



# The Troop Times

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October 2012

## October Campout

The October campout was at Camp Birch. It was also our Wilderness Survival Campout. We learned how to build survival shelters, and we could sleep in them for a night if we wanted to. The troop played the Hunger Games at camp! We played many times, and there were many different winners. We also had a nice campfire on Saturday night. It was a great campout, and everyone enjoyed it!

*-Jeremy O.*

## Josh's Nagatamen NYLT

Our fellow scout Josh O. went to Nagatamen National Youth Leadership Training last June. At Nagatamen, the scouts learned leadership skills and how to be a good leader. The scouts were put into patrols with other scouts that they didn't know. They were to bond together and become a good patrol. At the end of the week, Josh was elected Honorary Patrol Leader by his patrol for showing the best leadership skills.

But that wasn't it. The scouts had a chance to earn their Bolo award, which is an award given by setting goals for themselves in their troops, and using the skills they learned to achieve them. Josh's goal was to teach the PLC how to plan meetings more efficiently, and to help set up the texting system which we now have. Because he completed his goals, Josh earned his Bolo on November 4 at the Nagatamen Bolo ceremony. Congratulations, Josh!

*-Jeremy O, with details from Josh O.*

## Patrol Reports

**Titanium Titans:** We had a patrol meeting, and we planned for future events. We will be planning a patrol activity that we can do, and we had our service project at the Ronald McDonald House.

*-Jacob C.*

**Golden Gladiators:** We had a patrol meeting on October 25, and we will be having another patrol meeting at Donatos on November 19. Everyone in the patrol is almost second class.

*-Brent C.*

**Burning Arrows:** No recent activity. *-Kyle M.*

**Fire Breathing Dragons:** We had our service project at Blacklick Woods picking up trash. We also had a patrol meeting, and we are thinking about different patrol activities that we could do.

*-Alex W.*



*A survival shelter made at Camp Birch*

## Health Corner

### **Slimmer Sausage and Peppers**

This hearty yet better-for-you dinner is perfect for a camping trip.

Minutes to Prepare: 10

Minutes to Cook: 30

Number of Servings: 4

Ingredients:

1 red onion, sliced (about 1 cup)

2 bell peppers, sliced (about 2 cups)

5 cloves garlic, sliced in half

16 ounces redskin potatoes, quartered (about 9)

1 sprig thyme

1 teaspoon fresh oregano (or 1/2 teaspoon dried oregano)

Pinch black pepper

3 reduced-fat sausage links, (about 10 ounces)\*, sliced into bite-size pieces

1 tablespoon balsamic vinegar

Choose the small waxy potatoes so that they will finish cooking at the same time as the onions and peppers.

If you want your sausage and veggies to have more color, cook an additional 10-15 minutes.

\*Sausage has slimmed down--have you seen the varieties available on the market these days? You can find lower-fat, less sodium, even half pork and half chicken.

Preheat the grill to 500 degrees Fahrenheit or the oven to 450.

Tear off two 14-inch sheets of heavy-duty aluminum foil. Lay them flat (one perpendicular to the other) so they form an "X."

Place all the ingredients in the center of the foil and fold in all four sides, pinching them together at the top.

Cook for 30 minutes, until the potatoes are tender and the sausage has reached an internal temperature of 165 degrees.

-Ethan A.



*Slimmer sausage and peppers*

## Scout of the Month

### **Nate M.**

Nate has been in our troop since about May. He is currently Scout, but is almost Tenderfoot. Before joining our troop, Nate was in Troop 203. He likes the people in our troop, and he also enjoys the campouts. Outside of Scouting, Nate is in band and plays tuba, and he ran Cross Country. Nate plans to get Eagle.

### Chaplain's Aide

Psalm 91, 14-16

God says, "Because you are devoted to me, I'll rescue you. I'll protect you because you know my name. Whenever you cry out to me, I'll answer. I'll be with you in troubling times. I'll save you and glorify you. I'll fill you full with old age. I'll show you my salvation."

**Ben's Words On the Verse:** Do you ever feel like there's no one there, or that you're alone? Well, there's always someone there, and that someone is God. Even though we can't see or hear him, he's still there. He still answers our prayers. So next time you feel down or alone, just talk to him and he'll answer you, maybe not directly, but he'll answer. God will always answer, so remember to pray and worship him and you might not feel so alone.

-Ben A.

### Riddle

***How far does a blind dog walk into a forest?***

\*First scout or scoutmaster to tell Jeremy the correct answer will receive a cash prize!