
OFFICER'S MANUAL

for the
TROOPS OF SAINT GEORGE

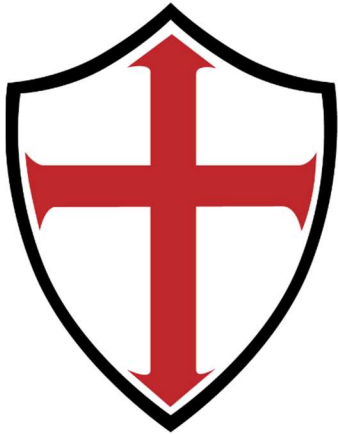
2018 EDITION



**TROOPS OF
SAINT GEORGE**

VIRTUS. HONOR. FRATERNITAS.

Published by the Troops of Saint George | P.O. Box 80044, Keller, TX 76244



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Revision 5.28.2018

Check TSG National Website for current Revision

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Our Mission

The Troops of Saint George apostolate aims to use the outdoors as our canvas and the sacraments as our path to light the way for the formation of Holy Catholic men and boys. Whether called to the vocation of the priesthood, the religious life, or that of Holy fatherhood, our fathers and sons will take a prayerful pilgrimage together to fulfill Christ's desire for them to grow in virtue and in their Holy Catholic faith as they journey toward heaven.

- Saint George, Pray for us.

The Privilege of Being a Troop Officer

If you are reading this, you are a Catholic gentleman willing to spend time and efforts for the training of young men in faith and virtue. May God bless you and reward you.

In our age, there is a crisis of manhood and fatherhood. The Officers of the Troops of Saint George stand as models of heroic virtue in our time of crisis. These young innocent eyes will look to you as you grow in Prudence, Justice, Fortitude, and Temperance. Young men will study your standard of perseverance in Faith, Hope, and Charity toward God and mankind. In order to help troops identify their Officers, here are the characteristics of Officers of Saint George.

Every Officer of the Troops of Saint George, clergy and laity:

1. Holds firmly to the magisterial teachings of the Catholic Church
2. Attends Holy Mass on Sundays and Holy Days of Obligation
3. Has a special devotion to the Blessed Virgin Mary
4. Loves his wife dearly and maintains a healthy marriage (if married)
5. Provides for the spiritual education of his children (if a father)
6. Honors his parents
7. Does not practice contraception
8. Is not given to drunkenness
9. Is not given to profanity
10. Loves adventures and challenges
11. Possesses an entrepreneurial spirit
12. Leads other men with humility

A man who lacks any of these qualities is not suited to be an Officer in the Troops of Saint George. Chaplains and Committees should look for men who fulfill all twelve of the criteria above.

Structure of Your Local Troop

Troop Structure

- Every troop has two youth sections, Senior and Junior Cadets.
- Every troop has two adult sections, General members and Adult leaders (father, grandfathers, or male legal guardians of boys currently registered in the troop).
- The Senior Cadets consist of older boys from 11 to 18 years old (grades 6th – 12th).
- The Senior Cadets are subdivided into patrols consisting of an equal mix of 6th – 12th graders. The patrol names should be named after Catholic saints or blessed. For example, the Saint Sebastian Patrol.
- The Junior Cadets consist of younger boys from 6 to 10 years old (grades 1st – 5th).
- The Junior Cadets are subdivided into patrols named after the Four Evangelists and our namesake, Saint George. Saints Matthew, Mark, Luke and John authored the Canonical Gospels. Their works provide the accounts of the life of our Lord, Jesus Christ. From His birth, ministry, death and foretold resurrection, the Evangelists provide us with the historical facts on which Catholic tradition is founded. Their importance in our lives and in our faith is immeasurable, and since it forms the basis for the Catholic faith, they will form the basis for our ranks on our journey towards the honor of Tribune. Our Junior Cadets will honor each of these men by carrying their name and historic symbol during the first four years with the Troops.
 - 1st grade Saint Matthew's Angels Patrol: Matthew the Evangelist is symbolized by a winged man, or angel.
 - 2nd grade Saint Mark's Lions Patrol: Mark the Evangelist is symbolized by a winged lion, a figure of courage and monarchy.
 - 3rd grade Saint Luke's Oxen or "Bulls" Patrol: Luke the Evangelist is symbolized by a winged ox or bull, a figure of sacrifice, service and strength.
 - 4th grade Saint John's Eagles Patrol: John the Evangelist is symbolized by an eagle, which is believed to be able to look directly upon the shining sun without hesitation. In comparison, our Lord Jesus Christ has the ability to look directly upon the majestic glory of God the Father.
 - 5th grade Saint George's Dragon Slayers Patrol: The dragon Saint George slayed represents Satan and all evil forces in this world. Each man is called to "slay the dragon" or overcome the forces of evil in his life and in the lives of others.

Youth Leaders

- The Senior Cadets section is "boy led", which means that the onus of planning and facilitation should be placed on the Senior Cadet youth. The Junior Cadets will find their leaders in the adult Lieutenants.
- The *Sergeant*, a youth elected by his peers, leads the Senior Cadets of the troop.
- The *Corporal*, a youth elected by his peers, serves as the assistant to the troop's youth Sergeant.
- The *Patrol Leader* (Private 1st Class Rank) is elected for each patrol and leads that particular patrol as size and breakup of the Senior cadets warrant this added level of youth leadership.
- The *Assistant Patrol Leader* (Private Rank) is elected for each patrol and assists his Patrol Leader as size and breakup of the Senior cadets warrant.

Youth Elections

- The Sergeant, Corporal, and Patrol Leaders are elected by the boys of the Senior Cadets for a 1-year term beginning and ending with your troop charter year cycle.
- A boy can only serve as Sergeant once, unless the Captain dispenses of this rule for good reason.

Adult Leaders

- Each troop is led by adult leaders: a *Captain* who is assisted by *Lieutenants*.
- All adult leaders must be:
 - Catholic men in good standing of high moral caliber.
 - Fathers, grandfathers or male legal guardians of boys currently registered in the troop.
 - Recommended by a Catholic priest in good standing.
 - Vetted and appointed by the Troop Committee.
 - Possess the 12 qualities defined for all troop Officers (see page 1).

Captain

- Chief executive leader of the troop.
- Responsible for insuring that ALL adult Officers have received and are current with the local diocesan safe-conduct course certification/background checks, as well as submitting his own with each year's charter.
- Appointed by the Troop Committee for a 1-year term beginning and ending with your troop charter year cycle. No term limits.
- Chief liaison between the Troop, the priest/chaplain and the TSG National team.
- Leader of the adult Officers and Chief mentor in virtue to the boys.

Chaplain

- Catholic priest in good standing with the local diocese.
- Provides Holy Mass, Confession, and Spiritual Direction to the Troop.
- May provide the local parish as a place for Troop meetings.
- Communicates with the local diocese in matters involving Troops of Saint George.
- No term limit.

1st Lieutenant

- An adult male leader or "Officer" that assists the troop's Captain.
- Appointed by the Captain with the Troop Committee's approval.
- Second in command and can be delegated by the Captain to act in his stead.
- 1-year term beginning and ending with your troop charter year cycle. No term limits.

2nd (Patrol) Lieutenants

- Adult male leaders or "Officers" that assist the troop's Captain and 1st Lieutenant.
- Appointed by the Captain and 1st Lieutenant with the Troop Committee's approval.
- Lead each of the Junior Patrols (Saints Matthew, Mark, Luke, John and George), as well as the Senior Patrols and ideally should be the father or male legal guardian of a boy in his patrol.
- The target ratio is a 2nd Lieutenant for every 7 boys in the troop.
- 1-year term beginning and ending with your troop charter year cycle. No term limits.

2nd Lieutenant Coordinator Positions

- Adult male leaders of “Officers” that assist the troop’s Captain, 1st Lieutenant and 2nd (Patrol) Lieutenants.
- Appointed by the Captain and 1st Lieutenant with the troop committee’s approval.
- Each troop will have two 2nd Lieutenant Coordinator leadership positions in the Religious and Campout/Activities Coordinators.
- The **Religious Coordinator** is a mandatory adult leadership position. This adult leader is responsible for the coordination of all religious activities during a TSG troop event (i.e. confirming the celebrant and all necessary items to celebrate the Holy Sacrifice of the Mass on a campout, leads the rosary, etc.).
- The **Campout/Activities Coordinator** is the secondary mandatory adult leadership position. This position works with the adult and youth troop and patrol leadership to set the campout/activity agenda and schedule. This role coordinates the meals, purchasing of food and supplies and keeps leadership informed on the budgetary expense for the campouts and activities. Lastly, while on a campout or during an activity, this role coordinates a sharing of duties system. See addendum for further details and suggestions for this role.
- 2nd (Patrol) Lieutenants may serve in one of these troop coordinator capacities as well as lead a Junior or Senior Patrol as necessary. However, if the troop is large enough, we recommend to divide and conquer the roles throughout the adult troop members.
- Co-Coordinators are recommended as the troop size increases.
- 1-year term beginning and ending with your troop charter year cycle. No term limits.

Adult Support Roles

- These non-leadership positions support the mission of the adult and youth troop members and will volunteer through the troop’s Captain and 1st Lieutenant as the expertise and need for the role exists.
- Examples of these support roles include: Troop Treasurer, Web/Communications Chair, and Recruitment/Registration Chair. The troop may create other support roles as the need arises.
 - **Troop Treasurer:** beyond keeping track of dues and activity/camping fees, this support role will process expenses as applicable. This role will also track bank transactions for troop reconciliation and filing of troop’s taxes annually as necessary.
 - **Web/Communications Chair:** beyond basic web development, whether on the troop’s National TSG website page or on the troop’s personalized website and social media, this support role will ensure the content is current and communicate upcoming activities. Mail Chimp is an example of a mass emailing tool that is free up to a certain volume of profiles built and emails sent, which allows for personalized templates and emailing lists.
 - **Recruitment/Registration Chair:** this support role will work alongside the Web/Communications Chair to spread the word, share marketing materials and announce troop activities with the local parishes, homeschool forums/networks, Catholic schools and Catholic radio/television in hopes of bolstering membership and support. As new members join the troop, this support role will keep a tracking mechanism for an accurate troop census and fee collection to report up to the troop Captain for reporting to the National TSG team in annual chartering and ad hoc additions throughout the year.
- 2nd (Patrol or Coordinator) Lieutenants may serve in one of these troop support capacities while leading a Junior or Senior patrol or Coordinator position as needed. As the troop size increases, we recommend the divide and conquer methodology among the various adult members.

- Co-Chairs are recommended as your troop sizes increases.
- Terms in these roles may be determined at the troop level.

Troop Committee and Troop Appointments

- The Troop Committee consists of the Chaplain (only perpetual member), Captain, Lieutenants, and at least 3, but no more than 7, fathers, grandfathers or male guardians of boys currently registered in the troop (all male and all strong Catholics in good standing).
- The Troop Committee members are invited by a majority vote of the existing members.
- The Troop Committee appoints the Captain three months before the beginning of the troop's charter year cycle. If a Captain or Lieutenant is not re-appointed, he is no longer a member of the committee as of the 1st day of the troop's charter period.
- The Troop Committee is responsible for vetting, insuring and filing documents locally that ALL adult Officers are current with the local diocesan safe-conduct certification/background check, as well as reporting appointments to TSG Headquarters. As the local diocese does not have a safe-conduct/environment program available to local troop leaders, TSG HQ has partnered with *Virtus Online* and *Screening One* to make available a certification and background check.

Troop Relationship to Headquarters

The Troops of Saint George (TSG) is an international religious and educational resource program in the Catholic tradition. TSG charters religious and educational organizations or parishes the use of its logos, trademarks, copyrighted materials, curriculum, and ranking system as a part of their service to participating troops who have been recognized and accredited by TSG.

TSG provides the support necessary to help individual troops succeed in their use of the program. The responsibilities of both TSG and your troop are described below.

Notice Regarding Liability and Accident Insurance

Individual troops are highly encouraged to obtain liability insurance for outdoor activities including general liability coverage for campouts and meetings, as the national organization does not have a troop level liability policy available at this time. Such insurance policies protect the leaders, fathers, male legal guardians, parish, and priests from liability. Individual troops are encouraged to inquire with their local parish about the possibility of being covered under an existing policy.

TSG insures each officially chartered troop and its clergy, Officers and members with an Accident Insurance policy. After the individual leverages their personal health insurance policy, this supplemental coverage adds an additional \$25,000 USD, per occurrence, in protection. The policy covers TSG clergy, Officers and members from the time they depart for a TSG sanctioned event until the time they return home.

TSG explicitly mandates that a waiver of liability be signed by a boy's parent/guardian before participating in any activity that is promoted, sponsored, or in any way affiliated with TSG or a locally chartered troop. Such waiver shall release TSG, the Board of Directors of TSG, its Officers, agents, diocese, bishop, chartered churches, associated clergy, and employers (hereinafter referred to as RELEASEES) from any and all liability, damages (including attorney's fees), claims, demands, actions, and causes of action whatsoever arising out of or related to any loss, damage, or injury, including death, that may be sustained by anyone, or to any property belonging to anyone, while participating in such activity, while in, on or upon the premises where the activities are being conducted, REGARDLESS OF WHETHER SUCH LOSS IS CAUSED BY THE NEGLIGENCE OF THE RELEASEES, or otherwise and regardless of whether such liability arises in tort, contract, strict liability, or otherwise, to the fullest extent allowed by law. (See optional waiver, Form TSG-15.01 "Waiver of Liability" in the Addendum section).

TSG does NOT own or possess your individual chartered troop. An individual chartered troop is its own legal entity. The troop stands alone and receives accreditation from TSG.

Troops applying for accreditation by TSG must not be simultaneously be associated or incorporated with another organization for boys. For example, one could not be accredited as a Troop of Saint George and be a unit for the Boy Scouts of America, Trail Life USA, or Federation of North American Explorers.

Your Individual Chartered Troop Agrees to:

- Conduct the TSG program according to its own policies and guidelines as well as those of TSG.
- Promote TSG as one part of its general program for youth and families in the local community and Catholic parish.
- Recognize a Catholic priest in good standing as Chaplain who is willing to provide prayers for and spiritual counsel to the men and boys of your troop. The amount of time provided to the troop's spiritual needs is at the discretion of the priest.
- Select a "Troop Committee" of Catholic fathers, grandfathers or male guardians of boys currently registered in the troop (at least 3) who will screen and select troop leaders who meet the parish/organization's standards as well as the standards and mission of TSG.
- Appoint an adult Catholic male "Captain" who is a member of the parish/organization and will coordinate all of your local troop operations. The Captain must complete the necessary diocesan safe conduct course and background check for adults working with children AND have a letter of positive reference from a Catholic priest in good standing before TSG will recognize the male leaders as Captain.
 - *The priest's letter of reference and the Captain's proof of completion of the diocesan safe conduct training and background check must be submitted at the time of chartering and re-confirmed/renewed annually with each new charter.*
 - Once appointed, the Captain must approve all leadership positions and verify that personal references and any previous experience working with youth in other organizations have been checked before recognizing them as adult leaders. It is the sole responsibility of your local Troop Committee and Captain to vet the adult leaders of your local individual troop and insuring these adult leaders have secured and are current with local diocesan safe conduct training and background check.
 - It is the Captain's responsibility to disseminate the Officer's Manual to all Lieutenants and adult members.
- Provide adequate facilities for your troop to meet on a regular schedule with time and place reserved.

The Troops of Saint George Agrees to:

- Respect the mission and goals of your troop and its sponsoring parish or organization.
- Allow use of logos, trademarks, copyrighted materials, curriculum, and ranking system which are proprietary to TSG.
- Communicate information regarding TSG to the Captain of your troop.
- Provide information and resources to your bishop, troop chaplain, and local sponsoring parish or organization, as well as a staff to assist and respond to the questions of the local troop's adult leaders, bishop and, chaplain.
- Encourage men and boys to participate in the life of their parish through serving at the altar, men's groups, processions, and volunteer projects.

Annual Charter Fees and Dues

TSG is a charitable organization that is tax exempt under Section 501(c)(3) of the Internal Revenue Code.

In order to cover costs relating to support for Captains and clergy, a website, logos, trademarks, copyrighted material, curriculum, legal fees, advertising, accident insurance, patches and administration costs, TSG receives:

*U.S. \$150 Originating Charter Fee / U.S. \$80 Annual Re-charter Fee
U.S. \$30 in annual NATIONAL dues from each registered member (Adult and Cadet)*

How to Calculate Your Troop's Annual Charter Fees and Dues

In order to calculate your troop's annual national dues, please multiply the GRAND TOTAL number of registered members (Adult and Cadet) in your Troop by U.S. \$30.

For example, if your troop is in its originating charter and has a grand total of 20 adults and cadet members, the calculation would be as follows:

$$20 \times \text{U.S. } \$30 = \text{U.S. } \$600 + \text{U.S. } \$150 \text{ Originating Charter Fee} = \text{U.S. } \$750$$

For all payments not utilizing the preferred online Captain's portal method, please include the proper amount of fees/dues, notate the Troop # and make the check payable to "Troops of Saint George".

MAXIMUM in annual national dues per family per chartering year is 4 registered members (U.S. \$120).

What about members who join your local troop later in the year?

TSG allows for a reduction of national dues for members joining a troop on or after 6 months from the beginning of your troop's charter year cycle. The annual national dues are reduced to U.S. \$20 per registered member. Members who join after the troop is chartered, but within the first 6 months of the troop's charter year cycle, will be required to pay their full national dues of U.S. \$30.

Please note: ALL members, no matter their registration date, are afforded the same benefits, such as accident insurance, patches, and shields as registration and payment are received.

As members join after the annual chartering process, collect the national dues and send payment via the preferred online Captain's portal method or through a check payable to the "Troops of Saint George". As a check is sent, please be sure to indicate your Troop # on the check's note line, as well as a note with the grade level of the new member(s) for proper patrol level accounting by troop.

Safety

Three Person Rule

An adult can never be left alone with a boy not of his own at any time during a meeting, campout, or other activity sponsored by the Troops of Saint George. If there is one boy, there must be two adults. The exception is when the adult and boy are father/male legal guardian and son.

Tenting

While fathers/male legal guardians are required to tent with their sons, they are strictly prohibited from tenting with a child other than their own. Senior Cadets may tent with other Senior Cadets.

Alcohol Prohibition

While our adult leaders are gentlemen and know the sinfulness of drunkenness, the Troops of Saint George prohibits alcohol on campouts since alcohol is difficult to secure in tents and alcohol inhibits judgement. Adult leaders must be sharp and fully responsive to any accidents or situations that might occur on campouts or other activities. Therefore alcohol is strictly prohibited.

Tobacco Usage

Adult leaders and members are required to remain a minimum distance of 100 yards from all cadets while using all tobacco products, to include e-cigarettes.

Medical Bag or First Aid Kit

Each troop should purchase or acquire an advanced medical bag or first aid kit suitable for treating emergency wounds and accidents.

First Aid Safety Course

Every troop should have an adult leader who is trained in CPR and basic first aid.

Knife Safety Course

The Captain should arrange for a knife safety course for the boys. This course can be provided by any adult leaders of the troop. Any boy using a knife in an irresponsible way loses his knife and license to use his knife at the discretion of the Captain.

Snake Awareness Course

The Captain should provide for an annual snake awareness course describing the various venomous snakes of the local region. This course can be provided by any adult leader of the troop.

Swimming

Boys are not allowed to swim without adult or leader supervision. All swimming activity must put into use the buddy system. No one swims alone. Please consult your own troop liability insurance provider concerning the rules and limits of water sports. TSG recommends that the parents/guardians of boys sign a liability waiver for all activities involving water and swimming.

Activities with Mild to Heavy Physical Exertion

As fathers/male guardians and boys partake in TSG activities, Junior Requirements or Achievement Courses that have mild to heavy physical exertion, know your limits. Should you have known physical impairments or diseases, consult your physician first. Hydration is also key! Individuals

must consume water throughout the day and be aware of warning signs. Do not wait until you are thirsty.

Dangerous Outdoor Activities

Rock-climbing, rappelling, horseback riding, archery, and other activities could lead to serious injuries and even death. Please consult your troop's liability insurance provider concerning the rules and limits of these activities. TSG recommends that the parents/guardians of boys sign a liability waiver for these dangerous activities.

Geographical Safety

If a certain safety measure or class might apply to your troop's geographic region (e.g., avalanches, dangerous animals, extreme climate, etc.), please contact TSG headquarters about instituting a safety class or program to address the local need so that your Officers and cadets are informed and prepared.

Moral Infractions and Discipline

Sexual Molestation or Harassment

If an adult leader, Captain, Lieutenant, Committee Member, any volunteer, or another youth in the troop is involved in the sexual molestation, harassment, or other impropriety toward another adult or youth, take immediate action without letting one single day pass:

- Notify the police immediately.
- Notify the Captain and/or Lieutenants immediately.
- Notify the Chaplain immediately.
- Notify the parents/guardian of the boy immediately.
- Notify the TSG National Team immediately.

Infractions Against Catholic Decency

If an adult leader, Captain, Lieutenant, Committee Member, any volunteer, or another youth in the troop is engaged in activity contrary to moral values of the Catholic Church and the Troops of Saint George, he should be given one warning and then expelled from the troop upon second occurrence. If the infraction is deemed extreme, the Chaplain or Captain may dismiss the member immediately.

Examples of infractions against Catholic decency might be:

- Cursing
- Dirty jokes
- Taking God's name in vain
- Blasphemy
- Stealing
- Lying
- Cheating
- Disrespecting leaders

If the Captain or a Lieutenant is engaged in indecent behavior, either publicly or privately, he should step down or be removed by the Chaplain or Troop Committee without delay.

Non-Member or Inactive Member Participation

Through formation and development of our Troops of Saint George mission, we have identified our apostolate for fathers/male legal guardians and their sons with the aid of the community in our journey towards Christ.

Inactive Members

As youth/adult members earn a place in the Order of Tribunes, and exceed the youth participation age/grade level or no longer have a son in the youth participation age/grade level, they may remain active in TSG through demonstrating and teaching their wealth of knowledge and spirituality with the local troop. We pray the inactive youth, now young adult, inactive members will be working towards the religious life or the vocation of Holy Matrimony to one day return to active membership as a Chaplain or father.

Non-Members

For those fathers without sons within the participation age/grade range and, or older sons beyond the same age/grade range that are drawn to TSG and its mission, we believe there is a place to share in that same wealth of knowledge and spirituality through their time, talents, and treasures. As “Iron Sharpens Iron”, there will be skills and attributes troop members may not yet possess that can be demonstrated and instructed by this group of men. TSG also welcomes support through spreading the word in other social circles and regions of the world, and lastly, through financial support for our growing 501(c)(3).

For the sake of safety for our youth, we ask the troop Captains and adult leadership take the following precautions when utilizing support from non-members/inactive members at troop activities:

1. Secure a signed TSG release for that activity.
2. Ensure the non-member has completed the local diocesan “keeping children safe” background check and certification prior to the activity. *
3. Up-hold no overnight stays by non-members/inactive members at campouts.

** Ad hoc instructors/guests may be vetted solely by the Captain or Troop Committee and forego completing the local diocesan background check. Ad hoc is defined as joining a troop for 2 or less activities within a calendar year.*

Troops of Saint George Law, Motto, Oath and Trinitarian Salute

The Law

The Troops of Saint George Law was written by Saint Peter (1 Peter 2:17), our first Pope:

1. Honor all men
2. Love the brotherhood
3. Fear God
4. Honor the King

The Motto: Parati Semper

The motto of the Troops of Saint George is “Parati Semper”, which also comes from Saint Peter, our first Pope:

“But sanctify the Lord Christ in your hearts, being prepared always (*parati semper*) to satisfy every one that asketh you a reason of that hope which is in you.” (1 Peter 3:15, Latin Vulgate)

The Oath

The Troops of Saint George Oath was written by the Apostle Paul (1 Timothy 4:12), and defines the five traits of the man who seeks to be a disciple of Our Lord Jesus Christ by patterning his life after Saint George of Lydda.

“Set an example for those who believe:

1. in speech (in verbo)
2. conduct (conversazione)
3. love (caritate)
4. faith (fide)
5. and purity (castitate).”

The Trinitarian Salute

The Troops of Saint George salute their Officers, the national flag, banners of the saints and Our Lady, and crucifixes with the “Trinitarian Salute” – three fingers of the right hand (index, middle, ring) out, and with the pinky and thumb joined signifying that the divine nature of Christ is joined to His human nature: fully God and fully man as taught at the Catholic Council of Chalcedon in AD 431.

Troops of Saint George Patrol and Advancement Criteria

Guiding Principles

New Youth Members:

- All new Saint Matthew's Angels will receive their patrol patch at the start of the charter year.
- As new members join at higher ranks, the troop's Captain will verify that certain mandatory requirements from each of the missed levels are met prior to awarding the new member's patrol patch, which is determined by age and grade level.
- If a new member joins at the Senior Cadet age/grade level, the Dragon Slayer award must be attained, with all requirements being met as verified by the troop's Captain, prior to receiving any Senior Cadet Patrol patches, Achievement Course (AC) stars or youth leadership roles.

Special Needs:

- A boy with special needs is welcome to join the Troops of Saint George. He is able to advance through the ranks and patrols according to the troop Captain's discretion and the boy's individual abilities.

Promotion/Installation Ceremonies:

- At the beginning of your troop's chartering year, each Junior Cadet will secure the patch corresponding to the requirements they are working towards that year. At this time, Senior Cadets will secure AC Stars or the Tribune Medal and Patch based on completion of these achievements.
 - Upon completion of the requirements, the Junior Cadets will receive a certificate of completion at the end of season ceremony.
 - **Achievement Course** completion Stars (one for each four courses completed for a total of 4 available stars) will be distributed at the yearly chartering season (as requested) with a second distribution mid-year.
 - Adult members are eligible for the Achievement Course (AC) Stars, and their sons have access to a gold bordered AC Star for each four AC's completed in partnership with their father/male guardian. TSG highly recommends this path as a means of promoting our mission ("...our fathers and sons will take a prayerful pilgrimage together...").
 - The **Tribune** may be awarded at the end of the year ceremony, but due to the special nature of this accolade, TSG encourages ad hoc ceremonies at local troop meetings as the individual meets the Tribune requirements.
 - The Tribune is available to fathers/male guardians who helped their son secure all four gold bordered AC Stars, help with the Tribunal Project, and complete the Survival Ordeal.
- At the beginning of each charter year, and after chartering, all requested patches will be sent to the local troops for a formal Installation Ceremony to kick off the new year.
- Creativity is encouraged at the local level for both of these ceremonies.

Rankings and Requirements for Junior Cadets

Below you will find the rankings and requirements of the Junior Cadets (ages 6 – 10) in the Troops of Saint George. A boy cannot become a Junior Cadet in the Troops of Saint George until he reaches his 6th birthday. In order to understand a cadet's entrance into his Patrol, we will need to explore two possible scenarios:

- Cadets new to the Troops of Saint George – If entering at the Saint Matthew level, they are required to complete all requirements. In the event a Cadet enters into a Junior Patrol at a level higher than Saint Matthew (due to age and grade), the new Cadet must complete the mandatory requirements for each Patrol he passed. The Troop Captain, 1st Lieutenant, or his Patrol's 2nd Lieutenant, should properly vet the new Cadet by verifying the completion of ALL mandatory requirements prior to awarding the Cadet with his Patrol patch. Although the other requirements are not “mandatory”, their completion is highly encouraged to aid the Cadet's formation.
- Current Cadets, who have re-chartered with their troop are required to have completed ALL requirements before promotion.

A note on Junior Cadet Requirements

At the troop Captain's discretion, a requirement may be waived based on a boy's ability in order to advance with his patrol, however, all mandatory requirements must be completed.

Requirements will be noted as “Mandatory Requirements**” if they are underlined**

Saint Mark's Lions, Saint Luke's Oxen, and Saint George's Dragon Slayers answer key in the addendum of this manual.



Grade 1: Saint Matthew's Angels (6-7 years)

1. Recite the Our Father, Hail Mary, Glory Be and Angel of God prayers by memory.
2. Learn and say the Saint George motto and law.
3. Learn the Saint George Trinitarian Salute and explain its symbolism.
4. Complete a knife safety course with your troop.



Grade 2: Saint Mark's Lions (7-8 years)

*Complete all mandatory requirements for Saint Matthew's Angels along with the following when joining as a Saint Mark's Lion:

Spiritual:

1. Recite the Apostles' Creed, 7 Sacraments, and Act of Contrition from memory.
2. Explain in your own words to your troop Captain or Patrol Lieutenant the difference between mortal sin, venial sin, and original sin.
3. Explain in your own words to your troop Captain or Patrol Lieutenant how the Body and Blood of Christ, after the consecration, is different than normal bread and wine.
4. Make your First Confession. **
5. Receive your First Holy Communion. **

** *Based on your diocesan guidelines.*

Physical:

1. Learn how to throw a football and baseball.
2. Learn how to score a basket in basketball.
3. Learn how to dribble a soccer ball.
4. Record how high and far you can jump.
5. Learn how to Greco-Roman wrestle with your fellow cadets.
6. Swim 25 feet.
7. Tread water for 10 seconds.
8. Run 1 Kilometer (0.62 Miles).
9. Learn how much you weigh and keep track of your weight for one month through a weekly weigh-in at approximately the same time of day each week.
10. Learn the basic food groups.

Patriotic:

1. Learn about the symbolism of your nation's flag.
2. Learn your nation's patriotic pledge.
3. Learn how to properly fold and store your national flag.
4. Participate in a flag ceremony for your troop or patrol.

Manly Skills:

1. Point out and name the following tools: Pliers, Crescent Wrench, Screwdriver, Bench Vise, Coping Saw, Drill Bit, Hammer, Hand Saw, Hand Drill, C-clamp, and Wood Plane.
2. Hammer a nail into a board (without bending it) and then remove the nail with the hammer's claw.
3. Show how to use pliers.
4. Know the difference between the Philips head and flathead screwdrivers.
5. Help an adult prepare a meal on a grill outside.



Grade 3: Saint Luke's Oxen or "Bulls" (8-9 years)

*Complete all mandatory requirements for Saint Matthew's Angels and Saint Mark's Lions along with the following when joining as a Saint Luke's Oxen:

Spiritual:

1. Explain in your own words to your troop Captain or Patrol Lieutenant the difference between Heaven, Hell, and Purgatory.
2. Explain in your own words to your troop Captain or Patrol Lieutenant how God is a Trinity of Divine Persons. *
3. Lead a decade of the Rosary for your family or patrol or troop. Announce the mystery, and then lead the Our Father, Hail Mary's, Glory Be, and O My Jesus (Fatima Prayer).

Physical:

1. Run 1 Mile (1.6 Kilometers) without stopping.
2. Do 20 consecutive push-ups. Keep training until you can do them consecutively.
3. Organize a push-ups competition in your neighborhood or with your patrol.
4. Organize a race in your neighborhood or with your patrol. Make rules so that the race is fair and find out who can run the fastest of all. Congratulate the winner to show an example of good sportsmanship.

Patriotic:

1. Discover if there are any saints from your nation or ethnicity. Learn his or her story and tell it to your family or patrol. Begin asking for the intercession of your national saints.
2. Name your state or nation's official bird, tree, and flower as applicable.
3. Describe your nation's flag. Are there any Christian symbols in it?

Family:

1. Organize a family fun night. Choose the food, location, activities, and games.
2. Learn the names of your grandparents and great-grandparents as known.
3. Go grocery shopping with a parent/guardian or other adult member of your family. Learn how to choose healthy fruits and vegetables.
4. Keep a record of how you spend money for 2 weeks.

Manly Skills:

1. Write a Thank You note for a gift you received.
2. Carve a piece of wood into something interesting.
3. Change a tire on a bicycle or help change a car tire with an adult.
4. Learn how to coil a rope and a garden hose.



Grade 4: Saint John's Eagles (9-10 years)

*Complete all mandatory requirements for Saint Matthew's Angels, Saint Mark's Lions, and Saint Luke's Oxen along with the following when joining as a Saint John's Eagles:

Spiritual:

1. While not required to allow flexibility for local customs, TSG highly recommends the cadet take a class or be trained by an acolyte, deacon, priest, or approved catechist on how to serve the Holy Sacrifice of the Mass. All cadets should have a burning desire to serve Christ as an altar boy. Troops should sponsor classes for boys on how to reverently serve at the altar according to the rubrics of Holy Mother Church.
2. Explain 3 activities that help you grow closer to God. Explain why.
3. Pray every night for 30 days. Explain what you learned to your troop Captain or Patrol Lieutenant.

Physical:

1. Plan a week of meals with the help of your parents/guardians.
2. Explain to your family what a healthy balanced meal looks like and includes.
3. Keep a record of your meals and snacks for 7 days. Are you a healthy eater?
4. Explain to your family the dangers of drugs and how they would affect your ability to think clearly.
5. What would you do if someone offered you drugs? Talk about this with your parents/guardians and your patrol.

Patriotic:

1. Organize and lead a flag ceremony for your troop.
2. Learn the name of your president, local governor, and local mayor (as applicable).
3. Learn the story behind your nation's national anthem.
4. How do you report a crime or accident? What number should you call?
5. Write a 1 page essay: Why is your nation important to you? Your Captain or Patrol Lieutenant should read the essay and give you feedback.

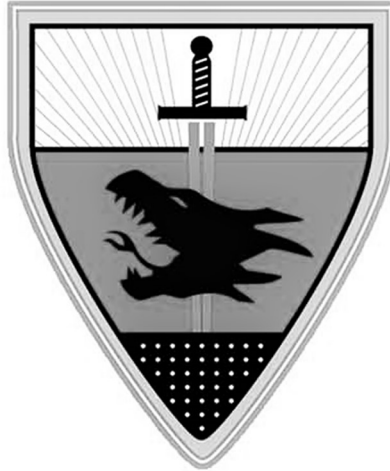
Family:

1. Discuss family finances with a parent/guardian.

2. Learn about your family's food budget. With an adult, figure out how much it costs for each person in your home to eat one meal.
3. Discuss and explain the dangers of debt with a parent/guardian.

Manly Skills:

1. Learn a card trick. Perform it successfully for your patrol.
2. Create a survival packet with things that you would need in a survival situation: string, batteries, flashlight, knife, cup, etc.
3. Learn how to make a fist and throw a punch. Discuss with your parents/guardians, troop Officers, and patrol when fighting is allowed and not allowed.
4. Learn how to identify different drill bits by size and style.
5. Make a model car, plane, building, outdoor landscape, or other project.



Grade 5: Saint George's Dragon Slayers (10-11 years)

This is a transition year. The Junior Cadet prepares himself to be a Senior Cadet. Targeting April 23rd of that year as possible, the boy should have completed the following to fully exemplify the rank of the "Saint George Dragon Slayer" – the highest rank for Junior Cadets.

*Complete all mandatory requirements for Saint Matthew's Angels, Saint Mark's Lions, and Saint Luke's Oxen, and Saint John's Eagles along with the following when joining as a Saint John's Eagles:

Spiritual:

1. Recite the Mysteries of the Rosary.
2. Serve Holy Mass as an altar boy 3 times.
3. Research the lives of various saints. Choose a saint for your Confirmation name.
4. Learn the legend of Saint George by heart and tell the story to your family or patrol. Know the details of the dragon, the princess, Saint George's chastity, and his martyrdom.
5. What does the dragon represent?
6. Explain in your words to your troop Captain or Patrol Lieutenant the difference between angels and demons. Why did Satan tempt Adam and Eve? Why does Satan still tempt us? CCC 329-331, 675 and 677; Genesis Chapters 2 and 3
7. Formally consecrate yourself to Mary. To symbolize our dedication to Our Blessed Mother, begin wearing the Miraculous Medal and / or Scapular if you do not already. CCC 460, 722 and 726; Luke 1: 26-31
8. Build or improve upon your family's altar inside your home. Make sure that it is beautiful and acquire flowers and candles for it.
9. If you don't have one already, ask your family for a holy water font in your home. Use the holy water to make the sign of the cross daily. You are becoming a soldier of Christ.

Physical:

1. Sign up for an organized sport – baseball, soccer, track, etc.
2. Explain to your troop Captain or Patrol Lieutenant what is meant by "good sportsmanship".
3. Attend a live college-level or professional sports game with your father/male guardian, grandfather, uncle, or family friend.

Patriotic:

1. Learn the story of Saint Thomas More. How did his martyrdom mirror the martyrdom of Saint George? What does the Catholic man/young man do when his nation asks him to act contrary to his faith and conscience? Would you, by the grace of God, lay down your life for your faith in Christ?
2. How can we be patriotic, even if our nation and politicians promote evil laws contrary to the will of God?
3. Explain in your own words to a parent/guardian what is meant by “natural law”.

Manly Skills:

1. With help of an adult, make a wooden shrine to Christ our Lord, the Blessed Virgin Mary, or one of the saints for your home or yard.
2. Using your hands and tools, make one thing that could help the Catholic liturgical life on your campouts. Build a confession screen, build candle sticks for Mass, etc.
3. What is your favorite sport? Learn the rules of the game, its history, and its greatest heroes.
4. Learn how to play darts, billiards, and poker.

Final Requirement for Saint George Dragon Slayers: April 23rd Saint George Pilgrimage

The 5th grade “Saint George” Cadets, with the help of parents/guardians and the troop’s adult leadership, should organize a pilgrimage or day trip together during which they visit a shrine, pilgrimage site, cathedral, or historic church of significance. It should be in the spring (toward the end of their training) and preferably on April 23rd – the feast day of Saint George. The day should end with a fun organized dinner or activity that cadets can help plan. We foresee a big grill-out in the backyard or a picnic with sports at a park to end this special day.

The pilgrimage marks the end of the cadet’s life as a “Junior Cadet” and from now on they are known as “Senior Cadets”. Note that prior to this transition, the cadet must have completed all prior mandatory Junior Cadet Requirements.

** Parents/Guardians are encouraged to use approved Catholic catechisms for youth to help with the spiritual questions in the Junior Requirements, such as the Baltimore Catechism or Catechism of the Catholic Church.*

Rankings and Requirements for Senior Cadets/Adults

Cadets entering into the Senior Patrols, whether a former Junior Cadet, a new youth member, or an adult member, we require that ALL mandatory requirements of Saint George's Dragon Slayers are completed prior to receiving the Saint George Dragon Slayer patch, a Senior Cadet patrol patch, silver AC stars, or leadership roles. All Senior Cadets should be in the 6th grade (or 11 years old and older, adults are included).

Ranking System for Senior Cadets (6th grade and 11 years and up)

- 1 Star Cadet = 4 Achievement Courses completed
- 2 Star Cadet = 8 Achievement Courses completed
- 3 Star Cadet = 12 Achievement Courses completed
- 4 Star Cadet = 16 Achievement Courses completed

In keeping with the father/male guardian and son Troops of Saint George mission, as a father/male guardian complete the Achievement Course requirements alongside his son(s), the youth cadet will receive a silver Achievement Course Star patch with a Gold border for every 4 Achievement Courses completed together to signify to all their partnership. To secure this special award, the father/male guardian must participate in ALL 4 Achievement Courses completed for each star awarded.

Tribunes of Saint George for our Supreme Pontiff Requirements

(Tribuni Sancti Georgii pro Pontifice Maximo Nostro)

The Tribune is the Highest Rank awarded to members of the Troops of Saint George.

Why Tribunes?

Saint George had reached the rank of Tribune before his martyrdom.

The Order of Tribunes is a membership society that you cannot buy yourself into. A man must earn it and prove himself worthy. He will receive the Tribune patch and medal, which he will be able to wear with his uniform.

Who is Eligible?

The Tribune rank is attainable by men and boys. The Tribune's award (known as the fibula) will consist of a red ribbon with a purple stripe featuring a cross and the name of the Pope under which you earned your membership. There will be no honorary Tribunes, as membership must be earned in ALL cases.

What MUST be accomplished in order to be considered a Tribune?

First, a Senior Cadet/Dragon Slayer or adult member (father/male guardian) **must complete 16 Achievement Courses** (8 mandatory and 8 elective) and then complete the following final tasks:

1. Tribunal Project
2. Survival Ordeal

Tribunal Project

Complete a major project to include fundraising and the recruitment of a team of volunteers from within your troop to complete. A father/male guardian seeking the Tribune is highly encouraged to partner with their son on this project.

Examples:

- Landscape the grounds of your parish with flowers, shrubbery, new trees, and statues of the saints.
- Erect an impressive outdoor Stations of the Cross.
- Erect a noble outdoor shrine to Saint Joseph, Our Blessed Mother, or another saint.
- Replace and install new pews in your parish.

Tribune's Survival Ordeal

This 24-hour ordeal for the young man or man tests the Tribune Candidate's knowledge of the Achievement Courses which he has completed. It consists of Day 1, Night, and Day 2. On the day his Ordeal is to begin and within health limitations, the candidate's lunch with his troop should end by 1 p.m. before his Ordeal begins that afternoon (Day 1).

In preparation for the Ordeal, the Tribune Candidate gathers the following 12 items in addition to standard uniform items (i.e. Rosary, paper/pen and pocket knife):

1. Bible
2. A metal cup
3. Flint and steel
4. Drier lint or charred cloth
5. Tarp no bigger than 10 feet by 10 feet
6. Fishing line and one hook
7. 2 canteens full of water
8. Roll of duct tape
9. Roll of string
10. 1 hot dog to be used as food, fish bait, or for trapping
11. First Aid Kit
12. Foghorn

For the duration of the ordeal, the Tribune candidate camps a safe distance from the troop and independently completes the Ordeal requirements with adult supervision. The adult supervision is present only to ensure the safety of the candidate. The candidate must complete the Ordeal requirements on his own without assistance from anyone or else forfeit the attempt to complete the Ordeal.

The youth candidate's father/male guardian, who would like to complete the Tribune's Survival Ordeal, is highly encouraged to accompany his son for the Ordeal and complete the Survival Ordeal requirements. If the father/male guardian joins his son for the Tribune's Survival Ordeal, the father/male guardian and son candidates should setup camp a safe distance from the troop and independently complete the Ordeal requirements with adult supervision from other adult leaders. The adult supervision is present only to ensure the safety of the candidates. Each candidate must

complete the Ordeal requirements on his own without assistance from anyone or else forfeit the attempt to complete the Ordeal.

On Day 1, between 1pm and sundown, the Tribune Candidate is taken by his father/male guardian and his peers to a location that is a safe distance from the troop's campground where the candidate will setup camp and complete the Ordeal requirements on his own while under adult supervision.

During his 24-hour Ordeal, the Tribune Candidate should:

1. Pray the Rosary and Chaplet of Divine Mercy on both Days 1 and 2.
2. Formally consecrate himself to the Blessed Virgin Mary (*ideally using the 33 day preparation of Saint Louis de Montfort prior to his Ordeal*).
3. Read Sacred Scripture, preferably readings from Proverbs and the four Gospels. Readings from that day's Mass and the Divine Office are suggested readings to meditate upon.

In the morning/early afternoon of Day 2, the candidate must compose a personal reflection of his time in seclusion in the wilderness. He can share it or keep it private. He should keep this reflection as a special testimony of his time with God in nature.

After sundown on Day 2, the candidate may stalk up on the troop's campground where his troop will be conducting normal affairs. To the best of his ability, he must sneak into the camp and reveal himself alive to the troop. He will reveal himself by shouting "Saint George!" and the troop will respond "Pray for us!" and will congratulate and celebrate him and his accomplishment.

Immediately after being celebrated, his father/male guardian and peers will award him through serving him dinner and dessert (a fine time for a grilled steak).

The Captain will promise him the rank of Tribune, as his Tribunal Project is also complete, and welcome him into the Order of Tribunes.

An official ceremony will be held soon after at the local parish or at an appropriate setting where the man's family and friends can be present. Ideally, the rank and membership should be conferred after the Holy Sacrifice of the Mass. If the new Tribune would like to share his Ordeal reflection, this would be the occasion for him to do so.

Please notify the Troops of Saint George Headquarters as all Tribune requirements have been met with full names and date of completion. TSG Headquarters will have the Tribune Medal engraved and mailed out with the uniform patch.

Achievement Course (AC) List

16 Achievement Courses are required to take the next steps as a Tribune Candidate.

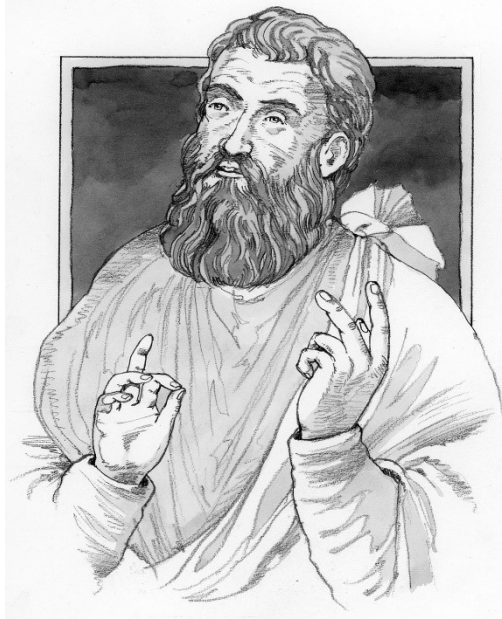
Mandatory AC's:

Apologetics AC
Camping AC
Financial Stewardship AC
First Aid-CPR AC
Knots AC
Latin AC
Patriotism AC
Strength AC

Elective AC's:

Altar Service AC (*this AC is HIGHLY recommended, but not required based on regional eligibility*)
Canoeing AC with Basic Water Skills
Ecology AC
Firemanship AC
Fishing AC
Handiwork AC
Hunting AC
Leather Workmanship AC
Machinery AC
Orienteering AC
Public Speaking AC
Scholarship AC

Achievement Course: Apologetics
Recommended Ages: 10-18 years of age
Approximate Completion Time Frame: 3-6 months



Saint Justin Martyr, pray for us!

Saint Justin Martyr is the patron saint of Catholic apologists. He was born at the beginning of the second century and studied pagan philosophy. He turned to Christianity after finding the source of Truth, which the pagans weren't able to explain. He was astounded by the zeal and love shown by the Christian martyrs and converted to Christianity. He opened a school in Rome to teach Greek philosophy through the lens of Christianity. As an apologist, he wrote on defending the Christian faith. He was martyred for the faith around 165 by Emperor Marcus Aurelius.

Objective: To demonstrate how to defend your Catholic faith in charity and love while drawing others closer to Christ.

1. Requirements
 - a. Define the term “apologetics”.
 - i. Apologetics comes from the Greek work “apologia” meaning “a defense”. Apologetics is the task of defending the Catholic faith against objections to our faith and morals as revealed in Sacred Scripture and Sacred Tradition.
 - b. Where do we get the word apologetics?
 - i. The word apologetics comes from our first Pope Saint Peter in 1 Peter 3:15: “Always be prepared to make a defense (apologia) to anyone who calls you to account for the hope that is in you, yet do it with gentleness and reverence.”
 - c. Saint Peter asks us to do apologetics with two attitudes. What are those two attitudes?
 - i. See 1 Peter 3:15: “gentleness and compassion”. We should be gentle and kind to those who disagree with us. We should have compassion because they do not yet know the joy of being a Catholic.
 - d. Write a one page report on three of the following great defenders of the Catholic faith and explain which heresies each refuted. If they wrote monumental books, be sure to include them in your essay.
 - i. Saint Justin Martyr
 - ii. Saint Augustine of Hippo
 - iii. Saint Leo the Great
 - iv. Saint Cyril of Alexandria
 - v. Saint John of Damascus
 - vi. Saint Thomas Aquinas
 - vii. G.K. Chesterton
 - e. Defending many misunderstood Catholic doctrines of our time.
 - i. In sitting with a TSG Officer, be able to refute without notes or a script the following objections that people make against Catholicism. While we have included notes to help you refute these errors, please feel free to use other resources.
 1. Refute “Catholics worship Mary.”
 - a. Catholics do not worship Mary, as we honor her. “Honor your father and mother” is a commandment that Christ follows. We imitate Him in honoring His mother. CCC 460, 722, and 726; Luke 1: 26.
 2. Refute “Praying to Saints is wrong. You should only pray to God.”
 - a. Saints are our brothers and sisters in Christ. They pray for us to God as we on earth pray for each other. All their prayers go to God the Father through Jesus Christ – just like our human prayers.
 3. Refute “The Eucharist is just a symbol. It is not really the Body and Blood of Jesus.”
 - a. Jesus says “this is My body” not “this symbolizes My body.” Also John 6 says, “My flesh is food indeed and My blood is drink indeed.” John 6: 35 – 42; 1 Corinthians 11; CCC 1326.
 - b. Read and familiarize yourself with John 6.
 4. Refute “Mary is not the Mother of God.”

- a. Mary is not the Mother of the Trinity or the Mother of the Divine Essence of God. She is the Mother of Jesus Christ who is God the Son. Since God the Son is a person, she is His mother. Mothers are not mothers of natures, they are mothers of persons. Therefore, Mary is the Mother of God the Son. Luke 1:43 also calls Mary “the Mother of my Lord.” CCC 460, 722, and 726; Luke 1: 26.
- 5. Refute “Why do you worship the Pope? The Pope is not infallible.”
 - a. We do not worship the Pope. We honor him as the successor of Saint Peter. Christ changed Simon’s name to “Peter” in Matthew 16:18 and gave to him the “keys of the kingdom” so that he could bind and loose in Christ’s name. The power of these keys is passed down over time to the Popes. He is man like us, but the power of the keys prevents him from dogmatically declaring ex cathedra error in the Catholic Church regarding doctrine and morals.
 - b. Popes go to confession because they ARE fallible, however they are not fallible with Church Doctrine. Peter was given the keys to heaven from Jesus Christ, but even Peter denied Christ, showing his fallibility.
- 6. Refute “Purgatory does not exist.”
 - a. Saint Paul in 1 Cor 3:15 says that some people are “saved through fire.” This refers to people who are saved (going to heaven) but first must pass through a cleansing fire, which we call “purgatory.”
- 7. Refute “You should not baptize babies because they don’t know what is going on. You should only baptize adults.”
 - a. Saint Peter taught that Christian baptism was also for the children of believers, when he said, “Peter replied, Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins...this promise is for you and your children.” This follows the Old Testament practice of placing the sign of circumcision on adult believers and the children of believers (see Col 2: 11-12).
- 8. Refute “Abortion is not wrong.”
 - a. Human life with unique DNA begins when a human sperm and egg meet and form a new human life. We do not have the right to invade a woman’s body to destroy that new life. Each life has a soul and is special to God.
- 9. Refute “You don’t need to confess your mortal sins to a priest. Just confess them straight to Jesus.”
 - a. It’s true that only God can forgive sins, but Jesus Christ shares his power with Catholic priests as we read in the Gospel. Jesus Christ, on the night of the day He rose again (the first Easter) gave to the Apostles the power to forgive sins or not to forgive sins: “if you forgive the sins of any, their sins are forgiven, if you retain the sins of any, their sins

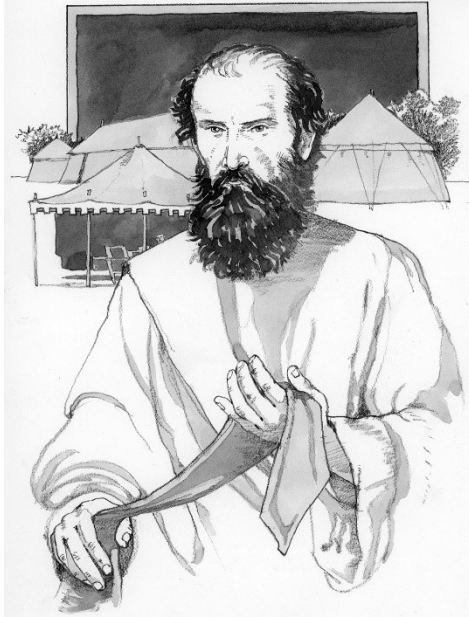
are retained.” (John 20: 23) Christ gave this power to the human Apostles and it is passed down over time through the bishops to the Catholic priests of the world.

- f. Make sure that you or your family own the tools that you need for Apologetics. If your family does not own these resources, ask your parents to acquire them or save money to purchase them.
 - i. A Catholic Bible – TSG recommends the Douay Rheims Challoner Bible, the Revised Standard Version – Catholic Edition, or NAB Catholic Edition.
 - ii. The Catechism of the Catholic Church, Second Edition
 - iii. The Compendium of the Catechism of the Catholic Church

Reference

Explanations and definitions above are from the Troops of Saint George founder, Dr. Taylor Marshall

Achievement Course: Camping
Recommended Ages: 12-18 years of age
Approximate Completion Time Frame: 12-18 months



Saint Paul, pray for us!

Saint Paul is the patron saint of tent makers. Acts 18:3 states that Paul went to Corinth and “went to visit them and, because he practiced the same trade, stayed with them and worked, for they were tentmakers by trade.” Camping during biblical time was very commonplace. In Exodus, we find the Israelites following the cloud by day and fire at night. When either one stopped moving they were to set up camp. Also, in Hebrews 11:9, we find Abraham “sojourned in the promised land as in a foreign country, dwelling in tents with Isaac and Jacob.”

Objective: To demonstrate the ability to camp safely and effectively.

Outdoor experiences offer a place to experience God's creation, to test the competencies that have been learned in meetings and study, and to build confidence. Through these activities, all the program elements of the Troops of Saint George come together. The monthly activities at the meetings can focus towards the outdoor activity that the leaders have planned. The patrols can work together to learn and demonstrate competencies, as well as have fun and enjoy exciting experiences or complete service projects. They can also compete with one another to add additional motivation for learning skills. Outdoor activities take Cadets and Officers out of their comfort zone, making them stretch to accomplish what once may have seemed difficult, and thus develop confidence.

1. Requirements

- a. Know the structure, benefits, challenges, and demonstrate setup of each of the following types of shelters
 - i. Frame Tent
 - ii. Dome Tent
 - iii. Lean-to-Shelter
 - iv. Rope and Tarp Shelter
- b. Clothing
 - i. Describe what layered clothing is and discuss the benefits of wearing layers in the outdoors.
 - ii. Describe which materials for clothing are better in the outdoors and why.
 - iii. Explain C.O.L.D. and how it applies to camping.
 1. Clean
 2. do not Overheat
 3. Layers
 4. Dry
 - iv. Describe the basic essential gear that should be carried in a daypack.
 - v. Describe different styles of and materials used in sleeping bags, and discuss the pros and cons of each.
 - vi. Describe making a bed of natural materials when camping.
 - vii. Demonstrate selecting an appropriate location to setup a campsite in an unimproved location. Include placement of the following items and explain good reasons for your choices.
 1. Tents
 2. Campfire
 3. Bear bag or other animal protected food storage location
 4. Latrine
 5. Water source
- c. Safety
 - i. Explain structure, benefits, challenges, and how to implement the buddy system when camping.
 - ii. Discuss the appropriate length of daily activities and guidelines for safety.
 - iii. Discuss typical age-appropriate activities for Troop camping trips.
 - iv. Discuss with your leaders and patrol the principles of being a good steward of God's creation when camping.
 - v. Discuss the function of a police line to clean up a campsite. Lead a police line clean up on a Troop campout.
- d. TSG Camping Culture

- i. Discuss how safe environment rules and the buddy system pertain to camping.
 - ii. Lead the setup of a properly oriented outdoor altar on a Troop campout. (may need to ask Troop leadership)
 - iii. Participate in a flag ceremony on a Troop campout.
 - iv. Discuss how to stay clean when camping. Take a shower on a Troop campout.
 - e. Basic Camping Experience
 - i. Attend camping trips with your Troop for a total of at least 15 nights of camping.
 - ii. Attend one camping trip of at least 4 nights duration.
 - iii. Sleep 3 nights outside of a tent. At least one night should be under protective covering constructed from natural materials, and at least one night should be “under the stars” with no structured covering. These nights may be part of any other camping experiences under requirement 1.e.i. or 1.e.ii.
 - f. Backpacking
 - i. Camp at least one night where you carried all your gear with you in a single trip for at least a mile from where transportation is parked.
 - g. Advanced Camping Knowledge and Experience
 - i. Complete requirements for two of the following sections. Be sure to take appropriate training and safety precautions.
 1. Backpacking – On 2-3 different trips, camp a total of six nights while backpacking a minimum of 2 miles. On at least one of the trips camp in at least two different locations.
 2. Winter Camping – On two different trips, camp at least two nights where there is snow on the ground and the low temperature (factoring in wind chill also) is below freezing. Precaution must be taken when in cold weather.
 3. Desert Camping – Camp 3 nights over at least 2 different trips in a desert climate.
 4. Jungle Camping – Camp 3 nights over at least 2 different trips in jungle climate.
 5. Water Trek – Camp 3 nights where you arrive at the campsite by canoe, kayak, raft, rowboat, or personal sailboat.
 6. High Altitude Camping – Camp above 10,000 feet for 3 nights over 2 different trips.
 - h. Basic Cooking Knowledge
 - i. Make a complete meal plan for your patrol on 3 different campouts. Do not repeat a meal on/across any of the menus. Acquire the food for the patrol according to the patrol budget. (Be aware of food allergies in your Troop and know what foods they may not have. Do NOT cross contaminate allergenic foods.)
 - ii. Make a duty roster for your patrol on a multi-night camping trip.
 - iii. Describe the 4 bucket cleaning method and why it is effective. Setup and take down the cleaning station on a Troop campout.
 - iv. Explain the function, benefits, challenges, and how to setup each of the following types of food preservation methods.

1. Refrigeration (with cooler and ice, lake, and snow)
 2. Smoked
 3. Dried
 4. Freeze dried
 5. Salted
- v. Discuss what can be prepared in advance of the camping trip for each of the meals on the menus in requirement 1.h.i. Discuss the benefits and challenges of advance preparation vs. in-camp preparation.
 - vi. Clean and season cast iron.
 - vii. Demonstrate the function, benefits, challenges, and how to setup each of the following types of cooking apparatus.
 1. Propane Stove
 2. Backpacking Stove
 3. Campfire
 4. Dutch Oven
 - viii. List 5 healthy snacks for energy when camping.
 - ix. Compare and contrast cooking at home with cooking in camp.
 - x. Explain typical food sources, benefits, challenges, storage requirements, and appropriate portion sizes for good nutrition for each of the following.
 1. Meat
 2. Fruit
 3. Vegetables
 4. Starches
 5. Legumes
 6. Milk
 7. Eggs
 8. Cheese
 9. Candy
 10. Desserts
 11. Condiments
 - xi. Describe how cooking on different materials requires different tools and techniques, including the following.
 1. Cast iron
 2. Non-stick pans
 3. Stainless Steel
 4. Charcoal Grill
- i. Basic Cooking Experience
 - i. Setup the apparatus and cook at least one breakfast, one lunch, and one dinner meal utilizing any of the following on a Troop camping trip (please note any food allergies and plan accordingly).
 1. Propane Stove
 2. Backpacking Stove
 3. Campfire
 4. Dutch Oven
 - ii. Prepare and eat a meal that didn't require cooking on a Troop camping trip.
 - iii. The Troops of Saint George faithfully observes Friday as a day of penance. Work with your Captain and/or Chaplain to fast or abstain on Fridays. Also,

in preparation for the Tribune Ordeal, fast for at least eight consecutive waking hours during a camping trip (if medically feasible).

- iv. Cook at least one breakfast, one lunch, and one dinner meal utilizing any of the following cooking methods at home, with both parental permission and supervision.
 1. Stove
 2. Oven
 3. Microwave oven
 4. Gas or charcoal grill or smoker

Achievement Course: Financial Stewardship
Recommended Ages: 10-18 years of age
Approximate Completion Time Frame: 3-6 months



Blessed Frassati, pray for us!

Blessed Pier Giorgio Frassati was a young man from an influential family in Italy who lived and died in the first quarter of the 20th century. He climbed mountains, smoked cigars, had fist fights to protect his family, and he knew the value of money. In fact, he maintained a ledger of income and expenses because he was serious about being responsible with his money so he could relieve suffering in his community, and he did! When Pier Giorgio died from polio at age 24; his family, had no real idea of how he had dedicated himself to the poor. They were overwhelmed by the many thousands of people who turned out to mourn his passing. Money can be a tool to be used for great good if you learn the basic principles set forth in this Achievement Course. “If you have God as the center of all your action, then you will reach the goal.” - Blessed Pier Giorgio Frassati.

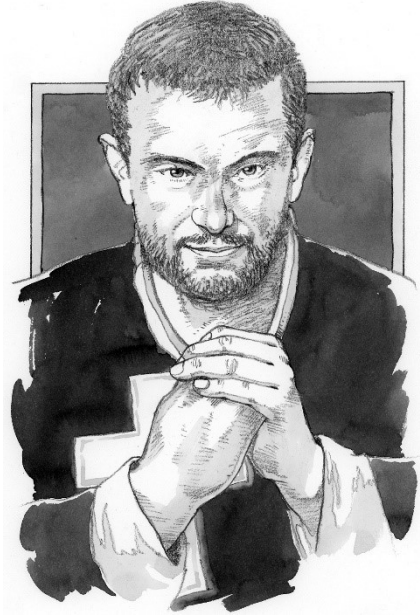
Objective: To develop a basic understanding of financial responsibility and how it can be used to further the Kingdom of God.

One day the young men of the Troops of Saint George will likely have the vocation of marriage or religious life. Those that become future fathers will assume the primary responsibility for the financial provision of their family. In order to do so, they need to understand what money is, what it is not, and how it can be used to further the Kingdom of God. Likewise, those who choose the religious life may be tasked with the responsibility of budgeting for an entire parish or other organization.

1. The link between faith and money
 - a. The Bible has arguably more references about money and what to do with money than any other topic. Why would God spend so much time talking about money? Because money, in many ways, is perhaps the single greatest threat to our faith. What does the Bible say about money?
 - i. Look up the following Bible verse and read each with your father/male guardian.
 1. Genesis 14:18-20
 2. Deuteronomy 18:3-5
 3. Psalms 37:21
 4. Malachi 3:6-12
 5. Matthew 6:25-34
 6. 1 Corinthians 9:7
 7. 1 Timothy 5:8, 6:9-10
 - ii. Discuss with your father what God is trying to teach us.
 - b. Tithing is a way to entrust your finances to the care of God the Father. If we will honor Him as Father of our finances by tithing, God promises to reward us with overwhelming blessings. Establish your trust in God by committing to give 10 percent of your earnings as a sign of your recognition of God's Lordship over your wealth.
 - i. Read the story of Cain and Abel found in Genesis 4:1-16. Discuss with your father/male guardian why Abel's offering was acceptable to God and Cain's was not.
 - ii. Commit to giving God your "first fruits". Ask God to help you be open to tithing.
2. The role generosity plays in one's financial and spiritual life
 - a. What does the Bible say about almsgiving?
 - i. Look up the following Bible verses and Catechism of the Catholic Church sections with your father/male guardian:
 1. Isaiah 58:6-7
 2. Matthew 25:31-46
 3. Tobit 4:5-11
 4. Matthew 6:2-4
 5. Luke 3:11, 11:41
 6. James 2:15-16
 7. Catechism of the Catholic Church 2447
 - ii. Discuss with your father/male guardian the difference between tithing and almsgiving.
 - b. Discuss with your father/male guardian why it is important to give alms. Why do you think Jesus said, "It is better to give than to receive?"

3. Basic Personal Finance. Personal Finance deals with obtaining, budgeting, saving, and spending over time. How you effectively deal with each one of these will help manage various financial risks and future life events.
 - a. With the help of your father/male guardian, choose an item that you want to purchase as a gift for a family member, friend, or charity. Before deciding, think about what you learned above. The purchase should be a \$50 minimum.
 - b. With the help of your father/male guardian, come up with a strategy for purchasing the gift identified above. Consider the following:
 - i. Make a list of all the income sources (allowance, gifts, money from mowing the neighbor's yard, etc.)
 - ii. Make a list of all the expenses you have (tithing, almsgiving, savings, gas for the lawn mower, entertainment and food, birthday gifts for friends and family, etc.)
 - iii. Compare expected income with expected expenses with your father.
 1. If expenses exceed income:
 - a. Will you do additional work to earn more income?
 - b. Will you try to cut expenses?
 2. If income exceeds expenses:
 - a. Determine how long it will take to save enough money to purchase the gift.
 - c. Where is the best place for your savings?
 - i. In a piggy-bank
 - ii. In a savings account
 1. With your father/male guardian, go to the bank to open a savings account. Or, make a deposit into your current account.
 2. Discuss with your father/male guardian and the banker what happens to your money.
 3. Discuss why the bank is willing to pay you to let them hold your money for you.
 - d. Over the next 3-6 months, track your actual income, expenses, and savings with your father/male guardian.
 - e. Make the purchase and present the gift.
 - f. Make a commitment to save at least 10% of your income.
 - i. Discuss with your father/male guardian why it is important to save.
 - ii. Discuss with your father/male guardian the concept of compounding interest and why starting to save now is better than waiting until you are older.

Achievement Course: First Aid / CPR
Recommended Ages: 10-18 years of age
Approximate Completion Time Frame: 3-6 months



Saint Camillus, pray for us!

The First Aid Achievement Course patron saint is Saint Camillus de Lellis, who with his father, was a soldier of fortune and an adventurer of sorts. Saint Camillus watched his father return to the sacraments after many years on his death bed. This made Saint Camillus want to return to his Catholic Faith. After many struggles in ridding himself of the bad habits he picked up in his life of being a soldier of fortune, he was able to serve others by providing medical attention rooted in the love of God. But it was not enough for Saint Camillus to simply provide for the physical wellbeing of his patients; he wanted to also provide for their eternal wellbeing! Saint Camillus was ordained to the holy priesthood and founded an order called the Fathers and Brothers of a Happy Death. Saint Camillus was given permission for he and his brethren to wear the Red Cross and they were the first ones to go onto the battlefield. They tended to the spiritual and physical needs of the wounded wearing the Red Cross, which is now the international symbol of medical personnel.

Objective: To demonstrate how to care for the spiritual and physical needs of people you may be able to serve in a similar way as Saint Camillus did.

Disclaimer: Please note this Achievement Course has been established to familiarize yourself with common outdoor first aid, terminology, and basic instruction. In no way does any content or illustration in this AC replace medical training or certifications by medical professionals or organizations. We highly recommend attending courses and securing certifications available through your local Red Cross or healthcare systems.

1. Familiarize yourself with First Aid for the following conditions
 - a. Allergic/Immunologic
 - i. Anaphylaxis
 - ii. Insect bites and stings
 - iii. Spider bites
 - iv. Snakebites – also describe the characteristics of the 4 most dangerous and venomous snakes in North America (or in your country).
 - v. Food allergy or allergic reaction to medicine
 - b. Integumentary
 - i. Animal bites
 - ii. Blisters
 - iii. Bruise
 - iv. Cuts and Scrapes
 - v. Electrical burn or Shock
 - vi. Foreign object in the skin
 - vii. Frostbite
 - viii. Sunburn
 - c. Neurological
 - i. Concussion
 - ii. Convulsion/seizures
 - iii. Fainting
 - iv. Head pain
 - v. Stroke
 - d. Musculoskeletal
 - i. Dislocation
 - ii. Fractures
 - iii. Heat cramps
 - iv. Sprain
 - e. ENT (ear, nose, throat) and eyes
 - i. Foreign object in the ear
 - ii. Foreign object in the eye
 - iii. Nosebleeds
 - f. Respiratory
 - i. Foreign object inhaled
 - ii. Asthma attack
 - g. Gastrointestinal
 - i. Foreign object swallowed
 - ii. Vomiting/diarrhea
 - h. Miscellaneous
 - i. Choking
 - ii. Fever
 - iii. Head trauma
 - iv. Heart attack
 - v. Heat stroke
 - vi. Hypothermia
 - vii. Poisoning
 - viii. Puncture wound

- ix. Severe bleeding
- x. Shock
- xi. Spinal injury
- xii. Tick bites

2. Requirements

- a. Demonstrate the triage plan of multiple injuries (verbally or written)
- b. Demonstrate ability to dial 911
- c. Demonstrate the ability to assess an airway and breathing
- d. Check a pulse in at least two locations and measure heart rate
- e. Demonstrate knowledge of a normal heart rate and respiratory rate
- f. Demonstrate the ability to assess orientation to person, place, and time
- g. List the symptoms of a fracture or broken bone
- h. Tell the difference between a simple or closed fracture and a complex or open fracture
- i. Splints/Slings – Explain the basic steps to making any splint and demonstrate when and how to place a splint/sling for the following injuries:

Collarbone

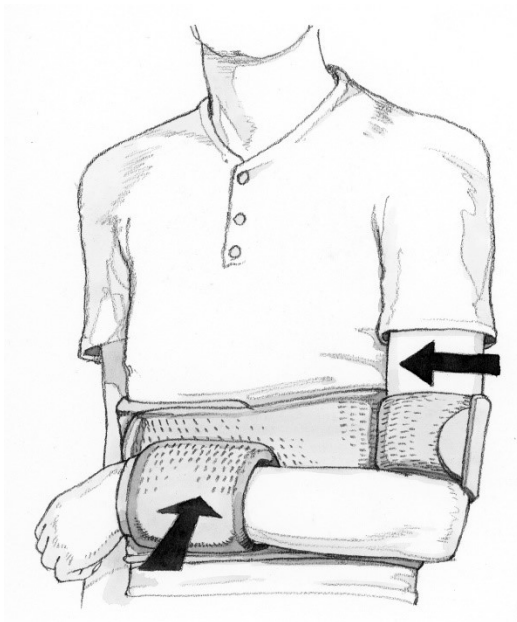


Illustration of where a common collarbone break will occur. You will run your finger lightly along the collarbone to locate the break point.

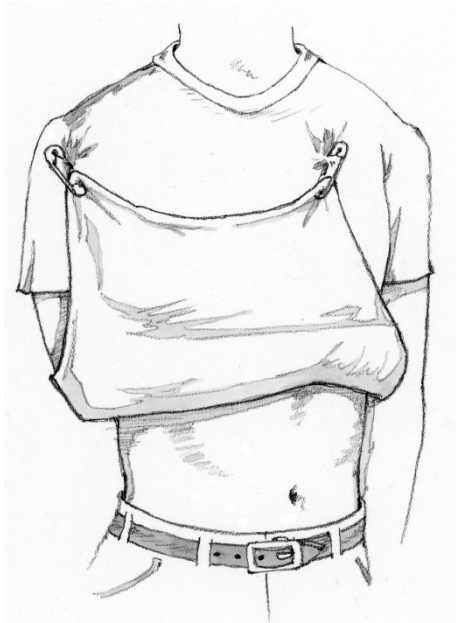


The next four drawings will illustrate the use of a cravat to create a sling to minimize movement of the arm and shoulder that may lead to discomfort on a right side break.

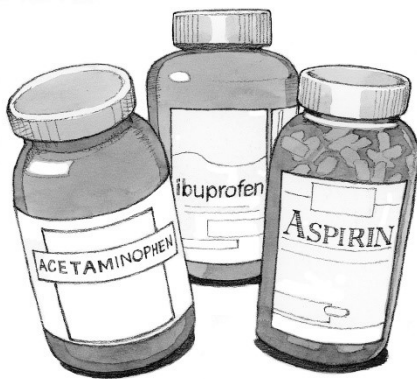




Illustrated here you will find the use of a Velcro splint available in some first aid kits.



Illustrated here you will find the use of the victim's shirt with safety pins to create a quick sling as other supplies are not available.



Common well marked pain medications from your personal or troop's first aid kit may be made available adhering to the directions and precautions listed on the medications.

Shoulder

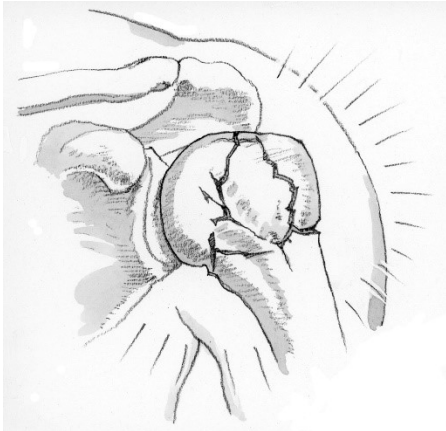


Illustration of where a common shoulder break will occur. This is a less common injury and handled similar to the collarbone on the scene.

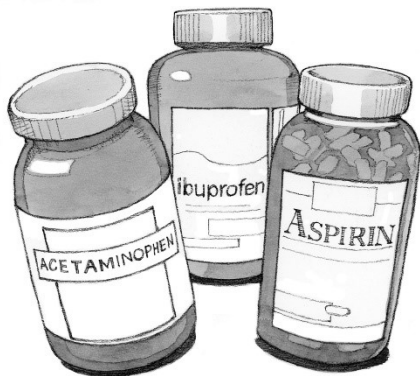
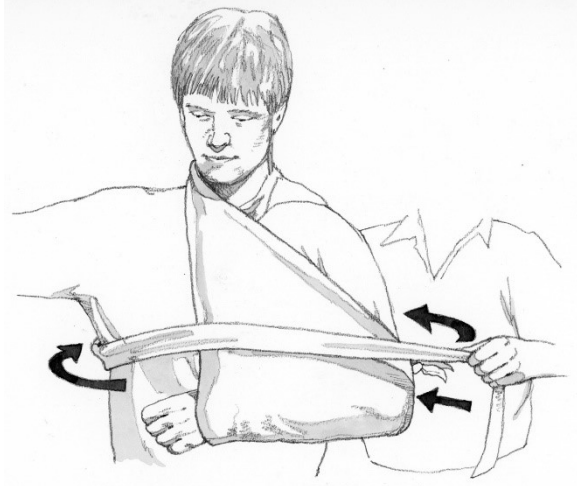


The next six drawings, similar to the collarbone sling, illustrate the use of a cravat to create a sling to minimize movement of the arm and shoulder that may lead to discomfort.





As shown here, you can add a soft cloth or sponge to help with perspiration or discomfort from the sling's knot.



Common well marked pain medications from your personal or troop's first aid kit may be made available adhering to the directions and precautions listed on the medication.

Upper Arm

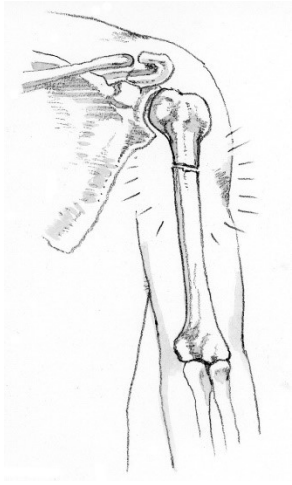


Illustration of where a common upper arm break will occur.

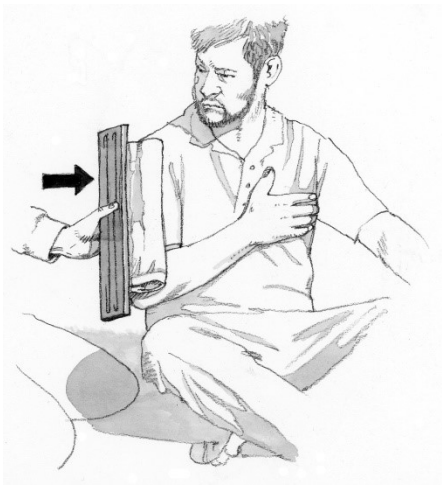
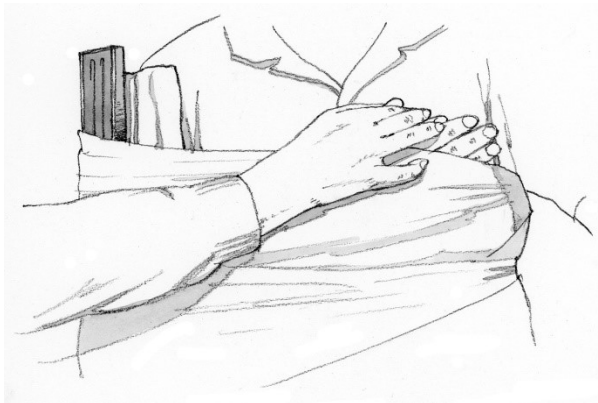
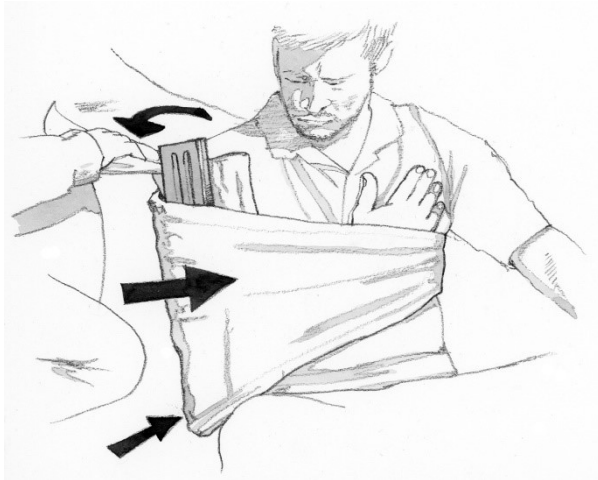


Illustration of placing a soft inner cloth between the arm and harder splint device (in this example, a piece of wood).

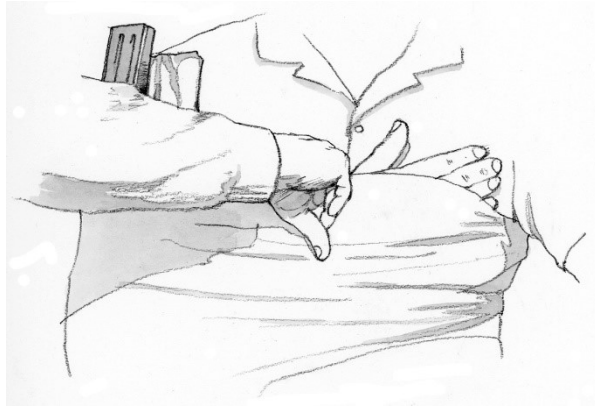


The next two drawings illustrate the use of a bandage to secure the splint to the arm.

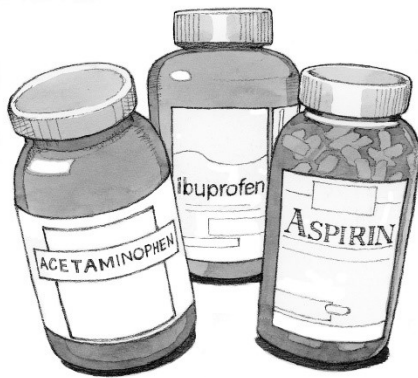


Illustrated here you will find the use of a cravat to secure the arm to the body to minimize victim discomfort.

This is an illustration of the caregiver testing Circulation Sensations Movement (CSM) of the fingers before and after the wrap. The caregiver will have the victim look at his eyes and not at his hand while the caregiver asks “what finger am I holding?”. This tests for nerve damage in the arm that would affect the ability of the fingers to feel sensation and independent movement.



This is an illustration of the caregiver checking the victim's pulse once the wrap is complete.



Common well marked pain medications from your personal or troop's first aid kit may be made available adhering to the directions and precautions listed on the medications.

Lower Arm

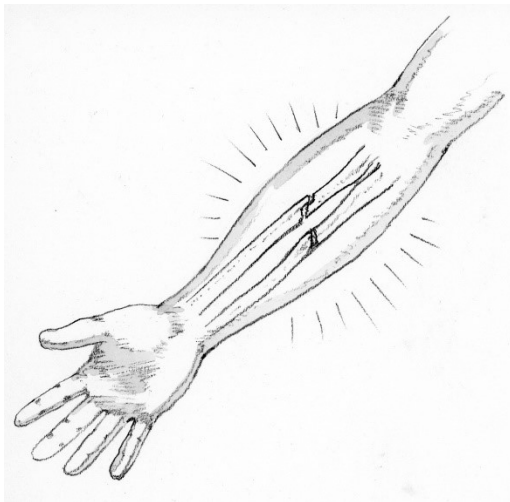
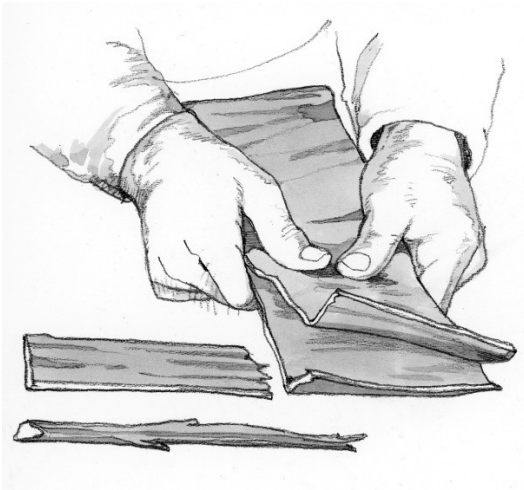


Illustration of where a common lower arm break will occur.

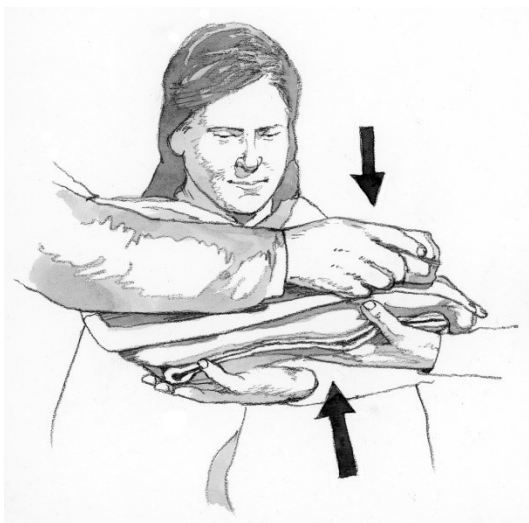


Illustrated here is the victim keeping their arm steady in a bent position with the elbow and arm against the upper body. Before starting the splint wrap, the caregiver tests PRM (Pulse, Response, and Movement) of the fingers to make sure there is not serious vein/artery or nerve damage in the lower arm break that affects the fingers. This drawing shows the caregiver checking the pulse as someone else holds the arm steady.



Similar to the upper arm splint, the next two drawings illustrate creating a splint by placing a soft inner cloth between the arm and harder splint device (in this example, a stick).





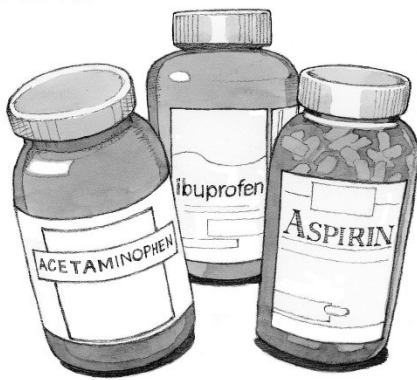
The next two drawings illustrate the laying of another soft cloth on the top of the arm and then the use of a bandage to secure the splint to the arm.



The next two drawings illustrate the use of a cravat to secure the arm to the body to minimize victim discomfort.



Common well marked pain medications from your personal or troop's first aid kit may be made available adhering to the directions and precautions listed on the medication.



Lower Leg

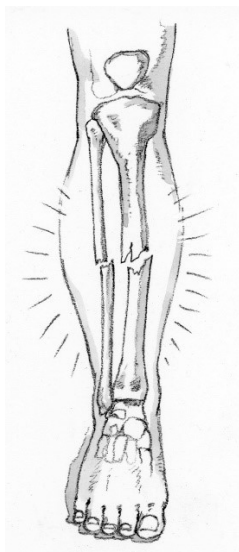
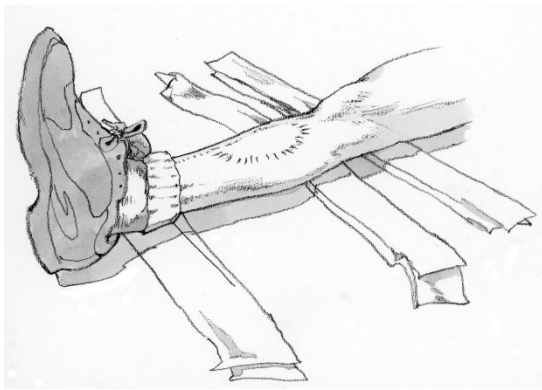
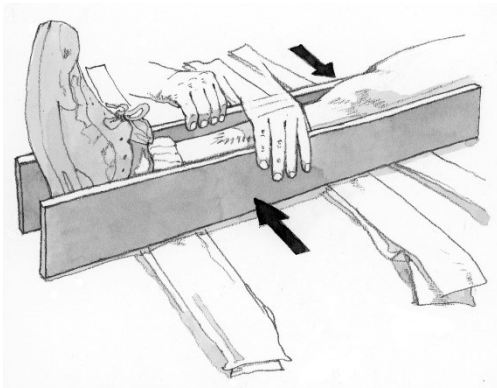


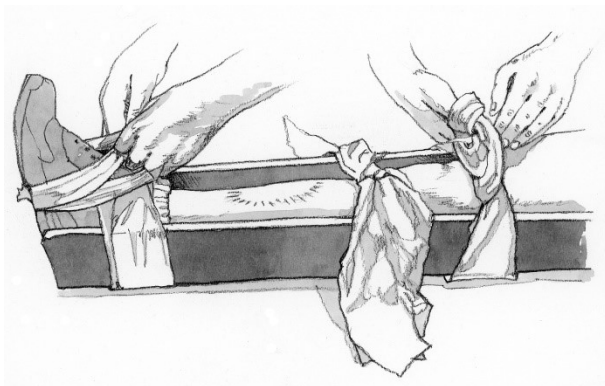
Illustration of where a common lower leg break will occur.



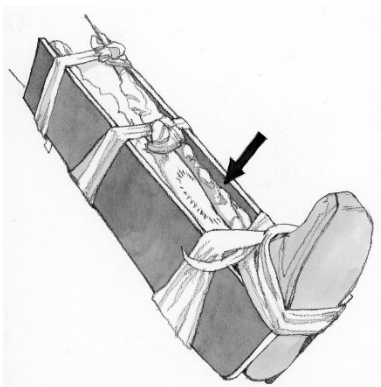
This drawing illustrates the victim being seated on the ground and the broken leg extended straight out from the body. The broken leg is placed over a number of bandages or cloths laid out flat on the ground before the succeeding steps occur.



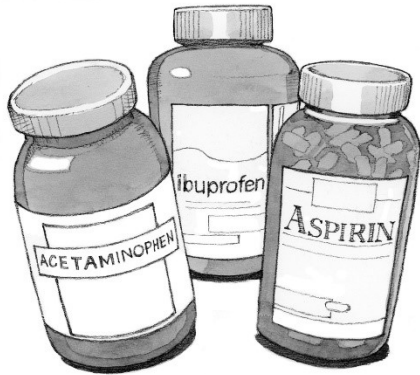
This drawing illustrates two boards (or in an emergency: sticks, pieces of scrap wood, or even long strips of heavy clothing) running along each side of the broken leg. The arrows show the splint pressing against the leg relieving pain. For these next couple of steps, it is helpful to have the assistance of another caregiver.



This drawing illustrates the bandages being brought around the splint sections and tied tightly together, including tying the foot stiff into a vertical position and retied to the base of the splints.



This drawing illustrates the stuffing of soft cloths or clothing or plastic bags down into the splint interior around the leg to help soften the pressing of the splints against the leg and to provide more stabilization of the leg. The arrow shows where you press the soft materials into the negative spaces in the splint prep.

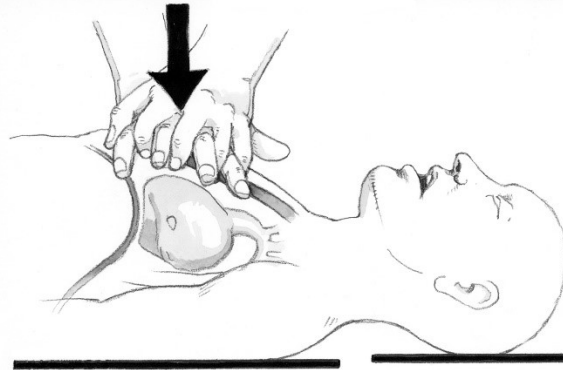


Common well marked pain medications from your personal or troop's first aid kit may be made available adhering to the directions and precautions list on the medication.

- j. CPR (Cardiopulmonary Resuscitation) – Demonstrate proficiency in below techniques. **We highly recommend training and certification from a local Red Cross or healthcare system.**
 - i. The CPR Basics
 1. Before starting CPR, check:
 - a. Is the environment safe for the injured and the rescuer?
 - b. Is the person conscious or unconscious?
 - c. If the person appears unconscious, tap or shake his or her shoulder and ask loudly, “Are you OK?”
 - d. If the person doesn't respond and two people are available, one should call 911 or the local emergency number and one should begin CPR. If you are alone and have immediate access to a telephone, call 911 before beginning CPR – unless you think the person has gone unresponsive because of suffocation (such as from drowning). In this special case, begin CPR for one minute and then call 911 or the local emergency number.
 - e. If an Automated External Defibrillator (AED) is immediately available, deliver one shock if instructed by the device, then begin CPR.
 2. Remember to spell C-A-B: The American Health Association uses the acronym of **CAB** – **C**ompressions, **A**irway, and **B**reathing – to help people remember the order to perform the steps of CPR.
 3. Compressions: restore blood circulation



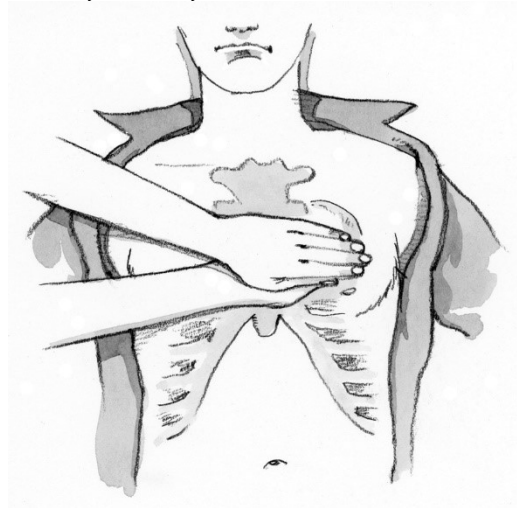
- a. Put the person on his or her back on a firm surface



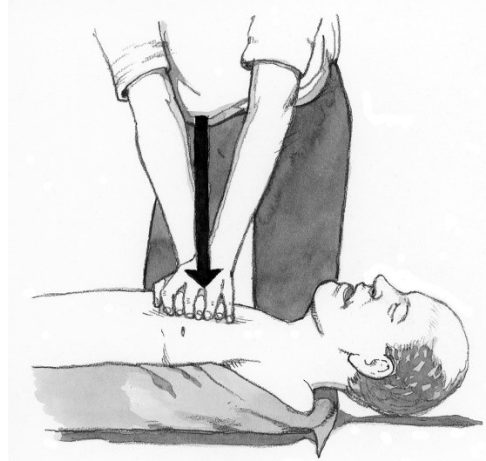
- b. Kneel next to the person's neck and shoulders



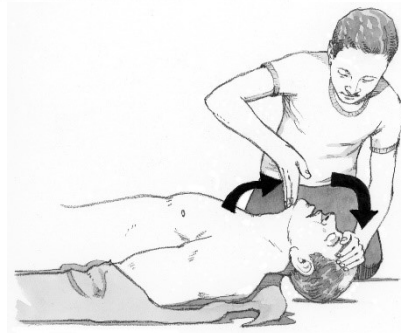
- c. Place the heel of one hand over the center of the person's chest, between the nipples. Place your other hand on top of the first hand. Keep your elbows straight and position your shoulders directly above your hands.



- d. Use your upper body weight (not just your arms) as you push straight down on (compress) the chest at least 2 inches (approximately 5 centimeters) but not greater than 2.4 inches (approximately 6 centimeters). Push hard at a rate of 100 to 120 compressions a minute.



- e. If you haven't been trained in CPR, continue chest compressions until there are signs of movement or until emergency medical personnel take over. If you have been trained in CPR, go on to checking the airway and rescue breathing.
4. Airway: clear the airway
- a. If you're trained in CPR and you've performed 30 chest compressions, open the person's airway using the head-tilt, chin lift maneuver. Put your palm on the person's forehead and gently tilt the head back. Then with the other hand, gently lift the chin upward to open the airway.



- b. Check for normal breathing, taking no more than five or ten seconds. Look for chest motion, listen for normal breath sounds, and feel for the person's breath on your cheeks and ear. Gaspings is not considered to be normal breathing. If the person isn't breathing normally and you are trained in CPR, begin mouth-to-mouth breathing. If you believe the person is unconscious from a heart attack and you haven't been trained in emergency procedures, skip mouth-to-mouth breathing and continue chest compressions.



- 5. Breathing: breathe for the person (rescue breathing can be mouth-to-mouth breathing or mouth-to-nose breathing if the mouth is seriously injured or can't be opened).
 - a. With the airway open (use the head-tilt, chin-lift maneuver), pinch the nostrils shut for mouth-to-mouth breathing and cover the person's mouth with yours, make a seal.



- b. Prepare to give two rescue breaths. Give the first rescue breath – lasting one second – and watch to see if the chest rises. If it does rise, give the second breath. If the chest doesn't rise, repeat the head-tilt, chin-lift maneuver and then give a second breath. Thirty chest compressions followed by two rescue breaths is considered one cycle. Be careful not to provide too many breaths or to breathe with too much force.
- c. Resume chest compressions to restore circulation.
- d. If the person has not begun moving after five cycles (about two minutes) and an automated external defibrillator (AED) is available, apply it and follow the prompts. Administer one shock, then resume CPR – starting with chest compressions – for two more minutes before administering a second shock. If you're not trained to use the AED, a 911 or other

emergency medical operator may be able to guide you in its use. If an AED isn't available, go to step 5 ("e" below).

- e. Continue CPR until there are signs of movement or emergency medical personnel take over.
- ii. CPR for small children (ages 1 – 8)
 1. The procedure for giving CPR to a child ages 1 through 8 is essentially the same as that for an adult. The American Heart Association also recommends the following to perform CPR on a child:
 - a. If you're alone, perform five cycles of compressions and breaths on the child – this should take about two minutes – before calling 911 or your local emergency number or using an AED.
 - b. Use two hands, or only one hand if the child is very small, to perform chest compressions. Press straight down on (compress) the chest about 2 inches (approximately 5 centimeters) but no greater than 2.4 inches (approximately 6 centimeters).



- c. Breathe more gently.
- d. Use the same compression-breath rate as is used for adults: 30 compressions followed by two breaths. This is one cycle. Following the two breaths, immediately begin the next cycle of compressions and breaths. If there are two people conducting CPR, conduct 15 compressions followed by two breaths.
- e. After five cycles (about two minutes) of CPR, if there is no response and an AED is available, apply it and follow the prompts. Use pediatric pads if available, for children ages 1 through 8. If pediatric pads aren't available, use adult pads. Do not use an AED for children younger than age 1. Administer one shock, then resume CPR – starting with chest compressions – for two minutes before administering a second shock. If you're not trained to use an AED, a 911 or other emergency medical operator may be able to guide you in its use.
- f. Continue until the child moves or emergency medical personnel take over.

- k. Discuss when an Automated External Defibrillator (AED) is to be used.
 - l. The Tourniquet, not the first option
 - i. Discuss with your father/male guardian and/or troop leader when to use a tourniquet
 - ii. Demonstrate ability to apply one to these points and between the wound and the heart:
 - 1. Arm
 - 2. Leg
 - m. What does Triage mean – describe the following Triage – START/RPM steps to your father/male guardian and/or troop leader:
 - i. START
 - 1. The First Step in START: get up and walk!
 - 2. The Second Step in START: begin where you stand
 - ii. How to evaluate victims using RPM
 - 1. Respiration or Breathing: it all starts here
 - 2. Perfusion or Circulation: is oxygen getting around the body?
 - 3. Mental Status: open your eyes
 - n. Research and demonstrate two methods to move an unconscious victim in an emergency by yourself.
 - o. Research two types of a “two-man carry” in the case of an emergency (at least one must be for an unconscious victim). Demonstrate a “two-man carry” with your father/male guardian or fellow cadet.
 - p. Research and demonstrate how to make a stretcher with a long sleeve shirt and two poles in the field.
3. First Aid Kit
- a. Based on everything you have learned in this Achievement Course, list everything that a TSG troop should have in its troop First Aid Kit.
 - b. After you have made a list, work with your troop leaders to make sure all supplies are in your troop’s First Aid Kit.
 - c. If your troop does not have a First Aid Kit, work with your troop leaders to assemble one. Review all of the supplies and rationale for including them with your father/male guardian and/or troop leaders.
 - d. Teach a basic first aid skill to the Junior Cadets in your troop.

Reference

<http://www.mayoclinic.org/first-aid/first-aid-cpr/basics/art-20056600>

Achievement Course: Knots
Recommended Ages: 10-18 years of age
Approximate Completion Time Frame: 2-4 months



Blessed Mary, Undoer of Knots, pray for us!

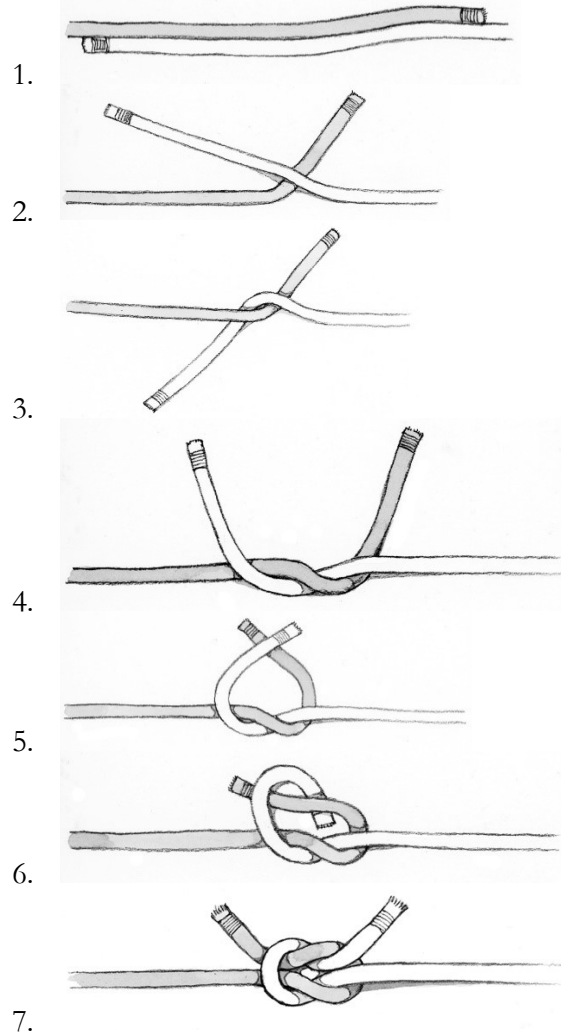
In the 2nd century the Bishop of Lyon, Saint Irenaeus, made the comparison of Eve and the Blessed Virgin Mary. He said, “the knot of Eve’s disobedience was loosed by the obedience of Mary. For what the virgin Eve had bound fast through unbelief, this did the Virgin Mary set free through faith.” (*Adversus haereses*, 3, 22) These knots are the many problems/sins that we face or bring upon ourselves during our lives. Pope Francis has a great devotion to Our Lady and encourages our devotion too.

Objective: To determine a proficient skill level in knot tying.

1. There are dozens of knots that might be learned and never used in day to day life, so we have decided to focus on learning some common knots and to put them to good use.

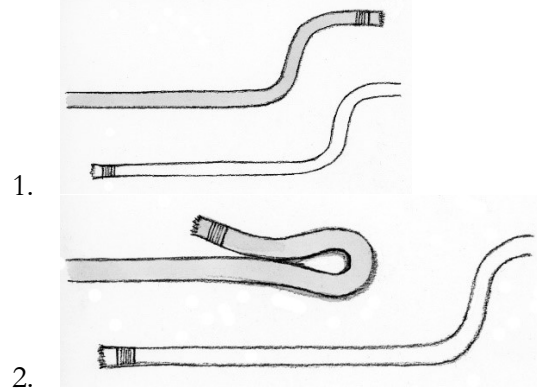
a. Square Knot

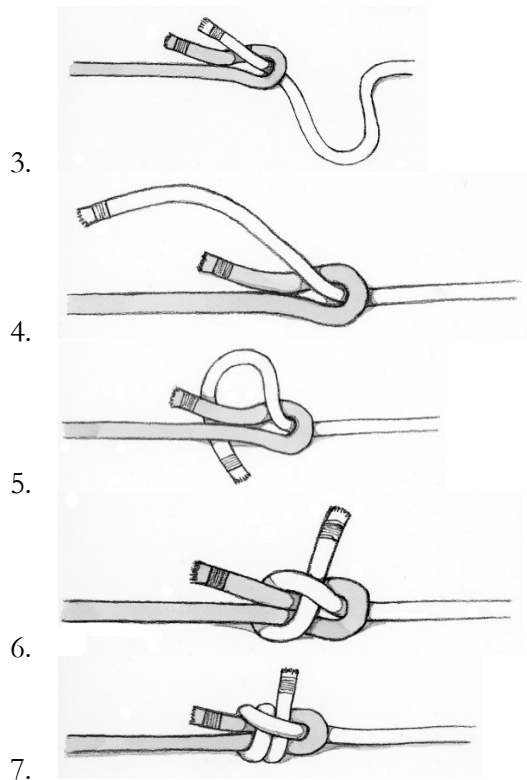
i. This knot is used primarily to secure two pieces of rope of the same diameter.



b. Sheet Bend

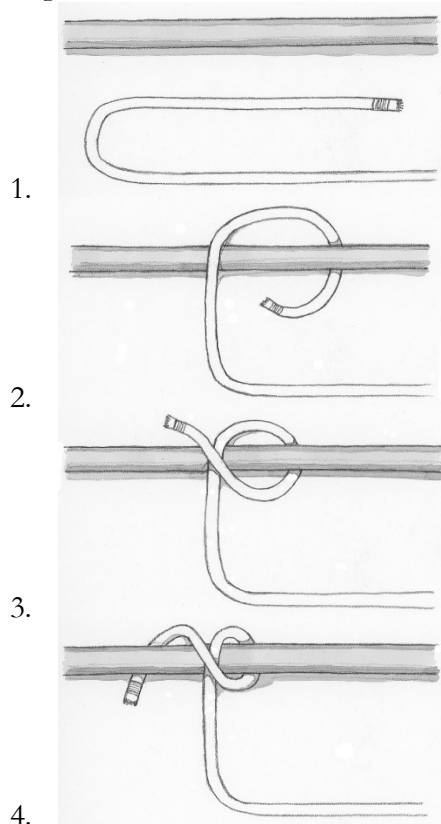
i. This knot is used to secure two pieces of rope of different diameter.

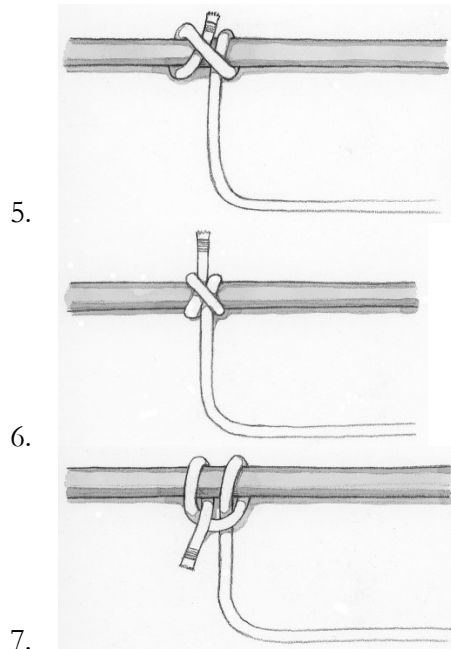




c. Clove Hitch

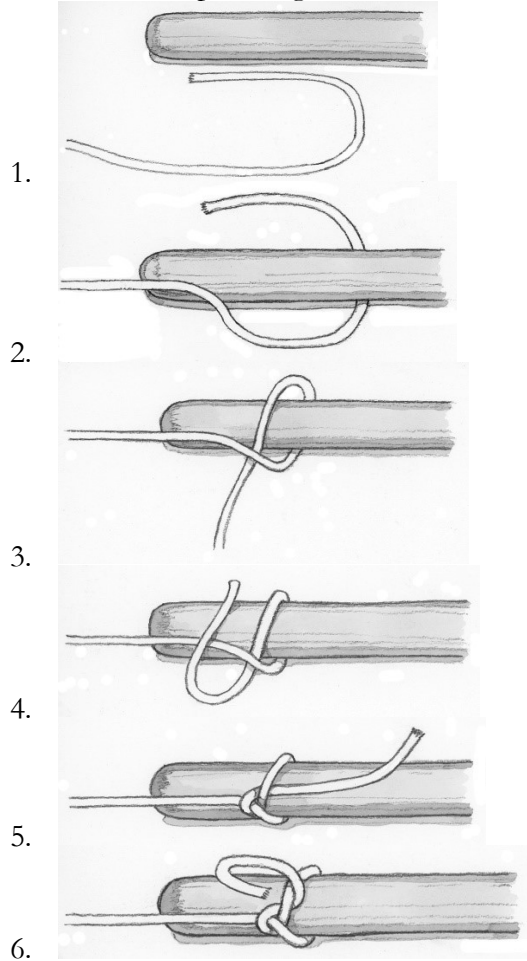
- i. Commonly used to begin or end a lashing or if you need a temporary binding.

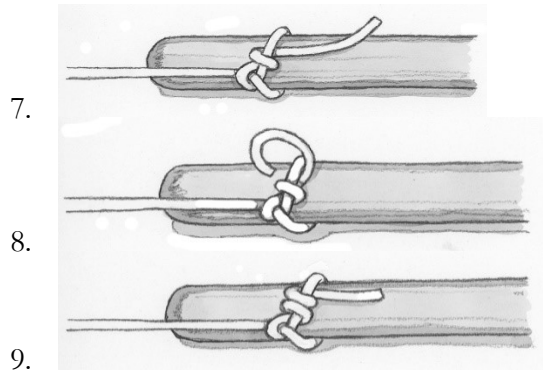




d. Timber Hitch

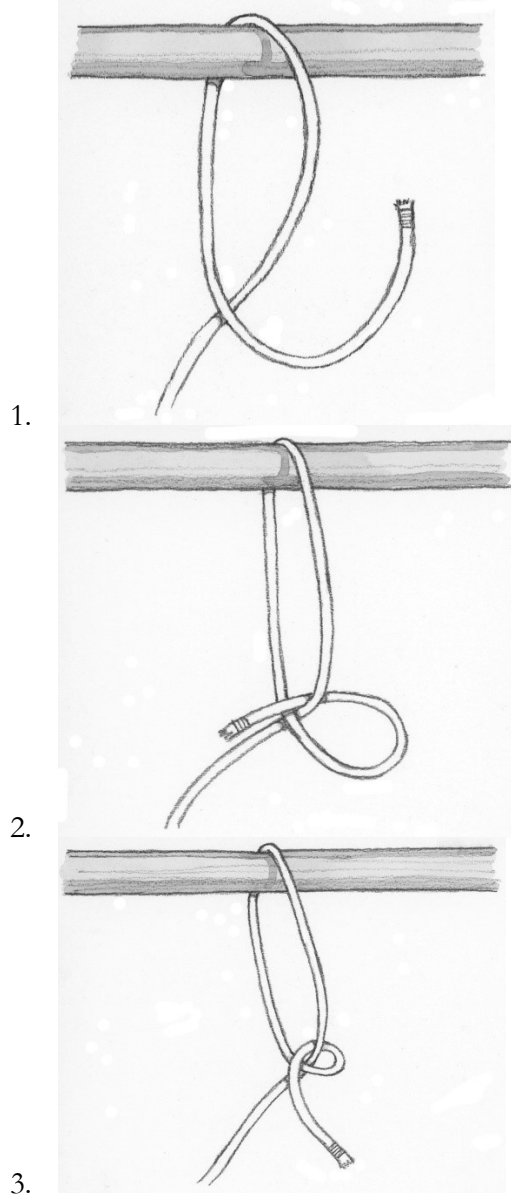
i. Used to attach a rope to log or limb for hauling or lowering.

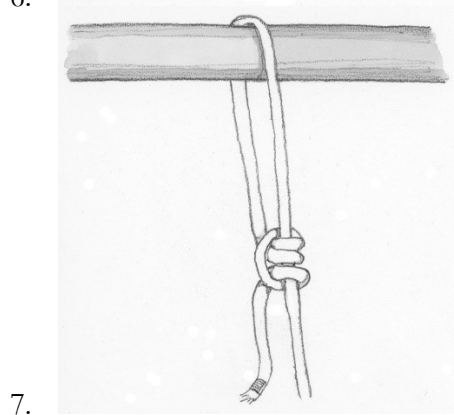
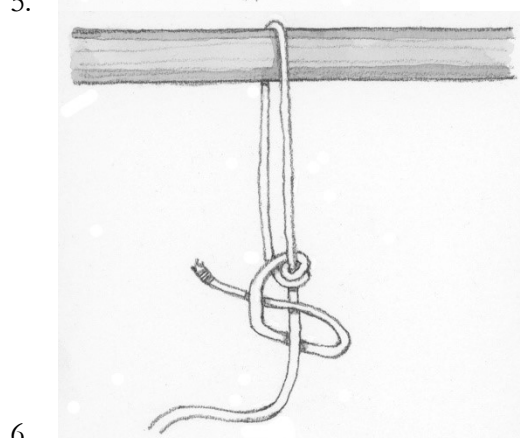
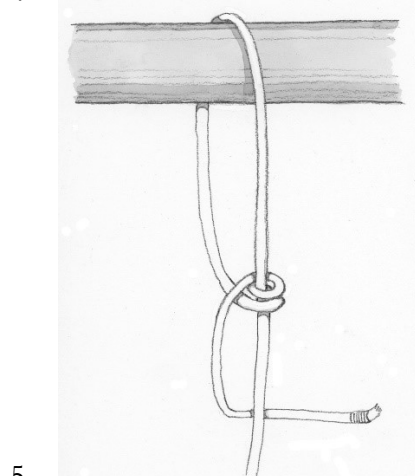
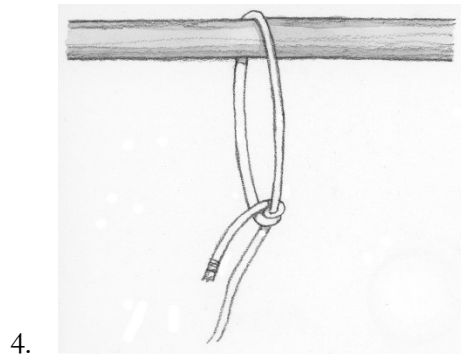




e. Taught Line Hitch

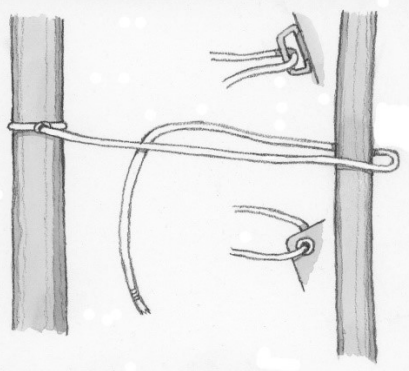
- i. Used to secure and adjust tension on a tent, tarp, hammock, etc.



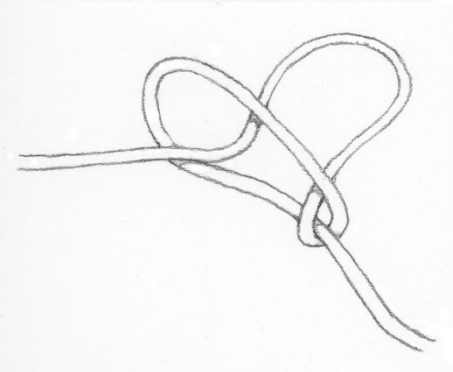


f. Trucker's Hitch

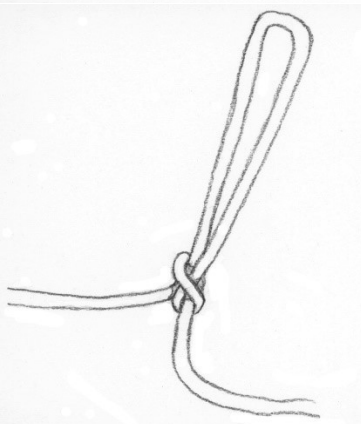
i. Used to strap cargo down.



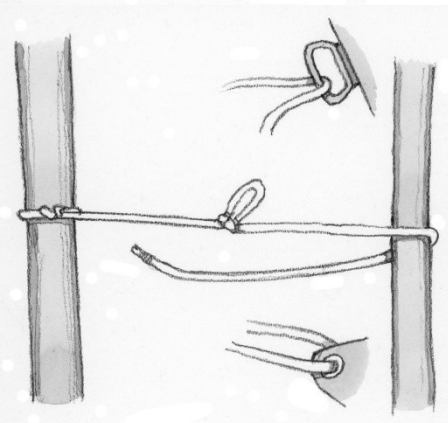
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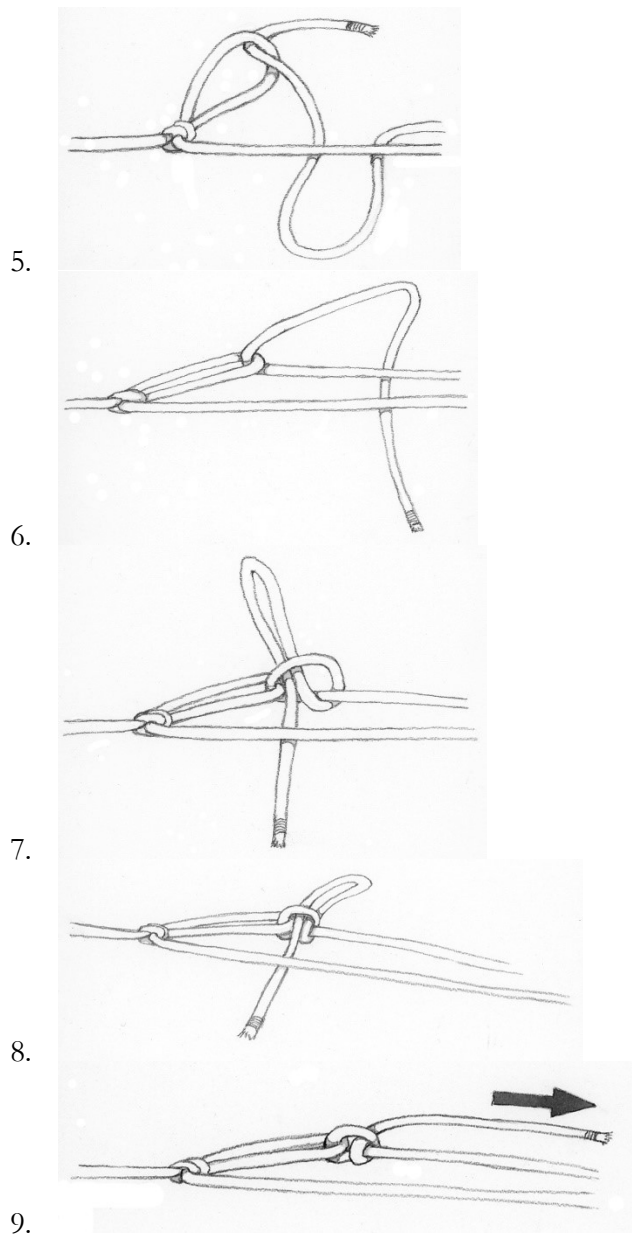
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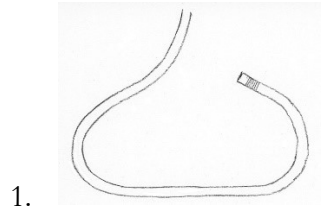


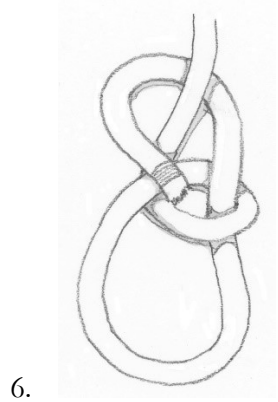
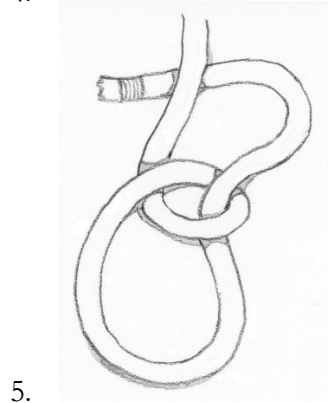
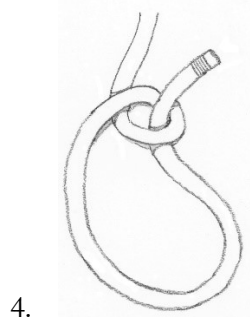
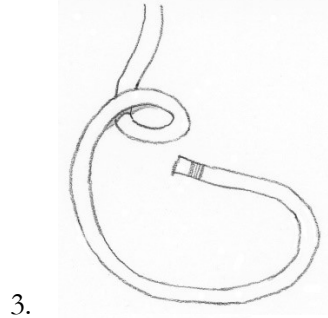
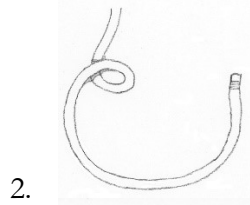
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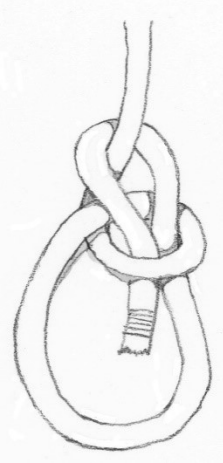


g. Bowline

- i. Good for creating a fixed loop in the end of the rope. Used in boating and rescue work.



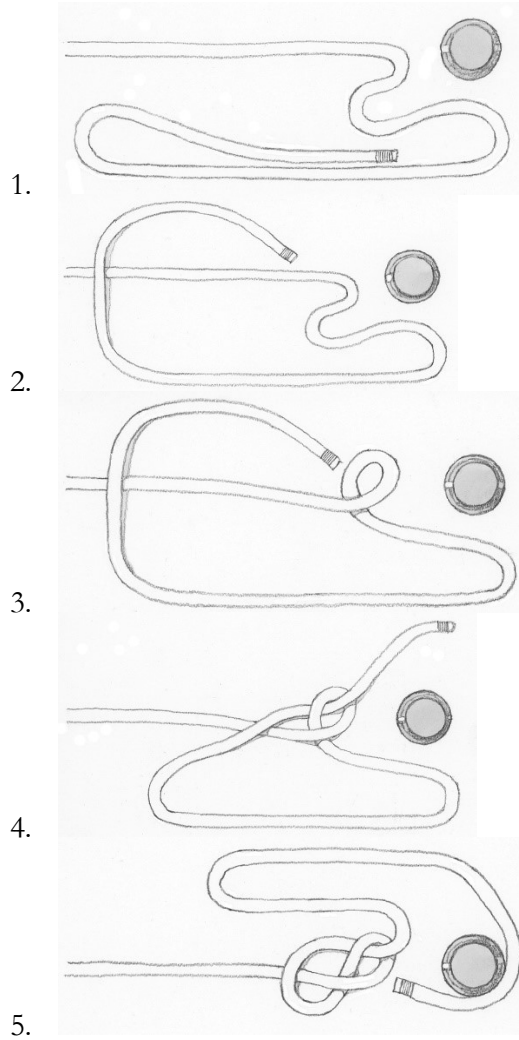


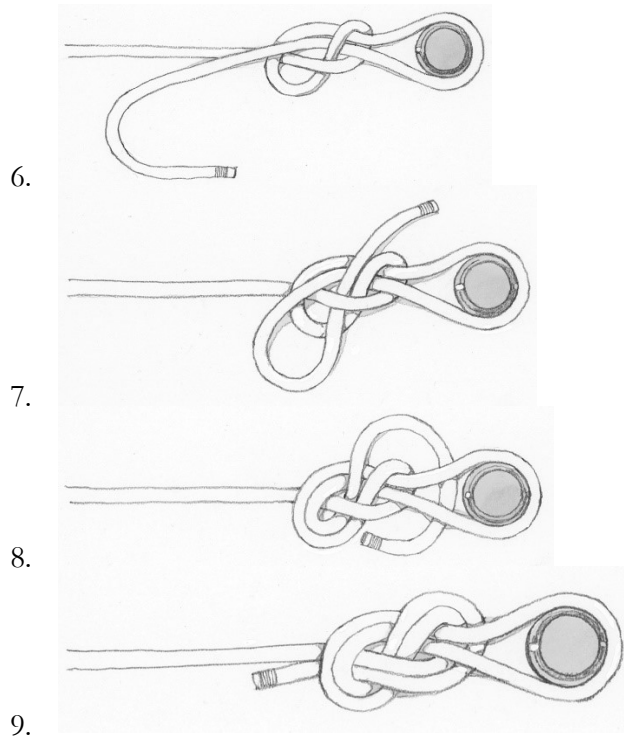


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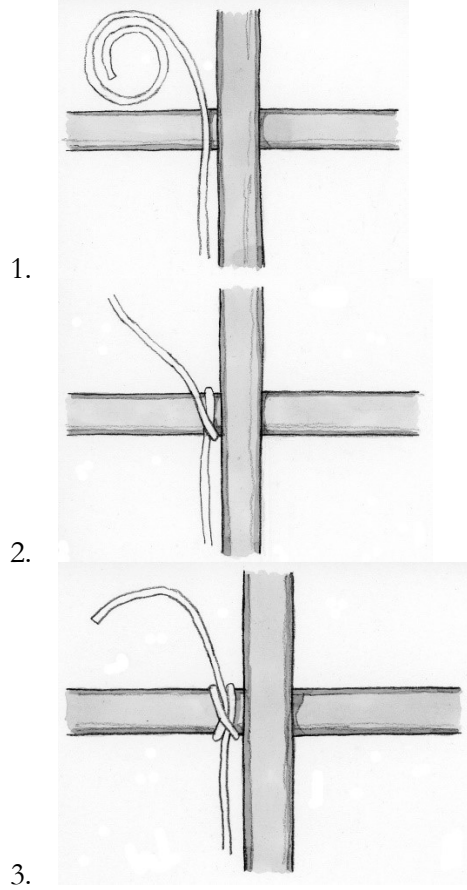
h. Figure 8 Follow Through

- i. Good for creating a fixed loop in the end of a rope. Used in climbing and rescue work.

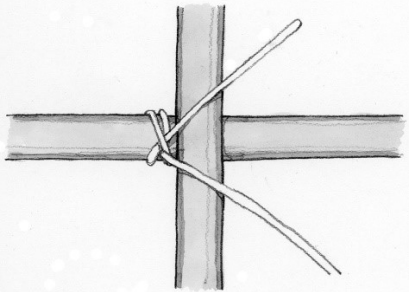




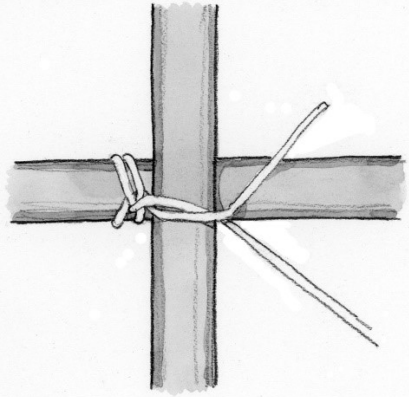
- 9.
- i. Square Lashing
 - i. Used to bind two poles together at right angles.



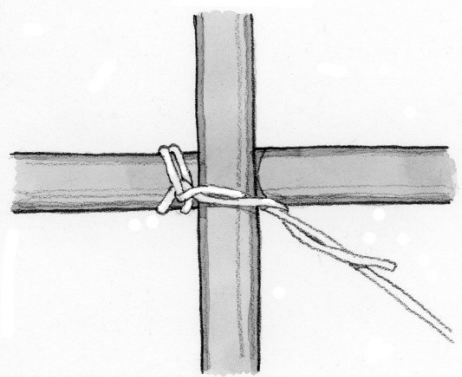
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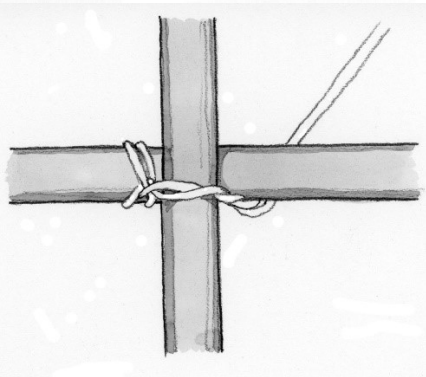
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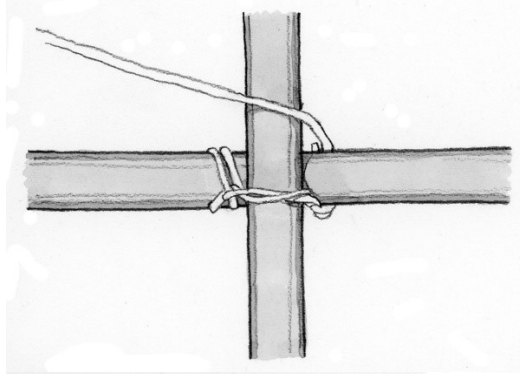
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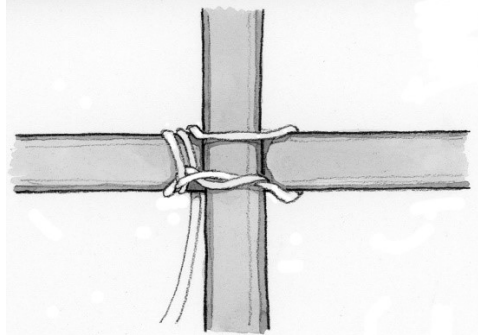
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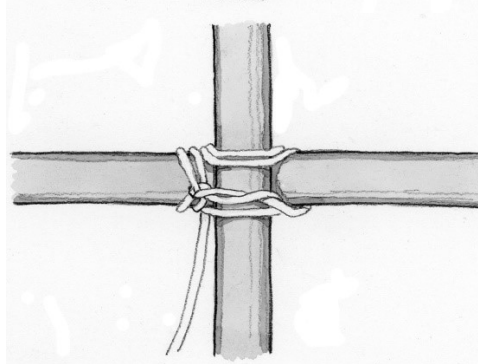
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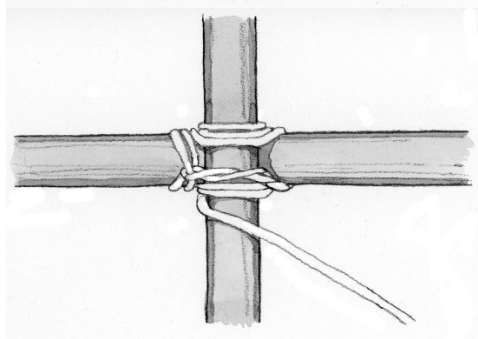
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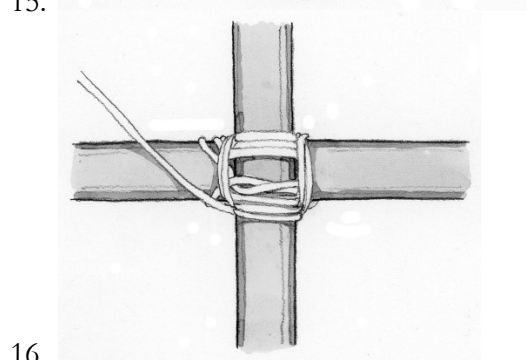
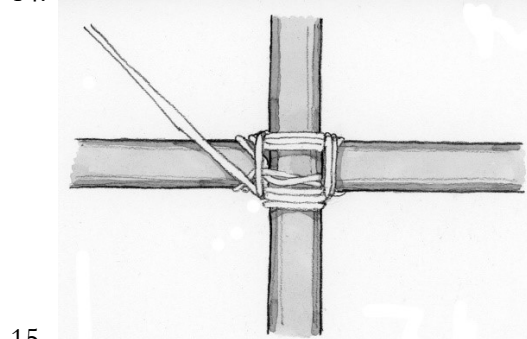
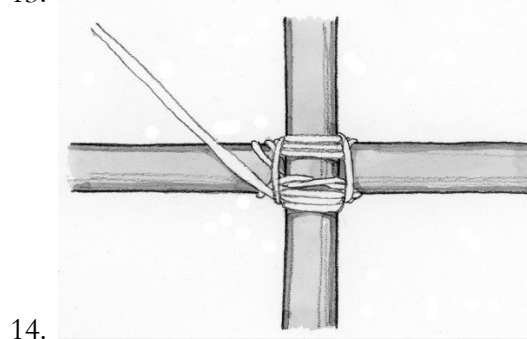
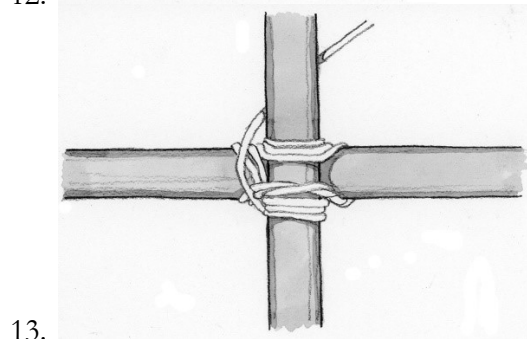
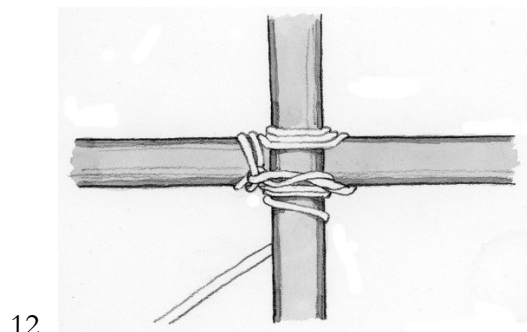


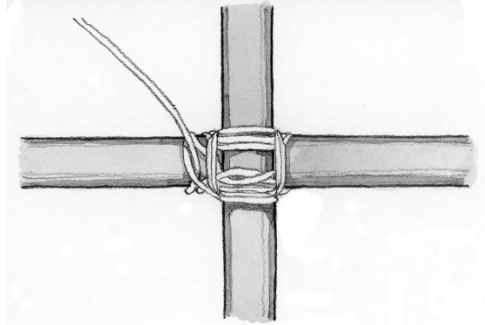
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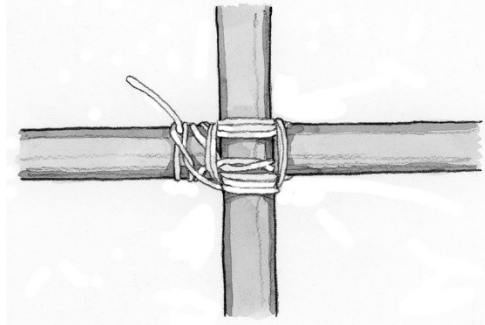
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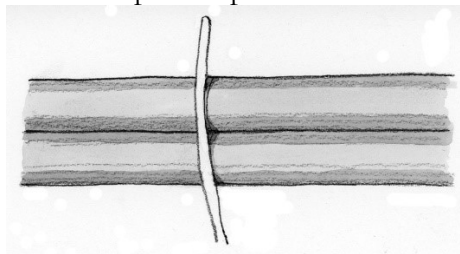
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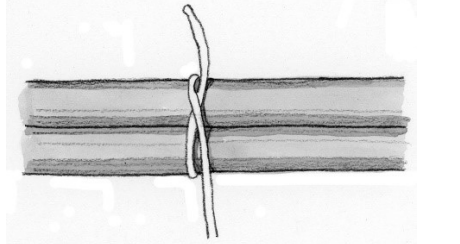
18.

j. Round Lashing

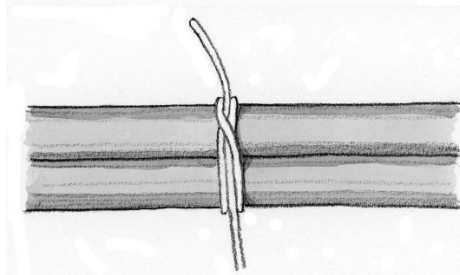
i. Used to bind two parallel poles.



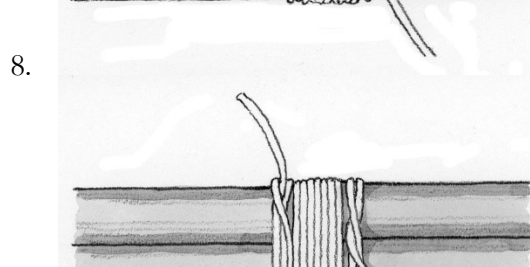
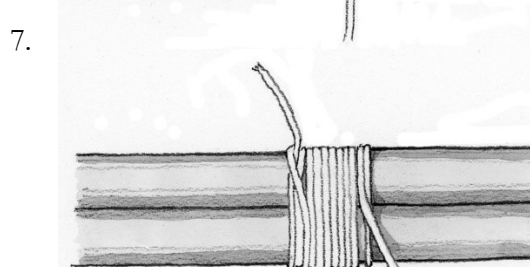
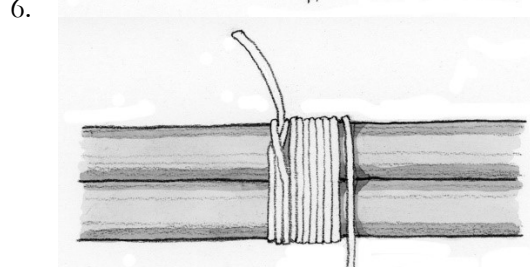
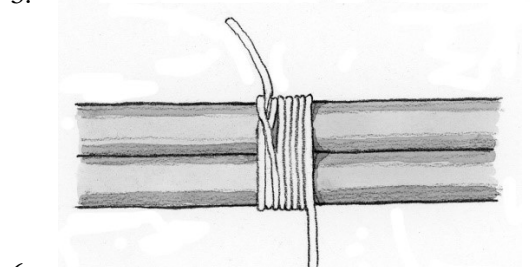
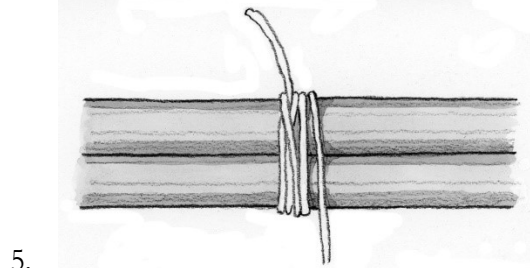
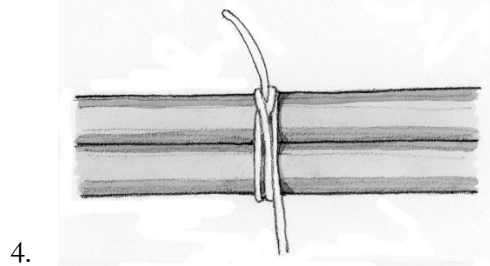
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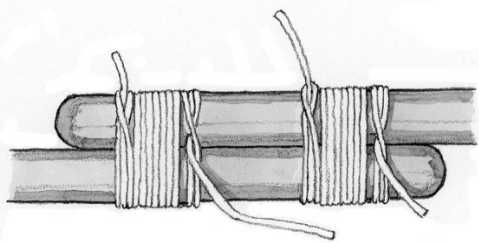


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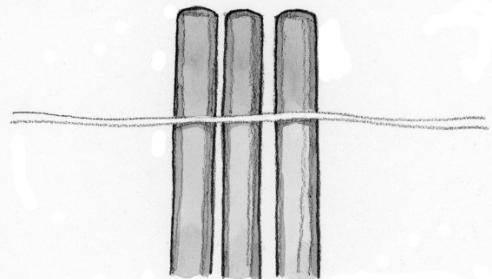


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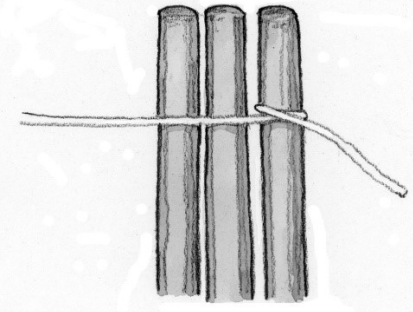




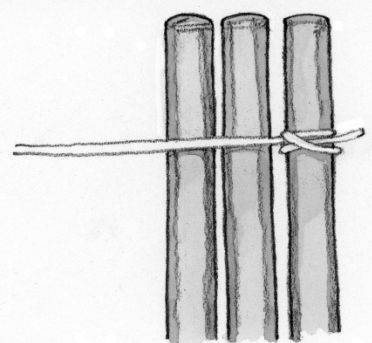
- 10. k. Tripod Lashing
 - i. Used to bind three poles together to form a tri-pod.



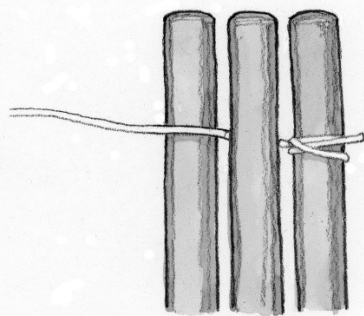
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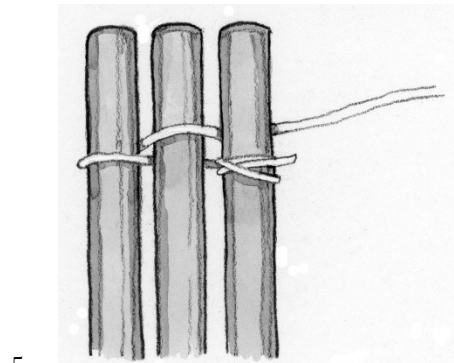
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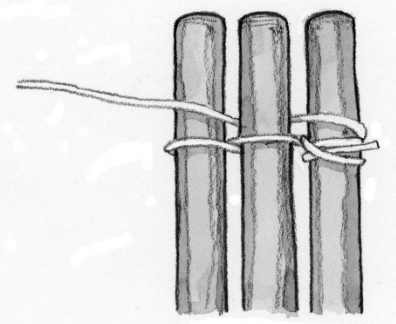
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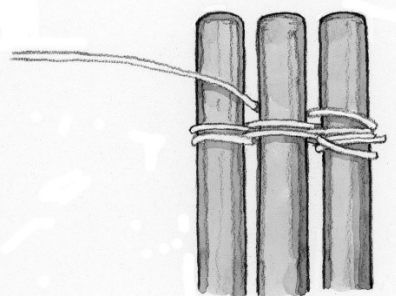
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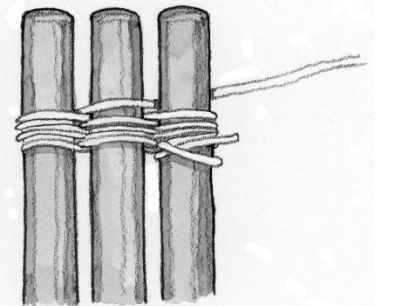
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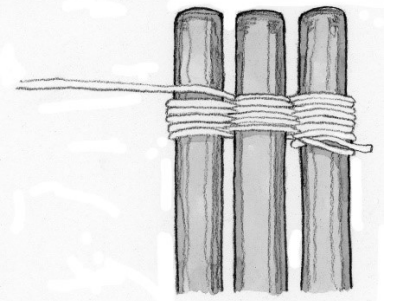
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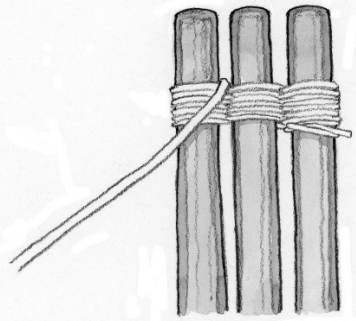


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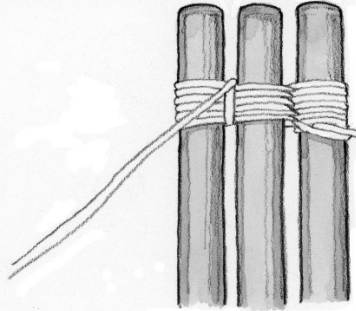


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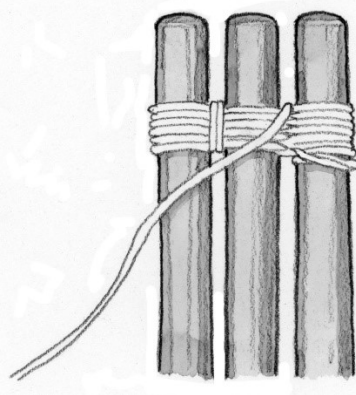
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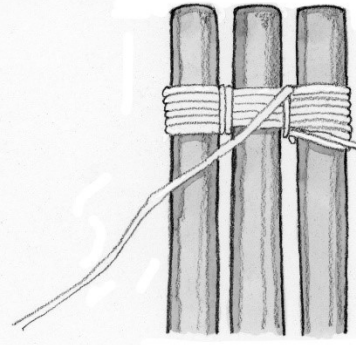
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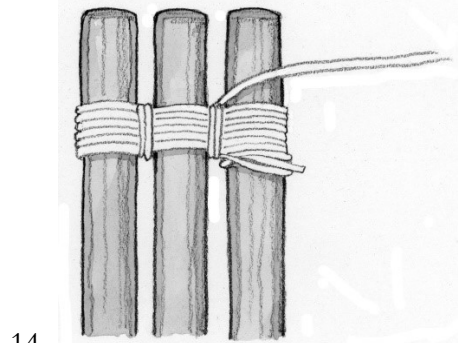


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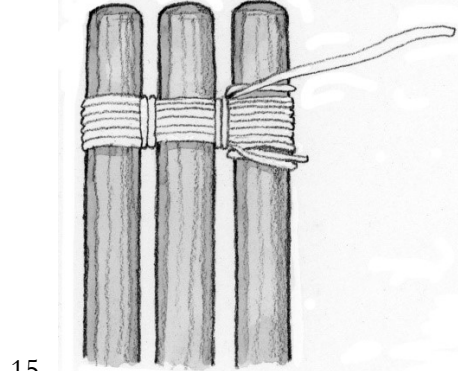


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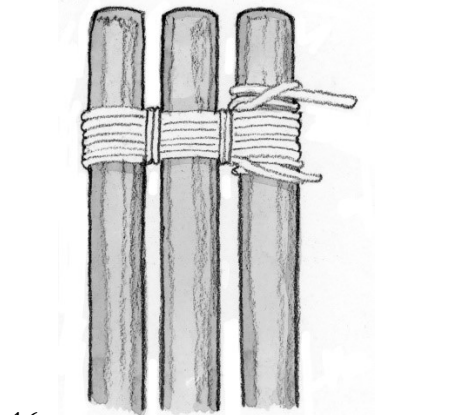




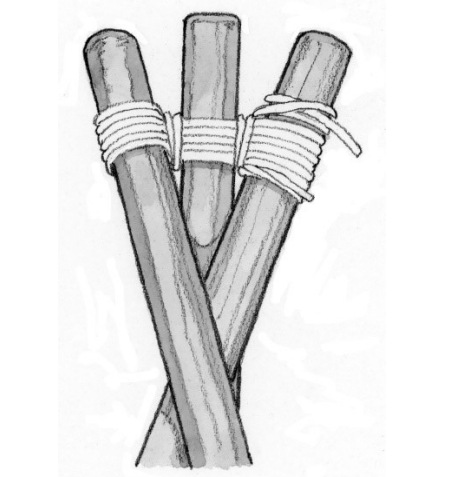
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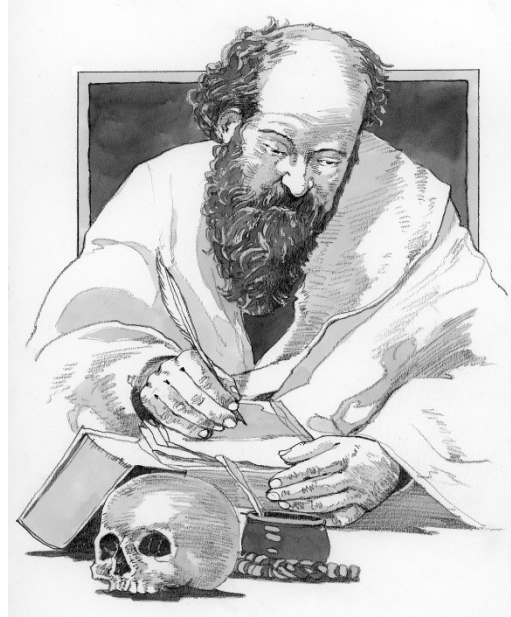


17.

2. Requirements

- a. Master all knots and lashings to build a useful apparatus for a troop campout or activity.
 - i. Consult with the troop leadership on what the troop needs.
- b. Successfully instruct a Junior Cadet in how to tie 5 knots or lashings from the above list.
- c. Demonstrate to your father/male guardian or troop leadership how to tie all of the knots and lashings.
- d. Identify the reason(s) to use each specific knot mastered above.

Achievement Course: Latin
Recommended Ages: 10-18 years of age
Approximate Completion Time Frame: 12-18 months



Saint Jerome, pray for us!

Saint Jerome was born around the year 342 in Dalmatia and was brought up in the Christian faith. Saint Jerome was sent to Rome at an early age and quickly became a scholar. He learned to speak both Latin and Greek languages. While in Rome and surrounded by pagans he struggled to hold close to the Christian faith. Although, in 360 he was baptized by Pope Liberius. After his baptism his faith continued to deepen with studies and over time spent with the monks in Antioch. Pope Damasus turned to him for counsel and dealings concerning the Antioch schism. While in Bethlehem, he undertook the difficult and laborious task of translating most of the Old Testament from Hebrew into Latin. This translation set into motion the pathway for the Vulgate, which is the Catholic Church's Latin version of the Old Testament. He is one of the Catholic Doctors of the Church for defending the Divine Words and is the patron saint of librarians and translators.

“The use of the Latin language prevailing in a great part of the Church affords at once an imposing sign of unity and an effective safeguard against the corruptions of true doctrine.”

Venerable Pope Pius XII, *Mediator Dei*, 1947, Sec. 60

“The day the Church abandons her universal tongue (Latin) is the day before she returns to the catacombs.”

Venerable Pope Pius XII

Objective: To learn the basic level of spoken and sung Latin with proficiency.

Latin is the official language of the Catholic Church, and the sacred language of the Western Catholic Churches and Rites (Roman, Ambrosian, Dominican, etc.). It is the language of the official Bible of the Church, the Latin Vulgate. Many Popes and Saints have urged Catholics to learn, use and love the Latin language. It is truly a Catholic (universal) language, spanning the entire Church around the globe.

As the Troops of Saint George are both an international and a Catholic movement, we wish to respond to the calls of the Popes and inculcate a love of the Latin language into our cadets and Tribunes. This Achievement Course is designed to introduce a basic level of spoken and sung Latin proficiency. Because of this focus, you will not find any requirements here dealing with grammatical concepts like declensions and conjugations. By introducing Latin in a less formal and academic way, we are aiming to instill a love of the Church's language, with the hope that many of our cadets and Tribunes will go on to pursue a deeper study of Latin.

Prayer to Venerable Pope Pius XII

O Venerable Pope Pius XII, who had on earth great courage to preach the word of God, vigor to repel the enemies of the Church, and zeal for the Holy Name, pray for us poor sinners. May we, O Pius, have a double portion of the righteous qualities in defense of our holy Church. May we never abandon our duty to defend the faith, with fortitude, wherever we are and in whatever state God hath put us. Venerable Pius, may we, like thee, show the radiant glory of our Holy Lord in everything we do and say. And this, through the graciousness of the Divine Majesty, to whom we may humbly ask thee to pray for our benefit and protection.

Through Christ our Lord.

Amen.

“Latin is the immutable language of the Western Church.”

Pope Saint John XXIII

“For the Church, precisely because it embraces all nations and is destined to endure until the end of time...of its very nature requires a language that is universal, immutable, and non-vernacular.”

Pope Pius XI, *Officiorum Omnium*, 1922

Note that there is a lot of memorization required for this Achievement Course. We recommend that cadets not attempt to memorize everything at once, and that they incorporate some of the prayers and songs into their personal and troop prayer traditions to help retain what they have learned.

1. Read Pope Saint John XXIII's Encyclical *Veterum Sapientia* (English Translation), and write a 2-page or longer essay in English addressing the following points:
 - a. Why do you think Pope Saint John XXIII wrote this Encyclical?
 - b. What are three reasons Pope Saint John XXIII gives for the importance of Latin to the Church?
 - c. What are three actions commanded by Pope Saint John XXIII to preserve and promote Latin in the Church?
 - d. What does Pope Saint John XXIII say the relationship between Latin and Greek is? What part of the Roman Rite is in Greek (hint: it is one of the 4 below in requirement 2)?
 - e. What can you do to help promote the use and study of Latin:

- i. In your home
 - ii. In your troop
 - iii. In your parish
2. Recite from memory these parts of the Roman Mass:
 - a. Confiteor
 - b. Kyrie
 - c. Sanctus
 - d. Agnus Dei
3. Recite with the text in front of you, but without error or stumbling, the following:
 - a. Gloria in excelsis (from Mass)
 - b. Symbolum Nicaenum (Nicene Creed)
 - c. Symbolum Apostulorum (Apostle's Creed)
4. Recite from memory all the prayers of the Rosary:
 - a. Signum Crucis (Sign of the Cross)
 - b. Symbolum Apostulorum (Apostle's Creed)
 - c. Pater Noster (Our Father)
 - d. Ave Maria (Hail Mary)
 - e. Gloria Patri (Glory Be)
 - f. O Mi Jesu (Fatima Prayer)
 - g. Salve, Regina (Hail, Holy Queen)
 - h. Final Rosary Prayer after Salve, Regina
5. Sing (yes, sing) the following traditional Latin songs in their traditional plainchant, as well as be able to explain when the below antiphons are chanted and why:
 - a. Salve Regina (from memory)
 - b. Regina Caeli (from text)
 - c. O Salutaris Hostia (from text)
 - d. Tantum Ergo (from text)
 - e. Alma Redemptoris (from text)
 - f. Ave, Regina Caelorum (from text)
6. Know and define 10 of the following Latin phrases by defining each of the following in the presence of your parents/guardians or troop leader. Have your parent/guardian or troop leader read the Latin phrase and respond by translating and/or explaining what it means:

a posteriori	from the latter -- knowledge or justification is dependent on experience or empirical evidence
a priori	from what comes before -- knowledge or justification is independent of experience
acta non verba	deeds, not words
ad hoc	to this -- improvised or made up
ad hominem	to the man -- below-the-belt personal attack rather than a reasoned argument

ad honorem	for honor
ad infinitum	to infinity
ad nauseam	used to describe an argument that has been taking place to the point of nausea
ad victoriam	to victory -- more commonly translated into "for victory," this was a battle cry of the Romans
alea iacta est	the die has been cast
Alias	at another time -- an assumed name or pseudonym
Alibi	Elsewhere
alma mater	nourishing mother -- used to denote one's college/university
amor patriae	love of one's country
amor vincit omnia	love conquers all
annuit cœptis	He (God) nods at things being begun -- or "he approves our undertakings," motto on the reverse of the Great Seal of the United States and on the back of the United States one-dollar bill
ante bellum	before the war -- commonly used in the Southern United States as antebellum to refer to the period preceding the American Civil War
ante meridiem	before noon -- A.M., used in timekeeping
aqua vitae	water of life -- used to refer to various native distilled beverages, such as whisky (uisge beatha) in Scotland and Ireland, gin in Holland, and brandy (eau de vie) in France
arte et marte	by skill and valour

astra inclinant, sed non obligant	the stars incline us, they do not bind us -- refers to the strength of free will over astrological determinism
audemus jura nostra defendere	we dare to defend our rights -- state motto of Alabama
audere est facere	to dare is to do
Audio	I hear
aurea mediocritas	golden mean -- refers to the ethical goal of reaching a virtuous middle ground between two sinful extremes
auribus teneo lupum	I hold a wolf by the ears -- a common ancient proverb; indicates that one is in a dangerous situation where both holding on and letting go could be deadly; a modern version is, "to have a tiger by the tail"
aut cum scuto aut in scuto	either with shield or on shield -- do or die, "no retreat"; said by Spartan mothers to their sons as they departed for battle
aut neca aut necare	either kill or be killed
aut viam inveniam aut faciam	I will either find a way or make one -- said by Hannibal, the great ancient military commander
barba non facit philosophum	a beard doesn't make one a philosopher
bellum omnium contra omnes	war of all against all
bis dat qui cito dat	he gives twice, who gives promptly -- a gift given without hesitation is as good as two gifts
bona fide	good faith

bono malum superate	overcome evil with good
carpe diem	seize the day
caveat emptor	let the buyer beware -- the purchaser is responsible for checking whether the goods suit his need
Circa	around, or approximately
citius altius fortius	faster, higher, stronger -- modern Olympics motto
cogito ergo sum	"I think therefore I am" -- famous quote by Rene Descartes
contemptus mundi/saeculi	scorn for the world/times -- despising the secular world, the monk or philosopher's rejection of a mundane life and worldly values
corpus christi	body of Christ
corruptissima re publica plurimae leges	when the republic is at its most corrupt the laws are most numerous -- said by Tacitus
creatio ex nihilo	creation out of nothing -- a concept about creation, often used in a theological or philosophical context
cura te ipsum	take care of your own self -- an exhortation to physicians, or experts in general, to deal with their own problems before addressing those of others
curriculum vitae	the course of one's life -- in business, a lengthened resume
de facto	from the fact -- distinguishing what's supposed to be from what is reality
deo volente	God willing
deus ex machina	God out of a machine -- a term meaning a conflict is resolved in improbable or implausible ways
dictum factum	what is said is done

disce quasi semper victurus vive quasi cras moriturus	learn as if you're always going to live; live as if tomorrow you're going to die
discendo discimus	while teaching we learn
docendo disco, scribendo cogito	I learn by teaching, think by writing
ductus exemplo	leadership by example
ducunt volentem fata, nolentem trahunt	the fates lead the willing and drag the unwilling -- attributed to Lucius Annaeus Seneca
dulce bellum inexpertis	war is sweet to the inexperienced
dulce et decorum est pro patria mori	it is sweet and fitting to die for your country
dulcius ex asperis	sweeter after difficulties
e pluribus unum	out of many, one -- on the U.S. seal, and was once the country's de facto motto
Emeritus	veteran -- retired from office
Ergo	Therefore
et alii	and others -- abbreviated et al.
et cetera	and the others
et tu, Brute?	last words of Caesar after being murdered by friend Brutus in Shakespeare's "Julius Caesar," used today to convey utter betrayal
ex animo	from the heart -- thus, "sincerely"
ex libris	from the library of -- to mark books from a library

ex nihilo	out of nothing
ex post facto	from a thing done afterward -- said of a law with retroactive effect
fac fortia et patere	do brave deeds and endure
fac simile	make alike -- origin of the word "fax"
flectere si nequeo superos, acheronta movebo	if I cannot move heaven I will raise hell -- Virgil's <i>Aeneid</i>
fortes fortuna adiuvat	fortune favors the bold
fortis in arduis	strong in difficulties
gloria in excelsis Deo	glory to God in the highest
habeas corpus	you should have the body -- a legal term from the 14th century or earlier; commonly used as the general term for a prisoner's legal right to challenge the legality of their detention
habemus papam	we have a pope -- used after a Catholic Church papal election to announce publicly a successful ballot to elect a new pope
historia vitae magistra	history, the teacher of life -- from Cicero; also "history is the mistress of life"
hoc est bellum	this is war
homo unius libri (timeo)	(I fear) a man of one book -- attributed to Thomas Aquinas
honor virtutis praemium	esteem is the reward of virtue

hostis humani generis	enemy of the human race -- Cicero defined pirates in Roman law as being enemies of humanity in general
humilitas occidit superbiam	humility conquers pride
igne natura renovatur integra	through fire, nature is reborn whole
ignis aurum probat	fire tests gold -- a phrase referring to the refining of character through difficult circumstances
in absentia	in the absence
in aqua sanitas	in water there is health
in flagrante delicto	in flaming crime -- caught red-handed, or in the act
in memoriam	into the memory -- more commonly "in memory of"
in omnia paratus	ready for anything
in situ	in position -- something that exists in an original or natural state
in toto	in all or entirely
in umbra, igitur, pugnabimus	then we will fight in the shade -- made famous by Spartans in the battle of Thermopylae and by the movie <i>300</i>
in utero	in the womb
in vitro	in glass -- biological process that occurs in the lab
incepto ne desistam	may I not shrink from my purpose
intelligenti pauca	few words suffice for he who understands

Invicta	Unconquered
invictus maneo	I remain unvanquished
ipso facto	by the fact itself -- something is true by its very nature
labor omnia vincit	hard work conquers all
laborare pugnare parati sumus	to work, (or) to fight; we are ready
labore et honore	by labor and honor
leges sine moribus vanae	laws without morals [are] vain
lex parsimoniae	law of succinctness -- also known as Occam's Razor, the simplest explanation is usually the correct one
lex talionis	the law of retaliation
magna cum laude	with great praise
magna est vis consuetudinis	great is the power of habit
magnum opus	great work -- said of someone's masterpiece
mala fide	in bad faith -- said of an act done with knowledge of its illegality, or with intention to defraud or mislead someone; opposite of bona fide
malum in se	wrong in itself -- a legal term meaning that something is inherently wrong
malum prohibitum	wrong due to being prohibited -- a legal term meaning that something is only wrong because it is against the law

mea culpa	my fault
Meliora	better things -- carrying the connotation of "always better"
memento mori	remember that [you will] die -- was whispered by a servant into the ear of a victorious Roman general to check his pride as he paraded through cheering crowds after a victory; a genre of art meant to remind the viewer of the reality of his death
memento vivere	remember to live
memores acti prudentes future	mindful of what has been done, aware of what will be
modus operandi	method of operating -- abbreviated M.O.
montani semper liberi	mountaineers [are] always free -- state motto of West Virginia
morior invictus	death before defeat
morituri te salutant	those who are about to die salute you -- popularized as a standard salute from gladiators to the emperor, but only recorded once in Roman history
morte magis metuenda senectus	old age should rather be feared than death
mulgere hircum	to milk a male goat -- to attempt the impossible
multa paucis	say much in few words
nanos gigantum humeris insidentes	dwarfs standing on the shoulders of giants -- commonly known by the letters of Isaac Newton: "If I have seen further it is by standing on the shoulders of giants"
nec aspera terrent	they don't terrify the rough ones -- frightened by no difficulties, less literally "difficulties be damned"
nec temere nec timide	neither reckless nor timid
nil volentibus arduum	nothing [is] arduous for the willing

nolo contendere	I do not wish to contend -- that is, "no contest"; a plea that can be entered on behalf of a defendant in a court that states that the accused doesn't admit guilt, but will accept punishment for a crime
non ducor, duco	I am not led; I lead
non loqui sed facere	not talk but action
non progredi est regredi	to not go forward is to go backward
non scholae, sed vitae discimus	we learn not for school, but for life -- from Seneca
non sequitur	it does not follow -- in general, a comment which is absurd due to not making sense in its context (rather than due to being inherently nonsensical or internally inconsistent), often used in humor
non sum qualis eram	I am not such as I was -- or "I am not the kind of person I once was"
nosce te ipsum	know thyself -- from Cicero
novus ordo seclorum	new order of the ages -- from Virgil; motto on the Great Seal of the United States
nulla tenaci in via est via	for the tenacious, no road is impassable
obliti privatorum, publica curate	forget private affairs, take care of public ones -- Roman political saying which reminds that common good should be given priority over private matters for any person having a responsibility in the State
panem et circenses	bread and circuses -- originally described all that was needed for emperors to placate the Roman mob; today used to describe any entertainment used to distract public attention from more important matters
para bellum	prepare for war -- if you want peace, prepare for war—if a country is ready for war, its enemies are less likely to attack

parvis imbutus tentabis grandia tutus	when you are steeped in little things, you shall safely attempt great things -- sometimes translated as, "once you have accomplished small things, you may attempt great ones safely"
pater familias	father of the family -- the eldest male in a family
pecunia, si uti scis, ancilla est; si nescis, domina	if you know how to use money, money is your slave; if you don't, money is your master
per angusta ad augusta	through difficulties to greatness
per annum	by the year
per capita	by the person
per diem	by the day
per se	through itself
persona non grata	person not pleasing -- an unwelcome, unwanted or undesirable person
pollice verso	with a turned thumb -- used by Roman crowds to pass judgment on a defeated gladiator
post meridiem	after noon -- P.M., used in timekeeping
post mortem	after death
Postscriptum	thing having been written afterward -- in writing, abbreviated P.S.
praemonitus praemunitus	forewarned is forearmed
praesit ut prosis ne ut imperes	lead in order to serve, not in order to rule
primus inter pares	first among equals -- a title of the Roman Emperors
pro bono	for the good -- in business, refers to services rendered at no charge

pro rata	for the rate
quam bene vivas referre (or refert), non quam diu	it is how well you live that matters, not how long -- from Seneca
Quasi	as if or as though
qui totum vult totum perdit	he who wants everything loses everything -- attributed to Seneca
quid agis	what's going on? -- what's up, what's happening, etc.
quid pro quo	this for that -- an exchange of value
quidquid Latine dictum sit altum videtur	whatever has been said in Latin seems deep -- or "anything said in Latin sounds profound"; a recent ironic Latin phrase to poke fun at people who seem to use Latin phrases and quotations only to make themselves sound more important or "educated"
quis custodiet ipsos custodes?	who will guard the guards themselves? -- commonly associated with Plato
Quorum	of whom -- the number of members whose presence is required under the rules to make any given meeting constitutional
requiescat in pace	let him rest in peace -- abbreviated R.I.P.
rigor mortis	stiffness of death
scientia ac labore	knowledge through hard work
scientia ipsa potentia est	knowledge itself is power
semper anticus	always forward
semper fidelis	always faithful -- U.S. Marines motto
semper fortis	always brave

semper paratus	always prepared
semper virilis	always virile
si vales, valeo	when you are strong, I am strong
si vis pacem, para bellum	if you want peace, prepare for war
sic parvis magna	greatness from small beginnings -- motto of Sir Frances Drake
sic semper tyrannis	thus always to tyrants -- attributed to Brutus at the time of Julius Caesar's assassination, and to John Wilkes Booth at the time of Abraham Lincoln's assassination; whether it was actually said at either of these events is disputed
sic vita est	thus is life -- the ancient version of "it is what it is"
sola fide	by faith alone
sola nobilitat virtus	virtue alone ennobles
solvitur ambulando	it is solved by walking
spes bona	good hope
statim (stat)	immediately -- medical shorthand
status quo	the situation in which or current condition
Subpoena	under penalty
sum quod eris	I am what you will be -- a gravestone inscription to remind the reader of the inevitability of death
summa cum laude	with highest praise
summum bonum	the supreme good
suum cuique	to each his own

tabula rasa	scraped tablet -- "blank slate"; John Locke used the term to describe the human mind at birth, before it had acquired any knowledge
tempora heroica	Heroic Age
tempus edax rerum	time, devourer of all things
tempus fugit	time flees -- commonly mistranslated "time flies"
terra firma	firm ground
terra incognita	unknown land -- used on old maps to show unexplored areas
vae victis	woe to the conquered
vanitas vanitatum omnia vanitas	vanity of vanities; everything [is] vanity -- from the Bible (Ecclesiastes 1)
veni vidi vici	I came, I saw, I conquered -- famously said by Julius Caesar
Verbatim	repeat exactly
veritas et aequitas	truth and equity
Versus	Against
Veto	I forbid
vice versa	to change or turn around
vincit qui patitur	he conquers who endures
vincit qui se vincit	he conquers who conquers himself
vir prudens non contra ventum mingit	[a] wise man does not urinate [up] against the wind
virile agitur	the manly thing is being done
viriliter agite	act in a manly way

viriliter agite estote fortes	quit ye like men, be strong
virtus tentamine gaudet	strength rejoices in the challenge
virtute et armis	by virtue and arms -- or "by manhood and weapons"; state motto of Mississippi
vive memor leti	live remembering death
vivere est vincere	to live is to conquer -- Captain John Smith's personal motto
vivere militare est	to live is to fight
vox populi	voice of the people

Achievement Course: Patriotism
Recommended Ages: 10-18 years of age
Approximate Completion Time Frame: 6-12 months



Saint Thomas More, pray for us!

Saint Thomas More was born in 1478 in London, England. Thomas' father provided him a solid Catholic education and at the age of 13, placed him in the home of the Archbishop of Canterbury's home for further training. Saint Thomas studied law at Oxford and after discerning his vocation, had a brilliant and successful career, married, and had 4 children. Saint Thomas eventually became the secretary and personal advisor to King Henry VIII, who appointed him as Lord Chancellor of England in 1529.

At the height of his career, Saint Thomas More resigned his position when King Henry broke with the Pope and declared himself Supreme Head of the Church of England. In 1534, Saint Thomas and his close friend, Bishop and now Saint John Fisher, were imprisoned in the Tower of London for refusing to render allegiance to the King as head of the Church. Saint Thomas More was convicted of treason 15 months later. While on trial, he told the court that he could not go against his conscience. He was beheaded on July 6, 1535. When he was on the scaffold, he told the crowd of spectators that he was dying, "the king's good servant, but God's first."

Objective: To understand the virtues of patriotism and piety as Catholic gentlemen.

1. Requirements (*These may be adapted or excluded to fit your country of residence*)
 - a. Read and discuss an essay on what Patriotism means to a Catholic with your troop Captain or father/male guardian. Two examples are provided at the end of this Achievement Course.
 - b. Learn and recite excerpts of the entire documents below.
 - i. Pledge of Allegiance
 - ii. Preamble to the Constitution of the United States of America
 - iii. Declaration of Independence
 - c. Research the positions of candidates in a local, state, or national election.
 - i. What is each politician's stance on the rights of the unborn?
 - ii. What is each politician's stance on the definition of marriage?
 - d. Visit a Veteran's Affairs (VA) hospital with your troop or father/male guardian and speak with a veteran.
 - e. Visit a historic Civil War battlefield, State Park, or National Park.
 - f. Visit a local, state, or national monument or cemetery.
 - g. Organize a care package drive for active duty Catholic troops.
 - h. Write a letter of thanks to a Catholic Priest serving as an active duty Chaplain in a branch of the military.
 - i. March with your troop in an Independence Day parade.
 - j. Participate in a Walk for Life even with your troop or family.
 - k. Pray with your troop or family at an abortion clinic.
 - l. Learn the following rules of etiquette for both your state flag and the flag of the United States of America (or your country of residence's flag).
 - i. The rules for raising flags to full and half staff
 - ii. The rules for displaying flags at meetings or campouts
 - iii. How to fold and carry
 - m. Lead a flag ceremony for your troop.
 - n. Lead or participate in a flag retirement ceremony.
2. A Song for a Nation (Essay)

One of the great pleasures of riding a bicycle in a state as long-settled as Rhode Island is that, when you're not in the city, you often find yourself in the midst of a palimpsest of human life in its passage through the many years. There are the little "historical cemeteries," about a thousand of them, sometimes no more than a small family plot, protected by iron fences and dutifully tended. There are the miles of low stone walls running zigzag through the woods, marking what used to be fields and pastures. There are square pits in the earth, old root cellars, perhaps; and sometimes the walled embankments of a diverted stream, to provide power for a gristmill that no longer stands.

I wasn't born here, but I have grown fond of the place, with its geographical and historical bumps. I now can order a grinder at a diner or a cabinet at an ice cream stand, and can, for the voice of a Cyclops, turn a short a into a triphthong and swallow my *r*'s like any tattooed fisherman or real estate salesman around. I know where the fallen trestle is on the train bed that is now a bike path, and something in me is fond of that big broken tooth, though I'll admit that it might provide a rude surprise for the unwary.

I find it hard to love my country without first turning to the crazy coal heap in Pennsylvania where I was born, or to this bumptious county trying so very hard to be a real state. Yet I suspect that's all

right, after all. C. S. Lewis imagined heaven as an English countryside—why not? Surely there is some of heaven in that land, however difficult it may be to see sometimes, or to hear, or to touch. The old *pagani*, the "hillbillies," to translate the Roman word loosely, knew that love well, and clung to their old ways long after the Good News had been preached in the cities. I hope the Lord looked gently upon their blockheadedness, because just as to love one's father on earth is preparation for loving one's Father in heaven, so to love the land of one's mortality is preparation for loving the land of immortality.

That's why we *ought* to sing patriotic hymns. I don't mean songs that merely boast of the military bravery of Frenchmen or the cool wisdom of Italians, or the enlightenment of the sprouts of Brussels: "See where the meddling lawyer comes!" I mean *hymns*, songs that place love of country in the only light where it can really flourish and not grow wild and bitter, or wither away: in the light of the countenance of God.

Therefore my favorite anthem on Independence Day is the humble one that was once simply called "America":

*My country, 'tis of thee,
Sweet land of liberty,
Of thee I sing:
Land where my fathers died,
Land of the pilgrims' pride,
From every mountainside
Let freedom ring.*

The mortal part of my father, God bless him, now rests on a sunny hillside in my hometown; and how could I not love that place? When I was a child, I heard Mass there every year with all the paraders on Memorial Day, and now, beside his grave, as beside so many others, stands a small American flag, witness to his service.

But lest we suppose that our love is only to a concept—freedom, so little understood—the second stanza brings us to the little country bridge that spans earth and heaven:

*My native country, thee,
Land of the noble free,
Thy name I love
I love thy rocks and rills,
Thy woods and templed hills;
My heart with rapture thrills
Like that above.*

I doubt whether one person in a hundred could now understand those words. We sing—not of Mount Rushmore or the Mississippi, but of the small and the beloved, the running streams and the hills that are hushed like holy temples, and we can nearly say, with the saint, that whether in the body or out of the body, we are caught up to the heaven of heavens.

If we do stand for an idea, that idea is also a call, and one made by a man who climbed the hills of his own native land:

*Let music swell the breeze,
And ring from all the trees
Sweet freedom's song;
Let mortal tongues awake,
Let all that breathe partake,
Let rocks their silence break,
The sound prolong.*

So when the Pharisees demanded that Jesus rebuke his disciples for saying, "Blessed be the King that cometh in the name of the Lord," Jesus replied, "I tell you that, if these should hold their peace, the stones would immediately cry out" (Luke 19:38–40).

Do the rocks then break their silence, reverberating the song of freedom? Yes, because they proclaim the very bestower of freedom. The man who penned these lines, Samuel Francis Smith, saw his countrymen as exchanging one king for another, a king who had exercised unjust dominion over the American people for the true King whose dominion sets men free:

*Our fathers' God, to thee,
Author of liberty,
To thee we sing:
Long may our land be bright
With freedom's holy light;
Protect us by thy might,
Great God, our King.*

And to that, let every loving heart cry, Amen!

Anthony Esolen is Professor of English at Providence College in Providence, Rhode Island, and the author of 'The Ironies of Faith (ISI Books), The Politically Incorrect Guide to Western Civilization (Regnery), and Ten Ways to Destroy the Imagination of Your Child (ISI Books). He has also translated Tasso's Gerusalemme liberata (Johns Hopkins Press) and Dante's The Divine Comedy (Random House). He is a senior editor of Touchstone.

<http://www.touchstonemag.com/archives/article.php?id=25-04-013-c>

3. Pilgrims Planted – The Patriot Loves His Land Because It Is a Shadow (Essay)

I'm not sure what our schoolchildren are taught about the Pilgrim Fathers these days. Probably not much. They may be taught that they sailed from England to escape persecution by the state church, and that they were generally inept folks who would all have died were it not for the assistance of a gentle Indian named Squanto, who showed them what maize was and how to fertilize the flinty New England soil with dead fish. For that, they gave the first Thanksgiving dinner, to Give Thanks, and invited the Indians, to whom they also gave thanks.

But the students surely are not taught what a pilgrim is, literally. The Latin *peregrinus* means “somebody who wanders across the fields,” and was adopted in the Middle Ages to refer to one who made the arduous trip overland—and finally over the Pyrenees—to the shrine of St. James at Compostela, in Galicia.

Essential Piety

Such journeys are of the essence of Christian piety. For the call of the pilgrim is older than the Middle Ages, older even than the New Testament. In a way, it is as old as creation, when the Word went forth from the Father, not to return in vain.

It begins, certainly, with our first parents. The Lord expelled the first sinners from the garden, when, as Milton says, “The world was all before them, where to choose their place of rest, and Providence their guide.”

Enoch walked with God, and then one evening was seen no more. Noah ventured upon the billowing seas in an “ark,” a box, and, as my colleague Patrick Reardon has written, that rare word is the same used to describe the little wicker basket wherein the baby Moses was placed upon the waters.

Abraham, without a Baedeker, by camel and on foot, took his weary way from Ur of the sophisticated Chaldees to the land the Lord would show him, a land he knew nothing of. The great Passover meal is eaten as if in haste, with one’s loins girt and staff in hand, ready for a journey. The commandments are placed in another Ark, and for generations that Ark resides in a tent, moving from place to place. Jesus goes before us to Galilee, then to his Father’s house, to prepare a dwelling for us there.

The Christian faith is a faith on the move, secure in the kingdom of God that is already among us, but awaiting the kingdom to come in its fullness. We know that our homes are not here; we are all like Abraham, our father in faith, strangers in a strange land.

Yet it is liberating, that knowledge that no farmland however rich, no hills however green, no city however just can claim our final allegiance as our home. It frees us to forgive the stumps and stones, the abandoned machines, the burnt-out tenements, the buckled roads, the commissioners on the take, the mosquitoes from the marsh, the swelter in August and the frozen mud in February.

We can be stable, steadfast—planted in one place. So were the monks who lived under Benedict’s rule. Because they were pilgrims, they knew that no one place here could satisfy the heart. So with a free conscience they took a vow of stability, and devoted their earthly attentions to one place, praying there, and clearing woods, draining swamps, tilling fields, and draping the hills with the vine.

With the same spirit of longing for home, and a similar care for their less than perfect new place of sojourning in a cold and harsh land, the Pilgrim Fathers stayed close to where they built their first village. Such a pilgrim is a patriot in the most perfect sense. He loves his land, and devotes himself to it, because it is a shadow of the *patria* he truly loves, and towards which he is always walking. The grace of the Father calms our hearts, and spurs us on, as the Father himself is ever in act, and ever at rest.

What is the converse of the pilgrim? The wanderer, seeking the peace that cannot be found on earth; godless, therefore strangely landless, making an idol of every city or every earthly delight he happens upon, but turning against it when it proves to disappoint.

Such wanderers are restless, yet fixed in a dreary stasis. They are always going here and there, to no end, as men inextricably lost in the windings of a labyrinth. “God help the man so wrapped in Error’s endless train,” says the poet Spenser.

True Valor

How to love our land of trouble by loving the Land of Rest and setting our hearts upon it? Let the virtue of patriotism be baptized and transformed by loyalty to Christ. John Bunyan loved his native England even when she saw fit to toss him in jail for his religious dissent.

Thence came the great *Pilgrim’s Progress*, wherein we read, in a good old muscular hymn, that the “true valor” of an English Christian, a valor that will not quail for wind or weather, is constancy in pilgrimage, steadfastness in being on the move towards the city of God:

*Hobgoblin, nor foul fiend
Can daunt his spirit:
He knows, he at the end
Shall life inherit.
Then fancies fly away,
He’ll fear not what men say,
He’ll labour night and day
To be a pilgrim.*

Pilgrims and patriots, a Happy Thanksgiving to you all.
— Anthony Esolen, *for the editors*

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<http://www.touchstonemag.com/archives/article.php?id=20-09-003-e>

Achievement Course: Strength
Recommended Ages: 15-18 years of age
Approximate Completion Time Frame: Varies



Saint Christopher, pray for us!

Saint Christopher lived during the 3rd century. He was a martyr that died for his Christian faith. There are legends about him concerning his great strength and faithfulness. One legend states that a child needed to cross a river and wanted Saint Christopher's help. When Saint Christopher picked up the child he noticed that the child felt a lot heavier than expected. When Saint Christopher looked up at the child on his shoulders he noticed that it was the Child Jesus with the weight of the world on His shoulders. Saint Christopher is the patron of travelers, he is invoked against storms and plagues.

Objective: To demonstrate an above average level of physical fitness.

These fitness tests are designed to determine a minimum level of fitness and the average 15 year old cadet should not have much of a challenge achieving at these levels if he has a mind to do it. Please make sure you are prepared for the physical activity that is called for by the Achievement Course. We expect that most cadets will have to work up to achieving each test involved in this AC. Please do not attempt any of these tests without discussing your preparation with your father/male guardian to ensure physical readiness. Remember that it is better to have to do the test multiple times than to hurt yourself by pushing beyond your present abilities.

The below tests can be done separately. The tests will be administered by the cadet's father/male guardian or troop leadership. With parental guidance, please utilize written or online instruction on any unknown movements below. **There will be cases where one of these exercises can't be done by a cadet for unique reasons, if you find yourself in that situation please offer an alternative to your troop leadership for consideration.**

Please ensure you have a monitor when you are practicing or testing in the pool.

1. Requirements

- a. Run 2 miles in under 18 minutes or hike with a 40 pound load for 5 miles. Both tests should be done on a flat course.
- b. Bear crawl 30 yards.
- c. Fireman carry a person of similar build for 25 yards.
- d. Run 40 yards in under 8 seconds.
- e. Run ¼ Mile in 110 seconds.
- f. Perform 5 complete pullups or using 60% of your body weight, perform 10 consecutive repetitions of pulldowns.
- g. Perform 30 pushups or using 60% of your body weight, perform 10 consecutive repetitions of bench press.
- h. Perform 40 crunches.
- i. Perform 10 lunges on each leg (alternating) without resting between repetitions.
- j. Jump rope for 60 seconds without interruption.
- k. Swim 250 meters continuously. This can be done with a stroke of your choosing and should have no rest on any applicable turns.
- l. Swim 15 meters underwater on a single breath.
- m. Swim 50 meters in full Class A uniform with boots (or similar articles of clothing). You may use a stroke of your choosing.
- n. Tread water in the deep end of a pool (feet cannot touch) for 15 minutes. First 5 minutes in full Class A uniform (or similar articles of clothing), then remove boots, and while retaining them, finish the final 10 minutes of treading water. You may bob, float, or flutter, but you may not touch the bottom or sides of the pool.

Achievement Course: Altar Service
Recommended Ages: Dependent upon each parish
Approximate Completion Time Frame: 6-9 months



Saint Tarcisus, pray for us!

Saint Tarcisus was a 12 year old acolyte, possibly of the pope, in the 3rd century during a harsh Roman persecution. Mass was secretly held in the catacombs for fear of imprisonment. A deacon would make a clandestine visit to the prisons and bring the Holy Eucharist to the Christian prisoners. One day, there was no deacon, and as an acolyte, Saint Tarcisus desired to bring the Holy Eucharist to them. Although when he was en route, a group of unruly non-Christian children wanted to know what he was doing. He did not want to play their games and they began to taunt him. They discovered he was hiding something, and began to beat him to see what he was hiding. Christians came to his aid, but his injuries were too severe. He died protecting our Lord and Savior, Jesus Christ, in the Holy Eucharist.

During the 4th century, Pope Saint Damasus wrote a poem about this “boy-martyr of the Eucharist.” He compared him to the first Christian martyr, Saint Stephen, who was stoned to death for the love of Christ. The story of Saint Tarcisus was heroically depicted in Cardinal Wiseman’s novel, *Fabiola*. He is the patron saint of altar servers and encourages great devotion, attention to detail, carrying oneself with dignity, and the courageous protection of the Holy Eucharist and the Liturgy of the Word.

Objective: To learn how to serve the Rite of Mass used at your home parish.

Per the Handbook for Altar Servers by the Archconfraternity of Saint Stephen, “To serve at the altar, as to sing in the choir, is next to the priesthood the highest privilege which a human can enjoy. He represents the faithful and takes a most intimate part in the rich treasures of the church’s liturgy and ceremonial. Those sacred ceremonies should be carried out with devotion, dignity, and attention to detail.”

Choose and complete the requirements for your parish’s rite ONLY.

1. Roman Extraordinary Form – Romanum (E) Requirements
 - a. Low Mass
 - i. Learn to serve Low Mass as the only Acolyte
 - ii. Serve as the only Acolyte at a Low Mass
 - iii. Learn to serve Low Mass as A1 or A2
 - b. Missa Cantata (Sung Mass – One Priest)
 - i. Learn to serve a sung Mass as A1
 - ii. Learn to serve a sung Mass as A2
 - iii. Serve a sung Mass as A1 or A2
 - iv. Learn to serve a sung Mass as Thurifer
 - c. Solemn Mass (Sung Mass – Priest, Deacon, Subdeacon)
 - i. For one of the positions under section b above, learn how to serve that position at a Solemn Mass.
 - d. Benediction
 - i. Learn and serve once at Benediction.
 - e. Special Ceremonies
 - i. Learn to serve and serve at least two of the following ceremonies:
 1. Blessing of Candles at Candlemas
 2. Blessing and Distribution of Ashes at Ash Wednesday
 3. Blessing, Distribution, and Procession of Palms on Palm Sunday
 4. Tenebrae of Maundy Thursday, Good Friday, or Holy Saturday
 5. Mandatum Mass on Maundy Thursday
 6. Mass of the Presanctified on Good Friday
 7. Lesser Litanies of the Rogation Days
 8. Greater Litany of Saint Mark’s Day
2. Byzantine Divine Liturgy Requirements
 - a. Learn and serve the following positions at least twice each at the Divine Liturgy
 - i. Candle
 - ii. Ripidion
 - iii. Cross
 - iv. Incense
 - b. Serve at a Divine Liturgy of Presanctified Gifts.
 - c. Learn and serve at least four of the following ceremonies:
 - i. Moleben
 - ii. Paraklesis
 - iii. Theophany
 - iv. Akathistos
 - v. All Souls Saturday
 - vi. Great and Holy Thursday

- vii. Great and Holy Friday
 - viii. Great and Holy Saturday
 - ix. Pascha
 - x. Bright Monday
 - xi. Ascension
 - xii. Pentecost
 - xiii. Transfiguration
 - xiv. Dormition
 - xv. Exultation of the Cross
 - xvi. Nativity
- d. Describe and name the priest's and altar servers' vestments.
 - e. Give a tour of the church describing the different names and meanings of the major parts and icons.
 - f. Learn the seasonal greetings and responses.
 - g. Name the 12 major feasts and describe the biblical stories that they celebrate.
 - h. Explain the significance of icons, how they are made, and their included symbolism, such as the meaning of colors and facial features.
 - i. Cantor, lector, lead, or assist the leader in chanting or singing at any liturgical service.
3. Ordinary Form (Novus Ordo) Requirements
- a. Sunday Mass
 - i. Learn to serve as Crucifer (or equivalent). Serve three times.
 - ii. Learn to serve as a Candle Bearer (or equivalent). Serve three times.
 - b. Identifying Liturgical Objects
 - i. Correctly name and explain the use and symbolism of these 25 liturgical object and vestments:
 - 1. Chalice
 - 2. Paten
 - 3. Corporal
 - 4. Purificator
 - 5. Pix
 - 6. Sanctuary Lamp
 - 7. Altar Cloth
 - 8. Candles (in general)
 - 9. Crucifix
 - 10. Tabernacle
 - 11. Water
 - 12. Wine
 - 13. Stole
 - 14. Chasuble
 - 15. Ciborium
 - 16. Cruet
 - 17. Finger Towel
 - 18. Monstrance
 - 19. Lectionary
 - 20. Roman Missal
 - 21. Cinture
 - 22. Alb

23. Cassock
 24. Pall
 25. Lectern or Pulpit or Ambo
- ii. Explain how the church changes during different liturgical seasons.
- c. Special Ceremonies (Serve seven times total for any of the following special ceremonies)
 - i. Stations of the Cross
 - ii. The Mass of the Lord's Supper on Holy Thursday
 - iii. The Celebration of the Lord's Passion of Good Friday
 - iv. The Celebration of the Sacrament of Confirmation
 - v. Holy Hour
 - vi. The Easter Vigil
 - vii. A Funeral Mass
 - viii. Benediction
 - ix. Wedding
 - x. Baptism
 - xi. Ash Wednesday

References

Taken from "The One Year Book of Saints" by Reverend Clifford Stevens, published by Our Sunday Visitor Books, Huntington, IN 46750.

Bernard Cardinal Griffen, Archbishop of Westminster, Preface to Handbook for Altar Servers by the Archconfraternity of Saint Stephen.

Achievement Course: Canoeing
Recommended Ages: 10-18 years of age
Approximate Completion Time Frame: 3-6 months



Saint Francis de Paola, pray for us!

Saint Francis was born in the town of Paola, Italy on March 27, 1416. He had a great devotion to Saint Francis of Assisi whom his parents named him after. At the age of 13 he entered a Franciscan friary. After a year in the friary he went to live alone in caves for many years. He was very humble, obedient, and prayerful. Two other companions came to dwell with him leading him to build 3 small cells and a chapel. Eventually there were more companions that followed him and lead him to found the Minim Friars. Miracles were attributed to him and was noted to have the gift of prophesy. One legend tells us he was denied passage to a strait while going towards Sicily. He left his boat and put his cloak on the water. He tied the cloak to his staff and sailed across the strait. He died on April 2, 1507 and was quickly canonized in 1519.

Objective: To demonstrate proper skills and knowledge of canoes.

1. Basic Water Skills Test (complete this test with a monitor/swimming partner)
 - a. Demonstrate how to pick the appropriate sized Personal Flootation Device (“life jacket”) and properly secure it.
 - b. Demonstrate the ability to do the following in a pool or other body of water.
 - i. Jump feet first into water, completely submerging yourself, return to the top and tread water for 1-minute.
 - ii. Hold your breath under water for a minimum of 10-seconds.
 - iii. While treading water, dive to a depth of 7 feet or greater and retrieve an object off the floor of the pool or other body of water.
 - iv. Swim using the stroke(s) of your choice for 50 meters without stopping.
 - v. Exit the water at a ledge (pool edge) without using a ladder.
2. Requirements
 - a. Pass basic water skills test above.
 - b. Understand the following injuries that can occur while canoeing and demonstrate a basic understanding or how to treat them.
 - i. Hypothermia
 - ii. Dehydration
 - iii. Heat sickness
 - iv. Drowning
 - v. Always wear an approved life vest.
 1. Must be properly fitting.
 2. Even expert swimmers and boaters must wear a floatation device as emergencies occur unexpectedly.
 - c. Demonstrate knowledge of your equipment.
 - i. Types of canoes
 1. Demonstrate an understanding of when each of the following is best suited for use and the difference between them.
 - a. General recreation
 - b. Touring or Expedition
 - c. Freestyle
 - d. Whitewater
 - e. Dugout
 - f. Outrigger
 - ii. Parts of a recreational canoe
 1. Demonstrate the ability to differentiate the following parts of a canoe.
 - a. Port side
 - b. Starboard side
 - c. Bow
 - d. Stern
 - e. Bow seat
 - f. Stern seat
 - g. Hull
 - h. Keel
 - i. Gunwale
 - j. Yoke
 - k. Thwart

- l. Ribs
 - m. Bow deck
 - n. Stern deck
 - iii. Types of canoe paddles
 - 1. Demonstrate an understanding of when each of the following is best suited for use and the difference between them.
 - a. Square tipped
 - b. Bent shaft
 - c. Voyageur
 - d. Otter Tail
 - e. Beaver Tail
 - iv. Parts of a canoe paddle
 - 1. Demonstrate the ability to differentiate the following parts of a paddle.
 - a. Grip
 - b. Shaft
 - c. Throat
 - d. Flare
 - e. Blade
 - f. Tip
- d. In tandem, you and a partner must demonstrate the following exercises and maneuvers with your canoe.
 - i. Demonstrate proper loading of a canoe with equipment for a two day trip.
 - ii. Demonstrate how to secure a canoe to the shore, a canoe trailer, and a vehicle. Show proper knots for each.
 - iii. Safely launch and land the canoe from the shore or from a dock (both preferred).
 - iv. Demonstrate the following paddle strokes.
 - 1. Forward stroke
 - 2. Backstroke
 - 3. J-Stroke
 - v. Demonstrate controlled paddling in the following directions (each partner should demonstrate each move while seated and kneeling, and from the bow and the stern).
 - 1. Straight path for 50 yards
 - 2. Right turn
 - 3. Left turn
 - 4. Reverse in a straight path for 20 yards
 - 5. Pivot 360 degrees
 - 6. Come to a complete stop
 - 7. Move canoe sideways
 - vi. In water with a minimum depth of 10 feet, both paddlers must safely exit the canoe and assist each other as they safely return to the canoe without capsizing.
 - vii. In water with a minimum depth of 10 feet, capsize the canoe (empty out beforehand). Remain with the canoe and demonstrate how a capsized canoe can support both paddlers while signaling for help.

- e. Solo, demonstrate the following exercises and maneuvers with your canoe.
 - i. Demonstrate how to secure a canoe to the shore.
 - ii. Safely launch canoe from the shore or from a dock (both preferred).
 - iii. Demonstrate controlled paddling in the following directions while seated and kneeling.
 - 1. Straight path for 25 yards
 - 2. Right turn
 - 3. Left turn
 - 4. Reverse in a straight path for 10 yards
 - 5. Pivot 360 degrees
 - 6. Come to a complete stop
 - 7. Move canoe sideways
 - iv. In water with a minimum depth of 10 feet, safely exit the canoe and safely return to the canoe without capsizing.

Achievement Course: Ecology
Recommended Ages: 10-18 years of age
Approximate Completion Time Frame: 2-4 months



Saint Francis, pray for us!

In 1979, Pope Saint John Paul II named Saint Francis of Assisi the patron saint “of those who promote ecology.” Saint Francis often prayed outside and lived in various hermitages, caves, lean-tos, and mountainsides. He had a great affinity towards God’s creation including the land, animals, birds, fish, and people. One day while praying in the Chapel of San Damiano he heard a clear voice from the crucifix say “Francis, go and repair My Church, which you can see has fallen into ruin.” He started to fix the physical church, only to realize that he was supposed to help repair God’s entire church family. He preached all over the land and was given the precious gift of the stigmata which showed the wounds from Christ’s passion.

Objective: To understand God’s creation more deeply and serve to protect it.

1. Requirements

- a. Read the following Bible verses and discuss them with your father/male guardian or troop leader.
 - i. Job 12: 7-10
 - ii. Matthew 6: 26
 - iii. Matthew 3: 4
 - iv. Psalms 104: 10-23
 - v. Mark 4: 30-32
- b. Identify the following animals that are in your region.
 - i. Wild animals
 - ii. Birds
 - iii. Snakes
 - iv. Reptiles
 - v. Insects
- c. Identify the 5 most common types of trees in your region.
 - i. What are their defining characteristics?
 - ii. For one of these local trees, describe the following to your father/male guardian.
 1. Name of the tree you chose
 2. Category of the tree (Coniferous or Deciduous)
 3. Leaf Characteristics
 4. Where does this tree grow?
 5. Average tree life span
 6. Any pests/diseases?
 7. Average height
- d. Identify the 5 most common animal tracks in your region.
 - i. Take pictures or find pictures of the animals' tracks.
- e. Identify the 5 most common types of fish in your regional waters.
 - i. Discuss 3 important facts about each type of fish with your father/male guardian or troop leader.
- f. Identify any natural foods and/or herbs that grow readily in your region.
 - i. What type of soil does it thrive in?
 - ii. What amount of sun and water does it need?
- g. Identify any poisonous plants in your region.
 - i. Find pictures of the plant.
- h. Re-growing a plant.
 - i. Re-grow lettuce or celery.
 1. Explore written or online resources to learn how to re-grow lettuce or celery.
 2. Choose between lettuce and celery and re-grow at home (let your parent/guardian know what you are attempting).
- i. Identify any natural medicines in your region that would help people in a survival context.
- j. Learn about at least 2 types of bees.
 - i. Familiarize yourself with the honey making process by bees.
 - ii. Explain pollination.
 - iii. What are some possible antagonists of bees.

- k. Identify 3 animals' usage of camouflage.
 - i. What type of camouflage is used in these animals?
 - ii. What is the reason for their camouflage?
 - iii. Where do they live?
 - iv. Do they have predators?
 - v. Are the animals nocturnal or diurnal?
- l. Campsite
 - i. Explain how to properly police a camp area to remove all trash so as to honor your campsite.
 - ii. Take charge of policing of a troop campout.

Achievement Course: Firemanship
Recommended Ages: 10-18 years of age
Approximate Completion Time Frame: Varies



Saint Florian, pray for us!

Saint Florian lived in the 3rd century in what is now known as Austria. He was a Roman Officer during the Diocletian Persecution when many Christians were murdered. After holding strong to his Christian Faith he gave himself up to the governor, Aquilinus, when the Christians were being executed. He was scourged, half-flayed, set afire, and then drowned in the River Enns. He is the patron saint of firefighters. There are firefighter and first responder prayer groups in the U.S.A. that look to Saint Florian for his intercession during their difficult times.

Objective: To execute proper fire-starting techniques and proper fire handling protocol.

Overview: Firemanship refers to the basic knowledge, skills, and abilities that one can gain in regards to the safe starting, maintaining, and extinguishing of fire. Fire is a vital part of our lives, and has been for ages. In survival scenarios, fire is one of the four essential priorities (shelter, water, fire, and food) and therefore its mastery is of most importance.

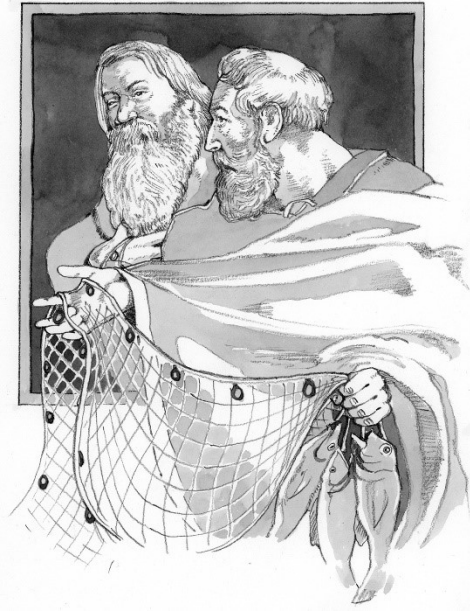
1. Familiarize yourself with the following uses of fire and how you would apply them in a survival situation.
 - a. Warmth
 - b. Cooking
 - c. Sterilizing
 - d. Water purification
 - e. Food preservation
 - f. Rescue signal
 - g. Protection
 - h. Lighting
 - i. Wound treatment
2. Familiarize yourself and be able to repeat the following steps and terms with regard to building a fire.
 - a. Location
 - i. Should be protected from wind.
 - ii. In a suitable relationship to your shelter.
 - iii. Direction of heat concentration needs to be planned.
 - iv. Should be secluded from other combustible items.
 - v. Needs to be in a reasonable proximity to supply of wood (or fuel).
 - b. Safety Ring
 - i. Rock fire ring (NEVER use wet rocks, they may explode).
 - ii. Near a rock ledge to concentrate heat (NEVER under a ledge).
 - iii. Dig a small depression (leave the soil removed nearby to be used to assist in extinguishing the fire).
 - c. Combustible Materials
 - i. Tinder – a dry material that ignites with little heat (straw, dead evergreen needles, dry grass, pocket/dryer lint, charred cloth, cotton).
 - ii. Kindling – moderately combustible material that can be added to an already burning fire (small twigs, small strips of wood, cardboard).
 - iii. Fuel – less combustible material that burns slowly and steadily once ignited (dry branches, logs, dried animal dung, coal).
3. Learn and demonstrate your ability to start a fire using two of the following primitive ways of starting a fire.
 - a. Flint and steel
 - b. Fire-plow
 - c. Bow and drill
4. Learn and demonstrate your ability to start a fire using three of the following modern ways of starting a fire.
 - a. Matches
 - b. Lighter
 - c. Convex lens
 - d. Battery

5. Learn and demonstrate the following methods of building a fire.
 - a. Tepee
 - b. Lean-to
 - c. Cross-ditch
 - d. Pyramid
6. After building a fire, using one of the methods above, maintain and bank the fire to keep the coals hot overnight. The following day, a fire should be started without the need of using any of the learned fire starting techniques, as the coals should be sufficient.
7. Discuss and demonstrate the “Stop, Drop and Roll” technique and why it should be used.
8. Extinguish a fire using the following rules before leaving camp.
 - a. Let the fire burn to ash.
 - b. Pour large amounts of water on the fire and flood ALL embers. No hissing sound should still be heard.
 - c. Stir the ash and embers with a shovel.
 - d. If large logs are not turned to ash, scrape them to remove the embers.
 - e. With a shovel, all embers and dirt should be turned to verify it is cool and wet to the touch.
 - f. If water is unavailable, dirt may be used.
 - i. Mix a large amount of dirt and sand with embers. Continue to stir until cool.
 - ii. DO NOT bury the fire. Embers and coals may smolder, catching roots on fire, thus leading to a wildfire.

References

The Ultimate Guide to US Army Survival Skills, Tactics, and Techniques
www.smokeybear.com

Achievement Course: Fishing
Recommended Ages: 10-18 years of age
Approximate Completion Time Frame: 3-6 months



Saints Peter and Andrew, pray for us!

The patron saints of fisherman are Saint Peter and Saint Andrew, who were both fisherman. Saint Andrew was Saint Peter's brother, and was called with him. "As Jesus was walking by the Sea of Galilee, he saw two brothers, Simon who is now called Peter, and his brother Andrew, casting a net into the sea; they were fisherman. He said to them, "Come after me, and I will make you fishers of men." At once they left their nets and followed him." (Matthew 4:18-20). Saint John the Evangelist presents Andrew as a disciple of John the Baptist. When Jesus walked by one day, John said, "Behold, the Lamb of God." Andrew and another disciple followed Jesus. "Jesus turned and saw them following him and said to them "What are you looking for?" They said to him, "Rabbi (which translated mean Teacher), where are you staying?" He said to them, "Come, and you will see." So they went and saw where he was staying, and they stayed with him that day." (John 1:38-39a).

Objective: To demonstrate proper fishing techniques and survival skills with fishing.

Fishing is a lot of fun and can be very challenging. Besides just being fun, fishing can also be a great skill to know how to use in a survival situation. It is important to know what equipment should be used for a successful fishing trip.

1. Identify different types of fishing rods.
 - a. Bamboo
 - b. Spinning
 - c. Baitcast or Spincast
 - d. Surf
2. Identify the different types of fishing reels.
 - a. Baitcast
 - b. Spinning
 - c. Spincast
3. Learn and tie three different bait rigs using the clinch knot (you will also need to demonstrate a surgeons end loop and snell a hook).
 - a. Live bait Santee Cooper rig
 - b. Carolina rig (rubber worm – Bass fishing)
 - c. Tie your line to a fishing snap with a clinch knot. This rig can be used for many different types of swimming baits.
4. Find and install the following live baits on your rig.
 - a. Worms
 - b. Shad
 - c. Insects
5. Build and install a PVC “spike” rod holder for shore fishing.
6. Identify 10 different North American (or native to your area) fish species.
7. Explore and specify the legal size and catch limits for all your local region/state’s game fish.
8. Build a “Minimalist” fishing survival kit. Must weigh less than 5 ounces. Use this kit to catch an edible fish.
9. Catch, clean, cook, and eat a legal game fish. Please review basic online or written resources to prepare for this step.

Achievement Course: Handiwork
Recommended Ages: 10-18 years of age
Approximate Completion Time Frame: 3-6 months



Saint Joseph, pray for us.

Handiwork is the basic understanding of proper tool use in the work of craftsmanship or repairing things by hand as applied to plumbing, electricity, automotive, appliances, and wood. Throughout history man has been using his hands to build or repair things around home and work. We see multiple examples in both the New and Old Testament including works from Noah, Joseph and even Jesus. Saint Joseph and Jesus, as carpenters, used their hands to carve and build things out of wood for their home and for others.

Objective: To demonstrate the use of basic tools needed to accomplish tasks, repairs, and building objects.

Overview: Handiwork involves multiple disciplines and multiple trades. This achievement course should function as an introduction to the most common trades, the tools and supplies, and the necessary safety equipment used in each. This brief introduction to each should assist the cadets and their father/male guardian in making basic household repairs.

1. Plumbing

- a. Familiarize yourself with the following interior and exterior household plumbing fixtures, paying attention to the location of the water supply, water drainage, and also to the fixtures specific to each.
 - i. Sink
 - ii. Shower
 - iii. Bathtub
 - iv. Washing machine
 - v. Hot water heater
 - vi. Toilet
 - vii. Sprinkler system
 - viii. Hose bib
- b. Familiarize yourself and be able to identify the following types of pipe and label them as metal or plastics.
 - i. Copper
 - ii. Stainless steel
 - iii. Galvanized
 - iv. Lead
 - v. Polyvinyl Chloride (PVC)
 - vi. Chlorinated Polyvinyl Chloride (CPVC)
 - vii. Crosslinked Polyethylene (PEX)
- c. Familiarize yourself with the following methods of connecting pipe and the type of pipe that utilizes that connection method.
 - i. Glue/Adhesive
 - ii. Threaded
 - iii. Solder (Sweating)
- d. Prior to performing most plumbing repairs, it is necessary to turn off the water source that supplies the plumbing under repair. Learn how to turn off the water to your home or other facility.
- e. Perform the following household repairs (or simulate them) with your father/male guardian.
 - i. Cap the end of a PVC pipe.
 - ii. Repair a crack in an underground PVC pipe (sprinkler system; as available).
 - iii. Replace a sprinkler head (as available).
 - iv. Remove, cleanout, and replace the “P trap” from beneath a household sink.
- f. Safety equipment and consideration that may be required for plumbing repairs.
 - i. Gloves
 - ii. Goggles
 - iii. Knowledge of electrical connections nearby. Water and electricity should never be mixed.

2. Electrical

- a. Familiarize yourself with the following household electrical fixtures.

- i. Plug (interior)
 - ii. Plug (exterior)
 - iii. Light switch
 - iv. Light socket
 - v. Breaker box
 - vi. Ground Fault Interrupter (GFI) plug
 - vii. Incandescent light
 - viii. Halogen light
 - ix. Light-emitting diode
 - x. Fluorescent light
 - b. Understand and identify where power enters a building (like your home) and the following equipment.
 - i. Power meter
 - ii. Household main shutoff switch
 - iii. Main breaker box
 - iv. Subpanel breaker box
 - c. Be able to describe the following electrical terminology.
 - i. Alternating current (AC)
 - ii. Direct current (DC)
 - iii. Voltage (v) – How does 110v differ from 220v?
 - iv. Amperage (Amp)
 - d. Perform the following household repairs (or simulate them) with your father/male guardian.
 - i. Turn off a breaker to a specific area of your home. Verify that there is no power. Restore power.
 - ii. Change two types of light bulbs (incandescent, fluorescent, halogen). Make sure the fixture is in the off position before attempting.
 - iii. Change both a plug and a light switch. Make sure that the breaker is off before attempting.
 - e. Safety equipment and considerations that may be required for electrical repairs.
 - i. Gloves
 - ii. Goggles
 - iii. Always use caution when dealing with electricity.
 - iv. Fire extinguisher
 - v. 9-1-1
3. Automotive
- a. Familiarize yourself with the following maintenance needs for a vehicle.
 - i. Oil
 - ii. Fuel
 - iii. Transmission fluid
 - iv. Antifreeze
 - v. Brake fluid
 - vi. Window washing fluid
 - vii. Tire pressure
 - viii. Tire rotation
 - ix. Air filter

- b. Perform the following automotive repairs (or simulate them) with your father/male guardian.
 - i. Demonstrate how to check all fluid levels on an automobile.
 - ii. Demonstrate how to add fluids to an automobile.
 - iii. Demonstrate how to change the oil and oil filter on an automobile.
 - iv. Demonstrate how to properly dispose of used oil and oil filter.
 - v. Remove and replace a tire on an automobile.
 - vi. Fill an automobile up with gasoline.
 - vii. Top off an automobile with window washing fluid.
 - c. Safety equipment and considerations that may be required for automotive maintenance and repairs:
 - i. Gloves
 - ii. Goggles
 - iii. Fire extinguisher
4. Woodworking
- a. Familiarize yourself with the following types of wood or wood products, their hardness and common uses:
 - i. Oak
 - ii. Ash
 - iii. Poplar
 - iv. Maple
 - v. Cedar
 - vi. Studs
 - vii. 2x4, 2x6, 2x8, 2x10, 2x12
 - viii. 4x4
 - ix. Laminated beam
 - x. Plywood
 - xi. Particle Board
 - xii. Medium-density fiberboard (MDF)
 - b. Familiarize yourself with the following tools and supplies utilized when building or repairing wooden structures:
 - i. Hammer
 - ii. Nails
 - iii. Screwdriver
 - iv. Screws
 - v. Wood glue
 - vi. Wood filler
 - vii. Paint
 - viii. Stain
 - ix. Lacquer and Sealant
 - c. Perform the following woodworking projects or repairs (or simulate them) with your father/male guardian:
 - i. Build a small birdhouse with wood, then paint or stain it.
 - ii. Replace a wooden fence picket.
 - iii. Repair a wobbly wooden fence picket.
 - iv. Repair a wobbly wooden chair, bookshelf, or table.
 - v. Build a wooden picture frame.

- vi. Carve a wooden picture frame.
 - vii. Carve a wooden cross (if able, add a corpus to create a crucifix).
 - viii. Safety equipment and considerations that may be required for woodworking projects and repairs:
 - 1. Gloves
 - 2. Googles
 - 3. Dust mask
 - 4. Hearing protection
5. Tool Knowledge
- a. Familiarize yourself with the following hand tools and know when they are to be used and be able to identify them (no need to use them, identification purposes only):
 - i. Phillips screwdriver
 - ii. Standard/flathead screwdriver
 - iii. Pliers
 - iv. Channel-locks
 - v. Needle-nose pliers
 - vi. Wire cutters
 - vii. Open-ended crescent wrench
 - viii. Close-ended crescent wrench
 - ix. Monkey/Pipe wrench
 - x. Lug wrench
 - xi. Socket set (metric and standard)
 - xii. Claw hammer
 - xiii. Sledge hammer
 - xiv. Rubber mallet
 - xv. Copping saw
 - xvi. Hole saw
 - xvii. Wood saw
 - xviii. Hacksaw
 - xix. Paint brush
 - xx. Paint roller
 - b. Familiarize yourself with the following power tools and know when they are to be used and be able to identify them (no need to run them, identification purposes only).
 - i. Power screwdriver
 - ii. Drill
 - iii. Circular saw
 - iv. Jig saw
 - v. Reciprocating saw
 - vi. Radial arm saw
 - vii. Chop saw
 - viii. Table saw
 - ix. Band saw
 - x. Angle grinder
 - xi. Sander
 - xii. Router

- c. Discuss the safety precautions one would take when operating both hand and power tools.
- d. Discuss how potential misuse of both hand and power tools could cause injury.
- e. Safety equipment and considerations that may be required while using hand and power tools.
 - i. Gloves
 - ii. Goggles
 - iii. Hearing protection
 - iv. Dust mask
 - v. Fire extinguisher
 - vi. Safety assistant or spotter
 - vii. 9-1-1

Achievement Course: Hunting
Recommended Ages: 10-18 years of age
Approximate Completion Time Frame: 3-6 months



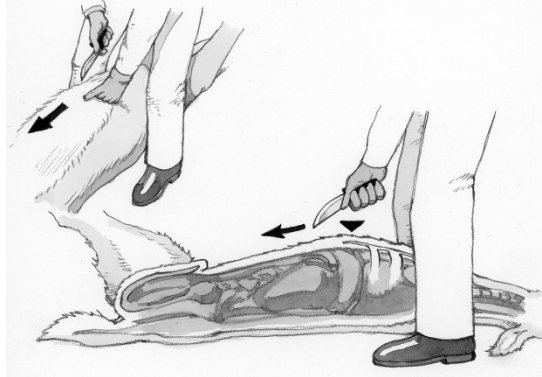
Saint Hubert, pray for us!

Saint Hubert is the patron saint of hunters and lived from 665-728. He served as an advisor to Pepin of Heristal, France who was a Frankish military leader. He had a great passion for hunting and devoted much time to the chase. Saint Hubert was said to have been hunting one day and saw a stag with a Crucifix in the middle of its antlers. He heard a voice coming from the direction of the stag saying to start leading a holy life, to avoid hell, and to find Lambert. Shortly after this encounter Saint Hubert became widowed and gave away his worldly possessions. He entered into a Belgium monastery and was ordained by Saint Lambert. Saint Hubert succeeded as the bishop after Saint Lambert died. Saint Hubert helped to convert many pagans to the Faith and many miracles have been reported surrounding him.

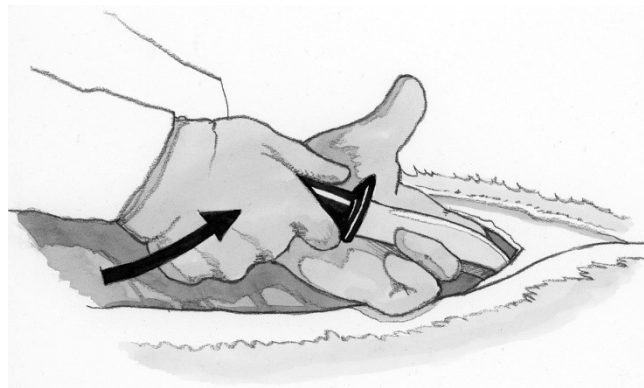
Objective: To demonstrate a proficient skill level in gun, slingshot, bow or trapping forms of hunting wild game.

To hunt is to chase or search for wild game for the purpose of catching or killing, especially for food. Much like fishing, hunting can be a great challenge and practice in patience and perseverance. Hunting can also be a great skill to know how to use in a survival situation. Before getting started, it is important to understand and abide by local hunting laws and regulations.

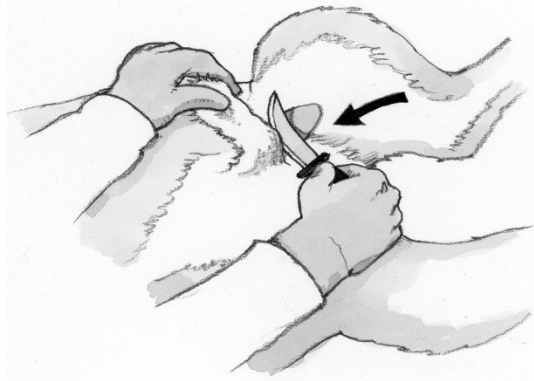
1. Hunter's Education
 - a. Complete the Hunter Education Course and Certification for your state, country, or locale.
2. Specialize in one type of hunting.
 - a. Study differing techniques in this type of hunting (e.g. use of camouflage, use of a certain shotgun shell over another, use of scent, etc.).
 - b. Become proficient with the guns, slingshot, bow, or trap of choice.
 - c. Read and review resources on field dressing your wild game of choice.
 - d. Prepare for your hunt by ensuring you have all the proper tools for the hunt.
3. Hunt with your father/male guardian.
 - a. Clean/process your kill.
 - i. Simple instructions and illustrations on field dressing a deer.
 1. Start your cut at the bottom of the breastbone. Using a clean knife, make a shallow cut by lifting the skin and muscle together.



2. Open the body cavity. Position the knife within the cut with the blade facing upwards. Insert two fingers (one on each side of the knife blade in the shape of a V) in the slit next to the breastbone and push the entrails away from the blade. Do not pierce the entrails. Make an incision following the midline from the breastbone to the pelvis.



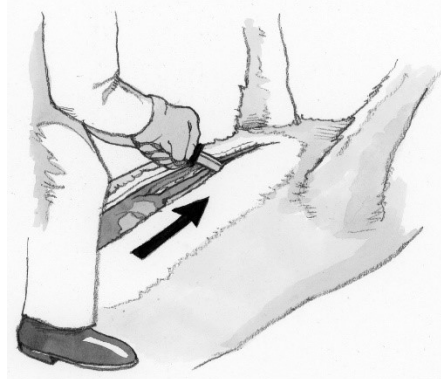
3. Remove the reproductive organs. Use a smaller incision to prevent contamination when dragging or carrying the deer.



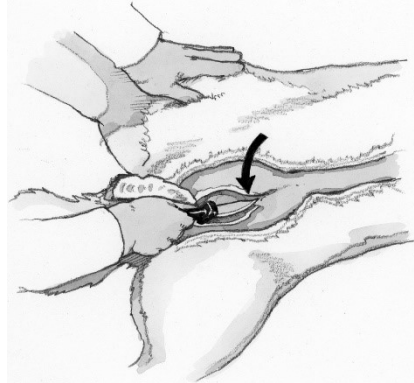
4. Cut the skin and muscle from the bottom of the breastbone to the brisket. Hold the knife with the blade facing upward.



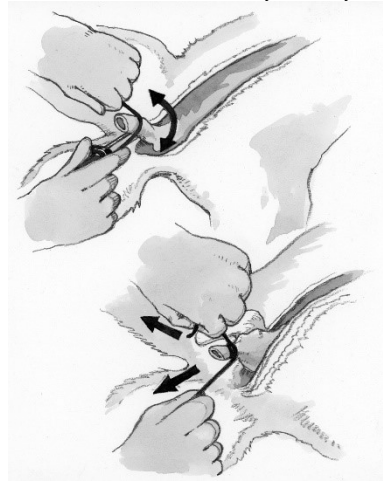
5. Split the ribcage at the breastbone. Cut through the breastbone with a knife or use a small saw on older/larger animals.



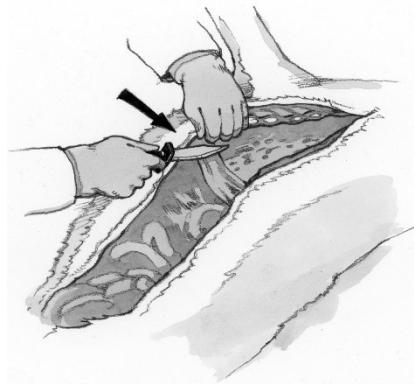
6. Follow the previous incision from the pelvis to the anus. Split the pelvic bone with a saw. Carefully cut around the urethra. Do not sever.



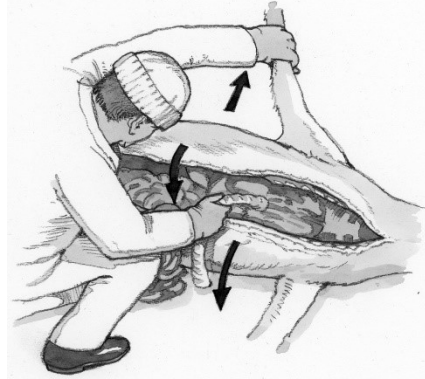
7. Carefully remove the anus. Cut around the anus, loosening its connective tissues. Tie off the anus with rubber bands or string. Pull the anus and large intestine into the body cavity.



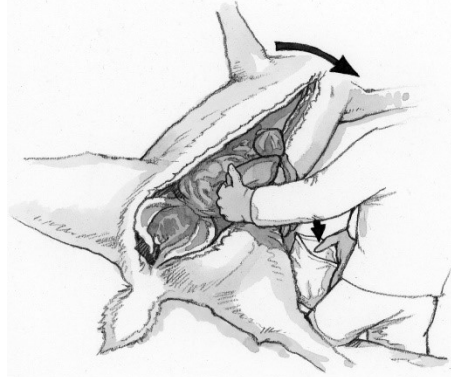
8. Make your final cuts. Hold open the ribcage. Reach into the cavity and cut the diaphragm free from the ribcage down to the backbone. Avoid cutting the stomach or intestines to reduce contamination.



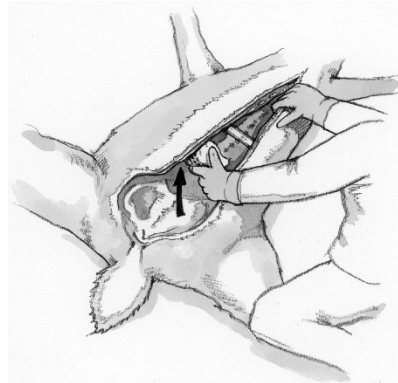
9. Roll the carcass onto its side to spill out the entrails. Loosen connective tissues as needed. Remove the windpipe and esophagus.



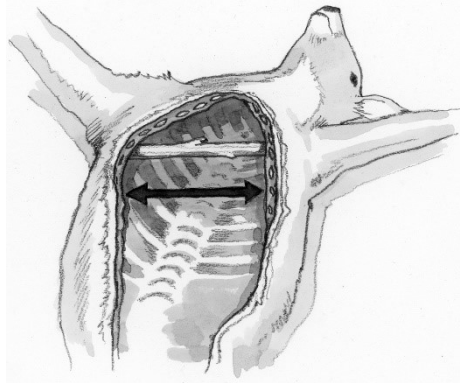
10. Place the liver and heart in re-sealable plastic bags and chill. Do not eat the meat if organs smell bad, exhibit greenish discharge, have blood clots, are discolored, or exhibit any other abnormality. Do not take any risks if in doubt about the health of the deer.



11. Clean, ventilate, and dry the body cavity. Prop open the body cavity with a clean stick or branch. Remove all visible defects, feces, hair, and bloodshot areas. Clean out entrail residue and drain excess blood.



12. Wipe the inside of the body cavity with a dry cloth or paper towels.
Use clean water and dry the insides thoroughly if you choose to rinse out the body cavity.



- b. Prepare a meal for your family.
4. What did you learn?
 - a. Prepare a short presentation for your local troop at the next campout/meeting on what you learned in the area of hunting you specialized.

Reference

Hunter's Education and Informational Site (www.hunter-ed.com)

Achievement Course: Leather Workmanship
Recommended Ages: 10-18 years of age
Approximate Completion Time Frame: 1-3 months



Saints Crispin and Crispinian, pray for us!

Saints Crispin and Crispinian are the patron saints of leatherwork and cobblers. They preached by day and made shoes and leather items by night to support themselves. They were martyred in the third century and their feast was immortalized by William Shakespeare's Saint Crispin Day speech in his play "Henry V".

Objective: To learn the basic art of leather crafting and demonstrate the knowledge through leather projects.

Leatherwork is not something that many of us have experience with, but as recently as 100 years ago in the United States of America, men had to be able to make clothes for themselves. Using animal hides was the best way to make a set of clothes or shoes that would stand up to the rugged life they led. While the convenience of today's clothing manufacturers make this need obsolete, the skills learned can prove to be very useful.

1. Steps for the different types of Leatherwork

a. Stamping

- i. With a slightly wet sponge, moisten the piece of leather.
- ii. Make sure to position your piece of leather over a piece of hard stone or a steel anvil.
- iii. Using hand stamps and a wooden mallet, position the stamp on the leather piece and firmly hit the stamp on top with the mallet. If hit too lightly, it will not impress the shape into the leather and will fade out over time.
- iv. Repeat this process over the area of your leather as often as you want the image stamped in to your piece of leather.

b. Carving

- i. With a slightly wet sponge, moisten the piece of leather.
- ii. With a Swivel Knife, make bold cuts in the leather to half the thickness of the leather. Keep the knife in a vertical position at all times to allow for proper stamping later on.
- iii. Then, shade the cut on one side with a Pear Shader, using a mallet to press and shade one side of the cut at a constant color.
- iv. A Beveler is used to create a curved surface on one side of the cut to help create the illusion of a depth to the cut fabric.
- v. A Veiner or Shell Tool is used to create closely spaced lines for the look of a curved line.
- vi. A Seeder is used to create small circular impressions that look like small seeds.
- vii. Remember not to hit too hard or it will puncture through the leather.

c. Molding

- i. Submerge the entire piece of leather in warm water until it is soaked all the way through.
- ii. Once the leather piece is soaked all the way, bring it out of the water and start molding and pressing it into the shape that is desired.
- iii. The leather surface is very malleable at this time, and as it cools down and starts drying out, it slowly loses its flexibility for molding.
- iv. Make sure not to impress anything into the leather surface at this point, as it will make a lasting impression on the leather.
- v. Make note, each time the leather is submerged in warm water and dries, the leather will shrink in size.

d. Shaping

- i. Submerge the entire piece of leather in water and get it completely wet.
- ii. Once the leather piece is wet, pull it out and wrap it around the desired object or form.
- iii. Make sure that the form is not metal, as the form will rust and stain the leather.

- iv. Attach non-painted or stained leather thongs or strings around the leather to keep it pressed to the desired molded shape. Tie these off, but do not leave impressions in the leather, then let sit until leather is completely dry.
 - e. Staining/Dyeing
 - i. Stain the leather with a rag, dipping it into the stain and applying it evenly to the leather surface.
 - ii. With a clean rag, wipe down the entire leather surface after finishing staining.
 - iii. Let the leather piece dry.
 - iv. Once all the different color stain and dyeing paint has been applied and dried, spray with a special lacquer for leather. This will seal the stain/dyeing paint in so it does not rub off easily.
 - f. Painting
 - i. Use water based acrylic paint and thin out with water for desired intensity.
 - ii. Brush on or apply with a rag or other utensil for smaller detail work.
 - iii. Once all the different paints have been applied and dried, spray with a special lacquer for leather. This will seal the paint in so it does not rub off easily.
 - g. Lacing
 - i. With a hole punch, punch out holes evenly spaced along the two edges that are being stitched together.
 - ii. Thread a large sewing needle with lacing and tie to the end of the lacing so that it does not slip through the first hole.
 - iii. Start at one end, and choosing from one of the many different decorative stitch patterns, sew the two pieces of leather together with the leather lacing.
 - iv. Tie the leather lacing off at the end so that it does not slip back through the last hole and trim excess lacing off with scissors.
 - h. Riveting
 - i. Riveting is used instead of lacing to attach two pieces of leather together for stronger and longer durability.
 - ii. Rivets come in several different sizes, and for each size, there are two different ends.
 - iii. When put through the holes punched in the two pieces of leather, the inside, non-decorative end, of the rivet is hit with a hammer and pressed into the flat headed end of the other rivet piece. Thus the two pieces of leather are securely riveted or crimped together.
- 2. Tools for Leatherwork
 - a. Spray bottle of water
 - b. Wood mallet
 - c. Steel anvil or hard stone
 - d. Leather stamping tools
 - e. Alphabet/Number/Shapes stamping set
 - f. Swivel Knife
 - g. Pear Shader
 - h. Leather Hole Punch
 - i. Crimping Hole Punch
 - j. Leather sewing kit
 - k. Leather

3. Requirements
 - a. Discuss the process by which you go about making a leather object using the different methods from above.
 - b. Be able to identify and explain use of the tools needed to complete each process.
 - i. Be able to discuss safety precautions when working with leather and the appropriate leatherworking tools.
 - c. Discuss where leather comes from, hair on or off, and what the best type of leathers to use are dependent on project.
 - d. Discuss the process of stamping, carving and molding leather.
 - e. Discuss how to paint, stain and dye leather.
 - f. Discuss the process of lacing leather together.
 - g. Discuss the process of riveting leather together.
 - h. Demonstrate cleaning and shining a pair of dress shoes with a shoe polish kit.
 - i. Visit a local leather shop or store to review the many creative items that can be made with leather.
4. Leatherworking Projects
 - a. Using what has been learned from above, make two projects from below.
 - i. Rosary pouch
 - ii. Wallet
 - iii. Knife/Sword Sheath
 - iv. Belt
 - v. Missal/Bible Cover
 - vi. Arrow Quiver
 - vii. Hatchet Sheath
 - viii. Luggage Tags
 - ix. Moccasins
 - x. Any other project approved by troop leadership

Resources

Leathercraft ABC's (www.tandyleatherfactory.com)

Leather Crafting Supplies (www.tandyleatherfactory.com)

Leather Stamping (www.tandyleatherfactory.com)

Leather Carving (http://en.wikipedia.org/wiki/Leather_carving)

Leather Molding (www.ehow.com/way_5724471_leather-moulding-diy.html)

Medieval Leather Techniques (www.personal.utulsa.edu/~marc-carlson/leather/plwt.html)

Achievement Course: Machinery
Recommended Ages: 10-18 years of age
Approximate Completion Time Frame: 3-6 months



Saint Eligius, pray for us!

Saint Eligius is the patron saint of mechanics. He was born near Limoges, France around 590. He was a prominent metalsmith and was the master of the mint under the king. He was very generous with his wealth by ransoming slaves, aiding the poor, building churches, a monastery, and a convent. When he was about 50 years of age, he became a priest and then a bishop. He helped many people to know God and many people converted to the Christian faith.

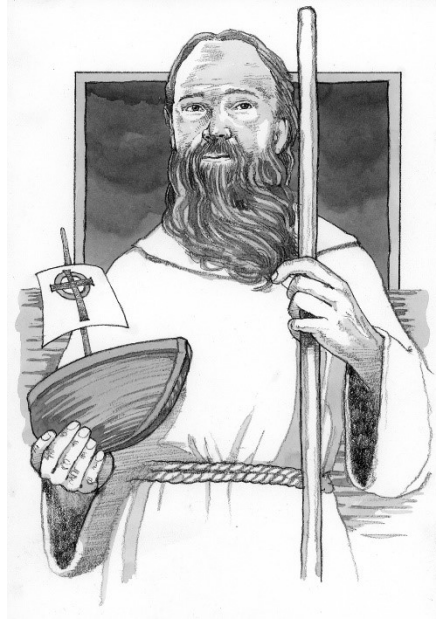
Objective: To develop a deeper knowledge for a variety of machines.

The main purpose of a machine is to do some kind of work. When you think of machinery, you may think of things like a car, a farm tractor, or maybe even factory machinery. These are all good examples of complex machinery. However, most of these machines can be broken into very simple machines. When all the simple machines are put together, it is possible to get a lot of work done with very little effort.

1. Requirements

- a. Explore and identify the 6 simple machines.
- b. Memorize the 6 simple machines and their use.
- c. Make a list of 3 examples of each of the 6 simple machines.
- d. Use each of the 6 simple machines in a real world setting and explain how they helped you complete your task.
- e. Pick one of the 6 simple machines, make a project with your fellow cadets or father/male guardian, and demonstrate for your troop how the use of this simple machine made the task easier.
- f. Bicycle Repair
 - i. Learn how a bicycle works.
 - ii. Learn how to inspect your bicycle to keep it running safe and reliably.
 - iii. Learn about the basic parts of a bicycle.
 - iv. Learn how to patch and change a bicycle tire.
 - v. Learn how to adjust, lube and, replace a bicycle chain.
 - vi. Learn how to replace a bent or broken wheel spoke.
 - vii. Learn how to tune up your brakes.
- g. Metal Workmanship
 - i. Learn about the safety precautions you should take when working with metal.
 - ii. Learn about different types of metals and their strengths and weaknesses.
 - iii. Learn what kinds of tools can be used for working with metal.
 - iv. Make a machine out of scrap metal (catapult, pulley system, gravity kart, etc.).
- h. Vehicles and Engines
 - i. Learn why maintenance is very important with machinery (cars, lawnmowers, bicycles, etc.).
 - ii. Learn how to pick the correct oil for your engines.
 - iii. Learn how to do a basic oil change and lube job on a car or other engine.
 - iv. Learn the difference between gasoline, diesel, and electric vehicles.
 - v. Learn the difference between a 4-Cycle and 2-Cycle internal combustion engine.
 - vi. Know the basic parts of an engine and how they work. Have your father/male guardian or troop leadership test your knowledge.

Achievement Course: Orienteering
Recommended Ages: 10-18 years of age
Approximate Completion Time Frame: 3-6 months



Saint Brendan, pray for us!

Saint Brendan is the patron saint of sailors, watermen, explorers, and navigators. Saint Brendan, also known as Brendan the Navigator, was born in Ireland in 484 and died there in 577. He is noted for sailing off to faraway lands to preach the Word of Christ. He established monasteries and schools in Ireland to help the faith grow. Tradition holds that he was guided by an angel while leading 3,000 monks in the newly founded monastery.

Objective: To demonstrate a proficient skill level with a compass and map used in orienteering.

1. Requirements
 - a. Explore and define orienteering in your own words.
 - b. Think about instances when you may need to use a compass or map.
2. Point out the following parts of an orienteering compass and describe their use.
 - a. Compass needle
 - b. Orienteering arrow
 - c. Orienting lines
 - d. Compass housing
 - e. Direction of travel arrow
3. Explain what a pace count is.
 - a. Show that you know how to follow a compass heading and pace count.
 - b. While walking, determine your pace by pace counting for 100 meters.
 - c. While running, determine your pace by pace counting for 100 meters.
 - d. Explain why pace counts are different between walking and running dependence on the person (hint: length of legs affect stride).
 - e. Describe the significance of pace counting and when it can be useful.
4. Show that you know how to orient a map using an orienteering compass.
 - a. Point out the different parts of a topographic map.
 - b. Show how to determine distances and compass headings using a topographic map.
5. Participate in an orienteering course with your troop or patrol.
 - a. Orienteering course
 - i. This can be a course laid out with control points and a list of compass headings with pace counts, or
 - ii. A course with control points marked on a topographic map which you must measure distance and compass heading from the map.
6. Create your own orienteering course with at least 10 different control points.
 - a. This must be completed with control points marked on a topographic map.
 - b. Participants must measure distances and get compass headings from the map and locate all control points.

Achievement Course: Public Speaking
Recommended Ages: 10-18 years of age
Approximate Completion Time Frame: 3-6 months



Saints Peter and Paul, pray for us!

The Public Speaking Achievement Course will challenge you to step outside of your comfort zone by getting up in front of your community and peers and making oral presentations. If you work to overcome your fear of public speaking and really embrace the principles set forth in this Achievement Course, you will have the beginnings of a skill that will serve you well in every aspect of your life as a Catholic gentleman. Our dear Lord was a very good speaker and because of this, He was able to hold the attention of His listeners and teach them the saving truths of the Gospel. We as Catholics have been sent into the world to follow our dear Lord's example and to not only be sanctified through obedience to our Lord, but to bring others to Him. One of the most effective ways to do this is by having a knowledge of the faith, a love for our Lord and His Mother, and the ability to share this knowledge and love with others through the spoken word. "Faith comes through hearing" says Saint Paul (Romans 10:17) and Saint Peter tells us "always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have." (1 Peter 3:15)

Objective: To demonstrate public speaking skills confidently.

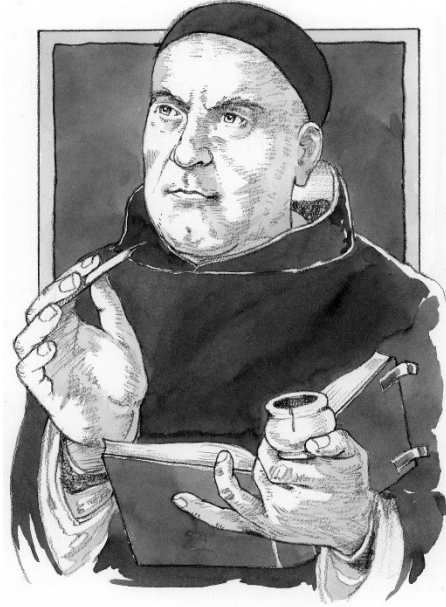
1. Requirements (All of the following must be done in front of your troop or church)
 - a. Speak publically, in one or more of the following ways, a total of five times
 - i. As a lector at your parish.
 - ii. Present and tell the story of a Saint (not a skit) at a troop event (e.g. campfire story).
 - iii. Give a speech at a troop event (e.g. troop meeting, campout, etc.) that you have written or some other worthy speech (e.g. Saint Crispin's Days Speech).
 - iv. Read and discuss the upcoming Sunday readings with your troop on a campout or meeting.
 - b. Write and act in a play with no less than two characters about your favorite Saint (it must be a minimum of 5 minutes long).
 - c. Write and present a speech on a topic about the Troops of Saint George, Catholicism, or the Canonization of a new Saint.
 - i. Before you give your speech.
 1. Know your material – Pick a topic you are most interested in and know more about it than you include in your speech (this will help you answer questions at the end). Use humor, personal stories, and conversational language; that way you won't easily forget what to say.
 2. Practice, Practice, and Practice some more – Rehearse out loud with all equipment/props you plan on using. Revise as necessary after some dry runs. Work to control filler words (e.g. um and uh). Practice, pause, and breathe. Practice with a timer and allow time for the unexpected.
 3. Know the audience – Greet some of the audience members as they arrive. It is easier to speak to a group of friends than strangers.
 4. Know the room/area – Arrive early, walk around the speaking area and practice using the microphone and visual aids (as applicable).
 5. Relax – Begin by addressing the audience. It buys you time and calms your nerves. "Good evening..." pause, smile, count to three in your head before you say anything else. Transform nervous energy into enthusiasm.
 6. Visualize yourself giving your speech – Imagine yourself speaking, your voice loud, clear, and confident. Visualize the audience clapping; it will boost your confidence.
 7. Realize that people want you to succeed – Audiences want you to be interesting, stimulating, informative, and entertaining. They are rooting for you.
 8. DO NOT APOLOGIZE – for any nervousness or problem. The audience probably never even noticed it.
 9. Concentrate on the message, not the medium – Focus your attention away from your anxieties and concentrate on your message and your audience.
 10. Gain experience – Your speech should represent you as an authority and as a person. Experience builds confidence, which is key to effective speaking.
 - d. Prepare and make a toast to your Captain (at the campout closest to his birthday) and remember these tips.

- i. Do not make it about yourself – say nice things about your subject, not you.
- ii. Keep it short – The audience is not here to listen to you speak, they are here for the guest of honor.
- iii. Embarrassing stories are not always funny – “I remember the time when John wet his pants in front of everyone! That was so funny.” Not to John. Do not use a “you had to be there moment”. The audience was not there, so it is not funny, just embarrassing all over again.
- iv. Pick one story, maybe two, do not ramble on with 27 different stories – Pick one or two that shows the type of person the honoree is.
- v. **WRITE IT DOWN** and rehearse it – Do not wing it! Take the time and write it down. This not only gives you time to remember more stories to choose from, but you can get them right.

Reference

www.Toastmasters.org

Achievement Course: Scholarship
Recommended Ages: 14-18 years of age
Approximate Completion Time Frame: 6-9 months



Saint Thomas Aquinas, pray for us!

Saint Thomas Aquinas was born in 1226 in Italy. By the age of five he was sent to learn with the Benedictines. He was a quick study and showed signs of understanding and living the virtues early on. After prayerful consideration and against his family's wishes at the age of 17 he entered the Order of Saint Dominic. He made his profession of vows in Naples years later. He then went to Cologne to study under Saint Albert the Great. His classmates nicknamed him the "Dumb Ox" due to his large size and quiet nature, although, he was quite a brilliant student. By the age of 22, he started teaching and publishing his writings. He became a priest and went to Paris for further studies while earning his doctorate by the age of 31. While in Paris, he became friends with the king of France, Saint Louis.

Pope Urban IV asked him to write hymns and prayers for a new feast for the Body and Blood of our Lord, the Feast of Corpus Christi. "Tantum Ergo Sacramentum", "O Salutaris Hostia", and "Pange Lingua" are just a few of his works that we still sing today. His greatest acclaimed work is *Summa Theologica*. This was never finished due to his death from an illness in 1274, while on the way to the second Council of Lyons. He is one of the Doctors of the Church and is known as the "Angelic Doctor." He is the patron saint of all universities and students.

Objective: To demonstrate competency in scholarly writing and research.

1. Requirements
 - a. Read the entire New Testament.
 - b. Read the entire book of Proverbs.
 - c. Read 2 of the following classic works of literature and philosophy.
 - i. Iliad by Homer
 - ii. Odyssey by Homer
 - iii. Aeneid by Virgil
 - iv. Apologia by Plato
 - v. Republic by Plato
 - vi. Nichomachean Ethics by Aristotle
 - vii. Confessions by Augustine
2. Write Two Essays
 - a. Specifications
 - i. This essay should be typed, double spaced, and in 12 point New Times Roman font with 1 inch margins. Citations should be in the footnotes and follow Chicago formatting. Four to five full pages of content not including the title page.
 - b. Mandatory Essay
 - i. Write an essay on a Saint or Blessed to which you have a devotion
 - c. Elective Essay
 - i. Write an essay on one of the following:
 1. Pagan philosophers
 - a. Pythagorus
 - b. Socrates
 - c. Plato
 - d. Aristotle
 - e. Zeno of Citium
 - f. Epicurus
 - g. Cicero
 - h. Marcus Aurelius
 - i. Confucius
 2. One of the “Nine Worthies” of the Western military tradition
 - a. Hector
 - b. Alexander the Great
 - c. Julius Caesar
 - d. Joshua
 - e. David
 - f. Judas Maccabeus
 - g. King Arthur
 - h. Charlemagne
 - i. Godfrey of Bouillon

Customs and Ceremonies

General Troops of Saint George Customs

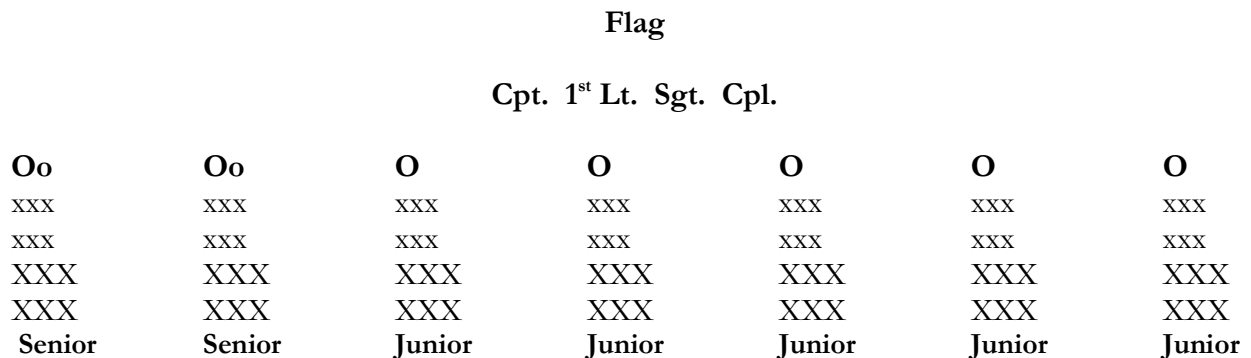
- Cadets should ALWAYS address adults with “sir” or “ma’am”.
- Cadets should ALWAYS, whether formal TSG activity or out of everyday life, greet and address their Officers by their rank. If in the “civilian” realm, the Trinitarian Salute is not necessary.
- Standing at Attention: As applicable, this posture requires the TSG member to stand with their chin up, chest out, shoulders back, heels connected, feet extended at an approximate 45 degree angle and arms fixed to the side with their thumb parallel to their pants seam.
- Refer to section on the Trinitarian Salute in this document for specifics on the salute.
- Saluting your National Flag
 - Outdoor in Uniform: Trinitarian Salute to the brim of the hat or eyebrow if no hat
 - Indoor in Uniform (remove hat as applicable): Trinitarian Salute to the eyebrow
 - Outdoor and Indoor not in Uniform (remove hat as applicable): Place hand over heart
- Salute your troop’s Officers with the Trinitarian Salute when arriving and departing. Thank your troop leaders when departing an event.
- Taps: As applicable, stand at attention with no salute for the duration of taps.

Ceremony for Hoisting or Lowering the National Flag

- Facing the National Flag, and working left to right, the Troop Captain, 1st Lieutenant, Youth Sergeant and Youth Corporal will stand centered and between the flag pole and the Senior and Junior patrols.
- Facing the National Flag, and working left to right, the Senior and Junior cadet patrols’ leadership will line up. Behind the patrol leadership, and in 3 wide maximum formation lines, cadets and then adults will fill in the formation as seen in below diagram.
 - The patrols, left to right, will be the most senior to the least.
 - The front line of each patrol formation will check spacing by one arm length to their right with the balance of the patrol falling in neatly behind.
 - When falling into formation, the adult and youth members should walk briskly.

Example Flag Formation

- This formation can also be used for whenever the Captain needs to call the troop to order or to get a headcount. (O = Adult Leadership / o = Youth Leadership / x = Youth Members / X = Adult Members):



Example Flag Ceremony “Call to Order”

This example assumes marching in from the left

Captain: “LEFT FACE”, “READY...TO”
(Cadets rotate left to face the flag)

Captain: “A-TEN-HUT”
(Cadets go from rest to standing at attention)

Captain: “DRESS-RIGHT-DRESS”
(Cadets in front row adjust arm to shoulder length to the right)

Captain: “READY FRONT...ADJUST”
(Cadets and adults line up neatly behind cadets and adults in front of them)

The Color Guard/Flag Bearers walk in a single file line and ready the flag.

Captain: “COLORS”

Either when the Captain calls “HAND SALUTE” or at the first bugle note, all salute the flag with the Trinitarian Salute.

Salute through the “colors” and Pledge of Allegiance (or national pledge/anthem) or until bugle “1st Call” or the Captain calls “A-TEN-HUT”.

Captain: “DISMISSED”
(Cadets and adults fall out. Prior to dismissal, Captain or other leader may address the formation to discuss the day’s agenda.)

Addendum Section/Descriptions

Activity Waiver, Consent, Release and Indemnification Agreement

- General attorney generated waiver of liability form for use at ALL TSG activities.

Parental Power of Attorney Form

- Attorney generated “guardianship” power of attorney form for use as a legal guardian would like to place their youth under the “guardianship” of a male adult they vet for the purposes of all TSG events (for example, a father is not in the youth’s life).

Parental Authorization Form

- Attorney generated “chaperone” authorization form for the rare event the father/male guardian cannot attend the activity. Under the use of this form, a youth is not allowed an overnight stay and must be picked up before lights out at a campout.

Activity Waiver, Consent, Release and Indemnification Agreement Signature Page for Multiple Signatures

- We encourage printing the original “Activity Waiver, Consent, Release and Indemnification Agreement” for reference and then using this signature collection page for ease of use and reduction of paper waste at TSG activities.

Captain’s Junior Cadet Answer Key

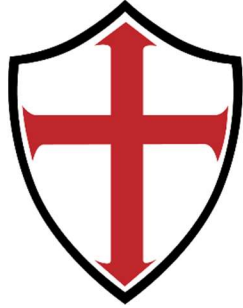
- Answer Key to the questions in Saints Mark’s, Luke’s and George’s sections of the Junior Cadet Requirements.

Common Prayers for TSG Campouts and Meetings

Campout/Activities Coordinator: “The Basics”

- A brief breakdown by one of our greats in the “Campout/Activity Coordinator” roles.

Example Campout Agenda



TROOPS OF SAINT GEORGE

VIRTUS. HONOR. FRATERNITAS.

ACTIVITY WAIVER, CONSENT, RELEASE AND INDEMNIFICATION AGREEMENT

Event Name _____	Troop # _____
Event Date(s) _____	Location _____

I, _____ and my minor child/children:

Adult Name (printed)

Child 1

Child 2

Child 3

Child 4

acknowledge that we understand and agree to follow the rules and regulations of our local Troops of Saint George chapter during this local chapter event. We further agree to follow the policies and guidelines set forth by our charter organization, Troops of Saint George (hereinafter collectively referred to as "TSG").

Assumption of Risks: We knowing, understanding, and fully appreciating all possible risks hereby expressly, voluntarily and willingly assume ALL risks and dangers associated with our (myself and minor child) participation in camping and/or all related activities of the above referenced event. We understand and acknowledge that participation in this event and/or its related activities could result in minor, serious, and/or catastrophic injury and I agree that participation in any such activities shall be at my and my minor child(ren)'s and/or my sole risk. We understand that there is no program staff on duty, and TSG does not provide lifeguards, activity directors, first aid personnel, or others to monitor, supervise, oversee or direct us while at this event. I understand ***it is impossible to eliminate all risk and possibility of injury*** and that there are certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary from one activity to another and vary depending on the weather conditions and unknown variables, and we choose to voluntarily participate with full knowledge of such potential danger.

Release: IN CONSIDERATION OF THE BENEFITS RECEIVED FROM MY AND MY CHILD(REN)'S PARTICIPATION IN ACTIVITIES PROMOTED OR ARRANGED BY MY LOCAL TROOPS OF SAINT GEORGE CHAPTER, THE UNDERSIGNED, ON BEHALF OF MY MINOR CHILD(REN) AND MYSELF, INCLUDING ALL HEIRS, PERSONAL REPRESENTATIVES OR ASSIGNS OF MY CHILD(REN) AND/OR MYSELF, CONSENT TO MY AND MY CHILD(REN)'S PARTICIPATION IN THE

ABOVE REFERENCED EVENT AND/OR ITS RELATED ACTIVITIES AND FURTHER WAIVE ALL CLAIMS OR CAUSES OF ACTION AGAINST TSG, MY LOCAL TROOPS OF SAINT GEORGE CHAPTER, MY TROOP LEADERSHIP AND CHARTER ORGANIZATION, AND TSG'S AND MY LOCAL TROOPS OF SAINT GEORGE CHAPTER'S RESPECTIVE AGENTS, EXECUTIVE COMMITTEE, BOARD MEMBERS, DIRECTORS, TRUSTEES, EMPLOYEES, CONTRACTORS, REPRESENTATIVES, VOLUNTEERS AND HEIRS AND SUCCESSORS THEREOF (HEREINAFTER COLLECTIVELY REFERRED TO AS THE "RELEASEES") ARISING OUT OF MY MINOR CHILD(REN)'S AND/OR MY PARTICIPATION IN THE ABOVE REFERENCED EVENT AND ITS RELATED ACTIVITIES AND HEREBY RELEASE, HOLD HARMLESS AND DISCHARGE THE RELEASEES FROM ANY AND ALL LIABILITY, CLAIMS, DEMANDS, ACTIONS, SUITS, AND CAUSES OF ACTION WHATSOEVER, INCLUDING ATTORNEY FEES, ARISING OUT OF OR RELATED TO ANY LOSS, DAMAGE OR INJURY (WHETHER DIRECT, INDIRECT, CONSEQUENTIAL OR OTHERWISE), INCLUDING DEATH, THAT MY MINOR CHILD(REN) AND/OR I MIGHT SUSTAIN OR THAT ANY OF MY MINOR CHILD(REN)'S AND OR MY PROPERTY MIGHT SUSTAIN WHILE ON OR AT THE ABOVE REFERENCED LOCATION OR WHILE PARTICIPATING OR ATTENDING THE ABOVE REFERENCED EVENT OR ANY OF ITS RELATED ACTIVITIES EVEN IF SUCH CLAIMS, ACTIONS, SUITS, LOSSES, LIABILITIES, DAMAGES, FINES, PENALTIES, JUDGEMENTS, SETTLEMENTS, COSTS, FEES, AND EXPENSES ARE THE RESULT OF OR CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEES.

Acknowledgement of Understanding and Indemnification: I HAVE READ THIS ACTIVITY WAIVER, CONSENT, RELEASE AND INDEMNIFICATION AGREEMENT AND UNDERSTAND THE TERMS USED IN IT AND THEIR LEGAL SIGNIFICANCE. THIS ACTIVITY WAIVER, CONSENT, RELEASE AND INDEMNIFICATION AGREEMENT IS FREELY AND VOLUNTARILY GIVEN WITH THE UNDERSTANDING THAT RIGHT TO LEGAL RECOURSE AGAINST THE RELEASEES IS KNOWINGLY GIVEN UP IN RETURN FOR ALLOWING MYSELF AND MY MINOR CHILD(REN)'S PARTICIPATION IN THE ABOVE REFERENCED EVENT AND/OR ANY SUCH ACTIVITIES. WE (MYSELF AND ON BEHALF OF MY MINOR CHILD) AGREE THAT THIS ACTIVITY WAIVER, CONSENT, RELEASE AND INDEMNIFICATION AGREEMENT RELEASES ALL RELEASEES FROM ANY CLAIMS ARISING OUT OF MY MINOR CHILD(REN)'S AND/OR MY PARTICIPATION AT THE ABOVE REFERENCED EVENT AND/OR ANY RELATED ACTIVITY, EVEN IF CAUSED BY NEGLIGENCE OF ANY OF THE RELEASEES AND WE (MYSELF AND ON BEHALF OF MY MINOR CHILD(REN)) AGREE TO INDEMNIFY, DEFEND, AND HOLD HARMLESS THE RELEASEES FROM AND AGAINST ALL CLAIMS, ACTIONS, SUITS, LOSSES, LIABILITIES, DAMAGES, FINES, PENALTIES, JUDGEMENTS, SETTLEMENTS, COSTS, FEES, AND EXPENSES (INCLUDING REASONABLE ATTORNEY'S FEES AND COURT OR OTHER COSTS) THAT ARISE FROM, RESULT FROM, RELATE TO, OR ARE CAUSED BY MY MINOR CHILD(REN) AND/OR MY PARTICIPATION IN THE ABOVE REFERENCED EVENT EVEN IF SUCH CLAIMS, ACTIONS, SUITS, LOSSES, LIABILITIES, DAMAGES, FINES, PENALTIES, JUDGEMENTS, SETTLEMENTS, COSTS, FEES,

AND EXPENSES ARE THE RESULT OF OR CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEES.

Dispute Resolution/Waiver of Jury Trial. If a dispute arises under this Activity Waiver, Consent, Release and Indemnification Agreement and/or my and/or my minor child(ren)'s participation in the above referenced event, we (myself and an on behalf of my minor child) shall engage in good faith efforts to mediate a settlement prior to filing a demand for arbitration. Should the dispute not be resolved by mediation, we (myself and an on behalf of my minor child) agree that all disputes, controversies, or claims arising out of my and/or my minor child(ren)'s participation in the above referenced event, shall be submitted to binding arbitration before and in accordance with the Commercial Rules of the American Arbitration Association then in effect. **WE (MYSELF AND AN ON BEHALF OF MY MINOR CHILD) ALSO WAIVE ALL RIGHT TO TRIAL BY JURY OF ANY CLAIMS ARISING FROM MY AND/OR MY MINOR CHILD(REN)'S PARTICIPATION IN THE ABOVE REFERENCED EVENT.**

I have read and agreed to the statements made in the Troops of Saint George Officers Manual and agree to follow and adhere to them. I further agree to follow my troops and diocesan or parish youth protection policy, including all reporting responsibilities thereunder.

Photo and Video Release: I give my permission for photographs and/or video footage taken of myself or my minor child(ren) while participating in the above referenced event to be used by TSG or by my local TSG chapter in marketing/public relations material.

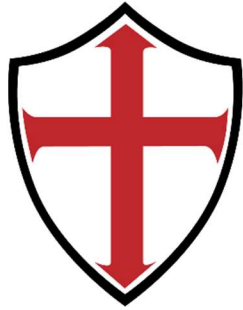
By signature below, I acknowledge and accept all terms and conditions of this Activity Waiver, Consent, Release and Indemnification Agreement. If I am signing this Activity Waiver, Consent, Release and Indemnification Agreement on behalf of a minor, I certify that all representations are true and that I am the minor's legal guardian or custodial parent with full authority to bind the minor and myself to the terms and conditions of this Activity Waiver, Consent, Release and Indemnification Agreement. I further acknowledge that in freely signing and voluntarily giving my consent to the participant taking part in this activity I have given up substantial rights and without inducement I fully enter into and agree to the above Activity Waiver, Consent, Release and Indemnification Agreement.

_____ TSG Troop # _____
Member/Parent/Guardian Name (Print)

_____ Date ____/____/_____
Member/Parent/Guardian (Signature)

In Case of Emergency, Contact: _____ Relationship _____

Emergency Contact Phone Number: _____



TROOPS OF SAINT GEORGE

VIRTUS. HONOR. FRATERNITAS.

PARENTAL POWER OF ATTORNEY FORM

I, _____, am the parent/legal guardian of _____ (“Child”). I understand Troops of Saint George (“TSG”) is a father/son organization and my TSG Troop (“TSG Troop”) generally requires fathers to accompany their children to all TSG Troop activities. I hereby authorize _____ (“Agent”) to act on my behalf and on behalf of my Child in connection with my Child’s participation in TSG and TSG Troop activities and accompany my Child to all TSG Troop activities. I specifically authorize my Agent to enter into agreements and contracts with TSG and my TSG Troop concerning my legal rights and the legal rights of my Child, including, but not limited to, waivers, consents, releases, and indemnification agreements that may affect my Child’s and/or my legal rights and obligations, including without limitation pre-injury releases, indemnifications, and hold-harmless agreements from and against any claims, causes of action, and/or liabilities (a) from a third-party’s negligence and/or (b) that may otherwise arise out of or result from the Child’s and/or the Agent’s participation in TSG and TSG Troop activities. TSG and my local TSG Troop have permission to communicate and deal with my Agent on my behalf and on behalf of my Child in the same manner as TSG or my TSG Troop would otherwise deal with me on behalf of my Child, and TSG, my TSG Troop, and any of their respective agents, executive committee, board members, directors, trustees, employees, Officers, contractors, representatives, volunteers, and heirs and successors thereof dealing with my Agent shall not be required to inquire into, or obtain any other documentation as to, the authority of my Agent to take any action on behalf of my Child in connection with my Child’s participation in TSG, my TSG Troop, or any activities related thereto.

In the event of an emergency, I authorize my Agent to consent to medical treatment, including hospitalization, anesthesia, surgery, or medicine for my Child.

In consideration of the risks involved, the benefit my Child receives from his participation in TSG and TSG Troop activities, and acknowledging that my Child’s participation in TSG and TSG Troop activities is voluntary, I agree to indemnify, hold harmless, and release TSG, my TSG Troop, and their respective agents, executive committee, board members, directors, trustees, employees, Officers, contractors, representatives, volunteers, and heirs and successors thereof from any and all claims, causes of action, and/or liabilities arising out of or resulting from Agent’s actions and/or my Child’s participation in TSG and TSG Troop activities.

I further agree to instruct my Child to follow all safety instructions given by the leaders and volunteers of my TSG Troop during any TSG and TSG Troop activities.

THE AGENT, BY ACCEPTING OR ACTING UNDER THIS AGREEMENT, ASSUMES THE FIDUCIARY AND OTHER LEGAL RESPONSIBILITIES OF AN AGENT.

MY AGENT (ATTORNEY IN FACT) SHALL HAVE THE POWER AND AUTHORITY TO PERFORM OR UNDERTAKE ANY ACTION I COULD PERFORM OR UNDERTAKE IF I WERE PERSONALLY PRESENT.

The Agent acknowledges and agrees to comply with all of the policies and procedures set forth in TSG's Officer's Manual. The Agent further acknowledges that Agent is or will become a member of the Child's local TSG Troop and will remain in good standing so long as this Agreement remains in full force and effect or so long as Child participates in TSG and TSG Troop activities.

In consideration of the risks involved, the benefit the Child and Agent receive from their participation in TSG and TSG Troop activities, and acknowledging that the Child's and Agent's participation in TSG and TSG Troop activities is voluntary, the Agent agrees to indemnify, hold harmless, and release TSG, my TSG Troop, and their respective agents, executive committee, board members, directors, trustees, employees, Officers, contractors, representatives, volunteers, and heirs and successors thereof from any and all claims, causes of action, and/or liabilities arising out of or resulting from the Child's and/or the Agent's participation in TSG and TSG Troop activities.

If any provision herein is held to be illegal, invalid, or unenforceable under present or future laws, such provision (the "Struck Provision") shall be fully severable and this instrument shall be construed and enforced as if the Struck Provision is not a part thereof. The remaining provisions thereof shall remain in full force and effect, and in lieu of the Struck Provision, there shall be added automatically as a part of this instrument a provision as similar in its terms to the Struck Provision as may be possible and be legal, valid, and enforceable.

Parent/Legal Guardian Name (Please Print): _____

Parent/Legal Guardian Signature: _____

Date: _____

Agent Name (Please Print): _____

Agent Signature: _____

Date: _____

TSG Troop Captain Name (Please Print): _____

TSG Troop Captain Signature: _____

Date: _____

STATE OF _____ §

§

COUNTY OF _____ §

This instrument was acknowledged before me on the ____ day of _____, 20____, by _____ (“Parent/Legal Guardian”).

Notary Public, State of

STATE OF _____ §

§

COUNTY OF _____ §

This instrument was acknowledged before me on the ____ day of _____, 20____, by _____ (“Agent”).

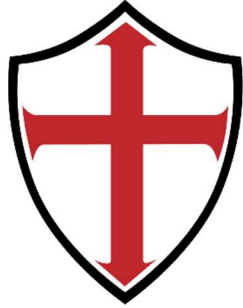
Notary Public, State of

This document has been verified and recorded by the TSG Troop Captain:

TSG Troop Captain Name (Please Print): _____ Troop#: _____

TSG Troop Captain Signature: _____ Date: _____

*Original to be kept and filed by Troop Captain with copy to Parent / Legal Guardian and Agent



TROOPS OF SAINT GEORGE

VIRTUS. HONOR. FRATERNITAS.

PARENTAL AUTHORIZATION FORM

I, _____, am the parent/legal guardian of _____ (“Child”). I understand Troops of Saint George (“TSG”) is a father/son organization and my TSG Troop (“TSG Troop”) requires that I accompany my Child to all TSG Troop activities. I will be unable to attend _____ (“TSG Troop Activity”) because of prior commitments. The TSG Troop Activity will benefit my Child, and I request that my Child be allowed to participate in the TSG Troop Activity even though I will be unable to attend the TSG Troop Activity. Because I will be unable to attend the TSG Troop Activity, I hereby authorize _____ (“Chaperone”) to supervise my Child during the TSG Troop Activity.

In the event of an emergency, I authorize the Chaperone to consent to medical treatment, including hospitalization, anesthesia, surgery, or medicine for my Child. If the TSG Troop Activity involves overnight camping, I understand that my Child will not be allowed to participate in the overnight camping portion of the TSG Troop Activity and my Child must be picked up each evening of the TSG Troop Activity at or before lights out. If I am unable to pick up my Child each evening, I hereby authorize the Chaperone to release my child to _____, who is my Child’s _____.

In consideration of the risks involved, the benefit my Child receives from his participation in the TSG Troop Activity, and acknowledging that my Child’s participation in the TSG Troop Activity is voluntary, I agree to indemnify, hold harmless, and release TSG, my TSG Troop, the Chaperone, and their respective agents, executive committee, board members, directors, trustees, employees, Officers, contractors, representatives, volunteers, and heirs and successors thereof from any and all claims, causes of action, and/or liabilities arising out of or resulting from my Child’s participation in the TSG Troop Activity.

I further agree to instruct my Child to follow all safety instructions given by the leaders and volunteers of my TSG Troop during the TSG Troop Activity, and acknowledge that if my Child becomes ill or creates conditions that are an endangerment to himself or others, my Child will be asked to leave the TSG Troop Activity and my Child must be picked up immediately by myself the abovementioned designee.

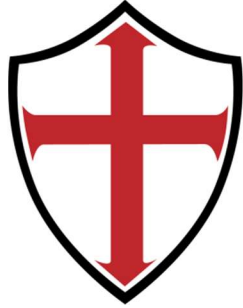
Parent/Legal Guardian Name (Please Print): _____

Parent/Legal Guardian Signature: _____

Date: _____

Chaperone Signature: _____

Date: _____



TROOPS OF SAINT GEORGE

VIRTUS. HONOR. FRATERNITAS.

ACTIVITY WAIVER, CONSENT, RELEASE AND INDEMNIFICATION AGREEMENT SIGNATURE PAGE FOR MULTIPLE SIGNATURES

Event Name _____	Troop # _____
Event Date(s) _____	Location _____

By signature below, I acknowledge that I have reviewed and accept all terms and conditions of the Troops of Saint George Activity Waiver, Consent, Release and Indemnification Agreement 15.01. If I am signing this Activity Waiver, Consent, Release and Indemnification Agreement signature page on behalf of a minor, I certify that all representations are true and that I am the minor's legal guardian or custodial parent with full authority to bind the minor and myself to the terms and conditions of this Activity Waiver, Consent, Release and Indemnification Agreement. I further acknowledge that in freely signing and voluntarily giving my consent to the participant taking part in this activity I have given up substantial rights and without inducement I fully enter into and agree to the Activity Waiver, Consent, Release and Indemnification Agreement 15.01.

_____	_____	Date ____/____/____
Member/Parent/Guardian Name (Print)	Member/Parent/Guardian (Signature)	
_____	_____	_____
Minor Child 1	Minor Child 2	Minor Child 3
In Case of Emergency, Contact: _____ Relationship _____ Emergency Contact Ph. #: _____		

_____	_____	Date ____/____/____
Member/Parent/Guardian Name (Print)	Member/Parent/Guardian (Signature)	
_____	_____	_____
Minor Child 1	Minor Child 2	Minor Child 3
In Case of Emergency, Contact: _____ Relationship _____ Emergency Contact Ph. #: _____		

Member/Parent/Guardian Name (Print) Member/Parent/Guardian (Signature) Date ____/____/____

Minor Child 1 Minor Child 2 Minor Child 3 Minor Child 4

In Case of Emergency, Contact: _____ Relationship _____ Emergency Contact Ph. #: _____

Member/Parent/Guardian Name (Print) Member/Parent/Guardian (Signature) Date ____/____/____

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Member/Parent/Guardian (Signature) Date ____/____/____

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Minor Child 3 _____
Minor Child 4

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Member/Parent/Guardian Name (Print) _____
Member/Parent/Guardian (Signature) Date ____/____/____

Minor Child 1 _____
Minor Child 2 _____
Minor Child 3 _____
Minor Child 4

In Case of Emergency, Contact: _____ Relationship _____ Emergency Contact Ph. #: _____

Member/Parent/Guardian Name (Print) _____
Member/Parent/Guardian (Signature) Date ____/____/____

Minor Child 1 _____
Minor Child 2 _____
Minor Child 3 _____
Minor Child 4

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Member/Parent/Guardian Name (Print) _____
Member/Parent/Guardian (Signature) Date ____/____/____

Minor Child 1 _____
Minor Child 2 _____
Minor Child 3 _____
Minor Child 4

In Case of Emergency, Contact: _____ Relationship _____ Emergency Contact Ph. #: _____

Member/Parent/Guardian Name (Print) Member/Parent/Guardian (Signature) Date ____/____/____

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Member/Parent/Guardian Name (Print) Member/Parent/Guardian (Signature)

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_____ Date ____/____/____
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Captain's Junior Cadet Answer Key

Saint Mark's Lions

Spiritual

Recite the 7 Sacraments from memory.

Sacrament of Baptism

Sacrament of Penance

Sacrament of the Eucharist

Sacrament of Confirmation

Sacrament of Extreme Unction or Anointing of the Sick

Sacrament of Holy Orders

Sacrament of Matrimony

Explain in your own words to your Troop Captain or Patrol Lieutenant the difference between mortal sin, venial sin, and original sin.

Original Sin: Originally Adam and Eve were constituted in sanctifying grace and righteous before God. After they sinned, all humans are conceived in original sin. Original sin is being born without sanctifying grace. We are born again through holy baptism.

Mortal Sins: Mortal sins are grave or serious sins that we do with full knowledge of their evil and with full consent. Mortal sins break our loving relationship with God. We must go to sacramental confession to a priest in order for mortal sins to be remitted.

Venial Sins: Venial sins are less serious sins that do not rupture our relationship with God, but still hurt others, ourselves, and offend God. We should try to avoid all venial sins.

Venial sins are forgiven by devoutly using holy water, receiving Communion in a state of grace, devoutly saying the Our Father, or devoutly saying an Act of Contrition.

Explain in your own words to your Troop Captain or Patrol Lieutenant how the Body and Blood of Christ, after the consecration, is different from normal bread and wine.

Before the consecration, bread and wine are simply bread and wine. When the Catholic priest recites "This is my Body" over the bread (which can look like a small round cracker), the bread turns into the Body of Christ. Likewise, when the Catholic priest recites, "This is the chalice of my Blood" over the wine, it truly becomes the Blood of Christ. This is a miracle and in this miracle all the physical "accidents" or properties of bread and wine remain: color, size, taste, and texture. With the five senses, it looks exactly the same. But through faith, we know it to be truly the real Body and Blood of Christ.

Saint Luke's Oxen (or Bulls)

Spiritual

Explain in your own words to your Troop Captain or Patrol Lieutenant the difference between Heaven, Hell, and Purgatory.

Heaven is where God calls all people to live with Him. We need His grace in order to enter into Heaven. Through grace we have faith, hope, and charity. In Heaven, we will see God face to face. The Catholic Church calls this the "Beatific Vision."

Hell is where people go if they do not love our Lord Jesus Christ. Jesus Christ came to save all humans from Hell. However, each of us must respond to God's grace with his free will. If we are hateful toward God and our fellow man, we are choosing to go to Hell.

Purgatory is a transitional place where believers in Jesus Christ go to be purified and "saved through fire" (1 Cor 3:15). If your life is not fully in accord with the grace of Jesus Christ because of venial sins or the temporal punishment left over from previously forgiven mortal sins, you will go to Purgatory. Purgatory is where God makes us ready to enter Heaven. Everyone in Purgatory will eventually go to Heaven.

Explain in your own words to your Troop Captain or Patrol Lieutenant how God is a Trinity of Divine Persons.

There is only one God. We Christians are monotheists, which means "one God". Yet God has revealed Himself as a Trinity of Persons: the Father, the Son, and the Holy Spirit. There are not three gods or three parts of God. Rather all three Persons are truly one God. The Son is eternally begotten of the Father. The Holy Spirit proceeds from the Father and the Son.

Saint George's Dragon Slayer

Spiritual

Recite the mysteries of the Rosary

Joyful: Annunciation, Visitation, Nativity, Presentation, Finding in the Temple

Luminous: Baptism of Christ, Wedding at Cana, Proclaiming the Kingdom,

Transfiguration, Last Supper/Institution of the Eucharist

Sorrowful: Agony in the Garden, Scourging at the Pillar, Crowning with Thorns, Carrying of Cross, Crucifixion

Glorious: Resurrection, Ascension, Pentecost, Assumption of Mary, Coronation of Mary as Queen of Heaven

Learn the legend of Saint George by heart and tell the story to your family and patrol. Know the details of the dragon, the princess, his chastity, and his martyrdom.

The boy should know these details of the legend:

There was a kingdom that was terrorized by a dragon.

The king and the people fed their children to the dragon to appease it.

The king through lottery was forced to sacrifice his own daughter to the dragon.

Saint George showed up in time and killed the dragon by invoking the name of Jesus Christ and rescued the Princess.

Saint George told the people that it was the power of Christ that killed the dragon.

Saint George invited the people to be baptized, which they were.

What does the dragon represent?

The dragon represents Satan and all evil forces in this world. Each man is called to “slay his dragons” or overcome the forces of evil in his life and in the lives of others.

Explain in your own words the difference between angels and demons. Why did Satan tempt Adam and Eve? Why does Satan still tempt us?

Angels were originally created by God, but Satan and one third of all the angels rebelled from God and became evil demons or devils.

Satan tempted Adam and Eve because he wanted to offend God, but also because he worried that God might conquer Satan through the seed of the woman. This points forward to Mary who is the New Eve and her Son Jesus who is the New Adam.

Satan tries to tempt us in order to displease God, but also to rob us of eternal life - something that the devil has already forfeited.

Physical

Explain to your Captain or Patrol Lieutenant what is meant by “good sportsmanship.”

Good sportsmanship is an attitude that finds joy in the competition of the game and the fellowship of teammates and competitors. There is nothing wrong with wanting and striving to win. Yet when we win, we should not brag. We should remain humble and friendly. When we lose, we must not complain, make excuses, or feel dejected.

Patriotic

Learn the story about Saint Thomas More. How did his martyrdom mirror the martyrdom of Saint George? What does the Catholic do when his nation asks him to act contrary to his faith and conscience? Would you, by the grace of God, lay down your life for your faith in Christ?

The cadet should research the life of Saint Thomas More and learn that he was the Chancellor of England under King Henry VIII. Although Thomas More was the second most powerful person in the kingdom, he would not approve of King Henry VIII's false marriages or of the king's desire to split the Church in England away from the Pope. Although most politicians obeyed King Henry VIII and abandoned the Pope, Thomas More stayed true to his Catholic faith. Eventually, the king beheaded Thomas More. He is a saint that reminds us that being a Catholic disciple of Jesus Christ and faithful to the Church is more important than money, prestige or political power.

How can we be patriotic, even if our nation and politicians promote evil laws contrary to the will of God?

According to Thomas Aquinas, being patriotic is a religious virtue and duty that we should all strive to maintain. Patriotism is the love of your land and your people. You may disagree with the laws, customs, or decisions, but you still love your land. A person may still love and honor his family, even if he doesn't agree with the decisions of certain family members. The same is true for patriotism.

Explain to a parent or guardian in your own words what is meant by “natural law.”

Natural law is the law written on every human heart. Catholics believe that every human can establish the moral precepts of right living even without a Bible or Catechism. We know that murder, adultery, theft, and idolatry are wrong from natural law. Saint Paul says that all humans are without excuse because this law is written on our hearts.

Common Prayers for TSG Campouts and Meetings

Prayers of the Holy Rosary:

Apostles' Creed

I believe in God, the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only Son, our Lord: Who was conceived by the Holy Spirit, born of the Virgin Mary; suffered under Pontius Pilate, was crucified, died and was buried. He descended into Hell; the third day He rose again from the dead; He ascended into heaven, is seated at the right hand of God the Father Almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting.

Amen.

Symbolum Apostolorum

Credo in Deum Patrem omnipotentem, Creatorem caeli et terrae. Et in Iesum Christum, Filium eius unicum, Dominum nostrum, qui conceptus est de Spiritu Sancto, natus ex Maria Virgine, passus sub Pontio Pilato, crucifixus, mortuus, et sepultus, descendit ad inferos, tertia die resurrexit a mortuis, ascendit ad caelos, sedet ad dexteram Dei Patris omnipotentis, inde venturus est iudicare vivos et mortuos. Credo in Spiritum Sanctum, sanctam Ecclesiam Catholicam, sanctorum communionem, remissionem peccatorum, carnis resurrectionem, vitam aeternam.

Amen.

The Our Father

Our Father, Who art in Heaven, hallowed be Thy Name; Thy Kingdom come, Thy Will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

Amen.

Pater Noster (Oratio Dominica)

Pater noster, qui es in caelis, sanctificetur Nomen tuum. Adveniat regnum tuum. Fiat voluntas tua, sicut in caelo et in terra. Panem nostrum quotidianum da nobis hodie, et dimitte nobis debita nostra sicut et nos dimittimus debitoribus nostris. Et ne nos inducas in tentationem, sed libera nos a malo.

Amen.

Hail Mary

Hail Mary full of grace, the Lord is with thee. Blessed art thou amongst women and blessed is the fruit of Thy womb Jesus. Holy Mary Mother of God, pray for us sinners now and at the hour of our death.

Amen.

Ave Maria (or Salutatio Angelica)

Ave Maria, gratia plena, Dominus tecum. Benedicta tu in mulieribus, et benedictus fructus ventris tui, Iesus. Sancta Maria, Mater Dei, ora pro nobis peccatoribus, nunc, et in hora mortis nostrae.

Amen.

Glory Be

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now, and ever shall be, world without end.

Amen.

Doxologia Minor

Gloria Patri, et Filio, et Spiritui Sancto. Sicut erat in principio, et nunc, et semper, et in saecula saeculorum.

Amen.

Fatima Prayer / O My Jesus

O my Jesus, forgive us our sins, save us from the fires of hell and lead all souls to heaven, especially those who are in most need of Thy mercy.

Amen.

Oratio Fatimae

Oh mi Jesu, dimitte nobis debita nostra, libera nos ab igne inferni, conduc in caelum omnes animas, praesertim illas quae maxime indigent misericordia tua.

Amen.

Hail Holy Queen

Hail, holy Queen, Mother of mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus; O clement, O loving, O sweet Virgin Mary.

Pray for us, O Holy Mother of God.

That we may be made worthy of the promises of Christ.

Amen.

Salve Regina

Salve, Regina, mater misericordiae: vita, dulcedo, et spes nostra, salve. Ad te clamamus exsules filii Hevae. Ad te suspiramus, gementes et flentes in hac lacrimarum valle. Eia, ergo, advocata nostra, illos tuos misericordes oculos ad nos converte. Et Iesum, benedictum fructum ventris tui, nobis post hoc exilium ostende. O clemens, O pia, O dulcis Virgo Maria.

Amen.

The Rosary Prayer

Let us pray:

O God, whose only begotten Son, by His life, death, and resurrection has purchased for us the rewards of eternal life, grant, we beseech Thee, that by meditating upon these mysteries of the most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain, and obtain what they promise: through the same Christ our Lord.

Amen.

Oremus:

Deus, cuius, Unigenitus per vitam, mortem et resurrectionem suam nobis salutis aeternae, praemia comparavit, concede, quaesumus: ut haec mysteria sacratissimo beatae Mariae Virginis Rosario

recolentes, et imitemur quod continent, et quod promittunt assequamur. Per eundem Christum Dominum nostrum.

Amen.

For Protection & Intercession:

Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help or sought thine intercession, was left unaided. Inspired with this confidence, I fly unto thee, O Virgin of virgins my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not our petitions, but in thy mercy hear and answer us.

Amen.

Memorare

Memorare, O piissima Virgo Maria, non esse auditum a saeculo, quemquam ad tua currentem praesidia, tua implorantem auxilia, tua petentem suffragia, esse derelictum. Ego tali animatus confidentia, ad te, Virgo Virginum, Mater, curro, ad te venio, coram te gemens peccator assisto. Noli, Mater Verbi, verba mea despiciere; sed audi propitia et exaudi.

Amen.

Angel of God Prayer

Angel of God, my guardian dear, to whom His love commits me here; ever this day (night) be at my side, to light and guard, to rule and guide.

Amen.

Angele Dei

Angele Dei, qui custos es mei,
Me tibi commissum pietate superna;
Hodie, Hac nocte illumina,
custodi, rege, et gubernata.

Amen.

Prayer to Saint Michael

Saint Michael, the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the Devil.
May God rebuke him, we humbly pray; and do thou,
O Prince of the heavenly host, by the power of God
cast into hell Satan and all the evil spirits
who prowl about the world seeking the ruin of souls.

Amen.

Oratio ad Sanctum Michael

Sancte Michael Archangele, defende nos in proelio, contra nequitiam et insidias diaboli esto praesidium. Imperet illi Deus, supplices deprecamur: tuque, Princeps militiae coelestis, Satanam aliosque spiritus malignos, qui ad perditionem animarum pervagantur in mundo, divina virtute, in infernum detrude.

Amen.

The Act of Contrition:

Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin.

Amen.

Actus Contritionis

Deus meus, ex toto corde poenitet me omnium meorum peccatorum, eaque detestor, quia peccando, non solum poenas a Te iuste statutas promeritus sum, sed praesertim quia offendi Te, summum bonum, ac dignum qui super omnia diligaris. Ideo firmiter propono, adiuvante gratia Tua, de cetero me non peccaturum peccandique occasiones proximas fugiturum. Amen.

Daily Prayers:

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all my relatives and friends, and in particular for the intentions of the Holy Father.

Amen.

The Angelus

The Angel of the Lord declared to Mary:

(R) And she conceived of the Holy Spirit.

Hail Mary...

Behold the handmaid of the Lord:

(R) Be it done unto me according to Thy word.

Hail Mary . . .

And the Word was made Flesh:

(R) (genuflect) And dwelt among us.

Hail Mary . . .

Pray for us, O Holy Mother of God.

(R) That we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that we, to whom the incarnation of Christ, Thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection, through the same Christ Our Lord.

Amen.

Angelus

Angelus Domini nuntiavit Mariae;

(R) Et concepit de Spiritu Sancto.

Ave Maria...

Ecce ancilla Domini.

(R) Fiat mihi secundum verbum tuum.

Ave Maria...

Et Verbum caro factum est.

(R) Et habitavit in nobis.

Ave Maria...

Ora pro nobis, sancta Dei Genetrix.

(R) Ut digni efficiamur promissionibus Christi.

Oremus.

Gratiam tuam, quaesumus, Domine, mentibus nostris infunde; ut qui, Angelo nuntiante, Christi Filii tui incarnationem cognovimus, per passionem eius et crucem, ad resurrectionis gloriam perducamur. Per eundem Christum Dominum nostrum.

Amen.

Soul of Christ/Anima Christi

Soul of Christ, sanctify me

Body of Christ, save me

Blood of Christ, inebriate me

Water from Christ's side, wash me

Passion of Christ, strengthen me

O good Jesus, hear me

Within Thy wounds hide me

Suffer me not to be separated from Thee

From the malicious enemy defend me

In the hour of my death call me

And bid me come unto Thee

That I may praise Thee with Thy saints

and with Thy angels

Forever and ever

Amen.

Anima Christi

Anima Christi, sanctifica me.
Corpus Christi, salva me.
Sanguis Christi, inebria me.
Aqua lateris Christi, lava me.
Passio Christi, conforta me.
O bone Iesu, exaudi me.
Intra tua vulnera absconde me.
Ne permittas me separari a te.
Ab hoste maligno defende me.
In hora mortis meae voca me.
Et iube me venire ad te,
Ut cum Sanctis tuis laudem te
in saecula saeculorum.
Amen.

Come, Holy Spirit

Come, Holy Spirit, fill the hearts of Thy faithful and kindle in them the fire of Thy love.
Send forth Thy Spirit and they shall be created.

(R) And Thou shalt renew the face of the earth.

Let us pray:

O God, Who didst instruct the hearts of the faithful by the light of the Holy Spirit, grant us in the same Spirit to be truly wise, and ever to rejoice in His consolation. Through Christ our Lord.
Amen.

Come, Holy Spirit (Alternate)

Come, Holy Spirit, Creator blest,
and in our souls take up Thy rest;
come with Thy grace and heavenly aid
to fill the hearts which Thou hast made.

O comforter, to Thee we cry,
O heavenly gift of God Most High,
O fount of life and fire of love,
and sweet anointing from above.

Thou in Thy sevenfold gifts are known;
Thou, finger of God's hand we own;
Thou, promise of the Father,
Thou Who dost the tongue with power imbue.

Kindle our sense from above,
and make our hearts o'erflow with love;
with patience firm and virtue high
the weakness of our flesh supply.

Far from us drive the foe we dread,
and grant us Thy peace instead;
so shall we not, with Thee for guide,
turn from the path of life aside.

Oh, may Thy grace on us bestow
the Father and the Son to know;
and Thee, through endless times confessed, of both the eternal Spirit blest.

Now to the Father and the Son,
Who rose from death, be glory given,
with Thou, O Holy Comforter,
henceforth by all in earth and heaven.
Amen.

Veni, Creator Spiritus

Veni, Creator Spiritus,
mentes tuorum visita,
imple superna gratia
quae tu creasti pectora.

Qui diceris Paraclitus,
altissimi donum Dei,
fons vivus, ignis, caritas,
et spiritalis unctio.

Tu, septiformis munere,
digitus paternae dexterae,
Tu rite promissum Patris,
sermone ditans guttura.

Accende lumen sensibus:
infunde amorem cordibus:
infirmi nostri corporis
virtute firmans perpeti.

Hostem repellas longius,
pacemque dones protinus:
ductore sic te praevio
vitemus omne noxium.

Per te sciamus da Patrem,
noscamus atque Filium;
Teque utriusque Spiritum
credamus omni tempore.

Deo Patri sit gloria,
et Filio, qui a mortuis surrexit,
ac Paraclito,
in saeculorum saecula.
Amen.

Under Thy Patronage

We fly to thy patronage, O holy Mother of God; despise not our petitions in our necessities, but deliver us always from all dangers, O glorious and blessed Virgin. Amen.

Sub Tuum Praesidium

Sub tuum praesidium confugimus, Sancta Dei Genetrix. Nostras deprecationes ne despicias in necessitatibus, sed a periculis cunctis libera nos semper, Virgo gloriosa et benedicta.
Amen.

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys and sufferings of this day in union with the holy sacrifice of the Mass throughout the world. I offer them for all the intentions of your sacred heart: the salvation of souls, reparation for sin, the reunion of all Christians. I offer them for the intentions of our bishops, and in particular for those recommended by our Holy Father this month.
Amen.

Prayer to Saint Joseph Prayer

To thee, O Blessed Joseph, we have recourse in our tribulations, and while imploring the aid of thy most holy Spouse, we confidently invoke thy patronage also. By that love which united thee to the Immaculate Virgin, Mother of God, and by the fatherly affection with which thou didst embrace the Infant Jesus, we humbly beseech thee graciously to regard the inheritance which Jesus Christ purchased with His Blood and to help us in our necessities, by thy powerful intercession.

Protect, O most provident Guardian of the Holy Family, the chosen children of Jesus Christ; ward off from us, O most loving Father, all taint of error and corruption; graciously assist us from Heaven, O most power protector, in our struggle with the powers of darkness; and as thou didst once rescue the Child Jesus from imminent peril to His life, so now defend the Holy Church of God from the snares of her enemies and from all adversity.

Shield each one of us with thy unceasing patronage that, imitating thy example and sported by thy aid, we may be enabled to live a good life, die a holy death, and secure everlasting happiness in Heaven.

Amen. .

Oratio ad Sanctum Iosephum

Ad te beate Ioseph, in tribulatione nostra confugimus, atque, implorato Sponsae tuae sanctissimae auxilio, patrocinium quoque tuum fidenter exposcimus.

Per eam, quaesumus quae te cum immaculata Virgine Dei Genetrice coniunxit, caritatem, perque paternum, quo Puerum Iesum amplexus es, amorem, supplices deprecamur, ut ad hereditatem, quam

Iesus Christus acquisivit Sanguine suo, benignus respicias, ac necessitatibus nostris tua virtute et ope succurras.

Tuere, o Custos providentissime divinae Familiae, Iesu Christi sobolem electam; prohibe a nobis, amantissime Pater, omnem errorum ac corruptelarum luem; propitius nobis, sospitator noster fortissime, in hoc cum potestate tenebrarum certamine e caelo adesto; et sicut olim Puerum Iesum e summo eripuisti vitae discrimine, ita nunc Ecclesiam sanctam Dei ab hostilibus insidiis atque ab omni adversitate defende: nosque singulos perpetuo tege patrocinio, ut ad tui exemplar et ope tua suffulti, sancte vivere, pie emori, sempiternamque in caelis beatitudinem assequi possimus.
Amen.

Grace before Meals

Bless us, O Lord and these Thy gifts, which we are about to receive from Thy bounty, through Christ our Lord.
Amen.

Benedic, Domine

Benedic, Domine, nos et haec tua dona quae de tua largitate sumus sumpturi. Per Christum Dominum nostrum.
Amen.

Campout/Activities Coordinator: “The Basics”

There are 3 main components to campouts: religious, activities, and meals.

A successful Campout or group Activity starts with an agenda detailing every hour of the campout (*see Example Campout Agenda on the subsequent pages*). Punctuality and staying on point with the agenda is very important and helps with timely meal preparation.

To control expenses and campout fees, it is necessary to set a budget per camper for both activities and food combined (i.e. \$10 Food + \$5 Activities = \$15 per camper).

Beyond keeping campouts engaging and controlling expenses (to which fees are kept down), a campout that encourages members to return starts and ends with ALL families being actively engaged in the many duties. For example, as campers arrive, have a camper select a numbered poker chip(s), to which they match against a listing of “chores” (i.e. gathering wood, preparing breakfast, cleaning up after breakfast, etc.).

As your troop grows in size, to allow a proper amount of time to shop and prepare food, requiring campout/activity RSVP’s one week in advance is a must.

Again, as your troop grows in size, a membership at Sam’s, Costco or comparable bulk purchase markets will allow for discounts and controlling expenses.

If possible, securing a facility with a large refrigeration capacity (i.e. Knights of Columbus Hall or troop member with large freezer space) will help to keep and maintain cool supplies and control costs through buying in bulk in advance.

To save expense on paper products, campers should secure mess kits for repeated use.

Water: 1 Gallon of water per camper for drinking and 2 Gallons per camper for cleaning, cooking, washing, etc.

If not at a state or national campground, “bucket style” outhouses with a popup cover and hole dug for waste (using sawdust to control odor) will be necessary for a bathroom. This setup is searchable online, as well as supplies can be found at your local hardware or outdoor stores. Make sure to put toilet paper in a re-sealable bag to help with the overnight dew.

Troop “Outdoor Kitchen” basic supplies (in the beginning, everyone pitching in is a great start):

Knives	Metal spoons	Metal grilling tongs
Large grilling spatulas	Can opener	Metal whisks
Metal Bowls	Cleaner disinfectant	Paper towels
Coffee percolator	Fire tools	Cleaning Tubs
Soap, bleach, sponges, etc.	Water Coolers	Coolers for food
Tables	Totes to store all supplies	Disposables
Re-sealable bags	Foil	Trash bags
Dutch ovens (quantity dependent on troop size)		

Example Campout Agenda

Each troop is encouraged to plan all aspects of their campouts. But, to give you some ideas of what other troops have done, we'd like to share a real campout agenda below. Feel free to use this as a guide to planning your own campout.

Campout Schedule for January Campout

Friday January 24

- 3:00-5:00 pm Dig latrines, prepare camp, and collect wood for fire
- 5:00-7:00 pm Arrival, Tent Set-up
- 7:00 pm Welcome, orientation, camp rules by Captain Musty, Signing of Waivers of Liability

- 7:30 pm Bonfire with Prayer, Saint Reading (Mr. Lowtower) and S'mores by the Fire
- 9:00 pm Rosary (Lead by fathers)
- 10:00 pm Lights out

Saturday January 25

- 7:30 am Morning Prayers in the Chapel
- 8:00 am Breakfast - Cowboy Casserole in Dutch Ovens
- 9:00 am Flag Ceremony
- 9:15 am Troop will divide into individual patrols.
 - St. Matthew Angels (1st grade)
 - St. Mark Lions (2nd grade)
 - St. Luke Bulls (3rd grade)
 - St. John Eagles (4th grade)
 - St. George Dragon Slayers (5th grade)
 - Senior Patrol (6th grade and higher)
- 9:30 am Cadets will participate in rotation of activities
 - Knot Tying – Mr. Hawkeye
 - Compass Orienteering – Mr. Robert
 - Whittling project – Mr. Lowtower
 - Kickball – Group
- 12:00 pm Angelus in the Chapel
- 12:15 pm Cleanup for Lunch
- 12:30 pm Lunch - Cold Cut Combos, Soup
- 1:30 pm Camp Cleanup
- 2:00 pm Free Time (zip line, etc.)
- 3:00 pm Father Arrives
- 3:30 pm Confession
- 5:00 pm Holy Sacrifice of the Mass
- 6:00 pm Dinner - Tacos
- 8:00 pm Bonfire & Camp Cobbler in Dutch Ovens
- 8:30 pm Star Gazing with Telescopes (Mr's. Black, Lowtower, Brown)
- 9:30 pm Rosary (Lead by Cadets)
- 10:00 pm Lights out

Sunday January 26

7:30 am	Morning Prayers in the Chapel
8:00 am	Breakfast - Oatmeal buffet
9:00 am	Breakdown and police camp for trash
10:00 am	Depart the Ranch