



TRAIL POST

Troop 400 to host Mawat Camporee April 11-13

Troop 400 will be hosting the Mawat District 2008 Spring Camporee this year with the theme "Better Sports & Athletics."

The camporee will be held from Friday, April 11, 2008 at 6:00 p.m. until Sunday, April 13 at 12:00 noon at Camp Campbell on John H Kerr Reservoir near Clarksville, Va.. Everyone associated with Troop 400 is needed to help out.

To prepare for the big event, the troop will go up to Camp Campbell for a one-day work session the Saturday before the Camporee. We will not camp, as was previously announced. We will leave Aldersgate at 7 a.m. Saturday morning (April 5), and will be back at the church by about 7 p.m. that evening. Scouts are asked to eat breakfast before they come, bring a bag lunch and money for dinner on the way home. You should also bring work gloves, chain saws, hand saws, pruning shears, and other tools.

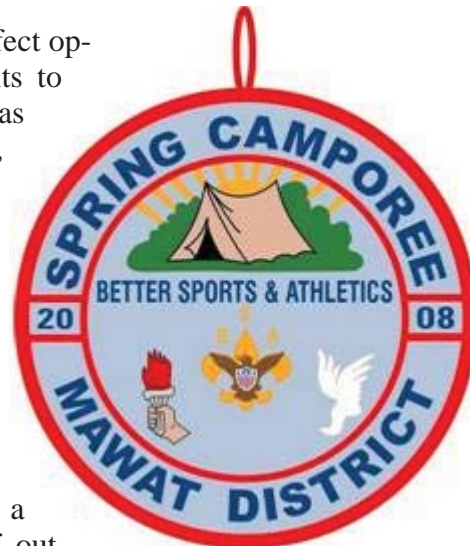
The Camporee will be a weekend of fun, fellowship, and Scouting activities shared by units camping to-

gether. It's a perfect opportunity for units to show their skills as they make camp, prepare meals, and take part in camporee activities. Camporees give every unit a chance to show what its members can do, see how other units do it, and enjoy a different kind of outdoor weekend.

Tiger Cubs (first graders) and Cub Scouts (second and third-graders) and their leaders and parents may attend on Saturday after 8:30 a.m.. During the day, there will be patrol competitions of athletic events and Highland Games. In the evening, there will be a big campfire with quality skits, stunts, songs, Native American dances, and an OA calling-out ceremony at 8:00 p.m.

The Camporee officially ends at noon on Sunday, April 13, but as host troop, it is likely Troop 400 will stay a little past that to make sure that everything in camp is "ship-shape."

You can get more information from the adult camporee chief, Bob Naples, 477-1808 (RFNAPLES@hotmail.com) or the youth camporee chief, Travis Hanson, at 383-8712 (Rinzeq04@gmail.com).



Troop 400
April Camporee Calendar

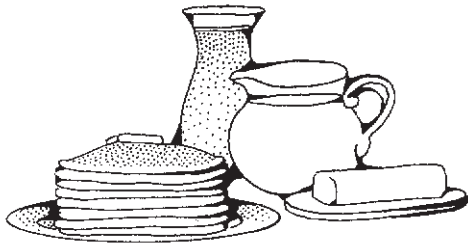
Tuesday, April 1
No Scout Meeting (Spring Break)

Saturday, April 5
Pre-Camporee Work Day, 7 a.m.-7 p.m.

Friday, April 11- Sunday April 13
Mawat District Camporee

Ruritan Pancake Breakfast set April 19

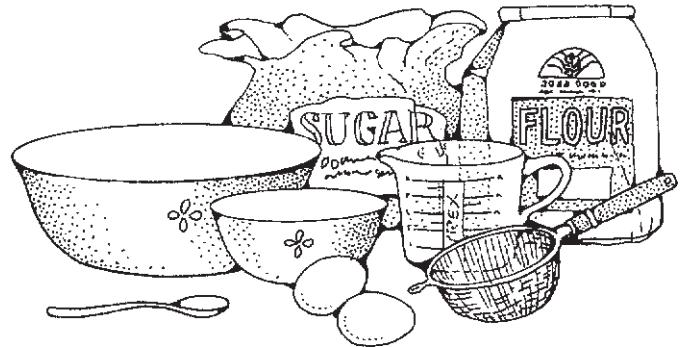
Troop 400 will help with the Mt. Sylvan Ruritan Club pancake breakfast fundraiser on Saturday, April 19. (This is the weekend after the Camporee.)



Scouts will act as waiters and assist with the clean-up. The event will last from 6:30 a.m. until 10:30 a.m. The Ruritan Club is located at 6129 North Roxboro Road, just south of Roxboro's intersection with Snow Hill. Scouts will receive tickets at the April 8 Scout meeting, and will be asked to sell to their family and friends. Proceeds from the breakfast will be donated to Troop 400.

Troop 400 medical records review May 13

Troop 400 will have a medical form processing night on Tues May 13th from 6-7:30pm. Medical personnel will be on hand to conduct physicals for incoming Scouts, those who will be attending Raven Knob and Philmont, as well as Adult leaders.



BAMBOO BLAZERS: Members of Troop 400 showed incoming Webelos Scouts how to have a good time on a hike and camping trip March 14-16 near Lake Michie.

Camporee Athletic Events

Note: Communications Merit Badge Scouts David Korest, Aaron Menchini, Kevin Parham, Michael Raspberry, and Carson Woodell contributed to this article and to the article on the Highland Games on page 4.

Athletic competitions at the Mawat District 2008 Camporee include:

Push-ups

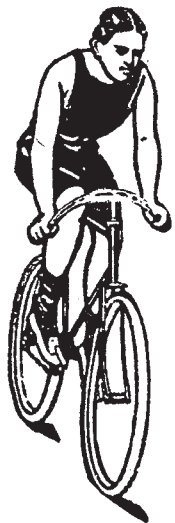
At the push-ups event at the Camporee, medals will be awarded to the person who can do the most push-ups in 1 minute. For a push-up to be counted the contestant's chest must touch the ground and his/her back must be straight the entire time. Each contestant's name will be written down and the number of push-ups he/she did will be written next to it. At the campfire on Saturday night the 1st, 2nd, and 3rd place winners will be announced.

The long jump

The long jump is officially a track and field event. You run a short distance and jump right before you step on a line. The distance from the closest part of your body to the line to the line is how far you jumped. Whoever jumps the farthest wins.

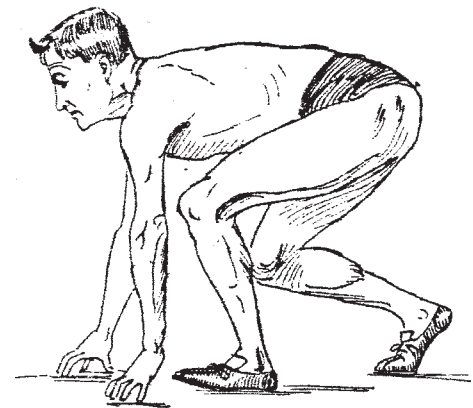
Cycling

There will be a fun and unique activity at the Spring Camporee this year. It is cycling activities. We will do many different exciting things through the course of the event. The group will be escorted to a trail in another scout camp down the road. At that point we will ride through the woods on a trail down to a beach on the lake. There they can test their riding skills on a series of man made obstacles. They include ramps, teeter totters, and various sized skinnys. Participants must bring their bike, helmet, and water. There will be a morning session and afternoon session lasting 2 to 3 hours each, depending on group size. Be sure not to miss out on this event!



Other Camporee events include the Baseball Throw, Basketball Shooting, the Football Throw, Horseshoes, Lacrosse, Long-Distance Running, Sit-ups, the Soccer

Kick, the Softball Throw, and Sprinting. "Cut-up Frisbee" a game that has elements of dodgeball and the traditional Frisbee toss, will be an optional unscored event that will be held between the dinner hour and the evening campfire.



Camporee Highland Games Events

The Highland Games originated in Scotland as contests of strength and endurance. Their origin is lost in the mists of history. There are some who say that games began when Romans occupied the British Isles in the 2nd and 3rd century AD, and Scottish warriors wanted a way to show the opposing army how strong they were. Others say that in the 11th century, King Malcolm III of Scotland brought his subjects together so he could find the fastest people in the land to serve as his royal messengers. Still others point to the fact that after the English conquered Scotland, the Scots were prevented from practicing with the weapons of war. One way they could keep in shape for future uprisings was to practice with the tools of the Highland Games.

Whatever their origin, the Highland Games became increasingly popular in the 19th century, and they are held today not only in Scotland, but also in the countries where many Scots settled, including the United States, Canada, Australia and New Zealand. One of the largest Highland Games in North America is held every summer here in North Carolina at Grandfather Mountain.

At the Mawat District Camporee, this competition is open to all Scouts, Scouters, and Webelos/Cub Scouts. The Highland Games are an individual event and patrol event. Units are to register by unit and patrol.

There will be three weight classes for all events – “Heavy Weight” (older/larger scouts), “Middle Weight” (younger/smaller scouts) and “Light Weight” (Cubs and Webelos).

There will be five competition classes:

1. Scout Individual Light Weight
2. Scout Individual Middle Weight
2. Scout Individual Heavy Weight
3. Patrol
5. Scouter

There will be four Highland Games events in the morning and four events in the afternoon.

Morning events:

Turning the Caber
Sheaf Toss
Weight Throw
Clachneart

Afternoon events:

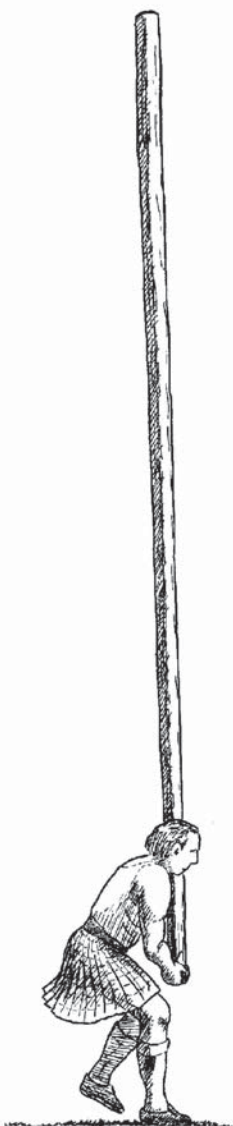
Farmers Walk
Weight Toss
Tug-a-war
Braemar Stone



Scout Spirit

1. Patrols are required to bring and travel with their patrol flag.
2. Special recognition will be made to patrols wearing kilts.

We'll be adding a few Scouting touches for safety in some of the events – helmets for example. Helmets and gloves are required for some events. These will be provided at the Camporee, but units may want to bring their own bicycle helmets and work gloves



The traditional highland game of **Turning the Caber** is basically the athletes attempting to throw a log end over end. The caber they are throwing is usually about 19 feet long and weighs between 100 and 130 pounds. The competitors are trying to throw the caber in a way that it lands exactly at twelve o'clock which is straight from the point in which the athlete released it. The referee judges the competitor by standing directly behind them and watching their release point compared to how straight they threw the caber. Competitors gain points by either how close the caber is to 90 degrees of their original point after one full turn or if the caber is grounded they are judged on the degrees the pole rose off of the ground. At the Camporee, we will be using cabers of 12 feet, 9 feet, and 6 feet. Participants will need gloves.

After the bales of hay dried in the Scottish fields, they were brought into the barn on a wagon. Farmers would tie the hay into sheaves using string, then they would use a pitchfork to toss the sheaves from the wagon up to the barn loft for winter storage. This is still done by the Amish in the United States, and by farmers in some European countries. In traditional Highland Games, the **Sheaf Toss** uses a 16- or 20-pound bag of hay that is tossed over a bar with a three-tined pitchfork. The event is similar to the weight toss (see below), except it goes about twice as high. At the Camporee, we'll use shovels and bags weighing 20 pounds, 12 pounds, and 8 pounds.

The **Weight Throw** was once an Olympic event, and it is still used in track and field competition. In traditional Highland Games, the weight throw uses a 28-pound or "2-stone" weight, "stone" being a unit of measurement equal to 14 pounds. At the Camporee, we'll use dumbbells of 45 pounds, 30 pounds, and 15 pounds. Participants swing their arms back and forth to gain enough momentum to throw; the winner is the one who can throw the longest distance. Participants must wear helmets.

The **Clachneart** is a traditional Scottish event much like the shot-put. However, it traditionally is done using a stone weighing 20 lbs. and with a diameter of 7 ¾". One is allowed to run up to 7' 6", but stepping over the throwing line results in a foul. The contestant is allowed 3 throws, the longest of which counts. Also, "Clachneart" means "stone of strength." Due to the variety in size of boys attending the Camporee, the exact measurements of the Clachneart will not be required for everyone. There will be different sizes of stones, 16 pounds, 12 pounds, and 6 pound, based on the size of the Scout. It is possible that there will be a full size Clachneart for those truly wishing to test their strength!

Like farmers everywhere, Scottish farmers often had to carry heavy loads long distances. In traditional Highland Games, participants in the **Farmers Walk** are given two 150-pound weights, and the winner is the participant who can carry the weights the farthest on a course that includes pylons or obstacles. At the Mawat Camporee, we will use straw bales or buckets of cement weighing 100 pounds, 75 pounds, and 50 pounds.

Participants must wear gloves. Points go to the three furthest walks in each class or the fastest of those who complete the entire course.

The **Weight Toss** may have originally been used as training for tossing grappling hooks up the walls of Scottish castles. Participants in the weight toss stand under an adjustable height crossbar with their back facing the crossbar. The weight is then swung back and forth between the legs to gather momentum. The object is to let go and get the weight over the crossbar. The three highest tosses per class get points. Participants must wear helmets. In traditional Highland Games, the Weight Toss often involves a 56-pound weight, but at the Camporee, we'll use dumbbells of 45 pounds, 30 pounds, and 15 pounds.

Early Highland Chieftains are said to have kept a large stone outside their gatepost, so they could challenge the throwing arms of warriors from visiting clans. This may have been the origin of the **Braemar Stone** event. In traditional Highland Games, the Braemar Stone is usually a round 22-pound stone. At the Camporee, we'll use stones of 50 pounds, 30 pounds, and 10 pounds. The stone must be thrown from a standstill position; contestants cannot move the way they can with a Clachneart or in shot put events. The three furthest tosses per class receive points.

We've all seen tug of war games in which two teams pull against one another from across a ditch, where the team that lands in the ditch loses. We'll do it a little differently at the Mawat District Camporee. In the **4-Way Tug-a-War**, there are four teams competing at once. We will tie four 25 foot lengths of rope together so they form a loop, then lay the rope out in a square on the ground with the knots at the corners. A piece of cloth will go in the center of the square. Each team lines up on its side of the rope; when the signal is given, participants pick up the rope and start pulling away from the center. After a set time, the stop signal is given and the team that has made the most progress away from the center marker wins. This event may also be done using two teams if four teams are not available.



Camporee Program Plan: April 11-13, 2008

Time	Activity	Run By
Friday 4:30 P.M.	Camporee staff arrive at campsite; register; off-load equipment. Flags up. Set up sites. Set up camp, erect tents, prepare bedding, check cooking areas and fuel supply, and stow gear. Gather firewood for breakfast and campfire.	CC/PAT
5 P.M.	Participants load gear at meeting location, leave for campsite. Plan a light meal en route.	SPL
6 P.M.	Participants arrive at campsite; register; off-load equipment. Set up patrol sites. Set up camp, erect tents, prepare bedding, check cooking areas and fuel supply, and stow gear. Gather firewood for breakfast and campfire.	SPL/PL ParT
7:55 P.M.	Lower U.S. flag while all salute	CC
8 P.M.	SPL/Scoutmasters cracker barrel	CC/ProT
9 P.M.	Troop & staff campfires and cracker barrels	SPL/CC
10:30 P.M.	Taps. Lights out and camp quiet.	Bugler
Saturday 6:30 A.M.	Cooks and assistants up. Light fire. Prepare breakfast. (Cooks should be working on First and Second Class requirements.)	Cooks, assistants
7 A.M.	Reveille. Everyone else up. Take care of personal hygiene. Hang up sleepwear, tidy tent, air tents, hangout sleeping bags and clean up.	Bugler
7:30 A.M.	Breakfast. Fetch wash water. Clean up and dish washing. Tidy campsite, replenish water and firewood.	Cooks SPL/PL
8:25 A.M.	Raise U.S. flag. Pledge of Allegiance.	CC
8:30 A.M.	Morning Activities <ul style="list-style-type: none"> • Patrol competitions • Site inspections • Trading Post opens 	PL/CC/ProT HST/PAT
11:30 A.M.	Cooks prepare lunch	Cooks
Noon	Lunch. Trading Post closes.	PAT
12:30 P.M.	Clean up and dish washing. Rest. Trading Post opens.	Cooks/PAT
1:30 P.M.	Afternoon Activities <ul style="list-style-type: none"> • Patrol competitions • Site inspections • Trading Post open 	PL/CC/ProT HST
4:30 P.M.	Prepare cooking fires. Start dinner preparation. Prepare site for the night. Bring clothing and sleeping bags inside, get wood for cooking. Work on personal projects.	Cooks SPL/PL
5:30 P.M.	Dinner. Trading Post closes. Clean up and dish washing. Tidy site—stack firewood for the night and following morning, replenish water, refuel lanterns, secure food box.	SPL/PAT
7 P.M.	<ul style="list-style-type: none"> • Pick Up Games • Trading Post opens. 	PL/CC/ProT PAT
7:55 P.M.	Lower U.S. flag while all salute. Trading Post closes.	CC/PAT
8 P.M.	Campfire program	OA/CC/ProT
9:30 P.M.	Patrol cracker barrels	SPL
10:30 P.M.	Taps. Lights out and camp quiet.	Bugler
Sunday 6:30 A.M.	Cooks and assistants up. Prepare breakfast. (Cooks should be working on First and Second Class requirements.)	Cooks, assistants
7 A.M.	Reveille. Everyone else up. Take care of personal hygiene. Hang up sleepwear, tidy tent, air tents, hangout sleeping bags and clean up.	Bugler
7:30 A.M.	Breakfast. Fetch wash water. Clean up and dish washing. Tidy campsite, replenish water.	Cooks/SPL
8:25 A.M.	Raise U.S. flag while all salute. Pledge of Allegiance.	CC
8:30 A.M.	Interfaith worship/memorial service & Uniform Inspection	CC/ProT
9:30 A.M.	<ul style="list-style-type: none"> • Pick Up Games • Trading Post opens. 	PL/CC/ProT PAT
10:30 A.M.	Awards and Recognition. Lower U.S. flag while all salute. Trading Post closes.	CC/AT/PAT
11 A.M.	Break camp. Leave campsite in better condition than you found it.	SPL/PL/PAT
Noon	Camporee Closes	CC/PAT
Special equipment needed	Charcoal starters, clipboards, compasses, dining flies, Dutch ovens, eating utensils for guests, first aid supplies, rope, Scout staves, spars, troop camping equipment	Quarter- master

2008 Troop 400 schedule

April 1: No Tuesday Scout meeting (Spring Break)

April 5: Pre-Camporee set-up, Camp Campbell, 7 a.m. to 7 p.m.

April 11-13: Mawat District Camporee hosted by Troop 400

April 18-20: Philmont prep hike

April 19: Ruritan Pancake Breakfast fundraiser, 6:30-10:30 a.m.

April 19: OA Conclave

May 2-3: Crossover

May 13: Camp physicals, medical records review

May 16-18: OA Spring Inductions

May 23-25: Philmont prep hike

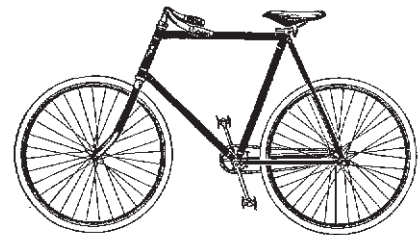
Tuesday, May 27: Court of Honor

Washington DC trip: To be announced

July 6-12: Summer Camp at Camp Raven Knob

Aug. 5-18: Philmont trip

Troop Committee meetings are held on the first Monday of each month at 7 p.m..



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

Send your stories and
pictures to:

**troop400news@yahoo.
com.**