

YOLANO DISTRICT



Scouting 4 Food

By Guy Joseph, Yolano District Scouting 4 Food Organizer

Greetings to all Packs, Troops and Venturers.

This year's Scouting for Food program will occur on March 7th for door hangar delivery and March 14th for food collection. This is such an important part of our program as we recognize our service to the community by helping those in need. All non-perishable food collected stays in the local community and provide meals to those who need it. This is such a great program as it benefits those around us in a very visible way.

After door hangar delivery, please report the Total Door Hangers used along with the following to your Scouting for Food Coordinator:

1. Number of Scout/Venture participants
2. Number of Adult participants
3. Total hours worked

After food collection, please report the above information including the Number of Food items collected.

Every item of food (can, box, package, ...) makes a difference. Thank you for all you do for Scouting and your community. Questions? Please feel free to contact Guy Joseph at gjoseph@hotmail.com

Chairman's Notes

By David Grundler, Yolano District Chairman

2020 is here, and we have a new district logo to commemorate Golden Empire Council's Centennial celebration! As I mentioned in my email last month, this year will be filled with exciting times and new events, but will also present us with significant challenges. How the year unfolds is mostly within our control. We need your support to ensure that 2020 is our best year yet. I know it will be.

Kicking off our centennial celebration, we have our Council 100 Year Anniversary Gala on February 8, 2020. Two of our own will be honored at this dinner with the Council Award of Merit - Cathy Pickel-Hicks and Kurt Schmidl. My hope is that the Memorial Auditorium is filled with Yolano Scouters to show our support. A little surprise for the unit from Yolano District with the most Scouts and Scouters at the dinner will be rewarded. More information about the GEC's 100th Anniversary can be found at <http://www.gec-bsa.org/100th-anniv/72439>.

Important Dates:

Feb 8: GEC 100 Anniversary Dinner

Feb 15: Pioneer Day Merit Badge, Vacaville

Feb 17: Presidents' Day. Council Office Closed

Mar 4: GEC Council Connections

Mar 7-14: Scouting for Food

April 24-26: Camporee

April 24-26: Wood Badge, Camp Lassen (W3-47-20-1) 1st Session

May 1-3: NYLT1, Nor Cal, 1st Session

May 2-3: Wood Badge, Camp Lassen (W3-47-20-1) 2nd Session



Updated Medical Forms

By Michael Freeman, Associate Editor *Boys' Life*, *Scouting* and *Eagles' Call* Magazines (resubmission)

Every few years, the BSA updates its Annual Health and Medical Record (AHMR) after consulting with health care professionals, Scout executives, council and camp health officers and other experts to ensure it is up-to-date and helpful.

This was one of those years, meaning a new form is available for everyone to use for 2020. Your AHMR is valid through the end of the 12th month after the date it was administered by your medical provider. For example, if you got your physical on Nov. 3, 2019, it's valid until Nov. 30, 2020.

Next year will be a transition year, so you can use either the old or new form, but everyone in all Scouting programs must use the updated AHMR form starting Jan. 1, 2021. The old form will be obsolete at that date. So, the BSA recommends using the new form on your next physical exam or if you're a new participant in 2020.

Since at least the 1930s, the BSA has required the use of standardized health and medical information. The last time this form was updated was in 2014. The changes made this year were minor, such as some conditions listed in the health history section.

To download the new form, log on to <https://www.scouting.org/health-and-safety/ahmr/>. The Annual Health and Medical Record is required for Scouts and adult leaders who want to go on Scouting events, campouts and high-adventure trips. Note that there are different parts to the AHMR:

- **Part A** is an informed consent, release agreement and authorization that needs to be signed by every participant (or a parent and/or legal guardian for all youth under 18).
- **Part B** is general information and a health history.
- **Part C** is your pre-participation physical exam completed by a certified and licensed health care provider.

Which part must be completed?

- **For all Scouting events:** Part A and B. Give the completed forms to your unit leader. This applies to all participants for all activities, day camps, local tours and weekend camping trips less than 72 hours.
- **For events or camps:** Part A, B and C. A pre-participation physical is needed for resident, tour, or trek camps or for a Scouting event of more than 72 hours, such as Wood Badge and NYLT. The exam needs to be completed by a certified and licensed physician (M.D. or D.O.), nurse practitioner or physician assistant. If your camp has provided you with any supplemental risk information, or if your plans include attending one of the four national high-adventure bases, share the venue's risk advisory with your medical provider when you are having your physical exam.
- **For high-adventure trips:** Part A, B and C. Plus, each of the four national high-adventure bases (Florida Sea Base, Northern Tier, Philmont and the Summit Bechtel Reserve) has provided a supplemental risk advisory that explains in greater detail some of the risks inherent in that program. Please review these as some Scouts or leaders may not be physically or mentally able to handle the trek. Others arrive at a high-adventure base without discussing that base's risk factors with their health care provider, meaning they have missing info at check-in that can slow down the process.

How do I fill it out?

Please review and complete the AHMR fully and carefully. If you have any questions how to review it, read this BSA Safety Moment (<https://www.scouting.org/health-and-safety/safety-moments/how-to-review-the-ahmr/>) or look at these frequently asked questions (<https://www.scouting.org/health-and-safety/ahmr/medical-formfaqs/>). Remember, these completed forms must be secure, so they are not to be digitized, scanned, emailed or stored electronically by unit leaders.

GEC Wood Badge 2020

By Golden Empire Council and Mat Greenfield, Utah National Parks Council (Jul 2013)

Attendees often use phrases like ‘inspirational’ and even ‘life-changing’ to describe their Wood Badge experience. Is the week-long leadership training experience all that it's cracked up to be? Can a week of camping really have the impact proclaimed by its champions?

Wood Badge for the 21st Century is the modern iteration of an adult training course that has been evolving since Scouting's first days. Early in the movement, Baden Powell saw the need to provide high quality training to adults. This concept hasn't changed.

The instruction is provided by a variety of classroom sessions, discussions, small group exercises, and learning games. Staff and instructors are typically well-prepared, and do a pretty good job of delivering the Nationally-developed content. The quality of the content is excellent, with lessons taken from leading management theorists such as Stephen Covey and Ken Blanchard. Some companies such as IBM, Motorola, and Intel, consider Wood Badge to be ‘management training’, partially subsidizing the cost, or not requiring employees to take vacation in order to attend.



However, the ‘formal’ learning opportunities are just one side of the Wood Badge coin. The informal learning done by participants as they live and work together for a week is substantial. Attendees are organized into ‘patrols’ of about 5-8 people, and spend the week learning and serving as a group. They are supported by a dedicated staff member ‘Troop Guide’, who mentors them through the Wood Badge experience.

But does Wood Badge deliver on the promise of being ‘life-changing’? While I won't go as far as to say that Wood Badge will be a life-changing experience for every attendee, I believe that it does have that potential for some people.

Wood Badge Training is for all programs including Cub Scouts, Boy Scouts, Varsity and Venturing. Come and join the Ranks of Effectively Trained Wood Badge Leaders. Don't Wait --- be a Motivated Leader!

For more information and a flyer, log on to <https://www.gec-bsa.org/document/gec-wood-badge-w3-47-20-flyer/194877>

Date/Location	Course Directors	Registration
<u>W3-47-20-1</u> April 24-26 & May 2-3 Camp Lassen	Paul Helman	Participant Registration Staff Registration
<u>W3-47-20-2</u> September 18-20 & October 3-4 Camp Lassen	Russ Erickson	Opens April 2020

March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 - Council Connections	5	6	7 - Scouting 4 Food Hanger Distribution
8	9	10	11	12	13	14 - Scouting 4 Food Donation Collection
15	16	17 - St Patrick's Day	18	19	20	21
21	22	23	24	25	26	27
28	29	30	31			
						Submit newsletter corrections and articles to Diane Disharoon at newsletter@ydbsa.org.