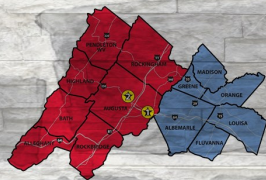


JUNE 2023



# THE TRIBUTARY

THE NEWSLETTER OF THE VIRGINIA HEADWATERS COUNCIL



**Steve Hammond**  
COUNCIL PRESIDENT

**Sue Hart**  
Assistant Scout Executive

**Roger Burke, Jr**  
COUNCIL COMMISSIONER

## Virginia Headwaters Council (VAHC)

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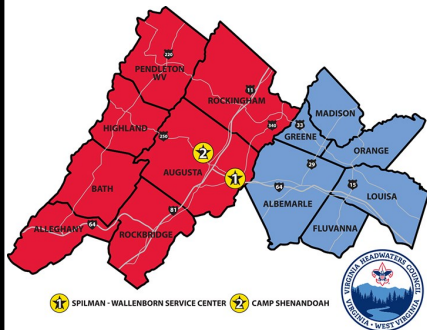
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## Flag Day

is celebrated in the United States on June 14th each year to commemorate the adoption of the American

flag by the Continental Congress on June 14, 1777. The flag was adopted during the Revolutionary War, and the resolution stated that the flag would have thirteen stripes, alternate red and white, with a union of thirteen white stars on a blue field<sup>12</sup>. President Woodrow Wilson issued a proclamation in 1916 establishing Flag Day as a national observance.

Our flag represents us all, regardless of our background or our religion or our personal beliefs. It's the symbol we all share and the symbol we all should respect. Scouting honored the U.S. Flag in 1972 by adding it to all BSA uniforms.

Citizenship is one of the aims of Scouting! When we say the Scout Oath and our recite the Pledge of Allegiance we are affirming our commitment to our "duty to country".

This summer as you head outdoors, consider how you can celebrate Flag Day and help engage your Scouts and Scouters with this crucial foundational piece of Scouting. Ideas include:

- A special flag ceremony at camp with a note about the history of Flag Day and this visible representation of our country's freedom.
- Weave these conversations into your Cub Scout day camp or resident camp programs – how does caring for the outdoors show our respect for our country? How can we take care of the flag as a member of a den or pack?
- Scouts BSA summer camp participants could discuss Flag Day and the importance of citizenship during their merit badge programs, around the campfire or at a special ceremony.



### Summer is almost upon us.

The school year is ending, and prime camping time is here. Camp Shenandoah and Camp Staff are anxiously awaiting the arrival of campers. We have a top-notch Staff this summer teaching a wide variety of merit badges and Scout skills. We have a new dining hall contractor with a reputation of good food. Talented staff, good food and a beautiful camp; what a summer to look forward to.

Our office move is complete so make sure you get the new address. The office telephone number remains the same. Please note that there will no longer be a Scout Shop at the Council Office, all uniforms and Scouting items can be found on-line at the National Scout Shop. Very soon, the Council office will no longer carry advancement items. They too are available on-line.

By the end of June, our line of credit issue will be resolved and no longer presenting a threat to the continuance of our Council. The Council Board has worked long and hard to make this happen. Most of the proceeds from the sale of the former-office will be used to pay down the line and the remainder will be financed over the next 20 years. We have the good fortune to work with bankers that have Scouting roots or current associations and they are understanding of our situation. It just proves what we all know, Scouting people are the best people.

Of course, as summer arrives, we have to start planning for the fall. Make membership/recruiting and fund raising your top priorities. WE NEED MORE SCOUTS!!! Every unit needs a person (s) responsible for unit membership and a plan on recruiting more Scouts. Our Cub Scout recruiting has suffered in the last few years, so we really need to make our best efforts to recruit Cubs. Don't wait until the fall. Recruiting should be a year-round program. Invite new prospects to summer meetings and

events. Let's share the fun.

On a personal note, I will be at Camp Shenandoah every Friday morning teaching Law merit badge. I would love for you all to drop by say hello and ask any questions you may have. I look forward to seeing you.

Steve Hammond - Council President  
[steve.hammond@hammondtownsend.com](mailto:steve.hammond@hammondtownsend.com)  
 434-962-5813

Good afternoon, Scouters, Flag Day is June 14th and our Scouts have an opportunity to be a part of a celebration that includes a flag retirement. **The Fort Harrison Chapter of the Sons of the American Revolution will be holding the event at Timberview Crossing.** It starts at 10 am and lunch is a part of it. The SAR color guard will be there as well as local officials and others. It is sure to be a great time. If you are interested in attending, please let me know. In addition, if you have flags to retire, please let me know! We retired over 200 last year and we'd like to surpass that.



That following Friday, June 16th, from 1-10 pm will be **Casks for a Cause** at Brother's Brewing. The local Masonic Lodge is partnering with us for the proceeds to go to our council. I will be there the whole time with drop ball tickets, a raffle, and we're looking for some silent auction items, as well. Please come out and bring the family for some good food and beer as well as some live music.

And last but not least, I also wanted to pass along to you an opportunity made available to our Scouts by the **Valley Amateur Radio Association. They are holding a field day on June 24-25 at the Rockingham County Fairgrounds and we're all invited to come out!**

So please check out the links in the email and reach out to me if you have any questions.

Yours in Scouting, Matt Phillippi



# MOUNTAIN VALLEY District

District Chair: Dr. Lawrence Whitehurst

District Commissioner: Matthew Phillippi

Dr. Lawrence Whitehurst: lrwhitehurstmd@gmail.com

Matt Phillippi: mrphillippi@outlook.com

District Executive:

Another month has passed us by. We had a great time getting camp ready for the summer and hosting our annual clay shoot at Shenandale Gun Club. It really is hard to believe that this month we will have youth filling our tents and program areas at Camp Shenandoah, but June is upon us.

This month, our Roundtable topic will be social media and advertising for our units. This is an important part of recruiting, and we want you to be ready for the fall season in advance. Start making your plans now for how you will be pushing out that information and know what kind of resources are available to you. A successful fall membership drive starts now.

There is also a fundraising opportunity in June where we are partnering with Rockingham Union Lodge #27 of A.F. & A.M. where they will be donating the proceeds from their Cask for a Cause to our local council. This event will be on June 16th from 1 to 10 pm at Brothers Brewing in Harrisonburg. There will be food, live music, silent auction items, and of course some delicious beer. If you made it out to the All-In for Scouting event last year this is in the same place, and they are great to work with. Plus, we will be selling drop ball tickets for the Lexington golf tournament fundraiser in the fall. So come out, have a good time, support Scouting, and bring family and friends.

We will take a break from our district meetings in July, but we are still planning a retreat for our Scouters in August. We will make sure to have information about that sent out to everyone over the summer.

The last thing is a bit of a plea for help. Part of the reason we consolidated districts into one large one is a lack of people. Not just the Scouts, but the volunteers. None of the three districts had a full committee that was functioning as it should. By consolidating, the hope was that we would be able to fill those roles once over at least since we struggled to fill them three times. We're having difficulties with that, though. One of the most important roles, that of the

membership chair, is unfilled. That isn't the only one, though. We have many open positions on the committee, and we need people to serve as commissioners.

I do not want you to shirk your responsibilities to your units. That is the most important role you have. But if you know someone that values Scouting and isn't in a role, talk to them about serving on the committee. It doesn't require as much time as some others. Do you know a Scouter that is ready to move on from their unit role? Maybe they would be interested in donning the wreath of service and helping the commissioner staff. We want our district to support our units, but we don't have the people to make that happen.

Please send any questions or potential names to Matt and Doc. We will be happy to chat with them about what these roles mean and do. And as always, feel free to reach out to us with any questions or concerns.

Matt Phillippi  
District Commissioner



## MOUNTAIN VALLEY BOARD RETREAT

**August 18-20, 2023  
Camp Shenandoah**

**Open to all adult leaders in the District.  
Join in the Fellowship, Training, and  
Planning**



## Bravo Zulu to the recipients of the 2023 National Sea Scout Leadership Award

Some go wherever the wind takes them. Others hoist the sails and set their own course.

Let's say Bravo Zulu (the nautical way to say "well done") to the Sea Scouts who fall in that second group. They're servant leaders who overcome challenges, challenge others, work as a team, and instill confidence — all the while enjoying the endless beauty of our country's outdoors especially our rivers, lakes, oceans and waterways.

Keeping Sea Scouting cruising along takes exceptional yeoman's work. It takes a vast network of youth participants and adult volunteers who go far beyond what's expected.

Last month, Sea Scouts BSA awarded the 2023 National Sea Scout Leadership Award to six most deserving individuals who have gone above and beyond to support Sea Scouting and who share an unrivaled passion for BSA's original high adventure program that dates all the way back to 1912.

### About the Sea Scout Leadership Award

The Sea Scout Leadership Award is presented at various levels within Scouting — from Council, National Service Territory, all the way to National.

Though Sea Scouting itself has been around for more than a century, the award itself was introduced in 2017. The youth and adult nominee must have been involved in Sea Scouts for at least a year, hold a leadership position within Sea Scouting and "show exceptional dedication and give outstanding leadership and service to Sea Scouting and to Sea Scouts."



**John Taylor of the Virginia Headwaters Council.**

A recipient of the Silver Beaver Award, John has served as co-lead for the National Sea Scout sub

committee for the National Exhibit Booth for national and most recently the 2019 World Scout Jamboree at the Summit. Most recently, John served as the Chair for the Strategic Planning and Membership Chair. At the local council level, John serves as Council Vice President.

## ADVANCEMENT NEWS

"Fellow Scouts and Scouters:

The Advancement news for May and June 2023 has some important updates. Highlights include:

- Cub Scout Conservations awards
- Swimming Strategies for Scouts with Special Needs
- Positions of Responsibility – Chaplain's Aide
- Christmas in July – Summer Camp and tips for the PLC for planning the first campout post-summer camp

You can find the current issue of Advancement News here: <https://www.scouting.org/wp-content/uploads/2023/04/May-June-2023-Advancement-News.pdf>

Yours in Scouting,  
Marc Monfalcone  
VP of Advancement, VAHC"

## FINANCIAL AID

**Financial aid for a Camp camperships or for scholarships to cover annual fees see below for contact information. You will be sent forms and required information.**

**Anne Blair**

**[annehwangblair@gmail.com](mailto:annehwangblair@gmail.com)**



# Cub Resident Camp

**June 18 - 20**

## Camp Shenandoah

**Come out and enjoy all the fun of Camp Shenandoah! There will be crafts, nature, shooting sports, fishing, swimming and so much more!**

**Open to all scouts from Lions to AOL!**

**\$150 per Scout and \$75 per Adult/Den Chief**

**\$100 per additional Scout**

**[www.campshenandoah.org/cubresidentcamp](http://www.campshenandoah.org/cubresidentcamp)**

# Webelos Resident Camp

June 21-24, 2023  
Camp Shenandoah

**Registration now open!!!**

[https://www.campshenandoah.org/  
webelosresidentcamp](https://www.campshenandoah.org/webelosresidentcamp)



**New Episode! Check out CAMP CAST where you listen to your podcasts today**

**The Virginia Headwaters Council (VAHC) is the local council of the Boy Scouts of America (BSA) that serves Scouts in areas of the Shenandoah Valley in Virginia and West Virginia and areas of central Virginia.**

**For more information see the council website at [vahcbsa.org](http://vahcbsa.org)**



## Two Amateur Radio Field Day Events for Scouting

Field day is an annual event sponsored by the American Radio Relay League (ARRL). More information on Field Day can be found here: <http://field-day.arrl.org/>

### **Monticello District**

The Albemarle Amateur Radio Club (AARC) cordially invites all Scouts to participate in our Field Day 2023 event held Saturday, June 24, and Sunday, June 25

See amateur radio in action and take the opportunity to participate and contact hams across the country in this annual event!

Where: Earlysville Volunteer Fire Company, 283 Reas Ford Road, Earlysville, VA

When: Saturday, June 24 from 2 - 5 PM and Sunday, June 25, from 9 AM - 2 PM

The AARC will have educational opportunities for Scouts, and a special radio set up with coaches just for Scouts to get on the air (GOTA). The club will have multiple educational opportunities for Scouts during their visit. There will be a staffed information table for Scouts and adults alike. Finally, there will be a registered Radio merit badge counselor available onsite during the above hours.

Field Day has been an annual event since 1993. The objective is for participating clubs and individuals from all over the United States to contact as many other radio stations as possible during the same 24-hour period. By doing so, hams learn to operate in abnormal or disaster situations in less-than-optimal conditions. Amateur radio operators work to develop skills to meet the challenges of emergency preparedness, and take this weekend to acquaint the general public with the hobby of amateur radio and its capabilities.

If you have any questions or would like more information contact:

*Bob Romanko* (callsign AK4BR) at [bobromanko@gmail.com](mailto:bobromanko@gmail.com)  
ASM Troop 17, President AARC and Field Day 2023 Chairman

### **Mountain Valley District**

The Valley Amateur Radio Association (VARA) and the Massanutten Amateur Radio Association (MARA) invites Scouts to participate in their Field Day event.

Where: Rockingham Fair Grounds on Rt 11 in Harrisonburg at the Poultry Building

When: Saturday, June 24 at 2:00 p.m. until Sunday, June 25 at 2:00 p.m.

The object of Field Day is for participating clubs and individuals to contact as many other radio stations as possible and in doing so learn to operate in abnormal or disaster situations in less than optimal conditions. A premium is placed on developing skills to meet the challenges of emergency preparedness as well as to acquaint the general public with the capabilities of Amateur Radio.

We will be operating five ham radio stations, one of which is called Get-On-The-Air (GOTA) where we have an experienced ham operator coach visitors who have never been on radio to make contacts. We would be delighted to have your Scouts get on the radio and make several contacts. Also, if we have an idea when you might be coming, we can schedule a demonstration while they are there. So far we are planning on a soldering demonstration and we working to have CPR/AED.

A link to our activities: <https://varava.club/field-day/>. Looking forward to seeing you and the Scouts at Field Day!

*Norm D'Allura* - Chairman 2023 VARA/MARA Field Day - President Valley Amateur Radio Association



## Hello Scouts and Scouters,

With summer camp approaching fast, Shenandoah Lodge is once again preparing for our OA Everyday Program at Camp Shenandoah. The purpose of this program is for members of the Order of the Arrow to have a way to engage with the lodge every day of summer camp. Even if you don't read the rest of this article, remember to: Bring your sash, bring your patch collection, and bring your OA spirit to camp! Let's go over each activity in turn.

### Monday

In order to welcome you to summer camp and let you meet other members of the Order, we will be holding our Medicine Bowl Monday evening. Remember to wear your sash to the Dining Hall for admittance. There will be free ice cream and a social game of crazy storytelling. We'll also be filling you in on the OA activities for the week, and answering any questions you may have.

### Tuesday

The Brotherhood Honor is the next step new members in the Order of the Arrow can take. Just after lunch on Tuesday, during siesta, head down to the Eppard Shelter for Brotherhood questioning. We will test your knowledge and commitment to the Order of the Arrow.

### Wednesday

After completing the requirements for the Brotherhood Honor, Brotherhood Candidates should meet at the Trading Post at 7:30pm for the Brotherhood Hike. This hike will then lead directly into the Brotherhood Ceremony. Please remember we are only able to induct member from Shenandoah Lodge.

If you are already a Brotherhood member or above, feel free to attend the Ceremony and welcome new Brothers into our circle. Please arrive before 8:15pm, wearing your sash.

### Thursday

For threadheads, this should be a favorite. Join Shenandoah Lodge for the Patch Trade-o-ree after lunch on Thursday, during siesta. Anyone with any scouting or OA patches are welcome. For OA

members, you can volunteer to help us supervise all trades being made.

### Friday

At the conclusion of the week, we will recognize new Ordeal Candidates and Members at the Friday night closing campfire.

Yours in Scouting,

Ben Annan | Lodge Chief  
Achewiecheu Takachsin  
**ORDER OF THE ARROW**  
Shenandoah Lodge #258  
(540) 688-7968



# 2023



<https://shenandoahlodge.org>

## Lodge Events

<b>7 January</b> Winter Banquet	<b>2-4 June</b> JUN Induction
<b>17-19 February</b> NLS/DYLC	<b>11-13 August</b> AUG Induction
<b>24-26 March</b> Spring Fellowship	<b>26-27 August</b> Vigil Event
<b>15 April</b> ShenandoahFEST	<b>29 Sep-1 Oct</b> Lodge Retreat
<b>28-30 April</b> Conclave	<b>4 November</b> Day of Service

Unit Elections 1 Jan - 8 Apr



# UVA Health





## Top Ten Reasons **YOU** need to take **Wood Badge Training**

1. Developing leadership skills: Wood Badge provides participants with a **comprehensive leadership training program** that helps them develop skills in communication, problem-solving, and decision-making.
2. You get to see Tracey Stakem blow the **Kudu Horn** and it's really cool.
3. **Building a network:** Participants have the opportunity to meet and work with other leaders from different backgrounds and experiences, building a network of like-minded individuals.
4. 80's music might be a prevalent feature throughout the course and who doesn't love **80's tunes?**
5. You might hear from Lord Baden Powell himself.
6. Gaining a deeper understanding of the scouting program: Wood Badge provides a deeper understanding of the **scouting program**, its values, and its methods.
7. You get to feel like a kid again **enjoying all the camp has to offer.**
8. **Enhancing personal growth:** The program encourages personal growth and self-reflection, helping participants to become better leaders and individuals.
9. Improving the scouting experience: Wood Badge-trained leaders are better equipped to provide a **high-quality scouting experience** for youth, helping them to develop into responsible and productive citizens.
10. No one has ever regretted taking this course, time to invest in yourself and ***be the leader your youth deserve!***

**Reserve your spot today!**

<https://www.vahcbsa.org/woodbadge>



## How to help Scouts who have anxiety about attending summer camp

By Aaron Derr May 2, 2023



Anxiety is a perfectly natural emotion for some Scouts to feel in the weeks and months leading up to summer camp. The good news is, we – the adults – are the perfect people to help.

Summer camp is great, not just for Scouts, but also for parents and leaders. That doesn't mean, however, that everything is going to go 100% smoothly. In fact, overcoming those obstacles is a big part of what makes it so great.

Your child could very well leave for camp a nervous wreck and return home a stronger, confident young person. That doesn't mean they can't use some support in the meantime.

The key to helping your child get over pre-camp nerves is to acknowledge their feelings and give them tools to help them tame them, according to the Child Mind Institute, one of the leading nonprofits specializing in children's mental health.

Don't tell them simply, "Don't worry about it — you'll be fine," for example. Instead, tell them that you understand their concerns, and you're ready to have a conversation about it whenever they are.

Here are some ways you can discuss this topic with your nervous Scout.

### Emphasize the comradery of summer camp

Chances are, your child will not be the only anxious camper.

One of the biggest supports your child will have at summer camp is their fellow Scouts. It's important for them to know that you aren't asking them to do this alone. Scouts at summer camp use the buddy system, which means the only time they'll be alone will be in the bathroom and shower. They also will be divided into patrols, which provide a built-in social support system.

There's a good chance your unit leader already plans on stressing the importance of Scouts supporting each other at camp. It's also totally fine to bring it up yourself.

If you're attending camp with your child, it's OK to provide some support. I would not, however, recommend that you be the primary source for support. That's what those Scout buddies are for.

### Involve your Scout in getting prepared for camp

You probably already have a gear list for summer camp. Don't go out and buy it all (or bring it down from your attic, if you already own it) without involving your Scout in the process.

Keeping your Scout involved in the preparation process teaches them valuable lessons about being prepared while also giving them a sense of control about what's happening.

I can't stress this enough! Pack with them, not for them. Yes, you want to make sure they have essentials like medication, bug spray and sunscreen. But if they get home from school one day and their camp bag is already packed and zipped up and ready to go, that could only heighten their anxiety by making them feel out of control of what they're about to experience.

**If you yourself have concerns, discuss it with another adult, not your child**

Just like it's normal for kids to be nervous about camp, it's also normal for parents to be nervous about sending their kids off to camp. Just don't share those feelings with your Scout. Instead, talk with other Scouting parents who have experienced this before, along of course with a spouse or other close adult friends.

**It's OK to ask the right questions**

DON'T: "What are you more scared of, riding in a boat, or sleeping in the woods?"

DO: "How are you feeling about boating?"

DON'T: "Are you nervous about being away from home?"

DO: "Are you excited to get to spend an entire week with your friends without having to worry about homework and chores?"

**Encourage your child to come up with some solutions to their anxiety**

One way to do this would be to ask them to create goals for themselves to achieve while at camp. How many merit badges do you want to earn? How many new friends do you want to make?

Another option is to formulate a plan of staying in touch – if the camp allows it – or at least writing thoughts in a diary or journal that they can share when they get home.

**Go over what the daily camp routine will be like**

Look over a map of the camp with your Scout. Point out the different areas that are reserved for camping, how they'll walk to the dining hall, how they'll get to the waterfront, which merit badge classes are where, and things like that.

Preparing them for what the average day at camp will look like can go a long way.

And be sure and point out where the fun stuff is. "Oh look, here's the gaga ball pit. And here's the basketball court. And here's the snack bar where they sell candy."

**Make sure your child is physically prepared for camp, too**

BSA summer camps feature strenuous activities such as hiking, swimming, biking and rowing. Complete your Annual Health and Medical Record, and keep your child active by participating in Scout outings and other active events during the spring.





### Know when your child's anxiety could be something more serious

Again, some anxiety is totally normal.

But, according to the Child Mind Institute, "You might be concerned if they demonstrate physical symptoms of fear: cold or clammy hands, butterflies, faintness, headache or nausea. Excessive tearfulness and hiding are also signs that something out-of-the-ordinary is going on. If a child's reaction is so severe that it interferes with normal functioning, it might be time to consult a mental health professional."

### When it's time for them to leave, don't linger

The last thing your Scout needs is a long, drawn-out goodbye when they're trying to get on the bus for the best week of their life. Instead, give them a kiss, hug, handshake, fist bump ... or whatever you would normally do ... and then simply let them go.

I'm betting that when they come back, all of that nervousness and anxiety will be forgotten.

## VAHC SHOOTING SPORTS TRAINING

3-4 Jun	NRA Basic Pistol (tentative)		Classroom TBD, camp ranges
30 Jul	NRA Basic Pistol		Camp – Nature, ranges
5-6 Aug	Basic Pistol		Camp - Nature, ranges
19-20 Aug	NRA Basic Rifle and Basic Shotgun		Camp – Nature, ranges
9-10 Sep	NRA Basic Instructor Training, Rifle & Shotgun Instructor (part 1)		
16-17 Sep	Rifle/Shotgun Instructor (part 2)		Camp – Staff lounge, ranges
9 Dec	NRA Range Safety Officer		Classroom TBD
20-21 Jan	NRA Pistol Instructor Invitation only		Classroom TBD, camp ranges
3-4 Feb	NRA/NMLRA Basic Muzzleloading (R/P/S)		Classroom TBD, camp ranges
24-25 Feb	NRA/NMLRA Muzzleloading Instructor		Classroom TBD, camp ranges

Dates are subject to change based on facility availability. Cost depends on facility availability; includes cost of ammunition.

A basic course is required before taking the instructor course in that discipline.

Basic Instructor Training (BIT) is required for instructor training; BIT certification is good for two years.



If you have any questions on these classes, please contact **Andrew Campbell, Shooting Sports Training Coordinator**, [andrewcampbell007@gmail.com](mailto:andrewcampbell007@gmail.com)

Other shooting sports questions, please contact **John Arpin, Council Shooting Sports Coordinator**, [arpinfamily@gmail.com](mailto:arpinfamily@gmail.com)



## Camp Shenandoah Summer Camp! Reservation Begins

Scouts and Scouters now is the time to get your units registered for Camp Shenandoah the upcoming 2023 summer session. We have a lot of new programming coming this year including addition of Robotics and Camping Merit Badges.

We have new outboard motors for Motorboating MB and hope to expand that program as well as Swimming MB.

Shooting Sports will be offering chalk ball and muzzle loading free shoots this year.

**YOUR camp in YOUR Council needs YOU to join us in 2023! Sign up early to ensure your favorite week at camp!**

June 18-21: Cub Resident Camp

June 21-24: Webelos Resident Camp

June 25– July 1: Scouts BSA Week 1

July 2—July 8: Scouts BSA Week 2

July 9—July 15: Scouts BSA Week 3

July 16—July 22: Scouts BSA Week 4

**Reservations now being accepted at  
[www.campshenandoah.org](http://www.campshenandoah.org)**



[facebook.com/campshenandoah](https://facebook.com/campshenandoah)



## Summer Camp Staff 2023 Highlight: Handicraft Staff, Cam!

Cam will be working at camp for her first summer. Cam is, “looking forward to all the new experiences at camp and on staff this summer!”

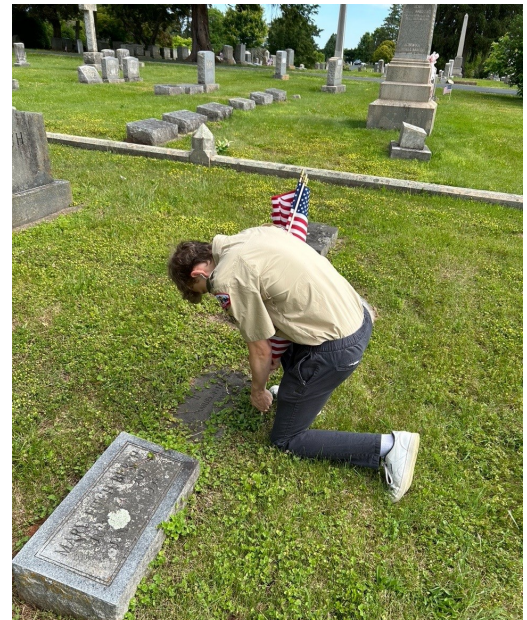
Welcome to Camp Shenandoah Staff, Cam!



*Pete Echols*, Camp Director,  
[CampShenandoahDirector@gmail.com](mailto:CampShenandoahDirector@gmail.com)

**CAMP SHENANDOAH**  
VIRGINIA HEADWATERS COUNCIL, BSA





**A record turnout at Riverview Cemetery from Troop 37, 3711, Pack 36 and Pack 77 to Honor our American Heroes. The crowd of Scouts and parents placed nearly 800 flags on the gravesites of veterans who served our country dating back to before the Spanish American war, as recent as the Vietnam War, and every war in between. Thanks to all who showed up in support of this great event.**

