

THE VIET SCOUTS OF POTOMAC

Troop 1794 - White Oaks District - NCAC-BSA
Thiếu Đoàn Trần Hưng Đạo, Liên Đoàn Potomac
Hội Đoàn Trung Ương Hướng Đạo Việt Nam



Official Monthly Newsletter of Troop 1794

March 2013

*Tôi lấy danh dự hứa cố gắng hết sức: Làm bốn phận đối với tín ngưỡng tâm linh, tổ quốc và quốc gia tôi;
Giúp ích mọi người bất cứ lúc nào; Tuân theo luật Hướng Đạo.*

March

- 2 Meeting
- 9 Meeting
- 16 Meeting
- 23 Meeting
- 30 Off (Spring break-no school: 3/25-4/2)
- 31 Easter

April

- 6 Meeting
- 13-14: Lien Doan Spring Camping
- 20 Meeting
- 27 Backpacking (for older scouts)
Meeting or hiking (for younger scouts)
- 30 The Fall of Vietnam 1975

May

- 4 Meeting
- 11 Meeting
- 18 Camping Jane Island, MD
- 25 Off
- 28 Holiday - Memorial day

Outdoor activities:

- May 18: Troop Camping Jane Island, MD
- Jun 29-Jul 6: Goshen Camp, VA
- July 20: National Scout Jamboree, WV
- August: Lửa Việt Camp, VA

Troop Leaders:

- Nguyễn Kim Sơn (SM) 301-943-1111
- Phạm Ngọc Lâm (ASM) 202-213-5461
- Trần Nghĩa (CC /ASM) 301-515-1872
- Phạm Thanh Tùng (ASM) 301-649-3049
- Hồ Đức Hiếu(AMS) 240-751-7093
- Trịnh Quốc Hưng (AMS) 240-271-3831(c)
- Phạm Ngọc Chiêu (AMS)
- Nguyễn Long Jimmy (ASM)
- Nguyễn Hữu Uy (JASM) 301-681-3453
- Nguyễn Anh Vũ; Nguyễn John Khải; Lê James Trục (JASM)
- Chung Nam (Bryan) (SPL)
- Trần Phát Steve (ASPL)

*Đội Ưng (Falcon Patrol)

- Trương Triệu (PL)
- Nguyễn Hữu Huy
- Bryan Chung
- Hoàng Nhật Anh Alan
- Lê Thạch (APL)
- Nguyễn Nam (IN)

*Đội Hổ (Tiger Patrol)

- Huỳnh Clinton (PL)
- Tony Trương
- Trần Jason (APL)
- Hồ Nam
- Kevin Lê
- Alan Đặng (TS)

*Đội Báo (Cheetah Patrol) (PT & APL are alternative)

- Athen Pham
- Vincent Trinh
- Zachary Chau
- Timothy Le
- Christopher Le
- Jeffrey Trần (TG)
- Kevin Đỗ (IN)

Position Code: **SPL:** Senior Patrol Leader; **ASPL:** Assistant SP
PL: Patrol Leader; **APL:** Assistant Patrol Leader; **TG:** Troop G
TS: Troop Scribe; **IN:** Instructor; **QUAR:** Quarter Master; **JAS**
Junior Asst. Scoutmaster; **IN:** inactive

TẾT HƯỚNG ĐẠO:

On Saturday, February 16, Scouts from LD Potomac attended the annual Tết Hướng Đạo (Vietnamese Boyscout New Year Celebration). The scouts of Potomac arrived at 9 AM to help with the setup. After the opening ceremony, New Year wishes, and lion dance performance by other Lien Doan, the scouts were given red envelopes (lì xì). After lunch with traditional Vietnamese dishes such as bánh chưng, bánh tét (rice cakes) and etc., the Potomac girl scouts helped with the Đánh Đũa game while the Potomac boy scouts helped teach other scouts how to play đá cầu.

Sớ Táo Quân Potomac

Đoàn Potomac

Trong năm vừa qua,
Có nhiều biến đổi
Crew thì hăng hái
Phục vụ cộng đồng
Gom góp gạo tiền
Giúp người bị bão.
Hai em ca-dette
Đạt Gold a-ward
Được First Lady
Gửi bằng khen thưởng
Troop thì khá giỏi
Eagle bốn em
Dựng lều cắm trại,

Mỗi tháng một lần
Brown-nie chăm học
Lấy gần hai mươi
Brownie scout badges.
Cub-scouts háo hức
Ngủ lại fall camp
Arrow of light
Hai em đạt được...đạt được cái mà đạt được..
(by Tr. Hiếu)



For the entertainment there was Sớ Táo Quân performed by all Lien Đoàn. Our young scouts did a good job reading Sớ Táo Quân in Vietnamese. Also our LD performed a skit about Vietnamese Customs about Tết. The performances were outstanding. We received a lot of praise from other parents and leaders. Hopefully, the

scouts will learn a few things about Tet after the skit. If you forget, here are the few things you should know about Tet:



- December 23: Lễ Tiên Ông Táo về trời.
- People put bamboo sticks as cây nêu in front of their houses to scare off the devil.
- Weeks before the New Years, people start cleaning their houses and altars.
- They buy fruits, bánh chưng, bánh tét, mứt, trái cây as gifts.
- Lễ Giao Thừa at midnight of December 30. The head of the family thanks the ancestors and prays for a prosperous New Year.
- Customarily many Vietnamese believe that the first person step in your home will either bring good luck or bad luck to the family throughout the year. Therefore, they normally ask a successful friend to come in the house first. If one is unavailable, the homeowner will be the first one to enter the house himself. Do not wear white or black dresses, give or receive sharp objects, and/or medication as gifts (bad luck!)
- The elderly are revered above all. So on the first day of the New Years, people in the family gather and congratulate the grandparents, parents, uncles, aunts. In return, the elders provide the youth with red envelopes.
- On the 2nd and 3rd day of the New Year, people often visit friends, bosses, and teachers.



15 scouts have attended the White Oak District Merit Badge day on the President's Day, Monday February 18. Bravo to those scouts. Instead of staying home on your day off, you all went and earned merit badges.

Congratulations to the scouts who earned the following badges:

Alan Đặng (energy; crime prevention)

Clinton Huỳnh (energy; crime prevention)

Jason Trần (energy; crime prevention)

Thạch Lê (energy; crime prevention)

Timothy Lê (Public Health; traffic safety)

Vincent Trịnh (traffic safety)

Zachary Châu (traffic safety)

Eric Phan (traffic safety)

Hồ Nam (fire safety; bugling)

Trương Triệu (citizenship of the world; fire safety)

Trần Phát (citizenship of the world; fire safety)

Chung Nam (citizenship of the world; fire safety)

Trần Jeffrey (citizenship of the world; fire safety)

Thank you the scouts, leaders and parents for your participation.

HAPPY 156TH BIRTHDAY, CHIEF SCOUT OF THE WORLD



Robert Stephenson Smyth Baden-Powell, 1st Baron Baden-Powell was born on February 22nd, 1857. In addition to founding the International Scouting Movement, Powell was a Lieutenant-General with the British Army and later authored several books on military reconnaissance and training before completing *Scouting for Boys* in 1908.

He tested some of his Scouting principles by taking a Boy's Brigade to Brownsea Island in 1907.

Baden-Powell married Olave St. Clair Soames in January 1912. They met on the RMSP *Arcadian* ocean liner while Baden-Powell was on his way to New York to kick off a Scouting World Tour. At the time of their marriage, Soames was 23 and Baden-Powell was 55. Though born many years apart, they shared the same birthday. This day is now known as Founder's Day to Scouts.

Later while Baden-Powell was serving the British Army campaigns in India and South Africa, it was on one of these military campaigns that he saw a large string of wooden beads around the neck of Dinizulu, king of the Zulus. Years later, this encounter would inspire the Wood Badge leadership training within

the Scouting movement. Baden-Powell was almost always photographed in his signature Stetson Calvary Hat. He was a talented artist and liked to draw and paint as hobbies. Great Britain awarded Baden-Powell the Order of Merit in 1937. He retired from making public appearances for Scouting at the 5th World Scout Jamboree that same year. Powell died on January 8th 1941. His grave can be found in St. Peter's Cemetery. His last public words to the Scouts contained the message, **“Be Prepared’ in this way, to live happy and to die happy — stick to your Scout Promise always - even after you have ceased to be a boy- and God help you to do it.”**



SCOUT OF THE MONTH

Thạch Thane Lê is chosen as the scout of the month because he is always willing to accept tasks when being asked. Specifically, when asked to play a Father in the Lien Doan skit about Phong Tuc Tet. He eagerly accepted it and played the part very well. He is also one of the scouts who speaks Vietnamese very well in the Troop. In addition, he is the Patrol Leader of the Ho Patrol and shows leadership by helping to train the patrol members.

PARENT OF THE MONTH All of Troop parents are selected as the parents of the month. Parents, thank you for taking your son to the weekly meetings, preparing the food for Tet Huong Dao, and participating in

Merit Badge Day. A strong parental support and involvement is essential for our scouting program to be successful.

TROOP WEEKLY MEETING PLAN



- 10:15 -11:00 AM: Patrol Meeting: to plan for future outings, work on rank advancement and scouting skills.

11:00 – 11:45 AM Troop meeting:

- 11:00 – 11:15 AM: Selected Patrol's presentation. To help with public speaking, One or two members of the selected patrol will have a presentation on any subject that they want to discuss whether learning a new skill or talking about school events.

- 11:15 – 11:45 AM: Learn new scouting skills (by the leaders or adults)

- 11:45- 11:55 AM: Games (Selected patrol works with SPL to run the game)

March 9 meeting: Presentation (Ưng Patrol); Game (Hỗ Patrol)

March 23 meeting: Presentation (Hỗ Patrol); Game (Beo Patrol)

March 30 meeting: Presentation (Beo Patrol); Game (Ưng Patrol)

SCOUTING SKILLS---How to Backpack

Packing by zones

A. Tent
B. Heavier items, as close to your back as possible
C. Medium weight items
D. Lightweight - sleeping bag

Keep it light

How you pack your backpack will make or break your trip. In general, carry no more than 30 percent of your body weight. For an overnight trip on a Florida trail, a 25-pound pack should suffice. Your heaviest item will be water, so keep it in the top compartment, close to your back. It will help maintain your natural center of gravity.

Backpacker's checklist

What you carry into the woods is a personal decision. But here are a few items you won't want to be without.

<input type="checkbox"/> 1. Rain cover	<input type="checkbox"/> 21. Fork / spoon
<input type="checkbox"/> 2. Tent	<input type="checkbox"/> 22. Water tablets
<input type="checkbox"/> 3. Poncho	<input type="checkbox"/> 23. Dried food
<input type="checkbox"/> 4. Towel	<input type="checkbox"/> 24. Foam pad
<input type="checkbox"/> 5. Food	<input type="checkbox"/> 25. Plastic tarp
<input type="checkbox"/> 6. Stove fuel	<input type="checkbox"/> 26. Clothing
<input type="checkbox"/> 7. Water	<input type="checkbox"/> 27. Nylon cord
<input type="checkbox"/> 8. Trash bag	<input type="checkbox"/> 28. Flashlight
<input type="checkbox"/> 9. Stove	<input type="checkbox"/> 29. Compass
<input type="checkbox"/> 10. Cooking kit	<input type="checkbox"/> 30. Whistle
<input type="checkbox"/> 11. Sunglasses	<input type="checkbox"/> 31. Map
<input type="checkbox"/> 12. Toilet tissue	<input type="checkbox"/> 32. Sleeping bag
<input type="checkbox"/> 13. Sunscreen	
<input type="checkbox"/> 14. Repellent	
<input type="checkbox"/> 15. Trowel	
<input type="checkbox"/> 16. Matches	
<input type="checkbox"/> 17. First aid kit	
<input type="checkbox"/> 18. Toiletries	
<input type="checkbox"/> 19. Pocket knife	
<input type="checkbox"/> 20. Plastic cup	

OPTIONAL ITEMS

<input type="checkbox"/> Camera
<input type="checkbox"/> Binoculars
<input type="checkbox"/> Notebook / pen
<input type="checkbox"/> Field guides



FIRST AID: Immediate First Aid for a sprained ankle (R.I.C.E. METHOD): Your first thought should be to reduce any swelling by using the R.I.C.E. method). This is an acronym that stands for Rest, Ice, Compression, & Elevation, all done as soon as possible.

- **Rest.** It is important to rest your involved ankle to reduce discomfort and to prevent the damage from getting worse. You can use crutches if necessary.

- **Ice,** or a similarly, cold therapy. This reduces swelling and bleeding (in initial stages) while promoting blood flow (when used later). Apply an ice pack or cold therapy unit immediately following an injury to your ankle for 15 minutes. Then repeat this every two hours.

- **Compression** - This component of the R.I.C.E. method will also help reduce bleeding and swelling. For more information on how to wrap your ankle, do a search for a "Louisiana" wrap.

- **Elevation** - Use gravity in your favor and held to reduce bleeding and swelling by allowing fluids to move away from the site of an injury. Put your feet up and get someone you know to wait on you!

SCOUTS IS HUMOROUS



The Most Popular Man Story.

One day at work, Bob was bragging that he knew everyone that was anyone. His boss, Rod, got tired of his boasting and decided to check it all out.

He said, 'OK Bob, how about Clint Eastwood? Do you know him?'

'Oh sure,' said Bob. 'He and my Dad shoot grouse together and he's a great guy.'

'OK, prove it,' said Rod. 'Let's fly out to Carmel, USA, and you can introduce me.'

'Great,' said Bob. And so they did. They took a taxi to Mr. Eastwood's estate, Bob knocks on the door, Mr. Eastwood opens it and shouts, 'Bob! Hey, great to see you! You and your friend come on in and have lunch.' Ron was very was impressed, but still rather sceptical. When they left after lunch, he said, 'That was a coincidence that you knew Clint Eastwood.'

How about President Obama?'

'Sure, I know him,' replied Bob. So, they fly off to Washington, DC and head to the White House. As they are touring the grounds, Mr Obama sees Bob and comes right over saying, 'My word, Bob, I haven't seen you in a couple years. Come on in, have some coffee and let's catch up.'

After a couple hours, Bob and his boss, Ron, are escorted off the White House grounds and Bob asks his boss, 'Well, do you believe me now?'

His boss, shaken and a bit bewildered, but still not completely convinced says, 'I'll believe you if you show me you know one more person - the Pope.'

'Certainly,' says Bob, 'I've known Pope Benedict since I was just a little kid. Let's fly over to Italy.'

So, off to Rome they fly and join a mass of people in St Peter's Square waiting to catch a glimpse of the Pope.

Bob says, 'There's no way I can get the Pope's attention with all these people here. How about if I go talk to one of the guards I know and then I'll come out on the balcony and wave.'

Ron patiently waits as Bob heads off into the crowd. About 15 minutes later, the Pope emerges on the balcony and right beside him is Bob waving to the crowd.

When Bob returned a few minutes later to where he had left his boss, there were paramedics there surrounding his boss laying on the ground - he had had a heart attack. Bob rushes up and asks what happened. Ron looks up at him and gasps, 'I was doing OK when you came out on the balcony. But then the guy next to me asks 'Hey, who's that up on there on the balcony with Bob?'

VIETNAMESE BOY SCOUT TRADITION:

HOW TO GET A POTOMAC NECKERCHIEF

For Vietnamese boy scouts, one must go through a process to earn a neckerchief. The candidate must go through a Lễ Tuyên Hứa. This ceremony is one of the most important rituals in the life of a Scout. This ceremony marks the accepted way of life of a Scout which takes the Promise, and Law for real-life uses. Prior to lễ Tuyên Hứa, the scout undergoes a period of at least 3 months participating with his unit. Once a scout is ready and expresses an interest to get the neckerchief, he will tell the scoutmaster to organize a Lễ Tuyên Hứa. A day before lễ Tuyên Hứa, there will be one night called "Tĩnh Tâm". During the night, the scouts will have one more



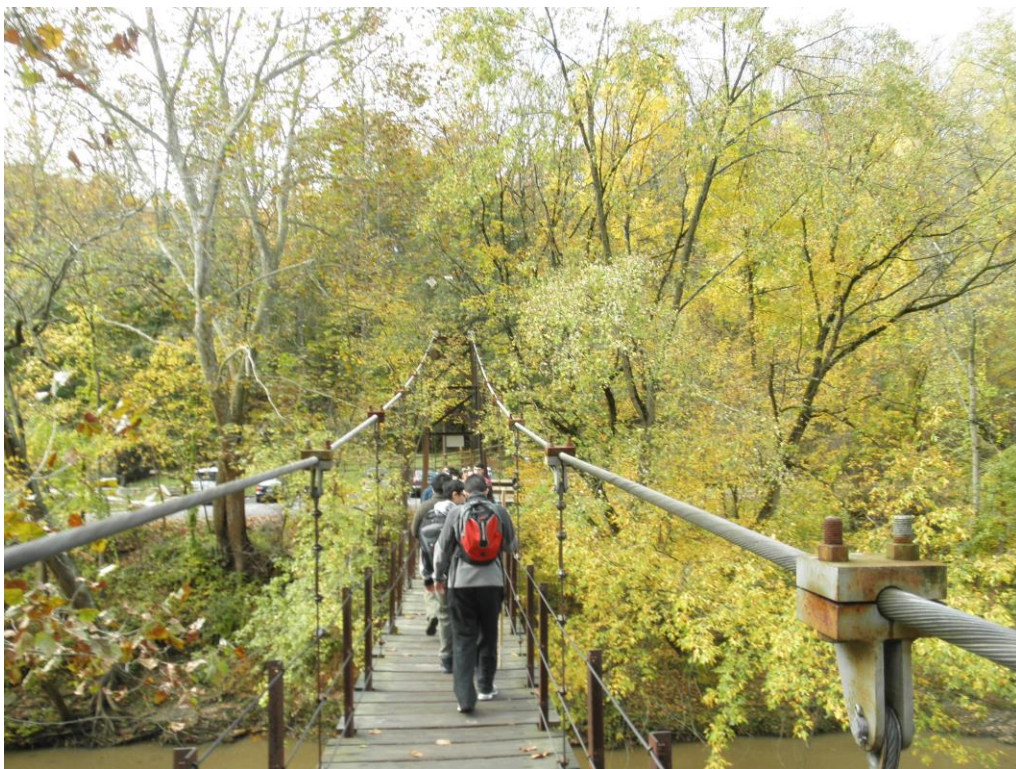
chance to make sure their faith in the life of a Scout. All leaders and scouts who have been tuyên hứa will sit around the campfire to answer all the questions and issues raised by the scouts. Then they will return to their tents to think more about the new phase of life. After a night thinking, the scout will get up early to inform the leaders that he or she is willing to make a promise (Tuyên Hứa). Lễ Tuyên Hứa must be done before the sun rise.

TROOP PHOTOS

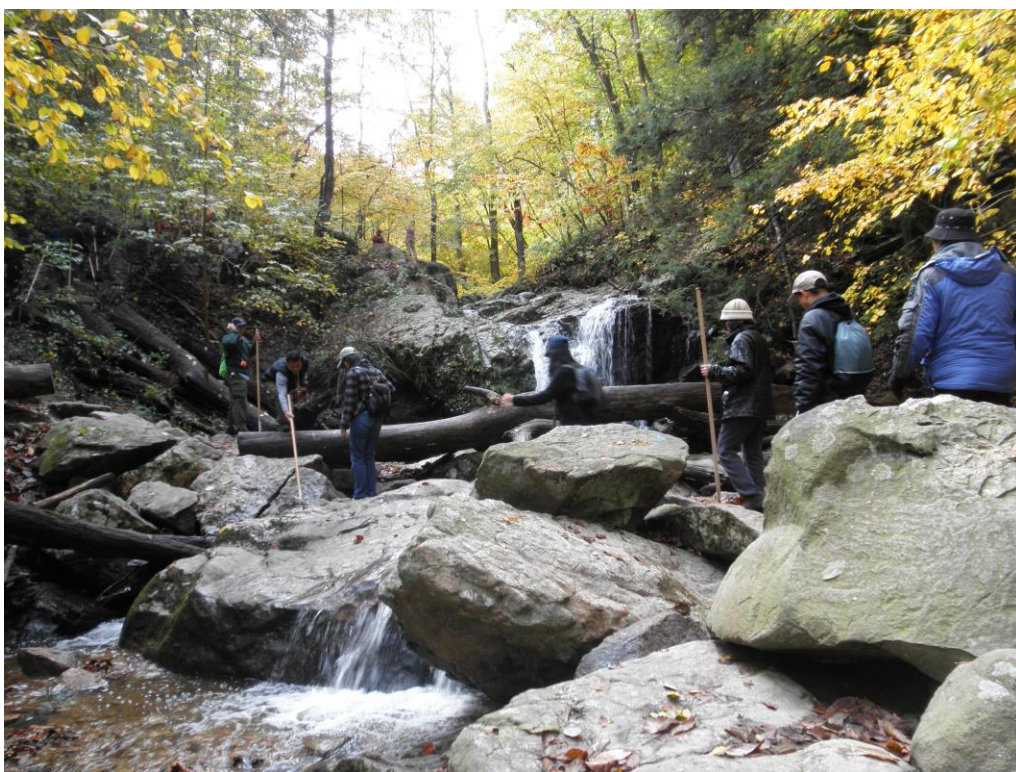
This year Lien Doan Spring Camp out will be at the Patapso State Park where our Troop camped in fall 2012. Here are some photos of the Troop hiking in the Park last fall.



Walking through the tunnel. Someone is playing with his stick again...



Hiking on the hanging bridge. Hang on!!! It is shaking...



Hiking to Cascade falls...the scouts are always ahead of the adults



Tip toeing through a creek....Ascending back to camp

SCOUT ADVANCEMENT PROCEDURE

If a scout has finished all his requirements for the next rank, it is mandatory that you:

- a. Contact the scoutmaster for the scoutmaster conference (must be at least 1 week before the Board of Review).
- b. If you "pass" the scoutmaster conference, you must contact Mr. Hiep Pham (Advancement Chair) at hpham111@yahoo.com, and Tr. Nghia (Committee Chair) (kimtran74@yahoo.com) to schedule your Board of Review.

SCOUT SPIRIT

It is hard to evaluate Scout Spirit. For Troop 1794, we define "Scout Spirit" as follows:

1. A minimum of 2 hours of community service from Troop or Lien Doan
2. Participation in at least 1 fundraiser.
3. At least 4 troop outdoor activities per year.
4. Participate 75% of Troop meetings.
5. Good deeds done outside of scouting.

ATTENDANCE POLICY

Scouts are expected to attend all troop meetings on the schedule and participate in the troop outdoor activities. The senior patrol leader, assistant senior patrol leader, and patrol leaders are expected to attend the monthly patrol leaders' council meeting in addition to the regular troop meetings. A 75% attendance in both troop meetings and outings is necessary to meet leadership requirements, especially for those scouts first class and above. The PL will take attendance of his patrol and report to the troop scribe. The troop scribe will record the attendance for the SPL and ASPL.

If a scout cannot be present at the weekly meeting or other scouting event, he should call his PL or APL and tell them he cannot be present. If you must leave early, please make sure an Assistant Scoutmaster is aware that you are leaving early.

For outdoor activities, if a scout cannot attend due to conflicts of school, sports, church. He must contact the scoutmaster a week in advance.

NEED HELP FOR THE NEWSLETTER

We need stories from scouts or adults about their experience with Troop activities. In addition, we need someone to help with the editing. If you are interested, or have any ideas to improve the newsletter, please contact Tr. Son (skn117@yahoo.com)

Editor: David Vũ Nguyễn; Photo: Lâm Pham & Sơn Nguyễn; Story: Sơn Nguyễn

LASTEST NEWS – BACKPACKING DATE IS CHANGED

Due to the SAT exam, parental concern of cold weather in March, and some scouts are not readily packed; the backpacking trip scheduled on March 16-17 will be moved to April 27-28. We are also expecting all junior scouts to participate.