

NOW & Then

VOL. 50, NO. 2 Summer 2017

BSA Offers Two Jamboree Opportunities in 2017



Since the first National Scout Jamboree in 1937, the Boy Scouts of America has held 17 of these extraordinary experiences for Scouts and leaders. This year marks the 18th national jamboree with tens of thousands coming together, along with thousands of staff volunteers, at the Summit Bechtel Reserve (SBR) in West Virginia. This will be a mountaintop experience, both figuratively and literally!

You've heard about or personally witnessed the SBR world-class high-adventure facility with a focus on outdoor action. That includes mountain biking, skateboarding, shooting sports, zip-lines, rock climbing, bouldering, kayaking, whitewater rafting, and more.

Plus, you can visit the jamboree. The Summit Center, with many activities including rock climbing and zip-lines, will be open to visitors July 21–27. The full jamboree runs July 19–28, with staff volunteers showing up much earlier and staying later.

It's been a pretty amazing transformation over the years. Just about the only thing the 2017 jamboree shares with the 1937 jamboree is Scouts coming together and sharing the true spirit of Scouting. On second thought, they also share patch trading, campfires, and lots of hiking. OK, maybe they're more alike than we think!

JOTA-JOTI

Coming together under the “jamboree” banner doesn't have to be limited to once every four years. The annual Jamboree on the Air (JOTA) began in 1957, connecting Scouts via amateur radio; Jamboree on the Internet (JOTI), held simultaneously, was added in 1995.

And with JOTA-JOTI, there's no need to travel. It happens right where you are, on the third weekend in October. The 2017 JOTA-JOTI, October 20–22, will involve more than a million Scouts taking part at 30,000-plus locations in over 150 countries. The goal is to foster conversations between Scouts, whether they're communicating from across town or around the world. This enables them to discover geographical and cultural differences and similarities, and helps them recognize they are all part of a worldwide Scout movement. Plus, along the way, they're exposed to the technology that makes it all happen.

In the U.S., JOTA-JOTI has grown during the last few years, but there's plenty of room for others to join in the fun.

Interest has increased because JOTA-JOTI participation is a requirement for the International Spirit Award and an option for Scouts earning the Webelos Arrow of Light Award (requirement 10d). Interest has also picked up because JOTA-JOTI offers exposure to STEM (science, technology, engineering, and math) through its use of amateur radio and internet communication channels. STEM learning is increasingly popular in the field of youth development and has inspired many programs including the BSA's STEM Scouts initiative.

Check out what your local Scout council is doing for JOTA-JOTI this fall. And stop by the national jamboree if you get a chance. Both are incredible Scouting experiences.

By the way, fellow retiree Jim Wilson is participating in both events. He's running K2BSA at the national jamboree and serves on the World JOTA-JOTI Team for the World Organization of the Scout Movement (WOSM).

Write to let us know about your own volunteer activities!



BOY SCOUTS OF AMERICA®

Scouting in Action

STEM Scout Invents Lifesaving Device

*The article below by **Rochelle Randles** gives us some insight into the impact that the STEM Scouts (science, technology, engineering, math) pilot project is already having. These boys and girls meet regularly in units called “labs” for programs that not only enhance their STEM skills but also build values that will last a lifetime. Every STEM Scouts meeting includes the Scout Oath and Scout Law. The Scouting values of character development, citizenship, and fitness are all essential parts of what each young participant experiences.*

It’s been said that character can be built around a campfire; now, with the right leadership, it can be built in a laboratory or while conducting experiments in the great outdoors.



Imagine you’re on a weekend hike, enjoying beautiful weather and scenery. Suddenly, the unexpected happens: You’re bitten by a snake! It’s not something we like to think about, but in the great outdoors this is a very real scenario, and as we

all know, it’s important to Be Prepared.

If the snake happens to be of the venomous variety, it is crucial to seek medical attention immediately. It’s best to play it safe and get help, even if you aren’t sure what kind of snake bit you. The time between being bitten and receiving medical treatment is critical—it can even mean the difference between life and death, depending on the species of viper.

Thanks to modern technology and an ingenious young mind, a new device has the potential to significantly reduce the amount of time between a snake bite and receiving medical treatment.

A device created by STEM Scout Anjali R., 10, uses a thermography camera to assess snake bites. The non-contact thermography camera gauges the temperature of the affected area. This sophisticated device has three settings to assess snakebite injuries as accurately as possible, reporting the severity of the bite as well as the type and amount of toxin injected.

Anjali came up with the idea while pursuing her passion for medical science through STEM Scouts. “I would like to be a geneticist

or an epidemiologist because I can work in the fields of diseases and learn about different diseases and soon find cures,” she said.

Anjali was recently named “STEM Scout of the Year” by the Middle Tennessee Council.

Today, young people with passions for science, technology, engineering, and math can potentially turn those passions into careers in STEM-related fields that are crucial to growing our country’s economy. STEM Scouts works to foster these pursuits by encouraging children’s natural curiosity to develop interests in STEM fields.

And these aren’t your everyday science lessons. The pilot program, which kicked off in 2013, puts an exciting spin on traditional STEM topics by engaging Scouts in activities and experiments while building important life skills.

“Scouting has allowed me to develop leadership skills, work with a team effectively, and understand others’ opinions,” says Anjali. “I enjoy Scouting because it has several fun experiments, which I could never do at home.”



Scouting Update

Welcome Center on Track to Open for Jamboree



The new J.W. and Hazel Ruby West Virginia Welcome Center will be the first stop for the thousands of Scouts, volunteers, and guests who visit the Summit Bechtel Reserve each year. Thanks to the generosity of the Hazel Ruby McQuain Charitable Trust, the welcome center will make a lasting impression on people from across the world, and as they explore this wonderful site they'll learn more about what the Scouting experience offers.

The spectacular center will serve as the entry point for visitors, guests, and National Scout Jamboree participants as they arrive at the Summit. Ideally located with easy access on well-traveled U.S. Route 19, it has been designed and constructed as the main entrance and parking area for the 11,000-acre reserve. Features and amenities include seating areas, retail and exhibit spaces created to showcase the Rubys' story, their passion for West Virginia, and the heritage of Scouting. Additionally, there will be an indoor climbing wall and restroom facilities accessible from inside and outside.

Aligned with the Rubys' and the Boy Scouts' belief in preserving our natural resources, the center will have more than 30 sustainability features including natural lighting and regionally sourced materials.

There will be parking space for more than 12,000 vehicles and large outdoor plazas for groups to assemble before they are transported to the Scott Summit Center on the grounds of the reserve. The site will also feature J.W. Point, an overlook offering views of the mountainous landscape.

The welcome center will also serve as a public rest stop where travelers and nearby residents can visit the reserve and enjoy the natural surroundings while learning about the values of Scouting, the Ruby legacy, and the state of West Virginia.

The **Lion Pilot Program**, focused on providing a needed Scouting program for kindergarten-age boys, was launched last year in selected councils. And there's great news to share about the pilot's first year:

- Early indicators suggest as many as 72 percent of registered Lion families were new to Scouting.
- 204 local councils were approved for the Lion pilot.
- More than 30,000 boys were registered as Lions.
- 4,300-plus units have a Lion in them.
- Best of all—kindergartners and their families had a lot of fun.

All BSA retirees know Scouting is a lifelong process, not a one-time "try it" like other activities. It is a proven fact that Scouting builds character mentally, physically, and spiritually. The longer a youth is involved in Scouting, the greater the benefit ... and of course, it provides more time for fun and growth too! One ongoing emphasis will be to ensure a smooth, welcoming transition from the Lion experience into Cub Scouting.

New councils are being accepted into the Lion pilot program, and the first-year councils are already committing to participation in the 2017–2018 school year. Many of those councils have expressed plans to expand the number of units and districts that offer the pilot.



Your Questions and Comments

Comment

Not that this is a question for Ask Allen, but I'm wondering who produces and verifies the accuracy of the registered veteran Scouters listing in Now & Then.

In the latest issue (Spring 2017), Arthur Noble is listed for 70 years. Unless there is another Arthur Noble retired from the BSA, the Art Noble I knew died three years ago. I'd known Art since my first tour in the Suffolk County Council in the mid-1970s. His daughter and son-in-law were active volunteers in the district I was "covering" before retiring in 2013. And I went to his memorial service in Huntington, Long Island before relocating to my retirement home near Buffalo, New York.

John Nowak

Response

Thank you, John, for bringing this unfortunate and regrettable oversight to our attention. The information for retiree veteran recognition is provided by the Membership Care and Shared Services Team in the National Service Center. Your observation has been personally conveyed. Steps are being taken to prevent recurrence of incorrect information.

Comment

As a retired professional, I received a mailing indicating how I can register as a retired professional. It had some forms and instructions about the required Youth Protection training and the cost. I called the national office and was directed to a phone and left a voice mail. Nothing happened. Can you help me?

John Seigal

Response

I appreciate you taking the time to convey your regrettable experience. The membership care



team was advised of your problem and it is my understanding that communication was established with you to correct the issue to your satisfaction.

Retirees Invited to 2017 Top Hands Meeting

Chief Scout Executive Michael Surbaugh and National Director of Field Service Don McChesney have extended an invitation to retired commissioned members of the career service to gather at the Top Hands meeting August 22–24 at the Sheraton Hotel in Dallas.

This will be an exclusive opportunity for retirees across the country to gather and enjoy some great fellowship, renewing old friendships from years of active service. Retirees will also have a special time with the chief for an update on important issues facing the movement today and in the future.

We plan to open with a dinner on August 22. There will be opportunities to participate in some great golf, sporting clays, and a community service project if you desire and feel able. You'll also have access to the exhibit area to experience what is current and new in Scouting. Details are being finalized for other program features of interest to retirees and spouses. There will be something for everyone!

The Dallas-Fort Worth area is a great destination filled with interesting things to do, see, and enjoy. This is a fun-filled BSA retiree getaway that you won't forget. Put it on your calendar!

If you are interested in joining us, email Allen Mossman at bsanowandthen@gmail.com and you will be put on a special email list to be kept up to date as details develop. OR, write to "Allen Mossman, Now & Then" at the address provided in the box below.

Have a question? Have a concern? Want information?
Send your comments to ASK ALLEN

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Allen Mossman is a retired BSA professional with more than 75 years of Scouting in his background. He retired with 30 years of active service on the national executive staff and serves as the editor of *Now & Then*.

Retiree Adventure

Retired Council Scout Executive Receives Silver Beaver

It's always a privilege to recognize a fellow professional who has continued serving as a volunteer and is being honored with the distinction of the Silver Beaver Award.



Michael J. Bernhard grew up in Sauk City, Wisconsin, where his Scouting experience began as a Cub Scout, Boy Scout, and Explorer prior to being commissioned as a BSA professional.

Mike's 28-year career as a Scouting professional culminated with his service as Scout executive for the Blue Ridge Council in Greenville, South Carolina. During his five years there, the council experienced membership growth, a balanced budget, and the construction of new shower and restroom buildings at the campsites of Camp Old Indian.

In retirement Mike has served as an assistant Cubmaster, Tiger leader, and merit badge counselor. He also serves his community through Rotary and is currently on the committee for Troop 213, chartered by United Methodist Church of the Palms in Okatie, South Carolina, where he is active in the church's key leadership.

Congratulations, Mike!

Group of Friends Travels the World Together



For three great BSA friends and their spouses, retirement has brought the joy of traveling and experiencing different parts of the world together. Pictured are

Ken and Vivian Conley, Ron and Sue Hegwood, and Joe and Sybil Long during a recent trip to Spain and France. They had a wonderful time taking in beautiful scenes with many breathtaking vistas, visiting Barcelona, Spain—the site of the 1992 Summer Olympics—and spending 10 days in Southern France enjoying the wine country and the people of that unique part of the world. Ken even did some family genealogy on the visit to France. They continue a growing friendship in their travels and new, exciting adventures.

Retiree Volunteers as a Certified Medical Courier

Quentin Karlstrand volunteers for the National Marrow Donor Program delivering lifesaving bone marrow stem cells.



Quentin is one of 300 trained and certified volunteer couriers for the National Marrow Donor Program. He is rightfully proud of his achievement, having flown more than 150 domestic trips around the

country providing this vital service that gives patients with blood cancer hope for a cure and continued life.

He retired in May 2009 as a Scout executive following a highly successful career in the Boy Scouts of America. He has a great story to tell, and we offer a real Scout salute for his outstanding commitment and volunteer service.

We plan to feature Quentin's story of life and service in the fall 2017 issue of *Now & Then*. Be on the lookout for this heartwarming story of a fellow BSA retiree.

His love-filled, caring gift of life is in the true spirit of volunteerism and "helping other people at all times."

Health and Well-Being

How to Avoid—or Control—High Blood Pressure

High blood pressure, or hypertension, refers to the pressure of the blood inside your blood vessels. This condition raises your risk for stroke, heart attack, kidney failure, and eye problems. Get your blood pressure checked at least once every year, depending on your age and risk factors. Your blood pressure is too high when it is 140/90 mm Hg or higher. There may be no symptoms, but some patients report headaches, shortness of breath, and chest pain. People who are most at risk include those who:

- Are age 60 or older
- Have a family history of hypertension
- Have diabetes
- Are obese
- Are inactive
- Drink a lot of alcohol
- Eat a diet high in saturated fat

Lifestyle changes that can help you control your blood pressure include the following:

Physical activity. This is the best thing you can do for lowering blood pressure. Exercise—at least 30 minutes per day, every day ... walking, running, biking, swimming, or yoga.

Eat a balanced diet that is focused on fresh fruits and veggies, complex carbohydrates like whole grains, lean protein, and low-fat dairy. Removing refined sugar, excess salt, saturated fat, and cholesterol will also help.

Cut out smoking. It increases blood pressure levels by a dangerous 10 mm Hg every time you light up.

Lower the sodium in your diet to instantly lower your blood pressure. Read food labels, shun processed foods, and keep sodium levels less than 2,300 milligrams per day.

Lose a few pounds—particularly around your middle, near your heart.

Taking a breather from stressful activities, family and social obligations, or financial anxiety will also help lower blood pressure. Learn to cope with de-stressing methods such as exercise, massage, meditation, or yoga.

Monitor caffeine intake. Studies show that caffeine, like cigarette smoking, makes blood pressure levels spike.

Keep alcohol consumption moderate.

Studies have indicated that drinking red wine in small amounts can help lower blood pressure. Limit alcohol intake to one drink per day.

It's in your best interest to learn how to self-monitor your blood pressure at home using an upper-arm monitor to ensure you are staying within healthy levels between doctor visits.

When Summertime Comes

Take care of your skin—it's the only skin you'll ever have!

Recent FDA-required changes to sunscreen labels make it easier to choose the best formula and help prevent skin cancer as well as wrinkles, spots, and other signs of skin aging.



Photo courtesy Wikipedia.org

Here's what to look for in a skin care product:

- An SPF of 15 or higher and the words “broad spectrum.” These formulas have passed tests showing they protect against skin aging and cancer, not just sunburn.
- The term “water-resistant”—especially if you'll be sweating or swimming. The label should tell you how long the sun protection lasts in the water: 40 or 80 minutes.
- The right type. Sunscreens come in many formulas, including creams, gels, and sprays. Creams are best for dry skin, especially on your face, while gels and sprays are good for areas with hair, like your arms or scalp.

Consult your doctor if you need extra protection based on the medicines you take. Some medicines increase your skin's sensitivity to the sun.

Financial Well-Being

A Reverse Mortgage Isn't Always a Wise Decision

It seems every time we turn on the television, we're inundated with ads for reverse mortgages featuring older, well-known celebrities urging us to take advantage of "guaranteed tax-free income." These appeals push the promise that people age 62 and older can get added regular income from the equity in their home.

Retirees need to be aware that the term "reverse mortgage" is misleading because it is nothing more than a regular mortgage in which the loan proceeds are paid in installments to the homeowner, rather than all at once. This plan accrues interest on a growing debt, thereby reducing the existing equity in your home.

This mortgage does not have to be repaid until the house is sold or you die. At that time the loan balance, interest, and accrued fees are extracted from the sale proceeds. This type of loan can be beneficial in a small handful of situations, such as allowing a senior to remain in their home rather than having to sell it to pay for medical or other unanticipated expenses.

But in many other cases, a reverse mortgage can be a bad risk to your financial security and well-being. The mortgage rules are extremely complex, varying with each lender, and the reverse mortgage contract may be full of hidden clauses. No matter what a salesperson tells you, have a lawyer review the contract and explain it to you in plain English before signing.

And there are other dangers to watch out for.

Perhaps the largest risk of a reverse mortgage is that you can't predict the future. Reverse mortgages come with stipulations about circumstances that would require immediate repayment or foreclosure on the home. Some outline how many days or months the property may sit vacant before the lender can call the loan. For example, if you have a heart attack and your hospital stay and rehabilitation takes three months, the lender may be able to call the loan and foreclose on the house because it is unoccupied. The same is true if you move into an assisted living center. The reverse mortgage must be repaid, or the house must be sold.

Some government programs, such as Medicaid, are calculated on your total liquid asset base. Your eligibility for these programs may be



Photo courtesy Shutterstock.com, ©William Potter

affected if you have reverse mortgage proceeds you haven't yet spent. So before signing a contract, check with an independent financial professional to be sure the cash flows from a reverse mortgage won't impact other funds you might receive.

In cases where only one spouse is named on the reverse mortgage contract, and that person dies, the surviving spouse could lose the house. That's because all reverse mortgages require immediate repayment upon the death of the borrower.

The bottom line is that a reverse mortgage may be an important source of emergency funds for some seniors who would otherwise have to sell their homes to access their equity. But be cautious, and know the dangers that can put your home at risk of draining your financial asset base. It's not all as rosy as Henry Winkler says on TV.

What's in Your Wallet?

Sometimes, not everything we commonly keep in our wallets should be there. For example:

Your Social Security card. ID-theft experts say this is the worst item to carry around. Think of the nightmare if it fell into the wrong hands.

Internet passwords. Keeping these written on a scrap of paper in your wallet is a recipe for disaster (especially those for your banking and investment accounts).

Too many credit cards. Carry just one or two that you use most often. This reduces the number of phone calls you'll have to make if the wallet is ever lost or stolen.

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New Director at the Summit

National Membership Participation Report March 31, 2016

Tigers	142,786
Cub Scouts	418,619
Webelos Scouts	294,015
Cub Scout–age Youth	855,420
Boy Scouts	619,631
Varsity Scouts	56,924
Boy Scout–age Youth	676,555
Venturers	100,181
Sea Scouts	2,414
Explorers	74,833
Coed Young Adults	177,428
Lions	28,113
STEM Scouts	3,509
New Market Youth	31,662
Subtotal	1,741,025
Learning for Life	374,078
Grand Total Youth	2,115,103
Total Adults	777,908
Total Units	94,306



Todd McGregor became director of the Summit Bechtel Family National Scout Reserve in West Virginia, on March 1.

He succeeds Dan McCarthy, who has chosen to retire after successfully serving as the director of the Summit

since the spring of 2012. As with Dan, Todd will lead the continuing development and operation of our fourth national outdoor adventure site, which serves as the permanent home of the national jamboree, a high-adventure and summer experience destination, and the future home of the Thomas S. Monson Leadership Complex.

His previous position was area director in the Northeast Region, where he has provided leadership with distinction.

In his new role, Todd will work in conjunction with Jamboree Director Matt Myers to ensure that the Scouting movement's iconic event continues to offer a range of life-changing experiences for our Scouts, Scouters, Explorers, and Venturers.

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