



# TRAIL POST

## Orienteering Merit Badge starts this weekend

Steven Fishback will be leading the orienteering merit badge this summer. One item requires attending three events. Dates for five orienteering events (all at Umstead State Park) are June 8, Sept 21, Oct 19, Nov 16, and Dec 7. The first event is June 8th for those who would like to get started. Mr. Fishback is also working on an arrangement to have Gary Wiggins come to a troop meeting to teach the basics of map and compass. Gary is an excellent teacher.



The first Backwood Orienteering Klub (BOK) event is Sunday, June 8th at Umstead State Park, South entrance at the Whispering Pines area. When you arrive at Umstead State Park look for

red and white signs guiding you to the starting location. Please let Steven Fishback ([sfishback@nc.rr.com](mailto:sfishback@nc.rr.com)) know if you plan on attending so they can print enough maps. All BOK events are on Sundays starting at noon at Umstead State Park.

There is a free class at 12:30 p.m. Mr. Fishback recommends attending the short class. Registration for a

course is \$10 for non-members, and includes one map and rental of a "finger stick" time recording device. If you have your own finger stick, the registration charge is \$5. Registration for a small group is only \$5, and each additional map is \$2. Mr. Fishback recommends that scouts go in pairs and that each person who is trying to learn orienteering in a group have their own map.

How does it work? With the aid of a map and compass you find your way on foot across the countryside from check point to check point. Your imagination and map skills help you to choose the best route. You set your own pace in orienteering. It can either be a casual hike through the woods with the added fun of using an excellent map to find the flag "controls," or a competitive race of navigational skill, quick decisions and physical speed. The course has orange and white markers called "controls" at the check point locations designated on your map. You visit each control and verify that you were there by inserting your "finger stick" recording device into the control station. After visiting all the controls on your course you proceed to the finish and check in. Your "finger stick" recording device will provide computerized results

There is a "Finger stick" example:

[http://www.treklite.com/bok/e-punch\\_runner\\_instructions.htm](http://www.treklite.com/bok/e-punch_runner_instructions.htm)  
More information can be found at:  
<http://www.treklite.com/bok/>

The Whispering Pines area is located near Umstead State Park's southern entrance. To get there, take I-40 and go left onto Harrison Avenue to get to the Reedy Creek part of Umstead. Follow the red and white arrow signs into site. Look for all the parked cars.



Troop 400 scouts receive their merit badges during May's Court of Honor

## Boy leader training this Saturday

Troop 400 boy leader's training will be this Saturday morning, June 7, from 9 a.m. until 11 a.m. in the scout room. Boys with a troop leadership position are expected to attend. The training will cover modules 2 and 3. (Module 1 training was held May 5.)

## Andy Parham's Eagle project

Andy Parham's Eagle project will be held Saturday, June 21 at 9 a.m. at the Hardscrabble neighborhood trail off E. Hardscrabble Drive. (Signs will guide you once you get into the subdivision.) The project will be to build a bridge for the trail. Scouts are asked to bring hammers, drills, saws, gloves, and goggles. Post-hole diggers and saw horses would also be appreciated. Snacks and lunch will be provided. Contact Andy for more information, [atp91@nc.rr.com](mailto:atp91@nc.rr.com)

## Do you need a Troop 400 T-shirt?

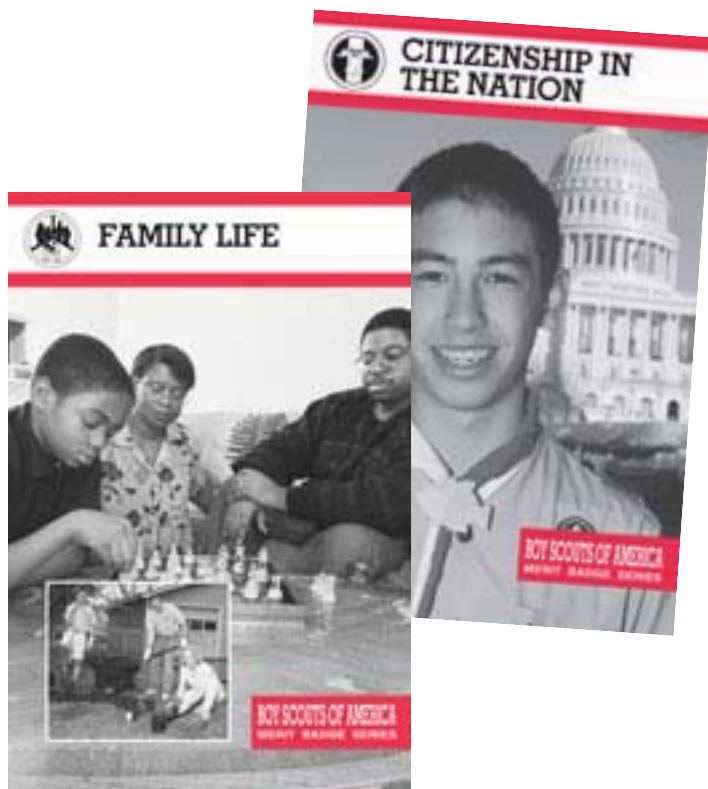
The troop is about to order new T-shirts. If you would like a shirt, please give Nathan Padula ([npadul@hotmail.com](mailto:npadul@hotmail.com)) your size and the number that you need. Every scout receives a shirt free when he enters the troop. Extras cost about \$5.

## Nantahala Rafting Trip

Paul Menchini is organizing the family whitewater rafting trip on the Nantahala River Labor Day weekend. This is a great trip, and a lot of fun. If you think you would like to go, please let him know by the end of June.

## Troop 400 Merit Badge Library

Do you have any Merit Badge booklets that belong to the Troop 400 library? Chris West, our troop librarian, has asked that you bring them back as soon as possible. Also, if you have any personal merit badge books that you would be willing to donate to the library, please talk to Chris.



## Family Life Merit Badge

Mark and Teresa Gilbreath are starting a Family Life merit badge program on June 17 at 6:00 p.m. There will be a sign up sheet at tonight's meeting. Anyone who has questions can e-mail Teresa at [tsgilbreath@earthlink.net](mailto:tsgilbreath@earthlink.net).



# Troop 400 Aquatics Day Saturday, June 14, 2008

Plan to arrive at Satterwhite Point, Kerr Lake State Recreation Area after 9 am

**Note:** There is a \$5 cost per car to enter the park

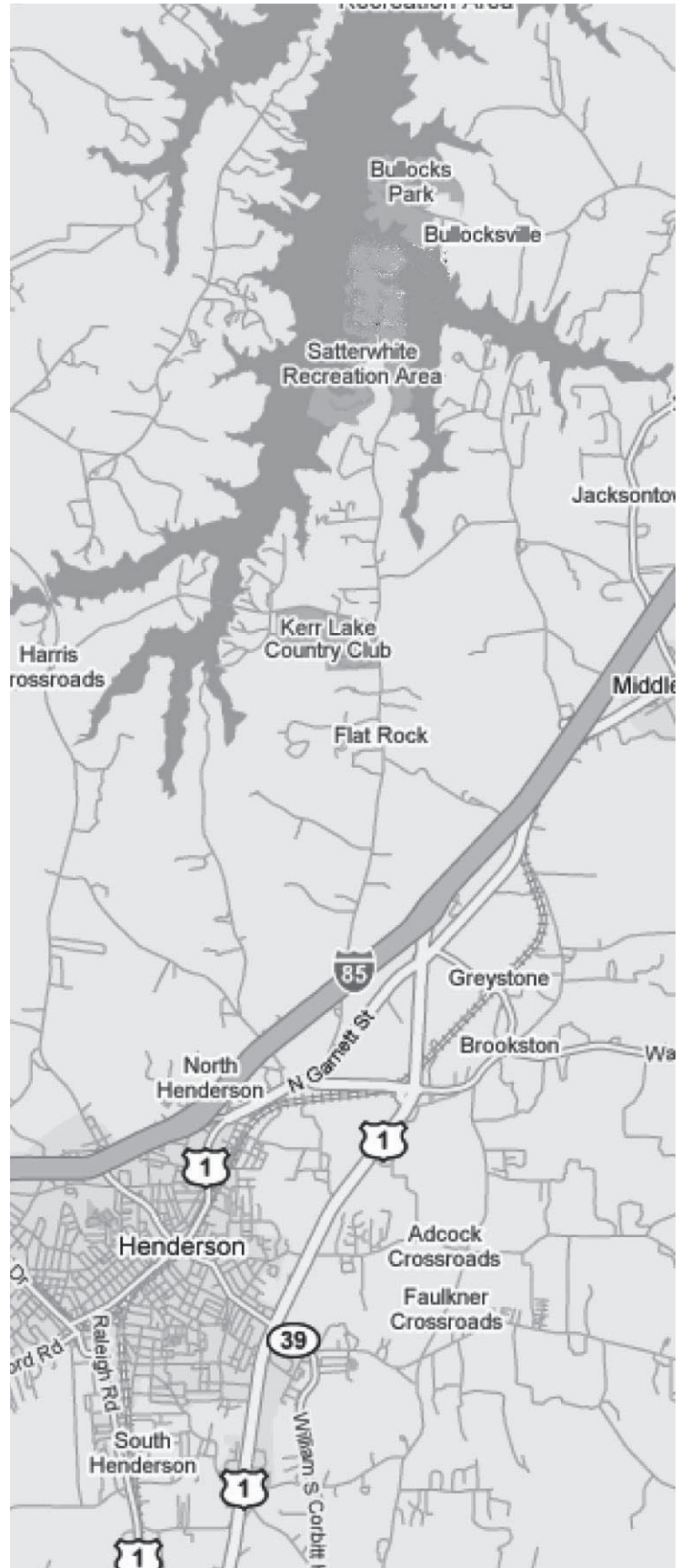
**Location:** We reserved the picnic shelter #1. Parking is available at that location

**Bring:** Bathing suit, chair, towels, sunscreen, insect repellent, Personal Flotation Device (PFD) if you own one (no lifeguards)

**Meal:** Breakfast on your own. Lunch is hotdog/hamburger provided by the troop. Bring a side dish, signup is at the troop meeting on June 3 and June 10.

**Departure:** Boats will depart at 6 pm to put back in storage. All should depart by 7 pm.

To Satterwhite Point and park office  
From I-85, take exit 217 and travel north on Satterwhite Point Road. The park office is on the right. Satterwhite Point Road dead-ends in the park.



# Troop 400 plans to hike Appalachian Trail in NC

Interested in hiking the Appalachian Trail (AT)?

The AT officially starts at Spring Mountain, Georgia and runs 2150 miles to Mt. Katahdin Maine. We cannot hike the entire AT, but we will do the 310 mile North Carolina section over the next few years. I'm planning on doing this in 3-day trips over the summer and two-day trips going into the fall. This should get us through to the Nantahala Outdoor Center or the base of the Great Smokey Mountains for next year! The AT is full of ups and downs (pun intended) and will test your mental and physical abilities. Hiking the AT is also a different style of backpacking than you've experienced up to now. I can't cover all the details here but basically it will teach you to pack light and travel light to cover the miles to complete the sections required for each trip.

Below is the first trip starting at the Georgia/NC state line. It's an ambitious first trip so don't let mileage intimidate you. Each trip will vary based on distance between trail access points.

**NOTE:** These trips are intended for the older experienced boys and adults who can cover the mileage. Following "leave no trace" practices we'll need to limit the group size to a max of ten people. We'll discuss details at the next troop meeting.

First trip itinerary: Deep Gap/USFS 71 to Bly

Gap NC/GA state line — 6.8miles. We will slack pack in and back for this section.

Backpack USFS 71 to Betty Creek Gap — 12.2 miles

Backpack Betty Creek Gap to Wallace Gap/Old US-64 — 9.1 miles

The first trip is a long 5.5 hr drive. The drive times will get shorter the further north we go. We will leave Thursday afternoon at 4pm. Arrive 9:30pm Standing Indian Campground.

I'm excited to get started. Feel free to contact me any time with questions.

— Steven Fishback (sfishback@nc.rr.com & 384-7200).



**A white blaze denotes an Appalachian Trail marker as the trail passes through Mount Rogers National Recreational Area in Virginia.**

# Troop 400 Elders Council

**Purpose:** To recognize and honor long-serving Troop 400 adults who demonstrate exceptional honor and commitment to scouting. Such honor and commitment is demonstrated by selflessly sharing their talents and service to the troop, by working directly with the boys and adult scouters, and by imparting their knowledge and wisdom. The result is the betterment of the troop and program for years to come.

## Criteria for council membership:

The adult must not have a son or immediate family member that is an active boy scout in Troop 400 or has not been active for a period to be determined by the Troop Committee

The adult shows consistent commitment to Troop 400 by serving or volunteering his or her time and talents in the following ways:

Attending troop meetings

Wearing the uniform and setting the example of scout spirit

Attending troop outings

Attending troop committee meetings

Working directly with the boys and adults to pass on their knowledge

The adult provides guidance on matters that uphold the quality of Troop 400 programs

The adult must either be nominated by three members of the elders council or by the scoutmaster

## Privileges of Elder Council Membership

Lifetime membership in Troop 400, the expenses of which are borne by the troop  
The esteem and respect of the Troop 400 family

**Tim Walters places a choker on Gene Kraudel and Paul Menchini affixes a choker on Tom Petrosky at May's Court of Honor, as John West and Tommy Walters look on. Members of Troop 400's Elders Council are, from left, Gene Kraudel, Vic Gentry, John Howe, Tom Petrosky, and Mike Simpson**

Accoutrement of Council Membership—the [Deluxe Conch Shell Hairpipe Choker w/ Genuine Bone Hairpipe](#) obtained as a kit from the [www.crazycrow.com](#) online catalog. The scoutmaster will assemble the choker and present it to the new council member at a Court of Honor.

Privilege to wear the Elders Council Choker with their uniform at any Troop 400 function that they so choose

Inaugural Elder Council Members inducted at the May 29, 2008 Court of Honor:

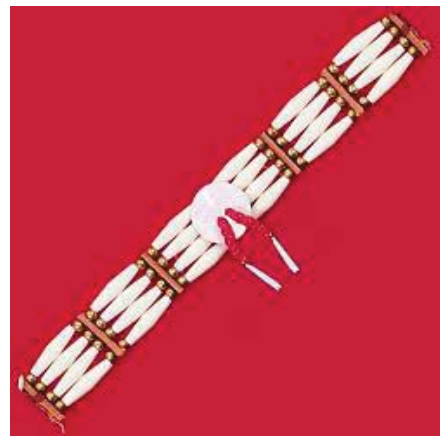
Vic Gentry

John Howe

Gene Kraudel

Tom Petrosky

Mike Simpson



# Houston Gilbreath's Eagle Project

Houston Gilbreath's Eagle Project was held May 17 at Carrington Middle School. The object was to build three benches, plant six bushes and one maple tree around the flag pole area of the school





**Do you have any  
Troop 400 news?**

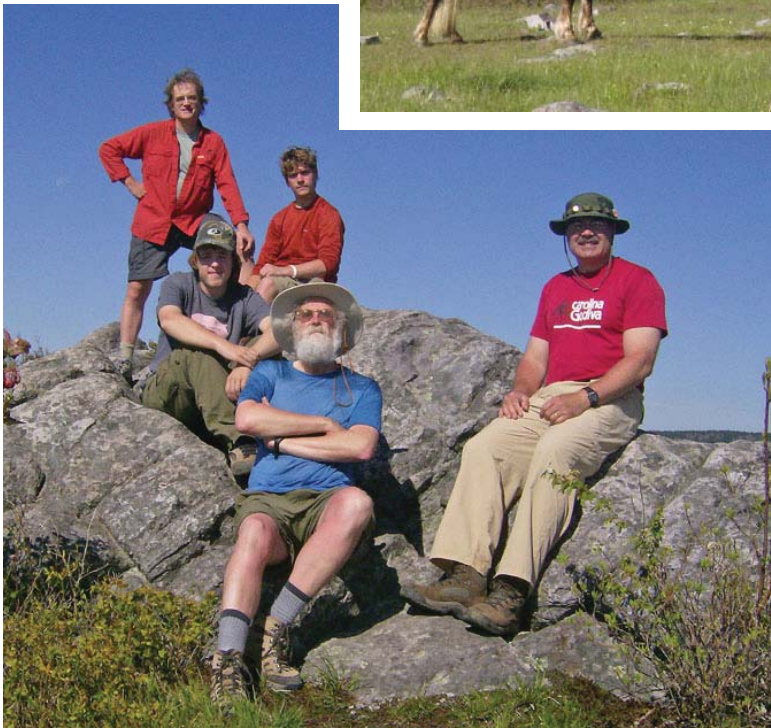
Send your stories and  
pictures to:

**troop400news@yahoo.  
com.**



# Philmont Prep Hike, May 2008

This prep hike took us to Grayson Highlands State Park in Virginia and the adjacent Mount Rogers Recreational Area. Although it was Memorial Day weekend, there was frost on the ground one morning.





# 2008-2009 Troop 400 schedule

## 2008

- June 7 – Boy leader training, 9 a.m. until 11 a.m. in the Aldersgate scout room.
- June 7 – Council merit badge counselor orientation
- June 8 – Orienteering Merit Badge at Umstead – Matthew and Mr. Fishback
- June 9 – Last day of school
- June 10 – Troop 400 meeting – Cobras program
- June 14 – Troop 400 Aquatics Day, Satterwhite Point, Kerr Lake State Recreation Area
- June 17 – Troop 400 meeting – Air Freshener program
- June 21 – Andy Parham Eagle project, Hardscrabble neighborhood, 9 a.m.
- June 24 – Troop 400 meeting – Poised Platypii program
- June 26 – Eluwak Lodge meeting
- June 27-29 – NC AT Hike – Matthew and Mr. Fishback Leave Thursday at 5pm or Friday am and return Sunday evening, full three day hiking trip
- July 19 – Tentative Pack 400 vertical edge night (need boy scouts to belay)
- July 25 – 27 – NC AT Hike – Matthew and Mr. Fishback Leave Thursday at 5pm or Friday am and return Sunday evening, full three day hiking trip
- July 26 – Camp Chestnut Ridge – Mr. Simpson
- Aug 2 - Tentative Pack 400 vertical edge night (need boy scouts to belay)
- Aug 4 – Troop Committee meeting
- Aug 5 – 19 – Philmont
- Aug 19 – Pack 400 roundup
- Aug 22 – Pack 400 family picnic
- Aug 25 – First day of school
- Aug 26 - Troop 400 meeting – Royal Court program
- Aug 26 – Mawat - Join scouting night
- Aug 28 – Mawat - Join scouting night
- Aug 30 – Sept 1 – Nantahala Whitewater rafting family trip – Mr. Menchini
- Sept 1 – Labor day
- Sept 2 – Troop 400 Meeting – Bald Eagle program
- Sept 5 – 7 - NC AT Hike – Matthew and Mr. Fishback, 2 day hiking trip
- Sept 8 – Troop Committee Meeting
- Sept 13 – Canoe trip on the New River – Mr. Joyner
- Sept. 19-20 - Occoneechee Lodge Fall Fellowship, Camp Durant
- Sept 21 - Orienteering Merit Badge at Umstead – Matthew and Mr. Fishback
- Sept 26-28 – NC AT Hike – Matthew and Mr. Fishback, 2 day hiking trip
- Sept 26-28 – Council climbing instructor training
- Sept 27 – Council new leader essentials training
- Sept 27 – Troop committee challenge training
- Sept 27 – Boy scout leader specific training
- Oct 6 – Troop committee meeting
- Oct ? – Mawat Fall Camporee TBD – Mr. Walters
- Oct 10 – 12 – VA Creeper Trail – David and Mr. Korest
- Oct 19 – Orienteering Merit Badge at Umstead – Matthew and Mr. Fishback
- Oct 24 - 26 – 14 AT Hike Matthew and Mr. Fishback, 2 day hiking trip
- Oct 24-26 – Council IOLS
- Nov 1 – SIWASH – Ethan and Mr. Norman
- Nov 3 – Troop committee meeting
- Nov 4 – Student vacation/election day
- Nov 11 – Student vacation/Veterans Day

# 2008-2009 Troop 400 schedule

Nov 16 – Orienteering Merit Badge at Umstead – Matthew and Mr. Fishback  
Nov 22 – Council new leader essentials training  
Nov 22 – Ft Bragg – Tommy and Mr. Walters  
Nov 26-28 – Student holiday (Thanksgiving)  
Dec 1 – Troop committee meeting  
Dec 2 – Toy drive with Pack 400  
Dec 7 – Orienteering Merit Badge at Umstead – Matthew and Mr. Fishback  
Dec 19 – Vertical Edge Lockin – Mr. Simpson  
Dec 22-31 – Student winter holidays – Tentative Seabase – Mr. Howe and Mr. Gentry

## 2009

Jan 1 – New Years Day holiday  
Jan 5 – Troop committee meeting  
Jan 10 – Pack 400 pinewood derby (need adults to judge)  
Jan 13 – Troop 400 Meeting – Pinewood Derby – Eric and Mr. Hofmann  
Jan 16 – 18 – Freezeree – Mr. Walters  
Jan 20 – Student vacation  
Feb 1 – District Pinewood Derby  
Feb 2 – Troop committee meeting  
Feb 8 – Scout Sunday and Spaghetti Supper – Kevin and Mr. Parham  
Feb 13-16 – DC trip – James and Ms. Pearson and Nathan and Ms. Padula  
Feb 28 – Skiing  
Mar 2 – Troop committee meeting  
Mar 13-15 – Webelos campout with the troop – Mr. Walters  
Mar 21 – Webelos OA Day  
Apr 6 – Troop committee meeting  
Apr 10-17 – Student spring break  
Apr 25 – Pilot Mountain climbing – Aaron and Mr. Menchini  
May 1-2 – Mawat Spring Camporee, Camp Tuscarora, troop 451 – Mr. Walters  
May 4 – Troop committee meeting  
May 9 – 10 – Webelos X-over – Mr. Walters  
May 15 – Tentative Bulls Game  
May 22 – Tentative Bulls Game  
May 25 – Student Memorial day holiday  
May 29-31 – Zorbing – Jake and Mr. Buttry  
June 1 – Troop committee meeting  
Jun 10 – Last day of school  
Jun 12-14 – Caving – Aaron and Ms. Moran  
TBD Summer camps  
July – Tentative Northern Tier or Glacier Park Camping – Mr. Howe and Mr. Gentry  
Aug 25 – First day of school  
Sep 7 – Labor day  
Nov 11 – Student holiday Veterans Day  
Nov 25 – Student vacation utility day  
Nov 26-27 – Student vacation thanksgiving  
Dec 21-22 – Student vacation utility day  
Dec 23 – Student vacation  
Dec 24-25 – Student vacation  
Dec 28-31 – Winter holidays