

PHILMONT AMBASSADOR UPDATE

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SERVING BOTH SIDES OF THE ROAD

Winter 2019

New Programs, Camps and Routes Await 2019 Crews

Philmont staff has creatively come through with 2019 itineraries that will enable crews to experience all the wonders and programs on the Ranch. As always, Crews should not use previous years' itinerary guidebooks because of annual changes to the routes. This is especially important in 2019 because many routes have been designed provide hikers with the

beautiful vistas and scenery of Philmont while minimizing the impact on fire-damaged areas.

You can now access both the "Guidebook to Adventure" and the "Itinerary Guidebook" on-line at the Philmont Site. On-line access saves valuable resources used for printing and distributing the material.

Even though a large portion of the Ranch was affected by the 2018 fires, the hiking experience and available activities along the way remain largely unchanged. Many favorite places and programs will be there just as always. The "Stomp" at Cyphers Mine, challenge activities at Urucca Mesa and .30-06 rifle shooting at Sawmill will be awaiting 2019 Crews.

Philmont is forever changing while forever remaining the same, though. A number of new camp sites, trails and experiences will be ready for the summer.

Garcia Cow is a new staffed camp on UU Bar Ranch land. It will feature wildlife conservation and the story of Earnest T. Seton. The newly re-opened Santa Claus Camp will have shotgun shooting. A new Chase Cow camp will provide another rock climbing venue, and there will be new climbing routes at Cimarroncito. The railroad at Metcalf Station will be expanding along a new line.

This summer crews will be able to camp at the new Arrowhead trail camp in South Country or begin their adventure at the new Webster trailhead. For those sweating their way down from Mount Baldy, a new shower facility awaits them at Baldy Town.

As always, routes range from challenging to super-strenuous. However, some routes that included both Baldy and Mt. Phillips are not available because of fire-damaged trails. Nevertheless, the beauty and adventure of Philmont awaits those who are up to the challenge in 2019. **P2**



Philmont's vistas continue to inspire respect for nature in Scouts.

Who's Who at Philmont

Betty Pacheco, Registrar

One of the more important people at Philmont to Trek advisors is Betty Pacheco, Registrar. A long-time Philmont employee, Betty ensures that the administration of Treks runs smoothly. She loves her job because she loves to help Crews have a great experience even before they arrive at Base Camp.



Duties at Philmont: Maintains registration information for all units for multiple years. Collects payment and records, including second season and individual program participants. Replaces cancellations through a wait list. Maintains records. Schedules shuttle for staff and individual participants. Manages Camping Office. Supervises and trains seasonal registrars and clerks. Provides customer service to Scout Executives and unit advisors.

Number of Years at Philmont: Total 46

Positions at Philmont: 1972 - 1973 Commissary Clerk and Accounting Clerk

1974 - 1988 - Accounting Clerk

1989 - 1990 - Assistant Registrar

1990 to present - Camping Registrar

Most Memorable Experience at Philmont: I had been working with an advisor regarding his reservation at Philmont. On the day of their arrival, I happened to be at the front counter. Once he recognized me, he literally cried because of what I had done for their unit, being so helpful to him during the whole process.

Most Humorous Experience at Philmont: One day I came to work wearing two different shoes - same style, only different colors. No one in the office noticed until after lunch. **P2**



Philmont Announces New General Manager

It is with great excitement that Philmont announces that Roger B. Hoyt has been selected to serve as the new General Manager of Philmont Scout Ranch and will arrive on the Ranch in January 2019. Roger and his wife Diana currently reside in Fargo, ND, where Roger serves as the Scout Executive of the Northern Lights Council. Please join us in welcoming Roger and Diana to the Philmont family! **P2**

Pictured Above

Row 1: Assistant Chief Scout Executive Al Lambert, Philmont General Manager Roger B. Hoyt, Diana Hoyt

Row 2: Ranch Committee Member Doyle Parrish, Ranch Committee Chairman Jim Ryffel

2019 Treks Still Available

Every winter Philmont Trek slots become available for Crews who can be flexible in planning their High Adventure outing in the summer. There are a myriad reasons why openings occur such as lack of funds, changes in Crew composition, or conflicts with other commitments.

In any case, nimble Crews can take advantage by signing up for a Trek

now for Summer 2019. Simply go the Philmont Site and sign up!

**Click here to see
available 2019
Trek Slots.**

Frequently Asked Questions on Health, Medicines, Diet, Crew Size

Question : Can a person with diabetes participate in a Trek?

Answer: 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.

Participants are reminded that 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 Infirmary for backup.

The Health and Medical Record (Parts A, B, and C) must be completed prior to arriving at Philmont. There is a link to the forms on Page 4.

Question: My scout needs medicine that has to be kept cool so it does not lose potency. Is this possible on a Trek?

Answer: Medicines that need to be kept cold (such as insulin) can be carried in a small insulated container,

which can be resupplied with ice or cold water at most staffed camps. Another option is to carry instant ice packs to keep medicines cool.

Question: Some of our Scouts have special dietary needs such as gluten-free, kosher or vegetarian foods. How does Philmont accommodate these?

Answer: Because of the variety of needs, Philmont cannot provide special meals. However, it will work with Crews to accommodate them. Crews need to prepare and bring their own special needs meals. Philmont will deliver them to the commissaries along your Trek to be picked up at same time you pick up your regular food. Please contact Philmont ahead of time to coordinate this service.

Question: Because the new minimum crew size will be 8 starting in 2020, can I combine two 7-person crews which won't meet the new size restriction?

Answer: The maximum crew size is 12, and only in rare and exceptional circumstances might Philmont allow a 13-person crew. **P2**

Ambassador Conferences Keep Your Philmont Knowledge Fresh

As timeless as the backcountry may seem, change is inevitable. Last year's Ute Park fire was an extreme example, but incremental changes occur regularly at Philmont. It's important that Ambassadors keep up to date which is why we are encouraged to get to Philmont every three years.

The theme of the 2019 Ambassador I Conference is "One Philmont, Many Opportunities". This conference is designed for the newer members of the Philmont Ambassador ranks and established Ambassadors building upon their existing foundation prior to taking the Ambassador II conference.

It will discuss the position of the Philmont Ambassador and ways Philmont and the Ambassador program can support your work. An introduction to the history of Philmont and the surrounding area will prepare you for visits to Philmont museums, two half day backcountry tours and a behind the scenes tour of Camping Headquarters. Presenters will go over the programs Philmont Scout Ranch offers including treks, Philmont Train-

ing Center conferences, individual opportunities, second season, and the family program.

Last, participants will explore techniques to market Philmont in their councils. Methods to engage scouts in your Council to help get access to key leaders and executives and to develop opportunities and events for Philmont marketing will be discussed. It will look at a roadmap for the first 180 days as a Philmont Ambassador, give attendees an idea of what you should be working on the first 6 months, and introduce displays, business cards, presentations, and available resources. Attendees must be a current, approved Philmont Ambassador.

If you've already experienced the fun and learning opportunities at the Ambassador I Seminar, it's time to take it to the next level by attending the Ambassador II Seminar.

Planned activities include spending a full day in the backcountry, eating a trail lunch at a backcountry camp and

taking an in-depth look at what Philmont crews experience the first 24 hours after arriving at the Ranch. You'll share a meal with crews just off the trail. Attendees will cover the ins and outs of the PTC Family Programs and Philmont Family Adventure. These experiences will give you a greater understanding of the Training Center and Ranch operations. In addition, you'll learn new presentation techniques to enhance your effectiveness at promoting Philmont.

Ambassador II attendees will be away from the Training Center for at least two full days (but not overnight), so if you are bringing children, make sure that you have another adult who can pick them up from the Family Program. Attendees must be current, approved Philmont Ambassadors and have completed the Ambassador I Seminar.

[Note: Attendance at Ambassador Seminars are by invitation only. Ambassadors who have not received an invitation should contact their Regional Coordinator.] **P2**

Ambassador I Faculty

Dustin Taylor - Ambassador

Dustin Taylor is the Coronado Council Philmont Ambassador in Central and Western Kansas. He has been he lead Crew Advisor for multiple Philmont treks with his Troop, Crew, and Council contingent. Dustin has also trained many Council and area Troops and crews in preparation for a trek and LNT high adventure. He has a twenty two year old son who is an Eagle Scout and an eighteen year old daughter who he is trying to convince to work at Philmont this Summer.



Bob Weagraff - Ambassador

Bob has been the Ambassador to the Cape Fear Council since the program began in 2013. As an Adult Advisor on a Trek in 2009, he fell in love with Philmont and has shared his enthusiasm with Scouters throughout his area. He attended the Ambassador I conference in 2014 and Ambassador II conference in 2018. For more information on Bob, see his Profile article on Page 3.



Ambassador II Faculty

Robert "Rob" Welander — Central Region Ambassador Coordinator

Rob is currently registered with Troop 412 in Olathe, KS and is a Heart of America Council Philmont Ambassador. In 1982 he was the crew leader for his trek and went as an adult adviser in 2007, 2009, 2013,, and 2015. He attended the Philmont Ambassador Seminar in 2016 and returned in 2017 and 2018 as a faculty member for the same course.



GW Bell — Southern Region Ambassador Coordinator

GW currently serves as an ASM/ Adult Training & Den Chief Coordinator for Troop 336 in Ft Worth, TX. He was a first-time PTC conference participant in 2007 and he and his wife and son have been to Philmont at least once every year starting in 2010, including a trek in 2013. GW attended the Philmont Ambassador Seminar as a participant in 2015, and has served on the Ambassador Seminar Faculty in 2016-2018.



Mitch Cohen - Ambassador

Mitch Cohen has enjoyed going to Philmont since he led a trek from Santa Ana, CA in 2011. Since then he led another trek in 2013 and a coed Venture Crew with his son, daughter, and brother in 2015. Mitch completed Ambassador I training in 2016 and Ambassador II training in 2018. He promotes back country treks and PTC, conducts gear checks for troops, and presents at University of Scouting events and Scout-O-Ramas in both the Orange County & Long Beach Council.



Philmont Maps Provide Powerful Tools

Michael W. Michelsen, Jr., PhilNews Staff Writer.

Everything that happens, happens somewhere. Here at Philmont, there is a team dedicated to the task of dealing with the "where" of the Ranch's operations using the tool of Geographic Information Systems (GIS). With GIS mapping technology, geographic coordinates serve as the link between a map display and the actual spatial phenomena. During the recent Ute Park fire, for example, the U.S. Forest Service was regularly providing officials of Philmont Scout Ranch with data that was generated by aerial flyovers, tracking the progress of the fire's containment.

variety of purposes. It can be displayed, analyzed and stored for later use which is primarily what GIS is used for.

"It's an exciting time to be working with GIS at Philmont," said Anika Berger, another GIS analyst. "There are new projects every day that range from making small maps of working areas for the TSI efforts, to creating a large, professional quality map of the Ute Park Fire for ESRI [Emergency Care and Safety Institute], a yearly GIS conference."

One of GIS' most recent projects was to create a map of the burn area that showcased factors that affect burn

staff had set up for them.

For the second part of the program, the participants were tested on their ability to use waypoints, take a bearing and follow a map. "With more than 140,000 acres of land, Philmont Scout Ranch is a unique place," said Stephens. "There is no other Boy Scout camp that comes anywhere close to the size of Philmont, which is both an advantage and a disadvantage.

That size allows us [Philmont] to present programs to Scouts across all of that acreage. Each year we host more than 22,000 Scouts in our camp's backcountry as well as adults for leadership training. Naturally, this means that we have to manage and maintain a lot of property and facilities which can be very difficult in terms of both quantity as well as complexity." GIS helps to organize the extensive data on the status of vital structures on Philmont property such as the red roofs and campsites.

Part of the GIS staff's regular duties includes using a GPS to take inventory of campsite features or mapping the trails newly built by Scouts during their conservation work. Further complicating Philmont's need for information is the fact that Philmont boasts more than 80 trail camps and 36 staffed camps as well as all of the support properties where equipment is kept and maintained. This makes keeping up with the status of these properties critical to Philmont's ability to run smoothly.

"We have to keep up with what is happening in the field and present the important data to upper leadership," said Xavier Franczyk, GIS coordinator and the final member of the GIS team. "Decision-makers need up-to-date and reliable information about what is happening in the field, and the information presented by a meaningful map is perfect for this application."

Before the Ute Park Fire was completely contained, the GIS team was able to provide information to those who were creating a backcountry work plan. Especially compared with the past, that's nothing short of phenomenal. "GIS gives decision-makers the ability to use a lot of information presented in a much more digestible format," said Franczyk. "As a tool, it allows us to examine spatial phenomena that would not be visible without the ability to process large volumes of data." **P2**



"The data we received has a lot of power, and we were able to use GIS to learn valuable things about the burned area," said Anthony Stephens, one of three GIS analysts at Philmont. "We can overlay other data on top of the burn zone to examine the overlap of watersheds, campsites and property boundaries that fall into the affected area."

GIS can be used to store, analyze, and display many types of data with geography as its unifying framework. A lot of data can be referenced in some way to a geographic point on the earth's surface. For example, we all live at a point on the earth's surface. We all work at a point on the earth's surface. We all spend money at different points on the earth's surface.

Each point has an x/y coordinate, so once that coordinate is defined and verified on a map it can be used for a

severity such as vegetation type, slope, aspect and the fire regime. After an analysis of these variables, the team found that within the severely burned areas, aspen and mixed conifer forests on south-facing slopes were reduced from their original coverage the most. "Investigating these influential variables can help to identify areas more susceptible to fire in the future and could potentially be considered for mitigation efforts," Berger explained.

In addition to creating maps of important areas, such as the burn area, the GIS team has also had time to take their skills into the community. Along with the staff of Zastrow and Seally Canyon, they lead an orienteering and GPS lesson at the Bobcat Ranch near Eagle Nest. Thirty children between the ages of 6 and 18 from the Pueblo of Sandia attended and learned to use GPS units to navigate a disc golf course that the

Click here to register for a 2019 Philmont Training Center Conference.

Philmont Banners Need TLC and Maintenance

The best place to recruit Scouts for Philmont may be outdoors, but it may not be the best place to display banners. Wind can play havoc and make them more like sails than selling points.

Dave Lyons had his banners at a Cub Fun Day at the Garden State Council. By the end of the day he found that they were sagging, despite his best efforts to jerry rig supports.

He found that the pin that is at the end of the base support T bar had distorted the bar itself. Being the handy guy he is, he was able to fix it by adding two fender washers on either side of the bar's hole. The pin can be removed by unscrewing it from the black foot piece.

Fender washer have a larger outer diameter that standard washers to provide a wider area of support. He used two-1-1/2" washers on either side of the bar hole to provide a stronger connection point (see photo).

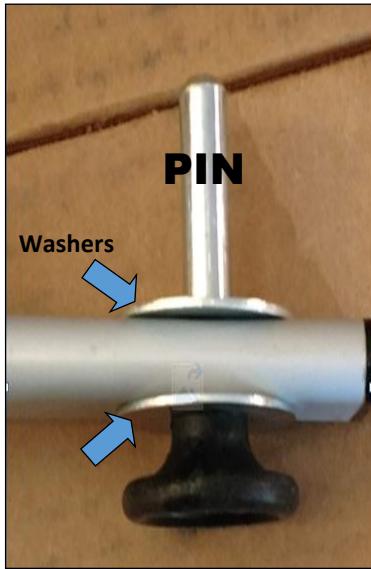
The fender washers need a 5/16" center hole to provided room to insert the screw threads at the end of the pin.

If you have tips and techniques for maintaining your banners, please post them to the Ambassador Facebook page and send a copy to the newsletter editor (tfbaltutis@gmail.com).

Ambassadors are also reminded of the prime directive of Scouting: "Leave it better than you found it" by taking good care of borrowed banners. Also, please be sure to return banners on loan from Philmont promptly so that other Ambassadors can use them.

Contact Dominic Baima (dominic.baima@scouting.org) for information on returning banners or purchasing them for your own use.

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Adding steel fender washers on either side of the base pin hole help to reinforce it.

PTC Week 1 Brings Commissioner’s Conferences Together

Commissioners are the vital link between the Scouting Program and individual units. They need to be well trained and up-do-date on Scouting policies and procedures in order to guide unit leaders. PTC provides an excellent opportunity for Commissioners on all levels during Week 1 Conferences which run from June 9 to 15.

An added bonus to attending these conferences is that they provide the opportunity to meet and interact with our National Commissioner and members of the national commissioner service team while networking with commissioners throughout the country

The following is a list of Commissioner-Focused conferences offered during the week.

Recruiting and Engaging Commissioners

No district or council ever has enough commissioners. New units are formed, and some units encounter challenges. Both require the attention of an experienced, dedicated commissioner. Current commissioners who transition to new opportunities and who have increased personal and professional demands have new hurdles in serving multiple units.

Attending this conference provides tips, techniques, and best practices to develop and execute a plan to recruit and engage the commissioners needed to effectively serve every unit. It also enables participants to expand their network of Scouting resources.

Second Century Service

The addition of girls to our packs and troops isn't the only thing that is different in Scouting's second century. Unit service is different, too. Effective commissioners remain focused on helping unit leaders better serve more youth through Scouting. To be effective and have impact today, they must be familiar with new tools, techniques, technology available to them. They need to know how to develop and maintain productive relationships with unit leaders and other Scouting volunteers and professionals.

This conference provides all commissioners with the most current information on their the continually changing environment and provides them with the knowledge, skills, and resources needed to have impact. This engaging week will explore all aspects of unit service, including capturing and accessing information in Commissioner Tools, strengthening relationships among Key 3 and district operating committee members, and delivering effective roundtables.

Starting, Sustaining, And Growing Units

The BSA's vision is to prepare every eligible youth in America to become a responsible, participating citizen and leader who is guided by the Scout Oath and Law. That vision can't be fulfilled without an adequate number of local units.

This conference prepares commissioners, membership team volunteers, and commissioned professionals to work together to establish the units needed to serve youth and to empower those units to grow and thrive. It also helps them to work together to enable youth to continue in Scouting when an existing unit ceases to exist or when a charter partner elects not to continue its relationship with the BSA. Participants of this conference will leave prepared to help Scouting grow and better serve more youth.

Strengthening Council Unit Service

Empowered Council Unit Service teams have impact! This conference provides council commissioners and those who support them with the knowledge, skills, and resources needed to confidently fulfill their responsibilities.

An understanding of roles and responsibilities and an ability to build and maintain strong relationships is essential. A clear vision of great unit service for the council and an action plan that enable fulfillment of it are also key ingredients of success. Add in the ability to effectively communicate the vision and its plan, assess progress, and adapt when necessary, and you have a formula for success.

Attending this conference will help create an empowered team that will strengthen unit service across an entire council. Along the way, participants will have opportunities to see how Philmont delivers unique high adventure opportunities that provide life changing experiences for youth.

Strengthening District Unit Service

District and assistant district commissioners make a difference in their district AND in their council! They lead a team that helps units in the district grow and thrive and also helps fulfill the council's vision for unit service.

This conference ensures a clear understanding of the roles and responsibilities of district and assistant district commissioners. It provides the knowledge, skills, and resources needed to build and lead an effective district unit service team and practical experience in assessing unit service strengths and needs and developing a vision for unit service in the district that also supports the council's vision. It offers insights into clearly communicating the vision and its plan to develop and maintain the strong relationships that are essential to effective unit service. It enables unit service that will help units better serve more youth through Scouting.

This conference offers the opportunity to learn in a Scouting setting with others who are equally committed to serving youth. Philmont's beauty surrounds participants while also offering an opportunity to understand how its

unique high adventure opportunities provide life changing experiences for youth.

Strengthening Unit Service

Strengthening Unit Service guides participants to learn what a unit commissioner does when working with their units. More importantly, it also develops a lasting understanding through structured lessons, role play, and group discussion of how to work with units to help set, meet, and exceed their goals. Attendance is open to all commissioners and recommended for unit commissioners, district and assistant district commissioners, and council and assistant council commissioners.

As with all conferences, participants are encouraged to bring their entire family so they too can experience the beauty of Philmont. **P2**



Commissioners get many opportunities to exchange information about their experiences with others from across the Country at PTC courses.

Ambassador Profile

Bob Weagraff Takes Promotions Outdoors

Word of Philmont may have reached Bob Weagraff as a Scout back in the late 1960’s, but it was not until he was able to lead the Cape Fear Council Contingent in 2009 that he became truly hooked. He recalls that once he experience Philmont, “I told myself I needed to share the story

fun and where I interact with the most Scouts and Scouters is at our Cardinal Conclave. We typically have between 1200 and 1500 attendees. I promote at the Conclaves hosted not only by our Council but also those hosted by one of the six councils in our section.”

dor II program. He feels the programs have been quite worthwhile to attend.

“The first big benefit is the interaction with others and hearing how they promote. This helps an Ambassador gain a greater perspective on how to deliver the message about Philmont to others. We all know there are more ways than one to market this magical place. One example that each of us shared with each other is our displays. What do we include, how is it laid out, do we use maps, do we use a tri-fold, etc.”

“The other big benefit is the additional insight and knowledge gained about Philmont and the Training Center. As Ambassadors we are able to see the behind the scenes activities that help Philmont run as smooth as a Swiss watch. We have access to the Philmont leadership where we can ask questions about the programs, challenges and frankly anything else on our minds. The courses are a great way to deepen one’s knowledge about this magical place.” **P2**



Bob 's Philmont display attracts many attendees at outdoor events.

and the magic with as many Scouts and Scouters that I could.”

Bob is the only Ambassador in Cape Fear Council which serves 6500 Scouts and 1200 volunteers in southeastern North Carolina. This can be tricky because like so many other Ambassadors, he works full-time and has multiple positions.

Bob is comfortable doing presentations to groups because that is what he does in his real job, although he finds that may there are more gratifying ways to reach people. “I find setting up an enticing and welcoming display at the right event will bring people to the table. Then it is up to the Ambassador to deliver the message. I know that presentations may be the best approach to reach large audiences, but I find the one-on-one conversation to be more personal and enjoyable.”

“The biggest challenge I have is the desire to attend every District and Council activity on the Calendar. Due to my other Scouting responsibilities such as OA Cook Crew, National Camp Accreditation Program and Wood Badge staff, I am limited on the amount of activities I can attend.

“The highlight to me frankly is the interaction with Scouts and Scouters. I am rather passionate about Philmont and thoroughly enjoy talking about this magical place and hearing their stories. Hearing others talk about their experiences in the presence of others helps to sell how special of a place Philmont is.”

Bob is located in the far western edge of the Council, so travel to Wilmington where much of the activity takes place is a two-hour drive. “One needs to be selective on the activity to maximize the time spent,” observes Bob.

Bob's key to reaching people is simple. “Talk from the heart. Let the audience feel your passion and excitement about Philmont. Learn all you can so that you are knowledgeable when responding to questions about the programs at Philmont. Listen to what one is asking and use your experience. The conversation needs to focus on them and their questions.”

Bob was an early enrollee in becoming an Ambassador when the program started in 2013. He attended the first Ambassador Seminar in 2014 and returned for the 2018 Ambassa-



From Waite Phillip’s Epigrams

“As a man thinketh in his heart, so is he.” The author who composed that statement realized the importance of Thought vs. Action. Thoughts are foundations upon which are built success or failure – happiness or despair. A peculiar quirk of the human mind oftimes impels some people to think failure in order to evade the responsibilities of success. – W.P.

Welcome New Ambassadors

Our Ambassador ranks continue to grow. Please welcome our newest members. If you have associates who are enthusiastic about Philmont, encourage them to join our ranks. **P2**

Name	Area	Council
Curt Nellis, Jr.	SR	Pee Dee Area
Marguerite Bacon	NE	Narragansett

Important Dates

2020 Unit Reservation Fee Due	January 31
Philmont Training Center Opens	June 9
PTC Ambassador Seminars	July 21-27
Fall Conference Week	September 15-21



Focus on the Backcountry

Carson Meadows

Staffed Camp
Elevation 7,755 ft

Carson Meadows has one of the best views of the "back" of the Tooth of Time at Philmont. Campsites are located around the bowl across the valley from the main cabin. All campsites are excellent.

Activities

Search and rescue, wilderness medicine.

Routes To/From

Agua Fria - Carson Meadows
Beaubien - Carson Meadows
Carson Meadows - Agua Fria
Carson Meadows - Fish Camp
Carson Meadows - Lovers Leap
Carson Meadows - Zastrow
Toothache Springs - Carson Meadows
Urraca - Carson Meadows **P2**



Crews practice wilderness first aid during their stay at Carson Meadows.

It can be done!

Scouter lost 150 pounds for Philmont Trek

Brian Frailey was elated last October when he and his son Alex signed up for a 2019 Philmont trek together.

Frailey last visited Philmont in 1993, when he was a Scout. Now, a quarter-century later, he'd get to return with his son. Experiencing a high-adventure trek with your child is a dream opportunity for any Scouting parent.



But there was one thing standing in Frailey's way.

"Being overweight and afraid of what stepping on a scale would reveal, I knew I had some work ahead of me in order to get in shape for our trek," Frailey says.

Not wanting to let down his troop, his Philmont crew, himself or his sons, Frailey began a rigorous weight-loss program to get himself in Philmont shape. He has lost 150 pounds in less than nine months and wants to

share his story to inspire others that "what seems impossible can be done."

'Reality hit me like a rock'

Frailey, the Scoutmaster of Troop 387 of the Greater St. Louis Area Council, said he initially figured he'd need to lose about 50 pounds to be ready for Philmont.

When he stepped on the scale, he realized that number was actually 114 pounds.

"Reality hit me like a rock, but once I became honest with myself and accepted the fact that I had to change my habits and lifestyle, I knew I was not going to let anyone down," Frailey says.

How he did it

Frailey hired a local weight-loss coach named Charles D'Angelo to get himself on track. In January, D'Angelo

Everyone on High Adventure Outings Should Know Wilderness First Aid

Picture this scene: Your crew is on a practice backpacking trip and a Scout trips on a log lying on the trail. As she falls, she extends her arm to protect herself. When she hits the ground, she feels a sharp pain in her shoulder. When she tries to move it, she feels a grinding and cracking sound. What do you do?

Or this: Your Troop is climbing an awesome rock formation. Although everyone is wearing helmets, a large rock dislodges and hits a Scout in the head, causing him to experience dizziness and nausea. What do you do?

Or this: Your one outing leader who has CPR certification suddenly keels over and grabs his chest in agony.

As the Scouting program ramps up High Adventure outings, the need to "Be Prepared" takes on significant new meaning. While having an Automatic Electric Defibrillator (AED) is not a requirement in your Unit's First Aid kit, everyone on the outing should be able to respond to an emergency when calling 911 may not be possible.

Wilderness First Aid (WFA) is the assessment of and treatment given to an ill or injured person in a remote environment where definitive care of a physician and/or rapid transport is not readily available.

Several hours may be required for Philmont staff to reach a remote backcountry location after a message is delivered to the nearest staffed camp. In such cases, Wilderness First Aid and CPR training will help provide proper and prompt attention to injuries and/or illnesses.

Philmont requires that each crew have two participants who have completed a sixteen-hour WFA course and two participants who have CPR training.



Instructors go through practical demonstrations on treating wounds in the backcountry at Philmont's WFA conference.

Current certification cards must be presented upon check-in to verify this requirement. With two Wilderness First Aiders and two CPR trained members on the trek, the crew will be better able to handle emergencies. This requirement can be met by youth and/or adult participants.

During Week 11, from September 15 to 21, PTC offers a Wilderness First Aid Training course. Not only will participants learn the essential skills to handle injuries and illnesses in the backcountry, they will also learn how to teach WFA to others. Wilderness First Aid Certification is provided through the Emergency Care and

Safety Institute (ECI).

Because the course is offered in the fall after summer Treks have ended, training takes place in Philmont's backcountry so you can get a first-hand feel for the type of challenges and terrain that you will encounter on an actual Trek.

This is an ideal way for Scouters to bring these skills back home to teach their unit, district and council. Because Scouts are often in places where obtaining medical aid can take time, the more that participants are WFA trained, the better prepared they will be. **P2**

Click here for the Part A, B and C Philmont Medical Forms

All PTC Participants Need BSA Medical Forms

The health and safety of all Philmont Participants is always the top priority. The practice of having everyone in attendance provide a current Health and Medical Record gives the resident medical staff the information they need if necessary. PTC takes a risk management approach to deciding which level of activity requires what medical information.

Philmont Training Center Attendees, Silverados and young children

These groups have limited hiking and backcountry time. All participants attending PTC Conferences along with individuals taking part in the Small Fry, Bandits, Ropers, Deputies, Broncos and Silverados groups must complete the Medical History Parts A and B of the BSA Medical Form. It provides medical staff needed information in the event of an injury or illness. The immunization Exemption Request is optional.

Mountain Trek, Sidewinders & Mustangs, NAYLE, PLC and Associated Staff

These groups will undertake strenuous hiking and camping in the backcountry. Parts A, B, AND C which require a medical professional's exam are needed for all participants in Mountain Trek, Sidewinders, Mustangs, as well as NAYLE, NAYLE Staff, PLC and PLC Staff. The Im-

munization Exemption Request is optional.

Participants need to be aware of the Health and Medical Information needs and come to PTC with the necessary completed medical forms when they check in on Sunday afternoon. Medical forms are returned upon check-out. **P2**

Philmont Ambassador Newsletter

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