

2019 U of S COURSES BY PERIOD

PERIOD 1 9:00-9:50

COURSE #	COURSE NAME	NOTES	ROOM #	PERIOD
SB209 OE104 VN207	Outdoor Ethics Guide Position Training *NEW*	*Triple Period* The outdoor ethics guide helps the troop plan and conduct an outdoor program that emphasizes effectively practicing the principles of outdoor ethics. The guide works to help Scouts improve their outdoor ethics decision-making skills to minimize impacts as they participate in outdoor activities. This course will fully train scouts for their position.	110	1-3

PERIOD 2 10:00-10:50

COURSE #	COURSE NAME	NOTES	ROOM #	PERIOD
SB101	Patrol Method	New and experienced (and even future) Scouts BSA leaders alike are all welcome at this presentation and roundtable about what Baden-Powell called "the ONLY way" for a troop to run itself. Come for inspiration; come for practical advice; come to hone your skills as a Servant Leader of Scouting, democracy, and adventure. For adult and youth leaders.	201	2
SB104	The Scoutmaster Conference	This course reviews the requirements and purpose of Scoutmaster's conferences and explores ways to make the conferences valuable to both the Scout and the Scoutmaster. Ideas for and approaches to Scoutmaster's conferences for Scouts all the way through Eagle will be presented. For All Scoutmasters and Asst Scoutmasters.	204	2
SB201	Service Projects	Service to others and project suggestions! Rank advancement and helping other Scouts, parents, unit, sponsor and the community. Discussion includes Eagle Rank service project requirements; also shows how helping others improves self-esteem and results in respect of others. For all adult and youth leaders.	205	2
SB203	Places to Go	This Session will offer a number of places to take your Scouts BSA Troop for both high adventure and for that first-time scoutmaster or SPL who would like to take simple local trips. A group discussion will be offered on where some troops go local for activities and overnight camping trips. At the end of this session you will have enough places to go with your troop for a whole year! For all adult and youth leaders.	206	2
SB209	Outdoor Ethics Guide Position Training *NEW*	*Triple Period* The outdoor ethics guide helps the troop plan and conduct an outdoor program that emphasizes effectively practicing the principles of outdoor ethics. The guide works to help Scouts improve their outdoor ethics decision-making skills to minimize impacts as they participate in outdoor activities. This course will fully train scouts for their position.	110	1-3
SB210	Intro to Backpacking	Benefits and "How-to guide" for transitioning your unit from car/trailer camping to backpacking, while still eating well and being comfortable.	108	2

SB211	Citizen Disaster Preparedness-Active Shooter *NEW*	*New* In the spirit of being prepared, we will spend some time going through the best practices which are being shared nationwide with security and public professionals. Although the likelihood of a situation is remote in a scouting setting, scouts are in schools, concerts and shopping areas which have become easy targets in recent years. We will discuss the basics of the appropriate responses being advocated nationally by security professionals. For adult leaders.	207	2
CS103	Pack Meeting Planning *NEW*	Good Pack meetings don't just happen. It takes a team to plan and execute good Pack meetings. From how to keep everyone engaged to ideas for giving out the awards. For Cubmasters, Assistant Cubmasters, and Cub Committee members.	211	2
CS202	Off to the Races! Tips and Tricks for Amazing Pinewood Derbies	Learn tips and tricks for building winning pinewood derby cars and for organizing your Pack derby. Want to better understand the rules or how to set up heats? Inspect and check-in cars? Then this session is for you! For all Cubmasters, Assistant Cubmasters, and Den Leaders, Cub Committee members, Den Coordinators, and Adult Partners.	209	2
CS303	All Tied Up In Knots *NEW*	Don't know your bowline from a sheetbend? Learn to tie the knots required to advance and earn the Arrow of Light! Our expert instructors will show you the ropes so you can teach your Webelos the square knot, double half-hitch, tautline hitch, clove hitch, bowline and sheetbend, plus learn how to whip a rope without getting hurt. For all Cub Leaders, Cubmasters, Assistant Cubmasters, and Den Leaders.	208	2
CU302	Dutch Oven-What is this Wizardry?	Short of making Ice Cream, if you can dream it you can prepare it in a Dutch Oven. This Swiss army knife of cooking vessels will meet many of your needs. We'll explore not only ways to use the Dutch Oven but also how to care for it.	210	2
CS404	Get to the Point! Teaching Knife Safety	Sharpen your whittling and teaching skills with hands-on Activities. Learn how to work with your Bears on the Bear Claws adventure. Tips and Tricks for teaching your cubs knife skills to last them a lifetime. Bring your own whittling knife - a folding knife that includes a small blade of around one and a half inches in length. No multi tools, knives with fixed blades, or blades longer than three inches. For Bear and Webelos Den Leaders.	212	5
GN103	STEM: NOVA Awards and Cyber Chip	The NOVA Awards and Cyber Chip programs incorporate learning with cool activities and exposure to science, technology, engineering and mathematics for Cub Scouts, Scouts BSA, and Venturers. Learn how to add the components of science, technology, engineering and mathematics to your program and achieving these awards. For all Scout Leaders. Sessions	212	2
GN108	Meet the Key 4	**NEW** Spend some time with the top Volunteers and Professional in our council! Meet our Council President, Executive VP, Council Commissioner and Scout Executive. Ask them any question you've been wondering about our council and give them feedback too! They want to meet YOU and help with any question you may have. For all scout leaders.	200	2
OE104	Outdoor Ethics Guide Position Training *NEW*	*NEW* Triple Period* As a youth position of responsibility, the Outdoor Ethics Guide helps the Unit support the Outdoor Code and make choices that reduce the impact of Scouting activities. During this course, Scouts will receive an orientation to Leave No Trace principles, learn about	110	1-3

		the position's responsibilities and gain knowledge/ resources needed to be effective in this role.		
SN102	Working with Special Need Scouts -- Advancement	A course designed for Adult Leaders involved in Advancement of Scouts. Find out more on BSA guidelines and accommodations created to helping Scouts succeed, regardless of type and severity of a physical, cognitive and/or emotional limitation(s). Highly recommended for Scoutmasters, Assistant Scoutmasters, Merit Badge Counselors and Advancement Committee Members.	106	2
VN103	Intro to Backpacking	Benefits and "How-to guide" for transitioning your unit from car/trailer camping to backpacking, while still eating well and being comfortable.	108	2
VN204	Places to Go	This Session will offer a number of places to take your Troop for both high adventure and for that first time scoutmaster who would like to take simple local trips. A group discussion will be offered on where some troops go local for activities and overnight camping trips. At the end of this session you will have enough places to go with your troop for a whole year! This session is for older scouts and adult leaders.	206	2
VN207	Outdoor Ethics Guide Position Training *NEW*	*NEW* *Triple Period* The outdoor ethics guide helps the troop plan and conduct an outdoor program that emphasizes effectively practicing the principles of outdoor ethics. The guide works to help Scouts improve their outdoor ethics decision-making skills to minimize impacts as they participate in outdoor activities. This course will fully train scouts for their position.	110	1-3
DP100	Selecting a Thesis / Project Topic	This session introduces the participants to the thesis or project required for the doctoral degree. What constitutes a good topic or project? Difference between thesis and project, and associated reports. Help in selecting the general topic. Preliminary steps and approval process.	RM402	2

PERIOD 3 11:00-11:50

COURSE #	COURSE NAME	NOTES	ROOM #	PERIOD
SB102	Advancement Program	The Scouts BSA advancement program places a series of challenges in front of a Scout in a manner that is fun and educational. As a Scout meets these challenges, he/she achieves the three aims of Scouting: citizenship, growth in moral strength and character, and mental and physical development. As a Scout advances, he/she is measured and grows in confidence and self-reliance. This course covers the need for encouraging the timely rank advancement of Scouts to help them succeed and stay active in the troop. For All Scouts BSA Leaders.	201	3
SB105	Life To Eagle - Eagle Project Workbook/ Process	There are 12 Steps from Life to Eagle rank to ensure a smooth process and mentorship for the Scout. Eagle Scout is not just another rank in the Boy Scout advancement program, it is awarded to recognize mastery of Scouting which is itself a demonstration of character, fitness and citizenship. This course will examine the Life Scout to Eagle Transition with discussion and illustrations of advancement to the Eagle rank. For Scoutmasters, Committee and Scouts	204	3

SB200	Lighten Up! Lightweight Backpacking Techniques and Gear	*DOUBLE SESSION* How to hike and camp with everything to be safe, comfortable and well fed while carrying a lighter load. We will examine the most useful equipment and techniques hikers can use to carry the lowest possible pack weight consistent with comfort and safety. Includes Gear Show and Tell by experts! For all adult and youth troop leaders.	109	3-4
SB202	Wet Wood / No Matches = No Problem	Course content includes how to make homemade fire starters. How to make charred cloth and demonstration of its use. Demonstrate the quantity of wood that should be collected to build a proper fire. For all adult and scout leaders.		3
SB205	Shooting Sports	BSA offers three shooting sports merit badges that are at the top of the list in popularity among scouts attending summer camp: rifle shooting, shotgun shooting, and archery. We will cover the role of RSOs, what is required to oversee BSA shooting events (e.g., NRA certified instructor, RSO, BSA shooting sports camp school, etc.) and how those are achieved. We will provide a view of the resources that scouts and leaders can use to find out more about ranges, shooting sports, instruction, and becoming a certified coach, instructor or RSO. This session is for adult and youth leaders.	206	3
SB209	Outdoor Ethics Guide Position Training *NEW*	*Triple Period* The outdoor ethics guide helps the troop plan and conduct an outdoor program that emphasizes effectively practicing the principles of outdoor ethics. The guide works to help Scouts improve their outdoor ethics decision-making skills to minimize impacts as they participate in outdoor activities. This course will fully train scouts for their position.	110	1-3
SB400	District/Council Eagle BOR Training	The purpose of this training is to make Eagle boards of review consistent among our districts and compliant with national standards as stated in the latest revision of the Advancement Committee Guide Policies and Procedures. An Eagle Scout candidate should be able to receive a review of the same quality standards in any one of our districts throughout our council. For District or Council Advancement Committee Members	207	3
CS100	Cubmaster 411!	What does a Cubmaster do? How do you leave them wanting more? Learn tips and tricks of being the head MC of the pack. From running a Pack Meeting to a campfire. Learn what you should be doing and what you should not be doing. For Cubmasters, Assistant Cubmasters, Cub Committee members.	209	3
CS201	Weird Science! Adding some STEM to Your Program!	Don't be afraid of failing this Science Class. Discover simple science projects and experiments for Cub Scouts. An easy way to teach your Cub Scouts the wonders of science. For all Cub Leaders, Cubmasters, Assistant Cubmasters and Den Leaders, Den Coordinators and Adult Partners.	212	3
CS403	Treasure Hunting-Intro to Geocaching for Cubs *NEW*	*NEW* You don't have to be a pirate or Indiana Jones to like to find treasure. Learn about this new and fun real world treasure hunt that your youth will love. With basic equipment you already have you are all set to go and solve puzzles outdoors. For Cubmasters, Den Leaders, Den Coordinators, and Adult Partners.	208	3

CU202	Easy One Pot Meals	Looking for warm and filling camping meals that don't mean hours of KP? We have lots of ideas and recipes for one-pot camping meals for breakfast, lunch, dinner and dessert that can be cooked on a campstove or in a Dutch oven. It's time to think outside the pasta box! Suitable for all Cub and Scout Leaders, Cub and Scout Parents, Webelos and Scouts	210	3
CU300	Backpacking Food Plan Ahead & Prepare	Make your own backpacking meals from foods at the supermarket that are much more nutritious and cheaper! No need to buy those salt-laden MRE's! The first class will be describing the philosophy, ingredients, and recipes. The second class we will actually be making the food so come hungry! For all scout leaders and scouts.	111	3-4
GN100	Youth Protection Training	New Youth Protection Training materials and the Youth Protect Champions Training	200	3
GN102	Weird Science: Adding STEM to Your Program *NEW*	Don't be afraid of failing this Science Class. Discover simple science projects and experiments for Cub Scouts. An easy way to teach your Cub Scouts the wonders of science. For all Cub Leaders, Cubmasters, Assistant Cubmasters and Den Leaders, Den Coordinators and Adult Partners.	212	3
GN109	Training the Chartered Organizational Rep	***Double Period*** Some chartered organization representatives (CORs) may not be familiar with the Scouting program or their responsibilities when chartering a unit. This presentation is to orient the new COR's or answer questions for current COR's or unit leaders. For all adult leaders.	205	3-4
OE104	Outdoor Ethics Guide Position Training *NEW*	*NEW* Triple Period* As a youth position of responsibility, the Outdoor Ethics Guide helps the Unit support the Outdoor Code and make choices that reduce the impact of Scouting activities. During this course, Scouts will receive an orientation to Leave No Trace principles, learn about the position's responsibilities and gain knowledge/ resources needed to be effective in this role.	110	1-3
SN103	Working with the "Invisible Disabilities"	This session is designed to provide an overview of the types of "invisible" disabilities (Autism, Depression, Anxiety, Attention Deficit Disorder); These deficits, which are prevalent among young people (15-20 percent), but are hard to detect. The course will provide practical information on how Adult Leaders can identify "signs", and how to manage those difficulties to optimize Scouting participation and unit success.	106	3
VN102	Older Youth Training & Awards	Kodiak and NAYLE outdoor-focused youth leadership training; Powder Horn high adventure resource management; and The Hornaday Award will be described in this course.	108	3
VN201	Shooting Sports	BSA offers three shooting sports merit badges that are at the top of the list in popularity among scouts attending summer camp: rifle shooting, shotgun shooting, and archery. We will cover the role of RSOs, what is required to oversee BSA shooting events (e.g., NRA certified instructor, RSO, BSA shooting sports camp school, etc.) and how those are achieved. We will provide a view of the resources that scouts and leaders can use to find out more about ranges, shooting sports, instruction, and becoming a certified coach, instructor or RSO. This session is for youth and adult leaders.	206	3
VN202	Lighten Up! Lightweight Backpacking Techniques and Gear	***Double Session*** Lightweight backpacking is hiking and camping with everything to be safe, comfortable, and well fed while carrying a lighter load. We will examine the most useful equipment and techniques hikers can use to carry the lowest possible pack weight consistent	109	3-4

		with comfort and safety. Includes gear show and tell by experts. For adult and youth leadership.		
VN301	Fast and Light Backpacking Meals	This two-session course gives the opportunity to learn about readily available ingredients for backpacking meals and to also prepare and sample them. MUST register and attend period 3 & 5	111	3-4
DP101	Limiting the Scope of the Topic	Participants receive help in reducing the thesis/project topic to a workable size and get ideas for their thesis or project research. Selecting a viable thesis/project. Methods used to limit the scope and size. Methods of gathering information for thesis/project.	402	3

PERIOD 4 12:00-12:50

COURSE #	COURSE NAME	NOTES	ROOM #	PERIOD
SB106	Scoutmaster Minutes-Leave an Impression	What if you had just one minute each week to talk to your youth? One minute to guide them on their path; one minute to share your convictions; one minute to shape lives; one minute each week to inspire, challenge, instruct, maybe leave a lasting memory and alter a life...or a hundred. Learn how to plant a thought in the minds of your Scouts (and adults!) that will stick with them over their lifetimes. For Scoutmasters and Asst. SM's.	204	4
SB200	Lighten Up! Lightweight Backpacking Techniques and Gear	*DOUBLE SESSION* How to hike and camp with everything to be safe, comfortable and well fed while carrying a lighter load. We will examine the most useful equipment and techniques hikers can use to carry the lowest possible pack weight consistent with comfort and safety. Includes Gear Show and Tell by experts! For all adult and youth troop leaders.	109	3-4
SB204	Winter Survival	This Session will offer a number of places to take your Scouts BSA Troop for both high adventure and for that first-time scoutmaster or SPL who would like to take simple local trips. A group discussion will be offered on where some troops go local for activities and overnight camping trips. At the end of this session you will have enough places to go with your troop for a whole year! For all adult and youth leaders.	212	4
SB206	High Adventure Will Lift Your Troop	High Adventure; from the first small steps to execution. This session will cover Ideas for the Who, the Where, the Why and the How; Physical & Mental fitness training and team building; equipment acquisition, shake down and transportation etc. For all adult and youth leaders.	206	4
SB208	Back-Country Hiking, Backpacking And Advancement Opportunities In The Hudson Valley	The Hudson Valley has unlimited trails and back country camping opportunities that can enhance a unit's outdoor program. It's the ideal place for scouts to hone their skills, learn about nature and develop leadership. We will explore popular trails and back country campsites to invigorate your unit's outdoor program. We will discuss how a strong outdoor program provides many advancement opportunities. For all adult and youth leaders.	108	4

SB302	Intro to Leadership Skills for Troops and Crews	The purpose of the Introduction to Leadership Skills course is to teach Scouts with leadership positions about their new roles. This training is an opportunity for adult leaders to set expectations, but...it is best for youth to teach other youth how to run their unit. This hands-on course will show scouts how to plan, prepare and deliver training that will strengthen their scout-led unit. Adults will learn how to support their senior leaders. Especially designed for units that are planning their first training. For youth and adult leaders.	213	4-5
SB402	Intro to Project Management	What is Project Management? More specifically, what is a project? Almost everything we do in Scouting can be seen as, and managed as a project-from rank advancement, a trip, a campfire, or an Eagle Scout Service Project. In this course, you will see how the project management process is broken out into distinct groups. Also, you'll see how a project is a collection of tasks that need to be managed. For adult and youth leaders.	207	4
CS101	Cub Scouting in the Outdoors	Keep the OUTING in SCOUTING! Learn how to plan and conduct safe and fun outdoor activities with your Cub Scouts. Learn about Cub Scout camping rules, the Guide to Safe Scouting, the BALOO and Webelos Leader training for adults, and the Cub Scout Outdoor Activity Award. Discover how outdoor games, hikes and campfires add special flare to your program and walk away with great ideas for places to go and things to do! For all Cub Leaders, Committee Members, Cubmasters, Assistant Cubmasters and Den Leaders.	209	4
CS203	Lions's ROAR! The NEW Lion's Program!	Learn about the Lion's Cub program for kindergarteners, and how to entice the younger boys and girls to eventually graduate into your traditional Tiger program. See the resources that are available and get in front of your recruiting a year early! For all Cub Leaders, Cubmasters, Assistant Cubmasters and Committee Members, Den Leaders, and Den Coordinators.	208	4
CS301	Crafty Cubs! *NEW*	Looking for fun new craft and program ideas for your pack? Not just as craft projects, but to also help teach the principles of scouting. For all Cub Leaders, Cubmasters, Assistant Cubmasters, Den Leaders, Assistant Den Leaders, Adult Partners and Den Coordinators.	211	4
CU101	Cooking-It's Largely about HEAT	When we think of cooking we usually think about Ingredients (what we cook), Vessels (what holds what we cook), and Heat (or the application of heat to the ingredients). After this class you'll learn the different ways to apply heat that will make the best out of your ingredients!	210	4
CU301	Dehydrate Your Own Food for Trail and Home	All about dehydrating your own food for backpacking, everyday snacks, saving garden herbs in the fall, and for the survivalist mentality. If the grid goes down and you had a stash you'd be OK for a while at least! The instructor prepped all her food for her thru-hikes of the AT and Pacific Crest Trail (PCT).	111	5
CU303	Sous Vide Cooking, Kinda...	*Double Period-Let's get this out of the way: Cooking sous vide (say "soo-veed") is not about cooking with plastic. Cooking sous vide is about heating food just enough to make it taste great. It's about predictable results, and it's about achieving success after success, easily and cleanly, with little fuss. Sous vide is about eating well, and eating well is about living well. Therefore, without getting too grandiose about it, we believe that sous vide makes your life better.	Chem Lab	4-5
GN101	How to Ask for Volunteers to Help	All too often groups struggle to enlist volunteers. A healthy unit needs enough hands to make the process and program work easily. It is more fun for everyone if the duty does not rest on a	201	4

		stressed out few. It seems that some unit leaders are afraid or bashful to ask people to volunteer. Similarly, when it comes to raising funds, (volunteers tend to be less than aggressive about making "the ask". Some people have a gift for recruiting good people to help with all kinds of tasks...our speaker is one of those gifted.		
GN104	"Who's On First?: Tips for better communication in your unit." *NEW*	*NEW* Units need clear and effective communication to run effectively. But getting everyone on the same page can sometimes feel like an Abbott and Costello routine. Learn what options you can use to get everyone in your unit speaking the same language.	200	4
GN109	Training the Chartered Organizational Rep	***Double Period*** Some chartered organization representatives (CORs) may not be familiar with the Scouting program or their responsibilities when chartering a unit. This presentation is to orient the new COR's or answer questions for current COR's or unit leaders. For all adult leaders.	205	3-4
OE101	Tread Lightly!	In this course, we will teach the basics about the organization Tread Lightly! and, more importantly, how to minimize your impacts in the outdoors. For all scout leaders.	110	4
SN104	Panel Discussion of Scout Leader Success Stories	*Double Period* First period will outline various resources for unit leaders; second period will be panel discussion. Come meet our panel of experts who will be discussing how to effectively communicate with Scouts and their parents, as well as design effective meetings and outdoor events for Scouts with Special Needs. Recommended for all Adult Leaders.	106	4-5
VN105	Back-Country Hiking, Backpacking And Advancement Opportunities In The Hudson Valley	The Hudson Valley has unlimited trails and back country camping opportunities that can enhance a unit's outdoor program. It's the ideal place for scouts to hone their skills, learn about nature and develop leadership. We will explore popular trails and back country campsites to invigorate your unit's outdoor program. We will discuss how a strong outdoor program provides many advancement opportunities. And we will discuss the new overnight camping requirements for rank advancement. For adult and youth leaders.	108	4
VN202	Lighten Up! Lightweight Backpacking Techniques and Gear	***Double Session*** Lightweight backpacking is hiking and camping with everything to be safe, comfortable, and well fed while carrying a lighter load. We will examine the most useful equipment and techniques hikers can use to carry the lowest possible pack weight consistent with comfort and safety. Includes gear show and tell by experts. For adult and youth leadership.	109	3-4
VN203	High Adventure Will Lift Your Troop	High Adventure; from the first small steps to execution. This session will cover Ideas for the Who, the Where, the Why and the How; Physical & Mental fitness training and team building; equipment acquisition, shake down and transportation etc. For both adult and youth leaders.	206	4
VN205	Intro to Leadership Skills for Troops and Crews	*DOUBLE PERIOD* The purpose of the Introduction to Leadership Skills course is to teach Scouts with leadership positions about their new roles. This training is an opportunity for adult leaders to set expectations, but...it is best for youth to teach other youth how to run their unit. This hands-on course will show scouts how to plan, prepare and deliver training that will strengthen their scout-led unit. Adults will learn how to support their senior leaders. Especially designed for units that are planning their first training. For youth and adult leaders.	213	4-5

VN208	Winter Survival	*NEW* Get a fun troop/patrol/den educational activity to do with your scouts. In addition, we'll talk about positives and negatives of winter camping, First Aide, cold weather clothing and gear. For all Scout leaders, parents, and interested scouts.	212	4
VN301	Fast and Light Backpacking Meals	This two-session course gives the opportunity to learn about readily available ingredients for backpacking meals and to also prepare and sample them. MUST register and attend period 3 & 5	111	3-4
DP102	Developing the Thesis / Project	This session covers the thesis/project outline and a variety of suggestions for writing and revising the report. Important parts of a thesis/project report. Doing the research or project. Writing the thesis or project report.	402	4

PERIOD 5 1:00-1:50

COURSE #	COURSE NAME	NOTES	ROOM #	PERIOD
SB100	Using Campouts for Skill Building and Rank Advancement Success	Discussion camping in the great outdoors as a venue to organize and execute an Advancement Campout to help a troop meet their First Class-First Year goal. We will discuss how to encourage and enable your older scouts to gain proficiency by teaching Scout Skills to newer Scouts. The new scout rank, Tenderfoot, Second Class, and First Class will learn to use the Patrol Method. The younger scouts will learn various skills like planning their meals, duty rosters, and demonstrate each skill individually. For adult and youth leaders.	201	5
SB108	NYLT and Your Troop or Crew	National Youth Leadership Training (NYLT) is an exciting, action-packed program designed to provide youth members with leadership skills and experience they can use in their Troops and in other situations demanding leadership of self and others. NYLT course centers on what a leader must BE, what he/she must KNOW, and what he/she must DO. This session will present the strengths of modern leadership theory along with the value to the Troop and to your Scouts. For Adult and youth leaders.	205	5
SB109	Successful Patrol Leader Councils	The Patrol Leaders' Council (PLC) selects, plans, and leads Troop activities, and is the key to having a scout-led Troop. This session will present practical guidance from veteran Scoutmasters on PLC's success, measured at the youth leader level and at the Troop level. The PLC enables scouts to become leaders by example and work as a team to engage the rest of the troop.	204	5
SB207	Plant and Animal Identification	Learn how to identify plants and animals which you will likely encounter on your outings or from traces or tracks. We have a wealth of flora and fauna in our area which can be daunting to identify. Whether you are an older scout trying to teach new scouts, new leader or an experienced leader who wants to brush up, this session is for you. For adult and youth leaders.	206	5
SB302	Intro to Leadership Skills for Troops and Crews	Learn how to identify plants and animals which you will likely encounter on your outings or from traces or tracks. We have a wealth of flora and fauna in our area which can be daunting	213	4-5

		to identify. Whether you are an older scout trying to teach new scouts, new leader or an experienced leader who wants to brush up, this session is for you. For adult and youth leaders.		
SB401	Merit Badge Counselor Training	Merit Badge Counselor training will provide both registered and potential merit badge counselors with an understanding of the methods of counseling, and the counselor's role in the BSA advancement program. We will explore the merit badge process, a merit badge counselor's duties and responsibilities, group instruction and counseling techniques. For Merit Badge Counselors	207	5
CS200	Help, Get Me More Scouts! Recruitment Secrets for Your Cub Program	Ever wonder how other Packs get so many scouts? Want to learn new ideas for recruiting? Learn how to encourage families to join your Pack and grow your unit. For all Cub leaders, Cubmasters, Cub Committee members, Den Leaders and Den Coordinators.	209	5
CS204	The Future is NOW-New Cub Scout Family Program!	The future is here now. How to get Girls into your Pack and how to prepare for their arrival. How to get the new scouts and keep the program fun for all the families involved. For all Cub leaders, Cubmaster, Assistant Cubmaster, Cub Committee members, Den Leaders, Den Coordinators, and Adult Partners.	200	5
CS205	Teaching Leave No Trace to Cubs	It's more than just picking up after ourselves - it's a way of outdoor life that begins in Cub Scouts! Our LNT Trainer will discuss conservation techniques that enhance outdoor skills and get you and your Scouts more involved with nature. This basic "Leave No Trace" awareness class is a great introduction to more detailed workshops in which you can become a certified "Leave No Trace" instructor yourself! For all Cub Leaders, Cubmasters, Assistant Cubmasters, Den Leaders, Den Coordinators, and Adult Partners.	110	5
CS302	Games for Gatherings & Meetings *NEW*	Scouting is a "game with a purpose". Learn about fun games for gatherings and transition times in your meetings, or just what to do if your cubs are antsy. How do you tie games in with the adventure your working on? Fun ideas to add to your "playbook". For Cubmasters, Assistant Cubmasters, Den Leaders, Assistant Den Leaders, Adult Partners and Den Coordinators.	211	5
CS401	Map and Compass Basics for Webelos	Learn some great tricks and techniques for teaching map and compass and orienteering skills to your Webelos. Through fun games and hands on activities, they'll master one of the essential skills of Boy Scouts. This course will help you teach your boys how to read a map, what latitude and longitude are, translating landmarks on a map to the real world, the points of a compass, true north vs. magnetic north, accounting for declination and much, much more. Please bring your own compass and be prepared to go outside to test your new-found skills. For all Cubmasters, Assistant Cubmasters, and Bear and Webelos Den Leaders.	208	5
CU201	What is the Kitchen Patrol?	What exactly is the Kitchen Patrol and how best to clean up after the meal is done. For youth and adult Grubmasters	210	5
CU300	Backpacking Food Plan Ahead & Prepare	Make your own backpacking meals from foods at the supermarket that are much more nutritious and cheaper! No need to buy those salt-laden MRE's! The first class will be describing the philosophy, ingredients, and recipes. The second class we will actually be making the food so come hungry! For all scout leaders and scouts.	111	3-4

CU303	Sous Vide Cooking, Kinda...	*Double Period-Let's get this out of the way: Cooking sous vide (say "soo-veed") is not about cooking with plastic. Cooking sous vide is about heating food just enough to make it taste great. It's about predictable results, and it's about achieving success after success, easily and cleanly, with little fuss. Sous vide is about eating well, and eating well is about living well. Therefore, without getting too grandiose about it, we believe that sous vide makes your life better.	Chem Lab	4-5
GN105	Family Scouting and Scouts BSA	A deep dive into Family Scouting including Girl Dens, Scout BSA Troops for Girls, changes to the OA and Venturing Programs.	200	5
OE102	Teaching Leave No Trace to Cubs	If you love the outdoors, then this is the class for you. Learn fun, age appropriate activities to help Cubs learn Outdoor Ethics principles, enjoy and appreciate the outdoors, including fire safety, plants, wildlife, etc. We will be highlighting Leave Not Trace "PEAK Pack" games and other activities in this session. Learn by doing and having FUN!	110	5
SN104	Panel Discussion of Scout Leader Success Stories	*Double Period* First period will outline various resources for unit leaders; second period will be panel discussion. Come meet our panel of experts who will be discussing how to effectively communicate with Scouts and their parents, as well as design effective meetings and outdoor events for Scouts with Special Needs. Recommended for all Adult Leaders.	106	4-5
VN200	NYLT and Your Troop or Crew	National Youth Leadership Training (NYLT) is an exciting, action-packed program designed to provide youth members with leadership skills and experience they can use in their Troops and in other situations demanding leadership of self and others. NYLT course centers on what a leader must BE, what he must KNOW, and what he must DO. This session will present the strengths of modern leadership theory along with the value to the Troop or Crew and to your Scouts. For youth and adult leaders.	205	5
VN202	Lighten Up! Lightweight Backpacking Techniques and Gear	***Double Session*** Lightweight backpacking is hiking and camping with everything to be safe, comfortable, and well fed while carrying a lighter load. We will examine the most useful equipment and techniques hikers can use to carry the lowest possible pack weight consistent with comfort and safety. Includes gear show and tell by experts. For adult and youth leadership.	109	4-5
VN205	Intro to Leadership Skills for Troops and Crews	*DOUBLE PERIOD* The purpose of the Introduction to Leadership Skills course is to teach Scouts with leadership positions about their new roles. This training is an opportunity for adult leaders to set expectations, but...it is best for youth to teach other youth how to run their unit. This hands-on course will show scouts how to plan, prepare and deliver training that will strengthen their scout-led unit. Adults will learn how to support their senior leaders. Especially designed for units that are planning their first training. For youth and adult leaders.	213	4-5
VN300	Dehydrate Your Own Food for Trail and Home	All about dehydrating your own food for backpacking, everyday snacks, saving garden herbs in the fall, and for the survivalist mentality. If the grid goes down and you had a stash you'd be OK for a while at least! The instructor prepped all her food for her thru-hikes of the AT and Pacific Crest Trail (PCT)	111	5

VN302	Astronomy - For Merit Badge or Just Awe *NEW*	*NEW* Whether you want stargaze or work on the Astronomy Merit Badge, this course is for you. Follow up will be at the local astronomy club star parties. Instructors are amateur astronomers with the WAA club.	108	5
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PERIOD 6 2:00-2:50

COURSE #	COURSE NAME	NOTES	ROOM #	
SB103	Effective Troop Boards of Review	The Purpose of a Board of Review is to make sure the Scout has completed the requirements for the rank, to see how good an experience the Scout is having in the unit and to encourage the Scout to progress further. Discussion on the Troop's Advancement Committee responsibility in conducting quality advancement Boards of Review for all ranks, including the Eagle rank. Examples of kinds of questions that might be asked will be included. For All Troop Advancement Committee.	201	6
SB107	Introduction to Abilities Awareness for Youth Leaders *NEW*	*NEW* An introduction for youth leaders on how to recognize Scouts with physical, cognitive and/or emotional differences, and learn practical skills and activities that will help ensure that all scouts, regardless of challenges, have an enriching scouting experience. It is designed to teach Scout leaders how to promote an atmosphere of inclusion and practice effective leadership when managing a patrol of individuals with varying abilities. For youth leaders.	106	6
SB110	Merit Badge Process for Your Troop	The 10 point merit badge process includes- Who gives out merit badge cards? How are councilors trained? Who can run merit badge courses and how do you do them? Any and all questions regarding the merit badge process. For adult leaders.	204	6
SB300	Implementing Outdoor Ethics in Troops & Crews	This course will cover outdoor ethics for Scouts centered on the Outdoor Code, and their relationship to Scouting's goals. Backcountry guidelines will be detailed, including conservation expectations, outdoor manners, and minimizing campsite waste and trash. Tread Lightly! will be introduced and practical examples of how to incorporate it into your troop program will be presented. BSA's outdoor ethics awards for Scouts BSA will also be discussed.	110	6
CS102	All the Things You Will See- Places to Take Cubs *NEW*	Want to learn about camp-in and day trip opportunities within drivable distance? Tips on event management, planning, communication and maximizing the trip for achievements and advancement? Learn what Den Leaders can do to coordinate den outings. We'll give you resource information, how-to guides and more! For all Cub Leaders, Cubmasters, Assistant Cubmasters, Committee Members and Den Leaders, Den Coordinators, and Adult Partners.	209	6
CS300	Cooking for Cubs – Instilling Basic Cooking Skills in Younger Scouts	Never cooked outside or only on the backyard grill? Ever wondered how to feed the horde that is your Pack? Look no further, in this course you will learn basic outdoor cooking techniques that you can teach your Cubs that are fun and delicious!!! You can even learn a few ways to get your Webelos their Cast Iron Chef Adventure. For Cubmasters, Den Leaders, Den Coordinators, and Adult Partners.	111	6
CS400	Boy Scouting Here We Come! Webelos to Scout Transition	Our most important job as Cub Scout Leaders is to prepare our boys to join Boy Scouting. Learn how to assist your scouts and their parents in making the most important transition in their	208	6

		scouting career-choosing and transiting to a Boy Scout Troop. Emphasis is on the Arrow of Light requirements rank and how to find the right troop for each scout. For all Cub Leaders, Cubmasters, Assistant Cubmasters, Committee Members, and especially important for Bear and Webelos Den Leaders.		
CS402	More than S'Mores! Cub Campfires *NEW*	*NEW* Want to create that totally awesome campfire that your scouts will remember for the rest of their lives? Learn how to put together a memorable program of stories, songs, skits and run- ons that will thrill, entertain and then send them off to bed as the embers fade. For all Cub Leaders, Cubmasters, Assistant Cubmasters, Den Leaders, Den Coordinators, and Adult Partners.	212	6
CS500A	So You Are a Den Leader *NEW*	*NEW* Are you a new den leader? Lion or Tiger Adult partner? Do you wonder, "What did I get myself into? ". Learn how to plan and run your den meeting from gatherings, to adventures. How to use the leaders guides to make your job even easier. For Den Leaders, Assistant Den Leaders, Adult Partners and Den Coordinators	211	6
CU100	Cooking for Cubs – Instilling Basic Cooking Skills in Younger Scouts	Explore opportunities to incorporate cooking into your Cub program. This is an introductory outdoor cooking course with ideas and techniques that make cooking fun! As scout leaders, our boys will benefit if we teach them to cook. You'll learn some age-appropriate methods that will give your Cubs an opportunity to succeed in all their cooking adventures! For All Cub Scout Leaders and Den Chiefs. <i>Note-this is an introductory course only.</i>	111	6
CU200	The Grubmaster-Keeping It Cool	In this class we'll review the role of the Grubmaster and explore ways to help him plan a menu, how to properly shop for ingredients, and how to plan to store food. One of the most important elements of food storage is maintaining the appropriate storage temperature. Keeping food cool without electricity involves ICE. We'll explore ways to sneak that ice into your food storage system, how to store your cool food, and what ICE options you have at your disposal.	210	6
GN106	Unit Commissioners *NEW*	*NEW* So you want to be a Unit Commissioner. A quick course in the responsibilities and purpose of Unit Commissioners	200	6
GN107	Woods Wisdom for Women	***Double Period***Want to get out in the woods camping and hiking but don't know what to expect? Is it OK to use men's equipment or are there things out there that work better for female scouters? Some things are just NOT one size fits all! Come and learn how to manage in the great outdoors and take care of all our special female needs. For all female youth and adult leaders.	206	6-7
OE100	How to Apply for a Hornaday Award	The William T. Hornaday Awards are some of the most prestigious Conservation Awards in Scouting, yet not many people know about them. Hornaday Awards can be earned by Scouts BSA, Venturers, Adult Leaders and all units. If you are passionate about conservation, learn how to turn that into a fabulous project to earn the Hornaday Badge and Medals. For all youth and adult leaders.	213	6
OE103	Implementing Outdoor Ethics in Troops & Crews	From the very beginning, the Boy Scouts of America has pledged conservation and respect for the environment as an essential component of good citizenship. Today, as more and more people enjoy the benefits of our nation's natural resources, additional pressure and urgency is	110	6

		brought to bear on outdoor ethics, to ensure our beautiful natural spaces remain unspoiled not just for the current generation, but also future generations to enjoy. This course will cover outdoor ethics for Boy Scouts centered on the Outdoor Code, and their relationship to Scouting's goals. Backcountry guidelines will be detailed, including conservation expectations, outdoor manners, and minimizing campsite waste and trash. Tread Lightly! will be introduced and practical examples of how to incorporate it into your troop program will be presented. BSA's outdoor ethics awards for Boy Scouts will also be discussed.		
SN101	Introduction to Abilities Awareness for Youth Leaders *NEW*	*NEW* An introduction for youth leaders on how to recognize Scouts with physical, cognitive and/or emotional challenges, and learn practical skills and activities that will ensure an atmosphere of inclusion and satisfaction among all Troop members. This exciting course is designed to teach Scout leaders how to practice effective leadership when managing a patrol of individuals with varying abilities & needs. Attention: Although this course is primarily geared toward youth leaders, adult leaders are welcome.	106	6
VN104	Hiking the Northville-Lake Placid Trail	Once you have your backpacking skills, here is a great place to go. This ADK classic is a long-ish trail that samples the beauty of our great state park.	108	6
VN206	Implementing Outdoor Ethics in Troops & Crews	From the very beginning, the Boy Scouts of America has pledged conservation and respect for the environment as an essential component of good citizenship. Today, as more and more people enjoy the benefits of our nation's natural resources, additional pressure and urgency is brought to bear on outdoor ethics, to ensure our beautiful natural spaces remain unspoiled not just for the current generation, but also future generations to enjoy. This course will cover outdoor ethics for Scouts centered on the Outdoor Code, and their relationship to Scouting's goals. Backcountry guidelines will be detailed, including conservation expectations, outdoor manners, and minimizing campsite waste and trash. Tread Lightly! will be introduced and practical examples of how to incorporate it into your troop program will be presented. Outdoor Ethics Awards will also be discussed.	110	6
VN303	Winter & Tropical Camping - Extremes of Adventure *NEW*	*NEW* Expand from 3-season temperate zone to Winter and/or Tropical camping. Skills to be safe and comfortable in the extremes. Instructor is a long-time guide and outfitter.	109	6

PERIOD 7 3:00-3:50

COURSE #	COURSE NAME	NOTES	ROOM #	PERIOD
GN107	Woods Wisdom for Women	***Double Period***Want to get out in the woods camping and hiking but don't know what to expect? Is it OK to use men's equipment or are there things out there that work better for female scouters? Some things are just NOT one size fits all! Come and learn how to manage in the great outdoors and take care of all our special female needs. For all female youth and adult leaders.	206	6-7
SN105	Generating an Atmosphere of Inclusion	This course is designed to provide hands-on information on activities Adult Leaders can introduce to their Troop or Pack to promote inclusion and ensure retention of Scouts during meetings and outdoor activities. Come learn of games and fun ideas, taken from the World Scouting Movement, encouraging an appreciation of similarities and differences which Scouts of varying ability may bring to their Unit.	106	7
VN101	Venturing Forum- All about starting & running this Co-ed program	Learn about starting a crew, synergy with Troops, co-ed issues, leader & youth trainings, etc. Share the experience of local Venturing leaders with info tailored to your needs.	108	7