Roundtable Agenda

- Opening Prayer / Mike Tullio, UC CS
- Pledge of Allegiance, Scout Oath and Law / McDermot Coutts, ZC CS
- Cub Scout Applause / Safari Rain / Cub Roundtable Team
- Welcome / Vanessa Kampnich, ACC
- Hot Topic -
  - Cub Camps / Paula Trubitt
  - Camping Stories—Why do We Camp? / Mike Byerline
- Council Minute -
  - AB506 / Trevor Bender, Council Commissioner
  - SDIC Summer Camping / “Doc” Rouhani, CFI Camp Director
- Safety Moment—Camping Checklist / Paula Trubitt
- Announcements / DD Hutto, T1667, T667, C67
- Awards / Stitch Wilson, Pack & Troop 108
- Echo Skit / Susan Abernethy, Joshua & Frederick Persons, C1212
- Transition Thought & Lead into Breakouts / Vanessa Kampnich

Breakouts
- Specialty Breakout—"Q&A on AB506" / Trevor Bender & McDermot Coutts
- Specialty Breakout—"Feminine Hygiene Camping in the Back Country" / Vanessa Kampnich
Cub Day Camp at Lake Poway – “Survival Camp” June 20-24, 9:00am-3:30pm
https://sdicbsa.doubleknot.com/event/cub-day-camp-at-lake-poway-2022/2909463

Twilight Camp at Scripps Community Park – “Wild West” July 25-29, 4:00pm-8:00pm
https://sdicbsa.doubleknot.com/event/twilight-camp-scripps-park-2022/2910446

Camp Balboa Day Camp – “Wild West” August 1-5, 9:00am-3:30pm
https://sdicbsa.doubleknot.com/event/cub-day-camp-at-camp-balboa-2022/2910444

Rohr Park Cub Day Camp – “CSI” July 11-15, 9:00am-3:30pm
https://sdicbsa.doubleknot.com/event/cub-day-camp-at-rohr-park-2022/2910445

All camps still need volunteers ~ All camps offer discounts for volunteering

Camping Stories—Why do We Camp? - Mike Byerline

The history of Scouts camping is the history of Scouting itself. In 1908 Baden-Powell wanted to test his ideas for a youth program so he gathered a mix of boys from all walks of life, gave them matching uniforms and took them all camping on an exciting island known as Brownsea. The boys camped for a week using what we now call the patrol method and it was a wild success. From here the rest is history—our history.

Camping is one of the 9 Methods of Scouting and supports all 4 Aims. Baden-Powell once said, “A week of camp is worth six months in the classroom” and that fact is truly undeniable. Scouts like camping because it’s fun and leaders like it because it develops leadership. For many scouts a camping trip may be their first time away from family and they must first learn to lead themselves. Soon though, they begin to lead others and cultivate a sense of self-reliance, self-confidence and personal responsibility. They develop a pride in accomplishment and find a courage to try new challenges. Resilience is discovered and the foundation for successful adulthood is laid.

This is the nature of our program—but we can’t do it without the adults. While the program is “youth-run” adults are needed for input and safety; if it’s not forbidden by the Guide to Safe Scouting, the sky’s the limit. Take High Adventure Adult Leader Training (HALT) and propose activities outside your unit’s comfort zone. If your scouts don’t know about opportunities they will never vote them onto their calendar.
The BSA Campout Safety Checklist is a valuable planning tool to ensure that you will BE PREPARED for your next outing!

Safety Moment  
Camping Checklist – Paula Trubitt

Announcements – DD Hutto

Cub Corner Zoom Forum  
Memorial Day Services at Glenn Abbey  
IOLS  
Twilight Camp  
Camping skills demonstrators  
Southern California Historic Trails Triple Crown medal  
HALT Announcement  
Operation On-Target
"Do I need to do this? And Why?"

If you are in a direct contact position, you are absolutely required to take the training and livescan, since if you are in one of those positions and NOT interacting with the youth 32 hours/year or 16 hours/month, then what are you doing there?

Here are the current totals (by direct contact and overall)

All others not in direct contact position can be determined on a case by case basis; do you meet the 32/y or 16/m threshold? Admittedly, this is a low bar. One weekend campout, and there you are. And this time includes unit meetings, transport, outings etc. And when in doubt, say YES! This gets tricky in the Packs, as people would say "I am only interacting with MY child", which is not exactly true and not the point of this. No one is going to take this training and suddenly realize "Oh my, I am abusing my child!", and just stop. (We can hope, but it is not likely.) The purpose is to provide protections for youth by having aware adults (probably NOT their parents, who are sadly the most likely abusers) around them to notice if something is wrong and report it.

If you have already completed the AB506 requirements please know you have made Scouting safer and we appreciate your support.

"Camping" - Clifford Mervil  https://www.pexels.com/@cliford-mervil-988071/
Tips:
• Periods can become irregular, so be prepared
• Be careful... you do not want to get a UTI at camp
• Pack out all used products, applicators, etc.
• Store used products in an odor-proof container, like a bear bag, at night
• Reusable products like menstrual cups and period underwear can be really helpful
• Pantyliners can be useful when you can’t change your underwear regularly

Check out this video for more ideas: youtu.be/MneNcwh96Pc

The stress of hiking in the backcountry may induce or delay your cycle, or it may not affect it at all. Therefore, it is important to be prepared. Each female on a camping trip should carry a waterproof container in her pack with a supply of menstrual products. Sanitary products (used and unused) are considered “smellable” and must be placed in an odor-proof container at night.

This pamphlet will help you to handle your menstrual cycle without disrupting your Scouting adventures.
Period Pack
what to bring along

- Pads & tampons (various sizes) or menstrual cup; more than you would usually use
- Extra underwear (2+ pairs)
- Hygiene wipes
- Pain medication
- Small plastic zipper bags to carry used menstrual products
- Hand sanitizer & wipes
- Small bottle of water
- Toilet paper or tissue packs

Additional items:
- Absorbent period underwear
- Portable bidet
- Dry teabags or aspirin for absorbing odor
- Hand warmers (heating pad)
- Gloves
- Trowel

Keep it clean! The last thing you want when camping is to have a urinary tract infection.

If using a cup (preferred):
1. Dig a cat hole
2. Clean hands with sanitizer
3. Remove cup
4. Either empty into hole and bury (or empty into disposal bag if burying is not allowed)
5. Rinse cup with clean water
6. Clean body and hands with hygiene wipe or bidet (do not use wipes to clean cup)
7. Pack out wipes

If using tampons:
1. Clean hands with sanitizer
2. Remove tampon & place in disposal bag
3. Insert new tampon
4. Clean body and hands with hygiene wipe or bidet
5. Pack out wipes

IMPORTANT NOTE:
Leave no trace!
Always pack out used sanitary products & toilet paper used during menstruation! Do not put in latrines or bury them.

What is that thing?

Menstrual Cup
Reusable flexible rubber or silicone cup that is inserted like a tampon and catches menstrual blood; it is removed, emptied, rinsed/washed, and reinserted

Portable Bidet
Bottle with spray attachment that can be used to clean you up, reducing the need for toilet paper