



BALOO'S BUGLE



**December Cub Scout RT
Tiger Cub
Webelos Fitness & Readyman**

Did You Get My Message?

Volume 8 Issue 5

It's back. Yes, USSSP is offering an Internet Patch for Scouts. The internet is such a huge part of most of our lives. As a matter of fact, it is the only way to get a copy of the Bugle :) USSSP offers an internet patch that can be earned by Cub Scouts after fulfilling the requirements which can be found at the link below.

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

This month I apologize to you for being so late in getting the Bugle out. For the last month or so, I have been totally exhausted, and have slept more than anything, except to go to work. Yes, I have been to the doctor, and for the most part all is well with me, so no need to worry about me. In December, I am taking off a few days from work, and will catch up on much needed rest, and hopefully get some energy back at that time. But if the truth be known, I am getting older :).

The requirements are available in pdf, HTML and Word. Recently at work we had in a group of Tiger Cubs. What the Tigers did at our Thrifty Nickel would be a great idea for your own pack newspaper.

We had them design their own ads for the favorite place to shop. Catherine our graphic artist printed off some graphics for the Tigers to choose from.. After we cut the ads out for the boys they designed their own 2x2 inch ads. At our paper, we have a fun page for our readers. Every week there is a crossword puzzle, recipe and other fun ideas or games to play. In our 12/29 issue we placed the actual ads done by the Tigers on our fun page. I am very proud to work for the Thrifty Nickel here in Huntsville for it is a paper that truly gives back to the members of our community.

I am **LOOKING** for Earl Bateman, in Canada. If anyone knows him, please have Earl contact me at cmr1954@usscouts.org or cmr1954@knology.com Be sure and check out our start page where there is information about earning "Say Yes to Reading Program". The Cubs have until **DEC. 31, 2001** to earn this patch.

PRAYERS & POEMS FOR SCOUTERS

Once upon a time there was a child ready to be born. The child asked God "They tell me you are sending me to earth tomorrow, but how am I going to live there being so small and helpless?"

God replied, "Among the many angels, I chose one for you. Your angel will be waiting for you and will take care of you."

The child further inquired, "But tell me, here in heaven I don't have to do anything but sing and smile to be happy." God said, "Your angel will sing for you and will also smile for you every day. And you will feel your angel's love and be very happy."

Again the child asked, "And how am I going to be able to understand when people talk to me if I don't know the language?"

God said, "Your angel will tell you the most beautiful and sweet words you will ever hear, and with much patience and care, your angel will teach you how to speak."

"And what am I going to do when I want to talk to you?" God said, "Your angel will place your hands together and will teach you how to pray."

"I've heard that on Earth there are bad men. Who will protect me?"

God said, "Your angel will defend you even if it means risking it's life."

"But I will always be sad because I will not see you anymore."

God said, "Your angel will always talk to you about me and will teach you the way to come back to me, even though I will always be next to you."

At that moment there was much peace in heaven, but voices from Earth could be heard and the child hurriedly asked, "God, If I am to leave now, please tell me my angel's name."

"Her name is not important. You will simply call her MOM."

(Unknown)

Great quotations

The art of conversation consist as much in listening politely, as in talking agreeably. Atwell

There are four ways, and only four ways, in which we have contact with the world. We are evaluated and classified by these four contacts: what we do, how we look, what we say, and how we say it. Dale Carnegie
The art of communication is the language of leadership. James Humes

Communication is a two-way street. And while we revel in the reality that we can always get through to heaven, our concern should be whether our Lord can always get through to us. Joseph Stowell

Sam Houston Area Council

Prayer For An Outing

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We thank You O God, for all the loveliness of nature,
Which is Your special handicraft.
Everything is wonderfully made with such care.
Help us to understand our world more and more and to
know how we can help take care of the things which You
have made and keep them beautiful as You meant for
them to be. Amen.

Graces

O God, Who givest all things good,
We pray Thee now to bless our food. **Amen**
For these Thy gifts we thank Thee, O God,
And we pray that all our deeds may praise Thee,
not merely what we say. **Amen.**
For these and all the things we hold dear,
and mostly for Thy loving care, we thank Thee, Lord.
Amen.
God is great and God is good, and we thank Him for this
food. By His hand we all are fed.
Grant us, Lord, our daily bread. **Amen.**
We thank Thee for the morning light,
For rest and shelter of the night,
For health and food, for love and friends,
For everything Thy goodness sends. **Amen.**

TIGER CUBS

There are many different ways ideas are communicated to us. Most Tigers can have lots of fun learning about the different ways ideas are communicated. But they will also learn how to communicate on the phone, during a crisis, and how advertising can/will affect their decisions on what they want or need.

After an opening ceremony, the Tigers and their partners can play a game of charades.

20- Advertise it!

We see commercial advertisements on television, and in newspapers and magazines and we hear them on the radio. Advertisements tell people about something and try to convince them to buy it, or take part in it.

With your den, make up a commercial (skit) to advertise Tiger Cubs. In your commercial, tell the audience why you like Tiger Cubs and why they should join, too.

Remember that Tiger Cubs are always kind and never make fun of others—even in skits. Your den leader may ask the Cubmaster if you can perform your Tiger Cub commercial at the next pack meeting.

Performing in front of an audience helps your Tiger Cub to build self-confidence. Help him to practice his part in the skit and be prepared to prompt him if he needs it. Discuss advertisements with your Tiger Cub. When you see advertisements, ask him what he thinks the advertiser is trying to tell him. Ask him to think about a time when he wanted something because he saw it advertised.

26- Phone manners

Telephones are not toys. Tiger Cubs need to learn good phone manners.

With a play phone, or a disconnected phone, practice dialing and making phone calls and answering the telephone. Always follow the rules set by the adults in your family about making and answering phone calls. It's good for your Tiger Cub to become comfortable with telephone use. Allow him to practice his skills often, but be clear about family rules for phone usage by children. You may want to help him make a simple list of emergency and family phone numbers.

27- Emergency!

We never expect bad things to happen, but sometimes they do. It's good to be prepared for emergencies and dangerous situations.

Talk with your adult partner about what to do in the following situations:

The adult who is caring for you becomes ill

You are alone with an adult or teen-ager who makes you feel uncomfortable

Talk with your Tiger Cub about the above situations.

Make it a habit to talk with him regularly about these and other potentially dangerous situations

28- Smoke Detectors

Smoke detectors can help save your life by warning you of a fire in the early stages. But the smoke detector can't do its job if it isn't in good operating condition.

*With your adult partner, check the batteries in your smoke detector.

Smoke detectors should be checked annually. A good way to remember is to check it at the same time each year.

Each Fall, check your smoke detector when you set your clocks back. If you have your Tiger Cub help you with this, he will develop the habit, as well.

Smoke Detector Tips

Tell Mom and Dad that a smoke detector needs to be replaced when they are 10 years old.

There should be one detector outside every room where someone sleeps.

When your detector sounds an alarm, everybody should evacuate the house using your escape plan.

PRE-OPENING ACTIVITY

Jigsaw Puzzle Ads

National Capital Area Council

Cut up full page color pictures from magazines. Have at least one puzzle per scout. As each scout arrives, hand him one to put together. If time permits, let the scouts exchange puzzles.

Who Am I?

National Capital Area Council

Make up a "Who Am I" card for each scout. This card has the name of someone who is famous or well-known in some field of communication -- past presidents, politicians, actors, radio personalities, etc. Tape one card on the back of each scout as they arrive (be sure the scout does not see the name). The scouts are allowed to ask each scout two

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questions which can only be answered with "Yes" or "No" as they try to guess "Who" they are.

Amazing Numbers

You will need a calculator for this:

Take the number of the month you were born, multiply by 4, add 13, multiply by 25, subtract 200, add the day of the month on which you were born, multiply by 2, subtract 40, multiply by 50, add the last two digits of the year in which you were born, subtract 10,500.

Notice anything funny about your answer

Story Box

Use already-made boxes or boxes that Cubs have made themselves., let their imaginations go! A Storytelling Box can also be done individually or as a group. It is a special box into which the following kinds of items, or combinations are placed:

Small, smooth stones (or ceramic squares) onto which words, signs or symbols are painted, or written on.
Small, unusual objects (e.g. toys, things from nature, household items, small bits of clothing, coins, and so on).
Slips of paper or flat sticks with words or pictures on them.

Cubs work in groups of 3-5. The Den Leader can start off with a beginning, then allow one of the group members to "set the stage", or leave it completely up to the individual storyteller from the very start.

The first Cub begins by drawing out an object from the box without looking (the element of surprise makes it more interesting!) . The drawn item must be used sequentially in the story and stays out of the Box until the story is finished; i.e. it can't be put back into the box and exchanged, or saved until later in the story, or used again. The story continues until such time as the Cub becomes "stumped", and pulls out another object. This process continues until the Cub determines that the story is finished.

How Many Words?

York Adams Area Council

See how many words each person can find in the phrase "Did You Get My Message?"

Who Is It?

Give everyone a 3x5 card. Have them all write down 4 things about themselves that no one else in the room should know. Have them put their name on the top of the card for future reference. Collect the cards. Then pass out a piece of paper to each person. Read the cards one at a time and have everyone write down who they think the person on the card is. Then read off the correct results (the names from the top of the cards) while they check their lists. The person who gets the most right is the winner.

Who Am I?

Take a pile of 3x5 cards and write down a name of a person or character on each card. These names can be seasonal (Winter: Cupid, Jack Frost, New Year's Baby, Old Man Time, etc.) or follow a theme (Presidents, George W. Bush, Kennedy, Jefferson etc.). Then tape a card to the back of every person in the room. They must now try to guess who they are by going around the room asking other people questions about the name on their back. These questions must be yes-no questions (ex. Q. "Am I green?" A. "Yes") and only one question can be asked to each person in the room (to get everyone talking to everyone else). The first person to guess the name on their back is the winner.

OPENING

Flashlight Ceremony

Inland Northwest Council

Equipment needed: Four large flashlights, Adults in audience should bring flashlights, All lights are out. Four leaders stand behind the Narrator.

Arrangement: Narrator speaks:

To a Cub Scout it looks so very black

When there is no leader, no den, or Pack.

Wait here is a leader with a light. (First leader lights his flashlight)

But, the job is hard for one to hold on tight.

He needs Den leaders and committee members, too because there is so much to do.

Now he has found one (Second leader lights flashlight) and now another.

Here's a committee member (Third leader lights flashlight, fourth leader lights flashlight and one adult in each Den lights his flashlight). Here's a mother.

Now each to his neighbor, please pass a light. (Narrator pauses while all adults light their flashlights).

For our Cub Scouts it is now getting bright.

Out of the blackness we now have hope.

Our Cub Scouts no more will grope.

To find his way along the road

That millions like him often strode.

To wear the uniform of the blue and gold.

The laws of his country and God to uphold.

You also can now see your way, too.

To help the boys find the way true.

So if all together we hold our light high,

Cub Scouting will never die.

Simon Kenton Council

Equipment: Seven pieces of construction paper with letters, **Welcome** written on them.

Cub #1: (W) 'We've come here tonight to communicate with you.

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Cub #2: (E) Each boy showing and telling what he can do.

Cub #3: (L) Let's all lend an ear for the message.

Cub #4: (C) Come now and direct your attention this way.

Cub #5: (O) Opening this meeting we're doing right here.

Cub #6: (M) Making for you a message soon dear.

Cub #7: (E) Everybody welcome is what we wish to communicate now to you and to tell you this meeting has now started, too!

Messages are Important

York Adams Area Council

In everything we say, we should make sure the message gets through. Tonight, let's think about the message we are sending when we recite the Pledge of Allegiance. Here is a striking interpretation of the Pledge, provided by Mr. Red Skeleton, many years ago:

I - Me, an individual, a committee of one.

Pledge - Dedicate all of my worldly goods to live without self-pity.

Allegiance My love and my devotion.

To the Flag Our standard, Old Glory, a symbol freedom. Wherever she waves, there is respect, because your loyalty has given her a dignity shouts freedom is everybody's job.

Of The United That means we have all come together.

States of America, Individual communities that have united into 50 great states. Fifty individual communities with pride and dignity and purpose, all divided with imaginary boundaries, united to a common purpose, that's love for a country.

And to the Republic A state in which sovereign power invested in representatives chosen by the people to govern. And government is the people and from the people to the leaders, from the leaders to the people.

For which it stands,

One Nation under God Meaning, so blessed by God.

Indivisible, Incapable of being divided.

With liberty Which is freedom and the right of power to live one's own life without threats or fear of some sort of retaliation.

And justice The principle of quality of dealing fairly with others.

For all. Which meant it's as much your country as it is mine.

It Takes Work To Communicate

York Adams Area Council

Narrator: So often we have problems in our lives because we don't "Get the message." Tonight our Cub Scouts will review some basic rules needed to communicate properly.

Cub 1: C stands for "Carefully" – Carefully listen when someone is telling you something.

Cub 2: O stands for "One" – One and only one person is "transmitting" at a time; other person should be "receiving."

Cub 3: M stands for "Message" – Make sure you send the right Message when you communicate.

Cub 4: M stands for "Minute" – Give the message a minute to sink in before responding.

Cub 5: U stands for "Understand" – Make sure you understand the message before ending a conversation.

Cub 6: N stands for "Noise" – Noise is what keep you from getting the message—noise from outside and inside your head. Avoid the noise!

Cub 7: I stands for "I" – I am responsible for getting the message straight.

Cub 8: C stands for "Carefully" – Carefully choose your words when you are sending a message

Cub 9: A stands for "Attention" – Pay attention when you are sending and receiving a message.

Cub 10: T stands for "Time" – Take your time to say things clearly and to hear things clearly.

Cub 11: E stands for "Everyone" – It is everyone's job to make sure the message gets across.

Narrator: If we follow these rules, we will always be able to **Communicate!**

AUDIENCE PARTICIPATION

Computer Pals

National Capital Area Council

Divide the group into seven smaller groups and assign each group one of the words listed below. Read the story. After each of the words is read pause for the group to make the appropriate response.

All should do **Scout/Scouting**.

Jeff "Whew, it's hot!"

Mouse "Squeak, Squeak"

Vaughn "Burrrrrrrr, it's cold!"

Nome, Alaska "Watch out for the moose!"

E-Mail "Zoom, Bing!"

Orlando, Florida "Mickey Mouse"

Send "Click, Swish!"

Keyboard "Typety, typety"

Scout or Scouting "Do Your Best!" (*ALL*)

Vaughn ___ had just attended School Night for **Scouting** ___ in his home town of **Nome, Alaska** ___. He wanted to **SEND** ___ **E-Mail** ___ to his computer pal **Jeff** ___, in **Orlando, Florida** ___ to tell him that he joined **Scouts** ___. He knew that **Jeff** ___ had been in **Scouting** ___ for a while and wanted to find out what he was getting into. So, **Vaughn** ___ sat down at the computer **Keyboard** ___ and reached for his **Mouse** ___. He typed in the message, hit **Send** ___ with the **Mouse** ___ and eagerly awaited **Jeff's** ___ reply.

While doing homework at the **Keyboard** ___, **Jeff** ___ received **Vaughn's** ___ **E-Mail** ___. He was really excited to get **Vaughn's** ___ news. **Jeff** ___ immediately sent **E-**

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Mail ___ back to **Vaughn** ___ in **Nome, Alaska** ___ with all the fun **Scouting** ___ stuff they do in **Orlando, Florida** ___. He talked about such things as the Pinewood Derby, Day Camp, the Blue & Gold, the Raingutter Regatta, Orama, plus all of the great hikes, field trips and more! When **Jeff** ___ finished listing all the things they do in **Scouts** ___, he hit the **Send** ___ key on his **Keyboard** ___. After **Vaughn** ___ finished reading **Jeff's** ___ **E-Mail** ___, he began to think he had made a smart decision by joining **Scouts** ___.

A couple of weeks later, after **Vaughn** ___ had attended his first Pack meeting, where he received his Bobcat badge, he decided to **Send** ___ **Jeff** ___ an **E-Mail** ___ to tell him the good news. So he sat down at the **Keyboard** ___ and reached for his **Mouse** ___ to **Send** ___ the message.

Jeff ___ drew a card with his **Mouse** ___ to congratulate **Vaughn** ___ for earning his first **Scouting** ___ badge. After each of their meetings, **Jeff** ___ from **Orlando, Florida** ___ and **Vaughn** ___ from **Nome, Alaska** ___ would **Send** ___ **E-Mail** ___ to each other telling everything they had done in their meetings. They both agreed **Scouting** ___ is a lot of fun. They also became life-long buddies and pen pals!

Cub Knot Story

York Adams Area Council

Rope: "I'm fit to be tied!"

Knot: Cross arms in front and say "What knot?"

Cub Scout: "Where's the cookies?"

Den meeting: "Paint, cut, glue"

For those of you who can't imagine that a **Rope** can come alive, this story may be hard to believe. Once there was a four foot piece of **Rope** who wanted to become a **Cub Scout**. The **Rope** knew that in **Den Meetings Cub Scouts** learned to tie **Knots** in **Ropes**. He had always wanted to learn how to tie himself into a **Knot**. So the **Rope** checked with a **Cub Scout** that he knew to find out when the next **Den Meeting** was to be held. He put on his best tie, hitched up his pants, and headed for the meeting. The **Rope** could tell he was at the right house because several **Cub Scouts** were arriving to begin the **Den Meeting**. The **Rope** walked right in and said to the den leader "I want to be a **Cub Scout** and attend your **Den Meetings**". But the den leader said "I cannot let a **Rope** be a **Cub Scout**!"

Well the **Rope** was really upset. He ran out of the **Den Meeting, Knot** knowing what to do next. He ran outside into the gravel road and was run over by a bread truck. The **Rope** was tumbled, rolled, crunched, and in general, pretty messed up. His ends were all unraveled, and he had been twisted into a quadruple half hitch **Knot**. The **Rope** could not even remember who he was. But somehow he remembered he wanted to be a **Cub Scout** and that a **Den Meeting** was going on that he should be attending. He stumbled to the front door and knocked. When the **Cub Scout** den leader opened the door, there was the unraveled half hitched **Rope**. "I want to be a **Cub Scout**," said the

Rope. The den leader looked at him and said, "Aren't you the **Rope** that was here a few minutes ago?" The **Rope** looked right at the den leader and shouted, "I'm a frayed **Knot**".

ADVANCEMENT CEREMONIES

Advancement Ceremony
Simon Kenton Council

For the ceremony to induct new Bobcats, the Cubmaster writes on a blackboard or butcher paper the code:

"YLIMAF ELOHW EHT ROF -- GNITUOCS BUC.:
(Cub Scouting—for the whole family, written backwards. The Cubmaster should then call forward those boys to receive Bobcat and their parents. Ask the boys whether they can read the code. When they have figured it out, then speak briefly on the parents' role in the program. Award Bobcat badge and certificates.

For awarding Wolf and Bear badges. Arrow points, and Webelos awards have the Cubmaster act as emcee of an awards show, announcing names of the advancing boys and explaining their achievements, while the boys and their parents receive the badge from a pack committee member. On all the boys names could be written a secret code (mixed-up order) and as they are called forward to receive the award, they must figure out where their name is and their parents receive the badge from a pack committee member. All the boys names could be written in secret code (mixed up order) and they are called forward to receive award, they must figure out where their name is.

Baden Powell's Message
York Adams Council

[Note that this and other ceremonies should be reviewed and modified to suit the specific awards being giving at the meeting. This ceremony is written so that any particular award can be used or omitted without impacting the whole of the ceremony.]

"Did you get my message?" Baden-Powell said to me. It was a dream—it had to be. But the voice kept asking me. "I want the young boys to have something special—to help make them as special as they can be," the message continued.

"Give them a program that helps them to grow. For a starting point, give each of them the same requirements so that they all understand what the program is, who they are in the program, and what is expected of them."

"We have done that," I said. "We start the Cub Scouts in the Bobcat level. It gives them the basic requirements for being a Cub Scout. And when they complete that, they are recognized for their accomplishments with the awarding of the Bobcat."

(BOBCAT) And tonight we are proud to award the Bobcat badge to some of our Cub Scouts. [List names of

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Bobcat recipients and call them with their parents to the front of the room.]

[Hand parents the awards to present to the boys and congratulate them with the Cub Scout handshake. Offer applause and ask them to take their seats.]

“That’s just what they need,” BP said. “But they can’t stop there. We need these boys to grow, to reach their potential. But not too hard that they give up along the way.”

“We give the youngest boys the Wolf requirements.” I responded. “These are 12 requirements that are geared to their age but that help them grow physically, mentally, and spiritually. It also helps them to grow as understanding citizens. When they complete these requirements, they are awarded the rank of Wolf.”

(WOLF)

And so I’d like to call forward those boys who have been working on their Wolf requirements and have completed them. [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.]

“Yes.” I told him. “We don’t stop at that point. The boys move up in age and school grade so they are ready for bigger challenges. The challenges we present in the Big Bear Book. Again they have to complete 12 requirements, but they get to choose which ones they want to complete.” “Excellent,” said Baden-Powell. “Give them the opportunity to make some decisions. That will help them grow as well. And do you recognize them for their accomplishments again?”

“We do,” I said. “The boys who complete those requirements earn the rank of Bear.”

(BEAR) Will those boys who have completed their Bear requirements, please come forward. [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 applause and ask them to take their seats.]

“This is what I was looking for,” he told me. “They need program that helps them grow and recognizes them as they grow. You have more?”

“When the boys reach the 4th grade,” I explained, “they begin the Webelos program. This program is between what they did as Cub Scouts and what they will do as Boy Scouts. It helps them prepare to become Boy Scouts.”

(WEBELOS) Will the boys from the Webelos dens who have completed their Webelos requirements please come forward now. [List names and invite them with their parents to come forward.] Hand parents the awards to present to the boys and congratulate them. Offer applause and ask them to take their seats.]

“When do they become Boy Scouts, then?” BP asked.

“It’s important that they continue in the program and do their best.” “When the boys reach the age of 11, or finish the 5th grade, or when the Pack and Troop decide they are

ready to move up, they graduate from the Pack. But there is one other challenge we give them.”

“What challenge is that?” He asked.

“The Arrow of Light. It signifies that they have done their best as Cub Scouts and that they are fully prepared to become Boy Scouts. There is no greater honor a Webelos Scout can bring upon himself, then to earn the Arrow of Light.”

(ARROW OF LIGHT) Tonight, it is the Pack’s honor to award this highest achievement of Cub Scouting on a select few from the Pack. [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 applause and ask them to take their seats.] One could almost hear him thinking, “You did get my message,” he asked.

GAMES

Line up the Lines

National Capital Area Council

Take the Promise (or the Law of the Pack) and write it out on strips of paper in large letters. If you want, you can cut the lines up into chunks or half-lines. Then have a team challenge for the whole group. Mix up the strips on the floor or in a box. One by one, a Cub hops to the box, grabs a strip, and brings it back to the group. The next Cub hops up and gets another strip and brings it back to the group. Hopping is done to give the group time to arrange the strips in order. The group has to agree on how to arrange the strips. When done, they recite the Promise together.

Gossip Game

National Capital Area Council

Have everyone sit in a large circle. The host partner whispers a phrase or short sentence to the person on his left. That person whispers what he heard to the next player to the left, and so on. The last player to receive the message should repeat what the message is. The leader then repeats the original message which is often very different from the last person’s message.

Hear, Bear Game

Sam Houston Council

This is a game of identifying sounds. The den chief produces the sounds below from behind a screen or in another room and the Cubs listen. As each sound is produced, the boys write down what they think it is. Sample sounds are: Sandpaper rubbed on glass, Pack of cards dropped on a table, Egg whipper whipping cream, Golf ball or ping-pong ball bouncing on a bare floor, Piece of metal being filed, Slicing bread, Cutting glass with a glass cutter, Bursting a paper bag.

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Mysterious Message

Baloo

Mysteries sometimes include coded messages. Let your Cubs create a code, write coded messages and then decode each other's messages.

Leaders if you have access to a computer and printer you can use windings (font) or use the let the Cubs develop their own secret code using the alphabet.

Materials: Paper and pencils

Write the alphabet across a chalkboard. Below the letters write the numbers 1-26, with "1" below "A," "2" below "B," etc.

Then write a simple, short sentence on the board and write the number equivalent of the first word. Ask your Cubs to write the number equivalents of the remaining words. Challenge each den group to make up a code based on a growing number pattern (e.g., 1, 2, 4, 7, 11 . . .). On a sheet of paper, have Cubs write the alphabet and the number that will stand for each letter, just as you did on the board.

Now have the Cubs write a secret message (a short sentence) and encode the message on another sheet of paper.

Moriarty

Sam Houston Area Council

One Cub is secretly chosen to be Moriarty, the rest are English detectives. Everyone walks around shaking hands, introducing themselves and making small talk. A victim is killed when Moriarty tickles his palm during the handshake. The victim must wait at least 5 seconds before dying in as dramatic a manner as possible, he may even have time to shake another hand in the interval. The object of the game is to discover Moriarty and publicly accuse him before being killed. If the accuser is discovered, he picks the next Moriarty and participated in the next game by shaking hands, etc. He cannot make an accusation but acts as referee since he knows who Moriarty is.

The Yell

Equipment: None

Number of Scouts: Depends on your tolerance for yelling, but the number can be unlimited

Get your Scouts to line up.. They are to run as far as they can on one yelled breath. Get them to take a good breath before hand. When they have to stop yelling, they are to sit down where they are.

Body, Voice, Eyes

This game is best played in a gym or some open area. Divide the Cubs into groups of three. Two of the boys are blindfolded, with the third being permitted to see. One of the blindfolded Cubs is the body; he can move but CAN NOT see or speak. The other blindfolded Cub is the voice,

he can speak but can NOT see nor move. The third CUB is the eyes, he can see but CAN NOT speak or move. For each team of Cubs, place a ball somewhere within the playing area. Also place one traffic cone somewhere in the playing area. Each team's goal is to guide their body to their team's ball, pick it up, and then touch it to the traffic cone. The voice and the eyes for each team will have to give the body directions to find the ball. This is much more difficult than it sounds as the eyes and voice need to be able to effectively communicate with each other in order to give directions to the body.

SONGS

Communication

(Tune: Alouette)

Circle 10 Council

Communication, superb communication,
Communication, it's the way to go
First you take a telephone
Never say you are alone.

Be polite, never fight,

OOOohhhh,

Refrain:

Communication, superb communication,
Communication, it's the way to go

Next you take a short email

Start with "Dear" it never fails

Subject line, then you sign.

Refrain:

Last you take an envelope,

Don't forget the stamp, nope, Nope!

Mailman comes, then your done

OOOohhhh,

Refrain

Billboards

(Tune: Supercalifragilisticexpialidocious)

York Adams Council

As I was walking down the street one dark and gloomy day

I came upon a billboard and much to my dismay

The sign was torn and tattered from the storm the night before

The wind and rain had done it's work and this is what I saw:

Kennel Ration Dog Food keeps your wife's complexion clear

Simonize your baby with a Hershey's candy bar --

And Texaco's the beauty cream that's used by all the stars!"

"So take your next vacation in a brand new Fridgidaire --

Learn to play piano in your winter underwear --

Doctors say that babies should smoke until they are three

And people over 65 should bathe in Lipton Tea!"

(slowly)....in flow-thru tea bags

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Commercial Mix-Up

(Tune: Farmer in the Dell)
York Adams Area Council)

Last night I watched TV, I saw my favorite show
I heard this strange commercial, and I can't believe it's so
Feed your dog Chiffon. Comet cures the cold
Use S-O-S pads on your face to keep from looking old.
Mop your floors with Crest. Use Crisco on your tile
Clean your teeth with Borateem, it leaves a shining
smile
For headaches take some Certs. Use Tide to clean your
face
And do shampoo with Elmer's Glue, it holds your hair in
place
Perhaps I am confused, I might not have it right
But one thing that I'm certain of, I'll watch TV tonight!

SKITS

National Capital Area Council

Skits are another form of communication. They're usually a dramatized joke or funny situation with a snappy line or sight gag at the end. Skits help channel a boy's imagination. He doesn't just play he's a pirate -- he **IS** a pirate, sailing the ocean blue under the Jolly Roger. Dramatics are important in the growth of a boy because it gives him an outlet for the "let's pretend" part of his character. It gives him a chance for creative expression. Skits help develop his power of observation and recognize the desirable characteristics in the people he sees. Skits help develop his coordination and timing, thus increasing his self-confidence. Skits show the importance of teamwork and cooperation. Skits also set the mood of the monthly theme. Skits serve as icebreakers and comic relief during the pack meeting. Skits take the pack meeting out of the hands of adults and focuses on the boys. Once in a while there is a shy boy who would prefer not to take part in skits. A costume often will help overcome his shyness. He can also handle other important roles like lighting, scenery or sound effects. If a boy is having trouble remembering his lines, write them down on index cards or use cue cards (poster board size).

Keep It Simple

Simple lines, simple costumes, and simple props are more effective than elaborate ones done poorly. A sign can do wonders, it turns a box into a wagon, boat, plane, etc. It can even turn a boy into a tree or a mountain.

Basic Elements Of A Good Skit

Good skits....
Are short (3 to 5 minutes)
Have simple dialogue ... no long memorized lines

Can use pantomimes
Let every boy participate
Have liberal usage of stage direction ... who goes where, when and does what

Volume

Boys must speak loudly, slowly and face the audience. If the audience applauds or laughs, Scouts should pause before continuing.

You can pre-record all the sound effects, dialogue, music, etc. and play it back on a tape recorder. The advantage is that they can be heard. A disadvantage is that you can't react to the audience and if anything goes wrong, you'll have to ad-lib. Lip syncing takes lots of practice.

Scenery

Scenery can be made from corrugated cardboard, sheets or props you have in the house. Use latex or tempera paints to decorate as needed. Alternatively, you can just explain to the audience beforehand, "Here is the bedroom..." and so forth. Use the power of suggestion!

Make-Up

Make-up helps the audience identify the character and makes them more real.

1. Make-up base can be made with equal parts of liquid cleansing cream and powdered sugar. This makes a simple white base for clown make-up. Add food coloring for monster make-up (green) or Indian war paint (red, yellow and blue).
 2. An eyebrow pencil can be used to darken or change the shape of eyebrows, to line the eyes, to make freckles, moustaches, sideburns, beards, and wrinkles.
 3. Beards can be made with coffee grounds applied over a layer of Vaseline or cold cream.
 4. Cornstarch powder or talcum powder in the hair makes characters look older. Hair usually begins to gray at the temples first.
 5. A wig can be made by pulling an old stocking down over your hair and ears. Tie it off and cut off the excess. Use scotch tape to fasten colored cotton balls all over the stocking.
 6. Indian braids can be made by cutting 3 strips of crepe paper into lengths about 3/4" wide. Twist each strip around the other. Now braid the 3 strips together.
 7. Wounds can be made by drawing them with lipstick. Blend it in slightly with your finger. Edge the wound with white liner.
 8. For shoulder padding, make small triangular cushions and insert them under the shirt with the points toward the neck. Cushions are made from scrap cloth stuffed with rags or foam.
- Nose putty is often needed to make lumps, creepy hands, etc. Mix together 2 teaspoons white vegetable shortening, 5 teaspoons cornstarch, 1 teaspoon white flour, a few drops of glycerin, and food coloring. For a brown color add 2 teaspoons cocoa.

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Role Playing

Help each boy bring his character to life. Add makeup to age him; use a wig to disguise him; to walk with a limp, place a small rounded rock in his shoe; to look old, have him walk with his feet about 8 inches apart.

Sound Effects

If you plan to use sound effects in your skit, it is important to have access to a microphone. Check with the facility where you are holding your pack meetings. Most rental stores carry karaoke sound machines. Also, you can pre-record your sounds on an audio cassette and play them back when needed.

Try some of the following techniques to add sound to your skit:

Airplane: Heavy paper striking blades of electric fan

Auto brakes: Slide a drinking glass across a pane of glass

Crashes: Drop two pie pans taped together with metal jar lids inside.

Crickets chirping: Run a fingernail over a fine-tooth comb

Door slam: Slam two hardback books together

Fire: Crumple and twist cellophane into a ball and then release it.

Gong: Hit a pan with a metal spoon.

Gurgling stream or boiling liquid: Put a straw in a cup of water and blow hard.

Hail: Pour rice on an upside down flat cake pan.

Horse hooves: Alternately tap two inverted cups or bowls on a wood floor or board.

Knock at door: Hit a half-gallon plastic milk jug on the end with a rubber spatula.

Rain: Fill a soup can 1/3-full of dry peas or beans. Roll the can slowly on a table.

Rustling in underbrush: Crush broom straw.

Sword fight: Hold an aluminum cookie sheet in one hand, & hit with a metal spoon.

Telephone ring: Use a bicycle bell.

Thunder: Grasp a metal cookie sheet on one end, placing your thumb on the underside. Shake the cookie sheet so it vibrates. Bang it against the knee for an occasional loud thunderclap.

Writing Your Own Skit

Writing your own skits is simpler than it would first appear. First, determine what the moral of the skit will be. Then follow this simple outline to write your skit.

Boy wants something ... friendship, a gold mine, a trophy, to find something

Boy goes to get it ... by canoe, plane, horseback, foot
Obstacles stop boy ... crocodile, native hunters, a locked chest

Boy achieves goal ... through an act of kindness, bravery, wisdom, magic, unexpected help of some kind.

Write your skit to be 7 to 10 minutes long. The boys will shorten the skit when they present it.

How Scouting Came to America

Cub #1: How good must a Good Turn be to be good? The answer is best given by telling you the story of how Scouting came to America. It shows that it isn't the size of a Good Turn that counts. What is important is the spirit with which a Scout does a Good Turn. "Do a Good Turn Daily" is the Boy Scout Slogan.

Cub #2: One day in 1909 in London, England, an American visitor, William D. Boyce, lost his way in a dense fog. He stopped under a street lamp and tried to figure out where he was. A boy approached him.

Scout: "Can I be of help, sir?"

Boyce: "You certainly can. I need to find this office."

(He shows the boy a paper)

Scout: "I'll take you there."

Cub #3: When they got to the destination, Mr. Boyce reached into his pocket for a tip. But the boy stopped him.

Scout: "No thank you, sir. I am a Scout. I won't take anything for helping."

Boyce: "A Scout? And what might that be?"

Cub #4: The boy told the American about himself and his brother Scouts. Boyce became very interested. After finishing his errand, he had the boy take him to the British Scouting office.

Cub #5: At the office, Boyce met Lord Robert Baden-Powell, the famous British general who had founded the Scouting movement in Great Britain. Boyce was so impressed with what he learned that he decided to bring Scouting home with him.

Cub #6: On February 8, 1910, Boyce and a group of outstanding leaders founded the Boy Scouts of America. From that day forth, Scouts have celebrated February 8 as the birthday of Scouting in the United States.

Cub #7: What happened to the boy who helped Mr. Boyce find his way in the fog? No one knows. He had neither asked for money nor given his name, but he will never be forgotten. His Good Turn helped bring the Scouting movement to our country.

Cub #8: In the British Scout Training Center at Gilwell Park, England, Scouts from the United States erected a statue of an American buffalo in honor of this unknown Scout. One Good Turn to one man became a Good Turn to millions of American boys. Such is the power of a Good Turn.

Roving Reporter (Skit)

Sam Houston Area Council

Reporter: Good evening, ladies and gentlemen. Here's your roving reporter with another man-on-the-street interview. Tonight we are going to talk about mountains. Here's a man right here. How do you do, sir, can you tell me what is your impression of mountains?

First Man: "High!"

Reporter: Hi, yourself! Now tell me, what is your impression of mountains?

First Man: Just like I said "High!"

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Reporter: Oh! Ha, ha, ha. My mistake. When you said "High!", I thought you said "Hi!" get it? Oh well, let's talk to someone else. Here's a man. Tell me, sir, how do you feel about mountains?

Second Man: Well, I've never been there, of course, but if I had to feel about mountains, I'd do like always, feel with my fingers.

Reporter: Ha, ha, ha, ha. Seems we have some jokesters about today. Well now, let's try our question on this little boy here. Tell me, sonny, have you ever gone over the top of a mountain?

Small Boy: Yes, sir, lots of times.

Reporter: My, I'm surprised to hear that, must have been a hard trip for a youngster, actually to go clear over the top of a mountain.

Small Boy: Oh! No, sir, we were in an airplane.

Reporter: (to himself) This is getting ridiculous, but I'll try one more time. How do you do, sir, May I ask you a question?

Third Man: Why sure, what's your Problem?

Reporter: Tell me, sir, what's your impression of life in the mountains?

Third Man: Well, from what I hear, it's a lot like an umbrella.

Reporter: An umbrella? I don't quite understand what you mean.

Third Man: Yup, like an umbrella. Life in the mountains is either up or down.

Reporter: Sorry, folks, some days you can't win.

CUB GRUB - Fun Food

Big - Mouth Apples

3 apples, cored -- leave skin on, cut in 8 wedges each

3/4 c. peanut butter

72 mini marshmallows

Place 12 apple wedges on your work surface. Spread 1 tbs. peanut butter on 1 side of each of the wedges. Top each with a second wedge. Press together to make a mouth. To make white teeth, carefully press mini-marshmallows into peanut butter.

Melt in Your Mouth Toffee

1 pound butter

1 Cup white sugar

1 Cup packed brown sugar

1 cup walnuts

2 cups semisweet chocolate chips

In a heavy saucepan, combine butter or margarine, white sugar, and brown sugar. Cook over medium heat, stirring constantly until mixture boils. Boil to brittle stage, 300 degrees F (150 degrees C). Remove from heat.

Pour nuts and chocolate chips into a 9x13 inch dish. Pour hot mixture over the nuts and chocolate. Let the mixture cool and break it into pieces before serving.

Melt in Your Mouth Peanut Butter Balls

1 jar Peanut Butter

1 large bag of confectioners sugar

2 sticks butter, melted

Chocolate Almond Bark

Mix all ingredients together except for chocolate. Shape into 1-inch balls. Melt chocolate in microwave and dip balls in being sure to cover completely. Put on wax paper to harden. (Hint—I use toothpicks stuck in the peanut butter balls. Work quickly too the peanut butter gets kind of melted if you don't.)

PACK & DEN ACTIVITIES

Melt & Pour Soap

Baloo

Never being one to turn out a fabulous looking craft, I still look for a craft that I can do that will turn out simply fabulous. Well, I might have hit upon one using Melt & Pour Soaps. These are blocks of glycerin soaps that can be bought at your local craft stores.

After cutting the soap blocks into 1 inch chunks, you melt them on low in your microwave or double boiler and pour into molds. I bought a snow flake mold (4 can be made at a time), 1 small rounded loaf (again 4 can be made) and the 1 large loaf. I bought clear, opaque, and avocado blocks of glycerin along with some soap scents and sparkles.

Last Sunday I made approximately 30 bars of soaps, using my snowflake mold, and some Christmas shaped soaps from an old candy mold I had. I used only the opaque (white) soap, added scent and sparkle, and they looked great. But there is no way we will go through 30 bars of soap really fast, especially with a Christmas theme.

Monday night after work I delivered 25 bars of soap to our local homeless shelter.

Then I went back to the Craft store and bought a star insert-made of soap- to go into the large loaf soap mold I had bought. After curing the soap for a day we sliced it. The blue glycerin with sparkles that I had poured around the star soap insert pulled away. So then I made lemon out of lemonade. I cut the blue soap up into chunks, filled up the four small loaf molds with the chunks and poured clear glycerin over it. Now I have some really attractive soaps to put in our kid's bathroom. Plus some extras to again give to the shelter.

This is a kid-friendly craft. Watch for the glycerin soap to be on sale, pick up a couple of molds and that is pretty much it. As a den leader you could even make up a batch of yellow chunks and then a blue base to pour over the chunks.

A few hints

1. Keep your soap in a soap dish, water on glycerin soaps helps the soap melt down quickly.
2. Let the soap cool down after microwaving, if pouring it over chunks, 3-5 minutes is good.

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- Remember melted soap is hot, exercise caution with your Cubs.

Paper cup Telephones

National Capital Area Council

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

Other ideas for dens

National Capital Area Council

Take a tour of your local newspaper's facility.

Visit the telephone company's offices.

Take a tour of a TV or radio station.

Start/make a den scrapbook.

Sam Houston Area Council

Practice your phone skills by holding the meeting over the phone. Set up a telephone schedule the previous week with the time that each boy is to call another. Give each boy a message to give to the others a week ahead of time. Put it in a sealed envelope and put them on their honor to open it only on the day of the calls. On the day of the stay-home meeting, the boys should open their envelopes and keep their calling schedule. They should write down the messages that you gave them to share with one another. Have them bring the messages with them to the next den meeting. Compare the messages that the boys wrote down with the messages you gave them. Discuss how communication breaks down and how they can make it better.

:00 Boy 1 calls boy 5
Boy 2 calls boy 6
Boy 3 calls boy 7
Boy 4 calls boy 8

:05 Boy 5 calls boy 2
Boy 6 calls boy 3
Boy 7 calls boy 4
Boy 8 calls boy 1

:10 Boy 1 calls boy 6
Boy 2 calls boy 7
Boy 3 calls boy 8
Boy 4 calls boy 5

:15 Boy 5 calls boy 3
Boy 6 calls boy 4
Boy 7 calls boy 1
Boy 8 calls boy 2

:20 Boy 1 calls boy 2
Boy 3 calls boy 4
Boy 5 calls boy 6
Boy 7 calls boy 8

:25 Boy 2 calls boy 3
Boy 4 calls boy 1
Boy 6 calls boy 7
Boy 8 calls boy 5

:30 Boy 1 calls boy 3
Boy 4 calls boy 2
Boy 5 calls boy 7
Boy 8 calls boy 6

:35 Boy 1 call Den Leader

:38 Boy 2 call Den Leader

:41 Boy 3 call Den Leader

:44 Boy 4 call Den Leader

:47 Boy 5 call Den Leader

:50 Boy 6 call Den Leader

:53 Boy 7 call Den Leader

:56 Boy 8 call Den Leader

Stay on time! If a boy is missing or you do not have eight boys, give byes to those who have no one to call.

Meeting Ideas

Circle 10 Council

Invite someone to your den meeting who know sign language.

Have the boys make up their own form of communication for the future. How will we send messages—by radio, computer or other media? They can make up their own alphabet and words for a world-wide language that all persons would use to communicate.

Below is an example of some simple ciphering

Caesar's cipher:

ABCDEFGHIJKLMN**OP**QRSTUVWXYZABCDEFGHI
ABCDEFGHIJKLMN**OP**QRSTUVWXYZ

STUNTS & APPLAUSES

Circle 10 Council

Why did the email go to the doctor?

It had a virus.

What has 1000 ears but can't hear?

A cornfield.

Knock Knock

Who's there !

Cash !

Cash who ?

Cash me if you can !

Knock Knock

Who's there !

Cash !

Cash who ?

I knew you were nuts !

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Sam Houston Area Council

Billy Goat Cheer- Pull on 'beard' three times. Each time you pull, yell "Baaa!"

Eggbeater Cheer – Bend knees and swing them in and out like beaters while putting hand on top of the head to held handle and use other hand to turn beater crank.

Den How Cheer - "Strawberry shortcake, Eskimo pop, Den __, Den __ Always on top!"

Seal of Approval Cheer – Place arms together from elbows to wrists, then slap hands together while barking like a seal.

Soul Cheer –Announce that this cheer is for people who put their heart and soul into what they're doing. Pat the palm of one hand on the sole of your shoe and place the other over your heart. Do this three times.

CLOSING CEREMONY

Closing

Simon Kenton Council

Props: signs with inscriptions below

Personnel: 8 Cub Scouts

Setting: .7 Cub Scouts line up with plain side of card towards audience. Each Cub turns his card over so the audience can read it as he speaks his line.

Cub #1: "Bye now"

Cub #2: "It's time to go."

Cub #3: "Glad you came

Cub #4: 'See you later.'

Cub #5: "Sweet dreams."

Cub #6: 'Happy Cubbing.'

Cub #7: "This is the end."

Eighth boy walks in front of signs and bows to the audience.

S-O-Ss

York Adams Area Council

Many messages are sent and received every day. But there is one that is a challenge to each of you. In times past, the message was simply "S-O-S." Today, it comes in many forms, but it still means the same thing—always be willing to reach out and help someone else.

WEBELOS

Fitness

National Capital Area Council

Your body is a wonderful machine. It is much more complicated than the fanciest car or fastest computer. But your body needs the same kind of care that experts give to machines. What does that mean? It means that you must give your body the right fuels in a balanced diet. You must avoid putting harmful substances into it. Your body needs rest and exercise, just as a car needs maintenance. As you earn the Fitness activity badge, you will learn how to take care of the world's most wonderful machine - your own body.

Den Activities:

Invite the grade school gym teacher to your meeting. Get to know them on a personal basis. Why did they become a teacher? What kind of background do they have? What sports are they currently active in? What do they like about teaching kids?

Invite a nurse, doctor or dentist to your den to answer questions about health. Have boys write the questions on cards so they are anonymous.

Have your den write a skit depicting ways to say 'NO' to drugs & smoking.

Have the den make a poster designed to encourage people to say "NO" to drugs & Smoking.

Have a police officer involved with drug prevention attend a den meeting.

Have the boys interview him and ask questions concerning drugs and alcohol.

Have the boys find out what the policies are in their school about drugs and what would happen to students with drugs in their lockers, etc.

Collect newspaper and magazine articles about accidents and crimes that are drug or alcohol related.

Find out what some organizations are doing to stop use and availability of drugs, especially to, children.

Check with the BSA council for a video, "Drugs: A Deadly Game."

Speakers -- YMCA director, health class teacher, personal trainer, coach, CPR instructor, marathon director, little league coach, gym instructor

Field Trips:

Visit the local YMCA.

Visit a local fitness club.

Activities That Will Help The Boys Understand The Harmful Effects Of Cigarette Smoking

1. **Define "pollution".** ("Pol-lu-tion: to make unclean, impure, or corrupt; desecrate; defile; contaminate; dirty." Webster's New World Dictionary of the American Language)
2. **Discuss pollutants in the air in the outside environment.** Use pictures from magazines or newspapers. Include: factory smoke, car exhausts, rocket launches, smoke from someone else's burning cigarette & so on.
3. **Explain how all living things need air to breath.**
 - a. Put a plant under an airtight container. What begins to happen?
 - b. Put ants or other insects in an airtight jar. Give them everything else they need to survive. What happens? Why? (When the ants' activity begins to decrease, open the jar and set them free.)
4. Talk about the fact that smoking cigarettes is harmful to our health and how it "pollutes" the internal environment of our body (the lungs).
 - a. Blow smoke from a cigarette through a tissue. What did you observe? Wouldn't that also make your lungs "dirty?"

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b. Hold your breath and have someone check the time. Did you have to breathe very soon after you started holding your breath?

c. Demonstrate the effects of sick or injured lungs:

(1) Light a candle. Ask a boy to stand a reasonable distance from the candle. Instruct the boy to take a deep breath, and then blow out the candle.

(2) Relight the candle. Ask the boy to stand at the same distance from the candle. Instruct him to take a deep breath and blow out at least half of the breath before attempting to blow out the candle. With the breath that is left, ask the boy to blow out the candle. What happened?

Nutrition Connection

Nutrition and fitness go hand in hand. Teach the boys the four basic food groups and what each does for the body.

Have the boys make a poster or collage showing foods that belong in each group. Use magazines and advertisements from the Sunday papers for these.

Let each boy make up a menu for a meal and let the other den members check it for balance. *This would be good to do for a campout menu. They need to be balanced also.*

Milk Group Fruit-Vegetable Group

Milk and Milk Products All kinds of fresh fruits and vegetables

Cheese-Builds energy and helps your body defend
Cottage Cheese against disease.

Ice Cream--Builds teeth and bones

Protein Group--Bread-Cereal Group

Beans, Rice

Meat, Cereal & Grits

Fish, Bread

Peanut Butter, Flour Products

Egg, Spaghetti

Builds muscles, bones and blood. Quick energy builders, helps to make your body work better.

Gathering Activity:

Your Body - A Wonderful Machine -- Treat Your Body Right! (Circle T for True or F for False.)

T F 1. Smoking or chewing tobacco makes you cool.

T F 2. Smoking can cause lung cancer and heart disease.

T F 3. Athletes who smoke always play as long and as hard as athletes who don't smoke.

T F 4. Smoking will not affect your eyes at all.

T F 5. Smoking stains teeth and fingers.

T F 6. Chewing tobacco is OK because it doesn't get into your body's organs.

T F 7. Alcohol doesn't slow down the brain and body.

T F 8. Alcohol can make a person see double.

T F 9. Alcohol can make people do bad things they would never consider doing when sober.

T F 10. Drunk drivers kill thousands of people each year.

T F 11. All drugs, even prescription drugs, are dangerous.

T F 12. It's OK to take someone else's medicine if you're sure you have the same illness.

T F 13. Sniffing glue is OK to do once in a while.

T F 14. Toxins from certain sniffing substances can affect the liver, kidneys and muscles.

T F 15. Marijuana is OK in small amounts, but cocaine, heroin, and LSD are not.

T F 16. Eating a cheeseburger, French fries and a soda for every lunch would be a balanced diet.

T F 17. You should have 2 or more servings from each food group every day.

T F 18. Your body needs vitamins, minerals, carbohydrates, fat and protein to operate smoothly.

T F 19. Rushing meals or skipping meals can be harmful to your body.

Games Remember that any fitness program will not be sustainable unless it is fun. Below are a few ideas for games to incorporate into your meetings. The How-to-book, Webelos activity book as well as your local library will also give you some ideas.

Jump the Bean Bag

A small bean bag is tied on the end of a rope or heavy cord. The leader stands in the center of the circle made up of the players facing him. The leader swings the bean bag around the circle at ankle height. Once a player is hit he must leave the circle. The last player left is the winner.

A. B. C.: Two players hold the end of a rope about 10 feet long. With rope laying flat on the ground each player jumps over the rope. The rope is then raised about four inches high which is 'B' and every body jumps over. Continue raising the rope four inches with each letter of the alphabet until only one player is left.

Shuttle Run:

Area and Equipment - You'll need two blocks of wood, 2 inches by 2 inches by 4 inches and a stop watch. Mark two parallel lines on the ground 30 feet apart. Then put the blocks of wood behind one of these lines. The child will start from behind the other line.

Procedure:

1. The time should raise his arm and say, "Get ready!"

2. Then the timer simultaneously says 'Go!', lowers his arm, and starts the stopwatch.

3. The Webelos Scout runs from the starting line to the blocks, which have been placed just behind the second line, He picks up one of the blocks, runs back with it to the starting line, and places the block behind the line. The block must be placed, not thrown, on the ground.

4. Then the Webelos Scout runs back to the other One, picks up the other block, and carries it back across the starting line.

5. As the Webelos Scout crosses the starting line with the second block, the timer should stop the stopwatch. The

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child's time should be calculated to the nearest tenth of a second.

6. The child should then be given a chance to do the event again. The better of the two times will become his time for the shuttle run.

Greater St. Louis Area Council

Nutrition Test

- 1) List the four basic food groups.

- 2) Explain what a balanced diet is.

- 3) What would happen to a person who ate the following foods all the time? Kool-Aid, Fried Foods, Potato Chips, Candy!!

Balanced Diet

Greater St. Louis Area Council

Circle the meal or meals below that are balanced.

- 8 Oz Milk, 8 oz. Kool-Aid, 4 oz fish, 4 oz fried hamburger, 1/2 cup green beans, 1/2 cup French Fries, 1 slice wheat bread, 1 Bun, Fresh fruit, 2 Cups Ice Cream

- 1 glass ice tea, 1 glass of water, 4 oz. Lean Beef, 4 oz. Pork Steak, 1 Cup mashed potatoes, Fried potatoes, 1 dinner roll w/butter, 1 slice of bread, 1 cup peas, 1 cup peas, 1/2 cup ice cream, 2 Popcicles

Fitness

Greater St. Louis Area Council

- 1. How would your body feel without the proper nutrition?

- 2. If you smoked tobacco for several years, what could happen?

- 3. Is it a good idea for athletes to smoke? _____

Why or why not?

- 4. Is chewing tobacco harmful to you, if so why?

- 5. If someone smokes around you, could it harm you?

- 6. Even though alcohol is legal, can it harm people?

- 7. If you answered yes to #6, how does it harm people?

- 8. If a person is drunk, what are some of the actions they might do?

- 9. Is it okay to drive after a person has been drinking?

- 10. Are all drugs dangerous?

- 11. What is the proper thing to do if someone offers you a pill or something that looks strange to you?

- 12. What is an overdose?

- 13. What do drugs do your body?

- 14. Is it okay to take drugs that the doctor has given to someone else?

Readyman

National Capital Area Council

Resources: Boy Scout Handbook, Local Emergency Medical Technicians, Nurses, or Doctors Local or State Police, Safe Swim Defense Information Leaflet (BSA #LC7369)

Den Activities:

Invite a local E.M.T., nurse or doctor to a den meeting. They can cover requirements #1 through #5 in this badge. In coordination with the Aquanaut Activity Badge, study

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the safe Swim Defense. Be sure Webelos can explain it and its importance.

Make a Buddy Board and have Scout make their own tags. Invite a police officer to a den meeting. Ask him to speak on bike and/or car safety. See Traveler activity badge for car safety rules.

Visit a fire station. Have a fireman talk to the Webelos about the need for a fire escape plan. Have Webelos draw up a home fire escape plan.

Discuss home safety hazards. This coordinates with the Family Member activity badge requirement #3.

Take the Webelos to observe the district or council first aid meet. Attend your district roundtable for information.

Practice Hurry Cases--3 B's and a P is one way to remember them.

Join a local troop meeting when a first aid demonstration is being given. Call Scoutmaster--they're going to do it sometime during the year.

Give a talk to younger Cub Scouts (Wolves, Bears) on 6 rules of safety to remember while riding in a car.

Put together a first aid kit for your Pack to take on outings. Stage a mock disaster involving injuries and have the boys treat the injuries. This could be done in conjunction with a patrol from a nearby Troop. With the Scouts demonstrating more complicated skills and acting the part of the injured.

Speakers: Fireman, policeman, EMT, Red Cross volunteer

Field Trips:

Visit a fire station with an E.M.S. Unit.

Visit a hospital E.R. or and Emergency Clinic.

Practice For Emergency Situations

You awaken in the middle of the night. Your bedroom door is closed and you smell smoke. Mother and father are out of town and your grandmother is sleeping in their bedroom. What should you do?

You are returning home from a baseball game and see a grass fire in a vacant lot near your home. What should you do?

You see smoke coming out of a window in an apartment building across the street. What should you do?

A stranger in a blue Volkswagen stops you on your way home from school and offers you a ride. What should you do?

You find your 18-month-old baby brother playing with a bottle of aspirin that has been opened. What should you do?

A kindergarten child is bitten by a dog on the way home from school and you are a witness to the Incident. What should you do?

A first grade boy falls off a swing and lands on his back. You are the first person to arrive at the accident scene. What should you do?

You are a witness to an auto accident in which a car strikes a girl on a bicycle and leaves her lying in the street. What should you do?

You awaken in the middle of the night and hear the baby crying. The baby-sitter is asleep in front of the TV set. What should you do?

A group of kids in your neighborhood are playing by locking one another in an old refrigerator they found in the alley behind a neighbor's garage. What should you do?

A gang of boys have been teasing a neighborhood dog. The dog is a family pet, but he is growling and shows signs of anger. What should you do?

The fire bell rings at school and two of the girls decide they'll play a trick on the teacher and hide under the library table while the class goes out for a fire drill. What should you do?

A first grade boy steps on a rusty nail in the sandbox. It goes through the sole of his tennis shoe and makes a slight scratch on his foot. He doesn't want to go to the school nurse. What should you do?

Games

Pressure Pad Relay

Equipment - Each boy using his own neckerchief
One boy has about 30 feet in front of the team with arterial "bleeding" of the left wrist. There is one judge for each victim. On signal, the first boy from each team runs up and applies a pressure pad over the simulated wound. When correct, the judge yells "off", the boy removes the pad and runs back to the team, tags off the next boy who repeats the operation.

Bandage Demonstration

Equipment - As needed.

One member of a den is the patient; the rest are first-aiders. On "Go" Number 1 runs to the patient and ties a head bandage and runs back; Number 2 ties cross chest; Number 3, thigh; Number 4, ankle bandage; Number 5, sling for arm; then Numbers 6 and 7 go up and be chair carry transport for the patient back to the starting point. No time element. (Note: In case of a small den, one or more boys may go up twice, until the project is completed). Base scoring on excellence.

Stretcher Race

Equipment - Two staves, one blanket, and one inflated balloon for each team. Teams line up in relay formation with two victims from each team lying from 30-70 feet in front of the team. On signal, two members of the team run up to the first victim with the blanket and staves, make a stretcher, and put the victim on it. When carriers are ready to lift the stretcher, a judge places the inflated balloon on the victim. The victim is carried to the starting line without the balloon falling off (to ensure care in handling the victim). If the balloon falls off, the judge counts off 20 seconds, places the balloon back on the victim's chest, and the team continues on its way. When they reach the starting line, the second team from the group dismantles the stretcher and runs forward to bring in the second victim using the same procedure and rules as the first team the first team to bring the second victim over the starting line is the winner.

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What's wrong with me? -- Write down several different accidents or afflictions. (example: A broken leg, A nose bleed, Choking, Shock, etc...) Place these in a hat and have the boys draw them out one at a time. The boy that drew will have to act out that particular problem. The first boy to identify the problem must show how to treat it, he now gets to pick and act out an accident.

Greater St. Louis Area Council

First Aid Skills Test

1. What is first aid?
2. All fire, rescue, doctor, police and poison control telephone numbers should be kept by the telephone. But no matter who you call, you must be ready to tell them: What?
3. Should you move anyone who may have broken bones?
4. Are there any exceptions to question #3?
5. How should you act in case of accident?
 - a. Scream for help.
 - b. If you can, send someone else for help so you can start first aid.
 - c. Go home and hope the victim will be all right.
 - d. Stay calm and cool
6. There are four kinds of cases where fast action spells the difference between life and death- what are these four "hurry-up" cases?
7. What is the first thing you should do for serious bleeding?
8. After you have taken care of the bleeding and sent someone for help, you should: what?
9. The following are true or false for shock:
 - a. Shock can cause death.
 - b. Don't treat for shock until shock starts.
 - c. Cover victim if cool- shade if warm or hot.
 - d. Have person lie down for shock.
 - e. Raise his feet if he has a head injury.
 - f. Give sips of water only if they are awake.
 - g. If unconscious, lie flat on back, raise feet.
10. What are the pressure points used for?.
11. What should you do for a person who has stopped breathing?
12. Blow your breath into a stopped breathing victim only every ___ seconds for an adult, and once every ___ seconds for a child?
13. What is the first thing you should do if a person has taken poison?
14. Should you make a poison victim vomit if he has taken too much medicine?
15. If you think a baby is eating old paint, the baby should be tested for: What?
16. True or False - Cuts and Scratches
 - a. Let the cut bleed a little.
 - b. Don't worry about it, it is not serious.
 - c. Wash with soap and water, if you can.

17. If you think you have touched a poison ivy plant, wash with ___ and ___. If you get a rash, put on _____.

18. True or False-Sprained Ankle

- a. If hiking, take off your shoe.
- b. Put heat on the ankle to help pain.
- c. Tie ankle bandage around ankle and shoe.

19. Heart attack is the major cause of death in the United States! What are the five most common signs of heart attack?

20. What should you do for someone who has the signs of a heart attack?

Den Activities

- ✦ Have a paramedic visit and explain emergency care.
- ✦ Visit an ambulance service or a fire station.
- ✦ Take a first aid or CPR class, or have a Red Cross instructor talk to the group.
- ✦ Have a water safety instructor tell the Webelos the rules of safe swimming and then go swimming.

Items for a First Aid Kit

Greater St. Louis Area Council

The contents of a home first aid kit should be clearly marked, and individually wrapped to keep things sterile. You don't need a lot of things in such a kit - just the basic essentials to take care of immediate needs until you can receive professional care. You should have:

- 1 package of assorted size sterile bandages ("Band-Aids")
- 1 package of 8 to 12 two-inch sterile gauze pads.
- 1 package of 8 to 12 three-inch sterile gauze pads
- 1 roll of hypoallergenic adhesive tape
- 3 triangular bandages
- 3 rolls 2" sterile roller bandages
- 3 rolls 3" sterile roller bandages
- 1 pair of scissors
- 1 pair of tweezers
- 1 needle
- 1 safety razor blade
- 1 bar of regular soap (liquid soap will dry up)
- 8 to 10 moistened towelettes (come in individual packages)
- 1 can antiseptic spray
- 1 package of matches

All of these items should be packaged in a sturdy metal or plastic container, preferably one that is water and airtight. You may find that making your home first aid kit is less expensive in the long run than buying a prepackaged kit. All of the recommended items for your first aid kit have a very long shelf life, and remain useful over many years. Periodically, you should check the contents of your first aid kit and replace any items that have been opened, are dirty, the dates have expired or are missing.

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Items for a Family Safety Kit

Greater St. Louis Council

It's a good idea to put together a family safety kit and store it in a new plastic garbage can (that way it is portable and you can use it later to store water). Some items to put in your kit include the following:

Canned food like canned fish, meats, and poultry packed in water, canned fruits and vegetables.

Non-electric can opener

Bottled water

Flashlight

Portable radio

Extra batteries

Fire extinguisher

Essential medication

First aid kit

Blankets

Look and Remember Game

Greater St. Louis Area Council

Select items from a First Aid Kit bandages, tape, scissors, tweezers, gauze, etc, and lay them out on a table and cover them with a towel.

Divide the den into two groups, have the first group come over to the table with paper and pens. Uncover the First Aid Kit and allow the first group to look at the kit for about 30 seconds then cover the kit up again.

While the second group is looking at the kit, have the first group write down as many items as they can remember.

After the second group has written down all the items they can remember, then uncover the First Aid Kit. Hold up each item and have the boys identify the item and tell how to use it and when to use it. The boys check off each item that they wrote down on their list.

The group that remembered and identified the most items from the First Aid Kit wins.

FEMA Publications

You can get posters, videos and other fun things for free from FEMA. There are two ways to get FEMA publications. You can call, toll-free 1-800-480-2520 or you can write to:

FEMA

P.O. Box 2012

Jessup MD 20794-2012

You cannot send E-mail requesting publications. FEMA cannot send material outside the U.S.

Here is a listing of some of the things you can order.

Brochure: Family Disaster Supply Kit

Coloring Book: Disaster Preparedness - Ask for: 8-1123

Door Knob Hanger: Fire Safety. Ask for 5-0200

Video: Prepare to Survive! - Ask for 9-1074

Story Book: Adventures of Julia and Robbie - Ask for FEMA 344

Story Book: Herman PIC and the Hunt for a Disaster-Proof Shell

Brochure: Wildfire-Are you Prepared? 5-228 L203

Poster: Earthquake Safety Poster 2-04 Poster 006

Brochure: Tornadoes : Nature's Most Violent Storms 8-1145

Brochure: Safety Tips for Hurricanes 0-17 L 105

Brochure: Tsunami! The Great Waves of the West Coast 0-332 L194

You can also order a Disaster Public Information Catalog to find all the materials that FEMA offers.

POW WOW EXTRAVAGANZAS Around The United States.

Central

Simon Kenton Council #441 (Columbus, Ohio) will be having its next annual Scouter's Pow Wow on Saturday, January 26, 2002, at Westerville North High School in Westerville, Ohio (a suburb of Columbus) The theme is "Carry the Torch for Scouting".

Southern

Great Smoky Mountain as tentatively scheduled our University of Scouting for Saturday, March 23rd, 2002. We will have a website set up that will show what classes are being offer. That website can be accessed from our Cub Scout Training website. (Cub class information is, posted on the Cub Training site, once the classes have been determined.

Great Smoky Mountain, University of Scouting, March 23, 2002 (tentative), Knoxville, Tennessee (Eastern Tennessee), Great Smoky Council Cub Scout Training website: <http://www.geocities.com/doublelope/>, I'll let you know when we have a confirmed date. Any questions, please contact me at doublelope@yahoo.com

Middle Tennessee Council, Nashville, TN, Saturday, January 26, 2002, 8:00 a.m. - 4:00 p.m., Raymond Gregory, Chairman RGregory6@aol.com, Dee Dee Cobb, Cub Scout Training Coordinator deedee.cobb@excite.com, The location has not been set yet. I will try to send you an update when we have the location.

Occoneechee Council Pow Wow Occoneechee Council Pow Wow, Saturday, March 23, 2002, Raleigh, NC, Dusty Fletcher, Pow Wow Chief, e-mail: OC2002Powwow@worldnet.att.net

WESTERN REGION

Grand Canyon Council Pow Wow, Phoenix, AZ, Jan 12, 2002. Registration information will be available at District Roundtables in November and December as well as from the Council Service Center.

Santa Clara County Council is having its Pow-Wow on January, 26th. Theme is Cubstruction.

NORTHEAST REGION

Hudson Valley Councils University of Scouting, conducted by the Hudson Valley and Rip Van Winkle Councils. March 2, 2002 at Our Lady of Lourdes High School in Poughkeepsie, NY. Contact Keith Tilley, redcoat@netstep.net for more information.

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Web Sites

Tigers

Fire Safety Tips for Kids

<http://members.cruzio.com/~hoax1950/KFSTCrossword.html>

Smoke Alarms page for kids

<http://www.usfa.fema.gov/kids/sa.htm>

Home Fire Safety Checklist

<http://www.nfpa.org/fpw/SparkyChecklist.pdf>

Hot Dog's Fire Safety Coloring Book

http://www.ci.nyc.ny.us/html/fdny/html/safety/firesafety_book.html

How to Make Pop-Up Cards

<http://www.makersgallery.com/joanirvine/howto.html>

Stationery for Friendly Letters

http://www.janbrett.com/friendly_stationery_main.htm

HandSpeak: A Sign Language Dictionary

<http://www.handspeak.com/>

The Non-verbal Dictionary

<http://members.aol.com/nonverbal2/entries.htm#Entries>

Who was Alexander Graham Bell

<http://www.att.com/technology/forstudents/brainspin/alexbell/>

General Braille Information

<http://www.disserv.stu.umn.edu/AltForm/brl-guide.html>

Interactive Braille Guide

<http://disserv3.stu.umn.edu/AltForm/brail-guide.html>

Simple Ciphering

<http://members.magnet.at/wilhelm.m.plotz/Doc/MixedAlphabet.html>

Break the Code

<http://www.odci.gov/cia/ciakids/codegame/index.html>

Want to try on a disguise

<http://www.odci.gov/cia/ciakids/spyguy/disguise.html>

Communication elib—fill in the blanks

<http://www.elibs.com/e/load?100026106026679>

Cool Cam

<http://www.camcentral.com/index.html>

You can stand in line and when it is your turn, you can control a cam on a polar bear, gorilla, panda, and other areas. Communicate with others while viewing.

Pig-Tac Toe (Game)

<http://www.vuckles.com/pigtactoe.html>

McGruff's secret message

<http://www.ncpc.org/10act6.htm>

Become a FEMA (Federal Emergency Management Agency) Action Kid—get mom and dad's permission first get a certificate

<http://www.fema.gov/kids/dizkid1.htm>

Webelos

Readyman

FEMA list of publications

NOTE: FEMA pubs cannot be ordered through email

<http://www.fema.gov/kids/pubs2.htm>

Family Disaster Supply Kit

<http://www.fema.gov/pte/supplies.htm>

Home First Aid Kit

<http://acep.org/library/files/pdf/pi000500.pdf>

BLUE & GOLD IDEAS (SCROLL DOWN)

<http://www.kidsdomain.com/craft/new.html>

Fitness

<http://kidshealth.org/>

Doctor over time (describe your ailment and let a Doctor from the 1900's prescribe your treatment

<http://www.pbs.org/wgbh/aso/tryit/doctor/>

What makes pimples, sweat, funnybones and other stuff come from our bodies—definitely a gross, but informative site

<http://yucky.kids.discovery.com/body/>

Certificate Creator

<http://www.certificatecreator.com/default3.htm>

Links from National Capital Area Council

Reaching Out – The Evolution Of Communication - learn about the evolution of human communication. This great ThinkQuest site covers cave drawings, alphabets, human languages, computers, writing, and much much more.

http://www.thinkquest.org/library/lib/site_sum_outside.html?name=26451&url=26451/

Kids' Space Connection – An international communication site for young ambassadors. Find a new penpal or post a message. <http://www.ks-connection.org/village/village.html>

Science Museum London – Cool exhibits including one about science fiction author Arthur C. Clarke who predicted satellite communications before the space age began.

<http://www.nmsi.ac.uk/>

Oregon School for the Deaf – This school provides a total communication environment for deaf students.

<http://www.osd.k12.or.us/>

Safe Surf –

The SafeSurf Rating Standard is a voluntary rating system designed to protect children, as well as the first amendment rights of their parents. It was developed with input from thousands of parents and Net citizens, worldwide.

<http://www.safesurf.com/>

World Wide Scouting Pen Pals

<http://asaprental.com/penpals>

Museum of Broadcast Communications

<http://www.mbcnet.org/>

Alexander Graham Bell Games

<http://bell.uccb.ns.ca/kids/kidsindex.htm>

Soap Making Links

<http://www.alphabetsoap.com/>