

Presenting...



Jordan McKenney's Eagle Project

Very Informative Special Edition

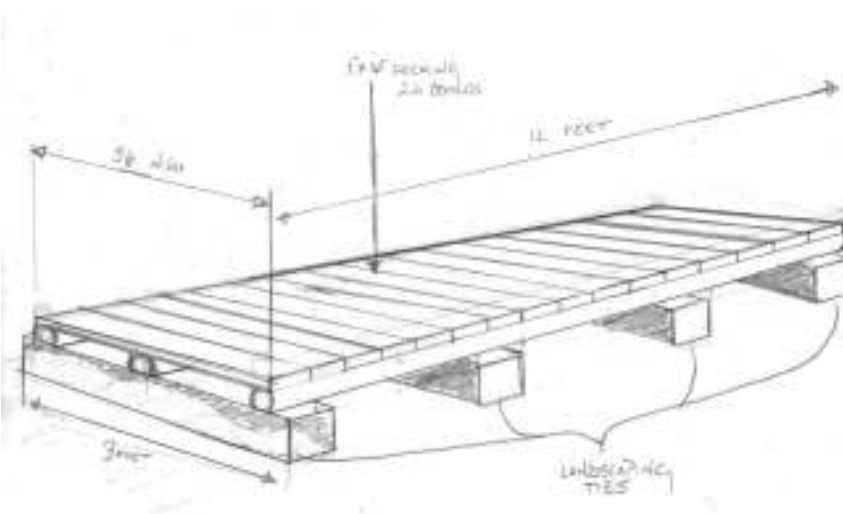
November 2007

Blue Job Trail Repair

WELCOME!!



Thank you for volunteering to be part of the Blue Job trail repair crew. This is an important conservation project as we will be alleviating some of the stress on the plants and small animal habitats on parts of Blue Job, as well as serving our community by providing easier access to the summit.




In this brochure, you will find important information on the following topics:

- Site information
- Cold weather tips
- Safety
- First Aid
- Food information



The Vernal Stream

 This is the first spot we'll be putting a boardwalk over. It's dry in the summer (unless it rains particularly hard), but when the thaw comes in the spring, it floods. Hikers have been tromping through the plants on the side of the trail to the point where there is actually another trail forming. To combat

this, we're going to build a 48-foot long boardwalk made up of four 12-foot sections. In this area, we will likely need to move around some of the rocks that make up the stream bed in order (1) to partially support the bridge, and (2) to bring the flow of the water together into one stream.



The Annoying Little Dip in the Trail



This area floods and becomes slippery every time it rains and hikers have all but crushed the vegetation on either side of it. We will cross it with a 24-foot boardwalk made up of two 12-foot sections.



The Enormous Swampy Bit That Needs Help The Most

This is the largest area of repair. As you can see, there are two trails blazed through this area. There should only be one, between the trees and that rock. We will build our longest boardwalk here as well

as try to brush in the deviation. This will hopefully allow the indigenous plants to fill in and discourage hikers from taking that route.





Cold -Weather Considerations for Blue Job Workdays

Food is fuel for the body. Start each day with a good breakfast.

Snacks will be provided. Make sure you take an opportunity to refuel between meals. We will have cocoa as well.

In cool weather, your body loses heat and moisture, so even if you're not sweating, you need to make sure that you have a certain amount of water (2-3 quarts, usually). By the time you feel thirsty, your body is already dehydrated.

There will be water available so you can fill your Nalgene bottles or camel packs.

Other cold-weather concerns for Blue Job workdays

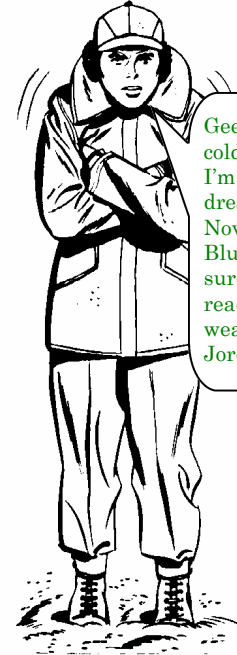
The weather is going to be cool/cold. Layers are appropriate, as well as hats, gloves, and cold weather footwear. Remember, hiking boots do not perform the same function as winter boots, so if there is snow on the ground, you should wear snow boots.

If it rains, be prepared with rain gear.

Hypothermia is a very real risk whenever you spend prolonged periods of time out in the cold. It can set in without you knowing it, so it is best to use the buddy system and keep an eye on each other.

If you need to go to the bathroom, do so. You waste valuable energy keeping waste warm.

If you get cold and need to warm up, let somebody know.



Gee whiz! I'm cold because I'm improperly dressed for November on Blue Job. I sure wish I'd read that cold-weather guide Jordan wrote!



The Orange Vest

This item is the height of fashion for those who don't want to be mistaken for a deer and consequently shot at. Anyone who is working, playing, or hiking in the woods at this time of year must have one of these. If you don't have one, please see Jordan.

Safety

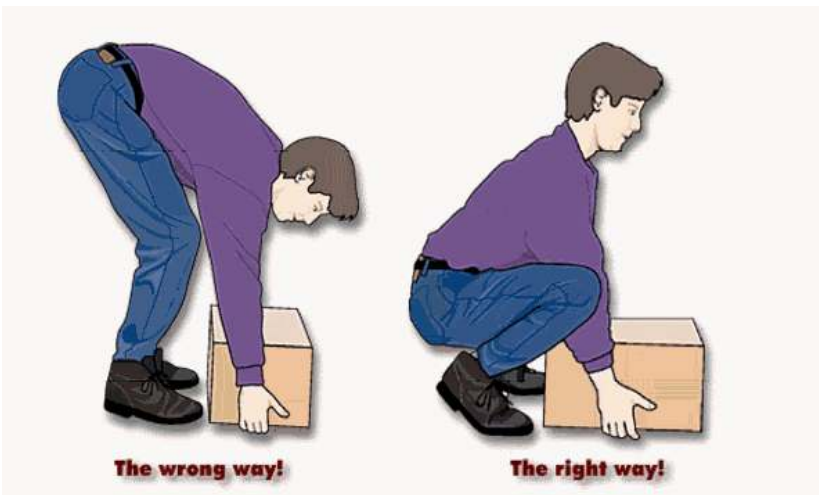
As a volunteer on this project, you will be around many different kinds of power tools. Unless you are part of the small group who is actually dealing with a particular machine, you shouldn't be anywhere near it. It takes a split second for an accident to happen, which could result in a life-threatening injury.

You will also be helping to carry building materials, which, for the most part, will be heavy. Remember that when moving heavy objects, it is best to get help or use the wagons. It is easier to roll materials to their destination than to try to carry them.



Heavy Lifting

Meet the twins, Ivan and Vlad. Ivan is on the left and Vlad is on the right. Ivan is not lifting his heavy object properly, putting himself at risk for an unpleasant back injury. Vlad, however, is lifting with his legs and *not* his back, which is the proper way to lift something as heavy as the object in question. And if Vlad finds that the object is too heavy for him to safely lift alone, he should ask Ivan to help lift and carry the load so that neither of them gets hurt. Remember Ivan and Vlad when you are carrying those heavy building materials up the trail. Be safe and work together!



First Aid

First Aid

Hopefully, there will be no need for our first aid kits. But just in case, here is the first aid for your common trail boo-boos and a couple of other, more unsavory ouches.

Cuts and Scratches—wash a scratch or a small cut with soap and water or an antiseptic wipe, and cover it with an adhesive bandage.

Larger cuts—use direct pressure to stop the bleeding, and keep the wound clean to stop infection. Cover with a gauze pad or a clean folded cloth. A person with a serious wound should be treated for

shock and taken to a physician.

Puncture wounds—encourage the wound to bleed to help remove anything that might have been forced inside. Use tweezers sterilized over flame or in boiling water to pull out splinters or other objects you can see. Wash the area and cover with a sterile bandage, then get the victim to a doctor.

Sprained ankle—do not remove the shoe or boot of the person with the sprain, as the footwear will provide ankle



support; also, removal of the footwear might allow the ankle to

swell to the point where the person will not be able to put their shoe back on. Reinforce the ankle by wrapping it, boot and all, with a triangular bandage, neckerchief, or some other strip of cloth. As soon as the person no longer needs to walk, have him remove his boot and rest with his leg raised. An athletic bandage may help with the swelling. Seek medical care.

Lunchtime at Café Scout



In appreciation for all your hard work, snacks and lunch will be provided.



In order to cut down on the need for paper or Styrofoam bowls and plastic ware, I ask that you bring your mess kit or some other container plus a cup for hot chocolate.

Lunch

The menu choices are: shepherd's pie or chicken stew, each served with biscuits.

If you cannot have or don't like what's offered, you are free to bring something else. We want everybody happy and fed.

Snacks

We will have the famous Logan bread as well as some sort of GORP mix.

Make sure you have a water bottle and keep it filled! Dehydration is your worst enemy.



TROOP

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We're on the Web!

www.straffordscouts.us

We are a boy-led troop.

