

# **2008 Winter Freezeree**



**Ohwahnasee District  
&  
Trailblazer District  
Mid America Council, B.S.A.**

**January 25-27, 2008**

**Little Sioux Scout Ranch**

**Schedule:****Friday**

- 5:00 – 8:00 pm Check-in at Main Lodge and set up camp  
Turn in Troop roster, show current health forms and show tour permit.
- 8:30 pm O.A. Fun night in East shelter
- 10:30 pm Lights out.

**Saturday**

- 7:00 am Reveille
- 7:30 – 9:00 am Troop Breakfast
- 7:30 – 8:30 am Late check-in
- 8:30 am Scoutmaster & SPL meeting at main lodge.
- 9:00 am Flag Ceremony
- 9:10 – 11:30 am Activities
- 11:30 – 1:00 pm Troop Lunch
- 1:00 – 4:00 pm Activities
- 4:00 pm Flag Retreat  
Activity cards due in at Headquarters
- 4:00 – 5:30 pm Free Time
- 5:30 – 6:15 pm Dinner (Group B)
- 6:15 – 7:00 pm Dinner (Group A)
- 7:30 – 8:00 pm A Scout is Reverent – Worship service
- 8:00 pm Campfire & Awards
- 9:00 pm Crackerbarrel
- 10:30 pm Lights Out

**Sunday**

- 7:00 am Reveille
- 7:30 – 8:30 am Breakfast at Headquarters
- 8:30 – 10:00 am Strike camp and checkout at Headquarters
- 10:00 am Camp Closed

Trailblazer 2008  
Winter Freezeree  
Unit Registration Form



January 25-27, 2008 at Little Sioux Scout Ranch

Troop # \_\_\_\_\_

Scoutmaster \_\_\_\_\_

Phone # \_\_\_\_\_

Email \_\_\_\_\_

Registration Fees

By January 8, 2008

Total Youth \_\_\_\_\_ @ \$15.00      \$ \_\_\_\_\_

Total Adult \_\_\_\_\_ @ \$15.00      \$ \_\_\_\_\_

After January 8, 2008

Total Youth \_\_\_\_\_ @ \$18.00      \$ \_\_\_\_\_

Total Adult \_\_\_\_\_ @ \$18.00      \$ \_\_\_\_\_

Total Paid \$ \_\_\_\_\_

NOTE: Fees include the Camporee, participant patch for each scout and two meals for the weekend. **Please turn in Unit Registration Forms and fees at the January Roundtable or mail to Deb Gochenour 901 E. Sunnyside Missouri Valley, Ia 51555.**

All troops are responsible for carrying a current medical form for all scouts. All troops are responsible for filling a tour permit with Scouter Services at the Durham Scout Center. No troop will be allowed at the Freezeree without a completed roster.

Questions? Contact Shawn Stiefel at (712) 887-0105 or [scstiefel@mchsi.com](mailto:scstiefel@mchsi.com)

## **Important Information**

### **Registration & Fees**

Registration is open to all Boy Scouts, Explorers and Venture Crews for the entire weekend. Registration includes access to all events, Saturday dinner, Sunday breakfast and a freezereec patch. The cost is \$15.00 per person if paid by the January roundtable, \$18.00 after. Units will receive a participation ribbon for all who participate.

### **Tour Permits & Health Forms**

Tour permits and current health forms **MUST** accompany all units to the campout. They will be verified at check-in.

### **Parking**

All vehicles must be parked on the road at all times.

### **Check-in Procedure**

If your unit plans on camping Friday night please arrive between 5:00 – 8:00 pm or 7:30 – 8:30am on Saturday. Registration will be at the main lodge. Please have your tour permits and health forms for verification and turn in your unit's roster at that time.

### **Meals & Restrooms**

Saturday dinner and Sunday breakfast are provided as a part of the camporee fees. Water and restroom facilities are located throughout the camp. Restrooms in the Headquarters are for staff and leaders only.

### **Freezereec Headquarters**

The headquarters for this event will be in the main lodge. All leaders meetings, administrative, program and health needs will be handled at the headquarters. The headquarters will be staffed 24 hours a day during the event in case of an emergency.

### **Activities**

Fire Building on Ice	Snow Sculptures
Klondike Sled Race	Winter Shelters
Fishing Contest (bring your supplies)	Patrol Desert Cook Off

### **Desert Cook Off**

Have your best cooks prepare the winning dish for the evening meal. Entries will be served "pot-luck" style with the evening meal. Patrol deserts needs to be able to feed the entire patrol plus two. Please have your deserts ready to turn in when you arrive for the evening meal.

### **Patch Design Contest**

Have your scouts design a patch to be entered into the contest. One winner will be chosen at the freezeree and be put into production. The winner will receive a framed copy of the patch for their collection. Patches will be distributed after the freezeree.

### **Check-Out Procedures**

The freezeree staff will be located in the headquarters for check-out. Remember a scout is clean, please police your campsite and leave it better then when you arrived.

### **Camporee Staff**

Camporee Director	Shawn Stiefel	(712) 887-0105	<a href="mailto:scstiefel@mchsi.com">scstiefel@mchsi.com</a>
Program Director	OA Chapter Chiefs		
Program Staff	OA members		
Medical Staff	Doug McLaws		
Cooks	Jon Cates, Joe Thomas, Deb Gochenour		

Please feel free to contact us with any questions you may have.

### **Menu**

Saturday Dinner	Pasta Dish
Sunday Breakfast	Mountain Man

**“Be Prepared” for winter safety – Don’t Get Left Out in the Cold**

The most common errors people make during cold weather activities include not eating the right kind of foods, not drinking enough water, not having adequate clothing and being unaware of the signs of frostbite. One of the best ways to remember what is appropriate to eat when you are spending extended periods of time, outside, in cold weather is to use good nutrition to “build the fire within”. Make sure your food consumption includes sugars, carbohydrates and proteins, and fats that produce the energy needed to keep your body running at peak performance. Stay away from caffeinated drinks such as soda, coffee and teas; drink plenty of water to keep yourself properly hydrated.

**TOP OUTDOOR SAFETY TIPS FOR THE C-O-L-D**

Keeping warm is the most important part of cold weather camping and outdoor activities. Use the C-O-L-D method to stay warm.

**C – Clean**

Since insulation is only effective when heat is trapped by dead air spaces, keep your layers clean and fluffy. Dirt, grime and perspiration can mat down those air spaces and reduce the warmth of a garment.

**O – Overheating**

Avoid overheating by adjusting the layers of your clothing to meet the outside temperature and the exertions of your activities. Stay hydrated by drinking plenty of water.

**L – Loose Layers**

A steady flow of warm blood is essential to keep all parts of your body heated. Wear several loosely fitting layers of clothing and footgear that will allow maximum insulation without impeding your circulation. Always have and wear a hat.

**D – Dry**

Sweaty, damp clothing and skin can cause your body to cool quickly, possibly leading to frostbite and hypothermia. Keep dry by avoiding clothes that absorb moisture. Always brush away snow on your clothes before you enter a heated area. Keep clothing around your neck loosened so that body heat and moisture can escape instead of soaking through your layers. Keep your socks and change often if necessary.

# Unit Roster

(This form must be turned in at registration)

Unit \_\_\_\_\_

District \_\_\_\_\_

Scoutmaster \_\_\_\_\_

Scouts (youth) and scouters (adult) attending.

	Name (Last, First)	Position	Health Form Current
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			
20.			
21.			
22.			