

CEDARLANDS SCOUT RESERVATION



PROGRAM GUIDE

CAMP 2009



Dear Leaders,

Thank you for signing up to go to Cedarlands Scout Reservation. For 46 years now Cedarlands' unique natural setting has provided fun and adventure for thousands of Scouts from across the United States and the world. Our mission is to help build your unit's year-round program by offering a summer program that emphasizes all eight methods of Scouting (Ideals, Patrol Method, Outdoors, Advancement, Adult Association, Uniform, Youth Run Leadership, and Personal Growth). The Scouting program works best when all eight methods are applied equally. Unfortunately, people sometimes feel that a successful summer camp depends on the number of merit badges earned that week. Merit badges are important, and camp is the place to earn many of those hard to get, specialized, outdoor badges. However, as adult leaders we cannot discount the value of a patrol working as a team to prepare a meal, or the feeling of accomplishment as a group of Scouts completes a climb on OA Mountain.

Cedarlands location in the Adirondacks is central to all the areas you may wish to visit. Whether it is hiking in the High Peaks or paddling on the Adirondack Canoe Route, the experiences and memories of a High Adventure Trek will last a lifetime.

Please read through this guide carefully. Proper planning will ensure that your unit gets the most out of its Cedarlands experience. If you have any questions you can contact the council office at 315-735-4437. Several experienced leaders have also volunteered to act as mentors for new unit leaders and 1st time participants at camp.

Once again, thank you for selecting Cedarlands Scout Reservation for your summer Scouting home.

Yours in Scouting

Tom Labayewski

Council Program Director

Index to Information Contained in the Program Guide

Program Opportunities

• Typical Program	4
• Sample Program	5,6

Program Features (See Program Selection Form at Bottom)**

• Climbing	7
• Mountain Biking	7
• Loon Island Adventure, Field Sports	7
• Barbeques	7
• Campfires	7
• Vespers	7
• Campwide Games	7
• Volleyball, Indian Lore	7
• Flag Raising/Retreat	8
• Order of the Arrow	8
• CSR Honor Troops	8

Outpost Adventure

• In-Camp Overnights	9
• Out of Camp Overnights	10

Advancement Programs

• Pathfinder Program (Trail to 1 st Class)	11
• Merit Badge Program & Pre-Requisites	11-15,

Merit Badge Advance Sign-up Forms **Pages 16-24 To Be Submitted By June 1******

• Merit Badge Timeline	15
• Aquatics	16
• Ecology	17
• Fishing	18
• Field Sports	19
• Health Related (1 st Aid, Emerg.Prep.)	20
• Indian Village	21
• Scoutcraft	22
• Pathfinder (Trail to First Class)	23

Other **See Pages 5 and 6 For A Sample Of How To Select Your Program******

• Scoutmaster Notes Sheet	25
• Program Selection Form	26

Cedarlands Program Opportunities

What a Program could look like

One of the things, which most units want to know when preparing their Cedarlands program for the first time, is what does a "typical" Cedarlands program look like. Although this question is clear enough it is not easy to answer, since there is no such thing as a "typical" Cedarlands program. To say that a camp has a typical program is to imply that it treats the needs of all units camping there as being the same. This is not the Cedarlands belief. The Cedarlands staff will work closely with your unit long before it arrives at camp to ensure that you are putting together a program suitable to the needs and interests of your unit.

The Cedarlands Program is Boy-Planned...

It is the Scouts who are attending camp who decide on the troop program, not the adults. When each Scout has a say in what goes on at camp, he will take personal credit for the troop's growth and success. It is also the boy leaders of the troop who make sure that the program they planned is successfully carried out.

The Cedarlands Program is Troop and Patrol or Crew Oriented...

Troop structure does not dissolve once a unit arrives at Cedarlands. On the contrary, it is expected to become stronger each day. Strong troop leadership and Patrol Method are needed to ensure the success of the troop program. Also, the troop and patrol oriented program is needed to ensure the growth of your troop's youth leadership and its Patrol Method.

The Cedarlands Program is an Outdoor Program...

Cedarlands' location in the heart of the Adirondacks makes it the perfect place to strengthen outdoor Scouting skills. All troop programs should focus on developing these skills.

The Cedarlands Program is Advancement as a Natural Outcome...

Advancement is the by-product of a good Cedarlands program. Advancement goals should be considered when troop program is planned. Exciting program activities should be the means through which Scouts advance at camp.

The Cedarlands Program is Challenging...

There should be something in your unit's program to challenge each and every Scout. Personal growth and development are one of the goals of Scouting. A program that provides a real challenge to Scouts will provide them with the opportunity to achieve these goals.

Sample Program

The following 2 pages contain an example of what the programs of three different patrols or crews may look like. Using these programs as a template for your unit's schedule, hopefully you will be able to get an idea of the mix of activities offered to meet units' personal needs at any skill level.

Note that all of these programs do have common features. All of the programs contain instruction in outdoor living skills, a unit-run swim activity, a conservation project, and a suitable "challenge" activity.

Here is a description of the three *hypothetical* patrols used in the sample programs.

Patrol 1

Patrol 1 is a relatively young Scouting unit. It consists of many Scouts who have recently come into the troop and a few older Scouts who have never camped at a patrol cooking camp before. The emphasis of this unit's program is on getting the Scouts proficient in basic skills while exposing them to some new program opportunities. Though the older Scouts may work on a merit badge or two, working on the skills needed for the ranks to achieve First Class will be a priority for the group.

Patrol 2

In many ways, the composition of the average patrol is probably the closest to resembling that of patrol 2. Patrol 2 contains a mix of younger and older Scouts. For some of them, camping is "old hat" yet others are trying to master basic skills and need to be brought up to speed. The program of patrol 2 contains something for everyone; a mix of basic skills, some merit badge opportunities and a mini-trek. It is important that the older Scouts assist the younger ones in patrol 2 so that all of them can enjoy the patrol's program to the maximum.

Patrol 3

Patrol 3 is a very experienced patrol. They have been to a patrol cooking camp before and have an active year-round camping program. Patrol 3 has chosen to challenge themselves this year with a canoeing trek which also features a 7 mile hike up a difficult mountain trail. Patrol 3 comes to camp having mastered canoeing and hiking skills and the Scouts will be prepared for 5 days on the trail practicing low-impact camping skills.

When planning use the forms provided in the appendix. All schedules are due June 1.

Sample Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p><u>Patrol 1</u> Basic Skills (site work)</p> <p><u>Patrol 2</u> Basic Skills/MB Work</p> <p><u>Patrol 3</u> Trek Leave from Big Brook</p>	<p><u>Patrol 1</u> Basic Skills (orient.)</p> <p>MB work</p> <p><u>Patrol 2</u> MB work</p> <p><u>Patrol 3</u> Canoe to Axton Landing</p>	<p><u>Patrol 1</u> Basic Skills (pioneering)</p> <p>MB work</p> <p><u>Patrol 2</u> Hike to Mt Masters</p> <p><u>Patrol 3</u> Climb Ampersand</p>	<p><u>Patrol 1</u> Return to camp/ MB work</p> <p><u>Patrol 2</u> MB Work</p> <p>Hike to Climbing</p> <p><u>Patrol 3</u> Canoe to Lower Saranac</p>	<p><u>Patrol 1</u> Finish Advanceme nt work</p> <p><u>Patrol 2</u> Return Finish Advanceme nt</p> <p><u>Patrol 3</u> Advanced R&R</p>
Afternoon	<p><u>Patrol 1</u> Fishing Program/ MB</p> <p><u>Patrol 2</u> Canoe skills/basic skills/MB work</p> <p><u>Patrol 3</u> Paddle to Raquette Falls</p>	<p><u>Patrol 1</u> Canoe Skills/MB work/ Low impact demo</p> <p><u>Patrol 2</u> Conservation Project/Mountain Biking</p> <p><u>Patrol 3</u> Canoe to Middle Saranac</p>	<p><u>Patrol 1</u> Hike To Climbing Tower</p> <p><u>Patrol 2</u> Finish Skyline Trail/Return for open swim</p> <p><u>Patrol 3</u> Return to M. Saranac</p>	<p><u>Patrol 1</u> Afternoon Canoe Trip To Windy Beach</p> <p><u>Patrol 2</u> Do R&R Troop Swim/ overnighter, Loon Island</p> <p><u>Patrol 3</u> Pick Up and return to camp</p>	<p><u>Patrol 1 & 2</u> Camp Wide Games</p> <p><u>Patrol 3</u> Advanced R&R / Return</p>
Evening				<p><u>Patrol 1</u> Camp out At Windy Beach</p>	

Program Features

These are opportunities that make great additions to your merit badge program. These are the things that adventures are made of

Climbing:

Rock-Climbing and rappelling has been a popular program at Cedarlands for many years. Use the rock over by the fish camps, the wall on the tent barn or. **New in 2008: a new 24 foot tall wall to replace the portable tower has found a home at Cedarlands Scout Reservation.**

Open climbs are available.

Mountain Biking:

A patrol may spend a morning or afternoon biking on the trails in the camp's backcountry. Also, units may choose to use the bikes to trek to one of the camps' outposts, while the other half of the group hikes or canoes. You can swap methods of transportation on the return trip.

Field Sports:

Archery, rifle, shot gun and black powder rifles are all offered here. Safety and respect for firearms is paramount. Scouts can participate in several merit badges. Troop shoots and leader contest are available.

Barbecues:

You will start your week at camp with a chicken barbecue on Sunday night prepared by the staff. Before you leave, you'll be treated once again on Friday night; this time to hamburgers and hot dogs.

Geo-Caching: 2009 brings this new exciting sport to Cedarlands. Sign up with the program director and use our GPS and try to be the first to find all the checkpoints.

Campfires:

You'll be amused and inspired by the opening campfire put on for you by the staff on Sunday night. Friday night you will get an opportunity to perform for the other troops and the staff at the spectacular closing campfire.

Vespers:

A Scout is Reverent. Take time out from your busy week on Wednesday night to participate in our non-denominational vespers circle.

Volleyball

Challenge another troop or the staff to an exciting game of volleyball at the new sand volleyball court after dinner. Or join in the Volleyball Tournament played on the weeknight evenings.

High Adventure Day:

Friday afternoons are a time for Troops to participate in high adventure activities. Some of these activities can include canoeing on Lake McRorie, hiking up OA Mountain, Hiking the Steinhorst Trail, Mountain Biking, and camp-wide games.

Flag Raising and Retreat

Troops may volunteer to take part in the raising of the flag before breakfast each morning and the retiring of the colors before dinner each evening.

Open Boating

Monday, Tuesday and Thursday evenings are open boating. Qualified Scouts and leaders can use row boats, canoes, and kayaks. Units can sign-up for trips around beautiful Lake McRorie.

Iron Man Competition

Units or individuals can sign up for the swim, bike, running challenge. Are you tough enough to meet the challenge?

Order of the Arrow

Ga Hon Ga Lodge #34 invites Arrowmen to wear their sashes to retreat, barbecues, and campfires. If time permits members may wish to help with ongoing camp projects. It is important, as honored campers that members of the Order provide a visible example of the ideals of Scouting in the camp community. Units that have not already had their Election for the year may opt to hold them at Cedarlands. Please note that elections are for Revolutionary Trails Council units only.

Honor Troop/ Patrol Award

Have the following signed off by a member of the staff. There will be no limit to the amount of troops or patrols that win this award. Participation is completely optional. Ribbons will be awarded.

Complete the following:

1. Have a duty roster displayed somewhere in campsite
2. Have a sign in sheet in the campsite
3. Perform a Campsite improvement project
4. Perform a Camp Service project approved by the commissioner, camp director or program director.
5. Invite a member of the staff to eat at your site
6. Play a volley ball game against another troop
7. Attend Wednesday night vespers service
8. Participate in evening activities
9. Have a in site campfire with another troop
10. Attend Polar Bear Swim
- 11.

Complete one of the following:

1. Hike up OA, Walker, or Masters mountain
2. Go on a canoe trip around the lake
3. Go on a bike trek

Upon Completion Troops/ Patrols will receive a recognition item.

Scoutmasters Merit Badge

Complete the following:

1. Attend both of the leaders meetings
2. Drink coffee at the trading post
3. Build a camp gadget
4. Attend Polar bear swim 3 different days
5. Sit in the guard tower at the water front
6. Obtain a score of 35 points at the shooting range
7. Get the signature of all of the other Scoutmasters in camp
8. Tie a square knot
9. Take out a boat during open boating
10. Go on an in camp adventure
11. Teach a Staff member a new skill
12. Lead a song skit or cheer at the Friday night Campfire.
13. Spend a hour at pathfinder
14. Identify 10 species of plants to the nature director

Completion of this Merit Badge will earn the scoutmasters a patch.

Outpost Adventures

In camp overnights, by NYS regulations require a member of the trip to have Responding to Emergencies or its equivalent. An in camp guide is available if your unit does not have a member with the appropriate credentials. Availability of first aid trained camp staff and lifeguards is limited. The staff at Cedarlands is committed to making outpost trips a part of your program. The camp staff needs to know in advance if an in camp guide is needed.

In-camp Overnights

Loon Island:

Loon Island is the largest of the islands on Lake McRorie. Its southern end is opposite the central waterfront area. A short canoe or row of a few minutes will land you on the island.

OA Mountain:

OA Mt. is a good morning or afternoon trip from base camp. It offers an outstanding view of the camp and the Adirondacks with relatively little effort. The climb is about 2.5 - 3 hrs. round trip from base camp. There is a good campsite near the base of OA. It is also possible to canoe to a trail near the base of the mountain. Trail availability is based upon current weather conditions.

Mt. Masters Climb:

Mt. Masters is a somewhat more challenging hike that also offers a great view of the camp. The climb is about a 4 – 5 hr. round trip from base camp. Many good camping spots are available near the base of Masters. It is also possible to make this trip into a hiking/canoeing trek by canoeing to Windy Beach and starting your hike up the mountain from there. Trail availability is based upon current weather conditions.

Skyline Trail:

This trip is a great way to see all of the camp from up above. The trail begins at OA, continues up Walker Mountain, and then over to Mount Masters and it has spectacular views of the camp and Long Lake Region. This is a good full day trip so bring your lunch. Trail availability is based upon current weather conditions.

Stienhorst Trail:

This trail will take you around the 7.5-mile perimeter of beautiful Lake McRorie. Bring your lunch to make this a day trip, or this trip may be combined with a climb up one of the mountains, making it an overnigher.

Windy Beach:

You can canoe, hike or bike over to this campsite on the opposite side of the lake for an overnight excursion. Tough it out by pitching a tent in the open area or spend the night in the lean-to type shelter.

Scout Pond:

This trip involves a short carry between Lake McRorie and Scout Pond of about .1 mile. While on the pond visit the island, explore the outlet, and enjoy the spectacular view of the camps three mountains. Come back the same day or pick a camping spot on Scout Pond and spend an overnight.

Out of Camp Overnights:

Any trek in which a unit will be off camp property between 1 and 3 days (up to 2 nights) is classified as an off-camp trek and is not considered part of the base camp experience at Cedarlands (NOTE: For longer treks, see the High Adventure Trek Guide). Off-camp treks may involve backpacking, canoeing or a combination of both to any number of destinations near Cedarlands. Special arrangements need to be made with the council trek director. Please see our High Adventure guide for more information. High Adventure fees will apply.

On Your Own:

While in the Adirondacks take the opportunity to visit the Blue Mountain Lake Museum, The Wild Center in Tupper Lake, spend a day in Lake Placid, take a sea plane ride, or more. The camp director can help your unit make these types of arrangements

Whitewater Rafting: Cedarlands will help put you in contact with White Water rafting companies that use on the Hudson River. This class III rapid experience starts in Indian Lake down the headwaters of the Hudson River through July and August. Cost will average \$75-\$85 per person depending on the company being used. An additional fee for transportation will be charged if the camp van is used. This is only available on Tuesdays and Thursdays.

Advancement Programs

Pathfinder (Trail to First Class)

The Pathfinder program offers opportunities for first year Campers to learn the Scouting skills necessary to camp in the outdoors, while advancing toward Tenderfoot, Second Class, and First Class. Instruction in map and compass, knife and ax, knots and lashings, hiking and camping, fire-building and cooking, safety and first aid, and ecology is provided while the ideals of Scouting and the Patrol Method are stressed. Instruction will be designed to meet the needs of each troop. Leaders are encouraged to participate in the instruction of these skills in their site or at the Scoutcraft area. By putting these skills to use, in their troop and patrol sites, Scouts can master these basic skills swiftly. After mastery, troop leaders can review and sign-off these skills and Scouts can rapidly advance toward First Class during their week at camp. Do to the large numbers of participants, it may be necessary to schedule specific skills at certain times. This program is based in the Old Mohican Site.

Merit Badges

The merit badge program at Cedarlands is in place to provide Scouts the opportunity to advance in rank and more importantly to grow in their knowledge of the world around them. With this in mind it is imperative not to judge a week based upon the number of merit badges earned. This sets up false expectations of what the Scouting Movement is about.

All merit badges will have one or two set time to meet depending upon demand. However if a Scout can not make it to the scheduled time there may be another way to have them work on the MB. Open Sessions are just that, open. This is a time to work on whatever advancement or even just something of interest at that program area.

Advance sign-up for merit badges is required. However this does not mean Scouts will be denied access to the sessions if they decide to change merit badges at camp. This also gives the Scout time to become familiar with the badge and begin some of the "at home" requirements. Also, advance sign-up, allows the camp to focus its resources as needed for your week at camp.

Counselors will provide the Scoutmaster with progress reports at the evening leaders' roundtables. This ongoing communication should eliminate any Friday surprises.

NOTE: Scouts are also asked to bring their blue cards with them for the first session.

Advancement records will be returned to Scoutmasters on Friday evening in time for review and questions. Remember that a partial is not a failure but a sign of knowledge gained while at camp. Partial do not expire and can be completed at home or at camp the following summer.

Aquatics:

Aquatic instruction includes instructional swim for learners and beginners, swimming, lifesaving, Mile Swim Award, Snorkeling BSA, Kayaking BSA, and BSA Lifeguard. (Please note Scouts interested in BSA Lifeguard will be involved in weeklong, intensive instruction. Candidates must submit their requests well in advance. Only a few candidates will be accepted per camp week.) Boating instruction includes canoeing, rowing, and sailing. The facilities are also available for open boating, fishing from rowboats, free swims, and waterfront games. All Scouts and adults planning to engage in aquatic activities must also take a swim classification test on Sunday. Units are also required to conduct a safe swim exercise during their week at camp. Sailing Merit Badge will be limited to 18 participants per week and each participant should be a minimum of 13 years old and have the Swimming Merit Badge.

• Canoeing	• Swimming	• Rowing	• Lifesaving	• SB Sailing
------------	------------	----------	--------------	--------------

Ecology:

Scouts will learn about the flora and fauna of Cedarlands and investigate the impact of man on the Adirondack environment. Basic conservation techniques will also be demonstrated and explained. At night, stargazing is an option (if the sky is clear). The nature trail begins from this program area.

• Environmental Science	• Soil and Water Conservation	• Reptiles and Amphibians	• Mammal Study
• Geology (new 2009)	• Astronomy	• Nature	• Forestry
• Weather	• Bird Study (new 2009)		

Fishing:

The bite of a bass or trout could be the highlight of a Scout's fishing experience. Scouts will learn about fishing equipment and techniques, construction of flies, and cooking and cleaning of fish. Bait will be offered for sale at the camp Trading Post. Lake McRorie and Scout Pond are private and do not require a NYS fishing license. Those who will be fishing on trek or on Long Lake can obtain a license at one of several local stores in Long Lake.

• Fishing

Field Sports:

Archery, Rifle Shooting and Shotgun Merit Badges will be offered as well as Troop shoots and open shoots. Safety will be stressed at all times. Note that there is a NYS State age requirement that a youth must be at least 12 years old to participate in Rifle Shooting. Trap shooting will be available in the open evening sessions, a nominal fee will be charged for shotgun shells only. Also note that each Scout taking Archery Merit Badge will have the opportunity to build an arrow. Scouts will be charged for any additional arrows that they may want to build. **There is a \$15.00 fee for those taking Shotgun Shooting Merit. Badge.**

• Rifle Shooting	• Archery
------------------	-----------

- | |
|--|
| <ul style="list-style-type: none"> • Shotgun Shooting |
|--|

Scoutcraft:

This program includes instruction in basic outdoor living skills such as cooking, camping, pioneering, and orienteering. Scouts are also instructed in backpacking and hiking techniques, as well as wilderness survival skills. Come to scoutcraft and find camp gadgets, cooking demonstrations, and much more.

• Wilderness Survival	• Orienteering	• Pioneering
• Camping	• Cooking	• Hiking
• Photography (new 2009)		

Indian Lore: (Conducted near Scoutcraft)

This program will include Native American Crafts, story telling, and local foods. Indian Lore Merit Badge will be offered as part of this program. There will be a small charge to cover the cost of crafts.

• Indian Lore	• Archeology	
---------------	--------------	--

Health and Safety:

This includes First Aid Merit Badge, Safety, and Emergency Preparedness. Location to be announced.

• First Aid	• Safety	• Emergency Preparedness

Cedarlands Advancement Prerequisites (2008) Requirements can change

<u>Merit Badge</u>	<u>Prerequisites</u>
Archery	Ability to draw 25lb.bow
Astronomy	5a, 5b, 6, 7b, 9, 10
Backpacking	6b, 8c ,10, 11a,b,c (unless on Trek), 10; bring gear outlined in book
Camping	9a, b, c
Canoeing	Blue Swimmer; Tough Physical Work Is Required
Cooking	7a,b,c,d; 8a
Emergency Preparedness	1 st Aid Merit Badge; 7,8, and 9 must be completed at home
Fish/Wildlife Management	5a,b,c,d; 7a,b,c,d
First Aid	1
Geology	4a, various parts of #5
Hiking	5; 6 (unless on 50 mile hiking trek)
Indian Lore	2d
Lifesaving	Age 13; Swimming M.B. is strongly recommended,
Mammals	4a,e
Photography	Bring camera
Pioneering	1st Class; Must Know Knots
Reptiles and Amphibians	8;
Rifle Shooting	Age 13; for 1d know laws for your home area
Rowing	Blue Swimmer
Safety	4,5,6
Soil & Water	7a, b
Small Boat Sailing	Swimming M.B., Practice Knots, 13 yrs. Old (recommended)
Swimming	Must pass Blue Swimmer test
Weather	8; Knowledge of Earth Science

Pathfinder

I.) Activities planned for Scouts working on the **TENDERFOOT** rank:
Instruction will be given for the following requirements: 1, 2, 3, 4a, 4b, 5, 6, 7, 9, 10b, 11, 12a, 12b.

Not covered are requirements: 8, 13, 14, 15 and prerequisite 10a.

Boys must bring proof of completion of prerequisites to camp.

II.) Activities planned for Scouts working on the **SECOND CLASS** rank:

Instruction will be given for the following requirements: 1a, 2d, 2e, 2f, 3, 5, 6a, 6c, 7a, 7b, 7c.

Not covered are requirements: 1b, 2a, 2b, 2c, 2g, 4, 6b, 8, 9, 10, 11.

Boys must bring proof of completion of prerequisites to camp. 4 can be completed as part of a camp project.

III.) Activities planned for scouts working on the **First Class** rank

Instruction will be given for the following requirements: 1, 2, 4d, 6, 7a, 7b, 7c, 8a, 8b, 8c, 8d, 9a, 9b, 9c, .

Not covered are requirements: 3, 4a, 4b, 4e, 5, 10, 11, 12.

Boys must bring proof of completion of prerequisites to camp

