



# The Troop 107 Weekly Blast

March 18, 2013

### ***This Week's Meeting***

**will be on Tuesday, March 19 at 7:15 PM at OSLC**

- There will be a gear return from last weekend's campout. Bring back clean & dry equipment.
- Boards of Review will be available. Wear your Class A uniform.
- Those Scouts taking part in the God and Church program will meet this week.
- The service patrol this week is the Ravenous Wolverines. Please arrive at 7:05 for set up and stay after to clean up.

### ***Calendar of Upcoming Events***

- 3/19 – Philmont planning meeting at 6:30
- 3/19 – Meeting at 7:15 @ OSLC
- 3/26 – No meeting (spring break)

### ***Camp Cards***

If you've been selling camp cards please remember to turn in the money you've collected, along with any unsold cards. Cards can be sold until the end of March and money must be turned in no later than the April 2 meeting.

### ***Spring Merit Badge Clinic***

The spring Merit Badge Clinic will be held on Saturday, April 6, 2013 and Saturday April 27, 2013 from 8:30 A.M. to 11:45 A.M. at OSLC. Scouts may choose to work on 1 or 2 merit badges. To register for the clinic, please email Mrs. Wong at [sharongwong22@gmail.com](mailto:sharongwong22@gmail.com). Registration closes on Tuesday, April 2. Please include the Scout's name, grade and rank. You must email Mrs. Wong to register.

The merit badges offered are Citizenship in the World, Genealogy, Family Life and Personal Fitness. Please note the following information about each merit badge:

**Family Life will only be taught on April 27<sup>th</sup>.**

**Personal Fitness will only be taught on April 27<sup>th</sup>.**

Scouts taking personal fitness should bring the following written work to class on April 27<sup>th</sup>.

1. Print the Personal Fitness Merit Badge Workbook from the website [meritbadge.org](http://meritbadge.org). Print the PDF version that has lines where you can write the answers. Write your answers to the requirements in the Personal Fitness Merit Badge Workbook.
2. Write the answers to Requirement 2 a - f.
3. Write the answers to Requirement 3 a - k.
4. Ask one of your parents to measure/time you in the Aerobic, Flexibility and Strength tests in Requirement 6. Record your results in the "Initial Results" section in the Fitness Measurement chart in Requirement 8. You will find this chart on page 7 of the workbook.
5. Ask one of your parents to measure you for the Body Composition Tests in Requirement 6. Record your results in the "Initial Results" section in the Body Composition Tests in Requirement 8. You will find the chart on page 7 of the workbook.
6. Read Requirement 7 and write an outline for a 12 week physical fitness program that is based on the guidelines in Requirement 7. If you participate in a sport, you may incorporate what you do during practices into your program. Have one of your parents approve your program. Ms. Giesecke will review your program with you on April 27<sup>th</sup> to make sure it is approved so you may begin your 12 week program. If you would like your program approved earlier so you may begin your 12 week physical fitness program before April 27<sup>th</sup>, please email your program before April 27 to Ms. Giesecke at [t107treasurer@gmail.com](mailto:t107treasurer@gmail.com)

**Citizenship in the World will be taught on April 6<sup>th</sup> and April 27<sup>th</sup>.**

Scouts should prepare Requirement 3 a and b to discuss on April 6<sup>th</sup>.

**Genealogy will be taught on April 6<sup>th</sup> and April 27<sup>th</sup>.**

Scouts should begin researching their family tree going back 2 generations. Scouts should research what websites are available to help them.

***More information on Troop 107 activities can be found on the troop website:  
<http://troop107.com/>***