



Celebrating the Adventure • Continuing the Journey

WR Jamboree News!



Issue #9

March 6, 2009

A periodic collection of news and information for members of the Western Region 2010 National Scout Jamboree Staff. Please submit articles or ideas for inclusion in future issues to: jvandreese@netbsa.org.

Jamboree Vehicles

We've recently been informed that the large pool of vehicles provided at previous jamborees by General Motors Corporation will not be available at the 2010 jamboree.



Accordingly, each area of the jamboree that uses vehicles has been asked to plan for a 60% reduction in the number of vehicles they will be able to access. For Western Region, this means that where we collectively had 24 vehicles issued to Western Region HQ, our four sub camps and Action Center, we would now be able to access only 10 vehicles. Currently, there is some amount of negotiation and exploration of alternatives, but the bottom line is that we'll probably end up with fewer vehicles that will need to be used judiciously. Be prepared!

Medical Requirements

The **February 2009** bulletin posted on the official National Scout Jamboree web site (www.bsajamboree.org) states that the height/weight requirements listed on the new BSA medical form "will not be used for the 2010 Jamboree". It then goes on to say that most staff and participants will be walking at least five miles per day, potentially in hot, humid conditions. So, if you are not in shape, to get the most enjoyment out of your jamboree experience, begin a conditioning program now!

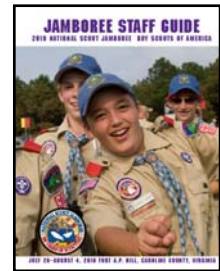
Jeff Axel, our Jamboree Regional Medical Officer points out that "Physical fitness is a core value of the Boy Scouts. In this case, we literally get to walk our talk!! Make a goal, make a plan, and get after it. The simplest thing you can do is start walking daily, and up your distance until you can easily cover 4 miles in an hour. Think about what you eat as well, and avoid the sweets and simple carbs, and try to gradually just eat less. No seconds, skip dessert, that sort of thing. Stop drinking anything with added sugar, don't drink your calories!! We all have 18 months to not just make the guidelines, but do it with room to spare. But it won't happen if you don't start....now is the time!! Let's make this a Western

Region goal, we want to be the fittest bunch out there!!

There is also an excellent fitness program outlined on the 2010 National Scout Jamboree website at <http://bsajamboree.org/getfit.html>. The program lays out a schedule of exercise designed to culminate in the ability to walk ten miles with a 10 pound pack and not get exhausted. Check it out!

Jamboree Staff Guide

The official Jamboree Staff Guide is now available! You can download a copy simply by going to www.bsajamboree.org and then click on staff. The guide answers a ton of questions and will help you better prepare for your role at the Jamboree.



Contingent Coordinators

Council Contingent Leaders should register as ADULT LEADERS with their council contingent – NOT as STAFF! Councils with contingent leaders are currently being billed for those leaders along with the regular adult leaders and youth. The 2010 Council Jamboree Guide is incorrect on page 5 where it states contingent leaders should apply as staff, so please disregard that!

Jamboree Countdown:

506 DAYS!

'Can't Fill All Your Troops?!?

Please contact John Van Dreesse at the Western Region immediately at ph: 480/752-7015 or email john.vandreese@scouting.org. John has a list of

several councils who are interested in adding troops to their contingents...but they want to do it now, before they begin placing equipment orders and solidifying travel plans.

