



BALOO'S BUGLE

Volume 18, Number 7

“Wisdom, compassion, and courage are the three universally recognized moral qualities of men.” Confucius



February 2012 Cub Scout Roundtable

March 2012 Core Value & Pack Meeting Ideas

COMPASSION PLANTING SEEDS OF KINDNESS

Tiger Cub, Wolf, Webelos, & Arrow of Light Meetings 13 and 14, Bear (Mtg A and B),

CORE VALUES

Cub Scout Roundtable Leaders' Guide

The core value highlighted this month is:

- ✓ **Resourcefulness:** Using human resources and other resources to their fullest. Through participating in the pack recycling projects, boys will gain an understanding of the ways to utilize available resources to accomplish tasks. They will learn that one of the ways to be resourceful is using their imaginations.

COMMISSIONER'S CORNER

*“Teach this triple truth to all:
A generous heart, kind speech, and a life of
service and compassion are the things
which renew humanity.”*

Buddha

Find all 12 of the Theme Based pack Meeting Themes right here in Baloo!!

Hope you enjoy!

I am off for 10 weeks in Mississippi - but I will have my phone and computer!!



If you are a RT Commissioner in the Vicksburg, Port Gibson, Natchez, Jackson area - let me know. I would like to drop in!! davethecommish@gmail.com

Florence Nightingale

How could I choose anyone else besides a nurse as an example of Compassion?? Especially after being married to one for over 35 years?? CD

"A nurse is compassion in scrubs." Lexie Saige

Florence Nightingale's lasting contribution has been her role in founding the modern nursing profession. She set an example of **compassion**, commitment to patient care, and diligent and thoughtful hospital administration. Florence Nightingale was a nurse in the British Army and gave up her aristocratic life to take up a job, with what was considered to be a beggars profession. She thought nursing was a form of 'divine calling' during her young years. She was sent to the army hospital during the Crimean War and was appalled by the pathetic conditions of the hospitals. She soon began advocating clean up of the hospitals, as it was the main cause of the soldier's death. Here, she tapped her mathematical and statistical talents to analyze medical data. She became a hero throughout the world with her compassion for the patients, dedication to duty, and contributions to nursing profession.



Born to a comfortable family, Florence Nightingale was educated by governesses and then by her father, with her older sister, Parthenope. She was familiar with the Greek and Latin classical languages, and modern languages of French, German, and Italian. She also studied history, grammar, and philosophy. At twenty, she overcame parental objections to receive tutoring in mathematics.

Called to a Mission in Life:

On February 7, 1837, Florence Nightingale heard, by her account, the voice of God telling her that she had a mission in life. It took her some years of searching to identify that mission. This was the first of four occasions where Florence Nightingale said she heard the voice of God.

By 1844, over parental objections, Florence Nightingale chose a different path than the social life and marriage expected of her by her parents -- she chose to work in nursing, which was then not quite a respectable profession for women.

Florence Nightingale went to Kaiserwerth in Prussia to experience a German training program for girls who would serve as nurses. She worked briefly for a Sisters of Mercy hospital near Paris. Her views began to be respected.

Florence Nightingale in the Crimea:

When the Crimean War began, reports came back to England about terrible conditions for wounded and sick soldiers. Florence Nightingale volunteered to go to Turkey, and at the urging of a family friend, then secretary of state at war. Thirty-eight women, including 18 Anglican and Roman Catholic sisters, accompanied Florence Nightingale to the warfront.

From 1854-56, Florence Nightingale headed nursing efforts in English military hospitals in Scutari, Turkey. She established more sanitary conditions and ordered supplies, beginning with clothing and bedding. She gradually won over -- at least enough to get cooperation -- the military doctors. She used significant funds raised by the London Times. About her The Times wrote: "She is a 'ministering angel' without any exaggeration in these hospitals, and as her slender form glides quietly along each corridor, every poor fellow's face softens with gratitude at the sight of her. When all the medical officers have retired for the night and silence and darkness have settled down upon those miles of prostrate sick, she may be observed alone, with a little lamp in her hand, making her solitary rounds."

Soon, Florence Nightingale focused more on administration than on actual nursing. But she continued to visit the wards, and to send letters back home from injured and ill soldiers. Her rule that she be the only woman in the wards at night earned her the title "The Lady with the Lamp." The mortality rate at the military hospital fell from 60% at her arrival to 2% six months later.

Florence Nightingale applied her education and interest in mathematics to develop statistical analyses of disease and mortality, inventing the use of the pie chart.

Florence Nightingale fought both a not-too-willing military bureaucracy and her own illness with Crimean fever to eventually become general superintendent of the Female Nursing Establishment of the Military Hospitals of the Army (March 16, 1856).

Return to England:

Florence Nightingale was already a heroine in England when she returned, though she actively worked against the adulation of the public. She helped to establish the Royal Commission on the Health of the Army in 1857, and gave evidence to the commission and compiled her own report, published privately

in 1858. She also became involved -- from London -- in advising on sanitation in India.

Florence Nightingale was quite ill from 1857 until the end of her life, living in London, mostly as an invalid. She used the privacy provided by the disease to continue her writing choosing when to receive visits from people.

In 1860 she founded the Nightingale School and Home for Nurses in London, England, using funds contributed by the public to honor her work in the Crimea. In 1861, she helped inspire the Liverpool system of district nursing, which later spread widely.

By 1901, Florence Nightingale was completely blind. The King awarded her the Order of Merit in 1907, making Florence Nightingale the first woman to receive that honor.

Florence Nightingale declined the offer of a national funeral and of burial at Westminster Abbey, requesting that her grave be marked simply.

"Nurses dispense comfort, compassion, and caring without even a prescription." *Val Sainbury*

Other Famous Nurses

As you read above, Nursing was a profession that was taken up by girls and women of the lower class during the 19th century. It was not considered to be a well accepted profession for women and the public perception of nurses was not very high. But, women like Florence Nightingale with their selflessness and desire, to help people in need, changed the outlook of society towards nursing. Nurses became the backbone of the medical profession, without whom the sick and injured would have been lost. During war-time, the duties of nurses made them front-runners in hospitals, who gave emotional support to the injured soldiers away from home. They became the most respected women who not just lent a helping hand, but **compassionately** lent a patient ear to the sick who wanted to share their woes. Famous nurses throughout history helped change the future of medicine with their courage and intelligence. Here are some famous nurses in history who will always be admired by the medical community for their **compassionate** acts and altruistic dedication.

Famous Nurses in the Civil War

Civil war has seen many heroes emerge from different walks of life, and women were not left far behind with their acts of courage. Many women dedicated their life to help the sick and injured men from war and get them back to their feet

Dorothea Dix

She was a US nursing pioneer who was a strong advocate for the mentally ill patients and even prisoners. She was the driving force behind the first mental asylums to be started in the United States. She was not only an outspoken social activists, but also was the Civil War Superintendent of Union Army of Nurses. Dorothea Dix asked the MA legislature for reforms in 1843 to end the inhumane conditions the mentally ill were kept in.

Mary Ann Bickerdyke

She was known as 'Mother Bickerdyke' who cared for thousands of Union soldiers in 1861. She is known to run army field hospitals all by herself. Mary Ann Bickerdyke was the only woman who could enter Sherman's camps.

Mary Todd Lincoln

Mary Todd Lincoln was not only the first lady of America, but a tireless nurse. She was well-educated woman from Lexington, Kentucky who married Abraham Lincoln. She is remembered for her dedication in tending wounded soldiers during the Civil War.

Clara Barton

One of the most famous women in American history Clarissa Harlowe Barton is known as the 'angel of the battlefield'. During the Civil War, she carried supplies to the battlefield and is known as the founder of Red Cross.

"The door that nobody else will go in at, seems always to swing open widely for me." *Clara Barton*

TABLE OF CONTENTS

In many of the sections you will find subdivisions for the various topics covered in the den meetings

CORE VALUES 1

COMMISSIONER’S CORNER 1

 Florence Nightingale..... 1

TABLE OF CONTENTS 3

THOUGHTFUL ITEMS FOR SCOUTERS..... 3

 Roundtable Prayer..... 4

 Planting Seeds of Kindness 4

 Quotations 4

TRAINING TOPICS..... 5

 Philmont Training Center - Corrections..... 6

 Self Esteem 6

ROUNDTABLES 7

 Rebuilding Your Roundtable © 7

 Update Supplemental Pack Meeting Plans 10

 Cubcast..... 10

DEN MEETING TOPICS..... 11

PACK ADMIN HELPS – 12

 “What is a Commissioner?”..... 12

 Journey to Excellence Update..... 12

 The SCOUTStrong PALA Challenge 13

CUBMASTER’S CORNER 14

 Pack Meetings & Bridging Ideas 14

 Other Compassion Ideas 15

SPECIAL OPPORTUNITIES..... 15

 Wildlife Conservation Loop and Pin..... 15

 Horseback Riding Loop and Pin 16

 Internet Scout Patch 16

 Boys’ Life Reading Contest for 2012 17

 Knot of the Month..... 17

 Roundtable Staff Training Award 17

GATHERING ACTIVITIES 18

 Compassion Ideas 18

 Other Ideas..... 18

OPENING CEREMONIES..... 20

AUDIENCE PARTICIPATIONS & STORIES..... 23

LEADER RECOGNITION & INSTALLATION..... 23

 The Treasure Chest Cubmaster Recognition..... **Error! Bookmark not defined.**

 Awards From the Heart..... **Error! Bookmark not defined.**

ADVANCEMENT CEREMONIES 24

SONGS 26

Compassion Songs 26

Fun Songs..... 27

STUNTS AND APPLAUSES 29

 APPLAUSES & CHEERS 29

 RUN-ONS 30

 JOKES & RIDDLES 30

SKITS..... 31

GAMES..... 32

GAMES..... 32

 Disability Awareness Games..... 32

 Other Games..... 33

CLOSING CEREMONIES 35

Gather props, or enlarge the images shown below. 35

CUBMASTER’S MINUTE..... 38

CORE VALUE RELATED STUFF 39

 Connecting Compassion with Outdoor Activities 39

 Compassion Character Connection 39

 March - A Month to Celebrate Compassion..... 42

 Crazy Holidays 44

 Fun Facts On Kindness..... 45

 Fun Facts On Kindness..... 45

 Some Personal Rules For Satisfying Giving: 45

 Fun Facts About Vultures..... 45

PACK & DEN ACTIVITIES 46

DEN MEETINGS..... **Error! Bookmark not defined.**

 DEN MEETINGS..... 47

 TIGERS..... 48

 WOLF 49

 BEAR 51

 Bear Ideas by Felicia 51

 WEBELOS DENS..... 55

 Core Value for March..... 55

 Service Demonstrating Compassion..... 56

 Activities for Exploring Compassion 56

 Book Corner 56

 Meeting Planner 56

 Flag Ceremony 57

 Den Meeting Helpers..... 57

 WEBELOS DEN 57

 Craftsman 58

 ARROW OF LIGHT DEN 60

 Communicator..... 60

 Sportsman..... 62

 Bike Rodeo Events 64

 BIKE INSPECTION STATION 66

ADDITIONAL ADVANCEMENT IDEAS 68

 Tiger Achievements..... 68

 Tiger Electives..... 68

 Wolf Achievements 68

 Wolf Electives 68

 Bear Achievements..... 69

 Bear Electives..... 69

 Webelos & Arrow of Light Dens 69

MORE GAMES AND ACTIVITIES 70

CUB GRUB..... 70

WEB SITES 73

ONE LAST THING 75

 What Cubs Are Made Of..... 75

THOUGHTFUL ITEMS FOR SCOUTERS

Thanks to Scouter Jim from Bountiful, Utah, who prepares this section of Baloo for us each month. You can reach him at bobwhitejonz@juno.com. CD

"I have just three things to teach: simplicity, patience, compassion. These three are your greatest treasures."

Lao Tzu

Roundtable Prayer

Scouter Jim, Bountiful UT

Our Father in Heaven, we are thankful for the blessings thou have given us. We are grateful for the bountiful harvest that feeds and nourishes us. Please help us to remember those of thy children who are suffering and need our compassion.

Amen.

Planting Seeds of Kindness

Scouter Jim, Bountiful UT

34. Then shall the King say unto them on his right hand, Come, ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world:
35. For I was an hungred, and ye gave me meat: I was thirsty, and ye gave me drink: I was a stranger, and ye took me in:
36. Naked, and ye clothed me: I was sick, and ye visited me: I was in prison, and ye came unto me.
37. Then shall the righteous answer him, saying, Lord, when saw we thee an hungred, and fed thee? or thirsty, and gave thee drink?
38. When saw we thee a stranger, and took thee in? or naked, and clothed thee?
39. Or when saw we thee sick, or in prison, and came unto thee?
40. And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me.

(New Testament | Matthew 25:34 - 40)

11.1 percent of U.S. households are at risk of hunger: they have lower quality diets or must resort to seeking emergency food because they cannot always afford the food they need. 24.7 million people, including 9.9 million children, live in these homes. [Household Food Security in the United States, 2007; U.S. Department of Agriculture](#)

Hunger in America is a real problem and no one would question that fact. There are things that can be done to help alleviate the problem. Community Food Bank and Feeding America, (formerly Second Harvest) are doing what they can.

The Boy Scouts of America through local Councils participates in Scouting For Food Drives to collect many thousands of pounds of non-perishable food for local food programs. Scouts help in handing out bags, collecting and sorting food. This effort is a great help to those assisting the hungry.

As a Christian Gardener, I believe in tithing. I tithe ten percent of my income, but how do you tithe a garden. I try to share my garden with those of my neighbors who do not have or cannot plant a garden. I grow zucchini for a neighbor who is a widow. She is not able to grow a garden and has asked me if I would not grow her just one zucchini plant. I also share with her tomatoes, onions, corn and other garden produce. I also like to share some of my fresh produce with the local food pantry. They are always happy to receive it.

The Garden Writers Association has created a wonderful program titled, "Plant a Row for the Hungry." As a Cub Scout Pack you could encourage your community to get involved in this program and even volunteer to pick up and deliver food to the food pantry once or twice a month. Seeds planted by the community grow into acts of compassion through this process. Boys would be able not only to talk about having compassion, but live the life of service and feel the reward of that effort.

Each boy may be encouraged to grow a row for the hungry in their own gardens, if possible, tend the plants, water, weeding and feeding and donate part of that to the food pantry. Careful planting in sowing the seeds of compassion will reap the blessings more compassionate people.

This is the link to the Garden Writers Website:

<http://gardenwriters.org/gwa.php?p=index.html>

Quotations

Quotations contain the wisdom of the ages, and are a great source of inspiration for Cubmaster's minutes, material for an advancement ceremony or an insightful addition to a Pack Meeting program cover

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

Compassion is not religious business, it is human business, it is not luxury, it is essential for our own peace and mental stability, it is essential for human survival. **Dalai Lama**

The whole idea of compassion is based on a keen awareness of the interdependence of all these living beings, which are all part of one another, and all involved in one another.

Thomas Merton

Compassion is the basis of all morality. **Arthur Schopenhauer**

The value of compassion cannot be over-emphasized. Anyone can criticize. It takes a true believer to be compassionate. No greater burden can be borne by an individual than to know no one cares or understands. **Arthur H. Stainback**

The dew of compassion is a tear. **Lord Byron**

For me music is a vehicle to bring our pain to the surface, getting it back to that humble and tender spot where, with luck, it can lose its anger and become compassion again.

Paula Cole

Compassion is the antitoxin of the soul: where there is compassion even the most poisonous impulses remain relatively harmless. [Eric Hoffer](#)

Compassion is the desire that moves the individual self to widen the scope of its self-concern to embrace the whole of the universal self. [Arnold Toynbee](#)

There is nothing heavier than compassion. Not even one's own pain weighs so heavy as the pain one feels for someone, for someone, pain intensified by the imagination and prolonged by a hundred echoes. [Milan Kundera](#)

The human spirit is not dead. It lives on in secret... It has come to be believed that compassion, in which all ethics must take root, can only attain its full breadth and depth if it embraces all living creatures and does not limit itself to mankind.

[Albert Schweitzer](#)

Until he extends his circle of compassion to include all living things, man will not himself find peace. [Albert Schweitzer](#)

A human being is part of a whole, called by us the Universe, a part limited in time and space. He experiences himself, his thoughts and feelings, as something separated from the rest a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest us. Our task must be to free ourselves from this prison by widening our circles of compassion to embrace all living creatures and the whole of nature in its beauty. [Albert Einstein](#)

I believe in human dignity as the source of national purpose, human liberty as the source of national action, the human heart as the source of national compassion, and in the human mind as the source of our invention and our ideas.

[John Fitzgerald Kennedy](#)

Compassion alone stands apart from the continuous traffic between good and evil proceeding within us. [Eric Hoffer](#)

Compassion will cure more sins than condemnation. [Harriett Ward Beecher](#)

It is lack of love for ourselves that inhibits our compassion toward others. If we make friends with ourselves, then there is no obstacle to opening our hearts and minds to others.

[Anonymous](#)

Make no judgments where you have no compassion.

[Anonymous](#)

Compassion is not weakness, and concern for the unfortunate is not socialism. [Hubert Humphrey](#)

It is much easier to show compassion to animals. They are never wicked. [Haile Selassie](#)

By compassion we make others' misery our own, and so, by relieving them, we relieve ourselves also [Thomas Browne Sr.](#)

No man is a true believer unless he desireth for his brother that which he desireth for himself [Muhammad](#)

Man may dismiss compassion from his heart, but God never will [William Cowper](#)

If you want to check out other quotes, just "google" quotes about Compassion - Scouter Jim

Compassion is sometimes the fatal capacity for feeling what it is like to live inside somebody else's skin. It is the knowledge that there can never really be any peace and joy for me until there is peace and joy finally for you too

Frederick Buechner

Count Your Blessings

Pamela, North Florida Council

Today, upon the bus I saw a lovely girl with golden hair, I envied her, she seemed so gay, and I wished I were so fair, when suddenly she rose to leave, and I saw her hobble down the aisle. She had one leg, and wore a crutch, and she passed, a smile.

Oh God, forgive me when I whine...

I have two legs. The world is mine.

And then I stopped to buy some sweets, the lad who sold them had such charm, talked to him, he seemed so glad... if I were late 'twould do no harm. And as I left, he said to me, "Thank You, you have been so kind. It's nice to talk to folks like you. You see he said, "I'm blind."

Oh God, forgive me when I whine...

I have two eyes. The world is mine.

Later, walking down the street, I saw a child with eyes of blue. He stood and watched the others play; it seemed he knew not what to do. I stopped a moment, then I said, "Why don't you join the others dear?" He looked ahead without a word, and then I knew, he could not hear.

Oh God, forgive me when I whine...

I have two ears. The world is mine.

With legs to take me where I'd go,
With eyes to see the sunset glow,
Two ears to hear what I would know...

Oh God, forgive me when I whine...

I'm blessed indeed. The world is mine.

TRAINING TOPICS

Philmont Training Center - Corrections

[Philmont Scout Ranch](#) is the Boy Scouts of America's premier high-adventure base. It covers more than 200 square miles of rugged New Mexico wilderness from the Great Plains up into the beautiful Sangre de Cristo Mountains.

I forgot to update the "Who may attend" section. Carla from Trapper Trails sent me the correct wording, so here is the latest from the Philmont Training Center website -

"The Philmont Training Center (PTC) is the only national volunteer training center for the Boy Scouts of America. Since 1950, PTC has provided a unique environment for training volunteer and professional leaders, and a fun family program for every member of the family. Each year, more than 6,000 Scouters and family members attend PTC.

Each conference features the latest tools and techniques, audiovisuals, discussions, idea sharing, and activities led by a faculty of experienced Scouters. **All registered Scouters are invited to attend training center courses; council approval is no longer required."**

And now you have no excuse not to join me this summer for "Effective Roundtables" on July 15!!!

Also, I had the link for Barb & Stan Pope's PTC visit wrong - so to view their Memories from a trip to PTC go to :

[Barb & Stan Pope](#) or
<http://www.stanpope.net/ptc.html>

I have asked Stan consider writing a guest column on Pinewood Derby next fall. Keep an eye out for it

In the mean time, check out his [web site](#) or <http://www.stanpope.net> He has a link for Pinewood Derby. Also, Stan said have people check out his writings on Derby Talk, <http://www.derbytalk.com/>.

**REGISTER NOW for PTC
in 2012!!!**

Self Esteem

Bill Smith, the Roundtable Guy

"The greatest gift you can give your child is good self esteem!"

This column seemed to have a natural fit with this month's Core Value - Compassion. Being compassionate with our Scouts and children. CD

This theme comes up again and again in books about raising children. It caught my eye in the opening chapter of the *Cub Scout Leader Book* some years ago and has been an important part of my Scouting life ever since.

Just how do we give this gift? How do we make it or get it? How do we gift-wrap it?

Self esteem is a boy's attitude or belief about himself. If he has good self esteem, he respects himself. He has confidence and expects success from life. He is less likely to misbehave or – as he matures – less likely to rely on alcohol or drugs. It starts with being accepted, feeling welcome and becoming part of a group. Cub Scouting should do this, not only with ritual and ceremony, but also with our genuine and heartfelt love and respect.

It grows with wearing the uniform, the wearing the badges of rank and achievement. We affect a boy's image about himself at every stage in our advancement process. When a parent takes the time to work with him on a requirement or elective, when it is signed off in his book, when the book is checked off at the den meeting and another icon is filled in on the advancement chart or another bauble strung on the den doodle. In each of these acts, we are telling him that he is a super neat person and we are all glad that he is here with us.

The biggest boost however, is when he and his personal Akela are called up at the pack extravaganza and are presented the badge in a typical *Sean Scott* ceremony replete with all the flashing lights, explosions, cheers, pomp and panoply that such an event deserves.

What? You aren't familiar with a Sean Scott Ceremony? You must go to: <http://scouting.argentine.com/index.shtml> And check out his presentations and handouts.

Scouting, at every level, works strictly on positive feedback. Positive feedback builds self esteem. Be generous with recognition and praise for any accomplishment. In his book *How To Behave So Your Children Will, Too*, psychologist Sal Severe makes the point that children believe what adults tell them about themselves. If you tell them they are competent, that they can do things and are helpful, then they become motivated to live up to your expectations. If you continually criticize and berate a child, you give him the excuse to fail and misbehave.

Involving the parents is essential for Cub Scouting to work. As a Cubmaster, my contact with each Cub Scout lasted only seconds each month. A den leader or den chief can devote more time to each boy but it still is measures only a few minutes a week. Parents, on the other hand, spend a lot of time with him and have the opportunity to either build a boy's self confidence or to totally undermine everything we are trying to do with continual criticism, put downs and faultfinding. Unless the parents are on your side, it will be up hill all the way for you and your fellow leaders. And that's a drag.

The Cub Scout Advancement program follows the school grade levels to build self-esteem, self-awareness and a sense of citizenship and good sportsmanship. Parental involvement is crucial to achieve the advancement of the Scouts and responsibility for advancement in rank rests with the parents; verification and assistance of the Den Leader is secondary.

Atlanta Area Council website

There is a wonderful little reminder about that in *Parent's Little Book of Wisdom* by Buck Tilton and Melissa Gray:

There are lots of other ways we can build a boy's sense of how competent and valuable he is. Just recognizing him and greeting him by name helps. His name on the den chart, den doodle and the pack advancement ladder shows that we love him and respect him. Participating in pack meeting presentations, skits and ceremonies all help build confidence and self worth. Getting *Boy's Life* mailed to him is a big deal.

Nothing tells your child you care more than choosing to be with him.

It takes a bit of concentration and discipline on our part to remember this in the midst of putting on good pack and den meetings. I know that most of you are much better leaders than I was, but I would guess that even the best Cubmaster or den leader will sometimes be distracted in heat of battle. I particularly like the rule of balancing each negative remark like:

*DON'T;
THAT'S WRONG;
NOW-WHAT DID YOU DO?*

with at least four positive statements like:

*I KNEW YOU COULD DO IT;
THAT'S REALLY GOOD;
YOU ARE THE BEST!*

Competition

Boys seem to be naturally competitive. They like to test themselves and others in a variety of ways. Whether it's a game of tag, a race like *last-one-in-the-pool*, a game of chess or the latest Nintendo, boys I have observed enjoy the challenge of a good contest. Letting boys compete is a natural way for them to try to do their best. When left to their own devices, a group of boys will spontaneously start into some game that often tests some physical or mental ability. Their rules are often ritualized and are applied surprisingly fairly.

We adults often mess things up by making a big fuss about who wins. Generally the boys don't make a big thing about who wins or who loses. Once the contest is over, it's over. A new game is started, a different skill or knowledge tested, a new chance to do his best. On the other hand, we adults like to recognize the winners with some prize or hullabaloo. Each time we exalt a winner, we also stigmatize the losers. This does nothing to raise the self esteem of those boys. The only thing worse than losing is having your nose rubbed in it.

It is best we Cub Scout leaders remember that in our games, contests and especially our derbies that we build self esteem by recognizing individual achievement and not who did it better than someone else. Probably the best reference on how to handle such activities is in Bernie DeKoven's book *The Well-Played Game*, or on his website: <http://deepfun.com/>

What are YOU going to do now?

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

***The greatest gift you can give your child
..... good self respect!***

✓ ***Be sure to visit Bill Smith's website at <http://rt492.org/>***

To find more ideas on everything Cub Scouting.

Reach Bill Smith at wt492@wtsmith.com.

ROUNDTABLES



Rebuilding Your Roundtable © Hints for the New Cub Roundtable Commissioner

Stan Pope, WD Boyce Council

<http://www.stanpope.net>

Many thanks to Stan Pope for permission to use his copyrighted article on Rebuilding your Roundtable. CD

First things first:

Is Roundtable attendance low? That's the problem, right? Well, it is "a" problem, but it is the result, not the cause. You must first identify the cause of low attendance. Some possible causes are location, time and content. It is probably "content". We call that "program".

Don't be in a hurry to seek a lot of attendance growth until you have the program under control. If leaders come and don't have a good experience, it will be harder to get them to return after the problems are resolved. Once program is under control, then really start working on the attendance.

Most Cub Roundtables follow the Roundtable Planning Guide format. It has program outlines that sync with the monthly Cub Scout Core Value emphasis. It suggests several break-out sessions, so you need to recruit a leader for each session. (*I suggest that you recruit for a 1 year term... easier to get that commitment from them, and easier to break it off if they don't fit your style.*) The usual break-outs are Den Leaders, Webelos Leaders, Cubmasters, and Pack Administration.

You as the RT Commissioner should avoid leading a break-out session... you need to be able to wander around and observe the break-out session leaders. (This management technique is called "Management by wandering around.")

As soon as possible, recruit 3 more to work with the first three (2 deep in each position.) It is a good idea to consult with the first 3 regarding people you would recruit to work with them.

As your break-out session leaders come on board, it is time to start seriously working to build attendance.

Reference material:

- ✓ (Annual) Cub Scout Roundtable Planning Guide
- ✓ Cub Scout Roundtable Commissioner and Staff Basic Training Manual

Training:

Now, to back up a bit... Training is probably a problem for you at this time. You, your "Unit Serving Executive" (District Director or District Executive (DE from now on)), and your new recruits can "self train" using the **Cub Scout Roundtable Basic Training Manual** or piggy back on another district's training efforts. Perhaps your Council Commissioner has training plans and an organization already in place.

Sign up for the next "**Trainer's E.D.G.E.**" conference in/near your council. Trainer's E.D.G.E. incorporates all the latest elements of training espoused by the BSA. So, even if you have done Train the Trainer or Trainer's Development Conference already, it will be worthwhile for you to do Trainer's E.D.G.E.

If you can swing it, go to "**Effective Roundtables**" at the Philmont Training Center. Check out last month's issue of Baloo's Bugle, the Philmont Website, www.scouting.org/philmont or ask your Unit Serving Executive, District Director or District Executive, for information.

But, what do you do between Now and Then?

Do you and your staff know what a "good" roundtable should look like? Feel like?

Some keys:

- Leaders get ideas for their pack and den programs.
- Leaders feel it is a worthwhile expenditure of their time.
- Leaders get info on "what is going on in the district."
- Leaders have fun.
- Leaders "feel good" about having attended.

Some thoughts about the "general session":

- Not everything that happens there will be of interest to everyone. This means that everything in the general session should be kept short and sweet. If it isn't of interest to some, that's okay, because within a few minutes you will be on to something that will be.

I ran by a "5 minute rule" A item had better be awfully important if it were to take more than 5 minutes to complete that segment of the general session. (This includes the D.E.'s 3 minutes!!! Yup! You're the boss at RT. If you need a "Gong Show hook" to keep the DE in line, then make one! And use it! Just to keep the DE on your side, make sure he/she knows the rules and knows what to expect.)

- Everything that happens in the "general session" should have the rough spots filed off before it gets "on stage." That is not a time for a staff member to "cold read" a ceremony! You may need to counsel your staff if you feel the attendees were "short changed" because the preparation was inadequate.
- Spread the activities in the general session among the break-out session leaders, and others, if you recruit some for that purpose. Usually, the break-out session

leaders will want the additional exposure that comes from having a part in the general session. If you play your cards right, you can greet everyone as they arrive, give the welcome at the start of the meeting, dismiss them to break-outs, and give the CM minute at the end.

Other problems:

From time to time, your DE will have some very important stuff to tell the folks that will take more than the allotted 3 to 5 minutes. That just can't be allowed to happen. Ask that he/she bring hand-outs of the announcements, and keep the oral stuff to a bare minimum.

There may also be other information dispersion activities that take a half hour or so, but is of interest to only a portion of the attendees. Here is how we resolved that problem:

Almost every Cub Roundtable meeting is preceded by what we call "Early Bird." It could be for basic training, popcorn kickoff, District Pinewood Derby rules instruction, Youth Protection Training, Fall Roundup training, ...Subjects are planned months in advance. Early Bird is optional. It starts 1 hour prior to RT, using one of the break-out session's areas.

From time to time, others will ask to make an announcement during your RT. You get to preview the announcement, even ask for the script of the announcement and, then, permit or decline as you feel appropriate. In any case, keep your "hook" handy, and don't be shy about using it.

Planning your RT:

A monthly meeting with your staff is the best way to do this. I suggest that you come prepared with a "proposed" agenda for the RT with blanks for "who will do what" with copies for everyone. Allow input, changes, etc. , but you make the final decision on content. Parcel out all the work. You can rough plan two months out, and fine tune the next meeting... gather copies of the "hand-outs" for copying. Whether you meet after RT or on a separate day is up to you... usually folks are too keyed up to do any serious planning immediately after RT, so how about the following Sunday evening?

Some ways to build attendance:

- Announcements / Promos at Basic Leader Training. Make sure they have a Map and Invitation.
- Monthly Call-Around. Quick-hit phone calls to one key person from each pack. Perhaps your staff can use the Service Center's WATS lines. Ask your DE.
- Item in your Council / District newsletter. What happened at the last RT... What's coming at the next one.
- Develop an E-mail list of attendees and send out a reminder for each RT listing the planned highlights.
- Invite your district's Unit Commissioners to attend, and ask them to encourage their pack's leaders to attend. (Talk to your District Commissioner about this one.)

**Promotion gets them there the first time.
Good program gets them to return.**

Financing your RT:

Try to have only one place that attendees are asked to "drop cash." For us, it is the \$1 donation asked for the 40 page Monthly Theme Books. For others it is the "Coffee Kitty." If you're lucky, there will be more in the Council/District budget than enough to buy 2 copies of the Planning Guide. (That's what our budget is!) Your finance goal is to keep the RT program from being a financial burden on you and your staff and "break even."

Goals:

Before very long, you should start setting some goals. You might talk to your District Commissioner about this. He/She may want some information / statistics from your RT. Typical wants include Number of packs in attendance, Number of leaders in attendance, staffing level, Number of leaders in each break-out session. These are pretty typical measures of growth and success. Your goals may center around these measures, too.

Other considerations:

1. Who is your boss? Whom do you have to satisfy to keep your job? What do you have to do to satisfy him/her? In most districts, the Cub Scout RT Commissioner reports directly to the Assistant Council Commissioner - Roundtables with a "dotted line" (matrixed relationship) to the District Commissioner. This latter is needed as the RT Commissioners do provide "Unit Service" within the district. Keep your eyes and ears open to learn how the various units are doing. Good, open dialogue with that boss will be valuable to you. He/she may not be able to tell you how to improve your RT, but they may be able to bring resources to bear that you couldn't otherwise get.
2. Who are your resources? Besides the Assistant Council Commissioner - Roundtables, District Commissioner, District Executive, and staff you might find someone from years past who would "re-up" for some special assignment.

An example of this is someone to put together a monthly theme book of 30 to 60 pages of theme-related information that can be made available during RT. In our RT, my wife provides that service. She has collected a closet full of POW WOW books and each month she scours through them to flush out ideas that are worth sharing with the leaders in the district. Some other leaders have connections that help with photocopying the theme books.

Another example of this is someone or a group to be responsible for decorations at the RT meetings. This could be old timers, or it could be people who you want to evaluate as potential staff members. Or it could be folks who just can't take on the staff job, but want to help anyway. If you tackle something like this, you might want to have several such groups at work on decorations, so that none are overworked.

3. As you RT starts to grow, consider adding more break-out sessions. Some possibilities are:

- Divide Den Leaders into Wolf Leaders and Bear Leaders.
- Divide Webelos Leaders into 1st and 2nd year Webelos Leaders.
- Provide a Break-out session for Tiger Leaders.
- Provide a Break-out for Den Chiefs (we do this a bit differently... the Den Chiefs meet with the general session for a few minutes, then go off for Den chief Break-out, then they join the Den Leaders break-out, and then back to the general session.
- Divide Pack Administration into CM/AC and CC/MC groups.

The rationale for dividing is to better meet the needs of the participants... If dividing would not do that, then don't divide. DL often have a lot of hands-on stuff. Large groups there can be a problem.

4. Your relationship with the DE will be one of the most important in the success of the RT. The DE is your window into most Council functions. A good, open working relationship will be valuable. Keep the needs of RT first. But be as obliging as you can without sacrificing the integrity of the RT. It will make things a little more difficult for the DE, but if he/she understands where you're coming from and why, they will probably work with you. Assess your DE's experience. Some have been around for quite a while. That doesn't mean they know everything, but it does suggest that you hear them out when they have suggestions. Others (we get a lot of these) are new hires, and we get to help train them!
5. Who are the other Cub Scout RT Commissioners in your council? How about a visit to their RT meetings? What you would see there isn't necessarily "gospel", but certainly they can provide you with some ideas.
6. Assess your present RT meeting location. Does it have enough room for your general session? Can everyone see what is going on at the front? Are there separated areas for the break-out sessions, so that the Pack Admin types can learn to lead songs and make a lot of noise without interfering with an Ethics in Action reflection over in the Webelos Leader's area? Is your location "centrally located" with respect to those who should be attending? This is a big issue in a district like mine where it takes 2 hours to drive across it. Is the parking convenient and safe? Since the meetings are most likely in the evening hours, would a lone female Den Leader feel comfortable coming to the meeting? (I always urge folks to come "like bananas... in bunches!" but that is not a solution for a meeting area in a "high-risk" location.)



[Feedback / Email Stan!](mailto:stan@stanpopo.net) or stan@stanpopo.net

Comments, both positive and negative, are always welcome

Copyright 1997 © by Stan Pope. All rights reserved.

Update Supplemental Pack Meeting Plans

Commissioner Dave (with help from Kim)

National Council is continuing to add theme based pack meeting plans to the Core Value pack meeting plans on their web site. Soon there will be three supplemental Pack Meeting plans for each month. All the Pack Meeting plans will be posted on National's site at:

<http://www.scouting.org/scoutsource/CubScouts/Leaders/DenLeaderResources/DenandPackMeetingResourceGuide/PackMeetingPlans.aspx>

Here is the first set of 12 -

Month	Core Value	Supplemental Theme
• September	Cooperation	Hometown Heroes
• October	Responsibility	Jungle of Fun
• November	Citizenship	50 Great States
• December	Respect	Holiday Lights
• January	Positive Attitude	Abracadabra
• February	Resourcefulness	Turn Back the Clock
• March	Compassion	Planting Seeds of Kindness
• April	Faith	Cub Scouts Give Thanks
• May	Health and Fitness	Cub Cafe
• June	Perseverance	Head West Young Man
• July	Courage	Cubs in Shining Armor
• August	Honesty	Kids Against Crime

The five of the agendas already posted. Those titles have been hyperlinked to the files on National's site. The agendas for the other nine are at National awaiting final review, approval, and posting.

Kim, the chair of the task force creating the plans and a friend of mine from two Philmont Training Center courses, said to me **"I do want to stress that the focus is still the Core Value and the theme is just there as an enhancement."** The theme pack meeting plans are specifically crafted to bring out the important points of the Core Value in a fun way. Eventually, there will be 36 alternate pack meetings posted, three for each Core Value, and with the existing Core Value based meeting you will have four total pack meetings for each Core Value from which to choose, thus providing variety so Cubs will not have to see the same thing every year. **Also, it is planned that Roundtables will continue to provide new ideas for Pack Meetings each year that are based on the Core Values.**

And don't forget to use YOUR IMAGINATION, too!!!



A Big "Heap How" to you, Kim, and your Task Force, for all the hard work to make this happen. I am publishing the themes as I receive them. Kim is waiting to tell me until each theme has a workable(not necessarily final) agenda so that I do not give you a theme and then they change their mind because the pack meeting plan does not work.

Upcoming:

★ March's Core Value, Compassion, will use **"Planting Seeds of Kindness."**

Month's that have themes that might help you with "Planting Seeds of Kindness" are:

Month	Year	Theme
December	1940	Good Will - Cub Style
December	1944	The Other Fellow
December	1945	Follows - Helps - Gives
December	1948	Goodwill
December	1949	The Other Fellow
December	1958	The Golden Rule
December	1961	Follows, Helps, and Gives
December	1971	Cub Scout Gives Good Will
December	1972	Follows, Helps, Gives
December	1975	Cub Scout Gives Good Will
December	1984	Do a Good Turn
December	1985	Follows, Helps, Gives
December	1986	The Golden Rule
December	1991	Follows, Helps, Gives
December	1992	To Help Other People
December	1995	Do a Good Turn
December	1996	Helping Others
December	1997	The Golden Rule
July	2002	Inside Out and Backwards
December	2003	A Cub Scout Gives Good Will
March	2004	Walk In My Shoes
December	2005	Faith, Hope & Charity
November	2008	Spreading Seeds Of Kindness

★ March's Core Value, Faith, will use **"Cub Scouts Give Thanks."**

Month's that have themes that might help you with Faith and "Cub Scouts Give Thanks" are:

Month	Year	Theme
November	1942	Thanksgiving
November	1952	Faith of his Fathers
December	1960	Guiding Stars
November	1974	Pilgrims
November	1980	Thanksgiving - Living and Sharing
November	1984	Turkey Day
November	1992	Turkey Day
December	2000	What do You do at Holiday Time?
November	2003	Pilgrims of Plymouth Rock
December	2005	Faith, Hope & Charity
December	2007	Celebrations Around the World

Cubcast

Cubcast is an audio podcast featuring how-to and information topics for Cub Scouting leaders and parents. There is an RSS icon on the page where you can subscribe to ensure you do not miss an episode/edition. Old Cubcast broadcasts are archived and may be downloaded from the site. If reading on-line, click the picture to go to Cubcast -



This month, Kim Barker, the chair of the Pack Meeting Plan Task Force, explains the basis and purpose of the supplemental theme pack meeting agendas. Take a moment, actually 7 minutes and 52 seconds (The length of both parts of the Cubcast, Kim's and the Resourcefulness & Blue and Gold section). Cubcast may be heard at - <http://www.scouting.org/scoutsource/CubScouts/Leaders/Cubcast.aspx>

Please let me know about Pow Wow's and Pow Wow Books!!

I cannot do this job without your help!!!

DEN MEETING TOPICS

When a Den Meeting occurs depends on when you start your year and how often you meet. A Den that starts in August will be doing meetings 1 & 2 then, and 3& 4 in September. A den that meets three times a month will do 1, 2, and 3 in September. **The pace is up to you!!**

<u>MONTH/ CORE VALUE</u>	FEBRUARY - RESOURCEFULNESS		MARCH COMPASSION		APRIL: FAITH	
	TURN BACK THE CLOCK		SPREADING SEEDS OF KINDNESS		CUB SCOUTS GIVE THANKS	
<u>ALTERNATE PACK MTG THEME</u>						
<u>MEETING #</u>	11	12	13	14	15	16
<u>TIGERS</u>	E#47 Recycling E#21 Puppets	E#41 Visit a Transportation Station	E#26 Phone Manners E#27 Emergency E#15 Colors E#12 Card	E#31 Animals E#43 Vet field trip	E#3 Board Game or Puzzle	E#33 Clean up, Treasure Hunt E#23 Milk, E#25 Snack
<u>WOLVES</u>	Ach. #12 Choices	E#6 Books E#12a Sketch	E#14 Pets	E#10 American Indians	E4b,e Marbles	E 18a Picnic E #19 Fishing
<u>BEARS</u>	Ach. #8 The Past Ach. #17 Information	Ach. #5 Sharing Your World with Wildlife	Ach. #5 Sharing Your World with Wildlife	Ach. #6 Take Care of Your Planet	Ach. #21 Models	Ach. #21 Models
<u>WEBELOS</u>	Engineer	Engineer	Craftsman	Craftsman	Scholar	Showman
<u>ARROW OF LIGHT</u>	Handy Man	Sportsman	Communicator	Sportsman	Sportsman	
<u>PACK ACTIVITY</u>	Blue & Gold Banquet Recycling Activities		Service Projects, Food Drives, Conservation Projects		Star Gazing, Religious Emblems, Spring Recruiting	

PACK ADMIN HELPS –

"What is a Commissioner?"

*Jay Reeves, CS RT Commissioner,
Hiawatha District, Gamehaven Council, MN*

"Hi! I'm Jay Reeves and I've been assigned by the District Commissioner as your new Unit Commissioner." You can put whatever name in that sentence you'd like, but if someone showed up at your next Pack meeting and said that, would you know what it meant?

This month I'd like to talk about the Commissioner's Service and its role in your Scouting experience as a Leader. As a Cubmaster or Den Leader, your focus is usually right where it should be, on the boys. The "Boy Scouts of America" is the organization you're involved with, but when it really comes down to it, the BSA may seem like intangible concept. "Our boys are having fun, earning awards and the parents are happy. What does the BSA have to do with that?" You're not alone if that thought has crossed your mind, believe me!

Well, with the assistance of a Unit Commissioner, your experience as an adult leader can be greatly enhanced and less hectic. One of the most important things I do as a Unit Commissioner is bring a sense of order to the chaos that can be Pack administration.

So, "What is a Commissioner?"

First and foremost, a Commissioner is the Pack's friend. Commissioners are there to ask, "How can I help you?" Your Commissioner serves an advocate for the Pack at the district level. If you're having difficulty finding a training session for your Den Leaders, your Commissioner may be able to find that resource for you. If you're having difficulty with a parent, a Commissioner may be able to serve as an unbiased mediator. Once you get to know your Commissioner, they will become your first call when difficulties arise.

Second, a Commissioner is a representative. The Commissioner plays the important role of representing the Boy Scouts of America to your Pack and your families. The Commissioner may be the only contact the average Leader or parent has with the BSA. It's the Commissioner's responsibility to provide a good example.

A Commissioner may also play the role of the Pack's "doctor" (or paramedic). They can be a resource if things are truly going bad. But first off, as it has been said, "An ounce of prevention is worth a pound of cure." The Commissioner can provide the perspective of a Scouter who is not caught up in the day-to-day operation of the Pack and may catch problems before they become critical.

A Commissioner can serve as a teacher. Commissioner are usually chosen because they are experienced Scouters who have led successful units in the past. Commissioners stand ready to provide that "just-in-time" information. For example, "Do we have to file a Tour Plan to take the Pack on an outing at the city park, we'll be going swimming?" (The answer is "yes")

Finally, your Unit's Commissioner can serve as a coach. As a person who might even recognize a problem you may not even see, much like the "doctor" role. The Commissioner can

then help the unit's leaders find their own solutions and cheer them on as they work through the plan.

So now that you know what a Commissioner can be, let's mention what they aren't. Commissioners are not, "enforcers" it's not their job to "squeal" on units for not following proper Scouting regulations. It is their role to help the unit come into compliance. Commissioners are not "spies" sent by the District. Commissioners may take notes during a unit or committee meeting but these are usually so they can accurately report the unit visit in the national Commissioners' Unit Visit Tracking System. If over the course of several visits, the system shows a trend of low attendance (for example) the Commissioner can serve the unit by providing help in increasing meeting attendance.

You should expect your Commissioner to visit at least once every three months and as often as every month. They can very helpful at Pack Committee meetings as well as monthly Pack meetings.

I hope this primer on Unit Commissioners has been informative. If you're not sure if you have a Unit Commissioner or if you know you don't have one, contact your District Executive or District Commissioner and ask!

Journey to Excellence Update

*Jay Reeves, CS RT Commissioner,
Hiawatha District, Gamehaven Council, MN*

As part of the continuous improvement program that is JTE, we can expect new challenges each year. In 2012 there are several changes in goal levels but I'd like to update you on a new metric.

This year a "Fitness" category has been added (Item number 12). In order to earn points, both Pack and Den meetings must have activities that include a physical fitness component. Bronze level requires that the Pack regularly includes physical fitness activities. Silver adds the promotion and coordination of group activities. Gold level is earned by earning Bronze and Silver levels and then holding an ongoing fitness competition where your members can track their performance.

Think outside of the box with this! Include the entire Pack family, parents and siblings alike!

To help achieving Gold level in this new metric, I recommend a new program which is a partnership between the President's Council on Fitness, Sports, and Nutrition and the BSA called "Scout Strong." The program provides a system where you can track your physical activity and accumulate points toward the goal of earning the "Presidential Active Lifestyle Award."

More information on how to register your Scouts in the program can be found at:

<http://www.scouting.org/scoutstrongpala.aspx>



The SCOUTStrong PALA Challenge

http://www.scouting.org/filestore/wtw/pala_overview.pdf



What is "PALA"?

- ★ PALA stands for the Presidential Active Lifestyle Award, an activity challenge of the President's Challenge program. The President's Challenge is a program of the President's Council on Fitness, Sports and Nutrition (PCFSN).
- ★ PALA is designed to motivate participants to be physically active on a regular basis by allowing them to participate in activities they enjoy. Earning a PALA is definitely doable by ANYONE at ANY fitness level.



What is the SCOUTStrong PALA Challenge?

- ★ In 2011 the BSA aligned with the PCFSN with the shared goal of together promoting good health for America's youth; the SCOUTStrong PALA Challenge is one of the results of this alliance.
- ★ The SCOUTStrong PALA Challenge is a Scout-specific PALA challenge. Each BSA local council will have its own PALA group. Members of these groups will be able to:
 - ✓ Compare their progress relative to the group
 - ✓ Send messages to group members

Who can participate in the SCOUTStrong PALA Challenge?

The entire BSA organization is being encouraged to earn their SCOUTStrong PALA Challenge award; this includes the following:

- Scouts of all ages
- Venturers
- Parents/Guardians
- BSA Volunteers
- Local Council Staff
- National Council Staff
- Friends of Scouting
- BSA Alumni
- Council Board Members

How does the SCOUTStrong PALA Challenge work?

- ★ To earn the SCOUTStrong PALA Challenge award, a participant is required to meet a daily activity goal of 30 minutes a day for adults and 60 minutes a day for kids

under 18 for at least five days a week, for a total of six weeks. Participants can take up to eight weeks to complete the program.

- ★ The participant picks their activities as they strive to reach their goal, logging their physical activity along the way.
- ★ Over 100 indoor and outdoor activities count toward the daily requirement, including walking, running, aerobics, gardening, and canoeing, as long as major muscle groups are engaged at a moderate to vigorous activity level.
- ★ Starting the SCOUTStrong PALA Challenge will help participants:
 1. Commit to daily physical activity—and stick with it.
 2. Set realistic goals to encourage fitness for a lifetime.



How do I get started with the SCOUTStrong PALA Challenge?

Participants can enroll and track their progress either online with a free Online Activity Tracker or on a paper Active Lifestyle Activity Log.

ONLINE:

- ★ Participant begins by visiting www.scouting.org/SCOUTStrongPALA.
- ★ Participant uses the appropriate dropdown menu to pick the state that the council/organization they want to be affiliated with is located in.
- ★ Participant use the appropriate dropdown menu to pick the council/organization with which they want to be affiliated with.
- ★ Participant clicks [START THE SCOUTStrong PALA CHALLENGE].
- ★ The participant should be at the PALA page of their affiliated council/organization. They should click [CREATE AN ACCOUNT].
- ★ The participant should complete the required fields and click [REGISTER].
- ★ They'll arrive on their activity tracker home page, which they will see each time they log into their account. From this screen they can track their activities, join a group, see their award progress, and adjust their account preferences.
- ★ Upon completion of the six-week program, the participant will receive a congratulatory email from the President's Challenge. Participants should print and submit this email to their Scout leader.

ON PAPER:

- ★ Participants will need to have an Active Lifestyle Activity Log; these can be downloaded for free at www.presidentschallenge.org/tools-resources/docs/PALA_log.pdf
- ★ Participants should track their daily activity using the Active Lifestyle Activity Log.
- ★ Upon completion of the six-week program, participants should self-certify the results at the bottom of the Active Lifestyle Activity Log and submit it to their Scout leader.

**What will participants who complete the SCOUTStrong PALA challenge earn?**

After successfully completing the SCOUTStrong PALA Challenge, participants will be eligible to acquire all of the awards listed below:

- ★ Participants may purchase a Joint BSA/PALA SCOUTStrong PALA Challenge award patch. These will be available in Scout shops after October 1, 2011.
- ★ Participants may download for free a Joint BSA/PALA SCOUTStrong PALA Challenge achievement certificate at:

www.scouting.org/SCOUTStrongPALA.

- ★ Participants may purchase a President's Challenge PALA patch, an achievement certificate, and other products by visiting

www.presidentschallenge.org/challenge/active/

and clicking on [SHOP].

Links For More Information

About SCOUTSTRONG:

www.scouting.org/SCOUTStrongPALA

List of SCOUTSTRONG PALA Challenge Activities:

www.presidentschallenge.org/challenge/activities.shtml

About PALA:

www.presidentschallenge.org/challenge/active

About The President's Challenge:

www.presidentschallenge.org/about/

About the PCFSN:

www.fitness.gov/about-us/

CUBMASTER'S CORNER

Pamela, North Florida Council

**Hello Cub Masters!****Pack Meetings & Bridging Ideas**

March is here and we all are racing towards den bridge over ceremonies for most Packs. Do not forget to encourage and plan now for Tiger Roundups in May so that new Tigers can be part of the summer time actives and join in the fun.

Encourage your Scouts to recruit others as well as Tigers into the pack. By joining in May it will also allow them to participate in day camp and monthly summer pack events so they can earn the Summer Time Award. As Cub Masters confirm with the Committee Chair that the next few months are covered as far as Pine Wood Derbies, Kite Derbies, Pack Camp outs, Round Ups, or whatever your Pack is planning as well as check the progress of the monthly plans for Pack events in the summer events are moving along. Encourage your Den Leaders to keep on with outings and encourage your upcoming Webelos Den Leaders with your Pack Trainer to get Outdoor Webelos Leadership training (OWL training). As leaders progress encourage them to talk to the Pack Trainer and fill out the Adult Advancement forms and to get the specific training for their new jobs.

Some tips for Pack Meetings this month:

SOME TIPS FOR PACK MEETINGS

- ☺ ***DON'T BE A ONE MAN SHOW.*** Putting on a sixty or ninety minute show is a huge job. It's a lot easier and things run smoother when you work as a team. Use your Assistant Cubmasters, Committee members to help. Plan and Prepare!
- ☺ ***VARY THE PACE.*** Keep things moving at different speeds, different volumes, and different moods. Use songs and cheers and lively songs to speed things up, stories and ceremonies to slow them down. Build toward the big event of your meeting - it may be rank awards or a special visitor but **ALWAYS** make it special.
- ☺ ***INVOLVE PARENTS. Don't let them sit at the back of the room and talk.*** They should be drawn into every part of the meeting - especially ceremonies and audience participation stunts. Have the occasional game just for parents - the kids will love it.

- ☺ **HIDE ANNOUNCEMENTS.** Put most information about upcoming events in your news letter. If you need to say something about a big event, do it the form of a run-on, skit or ceremony. All you need is some fun gimmick to draw attention to where the details are written down.
- ☺ **USE SONGS.** Most - almost all - of us start with the assumption that we could never lead a song. With Cub Scouts, it is really the easiest thing in the world. Kids love to sing - the sillier and livelier the song, the better. Start by leading some of the audience participation stunts in *Group Meeting Sparklers* or *Program Helps*. Next, try a very simple song like Tarzan of the Apes. All you need is three or four songs you and your pack like to sing - most of them you may learn at summer camp or day camp. It does wonders for your pack meetings.

The Core Value of the Month

Compassion:

Being kind and considerate and showing concern for the well-being of others. Everybody has something valuable to offer and nobody likes being left out. Help your Cub Scouts be aware of the needs of others. Disabled children deal with limitations in their everyday lives. As Cub Masters we should **be aware of Cub Scouts With Disabilities**. Not all of your Cub Scouts may be able to participate in every event with the same success. Understanding Cub Scouts with disabilities and adapting activities will provide

excitement and adventure for all. Your responsibility as a leader is to help all Cub Scouts find success in *doing their best*. **Disabilities Awareness:** Cub Scouts learn about special needs of children and adults. They volunteer and help someone with special needs as they earn the Disabilities Awareness belt loop and pin. **Resource Highlight: *Scouting for Youth With Disabilities Manual* (No. 34059)**

This publication provides hints and techniques to help youth with challenges to participate in Scouting and enjoy various activities. The categories of disabilities included in the book are learning disability, cognitive disability, developmental disability, physical disability, and emotional and behavioral disorders.

Other Compassion Ideas

That may be used for service Hours:

Pamela, North Florida Council

Check with local agencies that help others.

- The Lions Club collects glasses where we live for those who need glasses, mittens for homeless shelters,
- The Salvation army provides meals and always asking for food donations.
- Perhaps your community is unique and has something for the deaf, our wounded warriors, autistic organizations or Relays for Life that Scouts can participate or help with.

The more we learn the more we grow so reach out and contact a few and see what kind of things your Scouts in the pack or den can help with. Your den could even adopt an elderly person in the community or in a home. Check with those in charge to see if someone does not have any family that might

appreciate a small group to come by and visit with. The stories that they all have to tell could be words of wisdom for tomorrow.

SPECIAL OPPORTUNITIES

Pat Hamilton, Baltimore Area Council

Our Core Value for March is **Compassion**, and I had a bit of difficulty coming up with a Sports Belt Loop and Pin that dealt with Compassion. I finally settled on Horseback Riding since it is a sport that deals with living creatures (other than human beings, of course!). The Monthly Theme for March is **Planting Seeds of Kindness** and this lends itself to the Wildlife Conservation Academics Belt Loop and Pin. Wildlife Conservation also fits in nicely with the compassion Core Value as well.

Wildlife Conservation Loop and Pin

The requirements listed below are taken from the Cub Scout Academics and Sports Program Guide (34299) 2009 Printing.

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.

Webelos Scouts that earn the Wildlife Conservation Belt Loop while a Webelos Scout also satisfy requirement 13 for the Naturalist Activity Badge.

Wildlife Conservation Belt Loop



Complete these three requirements:

1. Explain what natural resources are and why it's important to protect and conserve them.
2. Make a poster that shows and explains the food chain. Describe to your den what happens if the food chain becomes broken or damaged.
3. Learn about an endangered species. Make a report to your den that includes a picture, how the species came to be endangered, and what is being done to save it.

Wildlife Conservation Academics Pin

Earn the Wildlife Conservation belt loop, and complete five of the following requirements:

1. Visit a wildlife sanctuary, nature center, or fish hatchery.
2. Collect and read five newspaper or magazine articles that discuss conservation of wildlife and report to your family or den what you learn.
3. Learn about five animals that use camouflage to protect themselves. Tell your den or an adult family member what you learned.
4. Make a birdbath and keep a record for one week of the different birds that visit it.
5. Make a collage of animals that are in the same class: fish, amphibians, reptiles, birds, or mammals.
6. Make a plaster cast of an animal track. Show it to your den.
7. With your parent or adult partner, visit with a person who works in wildlife conservation, such as a park ranger, biologist, range manager, geologist, horticulturist, zookeeper, fishery technician, or conservation officer.
8. Visit a state park or national park.
9. Participate in an environmental service project that helps maintain habitat for wildlife, such as cleaning up an area or planting trees.

For worksheets to help with earning these awards got to <http://usscouts.org/advance/cubscout/academics/wildlife.asp>

Horseback Riding Loop and Pin

The requirements listed below are taken from the Cub Scout Academics and Sports Program Guide (34299) 2009 Printing. This sport was added in 2009.

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.

Horseback Riding Belt Loop

Complete these three requirements:

1. Explain five safety precautions for when you are near a horse.
2. With help from an experienced horse handler, demonstrate how to safely mount and ride a horse and then how to safely dismount the horse.
3. Go on a supervised horseback ride for at least 20 minutes. Wear an approved helmet (such as one approved for horseback riding by the ASTM, or American Society for Testing and Materials).

Horseback Riding Sports Pin

Earn the Horseback Riding belt loop, and complete five of the following requirements:

1. Learn about three famous horses. Explain why these horses were well-known.
2. Using pictures of these different animals, explain to your den or family the difference between a horse, pony, mule, and donkey.
3. Explain how a horse is measured and what a "hand" equals when measuring a horse.
4. Using a picture, point out these main parts of a horse: forehead, muzzle, mane, withers, point of hip, knee, hoof, and root of tail.
5. Describe three different breeds of horses and explain what feature makes each breed special.
6. Using photos or pictures you have drawn, explain to your den or family at least three different ways that horses can help us.
7. Name five things healthy for a horse's diet.
8. Tell why it is important to wear an approved riding helmet when you go horseback riding.
9. Photograph or draw a picture of the saddle you used for the ride you took to earn the belt loop.
10. With your parent or adult partner, visit a veterinarian who cares for horses. Write the answers to three questions you ask him or her.
11. Spend at least 15 minutes before and after your ride getting to know your horse by talking calmly to it and stroking it slowly.
12. Go on a supervised horseback ride for at least 30 minutes. Dress appropriately and show that you can safely mount and dismount the horse.

For worksheets to help with earning these awards got to <http://usscouts.org/advance/cubscout/sports/horseback.asp>

Internet Scout Patch

<http://usscouts.org/InternetScoutPatch.asp>

The U.S. Scouting Service Project is pleased to announce Version 2 of its Internet Scout Patch Program. With the explosive growth of the Internet and the rise of Social Media, it was necessary to re-engineer the program to assure it remained relevant and useful. The new program focuses on fostering a dialog between parent/mentor and Scout that will help prepare Scouts to be aware and alert when using the Internet.

This is a difficult and challenging program. It will require both the mentor and the participants to work hard. But, it will be worth it! As we continue to become more dependent on the Internet in our daily lives, it is critically important that we develop an understanding of its dangers and how to be prepared, aware, and alert to avoid trouble.



I tried to write about this last year, but right after I pulled the requirements for the patch, the US Scouting Service Project web site pulled the program in order to update the requirements to reflect a more current picture of how the internet is used today. For example, instead of using HTML to develop a web page, a boy today is much more likely to post what he wants to say on a social media site (or sites!). The program now requires the boy to work with an adult mentor to earn the patch. The requirements are contained in a 37 page PDF file (MUCH too large to post here!) that is available for download at

<http://usscouts.org/USSPINternetScoutPatchV2.00.pdf>.

Note: Though it should go without saying, the patch is NOT an official award or emblem of the BSA. The patch may be worn by Scouts and Scouters as a temporary emblem to signify their education about the role of the Internet and the World Wide Web in particular as it relates to Scouting. It may also be worn on patch vests or jackets at the personal option of the Scout or Scouter.

Boys' Life Reading Contest for 2012

<http://boyslife.org/>

The Boys' Life Say "Yes" to Reading Contest for 2011 has ended. Watch for the Boys' Life Say "Yes" to Reading Contest for 2012 coming soon!

For more details go to <http://boyslife.org/> (search for "reading contest")

Knot of the Month

Roundtable Staff Training Award



This award can be earned by:

- Cub Scout roundtable staff
- Boy Scout roundtable staff
- Varsity Scout huddle staff, or
- Venturing roundtable staff

Training

1. Review with the roundtable commissioner orientation material in the current *Cub Scout Leader Roundtable Planning Guide*; or *Boy Scout Leader Roundtable Planning Guide*; or *Venturing Roundtable Guide*.
2. Review all material in the current *Cub Scout Program Helps/Webelos Leader Guide*, *Troop Program Resources and Troop Program Features*, or *Varsity Scout Game Plan*.
3. Complete basic training for Cub Scout, Boy Scout, or Venturing roundtable commissioners and staff.

Tenure

Complete two years as a registered roundtable staff member. (Tenure for one award cannot be used for other training awards.)

Performance

Do the following:

1. Participate in six roundtable staff meetings.
2. Actively assist in six roundtables.
3. Conduct a successful roundtable attendance promotion project.
4. Develop and exhibit a display related to the theme at one roundtable.
5. Conduct a preopening activity and an opening ceremony.
6. Conduct or be responsible for a major project, presentation, or demonstration at one roundtable.

For a progress record of the requirements, go to:

<http://www.scouting.org/filestore/pdf/34169-60.pdf>

(2006 printing)

(Note: If a Roundtable Staff member has already earned the Boy Scout Training Knot, he or she can simply just affix a Commissioner's Device to the knot in addition to the devices already on the knot. Wearing more than one of any particular knot is against the rules.)

***Please let me know about Pow Wow's
and Pow Wow Books!!***

I cannot do this job without your help!!!

GATHERING ACTIVITIES

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

Compassion Ideas

Disability Awareness Round Robin

Alice, Golden Empire Council

Have several Disability Awareness games set up around the room. As people arrive, divide them up so some people start at each station, then go around clockwise to the other stations. The Braille Cell below would work. See other suggested activities under GAMES section.

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 2nd. A fun story about compassion – that teaches "A person's a person, no matter how small."

Other Ideas

Good Will Word Search

Capital Area Council

H	A	P	P	Y	B	A	E	S	K	J
M	E	Q	D	O	E	R	D	C	U	B
E	O	L	O	U	S	R	J	O	L	P
E	P	T	P	R	T	O	C	T	I	A
T	B	E	H	I	A	Q	T	K	G	C
I	M	O	O	E	N	X	A	O	H	A
N	Q	O	Y	P	R	G	C	P	T	A
G	A	S	M	S	L	K	B	E	W	W
D	A	D	N	I	N	E	O	I	L	A
B	E	A	R	O	X	E	B	G	O	R
N	G	I	F	T	W	E	F	I	V	D
K	J	L	E	C	L	E	U	H	E	S
G	O	O	E	O	E	R	N	T	E	N
W	E	J	S	S	E	N	D	N	I	K

Find the following words in the puzzle above. Words may be diagonal, horizontal or vertical. Words may be forwards or sdrawkcab.

- | | | |
|---------|---------|----------|
| mom | best | kindness |
| happy | arrow | cub |
| fun | of | scout |
| meeting | light | snow |
| dad | gift | boys |
| wolf | pack | bobcat |
| Webelos | helping | den |
| tree | other | awards |
| do | people | ox |
| your | nine | send |

The Bean Game

Pam,

from the CS program Enrichment Conference at Philmont

Thank you from Dave



Set Up:

Place about 2 dozen dried beans (or large dried seeds to keep it theme related) in a snack or sandwich bag
Have a bag for each Cub Scout

Object:

To balance beans on the back of your hand
The person who can balance the most is the winner

Instructions:

These are written for a right hander, reverse for a lefty

- ✓ Pick up one bean with your left hand
- ✓ Transfer bean to your right hand
- ✓ Place bean on back of left hand

- ✓ While still balancing bean on back of left hand, pick up another bean with your left hand
- ✓ Transfer bean to your right hand
- ✓ Place second bean on back of left hand with first bean
- ✓ While balancing two beans on back of left hand, pick up a third bean with your left hand
- ✓ Transfer bean to your right hand
- ✓ Place third bean on back of left hand with first two beans
- ✓ Keep going (repeating) until one or more beans fall off your hand

Seed Word Search

Baloo

T U N O C O C Z P E A S Z A E
 G V P X X Z T P W H K P D M K
 Z D S C A X Y E L R A B B X M
 C O T Y L E D O N H D R L T T
 E Y D S N R O C A G Y G C Q I
 S O E G M A Y P G O K V Q V U
 L U E O T P O P C O R N P P R
 W R S O Y Z C U B S C O U T F
 U B E D Y R D V C E M A S E S
 D E L T L U F P L E H M Q D Y
 R S P U Q E B P S B L R E J X
 W T P R I A I U J Z I E V B J
 G O A N G T M K M C S R B B T
 H G F G S M S T E E T D X X P
 T O C I D R S S E N D N I K C

Find the words related to "Seeds of Kindness"

COTYLEDON	CUB SCOUT	APPLE SEED
SESAME	ACORNS	RICE
BARLEY	PEAS	KINDNESS
PITS	FRUIT	HELPFUL
DO YOUR BEST	EMBRYO	GOOD TURN
POPCORN	DICOT	COCONUT
	SEEDS	

If you do a search on create a word search, you can find lots of places to create your own word searches. CD

Smiles for Everyone – in honor of Smile Day!.

Alice, Golden Empire Council

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.

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!

Invite families to bring photos and material about their favorite service project to help others –

Alice, Golden Empire Council

Give each family a chance to share what they chose as a project, why they chose it, and how it has impacted their family and those they served.

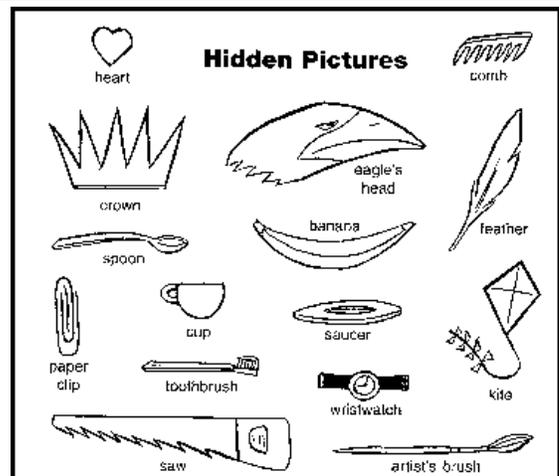
Johnny Appleseed Hidden Picture Challenge

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.

Seeds

Pamela, North Florida Council

- ✓ As boys arrive, give each a handful of dried beans (or seeds). Ensure that the same number of beans or seeds is given to each boy in a zip lock bag or small Dixie Cup.
- ✓ Cub Scouts try to win beans by trying to get others to respond to questions by saying “yes” or “no.”
- ✓ A player who says either word in his reply must give up a bean to the questioner.
- ✓ At the end of the activity, the winner is the boy with the most beans.

***Please let me know about Pow Wow's
and Pow Wow Books!!
I cannot do this job without your help!!!***

OPENING CEREMONIES

Outdoor Ceremony Hints

Catalina Council

Ceremonies are important, even in the outdoors. Outdoor pack activities usually call for an opening and closing ceremony (or closing campfire). Any outdoor pack activities which take the place of regular pack meetings should also include advancement ceremonies so awards can be presented promptly.

Remember these things when planning outdoor ceremonies:

- ✓ **Weather** - It is difficult to keep candles lit in winds or light rain. Have a backup plan with some type of protection.
- ✓ **Acoustics** - The wind sometimes carries voices in the wrong direction. Make sure the speaker can be heard.
- ✓ **Natural Surroundings** - Make the most of the surroundings to furnish background. Lakefront or open areas in the woods make good ceremony sites.
- ✓ **Length** - Make ceremonies shore, especially if the audience is standing.
- ✓ **Flag** - Be certain the U.S. flag is secure. A normal flag holder will not be adequate in winds. Insist on respect for the flag, indoors or outdoors.

Planting Seeds ...

Grand Teton Council

Set Up: Seven Cub Scouts with placards having appropriate picture on front and their parts on back in LARGE print.

- Cub Scout #1:** In America, we plant seeds of kindness every day. Our founding fathers thought all Americans should be treated equally.
- Cub Scout #2:** I plant seeds of kindness when I go to school to learn. Playing and Sharing with others in my school.
- Cub Scout #3:** I plant seeds of kindness when I worship as I choose, and as I let other people worship as they want.
- Cub Scout #4:** I plant seeds of kindness when I write an editorial to a newspaper praising the good things in my community. All Americans are free to express their opinions.
- Cub Scout #5:** I plant seeds of kindness by living free and treating nature and others with respect. All Americans are free, too.
- Cub Scout #6:** I plant seeds of kindness by being proud to be an American. All Americans should take pride in their country.
- Cub Scout #7:** I plant seeds of kindness when I pledge allegiance to the Flag of the United States of America in a proper way. Please stand and salute the flag and repeat the pledge with me.

A Matter of Compassion*Alice, Golden Empire Council*

Before the meeting, prepare large letters that spell out COMPASSION, so that each boy in turn can hold up or post his letter on the wall. Boys could draw an appropriate picture on the side with their letter. Have what the boys will say on the back of the cards in large letters.

Emcee: This month, we've been learning all about a Core Value.

Cub # 1: *(Posts letter C or holds it up)* Caring for others is what Cub Scouts do – a Good Deed every day!

Cub # 2: *(Posts letter O or holds it up)* Only when you "Walk a Mile" in someone else's shoes can you really understand.

Cub # 3: *(Posts letter M or holds it up)* Make sure you treat others as you would like to be treated!

Cub # 4: *(Posts letter P or holds it up)* Put yourself in the other guy's place – it will change how you act.

Cub # 5: *(Posts letter A or holds it up)* Always use kind words and tone of voice.

Cub # 6: *(Posts letter S or holds it up)* Some people have special challenges that make it hard to walk or move.

Cub # 7: *(Posts letter S or holds it up)* Some people have special challenges that make it hard to read or talk like everyone else.

Cub # 8: *(Posts letter I or holds it up)* I learned how they feel with some of the games we played this month.

Cub # 9: *(Posts letter O or holds it up)* Overcoming challenges takes a lot of courage.

Cub # 10: *(Posts letter N or holds it up)* So NEVER forget to Do Your Best, no matter how you show Compassion to others!

Emcee: Let's now celebrate this great country, with the tradition of accepting people of all races and creeds, and the freedom to accept and help anyone with challenges!

(Go to Opening Flag Ceremony)

Planting Seed of Kindness Opening*Alice, Golden Empire Council***Background -**

- A picture made by boys showing good soil, with rocky, dry soil along one side; several "seeds" drawn on paper
- Watering pail or picture of rain
- Picture of sun
- Pictures of "crops" – flowers, wheat, sunflowers, etc.
(Adjust number of seeds to the number of boys)

Narrator: This month, we've been learning about Seeds of Kindness. Let's see what can happen to those seeds. The seed is an idea – we might hear about a service project from our den leader or a teacher. If we decide to help, we might want to find out what we can do.

Cub Scout #1: I heard about a canned food drive from my den leader, and I wanted to help.

Cub Scout #2: My neighbor is old and has trouble keeping her lawn mowed and watered. I wondered if I could help.

Narrator: Sometimes, when we hear about some service or see someone who needs help, we decide to try and find a way to do something. It's like putting seeds in good soil, where they can grow. But sometimes, we are busy or the problem seems too big for us to do anything about, so we decide we can't help. That's like dropping a seed in rocky, dry soil, where it can't grow. It will just dry up and nothing will come of it.

Cub Scout #3: I heard about the canned food drive, but I don't have time to help – I have soccer practice, and a game on Saturday.

Cub Scout #4: I asked my dad, but he said the local food bank will take care of the problem.

Narrator: Where do you think these seeds ended up? *(Lets the audience decide where each boy should put his seed)* But just getting in the dirt doesn't guarantee a seed will grow – it needs water and sunlight. The water could be compared to a willingness to figure out a way to help, a way to deliver what someone else needs.

Cub Scout #5: I wanted to help with the food drive, too – I decided to ask my neighbors if they could help, so we would get even more cans!

Cub Scout #6: I saw that my neighbor couldn't take care of her lawn anymore, so I asked my dad if he could help me get the lawn mower started and figure out how to finish the job.

Narrator: *(holds up the watering can and adds the sun to the picture)* If we use our imagination and ask other people to help, our "seeds of kindness" can keep growing.

Cub Scout #7: When I went to pick up cans from my neighbors, one of them said they had a grandma who needed help from the food bank sometimes. They said they were happy to help, and that made me feel good!

Cub Scout #8: It was a lot of fun to find a way that I could help – I collected coats from my family, kids at school, and neighbors, and donated them to a clothing drive. I had such a good time that I am going to do it again! And it made me very glad that I have my own warm clothes for the winter.

Narrator: So we discovered that “Seeds of Kindness” grow only when we each decide to do something for others. Then they can produce a crop of gratitude, and a desire to do more. We have learned to keep our eyes open for other opportunities to be kind. *(Put up the picture or drawing of flowers or a food crop)* In the United States of America, we have a tradition of helping others. Let us honor that tradition by pledging allegiance to our flag.

GREETINGS

Capital Area Council

Set Up:

The Den Chief explains that the audience is to respond by doing as the boys say and then introduces the ceremony.

The boys hold cards that spell out the word G-R-E-E-T-I-N-G-S. Each exposes his card as he speaks his line.

Cub Scout #1: G - Glad to see you here tonight. Let's spread some Seeds of Kindness

Cub Scout #2: R - Reach out your hand to a friend left or right.

Cub Scout #3: E - Everyone smile and shake his hand,

Cub Scout #4: E - Everybody smile and nod at another friend.

Cub Scout #5: T - Together now, stand up on your feet,

Cub Scout #6: I - I'd like for you all to take your seat.

Cub Scout #7: N - Now that we're all friends, we'll start the show,

Cub Scout #8: G - Good will is a feeling we get from spreading seeds of kindness

Cub Scout #9: S - So now we say greetings to everyone.

All - We've tried to sow the seeds of kindness in all that we have done. So Cubmaster, our program's begun.

The boys motion for Cubmaster to come on stage

Helping Other People

Sam Houston Area Council

After the flags have been posted, but before the pledge, have parents or Den Chief/Den Leader read the following off of cards you have prepared.

Cub #1: Helping other people might be picking up a toy or a bottle that a boy dropped.

Cub #2: Helping other people might be playing with a younger brother or sister while mom is busy.

Cub #3: Helping other people might be telling a friend he did a great job when he did his best.

Cub #4: Helping other people might be shoveling a walk of someone not able.

Cub #5: Helping other people may be simple everyday things, even a smile, or difficult things like fighting for our country.

Cub #6: The people throughout history that have kept our country free helped other people, you and me. As we pledge our allegiance to the flag, let us be glad that others have helped other people. *Cub Scout leads the pledge.*

Building A Better World

Capital Area Council

11 Cub Scouts, each holding a card with a letter on the front and his line on the back. Each speaker holds up his letter as he says his line. Last line delivered by all.

Den leader introduces this Opening by stating – All this month we have been learning how a Cub Scouts can spread seeds of kindness and through these acts of kindness they can help build a better world. We will now show you how Cub Scouts spreading seeds of kindness can help build a Better World -

Cub # 1: B for BROTHERHOOD, boosting for each other's good

Cub # 2: E for EVERY LAND to share in earth's riches everywhere

Cub # 3: T for TRUSTFULNESS, trusting more and fearing less

Cub # 4: T for TEAMWORK, for joining hands to put things through

Cub # 5: E for EQUAL CHANCE for each nation to advance

Cub # 6: R for REAL RESPECT in spite of race, creed, or sect.

Cub # 7: W for WILL TO WORK for peace with faith and skill

Cub # 8: O for OPPORTUNITY to keep our speech and action free

Cub # 9: R for REVERENCE for a guiding providence

Cub # 10: L for LOVE TO SPREAD around when need and bitterness are found

Cub # 11: D for DIGNITY of man devoted to a better plan.

(All hold up letters)

Den leader - There you have it - that is how you build A BETTER WORLD.

AUDIENCE PARTICIPATIONS & STORIES

Helping Others

Capital Area Council

Divide audience up into six parts.

Assign each part an action to do and say when their key word is read. Practice as you assign parts.

Lights:	"Blink, blink, blink"
Cub Scout:	"Do Your Best"
Helping Other People:	"Warm Fuzzy"
Pack:	Yell the Pack Number
Old Lady:	"No, I Don't Want To Go"
Tree:	"Ahhhhhhhhh"

Once upon a time, in a **CUB SCOUT PACK** a **CUB SCOUT** was learning about **HELPING OTHER PEOPLE**. The **CUB SCOUT** helped an **OLD LADY** across the street. But the **OLD LADY** did not want the **CUB SCOUT** to help her. The **OLD LADY** did not care that the **CUB SCOUT** had been learning about **HELPING OTHER PEOPLE** or that the **CUB SCOUT** and his **PACK** had set out to do good deeds. The **OLD LADY** just wanted to get a **TREE**. But the **CUB SCOUT** and his **PACK** were learning about **HELPING OTHER PEOPLE** and really wanted to **HELP OTHER PEOPLE** and so the **CUB SCOUT** helped the **OLD LADY** across the street. The **OLD LADY** thought what kind of a **PACK** is this?

The **OLD LADY** just wanted her **TREE** and pretty **LIGHTS**. The **CUB SCOUT** said, "Nice **OLD LADY**, my **CUB SCOUT PACK** and I are learning about **HELPING OTHER PEOPLE**. I'll help you get your **TREE** and put your pretty **LIGHTS** on, if you will just let me learn about **HELPING OTHER PEOPLE** by getting you across this busy street." The **OLD LADY** sighed and smiled and said "Thank you."

The King's Highway

Grand Teton Council

Once a king had a great highway built for the members of his kingdom. After it was completed, but before it was opened to the public, the king decided to have a contest. He invited as many as desired to participate. Their challenge was to see who could travel the highway best. On the day of the contest the people came. Some of them had fine clothing, fine hairdos, or great food. Some young men came in their track clothes and ran along the highway. People traveled the highway all day, but each one, when he arrived at the end, complained to the king that there was a large pile of rocks and debris left on the road at one spot, and this got in their way and hindered their travel.

At the end of the day, a lone traveler crossed the finish line and wearily walked over to the king. He was tired and dirty, but he addressed the king with great respect and handed him a bag of gold. He explained, "I stopped along the way to clear away a pile of rocks and debris that was blocking the road.

This bag of gold was under it all, and I want you to return it to its rightful owner."

The king replied, "You are the rightful owner."

The traveler replied, "Oh no, this is not mine. I've never known such money."

"Oh yes," said the king. "You've earned this gold, for you won my contest. He who travels the road best is he who makes the road smoother for those who will follow."

BROKEN WATER JUG

Great Salt Lake Council

This was a little long for a Cubmaster's minute but it is a great story. Use it wherever you want. CD

100 years ago a family lived in the St. George area. Water had to be carried from the creek everyday for the family's use. Two large pots were suspended across the carriers back on a stout stick. One of the pots had a crack in it, while the other pot was perfect and always delivered a full portion of water. At the end of the long walk from the stream to the house, the cracked pot arrived only half full.

All summer this went on daily, with the bearer delivering only one and a half pots full of water to his house. Of course, the perfect pot was proud of its accomplishments, but the poor cracked pot was ashamed of its imperfection, and miserable that it was able to accomplish only half of what it had been made to

do.

Finally it could bear it no longer and said to the bearer, "I am ashamed of

myself, and I want to apologize to you. I have been able to deliver only half my load because this crack in my side causes water to leak out all the way back to your house. Because of my flaws, you have to do all of this work, and you don't get full value from your efforts."

The bearer said to the pot, "Did you notice that there were flowers only on your side of the path? That's because I have known about your flaw, and I planted flower seeds, and every day while we walk back, you've watered them. I have been able to have these beautiful flowers to enjoy. Without you being just the way you are, there would not be this beauty for us all to look at"

It's the cracks and flaws we each have that make our lives together so very interesting and rewarding. Take each person for what they are, and look for the good in them.

LEADER RECOGNITION & INSTALLATION

A Den Leader's PayDay

Professor Beaver's Site

http://www.usscouts.org/profbvr/fun_awards/index.html

*Write this out putting the candy (or a wrapper from the candy or a picture of the candy) where you see *)*

Sometimes we were **Butterfingers***
 But always a **Joy***
 We always did **Snicker***
 After all, we are boys.
 We wanted to give you **\$100,000 Grand***
 But had **Zero*** money
 So that idea was canned.
 We **M & M***made you this card
 With **Mounds*** of love and rhyme
 To thank you for giving up
 so much of your time.

Put in a row of Hershey Hugs and Kisses and have the Cubs sign it. I used poster board for mounting the candy and a calligraphy pen for printing the poem. Prof Beaver

The ABCs of Leaders

Sam Houston Area Council

Great Cub Scout Leaders –

- A - **Attend** Roundtable
- B - **Believe** in the program
- C - **Call** to check up if you miss a den meeting
- D - **Discover** new ways to involve the Scouts
- E - **Explore** all the options
- F - **Find** time
- G - **Give** unconditionally
- H - **Help** whenever asked
- I - **Inspire**
- J - **Juggle** lots of projects
- K - **Know** their knots
- L - **Listen**
- M - **Make** extra project pieces for siblings
- N - **Notice** the wonderful things about their Cub Scouts
- O - **Offer** support
- P - **Pray**
- Q - **Quote** Lord Baden-Powell
- R - **Reap** the rewards of Cub Scout smiles
- S - **Sing!**
- T - **Tell** their Scouts – “great job!”
- U - **Understand** that life happens
- V - **Value** the Aims of Scouting
- W - **Wake** up in sleeping bags
- X - **X-amine** all material for appropriateness
- Y - **Yell** cheers during pack meetings
- Z - Have a **Zany** disposition

ADVANCEMENT CEREMONIES

Award Presentation Idea:

Can the Awards!

Pamela, North Florida Council

Use one of those new safety can openers that removes the whole lid. Prepare in advance by saving cans for each boy and washing out. If you save the original label on the can the boys will be even more surprised when the first can is opened. Fill a can with awards for each boy. Replace or reglue lid. Let each boy open their award can.

Compassion Through the Ages Advancement

Alice, Golden Empire Council

Before the Ceremony, each award is covered by a quote about Compassion. When the boy is called up, he reads the quote before receiving his award. See Quotes under Thoughtful Items near the front.

Cubmaster: There's a lot to think about if you want to practice being compassionate toward other people. Tonight, each boy is going to read a quote that will give us all some help in being more compassionate.

Call up boys and parents as usual, and ask each boy to read his quote before he is given the parent pin to put on his parent or guardian.

Be sure to lead a cheer for each Scout or group.

When all awards have been given....

Cubmaster: As you can see, Compassion can be shown in many ways – thank you Cub Scouts, for sharing some wise ideas about Compassion. And thank you for working hard to earn those awards!

Lead one final cheer for all!!!!

Planting Seeds of Kindness

Pamela, North Florida Council

Personnel:

Cubmaster dressed in jeans and plaid shirt

Equipment:

Six large seed envelopes with the words and pictures of beet, carrot, squash corn, turnip, lettuce on them.

Preparation:

Place awards inside each envelope.

Cubmaster introduces each rank award showing the appropriate card and saying the phrase.

- ✓ The pack can't be **beet**. (*Name*) has earned his Bobcat badge!
- ✓ If we **carrot** all, we would give a big hand to (*Name*) for earning his Tiger Cub badge!
- ✓ **Squash** those thoughts. (*Name*) earned his Wolf badge!
- ✓ It may sound **corn-y**, but (*Name*) earned his Bear badge!

- ✓ Don't **turnip** your nose. (*Name*) has earned his Webelos badge!
- ✓ **Lettuce** congratulate (*Name*) for earning the Arrow of Light Award! (*Be sure to add in a special Arrow of light ceremony following this brief introduction*)

Then proceed with normal presentation –

- ✓ Call up boys and parents
- ✓ Present award to parent to present to son
- ✓ Say something more defining about the award or ask boys their favorite achievement
- ✓ Lead cheer
- ✓ Move clothespin (or other device) higher on Pack Rank Totem pole

Seeds of Kindness Advancement Ceremony Ideas

Grand Teton Council

- 1) Attach awards to "seeds of kindness" packets. Talk about kindness, and how the seeds we plan grow great dividends in the future.
- 2) Have a "plant" (dead tree branch, twig, etc) to which you have attached "leaves" made of paper or fun foam, etc. On the leaves are written the good deeds the Cub Scouts have done this month. Attached to some of them are the awards the boys are receiving. Be sure to talk about the awards.
- 3) Make a "garden" with a miniature picket fence (glued to Styrofoam so it will stand up), with "grass" or "soil" (crumpled paper, straw if you would like, something to simulate soil). In the soil, place the awards, attached to "vegetables." You can make your own, or you can use real ones (clean ones, of course). Have small hoes, shovels, or other gardening implements for children available. Let boys "dig" their awards from the "soil."

Advancement Ceremony Ideas

1998 Simon Kenton Council

- ★ Give each boy an apple with his award and tell them that Johnny Appleseed would be as proud of them as his parents and everyone in the pack are.
- ★ To give recognition to leaders and parents, who have done something for the pack, give them a package of seeds (preferable apple) and tell them you appreciate the seeds they are planting for the future.
- ★ Another recognition for adults, who have helped during the month, is to give them a package of lifesavers and tell them they are just like Molly Brown, unsinkable in helping our pack.
- ★ Use a fake tree or small live one in a pot, put the boys awards in plastic apples and attach to the tree. The boys can "pick the apple" and get their awards.

CUB SCOUTING'S SEEDS

San Gabriel Valley, Long Beach & Verdugo Hills Councils

Equipment: Cloth or paper sack labeled: —Johnny Cub Scout Seeds. Have the advancement awards inside and an apple.

Cubmaster: Cub Scouts, I have here in my hand an apple. This and many more apples came from a tree that grew from a tiny seed.

A long time ago, right after the American Revolution, there was a man named John Chapman. We know him better as Johnny Appleseed. Johnny Appleseed wandered through Ohio and Indiana for 40 years planting apple orchards. For generations afterward those trees helped feed the people.

The badges we're awarding tonight are like those seeds. They are symbols of growth for our Cub Scouts, who are themselves growing straight and tall like Johnny Appleseed's trees. And like those trees, our Cub Scouts will help other people. (Take badges from sack and give them to parents to put on son's shirts.

GROWING TREE ADVANCEMENT

San Gabriel Valley, Long Beach & Verdugo Hills Councils

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

Props: Draw on a poster board plants at different stages:

- ★ A seed labeled — Bobcat,
- ★ A small sprout labeled — Tiger;
- ★ A small shoot labeled — Wolf;
- ★ A larger plant labeled — Bear;
- ★ A plant in full bloom labeled — Webelos.

Cover each drawing with a strip of paper loosely attached so that each strip can be easily removed at the appropriate time.

- CM** A young boy growing in our program starts out like a small seed. Parents are just like farmers, trying to help that seed grow to reach its full potential. It takes many resources and lots of time. Every boy starts as a Bobcat, small seeds all set to sprout. (Pull off paper covering Bobcat seeds). They quickly grow when conditions are favorable. (Call out names of Bobcats. Present awards to parents and congratulate each boy) Lead Cheer.
- CA** Some boys start Scouting as Tiger Cubs, this is the first growth area in Cub Scouting, earning their Tiger rank. (Pull off strip covering Tiger sprout) Will the following boys and parents please step forward? (Call out names of Tigers. Present awards to parents and congratulate each boy). Lead Cheer
- CM** The next stage of development comes at Wolf, when the Cub Scout is really starting to grow and take shape in Scouting. (Pull off strip covering Wolf) Will the following Cub Scout and parents please step forward and be recognized for reaching the next level? Present awards to parents and congratulate each boy. Lead Cheer.
- CA** Repeat process for Bears. Lead Cheer
- CM** Close with comments about Webelos having reached full bloom in Cub Scouting. Their next task will be to start in Boy Scouting and grow to a who new level. Lead Cheer

Mighty Oaks From Little Acorns

Baltimore Area Council

Materials needed: Paper cup filled with soil, quick sprouting seeds such as alfalfa, water

Set Up: When a boy is ready to advance from one rank to another, the Cubmaster calls him to the front of the Pack Meeting with his parents and says the following:

Cub Scout _____, you have within you the seed of a man. Through Scouting, that seed may grow. Your advancement tonight from _____ to _____ is part of that growth.

To help you better understand the growth you have to make, we give you this cup of soil (hand cup to Cub), which represents the fertile ground of Scouting with the opportunities and direction it affords you for growth.

When you became a Cub Scout, you planted your seeds in this soil. (Hand Cub seeds to plant in soil.)

For a seed to grow, it must have nourishment. Your Den Leaders nourish your seeds through the activities and projects you work on at den meetings each week. (Have Den Leaders water the soil.)

No seed can grow without the warmth of the sun. By their encouragement and support in Scouting, your parents provide the warmth needed for your own seed to grow. (Ask the parents to help their son place his cup in a sunny spot at home.)

Now, Cub Scout _____, as you receive your advancement, we instruct you to take these seeds home and care for them so they will grow into healthy strong plants. And we promise you that as your seeds grow through the care you give them you too will grow through the care your Cub and Scout leaders give you as you go through the Scouting program.

With a little work this could be adapted for a great Cubmaster's minute. CD

SONGS

Compassion Songs

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

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!

If I Had A Hammer

Heart of America Council

If I had a hammer,
I'd hammer in the morning
I'd hammer in the evening,
All over this land
I'd hammer out danger,
I'd hammer out a warning,
I'd hammer out love between my brothers and my sisters,
All over this land.

If I had a bell,
I'd ring it in the morning,
I'd ring it in the evening,
All over this land

I'd ring out danger,
I'd ring out a warning
I'd ring out love between my brothers and my sisters,
All over this land.

If I had a song,
I'd sing it in the morning,
I'd sing it in the evening,
All over this land

I'd sing out danger,
I'd sing out a warning
I'd sing out love between my brothers and my sisters,
All over this land.

Well I got a hammer,
And I got a bell,
And I got a song to sing,
all over this land.

It's the hammer of Justice,
 It's the bell of Freedom,
 It's the song about Love between my brothers and my sisters,
 All over this land.
 It's the hammer of Justice,
 It's the bell of Freedom,
 It's the song about Love between my brothers and my sisters,
 All over this land.

Friends

Alice, Golden Empire Council

This is also a favorite of Girl Scouts~ learn about the connection between the original founder of Girl Guides and our founder, Robert Baden-Powell. It's a good reason to help Girl Scouts celebrate their special day!

GSUSA is celebrating their 100th Anniversary this year!!



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>

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.

Walk in My Shoes

Cascade Pacific Council

Tune: Frere Jacques

Walk in my shoes, walk in my shoes,
 How's it feel? How's it feel?
 We're alike, but different,
 We're alike, but different,
 Let's be friends, let's be friends.



Fun Songs

CARING

Heart of America Council

Tune: Dashing Through the Snow

Show caring to your neighbors.
 Give friends a helping hand.
 Always think kind thoughts.
 Let your words be kind,
 Caring for folks you know
 Is the best way to show
 That you love God and all of mankind.

When We're Helping We're Happy

Grand Teton Council

When we're helping, we're happy,
 and we sing as we go.
 For we like to help (name)
 for we all love him(her) so.

Do Your Best

Piedmont Area Council

Tune: Are You Sleeping

When you do your best, When you do your best
 You'll feel great, You'll feel great
 Make and do for others, too, Make and do for others, too
 Spread good cheer, Spread good cheer

Tommy the Cub Scout
Heart of America Council

Tune: Frosty the Snowman

Tommy, the Cub Scout
Was a very happy boy.
With a uniform of blue and gold
And a Den that gave him joy.

Tommy, the Cub Scout
Earned his badges one by one.
He did his best and met the test.
A good citizen he's become.

He helps out other people when
He sees they need a lot.
He does his chores around the house
And feeds his dog (named Spot).

Tommy, the Cub Scout
Does his duty willingly.
Someday he'll join a Boy Scout Troop
And a fine man he will be.

Do A Good Turn
Sam Houston Area Council

Tune: Are You Sleeping

Do a good turn,
Do a good turn,
Do your best,
Do your best,
Do a kindly favor,
Be friendly to your neighbors,
Cheerful Cubs,
Cheerful Cubs.

Song of My Shoes
Cascade Pacific Council

Tune: Battle Hymn of the Republic

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

Chorus:

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

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

Chorus:

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

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

Chorus:

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

That's Why We Are In Cub Scouts
Cascade Pacific Council

Tune: Deep In The Heart Of Texas

The fun things in life,
Our family's delight!
(*clap hands four times*)
That's why we're in Cub Scouting.

We do our best,
To pass each test
(*clap hands four times*)
That's why we're in Cub Scouting.

Just me and my son,
Work, play and have fun,
(*clap hands four times*)
That's why we're in Cub Scouting.

We think our pack's great,
We keep it first-rate;
(*clap hands four times*)
That's why we're in Cub Scouting!

Catch the Scouting Spirit

Cascade Pacific Council
(Tune: Catch a Falling Star)

Catch the Scouting spirit
Put it in your heart
Never let it fade away.
Catch the Scouting spirit
Put it in your heart
Never let it fade away.

For someday soon you'll see
What's been accomplished
It will make you proud
And don't forget the fun
And fellowship there you'll
Get rewards beyond compare.
Catch the Scouting spirit
Put in it your heart
Never let it fade away.

Glad I am a Member of the Cub Scouts

Cascade Pacific Council
(Tune: Oscar Meyer Weiner Song)

Oh, I'm glad I am a member of the Cub Scouts.
That is something that I'm proud to be.
And, since I am a member of the Cub Scouts,
Something great will surely come to me.

Oh, I learn about the planet that I live on
And how I can help care for it each day.
The community around me I'm exploring.
And I find out how to live the Scouting way.

I try to serve my God and serve my country,
And help out other people every day.
I'll follow my Akela on my journeys.
And always give Goodwill along the way.

(Repeat first verse)

A Smile is Quite a Funny Thing*Cascade Pacific Council*

(Tune: Auld Lang Syne)

A smile is quite a funny thing.
 It wrinkles up your face,
 And when it's gone you never find
 It's secret hiding place.
 But far more wonderful it is
 To see what smiles can do,
 You smile at one, he smiles at you
 And soon one smile makes two.
 He smiles at someone, since you smile,
 And then that one smiles back,
 And that one smiles until, in truth,
 You fail in keeping track.
 And since a smile can do great good
 By cheering hearts of care,
 Let's smile and not forget the fact
 Those smiles go everywhere.

I Am Special*Cascade Pacific Council*

(Tune: Frere Jacques)

I am special, I am special
 Yes I am! Yes I Am!
 I am very special
 No one else is like me.
 I am me! I am me!

Cub Scout Friends*Cascade Pacific Council*

(Tune: "It's a Small World")

We all come in different shapes and size,
 We all come with different hair and eyes.
 Some are tall, some are short,
 But we're proud to report,
 That we all are Cub Scout friends.

Chorus:

We're alike but different,
 All of us have different strengths.
 No matter what, we do our best,
 We all are Cub Scout friends.

**Mama Please Let Your Babies Grow Up
to be Cub Scouts***Cascade Pacific Council*(Tune: Mama Don't Let Your Babies Grow Up
to be Cowboys)

Cub Scouts are easy to love, or so we've been told.
 They'd rather 'tend meetings than have bags filled with gold!
 They work for their patches and badges,
 Have campouts with friends in the woods overnight.
 If you don't understand them, just pay close attention,
 We'll explain it all to you tonight!

Chorus:

Mama, please let your babies grow up to be Cub Scouts.
 Let 'em earn badges or race derby cars.
 Make 'em Bobcats, Webelos, and B'ars!
 Mama, please let your babies grow up to be Cub Scouts.
 They'll promise their best to God and their country.
 Obeying the Law of the Pack.

Cub Scouts like sleeping outdoors on clear mountain mornings.
 Little warm puppies and children and stars in the night.
 Them that do know him will like him – he follows Akela.
 He's going to grow as he helps the Pack go
 As he strives for his Arrow of Light.

Chorus**Aliens R Us***Cascade Pacific Council*

(Tune: Far Away Places)

On far away planets, with strange sounding names,
 Far away, clear out in space,
 Alien creatures who look nothing like me
 Might think that I have a weird face.

They might think I'm funny, with only two eyes,
 With my nose on my head and no beak,
 With skin that's not purple, and toes on my feet,
 They'd think I was really a freak

So better be careful when you meet someone new,
 Not to judge by their looks, that's not bright!
 Just 'cause they are different and don't look like you
 Doesn't mean you are better or right.

STUNTS AND APPLAUSES**APPLAUSES & CHEERS***Alice, Golden Empire Council*

Show You Care Applause: Demonstrate, then have audience do it three times – Say "Show You Care" as you put one hand over heart, second hand over first hand and bouncing up and down (like a heart beating). Repeat three times.

Let's Walk Together Applause: Audience teams up in twos, with arms linked and walk around in a circle, in place, while saying "Let's Walk Together!"

Johnny Appleseed Applause: Make a motion of taking a big bite out of an apple. Then make a motion of picking out a seed, making a hole with a stick, dropping the seed and "covering" the seed with dirt with your foot. Now say, "There's another Apple Tree!"

Horton Hears a Who Applause:

- ♣ Divide audience into two groups. One group is the "Who" and on signal they say very quietly, "The Who!" as they put their hands on either side of their mouths.
- ♣ The second group says loudly "Who's There?" on signal as they cup a hand to their ear.
- ♣ Point to each group several times in random order, but on the last turn, "The Who" shouts as loud as they can.

Pamela, North Florida Council

BADEN-POWELL APPLAUSE: Stand very erectly with your hands clasped behind your back in parade rest position. Look left to right, then right to left, smile slightly, and then nod head as if saying yes.

APPLAUSE AND CHEER: When you raise your right hand, everyone applauds. When you raise your left hand, everyone cheers. When you raise both hands, they applaud and cheer.

Canned Laughter

Laugh when lid is removed from a can, and stop when lid is closed.

Gee

Cup your hand around the mouth and yell: "GEE, YOU DID A GREAT JOB, KEEP UP THE GOOD WORK! ! ! !"

Variations:

- ✓ Insert the person's name after gee.
- ✓ Insert the person's name as in variation one but also substitute a different phrase honoring the person.

Seeds Cheer.

Become a tiny seed in the ground by crouching down and folding your arms over your bent knees.

Say, "I think I felt a raindrop!"

"There's another raindrop!"

Jump up and say, "Thank goodness for the rain. I thought I would never grow up!"

Kindness Pat.

- ✓ Reach to the person on your left,
- ✓ Pat him or her on the back,
- ✓ Say, "Good job!"

RUN-ONS

Pamela, North Florida Council

- Mother or Father:** Son, there were two pieces of pie that were on the shelf last night. Now there is only one. How did this happen?
- Son:** I don't know. It must have been so dark, I did not see the other piece.
- Cub #1:** Whatcha doin'?
- Cub #2:** Writing a letter to my little brother.
- Cub #1:** Why are you writing so slowly?
- Cub #2:** Cause my little brother can't read very fast!
- Joe:** May I have 25 cents worth of birdseed?
- Moe:** How many birds do you have?
- Joe:** None yet, but I'm gonna grow some!
- Moe:** What did the doctor say to do for your cold?
- Joe:** The doctor told me to drink some lemon juice after a hot bath.
- Moe:** Well, did you drink the lemon juice?
- Joe:** No, I haven't finished drinking the hot bath yet.

What do you get when you cross a pig with a centipede?
Bacon and legs.

Cub #1: Pardon me do you have a watermelon patch?

Cub #2: Why is your watermelon leaking?

Cub #1: Why did you eat that dollar bill?

Cub #2: It was my lunch money.

A man goes to see a psychiatrist -

"Doc, one minute I feel like I'm a wigwam, then I feel like I'm a Teepee.

Then I feel like a wigwam again, and a moment later I'm sure I'm a Teepee. What am I going to do?"

The doctor said, "Just relax son, Your two tents!"

JOKES & RIDDLES

Alice, Golden Empire Council

Elephant Jokes in Honor of Dr Seuss and Horton

- Q: What cheers you up when you are sick?
A: A Get Wellephant card!
- Q: What should you do to a blue elephant?
A: Cheer it up!
- Q: How can you tell when an elephant has been in your refrigerator?
A: Look for elephant tracks in the butter.
- Q: What has 6 legs, 3 ears, 4 tusks, and 2 trunks?
A: An elephant with spare parts.
- Q: What is large and gray and goes around and around in circles?
A: An elephant stuck in a revolving door!
- Q: How can you tell when an elephant is under your bed?
A: Your nose is squashed against the ceiling.

And my personal favorite Elephant joke. I won a Silver Dollar on this from the Editor of the Westwood (NJ) Local (An old time weekly shopper that carried all the Scouting news, Little league and other news. Thank you Mr. Barblinado) when Elephant Jokes first came out. The joke is probably not completely politically correct any more. CD

- Q: Why do ducks have web feet?
 A: To stamp out forest fires.
 Q: Why do elephants have flat feet?
 A: To stomp out burning ducks!!

- Q: What seven letters did Old Mother Hubbard say when she opened her cupboard?
 A: O I C U R M T
 Q: What do you call an oyster that won't share?
 A: A Selfish Shellfish! (Try saying it fast three times!)

Knock, Knocks

Alice, Golden Empire Council

Who's there?
 Cash
 Cash who?
 No, thanks. I prefer peanuts.

Knock, knock.
 Who's there?
 Pecan.
 Pecan who?
 Pecan someone your own size!

SKITS

Baden-Powell & Good Deeds

Alice, Golden Empire Council

Setting:

- An adult dressed as Baden Powell, and standing off to the side of the stage (or a large picture of him, with the sound of his voice coming from off-stage.)
- A group of Cub Scouts are sitting in the middle, looking like they are talking. (moving their mouths and hands, but not saying anything) If possible, it would be great to have stars on the wall behind the boys, with small white Christmas lights, not turned on, but able to be turned on at the end.

Baden-Powell: When I founded scouting, I wanted boys to learn how to take care of themselves. But I also taught them to be kind to others – to do a good deed every day. I often think (that) when the sun goes down, the world is hidden by a big blanket from the light of heaven – but the stars are little holes pierced in that blanket by those who have done good deeds in this world. The stars are not the same size; some are big, some are little, and some men have done small deeds – but they have made their hole in the blanket by doing good before they went to heaven.

- Cub #1:** (Looking at a second boy) Wow, you're doing great – you almost have the Promise memorized! But remember to put in “..to help other people” – Baden-Powell wanted scouts to always do a good deed each day.
- Cub #2:** What kind of good deed?
- Cub #1:** Well, Saturday my family helped plant trees along the river – it was hard work, but fun, too. And boy, did I get dirty!
- Cub #3:** Today, I helped my den leader clean up after we finished our project – that was a good deed, too.
- Cub #2:** So, I need to do a good deed every day? Sounds kind of hard.
- Cub #4:** Well, sometimes you have to work hard to do a good deed – me and my dad helped my neighbor paint his fence – and that was hard work.
- Cub #5:** But sometimes, a good deed is pretty easy. There's a new boy in my class, and he was kind of lost – so I helped him find the cafeteria and meet some of my friends – I guess that was my good deed for the day.
- Cub #2:** Hey, I helped my Mom bring in all the groceries from the car – was that a good deed.
- Cub #6:** Sure, that was a good deed. Just remember to be kind and helpful, and you won't have any trouble doing a good deed each day...
 (pauses, then looks like he has a great idea) Hey, even helping you learn the Cub Scout promise is a good deed!

We Are All Alike, We Are Cub Scouts

Cascade Pacific Council

Have the boy's list different ways that they have seen others being treated unfairly because of their physical challenge. Then have them give ways to correct the situation. Take three or four of those ideas and let the boys role play the situation for the entire pack. In this way they have the opportunity to share with the entire pack and help to develop empathy for the challenges experienced by others.

Always Do Good Turns

Sam Houston Area Council

Akela: “Now, (Cubs name), you know you should always do Good Turns.”

Cub # 1: I tried, honest!

Akela: OK

[Each Cub enters and says similar things to Akela]

Next to Last Cub: [carrying a small frying pan with a “pancake” in it] I did a good turn!

[He flips pancake over and catches it in pan]

Last Cub: But you should see the mess in the kitchen!

Magic Of A Smile*Sam Houston Area Council***Set Up:**

Boy #1 is trying a magic trick.
 Boys 3, 4, and 5 are watching him
 Boy #2 enters, watches, then asks:
 Boy #2: What are you doing?
 Boy #1: I'm a magician!
 Other: Yeah, he's doing magic tricks.
 Boy #2: Oh, really? (Watches, then asks) Why are you doing magic tricks?
 Boy #1: I like to do magic tricks because that makes people happy and when people are happy they smile and I like to see people smile.
 Boy #2: I can make magic!
 Others: Oh, sure! No you can't.
 Boy #2: Yes I can, but I need all of you to help with this magic trick. (Leaves)
 Boy #1: I didn't know he knew how to do magic tricks.
 Boy #3: I'll bet he doesn't know any magic.
 Boy #4: He probably won't even come back.
 Boy #5: He's just showing off.
 Boy #2: (Enters with gardening tools)
 Others: Gardening tools?
 Boy #5: You call that magic?
 Boy #2: No! But with your help and these tools we can make magic.
 Others: Oh, sure! Gardening tools aren't magical. How can they make magic?
 Boy #2: You said magic makes people happy, didn't you?
 Boy #1: Yes, but...
 Boy #2: You said you like to make people happy so they will smile, didn't you?
 Boy #1: Yes, but...
 Boy #2: Well, if we take these tools over to Mrs. Robinson's and clean her front yard, I'll bet she would be happy and she would smile the biggest smile you have ever seen.
 Boy #3: Say, I think you have got magic. I'll rake leaves.
 Boy #4: I'll go and get a lawn mower. I've always wanted to do magic tricks!
 Boy #5: Me too! I'll prune her shrubs. I really like Mrs. Robinson. I'd like to see her smile.
(Boys agree and start to leave)
 Boy #1: Hey, what about my magic?
 Boy #3: We all want to try (boy's name) magic.
 Boy #1: Oh well, I guess I'll go too. Hey, wait for me.

Lost Money*Sam Houston Area Council*

Cast: Several Cub Scouts
Setting: Cub Scout #1 is circling around and looking down at the ground.
 Cub Scout #2: What are you doing?
 Cub Scout #1: I dropped my money and I'm looking for it.
 Cub Scout #2: Well, I'll help you look.
 Cub Scout #1: That would be great if you could help me!
(Other Cubs come up one at a time and ask him what he is doing. He tells them he lost his money and they agree to help look. Eventually there are several boys circling around looking for the money on the ground.)
 Last Cub Scout: What are you doing?
 Cub Scout #1: I'm looking for the money I lost.
 Last Cub Scout: Where did you lose it?
 Cub Scout #1: Down the street by those houses.
 Last Cub Scout: Then why are you looking for it here?
 Cub Scout #1: Because this is where the street light is.

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

Shoe Hunt

Pamela, North Florida Council

Equipment:

Blindfolds or use neckerchiefs.

Directions:

- ✓ Form teams of 5 to 8 participants. Have each team form a circle, sitting on the floor, legs facing toward the center.
- ✓ Each team member removes his right shoe and places it in the center of the circle.
- ✓ Blindfold players, and a den chief or leader mixes up all the shoes.
- ✓ At a predetermined signal, each team member finds his or her own shoe and puts it on.
- ✓ When all team members have their own shoe on, they can remove the blindfolds.

Bell Ringers

Pamela, North Florida Council

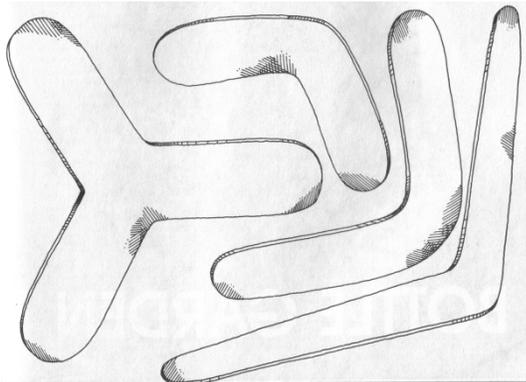
If you hold your Pack meeting in a gym and you think your Scouts can handle it and the room is dark enough have each Scout have a glow stick on their wrist and sit in the middle of the room. Younger Scouts who may be afraid of the dark can sit with their adult parent or guardian. Have leaders facing from the outside of the circle as far against the wall that they can. Distribute bells small or large sleigh like bells and have leaders ring the bell once. Each adult participating will be given a number when handed a bell and sound off when it is their turn. Scouts will then crawl 4 or 5 times towards that sound and stop. Wait 20 seconds or so and then sound the next one. How good are your listening skills? If you color code the light bands you will see which dens get the sound right most often and you can award a snack or bead for the Pack doodle each Scout wears to Pack meetings or Den Doodle for the most correct responses. Have one person on the outside record the most correct responses as well.

With a Little Help from my Friends Relay*Alice, Golden Empire Council*

- ☺ Form teams of 5-6 Cubs and/or family members or sisters and brothers.
- ☺ Each team makes a circle with one player in the middle and the others holding hands around that player.
- ☺ On signal, the team takes off as a group and run to the finish line.
- ☺ Then they start back to the starting line, still holding their places.
- ☺ When the first player crosses the starting line, the team sends another player into the middle and the relay continues till everyone has a chance to be in the middle.
- ☺ Winning team finishes first.

Pay Back Boomerang*Alice, Golden Empire Council*

Since kind deeds come back to us, at least in satisfaction, and boomerangs also return, let the boys make some to play with. To reinforce the "Seeds of Kindness" theme, you might have them write a good deed on each leg of the boomerangs. Real boomerangs are not really a toy, but are used by Australian Aborigines with great skill as hunting weapons. The boomerang is a small flying machine that the player controls by his skill. When thrown correctly, the boomerang will spin through the air in an arc that will return to the thrower. Below are some traditional shapes.

**Materials:**

Thin cardboard, e.g. shoe or cereal box scraps,
Pencil,
Ruler, Scissors

Directions:

- ✓ Enlarge the shapes to be at least 4-6 inches across.
- ✓ Use a pencil to copy the shape onto cardboard, but don't change the shape of the design.
- ✓ Cut out the boomerang with scissors.
- ✓ Let each boy try different shapes, and try different kinds of cardboard to see what works best for each boy.

How to Throw: There are two basic throws. The first one is to hold your hand at eye level and rest the boomerang on the back of your hand with one leg of the boomerang reaching out over your hand. Then use the pointer finger of your other hand to strike the leg of the boomerang sharply.

The second method is a little more difficult, but works best for some people. Hold the middle of the boomerang Very Lightly between your thumb and index finger at eye level, with two of the legs pointing to you. With the pointing finger of the other hand, sharply strike the leg. No matter which method you use, it will take practice to have the skill so that all your boomerang flights return to you.

Sowing (Sewing) Seeds*Pamela, North Florida Council***Equipment:**

Acorns;
Yarn cut into 30-foot lengths

Preparation:

Tie yarn to acorns (one for each team).
Divide the group into five to eight people per team.

To Play:

- First person on each team drops the acorns down his shirt above the neckerchief, then pulls the acorn down and out between two of the buttons on the front of his shirt.
- He keeps holding onto the loose end of the yarn.
- He then passes the acorns to the next person in line.
- The next person drops the acorns down his shirt above the neckerchief, then pulls the acorn down and out between two of the buttons on the front of his shirt.
- He then passes the acorns to the next person in line.
- This continues until all boys have done this.
- The team who is the first to "sew themselves together" wins.

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
- Your 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!

CLOSING CEREMONIES

Compassion Has No Limits
Alice, Golden Empire Council

Gather props, or enlarge the images shown below.

Narrator: Compassion – that was our focus this past month. So let's review:



Cub #1: *(holding up clock or enlarged image)* Compassion is the right choice no matter what time of day or night it is.



Cub #2: *(holding up calendar or enlarged image)* And it doesn't matter what month it is – always practice Compassion!



Cub #3: *(holding up globe, map or enlarged image)* It also doesn't matter where you are – compassion can be practiced across the world!



Cub #4: *(holding up Elephant or enlarged image)* Dr. Seuss' story about Horton Hears a Who shows that it doesn't matter what size you are - You can be compassionate!



Cub #5: *(holding up a picture of Scouts of all ranks or enlarged image)* No matter what rank you are in Scouts, always remember that a Scout is kind and shows Compassion!

(As an alternate idea, you could have real boys come forward from the different ranks of Scouting – and they could then move right into the Closing Flag Ceremony-Alice)

Narrator: So when you leave here tonight, please remember:

All: Compassion Has NO Limits!

Growing Seeds of Kindness*Pamela, North Florida Council***Personnel:**

Cubmaster (CM)
Four Cub Scouts

Materials:

Seeds and dirt,
Seedling,
Small plant,
Large plant

Each Cub Scout is given one object.
Place words on a tag hanging from the plant or
glued to container.

Cub #1: *(with seeds and dirt):*

We can all start seeds of kindness.

Cub #2: *(with seedling):*

The seed will grow when we nurture it and give it
the chance to grow.

Cub #3: *(with small plant):*

With the right kind of help, it will grow and grow,
just as kindness grows and grows.

Cub #4: *(with large plant):*

When kindness grows and grows, it provides shade
and protection for many.

CM: Thank you all for sowing the seeds of kindness
every day as Cub Scouts.

Goodwill Closing Ceremony*Capital Area Council*

Set Up: 8 Cub Scouts each with a sign with one of the letters
on front. The words are written on the back in large print.
Boys say their parts in turn.

Cub Scout #1: **G** - Good Cub Scouts are friends to all.

Cub Scout #2: **O** - **On their honor to obey the pack law**

Cub Scout #3: **O** - **Once they spread seeds of kindness all
around.**

Cub Scout #4: **D** - Doubled friendships will surely be
found.

Cub Scout #5: **W** - Working together to spread the seeds
will make the world a better place.

Cub Scout #6: **I** - Including as friends -- boys from each
faith and race.

Cub Scout #7: **L** - Leaving behind them a path of good
cheer planted from their seeds.

Cub Scout #8: **L** - Let's all practice spreading seeds now
and all through the year.

Seeds Of Kindness Closing*Sam Houston Area Council***Set Up:**

A group of Cub Scouts is talking with the Cubmaster.
The conversation is ending and the Cubmaster says:

Cubmaster: Remember, guys, it's important to be kind
to everyone you meet but, it is most important to be
kind to the people in your family.

The Cubmaster walks off stage.

*The Cub Scouts start to gather closer together
and the conversation continues.*

Cub Scout #1 Wow, I never thought about that.

Cub Scout #2 Yeah, I guess it really is important to be
kind to my family.

Cub Scout #3 My mom is kind when she cooks our
favorite foods. I love it when she makes lasagna.

Cub Scout #4 Mmmmm. Yum! Maybe we can think up a
special recipe for our families.

Cub Scout #5 OK. Let's write down the ingredients.
(Looks for a card and pencil and starts writing.)

Cub Scout #6 Well, we should probably start with a cup of
eagerness. Maybe even three cups. It's important to be
eager to help at home.

Cub Scout #1 Sure, and how about some laughter. Maybe
two cups. Laughter helps everyone feel good at my
house.

Cub Scout #5 This is beginning to look enticing. What
next?

Cub Scout #2 How about some courtesy. Two hands full.
You can never have enough of that at our house!

Cub Scout #3 What about helpfulness? At least a cup and a
half of that!

Cub Scout #4 And the ability to follow instructions. That's
really important to my parents.

Cub Scout #6 Oh, and a gallon of patience... especially
with my sisters! Write that one in big letters!

Cub Scout #5 Hey guys, this is looking really great. Is
there anything we've left out?

Cub Scout #1 I'd say we need at least four cups of love for
each other. In fact, we should add a little more for good
measure.

Cub Scout #2 Yeah. Don't forget to put down the
instructions, too.

Cub Scout #3 Stir it all up. Mix it well.

Cub Scout #4 What will we call it?

Cub Scout #5 How about "A Recipe for a Happy Family."

Cub Scout #6 And make sure to serve generous portions
daily!

Cub Scout Garden of Thoughts
Heart of America Council

Personnel: 7 Cubs dressed in farmer's hats, shirts, levis, etc., with garden tools.

Props: Large cut-outs of vegetables as indicated.

Cub Scout #1: We're Cub Scout farmers who've come your way to share with you, our garden of thoughts for the day.

Cub Scout #2: (holds up carrot) Take care at all times, remembering to do your best each day.

Cub Scout #3: (holds up lettuce) Let us always give a smile to others as we travel down life's way.

Cub Scout #4: (holds up turnip) Be sure to turn up at meetings and participate in pack activities.

Cub Scout #5: (holds up bean) Learn not to put things off, for it's not fun being late.

Cub Scout #6: (holds up beet) In life's game, you can beat if you strive to work with everyone.

Cub Scout #7: (holds up large package of seeds) And now that we've planted some seeds of thought, we'll say good night, for our meeting is adjourned.

The Key

*(This could also be an opening or a skit
but it leaves a powerful message as a closing)*

Baltimore Area Council

Props:

- ✓ A large door marked "Happiness" with easily read letters, big box behind the door
- ✓ Seven cut outs resembling keys each with one word written on it in large letters.

Personnel: Narrator and 7 Cub Scouts.

Outline -

- ★ Each Cub takes his key and tries to open the door.
- ★ As he crosses in front of audience, make sure the key is in front of him with the word facing the audience.
- ★ Have each Cub announce what their key is (read word)
- ★ Have the Narrator give the result

Cub # 1: (key called Effort) - He tries to open the door but cannot unlock it. (He steps aside.)

Cub # 2: (key called Knowledge) - He tries to open door, but cannot (He steps aside).

Cub # 3: (key called Wealth) - Does same as other boys.

Cub # 4: (key called Honesty) - Does as others.

Cub # 5: (key called Truth) - Does as others.

Cub # 6: (key called Cooperation) - Does as others.

Cub # 7: (key called Love) - He opens the door to find a big gift.

Narrator: Love opens the door to happiness because with love comes the gift of sharing your, knowledge, wealth, effort, and honesty, and truthfully in a cooperative spirit. Love is the spirit of caring and sharing. Let us keep the caring, sharing, feeling all year round for that is the Spirit of Scouts.

*Depending on your unit, your location and your audience
you could follow this up with I Corinthians, chapter 13,
"The Love Chapter" CD*

Do More Closing

Sam Houston Area Council

Prop: A candle lit by the leader

Cub Scout #1: This candle represents the spirit of Cub Scouting the world over. It burns today to show the friendship and fun we share.

Cub Scout #2: But there is more that we can do to spread seeds of kindness. Listen:

Cub Scout #3: Do more than belong. Participate

Cub Scout #4: Do more than care. Help.

Cub Scout #5: Do more than believe. Practice.

Cub Scout #6: Do more than be fair. Be kind.

Cub Scout #7: Do more than forgive. Forget.

Cub Scout #8: Do more than dream. Work.

Cub Scout #9: Do more than teach. Inspire.

Cub Scout #10: Do more than live. Grow.

Cub Scout #11: Do more than be friendly. Be a friend.

Cub Scout #12: Do more than give. Serve.

Take Time Closing

Sam Houston Area Council

Set Up:

5 boys can each repeat two lines, or
10 boys can each read a line.

Cub Scout #1: Take time to think.
Thoughts are the source of power.

Cub Scout #2: Take time to play.
Play is the secret of perpetual youth.

Cub Scout #3: Take time to read.
Reading is the fountain of wisdom.

Cub Scout #4: Take time to pray.
Prayer can be a rock of strength in time of trouble.

Cub Scout #5: Take time to love.
Loving is what makes living worthwhile.

Cub Scout #6: Take time to be friendly.
Friendship gives life a delicious flavor.

Cub Scout #7: Take time to laugh.
Laughter is the music of the soul.

Cub Scout #8: Take time to give.
Any day of the year is too short for selfishness.

Cub Scout #9: Take time to do your work.
Pride in your work, no matter what it is nourishes the ego and the spirit.

Cub Scout #10: Take time to show appreciation.
Thanks is the frosting on the cake of life.

All: Good night and take time going home.

CUBMASTER'S MINUTE

A Smile

Alice, Golden Empire Council

A smile costs nothing, but creates much. It happens in a flash, but the memory sometimes lasts forever. It cannot be bought, begged, borrowed, nor stolen, but is something that is of no earthly good to anyone unless it is given away. So, if in you hurry and rush, you meet someone who is too weary to give you a smile, leave one of yours. No one needs a smile quite as much as he who has none left to give.

If It's Harder, It's Even More Important

Alice, Golden Empire Council

Most of us find it pretty easy to understand and relate to someone who is a lot like ourselves – and it's pretty easy to be kind and not be critical. But the true test of being a "Good Scout" is when we can look at someone who is different, who worships a different God, who honors a different flag, who dresses in a different way, and we can put ourselves in that person's place, walk a mile in his shoes, and treat him as we would treat our friends. It's when we see someone who walks or talks or writes in a way that makes us uncomfortable – and instead of pity we feel a kinship – Now THAT'S compassion!

The Act of Compassion

Pamela, North Florida Council

The act of compassion begins with full attention, just as rapport does. You have to really see the person. If you see the person, then naturally, empathy arises. If you tune into the other person, you feel with them. If empathy arises, and if that person is in dire need, then empathic concern can come. You want to help them, and then that begins a compassionate act. So I'd say that compassion begins with attention. - Daniel Goleman

Connect with your World

Pamela, North Florida Council

Self-absorption in all its forms kills empathy, let alone compassion. When we focus on ourselves, our world contracts as our problems and preoccupations loom large. But when we focus on others, our world expands. Our own problems drift to the periphery of the mind and so seem smaller, and we increase our capacity for connection -- or compassionate action. - Daniel Goleman

Compassion and Friends

Pamela, North Florida Council

What does compassion mean? It means when we stop thinking about others and the way things are in others lives or fail to understand, we all become people who just ask, "What is in it for me?" That's pretty small word... of just one.. "me". Yes? Friends come in all shapes and sizes. Some tall, some short, some with not so good eye sight, some who take longer to understand things, some with special chairs that help them around but they are still all people just like you and me. They have feelings, want friends. It is said that in a life time you are pretty lucky to have 1 really really good friend. Ask around. They will tell you that the majority of people will tell you they have or had one really good friend. Maybe two if they were fortunate. I'm talking about a friend who is there for you in any circumstance, give anything to help you (even his last dime), or doesn't run when you are in trouble. That's pretty awesome if you have a friend like that. Why would you avoid anyone just because they might be a little different when in actuality that might be the one really really good friend? Don't miss out in discovering or finding a really good friend just because others may see them as different. See other people as an opportunity to finally finding one really good friend... or maybe even more!

Spreading a Seed of Kindness

Heart of America Council

A friend of mine once told me of being on a long business trip. His car broke down in the middle of nowhere and he was going to be late for a very important meeting. Just then a farmer came around the corner on a hay wagon, and pulled over to see what was wrong. The farmer and his son often fixed their own machinery and they were quickly able to get my friend's car running again.

My friend offered to pay the farmer and his son for their help, but they refused. He insisted that they must take something because they had saved him so much by letting him get to his meeting on time.

The farmer replied that he and his son now had something far more valuable than the businessman could give them. They had helped someone when they did not have to. That gave them a warm feeling about themselves. If they took the money for an act of kindness, then it would simply be a job, and take the feeling of goodwill away.

Keep your feelings of goodwill by spreading seeds of kindness. It will be the most valuable reward you will ever receive.

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** - Bring someone who needs friends. Share belongings with others who may have forgotten something. Be kind to those who may feel uncomfortable being away overnight.



Compassion Character Connection

Carol at www.cubroundtable.com

Bear Book

Character Connection - Compassion.

Achievement 24, "Be a Leader" (Page 174)

- ✓ **Know** - Tell you as a leader, it is important to show kindness and concern for other people. List ways leaders show they care about the thought and feelings of others.
- ✓ **Commit** - Tell why a good leader must consider the ideas, abilities, and feelings of others. Tell why it might be hard for a leader to protect another person's well-being. Tell ways you can be kind and compassionate.
- ✓ **Practice** - While you complete the requirements for this achievement, find ways to be kind and considerate of others.

The Resourcefulness Character Connections is not in the Tiger, Wolf or Webelos Handbooks.

World Friendship Fund

CS Program Helps - 2003-2004, page 6 December and page 10 March

Boy Scouts of America administers the World Friendship Fund to help Scouting associations around the world which are in need of assistance in doing their work. Once a year, BSA asks packs to contribute to this fund. This would be a good time of the year for your pack to demonstrate its goodwill of other Scouters. A free kit or World Friendship Fund materials is available by writing:

World Friendship Fund
International Division, S221
Boy Scouts of America
P. O. Box 152079
Irving, TX 75015-2079

Lighthouse Game

An activity to increase awareness of visual impairments.

The leader is the lighthouse. Half the group will be the ships. They go to one end of the room and put on blindfolds. The other half are rocks and distribute themselves on the floor between the ships and the lighthouse, keeping their hands and feet in to minimize tripping.

The lighthouse says, "Woo, Woo" to guide the ships. The rocks go "Swish, Swish" quietly to warn the ships of their presence.

On "Go," the ships navigate between the rocks to the lighthouse. If they touch a rock, they are sunk and must sit on the floor (and go "swish, Swish" also). When all the ships have made it to the lighthouse (or have been sunk), the rocks and ships switch places.

After playing the game and making contributions to the World Friendship Fund, lead a den discussion:

- What does being *Compassionate* mean?
- What does it mean to have compassion for other people? Can you think of what compassion shows others about you?
- Can you think of a time when someone was kind or compassionate towards you? How did that make you feel? How would you have felt if the person or people were not kind or compassionate?
- What are two ways you can show compassion at school?
- How can you show compassion for someone who is having a difficult time? What can you do to show others that you have compassion? Can you think of a person who would benefit from compassion?

World Conservation Panda

CS Program Helps - 2003-2004, page 6 December and page 10 March

Makes panda magnets, magnets, neckerchief slides. Or pencil toppers. Use white and black pom poms and wiggle eyes. Attach a piece of magnet to the back or a piece of ½ " PVC pipe to make it into a neckerchief slide.

Character Connection: Compassion

The World Conservation pandas represent animals that are endangered in our world. We have an obligation to our future to protect all creatures.

- What do you think will happen to the animals of our world if their environment is destroyed? What does it mean to have compassion?
- Do you feel like you have compassion for animals? How would you feel if someone didn't care about you?
- What might make people feel compassion for animals? What can we do to show compassion for animals?

Differences Awareness Trail

RT Planning Guide 2003-2004 page 47

Set up a variety of stations where boys can experience various physical challenges. Challenges might include stations where boys:

- ✓ Wear eyeglasses smeared with petroleum jelly to simulate impaired vision.
- ✓ Place cotton in the ears or wear ear protectors to simulate impaired hear.
- ✓ Tie magazines around the knees to simulate walking difficulties. If available, have boys attempt to use a walker.
- ✓ Are given a copy of the sign language alphabet. Have someone sign different sayings from a Cub Scout handbook.
- ✓ Are give directions to perform a simple task from someone speaking in a foreign language.
- ✓ Are given a copy of the Braille alphabet. From a Braille board made with dots of hot glue on a piece of cardboard, the boys try to "read" different words and phrases.

- ✓ Have 2 fingers wrapped together to simulate a broken finger, then attempts to tie his shoe.
- ✓ Use a balance board to simulate inner ear problems.
- ✓ Use a pair of crutches or a walker and attempt to negotiate an obstacle course.
- ✓ Use the opposite hand and attempt to write his name.
- ✓ Wear heavy work gloves to stimulate difficulty with gripping objects and try to stack pennies.
- ✓ Use only one arm and try to put on and button up; a jacket or sweater.

Late Breaking News

CS Program Helps - 2004-2005, page 10 January

Have the boys sit in a circle.

The object of the game is for each boy to add three words to a single story as it is passed around the group. The three words should help describe an incredible news story, the funnier the better.

The leader should begin the story slowly by saying something like, "Late last night,"

The second person might add, "...A green monster...";

And so on. If someone gets stuck and can't think of anything to add, keep going and go back to that person later.

Keep the game moving along.

Character Connection: Compassion

How do you decide what gets printed or reported? What choices did you make when you decided what to report?

- ✓ Why is it important to decide what to write about?
- ✓ Think about a time when someone said something dishonest about you. What was your reaction? How did it make you feel?
- ✓ How can you show that you have compassion for other's feelings?

One-Of-A-Kind Pet

CS Program Helps - 2004-2005, page 6May

Materials:

- Craft odds and ends so that each Cub can create a pet that is one of a kind.
- For the body; a stuffed sock, block of wood, box, rock, empty tin can or even a berry basket.
- Additional materials may include construction paper, paper plates, plastic utensils, pipe cleaners, craft sticks, etc.

Directions:

- Cubs (and partners) may finish this project at home.
- Boys will bring their pets the following week so they can show their new pets to the rest of the den and tell their names, high light the kind of body they have, show how many legs they have, show the tail, etc.
- They can describe where the pets came from, what they eat, what they sound like, what they like to do, whether they live on land, in the water, or can fly, etc.

Character Connection: Compassion

- What do you think about the life of the animals at the shelter?
- When you give something to help, is it compassion? What does it mean to have compassion?

- Do you feel you have compassion for the animals at the shelter? How do you think the animals will react when they get these things?
- What else can you do to show compassion for these animals? Are there other animals we can feel compassion for (such as those in the rainforest, or endangered species)?

Cubmaster's Minute: Animal Skills

Cub Scout Program Helps 2004 -2005 page 4 May

With all the wonderful skills dogs can learn, there is one thing they cannot do. Dogs cannot see colors. As a matter of fact, monkeys and apes are the only animals that can see colors.

Do you ever feel like you cannot do something because you are too small, too clumsy, or too young? Well, next time you do, remember the dog and how he can retrieve objects, guide the blind, track lost people – all without being able to distinguish colors. We all have our special talents.

Nature Field Trip

Cub Scout Program Helps 2005- 2006 page 6 April

Lead a discussion related to the field trip:

- When we care about and try to help our fellow creatures, we call that compassion.
- Where do you see or feel compassion? For someone at school or in your family?
- How can you show that you have compassion for someone or something? What could you do to show others you have compassion for them?

Compassion -

2004 Pow Wow Book by Great Salt Lake Council

Having consideration and concern for the well-being of others. Don't isolate or exclude anyone. Everybody has something valuable to offer, and nobody likes being left out. Help your Cubs be aware of the needs of others. Disabled children deal with limitations imposed in their everyday lives.

Game - Fumble Fingers. Divide the den into two teams. Tell players to untie their shoelaces. Then tell them to put one hand behind their back (or tie one hand to belt). On "go", each team tries to tie their shoelaces, with each player using only one hand. First team finished wins. If this is too hard, allow boys to help each other, each using only one hand and working together.

Game - 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: chairs, tables, stools, etc., Between them and the other end of the room. Blindfold the first player on each team. On "go" 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 off the next Player, who is already blindfolded. Continue until all team members have raced. First team finished wins.

Our Feathered Friends

2005 Pow Wow Book by Great Salt Lake Council

Use Dominos to demonstrate the chain reaction effect of showing compassion.

Line the Dominos up in a row as you mention compassionate deeds. Then knock the last Domino over to illustrate how showing compassion spreads. Add more compassionate deeds as necessary.

Example:

- 1) Build a birdhouse
- 2) Build a birdfeeder
- 3) Build a birdbath
- 4) Do not disturb a bird's nest

Compassion Reflection on Dominos:

- What do think will happen to the birds if their environment is destroyed?
- What does it mean to have compassion?
- Do feel like you have compassion for birds?
- How would you feel if someone didn't care about you?
- What can you do to show compassion for birds?

Butterfly Activity

Cub Scout Program Helps 2006-2007 page 6 May

Compassion - We've created three stages of a butterfly-- caterpillar, cocoon, and butterfly. (Tiger Elective 2)

- Has this helped you understand this animal and the challenges it faces in its life cycle?
- Do you want to be careful when you see a caterpillar? That is . How can you show compassion for other things?
- What can you do to practice compassion in the week ahead?

Create A Caterpillar (Tiger Elective 2)**Materials:**

- Section of a paper egg carton (three cups long so you can get four per dozen eggs),
- Craft paints, paintbrushes,
- Chenille stems, small pompoms,
- Wiggle eyes,
- Craft glue,
- Pencil

Directions:

- Give each Tiger Cub a section of egg carton (the caterpillar).
- Allow him to decorate it.
- Give each boy two 1½-in. pieces of chenille stem.
- Glue a small pom-pom to one end of each of the chenille stems.
- Have adult partners use the pencil to poke a small hole in each side of the caterpillar head for the chenille stem antennas.
- Glue the wiggle eyes to the front of the caterpillar.

Cocoon Model**Materials:**

- Small twig,
- Lots of yarn or string (depending on thickness—at least 10 ft. Per boy),
- Small piece of cardboard (1 by 3 in.),
- Scissors, tape

Directions:

- Curve the corners of cardboard so that it is roughly oval shaped.
- Use a small piece of tape to secure one end of the yarn to the cardboard.
- Have the Tiger Cub wrap the rest of the yarn around the cardboard to form a cocoon.
- Be sure to cover all of the cardboard. Use the end of the yarn to tie it around a twig.

Butterfly Magnet (Elective 2)**Materials:**

- Round coffee filters,
- Watercolor paints or markers,
- Black chenille stem,
- Spray water bottle, magnetic strip (optional)

Directions:

- Lay the coffee filter flat.
- Use watercolor paints or water-soluble markers to draw designs on it.
- Spritz lightly with water until it is slightly damp but not drenched. The colors will bleed some.
- Let dry for a few minutes.
- Fold your chenille stem in half.
- Gather the coffee filter along the center and place it at the bend in your chenille stem.
- Twist the chenille stem shut and then spread out the ends to form antennae.
- Add a magnetic strip to the back of the chenille stem so that you can display your butterfly on the refrigerator

For other **COMPASSION**
Character Connection Activities go to ·

<http://www.cubroundtable.com/assets/pdf-documents/2002-2010%20Character-Connections-Packet.pdf>

March - A Month to Celebrate Compassion

Alice, Golden Empire Council

American Red Cross Month

Visit a local office or invite a representative to come and talk about how they help people in need, and how even Cub Scouts can help do that job. You might be able to do a service project!

First Week:**Newspapers in Our Schools Week**

Many newspapers have special sections during the year for students to use – and special programs for students to use newspapers in the classroom – those inserts can often be GREAT for scout activities (I have gotten inserts about Birds, Local Environmental Issues). Also, I was able to get signed up as a scout leader in order to get the same information and resources as they offer to local educators – so I had a built-in program I could use with my den with a little adjustment – worth a try! (Alice)

Look through the local newspaper for stories about people who are demonstrating compassion by doing good for others – or helping overcome prejudice and misunderstanding.

Second Week:**Crochet Week**

There is a Humanitarian Aid project that delivers scarves or caps to help people keep warm -

And it's not just for girls!

Did you know that the Master Weaving in the British Isles was originally restricted to men and boys?

Boys can learn to do hand crochet, which can be used for several simple projects. Or invite a “guest expert” family member from the pack to come and talk about their experience in making scarves, caps and mittens – or baby clothes or even larger items as a service to those in need.

March 1st

Share a Smile Day – Now there's a “little thing” that everyone can enjoy;

Want some fun??

Have a Smiling Competition to see who can smile the longest – without laughing!

Share some Apple Smile Treats from Cub Grub.

March 2nd

Dr. Seuss' Birthday & Read Across America Day –

Combine both celebrations by reading “Horton Hears a Who” – it's a book that teaches compassion by example in a really fun way! Horton hears a tiny voice one day and discovers a whole other world existing on a small speck of dust. Despite kangaroos, jungle monkeys and an eagle named Vlad Vladikoff, Horton saves his microscopic friends and helps them get the respect they deserve - "Because, after all, a person's a person, no matter how small."

March 3rd



National Anthem Day

The *Star-Spangled Banner* is the national anthem of the United States of America. It was written by Francis Scott Key. National Anthem Day celebrates this song, and the rich history behind its creation. The song officially became our national anthem on March 3, 1931.

Celebrate today by proudly flying the flag. Also listen to and sing the *Star-Spangled Banner*.

A rich history.....

Many people think the *Star Spangled Banner* was written during the Revolutionary War. It was actually written during the war of 1812 (1812-1814).

In August 1814, the British army detained Dr. William Beanes as a prisoner of war. He was a friend of Francis Scott Key. On Sept. 13, 1814, Francis Scott Key and a U.S. negotiator boarded a British vessel where Beanes was being held. He negotiated his friends' release. But then, Francis Scott Key was detained that day along with the negotiator. They were held until after the attack on Fort McHenry, which guarded the harbor and city of Baltimore.

He watched the bombardment of the fort from the ship. The next morning, he was ecstatic to see that the American flag was still flying over Fort McHenry. This historic event inspired Francis Scott Key to write "The Star-Spangled Banner" the following day (September 14, 1814).

Correcting the confusion.....

Some people incorrectly assume that National Anthem Day is September 14, the day the song was written. This is incorrect. National Anthem Day is every March 3rd, in celebration of the day in 1931 that congress voted the *Star-Spangled Banner* our national anthem and President Herbert Hoover signed the bill.

March 4th

Hug A G.I. Day - The men and women in our armed forces deserve our thanks and appreciation. They risk their lives for our freedom, and to keep us safe. A simple hug is a small thanks for this vital service to our country. Here are two simple ways to "give a hug:"

First, make up some little snack bags of those chocolate kisses and hugs – share them with local military personnel.

Second, "give a hug" by using this simple motion to say THANKS to military personnel wherever you see them – especially if you don't feel comfortable giving a real hug. Use this sign to say "Thank you from the bottom of my heart" by placing your hand over your hear, then pulling it down and out, bending at the elbow hand flat, palm up, angled toward the person you're thanking – you can mouth the words if you want.



thank you.

March 6th

Oreo Cookies went on sale for the first time in 1912 - Play the "Smack Dab in the Middle Game" in the GAMES section - and be a good friend – share some Oreos and milk with someone!

March 12th

Girl Scout Day recognizes and celebrates the birthday of GSA on March 12, 1912. Lady Olave Baden-Powell, the wife of Lord Baden-Powell, founded Girl Guides in England. On March 12, 1912 Juliette Gordon Low started the first Girl Scout group in Savannah Georgia with 18 girls. Here's a way that Cub Scouts can help our sister organization – offer to help a local Girl Scout troop set up their cookie booth.

March 13th

Buzzard Day - I bet you think of a buzzard as a "gross" bird – but have some COMPASSION – check out the Fun Facts About Buzzards. You will be surprised! (And it's often the same way with people who are different, or groups you think you don't like – if you find out about them, or get to know them, you might be surprised!)

March 16th

Freedom of Information Day – Webelos working on the Communicator Activity Pin, and people who need information to help someone, will certainly celebrate this day!

March 17th

St. Patrick's Day – The Patron Saint of Ireland was a kind man – and you can share his compassionate nature by making special cards to take to visit elderly or shut-ins. You could also take them a treat of some fruit, or even some scones! (See recipe in Cub Grub)

March 18th

Johnny Appleseed Day – Check out the fascinating story of John Chapman, who became known as Johnny Appleseed after he planted thousands of apple seeds all over America so that future settlers would have fruit and shade – and birds would have a place to nest. He was a great example of compassion, doing something for others without any payment or expectation – and because he knew he was providing something they might need and use! For more information and ideas, go to:

<http://www.applejuice.org/johnnyappleseed.html> or www.enchantedlearning.com/school/.../Appleseedindex.shtml

March 20th

First Day of Spring – The perfect time to take a hike to look for signs of Spring – sights and sounds! See how many you can find!

March 28th

Pencil with an eraser patented in 1858 – Just imagine, before then, your pencil would have no eraser! And you can use a pencil with an eraser to make "Whoville" on a stick!

Something on a Stick Day – Have some Hot Dogs on a Stick, or some Fruit Kabobs!

Crazy Holidays

Jodi, SNJC Webelos Resident Camp Director 06-11

March is:

- ♣ Irish American Month
- ♣ Music in Our Schools Month
- ♣ National Craft Month
- ♣ National Frozen Food Month
- ♣ National Irish American Heritage Month- designated by Congress in 1995.
- ♣ National Nutrition Month
- ♣ National Peanut Month
- ♣ National Women's History Month
- ♣ Poetry Month
- ♣ Red Cross Month
- ♣ Social Workers Month

Did you Know?

March was named for the Roman God "Mars"

Week Celebrations:

- ♣ 2nd Week National Bubble Week
- ♣ 2nd Week Crochet Week

Each Day:

- | | | | |
|----|--|----|---|
| 1 | National Pig Day | 15 | Ides of March |
| 1 | Peanut Butter Lovers' Day | 15 | Incredible Kid Day |
| 2 | Employee Appreciation Day first Friday in March | 15 | Dumbstruck Day |
| 2 | National Salesperson Day - first Friday in the month | 16 | Everything You Do is Right Day |
| 2 | Old Stuff Day | 16 | Freedom of Information Day |
| 3 | I Want You to be Happy Day | 17 | National Quilting Day - third Saturday of month |
| 3 | If Pets Had Thumbs Day | 17 | Submarine Day - the hero sandwich or the boat?? |
| 3 | National Anthem Day | 17 | Saint Patrick's Day |
| 3 | Peach Blossom Day | 18 | Goddess of Fertility Day |
| 4 | Holy Experiment Day | 18 | Supreme Sacrifice Day |
| 4 | Hug a GI Day | 19 | Poultry Day |
| 5 | Multiple Personality Day | 20 | International Earth Day |
| 6 | Dentist's Day | 20 | Extraterrestrial Abductions Day |
| 6 | National Frozen Food Day | 20 | Proposal Day |
| 7 | National Crown Roast of Pork Day | 21 | Fragrance Day |
| 8 | Be Nasty Day | 22 | National Goof Off Day |
| 8 | International (Working) Women's Day | 23 | National Chip and Dip Day |
| 8 | Popcorn Lover's Day second Thursday | 23 | Near Miss Day |
| 9 | Panic Day | 24 | National Chocolate Covered Raisin Day |
| 10 | Middle Name Pride Day | 25 | Pecan Day |
| 11 | Johnny Appleseed Day | 25 | Waffle Day |
| 11 | Worship of Tools Day - guys, you can relate | 26 | Make Up Your Own Holiday Day |
| 12 | Girl Scouts Day | 27 | National "Joe" Day |
| 12 | Plant a Flower Day | 28 | Something on a Stick Day |
| 13 | Ear Muff Day | 29 | National Mom and Pop Business Owners Day |
| 13 | Jewel Day | 29 | Smoke and Mirrors Day |
| 14 | Learn about Butterflies Day | 30 | National Doctor's Day |
| 14 | National Potato Chip Day | 30 | I am in Control Day |
| 14 | National Pi Day - Why today? Because today is 3.14, the value of Pi. | 30 | Take a Walk in the Park Day |
| 14 | Albert Einstein's Birthday | 31 | Bunsen Burner Day |
| 15 | Everything You Think is Wrong Day | 31 | National Clam on the Half Shell Day |

Fun Facts On Kindness

Alice, Golden Empire Council

- ☺ Giving a smile is actually easier than giving a frown – it takes fewer muscles!
- ☺ In 2007, 163,000 volunteers at the National Park Service donated 5.4 million hours of time worth \$101 million or the equivalent of 2,596 full time employees!
- ☺ 80% of the people in this county give to nonprofits.
- ☺ Only 10-12% of financial giving is provided by foundations and 5-6% comes from corporations.
- ☺ Most of the money given by individuals is from middle and low income people, not the super wealthy!
- ☺ Eleven percent of households contributed to religious causes only.
- ☺ Twenty-one percent of households contributed to only secular causes.
- ☺ Thirty-four percent contributed to both religious and secular causes.
- ☺ Only 28.8% of the people in this country do the actual volunteer work for the many service organizations and projects in this country – so your time does matter!
- ☺ Recognition in front of their peers is the most valued form of “payback” for volunteers – so remember to recognize parents, leaders and others who help your scout program!
- ☺ The median amount of time that people volunteer is 52 hours a year, ranging from 21% who spend from one to fourteen hours up to the 28% who donate between one hundred and four hundred hours a year.
- ☺ Doing a good deed actually changes the body physically – endorphins create a feeling of well-being when a good deed is done.

Some Personal Rules For Satisfying Giving:

Alice, Golden Empire Council

- **Give anonymously** – not knowing who the benefactor is leaves the receiver feeling loved by and grateful to all!
- **Keep your eyes and ears open – when you see or hear of a need, fill it!**
- **Be creative** – and let children offer their creative ideas as well.
- **Share the bounty – if you have season tickets to a sports event, concerts, theatre and can't use them, share them.**
- **And of course, you can literally share the bounty** – flowers or produce from your garden, or even the seeds from a successful growing season!
- **Let everyone participate** – even the youngest children can make play doh (recipe in Cub Grub) or pick out pictures to use to make a picture dictionary for another child.
- **Make an inventory of the talents and supplies available to you** – you might be surprised at how much you have to offer!
- **Keep a “Giving” Diary** – it could be personal, family or a scrapbook for a den or pack project. Include pictures of preparations, and ask everyone how doing the service project made them feel.
- **Think about personal passions** – if you are especially interested in the environment, help clean up a local creek

or “adopt” a local bus stop or neighborhood playground. Make a commitment to go by on a regular basis and pick up trash. Another environmental way to share seeds of kindness is by giving a gift of trees (\$60) or a share of seedlings (\$10), both thru Heifer International. (See websites)

- **Contact local volunteer bureaus for some ideas for a project you can do.** If you don't know where they are, check with a local librarian – she will have a listing of local possibilities.
- **Recognize other people and what they contribute.** Every week choose people who quietly perform service – the church organist, the neighbor who takes in your garbage can – send them a thank you note or put a container of cookies or some flowers on their doorstep by way of saying “thanks for what you do.” Boys could also give service to a Cubmaster, grandparent, pack chair, or someone else who helps make the scout program go.

Fun Facts About Vultures

Alice, Golden Empire Council

- ✎ Buzzards are actually gentle birds – they can't kill their prey. And if they disappeared, we'd be overrun with dead animals!
- ✎ Buzzards are actually vultures – and they can only hiss or grunt, since they don't have voice box!
- ✎ They are the most graceful fliers in the world, even though they look ugly and awkward up close!
- ✎ Vultures are bald for a good reason – so the carrion (dead meat) they eat doesn't stick to them.
- ✎ The naked red heads of the adult turkey vultures look like (surprise) turkeys!
- ✎ They can smell carrion from over a mile away. They also have good eyesight!
- ✎ During the hot summer months turkey vultures will “poop” on their feet to cool them off.
- ✎ Turkey vultures don't build a nest, and they pick really hard to find places to use!
- ✎ Vultures mate for life.
- ✎ The California and Andean Condors are actually in the vulture family.
- ✎ As groups of vultures catch thermal updrafts they look like water boiling in a pot – so they are called kettles. Turkey vultures have been reported by aircraft pilots to rise to as high as 20,000 feet and soar for hours without flapping their wings.
- ✎ Turkey vultures can travel up to 200 miles a day, and they don't eat while they are traveling!
- ✎ They are very large, but only weight 2-3 pounds, so they can “float” in columns of rising air for hours – and they don't flap their wings, but just rock from side to side and ride the currents!

- ✎ Hawks look for “kettles” – groups of flying vultures – because they know the vultures always find the best thermals!
- ✎ Turkey vultures can swoop up to 60 mph in order to avoid being "mobbed" by ravens or jays.
- ✎ Turkey vultures can live up to 24 years.

PACK & DEN ACTIVITIES

Compassion Ideas

Alice, Golden Empire Council

Remind yourself every day to look for opportunities to be kind. When someone drops a pencil, struggles to get packages through a door, take the opportunity to help.

Have each boy commit to doing a kind deed each day for the next month. Share the story of the unknown London Scout who helped Jim Boyce find his way in the fog – bringing scouting to America was a direct result of this kindness!

Bake cookies or rolls as a family or den and then have fun doing “doorbell ditching” – a favorite for all seven of my children when they were young. We would park around the corner, then one family member would ring the doorbell and race back into hiding. If you really want to enjoy it, NEVER admit it was you!

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 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!



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.

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.

Team up with your chartered organization - If they have a site, the Pack can provide man hours, tools, seeds, etc. needed for an urban garden. Produce can be given to a local food bank or Senior Gleaners.

Collect blankets and towels for a pet shelter – Check with a local shelter, wild animal care center or veterinarian for what they need first.

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)

Have a display of the various organizations that partner with BSA – there are suggestions for individuals, units and organizations. And don’t forget to report on your service project at:

<http://www.scouting.org/awards/journeytoexcellence.aspx>

check the box about service hours to either register or report additional hours

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/ or 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 7th – Play “Smack Dab in the Middle” game and then enjoy cookies & milk!

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.

Differences Awareness Trail

Pamela, North Florida Council

Set up a variety of stations where boys can experience various physical challenges. Stations ideas might include where Scouts:

- ✓ Wear eyeglasses smeared with petroleum jelly to simulate impaired vision.
- ✓ Place cotton in the ears or wear ear protectors to simulate impaired hearing.
- ✓ Tie magazines around the knees to simulate walking difficulties. If available, have boys attempt to use a walker.
- ✓ Are given a copy of the sign language alphabet. Have someone sign different sayings from a Cub Scout handbook.
- ✓ Are given directions to perform a simple task from someone speaking in a foreign language.
- ✓ Are given a copy of the Braille alphabet. From a Braille board made with dots of hot glue on a piece of cardboard, the boys try to “read” different words and phrases.
- ✓ Have two fingers wrapped together to simulate a broken finger, then attempt to tie his shoe.
- ✓ Use a balance board to simulate inner ear problems.
- ✓ Use a pair of crutches or a walker and attempt to negotiate an obstacle course.
- ✓ Use the non-dominant hand and attempt to write his name.
- ✓ Wear heavy work gloves to stimulate difficulty with gripping objects and try to stack pennies.
- ✓ Place dried beans or peas in shoes to walk in to assimilate arthritis so many of our elderly have.

Pamela, North Florida Council

- ✓ Borrow a wheel chair (2 or 3 if you can for a race) if you can and have Scouts pick up a ball and then race across the room through an obstacle course and drop off the ball and return. Compete between groups. This was an awesome center even for Boy Scouts.
- ✓ Have an adult shout and give directions really really fast. Then ask why they weren't doing it faster. This assimilates one of the aspects of autism and something my autistic Eagle Scout especially has a problem with. (Yes there are autistic Eagle Scouts!) Or show a long sequence of numbers quickly and ask what the sequence is. Ask Scouts: “Why can't you recall it? I just showed it to you? Just write it down now quickly.”

Reflections

After all, or what parts you decide to do (4 or 5 stations is probably best), have the boys sit on the floor in a large circle and sit with them and the den leaders.

- ✓ Ask what did they think was the hardest and why?
- ✓ Ask what was easy?
- ✓ Explain the different stations and ask what they think the stations represent.
- ✓ Ask what did they learn and how can we help those with those disabilities?

If you can get someone from any of the categories you choose for you pack or even den it will be immeasurable what they and your parents can learn as well as an awareness and compassion for those that seem different, but also aware that they are still a lot like all of us. The guest speaker may be able to provide more empathy projects like these to enhance what you want them to learn. Ask them what your Scouts can do to help others who have these accommodation needs and share this with the Pack when they speak. I would advise asking someone who knows more than a few answers about each category you have chosen to depict. Scouts will ask and that is great. The more we know the more we can care and grow in understanding each other.

Since its founding in 1910, the Boy Scouts of America has had fully participating members with physical, mental, and emotional dis**ABILITIES**. The first Chief Scout Executive, James F. West, had a dis**ABILITY**.

DEN MEETINGS

Wendy, Chief Seattle Council

Tell the story of the Warm Fuzzies, and have the boys make warm fuzzy neckerchief slides to remind them to be kind.



Warm Fuzzy Story:

especially kid friendly version:

<http://atccamp.tripod.com/id11.html>

Original version:

<http://www.helpothers.org/story.php?sid=10041>



Warm Fuzzy Neckerchief Slide: hot glue a pompom to a small elastic pony tail holder. Glittery pompoms would be especially nifty. – *W.M.*



TIGERS

Wendy, Chief Seattle Council

Meeting #13

- DO:** E. #26, Practice making phone calls
 E. #27, Dealing with emergencies
 E. #12, Make two cards or decorations for a long term care facility
 E. #15, Mix primary colors to make secondary colors

Meeting #14

- DO:** E. #43, Veterinarian or animal groomer fieldtrip.
 E31, Learn about an animal.

Card Ideas



Talking Frog Card:

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



Simple Pop-up Card;

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

Pet Ideas

For more ideas, see the themes:

'01 "Man's Best Friend"

<http://www.scoutingthenet.com/Training/Roundtable/Handouts/01/02/>

'05 "Cub Pet Pals"

<http://www.scoutingthenet.com/scouting/Training/Roundtable/Handouts/05/04/>

If scoutingthenet doesn't work, use these links:

<http://usscouts.org/bbugle.asp>,

<http://www.macscouter.com/CubScouts/>

Activities

Virtual Pet Show

Piedmont Council

Instead of having a real pet show, boys bring drawings or photos of their pet. Each boy stands next to his pet's photo and talks about his pet. They can also bring one or two of their pet's favorite toys, food, or maybe a taping of the pet's voice. Those boys who do not have pets may create imaginary ones (pet dinosaur? pet gorilla?) and have a showing with drawings and other paraphernalia.

Pet Rocks:



<http://familycrafts.about.com/od/stoneandrock/ss/petrocks.htm>



<http://crafts.kaboose.com/pet-rocks.html>

Pet Rock Home:

<http://www.wikihow.com/Create-a-Home-for-Your-Pet-Rock>



Caring for your Pet Rock:

<http://www.wikihow.com/Care-for-Your-Pet-Rock>



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/>



Pom Pom Pets:

<http://familyfun.go.com/crafts/pom-pom-party-922862/>

Shrink Art Back Pack Dangles: Using permanent markers, draw dog bones, paw prints, easy cat & dog faces, fish, etc. on white Styrofoam clam shell take-out containers. Cut out the pictures, and punch holes in the top of the shapes with a hole punch. Bake on foil-lined cookie sheets, at about 275 degrees (or more, if the shapes aren't shrinking), for 3-5 minutes. The shapes will shrink to about ¼ their original size. Using string, attach shapes to a lanyard clip. Add beads if desired.

Pet Treats: make treats for pets, using one of the recipes found in the treat links below.

For more activities, look in:

'01 Baloo's Bugle "Man's Best Friend" p. 7-9.

'01 Santa Clara "Man's Best Friend" p. 3; 24-28.

'05 Baloo's Bugle "Cub Pet Pals" p. 9-12.

'05 Santa Clara "Cub Pet Pals" p. 3; 17-19.

Games

Obedience School

Baltimore Area Council

Based on Simon Says, preface the commands with "The Trainer Says" Use appropriate dog tricks or behaviors such as lie down, beg for a treat, roll over, speak (woof), scratch your ear, wag your tail, show your tongue and pant.

Animal Charades

Circle 10 Council

Charades is a great game -- indoors or out -- for toddlers or mixed age groups. Everyone sits in a semi-circle and, one at a time; each child is given the name of an animal to act out (without sound). You can simplify the game by saying -- this is a barnyard animal, an animal from Australia, or the zoo.

For more games, look in:

- '01 Baloo's Bugle "Man's Best Friend" p. 5-6; 11.
- '01 Santa Clara "Man's Best Friend" p. 5-6; 18-20.
- '05 Baloo's Bugle "Cub Pet Pals" p. 7-8; 15-16.
- '05 Santa Clara "Cub Pet Pals" p. 5-7; 20-23.

Songs (Tiger E6)

Bingo

Baltimore Area Council

There was a farmer, had a dog,
And Bingo was his name-O
B-I-N-G-O, B-I-N-G-O, B-I-N-G-O,
And Bingo was his name-O.

There was a farmer, had a dog,
And Bingo was his name-o.
(Clap)-I-N-G-O, (Clap)-I-N-G-O, (Clap)-I-N-G-O.
And Bingo was his name-O.

(Repeat. Each time replace one more letter of Bingo's name with a clap.)

For more songs, look in:

- '01 Baloo's Bugle "Man's Best Friend" p. 11-12.
- '01 Santa Clara "Man's Best Friend" p. 21-23.
- '05 Baloo's Bugle "Cub Pet Pals" p. 17-18.
- '05 Santa Clara "Cub Pet Pals" p. 15-16.

Treats

Goldfish crackers & Swedish fish would make good treats.



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>

For more people & pet treats, look in:

- '01 Baloo's Bugle "Man's Best Friend" p. 12-13.
- '01 Santa Clara "Man's Best Friend" p. 29-30.
- '05 Baloo's Bugle "Cub Pet Pals" p. 12; 18-21.
- '05 Santa Clara "Cub Pet Pals" p. 23-26.



WOLF

Wendy, Chief Seattle Council

Wolves are working on Electives #10 American Indians and #14 Pets.

Den Meeting 13: E14 Pets

E14b What to do when meeting a strange dog

E14c Read a book about a pet a talk about it at den meeting

E14d Rabid animals.

Den Meeting 14: E10 American Indians

Pet Ideas

For pet ideas, see the Tiger section above.

American Indian Ideas

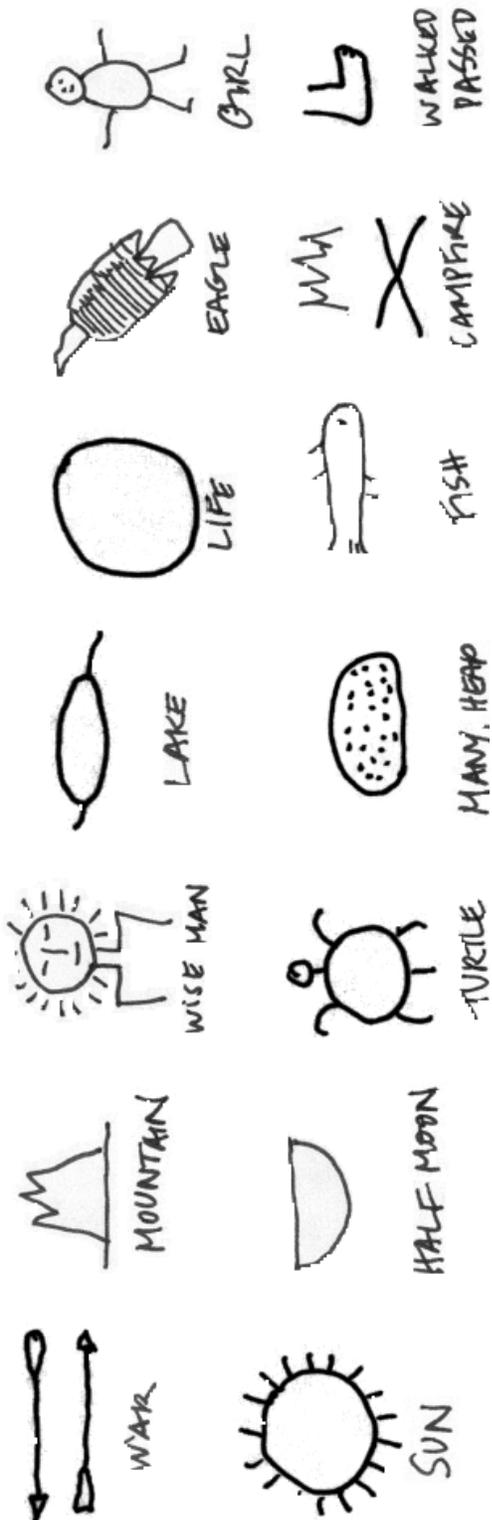
Pictograph Story (Wolf E10f)

from '02 Santa Clara Pow Wow Book

Materials: Brown paper grocery bag, marking pens (assorted colors), yarn, ribbon or string.

Directions: Cut bag at seams. Smooth flat. Create an animal skin by tearing edges of bag. Use word

pictures to tell a story. When finished, roll up and tie with yarn or string. Indian drawings are in the Wolf book.



Say “hello” in another language (Wolf E22a): “Hau” or “Yahht-e’eh”(Navajo).

Musical Instruments (Wolf E10b)

Drum: using permanent markers, color or trace a native American design onto a beige heavy duty shower curtain. Cut around the patterns, and duct tape it to a large coffee can or plastic flower pot. Alternatively, you can duct tape a plastic plate to the top of the can or pot. Decorate the sides of the drum with paint or more duct tape.



Rattle: Cub Scout How To Book, p. 5-42. If you use tree branches and brown craft paper for the paper mache, the rattle looks like it has been made from an animal hide, and looks quite authentic. You can find rolls of craft paper in the painting aisle of the home improvement store.



Rainstick: ‘6-‘7 Program Helps, March p. 6. or the Cardinal District Round Table Handout: <http://www.cardinaldistrict.net/docs/cubrthandout200702.pdf> You can use the pictograph story from above to wrap around your rain stick.

Materials: Cardboard tube (wrapping paper tube or mailing tube), aluminum foil, unpopped popcorn or dry rice, brown paper (grocery bag), glue, scissors, crayons or markers, construction paper.

Directions: Cut a piece of construction paper to fit around the tube. Glue paper to the tube, holding in place with rubber bands until dry. Trace around the end of the tube onto a piece of brown paper (or construction paper). Draw a bigger circle around that circle and then draw a lot of spokes between the two circles. Cut along the spokes, Put glue on the spokes and glue the cap onto one end of your tube. (*I spread glue around the tube ends, and then scrunched the paper caps over them. I used a rubber band on one end, and wrapped hemp around the other end.*) Cut a piece of aluminum foil that is about one and one-half times the length of your tube and about 6 in. wide. Crunch the aluminum foil into a long, thin, snakelike shape. Then twist the foil into a spring shape. Put the aluminum foil spring into your tube. Pour ¼ C. rice or popcorn into your tube. Make another cap from brown paper and cap your tube. Decorate as desired. Turn rain sticks up and down slowly and listen to the sound of rain.

Notes: I spread glue around the tube ends, and then scrunched the paper caps over them. I used a rubber band on one end, and wrapped hemp around the other end. The smaller the grains put into the rain sticks, the softer the sound. I like to use cous-cous. – W.M.

Native American Items (Wolf E10d):



Baskets: <http://familyfun.go.com/crafts/holiday-seasonal-crafts/thanksgiving-craft-decorations/thanksgiving-table-decorations/paper-baskets-663146/>



Parfleche: <http://familyfun.go.com/crafts/coffee-bag-sandwich-wrap-895357/>

Decorate the sandwich wrapper with stickers. Not sure how well this would keep the sandwich fresh.

Clay Pot: How To Book p. 2-22.

Games:

Rattlesnake Tag

from '02 Santa Clara Pow Wow Book

This is played by Plains, Woodland, Northwest Coastal and Southwest tribes. Since rattlesnakes are found throughout the Americas, this game was developed in many forms by numerous tribes.

Arrange Cub Scouts in a circle about 20 feet in diameter. Blindfold two contestants, the snake and the hunter. Give the rattler a tin can containing some pebbles or a maraca, and stand the two players on opposite sides of the circle. At given intervals, about 15 seconds apart, the group hisses; the rattler responds by shaking his rattle at each hiss. The hunter tries to touch the snake; after his happens, select a new rattler and hunter.

IMPORTANT safety precaution. Since the players are both blindfolded, they need to move slowly and carefully, listening to each other. If the chief (you) shouts 'STOP,' all players MUST freeze.

Ball Race (Wolf E4f): Played by Southwestern tribes. Each team gets a can (paint a stripe on one so the teams can tell which can is theirs). Each team gets a goal (a blanket on the floor). Like soccer, the object is to kick your can into the goal. Play with both cans at the same time. *Note: you might want to wrap the cans in corrugated cardboard to increase safety.*

Run & Yell: Salish-Kootenai game. Boys take a deep breath, then yell and run. They run as far as they can while yelling. When they need to take a breath, they must stop. The boy that runs the farthest wins.

For more Native American ideas, see these themes:

2002 "Native Peoples"

<http://www.scoutingthenet.com/Training/Roundtable/Handouts/02/01/>

2007 "Indian Nations"

<http://www.scoutingthenet.com/scouting/Training/Roundtable/Handouts/07/10/>



From the Cub Scout Leader How-To Book –

✓ -Printing, page 2-14 to 2-16



BEAR

Bear Ideas by Felicia

Big Picture - Meeting Objectives

Meeting #D

Do: Ach 21f & g, Build a Model

Meeting #O

Do: Ach 21e, See a Model

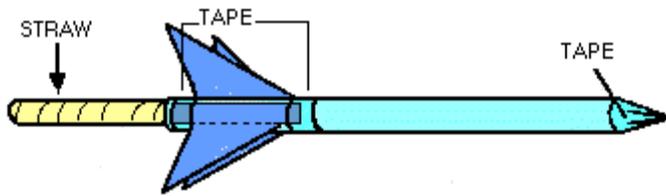
Meeting #P

Do: Ach 10a, Family Fun

Den Plan D Build a model Achievement 21 f & g

Research Rocket Building. See the *Cub Scout Leader How-To Book* No. 33832 (*this is not in the current publication*), and www.scoutingmagazine.org/issues/0611/a-reddy.html (*for an article on Rockets*) and <http://www.wong.homestead.com/rockets.html> a wonderful website by Wesley Wong of the Pioneer District. The following rockets are just a small sample of the great things on this site & in the POW WOW 2007 - Fun with Rockets! Manual you can access there. If your pack wants to run a rocket derby – everything you need to know can be found there.

Our thanks to Wesley Wong of the Pioneer District & **Bob Wedig** of the Polaris District for helping Cub Scouts across America take flight.



Paper Rocket

MATERIALS:

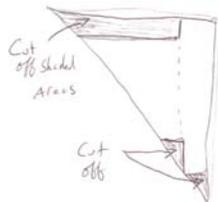
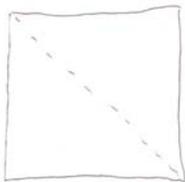
- Scrap bond paper
- Cellophane tape
- Scissors
- Sharpened fat pencil
- Milkshake straw (slightly thinner than pencil)

(If you can find super skinny straws – you can use a regular pencil).

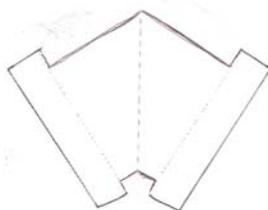
PROCEDURE:

1. Cut a narrow rectangular strip of paper about 5 inches long and roll it tightly around the fat pencil. Tape the cylinder and remove it from the pencil.
2. Cut crown points into one end of the cylinder and slip it back onto the pencil.
3. Slide the crown points to the pencil tip and squeeze the points together and tape them together to seal the end to form a nose cone (the pencil point provides support for taping). An alternative to the crown points is to just fold over one end of the tube and seal it with tape.
4. Remove the cylinder from the pencil and gently blow into the open end to check for leaks. If air easily escapes, use more tape to seal the leaks.
5. Cut out 3 - 4 fins using the pattern and fold according to instructions. Tape the fins near the open end of the cylinder. The tabs make taping easy.

fold Square Paper



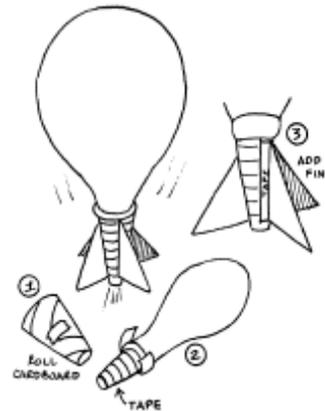
Rocket fin



FLYING THE PAPER ROCKET:

Slip the straw into the rocket's opening. Point the rocket towards a safe direction, sharply blow through the straw. The rocket will shoot away. Be careful not to aim the rocket towards anyone because the rocket could poke an eye.

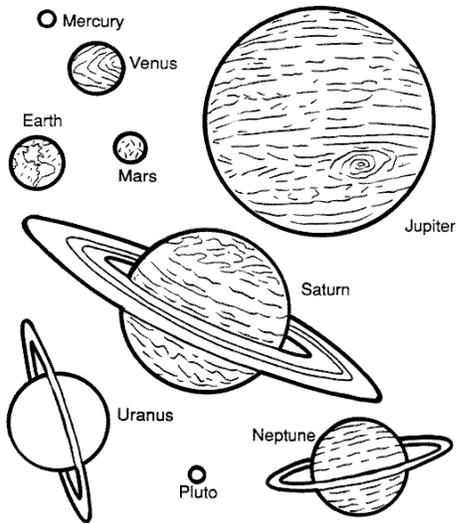
DISCUSSION: Paper rockets demonstrate how rockets fly through the atmosphere and the importance of having fins for control. For experimental purposes, try building a rocket with no fins and one with the fins in the front to see how they will fly. Practice flying the rockets on a ballistic trajectory towards a target. Also try making a rocket with wings so that it will glide.



Balloon Rocket

1. Roll a 4" x 5" piece of stiff paper into a shape like an ice cream cone. Use tape to hold in place. This is the rocket engine. Cut larger end to fit tightly inside balloon neck.
2. Tape balloon and engine together. Wrap tape around engine to close up air leaks. Blow up balloon. Let it go straight up. Trim off the top of the engine a little at a time until the balloon rises straight and steady.
3. Tape paper fins in place to help the balloon fly steady

Here is a web site with some interesting ideas on how to make space suits; A rocket party favor holder; The following planet game; And more.
<http://www.marthastewart.com/265686/space-odyssey-birthday-party>



Planet toss Game

Make a sun out of yellow paper. Write the planet names and point values onto paper planets. The farther away a planet is from the sun, the more points it should have (*it'll be harder to throw something on it*). If you have the room to make orbital rings you can make these out of string, twine, or even curling ribbon. (*If you plan to play outside – you may want to draw your solar system with sidewalk chalk – so it won't blow away*). Place your sun on the floor, then 1 foot away from your sun put your Mercury, 2 feet from your sun - Venus, 3 feet from your sun - Earth, 4" Mars, 5' Jupiter, 6' Saturn, 7' Uranus, 8' Neptune, & 9' Pluto. Use bean bags, small rocks (*like in hopscotch*), or even one of your homemade rockets to aim for these targets.

Free Coloring pages of each individual planet can be found here:

http://www.windows2universe.org/coloring_book/index_beg_edu.html

<http://www.enchantedlearning.com/subjects/astronomy/activities/coloring/>

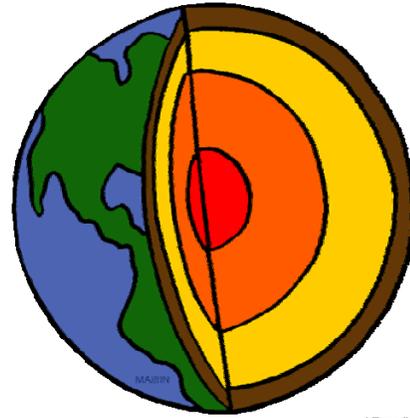
Download or listen to a free educational song

ZOOMING ROCKET.

<http://www.kidsknowit.com/educational-songs/play-educational-song.php?song=Zooming%20Rocket>

Den Plan O See a model Achievement 21 e

If you don't know of any, ask around. In my town there is a historic theater building that has been converted into shops. Inside they have a model of the theater in its original condition. Some museums, historical associations, or other organizations may have a model you can take the boys to see.



Pre-make these **Ice cream Models of the Earth's Layers** for your Bear Snack.

Ingredients:

- Cherry sour candy
- Caramel
- Vanilla ice cream
- Chocolate chips

Materials:

- Toothpicks
- Ice water
- Sauce pan
- Rubber spatula
- Large knife

1 Create the **inner and outer core**. Place one of the cherry sour candies, to represent the **dense inner core**, on the end of a toothpick. Melt the caramel and dip the cherry sour into it. This represents the more **malleable outer core**. Briefly dip the caramel-covered cherry sour into ice water to help it cool quickly. Then re-dip it into the caramel. Repeat this process until the resulting ball is roughly twice as large as the original cherry sour, since **the inner and outer cores are roughly similar in thickness**.

2 Create **the mantle** using ice cream. Scoop out a large chunk of vanilla ice cream and push the caramel covered cherry sour into the center of it. Sculpt the ice cream into a large ball twice the size of the caramel-covered cherry sour. **The mantle is the thickest layer of the earth**. Remove the toothpick and place the ball in a freezer.

3 Place 2 cups of chocolate chips in a sauce pan and heat on low, stirring frequently with a rubber spatula, until melted.

4 Create the **earth's crust**. Remove the ice cream ball from the freezer and drizzle the melted chocolate over it, until it is coated in a very thin layer. This represents **the crust, which is just a hair's thickness in comparison with the other layers of the earth**. Return to the freezer for at least two hours to allow it to solidify.

5 Take the model of the earth out of the freezer when it is ready to be eaten. Place it on a cutting surface and slice it down the middle so that all the layers are showing.



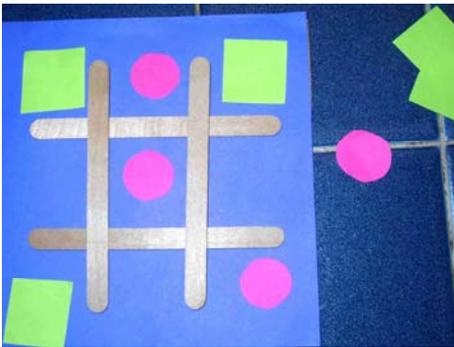
Den Plan P Family Fun Achievement 10

Achievement 10a.

Visit a park, museum, airport, seashore, farm or ranch, performance, go bowling, etc

Achievement 10b

Make a game to play with your family.



tic tac toe game board

materials:

- 6x6" square cardboard
- construction paper
- 4 popsicle sticks
- scissors
- ruler
- pencil
- glue

directions:

1. Choose a piece of colored paper & glue it to your cardboard square.
2. Lay 2 popsicle sticks vertically & 2 horizontally across the cardboard square to form the section separators of the tic-tac-toe board - then glue them down.
3. Cut out your marker pieces from construction paper. Make 5 of one color for one person and 5 of another color for the other person.
4. When your game board dries – you are ready to play.

Word Game

materials:

- metal box with lid/ mint tins can work nice
- labelmaker or sticker paper

- old magnets or magnetic sheets
- scissors

directions:

1. make several beginnings and endings for words. For new readers use single letters for the beginnings. Here are some ideas for endings: *ed *ax *en *am *ap *eg *an *ad *at *et
2. place or glue the word parts on the magnets & cut them out.
3. store the word parts inside the metal box & use the inside of the lid to to arrange the words on.



Craft Stick Puzzle

materials:

popcicle, craft, or other flat sticks

Transparent tape

Markers

directions:

Step 1: Lay the flat sticks side by side until your puzzle is your desired size. Put a piece of tape on one side of the sticks to hold them together while you draw.

Step 2: Draw a picture on the sticks.

Step 3: To add difficulty, draw another picture on the other side. First remove the tape, then turn the sticks over, tape the other side to hold the sticks in place, and draw the second picture.

You might do some more of **Achievement 15b** (*Play two organized games with your den*), which could also be **Achievement 15c** for someone (*Select a game that your den has never played. Explain the rules. Tell them how to play it, and then play it with them*).

Come with Me Arrange all but 1 player in a circle facing in & 3 feet apart. Each player marks his spot with something like a shoe or a stone. The player that is it walks around the circle and taps a player and says, "Come with me." The player falls behind it and places his hands on its shoulders. This continues until it has as many following him as he desires. He then calls "Going Home" and runs for a vacant space. The player failing to get a place becomes it.



Flag tag All players, except it, tuck their neckerchief or a scarf into the back of their pants. Whoever is it tries to grab them. The last player with a neckerchief or scarf becomes it.



Guard the Club (**Equipment:** Indian club, Ball/s) Players stand in a circle. An Indian club (or a plastic bottle) is placed in the center. One player guards the pin. Those in the circle try to knock over the club by rolling or throwing the ball at the club. The guard can prevent the club from being knocked down in any manner – but must not touch any other player. Whoever knocks the club down becomes the guard. If your guard is too good add another ball or two into the game.



Roller ball Whoever is it rolls or throws a ball to tag the other players' legs. A player who is tagged below the waist with a ball is out. If they are tagged above the waist it does not count. The player that avoids being tagged out, until there are no others, becomes it.

WEBELOS DENS



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

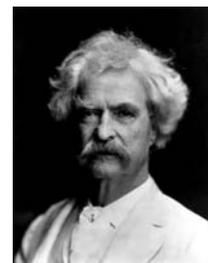
Have a question or comment for Joe??
Write him at
webelos_willie@yahoo.com
There is an underscore between Webelos and Willie

Core Value for March



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

“Kindness is the language which the deaf can hear and the blind can see.” - Mark Twain



Samuel Langhorne Clemens, also known as Mark Twain, was born in Florida, Missouri, on November 30, 1835. He was a major American writer. His stories and novels are famous for their humor, vivid details, and memorable characters. His best-known works are The Adventures of Tom Sawyer and The Adventures of Huckleberry Finn, both classics in American literature..

For more on the amazing life of Mark Twain see:
<http://shs.umsystem.edu/famousmissourians/writers/clemens/clemens.shtml> and
<http://www.cmgww.com/historic/twain/about/bio.htm>

Den activities that help your Webelos Scouts learn about and practice compassion should routinely be made part of advancement activities as well as *Friendly Service* to others.

Remember, Friendly Service is one of the ten Purposes of Cub Scouting!

Service Demonstrating Compassion

COMMUNITY SERVICE



1. Visit a Senior Citizen Center. Have the scouts help out with games or just visit with the seniors.
2. Volunteer time at a local food bank. These organizations often need help stocking donations or putting together food bags.
3. Go to a local hospital's children wing and make a child's wish come true. You could just go to your local hospital and see what the needs are, then have the scouts present it.

Activities for Exploring Compassion

http://humanityquest.com/topic/art_activities/index.asp?theme1=compassion



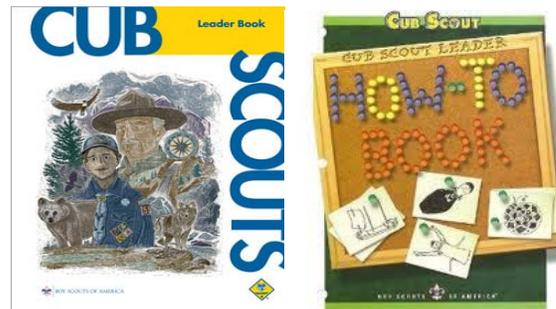
Many of these activities may be used with Webelos advancement (e.g., Artist; Showman; Computer).

1. Create a collage or cartoon that expresses Compassion. Scouts write the theme on paper, create an autobiographical piece, or the facilitator of the group tells a story to assist participants to use any medium or a combination of materials including: pencils, pens, pastels, crayon, cutout pictures and paste, to illustrate the "theme"
2. Create a mask that shows how Compassion looks using paper, scissors and a variety of art supplies. Scouts may

then wear the masks and each may guess the feeling being portrayed.

3. Take a photograph of a compassionate scene. The scene could be staged by the scouts. Different scenes of compassion may be photographed. The photos may be used at the next meeting to spur discussion on Compassion.
4. Create a skit on kindness or other compassionate ideal. Take a video of the skit and show it at the next pack meeting.

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

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

Meeting Planner



This month's meeting plans for **First year Webelos** work on the Craftsman badge and do some work at home on Scholar and Artist.

Meeting 13: Craftsman.

Do: Craftsman 1, 2

HA: Review Craftsman, Scholar, and Artist chapters.

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

Meeting 14: Craftsman.

Do: Craftsman 3, 4

HA: Scholar 11. Review Scholar and Artist chapters

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

In March, **Arroqw of Light (Second year Webelos)** work 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



You should ensure that a formal flag ceremony be performed at your den meeting and at the monthly Pack meeting. I like adding something that is “month appropriate” to the basic ceremony. March is both Woman’s History Month and National Nutrition Month. See the March 2011 edition of Baloo’s Bugle for a Woman’s History Month Flag ceremony. Below is a ceremony on nutrition.

March Flag Ceremony

(Have the 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: "Color Guard, Attention!"

Leader: "Audience, Please Rise!"

Leader: "Scout Salute! Those not in uniform, please place your right hand over your heart."

Leader: "Color Guard, Forward March!"
(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 Flag of Pack 123!"

Leader: "Color Guard, Post the Flag of the Great State of [your state name]!"

(US Flag remains held by bearer)

Leader: "Please recite 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

Leader: "TWO!"

(Everyone drops Scout sign)

(This is where the ceremony can be customized by the color guard. Maybe the readers can hold posters of the food pyramid or other nutrition information. Choose what to recite. The following is an example.)

Reader 1: March is national nutrition month. We should try to eat a variety of nutritious foods at every meal. A good way to do that is to “eat right with color.”

Reader 2: Different colors of foods supply different vitamins and minerals. You know about fruits and vegetables, but don’t forget lean meats and fish, whole grains and low-fat and fat-free dairy products.

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)

Leader: "Audience, Please be seated!"

Den Meeting Helpers

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

WEBELOS DEN



The Scout Law in Song

Here’s the best way I know to teach a WEBELOS the Scout Law, a song called Trusty Tommy CD

The tune is Yankee Doodle

It s found at <http://usscouts.org/usscouts/songs/songbk1a.asp>

Trusty Tommy

TRUSTY Tommy was a Scout,
 LOYAL to his mother,
 HELPFUL to the folks about, and
 FRIENDLY to his brother.
 COURTEOUS to the girls he knew,
 KIND unto his rabbit,
 OBEDIENT to his father too, and
 CHEERFUL in his habits.
 THRIFTY saving for a need,
 BRAVE, but not a faker,
 CLEAN in thought and word and deed, and
 REVERENT to his Maker.

There is midi file for the tune at
<http://www.boyscouttrail.com/content/song/song-502.asp>

Craftsman



This badge will be a favorite, but requires a lot of preparation. Some projects, like leatherwork and cardboard, can be held at your regular meeting place. Others, like woodworking, should be held in a shop or garage where the sawdust can be contained easier. Because every Cub wants to do something, you'll need a large supply of hammers or set up cutting, sanding, nailing, and gluing stations. Have small groups rotate around as the work progresses. If everybody is starting fresh, you may need a second project to keep all boys busy. An adult helper or guide with each group or an adult supervisor at each station are both good methods. Remember, everyone is included in the clean-up.

Craftsman Ideas



Blue and Gold centerpieces/decorations are good projects.
 Where to Go and What to Do

- o Visit a furniture factory, sawmill, lumberyard, or cabinetmaker.
- o Visit a tannery or leather goods manufacturer.
- o Demonstrate the proper care and use of tools.
- o Demonstrate metal work, using a tin snips and vise.
- o Have a nail-driving contest.
- o Make a tool chest.



Many people use hand tools in their everyday life not just at work. Hand tool safety is important for everyone. Hand tools are: screwdrivers, hammers, chisels, wrenches, shears and knives. These tools are just as dangerous as power tools if they are used incorrectly

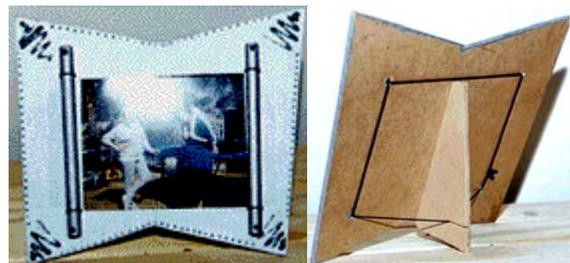
Tool Safety Tips

1. Never use a tool for anything other than it's intended job.
2. Always clean your tools after each use. If they get dirty or rusty they will no longer work correctly.
3. Don't carry tools that are sharp such as scissors and pliers in your pocket unless they are in a cover.
4. Transport all tools in a toolbox. Keep them in there when they are not in use.
5. Check the blade on your hand saw before each use. If the blade is dull or cracked do not use it.
6. When cutting anything always cut away from your body.

If you follow **hand tool safety** rules you should remain safe and free of injuries. Also, make sure to check the **Guide to Safe Scouting**, including **Age Appropriate Activities** to determine tools that a Webelos Scout may use.

You can find the **Guide to Safe Scouting on-line** at
<http://www.scouting.org/scoutsource/HealthandSafety/GSS/toc.aspx>

Angled Photo Frame



Note: adult supervision is required! Adults should handle power tools for safety sake.

What you'll need:

- o Piece of craftwood (about 150 cm square) [see note below]
- o Power drill [* to be handled by adult]
- o Hat elastic - black or white
- o 2 lengths of thin baton (dowel rods) - about 0.5 to 1 cm in diameter and 11cm in length
- o Small sheet of clear overhead transparency film
- o Handsaw [* adult supervised]

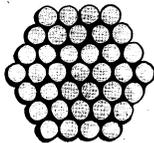
- o 1 craftwood triangle - approximately 7 cm long x 3 cm, with a 1-2 cm slit cut about 1 cm from the bottom wide edge.

How to make it:

1. Cut an upside down V shape in the top of the craftwood, and a right side up V in the opposite end.
2. Sand smooth.
3. Measure two centimeters in from every edge and mark with a pencil.
4. Drill four holes where these dots meet.
5. Drill a three millimeter hole over each dot.
6. Paint the front side of craftwood to suit.
7. Turn frame over and glue the triangle of craftwood on back to make the stand.
8. Cut a length of elastic and tie into a loop.
9. Thread elastic through top left-hand hole. Position one baton so that elastic holds it in place. Do same with the bottom left-hand side. Repeat for right-hand side. Slip the bottom run of elastic into the slit in the craftwood triangle stand. (See photo of back.)
10. Turn back to front and slip in transparency between batons to be your frame "glass".

Wooden Trivet

Greater St. Louis Area Council

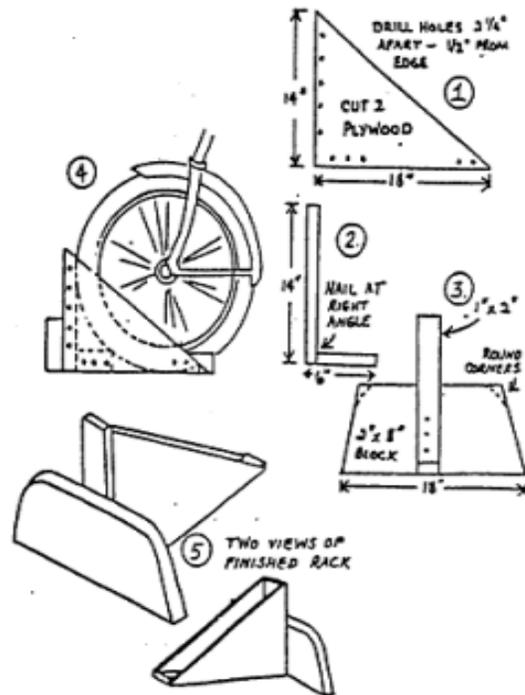


Materials: 1 dowel, 4' long, 1" diameter, Table saw, Sandpaper, Waxed paper, Carpenter's glue, Felt, 6"X6"

Cut the dowel into slices about 1 1/2" thick, using the table saw. Sand any rough edges.

Lay a piece of waxed paper on the working surface. It can be easily removed from the trivet after the glue has dried. Begin gluing the slices together as shown in the picture. When glue has dried, pull away waxed paper and cut the felt piece to fit the back of the trivet. Glue in place.

Bike Rack
Southern NJ Council

**Materials:**

One 14" x 18" piece of 1/2" plywood;

One 1" x 2" x 2'; one 2" x 8" x 18"

No. 6 flathead screws (1-1/4" long);

Six-penny nails;

Varnish or paint;

White glue or powdered resin glue.

1. Cut plywood triangles. Drill holes as show with a 5/32" drill bit. Paint or varnish the inside of plywood at this time. It will be difficult to do after rack is assembled.
2. Cut the 1" x 2" pieces. Nail the two longest pieces at right angles.
3. Cut the 2" x 8" piece. Attach the nailed 1"x2" with screws. Paint or varnish the 1" x 2" now. (Note the right angle is fastened to the 2" x 8" with screws from inside.)
4. Fasten the plywood triangles in place with screws through pre-drilled holes. Don't forget the small piece of 1" x 2" that joins the tips of the triangle.
5. Sand and complete paint or varnishing the piece.

Blue and Gold Decoration

www.makingfriends.com



You Need:

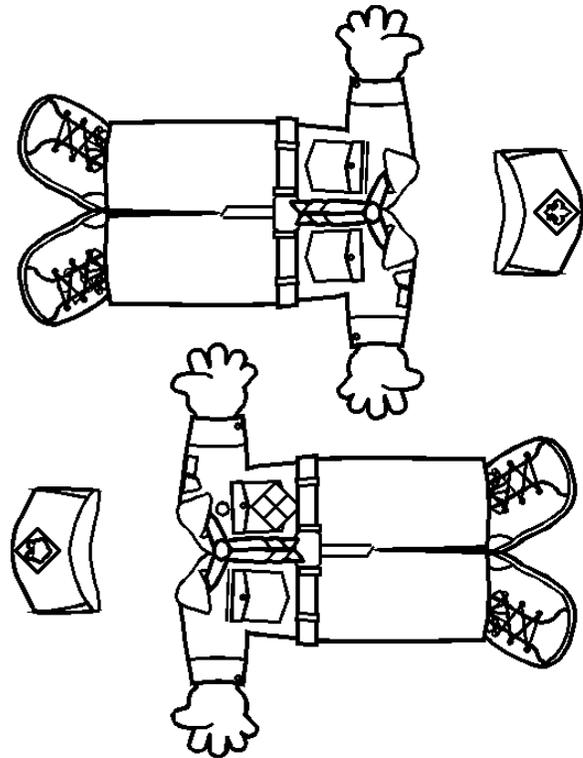
- Scout Friend (Copy and expand the cutout, below)
- Computer
- Printer
- Cardstock paper
- Scissors
- Glue
- 2 Identical pictures of each child (check size!)
- Markers, crayons, or colored pencils
- Tons of Craft Sticks (you'll need more than you think!)
- Low Temp Glue Gun

Instructions:

Print a sheet of Scout Friends on cardstock. Cut out and color one uniform in cub scout colors and one in boy scout colors. Note: The Cub Scout Friend has the diamond shaped rank badges on the pocket. Cut two pieces of cardstock about 1" x 1½". This will become the stand.

Lay one Scout face down on the table. Cover with a layer of glue. Take the piece of cardstock and fold in half to 1" x ¾". Unfold. Place the cardstock at the feet of the friend with the fold facing up and at the bottom of the feet. Put some glue on the part of the card that is above the fold. Place one craft stick down the middle of the Scout Friend. Be sure that the stick will stick up above the neck so that the face can be glued on. Put glue on the back of the stick. Place another *stand* on top of the Popsicle stick, lining it up with the stand below. This time the fold goes down. Put some glue on the part of the card that is above the fold. Place the other Scout Friend face up, lining up with the first Scout Friend. Press together. Let dry. Break a craft stick to fit on the bottom of the stand. Glue in place. This gives the Scout Friend the ability to stand through the whole ceremony. (grin). Cut out the face of the child in the pictures. Glue a face to each side of the Scout Friend. Glue on the hat.

Make your crossover bridge. Anything goes here just dig in and create.



ARROW OF LIGHT DEN



Communicator



Communicator Ideas



- At a school or church function, create and post directional signs.
- Read to a visually impaired person.
- Speakers: News broadcaster, radio DJ, politician, minister
- 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 talk to other people.
- Visit a newspaper office - see how a newspaper is put together. Watch the printing presses run.

Funny Grams Game
Northwest Suburban Council

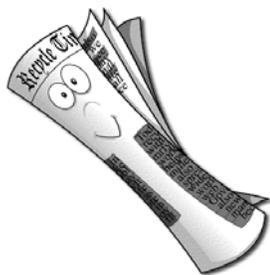


To play this game, the leader reads out ten letters of the alphabet, which everybody copies down. Each player then writes a funny telegram, ten words long, using the ten letters as initials. When all the players have finished, each reads aloud what he has written.

Example. **N, R, O, B. D. E. R. H. F.**

Nine Rats On Bobby's Porch. Does Every Rat Have Fleas? Or No, Robert, Our Beautiful Pig Doesn't Eat Roses. Have Fun.

Newspaper Code
Greater St. Louis Area Council



Use pencils or crayons of several different colors and a sheet of newspaper for each boy. Have each boy write a message with one of the colors by circling letters going from left to right and top to bottom. Then use the other colors and circle other letters all over the page so the real message is hidden. Exchange papers and have someone else decode the message.

Secret Sounds

Southern NJ Council



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. Example: Sandpaper rubbing against something; a deck of cards being flipped into the air, a golf ball or Ping Pong ball, bouncing on a bare floor; bursting of a paper bag; etc.

The Body Language Game

Carol, www.cubroundtable.com



Not all communication is verbal. Prepare 3x5 cards with emotional phrases or statements written on them. Place the cards in a container so that the boys can draw them out. Each boy, in turn, draws a card and then must convey what it says without using any verbal language or sounds. The boys may use body language and facial expressions only.

Some facial expressions to try:

- exhausted
- confused
- ecstatic
- suspicious
- angry
- frustrated
- sad
- confident
- happy
- embarrassed
- disgusted
- frightened
- depressed
- lonely
- surprised
- shocked

Some expressions:

Come over here! Stop! That smells bad! I'm tired! That smells good! Help! OK! I need to use the bathroom I'm thirsty!

I'm choking! Watch out! Go away! Be quiet! What time is it? Listen to me!

Clothesline Tales

Santa Clara County Council Pow Wow Book 2001



Give boys a general topic and have each one of them draw a picture about anything to do with that topic (such as "Space Aliens").

String a clothesline up between two trees. Have first boy come up, hang his picture, and begin to tell a story about his picture.

After about a minute or two, stop him. Have the next boy come and continue the story with his illustration.

Continue until all boys have shared and a brand new story has been communicated to the Den!

Communication Careers
Carol, www.cubroundtable.com



What careers or jobs are in the communication field?

Television

1. Actor
2. Director
3. News Reporter/Weatherman
4. Game Show Host
5. Talk Show Host

Radio

1. Disc Jockey
2. Sports Caster
3. News Reporter
4. Weatherman
5. Traffic Reporter

Telephone/Telecommunications

1. Salesperson
2. Lineman
3. Installer
4. Telemarketer
5. Satellite Tracker

Newspaper

1. Reporter
2. Columnist
3. Cartoonist
4. Editor
5. Printer

Magazines

1. Writer
2. Editor
3. Publisher
4. Salesperson
5. Researcher

Books

1. Writer
2. Editor
3. Publisher
4. Researcher
5. Printer

Sportsman



Sportsman Ideas



- 🦋 Table Tennis, Etc. 10-15 Minutes Each Den Meeting.
- 🦋 Include Some Sports With Each Campout.
- 🦋 Have A Roller Or Ice Skating Party At A Local Rink
- 🦋 Go Fishing. Practice Casting In The Backyard.
- 🦋 Remember That The Boys Must Earn The Belt Loops As Webelos.
- 🦋 Attend The Scout Day For The Local Professional Teams.

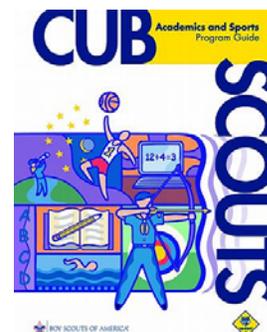
See last month's Baloo's Bugle for more Sportsman Ideas and Activities

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

From the Academics and Sports Program Guide





Bicycling Belt Loop

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, family, or den.



Bicycling Sports Pin

Earn the Bicycling belt loop, then -

✦ Complete requirement 1 below, and

✦ Do four additional 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.

For more information and worksheet to help you go to -
<http://usscouts.org/advance/cubscout/sports/bicycling.asp>

Some Riding Safety Tips

- ★ Be equipped properly (including reflectors!).
- ★ Always wear a helmet.
- ★ Obey traffic signs and signals.
- ★ Never ride against traffic.
- ★ Follow lane markings.
- ★ Use hand signals.
- ★ Choose the best way to turn left: signaling and turning from the left lane, or riding to the far-side crosswalk and walking your bike across the street.
- ★ Ride in a straight line.
- ★ Don't pass on the right.
- ★ Don't weave between parked cars or cars stopped in traffic.
- ★ Ride slowly on sidewalks.
- ★ Keep your bike in good repair.
- ★ Watch for cars pulling out in front of you.
- ★ Scan the road behind you (you might want to have a rearview mirror).
- ★ Use lights at night.
- ★ Avoid road hazards.
- ★ Dress appropriately.
- ★ Know how to stop suddenly.
- ★ Use a pack or rack to carry things.

Bike Inspection and ABC Quick Check

Utah Department of Health



Basic Sizing – the rider should be able to stand flat-footed while straddling the top tube of the bike. There should be at least one inch of clearance from the top of the inseam of the rider and the top tube of the bike. Many people have the misconception that the rider must be able to touch the ground with both feet while seated on the bikes' saddle. This is not so, however from the seated position, the rider's feet should adequately reach both pedals, even when one pedal is at the lowest point, and the other is at the highest point.

ABC – Quick Check



A - is for Air

- Make sure tire is properly inflated
- Check tire sidewall and tread for cracks

B - is for Brakes

- Check pads for wear, replace if there is less than ¼ inch of pad left
- Make sure pads don't rub on the tire or into spokes
- Pull the brake lever, there should be at least 1 inch between the handlebar and the brake lever when fully applied

C - is for Cranks, Chain and Cassette (gears)

- Make sure cranks are tight
- Check the chain for wear (12 links should measure no more than 12 1/8 inches)
- Check your gears for broken teeth
- Make sure your chain is lubricated

Quick - is for Quick Release

- Make sure that wheels are tight and secure in the bicycle frame
- Make sure Quick Release Levers are closed (or wheel bolts are tight)

Check - is for Check it Over

- Before beginning your ride, take the bike for a quick little spin to make sure it is working properly

Fitting A Bicycle Helmet
5 Easy Steps**Step 1 - Select the right sized helmet.**

Make sure the helmet fits snug when is placed on the head.

Step 2 - Positioning the helmet.

The helmet should sit level on the head and cover most of the forehead - one or two finger-widths above the eyebrow.

Step 3 - Positioning the side straps.

Adjust the slider on both straps to form a "V" shape just under the ear lobe.

Step 4 - Positioning the chin strap.

Buckle the chin strap. Tighten it until it is snug, so that no more than one or two fingers fit under the strap. Make sure it is centered under the chin.

Step 5 - Final Positioning.

Rock the helmet back and forth with it buckled on the head. The helmet should not move forward, backward or from side to side. With an open mouth (as if yawning), the helmet should fall down on the head.

Hand Signals

Unlike a motor vehicle, a bicycle does not come with turn signals or brake lights. However, it is still important for the bicyclist to tell other road users what he/she intends to do. A bicyclist uses hand signals to communicate to others on the road what he/she is about to do.

There are hand signals for turning left, right, and slowing down. Below are the hand signals for each.



It is important to practice using the hand signals in an area such as a parking lot so that you can learn to keep control of your bicycle while doing them. If you do not feel comfortable using hand signals when riding on the street with traffic, or you may lose control of your bicycle trying to do a hand signal, then do not use them until you have practiced the skill and are able to do it without losing control of your bicycle. It is more important for you to be safe.

Bike Rodeo Events



Activities for Kids to Develop Riding Skills, Bike Handling Ability

Below are ten different events and activities you can use as part of a bike rodeo. Each of these can be a particular station that each kid must complete in order to successfully "pass" the bike rodeo and be eligible for any prizes that you might choose to offer. In general, each station is worth ten points, and points are awarded or deducted for performance of each. Keep track of each kid's score and tally them at the end if you wish to award prizes to the top performers. Note that most of these events can be scaled up or down to fit the space you have available.

1. **Safety Check:** Check that each kid's bike is road-worthy by inspecting tires, brakes, handlebars and chain. Below is a detailed guide of what to look for at the Bicycle Inspection Station.
2. **Helmet Inspection:** Each kid's helmet should fit snugly, and come mid-way down the forehead. Check to be sure that the chin strap is tight enough and that it fastens properly, and that there are no cracks in the inner shell or outer helmet.
3. **Zig-Zag Course:** Create a course using chalk, tape or paint to create a zig-zag path between 30 and 50 feet long with four or five 90-degree turns along the way. The edges should be about three feet apart. Deduct 1 point each time a kid's wheel touches a side.
4. **Slow Race:** Lay out a course that is either a long straight line or a loop that brings riders back to the start. Two riders at a time should compete, pairing kids of approximate same age and riding ability. The object of this event is to be last, i.e., ride slowest.
Ten points are awarded for the "winner" (slowest rider) with a deduction of one point for each time a foot touches the ground. Give the second place person six points, with the same one-point deduction for each time he or she touches the ground.
This develops balance and bike handling ability.

5. **Figure Eight:** Lay out a fairly tight figure eight path i.e., two thirty-foot circles that barely touch each other. Add additional markings so that the path this figure eight creates is two feet wide.
Have each kid ride the figure eight three times as slow or fast as they want. Deduct 1 point each time a kid's wheel touches a side.
6. **Stop on a Dime:** Create a single straight line, about twenty five feet long. One end is the start, the other end is the finish line, which you should mark clearly with a bold line, along with additional shorter markings every four inches a total of two feet in front of and behind it.
Have the kids begin at the start line, and ride toward the finish, aiming to stop pedaling and apply their brakes so that their front wheel ends up squarely on the main finish line. Deduct one point for each four inch marking that the rider stops in front of or behind the target finish line.
7. **Long Roll:** Find a spot that is either flat or goes slightly uphill. Create a start line and a mid line about 25 feet past that.
Direct your kids to start pedaling at the first line and pedal like mad until they reach the next point, where they must begin coasting. The object of this event is to roll as far as they can, scoring more points the farther they go before touching the ground.
Give each kid a minimum of five points, and then add an additional point for each distance mark they hit beyond a certain point. You will probably need to have kids do a couple of test runs to get a sense of how far your kids can roll before you draw your lines showing scoring for distance achieved.
8. **Spiral:** Draw two-foot wide path that goes in a spiral around a large (five-foot diameter) circle. Have each kid ride the spiral from outside in as slow or fast as they want. Deduct 1 point each time a kid's wheel touches a side.
9. **Paper Boy:** This is a fun event that allows kids to play at being a newspaper delivery boy. You should include it if at all possible in your bike rodeo as it is always a real hit.
For this you'll need is five to ten targets (clothes baskets, large tubs, trash cans, etc.) and an equal number of rolled newspapers, plus a bag that can be slung over a shoulder to hold the papers.
Lay the targets out one after another in a course, and have the kids ride the "route" trying to throw a newspaper from the bike in each target. You can award points based on successful deliveries, i.e., putting the newspaper on target. Naturally, you should feel free to modify the rules, awarding more points for difficult targets, etc., whatever you need to do to make it fit your particular situation.
10. **Balance Beam:** Draw one main line about 30 to 50 feet long, with two smaller lines approximately three inches on either side of it. This will give you a path six inches wide that your riders should follow.

Have each kid ride the course, following the center line from one end to the other as slow or fast as they want. Deduct 1 point each time a kid's wheel touches a side.

The key to success with this is to be flexible, knowing that everyone of these events can be modified to fit your setting and the age and ability of your kids. Regardless of how you finally end up structuring it, you can be sure that your kids will have a great time and learn lots about bike riding, honing their abilities in the process.

BIKE INSPECTION STATION

See picture on next page

Time does not allow for repairs to children's bicycles. Air in the tires and simple bolt tightening is about all that time will allow for. It is important that a check list be completed and given to the parent for follow up.

Although best done by someone with bicycle repair knowledge, the inspections in a pinch can be done by anyone with a little mechanical knowledge. Below are the important areas to check.

1. **WHEELS** - Are they straight? Do they wobble?
2. **SPOKES** - Are any bent or broken? Are any loose?
3. **TIRES** - Do they feel firm? Are they wearing out? Is the tread clean?
4. **PEDALS** - Are they wearing out?
5. **CHAIN WHEEL (OR SPROCKET)** - Is it bent or damaged?
6. **CHAIN** - Is it snug? Are there any broken or damaged links?
7. **BRAKES (COASTER OR HAND)** - Do they stop bike fast and smoothly?
8. **FRAME, FENDER, FORK** - Are they straight? Do they rub any other part of the bike? Are the nuts and bolts tight?
9. **CHAIN GUARD** - Is it bent?
10. **SEAT (OR SADDLE)** - Is it tight? Is it level with the ground?
11. **HANDLEBARS** - Are they tight? Are the handgrips tight?
12. **BIKE FIT** - Is the seat height comfortable for the person? Is the handlebar height comfortable for the person?

Tools Needed (one set for each inspector)

- Tire pump
- Crescent ranch (6" and 9")
- 3 prong allen wrench (4mm/5mm/6mm)
- Pliers
- Flat head screw driver
- Philips screw driver
- Clipboard and inspection form
- Pen or pencil

Bicycle Inspection For Your Safety



	Needs Repair	OK
Brakes		
Cable tight	<input type="checkbox"/>	<input type="checkbox"/>
Brake shoes	<input type="checkbox"/>	<input type="checkbox"/>
Levers	<input type="checkbox"/>	<input type="checkbox"/>
Calipers	<input type="checkbox"/>	<input type="checkbox"/>
Drive Train		
Cables tight	<input type="checkbox"/>	<input type="checkbox"/>
Shifts correctly	<input type="checkbox"/>	<input type="checkbox"/>
No side play	<input type="checkbox"/>	<input type="checkbox"/>
Spins freely	<input type="checkbox"/>	<input type="checkbox"/>
Front Wheel		
Rims true & round	<input type="checkbox"/>	<input type="checkbox"/>
Spokes missing/loose	<input type="checkbox"/>	<input type="checkbox"/>
Tire Tread	<input type="checkbox"/>	<input type="checkbox"/>
Air Pressure	<input type="checkbox"/>	<input type="checkbox"/>
Secured safely	<input type="checkbox"/>	<input type="checkbox"/>
Chain		
Clean	<input type="checkbox"/>	<input type="checkbox"/>
Lubed	<input type="checkbox"/>	<input type="checkbox"/>

	Needs Repair	OK
Safety Features		
Proper Reflectors	<input type="checkbox"/>	<input type="checkbox"/>
Headlight (night riding)	<input type="checkbox"/>	<input type="checkbox"/>
License	<input type="checkbox"/>	<input type="checkbox"/>
Lock & cable	<input type="checkbox"/>	<input type="checkbox"/>
Helmet	<input type="checkbox"/>	<input type="checkbox"/>
Handlebars, Seat		
Adjusted Correctly	<input type="checkbox"/>	<input type="checkbox"/>
Attached Securely	<input type="checkbox"/>	<input type="checkbox"/>
Headset moves freely	<input type="checkbox"/>	<input type="checkbox"/>
Tape/grip properly attached	<input type="checkbox"/>	<input type="checkbox"/>
Rear Wheel		
Rims true & round	<input type="checkbox"/>	<input type="checkbox"/>
Spokes missing/loose	<input type="checkbox"/>	<input type="checkbox"/>
Tire Tread	<input type="checkbox"/>	<input type="checkbox"/>
Air Pressure	<input type="checkbox"/>	<input type="checkbox"/>
Secured safely	<input type="checkbox"/>	<input type="checkbox"/>

ADDITIONAL ADVANCEMENT IDEAS

Alice, Golden Empire Council

*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*

All the ideas in this section are based on the assigned Value for March - Compassion.

Remember that some Belt Loops, such as **Good Manners**, and some Special Patches, such as **Good Turn for America**, or **Disability Awareness** 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 you 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. You could also visit a shelter and take blankets and towels or pet food as a service project.

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 & Arrow of Light Dens

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

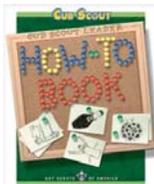
Naturalist #1, #4, #9, #10, #11 – Learn about ways that people have shown a lack of respect for wildlife, and name and practice ways you will show appreciation and respect for wildlife; Visit a museum of natural history or other nature center and tell what you saw, including what you learned about how 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 Front Country 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.



MORE GAMES AND ACTIVITIES

Wendy, Chief Seattle Council



Want to check something in the "How-To Book," and your copy is not available?? Want to copy something quick to use at a meeting?? You can find the "How-To Book" at this address on **National's Web Site** -

http://www.scouting.org/filestore/hispanic/english/33832_WEB.pdf

CUB GRUB

Cub Grub Cookbook

This is a really great cookbook for Cubs -

<http://balboaoaks.bsa-la.org/download/blog/Cub%20Grub%20Cookbook.pdf> -

You can save a copy on your PC by selecting **File, Save As...** in your web browser's menu bar.

Johnny Appleseed Smiles

Alice, Golden Empire Council

Use these to celebrate Smile Day, too. And they go great with the Girl Scout Brownie Smile! 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.

Leprechaun Pudding

Alice, Golden Empire Council

A fun, green recipe for Saint Patrick's Day.

Total Time: 20 minutes

Ingredients: (Per boy)

1 Tbsp Instant Pistachio Pudding;
1/2 Cup Milk;
Ziploc Baggie

Preparation:

- ✓ Put the tablespoon of pudding mix and 1/2 cup of milk into the ziploc sandwich bag.
- ✓ Close the baggie tightly, squeeze and shake.
- ✓ Eat your pudding once it is nice and thick!
- ✓ You can refrigerate it for awhile if needed.

Irish Freckle Bread

Alice, Golden Empire Council

*Really easy, traditional bread
(with an updated name)*

Ingredients:

3-3/4 cups all purpose flour;
1/4 cup brown sugar;
1 T. baking powder;
1 tsp. baking soda;
1/2 tsp. salt;

3/4 cup dried currants, raisins or dried cranberries;
2 cups buttermilk; 1 egg

Directions:

- ✓ Preheat the oven to 375 degrees F.
- ✓ Grease a cookie sheet or line with parchment paper.
- ✓ In a large bowl, mix together the flour, brown sugar, baking powder, baking soda, and salt.
- ✓ Add the dried currants and mix well.
- ✓ In another bowl, stir together the buttermilk and the egg.
- ✓ Pour the buttermilk mixture into the flour mixture, and stir well until everything is blended.
- ✓ The dough will be quite soft.
- ✓ Sprinkle some additional flour onto the counter or table and turn the dough out onto this floured surface.
- ✓ Knead the dough about 10 times - just to make it reasonably smooth and pliable.
- ✓ Gently form it into one large, round loaf and place it onto the prepared baking sheet.
- ✓ With a very sharp knife, cut a shallow X into the top of the loaf. (This allows the bread to expand in the oven rather than crack and split.)
- ✓ Bake for 50 to 55 minutes, or until the loaf is nicely browned, and a toothpick poked into the middle of it comes out clean.

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

- ✓ Add 1/4 cup currants or sultanas or chopped dates to the dry ingredients in the basic recipes.

Cheese Scones

- ✓ 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 recipe.
- ✓ Sprinkle the scones with 1/2 cup more grated cheese before baking the scones in the oven.

George Washington's Trifle

Alice, Golden Empire Council

Trifle was a favorite dessert of George Washington, and he also loved cherries – (although that cherry tree story is just fiction)

This is really simple to do:

Ingredients:

Can of cherry pie filling
One recipe of vanilla pudding
Whipped Cream

**Instructions:**

- ✓ Use a clear plastic cup; Start with a spoonful of cherry pie filling, then layer some vanilla pudding.
- ✓ Keep alternating to the top of the cup.
- ✓ Then add a dollop of whipped cream and a cherry.

Popcorn Balls*Sam Houston Area Council***Ingredients**

- 3 quarts plain popped corn (about 1/3 cup kernels)
- 1/4 cup butter
- 10 oz. bag marshmallows
- Food coloring (optional)

Directions

- ✓ Put popped corn in a large bowl. Set aside.
- ✓ Melt the butter and marshmallows in a stovetop pot, stirring constantly.
- ✓ When they are melted, take off the heat and allow the mixture to cool until it can be touched.
- ✓ If you like, stir in a few drops of food coloring.
- ✓ Using a wooden spoon, gently stir the melted mixture into the popcorn.
- ✓ Next, butter your hands and work quickly to form popcorn balls.
- ✓ Place balls on waxed paper to cool.
- ✓ After the balls are cool, you may use warm corn syrup to stick gum drops or other candy decorations to the popcorn balls.
- ✓ The popcorn balls may be stored in sandwich bags.
- ✓ This makes enough for about 15 two-inch balls, but you can make them any size or shape you like!

Super Kiss*Sam Houston Area Council*

Makes two to four kisses

Ingredients

- 1 stick butter or margarine
- 1 package mini marshmallow, 16 ounces
- 12 cups plain or chocolate crispy rice cereal

Equipment:

- Large plastic kitchen funnels, two or more,
- Ribbon of choice,
- Large saucepan,
- Large spoon,
- Cookie sheet,
- Plastic wrap,
- Scissors,
- Measuring cup

Directions

- ✓ Coat inside of plastic funnels with butter or margarine
- ✓ Cover cookie sheet with plastic wrap; set both aside.
- ✓ Melt butter or margarine in saucepan over a low to medium heat.
- ✓ Add marshmallows.
- ✓ Heat until marshmallows are completely melted, stirring constantly.
- ✓ Remove from heat and add cereal;
- ✓ Stir until cereal is well coated.
- ✓ Cool slightly, but not completely.
- ✓ Lightly butter fingers.

- ✓ Press mixture into plastic funnel. (Note: Using more than one funnel at a time will speed up shaping process.)
- ✓ Place filled funnel on plastic-covered cookie sheet.
- ✓ Let cool.
- ✓ Unmold kiss and cover with plastic wrap.

Johnny Appleseed Smiles*Sam Houston Area Council***Ingredients**

- Red medium apple, cored & sliced
- Peanut butter
- 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.
- ✓ Makes 8 to 10.

Crispix Ranch Mix*Santa Clara County Council***Ingredients:**

- 8 cups Kellogg's Crispix cereal
- 1½ cups bite-size cheddar cheese crackers
- 1 cup pretzel sticks (low-salt)
- 2 cups mixed nuts (unsalted)
- 2 tbs. vegetable oil
- 1 package (1 oz) dry ranch salad dressing

Directions:

- ✓ Using a 2 gallon storage bag, combine the Crispix, cheese crackers, pretzels and nuts. If any of your boys are allergic to nuts, substitute with sunflower seeds or other snack food.
- ✓ Pour oil on the mixture and toss until evenly coated.
- ✓ Add the ranch dressing and gently toss again to coat.
- ✓ Store in an airtight container until ready to serve.

Cheese Calzone*Sam Houston Area Council***Ingredients**

- Nonstick cooking spray
- 10 oz package refrigerated pizza dough
- 1 cup shredded cheddar cheese
- 1 cup shredded mozzarella cheese
- ½ cup ricotta cheese or cottage cheese
- ¼ cup grated Parmesan cheese
- 1 small can pizza sauce

Directions

- ✓ Preheat oven to 400°F.
- ✓ Line a pizza pan with foil and coat with cooking spray.
- ✓ Press pizza dough onto foil – so you should have a big circle.
- ✓ In a bowl, stir together cheeses.

- ✓ With a spoon, put the cheese mixture on ½ of the dough.
- ✓ Fold the dough over and seal the edges.
- ✓ Cut slits for the steam to escape.
- ✓ Bake in the preheated oven for 18 to 20 minutes.
- ✓ Half way through baking time, cover with foil so that the calzone doesn't get too brown.
- ✓ Cool for at least 5 minutes.
- ✓ While the calzone is cooling, heat pizza sauce to serve with the calzone.
- ✓ Make 4 slices –or as many slices as you wish depending on how big you cut them.

Sweet Turkeys

Alice, Golden Empire Council

Ingredients:

- 1 chocolate candy star,
- 1 caramel, unwrapped,
- 1 scalloped, Chocolate Frosting-striped shortbread cookie,
- 1 candy corn.

Directions:

- ✓ Put the caramel on wax paper and microwave just until softened (5-10 seconds only).
- ✓ Place the chocolate star, point side up, on the surface, then place the caramel on the tip of the star. Press down so they stick together.
- ✓ To make the tail, press the chocolate cookie, striped side facing forward, firmly against the soft caramel so it stands upright.
- ✓ Press the candy corn on top of the caramel to make the beak.

Cookie Cutter Bird Treats

Capital Area Council

Ingredients & Materials:

- 1 cup shortening
- 3½ cups all-purpose flour
- 1 tsp. Baking soda
- 1½ tsp. Cream of tartar
- ½ tsp. Salt
- 3 eggs
- Mixed birdseed
- Cookie cutters
- Drinking straws
- Ribbon

Directions:

- Cream the shortening and beat in the eggs.
- Sift together flour, soda, cream of tartar, and salt.
- Gradually add the dry ingredients to the shortening/egg mixture.
- When well mixed, cover and chill.
- Flour surface and roll dough out to about ¼ inch thick.
- Cut out shapes with cookie cutters.
- At the top of each cookie, make a hole with the straw.
- Press in a coating of birdseed.

- Preheat oven to 350° and bake for about 12 minutes.
- When the cookies are cool, insert a length of ribbon through each hole and tie.
- Hang on tree outdoors for birds to enjoy.

WEB SITES

And Other Resources

Books

- ★ Den & Pack Meeting Resource Guide;
- ★ Cub Scout How To Book;
- ★ Boys' Tiger, Wolf, Bear, Webelos Hand books;
- ★ Cub Scout Leader Book;
- ★ Cub Scout Ceremonies Book;
- ★ Family Fun Magazine.

From Steve Leth, Training Chair,
White Horse District, Southern NJ Council

- ☺ www.Scouting.org - The BSA's main website. (By the way - BSA.ORG is actually the Business Software Alliance, a trade group that campaigns against computer software piracy.)
- ☺ www.ScoutStuff.org - The BSA National Supply Division
- ☺ www.snjscouting.org - Southern New Jersey Council
- ☺ www.USScouts.org - An independent treasure trove of Scouting information, including *Baloo's Bugle*.
- ☺ <http://balboaoaks.bsa-la.org/download/blog/Cub%20Grub%20Cookbook.pdf> - Source for the *Cub Grub Cookbook*. You can save a copy on your PC by selecting **File, Save As...** in your web browser's menu bar.

Alice, Golden Empire Council

- 👉 www.heifer.org international organization that connects givers with projects and initiatives all over the world. You can choose an area from a world map. In addition to providing heifers, the giver can also choose to give as little as \$10 for a share in a seedlings donation, \$20 for a flock of chicks, various "baskets" for \$60 and up; lots of different projects to choose from, as well as explanations of the value of each gift to the recipients. Information on how to start or support an urban garden.
- 👉 www.usaweekend.com/diffday website for a national day of service on the fourth weekend of October every year. Lots of ideas on how an individual, family, den or pack could participate. You can win funding, vacations and various prizes for participating.
- 👉 www.redcross.org go to volunteer services, then click on volunteer opportunities checklist; use the locator to look for opportunities for kids, youth in a given zip code.
- 👉 [The Points of Light Foundation](http://www.ThePointsOfLightFoundation.org), the non-profit partner in USA WEEKEND's Make A Difference

Day, is the nation's leader in promoting more effective volunteering and awareness of the importance of volunteering.

- 📌 <http://giving.clintonfoundation.org> links to all kinds of giving opportunities; click on resources to go to lists by category
- 📌 [Newman's Own](#): Paul Newman, a Make A Difference Day judge and supporter, site also includes information on his summer camps for kids who have cancer and blood diseases.
- 📌 [America's Promise](#): Founded in Philadelphia, at the Presidents' Summit for America's Future, America's Promise aims to provide every at-risk child in America with access to all resources they need.
- 📌 [The Corporation for National Service](#) oversees three national service initiatives: [Americorps](#) allows people of all ages to earn help paying for education in exchange for a year of service. [Learn and Serve America](#) supports teachers and community members who involve young people in service that relates to their school studies. [National Senior Service Corps](#) helps people age 55 and older find service opportunities related to their interests.
- 📌 [The National Assembly](#): This is a great stop for anyone interested in human service as a career. Dedicated to youth development, their homepage includes a newsletter and the On-line Directory for over 2000 Internships in Youth Development.
- 📌 [Global Service Corps](#) invites you to address social inequities and environmental problems around the world. At the same time, you can experience learning and friendship through working with, and living in the homes and communities of Global Service Corps partners and hosts in Kenya, Costa Rica, Guatemala and Thailand. This experience is available through volunteer project trips as well as longer term volunteer opportunities.
- 📌 [Volunteers of America](#) 49 community-based service organizations throughout the U.S. offer more than 160 different programs that help people including children, youth, the elderly, families in crisis, the homeless, people with disabilities or mental illness, and ex-offenders returning to society.
- 📌 The [Volunteers in Technical Assistance \(VITA\)](#) is a not-for-profit private voluntary organization which was established by scientists and engineers to respond to technical inquiries from people in developing countries. VITA collects, refines, and disseminates information that helps to improve food production, minister health needs, increase productivity of businesses, generate higher incomes, and preserve natural resources.
- 📌 [Volunteermatch.org](#) offers a variety of online services to support a community of nonprofit, volunteer and business leaders committed to civic engagement.

- 📌 [Ohio's Governor's Community Service Council](#) is Ohio's state office of volunteerism and community service.

Journey to Excellence:

<http://www.scouting.org/scoutsource/Awards/JourneyToExcellence.aspx>

Games, Games, Games

If you search the web for group games, you can get hundreds of listings. Here are a few that I have found:

www.Boyscouttrail.com

They have a section for group games. You can search based on the age of the boys, the type of game, or by game name. They also have a listing of all the belt loops to help you play those games as well.

www.Funandgames.org

These games are geared toward kids. They have some of everything and are listed by categories. This site can help with group games as well as pre-openers. It is a database of games compiled by many people, so as you read the rules you can see different people's style of writing.

www.Gameskidsplay.net

This site lists lots and lots of games. They have some in categories and others are just listed. They have a search engine as well. They are not listed by age so you will have to read the rules of the games to decide if they are right for your group. They do give variations for how to play many games.

www.Funattic.com

This site offers free game ideas as well as sells things for games. It seems to focus on products for disabled children. I haven't purchased anything from them, but the game listing is organized and easy to understand. They have a newsletter you can subscribe to as well as a monthly game to play.

www.Macscouter.com

This site has what it calls two volumes of games in a PDF format. The first volume is for younger scouts and the second for older scouts. It is easy to navigate and find the type of game you are looking for. They even have a listing of games called Scouting Games by Baden-Powell; great fun all year long. This site has other information for basic cub scouting, as well.

Den & Pack Meeting Help:

Baloo's Bugle: <http://usscouts.org/bbugle.asp>

Links to theme related publications:

<http://www.scoutingthenet.com/Training/Roundtable/Handouts/11/>

Crafts, Games, & Activities:

<http://familyfun.go.com/>

<http://www.dltk-kids.com/scouts/index.htm>

Crafts: www.makingfriends.com

Sports & Games:

<http://www.scoutingweb.com/scoutingweb/program/Games.htm>

ONE LAST THING What Cubs Are Made Of

Cub Scouts are made of all of these,
 Scarves of gold, patches on sleeves,
 Trousers of blue and well-worn knees,
 That's what Cub Scouts are made of.
 They're partly Indians, of fringe and feather,
 And beads and buttons and bits of leather,
 With war-paint and freckles mixed together,
 That's what Cub Scouts are made of.
 They're made of a promise, a pledge, and a prayer
 Of hands that are willing, of hearts that play fair,
 With something inside them that God put there,
 And that's what Cub Scouts are made of.

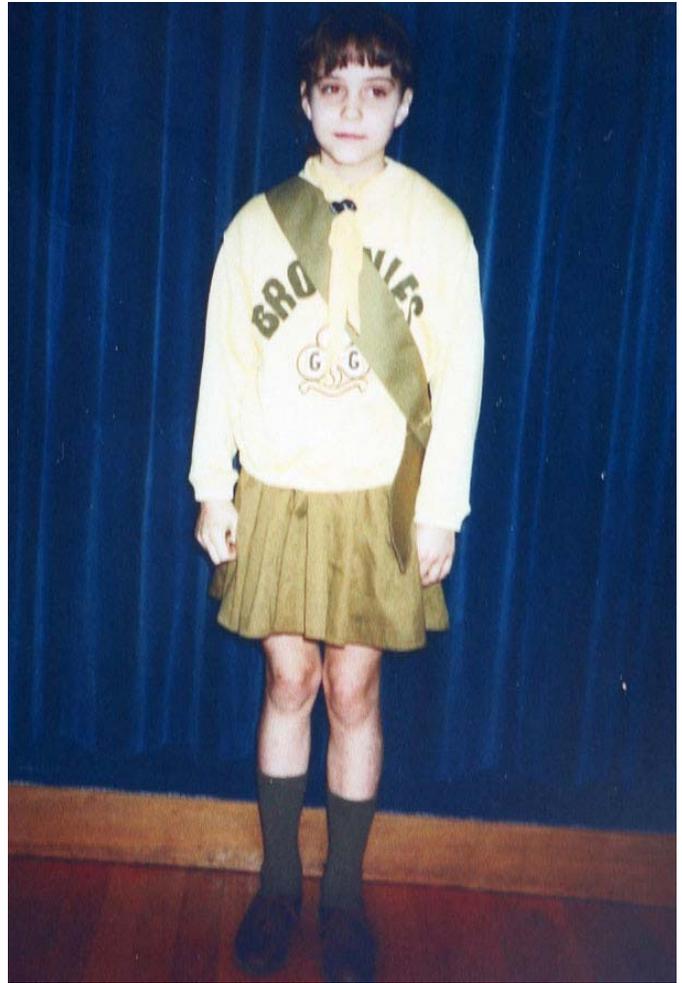
~Baltimore Area Council

The United Kingdom's Newest Volunteer



Read about how the Duchess of Cambridge is helping Scouts in the UK -

<http://www.scouts.org.uk/news/463/scouting-welcomes-royal-volunteer>



Next Month's Core Value -
FAITH