



Scissortail District Roundtable



Raegan Rethard
Roundtable Commissioner
27 February 2025

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Welcome to Roundtable

Pledge of Allegiance

Scout Oath

Scout Law

Outdoor Code

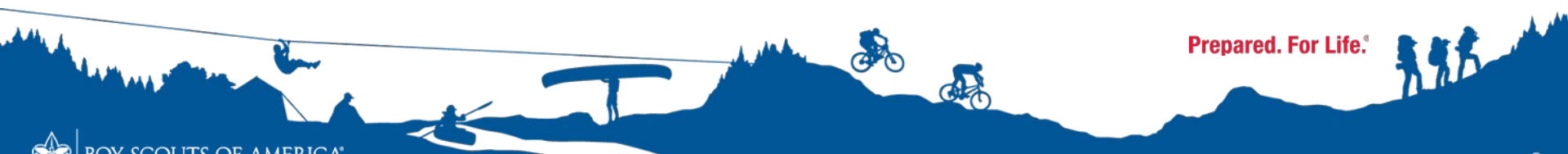
As an American, I will do my best to be clean in my outdoor manners, be careful with fire, be considerate in the outdoors, and be conservation minded.

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Hot Topic—Commissioner Core— Brix Young

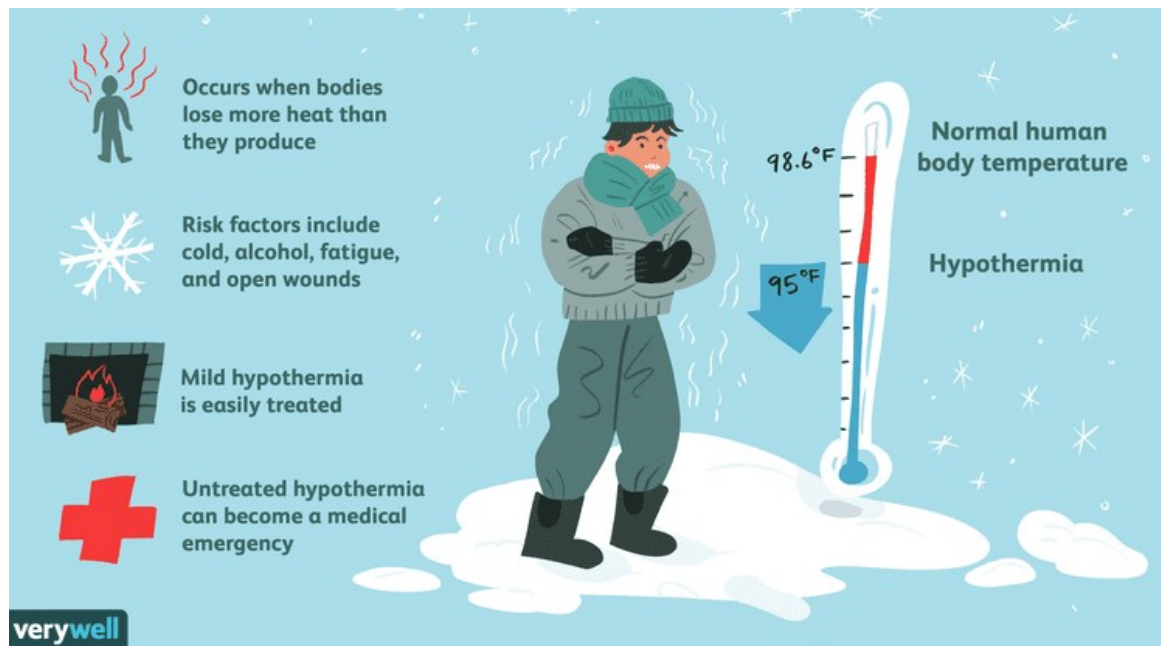


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Safety Moment--HYPOTHERMIA

Hypothermia is an abnormally low body temperature that is dangerous and potentially fatal if not properly cared for.



How does the body lose heat?

- Radiated heat—heat loss through unprotected skin surfaces
- Direct contact—something cold, such as cold water or ground, drawing heat away from the body
- Wind—carries body heat away from the skin surface
- Evaporation—sweat evaporating from the skin's surface, which can cause heat loss

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Safety Moment--Hypothermia

Signs/Symptoms of Hypothermia

- Feeling cold, shivering uncontrollably
- Cool or cold skin on the abdomen, chest, or back
- Presence of the “umbles”
 - Stumbles: loss of control over movement
 - Mumbles: slurred or incoherent speech
 - Fumbles: poor coordination or reaction time
 - Grumbles: change in behavior or attitude
- Fatigue

As hypothermia progresses, the person will exhibit

- Stiff muscles
- No shivering
- Skin that feels ice cold and may appear bluish
- Confusion, agitation, memory loss
- Slow, weak pulse
- Slow, shallow breathing
- Loss of consciousness

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Safety Moment--Hypothermia

What are the risk factors?

- Exhaustion—Lower cold tolerance
- Victims who are very young or old—body's thermoregulation is not at its peak
- Alcohol or drug use—can alter a person's ability to sense a drop in body temperature and keep them from knowing when it's time to get out of the cold or add clothing
- Certain medical conditions can affect one's ability to regulate body temperature—heart disease and circulation problems, hypothyroidism
- Medications sometimes can affect the ability to regulate body temperature—drugs to treat anxiety, depression or nausea, as well as some over-the-counter cold remedies.
- Cold, damp weather conditions

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Safety Moment--Hypothermia

Care of Hypothermia

1. Get the victim out of the cold.
2. Remove wet clothing and wrap them up in warm, dry clothes. Add additional layers such as a sleeping bag, blankets, or some form of plastic to hold in body heat.
3. If the victim is conscious and able to swallow, offer warm liquids to drink. DO NOT give alcoholic drinks.
4. Handle them gently. Excessive movements or rough handling can lead to cardiac arrest.
5. Apply warm, dry compresses to the neck, chest, and groin areas. DO NOT apply heat to the arms or legs, as this speeds cold blood back to the heart, lungs, and brain, causing the core temperature to drop even more. This can be fatal.
6. DO NOT apply direct heat as with hot water bottles, a heating pad, or a heating lamp. This extreme heat can cause skin damage, an irregular heart rhythm, or even cardiac arrest.
7. If a person with severe hypothermia who is unconscious seems to not have a pulse or not be breathing, perform CPR. CPR should continue during rewarming. Sometimes, people experiencing hypothermia can be successfully resuscitated.
8. Get emergency care/call 911.

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Recognition Corner—Commissioner Awards



The **Arrowhead Honor** recognizes proficiency in the contemporary tools and techniques commissioners use to provide effective unit service. For:

Unit Commissioner

Roundtable and Assistant Roundtable Commissioner

District and Assistant District Commissioner

Council and Assistant Council Commissioner



The **Commissioner's Key** encourages and recognizes continuing training, performance, and tenure by commissioners.

Three years of service, and at least two additional professional training courses.



The **Commissioner Award of Excellence** in Unit Service is awarded to a commissioner who provides exemplary unit service, focusing on unit performance as measured in Journey to Excellence and through the use of the current Scouting America Unit Service Plan and Commissioner Tools.





Recognition Corner



The **Certificate of Commendation** is for use by a local council to recognize a commissioner who has performed in a commendable manner.



The **Distinguished Commissioner Service Award** is the highest recognition that can be given to a commissioner who has consistently engaged in distinguished and exceptional commissioner service resulting in significant, positive impact to youth, units, and a district and/or council.



The **Doctorate of Commissioner Science Knot Award** recognizes completion of a standardized training program including a thesis or project, the awarding of the Doctorate of Commissioner Science from a College of Commissioner Science, and the achievement of performance objectives to improve unit service.

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Upcoming



BALOO Training 1-2 March CGT, 3-4 May JNSR, 4-5 October JNSR

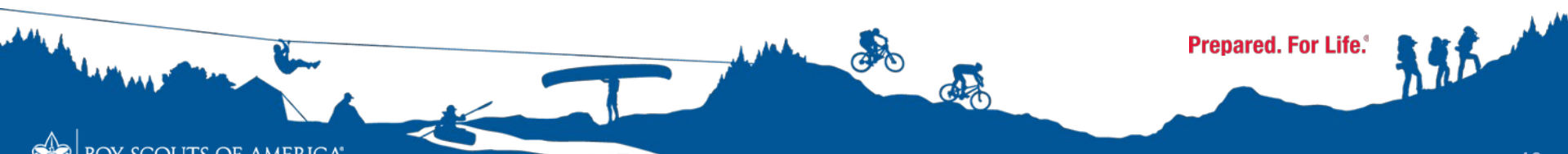
Wilderness First Aid 1-2 March JNSR, 29-30 March JNSR

IOLS Training 8-9 March CGT, 12-13 April JNSR, 23-24 August JNSR, 8-9 November JNSR

Cub Scout - Range Master Training 9:00-2:00 15 March JNSR

Wood Badge 4-6 April CGT

Leave No Trace 25-27 April JNSR, 1-3 August CGT, 10-12 October JNSR



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Upcoming Events—March & April

28 Feb-1 March **Ma-Nu Lodge Trade-O-Ree** Gaylord
Scout Center



14-16 March **2025 Ma-Nu Lodge Spring Experience** CGT

20 March Scissortail District **Eagle Boards of Review**



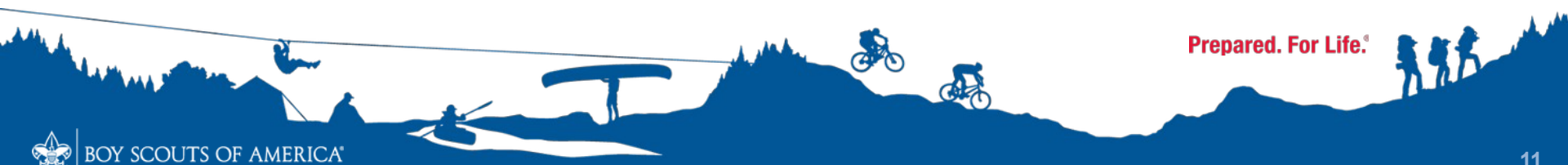
29 March 6:00pm **Scissortail District Awards Banquet**
First Presbyterian Church



28-30 March **Camp Sasakwa Clean Up**



25-27 April **Cub Spring Family Camp/Top Shot JR** JNSR



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Upcoming Merit Badge Classes Scissortail Series--Gaylord Scout Center

4 March & 11 March 6:30pm **Citizenship In the Nation Merit Badge**

8 April 6:30pm **Weather Merit Badge**

May 6:30pm **Electricity Merit Badge**

June 6:30pm **Game Design Merit Badge**

September 9-1:00pm **Automotive Maintenance Merit Badge**

8 October 6:30pm **Space Exploration Merit Badge**



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Update to the Eagle Process



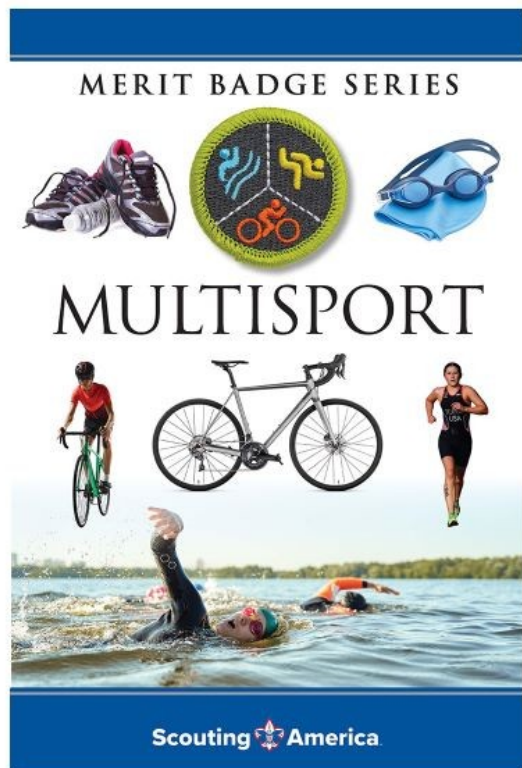
Special update from the Guide to Advancement, January 2025: The Scout must request letters of reference from four persons. These may be Scout leaders, teachers, employers, coaches, other Scouts, etc. References do not need to be 21 or older. Parents and other relatives are strongly discouraged from serving as references. The current unit leader (Scoutmaster) and committee chair are not eligible to serve as references.



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New Merit Badge! Multisport



The badge can be earned by Scouts who demonstrate proficiency in swimming, cycling, and running through a series of age-appropriate challenges and skill-building activities. The program will offer different levels of achievement, allowing Scouts to progress and develop their skills over time by encouraging physical and mental fitness.

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Hot Topic—Commissioner Core— Brix Young



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District Executive's Minute



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Next Meeting Thursday, March 28th, 6:00pm.
The topic will be Fundraising--
Camp Card Promotion and Budgeting



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Questions and Open Discussion



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