

# WHERE EAGLES DARE



Costa Mesa, CA

Boy Scout Troop 339 "Hickadoola" Good Camping Since 1962

January 2012

Jan 2	7:00 Troop Meeting 7:00 Parents meeting
Jan 9	7:00 Troop Meeting
Jan 14	9:00 am Troop Leader Training 1:00 pm
Jan 16	6:15 Food Delivery Cobras 7:00 Troop Meeting
Jan 21	Bike to the Beach 5 mi Hometown History 15 mi
Jan 23	7:00 Court of Honor
Jan 30	6:15 PLC 7:00 Troop Meeting
Feb 6	7:00 Troop Meeting 7:00 Parents meeting
Feb 11	No-Snow Beach Campout



Discover Historic Costa Mesa

Moderate  
15 mile bike hike  
Jan 21st 9 am

Beach Bonfire/BBQ  
HB State Park



**Troop Leadership Training**  
Sat Jan 14th 9 am - 1 pm

All boys in new leadership positions should attend this half day leadership workshop to learn their new roles and how it fits into the overall troop function. This course is led by the SPL and ASPL with assistance from the SM and ASMs. Scouts that complete this course are entitled to wear the Trained patch with their troop position patch.

**Summer Camp Jun 24-30**

**CAMP WHITSETT**

Camp Whitsett located in the southern High Sierras offers over 20 merit badges as well a numerous high adventure programs including white water rafting and horseback cavalcade style treks. Contact Harold Orlando to sign up now with a \$100 deposit.

## Costa Mesa Scouts Deliver Community Service

Boys from Troop 339 aged 11 to 18 delivered on several community service projects in December. Taylor Sisk completed his Eagle Scout project building 2 picnic tables for a women's and children's shelter in Santa Ana. After spending many weeks designing, reviewing and gaining approvals, the project came together smoothly over 2 working weekends with the help of 8 to 10 other scouts and a few adults.



For another event, several scouts from the troop helped with placing and lighting the 100's of luminaria along the paths at the Heritage Hill Historic Park's annual Candlelight Tour.

## Outdoor Program - Joshua Tree



On Dec 2-4, some 8 intrepid scouts and 6 adults braved the cold nights at the Joshua Tree National Park for a great weekend of camping, rock hopping, fellowship, cops and robbers, open fire cooking, more rock hopping and some rank advancement thrown in for good measure. We built a most excellent catapult and cooked some awesome stew and cobbler in the dutch ovens on the campfire. Joshua Tree is always a favorite with the scouts.



## SPL Corner

Happy New Year!

Thank you for electing me as your Senior Patrol Leader. I will do my best to continue the tradition of a boy lead troop. One of my first acts as SPL will be to start and end the Troop meetings on time. This is something I think we all can agree on. If you have any ideas or suggestions you'd like to share, please see me before or after the meetings or contact me by email (please see the troop roster).

-- Padraig

## Under New Management



At the Dec 20th troop meeting the boys held their semi-annual election for the Senior Patrol. Elected for a 6 month term as Padraig Mulholland. Padraig is a Life Scout with prior leadership experience as a Patrol Leader and Den Chief. Padraig selected Life Scout Matthew Ciraulo as his Assistant SPL who brings former SPL experience to the PLC. These youth will be mentored by Scoutmaster Peter Gruenbeck and 1st ASM Bill Graham as they carry out their troop leadership duties. They'll also be running the Troop Leader Training on Jan 14th for all new troop leadership positions.

The Troop Committee also selected new leadership for 2012. Please see the committee roster on the back.

<http://troop339.ocbsa.org>

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## Physical Fitness

### Tenderfoot Requirements

Record your best for the following requirements. Show improvement in the activities listed in requirement 10a after practicing for 30 days.

#### Current results

Push-ups \_\_\_\_\_  
 Pull-ups \_\_\_\_\_  
 Sit-ups \_\_\_\_\_  
 Standing long jump ( \_\_\_\_\_ ft. \_\_\_\_\_ in.)  
 1/4-mile walk/run \_\_\_\_\_

#### 30 days later

Push-ups \_\_\_\_\_  
 Pull-ups \_\_\_\_\_  
 Sit-ups \_\_\_\_\_  
 Standing long jump ( \_\_\_\_\_ ft. \_\_\_\_\_ in.)  
 1/4-mile walk/run \_\_\_\_\_

Second Class and First Class have Swimming ability requirements and one on personal health program on the dangers of substance abuse. For the Eagle rank, there are Merit Badges that include Physical Fitness, Hiking, Swimming and other sports merit badges.

There are several kind or styles of pull-ups that include: standard, weighted, behind the neck, one arm, muscle up, Australian or reverse-push-up, and mixed grip.

Benjamin Adams during the standing long jump competition at the 1912 Summer Olympics. Wikipedia



It is important to keep the back straight and strong for a proper push up. Primary muscles: Anterior and medial deltoids ("delts"), Triceps, Pectoralis major and pectoralis minor ("pecs"). Secondary muscles (synergists or stabilizers): Rhomboid major and rhomboid minor, Erector spinae, Rotator cuff, Posterior deltoids ("delts"), Serratus anterior, Rectus abdominus ("abs"), Transverse abdominus, Gluteus maximus ("glutes"), Quadriceps ("quads"). Wikipedia

## The Scoutmaster's Minute - Advancement through Outdoor Leadership

Firstly I'd like to thank the 2011 ASMs and especially Chris Mansour for the many hours of support they've lent the troop to make a difference in the lives of these boys. We have a great lineup of ASMs for 2012 that includes 3 Eagle Scouts. Bill Graham has agreed to be my 1st ASM go-to guy. Harold Orlando is taking on the Summer Camp effort. Bob Stern will be the mentor for the 2012 New Scout patrol and work with the Troop Guide again. Russell Snider is joining us this year along with adult Eagle Scouts Brandon Slaney, Conner Graham and Langdon Holmes as 3rd ASMs to help as work and school permits. For 2011 our theme was Traditions of Excellence which was a great transitional theme. After consulting with with the ASMs to find a common vision, we've arrived at the theme tagline for 2012: Advancement through Outdoor Leadership.

## 2012 - 2015 - Scouting Adventures Aboard

Summer Camp Jun 24-30. Contact Mr. Orlando  
 NYLT - Jun 23-28. Contact Mr. Gruenbeck  
 Philmont Trek - Late July/Aug. Contact Mr. Gruenbeck

Jamboree 2013 - Preregister at <http://www.bsajamboree.org>  
 23rd World Jamboree Japan 2015 - <http://www.23wsj.jp>  
 Campmaster Staffing. Contact Mr. Gruenbeck

## ILST - Introduction to Leadership Skills for Troops

The purpose of the Introduction to Leadership Skills for Troops course is to teach Scouts with leadership positions about their new roles and how to most effectively reach success in that role. It is intended to help Boy Scouts in leadership positions within their troop understand their responsibilities and to equip them with organizational and leadership skills to fulfill those responsibilities. Introduction to Leadership Skills for Troops is the first course in the series of leadership training offered to Boy Scouts and is a replacement for Troop Leadership Training.

Completion of Introduction to Leadership Skills for Troops is a prerequisite for Boy Scouts to participate in the more advanced leadership courses National Youth Leadership Training (NYLT) and the National Advanced Youth Leadership Experience (NAYLE). It is also required to participate in a Kodiak Challenge Trek.

<http://nylt.ocbsa.org>      <http://www.scouting.org/training/youth.aspx>

## 2012 Troop Committee

### EXECUTIVE BOARD OFFICERS

Chartered Organization Rep.	Chris Edgerly
Committee Chair	_____
Vice Committee Chair	Allisun Gonzalez
Scoutmaster	Peter Gruenbeck
Asst. Scoutmaster/s	Bill Graham Conner Graham Langdon Holmes Harold Orlando Brandon Slaney Russell Snider Bob Stern
Advancement Chair	Chris Edgerly
Chaplin	Martin Hansen
Outdoor Activities	Alvin Fischer
Secretary	Nina Surber
Treasurer	Jenni Sisk
Ways and Means	_____
Parliamentarian	Karen Mulholland

### COMMITTEE COORDINATORS

Auditor	_____
Awards Coordinator	Chris Edgerly
Board of Review	Kathleen Donnelly
Ceremonies	Nina Surber
Eagle Advisor	Bill Graham Peter Gruenbeck Chris Mansour Allisun Gonzalez
Emergency Contact	_____
Equipment Coordinator	Laurel Golden
Hospitality	Allisun Gonzalez
Membership Coordinator	Tom Nomura
Roundtable Representative	_____
Tour Permit Coordinator	Allisun Gonzalez
Transportation Coordinator	Darci Borisy
Uniform Coordinator	Peter Gruenbeck
Webmaster	Harold Orlando
Newsletter Editor	Portia Fischer
Summer Camp Coordinator	_____
Service Project Coordinator	_____

## Next Month Theme -- Ask Your SPL