



# SQUARE KNOT NOTES

Monthly Edition

*From your Sam Houston Area Council Commissioner Team*

February 2016

## A SCOUT IS FRIENDLY

A Scout is a friend to everyone, even people who are very different from him.

## FRIENDS NEAR AND FAR

A Scout is a friend to all. He is a brother to other Scouts. He offers his friendship to people of all races and nations, and respects the beliefs and customs of others. By living the Scout Law, we are accepting of the world's peoples and their values.

## BLUE AND GOLD BIRTHDAY PARTY

February 8, 2016 will be the 106th birthday (anniversary) of the Boy Scouts of America. What better way to celebrate than with a "birthday party" called the blue and gold banquet? In nearly all packs, the blue and gold banquet is the highlight of the year. It brings families together for an evening of fun and cheer. It's often the pack meeting for February. The banquet can be like a regular pack meeting, with songs, skits, stunts, and awards. Or it can be something different and a little more special. Your pack may decide to bring in an entertainer such as a magician or a storyteller. Some packs invite former members and other Scouting or community leaders to take part. Or you could have a video or slide show of what the pack did during the last 12 months. Some packs use the blue and gold banquet to put on an impressive ceremony for Webelos Scouts as they cross over into Boy Scouting. Some packs make the banquet a potluck dinner affair, having each family bring a covered dish. Other packs prefer purchasing the food, having it prepared by the parents' committee, and prorating the cost among those attending the banquet. Some packs have a formal dinner while others just do a cake and ice cream celebration. Every pack is different in numbers of people and budget, so the plans need to be finalized within your pack, with the banquet committee and pack committee working closely together. Because blue and gold are popular colors, you can easily find appropriate party favors and decorations. Both colors come in shades that are bright, vibrant, and sure to enliven almost any banquet hall. While the banquet and pack committees have been working on the logistics for some time as part of the pack's annual plan, the dens can use January as a time to make centerpieces and practice their part in the upcoming festivities.

## SCOUTSTRONG HEALTHY LIVING INITIATIVE

Is snacking smart, drinking right and moving more a priority in your Scout unit? It should be and it's time to get the patch to prove it. The Boy Scouts of America, in collaboration with Healthy Kids Out of School, has launched a new edition of the SCOUTStrong Healthy Unit Award. It's easy, fun and most of all good for you and your Scouts! The patch is for Cub Scouts, Boy Scouts and Venturers. You can earn it as a den, troop, pack or crew. How do you earn it? Practice three healthy principles during your meetings and/or gatherings, creating a new norm. Just follow the 3-6-9 plan:

- Snack Smart: Eat fruits and vegetables for snacks at three meetings
- Drink Right: Have water over sugary beverages at six meetings
- Move More: Enjoy 15 minutes of physical activity at nine meetings

Best part is, the three healthy meeting practices align with many existing Scout requirements and awards. For example, the Cooking merit badge. A Boy Scout could provide his troop with a healthy snack that he prepared and mark off that requirement while also helping his troop earn the SCOUTStrong Healthy Unit Award. Leaders who have already earned the SCOUTStrong Healthy Unit Award have seen more physical activity in their meetings, seen Scouts enjoy eating fruits and vegetables for snacks, and made water the easy choice for Scouts. Many leaders have found the patch changed how they run their meetings and had a positive impact on their Scouts. Some said their Scouts were more focused after completing the challenge. There's a ton of great content available on the SCOUTStrong Healthy Unit Award page. Such as customized tracker for each level of Scouting, ideas for active games, healthy snacks and activities to get Scouts on board with the healthy practices, and resources for Scout parents that introduce the patch and provide ideas for easy and healthy snacks to bring to meetings. Once your unit has earned the award, you simply print the certificate and purchase the patches for you and your Scouts.



## UPCOMING EVENTS

- 2/6 Scouting for Food pick up
- 2/13 University of Scouting
- 2/19 Baden Powell Dinner

## UNIT STRONG

Strong packs and troops should be working to transition Webelos into Boy Scouts. Strong relationships between packs and troops help to ease this transition and help the boys feel at home in their new units.

Have a great idea? A pressing concern? A success story? Send email to [squareknotnotes@yahoo.com](mailto:squareknotnotes@yahoo.com). We serve \*you\*! Do you call communication feedback a gift? It truly is! On the web at [http://www.samhoustonbsa.org/leader\\_resources/the\\_commissioners\\_concept](http://www.samhoustonbsa.org/leader_resources/the_commissioners_concept) or via email at [squareknotnotes@yahoo.com](mailto:squareknotnotes@yahoo.com).

