

## Consider a “classic” fire building contest:

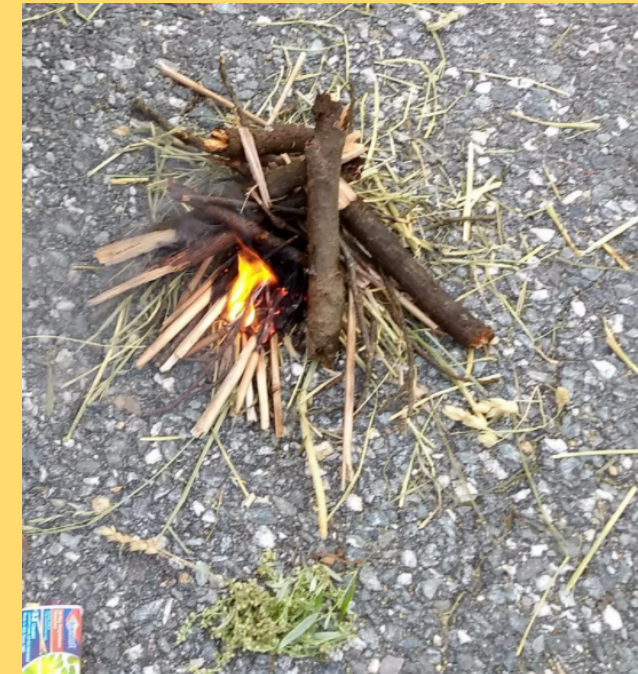
- A string is tied between two sticks, 18 inches above the ground
- On the start signal, each Scout is given 2 matches.
- Using only natural material, Scouts build a fire reaching no more than 12 inches above the ground.
- When the fire is built, Scouts light the fire.
- No material can be added to the fire after it is lit.
- First one to burn through the string wins.

## Which of the following famous Scouts do you think would win the contest?

1. Lord Robert Baden Powell
2. Daniel Beard
3. James West
4. William D. Boyce
5. Earnest Thompson Seton
6. Neil Armstrong
7. Gerald Ford

**Answer the poll question when it appears!**

## May Virtual Roundtable Gathering Activity





*Welcome to  
Cranberry Harbors District  
**VIRTUAL**  
May Roundtable*



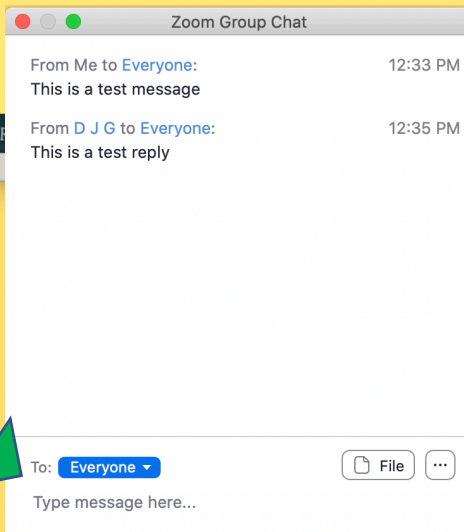
# Some notes on tonight's virtual meeting

- Opening portion of meeting will be recorded for posting
- Presentation slides (.pdf) will be posted to District page, Council site
- Questions, Comments – use google forms for “parking lot”
  - link to form: <https://forms.gle/VF7mmUVZ7DpNqstD8>
- PLEASE, mute your phone/microphone (limit background noise) when you are not speaking
- Comments on Zoom Meetings:
  - Your view somewhat device dependent
  - Use Chat for comments/questions during meeting
    - Also for attendance record
  - You can minimize speaker window (avoid blocking slides)
  - Control bar (not all features active)



Some brief zoom  
meeting  
instructions

Welcome to  
Cranberry Harbors District  
**EXPERIMENTAL**  
April Roundtable







Begin Recording

# Opening: Pledge of Allegiance & Opening Prayer



**Let us  
give you  
a hand**



Welcome ALL  
Virtual Attendees!

# Cranberry Harbors May Roundtable – Agenda



- Virtual meeting notes, “Zoom” tips
- Opening Pledge of Allegiance & Prayer
- Welcome to ALL VIRTUAL RT Attendees!
- Attendance Record – please identify yourself, your unit & town in the chat
- District KEY 3 – District Chair, District Commissioner, Field Director
- Other Items / Announcements
- Safety Minute: Allergies
- Tonight’s Big Rock Topic: Preventing Leader Burnout
- Commissioner’s Minute:
- Breakout Sessions: Activity Planning and “Live” Re-convening
  - Cubs (will continue in this zoom session)
  - Scouts BSA (Log in to separate zoom session)



# District Chair Comments:







# District Commissioner Comments



How can Commissioners best support Units during COVID-19?

1. Continue virtual Roundtables to provide effective
  - Giving and receiving of information
  - Networking
  - Training
2. Contact (Email, call) units who may not be meeting virtually.
  - Do units need technical assistance?
3. Consider a virtual Town-wide meeting
  - Share recruitment ideas and Transition plans
4. Continue Scouting at home:
  - BSA National resources available to parents and leaders: <https://www.scouting.org/scoutingathome/>

**Commissioners are here to help you Keep on Scouting!**





# Field Director Comments





# **APOLOGY UP FRONT:** ***Information Overload!***

**Slides will be posted for later viewing**

# “Stay Home” Modification Updates

## ADVANCEMENT

- Various modifications made to “outdoor” requirements for Cubs and up to First Class for BSA
  - Virtual Cub visits to Scouts BSA troops
  - Virtual Campouts
  - See (scroll down to advancement): [https://www.scouting.org/coronavirus/covid-19-faq/?utm\\_source=scoutingwire&utm\\_campaign=swemployee4152020&utm\\_medium=email&utm\\_content=](https://www.scouting.org/coronavirus/covid-19-faq/?utm_source=scoutingwire&utm_campaign=swemployee4152020&utm_medium=email&utm_content=)

## BOY’S LIFE “BAM” – Newsletter with multiple at-home projects:

[https://boyslife.org/blbam/?utm\\_source=scoutingwire&utm\\_campaign=swvolunteer4152020&utm\\_medium=email&utm\\_content=](https://boyslife.org/blbam/?utm_source=scoutingwire&utm_campaign=swvolunteer4152020&utm_medium=email&utm_content=)



### **This Newsletter Is Now Delivering Multiple At-Home Projects Kids Will Enjoy**

Parents are looking for family friendly fun and projects for their kids, and the BL BAM newsletter delivers.



# “Stay Home” Modification Updates - 2

Continue to watch for virtual events:  
BSA National *Camp-In* was Sat. May, 2

Recorded live-stream available:

[https://www.scouting.org/campin/?utm\\_source=scoutingwire&utm\\_campaign=swemployee562020&utm\\_medium=email&utm\\_content=](https://www.scouting.org/campin/?utm_source=scoutingwire&utm_campaign=swemployee562020&utm_medium=email&utm_content=)



2020 Journey to Excellence (JTE) scoring will be adjusted due to “Stay-at-Home” requirements:

- See: <https://blog.scoutingmagazine.org/2020/05/01/dont-worry-journey-to-excellence-scoring-will-be-adjusted-in-light-of-covid-19/>
- Send adjustment suggestions or questions to: [jte@scouting.org](mailto:jte@scouting.org)



# Digital Safety Updates

- Summary:
  - Follow ALL youth protection guidelines
  - Use business-oriented conference platforms (vs. gaming, etc.)
  - In general, DO NOT record on-line activities/meetings
    - Individual State laws vary - BSA concerned about regulatory risks
    - NEVER record meetings with youth participants
  - Safeguard personal information
    - Post notice on how information will be used
    - Keep information private – NEVER share youth information
  - Do not collect information directly from youth under 13
    - Children's Online Privacy Protection Act (COPPA)
    - Collect needed information from Parent/Guardian
- Details: <https://www.scouting.org/health-and-safety/safety-moments/digital-safety-and-online-scouting-activities/>
- Cyber Chip: <https://www.scouting.org/training/youth-protection/cyber-chip/>







# Mayflower Council Recording Guidelines (for Adult Sessions)

- ONLY record and post when later viewing is desirable
- The number of presenters is kept small (5 or less)
- The meeting is set up so the only voices heard and faces seen are those of the 5 (or less) presenters
- The 5 presenters know it will be recorded and posted and agree to it

## Other digital rules suggestions

*modified from rules used by T22, Whitman; presented in Council Training Webinar*

- Require REAL names be used for sign in, not everyone knows each other
- Remove visually distracting backgrounds, don't change backgrounds or image
  - Focus on the activity
- Mute yourself unless you are talking (minimize background noise)
- Use the "raised hand" to ask a question (don't interrupt activity)
  - Consider "Co-host" feature – presenter and "monitor"
- Only use the "Chat" for activity related questions or responses



# Mayflower Council Support

- **NOTE:** *Per 4/24 Mayflower Council post, **ALL** in-person activities suspended through May 31*
- Scouting at home page: <https://www.mayflowerbsa.org/scouting-at-home/>
- Share your ideas: [scoutingathome@mayflowerbsa.org](mailto:scoutingathome@mayflowerbsa.org)
- Council Facebook page: <https://www.facebook.com/MayflowerBSA/>
- Virtual merit badge offerings: <https://www.mayflowerbsa.org/virtual-merit-badge-offerings/>
- Scouting from home campfire, May 16: <https://www.mayflowerbsa.org/event/scouting-from-home-campfire-may/>
- Camping at home challenge: <https://www.mayflowerbsa.org/camping-at-home-challenge/>
- Summer Camp Info: <https://www.mayflowerbsa.org/were-excited-to-welcome-you-to-camp/>



# Resources for Scouting at Home

## BSA Commissioner Program Support Page:

<https://www.scouting.org/commissioners/program-support-resources/>

### Scouting @ Home and Virtual Meetings

These are unprecedented times with the COVID-19 pandemic and the national directive for social distancing. Given the challenges, many units and councils are coming up with new ideas for at home meetings and meetings. Here is a list of a few of these sites and articles at the current time.

1. Official BSA websites
  - a. [Scouting At Home](#) is a collection of national resources for all BSA programs
  - b. [National Statement](#) on COVID-19 by BSA President & CEO Roger Mosby
  - c. [Byran on Scouting](#) with the latest articles on scouting during COVID-19
  - d. [BSA Marketing](#) article highlighting Council websites with **At Home** resource page
  - e. [Voice of Scouting](#) article on **#ScoutingAtHome**
  - f. [Boy's Life Magazine](#) article on **25 Projects Around the House**
  - g. [YouTube Video](#) on **Scouting at Home**
  - h. [Sea Scouts Commodore's Corner](#): **Coronavirus Edition** by TW Cook – March 28, 2020
2. Other Scouting websites
  - a. [Scout Share](#) with current articles on **Scouting with Remote Utilities**
  - b. [ScoutWiki](#) with **Scouting through COVID-19**
  - c. [Leave No Trace](#) on **Getting Outside During COVID-19**

- Scoutshare: <http://www.scoutshare.org/>



# BSA VIDEO PROJECT:

## *Thank you to essential workers*

- See Bryan on Scouting Post May 5:

<https://blog.scoutingmagazine.org/2020/05/05/scouts-lets-make-a-massive-video-to-thank-essential-workers/>

- **ALL** Scouts:

- Obtain Parent/Guardian Permission
- Make 5-10 second thank you video in Class A uniform
- Post video (with parent/guardian email for permission) at:

[https://boyslife.formstack.com/forms/video\\_essential\\_workers](https://boyslife.formstack.com/forms/video_essential_workers)







# BSA Post: ZOOM Meeting tips/help

- National Commissioner Technology Group posted “Zoom Quick Reference Guide” on the “News for Commissioners” page:

<https://www.scouting.org/commissioners/news-for-commissioners/>

## *Using Zoom for Virtual Scouting\_04.24.2020*

A recent national webinar for commissioners on virtual roundtables included discussion of a commonly used tool for virtual meetings: Zoom. While by no means not the only available tool, Zoom is a popular alternative. Participants asked for additional details on the mechanics of using Zoom.

It's available in both PPT and PDF formats so it can be used for training or personal reference. You can expect periodic updates as well as other virtual Scouting reference guides in the future.

[Using Zoom for Virtual Scouting \(PDF\)](#) 

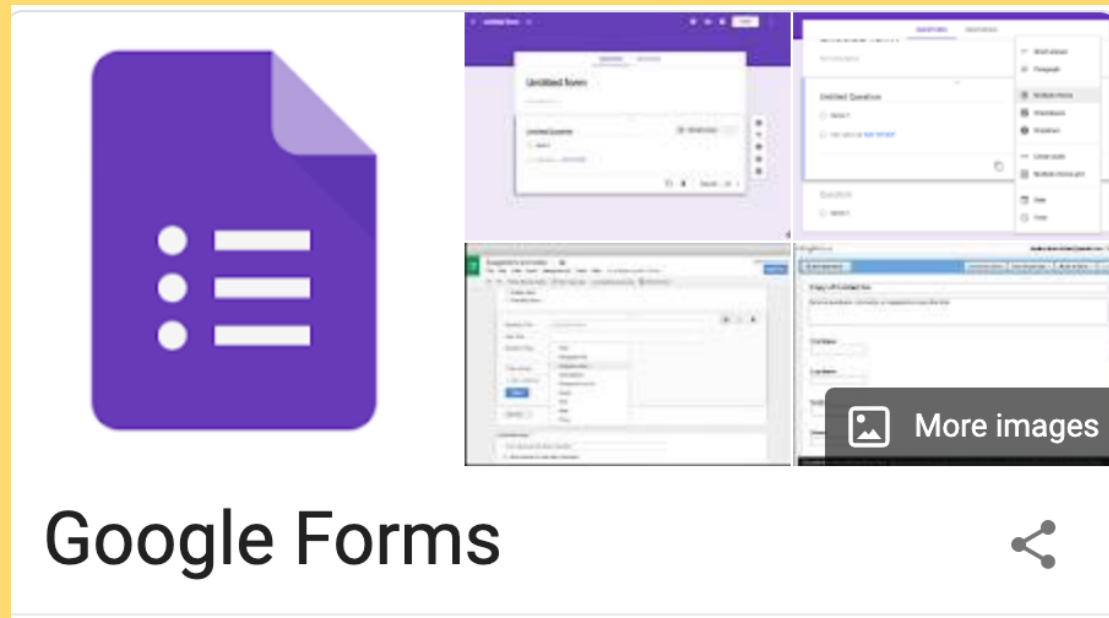
[Using Zoom for Virtual Scouting \(PPT\)](#) 

- LOCAL NOTE: Scouts using school supplied Chromebooks may not be able to download zoom client.
  - Possible Alternative: Google Hangouts Meet
    - <https://support.google.com/a/users/answer/9300131?hl=en>
    - <https://gsuite.google.com/products/meet/>



# Need to get feedback / info in the Social-Distancing Era?

- Consider Google Forms
  - Don't know how?
  - Goodwill Community Foundation Tutorials <https://edu.gcfglobal.org/en/google-forms/>



# Other Items:



- **Mayflower Summer Camp Note:**

- No fee risk – all fees refunded if camp can't be held or season is shortened.
- More info: <https://www.mayflowerbsa.org/were-excited-to-welcome-you-to-camp/>

- **Training** (see flyer on district page)

- Take advantage of on-line opportunities
  - Position Specific (all Cub Leaders, Troop Committee, Merit Badge Counselor, more: <https://my.scouting.org>)
  - Find position requirements at: <https://www.mayflowerbsa.org/program/adult/training/>
  - ILST virtual Training, May 12, 7-8 pm, register: <https://register.gotowebinar.com/register/8038338602007381519>
  - Cub Leader Basic, May 17, 7-9 pm, and either May 24 or May 31, 7-9 pm, register: <https://register.gotowebinar.com/register/8284186103443321103>

- 2021 National Jamboree, July 21-30, Summit Bechtel Reserve: <https://www.mayflowerbsa.org/event/2021jamboree/>
- Not receiving RT emails? Email DJG: [ch.adc.4.rt@gmail.com](mailto:ch.adc.4.rt@gmail.com) (Include unit number and town)
- Apr RT Slides posted on District Page: <https://www.mayflowerbsa.org/about/overview/council-districts/cranberry-harbors-district/>
- May Slides will post shortly after this session
  - Recording of opening session should post also
- Tax tips for BSA volunteers: <https://blog.scoutingmagazine.org/2020/02/14/tax-time/>
- 2020 Popcorn Sales: <https://www.mayflowerbsa.org/about/funding/popcorn/>
- Scouting Magazine Changes:
  - Print issue discontinued, digital version continues
  - Daily updates at <https://scoutingmagazine.org/>

# Safety Minute: Allergies

- Allergies require continuous Scout and Scouter Attention
- Allergic reactions range from mild & annoying to serious & deadly
- **MANY** sources of Allergens, including:
  - Insect Bites and Stings
  - Food Allergies
- *Communicate allergies via Annual BSA Health & Medical Record - **Update Annually!***
  - Goal is prevention to exposure
  - Knowledge is key
- Proper & Immediate treatment crucial in event of severe allergic reaction
  - EPI pen?
  - Medical Attention



Allergy safety minute summary prepared by Mike Josti sent with RT announcement and will be posted to the CH District RT page:

<https://www.mayflowerbsa.org/about/overview/council-districts/cranberry-harbors-district/>



# Stop Recording Unmute Participants

Note: Please “self mute” when you are not speaking

# Membership Committee

- Plans for fall membership drive: May 11 conference call
  - All units requested to participate
- Units need to designate New Member Coordinator
  - NMC plays key role in membership drive
- More Information to follow





# Activities Committee:

Information and requirements:

<https://www.mayflowerbsa.org/scouting-from-home-award/>



May Big Rock

Toasted

Fried

Crackers

Zoned Out

ELIG

Zombified

***Preventing Leader Burnout***

Launch Poll #2



***Burnout “ceases to be funny  
when (it) causes volunteers to  
stop doing what they are  
passionate about.”***

Material source: 2014-15 Roundtable Guide Big Rock Topics, p46-7, 52  
[https://filestore.scouting.org/filestore/commissioner/pdf/bs201415big\\_rocks\\_interests.pdf](https://filestore.scouting.org/filestore/commissioner/pdf/bs201415big_rocks_interests.pdf)

# Burnout defined

- A reaction to unrelieved, consistent, draining, sapping clusters of emotional and/or physical exhaustion
- A psychological description for the experience of long-term exhaustion and diminished interest



Launch Poll #3

# Key Causes of Burnout (Participant ideas?)

- Too many responsibilities, not enough help
- Unclear/overly demanding expectations
- Feeling of lack of empowerment/control
- Lack of recognition/rewards
- Lack of close supportive relationships
- Inadequate resources
- Monotonous/unchallenging work
- Chaotic/high-pressure environment
- Lack of personal time for relaxing and socializing
- Expected to be too many things to too many people



# Burnout Causes - How Can We Help?

- ***Too many responsibilities, not enough help***
- Unclear/overly demanding expectations
- Feeling of lack of empowerment/control
- Lack of recognition/rewards
- Lack of close supportive relationships
- Inadequate resources
- Monotonous/unchallenging work
- Chaotic/high-pressure environment
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- Monotonous/unchallenging work
- Chaotic/high-pressure environment
- ***Lack of personal time for relaxing and socializing***
- Expected to be too many things to too many people





# Recognizing Burnout

Goal: recognize signs, prevent loss of good volunteers

- Loss of motivation
- Cynical and negative outlook
- Overreacting to frustrations (conflict)
- Taking frustrations out on others
- Procrastinating
- Apathy
- Skipping meetings/activities
- Withdrawing from responsibilities

***PAY ATTENTION TO YOUR FELLOW LEADERS!***



# Preventing Burnout in BSA Volunteers

- Clear Position Descriptions
- TRAINING
  - Prepare for position
  - Resources and how to use them
- Effective shared leadership
- Fun, interesting, quality program
- Effective Communication
- Recognition
- Redirection to refresh desire to serve

***“It is a lot easier to find a better fit than to find and train a new volunteer”***

# Parent Engagement – Key to Getting Help

- Unit leadership must seek out and invite
  - WELCOME new parents (New Member Coordinator Role)
    - Avoid “Closed Group” syndrome
  - MAKE THE ASK, be specific
  - Emphasize the social and community experience of Scouting
  - “We need everyone to do something”
    - Organize Blue & Gold, maintain health forms, coordinate transportation to event, etc.
- Make use of talents/interests – survey form
  - Cubs: <https://filestore.scouting.org/filestore/CubScoutMeetingGuide/PDF/Appendix/34362.pdf>
  - Scouts BSA: [https://filestore.scouting.org/filestore/pdf/512-116\\_WB.pdf](https://filestore.scouting.org/filestore/pdf/512-116_WB.pdf)
  - MODIFY – make it fit YOUR unit
- Ensure roles meaningful
- Mentor, encourage training
- Avoid asking too much (“one volunteer, one job”)
- Thank and recognize
- Seek and listen to feedback



# Feeling a little “Burned-Out”?

- Current conditions create added stress
- Slow down, take time off
  - Relax - “Mindful breathing” – See next slide
  - Get support – resist isolation
- Reevaluate goals & objectives
  - Refocus – why do we do this?
  - What is truly enjoyed vs. what is a burden?
  - What is a burden
- Make changes
  - Take a break
  - Redefine role? New role? New Challenges?





# Mindful Breathing Exercise:

<https://coverage.bluecrossma.com/article/feeling-stressed-take-deep-breath?cid=em938>

To begin breathing more mindfully, I recommend that you:

- Stop what you are doing and check in to see how you are feeling.
- Sit up tall with your feet planted on the ground, and close your eyes if that feels comfortable to you. You can also place your palms down on your thighs.
- Begin to breathe deeply. A good rule of thumb is to inhale for a count of four and exhale for a count of six, although the numbers are less important than trying to make your exhale longer than your inhale. If it helps, you can place your hand on your belly to help you focus on breathing deeply.
- Think of a mantra, phrase or word that helps you relax such as “I am calm,” or “Peace” or visualize a place that’s soothing to you. Mantras can help slow your breathing to a helpful rate, a British Medical Journal [study](#) found.
- Notice any part of your body that’s tense and try to soften that part as you breathe.
- Try to breathe deeply for at least one minute, although any length of time is beneficial—even three deep breaths in 10 seconds.





Image courtesy of Pack 103, Williamsburg, VA  
<https://www.pclipart.com/maxpin/bhRiRo/>

# Commissioner Minute



# Breakout Sessions

- If you have not done so yet, please note your name, unit and town in the Chat for attendance
- Questions/comments, use the Google forms parking lot:  
<https://forms.gle/VF7mmUVZ7DpNqstD8>
- Cub leaders – Breakout will continue in this zoom session
- Scouts BSA leaders, sign out of this session, sign in to Vince's Scouts BSA breakout zoom session



**THANKS**  
**For Your Participation**  
**AND**  
**For all you do for our Youth**