



BALOO'S BUGLE



Volume 15, Number 12

July 2009 Cub Scout Roundtable

August 2009 Cub Scout Theme

FUN IN THE SUN

Tiger Cub Activities

Webelos Naturalist & Forester

FOCUS

Cub Scout Roundtable Leaders' Guide

Let's go outside and have some fun in the sun!!! It is a great time for a pack to have a picnic at the park. The Cub Scouts and their families will get to know the new families and welcome them to the pack. Everyone will enjoy great picnic food, fun games, and wonderful fellowship. Each den can plan a game or activity for this outing. Include a Cub-anapolis 400 derby in the activities!!!

CORE VALUES

Cub Scout Roundtable Leaders' Guide

Some of the purposes of Cub Scouting developed through this month's theme are:

- ✓ **Sportsmanship & Fitness**, Cub Scouts will develop good sportsmanship while participating in outdoor games.
- ✓ **Fun and Adventure**, Cub Scouts will have fun building and racing Cub-anapolis 400 cars.
- ✓ **Family Understanding**, Cub Scouts and their families will spend a fun-filled day at the picnic.

The core value highlighted this month is:

- ✓ **Respect**, Cub Scouts will gain a better understanding of what they need to do to be courteous while playing games at the picnic.

Can you think of others??? Hint – look in your **Cub Scout Program Helps**. It lists different ones!! All the items on both lists are applicable!! You could probably list all twelve if you thought about it!!

Character Connections Ideas from Program Helps

Sam Houston Area Council



Respect. Boys learn to respect nature as they learn how to take care of it.

Health and Fitness. Spending time outdoors is important to physical and mental well-being. Cub Scouts learn that playing games and being active is a fun way to be fit.

COMMISSIONER'S CORNER

Alice is back!!!! Alice from Golden Empire Council sent me a great packet of stuff. They moved her roundtable dates and she has been missing sending me items for Baloo. It was really great to see her E-mail this month.

I did not receive an E-mail from **Bill Smith** this month (or I lost it, a possibility, too) and when I tried to contact him, I could not get to his site. I hope nothing bad has happened. The Training Topic is one of his about Planning. Apropos as we ready for our Annual Pack Planning Meetings.

Something is happening. I have received E-mails from Scouter Jim and Carol in Ohio, asking if I know what is up. The 09-10 CS Program Helps and the 09-10 CS Roundtable Planning Guides do not list themes for 2010-2011.

From Jim Jones - *"I guess you have heard the rumor BSA is dropping Cub Scout Monthly Themes beginning September 2010. Life goes on and things change. I don't have to "dial" a number and my Albums all have dust on them and turn tables are hard to find."*

Carol told me she had heard there will be a presentation on changes for Cub Scouting at the "Top Hands" meeting this summer. *After that I guess we will all know.*

I will be at Philmont for a trek July 11 - 25. My daughter is going with me and 54 other Scouts and Scouters. It will be a blast but prepping gets harder every time.

Our Webelos Resident Camp, "One Small Step Now. Soon, One Giant Leap," at the end of June was a major success. Attendance at Webelos Resident in our council has doubled since Jodi and I became the directors. We are almost at the limit of eh dining hall at our Pine Hill Scout Reservation!!

Philmont Prep and Webelos Resident -
that is why Baloo is a little late



Do you see the Tooth of Time in the boot heel??

Fast Tracks

Our pack was chosen to be a trial user this year and so I have been looking over the material on National's website under Fast Tracks. This is a different approach to advancement that National has been trying out with selected units. You can get the info at

<http://www.scouting.org/CubScouts/FastTracks.aspx>

It puts more advancement in Den Meetings and makes the parents part a little more defined. Instead of saying to the parents, "You should do something in the book with your son this week," you would say, "You need to do Achievement 42, parts t, u, and v, this week because next week" The meetings seem really "power packed" with activity. The boys stay really involved. Check it out!

Months with similar themes to Fun in the Sun

Dave D. in Illinois

The original name of this theme was "Family Picnics" and reading the vignettes, I think that is still the intent. So here are two sets of past themes you may wish to use. CD

Month Name	Year	Theme
Family Fun		
June	1946	Family Fun
August	1954	Annual Picnic
August	1966	Family Fun
July	1981	Family Picnic
August	1983	Family Fun
April	1987	Family ShowTime
January	1997	Family ShowTime
Outdoor Fun		
June	1941	Cubbing Moves into the Backyard
July	1944	Back Yard Camping
June	1953	Summertime Adventure
August	1955	Outdoor Fun
August	1957	Good Old Summertime
July	1966	Summertime Adventure
August	1967	Outdoor Fun
June	1971	Outdoor Fun
July	1975	Summer Adventure
July	1984	Fun in the Sun
August	1989	Outdoor Festival
July	1992	Fun in the Sun
June	2003	Fun in the Sun
August	2008	S'More Summer Fun

THOUGHTFUL ITEMS FOR SCOUTERS

Thanks to Scouter Jim from Bountiful, Utah, who prepares this section of Baloo for us each month. You can reach him at bobwhitejonz@juno.com or through the link to write Baloo on www.usscouts.org. CD

Roundtable Prayer

CS Roundtable Planning Guide

Great Spirit, thank you for this beautiful sunny day and for the time we spend with our children. Help us appreciate this moment and cherish the memory of their happy faces and laughter. **AMEN**

Sam Houston Area Council

Please watch over us as we play outside in the warmth and brightness of Your love. **Amen.**

From Program Helps

Oregon Trail Council

Check out –

✓ Warmth from Inside, 2 AUG 09

The Great Outdoors

Scouter Jim, Bountiful UT

Those things which can best be taught outdoors should there be taught. LB Sharp

I remember my first outdoor experience without adult supervision. My family had moved to southeastern Utah on a secluded Ranch, nine miles from the main highway at the foot of majestic Mt Peale in the Manti La Sal Mountains. I and a school friend from the small two classroom school decided we wanted to go camping one summer. My father and mother took us up out on the mountain, north of town a few miles. We had a beautiful camping spot at the bottom of a canyon next to a flowing stream, protected stinging nettle bushes. This was, and still is wild country. We were unpacked and my parents help set up our camp and left us on our own. We were both city boys transplanted to this tiny county town by our father's employment. As night quickly fell, the sounds of nature started to get louder. There were no light, just the moon, stars and the small flashlights we had brought with us. We didn't even have a camp fire as this was such a wild area, there was not safe place to build one. We heard crickets, and then the distant howl of coyotes. We imagined cougars and bears, both plentiful on the mountain, just waiting for us to crawl into our sleeping bags to attack. The more we listened the more we talked the more scarred we became. Finally we picked up what few things we could carry and started the three miles cross country back home. Dirt mountain roads being what they were, we beat my parents back home by a few minutes. My dad made us spend the night in the back yard, but we had a yard light to keep us company. I never spent a night in those mountains in the year and a half we were there, but I learned a love of the outdoors. I hiked that mountain and saw the wonders there, in the full light of day. I still remember the day I hiked to the top of a hill and there before me was an unspoiled lake in the bottom of the valley surrounded by pine trees.

The day would come after I became a Boy Scout and we moved back to the city, that I would begin to camp, but I would hike the rest of my youth, exploring the mountains close to my home. Sometimes I would take my dog and let him run as I hiked the mountain to a place where I could sit and look out across the valley and the Great Salt Lake and Antelope Island. I would try to see in my mind's eye what it all looked like before the first white man settled here. What was it like when Jim Bridger waded out into the briny waters in the winter of 1824-25 and took his first drink, then spit it out, realizing that it was not a fresh water lake. He was the young fellow and had been given the assignment by the more experienced trappers to follow the Bear River to it's end, which ended up being the north end of the Great Salt Lake, where the Bear River Bird Refuge now is.

Many Cub Scout age boys, like myself, are not ready to be left alone in the Great Outdoors, but they still will appreciate the chance to see nature unspoiled and learn about the wild world around them. Take boys outside, don't just leave them there by themselves. Help them understand the joys and dangers of the wild world. Keep them safe and let them learn to love the Great Outdoors.

Quotations

We have to protect the land we have, they're not making any more. *Albert F. Regenthal, Utah Division of Wildlife, retired (On Proposed Wilderness Areas)*

Thunder is good, thunder is impressive, but it is the lightning that does the work. *Mark Twain*

Never does nature say one thing and wisdom another. Juvenal, Satires

Silently one by one, in the infinite meadows of heaven, blossomed the lovely stars, the forget-me-nots of the angels. *Longfellow, Evangeline*

The whole secret of the study of nature lies in learning how to use one's eyes. *George Sand*

One touch of nature makes the whole world kin. *Shakespeare Trolius and Cressida*

The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. *John 3:8*

I have been one acquainted with the night. I have walked out in the rain. I have out-walked the furthest city light. *Robert Frost, Acquainted with the Night.*

The clearest way into the universe is through a forest wilderness. *John Muir*

A much more effective and lasting method of facelifting than surgical technique is happy thinking, new interests and outdoor exercise. *Dr. Sara Murray Jordan quotes*

Thousands of tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountain is going home; that wildness is necessity; that mountain parks and reservations are useful not only as fountains of timber and irrigating rivers, but as fountains of life. *John Muir*

A mind that is stretched by a new experience can never go back to its old dimensions. *Oliver Holmes*

Sam Houston Area Council

If you saw a heat wave, would you wave back?

Steven Wright

The true object of all human life is play. Earth is a task garden; heaven is a playground. *G. K. Chesterton*

People rarely succeed unless they have fun in what they are doing. *Dale Carnegie*

It is a happy talent to know how to play.

Ralph Waldo Emerson

When we seek to discover the best in others, we somehow bring out the best in ourselves. *William Arthur Ward*

Bonus Thought: Remember the Heroes

This month's theme is "Fun in the Sun" and that takes the mind outdoors, again. We have had several themes with very similar themes, Leave Nothing But Footprints, A-Camping We Will Go, Be a Sport, and finally, Fun in the Sun. What kind of men and women take boys outdoors? What kind of men teach young men the fragile nature of our environment? Where do these men come from?

When we think of these kinds of men, we think of Fred MacMurray, in "Follow Me Boys," or maybe "John Wayne" or Norman Rockwell's painting of "The Scoutmaster." These larger than life heroes don't often reflect the reality of our Packs and Troops. More often than not, the man in charge is a family man, with a respect for the outdoors and a love of boys. Someone who has learned, or is willing to learn the skills needed to lead boys into the wilderness. Sometimes, more often than we might think, the Scoutmaster or Cubmaster has the quiet support in the background from a father or mother with special talents and experience needed to help boys. There is no square knot for those special dads and moms, unregistered, and unrecognized that stand quietly in the background to lend a hand, when needed.

As a boy, I knew such men as that, two now fighting their final battles with cancer. This is not their first deadly battles, one, my father was a veteran of Pork Chop Hill in Korea, the other a Veteran of the battles in Europe in World War II. My father's special talent was he owned a truck and was willing to transport boys to camp. The other Al Regenthal, was a Wildlife Resources Officer for the State of Utah, then the Department of Fish and Game. He is an expert in fishing, hunting, and most especially Waterfowl. As boys we gave him the nickname, "Waterfowl Al." At one point in his working career he was in charge of all the waterfowl in the State of Utah. His son Jim was my best friend from the earliest times I can remember.

Years ago, when I was a venturing leader, after Jim had died, I asked Al to teach my boys how to fly fish. He hadn't had a rod out since he lost his son, way too young. It was hard for him, but he came and taught the boys a skill he had learned over a lifetime.

How many other Al Regenthals and John Jones' are there out there, helping out where ever needed, never asking recognition. Reach out and find a way to say, "Thank you," before it is too late, and they are gone. I need to thank a mother who has gone to camp the last two years with my pack, and when I got a last minute call to deliver "Scouting

For Food” bags to an area of our town, her two sons were willing to do the job. “Than you Julie!”

And I must thank the veterans down my street who served us well in WWII and now are struggling along as they are in their 80's. And Samara, whose youthful enthusiasm for Scouting has brought Scouting Spirit back into our unit and me and helped our Pack grow. (She is the first of my daughter's friends from school who has registered a son in our pack!!) CD

Service Quotes

Those who want to do good are not selfish. They are not in a hurry. They know that to impregnate people with good requires a long time. But evil has wings. To build a house takes time. Its destruction takes none. [Mahatma Ghandi](#)

The ultimate expression of generosity is not in giving of what you have, but in giving of who you are. [Johnnetta B. Cole](#)

The language of citizenship suggests that self-interests are always embedded in communities of action and that in serving neighbors one also serves oneself.

[Benjamin R. Barber](#)

You are the only person on this earth who can use your ability. [Anonymous](#)

Courage is contagious. When a brave person takes a stand, the spines of others are stiffened. [Billy Graham](#)

Only a life lived for others is a life worthwhile.

[Albert Einstein](#)

Try not to become a man of success but rather try to become a man of value. [Albert Einstein](#)

I don't know what your destiny will be, but one thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve. [Albert Schweitzer](#)

If I have been of service, if I have glimpsed more of the nature and essence of ultimate good, if I am inspired to reach wider horizons of thought and action, if I am at peace with myself, it has been a successful day. [Alex Noble](#)

Giving frees us from the familiar territory of our own needs by opening our mind to the unexplained worlds occupied by the needs of others. [Barbara Bush](#)

Those who bring sunshine into the lives of others, cannot keep it from themselves. [James M. Barrie](#)

Ask not what your country can do for you, but what you can do for your country. [John F. Kennedy](#)

Service is what life is all about. [Marian Wright Edelman](#)

It is one of the most beautiful compensations of life, that no man can sincerely try to help another without helping himself. [Ralph Waldo Emerson](#)

Too old to plant trees for my own gratification, I shall do it for my posterity. [Thomas Jefferson](#)

There is no greater calling than to serve your fellow men.

There is no greater contribution than to help the weak.

There is no greater satisfaction than to have done it well.

[Walter Reuther](#)

If you will think about what you ought to do for other people, your character will take care of itself. Character is a by-product, and any man who devotes himself to its cultivation in his own case will become a selfish prig.

[Woodrow Wilson](#)

Three things cannot be long hidden: the sun, the moon, and the truth.” [Buddha](#)

“The sun illuminates only the eye of the man, but shines into the eye and the heart of the child” [Ralph Waldo Emerson](#)

“To love and be loved is to feel the sun from both sides.” [David Viscott](#)

SERVICE IDEA

Hundreds Watch Flags Retired

*By Sara Lenz
Deseret News*

Monday, June 15, 2009 11:50 p.m. MDT

PROVO — The bleachers were filled before the event even started Monday night. Hundreds of people lined the Macey's parking lot next to a pile of battered American flags sitting folded 3 feet tall atop the 5-foot-long table ready to be retired.

This year marked the 15th annual flag retirement ceremony held in honor of Flag Day by Boy Scout Troop 999.

"People enjoy this just like they enjoy the fireworks on the Fourth of July," said James Brown, chairman of the event. "They get the opportunity to see patriotism in action. They get to honor not only the flag and the country, but those people who fight for the country."

This year, three U.S. Marines spoke during the event about their service and how much they loved America. Devin Halvorson, the senior patrol leader for Boy Scout Troop 999, conducted the event. He started off by explaining what the U.S. flag represents.

"The flag is not only a piece of cloth, it is a deep representation of our country," Halvorson said. "The flag is an emblem of our freedom and independence."

He explained the meaning each color on the flag: red standing for the blood of those who have died for the country, white standing for purity and blue standing for truth and justice. He said when someone sees the American flag, they not only see the flag, they see a nation.

Two Scouts showed how to properly fold a flag and Halvorson explained what each of the 12 folds means. When he recited the meanings, Rebecca Clarke and her family, Orem residents, tried to memorize them. Her family had never been to a flag retirement before, and she said she was surprised to hear that flag burning could be a positive thing. Clarke's two daughters thought it was a special experience.

"I was kind of nervous at first, but afterwards I felt like it was showing respect to our country," Emma Clarke, 6, said of watching the flags being retired.

It was Provo resident Lynda Price's first time as well to see a flag retired. Price, 61, remembers saying the pledge of allegiance in school every day growing up. She said she doesn't know if the younger generation respects the flag as

much as hers does, but she said the flag retirement ceremony shows there is still "so much love and respect for the flag."

As the first flag was brought over to the fire to be burned, Taps was played and all stood with hands on hearts or at salute.

"I think it's great that the community can come out and support the nation," said Bryce Barney, 23, a resident of Spanish Fork. Barney has been to many flag retirement ceremonies throughout his life and even participated in the ceremonies as a Scout. He remembers the first time he helped to retire a flag. He and 11 other Boy Scouts went up Payson Canyon at dusk. Each boy wore a white glove on the hand he used to touch the flag. They saluted for at least 10 minutes as the flag burned.

"It taught me a lot about my country," Barney said. He said when flags are burned, the ashes are then buried in the ground and become part of the land just as those who have died fighting for America are now part of the land.

During the ceremony, the Utah Freedom Band played patriotic songs including "Yankee Doodle Dandy" and "The Star-Spangled Banner." The event ended with everyone singing, "God bless America, my home sweet home."

The Meaning of the Folds Flag Folding Ceremony

Baloo's Archives

The flag folding ceremony described by the Uniformed Services is a dramatic and uplifting way to honor the flag on special days, like Memorial Day or Veterans Day, and is sometimes used at retirement ceremonies.

Here is a typical sequence of the reading:
(Begin reading as Honor Guard or
Flag Detail is coming forward).

The flag folding ceremony represents the same religious principles on which our country was originally founded. The portion of the flag denoting honor is the canton of blue containing the stars representing the states our veterans served in uniform. The canton field of blue dresses from left to right and is inverted when draped as a pall on a casket of a veteran who has served our country in uniform.

In the Armed Forces of the United States, at the ceremony of retreat the flag is lowered, folded in a triangle fold and kept under watch throughout the night as a tribute to our nation's honored dead. The next morning it is brought out and, at the ceremony of reveille, run aloft as a symbol of our belief in the resurrection of the body.

(Wait for the Honor Guard or Flag Detail to unravel and fold the flag into a quarter fold-- resume reading when Honor Guard is standing ready.)

- 1st.** The first fold of our flag is a symbol of life.
- 2nd.** The second fold is a symbol of our belief in the eternal life.
- 3rd.** The third fold is made in honor and remembrance of the veteran departing our ranks who gave a portion of life for the defense of our country to attain a peace throughout the world.
- 4th.** The fourth fold represents our weaker nature, for as American citizens trusting in God, it is to Him we

turn in times of peace as well as in times of war for His divine guidance.

- 5th.** The fifth fold is a tribute to our country, for in the words of Stephen Decatur, "Our country, in dealing with other countries, may she always be right; but it is still our country, right or wrong."
- 6th.** The sixth fold is for where our hearts lie. It is with our heart that we pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation, under God, indivisible, with liberty and justice for all.
- 7th.** The seventh fold is a tribute to our Armed Forces, for it is through the Armed Forces that we protect our country and our flag against all her enemies, whether they be found within or without the boundaries of our republic.
- 8th.** The eighth fold is a tribute to the one who entered in to the valley of the shadow of death, that we might see the light of day, and to honor mother, for whom it flies on mother's day.
- 9th.** The ninth fold is a tribute to womanhood; for it has been through their faith, love, loyalty and devotion that the character of the men and women who have made this country great have been molded.
- 10th.** The tenth fold is a tribute to father, for he, too, has given his sons and daughters for the defense of our country since they were first born.
- 11th.** The eleventh fold, in the eyes of a Hebrew citizen, represents the lower portion of the seal of King David and King Solomon, and glorifies, in their eyes, the God of Abraham, Isaac, and Jacob.
- 12th.** The twelfth fold, in the eyes of a Christian citizen, represents an emblem of eternity and glorifies, in their eyes, God the Father, the Son, and Holy Ghost.

When the flag is completely folded, the stars are uppermost, reminding us of our national motto, "In God we Trust."

(Wait for the Honor Guard or Flag Detail to inspect the flag--after the inspection, resume reading.)

After the flag is completely folded and tucked in, it takes on the appearance of a cocked hat, ever reminding us of the soldiers who served under General George Washington and the sailors and marines who served under Captain John Paul Jones who were followed by their comrades and shipmates in the Armed Forces of the United States, preserving for us the rights, privileges, and freedoms we enjoy today.

*The Flag Folding Ceremony above is from
the US Air Force Academy*

TRAINING TIP

Good Plans Make Strong Packs

Bill Smith, the Roundtable Guy

Packs are, or will be, planning their programs for the coming year. Program Helps are usually in stock at Scout Shops by May. Council Calendars are available at Roundtables. Get them and use them.

Get as many people as possible involved in the planning. Hold it on the day and time when most will attend. Consider a breakfast meeting or a weekend barbecue. Mail postcards, and phone or email everyone.

Good Plans Make Strong Packs

Here are some things to consider in your planning.

- Keep your pack financially sound. Make sure you plan a budget at the same time. Ensure that you have a full financial team: your treasurer, money raising chair, popcorn chair and Friends of Scouting representative. Encourage them to work as a team.
- Plan your roundup. You will need a roundup chair, and probably a new Tiger Den Leader or two. Who will check with the schools or church where you recruit to set the dates for school visits and roundup nights. Assign several people to attend the District Roundup Kickoff (usually in late August.) The more who attend, the better chances you will have to recruit the leaders you will need next fall.
- Plan a special event for every month. A visit, a party, a service project. These maintain excitement from month to month and take a load off den leaders. Assign one or more parents (NOT den leaders) to head up each event. A successful method is to allow parents to choose the month and event on a first-come-first-served basis. Their jobs are to arrange the details, set up any transportation needed, process tour permits and lead the event. These are once-a-year jobs that shouldn't overtax most parents, but are very important to the success of your pack's program.
- Don't let anyone leave until every boy has a parent doing something important for his pack. Every boy should have the chance to be proud of his mom or dad.
- Invent jobs if you have to. Announce (with appropriate fanfare) all the names at your next pack meeting and print your schedule - with names - in your pack news letter or web site. If you don't have either, there is another job!

Save a few jobs for the parents you will recruit in September.

Planning for Success

What does success mean? What will make your pack successful in the eyes of you and your fellow leaders. I surely can't tell you and neither can your Commissioner or your DE. Choosing your goals is totally up to you and your people.

What do you want for your pack this coming year? Do you want more advancement or more camping? Maybe it's better parent participation or more assistant leaders or Den Chiefs. Some packs may want exciting pack meetings or just more meaningful ceremonies. Others may want better retention or more Webelos going on to Boy Scouts. How

about earning a Summertime Pack Award or becoming a Quality Unit? What will satisfy your gang?

Setting goals is important. If you all agree on where your pack is heading, it makes it a lot easier to get there.

Planning to Reach Success

What will it take to reach these goals? Start with resources: people, Program helps, Cub Scout How-To Book, Council and Chartered Organization calendars, Guide to Safe Scouting and any other favorite tools.

Here are some of the questions asked at the *Root River District Roundtable in the Milwaukee County Council:*

- How do you develop & publish your annual plan?
- What kind of outings can a Pack/Den do?
- What are some resources for Den & Pack ceremonies?
- What kind of service projects are appropriate for the Pack?
- How can we encourage advancement?
- What are some methods for dealing with behavior problems?
- What type of activities are appropriate for Cub Scouts?

Selecting Pack Leadership

How can we recruit adult leaders?

Field Trips & Tour Permits
 Advancement & Ceremonies
 Religious Awards;
 Preventing Leader Burnout
 Cub Outdoor Activity Award;
 BALOO Training
 Blue & Gold Dinner

Do we need:

Advancement Chair
 Secretary/Treasurer
 Rechartering Coordinator
 Special Events Coordinator
 Outings Coordinator

Themes - How do they help?

Themes can make your pack and den programs easier and more fun. They can trigger ideas for ceremonies, skits, costumes, and activities. A theme provides structure and continuity for an entire month's program. A huge advantage of using the recommended themes is that you will find a lot of support in Program Helps, Boy's Life, and your district Roundtable.

Remember themes are there to support your pack and den activities. If you feel that the theme is restricting the fun and excitement then that one isn't working for you. Choose themes with care. Not all themes work for all packs in all months nor in all parts of the country. When I visited a Roundtable in Florida, I was surprised to learn that planning good summertime programs involved more discussion of air-conditioned bowling alleys than good outdoor locations. They preferred to camp in January and I could hardly blame them. A good theme should excite the boys and stimulate lots of imaginative activities amongst the leaders. Don't be afraid to juggle the schedule to fit your weather, your boys and your community.

And not every activity has to be theme oriented. I am often disappointed by efforts to mess up a good fun Cub Scout song by rewriting the words to fit the current theme.

Activities

Good packs have lots of special activities: Service projects, tours and visits, hikes, and campouts. What are the good nearby places? I enjoy surfing pack websites and I am continually amazed at the variety and quality of the pack activities I see in their pack calendars and photo galleries.

What are YOU going to do now?

***Be a S.T.A.R. - Scouter That Attends Roundtable
-And help make yours one of the best!!***

*The best gift for a Cub Scout.....
.....get his parents involved!*

- ✓ **Also, be sure to visit Bill's website**
<http://www.wtsmith.com/rt>
to find more ideas on everything Cub Scouting.

**Have any Comments for Bill
just click right here!**

PACK ADMIN HELPS

From Program Helps
Oregon Trail Council

Check out –

- ✓ **Outdoor Pack Meeting**, 2 AUG 09
- ✓ **Planning for Family Day**, 10 AUG 09

Stop Having Pack Meetings!!!

By Sean Scott

Cub Scout Roundtable Commissioner

Cub Scout Training Chairman

Tahquitz District, California Inland Empire Council

<http://scouting.argentive.com/>

I am here to preach the gospel of Cub Scouting to you today.

I have heard that pack meetings are dull and boring—that the kids are wild, the parents don't pay attention, and attendance is down. I hear this and more, and I hear people asking what they can do to make their meetings better. Well, brothers and sisters, I have the solution to all your woes, the answer to all your problems right here in one little sentence:

Stop having pack meetings!

That's right. Stop having them altogether. Meetings are dull. Meetings are where people give you work to do. Meetings are things that people try to avoid, that they don't pay attention during. At the last meeting I attended I was laid off. Generally speaking, meetings suck. The last thing I want to do is go to a meeting after work, on my own time!

But... People love a performance! In fact, people will actually buy a ticket to a performance! They expect a good time, and their attitude going into a performance is upbeat and positive.

So start having pack performances instead! Get rid of the agenda, and get yourself a program! Scrap job titles and positions, and find a cast! Lose the responsibilities and elements of a meeting and recruit some acts!

Pop some popcorn! Print some tickets! You'll never have a better opportunity to change everything about the way your pack operates than this, because you change the entire perception in one fell swoop! This is the premiere performance, the exclusive showing, the one-night only event that nobody will want to miss! And because it's not a "pack meeting," nobody can say to you, "We never used to do it like that..." because you've never done this before!

This is your excuse to make every month new and unique! We expect the "monthly meeting" to be the same every time, but when you go to see a movie, do you go to see the same one over and over again? No! You want to see something different every time! Every showing is a new adventure, unique and surprising!

Fill your performance with skits and run-ons, stunts, songs, ceremonies, jokes, gags, costumes, props, actors, special presentations and fun! Lose the announcements—they belong in a newsletter. This isn't a time to inform, this is a time to celebrate!

Props and costumes? Sure, but nothing fancy! Think about the most significant event in your life as a kid. If it was the day your family got a new appliance and you got a great big box, then you have the makings of a Cubmaster. Great big boxes and two small shakes of imagination can be combined to make rockets, submarines, racecars, pirate ships, or secret caves when you're nine! So what's to prevent the same amount of imagination from being applied to your pack meeting? Nothing but stuffy adult attitudes and a smidgen of stage fright!

So lose your inhibitions, brothers and sisters, and join us in the promised land of fun and frolic!

“Never again shall ye meet as a pack--only through
celebration shall fun be achieved!”

[Book of Cub Scouting, 51:50]

If you read Commissioner's Corner, you know there is change in the wind. The CS program Helps and CS Roundtable Planning Guide list no themes for 2010-2011. A friend in Ohio has told me she has learned of a 17 page paper outlining changes in Cub Scouting to be presented at the "Top Hands" meeting. Now is the time to act - redefine your Pack Meeting. Make it a **Packformance** and have fun. CD

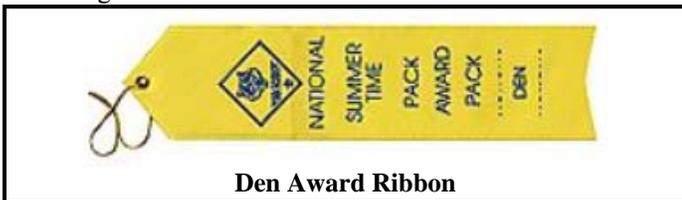
SPECIAL OPPORTUNITY

The National Summertime Pack Award



Award Pins for Cub Scouts

Incentive for summer planning is the National Summertime Pack Award, an attractive, full-color certificate, and the National Summertime Pack Award streamer for the pack flag. These can be earned by packs that conduct three summer pack activities - one each month during June, July and August.



Den Award Ribbon

Dens with at least 50 percent of their members at the three summertime activities receive a den participation ribbon. Individual Cub Scouts who attend all three activities can be recognized by their pack with the National Summertime Award pin.



Pack Award Ribbon

The Cubmaster or pack committee secretary should keep a record of all summer pack activities on the chart in the National Summertime Pack Award Planning Guide. Submit the application section of the record sheet for approval by the camping and activities or Cub Scout committee of the local council. Make arrangements for the den, pack and individual Cub Scout awards to be presented at an early fall pack meeting.

If your pack has not already planned some activities this summer, **DO IT NOW!** Go fishing or hiking in June, day camps and Webelos Resident Camp are in July, and have an ice cream social, family picnic or family camping overnight in August. Remember, you will need to promote and remind parents of your events to make sure they remember to attend!

You can download the form with all the instructions and requirements from National's Website at

<http://www.scouting.org/filestore/pdf/33748.pdf>

Special Activities at Camp

Oregon Trail Council

From Cub Scout Program Helps 2008-2009, 4 AUG 09

Archery and BB guns are not permitted at den and pack activities. Cub Scout Sports recognition items for BB guns and archery may only be earned at day camp, resident camp, or a council-managed family camping program, or at council activities where there are properly trained supervisors and all standards for BSA shooting sports are enforced.

Knot of the Month



The William D. Boyce New-Unit Organizer Award

Kommisioner Karl

We have two new packs in our district which had been slowly contracting. The leaders in these groups are eager and fresh. Unhampered by years of tradition or grumbling, people griping about council and camp. They want to do the program correctly. Go out there and help start some new units. It is not that hard. CD

The William D. Boyce New-Unit Organizer Award is to recognize volunteers who organize one or more traditional Scouting units after March 1, 2005.

The award is a square knot to be worn on the uniform above the left pocket. The award has three colors, representing the three phases of our program – Cub Scouting, Boy Scouting, and Venturing.

The knot is earned by organizing one traditional unit. This includes getting the unit leadership trained, putting in place a functioning committee, getting a unit commissioner assigned, and all paperwork is completed and processed including presenting the charter to the charter partner. Only one volunteer may be recognized per new unit that is organized. A program device is earned for each additional unit organized, allowing the award to recognize a volunteer for organizing up to four new units.

You can download a progress record and complete instructions and information about organizing new units at all levels including all the BSA guidelines for organizing at:

<http://www.scouting.org/filestore/pdf/04-515.pdf>

GATHERING ACTIVITIES

Note on Word Searches, Word Games, Mazes and such – In order to make these items fit in the two column format of Baloo's Bugle they are shrunk to a width of about 3 inches. Your Cubs probably need bigger pictures. You can get these by copying and pasting the picture from the Word version or clipping the picture in the Adobe (.pdf) version and then enlarging to page width. CD

From Program Helps

Oregon Trail Council

Check out –

✓ Tail Toss, 2 AUG 09

SQUIRT-TAC-TOE*Great Salt Lake Council*

Provide the boys with water squirters (bathtub toys). Mark out tic-tac-toe boards on the sidewalk. The boys mark their "X" or "O" using the water squirter. Better hurry! Wait too long and your marks will evaporate! Once gone the square is free to be marked again by the other player.

REFLECTION MAZE*Great Salt Lake Council*

Using mirrors, have the boys reflect light to hit a target in a dark place or shady location. To make it trickier, have them use multiple mirrors (one per boy) to make it go in multiple directions before hitting the target.

BEACH BINGO*Great Salt Lake Council*

Create cards with items the boys might find if they went to the beach. Use fish crackers, Swedish fish or seashells as markers.

SHADOW TAG*Great Salt Lake Council*

A twist on the traditional game. To tag a person out you must step in their shadow. This can be tricky, depending on the time of day you play. Set a 2 minute limit for being it to keep variety up.

LEAF SUN PRINTS*Great Salt Lake Council*

Make amazing white on blue prints with your favorite leaves. Just place leaves, ferns, flowers, shells, or whatever you choose, on photosensitive paper and place it in the sun. Remove the objects after a couple of minutes; rinse the paper to "fix" it.

Gettin' Ready for a Hike*Sam Houston Area Council***Materials –**

- In a small plastic pool or on a table, place a whole bunch of crazy items along with items needed to take on a hike.
- Make sure you have in the pile of items, things like a bottle of water (one for each participant), suntan lotion, hats and other appropriate stuff.
- Add in items that do not belong on a hike. For example, add sweaters if it is summer time, toys, maybe even fake ice cream.

Directions –

- ✓ Ask the Scouts to pack for the hike.
- ✓ When everyone has arrived, see who has all the right items,
- ✓ Then explain why such items are important, especially if they were forgotten in the packing.

Make a Poster*Alice, Golden Empire Council*

- ✦ As each Cub Scout arrives, give him a full size (8 1/2 by 11) copy of this poster and have him color it.
- ✦ Then after opening, talk with the boys about sun safety using the drawings.

**A Look Outside***Catalina Council*

Combine words in the second column with those in the first column to make seven words of things you might see outside.

- | | |
|-----------|-----------|
| 1. Butter | A. walk |
| 2. Tree | B. bug |
| 3. Side | C. fly |
| 4. Lady | D. shine |
| 5. Milk | E. hopper |
| 6. Sun | F. weed |
| 7. Grass | G. top |

Answers:

1-Butterfly; 2-Treetop; 3-Sidewalk; 4-Ladybug; 5-Milkweed; 6-Sunshine; 7-Grasshopper

Tree Tricks*Catalina Council*

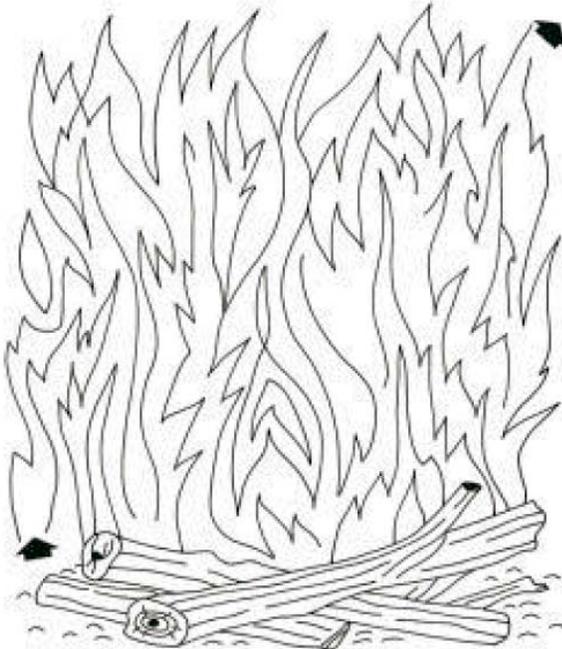
Change one letter in each of these words to find the name of a tree.

- | | | | |
|---------|--------|-----------|----------|
| 1. Mine | 2. Fit | 3. Pillow | 4. Bench |
| 5. Oar | 6. Elk | 7. Asp | 8. Jolly |

Answers:

1-Pine; 2-Fir; 3-Willow; 4-Beech; 5-Oak; 6-Elm; 7-Ash; 8-Holly.

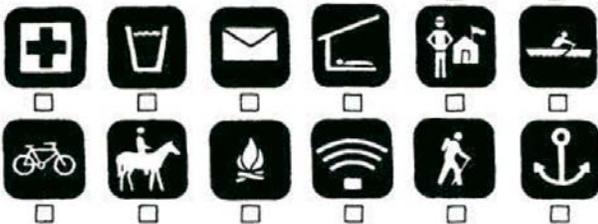
Campfire Maze
Catalina Council



Identify the Signs
Catalina Council

Identify the Signs

- 1. amphitheater
- 2. backpacking
- 3. bike trail
- 4. campfires
- 5. campground
- 6. diving
- 7. drinking water
- 8. first aid
- 9. fishing
- 10. horseback riding
- 11. marina
- 12. picnic area
- 13. post office
- 14. ranger station
- 15. rowboating
- 16. sleeping shelter



Give each of the Cub Scouts as they arrive a copy of the image below and have them figure out what each sign symbolizes.

OPENING CEREMONIES

From Program Helps
Oregon Trail Council

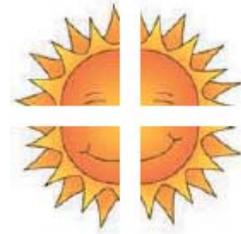
Check out –
✓ Mosquito, 2 AUG 09

A Piece of the Sun
Sam Houston Area Council

Setting – 4 Cub Scouts with a large picture of the sun on poster board. Cut the picture into quarters with the appropriate verses on the back.

Scene – Scouts approach either the flag or the Cubmaster, read the lines and hold the piece of the sun up for the

audience to see. Each subsequent Scout adds to the sun “picture” after he shares his verse with the group, so that after Cub #4, the picture of the sun is complete.



- Cub #1:** Here I hold a piece of the sun
It keeps us warm most days.
Especially when we play outside
We appreciate its rays.
- Cub #2:** Here I hold a piece of the sun
It reminds me of summer break.
We swam, we biked, we ran, and laughed
And my family went boating on a lake.
- Cub #3:** Here I hold a piece of the sun
It reminds me of Scouting, too.
A bright year we can see before us
Because of all we will get to do!
- Cub #4:** Here I hold a piece of the sun
Glad to finish this art.
We look forward to learning Scouting’s ideals
And holding them close to our heart.
- CM:** Will you please rise and join us in the Pledge of Allegiance?

Sunshine

Sam Houston Area Council

Setting – 8 Cub Scouts with poster boards with the letters to S-U-N-S-H-I-N-E on the front and the appropriate verses on the back.

Scene – Scouts in a circle or horseshoe around the flag. If Scouts are in a circle, those in the back should hold up their letters higher and those in the front a little lower. Have the first “S” at approximately 9:00 on the circle.

- Cub #1:** S is for Summer is coming to a close and a new Scouting year is almost
- Cub #2:** U is for Underway. We are looking forward to fun den meetings, learning
- Cub #3:** N is for New skills, and doing cool projects.
One of the great things about Cub
- Cub #4:** S is for Scouts is also making more new friends every year! We are
- Cub #5:** H is for here tonight to showcase all the great stuff we’ve done over this summer.
- Cub #6:** I is for In case you hadn’t heard, we did some really
- Cub #7:** N is for Neat activities these past few months and we are very
- Cub #8:** E is for Excited to share them with you. All the fun will start just after our opening, so please stand up and join us in the Pledge of Allegiance.

OUR COUNTRY IS DIFFERENT*Great Salt Lake Council*

- Cub #1:** Our country is great in different ways. We would like to tell you some of the things that are different and that help make it great.
- Cub #2:** We call it the United States, and we are bound together by the Constitution, but in many ways we are a group of separate nations.
- Cub #3:** We practice more than 250 religions and observe thousands of different laws.
- Cub #4:** Our land grows palm trees and pine trees, redwoods and birch.
- Cub #5:** We catch shrimp and sell stocks; we live in small towns and large cities and in the rural countryside.
- Cub #6:** We are a very diverse people, and this is what makes the United States great.
- Cub #7:** Please stand and repeat the Pledge of Allegiance with us.

GROWING CUB SCOUTS OPENING CEREMONY*Great Salt Lake Council*

- CM:** Every living thing needs sun, water and nutrients to grow.
What do Cub Scouts need to grow?
Have each Cub Scout pull his item out of a bag and yell out what it is

- Cub #1:** Food (Apple or Granola Bar)
- Cub #2:** Water (Bottle)
- Cub #3:** Exercise (Baseball)
- Cub #4:** A Family (picture) for love and protection.
- Cub #5:** A Pack (Cub Scout handbook) to receive awards.

- CM:** Will all Cub Scouts please stand and say the Law of the Pack.

Outdoor Code Opening*Catalina Council*

Each Cub Scout should have a candle to light from a central candle (the leader may refer to it as the Spirit of Nature, the Conservation Candle or some other appropriate name).

Each lights his candle and reads the following statements. (You may want to write additional lines if there are more participants.)

- Cub #1:** We have been observing and studying nature's treasures.
- Cub #2:** We will help to maintain nature's balance.
- Cub #3:** We will help and learn from nature's resources.
- Cub #4:** We will help to maintain nature's resources.
- Cub #5:** We will protect them from harm.
- Cub #6:** We will follow the laws of nature.
- Cub #7:** The Outdoor Code:

All seven Cub Scouts read:

As an American, I will do my best to--
Be clean in my outdoor manners,
Be careful with fire,
Be considerate in the outdoors,
Be conservation minded.

Safety tip: Foil muffin cups or a circle of cardboard around the candle base will make it look better and prevent wax from dripping on hands and floor.

Nature Opening Ceremony*Catalina Council*

Personnel: Cubmaster (CM) and six Dads

Equipment and arrangements: Paint one block letter of word N-A-T-U-R-E on each of six cardboard squares. On reverse side of each print the meaning to be given to each letter. Put letters on stakes behind the speaker's stand.

- Dad #1:** "N" stands for your name -- be proud of it. As you advance from Bobcat to Arrow of Light, you will add new laurels to your name. Ever ything you do affects your good name and family.
- Dad #2:** "A" is for attitude. As sunlight is essential to growth, so attitude affects your spirit. Cub Scouts with the right attitude are happy, game, and fair.
- Dad #3:** "T" stands for task. As the beaver words hard at this task, so does each Cub Scout.
- Dad #4:** "U" stands for usefulness. Just as animals and birds are judged by their usefulness, so your place in life depends upon your usefulness.
- Dad #5:** "R" means you're ready. As the squirrel gathers food for future use, so you have worked on your achievements getting ready for the day when you will become a Scout!
- Dad #6:** "E" stands for energy. As the bee is never idle, so you keep busy giving goodwill.
- CM:** The letters on the cards spell nature -- God's way of telling us, he cares. Let us always be grateful of His guidance. (Cubmaster presents awards and arrow points for all ranks.)

Nature's Secrets Opening*Catalina Council***Equipment:**

Acorn;
pine needles;
feather.

Personnel:

4 Cub Scouts;
Cubmaster (CM) dressed as Akela.

Akela (to 4 Cub Scouts): To test your manhood, I send each of you out into the earth's vast high country to bring back one of nature's secrets.

(Cub Scouts exit and return.)

Akela (to C.S. #1): What secret have you brought and where did you find it?

Cub #1: Akela, I return with great hunger, thirst, and a painful sunburn. I learned that a young brave must plan ahead.

Akela (to C.S. #2): What lesson have you brought and where did you find it?

Cub #2: Akela, I searched the hills and forests and bring an acorn. Just as a mighty oak grows from a small acorn, if I have faith in myself, I can become strong.

Akela (to C.S. #3): What secret did you bring?

Cub #3: Akela, I climbed high into the distant mountains where the snow is still deep, and the air is cool. I bring green needles from the giant pine trees. Just as the pine needles remain green throughout the year, a brave should always remain true to Cub Scouting--Do Your Best.

Akela (to C.S. #4): What treasure have you brought and where did you find it?

Cub #4: Akela, I traveled to the top of the mountains. From my high perch, I saw the wonders of God's creations. I saw the eagle as it soared high and free in the blue sky. I bring an eagle's feather--a reminder of freedom and the vision we must have to protect and cherish it.

Akela (to the audience): These braves have learned well. Nature shared her secrets with them. It is now their responsibility to live what they have learned, to plan ahead, to have faith, to remain true to Scouting, and to cherish freedom. Will everyone now please stand and join me in repeating the Pledge of Allegiance and the Cub Scout Promise?

Campfire Opening and Closing *Catalina Council*

Equipment:

- ✓ One large candle and 14 small candles
- ✓ 7 of which have foil cupcake cups to catch hot wax
- ✓ One orange bead for each pack member
- ✓ A coffee can and another container larger than the can, for the "campfire"
- ✓ 7 index cards, each printed with lines for Cub Scouts to read
- ✓ Tape

Personnel:

Cubmaster
7 Cub Scouts

Arrangement:

- ✓ Place the orange beads in the coffee can and put it in the larger container.
- ✓ Tape the seven remaining small candles in a semicircle around the top edge of the large container.
- ✓ Each Cub Scout has a candle with a wax guard on it and a card with his part written on it.
- ✓ These Cub Scouts stand in a semicircle behind the campfire.

Campfire Opening:

*Only do this ceremony with
a fake indoor type campfire!! CD*

CM: Welcome to our pack meeting campfire. This large candle I am holding represents the spirit of Cub Scouting. We use it to light the others to add to the brightness of our campfire. (As each Cub Scout reads his part, Cubmaster lights both the Cub Scout's candle and one of the candles taped to the container.)

Cub #1: I am light. As I am added to the campfire, my flame allows us to see new chances to be helpful to others.

Cub #2: I am friendship. My flame teaches us how to be a friend to other people.

Cub #3: I am restraint. My flame reflects off the stones that surround the campfire, thus keeping the fire in check. When I am added to the campfire, we learn to keep our tempers and our tongues in check.

Cub #4: I am the rising smoke. As I rise from our campfire, our eyes turn skyward and we envision God.

Cub #5: I am love. My flame makes the campfire burn brighter and lovelier. Love grows toward parents and families when it is returned, and it makes our own lives more joyful.

Cub #6: I am fun. My flame jumps and leaps with sheer pleasure. When I am added to the campfire, we see the joy and fun of Cub Scouting.

Cub #7: I am the Scout spirit. My spirit is the brotherhood of Cub Scouts and Boy Scouts all over the world who are preparing themselves to become good citizens.

CM: We have learned that the things Cub Scouting offers us can make our campfire stronger, brighter, and more beautiful. Now before we continue our pack meeting, I ask all Cub Scouts to reach deep into the campfire and take a glowing ember. You will need it for our closing ceremony. (The boys each take an orange bead.)

Campfire Closing:

CM: After our opening ceremony tonight, each of you took a glowing ember from our campfire as a token of our friendship. Please take it out now, hold it at arm's length, and look at its glowing light. (Pause) Now may the Cub Scout spirit that is captured in your ember sustain you until we meet again.. Goodnight and good Cub Scouting.

AUDIENCE PARTICIPATIONS & STORIES

Oregon Trail Council

Check out the following audience participation in Cub Scout Program Helps 2008-2009 -

- ✓ **Sounds of the Forest**, page 3 JUN 09

At the Beach

Sam Houston Area Council

Divide the audience into 6 groups. Assign each group one of the words listed below. When their item is mentioned in the story, the assigned group should shout the designated saying. Have a practice session before starting the story.

BEACH: Shade eyes with one hand and say,
"Sand, sand, everywhere!"

CUB SCOUT: Stand, show the Cub Scout salute
and say, "Do Your Best!"

SWIM: Make swimming motions with your arms
while saying, "Stroke, stroke."

WATER: "Splash, splash!"

FOOD: "Yum, yum!"

KIDS: "Are we there yet?"

Summertime had arrived at last. School was out and the KIDS in the Wilson family were all looking forward to their first trip to the BEACH. All of the chores were done and it was time to pack the car. Mom was trying to pack the FOOD in the picnic basket, but was having trouble getting the

sandwiches wrapped before the youngest KIDS could grab them.

"Why don't you KIDS go out to the car and help your father while Chad stays here to help me get the FOOD ready?" Mom suggested. As soon as the KIDS had left the kitchen, Chad, a helpful CUB SCOUT, said, "What can I do to help you, Mom?" "Get some WATER and ice for the punch, Chad," said his Mom. Together Mom and her helpful CUB SCOUT managed to finish packing all the FOOD. Meanwhile, Dad had finished packing the car.

"OK, KIDS, it's time to get in the car and drive to the BEACH," Dad said. "It will take us about half an hour to drive to the BEACH, so relax and enjoy yourselves, KIDS." When they finally arrived at the BEACH, the KIDS couldn't wait to get in the WATER and SWIM.

Chad, the helpful CUB SCOUT, volunteered to watch the younger children while Mom and Dad spread the picnic blanket on the BEACH and unpacked the FOOD. "Hold my hand, Jimmy," said Chad, the CUB SCOUT. "Don't get in the WATER over your knees, because you don't know how to SWIM. We'll wade right here in the shallow WATER near the rocks on the BEACH."

"Lunch is ready," called Mom. "Come and get your FOOD." After they had finished the delicious FOOD Mom had packed, the KIDS decided to build a sand castle on the BEACH, near the WATER.

When it was time to leave the BEACH and head for home, Chad, the helpful CUB SCOUT, helped gather the toys while his parents loaded the leftover FOOD. "Thanks for taking us to the BEACH, Mom and Dad!" chorused the all the KIDS. "We sure had a good time SWIMMING and playing on the BEACH."

"And thanks for helping us at the BEACH, Chad. We're glad to have a CUB SCOUT in the family," Mom and Dad told their oldest son.

Happy Hikers

Sam Houston Area Council

Setting – Cubmaster in front of the group. As he reads the story, he mimics the words and encourages the group to follow him.

Action

Cubmaster – We're going on a hike. Just say what I say and do what I do. Listen carefully.

(begin hiking in place) Here we go on a hike thru the woods and over the mountains.

Come along with me. (smile, wave to the group and hike in place)

We're coming to a steep hill. (bend over as if climbing)

Now we're on top. What a lovely view. (shade eyes and look around)

Now, we'll have to go down. (move hand like going down a roller coaster and say "swoosh!")

Boy, we're out of breath. (breath heavily)

Now, we're passing thru a meadow. (hike in place)

What's that I see? (stop, look to one side)

It's a rabbit! And a meadowlark. (look up)

And a bumblebee! (run swiftly in place, waiving arms as if fighting off a bee)

We're happy hikers. (hike in place)

We're happy because of the beautiful mountains we see (shade eyes and smile)

and because of all that clean fresh air we are breathing (breath heavily)

and especially because we got away from the buzzing bee. (smile, turn head to look behind you and wave bye to bee)

Now we're getting tired. (slow pace, walk droopily)

There's what we need! (points)

A cool refreshing drink from the river. (pick up pace, kneel down and scoop water to mouth)

Ahhh, how refreshing. Let's be on our way (hike in place).

Now let's try to jump over the river without getting our feet wet. (take big step, get feet wet, shake them off)

Oh well, don't feel too bad about not making it. It was a wide river. At least we have cool toes. (shake feet again)

We'd better stop for lunch. (stop, reach in pocket, bring out sandwich, start eating, take handkerchief from pocket, wipe mouth, replace handkerchief, resume hiking in place)

Whew! Now I feel better.

Look at that cool bridge over the river. (points)

Let's walk across. (hike with knees up high, pausing to peer over the bridge into the river)

That was great! – did you see the alligator? (resume hiking in place)

Look a that crooked trail ahead. (point)

It's nothing but twists and turns. (continue hiking - twisting and turning)

I'm glad that's over. I was getting a little dizzy. (stagger)

Look like we have come to the end of the trail. (stop)

What do we do now? Are you tired? (shake head YES!)

So am I. (sit down, wipe brow)

The Talking Woods

Catalina Council

Divide the audience into 4 groups. Assign each group one of the words listed below. When their item is mentioned in the story, the assigned group should shout the designated saying. Have a practice session before starting the story.

Bees: "Buzz-buzz"

Frog: "Ribit-ribit"

Ant(s): "Chomp-chomp"

Mosquitoes: "Bite-bite"

Woods: All sounds together

One day John and Robert decided to go for a walk in the **WOODS**. They packed a lunch and started off. The **WOODS** seemed very busy that day. They heard some **BEES** buzzing as they gathered nectar for making honey. As they walked along the stream bank, a **FROG** jumped out in front of them, and they started to chase it. The **FROG** jumped into a nearby pond where the **MOSQUITOES** were very busy

enjoying the water. By this time the boys were getting hungry so they sat down under a big tree to enjoy their lunch. It wasn't long before they were joined by a nearby **ANT** community out looking for lunch themselves. It was getting late when they finished their lunch so they started for home. As they walked back through the **WOODS**, they listened to all the wonderful sounds. The **BEES**, the **MOSQUITOES**, the **FROGS** and the **ANTS**. They were very tired when they got home but they had a great time in the **WOODS**.

Cub Scout Nature Hike

Catalina Council

Divide the audience into 6 groups. Assign each group one of the words listed below. When their item is mentioned in the story, the assigned group should shout the designated saying. Have a practice session before starting the story.

Cub Scouts: "My Turn! My Turn!"
 Den Leader: "Now, boys."
 Robin: "Hop, hop, I'm off!"
 Dogwood: "Arf! Arf!"
 Hike: "Hup! Two! Three! Four!"
 Animals: "Grrrrrr!"

Practice as you make assignments

Once upon a time a den of **CUB SCOUTS** went on a **HIKE** to see what they could see. Their **DEN LEADER** pointed out sights like spider webs, **ROBIN**'s nests and **DOGWOOD** trees. The **CUB SCOUTS** wanted to take a nature **HIKE**, to see how many wild **ANIMALS**, they could find and the **DEN LEADER** saw it as a perfect opportunity for them to learn about conservation and make plaster casts of the tracks of **ANIMALS**.

As the **HIKE** went on, the **CUB SCOUTS** splashed in a creek, chased a **ROBIN**, climbed a **DOGWOOD**, and tried to out-moo a field of cows. The **DEN LEADER** grew weary of trying to keep up and suggested they rest from their **HIKE**, under the shade of a **DOGWOOD**, and eat their sack lunches.

As the **CUB SCOUTS** were eating they grumbled about not seeing any wild **ANIMALS** yet on their **HIKE**. The **DEN LEADER** explained that if they were patient and much quieter, they would not scare the **ANIMALS** away and have a better chance of seeing some. Just then a **ROBIN**, landed on a branch of their **DOGWOOD** tree and the boys all made the Cub Scout sign and were very quiet. The **DEN LEADER** motioned for them to lay some bread from their sandwiches on the ground. The **CUB SCOUTS** tore the bread in small pieces and scattered it around them. Like all wild **ANIMALS**, the **ROBIN**, was at first afraid of the people below her **DOGWOOD** branch and just watched curiously. But then, she flew to the ground to sample the bread. One of the **CUB SCOUTS** was very, very still and held a piece of bread carefully in his fingers and soon the **ROBIN** was eating out of his hand. Eventually the **CUB SCOUTS** could sit still no longer and the movement and the noise scared the **ROBIN** back to a branch of the **DOGWOOD** tree.

Calamine Lotion

Catalina Council

The leader should do the motions while saying each line. The audience should repeat whatever the leader says and does.

Mosquitoes! (point)
 Bite! (pretend to slap mosquitoes that have landed on you)
 Ouch! (jump up)
 Scratchy! (scratch yourself)
 Mosquitoes! Bite! Ouch! Scratchy! (do all four motions)
 Especially on my 'Backy ! (slap Back)
 Where's the Calamine, Calamine, Calamine Lotion? (cup hands to mouth while saying)
 Nooo, Calamine Lotion! (hold head with hands)
 Mosquitos! (point)
 Bite! (pretend to slap mosquitoes that have landed on you)
 Ouch! (jump up)
 Scratchy! (scratch yourself)
 Mosquitoes! Bite! Ouch! Scratch! (do all four motions)
 Especially on my backy! (slap back)
 Shhhhhh! (pretend to spray bug spray)
 Zap! goes the mosquito when you hit him with the bug spray! (clap)
 Where's the Calamine, Calamine, Calamine Lotion? (cup hands to mouth while saying)
 Here it is (pretend to put lotion on your back)
 Ahhhhhhhhh! (smile)

LEADER RECOGNITION

Sam Houston Area Council

Each Life Affects Another

by Amanda Bradley

We may not always realize
 That everything we do,
 Affects not only our lives
 But touches others, too!
 For a little bit of thoughtfulness
 That shows someone you care,
 Create a ray of sunshine
 For everyone to share.
 Yes, every time you offer
 Someone a helping hand,
 Every time you show a Scout
 You care and understand,
 Every time you have
 A kind and gentle word to give,
 You offer some encouragement
 In this precious life we live.

Materials – a craft "sun" design or a picture of the sun painted on a display board with the words – Thanks for brightening our Pack OR Your helping rays of sunshine made this event a success.

Cubmaster – There are some leaders and parents in our pack whose enthusiasm/hard work/effort has brightened our pack meeting tonight, and they are worthy of an award of sunshine! (Call adults forward and present with award. You might want to tell them to be careful – it's a hot award! ☺)

ADVANCEMENT CEREMONIES

Oregon Trail Council

Check out the following Advancement Ceremonies in Cub Scout Program Helps 2008-2009 -

- ✓ **Refreshing Awards, 2 AUG 09**

Swimmer's Advancement

Sam Houston Area Council

Personnel: Cubmaster (CM) and Assistant CM (CA)

Materials –

- ✓ Diagram made of poster board or a sheet colored blue imitating water gradually getting deeper,
- ✓ Fish made out of cardboard, as many different sizes as you have ranks to present.

Actions:

CM: (Placing smallest fish in shallow water) A new swimmer starts out in shallow water, and the first step is to learn how to maneuver in the water, just as our beginning Scout is becoming familiar with Cub Scouting. The first part of becoming a Cub Scout is earning the rank of Bobcat. Would the following boys and their parents please come forward? (Award badges. Lead Cheer)

CA: (Place next to smallest fish in slightly deeper water.) As our swimmer becomes stronger, he moves further into the water and discovers new territory. Just as our fish is developing, so is our Cub Scout. The next rank is that of Tiger. Would the following boys and their parents please come forward? (Award badges, Lead Cheer)

CM: (Place 3rd fish further out in the water.) Our swimmer has learned and grown, and can now move further out into the water and can maneuver faster in the water. Just like the fish, the Cub Scout is learning and meeting more challenges and is becoming more acquainted with the pack. The next rank is that of Wolf. Would the following boys and their parents please come forward? (Award badges and/or arrow points, Lead Cheer)

CA: (Place 4th fish) Our swimmer continues to learn and grow and do more things in the water. He can now swim faster and farther and even do some tricks in the water. The next rank is that of Bear. Would the following boys and their parents please come forward? (Award badges and/or arrow points, Lead Cheer)

CM: (Place last and largest fish in deepest water.) Our swimmer has finally reached the stage where he can go into the deepest water and has learned quite a lot about the water and its characteristics. This stage of growth is like that of the Webelos. The Webelos Scout has matured and learned much; he is getting ready to move into Boy Scouts. Would the following boys and their parents please come forward? (Award activity badges, Webelos badges, and/or others. Lead Cheer)

CA:

Just as the swimmer develops and ventures into deeper and deeper water, our Scouts are learning and developing skills that will help them as they move into Boy Scouting and beyond. Let's give all our Scouts a final cheer for their achievements this month.

A Letter from Scouting

Sam Houston Area Council

Often we find our pack meeting out-of-doors. A mailbox is fun, convenient, and colorful for outside use. It is known as the 'Cubmaster's Mailbox'.

Materials –

- ✓ Decorate a standard mailbox with the Bobcat, Tiger, Wolf, Bear, Webelos, and Arrow of Light stick-on emblems.
- ✓ Place the awards on 3" x 5" cards (one per Cub Scout) with the Scout's name on it and place it in the mailbox.

Actions

- ✓ The Cubmaster then removes a card 'wondering what the mailman has brought'.
- ✓ The Cub Scout and his parents are then called forward as all participate in the presentation.
- ✓ Lead a cheer after each presentation.

Outdoor Advancement Ideas and Ceremony

Great Salt Lake Council

Decorate the area. Hopefully you will be able to be outside such as a park, with outdoor activities. A croquet set, badminton, kites, could all be set up and possibly used as part of the meeting. Picnic items could be used as decorations and part of the ceremonies. The names of the Cub Scouts receiving achievements and advancements could be put on a kite or on items that could be pulled out of the picnic basket.

The Cubmaster could take the kite and talk about the joy of a kite rising higher and higher. Then say: (Cub Scout's name) has risen higher and achieved the rank of _____.

Another idea that could be used for advancement would be to take stones and placing them one on top of another as in stepping stones. The stone on the bottom would be labeled "Bobcat", the second one "Wolf", and so on to Webelos or Arrow of Light, if needed. The Cub Scout would be brought forward as if going on a hike. The Cubmaster could discuss the journey the Scout has taken as he has advanced from rank to rank.

This little tree is a symbol of the natural beauty of our land. This tree also represents Scouting. It takes a long time for a beautiful tree to grow and develop. In the same way, a Cub Scout spends a lot of time and effort in advancing from rank to rank. So do his parents who help him.

Tonight we will see how much prettier this Cub Scouting tree will be when we put some leaves on it. Each of these leaves represents the time and effort put into the advancement work by our Cub Scouts and their parents. Our Den Leaders also played a very important part in the advancement program, for without their support and help we would not have the opportunity to be in Cub Scouting.

Will the following boys and their parents, please come forward when called? (Call the boys forward to the front of the pack.)

Each of you has helped nurture this tree. Just as trees endure for many, many years, so do the values you have gained from working on achievements, electives and activity badges will last you a lifetime. May you always stand strong and tall like a tree - and be a beautiful resource for our land.

Nature Advancement Ceremony

Catalina Council

Props:

A several-branched limb (bare) set in a can of plaster.
Green paper leaves (1 for each boy receiving an award)

CUBMASTER:

This tree is a symbol of the natural beauty of our land. It takes Mother Nature a long time to grow a beautiful tree. It requires nurturing such as sunshine and water. This tree represents our Cub Scouting program. In order for it to flourish, much time and effort must be spent by Cub Scouts and their parents. The boys receiving awards tonight have given time and effort, as have their parents. As each of you receives your award, you will place a leaf on our tree, and you will be able to see how much more attractive it is because of you.

(Calls forward boys and parents receiving Bobcat first, then Tiger Awards, followed by Wolf awards and arrow points; then Bear awards and arrow points; then Webelos Badge and activity badges. Be sure to lead a cheer for each rank or award.

Note: Since the Arrow of Light is the highest award in Cub Scouting, it is suggested that it have its own ceremony. (At least in Catalina Council who published this ceremony)

You have each helped nurture this tree, and it has become a part of you. Just as Mother Nature's trees endure for many years, you have gained values through your achievements and electives and activity badges will last you a lifetime. May you always stand tall and straight like a tree .and be a beautiful resource of Our land.

Cub Scout Trail

Catalina Council

Arrangement: Awards are attached on the back of paw prints (Tiger, Bobcat, Wolf, Bear, use Webelos sign for the Webelos); Paw prints are visible on walls and other part of the room, grouped by the rank.

CM: The Cub Scouts of our pack have been hiking and having outdoor fun this month. As they have been finding new things to do along the way, many achievements have been completed along this Cub Scout trail. The only problem is that these awards have been left out on the Cub Scout Trail where they were completed. So my trusty hiking buddy and myself are going to have to hit the trail ourselves in search of tonight's awards.

(Leaders search until coming to Bobcat paw prints, Tiger paw prints, Wolf paw prints, Bear paw prints, and Webelos "paw prints.")

Rank ceremonies for each could be as follows.)

CM: The Bobcat has alert ears and his movements are swift and sleek. We have several Bobcats here tonight who swiftly tracked the seven steps of what it takes to be a Cub Scout. Would the following boys and their parents come forward? (Present Awards. Lead Cheer)

CA: Ah ha!! We have found evidence of Tiger prints along the Trail. This must mean that we have some Tiger Cubs who have earned their Tiger Badge this month with their Adult Partners. Will the following boys and parents please come forward? (Present Awards. Lead Cheer)

CA: The Wolf is an animal of intelligence and loyalty. He has learned about his country and his home to which he will remain loyal. He has also learned many ways of nature and new skills to help Mother Earth stay healthy. Would the following boys and their parents come forward? (Present Awards. Lead Cheer)

CM: The Bear has always been the symbol of strength. The bear has learned many ways to use his strength to improve his body, his mind and his environment. He has done this by continually exploring new ideas and learning new skills. Would the following boys and their parents come forward? (Present Awards. Lead Cheer)

CA: Webelos may not be named after an animal but it does stand for something special. Webelos means "We'll be loyal Scouts." These young men have traveled far and have learned much. They have learned to take care of the environment. Webelos are apprentice outdoorsmen, foresters, geologists and naturalists. And they will keep learning on their trail to Boy Scouts. Would the following boys and their parents come forward to be awarded the rank of Webelos? (Present Awards. Lead Cheer)

SONGS

Guidelines for Changing Lyrics to Patriotic Songs

Cub Scout Program Helps 2008-2009, 4 JUL 09

Putting new words to popular songs is part of the fun of Cub Scouting. However, Scouts should refrain from changing the lyrics to "America," "America the Beautiful," "God Bless America," and "The Star-Spangled Banner." Help the boys in your pack learn the correct lyrics to these patriotic songs.

Oregon Trail Council

Check out the following songs in
Cub Scout Program Helps 2008-2009 -

✓ **Out in the Sunshine**, 2 AUG 09

✓ **My Flashlight**, 2 AUG 09

Boom, Boom

Catalina Council

Boom, boom. Ain't it great to go Scouting?

Boom, boom. Ain't it great to go outing?

Hiking and camping, all day long.

Boom, boom. Ain't it great to go Scouting?

The Twelve Days of Summer Camp*Sam Houston Area Council*

to the tune – The 12 Days of Christmas

On the 1st day of summer camp, my mother sent to me
A box of oatmeal cookies.

On the 2nd day of summer camp, my mother sent to me
Two t-shirts
and a box of oatmeal cookies.

On the 3rd day of summer camp, my mother sent to me
Three pairs of socks
Two t-shirts
and a box of oatmeal cookies.

Then keep on going and growing -

4th day - 4 large brimmed hats
5th day - 5 swimming trunks
6th day - 6 postage stamps
7th day - 7 nose plugs
8th day - 8 comic books
9th day - 9 bars of soap
10th day - 10 band aids
11th day - 11 shoestrings
12th day - 12 bottles of suntan lotion

Summer Fun in The Sun*Sam Houston Area Council*

to the tune – My Bonnie Lies Over the Ocean

There's camping and fishing and swimming
And soccer and baseball leagues too.
And if you can wake up when it's really early,
You'll enjoy a trip to the zoo.

Chorus

Summer fun
Summer fun
For Cubs it's a natural thing to do.
Summer fun
Summer fun
And be mindful of safety, too.

A water fight's great in the summer,
With water balloons galore.
But it's better to go to the park, cause
In the house it can mess up the floor.

Chorus

Water skiing is sure fun each summer
And boat rides are so fun to take.
But go over the rules of boat safety
Or they'll be pulling you out of the lake.

Chorus**The Sun Song***Alice, Golden Empire Council*

This could be done as a rap or to the original beat. Check out <http://www.astrocappella.com/sun.shtml> to hear it sung. CD

Our star, the Sun is a big ball of gas
And it's 99 percent of our solar system's mass
It's an average star in our Milky Way
Warming the Earth every day

What powers our Sun and makes it so bright?
Come on and tell me, what makes all that light?
Hans Bethe long ago reached the conclusion
It changes Hydrogen to Helium by nuclear fusion
When fusion takes place light is created
And it makes its way out (although rather belated)
Through the Photosphere that's the part that we see
The light comes out and shines on you and me
About a million Earths could fit in the Sun
But if you were there you wouldn't have much fun
It's six thousand degrees at the photosphere
And much hotter inside the solar atmosphere
There are a few places where it's not so hot
Like at the center of a big sunspot
But heat is relative it's still pretty warm
Sitting on a sunspot would do you great harm
Galileo discovered sunspots
What are those things, those funny dots?
They're cooler parts, scientists feel
Caused by a stronger magnetic field
Those spots move around the face of the Sun
Proving to all... solar rotation!
A strange kind of movement, to do a full roll
25 days in the middle, 36 at the poles
What about flares? I've heard of them here
They're like giant explosions in the Chromosphere
The magnetic fields above those sunspots
Reconnecting again after being in knots
Above the Chromosphere the Corona is placed
It's millions of degrees and reaches way into space
It's very thin, but read my lips
That's the part that you see in a solar eclipse
That's the end of our song about Mr. Sun
We hope that you find that learning is fun
But never look at the Sun, you could go blind
Just keep on enjoying that warm sunshine!

Out in Nature*Catalina Council*

(Tune: Clementine)

Out in nature, out in nature
You will find your summer's fun;
If you look at what's around you,
You'll have fun till day is done.
After sunset, watch the stars shine,
Nature's wonders you can see;
Mother Nature's backyard's endless,
Always there for you and me.
Did you ever watch an ant work?
Have you listened to the bees?
Have you watched birds build their nests high,
And been thankful for the trees?
If you'll just look all around you,
Many new things you will find.
If you'd only realize it,
They were right there all the time.

Hiking*Catalina Council*

(Tune: Caisson Song)

Over hill, over dale,
We will hit the Cub Scout trail,
As the Cub Scouts go hiking along.

In and out, all around,
You will never see us frown,
As the Cub Scouts go hiking along.

And it's high, high, hee
The Cub Scouts are for me,
Shout out your name and shout it strong,

Where're we go, we will always know,
That the Cub Scouts go hiking along.

Song Of My Shoes*Catalina Council*

(Tune: Battle Hymn of the Republic)

My shoes have seen the glory of the growing of a Scout.
My shoes have been in water steppin' in and steppin' out.
My shoes have hiked through forests to the top of the mount;
My shoes are wearing out!

Chorus

Groovy, Radical, and Awesome (repeat 3x)
My shoes are wearing out!

My shoes have seen the bottom of the dirty fishy creek,
My shoes have been all covered with the gooey muddy cake,
My shoes have seen the same ol' socks for seven days this week,
My shoes do really stink!

Chorus

Groovy, Radical, and Awesome (repeat 3x)
My shoes do really stink.

My shoes are torn and tattered climbing fences packed in rust,
My shoes are stained and spattered with some yucky insect guts,
My shoes are oozing slime and fill my mom with disgust,
My shoes have bit the dust!

Chorus

Groovy, Radical, and Awesome (repeat 3x)
My shoes have bit the dust!

The Ants Go Marching*Catalina Council*

The ants go marching one by one, hurrah, hurrah.
The ants go marching one by one, hurrah, hurrah.
The ants go marching one by one,
the littlest one stopped to suck his thumb,
And they all go marching down,
to the ground to get out of the rain
Boom, boom, boom...

The rest of the verses

Two – to tie his shoe
Three – to climb a tree
Four – to shut the door
Five – to take a dive
Six – to pick up sticks
Seven – to pray to Heaven
Eight – to shut the gate
Nine – to check the time
Ten – to say "The end."

Tongue Twister Song*Catalina Council*

(Tune: Battle Hymn of the Republic)

A busily buzzing bumble bee was busily buzzing by.
A busily buzzing bumble bee was busily buzzing by.
A busily buzzing bumble bee was busily buzzing by.
A busily buzzing bumble bee was busily buzzing by

CHORUS:

They were only playing leapfrog.
They were only playing leapfrog.
They were only playing leapfrog.
As a busily buzzing bumble bee was busily buzzing by.

Other verses as desired or needed:

A speedy spider spied a spider on a spindly spider's back.

CHORUS: They were only playing leapfrog.

One hedge hog edged up on the hedge while another hedge hog edged down.

CHORUS: They were only playing hedge hop.

One fleet fly flew up the flue while another fleet fly flew down.

CHORUS: They were only playing flue fly.

One sly snake slid up the stake while another sly snake slid down.

CHORUS: They were only playing serpent.

One big black bear backed into a bush while another big black bear backed out.

CHORUS: They were only playing bear back.

One tiny turtle tumbled into the tank while another tiny turtle tumbled out.

CHORUS: They were only playing tip tank.

One tall turkey tore up the tree while another tall turkey tore down.

CHORUS: They were only playing tree tag.

One fat frog flopped on the float while another fat frog flopped off.

CHORUS: They were only playing frog float.

One speedy fat bear tumbled into the stake while another sly fleet turkey flopped down.

CHORUS: That's the way we sing in Scouts

Birds in the Wilderness*Catalina Council*

(Tune: "Old Gray Mare")

Here we sit like birds in the wilderness,
Birds in the wilderness,
Birds in the wilderness.
Here we sit like birds in the wilderness,
Waiting for the rest to come.

My Favorite Cub Things*Catalina Council*

(Tune: My Favorite Thing)

Hiking in summer and snowballs in winter.
Working with wood till my hand's full of splinters.
Sitting round campfires and starting to sing.
These are a few of my favorite things.
Bringing snakes home to show to my den leader.
That's the best way to show her that I need her.
She screams, "A snake to our meeting don't bring."

STUNTS AND APPLAUSES

Oregon Trail Council

Check out the following in

Cub Scout Program Helps 2008-2009 -

- ✓ **Run Ons**, page 3 JUL 09
- ✓ **Applauses and Cheers**, 3 JUL 09

APPLAUSES & CHEERS

Alice, Golden Empire Council

Summer Storm Applause:

Divide the audience into three groups and have them practice their sound and action.

- ★ **Group #1** makes a “whoosing” sound and sweep their arms upward;
- ★ **Group #2** stomp their feet and make a motion of hail falling with their arms;
- ★ **Group #3** makes a “SZZZZZZ” sound like lightning sizzling as they make a long Z shape with one arm.

Now, as you point to each group they make their sound and action. Switch back and forth, then motion for everyone to make their sound at the same time.

Sand Castle Applause:

Each person makes a motion of picking up their shovel, filling a bucket with sand, then plopping out the sand and using their hands to shape the castle. Then everyone says “What a Great Sand Castle!”

Shark Applause

Each person holds their hands together at the wrist, then open up just their hands to make a small “mouth” while saying, “Baby shark”..Do..Do..Doo. Then they make a wider mouth by holding elbows together and opening the “mouth” from elbow to fingertips, while saying “Mama Shark”...Do....Do..Doo. Next step is Daddy Shark – using one foot and whole arm to make a really wide mouth. Last step is Grandma Shark, made by using just the hands, held together at wrists, and curving under all the fingers into a fist. *(OK, technically, this wouldn't really be much fun, but since the sharks are only OUR hands, arms and feets, it can be Fun in the Sun ~ Alice)*

The Shark SONG was actually the most popular song at my Webelos Resident Camp this year. Lead by my nephew, Kier. CD. Check it out

<http://www.boyscouttrail.com/content/song/song-1135.asp>

Summer Frog Applause

Divide the audience into three groups, each one representing a different frog.

- ★ The first group says “Cub,”
- ★ The second group says “Scout,” and
- ★ The third group says “Ing.”

Point to one group at a time, randomly, and out of order.

Then begin pointing to the groups in order, and do it faster and faster and louder and louder. (Based on that fun commercial during the Super Bowl several years ago)

Other applauses that fit with Fun in the Sun theme are the Water Sprinkler Applause, the Watermelon Applause, or even a Watermelon Seed Spitting Applause, or any of the Summer Sports based applauses - Alice

Great Salt Lake Council

Seal Cheer - Extend your arm straight out in front of you and clap with stiff arms while saying, “Arf, arf, arf, arf.”

Beach Cheer - Divide your audience into 3 groups.

When you point to

- Group 1, they yell “Sand.”
- Group 2, they yell “Surf,” and
- Group 3, they yell “Sun.”

Catalina Council

Foil Dinner Cheer “Sizzle, Sizzle, Sizzle, MMMMMMMMMMM Yummy”

Marshmallow Put your marshmallow on a stick, hold it over the fire. It catches fire. =Hurry and blow it out. Cool it. And say, “Just right!”

Treetopper Cheer Simulate climbing a tree, one branch at a time; cut off the top with an ax and yell “Timberrrrrrrr”

Echo Cheer Have one-half of the group holler out a cheer, and the other half be the echo, giving the cheer repeatedly fainter and fainter.

Stamp of Approval Stamp feet on the ground.

Sam Houston Area Council

Clean Air Cheer. Take a big whiff of air and exhale and go AHHHHHHHHHHHHHHHHHH

Wave Cheer. As you've seen done at sporting events, raise your arms above your head and stand up, then sit back down. Do with a ripple motion around the room.

RUN-ONS

Catalina Council

An exhausted hiker stumbled into another hiker in the woods.

Cub #1: Am I glad to see you. I've been lost for 2 days.

Cub #2: Don't get excited. I've been lost for 2 weeks.”

Hiker 1: Watch out. There's poison oak.

Hiker 2: Don't touch it. You'll be itch hiking!

Boy 1: (running on stage) They're after me!
They're after me!

Boy 2: Who's after you?

Boy 1: The squirrels. They think I'm nuts.

Boy 1: (pointing to the sky) Is that the sun or the moon up there?

Boy 2: I don't know. I'm a stranger here myself.

Sam Houston Area Council

The following three jokes could be a series of run-on's during your pack meeting.

Cub #1: Why do fish have schools?

Cub #2: So the buoys and gulls can get an education.

Cub #1: Do they have Scouts, too?

Cub #2: Sure do! Buoy Scouts and Gull Scouts.

Cub #1: What do Buoy Scouts do?

Cub #2: Make sure the coast is clear.

Alice, Golden Empire Council

Q: How did you find the weather on your vacation?

A: I just went outside and there it was.

Run Ons about the Sun:*Alice, Golden Empire Council*

Q: What's the longest trip you have ever made?

A: All the way around the sun – the earth does it every year!

Q: What is more useful: the sun or the moon?

A: The moon, because the moon shines at night when you want the light, whereas the sun shines during the day when you don't need it.

Q: How far can you see on a clear day?

A: 93 Million miles...From here to the Sun.

JOKES & RIDDLES*Catalina Council*

Why did hundreds of people flock to the base of the oak tree?

It had a scenic root.

If two snakes marry, what will their towels say?

*Hiss and Hers.*What do you get when a monkey falls into a bag of potato chips? *A chip-monk.*

What has more lives than a cat?

A frog, it croaks every night.

Where does an 800 pound black bear sleep?

Anywhere it wants.

What is the only wild animal you are allowed to feed?

The mosquito.

Why do birds fly south for the winter?

*Because it's a lot faster than taking a bus.**Alice, Golden Empire Council*

Q: What washes up on very small beaches in the summer?

A: MICROwaves of course!

Summer Weather Jokes

Q: Why is Hurricane Season like Christmas?

A: Because at some point, you know you will have a tree in your house!

Q: What is a king's favorite kind of precipitation?

A: Hail!

Q: What's the difference between a horse and the weather?

A: One is reined up and the other rains down.

Q: What do you call it when it rains chickens and ducks?

A: Foul (fowl) weather.

Q: What is a tornado's favorite game?

A: Twister!

Q: Why did the police want to arrest the Hurricane?

A: For littering!

Sam Houston Area Council

Cub #1: What kind of exercise can you get on a boat?

Cub #2: A-ROW-bics!

SKITS*Oregon Trail Council*

Check out the following Skit in

Cub Scout Program Helps 2008-2009 -

✓ **Fishing Skit**, page 8 AUG 09**GOING THE DISTANCE***Great Salt Lake Council***Personnel:** Any number of boys**Opening:** All start out walking:**1st Boy:** (stops) I'm thirsty. (All get a drink.)
(Continue Walking.)**2nd Boy:** (stops) I'm hot (All wipe off face.)
(Continue Walking.)**3rd Boy:** (stops) I'm hungry (All get something to eat)
(Continue Walking)**4th Boy:** (stops) My shoestring is undone
(All tie shoestrings) (Continue Walking)*Make up as many more things as you need so that every boy
in your den has a part***Last boy:** (as boys approach the end of the stage): This sure
has been a long walk how far have we gone?**1st Boy:** (Looking back) Across the stage!**TRACKING***Great Salt Lake Council*

Boys enter with magnifying glasses as if following a trail.

Cub #1: Look at those tracks!**Cub #2:** Wow! They look like wolf tracks!**Cub #3:** No, they look like bobcat tracks!**Cub #4:** I think you're both wrong. I think they're bear
tracks!**Cub #5:** No, wolf tracks!**Cub #6:** Bobcat tracks!**Cub #7:** I told you, bear tracks!*They continue arguing until they are suddenly run over by a
train - several boys linked together making "Chug, chug,
chug, choo, choo choo" sounds.***Den Chief:** (Raising his head and looking at the audience.)
I think we were all wrong - they were TRAIN
TRACKS! (He falls back down.)**The Best Tree Contest***Catalina Council***Cast:**

A Judge

Five trees

An apple tree.

An almond tree,

A redwood tree (use the tallest boy in the den),

An evergreen tree, and

The smallest cub scout with a couple of twigs hanging
out of his uniform.**Set Up:**

The trees are in the forest getting ready for the big contest

Apple tree: I know I'm going to win the best tree contest.After all, I'm the best tree because I have
yummy fruit. Can't make applesauce or cherry
pie without fruit!!**Almond:** I'm the best tree because I have nuts. Almonds
are full of potassium and protein. Nuts are
used in all kinds of candies, cookies, salads
and even main dishes! Redwood tree: I'm the
best tree because I grow straight and tall. I
provide lots of shade and lumber. I'm the
biggest and tallest trees in the world!

Evergreen: I'm the best tree because I stay green all year round. I make a great Christmas tree!

Apple tree: Who is that over there?

Almond: Oh I think he's just one of the workers.

Redwood: No way he could be one of the contestants.

Evergreen: He's too small.

Apple tree: He's too scrawny.

Evergreen: He doesn't do anything.

All: Shhh guys, here comes the judge.

Judge: (looks around. Looks up and down and circles every tree thoughtfully writing on a tablet taking notes. Then says, "I have made my decision!"

(A flurry of excitement as they are all nervous and chat with each other wondering if it could be them)

Judge: And the winner is -- (And the judge puts the sash or ribbon on the little boy tree.)

Apple tree: Excuse me judge, I don't understand. Why did you pick him? He doesn't have fruit.

Nut Tree: He doesn't have nuts.

Redwood: He's small and won't provide enough lumber to make a house

Evergreen: Yeah? He couldn't even be a Christmas tree. I don't understand why he won.

(They all murmur)

Judge: Shhhhhhhh!!! (harshly) Can't you see.... More than bearing fruit, he's a little bit nuts. He'll grow strong and useful, will build many things and bring cheer to everyone. This tree (pointing and standing him up proudly)....is the future!!

Dirty Socks

Catalina Council

Need:

4 Cub Scouts; (Can have more so every boy gets a part)
One large can (gallon can) with water placed in the center of the stage;
A pair of socks in the can;
3 mugs.

Cub #4: *(Places pot on center stage, over a fire if you have one, stirs once and leaves)*

Cub #1: *(Walks to can carrying his mug. Dips his mug in and brings it up to his lips for a drink.)*
"This camp coffee is getting worse!"

Cub #2: *(Walks to can carrying his mug. Dips his mug in and brings it up to his lips for a drink.)*
"This camp tea is getting worse!"

Cub #3: *(Walks to can carrying his mug. Dips his mug in and brings it up to his lips for a drink.)*
"This camp chocolate is getting worse!"

Cub #4: *(Walks to can, dips his hands in and takes out two wet socks. He wrings them out, and says)*
"I thought that would get them clean!"

CLOSING CEREMONIES

Oregon Trail Council

Check out the following Closing in
Cub Scout Program Helps 2008-2009 -

✓ **Moment of Reverence**, page 8 AUG 09

Sunshine

Sam Houston Area Council

Setting – 8 Cub Scouts with poster boards with the letters to S-U-N-S-H-I-N-E (from the opening ceremony) on the front and the appropriate verses on the back.

Scene – Scouts in a circle or horseshoe around the flag. If Scouts are in a circle, those in the back should hold up their letters higher and those in the front a little lower. Have the first "S" at approximately 9:00 on the circle.

Cub #1: S Soon our pack meeting will end and we will head home. We will

Cub #2: U Use the Scouting Spirit evident in tonight's meeting to tackle

Cub #3: N New projects and skills in the coming months.

Cub #4: S Summer has been lots of fun but we are looking forward to some

Cub #5: H Hilarious adventures as our year progresses. We are even planning to

Cub #6: I Invent a thing or two. We hope you'll join us on these

Cub #7: N New and exciting expeditions. But for right now, we'd like to

Cub #8: E End with the Cub Scout Promise. Please stand and join us.

What Shall You Give?

Sam Houston Area Council

Setting – 6 Scouts and Cubmaster. Each Scout has a phrase to say – place on the back of a poster with an appropriate picture or have him memorize it.

Scene – Scouts form a line and hold up the poster/picture as his turn arrives.

Cub #1: What shall you give to one small boy?
A glamorous game, a tinselled toy?

Cub #2: A whittling knife, a puzzle pack?
A train that runs on curving tracks?

Cub #3: A picture Amok, a real live pet –
No, there's plenty of time for such things yet.

Cub #4: Give him a day of his very own –
Just one small boy and his dad alone.

Cub #5: A walk in the woods, a romp in the park,
A fishing trip from dawn til dark.

Cub #6: Give the gift that only you can –
The companionship of his old man.

CM: Games are outgrown and toys decay –
But he'll never forget if you give him a day.

Cubmaster's Minutes

Oregon Trail Council

Check out the following Cubmaster's Minutes in
Cub Scout Program Helps 2008-2009 -

- ✓ **God's Creations**, 3 AUG 09
- ✓ **End of the Scouting Year**, 4 AUG 09

Amazing Sunshine

Sam Houston Area Council

Tonight we've had some fun in the amazing sunshine. It's almost as amazing as our Cub Scouts. They are just as intense and just as glowing as our sun because of the ideals they share and the achievements they earn. The Aims of Scouting – character, citizenship, and fitness, shine brightly in our Cub Scouts, and we encourage them to work hard and have fun as they continually discover new ways to make their light shine.

PEBBLES

Great Salt Lake Council

Equipment: Small wading pool filled with water.

Set Up: Cubmaster and Cubs make a circle around the pool.

Cubmaster: Have you ever dropped a pebble into a quiet lake or pool? If you have, you probably noticed how each wave started by each pebble influenced the waves started by other pebbles. Through the Character Connections, the Cub Scouts learn core values each month that will help them have a great influence for good on those with whom they associate.

THEME RELATED STUFF

Oregon Trail Council

Check out the following Group Activity in
Cub Scout Program Helps 2008-2009 -

- ✓ **Sports Quiz**, page 2-3 JUL 09

Fun Facts about the Sun:

Alice, Golden Empire Council

- The Sun has an expected lifetime of 11 billion years.
- It takes only 8 minutes for sunlight to travel from the sun to the earth.
- If the Sun stopped shining, it would take eight minutes before we would realize it on Earth!
- All the coal, oil, gas and wood on earth would only keep the sun burning for a few days.
- The Sun provides 126,000,000,000,000 horsepower of energy to the Earth each day.
- The Sun is really a Star! (And only 55% of Americans know that!)
- On the surface of the Sun, an area only the size of a postage stamp shines with the power of 1,500,000 candles!
- At the North Pole, the Sun isn't seen at all for 186 days!
- Every eleven years, the magnetic poles of the Sun switch.
- More than one million Earths would fit inside the Sun.
- The Sun is 330,330 times larger than the Earth!

- Lightning bolts can be hotter than the Sun (about 50,000 degrees F).
- If the Earth were the size of a quarter, the Sun would be as large as a ball NINE feet across, and the Sun would be a football field away from the Earth.
- 99% of the entire mass of our solar system is concentrated in the Sun.
- The earth travels over a million and a half miles per day around the Sun.
- A solar eclipse can last only 7 minutes 58 seconds, because of the speed at which the Sun moves.
- The Aztecs believed the Sun died every night and needed human blood for strength to rise again. They sacrificed 11,000 people a year, mostly prisoners from their many wars, to appease Huitzilopochtli, their Sun God.
- Without the Sun, the Earth and other planets would fly off into space – the Sun is a kind of anchor.
- Sun spots (cooler areas on the Sun's surface) occur in 11 year cycles.
- Solar Flares, when the Sun ejects massive amounts of material, can affect satellites and create the "Northern Lights" phenomenon.

And from the Old Farmer's Almanac: Go to www.almanac.com/ to see a video about how they make their predictions; there's also a children's version and a free online monthly newsletter

- Even though the summer solstice was on June 20–21, the latest sunset of the year takes place during the last week of June—due to Earth's elliptical orbit and speed. (go to their website to get the date in your area)
- Though we receive the longest sunlight now, the hottest days of summer aren't in June. We have a "lag" of the seasons while the oceans and Earth warm up from wintertime.
- You can look at your shadow around noon when the Sun is high overhead, and your shadow will never look shorter!
- The Sun is at its most northern point in the sky. So, why does a Sun that seems so far away produce the heat of summer? Because the tilt of Earth's axis lets rays of sunlight hit the Northern Hemisphere more directly.

Teach Your Child to Be Boat Safe

This article appeared in Sacramento at a community event – some good tips to think about to keep parents keep their children safe ~ Alice

*By Glenn Pribus from Fair Oaks, CA –
member of US Coast Guard Auxiliary*

Most kids love boats and there's plenty of water around Sacramento for boating. However, fun on the water can become a tragedy in seconds if youngsters are not taught safety rules (and) they are not strictly followed and enforced. Simple ignorance is the cause of many mishaps on the water, and education is the single most effective means to help prevent boating tragedies.

Boating Safety Basics:

The most crucial safety procedure is to use a LIFE JACKET – also known as a Personal Flotation Device (PFD). In more than 75% of documented recreational-boating fatalities, the victim was NOT wearing any type of flotation device.

(Note: In Sacramento area, they are available for FREE loan from the Sacramento Fire Department – check in your area ~Alice) Federal law mandates that all boats, powered or non-powered, must carry at least one Coast Guard approved wearable PFD for each person on the boat, and children under seven MUST wear theirs. (Boat cushions are not wearable) The PFDs must be in good condition, of appropriate size for the intended user, and readily accessible.

Selecting Your Child's Life Jacket:

Remember, wearing a PFD around water should **NEVER BE A CHOICE** for your children. For their safety, it must be a rule. Children's PFDs are sized by weight ranges. When shopping, check for a Coast Guard approved label and consider brightly colored and attractive life jackets. Kids are more likely to accept devices that are appealing to them and vivid colors are easier to see in the water.

***You can tell if the PFD is the right size if you can raise your child from the floor by lifting only the PFD. If the child slips through, it is too loose and might not keep your child safe in the water. For young children, a head support and strap between the legs are important additional features.**

Other Important Things to Remember On Your Own Boat:

- Know how many your boat can safely hold and NEVER exceed the rated limit on your boat's safety plate.
- Take advantage of a FREE Coast Guard courtesy marine examination. You will receive a Seal of Safety decal if you have all the proper equipment. However, there is no penalty if something is lacking. For more information, call (800) 336-2628 or visit www.boatus.com/courseline.
- Understand how to safely load and balance a small boat.
- Be sure children sit securely in seats, NOT perched on the gunwales or bow area.
- Leave alcohol on shore. A "Designated Driver" isn't enough! In an emergency, a single sober individual may not be able to take care of even ONE other person.
- Always have a lookout to prevent collisions with other boats, water skiers, or underwater hazards.
- Stay with your boat in the event of an accident.
- Be aware of weather reports; watch for unexpected squalls or storms.

On Someone Else's Boat:

- Know your skipper. Commercial vessels must meet specific Coast Guard requirements, but anyone can drive a private boat. Assess how reliable the person is BEFORE you get in for a ride.
- Don't assume there will be PFDs that will safely fit your child. Bring your own.

- If your child has not ridden in a boat before, rehearse rules at home – such as staying seated while the boat is in motion, and not moving around without the skipper's permission.

NOTE: The U. S. Coast Guard Auxiliary, U. S. Power Squadrons and State agencies often have Boating Safety courses available. Another source is Project 800 (Co-sponsored by the Coast Guard auxiliary) (800) 336-2628. Information is also available at www.boatus.com/courseline.

ANOTHER CAUTION: Young children should always have a PDF on whenever near the water, even if the plan is just to play in the sand!

And if you are boating in conjunction with a Scout event, a leader needs to be certified in Safety Afloat and Safe Swim Defense. CD

TIGERS

Knock Knock

Sam Houston Area Council

Knock-Knock.

Who's there?

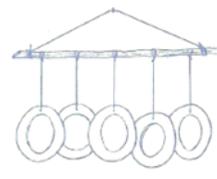
Indy.

Indy who?

Indy end, we had a great time on our go-see-it!

Wind Chimes

Oregon Trail Council

**Materials:**

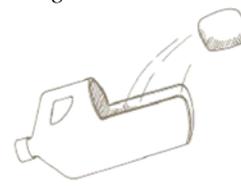
Frozen juice can lids, long twigs, hammer, nail, permanent markers, string

Directions:

Use hammer and nail to make a hole near the edge of each lid. Decorate lids with permanent markers. Tie lids to a long twig with various lengths of string. Make a hanger with a length of string knotted at both ends of the twig.

Scoop Toss

Oregon Trail Council

**Materials:**

Clean plastic milk jugs, scissors, beanbag or soft ball.

Directions:

The adult partner cuts the bottom and part of one side from the jug, as indicated in the drawing. Make a pair of scoopers for each team. The Tiger Cub places a beanbag or softball in his scooper and tosses it underhand to his adult partner. Practice catching and throwing from varying distances.

Stepping Stones
Oregon Trail Council

Materials:

Two cardboard squares per Tiger Cub team

Directions:

Tiger Cubs, each holding two cardboard squares, stand at the starting line next to their adult partners. Each adult partner will step on only one "stepping stone" at a time as his or her Tiger Cub moves the other "stone" until the adult reaches the finish line. The first pair to reach the finish line wins.

Tiger Cub Whirlybirds
Oregon Trail Council

Materials:

Scissors, stickers, pattern



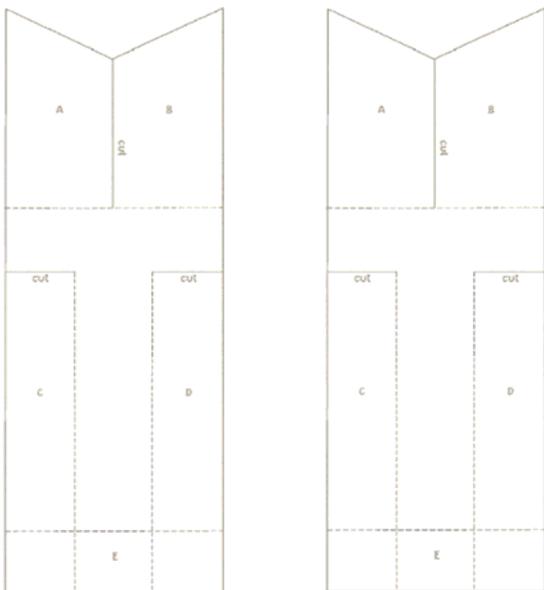
Directions:

- ✓ Tiger Cubs decorate their whirlybirds with lots of color.
- ✓ With adult partner's help, cut along the dotted lines.
- ✓ Fold back along line E.
- ✓ Fold flaps up along lines A and B.
- ✓ Fold the flap up along line C and
- ✓ The flap back along line D.

To whirl:

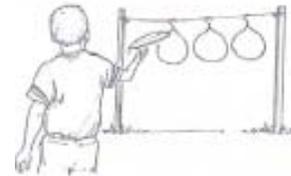
The Tiger Cub holds the whirlybird up high and lets it drop. It should whirl and twirl.

Whirlybird Pattern
Oregon Trail Council



- ✓ Enlarge to fit an 8 1/2 by 11 sheet of paper
- ✓ Print as many copies as needed on colored paper.
- ✓ Decorate with stickers and follow directions on cutting and folding

Flying Disks
Oregon Trail Council



Materials:

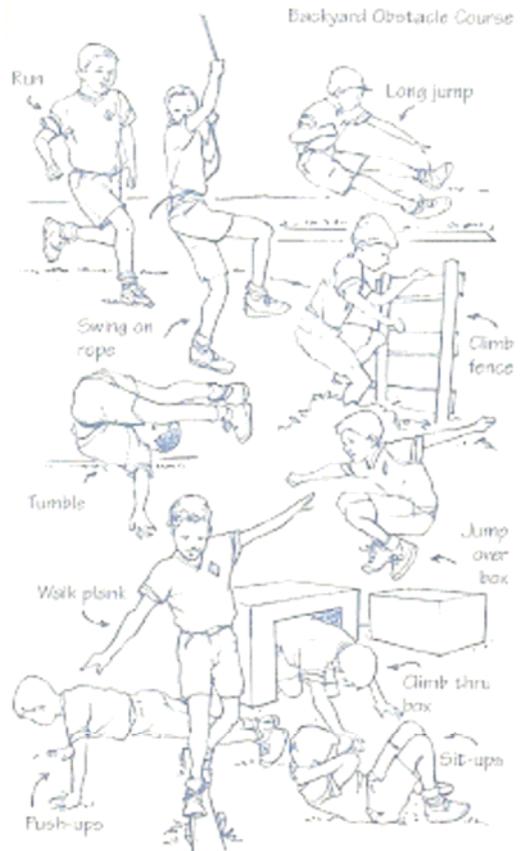
Rope or string, coat hangers, flying disks

Directions:

Shape wire coat hangers into circles. (Or cut rings from two heavy paper plates stapled together.) Hang rings from a rope tied between two trees or poles. Have Tiger Cubs practice tossing flying disks through the rings.

Oregon Trail Council 17 Pow Wow October 2008

Backyard Obstacle Course
Oregon Trail Council



Directions:

Set up a backyard obstacle course using boxes, boards, ropes or other available materials. Time each Tiger Cub as he maneuvers through the course. Challenge him to go again to try to beat his previous time.

Tiger Roar

Oregon Trail Council

Tiger Cubs stand in a circle. The leader throws a handkerchief into the air. As long as the handkerchief is in the air, everyone lets out a tiger roar. As soon as the handkerchief hits the ground, all noise must stop.

PACK AND DEN ACTIVITIES

Oregon Trail Council

Check out the following activities for your dens in
Cub Scout Program Helps 2008-2009 -

- ✓ **Fun in the Sun Piñata**, 3 AUG 09
- ✓ **Sunshine Neckerchief Slide**, 8 AUG 09
- ✓ **Paper Airplanes**, 8 AUG 09

Special Pack Events, 3 AUG 09

Be sure to alert the parents to bring towels and dry clothes because water will be used in some of the games.

- ✓ **Kite Derby.** Conduct a kite derby. See the Cub Scout Leader How-To Book for suggestions and instructions on how to plan this special events.
- ✓ **Cubmobile Derby.** Plans for a Cubmobile are in the Bear Handbook, Elective 7. More detailed plans are in the Cub Scout Leader How-To Book.

Outdoor Activities for Everyone

Oregon Trail Council

Tiger Cubs

Cub Scout Program Helps 2008-2009, 4 AUG 09

Tiger Cubs and their adult partners can take binoculars into the forest and go bird-watching.

Wolf Cub Scouts

Cub Scout Program Helps 2008-2009, 4 AUG 09

Play a game of soccer.

Bear Cub Scouts

Cub Scout Program Helps 2008-2009, 4 AUG 09

Look for a tree that has been cut. Count the number of rings to find out how old the tree is.

Webelos Scouts

Cub Scout Program Helps 2008-2009, 4 AUG 09

While outdoors, find as many things as possible that begin with each letter of the alphabet; e.g. ant, bee, caterpillar, dandelion, etc.

DEN AND PACK ACTIVITIES

Catalina Council

- ★ Hike a registered historical trail
- ★ Go on a nature hike
- ★ Invite a naturalist to give a presentation at the Pack meeting
- ★ Go camping
- ★ Go fishing
- ★ Swim night at your local pool
- ★ Attend Day Camp
- ★ Visit your local state and/or national park
- ★ Hold the Pack meeting at your local park - have a picnic

Family and Den Activities

Alice, Golden Empire council

Make Fun in the Sun Sunglasses – use pipe cleaners, cut out magazine pictures, fun foam shapes – any combination at all – each boy makes their own “Cool” Sun Glasses. This could also be a gathering game for the Den or the pack. Dollar stores have good resources.

Explore Safety in the Sun and Summer – start with the fun in the sun glasses above, then go over summer safety issues using material in Baloo or available in the web sites section.

Learn a song about the Sun and sing it at the Pack meeting. Go to:

www.starchild.gsfc.nasa.gov/docs/StarChild/solar.../sun.html

Take advantage of special summer rates for children and take a ride on an AMTRAK train. (During the year, up to two children 2-15 can travel for half price with an adult) They have special summer weekend rates and group rates as well. Check with them for special places that could be visited at the destination, and be sure to allow time to check out the depot – call ahead and see if you can schedule a tour guide; some trains include a ranger talk about the area you are traveling through; check to see if there is a Café or Dining car, or bring your own snacks to enjoy. (Some routes have special children’s meals or snacks if you ask ahead) Gather up schedules and maps to use as an activity with the den before the trip.

Go fishing! – Look for the fishermen or women in your den and pack and look for extra poles for boys that don’t have them (don’t forget grandparents); plan a day of fishing and make sure you also cover the requirements for the Fishing Belt Loop/pin and for rank – part of Wolf requirement for World Conservation

Rock & Toss – Let each boy choose a rock, then personalize it with acrylic paint. Now set a target (hula hoop, bushel basket, wastebasket) – from a distance of about 10-15 feet away, boys take turns throwing their rock – the one who comes closest wins. Or just do it for fun!

Set up a Fun Golf Course using cans, sports cones, buckets, hula hoops. To make it more interesting, have different kinds and sizes of balls. Use a baseball bat, a hockey stick or even pool noodles (cut down to size) for the clubs.

Make an Obstacle Course using tires, lawn chairs, tin cans, straw bales, saw horses, boxes – whatever you have on hand. Include water balloons or a water slide so everyone can cool off. If you do it as a pack activity, assign each den to a section – then let everyone run thru it – they will want to do it again! Check out the ideas on pg. 6 of Program Helps.

Play Kick the Can – My den did this recently as a last minute activity and they had a blast. All you need is a can for each team, something as the goals, and two teams of boys for a fun relay. Or just give each boy a can of his own and let them see how fast they can make it to the designated point. (*I know it’s simple and old fashioned, but the boys loved it – Alice*)

Schedule a pack pool party at a local park, YMCA or pool. Everyone brings their own picnic and gets a chance to cool off! And it counts as your August Pack Activity!

Set up stations outside so that everyone can go from one fun (or wacky) summer fun activity to another – each den could have a station, with activities such as “hit the bottle with a water balloon” or “run thru the hula hoops” or “make a paper boat and float it down the rain gutter” ~ use your imagination! Or flip thru the boy’s books to find ideas that could become a station.

Have a Summer Memories Night – Each family or den brings photos from the Summer, Day Camp or other activities – Display them for everyone to enjoy and talk about.

Celebrate “Hot August Nights”- Everyone brings their own meat, and something to share, such as salads, corn on the cob. Have lots of “water fun” activities to cool down, such as a water balloon toss.

Have a Watermelon Seed Spitting Contest. Oh, and enjoy the watermelon, too!

Take a page from the “State Fair” – use the watermelon seed spitting contest and add a “greased pig” contest (milk carton filled with water and greased down on the outside – as a relay, each boy has to carry it around a short course), a “Corn Shucking Contest” – followed by eating the corn. You could also use the corn husks to make corn husk figures.

Visit the State or County Fair in your area. This could be done as family groups on “Kid’s Day” when kids are free, or as a den, or as a pack – make sure you have some identifying thing such as activity shirts, special hats or neckerchiefs. Be sure to visit the exhibits – they often have special take home items for kids, and some even have whole areas such as a kid-friendly farm area. Call ahead to see about special events, group rates, or even guided tours or activities. *Note: Last year, I got free neckerchiefs, rulers, seedlings of trees for every boy in my den! Alice*

Visit a local science center to learn more about the Sun. You might also have a “guest expert” within your pack or den. Check out the fun facts about the sun and safety in the sun under Theme Related.

Visit a local “summer” sports activity in your area – professional teams often have special offers, pricing and activities available for groups such as Scouts.

Give each person or family 3 minutes to list as many Summer Fun activities or sports as they can – winning person or group gets first crack at the refreshments.

Have a den or pack cookout – be SURE to let the boys help plan and do the cooking – they will fulfill requirements for Achievements or Electives!

Have a Pack Ice Cream Sundae Party – provide ice cream, ask everyone to bring a favorite topping. Make your own!

Hairy Creatures

Sam Houston Area Council

Materials –

Quick growing grass or other seeds,
Large potato or recyclable butter tub or milk carton,
Potting soil, and
Markers.

Directions

- ✓ Hollow out part of the large potato or spray paint the cartons/tubs if desired.
- ✓ Use markers to draw faces or other designs on the “pot.”
- ✓ Add soil and lots of seeds for the hair.
- ✓ Water a little each day.
- ✓ If you want, use toothpicks to help the potato “stand up.”

Make a Bubble Mill

Alice, Golden Empire Council



Harness the power of wind for maximum bubble blowing efficiency. *Note: Make sure you have extra help if doing this with an entire den and have pieces already cut and ready to use - or use it for a family project-Alice.*

What you need:

- 2 half-gallon plastic milk jugs, with caps
- Ruler and pencil
- 2 wooden paint stirrers
- Hand drill
- Acrylic paint and brushes
- 2 wine bottle corks
- 2 1/2-inch nail
- Hot glue gun
- 3 14-inch lengths of 3/8-inch dowel
- 4 plastic bubble wands
- 2-liter plastic soda bottle
- 6 thick rubber bands
- Pebbles
- 2 1/2-gallon plastic water jug (or large pan)

Time needed: Under 1 Hour

Directions

1. Cut four 5-inch-square propeller blades from the corners of the milk jugs (figure A). In each, cut a series of four 1 1/4-inch-wide slits on one side, roughly an inch apart (figure B). In Step 5, you will weave the glued-together paint stirrers through these slits.



2. Glue the wooden paint stirrers together to form a plus sign (+). Drill a 1/8-inch hole through the center of the + (a parent's job). Paint the stirrers (and while you're at it, paint the three lengths of dowel). Let the paint dry.
3. Cut a cork in half and press the nail through the center of one half. Twist the nail until it turns easily. Glue the pierced cork to the stirrers, using the nail to line up the holes in each. (Remove the nail before the glue dries.)

4. Poke a hole through the center of a milk jug cap with the nail. From a scrap piece of milk jug plastic, cut two 1-inch-diameter circles to serve as washers. Make a hole in the center of each with a hole punch or a craft knife. Thread the following, in order, onto the nail: milk cap, washer, propeller unit, second washer (figure C). Insert nail into uncut cork. Widen any tight holes if the propeller doesn't spin smoothly.
5. Slide the four plastic propeller blades onto the stirrers (figure B). Slide the bubble wands between the paint stirrers and plastic blades so the textured circles rise just above the blades.
6. Cut three pairs of X's (a parent's job) in the 2-liter bottle and insert dowels (figure D). The two front legs should form an upside-down V, while the back leg slopes away from the blades. Wrap rubber bands around the dowels on both sides of the bottle. Add pebbles for ballast. Insert cork with attached propeller.
7. For the basin, cut the water jug 2 1/2 inches up from the bottom (or use a large pan). Fill with bubble mix. Adjust the mill's legs so the wands submerge as they spin.

Tips:

For an economical bubble solution, mix together 6 cups water, 2 cups Joy or Dawn dishwashing liquid (these brands work best), and 1 cup corn syrup. Store in a covered container. *Also, let the solution stand for a while before using, and avoid shaking – you get much better bubbles this way – Alice.*

Film Canister Bubble Blowers

Catalina Council

Materials:

- A film canister;
- A pony bead;
- 1/2" x 1 3/4" rectangle plastic canvas;
- String or cord (to hang the blower around the neck);
- Glue gun;
- Bubble solution (see below)

Directions

1. Glue long ends of plastic canvas to make a tube (don't use too much glue).
2. Glue the tube to the inside of the lid.
3. Glue the side of the bead to the top of the lid.
4. Thread the string through the bead. Tie ends to form a necklace.
5. Fill the film canister with your favorite bubble solution.
6. Dip the plastic canvas into the bubble solution.
7. Blow. Enjoy!
8. Store around your neck with lid tightly closed.

SUPER BUBBLE SOLUTION

Catalina Council

In a jar, gently stir together
 2 1/2 cups of water,
 1 cup of Dawn or Joy dishwashing liquid and
 1 tablespoon of glycerin (optional, available in most pharmacies or candy supply stores).

Newspaper Hat

Sam Houston Area Council

Materials –

- two pieces of newspaper for each Scout,
- molding paste (recipe follows),
- string,
- paint or markers to decorate

**Directions –**

1. Spread paste evenly over one of the pieces of newspaper.
2. Place the other sheet on top (make a sandwich). Press pieces together.
3. Put the large damp paper square over a bowl to shape into a hat (make sure the bowl is large enough to fit the Scout). Tie a string around the form to hold it in place and let dry (overnight).
4. When the hat is dry and rigid, remove the string. Cut around the edges of the paper to shape the brim. You can trip to any shape the Scout wants.
5. Have fun decorating the hat!

Recipe for Molding Paste (instant)

Sam Houston Area Council

Materials –

- 1/2 cup flour
- 1/2 cup water

Directions –

- ✓ Stir flour and water together in a bowl until paste is thick and creamy.
- ✓ Add more flour or water as necessary.
- ✓ Store in a closed container in the refrigerator.

Fish

Sam Houston Area Council

Following are several different ways to use common supplies to make and decorate fish projects.

Aluminum Foil.

- With a double layer of aluminum foil, create a fish shape and emboss it by rubbing carefully over a textured surface – grater, waffle iron, fan guard, etc...

A washer or bottle cap will make a great eye!

- Paint carefully so as not to disturb the embossing pattern.

Bottles, boxes, and tubes.

- Use any of these as bases and add tails and fins.
- Decorate and hang on a mobile.

Reed or Wire.

- Bend a simple fish shape with a heavy wire (like a coat hanger).
- Coat the frame with glue and press onto tissue paper.
- When the glue is dry, you can dampen the paper if you need to stretch it.
- Decorate with other small pieces of colored tissue paper.

No Care Aquarium

Sam Houston Area Council



Materials –

- 2 - 9" paper plates,
- Small amount of sand or aquarium gravel,
- 2 shades of green construction paper;
- 8" square clear sandwich wrap,
- Glue,
- Scissors.

Directions –

1. Cut center out of one plate and glue clear sandwich wrap on the inside.
2. Cut a circle of green construction paper and glue it inside the other plate.
3. Spread a light coat of glue over a 1" strip at the bottom of the green circle.
4. Sprinkle sand over the glue.
5. Let dry and shake off excess sand. If you use aquarium gravel, you will need more glue.
6. Draw several fish or cut out some pictures of fish from a magazine.
7. Glue the fish above the sand on the green circle. Use a lighter shade of green for seaweed. A few wavy lines made with a dark green marker will make the water look as though it's moving.
8. Staple the plates together.
9. Now you can see the aquarium picture through the clear sandwich wrap.

Variation –

In place of the clear wrap, try clear blue cello wrap (found at crafts stores). You will not have to use the construction paper circle.

Sand Cast Sea Treasures

National Area Capital Council

Materials:

- Starfish or shells found on the beach
- 4 cups sand
- Clear plastic pony beads - Yellow and Purple
- Decorative gel glue
- White glue
- Plaster of Paris
- Glitter glue - Green and Purple
- 2 Containers for sand and plaster mixture
- Spoon
- Paintbrush
- Water

Instructions:

- ☞ Collect shells or starfish on the beach. If you do not live near a beach, these items are often available at craft stores.
- ☞ Fill container with four cups of sand.
- ☞ Add 1/2 cup of water to sand and mix well.

- ☞ Press starfish or shell, face down into sand to make an impression.
- ☞ Remove shell from sand.
- ☞ In another container, mix 1/2 bottle of white glue with 1/2 cup of water.
- ☞ Add 1 cup of plaster of Paris.
- ☞ Mix well. (TIP: This step is messy. Work outside if possible.)
- ☞ Pour this plaster mixture into impression in the sand. Allow this to set for one hour.
- ☞ Remove plaster casting from sand.
- ☞ Brush off extra sand with a paintbrush.
- ☞ Brush a coat of decorative gel glue over the top surface of sand casting.
- ☞ Outline and add accents with glitter glue. Glue pony beads to sand castings.

Sculptures of Ice

National Area Council

Materials:

- Empty plastic containers or milk cartons
- Water
- Food Coloring
- Garbage bags

Instructions

- ✓ Add a few drops of food coloring to water that you have put into empty plastic containers or milk cartons. Freeze overnight.
- ✓ The next day, spread large garbage bags on a picnic table (in the shade!), and put a frozen container on each. Peel off or have an adult cut away the containers. Now you are ready to sculpt. Use your hands and your mouth to make wild and crazy shapes.

Beach Bucket

National Area Capital Council

Materials:

- A large plastic jug
- A paper punch
- Yarn or brass fasteners
- Self-adhesive paper

Instructions

- ✓ Thoroughly wash the plastic jug and let it dry. Cut away the top half of the jug.
- ✓ Cut a 1-inch by 12-inch strip from the top half of the jug — this will be the handle.
- ✓ Punch a small hole at each end of the handle, and punch two holes opposite each other near the top of the bucket.
- ✓ Attach the handle to the bucket with brass fasteners (or tie a short length of yarn through the holes).
- ✓ Use self-adhesive paper to design a summer scene.

Nut Shell Pictures

Sam Houston Area Council

Materials –

- Beans, macaroni, pasta shapes, and seeds,
- Cardboard or card stock,
- Glue

Directions –

1. Draw an outline of a vase of flowers on the card stock.
2. Decorate it with the various beans and seeds and pasta.

Paper Frog Puppet*Great Salt Lake Council*

This is a prince among frogs.

What you'll need:

Dessert Paper Plate
 Green Paint
 Utility knife
 Scissors
 Tape
 Construction Paper, green, red, white and black

Directions

1. Completely paint the paper plate green. Let it dry.
2. Fold the plate in half and use a utility knife to make a 1" slit (for the frog's tongue) in the center of the fold.
3. Create a finger hold on the underside of the body using a 2" x 3" piece of green construction paper. Center it on the bottom of the folded plate and tape the short edges in place.
4. For eyes. Cut out a pair of 1" by 2" green rectangles and round the upper edges. Fold each rectangle in half and glue the lower portion to the top of the body. Glue on white and black paper circles.
5. Cut frog legs out of construction paper, a shorter set for the front and a long, bent pair for the back.
6. Tape the tops of the legs to the underside of the body.
7. Cut out a 3/4" by 7" tongue from red construction paper. Round one end and slip it through the slit.
8. To wag the frog's tongue, jiggle the straight end.

Paper Dove Craft*Great Salt Lake Council*

You won't mind this flying critter invading your picnic.
 Made from paper plates and plastic spoons.

What you'll need:

Paper Plate
 Scissors
 Tape
 Two Plastic spoons
 Pebble
 Rubber band
 Markers

Directions

1. Cut the paper plate in half, then cut one half into three equal wedges.
2. Tape one wedge to the bottom of the intact half.
3. Draw the bird's face on one spoon with the markers.
4. Then sandwich the pebble between the 2 spoon bowls,
5. Then wind the rubber band around the spoon to hold the spoons together.
6. Tape the spoons to the bottom of the paper plate half.
7. To fly, throw like a paper airplane.
8. Adjust the pebble size to improve flight.

Zany Sunglasses*Catalina Council***Materials:**

Poster board;
 Cellophane;
 Markers;
 Scissors;
 Glue.

Directions

1. Create a 3D glasses pattern.
2. Enlarge patterns to appropriate size.
3. Trace pattern onto poster board and cut out glasses.
4. Decorate as desired with permanent markers, glitter glue, small stickers, etc.
5. Cut cellophane to cover eye opening and glue to inside of glasses.

Hula Hoop Sprinkler*Catalina Council*

With your den, make one and have FUN!
 Put this sprinkler on the ground or hang it upside down.
 Boys can decorate it with permanent markers.

**Materials:**

Hula hoop;
 Hammer;
 Long nail;
 PVC fitting;
 Hose;
 Hose connector;
 Hose washer.

Directions

- ✓ With a hammer and nail, punch holes all around one side of the hula hoop, about 1 or 2 inches apart, being careful not to hammer through to the underside.
- ✓ Cut through the hoop and attach each open end to the PVC fitting.
- ✓ Hook it up to your garden hose with the connector and washer.
- ✓ Now you are ready to get WET and go WILD!

DEN/PAK T-SHIRT*Great Salt Lake Council***Materials needed:**

T-shirt,
 Acrylic paints,
 Fabric medium,
 Foam stamps,
 Cardboard,
 Markers,
 Brushes or cotton swabs, and
 Plastic plates.

Most craft stores have inexpensive shirts, or each boy could bring one from home.

Directions

- ★ Put some paint on plastic plates (1 color per plate).
- ★ Add fabric medium to each paint color. This helps the paint to adhere to the fabric and makes it washable.
- ★ Place the cardboard inside the shirt so the paint and markers don't bleed through to the other side.
- ★ The shirts could start with a den or pack theme and the boy's name.
- ★ Each boy could then "customize" his shirt.
- ★ Use pre-made foam sponge stamps or make your own.
- ★ Designs can also be painted with brushes, cotton swabs or cotton balls.
- ★ Different kitchen objects and other household items can make fun shapes with paint.
- ★ Allow to dry.
- ★ If desired, decorate the other side as well.

COLORED COFFEE FILTERS*Great Salt Lake Council***Materials needed:**

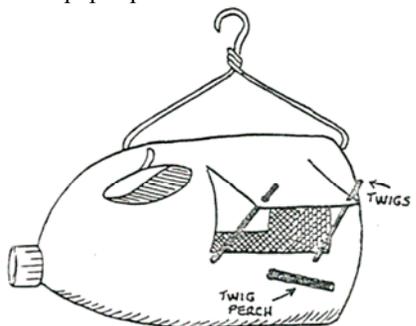
Paper coffee filters,
Food coloring,
Water,
Eyedroppers, and
Scissors.

Directions

- ✓ Lay out the coffee filters on a table covered with newspaper or other material to protect the table.
- ✓ Get separate containers for each color.
- ✓ Add water to the containers and then some drops of food coloring.
- ✓ Using the eyedroppers let each boy drop some colors onto his filter paper.
- ✓ The colors will run when they touch the filter paper.
- ✓ After drying cut into fun shapes, or scrunch together in the center and wrap a pipe cleaner around the center to make a butterfly, using the pipe cleaner ends for antennae.

Bottle Feeder*Catalina Council***Materials:**

1 or 1 1/2 gallon bottle
Knife and scissors
Twigs about 5" long
1 coat hanger
Nail or paper punch

**Directions:**

- ✓ With a knife or scissors, cut flaps 6" long and 4" high.
- ✓ Punch holes with a nail or paper punch and prop flaps open with small twigs.

- ✓ Make a perch of twigs on either side of the bottle.
- ✓ Hang the feeder using the hanger with the bottom cut out of it and the ends of the hanger inserted in the handle and the bottom of the bottle.

CUSTOM STAMPS*Great Salt Lake Council***Materials needed:**

Potatoes,
Sponges,
Styrofoam,
Foam,
Wood and
Scissors.

*These materials can make custom stamps.***Directions**

Draw the design on paper before beginning.

Potatoes

- Cut the potato in half (lengthwise or crosswise).
- Draw the design on the exposed part of the potato.
- Carefully using a knife carve about 1/4" down.
- Carve away the part of the potato not in the design.
- The rest of the potato serves as the handle.
- Throw away when finished using.

Foam sponges

- Foam sponges of all sizes can be used to make stamps.
- Simply cut the sponge in the shape wanted for the stamp.
- Rinse out after use and allow to dry before storing.
- Different densities of sponge pores will create different effects.

Styrofoam

- Styrofoam can also be used, but tends to crumble with more detailed shapes.
- Foam shapes can also be cut out, or the pre-made foam stickers can be attached to small wood blocks to stamp.

METAL BUCKETS*Great Salt Lake Council***Materials needed:**

Small metal
bucket,
stickers, and markers.

Directions

- Decorate the bucket with stickers and markers.
- Practice making letters different ways
- Let the boys add their name or a phrase onto the bucket.
- Fill with treats and papers from each other saying good things about that person.

MORE GAMES AND ACTIVITIES



Commissioner Dave

Cub-anapolis 400, page 6-18

This event is always a highlight at my Webelos Resident camp which has doubled in attendance in four years -

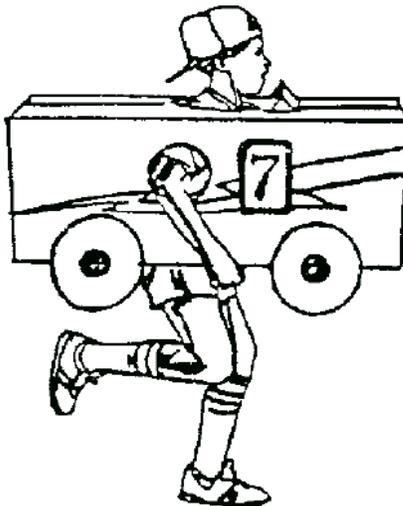


All you need are a few boxes big enough for a Cub Scout to fit inside and some paint and imagination.

Pit Stops -

- ✓ **Rotate Tires** - Cub Scout takes off his shoes and socks and switches feet the socks were on
- ✓ **Fuel Up** - squirt water in his mouth
- ✓ **Clean the windshield** - squirt his goggles with water and wipe
- ✓ **Change Drivers** - obvious

Race Course - the outside walls of your meeting room or a track or a field with a course marked.



Google "Cub-anapolis" - you will get about 1200 hits.
And lots of pictures!!

Or search for it on www.youtube.com

It is there, too

If you have every boy make his own car (versus one per den) then end the event with a drive in movie -

Have the boys sit in their "cars" and watch "Down and Derby" or "Cars" or whatever you choose!!

ADVANCEMENT IDEAS

From Program Helps via

www.cubroundtable.com

These should be the newly recruited Tigers, the just promoted Wolfs (from Tigers) and the just promoted Bears (from Wolfs). Everyone is just getting started. CD

Tigers – *These will be new Tigers recruited at you Spring Recruitment. They are kindergartners just getting started!!!*

Ach at Den Meeting - Bobcat 1, 6, 2D,

Ach at Home –

Elect. - 22, 29, 37, 40, 42

Wolf -

Ach at Den Meeting - 2A, 4F, 8E

Ach at Home - 10

Elect. - 11, 14, 18

Bear –

Ach at Den Meeting – 9D, 9E, 12, 14, 15, 16, 18D, 18E, 24

Ach at Home –

Elect. - 6B

Alice, Golden Empire Council

- ☞ **Parents and Den Leaders should check activities done at summer camps – make sure the boys get credit for achievements, electives or activity pin activities done during the summer!**
- ☞ This is a great month to work on the **Cub Scout Outdoor Activity Award** or a **Cub Scout Sports belt loop or pin**. In Program Helps, it suggests using the longer days of Summer to make family emergency preparations.
- ☞ Make sure you do an August activity for the **Summertime Activity Award**, which should be submitted as soon as possible.
- ☞ If swimming is part of your Summer plans, work on the **Belt Loop** and advancement activities in each rank level.
- ☞ Remember to credit boys with **BB and Archery Belt Loops** or pins after Day Camp. Working on the **Astronomy** in the boy's books or as a **Belt Loop** is also a good fit.
- ☞ Also, remind parents to **check the requirements for the religious award of their faith** – they often include spending family time outdoors, or showing appreciation for nature or creation.

Tiger Cub Achievements:

Make sure that new Tiger Cub parents know they need to read the first section in the book with their son, and show them the Bobcat requirement section at the back of the book.

- ✓ **Ach.#1F** – work together to put together emergency supplies, replace batteries and out of date supplies; or work together on a garden clean up before shutting down the Summer garden;
- ✓ **Ach #1D** – take those Summer photos, programs and mementos and make a family scrapbook

- ✓ **Ach. #1G** – as a family, take advantage of the sunny weather to visit an air conditioned library and learn about the history of your area, or visit a nearby historical site.
- ✓ **Ach. #2F** – plan and practice a fire drill in your home – check with the local fire department for ideas; make sure that emergency supplies are up to date and smoke detector batteries are working;
- ✓ **Ach #2Fb** – talk about what to do if you become lost or separated from your family.
- ✓ **Ach. #2D** – practice and participate in a flag ceremony with your den; **Ach. #3G** – go see a sports event with your family – learn the rules of the sport first;
- ✓ **Ach. #5F**– go outside and see what the weather is, what kind of clouds, if there is dust in the air, if you can smell rain in the distance;
- ✓ **Ach. #5G** – take advantage of the last Summer days to take a walk or a hike with your den

Tiger Cub Electives:

- ✓ **Elect. #9** – Be a friend to new neighbors – show them where the fun places are in your neighborhood and introduce them to your friends;
- ✓ **Elect. #16** – share with your den or a friend any collections you have made during the Summer, like shells from the beach.
- ✓ **Elect. #17** – make a boat model for the Raingutter Regatta, or just make a boat to have some water fun with your family or friends;
- ✓ **Elect. #22** – have a picnic with your family or den;
- ✓ **Elect. #25** – make a snack and share with family or your den (try one from the Cub Grub section);
- ✓ **Elect. #27** – practice what to do in an emergency;
- ✓ **Elect. #28** – check smoke and radon detectors in your house, making sure the batteries are still good;
- ✓ **Elect. #29** – review the rules of how to be safe in the Sun, and when you need sun block protection;
- ✓ **Elect. #35** – play a game outdoors with your family or den (some fun ideas in this packet);
- ✓ **Elect. #40** – go swimming or have some water fun with your adult partner (adults, read about safety while boating, and remember that life vests should be worn by young children when playing near a river, pond or the ocean)
- ✓ **Elect. #41** – if you or family members are traveling, visit a harbor, bus depot, airport or train station;
- ✓ **Elect. #48** – take advantage of Summer rates to take a ride on AMTRAK or some other form of public transportation

Wolf Achievements:

- ✓ **Ach. #1** – while outdoors, do all the fun activities in this achievement;
- ✓ **Ach. #1h and #1i** are great chances to enjoy the water; (remember that life vests should be worn by young children when around the water)
- ✓ **Ach. #2e, f, g** – take advantage of outdoor flag ceremonies at Cub camp to complete;
- ✓ **Ach. #4f** – visit an important place in your community and learn why it is important;

- ✓ **Ach. #6a, b, c** – take advantage of summer activities to make a collection, such as shells from the beach or postcards from family travel; **Ach. #8e** – with an adult, help plan, prepare and cook an outdoor meal;
- ✓ **Ach. #9d, e** – prepare for the return to school by reviewing rules of street and bike safety;
- ✓ **Ach. #10** – do the activities with your family, especially **#10c**, and take advantage of the summer to enjoy time with the family;

Wolf Electives:

- ✓ **Elect. #4f** – play a wide area or large group game with your den or pack (maybe at Cub Day Camp or at a Pack Summer activity).
- ✓ **Elect. #5a, b, c, d, e** – learn the safety rules and make and fly a kite;
- ✓ **Elect. #5f, g** – make a model boat and have some water fun;
- ✓ **Elect. #6a, b** – take advantage of the air conditioning on a hot day and visit the library;
- ✓ **Elect. #7a, b, c** – make some fun “foot power” items to enjoy out in the sun;
- ✓ **Elect. #11f** – if you learn a song, such as the “Sun Song” and sing it with your den;
- ✓ **Elect. #13a, d** – Make a list of the summer birds you see during a week, tell where you saw them, and point out five different kinds of birds;
- ✓ **Elect. #14** – have fun in the sun with your pet;
- ✓ **Elect. #15d** – plant a late summer or fall vegetable garden;
- ✓ **Elect. #15e** – visit a botanical garden or agricultural exhibit at the state or county fair;
- ✓ **Elect. #16** – use some family time to learn how to prepare for emergencies and update your supplies;
- ✓ **Elect. #18a, b** – help plan and run a family or den picnic or outing;
- ✓ **Elect. #18c, d, e** – help plan and lay out a treasure hunt, obstacle course or adventure trail;
- ✓ **Elect. #18f** – remember to take credit for two summertime pack events, such as Summer Camp;
- ✓ **Elect. #18g** – learn about poisonous plants;
- ✓ **Elect. #19** – do all the requirements as part of a family, den or pack fishing day;
- ✓ **Elect. #20a** – tennis, table tennis or badminton;
- ✓ **Elect. #20b** – boating safety rules and practice (read the article about boating safety under Theme Related);
- ✓ **Elect. #20c, n** – **Archery/BB** (can only be earned at Cub or family Camp);
- ✓ **Elect. #20f, g, h, i, j, k, l, m, o** – do any or all of the sports as part of your summer activities;
- ✓ **Elect. #21b** – use a computer to write a letter about your summer activities, or to learn more about the Sun or something that interests you.
- ✓ **Elect. #23** – go camping (make sure to review the Hug A Tree and Survive method in case someone gets lost); don’t forget to use the Buddy system; enjoy a campfire and a “Scouts Own” or outdoor worship service if possible.

- ✓ **Bear Achievements:**
- ✓ **Ach. #2** – check to see if family time outdoors or showing appreciation for nature is part of the religious award;
- ✓ **Ach. #3a, b,d** – as the family or den travel or make field trips, be on the lookout for opportunities to learn about what makes America special, about famous Americans and about local historical sites;
- ✓ **Ach. #3f, h,i** – if you go to summer camp, you may have an opportunity to do an outdoor flag ceremony;
- ✓ **Ach. #4** – keep your eyes open during family vacation – you might learn about a character from a folklore or legend;
- ✓ **Ach. #5d** – if you visit a nature center, wildlife refuge, zoo or other facility where animals are featured;
- ✓ **Ach. #8b** – if you visit a grandparent or older relative who was a scout, talk to them about their experiences;
- ✓ **Ach. #8c** – add photos and mementos from summer activities to a den or pack scrapbook; **Ach. #8d, e, f** – while school is out, spend some time learning about your family history, the history of your community, or in writing your own personal history;
- ✓ **Ach. #9c, 9f** – make part of your breakfast or a dessert;
- ✓ **Ach. #9e** – make some trail food for a hike; **Ach. #9g** – with an adult, cook something outdoors;
- ✓ **Ach. #10** – Take advantage of summer schedules and vacations to travel as a family or do other family activities
- ✓ **Act. #11b** – be sure to go over water safety before venturing near a river, lake or pond (see the Boating Safety article under Theme Related)
- ✓ **Ach. #12** – each of the requirements for Family Outdoor Adventures is easier to do in the long days of summer
- ✓ **Ach. #14** – go over all the requirements – a chance for family fun and to prepare for bicycling to and from school
- ✓ **Ach. #15** – Summertime is the perfect time to play the individual and team sports or do active outdoor games with your den or pack
- ✓ **Ach. #16** – Building Muscles (Summer is a great time to do each of these requirements outside!)
- ✓ **Ach. #17d** – Use a computer to write a report about the Sun, weather or your summer activities (Check out the Old Farmer's Almanac website)
- ✓ **Ach. #18b, f g** – Write two letters about your summer activities, or write about family or den activities over the summer;
- ✓ **Ach. #23** – Make sure to mark down any summer sports activities that meet requirements;

Bear Electives:

- ✓ **Elect. #1** – take advantage of clear summer nights to learn about the constellations and do the activities listed;
- ✓ **Elect. #1c** – if you visit a planetarium this summer;
- ✓ **Elect. #2** – if summer is a good time to observe clouds and measure wind or rain, do all the activities;
- ✓ **Elect. #5** – Boating (make sure to go over safety rules and check out the ideas in the Boating Safety article under Theme Related);

- ✓ **Elect. #6** – if you visit an aircraft or space museum during the summer (*At our Twilight Camp, we covered some of this Elective at the Bottle Rocket station*);
- ✓ **Elect. #9b** – if your family visits an art museum over the Summer;
- ✓ **Elect. #11** – Photography - summer travel is a great time to use a camera – check out the requirements so you can do each of them as you take photos;
- ✓ **Elect. #18** – build an outdoor gym and toss game station and plan an open house for your den to enjoy it;
- ✓ **Elect. #19 – Swimming** – Make sure to go over the rules and safe practices before doing any of these activities;
- ✓ **Elect. #20a** – Archery – most Cub Camps have archery ranges so you can fulfill the requirements; **Elect. #20d,e** – both track and roller skating could be done during the long days of summer;
- ✓ **Elect. #22** – if you make a collection, such as shells from the beach during the summer;
- ✓ **Elect. #23** – see which requirements you can do while planning family travel;
- ✓ **Elect. #25** – do all the Camping requirements if possible

Webelos Activities Pins:

- ✓ **Naturalist and Forester are the assigned activity pins** – many of the requirements could be done during family travel, while visiting the state fair, or on den or pack summer trips. Also check to see what activities were done during Webelos Summer camp, whether Twilight, Day Camp or Residence Camp.
- ✓ **Family Member and Traveler** - some requirements can be done during family activities or while traveling during the summer

GAMES

Oregon Trail Council

Check out the following games in
Cub Scout Program Helps 2008-2009 -

- ✓ **Drip Drop**, 4 AUG 09
- ✓ **Underwater Race**, 4 AUG 09
- ✓ **Calling All Parents**, 4 AUG 09
- ✓ **High Dive**, 8 AUG 09
- ✓ **Penny Drop**, 8 AUG 09
- ✓ **Water Pitch**, 8 AUG 09

Note from Alice –

Make and play a game or two involving the things you need to have to be safe in the Sun: plenty of water, sunscreen, hat, clothes that cover your body, clock to represent safe time to be outdoors, umbrella, sunglasses, shade tree.

Water Baseball*Great Salt Lake Council*

Play the same way as baseball.

Equipment needed:

- 10 + buckets (Add buckets depending on players. Buckets are to be placed around pitcher area and in the outfield.)
- 1 slip-n-slide or tarp to slide into home
- 3 water tubs or basins for 1st, 2nd, and 3rd bases
- 50 to 100 water balloons for balls
- 1 fat wiffle ball bat

Rules

- ✓ Pitch water balloons to the player.
- ✓ The player hits it.
- ✓ It pops, and he runs to first base to be safe.
- ✓ He must make it to the base and have one foot in the base tub with water in it.
- ✓ Players in the field run to the nearest bucket filled with water and try to splash or dump the water on the player running to the base, to get the player out.

Fun in the Sun Relay*Alice, Golden Empire Council*

Equipment: Two bags, each filled with a tube of sunscreen, a hat, drinking water, a pool noodle, a pair of goggles, swim fins, a loud summer shirt, sunglasses and whatever else you can think of that means summertime.

How to play:

- ☞ Divide into two teams, each lining up about 15 feet from their bag.
- ☞ On signal, the first boy on each team runs to the bag, picks up or puts on every item, then runs back to the next boy in line.
- ☞ There he takes off every item and the next boy in line puts it all on or grabs it and runs back to the bag, where he takes it off and puts it back in the bag.
- ☞ Continue till one team has done a complete rotation.

Fun in the Sun Memories

(Summer version of Kim's Game)

Alice, Golden Empire Council

- ✓ Gather all kinds of things you might use to have fun in the sun – include safety items, bubbles, baseball, sun visor, water play toys, bucket and shovel, etc.
- ✓ Put all the items on a tray or table and cover with a Beach Towel.
- ✓ Uncover the items for 2 minutes,
- ✓ Then give every boy, family or den 3 minutes to write down as many of the items as they can remember.
- ✓ Winner(s) get to hit the refreshment table first.

Stand for Sun Safety*Alice, Golden Empire Council*

- ★ Gather a variety of items or pictures of items, about half of which could be used for safety in the Summer sun. The other half would have nothing to do with Sun Safety – such as a heavy winter coat, a box of cookies, a board game.
- ★ Boys sit down facing “It”, who holds up an item or picture.
- ★ If the item is a Summer Safety item, boys stay standing and yell “Fun in the Sun.”

- ★ If the item is not a Summer Safety item, boys should sit down.
- ★ Continue till only one boy remains standing.

Summer Fun Stand by Sixes*Alice, Golden Empire Council*

- ★ Each person is given a list or card with pictures of some items used during Summer Fun, but not all items are on every person's card or list.
- ★ The leader has a complete list or set of all the possible items.
- ★ As the leader chooses an item, they either hold it up or say the name of the item, then yell “Stand by Sixes.”
- ★ Everyone who has the item on their list must gather with others who have the item, but only in a group of six or whatever number the leader yells.
- ★ Anyone who doesn't have the item on their list, or who can't make a group with the right number, is out of the game.

(If you have a small group, use numbers 1-3 instead of sixes – this would be a good game for a larger group, such as the entire pack)

Baggy Ball*Alice, Golden Empire Council***Equipment:**

- 1 Bubble ball made by stuffing a plastic shopping bag with bubble wrap;
- 2 plastic shopping bags

How to play:

- ★ Form two teams, each with 3 – 11 players. You can play on grass, sand or even a real basketball court.
- ★ Standing at opposite ends of the playing area, one player from each team becomes his team's basket by holding a plastic shopping bag open. He can move the bag around to make it harder on the other team, but must keep the bag open and one foot in place at all times.
- ★ The object is to get the Bubble Ball into the opposing team's basket.
- ★ Played like basketball, but players dribble repeatedly by hitting the ball in the air, palm up.
- ★ They can either shoot or dunk the ball into the basket. Team with most baskets in time allowed wins.

(This is just one example of the creative games and equipment at the Create your own game website – Alice)

Time Travel around the Sun*Sam Houston Area Council***Set Up:**

- ★ Divide the Scouts into teams.
- ★ Each team has a flying saucer (bicycle).
- ★ On the ground about 10 yards in front of each team is the international space station (coffee can or bucket holding small objects – marbles, small nerf balls, etc...).
- ★ Ten to fifteen yards beyond the space station is the sun (another coffee can or bucket).

The Play:

- ✓ At “go,” the first Scout on each team climbs into the flying saucer and flies to the space station to gather additional supplies.

- ✓ The Scout must disembark from the flying saucer (dock it safely), pick up some supplies (one marble or ball), climb back onto his flying saucer and fly to the sun.
- ✓ The Scout must orbit the sun (drive around it), and return to the international space station to leave any unused supplies.
- ✓ At this time, the Scout does not disembark from his flying saucer, but orbits the station while trying to drop his supplies back through the hatch doors (drop the marble or ball into the bucket).
- ✓ If he misses, he has to dock his saucer and try again.
- ✓ The relay continues until everyone has made a trip around the sun and returns safely to earth.

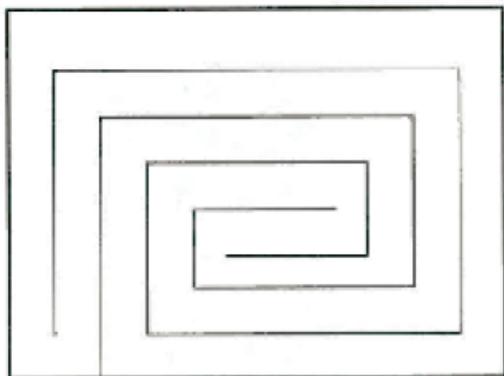
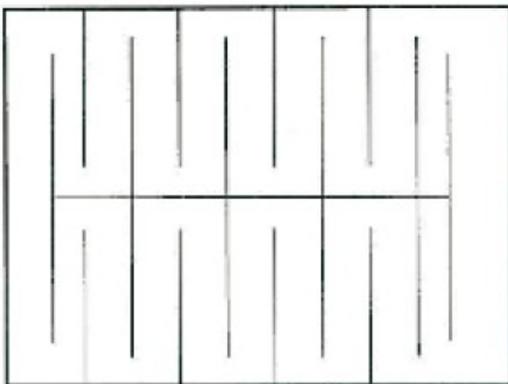
Just Passing Through

Sam Houston Area Council

Materials – for each team,
An index card and
A pair of scissors

Directions –

- ✎ Ask each team to cut the index card so that it has an opening large enough for one of the Scouts to pass through it.
- ✎ Once opened, the index card will look like a circle, unbroken (i.e., Scouts cannot tear the card.)
(Two potential solutions are noted below.)



Wolf! Wolf!

Sam Houston Area Council

- ✓ Scouts sit in a large circle around the person who is “It,” the Wolf.
- ✓ The Scouts in the circle chant, “Wolf, Wolf, What are you doing?” and
- ✓ Then wait for the Wolf to answer.

- ✓ The Wolf responds by saying an action sentence, but only one time (does not repeat the answer).

Examples include –

“brushing my teeth,”
“washing my hands,”
“going on a hike,” etc...

- ✓ However, if the Wolf replies, “Chasing you!” the Scouts scatter so that they cannot be tagged by the Wolf.
- ✓ The first person tagged becomes the new Wolf.

Find Your Buddy

Sam Houston Area Council

- Each Scout is quietly given the name of an animal so that 3 Scouts have the same animal before the game starts.
- No Scout should share which animal he has with anyone else.
- At signal, each Scout makes the sound/noise of the animal he was assigned and tries to find the other Scouts who share his sound.
- The first group to match each other and sit down are the winners.

Capture the Flag

Catalina Council

Two teams each with a flag at opposite ends of a field. Teams try to get the other team’s flag without being captured. Captured flag must be returned to team’s headquarters. Anyone tagged is a prisoner and taken to the team’s jail. Prisoners are freed by being tagged by one of their teammates.

Capture the Fort

Catalina Council

Divide players into two sides: Attackers and Defenders. Defenders form a circle, holding hands and facing outward, with their captain in the center. Attackers surround the fort at about eight or ten paces distant. They try to kick a soccer ball into the fort; it may go through the legs of the defenders or over their heads. If it goes over their heads, the captain may catch it and throw it out. But if it touches the ground inside the circle, the fort is captured and the players change sides.

Cup Race

Catalina Council

Thread paper cups onto a cord stretched between chairs, or posts. Each team member blows cone to the end of the cord, brings it back; next boy does the same. First team finished wins.

Dizzy Pole Relay (Izzy Dizzy)

Catalina Council

Each team member runs up hall, picks up a bat. Then puts one end stationary on the ground and runs around it 10 (or so) times before running dizzily back to his team to tag the next boy.

Dodge Ball

Catalina Council

Divide boys into two teams. One team makes a circle and the other team stands inside it. The boys forming the circle throw a large ball at the boys inside the circle, who are

running around trying not to be hit. The inside boys may not catch the ball. A ball hitting a boy on the head does not count. Only boys in the outside circle may catch and throw the ball. Boys who are hit below the knee join the outside circle and try to hit the inside boys.

Donkey Race

Catalina Council

Two boys straddle a broomstick, back to back. On signal, one runs forward and the other runs backwards about 50 feet. They then run back to the starting line, but this time they change positions (forward becomes backward runner) then the next two team members go.

Egg Toss

Catalina Council

Classic egg toss game with partners in two rows facing each other. The egg is tossed to one partner. The partner takes a step backwards and throws the egg back to the other partner. Partner takes another step backwards. Continue the process until all eggs but one have broken. World record: 323 feet 2.5 inches!

Outdoor Memory Game

Catalina Council

Before the game, pick up a few 10+ objects that the players may find in the area and lay them out. The teams or individuals must find as close matches to the objects you have collected. You can either display or hide your collection so that the players can or cannot come back and refresh their memories. The team with the display best matching the original wins.

Back-to-Back Relay

Catalina Council

Pairs standing back to back their backs touching and must run together to a goal and back with one running forward and the other running backward. If they separate, they must start over again.

Backward Trip Race

This is run in teams of three, the central player facing forward. The other two, with arms linked, facing backwards. The first team to finish intact wins.

Balloon Battle

Catalina Council

Teams try to pop as many balloons between them without using hands.

Balloon Popping

Teams must pop a predetermined number of balloons by sitting on them.

Variation: Boys must make an invention that pops the balloons.

Crew Race

Catalina Council

Groups of four or more straddle a pole, which must be held with both hands by each player. The front racer having at least one hand on the rail in front of him and the boy on the rear having at least one hand on the rail behind him. All scouts face backward except the last one who is the crosswain and steers.

Baseball Throw

Catalina Council

Boys take turns seeing who can throw a baseball the farthest. Boys should be broken up into groups by rank.

Bat the Balloon

Catalina Council

Teams line up with members standing side-by-side, separated by the distance obtained when players stretch their arms sideways. Fingertips should touch between players. The first player in line takes an inflated balloon, and bats it towards the second person in line, who bats it to the third person, on down the line and back again. The only rule is this: once the players have taken their stance, they may not move their feet. If a balloon falls to the floor, or if someone moves his feet in an attempt to reach the balloon, the first person in line must run and get the balloon, and take it back to the starting line to begin again.

Crazy Course

Catalina Council

Design an obstacle course with funny obstacles.

Cross the River

Catalina Council

Line up in teams with their equipment and draw two lines to represent the river. Lay "stepping stones" (pieces of paper) across the river. Cub 1 carries Cub 2 on his back across the river using the stepping stones. Cub 2 comes back and picks up Cub 3 plus a piece of equipment. Cub 3 comes back and picks up Cub 4 plus a piece of equipment and so on until all the Cubs have crossed the river.

Flapping Fish Relay

Catalina Council

Players must waft a paper cutout of a fish (1' length) across the hall and back using the newspaper as a fan.

Submarine Dive

Catalina Council

This is a variation of musical chairs that works best for Den meetings. Rope loops are placed on the floor representing submarines. Cubs circulate around the room. When the leader yell, "Submarines! Dive!" Cubs try to make it into a circle. Cubs left out of the submarine each round are eliminated. One loop is removed each round so there is always one fewer loops than Cubs.

Submarine Minefield

Catalina Council

Split Scouts into two teams. One forms a line across the playing field with blindfolds on and standing close enough together to touch hands. Each hand is a mine that will 'destroy' a ship (a member of the other team). The other team quietly tries to sneak along the line weaving in and out of the mines, (i.e. between their feet, or between two scouts). After a minefield team member uses one hand and hits a ship, that hand is out of play for the round. Later ships may go through an unprotected area. When the whole team has gone through, change over. At the end of the game, the winning team is the one that managed to get the most ships through the minefield.

Water Relay Race*Catalina Council*

Transport water from point A to point B holding water cup above head. Water cup has small nail hole in bottom resulting in a shower effect on the carrier. The first team that fills its can, bucket, etc. wins.

Earth, Water, Air, and Fire*Sam Houston Area Council*

- ★ Scouts sit in a large circle with one Cub Scout in the middle holding a beanbag.
- ★ He tosses the beanbag at someone sitting in the circle and shouts "Earth," "Water," "Air," or "Fire."
- ★ If "Earth" is chosen, the Cub Scout catching the beanbag must reply with the name of an animal before the center Cub Scout counts to ten.
- ★ If it is "Water," he must think of the name of a fish;
- ★ If "Air," a bird, and
- ★ If "Fire," whistle for the fire engine.
- ★ Once a creature has been named, it may not be called again.
- ★ If a Cub Scout cannot reply in time, he changes places with the Cub Scout in the center.

WATER RELAY RACE*Great Salt Lake Council***You will need:**

- A bucket of water,
- A tablespoon, and
- A plastic drinking cup

for each team.

Directions

- ◆ Divide the players into teams.
- ◆ Players form parallel lines.
- ◆ The lead player of each line has a bucket of water next to him and a tablespoon in his hand. At some distance from each line is a drinking cup sitting on the ground.
- ◆ Lead player gets a spoonful of water and quickly takes the water to the cup and dumps it in.
- ◆ He then runs back to his line and hands the spoon to the next player in the line who is now the lead player.
- ◆ The former lead player goes to the end of the line.
- ◆ The whole process is repeated until one team fills its cup to overflowing.

NDEPENDENCE TAG*Great Salt Lake Council*

- Someone, who is designated as "IT" pursues the other players and tries to touch one of them.
- When one has been touched, he must keep his hand on the spot where he was touched and pursue the others.
- His hand cannot be freed from this spot until he has tagged someone else.
- The idea is to tag players in inconvenient places - knee, ankle, elbow, etc.

SPONGE RELAY RACE*Great Salt Lake Council*

- ℞ Balance a wet sponge on your head and run to and back from a goal.
- ℞ If you drop the sponge you must return to the front of your line and start over again.
- ℞ The team to have all players do this first wins.

Indian Pebbles (Game)*Catalina Council***Materials:**

- 15 smooth pebbles or small stones
- Permanent marker
- Scissors
- Colored construction paper
- Large can
- Markers or crayons
- Tape

Directions

1. Wash and dry the pebbles.
2. With the permanent marker, paint an X on five of the stones, an O on five of the stones, and a Z on five of the stones.
3. Let the stones dry.
4. Cut a piece of construction paper as high as the can and long enough to wrap around it.
5. Draw designs on the paper with the markers or crayons.
6. Wrap the paper around the can, and tape the paper ends together.
7. Place the pebbles in the can.

To play the game,

- ✓ Each player in turn puts his hands in the can and pulls out one pebble.
- ✓ When all the pebbles are picked from the can, the one who has the most of one kind of letter wins the round.
- ✓ Repeat several times.

Variation: In place of letters, draw designs on the pebble, or use different colors.

HUMAN FOOSBALL*Great Salt Lake Council*

This can be played indoors or outdoors.

For indoor play, use a rubber ball.

For outdoor play, use a soccer ball.

Form two teams and set them up as a foosball table.

Players all hold hands in their respective rows.

Now the only way they can kick the ball is by going side-to-side without letting go of the hands of the players in their row just like the foosball table.

STRING MAZE*Great Salt Lake Council*

- ✓ Set up a maze with string tied around trees, over, under, and through garden furniture to dead ends, switch-backs, around-in-circles, and finally to the finish line. Use lots of string.
- ✓ Each blindfolded player has to find his way to the finish line by feeling his way along the string.
- ✓ Have some string end at a knot on a tree (dead end), or have it go around a pole to the same starting point.
- ✓ This is fun to do and fun to watch.
- ✓ The winner is the player who comes out of the maze in the least time.

CUB GRUB

Oregon Trail Council

Check out the following recipes in
Cub Scout Program Helps 2008-2009 -

- ✓ **Homemade Root Beer**, 3 AUG 09
- ✓ **Ants on a Log**, 2 AUG 09

Quick Fruit Dip

Sam Houston Area Council

Ingredients –

- 1 cup plain yogurt
- 2 tsp brown sugar
- Fruit (apple wedges, strawberries, grapes, pineapple, etc...)

Directions –

Mix yogurt and sugar in a small bowl. Serve with fruit!

Earth Rocks

Sam Houston Area Council

Ingredients –

- Graham crackers
- ¾ cup peanut butter
- 2-3 bananas
- 1 T. vegetable oil

Directions –

- ✓ Slice bananas into 1-inch pieces.
- ✓ Melt peanut butter with oil until dipping consistency.
- ✓ Put graham crackers in a re-sealable baggie and push out air and seal the bag.
- ✓ Roll over top of bag with a rolling pin until crackers become fine crumbs.
- ✓ Use a fork to carefully dip one banana piece at a time into the peanut butter mixture.
- ✓ Immediately roll the peanut butter covered banana in graham cracker crumbs.
- ✓ Place on waxed paper and chill.

Pineapple Pops

Alice, Golden Empire Council

Ingredients:

- ✓ 2 c. plain yogurt,
- ✓ 1/2 c. canned crushed pineapple (packed in its own juice instead of packed in syrup),
- ✓ 1 can frozen pineapple or orange-pineapple juice concentrate, thawed

Directions:

- ✓ Drain the crushed pineapple until all juice has run out.
- ✓ Put all the ingredients in a medium-sized bowl and mix them together.
- ✓ Spoon the mixture into the paper cups. Fill them almost to the top.
- ✓ Stretch a small piece of plastic wrap across the top of each cup.
- ✓ Using a popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup.
- ✓ Put the cups in freezer until the mixture is frozen solid.
- ✓ Remove the plastic wrap and peel away the paper cup. You'll have pineapple pops to eat and share!
- ✓ **Serves:** 6

Summer Fruit Kabobs

Alice, Golden Empire Council

Ingredients:

- ✓ 1 apple,
- ✓ 1 banana,
- ✓ 1/3 c. red seedless grapes,
- ✓ 1/3 c. green seedless grapes,
- ✓ 2/3 cup pineapple chunks,
- ✓ 1 cup nonfat yogurt,
- ✓ 1/4 c. dried coconut, shredded

Directions:

Prepare the fruit by

- ✓ Washing the grapes,
- ✓ Washing the apples and cutting them into small squares,
- ✓ Peeling the bananas and cutting them into chunks, and
- ✓ Cutting the pineapple into chunks, if it's fresh.

Then

- ✓ Put the fruit onto a large plate.
- ✓ Spread coconut onto another large plate.
- ✓ Slide pieces of fruit onto a skewer and design your own kabob by putting as much or as little of whatever fruit you want! Do this until the stick is almost covered from end to end.
- ✓ Hold your kabob at the ends and roll it in the yogurt, so the fruit gets covered.
- ✓ Then roll it in the coconut.
- ✓ Repeat these steps with another skewer.

Suggestion:

Roll your kabobs in something besides coconut. Try granola, nuts, or raisins, or use your imagination.

Perfect Peachy Freeze

Alice, Golden Empire Council

Ingredients:

- ✓ 1/2 c. milk,
- ✓ 1 c. sliced peaches (they can be either fresh or canned),
- ✓ 1 tsp. sugar

Directions:

- ✓ Pour the milk into an ice cube tray and freeze until solid.
- ✓ Pop the "milk cubes" out of the tray and put them into the blender.
- ✓ Then put the peaches and sugar into the blender.
- ✓ Put the lid on the blender and blend on high speed until everything is all mixed together and very smooth.
- ✓ Pour your Perfect Peachy Freeze into serving dishes and serve right away.
- ✓ **Serves:** 3

Ants On A Log

Great Salt Lake Council

Ingredients

- Celery Raisins
- Peanut Butter

Directions

Wash celery; spread peanut butter in celery groove; cover with raisin "ants."

Homemade Ice Cream*Great Salt Lake Council***Ingredients**

For each serving you will need:

- 1 resealable sandwich bag
- 12 ice cubes
- 1 quart sized resealable bag
- 1 tsp vanilla
- 1 cup whole milk 1 tbsp sugar
- 2 tbsp salt

Directions

- ✓ Pour milk, vanilla, and sugar into small bag and seal.
- ✓ Put ice cubes, and salt into big bag, add small bag and seal.
- ✓ Shake bag, but don't drop it.
- ✓ In about 10 minutes you should notice crystals forming.
- ✓ When it reaches soft serve consistency, scoop into bowl and serve immediately.

Homemade Lemonade*Great Salt Lake Council***Ingredients**

- 6 large lemons 1 c sugar
- 2 qt cold water

Directions

- Slice the lemons in half and squeeze them into a large measuring cup. This should be about 1 ½ cups of juice.
- Remove any seeds.
- In a large pitcher, combine the juice and sugar.
- Stir in 2 quarts of cold water.
- Serve over ice.
- For a nice touch, place mint leaves in the ice cube trays before freezing.
- Serves 8-10

Power Bars*Catalina Council***Ingredients**

- 1/4 cup all-purpose flour
- 3/4 cup (1 1/2 sticks) butter, plus 2 tsp. for the pan, at room temperature
- 1/3 cup packed brown sugar
- 1 tsp. vanilla extract
- 5 cups unsweetened granola

Directions

1. Place an oven rack in the center of the oven.
2. Preheat the oven to 375.
3. Using a paper towel, spread the 2 teaspoons of butter evenly over the bottom and sides of a 9" baking pan.
4. Melt 3/4 cup butter in a small saucepan over medium heat. (Don't let it burn.)
5. Pour it into a mixing bowl.
6. Add brown sugar, flour, and vanilla to the butter and stir thoroughly.
7. Add granola and stir very well to coat all the granola with the butter mixture.
8. Spoon the granola mixture into the baking pan.
9. Press it flat.
10. Bake in oven until top is golden brown, 15 - 20 minutes.
11. Place the pan on a cooling rack and let it cool completely, at least 30 minutes.

12. Cut the granola in the pan into 4 strips lengthwise and 3 strips crosswise.

13. Remove the bars from the pan with a spatula.

14. Makes 12 bars.

Microwave S'More Cone**Ingredients**

- 1 sugar cone
- 1 caramel cube
- 15 chocolate chips
- 1 large marshmallow
- drinking glass

Directions

1. Place the cone in a drinking glass (point end down).
2. Put the caramel and chocolate chips in the bottom of the cone.
3. Microwave on high for 15 seconds.
4. Add the marshmallow and cook another 15 seconds.

*Watch what happens to the marshmallow!***Quick Energy Snack***Catalina Council***Ingredients**

- 3 or 4 graham cracker squares
- 1 cup powdered sugar
- 1 cup crunchy peanut butter
- 1/2 cup instant nonfat dry milk
- 1 package (6oz) semisweet chocolate chips
- 3 Tbsp water

Directions

1. Crush graham crackers on sheet of waxed paper.
2. Mix remaining ingredients thoroughly in medium bowl.
3. Shape teaspoonfuls of the mixture into 1" balls.
4. Roll balls in graham cracker crumbs until coated.
5. Put the coated balls on ungreased cookie sheet.
6. Refrigerate about 20 minutes or until firm.
7. Makes 30 snack balls.

Birds Nests*Catalina Council***Ingredients**

- 1 can (14 oz.) Sweetened Condensed Milk (not evaporated milk)
- 2 tsp vanilla
- 1 to 1 1/2 tsp almond extract
- 2 (7 oz) packages flaked coconut (5 1/3 cups)
- Assorted small jelly beans

Directions

1. Tint coconut by adding a teaspoon of water and a few drops of green food coloring into a large Ziploc® bag.
2. Add the coconut and shake until it is all colored.
3. Preheat oven to 325 degrees.
4. Line a baking sheet with foil.
5. Grease and flour the foil and set aside.
6. In a large bowl, combine the milk and extracts.
7. Stir in the coconut and drop by rounded teaspoonfuls onto foil lined sheets.
8. Slightly flatten each mound.
9. Bake 15 minutes or until golden brown.
10. Remove from oven.
11. Immediately press 2 or 3 small jelly beans in the center of each "nest"

Yogurt Fruit Shakes
Great Salt Lake Council

Ingredients

- 2 - 8 oz containers strawberry-banana yogurt 1 /3 c cold milk
- 3 tbsp honey
- 2 tbsp frozen orange juice concentrate

Directions

- ☞ Place all ingredients in blender and blend, covered until smooth and frothy.
- ☞ Serve immediately in three tall chilled glasses.

Morning Sun Biscuits

Alice, Golden Empire Council

- ✓ Take canned biscuits, slightly flatten on ungreased sheet, make a small depression in the center with your hand or fist.
- ✓ Now make regular cuts around the biscuit, from the outside edge towards the center depression – fill with a spoonful of yellow jelly, such as pineapple, lemon curd, or orange marmalade.
- ✓ Bake in a 350 degree oven till biscuit shape is puffed up and slightly golden, then remove from oven and serve with a light breakfast such as scrambled eggs with sausage or bacon.

WEBELOS

Here is a handy slide from my friend Norm. You could take his technique and have your den develop a whole series of slides – one for each of the required knots. Then use them to display the knots at a Pack Meeting. CD

CLOVE HITCH NECKERCHIEF SLIDE

1. Cut a piece of 1/4" rope 12" long, Whip both ends.

2. twist the rope and make 2 loops like so



3. Place one over the other then over a 5/8" rod or dowel.



4. Pull tight and remove it and tie it at the arrows.

5. Add glue to the inside and let it dry.

6. remove the tie strings

IT SHOULD LOOK LIKE THIS :



2/11/96

**NATURALIST
OUTDOOR GROUP**

Naturalist Activity Badge Outline -- Outdoor Group

The Naturalist Activity Badge is recommended to be presented in a one month format, as outlined in the Webelos Program Helps booklet. This example outline presents the Badge in four weekly meetings.

In order to complete all of the requirements a field trip to a nature center is required. Plan this trip and alert the parents ahead of time. Make sure to telephone the parents a couple days before the field trip, which will help attendance. Deal with any transportation problems ahead of time. While this is a Den outing, it does not require one parent per Scout -- only enough to drive.

The Naturalist Activity Badge will work best if you get the parents to help their Scout set up either an insect zoo or terrarium at home. In order to get the parents involved it is a good idea to send home a description of the requirements and suggestions on how to do this. Send it home a week before the badge work begins or at the prior Pack meeting. An example is attached to this outline.

Use the Webelos book in the meeting. Have the Scouts read sections from the book. Use all the resources you have available, such as the Program Helps and the Webelos Den Activities Book. Make sure you sign off their books each meeting.

Week 1

Requirements to be fulfilled:

Do Four of These:

1. Keep an insect zoo that you have collected. You might have crickets, ants or grasshoppers.
3. Visit a museum of natural history, nature center, or zoo with your family, den, or Pack. Tell what you saw.

Discussion :

1. Read the introduction and requirements pages. Discuss the requirements and how they will be worked on in and outside the Den.
2. Read pages on Collecting Insects, and Your Insect Zoo. Discuss how to collect things. Some Scout may already have an insect zoo. Ask him to bring it in to show the Den next week. You may wish to satisfy this requirement by having the Den do an insect zoo. You will need the appropriate kind of container for your zoo. Have the Scouts capture the inhabitants, perhaps around your meeting location. Find out what you have to feed the zoo.

Another project that can be done is to make "Critter Keepers" -- a Quonset hut type box with window screen over the top, secure enough around the edges so that the bugs will not escape. You will have to cut the materials ahead of time and bring them to the meeting. [Make sure you try this first at home so that you know exactly how to put it together and have all tools and materials at the meeting.]

3. Plan your field trip. Pick a nature center that can specifically help satisfy some of the requirements. The

intent of this outline is to choose a nature center that can help you satisfy requirements 3, 5 and 6.

- Any Scout that has a terrarium, plan to bring it into the Den meeting next week.

Homework:

- For those doing the insect zoo, set it up and capture your bugs.

Week 2

Requirements to be fulfilled:

- Set up an aquarium or terrarium. Put plants and animals you have collected in it. Keep it for at least one month.

Discussion :

- Observe the insect zoo or terrarium that was brought in.
- Read page on terrariums. Discuss how to make a dry terrarium for reptiles and a wet terrarium for amphibians. Discuss the kinds of animals you can find in the backyard or purchase to put in a terrarium. A field trip might be to a pet shop to look at such things. What is the most important thing you need to learn if you are going to set up a terrarium? The answer is, what to feed the critters.
Find out which Scouts are already working on or will be working on a terrarium.
- Read pages on Bird Flyways, Poisonous Plants and Animals, and Watching Animals in the Wild, before the field trip.

Homework:

- For those Scouts making either a wet or dry terrarium, do it. Bring it in to show the Den.
- Go on the field trip to the nature center.

Week 3

Requirements to be fulfilled:

- Watch for birds in your yard, neighborhood, or town for one week. Identify the birds you see and write down where and when you saw them.

Discussion :

- Read page on Bird Watching.
- A good project is to put together a very simple bird feeder, such as one that is shown in the book or another simple one. Bring all the materials so that the feeders can be put together in the meeting. Purchase and arrive with a large bag of wild bird seed. Make sure that each Scout leaves with a feeder and a bunch of bird seed.

Homework:

- If the bird feeders are made in the Den meeting, take it home, set it up in the backyard and observe the birds that feed there. Identify and write down the ones that feed there. Tell your Den what you saw at the next meeting.

Week 4

Requirements to be fulfilled:

Discussion :

- Report on what was seen at the bird feeders.
- Last week of this Activity Badge. Have the Scouts all bring in the things they have worked on to show everyone else in the den. Ask them what they have learned. Are they going to keep their zoo or terrarium?

Naturalist Activity Badge Work Outside the Den:

Field Trip -- Nature Center and/or Day Hike:

Requirements to be fulfilled:

- Visit a museum of natural history, nature center, or zoo with your family, den, or Pack. Tell what you saw.
- Learn about the bird flyways closest to your home. Find out what birds use these flyways.
- Learn to identify poisonous plants and reptiles found in your area.
- Watch six wild animals (snakes, turtles, fish, birds, or mammals) in the wild. Describe the kind of place (forest, field, marsh, yard, or park) where you saw them. Tell what they were doing.

Discussion :

- Set this Field trip up ahead of time. Call the nature center and ask specifically if they can help you work with the Scouts to satisfy requirements 5 and 6. If you choose the location for this field trip wisely, you may be able to do a day hike with it and satisfy requirement 7 also. You may want to do two field trips, with the second being a day hike. Remember, Webelos Scouting is an outdoor oriented activity for boys -- you can't do too many outdoor trips.
- Make sure you have some finder books with you -- reptiles, birds, etc., particularly if you will be working on requirement 7. When you find something have the Scouts gather around you as you go through the finder to identify it. That way they will learn how to use a finder book.

Naturalist Badge Home Activities

Your Scout will be working on the Naturalist Activity Badge during this next month. There are a couple activities that can be done at home. Please read pages 213 - 220 in the Webelos Handbook. Please help your Scout complete either requirement 1 or 2. If it will not be possible to do either activity, please let me know so that we can work on other requirements with your Scout.

Requirement 1. Keep an insect zoo that you have collected. You might have crickets, ants or grasshoppers.

An insect keeper can be purchased, or build according to the plans in the Webelos Handbook. There may be some very interesting insects in your yard that can be captured and observed for a while. You might decide to keep silk worms. You also might decide to keep Praying Mantis, which you can either find in your yard or obtain at your local plant nursery.

Requirement 2. Set up an aquarium or terrarium. Put plants and animals you have collected in it. Keep it for at least one month.

Satisfying this requirement could cost some money, but can provide enjoyment for a long time. Lots of folks have 5 or 10 gallon aquariums that are not in use. A 10 gallon aquarium can be purchased for \$10 -12 at your local pet store or department store. You can purchase aquarium gravel or just wash some sand, gravel and rocks from your yard and place them in the aquarium. That is the basic requirement to set up either a dry terrarium for reptiles or a wet terrarium for amphibians.

Dry Terrariums:

A dry terrarium can be set up for a variety of lizards, monitors, geckos or other reptiles, which you can purchase at the pet store. Beware of anything that can climb glass. You must have a snug fitting lid, preferably made of screen, not glass, so they cannot escape. Or you might find one or two lizards in your backyard to catch and observe for a while.

You must provide the correct food for these pets -- either meal worms or crickets, both of which you can purchase at the pet store. For reptiles you must provide either a light in a hood over the tank, or a "hot rock" which you can purchase at the pet store. The reason for this is that reptiles must have an external heat source in order to digest their food.

Make sure your Scout brings his terrarium into the Den meeting to show the other Scouts.

Wet Terrariums:

A wet terrarium can be set up for a variety of newts, salamanders, frogs and turtles, which you can purchase at the pet store. Again, beware of anything that can climb glass, which a lot of frogs can, or jump out. You must have a snug fitting lid, preferably made of screen, not glass, so they cannot escape. Or you might find one or more amphibians in a nearby stream or up in the mountains, which you can capture and observe for a while.

For a wet terrarium for amphibians you will need to arrange the tank so that there is water in part of it and rocks or dry gravel in another part. Amphibians spend a lot of time in the water, but must also have dry land to climb on. They also like places to hide.

You must provide the correct food for these pets -- either worms or crickets, both of which you can purchase at the pet store. Yes amphibians like crickets -- you can put a bunch of crickets in the wet tank, they will crawl up onto dry land, and then you can watch your amphibians stalk their dinner.

Catching Insects

Great Salt Lake Council

Among the requirements for the Naturalist badge is one calling for the boy to keep a "zoo" of insects he has caught.

He shouldn't have trouble finding them, but if he wants a particular kind, you may be able to suggest a way to get one.

For beetles and crickets, the Webelos Scout might bait a ground trap. To do this, he sinks a small jar or can in the ground with the top level with the surface. Then he pours in about an inch of a mixture of two parts

molasses and one part water or some other very sweet mixture. This gooey mess will attract hordes of insects which promptly tumble in and are trapped. They will drown in a short time, so the Webelos Scout must

check his trap every hour or so if he wants a live one.

For butterflies, moths, and other flying insects, use a sweet mixture, too. Paint it on a tree trunk or two. Especially good for the bait is a sweet, slightly fermented pulp of fruits like peaches and apricots.



Tracks Game –

Great Salt Lake Council

Copy 6 tracks of each animal.

Tape 5 tracks clearly on the wall.

Give each boy a different track to hunt.

On the word go, have the boys find as many tracks as they can.

When they return, they are given clue #6 and asked if they can identify the animal.

If they can, they are given 6 points.

If not, give them clue #5 for 5 points and so on.

If wanted, include the animals sound with clue #1.

The boys with the most points wins a prize.

Clues	Prints
<p>Bear</p> <p>6. My fur is brown & black 5. I live in a den or cave 4. I eat berries & honey 3. I eat salmon fish 2. I hibernate in winter 1. Name Not Smokey</p>	
<p>Wolf</p> <p>6. Grey or black coat 5. Lives in den 4. I eat meat 3. Hunts in a group 2. Bays at the moon 1. Large dog</p>	
<p>Bobcat</p> <p>6. Red & brown spots 5. Lives in the bushes 4. I like to eat rabbits 3. I can run very fast 2. Very short tail 1. Cat family</p>	
<p>Deer (white tailed)</p> <p>6. Tan coat, white tail 5. Eat grass & berries 4. Will eat tree-bark 3. Bounds when frightened 2. Makes noise by rubbing its antlers on the trees 1. Name Not Bambi</p>	

<p>Rabbit (snowshoe-hare)</p> <ol style="list-style-type: none"> 6. Fur brown in summer 5. Fur white in winter 4. Eat grass & berries 3. Digs a hole to live in 2. Wiggles its nose 1. Hops & is a fast runner 	
<p>Horse (wild)</p> <ol style="list-style-type: none"> 6. Eats grass 5. Round hoof 4. Lives in herds 3. Gallops 2. Neighs and snorts 1. Wild West Mustang 	
<p>Fox</p> <ol style="list-style-type: none"> 6. I like to eat mice 5. I will also eat berries 4. Fur black-grey in USA 3. Fur red in England 2. Hunted in England 1. The quick brown _____ jumped over the lazy dog. 	
<p>Raccoon</p> <ol style="list-style-type: none"> 6. Eats berries 5. Lives in a borough 4. I wash my paws 3. Striped ring tail 2. Black & white mask 1. Davy Crocket's Cap 	
<p>Mountain Goat</p> <ol style="list-style-type: none"> 6. White coat 5. Eats grass 4. Lives upstairs 3. Dagger-like horns 2. King of the hill 1. Not sheepish 	
<p>Mountain Lion (Cougar)</p> <ol style="list-style-type: none"> 6. Tan coat & white belly 5. Long tail 4. Fast runner 3. Lives in a cave or den 2. Eats meat (will eat you) 1. Has growl-meow & purr 	
<p>Moose</p> <ol style="list-style-type: none"> 6. Eats grass 5. Large, brown & tan 4. Beard under chin 3. I will call you 2. Large flat antlers 1. Name Not Bullwinkle 	
<p>Bison (Buffalo)</p> <ol style="list-style-type: none"> 6. Eats grass 5. Shaggy head & shoulders 4. I snort and grunt 3. Will stampede if scared 2. White ones worshiped 1. American Indians living food-storage 	

<p>Mouse (Deer Mouse)</p> <ol style="list-style-type: none"> 6. Brown above, white under 5. Tail is hairy 4. I Live in a hole 3. I eat berries and grass 2. My cousin eats cheese 1. I squeak 	
<p>Skunk</p> <ol style="list-style-type: none"> 6. I eat berries 5. I dig a borough to live in 4. Stay away from me 3. Follow your nose 2. Black with white stripe 1. I will produce an odor if provoked 	
<p>Beaver</p> <ol style="list-style-type: none"> 6. Stocky brown fur 5. Eats grass & berries 4. Flat paddle-like tail 3. Chews sticks and logs 2. Home blocks waterways 1. Aquatic rodent 	

FORESTER OUTDOOR GROUP

Forester Activity Badge Outline -- Outdoor Group

The Forester Activity Badge is recommended to be presented in a one month format, as outlined in the Webelos Program Helps booklet. This example outline presents the Badge in four weekly meetings. The goal of this outline is to complete as many requirements as possible in the four weeks. The only requirement that is not addressed sufficiently to complete is the planting of 20 forest saplings. This is not well suited to an urban or even suburban environment, unless you have a forest very close by in which to plant them. I don't think it is a very good idea to plant them in a pot or planter, watch and care for them for a month, knowing that they will not survive.

In order to complete the requirements, a day hike to a forest is required. Plan this trip and alert the parents ahead of time. Make sure to telephone the parents a couple days before the field trip, which will help attendance. Deal with any transportation problems ahead of time. While this is a Den outing, it does not require one parent per Scout -- only enough to drive.

You will need tree finder, fern finder and plant finder books for the day hike. If you have several copies that would be better -- some Scouts can carry them too. Prepare to card tree and plant samples. You will need 4x6 or 5x7 cards, 12 each per Scout, and pieces of clear contact paper cut to that size, one for each card. As you do your hike, and identify plants and trees, have each scout select a leaf or sprig, place it on a card and cover with the contact paper. IMMEDIATELY write on the back of the card what it is, where you found it and what it is used for.

Use the Webelos book in the meeting. Have the Scouts read sections from the book. Use all the resources you have available, such as the Program Helps and the Webelos Den

Activities Book. Make sure you sign off their books each meeting.

Week 1

Requirements to be fulfilled:

Do Five of These:

1. Identify six forest trees. Tell what useful things come from them.
2. Identify six forest plants that are useful to wildlife. Tell which animals use them and for what.

Discussion :

1. Read the introduction and requirements. Discuss the requirements and how they will be worked on in and outside the Den.
2. Read pages on Identifying Forest Trees, and identifying forest plants.
Bring in examples of carded tree and plant samples. Show the Scouts how it works. Show them the information that is on the back of each card. Bring in the finder books. Show the Scouts what information is contained in them. Show them how they work. Perhaps there is a pine tree near your meeting place that you can identify using the finder. Perhaps you can use this tree as the Scouts first sample to card.
3. Plan your field trip. Pick a location for your day hike that will be in forest. This hike should be at least 3 hours long and cover at least a couple miles of trail, in order to find the six trees and six plants.

Homework:

1. Go on your day hike.

Week 2

Requirements to be fulfilled:

3. Make a poster showing the life history of a forest tree.
4. Make a chart showing how water and minerals in the soil help a tree grow.

Discussion :

1. Read pages on How a Tree Grows.
If you have a log laying around your log, like a piece of firewood, bring it in to show tree rings. Let the Scouts count the rings to determine how old the tree was when it was cut down.
Make the poster showing the life history of a tree. This can be done using an 8 1/2 x 11 sheet from their binders, or you can bring in larger paper. Bring in colored pencils or markers to draw the pictures on the poster. I would suggest using the poster to complete requirement 4 also. Use the final picture they draw of a full grown tree. Have them add the root system, show water and minerals and draw arrows showing where the water and minerals go. If you choose to do this, you probably want to use larger paper than letter size.

Homework:

1. If you did not get the poster done, finish it at home.

Week 3

Requirements to be fulfilled:

5. Collect pieces of three kinds of wood used for building houses.
6. Plant 20 forest tree seedlings. Care for them for a month.

Discussion :

1. Read page on Collecting Wood Samples.
It is easy to and very low cost to acquire the necessary wood from your local lumberyard. You should be able to purchase Douglas Fir and Redwood 8-foot 2x4's for about \$2 each. You should be able to purchase Ponderosa Pine 8-foot 2x4's or at least 1x4's, again for about \$2 each. One 2x4 of each type will probably suffice for the Den.
You may wish to hold this meeting at your home, where you have a circular saw and belt sander. Cut the samples for the boys -- DO NOT LET THE SCOUTS USE THE CIRCULAR SAW. You can teach them how to use the belt sander. Make sure you have ear muffs for the Scout that is using the belt sander. Tell the other Scouts to stand back. Cut and sand according to the project in the Webelos book. Have some varnish available to seal the sanded cuts. Some quick drying sealer, such as clear Krylon would be best.
Have the Scouts write on the back of each sample their name, what kind of wood it is, and what it is used for.
2. Read page on tree planting.
You may be in a location where you can plant seedlings in a forest and care for them for a month. You can easily obtain the seedlings from a wood products company, such as Weyerhaeuser. If you contact them and tell them what you need, they will even send them to you in the mail. If you cannot plant seedlings, do the reading and talk about what you would have to do if you were going to do it. What do you have to remember when planting them? Keep them far enough apart so they will not grow into each other. They need to be in the right kind of soil, and the right micro-climate if they will survive. You will also have to water them for a while until they are established.
Extra Credit: What is a micro-climate? You can show them what this means on the day hike.

Homework:

Plan on bringing the wood samples and posters to the next Pack meeting.

Week 4

Requirements to be fulfilled:

7. Describe the harm caused by wildfires. Tell how you can help prevent wildfire.
8. Make a map of the United States. Show the kinds of forests growing in different parts of the U.S.A. Tell what important things made of wood come from each part.

Discussion :

1. Read page on Preventing Wildfires.
Discuss the harm caused to plants, animals and our environment by wildfires.
Discuss what we can each do to help prevent fires.
2. Read page on Principle Forest Regions of the United States.
You will have to get better information than what is available in the Webelos book in order to do this requirement. Look in an encyclopedia for better info. Bring with you pages with the continental United States

in outline, so that the Scouts can draw on them the forest regions. Bring colored pencils or markers for the Scouts to do this. Have them mark on the map the principle tree types in the various regions. The Scouts can put the posters in their binders.

Forest Fun

Baltimore Area Council

Fill in the blanks with the name of the tree it reminds you of

Apple	Orange	Mesquite
Ash	Pine	Oak
Elder	Rubber	Sumac
Locust	Spruce	Walnut

- _____ A person who is old
 _____ Something that stretches
 _____ A bright color
 _____ A nut
 _____ Small insect
 _____ Another name for cleaning up
 _____ OK spelled with an A in the middle
 _____ A present for a teacher
 _____ The most "knotty" wood
 _____ The sound a slap makes
 _____ Fire leftovers
 _____ A city in west Texas

Answers

- Elder A person who is old
Rubber Something that stretches
Orange A bright color
Walnut A nut
Locust Small insect
Spruce Another name for cleaning up
Oak OK spelled with an A in the middle
Apple A present for a teacher
Pine The most "knotty" wood
Sumac The sound a slap makes
Ash Fire leftovers
Mesquite A city in west Texas

Pine Cone Battle

Baltimore Area Council

Have twice as many pine cones as players: Divide boys into equal teams, each about 20 yards from a dividing line and facing each other across the line. At signal, the battle starts with each player throwing cones as close to the 20-yard marker as possible, but staying on their side of the line. Those closest to the 20-yard mark score two points. Team with the most point's wins.

Leaf Collections

Baltimore Area Council



Dry Leaf Collection - Put each leaf between a separate sheet of newspaper. Put several folds of newspaper on top of and underneath the sheets you are using to press the leaves.

Put something heavy on top until the leaves are pressed out and dry.

Crayon Print - Lay a leaf on the table with vein side up. Put a clean sheet of paper on top of it. Hold the leaf in place with your hand and make parallel strokes back and forth over the leaf with your crayon until the print shows on your paper.



Ink Pad Leaf Prints - Put a leaf, vein side down, on your inkpad. Cover it with a piece of newspaper and rub your hand back and forth over it. Then put the leaf, ink side down, on a clean sheet of paper. Put a newspaper over it again and rub.

Paraffin Coated Leaves - Melt paraffin in a double boiler. When it is melted, turn off the heat. Dip one leaf at a time into the melted wax. Shake off the extra drops of wax into the pan. Hold the leaf until the wax hardens, then lay it on waxed paper. Using this method, you can get the leaves in their green color, or in the brilliant colors of autumn

WEB SITES

Probably the best thing to do is to Google (or other search engine) sporting terms and items, and other related phrases.

Or just get out and have fun, forget the computer for a while!! CD

Alice, Golden Empire Council

Plan a family, den or pack "Create A Game Day" – check out the wonderful ideas at

<http://familyfun.go.com/games/healthy-fun/feature/ff0707-create-your-own-games> or just put out lots of materials and let everyone make up their own games.

AstroCappella

AstroCappella is a marriage of astronomy and music, developed by astronomers and educators and professionally recorded by the rocking *a cappella* group **The Chromatics**. Many of the songs, activities, and background science materials are freely available on this site.

<http://www.astrocappella.com/sun.shtml>

Learn a song about the Sun and sing it at the Pack meeting. Go to:

www.starchild.gsfc.nasa.gov/docs/StarChild/solar.../sun.html

For Family Fun Ideas, go to

<http://family-fun.kaboose.com>

Here are some samples -

Silly Jumps Mark a starting point on the grass and take turns jump in funny poses to see who can get the farthest. Try jumping doing the splits in mid-air, spinning around in mid-air, flapping arms as if flying like a bird, or whatever imagination suggests as funny!

Throw the dice. You'll need two small (5x5 inch) square boxes from a moving or packaging store for this activity, says Penny Warner, author of *Kids' Outdoor Parties* (Meadowbrook Press). These are your dice. On one die, write a different activity on each side, such as 'do a

cartwheel' or 'walk 10 steps backwards'. On the other die, write mental challenges, geared to the kids' ages, such as 'say the alphabet' or 'spell your name backwards'. Each person rolls the dice and does the two challenges at the same time, like walking backwards while spelling your name backwards. "Because there are a multitude of combinations, it's endless fun," says Warner. **Note: If you don't have SMALL boxes, try using large boxes – I think it would be even more fun! – Alice**

Alice, Golden Empire Council

General Fun in the Sun:

www.familyfun.go.com/parties/holiday/minisite/summer-main-ms/ Craft projects, summer recipes, printables to keep kids busy on family or den trips, hints from Family Fun magazine

www.holidays.kaboose.com/summer/ lots of ideas for crafts, activities and even recipes to use with kids; printables

www.familyfun.go.com/games/indoor.../summer-games 89 days of summer fun, divided by June, July and August; click on any game or activity that intrigues you and check it out – one for every day of summer!

<http://familyfun.go.com/games/healthy-fun/feature/ff0707-create-your-own-games> a great article with ideas on how to create your own games and equipment

About the Sun:

www.nasa.gov/vision/universe/solarsystem/sun_for_kids_main.html NASA kid's site – lots of interactive and video about the Sun. Facts about the Sun; how our weather is affected by the Sun

www.kidsastronomy.com/solar_system.htm - click on the Sun or whatever you want to know more about; also has a song about the Sun you can listen to (words in this packet)

Sun Safety:

www.kidshealth.org/parent/firstaid_safe/outdoor/sun_safety.html facts about sun exposure, melanin, how kids can play safely in the Sun

http://chealth.canoe.ca/health_tools.asp?t=21&text_id=3009&channel_id=2003&relation_id=12098 word search, coloring pages and what kids need to think about when in the sun; includes some great summer recipes as well (See the coloring page at the end of this packet)

ONE LAST THING

The 45 Lessons Life Taught Me

*Regina Brett, 90 years young,
of The Plain Dealer, Cleveland, Ohio*

"To celebrate growing older, I once wrote the 45 lessons life taught me.

It is the most-requested column I've ever written." My odometer rolled over to 90 in August, so here is the column once more:

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
4. Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch.
5. Pay off your credit cards every month.

6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. He can take it.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won't screw up the present.
12. It's OK to let your children see you cry.
13. Don't compare your life to others. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye. But don't worry; God never blinks.
16. Take a deep breath. It calms the mind.
17. Get rid of anything that isn't useful, beautiful or joyful.
18. Whatever doesn't kill you really does make you stronger.
19. It's never too late to have a happy childhood. But the second one is up to you and no one else.
20. When it comes to going after what you love in life, don't take no for an answer.
21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
22. Overprepare, then go with the flow.
23. Be eccentric now. Don't wait for old age to wear purple.
24. The most important sex organ is the brain.
25. No one is in charge of your happiness but you..
26. Frame every so-called disaster with these words 'In five years, will this matter?'
27. Always choose life.
28. Forgive everyone everything.
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time time.
31. However good or bad a situation is, it will change.
32. Don't take yourself so seriously. No one else does.
33. Believe in miracles.
34. God loves you because of who God is, not because of anything you did or didn't do.
35. Don't audit life. Show up and make the most of it now.
36. Growing old beats the alternative -- dying young.
37. Your children get only one childhood.
38. All that truly matters in the end is that you loved.
39. Get outside every day. Miracles are waiting everywhere.
40. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
41. Envy is a waste of time. You already have all you need.
42. The best is yet to come.
43. No matter how you feel, get up, dress up and show up.
44. Yield.
45. Life isn't tied with a bow, but it's still a gift."