



The Troop Times

www.troop1147.org

May 2012

Spring Camporee

The District Camporee happened on April 20-22. Our Troop competed with other troops for awards. Even though it was kind of muddy, a bit wet, and we didn't win anything, it was a really good campout. We all tried our best and had fun, and that's what counts, right?!?! Maybe we'll get lucky next year and win more awards! - *by Jeremy O.*

Court of Honor

Last Tuesday, April 26, we had our Troop Court of Honor. Many people advanced in rank, and many more got other awards. Here is a list of some of the awards:

Rank Advancements

Scout: Ricky, Sam, Ian, Kenny, and Ty

2nd class: Jeremy, Will, Hayden

1st Class: Ben

Star: Josh, Chase

Life: Jack

Merit Badges

Citizenship in the Nation: Josh, Hayden, Jeremy, Ben, Chase, and Jacob

Citizenship in the Community: Josh, Hayden, Jeremy, Ben, and Chase

Swimming: Hayden

Engineering: Alex

Jack got **Golf, Photography, American Business, Disability Awareness**, and more at Merit Badge Boot Camp.

- *by Hayden D.*

Patrol Reports

Honey Badgers

The Honey badgers did skill for the month. The topic covered was nature.

Fire Breathing Dragons

The FBDs had a patrol meeting last month. We retired an old flag, and we alsoThe FBDs had a patrol meeting last month. We retired an old flag, and we also ate s'mores. The FBDs had a patrol meeting last month. We retired an old flag, and we also ate s'mores. ate s'mores.

- *by Josh O.*

Titanium Titans

The TT had a patrol meeting and planned for skills for next month. We also played capture the flag at the meeting.

- *by Jeremy O.*

Golden Gladiators

The Golden Gladiators have been working on our flag and our yell, which we established on April 23. We are planning a patrol project which is to clean up behind harmon middle school on May 5. We will have another patrol meeting on May 24. That is all that we have done.

- *by Ian K.*





Featured Scout of the Month

Ben

Ben has been in the troop for 1 year. He is First Class, and is the patrol leader of the Titanium Titans. He is a 6th grade and is home-schooled. Ben also likes to play flag football, basketball, and bowling, and karate. In his spare time he likes to build fires and ride his bike.

Health Corner

- by *Ethan A*

Scouts, please remember to have a healthy LIFESTYLE. It is recommended that you get 30 minutes of activity a day at a minimum so remember to get out after school and at least walk or play your favorite sport, especially since the weather is getting warmer.

I would like to offer a suggestion for a recipe that can be easily made at a CAMP OUT!

Beef and Broccoli Stir-fry

- * Yield: 4 Servings
- * Cook time: 10 Minutes
- * Prep time: 15 Minutes

Nutritional Information

Amount per serving

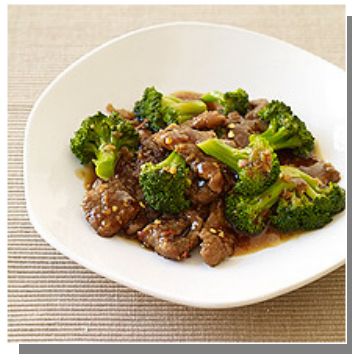
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|---------------------|-----------------|
| * Calories: 266 | * Fat: 11g |
| * Saturated fat: 2g | * Protein: 32g |
| * Carbohydrate: 12g | * Fiber: 4g |
| * Cholesterol: 65mg | * Sodium: 859mg |

Ingredients

- * 1 pound pre-cut beef for stir-fry
- * 2 garlic cloves, smashed
- * 1 tablespoon minced fresh ginger
- * 2 tablespoons soy sauce
- * 1 bunch broccoli (about 1 lb.)
- * 2 tablespoons vegetable oil
- * 1/2 cup water
- * 1 1/2 cups beef broth
- * 2 tablespoons cornstarch
- * 1 cup fresh mung bean sprouts

Preparation

1. Combine beef, garlic, ginger and soy sauce in a bowl and let stand.
2. Wash broccoli thoroughly and cut into florets. Trim and peel stems and cut into 1/4-inch thick slices.
3. Heat 1 Tbsp. oil in a large nonstick skillet or wok over high heat, add broccoli florets and stems, then stir-fry for 2 minutes. Add 1/2 cup water and stir until water evaporates. Transfer broccoli to a plate.
4. Add remaining oil to pan, add beef mixture and stir-fry for 3 minutes. Stir together broth and cornstarch, add to meat and stir-fry until sauce is thickened, about 3 minutes longer. Add broccoli and bean sprouts, then cook, stirring, until heated through, about 2 minutes.



Stay tuned for more Health tips at the Health Corner. See you next Troop Time and as always GOOD SCOUTING TO YOU!

Troop 1147 develops young men into inspired leaders
who make a difference in the community.