



Silverado District Roundtable

January 13, 2022





Welcome to January 2022 Roundtable

- Rename your Zoom ID to include your unit (ex. T516, P191, ScoutsBSA or Cub Scouts)
- Are you new to Roundtable, say “Hi”
- Contact me:
 - Dean La Berge, Roundtable Commissioner
 - lalberge2214@gmail.com







Numbers

FOS, Registration, ect.





RECHARTERING



THANK YOU !





Charter Renewal Status

REPORT

-
- 25 Total Units [?](#)
 - 23 Units Available for Renewal [?](#)
-
- 1 Renewals Not Started [?](#)
 - 22 In Process Renewals [?](#)
 - 3 Waiting COR Signature [?](#)
 - 0 Manual Charter Received [?](#)
 - 17 On Hold [?](#)
 - 0 Pre Posted Units [?](#)
 - 0 Units Posted [?](#)





BOY SCOUTS OF AMERICA®



Special Presentation



Prepared. For Life.™

Swegedaigea Village



OA Election Process

Presentation by: Chief Ananya and Vice-Chief Victor



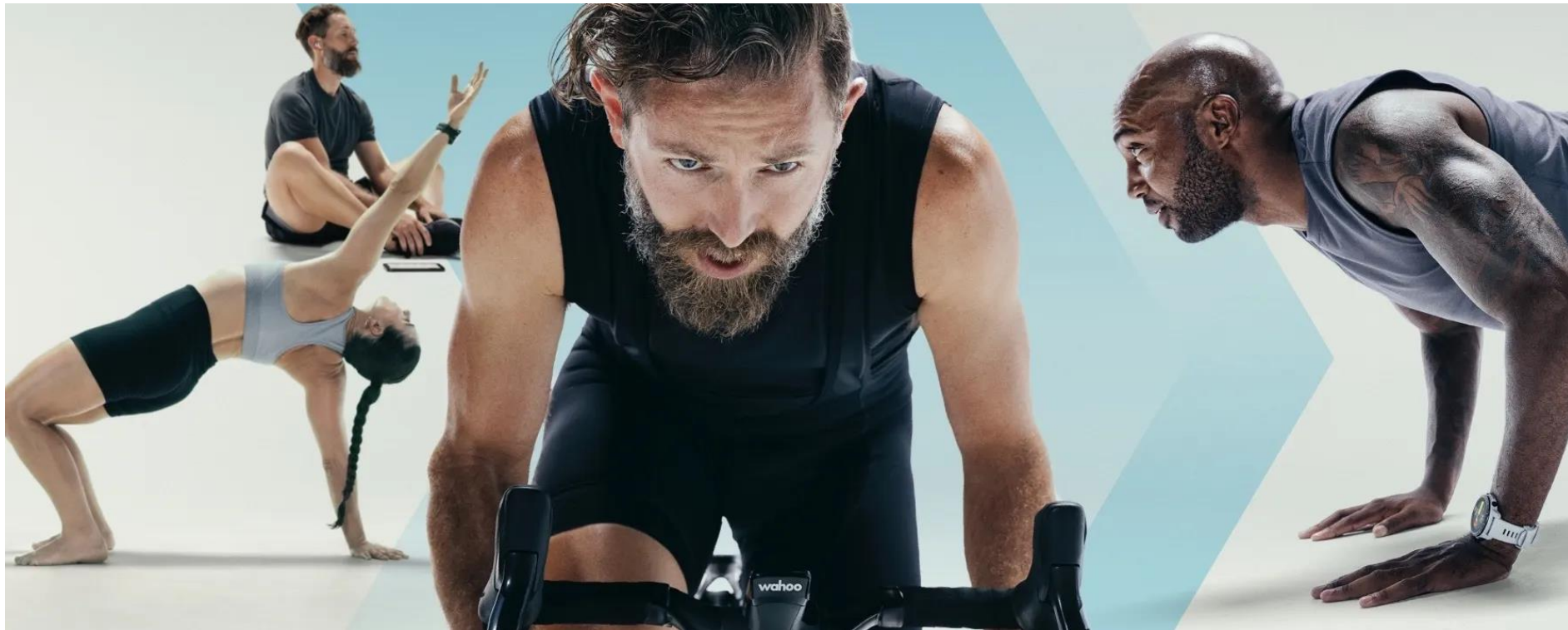


District Events





Training Events





Silverado District Calendar of Events

April 29-May 1 Camporee

May 15 Golf Classic

May 7 or 8 District Supper

October 22 Cub-O-Rama

<https://silverado.ggacbsa.org/>





AB-506

VOLUNTEER 3 STEP PROCESS

1. REQUIRED STATE MANDATED REPORTER TRAINING
2. STATE TRAINING COMPLETED
3. LIVE SCAN BACKGROUND CHECK – coming soon

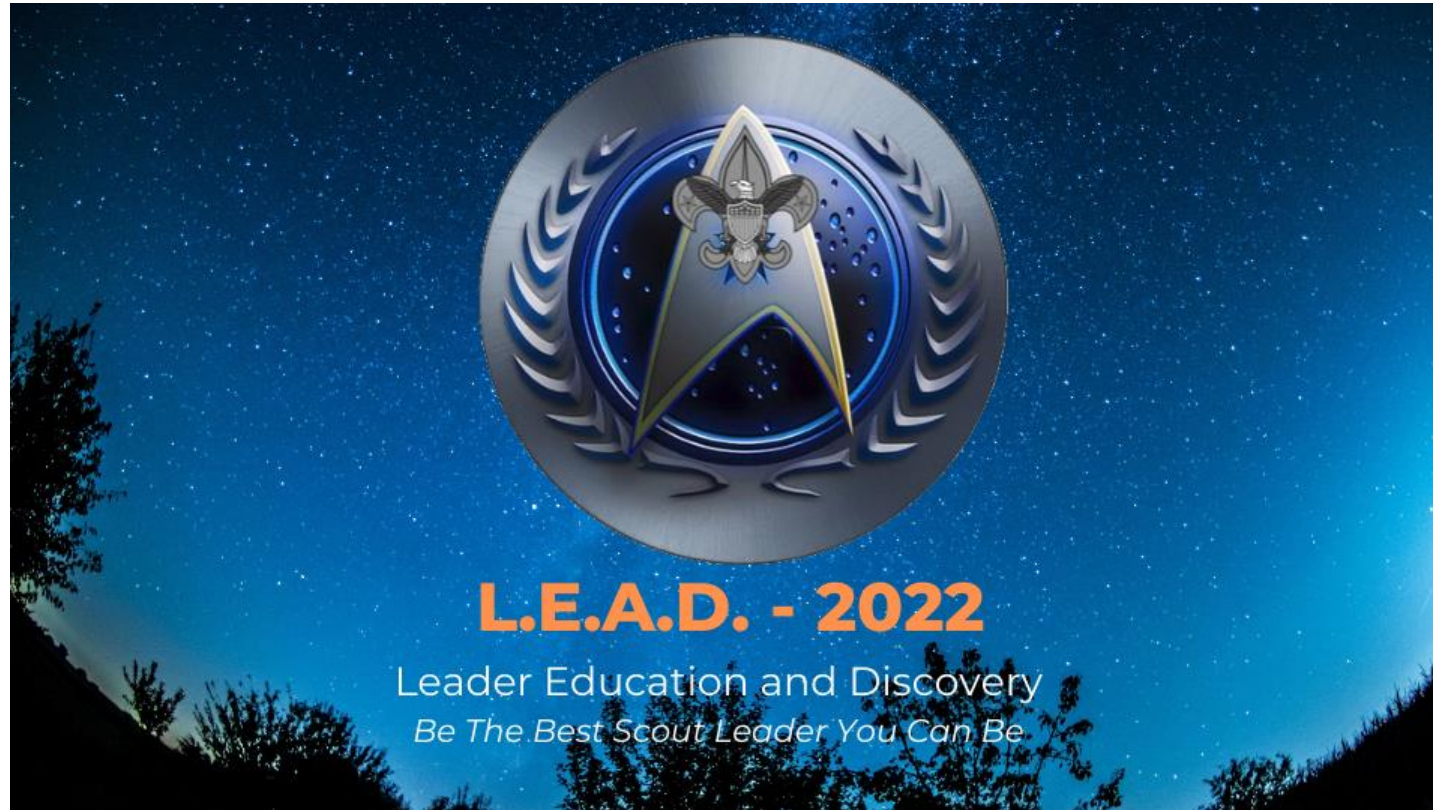
<https://californiascouting.org/training/>





**We'll be offering
140+ classes
across 5 colleges:**

- Cub Scouts
- Scouts BSA
- Venturing
- Outdoor Education
- Continuing Education



<https://blog.ggacbsa.org/l-e-a-d-2022/>

Saturday, January 29, 2022 – all day

L.E.A.D. is the ultimate training event for Scout Leaders, Parents, Venturers, and Senior Youth. Join us for a full day of learning, fun, and a great overall experience. And, you can plan to bring a friend . . .

To Boldly Go . . .





NorCal College of Commissioner Science



- The 2022 Nor Cal Commissioner College is scheduled for February 26, 2022.
- The 2022 College will be presented in a virtual format using Zoom.
- <https://www.norcalcommissioner.org/>





Wood Badge Spring 2022

Dates: March 25-27 @ Camp Herms (El Cerrito)
&
April 22-24 @ Rancho Los Mochos (Livermore)

BOTH SESSIONS MANDATORY TO COMPLETE COURSE

Cost: \$325 October 17- March 11, 2021

Questions? Contact Course Director [Fydra Muck](#)

**Fall Course – REGISTRATION OPENING AT LEAD January 29, 2022
Friday, September 16 – Sunday, September 18, 2022 AND Saturday,
October 8 – Sunday, October 9, 2022
BOTH SESSIONS MANDATORY TO COMPLETE COURSE**

<https://scoutingevent.com/023-WBSpring2022>





Safety Moment

What can you do in 26 minutes to be more alert, make better decisions, and increase your performance?

Hint: “It’s free, it’s nontoxic, and it has no dangerous effects,”



Take a NAP



Safety Moment – Nap On Safely

<https://www.scouting.org/health-and-safety/safety-moments/nap-on-safely/>



- **GENERAL INFORMATION**

- “Nap on Safely” isn’t the only way to nap, but it sure makes napping simple if you follow the plan:

How long do you have to nap?

1. Six minutes will enhance memory, 10–15 minutes can improve focus and productivity.
2. The NASA nap (**26 minutes**) is the optimal time for a performance enhancement of 34 percent and an overall alertness increase of 54 percent.
3. Extend that nap into the 40–60 minute range, and you will likely be groggy upon awakening as you didn’t finish the sleep cycle. Not good if you are already grumpy.
4. 90 minutes of napping can give you a boost of creativity as you finish a cycle. 90 minutes can also top off the sleep you missed the night before.





- Plan to nap between 1:00 and 3:00 p.m. so as to fit the circadian rhythm of most folks. Want everyone to be fresh at your evening campfire? Give them a program break, and schedule naps from 1:00–3:00 at the next campout or camporee.
- Make sure you have a safe area and set-up. Make your room darker or cover your eyes (using two pirate patches, an eye mask, or an ostrich pillow). Lie down instead of sitting up. Good news for hammock campers: Hammocks are the best place to nap as the gentle swaying will help you go to sleep.
- Set a timer. Remember, 26 minutes is optimal.





- Need a super boost for your afternoon? Drink a cup of coffee BEFORE you lie down. Combining caffeinated coffee and a nap will make you feel invincible. (Of course, this is not recommended for youth; the target audience for this tip is the Scoutmaster.)



Links

- Silverado District Website:
<https://silverado.ggacbsa.org/>
- Silverado District Calendar:
<https://silverado.ggacbsa.org/calendar/>
- Golden Gate Area Council, GGAC:
<https://ggacbsa.org/>

