

Hellooooooooooooo Ft Vancouver!

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Roundtable- this Thursday, Jan 10<sup>th</sup>, 7pm at the Vancouver First Church of God (Kingsway HS Cafeteria), 3300 NE 78<sup>th</sup> St, Vancouver WA

All leaders are invited! What to do at roundtable?

- Pick up the latest and greatest info from district and council about upcoming events
- Clear a charter from discrepancy
- Turn in an FOS goal and/or date for your pack, troop or ward
- Attend a leader specific breakout for cub leaders, boy scout leaders, varsity/venture leaders
- Order of the Arrow chapter meeting
- Sign up for the spring candy/meatstick sale
- Enjoy great fellowship with other scout leaders
- Need something from the council office or scout shop? DE Kate (aka Super FedEx Girl- just need a mask and a cape!) can bring it to roundtable for you. Get your request in by 2pm on Roundtable day and bring exact change for stuff from the scout shop.

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Kate's Learning Curve- New Year's Resolutions

Last year about this time, I encouraged everyone to join me on the ScoutStrong/PALA challenge (you can find more info on it at <http://www.scouting.org/SCOUTStrongPALA.aspx>). Part of the challenge includes at least 5 days of exercise/week for six out of eight weeks, and paying attention to a new nutritional goal each week as well. It took me 6 or 7 attempts, but I finally made it through the challenge- and got it properly logged- this last fall. I also survived my goal of completing a half marathon and managed to sneak one more in there by submitting some beadwork to the Clark County Fair for the first time. I haven't yet gotten my weight back to pre-baby levels, but there's always got to be another challenge, right? (A good friend once told me that you can call some weight "baby weight" until you get pregnant with your next child. Since we're happy with two munchkins, I figure the pressure is off for at least a little while... right?)

This year, my personal resolutions include drinking enough water, logging in 1.5 million meters on my rowing machine, and submitting more beadwork at the fair.

At the office we are in the process of setting resolutions too- though corporate speak calls them "SMART Goals". As a team, we're focusing on offering the scouting program to more youth and ensuring that we're fiscally sustainable. We're also looking at work processes that improve our listening skills and ensure that we continue to improve our customer service.

Goal setting is an important part of the Scout program. Younger scouts can set short term goals- finish a rank, earn a badge, and do so many hours of community service. Older scouts can plan a little further into the future- setting goals for their eagle project, eagle rank and life beyond the badges.

The ability to understand how what we do today affects where we are tomorrow is kind of abstract, and the scouting program offers many chances for boys and young men and women to see that cause and effect.

Many thanks to all of you for your time, mentoring, and care for the youth who are figuring this process out! If you have a story to share regarding a "light bulb moment" for one of our scouts, please do pass it along. It would be fun to share some of them with the district in a future Learning Curve.

Warmest regards to all,

Kate Benson