

BLUENOSE



WINTER OLYMPICS GUIDE 2018

Onteora Scout Reservation
Theodore Roosevelt Council, BSA

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History / Traditions and Heritage

OSR sits on 1400 pristine acres in the heart of the NY Catskill Forest Preserve, with elevations reaching over 2,000 feet. Our location inside the "blue line" gives us the unique opportunity to truly know the great outdoors. The property on which the reservation is located has a long and rich history, which begins with the Lenni-Lenape Indians. They used the Sun Trail to go from the Hudson River to the Delaware. Later that same trail was enlarged by John Hunter and in 1815 became known throughout the area as the Hunter Road. Since it was the first road in the area, many traders and farmers made great use of it. In the 1880's the property became one of the favorite fishing spots of the area and a man named Stoddard Hammond built a large manor house on the property. He created Orchard Lake and a fish hatchery for trout fishing in the 1890's. The Orchard Lake Club was established shortly thereafter to enjoy the excellent trout fishing, noted in early 20th century fishing magazines.



By the turn of the century, what is now the Al Nassau area of the reservation was then a small town consisting of five houses, a logging camp and a mill for the Resherif Lumber Company. To this day, the foundations of the houses and mill can be seen.

During the "Roaring 20's", the area was the property of the New York Trout and Skeet Club. Many people came to the area from the city to fish and vacation. During WWII, however, due to the rationing of gasoline, the club was forced out of business. When put up for sale in 1942, the club was bought by Mr. Charles R. Vose for \$20,000. He used it as a private retreat until 1955 when the Nassau County Council bought the property with the help of a donation from Mr. Alfred H. Capery. Many generations of Scouts and Scouters have enjoyed the property since its purchase and the establishment of the base camp in 1956.

Directions

- Take the Cross Island Parkway north to either the Whitestone or Throgs Neck Bridge;
- Pay toll and follow signs to the Cross Bronx Expressway (CBE) westbound to the Major Deegan Expressway (I-87) exit north;
- Follow the Major Deegan Expressway north, which becomes the NYS Thruway at the NYC line;
- Follow the NYS Thruway to NY Route 17 west at exit 16; (note - Woodbury Commons, a major shopping outlet complex is the exit immediately after entering Route 17)
- Follow NY Route 17 to exit 96, Livingston Manor; Turn left from the exit ramp onto DeBruce Road;
- Follow DeBruce Road about 2.2 miles to Grooville Road and make a left (there is a sign for OSR);
- Follow Grooville Road about 4.5 miles to the entrance to the camp. Bear left at the camp sign, go past the ranger's house, and follow the dirt road down to the main parking lot
- Check-in at the Administration Bldg. Camp speed limit is 10 mph

Camp Standards and Conduct

The Scout Law

The twelve points of The Scout Law guide Onteora. All campers and staff conduct must maintain the high standards defined in a Scout by being:

At Onteora we cannot tolerate or permit activities, which would call any of these virtues into question. We appreciate your assistance in helping us to create and ensure the healthiest moral scouting atmosphere.



Code of Conduct

All participants are expected to follow rules outlined in the **Bluenose Guide**. This includes the ability to self-monitor and the ability for participants to foresee the consequences of their actions. Theodore Roosevelt Council, BSA does not provide one-on-one supervision. The Camp will provide reasonable accommodations, but will remove from the program campers who present an undue risk to themselves or others; and those who significantly detract from the Camp experience.

Your Campsite

Sites are all named for either a Native American *Chief* or *Tribe*. Each site has an assigned latrine and washstand. Additionally, most campsites have one or more wood framed lean-tos.

There are ***No Flames Allowed in Any Camp Structures*** including tents and latrines. The term *flames* include but are not limited to: matches, lighters, candles, cigarettes, hot sparks, and incendiary insect repellents.

Campsites are a unit's home... As such, we must take extra care to respect our own, and each other's homes. Remember that one of the first rules of Scout camping instructs us to "*always leave a place better than we found it.*" Another unit's campsite should never be entered without permission.

Under no circumstance

Anyone under the age of 18 must NOT be left unattended in your campsite

Firewood

There is an ample supply of downed firewood throughout Onteora. Please note that no live trees are to be cut at any time. Leaders may not use chain saws to cut firewood in camp. DO NOT BRING FIREWOOD FROM YOUR HOME as it is a violation of state regulations design to prevent the spread of insect infestations that can destroy woodlands.

Prohibited

The following items are not permitted at camp:

Alcohol or Drugs

Smoking (Scouts)

Firearms

Smoking (In presence of Scouts)

Fireworks

Smoking (In any camp structures)

Pets

Non-folding sheath knives

Restroom Facilities

Participants are to use the latrines within their campsites or the rest rooms in the parking lot.

Vehicles in camp

Vehicles are to remain in the lower parking lot. No vehicles permitted past the lower gate.

Garbage Disposal and Dumpster

There will be a trash compactor located behind the Long House. It is your responsibility that your unit's trash is brought to the compactor.

Youth Protection Guidelines

The following policies have been adopted by the Boy Scouts of America to provide security for the youth in our program. In addition, they serve to protect adult leadership from situations in which they are vulnerable to allegations of abuse.

- **Two-Deep Leadership:** Two responsible registered leaders, one of which must be at least 21 years of age and the other at least 18 years of age, are required in camp for the full weekend with the troop.
- **No One-On-One Contact:** between youth and adult members is permitted. In situations that require a personal conference, the meeting should be conducted in view of other adults and youth.
- **Respect for Privacy:** Adult leaders must respect the privacy of youth members in situations such as changing into swimming suits or taking showers and intrude only to the extent that health and safety requires. They must also protect their own privacy in similar situations.
- **Separate Accommodations:** When camping, no youth is permitted to sleep in the tent of another adult other than his own parent or guardian. Separate shower and latrine facilities for females should be available, and when separate facilities are not available, time for male and female use is to be scheduled and posted.
- **Proper Clothing:** Proper clothing for program activities is required.
- **Constructive Discipline:** Discipline in Scouting should be constructive (supportive) and reflecting the high values of Scouting. Corporal punishment is unacceptable.
- **Supervision:** Leaders must monitor and guide the leadership techniques used by junior leaders and see that Boy Scouts of America policies are followed.

Supervision of Scouts

The State of New York requires supervision of Scouts in overnight camps must be strengthened and that all leaders responsible for the safety and care of youth be advised of the intent of the law and their responsibility for adhering to and complying with its provisions.

For proper supervision, Units must maintain a **1 Adult to 10-boy ratio**. In addition, leaders are directly responsible for the supervision of all members of their unit not participating in camp program during program hours and all hours allotted as troop time.

Units must use the Buddy System in camp and a check in/out board in their campsite to indicate the whereabouts of all Scouts in their charge. Scouts shall not be permitted to roam the camp unsupervised. No Scout will go unsupervised in the campsite.

Discipline Issues

Reoccurring or severe discipline issues shall be reported to the Camp Director. Under no circumstances shall a camper be deprived of food; isolated; subjected to corporal punishment or abusive physical exercise; or verbally abused as a means of punishment.

Initiation or hazing of scouts is **not permitted** and is in direct violation of the Boy Scouts of America and its policies. "Raiding" of other campsites, program areas, the dining hall, or any camp structure is strictly prohibited and will result in those responsible being removed from camp.

Checklist for Basic Cold Weather Outing

GUY GEAR: **SPECIAL EDITION**

THE BOYS' LIFE GUIDE TO CAMPING CHECKLISTS



COLD-WEATHER OUTING



- ☐ Long-sleeved shirt
- ☐ Long pants (fleece or wool)
- ☐ Sweater (fleece or wool)
- ☐ Long underwear (polypropylene)
- ☐ Hiking boots or sturdy shoes
- ☐ Socks (wool or synthetic)
- ☐ Warm parka or jacket with hood
- ☐ Stocking hat (fleece or wool)
- ☐ Mittens or gloves (fleece or wool) with water-resistant shells
- ☐ Wool scarf
- ☐ Rain gear
- ☐ Extra underwear (for longer trips)

COLD-WEATHER EXPERT ESSENTIALS:

- ☐ Bandana
- ☐ Sorel boots
- ☐ Wind parka with hood
- ☐ Side-attaching suspenders

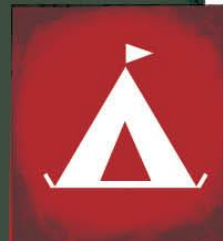
2 THINGS YOU DIDN'T KNOW YOU NEEDED:

- ☐ Rubberized gloves
- ☐ Headlamp

THE SCOUT OUTDOOR ESSENTIALS

They're called Essentials for a reason. Every packing list starts with these items.

- ☐ Pocket knife
- ☐ First-aid kit
- ☐ Extra clothing
- ☐ Rain gear
- ☐ Water bottle
- ☐ Flashlight
- ☐ Trail food
- ☐ Matches and fire starter
- ☐ Sun protection
- ☐ Map and compass



KEEPING CLEAN

- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Dental floss
- ☐ Soap
- ☐ Comb
- ☐ Waterless hand cleaner
- ☐ Small towel
- ☐ Washcloth
- ☐ Toilet paper
- ☐ Trowel for digging cathole latrines

COOKING/EATING

- ☐ Large plastic cereal bowl or kitchen storage bowl
- ☐ Spoon
- ☐ Cup or Insulated mug
- ☐ Water treatment system
- ☐ Backpacking stove with fuel
- ☐ Large pot and lid (2.5- or 3-quart size)
- ☐ Small pot and lid (1.5- or 2-quart size)
- ☐ Lightweight frying pan (10 to 12 inches in diameter)
- ☐ For melting snow, add one large pot and lid (6 to 10 quarts)
- ☐ Hot-pot tongs

EXTRAS

- ☐ Watch
- ☐ Camera
- ☐ Notebook
- ☐ Pen or pencil
- ☐ Sunglasses
- ☐ Small musical instrument
- ☐ Swimsuit
- ☐ Gloves
- ☐ Whistle
- ☐ Nylon cord
- ☐ Insect repellent
- ☐ Repair kit
- ☐ Hiking stick or trekking poles
- ☐ Binoculars
- ☐ Fishing gear
- ☐ Animal identification books, plant keys, geological studies, star charts etc.

[Checklist for Basic Cold Weather Outing](http://media.scouting.org/boyslife/workshop/gearlists/cold.pdf)

<http://media.scouting.org/boyslife/workshop/gearlists/cold.pdf>



Snowshoeing Gear Checklist



12 pairs of snowshoes will be available for participants to borrow throughout the weekend.

An advanced snowshoe hike is scheduled for Saturday afternoon led by Charlie Ruiz

A beginner snowshoe hike is scheduled for Sunday, after the Klondike, also lead by Charlie Ruiz.

Sign-ups for the hikes and snowshoe usage will be taken when you check-in on Saturday and throughout the weekend.

Clothing

Outerwear

- waterproof/breathable jacket
- waterproof/breathable pants
- insulated parka
- fleece jacket or wool sweater
- waterproof gaiters
- synthetic or softshell hiking pants
- fleece pants

Base Layer

- expedition-weight long john bottoms
- expedition-weight long john top
- midweight long john top
- midweight long john bottoms
- long sleeve T-shirt
- synthetic briefs
- synthetic sports bra

Accessories

- wool or fleece hat
- balaclava
- midweight wool or fleece gloves
- heavyweight wool or fleece mittens
- synthetic liner gloves
- waterproof over-mittens

Footwear

- insulated camp booties
- waterproof hiking boots
- wool or synthetic socks (3)
- liner socks (2)

Extras

- sun hat
- bandanna

Gear – Snowshoeing Specific Gear

- backcountry snowshoes
- insulated snowshoe boots or pac boots
- ski poles or [trekking poles](#) with wide snow baskets
- multitool for adjusting/repairing bindings
- lightweight shovel
- optional: sled for hauling gear

Other Gear

- internal or external frame backpack
- convertible or four-season tent
- down sleeping bag (-30° to 0°F)
- inflatable sleeping pad
- closed-cell foam sleeping pad
- trekking poles
- white gas stove and fuel bottles
- lighter and waterproof matches
- cookset w/ heat exchanger
- eating utensils, bowl, and insulated mug
- headlamp w/extra batteries and bulb
- 32 oz. water bottles (2)
- water bottle parkas (2)
- pocket knife or multitool
- compass or GPS (and map)
- sunglasses
- first-aid kit with personal medications
- personal locator beacon (optional)
- chemical heat packs
- stuff sacks
- assorted zipper-lock bags
- sunscreen (SPF 15+)
- lip balm (SPF 15+)
- toilet paper and trowel
- pee bottle

See more at:

[Snowshoeing Gear Checklist](#)

<http://www.backpacker.com/skills/gear-checklists/snowshoeing-gear-checklist/>

Avoid Hypothermia: Tips to Keep You Safe

What Happens to the Body During Hypothermia

The human body is finely tuned, exceptionally capable of regulating its core temperature at a steady 98.6 degrees Fahrenheit. Thanks to our body composition (water has a very high specific heat), it takes a lot to move our core temperature higher or lower.

But once you get too cold, well, it's tough to warm back up. Hypothermia occurs when the body loses heat faster than it can produce it and the core temperature drops below 95 degrees F.

When in the outdoors, especially in remote areas, it's important to stay in front of hypothermia and act *before* symptoms appear if at all possible.

How to Identify Hypothermia

Mild symptoms may include:

- Shivering
- Cold skin
- Exhaustion
- Lack of coordination such as fumbling hands
- Slurred speech
- Memory loss and confusion or poor judgement

Severe symptoms include:

- Stiff muscles
- Lower pulse
- Shallow breathing
- Loss of consciousness
- Shivering – which may stop as the core temperature drops below 90 degrees F

When Can You Get Hypothermia?

Wind, rain, and submersion in cold water are common contributors to hypothermia. But hypothermia can also happen indoors when exposed to temperatures as mild as 50 degrees F for long periods.

How to Avoid: Be Very Mindful of Cold

The human body has internal mechanisms to counter overheating, like sweat. But our bodies aren't built to deal with the cold. We have brains for that!

So the best way to avoid hypothermia is to use that brain. This means managing your clothing layers, paying attention to changes in weather, and watching your friends to be sure they are not making dangerous mistakes either.

We've devised clothing to protect ourselves from the elements. But water can wreak havoc with the insulating properties of your layers.

A few things to watch out for:

- **No layers:** If you head into the wild in a single light garment covered by a heavy coat, watch out. A lack of layers limits your options for managing your temperature.
- **Sweat:** Peel off layers before you start sweating while hiking. Soaking clothing with sweat can lead to hypothermia once you stop moving.

- **Precipitation:** Rain and snow may barely register when you are moving quickly. But stop for a short time, and damp clothing will quickly cool. Remember to block water with a shell layer in cool temps.
- **Sudden situational changes:** Trail running on a cool fall day, you may not require more than a t-shirt. But what if you roll an ankle and can't walk out? What if it starts raining? Consider carrying emergency layers when the unplanned pitstop becomes reality.
- **Numb fingers:** It doesn't take much of a temperature change for ungloved hands to become nearly worthless. Take action before your hands are limp sausages and **simple tasks become nearly impossible.**

In summary: A thick parka can shun Old Man Winter on a crisp February day. Bring a rain jacket to keep water off the body and insulating layers dry. And consider bringing a lightweight wind jacket on milder days. Watch out for sweat and moisture, and be mindful of your body and the weather.

How to Treat Hypothermia

Take action:

- Get out of the elements.
- Remove wet clothing.
- Rewarm the center of the body first: head, neck, chest, and groin. If you have access to one, use an electric blanket or heating pad. In the backcountry, reach for warm, dry coats and skin-to-skin contact.
- Drink a warm beverage. Sugary drinks add quick calories and can boost the metabolism.

Things to avoid:

- Avoid warm baths, which can rewarm too quickly and be painful.
- Avoid warming limbs first, which can circulate cold blood back to the core, potentially causing stress on the heart.
- Do not give the person alcoholic drinks; they slow rewarming.

If the body core temperature is below 95 degrees F, seek medical attention.

If the person is not breathing and presumed dead, initiate CPR. A person with severe hypothermia can be unconscious with significantly reduced pulse and shallow breathing. In some cases, people who have appeared dead can be resuscitated.

For more information:

https://gearjunkie.com/hypothermia-definition-symptoms-treatment-risks?utm_source=Gear+Junkie+Weekly+Newsletter&utm_campaign=caf88fc1e4-EMAIL_CAMPAIGN_2017_11_29&utm_medium=email&utm_term=0_4761d8db2c-caf88fc1e4-22966269

Trophy Events / Activities

Winners are announced at Sunday evening's campfire
(except Best Photo winner – that's in March)

Klondike Race

- Takes place Sunday morning
- Gather at the Council House at 9:30 AM
- Points given for leadership, team work and scout spirit

Best Sled

- Sleds are observed and scored throughout the Klondike Race Sunday morning

Cooking Contests



Adult – On Golden Pond

- Takes place Saturday evening
- 5:45 PM at Otter Shelter
- Needs to an entre
- Meal needs to be prepared in traditional camp style: i.e.: open fire – Dutch oven, etc.
- Judging is based on presentation, quality, taste, theme related, scout spirit, and being on time



Youth

- Takes place Sunday evening
- 5:45 PM at Otter Shelter
- Needs to an entre
- Meal needs to be prepared in traditional camp style: i.e.: open fire – Dutch oven, etc.
- Judging is based on presentation, quality, taste, theme related, scout spirit, and being on time

Igloo



Constructed by youth only



Needs to be functional



Best design – should relate to the theme



Judged Sunday afternoon starting at 3:00 PM

Snow Sculpture



Constructed by youth only



Best design – should relate to the theme



Judged Sunday afternoon starting at 3:00 PM

Search



Youth activity



Clues will be given out at Saturday evening's campfire



Object must be presented at Sunday evening's campfire

Best Skit

- Skits and/or songs are performed at Saturday evening's campfire
- Skits/songs with humor or theme related given extra points

Best Photo






Youth and Adults may submit entries



Submit entries to Dave Barkstedt, dave@eliteconsultantsinc.com, no later than March 1st or post on Bluenose Facebook page

Klondike Race Information

-  Race registration will be held at Saturday night's Campfire
-  Race event will be Sunday. Gathering time – 9:00 AM at the Council House. Start time 9:30AM. Use your individual score card station
-  Units who are participating in the race should build a sled **before** Bluenose. The shotgun race will start with patrols starting at different stations and moving to the four main activities following their score card.

1st Station

- 6 pole chariot race. One scout rides the 6 staff (pole) chariot that is dragged by the remaining patrol members

2nd Station

- First Aid

3rd Station

- Snowshoe Race

4th Station

- Fire building station using fire sticks (modern flint and steel) they can bring cotton balls or burnt cloth, all other natural materials must be found in camp and burn a string 12" off the ground.

5th Station

- Compass orienteering course. The event will be judged by completing the events and time recorded at each station.

Bring a mug with you on the race.

Hot cocoa and granola bars will be available for each patrol at some of the stations.



Participation patch for all competing in the Klondike Race

Klondike Safe Sledding

Klondike sleds are only for the race – not for general sledding

1. All participants should know, understand, and respect the rules and procedures for the Klondike Race. The applicable rules should be presented and learned by each unit leader before the race, and all participants should review them just before the activity begins.
2. When youth are engaging in downhill activities such as sledding, minimize the likelihood of collision with immobile obstacles. Race participants will use only designated areas where rocks, tree stumps, and other potential obstacles have been identified and marked, cleared away, shielded, or buffered in some way.
3. General sledding is for non-metal sleds with fixed runners. Sleds may be built out of any materials but no metal is allowed except as fasteners (no steel runners). Sleds built by scouts may use skis as runners. PVC pipe sleds are allowed. Sleds are to be scout-powered and harnesses or pull ropes should be safely constructed
4. Suitable clothing for the weather conditions and environment should be worn at all times; wear gloves, hat, and layers of clothing. No sneakers. Stay hydrated.

KLONDIKE SLED EQUIPMENT LIST

▪ Individual Equipment	▪ 6 – 6' x 1 ½' Poles / Staves
♦ Personal first aid kit	▪ 9 – 9' Lengths of Manila Rope
♦ Water bottle 2/ parka	▪ 2 – Splints 3' long
♦ Mug for hot chocolate along the race route	▪ Magnesium Fire Sticks – with strikers Fire Start Kit
♦ Knife	▪ Charred Cloth, Dryer Lint
♦ Trail mix	▪ Cling Bandages
♦ Hand book	▪ Bird's Nest of Binders Twine
▪ Patrol Flag	▪ Tinder
▪ 4 – Triangular Bandages	▪ Thumb-sized Kindling
▪ Heavy Blanket (wool)	▪ Wood
▪ Tarp 8' x 10'	▪ Compass

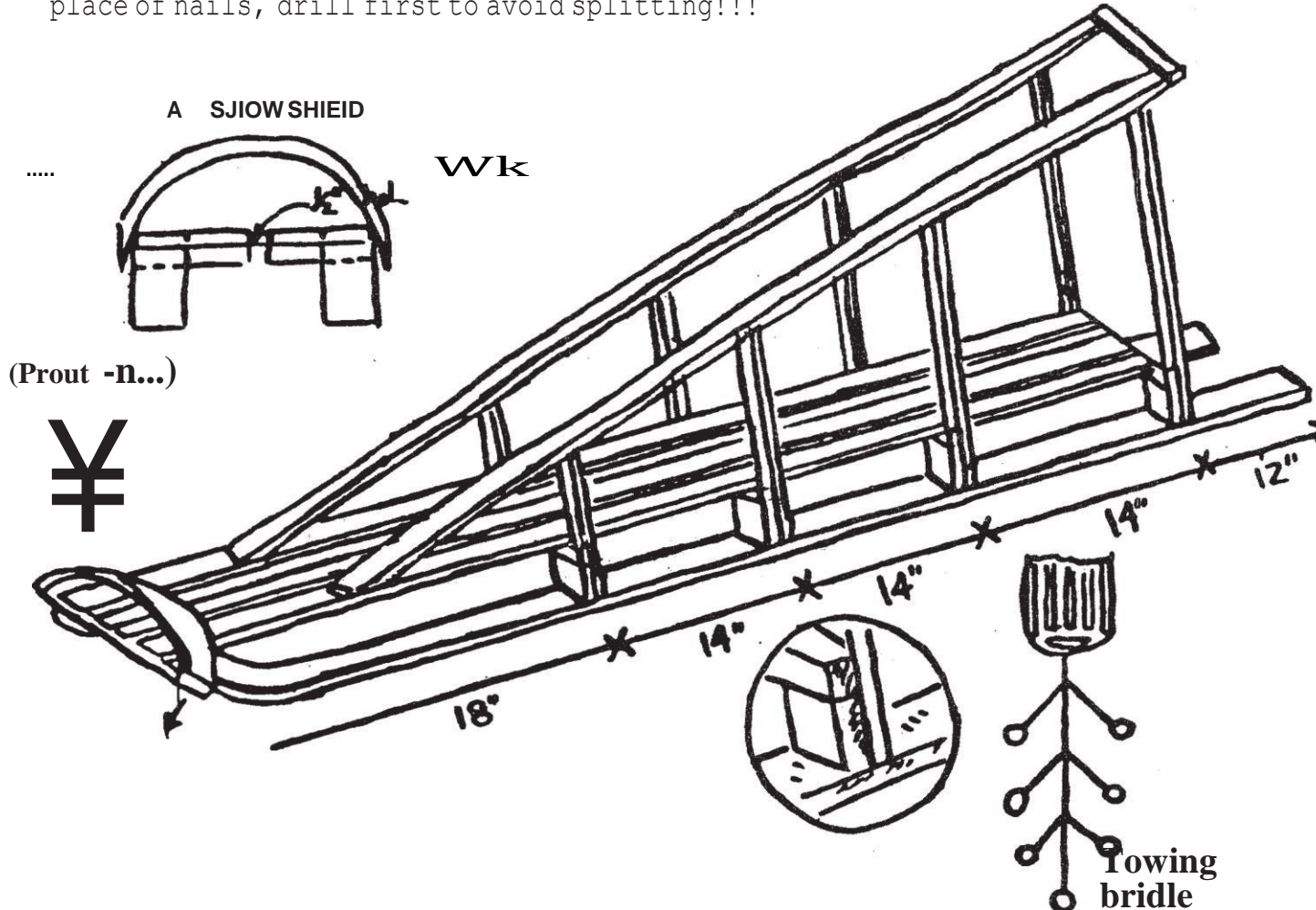
Plans for Klondike Derby Sled (Sledge)

The Sledge plan is from a 1983 printing of Klondike Derby Plans.

The Klondike Derby Sled plan is part of a *Boys' Life* Reprint pamphlet that is no longer available.

KLONDIKE SLEDGE PLAN

This year all ' entries in the Best Sledge Contest will be judged for approved length of 6 feet long and 18 inches wide. The drawing should be self-explanatory. Your own design will be accepted. Use your imagination!! However, after researches in our Public Libraries, the accompanying sketch is authentic and we ought to be the "real McCoy... Paint your sledge bright colors-- varnish the bottom of the runners-- then wax before use. The Eskimos iced their runners. Accessories may be added -- a canvas snow curtain as a snow guard front and sides will keep equipment dry. Use screws in place of nails, drill first to avoid splitting!!!



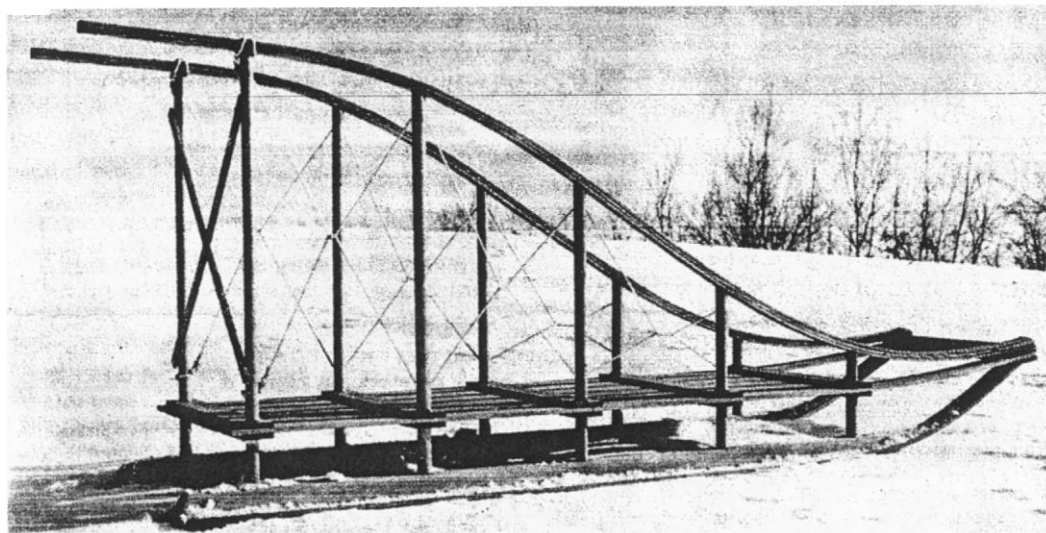
BILL OF RTGHTS

2 pes.	4 ¹¹ x 1/2 ¹¹ x 6 ¹ 6 ¹¹	-
	Runner	
6 pes.	1 ¹¹ x 1 ¹¹ x 18 ¹¹	-
	Cross Support	
4 pes.	1/2 ¹¹ x 4 ¹¹ x 5"	-
	Floor Cover	
8 pes.	1" x 2 ¹¹ x 6"	-
	Upright Support	
2 pes.	1" x 2 ¹¹ x 40 ¹¹	-
	Rear Upright	
2 pes.	1 ¹¹ x 2 ¹¹ x 36"	-
	2nd Rear Upright	
2 pes.	1" x 2 ¹¹ x 26 ¹¹	-
	2nd Front Upright	
2 pes.	1 ¹¹ x 2 ¹¹ x 12 ¹¹	-
	Front Support	
2 pes.	1/2 ¹¹ x 2 ¹¹ x 6 ¹	-
	Hand Rail	
1 pc.	1/2 ¹¹ x 2 ¹¹ x 30 ¹¹	-
	Front Curved Guard	
1 pc.	2 ¹¹ x 2 ¹¹ x 18 ¹¹	-
	Tow Bar	



A KLONDIKE DERBY SLED

By GLENN WAGNER



Get set for those exciting Klondike Derby days with this sleek-looking Eskimo-type sled. Measuring seven feet long, 20 inches wide and 34 1/4 inches high, it is large enough to carry a good-size load, yet small enough to be transported in a station wagon or car trunk. Making and racing one will be a fine troop project. And when the races are over, the sled can be used to transport overnight camping gear, for rescue work, or lugging skis and equipment to the slopes either by pulling it by hand, or towing it behind a Snowmobile.

The sled is designed so it can be built without the necessity of steaming the wood. The unique design and construction of the double cross rails keep weight at a minimum, yet give strength and rigidity to the framework. Since the construction is based on a series of holes that must be aligned, the use of a drill press equipped with a 1" diameter spur bit is recommended, to assure correct alignment and squareness of the bore. Drilling

small pilot holes to locate hole centers is a technique that can be used for hand boring or machine boring of the larger holes. Follow the suggestions for construction and assembly procedure and you will have a sled that will be the hit of your Klondike Derby.

Assembly Procedure:

1. Glue the 10 posts in the runner blocks; use waterproof glue.
2. After the glue is dry, make and use a wood-block drilling jig to locate and drill the top and bottom pinholes in the posts. The top hole in the drilling jig should be located after clamping two cross rails and one side rail together to check the thickness of the stock. A 7/64" drill will bore a drive-fit hole for the pins.
3. Cut off the heads of the finishing nails and drive one nail in each bottom posthole. Center the exposed ends. Now slip five cross rails over the posts into position on top of the pins. (Note: Since wood dowels may vary slightly in diameter, check to see

that each cross and side rail will slip over the dowels without binding to prevent splitting of wood during installation. Sand or file holes--or sand dowels as required for a snug fit.) Next, slide the side rails into position on the posts, then add the five remaining cross rails to the assembly and drive the other nails in the posts to hold the parts together tightly. A little waterproof glue applied at each joint during assembly will strengthen the framework. Check frame for squareness before glue sets.

4. Insert the four floorboards between the cross rails; clamp to hold. Then drill and countersink holes for the 3/16" x 1 1/2" flat-head stove bolts; install bolts.
5. Make and install the front cross rail assembly.
6. Now, center the runners on the bottom of the runner blocks. The rear edges should be aligned flush. Drill and countersink holes for 1" No. 8 flathead brass wood screws spaced on 8" centers, starting 2" from the rear ends. Use two 3/16" x 1 1/2"

flathead stove bolts to fasten the runners to the runner blocks. 4" from the forward end of the blocks.

7. Raise the front rail unit sufficiently so the front ends of the runners when bent can be snapped into position behind the lower front rail; clamp if necessary. Make two wedge-shaped filler blocks to fit between each side rail and runner, then drill and countersink holes for one stove bolt on each side. Install bolts.

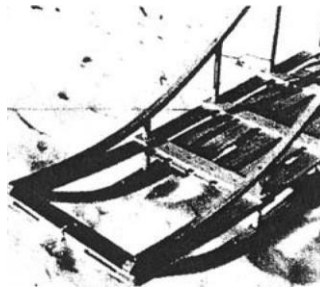
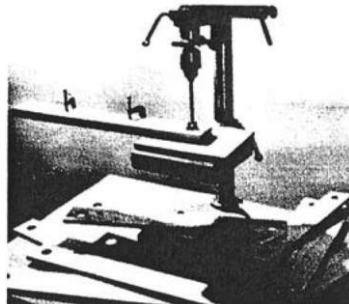
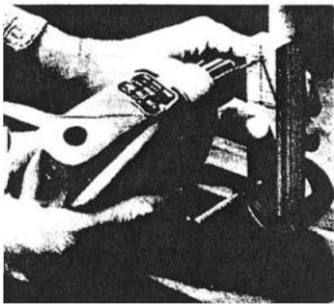
8. The railings are made in a unique way. The pieces are fitted and assembled without glue first, then each railing is disassembled and finally reassembled with waterproof glue. First, assemble three pieces, clamp together near one end, then locate and drill the 3" hole for the 3" bolt. Insert bolt and tighten the nut loosely. Next, insert the bolt in the front rail and use another nut to hold the assembly in position temporarily. Then, carefully bend and raise the three pieces over the tops of the posts; clamp or use heavy twine to fold pieces together during this operation. Determine the angles at which the tops of the posts should be cut, then use a fine-tooth saw to cut post tops. After railings are arranged into a smooth curve, locate and drill holes for the 2" No. 10 flathead wood screws and install screws temporarily. Drill body holes in railings and lead holes in the posts to prevent splitting. Note the angle and position of the screws as indicated on the side view of the assembly drawing. When everything is satisfactory, disassemble the units and reassemble with waterproof glue. Use clamps or twine wrapped around the pieces to hold strips until glue is dry. Clean up edges afterward and cut ends of handles square. Round off all edges slightly.

9. Make and install the braces on rear posts.

10. Saw off any extra lengths of bolts protruding beyond nuts and clean up flush with a file.

11. Sand completely and give finished sled several coats of waterproof varnish or use a vinyl finish. If sled is to be painted, apply a coat of a good grade outdoor paint primer first.

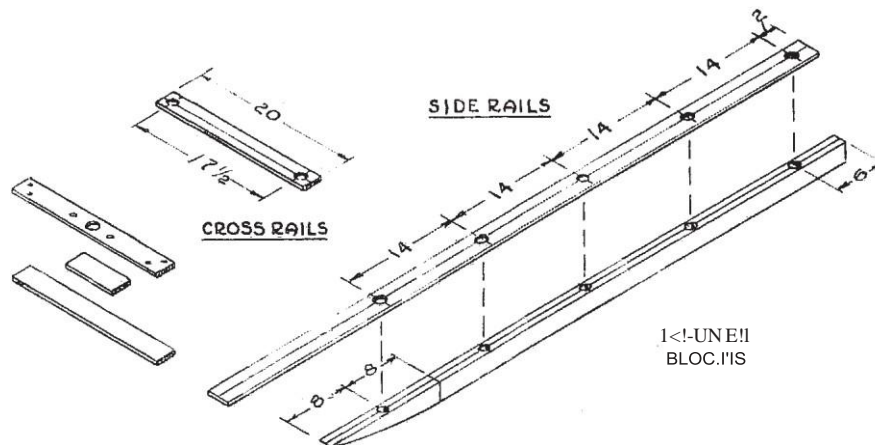
12. Locate and drill 3/16" holes in posts for the rope lacing. Lace rope in one piece as indicated on the drawing. Wrap the handle with an X-type loop to add strength to the joint.



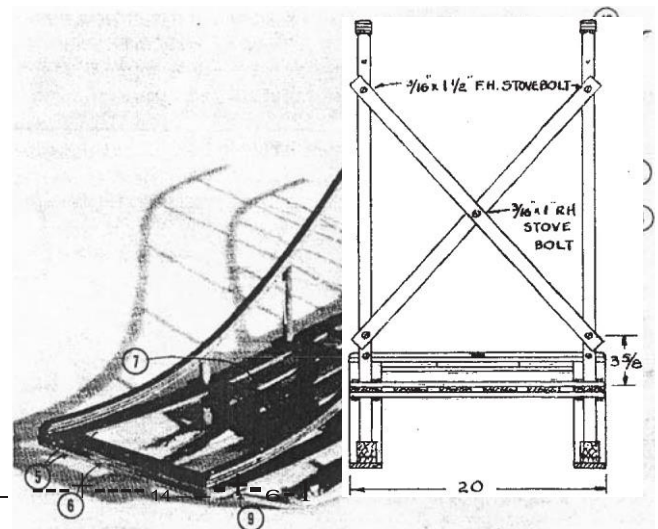
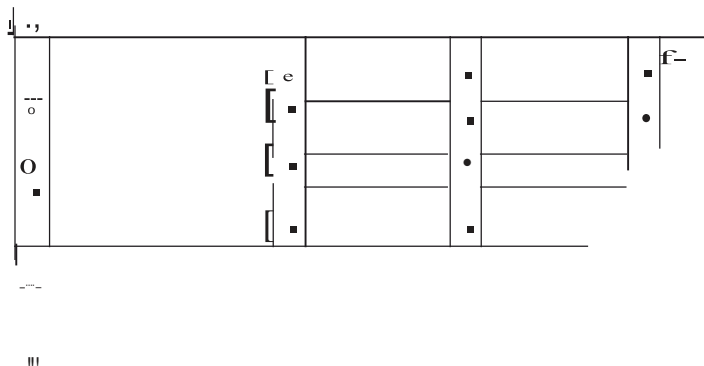
Make simple wood jig. Clamp in place to drill $7/64$ " holes in posts, for nail-pin drive tit.

Clamp cross tails and side rails-in pairs to bore 1" postholes. See text. Mark slashes on sides of pairs so you can align them.

Close-up of construction details of front end of sled. Note bolts, filler blocks, top post pins rope 1; cing and railing screws.



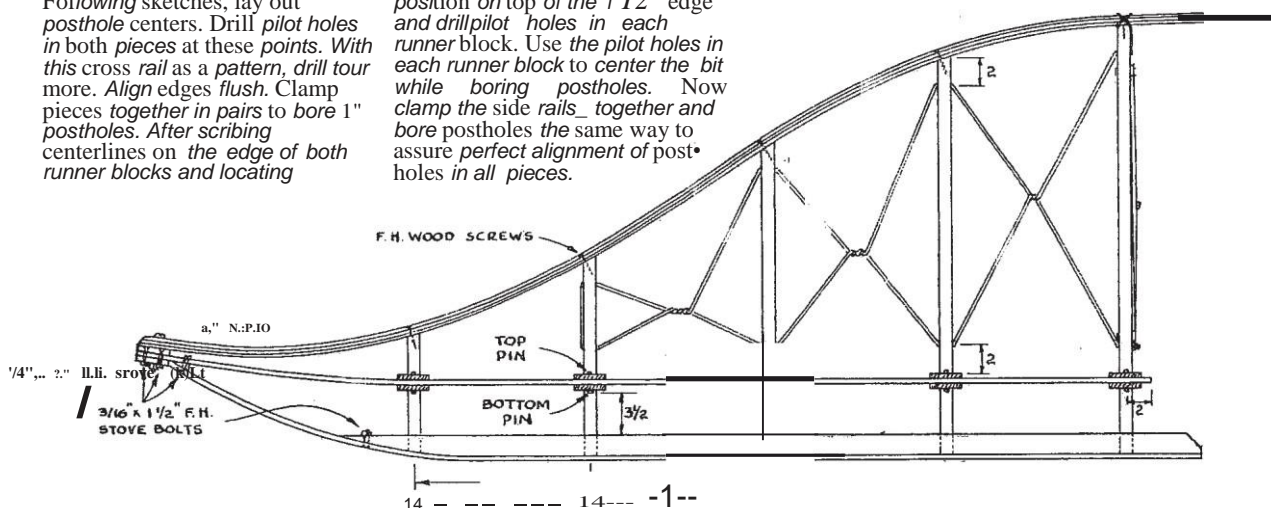
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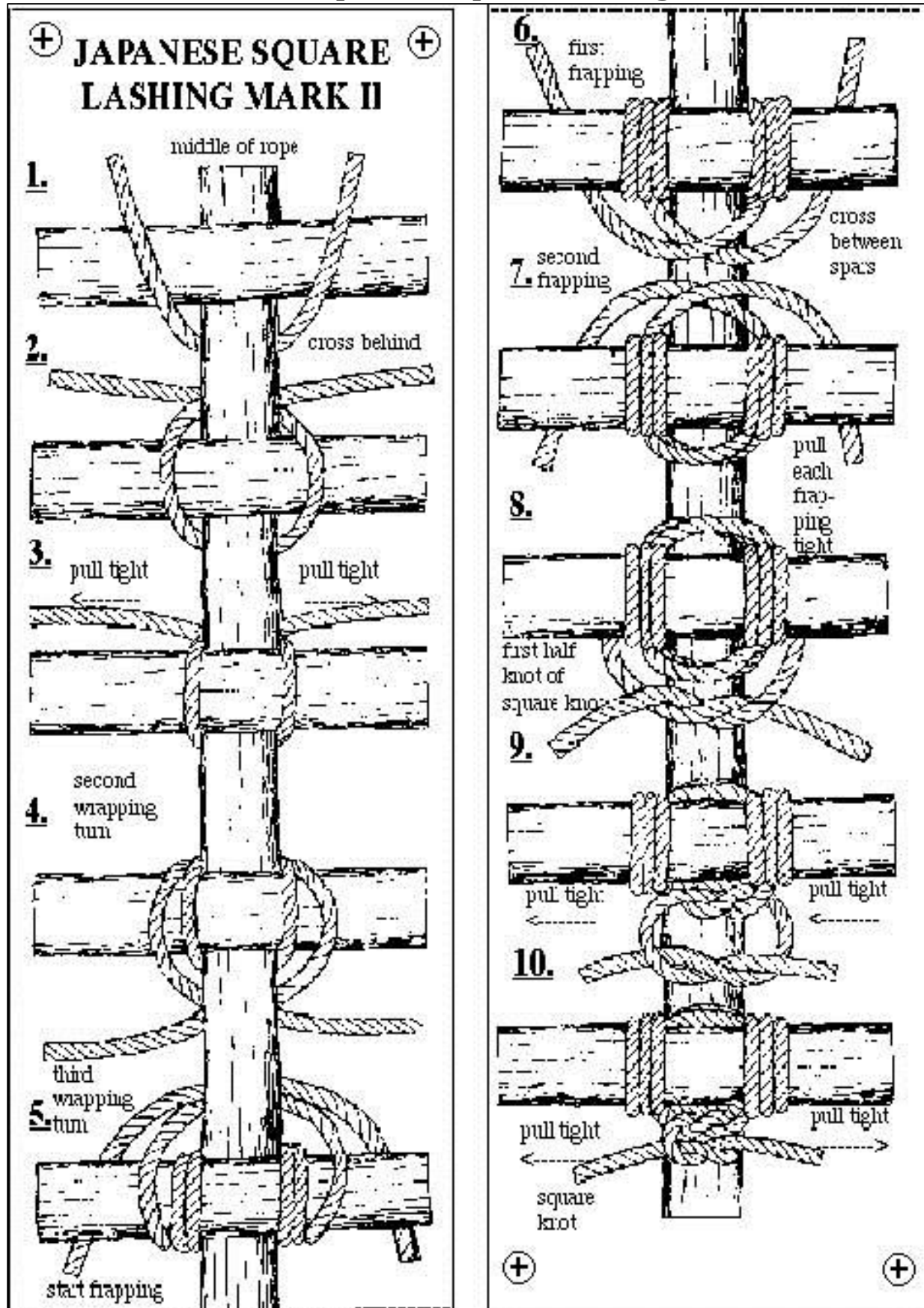
Cut all stock to finished dimensions. Scribe centerlines on ONE side rail and ONE cross rail. Following sketches, lay out posthole centers. Drill pilot holes in both pieces at these points. With this cross rail as a pattern, drill four more. Align edges flush. Clamp pieces together in pairs to bore 1" postholes. After scribing centerlines on the edge of both runner blocks and locating

the last hole in e; ch block as a reference point, clamp the side rail you used as a pattern in position on top of the 1 Y2" edge and drill pilot holes in each runner block. Use the pilot holes in each runner block to center the bit while boring postholes. Now clamp the side rails together and bore postholes the same way to assure perfect alignment of postholes in all pieces.

14 —



Japanese Square Lashing



How to Build a Quinzee

A quinzee is a simple shelter made by hollowing out a big pile of snow. They can take several hours to build, but are an effective way to stay warm when camping in the winter. Here's how to build one.

BUILDING A QUINZEE

Step 1: Shovel a pile of snow into a mound seven to eight feet high and big enough around to hold two people once it is hollowed out. Mix snow of different temperatures to cause it to harden, or "sinter." Flip the snow over so it mixes when you pile it into a mound.

Step 2: Shape the mound into a dome and allow it to sinter for about 90 minutes. Then begin to hollow out the mound. Dig a small entrance on the downhill side. Smooth out the walls and ceiling. The walls should be one to two feet thick. Poke measuring sticks through from the outside of the mound, so you will know to stop hollowing out the inside when you see the ends of the sticks. Hollow the shelter out from the top down.

Step 3: Use the last foot of snow to make elevated snowbeds. Dig a narrow trench between the beds all the way to the ground. This allows cold air to flow down and out of the quinzee. Poke a small ventilation hole near the top of the dome.

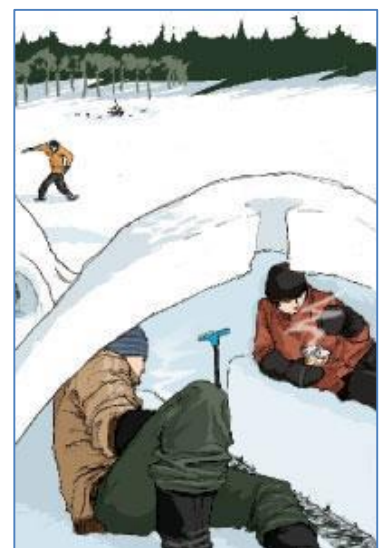
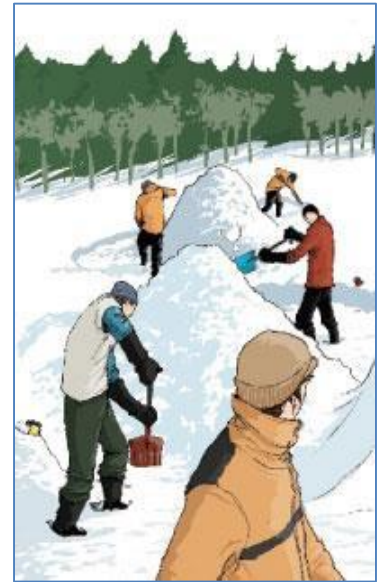
Step 4: Building a quinzee will make you sweat. Prevent hypothermia by changing into warm dry clothes after you finish building your shelter.

Make sure you mark your entrance in case it gets covered with snow while you are away having fun. Keep a small shovel inside in case you need to dig your way out.

WINTER CAMPING TIPS

- If you have to visit the latrine in the middle of the night, eat a snack afterward to 1
- Jell-O gelatin mix makes a great hot drink. Store Jell-O powder in refillable backpacking tubes and add it to hot water. Try cherry Jell-O in instant hot chocolate!
- Eat your meals from their packages. Vacuum-sealed meals and packages of oatmeal can be opened and used as "bowls." If you don't rip the top off completely, you'll have only one piece of trash to dispose of.
- Bury your water jugs in a snowdrift. The snow insulates the water and keeps it from freezing.

Boy's Life, January 2006



2018 Bluenose Theme

WINTER OLYMPICS

Origins of the Olympic Winter Games

The first organized international competition involving winter [sports](#) was introduced just five years after the birth of the modern Olympics in 1896. This competition, the [Nordic Games](#), included only athletes from the Scandinavian countries and was held quadrennially in Sweden, beginning in 1901. Figure skating was included in the Olympics for the first time in the 1908 Summer Games in [London](#), although the skating competition was not actually held until October, some three months after the other events were over.

In 1911 Count Eugenio Brunetta d'Usseaux, a member of the [International Olympic Committee](#) (IOC) from [Italy](#), suggested that Sweden should either include winter sports in the 1912 Olympics in [Stockholm](#) or stage a separate Winter Olympics in the same year. Sweden, concerned that such a move would jeopardize the Nordic Games, refused. Germany supported plans to stage a competition of winter events in early 1916 as part of the Games of the VI Olympiad scheduled for [Berlin](#) later that year. The outbreak of [World War I](#) in 1914 caused the cancellation of the Berlin Olympics and made the question of Winter Games moot.

At the 1920 Olympics in Antwerp, Belgium, athletes competed for medals in figure skating and [ice hockey](#), despite continuing protests from the Scandinavian countries. Nordic nations dominated the figure-skating events. Swedish skaters Magda Julin and [Gillis Grafström](#) won the women's and men's singles competitions, respectively, while Ludovika Jakobsson and Walter Jakobsson of Finland won the pairs. Another Swedish skater, Svea Norén, won the silver in women's singles, while Norwegians captured silver in the men's and pairs events, as well as the bronze in the men's singles. Only the British team and American Theresa Weld, who won the bronze medals in pairs and women's singles, respectively, prevented a Scandinavian sweep. [Canada](#) captured the gold medal in ice hockey, with the [United States](#) winning silver and Czechoslovakia finishing with the bronze.

Two years later an agreement was reached to celebrate an IOC-sanctioned International Winter Sports Week. It was held in Chamonix, [France](#), from Jan. 25 to Feb. 4, 1924, and was a huge success. [Norway](#) topped the medals table with a total of 17, and the Scandinavian countries, which altogether captured 28 of the 43 medals awarded, dropped their previous objections. The following year the IOC altered its charter to create a separate Winter Olympics. The Games staged in St. Moritz, [Switzerland](#), in 1928 were formally designated the second Winter Olympics.

From 1928 the Winter Games were held every four years in the same calendar year as the Summer Games. In 1986 IOC officials, in response to concerns over the increasing cost and logistic complications of the Olympics, voted to alter the schedule. Only two years separated the 1992 Winter Olympics in Albertville, France, and the 1994 Games in [Lillehammer](#), Norway. Thereafter, the Winter and Summer Games were each held quadrennially, alternating in even-numbered years.

<https://www.britannica.com/sports/Origins-of-the-Olympic-Winter-Games>

ONTEORA BLUENOSE 2018

WINTER OLYMPICS

February 17 – 19, 2018

AGENDA

Saturday:

Check In	8:00 am – NOON
Campsite Set-up	Til you're set-up
Bluenose Activities.....	Til you've finished them
Have Fun.....	Continuous!
Lunch.....	When you're hungry
Bluenose Activities.....	Til you've finished them
Snowshoe hike	Register at Check-in
On Golden Pond Cooking Contest	5:45 pm
Bring finished meals to Otter Shelter	
Dinner.....	When you're hungry
Interfaith Services.....	7:00 pm
Campfire Skits and Songs.....	Immediately following services
Cracker Barrel.....	Immediately following Campfire
Sledding.....	Til lights out
Lights Out.....	11:00 pm

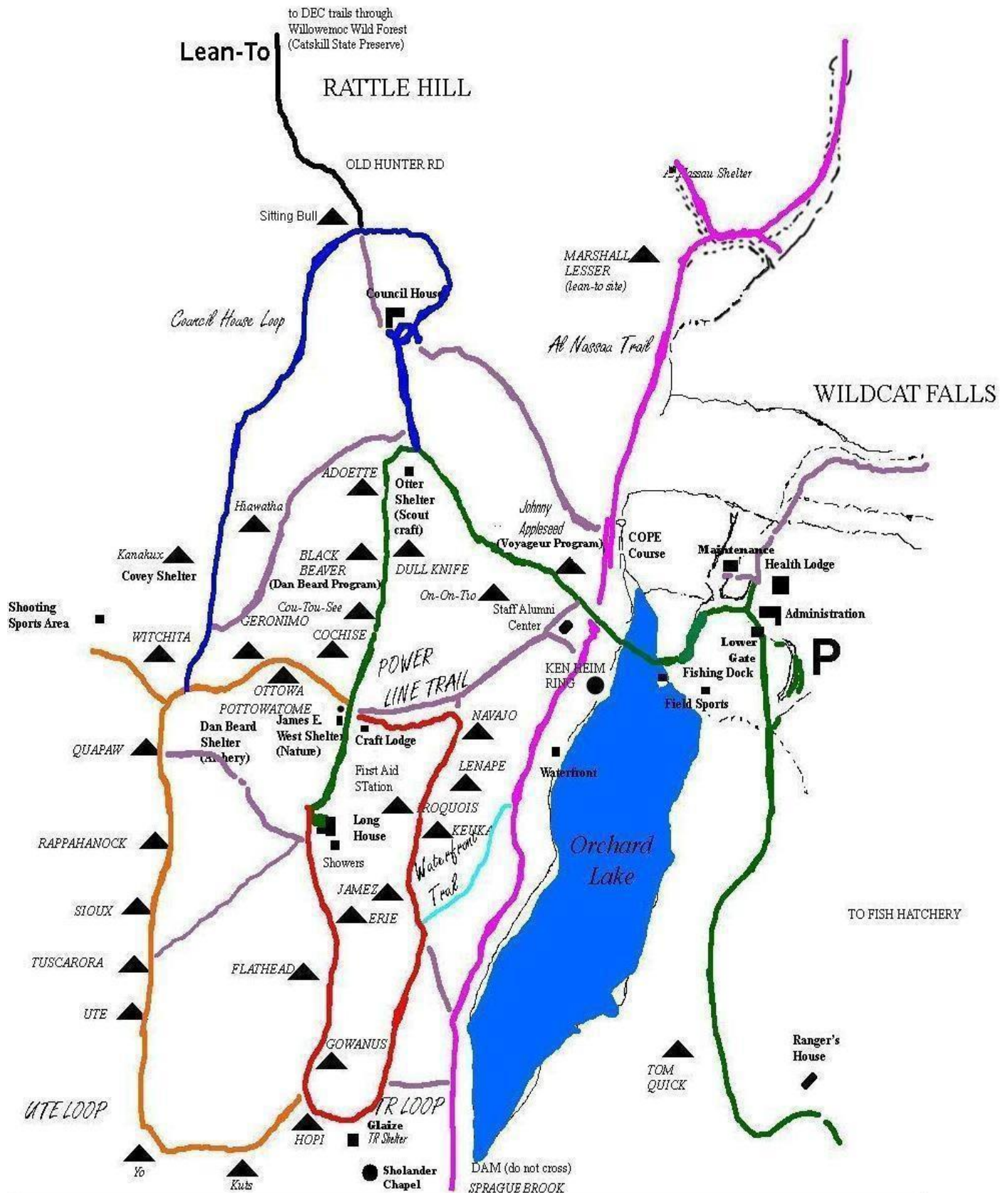
Sunday

Breakfast.....	When you're hungry
Klondike.....	9:00 am at the Council House
Bluenose Activities.....	Til you've finished
Have Fun.....	Continuous
Lunch.....	When you're hungry
Igloo/Snow Sculpture Judging	Starting at 3:00 pm
Snowshoe hike	After Klondike
Scout Cooking Contest.....	5:45 pm
Bring finished meals to Otter Shelter	
Dinner.....	When you're hungry
Cracker Barrel.....	7:00 pm
Sledding.....	Til lights out
Lights Out.....	11:00 pm

Monday

Break Camp.....	Til you're done
Checkout.....	9:00 – 11:00 am

Map



Onondaga Scout Reservation
Theodore Roosevelt Council
Livingston Manor, NY

Not to Scale

FAQ

1. Q: Should I bring water in containers as we have done in the past?
A: No, at Onteora we now have a year-round spigot in the parade field; you need to bring water containers.
2. Q: Can we drive to our campsite and unload our vehicles?
A: No, this is a High Adventure experience. Car camping or dropping your equipment off is not part of the High Adventure experience.
3. Q: Do we need a roster?
A: Yes. Upon arrival, your unit leader and SPL or Crew President needs to report to the Admin. Building and register and present your roster and medical forms.
4. Q: What time is check in and check out?
A: Check-in is Saturday morning beginning at 8:00AM
Checkout is Monday morning by 11:30 AM.
Check-in and checkout take place in the Administration Building
No one is allowed to arrive on Friday.
5. Q: When do we pick up our Dog Patches?
A: Upon checking out on Monday.
6. Q: What is the program?
A: Klondike activities are Sunday morning. Meet at the Long House at 9:00 AM.
Igloo building and Snow Sculpture are throughout Saturday and Sunday to be completed for judging by 3:00 PM Sunday.
The Search clues are given at Cracker Barrel Saturday evening and the object needs to be presented at Sunday's Cracker Barrel.
The Best Sled is judged at the Klondike activities.
The adult cooking contest, On Golden Pond, is Saturday evening at Otter Shelter at 5:30 pm.
The youth cooking contest is Sunday evening at Otter Shelter at 5:30 pm.
The Best Photo is throughout the weekend and photos need to be submitted to Dave Barkstedt **no later** than March 1st. E-mail: dave@eliteconsultantsinc.com.

