



BALOO'S BUGLE



Volume 12, Number 5

December 2005 Cub Scout Roundtable

January 2006 Cub Scout Theme

MUSIC MAGIC

Tiger Cub Requirement # 3

Webelos Fitness & Readyman

FOCUS

Cub Scout Roundtable Planning Guide

Cub Scouts will get their vocal chords humming and their instruments strumming during this month's musical extravaganza!! Boys can learn to sing a new song and make a musical instrument while working on the Music Belt Loop and pin. Den meetings can be the rehearsals and the pack meetings performance time. Take your show on the road. Music is a universal language – help bring joy to everyone by sharing your music with others.

CORE VALUES

Cub Scout Roundtable Leaders' Guide

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

- ü **Personal Achievement**, What a sense of accomplishment to play a song on a piano or guitar or sing a song in a loud voice.
- ü **Spiritual Growth**, Boys will explore how spirituality is expressed through the music of gospels, spirituals and hymns.
- ü **Fun and Adventure**, Making music together can be great fun, and exploring different types of music can be adventurous.

The core value highlighted this month is:

- ü **Honesty**, Boys will see that giving their best effort is the honest thing to do.

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

COMMISSIONER'S CORNER

Let's have a blast with this theme – singing and playing music with homemade instruments. The How To Book has a bunch of homemade instrument ideas. As does the CS Program Helps. Be sure to check out The Kids Can press, "Jumbo Book of Music" www.kidscanpress.com They have plans in there for many instruments, including an instrument that looks like the thing the band leader is wearing on "Wheel of Fortune" this week while they are in New Orleans (or were before Katrina as the ads say). It's made from an old broiler pan rack. Really Neat!!!

I visited two Pow Wows this month - Baltimore Area Council and Northern NJ Council. Had a great time at both.

In Baltimore my wife and I had a great time and picked up the latest edition of an always great Pow Wow Book. My wife really enjoyed the Outdoor Cooking class and has been showing me new ideas for Dutch Ovens. Also, she had fun playing Outdoor Games with the C.O.P.E. Director who lead the session. I picked up some good hints on Creative Pack Meetings and Pizzazz. In North Jersey, they had an indoor campfire right after lunch!! It was great and totally blew away that groggy feeling you usually get in that first afternoon class. The Campfire MC was fabulous; I was also in his Magic Class and his session on Space Derbies. Regardless of what he is doing, he can relate it back to Scouting lessons. Pow Wows are truly unique training sessions – you get Scouters teaching other Scouters what they like best so that the program can grow!! I told Dan that I would be back for Northern NJ's next year!!! Please help,

I need Pow Wow Books

My resources are a little low right now. Many of my Pow Wow books from last fall have run out. If your council had a Fall Pow Wow and you have a book, I will be glad to swap you copies of those I received this month for one of yours. Drop me an E-mail at commissionerdave@comcast.net and we can set it up. Thanks to Scouter Jim for my copy of Great Salt Lake's Pow Wow Book.



Did you sell Popcorn?

Kathleen wrote to tell me there is a story about Paul Bunyan and the Popcorn Blizzard that she was going to use with her Bears to wrap up the sale and work on "Tall Tales." She found the story in her local library (free!). I found the story listed in several books on the web.

And how about recognizing your Popcorn Kernel? Wendy made a Popcorn swagger stick for hers. She took a 3 inch Styrofoam ball and put it on a dowel, then hot glue gunned popcorn all over the ball and presented it to the Popcorn Kernel at a Pack Meeting with a big round of applause for volunteering.

**Months with similar themes to
To The Rescue**

Thank you - Dave D in Illinois

Music and Minstrels	January	1941
Cub Made Music	January	1945
Music and Minstrels	January	1949
Musical Hoe-down	October	1954
Homemade Opera	July	1957
Musical Hoedown	May	1959
Music Makers	January	1973
Let's make Music	April	1980
Summer Songfest	August	2001
Strike Up the Band	January	2003

**THOUGHTFUL ITEMS FOR
SCOUTERS**

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

Cub Scout Prayer

Cub Scout Roundtable Planning Guide

“Music brings joys to our lives. May we take the joy that it brings to us and spread it to the people whom we meet. Amen.”

**Sounds of a Drum
Scouter Jim**

There is a saying that each of us marches to the sound of a different drummer. In many forms of music it is the drum that paces the rhythm of the music. It is a drum, not a bugle that leads the caisson of a fallen hero. The rhythmic sound of a drum can mark grief or joy. Many years ago at the foot of the Uintah Mountains I was a witness to a joyful noise. The scene was the annual spring Bear Dance of the Ute People. The Bear Dance is an important ceremony to the Ute People. A group of drummers sit around a large drum and play songs on it as they sing.

Fred Conetah describes the dance in his book, *A History of the Northern Ute People*.

The People have a variety of stories about the origin of the Bear Dance, but they all center around a young hunter who met a bear just coming from hibernation. The bear told him never to hunt bears, and that if he would do the Bear Dance as the bear described, the Ute People would always be successful hunters.

The Bear Dance was not performed according to a rigid set of rules. It lasted from four to ten days, with couples dancing in a large (150') arena. The dance was woman's choice. The couples would dance back and forth, three steps forward, two steps back until exhausted. The Bear Dance continues to be performed even today. However, the focus of the ceremony has changed from hope for good hunting to concern for the well being of the People.

This is not a performance ceremony for spectators, but a very personal celebration of the beginning of a new year and a hope for the well being of the People. Don't many cultures use music to ring in the New Year, no matter how their calendars count its beginning and end?

Psalms 98:4 - 8

- 4 Make a joyful noise unto the LORD, all the earth: make a loud noise, and rejoice, and sing praise.
- 5 Sing unto the LORD with the harp; with the harp, and the voice of a psalm.
- 6 With trumpets and sound of cornet make a joyful noise before the LORD, the King.
- 7 Let the sea roar, and the fulness thereof; the world, and they that dwell therein.
- 8 Let the floods clap *their* hands: let the hills be joyful together

Four Reasons to Sing Loud

- ü If God gave you a good voice, sing loud, He deserves to hear it.
- ü If God gave you a good voice, sing loud, We deserve to hear it.
- ü If God didn't bless you with a beautiful singing voice, Sing loud, who is a man to judge what God, has given you?
- ü If God didn't give you a beautiful singing voice, Sing loud, sing out strong... God deserves to hear it. He's got no one to blame but himself!

Boys

Anonymous

The December 1953, January, February 1954 Cub Scout Program Quarterly

This was Volume 1, Number 1 of this publication

Boys are people not yet grown,
Who sometimes seem to live alone
For mischief, ball games, fights and fun,
And running in the summer sun.
They stand on flowers, climb on trees
And wear out holes in trouser knees,
They bat their balls through windowpanes,
They won't wear rubbers when it rains.
They hate to work; they love to play,
They want to run the streets all day.
The want to eat 'till dinner call,
And then they will not eat at all.
They're always out; they love to roam
They gather junk and bring it home
They make an awful lot of noise.
God Bless all happy little boys

Quotations

Santa Clara Council Pow Wow Book

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.

“Most of us go to our grave with our music still inside of us.” - **Unknown**

“Without music, life is a journey through a desert.” - **Pat Conroy**

"There is always music amongst the trees in the garden, but our hearts must be very quiet to hear it." - **M. Aumonier**

"Words make you think a thought. Music makes you feel a feeling. A song makes you feel a thought." - **E.Y. Harburg (Edgar Yipfel) (1898 - 1981)**

It is only by introducing the young to great literature, drama and music, and to the excitement of great science that we open to them the possibilities that lie within the human spirit -- enable them to see visions and dream dreams. **Eric Anderson**

"It's easy to play any musical instrument: all you have to do is touch the right key at the right time and the instrument will play itself." - **J.S. Bach**

"There are two means of refuge from the miseries of life: music and cats." - **Albert Schweitzer (01/14/1875-1965)**

"All of us contain Music & Truth, but most of us can't get it out." - **Mark Twain**

"Music melts all the separate parts of our bodies together." - **Anais Nin**

"Music expresses that which cannot be put into words and that which cannot remain silent." - **Victor Hugo**

"Where words fail, music speaks." - **Hans Christian Andersen**

"Music was my refuge. I could crawl into the space between the notes and curl my back to loneliness." - **Maya Angelou**

"All the sounds of the earth are like music." - **Oscar Hammerstein**

"It had never occurred to me before that music and thinking are so much alike. In fact you could say music is another way of thinking, or maybe thinking is another kind of music." - **Ursula K. Le Guin**

"In music one must think with the heart and feel with the brain." - **George Szell**

"You are the music while the music lasts." - **T. S. Eliot**

A Tribute To Den Leaders

San Gabriel Valley, Long Beach, & Verdugo Hills Councils

At the end of the rainbow a prize awaits you,
Though you don't pass achievements as all your Cubs do,

Your prize is enshrined in the hearts of your boys,
Who'll always remember that you gave them joys.

Don't wait to be thanked now for the things that you do,
Don't even expect that they'll always follow through.

But when that young Cub Scout becomes a good Scout,
He'll look back on the ways that you helped him out.

And someday in the future when his son is eight,
That's when you will rate!

San Gabriel Valley, Long Beach, & Verdugo Hills Councils recommended this poem for a closing. It would also make a great part of a recognition ceremony for your Den leaders at Blue and Gold. CD

TRAINING TIP

Recognition

Bill Smith, the Roundtable Guy

One of the most valuable gifts that Cub Scouting can bestow upon a young boy is self-esteem. When he leaves his Cub Scout meetings feeling good about himself, knowing that he is a valuable human being, confident in his abilities, respected by his family and friends – he holds a gift richer than the treasures of El Dorado.

Building self-esteem is so important a purpose that leaders should build it into every part of pack and den programs.

It can show up in a variety of ways:

- ü Leading a den flag ceremony
- ü Being a denner
- ü Performing in a skit at a Pack meeting
- ü Seeing his name in news report of a Pack web site.

The Cub Scout advancement process is our most effective way. Think about it.

- He works with and receives support from his parents and other members of his family.
- He sees his progress build on the den chart of den doodle.
- He gets encouragement from parents and den leaders.
- His work and achievement is recognized by everyone at a pack meeting.

It is important that we tie this Pack recognition as closely as is practicable to his work. Those achievements in his Tiger, Wolf or Bear book are important. His efforts, his *Doing His Best*, his achievements are being recognized. ***He won't make the connection if we wait too long to award the badge.***

Cubmasters must ensure that boys who have earned awards receive them at the next meeting. Don't let boys get discouraged by having to wait for recognition.

The advancement program, when implemented correctly, will

- Help build a boys self esteem
- Help build his self-reliance as he discovers that he is now old enough to assume certain responsibilities toward other people
- Give a boy the positive recognition that he needs
- Bring a boy and his family closer through the advancement activities that family members enjoy together

Cub Scout Leader Book 18-6

Rituals Are Important

All eras in a boy's life are enhanced by rituals, yet middle adolescence is a time when family rituals often fall apart. Because the boy is pulling away from family in order to become a man, we often let him disappear from family life. This is a grave mistake. He doesn't want it, and neither do we.

Eating together is one such ritual. Families of middle teens ought to try to eat together at least three nights a week. If

this means one less sport or activity for the boy, then that's O.K. Eating together and loving one another and communicating during dinner is worth one of those sports.

Scouting May-June 1999

Ceremonies

Ceremonies are one of the oldest forms of human communication. They pre-date history. Good Ceremonies are the ones that people remember. In fact, that should be the purpose of every ceremony: to fix something special in people's memories. They commemorate something important that the people involved should remember. You want the boy and his parents to remember, not just the ceremony, but what it all stands for.

To make your ceremonies that effective, try to incorporate drama, ritual, symbolism, and a message into each of the ceremonies presented in your pack or den.

Drama: Focus the audience's attention with the unusual. Use special lighting, music, props, and other effects. Do something unusual to grab and hold their eyes and ears.

Ritual: Drive your message home with symbols and actions that are familiar and meaningful to all concerned. Keep it dignified and comfortable to participants and the audience.

Symbolism: Use symbols to repeat parts of your message. Use sight, sound, touch, smell, and taste to underline your ideas. The candles, the badges, the pine boughs, and the campfire can all represent elements of Scouting and its ideals.

Message: Your ceremony must say something important. Pay careful attention to what it is that you want to say. To whom do you want to say it? How will drama, ritual, and symbolism get your message across and make it memorable?

And, of course we should all remember Judy Yeager's advice on the subject:

Plus you can have fun, meaningful ceremonies that don't take a lot of time. My youngest will never forget his Wolf ceremony (and he's 17 now.) He was called forward with a few of his peers who had also finished and handed a balloon and a small plastic sword, accompanied by a few meaningful words about the badge. The boys were told to pop the balloons and voila--out popped a Wolf Badge!

Judy Yeager, NC

PACK ADMIN HELPS

Pack Committee Meetings

Kommisisoner Karl

Every Roundtable represents one key element that you all are doing right – planning for your next den or pack meeting. Why is it then that so many pack committee meetings are run with no planning and without an agenda? If you don't walk out of your committee meeting feeling like you really accomplished something – then something is missing. If you aren't having any committee meetings – then it is time to call 911 and have your Unit Commissioner help rescue your unit.

Agendas

A meeting agenda is your friend. It keeps the meeting on track, lets everyone know what order things will be covered, and if they have questions on a subject – when it will be addressed. They are also handy reminders to make sure the group covers everything that needs discussed and that nothing is forgotten or overlooked.

How do you plan your first agenda? Well start by thinking of all the things that you do in a Cub Scouting year. Jot these down in columns with the month that you do them as the column name. When should you discuss these things at committee? Some things need arrangements made 3 months in advance; some items need covered the month before. Make sure that your committee agenda covers all the special programs too, like hayrides, holiday parties, blue and gold, etc.

A meeting should include the following five parts according to the example on page 24-6 of the 2005 printing of the 2001 Cub Scout Leader Book (3321C)

1. Evaluating the Previous Month
2. Finalizing the Current Month
3. Planning ahead for (future months)
4. Unit Leadership Enhancements
5. Social Time and Fellowship

It could include the following elements:

- Welcome/ Call to Order – Committee Chair
- Review - Evaluating the Previous Month
 - o Last Month's Den activities and attendance – Den Leaders
 - o Advancement Submissions – Den Leaders
 - o Last Month's Pack activities and ways to improve – Cub master
- Current Month's theme and Den/Pack program – Finalizing the Current Month
 - o Confirm assignments for Pack Meeting – Cubmaster
 - o Current month's Special Events – Special Committees
 - o Turn in dues and other monies – Den Leaders and others
 - o Treasurer's Report – Treasurer
- Planning Ahead
 - o Theme and activity badge ideas (from Roundtable, Program Helps, Webelos leader Book, Pow Wow Book, experience, ...), assignments for next Pack Meeting – Cubmaster
 - o Upcoming month's den & pack meeting plans – Den and Webelos Leaders
 - o Pack Program Progress Reports for upcoming special events and Pack Meetings (Hayride, fund raiser chairs, blue & gold chair, etc. report here) – Special Committees
 - o Pack needs, problems and progress – Committee Chair
 - o Make administrative plans – new dens, pack-troop relations, financial matters, improving family participation.
- Training - Unit Leadership Enhancements
 - o Chartered Organization Relations – Chartered Organization Representative

- o Upcoming Training Opportunities – Unit Training Chair
- o Unit Leader Enhancement Topic – Committee Chair
- Closing - Social Time and Fellowship
 - o Follow-up Needed for Next Meeting – Committee Chair
 - o Have time to enjoy refreshments and fellowship. Get to know your fellow leaders.

If you fill in this format to meet your needs every month – your committees will be successful and more effective to make them worthwhile. The key is to get everyone to attend. Let them know they have to come. Only take advancement reports at the committee meeting. If program chairs miss – ask them for a report in advance for the committee chair to present.

Who is in charge?

That is easy – the Committee Chair. Although sometimes, the Committee Chair is often a name on the charter instead of a working member of the committee. The Cubmasters should be focusing all of their energy into making the Pack program the biggest and best it can be. The Committee Chair's job is to prepare for and run the pack committee. If the Cubmaster has time to make committee agendas and follow-up with program areas – that time and energy should be spent into putting even more Pizzazz into the Pack meeting.

Don't skip reviews of last month

This can often be an early indicator if a den is struggling or losing boys it will come out in the quality of den program ideas and attendance at den meetings. Don't miss out on the opportunity to ask how would you have made it better? Also, by asking what people are doing for next month's theme – this gives the Den Leaders a chance to hear other great ideas to make their programs better too. Sharing best practices is a sure sign of a successful pack.

Unit Leader Enhancements

These gems can be found in the Cub Scout Leader Book on pages 5-9 through 5-24. These help the committee understand the program, how to work together, and improve the program for the boys. This is a valuable source of supplemental training especially for those leaders that do not get to roundtable. These can give valuable insights and ah-ha moments for the little time that is invested.

Chartered Organization Time

Your charter partner should look at you as a valuable extension of themselves. Take time each committee meeting to check on the relationship between the unit and charter partner, and to see if there is any services that the unit could do to help. Often a strong relationship here is the key to the unit's long-term survival.

End Result

Saves Leaders Time – no extra phoning, meetings, and struggling to sort details out. One meeting does it all

Encourages Teamwork and is an efficient way to pool talent. When all leaders are brought together regularly, abilities and talents can be exchanged in a way that cannot be otherwise achieved.

Provides in-service training with new ideas for all leaders. – Time is available for leaders to share problems and learn new techniques.

Makes the pack strong and healthy by involving everyone in the plans and using them to help implement the program.

Summary

These simple elements might seem too fundamental – but the reality is, too many committee meetings have no written agenda. That is like navigating unfamiliar woods without a map. You will reach somewhere eventually, but you may miss things you wanted to see along the way, and you might not end up where you wanted to go.

TIGERS

Achievement 3 Family Activity

3F Plan a family fire drill and practice it.

Be sure to plan a safe meeting place outside so that you will know when everyone in the family is safe. Go to that place as part of your practice.

Tell your Tiger Cub that if he ever feels that he is lost, he should stay where he is and hold onto something like a bench, a post, or a tree. Assure him that because you love him, as soon as you realize that he is not with you, you will quickly begin looking for him. Explain to him, that if he does not stay where he is when he is lost, it will take you a lot longer to find him. Practice a game with him where he pretends that he is lost, he holds onto something stationary, and you walk out of sight, wait a 3 to 5 min., and then come back for him.

Achievement 3 Den Activity

To keep your body healthy, it is important that you eat a well-balanced diet. The food pyramid in your book helps you by showing how many servings of certain kinds of foods you should have each day.

Be sure to visit www.5aday.org to learn about eating your fruits and vegetables by the color and www.3aday.org to learn about your dairy needs. CD

3D Make a food pyramid.

Draw a food pyramid on a big piece of paper or a poster board. Using old magazines donated by the den families cut out pictures of food and glue them in the appropriate place on the pyramid. You can also draw pictures of different foods to add to the food pyramid.

Achievement 3 Go and See It

It's fun to play games and to take part in sports. It's also good exercise, which helps to keep your body healthy. Some games and sports are for one person, and sometimes people play games or sports on teams. It's also fun to watch others play games or demonstrate their abilities.

Understanding the game or sport you are watching makes it a lot more fun.

3G First, learn the rules of a game or sport. Then, go to watch an amateur or professional game or sporting event.

Local High School, Community College, and other teams are great for this. We have a minor league Hockey team, The Philadelphia Phantoms, www.phantomshockey.com, which runs several Scout nights each year at reasonable cost!! You can get to all the other AHL team websites from their site. CD

More Ideas for Keeping Myself Healthy and Safe
Southern NJ Council

Den Activity

Emergency information is available from local libraries, the American Red Cross, and the local fire departments. Some free handouts can include family disaster supply kits from the local fire department and the Red Cross.

Emergency Preparedness Ideas to consider:

Does your group have emergency supplies at the meeting site? Are there food supplies, warm blankets, flashlights, and water tucked away, just in case?

At home, how do you shut off the gas, the water, and the electricity?

What neighbors can help? Have a neighborhood emergency plan ready. Who can be called when needed?

Every Tiger Cub will experience fire drills and storm drills at school. Do you have one established at your meeting site?

FITNESS

Tune: On Wisconsin

Hurry, Tigers, Build your muscles,
Get in shape for play.
When we feel our very best
We will do our best each day.
Hurry, Tigers, Build your muscles,
Get in shape for play.

Keep on running, keep on jumping,
Trying to improve.
When we've grown a little older,
We will still be on the move.
Keep on running, keep on jumping,
Trying to improve.

Electives

***4-Display a picture**

It's nice to have pictures of your family on display—especially when some of your family members are not close by all the time.

*Make a frame for a family picture. Glue tongue depressors or craft sticks together in a shape to fit your picture. Attach a string or ribbon to the upper corners to use as a hangar. Tape your picture to the back of the frame and display. You may want to use a photograph, or a picture that you draw of your family.

***10- Helping Hands**

When people grow older, or if they become sick or have an accident, they sometimes have a hard time doing every day things. If you know an elderly person or if you know someone who is ill or recovering from an illness or accident, try to think of what things would be hard for them to do by themselves.

Along with your adult partner, help an elderly or shut in person with a chore. You might offer to do things such as help to take out trash, rake leaves, mail a package, or bring in the mail. Ask first, and do it with a big Tiger Cub smile!

***32- Feed the Birds**

Pop-bottle bird feeder

Materials: one plastic 2-liter bottle, two plastic lids about 5" in diameter (from coffee cans, large margarine containers,

whipped topping, etc.), 30" heavy twine, or rug yarn, scissors

Have your adult partner help you cut the bottle in half, crosswise. Poke a hole through the centers of the plastic lids with the point of the scissors or a nail. Tie a knot in the end of the twine. Refer to picture and put your feeder together by stringing together one plastic lid (curved side up), then the inverted bottle, and then the second lid (curved side down). Fill the bird feeder with seed and hang it outside.

Pinecone Bird Feeder

Materials: 1/2 cup peanut butter, 1/2 cup shortening, 1-2 cups bird seed, large pinecone, thick twine, paper bag

Twist twine around the pinecone and tie it securely. Mix the peanut butter and shortening together. Spread the mixture between the petals of the pinecone, filling in as much as you can. Put the pinecone along with the birdseed in the paper bag. Close the bag and shake, coating the pinecone with birdseed. Hang the feeder on a tree where you can watch the birds enjoy it.

SPECIAL OPPORTUNITY

*There is still time to earn your 75th Anniversary Awards!!
Or if you have earned them but not submitted the paperwork yet, **DO SO NOW!!!***

The 75th Anniversary celebration is over at the end of 2005. Here are some hints on how to have your unit earn the unit award. For requirements for the Cub Scout, Leader and Family Awards, do a Google search on "Cub Scouts" "75th Anniversary awards" and find the requirements. Many council posted pdf's with the requirements. CD

75th Anniversary Unit Award
For Each Member of a Qualifying Pack
Kommissioner Karl



Complete Requirement 1 and complete 5 other activities.

1. Participate in a pack, district, or council celebration commemorating the 75th Anniversary of Cub Scouting. (This could be a Blue and Gold Banquet.)
If you missed the opportunity for a Blue & Gold lay up here, start planning a 75th Anniversary Cake Bake birthday party with all the trimmings, an evening Pack family campfire for the spring with songs and skits, or ask your district or council what they are doing to celebrate the 75th and plan to help or participate in that celebration.
2. Conduct an open house or recruiting event (an indoor event or help outdoors at a local park or other facility) to introduce new families to Cub Scouting and emphasize how Scouting's values have remained constant throughout Cub Scouting's 75-year history.
This is pretty easy with spring roundups around the corner. Offer to help your unit with the recruitment. Perhaps you can attend to talk to the parents about life from a volunteer leaders perspective. You might run a

- game for the boys while someone else talks to the parents. Or you might be a greeter to welcome the parents to the round up and make sure they know where the bathrooms are, get the pack information and feel welcome. If you are not having a spring round up, plan on helping during the fall round up instead.*
3. Take part in a parade or other community event through which your pack can promote the 75th Anniversary of Cub Scouting.
This can be as big or simple as you want it to be. Many towns have Holiday, and other special occasion parades coming up. See if your unit can march in uniform on the parade route. Have the pack make a banner celebrating the 75th anniversary and toss small candy to the kids on the parade route. If you have a community festival, ask to set up a booth that focuses on the 75 years of Cub Scouting in your community. Look for interesting ways to display the history; with old pictures – and new ones. In larger communities – you may have the same opportunities, or perhaps you can participate in a city wide event that gives you opportunities for a run/walk team with anniversary shirts – and a special mention in the program.
 4. Conduct a pack derby in which boys are encouraged to decorate entries with a 75th Anniversary of Cub Scouting theme.
Once again, the Pinewood, Space Derby, or Rain Gutter Regatta may be even more fun with a theme. Have boys make their cars into historical shapes from the 30s to 50s. Have a challenge to incorporate 75 into the design, either through decals, paint, or shape. You might be surprised what you see show up on derby day!!
 5. Using the history of Cub Scouting as the theme, conduct an outdoor campfire program.
Wow, this sounds familiar. Oh yeah, see item 1. You might see if an “old timer” will come in their old boy scout uniform and campaign hat with a walking stick and talk about Baden Powell and scouting in the “old days”. A gentleman in a neighboring council, actually has a replica of the BP uniform, and come in his regalia to campfires to relay the story of Mafeking – like it was a first hand account. There is probably some history buff you can get your hands on to do the same for you. If not, look online for Baden Powell, and you will find a wealth of short stories to share at your campfire. Teach your boys to sing Ging Gang Gooli – a song Baden Powell made up and lead at the first jamboree in 1930.
 6. Conduct a pack service project, such as Good Turn for America, that promotes and reinforces the concept of 75 years of Cub Scouts helping others. As a pack, contribute at least 75 hours of service.
Service projects and Good Turn for America have been covered in detail in this issue. What a great way to give back to a charter partner or community than to serve it by performing service. This once again can be as big or little as you want. Everything from a simple spring park clean up – to erecting a bridge across a stream along a trail – or painting rooms for non-profit, it is all good, done without the expectation of reward, and teaches our boys a valuable lesson.
 7. Work with your chartered organization to recognize Cub Scouting's 75th Anniversary in the organization's correspondence, newsletter, or other media.
If you charter partner does not have a newsletter, then see if you can make a special presentation to them to thank them for sponsoring you at one of their meetings. If they do, write a short article featuring the history of Cub Scouting and Cubbing in your area, and even in your charter partner. If you are not good at writing articles, then find one on the Internet, and ask if you can reprint it. Be sure and get permission before reprinting something that is not your own work.
 8. Prepare a photo display for your chartered organization or other community location, highlighting activities of your pack today and in years past. This may also include photos from other family members who were in Scouting.
You may want to look up old Cubmasters, and see what pictures they have in their archives. Scan these into your computer and reproduce them, or take special care to return them in pristine condition. Make a huge shadow box – or have each den make their own and make arrangements to display them at a special event, like Scout Sunday, an annual meeting, or special dinner.
 9. Appoint a pack historian to document pack events during the 75th Anniversary celebration. The historian may add to an existing scrapbook or history or may begin a scrapbook or other record that the pack can build on in the future.
With scrapbooking being all the rage, this may be a great way to get more parents involved in the success and operation of your pack. Ask if there are any scrapbookers in the pack. Have a special meeting for just those that scrapbook, and ask if they would like to form a historians committee. Once they say yes, you may want to get others to help them. This in turn, would teach the other boys and adults that are interested in scrapbooking to see first hand how it is done.
 10. At your chartered organization, local park, or other community site, plant a tree to commemorate the 75th Anniversary of Cub Scouting.
Be sure to get permission before deciding on a site. You may want to plant a tree at your council camp, so that the boys can come back and visit in their scouting years to come. You might find a local city, county or state that will pay for your tree if you plant it in certain reclamation areas. This doesn't have to be expensive, and usually a few phone calls to your local government – and a few clicks on the Internet is all it takes to make this happen. If you do this for a number of trees, this would also qualify as a pack service project that helps the pack meet requirement 6.
- Also available for the qualifying Cub Scout Pack is a special Cub Scouts 75th Anniversary Award Pack Ribbon. The ribbon is shown here.

Boys' Life Reading Contest

Enter the 18th Boys' Life Reading Contest Now!

Boys' Life Reading Contest Patches

COLLECT ALL FOUR!



Write a one-page report titled "The Best Book I Read This Year" and enter it in the Boys' Life 2005 "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, or 11 years 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 will receive a \$75 gift certificate, and third-place a \$50 certificate.

Everyone who enters will get a free patch like the green one above. (The patch is a temporary insignia, so it can be worn on the Boy Scout uniform shirt. Proudly display it there or anywhere!) In coming years, you'll have the opportunity to earn the other patches.

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

For more details go to www.boyslife.org

Entries must be postmarked by Dec. 31, 2005.

Spirit of Scouting Service Awards

Kommisioner Karl



The "Scouting...Vale la Pena" (left) and Asian American (right) Spirit of Scouting awards recognize distinguished contributions to scouting in the Hispanic and Asian-American communities respectively. Nominees are chosen for outstanding services and demonstrated involvement in developing and implementing Scouting opportunities for Hispanic-American/Latino and Asian American youth. These are similar in scope to the Whitney M. Young Award – and are approved by the National Office's Scoutreach bureau.

Many packs and troops have opportunities to reach out to less fortunate immigrant families and bring scouting to boys that might otherwise be left behind.

If you your unit, sponsoring organization or an outstanding volunteer works hard to get these youth involved – you may go to: http://www.bsa-gyc.org/awards/distinguished_service.htm#asian to print a nomination form and for more guidelines.

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

Name the Instrument

Baltimore Area Council

Give everyone a piece of paper with the word "ORCHESTRA" written on it in a vertical line. At the starting signal, everyone must write in a musical instrument beside each letter. The first person to complete the list, or the person having the most instruments listed wins and is awarded a prize.

Just One Word Trick

Southern NJ Council

You'll really have them at a loss for words with this one! Cut out the following letters from magazine or newspaper headlines (or draw black letters on paper and cut them out,)

J N O O R S T U W

Place the letters in any order on the floor or table (or any flat surface), Ask the players to rearrange the letters to spell "just one word." If they give up, rearrange the letters to spell the three words, "Just One Word."

Musical Mixers

Baltimore Area Council

Have several sets of small cards with song titles on them. Choose songs from the Cub Scout Songbook, or pick Pack favorites. Give each Cub and parent a card and ask him to find others with the same song title and rehearse the first verse with them. Have plenty of copies of the complete songs for the groups to use. Have the groups sing the first verses of their songs, in turn, during the meeting.

Musical Get to Know You

San Gabriel Valley, Long Beach, & Verdugo Hills Councils
Find someone who:

1. Plays a musical instrument _____
2. Knows the first verse of the national anthem _____
3. Sings in a choir _____
4. Knows what an octave is _____
5. Knows what the first action is in *Hokey Pokey* _____
6. Can describe and draw a whole note _____
7. Can pronounce and tell what a glockenspiel is _____
8. Can sing the first verse of ANY song _____
9. Can explain and draw a treble clef _____
10. Knows the term for singing without musical accompaniment _____

11. Likes the same kind of music that I do

12. Knows who wrote *Star Spangled Banner*

13. Can name the four sections of an orchestra

14. Plays with a band or orchestra

15. Can give a brief history of *God Bless America*

Getting To Know You - Mixer
Baltimore Area Council

Copy the statements below and give one to each person as they arrive at the meeting. During the meeting, award those who have largest number of spaces filled with small prizes.

Find people who can complete the following sentences. The person's name can only appear once on the quiz (you can't put your name). **For more fun, arrange the categories in a BINGO board!**

- _____ was born in the same state as I was.
- _____ knows how to play a musical instrument.
- _____ has the same middle initial as I do.
- _____ sings in a choir.
- _____ has a birthday in the same month as I do.
- _____ knows the words to "America the Beautiful."
- _____ wears the same size shoe as I do.
- _____ can whistle.
- _____ likes the same sports as I do.
- _____ has a harmonica.
- _____ has the same favorite color as I do.
- _____ takes piano/key board lessons.
- _____ has the same hair color as I do.
- _____ knows the Cub Scout motto as I do.
- _____ likes the same kind of music as I do.

String Maze

You will need for each player (or Team):

- A different colored ball of sting or yarn
- A pencil
- A prize

Preparation:

Tie the prize to the end of the string
Hide the prize somewhere in the room
Unwind the ball of string completely, passing over, under, and around table legs, furniture, and other objects in the room.

Tie a pencil on the remaining end of the string.
Repeat this with each ball of string, don't worry about crossing the strings; this will add to the fun.

To play:

Give each boy (or team - could be a den) a pencil and tell him there is a prize at the end of the string.
Have them wind the string around the pencil as they work their way around the room to find the prize.

Instrument Word Search

San Gabriel Valley, Long Beach, & Verdugo Hills Councils

Find words that describe a musical instrument in the word search below. They can be upside down, backwards, forwards or diagonal.

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

Words to Find:

- | | | | |
|------------|-------------|--------------|-----------|
| Base | Bassoon | Cello | Clarinet |
| Flute | French Horn | Glockenspiel | Guitar |
| Hand bells | Harp | Kettledrum | Oboe |
| Organ | Percussion | Piano | Piccolo |
| Saxophone | Strings | Tambourine | Timpani |
| Trombone | Trumpet | Tuba | Ukulele |
| Violin | Vocals | Wind | Xylophone |

OPENING CEREMONIES

Music Magic (Opening Ceremony)

Setup: Have each Scout hold up a sign with the letter itself or a picture representing each letter on the front. Have their text on the back in BIG letters:

- Cub # 1:** M is for the Many instruments in our band and Pack.
- Cub # 2:** U is for Unison, we play our music together for the most fun.
- Cub # 3:** S is for Special and Sound – each instrument makes a special sound.
- Cub # 4:** I is for Instrument – We each have our own Instrument to play.
- Cub # 5:** C is for Cubmaster – our Cubmaster leads our band.
- Cub # 6:** M is for the Melody we hope you will enjoy.
- Cub # 7:** A is for Adults; we wouldn't be here without the help of the Adults.
- Cub # 8:** G is for the Great music we will make together.
- Cub # 9:** I is for Imagine. Imagine you see beautiful visions when we play our music.
- Cub # 10:** C is for Concert – let's begin our Concert by playing America the Beautiful.

America the Beautiful

(Use with above opening or by itself)

O beautiful for spacious skies,
 For amber waves of grain,
 For purple mountain majesties
 Above the fruited plain! America! America!
 God shed His grace on Thee,
 And crown thy good with brotherhood
 From sea to shining sea!

O beautiful for patriot dream
 That sees beyond the years
 Thine alabaster cities gleam
 Undimmed by human tears!
 America! America! God shed His grace on Thee,
 And crown thy good with brotherhood
 From sea to shining sea!

God Bless America

Use with an Opening Ceremony or as an opening ceremony.
 If sing as an Opening Ceremony, you may wish to introduce
 it with the following -

For our Music Magic Pack Meeting Opening tonight we are
 going to sing, "God Bless America," by Irving Berlin. He
 lived from 1888 to 1989. He immigrated to New York City
 from Russia with his family when he was five years old.
 Young Irving sang songs on the street for money to help his
 family. Soon he was writing songs with a piano player
 friend. Irving wrote the lyrics, and his friend wrote the
 melodies. Later Berlin got a job as a "song plugger."

"God Bless America," America's unofficial national anthem,
 was composed during the summer of 1918 at Camp Upton,
 located in Yaphank, Long Island, for Berlin's Ziegfeld-style
 revue, "Yip, Yip, Yaphank." "Make her victorious on land
 and foam, God Bless America..." ran the original lyric.
 However, Berlin decided that the solemn tone of "God Bless
 America" was somewhat out of keeping with the more
 comedic elements of the show and the song was laid aside.

In the fall of 1938, as war was again threatening Europe,
 Berlin decided to write a "peace" song. He recalled his
 "God Bless America" from twenty years earlier and made
 some alterations to reflect the different state of the world.
 Singer Kate Smith introduced the revised "God Bless
 America" during her radio broadcast on Armistice Day,
 1938. The song was an immediate sensation; the sheet
 music was in great demand. Berlin soon established the God
 Bless America Fund, dedicating the royalties to the Boy and
 Girl Scouts of America.

While the storm clouds gather far across the sea,
 Let us swear allegiance to a land that's free,
 Let us all be grateful for a land so fair,
 As we raise our voices in a solemn prayer.

God Bless America,
 Land that I love.
 Stand beside her, and guide her
 Thru the night with a light from above.
 From the mountains, to the prairies,
 To the oceans, white with foam
 God bless America, My home sweet home

Making Magic

Southern NJ Council

PERSONNEL: Cubmaster, Bobcat, Wolf, Bear, Webelos.

EQUIPMENT: Magic rings, a sack, black and white
scarves, hold-up signs for each speaker.

Cubmaster: "Color guard advance the colors."

Cub # 1: "I am a Bobcat. I know the magic of Scouting,
'Do Your Best'."

Cub # 2: "I am a Wolf. I know the secret of Scouting, I
follow Akela."

Cub # 3: "I am a Bear. I know the secret of Scouting,
'Help Other People'."

Cub # 4: "I am a Webelos. I know the secret of Scouting.
I can perform magic feats of skill. (Holds up two
scarves) In my two hands I have a black and
white scarf. I shall put the black and white
scarves in the sack. I shall say the magic words.
Hokus, pokus, eenie, beenie, jelly beenie.....
(Pulls white scarf out 1st) See, the black scarf
has changed to the white and the white has
changed to the black."

Cubmaster: Boys, the magic to Cub scouting in our Pack is
the three rings I have in my hands. You see them
linked together as our Promise and Law of the
Pack link us. But with magic the links can
become individual circles as each of you are
individual links in our Pack. Without all the links
working together magic cannot be present."
Color guard present the flags of our Pack and
Nation.
Salute
Pledge of Allegiance.

Magic Candle

Southern NJ Council

On head table are arranged magic candles, which should be
lit as ceremony begins

Narrator: Our candle stands tall, straight, and white. It
burns and gives forth inspiring light. As its light shines
forth, you will see our colors blue and gold are regal as can
be. As the blue appears, think of truth and loyalty, the sky
so blue, steadfastness and spirituality. When the gold shines
forth, be of good cheer and think of happiness and sunlight
so clear. As our candle's flame reaches toward the sky so
blue, let us ask (our God) to give us wisdom to lead each
boy straight and true. Mold each of us to be like our
candles, straight and tall, and be inspired to give to God and
our country our all.

To make "magic candles"

Use tall white candles. Drill 1/4" diameter holes every two
inches down opposite sides of the candle. Place scraping of
blue and gold crayons in the holes. Melt paraffin and whip
with eggbeater. Cover candle with whipped paraffin using a
fork to give the candle a rough decoration. As the white
candle burns it will drip blue and gold wax decoratively
down the side of the candle.)

Not Just Pieces of Colored Cloth
Baltimore Area Council

Props: Pieces of red, white, and blue cloth or paper (large enough so the audience can see what boys have in their hands), A large box with another smaller box inside it, An American flag in the smaller box, 3 to 5 Cub Scouts.

Paint the larger cardboard box all one color (it looks better). Inside that box place the smaller box. Inside the smaller box place the folded American flag, with the corners up so that the flag can be picked up easily. The box can be on the floor, on a chair or on a table.

Have one den member walk up to the box and drop BLUE colored strips into it.

The Cubmaster says: "The color blue is from the sky of America, the blue of loyalty and truth in American hearts."

The second Cub walks up to the box and drops in the WHITE strips.

Cubmaster says: "The color white is for purity of heart and service to America."

Now the third Cub Scout walks up to the box and drops the RED strips into it.

Cubmaster says: "The red is for the blood shed during America's history and the proud glory of our flag.

Now two Cubs walk up to the box and slowly lift up the flag, while the Cubmaster says: "Together these bright colors and the things for which they stand, combine to make the pride of our hearts, the Flag of the United States of America."

FYI: *Any suitable dialogue is proper. Remember, when you have your opening ceremony you are NOT locked into having the flag brought up from the back of the room, saluting the flag and reciting the Pledge of Allegiance. To fit with the theme sing "America the Beautiful" or "God Bless America." Use your imagination.*

**PACK AND DEN
 ACTIVITIES**

This would be a great month to create a band!! There are instructions for homemade instruments in the *Cub Scout How-To Book*, one of my favorite resources.

Also, I received a recommendation for the "The Kids Can Press Jumbo Book of Music," by Kids Can Press (duh!). www.kidscanpress.com I bought one and it has a fantastic collection of homemade instruments and music to play on them. There are some freebie samples from the book on the webpage, too. Or maybe you want to hold a ...

Talent Show

San Gabriel Valley, Long Beach, & Verdugo Hills Councils
 Why not put together a talent night for your den or pack? I'm sure there is plenty of talent to show off in your group. Boys can play an instrument or sing. Others might want to perform magic tricks. A few boys may want to team up and together do a song or skit. Make a big deal out of it. Instead of looking for the best performer, give each participant some type of recognition – at minimum a certificate or a badge made in the form of a star.

Silly Song writing

Southern NJ Council

Have the boys write new words to an old, well-known tune. The theme should be suggested to them, perhaps a song about camp life, or about their city, town, or province. Of course, it goes without saying that the boys will be expected to present their song at the first opportunity, preferably the next pack meeting.

Pipe Chimes

Steve from North Carolina who taught the Strictly for Cubmasters course I attended at Philmont this summer
Steve had us play the Philmont Hymn for the closing at PTC this summer. We did great with only a little practice. Your Cubs will love playing these things. CD

Materials:

20 feet of single wire electrical conduit (approximately \$2.50 for 10' stick)

Tubing Cutter - highly recommended for accurate, clean cuts

Time estimate - 1.5 Hours of assembly

Instructions:

Big Picture – *You are going to create 20 different pieces of pipe each of a specific length to produce a given note. There will be a string tied onto each pipe for the musician to hold as he taps the pipe with a spoon held in the other hand.*

Carefully measure & cut lengths.

Accuracy is important.

Tubing cutter is recommended.

Saws are not recommended. Saws leave burrs.

A miter box is better than a loose hand saw.

Drill 1/8th inch diameter holes in one end of each chime.

Pull string through holes and tie.

Label chime (Sharpie Marks A lot).

Chime Dimensions: (1/4 wavelength)

Length of Pipe	Note	Chime #
13 5/8	A	0
13 3/8	B flat	1
13	B	2
12 5/8	C	3
12 1/4	C sharp	4
11 7/8	D	5
11 1/2	E flat	6
11 1/4	E	7
10 7/8	F sharp	8
10 5/8	F	9
10 1/4	G	10
9 7/8	A flat	11
9 5/8	A	12
9 3/8	B flat	13
9 1/8	B	14
8 7/8	C	15
8 5/8	C sharp	16
8 3/8	D	17
8 1/8	E flat	18
7 7/8	E	19
7 5/8	F	20

Over The River

Chimes Needed: - 3, 5, 7, 8, 10, 12, 14, 15
 10 10 10 10 7 8 10 10 10 10 15 15 15 14 12 10
 10 8 8 8 8 7 7 7 7 7 7 5 5 5 7 5 10
 10 10 10 10 7 8 10 10 10 10 15 15 14 12 10
 10 15 15 14 12 10 7 3 5 7 10 8 7 5 3

America

Chimes Needed - 3, 5, 7, 8, 10, 12, 13, 15, 17
 8 8 10 7 8 10 12 12 13 12 10 8 10 8 7 8
 3 3 5 3 5 7 8 8 10 8 7 5 3 3 3
 15 15 15 15 13 12 13 13 13 13 12 10
 12 12 12 12 10 8 10 10 10 10 8 7
 11 13 12 10 8 12 13 15 17 13 12 10 8
 8 8 8 8 7 8 8 10 8 7

America the Beautiful

Chimes Needed: - 2,3,4,5,7,8,9,10,12,14,15,17,19
 10 10 7 7 10 10 5 5 7 8 10 12 14 10 4 5
 7 7 3 3 7 5 2 2 2 5 5 8 8 7
 3 3 3 2 2 2 5 5 3
 10 10 7 7 10 10 5 5 17 16 17 19 12 17 9 8
 7 7 3 3 7 5 2 2 14 14 14 12 9 14
 2 3 3 2 10 10 10 9 10
 10 19 19 17 15 15 10 10 10 12 15 10 17 15 8
 15 15 14 10 12 10 10 10 14 10 8 8 10
 10 10 10 7 8 7 10 7
 5 15 12 12 15 15 10 10 10 10 12 15 10 17 15
 10 12 8 8 12 10 7 7 14 10
 7 8 8 7 8 7

Cub Scout Spirit

Chimes Needed - 7, 8, 9, 10, 12, 14, 15, 16, 17, 19
 10 12 14 15 14 12 10 19 19 17 15
 10 10 10 7 15 15 14 10
 7 7 7 10 10 8 7
 16 17 15 14 19 19 17 15
 14 14 12 10 15 15 14 10
 8 8 8 8 10 10 8 7
 9 12 14 15 14 12 10 19 19 17 15
 10 10 10 7 15 15 14 10
 7 7 7 10 10 8 7
 17 17 15 14 17 15
 14 14 12 10 14 10
 8 8 8 8 8 7

**Goofy for Cub Scouts
 (Cub Scout Tuba, Bagpipe or Digeroo)**

Darby, my daughter, who learned this from a PTC Cub Week faculty member. Directions enhanced by Steve from North Carolina who taught the Strictly for Cubmasters course I attended at Philmont this summer. CD

Materials:

- A long, fairly stiff, hollow tube (Paper, plastic, or most any material will work for the tube. Larger diameters make for deeper musical notes.) I like the plastic tubes in the center of the 36 inch paper used on the plotter where I used to work but a real stiff tube from any paper roll will work or make one by rolling a piece of poster board. I have one made from a carpet roll, too!!
- A latex glove

- A straw
- Tape (Electrical tape, duct tape, etc. Masking tape may tear easily.)

Construction Instructions:

1. Cut a few inches of the straw
2. Put a pinhole in the end of the thumb of the glove (My daughter and Steve say use the thumb. Reason becomes evident, below.)
3. Push the straw part way through the hole and tape where the straw and glove intersect
4. Take the wrist opening of the glove and stretch it over one end of the tube.
5. Tape the wrist end of the glove to the tube by wrapping tape around the glove's wrist and the tube.
6. Grab the fingers of the glove and stretch the palm/back of hand of the glove taut across the tube, sort of sealing the entire circumference of the tube with the palm / back of hand of the glove. . (The glove palm/back will make a "drum" over one end of the tube. This "drum" will be the vibrating membrane, which makes the noise.)
7. Holding the glove taut across over the opening, pull the four loose fingers up the side of the tube.
8. After you have successfully produced music, if you wish, use tape to secure the four fingers to the side of the tube to evenly tighten your "drum" / your tympanic membrane.)

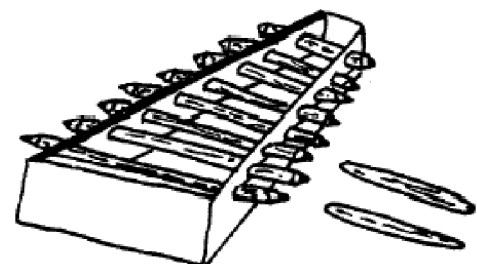
Playing:

1. Resting the top (open end) of the tube on your shoulder
2. Blow into the straw; you should get a tuba like sound

HINT - If you get nothing -

Try readjusting the glove across the opening or change angle on the tube

**Pencil Xylophone
 Baltimore Area Council**



A pencil xylophone doesn't sound like a piano or guitar but it sure sounds like fun!!

If you like music but don't have a musical instrument of your own, you can make this pencil xylophone that really works! You'll need eight wooden pencils, a pencil sharpener, corrugated cardboard, glue or tape, and an ice cream stick (two ice cream sticks if you're real good).

For the xylophone support, cut two pieces of corrugated cardboard, about 4" X 10 1/2."

Poke eight holes, evenly spaced, along one long side of each cardboard, about 1/2" from the edge. Put the ice cream stick into each hole, and twirl the stick around in the hole, which

will make it slightly larger than a pencil. Make eight more holes on the other piece of cardboard, so that the holes from each cardboard line up together.

Remove the metal and eraser at the end of each pencil so you'll be able to sharpen the pencil at both ends. With an open scissors, make a ridge on the pencil at the base of the metal. Run the scissors back and forth around the pencil until it makes a groove in the pencil. Then break the eraser and metal off the pencil at this place.

Sharpen one pencil to each of the following lengths, sharpening at both ends and measuring from tip to tip; 6½", 6¼", 6", 5¾", 5½", 5¼", 5", and 4½". These are approximate measurements for the pencils. You'll probably have to vary them somewhat.

Insert each pencil through a set of matched holes. Start with the longest pencil and end with the shortest pencil. Number the pencils, from "1" to "8", making the longest pencil "1".

Arrange the cardboard at a slight angle, as pictured, so that it looks like the ends would meet if the cardboard were a bit longer. There should be 4¼" between the sides at the wide end of the xylophone and 2" at the short end.

Cut a piece of corrugated cardboard to fit the open space at end of the support, and tape or glue these pieces to the support, making the xylophone look more like a finished musical instrument. The ends of the pencils extend over the edge of the support, about 1" on each side, as pictured,

You'll want your pencil xylophone to play the scale just right. Using a file, nail file, or the sharp edge of folded sandpaper, file a notch into the center of the pencil if you need to lower the pitch, Sharpen the pencil some more to raise the pitch. Play the xylophone by tapping pencils with ice cream stick or another pencil sharpened at both ends.

Try these melodies or write your Pencil Xylophone

Jingle Bells

3-3-3, ½ 3-3-3, 3-5-1 -2-3,
4-4-4, 4-3-3, 3-2-2-3-2,5,
3-3-3, 3-3-3, 3-5-1-2-3,
4-4-4, 4-3-3, 5-5-3-2-1.

Farmer in the Dell

1-1-1-1-1-1,2,
3-3-3-3.3,
5-5-6-5-3-1,
2-3-3-2-2-1 .

Mary Had a Little Lamb

3-2-1-2-3-3-3, 2-2-2, 3-5-5,
3-2-1 -2-3-3-3,
2-2-3-2-1 .

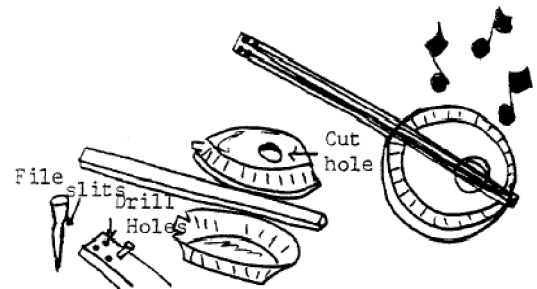
Row Your Boat

1-1-1-2-3, 3-2-3-4-5,
7-7-7, 5-5-5, 3-3-3, 1-1-1,
5-4-3-2-1 .

Banjo

Baltimore Area Council

To make this banjo, use aluminum foil pans and cut tabs in the opposite sides of each pan. For a better tone, cut about a 2" hole in the bottom of one pan. Use this pan for the top of your banjo.



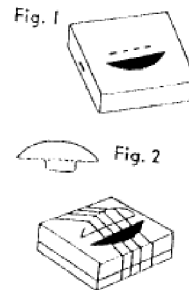
For the neck, place a strip of wood, about 2" wide, between the two pans (rims together). Attach tabs to the wood strips by hammering in tacks. At bottom of wood strip, hammer tacks in only half way for stringing wire.

Drill four holes at the end of the neck for golf tee pegs, File slits near tops of tees to keep strings from slipping.

Use wire, ukulele strings, or rubber bands for strings. Fasten one end of each string to tacks. Knot other end of string so it won't slip out of slit in tee. Twist tee to tighten string. Vary the pitch of each string by tightening or loosening tee.

Rubber Band Banjo

Southern NJ Council



Materials:

- Box measuring approximately 4" square & 1" deep
- Cardboard piece for bridge
- Tape or gummed paper
- Rubber bands of various sizes
- Toothpick

Directions

- Ü Cut a hole and a slot to insert tab of bridge into in the cover. (Fig. 1).
- Ü Fashion a bridge from cardboard. (Fig 2). Make certain the bridge fits securely into the narrow slot and that the bridge stands upright. Return cover to box and fasten with scotch tape or gummed paper.
- Ü Stretch rubber bands of various sizes over the entire box passing them over the bridge. The smaller bands that are stretched more tightly over the bridge will produce the highest tones.
- Ü To play pick the banjo with your fingers or a toothpick. Select simple tunes with which to begin your playing of the banjo; then go to work on the more difficult ones.

Bass Viola*Baltimore Area Council*

Cut tabs at wide and narrow ends of a ham can. Bend tabs out and nail them onto a strip of wood, about 2" wide, to form the neck. String, as for the banjo.

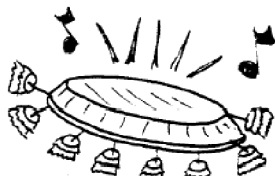
Humming Machine*Baltimore Area Council*

Cut a circle of wax paper 2" larger all around than the top of a foil pie pan.

Place the circle on top of the pan and press excess paper down over the sides of the pan.

Tape the paper onto the bottom of the pan at two opposite points only.

To play, place your slightly parted lips lightly against the hummer. Hum a tune. The paper vibrates to amplify your humming.

Tambourine*Baltimore Area Council*

With a hammer and a nail, punch a hole in about 20 bottle caps. String caps through holes punched around a foil pie pan. Substitute bells for bottle caps, if you like.

Musical Package*Baltimore Area Council*

A small package is wrapped in masses of paper and string. Players are seated in circle and package is passed as music is played. When music stops, boy holding the package tries to unwrap it. No tearing or ripping is allowed. When music starts again, boy holding package must pass package on around circle. Game continues until one player is able to completely unwrap the package. Small prize in the package is for winner.

Musical Handkerchief*Baltimore Area Council*

Each player takes the name of a musical instrument. The leader throws his handkerchief high into the air, each player being instructed to make the sounds of his instrument while the handkerchief is in the air, but to stop the instant it

touches the ground. Anyone who fails to stop that instant must sit out. Then the game continues. Last one in is the winner.

Orchestra*Baltimore Area Council*

The boys sit in a circle and each one chooses the name of a musical instrument. It is better to choose the names of instruments, which require distinctive motions to play, such as: bass drum, trap drum, violin, bass viola, piano, cornet, and others. The leader starts the game by imitating the motion of one playing his instrument. For example, if the leader's instrument is the bass drum, he imitates one beating a bass drum. Each other player must then imitate the motions that go with the playing of his instrument.

Whenever the leader desires, he may change his motions and start imitating the motions of any other player. While he is doing this, all other players except the one imitated must switch to the instrument that the leader was formerly playing. The one whose instrument is imitated must stop his motions and place his hands over his ears.

Whenever the leader switches back to his original instrument, each player in turn must switch back to his.

Anyone who plays his instrument while it is being imitated, or fails to switch to the leader's instrument when he switches to another, or anyone who fails to switch back to his own instrument when the leader switches back to his, must pay a forfeit. Another version of this game is to have a player who has made a mistake become the leader.

Whistling Contest*Baltimore Area Council*

The players are formed in a circle with a pile of folded sheets of paper in the center. On each slip of paper is the name of a song. The leader starts by taking one slip of paper. The leader must whistle the song until the name of the song is guessed. The player who guessed is next to pick a slip of paper.

Musical Advance*Baltimore Area Council*

The group is divided into two equal teams, which stand in vertical lines both facing the front. At the signal to begin, the last player runs to the front of the line, claps his hands over his head three times and sings the first word of the song named by the leader (both teams will sing the same song). The next player in line sings the second word, on down the line of players. The last player runs to the head of the line, claps his hands over his head three times and sings the next word of the song. The team finishing the song first wins.

Maracas

San Gabriel Valley, Long Beach, & Verdugo Hills Councils
There are a lot of sounds that come from homemade maracas. Here are a few suggestions to get you started for all those sounds:

Containers:

- Ü Paper cups taped together at the rim
- Ü Empty water bottles
- Ü Empty milk bottles
- Ü Film canisters

Fillers:

- Ü Rice;

- Ü Beads;
- Ü Sand;
- Ü Pebbles;
- Ü Dried peas.

Instrument Slide

San Gabriel Valley, Long Beach, & Verdugo Hills Councils

Materials:

- Ü Plastic musical instrument, approximately 1½”
- Ü 1¼” wooden square
- Ü Sheet music
- Ü ¾” PVC ring, 1” long

Equipment:

- Ü Craft glue
- Ü Hot glue/gun

Directions:

Using a good copier machine, copy some music sheets down to “really small size.” (If you can copy the sheets cleanly so that the whole sheet is about 1/8 normal size that would be good.)

Cut the sheet music to cover the top of the wooden square; glue in place with craft glue. Using hot glue, mount the instrument onto the sheet music. Mount the PVC ring to the back of the wooden square.

Household Band

Southern NJ Council

Your house is a house full of band instruments just waiting to be found for next month’s performance at the pack meeting. Right now those instruments may look like ordinary pans, bottles, and tools, but a little work can turn them into music makers.

Some brown wrapping paper, a large bottle of white household glue, string, plastic tape, and rubber bands are needed to begin. Next, collect a large wastepaper basket, the biggest ice cream carton, shortening can, or coffee can that can be found; an empty aluminum foil box, some hammers of different sizes, a few half gallon plastic bottles, some aluminum pie tins, some pan lids, soda bottles, and small frozen juice cans.

When put together according to directions, lots of unusual rhythm sounds will be found in the band. If a Cub in the den plays a real musical instrument, he can carry the tune. Otherwise, assign a couple of the best singers to the Funnyface Trumpets described here.

Funnyface Trumpets

Southern NJ Council



- Ü Cut the bottom out of round half-gallon plastic bottles, the ones with handles.
- Ü Wash them out carefully.

- Ü Fasten thin aluminum pie plates over the cut out section with strips of tape, as shown,
- Ü Paint bold grinning faces on the pie plates.
- Ü Play by humming strongly into the neck of the bottle.
- Ü They make a loud, rattly, kazoo sound.

Drums

Southern NJ Council

Drums of any size and sound can be made by covering old wastebaskets, cartons, or large cans with two pieces of heavy wrapping paper glued together with white glue. Stretch this “skin” tightly over the basket or can and tie tightly in place. Now paint the whole thing with another coat of white glue, and let the drum dry overnight. Long pencils or dowels may be used for drumsticks.

Rattles

Southern NJ Council

Use the same method as for the drums. Cover one end of a frozen—juice can and let it dry. Add a handful of small gravel, dried beans, or beads. Cover the second end and allow it to dry. To play, just shake the can.

Ratchet

Southern NJ Council

- Ü Tear the top off the empty aluminum foil box.
- Ü Cover the box with colored construction paper.
- Ü To play, scrape the saw-toothed foil-cutter with a heavy metal cooking spoon.
- Ü They’re loud, and only one is needed.

Seashell Wind Chimes

San Gabriel Valley, Long Beach, & Verdugo Hills Councils

The Seashell wind chime will make a lovely sound when the wind blows through it. Materials:

- Ü 8 seashells (from the beach or craft supply stores)
- Ü 1 plastic coffee can lid
- Ü Yarn scraps
- Ü White glue
- Ü Sharp pencil/paper punch

Instructions:

1. Glue each shell to the end of a short piece of yarn. Use liquid white glue.
2. Let dry overnight.
3. Punch eight holes equally spaced on the top of a plastic coffee-can lid. Use a sharp pencil or a paper punch.
4. Hold the lid with the rim facing up. Push the eight pieces of yarn through the eight holes of the underside of the lid.
5. Tie the end of each piece of yarn in a large knot. Make the knot bigger than the hole so the yarn will not slip through.
6. Punch two more holes on opposite edges of the lid.
7. Push one end of a large piece of yarn from the top of the lid through one hole. It should come out on the underside of the chime.
8. Tie a large knot.
9. Push the other end of the yarn through the other hole and knot it.
10. Hang the chime on the branch of a tree or in your window.

Tuba

San Gabriel Valley, Long Beach, & Verdugo Hills Councils

Materials:

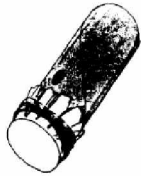
- ü Three feet of clear flexible tubing 5/8" to 3/4" inside diameter
- ü 8" funnel
- ü Tape

Instructions:

Push one end of the funnel into the piece of tubing and secure with tape. With lips together, place free end of tubing to your mouth. Force air between lips to make a buzzing sound. Be sure to clean thoroughly after each music session.

Silly Kazoos

San Gabriel Valley, Long Beach, & Verdugo Hills Councils

**Materials:**

- ü Paper tube roll (use paper towel roll cut in half)
- ü Rubber band
- ü Waxed paper
- ü Pencil

Instructions:

1. Cut a piece of waxed paper a few inches larger than the tube roll opening.
2. With a rubber band, secure the waxed paper over one end of the tube.
3. Using a pencil or pen, punch a hole about 1" from the covered end.
4. Hold the open end of the kazoo around the outside of your mouth and hum your favorite tune.
5. Decorate your Kazoo with paint or construction paper.

Bass Fiddle

San Gabriel Valley, Long Beach, & Verdugo Hills Councils

Materials:

- ü Coffee can
- ü Mop or broom handle
- ü String
- ü Heavy tape

Instructions:

Punch a hole in the bottom of the can. Thread string through hole and secure on the inside. Tie other end of string to end of broomstick and secure with tape so it does not slide down.

To play it, put one foot on the can to hold it in place. Rest the end of the broomstick without the string on the coffee can or on the floor. Tilt dowel back until the string is tight. Then pluck it.

Jingle Bell Gloves

San Gabriel Valley, Long Beach, & Verdugo Hills Councils

Materials: Stretchy kind of children's glove and five small jingle bells.

Instructions: Take stretchy glove and sew a jingle bell to end of each finger.

Drum

San Gabriel Valley, Long Beach, & Verdugo Hills Councils

- ü Get a plastic bleach container (rinse well).
- ü Saw it off just below the handle.
- ü Use the bottom for the drumhead.
- ü Drum using fingers or dowel stick.
- ü Variation: Use an oatmeal box.

Bottle Xylophone

San Gabriel Valley, Long Beach, & Verdugo Hills Councils

Materials:

- ü Eight soft drink bottles:
- ü Five 12 ounce size
- ü Two 16 ounce size
- ü One 10-ounce size.

Instructions:

- ü Make a hanging stand.
- ü Hang bottles by their necks
- ü Tune by pouring water into them.
- ü After tuning the bottles, mark the water level for easy refilling.
- ü Use a knife handle for playing.

Homespun Band

San Gabriel Valley, Long Beach, & Verdugo Hills Councils

Have each boy bring a tool (screwdriver, saw or hammer, kitchen pan or utensil). Divide into dens and give them each a song (one verse and chorus). Give each den about ten minutes to "practice" with their instruments. They need to use each item that was brought as a part of their band.

AUDIENCE PARTICIPATIONS

The Wonderful Cellar Band

San Gabriel Valley, Long Beach, & Verdugo Hills Councils

Divide the group into five smaller groups and assign each group one of the words listed below. Practice as you assign parts. Read the story. After each of the words is read, pause for the group to make the appropriate response.

DUSTY OLD CELLAR:	Cree-eek, Ah-Choo
JUG:	Boop, Boop
TRASH CAN:	Crash-Bam
SAW:	Whaang, Whaang
HAT BOX:	Rat-a-tat-tat

Once upon a time, as many stories begin, in a **DUSTY OLD CELLAR** there lived a group of very good, very old, and very out-dated friends. There was an empty glass **JUG**, a rusty **SAW**, two beat-up **TRASH CANS** and a faded old **HAT BOX**. Now these old friends had been in the **DUSTY OLD CELLAR** for a very long time, and except for being moved about from time to time, they were left alone to rust or turn to dust. Needless to say, they were very lonely. One day, the empty glass **JUG**, in a deep low voice said, "It's too quiet here. I wish something would happen." "Now really, **JUG**," said the rusty **SAW**, "What could possibly happen here?" "Why," said the faded old **HAT BOX**, "I've been sitting on this **DUSTY OLD CELLAR** shelf for 20 years and all I've seen are two mice and a Daddy- Long-Legs spider." This empty glass **JUG** is just getting older and emptier," said the beat-up **TRASH CANS**. "Don't pay him any mind."

"Fooley, thought **MUSIC MAN**, "I never get to hear **THE EYES OF TEXAS**, (drum roll) my favorite song, because if I were to play, sing, or say **THE EYES OF TEXAS** (drum roll) I would give away my secret identity. At least I get to fight lots of **SOUR NOTES**." " **THE EYES OF TEXAS**, " (drum roll) said **MUSIC MAN**, and once again he was the mild mannered **CHOPIN JONES**.

Just then there was a ringing in **CHOPIN JONES**' shoe. It was the conductor calling him on his shoehorn. He was in a panic. "**MUSIC MAN**," he cried, "**BAD, BAD LEROY BROWN**, your arch enemy and his **CROWD OF CRITICS**, Murderous Mack the knife, Dreadful old Dan Tucker, cunning cotton-eyed Joe, and Wild Harry, have broken out of jail and are playing a lot of **SOUR NOTES**. They are out for revenge against you and the orchestra of Tonhous. They said you like beautiful music. You prevented them from plugging up the holes in our clarinets and saxophones; kept them from throwing our beautiful music away, and just won't let them play **SOUR NOTES**. That **CROWD OF CRITICS** mean a lot of bad notes. "

"**THE EYES OF TEXAS**," shouted **CHOPIN JONES** and **MUSIC MAN** was in business once again. "**BAD, BAD LEROY BROWN** and his **CROWD OF CRITICS** have been a tear in my drum top, and this time I will take care of **BAD, BAD LEROY BROWN** and his **CROWD OF CRITICS**." **MUSIC MAN** blew around the city, but made a wrong turn on the freeway and soon was on his way to Dallas. He headed back for Tonhous. He saw a suspicious-looking Volkswagen. Could **BAD, BAD LEROY BROWN** and his **CROWD OF CRITICS** be in that little car? He blew down, and sure enough the whole crowd was there and on their way to play **SOUR NOTES**.

There was a great rumble. "Rat-tat-tat," went the snare drums; "boom boom," went the bass drum; "blast, blast" went the cornets; and "toot" went the flute. Nothing could hurt **MUSIC MAN** and soon the **CROWD OF CRITICS** and their **SOUR NOTES**' leader, **BAD, BAD LEROY BROWN**, were behind bars again.

The conductor said, "Want to hear the latest song, **MUSIC MAN**?" **MUSIC MAN** said, "I'd rather hear **THE EYES OF TEXAS**. Ooops! "

ADVANCEMENT CEREMONIES

Arrow of Light Ceremonies –

Need a new AOL Ceremony?? Lewis posted this site on a Cub Roundtable Discussion Group. It has 25 AOL ceremonies and ideas on how to create your own.

<http://www.cubscoutarrowoflight.net/>

American Achievement (Music) Awards Baltimore Area Council

Advancement Preparation:

- ü Make "American Music Awards" for the Badges by spray-painting sauce or ketchup bottles (ones with long skinny necks) with gold paint. Staple just the Wolf, Bear, etc cloth badge on blue or yellow 1" wide ribbon and hang on the award like the picture.

- ü Make up envelopes that contain the cards and pins for the boys who are to receive Badges and seal them with a gold seal. Have an Asst Cubmaster help you or have special presenters for the envelopes and the awards.

The script for this Awards Show Pack Meeting is written for the Cubmaster. Feel free to divide up the speaking part if you wish. Other needed personnel will be mentioned as the script goes on at the time they are needed. To help it go over big – Use a lot of enthusiasm.

Ceremony:

Welcome to the First Annual Pack XYZ Cub Scout Achievement Award Show. Our show tonight is brought to you in living color and is sponsored by (charter organization). I am your host for tonight, Cubmaster _____. We have quite a few categories to cover tonight, so on with the show.

The first category of Achievement is the Bobcat. We have several Cub Scouts who are eligible for the Bobcat and have been nominated for this award. The nominees are: (list all the boys who are to receive their badge). And the winners are: (If there are more than one, announce a tie). Now before you receive your award, please lead the Cub Scouts in the pack in the Cub Scout Promise. All Cub Scouts and Webelos Scouts please: rise and give the Cub Scout Sign, while the winners lead you in the Promise. You parents have been helping in the wings. Each parent, please present your son with his badge.

Note: (In between the awards, have a song or some other musical entertainment)

Our next category is for the Achievement of the Wolf. We have several Cub Scouts who have worked very hard to be nominated for this award. They have completed twelve achievements and some have done more by earning Arrows. The nominees are: (List all the boys just as you did for the Bobcat). And the winners are: (or announce a tie). You Bobcat Scouts have worked very hard for the last year to earn this award. You parents have helped your sons to accomplish this award. Please do the honors by presenting the badge and the pin to your son. (Treat the Bear Badge like the Wolf award.)

At this time I would like to present the Gold Arrow Award. These nominees have completed 10 more electives in their books and have already received the Wolf (or Bear) Badge. The nominees are: (List all the boys just as you did for the Bobcat). The envelope, please. And the winners are: Now, before you receive your award, please tell the audience at least one of the projects you completed to receive this Arrow. (Treat the Silver Arrow Award in a similar manner).

Star Advancement Ceremony

San Gabriel Valley, Long Beach, & Verdugo Hills Councils
Set up: Similar to musical awards show with handmade "trophies" using homemade statuettes or star shaped certificates. You may want to even have special envelopes containing the boys' patches/pins.

Announcer: (*Use your best TV Emcee voice*) Good evening and welcome to our star studded awards show. Tonight we congratulate all the boys for their accomplishments. First, we have the Bobcat award to be

given to the boys with a fantastic first performance in a den. These boys are well on their Cub Scouting trail. The winners are: *(Names of boys getting the Bobcat award.)* Will these outstanding performers and their agents/parents please come forward?

Next, we have a group of Wolves who have worked hard on their 12 acts. Will the following winners of the Wolf Award and their agents please come forward? *(Names of boys)* Let's give a big hand to these winners!

Moving right along, we have the band of Bears who have also learned their 12 acts well and continue to grow in Scouting. The winners are: *(Names of boys)*

And now, we have our stellar Webelos: They have worked diligently over the years and have completed the necessary activity badges thanks to their agents and directors – their leaders. We are proud to award them the Webelos Award: *(Give names of boys.)* Will they please come up along with their agents to receive their award? Aren't these boys all stars for their achievements? They will continue practicing for only one more award, that prestigious Arrow of Light award.

Good luck to all our boys in pursuing their shining careers in Scouting!

Advancement Song Advancement

Baltimore Area Council

Have the Leaders form an arch (London Bridge style) and each time you call a den up for it's advancements you have the leaders sing the "Cub Scout Advancement Song. *This song should be practiced.*

Advancement Song

Santa Clara County Council

Tune "When Johnny Comes Marching Home"

When the Cub Scouts all achieve a rank, Hoorah! Hoorah!
 When the Cub Scouts all achieve a rank, Hoorah! Hoorah!
 The moms will cheer *(moms cheer)*
 And the dads will shout *(dads shout)*
 The leaders all will turn about
(Leaders turn around in a circle)
 And we'll clap our hands (all clap)
 When the Cub Scouts achieve a rank!

This song could be sung before the Advancement Ceremony any month. Maybe, make it like the Announcement Song that is sung when the Cubmaster says the word Announcements. Have this sung when the Cubmaster announces Advancements. CD

Musical Notes

San Gabriel Valley, Long Beach, & Verdugo Hills Councils

Props: White poster board, with lines for musical score (no notes, just lines and a treble clef), propped up; black paper notes with double sided tape or loops of tape on the back. Have the Cub Scouts' names in bright colors on the face of each (Gold or silver marker works well).

Cubmaster: There are many beautiful songs in the world. When you are happy, you can't help but burst out in a song. The most beautiful music to me is the sound of a happy child when he is proud of his accomplishments. Please join me in

singing the praises of the following young men. *(Calls out names of first group of boys to earn rank.)*

These boys have earned their (Bobcat, Wolf, Bear, Webelos) rank. Their hard work and endeavor leaves a song in my heart. This patch is for their uniform to show the world what they have accomplished. The pin is for the parents, to show how much their support means to him. *(Gives patches to the parents to present to their sons, pins to the Scouts to present to their parents.)*

Boys, as you receive your badge, please add your note to our musical score. *(Boys stick their musical notes on the board.)*

Cubmaster repeats as necessary varying dialog for each rank.

Radio Station, C.U.B.S.

San Gabriel Valley, Long Beach, & Verdugo Hills Councils

Cubmaster: This is radio station C.U.B.S. signing on the air with an evening of fun and achievement for all you boys out there in radio land. Tonight we have selected several of our listeners for special awards. They have become Bobcat members of our station C.U.B.S. Fan Club. If the following boys will come to the station with their parents, we will present them with their awards. *(Presents Bobcat badges to parents.)*

Asst. CM: This is station C.U.B.S. Mobile Control out on the Cub Scout trail. We have spotted several of our Cub Scouts who found their lucky number, 12, for the 12 Wolf achievements. Several have also collected the 10 electives needed for gold and silver arrow points. Will *(Call boys' names)* and their parents come to the station to claim their awards? *(Present Wolf badges and arrow points.)*

Cubmaster: Station C.U.B.S. asks the question: Have you earned your Bear achievements *(name boys)*? We know you have. Come in with your parents and allow us to present your awards. *(Make presentation.)*

Asst. CM Visiting the studio with us tonight are *(names boys)*. These boys have been working hard on Webelos activity badges and are being honored by having their awards presented on the air from station C.U.B.S. *(Ask boys and parents to come forward and make presentation.)*

Cubmaster: And now for the highlight of this evening's broadcast. We take great pleasure in announcing the top of this month's Hit Parade - the boys who have earned Cub Scouting's top award - the Arrow of Light Award. The names of these boys have been added to the gold record of Cub Scouting. *(Call boys and parents forward and present awards.)*

Cubmaster: And now this is station C.U.B.S. signing off the air and inviting you to tune in at Pack ____ on your radio dial.

Magic Advancement Ceremony

Southern NJ Council

Cubmaster prefaces award ceremony with the following – There's no magic in what we are about to do next. It's time for recognizing the Cub Scouts whose hard work and skills have earned them the right to advance along the Scouting Trail. No hidden cards, no disappearing balls or coins, no magically appearing scarves are involved in advancement. It's strictly a matter of knowing what you have to do and doing it - with the help of adult leaders, den chiefs, and

families, it's true. But the bottom line is that a boy has to do the work by himself.

Well, perhaps there is a bit of magic in that after all - because by fulfilling the Bobcat, Wolf and Bear tracks and marching along the Arrow trail, a boy transforms himself before our very eyes. And during his years in the Webelos program, a Cub Scout enters a period of accelerated growth and development - often earning an activity pin a month as his hunger for knowledge blossoms.

So maybe Magic is what we're recognizing tonight - the best kind of magic. Recognizing young men who have discovered the magic of transforming themselves one step at a time toward their ideals of knowledge, strength, and good citizenship.

The Great Spirit

Southern NJ Council

Personnel: Cubmaster, Akela, Great Spirit

Equipment: Artificial campfire, tom-tom

Setting: Curtain opens showing Akela sitting by campfire. Tom-tom is beating softly.

Cubmaster: Chief Akela of the Webelos Tribe, I have before me (**number**) Cub Scouts who have lived by the Cub Scout motto, kept the Cub Scout Promise, and obeyed the Law of the Pack. They have each completed the requirements of their respective ranks. I now present and recommend each for his advancement.

Great Spirit: Tonight we honor those Cub Scouts who have grown in knowledge and have achieved a higher rank in Cub Scouting. How have they grown in knowledge? In much the same manner as Akela. Akela was the big chief of the Webelos - tall, stalwart, straight as an arrow, swift as an antelope, brave as a lion. His father was the son of the great yellow sun. He was called the 'Arrow of Light'. His mother, from whom he learned all those wondrous things that mothers know, was called 'Kind Eyes'. When Akela was a young boy, he was taken on short trips into the forest among the great trees and the streams. Here from the Wolf he learned the language of the ground, the tracks, the fields, and the ways of food. From the Bear he learned the secret names of the trees, the calls of the birds and the language of the air. Just like Akela, you have learned much along your trail to advancement.

Akela: Cub Scouts, you have lived by the Cub Scout motto, kept the Cub Scout Promise, and obeyed the law of the Pack. I am happy to see you come before this pack to receive your badges.

(Curtain closes)

Cubmaster: Just as Akela's parents helped him as he grew, so have your parents helped you achieve your new rank. I know that they will be proud to share this honor with you. Will these boys and their parents come forward? **(Call names, present badge to mother)** Now I will ask that you boys give the Cub Scout sign and repeat after me:

"We boys now promise . . .
to go back to our dens . . .
and to do our very best . . .
to work on electives . . .
and to keep advancing regularly."
Thank you and congratulations!

GAMES

Non-Elimination Musical Chairs

San Gabriel Valley, Long Beach, & Verdugo Hills Councils
The object of the game is to keep everyone in the game even though chairs are systematically removed. The music is played and more and more chairs are removed each time the music stops. In this version, however, more and more boys team up together, sitting on parts of chairs or on each other to keep everyone in the game. At the end, boys are perched on one chair rather than there being only one winner on one chair.

Sound Effects

Southern NJ Council

You will need: - A tape player and a tape with sounds that you have recorded
This is another game that is good at the start of a show if not all the children have arrived. Borrow some sound effects records from your local library. Drama clubs and filmmakers use them. Record different sounds onto a tape leaving short breaks between each sound. Put in some easy ones such as a dog barking and chickens clucking, but put in some hard ones as well, such as submarine noises and music boxes. Tell the children, that you are going to play them sounds from the television and the cinema. The first person with their hand up will get the prize if they can say what the sound is. Tell them not to put their hand up until they are certain what the sound is. Any age group can play this game. A variation on this is to use the first few notes of popular songs.

Musical Hoops

San Gabriel Valley, Long Beach, & Verdugo Hills Councils
This game is similar to Non-Elimination Musical Chairs, except it is played with hula- hoops. You will need a hula-hoop for each player except one. Spread the hula-hoops out onto the floor. If there are eight players, you will need seven hoops. Have each boy stand in a hula-hoop, then start the music and remove one hoop. When the music stops the boys must all find a hoop to stand in. Continue removing a hoop each time. At the end, everyone will be trying to fit into one hoop.

Name That Tune

San Gabriel Valley, Long Beach, & Verdugo Hills Councils
Choose one boy to be the disc jockey and divide everyone else into two teams. Place a bell in front of each team. The disc jockey plays a few bars of a familiar song on a CD and then stops it. The team that knows the name of the tune rings the bell and gives the answer. If it is correct, that team gets a point. The first team to score 10 points wins the game.

Musical Charades

San Gabriel Valley, Long Beach, & Verdugo Hills Councils
Prepare eight to ten slips of paper with names of popular songs. Place them in a bowl. Boys take turns pulling a song from the bowl and then must act out the title, as in the game of Charades, until someone guesses the song title. The player who guesses the title correctly then becomes the next boy to act out a song title. A variation could be having the boys play in teams.

Music Magic

San Gabriel Valley, Long Beach, & Verdugo Hills Councils
Choose a small object to hide. Select one boy to be "It." "It" leaves the room and the object is hidden. The rest of the group starts signing a song. "It" hears the signing, returns and looks for the object. As he nears the object, the group sings louder, as he moves away, they sing softer.

Music Pictionary

San Gabriel Valley, Long Beach, & Verdugo Hills Councils
This game is based on the TV version. You will need large sheets of paper or a dry erase board, some markers and a timer. The boys are divided into two teams. The game leader has a coin toss to see which team goes first. One boy for the team steps up to the drawing board and is shown a musical term, name of a song, instrument etc. to draw. The team has 30 seconds to guess what character is being drawn. Use of sounds or letters and words is not allowed. If the team doing the drawing does not guess the correct word in 30 seconds, the other team gets one try to guess. The team with the most correct guesses wins!

Sing Down Your Neighbor

San Gabriel Valley, Long Beach, & Verdugo Hills Councils
The first person sings the first line of a popular song then points to another boy. The second boy must sing the second line of the song and choose another boy to sing the third line. Anyone who fails to sing the correct line drops out of the game. The last surviving singer wins!

Musical Parcel

San Gabriel Valley, Long Beach, & Verdugo Hills Councils
Before the den meeting, choose a small prize, such as a candy bar or small toy. Wrap it in many different layers of paper. The parcel is passed around from boy to boy while the music is playing. Each time the music stops, whoever is holding the parcel takes off one of the layers of wrapping paper. The lucky player who takes off the last wrapping gets to keep the prize.

Musical Water Balloons

San Gabriel Valley, Long Beach, & Verdugo Hills Councils
Appoint someone to be the "music" with his back to the players as he sings. Each boy needs a water balloon. The players stand in a circle. When the music starts, each player throws his balloon to the boy on his left, while trying to catch the balloon from the boy on his right. If the balloon falls to the ground, it can be picked up and used as long as it isn't broken. If it breaks, the game goes on with the remaining balloons. When the music stops, the player without a balloon is eliminated. The last boy to have a water balloon is the winner!

Lip Synch Magic

San Gabriel Valley, Long Beach, & Verdugo Hills Councils
Have each boy take a turn at lip-synching the words to a song. Have the group vote on who is the most convincing "singer."

SONGS

HHMMmm – how do you pick songs for a Music Theme – well here are some classics and some classics with new words. Some FUN, some thoughtful, some with actions, some without. Maybe you can have each den pick a song and lead it or perform it at your Pack Meeting. Want even more?? Don't forget the Cub Scout Songbook that now comes with a song tape so you can hear the songs, too. Whatever you do – Have FUN. CD

I'd Like To Teach The World To Sing

San Gabriel Valley, Long Beach, & Verdugo Hills Councils
This one may make a good Opening – CD

I'd like to build the world a home
And furnish it with love
Grow apple trees and honey bees
And snow-white turtle doves
I'd like to teach the world to sing
In perfect harmony
I'd like to hold it in my arms and keep it company
I'd like to see the world for once
All standing hand in hand
And hear them echo through the hills
"Ah, peace throughout the land"
(That's the song I hear) I'd like to teach the world to sing
(That the world sings today) In perfect harmony
I'd like to teach the world to sing
In perfect harmony
I'd like to build the world a home
And furnish it with love
Grow apple trees and honey bees
And snow-white turtle doves

Cub Scout Harmony

Baltimore Area Council

Tune: I'd Like To Teach The World To Sing

I'd like to teach the world to sing
In Cub Scout harmony.
The Blue and Gold would be the thing
That everyone would see.
Each Wolf and Bear and Webelos
Is doing all he can
To "Do His Best" with all the rest
Of Cub Scouts in the land.

Chorus:

We're the real thing (Cub Scouts)
Why not join us, you'll see (Cub Scouts)
What fun really can be (Oh, yeah!)
We're the real thing (We're Cub Scouts, oh, yeah!)

S-M-I-L-E

Baltimore Area Council

Tune: John Brown's Body

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

2. It isn't any trouble just to G-R-I-N, grin.

3. It isn't any trouble just to L-A-U-G-H
4. It isn't any trouble just to HA! HA! HA! HA! HA!

That's Why We're in Cub Scouting

Baltimore Area Council

Tune: Deep In The Heart Of Texas

The fun things in life, Our family's delight!
 (clap hands four times)
 That's why we're in Cub Scouting.
 We do our best, To pass each test
 (clap hands four times)
 That's why we're in Cub Scouting.
 Just me and my son, Work, play, and have fun,
 (clap hands four times)
 That's why we're in Cub Scouting.
 We think our pack's great, We keep it first-rate;
 (clap hands four times)
 That's why we're in Cub Scouting!

The Nothing Song

Baltimore Area Council

Tune: Reuben, Reuben, I've Been Thinking

Nothing, nothing, nothing, nothing,
 Nothing, nothing all day long.
 Absolutely nothing, nothing
 That's the name of the Nothing song?

Call out –

Second verse, same as the first
 A little bit louder and a little bit worse
You can have as many verses as you wish!!

Whew-w-w

Baltimore Area Council

Tune: Jingle Bells

Clap your hands, stomp your feet,
 Let's all stand up please.
 Face to the left, face to the right
 Now hands on your knees.
 Sit down now, stand back up.
 Clap your hands two beats.
 Now we'll all wipe our brows,
 And collapse in our seat.

Cubmaster's Hymn

Baltimore Area Council

Tune: On Top of Old Smoky

On top of Old Smoky, All covered with snow,
 I learned a great lesson, All people should know.
 I met a Cubmaster, A helper of youth.
 He was roaming God's mountains, In search of the truth.
 He told me he found it, In the red sunset's glow,
 In the voice of the thunder, In the touch of the snow.
 His truth was quite simple, As plain as could be.
 I'll never forget, What that leader told me.
 Do your duty to God, To the red, white, and blue,
 To all others be helpful, To thine own self be true.

Commercial Confusion

San Gabriel Valley, Long Beach, & Verdugo Hills Councils

Tune: The Farmer in the Dell

Last night I watched TV I saw my favorite show
 I heard a strange commercial, I can't believe it's so.
 Feed your dog Chiffon. Comet cures a cold.
 Use SOS pads on your face, To keep from looking old.
 For headaches take some Certs. Use Tide to clean your face
 And do shampoo with Tacky Glue,
 It holds your hair in place.
 Perhaps I am confused. I might not have it right.
 But one thing I am certain of, I'll watch TV tonight!

Oh, I Wish I Were An Actor

San Gabriel Valley, Long Beach, & Verdugo Hills Councils

Tune: Oh I Wish

Oh I wish I were an actor in a show
 Oh I wish I were an actor in a show
 I'd make you feel real tense
 I would hold you in suspense
 Oh if I could be an actor in a show.
 Oh I wish I were a rock star of a group
 Oh I wish I were a rock star of a group
 I would sing and I would shout
 I would really knock you out
 Oh if I could be a rock star of a group.
 Oh I wish I were a musician in a band
 Oh I wish I were a musician in a band
 I would blow on a flute
 and make my trumpet toot
 Oh if I could be a musician in a band.
 Oh I wish I were a Cub Scout in a skit
 Oh I wish I were a Cub Scout in a skit
 I would say my lines
 and make my parents shine
 Oh if I could be a Cub Scout in a skit

Round Time

San Gabriel Valley, Long Beach, & Verdugo Hills Councils

Divide the room into three separate groups.
 All of these songs can be found in the Cub Scout Songbook.
 Have one group start and then start the other groups,
 go through the songs two or three times.
 The first group can sing **Row Row Row Your Boat**
 The second group will sing **Down by the Station**
 The third group will sing **Are You Sleeping**

Scouting In The US of A

San Gabriel Valley, Long Beach, & Verdugo Hills Councils

Tune: YMCA

Young Cub, welcome to Cub Scouts
 I said young Cub, this is what it's about
 I said young Cub, you'll learn to cast that line out
 You'll learn to cook and to camp out
 Young Cub, are you ready to start
 I said young Cub, be a Tiger and Wolf,
 I said young Cub, to be Bear and Webelos,
 These are things to help you grow
 It's fun to scout in the US of A

It's fun to scout in the US of A
 You'll learn most everything to prepare you for life
 Without any strife,
 It's fun to scout in the US of A.

Bad Weather

Southern NJ Council

(Tune: If You're Happy)

If you're wet and you know it, Clap your hands
 If you're wet and you know it, Clap your hands
 If you're wet and you know it
 Then your drippy clothes will show it,
 If your wet and you know it., Clap your hands
 If the mud is only knee deep, Stomp your feet!
 If the mud is only knee deep, Stomp your feet!
 If the mud is only knee deep
 And you wish that it were hip deep!
 If the mud is only knee deep, Stomp your feet!

Every Year

Southern NJ Council

(Tune: Old MacDonald Had A Farm)

Every year we bake some pies,
 Yum, yum, yum, yum, yum.
 Coconut and lemon pies,
 Yum, yum, yum, yum, yum.
 With a big slice now and a glass of milk.
 Extra slices if I may.
 Every year we bake some pies,
 Yum, yum, yum, yum, yum.
 Every year we go see Grandma,
 Ho, ho, ho, ho, ho.
 She always lets us trim the tree.
 Ho, ho, ho, ho, ho.
 Up go the lights, and up goes the tinsel.
 Everyone helps as we decorate it.
 Every year we go see Grandma,
 Ho, ho, ho, ho, ho.

Baden Powell Had Many Scouts

Southern NJ Council

Tune: Father Abraham

To hear the tune go to

<http://www.niehs.nih.gov/kids/lyrics/manyscouts.htm>

For actions, simply move indicated part of the body named
 After the first verse, start swinging right arm;
 Swing both arms after second verse;
 Swing both arms and right leg after third verse and so on.

Robert Baden-Powell had many scouts
 Many scouts had Robert Baden-Powell.
 I am one of them, and so are you.
 Let me tell you what to do...
 Right arm.

Robert Baden-Powell had many scouts
 Many scouts had Robert Baden-Powell.
 I am one of them, and so are you.
 Let me tell you what to do...
 Right arm, left arm.

Continue, adding:

right leg,

left leg,
 nod your head,
 stick out your tongue,
 turn around, sit down.

Scout Vespers

Southern NJ Council

If you have internet access go to

<http://members.iinet.net.au/~oneilg/scouts/songs/vespers.html>

to hear the tune and find additional verses.

Softly falls the light of day,
 While our campfire fades away.
 Silently each Scout should ask:
 "Have I done my daily task?
 Have I kept my honor bright?
 Can I guiltless sleep tonight?
 Have I done and have I dared.
 Everything to be prepared?"

Cub Scout Vespers

Southern NJ Council

Tune "Oh Christmas Tree"

As the night comes to this land,
 On my promise I will stand,
 I will help the pack to go,
 As our pack helps me to grow.
 Yes, I'll always give goodwill,
 I'll follow my Akela still.
 And before I stop to rest,
 I will do my very best.

Scout Wetspers

Southern NJ Council

Softly falls the rain today
 As our campsite floats away
 Silently each Scout should ask
 Did I bring my SCUBA mask?
 Have I tied my tent flaps down?
 Learned to swim, so I won't drown?
 Have I done and will I try
 Everything to keep me dry??

Take Me Out to the Forest

Southern NJ Council

(Tune: Take Me Out to the Ball Game)

Take me out to the forest.
 Let me hike in the wild.
 Show me a skunk and a few bear tracks.
 I won't care if I never come back.
 But it's look, look, at your compass.
 If it rains, then it pours.
 And it's ouch, slap, sting and your bit
 In the great outdoors!

Song of my Shoes

Mt. Diablo Silverado Council.

Tune: Battle Hymn of the Republic

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

Chorus

Groovy, Radical, and Awesome (repeat 3x)

My shoes are wearing out!
 My shoes have seen the bottom of the dirty, fishy creek,
 My shoes have been all covered with the gooey, muddy
 cake,
 My shoes have seen the same old socks for seven days this
 week,
 My shoes do really stink!
 Chorus
 Groovy, Radical, and Awesome (repeat 3x)
 My shoes do really stink!
 My shoes are torn and tattered climbing fences packed in rust,
 My shoes are stained and spattered with some yucky insect guts,
 My shoes are oozing slime and fill my Mom with disgust,
 My shoes have bit the dust!
 Chorus
 Groovy, Radical, and Awesome (repeat 3x)
 My shoes have bit the dust!

I've Got That Scouting Spirit

Southern NJ Council

I've got that Scouting spirit up in my head,
 Up in my head, up in my head.
 I've got that Scouting spirit up in my head,
 Up in my head to stay.
 2. I've got that Scouting spirit deep in my heart.
 3. I've got that Scouting spirit down in my feet.
 4. I've got that Scouting spirit all over me

The Grand Old Duke of York

Southern NJ Council

Tune: "A-Hunting We Will Go"
 The Grand old Duke of York,
 He had ten thousand men.
 He marched them up the hill,
Everyone stands up
 And marched them down again.
Everyone sits down
 And when you're up, you're up;
Everyone stands up
 And when you're down, you're down.
Everyone sits down
 And when you're only halfway up,
Everyone half-way up
 You're neither up nor down!

The Grand Old Captain Kirk

Southern NJ Council

Tune: "A-Hunting We Will Go"

The Grand Old Captain Kirk
 He Had A Thousand Men,
 He Beamed 'em Up To The Enterprise
Everyone stands up
 And Beamed 'em Down Again.
Everyone sits down
 And When You're Up Your Up,
Everyone stands up
 And When You're Down Your Down,
Everyone sits down
 And When You're Only Half Way Up,
Everyone roll your atoms
 Your atoms roll around

Little Red Caboose

*Taught to me by Diane from South Dakota at the Philmont
 RT Class a few years ago.*

Little red caboose, chug chug chug
 Little red caboose, chug chug chug
 Little red caboose behind the train, train, train
 Smokestack on his back, back, back, back
 Coming down the track, track, track, track
 Little red caboose behind the train
 Whoo-Whoo!

The Scout Who Never Returned

Southern NJ Council

Tune: Charlie On The MTA

Let me tell you of a story of a Scout named ____
 On that tragic and fateful day;
 Put his Scout knife in his pocket;
 Kissed his dog and family;
 When to hike in the woods far away.
 Well, did he ever return?
 No, he never returned.
 And his fate is still unlearned:
 He may roam forever in the woods and mountains,
 He's the Scout who never returned.
 Now you citizens of [town name],
 Don't you think it's a scandal
 How ol' [Scout's name] got lost that day?
 Take the right equipment;
TAKE ALONG A BUDDY,
 When you hike in the hills that way.
 Or else you'll never return,
 No, you'll never return.
 And your fate will be unlearned: just like [Scout's name])
 You may roam forever in the woods and mountains,
 Like the Scout who never returned.

CUB GRUB

Zip-Loc Fudge

Baltimore Area Council

Ingredients

Zip-Loc Sandwich bag
(For active hands, better use a quart freezer bag)
 4 Tablespoons powdered sugar
 1 Tablespoon butter (1/8 stick)
 2 teaspoons cream cheese
 Few dashes of vanilla
 1/2 to 1 Tablespoon cocoa

Directions

Ü Put all ingredients in the bag,
 Ü Squeeze out air and zip bag
 Ü "Smooch" ingredients together until well blended.
 Ü If desired, add mini M&M's, raisins, peanut butter, etc.
 Ü This is a single serving recipe.

Zip-Loc Ice Cream

Baltimore Area Council

Ingredients

1/2 cup milk or cream
 1 Tablespoon sugar
 1/4 teaspoon vanilla

Directions

- Ü Place all ingredients in a quart Zip-Loc freezer bag:
- Ü Seal bag.
- Ü Place the bag inside a gallon Zip-Loc freezer bag with 2 handfuls of ice and 6 Tablespoons rock salt
- Ü Shake, rattle, and squeeze for about 5 minutes.
- Ü Dig in!!

If desired, you can add other flavorings like chocolate syrup, frozen or fresh strawberries, or slices of canned peaches.

Camp Cobbler Delight

San Gabriel Valley, Long Beach, & Verdugo Hills Councils

Ingredients:

- Ü 1 can sliced peaches, large
- Ü 1 can fruit cocktail, large
- Ü 1 can crushed pineapple, small
- Ü ½ cup instant tapioca
- Ü ¼ lb. margarine
- Ü 1 cup brown sugar
- Ü 1 package cake mix

Instructions:

In 12" foil-lined Dutch Oven, combine fruit and tapioca. Sprinkle cake mix evenly over top of fruit. Sprinkle brown sugar over cake mix. Dab butter all over top of brown sugar. Place lid on oven. Bake 45 minutes to 1 hour. Use 6 to 8 coals on the bottom and 14 to 16 on the top. Cake is done when top is brown and cake has absorbed juices and is no longer dry.

Peanut Butter S'mores

San Gabriel Valley, Long Beach, & Verdugo Hills Councils

Ingredients:

- Ü 2 pkgs chocolate covered peanut butter cups - 16 ounces
- Ü 8 graham cracker squares
- Ü 4 large marshmallows

Instructions:

Place 1 peanut butter cup on each of 4 crackers. Spear marshmallows on long fork or clean stick; Toast them over campfire coals or over grill on low heat. Set a toasted marshmallow on top of each peanut butter cup Top each with cracker. Press together and hold for a few seconds to melt chocolate.

Licorice Pan Flutes

San Gabriel Valley, Long Beach, & Verdugo Hills Councils

Cut hollow licorice tubes to different lengths (only cutting one end) and attach them together by heating the edges and sticking them together with scotch tape. Show the boys how to blow into them to make sounds. Have the boys work together to make "beautiful music." Then they can eat their instruments.

Homemade Energy Bars

San Gabriel Valley, Long Beach, & Verdugo Hills Councils

These granola bars are chock-full of goodies and will sustain even the most tired hiker through the trip home. Wrap them individually and make extras for tucking into school backpacks.

Ingredients:

- Ü 1 egg
- Ü ½ cup brown sugar

- Ü 1 tsp. vanilla extract
- Ü 1 cup granola
- Ü ½ cup raisins (or any chopped dried fruit)
- Ü ½ cup chopped hazelnuts (or your favorite nut)
- Ü 1 1.69 oz. pkg. M&Ms chocolate candies

Instructions:

Preheat the oven to 350°F.

Generously butter or oil an 8 x 8" square pan (preferably nonstick).

Crack the egg into a medium-sized bowl.

Add the sugar and vanilla extract and mix thoroughly.

Stir in the granola, raisins, hazelnuts, and M&Ms and mix until combined.

Transfer to the pan and distribute evenly over the bottom, pressing firmly with your hands.

Bake for 25 minutes.

Cool and cut into bars or squares.

Serves 8 to 12.

STUNTS AND APPLAUSES**APPLAUSES & CHEERS**

Southern NJ Council

Great Job –

Group stands and says "Great Job! Great Job! Great Job!". Get louder each time.

Grand Salute

Slap your knees five times and count out loud 1-2-3-4-5.

Stamp your feet five times as you count,

Clap your hands five times as you count,

Then stand up and salute.

One Note –

Have group sing one note and hold it as long as possible.

Musical:

Announce the name of a well-known song such as "Yankee Doodle" or "Dixie" and ask everyone to clap to its rhythm.

For a different finish, tell everyone to miss the last note.

Someone is sure to forget.

Tuba Applause:

Group repeats "Ooom-pah-pah, Ooom-pah-pah."

Try this like the chip=chop cheer by dividing the group into

two parts – the Ooom's and the pah-pah's

Trumpet Applause:

Place hands to your mouth as if playing a trumpet and shout

out "Ta, da, da, da."

RUN-ONS**Singing Backward**

Baltimore Area Council

Who can sing "America, the Beautiful," backward?

(Turn your back to the audience and sing)

Commissioner Dave's Archives

One of the reasons I am always breaking into song is that I can never find the key

Southern NJ Council

Little Brother

Scout 1: Whatcha doing?

Scout 2: Writing a letter to my little brother.

Scout 1: Why are you writing so slowly?

Scout 1: Because my little brother can't read very fast!

Bee Sting

Scout 1: "OOOOOUCH, OOOOCH, OOOUCH."
 Scout 2: "What's the matter with you?"
 Scout 1: "A bee's stung my thumb."
 Scout 2: "Try putting some cream on it then."
 Scout 1: "But the bee will be miles away by this time."

Knock, Knocks

Southern NJ Council

Knock, Knock	Knock, Knock.
Who's there?	Who's there?
Yodel-lay-he.	Leaf.
Yodel-lay-he-who?	Leaf Who?
I didn't know you could yodel	Leaf me alone.

JOKES & RIDDLES

Musical Riddles

Southern NJ Council & Baltimore Area Council

Riddles are a lot of fun for Cub Scouts to try and figure out and a lot of fun to laugh at. They can be used in the den meetings for gathering time, activity fun or for fillers in the Pack meeting. Give a copy of these to your Den Chief or Asst. Cubmaster and he/she can keep the boys busy guessing for a gathering time activity.

The choice of which two musical keys might be given to a man walking a tightrope? C sharp or B flat.
 What's the one thing in the world that can't be beat?
 A broken drum.

What tune is music to anybody's ear? For-tune.
 What is the difference between an escaped convict and an orchestra conductor?

One beats the time and the other times the beat.
 Which musical instrument would a doctor transplant?
 An Organ.

What musical word does your teacher send home to your parents? Notes
 What instrument sounds like calling twin boys by the same name? Tom-tom

Which musical word and which instrument are always negative? Notes and Piano.
 What word could make you ill if it's not in harmony?

Music (sick)
 Which instrument could you tie something up with?
 Accordion.

What musical instrument has a creepy crawly thing in it? Bugle.
 Which musical instrument should belong to an Indian?

Oboe (bow).
 Which instruments could be helpful in fishing?
 Castanets (Cast-a-nets).

Why is a slippery pavement like music?
 If you don't C sharp, you'll B flat.
 Why are pianos hard to open? The keys are inside

What does an alligator sing? Scales
 What do you call a broken phonograph record?
 A smash hit.

What do you call a nervous violin? High-strung.

A Ninth Of Beethoven

Southern NJ Council

Maestro Patrick Casey was conducting a special performance Beethoven's Ninth Symphony with the local symphony and things were getting a bit crazy. In the fourth movement, the lead violin player got some string and tied the conductor's music to the stand. Two Cellists were asleep. Meanwhile, the bass players had been sneaking shots of whiskey through the entire performance. And were completely plastered by this point. The bass trombone player looks up from his latest issue of Field and Stream to ask his neighbor what in the world was going on. The guy turns to him and says "Well, it's the bottom of the ninth, there are two out, the basses are loaded, the score is tied and Casey's up."

Dances With Cucumbers

Southern NJ Council

May 5, 1863 -- Here on the frontier, I sometimes wonder if the ancients were right. With no other friendly face within 150 miles, it seems as if I have fallen off the edge of the Earth.

I spend my time now reading what books I have and cultivating my patch of cucumbers (which I brought back from the Holy Land, cf. Prince of Thieves). The purpose of this fort, to hold back the Indians, has fallen away with my civilized veneer.

May 7, 1863 -- This morning I had an interesting and silent encounter. One of the tribe of Indians nearby watched me perform my morning tasks and then left without a word. I am excited by the prospect of contact with the natives of the area.

May 20, 1863 -- I have finally convinced the Indians to parlay with me. I taught them the word for "fort," feeling that it would be simple enough for them to learn. They in turn taught me the Indian word "titonka," apparently a small but tough, powerfully merchandised horseless carriage of metal construction. I envy these people their simplicity.

June 7, 1863 -- Today I visited the Indians' village. It is on one of the many flat-topped plateaus in the area. As the decline of the buffalo proceeds, so too does this Indian tribe face decline. I will try to teach them agriculture. They have also told me their name for themselves. It is "Anasazi"... which apparently means, "people called Anasazi" in their language. I am called by them "Stinchapecsal" which means "he who should bathe more regularly."

July 8, 1863 -- A rude awakening. The Indians are fully aware of agriculture and in fact have nothing to do with the buffalo (what kind of nomadic tribe would build a village on a mesa?); unfortunately, they are suffering a drought.

Knowing a remedy, I have told them to dig a ditch from the nearby stream up the mountainside to their mesa-top fields. In the meantime, I am pickling my cucumbers.

July 20, 1863 -- The drought is desperate, but the ditch is finished and my pickles are ready. I am lining the ditch with pickles. The Anasazi are doubtful, but I have promised them results in the morning.

July 21, 1863 -- Success! The stream has been diverted and now flows up the mountainside to the Anasazi fields. Amazed by this seeming magic, I told them that it was simply a well-known fact in my world. After all, everyone knows that "dill waters run steep."

SKITS

Merry Musicians

Baltimore Area Council

The announcer makes a flowery introduction about how fortunate the audience is to have this opportunity to hear the splendid musical abilities of the group about to perform. After the introduction the group (at least six) marches on stage and lines up across the front. The announcer states that their first number will be the appealing ballad "The Little Lost Sheep"

Following some throat clearing and changing places, singers open their mouths and produce a long, loud "Baa-a-a"

The announcer comes forward and tells the audience they were just kidding, "all in our group have musical hobbies, - they are just full of music. Just listen."

At this point the six or more members line up across the stage and get clown on hands and knees, facing audience. Each has been assigned a note of the scale - do, re - mi - fa - so - la - etc. The announcer dramatically plays "Twinkle, Twinkle, Little Star" or other tune that has a range of only six notes, by tapping on head of proper player with soft mallet. Each sings his note at the proper time, when tapped. All stand and bow together - (Curtain)

Musical Merriment

Baltimore Area Council

The success of this stunt depends upon lively music & players. The audience will probably enjoy singing along with the boys and should be encouraged to do so.



Setting:

- Ü Four or five boys are seated in the center of the stage. They are wearing garden gloves, white ties, and large ovals of paper pasted on their foreheads. These articles have been painted with phosphorescent paint to enable them to glow in the dark.
- Ü Two or three boys stand at each side of the seated group. They wear straw hats (bands of paper taped to cardboard brims) tennis shoes, and garden gloves painted with phosphorescent paint.
- Ü Curtains are closed to conceal players.

At a signal, all lights go out, the curtain opens, to the audience, hats, shoes and gloves seem to be moving in space.

Off stage play a phonograph record of "Cantina Band" from Star Wars or a fast-paced Dixieland record

The seated boys pretend to play instruments, moving their gloved hands and heads around to match the beat of the music. The boys who are standing tip their hats, shuffle their feet (soft-shoe style), and clap their hands to the music.

During the music, 2 or 3 of the boys will put their hands behind their backs, change hats, or place black paper over their eyes, so that the painted items are concealed.

Musical Routine

Southern NJ Council

This can be done with as few as 2 Cubs or as many as you wish depending on how you break up the gags. Or maybe a series of run-ons throughout the meeting

- Cub # 1:** My brother has been playing the guitar for ten years now.
- Cub # 2:** He must be pretty good.
- Cub # 1:** Not really it took him nine years to figure out you don't blow through it
- Cub # 3:** You should sing solo.
- Cub # 4:** Do really think so?
- Cub # 3:** Yes, so low that I can't hear you, and you should sing tenor.
- Cub # 4:** Really?
- Cub # 3:** Absolutely, Ten or so miles away.
- Cub # 5:** What did you get for your birthday?
- Cub # 6:** A harmonica. It's the best present I ever received.
- Cub # 5:** Why?
- Cub # 6:** My mom gives me a dollar a week not to play it.
- Cub # 7:** Great news! I've saved enough money to go to Disneyland.
- Cub # 8:** That's great! When are you going?
- Cub # 7:** As soon as I save enough to get back.

The Sound

San Gabriel Valley, Long Beach, & Verdugo Hills Councils

Props:

- Ü Bells, whistles, drums, etc. – give one to each Scout
- Ü Triangle/dinner bell

Action:

(Scout 1 comes on stage)

C.S.#1: I've just got to find THE SOUND. I've got to!
(C.S.#2 comes on stage, carrying his noisemaker)

C.S.#1: Have you got THE SOUND ?

C.S.#2: Sure. *(He makes his sound)*

C.S.#1: No, that's not THE SOUND. That's not it at all.

(Each Scout comes on stage and is asked by C.S.#1 about his sound. Each one makes his sound C.S.#1 rejects all sounds. Suddenly, there is the sound of a triangle or dinner bell being rung offstage, or a boy wearing a cook's hat enters ringing the triangle/bell).

C.S.#1: *(excitedly)* That's it! That's THE SOUND.

Others: What is it? What is THE SOUND?

C.S.#1: Why, it's the sound that calls me to dinner – what's a better sound than that?

Show Box Band

San Gabriel Valley, Long Beach, & Verdugo Hills Councils

Actors: 8 Scouts preparing their den to play at a pack meeting

Props: Homemade instruments

Action:

Cub # 1: I'm sure glad we got here early. We really need to get in shape for this song.

Cub # 2: I can't understand why our Den Leader wanted us to do this song.

- Cub # 3:** Maybe it's because we play so well.
Cub # 4: I hope my Mother and Dad won't mind.
Cub # 5: It seems to me that the audience would get tired of hearing it.
Cub # 6: Well, it is patriotic.
Cub # 7: It's almost time...here, everyone get in line...
Cub # 8: Well, here goes. It sure will be long...
(Pause as Den Leader enters and Scouts take their places around the microphone.)
Den Ldr: Den ___ will now play... "God Bless America"!

Howling Dogs

San Gabriel Valley, Long Beach, & Verdugo Hills Councils

Players: "father", "son" and several pet "dogs."

Setting:

"Father" is sitting in his easy chair, relaxing, and reading the evening paper.

"Son" is setting up his music to begin practicing his musical instrument (doesn't matter which one).

The pet "dogs" are lying about relaxing.

Son: Listen to this new piece I learned today, Dad.
(Begins playing and the sound is horrific. The dogs begin howling to the awful noise.)

Father: *(Grimaces at the clatter and howling.)* That's fine son, just fine. Are there any other pieces you know?

Son: Sure, Dad. *(Plays another piece with the same noisy reaction.)*

Father: *(Grimacing all the more at the noise.)* Just lovely, Son. Why not practice that piece you learned last week?

Son: Okay, Dad. *(Again the noise and the howling. This can continue for several iterations, with the father trying to find something the son plays well enough that the dogs don't go bonkers.)*

Father: *(Slams down the paper and stands up irritably.)*
 Son, can't you play a song that the dogs don't know?!

Musical Genius

Southern NJ Council

The announcer makes a flowery introduction about how fortunate the audience is to have the opportunity to hear the splendid vocal group about to perform. After the introduction, the group marches onto stage and lines up across the front. The announcer states that their first number will be that appealing ballad "The Little Lost Sheep." Following a short musical introduction, singers open their mouths and produce a long, loud "Baa-a-a."

CLOSING CEREMONIES

Closing Ideas

Baltimore Area Council

1. CUBMASTER:

We've had a lot of fun today,
 With families together in fun and play,
 And now before we each go our way,
 Let's have each family take part in
 'Our closing for the day'.

Leader then instructs all families to stand in a family Brotherhood Circle with hands on each other's shoulders as all in unison say, "As a family, we pledge to do our best!"

Leader then says Goodnight.

- The families could all stand in their own family brotherhood circle while a portable battery operated tape recorder plays some appropriate song such as taps, vespers, etc. All join in if desired
- A good singer or a group could be recorded ahead of time singing one a Family Vesper song which could be played while families stand in brotherhood circles making a very impressive closing. Or have a good singer practice the vesper ahead of time and sing it live.

Family Vesper Closing

Baltimore Area Council

The following closings can be sung to the tune of "Tannenbaum" (Oh, Christmas Tree) or read by Cub Scouts.

Quietly we join as one,
 Thanking God for family fun,
 May we now go on our way,
 Thankful for another day.
 May we always love and share,
 Living in peace beyond compare,
 As a family may we find,
 Friendships true with all mankind.

Closing Ceremonies

Southern NJ Council

Use a song for the closing such as

"This Land is Your Land" or "America the Beautiful".

This Land is your Land

To hear the tune go to:

<http://www.niehs.nih.gov/kids/lyrics/thisland.htm>

This land is your land, This land is my land,
 From California
 To the New York island,
 From the Redwood Forest,
 To the Gulf stream waters,
 This land was made for you and me.
 As I was walking,
 That ribbon of highway,
 I saw above me
 That endless skyway,
 I saw below me
 That golden valley.
 This land was made for you and me.
 I've roamed and rambled
 And I've followed my footsteps
 To the sparkling sands of her diamond deserts
 And all around me a voice was sounding
 This land was made for you and me
 The sun comes shining
 As I was strolling
 The wheat fields waving
 And the dust clouds rolling
 The fog was lifting a voice come chanting
 This land was made for you and me
 Nobody living can ever stop me

As I go walking
That freedom highway
Nobody living can make me turn back
This land was made for you and me

America the Beautiful

To hear the tune go to:

<http://www.niehs.nih.gov/kids/lyrics/america.htm>

The lyrics to this beautiful song were written by Katharine Lee Bates, an instructor at Wellesley College, Massachusetts, after an inspiring trip to the top of Pikes Peak, Colorado, in 1893. Her poem, *America the Beautiful* first appeared in print in *The Congregationalist*, a weekly journal, on July 4, 1895. Ms. Bates revised the lyrics in 1904 and in 1913. It is notable that the poem was not always sung to the tune we all know, "Materna," composed by Samuel A. Ward in 1882, nearly a decade before the poem was written. In fact, for two years after it was written it was sung to just about any popular or folk tune that would fit with the lyrics, with "Auld Lang Syne" being the most notable of those. The words were not published together with "Materna" until 1910.

Here is a note from Katharine Lee Bates:

"One day some of the other teachers and I decided to go on a trip to 14,000-foot Pikes Peak. We hired a prairie wagon. Near the top we had to leave the wagon and go the rest of the way on mules. I was very tired. But when I saw the view, I felt great joy. All the wonder of America seemed displayed there, with the sea-like expanse."

O beautiful for spacious skies,
For amber waves of grain,
For purple mountain majesties
Above the fruited plain!
America! America!
God shed His grace on thee,
And crown thy good with brotherhood
From sea to shining sea!
O beautiful for pilgrim feet
Whose stern impassion'd stress
A thorough fare for freedom beat
Across the wilderness.
America! America!
God mend thine ev'ry flaw,
Confirm thy soul in self-control,
Thy liberty in law.
O beautiful for heroes prov'd
In liberating strife,
Who more than self their country loved,
And mercy more than life.
America! America!
May God thy gold refine
Till all success be nobleness,
And ev'ry gain divine.
O beautiful for patriot dream
That sees beyond the years
Thine alabaster cities gleam
Undimmed by human tears.
America! America!
God shed his grace on thee,
And crown thy good with brotherhood

From sea to shining sea.

Outdoor Closing

San Gabriel Valley, Long Beach, & Verdugo Hills Councils
Let's remember the food we've shared,
The games we've played, the songs we've sung,
Let's remember all of these things.

Let's remember the skits we've performed,
The hikes we've hiked, the problems we've shared,
Let's remember all of these things.

Let's remember the games we've played,
The friends we've made, the fires we've burned,
Let's remember these things.

Yes, let's remember all of these things,
I now declare this council fire closed,
Its memories stored forever in our hearts and minds.

*Or you could divide this up into four parts and have four
Cubs each read one part CD*

Cubmaster's Minutes

Six Kinds Of Peace

San Gabriel Valley, Long Beach, & Verdugo Hills Councils
It has been said that there are six kinds of peace and that a person who is given all of these will never want for anything else - neither for health nor wealth, for love, for happiness, for beauty.

The six kinds of peace are:

The peace that comes from goodwill among nations;
The peace that comes when neighbors help each other;
The peace that a man draws from nature;
The peace that exists within his family;
The peace between himself and God; and finally,
The peace that he finds within himself.

To all you many friends may such peace be yours throughout the coming year, with an added measure of joy to make this holiday season the brightest and happiest ever!

Magic Of The World

Southern NJ Council

As parents, we want to show our sons the wonders of the world. In the eyes of a child, there are not just eight wonders of the world but eight million. We want him to be able to look at the stars, sunrise, sunset, and feel their beauty.

We want them to see a world of love, laughter, and compassion.

We want them to build strength within themselves of strong character and a sensitivity to the needs of others.

We want them to be the best they can be.

Unfortunately, no one can wave a magic wand so that they will receive these things. We as leaders and parents must set the example to show the guidance so they may see the way to accomplish all of these things. This is the magic; Our example and guidance.

So as we leave, let's be aware of our actions and how loudly they speak to our youth.

WEBELOS

Turning Your Webelos Into Boy Scouts

Baltimore Area Council

1. Start early with your program for the first year boys to get all of them to Arrow of Light (A.O.L.).
2. Do not wait for September to start new Webelos den into active program.
3. Get together during the summer months to do some special activities. The Aquanaut can be completed right away.
4. Pull the den together during the summer by doing small and simple service projects for school, church, or community.
5. While doing regular programs with boys add those requirements for 'joining Boy Scouts'. Get boys into the outdoors as soon as they start the Webelos Program.
6. Do as many activity pins outside as possible. Plan around a patio, yard, Garage, Park, Pool, a business or any other place.
7. Have special Visitors over for den meetings to talk about specific skill activities.
8. Spend sufficient time with each activity pin. Not one week, but two to four weeks.
9. Try to get all the boys in the den to the Webelos badge at the same time. Make it special for them at their recognition pack meeting.
10. Attend the monthly Roundtable meetings and 'Cub Leader Pow-Wow' to get activity pin ideas and help.
11. Once into the program start planning ahead, up to six months, those activities you want to do. Work your program into your schedule, the seasons, the weather, the Boy Scout Troop and sudden changes. Always have a back-up plan.
12. If a leader feels uncomfortable about doing an activity with the boys, get help: do not pass up the opportunity to learn
13. Give boys a sample of the skills, activities, requirements that the Boy Scouts do.
14. Start early to get boys ready for camping. Have a backyard Day Camp or overnigher.
15. Look for Troops in your area that the boys may go to and visit. Go Camping with them. Have skills demonstrations with them.
16. Take boys on meaningful tours and trips (more special than their earlier Cub outings).
17. Now is the time to take boys out for hikes - in neighborhood, park, construction site, open fields.
18. Know what your boys want and give them all they can take. Every Activity Pin if they so desire.
19. Realize that the second year for Webelos is a short one. Know when to graduate them ahead of time.
20. Plan well ahead for the Arrow of Light and get an O.A. (Order of the Arrow) ceremony or other special ceremony scheduled. Contact Troops for help.
21. Be sure to fulfill all the requirements for Arrow of Light and those to get the boys started into Boy Scouts.
22. Get parents involved, even more than before, so they will help carry boys into Boy Scouts.
23. Visit more than one Troop in your area - early. Have parents go along. Also to get a better understanding of the Boy Scout Program.
24. Having a Boy Scout Handbook to work from, refer to, show boys, get ideas from and get them prepared with is a great training aid.
25. Be aware that boys are lost from the Boy Scout Program during the first year if not properly prepared.
26. It is very important that boys experience camping before they join the Boy Scouts to make it more comfortable for them.
27. Remember that a parent must be with a boy on campouts as Webelos, but let the boys live the experience themselves.
28. Having and using a trained 'Den Chief' will add to the program and help leaders, too. The Webelos will enjoy having an older boy there.
29. Use as many assistant leaders and parents as possible to help with any and all hands-on skills activities. A good safety factor, too.
30. Get outside experienced help to give boys the 'Whittling Chit' Requirements and Demonstrations.
31. Boys should start working towards proper uniforming for the Boy Scouts. A proper insignia placement is important.
32. Having a den doodle for the boys is a good tracking and incentive tool to get them all into Boy Scouts.
33. Work with the Webelos at the beginning of their second year, a little at a time, so that they know the Boy Scout Joining Requirements.
34. Have them start working towards the Boy Scout Tenderfoot physical fitness requirements. This is the hardest requirement to fulfill.
35. Get boys started in making out duty rosters and menus for campouts soon. They will have to do these on their own as Boy Scouts.
36. Get all of your boys to Webelos Summer Camp after their first year. This will be their best Outdoor experience as a Webelos den.
37. Games, Skits, Songs, Stories, Competition with each other and a den flag are very important parts of the Webelos Program.
38. Letting the boys pick a patrol name, with a patch, instead of a den number will bring the boys closer to the Boy Scout Program.
39. The most important part of the Webelos Program is having well trained leaders to pass on all those new skills to the

Keys to Cub Scouts continuing in Boy Scouts

Baltimore Area Council

- Ü Visit troop before moving up from cub scouts
- Ü Having friends in the Boy Scout troop
- Ü Going to summer camp the first summer as a boy scout

FITNESS PHYSICAL SKILLS GROUP

Baltimore 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

- Ü 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?
- Ü 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.
- Ü Have your den write a skit depicting ways to say 'NO' to drugs & smoking.
- Ü Have the den make a poster designed to encourage people to say "NO" to drugs & Smoking.
- Ü Have a police officer involved with drug prevention attend a den meeting.
- Ü Have the boys interview him and ask questions concerning drugs and alcohol.
- Ü 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.
- Ü Collect newspaper and magazine articles about accidents and crimes that are drug or alcohol related.
- Ü Find out what some organizations are doing to stop use and availability of drugs, especially to, children.
- Ü Check with the BSA council for a video, "Drugs: A Deadly Game."

Speakers –

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

Field Trips:

- Ü Visit the local YMCA.
- Ü Visit a local fitness club.

Test Your Heartbeat

Did you know that you can't actually hear a heartbeat? The heartbeat itself is just a contraction of muscle and is perfectly quiet. What you can hear is the sound of heart valves snapping shut.

Here's how to check your heartbeat:

1. Press the first two fingers of one hand over the radial

artery in the wrist of your other hand. That's the artery in the depression just below the base of your wrist. Move your fingers until you can feel the pulse of your blood.

2. Use a watch with a second hand, and count the number of beats in 10 seconds.
3. Multiply by 6. Now you know the number of beats per minute.
4. Run or exercise for 10 minutes or so. Take your pulse again, and see how much faster your heart is pumping.

Your resting heart rate can tell something about your overall health and fitness.

Physically fit people often have low resting heart rates.

Southern NJ Council

The material for this badge is organized somewhat differently.

Facts On Cigarette Smoking

- 1) Cigarette smoking is addictive. It fulfills these three criteria:
 - a) Smokers develop a tolerance to nicotine (they need to smoke more and more for an effect.)
 - b) Smokers become dependent on it (they need it to feel comfortable.)
 - c) Smokers suffer withdrawal symptoms (physical and psychological discomfort) when they try to stop smoking.
- 2) There are hundreds of chemicals in cigarette smoke. Three of the most damaging ones are:
 - a) Tars - damage delicate lung tissue and are considered the main cancer causing agent in cigarette smoke.
 - b) Nicotine - a poison found only in tobacco leaves. One drop of pure nicotine can be fatal to humans. It is a powerful stimulant to the brain and central nervous system that "hits" the brain within four seconds. But then it has a depressant effect on the cardiovascular system. It narrows the blood vessels cutting down the flow of blood and oxygen throughout your body. The heart has to pump harder, thus increasing the chance of heart disease. It raises the blood pressure and narrows air passages in the lungs, depriving the body of some oxygen.
 - c) Carbon Monoxide - replaces needed oxygen in your red blood cells. Even after one stops smoking, carbon monoxide stays in the bloodstream for days depriving the body of oxygen until the oxygen level in the blood returns to normal. Carbon monoxide is a product of cigarette smoking and also of gasoline engines.
- 3) Some of the diseases caused by cigarette smoking are:
 - a) Chronic Bronchitis - an inflammation of the bronchi which are the breathing tubes in the lungs.
 - b) Laryngitis - an inflammation of the throat
 - c) Emphysema - a degenerative lung disease that destroys breathing capacity.
 - d) It is a contributing factor in cancer of the lungs, mouth and esophagus.

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 and so on.
3. Explain how all living things need air to breathe.
 - 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 the 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"?
 - b. Hold your breath and have someone check the time. Did you have to breathe very soon after you started holding your breath?

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?

Prescription Drugs

Ask the boys to define "drugs - (any substance, liquid, powder, or solid taken by mouth, inhaled, injected, or rubbed into the skin, that affects the way the body or the mind naturally works.)"

Define "prescription drugs" - (medicines that, legally, can be purchased only on the order of a doctor or a dentist, a) for specific reasons, b) for a specific person, and c) prepared by a specially trained person called a pharmacist.)

Have the boys talk about the last time they went to the doctor or dentist and were given medicine. What was the problem? What medicine was given? Did it make them feel better?

Bring in empty, clean bottles that once contained prescription medicines. Choose something appropriate, e.g. an antibiotic from a recent illness, prescription vitamins or fluoride tablets

Note:

- the label,
- the name of the one particular person,
- the name of the medicine,
- the amount and the time to be given,

- the name of the doctor, the date
- the prescription number,
- the number of refills, if needed, and
- the pharmacy name, address and phone number.

Discuss some of the considerations the doctor must make before he can order your medication:

- (1) age,
- (2) weight,
- (3) general health of the person, and
- (4) severity of the condition.

A drug may affect different people in die different ways! Have the boys make reports on the discovery of drugs/medicines that have helped mankind. (Ex. measles vaccine, polio vaccine, penicillin, and so forth.)

Stress that medicine may be taken only under the supervision of a parent, physician, nurse, or specifically designated adult.

Have the boys list safety rules to be followed when taking medicine. Put these on a large poster to be displayed at the Pack Meeting.

Be sure they include the following rules:

1. Take medicine as directed. -
2. Finish the entire prescription.
3. Discard any unused medicines.
4. Never share your medicines with anyone else.
5. Keep medicine in a safe place, out of the reach of children.
6. Keep medicines in their original container.
7. Do not take several medicines at the same time unless the doctor is aware of all of them.
8. Mixing drugs and alcohol can be fatal.
9. Never describe medicine as "candy."
10. Never give medicines in the dark.
11. Never give medicine from an unlabeled container. When in doubt - throw it out.

Non-prescription drugs

Define the term "non-prescription drug" (Medicines that do not require a doctor's order or the assistance of a pharmacist. They can be found on open shelves in a drug store or supermarket.)

Take the boys to the local supermarket and have the boys make a survey of the drugs they find there. Ask them to read the labels and list:

1. The name of the product.
2. The condition for which it is to be used.
3. Is it a liquid, tablet, capsule, cream, or spray.
4. Any warnings or cautions listed on the container.

Was there more than one product that could be used for the same condition?

Locate and list 3 substances which are socially acceptable, contain a drug and can be bought in supermarkets.

1. Cigarettes (tobacco contains nicotine)
2. Coffee, tea, cocoa, cola (all contain caffeine)
3. Beer, wine, whiskey (all contain alcohol)

Have the boys report on two TV commercials dealing with non-prescription medication (aspirin, cold preparations, etc.) In the report answer the following questions:

1. Does the medicine always seem to make the people better and happier?
2. Can that be true always?
3. Why would the manufacturer want people to believe that?
4. Are they always completely honest?
5. Compare ads for brands of aspirin.
6. Can they all be the best?

Facts on alcohol

- 1) Alcohol is a drug that affects the way the body naturally functions. It is a depressant that slows the body processes.
- 2) It is the oldest and most abused drug in the world.
- 3) There are predictable, though varying physical effects upon everyone who drinks alcohol. (This is why the law has set a specific blood alcohol level for defining drunkenness while driving.) The brain is the control center of the body.
 - a. The brain is the organ most affected by the presence of alcohol.
 - b. Alcohol is a drug that depresses the central nervous system, thus reducing the activity of the brain.
 - c. Alcohol arrives in the brain almost as soon as it is consumed.
 - d. The bloodstream carries alcohol to the brain.
 - e. It keeps circulating through the brain until the liver has had time to change all of the alcohol into carbon dioxide and water for release from the body.
 - f. It affects the higher functions of the brain judgment, learning, and behavioral control. It then affects vision, coordination, and speech.

Too much alcohol in the bloodstream kills by depressing the breathing center. This means that a person who drinks too much alcohol in one day can die. This is called "acute alcohol poisoning."

Related Activities

- Have a dietitian come talk to the den.
- Visit a dentist office.

Gathering Activity:

As the Scouts arrive, ask them to complete the following table,

Filling in the names of the foods they ate that day. Scout with most balanced chart wins (an ice cream sundae???)

Last column doesn't count.

Day/Meal	Meat Grp.	Milk Grp.	Veg./Fruit Grp.	Bread/Cereal Grp.	Junk
YESTERDAY					
Breakfast					
Lunch					
Supper					
TODAY					
Breakfast					
Lunch					
Supper					

Physical Activities

Trees in the Wind: Gather the den around you in a circle, three feet or more between individuals. Scout stands looking at the back of the Scout next to him. They then run slowly around the circle, bending left, right, forward, and back as though swaying in the breeze. On the command, "reverse", they turn around and run in the opposite direction.

Russian Hop: Scouts squatting, ready to move around the circle, feet together, hands folded around chest. Move around circle, leaping upward and forward off both feet. As hop is complete, Scout returns to squat position with arms folded across chest.

Tortoise and Hare: Scouts stand at attention, then they start jogging slowly in place. When you say "Hare", the tempo doubles, knees lifting high, arms pumping vigorously. When you say "Tortoise", the tempo slows to an easy jog. Vary the commands for some fun.

Inchworm: Scouts assume push-up position, body extended, face down, arms extended fully, hands on floor, fingers spread, pointed forward. Hold hands stationary and walk feet up as close to hands as possible. Then feet stationary, walk hands forward to starting position. Repeat the sequence.

Gorilla Walk: Scouts' feet are spread apart, same width as their shoulders. Bend at the waist, grasp ankles, legs straight. Walk forward holding firmly to ankles. Keep legs straight. Conduct a race for speed.

Sawing Wood: Scouts pair off facing each other. Grasp hands at shoulder height, fingers interlaced. With a vigorous action, Scouts pump arms alternatively as though sawing wood.

**READYMAN
COMMUNITY GROUP**

Baltimore Area Council

The Boy Scout motto is "Be Prepared". It means that the Scout is always ready in mind and body to do his duty and to face danger, if necessary, to help other people. He learns first aid. He learns how to swim safely and how to ride his bicycle without danger to himself or others. He also learns how to make his home safer and the safety rules for passengers in the car. In earning the Readyman Activity Badge, you will get a faster start on being prepared as a Scout. Many of the things you learn help you advance as a Boy Scout.

Den Activities

- ü Visit your local ambulance service or fire department rescue squad.
- ü Ask a member of the local Red Cross or emergency trauma team to visit your den and show you how to save lives by learning: Hurry cases, shock, other minor emergencies.
- ü Learn how to get help from the local authorities such as the police, fire department, ambulance, or hospital, contact the police department to find out how to report or summon help in these situations.
- ü Consult with the local fire marshal, emergency services team, or police department to find out how to plan an

emergency escape route, or find where most home accidents are likely to occur.

- Ü Invite a member of the local Red Cross or a qualified swimming instructor who is a Water safety Instructor to show your den how to have a safe and fun time at the beach or the local pool.
- Ü Build a buddy tag board and use it on an outing that involves water sports.
- Ü Attend a Boy Scout first-aid demo.

General Directions for Giving First Aid - American Red Cross

- Ü Keep the injured person lying down.
- Ü Do not give liquids to an unconscious person.
- Ü Restart breathing with mouth-to-mouth artificial respiration.
- Ü Control bleeding by pressing on the wound.
- Ü Dilute swallowed poisons and call the poison Control Center.
- Ü Keep broken bones from moving.
- Ü Cover burns with thick layers of cloth.
- Ü Keep heart-attack cases quiet and give cardiopulmonary resuscitation (CPR) if it is necessary and if you have been trained.
- Ü Keep a fainting victim lying flat.
- Ü For eye injuries, pad and bandage both eyes.
- Ü **ALWAYS CALL A DOCTOR.**

Fire Prevention

Safety Comes First!

Kitchen Fire Extinguisher

Materials:

- Ü Glass bottle
- Ü Red and black construction paper
- Ü Funnel (optional)
- Ü Baking soda
- Ü Black marker, scissors, glue

Directions:

Wash and dry the bottle.

Cover the outside with red paper; glue ends.

Draw extinguisher shape on front of bottle.

Write the words with black marker.

Fill the jar with baking soda (the funnel helps, if you have one).

Place next to kitchen stove.

If there should ever be a stove fire, pour the baking soda on the flames to put them out.

Possible Kit (It's possible that what you forgot is here.)

- | | |
|---------------------|---------------------------|
| 35 mm film canister | Rubber bands |
| Masking tape | thumb tacks |
| paper clips | Band-Aids |
| piece of chalk | straight pins |
| Book matches | Fishing line and fishhook |
| 2 safety pins | 1 quarter and 1 dime |
| 2 kitchen matches | 2 stamps |
| 1 pencil stub | 1 piece of string |

Directions:

Wrap masking tape and rubber bands around the outside of the film canister and carefully put all other items into the canister.

And it's just possible that what you forgot is in there.

You will survive a little longer.

Make Your Own First Aid Kit

What to Include:

For open wounds, cuts, skinned knees, and scratches

- 1 box 12 adhesive compresses
- 3 sizes sterile bandages
- 3 sterile gauze squares
- a small bottle antiseptic

For blisters

- - Adhesive compresses or gauze squares
- - narrow adhesive

For sprains

- - 1 triangular bandage
- - small scissors

For burns, sunburn

- - tube burn ointment - 5%

For splinters

- - small tweezers
- - needle
- - matches to sterilize

For fainting

- - small bottle aromatic spirits of ammonia

For bites or stings

- - small box bicarbonate of soda

For toothache

- - small bottle oil of cloves

For plant poisoning

- - small bar yellow soap

Ideas for containers to use:

- - A cigar box, a tin cracker or candy box - paint and decorate. Put a list of what-to-do inside the lid.
- - Make a cloth case with a strap.
- - A cloth kit with pockets. Fold over the top, roll up, and tie.

Southern NJ Council

At your first meeting you will want the boys to explain what first aid is. FIRST AID is immediate help right after an injury. First aid isn't playing doctor. It's doing the things that must be done before expert help arrives. How will you act in an emergency? Would you know what to do? If you do, you'll be cool and calm, because you know you can help. Your confidence will show and it will help the injured as you ease their pain and worry.

Activities:

- Ü Ask a First Aid Merit Badge Counselor from a Scout Troop in your area to attend the meeting and explain the items in a first aid kit, or have him show what to do for "hurry cases."
- Ü Invite a Scout Troop to your meeting to show first aid for cuts and scratches, burns and scalds, and choking.
- Ü Invite a police officer to speak on bicycle safety.
- Ü Have a swim instructor go over the safe swim defense plan.
- Ü Visit a fire station with an E.M.S. Unit.
- Ü Visit a hospital E.R. or an Emergency Clinic.
- Ü Put together a first aid kit for you Pack to take on outings.

- Ü 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.
- Ü Attend A First aid Rally in your area
- Ü Visit the local Red Cross office and learn about how the teach First Aid
- Ü Plan a fire escape plan for your home.

First Aid Actions

Severe Bleeding - Do not take any objects out that may have caused the bleeding and do not try to wash the wound. With one hand take a gauze pad and apply pressure with your hand. With the opposite hand wrap the wound. Continue to add pressure. If the wound continues to bleed apply pressure to an artery and seek medical attention. While doing all of the above elevate the wound above the heart to help reduce bleeding.

Stopped Breath - It is not necessary to determine if the victim has a pulse or not. In the event that the victim has a pulse, one would begin doing rescue breathing which is a process of blowing air into the lungs every 5 seconds in a effort to try to get them to breathe on their own. In the vent that the victim has no pulse one would begin CPR which is a process of blowing air into the lungs and pumping the heart at the same time. It is best that you do not give rescue breathing or CPR if you have not been trained. The best thing for you to do is seek medical attention as soon as possible. The brain can only go without oxygen for 4 - 6 minutes without damage.

Internal Poisoning - Poisons can be swallowed, inhaled, absorbed or injected into ones system. It is important that you call the Poison Control Center and get instructions on how to handle the emergency. Dial 911.

Heart Attack - Seek medical attention as soon as possible. It may be necessary to apply CPR.

Shock - Shock is a normal reaction to many emergencies and is the process of the body shutting down the normal flow of blood on a temporary basis. To treat, ask the victim to line down on their back and elevate their feet slightly. If they are conscious, get them to take some deep breaths and give them some water to sip. If they suffer from chills, offer them a blanket. If shock continues, seek medical attention.

Cuts and Scratches - Wash with clear water and bandage. Watch and treat for infection.

Burns and Scalds - Burns can be obtained by heat, chemicals, and electricity or radiation. Rinse all burns with dear water and wrap with dean and dry bandages. All burns except some first degree burns needs to have medical attention.

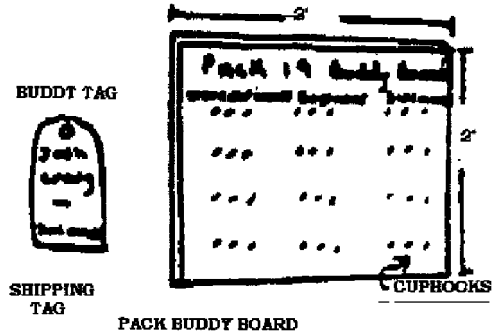
Choking - As long as a victim can speak, breath, or cough, encourage them to continue coughing. If the victim shows signs of troubled breathing, apply abdominal thrusts until the object is dislodged.

Things to Make

Buddy Board and Tags: One of the eight parts of the Safe Swim Defense is the use of the buddy system. In this everyone pairs off BUDDY TAGS with another person of

his own swimming ability. Buddies check in and out of the swim area together.

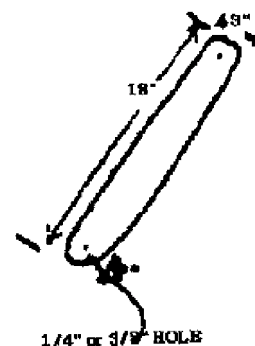
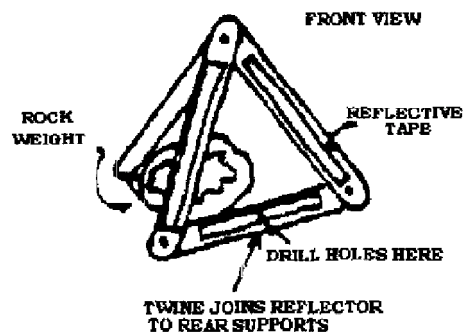
The swim supervisor issues everyone a buddy tag so that he knows at all times that certain Scouts are paired with certain others. No one swims without a buddy tag displayed in the proper spot.



Simple badge tags make good buddy tags. So do wooden tongue depressors stuck into the ground or sand beach near the swim area. Both may be marked in pencil or waterproof marker with the swimmers name and his classification: non-swimmer, beginner, or swimmer.

Display the buddy tags by hanging them on inverted cup hooks screwed into a rectangle of plywood. Buddies hang their tags on the same hook. Have Scouts make a buddy board. Cut the wood, drill holes as show, and mark off the areas of equal dimensions. Shellac or varnish the whole works. Your Scouts may also make buddy tags for your pack.

Car Breakdown Marker



Equipment Needed:

- ü 5 Wooden paddles cut from 1/4" thick plywood/ wooden crate or similar
- ü ROCK WEIGHT
- ü 3 large brass paper fasteners or 1/4" x 1" threaded stock,
- ü long bolts with wing nuts,
- ü Self-adhesive reflective tape, and
- ü Some strong twine.

Cut paddles as shown. Cover one side of 3 paddles with reflective tape. Drill 1/4 or 3/8 inch holes as shown. In actual use, bolt or fasten the paddles together into a triangle shape as Illustrated. Fasten rear supports by tying with twine. Place the warning marker about 100' behind the disabled car parked on the shoulder of the road. Reflective tape faces oncoming traffic. Weigh down the bottom rear support with a large rock or something similar.

GAMESPressure Pad Relay:

Equipment - Each boy using his own neckerchief.
One boy lies 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).

What's Wrong With Me?

Write down several different accidents or afflictions. (example: A broken legs 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.

Fire:

Seat Webelos Scouts in a circle with one in the center. The one in the center calls out one of the following and points to one of the seated players: "Earth", "Air", "Water", or "Fire". (If there are more than four players, the names may be repeated.)
As he points, he begins counting slowly to 10.
The player to whom he points must answer as follows:
"Earth" must name four animals,
"Air" must name four birds or flying insects,
"Water" must name four fish or sea creatures.

If "Fire" is called, he remains silent.

If the player succeeds before the count of 10, another seated player gets a turn, and the Webelos in the center remains there.

If the player fails, he becomes the new leader and the old leader takes his place in the circle.

Douse That Fire: Each team has a pail with a candle stub in a holder on the bottom. Fill the bucket to two inches below the candle wick and light the candle. Divide the den into two teams and give each team a cp and a jar of water. On signal, the first player on each team fills his cup, runs to the bucket, and empties the water into it. He then runs back with his cup and the next player repeats the action. Continue until one team has doused its fire by filling the bucket to candlewick level. A team is disqualified if a player pours water on the candle flame.

Fire Hazard Hunt: Prepare for this game by creating some fire hazards in and around your meeting place -- matches left carelessly within reach of children; outside door blocked by a chair, oily rags in a pile in the garage; grease spilled near stove burner, newspaper piled near furnace; fireplace screen away from fireplace; frayed electric cord, etc. Ask boys to find and list on paper as many hazards as they can find. At the end of the game, check findings and explain the hazards. Urge Webelos to check their own home.

Fireman. Save My Child: Divide den into two teams. One member of each team (the "child") sits on an old throw rug or heavy cloth about 2' x 3' about 15 feet from his team. Each of the other players has a four foot length of rope. On signal, the boys tie their ropes together with square knots to form a rescue rope. When all ropes are tied, a player throws the rescue to the child and the team pulls him to safety. The den that ties all knots correctly and first pulls its child to safety is the winner.

The Search For Bigfoot Game: This is a series of tests for each den leading to the discovery of Bigfoot. It can be adapted to either indoors or outdoors, but if you have a choice, make it outdoors. The object of the hunt is to complete the tests and find Bigfoot in the shortest time.

Station #1: Climbing the Mountain - Build a string trail, with the string leading high and low between tree trunks, branches, etc. The den is blindfolded and each member follows the trail by sliding one hand along the string. (If indoors, run the string from chair to table to side of the room and back again.)

Station #2: One member of the den is lost and presumably injured in the mountains. That Cub Scout is sent some distance away and left lying on the ground. The other den members must find him, apply some simple-first aid, and bring him back to the stretcher made from two poles and a blanket.

Station #3: Finding Shelter - One the way up the mountain, a fierce storm stops the den. The boy must build a shelter with a blanket and a few poles that all den members can get under.

Station #4: After the storm, the den finds Bigfoot's footprints near the camp. (The footprints are huge cardboard

cutouts of an ape's print and lead toward a wooded area or, toward another room.)

Station #5: As the den follows the footprints, the boys see Bigfoot (a leader in a fur coat and mask) scurrying off into the woods (or other room). Start dens at four or five minute intervals. Time each start. The winning den is the one which tags Bigfoot in the shortest time.

POW WOW EXTRAVAGANZAS

Please help, I need new Pow Wow Books

My resources are a little low right now. Many of my Pow Wow books from last fall have run out. If your council had a Pow Wow and you have a book, I will be glad to swap you copies of those I received this month for one of yours. Drop me an E-mail at commissionerdave@comcast.net and we can set it up. Thanks to Scouter Jim for my copy of Great Salt Lake's Pow Wow Book.

Southern NJ Council

**Aloha, Cub Scouts
Pow Wow in Paradise**
~~January 21, 2006~~
November 4, 2006
TBD, NJ

We lost our home and the committee decided to reschedule. Call Southern NJ Council, 856-327-1700, extension 24, or visit the website, www.snjscouting.org or write the chair at pen25guin@comcast.net for the latest info

San Gabriel Valley, Long Beach Area, Verdugo Hills Councils

**Rock Around the Pack
(1950's theme)**

February 4, 2006
Arroyo HS, El Monte, California
<http://www.longbeachbsa.org/>
<http://www.sgvcbbsa.org/>
<http://www.vhcbbsa.org/>

I have my registration form!!! CD

Great Smoky Mountain Council - BSA University of Scouting

March 4, 2005
Pellissippi State Community College
Knoxville, Tennessee

Great Smoky Mountain Council's service center phone number is (865) 588-6514

WEB SITES



Great Salt Lake Council

<http://www.childrensmusic.org/>
<http://www.playmusic.org/>
<http://members.aol.com/tts009/downloads/instrument.html>
<http://www.sheetmusic1.com/NEW.CHILD.MUS.ED.HTML>
<http://www.coloring.ws/music1.htm>
<http://www.enchantedlearning.com/crafts/music/>
<http://www.familycorner.com/cgi-bin/sefer.cgi?Musical:Crafts>
<http://judyanddavid.com/cma.html>
http://www.musiccorner.co.uk/Print_out_keyboard.html

From Karen, a friend and a CS RT Commissioner

www.kidsdomain.com

They have a lot of free craft info for crafters and scouts - tigers, cubs, boy scouts, girl scouts, Blue and Gold, etc. They also have a game section. I didn't look at that section tonight. Figured I check it out later. I was surprised to see the site still up and running. This site is affiliated with Walgreens.

www.amazingmoms.com

Another site up and running from a while ago. This site also has kids craft ideas.

www.michaels.com and www.acmoore.com

The two craft stores have kids craft areas on their sites. Free of charge. Directions, pictures, and of course ask you to come purchase the items from their store. But they do have some cute craft ideas that you can direct people to.

Baltimore Area Council

The National Association for Music Education:

<http://www.menc.org>

Public Domain Music site: <http://www.pdinfo.com>

Alphabetical list of more than 3,000 songs. All of which can be used without paying royalties!!

Camp Games, Camp Songs, Camp Skits & more!

The home page of this website says –
“Welcome to the Ultimate Camp Resource - your free online guide to hundreds of camp activities, camp staff tips & tricks, and all things camp! For camp people... by camp people!”

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

Pinewood Derby Link

Pinewood Derby How To, BSA Car Supplies & Race Day Items <http://www.pinewoodextreme.com>

Rick Ram's Scouting Pages

A great collection of songs. He has a file of songs for Roundtable, and a book of songs he put together for Wood Badge. Plus some other great Scouting material

<http://www.geocities.com/rickram.geo/>

Arrow of Light Ceremonies –

Need a new AOL Ceremony?? Lewis posted this site on a Cub Roundtable Discussion Group. It has 25 AOL ceremonies and ideas on how to create your own.

<http://www.cubscoutarrowoflight.net/>

Cub Scout Achievement, Elective, Rank, and Academics and Sports Trackers on their own website!!

Roxanne@madsenco.com

A lot of websites carry the Excel based trackers she developed but have old and outdated versions. So Roxanne developed her own web page that will always carry the most recent versions (with all known bugs fixed and many enhancements recommended by users).

She recently revised the Cub Scout spreadsheets to –

- ü Include the Outdoor Activity Award
- ü Make them easier to work with in OpenOffice.
- ü Track Tiger beads and handle up to 15 tigers.

Please direct your den leaders or advancement chairs to the website for the most recent versions of the trackers. (feel free to add a link to your pack's website if that is helpful!)

<http://www.madsenco.com/scouting.shtml>

Thank you Roxanne!! CD

PS – She, also, has Girl Scout and Boy Scout Trackers!!!

ONE LAST THING

As we get ready to start a new year, I thought I would remind us all that there is always something better coming – Have a Blessed New Year – CD

"Keep Your Fork"

There was a woman who had been diagnosed with a terminal illness and had been given three months to live. So as she was getting her things "in order," she contacted her pastor and had him come to her house to discuss certain aspects of her final wishes. She told him which songs she wanted sung at the service, what scriptures she would like read, and what outfit she wanted to be buried in. The woman also requested to be buried with her favorite Bible.

Everything was in order and the pastor was preparing to leave when the woman suddenly remembered something very important to her.

"There's one more thing," she said excitedly.

"What's that?" came the pastor's reply.

"This is very important," the woman continued. "I want to be buried with a fork in my right hand."

The pastor stood looking at the woman, not knowing quite what to say.

"That surprises you, doesn't it?" the woman asked.

"Well, to be honest, I'm puzzled by the request," said the pastor.

The woman explained. "In all my years of attending church socials and potluck dinners, I always remember that when the dishes of the main course were being cleared, someone would inevitably lean over and say, 'Keep your fork.' It was my favorite part because I knew that something better was coming...like velvety chocolate cake or deep-dish apple pie. Something wonderful, and with substance! So, I just want people to see me there in that casket with a fork in my hand and I want them to wonder - "What's with the fork?"

Then I want you to tell them:

"Keep your fork.... the best is yet to come".

The pastor's eyes welled up with tears of joy as he hugged the woman good-bye. He knew this would be one of the last times he would see her before her death. But he also knew that the woman had a better grasp of heaven than he did. She KNEW that something better was coming.

At the funeral people were walking by the woman's casket and they saw the pretty dress she was wearing, her favorite Bible and the fork placed in her right hand. Over and over, the pastor heard the question, "What's with the fork?" And over and over he smiled.

During his message, the pastor told the people of the conversation he had with the woman shortly before she died. He also told them about the fork and about what it symbolized to her. The pastor told the people how he could not stop thinking about the fork and told them that they probably would not be able to stop thinking about it either. He was right.

So the next time you reach down for your fork, let it remind you oh so gently, that the best is yet to come.