



Scissortail District Roundtable



Raegan Rethard
Roundtable Commissioner
26 June 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 Topics

- Events, Updates, and Troop Resources
- Fall Camporee—Bill Hensley
- Running a Successful Popcorn Season—Kelley Sheik



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Safety Minute—Energy Drinks



Energy drinks make up about half of the beverage market internationally, and consumption has increased seven-fold in Scout-age youth in the past 15 years. The popularity of energy drinks among youth makes the dangers posed especially concerning. Because of the potential health risks, energy drinks are to be discouraged at all Scouting events.

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Safety Minute—Energy Drinks

According to the National Institutes of Health, a 24-ounce energy drink may contain as much caffeine as four or five cups of coffee. High doses of caffeine, combined with the other additives in energy drinks, are especially a concern for children with underlying health issues or those taking certain medications. But high doses of caffeine are worrisome for all Scout-age youth and may cause serious side effects. Energy drinks have been known to disturb the heart's natural rhythm, raise blood pressure, and increase the risk of sudden death. These drinks have also been linked to reductions in brain blood flow, seizures, and behavioral disorders. Frequently they cause anxiety, insomnia, stomach upset, muscle twitching, restlessness, and headaches.

In addition, a single serving may contain more sugar than is recommended for an entire day. Those extra calories can add up fast and may contribute to obesity in youth.

Are energy drinks and sports drinks the same thing? No! Sports drinks—a combination of carbohydrates, minerals, and electrolytes—do not contain caffeine. They are intended to replenish water and electrolytes lost through sweating during intense exercise and can be safely used by youth in limited amounts for hydration.

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Safety Minute—Energy Drinks

Energy drinks contain water and stimulants, such as caffeine, ginseng, and guarana, as well as varying amounts of other ingredients including carbohydrates, protein, amino acids, vitamins, sodium, and other minerals. The American Academy of Pediatrics (AAP) Committee on Nutrition and the AAP Council on Sports Medicine and Fitness have rigorously reviewed the available scientific data on energy drinks and sports drinks and found that “stimulant-containing energy drinks have no place in the diet of children and adolescents.” Virtually all other relevant professional organizations have echoed this opinion.

Energy drinks should be differentiated from sports drinks in that energy drinks always include stimulants in addition to the water, sugars, and minerals generally contained in sports drinks. Again, the consensus expert medical opinion is that, for almost all exercise environments, water intake alone is the best way to remain hydrated.

Because of the potential for adverse medical consequences as well as the negative professional recommendations regarding use of energy drinks by children, the following recommendation is made by the BSA Safe Scouting Support Committee:

**Energy drinks are to be discouraged at Scouting events
and should not be sold at BSA trading posts or other retail venues.**

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Recognition Corner—National Parks Ranger Program

Did you know that Scouts BSA and Girl Scouts can earn a free patch by attending educational programs or by volunteering in National Park sites?

The scout ranger program requires a scout to complete ten hours of either educational programming (like junior ranger, ranger guided interpretive, or environmental education programs), volunteer service projects, or a combination of both. As the scout completes their hours, they fill out their log. When a scout or girl scout completes their hours, they can come to a park site that carries the patches or go online to request it.





Recognition Corner—Cub Scout Summer Adventure Award

PLAN NOW for Summer Time Fun



1st Grade



2nd Grade



3rd Grade



4th Grade



5th Grade

Summertime Fun	Summertime Fun	Summertime Fun	Summertime Fun	Summertime Fun

One Requirement

1. Anytime during May through August participate in a total of three Cub Scout activities.

Earning Adventure is not dependent on other's participation.

AO

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Recognition Corner—Cub Scout Summer Adventure Award

The Summertime Fun Adventure is a special activity designed for Cub Scouts. It helps keep young Scouts engaged during the summer months when school is out. This adventure is open to Tigers, Wolves, Bears, Webelos, and Arrow of Light Scouts. The main goal is to participate in fun and games, and stay active in Scouting throughout the summer.

To earn the Summertime Fun award, Scouts need to take part in three Cub Scout activities between May and August. These activities can be at different levels, including den meetings, pack events, field trips, larger gatherings like district or council events, or as informal as a park or swim fun day. It's a flexible requirement that allows Scouts to participate in a variety of activities.

For younger Scouts such as Tigers, Wolves, and Bears, completing the requirement earns them a belt loop. Older Scouts in the Webelos and Arrow of Light ranks receive a pin. Lions do not begin Cub Scouting until they are attending Kindergarten in the fall so there are no summertime activities for Lions.

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Recognition Corner--Recognitions!



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Upcoming



Wilderness First Aid

IOLS Training 23-24 August JNSR, 8-9 November JNSR

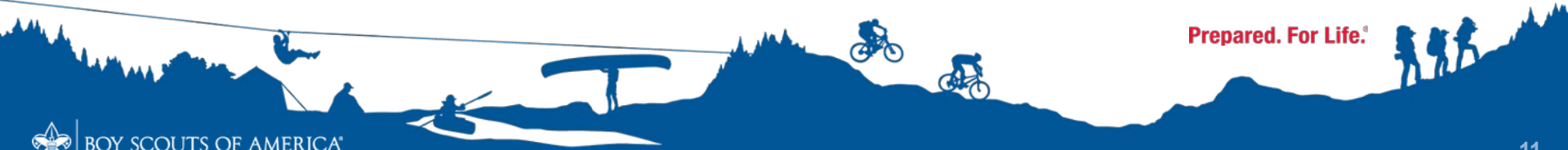
Trainer's EDGE

Wood Badge 2144 4-7 and 26-28 September CGT

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

BALOO Training 4-5 October JNSR

NRA RSO Class 9 August Gaylord Scout Center



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Upcoming Events—July and August

13-19 July **NYLT**



17 July **Scissortail Eagle Boards of Review**



24 July **Scissortail District Roundtable**



8-10 August **Ma Nu Lodge Fall Experience**



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Upcoming Merit Badge Classes

Scissortail Series--Gaylord Scout Center

28 June 9:00am—3:00pm **Railroading Merit Badge**

10 and 12 July **Truck Transportation Merit Badge**

12 July **Electricity Merit Badge**

19 July **Aviation Merit Badge**

26 July **Weather Merit Badge**

5 and 6 August **Signs, Signals, and Codes**

12 and 13 August **Electronics Merit Badge**

13 September 9:00-1:00pm **Automotive Maintenance / Traffic Safety Merit Badges**

8 and 15 October 6:30pm **Space Exploration Merit Badge**



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Jamboree on the Air

Jamboree On The Air Oct 17 -19 2025
Come join us for the fun at Scout HQ
1345 Baseline rd



World Organization Of Scouting



Ottawa Armature Radio Club



Radio Amateurs of Canada



Scouts Canada



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What is JOTA?

JOTA is a world Scouting event that takes place on the third weekend of October each year.

Scouts from all over the world get together using amateur/ auxiliary radio technology.

Who is JOTA for?

JOTA is open to all sections: Beavers, Cubs, Scouts, Venturers, Rovers, Leaders, and Parents. JOTA is an inclusive event, and we welcome other youth groups to join in the fun. Groups like Girl Guides, and the Cadets, etc

What is the purpose of JOTA?

JOTA is an event that promotes scouting all over the world. It also allows the youth to learn about: communications, STEM, geography, etc.

Where will this event take place?

JOTA can take place anywhere a scout group can find and licensed amateur radio operator.

In 2025 the scouts Canada national museum team will be hosting JOTA/JOTI at Scout HQ
1345 baseline rd. Ottawa

When is it in 2025?

Friday OCT 17 to Sunday Oct 19

Activities

Radio Fox hunt, Battleships over FRS Radios, Treasure hunt, Badge work, HF QSO's, VHF QSO's, UHF QSO's, CW (Morse Code)– introduction, and more.

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Scouting America—Troop Leader Resources



Troop Leader Resource Hub

Your destination for Scouts BSA troop info and planning resources

Topics include Troop and Patrol Structure, Ceremonies, Camping, Hints for New Troops, Advancement, Activities/Games/Challenges, Outdoor Programs, Planning, STEM, Arts, Citizenship, Service Projects, Fundraisers, Recruitment, Courts of Honor, Health and Safety, Sports, Hobbies, Campfire Programs, Etc.

<https://troopleader.scouting.org/>

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BOY SCOUTS OF AMERICA®



Scouting America—Cub Pack Meeting Resources



This is the basic “Welcome to Cub Scouts” Resource page. It includes information on program levels, uniforms, parent resources, and program activities.

<https://www.scouting.org/programs/cub-scouts/>

This is the new official Scouting America Pack Resources page. Topics include Preparation, Pack Meeting Plans, Presentations and Ceremonies, Fun and Games, an outline of conducting a pack meeting, types of meetings—outdoor, special events like Pinewood Derby, Raingutter Regatta, and the Blue and Gold Banquet, and Adventure-based activities.

<https://www.scouting.org/programs/cub-scouts/pack-meeting-resources/>

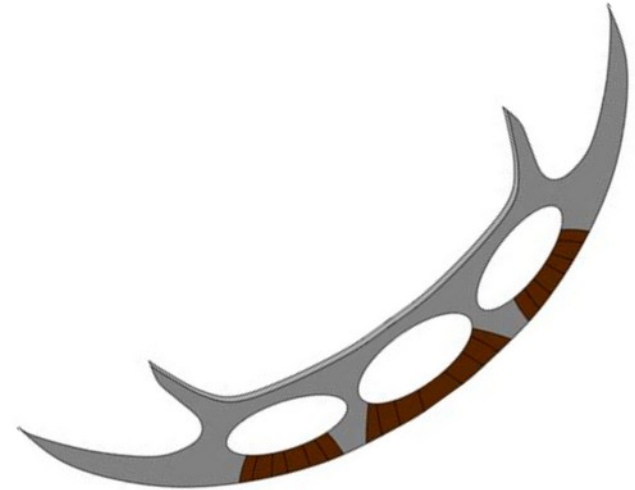


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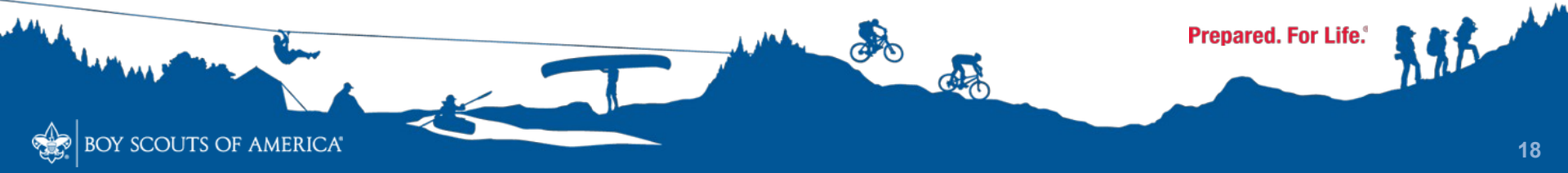


Hot Topic—Fall Camporee—Bill Hensley

BATTLE OF THE EMPIRES



IS YOUR UNIT PREPARED?



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Hot Topic—Running a Successful Popcorn Season

--Kelley Sheik



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District Executive's Minute



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Next Meeting Thursday, July 24th 6:00pm.



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Questions and Open Discussion



Scouting America™

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