program Sosibilities         19 Jun 23       Cardinal Di					Way the 4 , 2025				
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	1-12 Aug	23				SaeMar	nGeum, South Korea		

#### Cardinal District Roundtable Agenda May the 4<sup>th</sup>, 2023

#### **Training Opportunities**

#### National Youth Leadership Training (NYLT) Scouts BSA

1 June 23

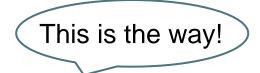
8-10 Sep 23	Weekend 1	Camp Durant
29 Sep - 1 Oct 23	Weekend 2	Camp Durant
Wood Badge		
-	Man June 14	Course Dourset
8-10 Sep 23	Weekend 1	Camp Durant
30 Sep - 1 Oct 23	Weekend 2	Camp Durant
Basic Adult Outdoor Lea	dership Orientation (BALOO) Cub Scouting	
6-7 May 23	Sandhills BALOO	Twin Oaks Trails
Introduction to Outdoor	Leadership Skills (IOLS) Scouts BSA	
6-7 May 23	Sandhills IOLS	Twin Oaks Trails
Wilderness First Aid		
6 May 23		Camp Reeves
29 Sep-1 Oct 23		Camp Durant
First Aid/AED/CPR		
18 May 23, 15 Jun 23, 17	Aug 23.	
21 Sep 23, 19 Oct 23, 16		Council Service Center
21 000 20, 10 000 20, 10		
Other Training Events		
12-13 May 23	Whitewater Training	Cary
20-22 Oct 23	Tower 1 Instructor	Camp Durant
27-29 Oct 23	Leave No Trace Trainer	Camp Reeves
Next Roundtable		

#### Apex United Methodist Church

# CARDINAL DISTRICT ROUNDTABLE

## May the 4<sup>th</sup>, 2023









## **Roundtable Agenda**

#### **General Session:**

- Welcome and Introductions
- Key 3 Moments
- > Program and Advancement Updates
- Safety Moment: Nap On Safely
- > Inclusion Toolbox

#### **Breakouts:**

- Cub Scouts: Annual Planning
- Scouts BSA: Best Practices for Boards of Review
- Venturing/Sea Scouts: Program Possibilities







## **District Chair Update**



Questions: Tim Forrest timothy.forrest@gmail.com



## **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



## **District Status**

#### **Current District strength is 71 units**

- > 26 Cub Scout Packs
- > 37 Scout BSA Troops
- > 7 Venturing Crews
- > 1 Sea Scout Ship



## **District Commissioner Topics**

- Recording of the Council Commissioner's Discussion on the changes to the Guide to Safe Scouting: <u>https://ocscouts-</u> org.zoom.us/rec/share/p4iWkZ5KQrusI7kgTL8EhxxWuB2Wfp8v7
   6JUTaW1D0n7kCo\_94n78zp1nKCEXkeV.EzByM-6R9SDf2ojO
- Please continue to track unit YPT status our District's YPT percentage as of 2 May 2023 is 97.16%
- For those units who have changed key personnel, please ensure your contact information on your unit "pin" in BeAScout.org is updated
- Unit Key 3 plus 3 delegates appointments will need to be renewed after 1 April



## **District Commissioner Topics**

#### > College of Commissioner Sciences

- > 16 Cardinal District Commissioners participated in the 2023 Carolinas Commissioner College
- > 8 Commissioners completed degree-track programs
- > 3 Commissioners were recognized with Commissionerspecific awards



## Family Scouting Executive Update

Questions: Tyler Perkinson Tyler.Perkinson@scouting.org

Erin Shiflett Erin.Shiflett@scouting.org



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### **Youth Protection Training**

**Resolution by Council Executive Board in March** 2023

New Policy – YPT certification cannot expire during year to re-register

- Applies now for MBCs to re-register
- Will apply for 2024 recharter
- > Administrative suspension and grace periods
- May not participate in activities requiring YPT certification





Vice Chairman Program: Chris Harmon chrisnc00@gmail.com





**Registered New Leaders?** 



 Every Scout deserves a trained leader
 BSA guidelines are that Scouters should be trained within 90 days of joining the unit
 Does your Unit have a <u>Plan and Schedule</u> to complete TRAINING?
 When was the last time your Unit conducted an assessment to determine training needs?
 A) Youth Protection Training 2.0

**B)** Training for new <u>and</u> existing leaders



### **District and Council Training Events:**

- 6-7 May 23 Basic Adult Leader Outdoor Orientation (BALOO) Location: Twin Oaks Trails, Lillington Registration Link will be through Tentaroo on Council website
- 6-7 May 23 Introduction to Outdoor Leadership Skills (IOLS) Location: Twin Oaks Trails, Lillington Registration Link will be through Tentaroo on Council website
- 6 May 23 Troop Leaders Specific Training Location: St. Andrews Presbyterian Church, Raleigh Registration Link will be through Tentaroo on Council website



### **Other Council Training Events**

6 May 23	Wilderness First Aid (Blended Learning) Location: Camp Reeves Registration Link will be through Tentaroo on Council website
12-13 May 23	Whitewater Training Location: Cape Fear and/or Haw Rivers Registration Link will be through Tentaroo on Council website
29-30 Sep 23	Wilderness First Aid (Blended Learning) Location: Camp Durant Registration Link will be through Tentaroo on Council website
20-22 Oct 23	Tower 1 Instructor (CS75) Location: Camp Reeves Registration Link will be through Tentaroo on Council website
27-29 Oct 23	Leave No Trace Trainer Location: Camp Reeves Registration Link will be through Tentaroo on Council website
4 Nov 23	University of Scouting Location: TBA Registration Link will be through Tentareo on Council webgion Prepared

. For Life.®

### **Other Council Training Events**

#### First Aid / CPR / AED

This is a blended course; you must complete on-line portion prior to attending Location: Council Service Center Registration Link through Tentaroo on Council website

#### **Dates Offered:**

- 18 May 23
- 15 Jun 23
- 17 Aug 23
- 21 Sep 23
- 19 Oct 23
- 16 Nov 23
- 14 Dec 23



## **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



#### District and Council Events: Cub Scouts





### District and Council Events: Cub Scouts





### District and Council Events: Cub Scouts

10 Jun 23	Cub Shooting Sports Day Location: Optimist Farms Registration Link will be through Tentaroo on Council website
25 Jun 23	<b>District Fishing Derby</b> Location: Camp Durant Registration Link is forthcoming
13-16 Jul 23	<b>District Twilight Camp</b> 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



**Prepared. For Life.**<sup>®</sup>

## **Cub Scout Program Tips**

On-line resources available to help plan Cub Scout Pack meetings

Pre-planned Cub Scout Pack meetings can be found at:

https://www.scouting.org/programs/cub-scouts/pack-meeting-resources/pack-meeting-plans/

The files contain completely planned Cub Scout Pack meetings with plans, scripts, songs, games and required resources



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

5-7 May 23

27-29 May 23

#### Venturing Rendezvous Location: Grimes Scout Camp Registration Link: https://www.mccscouting.org/Rendezvous2023

#### 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 forthcoming** 



### **Accolades and Recognitions**

- Camporee Staff
- > Newly Trained Commissioners
- Scouter's Training Award for District Committee Service



### **Special Needs and Disabilities Committee**

### **Bi-Monthly Program Meeting**

Who: All Adults with an interest in Special Needs Scouts When: June 8, 2023

7:00pm-8:00pm

#### Where: Zoom

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

**Topics for June's Meeting:** 

Camp Is For All Tranquility Base





# Looking for Items for Tranquility Base for Cub Events

We are looking for the following (good condition) items to create sensory friendly spaces for our District Summer Cub Events:

- Small Sun Tent
- Small Fuzzy Rug
- Fuzzy Pillows
- Round Inflatable Pool Floats
- Noise Cancelling Headphones
- Fidget Toys
- Fexture Toys
- A Battery Powered White Noise Machine
- Coloring Books

Please email specialneeds@ocscouts.org to donate



### **Summer Baseball**

#### **Durham Bulls**

- Event Flyer
- Two Dates: 17 June and 29 July
- First Pitch at 6:35 pm
- > Pre-Game Parade
- Tickets start at \$10
- Camp Out Package available

#### **Holly Springs Salamanders**

- > June 10<sup>th</sup>
- First pitch at 6:30 pm
- > Pre-Game Parade
- Tickets start at \$10





## **Advancement & Recognition**

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



## **Advancement & Recognition**

#### Cub Scouts

- Arrow of Light 104
  Other Ranks 446
- Scouts BSA
  - Eagle Scout 29
    Other Ranks 306
    Merit Badges 697
- > Venturing
  - ≻ Summit 1
  - ➢ Other Awards 3



## **Advancement & Recognition**

- Merit Badge Counselors
  - Previous registration as MBC ended on 4/30/2023
  - Sign-up is open for the 5/1/2023 to 4/30/2024 period
  - >YPT must be valid through 4/30/2023
  - Counselors may sign-up for a maximum of 20 merit badges



### Recognition Opportunities For Eagle Scout Courts of Honor







Sandra Edens (Post 124) edens.sandra@gmail.com 919-249-6974



Ryan Briggs dryanbriggs@gmail.com 801-854-8137





## Nap On Safely





## **Safety Moment Summary:**

What can you do in 26 minutes to be more alert, make better decisions, and increase your performance? Hint: "It's free, it's nontoxic, and it has no dangerous effects," say the authors of *Take a Nap! Change Your Life* (Workman Publishing Company, 2006). The answer is in that title: Take a nap!



## **General Information:**

"Nap on Safely" isn't the only way to nap, but it sure makes napping simple if you follow the plan:

- How long do you have to nap?
  - Six minutes will enhance memory, 10–15 minutes can improve focus and productivity.
  - The NASA nap (26 minutes) is the optimal time for a performance enhancement of 34 percent and an overall alertness increase of 54 percent.
  - Extend that nap into the 40–60 minute range, and you will likely be groggy upon awakening as you didn't finish the sleep cycle. Not good if you are already grumpy.
  - 90 minutes of napping can give you a boost of creativity as you finish a cycle. 90 minutes can also top off the sleep you missed the night before.



## **General Information:**

- Plan to nap between 1:00 and 3:00 p.m. so as to fit the circadian rhythm of most folks. Want everyone to be fresh at your evening campfire? Give them a program break, and schedule naps from 1:00–3:00 at the next campout or camporee.
- Make sure you have a safe area and set-up. Make your room darker or cover your eyes (using two pirate patches, an eye mask, or an ostrich pillow). Lie down instead of sitting up. Good news for hammock campers: Hammocks are the best place to nap as the gentle swaying will help you go to sleep.
- Set a timer. Remember, 26 minutes is optimal.
- Need a super boost for your afternoon? Drink a cup of coffee BEFORE you lie down. Combining caffeinated coffee and a nap will make you feel invincible. (Of course, this is not recommended for youth; the target audience for this tip is the Scoutmaster.)



# **General Information:**

- Napping can't take the place of getting enough regular sleep. But it certainly may help you through the week at Scout camp or make up for staying up late around the campfire with your crew the night before.
- Napping may also help you to
  - Resist comfort foods and lose some excess weight.
  - Lower your risk of cardiac disorders. Just knowing your nap is coming may lower your blood pressure!
  - Reduce the risk of diabetes by lowering insulin and cortisol levels.
  - Reduce stress and anxiety by lowering cortisol and releasing growth hormones.
  - Combat driving fatigue on a long trip with an emergency nap.



### **Additional Resources**

- <u>Tips from the National Sleep Foundation</u>
- <u>The Secret Power of Naps</u>
- Napping: Do's and Don'ts for Healthy Adults





# **Inclusion Toolbox**



Prepared. For Life.

# NEXT DISTRICT ROUNDTABLE

Our next Roundtable will be on June 1<sup>st</sup>, 2023 at 7:00 pm



# **Breakout Sessions**





#### **V E N T U R I N G · B S A**

### Karen Goldstein: Annual Planning

Ed Walsh and William Paige: Best Practices for Boards of Review Des Nazareth: Program Possibilities



Prepared. For Life.®

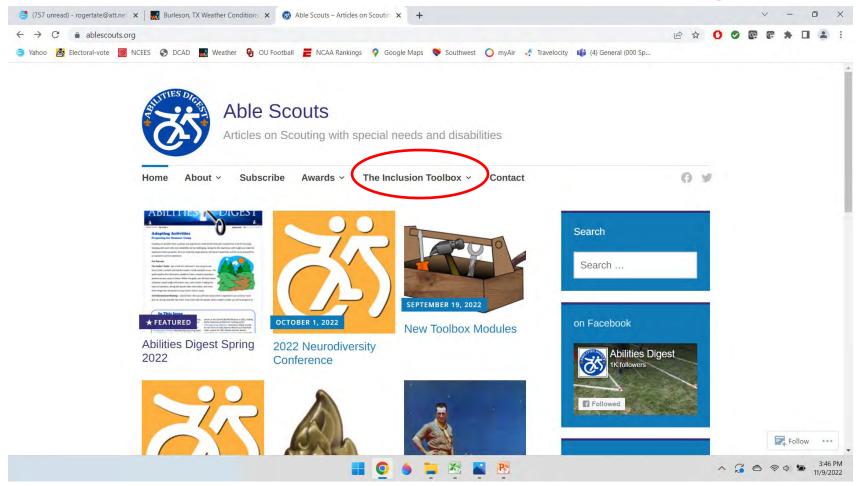


# HOW TO USE THE INCLUSION TOOLBOX





### Start with AbleScouts.org





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#### The Toolbox

- <u>A: Introduction</u>
- B: Basics of Scouting From a Special Needs Perspective
- C: Unit Leader's Role Supporting Scouts with a Disability
- D: Parent's Role Supporting a Scout with a Disability
- E: Navigating Advancement Requirements
- F: Methods That Apply to Many Types of Disabilities
- <u>G: Organizations That Support Those with Disabilities</u>
- <u>H: Understanding Allergies and Food Issues</u>
- J: Understanding Anxiety, Depression, and Other Mental Health C
- <u>K: Understanding Attention Deficit/ Hyperactivity</u>
- L: Understanding Autism

M: Understanding Dlindness and Vision Impairment

MODULES A TO G HAVE GENERAL PURPOSE AND BASIC INFORMATION Family & Unit Leader Level



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- <u>G: Organizations That Support Those with Disabilities</u>
- <u>H: Understanding Allergies and Food Issues</u>
- J: Understanding Anxiety, Depression, and Other Mental Health Concerns
- K: Understanding Attention Deficit/ Hyperactivity
- L: Understanding Autism
- <u>M: Understanding Blindness and Vision Impairment</u>
- <u>N: Understanding Deafness and Hearing Impairment</u>
- <u>P: Understanding Intellectual Disability</u>
- <u>Q: Understanding Learning Disorders</u>
- R: Understanding Physical Disabilities (Mobility/ Gross & Fine Motor)
- <u>S: Understanding Speech and Language Disorders</u>
- U: Special Needs and Disabilities (SND) Committees
- <u>V: Evaluating Advancement Alternatives</u>

MODULES H TO S HAVE MORE DETAILED INFORMATION **ON DIFFERENT** CONDITIONS All Levels





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- R: Understanding Physical Disabilities (Mobility/ Gross & Fine Motor)
- <u>S: Understanding Speech and Language Disorders</u>
- U: Special Needs and Disabilities (SND) Committees
- <u>V: Evaluating Advancement Alternatives</u>
- <u>W: Commissioner Service for Units</u>

### AA: Appendices

- 1. Special Needs and Disability Language Matters
- 2. Credits & Acknowledgements

BB: Camp Programs for Scouts with Special Needs a Disabilities

- Aquatic Programs
  - BB-1: Swim Areas

**MODULES** U TO W ARE FOR **COUNCIL AND** DISTRICT SERVICE TO **UNITS AND** SCOUTS





2. <u>Credits & Acknowledgements</u>

BB: Camp Programs for Scouts with Special Needs and Disabilities

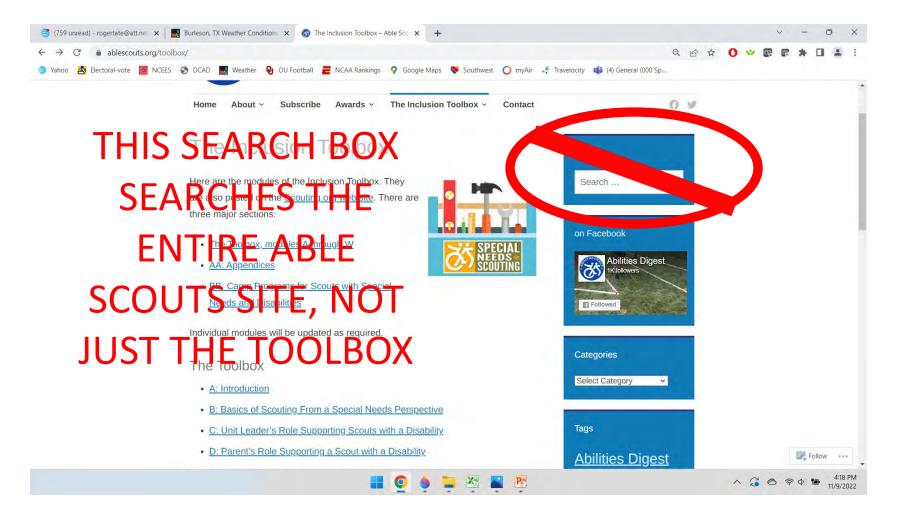
- Aquatic Programs
  - BB-1: Swim Areas
  - <u>BB-2: Waterfront and Boating</u>
- Shooting Sports
  - <u>BB-3: Guns</u>
  - <u>BB-4: Low Velocity</u>
- Scoutcraft

• BB-5: Handicrafts and STEM Hand Work

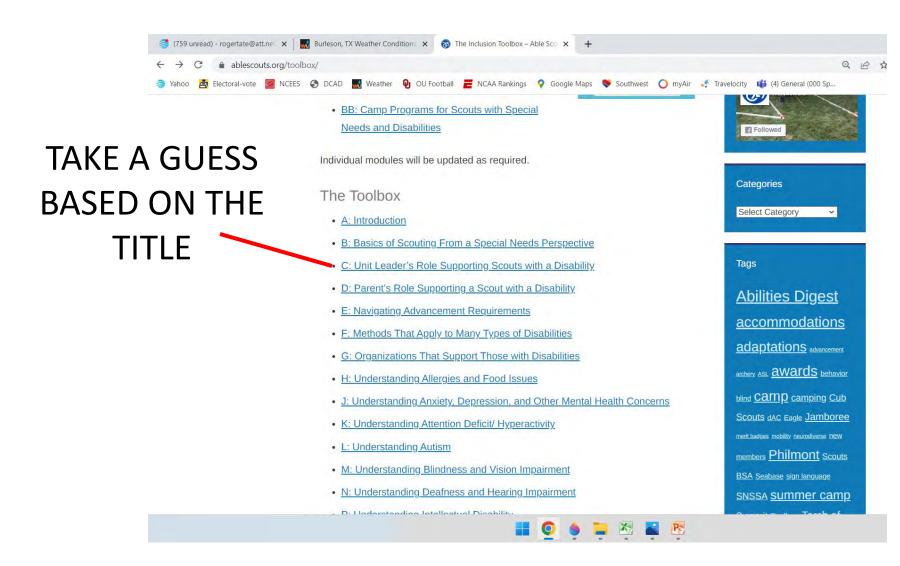
BB SERIES MODULES ARE FOR PROGRAM SPECIALISTS AND CAMP PROGRAM DEVELOPMENT



## NAVIGATING THE TOOLBOX









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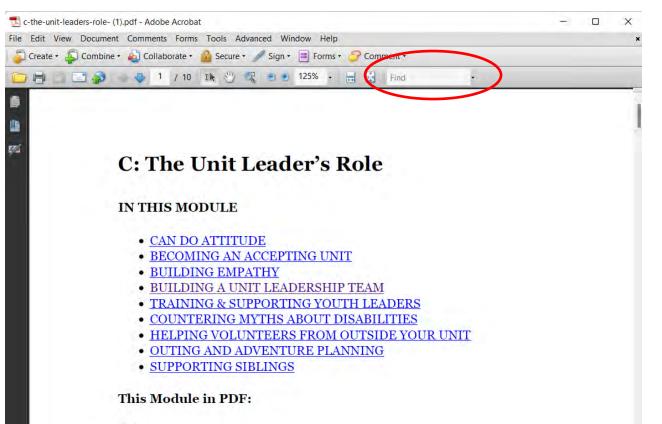


DEVICE

C- The Unit Leaders Role

Can Do Attitude





tbd

#### Can Do Attitude

As a Scout leader you will continue to be challenged in new and different ways. When a situation arises, do you tend to address the problem in a certain way? If you get stuck, do you adjust tactics or strategy? Do you seek advice from someone else with more experience? When an adjustment doesn't seem to work, what happens EASIEST WAY TO SEARCH IS TO DOWNLOAD THE PDF AND USE "FIND" IN ADOBE ACROBAT READER

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# So what should I focus on?

That depends on what your role is and what your purpose is.



If you are a special needs and disabilities advocate and provide specialized help to others ....

- READ
  - Module A Introduction
  - Module C Unit Leader's Role
  - Modules E & V Advancement
  - Module F General Methods
- SKIM B, D, G, and H S



If you are new member coordinator, do new family orientation for your unit, or lead recruiting efforts....

### • READ

- Module B Basics of Scouting
- Module D Parent's Role
- Module F Joining Conferences and Communication
- Then coordinate Joining Conferences
- Then, communicate needs to the unit



If you are a unit leader and want to help and individual Scout succeed...

- READ
  - Module C Unit Leader's Role
  - Module F General Methods
- Have a Joining Conference with the family
- Focus on Behaviors and Needs, not Labels
- READ the Modules between H and S that best fit the needs



If you are a commissioner and have a unit in crisis or struggling over a special needs issue ...

- LISTEN to the issues to understand
- READ
  - Module C Unit Leader's Role
  - Module D Parent's Role
  - Module W Commissioner Service for SND
- SKIM the rest of Modules A to S to identify the resources to point people to



If you are on a council committee that makes advancement and RBAE decisions...

- READ the materials supporting the request
- READ those modules in H S that go with the identified needs
- READ Module V Evaluating Alternatives
- REACH out to the Council Special Needs and Disabilities Committee if you need more advice or information



# CLOSING THOUGHTS

- It's a toolbox, rummage around for what you need
- If a tool isn't working put it back and look again
- Your Scouting values and instincts will serve you well