

The Eagle

June 6, 2011

The Newsletter of Boy Scout Troop 380

Volume 11 Number 2

A Scout is Thrifty – Scoutmaster’s Minute

By Dave Ishikawa

The ninth point of the Scout Law is a Scout is Thrifty. If you read the accompanying phrase in the Boy Scout Handbook, it talks about how a Scout pays his own way. In these tough economic times it is sometimes difficult to come up with the cash to pay for our bigger ticket items like summer camp, high adventure, or Jamboree. Troop 380 has always had a history of providing the opportunity for Scouts to earn their way to camp, Jamboree, and high adventures. Just recently we completed the SMUD Picnic our biggest fund raising event of the year. We served well over 1200 people. During the summer we sold over 800 bottles of bar-b-que sauce. Parents were able to earn Scout credits for their Scouts at the California Capital Air Show. During the next few weeks Scouts can sell Trails End Popcorn or take magazine subscriptions. In the near future Scouts will be able to sell See’s Christmas Candy and collect e-waste and Christmas Trees. As Scoutmaster I have seen Scouts earn enough money to go to the World Jamboree, Philmont, Northern Tier, National Jamboree, and multiple summer camps. Don’t ever let us hear it cannot be done. Troop 380 will always seek to provide the opportunities as well as the projects to pay your own way. Remember a Scout is Thrifty.



Committee Chair Report

By Zenaida Kamine

The long days of summer are over now which means the Scouts and parents of Troop 380 can take a little bit of a breather after a full summer of activities. Two summer camps; Chawanakee and Marin-Sierra, Mt Diablo, Scout Night at the River Cats, Golf Night, World Jamboree, Florida Sea Base, SMUD picnic, Camp Pahatsi, Yosemite Camp out and Service Project, and just recently the California Capital Air Show. Then again in August was the annual calendar planning meeting where the Scouts get to plan out our next full year of activities.



I want to thank all the parents and adults of Troop and Crew 380 who have stepped up to lead or help out with all the activities the Scouts have planned out. Without all of you none of this can happen and our Scouts wouldn’t get to experience as much as they do year after year. I also want to ask each and every one of the adults in the troop to step up once again and help to make this upcoming year as memorable as the years past. We can make sure that our children get the chance to experience what other troops dream of doing. It is because of the dedication of the adults here that Troop 380 has the reputation and recognition of being one of the best troops in the Sacramento/Northern California area. I am always proud to say my kids are members of Troop and Crew 380 and so should each and every one of you.

Now that the Scouts have made the plans for the upcoming year it is up to us as the Committee to ensure that these plans go on as planned. Please plan on attending our monthly parent committee meetings the last Tuesday at 7:30pm in the building next to the church. We need each and every one of you to help us make sure the Scouts get to enjoy their upcoming year with Troop 380. Our next meeting is Tuesday, September 30th at 7:30pm. I hope to see you all there!

Eagle Watch

By Johnie Pennington, Eagle Advisor



Do you have a Life but don't know what to do to soar with Eagles? On November 10, Life Scouts and their parents are invited to a Life-To-Eagle meeting to go over the process to be an Eagle Scout. This meeting is being held by the Capital City district advancement team from 6:30 to 7:30 at the LDS church at 3001 Wisseman Drive, Sacramento, 95826. Please see Johnie if there are any questions.

Angel E. will be working on his Eagle project on September 24th and 25th and October 8th and 9th from 9am to 4pm. His project involves building three gravel platforms for concrete picnic bench at the Rancho Cordova City hall. Let him know if you can help.

Life Scouts who do not have an Eagle project in mind can talk to Johnie as he has information for some local community services that are looking for Scouts to do projects.

Sam S's Eagle Scout Court of Honor will be held on October 15th right here at 3pm. Please plan on attending this great achievement for Sam and his family.

Jamie B. and Casey R. are also planning their Eagle Scout Courts of Honor. Their invitations will be out as soon as they confirm the date, time and location.



From the Troop Trading Post:

The holiday season is rapidly approaching and now is a good time to purchase those extra troop items. We have tee shirts, sweat shirts, jackets, hats and more. See Peggy for your troop needs!

I'll let you write it in a format that fits the news letter!

Ralph & Peg

Den Chiefs Needed



Pack 380 is looking for 1st Class, Star, Life or Eagle Scouts who would like to help a Cub Scout leader lead den meetings and outings or help the Cubmaster with pack meetings.

What are the qualities of a good Den Chief? They care about others, cares about Scouting, willing to help, are

responsible, hard working and trustworthy. You will be teaching Scouting skills and showing the Cub Scouts the fun side of Scouting (like songs and skits).

Johnie is also looking for a Scout to help him with pack meetings. Oh, you didn't know he is now the Cubmaster for Pack 380? He took over as Cubmaster from Kim Perry-Reed, who is getting ready to help the troop when her son Logan bridges to the troop in February.

Please talk to Johnie if you would like to be a Den Chief.



Report on Merit Badges for Fall 2011

By Bob Williamson, Assistant Scoutmaster

This summer the troop did not have a merit badge program at the Troop Meetings because it is difficult to find 6 meetings where most Scouts are in attendance. Once again I want to thank all of the adults who have signed up to be Merit Badge Counselors and also all who have participated as Counselors. Without them, this Troop would not have the program that we do.

This fall the troop is offering:

1. American Business – Jahna Alvarado
2. Communications (required) – Lamar Mitchell
3. First Aid (required) – Sally Shaw and Michelle Tyler
4. Scholarship – Joseph Jacobs

The merit badge sessions are designed to provide access to the MB Counselors just prior to Troop Meetings. Scouts must do the work required and explain, demonstrate, and/or show that they have the knowledge and have fulfilled the requirements. The badges are being offered on the following dates – September 12th, October 3rd, 10th, and 17th, and November 7th and 14th with December 12th as a follow-up date for late finishers. The merit badge sessions start promptly at 6:30 PM unless noted otherwise.

If you would like to help the Troop and Scouts as a Merit Badge Counselor, please see Bob Williamson and check out a merit badge that you may find interesting. Signing up is easy. It will give you a

chance to meet some of your son's fellow Scouts and keep the troops program fresh and varied.

Order of the Arrow Report

Zack B.



Each year the Order of the Arrow, Scouting Honor Society, holds elections for membership at the unit level. Those that are elected and complete an Ordeal weekend become full-fledged members. This year the following Troop 380 Scouts and Scouter became new members of the Order of the Arrow, Amangi Nacha Lodge: Christian A., Ian C., Nick I., Charlie P., and Patrick Boles. Zachary B. performed in four ceremonies as a member of the Ordeal Ceremonies Team. Erik Carlson, Jimmie Garcia, Neil Ishikawa, and Johnie Pennington attended the Treasure Mountain Camp Ordeal Weekend as staff. Charlie completed his Ordeal Weekend requirements at Camp Lassen while everyone else went to Treasure Mountain Camp. Around 300 Arrowmen are expected at the Section W3N Conclave being held at the Two Rock Coast Guard Training Center in Petaluma September 16 - 18. Besides going to fun training sessions, performing a service project on a trail, everyone will be participating in different games with Arrowmen from Northern Nevada and Northern California plus some very active members from across the country. The next Lodge activity is the Fall Fellowship on October 7 - 9. Our Amangi Mayi Chapter is holding officer elections at the October 13 meeting and we need all of our troop members to attend.

mature they begin to change focus in their lives. Competing interests and activities such as high school athletics, career oriented hobbies, more difficult school courses, and dating begin to take more of their leisure time. There are only so many hours in a day or week. With some Scouts their commitment to the troop suffers. The same issues affect the young ladies in our midst and results in their loss of interest in the Girl Scout program. The Venturing Program was created by the BSA to address these issues for both young men and young ladies.

Venturing Program is the youth development program for young men and women who are 14 (or 13 and have completed the 8th grade) but have not turned 21. The BSA recognizes the fact that older teens need a program specific to their needs and abilities.

Crew 380 is comprised of older Scouts in the troop as well as young ladies some of which have had brothers in the troop. Our Crew has nine very active members that include the Council Venturing Officer Association (VOA) President and Vice President as well as Vice President of the Area 3 VOA. The Crew welcomes new members. Recent activities for the Crew included leading the Troop on its' ascent of Mt Diablo, high adventure Florida Sea Base, SMUD Picnic and GEC Overdrive.

This Crew will continue to grow and mature over the coming years producing responsible leaders of the community.

Outings and Activities – Past Events



Summer Court of Honor

By Christian A.

Scouts, Scouters, families and friends of Troop 380 and Crew 380 gathered for the annual summer court of honor and potluck dinner on Monday, June 6th, 2010. Senior Patrol Leader Christian A. and Crew President Tess M. presided over the program recognizing completion of merit badges and rank advancements,



Venturing

By Tess M., Crew President

Crew 380 has had an active summer! Before we sent a few of our crew members off to Florida Sea Base, we had a crew event of canoeing at Lake Natomas. The crew helped the troop with the annual SMUD Picnic. Crew 380 loved participating in the golf night so much that we decided to play a round of mini golf at the indoor glow in the dark course, Monster Mini Golf. September 9th-11th some of the crew went to the Council event, Overdrive at Lassen. The crew hopes to do more fun activities and plenty of advancements in the coming months.

Crew 380 Advisor Perspective

By LaMar Mitchell

I would like to take this opportunity to introduce you to your Venturing Crew. A Venturing Crew is the logical extension of the Troop. As the boys in a troop



participation in troop and crew activities, and contributions of time and talent provided by the adult volunteers throughout the summer. The evening closed with the traditional Scoutmaster's Minute. The summer court of honor was a great night of fun, food, and fellowship.



Camp Chawanakee

By Alexander M.

On June 19th, 2011, Sequoia Elementary School saw a group of Boy Scouts clad in red hats and sweaters arrive around 6:00 in the morning. Around 7:00 a.m., 26 Scouts and 6 Scouters of Troop 380 left for a week at Camp Chawanakee. Alexander M. was SPL for the trip, and Zachary B. and Charlie P. served as ASPLs. The troop arrived at the camp around 12:30 in the afternoon, but didn't enter camp until around 2:00. Troop 380, guided by staff member Shuck, was led to their camp and then to their swim checks. Only one person suffered any sickness the first day. That night, the troop attended the opening campfire, put on by the staff of Camp Chawanakee, Crew 5280. On Monday, the troop went about business, the Scouts doing merit badges and Scouters . . . well, ask them. The troop also held a campfire in camp on Monday evening. Tuesday morning heard 380 shouting out to the world of their manliness in the Polar Bear swim. 380 participated in the canoe overnighter. They left Tuesday night and returned at the crack of dawn Wednesday morning, in time to watch polar bear. Wednesday evening saw Troop 380 perform their signature skit, "Men in Red Shirts" at the commissioner's campfire. Laundry was also done on Wednesday. On Thursday, Troop 380 was the color-guard for evening flags, and also had another campfire in camp. Some of the boys went to the Tribe of Chawanakee campfire. Friday morning had the troop kind of split up, with about half doing polar bear and the other half doing the Iron Bear. The Iron Bear recipients had to run a little over a mile and then do the

polar bear swim. "Merit Badge Friday" also had the Scouts of 380 running around in Hawaiian shirts trying to finish up any incomplete merit badges before "Chawanadaze", the camp-wide games. Unfortunately, Troop 380 didn't medal in any of the games. That night, Troop 380 enjoyed the comedy of closing campfire, put on by the participating troops in camp. Troop 380 was awarded the Honor Troop award, and Alexander M. was called out as the Honor Scout of the troop. The next morning, the boys grudgingly packed their backpacks up and cleaned up camp after breakfast. The troop left camp around 10:00, and took a much needed lunch break at In-and-Out Burger. The troop returned to Sequoia around 2:00 p.m., and we quickly unpacked and went home.



Scout Night at the River Cats

By Andrew E., June 18th, 2011

The night started with the Scouts parading around the field. We then got to watch a great game. Even though the River Cats did not win the night was fun. The night ended with a spectacular fireworks show. We had a small group of boys that attended but fun was had by all.



Troop 380 Takes to the Links

By Becky Mesker

The troop's annual golf night took place on June 29th at Bradshaw Ranch Golf Course. We started out the previous Monday with all the Scouts practicing their swing and learning to putt. Those that putted into the hole won a special "Sponge Bob" golf ball. The practice night gives every Scout the chance to try their hand at golf, even if they haven't played before. And hopefully

gives them the courage to come out on Wednesday night to the golf course and try nine holes!

Over 40 people turned out at the golf course. Besides playing the nine holes, we had a Closest to the Pin contest and a Putting Contest. And what would a Scout event be without food! Thanks to Joan and Mark Stretars for arranging for hot dogs, chips and cookies for everyone after they worked up an appetite on the course!

Our winners for the evening were:

Best Foursome: Charles Potter, Charlie P., Jesse M., and Ed D'Amico

Closest to the Pin: Charles Potter

Putting Contest: Scouts - Darien J., Adults - Jack Chiang



Camp Marin Sierra:

By Christian A.

On July 10, 2011, thirteen Scouts and four adult leaders from Troop 380, along with drivers, left Sequoia Elementary headed for Camp Marin Sierra, located in the Sierra Nevada mountains near Yuba Gap. Upon arrival the troop met with its troop guide, who took the troop for a trip around camp that ended at the farthest camp site: Omega where we slept for the trip. Afterwards, we traveled down to the waterfront where we were given instruction and completed our swim checks in the warm lake. After setting up camp we headed to flags and then to dinner. Later everyone headed off to bed after making sure they were ready for merit badges in the morning.

During the week, the members of Troop 380 got up early to go polar bear. Afterwards we went to flags, breakfast and then to merit badges. Throughout the week the Scouts worked on the following merit badges in addition to other activities: small boat sailing, Mammals, Trail to First Class, leather working, and etc. In the middle of the week, the troop participated in a camp-wide activity where they worked diligently to persuade the staffers to return to work.

Saturday morning, July 16, 2011, we packed up camp, went to breakfast, fixed any last-minute blue card errors, and got on the road. We ended at Dave's house where we unpacked the trailer and said our farewells. Camp Marin Sierra was a great success, with the boys earning many merit badges and awards.



Swim Night at the Racquet Club

By Alexander M.

On July 18, 2011, Troop 380 held the very first troop swim night at the College Greens Racquet Club. Being on a Monday, the Troop held a brief Troop meeting while they waited for the pool to open. Once the pool opened at 7:00 p.m., the Scouts had a blast for about an hour and a half of fun, jumping off the diving board and the high board along with just casually swimming around. It was a great time for those who had just returned from Camp Marin-Sierra on Saturday. Crew 380 held a last minute check-up meeting for Sea Base, making sure all of the logistics was taken care of. The night ended around 8:30 p.m. when families began to go home. A great time was had by all.



FLORIDA SEA BASE

By Zenaida Kamine

Fourteen members of Crew 380, four adults and 10 Venturers, began our adventure on Friday, July 22nd, 2011 with a 7:15pm flight out of Sacramento and arriving in Orlando, Florida bright and early the next morning at 5:11 am. Not being able to check in to the hotel until 3pm found our crew with lots of time to

explore the surrounding area of International Drive in Orlando. We had breakfast at Golden Corral and really got to know the local Wal-Mart well. The kind people of the Floridian Hotel allowed us to check in early (12:30) after we all fell asleep in their lobby waiting for our rooms.

During the first of our 2 days of touring before the high adventure camp, we visited the Kennedy Space Center where we had an up close view of the shuttle launch pad from the observatory as well as a great tour of the visitor's complex. We were even able to watch Transformer's 3 in IMAX 3D, which was filmed right there at the Space Center. The next day we visited Universal Studio's Island of Adventure, where we were able to enjoy nice cold Butter Beers at The Three Broomsticks right there in Hogsmeade after taking the tour of Hogwarts.

Day three of our adventure found us taking the 7 hour drive to the Brinton Environmental Center on Summerland Keys in Key West, Florida. We settled in, met our island mates: Marine Lt. Dan Timler and Eagle Scout Cody Wilson, did our swim review, had dinner, and packed for our Out Island Adventure the next morning. After paddling in our Polynesian war canoes for 5.5 miles, we found ourselves on the remote Big Munson Island where we had to wade in with our belongings, food and water. We spent the next three days island exploring, shark fishing, snorkeling, fishing, performing a service project on the island, and getting a chance to see baby sea turtles hatch right there in our own camp. We enjoyed sleeping under the stars either on the beach or in hammocks; it was just too hot to sleep in the tents! After spending 4 days on the island, we returned to base camp and wowed everyone with Jon Traum's CPR rap during our final night luau dinner. All in all, it was a great adventure and we all had a great and memorable experience.

Our last two days of touring took us to Ft. Lauderdale as well as an unexpected overnight stay in Denver. We all returned to Sacramento sporting great tans and retelling lots of stories as well as having great memories of our High Adventure at the Florida Sea Base.

NYLT

By Daniel R.

NYLT or National Youth Leadership Training took place from August 8-13th at Camp Lassen just outside of Chico, California. When I arrived in the morning I was dropped at the side of the road. After check-in my group hiked one mile into camp. There we met our councilors, were assigned a team campsite and began

our week of leadership training. A different aspect of youth leadership was covered every day. Mainly, we learned about EDGE: Explain, Demonstrate, Guide and Enable. Each morning we had flags, listened to a lecture, played a team building game based on the topic, returned to our team camp where our team guide, Crash (who was amazing) reviewed with us. On Thursday we learned team skills to build a catapult. On Friday we went on an outpost hike which we had to use team planning for to prepare to survive on our own in the wild. I had a great time and I learned a lot. I recommend all Scouts who are interested in being better leaders go to this course.



SMUD PICNIC Zenaida Kamine

The date was Saturday, August 13th, 2011 and it was a warm sunny day when 114 members of Troop and Crew 380, both Scouts and their parents, converged at the beautiful Rancho Seco Park in Elk Grove. They were there to help put on the SMUD Employee's Picnic for the members and their families. Everyone came ready to work in either their red Troop or green Crew 380 shirts. After setting up the tables, chairs, and canopies, the Scouts worked the carnival games and inflatables making sure all the kids had a great time while the adults of Troop and Crew 380 cooked, served food, drinks and ice cream; as well as ran the registration table and prize booth, guided the employees in the parking lot and supervised the inflatable area. The troop even played music during the picnic. The Menu consisted of tri-tip sandwiches, hamburgers, veggie-burgers, hot dogs, nachos, water and sodas and for dessert, a variety of ice cream and popsicles.

After serving over 1250 employees and their family members, the Troop/Crew cleaned up and left Rancho Seco at 5pm after another successful SMUD Picnic. A huge thank you to everyone who came out to help, it was a very successful and profitable fundraiser. See you next year!!



TRIPLE EAGLE COURT OF HONOR

Goodie, Heiser, & Kamine

After many years and just as many camp outs, activities, high adventures and summer camps, we have finally reached our goal as Troop 380 Eagle Scouts!

On Sunday, August 14th, 2011, at the Rosemont High School Auditorium; Gerry Goodie, Dylan Heiser, and Josh Kamine reached their Boy Scout goal and became Troop 380's 120th, 121st, and 122nd Eagle Scouts respectively. It took many hours of service and leadership, 21 required merit badges each as well as countless other non-required ones, three very worthwhile Eagle Projects, and three sets of supportive parents to help these young men achieve the very coveted Eagle Scout rank. Amongst family, friends, and honored guests; Gerry, Dylan, and Josh were celebrated with a slide show of past experiences in Scouting as well as some very cute pictures of the boys as youngsters. Jim Buell took the lead as the Master of Ceremony while members of the Troop and Crew participated to make the Court of Honor a very well planned and well executed event.

One of the highlights was the presentation of the Eagle Nickels each of the boys were presented during National Jamboree and were expected to return to their Jamboree Scoutmaster at their Eagle Court. All three boys returned these nickels to Chris from the 2010 Jamboree and Josh returned his 2005 nickel to Johnie as well.

The Goodie, Heiser, and Kamine families would like to thank each and every one of you for helping to make their sons' experiences in Scouting very memorable. And they would like to thank everyone who was able to attend the Eagle Court.



Camp Pahatsi Weekend

Wow! It was truly a special weekend at Camp Pahatsi in the beautiful Sierra Nevada Mountains on the weekend of August 19-21, 2011. This one-time site for a Golden Empire Council Camp became the setting for a great activity planned by Troop 380. Troop 601, Troop 363, Troop 243, Troop 44 (from Nevada), Crew 380, and Crew 808 joined us for the event.

-Mike Kuykendall, Floyd Brown, and Zachary K. supervised the Lake Kilgore waterfront. Scouts and families got to fish, swim, kayak, and canoe the picturesque lake.

-Frank Shaw and his NRA friends ran an outstanding shooting range, complete with 22 rifles.

-Mike McLelland and Wei Hsieh offered tomahawk throwing.

-Charles Potter, Mike Evans, and Jon Traum lead a trek to attempt to climb Devil's Peak.

-Thanks to our friends in Crew 808 and Troop 601 we were offered the Leatherworking Merit Badge and the Pioneering Merit Badge.

-Mac Wier and Mac Cameron worked with several Scouts on the Basketry Merit Badge.

-Mike Evans also found time to offer the Fish and Wildlife Management Merit Badge too.

-Jahna Alvarado led the troops in a funny blindfolded pudding eating contest.

-We had an inspirational flag retirement ceremony with Mac Cameron and Johnie Pennington.

-Alexander M. and Zachary B. lead a fun campfire under the guidance of Neil Ishikawa.

-Daniel R. led a wonderful Scouts Own Service on Sunday morning.

-Michelle Tyler and Sally Shaw made sure we were safe during the weekend with first aid.

-Chris Ishikawa handled all the registration and kept the Scoutmaster in line.

-A big thank you to LaMar Mitchell and Don Dier who planned and cooked our meals. Also big thanks to the Kamine Kitchen Crew.

It was truly a great effort by all of our Troop 380 family. We plan on doing this again next summer. Maybe we can do something about the kybos!

Dave

Indy Grand Prix of Sonoma

By Andrew E.

On August 28th, twenty Troop 380 Scouts, families and friends attended the Indy car race to cheer on the Boy Scout car driven by Sebastien Bourdais. We all had a great time taking in all of the fanfare and booths around the track. The air show was excellent but I wish the racing was better.

Yosemite Trip

By Daniel R.

On the 3rd through 5th of September we went to Yosemite for a campout and service project. We left at 5 o'clock on Friday night. We had a great camp with a great view. As a project we shoveled woodchips to make a new playground for the camp. We toured and hiked. We saw the great views. We got home sometime around 4 o'clock on Sunday afternoon. I had a great time. I think everyone else did too.



For the backpacking trip, five Scouts and three adults hiked the 14 mile Pohono trail along the upper south rim of the valley. Not only did they get to see the magnificent views from Glacier Point with the entire group on Sunday, but through Sunday and Monday they stopped along Taft Point, Dewey Point, Crocker Point, Stanford Point, and Inspiration Point. After 14 miles and two days of excellent weather, this was their parting vista of the day at the Wawona Tunnel. - **Charles Potter**



Capital Air Show

By Sheri Rush

Once again the Sacramento area played host to an excellent air show at Mather Field in Rancho Cordova. On September 10th and 11th, airplanes ranging in age from the barnstorming days to World War II to modern day jet aircraft filled the sky over the air field and thrilled aviation fans of all ages.

Troop 380 was there in force to raise money for Scout accounts and the troop's Scout programs. Troop 380 volunteers manned a 12-person hamburger and soda booth, while Crew 380 worked a 6-person ice cream and soda booth. Not wanting to be left out, parents from Pack 380 were also there, working a 7-person booth selling hats and T-shirts. The weather was warm and the lines were long as more than 150,000 people came out to enjoy the air show over the two days. All of the booths enjoyed successful sales as a result.

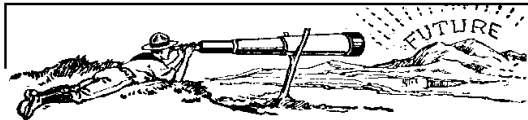
Highlights of the weekend included a "Tora! Tora! Tora!" Pearl Harbor Reenactment show, the flight of a restored P-38 Lightning Bolt from WW II recovered from over 263 feet of ice, the Heritage Flight of WW II and modern day fighters, and The Patriots Flight Team from Northern California.

The air show closed Sunday with a memorial to the victims of 9/11. With help from local florists, a Coast Guard C-130 Hercules flew low over the runway releasing a mile of donated rose petals that drifted softly down to the crowd in an awe-inspiring and breathtaking moment that left the crowd silent.

Following behind the Coast Guard plane were six WW II fighters flying a Missing Man formation as a special tribute to the first responders that lost their lives that tragic day. As the planes thundered over the crowd, a P-51 Mustang pulled sharply up and out of the formation to be lost from view in the sun. It was fitting that this last event was accompanied by the strains of

“Taps” and “Amazing Grace” as the planes flew out of sight.

Thanks to Michael Kuykendall, Richard Howard, Jacqueline LeMaster, Wei Hsieh, Floyd Brown, Maryann Brown, Moorea Richardson, Michelle Tyler, Stella Rebello, Kay Patterson, Dave and Chris Ishikawa, Tammy and Neil Ishikawa, and Mac Weir for all their help. And a special thanks to Tonia and Mac Cameron for organizing this fundraiser.



Upcoming Events

Trail's End Popcorn Fundraiser

By Naomi Kamine-Mellerski

The Trail's End popcorn fundraiser online sales began on August 1st, Show and Sell began on August 12th and Take Order sales will begin on September 19th. This year there is a change in the products that are available. The Chocolate Lover's Collection and the chocolate covered caramel corn are not available this year, but the White Chocolate Pretzels are new and Kettle Corn is back! Good luck to the Scouts and Scouters that are selling popcorn this year and let's help the Golden Empire Council meet their goal of selling \$1 million in popcorn!

If you have any questions, please contact Naomi Kamine-Mellerski at 366-5822 or NMellerski@yahoo.com

Dates to remember:

- September 19th: Take order sales begin
- October 10th: Show and Sell Ends
- October 10th: Take order forms are due
- October 15th: Online Sales ends
- November 12th: Popcorn distribution
- November 14th: All moneys are due at Troop Meeting



Webelos Woods

September 30th-October 2nd, 2011

If you were a Webelos, you'll probably have fond memories of Webelos Woods. Camping out with mom, dad, or adult partner, for the weekend with lots of great

activities! Here is your chance to help our newest group of Webelos from all over the Golden Empire Council experience this great event. Chris Ishikawa, Webelos Woods Chairperson, is looking for both Scouts and adults to serve on staff at this super event. If you can help out for the entire weekend or just a few hours, let Chris know. We will be at Camp Pollock in Sacramento. Just register on-line or let Chris know you want to help out. Your registration fee will cover your food for the weekend and a STAFF hat. You can also purchase a special Webelos Woods T-shirt. We hope you can join us on the weekend of September 30-October 2, 2011. It's great to be part of the staff.

Capital City District Roundtables Second Thursday of Every Month

Scout Leaders from the many units in our district gather on the second Thursday of each month, at Roundtable. Leaders and the Roundtable staff share ideas, program features, and upcoming events to help improve the Scouting program. All parents and adults are welcome to attend. The 7:30 PM meeting is held at the LDS Church, at 3001 Wissemann Drive, off of Folsom Blvd. Chris Ishikawa, Dave Ishikawa, Johnie Pennington, Ralph Merrill, Sue Garcia, Jimmie Garcia, Peggy Merrill, Naomi Kamine, and Sharon Jonas all serve on the Roundtable staff and share their wealth of Scouting knowledge each month. Please consider participating. Chris Ishikawa, Roundtable Commissioner can answer your questions about this great program. Roundtables are fun, informative, and enjoyable.

Pack 380 Haunted House

Friday, October 21st, 2011

Troop 380 Scouts will dress up in their Halloween Costumes and meet at Sequoia Elementary School, on Friday, October 21, 2011, to maybe scare and entertain the Cub Scouts of Pack 380 with a Haunted House. Please see the scariest Scouter of them all, Johnie Pennington for more information. We'll be organizing our Haunted House at the Troop Meetings during the month of October.



Those recently bridged Scouts always really look forward to returning and getting into the spirit of the evening.

Johnie needs a Scout to promote this event and an adult who will help the Scouts set up the haunted house on October 21st.

Safetyville USA

20th Annual Halloween Haunt
Saturday, October 22nd, 2011



Each fall, Safetyville USA on Bradshaw Road hosts Halloween Haunt, where families experience a fun and safe Halloween with food, games, live music, stage shows, raffles, and a costume parade. And each year Troop 380 is asked to help them out with parking, clean-up and pretty much anything they need help with. The event this year is on Saturday, October 22 and runs from 11am to 4pm. We will work two shifts covering 10am to 5pm. Look for the sign-up sheet and permission slips in early October. This counts as service hours for rank advancement. I also am looking for a Scout to chair this activity. If you are interested, please see me.

Don Dier



Englebright Lake Backpack and Canoe Trip

October 29th-30th, 2011

We will be returning to beautiful Englebright Lake for a mixed adventure of backpacking, canoeing, and overnight camping. Scouts will have the opportunity to select either backpacking or canoeing into the remote boating campsite on Englebright Lake. Our Scouts had a great time at the lake last year. This overnight trip will be lead by Neil Ishikawa and a Scout to be selected soon. Cost for the overnighter will be \$12.00. Signups will begin during the month of October.

Scouting for Food

Saturday, November 5th, 2011



Each year the Boy Scouts of America sponsors a national service project, called Scouting for Food. Troop 380 has participated in this project since its beginnings in the 80's. We will once again collect food in the Rosemont neighborhood and contribute that food to a local food closet to help feed those less fortunate. We have collected literally hundreds of tons of food through the years. We will be asking all Scouts and parents of Scouts to join us for this very special project. Tonia Cameron will be leading this activity. We will base our operation in the parking lot of the Save Mart Store in Rosemont, from 9:00 AM to 3:00 PM. We hope to see all Scouts and family members on Saturday, November 5th.



Salt Point Trip

November 11th-13th, 2011

We will observe Veteran's Day Weekend on the North Coast, at Salt Point State Park and Fort Ross State Park. Maryann Evans has made arrangements for the Troop to stay overnight in the historical Fort Ross State Park. This is a Troop 380 first. We have visited Fort Ross on a number of occasions, but have never stayed the night. This one time Russian Fort served as an outpost for trappers and hunters on the California North Coast. We will also camp overnight at Salt Point State Park. Salt Point is home to an outstanding marine preserve. We will explore the tide pools and cove in the park. This will be a great opportunity to start on the Oceanography and Geology Merit Badges. Please listen for further details about this unique camp out. Maryann Evans will be leading this outing.

Dave

Troop Open House

Monday, November 28th, 2011

Troop 380 invites anyone interested in Scouting for a special Open House on Monday, November 28, 2011. Demonstrations, presentations, and displays will be on tap for the evening. Please feel free to invite friends, Scouts from other Troops, and current Webelos to this information and fun filled evening. Michael Kuykendall and Neil Ishikawa will be coordinating this event. Troop members will be manning our displays and demonstrations. See you at Open House!

Mt. Tamalpais – Rim of the Bay Hike

Saturday, December 3rd, 2011



The next Rim of the Bay Hike will be to the top of Mt. Tamalpais on Saturday, December 3, 2011. Mt. Tamalpais overlooks San Francisco Bay and Marin County. Scouts can earn another segment of the rim of the Bay series of hikes. If this is your first hike you will earn your large center patch for the Rim of the Bay hikes. Mt. Tamalpais is one of the most outstanding views in the Bay Area. Charles Potter will be leading this hike. There is no cost, but everyone must bring a lunch, wear proper clothing and footwear, and water. Permission slips will be available on line on the troop website.



Winter Court of Honor

Monday, December 5th, 2011

Troop 380 will celebrate the holiday season with our annual Winter Court of Honor. Awards and recognition for the fall and early winter will be presented during the ceremonies. It is also the time when the Troop Committee presents its annual gift to the Scouts. Details for the Court of Honor will be presented at the Troop meetings in November.

Patrol Leaders' Council Plans 2012 Calendar

The Patrol Leaders' Council planned a great calendar for 2012. Their planning session included camp outs, summer camp, fund raising, service projects, troop meetings, troop parents meetings, council and district events, court of honors, and special activities. Also plans for our Yellowstone Road Trip were worked on by our leadership team. The PLC did an outstanding job. Here are the highlights for their 2012 plan:

January	Xmas Tree and E-waste Project Grover Hot Springs Camp Out University of Scouting
February	Camp Marin-Sierra Winter Camp Out Council Recognition Dinner
March	USS Hornet Overnighter Spring Court of Honor Skills Camp Out
April	District Spring Camporee
May	Bodega Bay Camp Out Fair Oaks Cemetery Service Project
June	Summer Court of Honor Santa Cruz Camp Out Yosemite National Park/Camp Buffalo Bill
July	Golf Night Camp Winton
August	Mini Trek SMUD Picnic Calendar Planning Meeting Mother and Son Raft Trip
September	Fall Court of Honor Scout Expo
October	Angel Island Adventure Halloween Haunt Pack 380 Haunted House

November	Monterey Camp Out Scouting for Food
December	Mt. Wittenberg Hike Winter Court of Honor Bowling Night Christmas Tree Project



Yellowstone and Camp Buffalo Bill Trip June 20th – July 2nd, 2012

Our next big super adventure will be during the summer of 2012, when the troop travels to Yellowstone National Park and Camp Buffalo Bill in Wyoming. Our contingent of parents, leaders, and Scouts will visit Grand Tetons National Park, Yellowstone National Park, and the famous Buffalo Bill Cody Museum, in Cody, Wyoming. Scouts will participate in summer resident camp at Camp Buffalo Bill at the Eastern border of Yellowstone. We are currently taking deposits (\$50.00) for this trip. Here's a tentative itinerary:

June 20	Travel to Idaho Falls, Idaho
June 21	Travel to Jackson Hole Wyoming Overnight Grand Tetons National Park
June 22-24	Visit Yellowstone National Park Old Faithful, Upper and Lower Geyser Basin, Grand Canyon of Yellowstone, Mammoth Basin, Stay at Yellowstone Lake
June 24-30	Summer Camp at Camp Buffalo Bill
June 30	Visit Cody Wyoming, Buffalo Bill Museum, Overnight at Yellowstone
July 1-2	Travel home

Please see Dave or Chris Ishikawa if you are interested in participating in this trip. We already have 30 people sign up for the trip.



Camp Winton 2012 July 15th-21st, 2012

The troop has selected Camp Winton as our second camp for the summer of 2012. Camp Winton is operated by our council, Golden Empire, and is located on picturesque Bear River Reservoir, on Highway 88. The wonderful High Sierra camp will be our second home next summer. We are taking reservations and deposits at this time. \$25.00 will hold your spot. Please see Dave Ishikawa for more information.



2013 National Jamboree July 10th-25th, 2013

Every four years the Boy Scouts of America puts on the biggest celebration of Scouting one will ever experience. In 2013, the BSA will open the new Bechtel Summit Reserve, at the New River Gorge in West Virginia. This all new facility will become one of the Scouts newest high adventure camps and permanent site for the National Jamboree. It will also be the site for the 2019 World Jamboree. This site will feature white water rafting, exciting zip-lines, climbing, mountain biking, and much more. The Summit will be a whole new concept in Jamborees. You can be part of this first National Jamboree by signing up for the Golden Empire Council contingent. Before and after the 8 day Jamboree the contingent will travel to Washington DC, Philadelphia, Gettysburg, and Hershey, PA. This all inclusive tour (meals, hotels, air, and ground

transportation) will be one of the best experiences a Scout can have. Please see Dave Ishikawa or contact the Golden Empire Council for more details about this incredible experience.



Troop 380's Own Bar-B-Que Sauce

We are wrapping up one of our newest fund raising activities, Bar-B-Que Sauces. Troop 380's own sauces include Sizzlin Habanero, Spicy Chipotle, Smooth and Spicy, and Zinfandel Tri-Tip Marinade. Bottles are selling for \$5.00 each. Scouts make \$2.00 for every bottle sold. We have sold over 800 bottles of sauce since the sale began. Big thanks go out to Chris Ishikawa for handling this fund raising event. If you still have money to turn in, please get it to Chris as soon as possible so we can close out the sale and issue Scout credits.

Magazine Sales

It's that time of year again. Troop 380 Scouts are selling magazine subscriptions. Why magazines? Almost everyone subscribes to magazines. Why not renew or order yours from Troop 380? Your Scout will receive credits for the sale and not give it all to the company. Remember Scouts will receive 48% of each subscription sold. You can also sell magazines on-line or by creating an email list. By going to www.aphearst.com and clicking "shop now," friends and relatives far away can order magazines. Make sure they use the on-line code: WC 3080. You can also contact family and friends anywhere in the country by going on the above mentioned website and clicking on "parents & participants." Follow the easy steps to register.



Remember all checks are to be made out to Troop 380. Please do not sell to strangers. When asking for school/organization put Troop 380 in the space. The top salesperson will receive \$50.00 in cash. We will also conduct a special drawing for each subscription sold the Scout will receive a ticket for each subscription. So if you sell one magazine subscription you receive one ticket, sell 10, you receive 10 tickets. We will draw one ticket at the end of the sale on October 12th, 2011 for an additional \$50.00 in cash. Don't forget the sale ends on October 12th, 2011. Selling magazines is easy and profitable.

Troop 380 Fall Calendar

September

26	Patrol Leaders' Council Meeting	Church	6:30 PM	SPL
26	Troop Meeting	Church	7:00 PM	SPL
27	Assistant Scoutmaster Meeting	Church	6:30 PM	Dave Ishikawa
27	Troop Parent Meeting	Church	7:30 PM	Zenaida Kamine
30-10/2	Webelos Woods	Camp Pollock	Weekend	Chris Ishikawa

October

3	Merit Badges / Trail to 1 st Class	Church	6:30 PM	Counselors
3	Troop Meeting	Church	7:00 PM	SPL
10	Merit Badges / Trail to 1 st Class	Church	6:30 PM	Counselors
10	Troop Meeting	Church	7:00 PM	SPL
13	Capital City District Roundtable	LDS Church	7:30 PM	Chris Ishikawa
17	Merit Badges / Trail to 1 st Class	Church	6:30 PM	Counselors
17	Troop Meeting	Church	7:00 PM	SPL
21	Pack 380 Haunted House	Sequoia School	6:30 PM	Johnnie Pennington
22	Halloween Haunt	Safetyville	All Day	Don Dier
24	Patrol Leaders' Council Meeting	Church	6:30 PM	SPL
24	Troop Meeting	Church	7:00 PM	SPL
25	Troop Parent Meeting	Church	7:30 PM	Zenaida Kamine
29-30	Englebright Lake Hike and Canoe	Englebright Lake	Weekend	Neil Ishikawa
31	Troop Meeting	Church	7:00 PM	SPL

November

5	Scouting for Food	Save Mart Center	9:00-3:00	Tonia Cameron
7	Merit Badges / Trail to 1 st Class	Church	6:30 PM	Counselors
7	Troop Meeting	Church	7:00 PM	SPL
10	Capital City District Roundtable	LDS Church	7:30 PM	Chris Ishikawa
11-13	Salt Point/Fort Ross Campout	North Coast	Weekend	Maryann Evans
14	Merit Badges / Trail to 1 st Class	Church	6:30 PM	Counselors
14	Troop Meeting	Church	7:00 PM	SPL
21	Patrol Leaders' Council Meeting	Church	6:30 PM	SPL
21	Troop Meeting	Church	7:00 PM	SPL
28	Troop Open House	Church	6:30 PM	Troop
29	Troop Parent Meeting	Church	7:30 PM	Zenaida Kamine

December

3	Mt. Tamalpais Rim of the Bay Hike	Mt. Tamalpais	All Day	Charles Potter
5	Winter Court of Honor	TBA	6:30 PM	Linda Frenklak
8	Capital City District Roundtable	LDS Church	7:30 PM	Chris Ishikawa
12	Merit Badges / Trail to 1 st Class	Church	6:30 PM	Counselors
12	Troop Meeting	Church	7:00 PM	SPL
19	Troop Meeting	Church	7:00 PM	SPL
26	Troop Family Bowling Night	Strikes – Elk Grove	6:00 PM	Mary Brown
31	Christmas Tree Recycling	Sequoia School	9:00 – Noon	Moorea Richardson

June 20 – July 2, 2012	Yellowstone – Camp Buffalo Bill Cody Trip	Dave Ishikawa
July 15-21, 2012	Camp Winton	Dave Ishikawa
July 10-25, 2013	National Jamboree – New River Gorge, West Virginia	Don Jones

Advancement

By Floyd Brown and Gary Lentsch

Since the spring court of honor the Scouts in the troop earned 149 merit badges and 12 rank advancements (1 – Scouts, 2 - Tenderfoots, 2 – 2nd Class, 2 – 1st Class, 2 – Stars, and 2 – Life) as well as 3 Special Awards and a Gold Palm. Congratulations to everyone for all the hard work.

Scout Name	Award Type	Award Name	Date Earned
A., CHRISTIAN	Merit Badge :	Backpacking	07/15/11
		Basketry	07/15/11
		Fingerprinting	07/15/11
		Hiking*	07/15/11
		Indian Lore	07/14/11
		Landscape Architect	06/25/11
		Plant Science	07/15/11
		Rowing	07/15/11
		Shotgun Shooting	07/13/11
	Special Awards :	Kayaking BSA	07/13/11
Order of the Arrow :	Ordeal	06/11/11	
B., ADAM	Merit Badge :	Citizenship In Community*	08/08/11
		Geology	06/24/11
		Space Exploration	06/24/11
B., KENNY	Merit Badge :	Canoeing	06/23/11
		Horsemanship	06/23/11
		Wood Carving	06/24/11
	Rank :	2nd Class	06/22/11
		1st Class	06/24/11
B., MATTHEW	Merit Badge :	Environmental Science*	06/24/11
		Horsemanship	06/23/11
		Space Exploration	06/24/11
		Wood Carving	06/24/11
B., ZACHARY	Merit Badge :	Basketry	06/24/11
	Rank :	Gold Palm	08/22/11
C., IAN	Merit Badge :	Environmental Science*	06/24/11
		Nature	06/24/11
		Wood Carving	06/24/11
	Special Awards :	World Conservation	06/24/11
	Order of the Arrow :	Ordeal	06/11/11
D.-F., Peyton	Merit Badge :	Art	06/24/11
		Reptile/Amphibian	06/24/11
		Rifle Shooting	06/24/11
		Wood Carving	06/24/11

Scout Name	Award Type	Award Name	Date Earned
E., ANGEL	Merit Badge :	Basketry	06/24/11
		Pottery	06/24/11
E., ANDREW	Merit Badge :	Basketry	06/24/11
		Canoeing	07/15/11
		Citizenship In Nation*	08/20/11
		Environmental Science*	06/24/11
		Fingerprinting	07/11/11
		Fire Safety	06/24/11
		Fish and Wildlife	08/21/11
		Lifesaving*	08/22/11
		Oceanography	05/02/11 P
		Orienteering	07/15/11
		Pioneering	06/24/11
		Shotgun Shooting	07/14/11
		Small Boat Sailing	07/15/11
	Wilderness Survival	06/24/11	
	Rank :	Star	09/03/11
F., EVAN	Merit Badge :	Citizenship In Community*	08/15/11
		Personal Management*	08/19/11
	Rank :	Life	09/03/11
G., NICHOLAS	Merit Badge :	Art	07/13/11
		Fingerprinting	07/11/11
		Mammal Study	07/15/11
H., Nathaniel	Rank :	Scout	04/04/11 P
		Tenderfoot	06/22/11
H., NICK ISHIKAWA	Merit Badge :	Archery	06/24/11
		Environmental Science*	06/24/11
		Small Boat Sailing	06/24/11
	Rank :	Life	06/24/11
	Order of the Arrow :	Ordeal	06/11/11
H., TRAVERS	Merit Badge :	Family Life*	09/12/11
H., BRYAN	Merit Badge :	Astronomy	07/15/11
		Fingerprinting	07/15/11
		Pottery	06/24/11
		Rifle Shooting	07/15/11
	Rank :	Tenderfoot	09/12/11
J., DAJION	Merit Badge :	Art	07/13/11
		Citizenship In World*	09/12/11
		Fingerprinting	07/11/11

Scout Name	Award Type	Award Name	Date Earned
J., DAJION (continued)	Merit Badge :	Mammal Study	07/15/11
		Pottery	06/24/11
		Rifle Shooting	06/24/11
		Small Boat Sailing	07/15/11
		Space Exploration	06/24/11
J., DARIEN	Merit Badge :	Canoeing	06/22/11
		Fingerprinting	07/15/11
		Landscape Architect	06/25/11
		Rifle Shooting	06/24/11
		Small Boat Sailing	07/15/11
	Space Exploration	06/24/11	
	Order of the Arrow :	Ordeal	06/11/11
K., JAMES	Merit Badge :	Leatherwork	06/24/11
		Photography	06/24/11
		Reptile/Amphibian	06/24/11
		Space Exploration	06/24/11
M., JACOB	Merit Badge :	Cooking	06/24/11
		Photography	06/24/11
		Reptile/Amphibian	06/24/11
M., ALEXANDER	Merit Badge :	Art	07/15/11
		Communication*	06/24/11
		Cooking	06/24/11
		Fish and Wildlife	06/24/11
		Rifle Shooting	06/24/11
M., AUSTIN	Merit Badge :	Basketry	06/24/11
		Cooking	07/14/11
		Environmental Science*	07/15/11
		Nature	06/24/11
		Orienteering	07/15/11
		Pioneering	07/15/11
M., PHILIP	Merit Badge :	Art	07/13/11
		Fingerprinting	07/11/11
		Mammal Study	07/15/11
M., JESSE	Rank :	Scout	06/27/11
N., CHRISTOPHER	Merit Badge :	Fingerprinting	07/12/11
		Fish and Wildlife	08/21/11
		Lifesaving*	08/22/11
		Mammal Study	07/15/11
		Shotgun Shooting	07/14/11

Scout Name	Award Type	Award Name	Date Earned
N., CHRISTOPHER (continued)	Merit Badge :	Swimming*	09/12/11
	Rank :	2nd Class	08/08/11
		1st Class	08/15/11
P., ALEC	Merit Badge :	Basketry	06/24/11
		Rifle Shooting	06/24/11
		Rowing	06/24/11
		Space Exploration	06/24/11
P.-R., JOSHUA	Merit Badge :	Art	07/14/11
		Citizenship In World*	08/29/11
		Energy	07/15/11
		Environmental Science*	06/24/11
		Fingerprinting	07/11/11
		First Aid*	07/15/11
		Leatherwork	07/15/11
		Mammal Study	07/15/11
		Pets	08/01/11
		Photography	06/24/11
		Pottery	06/24/11
		Rifle Shooting	07/15/11
	Swimming*	06/21/11	
Rank :	Star	09/12/11	
Special Awards :	Kayaking BSA	07/15/11	
P., CHARLIE	Merit Badge :	Climbing	06/24/11
		Pottery	06/24/11
R., LOGAN	Merit Badge :	Art	06/24/11
		Environmental Science*	06/24/11
		Fishing	06/24/11
R., JACK	Merit Badge :	Forestry	06/24/11
R., CASEY	Merit Badge :	Personal Fitness*	06/24/11
R., DANIEL	Merit Badge :	Cooking	06/24/11
		Pioneering	08/20/11
		Wilderness Survival	06/24/11
S., ADON	Merit Badge :	Camping*	06/24/11
		Mammal Study	06/24/11
		Reptile/Amphibian	06/24/11
		Swimming*	06/24/11
S., GRAYDEN	Merit Badge :	Art	07/15/11
		Fingerprinting	07/15/11
		Forestry	07/15/11

Scout Name	Award Type	Award Name	Date Earned
S., GRAYDEN (continued)	Merit Badge :	Geology	07/15/11
		Indian Lore	07/14/11
		Lifesaving*	07/17/11
		Mammal Study	06/24/11
		Nature	06/24/11
		Photography	07/15/11
		Weather	06/24/11
T., MICHAEL	Merit Badge :	Leatherwork	06/24/11
		Rifle Shooting	06/24/11
		Wood Carving	06/24/11
T., NATE	Merit Badge :	Archery	06/24/11
		Art	06/24/11
		Lifesaving*	08/22/11
		Pioneering	08/20/11
		Swimming*	08/22/11
W, BRENDEN	Merit Badge :	First Aid*	07/15/11
		Rifle Shooting	07/15/11
		Wilderness Survival	07/15/11
	Rank :	Scout	03/08/10 P
		Tenderfoot	07/04/10 P

*Denotes Eagle Required Badge.

P – Award was previously reported to council but has not yet been presented / recognized.

- Historical Merit Badges, could only be earned in 2010.

149 Merit Badges					
Archery	2	Fire Safety	1	Personal Management*	1
Art	9	First Aid*	2	Pets	1
Astronomy	1	Fish and Wildlife	3	Photography	4
Backpacking	1	Fishing	1	Pioneering	4
Basketry	6	Forestry	2	Plant Science	1
Camping*	1	Geology	2	Pottery	5
Canoeing	3	Hiking*	1	Reptile/Amphibian	4
Citizenship In Community*	2	Horsemanship	2	Rifle Shooting	9
Citizenship In Nation*	1	Indian Lore	2	Rowing	2
Citizenship In World*	2	Landscape Architect	2	Shotgun Shooting	3
Climbing	1	Leatherwork	3	Small Boat Sailing	4
Communication*	1	Lifesaving*	4	Space Exploration	6
Cooking	4	Mammal Study	7	Swimming*	4
Energy	1	Nature	3	Weather	1
Environmental Science*	7	Oceanography	0 (+1 'P')	Wilderness Survival	3
Family Life*	1	Orienteering	2	Wood Carving	5
Fingerprinting	10	Personal Fitness*	1	Shotgun Shooting	3