

Unique Eagle Scout Project Eases Hospital Stay for Kids

A hospital can be a pretty unpleasant place for anyone who has to be there to have an illness treated. For children, the fear and discomfort associated with a hospital stay can be even worse.

On one floor of the Erlanger Children's Hospital in Chattanooga, Tennessee, children face an especially tough battle: fighting cancer. Nine-year-old Jaiden had spent his share of time there, struggling against not only his cancer, acute lymphoblastic leukemia, but also the frustrating side effects of the chemotherapy he needed. In addition, lesions on his legs made it painful for him to walk to different parts of the hospital for treatment.

So, to help Jaiden and other children at the hospital—many of whom also face serious, life-threatening illnesses—Logan Satterwhite, an Eagle Scout in the Cherokee Area Council, organized a team of volunteers and built “lily pads.” Each pad is a round, wooden pedestal that can be inserted over the base of a rolling IV pole to transform it from a medical necessity into a fun means of transportation for young patients like Jaiden while nurses or family members pull them around.

The pads were invented by Nick Konkler, a teenage cancer patient who designed them for a children's hospital in Washington State before his death in 2015.

For his Eagle project, Logan recruited family members, friends, and local artists who added colorful cartoon characters and bright designs to the lily pads. Altogether they spent 150 hours creating more than a dozen of the pads for the Chattanooga hospital.

“It makes what would be a difficult trip easy for the kids and an enjoyable ride,” Logan told WTVC News Channel 9 in Chattanooga.

Now, whether the kids have to go to a lab or just feel the need for a quick spin, the pads offer moments of fun that haven't

gone unnoticed. “It's very heartwarming just to know that people care and that they're thinking about children who may not otherwise have anything fun to do at the hospital,” Jaiden's mom said on the newscast.

Town Gets First New Eagle Scouts in 40 Years

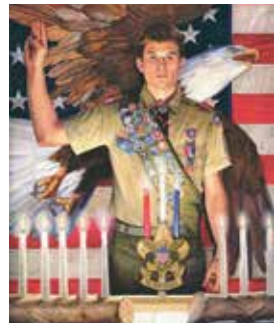
Because the number of Scouts earning the Eagle rank across the country averages more than 50,000 annually, it can be easy to forget that some communities go years, or even decades, without having a new Eagle Scout.

In Nickerson, Kansas, a small town with a population of just over 1,000 people, 40 years had passed since a young man had earned the rank of Eagle Scout. Recently, however, Nickerson got not only one but two new Eagle Scouts within a few months of each other.

Some towns and cities have a wealth of Eagle Scouts each year, meaning there are regular Eagle Scout projects being conducted to support those communities. In Nickerson, the re-emergence of Eagle Scouts has brought much-needed community service.

One of the two new Eagle Scouts had constructed a disc golf course that now provides needed recreational opportunities for people in Nickerson. The other young man installed a community flagpole, giving a welcome boost to patriotism in the community.

Even though both Eagle Scouts have aged out of the program, each has returned to become an assistant Scoutmaster with their troop in the Quivira Council.



Retiree Adventure

Retiree Takes Climate Control Action



Alan Anderson retired in May 2012 after 34 years of service. He began his career as a Scouting professional in St. Cloud, Minnesota, and went on to positions as an Exploring executive in Denver, Colorado; director of field service in St. Paul, Minnesota; and Scout executive in Rockford, Illinois. He served eight years as director of Area 1 in the Central Region before retiring. Alan and his wife, Debbie, live in Northfield, Minnesota, and have two grown children and five grandkids.

As a boy, Alan learned the importance of caring for the environment from his father, who was a country doctor, and his Scoutmaster. “Leave your campsite better than you found it!” was one of many maxims he received and lived.

Soon after retirement, he heard the same message ringing—on a global scale—in a presentation by a National Oceanic and Atmospheric Association (NOAA) oceanographer at the 2012 Nobel Conference on our oceans. Alan believes strongly that ocean acidification, climate change, species extinction, rainforest destruction, plastic pollution in every part of every ocean, and dying coral reefs have made the future not as bright for his and everyone else’s grandchildren than it was for baby boomers. We have not been taking good care of “our

campsite”—this little blue planet floating in space—Alan says.

Alan took an online Massachusetts Institute of Technology college course on “The Science of Climate Change” and put together a PowerPoint presentation on the topic, which was then vetted by a professor of environmental studies at St. Olaf College in Northfield. In 2014, he began offering public education talks on climate change to church, student, and senior groups as well as to service clubs like Rotary. That same year, he chaired a team that organized an all-day climate summit at St. Olaf, attended by 650 people.

Five years and some 120 speaking engagements later, Alan now co-hosts a local radio program, *The KYMN Climate Show*, with a conservative friend, a retired Air Force rocket scientist. In his Rotary Club, he has started a Rotary climate action team that currently has 18 members including a bank president, a college vice president, a hospital CEO, and a number of business people. He recently gave a presentation at the district Rotary convention, and he is working to get climate action teams started in other Rotary Clubs.

Still involved with the Northern Star Council in St. Paul, he feels that his focus ties in perfectly with the values of Scouting and the Sustainability merit badge that the BSA established in 2013.

Alan, who will turn 70 this year, says that staying up to date on the latest science and giving presentations keeps him energized and more motivated than ever to do his part to “leave our campsite better than we found it” ... for children’s sake!

For more information, search Google for “Fourth National Climate Assessment,” an extensive U.S. government report released in November 2018. It was authored by more than 300 scientists in 13 federal agencies including defense, commerce, energy, the NOAA, and more.

Alan can be reached by email at luckyduck49@gmail.com.

Scouting Update

BSA Continues to Protect Youth in Scouting



The Boy Scouts of America has always placed the greatest importance on creating the most secure environment possible for our youth members. To maintain such an environment, the BSA has developed numerous procedural and leadership selection policies.

Therefore, every retiree should be familiar with current official policies governing the BSA's advanced Youth Protection system. Each of us can take great pride in the continuing actions to protect all members of the Boy Scouts of America.

Retirees might sometimes feel that Youth Protection training isn't really necessary for those who are no longer actively involved or in direct contact with youth. The truth, however, is that this training provides valuable information that can be helpful to us every day in caring for all children and youth in our society.

It is vitally important that all retirees understand and maintain membership registration with up-to-date Youth Protection training certification, in order to be good ambassadors for Scouting. Registration and training is easy to accomplish online in the comfort of your home.

Great pride is taken in the quality of our adult leadership. Being a leader in the BSA is a privilege, not a right. High-quality standards for adult leadership in the BSA are imperative for the delivery of the program and the safety of our youth members. The BSA continues to work closely with our chartered organizations to help recruit the best possible leaders for their units.

Something You Should Know:

The current BSA adult application requests background information that is to be checked by the unit committee or the chartered organization before accepting an applicant for unit leadership.

While no screening techniques currently exist that can guarantee identification of every potential child abuser, we can greatly reduce the risk by learning all we can about an applicant for a leadership position—his or her experience with children, why he or she wants to be a Scout leader, and which discipline techniques he or she would use.

Youth Protection training is required for all BSA registered adults and is a joining requirement.

Youth Protection training must be taken every two years. If a volunteer's Youth Protection training record is not current at the time of recharter, the volunteer will not be re-registered.

The BSA regularly convenes leaders from other youth-serving organizations, survivors, and experts from law enforcement, child safety, and other relevant fields, to ensure our policies reflect the most current best practices for keeping children safe.

One practice implemented years ago was the inclusion of personal safety in Scout handbooks and making it part of the required sign-offs for the Cub Scouting and Scouts BSA programs. Earlier this year, the BSA announced a partnership with the Barbara Sinatra Children's Center Foundation (BSCCF) to make this even more helpful for Scouts and their families.

The BSA introduced the "Protect Yourself Rules" videos developed by BSCCF specifically for younger audiences to educate them about how to recognize inappropriate behavior and what to do when confronted with abusive behavior. The program was developed by child advocates, psychologists, and experts and tested at various stages of development with students, teachers, school administrators, parents, and experts in the field of child protection.

Your Questions and Comments

Question

Allen, a 25% discount at Scout shops has always been a benefit to retirees. Recently, at the East Bay Scout Shop in San Leandro, California, I was told that the discount was in their new system and was only 10%. I was also told that I was a part of the Alumni category. To my knowledge, the Alumni category is a separate promotion, and being a retiree is different. Has Supply Division reduced our benefit and, if so, why wasn't the information provided to us? If the 25% discount is still correct, would you ask Supply Division to clarify their policy with their stores?

—Bonnie

Answer

Thank you for your inquiry, Bonnie. I always go to the source to secure the best and most accurate information on any question I receive. I contacted the responsible leadership at the National Supply Division, and I have been informed that the discount in Scout shops for BSA retirees and alumni has always been 10% off retail prices, and this continues to be in effect at all Scout shops. I hope this information is helpful and, again, thank you for asking.

Question

Hi, Allen. The reason for this email is a question concerning veteran status. Earlier this year—I think it was January—I received a letter from our CSE congratulating me on 70-year veteran status. When I received the spring edition of *Now & Then*, my name wasn't listed, so I thought it would be in the summer edition that I just received. It wasn't. I don't want to appear ego-driven, and I know you only publish what you are provided, but I always enjoy seeing the names and the veteran status of so many great professionals



that I have known and worked with. Is my timing off?

—Ron

Answer

Ron, thanks for asking, because it gave me a chance to do a little research that might be helpful

for other retiree veterans, too. Please accept our apology for your name not being listed among the other retirees celebrating 70 years of registered membership in the Boy Scouts of America.

You are correct that you are a registered 70-year veteran of the Boy Scouts of America, and you will be recognized for service to Scouting in the spring *Now & Then* issue to be published in February 2020. Steps have been taken to correct the oversight.

Like you, I, too, enjoy reading names of old friends and associates because the occasion gives us the opportunity to reconnect. Again, congratulations on achieving the 70-year milestone in your Scouting adventure.

To All Retirees:

Remember that *Now & Then* is your publication, designed and produced to serve as the official quarterly BSA retiree communication source.

Your suggestions for topics and stories you would like considered for inclusion in *Now & Then* are encouraged and welcome. Also, your questions regarding the Scouting program and policy issues are always appreciated. Should you have a question or request, but you wish to remain anonymous, please let me know and I will always honor your request.

Thanks for reading!

In Scouting service,

Have a question? Have a concern? Want information?
Send your comments to ASK ALLEN

c/o HR Compensation and Benefits, Boy Scouts of America
1325 West Walnut Hill Lane
P.O. Box 152079
Irving, Texas 75015-2079
Email: bsanowandthen@gmail.com



Allen Mossman is a retired BSA professional with 80 years of Scouting in his background. He retired with 30 years of active service on the national executive staff and serves as the volunteer editor of *Now & Then*.

2019–2020 Retiree Directory Update

Coming soon to a mailbox near you is your very own copy of the *2019–2020 BSA Retiree Directory*. Actually, it should get to you sometime around Thanksgiving, just in time to send holiday greetings to all your retired friends.

Most of us would say that the advantages of being retired are not going to the office on a regular basis and not dealing with staff meetings. The part of our former jobs that we miss the most is the people we were privileged to work with and to know during our careers, and the annual retiree directory gives us all the most up-to-date information regarding our Scouting friends.

Or does it?

The directory should include the name, address, telephone number, and email address for everyone who wishes to be included in the listings. But many people in the last directory did not have a current email address, and who knows how much of the other information is current?

Your listing in the *Retiree Directory* is taken directly from the information you shared with the BSA Benefits Center. If it is incomplete or incorrect, you are in charge. You are the only one who can correct it.

To update or correct your information—go to the BSA Benefits Center website at <http://bsabenefits.mercerhrs.com>.

For personal contact information such as current address, preferred telephone number, and email address:

- Click on the “My Wealth” section.
- Click on “BSA Retirement Plan.”
- Click on “Personal Information.”
- Use the “Edit” key at the bottom to change or add to your information.

Your file information will be updated instantly on the website with no wait, no hassle, and no need to make a phone call, fill in a form, or write a letter. Also, be sure to protect yourself and others by always logging out of the website when you are finished. **In order for us to get the new, updated directory in your hands in November,**



the deadline for making changes to your personal information is Oct. 1.

Our *Retiree Directory* is a great service to all of us, but it is important that the directory not be misused. It should never be used for commercial or political purposes, or for mass mailings of any kind.

If for any reason you do not wish to be included in the *Retiree Directory*, contact Mark Parsons at the address and number below and you will not be listed.

In past years, the directory was divided into two sections. One section was for retirees and a separate section was for surviving spouses of retirees. Recent editions have combined the two groups. Your editorial board has received comments indicating that some would prefer the two sections. If you have an opinion on this, please contact Associate Editor John Erickson by email at johnerrickson@flash.net and let him know how you feel.

If you have other questions about the *Retiree Directory* or other benefits concerns and wish to talk to someone directly, call the BSA Benefits Center at 800-444-4416. You may also write to Mark Parsons, Director, Benefits and Retirement, Boy Scouts of America, 1325 West Walnut Hill Lane, PO Box 152079, Irving, TX 75015-2079, or call 972-580-2221.

Health and Well-Being

Catching Enough ZZZs Is Important to Your Health



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Do you know that sleep is vital to your well-being—just as important as the air you breathe, the water you drink, and the food you eat? Do you realize that, as humans, we spend an average of 25 years sleeping? That’s about one-third of your life.

Are you one of the 20–30% of the general population who sleep poorly and wake not feeling rested even after a full night in bed? That isn’t just irritating; it can have real health consequences beyond just feeling sluggish the next day.

Quality sleep eludes the millions of people who suffer from insomnia. Desperate to fall asleep or to go back to sleep, they often resort to using sleep drugs that only provide a shallow rest.

Experts report there are better, safer, and more lasting alternatives to prescription drugs for treatment of insomnia. Alternatives can be especially valuable for older people who metabolize drugs more slowly, are more likely to have treatable underlying causes of their insomnia, and are more vulnerable to adverse side effects of medications.

Sometimes pain or other symptoms of a medical disorder hinder sleep. The first step should be treatment of the underlying ailment to minimize its sleep-disrupting effects. If you have cramps at night, consider putting a rolled towel under the ball of your foot before bedtime and, holding the towel at both ends, pull to it toward your body to exercise and stretch your inner-leg muscles.

Cognitive behavioral therapy is considered the best treatment for insomnia, especially in older adults. It encourages people to focus on positive thoughts instead of negative thinking. Before going to bed, spend a bit of time looking at soothing images, or try some calming meditation. The American College of Physicians considers this to be “the first-line treatment for adults with chronic insomnia.”

Another treatment is called stimulus-control therapy—limiting your time in the bedroom to sleeping. This should help you to associate the room only with sleep and, once in bed, you’ll avoid activities such as using your phone or tablet. Exposure to bright light before going off to sleep isn’t good, and the blue light emitted by electronic devices is twice as bad! It reduces secretion of the sleep-inducing hormone, melatonin.

If you spend too much time lying sleepless in bed, your brain starts to associate the bedroom with not sleeping. So, avoid going to bed when you’re not sleepy. If you don’t fall asleep after about 20 minutes in bed, try getting up until you feel sleepy.

Sleeping on your back is the best position for your health because it allows your back, neck, and spine to rest in a neutral position.

Go to bed at about the same time every night, set an alarm to get up, and—to help you get into the regimen—maintain that same waking time every day for at least two weeks, no matter how much you slept the night before. And, remember to cool your room down to between 60–67 degrees Fahrenheit for the best quality sleep.

Simple Tips on Saving Money



Photo courtesy Shutterstock.com, ©SpeedKingz

Open a high-yield savings account. This type of account can help you save money and earn more than 15 times the national average in interest, depending on your balance and contributions. It offers 2.36% annual percentage yield on balances of at least \$25,000, OR monthly deposits of \$100 or more with an initial \$100 minimum deposit. Check this out: www.savingsaccounts.com.

“High tech” your thermostat. One of the easiest things you can do to instantly start saving money on your heating and cooling bills is to get an automated thermostat. These smart thermostats will learn when you are home and make sure the home is at a comfortable setting during those hours. You may even be able to get a rebate from your utility provider for installing one of these in your home. It’s a win-win!

Plug your outlets. If you have an older home, the exterior walls may be poorly insulated. And when you have poorly insulated walls, the holes that your outlets are in can be areas where the outside cold or heat can enter your home. A simple solution to this is to install child-proof outlet plugs in any unused outlet on an exterior wall. This will close the gaps and reduce the amount of air that can leak through.

Grill outside when you can. Here’s an easy money-saving tip: Grill in good weather! When you use your stove or oven to cook, it creates a lot of heat. And in the summertime, it can make your air conditioner work extra hard. If you’re not much of a griller, consider cooking meals in a Crock-Pot or other slow cooker.

Give your AC “breathing room.” Your air conditioner needs enough space to

get air easily. Many AC units are surrounded by shrubs that can restrict the airflow needed to run efficiently. Trim any bushes that are touching the unit so that there is at least 1 foot of clearance. Clean away any loose debris or leaves on the ground. If you find a lot of debris clogging the outside of the unit, consider having a professional service clean it for you.

Don’t overpay for auto insurance. If you drive less than 75 miles per day, check to see if you’re overpaying. Every driver should be doing this, every six months or so, to ensure that they are getting the best deal. Insurance companies are always competing to win business, but if you turn a blind eye and keep the same policy in place for a long period, your rates might increase. Drivers can save hundreds of dollars per year by shopping for the best rate. Check this out: https://insurance-rates-now.com/auto_policies.

Make weekly meal plans in advance. Save a lot of money on food. When you plan your meals ahead of time, you can resist the temptation of spending money on takeout or fast food. You can also develop a healthier diet this way. You don’t need to buy a cookbook; thanks to the internet, you can find a wealth of free recipes online. Give it a try, and see!

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National Membership Participation Report June 30, 2019

Lions	1,831
Tigers	72,991
Wolves/Bears	381,670
Webelos Scouts	401,859
Cub Scout—age Youth	858,351
Scouts BSA	753,965
Varsity Scouts	42
Scouts BSA—age Youth	754,007
Venturers	33,351
Sea Scouts	2,537
Explorers	71,113
Coed Young Adults	107,001
STEM Scouts	4,405
New Market Youth	4,405
Subtotal	1,723,764
Learning for Life	208,628
Grand Total Youth	1,932,392
Total Adults	718,769
Total Units	78,013

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Fall Reunion Opportunities

The fall season of the year is a great time to take a relaxing trip and renew old friendships with fellowship, good food, and new adventures to remember.

During September, reunions in the Northeast, Central, and Western regions will offer a lot of enjoyable time with fun things to see and do. Whether it's a quaint trip into the heart of the Pennsylvania Dutch Country ... or listening to the delightful melodies of the Brown Family String Quartet in Cedar Rapids, Iowa ... or the thrill of waking up in a charming village on the Pacific Coast, this is an opportunity you don't want to miss.

Northeast Region, Sept. 8–10, 2019

Marriott Hotel, Lancaster, Pennsylvania
Contact: Bob Myers, 972-358-3898,
crmscout@gmail.com

Central Region, Sept. 10–12, 2019

Best Western Plus Longbranch Hotel,
Cedar Rapids, Iowa
Contact: Tom Stoeber, 231-360-3594,
tgstoeber@charter.net

Western Region, Sept. 22–25, 2019

Asilomar Conference Center,
Pacific Grove, California
Contact: Lee Martin, 562-787-9437,
leemartin112@aol.com

Now & Then is now online!
You can find it at <http://scoutingwire.org/newsletters/now-then/>