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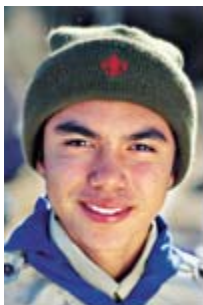
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Cold-weather Camping: Staying Warm with the Right Gear

Snow-lovers and winter warriors rejoice! Now is your time. Throughout the upper latitudes of our country, campers and hikers are preparing for their next icy adventure. But what should you wear and use to make this both a safe and pleasurable experience? Let's take a look.



Temperatures can dip into the single digits and below when wind-chill factors are taken into consideration in mountain and forest terrain. In order to prevent hypothermia, frostbite and other cold-weather hazards, it's important to dress appropriately and pack wisely. Let's look at covering your body, beginning with the proper headgear. Heat loss from an uncovered head can be greater than any other area of the body, so take time to choose the right cover.



Headgear

Stocking Hat: Choose a hat made of wool or fleece that will insulate your head even when the material becomes damp.

Balaclava: A balaclava is a form of headgear covering the whole head, exposing only the face and often only the eyes.

Hood: A parka or other heavy winter jacket or coat made of wind-proof, water-repellent material should have a permanently attached hood to provide further insulation.

Scarf: Wrap a wool fleece scarf around your neck and tuck the ends inside the front of your clothing.



Footwear

The keys to warm feet in cold situations are keeping them dry, insulated and the blood circulating through them. Leather hiking boots are one of the most frequent choices for winter camping. Follow the manufacturer's instructions to waterproof your boots.

Other footwear choices include mukluks, a soft boot traditionally made of reindeer skin or sealskin and originally worn by Arctic aboriginals, including the Inuit and Yupik; a shoepac, a waterproof laced boot; plastic mountaineering boots; insulated cross-country skiing boots; and vapor-barrier boots.

Socks are also an important part of proper footwear. Thin liner socks will wick moisture away from your skin. Winter-weight socks made of wool, synthetics, or blends of both materials insulate well as long as they stay dry.



Handgear

As another extremity, your hands are another part of your body that needs covering. Mittens and gloves are your two options here. Mittens will keep your hands warmer but will decrease the dexterity you have with your hands. Another item is a shell.

Shells can be a separate item worn over mittens or gloves to provide extra warmth or waterproofing, and can be removed if your hands get too warm. Remember to stow a pair of backup handgear in your pack when traveling in wet terrain.



Under Garments

It is also important to wear the proper clothing beneath your outer layer. Choose shirts and pants that employ moisture management technology. The ability to move moisture and speed evaporation is crucial to keeping the body dry and comfortable.

It is important that if the body works up a sweat, the moisture is transported away from the skin to the surface of the garment where it can evaporate quickly.



Four-Season Tents

Tents for winter camping usually are sturdier than summer-weight tents, with extra poles to help them withstand winds and stand up against snow loads. They might have large vents so that water vapor can escape, and frost liners to trap moisture before it can infiltrate the tent fabric.

Learn about the area where you are going and know what to expect. Check weather reports before setting out, and prepare for the worst conditions that might occur. Plan ahead and prepare and you will have a safe and enjoyable winter camping experience.

Portions excerpted from the *BSA Fieldbook, Fourth Edition*.

The History of Pinewood Derby

The event is officially recorded in the annals of Cub Scouting history: The pinewood derby started in 1953 with Pack 280C in Manhattan Beach, Calif.

The derby idea began with Don Murphy in the Management Club at North American Aviation, at which Murphy had worked. The company club of management-level volunteers promoted employee activities, especially for families. One project helped children participate in the national Soap Box Derby by buying the race-car kits and assisting the young participants to enter local and regional races.



Murphy's son, Donn, however, was not old enough to participate in the Soap Box Derby, and no similar racing events were available for his age-group. So Murphy came up with the idea of a miniature car race, recalling the time when he was growing up in La Porte, Ind.

"I'd made models of airplanes, cars, boats, and any number of other structures and remembered the pleasure I got out of doing it," he said. "I also wanted to devise a wholesome, constructive activity that would foster a closer father-son relationship and promote craftsmanship and good sportsmanship through competition."

He asked the Management Club to sponsor a miniature racing event for his Cub Scout pack that he had named a "pinewood derby." The club agreed to pay for the wood and other materials.

Murphy designed a miniature car that could be carved out of soft pinewood and wrote the rules.

"Pack 280C had seven dens and den mothers," remembers Murphy, "and totaled 55 Cub Scouts at the time. Originally the block of wood we included in the kit was carved down in the forward third to a kind of cockpit. We put the wood, wheels, and nails into a brown paper sack with an assigned number. Some Cub Scout fathers built a 31-foot race ramp with two lanes and a battery-run finish line made from doorbells. Light bulbs would identify the winner."

The derby was an instant success and for a time was copied, with the Management Club's permission, by the Los Angeles County Department of Recreation. Then word reached the national director of Cub Scouting Service, O. W. (Bud) Bennett, who wrote Murphy:

"We believe you have an excellent idea, and we are most anxious to make your material available to the Cub Scouts of America."

Within the year the pinewood derby was adopted for use in all Cub Scout packs. In its October 1954 issue, *Boys' Life* publicized the event and offered plans for the track and a car, which featured "four wheels, four nails, and three blocks of wood."

In the pinewood derby's first year, the idea spread rapidly, and competitions were held across the country, mainly with recreation departments and nonprofit organizations.

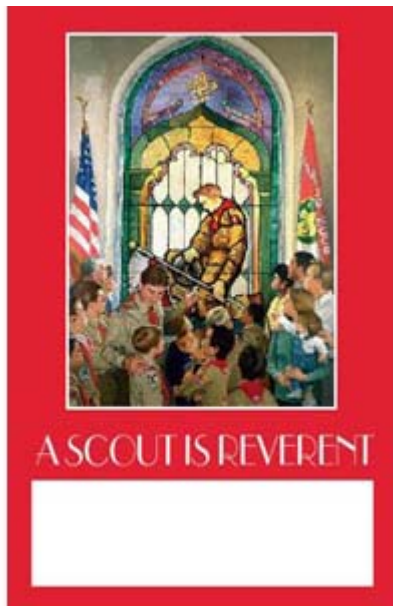
In 56 years the rules for the pinewood derby have changed about as much as the U.S. Constitution. Of

the 11 rules in the derby today, eight are the same as they were originally, and one is amended to change the maximum length of the car from seven and three-eighths inches to seven.

Two rules have been added: the requirement that the car be made for the current year, and that no loose material of any kind is allowed in the car.

And today's generation of Cub Scouts and dads share the same fun, thrills, and rewarding moments.

Excerpted from the article "The Founder and Finder" from the November-December 1999 issue of *Scouting Magazine*.



Scout Sunday Observance

The Boy Scouts of America designates the Sunday that falls before February 8 (Scouting Anniversary Day) as Scout Sunday, which is the primary date to recognize the contributions of young people and adults to Scouting. However, each chartered organization can use either of two other options to celebrate this special day.

An organization can adopt a specific Sunday to celebrate. In the instance of the United Methodist Church, Scout Sunday is celebrated on the second Sunday in February. It also is permissible for a local church to celebrate on the Sunday most acceptable to the pastor and congregation.

Visit Scouting.org to read more about the Scout Sunday Observance.