

PHILMONT AMBASSADOR UPDATE

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SERVING BOTH SIDES OF THE ROAD

Fall 2019

PTC Expands Family Adventures, Adds Backcountry “Sneak Peaks”

Scouting is now a whole-family activity. Family Adventure Camp provides an opportunity for Scouters and their families to experience the excitement of Philmont so they can spread their enthusiasm back home. To accommodate the growing demand for this program, Family Adventure Camp will be offered each week of the 2020 Philmont Training Center (PTC) season.

Another new 2020 program is the “Backcountry Sneak Peak” which will train crew advisors on how to prepare Crews for a Philmont Trek. Part of

their week will be a “mini-trek” so they will learn first-hand tips and techniques that will help their crews have a great Philmont Experience.

Leading off the 2020 PTC conference season will be a Commissioners Week which will focus on service to new and existing units.

Subsequent conferences will cover a variety of important topics to districts and councils such as advancement, training, membership and administration. Scouting skills are also well represented with sessions on orient-

eering, climbing, first aid, shooting, outdoor skills, and angling.

Many PTC conferences are “train-the-trainer” classes to enable Scouters to take lessons learned back home to improve their Council's programs. Direct leader training is always an important element at PTC as manifested in the National Advanced Youth Leadership Experience and Philmont Leadership Challenge programs.

Philmont Ambassadors have an important role in promoting these PTC opportunities. Many experienced Scouters think of Philmont only as a High-Adventure Base. They need to know that PTC provides them with an opportunity to return to Philmont and enjoy its amenities while learning how to improve their units, districts and councils back home. Likewise, newer Scouters need to know that they can self-select themselves to attend PTC just by registering for a conference on line.

In addition to promoting PTC attendance, Ambassadors should also be encouraging Scouts to look at Individual and Employment Opportunities. For many, these programs provide Scouts with a chance to experience Philmont if they cannot otherwise go on a Trek. **P2**

**Click here for
the 2020 PTC
Schedule**



Getting Ready for the 2021 Philmont Lottery

Here's how Mitch Cohen, our Western Region Assistant Coordinator explains it the Philmont Lottery.

You have decided to take a Philmont trek, congratulations! Now that you have taken the first step, what do you do now?

First, make sure you are on their mailing list. If you scroll to the bottom of the Philmont Scout Ranch home page, you will see an envelope, select it, and you will enter information to opt-in to their newsletter. They will send announcements about the trek lottery. Registration information about the lottery is available at [Philmont Scout Ranch > Register](#). Lottery registration for 2021 slots is October 29 to December 3.

You register for the lottery in the fall, 18 months prior to the trek. If you register for the lottery in 2019, you are requesting a trek in the Summer of 2021. If you really want a trek in the Summer of 2020, you can see the available trek dates at [Philmont Scout Ranch > Register > Available Slots](#).

Seven day treks run from one week-end to another, but they do not have nearly as many of them so they are harder to get. New nine day treks are coming in 2020 and 2021. (see accompanying article)

2021 Cavalcades, which are treks on horseback, have their own lottery a bit later in January of 2020.

In 2020 and beyond, the minimum crew size is 8 and a maximum is 12, with a minimum of 2 leaders over 21. Co-ed crews require both male and female adult leaders. The maximum

number of adult leaders is 4.

A youth must be 14 years of age OR 13 years of age and completed the 8th grade. Be aware of the height weight guidelines on the Philmont Health Form, as this can be an issue with some scouts and adults. All these policies are strictly enforced.

Recruiting the scouts and adults can occur before, during, or after the trek is awarded in the lottery. I recommend showing some YouTube™ videos and taping each itinerary to the walls, to show Scouts the variety of trek itineraries. I also walk them through a trek day by day. The magic of a Philmont trek is the programs. The 2019 Itinerary guidebook can be found at Philmont Scout Ranch > Treks > 12-Day & 7-Day Treks.

If your crew is a “go”, you will select 5 trek dates. It is essential to talk to the scouts and parents about the dates so you avoid other activities such as band camp or conditioning for fall sports. Philmont will send a notice of when the lottery is live. When you go to the registration link, make sure all the information and dates you previously entered are correct, and hit submit.

I would recommend registering for 2 adults and 6 scouts because you can always add members to your crew. You will have to pay an \$800 reservation fee a bit later. Half of the remaining balance is due 10/1/2020 and the last half is due 3/1/2021. If you registered for 8 but you have 10, Philmont will collect the additional money at your trek check-in on the first day at the Ranch. Good Luck! **P2**



Camping Director Steve Nelson (with microphone), along with Associate Camping Directors Philip Farrier and David O'Neill announce the 9-day Trek Program at the National Outdoor Conference at PTC in September.

New Nine-Day Itineraries Provide Flexible Options

Philmont Scout Ranch is excited to announce 9-day treks as an additional program option available to those who want to participate in a Philmont trek. 9-day treks are an excellent option for those who want to spend more than a week in Philmont's backcountry but may not be able to make it out for a full 12-day trek due to travel or other factors.

New itineraries are currently being built for this opportunity, which will be available in limited quantities in 2020 and 2021. The price for 9-Day treks will be \$900 in 2020 and \$965 in 2021.

These new treks will allow participants more time in the backcountry than a 7-day trek. With the added time comes additional opportunities to do program and summit peaks, as well as more time for hiking after the acclimation process.

“We're excited that 9-day treks will give more opportunity, not just to Scouts, but also to leaders who have limited vacation time and can't take off time for a 12-day trek, but may be able to take off the time for a 9-day trek,” says Director of Camping Steve Nelson.

During the summer of 2020, 9-day treks will be departing on Mondays, and three slots will be available each Monday. If your unit or council contingent is interested in a 9-day trek for 2020, call Philmont at 575-376-2281 and ask to speak with the camping registrars.

Registration for 2021 treks will open on October 28, 2019, and itinerary selection for 2021 will open in January 2021. If you're interested in a 9-day trek in the summer of 2021, the registration process for those will be the same as 12- and 7-day treks. **P2**

Deluxe Tents Enhance PTC's Appeal

Reprinted from Bryan on Scouting. Used by permission.

The Philmont Training Center experience you love just got an upgrade.

With its new Deluxe Tents — complete with a queen bed with premium linens, electricity and ceiling fan, and covered porch with cozy chairs — the Philmont Training Center is broadening the appeal of its world-class conferences and Family Adventure Camp like never before.

In short, the new lodging option makes the Philmont Training Center

(PTC) a can't-miss destination for more families than ever before.

Wondering about the “roughing it” aspect of camping and PTC's reasoning behind these deluxe tents? Here's one thing to keep in mind: Encouraging more people to experience the magical power of Philmont is something everyone can get behind.

To learn more about these game-changing new tents, I spoke with Nick Hutchinson, PTC director.

What's different about the Deluxe Tents?

To understand the Deluxe Tents, let's first talk about the “standard” tents at the PTC.

For years, families visiting the PTC — including multiple trips with my own family when I was a Scout — have stayed in tents that are far roomier than the one rolled up in your basement.

PTC's standard wall tents are spacious. They have two cots, zip-open windows, electricity, a chair and a light.

The Deluxe Tents (also known as Eco-Tents), offered for an additional fee on a first-come, first-served basis, take the PTC tents to the next level.

Room for six: Each tent features a queen-size bed in the main room and two sets of bunk beds in a separate side room.

Covered porch with chairs: Perfect for watching your kids play, catching up on some reading or just watching the sunset.

Queen bed with premium linens: Leave your sleeping bag at home. If you opt for a Deluxe Tent, the PTC has you covered.

Dressers: So you can unpack and stay a while. **P2**



Tent walls open wide for viewing scenery and letting in fresh mountain air.



Branded shoes are treasured souvenirs of a Philmont Trek.

Focus on the Backcountry

Western Lore Comes to Life at Clarks Fork

- Staffed Camp
- Elevation: 7530 ft.
- Showers available

Description: Clark's Fork is a very large and busy western-themed interpretative camp. For dinner, Scouts and leaders are served a chuckwagon beef stew, a signature of Philmont. Many crews take trail rides if they are reserved in advance by the crew leader.

The mountains and plains grasslands of Northeastern New Mexico have served as areas for raising beef cattle since the days of Lucien Maxwell's original settlement on the Beaubien and Miranda Land Grant in the 1840's. Essentially, the present day ranches that have evolved are cow/calf operations whose major emphasis lies in raising calves from adult cows. Other outfits specialize in pasturing beef steers in mountain areas through the summer months. In the rugged terrain of this part of New Mexico, cattle are still tended by men and women on horseback. As such, present day ranches represent a continuation of the beginnings of the western cattle industry when men on horseback rode herd on the large open range ranches of the 1880's



and 1890's.

Clark's Fork is one of the locations to get belts, boots and other gear branded with the Philmont horse brand or cattle brand.

Clark's fork is often the last backcountry camp that crews camp at prior to hiking back to camping HQ at the end of their Trek.

Activities: Western lore/branding, horseback riding, homesteading, Chuckwagon dinner, evening campfire

Water: Purified. Crews heading to dry camps can fill up here.

Nearby Camps: Upper Clarks Fork, Ponderosa Park, Shaefer's Pass,

2019 Itineraries with Camping at Clark's Fork: 6, 7, 18, 14, 20

2019 Itineraries with Program at Clark's Fork: 8, 10, 14, 26, 30

Old Skills Become New in Living History

Mark Cordeiro, PhilNews Writer

Laughter and song breathed life into the previously uninhabited Rayado ranch when over a hundred Philmont staffers came for specialty training on June 2.

Each camper worked to improve their acting skills by expanding their historical knowledge and learning more about program activities for visitors. Philmont brought in historical experts and actors to give staff a guiding hand in their studies.

Tim Crofton, an actor and instructor, mentors staff at Living History Day each year. Crofton watches each camp's opening skit at the Backcountry Town Hall, where interpretive staff clad in costumes from the 1800s perform for Philmont staffers.

Crofton carefully watched each camp's performance, giving them helpful advice on their acting style or skit content. Crofton said their performances were some of the best he'd seen since he started working at Philmont. The stage, however, isn't the only place that backcountry staff uses their acting abilities.

Doctor Richard Goddard, a retired professor of anthropology from Adams State University, shared his personal knowledge of the American Civil War with interpretive staff playing Union soldiers at the Backcountry camp Black Mountain.



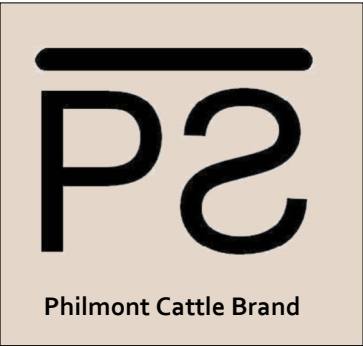
Staff impress visitors with their blacksmithing skills in the Backcountry.

"You can read books and books about what it was like to live in that period," he said. "But until you actually try to live in that period, you don't fully grasp what it's really like." An avid reenactor himself, Goddard dressed in a Union officer's uniform for training. He informed staff of the active duty roles of officers, stories and songs they might share and other important aspects of a Civil War soldier's life.

As Goddard spoke to the reenactors backcountry manager Pete Scifres stood off to the side, observing the staff of Apache Springs as they raised a full size, traditional tipi on the homestead's lawn. Though not an interpretive camp themselves, Apache Springs will be doing archery all summer with the tipi close by. During the

Branding Livestock Goes Back to Ancient Egyptians, Romans

The act of branding livestock with fire-heated marks to identify ownership has origins in ancient times, with use dating back to the ancient Egyptians around 2,700 BC. Among the ancient Romans, the symbols used for brands were sometimes chosen as part of a magic spell aimed at protecting animals from harm.



In English, the word "brand" comes from the similarly spelled Germanic word **"brand"** meaning "burning or fire". It originally meant anything hot or burning in the way "firebrand" means a burning stick. By the European Middle Ages, it commonly identified the process of burning a mark into stock animals with thick hides, such as cattle, so as to identify ownership under the practice of **animus revertendi** or "intention of returning". The practice became particularly widespread in nations with large cattle grazing regions such as Spain.

These European customs were imported to the Americas and were further refined by the **vaquero** tradition in what today is the southwestern

United States and northern Mexico. In the American West, a "branding iron" consisted of an iron rod with a simple symbol or mark, which cowboys heated in a fire. After the branding iron turned red hot, the cowboy pressed the branding iron against the hide of the cow. The unique brand meant that cattle owned by multiple ranches could then graze freely together on the open range. Cowboys could then separate the cattle at "roundup" time for driving to market.

Cattle rustlers using running irons were ingenious in changing brands. The most famous brand change involved altering the Ten in Texas "X I T" brand into the Star-Cross brand, a star with a cross inside. Brands became so numerous that it became necessary to record them in books that the ranchers could carry in their pockets. Laws were passed requiring the registration of brands, and the inspection of cattle driven through various territories. Penalties were imposed on those who failed to obtain a bill of sale with a list of brands on the animals purchased.

From the Americas, many cattle branding traditions and techniques spread to Australia, where a distinct set of traditions and techniques developed. Livestock branding has been practiced in Australia since 1866, but only after 1897 did owners have to register their brands. These fire and paint brands could not then be duplicated legally.

Free-range or open-range grazing is

less common today than in the past. However, branding still has its uses. The main purpose is in proving ownership of lost or stolen animals. Many western US states have strict laws regarding brands, including brand registration and require brand inspections. In many cases, a brand on an animal is considered **prima facie** proof of ownership.



In the hides and leather industry, brands are treated as a defect and can diminish the value of hides. This industry has a number of traditional terms relating to the type of brand on a hide. "Colorado branded" (slang "Collie") refers to placement of a brand on the side of an animal, although this does not necessarily indicate the animal is from Colorado. "Butt branded" refers to a hide which has had a brand placed on the portion of the skin covering the rump area of the animal. A **cleanskin** animal is one without a brand while the skin without a brand is called **native**.

From "Livestock Branding", **Wikipedia, The Free Encyclopedia**, **P2**

Hiker's Health Hints

Special Diets Not A Bar To Trekking

By Mitch Cohen, Assistant Western Region Philmont Ambassador Coordinator

If you have a food allergy, health or religious dietary restriction, Philmont Scout Ranch can most likely accom-

modate your restrictions. When eating at a dining hall at Camping Headquarters or the PTC, you can tell the server your dietary restriction. They will ask you to stand to the side, as they make you a special plate. When you register for Philmont Training Center and off-season conferences, they will ask about dietary restrictions. If you have a dietary restriction that they cannot accommodate, they typically contact you prior to the conference and work with you to at least partially accommodate your needs.

Dining in the backcountry takes a bit of work, but Philmont provides some excellent guidance to accomplish this. Start by going to [Philmont Scout Ranch > Treks > Dining in the Backcountry](#). There they explain how to package substitute items and have ingredient lists for the breakfast, lunch, and dinner trail meals, as well as the Chuckwagon and Mexican dinner meals. They also have a [Special Food Needs Document](#) that provides more information regarding special meals and contact information.

Before you arrive at Philmont, review the ingredient lists for each meal and determine what you can and cannot eat. The trail meals are designed to have about 3,000 calories per day, so if you must remove 1,000 calories, replace it with a similar number of calories. Your replacement food for each meal should be placed in a sturdy bag, such as a freezer quart or gallon Ziploc™ bag, and clearly marked with a label that has your name, expedition number and itinerary. You can use an address label with a clear piece of packing tape over the top.

When you first arrive at the Welcome

center and meet your Ranger, one of the questions they will ask is "does anyone have any special food or dietary restrictions?". The ranger will instruct you to take the food to logistics, and the logistics staff will take it from there. They will assist you in dividing up your food so it can be delivered to you at the proper Backcountry Commissary.

When you are at a Staff Camp with a chuckwagon or Mexican dinner, have the Crew Leader relay your food restriction to the camp staff. They will know how to adapt the meal to meet your restrictions.

When you look over your meals, determine what you can eat. You can make a small slit in the meal bag and remove the unusable items. Remember that each bag of food is for two people, so if you cannot eat Oreos, only remove one of the packages, not both. You do not want to short your partner, but at the same time carry food you cannot eat.

When your crew arrives at the commissary to pick up food, make sure the crew leader also asks for your replacement food as well.

Like every camping trip, always have a "Plan B." Despite Philmont's very best efforts, a special meal may not be there when and where you need it. It may have been forgotten at a backcountry commissary or delivered to the wrong camp. Have a back-up plan such as carrying an extra meal or two with you, just in case.

With careful planning and preparation, many Scouts can enjoy Philmont Treks while having the foods they need along the way. **P2**



Ambassador Profile

Dave Woodman Inspires Youth to Dream of Philmont

Dave Woodman has been promoting Philmont since before the Ambassador Program even began. "If I am going to have to guess as to how long I have been an Ambassador, I reckon it would seem like 10 to 12 years," muses Dave. "I wanted to be a part of the Ambassador program because some of the best summers of my life were spent at Philmont and I wanted to do what I could to see that others had the chance to create good Scouting memories."

Dave has done 5 treks at Philmont during the 60's and 70's. He's also attended three PTC Conferences. One was Search and Rescue and the other two were Ambassador conferences. He would have attended the Ambassador Conference this summer but could not because of a schedule conflict. However, he will be attending the Outdoor Leader Conference in September.

Dave is in the Heart of America (HOA) Council with headquarters in Kansas City, Missouri. The council serves nineteen counties in Western Missouri and Eastern Kansas. There are a total of eight Ambassadors in the council. "We enjoy working together, and we meet on a regular basis to plan and coordinate our presentations," explains Dave. "One

of the challenges we face, though, is getting timely insertions in our council website publications."

"We do numerous presentations to units. We also do promotions at Commissioner's College, Order of the Arrow Conclaves, the annual Spring feast for the Tribe of Mic-O-Say, and this summer we did a presentation to the all-girl session at the Bartle Scout Reservation. We also participated in the council's Scouting 500 where several thousand Scouts were in attendance."

Dave's advice is to be enthusiastic, be available, and make your static display as attractive as possible. One of the things the HOA group does is to have a set of Philmont brands and provide the opportunity for Scouts to brand leather items that they have with them. They also have a supply of leather rounders available if the individuals don't have a hat or belt or boots to brand.

"I enjoy doing these presentations because I know that if a young person's interest is stimulated, a great experience is ahead of them," explains Dave. "What I find most successful is talking to the potential youth participants. If I can get them excited, good things often follow."

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U of Scouting Is Important Opportunity to Reach Scouters

Fall brings a great opportunity for Ambassadors to make a big impression at their Council's University of Scouting (U of S). At one place and in one day, you can reach many potential Philmonters ranging from new Cub Den Leaders to seasoned veterans. Many Universities also have sessions for Youth Leadership, so you can extend your reach even further by promoting NAYLE.

Some of those who have been to Philmont before can be easy 'sells' because they know how great the experience is.

For others, you need to break through the "been there, done that" attitude with information about new programs, facilities, and conferences. You can inspire them to bring their grandkids to PTC's Family Program and stay in the new Deluxe tents.

Besides, Scouting has changed a lot in recent years, and Philmont is the best place to learn the latest.

Many newer Cub leaders may at first be intimidated by the prospect of going to a "High Adventure" base. The Cub Scout Activity Conference will be great for them from July 12-18. These same parents may also be looking for affordable, family-orientated vacations as well. Pointing out to them the bargain of PTC's Family Adventure experience can get them to thinking about it being the prefect trip for next summer.

Family Adventure is a great way for reluctant spouses and siblings to 'dip their toe in the water' of camping. Once they experience the joys of being outside, seeing deer roam the PTC camp and fall asleep to the sound of owls hooting at night, all their cares will fade away.

Scouts BSA Leaders also can also benefit from the many conferences slanted toward their interests. Their presence at the U means that they are interested in learning more about the Scouting Program.



Many new Scouts BSA girl Troops and Leaders may not be aware of the Lottery process. Talking to them at a U of Scouting Midway may be the spark they need to plan for a Trek in the near future. Newer Troops may not have Scouts old enough for a Trek for a few years, but now is the time to get them thinking about it.

They also need to be aware of the mechanics and timing of the Philmont Trek Lottery which runs from October 29 to December 3. Although Troops should be youth-led in terms of planning such high-adventure trips, adult guidance is valuable for long-term planning.

Venturing Scouts and Leaders likewise can be great audiences for hearing about how a Trek fits with their High-Adventure Program. Some Venturing Scouts may not have had

Please combine your literature requests for separate events. It's easier for Philmont to send you one package instead of several!

the opportunity to do a Trek with their Troop, but they still have an opportunity with their Crew.

Many Instructors at the U of Scouting can be considered Old-Hands and may have been on a Trek many years ago. But change is constant at Philmont, and they need to know about the new camps, trails and programs that have been started since they were last there. They probably didn't go ATV or BMX riding on their Trek or build a railroad. Being in a position as a Trainer of other Scouters, they probably could also benefit from learning about new recruiting techniques, the latest in advancement, or the all important "Training the Trainer" at PTC.

The Youth Leadership at the U of S are prime candidates for the National Advanced Youth Leadership Experience. Encouraging them to grow through attending their Councils Junior Leader Training programs and aiming for NAYLE at Philmont is a great way to keep them engaged and excited about Scouting.

Don't forget about younger Scouts attending U of S with their parents. They are the future Green Bar Patrol Leaders. Talking to them about the fun opportunities at Philmont can make a lasting impression that will pay off once they are leading their troop in planning for High Adventure in a few years.

Now that Fall U of Scouting is just a few weeks away, it's time to update your display with the current lottery calendar, photos of the new Philmont facilities. Don't forget to check your inventory of brochures so you have enough for everyone interested. P2

Waite's Granddaughter Shares with Ambassadors

By Dustin Taylor, Western Region Assistant Regional Coordinator.

The Ambassador I seminar started on Sunday night with an ambassador only Villa Tour, that required an expeditious exit through the kitchen to make it to the opening campfire on time.

Monday had introductions, photos for our Ambassador ID, a Philmont fire update by Shelley O'Neill, Director of Business Operations, and a talk on the history of PSR and the Ambassador program. On Tuesday morning, Rich Barth and the PTC Chaplain drove us to Indian Writings with a stop at Anasazi Trail Camp for our back-country tour. In the afternoon we went over all PSR programs and had presentations on the Family Program and Family Adventure.

Wednesday, Rich Barth again led us on a tour of Camping Headquarters (CHQ). We had a chance to see the locations that crews visit while being processed before and after a Trek. Thursday saw a transition to marketing after some time talking about taking a Philmont trek. We discussed displays, presentation skills and what to do the first 180 days as a Philmont Ambassador.

The entire class also met Julie Phillips Puckett in the dining hall. Julie represents the third generation of the Phillips family's connection to Philmont Ranch. As the granddaughter of Waite and Genevieve Phillips and the daughter of Elliott (Chope) and Virginia Phillips, Julie spent 11 summers during her youth at Cimarroncita Ranch Camp for Girls, which is now a part of the Philmont Scout Ranch. She



also cherishes memories of time spent with her father riding horses at Philmont, while he shared with her his deep love of the mountain ranch country.

Her dad was always happiest outdoors on a horse, whether at Philmont or on his own ranch, and Julie has taken care to pass that legacy on to her children, who visited Philmont with their grandparents on many occasions. Julie also serves on the Philmont Ranch Committee.

The Ambassador I & II seminars hosted a Crew and Individual Trek Information Night for all week 7 PTC attendees. Dan Hughes and John Moore, both Philmont Ambassadors

that attended the Ambassador I course in 2018 and on summer staff in Logistics, gave an outstanding presentation and demonstration on the trip planning that the Crew Advisor and Lead Advisor attend. We received many thanks from attendees and the week 7 conference chair. Friday, we asked Steve Nelson and Nick Hutchinson questions at Rocky Mountain Scout Camp (RMSC), and then had our graduation.

For those who have not attended the Ambassador I course, please consider it for 2020. We have had many experienced Ambassadors that were glad they came and learned a lot.

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Save the Dates: 2020 Ambassador Seminars are from July 5 to 11.

New Ambassadors!

Name	Region	Council
Don Hall	WR	Trapper Trails
Evan Yaros	SR	Central Florida
Nicholes Bouyea	NE	Pine Tree
Thomas Kube	WR	Grand Canyon
Tom Monson	CR	Chippewa Valley
Jerry Schleining	WR	Cascade Pacific
Cris Comp	WR	Cascade Pacific

Ambassador IIs Dig Deep Into Philmont Adventure Experience

By Rob Welander

This summer I went to the Philmont Ambassador II Seminar at the Philmont Training Center, and I had a great time. We were told that the "A2" course was a chance to take a few of the topics that are discussed in the "A1" course, and do a deeper dive into them. That was certainly the case this year!

We started off getting to know the others in the class. After that, we were able to hear first-hand from Shelley O'Neill, the Director of Business Operations (a.k.a. Unit 3), about the effects that last year's fires had on Philmont, and how they are recovering.

On Tuesday, we found out we were going on a one-day trek later in the week, so first thing in the morning we went over to the camping side and met our Ranger. We spent the whole day going through all of the activities that a crew does when they arrive at Philmont, to help us prepare for our trek. We even got a crew photo taken!

On Wednesday morning, we heard from GW Bell about the Ambassador program and the Ambassador Tick-

et. We had Wednesday afternoon free to explore Philmont and Cimarron.

On Thursday we got to go on our trek! We had a great time. Our two Rangers took us to the Zastrow Turn-around, and taught us about map and compass navigation. The best part was learning about the Red Roof Inn. We then hiked to Zastrow, and then on to Rayado River Camp. We set up a tent, hung bear bags, cooked a Philmont dinner, and cleaned up afterwards using Philmont methods. As we left Rayado River Camp for our hike to Abreu, it started raining, and then hailing. It was great!

The weather was better by the time we got to Abreu, so we celebrated with a glass of root beer. On Friday, we talked with staff at the COPE course about how they run their program, and then we saw up close the Shooting Sports area at the PTC.

We closed the week with a Q&A session with Steve Nelson, the Director of Camping Services (a.k.a. Unit 2) and Nick Hutchinson, the new Director of the PTC. It was a great week! P2

Astronauts Studied Geology at Philmont Before Moon Landings

On July 21, 1969, history was made when Eagle Scout Neil Armstrong first stepped onto the moon. But about five years earlier astronauts were preparing for the historic day at Philmont Scout Ranch.

Beginning in March 1964, NASA sent these astronauts on geology field trips to introduce them to geologic concepts they might find on the Moon.

The photo on the right shows the

group standing in what is now the medical re-check building at the Philmont. Every backcountry participant enters through the same doors and can stand in the same spot as Buzz Aldrin, Neil Armstrong and so many other incredible people who went through before them.

A banner hangs in the building that says “Half of the Astronauts who walked on the moon, walked through these doors. What will your legacy be?” **P2**



Apollo astronauts pose for a group photo at Philmont Scout Ranch during a geology field trip in June of 1964. Pictured from left to right: From left to right, they are: Pete Conrad, Buzz Aldrin, Dick Gordon, Ted Freeman, Charlie Bassett, Walt Cunningham, Neil Armstrong, Donn Eisele, Rusty Schweikhart (behind Eisele), Jim Lovell, Mike Collins (partly hidden behind Lovell), Elliot See, Gene Cernan (behind See), Ed White, Roger Chaffee, Gordon Cooper, C.C. Williams (behind Cooper), Bill Anders, Dave Scott, Al Bean.

Doctors Needs To Know What Scouts Are Getting Into

Participant safety is paramount at Philmont. When Ambassadors are asked whether a particular person is medically able to go on a Trek, the best answer is “Ask your physician”. A summary of the types of situations that Scouts will encounter is provided on the Philmont Class A Medical Form.

Philmont requires that this information be shared with the parent(s) or guardian(s) and examining physician of every participant. Philmont does not have facilities for extended care or treatment; therefore, participants who cannot meet these requirements will be sent home at their expense.

Cardiac or Cardiovascular Disease

Adults who have had any of the following should undergo a thorough evaluation by a physician before considering participation at Philmont.

1. Angina (chest pain caused by blocked blood vessels or coming from the heart)
2. Myocardial infarction (heart attack)
3. Heart surgery or heart catheterization (including angioplasty to treat blocked blood vessels, balloon dilation, or stents)
4. Stroke or transient ischemic attacks (TIAs)
5. Claudication (leg pain with exercise caused by hardening of the arteries)
6. Family history of heart disease or a family member who died unexpectedly before age 50
7. Diabetes

Smoking and/or excessive weight

Youth who have congenital heart disease or acquired heart disease such as rheumatic fever, Kawasaki’s disease, or mitral valve prolapse should undergo thorough evaluation by a physician before considering participating at Philmont.

The altitude at Philmont and the physical exertion involved may precipitate either a heart attack or stroke in susceptible persons. Participants with a history of any of the first seven conditions listed above should have a physician-supervised stress test. More extensive testing (e.g., nuclear stress test) is recommended for participants who have coronary heart disease. Even if the stress test is normal, the results of testing done at lower elevations and without the backpacks carried at Philmont do not guarantee safety. If the test results are abnormal, the individual is advised not to participate.

Hypertension (High Blood Pressure)

The combination of stress and altitude appears to cause a significant increase in blood pressure in some individuals attending Philmont. Occasionally hypertension reaches such a level that it is no longer safe to engage in strenuous activity. Hypertension can increase the risk of having a stroke, developing altitude sickness, or angina. Persons coming to



Getting the OK from your doctor is essential for your safety and the success of your Trek.

Philmont should have a normal blood pressure (less than 135/85). Persons with significant hypertension (greater than 150/95) should be treated before coming to Philmont, and should continue on medications while at Philmont. The goal of treatment should be to lower the blood pressure to normal.

Persons with mild hypertension (greater than 135/85 but less than 150/95) probably require treatment as well. It is the experience of the Philmont medical staff that such individuals often develop significant hypertension when they arrive at Philmont. Participants already on antihypertensive therapy with normal blood pressures should continue on medications. Diuretic therapy to control hypertension is not recommended because of the risks of dehydration that exist with strenuous activity at high altitude and low humidity. Each participant who is 18 years of age or older will have his or her blood pressure checked at Philmont. Those individuals with a blood pressure consistently greater than 150/95 may be kept off the trail until the blood pressure decreases.

Insulin-Dependent Diabetes Mellitus

Exercise and the type of food eaten affect insulin requirements. Any individual with insulin-dependent diabetes mellitus should be able to monitor personal blood glucose and know how to adjust insulin doses based on these factors. The diabetic person also should know how to give a self-injection. Both the diabetic person and one other person in the group should be able to recognize indications of excessively high blood sugar (hyperglycemia or diabetic ketoacidosis) and to recognize indications of excessively low blood sugar (hypoglycemia). The diabetic person and one other individual should know the appropriate initial responses for these conditions. It is recommended that the diabetic person and one other individual carry insulin on the trek (in case of accident) and that a third vial be kept at the Health Lodge for backup. Insulin can be carried in a small thermos, which can be resupplied with ice or cold water at most staffed camps.

An insulin-dependent diabetic who has been newly diagnosed (within the past six months) or who has undergone a change in delivery system (e.g., insulin pump) in the past six months should not attempt to participate in the strenuous activities encountered at Philmont. A diabetic person who has had frequent hospitalizations for diabetic ketoacidosis or who has had frequent problems with hypoglycemia should not participate in a trek at Philmont until better control of the diabetes has been achieved. Call Philmont at 575-376-2281 to obtain permission from the chief medical officer for individuals hospitalized within the past year.

Excessive Body Weight

Any youth or adviser who exceeds the maximum weight limits on the [Philmont weight chart](#) is at extreme risk for health problems.

Seizures (Epilepsy)

A seizure disorder or epilepsy does not exclude an individual from participating at Philmont. However, the seizure disorder should be well controlled by medications. A minimum one-year seizure-free period is considered to be adequate control. Philmont’s chief medical officer may consider exceptions to this guideline. Any exceptions will be based on the specific type of seizure and the likely risks to the individual and to other members of the crew. The medical staff at the Health Lodge may place some restrictions on activities (rock-climbing, horse riding, etc.) for those individuals who are approved for participation but whose seizures are incompletely controlled.

Asthma, Allergy, or Anaphylaxis

Asthma should be well controlled before coming to Philmont. Well-controlled asthma means (1) the use of short-acting bronchodilator MDI (albuterol, Ventolin, Proventil) zero or one time per day, and (2) no need for nighttime treatment with a short-acting bronchodilator. Well-controlled asthma may include the use of long-acting bronchodilators, inhaled steroids, or oral medications such as Singulair. You must meet these guidelines in order to participate. You will not be

allowed to participate if (1) you have exercise asthma not prevented by medications, or (2) you have been hospitalized or have gone to the emergency room to treat asthma in the past six months, or (3) you have needed treatment with oral steroids (predisone) in the past six months. You must bring a 15-day supply of your medications and a spare short-acting bronchodilator. At least one other member of the crew should know how to recognize signs of worsening asthma or an asthma attack, and should know how to use the bronchodilator. Any person who has needed treatment for asthma in the past three years must carry an inhaler on the trek. If you do not bring an inhaler, you must buy an inhaler at Philmont before you will be allowed to participate. Allergy shots may be given to persons on a maintenance dose and who have not had an anaphylactic reaction. You must bring your own medications. Philmont staff may not be able to give allergy shots while persons are on their trek. Persons who have had an anaphylactic reaction for any cause must contact Philmont before coming. If you are allowed to participate, you will be required to have appropriate treatment with you. You and at least one other member of your crew must know how to give the treatment. If you do not bring appropriate treatment with you, you will be required to buy it at Philmont before you will be allowed to participate.

Recent Musculoskeletal Injuries and Orthopedic Surgery

Every Philmont participant will put a great deal of strain on feet, ankles, and knees. Participants who have had orthopedic surgery—including arthroscopic surgery—or significant musculoskeletal injuries within the past six months find it difficult or impossible to negotiate Philmont’s steep rocky trails. To be cleared to backpack by the Philmont medical staff, individuals with significant musculoskeletal problems (including back problems) or recent orthopedic surgery must have a letter of clearance from their orthopedic surgeon or treating physician. A person with a cast on any extremity may participate only if approved by a Philmont physician. Ingrown toenails are a common problem and must be treated 30 days prior to arrival. All such problems will be reviewed by a Philmont physician to determine if participation in a trek will be permitted.

Psychological and Emotional Difficulties

A psychological disorder does not necessarily exclude an individual from participation. Parents and advisers should be aware that a Philmont trek is not designed to assist participants to overcome psychological or emotional problems. Experience demonstrates that these problems frequently become magnified, not lessened, when a participant is subjected to the physical and mental challenges of a trek at high elevation, carrying a heavy backpack over steep, rocky trails. Any condition should be well

controlled without the services of a mental health practitioner. Under no circumstances should medication be stopped immediately prior to a Philmont trek, and medication should be continued while at Philmont. Participants requiring medication must bring an appropriate supply.

Medications

Each participant at Philmont who has a condition requiring medication should bring an appropriate supply. The pharmacy at the Health Lodge is limited and the identical medications may not be available. In certain circumstances, duplicate or even triplicate supplies of vital medications are appropriate. People with an allergy to bee, wasp, or hornet stings must bring an EpiPen or equivalent with them to Philmont. An individual with congenital or chronic medical conditions should always contact the family physician first and call Philmont at 575-376-2281 if there is a question about the advisability of participation. Philmont’s chief medical officer and other medical staff of the Health Lodge reserve the right to make medical decisions regarding the participation of individuals at Philmont.

Philmont requires that this information be shared with the parent(s) or guardian(s) and examining physician of every participant. Philmont does not have facilities for extended care or treatment. Participants who cannot meet these requirements will be sent home at their expense.

Philmont wants every Scout and Scouter to have the best experience possible. Healthy trekkers are happy trekkers. **P2**

Philmont Ambassador Newsletter

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