



# BALOO'S BUGLE



Volume 18, Number 9

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

April 2012 Cub Scout Roundtable

May 2012 Core Value & Pack Meeting Ideas

## HEALTH & FITNESS CUB CAFE

Tiger Cub, Bear, Wolf, Webelos, & Arrow of Light Optional Meetings



### CORE VALUES

*Cub Scout Roundtable Leaders' Guide*

The core value highlighted this month is:

- ✓ **Health and Fitness:** Being personally committed to keeping our minds and bodies **clean** and fit, Cub Scouts will grow stronger and learn the value of fitness

### COMMISSIONER'S CORNER

Health and cheerfulness naturally beget each other.

*Joseph Addison*

Welcome Baloo Readers. Commissioner Dave is busy working to keep the light on for some of you and has asked me, Scouter Jim to put together this month's Baloo Bugle. If this is your first time, Welcome to Cub Scouting. Baloo's Bugle is a monthly Cub Scout Resource put together by a

dedicated staff of volunteers, led by our stalwart Engineer who normally drives this train and puts all the cars together. This month he has asked me to drive the train and ring the Bell.

That horn you are hearing in your mind, (HONK, HONK, HONK), is the call for Pow Wow Books. In order for this resource to be the most value, we need your help. Without the contribution of New Council Pow Wow Books we have no tracks to run on, and will stay in the same place, year after year. Help us show each others the scenery. Contact Commissioner Dave or any one of the Staff and contribute your Pow Wow Books to keep this Train Running.

### Theodore Roosevelt

The lad Roosevelt was taken to an outdoor gymnasium equipped for him by his father, who said: “Theodore, you have brains, but brains are of little use without the body; you have to make your body, and it lies with you to make it. It is hard work, but you can do it.”

From that day this little boy, then about nine years old, started to make his body, and he never ceased in making that body until the day of his death.

The rich and the poor, men and women in all walks of life, have felt deep admiration for this wonderful man; no public character in American history has ever combined more boundless energy and exuberant enthusiasm with such versatility of achievements.— **Dr. S. Adolph Knopf in “The History of the National Tuberculosis Association.”**

What exercise did he take in the open air?

1. Hiking, horseback riding, swimming, tennis, ball.
2. Contests—wrestling, running, jumping, rowing.

What exercises do you take?

When Roosevelt rode he was alert to see birds, animals, flowers, trees, and beautiful scenery. He had a very thorough knowledge of all these. As a child, Roosevelt was delicate in health. He was anxious to become strong, so he went out west and became a cowboy, living out-of-doors most of the time. We know the result was that Mr. Roosevelt became a very strong and vigorous man. What a difference it made to him in the success and enjoyment of life, and in the great work he was able to do. Washington and Lincoln, our greatest heroes, were strong, healthy men. You cannot imagine either on being sick .

**HEATH CREED**

Massachusetts State Board of Health

My body is the temple of my soul; therefore,  
 I will keep my body clean within and without.  
 I will breathe pure air and I will live in the sunlight.  
 I will do no act that might endanger the health of others.  
 I will try to learn and practice the rule of healthy living.  
 I will work and rest and play at the right time and in the right way, so that my mind will be strong and my body healthy, and so that I will lead a useful life and be an honor to my parents, to my friends, and to my country. —From Scoutmaster’s Handbook.

**TABLE OF CONTENTS**

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

**Table of Contents**



..... 1  
 CORE VALUES ..... 1  
 COMMISSIONER’S CORNER..... 1  
     Theodore Roosevelt..... 1  
 HEATH CREED ..... 2  
 TABLE OF CONTENTS ..... 2  
 THOUGHTFUL ITEMS FOR SCOUTERS ..... 3  
     Roundtable Prayer ..... 3  
     Protecting the Pot ..... 4  
     Quotations ..... 4  
     Training ..... 5  
     Snips and Snails and Puppy Dog Tails..... 5  
     Welcome New Leaders ..... 6  
         Welcome to Cub Scouting!..... 6  
     Step 1: Establish the Basics ..... 7  
     Step 2. Prepare for Your First Den Meeting..... 7  
     Step 3. Learn about Available Resources and Use Them! ..... 8  
 HEALTH & FITNESS Character Connection ..... 9  
 ROUNDTABLES..... 11



..... 11  
 Evaluations/Surveys..... 11  
 Update Supplemental Pack Meeting Plans ..... 11

DEN MEETING TOPICS..... 12

PACK ADMIN HELPS – ..... 12

    “What is a Commissioner?”..... 12

Worth a Second Look ..... 12

    The SCOUTStrong PALA Challenge ..... 12

CUBMASTER'S CORNER..... 14

    ADVANCEMENT CEREMONIES ..... 16

SPECIAL OPPORTUNITIES..... 18

    Video Games Loop and Pin ..... 18

    Physical Fitness Loop and Pin ..... 19

    Boys’ Life Reading Contest for 2012 ..... 19

    Knot of the Month Pack Trainer ..... 20

Cub Café Theme Ideas..... 20

    Gathering Activities ..... 20

    Opening Ceremonies..... 21

    Advancement Ceremonies ..... 21

    Closing Ceremonies/Cubmaster Minutes..... 23

    Audience Participation Stories ..... 23

    Skits ..... 24

    Songs..... 25

    Cheers ..... 25

    Jokes & Run-ons ..... 25

    Crafts..... 26

    Cub Grub..... 28

    Games ..... 29

    Links ..... 31

    Other Ideas ..... 31

OPENING CEREMONIES..... 31

    Fitness Check  Opening ..... 31

AUDIENCE PARTICIPATIONS & STORIES..... 31

Exercise – Take Your Pick! ..... 31

LEADER RECOGNITION & INSTALLATION..... 32

    A Den Leader's PayDay ..... 32

*Fun Awards*

[http://www.ussscouts.org/profbvr/fun\\_awards/index.html](http://www.ussscouts.org/profbvr/fun_awards/index.html) . 32

ADVANCEMENT CEREMONIES ..... 32

    Tiger Achievements ..... 32

    Tiger Electives ..... 32

    Wolf Achievements..... 32

    Wolf Electives..... 32

    Bear Achievements ..... 33

    Bear Electives ..... 33

    Webelos Activity Pins..... 33

SONGS ..... 33

    Exercise & Healthy Food..... 33

    Hinges Song ..... 34

    Robert BADEN POWELL..... 34

STUNTS AND APPLAUSES..... 34

    APPLAUSES & CHEERS ..... 34

    RUN-ONS..... 34

SKITS ..... 35

GAMES ..... 35

    Disability Awareness Games ..... 35

    Other Games ..... 36

CLOSING CEREMONIES..... 36

    CUBMASTER’S MINUTE ..... 36

**Baden-Powell on Health & Fitness** ..... 36

CORE VALUE RELATED STUFF ..... 36

Connecting HEALTH & FITNESS with Outdoor Activities ..... 36

FAITH Character Connection ..... 36

May - A Month to Celebrate Health & Fitness..... 36

Crazy Holidays..... 36

Fun Facts On Kindness..... 36

PACK & DEN ACTIVITIES ..... 36

DEN MEETINGS..... 37

    TIGERS..... 37

**Frisbee Games to help boys practice skills:**..... 42

**Lickety-Split Frisbee** ..... 42

*familyfun.go.com* ..... 42

    Equipment: ..... 42

**Ultimate Disc Frisbee** ..... 42

*familyfun.go.com* ..... 42

    BEAR ..... 46

    Bear Ideas by Felicia ..... 46

    WEBELOS DENS..... 46

**Outdoor Activities** ..... 47

**Den Meeting Helpers**..... 53

**Webelos** ..... 53

**Items needed:** ..... 57

**Instructions:** ..... 57

ADDITIONAL ADVANCEMENT IDEAS..... 58

    Tiger Achievements..... 58

    Tiger Electives..... 58

    Wolf Achievements ..... 58

    Wolf Electives ..... 58

    Bear Achievements..... 58

    Bear Electives..... 58

    Webelos & Arrow of Light Dens ..... 58

MORE GAMES AND ACTIVITIES ..... 58

CUB GRUB..... 58

White-and-green pizza ..... 59

WEB SITES ..... 60

CORE VALUE RELATED STUFF..... 62

    May – A Month for Health & Fitness..... 62

ONE LAST THING ..... 64

    What Cubs Are Made Of..... 64

*God's Pharmacy! Amazing!*..... 64

    The Giant Turnip ..... 65

**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](mailto:bobwhitejonz@juno.com). CD*

Health of body and mind is a great blessing, if we can bear it. [John Henry Cardinal Newman](#)

**Roundtable Prayer**

*Scouter Jim, Bountiful UT*

Father in Heaven, we thank thee for the blessing of health and fitness, and the bounty of the earth that blesses and gives us

strength. Help us to remember others and share with them through service and good will. **Amen.**

### Protecting the Pot

Scouter Jim, Bountiful UT

And the Lord God made all kinds of trees grow out of the ground—trees that were pleasing to the eye and for food.

*Genesis 2:9*

Over twenty years ago, when I attend Woodbadge, I was introduced to Dutch Oven Cooking. It wasn't that it was completely strange, it was a style of cooking that was directly related to my ancestral roots, I just hadn't learn to do it myself. I even owned a small 10" Dutch oven, I just didn't know how to use it. Cub Scouts are like I was, they all have bodies, and they see people all around using them, they just need to learn to use their.

Over the years, I have collected a lot of cast iron pots and equipment to work with them. I have also learned to care for them. One of the pots I have was a gift, from someone who didn't care to use it. It was coated with a light layer of rust that needed to be removed before a good seasoning to protect it. Many of us, older men, have a light layer or rust (fat) on our bodies, and some of us have a heavier layer. With proper care and use, a cast iron cooking pot will become better with age. Bodies might not become better with age, but with use, they can maintain their usefulness longer.

If I use my Dutch oven more often, I would be stronger. I have never calculated the weight of the cast iron cookware I have, but it exceeds several hundred pounds.

I am not recommending that we teach boys how to cook in Dutch ovens, but we could take them outdoors for a meal. Dutch ovens are not common in much of America, but in Utah it is our State Cooking Pot. Honestly, I'm not kidding, they really passed a law declaring the Dutch oven the official state cooking pot.

We also need to lead by example and use our bodies more and get more exercise. We can also use the season to take our boys outside for more exercise activities. Michele Obama, has youth fitness one of the causes she supports. Let's follow her example and get them moving.

It would also not hurt if more of us learn to cook outdoors. It is fun and you get out of the heat of the kitchen in the Summer. If you need to know how to cook outdoors, contact the Scoutmaster. If he doesn't know, maybe you can learn to getter.

### 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*

The trouble with always trying to preserve the health of the body is that it is so difficult to do

without destroying the health of the mind. [G.K. Chesterton](#)

The greatest wealth is health. [Virgil](#)

In order to change we must be sick and tired of being sick and tired. [Author Unknown](#)

The best six doctors anywhere  
And no one can deny it  
Are sunshine, water, rest, and air  
Exercise and diet.  
These six will gladly you attend  
If only you are willing  
Your mind they'll ease  
Your will they'll mend  
And charge you not a shilling.

[Nursery rhyme quoted by Wayne Fields, What the River Knows, 1990](#)

Red meat is not bad for you. Now blue-green meat, that's bad for you! [Tommy Smothers](#)

If I had my way I'd make health catching instead of disease. [Robert Ingersoll](#)

People who are always taking care of their health are like misers who are hoarding a treasure which they have never spirit enough to enjoy. [Laurence Sterne](#)

A good laugh and a long sleep are the best cures in the doctor's book. [Irish Proverb](#)

Fresh air impoverishes the doctor. [Danish Proverb](#)

Illness is the most heeded of doctors: to goodness and wisdom we only make promises; pain we obey. [Marcel Proust](#)

Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open. [B.K.S. Iyengar](#)

When the head aches, all the body is the worse. [English Proverb](#)

Health and cheerfulness naturally beget each other. [Joseph Addison](#)

He who has health has hope; and he who has hope has everything. [Arabic Proverb](#)

If you do everything you should do, and do not do anything you should not do, you will,  
Health is a relationship between you and your body.  
[Terri Guillemets](#)

The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd druther not. [Mark Twain](#)

## Training

### Snips and Snails and Puppy Dog Tails.

[Bill Smith](#), the Roundtable Guy

Working with a den of young boys can be a challenge. To make it a bit less daunting, new leaders should become a bit familiar with what else besides snits and snails go into the make-up of boys.

#### Boys are different.

**Do Your Best.** When we think of the Cub Scout motto, we usually concentrate on the word "best." However the verb "do" more accurately describes boys. Boys are involved with doing things. One time National Cub Scout Director Bud Bennett reminded us:

*If three boys are standing, talking, they are talking about doing something, If three boys are walking, they are on their way to do something. If they are running, they have just done something.*

Action is important. Boys seem to be most comfortable at our meetings when things are happening and especially when they are part of the action.

Even when boys make things, they expect their creations to do something. Again, Bennett said:

*Did you know that when a boy makes or builds something - like a model plane, a boat or a car - he often imagines it in action: flying, sailing or racing, as he works on it?*

*His mind is as active as his hands.*

#### Boys Needs

The emotional needs of boys between 1st and 4th grades are basically the same. All boys (in fact, all people) have:

- ✓ The need to be loved.
- ✓ The need to be accepted.
- ✓ The need to be noticed.
- ✓ The need to belong.
- ✓ The need to be praised and encouraged.
- ✓ The need to be safe and secure.
- ✓ The need to let off steam.
- ✓ The need to express themselves.

- ✓ The need to experiment (and make some mistakes in the process.)
- ✓ The need to have fun.

How each boy tries to fulfill these needs is what really makes him unique. One boy may be very timid and quiet and another loud and rowdy, but both are afraid they won't be loved. We usually notice the rowdy one, but both need our care and attention.

If a boy wants to be noticed and receives a lot of attention from you when he misbehaves, his need to be noticed is fulfilled. He will probably continue his inappropriate behavior because it best fulfills his need.

Well then, what's a den leader to do? Boys will be boys and will probably get into trouble. How can you deal with misbehavior, build up their self-esteem and still maintain some kind of order in your den? You need a plan of discipline.

*Indian Nations Council Pow Wow - 1994*

### DISCIPLINE AND PUNISHMENT

*Correcting bad habits cannot be done by forbidding or punishment.*  
Robert Baden-Powell

**Discipline is the process of learning.** Den discipline is a cooperative process where the boys behave in such a manner that both the boys and the leaders win: both achieve their objectives. The boys have fun, do exciting new things and feel good about themselves. The leaders achieve the aims of scouting, the boys are safe and they all get through the meetings with a minimum of damage and tears.

**Punishment is the opposite.** Punishment happens when discipline fails. Punishment is adversarial: either, the leader wins, the boy is punished and the boy loses or the leader backs down and the boy wins. .

*It is risky to order a child NOT to do something. It immediately opens to him the adventure of doing it*

Robert Baden-Powell

**Children need to develop self esteem.** They need to win and feel good about themselves. When a leader uses punishment or the threat of punishment to control behavior, every time the leader wins, the boy loses and is motivated to misbehave in an attempt to win next time.

#### Scouting relies totally on positive reinforcement.

The Cub Scout Leader Book contains the official word on Cub Scout discipline. Every leader should read it and follow its recommendations.

A few years ago, we presented [six essentials for a Cub Scout leader](#) to get through their meeting or activity with a minimum of damage and tears. Here they are again in abbreviated form.

#### Well planned programs.

The first, and most critical, step toward controlling the behavior of the boys is to plan a good program. Boys, who are having a good time, rarely cause trouble.

#### Get and hold their attention.

You will get nowhere if you lose control of your meeting. Wearing your Scout uniform, ceremonies, the Cub Scout sign are all useful. Keep activities short, simple and fun.

**They know what's expected of them.**

Boys often misbehave just because they are not sure how they are expected act. They are imaginative and invent their own standards of behavior. You don't want that.

You will need a [Code of Conduct](#) – a set of rules that we all follow at our meetings..

*A boy carries out suggestions more wholeheartedly when he understands their aim.*

Robert Baden-Powell

**Give each boy individual attention.**

Use each boy's name a lot. Children crave attention and, the last time I priced it, attention was an inexpensive commodity.

**Build a team.**

Build pride in your den. Use lots of standard team building gimmicks like den flags, doodles, cheers, secret codes etc. Uniform inspections instill pride in appearance and this spills over to pride in conduct.

**Empowerment**

Give each boy a chance to lead or star. There are opportunities in each of the boys' books for leadership roles. Use them in your den programs. Skits and ceremonies at pack meetings give boys opportunities to stand out. Make sure that each of your boys gets these chances. Use the denner, change denners regularly.

For several years I was a range master (bb-guns and archery) at one of our Cub Scout day camps and other council run activities. I estimate the well over a thousand boys went through my purview.

Now misbehavior cannot be permitted on a shooting range. There is zero tolerance for disobeying the rules. The consequences of misbehavior are just too extreme. My approach to discipline relied heavily on the first three of those six essentials. I had too little time with each group to develop and use the other three methods.

**Program.**

Shooting bb-guns or arrows seems to captivate boys' attention. I don't know why this is so but it works. We made sure our equipment was ready and visible. Targets were up and that the boys knew it as they entered the range.

**Attention.**

I insisted on respect for the Cub Scout sign. We can't begin shooting if you don't pay attention. I adopted a new persona – Big Bad Bill, the Rangemaster. The kids loved calling me by my title even though some parents disapproved.

**Rules.**

Range rules are pretty much the same at every Scout camp but I made sure that they knew the reasons for each one. For example: why does everyone have to get permission from me to enter or leave the range? Because we can't shoot if I even think that someone is missing and could possibly be down range.

Yet of all these boys – many brand new Tigers – I had only one near case of misbehavior. He was a very young Cub Scout who had pinched his finger in the lever action of the bb-gun. He was lying on his mat in obvious pain still holding onto his gun with his good hand. One of his leaders called to me that

she had some ice in their cooler and to bring him over to where she was. The boy refused to get up or to let go of the gun no matter what I did.

Finally through his tears he told me that he hadn't put the gun on safety and Big Bad Bill had told him never to leave a gun unless the safety was on. Once we got that straightened out we got everything fixed up and ten minutes later he was back on the firing line plinking away at targets.

Finally, here is a list of **positive statements** from both Indian Nation and Orange County Councils.

|                            |                                       |
|----------------------------|---------------------------------------|
| I like you!                | I can tell you really worked on this. |
| Way to go!                 | I'm glad you're here today!           |
| Sensational!!              | I'm glad you're in my den!            |
| That's right!              | That was the best ever!               |
| Super!                     | I thought of you during the week.     |
| Great!                     | You must have been practicing.        |
| Nice job!                  | You figured that out fast.            |
| Fantastic!                 | I knew you could do it!               |
| Outstanding!               | Now you've got the hang of it.        |
| I'm proud of you!          | You're really sharp today!            |
| Good thinking!             | I like the way you did that.          |
| WOW!                       | Thank you for helping.                |
| I think you're neat! Cool! |                                       |

I'm glad you thought of that.

You are a good listener.

You're on the right track now.

*Use them liberally at every meeting.*

**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  
..... goodself 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](mailto:wt492@wtsmith.com).**

**Welcome New Leaders**

As Cub Scout Pack are always changing as new boys enter or advance out of the program, the Baloo Staff would like to welcome new Scout Leaders reading this for the first time. The following is from a 2004 BSA New Leader Packet. Some changes have occurred, but most of the information is still relevant and valuable.

**Welcome to Cub Scouting!**

First impressions are important and Cub Scouting is no different. Boys join Cub Scouts for excitement, to

be with friends, and to have fun. If your first few meetings are fun, for you and for the Cub Scouts, they will come back for more ... and future meetings will be easier and easier for you.

The first thing you should know is that you are not alone. Hundreds of thousands of adults have preceded you in Cub

Scouting. Their experience and wisdom are available to you through a number of resources that will be discussed

in the following pages. You won't have to reinvent the wheel as you plan, prepare for, and conduct meetings.

## What are YOU going to do now?

### Step 1: Establish the Basics

Complete a roster of the boys in your new den, including name, phone number, address, primary parent/guardian, and e-mail address, if available.

Be mindful of different family situations and gather primary and secondary contact information for parents

if necessary. Your Cubmaster should provide you with your Cub Scout pack and den number.

Determine the day, time, and location of your weekly den meetings. Den meetings should occur consistently

on the same day, same time, and same location of each week every month.

Your den may meet at a parent's home, school, church, or community organization building. A discussion with the parents in your den will help you determine the best day, time and place for your den meetings. Once determined,

let everyone know when and where your meetings will be. Holding den meetings at the same time and place each week is encouraged; that will help keep attendance strong.

Find out the location, date, and time of your monthly pack meeting. The pack meeting is a monthly gathering of

all Cub Scouts and their families, led by the Cubmaster. The pack meeting consists of activities and recognition based on the month's theme. Let all your den members, leaders, and parents know when and where pack meetings will be.

Ask for your Cubmaster's name, phone number, and e-mail address.

The Cubmaster is the leader of your pack. This person is in charge of planning and conducting the monthly pack meetings. The Cubmaster helps plan and carry out the pack program.

Find out the location, date, and time of your monthly pack leaders' meeting.

The pack leaders' meeting is held to help you and the Cubmaster and plan den and pack meetings based on a monthly theme.

Identify and recruit an assistant den leader(s). Having an assistant will help the meetings run smoother and the assistant can fill in if you have to miss a meeting. Have the recruited assistant fill out an adult leader application and give it to your Cubmaster so that she or he can secure the necessary approval.

Study the Fast Start CD. View the Fast Start CD as soon as possible. Or you may complete this training on your

local council's Web site. After viewing the Cub Scout Leader Fast Start CD, you'll want to attend the New

Leader Essentials and Cub Scout Leader Specific Training courses as soon as possible.

Ask your pack trainer for information on these.

### Step 2. Prepare for Your First Den Meeting

In step 1 you determined when and where your den meetings will be.

The den meetings are planned around a monthly theme set by your pack.

Meetings consist of activities, projects, and business items.

In step 1 you began your den leader training when you reviewed the Cub Scout Leader Fast Start CD or completed the training on your council's Web site. That training showed you how to plan for and conduct a den meeting for your age group. Now it's time to plan your first den meeting program. Use the resource that best fits the makeup of your den:

If you have all new boys in your den, refer to the item in this kit titled, "Program Ideas for your First Month's Den Meetings, Theme: Bobcats All" and then, after the first month, use the monthly *Cub Scout Program Helps* segments in the kit. If the boys in your den (all or mostly) have already earned their Bobcat badge, use the September through November *Cub Scout Program Helps*.

These program helps are designed to take the guesswork out of your first meeting. They are your roadmap to success! By following the week-by-week instructions, you will have a fun and exciting first month. Be sure to share the responsibilities (and the fun) of den leadership with your assistant leader(s). *Cub Scout Program Helps*, No. 34304, is a book that is produced annually to provide a whole year of support for you when planning your meetings. You may purchase a copy of this annual resource from your local council service center or Scout shop.

As you will see in *Program Helps*, the basic structure of any den meeting includes:

- **Gathering activity**—to keep boys occupied until everyone arrives.
- **Opening ceremony**—such as reciting the Pledge of Allegiance or Cub Scout Promise—to officially kick off the meeting.
- **Activities**—Learning a skill, playing a game, practicing a skit, and/or doing craftwork. Some of these activities can contribute to the way your den will participate in the monthly pack meeting.
- **Closing ceremony**—to calm and inspire the boys before they leave. One den meeting a month should be a field trip, outdoor activity, or service project.

**Gather the support items needed for your den meeting.** These might include props for skits, craft materials, snacks, or supplies for games or outdoor activities.

**Confirm the den meeting location.** Be sure all arrangements have been made and confirmed, especially if your meeting

is being held at a school, church, community organization building, or an outdoor location.

**Set a date and a time for a den parents' meeting.** This may be in conjunction with your first den meeting. You will want to be sure that parents understand that they are the primary leaders in the Cub Scouting program and that the den and the pack exist to support their relationship with their son. See the "New Parent Information Guide."

**Contact each boy and parent to confirm the den meeting date, time, and location.** Be sure each boy knows when and where the first den meeting will be and confirm his attendance. This will allow you to get to know the boys in your den.

**You and your assistant(s) should purchase your uniforms before the first meeting, if possible.** Wearing the uniform properly helps to set a good example for the boys. Encourage your boys to wear their uniforms to the first meeting.

The key to successful planning is  
KISMIF—Keep it Simple, Make it Fun!

**Step 3. Learn about Available Resources and Use Them!**

**People to Call**

Your pack leaders are here to help you get started.  
My pack number is \_\_\_\_\_  
My Cubmaster is \_\_\_\_\_

Phone number \_\_\_\_\_  
E-mail address \_\_\_\_\_  
My committee chairman is \_\_\_\_\_

Phone number \_\_\_\_\_  
E-mail address \_\_\_\_\_  
The monthly pack leaders meeting is held \_\_\_\_\_

The staff at your local council service center can help you or can get you in touch with someone who can.  
My council name is \_\_\_\_\_

Phone number \_\_\_\_\_  
Web site \_\_\_\_\_

Scout shop phone number \_\_\_\_\_

Your district has a team of volunteers called the district committee. They develop quality district-wide programs in which boys can participate.  
My district name is \_\_\_\_\_

My district executive is \_\_\_\_\_

Phone number \_\_\_\_\_  
E-mail address \_\_\_\_\_

Your district has another volunteer team called the commissioner staff. They are your "service team." They check on the "health" of your pack and are a communications link

between your pack and the local council. A commissioner is assigned to assist your unit.

My pack's commissioner is \_\_\_\_\_  
Phone number \_\_\_\_\_

*Essential Training* All leaders need training! These training courses should be completed as soon as possible to help ensure that you have a successful den program. Call your district training chairman for dates.

- **Fast Start Training.** This should be the first training completed by all leaders.
- **New Leader Essentials.** The first piece of basic training, this session presents an overview of Scouting's principles, policies, and programs to leaders in all program areas.
- **Cub Scout Leader Specific Training.** The second part of basic training, this session gives you the nuts and bolts of what you need to know specific to your leadership position in Cub Scouting.
- **Youth Protection Training.** This training session increases awareness of child abuse and how BSA works to protect its youth from these dangers. It must be taken by all leaders. My district training chairman is \_\_\_\_\_

Phone number \_\_\_\_\_  
E-mail address \_\_\_\_\_

*Cub Scout Roundtable.* This monthly leaders' meeting for all adult volunteers in your district is where you can get help with outdoor activities, crafts, games, skits, and songs for use at den and pack meetings. It's a great place to ask questions and share ideas—you can get the benefit of other leaders' experience and support.  
My district roundtable is held \_\_\_\_\_

The roundtable commissioner is \_\_\_\_\_

Phone number \_\_\_\_\_  
E-mail address \_\_\_\_\_

**Special Events**  
Your pack, district, and council will sponsor special events throughout the year in which your den may participate. You will receive information on these events at pack planning meetings and at the monthly Cub Scout roundtable meeting. Some of these events may be:  
*Pinewood Derby.* Boys, with the assistance of their family, build and race gravity-powered cars down a track.  
*Blue and Gold Banquet.* Held in February, this is the annual birthday party for Cub Scouting.  
*Conservation and Service Projects.* An important part of Cub Scouting is helping others.  
*Cub Scout Day Camp.* Held during the summer, this is a week-long, daytime outdoor experience for Tiger Cubs, Cub Scouts, and Webelos Scouts.  
*Cub Scout/Webelos Scout Resident Camp.* Held during the summer, this is a multi-day overnight camping experience for Cub Scouts, Webelos Scouts, and their parents.  
*Pack Overnights.* Overnight family camping experiences.

**WELCOME TO SCOUTING, KEEP ALL ARMS AND LEGS INSIDE AND ENJOY THE RIDE. ☺**



## HEALTH & FITNESS Character Connection

Carol at [www.cubroundtable.com](http://www.cubroundtable.com)

### Tiger Book

*Character Connection - Health & Fitness Achievement 3D, "Keeping Myself Healthy & Safe"*  
(Page 50)

- ✓ **Practice-** What foods are best for your health and growth?
- ✓ **Know-** With your adult partner, have a healthy snack.
- ✓ **Commit-** Practice good health habits while doing the requirements for this activity badge.

### Wolf Book

*The Health & Fitness Character Connection is not part of an Achievement or Elective in this book.*

### Bear Book

*The Health & Fitness Character Connection is not part of an Achievement or Elective in this book.*

### Webelos Book

*Character Connection - Health & Fitness Fitness Activity Award (Page 246)*

- ✓ **Know.** - Tell why it is important to be healthy, clean, and fit.
- ✓ **Commit** - Tell when it is difficult for you to stick with good health habits. Tell where you can go to be with others who encourage you to be healthy, clean and fit..
- ✓ **Practice** - Practice good health habits while doing the requirements for this activity badge.

### Cub Scout Roundtable Helps

- ✓ What does it mean to be Healthy & Fit? If you make GORP trail mix– oat cereal, raisins, chocolate chips, nuts sesame sticks and pretzels do you think that the things we add will help keep you healthy? What does that mean?
- ✓ What other things can you do to keep fit and healthy?
- ✓ Are there places you can go to help you keep fit?
- ✓ Is keeping fit and healthy something that you alone can do?
- ✓ Can you think of other people who might need to do this in a more healthy way?
- ✓ Can you think of ways to encourage them?
- ✓ How do you feel when you do good things for your body (for example, eat healthy foods, take a walk, etc.)?

- ✓ What are two things can do to stay healthy or get healthier?
- ✓ What do you think it means to have a healthy body? What do you do to stay healthy?
- ✓ How do you feel when you are sick? Do you feel different when you are healthy?
- ✓ What can you do to keep yourself healthy? How can you help others-

### Kim's Games

**Cub Scout Program Helps 2002-2003** page 8 July & **2003-2004** Page 6 October,

You'll find general directions for this game (along with several variations) in the Cub Scout Leader How-To- Book. In preparation for a den hike, play with times that should be taken on a hike, such as a map, water, extra clothing, first aid kit, compass, etc. This is a good game to start the Cub Scouts on their way to learning the Scout Outdoor Essentials found in the Boy Scout Handbook.

### Cubmaster's Minutes

**Cub Scout Program Helps 2003-2004** page 4 July

Cub Scouts should always try to keep themselves strong and personally fit, not just for their own sakes, but so they may be useful citizens of our great county. Keeping fit allows us to help the people around us. If our country is to remain strong, its citizens must also be strong in mind, body, and spirit. Please join me in singing, "America"

**Cub Scout Program Helps 2004-2005** page 4 July

A Cub Scout keeps himself strong and healthy, not just for his own sake but so that he can be a more useful citizen. When you are fit physically, you can be more helpful to those around you. Cub Scouts, you are all on the right path from what I saw tonight. Keep up the great work on the trail to fitness on the Scouting playing field.

**Cub Scout Program Helps 2005-2006** page 8 February

How do you stay fit and healthy? How might an alien from another planet stay fit and health? Is it hard to stay fit and eat a healthy diet? What can you do this week to be sure you are doing something healthy for yourself?



### Teach Healthy Eating Habits with "There's a Rainbow on My Plate"

In partnership with Dole Food Company Inc. And Crayola® brand, Produce for Better Health Foundation is offering "There's a Rainbow on My Plate,"

([www.pbhfoundation.org/pub\\_sec/edu/cur/rainbow/](http://www.pbhfoundation.org/pub_sec/edu/cur/rainbow/)) a free nutrition education curriculum that encourages kindergarten through sixth grade students to develop healthy eating habits. It's being introduced into 12,000 elementary schools and 4,000 participating supermarkets across the country in March during National Nutrition Month®. Check out [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov) or

[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org) which has replaced the "5 a Day" campaign



### Cantaloupe Canoes

**Cub Scout Program Helps 2004-2005** page 10 July

**Materials:** Slices of cantaloupe (six slices per cantaloupe), strawberries, grapes, blueberries

**Directions:** Slice cantaloupe into wedges and hollow the middles somewhat. Place miscellaneous fruits inside.

### Make Fruit and Cheese Kabobs

2005 Pow Wow Book Cub Scouting Forever  
by Great Salt Lake Council, Scouting It Out

*Scouting is going outdoors this month.  
Being outdoors means picnics..*

**Ingredients:** grapes, apples, bananas, oranges, pineapple chunks, mild cheddar cheese, and mozzarella cheese

**Directions:** Slide the fruit and cheese chunks onto bamboo skewers. If you use banana or apple chunks, immerse them in pineapple juice to keep them from turning brown.

### Character Connection: Health and Fitness

- ✓ Serve a healthy snack after the ultimate game – fruit, fruit juice, vegetable sticks, and dip are all possibilities.
- ✓ Lead a discussion on healthy snacks:
  - Did you like this snack? Is this healthy food? Why do you think so?
  - Why is it important to eat fruit?
  - Do you notice a difference when you don't eat healthy foods?
- ✓ How can you make healthy choices in your own meals? How will that work at school? At home?

### 2004 Pow Wow Book Cub Scouting Forever by Great Salt Lake Council

**Health and Fitness** - Being personally committed to caring for our minds and bodies.

**Activity** Form a circle and all face the same direction. Leader gives signals as Cubs follow doing any or all of the following (or similar) in whatever order the leader chooses:

- Start walking (Walk between all other activities, never stop completely.)
- Start hopping.
- Make yourself as small as possible and continue walking.
- Make yourself as tall as possible and continue walking with hands stretched high over the head.
- Bend knees slightly, grasp ankles and continue walking.

- Walk as if the heel on one foot and the toes of the other foot were sore.
- Walk with stiff knees.
- Squat down and jump forward in that position.
- Walk on hands and one foot with the other leg held high, imitating a dog with a lame foot.
- Take giant steps, walking forward and making each step as long as possible.
- Walk forward at a rapid pace, don't run, swinging arms.
- Walk forward raising the bent knee of the advancing leg as high as possible each step.
- Run, lifting knees high.
- Walk on all-fours, hands and feet, not knees.
- Assume a deep knee bend position with hands on hips, then walk in this position, keeping back straight. (This is the duck walk.)
- Support body on hands and feet with legs extended backward, keeping hands in place
- and knees stiff, walk on toes with short steps until feet are near hands, then, without moving feet, walk forward on hands with short steps until the original position is attained. (This is the measuring worm.)
- Hold the weight on the hands and toes, keeping the back flat, move forward by walking with hands. (This is the seal walk.)
- From a squat position, reach backward and put hands flat on floor without sitting down,
- walk in the direction of feet. (This is the Crab Walk)

### 2005 Pow Wow Book Cub Scouting Forever by Great Salt Lake Council

#### Tin Foil Dinner Applause:

- ✓ Pretend to make a tin foil dinner.
- ✓ Wrap it up and put it on the fire.
- ✓ Wait impatiently and then take it off the flames.
- ✓ Open it up.
- ✓ Leader asks, "How is it?"
- ✓ Boys answer, "Raw, raw, raw!"

#### Shadow Stomp (Shadow Tag)

- ✓ Have an open area for active play.
- ✓ "It" runs after the other players, but stomps on the boy's shadow instead of tagging him.
- ✓ When "It" tags a shadow, that boy becomes a new "It".

#### Den Leader's Minute at end of a Den Meeting

**Cub Scout Program Helps 2007-2008**, page 6 August

We did an active game today. I saw that you all got tired. Do you think that's a good thing? Do you know what good fitness means? When we do exercise, that's one way to keep our bodies healthy? How else do you keep fit and healthy? Let's all pay attention to ways that we can keep active and fit during the next few weeks.

For other **HEALTH & FITNESS**  
Character Connection Activities go to ·  
<http://www.cubroundtable.com/assets/pdf-documents/2002-2010%20Character-Connections-Packet.pdf>

## ROUNDTABLES



### Evaluations/Surveys

*Prepared by Barbara J. Hicklin, DelMarVa Council*

#### National Roundtable Project Survey Update

"The Commissioner" the national Commissioners newsletter has a new format.... Like it or love it. The newsletter is no longer limited to 12-16 pages to cover all the News that is News for Commissioners. The newsletter contains a Roundtable section from our National Commissioner Service Roundtable Chair, Daniel B. Maxfield.

The spring edition provides a Roundtable Study Project update and shares a timeline for preliminary reports. If you remember Volume 18 No. 2 of Baloo's Bugle promoted and offered an opportunity to contribute to the national roundtable study project - Roundtable Survey. All of that feedback will result in some specific recommendations that will be presented to the National Commissioner Service Team, and others, at the May 2012 National Annual Meeting in Orlando. We should see the results in the next newsletter.

Also included was a best practice idea on roundtable promotion and an invitation to submit your Roundtable "*Best Practice Ideas*" for publication in future newsletters. Check it out at: <http://scouting.org/scoutsource/Commissioners.aspx>

#### **Roundtable Evaluations**

So, while we are waiting for the results of the National survey. I have a question; How do you use Roundtable Evaluations to improve the Quality of your Roundtable? First off, what is an evaluation? One definition could be that an evaluation is the process of measuring progress toward a goal or taking stock of what we have done to determine our future direction.

There are several types of roundtable evaluations. We have self- evaluations for our staff members, Roundtable program evaluations completed by RTC and staff members and evaluations completed by participants. In our council we have an on-line survey available year round for anyone to provide feedback on our district roundtables.

Resources:

Cub Scout Roundtable Basic (#33013): Self-Evaluation for the Roundtable Team Member (pg. 44).

Cub Scout Roundtable Planning Guide (# 34410): Roundtable Program Evaluation to be completed by Participant (pg. 15) with results shared with your District Commissioner.

Boy Scout Roundtable Planning Guide (On-Line)

Are We at Our Trail Destination? To be completed by Staff (pg. 5) with results shared with your District Commissioner.

Consider that an evaluation is worthless unless some positive action results. Thus offer the opportunity for evaluation of your program, review the results and build on the current strengths and strengthen current weaknesses to improve the quality of your Roundtable program.

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

### 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 -**

| <u>Month</u> | <u>Core Value</u>  | <u>Supplemental Theme</u>           |
|--------------|--------------------|-------------------------------------|
| • September  | Cooperation        | Hometown Heroes                     |
| • October    | Responsibility     | <a href="#">Jungle of Fun</a>       |
| • November   | Citizenship        | <a href="#">50 Great States</a>     |
| • December   | Respect            | <a href="#">Holiday Lights</a>      |
| • January    | Positive Attitude  | <a href="#">Abracadabra</a>         |
| • February   | Resourcefulness    | <a href="#">Turn Back the Clock</a> |
| • 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:**

- ★ April'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     |

- ★ May's Core Value, Health & Fitness, will use "Cub Cafe." Month's that have themes that might help you with Health & Fitness and "Cub Cafe" are:

*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!!*

**PACK ADMIN HELPS –**

**"What is a Commissioner?"**

*Jay Reeves, CS RT Commissioner,  
Hiawatha District, Gamehaven Council, MN  
Jay will be sending you this month's article*

**Worth a Second Look**



**The SCOUTStrong PALA Challenge**

[http://www.scouting.org/filestore/wtw/pala\\_overview.pdf](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](http://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](http://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](http://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/](http://www.presidentschallenge.org/challenge/active/) and clicking on [SHOP].

**Links For More Information**

About SCOUTSTRONG:

[www.scouting.org/SCOUTStrongPALA](http://www.scouting.org/SCOUTStrongPALA)

List of SCOUTSTRONG PALA Challenge Activities:

[www.presidentschallenge.org/challenge/activities.shtml](http://www.presidentschallenge.org/challenge/activities.shtml)

About PALA:

[www.presidentschallenge.org/challenge/active](http://www.presidentschallenge.org/challenge/active)

About The President's Challenge:

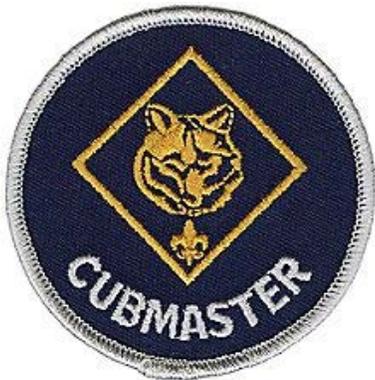
[www.presidentschallenge.org/about/](http://www.presidentschallenge.org/about/)

About the PCFSN:

[www.fitness.gov/about-us/](http://www.fitness.gov/about-us/)

**CUBMASTER'S CORNER**

*Pamela, North Florida Council*

**Cub Masters Corner!**

The key to memorable activities is learning through **FUN**. Think about making all your pack meetings hands on and exciting. Have each den take ownership of their part of the pack meeting and after each den does their part make sure to praise their efforts ALWAYS.

It's May and hopefully you're finalizing the Tiger Round ups, bridging the Scouts to their new dens, and all the parents have in their hands on your pack newsletter that describes the next 3 months events for your Summer Time Pack Meetings **before** they leave your May Pack meeting. Remind parents and leaders to work towards their Summer Time Awards and encourage all your Scouts to attend Day Camp!

A great way to have your bridge over ceremony is to have a theme set. Why not to start the summer off with a bang and have your Pack meeting as a **Health and Fitness Pack Meeting (or even Camp out!)**

Make sure all dens are participating. Adults should arrive 30 to 45 minutes early (depending on the station), man stations, and are prepared before the Scouts come to their stations around the room or outside. Things you might want to include (and you can add more ideas) in your camp out or Pack Meeting. You could even use your community primary resources that have things for adults to learn. Some groups to consider ( and ask if they have a youth program with people who work with kids who can present at a table) would be the

Red Cross, American Heart Association, a nutritionist, a gym instructor and etc. Tell your visitors how many are in your pack and ages represented so they can plan as well and let them know what it is you want them to tell or show. If they are part of a Round Robin or just a station tell them. Tell them how long they have and to bring visual aides that are appropriate for the ages of your pack. Tell them how much time they will have as well and if they will have wandering groups and only have a few minutes. Any handouts would probably be great. Dressing the part is always exciting for Scouts. Make sure all the ones manning stations (including YOU) gets into the spirit!

Bridging ceremonies need some sort of bridge into the new dens. You can have a bridge, have some parents and Scouts make a pack bridge for future ceremonies, or you can stack some boxes with a wide plank to join the boxes ( but make it safe!) to give that special ceremony feel. Make this event special weather its outdoors or in. Make sure you have a contingent plan if the weather is not cooperative. Weather it is a camp fire or candles fire always makes the ceremony more special and memorable. If it is brought indoors you can make a fake fire with lights and glow sticks.

Make sure to thank your leaders for the work they did all year as well. Certificates, year pins, and something the boys make or sign is always a great thank you for leaders.

Ideas for a stations at an indoor or outdoor

**Health and Fitness Pack Meeting.**

"Healthy" Cracker Barrel: Have Scouts prepare a healthy snack.

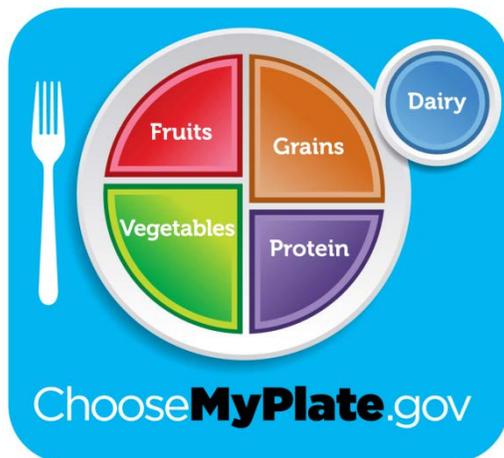
*Dare to Compare:* Have one snack made the traditional way and the new way. Chart out the difference in calories, sodium (salt), and sugar intake so they can see the difference. Perhaps have the Scouts read the ingredients of a favorite snack, frozen meal, or soda. Find out how much sugar or salt is in each and fill a clear bottle with that much dry sugar or salt (or both) so they can see how much sugar or salt that really is. Compare to what the daily intake should be.

Exercise Hike: Have sites along the way to diversify the hike, make sure there are water stations for short rests. During the time perhaps have a 10 min talk that includes health or fitness. Example How many calories they just burned, how exercise builds muscles and improves the mind, encourage sugar free snacks and encourage healthy snacks like trail mix they may make on site or before the hike.

Relay Station: Boys are split into teams and perhaps have a short sprint, use a bat and place head on end of bat and walk around 3 times, sprint to next place and walk though hula hoops or tires, pick up a ball and place in a box a bit farther and etc. Be mindful of your Scouts in crutches, wheel chairs, and their abilities. You want to make sure all Scouts can participate. Blind scouts will naturally need a buddy. Those in wheel chairs you can ask privately if that Scout wants a buddy as well. Talk to your den leaders and parents of Scouts privately before deciding on activities so all the Scouts can participate. This is a vital discussion at your monthly Pack Committee meetings for any event. Do not let adults compete

with Scouts. If you want you can have a relay for just adults. (the Scout Master and his den leaders is always a nice one to have dens cheer them on at the end) Do not forget to cheer all Scouts on and commend them for finishing or Doing Their Best. (Notice: I did not say your best or any Scouts in their dens best but THEIR Best.)

- Water Slides are a great event in a grassy area. Be sure all Scouts know this will be an event and parents know as well ahead of time.
- Swimming: is a great aerobic activity. Make sure you refer to the Guide to Safe Scouting **before** any water event.
- Healthy Dutch Oven Cooking
- Nutrition Game: Its no longer the Food Pyramid but the



Food Plate.

Notice Fruits and Vegetables are half the food intake. For most Cubs the intake of Fruit is 1 ½ to 2 Cups and Vegetables are 1 ½ to 2 cups depending on age each day. Proteins for boys is about 4 to 5 ounces which is close to what men should have as well. Check [www.choosemyplate.gov](http://www.choosemyplate.gov) for information, what foods fill these spots, and free downloads for your meetings.

Set up a Jeopardy like game or have Scouts guess how many of each portion they need.

- They can also guess the calories of a meal presented. One who guesses the closest at the end of the Pack meeting gets a passes to a pool or bowling alley that relates to fitness. (Family passes would be great prize so the whole family all can participate)
- Outdoor Sports Games : Ultimate Frisbee is a great game. (And belt loop!)
- Make personal First Aid Kits in a zip lock bag. These would include a couple bandaides, cotton ball, safety pen, a sanitize wipe, Q tip, etc) You can also make these in a plastic film canister if you can still find them.

For the **Pack Health and Fitness Camp Out** you may also want to consider:

- Skits with your Musical Campfire ( all dens perform skits or songs at the camp fire Saturday night)
- Plant healthy foods garden

- Make crafts out of recyclable materials: This also goes along with conservation.
- Scavenger hunt for items about the camp that relate to fitness or health. These can be printed on numbered paper plates or just paper around the camping area where the Pack has camped. You can even have papers taped to the back of a leader as a station to find ( or perhaps the forest ranger if he's willing to play along ) Each site paper should be color coated for den ability ( Ie. Orange for Tiger, Yellow for Wolf, Blue for Wolf and Green for Webelos) then have the leader or den chief note the dens answers on the back that the boys ( not adults) give. Questions like: How many cups of fruit should I eat per day? ( the answers vary by age and are on the web site: [www.choosemyplate.gov](http://www.choosemyplate.gov)) Perhaps on another paper at a new site the den is asked to run in place for one minute. Choose items for the level of your Scouts so they are able to accomplish them. At the end bring all the papers to their site and talk about the answers they gave. Note which den had the most correct answers and be prepared with the correct answers. Ribbons for the den flag are always a nice reward for participation.

#### Salt and Sugar Information:

**Salt Information: How much salt do I need?** According to the Food Standards Agency, United Kingdom, the human Guideline Daily Amount (GDA) should be:

- Age 11 years and over, 6g per day
- Age 7-10 years, 5g per day
- Age 4-6 years, 3g per day
- Age 1-3 years, 2g per day
- Infants under 1 year **should not be given salt** because their kidneys are not matured.

**How much is 6g of salt?** This is **about one teaspoonful** - not much. About three-quarters of the salt we eat is **already in the food we buy**. It is impossible to work out exactly how much salt you eat in one day without knowing the precise salt content of each food and measuring the exact quantities you eat. However, knowing that a recommended daily maximum is 6g is useful, because you can then find out how much salt there is in some of the foods you normally eat. Most people are surprised at how much salt they eat when they sit down and work it out from the foods they are consuming.

**What** is the difference between sodium and salt?

Salt is sodium chloride (sodium plus chlorine). The sodium in the salt is what you have to look out for. 40% of salt is sodium. If sodium is listed on the label's nutritional information instead of salt you have to multiply the amount by 2.5 to get the equivalent salt content. For example, if a portion of food contains 1g of sodium per 100g, you will know it contains 2.5g of salt per 100g.

How do I know how much salt a portion of food has?

Look at the label. If it says, for example, 1g of salt per 100g, and you consume 500g, you will get 5g. If the label specifies sodium, multiply the amount by 2.5.

<http://www.medicalnewstoday.com/articles/146677.php>

Sizing Up Sugar

Foods that are high in added sugar (soda, cookies, cake, candy, frozen desserts, and some fruit drinks) tend to also be high in calories and low in other valuable nutrients. As a result, a high-sugar diet is often linked with obesity. Eating too many sugary foods can also lead to tooth decay. The key to keeping sugar consumption in check is moderation. Added sugar can enhance the taste of some foods, and a little sugar, particularly if it's in a food that provides other important nutrients, such as cereal or yogurt, isn't going to tip the scale or send your child to the dentist.

Instead of serving foods that are low in nutrients and high in added sugar, offer healthier choices, such as fruit — a naturally sweet carbohydrate-containing snack that also provides fiber and vitamins that kids need.

One way to cut down on added sugar is to eliminate soda and other sugar-sweetened beverages, which can cause erosion of tooth enamel from the acidity and dental cavities (or caries) from the high sugar content. And consider these statistics:

**Each 12-ounce (355-milliliter) serving of a carbonated, sweetened soft drink contains the equivalent of 10 teaspoons (49 milliliters) of sugar** and 150 calories. Sweetened drinks are the largest source of added sugar in the daily diets of U.S. children.

Consuming one 12-ounce (355-milliliter) sweetened soft drink per day increases a child's risk of obesity.

**Instead of soda or juice drinks** (which often contain as much added sugar as soft drinks), serve low-fat milk, water, or **100% fruit juice**. Although there's no added sugar in **100% fruit juice**, the calories from the natural sugars found in fruit juice can add up. The American Academy of Pediatrics (AAP) recommends limiting juice intake **to 4-6 ounces (118-177 milliliters) for kids under 7 years old, and no more than 8-12 ounces (237-355 milliliters) of juice for older kids and teens.**

Also listed under Total Carbohydrate on food labels, sugars are found in most foods. However, the **Nutrition Facts label doesn't make the distinction between natural sugars and added sugars.** Natural sugars are found in many foods, including fruit and dairy products. Snack foods, candy, and soda often have large amounts of added sugars. To find out if a food has added sugar, you need to look at the ingredient list for sugar, corn syrup or sweetener, dextrose, fructose, honey, or molasses, to name just a few. Avoid products that have sugar or other sweeteners high on the ingredient list.

<http://kidshealth.org/parent/growth/feeding/sugar.html#>

#### Bridge Over Ceremonies:

**DEN LEADER INDUCTION Ceremony**~ 1982 *Pow Wow Book, Heart of America Council*

**Equipment:** For each leader being inducted, the appropriate emblem and copy of the Cub Scout Leader Book.

**Personnel:** Cubmaster, Pack trainer, committee chairman, new leaders.

**CUBMASTER:** Tonight we want to welcome our new den leaders. Would \_\_\_\_\_ Pack trainer, bring our new den leaders forward and introduce them?

**PACK TRAINER:** It is a pleasure to introduce \_\_\_\_\_ and \_\_\_\_\_, and Webelos Den \_\_\_\_\_. I know that you will do your best to be good den leaders, and I promise to do my best to assist you.

**COMMITTEE CHAIRMAN:** Den leaders are indispensable to our pack. Being a den leader is a rewarding responsibility. Now I will ask our new den leaders to repeat after me ( at this time leaders circle around the pack flag, place their left hand on the pack flag, and raise their right hand in the Cub Scout Sign): *As a den leader I promise to do my best to show interest and concern for all the boys in my den, to help other people and to obey the Law of the Pack.*

**CUBMASTER:** Wearing the den leader's uniform not only identifies you as a very important member of the Boy Scouts of America, but it also sets a good example for the boys of your den. It is a privilege to present the den leader's emblem for your uniform and the Cub Scout Leader Book to be a guide for you.

Now, Cub Scouts, let's welcome our new den leaders with the Den Leader Applause.

**ADVANCEMENT CEREMONY ~ Valerie~ Salem, OR**

Have all the boys NOT receiving an advancement form two straight lines on either side of the aisle leading up to the advancement ladder and bell. They salute each boy as he's announced. Once a boy receives his badge, moves his clothespin up the ladder, rings the bell, and shakes the Cubmaster's hand, and gets applause from the audience, he joins the line of saluting scouts.

### **ADVANCEMENT CEREMONIES**

*Bill Smith, the Roundtable Guy*

Since all were achieving advancements of some kind, we included the tigers with an advancement of their own. You can make pins for their uniforms of orange and white craft foam, with a tiger paw drawn in the center. [This was before the present Tiger Badge.] They were attached with a safety pin, and had blue yarn on one side and yellow yarn on the other, Scouts and their adult partners were instructed to have the boys hold the yellow and the adult hold the blue and tie a square knot symbolizing the strength between the adult and the partner, and the blue and gold that was already within them.

**Purpose:** to illustrate to the Tigers, that there is a little Cub Scout in them already. This is done using an acid, a base and a color indicator (phenolphthalein) which is red in base and clear in an acid.

**Prior to ceremony, mix the following:**

Glass 1: 1/2 cup water, 3 drops yellow food dye, 4-5 drops phenolphthalein, 1/8 tsp. Sodium carbonate (Na<sub>2</sub>CO<sub>3</sub>). This liquid should be orange colored.

Glass 2: 1/2 cup water, 20 drops muriatic (hydrochloric acid).

Glass 3: 1/4 cup water, 1 drop blue food dye.

**Begin:** Have Glass 1 on a table. Ask them what color represents Tigers. When they answer "orange", tell them that the

year is almost over and they already have a little "Cub Scout" in them. I am going to show you this with colors.

Pull out Glass 2: This is magic water I have received from the tears of Shere Kahn. It will reveal one of the Cub Scout colors in the orange glass before you. [Pour Glass 2 into Glass 1 and stir, should now be yellow). Discuss what the yellow means (for example, cheerfulness).

Pull out Glass 3: There is one other color a Cub Scout has within him. Discuss what the blue means (for example, truth, honesty). So here are the two Cub Scout colors that they will see during the next few years. There is one final color to think about. (Mix yellow and blue). Green symbolizes the growth you are going to experience in Scouting. I will now invite the Adult partners to join our Tigers around our circle. Will you all please recite the Tiger Cub Motto?

For the past few months you and your family have explored all sorts of new and exciting things and places. You have taken each part of the Tiger Cub motto, Search, Discover, Share, and used it in your home, school, and neighborhood. In a few month you will be crossing over to Cub Scouts but until then use this award to remember that each of your has a little bit of Cub Scout in you.

### Wolf Ceremony

Preparation: Cut small strips of dissolving paper. On each piece of paper write one of the boys names. Have a large jar filled with warm water and something to stir it with. Gather 20 or so small thing twigs.

Cubmaster: This evening a number of our young scouts will take their final test to earn their Wolf badge. As I read your name, come forward and take this piece of paper with your name. To earn your Wolf badge you have completed 12 achievements. These require knowledge of the flag, of keeping strong, of tools and knots, of safety and your neighborhood, of books and reading. You have mastered several feats of skill, have made a collection and have shown willingness to help and take part in family fun. Are you ready to take your final test to earn your Wolf badge. One important lesson you have learned is the importance of working together as a team in your den and with your family. As an individual you stand alone and are weak. [Pass out twigs to each boy]. [Hold this single twig and break it in half] Bundle one of your broken twigs together with mine. [Collect one twig from each scout and wrap together with a rubber band].

Each of you take this bundle and attempt to break it in half. As you can see, there is strength in the unity of the pack. Together you are stronger than any single individual. Each of you have been given a piece of paper with your name. This is no ordinary paper. What you hold is truth paper. This is paper handed down from generation to generation to test the truth of an individual. If you have spoken the truth of your accomplishments this paper will disappear into the water, never to be seen again. However, if you paper remains solid, you are not yet ready to continue on your journey of scouting. [Have each Scout place their piece of paper in the water, stir the water a little, show the scout the paper dissolved and hand them their badge]. Since you all pass, will all of

you please recite the Cub Scout Promise? *Scouts recite promise.*

### Bear Ceremony

Setup: Use a short candle in a glass jar to represent a camp fire. In the glass jar place a teaspoon of Baking Soda. Place the candle behind the Akela spirit bottle. Have another small (4 oz) decorative jar filled with Vinegar (Spirit Water). Cut pieces of Beef Jerky to represent Bear meat. The Akela spirit bottle is filled about 1/4 full with concentrated Hydrogen Peroxide. Potassium Iodide (KI) are used as a catalyst to initiate the breakdown of the H<sub>2</sub>O<sub>2</sub> to produce the smoke effect. In a dark corner of the stage or behind the stage in a dark room place a chair with a candle. A person with Mountain Man or Indian close sits ready to pass out the Jerky (A.K.A. Bear meat).

CUBMASTER: There are Scouts among us tonight who have earned their Bear rank in Cub Scouting. We honor this achievement with a special ceremony that recognizes their effort as they take one more step toward the Arrow of Light, becoming a boy Scout and possibly even someday an Eagle Scout. These are all steps along the trail to becoming Akela. Akela is a leader -- coaches, Den Leaders and parents are all Akela. Because each Scout will someday be Akela we perform this ceremony in the presence of the spirit of Akela. Please listen as we call upon the spirit of Akela to be with us. Audience is warned that the lights will be turned out. Candles are lit on ceremony table and light under campfire is turned on. Lights are turned out. Many moons have passed. Our Young Scouts are now ready to become young braves. Many were young Tigers. They have learned the way of the Wolf and now the way of the Bear. We must summon the spirit of AKELA with these orange crystals. Place the KI crystals into the AKELA spirit bottle.

CUBMASTER: The spirit of AKELA Is with us. *Cubmaster calls the name of each Scout who has earned his Bear badge to come forward. They stand facing Cubmaster with their Den leaders behind.*

Cubmaster: The last requirements for a bear is that they must survive the Bear Cave. Each of you must enter the Bear cave and get the meat of the Bear. Your Den leader will lead you to the Bear cave. *They send each Bear Cub into the Bear cave separately. The Bear inside growls and the boys scream. After about 30 seconds it gets quiet and the boys exit the cave with the Bear meat.( beef jerky) They line back up in front of their parents.*

Cubmaster asks the Den leader: Have these Scouts completed the last requirement?

Den Leaders: Yes.

Cubmaster: **All Bear Scouts step forward. Young Bears may taste the Bear meat. The boys are then presented their badge by their Den leader and congratulated by the Cubmaster. Cubmaster: Be proud of your young braves for they have taken another large step along the Scouting Trail.**

**We now close this ceremony by pouring this spirit water (Vinegar) into our camp fire to magically put out the flame. All turn and face audience for a cheer and then sit down.**

**SAVED BY THE DINNER BELL SKIT**

*Characters: 8 boys in a lifeboat. (or even raft) and someone to play mom or dad*

*Props: If a lifeboat is not available, the scene must be set by a narrator. As the scene opens, we find boys from Den drifting at sea in a lifeboat.*

**Boy 1:** We are sure lucky to get this lifeboat.

**Boy 2:** Yeah, it saved our lives.

**Boy 3:** How long have we been out here?

**Boy 4:** Seems like a week.

**Boy 5:** (Looking at his watch.) Three days, two nights, six and a half hours and thirty seconds.

Boy 6: Hope we get rescued soon. I'm getting hungry.

Boy 7: Let's go swimming.

Boy 8: Better not, there might be sharks out there.

Boy 1: Or some weird sea monster.

Boy 2: And they get hungry, too.

Boy 3: Wouldn't it be great to find some deserted island like Robinson Crusoe did?

Boy 4: Yeah, and we could do what we wanted to?

Boy 5: Just think, an island of our very own. No freeways or pollution. No school or homework!

All Boys: Yeah!

Boy 7: What would we do for television?

(Mother's (or dad's) voice off at a distance: "Johnny!")

Boy 6: Did you hear that? Sounds like someone calling me!

(Mother's (or dad's) voice, a little louder: "Johnny...")

Boy 6: It's my mom. ( or dad) Guess, it's dinner time. Well, I've got to go. See you all tomorrow. (Boy steps out of the boat and exits.)

Boy 8: Guess I'd better go, too. It's getting late. (Boy exits.)

Boy 7: Me, too! See you later, (Boy exits.)

Boys 1- 5: ( look at each other and shrug shoulders and start dragging raft or life boat off stage)

Boy 1: I guess it is getting rather late. (the rest agree and walk off stage together with boat)

Cub Master (walks on looking at his watch then to everyone.)

Wow! It is getting late and my mom's calling me too. Good night everyone and may the Great Scoutmaster of all us watch over all of us until we meet again next month. Dismissed!

**SPECIAL OPPORTUNITIES**

*Pat Hamilton, Baltimore Area Council*

In the last year or so that I have been doing the Special Opportunities section of Baloo's Bugle (Wow! Has it been that long?), I have tried to pick belt loops and pins that have a logical match to the Core Value for the month. In order to cover all of the belt loops and pins available, I am getting to the point that I have to stretch to make a logical match. For this month's Core Value of **Health and Fitness**, I chose to highlight the **Video Games** Academics Belt Loop and Pin. Just remember that if you are spending a lot of times on Video Games, you need to balance it with a healthy dose of physical activity. I decided to achieve this balance by pairing Video Games with the **Physical Fitness** Sports Belt Loop and Pin.

Also featured this month is the new SCOUTStrong and the Presidential Active Lifestyle Award (PALA) Challenge.

**Video Games Loop and Pin**

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

**Belt Loop****Complete these three requirements:**

1. Explain why it is important to have a rating system for video games. Check your video games to be sure they are right for your age.
2. With an adult, create a schedule for you to do things that includes your chores, homework, and video gaming. Do your best to follow this schedule.
3. Learn to play a new video game that is approved by your parent, guardian, or teacher.

**Academics Pin****Earn the Video Games belt loop, and complete five of the following requirements:**

1. With your parents, create a plan to buy a video game that is right for your age group.
2. Compare two game systems (for example, Microsoft Xbox, Sony PlayStation, Nintendo Wii, and so on). Explain some of the differences between the two. List good reasons to purchase or use a game system.
3. Play a video game with family members in a family tournament.
4. Teach an adult or a friend how to play a video game.
5. List at least five tips that would help someone who was learning how to play your favorite video game.
6. Play an appropriate video game with a friend for one hour.
7. Play a video game that will help you practice your math, spelling, or another skill that helps you in your schoolwork.
8. Choose a game you might like to purchase. Compare the price for this game at three different stores. Decide which store has the best deal. In your decision, be sure to

consider things like the store return policy and manufacturer's warranty.

9. With an adult's supervision, install a gaming system.

#### Additional Resources:

[https://www.esrb.org/ratings/ratings\\_guide.jsp](https://www.esrb.org/ratings/ratings_guide.jsp) The Entertainment Software Rating Board web site that shows the symbols used on software packaging and advertisements. For Cub Scout aged youth, you should only use software rated EC (Early Childhood), (E) Everyone, or E10+ (Everyone 10+). Additional tips for parents can be found at <https://www.esrb.org/about/resources.jsp>.

For worksheets to help with earning these awards go to <http://usscouts.org/advance/cubscout/academics/video-games.asp>

### Physical Fitness Loop and Pin

The requirements listed below are taken from the Cub Scout Academics and Sports Program Guide (34299) 2009 Printing. Requirements were revised since the previous edition - (34299B - 2006 Revision).

Webelos Scouts that earn the Physical Fitness Belt Loop while a Webelos Scout also satisfy requirement 10 for the Athlete Activity Badge and part of requirement 3 for the Sportsman Activity Badge.

#### 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.

#### Belt Loop



#### Complete these three requirements:

1. Give a short report to your den or family on the dangers of drugs and alcohol.
2. Practice finding your pulse and counting your heartbeats per minute. Determine your target heart rate.
3. Practice five physical fitness skills regularly. Improve performance in each skill over a month. Skills could include pull-ups, curl-ups, the standing long jump, the 50-yard dash, and the softball throw.

#### Sports Pin



Earn the Physical Fitness belt loop, and complete five of the following requirements:

1. Choose a form of exercise, bring your heart rate up to target, and keep it there for 15 minutes. Don't forget to warm up and cool down.
2. Set up a four-step exercise program. Chart your progress for five days a week for two weeks.
3. Explain the reason for warming up and cooling down before and after each exercise session.
4. Visit a local gym and talk to a trainer about exercises and programs for young people.
5. Participate in some aerobic exercises at least three times a week for four weeks.
6. Build an obstacle course that could include some exercises with jumping, crawling, and hurdles. Time yourself three times to see whether you can improve your time.
7. Swim for a total of an hour, charting your time as you go.
8. Participate for at least three months in an organized team sport or organized athletic activity.

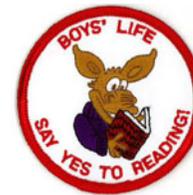
#### Additional Resources:

[http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html) explains the new "food plate" diagram that replaced the food pyramid.

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

### Boys' Life Reading Contest for 2012

<http://boyslife.org/>



#### SAY 'YES' TO READING

#### Enter the 2012 Boys' Life Reading Contest

Write a one-page report titled "The Best Book I Read This Year" and enter it in the *Boys' Life* 2012 "Say Yes to Reading!" contest.

The book can be fiction or nonfiction. But the report has to be in your own words — 500 words tops. Enter in one of these three age categories:

- \* 8 years old and younger
- \* 9 and 10 years old
- \* 11 years old and older

First-place winners in each age category will receive a \$100 gift certificate good for any product in the Boy Scouts official retail catalog. Second-place winners will receive a \$75 gift certificate, and third-place winners a \$50 certificate.

Everyone who enters will get a free patch like the one on this page. (*And, yes, the patch is a temporary insignia, so it can be worn on the Boy Scout uniform shirt, on the right pocket. Proudly display it there or anywhere!*) In coming years, you'll have the opportunity to earn different patches.

The contest is open to all Boys' Life readers. Be sure to include your name, address, age and grade in school on the entry.

**Send your report, along with a business-size, self-addressed, stamped envelope, to:**

Boys' Life Reading Contest  
S306  
P.O. Box 152079  
Irving, TX 75015-2079

Entries must be postmarked by Dec. 31, 2012 and must include entry information and a self-addressed, stamped envelope.

For more details go to <http://boyslife.org/>

### Knot of the Month Pack Trainer

(Old)



(New)



from <http://www.scouting.org/filestore/pdf/13-152.pdf>

The pack trainer's main objective is to have 100 percent of the pack leadership trained in their position responsibilities. New leaders and adult family members should receive orientation within one week of joining the pack. Leaders should receive position-specific training as soon as the training becomes available.

#### Position Qualifications

The pack trainer must:

- Meet BSA membership requirements and be at least 21 years of age
- Be registered with the Boy Scouts of America as a pack trainer. It is recommended that the pack trainer have at least one year of experience in a leadership position in Cub Scouting. Pack trainers should participate in a Trainer Development Conference.

For new packs and those lacking experienced leaders, an experienced leader may be appointed as pack trainer until the new leaders gain experience.

#### Responsibilities

The pack trainer is responsible for:

- Remaining current with training material and program updates
- Conducting orientation of new families
- Providing Fast Start Training to new leaders. (Fast Start Training can be used as a recruiting tool.)
- The pack trainer should contact the new leader within two or three days to review the information and answer questions. Fast Start Training can be completed by viewing the Fast Start video or DVD or by completing the training on your council's Web site.)
- Conducting monthly Unit Leadership Enhancements
- Encouraging pack leaders to attend:

- Cub Scout Leader Basic Training, which includes New Leader Essentials Training and Cub Scout Leader Specific Training
  - Youth Protection Training
  - Roundtable
  - Pow Wow (if conducted in your council)
  - BALOO
  - Outdoor Leader Skills for Webelos Leaders
  - Wood Badge
- Encouraging den chiefs to attend Den Chief Training
  - Maintaining pack training records

#### Position Summary

Under the direction of the pack committee chairman, the pack trainer helps leaders and parents understand purposes, policies, and procedures of the Cub Scouting program.

The pack trainer conducts, or facilitates, the training of leaders and parents in the pack. The pack trainer promotes training to help leaders learn to plan and conduct pack and den meetings and activities. The pack trainer orients parents and leaders and guides pack leaders in carrying out their specific position responsibilities.

*Pack trainer* is a registered pack position and is a voting member of the pack committee. Regardless of the size of the pack committee, every pack should have one of its committee members registered as a pack trainer.

*Note: The old Pack Trainer knot may continue to be worn by those who have earned it, or until Scout Shops run out of inventory. After that, the Scouters Training Award knot will be used with a Cub Scout Device attached.*

## Cub Café Theme Ideas

### Gathering Activities

#### Taste Test

*Cascade Pacific Council*

This is a takeoff on Kim's Game and is done using the sense of taste. Premix a dozen different flavors in liquid form and have them in small sampling jars (like mason jars or baby food jars). Flavors can include extracts (like vanilla and almond), drink flavors (like cherry and grape juices), diluted vinegar, etc. Place the flavors at numbered stations and hand out cards with the numbers next to blank lines. Also have toothpicks (many of them) at each station so that each person can use a different toothpick at each station. Let everyone try each flavor and try to identify as many as they can. The winners are those that identify the most flavors. As rewards for all the valiant efforts, give everyone flavored tootsie rolls or lollipops.

#### Baker's Dozen

*Cascade Pacific Council*

After you read the clues, fill in the blanks before or after this baker's dozen of baked goods.

1. Win the prize \_\_\_\_\_ cake
2. Scottish plaid tart \_\_\_\_\_
3. Package bun \_\_\_\_\_
4. Old Spanish peso pie \_\_\_\_\_
5. Livelihood bread \_\_\_\_\_
6. Fried pastry dough \_\_\_\_\_
7. Young rabbit bun \_\_\_\_\_
8. Full width bread \_\_\_\_\_
9. Showy dance step cake \_\_\_\_\_
10. Elevated amusement park railway roll \_\_\_\_\_
11. Baker's utensil roll \_\_\_\_\_
12. Lazy person loaf \_\_\_\_\_
13. Person or thing of excellence cracker \_\_\_\_\_

**Cub Café Brain Quiz**

*Cascade Pacific Council*

Fill several different sized jars with items from the kitchen. Number the jars. Give each boy an index card and a pencil. Let him guess how many items there are in each jar. He may pick up the jar, shake it, look at it, but he cannot open the lid. Write the answers on the index card. The person with the closest guess wins the jar and its contents. Some things you can use to fill the jars are dried beans or peas, popped popcorn, M&M's, Skittles, Gummy Bears or Worms, cereal, etc. Hint: Write the answer with a marker on the inside of the lid.

**Foil "Dinners"**

*Cascade Pacific Council*

Supply the Cubs with a large box of aluminum foil. Scrunch and crunch pieces of foil into favorite food shapes. Make a foil plate or bowl to display your dinners on.

**Hungry Cub**

*Cascade Pacific Council*

Draw a Cub Scout head on a paper plate and cut out a large hole for the mouth. Suspend the Cub in a doorway and give each Cub Scout a supply of "snacks" (mini marshmallows or something similar). Most hits wins.

**Opening Ceremonies**

**Flag Recipe**

*Cascade Pacific Council*

Equipment:

- U.S. Flag
- Large Pot
- Large Spoon or Paddle

- 1 cup Red Crepe paper bits
- 1 cup Blue Crepe paper bits
- 1 cup White Crepe paper bits
- 1 cup Silver Stars or Glitter

Preparation: The U.S. Flag is folded and hidden in the pot. Have the supplies pre-measured in individual cups.

Cubmaster: I am going to fix you a treat that's really grand, and make for you a recipe – the greatest in the land! First, I put in a heaping cup of red for courage true (*pour the cup of red bits in the pot*).

And then I'll add, for loyalty, a dash of heavenly blue (*pour the cup of blue bits in the pot*).

For purity, I now sift in a pinch of snowy white (*pour in the white bits*).

And next, a shining gleam to make it come out right (*add the glitter*).

(*Pretend to stir with the spoon, taking care not to disturb the flag.*) I will stir and stir and then you will see that what I have made is...Old Glory! (*Reach in for the flag and hold it up*).

**A Cub Scout Recipe**

*Cascade Pacific Council*

Setting: Have boys dressed in chef outfits (aprons, chef hats, etc) working at a kitchen table with a large soup pot. Inside the soup pot is the pack flag or a facsimile of it. Print out each ingredient on a large (8-1/2 by 11) sheet that can be propped up as it is read off. Then, as the directions are being said, the "chefs" add them to the soup pot. At the end of the directions, when the "servings" amount is being read, have boys pull out the flag and hold it up for everyone to see.

Narrator: Tonight we gather again to celebrate Cub Scouting and to enjoy the company of one another. Looking through the Baden-Powell Cookbook, we found this easy-to-follow recipe for a fun-filled, exciting program:

Ingredients:

- 1 super Pack with lots of Dens
- 5 levels of Cub Scouts - Tiger Wolf, Bear, 1st-year Webelos and 2nd-year Webelos
- Den Leaders as needed
- 1 Committee of helpful adults
- 1 fun-loving Cubmaster with Assistants
- Many, many parents to make it happen

Directions:

Combine boys of each Cub Scout level into Dens to form strong Pack. Add Den Leaders to give guidance. Line with Committee Members. Add in Cubmaster until well worn. Fold in assistants. Top with willing, giving parents. Cook in Pack Meeting room until everyone has had a great time. This recipe serves all Cub Scouts in Pack [number] and their families.

**Advancement Ceremonies**

**Dinner Menu Advancement**

*Cascade Pacific Council*

(Note that this and other ceremonies should be reviewed and modified to suit the specific awards being presented at the meeting. This ceremony is written so that any particular award can be used or omitted without impacting the whole of the ceremony. Also, it appears that this ceremony was written before there was a Tiger Rank—so you may have to add an extra course and move the other courses around to fit them in.)

Introduction: Tonight we have a feast to beat all feasts! Come sit at table with me while we dine on the finest of Cub Grub.

We start with the appetizer—the first course of our meal. And for tonight's appetizer the menu calls for Bobcat tidbits. "What are these?" you ask. Why they are the small, but important bits and pieces of the Cub Scout program that every Cub Scout must learn as part of being a Cub Scout.

**(Bobcat)**

Tonight we are proud to serve Bobcat Tidbit Badges to the following Cub(s). *(List names of Bobcat recipients and call them with their parents to the front of the room.)*

As is the tradition in our Pack, it is not the Awards Chairperson or the Cubmaster who gives the boys their badges, but the parents who have been working hand-in-hand with the boys to complete their requirements. *(Hand parents the awards to present to the boys and congratulate them with the Cub Scout handshake. Offer an applause and ask them to take their seats.)*

Next on the menu is our salad. And tonight, as a special treat, we are dishing out Wolf Cub Salad. Greens, as you know, contain the vitamins that help our bodies grow. And what better salad is there than Wolf Cub Salad—full of the vitamins that build our second graders into bigger, better Cub Scouts.

**(WOLF)**

*(List names and invite them with their parents to come forward. Hand out badges to parents to give to the boys. Congratulate them and offer a suitable applause. Have them sit down.)*

Our next course, of course, is a finely prepared Bear Borscht. This is a finely prepared soup that is the perfect blend of God, Country, Family and Self.

**(BEAR)**

And tonight we congratulate the following Cub(s) for having completed their requirements in these four areas. *(List off Bear candidate names and invite them and their parents to the front of the room.) (Hand parents the awards to present to the boys*

*and congratulate them. Offer an applause and ask them to take their seats.)*

What about the main entrée? Well the menu for tonight's feast is a hardy helping of Webelos Wellington. The recipe for this wonderful dish includes three heaping measures of Activity Badges (one of which is Physical Fitness), practicing the Boy Scout Law and Promise, and knowing other parts of becoming a Boy Scout. This morsel is only served as "well done."

**(WEBELOS)**

And tonight, we recognize the following Webelos whose jobs have been completed and well done. *(List names and invite them with their parents to come forward. Hand parents the awards to present to the boys and congratulate them. Offer an applause and ask them to take their seats.)*

Dessert for a feast such as this can only be one thing—not just the cake, but the icing on the cake. And tonight we recognize those Webelos Scouts who are just that—the crème de la crème. These Scouts have persevered. They have worked very hard, and have earned the highest award offered to a Cub Scout—the Arrow of Light. This is the dessert of Cub Scouting.

**(ARROW OF LIGHT)**

*(List names and invite them with their parents to come forward. Hand boys the parent's Arrow of Light pins to present to their parents. Then give parents the awards to present to the boys and congratulate them. Offer an applause and ask them to take their seats.)*

**Apron**

*Cascade Pacific Council*

The Cubmaster is wearing an apron with pockets. In each pocket are several cooking utensils. Attached to each cooking utensil is an award. The Cubmaster chooses a utensil from his pocket, and then calls up the boy and his parents whose name appears on the award attached to the utensil. This can be very entertaining if the Cubmaster adds comments that go along with the utensil.

**Recipe for Success**

*Cascade Pacific Council*

The Cubmaster dresses up like a chef with a hat, apron, etc. In his/her apron pocket are recipe cards made up for each boy who is receiving an award. The Cubmaster calls each boy up to receive his award and reads the "ingredients" that were required to earn it.

**Cookies for All!**

*Cascade Pacific Council*

Cubmaster and Assistant are dressed in chef's hats and aprons. Behind them, on a table is a large box made to look like an oven. Under the table, hidden by a tablecloth, is another Assistant. This person has a kitchen timer and a number of large pizza pan cookies decorated with Tiger Cub, Wolf, Bear and/or Webelos emblems.

**CUBMASTER:** Tonight we are going to make a few culinary masterpieces. How about cooking up some Cub Scouts? What do you think the ingredients for a good Cub Scout might include? (*Assistant lists ingredients such as honesty, laughter, goodwill, etc. Cubmaster adds ingredients to bowl, mixes it all together and places it in oven.*)

*(The person under the table takes out the bowl, replaces it with the first cookie, and then rings the kitchen timer. The Cubmaster pulls the first cookie out of the oven.)*

**CUBMASTER:** Wow! We created a \_\_\_\_\_ Cub Scout! Would all of the Wolves and their parents come forward and accept this creation. (*Awards can be placed in baggies between the cookie and the pan. Pull them out one at a time to present to boys and parents.*)

*(Kitchen timer rings again. Cubmaster pulls out next cookie. Repeat this process until all presentations are made.)*

**The Pack Cooks Up Something Special**

*Cascade Pacific Council*

*(Cubmaster is wearing a chef's hat, apron, and oven mitts. The awards are in a large pot.)*

This month our Cub Scouts have been learning some special things about keeping healthy, and the way different foods fit into our lives and our culture. They have learned to identify foods that are good for a healthy lifestyle.

Tonight we see that learning these important things has allowed them to complete requirements for their rank advancements. (*Call each Den up one at a time and hand out awards to the boys and their parents.*)

**More Advancement Ideas**

1. Save old food containers and boxes that could hold awards. Put into large paper grocery sack. Use a shopping list as a prop.
2. Have each boy come up and put in ingredient for no bake cookies or peanut butter candy, or trail mix. Let each one stir too. At end of presentation you have the pack treat.

3. Can the awards! Use one of those new can openers, which 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. Re-glue lid. Let each boy open his award can.

**Closing Ceremonies/Cubmaster Minutes****Closing**

*Cascade Pacific Council*

Well, thanks to everyone, we got to share some great kitchen secrets tonight. We're going to end our meeting with a question. What did Elvis tell Lisa Marie when she only had a wiener for lunch? "You ate nuthin' but a hot dog!" Good night and bon appetit!"

**Closing Thought**

*Cascade Pacific Council*

Take Bears and Bobcats, Wolves and Webelos, throw in den leaders and a whole lot of fun. Spice it up with a Cubmaster and serve over the committee garnished with family. What you've got is a recipe for the future. What kind of "dish" do you want your boy to be a part of?

**Audience Participation Stories****Webelos Stew**

*Cascade Pacific Council*

Divide group into six smaller groups each assigned to say the appropriate phrase when their person is mentioned in the story. Read the story.

Characters:

Big Bill - "C'mon boys"

Smart Alex - "Follow me"

Messy Marvin - "Count on me"

Hungry Harry - "I'm hungry"

Little Billy - "I'm comin'"

Slow Joe - "Wait for me guys"

One sunny Saturday **Big Bill**, the Webelos leader from Pack 468, took his den out on a day hike. **Smart Alex**, the denner, led the way as **Messy Marvin**, **Hungry Harry**, **Little Billy** and **Slow Joe** took in the sights. **Slow Joe** kept stopping to add rocks to his rock collection. They stopped to eat lunch and explore a cave. All too soon **Big Bill** said it was time to head back to the car. "Already?" said **Little Billy**. "But this is fun," said **Messy Marvin**. "Let's go home and eat," said **Hungry Harry**. "But I need more rocks," said **Slow Joe**. But **Big Bill** had seen the clouds on the horizon, so they headed back.

When the group was almost back to the car, **Big Bill** called a halt. There before them was a rushing river where a dry wash had been. "What will we do?" asked **Little Billy**. "Let's swim it," said **Messy Marvin**. "No," said **Smart Alex**, "that's too dangerous!" "He's right," said **Big Bill**, "we must wait until the water goes down." "That's O.K." said **Slow Joe**, "I can find more rocks." "But I'm hungry," protested **Hungry Harry**. "We're all hungry," said **Big Bill**. "Let's see what we have left to eat."

"I've got some carrot and celery sticks," said **Smart Alex**. "I don't know why my mom put them in my lunch. She knows I won't eat them." "I have half a hamburger," said **Slow Joe**. "I was too busy collecting rocks to eat it all." "I've got some left over french fries," said **Messy Marvin**, pulling them out of his pocket. "I don't have anything left!" said **Hungry Harry**, "and I'm hungry." "Let's make stew!" said **Little Billy**. **Big Bill** built the fire while **Little Billy** found some watercress in a nearby spring while filling **Slow Joe's** rock can with water. The boys added the french fries, hamburger, carrots and celery and soon they had stew.

"I feel much better now," said **Hungry Harry** as the boys relaxed after their meal. "Who'd have thought all our leftovers would taste so good?" said **Smart Alex**. By this time the water had gone down and **Big Bill**, **Little Billy**, **Messy Marvin**, **Slow Joe**, **Hungry Harry**, and **Smart Alex** were able to return to the car and they were soon safely home.

### Cub in the Kitchen

*Cascade Pacific Council*

When you hear the word SALT everyone says "oh no"  
 When you hear the word SUGAR everyone goes "too sweet"  
 When you hear the word GRANDMA everyone puckers and smacks a kiss into the air  
 When you hear the word CRAIG everyone says "He can't cook"  
 When you hear the word LISA everyone says "I'm the big sister".

CRAIG loved his GRANDMA. He wanted to make something special for her birthday. CRAIG decided to make GRANDMA a cake. CRAIG looked through Mother's recipes. He found a wonderful cake recipe. He checked to see if he had all the ingredients. CRAIG had plenty of flour and butter and eggs. But CRAIG could not find the SUGAR. CRAIG looked all over for the SUGAR. Finally he found a jar full of SUGAR. CRAIG did his best to make the cake for GRANDMA. He measured the flour and butter and SUGAR. MMMM MMM did it look and smell good. CRAIG put the cake into the oven to bake. While the cake was baking, CRAIG'S sister LISA came in to the kitchen. What are you doing with my jar of SALT? asked LISA. What SALT?, asked Craig. That jar on the table", said LISA pointing to the jar of SUGAR CRAIG had used to bake the cake for GRANDMA. Oh no! Said CRAIG. What am I to do? The cake is already baking. It's too late to make another one!!! "I know", said LISA, "We'll make sure GRANDMA is too full to eat the cake. An excellent plan

agreed CRAIG. So they put the jar of SALT away. Then at dinner CRAIG and LISA tried to get GRANDMA to eat too much. But she was determined to leave room for the cake full of SALT not SUGAR that CRAIG had made for her. At last came time for dessert and CRAIG wanted to hide. He did not want GRANDMA to taste the cake full of SALT. He tried so hard to keep her away from the cake that his mother got angry and told him to sit down and be quiet. CRAIG had no choice but to watch GRANDMA eat from the cake with too much SALT. MMM MMM good", said GRANDMA. Did you make this cake yourself CRAIG? Why it is delicious! "It is?" asked CRAIG. Just then CRAIG looked away from GRANDMA and over to his sister LISA who was trying to hold back a laugh. That's when CRAIG realized he had been had. CRAIG did not put SALT in the cake for GRANDMA but had had SUGAR in there all along. The joke was on CRAIG!

### Skits

#### Cub Scout Chefs/Cub Scout Upside Down Stew

*Cascade Pacific Council*

Setting: On stage is a huge pot, made from cardboard carton. The pot could be painted on the side of the carton. Boys getting into the pot, pile on top of each other face down. Boy with chef's hat is stirring in pot with a broomstick.

Chef (*Pretends to taste*) Hmmmmm-mm. Tastes like a well-rounded den to me.

Den Leader: What did you put in it?

Chef: (*reading from oversized card marked "Recipe"*) Cub Scouts that do their best. (*Any number of uniformed Cubs climb into Pot*)

"A sense of humor"  
 (*Grimacing Cub wearing sign "Humor" climbs into pot*)

"A pinch of wanting to please".  
 (*Cub wearing sign, "I want to please" sign climbs into pot*)

"A dash of mischief")  
 (*Cub wearing sign, "Mischief" sign climbs into pot*)

"A bit of obedience"  
 (*Cub wearing "Obedience" sign climbs into pot*)

"A bundle of sunshine"  
 (*Cub wearing "Sunshine" sign climbs into pot*)

"And a ton of Energy"  
 (*Cub wearing "Energy" sign climbs into pot*)

"Stir well and you have Cub Scout Upside Down Stew".

Den Leader: (pretends to taste) Tastes like dirty blue jeans to me!

### Songs

#### On Top Of Spaghetti

*Cascade Pacific Council*

*(Tune: On Top of Old Smokey)*

On top of Spaghetti,  
All covered with cheese  
I lost my poor meatball  
When somebody sneezed

It rolled off the table  
And onto the floor  
And then my poor meatball  
It rolled out the door.

It rolled in the garden  
And under a bush  
And now my poor meatball  
Is nothing but mush.

So if you have spaghetti  
All covered with cheese  
Protect your poor meatballs  
Should somebody sneeze.

#### Cub Scout Grub

*Cascade Pacific Council*

*(Tune: Row, Row, Row Your Boat)*

*Do this one in rounds.*

Ma-king Cub Scout grub,  
It is lots of fun.  
Fold the foil, fill it up.  
Cook it till it's done.

#### From the Cub Scout Song Book:

It's Cheese  
I'm A Nut  
I Like to Eat  
Johnny Appleseed

### Cheers

*Cascade Pacific Council*

**After Dinner Applause:** "Plop, plop, fizz, fizz, oh what a relief it is!"

**Baloney Applause:** Clap "Below Knee"

**Black Pepper Applause:** Shake pepper out. Sneeze three times, each time with a louder "Ah Choo, AH CHOO, AH CHOO!!!"

**Cantaloupe Cheer:** Like the watermelon cheer, but proportionately smaller. Hold piece of cantaloupe in your hand. Move it across your mouth taking a "short bite" from end to end, turn your head, and spit out the seeds.

**Cheese Grater Applause:** Act like you are grating cheese and say, "Grate, Grate, Grate!"

**Food Applause:** Rub tummy and say "Yum, yum, yum!"

**Grape Cheer:** (Just as the Cantaloupe Cheer was a smaller version of the Watermelon Cheer, the Grape Cheer is a smaller version of the Cantaloupe Cheer!) Only need to use one hand!

**Ice Cream Cone:** Act as if you are placing two scoops of ice cream on a cone. As you place a scoop on the cone, say "YUM". Then open your mouth and hit your cone on your forehead.

**Jolly Green Giant Applause:** Stand with your hands on your hips and say "Ho, Ho, Ho".

**Ketchup Bottle Cheer:** Pat bottom of bottle (left hand), then the third time the ketchup comes out all over "BLLLLGGGG".

**Marshmallow Applause:** Put your marshmallow on a stick and hold it over the fire. It catches fire. Hurry and blow it out. Cool it. Say, "Just Right!"

**Pizza Toss:** Pat your hands from side to side. Throw the pizza up into the air and yell "MAMA MI-A!"

**Watermelon Applause:** Everyone holds a huge slice of watermelon in their hands. They slurrrrrp it into their mouths from one end of the slice to the other. (Move slice across face making slurping sound.) Then they spit out the seeds to the side (raspberries!).

### Jokes & Run-ons

*Cascade Pacific Council*

Customer: Waiter, what's this fly doing in my soup?  
Waiter: I think it's doing the backstroke, sir.

Pat: Doctor! Doctor! Am I going to die?  
Doctor: That's the last thing you'll do.

Pat: Doctor! Doctor! Everyone keeps ignoring me.  
Doctor: Next!

Pat: Doctor! Doctor! My back feels like a deck of cards!  
Doc: I'll deal with you later.

Boy 1: Tonight we are going to be talking about ancient Greece.

Boy 2 (walks on stage carrying a can of Crisco.)

Boy 1: No, no; not that kind of grease. You know Greece, the place.

Boy 2: Oh yeah, that's in back of the cafeteria.

Q: What happened to the man who fell out of a 10-story window and landed on a soda?

A: Nothing it was a soft drink.

Q: Are potatoes good athletes?

A: No, they're just spectators!

Q: Where do hamburgers go to dance?

A: The meatball.

Q: What happens to potatoes when they get really mad?

A: They get steamed.

Q: How many hamburgers can you eat on an empty stomach?

A: One. Then your stomach isn't empty anymore.

CUB 1: Why did the cub scout take bread and butter into the street?

CUB 2: He was looking for the traffic jam.

CUB 1: What did the gingerbread man put on his bed?

CUB 2: A cookie sheet.

CUB 1: What do you have if there are two ducks and a cow?

CUB 2: Quackers and Milk!

CUB 1: Hey Steve, do you know how to bake a video game pie?

CUB 2: How?

CUB 1: Use Nintendough!

CUB 1: Why was the guy hired right away at the orange juice factory?

CUB 2: I don't know. Why?

CUB 1: He could really concentrate.

CUB 1: What's worse than finding a worm in your apple?

CUB 2: I don't know. What?

CUB 1: Finding half a worm!"

What do you get when you mix a bagel and a monster?  
*Scream cheese!*

What kind of cheese does a basketball player put on his sandwich? *"Swish" cheese.*

What do you call someone who's crazy about cocoa? *A Coconut!*

What do cheerleaders eat for breakfast? *Cheer-ee-ohs.*

Customer: Why is this cake you brought me all smashed?  
Waiter: Because you said you wanted a cup of coffee and a piece of cake and to step on it!!!

When do you stop at green and go at red? *When you eat a watermelon!*

What's more useful when it's broken? *An egg!*

What do you call a grandmother who cracks jokes? *A gram-cracker.*

Why are you rubbing your food on the back of your sleeve?  
*They said it was elbow macaroni!*

What goes snap, crackle and pop but is not a cereal? *A firefly with a short circuit.*

## Crafts

### Pasta Pets

*Cascade Pacific Council*

Elbow, bow tie, wagon wheel and penne macaroni  
Pipe cleaners.

First create the animal's torso by sliding a few pieces of wagon wheel pasta onto the center of a pipe cleaner for a chubby belly or one long penne or rigatoni for a long lean belly. Then bend the pipe cleaner on both sides of the torso to form a neck and tail. Add more pasta and fold the tips of the pipe cleaner to hold the pieces in place. Bend the neck (between pastas) into a right angle to form a face. To attach legs ears or horns, wind shorter lengths of pipe cleaner around the body and string them with a macaroni. You can even glue on miniature soup pastas for a mane or fur.

### Bean Scene

*Cascade Pacific Council*

Get a piece of cardboard or a scrap of wood. Sketch a design on the board. Use q-tips to paint a portion of the design with glue. Choose from an assortment of beans, colorful peas, and legumes and arrange them over the glue. Continue until the entire surface is covered. Allow the glue to dry completely before standing upright.

### Pasta Pictures

*Cascade Pacific Council*

Cook spaghetti and other shaped noodles. Use the damp pasta to form a picture on heavy construction paper. Cover it with waxed paper and weigh it down with a heavy book to dry.

Remove the waxed paper when dry. The pasta hardens and adheres to the construction paper.

**Bubbles**

*Cascade Pacific Council*

1/4 cup good quality liquid dishwashing detergent  
4 cups water  
large container for dipping the frame  
35 inch length of cotton kite string  
2 plastic drinking straws

In a bowl, mix the dishwashing detergent with the water and pour into the container.

Thread one end of the string through each straw and tie both ends in a knot.

Holding one straw with each hand, form a frame and put it into the solution. As you slowly take it out, a film will form on the frame. Hold your arms out in front of you and slowly pull the frame to the side. The air will force the film off and make bubbles. You can change the bubble patterns by the way you move or shake the frame. To close off one large bubble, twist the frame towards you. The bubble will form a sphere and drift away.

**Baking Soda Clay**

*Cascade Pacific Council*

2 cups baking soda  
1 cup cornstarch  
food coloring (optional)  
1 1/3 cups water

In a saucepan, mix the baking soda with the cornstarch. Stir in a few drops of food coloring in the water, if desired, then add it to the mixture and stir. Cook the mixture over medium heat, stirring continuously. When the mixture looks like thick, moist mashed potatoes, remove the pan from the stove.

Put the clay on a large plate and cover it with a damp cloth. As soon as the clay is cool enough to handle, knead it until it is smooth. It can be used several weeks if it is stored in a tightly closed plastic bag in the refrigerator.

**Finger Paint**

*Cascade Pacific Council*

2 cups water  
food coloring  
1/3 cup cornstarch  
1/3 cup warm water

In a saucepan, bring 2 cups water and desired coloring to a boil. Put the cornstarch into a small bowl, dissolve it with 1/3 cup warm water then gradually stir it into the boiling water. Stirring constantly, bring the mixture to a boil again. Then remove the pan from the heat and let it cool.

**Pack Recipe Book**

*Cascade Pacific Council*

Boys love to invent their own recipes. In Den meetings, ask the boys to write a "recipe" for their favorite dinner item or treat. Encourage them to use their imaginations. The recipes can be written on recipe cards, then copied, punched and bound together with a ribbon. Or type them up and staple with an official "Pack recipe book" cover (preferably designed by the boys). Mom and Dad will get a kick out of the ingredients and the steps to prepare dinner.

**Cheesy Printmaking**

*Cascade Pacific Council*

Materials: Carrots, Food Coloring, Water, Cheese Slices, Paring Knife

Cut the top off a thick carrot, leaving a flat, even surface. With the point of a paring knife, etch a shape such as a heart or star and then cut away the carrot leaving the shape in relief. (Adult supervision is needed.) Dab the carved carrot into a saucer of diluted food coloring (2 drops per tablespoon of water) and then stamp the slices of cheese to make prints. Eat promptly after admiring everyone's work.

**Kitchen Piñata**

*Cascade Pacific Council*

Create a simple piñata by placing several heavy-duty paper bags inside one another. Fill the bag halfway with small toys, coupons from fast food places, stickers, and candy. Fold the open end of the bag over a sturdy coat hanger and staple securely. Decorate with cut-outs of different foods from all of the food groups. You can also hang streamers from the bag.

**Chef's Hat**

*Cascade Pacific Council*

Materials: White Poster Board, White Tissue Paper

Measure the circumference of the boy's head. For the band, cut a piece of poster board 3 inches wide, and the length of the head measurement plus one inch for overlap. Lay the band flat. With a glue stick, secure one end of a sheet of white tissue paper to the inside of the hat band, pleating or gathering the tissue to make it fit the length of the band. Fit the band around the head to get an exact circumference, and then staple it together at that place. Fold down the loose top edge of the

paper to the inside of the band and add additional glue to secure. Finally, puff the chef's hat up from the inside.

**Malt or Soda Neckerchief Slide**

*Cascade Pacific Council*

Disposable communion cup  
Chenille stem  
Craft paint  
Pom-pom slightly larger than top of cup  
Small piece of drink box straw

Punch holes in back of cup and thread in chenille stem for ring. Paint inside of cup nearly to top in color for desired flavor (brown for chocolate, pink for strawberry.) Glue piece of straw in place. For soda, glue pom-pom in top of cup.

**Wormy Apple Neckerchief Slide**

*Cascade Pacific Council*

Large round wooden bead  
Green chenille stem  
2 black seeds  
Green felt or fun foam

If hole in bead is not large enough for neckerchief, enlarge hole. Paint red. Make a small hole in one side to hold green chenille worm. Glue seed beads on worm for eyes. Cut leaf from felt or fun foam and glue near top of apple.

**Chef's Hat Neckerchief Slide**

*Cascade Pacific Council*

Materials: Two 1-inch lengths of PVC pipe, one 3-inch circle of white fabric, and a cotton ball.

Glue edges of fabric circle to the inside of the PVC pipe; fabric will be overlapping and gathered so that the circle of fabric "puffs" out of the top. Insert cotton balls to the inside of the hat, securing with glue. Attach the second PVC pipe piece to the back for the slide.

**Bake Off Pack Meeting Activity Idea**

*Cascade Pacific Council*

Have a Cub Scout Bake off. Each den or family is assigned to bring a dish (cookie, or chili, a certain color, from a different country, with only 3 ingredients, etc.) Set up tables to allow audience to sample some of each. Supply any necessary plates, napkins, forks, cups of water, etc.

**Cub Grub****Hot Dog Octopus**

*Cascade Pacific Council*

<http://www.makestuff.com/foodstuff/octopus.html>

You will need:

- Weiner
- A sharp knife

*Note: If the Cubs haven't earned their whittling chip yet, have an adult perform the cutting operation(s). Caution those Cubs who use knives to handle them properly.*

Steps:

Cut the bottom 3/4 of a weiner into 8ths, using vertical cuts. Leave the top 1/4 intact.

Boil the weiner as you normally would.

When done, the Cubs now have a crazy octopus with wavy arms!

**Bugs On A Log**

*Cascade Pacific Council*

- Celery
- Peanut butter or cottage cheese
- Raisins, sunflower or sesame seeds

Stuff celery with the peanut butter or cottage cheese. Sprinkle with raisins or seeds and enjoy.

**Super Kiss**

*Cascade Pacific Council*

(makes two to four kisses)

Materials:

- Butter or margarine, 1 stick
- Miniature marshmallow, 1 package, 16 ounces
- Plain or chocolate crisp rice cereal, 12 cups

Equipment:

- Large plastic kitchen funnels, two or more
- Ribbon of choice
- Large saucepan
- large spoon
- Cookie sheet
- plastic wrap
- Scissors
- measuring cup

Instructions:

Coat inside of plastic funnels with butter or margarine and 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.

**Chocolate Spiders***Cascade Pacific Council*

- 1 12 oz. bag semi-sweet chocolate chips
- 1 6 oz. bag butterscotch chips
- 1 7 oz. can salted peanuts
- 1 3 oz. can chow mein noodles

In a medium saucepan over very low heat, melt the chocolate and butterscotch chips. Quickly stir in the peanuts and chow mein noodles. Drop by spoonfuls on wax paper and refrigerate until hard.

**Cookie Hamburger***Cascade Pacific Council*

- Vanilla wafers
- Green and red frosting
- Chocolate mint
- White corn syrup
- Sesame seeds

For the bun, use two vanilla wafers, rounded side out. On the bottom wafer, spread green frosting for "lettuce". For the "hamburger" place a chocolate mint over the lettuce. Over the hamburger, spread red frosting for "catsup". Top with other wafer. Drizzle a thin layer of white corn syrup over the top of the bun and sprinkle with sesame seeds.

**Bird Seed***Cascade Pacific Council*

- 4 c. popped popcorn
- 1 c. any dry cereal
- ½ c. mixed dried fruit pieces
- ¼ c. tiny marshmallows
- ¼ c. peanuts or shelled sunflower seeds
- ¼ c. M&M candies

Combine all ingredients in a large grocery bag. Close top securely by folding it over. Shake thoroughly to mix ingredients. Pour into bowls or cups to eat. If desired put into individual zip-top bags and take on a hike or field trip.

**Homemade Peanut Butter***Cascade Pacific Council*

- 1c. peanuts, raw or roasted
- 1 Tbsp. vegetable oil
- Pinch of salt and/or sugar

Take peanuts and put into blender or food processor. Blend until it is the desired consistency you like. Add vegetable oil to make it easier to spread. Add salt or sugar to taste.

**Gumdrop Bugs***Cascade Pacific Council*

Materials: Large gumdrops, small pretzels, Twist & Peel licorice strands cut into 1/2 inch lengths, gel frosting.

Break the pretzels into pieces that resemble wing shapes and poke the ends into the gumdrops. Use a toothpick to make holes in the tops of the gumdrops and insert licorice antennae. Make two gel dots on the gumdrops for eyes.

**Cookie Painting***Cascade Pacific Council*

Buy refrigerated sugar cookie dough or make your favorite recipe. Roll into "canvases" or rectangles about 5 or 6 inches long. Place the cookies on a greased cookie sheet. Paint with colored egg yolk paint (an egg yolk blended with 4 or 5 drops of food coloring) using a different paint brush for each color. Bake in a preheated 350 degree oven for 8 to 10 minutes or until the sides of the canvas are golden brown. If you put the paint on thick it will look like stained glass!!

**Frosting Play Dough***Cascade Pacific Council*

- 1 can frosting, any flavor
- 1 ½ cups powdered sugar
- 1 cup creamy peanut butter

Mix together until dough reaches desired consistency. When not using, dough must be stored in an airtight container and refrigerated. Next time you want to use it, let it come to room temperature for pliable dough.

**Games****Colorful Cake Walk***Cascade Pacific Council*

Tape colored squares on chairs or around table. As the music plays, cubs walk past the squares and stop by the closest square when the music stops. The leader draws a square from a box, and the boy standing by the matching colored square wins. The boy chooses his prize from a box of cupcakes. The game continues until all are winners.

**Food Walk (A Variation)***Cascade Pacific Council*

Tape different food to the back of chairs around a table. As the music plays Cubs walk past the chairs until the music stops. Once the music stops, the leader draws a food from a box, and the boy standing by the matching food wins. The boy chooses a cupcake or snack for a prize. The game continues until all are winners.

**Monster Messy Face***Cascade Pacific Council*

Use this variation of Pin the Tail on the Donkey by drawing a large monster face on a poster board. Give your monster a large mouth opening. Each Cub receives a different kind of food cut out with piece of tape on the back to feed to the monster. Blindfold each Cub, spin him around and watch where the food ends up - in the hair, on the ear, on the chin. There is no winner. The object of the game is to see how messy you can make the monster's face. Makes a great gathering game—boys can join in as they arrive.

**Fruit to Market***Cascade Pacific Council*

Equipment: Chairs, baskets, duplicate wrapped objects of different sizes and shapes. (Some suggested articles are a potato peeler, a dish towel, a small bowl, a cup, a carrot, a potato, an onion, etc.)

Players are seated in two rows of chairs facing each other. The two rows should have an equal number of players. A basket is placed at the head of each line, full of wrapped objects of different sizes and shapes. Each basket should contain articles that are duplicates of those in the other basket in order to make the game fair. When the starting signal is given, the player at the head of each line picks up an article from the basket, unwraps it and passes the article down the line, followed by the wrapper. The players at the foot of the line must rewrap each article when it reaches them and place it in the basket at the foot of the line. The line that first passes down all articles and gets them wrapped and into its basket first is the winner.

**Circle Treat***Cascade Pacific Council*

Arrange the Cub Scouts in a circle, facing inward. Then start a plate of candy around the circle. At frequent intervals, call "stop!" The boy holding the plate should try to answer a question about Cub Scouting. If he gives the right answer, give him a piece of candy. Then continue the plate around the circle.

**Taste and Tell***Cascade Pacific Council*

Prepare paper cups with contents to be tasted. Each contestant should have a pencil and paper. Liquids are more easily disguised than solids or soft solids. Vegetable colors help disguise the contents. Number each container. Leave a box of toothpicks on this table. Contestants use a fresh toothpick for each taste. When this is played as a team game, the final decisions represent the taste consensus of the entire team. Disguise tongue ticklers might be:

Red vinegar, blue-colored lemon-flavored gelatin in a liquid state, green milk, pink orange juice, cold coffee, cold green tea, root beer, red pineapple juice, juice from maraschino cherries, yellow saltwater solution, pink sugar water, alum solution, and licorice dissolved in water.

**Bubble Gum Blow***Cascade Pacific Council*

Equipment: Crackers, peanut butter, bubble gum, knife.

Divide into relay teams. Each team lines up behind a line. Sound the start and then the first person runs to a table at the other end of the race. On the table is a plate of crackers, peanut butter and bubble gum. Each person must spread the cracker with peanut butter and eat it. When he is done, he unwraps the bubble gum and chews it. When he blows a bubble of any size, he can run back and tag the next person in line. When everyone on the team has blown a bubble and come back to the start, the game is finished.

**Eat and Whistle***Cascade Pacific Council*

Players are divided into two teams and each person is given a cracker. At the signal, the first player on each team starts eating his cracker. He must finish it and then whistle before the next player in line can start. The first team done wins.

**Skittles**

Pour several bags of Skittles into a large deep, clean can. Make a point chart, assigning different point values to each color. Divide the players into teams and have one person at a time from each team draw out a Skittle. Assign the appropriate number of points to the team. The first team to reach 500 points wins. Feel free to eat the Skittles as you draw them out.

**Sick Cub**

One boy is the "Sick Cub" because he ate too much junk food. He chases the other players and each one he tags becomes another "Sick Cub." The tagged "Sick Cub" must place his left hand on the part of his body where he was tagged. All "Sick Cubs" continue to chase and tag. The last boy caught is the winner.

### Links

Visit these CUB CAFÉ Websites:

[www.familyfun.com](http://www.familyfun.com)

[www.funnytummy.com/games](http://www.funnytummy.com/games)

[www.kidshealth.org/kid/closet](http://www.kidshealth.org/kid/closet)

[www.cumbavac.org/Food\\_and\\_Nutrition.htm](http://www.cumbavac.org/Food_and_Nutrition.htm)

Fun interactive games and facts at Nutrition Explorations:

<http://www.nutritionexplorations.org/kids/>

Federal Consumer Information Center

<http://www.pueblo.gsa.gov/food.htm>

More Recipes <http://www.theideabox.com/>

Copykat Recipes <http://www.copykat.com/>

### Other Ideas

Good Will Word Search

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

*I cannot do this job without your help!!!*

## OPENING CEREMONIES

Fitness Check  Opening

Materials: Before the meeting, prepare a list of Health & Fitness Essentials – Either as wall-mounted list in LARGE letters, or as separate strips that the scout can add to the wall. Have ready a Marker, Chalk or Whiteboard marker to make a checkmark, depending on your backdrop.

Narrator or Cubmaster: Health and Fitness has been our goal this month. (*Point to the Sign or the Title of Health & Fitness*) Let's see how we did.

**Cub #1:** (*Either reading from the list or adding his word strip under the title*) Strive for Five servings of fruits and vegetables each day.

(*Makes a check mark by the phrase*) "CHECK!"

**Cub #2:** (*Reading from list or adding his strip*) Drink plenty of water each day! (*Makes a check mark by the phrase*) "CHECK!"

**Cub #3:** (*Following same procedure*) Get eight hours sleep each night! (*Makes a check mark*) "CHECK!"

**Cub #4:** (*Following same procedure*) Take a regular bath or shower and Brush your teeth! (*Makes a check mark*) "CHECK!"

**Cub #5:** (*Following same procedure*) Enjoy the Outdoors – But Keep Safe in the Sun! (*Makes a check mark*) "CHECK!"

**Cub #6 -** (*Following same procedure*) Get lots of Exercise. (*Makes a check mark*) "CHECK!"

**Narrator or Cubmaster:** Well boys, I see you know how to be Healthy and Strong. Now I want you to EXERCISE your right as a citizen of our great country, and prepare to present the Flag!

## AUDIENCE PARTICIPATIONS & STORIES

### Exercise – Take Your Pick!

Divide your audience into five groups and assign each group a sound and action – Have each group practice their assignment first.

**SOCCER** – Make a motion of “heading” the ball while saying “Look, no hands!”

**BASKETBALL** – Make a dribbling motion while saying “Bounce, Bounce!”

**HIKE** – Make a motion of using a hiking stick while singing “A Hiking We Will Go!”

**BASEBALL** – Make a motion of hitting the ball while saying “It’s a Homerun!”

**BIKE RIDE** – Hold the handlebars and move feet as if pumping while saying “Whir, Whir!”

**Narrator:** It was a beautiful day, and the boys from the den were really happy it wasn’t raining for the first time in three days. They knew they wanted to be outside – but what would they do?

We could play a game of SOCCER, said one boy. No, I’d rather play a game of BASKETBALL said his friend. Hey, here’s my bat – let’s get up a game of BASEBALL, said another. No, SOCCER is more fun, said the first boy. There’s a lot more action in SOCCER. We played SOCCER last Saturday – I’d rather play BASEBALL, said one of the boys. My favorite is still BASKETBALL said another – the last time I played BASKETBALL, I made a three-pointer from the center line! I vote for BASKETBALL!

Hey, Summer’s just around the corner – we need to practice our BASEBALL skills – I vote for a BASEBALL game said another boy. Wait a minute – we’re scouts – let’s go for a HIKE, said one boy. If we go for a HIKE we can look for birds and sign off an achievement. I just fixed my BIKE said another – we could go for a BIKE ride along the creek – we haven’t tried out the new BIKE trail there! My BIKE has a flat tire – let’s make some sandwiches and go for a HIKE instead said a third boy. My big brother’s troop went for a HIKE saw a whole tree full of butterflies on Saturday – if we HIKE along the river trail, we might see them! Hey, you could use my brother’s BIKE, or we could fix the flat on your BIKE, offered the other boy.

Wow, said one boy – all this talk about SOCCER, and BASEBALL, and BASKETBALL and HIKING and BIKE rides has made me hungry and tired. I'm going to get a snack and enjoy myself.

*(Pause and say loudly)* Then he asked, "Has anybody seen the REMOTE?"

## LEADER RECOGNITION & INSTALLATION

### A Den Leader's PayDay

#### Fun Awards

[http://www.usscouts.org/profbvr/fun\\_awards/index.html](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\*ade you this card

With Mounds\* of love and rhyme

To thank you for giving upso 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

## ADVANCEMENT CEREMONIES

The advancement activities suggested here relate to the assigned Value for May – Health & Fitness, or to the alternate theme of Cub Café. The Fitness Belt Loop and Pin, or any of the Sports Program Belt Loops, would fit this value – and don't forget about the newest additions: Hiking, Hockey, Horseback Riding and Skateboarding! Some suggestions are also underlined because they fit with the Den Meeting Plan featured in Baloo this month.

### Tiger Achievements

Ach. #2G – If you visit a police or fire station, ask how the men and women keep their bodies fit so they can do their jobs

Ach. #3G – Learn the rules of a game or sport. Then, go watch an amateur or professional game or sporting event – and now, as an extra challenge, practice some of the moves you see to help make your body more fit!

Ach. #5G – Go for a hike with your den – it's a fun way to practice fitness!

### Tiger Electives

Elect. #16 – Tell your den about a favorite activity that helps keep your body fit.

Elect. #23 – Find out what kind of milk your family drinks, and why. Find out the health reasons why people choose different kinds of milk, or may have to use a certain kind of milk.

Elect. #25 – Make a snack and share it with your family or den – choose one that is good for your body.

Elect. #29 – Talk with your adult partner about when you should use sunscreen. Find out whether you have any in your home and where it is kept. With your adult partner, look at a container of sunscreen and find out whether it still protects you when you are wet, how long it lasts, the expiration date. Talk about how using sunscreen is important to your health.

Elect. #35 – Play a game outdoors with your family or den – being outdoors is healthy!

Elect. #37 – Take a bike ride with your adult partner.

Elect. #40 – Together with an adult partner, go swimming or take part in a water activity. Be sure to go over Water Safety FIRST!

Elect. #44 – Visit a dairy, milk processing plant or cheese factory – find out how the products help keep your body healthy.

Elect. #45 – Visit a bakery; if your pack is going to have a Cub Café, you could choose a dessert item as one of the "menu" choices for the Pack Meeting

Elect. #46 – Visit a dentist or dental hygienist and find out why caring for your teeth is important for good health

### Wolf Achievements

Ach. #1 – Do any of the Feats of Skill as a way to practice fitness.

Ach. #3a, b, c – Make a chart and keep track of good health habits for two weeks; Tell four ways to stop the spread of colds; Show what to do about a small cut on your finger

Ach. #8a, b – Study the Food Guide Pyramid and name some foods from each food group; Plan the meals your family should have for one day, using foods from at least three of the food groups at each meal.

Ach. #9e – Know the rules of bike safety – always wear a bicycle helmet!

Ach. #10c – Plan a walk with your family – doing something physical outdoors is great for health and fitness!

### Wolf Electives

Elect. #2 – Help to plan and put on a skit about how to be fit and healthy.

Elect. #4f – Get moving outdoors – play a wide area or large group game with your den or pack. Check for ideas under Games.

Elect. #5a, b, c, d – Have some active fun outdoors – make and fly a kite – be sure to read and know the safety rules for flying a kite first!

Elect. #7a, b, c – Learn to walk on a pair of stilts; Make a pair of puddle jumpers and walk with them; Make a pair of “foot racers” and use them with a friend – each activity could be part of a physical relay game.

Elect. #11f – Sing a song about Health & Fitness with your den at the Pack Meeting.

Elect. #15d – Plant and raise vegetables. That will make it easier to Strive for Five!

Elect. #18a, b – Help plan and hold a picnic with your family or den; With an adult, help plan and run a family or den outing; (a kite flying activity, hike, bike ride)

Elect. #18d – help plan and lay out an obstacle race; you could use the requirements of Elect. #7 – Foot Power, the stilts, puddle jumpers and foot racers as part of an obstacle course.

Elect. #20 – Do any of the suggested activities to improve your fitness by getting physically active – but be sure to go over Sportsmanship and any Safety Rules for the activity FIRST! Many sports are represented in this section – check it out!

Elect. #23b, c, d – In order to stay healthy, make sure you are prepared for outdoor activities and camping by doing these requirements

### **Bear Achievements**

Ach. #8b – If you talk with a long-ago scout, find out what kind of fitness activities they did – you might be surprised!

Ach. #9b, d, e, f – With an adult, make snacks for the next den meeting – choose a healthy one! Check the ideas in Cub Grub; make a list of junk foods you eat – then do the “Take Five” Challenge to make better choices; make healthy trail food for a hike; With an adult, make a healthy dessert for your family – see Cub Grub.

Ach. #12b, e – Go on a hike with your family, after you make sure you are prepared; Plan an outdoor family day that includes some physical activity

Ach. #13a, g – Go grocery shopping with an adult member of your family and compare prices of different brands and at different stores, and also compare prices based on nutritional value; With an adult, figure out how much it costs for each person in your home to eat one meal – choose a meal that has good nutrition value based on the Food Pyramid.

Ach. #14f, g – Ride a bike for 1 mile without rest – be sure to obey traffic and safety rules; Plan and take a family bike ride.

Ach. #15a, b, c – Set up equipment and play two outdoor games with family or friends; Play two organized games with your den; Select an (active) game that your den has never played, explain it and play it with them.

Ach. #16 – Do any or all of the activities – they will help you Build Muscles!

Ach. #18c – Keep a daily record of your activities for 2 weeks – look to see if you were following the rules for being healthy and fit.

Ach. #23c – Take part in one team and one individual sport to improve your fitness.

Ach. #24c – Plan and conduct a den activity with the approval of your leader – choose an activity that involves becoming fit or learning about being healthy.

### **Bear Electives**

Elect. #5e – With an adult on board, and both wearing PFDs, row a boat around a 100-yard course that has at least two turns. Demonstrate forward strokes, turns to both sides, and backstrokes. Review Boating Safety Rules BEFORE you start!

Elect. #18a, d – Build and use an outdoor gym with at least three items from the list on page 250; Hold an open house so everyone can enjoy your gym!

Elect. #19 – Do any or all of the Swimming requirements – make sure you have an adult with you who can swim.

Elect. #20 – Choose any or all the requirements to help improve your fitness by physical activity. Read and follow the Safety Rules for any of the activities!

Elect. #25b – Go on a short hike with your den, following the buddy system and telling what to do if you become lost.

### **Webelos Activity Pins**

Aquanaut #1, 2, 3 4, 7, 8 – These requirements all involve physical activity and fitness.

Athlete #5, 6, 7, 8, 9, 10 – These activities not only require physical activity, they include working to improve your performance and fitness!

Communicator #2 – Prepare and give a talk to your den about a subject that has something to do with Health or Fitness.

Craftsman #2 – Make a set of foot racers (Wolf Book pg. 147) so your den or pack can have a fun relay.

Family Member #8, #11 – Make a list of fun things and plan a family fun night, choosing an activity that includes action and fitness; With adult supervision, plan, purchase and help prepare three meals for your family – make sure they are nutritious!

Outdoorsman #9 – Go on a three-mile hike with your Webelos den or a Scout troop after discussing with your Webelos Den Leader what you need to take with you.

Showman #6 – Make a set of four paper bag puppets for a singing group and put on a performance with three others (Try doing a song that has something to do with Health & Fitness, like the ones in this Baloo)

Showman #16 – Give a monologue or talk – if you choose a subject about Health or Fitness – you could start with the Fun Facts About Fitness under Theme Related.

## **SONGS**

### **Exercise & Healthy Food**

*Tune: Supercalifragilisticexpiallidoious*

Exercise and Healthy Food  
 Will make you very strong,  
 If you eat just as you should,  
 Your life can be quite long  
 When you feel like sitting,  
 You should really get in gear  
 And find a way to exercise  
 Each day, throughout the year!

Exercise is moving, but it also can be fun –  
 Some may find a sport to play,  
 And some will walk or run  
 But any way that you might choose  
 Is sure to be for you  
 Some exercise that you enjoy –  
 Some action you will DO!

Don't forget to eat good foods,  
 Give vegetables a try,  
 Go easy on the sugar,  
 And the salt – and stuff that's fried!  
 Lots of healthy foods are there,  
 Just waiting to be tried –  
 The Pyramid can help you –  
 And you'll choose your meals with Pride! Oh....

(repeat first verse)

### Hinges Song

*A favorite action song of LDS Primary Kids –  
 Words by Aileen Fisher, Music by Jeanne P. Lawler –  
 copyrighted, but can be used non-commercially  
 To hear the tune, go to:  
<http://lds.org/cm/display/0,17631,4766-1,00.html>, go to  
 Alphabetical List "H" and scroll down to Hinges*

*I'm all made of hinges,  
 'Cause everything bends,  
 From the top of my neck  
 Way down to the ends.  
 I'm hinges in front,  
 And I'm hinges in back –  
 But I have to be hinges,  
 Or else I would crack!*

Robert BADEN POWELL

(Tune: Father Abraham)

*A tried and true traditional scout song about the founder –  
 but it sure gets the body moving! Exercise and a song – hard  
 to beat!*

Robert Baden-Powell has many friends  
 Many friends has Robert Baden-Powell  
 I am one of them, and so are you  
 As we go marching on - - (shout out)  
 "With a RIGHT" ARM (beginning swinging arm)

Repeat verse above and add in turn:

- "With a LEFT" ARM (begin swinging arm)
- "With a RIGHT" FOOT (begin stamping foot)
- "With a LEFT" FOOT (begin stamping foot)
- "With a HEAD" ((begin nodding head)
- "TURN AROUND"
- "SIT DOWN"

(Words above are accompanied by actions adding new motions as soon as sung until you are performing all motions.)

## STUNTS AND APPLAUSES

### APPLAUSES & CHEERS

*Alice, Golden Empire Council*

Health & Fitness Applause: Repeat three times – "Eat Healthy! Stay Fit!"

Bending Hinges Applause: Everyone takes a pose using their body "hinges" and say "I'm All Made of Hinges"

Am I Healthy? Applause: Everyone sticks out their tongue and points to it while saying "Aaaah." Then say "Am I Healthy?"

Take Five Applause: Everyone shows their open hand while saying "Take Five" three times.

Favorite Exercise Applause: Everyone freezes in a pose of their favorite form of exercise – They all say "Keep Moving!" Repeat three times, changing pose each time.

Waiter Applause: Everyone mimes putting a towel over their arm, then holding their order book and pen ready to take an order; then say "May I take your order?"

Take Five Repeat After Me:

If you want to feel ALIVE  
 Always Strive to Eat all FIVE  
 Fruits and Veggies fill your plate  
 You will have a HEALTHY fate  
 Sound Off...1,2,3  
 Sound Off ...4 and 5  
 Sound Off.... Strive for Five!

### RUN-ONS

**And the Winner Is....**

Did you hear about the two silkworms who had a race?

It ended in a TIE.

### **Get Moving**

Did you hear about the sloth who went out for a walk – Four snails came along and picked up his favorite hat. The police asked for details. "Can you describe the snails?" asks the officer. "Not really - it all happened so FAST," replied the sloth.

### **Dangerous Exercise**

Q: Do you know how porcupines play leapfrog?

A: VERY, VERY carefully!

### **Just looking for fruit...**

Once a duck went to a restaurant and asked "Do you have any grapes?" The waiter replied "We do not allow ducks or other animals in this restaurant, so you'll have to leave!" The duck went away, but came back an hour later. Again he asked "Do you have any grapes?" Again the waiter replied "I told you earlier we do not allow ducks in this restaurant. Go away! And if you come in here again, I'll staple your feet to the floor!" An hour later, the duck returned and asked "Do you have any staples?" The waiter replied "NO!". "Good...." said the duck, "then, do you have any grapes?"

### **Forced to Do It**

My Dad has been exercising every night this week – the TV Remote is broken and he has to get up and down to change the channel!

### **JOKES & RIDDLES**

Q: What vegetable should you NOT take on a boat?

A: Leeks!

Q: What's vegetable gets the most exercise?

A: A runner bean!

Q: Why don't eggs tell jokes?

A: They'd CRACK each other up!

Q: How do you make a banana shake?

A: Jump out and yell BOO!

Q: How do you fix a broken tomato?

A: Tomato paste!

Q: If you hold 8 potatoes in one hand and 10 cucumbers in the other, what do you have?

A: Really BIG hands!

Q: Why was the vegetable band so popular?

A: It had a good BEET!

Q: What did the lettuce say to the celery?

A: Quit STALKing me!

Q: What did the Father Tomato say to his son while on a family walk?

A: KETCHUP!

Q: What is the favorite fruit of twins?

A: Pears!

Q: What key do you use to open a banana?

A: A MonKEY!

Q: What are strawberries when they are sad?

A: BLUEberries!

Q: Who can jump higher than an 8-story building?

A: Anyone – buildings don't jump!

Q: Why do bicycles never do anything exciting?

A: Because they are always TWO TIRED!

Knock, Knock

Who's There?

Lettuce.

Lettuce Who?

Lettuce In and you'll find out!

Knock, knock.

Who's there?

Orange.

Orange Who?

Orange you thirsty after all that exercise?

## **SKITS**

**SAME STORY HERE – SEE WHAT COMES IN. LOOK AT LAST YEAR'S BALOO, LOOK AT LAST YEAR'S CS RT PLANNING GUIDE, LOOK AT OLD BALOOS FOR THE ALTERNATE THEME**

## **GAMES**

**Disability Awareness Games**

*Alice, Golden Empire Council*

# **HAVE THE PICTURE??**

**SAME STORY HERE – SEE WHAT COMES IN. LOOK AT LAST YEAR'S BALOO, LOOK AT LAST YEAR'S CS RT PLANNING GUIDE, LOOK AT OLD BALOOS FOR THE ALTERNATE THEME**



### Other Games

#### Shoe Hunt

*Patricia, North Florida Council*

## CLOSING CEREMONIES

**SAME STORY HERE – SEE WHAT COMES IN. LOOK AT LAST YEAR'S BALOO, LOOK AT LAST YEAR'S CS RT PLANNING GUIDE, LOOK AT OLD BALOOS FOR THE ALTERNATE THEME**

## CUBMASTER'S MINUTE

### Baden-Powell on Health & Fitness

Baden-Powell thought it important to help boys become strong and fit young men of good character. He once said, "A boy is not a sitting-down animal." And he also felt that games should be "Fun with a Purpose." Many of the games he introduced were physically very active, but he also felt "It is important to arrange games and competition so that all Scouts of the troop take part." So as we include fitness activities in our program, let's remember to help every boy "Do His Best" and give everyone a chance to shine!

## CORE VALUE RELATED STUFF

### Connecting HEALTH & FITNESS with Outdoor Activities

*Wendy, Chief Seattle Council*

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

- ★ **Hikes** - Go on an exercise hike with stations to do specific exercises. Many local parks already have these set up. Learn to take your pulse when walking to see how your body is reacting to the exercise.
- ★ **Nature Activities** - Study what a certain species eats and how it lives; discuss how eating right relates to health. Harvest healthy food, with permission, at a pick-your-own farm or plant an edible crop.
- ★ **Service Projects** - Make gifts using recycled materials. Make exercise equipment for a local shelter.
- ★ **Games & Sports** - Challenge each boy to compete against himself to become more fit. Record initial abilities and record again at the end of a specific time period to see improvement. Give a fit youth award to all who improve. Most outdoor games and sports help to make bodies more fit.
- ★ **Ceremonies** - Incorporate exercise equipment, real or prop, into a ceremony. The Cubmaster could jump rope

across the room or lift "barbells" to find awards for the boys.

- ★ **Campfires** - Plan an entire campfire around this theme. Use songs with physical movements. The opening and closing ceremonies could all use health and fitness themes.
- ★ **Den Trips** - Visit a local water treatment facility to see how this vital fluid is made safe for drinking by the population. Visit a farm or other place where healthy food is processed. Visit a sporting event.
- ★ **Pack Overnighter** - Boys plan the meals discussing good nutrition. Discuss the need for lots of water.



### FAITH Character Connection

*Carol at [www.cubroundtable.com](http://www.cubroundtable.com)*

### I WILL GET YOU THIS SCETION



#### For other FAITH

Character Connection Activities go to ·

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

### May - A Month to Celebrate Health & Fitness

*Alice, Golden Empire Council*

### ALICE WILL SEND YOU THIS

#### Crazy Holidays

*Jodi, SNJC Webelos Resident Camp Director 06-11*

I will get you this

#### Fun Facts On Kindness

*Alice, Golden Empire Council*

- ☺ LOOK FOR SEVERAL ITEMS THAT FIT THIS CATEGORY FROM ALICE

## PACK & DEN ACTIVITIES

#### Compassion Ideas

*Alice, Golden Empire Council*

- ☺ LOOK FOR SEVERAL ITEMS THAT FIT THIS CATEGORY FROM ALICE

**ALSO, SAME STORY HERE – SEE WHAT COMES IN. LOOK AT LAST YEAR'S BALOO, LOOK AT LAST YEAR'S CS RT PLANNING GUIDE, LOOK AT OLD BALOOS FOR THE ALTERNATE THEME**

## DEN MEETINGS

Wendy, Chief Seattle Council



## TIGERS

Wendy, Chief Seattle Council

### Tigers

#### **Electives that go with the Health & Fitness Value:**

- 23 Milk
- 25 Healthy snack
- 35 Outdoor Game
- 37 Bike Hike
- 40 Swimming
- 45 Bakery Visit
- 46 Healthy Teeth & Gums

#### **Supplemental Den Meetings that go with the Health & Fitness Value:**

- D: Bakery field trip (E45)
- G: Picnic (E22), Snacks(E25), Sunscreen (E29), and Outdoor Game (E35).
- J: Bike repair shop and bike ride (E27).
- O: Dentist or Dental Hygenist field trip (E46)

#### **Mother's Day Den Meeting Idea:**

Supplemental Den Meeting N: Picture Frame (E4)

### Picnic Ideas

Family Picnic: How To Book section 6, p.22-23.

### **Food**

#### **Inside-out Sandwiches**

Start with a soft bread stick. Wrap lunchmeat, cheese, and lettuce around the bread stick, and secure with a tooth pick. Serve condiments (mustard, ketchup, spaghetti sauce) as a dip for the inside-out sandwiches.

#### **Snails**

Spread cream cheese on tortillas, and top with sliced tomatoes. Roll up the tortillas, and slice into 1" mini-rolls. *These were a big hit at our Feb. Round Table. – W.*

#### **Pistachio Pudding Salad**

- 1 3oz. box instant pistachio pudding
- 1 9 oz. container of Cool Whip
- 1 13 oz. can crushed pineapple with juice
- 1 banana, cut

Mix ingredients, and chill. Other canned fruits (mandarin oranges, fruit cocktail), and miniature marshmallows can also be used.

### **Outdoor Games**

How To Book section 3, p. 3-11; 14-22.

Some of the games in the Wolf picnic section might also be fun.



#### **Tacos & Bridges**, from familyfun.go.com

Choose one person to be the caller. At "Go," the whole group (number larger than 7, but not divisible by 3) mills about the play area, until the caller yells out "Tacos" or "Bridges." All players, including the caller, must then scramble to get into a three-person taco or bridge formation (see illustrations). Whichever player is not in a trio becomes the new caller.

Taco: Two players hold hands to be the taco shell, and a third player stands between them as the filling.

Bridge: Two players make an arch for the bridge, and a third player crouches beneath them as the water.

Variations:

Make spaghetti -- two players are noodles, sitting with legs outstretched, feet touching; the third sits in the middle as the meatball.

### Bike Ideas

#### **Cub Scout Sports**



#### **Bicycling**

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

Webelos Scouts that earn the Bicycling Belt Loop while a Webelos Scout

also satisfy part of requirement 3 for the [Sportsman](#) Activity Badge.

#### **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.

#### **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, your family, or den.

**Sports Pin**

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

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

**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*

**Wheeling Into Summer Word Search**

*Alice, CS RT Commissioner  
Pioneer District, Golden Empire Council*

Find the words below that have to do with Wheels – they may be up or down or on the diagonal.

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

BICYCLE

BRAKES

CHAIN

FORK  
 LISTEN  
 PUNCTURE  
 SCOOTER  
 SKATES  
 SPROCKET  
 TRAFFIC

HELMET  
 LOOK  
 SADDLE  
 SIGNALS  
 SPARE  
 SUMMER

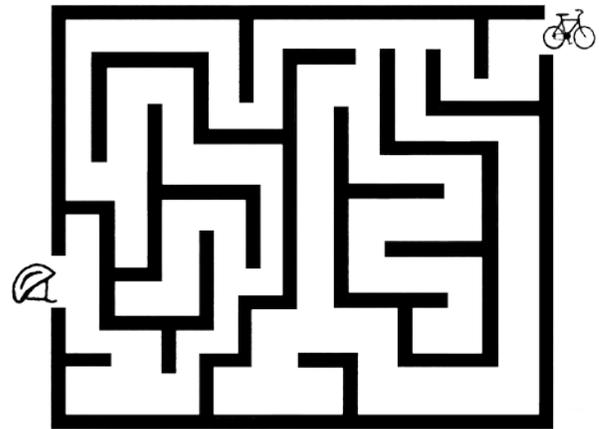
KNEE  
 PADS  
 SAFETY  
 SIGNS  
 SPOKE  
 TIRE  
 WHEELS

**Mouse on a Bike Maze**

*Alice, CS RT Commissioner  
Pioneer District, Golden Empire Council*  
 Check out the last pages of Baloo’s Bugle for this maze

**Helmet Maze**

<http://www.bhsi.org> :  
 Find your way through this maze to connect the helmet with the bicycle.



**One Smart Cat Says**

[www.bhsi.org](http://www.bhsi.org)  
 Connect the dots to see what O.S. Cat wears every time he rides a bike



**Bike Check:**

*Alice, CS RT Commissioner*

*Pioneer District, Golden Empire Council*

Have everyone bring their bikes and check for proper size, good brakes; make adjustments and repairs. (This is a great way to start off a Bike Rodeo)

**Which Wheel Am I?***Alice, CS RT Commissioner**Pioneer District, Golden Empire Council*

As people arrive at the Pack Meeting, tape one of the following on their back, without them seeing the name: Bicycle, Skateboard, Scooter, Inline Skates. Each person must locate others in the same name group by asking only Yes or No questions – or by making a noise that represents the wheel group they're in.

**What is it?***Alice, CS RT Commissioner**Pioneer District, Golden Empire Council*

Mount an unlabeled picture of a bike on the wall – number each part of the bike, or block out the labels on a labeled picture. As they enter, each person or family gets a sheet with a list of the parts of a bike. They must decide which number goes with the part on their list. Winner is the one with the most correct answers when the meeting starts.

## Bicycle Games

*The next seven game ideas are from Utah National Parks Council, and are definitely Fun with A Purpose – each game helps develop bicycle skills!*

- 1. Use Your Beanie:** Use chalk to draw a racetrack with a lane for each contestant. The course can be straight, wavy, circular or any combination, as long as the lanes are at least 6 feet wide and run parallel to each other. (School yards and church parking lots are ideal for this!) But staying on course is just part of the challenge in this contest. Riders must also balance a beanbag (or substitute a zip-top bag filled with rice in a pinch) on top of their helmets! First person across the finish line without losing his beanbag wins. For a greater challenge, see who can balance the tallest stack of beanbags.
- 2. Toe The Line:** Use the same course as above – but the twist is that each contestant must keep their front and back wheels on their own chalk lines at all times. Whoever gets the farthest first while staying on their lines wins – even if they don't get to the finish line!
- 3. Can It:** Set up a bunch of empty soda cans or 2-liter bottles to form a large circle on the ground. One at a time, boys take a turn pedaling around the circle. Anyone who knocks over a "marker" bottle or can is disqualified. Whoever finishes "clean" in the shortest time wins.
- 4. Tortoise Tango:** This is another variation of the slow race – the key to winning is to make like a tortoise and take it slow and steady. The aim is to finish LAST – a lot harder than it sounds! Use chalk to draw 3 foot wide parallel lanes spaced 10 feet apart on a paved surface. Length can vary, but 50 feet makes a good distance. Mark starting

and finishing lines in both lanes. Riders must travel down their assigned path as slowly as possible, keeping their feet on the pedals at all times. Last one to cross the finish line without putting down their feet is the winner.

- 5. Pursuit Race:** This is a speed race. All riders line up around a circular course about three yards apart. On signal, they all ride in the same direction around the circle. The idea is for a rider to pass the rider in front of him. As a rider is passed, he is eliminated. The race continues until there is only one left. **Warning: Use this only if the boys are all about the same size and skill level, and if the race can be done without injury or argument!**
- 6. Obedience Test:** All players except one form a large circle at least 30 feet across, 6 feet from each other. The remaining player mounts his bike inside the circle and slowly rides toward one of the other boys. When he is about halfway across, the player he is riding towards calls out a command, such as "Turn right" or "Stop" The rider must give the proper signal and carry out the command. He continues to ride, carrying out commands given him by other boys, until he has had five commands. Then he switches places with a boy in the circle. When everyone has had a chance to ride, total scores – the one with the fewest penalty points wins. Scores: one point against each time a rider who fails to signal, gives the wrong signal, or does the wrong action.
- 7. Potato Race:** Teams line up with their bikes in relay style. A box is placed on the starting line in front of each team. At 5 yard intervals or more in front of each team, mark four circles into which a potato or beanbag is placed before the game begins. On signal, the first player in each team rides out and picks up the potato in the first circle, returns to the starting line and puts it in the box. He then rides out for the second, third and fourth in the same way. When he has put each of the potatoes in the box, he passes off to the second player, who must return the potatoes, one at a time, to the circles. Continue until every member of the team has had a turn.

**Tire Games***Santa Clara County Council*

- Tire Sprint:** Racers line up with forward edge of tire at the starting line. On signal, they push tire forward and continue to push it across finish line. If necessary, establish lanes.
- Roll for Distance:** Each player rolls his tire separately and is entitled to run to gain speed and momentum but must stop at the stopping line while the tire rolls forward by itself.
- Roll for Accuracy;** Same as above, except tire is rolled at a target of 2 sticks set 3-4 feet apart and approximately 20 feet away.
- Moving Target:** Players take two turns rolling tire parallel to other players 15 – 20 feet away who try to throw balls or beanbags or broomsticks through the tire as it rolls by.
- Tire Wrestling:** Place two tires on the ground so they touch each other. One contestant stands in each tire. As the signal, they wrestle to throw or push their opponent out of his tire. The winner is the first to cause the other to fall or step out of his tire, provided he himself remains on his feet in his tire.

**Tire Bowling:** Bowl, using discarded tires in place of balls, with milk cartons or tin cans for bowling pins. Arrange "alley" on the ground with the bowling line 20 – 30 feet from the pins. Each bowler rolls two tires. Score as in bowling.

**Tire Rolling Relay:** Form teams and give the first player of each team a tire. Place a stake or chair opposite each team on the turning line. At the signal, the first player rolls his tire to the turning line, rolls it around the stake and back to the next player in line.

**Through the Tire Relay:** Establish a rolling line in front of the lines of dens. The first player of each team goes up to the rolling line with a tire. At signal he rolls his tire forward toward his team by giving it one shove. The players in turn then straddle-jump the tire. If the roller did not steer the tire exactly straight, the line must shift in order to be in line with their tire. If a player knocks the tire down in attempting to jump it, or if it falls over before he can jump it, he must recover the tire and give it to the player in front of him who rolls it for him and the rest of the team. The original roller then takes place at the front of the line. When the last man has jumped the tire, he rolls it to the starting line, and the action is repeated until the original roller has rolled the tire



**Bike Bling** from familyfun.go.com:

Materials: Coffee can lids, Red, white, and blue plastic tape, Paper towel tubes, Straws, Scissors Crepe paper

**SNAZZY HANDLEBARS:** With scissors, scallop the outer edge of a lid, then make a single, straight cut from the edge to the center. Next, cut a circle from the center of the lid and fit the cutout onto the handlebars. Tie on a helium balloon for good measure.

**FESTIVE FRINGE:** For a row of slip-on fringe, wrap colored plastic tape around a cardboard paper towel tube. Add individual streamers by sticking one end of a 10-inch piece of tape to the tube. Then, fold the hanging portion of the tape in half, pressing the sticky sides together. Finally, use scissors to make a cut the length of the tube so that the cylinder can be slipped onto the frame.

**HIP HUBS:** Use a craft knife (adults only) to make a cut down the length of each straw. Slip a straw onto each spoke of the rear wheel. Weave crepe paper through the spokes of the front tire.

**DESIGNER HELMETS:** Just use strips of colored plastic tape to create stick-on lightning bolts, initials, or racing stripes.

### Mother's Day Projects

#### Picture Frames



Rolled Paper Frame:

Disney Family Fun

<http://familyfun.go.com/crafts/tubular-frame-663819/>



Lots of frame ideas:

MakingFriends.Com

<http://www.makingfriends.com/photos.htm>

#### **Bath Salts**

##### **Materials**

Small decorative jar

Sea salt or table salt

Fragrance

Food coloring

Closeable plastic bag

Ribbon, flowers, etc

Poem

Bubble Wrap

##### **Directions**

Pour ½ cup salt into several bags. Add 6 drops of glycerin, 3-4 drops of food coloring, and 3 drops of essential oil. Close bags and knead them until colors are mixed. Spoon layers of different colors until jar is full. Poke with a long object (like a skewer) to form a design on outside. Seal and decorate. Wrap in bubble wrap tied with ribbon. Give to mom with a handmade card with "poem"(below). Use ¼ cup salt per bath.

When Motherhood gets difficult  
And you'd like to slip into a coma-  
Don't! Instead, slip into a bathtub  
And be renewed by the aroma  
Of this gift for Mother's Day  
Lovingly made by your child.  
Just soak away those tensions  
until you feel mellow and mild.  
Happy Mother's Day!!



Another bath salt recipe:

[http://www.makingfriends.com/gifts/mom\\_bath\\_salt.htm](http://www.makingfriends.com/gifts/mom_bath_salt.htm)

**More Mother's Day ideas at:**

<http://www.makingfriends.com/mothers%20day%20gifts.htm>

<http://familyfun.go.com/mothersday/>

#### Swimming Ideas

See the Wolf section below.

#### Wolves

**Left-over Achievements that can be used as electives that go with the Health & Fitness Value:**

1 Feats of Skill: do some of the activities not done by the Cub when earning his Wolf badge.

**Electives that go with the Health & Fitness Value:**

4f Wide Area or Group Game with Den or Pack  
18 a,d,e Obstacle Race, Game Trail  
20 Sports

**Supplemental Den Meetings that go with the Health & Fitness Value:**

D: Swimming (Ach. #1h, 1i) and Boating Rules (E20b),  
Swimming Belt Loop  
G: Picnic & Games (E18a, E4)  
N: Baseball or Softball (E20l)

**Mother's Day:**

Supplemental Den Meeting F: Recipe Holder (E3a)

**Swimming Ideas**

**Safe Swim Defense** (mandatory for swimming) & **Safety**

**Afloat** (mandatory for boating):

'10 Baloo's Bugle "Waves of Fun" p. 5:

<http://usscouts.org/usscouts/bbugle/bb1007.pdf>

**Tour Plan** (required for non-council, non-district sponsored aquatic activities)

<http://www.scouting.org/scoutsource/HealthandSafety/TourPlanFAQ.aspx>

**Baloo's Bugle Issues for Water Themes**

- ✓ July 2010 issue of Baloo's Bugle, "Waves of Fun."  
<http://usscouts.org/usscouts/bbugle/bb1007.pdf>
- ✓ July 2008 issue of Baloo's Bugle, "H2OHHHhhh"  
<http://usscouts.org/usscouts/bbugle/bb0806.pdf>
- ✓ July 2004 issue of Baloo's Bugle, "Fin Fun"  
<http://usscouts.org/usscouts/bbugle/bb0406.pdf>  
May 2001 issue of Baloo's Bugle "Wet & Wild"  
<http://usscouts.org/bbugle/bb0105/index.html>

2001 Santa Clara Pow Wow Book: "Wet & Wild"

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

**Swimming Belt Loop:**

<http://usscouts.org/advance/cubscout/sports/swimming.asp>

**Gathering Games**

'10 Baloo's Bugle "Waves of Fun" p. 15-18.

'03 Baloo's Bugle "Fun in the Sun" p. 17.

**Games**

How To Book section 3, p. 42-44.

'08 H2O Baloo's Bugle p. 31, 41-48, 51. '04 Fin Fun Baloo's Bugle p. 5. '01 Wet & Wild Santa Clara p. 15-19.

Family Fun Water & Pool Games:

<http://familyfun.go.com/summer/summer-games/cool-pool-games-710462/2/>

<http://familyfun.go.com/playtime/splash-into-summer-706587/>

<http://familyfun.go.com/playtime/seasonal-games/water-pool-games/>

**Guess the Gargle**

*from '03 Santa Clara "Fun in the Sun"*

This is a simple game. All it requires is a glass of water. Secretly show a volunteer the name of a well-known song or tune. It can be anything -- chart song, nursery rhyme etc. Get them to take a sip of water and they must gargle the tune and the others try to guess what it is.

**Cub Grub**

'08 H2O Baloo's Bugle p.48-50. '01 Wet & Wild Santa Clara p. 30. Fruit canoes. '01 Wet & Wild Baloo's Bugle p. 10.

**Sand Pudding**

*from '01 Wet & Wild Baloo's Bugle*

Make vanilla pudding. Have the scouts crush up vanilla wafers in a plastic bag and then put on the pudding. Add a gummy fish or worm or any beachy thing.



"Sand" Castle Cake:

<http://jas.familyfun.go.com/recipefinder/display?id=50157>

**Cup o' Fish**

*from '01 Wet & Wild Baloo's Bugle*

[Make an edible aquarium in a cup!](#)

**Ingredients:**

[Blue Jell-O, gummy fish, and clear plastic cups.](#)

**Directions:**

[Make blue Jell-O according to the directions on the box. Pour into clear plastic cups. Let them cool in the refrigerator until partially set - about an hour. When they're partially set, place a few gummy fish in each cup. Put them in the refrigerator until they're completely set. Eat and enjoy!](#)

**Variations:**

[Frozen fish-Popsicle's \(just freeze the Jell-O in Popsicle molds - add the gummy fish when they are partially set - unmold very gently when entirely frozen\). These are really messy to eat and are best eaten outside.](#)

[Aquarium: An entire punch bowl of fish Jell-O \(made like the cup o' fish\)!](#)

**Picnic Ideas**

More ideas are in the Tiger section above.

**Games****Backyard Obstacle Course**

*Oregon Trail Council*

**Directions:**

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

**Frisbee Games****Ultimate Belt Loop & Pin:**

<http://usscouts.org/advance/cubscout/sports/ultimate.asp>

**Frisbee Games to help boys practice skills:****Lickety-Split Frisbee**

*familyfun.go.com*

**Equipment:**

- One frisbee for each team

**Instructions**

1. Kids pair up and stand a certain number of feet apart (determined by the team's skill level). The object is to sail the disc back and forth as many times as possible in one minute.
2. Each successful pass scores one point. Catching the disc under a leg, behind the head, or on the tip of a finger earns two points.

**Double Disc Frisbee**

*familyfun.go.com*

**Equipment:**

- Two or more Frisbees
- Chalk or rope

**Instructions**

1. Mark a 20-foot line on the ground with chalk or a piece of rope and position two players or teams facing each other on opposite sides of the line.
2. Pass the discs back and forth simultaneously. The object is to avoid having both discs on one side of the line at the same time.

**Ultimate Disc Frisbee**

*familyfun.go.com*

**Equipment:**

- Frisbee

**Instructions**

1. Begin with each group standing behind its goal line. One team throws the disc into the other's end zone. The receiving team must try to move the disc up field using a series of passes.
2. Each time a player catches the disc, she must stop in her tracks and throw it to a teammate before taking another step. The player may pivot on one foot. To keep the game moving, put a time limit (10-15 seconds) on how long a player may hold the Frisbee before passing.
3. The defending team (not passing) is awarded the disc following a score, an incomplete pass, an out-of-bounds pass, or an interception.
4. To score a point, the receiving team must complete a pass to a player positioned behind the opponents' goal line. The first team to score 21 points wins the game (or whatever point goal you set).

**Soccer Ideas (E20k)****Soccer Belt Loop & pin:**

<http://usscouts.org/advance/cubscout/sports/soccer.asp>

**Games for practicing kicking skills****Semicircle Soccer (A Semi-cooperative Game)**

*Bay Area Council*

The idea for this game came from a game called Konta Wai in Papua, New Guinea. In Konta Wai, two semicircles of about five players each stand facing each other about 12 feet (3-1/2 meters) apart. The fruit of a local tree is thrown, lifted like a hockey puck, or batted back and forth between the semicircles with the use of sticks. The main object of the game is to try to prevent the fruit from passing through one's own semicircle of players. Semicircle Soccer takes off from here and adds a few new wrinkles.

**To play:**

- Two separate semicircles, of four or five players each, are formed by linking arms around the next person's waist.
- Semicircles begin by facing each other and kicking a sponge soccer ball back and forth.
- The objective of each team is to prevent the other team from kicking the ball through its semicircle.
- However, both semicircles are mobile. They can move at will and can kick the ball from anywhere on the play space.
- They can even attempt to get around behind the other semicircle in order to kick the ball through their unit in a rear attack.

□ Additional Semicircles and balls can be added for more action.

### Paired Soccer

*Santa Clara Council*

Equipment: 2 soccer balls, 2 goals  
 Players form into two teams. Two goalies are selected while the rest of the players divide into pairs, holding hands or shoulders. One pair from each team puts the two balls that will be used in the game. The pairs of boys will try to score into the goal of the opposing team. Before shooting the goal, both players in one pair must touch the ball. If one pair advances with the ball and someone else touches it, the two must touch it again before shooting at the goal. If they don't do this, the goal is scored for the other team.

### Kick Bowling

*Santa Clara Council*

Equipment: 10 bowling pins (plastic, quart milk cartons, or Pringle's potato chip canisters), 2 balls (softballs, large Whiffle-balls, small playground balls), chalk.  
 Mark spots for the tenpins on the ground with chalk. Space the pins according to the size of the ball – the larger the ball used, the farther apart the pins should be spaced. Each bowler gets two balls per frame. Balls are kicked with the feet instead of being thrown by hand.

### Kick Golf

*Santa Clara Council*

Equipment: 18 #10 tin cans, tennis ball for each player, paper and pencil for scorekeeping  
 Set up a 18-hole golf course by placing #10 cans on their sides at various spots around the selected area of play. Vary the distances between the holes. Number the cans to keep the order straight. The usual course has two 3-kick holes, two 5-kick holes, and the rest are 4-kick holes. Trash cans, trees, etc., can be used as hazards and cannot be moved or removed by the players. A player may drop his ball one yard from such a hazard, but not closer to the next hole, by scoring an extra penalty stroke. Balls are advanced by being kicked. A can may be turned with the open end toward each player in turn, though it may not be moved from its spot. Lowest scorer for each hole plays first on the following hole, second low plays second, etc. One player keeps record of strokes taken on each hole by each player, and totals all individual scores at the end of the 18 holes. Low total is winner.

### Crab Soccer

*Sam Houston Area Council*

**Materials** – 1 ball and 4 chairs

This version of soccer can be played indoors using chairs as goal posts.

The rules are much the same as normal football with the exception that Scouts must be in the crab position - that is, on hands and feet/heels with back toward the ground.

You may want to make additional rules to prevent the goalkeeper from throwing the ball too far across the hall. For example, the ball must bounce at least once on his side of the hall.

### Soccer Dodge Ball

*from Familyfun.com*

#### Equipment

- Soccer ball
- 4 to 6 players

#### Instructions

1. Have the kids form a ring with one kid in the center.
2. The outside players take turns shooting at the player on the inside, who's scrambling to avoid the ball.
3. Whoever hits the target player gets to take his or her place. Watch to make sure players keep their kicks low.



### Kick it through the Wicket (soccer-croquet)

*from Familyfun.com*

#### Equipment:

- Pliers
- 9 wire clothes hangers
- Colored tape
- Scissors
- Card stock
- Marker
- 1 playground or soccer ball per player

#### Instructions

1. **Setting up:** Use pliers to untwist the hangers, then bend each into a square wicket big enough for the balls to fit through. Cover the wire with colored tape. Cut circles from card stock, use a marker to number them 1 through 9, then tape them to the wickets. Set up the wickets in the formation of your choice, spacing them at least 6 feet apart.
2. **Playing the game:** Each player gets 1 kick per turn, trying to send his ball through the wickets in order. When he gets it through a wicket or if he hits another ball, he gets a bonus kick. The first player to get his ball through all 9 wickets wins.

### Treats



#### Soccer Field Dip:

<http://familyfun.go.com/recipes/feast-on-a-field-923687/>

'09 Baloo's Bugle "Be a Sport" p. 39-40.

<http://usscouts.org/usscouts/bbugle/bb0906.pdf>

'05 Baloo's Bugle "Play Ball" p. 19-20.

<http://usscouts.org/usscouts/bbugle/bb0506.pdf>

### Baseball/Softball Ideas



Softball Belt Loop:

<http://usscouts.org/advance/cubscout/sports/softball.asp>



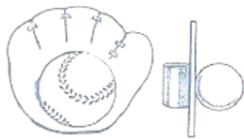
Baseball Belt Loop:

<http://usscouts.org/advance/cubscout/sports/baseball.asp>

## Crafts

### Ball Tie Slide

Trace ball pattern onto craft foam. Cut out, and decorate with permanent markers. Sand the top of a milk bottle cap. Punch 2 holes in the left and right sides of the cap. Tacky glue the foam ball to the milk bottle cap. Thread ½ a chenille stem through the holes. Twist the ends around each other to create the loop for the tie slide. Alternatively, glue the foam ball to a circle of corrugated cardboard that is cut a little smaller than the ball. Push a ½ a chenille stem through the corrugation channel going across the middle of the ball. Fold the ends of the stem over, so they are behind the ball. Leaving a little space between the cardboard and the stem (so the neckerchief can fit), twist the chenille stem ends around each other, and flatten to create the loop. Boys could make baseball, football, basketball, tennis, soccer, or golf ball tie slides. –W.



**Sport Neckerchief Slide**  
*Oregon Trail Council*

#### Materials:

Round, football-shaped, or mitt-shaped pieces of craft foam;  
Polystyrene foam balls, Wooden balls, or Plastic balls,  
Miniature helmets, or other sports equipment miniatures;  
Paint & Paintbrushes,  
Markers

½-inch-long pieces of PVC pipe,  
epoxy-type glue

#### Directions

- Paint balls as necessary ahead of time so they will dry.
- Cut out shapes ahead of time or have an adult help the boys, if they need it.
- The boys can use markers, ballpoint pens (for craft foam), or paints to decorate the balls and craft foam.
- Glue a piece of PVC pipe to the back.

#### Hints:

- Inserting a toothpick into a foam ball before you paint it makes the ball easier to work with; the toothpick's other end can be stuck into a foam box (like empty takeout food container) to keep the ball from touching anything as it dries.



**Sun Visors**  
*Oregon Trail Council*

#### Materials:

Craft foam (heavier is better),  
Hole punch,  
½-inch elastic,  
Scissors,  
Ballpoint pens

#### Directions

- Before the meeting, the den leader cuts out the visors, following the illustration.
- The boys draw pictures on the craft foam using ballpoints, not felt pens). Or have foamy cutouts available for them to glue on.
- Reinforce the area to be punched with a small round of foam; it will reduce the tearing when boys pull on the elastic.
- Punch holes in both small ends of the visors about ½- inch in from the edges.
- Cut a piece of elastic about 8 inches long.
- Thread the elastic through the holes and tie a knot in each end.
- Adjust knots so the visor fits loosely but stays on the boy's head.



**Wrist Band:** <http://familyfun.go.com/crafts/make-a-baseball-wristband-673998/>

Could use craft foam instead of leather.

## Games

### Button Baseball Game

*Baltimore Area Council*

Find a box lid that measures about twelve by ten inches. Draw a baseball diamond on top of the lid. Cut out circles in the lid so that small nut, cups or paper muffin-pan liners will fit in them. Each player has three buttons for each turn "at bat." Standing about six feet away, he tosses them at the holes. If he misses all the holes, it is a strike. If the game is played as a team game, "base runners" advance the appropriate number of bases for each hit. If the game is played by individuals, a player scores 1 for a single (infield holes), 2 for a double (midfield holes), 3 for a triple (outfield holes), and 4 for a home run (far outfield holes).

### Water Baseball

*Great Salt Lake Council*

Played the same way as baseball, adding water!

#### Equipment needed:

- 10 + buckets (Add buckets depending on players. Buckets are to be placed around pitcher area and in the outfield.)
- 1 slip-n-slide or tarp to slide into home

- 3 water tubs or basins for 1st ,2nd ,and 3rd bases
- 50 to 100 water balloons for balls
- 1 fat wiffle ball bat

**Rules**

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

**Wackyball****Materials**

Bats: big plastic baseball bat, regular baseball bat, cricket bat, golf club, broom, pool

noodle, tennis racquet, etc.

Balls: wiffle ball, football, golf ball, tennis ball, beach ball, sponge balls, etc.

Catching Equipment: baseball gloves, kitchen pots, oven mitts, buckets, re-usable grocery bags, etc.

Bases: paper or plastic plates.

**Rules**

Game is played like baseball, except players use the equipment above. You could have the player choose which bat to use, and the pitcher (adult) choose the best ball for the player's ability and bat. Or you could specify that each team must use all the balls and bats when they are batting, and the players can figure out who uses which ball and bat. The outfielders try to catch the balls using the assorted catching equipment. You could also have the players run the bases in a different "wacky" order. Basemen can squirt runners with squirt bottles.

- From Benton District Cub Scout Day Camp, Oregon

**Treats****Frozen Yogonanas**

*Trapper Trails Council*

Tools needed: Waxed paper dinner plate plastic bag, rolling pin measuring cup knife cutting board, shallow bowl, 4 flat wooden ice-cream sticks

Put piece of waxed paper on dinner plate. Put 1cup honey graham cereal in zip top bag; press air out of plastic bag, then seal. Roll cereal with rolling pin or jar until crushed. Peel, then cut crosswise in half 2 large bananas. Carefully poke a wooden stick into the cut end of each banana half.

Put 1/2-cup plain or flavored yogurt in shallow bowl. Roll each banana half in the yogurt then, in the crushed cereal. Put "yogonanas on the plate. Freeze about 2 hours or until "yogonanas" are hard. Keep frozen until served. *Dipping the bananas in chocolate pudding, and then the graham crumbs might also be good.* –W

**Baseball Cupcakes:**

<http://familyfun.go.com/recipes/b-is-for-baseball-cupcake-685465/>

More treats: '09 Baloo's Bugle "Fun in the Sun" p. 38-40.

<http://usscouts.org/usscouts/bbugle/bb0907.pdf>

**Mother's Day Recipe Holders** (Wolf Ach. #3a, E9b,c)**Picture/Recipe Holder**

Cut a 2"x 2" into cubes. Sand or file any rough edges smooth. Using pliers, coil one end of a 9" length of plastic coated bell wire into a flat spiral. Hammer a nail into a cube and remove to create a hole. Dip the straight end of the wire into tacky glue, and push it into the hole in the cube. Paint or decorate cube as desired. Place picture or recipe in the spiral.

**Butterfly Recipe Holder**

Decorate a round coffee filter. (Paint it, or color with marker and spritz with water. Let dry.) Accordion pleat the filter, so that the filter is narrow in the center, and has 2 wings. Wrap a chenille stem around the middle hold it together, and to create antennae. Tacky glue the butterfly to a clothespin. Using an epoxy-like glue, attach the clothespin to a rock or piece of 2"x 4".

**Mom Recipe**

Have the boys write the ingredients in the "recipe" for their Mom on a recipe card, and put it in the recipe holder.

Example: What ingredients are mothers made of?

"God makes mothers out of clouds and angel hair and everything nice in the world and one dab of mean."

"They had to get their start from men's bones. Then they mostly use string, I think."

(from <http://www.scrapbook.com/poems/doc/9347/409.html>)

**More Mother's Day Projects**

Home improvement stores sometimes have good wood projects for Mother's Day at their free kids clinic. Here is what they have this month:

Lowe's:

<http://www.lowesbuildandgrow.com/pages/default.aspx>

Home Depot:

<http://www.homeimproverclub.com/kidsworkshops.aspx?month=apr&site=microsite--homeimproverclub--kids/apr>

For more Mother's Day ideas, go to:

<http://www.makingfriends.com/mothers%20day%20gifts.htm>

<http://familyfun.go.com/mothersday/>



From the Cub Scout Leader How-To Book –

- ✓ IF YOU GET A GOOD ITEM FROM BOOK PUT IT HERE. I KIND OF FEEL IT IS OUR DUTY TO PROMOTE USE OF THE HOW TO BOOK.



### 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

**FELICIA ALWAYS HAS GREAT STUFF IF SHE SENDS A BEAR PICTURE – USE IT SHE IS ON DIFFERENT MEETINGS THAN WENDY**

## WEBELOS DENS



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

Have a question or comment for Joe??  
Write him at [webelos\\_willie@yahoo.com](mailto:webelos_willie@yahoo.com)  
There is an underscore between Webelos and Willie

Joe Trovato, WEBELOS RT Break Out Coordinator  
Westchester-Putnam Council  
Have a question or comment for Joe??  
Write him at [webelos\\_willie@yahoo.com](mailto:webelos_willie@yahoo.com)  
There is an underscore between Webelos and Willie



**Core Value for May  
Health and Fitness**



***Health and Fitness: Being personally committed to keeping our minds and bodies clean and fit.***

"I've missed more than 9,000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed." -Michael Jordan

Michael Jordan was a star player for the NBA's Chicago Bulls for many years and is often considered the greatest basketball player in the league's history

One of the most well-known stories about Michael Jordan is that he was cut from the varsity team as a sophomore in high school. However, Jordan excelled on Laney High School's junior varsity team, averaging 25 points per game. Before his junior year began, Jordan grew from 5 feet 11 inches to 6 feet 3 inches and was chosen for the McDonald's All-American Team as a senior.

Michael Jordan earned a scholarship to the University of North Carolina and hit the game-winning shot in the NCAA championship as a freshman. "The Sporting News" named Jordan college player of the year during his sophomore and junior years. Jordan helped the Chicago Bulls win six NBA championships from 1991 to 1993 and 1996 to 1998. Jordan was named rookie of the year in his first season and earned three all-star game MVP awards, five regular season MVP awards and six NBA Finals MVP awards. Jordan retired in 1993 and 1999, but came back to the NBA both times, first to the Bulls and then, in 1999, to the Washington Wizards. Jordan finally retired permanently in 2001.

Read more: <http://www.livestrong.com/article/344300-short-biography-of-michael-jordan/#ixzz1pOGiz4tP>

The core value of Health and Fitness is duplicated in the Scout Law in that a Scout is "Clean" and the Cub Scout Academics and Sports Program is the facilitator (along with the Health and Fitness Activity badge and a number of Webelos Badges) to accomplish this Core Value, as well as addressing the third

aim of Scouting: the development of physical, mental and emotional fitness. Fitness includes the body (well-tuned and healthy), the mind (able to think and solve problems), and the emotions (self-control, courage, and self-respect).

With springtime here, combine fun and fitness. Doing outdoor activities with healthy snacks is an easy way to foster Health and Fitness.

Have your Webelos Den earn the **Cub Scout Outdoor Activity Award**.



Webelos Scouts must attend Cub Scout day camp or Webelos Scout resident camp (See below), earn the Outdoorsman Activity Badge (Webelos Handbook) and complete six of the outdoor activities listed below.

**Outdoor Activities**

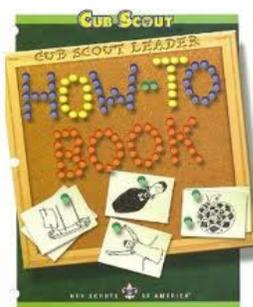
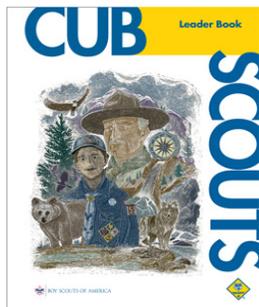
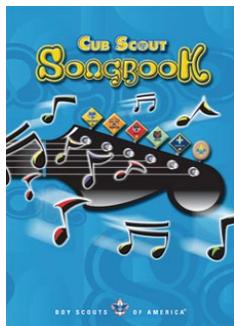
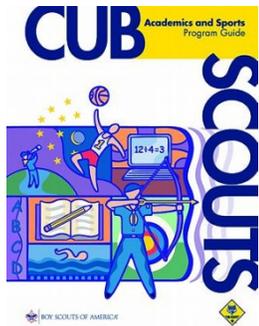
With your den, pack, or family:

1. Participate in a nature hike in your local area. This can be on an organized, marked trail, or just a hike to observe nature in your area.
2. Participate in an outdoor activity such as a picnic or park fun day.
3. Explain the buddy system and tell what to do if lost. Explain the importance of cooperation.
4. Attend a pack overnighter. Be responsible by being prepared for the event.
5. Complete an outdoor service project in your community.
6. Complete a nature/conservation project in your area. This project should involve improving, beautifying, or supporting natural habitats. Discuss how this project helped you to respect nature.
7. Earn the Summertime Pack Award.
8. Participate in a nature observation activity. Describe or illustrate and display your observations at a den or pack meeting.
9. Participate in an outdoor aquatic activity. This can be an organized swim meet or just a den or pack swim.
10. Participate in an outdoor campfire program. Perform in a skit, sing a song, or take part in a ceremony.
11. Participate in an outdoor sporting event.
12. Participate in an outdoor Scout's Own or other worship service.

13. Explore a local city, county, state, or national park. Discuss with your den how a good citizen obeys the park rules.

The award requirements are detailed in the Cub Scout Outdoor Activity Award brochure, No. 13-228.

**Book Corner**



**Purposes of the Cub Scout Academics and Sports Program**

By taking part in the Cub Scout Academics and Sports program, boys will

- Learn new physical skills and techniques
- Increase their scholarship skills
- Develop an understanding of sportsmanship
- Enjoy teamwork
- Develop physical fitness
- Discover new and build on old talents
- Have fun
- Do their best

Information on the requirements for the various sports belt loops and pins can be found in the *Academic and Sports Program Resource Guide* which may be found on-line at

[http://www.scoutstuff.org/BSASupply/images/pdfs/34299\\_07\\_CS\\_SA\\_Guide.pdf](http://www.scoutstuff.org/BSASupply/images/pdfs/34299_07_CS_SA_Guide.pdf) , and on the US Scouting Service website (along with workbooks and other resources) at <http://usscouts.org/usscouts/advance/cubscout/sports.asp>.

Currently, recognition can be earned for the following 28 sports:

Archery, BB-Gun, Badminton, Baseball, Basketball, Bicycling, Bowling, Fishing, Flag Football, Golf, Gymnastics, Hiking, Hockey, Horseback Riding, Ice Skating, Kickball, Marbles, Physical Fitness, Roller Skating, Skateboarding, Snow Ski and Board Sports, Soccer, Softball, Swimming, Table Tennis, Tennis, Ultimate, and Volleyball.

**Don't Forget:** If you plan on using a belt loop to satisfy a Webelos Activity Badge requirement, the belt loop must be earned WHILE a Webelos Scout, even if they had already been earned by the Cub Scout while a Tiger Cub, Wolf, or Bear. **-JT**

From the *Cub Scout Leader Book* (page 4-4):

Practical Applications for Health and Fitness

- Eat and drink things that are good for you.
- Limit the amount of “junk food” in your diet.
- Maintain personal cleanliness.
- Make exercise a regular part of your life.
- Don't smoke cigarettes or drink alcohol.
- Never use illegal drugs.
- Go on a hike.
- Ride a bike, skateboard, or scooter (always with appropriate safety gear!).
- Play on a sports team, such as one for basketball, baseball, football, or soccer.
- Practice an individual sport, such as swimming, gymnastics, skating, or tennis.
- Learn about mental fitness. Discuss how personal habits and media influences can affect mental alertness.

More from the *Cub Scout Leader Book*:

Check out: page 13-1 for more on teaching Health and Fitness; page 14-1 and 14-3 on the role of Physical Fitness in Safe Swim Defense and Safety Afloat.

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

The *How-To Book* is a great resource for Health and Fitness Activities, as well as this month's Showman badge (see Razzle Dazzle in chapter 5). Check out page 6-22 for a sample schedule for a Troop Picnic with rules for picnic-friendly sports activities. There also many Fitness and Health-related crafts in chapter 2 and games in chapter 3.

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

The *Cub Scout Song Book* can help set the mood for Showman as well.

Also, in this day of electronic information you can download and bring a number of campfire songs along with you. One very good app is Campfire Songs 1.3 for iOS now available on the App Store. It is a collection of 170 Classic Campfire Favorites for your iPhone, iPad or iPod Touch. You can print out lyrics and search for key terms. Best of all, it's free.

This song is a favorite of mine for the Webelos campfire (perhaps a bit to gory for younger Cubs), because it has so many stanzas, you can use as many as you need to have all Webelos Scouts (and adult leaders) in your den participate. There are many more than printed, and you can make even more up. Just make sure that everyone sings the last stanza to finish the song.

**Tom the Toad** (sung to "Oh Christmas Tree")

Lyrics:

Oh Tom the Toad, Oh Tom the Toad  
Why are you lying in the road?  
Oh Tom the Toad, Oh Tom the Toad  
Why are you lying in the road?  
You did not see that car ahead  
And you were flattened by the tread.  
Oh Tom the Toad, Oh Tom the Toad  
Why are you lying in the road?

Oh, Kitty Cat, Oh, Kitty Cat  
Why does your tongue hang out like that?  
Oh, Kitty Cat, Oh, Kitty Cat  
Why does your tongue hang out like that?  
You running from the mutts,  
Then that truck spread out your guts.

Oh, Kitty Cat, Oh, Kitty Cat  
Why does your tongue hang out like that?

Oh Fred the fish, Oh Fred the fish,  
Why are you lying on the dish?  
Oh Fred the fish, Oh Fred the fish,  
Why are you lying on the dish?  
You did not see the hook ahead,  
And now your head is stuffed with bread.  
Oh Fred the fish, Oh Fred the fish,  
Why are you lying on the dish?

Oh Bill the bug, oh Bill the bug,  
What are you doing on the rug.  
Oh Bill the bug, oh Bill the bug,  
What are you doing on the rug.  
You did not see the foot ahead,  
and now you're just a spot of red,  
Oh Bill the bug, oh Bill the bug,  
What are you doing on the rug.

Oh Rog the dog, Oh Rog the dog,  
Why did you jump on that green log?  
Oh Rog the dog, Oh Rog the dog,  
Why did you jump on that green log?  
You used to like to play and track.  
But now you are a gator's snack.  
Oh Rog the dog, Oh Rog the dog,  
Why did you jump on that green log?

Oh AL the Gater, Oh Al the gater  
You should have waited until later.  
Oh Al the Gater, Oh Al the Gater  
You should have waited until later.  
You sat upon the yellow line,  
and now you're just a streak of slime  
Oh AL the Gater, Oh Al the gater  
You should have waited until later.

Oh Sue the Skunk, Oh Sue the Skunk  
Why do you make my tires go thunk?  
Oh Sue the Skunk, Oh Sue the Skunk  
Why do you make my tires go thunk?  
You did not look from East to West  
Now on the road there's such a mess.  
Oh Sue the Skunk, Oh Sue the Skunk  
Why do you make my tires go thunk?

Oh Turtle Ted, Oh turtle Ted,  
Your shell's all broken - so's your head.  
Oh Turtle Ted, Oh turtle Ted,  
Your shell's all broken - so's your head.  
In the road you thought you'd travel,  
Now you're ground into the gravel.  
Oh Turtle Ted, Oh turtle Ted,  
Your shell's all broken - so's your head.

Oh, Chicken Cluck you never slowed  
As you went running cross the road.  
Oh, Chicken Cluck you never slowed

As you went running cross the road.  
 Despite the other's evidence,  
 Please tell us why you had no sense  
 Oh, Chicken Cluck you never slowed  
 As you went running cross the road.

I ran across! I ran across!  
 In memory of those we lost!  
 I ran across! I ran across!  
 In memory of those we lost!  
 I had to prove to Tom & Sue,  
 & Sam & Pete, I could get through!  
 I ran across! I ran across!  
 In memory of those we lost!

**Let's Get Camping**



The weather is getting warmer; the days are longer, so the outdoors beckons. Hopefully, first year Webelos, now moving to work on Arrow of Light, have already done some family and pack camping.

Webelos camping as a den is an important part of preparing your Webelos Scouts for bridging to Boy Scouts. Here is a sample of an overnight checklist that may be fill in and shared with your scouts and their parents. Get a Boy Scout to show Webelos how to pack for an overnight!

**Webelos Scout Overnight Checklist**

Our Webelos den is going camping  
 on \_\_\_\_\_ (Date)  
 at \_\_\_\_\_. (Location)

We will meet at \_\_\_\_\_  
 (Location) at \_\_\_\_\_ (Time).

We will return there at \_\_\_\_\_  
 (Location) on \_\_\_\_\_ (Date).

- Tents will be furnished.
- Bring your own shelter.
- Cooking equipment will be furnished
- Bring your own cooking equipment.

A full Webelos Scout uniform is required for the campout.  
 Sturdy shoes that are suitable for hiking will be useful.

During the campout we will be working on requirements for the following activity badge(s):

- Forester       Geologist       Naturalist
- Outdoorsman       \_\_\_\_\_

The related material in the Webelos Scout Book should be read and carefully studied in advance. Bring your Webelos Scout Book to camp.

The following is a list of equipment that would be useful on the campout. Check off each item in pencil as you lay out your equipment pack:

**Camping Equipment**

- Tent or tarp, poles, and stakes
- Waterproof ground cloth or plastic sheet
- Water bottle
- Sleeping bag, pillow, air mattress or pad
- Flashlight, bulb, batteries
- Cup, bowl, plate, knife, fork, spoon, mesh bag
- Sunscreen
- Clothesline
- Insect repellent

**Clothes Bag**

- Whistle
- Webelos Scout uniform
- Webelos Scout Book
- Poncho or raincoat
- Safety pins
- Warm jacket or coat

**First Aid**

- First aid kit

**Extras**

- Pajamas or sweatshirt, sweatpants

- Camera
- Underwear
- Binoculars
- Durable shoes, shoe laces
- Sunglasses
- Hat or cap
- Notebook and pencil
- Gloves
- Nature books
- Extra socks, shoes, other extra clothing

**Program Options**

- Swimsuit, towel
- Work gloves
- Work gloves

**Toilet Kit**

- Toothpaste, toothbrush, comb
- Washcloth, towel
- Soap in container
- Toilet paper
- Extra plastic bag or container

Leader \_\_\_\_\_

Phone \_\_\_\_\_

[www.scouting.org/filestore/pdf/34-50.pdf](http://www.scouting.org/filestore/pdf/34-50.pdf)

As they prepare for bridging to Boy Scouts next year, parents should consider personal camping equipment as potential gifts for their sons. The scout may use this equipment when he does an overnight with the den and with his parent/guardian on a Boy Scout overnight. What does a bridging Webelos scout need to be prepared for Boy Scouts? He may already have some equipment. The camping gear that was used in Cub Scouts is usually sufficient for the initial campouts with the troop, and there is no need to purchase new gear all at once. Need may also depend on the Troop he joins; however, the following list may be a helpful guide.

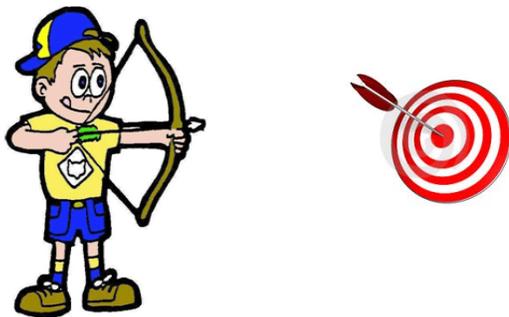
1. Tent – Usually provided by the Troop. Check with the Scoutmaster of the Troop your Scouts may join to determine whether a scout needs to provide his own tent.
2. Sleeping bag – Synthetic-filled version, rated for 20 degrees, and a waterproof compression bag. Try for less than 4 pounds. As an option for warmer weather, a fleece bag (a lightweight blanket plus a zipper) is nice.
3. Sleeping pad – Lightweight. Three-quarter length is usually sufficient.
4. Eating, water – Mess kit. Small lexan bowl, a cup, and a soup spoon, fork and knife. A couple of one-liter water bladder with drinking tube.
5. Day pack – Small backpack for day hikes. Small but sufficient to carry rain gear, lunch, and water bottles.
6. Rain suit – Lightweight but tough material, breathable. Avoid ponchos if at all possible. Don't really keep you dry and are dangerous around camp fires.
7. Clothes – Quick-drying nylon hiking shorts and long pants (Scout pants - green or tan), and nylon or poly quick-drying t-shirts. The Scout nylon pants that have zip-off legs are popular. Some scouts like the shorts that have a mesh lining. Avoid cotton fabrics.
8. Warmth – Fleece jacket, and fleece or wool knit hat. Fleece pants and gloves are good if cool-natured. A fleece vest is useful in combination with some rain jackets. Again, avoid cotton fabrics.
9. Boots – Ankle high waterproof hiking boots. Synthetic or wool socks and synthetic liners.
10. Flashlight – Small, two AA batteries. Headlamps are popular, and the LED models claim to use up batteries more slowly.
11. Towel – An old household towel will do initially, but a quick-drying backpacking towel will be needed later.

12. Compass, whistle – A compass is needed for the hikes and orienteering, and the simple versions are best. A whistle is useful for some activities. Attach a loop of string.

13. If committed to Scouting, an overnight/trek backpack (internal frame is my preference, but most external frame backs are fine). A pack with a volume of 2600 to 3500 cubic inches is sufficient for younger scouts.

Grab a catalogue or go on-line to see what's available. Camping stores have wide varieties, but best prices are usually found at large department stores. Sales are often and the best way to get camping equipment

### Webelos Resident Camp



Now is the time to make plans to take your Webelos den to summer camp. Besides doing long term camping (perhaps for the first time without a parent present), the activities will make the week a memorable one and lots of fun! Themes for the week make for some interesting activities! Often, shooting sports like archery and bb shooting will only be available at resident camp. Webelos I's (current Bears until June 1) usually will work on those activity badges that will help them to achieve the Webelos rank. Webelos II's will work on those requirements to help them achieve the Arrow of Light as well as skills they will need when they cross over into a troop



### Meeting Planner

This month's meeting plans for First Year Webelos work on the Scholar, Artist and Showman badges.

Meeting 17: Showman (music) Do: Showman 6, 8–15

<http://www.scouting.org/filestore/CubScoutMeetingGuide/webelos/WebelosMeeting17.pdf>

Meeting 18 Showman (Drama) Do: Showman 3, 11, 16–18, 20–23

<http://www.scouting.org/filestore/CubScoutMeetingGuide/webelos/WebelosMeeting18.pdf>

Consider visiting the Troop where your formally second-year Webelos (Now Boy Scouts) have bridged to. They'll love to see you! *-JT*

### Flag Ceremony for May



Although *May* provides a number of observances that may be incorporated into your Flag ceremonies, Memorial Day is, perhaps the most significant. You can find Memorial Day information on the web:

**May 28, 2012 (Monday): Memorial Day** (observed)

<http://www.usmemorialday.org/backgrnd.html>

<http://www.memorialdayorigin.info/>

### Flag Ceremony (*Memorial Day*)

Follow your standard Color Guard process (for Den or Pack meeting. After the Cub Scout promise (or Boy Scout Law, and Oath, if this is a Webelos Den meeting) and before posting the U.S. Flag you may insert the following:

**Reader 1:** During May, we celebrate many important holidays. Perhaps one of the most important is Memorial Day.

**Reader 2:** This year, Memorial Day falls on Monday, May 28. Although we often think of Memorial Day as the start of summer, as Americans, we should remember the real purpose of Memorial Day.

**Reader 3:** Memorial Day is a United States federal holiday observed on the last Monday of May. Formerly known as Decoration Day, it commemorates U.S. soldiers who died while in the military service. First enacted to honor Union soldiers of the American Civil War, it was extended after World War I to honor Americans who have died in all wars.

**Reader 4:** Please bow your heads in a moment of silence for all those who died defending our country. (Wait 10 seconds.) Please join me in reciting the Pledge of Allegiance (Scouts salute).

### Den Meeting Helpers

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

#### Webelos



#### SHOWMAN



The Showman Activity Badge can be used to build up a Webelos confidence in getting up in front of his peers or at school. Articulation can also be taught with this badge.

There are three areas a Webelos can choose from to work on his Showman badge: puppetry, music, and drama.

Related Boy Scout merit badges: There are requirements for the following Boy Scout Merit Badges that can be adapted for Webelos. You can borrow the books from a local Troop's library.

Art, Cinematography, Graphic Arts, Music, Photography and Theater.



**SHOWMAN IDEAS**

#### *Heart of America Council*

Have a story-telling session. Have each boy come prepared to tell the best true-life story he knows about something that happened to himself or a friend or family member. This is an opportunity to emphasize the importance of good listening and the value of sharing ideas.

Tell a funny or silly story and just as you get into the plot, ask the boy next to you to continue the story for a while. Let him carry it for a while and pass it to the next boy. It will be wacky for sure. It is fun to see the plot jump around, change and bounce back again.

Try to find a very simple but easy to do 'old melodrama' with the villain in black and sweet heroines etc., and see if the boys can do it pantomime using signs as language and exaggerated facial expressions to communicate the ideas. It could be real crazy and fun. The den could produce a video, one with a story or not, demonstrating an activity or skill or just about anything. It could be narrated and could be good entertainment for a pack meeting.

Scouts like silly or gross songs. (Songs about eating worms, etc. are great. See Tom the Toad, above!)

Invite a drama teacher to speak, put on a program for the pack meeting.

Make puppets, and a stage. Write and put on a puppet show.

Visit a nursing home and perform music or a play.

Make a stage and costumes for a play.

Play Charades.

Assist with an advancement ceremony at your pack meeting.

Talk about sound effects and let the boys try some of them

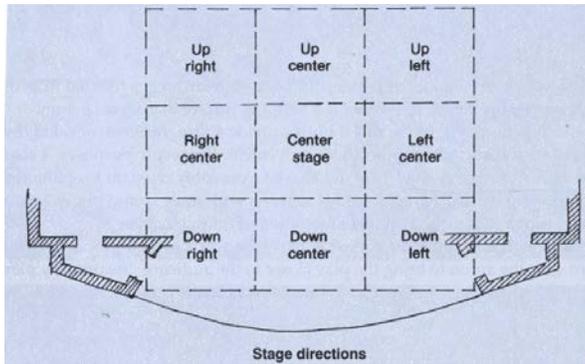
Write a one-act play for pack meeting.

Plan a family entertainment night - let the boys show off their talent to their parents.

Exhibit props used or built such as puppets, costumes, etc.

#### **Stage Directions**

[http://wiki.answers.com/Q/What\\_are\\_stage\\_directions](http://wiki.answers.com/Q/What_are_stage_directions)



Stage directions are directions given to the actor(s) by the director. They involve the physical movement of the actors on stage. The actors are supposed to note the directions in their scripts. The Stage Manager is also supposed to write down all stage directions in their master book, known as the "Prompt Book". If there is any disagreement about where an actor is supposed to move, or how, the prompt book is the final word. If the director does not like the movement, or changes his mind, the prompt book is revised.

Terms:

*Upstage:* moving away from the audience, towards the back of the stage.

*Downstage:* Moving towards the audience, towards the front of the stage.

*Stage Right:* Moving towards the Right (facing the audience)

*Stage Left:* Moving towards the Left (facing audience).

*Cross:* Crossing the stage to a predetermined position.

An example in a prompt book might look like:

"X (cross) DSL down stage left) to DSC (down stage center), X US (upstage), and out (exit) SR (stage right).



**Make a Movie**

Movies began in 1891 when Thomas Edison invented a camera, called a kinetograph that could take hundreds of individual photographs on a single strip of film. When these photographs were seen on another of Edison's inventions, a

kinescope, the characters and objects in the photographs seemed to move. These photographs, once called stills, came to be called moving or motion pictures when shown together on a strip of film. These first motion pictures were silent films. You can make a silent motion picture just like the first ones that were seen so many years ago. Here's how:

1. Choose a comic strip from the Sunday funnies that has at least eight pictures (frames).
2. Cut out each picture and glue it to the unlined side of a 3" x 5" index card.
3. Number each card in the same order that the picture appeared in the comic strip. Arrange the cards so that number one is on the bottom, number two on top of that and so on.
4. Staple the cards together along the top edge of the cards.
5. Put the cards on a flat surface with the number one card on the bottom. Flip the cards between your thumb and forefinger and watch the show!



Record the first line of about 15 different songs on a tape player. The Webelos who can correctly name the most songs wins.



**Pantomime**

Since many boys do not speak up well in front of a large crowd, pantomime is a great way for them to perform and get their point across without worrying that they will not be heard. Pantomime is the expression of thought, emotion, or action without words. In its more advanced forms, pantomime can include words supplied by a narrator or chorus but the performers never speak. Ask the boys to practice pantomiming the following:

- ◆ Walking into a room where a baby sleeps
- ◆ Working as a police officer
- ◆ Smelling something very bad
- ◆ Making your bed and getting dressed in the morning
- ◆ Tasting your favorite dessert
- ◆ Walking on skis
- ◆ Working as a doctor
- ◆ Doing a math problem in your notebook, then writing it up on the chalkboard
- ◆ Seeing a house on fire
- ◆ Seeing a good friend you haven't seen in years



**Musical Chairs**

Webelos Scouts move around chairs as music is playing. When the music stops, all must sit in a chair. However, there is always one less chair than there are boys. The boy not seated is out of the game. This game can be done with partners holding hands and remove two chairs each turn. This game can also be played without chairs by having the Scouts sit on the ground when the music stops and having the last one down drop out. To make it more interesting have them balance books on their heads and kneel when the music stops. The last one down and anyone dropping his book is out.



**Composing Songs**

In Cub Scouts, we like to sing fun songs, especially songs about Cub Scouting or something gross or fun. We can even make our own NEW song. We don't have to write a new tune

though. We can use a tune from a song we know, like "3 Blind Mice." It's an easy tune to remember and an easy tune to sing. Here's one example:

**Road Kill Stew** (tune: Three Blind Mice)

Road Kill stew, Road Kill stew,  
Tastes so good, Just like it should.  
You go on down to the Interstate  
You wait for the critter to meet its fate.  
You take it home and you make it great!

Road Kill stew, Road Kill stew.

Now, have your Webelos compose a song using the Three Blind Mice tune. First think of something that seems funny, but not insulting. Pick some words that rhyme so you can put them as the last word in pairs of lines. Some examples:

- wise - eyes    shirt - dirt    cake - mistake    lad - bad - sad - mad
- shred - head    snow - blow    boys - toys - noise    scout
- shout - snout    quiver - shiver    grain - plain    song - strong - long
- cub - shrub - stub    sky - fly - tie - pie    wave - brave    air
- there - share    tree - free - three - me

Here is worksheet that may help you.

\_\_\_\_\_ (title)      Three Blind Mice

\_\_\_\_\_      Three blind mice.

\_\_\_\_\_      Three blind mice.

\_\_\_\_\_      See how they run

\_\_\_\_\_      See how they run

\_\_\_\_\_ They all run after  
the farmer's wife.

\_\_\_\_\_ She cut off their  
tails with a carving knife.

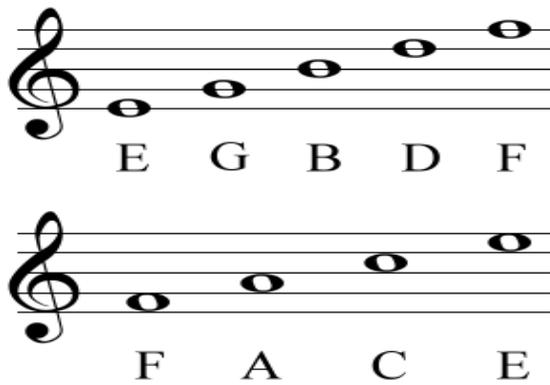
\_\_\_\_\_ Did you ever see  
such a sight in your life?

\_\_\_\_\_ As three blind mice,

\_\_\_\_\_ Three blind mice.

**Reading Music**

[http://www.quiz-tree.com/The\\_Musical\\_Staff\\_main.html](http://www.quiz-tree.com/The_Musical_Staff_main.html)



To read music, the first thing you need to learn is how to recognize the notes on the musical staff. The staff consists of five parallel lines, although more lines are often added. On the left end of the staff you will also see something called a clef. Its purpose is to provide a key (in fact that is what the word clef means in French) to the note pitches. The treble clef is normally used for the notes played on piano by the right hand. It's also used for many other musical instruments, including the guitar.

The treble clef is also called G clef because it conveniently sits on the G - line. To help in memorizing the note positions, several mnemonic aids have been invented. The notes located between the staff lines are easy to remember because they form the word FACE. The notes located on the lines indicate the first letters of the phrase "Every Good Boy Does Fine".



## Puppetry

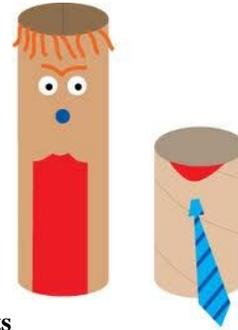
Making puppets can be really fun. Here are a few ideas. Try using plastic spoons, Eskimo finger masks, or paper bag puppets. There are endless possibilities. Have the boys decorate them with wiggle eyes, yarn for hair, and material or paper for clothes. Use markers, paint, construction paper, fun foam, felt, etc.

Follow these three basic rules for a great puppet show:

#1 - Think short - Remember most of the audience is young. Shows that are short and packed with a lot of action are better.

#2 - Think simple - This applies to everything in the show, characters, props, scenery, parts and action. Have fun while you are doing this, and it will be successful.

#3 - Think contrasts - Put tall characters next to short ones, happy next to sad, small movements next to fast action ones. Keep the boys busy and the audience entertained.



## Paper Roll Puppets

One easy way to make puppets, with endless possibilities is to use toilet paper or wax paper rolls.

Materials Needed:

- Toilet Tissue and/or Paper Towel Rolls
- Craft Sticks
- Glue
- Scissors
- Construction Paper
- Misc. Craft Supplies (felt, moving eyes, yarn, etc.)

## Instructions:

Very Simple! Decorate the cardboard toilet paper rolls to make different people or animals! You can even cut them to different heights. Use craft supplies to make hair, clothes, mouths, etc. Be creative! Glue the craft sticks inside the bottom edge of the cardboard roll for handle. Here are some examples of characters made for a specific circus play:





## Make a Puppet Theatre

This is a really simple-to-make Puppet Theatre I got from <http://ziggityzoom.com>.

**Adults need to be involved. Cutting involves using a sharp blade so that I suggest Adults do the cutting BEFORE the den meeting.** Have scouts do the final construction and decorating of the theatre.

Make it from a large cardboard box or an inexpensive Foam display board from an office supply store.

### Items needed:

- Large box or Foam Display board (foldable)
- Wood dowel or old broom handle (32" long)
- X-acto knife (only to be used by Adult)
- Pencil and Ruler
- Scissors
- Craft Foam
- 2 pillowcase for curtains (optional - use only one)
- Craft glue (tacky white)

### Instructions:

1. We used a foam display board, available at office supply stores for about \$10-\$12 It measured 36" tall and 24" wide in the front (sides are 12" wide). You may also cut apart a large box that is roughly this same size, so that you will have a front and two sides that will fold.
2. Draw an opening that is (23 inches from the bottom) 9 inches high and 18 inches wide. This opening can either be squared off at the top or arched like ours. With a piece of board underneath the area to be cut out, carefully cut the opening with an X-acto knife. **ADULTS SHOULD DO ALL CUTTING. Children should be a distance away while this is being done.**
3. You will also have to cut a small hole (about the size of a cork) on each side piece, about an inch from the top. This is to slide the dowel through to hold the

curtain. The hole should be about 5 inches back from the front edge.

4. Using the craft foam, cut out pieces to decorate the theatre and attach with glue.
5. For curtains, cut a two inch, skinny slit (at the closed end) on each side of the pillowcases. This will allow you to slide the pillowcases onto the dowel and then position the dowel into the side openings. If you prefer to only use one pillow case, you can cut the side and top of the case and then fold fabric out flat to make a larger piece of fabric. About an inch from the top, and about 4-5 inches apart, make holes just big enough so that the dowel will slide through. Cut a few slits to accommodate arms of puppeteer.

## 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 April - Faith.

**THIS COMES FROM ALICE AND ALWAYS REQUIRES FORMATTING. SHE USES SPACES VERSUS MANUAL CARRIAGE RETURNS TO GET STUFF TO NEXT LINE. THIS IS USUALLY ALL IN HEADING STYLE AND NEEDS TO BE OUT INTO NORMAL OR IT ALL IS IN THE TOC TOO. I HAVE LEFT YOU ONE ITEM IN EACH CATEGORY TO HELP WITH FORMATTING**

### 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.

### 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.

### 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.

### 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

### Bear Achievements

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

### 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.

### 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.



## 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](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](http://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.

**Healthy Snacks for Cubs****Cheese & Fruit Kabobs****Ingredients:**

- Various fruits in season – berries, grapes, sliced bananas, kiwi fruit chunks, pineapple chunks, melon chunks
- Cheese cut into chunks or cut into small shapes with canapé cutters – jack cheese, cheddar, swiss cheese, or this a great way to introduce kids to some different cheeses
- Yogurt – strawberry, vanilla, or any choice that would fit with fruits and cheese
- Wooden skewers

**Directions:**

- Prepare fruit ahead of time so it is in small pieces ready for the skewer – (for light fruits such as pears or banana, prevent discoloring by slicing into Fruit Fresh or pineapple juice)
- Cut cheese into slices or chunks
- Put ingredients into individual bowls or containers – Let each boy make his own choice of cheese and fruit for the skewers.
- Have yogurt in bowls to use as a dip.

**White-and-green pizza**

This is a great way to get kids to eat spinach and try some different cheese – and if they help make it, they are apt to give it a try!

**Ingredients:**

- 5 oz fresh (or frozen, defrosted) baby spinach
- Salt and pepper to taste
- 2 Tbs water
- 1 cup part-skim ricotta
- 1/2 tsp garlic powder
- 2 mini-pizza crusts (such as Boboli)
- 1/2 cup shredded reduced-fat mozzarella
- 2 Tbs grated parmesan
- 1 Tbs olive oil

**Directions:**

- Heat oven to 450 degrees. Put spinach in a microwave-proof casserole dish. Season to taste, and

sprinkle with water. Cover with plastic wrap, and pierce to vent. Microwave on high for two minutes. Drain cooked spinach well.

- Mix ricotta and garlic powder in a small bowl
- Place the pizza crusts on an ungreased baking sheet. Spread half the ricotta mixture on each pizza crust. Top each pizza with cooked spinach, mozzarella, and parmesan. Drizzle with olive oil.
- Bake for 10 minutes, or until the cheese is melted. Cool slightly and cut each pizza in half to serve. This makes enough for four people.

**Arctic Oranges**

**Ingredients:** For each treat you will need 1 orange, 1 cup of orange juice and 1 cherry

**Directions:**

- Cut the top off the orange in a zigzag pattern and hollow out the insides. Remove the seeds and combine the pulp with the juice in a blender. Set the hollowed out rinds in a muffin tin and fill with the blended mixture. Drop a cherry inside each orange.
- Freeze for 2-3 hours. Allow to soften for 5 minutes before serving.

**Peanut Butter Pinwheels**

*Another great idea from Family Fun Magazine*

**Check for Peanut Allergies!**

Spread creamy or chunky peanut butter and a little bit of honey on a fresh flour tortilla. Sprinkle with granola, roll up the tortilla, then slice it into bite-size pinwheels.

**Gobbeldy Gook****Ingredients:**

- 4 cups oat or crispy rice cereal
- 1 cup chopped peanuts
- 1 cup raisins or chopped dried prunes or apricots
- 1 cup sunflower seeds
- 1 cup chopped pretzels
- 3 tbsp. margarine, melted (optional)

**Directions:** Place all ingredients into a 1-quart sealable plastic bag, seal and shake until mixed. Enough for 8 people – at least the first time – after they taste it, they might want more!

**Some Tried & True Ideas**

For Memorial Day Treats, give everyone a graham cracker, spread with whipped cream cheese, then provide sliced strawberries and blueberries – every one makes their own “flag” treat

Kids like lots of veggies – but only if they are raw – offer a selection of bell pepper slices (try all the colors), jicama, carrots cut into coins or baby carrots, broccoli and/or cauliflower tops. Serve with a dip like Ranch Dressing.

Pretzels are a great, non-fat treat – for fun, serve with whipped cream cheese or peanut butter and a selection of nut pieces, chocolate chips, raisins, cookie decors – Dip stick pretzels into the “glue” and then into small individual cups of the toppings.

### **Cinco de Mayo Recipes**

#### **Slow Cook Taco Soup**

Slow cook, then serve with tortilla chips and a dollop of sour cream.

Ingredients:

- 1 pound ground beef
- 1 onion, chopped
- 2 cups water
- 1 (16 ounce) can chili beans, with liquid
- 1 (15 ounce) can kidney beans with liquid
- 1 (15 ounce) can whole kernel corn, with liquid
- 2 (14.5 ounce) cans peeled and diced tomatoes
- 1 (8 ounce) can tomato sauce
- 1 (4 ounce) can diced green chili peppers
- 1 (1.25 ounce) package taco seasoning mix

Directions:

Brown the meat with the onion in a skillet. Add water, beans, corn, diced tomatoes, tomato sauce, green chili peppers and taco seasoning mix and stir to blend in the slow cooker. Cook on low for 8 hours.

#### **Cinnamon Triangles & Fruit Salsa**

These cinnamon-scented tortilla triangles are best served warm with the fruity salsa - sure to delight kids of all ages.

Ingredients:

- 1 Fuji apple - peeled, cored and diced
- 1 cup sliced fresh strawberries
- 2 kiwis, peeled and sliced
- 2 bananas, peeled and sliced
- 1 tablespoon fresh lime juice
- 2 tablespoons sugar
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1 cup oil for frying
- 6 (10 inch) flour tortillas
- 3 tablespoons sugar
- 1 tablespoon ground cinnamon

Cooking Instructions:

Mix together the fruit, lime juice, sugar, cinnamon and nutmeg.

Cover and chill for 20 minutes.

Heat oil in a medium heavy saucepan to 375 degrees F

Slice flour tortillas into triangles. Fry until golden brown, 2 to 4 minutes. Drain on paper towels.

Place 3 tablespoons sugar and cinnamon in a large ziplock plastic bag. Drop fried tortilla triangles into the bag and shake to coat.

Serve the cinnamon chips warm with the chilled fruit salsa.

### **Mother's Day Brunch**

#### **Layered Cheesy Brunch for Mom**

**Ingredients:**

- 12 eggs, beaten
- 1 1/2 pounds ground breakfast sausage or crumbled bacon
- 16 ounces shredded Cheddar cheese, divided
- 7 slices white bread, torn into pieces

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Adult should brown sausage in a large skillet over medium-high heat. Drain off grease, and set aside to cool.

Have the boys crack the eggs. Pour the eggs into a lightly greased 9x13 inch baking dish.

In a separate large bowl, combine the sausage, bread and 12 ounces of the cheese. Mix well and pour this into the egg mixture. Top with the remaining 4 ounces of cheese and cover with foil.

Bake at 350 degrees F (175 degrees C) for 15 minutes, uncover, and bake until casserole is golden brown and bubbly.

*Serve with some sliced melon, grapes, strawberries or any fruit. Or you can have the boys make a nice green salad. Or boys could dip strawberries in chocolate for a special treat!*

## **WEB SITES**

[www.scouting.org](http://www.scouting.org) - The official website for the Boy Scouts of America. Here you can find online training, forms, Den and Pack plans, resources and much, much more.

[www.lvacbsa.org](http://www.lvacbsa.org) - The Las Vegas Area Council's website. here is where you can find local training, events, news, etc for the council and your district.

[www.macscouter.com](http://www.macscouter.com) - If you go nowhere else on the web for scouting, go here. Macscouter has literally thousands of webpages with everything from songs and ceremonies to Pack administration ideas.

www.scouters.com - A scouting forum where you can look up what other scouters from around the world do. They also have lots of songs, skits etc to look through.

www.boyscoutstrail.com - Again many resources, not just for boy scouts but also cubs.

www.scoutingmagazine.org - Scouting Magazine's official website. Many articles from their pages past and present.

www.bsa-gnyc.org - The Greater New York Council's website. Has many program ideas you can use.

web.archive.org/web/20071017041732/wtsmith.com/rt.html - Bill Smith's Cub Scout Roundtable has some good stuff.

www.people.creighton.edu/~bjs74318/bluejay/pack114/library - Pack 114 from the Mid-America Council has a great resource page.

www.my.dmci.net/~dmanchester/ - The Ceremony Table - Lots of ceremonies for your pack.

www.scoutingbear.com - Gary Yerkes' Scouting Bear Cave. I had the pleasure of meeting Gary. He's quite a guy, and his website is quite a website.

www.meritbadge.org/wiki/index.php/Main\_Page - Merit Badge.org is a wikipedia type of site for not only boy scout advancement but cubs also.

www.thepatchplace.com - A commercial site for patches, but the stock patches are fairly priced. Great to get patches for your pack or den's special events.

www.greyowlcrafts.com - Commercial Site. Everything Native American. Great place For costumes.

www.scoutscan.com/resources.shtml - Canadian scouting site with great ideas for us Yanks.

www.usscouts.org/bbugle.asp - Balloo's Bugle is an online roundtable with great ideas for the den and pack. Like real roundtables, they will have next month's core value ideas this month.

www.pinetreeweb.com - Anything you would want to know about Lord Baden-Powell or the history of scouting.

www.mormonscouting.com - The scouting program for the LDS units.

www.scoutstuff.org/bsasupply - Official BSA Store - great closeout deals

### 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](http://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](http://www.ScoutStuff.org) - The BSA National Supply Division
- ☺ [www.snjscouting.org](http://www.snjscouting.org) - Southern New Jersey Council
- ☺ [www.USScouts.org](http://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](http://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](http://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](http://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/scoutsources/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.Boyscoutstrail.com](http://www.Boyscoutstrail.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](http://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](http://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](http://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](http://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](http://www.makingfriends.com)

## CORE VALUE RELATED STUFF

### May – A Month for Health & Fitness

May is National Bike Month, and National Salad Month – you can celebrate fitness with a bike ride, and Health with a fresh salad! Here are some special days that fit with Health & Fitness – have fun celebrating!

**1 - May Day** - Celebrate with a May Day Pole; and enjoy the outdoors!



**5 - Cinco de Mayo** - This holiday commemorates the unlikely victory of the Mexican Army over French forces at the Battle of Puebla in 1862. It's not Mexican Independence Day, but is widely celebrated in both Mexico and the United States. And you certainly have to be fit to dance the Mexican Hat Dance – so give it a try, then have a special treat from Cub Grub.

**5 - National Hoagie Day** - Subway sandwiches have now become almost a staple in the United States – and there are healthy versions at every shop. It comes in all varieties – hot and cold, with almost any meat or cheese – and all kinds of extras to suit every taste. So go out and share a Hoagie, or have some fun making and eating some giant Hoagies!

*A fun way to enjoy a Sub sandwich for the whole pack is to order 6 foot long ones or the bread to make your own. Then let each table compete to make the most original Hoagie, using all the fixings. Or even easier – just order some Foot Long Sub Sandwiches and cut them into short lengths to share.*

**7 – National Train Day** – Celebrate by visiting a local train station or museum, a model railroad club, or by taking a ride on Amtrak or a vintage train. Check out some great festivities at [www.nationaltrainday.com](http://www.nationaltrainday.com). The men who built the railroad were certainly fit – it was hard work! In Sacramento, there is a short steam train ride that is great fun! Check to see what's available in your area.

**7 – In 1888, George Eastman patented the box camera** – celebrate by taking a “photo” hike – or a trip on a train! Capture the interesting or beautiful things you see with a camera and display your pictures at the next Pack meeting. *Tiger Ach. #5G, Wolf Ach. #10c, Bear Elect. #11, Webelos Outdoorsman #9.*

**8 – Small pox eradicated** – in 1980, the World Health Organization made the announcement. Small pox led to death for hundreds of thousands of people before an immunization was identified to protect against the disease – and many others were left disfigured.

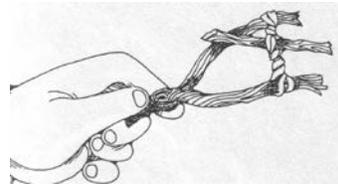
**8- World Red Cross Day** – Celebrate this day by learning more about the American Red Cross and how it helps keep people healthy. Did you know they help people with losses from a natural emergency – and help them get prepared for a natural emergency? Encourage Pack families to put together 72-hour emergency kits or emergency kits for their cars. *Wolf Elect. #16; Webelos Readyman #12 and #15*

**13- Mother's Day** - Celebrate with the den by inviting Mom or Grandma to come and have a brunch the day before Mother's Day. Boys can make simple food (See Cub Grub

ideas) and then help their guest prepare a potted plant or flower to take home – *Tiger Elect. #24; Wolf Ach. #8c; Wolf Elect. #9a;*

**13 – Frog Jumping Day** - Celebrates the Frog Jumping Contest from Mark Twain's story “Jim Smiley and His Jumping Frog.” Read the story and try some frog jumps of your own! There are also other animal-based fitness exercises in the *Wolf Book, Ach. #1g, Bear Ach. #16c.*

Here's another way to do the Frog Jump – using a thin “Y” shaped twig, a small straight twig, and a rubber band. But you can do a lot of jumping outdoors with this fun, old-fashioned toy!



Some tips to make your frog jump better: the thinner the Y-shaped twig, the higher your frog will jump. You stretch the rubber band across the twig, then put the straight piece in between the two sides of the rubber band. The small twig should be just short enough to miss touching the Y of the other twig. Wind the short twig up about 10-15 turns, hold it down on a flat surface, and move your hand quickly away. Another way you can try is to wind the twig, then turn it sideways so it stays in place (like the picture above). Put the frog down carefully, then use a long stick to nudge the straight piece till it slips. Either way, your frog will jump – and you can have fun trying to make it go higher and longer!

**14 – Dance Like a Chicken Day** – This just proves that fitness and exercise CAN be fun! So get everyone together and challenge them to do the dance! If you aren't already falling down laughing, tell some chicken jokes:

Q: How long do chickens work?

A: Around the cluck!

Q: What do chicken families do on Saturday afternoon?

A: They go on peck-nics!

Q: Why did the chick disappoint his mother?

A: He wasn't what he was cracked up to be!

Q: Is chicken soup good for your health?

A: Not if you're the chicken!

**15 – National Chocolate Chip Day** – Celebrates the invention of chocolate chips – special pancakes are a favorite way to use them. Cub Scouts also use them when making Trail Mix, and Bears should definitely make some Chocolate Chip Cookies! *Bear Ach. #9a; Bear Ach. #9e;*

**18 - National Bike to Work Day** - third Friday of month – Parents and older siblings can try a new way to commute to work! A great path to Health & Fitness.

**20 - Pick Strawberries Day** – Celebrate this day with strawberries and challenge yourself to eat lots of healthy fruit instead of candy and other junk food, which is loaded with salt and sugar! And strawberries are part of the Strive for Five – eating five servings each day of fruits and vegetables.

**21 – National Waiters & Waitresses Day** – Celebrates the value and importance of a good waiter or waitress. That's why

tips are given. You could go out for a meal or a dessert and give a special tip in honor of the day.

Another way to celebrate: Let the boys experience serving as waiters. *One year, my Cubmaster decided to do this. He invited some elderly people from our area to come for dessert, which was prepared and served by the boys. Three different choices of dessert were provided (some donated by families); he talked to the boys about how to behave, and how to serve properly, including what to ask each "patron." Boys were also involved in preparing the dessert for serving – cutting up into portions, adding some chocolate drizzle around the plate, edible flowers, or some other decoration. They even helped to set the tables up in preparation, and learned how to clear the table from the proper side of each patron.*

*Each boy had an opportunity to do each activity. They wore white shirts and dark pants, and when preparing the dessert, they wore an apron and chef hat. The guests loved it, and the boys learned something about giving courteous service and how much goes into serving a nice dessert.*

**27- Sun Screen Day** – A great reminder to wear sunscreen when you are outdoors, especially on or near the water.  
*Tiger Elect. #29, Wolf Elect. #18 – Note to Akela; Bear Ach. #12-Sun Safety.*

**29 – First summit of Mt. Everest in 1953 – and first ice cream freezer patented in 1948.** Visit a climbing wall to celebrate the day, then end with homemade ice cream! For more information about the victory of Edmund Hillary and his Sherpa guide, Tenzing Norgay go to:  
[www.mnteverest.net/history.html](http://www.mnteverest.net/history.html) or  
[www.en.wikipedia.org/wiki/Mount\\_Everest](http://www.en.wikipedia.org/wiki/Mount_Everest)



**30 – Memorial Day** –A Federal holiday that honors those who have died while in military service – first enacted by former enslaved African Americans to honor Union Soldiers, extended after WWI to honor Americans who have died in all wars.

Scouts can observe this day by helping place flags at gravesites - Contact a local VFW or cemetery to get flags for putting out flags on graves of veterans – (this is only done in the older cemeteries) At newer sites, an Avenue of Flags is raised to honor veterans – check with a local source for information about helping with a ceremony. Also, for ongoing service at a National Cemetery, such as maintaining benches, or playing the bugle, go to:  
<http://www.cem.va.gov/vn/VolunteerNCA.asp> This would be a great way to combine scout service doing something physical in the outdoors!

#### **Fun Facts About Fitness**

Here are some amazing facts about the human body – after you read them, you will really appreciate why you should keep healthy and fit!

The human skull is 80% water – and it isn't one bone, but twenty-two!

The smallest bone in the body is in your ear – and the three bones in your middle ear could easily fit on your thumbnail!

The femur (thigh bone) is the biggest bone in the body.

There are 206 bones in the human body. One fourth of them are in your feet!

Your heart is the strongest muscle in your body - so strong it could squirt blood 30 feet – and it pumps 36,000 gallons of blood a day!

You would need to drink a quart of milk every day for three to four months to drink as much blood as your heart pumps in one hour.

If all 600 muscles in your body pulled in one direction, you could lift 25 tons!

The human body has 45 miles of nerves!

The human nervous system can relay messages to the brain at speeds of up to 200 miles per hour – and your brain receives 100 million nerve messages each second from your senses!

The average person loses about 80-100 hairs a day.

A person breathes 7 quarts of air every minute – and swimming underwater is the only time you should hold your breathe while exercising

Your nose and ears never stop growing.

It's impossible to sneeze with your eyes open – and the air is released at up to 100 miles an hour!

Every person has a unique tongue print – and your tongue is the only muscle in your body that is attached only at one end!

Every time you step forward, you use fifty-four muscles.

If you could stretch all the little air sacs in a human lung out, it would be as big as a tennis court!

Food stays in your stomach for 2 to 4 hours.

Your funny bone isn't bone - It's a nerve that runs just under your skin in each elbow.

## **ONE LAST THING**

### **What Cubs Are Made Of**

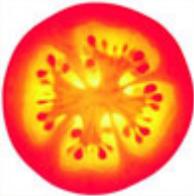
#### **God's Pharmacy! Amazing!**

A friend sent this to me. It's been said that God first separated the salt water from the fresh, made dry land, planted a garden, made animals and fish... all before making a human. He made and provided what we'd need before we were born. These are best & more powerful when eaten raw. We're such slow learners...

God left us great clues as to what foods help what part of our body!



A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye... and YES, science now shows carrots greatly enhance blood flow to and function of the eyes.



A Tomato has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopine and are indeed pure heart and blood food.



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food.



A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.



Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.



Celery, Bok Choy, Rhubarb and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.



Avocados, Eggplant and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).



Figs are full of seeds and hang in twos when they grow. Figs increase the mobility of male sperm and increase the numbers of Sperm as well to overcome male sterility.



Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.



Olives assist the health and function of the ovaries



Oranges, Grapefruits, and other Citrusfruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.



Onions look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, Garlic, also helps eliminate waste materials and dangerous free radicals from the body.

## **The Giant Turnip**

Once upon a time, in Russia, an old man planted some turnip seeds. Each year he grew good turnips, but this year he was especially proud of one very

big turnip. He left it in the ground longer than the others and watched with amazement and delight as it grew bigger and bigger. It grew so big that no one could remember ever having seen such a huge turnip before.

At last it stopped growing, and the old man decided that the time had come to pull it up. He took hold of the leaves of the great big turnip and pulled and pulled, but the turnip did not move.

So the old man called his wife to come and help him. The old woman pulled the old man, and the old man pulled the turnip. Together they pulled and pulled, but the turnip did not move.

So the old woman called her granddaughter to come and help. The granddaughter

pulled the old woman, the old woman pulled the old man, and the old man pulled the turnip. Still the turnip did not move.

The granddaughter called to the dog to come and help. The dog pulled the granddaughter, the granddaughter pulled the old woman, the old woman pulled the old man, and the old man pulled the turnip. But the great big turnip stayed firmly in the ground.

The dog called to the cat to come and help pull up the turnip. The cat pulled the dog, the dog pulled the granddaughter, the granddaughter pulled the old woman, the old woman pulled the old man, and the old man pulled the turnip. They all pulled and pulled as hard as they could, but still the turnip did not move.

Then the cat called to a mouse to come and help pull up the great big turnip. The mouse pulled the cat, the cat pulled the dog, the dog pulled the granddaughter, the granddaughter pulled the old woman, the old woman pulled the old man, and he pulled the big turnip. Together they pulled and pulled as hard as they could.

Suddenly, the great big turnip came out of the ground, and everyone fell over.

### **John Chapman**

**Also known as Johnny Appleseed**

John Chapman was born on September 26, 1774, in Leominster, Massachusetts. Chapman is better

known as Johnny Appleseed.

Beginning in 1802, Chapman began to wander through Pennsylvania and eventually Ohio planting apple nurseries. He was known as being somewhat of an eccentric. Chapman opposed violence of all sorts towards both humans and animals.

He was a strict vegetarian. He also primarily wore discarded clothing or would barter some apple saplings for used clothes. Chapman believed firmly in Emanuel Swedenborg's teachings and probably was the most famous of the Swedenborgians.

Chapman spent most of his time in Ohio in Richland County near Mansfield. At one point during the War of 1812, Mansfield residents feared an Indian attack. Chapman immediately went to Mount Vernon for assistance. Chapman risked his own life to summon aid for his neighbors in Richland County. This willingness to suffer for others was a trait Chapman exhibited throughout his life. Many of Ohio's first orchards began with saplings from Chapman's nurseries. His trees fed many of Ohio's early white settlers as they struggled to establish farms and homes on the frontier. Johnny Appleseed eventually owned more than 1,200 acres of land across Pennsylvania, Ohio, Indiana, and Illinois. He died near Fort Wayne, Indiana, in the early 1840s.



**Next Month's Core Value  
Perseverance—Head West  
Young Man**