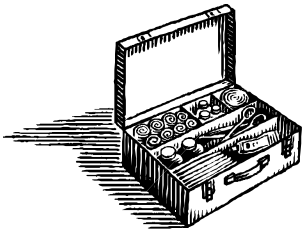


Cub Scout Informer

Summer First Aid Tips



Calendar of upcoming Events

6/4—Begin Biweekly meetings

6/11 - 6/15 - Twilight Camp

6/26—District Picnic / **Leader Training** (Else Holmes Park)

Please save your 2 Liter bottles and bring them in to the meeting. We are looking to have a water rocket race this summer and will need lots of 2 Liter bottles.

While cleaning, treating and protecting are the general steps to take for just about any summer skin ailment, the following are specific treatment tips for common warm weather injuries:

1. Bike Abrasions/Scooter Scrapes. It is recommended that minor cuts and scrapes be cleaned and treated gently and protected with adhesive bandages until healed. For bruised knees or elbows, apply ice to reduce swelling. For more serious injuries, call 911 immediately – if a cut bleeds profusely, use direct pressure to try to stop the bleeding, or if it's painful to move an arm or leg, treatment for a sprain or fracture may be required. Try to keep the injured person still until the arrival of Emergency Medical Service responders.

2. Barefoot Blunders. Lots of us love to go barefoot in warm weather, making summer prime time for foot injuries. For minor cuts, again – clean, treat and protect them. "Watch for signs of infection over the next few days,". "For more serious cuts from stepping on glass or a rusty nail, a tetanus shot may be required, so be sure to consult with a doctor."

3. Sunburn Soreness. Try as we might, there most likely will be a time or two when we forget to slather on sunscreen before heading outdoors. To treat a sunburn, first get out of the sun and drink plenty of water to re-hydrate yourself. For kids who dislike water, it is suggested to try juice, sherbet or watermelon. Keep skin well moisturized with lotion or soothing aloe. If blistering or puck-

ering occurs, see a doctor.

4. Itchy Poison Ivy. If you suspect that your skin has been exposed to poison ivy, shower as soon as possible. "Since a rash from the plant oil can develop 12 to 48 hours after exposure, you might minimize the damage by washing it off," Elbirt advises. To sooth itchy skin, a cool oatmeal bath can help as well as an over-the-counter antihistamine. Rashes can be calmed with an over-the-counter anti-itch cream or calamine spray.

5. Bug Bites. They're hard to escape in warm weather – and as much as we we're tempted to scratch them to relieve their itching, try to avoid it. "Scratching causes further irritation to the skin and often results in turning the bites into infected wounds,". "For best relief and to prevent infection, use an over-the-counter anti-itch cream or calamine spray. For bites that have become irritated from scratching, treat them with an antibiotic ointment and protect them with an adhesive bandage for faster healing."

6. No-Fun Fire Burns. From campfires to cook-outs, summer is emergency medicine's biggest burn season. "For minor burns, place the burned area of skin under cool running water for five to 10 minutes or use a cool compress to relieve pain, then dress with a bandage of appropriate size. Monitor the injury, and if healing is not occurring or it appears that you have an infection, consult your physician. For serious burns, call 911 immediately then notify your doctor."

Upcoming Events

The John Ross district will be sponsoring Twilight Camp on June 11, 12, 14, and 15 at Shipps RV from 6—9 pm. The theme this year is Scouting into Chivalry.

We would like to have a water rocket day this summer but we

need 2 Liter bottles. Please bring in any clean 2 Liter bottles for this fun activity.

We will be planning a space derby towards the end of summer so make sure to stay tuned.

National Cemetery tour and Campout at the Chickamauga Battlefield

Over the weekend of May 5, 6 a group of Wolves, Bears and Webelos were spotted at the Chattanooga National Cemetery and later at the Chickamauga Battlefield riding bikes. We started the weekend by toured the Chattanooga National Cemetery. We learned about some of the veterans that are buried there and a little history. After lunch we camped out and had a



blast. We went on a bike hike on Saturday morning and rode about 6 miles to Wilder Tower and back to camp. That was enough to wear out most of the adults but the boys didn't get enough. They continued to ride around the camp site and on Sunday morning made the ride over to Wilder Tower again.

Did you know?

- There are more than 37,000 interments presently and that the cemetery will close around 2015.
- Originally no Confederate soldiers were buried in the cemetery only Union.
- The cemetery holds the remains of veterans from the Revolutionary War to the Iraq War and 186 graves of German POW's from both World Wars. It is the only national cemetery to contain the graves of foreign POW's.

Camp Cooking Corner

In this section we will offer recipes that we have cooked at campouts. If you have any that you would like to share please pass them along.

Taco Soup

1 lb ground beef (brown and drain)
1 chopped onion (small)
3 cans (16 oz) Mexican style chili beans undrained
1 can (16 oz) whole kernel corn undrained
1 can (15 oz) chopped tomatoes—

undrained
1 can (15 oz) tomato sauce
1 small can chopped green chilies undrained
1 package taco seasoning mix
1 package ranch dressing mix
1-1/2 cups water

Mix all and cook (simmer) for 20 minutes or until heated throughout. Serve with crackers, chips or cornbread. Top with shredded cheese or sour cream if desired. Makes a big pot of soup—freezes well.

**Your only
limitation is
your own
imagination.**

Pack Leadership

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Committee Members

Chris Carpenter—Committee Chair

Karen Ward—Treasurer

Nathan Smith—Pack Trainer

Memorial Day at the National Cemetery

Several from the pack spent the morning of Saturday May 26 honoring our fallen soldiers. It is an amazing site to behold, watching a wave of flags cover the grounds. All the scouts received this patch for their participation. Here are some pictures.

