Rose Bowl District
Roundtable
January 9, 2020

Contents:

- Camporee Planning Meeting
- Cub Day Camp Call to Action
- BSA Safety Moment
- Autism Speaks Walk
- Driving School
- Fundraising
- Adult Training

Follow us on Facebook

https://www.facebook.com/RoseBowlDistrictBSA/?ref=br_rs
Camporee Planning Committee Meeting
January 16, 2020
At 7:30pm at the Smiser Scout Center.
Senior Patrol Leaders and Scoutmasters are all encouraged to attend.
Please help our New Camporee Chair Rob Salinas plan 2020 Camporee!
See you there!
Are you interested in helping with Rose Bowl Cub Day Camp? Do you love Day Camp Program? If so let us know we are looking for a 2020 Cub Day Camp Director and Program Director. Both will be trained at National Camp School and have our past Director as a mentor. Let me know if you are interested!

Cicily Gardea | Senior District Executive
Greater Los Angeles Area Council | Rose Bowl District
Pasadena – Smiser Scout Center

3450 East Sierra Madre Boulevard
Pasadena, California 91107-1934
P 213.413.4400, ext. 340 | F 626.351.9149
cicily.gardea@scouting.org
BSA SAFETY MOMENT

DEPRESSION

SUMMARY
Acute depression is often short-term, but it can be very severe and significantly interfere with an individual's sleep, eating, activity level, and ability to engage effectively in school or work. Chronic depression may occur for at least two years and affect those same areas. The severity may not be to the degree that the person cannot go about their daily routine; they may simply not be as productive as they could be.

Symptoms of Depression
- Depressed or irritable mood
- Declining or lack of interest in things that usually provide pleasure
- Significant but unintended weight loss or gain
- Deficient or excessive sleeping
- Much increased or decreased activity level than usual
- Fatigue
- Feelings of inferiority or worthlessness
- Excessive or inappropriate guilt
- Difficulty in concentrating or indecisiveness
- Constantly thinking about death
- Attempted suicide or a specific plan for doing so

How You Can Help
Helping someone cope with depression involves listening in a caring way that shows that you are empathetic and understanding. Performing small acts of kindness may include running errands for them, transporting them to different appointments, etc.

When Professional Help Is Needed
When severe depression is present, the importance of obtaining quality professional health care cannot be overemphasized. It is important to encourage individuals with severe depression, whether acute or chronic forms, to seek appropriate professional help. Health-care professionals will determine if medication may be helpful in reducing the symptoms of depression. Regardless, the support of family, friends, and caring adults provides a crucial role in helping someone who is depressed. A support system can help encourage a depressed individual to stick with treatment, to practice the coping techniques that are learned through therapy, and establish a mutually understood protocol of how to proceed should the condition deteriorate toward suicide.

Individuals needing professional help can contact their personal physician, guidance counselor, local National Alliance on Mental Illness (NAMI) chapter, etc. Scouts who are on medication as part of their therapy generally should continue to take this during outings such as camps in accordance with their prescribing physician and Scouting guidelines.

RESOURCES
- American Psychiatric Association—What is Depression?
  www.psychiatry.org/patients-families/depression/what-is-depression
- Boy Scouts of America BSA Safety Moment “Safe Use of Medication in Scouting”
  filestore.scouting.org/filestore/pdf/BSA_Medication.pdf
- Mayo Clinic—Teen depression:
  www.mayoclinic.org/diseases-conditions/teen-depression/symptoms-causes/syc-20350985
- Mayo Clinic—Major depressive disorder:
  www.mayoclinic.org/diseases-conditions/depression/symptoms-causes/syc-20356007
BSA SAFETY MOMENT
YOUTH SUICIDE PREVENTION

SUMMARY
Youth suicidal behavior is a problem that you may encounter in Scouting or with friends of Scouting youth, but it is often preventable. In order to save the life of a youth at risk, it is important to have a plan in place beforehand, know local professional resources, understand the severity of the problem, look for the signs in the boys you lead, understand major risk factors, and know how you can help.

GENERAL INFORMATION
Youth with risk factors are more likely to engage in suicidal behavior, while youth with protective factors in their families and communities are less likely. While the risk factors don't directly cause the behavior, research with youth who have attempted suicide often shows that those factors were present. They include:

- Mental illness
- Substance abuse
- Previous suicide attempts
- Non-suicidal self-injury
- Low self-esteem
- Having a clear plan for suicide
- Having close proximity to a means of killing oneself
- Severe depression
- Loss of a loved one
- Medical problems
- Family or friend rejection
- Sleep or eating problems
- Withdrawing from friends and social activities
- Expressing a sense of hopelessness
- Being a victim of bullying

Protective factors include family and school connectedness, affiliation with religious organizations, safe schools, academic achievement, positive self-esteem, and active involvement in groups that promote a sense of achievement—such as the Boy Scouts of America.

When you suspect that someone might be suicidal:
- If you have a plan in place, follow it.
- Take every threat seriously.
- Don't be afraid to ask whether the person has considered suicide.
- Listen and accept the person at face value.
- Don't give false reassurance.
- Notify the person's parent or guardian and seek professional help.
- Report any abuse to the appropriate authorities.
- One easy way to engage a youth is to simply ask if something is sad, bad, or scary in their life.

ADDITIONAL RESOURCES
- National Suicide Prevention Lifeline—www.suicidepreventionlifeline.org; telephone: 1-800-273-8255
- Centers for Disease Control and Prevention—www.cdc.gov
- American Foundation for Suicide Prevention—www.afsp.org
- American Association of Suicidology—www.suicidology.org
Calling Boy Scouts of America Troops! Autism Speaks LA Walk is looking for a troop to come and join our program honor our flag with the pledge of allegiance and color guard. Please let us know which troop will be coming so we can provide further details regarding arrival time and program time. Please contact Walk Chair: Kimberly Maria jimenez (714) 820-0317 email: rah11223@aol.com to provide troop information.

We also have an exciting opportunity to serve as a Volunteer for this year’s Los Angeles Autism Speaks Walk on Sat., April 25th at the Rose Bowl! We are looking for individuals from 16 years on up. This event will also be providing community hours for individuals looking for these hours for school. To volunteer please follow the instructions below. We anticipate as many as 13,000 walkers, we need hundreds of volunteers to make our event a success. The event is attended by the families, friends, neighbors, and everyone in the autism community coming together as one voice, powered by love. Together, we can continue to help Autism Speaks make a global impact – enhancing lives today and accelerating a spectrum of solutions for tomorrow.

Date: SAT., APRIL 25, 2020- 6 a.m.- 2p.m.

Location: Rose Bowl, 1001 Rose Bowl Dr., Pasadena, CA 91103 (Gate A)

Volunteer Stations: Registration, Water, T-shirts, Bibs, Kids Zone, Route, Grand Club, Tear down, and more!

Free: Breakfast, Lunch, Water, Volunteer T-shirt, Parking, and Fun Experience!

REGISTER ON Click: Volunteer Form Link

Website Link: http://act.autismspeaks.org/LAWalk - Click on “Register” and scroll to bottom to Volunteer Tab

Questions? Email Volunteer Chair @ rah11223@aol.com

Autism Speaks is dedicated to promoting solutions across the spectrum and throughout the life span for the needs of people with autism and their families. We do this through advocacy and support; increasing understanding and acceptance of autism spectrum disorder; and advancing research into causes, and better interventions for autism spectrum disorder and related conditions.
Why Wait??
Start Driving!

No DMV Hassle
No DMV Paperwork!

Driving Lessons
Save up to 50% 😊
over other driving schools
Adults and Teens - Start at 15!
Auto or Manual Transmission

Call
626-328-8705

1 Driving School - Pasadena
1DrivingSchool.com

California Vehicle Code 12814.6 states that:
Students 15-17½ must satisfactorily complete
6-hours or more of behind-the-wheel instruction
with a qualified driving school.

Education Code Section 51851 states that:
Students 15-17½ must complete a 30 hour Driver
Education Course.

Driver Education Voucher
Scouts-Only Special

START AS EARLY AS 14
This voucher entitles the Scout to one (1) FREE Online Driver Education
Course, presented by 1 Driving School. Good for teens 14-17½. Meets
DMV Requirements for Permit Test. Good anywhere in California.

Redemption Instructions
1. Forward the email you received this in too:
   scouts@1drivingschool.com
2. We will then contact you with enrollment
   instructions.
Friends of Scouting and Fundraising
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<th>Grantor</th>
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<td>(120,000 max)</td>
<td>$10 for every 10 hours</td>
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The success of Scouting depends on those who support it. That includes the work of adult volunteers, your encouragement of parents, and the financial assistance of Friends of Scouting. At no cost to you, please check if you have a company that can donate your hours of volunteering with the BSA Rose Bowl.
James E. West was the first Chief Scout Executive of the Boy Scouts of America, and he served in that position for more than three decades. The James E. West Fellowship award is available for gifts of $1,000 and or more in cash or marketable securities to the Council's Endowment Fund. The gift must be in addition to—and not replace or diminish—the donor's annual Friends of Scouting support. Many individuals and corporations make these gifts either on behalf of someone else—such as in honor of an Eagle Scout, Silver Beaver recipient, a retirement, a special accomplishment, or anniversary—or in memory of a special individual. If an institution is truly "the lengthened shadow of one man," it is more than fitting that the BSA honor James E. West's significant contributions to Scouting in such a significant way.

Each donor is recognized with a personalized 8-by-10 inch certificate, distinctive lapel pin/charm and an embroidered square knot.

Below is your opportunity to invest in the Greater Los Angeles Area Council's future. Please consider joining the James E. West Fellowship.

- I am pleased to join this distinguished fellowship. Name__________________________
- Enclosed is my donation of $1,000 paid in full, or Please Print
- PLEDGE: Please bill me $________ per { } month { } quarter until $1,000 is paid in full.
- Credit card authorization: I authorize the Council to charge my credit card { } $100 per month for 10 months

Print name as it appears on credit card { } Visa { } American Express
{ } Discover { } MasterCard

Credit Card Number ______________ Expiration Date ______________

Signature __________________________ Date __________________
Address_________________________ City/St/Zip_____________________
Phone H_________________________ B ____________________
E-mail ___________________________

All contributions and bequests which are made to the endowment fund, along with gains from their investment transactions, will be permanently restricted and invested in perpetuity.

To learn more about the James E. West Fellowship or making a gift to the Council's endowment fund, please contact Victor Zuniga at the GLAAC, 213-413-4400, ext. 310.

For Office Use Only

Order the following items: Certificate _____
Pin _____
Knot _____
Worker _____

Name of Recipient __________________________
Name of Donor __________________________

Greater Los Angeles Area Council, Boy Scouts of America
2333 Scout Way, Los Angeles, CA 90026, 213-413-4400 fax 213-483-6472
Popcorn Fundraising Award of Merit

Background

Popcorn Fundraising is a critical part of providing both the units and the council with funding that is required to provide a robust and successful scouting experience. These revenues allow councils to sustain the infrastructure and personnel that are absolutely necessary to support the camps, trainings, and other activities that drive the scouting program. At the unit level, this funding provides the opportunity to be active in district and council activities. A quality scouting experience will help keep scouts in the program and grow membership in the council.

Requirements

The nominee must:

1. Be current with their Youth Protection Training (YPT);
2. Meet the training requirements for their registered position;
3. Have demonstrated excellence in popcorn sales that are above and beyond normal fundraising expectations within the council for at least two consecutive years.
4. Provide unit level popcorn training or support to a unit other than your own; and
5. Be an active member of a unit, district, or council popcorn team for at least two years.

Nomination Procedure

1. The unit committee chair completes the Popcorn Fundraising Award Nomination Form on behalf of the unit committee.
2. The unit or district commissioner certifies that the form is complete.
3. The unit submits the nomination form to the council for approval by the Scout executive and council commissioner or president. The council is responsible for processing the award.

The Award

Upon receipt of the approved nomination form, the council may present the Popcorn Fundraising Award of Merit, which includes a certificate, square knot. Recognition of this achievement may be presented at appropriate district or council events, such as district or council leader recognition dinners, training events, and board meetings.

The award may be presented to the unit leader for each program, Cub Scouts, Boy Scouts, Venturers, and Sea Scouts, if the individual meets the requirements in each program. Only one knot is worn.
Adult Training
Southern California College of Commissioner Science
Sherman Oaks Center for Enriched Studies
18605 Erwin Street, Reseda, CA 91335

MARCH 14, 2020
Check-in: 7:00 am
Training: 8:00 am - 4:15 pm

Pricing
Early registration by February 14th $20.00
After February 14th $30.00
At the door $40.00
Staff $15.00

EVENT INFORMATION AND SIGN UP LINK
FOR ADDITIONAL INFORMATION, CONTACT TRAVIS WILLIAMS

2020 H.A.T. Training Dates
Check Class Space Here

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<tr>
<th>Date</th>
<th>Class Description</th>
<th>Sign Up Now</th>
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<tbody>
<tr>
<td>Jan. 6</td>
<td>Cross Country Skiing and Snow Shoeing Seminar</td>
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<tr>
<td>Feb. 28-March 1</td>
<td>55th Adult Leaders Backpack Training</td>
<td>Sign Up Now</td>
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<td>March 7</td>
<td>Lead Scout-Backpack Training</td>
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<tr>
<td>March 28-29</td>
<td>Wilderness and Remote First Aid</td>
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<td>April 13</td>
<td>Rock Climbing and Rope Use/Rescue Training</td>
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<td>May 23</td>
<td>Wilderness Woman Training</td>
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<td>Sept. 12 &amp; 26</td>
<td>Adult Leaders Backpack Training</td>
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<td>Sept. 19</td>
<td>Desert Camping and Travel Training</td>
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<tr>
<td>Nov. 14</td>
<td>Navigation &amp; Orienteering Training</td>
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https://www.glaacbsa.org/training