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**Troop 805**  
Danville, CA 94526  
USA

# Troop Tidings

## SPL and PL Election Results

The semi-annual Leadership elections were held on **November 9**. Leadership roles can be found on the Troop Website at:



<http://www.troop805.org/Resources/jtjobs.html>

The new Leaders for the Troop are as follows:

<b>SPL</b>	Jon Angle
<b>ASPLs</b>	Mike Isaeff, Chris Oki
<b>Quartermaster</b>	Robert Meyer
<b>Historian</b>	Brian Perry
<b>Scribe</b>	Chris Ling
<b>Chaplain's Aide</b>	Will Valdriz
<b>OA Rep.</b>	Nick Ricart
<b>Librarian</b>	Trevor Wolfe
<b>Instructor</b>	JT Moranski

The new Patrol Leaders and Assistant Patrol Leaders are:

<b>Cobras</b>	Colin Garavaglia / Adam Hillyer
<b>Eagles</b>	JT Moranski / Robert Meyer
<b>Badgers</b>	Nick Ricart / Tom Valdriz
<b>Patrol X</b>	Mike Isaeff / Will Valdriz
<b>Phoenix</b>	Chris Ramirez / Curtis Liu

## Recruiting Update

*By Jeanne Lee*

The Webelos that came to visit for one of our Open House Events will shortly be contacted by scouts in our Troop. We will be starting a “Family” recruiting effort to recruit not only the Webelos scout, but also his family too. Also, scouts you can help your troop by recruiting your friends to join!

## Parent Meeting Minutes

*By Ed Angle*

**November 16, 2004**

- o Attendees: Octavio Ricart, Albert Lee, Greg Moranski, June Liu, Lori Wolfe, Karla Angle, Ed Angle, Lynn Lawton, Nora Perry, Steve Oki
- o The troop needs to be re-chartered for 2005. Octavio will canvas all of the boys and parents to bring our databases up-to-date as part of the re-chartering process. This will help the troop in filling out accurate permission slips for future outings.
- o After a brief discussion, Steve Oki moved that Adult Leaders pay for their own registration fees, which is a nominal \$10 or so. The motion passed.

- New parent committee leadership positions were announced:
  - ❖ **Committee Chair:**  
Octavio Ricart
  - ❖ **DB Maintenance:**  
Greg Moranski
  - ❖ **Secretary/Newsletter:**  
Ed Angle
  - ❖ **Advancement:**  
Lori Wolfe
  - ❖ **Treasurer:** Open
  - ❖ **Eagle Court Liaison(s):**  
June Liu / Karla Angle
- There is a need for a new Treasurer – Parents! It’s time to volunteer your time to support the Troop.
- The current balance is \$6,089. Dues will remain the same for next year, \$150. eScrip™ is still needed to help maintain a bank balance of \$7,000.
- Chris Oki has prepared a list of needed books for the Troop library. Trevor Wolfe, the new librarian, will follow through on obtaining the new books.
- The time of the PLC meetings has been changed again. The troop will revert to its previous arrangement, holding a separate PLC meeting at the end of each month.
- The next Court of Honor will be January 11, and will be catered by Baja Fresh. Cost will be \$7.50/person. RSVPs, along with payment will be collected prior to the event. Reservation forms will be sent out before the event.

- There was a discussion regarding parent participation on outings. Robert Davis will register for Philmont for 2006, but another adult will have to take charge of this event since Robert will not be participating in the 2006 adventure. The Troop pays the expenses for adult participants for these major outings, and the expectation is that those adults will also participate in the shorter weekend outings.
- Recruiting: Jeanne Lee said that two new scouts have joined the troop. Fourteen boys visited the two Open Houses. Currently there are about 35 boys in the troop, and this is the prime recruiting season. JT Moranski has been very active in visiting Cub Scouts Packs for recruiting purposes. There will be an effort to build a history of the troop, which has an outstanding record of Eagle Scout achievement.
- Meeting adjourned at 8:30.

## Bike Hike – January 8, 2005

*By Jeanne Lee*



Mark this date on your calendar, for the 10 mile bike hike to Baskin Robbins in Alamo. This is an easy ride on the Iron Horse Trail. Bring your bike, water and some money for ice cream. This is always a really fun event, come and show your Troop and Scout Spirit to the Webelos!

## This Month's Activities – Community Service

*by C. Ling*

**December 7 – Troop Meeting**  
**7:15 – 8:30 pm**  
**Sycamore Elementary MPR**

*Activity: Preparations & planning for the Year End holiday party.*

**December 11/12 – Bowling & Rock Climbing**  
**Davis, CA**

*Organized by our Badger Patrol -- An opportunity for FUN and to work on the Climbing MB. This event includes both bowling and a lock-in at Rocknasium in Davis, Ca. **Permissions slip deadline: November 30** – to Mr. Meyer*

**December 14 – Holiday Party & Toys for Tots**  
**7:15 – 8:30 pm**  
**Sycamore Elementary MPR**

*Activity: Talent Show, & Pot-luck Desserts*

**Bring:**

- ❖ *Unwrapped toy for "Toys for Tots" collection*
- ❖ *Wrapped \$5 item for scout Gift Exchange*
- ❖ *Dessert items*
- ❖ *Parents*

**December 21 & 28**  
**NO Troop Meeting**  
**Winter Holiday Break**

For more details of any of these activities see your Patrol Leader or SPL.

# Annual Ski Trip Is Coming Soon!

By Albert Lee



It's that time of year to break out the winter gear and think snow! Mark

your calendars for the annual Troop 805 ski trip on the weekend of January 21-23, 2005. We'll be heading up to the Bear Valley Ski Area and staying at a cabin in Dorrington (about 30 miles from Bear Valley). This trip is a great opportunity to spend a fun day skiing with your friends. Parents, you're also welcome to participate in this weekend ski trip.

To help you in your planning and decision, here is some key info on this trip (more detailed information will be provided on this trip's permission slip):

- Leaving Danville on Friday Evening (about 4:30 pm)
- Returning to Danville about mid-afternoon on Sunday (January 23)
- Limited to a maximum of 20 participants
- Scouts that are 12 or younger must be accompanied by a parent/guardian
- Dinner and Breakfasts at the cabin will be provided (Friday dinner and meals at the ski area will be the scout's responsibility)

As with all trips to the snow, remember to dress in layers to stay comfortable. A base layer against your skin to "wick" the moisture

away, two "warmth" layers (for the upper body), and an "outer" layer that is water resistant (you can enhance this layer by spraying on a fresh coat of "durable water repellent") or "breathable" (e.g. REI's Elements, Marmot PreCip, Columbia's Entrant, GoreTex, etc.). Wearing two "thinner warmth" layers instead of one "thick warmth" layer allows the individual to:

- Adjust the amount of clothing worn to suit the level of exertion, weather, etc.
- Have an additional layer for moisture protection (such as water seeping through the "outer" layer).

## Let's Talk Rain Gear – II

### The Importance of Base Layers and Layering in Cold Weather

By Jeanne Lee

The base layers of today are nothing like the cotton thermal long underwear of the late 1970's. Today's base layers are light weight, warmer and have moisture wicking capabilities that help keep today's active sportsmen warm and dry.

Base layers wick moisture off your skin and add an extra layer of comfort between you and the outside world. You can wear them under an insulation layer or shell, or if it is warm enough, by themselves. And at night, they make great night clothing, whether you are snuggled up in a down sleeping bag, or are sleeping between satin sheets.

Ideally base layers should wick sweat away from your skin, keeping you cool and dry. One way of achieving

the wicking property of the fabric is by constructing the fabric from 100% knitted polyester incorporating Denier Gradient Technology (DGT). Coarse yarns are knitted on the inner face of the fabric with finer yarns knitted on the outside of the fabric. This combination of coarse and fine yarns creates a denier gradient, which exerts a capillary pull on moisture from the inside to the outside of the fabric. DGT also vastly increases the surface area of the fabric which accelerates wicking and evaporation so garments dry very quickly. DGT is a physical property of the fabric so it will not wash out with time.

Effective layering ensures high-performance comfort for winter sports by keeping you dry, warm, and



protected from the elements. With pieces that can be added or removed as needed, you can weather fast-changing winter conditions or tailor

your apparel to your activity level. Remember to dress for the coldest or most extreme weather you anticipate.

### The importance of layering

Dressing properly for winter sports means dressing in layers that will work to keep you dry, warm and protected under a variety of conditions

When you layer, you can take off or put on pieces as needed allowing you to be prepared for fast changing winter weather conditions, or tailor what you're wearing to your activity levels

The best layering system for winter sports activities consists of three layers:

- Layer one: long underwear/base layer

- Layer two: insulating tops & pants
- Layer three: outerwear

**Layer one: long underwear/base layer**

Tops and pants in the base layer function mainly to keep you dry and maintain body temperature. By helping perspiration evaporate quickly, this layer prevents heat escape and chafing, allowing you to be outdoors longer in comfort. Long underwear also contributes to overall warmth.

**Styles**

A crew neck, long-sleeved pullover and long pants, both with ribbed cuffs to keep out the cold, is the most popular choice. Other styles, including short-sleeve tops and short-length bottoms, are available for different activity and anatomical demands.

**Fit**

Base layer garments should graze the skin without restricting movement

Look to achieve a fit that is loose enough to allow freedom of motion, but not so loose that there is little contact with the skin for moisture control. Base layer garments for winter sports activities should fit close to the body to absorb moisture most effectively

It's generally best to stick to your normal apparel size. Too-tight garments will restrict your movement. Too loose garments can bunch or chafe

**Functional requirements**

Comfort is the key for the base layer. These garments should be soft, moisture wicking, and gently warming.

- **Softness**  
Advances in fabric and fiber technology mean that softness is no longer a luxury, but a functional requirement of good long underwear

- **Moisture wicking**  
Your long underwear should wick perspiration away from the body to the surface of the garment to evaporate. The high-energy, high-perspiration nature of many winter sports makes this property particularly important.

When you wear long underwear with moisture-wicking properties, you create a soft, dry layer between the skin and the insulating layer

Thermal properties and fabric weight

The weight or bulk of the garment's fabric is related to the amount of warmth it provides

Most winter sports enthusiasts prefer long underwear that is light- to mid-weight

- **Anti-bacterial/Anti-microbial**  
Though not a requirement in base layer garments, anti-bacterial/ anti-microbial treatments are a good idea if you plan to wear the garment several times between washes

These treatments make garments resistant to odor-causing bacteria, microbes, mildews, and molds. They are designed to extend the life of the fabric, not to maintain hygienic cleanliness.

Some Base Layer fabrics are impregnated with anti-bacterial treatment. This prevents the bacteria that produce body odor from developing in the fabric

# Next Month's Preview – Snow Sports

by C. Ling

**January 4 – Troop Meeting  
7:15 – 8:30 pm**

**Sycamore Elementary MPR**

*Activity: Bike Safety & Hike Prep.*

**January 8 – 10 Mile Bike Hike  
Iron Horse Trail**

*A 10 mile bike hike from Danville to Alamo. Webelos/Scout outing.*

**Permissions slip deadline:**

**January 4 – to Mrs. Lee**

**January 11 – Troop Court of Honor  
7:15 – 8:30 pm**

**Sycamore Elementary MPR**

*Celebrate the accomplishments and successes of the Troop.*

**January 18 – Troop Meeting & Parent Meeting  
7:15 – 8:30 pm**

**Sycamore Elementary MPR**

*Activity: Snow Camping Prep.*

**January 21-23 – Annual Ski Trip  
Dorrington, CA**

*Organized by our Dragon Patrol – this is our annual ski trip.*

**Permissions slip deadline:**

**January 11 – to Mr. Lee**

**January 25 – PLC  
7:15 – 8:30 pm**

**Sycamore Elementary MPR**

*The planning meeting for February / March activities. Mandatory attendance for Patrol Leaders and key Junior Leadership staff.*

For more details of any of these activities see your Patrol Leader or SPL.

when the garments are worn for prolonged periods.

### Materials

Polyester and other synthetics

Man-made fabrics are often the best choice for long underwear, since they offer a combination of moisture management, softness, and thermal properties

Polyester is the most common base layer material, because of its excellent wicking ability. It is used in several branded fabrics designed to manage moisture.

A similarly constructed, completely non-allergenic fabric, Polypropylene, is also available for those with sensitive skin. Polypropylene has one draw back, it retains odor.

- **Silk**  
Used especially in lightweight pieces, silk is a soft, strong, and naturally wicking fiber

Sometimes treated to enhance moisture wicking

- **Wool**  
Like silk, wool is naturally moisture wicking

Though it can be too heavy for some activity levels, it is also very soft and durable

- **Cotton**  
Warm, soft and comfortable as cotton feels, cotton is not the best fabric for base layer garments. It tends to absorb and hold moisture creating an uncomfortable, chaffing layer next to the skin.

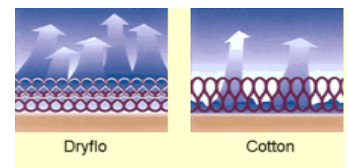
- **Blends**  
Some long underwear is made using fabric blends. Make sure the garments you choose are

made of blends that wicks moisture.

Some of the commonly known synthetics used in base layers are listed below:

- **Polartec 100** is the lightest Polartec fleece fabric. It can be worn alone in a hike during warm weather or as a base- or mid-layer in any season.
- **Polartec Powerstretch** is ideal for next to the skin use and as an intermediate layer. The outer face is a low pile nylon jersey and the inner is low pile polyester velour. Lycra provides 60% stretch across the length and width for a close fit. The inner pile is treated with a wicking anti-microbial finish to move the moisture away from the body and prevent the build up of odor. Powerstretch is easy care, machine washable and quick drying.
- **CoolMax Alta** is made by DuPont and used by The North Face. It is pill-resistant and engineered to combine excellent moisture management with long-wearing comfort. It is natural feeling fabric, it dries faster than other fabrics available, provides unparalleled moisture wicking, and will not pill wash after wash.
- Very light in weight, **Aleutian Micro Grid** is a double velour with a small grid design on the face and a lightly brushed back surface. The open structure and light weight makes Micro Grid very breathable. Wicking performance allows these garments to be worn next to the skin.
- **Dryflo®** is made by Lowe Alpine. It is made from 100%

polyester fibres that are hydrophobic, resulting in a wicking process that does not absorb moisture (unlike cotton), but uses a unique denier gradient system that mechanically transports moisture away from the body. Dryflo®'s open knit construction offers high breathability making it the ultimate choice for wearing under waterproof/breathable garments. Dryflo® is quick drying, giving next to the skin comfort. Dryflo®'s wicking and breathable properties also make a Dryflo® top the ideal shirt in summer. Thermal properties are often a consideration for the consumer. All Dryflo® apparel offer optimum warmth without any adverse effect on the wicking or breathability. There are several types of dryflo, for example Lightweight Dryflo, Fullweight Dryflo, Dryflo Seamless.



Many companies assign a weight to their base layers, such as silkweight, lightweight, midweight, and heavyweight. This is generally used to gauge fabric thickness, and how warm you might expect to be. The selection of fabric weight depends upon how cold you expect it to be, as well as how active you expect to be.

### Layer two: insulating tops & pants

The insulating layer is designed to provide long-wearing, reliable warmth.

## Styles

Most often offered in pull-over styles, this layer includes a variety of tops, sweaters, sweatshirts, and vests

Sweatpants-styled bottoms offer freedom of motion, but all styles should be constructed to provide warmth without binding

Jeans and basic cotton sweats restrict movement and retain moisture. They seem like a convenient solution, but in the long run they compromise comfort

## Fit

These garments should have a loose fit for a full-range of motion, but should not be so baggy that they require a cumbersome jacket or shell to fit comfortably over them

## Functional requirements

- **Warmth**  
Again, the weight of the fabric affects the degree of warmth the garment offers
- **Moisture Wicking**  
In order to maintain the outward travel of perspiration, the insulating layer should also work to wick moisture, picking up where the base layer leaves off
- **Low-bulk**  
Warmth without bulk is important for overall comfort, but particularly for ease of movement in snowboarding  
  
Many new fleece and spun fabrics are designed to optimize warmth without increasing bulk
- **Stretch**  
Materials that offer natural stretch or garments that incorporate spandex/Lycra® offer winter sports enthusiasts the freedom of motion the sport demands

## Materials

- **Fleece**  
Synthetic fleeces, including PolarFleece®, the popular polyester fleece fabrics from Malden Mills, are the most widely used materials for insulating garments  
  
In addition to providing lightweight warmth, they also function to move moisture to the surface  
  
Fleece offers shape retention and easy, machine wash-and-dry care
- **Pile**  
This synthetic fabric has many of the same properties as fleece, including wicking, breath ability, and warmth without bulk, but is made with a more dense construction
- **Wool**  
This fiber naturally offers warmth and moisture wicking  
  
Added warmth means added bulk, which may make this fiber less desirable to some people  
  
Wool is not as easy to care for as fleece or pile
- **Cotton**  
Just as with the base layer, cotton's absorbency makes it an unpopular choice for the insulating layer  
  
Cotton is not recommended as long underwear or base layer garments, because of cotton's tendency to absorb and hold moisture

## Layer three: outerwear

The outer layer composed of jackets, parkas, pants, and sometimes bibs, serves to protect you from wet, windy, and extreme elements. This

layer seals out weather and protects your personal climate.

# Meeting Time Reminder

The schedule for Troop meetings is as follows:



Start: 7:15 pm  
End: 8:30 pm

Please try and be prompt to each meeting, and at the end of the meeting don't forget it is everyone's responsibility to clean up.