

BSA Celebrates 108 Years of Service to Youth

Every member of the Boy Scouts of America, retired or active, can take great pride in their contribution to developing and sustaining the greatest youth movement in our nation and the world, founded on February 8, 1910.

Throughout our history the guiding principles of the Scout Oath and Scout Law have been our foundation, and those principles remain firm today as we step forward in service and commitment. 2018 will mark new beginnings as we move into the future with hope and excitement.

Here is a piece of esteemed history: The BSA is one of the very few groups to be chartered by the Congress of the United States and is honored in our nation's capital by the Boy Scout Commemorative Tribute Memorial, located in the Ellipse, a park just south of the White House along 15th Street NW.

An inscription around the memorial fountain basin reads:

In grateful tribute to the men and women whose generosity, devotion, and leadership have brought Scouting to the nation's youth and to honor all members of the Boy Scouts of America who in

days of peace and times of peril have done their duty to God and their country, this memorial was authorized by the Congress of the United States and erected in recognition of the fiftieth anniversary of the Boy Scouts of America.

The statue itself consists of three figures: a Boy Scout, a man, and a woman. The man symbolizes physical, mental, and moral fitness, and peace and strength. The woman symbolizes freedom, enlightenment with the light of faith, and love for all, as she holds high the flame of the Holy Spirit. The Boy Scout represents the past, present, and future of Scouting's commitment to the Scout Oath and Scout Law.

In 1959, to mark Scouting's 50th anniversary, a proposal was made to establish the memorial on a site in Washington, D.C. Lyndon Johnson, the Senate majority leader at the time, introduced the measure to the Senate.

The memorial was constructed at no expense to the government. The funds were raised from Scout units, and each donor signed a scroll that was later placed in the pedestal of the statue. On November 7, 1964, the statue was accepted for the nation by Tom Clark, associate justice of the Supreme Court, who noted that he was marking his own 50th anniversary as an Eagle Scout that year.

Five decades after the memorial was constructed, the operation of the fountain had deteriorated, and only minor repairs had been done. So in March 2009, the National Park Service began a thorough rehabilitation of the memorial, with funding provided by the U.S. Congress.

The complex mechanics of the fountain were restored to their original function. The memorial and pool were restored to their original appearance. New pumps and piping were installed, cracked marble panels in the pool basin were replaced to match the original, the bronze statues were cleaned and polished, the benches on the plaza surrounding the pool were repaired, and drainage problems were addressed.

The Boy Scout Memorial reopened to the public in April 2010 to celebrate the 100th anniversary of the Boy Scouts of America.



Proud Moments

50-Plus Salute to Registered Veteran Scouters

Recognition of veteran status requires each retiree to have a Retiree Veteran Registration Application on file in the Boy Scouts of America National Service Center and to have maintained a continuous paid membership in the Boy Scouts of America. *Note: A veteran application only needs to be submitted one time. After the first submission, retiree veteran recognition status will be automatically processed in five-year increments, with maintained continued registration.*

The Boy Scouts of America takes special pride in recognizing the following retirees for achieving continuous registration of 50 years or more, at five-year milestone increments, through the period ending December 31, 2017. Their demonstrated commitment to sustaining and maintaining the values expressed in the Scout Oath and Scout Law is exemplary.

50 years

Timothy Acree
Michael Bartlett
Raymond Bendici
Donald Braun
George Trosko
Ralph Wappel
James Wilson

Tim (Timothy) Nicholson
Joseph Paulson
Joe Ramirez
W. Risell
Richard Stewart
Robert Stewart
Richard Stritzinger

Paul Moore
George Sparks
Stanley Watanabe

Paul Crossan
Richard Deso
Delbert Hanks
Justin Kneeland
John Marshall
Donald Snider
Ernest Thomas
Thomas Van Houten
William Young

70 years

Donald Abernathy
David Capstick
A. (Ancl) Carl Cummins
Douglas Fullman
Alfred Gardner
Donald Hall
Alfred Morin
Jerald Outlaw
Richard Shepherd

55 years

John Clark
Mark Holtz
Thomas Hurley
David Sykes

65 years

Ted (Theodore) Albertson
Thomas Anderson
William Belcher
Louis Cabana
Michael Childers
Thomas Deimler
Robert Evans
Quentin Karlstrand
Donald Lofgren
Douglas McDonald

75 years

George Brand
Paul Brockland
Paul Bucklin

80 years

James Bartel
Robert Kumbera
Harry Smith

60 years

James Cochran
Charles Lang
Thomas Leet

85 years

Charles Greenman
Graham Howard
Arthur Weiner

The above retirees have faithfully maintained continued annual membership registration with the Boy Scouts of America and are hereby recognized as a select group fulfilling a life commitment to the Scouting movement.

All retirees are encouraged to proudly keep their BSA registration current. Those with a lapse in registration status may back register to restore veteran status by contacting the Council Registration Shared Services Team at the National Service Center.

All adult BSA members are required to complete Youth Protection Training every two years. Training is conveniently available online at www.my.scouting.org or by contacting your local council office.

It is recommended that retired career Scouters register directly with the National Service Center as “Retired Professional” for the primary registration position. If a person

is registered and paid in a different capacity (i.e., unit, district, local council, national), a retiree application must still be completed and submitted to the BSA National Service Center; no additional registration fee will be required.

Requests for a Veteran Registration Application or inquiries related to your veteran registration should be made to Ismael Gomez, Member Care Contact Center, Boy Scouts of America, 1325 West Walnut Hill Lane, PO Box 152079, Irving, TX 75015-2079; telephone: 972-580-2554; email: Ismael.Gomez@scouting.org.

Information regarding your annual BSA registration should be made to Council Registration Shared Services Team S270, Boy Scouts of America, 1325 West Walnut Hill Lane, PO Box 152079, Irving, TX 75015-2079; telephone: 972-580-2089; email: correspondenceRSS@scouting.org

Retiree Adventure

Street Boys in Kenya Learn Scouting Skills

Even on the other side of the world, boys love to laugh, have fun, wrestle with each other, and enjoy learning about the many skills taught through the Scouting program.

That's what Doug Clevinger—a retired professional Scouter who served the last 26 years of his 38-year career with the BSA as the Scout executive of the Cape Fear Council in Wilmington, North Carolina—discovered during a trip to Kenya last summer with his wife, Sabrina. The Clevingers served for a month at the Naivasha Children's Shelter located near Nairobi, the capital of Kenya and largest city in the country. The shelter houses boys who have been rescued from living on the streets.

It is estimated that more than 400,000 boys are homeless and living on the streets in cities across Kenya. Each March, 20–30 boys are rescued by the Naivasha Shelter and brought there to live. The boys begin a rehabilitation process at the shelter that will lead them from street life to going to a local school and eventually being reunited with their parents or another known family member. This process typically takes about 18 months to accomplish.

While at the shelter, Doug and Sabrina spent their days teaching Bible stories and a program of Scouting skills that included first aid, fire safety, knot tying, reading topographical maps and learning how to use a compass, emergency preparedness, time management, and learning the Scout Oath and Scout Law of the Kenya Scouts Association.

During the couple's final week at the shelter, they were joined by five of their friends and family members from the United States who assisted them in putting on a Vacation Bible School program for the boys. Among those who came to help was Doug and

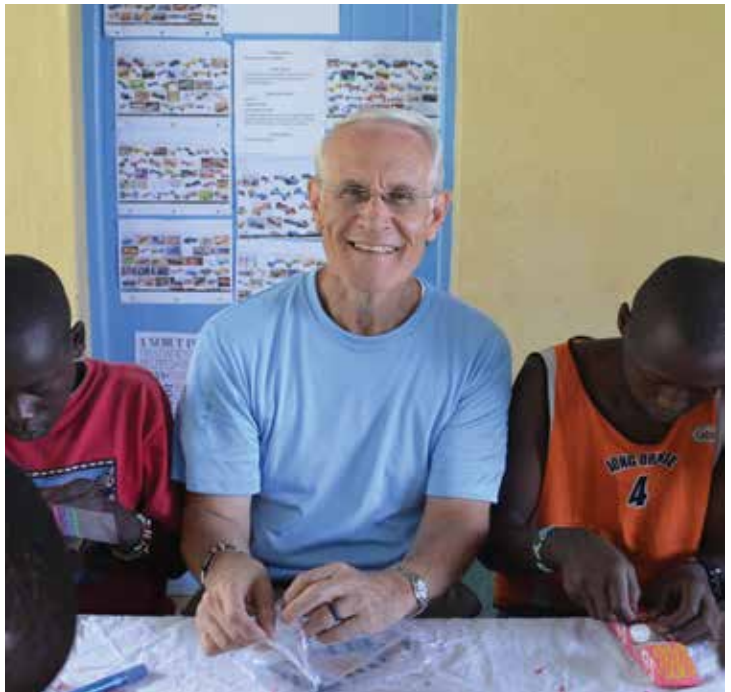
Sabrina's 29-year old son, Lance, an Eagle Scout who now lives in Cary, North Carolina.

One of the highlights of the Clevingers' time at the Naivasha Shelter was running a pinewood derby race.

Some of the older boys at the shelter are involved in a two-year carpentry school where they learn skills that will help them make a living as adults. Before coming to Kenya, the couple sent design plans to the shelter for a racetrack, and the carpentry students built the track without even knowing what it would be used for. Then, during the Clevingers' visit, one of the Scouting projects for the boys was to build their own pinewood derby cars. Doug and Sabrina had brought kits with them for the boys to use in making their cars.

Every professional Scouter and Scouting volunteer in the United States knows the excitement of a pinewood derby race. The experience was no different in Kenya, except that it was about 10 times more exciting because the boys at the shelter had never seen anything like it before.

Scouting does change lives!



Your Questions and Comments

Question

Several retirees have asked about receipt of their registration application and how they can obtain a new form for retiree registration only. Questions have also been received regarding non-receipt of a retiree registration application insert in the December retirement annuity notice, as announced in the Winter 2017 issue of *Now & Then*.



Question

Allen, my thoughts after “digesting” the news that was enclosed with my December BSA pension notification is to wonder why it takes so long for information about those who have passed to be shared with retirees in the monthly “Fond Remembrance.” After all, my friend’s death was on 9/4/17.—GSP

Answer

First let me comment on the matter of a 2018 registration application for a retiree. All retirees should maintain their primary registration status as a retiree with the National Council by using a special Retiree Annual Registration form provided by the National Service Center.

If you have lost or misplaced the 2018 registration application form for retirees, you can receive another one by contacting Ismael Gomez, Member Care Contact Center, Boy Scouts of America, 1325 West Walnut Hill Lane, PO Box 152079, Irving, TX 75015-2079; telephone: 972-580-2554; email: Ismael.Gomez@scouting.org.

However, the fastest and easiest way is to register instantly online at the BSA registration website, www.bsa.kintera.org/retiree. Provide a credit card for payment on this secure site, and you will receive a receipt. That is all there is to it. No form to fill out, no check to write, no trip to the post office!

Now, let’s address why retirees did not receive a 2018 registration application in the December pension annuity advisory mailing.

The winter issue of *Now & Then* had already gone to press when a decision was made to not insert the registration form due to the unexpected contract cost of the insert. It was determined that it would be far more cost effective to do a separate mailing from the National Service Center. The mailing to retirees occurred in early December.

Answer

Thank you for sharing your thoughts and concern. Your inquiry prompted consideration of the matter, and it was discovered that the company that processes our BSA pension annuity and inserts the “In Fond Remembrance” sheet made an error and duplicated an insert that had already been mailed with the pension annuity in late October. An apology has been offered for any disturbance or inconvenience this may have caused, and it is my understanding that a separate mailing of the correct insert has now been made. The problem has been addressed and steps are being taken to prevent future occurrences.

The “In Fond Remembrance” notification will continue to be processed and released as quickly as possible to keep retirees informed.

On a Personal Note

Remember that *Now & Then* is your publication. We want it to keep you informed on a quarterly basis and to be what you as a BSA retiree want to read. Also, we want it to be helpful to you in living your retirement. We need your input about what will be useful and interesting to you. It is always good to hear from you!

Have a question? Have a concern? Want information?
Send your comments to ASK ALLEN

c/o HR Compensation and Benefits, Boy Scouts of America
1325 West Walnut Hill Lane
P.O. Box 152079
Irving, Texas 75015-2079
Email: bsanowandthen@gmail.com



Allen Mossman is a retired BSA professional with more than 75 years of Scouting in his background. He retired with 30 years of active service on the national executive staff and serves as the volunteer editor of *Now & Then*.

Scouting Update

Lion Project Roaring Along



Many of us remember our last year in Cub Scouts, when we earned the third badge for our uniform, the coveted Lion badge. About 50 years ago, the Webelos program was expanded to

a full year and the Lion went on the Scouting “endangered species list.”

However, three years ago, the National Executive Board approved a Lion pilot program for families with boys who are 5 years old or in kindergarten. Four councils started testing the concept and, last year, some 204 councils participated. At the end of 2017, more than 47,000 families were active in Lions, a 54 percent increase in membership over 2016.

An experienced den leader is appointed by their pack to serve as the Lion Guide. Leadership of the den is shared by the children’s adult partners (parents or guardians), like the Tiger Scouts.

The families of each den determine how many meetings the den will have per month. Two or three meetings is recommended. At least one meeting should be a den activity held in the home of one of the families, and another can be an outing to a community activity or a place of interest such as a fire station or museum. Lion dens are encouraged to attend three or four pack meetings during the year.

When the pilot began, pinewood derbies were discouraged because of the danger of 5-year-olds handling wood tools, but other options started appearing such as a veggie car derby where wheels and other decorations are added to a carrot, potato, or celery stalk. These new Lion families are a creative bunch!

The uniform for the Lions is a blue T-shirt and an optional cap. Recognitions for achievements were recently upgraded from stickers to belt loops. It is anticipated that the National Executive Board will soon move Lions from a pilot program to an official part of Cub Scouting for every pack in the BSA.

Extensive surveys of Lion families indicate they are enthusiastic about the program and appreciate the low cost of entry into Scouting. Surveys also show the majority of those families—61 percent—have no previous

experience in Scouting, and 91 percent said that their Lion will be moving up to Tigers the next year. Parents gave the Lion pilot a 90 percent approval rating. Finally, parents said developing their child’s character is their number one reason for joining Scouting. The Lions are roaring back to life!

Something to Give

We all know that success in our profession usually depended on others who gave of themselves and their talents to help someone else. Everyone has skills and talents to offer, whether that means organizing, raising money, or providing leadership. As former President George H.W. Bush once said, “We all have something to give... If you know how to read, find someone who can’t. If you’ve got a hammer, find a nail. If you’re not hungry, not lonely, not in trouble, seek out someone who is.”

Ponce Duran, a retired regional director, and John Erickson, retired national staff, recently participated with eight others in a 10-mile “Walk for Kenya” in Grapevine, Texas, to raise funds for a hot water system in a school of more than 300 Kenyan children. The system costs \$9,000, and the walk raised \$16,000!



Health and Well-Being

Sleep Is Good Medicine

We've all heard that sleep is necessary for sustaining good health. Sleep is your body's best medicine because the better you sleep, the more melatonin (the body's natural "anti-aging cream") you produce.

Don't listen to anyone who tells you that as people get older, the amount of sleep they need decreases. That's not true! Yet it is a fact that many senior adults experience more fragmentation in their sleep. It has been reported that 50 percent of older people complain of sleep problems, including insomnia—not being able to fall asleep or stay asleep—or feeling unrefreshed even after you have slept.

However, studies have also shown that there's no reason why people who are otherwise healthy can't just get as much sleep they did when they were younger. There may be more fragmentation of the sleep pattern, but they can achieve the same amount of sleep.

The general recommendation is for everyone to have seven hours of sleep per night, although people's needs may vary. For some of us six hours is fine, while others may need eight hours.

Perhaps you sleep better when it's cold. If so, try lowering the thermostat before going to bed. Cooler room temperature regulates body temperature and can lead to better physical and mental health. Sleep studies have shown that symptoms of diseases such as sleep apnea and fibromyalgia have decreased when sleeping in cooler temperatures.

Staying under the covers with your head exposed is the healthiest way to sleep. While the length of your body stays warm, your head will remain cool, ensuring that your body is at an overall consistent temperature. That means no hiding your head under the blankets!

Even when the room is warm, your body's temperature naturally decreases after you fall asleep. For that reason, it's common to wake up in the middle of the night and feel a bit cold, even in the summertime. If the room



Photo courtesy Shutterstock.com, ©wavebreakmedia

is cooled down, your temperature will drop quicker and you're likely to fall asleep in less time. Try it and see.

The big thing is to get the temperature that's right for you. If air conditioning doesn't accomplish that goal, try turning on a fan or letting your feet stick out from under the covers. Eventually you'll find a near-perfect bedroom temperature that will prevent you from becoming too hot or cold. (For most people, that's between 60–67 degrees Fahrenheit.)

You can improve your sleep patterns by establishing a consistent bedtime and sticking to it. Do the same things at the same time each evening, and your body will know when it's time to get ready for sleep. Relaxing activities such as reading or listening to soothing music can transition the body from daily stresses to restful sleep.

Limit your use of electronic devices before bedtime, and you'll be avoiding two common sleep killers: Overstimulation from access to social media and exposure to "blue light" from phone or TV screens, which reduces the amount of melatonin your body produces.

Stimulants like caffeine can also keep a person up at night, even if taken several hours before bed. Avoiding them late in the day is another way to promote a good night's sleep.

Now that we know all this good medicine, let's work on catching some good z's.

Financial Well-Being

New Tax Bill's Impact on Retirees

The \$1.2 trillion tax revamp will probably affect our retirement. It's wise for retirees to learn as much as possible about the changes being made so we can determine what personal options will help us manage and sustain our retirement in the years to come.

The following information may be useful to you. You should also seek professional financial advice to be sure you're meeting all of your needs.

Under the new tax plan, retirement accounts will no longer reap benefits such as lower contribution limits, or the option of switching from traditional retirement accounts to Roth individual retirement accounts. However, the new plan nearly doubles the standard deduction, and it's especially focused on IRAs, which could influence how retirees itemize their charitable donations. The changes under the new tax bill will affect your 2018 taxes filed in 2019, so you may want to get in touch now with a certified financial planner.

Previously, taxpayers have received both a standard deduction and a personal exemption. You were allowed to subtract the amounts of both the deduction and the exemption from your income when calculating your taxes. In the new plan, the personal exemption is being eliminated so that, starting with your 2018 taxes, you will be subtracting the standard deduction as a flat amount.

Alternatively, you will have the option of itemizing your deductions. In the past, you could deduct mortgage interest, medical bills, and certain other expenses. If your itemized deductions exceeded the standard deduction, you were best served by itemizing. If the standard deduction was higher than the amount you could itemize, you were better off taking the standard deduction.

Under the new rules, the previous standard deduction of \$6,500 for single filers has been doubled to \$13,000. This means that someone earning an annual income of \$50,000 will report \$37,000 in taxable income for the year instead of \$43,500. To compensate, the personal exemption has been removed. Overall, the change will result in an extra \$2,350 deduction from taxable income.

Most retiree households can expect to see their income tax rates lowered to 10, 12, 22, 24, 32, 35, or 37 percent. All retirees should keep an eye on their income levels because they don't want to end up in a higher tax bracket. While this may sound like useless information for retirees, you should remember that "income" in this sense includes ordinary income, required minimum distributions, and any withdrawal from a retirement account.

Those who have large balances in their retirement accounts and are currently under 70.5 years old may want to consider beginning distributions early to avoid being pushed into a high tax bracket. Carefully calculating and predicting your future income can save you money later in life. Again, be sure to consult your financial advisor for guidance.

Along with the new standard deduction rules, some other things have been changed. One of the biggest changes is the elimination of state and local tax deductions. Previously, you could deduct from your federal income tax any amount of tax you paid to the state you were living in. Under the new rules, you can only deduct \$10,000 in state and local taxes from your income.

By increasing the standard deduction while removing or limiting many smaller deductions, the new plan is intended to result in fewer people itemizing—which should, we can hope, reduce the complexity of filing taxes at the end of the year.



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 P.O. Box 152079
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National Membership Participation Report December 31, 2017

Tigers	164,984
Cub Scouts	569,282
Webelos Scouts	464,424
Cub Scout–age Youth	1,198,690
Boy Scouts	832,234
Varsity Scouts	1,890
Boy Scout–age Youth	834,124
Venturers	84,317
Sea Scouts	3,510
Explorers	110,207
Coed Young Adults	198,034
Lions	47,192
STEM Scouts	4,536
New Market Youth	51,728
Subtotal	2,282,576
Learning for Life	262,086
Grand Total Youth	2,554,662
Total Adults	889,435
Total Units	99,813

New ACSE-National Director of Field Service



In November, Patrick Sterrett assumed the role of Assistant Chief Scout Executive-National Director of Field Service.

He began his BSA career in the Daniel Webster Council in Manchester, New

Hampshire, serving as district executive, senior district executive, and development director. He then served as the endowment director for the National Capital Area Council in Bethesda, Maryland, where he also served as director of development, director of field service, and deputy Scout executive. Patrick was then selected as Scout executive of the Del-Mar-Va Council in Wilmington, Delaware, followed by a short stint as area director in the Northeast Region. For the past four years, he has successfully served as Scout executive of the Crossroads of America Council in Indianapolis, Indiana.

Now & Then is now online!
 You can find it at <http://scoutingwire.org/newsletters/now-then/>

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