

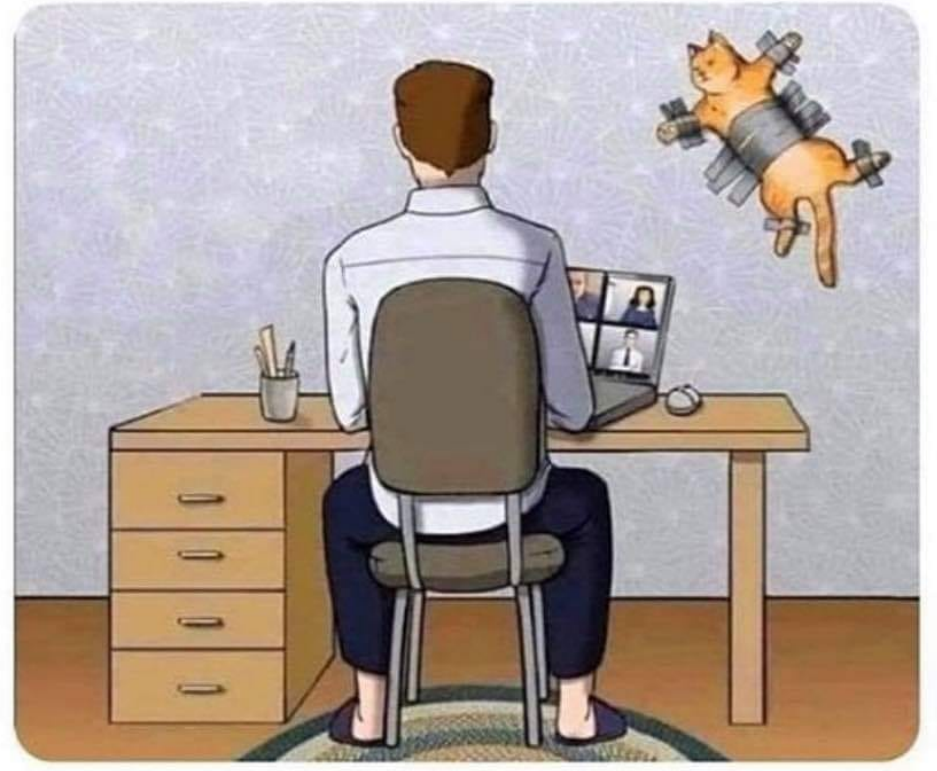
Chippewa District Scouts BSA/Venturing Roundtable

January 14, 2021

Attendance

Please type you full name
and Troop/Crew Number
in the chat window.

How to prepare for a Zoom meeting



AGENDA

- Scout Jeopardy
- General Notes/Announcements
- Tentative Training Schedule
- Off-the-Beaten Path Award
- Order of the Arrow Elections
- Mental Health First Aid
- Scoutmaster's Minute
- The Last Page

Scout Jeopardy

- <https://blog.scoutingmagazine.org/2020/11/18/37-scouting-related-jeopardy-answers-and-questions-in-memory-of-alex-trebek/>
- <https://jeopardylabs.com/play/scout-jeopardy-227>

Scout-Pourri	Scout Words	Knots & Ropes	Scout Oath and Law	Merit Badges
100 The Boy Scouts of America headquarters is in this state where all of George Strait's exes live.	100 It's a 10-letter word for a newbie as well as the second rank in Boy Scouts.	100 A clove hitch is useful in camping; tie a rope to your sack of food, which you'll hang high to make this alliterative "bag."	100 "On my honor" this oath says to "help other people at all times."	100 That's a GPS unit on the badge for this new 10-letter orienteering hobby.
200 Since 1974, mulch from this annual Rockefeller Center sight has gone to Boy Scouts to use as ground cover in camps.	200 It's a large, festive gathering, often of Boy Scouts nationwide.	200 The Guinness record for knot-tying measures the fastest time for tying the 6 knots listed in this handbook.	200 When asked "For what?" with regard to this motto of the Boy Scouts, Robert Baden-Powell said, "Why, for any old thing."	200 To qualify for a Bugling merit badge, a Scout must know 15 calls, including this one sounded at the end of the day.
300 Arthur C. Clarke, Alex Haley & John Knowles have written for this 90-year-old Scouting publication.	300 The Boy Scouts logo features an eagle on this French-named item, a stylized lily.	300 This practice, also done by film editors, joins two ropes & makes them almost as strong as the original ones.	300 This synonym for "amiable" linked with a comic book ghost.	300 Making a plankton net and drawing a trench and seamount are two steps to your Boy Scout merit badge in this.
400 Later vice president, he first visited the capital while leading Boy Scouts from Minnesota.	400 Kangaroos & gorillas gather in these groups (as do Boy Scouts).	400 From the French for summoning, it's the practice of a Scout safely lowering himself down a mountainside.	400 An adjective in the Boy Scout Law, it means not wasteful with money.	400 A goal of the Boy Scouts is to foster this 15-letter word through activities like fishing, hiking & canoeing.
500 In 1928, Boy Scout Paul Siple was chosen to go along on this admiral's Antarctic expedition.	500 The Boy Scouts of America's highest award for service is "The Silver" one of these Plains animals.	500 This was once a braided cord worn by Boy Scouts; it's now a wasteful project that often involves graft.	500 Immaculate is a synonym for this word that can precede "getaway" or a "sweep."	500 If you can describe a float, trap and drainpipe, you're on your way to a badge in this field.

General Announcements

- Camp Scholarship Deadlines ("Camperships")
 - Day Camp - 4/1; Resident Camp (Pack or Troop) - 5/31; NYLT Trainings - 6/30
 - <https://michiganscouting.org/outdooradventures/camperships/>
- American Legion Eagle Scout of the Year Scholarship deadline is March 1st, application [here](#)
- Scouts BSA Resident Camp monthly Leader's Meeting Schedule
 - Gerber - 3rd Tuesday 7pm
 - Camp Rotary- 3rd Wednesday 7:30-9pm
 - Cole Canoe Base- 3rd Thursday 7pm (Feb)
 - D-bar-A Scout Ranch- 4th Wednesdays 7pm
- 2021 Signature Camp Events (save the date)
 - Camp Rotary - Oct 9
 - Camp Teetonkah - Oct 16
 - Cole Canoe Base - Oct 16
 - D-Bar-A - Oct 2
 - Gerber - Oct 2
- Silver Beaver Award Nominations due by 2/15
- Reminder - MCC Campsite Rentals Now Free - <https://michiganscouting.org/facility-rental/>

Training Opportunities

- NYLT Course Information - <https://michiganscouting.org/general-resources/youth-leader-training/>
- Upcoming Wood Badge Training Courses - <https://michiganscouting.org/woodbadge>

Off the Beaten Path Award

National Outdoor Awards Program

- The six National Outdoor Awards badges recognize a Scout, Varsity Scout, Sea Scout, or Venturer who demonstrates knowledge and experience in camping, aquatics, conservation, hiking, riding, or adventure.
- The National Medal for Outdoor Achievement is the highest recognition that a Scout, Sea Scout, or Venturer can earn for exemplary achievement, experience, and skill in multiple areas of outdoor endeavor.
 1. Earn the First Class rank, Sea Scout Apprentice rank, or complete Venturing Ranger Award requirements 1-6 and hold the Venturing Discovery Award.
 2. Earn the National Outdoor Badge for Camping with a silver device. (125 nights of camping)
 3. Earn any two additional National Outdoor Badges, each with two gold devices.
 4. Complete the requirements for all of the following: Backpacking merit badge or Ranger Backpacking elective; Emergency Preparedness merit badge or Ranger Emergency Preparedness core; Nature merit badge; and Wilderness Survival merit badge or Ranger Wilderness Survival core.
 5. Complete a 16-hour course in Wilderness First Aid.
 6. Become a Leave No Trace Trainer by completing the 16-hour training course.
 7. Plan and lead, with the approval of your unit leader, an outing for your troop, team, ship, crew patrol, or squad in two of the following activity areas: hiking and backpacking, aquatics activities, or riding. Include in each outing a service element addressing recreational impacts resulting from that type of activity. With the approval of your unit leader, you may plan and lead the outings for another Cub Scout pack, Scout troop, Sea Scout ship, or Venturing crew.
 8. Complete at least one of the following:
 - Plan and lead, with the approval of your unit leader, an adventure activity identified in the National Outdoor Badge for Adventure for your troop, team, ship, crew, or patrol.
 - Successfully complete a season on a council summer camp staff in an outdoor area, such as aquatics, Scoutcraft, nature/environment, climbing, or COPE.



<https://www.scouting.org/programs/scouts-bsa/advancement-and-awards/noa/>

Order of the Arrow Elections

- Michael Ferdig
- Vice Chief of Admin for Chippewa



Mental Health First Aid



MENTAL
HEALTH
FIRST AID®

1 in 5

One in five youth will experience a mental health challenge at some point during their life.

17.1 m

17.1 million youth under the age of 18 have or have had a psychiatric disorder – more than the number of children with cancer, diabetes, and AIDS combined.

7.4%

7.4% of children in the United States have a mental health visit in a given year.

What is Mental Health First Aid?

- Mental health first aid is simply the mental health equivalent to physical health first aid.
- Just like physical first aid, mental health first aid courses don't teach to diagnose or treat. Instead, they teach people how to spot the signs and symptoms of someone potentially suffering from mental health.
- They're also taught how to offer initial support until appropriate and professional help is received.

What is a Mental Health First Aider?

- A Mental Health First Aider is not a doctor nor a psychiatrist. They're a member of a team who is trained to spot the signs and symptoms of mental health issues and signpost individuals to the relevant help they need.
- If someone is struggling with their mental health, an MHFA would be the go-to person. Equally, an MHFA has the appropriate knowledge to identify when someone is developing or going through a mental health problem.
- It's also essential for an MHFA to understand when a situation may need to be escalated. For example, they need to be able to spot when someone could be on the path towards suicide or self-harm.
- Although the role of a Mental Health First Aider is not to provide therapy, they must encourage individuals – who may need professional support – to seek and access it. They're also there to make people's time at work more comfortable and let them know that they're not alone.

Mental Health First Aid Action Plan (ALGEE)

ALGEE means you do the following :

- **ASSESS** for risk of suicide or harm.
- **LISTEN** non-judgmentally.
- **GIVE** re-assurance and information.
- **ENCOURAGE** appropriate professional help.
- **ENCOURAGE** self-help and other support strategies.

ASSESS for risk of suicide or harm.

- Every person and every mental health issue is different, and that's why it can be difficult to identify the problem then and there, however are there physical signs that are a potential threat to them or yourself?
- If you notice self-harm, imminent distress or something out of the ordinary, then this person may be in a crisis situation and require immediate help.
- However, if the individual shows passive signs of being distressed, then we can approach them with the next step.

LISTEN non-judgmentally

- If someone is experiencing a depressive episode or anxiety, then offering open arms is the best thing to do. Most of the time, people struggling with their mental health won't want to openly talk about their feelings, but by approaching them during a quiet period, they're more likely to.
- Most people desire empathy more than an answer, so don't worry if you don't know what to say – listening to them and showing sympathy is all someone could need to get through their bad day.
- Being judgmental or disrespectful to the individual's views or troubles can make things worse. If you want to help somebody suffering from a mental health issue, then you will need to adopt patience and understanding.

GIVE re-assurance and information

- It can be difficult to get someone to take action on their mental health, even with encouragement. However, if you are speaking to someone who is suffering, then your encouragement will be the best thing. People often feel 'alone' when enduring depression, anxiety or PTSD, therefore knowing they have someone there is all they need.

ENCOURAGE appropriate professional help

- You can only help them so far, however sometimes you'll need to persuade them to seek the help they require.
- Depression and anxiety requires intensive encouragement, especially as many people don't want to appear to be 'bothersome'. The best thing to do in this scenario is discuss what options there are and how you will help them get there. All someone needs is encouragement and they're more likely to seek help than they were previously.
- However, to enhance your persuasions, make sure you have rapport with the individual or build trust, that way they are more likely to listen.

ENCOURAGE self-help and other support strategies

- Here it may be good to talk to the person about taking part in activities or hobbies that may distract them from their emotions. By providing them a way to maintain their mental health, they can help themselves on the road to recovery. Activities that you can introduce them to include exercise, socializing, reading, gardening, and other pastimes.

Mental Health & COVID-19

These tips from Youth Mental Health First Aid will help you support your child and family as you navigate COVID-19.

- 1. Talk to your kids about COVID-19.** Your kids may be worried, confused or scared about what is happening around the world. It's important to [have open conversations with them](#), answer their questions, and reassure them that they are safe.
- 2. Understand adolescent development.** Adolescence is a time of change and self-discovery and can include physical, mental, social, and emotional changes. It can be helpful to gain basic knowledge about what this life phase means to a young person and the potential impact COVID-19 and all its ramifications can have on their life.
- 3. Recognize signs and symptoms of a developing mental health challenge.** Youth Mental Health First Aid teaches adults about common signs and symptoms of a mental health or substance use challenge. Having this information can help you distinguish between a mental health challenge or disorder or typical adolescent changes.
- 4. Encourage self-care.** Kids don't always know how to communicate changes in feeling and emotion or what they may need. Encouraging self-care activities for your child or family as a whole can help them [take care of their mental health during and after COVID-19](#).
- 5. Remember that it's OK to not be OK.** This is a stressful time for everyone, and it is important to remember that any feelings of worry, fear, or anxiety you (or your children) may have are normal. It's OK to not be OK, and it's important to take care of your own or your child's mental health.

Mental Health First Aid

Psychological First Aid: Supporting Yourself and Others During COVID-19 (\$20)

<https://www.redcross.org/take-a-class/classes/psychological-first-aid%3A-supporting-yourself-and-others-during-covid-19/a6R3o0000014Zlg.html>

Mental Health First Aid

<https://www.mentalhealthfirstaid.org/take-a-course/find-a-course/>

Discussion



Scoutmaster's Minute

Here are 10 tips to improve how you relate to other people.

1. Smile at people - it takes sixty-five muscles to frown, only fifteen to smile
2. Call people by name - to do that, you need to learn their name
3. Speak to people - take a chance and approach someone new
4. Be friendly - if you would have friends, be one
5. Be cordial - speak and act as if everything that you do is a real pleasure
6. Be interested in people - find out what makes them tick
7. Be generous with praise - stingy with criticism
8. Be considerate of the feelings of others - think what impact your words will have before you speak them
9. Be thoughtful of the opinions of others - there are three sides to a controversy; yours, the other person's, and the right one.
10. Be ready to serve - helping someone strengthens that bond of friendship.

The Last Page

I just realized my daughter, Grace got a Barbie Camper and a Barbie Science Lab for Christmas which is essentially a Barbie Breaking Bad starter kit.

