

The Varsity Letter

San Diego-Imperial Council - Boy Scouts of America

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VALT Training

Varsity Adult Leader Training (VALT) will be held March 11-12th at the Escondido South Stake Center. This is the basic training for anyone that is called to serve in the Varsity Scout program. Those who should attend are: Varsity Coaches, Asst. Coaches, Committee members, Bishopric Counselor and YM Counselor over Varsity.

If you have not been trained, you need to plan on attending this training. If you have any questions, please contact Ed Jones:
edjonesheating@hotmail.com

Please see the flyer found on Page 6.

100% Huddle: A Success



The 2011 Varsity Scout 100% Huddle with the theme, "Year of Adventure" was held on January 20th at the Penaquitos Stake Center. Over 100 Varsity Scout and Aaronic Priesthood leaders attended.

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Lon's Favorite Hike: Barker Valley

From the excellent book by Jerry Schad, A Foot and A Field in San Diego County.

Barker Valley is in one of the more remote corners of the Palomar mountain range, right alongside an upper branch of the San Luis Rey River. Barker Valley is a great place for beginning backpackers. Seasoned hikers looking for a one day adventure will enjoy this moderately difficult trail.

To reach the trailhead, turn west from Highway 79 at a point 6.5 miles northwest of Warner Springs (mile 41.9 according to the roadside mileage markers). Continue up the mostly unpaved Palomar Divide Road for 7.8 miles to the Barker Valley Spur trailhead on the left (west) side. Note that since the trailhead and the hiking route lie within national forest territory, you must post a National Forest Adventure Pass on your parked car.

Start off by hiking west on the Barker Valley Spur Trail (an old fire road that is now a designated hiking trail). You make a gradual, descent down a hillside. On your way down, keep an eye out for bald eagles in the sky. A number of these raptors roost in old snags on the shore of nearby Lake Henshaw.

Hike for a total of 1.7 miles until the old roadbed portion of the trail switches back sharply to the left. Continue around the U-curve, and within 0.1 mile veer to the right on a newer trail

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(Huddle: Continued from page 1)



The evening started with dutch oven dinners featuring chicken in BBQ sauce, meatballs & potatoes in mushroom gravy, cowboy beans, biscuits and stew. A total of 12 dutch oven meals were provided to the men who arrived early enough for the VS dutch oven feast. While the leaders were eating they enjoyed displays about hiking and outings to Mt. Whitney, De Anza and Mormon Battalion Trail hikes, VS Rendezvous, VS Triathlon and Philmont adventures, along with others.

The main purpose of the meeting was to be inspired and instructed on how Scouting prepares young men for missions. Pres. Donald W. Atkinson, a former mission president and currently a counselor in the SLC Mission presidency delivered an inspiring one hour interactive presentation. He used the Scout Oath as a basis for his message: "On my honor I will do my best to do my duty to God and my country... to keep myself physically strong, mentally awake and morally straight."

Pres. Atkinson talked about "3-D" missionaries and how a young man needs to be: 1. Physically Strong, 2. Mentally Stable, and 3. Emotionally Mature to successfully enter the mission field and fill all and requirements expected of 19-20 year old missionaries.

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Leader On-Line Training

You will need to set up an on-line account at: <http://olc.scouting.org/> Some of the training programs that can be done on line are:

Boy Scout Leader Fast Start

This is Scouting

Trek Safety

Climb on Safely

Youth Protection Training

Safety Afloat

Safe Swin Defense

and others. These on-line training programs do not replace your need to complete the VALT training.

High Adventure Camps

•Camp Emerald Bay

<http://www.campemeraldbay.org/>

•Sierra Expeditions

<http://sierraexpeditions.bsa-la.org/>

•Soap Creek Pass High Adventure

<http://www.bsa-gyc.org/sections/Camping/mensingers/soapcreek>

•Camp Del Webb High Adventure Base

<http://www.doubleknot.com/openrosters/ViewOrgPageLink.asp?LinkKey=8325&orgkey=1340>

•Beaver High Adventure Base

<http://www.utahscouts.org/openrosters/vieworgpagelink.asp?orgkey=290&linkkey=32744>

•Entrada High Adventure Base

<http://www.utahscouts.org/>

2011 Varsity Scout Dates And Contact Info:

Varsity Scout Leader's Huddle:

March 17th

May 19th

July 21st

September 8th

November 17th

North Huddle:

Barry Baker: iambarrybaker@yahoo.com

South Huddle:

Lon Atkinson: Lon@AtkinsonStudios.com

Varsity Triathlon:

April 22nd - Camping

April 23rd - Triathlon

Tom Naylor: tnaylor@finsvcs.com

Andy Schmidt: andy@schmidtsboardhouse.com

Varsity On-Target:

July 16th

Larry Purcell: lpurcell@san.rr.com

Mountain Man Rendezvous:

September 16-17th

Lon Atkinson:

Booshway@VarsityRendezvous.com

Varsity Leader Training:

March 11,12th: Escondido So. Stake Center,

October 21-22nd. Santee Stake Center

Ed Jones: edjonesheating@hotmail.com

Varsity Mailing List:

Marty Bramwell: MartyBramwell@yahoo.com

Varsity Newsletter:

Lon Atkinson:

Lon@AtkinsonStudios.com

A Favorite Backpacking Recipe:

Rocky Road Pudding

One 3 Oz box instant chocolate pudding

2/3 cup powdered milk

1/4 cup chopped pecans or walnuts

1/4 cup mini marshmallows

At Home: Combine the pudding and milk in a Zip Lock bag. Carry the nuts and marshmallows in a second bag.

In Camp: Add 2 cups of water to the pudding mix. Top the pudding with the marshmallows and nuts after the pudding has setup.

From President Monson:

In this world where some misguided men and women strive to tear down and destroy great movements such as Scouting, I am pleased to stand firm for an organization that teaches duty to God and country, that embraces the Scout Law," he said. "Yes, an organization whose motto is 'Be prepared,' and whose slogan is 'Do a good turn daily.' "

...the Aaronic Priesthood prepares boys for manhood and the weightier duties of the Melchizedek Priesthood, and Scouting helps boys walk the priesthood path. "Along that path there will be turns and detours, requiring decisions of the utmost importance. Heavenly inspiration will provide a road map that will ensure the accuracy of our choices.

(Barker Valley, continued from page 1) that lazily zigzags down a dry slope and into oak-rimmed Barker Valley, 3.1 miles from your starting point. If you're backpacking and looking for a campsite, they're abundant around here.

Just remember to select one at least 100 feet away from the nearest water, i.e., the West Fork San Luis Rey River.

Barker Valley is notorious for cold air drainage at night. Once I had the interesting experience of sweating out an 85 degree July day, and awakening next morning to find frost along the stream.

A rugged set of falls and pools awaits adventurous hikers a mile downstream from the foot of the Barker Valley Spur Trail. These can be found just below an old stone weir and gauging station. By following rough paths traversing the steep, brushy, north canyon wall, it's possible to reach hidden swimming holes worn in the water-polished rock. Wild trout can be found in the pools below the first falls. Don't attempt to explore this area unless you're adept at scrambling over steep terrain and across potentially slippery, water-polished rock. When it's time to return, go back the same way. You'll gain 1000 feet of elevation to get back to your car.



The Coach's Corner

The Coach's Corner takes place at the end of your Varsity Team Meeting. It is a chance for you or your assistant Coach to take a few minutes and teach an important life principle to your scouts. Here is a good example of a story that teaches a life lesson.



Seeing Where Things Can Be Made Better

There was a boy who lived way back in the mountains of Alabama who made knives. For the handle he uses the inside of the mussel shells that he finds in the brook near his cabin. For the blades and jaws he uses old horseshoes and scraps of steel and iron that he picks up. For tools he has a broken file, a hammer, some nails and sandpaper; yet he makes knives so perfect that the handles shine with rainbows like pearl and one marvels at their finished workmanship. When asked how he learned to make knives he replied:

"Well, I'm afraid I have not learned yet. However, what little I know I learned by doing the thing myself. I don't know how other people make them. I always imagined that the factories had machinery to work with but I never had any. I began trying to make knives when I was eight years old, but made a complete failure, it seemed to me. I never did like to fail and so just kept trying until it was not so hard to make one that people said was well made. Have never made one yet that I was satisfied with. When I look at one I always see where it might have been a little better."

(Huddle, Continued from Page 2)



He helped the Scout leaders see that providing boys with physical fitness activities through rank advancement, outdoor hiking and high adventure activities of the Varsity Scout program will strengthen future missionaries for the many arduous days they will experience on their missions. The leaders learned that through Scout outings and week-long high adventure camps, the boys learn to live outside their immediate families and gain the independence that is needed for 2 year separation from family and friends. He impressed upon the leaders the need for 14+ year old boys to learn the mental discipline to set goals to earn merit badges, and advance in rank; plus follow through to completion of their goals.

He referred to "Preach My Gospel" and how Scouting prepares boys to become future dedicated missionaries by setting and achieving goals. Most of all he stressed the need for adult Scout leaders to be there for the quiet conversations boys will have with a diligent leader on outings and at weekly scout meetings; where the boys share confidential questions about God, life, family and friends. He helped the brother leaders see that we need to help the boys pray and wait for the Lord to give these good young men their answers. Through Scouting young men can and should have spiritual experiences.

Barry Baker followed Pres. Atkinson's presentation and related how the Varsity Scout 5 Fields of Emphasis (High Adventure, Advancement, Personal Development, Service, & Special Programs and Events) provide a rounded program for 14-15 year old Varsity Scouts.

The evening closed with ice cream refreshments and most of the participant stayed to chat and review the content of the inspirational message given by Pres. Atkinson. Pres. Atkinson is the older brother of Lon Atkinson, the Huddle Commissioner, from the Lakeside Ward, Santee Stake.

The Scout and Ward leaders that did not attend or chose not to attend missed an inspiring and spiritual look at how Scouting can impact our young men.

Help!!!

In this issue of the Varsity Letter you will find a story about my favorite hike and a great little backpacking recipe. I only have so many hikes, recipes and stories to tell. So I would love to hear from others. Please send me info on your favorite hike or camping spot. Let's hear about your best recipe, homemade equipment or just a good story about a trip or experience. Tell us about the success that some of your scout might have had.

Or, let me know what you would like to hear about. What information would you like to see in your newsletter.

Please send me stuff!!! Send to:
Lon@AtkinsonStudios.com



V A R S I T Y T R A I N I N G

For Varsity Coaches, Asst. Coaches, Committee members,
Bishopric Counselor and YM Counselor over Varsity

March 11-12, 2011
Escondido South Stake Center
2255 Felicita Road, Escondido
(15 Frwy & Felicita Road)

Fri. March 11 -

OVERNIGHT EXPERIENCE REQUIRED TO COMPLETE TRAINING

Varsity Specific & Outdoor Leader Skills

Registration: 6:00 – 7:00 Class: 7 – 8:30 pm & continuing at the campfire

Campfire snacks provided.

Sat. March 12 -

Varsity Specific & Outdoor Leader Skills: 6 am – 4 pm

Breakfast and Lunch provided

What to bring: Personal camp gear: bag, tent, pad, chair, personal items.

Wear Your Uniform & Bring your Boy Scout Hand Book (& Varsity Leader Guidebook -if you have it.)

Cost – \$25.00

**Pre-Registration is required-
Must have your reservation by 03/05/11**

For reservations or questions, contact:

Ed Jones at edjonesheating@hotmail.com

