

PHILNEWS

JULY 19, 2019

ISSUE 7



ABOVE: Rabbi Solomon's son Ben follows along in the reading of the Torah. Photographed by Chris Langlois.

Keeping the faith at Philmont

Mark Cordeiro
PhilNews Writer

For the first time in Philmont's history, the National Jewish Committee on Scouting's Torah observant took young Jewish Scouts into the Backcountry for a full trek.

In the early light of Ponil canyon, 10 Scouts and adult leaders clad in sky blue and white scarves strapped on their packs and prepared themselves for the hike to Dan Beard. The Scouts smiled ear-to-ear as they made their final gear checks. The contingent was 708-AA, the first all-Jewish, Torah observant crew coordinated by the NJCOS Torah observant and Philmont.

"It's amazing to see how willing people are to hike and participate in their faith," Scout Daniel Israeli said.

The trek itinerary was built specifically with Jewish customs and traditions in mind. At Ponil, 708-AA spent their Saturday in camp observing Shabbat, or the Jewish Sabbath.

For Torah observant Jews, Shabbat is one of the biggest challenges to a conventional Philmont trek. Observing Shabbat requires Jewish Scouts to take a day off from their itinerary and rest. The eruv is a wire border denoting their campsite as a private space, and once they are outside the border observant Scouts aren't allowed to carry anything. This includes packs, water bottles and even flashlights.

"Philmont is really tough for someone who is observing the Torah," Advisor Jordan Leikin said. "There are so many extra things you have to be aware of."

Their day of rest included deep discussions of faith during lunch, a Torah reading in one of Ponil's chapels and a recitation of havdalah, a ceremony that ushers in the end of Shabbat.

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Hiking to new heights: preventing altitude sickness at Philmont

Sherry Hamilton

PhilNews Writer & Photographer

Altitude sickness, or acute mountain sickness (AMS), occurs when the body is unable to adapt to higher elevations because of low air pressure and oxygen levels. It begins to occur at around 8000 feet in elevation.

Staff members at Baldytown, one of the closest camps to Baldy Mountain, believe malnutrition is one of the biggest factors contributing to AMS. Many participants toss portions of their trail meals into swap boxes in the Backcountry, especially Baldytown, which has four full boxes of discarded food.

Thoughtfully assembled, Backcountry meals take everything into consideration—calories, carbs, sodium, sugars, etc. to properly fuel backpackers on their expeditions. When people begin dropping off portions of their trail meals, it affects their nutrition and well-being in the Backcountry.

Most camps treat altitude sickness with half-strength Gatorade, saltine crackers, water, rest and ibuprofen as needed. Ibuprofen excluded, all of these treatments are also used for nausea, a common side effect of altitude sickness. Other symptoms include headache, weakness, fatigue, lightheadedness, dizziness, vomiting, decreased appetite and insomnia. If symptoms worsen over three days (for example, if speech becomes

slurred) hikers should start to descend slowly.

In an attempt to prevent AMS, mountains such as Baldy Mountain and Mt. Phillips are often scheduled later in a crew’s itinerary. This is practicing acclimation, a process that allows the body time to adapt to the changes in air pressure and oxygen levels that are associated with elevation gain.

While it’s not proven, the different routes to Baldy Mountain may have an effect on altitude sickness. The south route has a more direct ascension over a shorter distance, while the northern route has a longer, less direct ascension. When gaining elevation quickly the body doesn’t have as much

time to adapt, potentially causing altitude sickness.

So, how do we prevent altitude sickness?

A Scout is always prepared, and this goes a long way with AMS. Whether coming from sea level or the mountains, it’s best to drink a liter of water for every hour of hiking and eat the provided trail meals. Know your body. If you start feeling lightheaded, dizzy, or even a minor headache, take note of it and track it. Stop and take breaks as needed. In order to maximize your experience in Philmont and the Backcountry, make sure that you take care of yourself and prepare for the adventure awaiting.



ABOVE: Scouts scrambling up the Tooth of Time, which is 9,003 feet above sea level. Photographed by Alex Fields.

Philmont’s best kept secret

Mark Cordeiro

PhilNews Writer

Rayado Ridge is one of Philmont’s most unique Backcountry camps, but it’s also a bit of a hidden gem.

Located at the very bottom of official Philmont maps, Rayado Ridge only has two staff members and no treks. It maintains a near-constant population of over 90 Scouts because of its unique program: PTC leader-

ship training in the Backcountry.

The National Advanced Youth Leadership Experience and the Philmont Leadership Conference programs have long called Rayado Ridge home. From its high perch above the UU Bar Ranch, the camp has seen thousands of Scouts participate in events like geocaching, COPE courses and overnights to build their confidence and leadership skills.

Catherine Colletti is one of many NAYLE senior crew leaders living at Rayado Ridge for two weeks this summer. Senior Crew Leaders are responsible for seeing their NAYLE course run smoothly by supervising

training and sharing their own leadership skills with the participants. Colletti is part of Venturing Crew 627 from St. Louis, Missouri, and is currently working on perfecting her staff’s presentations and preparing for her fourth NAYLE course.

“I love it here,” she said. “It’s absolutely beautiful and I’m going to miss it when my course ends.”

The main building at Rayado Ridge sports a kitchen, two classroom areas and its own store. The side pavilion offers outdoor class options in addition to more utilitarian usages

Continued on page 5

Keeping the faith at Philmont continued

Mark Cordeiro
PhilNews Writer

Continued from page 1: Participants from five different states were already behaving like they had known each other for years, not days. Being able to participate in their faith while in the Backcountry strengthened their Philmont experience and made it accessible to them for the first time.

“The kids have been phenomenal in their spirit and fortitude,” Solomon said. “I’d like to see this done again with more crews in the future. I’d like to see an all-girls crew as well.”

As 708-AA started their hike to Dan Beard, they left satisfied that they had been able to balance their faith and their adventure in a way that was never possible before.

BELOW: A Scout holds the Torah as he reads from the religious scripture. Photographed by Chris Langlois.



BELOW: Rabbi Lori says goodbye to one of her sons and her husband before parting ways on the trail. Photographed by Chris Langlois.



ABOVE: On the day of the Shabbat, practicing Jews are not allowed to use electricity, fire, or participate in any manual labor. There is one exception, they are allowed to do work inside their home. In order to meet this requirement the crew put up a rope outlining their campsite making it their “home” for the night. Photographed by Chris Langlois.



2019 PSA Reunion and Silent Auction!

The PSA summer reunion will be held on the weekend of July 26-28 at the Philmont Training Center! Current Philmont staff of 2019 are invited to participate in a weekend of activities, service, fellowship, and sharing memories. Some highlights of the weekend include:

Friday, July 26th

6:45 - 7:45 pm Fire Recovery Presentation

Saturday, July 27th

8:00 am Hike (Meet at PTC Parking Lot)

8:00 am - 4:00 pm Silent Auction Begins (Marchetti Room in National Scouting Museum)

1:30 - 2:30 pm Philmont Fire Station Tour

7:15 pm Silver Sage and Distinguished Alumni Awards (PTC Assembly Hall)

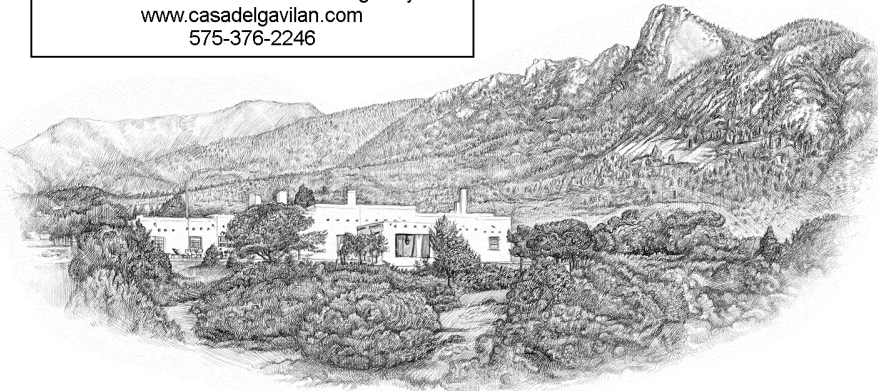
*Please visit philstaff.org for a full schedule of the weekend!
*Registration for the event is now closed (current staff do not need to register)

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Interested in remaining in the Cimarron area for a few weeks after the completion of your Philmont contract? The Casa del Gavilan is accepting applications for an assistant innkeeper/housekeeper from mid August through mid to late September. Applicants must have excellent cooking and hospitality skills, be outgoing, detail-oriented, and self-motivated. Salary with housing provided. For more information please email info@casadelgavilan.com.

Activities Calendar

July 20

Brat Day @Baldy Pavilion, 11:30 a.m.

July 22

Volleyball @ Infirmiry Field, TBD

July 23

Ice Cream @ Steve Nelson's yard, 8 p.m.

July 25

Jam Session @SSSAC, 8 p.m.

July 26

Open Mic & Coffee @Baldy Pavilion, 7 p.m.

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Philmont's best kept secret continued

Mark Cordeiro

Continued from page 2: like gear cleaning. Participant campsites feature scenic overlooks of the valley below.

The Philmont staffers tasked with the upkeep of this hidden paradise work incredibly hard to maintain their oasis. Camp Director Morgan Danker has been at Rayado Ridge for the past six summers: once as a participant, four times as NAYLE staff, and now as a Philmont staff member.

“Rayado Ridge is a hodgepodge of activities that combines together to create an effective learning environment,” Danker said.

Danker’s two-staffer team, herself included, gets help from a rotating set of volunteers from the NAYLE and PLC each week. Danker and Colletti worked together everyday to ensure the success of their weekly program.

“We have a wonderful classroom and space for our course to go on,” Colletti said. “It’s just been a joy to be up here.”

Rayado Ridge is one of the premier destinations for leadership programs in the Scouting world. With fantastic amenities, dedicated staff and a picturesque location, the little-known camp atop a plateau is worthy of note.



ABOVE: Scouts search for a geocache location during NAYLE. Photographed by Chris Langlois.

Ranger Mile

Jenny Washburne
Assistant Chief Ranger

For staffers hoping to visit every staffed camp at Philmont, Garcia Cow may be a little daunting to check off the list. The camp sits tucked in the very southwestern corner of the Ranch, closer to Eagle Nest Lake than to Base Camp. Indeed, hiking to Garcia Cow Camp and back in one day would be quite a feat.

However, with a little prior planning and some knowledge of trails and Philburban routes, this camp actually isn't that hard to get to—especially if you don't mind getting your feet wet.

The quickest way to get to Garcia Cow Camp would be to ask the Backcountry Warehouse (located next to the mail room) if you can tag along on a trip to Phillips Junction, a busy commissary camp that frequently gets at least one suburban passing through each day. While a suburban ride in the backcountry is never guaranteed, it doesn't hurt to ask. From PJ, the beautiful hike to Garcia Cow is only about five miles long.

The trail behind PJ will take you up a small ridge and down into Buck Creek Trail Camp, then up again for a lovely view of the surrounding hills before dropping you into Bear Canyon Camp, another unfrequented but beautifully lush green trail camp. Follow the trail through the marsh until it bends south toward Apache Springs. This area is full of beautiful meadows and wildflowers, so take your

time to enjoy the scenery as you go. From Apache Springs, it's only a two-mile hike up to the fence line and then across the sprawling meadow to Garcia Cow. It can get pretty boggy in this meadow, especially near the two little lakes, so be prepared and bring extra socks.

You can learn a lot from the unique program at Garcia Cow. The interpretative staff here focus on wildlife and the writings of Earnest Thompson Seton, and the camp, nestled on a small hill overlooking the expansive meadow, is the perfect location for the subject. Join a crew in identifying animal skulls, learning about pelts, taking a plaster cast of a coyote track, and hearing the story of Lobo. Or, take some

quiet time and try your hand at sketching some of the amazing views, wildflowers, elk (or steers...) in the meadow.

Options to get back to Base from Garcia Cow are to hike the eight miles up to Tolby Trailhead (there is usually a bus pick up around 10 a.m.; check the bus schedule); hike to PJ and hope for a suburban ride back to Base; or, be very adventurous and hike the 10 miles to either Lover's or Zastrow Trailheads. Whichever route you choose, Garcia Cow is well worth the time spent getting out there.

BELOW: The meadow near Garcia Cow camp. Photographed by Sherry Hamilton.



SUBMIT IMAGES FOR THE STAFF PHOTO CONTEST AT

<https://registerphilmont.org/photocontest>



Philmont Staff Photo Contest

Hey Philmont staffers! As you start your summer, remember to take photos, document your adventures, and capture some sweet moments this summer and enter them in the Staff Photo Contest. Entries will be accepted from July 1st to July 21st. Prizes will be awarded!

Categories

- | | | |
|-----------------|----------------|----------------------|
| Tooth of Time | Landscapes | Miscellaneous |
| Staff Activity | Philmont Skies | Porch Views |
| Camper Activity | Humor | Animals and Wildlife |



Photo Corner

Photography Staff



ABOVE: A burro clears a stream crossing at Crooked Creek. Photographed by Alex Fields. BELOW: Program at Miranda. Photographed by Sherry Hamilton.



ABOVE: A cowboy gathers his rope at the Maverick rodeo in Cimarron. Photographed by Sherry Hamilton.



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Attention Runners!

If you are running on the road or on Philmont property please pick up a safety vest. Vests can be found at Security or in the fitness center. Thank you!