



Scissortail District Roundtable



**Raegan Rethard
Roundtable Commissioner
28 August 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
- Bringing Spark to Your Meetings!--Eric Wickstrom





Safety Minute—Diabetes



SUMMARY

Very likely, someone in your unit has diabetes—a medical condition that disrupts the body’s ability to control blood sugar. Potentially life-threatening problems might occur if and when their blood sugar gets too high or too low.

GENERAL INFORMATION

Diabetes is categorized as either Type 1 or Type 2. Most people with Type 1 diabetes are diagnosed in childhood, and almost all need insulin shots to manage their blood sugar.

Type 2 diabetes is more commonly diagnosed in adults but is increasing in youth. In Type 2 diabetes, the loss of sensitivity to insulin causes a high blood sugar level. The condition is often controlled by oral medication and a monitored diet, although insulin shots are sometimes necessary.

People with diabetes check their blood sugar levels using a glucometer. They should always carry a glucometer and glucose tablets or food that can quickly treat low blood sugar. Some people with diabetes might have an insulin pump, which is a small, typically pocket-sized computerized device that delivers insulin through a small tube placed under the skin. People with diabetes who have insulin pumps are typically well trained and should know how to manage both the device and their diabetes.

People with diabetes should always be identified to adult unit leaders and to selected youth members who will act as a buddy. The buddy should know the symptoms of low and high blood sugar and be willing to act promptly and notify an adult if these symptoms are observed.

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Safety Minute—



Low and High Blood Sugar

Strenuous exercise can decrease the blood sugar in all of us, and this is especially true for people with diabetes, for whom low blood sugar, or **hypoglycemia**, can occur suddenly. Symptoms of low blood sugar might include sweating, rapid heartbeat, weakness, confusion, unconsciousness, or seizures.

The first aid for low blood sugar is sugar. Give some form of sugar orally if the person is conscious. Liquids—juices or gels—are often the easiest to obtain and administer. If there is no improvement within 15 minutes, seek immediate medical care. Remember that oral treatment should never be attempted if the victim is unconscious because choking could result.

Elevated blood sugar that stays too high for too long—**hyperglycemia**—can lead to diabetic ketoacidosis (DKA). Although DKA usually develops slowly, this medical emergency requires immediate hospitalization. Symptoms of high blood sugar might include sleepiness, frequent urination, lack of energy, heavy breathing, thirst, or loss of consciousness.

First aid for someone suffering from a high blood sugar level is to administer sugar-free fluids and to immediately transport them to medical care.

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Safety Minute—Tips for Leaders



Develop a diabetic action plan with the individual and their parents before a Scouting event occurs.

Know symptoms of low and high blood sugar levels, how to use a glucometer, and when to get medical help.

Make sure that the Annual Health and Medical Record includes the most current information.

Plan for each person with diabetes to be paired with a knowledgeable buddy to help if symptoms arise.

Encourage people with diabetes to check blood sugar as recommended by their doctor and if and when symptoms occur.

Make sure you have adequate medication and supplies for the entire event before leaving.

RESOURCES

[American Diabetes Association—Diabetes Basics](#)

[American Diabetes Association—Diabetes Medical Management Plan](#)

[Mayo Clinic Diabetes](#)

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Recognition Corner—The Recruiter Strip!

The Recruiter Strip can be awarded to Cub Scouts and Scouts BSA members. It is earned by recruiting a new Scout into the program (they do have to join!). It can be worn by any youth member and is worn on the uniform below the right pocket.

What are some of the incentives you use for recruitment in your troops?





Recognition Corner—Adult Recognitions!



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Upcoming



Wilderness First Aid

IOLS Training 4-5 October DS Camp, 8-9 November JNSR

Trainer's EDGE

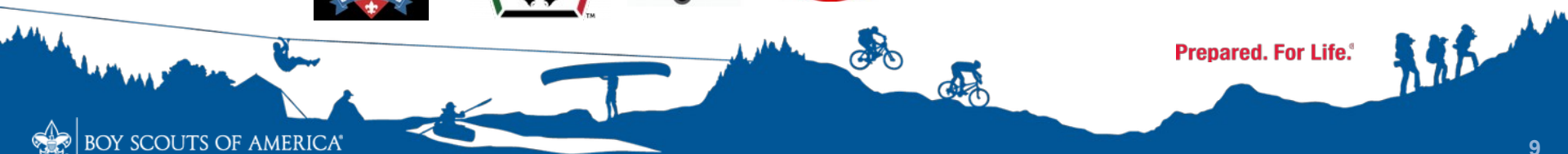
Wood Badge 2144 4-7 and 26-28 September CGT

Leave No Trace 10-12 October JNSR

BALOO Training 4-5 October JNSR

Cub Scout RSO Training 4-5 October DS Camp

NRA RSO Class



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Upcoming Events—September and October

11 September **Scissortail District Committee**

12-14 September **Fall Family Cub Camp at JNSR**

18 September **Eagle Boards of Review**

25 September **Scissortail District Roundtable**

27 September **Scissortail Cub Scout-Out! at New Hope United Methodist Church 9:00am to 1:00pm**

4-5 October **Senior Patrol Leader & Scoutmaster Meeting at Gaylord Scout Center 10:00 am to 12:00pm**

10-12 October **2025 Ma-Nu Lodge Fall Festival Kerr Scout Ranch**

10-12, 17-19, 24-26, 31-Nov 2 **Fall Family Adventures at CGT**



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Upcoming Merit Badge Classes

Scissortail Series--Gaylord Scout Center

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



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



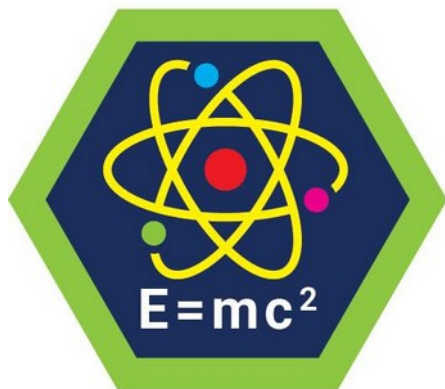
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New Test Lab Badges

Scouts BSA is launching two exciting new Test Lab badges!



Physics



Sewing & Needlework

<https://www.scouting.org/skills/merit-badges/test-lab/physics>

<https://www.scouting.org/skills/merit-badges/test-lab/sewing-needlework>

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Scissortail District

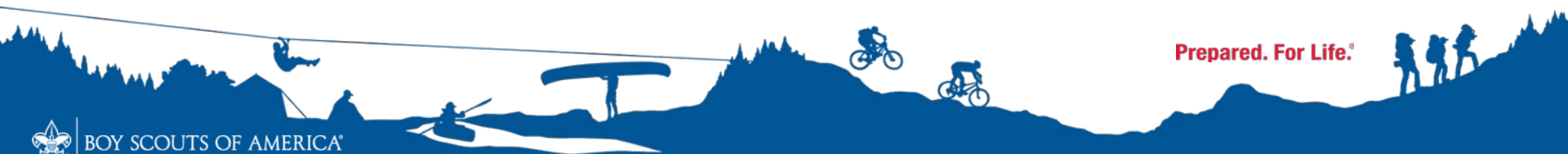


Cub Scouts, you are invited to *SCOUT OUT!* what Scouting America troops have to offer! Come visit with troop level units in Scissortail District to see their Scouting adventures, learn more about troop level activities, and maybe even find a troop that is a great fit for your scouting future!

**When: September 27th
9am-1pm
New Hope UMC
11600 N Council Rd, OKC**



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What you need to know about Arrow of Light and Scouts BSA camping during recruitment season

Arrow of Light (fifth grade) is the first year that Cub Scouts can camp at a Scouts BSA event.

Arrow of Light Cub Scouts can participate in a pack family camp-out, and they can also go camping as a den at council-approved locations.

Because the updated Arrow of Light program is a preparatory program for Scouts BSA, it also offers the opportunity to participate in overnight Scouts BSA events. This could be a Scouts BSA unit camp-out or a Scouts BSA camporee with multiple units.

No matter the type of Scouts BSA event, the Arrow of Light Scouts camping with a Scouts BSA unit **MUST** be accompanied by a parent. AoL Scouts may share a tent with **THEIR** parent only.

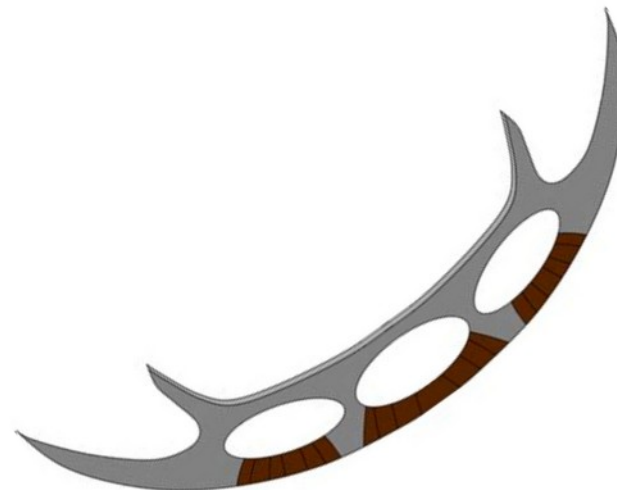


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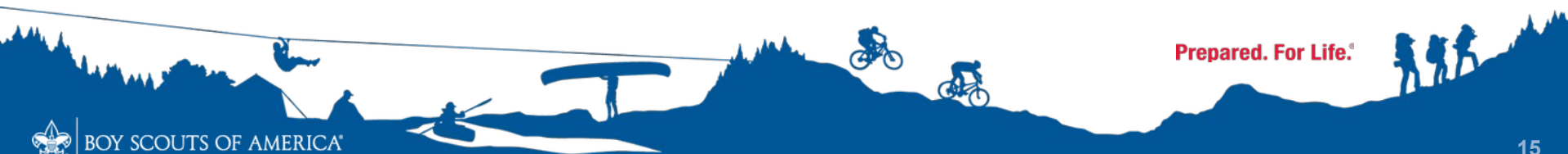


Hot Topic—Fall Camporee—Bill Hensley

BATTLE OF EMPIRES



IS YOUR UNIT PREPARED?



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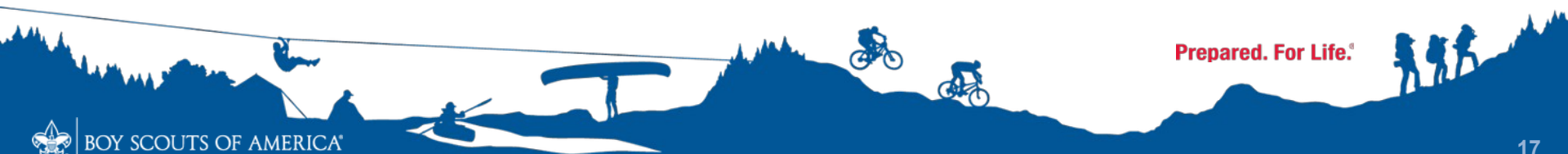


Hot Topic—Bringing Spark to Meetings—Eric Wickstrom





District Executive's Minute



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**Next Meeting Thursday, September 25th
6:30pm.**



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Questions and Open Discussion



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