

# May 2016

# The Millennium

The Newsletter of Troop 1000

*Troop 1000 Plano Texas Chartered by Resurrection Lutheran Church*

## May Calendar

**Theme: Pioneering**

**Program: Panthers**

**Service: Ravens**

These Patrols should arrive at 7 pm for set up and stay after for cleanup.

- 9 Troop Mtg, 7:30 pm
- 16 Cast Iron Chef, 7 pm
- 16 Troop Mtg, 7:30 pm  
Money Monday
- 17 Buffalo Mtg, 7:30 pm
- 20 - Family Campout and Troop  
22 Court of Honor
- 23 Greenbar Mtg, 7:30 pm
- 23 Trail-to-First Class for First  
Years, 7:30 pm
- 30 Memorial Day  
No Troop Meeting

## June Calendar

**Theme: Summer Camp**

**Program: Bald Eagles**

**Service: Panthers**

- 2 Troop Committee Mtg, 7:30  
pm — Open to all
- 6 Troop Mtg, 7:30 pm  
OFFSITE (Info coming)
- 13 Summer Camp Mtg for  
Parents and Scouts  
attending camp, 7:30 pm
- 14 Buffalo Mtg, 7:30 pm
- 19 - Summer Camp at Trevor  
25 Rees-Jones
- 27 Greenbar Mtg, 7:30 pm

Check the [online calendar](#) and [home page](#) for new calendar items and upcoming events.

## May Family Campout and Court of Honor May 20 – 22



We'll be heading to The Best Day Ever Ranch in Whitewright, TX (just east of Melissa) May 20 to 22. Scouts and Scouters will leave from RLC at 6:30 pm on May 20 and return May 22 around 1 pm. Families are invited to drive separately and join us on May 21 at 1:30 pm.

They can participate in pioneer games such as corn hole, washers, horseshoes, hoop and stick; badminton; pasture bowling (lawn bowling); monkey bridge; slide for life; and fishing. The Scouts will entertain everyone with a catapult pumpkin chucking style target competition in the late afternoon.

The Committee will cook and serve dinner and clean up for the Troop and its guests in the Event Barn for the Court of Honor. Dutch oven desserts immediately follows. The Patrols will put on a campfire program down by the pond. The campfire is optional for guests and strongly recommended. The Troop will camp in our traditional Patrol setup separate from the families.



Families will have a nice flat tenting area that's on high ground and adjacent to the Event Barn and the Rec Center. Both have bathrooms and hot/cold running water. Also, there are several cabins available for rent that weekend on a first come, first serve basis. The Troop has not reserved the cabins, but can provide contact information for families who are interested.

Hope to see everyone there!

For Further info, P-Slip and reservations flyer see attached or [click here](#)

## Volunteers Needed

Did you know that every month, an adult volunteer works with the Program Patrol to plan the programs for the month? While the Patrol is responsible for the programs, they rely on the Program Adviser for expertise. If you're interested in becoming a Program Adviser, which is not a year-round commitment, please [contact Steve Miles](#), Troop Committee Chair.

Everyone is an expert in something. We can also use more Merit Badge Counselors. Here's the current [list of Merit Badge Counselors](#). It lists Merit Badges with no counselor. We can use help with those and the Merit Badges that only have one Merit Badge listed. If interested, please [contact Carolyn Linscott](#), Merit Badge coordinator.



## From the T1000 Eagle Adviser

My job as Eagle Adviser is to answer Life Scout's questions and help him find resources for his Eagle Projects.

As a Life Scout, he needs to serve at least six months in an approved leadership role. He should complete a Merit Badge every month until he has what he needs. Some Merit Badges take longer — Family Life, Personal Fitness, and Personal Management — so look through the requirements and add everything to a timeline. This helps set goals and help the Scout as he completes his Eagle Projects.

The Eagle Project is a great opportunity for Scouts to practice being a project manager and prepare them for when they go out into the work world. A Scout needs to choose a project that lets him lead at least three or four other Scouts. But what makes a good project? By definition:

**While a Life Scout, plan, develop, and give leadership to others in a service project helpful to any religious institution, any school, or your community. (The project must benefit an organization other than Boy Scouting.) Scout must use the Eagle Scout Service Project Workbook, BSA publication No. 512-927, in meeting this requirement.**

The best approach is for the Scout to think about what interests him and the groups and organizations he has worked with in the past. This gives him a chance to give back to them. Our chartered organization, Resurrection Lutheran Church, is a great place to start. Other groups Scouts have worked with such as schools, churches and basically any community-oriented group are good candidates. For example, the Heard Museum has been used a lot. Even if the Scout has no idea what kind of project to do, the leaders for these groups often have ideas for projects, and just need some volunteers to step up and do the work.

When the Scout has a rough idea of what he wants to do, the Planning Guide will help them visualize their project and plan out the details. Putting things on a timeline will really help Scout balance his time for all of his activities.

The money for the materials for the project needs to come from Scout. A Scout's family can help, but this a great opportunity for Scout to be self-sufficient, and he may need to do some fundraising on his own. If the Scout needs building supplies, the managers at Home Depot and Lowes will usually help Scout with a gift card or a deep discount (often up to 50 percent).

Once the Scout has laid out his plans, he will need the leader from the group he's working with (the Beneficiary) to approve his plans. After getting all approvals, he can start the work. He will want to take several progress pictures showing what the area looked like before, during, and after his project.

He may even choose to make a scrapbook out of this. It will look great at the Scout's Eagle Court of Honor and make a nice keepsake he can look back on with pride to help him remember his time in Troop 1000.

*Don Driver*

T1000 Eagle Adviser

## Shop at Tom Thumb?

Did you know that Troop 1000 is signed up with Tom Thumb's Good Neighbor Program? You can have up to three charities linked to your reward card.

Sign up is easy! Just go to your local Tom Thumb store, and have the Customer Service department add our Troop Good Neighbor Number to your account. **Our number is: 2075.** The Troop will start earning a percentage of what you buy automatically. Start raising money as you shop for us today!



## Where Are T1000 Pictures?

You want pictures? We'll give you pictures ... thousands and thousands. Well, maybe that's an exaggeration. Just a little. The Troop posts photos to a Flickr account which you may join. You must have a Yahoo account or sign up for one to join Flickr. As part of your request to join, please send a note to the administrator and include the name of your Scout in the note. Your request is approved by a human, so expect to wait about 24 hours for approval.

These photos are posted shortly after the various events and are available only with an approved membership on the Flickr account.

Ready to flip through our digital album? Head on over to:

<https://www.flickr.com/groups/t1000photos/>

### Troop 1000 Plano Texas Chartered by Resurrection Lutheran Church

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**T1000.org**

## Eagle Project Questions and Answers from Dear Andy:

Hi Andy,

**My son, is struggling to find an Eagle Project. He's been searching for a project for nearly a full year. Everyone keeps telling him that "projects are everywhere," but they just don't seem to be. And our troop's adults and Eagle Advisor haven't come up with any suggestions for my son to pursue, either.**

**Can you give any ideas on how to find a qualifying Eagle project? Even though our son continues to search, he's just hitting stone walls or coming up with nothing. (Scout Dad)**

Let's do a brief review of something really important for your son: Eagle service projects absolutely don't require "building something"! That key point understood and agreed upon, let's start over...

What does your son like to do? What sorts of service projects that he's participated in, in the past, has he enjoyed? What are his interests? What sort of project would bring him personal joy?

I've seen a Life Scout who was into music assemble a band and rehearse them on a performance for shut-in seniors, and another who led a performance at a VA hospital. I know of a Scout who wrote a script for a short play, assembled a cast, and presented it at a similar venue. Another Scout put together a crew of skilled fellow computer whizzes and created a LAN system for a computer lab at a school for intellectually challenged students (the school purchased the computers; he and his crew connected them all and installed the software). And the list goes on...

Is your son a church-goer? Has he spoken with the clergy there about what could be done for them? How about his school? What do they need? Has he checked "eagle projects" online and spotted something that he'd consider fun to do with his friends (who don't have to only be Scouts, by the way)? Has he spoken with the mayor of the town? Or the local volunteer rescue squad? Would he like to do a "book drive" for an inner-city school library or other inner-city organization?

How about sports? Would he enjoy organizing a sports activity for underprivileged kids? Or organize a sports equipment and uniform drive for same?

In short, there are lots of opportunities "out there" if he starts thinking about his own interests and then builds a project idea around something he'd enjoy doing!

Dear Andy,

**My grandson has just completed his Eagle project and wants to place a commemorative sign at the location. When my two previous grandsons were completing their Eagle projects, I remember seeing Scout signs for this purpose; however, we can't seem to locate them on the Scouting.org website. Your assistance in locating this information so we may order the sign would be greatly appreciated. (Scout Grandfather)**

The good news is that this is easy... All your grandson needs do is use any search engine for "eagle project plaque" and then select what he'd like! (BTW, there's no "rule" or "requirement" that says it must be an "Official BSA" plaque!)



1000 Thanks to our dedicated Scouts, Scouters and parents for volunteering their time at our Garage Sale Fundraiser. It was a BEAUTIFUL day with plenty of sunshine! With a little more than \$4,000 raised!

With so many events that were going on, we appreciate all of those who volunteered their time or stepped up to help in other ways.

## The Wonder of the Woods What Are Our Children Missing?

by Mary Jacobs

Illustration by Dan Andreasen

*This article previously appeared in Scouting Magazine.*

**Fewer young people are experiencing the joy of playing outdoors and exploring nature, says a noted author, who shows how such neglect can be harmful and how programs like Scouting can help to reverse the trend.**

Can anyone remember those lazy childhood summer days spent roaming the woods and fields? When Mom said, "Go outside and play," and everybody stayed outdoors until supper time?

For most youngsters today, those opportunities for exploring the outdoors are fewer or virtually nonexistent. And that, author Richard Louv believes, is depriving children of much more than fun and fresh air.

In his new book, *Last Child in the Woods: Saving Our Children From Nature-Deficit Disorder* (Algonquin Books), Louv takes an in-depth look at the importance of children developing a



connection with nature. He finds an alarming increase in what he calls "nature-deficit disorder," a trend that's keeping kids indoors much of the time, contributing to obesity, depression, hyperactivity, and attention problems.

"There's something in us as human beings that needs to see natural horizons," Louv argues. "When we don't get that, we don't do so well."

Children today, he says, rarely get to experience the simple pleasures of nature, such as fishing in a stream, building a tree house, hiking in the woods, climbing a tree, watching a campfire, idling in a special hiding spot in the woods, or just gazing at a nighttime sky or a bug in a vacant lot.

Even the passive enjoyment of watching natural landscapes from the window of a car has been pre-empted by built-in video screens.

What children today are missing, Louv says, is more than just another form of fun. Nature engages all of the senses in a way that few other experiences can. "We need natural experiences," he writes. "We require fully activated senses in order to feel fully alive."

Louv supports his argument with recent studies suggesting that direct exposure to the outdoors can reduce the incidence of Attention Deficit Hyperactivity Disorder (ADHD), decrease stress, and boost children's creativity and concentration. Research has shown that "Kids who play outdoors were calmer, more open to conflict resolution, and did remarkably better in science and math," he says.

Louv thinks parents need to be aware of the importance of this natural bonding with nature and make a greater effort to get their children outside. And he believes Scouting—from Tiger Cubs through Cub Scouting, Boy Scouting, and Venturing—offers a special opportunity to help address this "deficit."

### STUCK INSIDE

Today's younger generation is the first in history that isn't spending big chunks of time outdoors, Louv observes, and we are only beginning to understand the negative ways this affects children.

"For tens of thousands of years, human beings' first developmental stages were spent in nature, playing outdoors," he says. "That has reversed in just a matter of decades...and it has enormous implications."

Most parents are all too aware of why children aren't enjoying the outdoors in ways previous generations did: Too many tightly scheduled, highly structured activities; lots more homework; too much pressure to succeed in academic pursuits and organized sports; and increased parental fears of "stranger danger."

And there's the siren lure of the PlayStation 2's and Xbox 360's and other electronic gizmos.

A Kaiser Family Foundation study, for example, found youngsters 8 to 18 average 44 hours a week plugged into some sort of electronic medium, whether it's an iPod, computer, or video game.

"I interviewed a boy who said he preferred playing indoors because that's where the electrical outlets were," says Louv. "But that 'plugged in' environment promotes an atrophied perception. The world is reduced to a flat-panel screen."

There are other reasons kids aren't getting out: Neighborhoods that once ended at a woods or a field are now surrounded by expanding urban development.

And our litigious society makes any mildly risky outdoor activity off limits. (Continued Page 5)

**The Wonder of the Woods** *Continued from Page 4*

For example, concerns about potential lawsuits prompted a school in Broward County, Fla., to banish swings from playgrounds. And to keep children safe, a community in California now prohibits tree houses.

Louv believes parents can counter these trends if they better understand the downside of limiting outdoor play. He cites research, such as a University of Illinois study, which suggested that children as young as 5 with ADHD show a reduction in symptoms when exposed to any kind of nature.

Another study showed that people who could see a natural vista—forest, landscape, or mountain—from their hospital bed recovered faster than patients whose view was limited to urban vistas.

Why does nature have such a profound effect on the human psyche? Louv thinks that exposure to a nature setting demands "immersion attention"—the use of all of one's senses. That kind of exposure in turn boosts the brain's ability to sustain "directed attention"—the concentration and focus that allows a child to stay attentive long enough to, for example, finish a homework assignment.

Louv would like to see more studies on the subject, but he says that's unlikely, because there's little commercial incentive. It's ironic, he notes, that one of the few studies on the subject was conducted by a laundry detergent manufacturer—to find out why kids weren't getting grass stains on their jeans anymore.

He also worries that children with no deep connections to nature are unlikely to become adults who want to serve as good stewards of the natural world.

"The health of the earth is at stake as well," he says. "How the young respond to nature...will shape the configurations and conditions of our cities, homes—our daily lives."

#### **AN OUTDOOR BIBLE**

David Bates, BSA national director of camping and conservation, believes Richard Louv is onto something big. At a recent conference, Bates held up a copy of *Last Child in the Woods* as he welcomed professional Scouters who run outdoor programs across the nation. "This is your homework," he announced. "This is what the Boy Scouts of America is about."

Later, Bates elaborated on why he is so impressed with Louv's findings. "Basically, the book reinforces the idea that the out-of-doors is a positive way to influence young people, something Scouting's founder, Robert Baden-Powell, understood 100 years ago," he said. "The book helped me focus on where our priorities really ought to be."

It came as no surprise that the conference's theme was "More Outdoors."

Bates added that no other organization is better equipped to offer outdoor experiences than the BSA, which operates almost 500 local council camps and high adventure programs nationwide. And he adds that Louv's "nature-deficit disorder" concept may provide a key to making progress in

the seemingly endless struggle to keep boys involved and committed in Scouting.

"We recently surveyed boys who had dropped out of Scouting," said Bates. "Almost 50 percent had had only five—or fewer—outdoor experiences. But among those who had had at least 12 outdoor experiences, only 15 percent dropped out.

"That's why we encourage every troop to offer some kind of outing at least once a month. It can be a day hike, a camping trip, or a conservation project—as long as it's something that gets them outdoors."

Louv believes Scout leaders can play a key role in educating parents about "nature-deficit disorder" and the importance of giving children unstructured time to explore nature.

"Scouting offers a safe way for kids to have an experience of nature," he notes. "When parents realize that, more boys will become involved. It will be a good thing for Scouting and for the country."

To increase parental awareness, Louv says, Scout leaders need to focus on the multiple benefits of outdoor experiences. Otherwise, a parent might choose other outside activities rather than a camping experience—in the mistaken belief that spending time in a natural setting is "nice but not necessary."

But if parents understand the real physical, mental, and emotional benefits of natural experiences, they will be more inclined to strongly encourage their children to go camping.

"Parents need to understand, there's a risk in keeping kids away from nature," Louv says. "If parents understand the impact of nature on a child's attention span and on his creativity, they'll give outdoor experiences a priority."

But what about "the outdoors is too risky" kind of thinking? Scout leaders can respond to these parental fears by putting them in perspective and boosting awareness of the benefits of outdoor activities, David Bates said.

Isolating kids from the risks of strangers and the outdoors isn't the answer, he argued. Better to give them the knowledge and experience to handle risks. For example, crossing the street can be hazardous, but parents would not decree that a child never cross a street.

"We try to teach kids how to take care of themselves in the outdoors," Bates noted. Letting young Scouts take responsibility for the challenges of a wilderness experience—preparing for bad weather or planning food and equipment—builds character and promotes leadership.

"In outdoors adventures, there are all kinds of scenarios that require young people to make decisions about how they should adapt," Bates said.

"When many parents think of a program that promotes outdoors experiences, they think Scouting," Richard Louv observes.

And quality Scouting programs provide plenty of opportunities—now more important than ever—for children to experience the outdoors.

*Freelance writer Mary Jacobs lives in Plano, Texas*