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 to 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” online at the Philmont Site. Online access saves valuable resources used in 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 Mtn., challenge activities at Urucca Mesa and 30-06 rifle shooting at Sawmill await the hikers in 2019.

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 Ernest T. Seton. The newly re-opened Santa Claus Camp will have shooting gun. A new Chasew Camp will provide another rock climbing venue, and there will be new climbing routes at Cimarroncito. The airlift 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. A new facility awaits them at Baldy Town.

As always, crews 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 await those who are up to the challenge in 2019.

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 Camp offices. Supervises and trains seasonal registrars and clerks. Provides customer service to Scout Executives and unit advisors.

Number of Years at Philmont: Total 46


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 what I had done for their unit, being so helpful to him during the whole process.

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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!

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 to the Philmont Site and sign up!

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

Question: A diabetic person 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 indicators of excessively high blood sugar (hyperglycemia or diabetic ketoacidosis) and to recognize indicators 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 and brought to 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 cool (such as insulin) can be carried in a small insulated container, which can be reupplied 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 Rifles sites along your Trek to be picked up at some 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 requirement?

Answer: The maximum crew size is 12, and only in rare and exceptional circumstances might Philmont allow a 13-person crew.
As timeless as the backcountry may seem, change is inevitable. Last year, Bob Weagraff, an Ambassador to Philmont, noted the importance of incremental changes in Philmont’s operations. For example, increasing the number of trails can help to alleviate congestion and reduce the impact on the environment. 

Bob has been the Ambassador to Philmont since he led a trek from Santa Ana, CA in 2015. Since then, he led another trek in 2017. In 2016, Bob promoted back country treks and PTC conference, and he continues to be an advocate for Philmont. He encourages all Ambassadors to continue contributing to Philmont’s success.

**Ambassador Banners Need TLC and Maintenance**

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

**What’s Next:**

- **Philmont Maps Provide Powerful Tools**
  - 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.
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**Philmont Maps Provide Powerful Tools**

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**Contact Dominion Baima**

(dominion.baima@scouting.org) for information on returning bannermakers or purchasing them for your own use.
Welcome New Ambassadors

Our Ambassador ranks continue to grow. Please welcome our newest members who are enthusiastic about Philmont, encourage them to join our ranks. P8

Name | Area | Council
--- | --- | ---
Curt Nellis, Jr. | SR | P8
Marguerite Bacon | NE | P8

Important Dates

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>2020 Unit Reservation Fee Due</td>
<td>January 31</td>
</tr>
<tr>
<td>Philmont Training Center Opens</td>
<td>June 9</td>
</tr>
<tr>
<td>PTC Ambassador Seminars</td>
<td>July 21-27</td>
</tr>
<tr>
<td>Fall Conference Week</td>
<td>September 15-21</td>
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Ambassador Profile

Bob Weagraft Takes Promotions Outdoors

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

Bob’s Philmont display attracts many attendees at outdoor events, and the magic with as many Scouts and Scouts that I could.”

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

“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, Camp Counsellor, National Camp Accreditation Program and Wood Badge staff, I am limited on the amount of activities I can attend.

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

“Bob is comfortable doing presentations to groups 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. 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.”

“Bob is a great way to deepen one’s knowledge about this magical place.” P8

From Walee Phillips’ Epigrams

“-A man thinketh in his heart, so is he.” The author whose name is no longer state- ment realized the impor- tance of Thought vs. Action. Thoughts are foun- dations upon which are built success or failure – hap- piness or despair. A peculiar quirk of the human mind often impels some people to think failure in order to evade the responsibilities of success. – W.P.
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 campites are excellent.

**Activities**

Search and rescue, wilderness medicine.

**Water**

Purified water is available near the main cabin.

**Nearby Camps**

Abreu is 1-1/2 mile trails to the northeast - showers are available there.

**Trails**

There is basically one usable trail in and out of Carson Meadows, leaving to the north-west of the camp. The trail forks about 1/2 mile from camp. North trail takes you toward Abreu and the west takes you toward Fish Camp.

*Routes To/From*

- Aguia Fria - Carson Meadows
- Beaubien - Carson Meadows
- Carson Meadows - Aguia Fria
- Carson Meadows - Fish Camp
- Carson Meadows - Looven Leap
- Carson Meadows - Zastrow Toothache Springs - Carson Meadows
- Urtaca - Carson Meadows

*Paths* - Carson Meadows, P2

*Officers 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 seems impossible can be done,” Frailey says.

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 did he do it?

Frailey hired a local weight-loss coach named Charles D’Angelo to get him on track. In January, D’Angelo outlined a strict diet plan and daily cardio regimen.

Frailey lost 22 pounds in the first month and another 24 pounds the second.

“The pounds just started melting away the harder I worked,” he says. “With a renewed outlook on my future, I feel like I’m living younger, I have a tremendous amount of energy.”

It sounds like an infomercial, but there’s no catch. Frailey set a goal.

He changed his lifestyle, and this commitment has changed his life.

Spreading the word

Frailey has used this story to inspire the Scouts in Troop 387. He’s talked with Scouts about physical fitness, mental fitness, self-confidence, food-goal-setting, hard work, willpower and commitment.

“All of which can easily be tied back into the Scout Oath and Law,” he says.

But his story likely resonates most of all with those who are struggling with a similar weight-loss goal in anticipation of a high-adventure trip.

“I know there are other Scouts like me out there,” he says. “Scouters who desire to be more active but face the reality of their limitations. Scouts who want to attend high-adventure treks, but don’t feel they will be a hindrance to their crew. I’m here to tell you that what seems impossible can be done.”

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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 outgoing leader who has CPR certification suddenly feels 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 Electronic 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 to 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 illnesses.

Wilderness requires that each crew have two Aides 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 (ECSI).

Because the course if 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 actual Trek.

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

It is an important safety program to help ensure that all participants understand the proper use of First Aid kits, and know who to call in case of medical emergency at Philmont.

**I’m here to tell you that what seems impossible can be done.**

**Everyone on High Adventure Outings Should Know Wilderness First Aid**

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 Attendance**

- **Teedehese, Silverados and youth children**

These groups have limited hiking and backcountry ability. All participants attending PTC Conferences along with individuals taking part in the Small Fry, Riders, 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.

Participants need to be aware of the Health and Medical Information needs areas, there will be a no exceptions in the contents of this newsletter. Instructors go through practical demonstrations on treating wounds in the backcountry at Philmont’s WFA conference.

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**All PTC Participants Need BSA Medical Forms**

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