



Rocket Building is Picture Perfect



Day 2 Focuses on Teamwork & Projects

By STEVE BUSIC (Freelance Staff)

MAIDENS, VA — April 14 may have been Saturday in other parts of the world but at Gilwell it was Team Day! The primary focus of Day "2" at S7-602-12-1 was all about teams, teambuilding, and teamwork. These areas were highlighted repeatedly throughout the day in activities, presentations, and even games.

On such game was Zulu Toss. The object; keep six brightly colored balls in the air by tossing them between team members. Sounds easy enough but the execution proved otherwise. Patrols quickly learned they would need all of their members focused and involved if they were to have any chance as reaching their goal.

Next came the Front End Alignment game (aka: Candy Toss). This appeared to be a simple game but alas it contained a hidden purpose. During this game patrols learned about the impact different styles of leadership can have on a team.

The games were soon followed but presentations on Inclusiveness, The Stages of Team Development, and Project Planning. Though covering different concepts, the lessons from all three of these presentation work together to help participants understand how to create, grow, and utilize a team to it's fullest potential.

Now it was time to put some of this new found knowledge to the test by building model water rockets as a team. This effort required each patrol to come up with a vision for their rocket, determine a plan for how it would be built, identify the strengths each patrol member brought to the group and how to best utilize those talents, and the ability to make this all happen within a limited timeframe.

Each patrol approached the task in a slightly different manner but in each case, the one that was best suited to their team. The clock ticked away and soon water rockets began to emerge from what had only shortly be-

fore been soda bottles and craft supplies. Shortly afterwards completed rockets began to appear on the staging table.

Now came the time for each patrol to face the judges and launch their creation into wild blue 'yonder. One after another the patrols brought forth their rockets, added the "fuel", placed their rocket on the launch pad and pulled the launch cord to sent it skyward. Every patrols rocket flew though some in unexpected ways. Afterward, just as any high performing team would do, each patrol gathered together for debriefing period to determine how their "project" had turned out.

The sun begins to sink towards the horizon but the 2nd day of S7-602-12-1 is just hitting it's stride. With their team building knowledge now firmly instilled it's time to head on to other Wood Badge adventures in that, S7-602-12-1 will certainly not disappoint.

LIFESTYLES A7

The Game of Life

Do you really want to "Win All You Can"?

SCOUTING LORE A6

"WD" ... BSA's Founder

While a man of many talents and interests, Scouters best know William Dickson "W. D." Boyce as the founder of the BSA.

FIELD NOTES A8

Star Spangled Banner

The story of the flag flown over Fort McHenry when 5,000 British soldiers and a fleet of 19 ships attacked Baltimore on 12 Sep 1814.

Get social with us online!

<http://wb2012.org>

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Remember to send us patrol reports by April 27.

The Gilwell Gazette

Mark Larson, S7-602-12-1 Course Director

Founded in 1976

BILL HUDSON, (1976)
KENNY DAVIS, (1978)
JIM COCHRAN, SE-422 (1986)
TED MAJEWSKI, SE-499 (1989)
GEORGE CRUTCHFIELD, SE-547 (1990)
JIM COCHRAN, SE-594 (1992)
BETTY COCHRAN, SR058 (1994)
MIKE OXFORD, SR172 (1996)
JOE PEACE, SR267 (1998)
BOB RASMUSSEN, SR373 (2000)
JOHN TURNER, SR501 (2002)
STUART DUNN, SR604 (2003)
RANDY HARRIS, SR677 (2005)
GARY BRYANT, SR769 (2006)
KARREN STREAGLE, SR809 (2007)
CHUCK SMITH, SR917 (2008)
CRAIG BRITT, SR966 (2009)
AL BEST, S7-602-11-1 (2011)

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SHAWN COFFEY, Owl Patrol
LOWERY HOLTHAUS, Bobwhite Patrol
STEVE HUTCHINSON, Antelope Patrol
CHRIS LEECH, Beaver Patrol
JOHN MAGRUDER, Fox Patrol
STEVE SMITH, Eagle Patrol
WENDY STARKE, Buffalo Patrol

THE WEATHER ROCKS!

Dear Editor:

I would like to thank all of you for including me in the Gilwell assembly yesterday morning. It looks like you are all finally learning to keep your corners sharp and walking star-wise around the field. What a fine bunch of creatures made of mostly water! I am a very easy rock to read, and will always give an accurate weather report, whether I am dry, wet, swinging, still, cold, hot, white or rock colored. Please note that if I am shaking, we are having an earthquake, so duck and cover! If I start floating in mid-air we are being abducted by aliens (or Beavers, I can't tell the difference) that's all for now. Have a great Wood Badge day!
 Yours in Scouting,
 The Weather Rock

P. S. PLEASE TELL WEATHER ROCK GUY TO WARM HIS HANDS BEFORE TOUCHING ME. BURR!

ONE YOUTH

There are hundreds of thousands, even millions of boys around the world who continue to benefit from the Scouting experience. We can't reach them all, but even within our own groups we can see our task as overwhelming, not making any difference. However, to that ONE boy or girl in your den, pack, troop, post, or crew who looks to you as a role model, a friend, a mentor, or an inspiration (even if he or she never told you) you ARE making a difference!



Editorial Observer / AL BEST

On Forgiveness

When I was a Scout, my Scout Handbook said: "A Scout's honor is to be trusted, If he were to violate his honor by telling a lie, or by cheating, or by not doing exactly a given task, when trusted on his honor to do so, he may be directed to hand over his scout badge." One failure and I could lose my Scout badge! Baden-Powell said "nothing on earth is an excuse for unfaithfulness." Trust remains an important cornerstone of relationships, and not only in Scouting.

However, we are none of us perfect. As a Scout leader I certainly make my share of mistakes. As a Scout my list of failings was even longer. How do we reconcile our high standards with our human failings?

Our spiritual traditions call us to show mercy, to act with grace, and to forgive. For me, I strive to take at face value the pledge by my fellow Scouters and Scouts to "On my honor, I'll do my best ..." In my personal life I try to act on the belief that

everyone is doing their best.

My advice is, start there: everyone is doing their best. In my experience, here is what you'll find. You won't carry the poison of anger in your heart as you hold a grudge within you. You'll realize that this calls you to not even ask whether someone "deserves" forgiveness; we all do. You'll purge the sickly virus of seeking power thru scheming, self-promotion, and fear; instead you'll find the inexhaustible mutual impetus to serve.

All grievances are fundamentally an argument with divine creation. If you believe that there is a power that made things the way they are, then when you are mad at anything, you are mad at God. Carry this millstone as long as you must. Pile on all your petty, middling, and major complaints. As you rail on against the way things are, I suggest that you consider that there is an alternative to thinking that God is wrong. That

choice is to believe that you have been called to be open to the opportunities in front of you, to continue to learn, to contribute. Again, this guides you to growth and to service.

The youth we serve need to see examples of forgiveness, mercy, and grace. Many of them need to be taught this path (I did!). We can accelerate this by also practicing gratefulness. When you become grateful for all things, then you'll no longer need to take pride in your wounds as a defense. When defeats, downturns and misfortunes are forgiven then they only add to your alertness, strength, and responsibility.

And we will see setbacks. We will encounter the seriously misguided, or tragically deluded, and even painfully evil. Here is where your alertness, strength, and responsibility will be put to good use. Paul Petzolt (the founder of NOLS) said: "A leader is someone who walks toward trouble." Forgiveness is this cu-

rious paradox of accepting everything just as it is, while working tirelessly for a complete upheaval of cynicism. I've found that forgiveness gives permission to change (even oneself).

A quote I like (especially the last line):

"The young need old men. They need men who are not ashamed of age, not pathetic imitation of themselves. ... Parents are the bones on which children sharpen their teeth."

Peter Ustinov

Patrol Reports

SUNDAY, APRIL 15, 2012

The Gilwell Gazette



BEAVER PATROL

Today was a fun day for the Beaver Patrol! After a restful night of peace, quiet, and tranquility... but, who are we kidding. There were many lessons learned today. Our Senior Patrol Leader learned a lesson in Type A Leadership and applying force to command. Stan was elected our honorary cheer captain. His booming voice has served us well! Brian joined Tom in Woggles Anonymous. Monthly meetings to be announced later. Observing the Buffalo cheer, we determined a high-fiber diet might benefit them. We successfully applied the 5 phases of project planning to make a rocket that was built to last – and sustained no visible damage in it's flight or subsequent landing. The game of life was a humbling experience. It is sometimes difficult to take the high road, especially when you get burned – but it is at those times when it is most important to do so.



BEAR PATROL

Eric Stephens led us in games exercising our communication skills. We were inventive in the interpretation of the rules of the game we played in the "Front End Alignment" resulting in the BEARS winning. We received a carabineer with a compass attached reminding us to do what is right. We worked well together implementing project planning techniques to build a rocket with a sideways kick. The game of life proved frustrating as negotiations broke down. Some of us lost our way in exercising the Scout Law. During the last round of the game, we all finally understood how to win all "**you**" can by defining "you" as "others" rather than "I" or "my team". We learned that we can easily forget the Scout Oath and Scout Law as we play games. We must not only keep the Scout Oath but **LIVE** the Scout Oath.



BOBWHITE PATROL

There was a disruption in the Bobwhite's patrol last night with snoring inside and out. We left the nest Bob-eyed and droopy feathers. Breakfast was difficult with eggs being on the menu. Participation in the morning flag ceremony was easy because Bobwhites naturally hold their heads high! The Bobwhites spread their wings during the Zulu game. Our juggling patrol leader led us in manipulating six tennis balls at once. Imagine our Bobwhite fear when our Troop Guide demonstrated how to operate gas stoves. We took our high-spirited attitude into the Front End Alignment Game; however, our wings were clipped when discovering page two existed after-the-fact. Nevertheless, the spirit of the Bobwhite rose like our fellow feathered friend, the Phoenix. Out of disappointment came the creation of our Bobwhite nest. We know our chicks are happy with their new accommodations.



OWL PATROL

Since the wise Owls were up all night studying and doing experiments on how many licks it takes to get to the center of a tootsie pop, we were a little tired this morning. Throughout the day the wise Owls became a closer fluffier Owl family. As we became a fluffier family we noticed that we had a lot in common besides Scouting. We realized that we all went to college and majored in Science, Business, or Engineering. Mike Henley went to ODU for Electrical Engineering. Charles Aardema went to Virginia Tech for Mechanical Engineering. Chris Doherty went to Mary Washington for Business. Forrest White went to J. Sargaent Reynolds. John Milliron went to JMU for Chemistry. Lauren Billings went to VCU and WVU for Criminology and Homeland Security. Rachel Park is currently attending VCU for Criminal Justice and Forensic Science. SO we really ARE WISE OWLS!!

PROUD not LOUD.



EAGLE PATROL

Another day in the Eagle's nest has passed and we had points throughout the day where we were flying high especially with our expertly crafted rocket. The team worked together like a well oiled machine to generate what we consider to be an excellent representation of our team spirit. We did however find that while playing the 'Game of Life', we didn't live up to the standards we hold our scouts to in our own units. We started out playing to win at all costs not thinking of the ramifications of our actions and how it affected the other teams. After realizing the error of our ways and coming to common ground with the other patrols, we banded together in the spirit of the project training we had only shortly before the game commenced. We Formed, Stormed, Normed and Performed! Eagles Fly High!!!

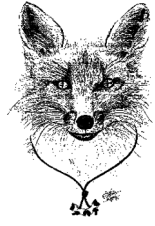


BUFFALO PATROL

For thousands of years, the buffalo has adapted to many conditions and challenges. The Buffalo Patrol of Wood Badge Course S7-602-12-1 is following the trail of the evolving buffalo. At each challenging task, during the training sessions, and playing games, we have adapted to the individual personalities of our herd, to carry the load equally and support our leader. During this second day at Gilwell, Bill Sanders stepped up as our new Patrol Leader. The Buffalo Patrol's Assistant Patrol Leader, Wayne White, is ASM for Troop 2860 from Arrowhattoc District.

During the afternoon activities, the Buffalo Patrol worked together to design, build and launch a spectacular water pressured missile christened, *The Flying Buffalo Wings*. The launch Engineer was well protected with the most highly technical equipment and flanked by his faithful laboratory assistant, Igor. The Buffalo Patrol's spirit flew as high as their rocket.

We Will Adapt!



FOX PATROL

Day two began with getting ready for and going to bed. My fellow Foxes can really see the logs and I'm sure even the Beavers would be impressed. The meals were outstanding on Day one and we shared our favorite recipes (see below).

Zooming past storming with such harmony, we're becoming a well oiled machine already looking forward to camping together. Individually we're each thinking of our Ticket and appreciate the guidance from the Silver Fox, John Magruder TG.



ANTELOPE PATROL

Why Wood Badge?

Just on the other side of Cub Adventure camp, Ann and her son completed the Order of the Arrow Ordeal.

Allen's troop of his youth made the Historic 50 Miler canoe trip down the Brazos River in Texas.

Jeremy has loved being able to pass on his Scouting skills to a new generation of Boy Scouts.

Jeff listened to his father share his experiences in the Air Force while his troop was camping at Wright-Patterson Air Force Base in Dayton, Oh.

Kerry loves teaching her Cub Scouts new games and seeing the all the fun they discover they have in Scouting.

Wayne attended the 1977 National Jamboree at Moraine State Park in Pennsylvania.

Paul never thought he had much impact on his scouts. One day a returning Eagle Scout came back to visit, and he told Paul what an impact he made in his life by the example he set as a leader.

Why Wood Badge? All are different, but they have made the Antelopes Scouting Spirits Burn Strong.



Color Guard



Antelopes ready



Buffalo—All here!



Bear is now Service Patrol



New Patrol Leaders



Bears can light a fire



Eagles taking in Smitty's wisdom



Owls light their stove with mental telepathy



Foxes learning while sunning themselves

Photos

ell Gazette



Bobwhites are masters of aerial ball flight



Buffalo gets it done without taking to the air



Antelopes toss well



Beaver's keep a neat den



Ready for game show



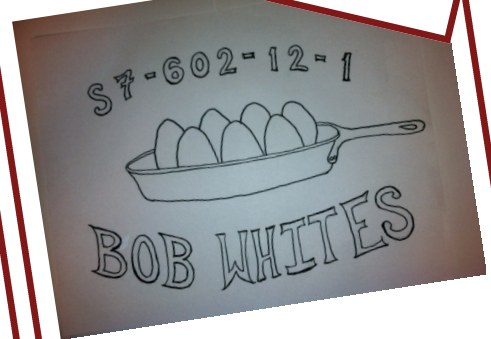
Smile for the camera!



Story Time



Don't get hurt!



Guess who's totem?

Scouting Lore

The Gilwell Gazette



While a man of many talents and interests, Scouters best know William Dickson “W. D.” Boyce as the founder of the Boy Scouts of America.

Boyce was born in a rural part of Pennsylvania in June of 1858 where he grew up to love the outdoors. At age 16 he became a schoolteacher, and then tried his hand at coal mining. He enrolled at Wooster Academy in Ohio and attended for one year before moving around the Midwest and Canada working as a teacher, a lumberjack, a secretary and a salesman.

Finally he settled in Chicago, where he developed a reputation as a very successful salesman and quickly learned the trade of business. His major occupational success lay in the newspaper industry though, as illustrated by the numerous publications he worked for and started in Ohio, Illinois, Minnesota, North Dakota, and Manitoba. Of particular interest is the illustrated paper, *The Saturday Blade*, designed for rural audiences and sold by an army of newsboys.

The success of this newspaper led Boyce to found the W. D. Boyce Publishing Company which Boyce used to buy or start several newspapers and magazines. Boyce was a great supporter of worker’s rights, supporting labor unions and providing for the welfare of the 30,000 delivery boys who had been the foundation of his success. He

We Pushed On: William Boyce

believed that the job served the boys by teaching them important character traits like self-reliance and personal responsibility. During the Panic of 1893, when businesses were laying off workers and cutting wages, Boyce continued to pay both full wages and provide benefits for his workers.

By the early 1900’s, Boyce had expanded his businesses to include paper mills (to provide the paper for his publications) as well as water and power businesses (to run the mills). In mid 1906, Boyce offered to buy the US Postal Service, which had just proposed a quadruple rate increase for second class mail – including newspapers. His offer was impressive: \$300 million for the Service, plus rent to the US Department of Treasury for the postal buildings and a profit return of over 7%. He also promised to cut the current postal rates in half, eliminate the chronic budget deficits, and establish a rural postal express. The government rejected his offer, but postage rates did not increase.

As Boyce’s wealth grew due to his ability to organize business administration and delegate details to subordinates, he became increasingly interested in travelling and civic affairs. He financed Frederick Schwatka’s 1896 expedition to Alaska, that discovered gold near Nome.

Soon he was organizing his own expeditions, including a failed aerial photography trip to Kenya in 1909. The undertaking was immense: 15 train cars took 400 people (300 of them were servants) and their equipment from Nairobi to an area near Lake Victoria. But no photographs were taken because a telephoto lens was never brought, the hot air balloons wouldn’t work properly over the East African plains, and the size and noise of the cameras scared the animals away. Several species of large game animals were hunted, but the only photographs brought back from the trip were purchased in stores.

But that trip was to change the lives of millions of young people in the United States. While en route to Kenya, he stopped in England where he met the now famous Unknown Scout who assisted him to his hotel when he became “lost in the fog” of downtown London. So impressed was Boyce by the young man who was doing his duty, that he visited the Scout headquarters and picked up a copy of *Scouting For Boys* and various other Scout publications. He read these on his expedition, and instead of returning home by his intended route across the Pacific to San Francisco, he instead returned to London to volunteer to build Scouting in America using the program Ba-

den-Powell had developed. He was given permission to use *Scouting For Boys* and on February 8, 1910, the Boy Scouts of America was founded.

The fledgling organization was in trouble from the start due to a lack of finances and leadership, but Boyce’s belief and determination were solid. He donated \$1000 each month to keep the BSA running on the condition that membership be open to all races and creeds. He turned over the directorship of the Scouts over to Edgar Robinson who recruited a strong executive board. When the Sons of Daniel Boone and Woodcraft Indians merged into the BSA, leadership and management volunteers arrived and the Boy Scouts grew.

Boyce believed that the migration of the majority of Americans from rural areas to cities deprived young boys and men of the opportunity to develop self-reliance, courage, resourcefulness, and citizenship. He believed that the Boy Scout program, with its emphasis on outdoor activities could offer those chances to boys that could inspire them to become leaders of character. For his contribution to the youth of America, he was honored as the third recipient of the Silver Buffalo Award, in 1926, after Baden-Powell and the Unknown Scout.

The Game of Life

The Game of Life is truly fascinating. In the game, people may behave in much the same way that people do in real life. Some are honest. Some cheat. Some start out the right way but change, or are changed by others. Some carry a grudge. Some plot and plan to get even. Tempers are aroused and feelings hurt when people are betrayed. All of us carry these potentials around with us, and all of us are sometimes guilty of acting on them. We're not perfect. We're all students of The Game of Life, just as we are students learning about leadership in this Wood Badge course.

The game was just a game—a mirror, if you will—to help us see ourselves and our imperfections a little more clearly. That way we can do something about them. If we choose to do so, we can improve and grow personally. Trust is so important; it is included as the first point of the Scout Law.

Trust actually has to do with four separate values: honesty, integrity, promise keeping, and loyalty. They all come into play in The Game of Life, in real life and in the art of leadership.

Honesty. There are two kinds of honesty: honesty in communication and honesty in conduct. Honesty in communication requires a good-faith intent to be truthful, accurate, straightforward, and fair in all communication so that people are not misled or deceived. Honesty in conduct prohibits cheating, fraud, subterfuge, and trickery to acquire anything of value.

Integrity. Integrity is about consistency between principle and practice. It requires us to “walk our talk” and to make decisions consistent with our values, especially our ethical values.

Promise-keeping. A promise or other commitment creates a legitimate basis for another person to rely upon us. Once given, it imposes the responsibility of making all reasonable efforts to fulfill it. It is an absolutely critical aspect of trustworthiness.

Loyalty. Loyalty implies a special responsibility to promote and protect the interests of certain persons or organizations. It is a duty that extends beyond the normal obligation of concern for others. When a

leader is unable to demonstrate all of these values through his actions, people lose confidence. They stop trusting. Without the trust of those they are leading, leaders cannot lead for very long.

Trust is virtually impossible to regain once it is lost. No one wins The Game of Life unless everyone wins. The *you* in “win all *you* can!” is all of us. For a leader, “winning all *you* can” should mean that everyone needs to win. Those who win at the expense of others are not really winners, nor are they effective leaders.

Groups fall apart (and leaders are ousted) when people are betrayed. Sometimes leaders even betray those they lead. Sometimes groups betray other groups to achieve an objective. Participants in this game (and leaders in real life) need to think through who the “you” is in “win all *you* can!” Effective leaders walk the talk; they put loyalty to others, and to the team, first. They live the meaning of the Scout Oath and Law.

As leaders in Scouting, and as leaders in our families, our workplaces, and our communities, we have a tremendous

responsibility and a dilemma. The responsibility is to constantly set the very best possible example and to be the role model in everything we do, say, and are. The problem is, we are not perfect. We are flawed human beings, just like everyone else on the planet. Sometimes the temptations we face in The Game of Life get to us, and we do things we realize, in hindsight, that we should not have done.

The dilemma we face is between our responsibility to those we serve as leaders—thinking about what is best for them, for the group, for the team—and of “winning all we can” for ourselves. As leaders in Scouting, there is only one way for us to face that dilemma, and that is to put others first—the group, the team, those we lead. In a sense, the leader is actually the servant of those he leads.

The Scout Oath puts it simply: To help other people at all times. The best leaders know this. They know who the YOU is in “Win All You Can!”

Editor’s Note: Reprinted from the Wood Badge for the 21st Century; 2011 Staff Guide



Schedule & Field Notes

The Gilwell Gazette

Day 3 Schedule

Program Patrol: Beaver - Service Patrol: Fox

| | | | |
|---------|------------------------------|---------|--------------------------------|
| 7:00am | Breakfast | 12:15pm | Patrol Leaders Council Meeting |
| 8:00am | Gilwell Field Assembly | | Chaplain's Aide Meeting |
| 8:30am | Interfaith Worship Service | 1:30pm | Conservation Project Planning |
| 9:20am | Break | 2:20pm | Break |
| 9:30am | Troop Meeting | 2:30pm | Movie: "October Sky" |
| 10:50am | Break | 4:30pm | Closing Gilwell Assembly |
| 11:00am | Leading EDGE / Teaching EDGE | 5:00pm | Patrol Time |
| 12:00pm | Lunch | 6:00pm | Departure from Camp |

The Star Spangled Banner Flag

The Star-Spangled Banner Flag or the Great Garrison Flag is the garrison flag that flew over Fort McHenry in Baltimore Harbor during the naval portion of the Battle of Baltimore during the War of 1812. Seeing the flag during the battle inspired Francis Scott Key to write the poem "The Star-Spangled Banner", which would later become the national anthem of the United States.



In Baltimore's preparation for an expected attack on the city, Fort McHenry was made ready to defend the city's harbor. When Major George Armistead expressed desire for a very large flag to fly over the fort, General John S. Stricker and Commodore Joshua Barney placed an order with a prominent Baltimorean flagmaker for two oversized American flags. The larger of the two flags would be the Great Garrison Flag, the largest battle flag ever flown at the time. The smaller of the two flags would be the Storm Flag, to be more durable and less prone to fouling in inclement weather.

Although it is commonly thought to have been made by Betsy Ross, it was actually sewn by local flagmaker Mary Young Pickersgill under a government commission in 1813 at a cost of \$405.90. George Armistead, the commander of Fort McHenry, specified "a flag so large that the British would have no difficulty seeing it from a distance".

The Flag was flown over the fort when 5,000 British soldiers and a fleet of 19 ships attacked Baltimore on September 12, 1814. The bombardment turned to Fort McHenry on the evening of September 13, and continuous shelling occurred for 25 hours under heavy rain. When the British ships were unable to pass the fort and penetrate the harbor, the attack was ended, and on the morning of September 14, when the battered flag still flew above the ramparts, it was clear that Fort McHenry remained in American hands. This revelation was famously captured in poetry by Key, an American Lawmaker and then-amateur poet. Being held by the British on a truce ship in the Patapsco River, Key observed the battle from afar. When he saw the Garrison Flag still flying at dawn of the morning of the 14th, he composed a poem he originally titled Defiance of Ft. McHenry

Critterscopes

♬ Beaver

You are not noble in reason, infinite in faculty, like an angel in your actions, or especially moving in your form. However, you are a real piece of work.

✓ Bobwhite

It's time to acknowledge that your "trustworthy right-hand man" is really just a little face you drew on your thumb and forefinger.

✚ Eagle

Your much-publicized solo circumnavigation of the Earth hits a snag when you learn that "circumnavigation" means "to go all the way around."

🦊 Fox

Your life will continue its pattern of long stretches of boredom punctuated by intense moments of wondering what exactly nought is.

✚ Owl

Avoid 7-foot tall men wielding bloody axes this week, which, believe us, isn't going to be as easy as it sounds.

🐻 Bear

Your judgment is called into question when, despite the strong advice of your friends down in the marketing department, you decide to go ahead with plans to launch a winter invasion of Russia.

🐃 Buffalo

Not to make you feel any worse, but even the Bobwhites know that drawing to fill an inside straight is a bad idea. Idiot

🦌 Antelope

Though you have never learned the true meaning of love, you're pretty sure you know the proper use of the word "hopefully"

Menu

Breakfast: French Toast, Sausage, Apples, Oatmeal, OJ

Lunch: Grilled Chicken Sandwich, Potato Salad, Crisp, Salad Bar, Cookies