



Liberty Trek

Merit Badge Tracking Sheets for:
Citizenship in the Nation, American Heritage, Family Life, and Camping

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Dear Scout,

There are five Merit Badges that you can earn partial requirements for while attending Liberty Trek - **Citizenship in the Nation, American Heritage, Family Life, Camping, and Journalism**. The Journalism Merit Badge offers a contest. Find the circled numbers or letters on each Merit Badge Requirements sheet. Requirements that are addressed by Liberty Trek activities are underlined. Suggestions are offered about what you can do at Liberty Trek and how these can be applied to the merit badge requirements. Bring these sheets and a pen with you to Liberty Trek.

Read this document carefully so you'll know what the merit badge requirements are before you come to Liberty Trek. Then you can pay attention to the program segments, learn from them, and use what you have learned to fulfill the indicated merit badge requirements. Make your advancement plan now! Be sure to have your Scout leader initial the things on these sheets you did at Liberty Trek.

Requirements for the Citizenship in the Nation Merit Badge:

<http://www.scouting.org/scoutsource/BoyScouts/AdvancementandAwards/MeritBadges/mb-CITN.aspx>

1. Explain what Citizenship in the Nation means and what it takes to be a good citizen of this country. Discuss the rights, duties, and obligations of a responsible and active American citizen.

[At Liberty Trek you will meet several prominent Founding Fathers who will share in a fun and exciting way the rights, duties, and obligations of citizenship as an American. You will learn about the responsibility of voting and choosing qualified people to serve as elected representatives.]

2. Do TWO of the following:

- a. Visit a place that is listed as a National Historic Landmark or that is on the National Register of Historic Places. Tell your counselor what you learned about the landmark or site and what you found interesting about it.

[Liberty Trek is held at Fort Buenaventura. The fort is a National Historic Landmark. Read this history of the fort and share it with your Merit Badge Counselor:]

"As the fur trades declined and way stations such as Fort Bridger began to spring up on the overland trails, Goodyear decided to build an enclosed fort on the large westward bend of the Weber River, approximately two miles south of its confluence with the Ogden River and about one-quarter mile west of the present end of Ogden's 28th Street. The stockade was constructed with cottonwood logs set upright in the ground that enclosed about one-half acre of land adjacent to the river. It was begun in 1845 and completed by the end of 1846. Four log cabins occupied the corners of the fort, and sheds, corrals, and a garden were also located within the enclosure. Additional corrals were located on the outside to accommodate cattle, horses, goats, and sheep. The garden was watered by river water carried by bucket to the beans, carrots, cabbages, radishes, and corn."

"The fort was occupied by Goodyear, his family, other trappers, Indian helpers, and visitors. It is apparent that Goodyear hoped also to use the fort as a base for trapping and trading, and hoped also to profit from being of service to overland emigrants."

"In July 1847, Goodyear visited with the first Mormon company traveling west on the Bear River west of Fort Bridger, and he tried to entice them to settle on the Weber River. He was successful, but in November 1847, James Brown was authorized by the Mormon High Council of Great Salt Lake City to purchase Fort Buenaventura. Brown and Goodyear agreed on a price of \$1,950, and the fort, the outbuildings, and all of the animals except Goodyear's horses became Mormon property. The settlement was soon called Brownsville and later, Ogden." *Learn more about Fort Buenaventura--go to this website:*
<http://www.co.weber.ut.us/parks/fortb/history.php/>

- b. Tour your state capitol building or the U.S. Capitol. Tell your counselor what you learned about the capitol, its function, and the history.
- c. Tour a federal facility. Explain to your counselor what you saw there and what you learned about its function in the local community and how it serves this nation.
- d. Choose a national monument that interests you. Using books, brochures, the Internet (with your parent's permission), and other resources, find out more about the monument. Tell your counselor what you learned, and explain why the monument is important to this country's citizens.



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3. Watch the national evening news five days in a row OR read the front page of a major daily newspaper five days in a row. Discuss the national issues you learned about with your counselor. Choose one of the issues and explain how it affects you and your family.

4. Discuss each of the following documents with your counselor. Tell your counselor how you feel life in the United States might be different without each one. [All of this is contained in your Pocket Constitution.]
- Declaration of Independence
 - Preamble to the Constitution
 - The Constitution
 - Bill of Rights
 - Amendments to the Constitution

At Liberty Trek you will receive a "Pocket Constitution" that contains: a, b, c, d, and e. After Liberty Trek, tell your Merit Badge counselor about the debate you saw with Thomas Jefferson, Benjamin Franklin and the British Generals. Principles stated in the Declaration of Independence are spoken of during the debate. The debate explains how life is different in the United States because of liberty. At Liberty Trek you will meet with James Madison, John Jay and Alexander Hamilton who share important points from The Constitution.

5. List the six functions of government as noted in the Preamble to the Constitution. Discuss with your counselor how these functions affect your family and local community.

[You will receive a pocket Constitution in your Liberty Trek haversack. The Preamble to the Constitution is found on page 1. It speaks of Union, Justice, Tranquility, Defense, General Welfare, and the Blessings of Liberty. When you attend Liberty Trek, the Founding Fathers will help you learn in a fun and exciting way about the importance of our form of government and liberty.]

6. With your counselor's approval, choose a speech of national historical importance. Find out about the author, and tell your counselor about the person who gave the speech. Explain the importance of the speech at the time it was given, and tell how it applies to American citizens today. Choose a sentence or two from the speech that has significant meaning to you, and tell your counselor why.

[Obtain a copy of George Washington's Farewell Address. Obtain your counselor's approval and use this speech to fulfill this requirement. Washington used his farewell speech to instruct all Americans what is necessary to maintain the country's freedom and preserve liberty. Every elected representative of America would be wise to understand Washington's advice which is still important and relevant in our time. The Liberty Trek Gazette has an article about Washington, who he is and what he accomplished.]

7. Name the three branches of our federal government and explain to your counselor their functions. Explain how citizens are involved in each branch. For each branch of government, explain the importance of the system of checks and balances.

[In the segment with Madison, Jay and Hamilton, the three branches of the federal government are revealed: the Legislative, Executive, and Judicial. The Founding Fathers divided power in this way so that no one man could ever have all the power like a King. The purpose was to prevent tyranny. For this requirement, refer to your Pocket Constitution and what you learned at Liberty Trek. You can also review what is written in the Citizenship in the Nation Merit Badge booklet.]

Quote

"A bill of rights [will] guard liberty against the legislative as well as the executive branches of the government." --Thomas Jefferson to Francis Hopkinson, 1789.



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8. Name your two senators and the member of Congress from your congressional district. Write a letter about a national issue and send it to one of these elected officials, sharing your view with him or her. Show your letter and any response you receive to your counselor.

[As of 2016, Utah has two Senators: Orrin Hatch and Mike Lee. Senators represent all citizens of the state. Utah has four Representatives to Congress. We call them Congressmen or Congresswomen. The state of Utah is geographically divided in four Congressional Districts: 1st Congressional District is Rob Bishop, 2nd District is Chris Stewart, 3rd District is Jason Chaffetz, 4th District is Mia Love. You can go to this website: <http://www.house.gov/writerep/> to learn who your representatives are. Go to this website to obtain contact information for your Congress Representative: <http://www.utah.gov/government/contactgov.html>. Write your letter now as it can take several weeks to get a reply.]

Quotes

"Of the *liberty* of conscience in matters of religious faith, of speech and of the press; of the trial by jury of the vicinage [neighborhood or community] in civil and criminal cases; of the benefit of the writ of habeas corpus; of the right to keep and bear arms.... If these rights are well defined, and secured against encroachment, it is impossible that government should ever degenerate into tyranny."

-- James Monroe, 5th President of the United States; Secretary of State and Secretary of War under President James Madison, Revolutionary War soldier, and member of the Continental Congress. *James Monroe Papers*, New York Public Library, Miscellaneous Papers and Undated Letters.

"I sincerely wish we could see our government so secured as to depend less on the character of the person in whose hands it is trusted. Bad men will sometimes get in [government office] and with such an immense patronage may make great progress in corrupting the public mind and principles. This is a subject with which wisdom and patriotism should be occupied."

--Thomas Jefferson, Author of the Declaration of Independence, 3rd President of the United States. Thomas Jefferson to Moses Robinson, 1801.

"Let the history of the Grecian and Italian republics warn us of our dangers. The national constitution is our last, and our only security. United we stand, divided we fall."

--Joseph Story, Supreme Court Justice, "Commentaries on the Constitution of the United States; with a Preliminary Review of the Constitutional History of the Colonies and States, Before the Adoption of the Constitution." Vol. 2 1833 (pg. 687 in edition 3. 1858.

"The happy union of these states is a wonder; their Constitution a miracle; their example the hope of Liberty throughout the world."

--James Madison. Architect of the Constitution, 4th President of the United States. September 1829. The Writings of James Madison, ed. Gaillard Hunt, vol. 9, p. 357. These words are inscribed in the Madison Memorial Hall, Library of Congress James Madison Memorial Building.



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Requirements for the American Heritage Merit Badge:

<http://www.scouting.org/scoutsources/BoyScouts/AdvancementandAwards/MeritBadges/mb-AHER.aspx>

1. Read the Declaration of Independence. Pay close attention to the section that begins with "We hold these truths to be self-evident" and ends with "to provide new Guards for future security." Rewrite that section in your own words, making it as easy to understand as possible. Then share your writing with your merit badge counselor and discuss the importance of the Declaration of Independence.

[At Liberty Trek you received a Pocket Constitution that contains the Declaration of Independence pp. 35-39. Use this to help fulfill this requirement. You can go beyond this requirement by sharing with your counselor what you learned at the dramatic debate between Jefferson, Franklin and the British Generals.]

2. Do **TWO** of the following:

- a. Select two individuals from American history, one a political leader (a president, senator, etc.) and the other a private citizen (a writer, religious leader, etc.). Find out about each person's accomplishments and compare the contributions each has made to America's heritage.

[At Liberty Trek you will meet James Madison--a political leader, and Reverend Peter Muhlenberg--a religious leader. You can find out about them in the Liberty Trek Gazette and learn more about them by looking them up at Wikipedia. Be sure to share with your Merit Badge Counselor that you met James Madison and Reverend Muhlenberg at Liberty Trek!]

- b. With your counselor's approval, choose an organization that has promoted some type of positive change in American society. Find out why the organization believed this change was necessary and how it helped to accomplish the change. Discuss how this organization is related to events or situations from America's past.

[There are two organizations that you may not be familiar with. They are the Sons of the American Revolution (www.sar.org) and the Daughters of the American Revolution (www.dar.org). Each of these organizations has done a significant work to preserve the memory of those patriots who contributed to the American Revolution. In the more than 100 years these societies have existed, millions of school children have benefited from the monuments built and educational material developed that have been made available to the public.]

- c. With your counselor's approval, interview two veterans of the U.S. military. Find out what their experiences were like. Ask the veterans what they believe they accomplished.

[Veterans will be on hand at Liberty Trek. Go to the replica Continental Army Camp Friday afternoon before the 8:00 pm program. Tell them you are working on your American Heritage Merit Badge and ask to speak to the military veterans at the camp.]

- d. With your counselor's approval, interview three people in your community of different ages and occupations. Ask these people what America means to them, what they think is special about this country, and what American traditions they feel are important to preserve.

[We would like to suggest that you consider talking to a religious leader, a police officer, a college student, or a teacher. Have a mix of male and female. Be sure to ask each of them the same three questions. Are their answers similar or different? Why? Bring your notepad and conduct your interviews Friday afternoon at Liberty Trek. There will be many people there you can choose to talk to.]

3. Do the following:

- a. Select a topic that is currently in the news. Describe to your counselor what is happening. Explain how today's events are related to or affected by the events and values of America's past.
- b. For each of the following, describe its adoption, tell about any changes since its adoption, and explain how each one continues to influence Americans today: the flag, the Pledge of Allegiance, the seal, the motto, and the national anthem.
- c. Research your family's history. Find out how various events and situations in American history affected your family. If your family immigrated to America, tell the reasons why. Share what you find with your counselor.



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4. Do TWO of the following:
- Explain what is meant by the National Register of Historic Places. Describe how a property becomes eligible for listing. Make a map of your local area, marking the points of historical interest. Tell about any National Register properties in your area. Share the map with your counselor and describe the historical points you have indicated.
 - Research an event of historical importance that took place in or near your area. If possible, visit the place. Tell your counselor about the event and how it affected local history. Describe how the area looked then and what it looks like now.
 - Find out when, why, and how your town or neighborhood started, and what ethnic, national, or racial groups played a part. Find out how the area has changed over the past 50 years and try to explain why.
 - d.** Take an active part in a program about an event or person in American history. Report to your counselor about the program, the part you took, and the subject.

[By attending Liberty Trek you will have taken an active part in a significant program that puts emphasis on the American Revolution. Parts you will take in the program include pretending to be a British or American soldier, providing support in a debate to patriotism and being a patriot in Peter Muhlenberg's congregation. Participating in battle, cheering your side, or defending the cause of liberty! Your time at Liberty Trek will be well spent!]

- e.** Visit a historic trail or walk in your area. After your visit, share with your counselor what you have learned. Discuss the importance of this location and explain why you think it might qualify for National Register listing.

[Liberty Trek is held at Fort Buenaventura. This is a historic landmark. Friday afternoon, go to the visitors' center to see the displays, visit the fort, and read the history we have inserted in the Citizenship in the Nation Merit Badge sheet. Before coming to Liberty Trek, you can read about it on-line: <http://www.co.weber.ut.us/parks/fortb/history.php/> Why is Fort Buenaventura important? It supplied travelers, protected families, and served as a base of operation for the Mormon pioneers who came to live in the Ogden valley.]

5. Do ONE of the following:
- Watch two motion pictures (with the approval and permission of your counselor and parent) that are set in some period of American history. Describe to your counselor how accurate each film is with regard to the historical events depicted and also with regard to the way the characters are portrayed.
 - Read a biography (with your counselor's approval) of someone who has made a contribution to America's heritage. Tell some things you admire about this individual and some things you do not admire. Explain why you think this person has made a positive or a negative contribution to America's heritage.
 - c.** Listen to recordings of popular songs from various periods of American history. Share five of these songs with your counselor, and describe how each song reflects the way people felt about the period in which it was popular. If a recording is not available, have a copy of the lyrics available.

[At Liberty Trek you will be entertained by the Utah Old Time Fiddlers. They will play tunes and sing songs significant to our American Heritage. There are lyrics printed in the Liberty Trek Gazette you will receive in your haversack that will help you fulfill this requirement. If there is a song you want to hear again, go to YouTube.com and type in the title of the song. Be sure you do this with your parent's guidance.]

6. Discuss with your counselor the career opportunities related to our American heritage. Pick one that interests you and explain how to prepare for this career. Discuss what education and training are required for this career.



General Washington, with Lafayette by his side, confers with his generals to make plans for battle.



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Requirements for the Family Life Merit Badge:

<http://www.scouting.org/scoutsources/BoyScouts/AdvancementandAwards/MeritBadges/mb-FAML.aspx>

1. Prepare an outline on what a family is and discuss this with your merit badge counselor. Tell why families are important to individuals and to society. Discuss how the actions of one member can affect other members.

[At Liberty Trek you received the Liberty House Kit in your haversack. The Foundation Sheet speaks about the importance of family. Insights concerning our actions and the effect they can have on others were provided by Reverend Muhlenberg. In the Liberty Trek Gazette are reminders of his message.]



Charles Wilson Peale Family Portrait
by Peale (1741-1827).

2. List several reasons why you are important to your family and discuss this with your parents or guardians and with your merit badge counselor.
3. Prepare a list of your regular home duties or chores (at least five) and do them for 90 days. Keep a record of how often you do each of them.
4. With the approval of your parents or guardians and your merit badge counselor, decide on and carry out a project that you would do around the home that would benefit your family. Submit a report to your merit badge counselor outlining how the project benefited your family.
5. Plan and carry out a project that involves the participation of your family. After completing the project, discuss the following with your merit badge counselor:
 - a. The objective or goal of the project
 - b. How individual members of your family participated
 - c. The results of the project

[Helping your family to learn about liberty would be a very beneficial project. Every American needs to have a deep appreciation and love for liberty, if liberty is to be preserved. In your haversack is the Liberty House Kit. This is an ideal project for you to use to fulfill this requirement. Gather your family together around the kitchen table, have the members of your family who are able cut out the pieces of the house. Have different family members read the different parts of the house. Lead a discussion and have your family talk about it. Assemble the house. The goal of the project is to build the Liberty House and by doing so have the family learn more about what liberty is and why it's important.]

6. Do the following:
 - a. Discuss with your merit badge counselor how to plan and carry out a family meeting.
 - b. After this discussion, plan and carry out a family meeting to include the following subjects:
 1. Avoiding substance abuse, including tobacco, alcohol, and drugs, all of which negatively affect your health and well-being
 2. Understanding the growing-up process and how the body changes, and making responsible decisions dealing with sex
 3. Personal and family finances
 4. A crisis situation within your family
 5. The effect of technology on your family

Discussion of each of these subjects will very likely carry over to more than one family meeting.

7. Discuss the following with your counselor:
 - a. Your understanding of what makes an effective father and why, and your thoughts on the father's role in the family
 - b. Your understanding of the responsibilities of a parent

[At Liberty Trek, what are the Founding Fathers doing? Their actions can help us to understand what some of the things are a father needs to do with his family. One of the most important responsibilities of a parent is to teach their children the value of liberty and freedom, what virtue is, and why living one's life with virtue is essential to preserving our American way of life. Babies come into the world with an empty head. It is the love, kindness, and devotion of parents that teach a child what is right and what is wrong. In a real sense, parents have a tremendous responsibility to raise their children to live true to the Scout Oath, which is not an oath just for Scouting but an oath that applies to every aspect of our life.]



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Requirements for the Camping Merit Badge:

<http://www.scouting.org/scoutsources/BoyScouts/AdvancementandAwards/MeritBadges/mb-CAMP.aspx>

1. Do the following:
 - a. Explain to your counselor the most likely hazards you may encounter while participating in camping activities and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.
 - b. Show that you know first aid for and how to prevent injuries or illnesses that could occur while camping, including hypothermia, frostbite, heat reactions, dehydration, altitude sickness, insect stings, tick bites, snakebite, blisters, and hyperventilation.

2. Learn the Leave No Trace principles and the Outdoor Code and explain what they mean. Write a personal plan for implementing these principles on your next outing.

[Garbage control at Liberty Trek is very important. Before coming, make a personal plan of what you will do to help keep the park clean. What will you do during meals with your paper plate and plastic utensils? What will you do with your snack food wrappers? What about the paper towels at the wash stations? Come to Liberty Trek with your plan and when you get there, take note of all the trash receptacles.]

3. Make a written plan for an overnight trek and show how to get to your camping spot using a topographical map and compass, or a topographical map and a GPS receiver.
4. Do the following:
 - a. Make a duty roster showing how your patrol is organized for an actual overnight campout. List assignments for each member.
 - b. Help a Scout patrol or a Webelos Scout unit in your area prepare for an actual campout, including creating the duty roster, menu planning, equipment needs, general planning, and setting up camp.

[Before coming to Liberty Trek, work with your Scout leader to develop a duty roster. Who will help pitch the tents? Who will make sure everyone has all of the things on the Liberty Trek camping checklist available to your Scout leader? Who will take responsibility for making sure everyone has their medical forms and is properly checked-in upon arrival? Liberty Trek is a simple campout. There is no menu planning and no cooking because Dinner, Breakfast and Lunch are all provided. Nevertheless, there are key things that should be planned for in advance. Work with your Scout leader in developing the duty roster and camping plan.]

5. Do the following:
 - a. Prepare a list of clothing you would need for overnight campouts in both warm and cold weather. Explain the term 'layering'.
 - b. Discuss footwear for different kinds of weather and how the right footwear is important for protecting your feet.
 - c. Explain the proper care and storage of camping equipment (clothing, footwear, bedding).
 - d. List the outdoor essentials necessary for any campout, and explain why each item is needed.
 - e. Present yourself to your Scoutmaster with your pack for inspection. Be correctly clothed and equipped for an overnight campout.
6. Do the following:
 - a. Describe the features of four types of tents, when and where they could be used, and how to care for tents. Working with another Scout, pitch a tent.

[Visit the Continental Army Encampment Friday afternoon and learn about the exact replica Revolutionary War military tents: an "A" frame tent, Washington's campaign tent, a lean-to, and include the tent you stayed in for the fourth tent.]

- b. Discuss the importance of camp sanitation and tell why water treatment is essential. Then demonstrate two ways to treat water.

[You can ask about this at the Continental Army camp Friday afternoon and learn how this was done during the Revolutionary War. Be careful! You may find what you learn "Yuk"!]



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- c. Describe the factors to be considered in deciding where to pitch your tent.

[The military leaders of the Continental Army were very conscientious of the best way to make camp and pitch the tents. On Friday afternoon, go to the Continental Army Camp and learn about this.]

- d. Tell the difference between internal- and external-frame packs. Discuss the advantages and disadvantages of each.

[The soldiers at the Continental Army camp can talk to you about this and tell you what kind of back packs the patriot soldiers used during the Revolutionary War.]

- e. Discuss the types of sleeping bags and what kind would be suitable for different conditions. Explain the proper care of your sleeping bag and how to keep it dry. Make a comfortable ground bed.

[The soldiers at the Continental Army Camp are familiar with both modern and 18th century camp sleeping. On Friday, go to the camp and ask about the soldiers' bedrolls. Learning about camping during the Revolutionary War is fun and interesting!]

7. Prepare for an overnight campout with your patrol by doing the following:
- Make a checklist of personal and patrol gear that will be needed.
 - Pack your own gear and your share of the patrol equipment and food for proper carrying. Show that your pack is right for quickly getting what is needed first, and that it has been assembled properly for comfort, weight, balance, size, and neatness.

[Although the Liberty Trek campout will be simple, you will still need a sleeping bag, flashlight, mosquito spray, sun screen, a canteen, a simple camp chair, a hat, and a pocket poncho. You will need to decide as a Scout unit about tents and sleeping arrangements. Before coming to Liberty Trek, make a personal checklist and demonstrate to your Scout leader that you can pack things neatly to ensure balance and comfort.]

8. Do the following:
- Explain the safety procedures for:
 - Using a propane or butane/propane stove
 - Using a liquid fuel stove
 - Proper storage of extra fuel
 - Discuss the advantages and disadvantages of different types of lightweight cooking stoves.
 - Prepare a camp menu. Explain how the menu would differ from a menu for a backpacking or float trip. Give recipes and make a food list for your patrol. Plan two breakfasts, three lunches, and two suppers. Discuss how to protect your food against bad weather, animals, and contamination.
 - Cook at least one breakfast, one lunch, and one dinner for your patrol from the meals you have planned for requirement 8c. At least one of those meals must be a trail meal requiring the use of a lightweight stove.

9. Show experience in camping by doing the following:

- a. Camp a total of at least 20 nights at designated Scouting activities or events.* One long-term camping experience of up to six consecutive nights may be applied toward this requirement. Sleep each night under the sky or in a tent you have pitched. If the camp provides a tent that has already been pitched, you need not pitch your own tent.
*All campouts since becoming a Boy Scout or Varsity Scout may count toward this requirement.

[Liberty Trek will count for one night of camping. Just wait to see what the morning will bring!]

Revolutionary War Flags





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- b. On any of these camping experiences, you must do TWO of the following, only with proper preparation and under qualified supervision:
 1. Hike up a mountain, gaining at least 1,000 vertical feet.
 2. Backpack, snowshoe, or cross-country ski for at least four miles.
 3. Take a bike trip of at least 15 miles or at least four hours.
 4. Take a non-motorized trip on the water of at least four hours or 5 miles.
 5. Plan and carry out an overnight snow camping experience.
 6. Rappel down a rappel route of 30 feet or more.
 - c. Perform a conservation project approved by the landowner or land managing agency.
10. Discuss how the things you did to earn this badge have taught you about personal health and safety, survival, public health, conservation, and good citizenship. In your discussion, tell how Scout spirit and the Scout Oath and Law apply to camping and outdoor ethics.



Requirements for the Journalism Merit Badge:

Your Scout leader should have received the requirements sheet and contest rules for the Journalism Merit Badge. If you did not receive this, please ask your Scout leader to provide you with a copy.

WINNERS WILL RECEIVE ONE OR MORE OF THESE OUTSTANDING BOOKS!



Following the suggestions contained in these tracking sheets will help you be well on your way to earning five merit badges!