



# BALOO'S BUGLE

Volume 17, Number 7D

"Make no small plans. They have no magic to stir men's blood and probably will not themselves be realized." D. Burnham

February 2011 Cub Scout Roundtable

March 2011 Activities

## COMPASSION

### Tiger Cub, Wolf, Bear, and Webelos Meetings 13 and 14

### CORE VALUES

*Cub Scout Roundtable Leaders' Guide*

The core value highlighted this month is:

- ✓ **Compassion:** Being kind and considerate, and showing concern for the well-being of others. Cub Scouts will develop care and concern for the well-being of others by learning about simple first-aid and preparation for emergencies.

### COMMISSIONER'S CORNER

**The majority of good excuses for failure do not exist!**

*God's Little Devotional Book for Men*

Check out the information on the new Tour Plans that are replacing Tour Permits -

TOUR PLANNING WORKSHEET			
Tour plan No.	Date received	Date reviewed	
Date			
<input type="checkbox"/> Pack	<input type="checkbox"/> Troop/team	<input type="checkbox"/> Crew	<input type="checkbox"/> Contingent unit/crew
Council name/No.	Unit No.	Chartered organization	
District		District	
Purpose of this trip is			



#### Position #1 - Special Opportunities Coordinator -

With the increased emphasis on awards and such, I figure BALOO should have an Academic Pin/Loop and a Sports pin/loop each month as well as a Special Opp (Outdoor Award, LNT, ...) Maybe some unofficial ones too - US Scouts Internet patch, Citizen, ...

#### Positions 2 (Tiger), 3 (Wolf), and 4 (Bear)

Look at the next two meetings on the schedule. (Once we reach 16, then lettered meetings you choose are up to you - do what you like)

Interested?? Write me at [davethecommish@gmail.com](mailto:davethecommish@gmail.com) and I will give you details. Thanks

I received some great Pow Wow Books from NCAC and Utah National Parks and hope to use them next month. As always though more are welcome.

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**THOUGHTFUL ITEMS FOR SCOUTERS**

*The "Thoughtful Items" and "Quotations" are in the Pack and Leader Hints Edition. Be sure you read about Mother Teresa. Dave*

**TRAINING TOPICS**

*Learn about the Resources that your council and district use to help you succeed. The "Training Topics" are in the Pack and Leader Hints Edition Dave*

**ROUNDTABLES**

*The "Roundtable Hint" is in the Pack and Leader Hints Edition Dave*

**PACK ADMIN HELPS -**

*Be sure to check out the item on a great resource, "Den Chiefs" in "Pack Admin Helps " this month. It is in the Pack and Leader Hints Edition Dave*

**LEADER RECOGNITION, INSTALLATION & MORE**

*The "Leader Recognition" section is in the Pack and Leader Hints Edition Dave*

**DEN MEETING TOPICS**

Wendy, Chief Seattle Council

MONTHLY COUNCIL VALUE	FEBRUARY: RESOURCEFULNESS		MARCH: COMPASSION		APRIL: FAITH	
	MEETING #	TOPICS	MEETING #	TOPICS	MEETING #	TOPICS
WOLVES	11	E#47 Recycling Puppets Ach. #12 Choices	13	E#26 Phone Manners E#27 Emergency E#15 Colors E#12 Card E#14 Pets	14	E#31 Animals Veterinarian field trip E#10 American Indians
BEARS		Ach. #8 The Past Ach. #17 information	12	E#41 Visit Transportation Station E#5 Books E#12a Sketch Ach. #5 Sharing Your World with Wildlife	15	E#3 Board Game or Puzzle E44e Marbles Ach. #6 Take Care of Your Planet
WEBELOS		Engineer Handy Man		Engineer Communicator		Ach. #21 Models Scholar Sportsman
ARROW OF LIGHT		Blue & Gold Banquet (Resourcefulness) Scout history, birthday		Disabilities Awareness (Compassion)		Campfire (Faith)

From Bob Scott at National in answer to my question on the role of Roundtables with the new delivery system - Dave, you have it right. No changes to roundtable's role, how it's executed, etc. Bob Scott , Innovation Coordinator - CS 2010

## SPECIAL OPPORTUNITIES

### Disabilities Awareness

[www.ussscouts.org](http://www.ussscouts.org)

*This subject was added in 2009. This is one area where a Cub Scout of any age can show Compassion.*

#### Belt Loop



#### Requirements

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

#### Complete these three requirements:

1. Visit with a friend, family member, classmate, or other person with disabilities. Find out what this person enjoys and what this person finds difficult.
2. Attend a disabilities event such as an Easter Seals event, Special Olympics, a performance with sign language interpretation, an activity with Guiding Eyes dogs, or a wheelchair race. Tell your adult leader what you thought about the experience.
3. Make a display about one or more disabilities. It can include physical, learning, or mental challenges. Share the display at a pack meeting.

#### Academics Pin



*Earn the Disabilities Awareness belt loop, and complete five of the following requirements:*

1. People with disabilities move around in different ways such as crutches, scooters, and wheelchairs. Explain the differences. With an adult's supervision and permission, try to safely use one.
2. Using sign language, demonstrate the Cub Scout Promise and motto.
3. Read a book about a person with a disability.
4. Explain how your school helps students with disabilities (elevators, ramps, small classes, special tools and equipment, specialized teachers)
5. Describe one of the following and its purpose: occupational therapy, speech therapy, or physical therapy. Visit with a person who works in one of these fields and learn about his or her position.

6. Read about a famous person who has been physically or mentally challenged. Report what you learned to your den or family.
7. For two one-hour periods, and with adult supervision, go about your normal routine doing chores, watching television, studying, etc. Change your abilities by using one of these experiences, then share what you learned with your den.
  - o Hearing impairment — Muffle your ears with earmuffs or bandages.
  - o Sight impairment — Blindfold one or both eyes.
  - o Physical impairment— Bind an arm or leg so that it cannot be used.
  - o Speaking impairment — Cover your mouth or do not speak
  - o Choose an impairment of your own that is approved by an adult
8. Look at a catalog and find three items that could help a person with disabilities in their daily life. Explain how each item would help the individual.
9. Volunteer and help someone with disabilities in school, sports, or another supervised activity.
10. Visit a nursing home or elderly person and help someone with a meal.
11. Talk to someone who works with people who have disabilities. Ask what the person's position is like and how he or she helps people with disabilities.

#### Knot of the Month

***See The "Knot of the Month" in the Pack and Leader Hints Edition for information on Adult Religious Awards/Recognitions***  
*Dave*

## GATHERING ACTIVITIES

***"Gathering Activities" for large groups and getting groups to know each other are in the Pack and Leader Hints Edition. Those good for dens (e.g. word searches, puzzles, mazes) are here. Dave***

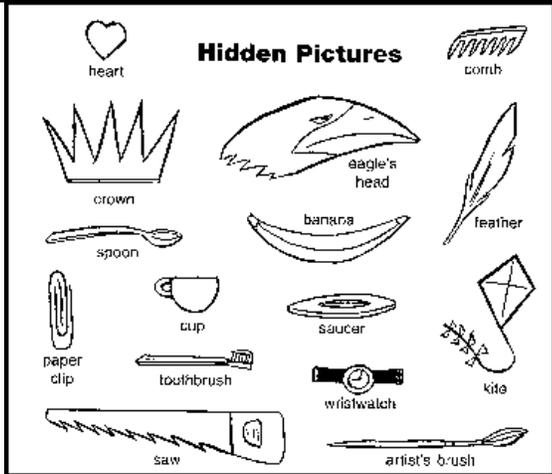
***Note on Word Searches, Word Games, Mazes and such – In order to make these items fit in the two column format of Baloo's Bugle they are shrunk to a width of about 3 inches. Your Cubs probably need bigger pictures. You can get these by copying and pasting the picture from the Word version or clipping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

***Johnny Appleseed Hidden Picture Challenge***  
*Alice, Golden Empire Council*

Johnny Appleseed, who was really named John Chapman, walked all over the country, planting apple seeds as he went, so that there would be trees for birds to nest in, people and animals would have fruit to eat and shade to enjoy on a hot day. He looked to future generations as he shared generously with people who would never know he had been

responsible. **Read more about him in your Bear Book or at the Library or on-line**

See how many of the hidden items you can find.



**St. Patrick's Day Cards**

Have supplies – paper, scissors, markers, paper glue sticks – ready so boys can make cards.

**Materials:** White 8-1/2 x 11 paper folded in half horizontally, then in half vertically to make a card; Green construction paper; Green sharpie or marker



**Directions:** Cut three small hearts the same size from green paper folded in half. Now put the pointed end of each heart together on the front of your card, so that the “hearts” form a cloverleaf. Draw a stem with a green sharpie or marker. Add a “Happy St. Patrick’s Day” message. Cards can be delivered or mailed to an elderly care home.

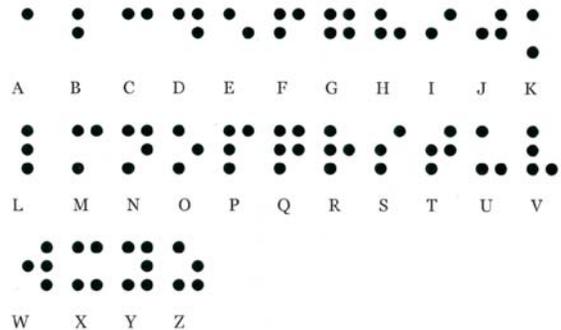
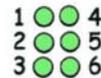
**Smiles for Everyone**

Challenge each boy, den or family to bring all kinds of smiles cut out of magazines and newspapers. Have a large piece of paper for each den, furnish paper glue sticks. Each group can create a collage of “Smiles” – talk about how a smile makes everyone feel welcome, and challenge everyone to practice smiling all week long.

**Your Name in Bumps!**

*Alice, Golden Empire Council*

Most people read by using their eyes. However, people who can't see can still read. They read with their fingertips!



**The Braille Alphabet**

- ♣ The Braille alphabet is based on a rectangle of six dots.
- ♣ Each dot position has a number, 1 through 6.
- ♣ For each letter, some dots are raised and some are not.
- ♣ For example, an A has one raised dot in position 1.
- ♣ The G has four raised dots in positions: 1, 2, 4, and 5.

Can you write your name in Braille in this box?

Use as many boxes as you need, one letter to a box.


Want to see how it feels? Use the pencil to poke a little hole at each dot from the back side. Now close your eyes and read with your fingers!

**No Matter How Small**

*Alice, Golden Empire Council*

Read “Horton Hears the Who” to celebrate the birthday of Dr. Seuss and “Read Across America Day,” both of which are on March 2<sup>nd</sup>. A fun story about compassion – that teaches “A person’s a person, no matter how small.”

**Whoville on an Eraser**

*Alice, Golden Empire Council*

Pencils didn't always have an eraser! The idea was patented on March 28, 1858. But if you glue a large pink pompom on top of the pencil eraser, (to represent Whoville) and a tiny white pompom on top of that to represent the “Who” – you will have “Whoville” on an Eraser!

## OPENING CEREMONIES

*"Opening Ceremonies" are in the Pack and Leader Hints Edition Dave*

## AUDIENCE PARTICIPATIONS

*"Audience Participations" are in the Pack and Leader Hints Edition Dave*

## ADVANCEMENT CEREMONIES

*More "Advancement Ceremonies" are in the Pack and Leader Hints Edition Dave*

## GAMES

### Disability Awareness Games

*Alice, Golden Empire Council*

To make Cub Scouts aware of the needs of others, here are some special games. These "disability awareness games" are fun in themselves, but they also serve to show able-bodied boys the problems of boys who have physical disabilities – and awareness is the first step in being compassionate!

Without making a big deal of it, you might introduce these games with the thought that disabled boys must deal with the limitations imposed for the games in their everyday lives. The idea is to make scouts aware of the needs of others.

☺ **If you smile at me, you know I will understand, because that is something everybody, everywhere, does in the same language.** ☺

#### Fumble Fingers

- Divide the den into two teams.
- Tell players to untie their shoe laces.
- Then tell them to put one hand behind their back (or tie one hand to belt.)
- On signal, each team tries to tie their shoe laces, with each player only using one hand.
- First team finished wins.

#### Ships In The Fog

- ★ Divide the den into two teams and line them up relay fashion at one end of the room.
- ★ For each team set up a series of obstacles—a chair, tables, stools, etc.—between them and the other end of the room.
- ★ Blindfold the first player on each team.
- ★ On signal, he starts for the other end of the room, trying to avoid the obstacles.
- ★ His teammates may call out directions ("Go right", "Turn left", etc.)

- ★ When he reaches the other end of the room, he takes off the blindfold and runs back to touch the next player, who is already blindfolded.
- ★ Continue until all team members have raced.
- ★ First team finished wins.

#### TALKING CLEARLY:

- ★ Give each participant a large marshmallow (they do not chew or swallow after putting it into the mouth) and have him or her try to talk clearly.
- ★ Have them say their name or the Cub Scout motto.
- ★ Discuss with the participants their feelings.
- ★ Point out for some people this is how they normally talk.
- ★ How much effort was needed to be clearly understood by each other?
- ★ Did you have to listen more carefully? Was this frustrating either to listen or try to talk?

#### Muffled Sounds

- ✓ Divide the den into two teams and give each player two cotton balls to stuff in his ears.
- ✓ When all ears are covered, one leader steps outside the room where he or she cannot be seen and produces a series of sounds—tinkling bell, sentence spoken in normal conversational tones, pan being scraped, barking dog, hammer on a board, etc.
- ✓ When the leader returns, each team huddles and writes a list of the sounds it heard.
- ✓ Winning team is the one with the longest list of correct sounds. You could also pre-record the sounds.

#### Walk In My Shoes Relay

- ✓ Identify a starting and ending point.
- ✓ Divide into two teams.
- ✓ Have each team, one person at a time, race to the target and back again, till everyone has a chance.
- ✓ Now, "handicap" boys, one team member at a time, in the following ways (But DO NOT tell the boys what the changes represent):
  - Rub Vaseline on a pair of dollar glasses to represent poor vision
  - Give each boy a big box that he must "wear" on one foot to represent difficulty in walking
  - Each boy must wear an oven mitt on one hand and pick up six tissues on the ground to represent having trouble with bending fingers, like a person with arthritis.
  - Hand each boy a paper with a paragraph that has jumbled letters, representing a person with dyslexia or some other learning disability – he must try to read the words before he can head back to the finish. (Don't insist on being able to make out the meaning – just let each boy try for a minute)
  - Tell each boy he has to listen for instructions from his teammates – ("Hop on one foot, Turn around and walk backwards, etc.") and if he doesn't do what they say, he must start over – then have the team open their mouths without saying the instructions – they just move their mouths.
- ✓ Talk about which way was fastest and why? What difficulties did they have on the second race? Who

might have the same kind of problem doing the race? How do they think they would feel if they had to do everything with the "handicap?" Talk about how people who have some handicap might feel, and how we should interact with them.

*Be sensitive to any boys with reading difficulties if you are doing the last idea.  
Other ideas are in Ethics in Action - Alice*

## Other Games

### Protect the Speck Relay Race

*Alice, Golden Empire Council*

Divide the players into teams. Provide each team with a spoon and a pink pom-pom ball to represent "Whoville." Designate a start and finish line. In turn, each person races to the finish line and back to their team holding the pom-pom in the spoon.

If you use small plastic spoons and larger pom-poms it will make the game more challenging!

### Who-ville Safety

*Alice, Golden Empire Council*

**Materials:** A equal number of balloons of two colors – more than the number of people on each team.

#### The Play

- ❖ Divide group into two teams. Each team is assigned one color of balloons.
- ❖ Release the balloons for each team at the same rate, gradually putting all balloons into play.
- ❖ The object is to keep all the balloons off the ground as long as possible.
- ❖ For more fun, play the Horton Hears a Who soundtrack!

### Smack Dab in the Middle

*Alice, Golden Empire Council*

Cut out some dark brown circles – or just lay in a supply of Oreos – the boys will Love that version.

Set this up like a matching game. Divide boys into two teams. The object is to make as many matches as you can. Each time a match is made, the team gets a brown circle or credit for one Oreo top or bottom. Keep a record while they play!

Matches all have to do with situations where there is a problem, such as: Randy has a back brace and can't do a forward roll. (Wolf Ach. #1c)

When all the matches have been made, each team must "redeem" their Oreos – they have to supply the middle to their Oreo.

Here's how it works: They have to come up with a solution to the problem that won't make anyone feel bad. (For example, they could suggest that they will take Randy's turn, and he could urge everyone else on) Here are some suggested problems:

- A new boy joined your class – he can only speak Spanish, so he has trouble joining in.
- One boy has trouble reading the instructions when you play charades.

- Jimmy isn't very good at sports – but he is really smart at math.
- Your little brother keeps taking out your video games, even though you said he can't go in your room
- You sister keeps spilling stuff on your homework

I'm sure you, or especially the boys, could come up with all kinds of problems – just be sure you help them find good solutions that don't hurt feelings – and talk about the activity when you are done.

When all the Oreo cookies have their "centers" – remind the boys that the real reward of "Being Smack Dab in the Middle" is that they can work and play with others without arguing or teasing, and everyone can feel good.

NOW – Enjoy those cookies!

## SONGS

### Passion for Compassion

*Alice, Golden Empire Council*

Tune - If You're Happy & You Know It

*Slow down the music on this one –  
there are lots of big words to fit in –  
but the thoughts are important to hear – Alice*

If you're happy and you know it, You must see –  
That you have to think of you but also ME,  
With a passion for Compassion,  
You will always do what Right  
When you always think of You but Also ME!  
When you try to walk in someone else's shoes  
It will help you know the action you should choose –  
You will seek to be more kindly,  
You will make a judgment blindly,  
When you try to walk in someone else's shoes.  
When you alter your perspective you will change,  
And your feelings will expand to help arrange –  
How you act and what you're saying  
Will be kinder, and "fair-playing"  
When you alter your perspective you will change!  
Have a passion for Compassion, do what's right,  
And your happiness will grow quite out of sight,  
You'll bring happiness to others –  
And you'll treat all men like brothers,  
Have a passion for Compassion, Do what's Right!

### Be Kind To Your Cub Scouting Friends

*Alice, Golden Empire Council*

Tune: Stars and Stripes Forever

Be kind to your Cub Scouting friends,  
That's a pledge from one Scout to another.  
Be kind to your leaders today,  
'Cause for helping they don't deserve trouble,  
Be kind to your neighbors and friends,  
'Cause by caring you follow Scouting's letter.  
Scouting and friendship are grand,  
And as we grow, the world will know,  
We've made things better.

**Friends**

*Alice, Golden Empire Council*

1	Make new friends, but keep the old. One is silver, the other is gold.	5	Silver is precious, Gold is too. I am precious, and so are you.
2	A circle is round, it has no end. That's how long, I will be your friend.	6	You help me, and I'll help you and together we will see it through.
3	A fire burns bright, it warms the heart. We've been friends, from the very start.	7	The sky is blue The Earth is green We can help to keep it clean
4	You have one hand, I have the other. Put them together, We have each other.	8	Across the land Across the sea Friends forever We will always be

To hear the tune for "Friends", go here -  
<http://kids.niehs.nih.gov/lyrics/makenew.htm>

**It Isn't Any Trouble**

*Alice, Golden Empire Council*

Tune: Battle Hymn of the Republic

It isn't any trouble just to S-M-I-L-E  
It isn't any trouble just to S-M-I-L-E  
There isn't any trouble  
They would vanish like a bubble,  
If you only take the trouble  
Just to S-M-I-L-E

**Chorus -**

Glory! Glory! Hallelujah!  
Glory! Glory! Hallelujah!  
Glory! Glory! Hallelujah!  
Just to S-M-I-L-E

(Substitute word from verse each time)

**Additional Verses:**

L-A-U-G-H  
G-R-I-N grin  
Ha-Ha-Ha-Ha-Ha

**STUNTS AND APPLAUSES**

*"Applauses & Cheers, Run-Ons, and Jokes & Riddles" are in the Pack and Leader Hints Edition Dave*

**SKITS**

*"Skits" for the Pack Meeting are in the Pack and Leader Hints Edition Dave*

**CLOSING CEREMONIES**

*"Closing Ceremonies" are in the Pack and Leader Hints Edition Dave*

**Cubmaster's Minutes**

*"Cubmaster's Minutes" are in the Pack and Leader Hints Edition Dave*

**CORE VALUE RELATED STUFF**

**Connecting Compassion with Outdoor Activities**

*Wendy, Chief Seattle Council*

*(Adapted from B.A.L.O.O. Appendix E)*

- ★ **Hikes** - Take turns carrying items for each other on a hike. Do an "Inch Hike" to become aware of small animals we may harm if walking quickly.
- ★ **Nature Activities** - Make bird feeders and keep them filled for at least one winter season. Play "The Camera Game" from the *Cub Scout Leader's How to Book*.
- ★ **Service Projects** - Give service to elderly or disabled people, such as helping with trash, filling birdfeeders, planting flowers, sweeping, watering, taking in newspapers, etc.
- ★ **Games & Sports** - Experience a disability in a game or sport. For instance by being blindfolded or having an arm rendered unusable, teach understanding when others have trouble with a game. Never tease. Show how winning is doing one's best.
- ★ **Ceremonies** - Hold a ceremony to recognize compassionate behavior - especially compassion to peers.
- ★ **Campfires** - Give a skit showing compassionate behavior. Don't laugh if someone makes a mistake. Clap and cheer for everyone.
- ★ **Den Trips** - Visit shut-ins and/or elderly people at times other than holidays. Be patient and compassionate when waiting for others who need to rest or are slower.
- ★ **Pack Overnighter** - *The B.A.L.O.O. syllabus does not list Pack Overnighter for four Core Values. This is one of the four. Not sure why. You could do the hike or game activity on the camping trip. Maybe have them try and set up a tent with an arm rendered unusable.*

**Show Compassion - Do Good Turns!**

**Who needs our help???**

*Scouter Jim, Bountiful UT*

**Food**

- 13 million, or approximately 17.8 percent, of children in the United States live in poverty. The rate of poverty for children under 18 remains higher than for those aged 18 to 64 and for those 65 and over.
- According to USDA estimates, 7 million, or 17.6 percent of households with children under age 18, were food-insecure in 2004.

- Research indicates that even mild under nutrition during critical periods of growth impacts the behavior of young children, their school performance, and their overall cognitive development.
- According to the U.S. Department of Agriculture, an estimated 13.8 million children lived in food-insecure households in 2004, an increase of more than 1 million over 2001. [USDA/ERS, Household Food Security in the United States]
- 30 percent of client households with seniors had to choose between buying food and paying for utilities and heating fuel. [Hunger in America 2006]
- Nearly half of all non-elderly low-income families that used a food pantry in 2001 were working families with children. [Urban Institute, Many Families Turn to Food Pantries for Help]
- 66 percent of all client households served by the America's Second Harvest Network have annual incomes below the federal poverty line for 2004.
- 28.5 percent of client households served in nonmetropolitan areas reported that their children often or sometimes did not eat enough during the past year because there was not enough money to buy food. [Hunger in America 2006]
- It is estimated that during 2002, 34.9 million people lived in households that at some time were uncertain of having or unable to acquire enough food for all of their members because of insufficient money or resources.
- Overall, households with children had more than twice the rate of food insecurity as those without children.
- It is estimated that 8.5 million people, including 2.9 million children, live in homes that experience hunger—where meals are frequently skipped or individuals go without food for a whole day. [U.S. Department of Agriculture, Household Food Security in the United States, 2002]
- Millions of poor children suffer from chronic undernutrition—the underconsumption of essential nutrients and food energy. Nutrient deficiencies can lead to serious health problems, including impaired cognitive development, growth failure, physical weakness, anemia, and stunting. [Tufts University School of Nutrition]

### Shelter

- The rate of home ownership for working families with children is lower than in 1978, according to a report released by the Center for Housing Policy.
- The home ownership rate for minority working families stagnated at 45 percent, far below the rate for white families (71 percent) as of 2003. [Center for Housing Policy]
- Studies have shown that children of homeowners are more likely to perform well in school and are less likely to have behavior problems.
- About 14 million people pay more than 30 percent of their monthly income for rent and utilities, and more than 6.7 percent pay more than 50 percent of their income for rent. One poor family in seven lives in housing that is severely physically inadequate.

- Between 1997 and 1999 there was a 9 percent drop in the number of rental units available to very low income renters. [Habitat for Humanity]
- According to a 1999 U.S. Department of Housing and Urban Development report, 4.9 million households and 10.9 million individuals face "worst-case housing needs." These families:
  - Are renters receiving no government assistance
  - Make less than 50 percent of the area median income
  - Pay more than 50 percent of their income for rent and utilities, and/or
  - Live in housing with severe deficiencies, such as having no hot water, no electricity, no toilet, or neither a bathtub nor shower.

[U.S. Department of Housing and Urban Development, *A Report on Worst Case Housing Needs in 1999*]
- Of the 30 million households with housing problems, 14.5 million qualify for government aid, yet only 4.1 million are receiving any. [Habitat for Humanity]
- To afford the median fair-market price of a two-bedroom rental unit in the United States, a worker would have to earn a wage of \$12.47 per hour, 233 percent of the current federal minimum wage of \$5.35 per hour. [Habitat for Humanity]
- In 1999, it cost an average of \$580 per month to rent a house. For 14.8 million U.S. households that make \$10,000 or less per year, a year's rent is about 80 percent of their annual income. [Habitat for Humanity]

### Healthy Living

- According to a study by Doug Oman, Ph.D., of the University of California, Berkeley, people who volunteer for two or more organizations are less likely to die from heart disease or related diseases.
- Children who watched more television and were less likely to participate in vigorous activity tended to have higher body mass indexes. [Journal of the American Medical Association]
- A child who spends more time watching television ... is at greater risk of experiencing the events (carelessness, lack of agility, ignorance of natural environments) that cause physical injuries. [Archives of Pediatrics and Adolescent Medicine]
- We found self-reported heavier TV viewing to be associated with obesity, physical inactivity, negative psychological characteristics, and smoking. [The CARDIA Study, Elsevier Science Inc.]
- Perhaps the most cogent explanation of the association between TV viewing and obesity is based on a dynamic model: As TV viewing time increases, exercise tends to decrease and snacking tends to increase. As exercise decreases and snacking increases, obesity tends to increase. And as obesity increases, attraction to passive recreation, such as watching TV, tends to increase—a cycle of reinforcement. [American Journal of Public Health]

- 16 percent of adolescents 12 - 19 years of age are overweight. [Health United States, 2005]
- 10 percent of adolescents 12 - 17 years of age are not covered by health insurance. [Summary Health Statistics for U.S. Children: National Health Interview Survey, 2004]
- 59 percent of adults do not engage in vigorous leisure-time physical activity. [Summary Health Statistics for U.S. Adults: National Health Interview Survey, 2003]
- According to Health, United States, 2005, \$1.7 trillion is spent on health expenditures, or 15.3 percent of gross domestic product, with 46 percent using public funds.
- 23.5 million noninstitutionalized adults, or 11 percent, have been diagnosed with heart disease. [Summary Statistics for U.S. Adults: National Health Interview Survey]
- 4.4 million people in the survey period were discharged from hospital inpatient care, with an average length of stay of 4.6 days. [2003 National Hospital Discharge Survey]
- In 2004, 30 percent of adults engaged in regular leisure-time physical activity. [National Health Interview Survey]
- 65 percent of people 20 years and over are overweight. [Health, United States, 2005]
- 30 percent of people 20 and older have hypertension. [Health, United States, 2005]
- 16 percent of people under 65 years are without health insurance coverage. [National Health Interview Survey]
- The federal Department of Health and Human Services put the cost of overweight and obese Americans at \$117 billion in 2000 and says that being overweight results in 300,000 deaths a year.
- According to a poll commissioned in May 2003 by the Harvard School of Public Health, obesity has surpassed smoking as a public health concern, with 79 percent of those polled saying that it was a major issue.
- The recommended amount of physical activity for high school students is at least 30 minutes of moderate activity (does not cause sweating or heavy breathing) five or more days per week, or at least 20 minutes of vigorous activity three or more days per week.
- Regular physical activity lessens the risk of heart disease, diabetes, colon cancer, high blood pressure, osteoporosis, arthritis, and obesity.
- Exercise can also improve symptoms associated with mental health conditions such as depression and anxiety. [National Center for Health Statistics, Health, United States, 2003]
- In 2000, poor diet and physical inactivity (400,000) were second only to tobacco (435,000) as the most common actual causes of death in the United States. [Centers for Disease Control]

## DEN ACTIVITIES

*Alice, Golden Empire Council*

**Ask den or pack families to share their experiences of service to others** – this could be the start of a group service project. Ask them to bring in pictures and other items and tell why they chose the project and if it changed their thinking in any way.

**Work on the Disabilities Awareness Belt Loop** – with the goal of having each person be more aware of the feelings and abilities of others, as well as the proper way to interact with someone who is different in some way

Invite someone with a disability to visit as a “Guest Expert” – When a blind neighbor visited my den, he left behind some Braille magazines & boys with a whole new respect for how people can use all their senses to make their place in the world –Alice

Check out the **Ethics in Action** activities about “**Friendship**” for some great ideas that can help boys understand friendship and overcome bias, gaining a new regard for how alike, different, and unique they are. Other Ethics in Action themes cover disabilities and being different – part of compassion is being able to understand another person’s feelings – and that’s sometimes a first step to friendship.

Be sure to play the **Ethics in Action** games – the “Smack Dab in the Middle” game should be a big hit with the boys – but make sure you talk about the principle of Compassion! See Games section of Baloo.

**Coin Challenge.** Challenge den or pack families to save their change every day for a month and then donate the funds to a community group, such as a shelter for homeless families. Look for a group that boys have something in common with, and discuss how they would feel if they were in that situation. For example, what would it be like if you had to put all your stuff in just one small bag? (If you were homeless) What would you choose? What if you couldn’t come back to your own room? What if you had to go to a new school?



**Pennies for Packs** – an idea from a Herms District scouter to help support packs in areas without enough resources. This could be an ongoing project, with funds going to help provide uniforms, books, program materials, attendance at camp or field trips.

**Make Easter or St. Patrick’s Day cards** to share with a Veteran’s Hospital or care home.

**Arrange a field trip to a local care facility for the elderly** – Den or pack families could share their talents, sing some favorite “oldies” or bring a favorite game to play with everyone, like Bingo.

**Contact your area Volunteer Center or Bureau** – almost every town or region has one – they can suggest activities that would fit your group.

**Challenge every family to do a Spring Cleaning, and donate gently used items to a shelter** – Books, toys, clothing are great, but check with your local charity to see what they prefer and need. (One group I know picks up the oversupply of books at a thrift store, cleans them up, then shares them with a Children's Home or Shelter for Families)

**Investigate Bullying** – BSA has some new comic books that could help get the subject out in the open. According to a poll of kids, about one in three kids has been bullied and almost half of those also said they had sometimes been the bully. And usually, there is a need for compassion for both the bully and the person he picks on. So it's a topic that could be helpful for both adults and kids to look at. Check out: [www.stopbullyingnow.com/](http://www.stopbullyingnow.com/) or [www.kidshealth.org](http://www.kidshealth.org)

**Check out children's books and poems about Compassion** – They range from "Horton Hears a Who" to Native American poetry about feelings of betrayal and abandonment. Check with your local Children's Librarian for some great ideas!

**Celebrate "Oreo Cookie Day" on March 7<sup>th</sup>** – Play "Smack Dab in the Middle" game and then enjoy cookies & milk!

**As parents or Den Leaders, watch for opportunities to "throw your weight" behind the positive and upbeat** – help boys find positive solutions to contention, and help them see that just because they didn't come in first, or weren't chosen till the end, they still have value. Look for opportunities to applaud good deeds, positive actions.

**Make sure parents know of the compassionate or positive choices their son makes** – they may not see their son in that role, and it's always great to applaud someone in front of parents or peers! Try sending home a note or an email.



### Good Turn For America

*Alice, Golden Empire Council*

The Boy Scouts of America's Good Turn traces back to American businessman William D. Boyce who was lost in a London fog. A boy offered to take Boyce to the address he wanted and refused a tip, saying he was a Boy Scout. Boyce's curiosity was aroused. He later had the boy take him to Scouting's British founder, Lord Baden-Powell. From this chance meeting, the Boy Scouts of America was born. Since 1912, Boy Scouts nationally have been called to serve, from selling war bonds during World War II to collecting canned goods in the 1980s.

Good Turn for America is a national call to service by the Boy Scouts of America to address the issues of hunger, homelessness, and poor health in our nation.

In this effort, the Boy Scouts of America is partnering with some of the nation's most respected service organizations, including The Salvation Army, Habitat for Humanity, the American Red Cross and the National Park Service. These

organizations, and thousands of others, will work to provide opportunities for youth and volunteers to fight hunger and homelessness, and teach the habits of healthy living. Youth and volunteers are looking for ways to serve their communities. At the same time, service organizations need dedicated volunteer help. By working together, we can improve our young people, our communities, and the nation. Have a display of the various organizations that partner with BSA – there are suggestions for individuals, units and organizations. Go to:

<http://www.goodturnforamerica.org/> And don't forget to report on your service project by clicking on "Tell us about your service project."

### Remember

- ★ The project should be age-appropriate.
- ★ Adult supervision during all phases of the project.
- ★ Communicate information to all participants.
- ★ Follow the Guide to Safe Scouting.

### Theme Resources

*Cascade Pacific Council*

*(Note: Most books can be found at Scout Shop*

*Legacy Editions will not be there)*

### Extra Ideas

Cub Scout Promise in Sign Language

Ceremonies for Dens and Packs pg 5-10

Ethics in Action Ideas

Cub Scout How To Book (rev.1999) chap 11

Disabilities Awareness Day Ideas

Cub Scout How To Book (rev.2002) pg 6-14

Cub Scouts with Special Needs

Cub Scout How To Book (rev.2002) chap 7

### Ceremonies

I will use my senses, Ripple Effect, Smile,

Sportsmanship, Sticks, Ten needs of a Boy, Yardstick

Ceremonies for Dens & Packs pg 6-5, 6-6, 6-7, 6-8

### Games

Blindfolded Pole Walk

The Best of Scout & Youth Games pg 19

Games for Disabled People

Cub Scout How To Book (rev.1999) pg 2-49

Smile

Cub Scout How To Book (rev.2002) pg 3-35

### Belt Loops & Pins

Disability Awareness, Communicating, Language & Culture

Cub Scout Academic and Sports Program Guide

### Cub Requirements

Webelos Communicator

Webelos Book

Wolf Electives 1-It's a Secret, 22-Say It Right

Wolf Book

**Clay Beads**

*Cascade Pacific Council*

*While discussing the handicapped, have Scouts make clay beads using only one hand.*

**Materials:**

- Play Dough or clay
- Colors to create different shades (food coloring or acrylic paints)
- Toothpicks
- String



**Directions:**

- ✓ Give the scouts a handful of clay and have them divide it into several piles to create variety of color.
- ✓ Give boys some coloring materials to knead into clay using only one hand.
- ✓ After having achieved desired colors, have the boys break off some clay into small pieces to create beads.
- ✓ The beads can be oval, round, square or any shape they choose.
- ✓ After creating shapes, have boys stick toothpick through each clay bead to create a hole for string.
- ✓ Let the beads dry.
- ✓ After beads dry, have boys string beads with one hand.
- ✓ Then have boys try to TIE string with only one hand.

**Paper Airplanes**

*Cascade Pacific Council*

**Materials:**

- Paper
- One hand

**Directions:**

- ✓ Give each boy one piece of paper and have them decorate their airplane in any manner they wish.
- ✓ Then have boys try to fold paper airplane using only one hand.
- ✓ Upon completion of folding airplanes, have boys compete in paper airplane contest.

**Popsicle Stick Plaques**

*Sakiko, Santa Clara County Council & Cascade Pacific Council*

Write the Cub Scout Promise, Law of the Pack, or Motto on a Popsicle stick plaque and hang it on the wall or stand it on your desk. It will help your Scouts learn and remember the Cub Scout Promise by making this plaque at a den meeting or at home.

**Materials:**

- 11 craft sticks
- Glue
- Pen
- Yellow paint
- Blue paint
- Paintbrush



**Directions:**

- ★ Paint 4 sticks blue and 7 sticks yellow. Let dry.
- ★ Glue the 4 blue sticks in a square as shown.
- ★ With a pen, write the Cub Scout Promise (using the child's name) on the 7 yellow sticks.
- ★ Glue the yellow sticks onto the blue square in the order shown. (The order of the Promise)
- ★ This plaque can be hung at home to help the Scouts learn and remember the Cub Scout Promise

**Alternate Ideas:**

- Beverly from Texas says, "I have done one with "I promise to do my best" on it as a craft example. I used alphabet macaroni and colored it (1/4 cup rubbing alcohol, 2-3 drops food color, toss macaroni until color desired, then spread on newspaper to dry).
- So you may want to glue alphabet macaroni instead of writing with markers.
- You can write or draw some other messages too.
- For more ideas, see - <http://familyfun.go.com/crafts/puzzle-planks-921179/> or <http://www.kidscraftycreations.com/popsicle-stick-projects.html>

**Game Idea**

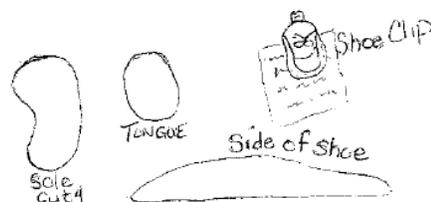
Donna S. wrote me and said I use this for a game. I put the Promise on a set of sticks. Then I toss the sticks on the table. The Scouts unscramble them.

**Shoe Bookmark**

*Cascade Pacific Council*

**Materials:**

- Felt of any color
- Felt marker
- Scissors
- Glue
- Hair Clips (with spring)
- String (optional)



**Directions:**

- ✓ Draw pattern of a shoe sole, tongue, and sides of a shoe out of felt.
- ✓ Cut four soles of shoe to cover both sides of clips.
- ✓ Glue clip to one of the soles.
- ✓ Then glue second sole onto the first to cover backside of clip.
- ✓ Repeat procedure to cover front part of clip.
- ✓ Glue tongue onto front part of sole.
- ✓ Take the sides and glue to front and back of shoes.
- ✓ May use string to represent shoelaces.

**Dream Catcher**

*Cascade Pacific Council*

According to Native American legend, the Dream Catcher allows good dreams to pass through and slide down the feathers onto the sleeper. A bad dream becomes entangled in the web of the Dream Catcher.



**Supplies:**

- Tacky glue
- 6" Metal ring
- Assorted Pony beads (we used regular 6mm x 9mm and the new mini beads)
- 8 yards beige suede cord
- Natural cotton twist cord (or twine)
- Feathers
- Scissors
- Ruler
- 2 Clothespins

**Directions:**

Wrap the ring:

Spread glue on first inch of suede lacing and hold in place on the ring with a clothespin.

Wrap the lacing around the metal ring, being careful not to twist the lacing.

Glue the end to the lacing where they meet and hold with the clothespin until dry.

Tie the webbing: Roll cotton cord loosely into a ball. Knot one end of cotton cord around the metal ring then seal the knot with glue.

Tie approximately six half hitches every three inches around the ring.

Pinch each completed knot as you begin the next.

Add a half hitch next to the knot where you began.

Then begin tying half hitches in the middle of the cord you already added.

Continue until you complete a total of three more circles of half hitches.

Weave in some mini beads if desired.

Double knot the cord in the center of the webbing then seal knot with glue.

Cut off excess cord.

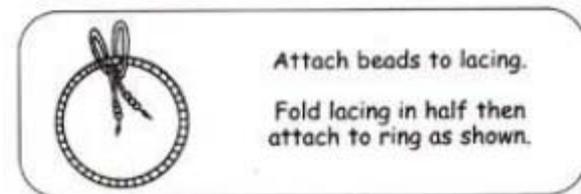
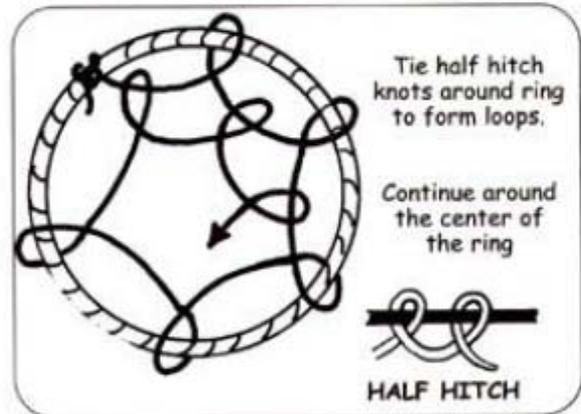
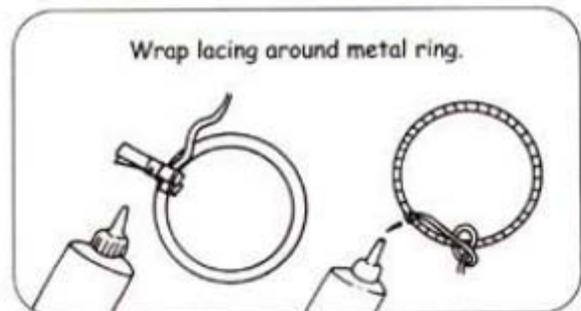
**Adding the hanger:**

Cut three 10" lengths and three 12" lengths of suede lacing. Knot ends together of one 10" length and insert one end of loop through metal ring at the top. Draw knot through loop and pull tight.

**Adding the dangles:**

Knot one end of each of the other laces. Thread an even number of beads onto each lace then knot other end. Slide the same number of the beads up to each knot. Fold lacing in half then attach the same way as the hanger.

Glue on feathers if desired.



**Mini God's Eyes**

*Cascade Pacific Council*

These make great neckerchief slides.

The Ojo de Dios or God's Eye is an ancient symbol made by the Huichol of Mexico. The central eye was made when a child was born. Each year, a bit of yarn was added until the child turned five at which point the Ojo is complete.

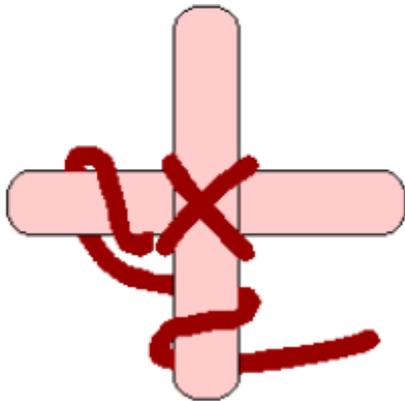
**Supplies:**

- Multi-colored yarn,
- Mini Craft Sticks,
- Tacky Glue or Glue gun with low temp glue sticks,
- 1/2" PVC schedule 40 pipe cut into 1/2" rings



**Directions:**

Glue two mini craft sticks together forming an "X".  
Glue the end of the yarn to the middle where your sticks cross.



Begin by wrapping the yarn over and around one leg of one craft stick, then over and around the next leg. Pull the yarn tight each time and push it toward the center. (Diagram shows backside of the God's Eye). Continue until the craft sticks are covered. Glue and trim. Use the glue gun to glue the completed God's Eye onto the PVC ring.

**Paper Chinese Yo-Yo**

*Cascade Pacific Council*

This is a good Den craft, or make at a Pack meeting for a gathering activity.

**Supplies:**

- 1/8" or 1/4" Dowel, Roll of wrapping paper,
- Tape or glue

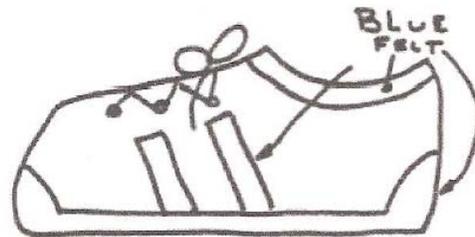


**Directions:**

1. Cut a strip of wrapping paper 7' long by 4" wide.
2. Glue or tape one end of the strip to the dowel at the end.
3. Roll the paper tightly around the dowel.
4. To use, hold the dowel and flick your wrist in an upward motion.
5. Paper will yo-yo out and back in.

**Tennis Shoe Tie Slide**

*Cascade Pacific Council*



Use pattern to cut out white and blue felt. Glue together. Attach pvc pipe ring or other ring.

***"Pack Activities" are in the Pack and Leader Hints Edition Dave***

## DEN MEETINGS

Wendy, Chief Seattle Council



## TIGER

Tigers are working on electives as they should have completed the Tiger Electives. Electives these next two meetings include - E26, Practice making phone calls; E27, Dealing with emergency situations; E12, Make 2 cards or decorations for long-term care facility; E15, Mix primary colors to make secondary colors; E43, Veterinarian or animal groomer fieldtrip; E31, Learn about an animal.

### Meeting #13

- Do:**
- E. #12 A Friendly Greeting
  - E. #15 Our Colorful World
  - E. #26 Phone Manners
  - E. #27 Emergency

### For More Info - Themes Involving Communications

January 2002, Did you get my Message,

<http://usscouts.org/usscouts/bbugle/bb0112.pdf>

January 2005, Cub Scouts Spread the News,

<http://usscouts.org/usscouts/bbugle/bb0412.pdf>

### For More Info - Themes Involving Art

December 2001, Works of Art,

<http://usscouts.org/usscouts/bbugle/bb0111.pdf>

December 2009, Works of Art,

<http://usscouts.org/usscouts/bbugle/bb0911.pdf>

### 26- Phone manners

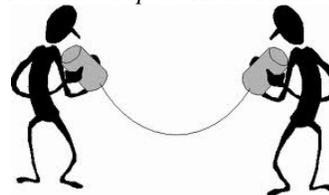
- ✓ Telephones are not toys. Tiger Cubs need to learn good phone manners.
- ✓ With a play phone, or a disconnected phone, practice dialing and making phone calls and answering the telephone. Always follow the rules set by the adults in your family about making and answering phone calls.
- ✓ It's good for your Tiger Cub to become comfortable with telephone use. Allow him to practice his skills often, but be clear about family rules for phone usage by children. You may want to help him make a simple list of emergency and family phone numbers.

### 27- Emergency!

- ✓ We never expect bad things to happen, but sometimes they do. It's good to be prepared for emergencies and dangerous situations.
- ✓ Talk with your adult partner about what to do in the following situations:
- ✓ The adult who is caring for you becomes ill
- ✓ You are alone with an adult or teen-ager who makes you feel uncomfortable
- ✓ Talk with your Tiger Cub about the above situations. Make it a habit to talk with him regularly about these and other potentially dangerous situations

### Paper cup Telephones

National Capital Area Council.



Make a small hole in the base of each cup. Insert one string from the outside to the inside of each set of cups and secure it with a piece of tape. Let the Cub and his partner talk to each other. Be sure to keep the string taut but don't pull so hard that the string comes untaped. Suggest they have a code word to indicate they are done talking, so each knows when to change from listening mode to speaking mode.

### Card Ideas

Wendy, Chief Seattle Council



Talking Frog Card:

<http://www.busybeekidscrafts.com/Talking-Frog-Card.html>



Simple Pop-up Card;

<http://www.wikihow.com/Make-a-Pop-Up-Card>

### Meeting #14

- Do:**
- E. #43 Pet Care
  - E. #31 Learn About Animals

### For More Info - Themes Involving Pets

February 2001, Man's Best Friend,

<http://usscouts.org/usscouts/bbugle/bb0102.pdf>

May 2005, Pet Pals

<http://usscouts.org/usscouts/bbugle/bb0504.pdf>

### Catch Your Tail

Heart of America Council

Divide the players into two equal teams. Members of each team grasp each other around the waist. The last player of each team has a handkerchief, his tail, tied onto his belt at the back, the head player, the captain of each team, leads his team in a chase trying to capture the tail of the opponent. Each player must hold onto the boy in front of him. Any number of teams adds to the fun of this game.

**Fun Animal Crafts for Tigers**

Wendy, Chief Seattle Council



Animal Track Cup Cakes:

<http://familyfun.go.com/recipes/cakes-cupcakes/theme-cupcakes/cub-cakes-824242/>



Puppy Cup Cake:

<http://familyfun.go.com/recipes/dessert-recipes/cupcake-recipes/theme-cupcakes/a-is-for-apple-cupcake-685687/comment-18947/>



Cat Cup Cakes:

<http://www.buzzfeed.com/catsparella/25-halloween-cat-cupcakes-1ruv>



Cat/Dog "I've Been Fed" sign:

<http://familyfun.go.com/crafts/ive-been-fed-cat-sign-672198/>



Eggimals: <http://familyfun.go.com/crafts/a-herd-of-eggimals-675231/>

**Catch Your Tail**

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**Sleeping Dog**

Heart of America Council

**Equipment:** Beanbag; blindfold

Players sit in a circle with a boy as Sleeping Dog in the center, blindfolded and cross-legged. The bean bag or "bone" is on the floor behind him. The leader signals one of the players to creep up behind Sleeping Dog and attempt to take his bone away. All other players remain as quiet as possible while the "steal" is being attempted. Sleeping Dog may growl if he hears a sound. If he thinks the bone stealer is close behind him, he may swing his arms around, attempting to touch the thief. If he does not touch the stealer, all becomes quiet again and the thief may creep closer. If he touches the beanbag without being detected, the rest of the players begin barking. The thief hurries back to his place in the circle. When he is seated again, the barking stops, signaling Sleeping Dog to remove his blindfold and try to guess which player stole the bone. If Dog guesses correctly, the bone stealer becomes Dog. Otherwise the same player continues as Dog until he catches a bone-stealer to take his place.

**Poor Puppy**

Heart of America Council

Players sit in a circle. One boy is "Puppy." The "Puppy" goes to a player and kneels. Looking soulfully into the player's eyes, "Puppy" says, "Arf Arf" as piteously as possible. The player thus addressed must pat "Puppy" on the head and solemnly say "Poor Puppy" three times. If the player does not smile, "Puppy" tries another player. The player who laughs becomes "Puppy".

**Animals and Their Babies**

Piedmont Council

Equipment: Copies of the game

Directions: Match the animal with its baby. (Answers are in parentheses)

- |           |                |
|-----------|----------------|
| 1. Hen    | A - Calf       |
| 2. Seal   | B - Chick      |
| 3. Frog   | C - Cub        |
| 4. Cat    | D - Cygnet     |
| 5. Dog    | E - Duckling   |
| 6. Deer   | F - Fawn       |
| 7. Mare   | G - Gosling    |
| 8. Sheep  | H - Kitten     |
| 9. Lion   | I - Lamb       |
| 10. Swan  | J- Philly/foal |
| 11. Whale | K - Puppy      |
| 12. Bear  | L - Tadpole    |
| 13. Goose |                |
| 14. Duck  |                |

1. Hen (B-Chick), 2. Seal (A-Calf), 3. Frog (L-Tadpole), 4. Cat (H-Kitten), 5. Dog (K-Puppy), 6. Deer (F-Fawn), 7. Mare (J-Philly/foal), 8. Sheep (I-Lamb), 9. Lion (C-Cub), 10. Swan (D-Cygnet), 11. Whale (A-Calf), 12. Bear (C-Cub), 13. Goose (G-Gosling), 14. Duck (E-Duckling)

**Puppy Chow for People**  
*Wendy, Chief Seattle Council*

**Ingredients**

- 1/2 c Peanut butter (**Peanut Allergy Alert**)
- 1/2 c Butter or margarine
- 6 oz Chocolate chips (**Dogs cannot have chocolate!!**)
- 10 c Corn Chex cereal
- 2 c Powdered sugar

**Directions**

- ☺ Melt peanut butter, butter or margarine, and chocolate chips in a saucepan over medium heat.
- ☺ Pour over Corn Chex, being sure that all cereal is coated.
- ☺ Put 2 cups powdered sugar in a large paper bag.
- ☺ Put cereal in bag and shake gently until all cereal is coated.
- ☺ Pour out on wax paper to cool.

**A Dog's Life Word Search**  
*Santa Clara County Council*

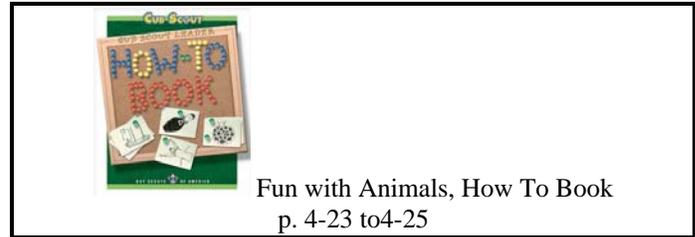
Can you find the dogs hidden in the puzzle below?

They may be horizontal, vertical or diagonal, forwards or backwards.

*Be sure to copy and enlarge before doing this puzzle. CD*

E	N	A	D	T	A	E	R	G	Y	K	S	U	H	U	J	D	D	C
S	R	N	L	U	L	M	M	L	T	O	G	P	A	H	A	N	D	J
D	E	A	A	H	A	A	N	A	E	E	O	I	X	S	C	U	N	E
G	T	I	B	V	N	G	P	N	S	I	S	G	R	N	K	H	U	S
U	T	T	R	Z	D	Y	V	O	N	T	N	S	V	A	R	S	O	E
P	E	A	A	L	S	A	R	T	M	P	I	A	A	S	U	H	H	G
E	S	M	D	R	E	R	E	O	A	E	K	F	P	B	S	C	Y	N
B	O	L	O	E	E	R	D	A	T	I	R	T	F	S	S	A	E	I
E	C	A	R	L	R	C	P	N	D	T	R	A	V	V	E	D	R	K
D	H	D	D	L	T	K	H	G	U	X	W	E	N	T	L	H	G	E
L	I	R	E	E	W	E	D	O	O	O	L	E	D	I	L	V	H	P
I	N	J	Y	Z	H	H	R	C	W	D	H	L	I	A	A	V	I	V
N	O	V	O	N	I	L	B	R	O	C	P	D	O	L	L	N	O	R
G	O	W	M	E	P	V	B	O	I	T	H	E	O	R	E	Z	E	
T	K	I	A	P	P	B	P	X	G	E	Z	O	E	O	V	R	X	
O	I	V	S	P	E	A	V	T	G	N	R	W	W	H	L	Q	O	O
N	A	L	S	A	T	I	A	N	E	L	G	A	E	B	S	B	B	B
G	O	D	L	L	U	B	A	U	H	A	U	H	I	H	C	V	U	G
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- |              |            |             |
|--------------|------------|-------------|
| AIREDALE     | ALSATIAN   | APPENZELLER |
| BASSET       | BEAGLE     | BEDLINGTON  |
| BLOODHOUND   | BORZOI     | BOXER       |
| BULLDOG      | CHIHUAHUA  | CHINOOK     |
| CHOW CHOW    | COLLIE     | CORGI       |
| DACHSHUND    | DALMATIAN  | DOBERMAN    |
| GREAT DANE   | GREYHOUND  | HUSKY       |
| JACK RUSSELL | LABRADOR   | LANDSEER    |
| MAGYAR       | MASTIFF    | PEKINGESE   |
| POINTER      | POMERANIAN | POODLE      |
| PUG          | ROTTWEILER | SAMOYED     |
| SANSHU       | SETTER     | SHEEPDOG    |
| SPANIEL      | TERRIER    | WHIPPET     |



**WOLF**

Wolves are working on Elective 14, Pets; Elective 10, American Indian Lore

**Meeting #13 Pets**

**DO:** Elective 14 b, c, d

**For More Information -**

See Pet and Animal Information in Tiger Section

**Meeting #14 American Indian Lore**

**DO:** Elective 10 a, c, f

**HA:** Elective 10a (if not finished),  
 Elective 21, Computers

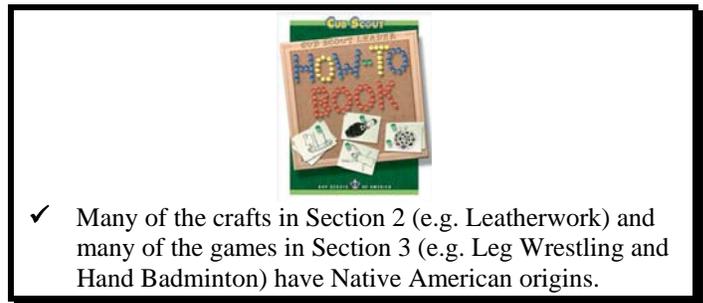
**For more ideas, see these themes:**

January 2002, "Native Peoples"

<http://usscouts.org/usscouts/bbugle/bb0201.pdf>

November 2007, "Indian Nations"

<http://usscouts.org/bbugle/bb0710.pdf>





## BEAR

Bears are working on Ach. #5, Ach. #6, and Ach. #17, this month.

### Meeting #12 and #13

**Verify:** Achievement 17a and 17d

**Do:** Achievements 5a, b, c, and e  
Wildlife Belt Loop (optional)

**HA:** Achievement 5d and 6 d, e, f

### Buzzard Day, March 13th

*Alice, Golden Empire Council*

Celebrate Buzzard Day on March 13<sup>th</sup>, and learn some Fun Facts about Buzzards and why they are so important to us - check under Core Value Related. Find out what would happen if all the buzzards suddenly disappeared! Find out how different animals, even those we don't like much, can have a positive role to play in our world. (Think about snakes, for example)

### Conservation Ideas

**Science Articles** (conservation stories for Ach. #7e):

Here are two sources of stories:

<http://www.sciencenewsforkids.org/pages/search.asp?catid=7>

<http://kids.nationalgeographic.com/kids/>

### Games

#### Litter Sweep Relay

*Baltimore Area Council*

**Object:** To be the first team to make a clean sweep of all the litter.

**Materials:** A broom for each team and a small pile of dry trash: soda cans, paper, small plastic bottles, etc.

**How to play:** Divide into two teams and give each team a broom and a small pile of dry trash - soda cans, paper, small plastic bottles, etc. At the start signal, the first boy on each team sweeps the trash to a certain point and back. The next team member then takes over, and so on until all have run. The first team finished wins. If a boy loses any trash he must sweep back and pick it up.

#### Above and Below

*Longhorn Council*

**The Idea of the Game:** After some discussion about pollution and what are ways we have polluted our environment, you can play this game where you come up with ways we have polluted our environment and ways we are trying to save our environment and are they above or below (meaning is it visible to us).

#### Examples:

Pollution: litter on highways - above,  
Garbage on the floor of the sea - below,  
Saving our environment: Planting a tree - above

**Equipment:** None

**Formation:** Circle

### Directions:

- ✓ Arrange the players in a circle.
- ✓ Call out ways we pollute the environment or save our environment that are found above or below.
- ✓ When you call something that signifies above, the players stand; if below, they sit down.
- ✓ Failure to do this eliminates the players who miss.
- ✓ The list of things to be named should be carefully worked out in advance to keep the game going smoothly.

### Earth, Water, Air and Fire

*Longhorn Council*

**Equipment:** 1 bean bag

**Formation:** circle

- ✓ The Pack or Den members sit in a circle with one Cub in the center holding the beanbag.
- ✓ The Cub in the center throws the bag at someone and shouts 'Earth!' 'Water!' 'Air!' or 'Fire!'
- ✓ If it is 'Earth', the chosen Cub must reply with the name of an animal, before the center Cub counts to ten.
- ✓ If it is 'Water!' he must think of a fish,
- ✓ If 'Air!' - a bird and
- ✓ If 'Fire' - He whistles for the Fire Engine.
- ✓ Can be done with Paper, Plastic, and Metal (or Aluminum). Boy names something made from that material that can be recycled. Use Rock as the ringer, boy can say, "Thud" or some other sound he thinks a rock makes when it lands.

**Note:** Once a creature has been named, it may not be called again. If the Cub cannot reply in time, he changes places with the thrower.

### QUIET RECYCLE ACTIVITY

*Circle Ten Council*

Unscramble our recycling world. Have the boys unscramble the word in the highlighted box below to spell how our state will look if we all recycle our waste.

Litter	Reduce	Cardboard	Compost	Reuse
Landfill	Recycle	Ecology	Resources	Glass
Aluminum	Newspaper			

- |               |     |                      |                      |     |                      |     |     |
|---------------|-----|----------------------|----------------------|-----|----------------------|-----|-----|
| 1. ecreyle    | ___ | ___                  | <input type="text"/> | ___ | ___                  | ___ | ___ |
| 2. tltrei     | ___ | ___                  | ___                  | ___ | ___                  | ___ | ___ |
| 3. locyoge    | ___ | ___                  | <input type="text"/> | ___ | ___                  | ___ | ___ |
| 4. drecue     | ___ | <input type="text"/> | ___                  | ___ | ___                  | ___ | ___ |
| 5. erruosecs  | ___ | ___                  | ___                  | ___ | ___                  | ___ | ___ |
| 6. bocadrdra  | ___ | ___                  | ___                  | ___ | ___                  | ___ | ___ |
| 7. lsgsa      | ___ | ___                  | <input type="text"/> | ___ | ___                  | ___ | ___ |
| 8. pcmoots    | ___ | ___                  | ___                  | ___ | ___                  | ___ | ___ |
| 9. umualimn   | ___ | ___                  | ___                  | ___ | <input type="text"/> | ___ | ___ |
| 10. uesre     | ___ | ___                  | ___                  | ___ | ___                  | ___ | ___ |
| 11. apwreesnp | ___ | ___                  | ___                  | ___ | ___                  | ___ | ___ |
| 12. fladlinl  | ___ | ___                  | ___                  | ___ | ___                  | ___ | ___ |

BONUS word \_\_\_\_\_

Bonus word answer: CLEAN

**Other sources -**

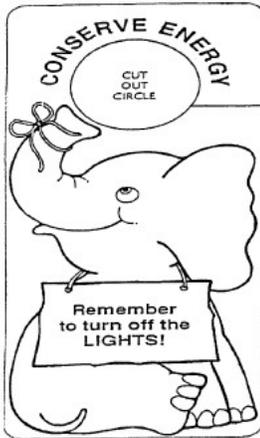
- 1999 Santa Clara Pow Wow Book "Pollution Solution" p. 6-7; 16-17.  
<http://www.macscouter.com/CubScouts/PowWow99/SC/CC/April99.pdf>
- '01 Baloo's Bugle "Save it for Us" p. 13-15.  
<http://usscouts.org/usscouts/bbugle/bb0103.pdf>
- '01 Santa Clara Pow Wow Book "Save it for Us" p. 6; 11; 16-17.  
<http://www.macscouter.com/CubScouts/PowWow01/April01.pdf>

**Crafts & Activities**

**Conserve Energy Door Hanger**

Great Salt Lake Council

Enlarge the elephant and copy it on card stock, color and hang on doorknobs to remind people to turn off the lights.



Encourage boys to come up with their own ideas for pictures for the door hangers. CD

**Other sources -**

- ✓ '04 Baloo's Bugle "Cubervation" p. 10.  
<http://usscouts.org/usscouts/bbugle/bb0403.pdf>
- ✓ 1999 Santa Clara Pow Wow Book "Pollution Solution" p. 19-26.  
<http://www.macscouter.com/CubScouts/PowWow99/SC/CC/April99.pdf>
- ✓ '01 Baloo's Bugle "Save it for Us" p. 6-10.  
<http://usscouts.org/usscouts/bbugle/bb0103.pdf>
- ✓ '01 Santa Clara Pow Wow Book "Save it for Us" p. 21-25..  
<http://www.macscouter.com/CubScouts/PowWow01/April01.pdf>

**Snacks**

**Incredible Edible Landfill**

Our Special Thanks to:

Maurita Hudson, Educator

Dearborn County Solid Waste Management District  
Aurora, IN

**Materials**

**Base layer**

- Plastic cup or container"
- 1 tsp. Oreo cookie crumbs
- 2 tsp. vanilla pudding
- Two 4" Twizzlers®
- One shortbread cookie

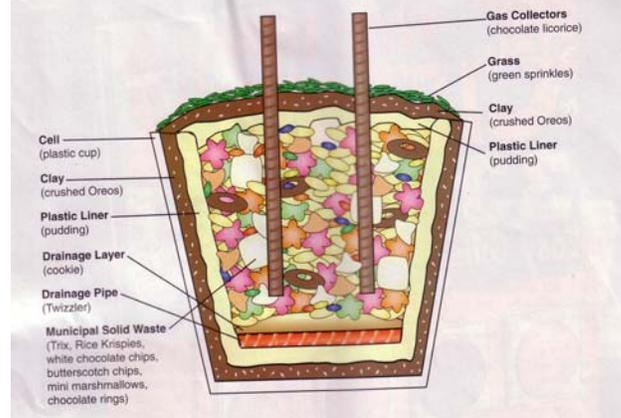
**Municipal waste (middle layer)**

- 1 tsp. Trix® cereal
- 2 tsp. Rice Krispies® cereal
- 1 tsp. white chocolate chips
- 1 tsp. butterscotch chips
- Six mini marshmallows
- Four chocolate rings
- 1 tsp. mini M&M's®
- Chocolate syrup

**Final Cap (top layer)**

- 2 tsp. vanilla pudding
- 1 tsp. Oreo cookie crumbs
- 1 tsp. green sprinkles
- Two 4" chocolate licorice pieces
- \*Designer used clear Solo® cups.

You should copy this picture and enlarge to full page.



**Materials**

**Base layer**

- Plastic cup or container"
- 1 tsp. Oreo cookie crumbs
- 2 tsp. vanilla pudding
- Two 4" Twizzlers®
- One shortbread cookie

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- Six mini marshmallows
- Four chocolate rings
- 1 tsp. mini M&M's®
- Chocolate syrup

**Final Cap (top layer)**

- 2 tsp. vanilla pudding
- 1 tsp. Oreo cookie crumbs
- 1 tsp. green sprinkles
- Two 4" chocolate licorice pieces
- \*Designer used clear Solo® cups.

**Instructions**

Add each ingredient in order listed to plastic cup. The layers of a landfill are described below.

**Base layer**

**Layer 1 (cell):** Landfills range in size from four to six acres of land. The area, or cell, must be free of debris and able to hold the weight of the landfill mass. *This is represented by the plastic cup.*

**Layer 2:** This layer is three feet of clay which prevent fluids from seeping out of the landfill. *This is represented by pressing 1 tsp. of Oreo cookie crumbs firmly into bottom of cup.*

**Layer 3:** This layer is a thin liner of plastic which is designed to prevent leaks in the ground beneath the landfill. *This is represented by adding 2 tsp. of pudding.*

**Layer 4:** These are pipes that make the leachate collection system. They collect leachate which is a liquid that is squeezed out of the garbage leachate then travels to a treatment pond. *This is represented by laying two Twizzlers across pudding.*

**Layer 5:** This is a drainage layer that protects the pipes from being damaged. *This is represented by laying the shortbread cookie on top of the Twizzlers. (Note: No trash has been added yet. Layers 1-5 are designed to protect the environment by disposing of garbage safely.)*

**Municipal waste (middle layer)**

Municipal solid waste is all of the garbage from peoples' homes and businesses.

**Layer 6:** This layer is composed of the following:

- Organic waste (Trix) is yard waste and food scraps.
- Paper (Rice Krispies) consists of cardboard, newspaper, and, packaging products.
- Plastics (white chocolate chips) include milk and soda bottles and food containers.
- Glass (butterscotch chips) range from bottles to old building windows.
- Metals (mini marshmallows) include tin and aluminum cans and appliances or sheet metal.
- Tires (chocolate rings) include those from cars and trucks.
- Other garbage (mini M&M's) contains old toys, shoes, and clothing.

*This is represented by adding 1 tsp. Trix, 2 tsp. Rice Krispies, 1 tsp. white chocolate chips, 1 tsp. butterscotch chips, six mini marshmallows, four chocolate rings, and 1 tsp. mini M&M's. Spread evenly.*

**Layer 7:** This layer is the leachate that forms. It seeps through all of the layers to the pipes which filter the liquid out of the landfill. *This is represented by squirting chocolate syrup around the edge of the cup.*

**Final Cap (top layer)**

This outermost layer prevents rainwater from entering the landfill and keeps gases from leaving and polluting our air.

**Layer 8:** This layer is the top plastic barrier that seals the landfill. *This is represented by adding 2 tsp. of pudding.*

**Layer 9:** This layer is five to seven feet of soil. *This is represented by sprinkling 1 tsp. of Oreo cookie crumbs onto pudding.*

**Layer 10:** This layer is grass which prevents soil erosion. *This is represented by adding 1 tsp. of green sprinkles.*

**Gas collectors.** These pipes are placed in the closed cell and act as methane gas collectors. They prevent fires by collecting the gas produced from decaying trash. *This is*

*represented by inserting two chocolate licorice pieces vertically into the cup.*

**Maurita was kind enough to share some secrets:**

- ★ The Solo cups she uses are 9 or 10 oz ones with hard plastic side. Very wide at the top.
- ★ She, also, told me to keep talking during the assembly. Ask boys what impermeable, leachate, organic, perforated mean Start a discussion about what can become leachate. She says these usually get to be fun Ask them what some of the items represent before you tell them (e.g. ask what the chocolate cereal rings look like (tires))

**The following is a repeat from last month as Meetings 12 & 13 in the bear book are written as one.**

**Wildlife Ideas****Ach #5a Wildlife Poster:**

I check out animal books from the library that have lots of boy appeal: amphibians, reptiles, predators, venomous animals, funky bugs, etc. As soon as the boys come in, I have them choose a book and start reading. After 20 minutes or so, they start working on their posters.

**Birds, Birdhouse & Birdfeeder Ideas**

Fun With Birds, How To Book p. 4—20-23.  
Sparrow Sparring, How To Book p. 3-31.  
Stork Wrestling, How To Book p. 3-32.  
Crows & Cranes, How To Book p. 3-7.

**Nest Makings***Heart of America Council*

Birds spend a lot of time in the spring and early summer looking for nesting material. You can help them out

**Materials –**

Net bag for each Cub. The kind onions come in are perfect. An alternative is to buy a piece of netting, cut a circle out of it for each boy, and have them run a piece of yarn around the outside of the circle.

**Directions:**

Fill the net bag with

- ✓ Pieces of yarn,
- ✓ String or twine of any kind,
- ✓ Shiny plastic "icicles" that are sold for Christmas trees
- ✓ Feathers,
- ✓ Or any other suitable material you think of

Once the nest materials are in the netting,

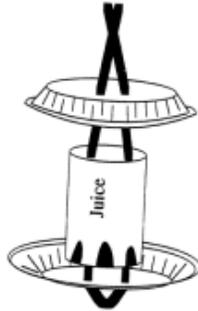
- ✓ Pull the yarn up tight and fasten, creating a small bag.
- ✓ Hang the bag from a tree branch in the spring
- ✓ Watch the birds make use of your offering.

**Bird Feeder**

*Heart of America Council*

**Materials:**

- 2 foil pie tins
- 1 juice can (or other tin can) with top removed
- Twine or nylon cord
- Tools: Hammer Large nail
- Can/bottle opener



1. Turn the can so it is top down.
2. Center the pie tin on the can.
3. Using a large nail and a hammer, punch two holes through the pie tin and the can bottom.
4. Use a can opener to make openings along the bottom of the juice can. Fold these as flat as possible (or cut off).
5. Punch two holes through the other pie tin, about two inches apart.
6. Thread the cord through the first pie tin and the bottom of the juice can, then pull it through the second pie tin.
7. Tie a knot, leaving about a foot of hanging space.
8. To fill the feeder, pull aside the top pie tin and fill the can with birdseed.
9. Replace the pie tin and hang the feeder.

**Bird's Miracle Meal**

*Heart of America Council*

Place in a large mixing bowl:

- 1 C. flour
- 3 C. yellow cornmeal Add:
- 2 C. melted suet (or lard, but not shortening or fat)
- 1 C. melted peanut butter
- Optional - chopped raisins or nuts.

Mix well.

Chill the mixture until it is thick enough to handle.

Use one of the following options for putting it out for the birds to enjoy:

1. Spread the mixture into pans until it is about 1" thick. Chill until hard, then cut into pieces. Place a piece inside a net bag such as oranges or onions come in, tie it closed and mount it against a tree trunk.
2. Cut a 6 to 12" piece from a small log. Drill some shallow holes in the log and set a screw eye in the top. Press the soft mixture into the holes and hang the log from a tree branch.
3. Force the soft mixture into existing holes or forks on a tree.

Leftover mixture will keep well in the freezer until you are ready to use it. This mixture will attract all the suet-eating birds - woodpeckers, chickadees, titmice.

**Hang it up high enough, because the smell of the peanut butter will be attractive to your dog as well!**

**Berry Basket Bird Feeder**

*Heart of America Council*

**Materials:**

- 2 plastic berry basket
- 2 slices of bread
- Peanut butter mixed with shortening;
- String
- Birdseed



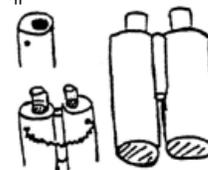
**Directions:**

- Tie the baskets together, bottom to bottom.
- Spread the peanut butter and shortening mixture on both sides of the bread.
- Dip in birdseed.
- Put a slice of bread into the bottom of each of the berry baskets.
- Hang the baskets with the string.

**Binocular Tie Slide**

**Materials:**

- 1/2" dowel, 2 pieces 1" long
- 1/4" dowel, 2 pieces 3/8" long
- 1/8" dowel, 1 piece 5/8" long
- Black pipe cleaner, 2 1/2" long
- Paint (black, white or blue)
- Wood glue, coping saw, sandpaper
- Drill - 1/4" and 1/8" bits .



**Directions**

- Cut dowels to length .
- Drill 1/4" hole in one end of each 1/2" dowel, slightly off center, about 1/8" deep.
- Drill a 1/8" hole (for pipe cleaner) on underside at the same end as 1/4" hole.
- Glue 1/4" dowel in the end holes of the 1/2" dowel.
- Lay the two 1/2" dowels side by side about 1/16" apart with the two end holes to center.
- Glue 1/8" dowel in place, one end even with the top of the 1/2" dowels.
- Sand and paint black with lens; end white or blue.
- Glue pipe cleaner ends in the two small holes to form slide.

***I think I would glue a piece of PVC pipe on the back for the slide loop. CD***

**Bird's Nest Neckerchief Slide**

*San Gabriel Valley, Long Beach, Verdugo Hills Councils*

**Materials:**

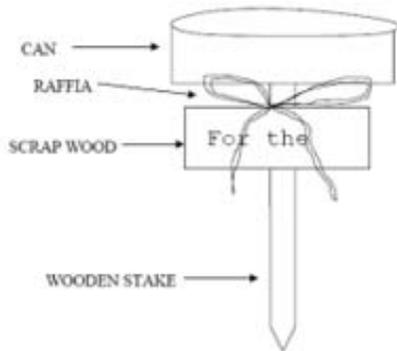
- Brown Yarn
- 1 inch PVP pipe sliced at about ½ inch length or keychain ring
- Tacky glue or low temp glue gun and glue stick
- Poster board – dark brown or black
- Crayola modeling clay - white
- Scissors

**Instructions:**

1. Cut poster board into circles about the size of a quarter.
2. Cut yarn into ¼ inch pieces. For each bird nest you will need about 1 heaping tablespoon of cut up yarn.
3. Mix in about ½ teaspoon of Tacky Glue with the yarn pieces. Roll yarn and glue mixture together to form a ball. Add more glue if necessary. Flatten the ball a little. Press thumb into the middle to make the nest shape. Set on top of a circle of poster board.
4. Roll small pieces of Crayola modeling dough to make 3 small oval shaped eggs.
5. Use glue gun to attach the eggs to the nests.
6. Use hot glue gun to attach the back of the poster board to the pipe or ring.

**Bird Feeder**

*San Gabriel Valley, Long Beach, Verdugo Hills Councils*



**Materials:**

- Empty, clean tuna or cat food can
- Wooden stake – 24” – 36” tall
- Piece of scrap wood – rectangle shape about 3 by 10 inches
- Raffia
- Paint
- Paint brush

**Instructions:**

1. Nail the middle of the can to the top of the stake (the easiest way is to use a nail gun or staple gun)
2. Use whittling knife to make a point on the other end of the stake.
3. Paint the rectangle shape wood for a sign and paint the words “For the Birds” on the sign. For a longer more complicated project have the boys sand the wood before painting it.
4. Nail or staple the sign to the stake
5. Tie raffia around the stake above the sign

**Plastic Jug Bird Feeder**

*San Gabriel Valley, Long Beach, Verdugo Hills Councils*

**Materials:**

- Large plastic jug such as a gallon milk container
- Scissors
- Twig
- Bird seed or dry cereal
- String

**Instructions:**

1. Cut out a large section of the front of the jug with scissors
2. Poke a hole on each side of the hole near the bottom of the jug
3. Push a sturdy twig through the holes on each side for the birds to use as a perch
4. Fill the bottom of the jug with bird seed or dry cereal.
5. Tie a string to the neck of the jug and hang it in a tree

**Easy Birdhouse to Make**

*San Gabriel Valley, Long Beach, Verdugo Hills Councils*

**Materials:**

- Empty paper half-gallon mild carton
- Masking tape
- Stapler
- Brown Shoe Polish
- Scissors
- Sharp pencil
- Wire coat hanger

**Instructions:**

1. Get an empty paper half-gallon milk carton. Open up the top of the carton and wash and rinse it thoroughly. Let it dry.
2. Re-close the milk carton and staple it shut.
3. Get a roll of masking tape. Tear off 1-2" pieces of the tape and cover the entire milk carton. Overlap the pieces so that none of the carton shows.
4. Get brown shoe polish and a paper towel or rag. Rub the polish over all of the tape to make it look like brown bark. Let dry thoroughly.
5. Decide what type of bird you want to use the birdhouse. Look at the birdhouse specs page, and determine how large a hole to cut as well as how far from the floor the hole should be. Cut the entrance hole in the birdhouse.
6. Using a pencil, make several holes in the bottom of the carton for any rain to drain out. Also make several hole in the top of the carton to let heat and condensation escape.
7. Make a hole through the top of the house near the staples. Put a short piece of wire (perhaps from a clothes hanger?) through the hole to make a loop. Hang the birdhouse on a shepherd's hook (like what you use for birdfeeders) or on a tree branch.

**Fruity Bird Feeder**

*San Gabriel Valley, Long Beach, Verdugo Hills Councils*

**Materials:**

- Grapefruit
- Sharp knife
- Metal spoon
- Metal skewer
- Yardstick
- String
- ½ cup peanut butter
- 1 cup cornmeal
- 4 tablespoons raw sunflower seeds
- 4 tablespoons birdseed
- Large bowl

**Instructions:**

1. Carefully slice the grapefruit in half with a sharp knife, and scoop out the inside of one half with a metal spoon.
2. Punch 3 evenly spaced holes with metal skewer around circumference of grapefruit shell, about ½ inch away from the cut edge
3. Measure and cut three 20 inch pieces of string. Knot them together at one end.
4. Put the knot under the grapefruit, and push one string through each hole working from the outside in. Tie ends of the string together in a knot at the top.
5. Stir together the peanut butter, cornmeal, and seeds in a bowl. Fill the grapefruit shell with the mixture.
6. Hang the bird feeder from a tree branch.

**Cereal Loop Bird Feeder**

*San Gabriel Valley, Long Beach, Verdugo Hills Councils*

**Materials:**

- O shaped cereal
- Yarn or string

**Instructions:**

1. String O shaped cereal on lengths of yarn or string.
2. Tie them like a necklace from a branch on a tree.

**North American Bird Feeding Chart**

*San Gabriel Valley, Long Beach, Verdugo Hills Councils*

Use this chart to decide what to put in the bird feeders you make.

<u>WILD BIRD SPECIES</u>	<u>PREFERRED FOOD</u>	<u>READILY EATEN</u>
Quail, Pheasants	Cracked Corn	Millet, Berries
Pigeons, Doves	Millet	Sunflower, Milo, Bread, Nuts, Cracked Corn, Thistle
Roadrunners	Meat Scraps	Suet
Hummingbirds	Plant Nectar, Small Insects	Sugar Water, commercial instant nectars
Woodpeckers	Suet, Meat Scraps, Insects	Fruit, Nuts, Sunflower Seed, Sugar Water
Jays	Whole	Sunflower Seed,

	Peanuts, Peanut Kernels	Suet, Bread Products, Cracked Corn
Crows, Magpies	Meat Scraps, Suet	Peanuts, Bread Products
Titmice, Chickadees	Peanut Kernels, Sunflower	Sunflower, Suet, Bread Products
Creepers, Nuthatches	Suet	Sunflower, Nuts, Cracked Corn, Bread
Wrens	Suet	Peanut Butter, Bread Products, Apples
Mockingbirds, Thrashers	Halved Apples, Fruit	Bread Products, Suet, Sunflower Seeds, Nuts
Robins, Bluebirds, Thrushes	Suet, Mealworms, Berries, Water	Bread Products, Raisins, Currants, Nut Meal
Purple Martins	Mosquitoes, beetles, flies, moths	Insects, man-made shelter and a water source is important
Flycatchers Phoebes	Bees, wasps & Ants	Meal Worms
Kinglets	Suet	Bread Products
Warblers	Suet, Suet Mix, Water	Fruit, Breads, Sugar Water Nut Pieces
Tanagers	Suet, Fruit	Sugar Water, Mealworms, Bread Products
Cardinals, Grosbeaks, Buntings	Sunflower Seed, Safflower	Safflower, Apples, Fruits, Suet, Millet, Breads, Peanut Kernels
Towhees, Juncos	Millet, Sunflower Seed	Cracked Corn, Peanuts, Bread, Nut Meats
Sparrows	Millet, Peanut Kernels, Suet	Bread Crumbs, Canary Seed, Sunflower Seed
Blackbirds Starlings	Cracked Corn, Milo, Bread, Suet	Millet, Suet, Breads, Cracked Corn, Nut Meats
Orioles	Sugar Water, Fruit Pieces	Jelly, Suet, Soft Raisins, Orange Halves
Goldfinches, Finches	Thistle/Niger Seed, Sunflower	Hulled Sunflower, Millet, Fruits, Suet, Peanuts
Owls, Raptors	Small mammals, small lizards, snakes, birds	Water

**Bagel Birdfeeders***Wendy, Chief Seattle Council*

- ✓ Bagel Birdfeeders (#5b): Cut bagels in half. (Or toast English muffins and cut a hole out of the middle.)
- ✓ Spread a mixture of 50% peanut butter and 50% cornmeal (How To Book p. 4-21) on the bagel, and press into the birdseed.
- ✓ Punch a hole in the center of a plastic plate, and in the center of the bottom of a yogurt cup.
- ✓ Tie a string around the bagel.
- ✓ Thread the string through the yogurt cup and plate.
- ✓ Tie the string to a branch.
- ✓ The plate acts as a rain shield for the birdfeeder.
- ✓ For less mess, put the bagels into Ziploc bags and zip them closed around the string.

**People Feeder Snacks:***Wendy, Chief Seattle Council*

Spread cream cheese or nut butter on half a bagel, and press into the birdseed.

**Feathers***Wendy, Chief Seattle Council*

Look at feathers under high powered magnifying glass.

**Feather Games:***Wendy, Chief Seattle Council***Keep it Up:**

- ✓ Individuals or group blows on feather,
- ✓ The object is to keep it up in the air as long as possible.
- ✓ For more challenge, use 2 or more feathers.
- ✓ More info:  
<http://www.nbc.com/minute-to-win-it/how-to/keep-it-up/>

**Feather Race:**

Players blow feather toward finish line.

2 versions:

- # 1: Players blow or fan feathers on the ground.
- # 2: Players must keep feathers in the air.

**Obstacle Course:**

Players blow feathers through an obstacle course. .2

versions:

- # 1: Players blow or fan feathers on the ground around obstacles.
- # 2: players must keep feathers in the air while they go around or under obstacles.

**Animal Ideas***Wendy, Chief Seattle Council*

Fun With Animals, How To Book p. 4—23-25.

**Styrofoam Animal Track Stamps:**

(Bear E12b)

Using a ball point pen, draw (or trace) an animal track on the flat side of a styrofoam tray,

Press to create an indented foot print.

Sand the top of a milk bottle cap.

Cut out the track, and tacky glue it to the cap to create a stamp.

The styrofoam scratches easily, so take care to protect the stamps.

**Animal Track Tie Slide:**

Make a batch of clay (See How To Book p. 2-20)

Make a Fossil piece (See

[http://www.makingfriends.com/educational/dino\\_fossils.htm](http://www.makingfriends.com/educational/dino_fossils.htm)

Roll a tablespoon or so of clay into a ball, and smash it to make a flat disc 1 ½ - 2" wide by 1/2" thick.

Cover the end of a cotton swab with plastic wrap.

Using the swab, make a series of indentations in the clay that look like an animal track.

Let the clay dry.

Paint the clay disc if desired.

Cut rings from the handle of a plastic milk jug.

Rough up the flat side of the ring with a file.

Tacky glue the flat side of the ring to the back of the clay disc.

**Don't Bug Me Door Hanger:**

Go to <http://www.makingfriends.com/dontbug.htm>

Could use paper bugs instead of woodsie bugs.

Realistic/gross bugs may appeal more to the boys than cute bugs.

**Beady Buddies:**

Make animals from beads

See the following for ideas -

<http://www.makingfriends.com/ponybead/ponychameleon.htm>

<http://www.makingfriends.com/ponybead/ponyreptiles.htm>

**Braided Snake:**

See the following for ideas -

[http://www.makingfriends.com/animal/snake\\_keyring.htm](http://www.makingfriends.com/animal/snake_keyring.htm)

Use craft foam instead of leather.

**Meeting #14**

**Verify:** Achievements 5d and 6 d, e, f

**Do:** Achievements 6a - g (4 of the 7)

**Birds, Birdhouse & Birdfeeder Ideas**

Fun With Birds, How To Book p. 4—20-23.

Sparrow Sparring, How To Book p. 3-31.

Stork Wrestling, How To Book p. 3-32.

Crows & Cranes, How To Book p. 3-7.

## WEBELOS DENS



Joe Trovato,  
WEBELOS RT Break Out Coordinator  
Westchester-Putnam Council

Have a question or comment for Joe??

Write him at

[webelos\\_willie@yahoo.com](mailto:webelos_willie@yahoo.com)

*There is an underscore between Webelos and Willie*



## Core Value for March Compassion

**Compassion:** Being kind and considerate and showing concern for the well-being of others.

*"If you want others to be happy, practice compassion. If you want to be happy, practice compassion." Dalai Lama*

At this age, boys love to help! Consider coming up with age-appropriate service projects to do with your Webelos den. Doing service projects on a Den level takes into account the various levels of ability of the Scouts, and should allow the Webelos Dens to participate in more satisfying Service Projects. As the boys mature, their Service Projects can grow with them!

Keys to Successful Service Projects (from the *Cub Scout Leader Book*)

- Choose something that is challenging and genuinely helpful.
- Choose something that is developmentally appropriate for boys to do.
- Prepare boys for the experience. Let them know what to expect, what they will be doing, and how their efforts will be helpful and appreciated.

- Have a well-informed adult supervise the activity.
- At the end of the project, have a reflecting period during which boys can talk over the experience and discuss what they learned.

If your Pack Committee has a Public Relations Chair, ask him or her to check with the chartered organization, local school board or community groups for project ideas. If age appropriate, the project could be sponsored by the Pack!

Some service ideas than may tie into Webelos advancement:

- Use your Craftsman and Handyman skills to repair or refurbish toys and give to a hospital children's ward
- While earning the Craftsman badge, make some wooden toys and give them to a children's home or abuse shelter
- A senior citizen who needs help around the house
- Organize and hold a food drive
- Help at a food pantry
- Volunteer at the local library (e.g., Children's reading hour)
- Read to a visually impaired person while working on Communicator
- Hold a recycling event

On-going / repeat projects work well, and become a "signature" for each new Webelos den., passed on by the bridging Webelos. For example, "Adapt-a- \_\_\_\_" projects. Adopting sections of rivers, highways, beech, or park trail to offer an on-going service opportunity. Consider partnering with other organizations such as Volunteer Center or schools and involve adults.

You may want to incorporate the **CUB SCOUT NEIGHBORHOOD CODE** in a ceremony acknowledging the compassionate work done by your Webelos den.

Lead it by the repeat-after-me method.  
(*Slant-marks indicate pauses.*)

I will do my best/  
to make my neighborhood/  
a good place to live.

I will set a good example/  
by keeping my sidewalks/  
and grounds clean.

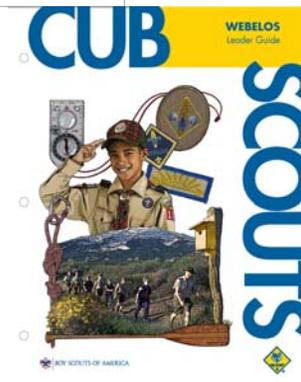
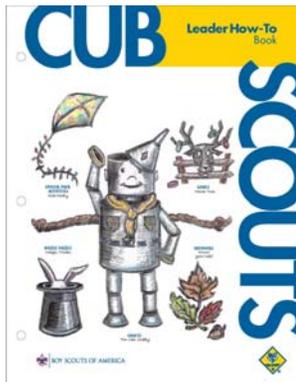
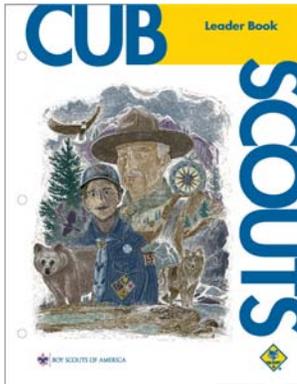
I will not litter.

I will not damage/  
private or public property.

I will be a good neighbor/  
by trying to be/ helpful and friendly to others./  
I will respect other people.

Remember, one of the 10 **Purposes of Cub Scouting** is **Friendly Service**.

## Book Corner



Check out pages 4-3 and 4-6 of the *Cub Scout Leader Book* for more on **compassion**. In addition, don't forget that as a WEBELOS leader, **compassion** plays a role in guiding your scouts to success. See page 15-5 for some suggestions on how a Leader can help his scouts deal with everyday problems and stresses. For more on Service Projects, see page 15-4.

[http://www.scouting.org/filestore/hispanic/english/33221\\_WEB.pdf](http://www.scouting.org/filestore/hispanic/english/33221_WEB.pdf)

The *How-To Book's* discussion of Leader/Scout relationship on pages 1-12 and 1-13, echoes the need for us leaders to be compassionate in our dealing with the Scouts mentioned in the *Cub Scout Leader Book*. As role models, the scouts will emulate our leadership in their dealings with others.

[http://www.scouting.org/filestore/hispanic/english/33832\\_WEB.pdf](http://www.scouting.org/filestore/hispanic/english/33832_WEB.pdf)

The *Webelos Leader Guide* is not yet on line, to my knowledge. It includes information a Webelos leader needs for meeting preparation. It contains information formerly provided in Webelos Den Activities, the Webelos Planning Guide, and Webelos Program Helps. No need to buy a new one. There are no content changes from the prior version. Only the cover was changed.

## Meeting Planner



Meeting Plans 13 and 14 for **Webelos Dens (First Year)** have them working on the Craftsman activity award and doing some work at home on Scholar and Artist.

### Meeting 13: Craftsman.

Do: Craftsman 1, 2

HA: Review Craftsman, Scholar, and Artist.

<http://www.scouting.org/filestore/CubScoutMeetingGuide/webelos/WebelosMeeting13.pdf>

### Meeting 14: Craftsman.

Do: Craftsman 3, 4

HA: Scholar 11. Review Scholar and Artist

<http://www.scouting.org/filestore/CubScoutMeetingGuide/webelos/WebelosMeeting14.pdf>

Meeting Plans 13 and 14 for, **Arrow of Light Dens (Second Year)** have them working on Communicator and Sportsman.

### Meeting 13: Communicator.

Verify: Communicator 11-14 (or alternatives)

Do: Communicator 3, 4, 6

HA: Review Sportsman chapter.

<http://www.scouting.org/filestore/CubScoutMeetingGuide/ArrowofLight/ArrowofLightMeeting13.pdf>

### Meeting 14: Sportsman.

Do: Bicycle belt loop

<http://www.scouting.org/filestore/CubScoutMeetingGuide/ArrowofLight/ArrowofLightMeeting14.pdf>

## Flag Ceremony



March is **Woman's History Month** and our flag ceremony should include a reference not only to those women who influenced history, but who also influenced us (Moms, teachers, religious leaders, etc.). The theme of **Woman's History Month** for 2011 is "Our History is Our Strength." You can find information on Woman's History Month on the **The National Women's History Project** website.

<http://www.nwhp.org/whm/index.php>

Include references to the achievement of women in the standard ceremony.

### March Flag Ceremony

(Have three Webelos Scouts offstage, ready holding the flags (the Color Guard). The US Flag is on the right, then State flag (if available), then Pack flag on the far left. Additionally, one Webelos Scout acts as the **Leader** and two other flank the US and Pack flags as **Readers**.)

**Leader:** Audience and Scouts rise for the presentation of colors.

**Leader:** "Color Guard, advance!"  
(Wait for color guard to reach the front)

**Leader:** "Color Guard, Halt!"

**Leader:** "Color Guard, Cross the Colors!"  
(US Flag crosses in front of others to left-most flag stand, and then states, then troop flags. wait for flag bearers to move to the flag pole stands)

**Leader:** "Color Guard, Post the Pack and State flags" (US Flag remains held by bearer)

**Leader:** "Our flag stands for all that we hope to be and have the courage to try for. Let us join in a salute to the red, white and blue. Scout Salute (those not in uniform place their right hand over their heart). Please recite the Pledge of Allegiance!" (*Lead the Pledge of Allegiance*)

**Leader:** "TWO!"  
(Everyone drops salute)

**Leader:** "Cub Scout Sign!"  
(Everyone raises right hand making the Cub Scout sign)

**Leader:** "Please join us in reciting the Cub Scout Promise (*Lead the Promise*)"

**Leader:** "TWO!"  
(Everyone drops Scout sign)

**Reader 1:** March is Women's' History Month when we honor those woman, living and dead, from all walks of life who have improved their communities and our Nation.

**Reader 2:** Many women were pioneers in fields, when women were not accepted. Did you know that:

- The first woman to run for president was Mary McLeod Bethune? She ran for president in 1872.
- Girls were first allowed to play on Little League teams in 1974
- Susan B. Anthony was arrested and convicted of trying to vote in the 1872 election

These and many other brave women helped to form our country's history. We honor them, as well as our mothers and sisters here today.

**Leader:** "Color Guard, Post the Flag of the United States of America!"

**Leader:** "Color Guard, Honor your Colors!"  
(Flag bearers salute the US flag)

**Leader:** "Color Guard, return to ranks!"  
(Wait for flag bearers return to formation and all sit)

## Den Meeting Helpers

These activities can be used for the gathering or to reinforce/satisfy badge requirements.

### Webelos



## Craftsman



The Cub Scouts coming into your Webelos den have probably been working on crafts for two years, so it is time to present some more advanced projects and give them a challenge. This activity badge requires woodworking and one other material that you and each boy agree upon (leather, tin, plastic, glass, etc). Some boys will want one option and some another, so you will need to be familiar with all. Use the Cub Scout Leader *How to Book* for craft ideas!

### Craftsman Ideas



- List tools needed to complete badge.
- Visit furniture factory, unfinished furniture shop, lumber mill or lumberyard.
- Visit a tannery or leather goods manufacturer.
- Invite an expert to give a demonstration on the proper care, safety, and use of tools.
- Make a den knot board.
- Select projects to work on (See hand-made games section of the *How to Book*).
- Have a birdhouse building contest or select another project.
- Have a "straight" nail-driving contest.
- Make a tool chest or bench hook for sawing
- Field Trip: Arrange to visit a home under construction. Talk to the workers at the beginning of the month, and look at blueprints. Visit again at the end of the month to see the progress made in that time.
- Visit a bicycle shop. Learn about the different kinds of bikes. Ask about bike maintenance. At you den meeting,
- Take apart an old bike, and then put it back together.

- Talk about the necessity of organizing your work area at home. Look at someone's garage or shop to see ideas.

Note: Power tools are not appropriate for use by your Webelos Scouts. As with all activities, always check the Age-Appropriate Guidelines for Scouting activities. You can find it on-line at <http://www.scouting.org/HealthandSafety/Resources/AgeAppropriateGuidelines>

### Mineral Collection Book Ends



Your rocks and minerals collection will probably have some beautiful pieces, which you can put to use in a pair of bookends. Try to have pieces as identical possible to match up each bookend.

The right-angle wood base is made of 3/4" wood, the base measuring 4 3/4" square, and the upright piece 4 3/4" x 5 1/4". These are simply nailed together to become your form.

The plaster is made by stirring 1 1/4 cups of Plaster of Paris into a cupful of water in an old pan. When the mixture starts to thicken it is spooned immediately on the plaster form, building it up the back. Then a second batch of plaster is mixed in the same proportions and the form is built up further.

Press you specimens, foliage, figurines, etc., into this second layer before it hardens completely. You will have to work pretty fast. After a few hours you can slide the bookend off the wood base, peel back the foil, and lift the bookend off. At this point, break off any thin irregular projections of the plaster for these will only crumble off later.

After allowing a week for thorough drying, glue felt to bottom by applying glue on plaster first, when that dries, add a second layer and a layer of glue on the felt.

**Auto Reflector**

Changing a tire at night on the side of the road can be dangerous. You need a reflector of some type to warn oncoming traffic of your car. The boys can easily make such a device.

**Materials:**

1/4" plywood - cut three pieces, 2" x 8";  
Drill;  
Reflector tape;  
Coat hangers.

**Directions:**

- ✓ Sand plywood pieces and drill a 1/4" hole in the top of each. Each reflector is made of three pieces of plywood.
- ✓ Cut the coat hanger into 6" pieces.
- ✓ Cut reflector tape into several 2 - 3' pieces and stick onto two of the three pieces in a diagonal pattern. Space the tapes evenly.
- ✓ Stack the two reflectorized wood pieces on top of the other wood piece. The top holes should line up. Push a piece of coat hanger wire through the hole and wrap the ends of the hanger to form a loose loop. Tape off the ends so they won't be exposed.
- ✓ The reflector is formed by creating a tripod with three legs. The two reflectorized legs should face traffic at night.
- ✓ Place the reflector about 10 yards behind vehicles to warn oncoming cars.

**Working with Leather**

Leather crafting is a hobby that many boys may carry into adulthood. It is best to start with simple projects like key chains and coasters and let the boys work their way up to more difficult items such as wallets or belts. Many easy

projects as well as stamps and tools are available at the scout shop, or hobby store.

Here are some tips for beginners:

- ✓ Dampen leather with a sponge for ease of tooling, but don't have it dripping wet.
- ✓ Have the boys draw a design on paper before starting. They can trace the design onto their piece of leather with an awl.
- ✓ Let the boys' practice with their tools on scrap leather first.
- ✓ Leather stains or acrylic paints will give projects added dimension.
- ✓ Put a wood board under each boy's leather piece while he is working.

**Leather Totem Pole Bookmark****Materials needed:**

1 piece leather 2" x 10",  
Leather working tools,  
Heavy scissors, and  
Sponge for each boy,  
Water.

**Directions:**

- Cut fringe up from the bottom of the bookmark; length of fringe should be about 1-1 1/2".
- Design totem pole symbols on paper, the transfer the design to the leather with carbon paper, a scratch awl, or by simply drawing it
- lightly with a pencil.
- Dampen both sides of leather with a sponge until the color of the leather changes. Keep dampening as needed while working as damp leather will hold the tooling better.
- Use the pointed end of a tool to carefully make design lines more clear but be careful not to penetrate the leather.
- Use a beveled tool to round off straight lines in the design.

**Webelos Keepsake****Materials needed:**

8"x 12" piece of 1/4" plywood.  
 Soup or coffee can (size matters),  
 cut in fleur-de-lis shape,  
 Sandpaper  
 Paint or stain,  
 Picture hanger  
 Permanent black marker

**Directions:**

- Sand and stain or paint plywood, then glue the fleur-de-lis in the middle of the plywood.
- If an adult is handy with tools, cut out a large fleur-de-lis from the wood.
- Glue your memorabilia onto the board and label as desired. Include your photo if you wish.
- Attach picture hanger on back.
- Finishing - painted designs should be made with enamel.
- Tooling can be done by tapping lightly with hammer and nail.
- If you are using the silver side of the can, polish the surface with fine steel wool. All projects can be given a final protection with lacquer or wax.

**Wooden Fleur-de-lis Centerpiece  
For Blue & Gold Banquet****Materials needed:**

Wood cutouts - large  
 Blue and gold paint  
 Foam brush  
 Styrofoam balls  
 Metallic pony beads  
 Medium sized gold vinyl cut out  
 Tacky glue  
 Serrated steak knife (only used by adult)

**Instructions:**

- Adult does prep:
- Cut Styrofoam ball in half with a serrated knife.
- Press the pointed bottom of the wooden fleur-de-lis into the domed top of the Styrofoam ball.
- Push it in far enough to make sure it balances standing up. Remove.
- Paint the Styrofoam ball gold.
- Paint the front and back of the fleur-de-lis blue.
- Paint the sides gold.
- Let dry.
- Glue a vinyl fleur-de-lis to each side.
- Glue four metallic gold beads to each side to decorate.
- Glue the wooden fleur-de-lis into the pressed in hole

**Webelos Craftsman Glue****Materials:**

2 packets (1/2 ounce) unflavored gelatin  
 2 tablespoons cold water  
 3 tablespoons skim milk  
 Several drops Oil of Cloves (optional)

**Directions:**

1. In a small bowl, sprinkle gelatin over cold water. Set aside to soften.
2. Heat milk to boiling point and pour into softened gelatin. Stir until gelatin is dissolved.
3. Add Oil of Cloves as preservative if glue is to be kept for more than a day.
4. Makes about 1/3 cup

**How to use it:**

While the glue is still warm, brush a thin layer on the objects to be glued. This is the best glue to use for projects in which glass must be adhered to glass. For gluing decorations on glass jars, it is best to use the glue in its liquid state. For gluing marbles together or gluing metal ornaments to metal cans, use the glue in its gelled state.

This glue is waterproof and can be used to mend china, to glue labels on home-canned foods and jellies, or to glue wood to wood. Store glue in a screw-capped jar. It will gel as it cools, but this will not affect its adhesiveness. Set jar in a pan of hot water to soften glue for reuse.

**Arrow of Light**



**Communicator**



We are all communicators. What does it mean to communicate? Communication is the art of transmitting and receiving information. And how do we as human beings go about this exchange of information? We communicate with words, facial expression, and body language. With all of the modern technology at our fingertips today it is still important for us to learn basic communication skills.

**Communicator Ideas**



- At the local library, find books about secret codes and various forms of communications
- Visit the base of a ham radio operator.
- Visit a travel agent to see how a computer is used to book a flight. This could also be used as part of the

- Traveler Activity Badge, as you determine cost per mile of various modes of travel.
- Learn the Cub Scout Promise or Boy Scout Oath in sign language.
- Visit a retail or production facility for cellular phones.
- Visit library - talk to librarian, learn how books are indexed.
- Visit radio station - see how it operates.
- Visit television station
- Visit police station or 911 dispatcher - learn how 911 calls are processed and prioritized.
- Visit school for the deaf and/or blind.
- Use a computer to have video conversation to other people using *Skype* or *ooVoo*.
- Visit a newspaper office - see how a newspaper is put together. Watch the printing presses run.

**Communication with a Blind Person**



How would you go about describing something to a blind person? An animal for instance, one they have never seen. Try this exercise; blindfold your den, give them each a pencil and a piece of paper, then describe to them an animal and have them draw what they think they hear. Remove the blindfolds and see if they can guess what animal they have drawn. Hint: Don't use any key words. Example: if you are describing an elephant don't use the word trunk for his nose.

**Blindfold Discovery**



Have your den form a large circle. In the center place an empty coffee can. Blindfold one of the boys and supply him with a broomstick. The object of the game is to have the den direct the blind Scout to the can and have him pick it up with the broomstick. Was it easy? Does it work better with one boy giving directions or all of them?

**Secret Sounds**



Use prerecorded sounds or have den chief produce sounds from behind a screen or another room. Webelos listen as each sound is produced and then write down what they think the sound is.

**Examples:**

- Sandpaper rubbing against something;
- Deck of cards being flipped into the air,
- Golf or Ping Pong ball, bouncing on a bare floor;
- Bursting of a paper bag; etc.

**Win, Lose or Draw**



**Set Up:**

Divide into two teams.

**Equipment**

- One-minute timer,
- Drawing marker,
- Pad of newsprint on an easel and
- Box with object cards.

**Directions**

One member of a team chooses an object card and tries to draw it on the newsprint.

His team tries to guess what he is drawing within one minute.

If the team guesses the object, they receive three points.

If the team is unsuccessful, the drawing is passed to the other team to guess within 30 seconds.

An accurate guess is worth two points.

If they too, are not successful, guessing is opened up to both teams together for another 30 seconds, and an accurate guess is worth only 1 point.

Play continues when the second team chooses an object card and draws it.

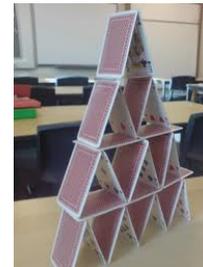
The winner is the team with the most points after a designated period of time.

Charades are not allowed for hints.

Ideas For Object Cards:

<ul style="list-style-type: none"> <li>• Blue and Gold banquet,</li> <li>• U.S. Flag,</li> <li>• Cub Scout,</li> <li>• Neckerchief Slide,</li> <li>• Award,</li> <li>• Cubmaster,</li> <li>• Table Decorations,</li> <li>• Parents,</li> <li>• Den,</li> <li>• Summertime Activity Award,</li> <li>• Bobcat,</li> <li>• Campfire,</li> </ul>	<ul style="list-style-type: none"> <li>• Pack Flag,</li> <li>• Council Patch,</li> <li>• Bear,</li> <li>• Pinewood Derby,</li> <li>• Wolf,</li> <li>• Tiger,</li> <li>• Arrow of Light,</li> <li>• Skit,</li> <li>• Applause,</li> <li>• Webelos Activity Badge,</li> <li>• Uniform,</li> <li>• Webelos.</li> </ul>
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**Tower of Playing Cards**



**Equipment:**

Several decks of playing cards (all the same size)

**Directions**

Divide the boys into teams and have them build a tower with playing cards.

The boys cannot say one single word while building the tower - it all has to be done with sign and body language.

When the tower is built, each team uses their verbal skills by deciding on a package that "sells" their tower. Why it's the best, tallest, grandest, wackiest, most pleasing, sturdiest, most stable, etc.

**Invisible Writing****Equipment:**

Hot light bulb,  
 Paper, White crayon,  
 White paper,  
 Water colors,  
 Paint brush, and  
 One of the following:  
   milk,  
   vinegar,  
   lemon, orange, grapefruit, apple,  
   onion juice,  
   soda pop, or  
   sugar water.

**Directions**

Invisible Writing can be accomplished in many ways - milk, vinegar, lemon/ orange/ grapefruit/ apple/ onion juice, soda pop, and sugar water all dry invisible but when put next to a hot light bulb, they will darken so they can be read.

**Another method that works:**

Draw your message in code or in picture writing using a white crayon on white paper. The receiver uses watercolors to find the message.

**Rules for On-Line Safety****Internet  
Safety**

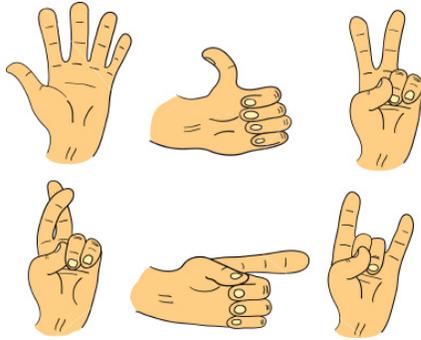
- ★ I will talk with my parents so that we can set up rules for going online. We will decide on the time of day that I can be online, the length of time I can be online and appropriate web sites for me to visit. If I want to visit other web sites, I will get their permission first.

- ★ While I'm online, I will not give out personal information such as my address, telephone number, and parents' work addresses/telephone numbers, or the name of my school without my parents' permission.
- ★ I will tell my parents right away if I come across any information that makes me feel uncomfortable.
- ★ I will not respond to any messages that are mean or in any way make me feel uncomfortable. It is not my fault if I get a message like that. If I do, I will tell my parents right away so that they can contact the online service.
- ★ I will never agree to get together with someone I meet online without first checking with my parents. If my parents agree to the meeting, I will be sure that it is in a public place and I will bring a parent or my adult guardian along.
- ★ While I'm online, I will never send a person my picture or anything else without first checking with my parents.

**Newsletter**

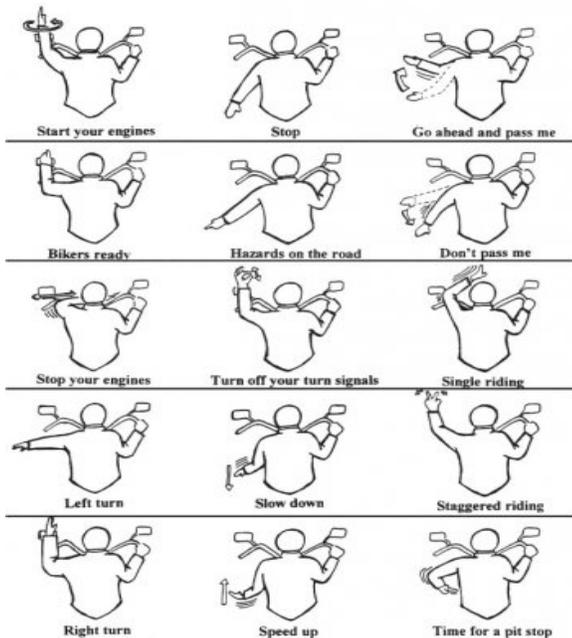
Have the boys use their knowledge of communications to set up a den newsletter with a calendar of upcoming events, a listing of supplies needed at future den meetings, a reporting of den activities, and acknowledgments of people who have helped with recent den programming. They can use a computer program to set it up.

Hand Gestures



Simple hand gestures such as stop, go, quiet, etc., can be used for a guessing game; however, why not link this to umpire and referee signals in sports as part of earning the Sportsman badge (see below).

Also, check out hand signals not always seen, for example **motorcycle rider's** signals. How do they differ or are similar to **bicycle rider's** signals?



Also, **crane operators** use hand signals.

Main Hoist	Auxiliary Hoist	Hoist Load	Hoist Load Slowly	Stop
Raise Boom	Raise Boom & Lower Load	Lower Load	Lower Load Slowly	Emergency Stop
Lower Boom	Lower Boom & Raise Load	Swing Boom	Swing Boom Slowly	Travel (mobile eqpt)
Retract Boom 2 hands	Retract Boom 1 hand	Extend Boom 2 hands	Extend Boom 1 hand	Dog Everything

How about hand signals used to train **deaf dogs**?



Can these signals be used with all dogs?

<http://www.deafdogs.org/training/signs.php>

Who's Who History of Communication



Match the following inventions to their inventors.

- |                         |                                  |
|-------------------------|----------------------------------|
| 1. Telephone            | A. Johann Gutenberg              |
| 2. Phonograph           | B. Guglielmo Marconi             |
| 3. Telegraph            | C. Louis Jacques Madre' Daquerre |
| 4. Printing Press       | D. Alexander Graham Bell         |
| 5. Photography          | E. Thomas Alva Edison            |
| 6. Typewriter           | F. Howard Aiken                  |
| 7. Radio                | G. Samuel Morse                  |
| 8. Computing Machine    | H. Xavier Progin                 |
| 9. 1ST Digital Computer | I. Charles Babbage               |

Answers:

1D, 2E, 3G, 4A, 5C, 6H, 7B, 8I, 9F

**SPORTSMAN**



One of the prime purposes of the Scouting program is encouraging good sportsmanship and pride in growing strong in mind and body. Put stress on the fun of the game, not on winning. Choose the teams so that ability is equally divided. Encourage the less skillful players. Discourage trash talk. Make sure fun for all!

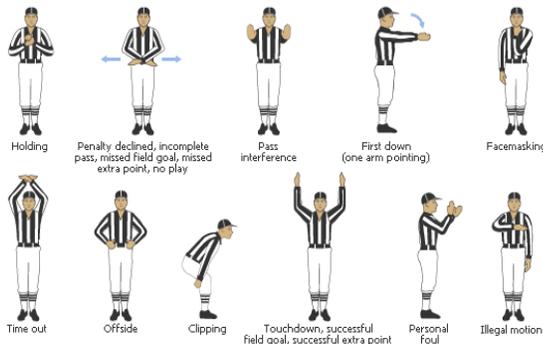
## MORE Sportsman Ideas

(See last month's Bugle for another list)



- Invite a referee or official to your den meeting to teach signals and talk about teamwork, fair play and sportsmanship.
- Hold a parent/son sports tournament, such as bowling, tennis, volleyball, archery, etc.
- Have a den board game marathon. Provide treats and have the boys bring their favorite board games to play. Allow time for rotation to different games.
- Teach a card game to the boys and set up a couple of stations for playing.
- Use the ready-made Cub Scout Sports Program. The guides explain the rules, principles, and equipment for each sport, and the boys like earning the belt loops and sports pins.
- Have the Webelos figure out a football play or a basketball play and diagram it. Local high school or little league coaches are sources of assistance.
- Give Webelos a list of famous sports figures and have them name the sport involved.

### Football: referee hand signals



### Soccer:

What do these hand signals mean?

Note: you can cut these out as individual cards to use at a den meeting Joe



For answers go to:

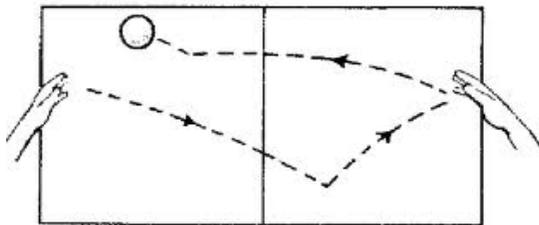
[http://www.firstbasesports.com/soccer\\_signals.html](http://www.firstbasesports.com/soccer_signals.html)

Broom Hockey



- ♻ Give each player an old household broom stick.
- ♻ The puck is a small ball.
- ♻ Play on any size field.
- ♻ Goals are marked by about six feet apart centered on the end lines of the playing field.
- ♻ Use rocks or anything else that works to mark the goals.

Sidewalk Tennis



This game is played with a tennis ball on two squares of sidewalk or patch of level ground marked off in similar size. The ball is batted with the hands. Use regular tennis rules, except that there is no serving court.

Soccer Ten Kicks



Divide the den into two teams.  
Each team tries to kick the ball between teammates 10 consecutive times while the opponents try to intercept and start their own sequence of 10 kicks.

Brain Teasers



Match Up:

Match each sport with the appropriate term:

- |               |                   |
|---------------|-------------------|
| 1. Bowling    | a. Grand Slam     |
| 2. Ice Hockey | b. Right Hook     |
| 3. Archery    | c. Slalom         |
| 4. Baseball   | d. Gutter Ball    |
| 5. Golf       | e. Love           |
| 6. Basketball | f. Place Kick     |
| 7. Tennis     | g. Bull's-eye     |
| 8. Skiing     | h. Bogey          |
| 9. Football   | i. Icing the Puck |
| 10. Boxing    | j. Free Throw     |

Answers:

1. Bowling	d. Gutter Ball
2. Ice Hockey	i. Icing the Puck
3. Archery	g. Bull's-eye
4. Baseball	a. Grand Slam
5. Golf	h. Bogey
6. Basketball	j. Free Throw
7. Tennis	e. Love
8. Skiing	c. Slalom
9. Football	f. Place Kick
10. Boxing	b. Right Hook

Bicycling Belt Loop



Webelos Scouts that earn the Bicycling Belt Loop while a Webelos Scout also satisfy part of requirement 3 for the Sportsman Activity Badge.

Webelos Scouts may complete requirements in a family, den, pack, school, or community environment.

**Complete these three requirements:**

1. Explain the rules of safe bicycling to your den leader or adult partner.
2. Demonstrate how to wear the proper safety equipment for bicycling.
3. Show how to ride a bike safely. Ride for at least half an hour with an adult partner, your family, or den.

See Guide to safe Scouting: Bike Safety  
<http://www.scouting.org/scoutsources/HealthandSafety/GSS/gss09.aspx>

**Bicycling Pin**

Earn the **Bicycling Belt Loop**, and complete requirement 1 below, and do four more of the following requirements:

1. Make a chart to record at least 10 hours of bicycling. **(Required)**
2. Participate in a pack, den, or community bike rodeo.
3. Demonstrate how to repair a flat tire on a bicycle.
4. Make a poster illustrating different types of early bikes and show it to your den.
5. Give a demonstration to your den or pack on the proper use of safety equipment and gear.
6. With the help of a parent or adult partner, register or reregister your bicycle.
7. Go on a "bicycle hike" with your family or den. Obey traffic rules related to bicycling.
8. Repair or restore a nonfunctioning bicycle to a safe condition. Include the installation of all proper safety devices.
9. Visit a bicycle race or exhibition.
10. Help set up a bike rodeo or bike competition for your pack.

**ADDITIONAL  
ADVANCEMENT IDEAS**

*Alice, Golden Empire Council*

*Someone wrote and asked me why Alice and I have this section with all the advancement in the new Resource Book. These are additional ideas. Maybe your Cubs did some advancement in camp and you got to skip a section. Maybe your den is above average and streaking through the program. Maybe you want some ideas to tie into the Core Value of the month. Maybe your presenter or field trip for that week fell through and you need a Plan B. Here are ideas you can use!! **CD and Alice***

*Alice, Golden Empire Council*

These Advancement Ideas are based on the

**Core Value for March – Compassion.**

Some can be used in the den or in the family, and will help each boy to understand and practice the value. The Achievements, Electives or Activity Pins which are underlined also match the suggested activities for Meeting #13 or #14 for that rank.

Remember that some Belt Loops, such as Good Manners, and some Special Patches, such as Good Turn for America, will also help achieve the value of Compassion.

**Tiger Achievements**

**Ach. #4F - Family Activity.** At a family meal, have each family member take turns telling the others one thing that happened to him or her that day. Remember to practice being a good listener while you wait for your turn to talk. Try to share some examples of people being kind to one another, or showing compassion.

**Ach. #4D – Play “Tell It Like It Isn’t”** – and point out how easy it is for us to misunderstand someone else, or think they are trying to hurt our feelings.

**Tiger Electives**

**Elect. #1** - Think of a time when your family celebrated something, and tell the den about it and how it made your feel – and how good it is to feel part of the group.

**Elect. #3** – With your family, play a board game or put a puzzle together – practice being kind, taking turns and not arguing or boasting

**Elect. #5** – Make a family mobile – make sure you think about what each person is good at or likes to do; talk about how each family member is important to the group

**Elect. #8** – Invite a religious leader to visit the den and ask them to talk about how important it is to treat others in the right way – they might also share some projects or activities that help people

**Elect. #14** – Read a short story – pick one that teaches about compassion, like “Horton Hears the Who”

**Elect. #26** – Learn about and practice good phone manners – it’s important to treat everyone kindly

**Elect. #31** – Learn about animals so you will appreciate them and know how to help take care of them.

**Elect. #43** – Visit a veterinarian or groomer and learn how to take care of animals – learn the right way to behave around an animal, and how to make them feel comfortable.

### Wolf Achievements

**Ach. #6a, c** – Practice having a cheerful and positive attitude – it will rub off on others! If a den member shows their collection, be sure to listen and tell them something positive about their collection.

**Ach. #8c, d** – When you help fix a meal or make your own breakfast, remember that sharing the work and cleaning up after yourself can make your mother or someone else feel good

**Ach. #10b** – Make a game to play with your family – make sure everyone gets a fair turn, help younger siblings if they need it, and practice saying only positive comments; congratulate or encourage everyone; **Ach. #10d** – Read a book or Boy's Life article that demonstrates someone being compassionate; **Ach. #10g** – Use only kind words and actions when playing a board game with your family

### Wolf Electives

**Elect. #1c** – Learn to write your name using ASL – think about how a deaf person must learn the language, be able to use their hands quickly, and how it would feel if you couldn't hear what anyone was saying

**Elect. #1d** – Use 12 American Indian signs to tell a story – Was it hard to learn the signs? Do you know if any of the signs are used today in other ways? Why do you think they worked – sometimes even if the other person didn't know the language? Was there a really good reason to use sign language? (maybe so you could stay quiet in a dangerous place, so someone who didn't know your spoken language could follow the story)

**Elect. #2** – If you put on a skit about Compassion, like the Good Deeds skit about Baden-Powell.

**Elect. #4** – Practice being kind and encouraging and showing good sportsmanship, as you play any of the games.

**Elect. #6** – Visit a library and find out how to find a story, poem, magazine or newspaper article about Compassion; Choose a book about Compassion and read it, then discuss it with an adult.

**Elect. #10** – As you do any of the activities about Native American life, look for examples of their ingenuity and caring for the earth – how they used materials available to them and didn't waste anything – Understanding and appreciating others helps us to be compassionate. *Or make some Indian Fry Bread using canned biscuits drizzled with honey.*

**Elect. #11c, f** – Learn the words of three Cub Scouting Songs – try the ones that have something to do with kindness and compassion – Sing a song with your den at the pack meeting

**Elect. #14** – Take care of a pet – understand what your pet needs and how he deserves to be treated; think about what he adds to your world

**Elect. #20** – As you participate in any of the sports requirements, remember to be kind, show support for others, and never hurt another person's feelings – Talk about the

difference between enjoying a challenge or a victory and belittling someone else.

**Elect. #22a, b, e** – Learn to say some words in another language – and remember that their language is just different from yours – imagine how you would feel if everyone around you spoke another language; If you know someone who doesn't know English, imagine how they might feel when everyone is laughing – do you think they might feel everyone is laughing at them? If you have a chance to invite a boy to join Cub Scouts, or to help another boy earn his Bobcat, remember to be kind and encourage him. (You didn't know the Law at first either!)

**Elect. #23d** – When it's time to "Buddy Up" don't always avoid the new boy, or the one who isn't as fast, or who doesn't know all the rules yet – give him a chance and pick him for your Buddy!

### Bear Achievements

**Ach. #1b** – List and practice ways you can practice your religion by being kind and thoughtful toward others.

**Ach. #3b** – Find out about two famous Americans (look for someone who was compassionate); Tell what they did or how they improved our way of life. *Consider those who invented equipment or methods that help those with disabilities to fit in – or those who treated everyone with equal respect.*

**Ach. #4** – Learn all about Johnny Appleseed and how his actions made life easier for thousands of others; look for examples of compassion, kindness or being helpful in the other folklore examples – and learn if they were based on true stories or real people. *In Sacramento, you can visit the Western terminus of the Pony Express – check out which characters came from your region.*

**Ach. #5** – Learn about sharing your world with wildlife, about your favorite animals, how you can help them survive, learn about the people who help wildlife in many different ways, visit a zoo, nature center or other wildlife area. When you visit animals in the wild or in an organized area, be sure to follow the rules and treat the animals with respect.

**Ach. #6** – Learn about and practice caring for your planet – recognize that it's the only planet we have to live on, and that we must conserve resources and find ways to share water and other limited resources with everyone. Take part in a project that benefits your neighborhood, the planet, and maybe even a local charity! (see some ideas under Pack & Den Activities)

**Ach. #9b, f** – Make a snack for your den or your family – try one of the ideas in Cub Grub. You could celebrate Johnny Appleseed and the value of a smile, take better care of your body by making a healthy "walking" snack, or enjoy an Irish scone to honor St. Patrick's Day.

**Ach. #10** – Remember to be kind and thoughtful of other family members as you work on these requirements.

**Ach. #12b** – Go on a hike with your family and pick up trash – show you understand how important it is to take care of your planet.

**Ach. #15** – Remember to be compassionate, act with kindness and good sportsmanship as you play any of the games – try one from the Games section!

**Ach. #16 – Don't forget to cheer on others and keep a good attitude** while you are Building Muscles.

**Ach. #18e** – Write a thank you note to someone – if they have been thoughtful to you or have shown you how to be compassionate, tell them how it made you feel and why you think they are so great.

**Ach. #23** – Show good sportsmanship, and avoid contention when you play any of the sports. Never make fun of someone else who makes a mistake.

**Ach. #24a, e** – Help a boy join Cub Scouts or finish his Bobcat; Learn how to be a leader without being a bully or following others in a bad choice that will bring harm to someone or something

### **Bear Electives**

**Elect. #9** – Make an art project that will help others value the earth or its wildlife; if you visit a museum, look for examples that make you feel like you want to preserve the natural beauty of the earth, or learn more about the world of nature and how to protect it.

**Elect. #10b** – Make a mask of a favorite animal; you might display with information about the animal and how it contributes to the world of nature

**Elect. #11b,c** – If you like to do photography, mount some pictures that will show the value of wildlife or our planet - display at the pack meeting

**Elect. #12** – Make any of the Nature Crafts to help people see the beauty and value of taking care of our planet

**Elect. #15** – Learn about Water and Soil Conservation and spread the word so others will want to help protect our environment

**Elect. #25b** – Go on a short hike with your den, using the Buddy System – Be sure that no boy feels like he isn't wanted, or doesn't have anyone willing to be a buddy. Encourage others to include every boy by your example.

### **Webelos Activity Pins**

**Artist #8, 9** – Make a mobile or art construction that celebrates the unique value of each member of your family, den or part of the environment.

**Citizen # 10, #11, #13** – With your Webelos den or your family, visit a community leader, learn about his duties and ask him/her about the need for respect, kindness and understanding between community leaders, groups and individuals. Ask if there are specific examples to demonstrate compassion in your community; Write a short story about a great American who demonstrated compassion, understanding and fair treatment; List the names of three people you think are good citizens and tell why you chose them – include examples of their compassion for others.

**Communicator #1, #9, #10, #12** – Play the Body Language game with your den and consider how actions can send a positive or negative message, especially when someone is trying to communicate with you; Invite a person with a visual, speaking or hearing impairment to visit your den and learn about the special ways to communicate and how you can communicate with those with impairments; Invite a person who speaks another language to share their knowledge about their own language, words from that language you might already know, how it feels to be

surrounded by people you don't understand, and how to behave in a positive way around those who don't speak your language; Under adult supervision, search the internet and learn more about Compassion and how to demonstrate it.

**Family Member #5** – Take part in at least four family meetings to help make decisions about family activities or serious topics, always acting with respect, understanding and kindness – you might even suggest a family meeting about overcoming contention in your home.

**Forester #9** – Describe both the benefits and harm wildfires can cause and tell how you can help care for the earth by learning to prevent wildfires

**Naturalist #1, #4, #9, # 10, #11** – Learn about ways that people have shown a lack of respect for wildlife, and name and practice ways you will show appreciation and respect for wildlife; Visit a museum of natural history or other nature center and tell what you saw, including what you learned about how you can help protect the natural world; Give examples of a producer, consumer and decomposer in the food chain, explain how humans have changed the balance of nature, and how you can protect that balance; Identify a plant, bird or wild animal found only in your area and tell why it survives and how you can help protect it; Learn about aquatic ecosystems or wetlands in your area and discuss their importance with your Webelos Den Leader or Activity Badge Counselor.

**Outdoorsman #5, #6, #7** – Learn how to follow the Leave No Trace Frontcountry Guidelines during outdoor activities so you can care for the earth; Participate in an outdoor conservation project with your Webelos den or a Boy scout troop; Discuss the rules of Fire Safety and show how to handle a fire so that it doesn't have a negative impact on the environment.

### **Arrow of Light Activity Pins**

**Communicator #1, #9, #10, #12** – Play the Body Language game with your den and consider how actions can send a positive or negative message, especially when someone is trying to communicate with you; Invite a person with a visual, speaking or hearing impairment to visit your den and learn about the special ways to communicate and how you can communicate with those with impairments; Invite a person who speaks another language to share their knowledge about their own language, words from that language you might already know, how it feels to be surrounded by people you don't understand, and how to behave in a positive way around those who don't speak your language; Under adult supervision, search the internet and learn more about Compassion and how to demonstrate it.

## CUB GRUB

**Johnny Appleseed Smiles**

*Alice, Golden Empire Council*

*These also go great with the  
GSA Brownie Smile Song – Alice.*

### Ingredients

Red medium apple, cored & sliced  
Peanut butter or cream cheese  
Tiny marshmallows

### Directions

- Spread one side of each apple slice with peanut butter.
- Place 3 or 4 tiny marshmallows on top of the peanut butter on one apple slice.
- Top with another apple slice, peanut butter side down.
- Squeeze gently.
- Eat right away.

### Walking Veggie Salad

*Alice, Golden Empire Council*

### Ingredients:

One green, yellow or red pepper  
One bunch of celery  
1 carrot  
Jicama, with outer skin removed  
Ranch or favorite dressing

**Jicama**



For those who still haven't met the jicama it is a vegetable humble, if not homely in appearance. For some reason it is never described for itself but always compared to something else. It doesn't even get much credit for its own crisp, just sweet enough taste, which is also usually likened to that of other vegetables. Use it like water chestnuts, some say, or grate it as a passable substitute for daikon. It is also characterized as a cross between an apple and a potato. And yet nothing is quite like the jicama, a member of the morning glory family that hails from Mexico and South America. A cousin of the sweet potato, this underground tuber comes in two types: agua (watery juice) and leche (milky juice). Like the hot pretzels on the sidewalks of New York, jicama is a street food in its native habitat, sold with a squeeze of lime and a shake of fiery chili powder.

### Directions:

- Wash all vegetables.
- Cut the pepper in half, and clean out seeds from inside.
- One side will be your "bowl."
- Cut the other side into strips.
- Cut the carrot, celery and jicama into 4" long strips
- Add some dressing or dip in the bottom of your Pepper "bowl" and
- Then add your veggie strips, place one end in the dressing.
- Now you can enjoy your walking veggie treat – with your favorite dip!

### Walking Fruit Bowl

*Alice, Golden Empire Council*

### Ingredients:

One orange,  
Banana,  
grapes,  
apple,  
or any favorite fruit

### Directions:

- Wash all fruit.
- Cut orange in half and remove fruit, then cut into sections.
- You now have two "bowls."
- Cut other fruits into cubes or strips.
- Add a favorite dip or dressing in the bottom of your orange "bowl" and enjoy your walking fruit treat – with your favorite dip!

### Irish Scones- in honor of March 17th

*Alice, Golden Empire Council*

*This takes only about 35-45 minutes, so if you have the ingredients ready and make up your batter at the beginning of the meeting, you can actually do this in a den meeting – or make them to share with everyone at the Pack Meeting – just make a larger batch and cut the scones into half size when done - Alice.*

### Ingredients:

1/2 stick butter  
2 cups flour  
1 tsp baking powder  
2T sugar (optional)  
1/2 tsp salt  
1/4 pint milk  
1 egg beaten with a little milk

### Directions:

- Heat the oven to 400F
- Grease and flour a baking sheet.
- Sieve the flour into a bowl and add the butter, baking powder and salt.
- Quickly rub the butter into the flour until the mixture resembles fine breadcrumbs. Add the sugar if desired and stir.
- Make a well in the center of the dry mix and using a dinner knife, stir in enough milk to make a soft, pliable dough.
- Turn the mixture on to a floured board and knead very lightly until just smooth then lightly roll out to 3/4" thick.
- Cut 6 - 8 rounds (or as many as your dough will make) with a 3" cutter or cut into triangles with a sharp knife.
- Place on the baking tray and brush with the beaten egg and milk mixture.
- Bake near the top of oven for 15 minutes or until golden brown and well risen.
- Cool on a wire rack before eating.
- Serve with butter, jam or clotted cream.
- Makes 12 scones

**Fruit Scones***Alice, Golden Empire Council***Directions**

- Add 1/4 cup currants or sultanas or chopped dates to the dry ingredients the basic scones recipe above.

**Cheese Scones***Alice, Golden Empire Council***Directions**

- Add 1/2 cup grated cheese and 1/2 tsp dry mustard powder to the mixture after rubbing in the fat and flour and continue with the basic scones recipe above.
- Sprinkle the scones with 1/2 cup more grated cheese before baking the scones in the oven.

**All American Snack***Cascade Pacific Council***Ingredients:**

- 3 cups thin pretzel sticks
- 4 cups wheat chex®
- 4 cups cheerios®
- 1 1/3 ounces salted peanuts
- 1 teaspoon garlic salt
- 1 teaspoon celery salt
- 1/2 teaspoon seasoned salt
- 2 tablespoons grated parmesan cheese
- 1/4 cup melted butter

**Preparation:**

- ✓ In large mixing bowl or slow-cooking pot, mix together pretzels, cereals, and peanuts.
- ✓ Sprinkle with garlic salt, celery salt, seasoned salt, and cheese.
- ✓ Pour melted butter over all; toss until well mixed.
- ✓ Cover and cook in slow-cooking pot on low 3 to 4 hours.
- ✓ Uncover the last 30 to 40 minutes.
- ✓ Serve as appetizer or snack.

**East Indian Snack***Cascade Pacific Council***Ingredients:**

- 1 5 ounce can crisp Chinese noodles
- 1 6 1/4 ounces salted cashew nuts
- 2 cups rice chex®
- 1/8 cup toasted coconut
- 1 teaspoon curry powder
- 1/4 teaspoon ground ginger
- 1/4 cup melted butter
- 1 tablespoon soy sauce

**Preparation:**

- ✓ In mixing bowl or slow-cooking pot, mix together noodles, cashews, Rice Chex, and coconut.
- ✓ Sprinkle with curry and ginger.
- ✓ Add butter and soy sauce.
- ✓ Toss until well mixed. Cover and cook in slow-cooking pot on low 3 to 4 hours.
- ✓ Uncover the last 30 to 40 minutes.
- ✓ Serve as appetizer or snack.

**Mexican Chex Mix***Cascade Pacific Council***Ingredients:**

- 1 bag (3.5 ounces) microwave popcorn
- 8 cups Corn Chex cereal
- 4 cups corn chips
- 2 cups bite-size cheese crackers
- 3 tablespoons margarine or butter, melted
- 1 teaspoon chili powder
- 1/3 cup grated Parmesan cheese
- 1/4 cup Bac O's bacon-flavored bits

**Preparation:**

- ✓ Microwave popcorn as directed on bag.
- ✓ Mix cereal, corn chips and crackers in 2-gallon resealable plastic food-storage bag.
- ✓ Shake popcorn into cereal mixture, being careful not to add unpopped kernels.
- ✓ Drizzle with margarine.
- ✓ Shake to coat mixture.
- ✓ Add remaining ingredients.
- ✓ Shake gently to blend all ingredients.

**Blue-Ribbon Beef Nachos***Cascade Pacific Council***Ingredients:**

- 1 lb ground beef
- 1/2 cup shredded cheddar cheese
- 1 small onion, chopped
- 1 green onion, chopped
- 1 16-oz can refried beans
- 2 T chili powder
- 1 16-oz jar salsa
- 1 tsp salt
- 1 6-oz can chopped olives
- Garnish:
- Tortilla chips
- Additional sliced olives, chopped
- Green onions and tomatoes

**Preparation:**

- ✓ In a skillet, cook beef and onion over medium heat until meat is no longer pink; drain.
- ✓ Stir in all remaining ingredients except chips and garnish; heat through.
- ✓ Serve over tortilla chips.
- ✓ Top with olives, onions and tomatoes, if desired.
- ✓ Makes 6 servings.

**Sesame Honey Balls***Cascade Pacific Council***Ingredients:**

- 1 cup sesame seeds
- 2 T honey
- 1/4 tsp vanilla

**Preparation:**

- ✓ Place seeds in blender container and blend until consistency of peanut butter.
- ✓ Add honey and vanilla and blend until smooth.
- ✓ Shape into 1/2- to 3/4-inch balls.
- ✓ Serve in tiny paper cup liners. Makes about 8 balls.

**“Stir Fry” (or not!)**

*Cascade Pacific Council*

This nutty mix of vegetable impostors is guaranteed to cause a stir!

**Ingredients:**

- Fruit Roll-Ups, 2-3 green rolls and 1 red roll
- 1-1/2 teaspoons hulled sunflower seeds
- 1-1/2 cups dried apples
- 3/4 cup dried pineapple chunks
- 1/2 cup cashews

**Preparation:**

- ✓ First make a bunch of pea pods.
- ✓ For each one, cut a 2-1/4 inch square from a green fruit roll.
- ✓ Arrange 5 or 6 sunflower seeds (for peas) on the strip in a vertical row, just off center. Fold the strip in half over the seeds and press the edges together to seal them. Trim the ends into a rounded pod shape using scissors.
- ✓ Next, cut the red fruit roll into thin pepper strips and break the dried apples into bite size chicken pieces.
- ✓ For the full effect, serve in a frying pan with chopsticks. Makes three cups.

**Steamed Dumplings From China**

*Cascade Pacific Council*

**Ingredients:**

- 3 stalks chinese cabbage
- 2 scallions
- 1 tablespoon soy sauce
- 1 teaspoon salt
- 1 tablespoon cornstarch
- 1 pound lean ground pork
- 1 10-ounce package dumpling wrappers

**Preparation:**

- ✓ Finely chop the cabbage and scallions and put them in a mixing bowl.
- ✓ Add the soy sauce, salt, cornstarch and pork, mixing well with a spoon.
- ✓ Place 1 teaspoon of filling on each wrapper.
- ✓ Fold the wrappers into half circles.
- ✓ Moisten the inside edges with water and press them together to seal.
- ✓ In a large pot, bring 2 quarts of water to a boil.
- ✓ Drop in the dumplings and cover.
- ✓ When the water resumes boiling, add 1 cup cold water.
- ✓ Repeat this step twice.
- ✓ When the water boils for the third time, the dumplings will be done.
- ✓ Serve with 1/4 cup soy sauce mixed with 2 tablespoons white vinegar.
- ✓ Makes 4 dozen.

**African Sesame Cookies**

*Cascade Pacific Council*

In Africa, sesame seeds, or benne, symbolize good luck.

**Ingredients:**

- 2/3 cup sesame seeds
- 1/2 cup butter, softened
- 1/2 cup sugar
- 1/2 cup brown sugar

- 1 egg
- 1 teaspoon vanilla extract
- 1-1/4 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon cinnamon
- 1/4 teaspoon salt

**Preparation:**

- ✓ Toast the sesame seeds on a baking sheet in a pre-heated 350 degree oven for about 10 minutes.
- ✓ Stir occasionally to keep them from burning.
- ✓ In a mixing bowl, cream together the butter and sugars.
- ✓ Beat in the egg and vanilla.
- ✓ Stir in flour, baking powder, cinnamon and salt until well mixed.
- ✓ Fold in 1/2 the sesame seeds.
- ✓ Shape the dough into 1" balls and roll them in the remaining sesame seeds.
- ✓ Place on greased cookie sheets and flatten with the palm of your hand.
- ✓ Bake until golden brown (about 10 minutes).
- ✓ Makes 2 dozen.

**POW WOW EXTRAVAGANZAS**

Southern NJ Council

**Improving Your 'Scoutability'**

*Postponed - University of Scouting under development*

**WEB SITES**



**Great Scout Sites**

*Great Salt Lake Council*

- <http://www.scouting.org/scoutsource/CubScouts.aspx>
- <http://www.boyscouttrail.com/cub-scouts/cub-scouts.asp>
- <http://www.scoutingthenet.com/>
- <http://usscouts.org/bbugle.asp>
- <http://www.cubmaster.org/>
- [http://meritbadge.org/wiki/index.php/Cub\\_Scout\\_Leader\\_Portal](http://meritbadge.org/wiki/index.php/Cub_Scout_Leader_Portal)
- <http://www.macscouter.com/>
- [http://www.makingfriends.com/scouts/scouts\\_boys.htm](http://www.makingfriends.com/scouts/scouts_boys.htm)
- <http://crafts.kaboose.com/cub-scout/>
- <http://www.boyscouttrail.com/cub-scouts/tiger-scout-activities.asp>
- <http://www.google.com/imghp?hl=en&tab=wi> – Search for “cub scout coloring pages”
- <http://www.activity-sheets.com/scout/camp-coloring/index.htm>
- <http://coloringbookfun.com/scouts/>
- <http://coloringpages.nick-magic.com/boyscouts.html>
- <http://www.artistshelpingchildren.org/popsiclestickcraftsidecraftstickskids.html>
- <http://www.etowahcreek.com/slides.htm>

[http://www.boyscouttrail.com/content/activity/tiger\\_neckerchief\\_slide-1471.asp](http://www.boyscouttrail.com/content/activity/tiger_neckerchief_slide-1471.asp)  
<http://scienceshareware.com/lilivw/cub-scout-neckerchief-slides.htm>  
<http://cubclub.tripod.com/>  
<http://cubclub.tripod.com/craft.html>

*More "Web Sites" are in the Pack and Leader Hints Edition Dave*

## ONE LAST THING

### Dogs as Teachers

*Santa Clara County Council*

If a dog were your teacher you'd learn stuff like:

- ✓ When loved ones come home, always run to greet them.
- ✓ Never pass up the opportunity to go for a joyride.
- ✓ Allow the experience of fresh air and the wind in your face to be pure ecstasy.
- ✓ When it's in your best interest--practice obedience.
- ✓ Let others know when they've invaded your territory.
- ✓ Take naps and stretch before rising.
- ✓ Run, romp, and play daily.
- ✓ Avoid biting when a simple growl will do.
- ✓ On warm days, stop to lie on your back on the grass.
- ✓ On hot days, drink lots of water and flop under a shady tree.
- ✓ When you're happy, dance around and wag your entire body.
- ✓ Delight in the simple joy of a long walk.
- ✓ Eat with gusto and enthusiasm. Stop when you have had enough.
- ✓ Be loyal.
- ✓ Never pretend to be something you're not.
- ✓ If what you want lies buried, dig until you find it.
- ✓ When someone is having a bad day, be silent, sit close by and nuzzle them gently.

### I Wish My Daddy Was a Dog

*Baltimore Area Council*

One day when my son was just a lad starting out in school  
 He came into my workshop and climbed upon a stool  
 I saw him as he entered but I hadn't time to play.  
 So I merely nodded to him and said "Don't get in the way".

He sat a while just thinking--as quiet as could be.  
 Then carefully he got down and came and stood by me.  
 He said "Old Shep, he never works and he has lots of fun.  
 He runs around the meadows and barks up at the sun."

"He chases after rabbits and always scares the cats.  
 He likes to chew on old shoes, and mother doesn't like that.  
 But when we're tired of running we sit down on a log,  
 I sometimes get to thinking I wish my Daddy was a dog.

Cause then when I came home from school he'd run and lick my hand.  
 And we would jump and holler and tumble in the sand.  
 And then I'd be as happy, as happy as could be.  
 Cause we would play the whole day through just my Dad and me.

"Now I know you work real hard to buy us food and clothes.  
 And you need to get the girls those fancy ribbons and bows.  
 But sometimes when I'm lonesome I think it would be lots of fun  
 If My Daddy Was a Dog and all his work was done."

Now when he'd finished speaking he looked so lonely there,  
 I reached my hand out to him and ruffled up his hair.  
 And as I turned my head aside to brush away a tear,  
 I thought how nice it was to have my son so near.

I know the Lord didn't mean for man to toil his whole life through,  
 "Come on my son, I'm sure I have some time for you."  
 You should have seen the joy and sunlight in his eye.  
 As we went outside to play -- Just my son and I.

Now, as the years have flown and youth has slipped away,  
 I've tried always to remember to allow some time to play.  
 When I pause to reminisce and think of joys and strife,  
 I carefully turn the pages of this wondrous book of life

I find the richest entry recorded in this daily log  
 Is the day that small boy whispered, "I wish my Daddy was a dog".