



BALOO'S BUGLE

Volume 19, Number 8

"Make no little plans; they have no magic to stir men's blood and probably themselves will not be realized. Make big plans; aim high in hope and work." — Daniel Hudson Burnham (1846-1912)

April 2013 Cub Scout Roundtable

May 2013 Core Value & Pack Meeting Ideas

HEALTH & FITNESS / CUB CAFE

Tiger Cub, Wolf, Bear, Webelos, & Arrow of Light Activities

CORE VALUES

The core value highlighted this month is:

- ✓ **Health and Fitness:** Being personally committed to keeping our minds and bodies clean and fit. By participating in the Cub Scout Academics and Sports program, Cub Scouts and their families develop an understanding of the benefits of being fit and healthy.

COMMISSIONER'S CORNER

June 23-29 is Commissioner's Week at PTC

Commissioner Conferences being offered include

- The Council Commissioner
- District Commissioner and Asst Dist Commissioner
- Training
- District Committee
- Effective Roundtables**
- How to Conduct a Commissioner College
- The Unit Commissioner

Did you notice **Effective Roundtables** on the list?? Well, I received a very humbling call this month - Tim Acree, the Training Person on Tico's National Commissioner Staff called to ask me if I wanted to work with George Costigan of National Cap Council as the "Philmont Phaculty" members facilitating the **Roundtable** conference!! He said I had to talk with my wife, before I could tell him YES!!!

So, if you are a RT Commissioner, an Asst RT Commissioner (formerly called Staff) or just interested in RTs - for a great experience, go to <http://philmontscoutranch.org> learn about the Philmont Training Center and sign up for **Effective Roundtables** and then come on out and meet George and I and learn a lot about Roundtables. *We will have the 2013-2014 CS and BS RT Planning Guides for you!!* Write PTC (or me) if you have questions on the National Training Center - *This will be my 13th trip there - the first on "Philmont Phaculty!!"*

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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.usscouts.org. CD

Prayer

Oh great Father, keeper of all earth and men, we thank thee for the bounty from thy hand. We thank thee for the bodies which thou hast given us, and ask thee to bless us to keep them fit and strong. Bless also our hearts that they may turn to others as we stretch forth our hand to those in need. Help us to understand the blessings we have been given and share those with others of thy children. Amen.

27 And he answering said, Thou shalt love the Lord thy God with all thy [heart](#), and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbour as thyself. Luke 10:27

A Can in the Hand

Scouter Jim, Great Salt Lake Council

In 1795 the French military offered a cash prize of 12,000 francs for a new method of preserving food. Before this time, the only way to preserve foods was with sugar, salt, or drying. This left preserved foods high in sugar and salt. (Not much has changed, has it?) Refrigeration was still primitive and long storage freezing was not possible. By 1806 Nicolas Appert had suggested canning, by treating the container with heat. The process was proven in 1806 and he finally received his award.

In 1810 Peter Durand patented a process for sealing food in cans. This method of processing has remained even into our own time. With the innovations of these men, food can now be preserved and transported to those who need it. Food can be preserved and not wasted by spoilage.

There is a phrase in our language, "A bird in the hand is worth two in the bush." This refers to hunting birds. A falcon on the hand to hunt food is worth two in the bush or on the wing. The bird can provide food for its owner where the other is just nice to look at. Food can be preserved and stored for long periods of time, but it is of no value to the hungry person unless we find a way to put it in their hand.

In the 1980's the Boy Scouts of America started Scouting for Food. This event gathers large amounts of food for the hungry in our nation. This month as we focus on health and food, it would be appropriate to think about those of our neighbors who are living their lives in hunger. One in six people in America are living with hunger. This is not acceptable in our day and age. We as Scouts and leaders can help be part of the solution, but

there may be some among us that are also among the hunger.

Let us fight hunger, one box, one bag, or one can at a time.

To a man with an empty stomach, food is god.
[Mahatma Gandhi](#)

Quotations

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

He who does not mind his belly will hardly will hardly mind anything else. [Samuel Johnson](#)

Shipping is a terrible thing to do to vegetables. They probably get jet-lagged, just like people. [Elizabeth Berry](#)

I do not like broccoli. And I haven't liked it since I was a little kid and my mother made me eat it. And I'm President of the United States and I'm not going to eat any more broccoli. [President George Bush](#)

There is no sincerer love than the love of food.
[George Bernard Shaw](#)

The belly rules the mind. Spanish Proverb

A good meal makes a man feel more charitable toward the whole world than any sermon. [Arthur Pendenys](#)

Hunger is not debatable. [Harry Hopkins](#)

No man is lonely while eating spaghetti -- it requires so much attention. [Christopher Morley](#)

The trouble with always trying to preserve the health of the body is that it is so difficult to do without destroying the health of the mind. [G.K. Chesterton](#)

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

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity. [World Health Organization, 1948](#)

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

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

Joy and Temperance and Repose
Slam the door on the doctor's nose.

[Henry Wadsworth Longfellow](#)

Sickness comes on horseback but departs on foot.
[Dutch Proverb, sometimes attributed to William C. Hazlitt](#)

If you have health, you probably will be happy, and if you have health and happiness, you have all the wealth you need, even if it is not all you want.
[Elbert Hubbard](#)

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

I think you might dispense with half your doctors if you would only consult Dr. Sun more. [Henry Ward Beecher](#)

Health is like money, we never have a true idea of its value until we lose it. [Josh Billings](#)

It's bizarre that the produce manager is more important to my children's health than the pediatrician. [Meryl Streep](#)

To avoid sickness eat less; to prolong life worry less. [Chu Hui Weng](#)

The doctor of the future will give no medicines, but will interest his patients in the care of the human frame, in diet, and in the causes and prevention of disease. [Thomas Edison](#)

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

After these two, Dr. Diet and Dr. Quiet, Dr. Merriman is requisite to preserve health. [James Howell](#)

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

Nothing is more fatal to Health, than an over Care of it. [Benjamin Franklin](#)

**A Smile to Go
Scouter Jim**

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

Bearly Camping

After my March Roundtable, a few of us were telling Scout War Stories, and among the members of the group was a young man that was a Scout in Canada, and a not so young man that was a Scout leader in Canada. They both told stories of camping among bears.

Story One

The young man was camping with his troop in a meadow filled with wild berries. During the night, nature called and he got up, but he heard a bear prowling the campsite. It was scratching at the bear pole, (a tall pole that was used for keeping food away) and then it circled the tent. By that time all the occupants of the six man dome tent were watching the shadowy figure circle the tent. Finally it began pawing the tent just under the head of one of the boys. It turns out that this young man had a bad of tail mix under his pillow. The bear finally gave up and left. Lesson Learned for the Scouts.

Story Two

The older man had taken his Troop camping and found the only site available was in an overflow campsite near a dump. Worried about bears roaming the dump, he told the boys that if they heard a bear that he had left his vehicle unlocked. To add dumb to dumber, he told the boys that if they got cold that he had left the key in the ignition and to just turn the car on and he would wake up and join them.

At about two in the morning the leader woke up to find that both his car and boys were missing. He hiked the two miles to town to find the boys looking for girl they had met the previous day passing through town. He discovered that the boys had put the car in gear and pushed it quietly out of camp before they started it and drove to town. Lesson learned, "let the bears eat the boys."

This column would be fun place for leaders to share humorous stories. We can all learn by each other's mistakes.



Send stories to bobwhitejonz@juno.com.

Thanks

Scouter Jim

Colonel Harland David Sanders,
founder of Kentucky Fried Chicken, now KFC



I ran a restaurant for twenty-five years trying to serve the best food I could up to the public. [Colonel Harland Sanders](#)

The best way to begin is by telling how I made my first loaf of light bread. Papa died when I was five years old. My little brother was three. Sister was born three months after Papa died in 1895. Mama sewed for the neighbors for our cash money. That left me to do the cookin' for three children. When I was seven, I got so I could make light bread. I made the yeast, set the sponge, made the dough, baked off the bread. When I was done I had the prettiest loaf of light bread you ever saw.
Col. Harland Sanders, the Autobiography of the Original Celebrity Chef

Harland David Sanders was born in a four room house in rural Indiana on September 9, 1890. He was the oldest of three children born to Wilbur David and Margaret Ann Sanders. When Harland was young, his farmer father fell and broke his back and leg and could no longer farm.

He passed away in the summer of 1895 when young Harland was only five-years-old. Harland's mother took a job in a tomato-canning factory, and young Harland became the family cook. Harland dropped out of school when he was twelve-years-old when his mother remarried, as his new step-father beat him. With his mother's approval, he moved in with an uncle in Albany, Indiana.

Sanders lied about his age and enlisted in the United States Army at the age of fifteen, completing his service as a mule handler in Cuba. He was honorable discharged after four months and moved to Sheffield, Alabama; where another uncle lived. In 1908 Harland Sanders married Josephine King and started a family. After his boss fired him while on a business trip, his wife left him, sold all his worldly possessions and moved with the children into her parents home, where he was not welcome to visit.

In 1930, Harland opened a service station in Corbin, Kentucky, where he supplemented his income serving dinner to his customers. He did not have a restaurant, so he served customers in his living quarters next to the service station. His food grew in popularity and he moved to a 142 seat restaurant. Over the next nine years he developed his "Secret Recipe" for frying chicken in a pressure cooker. In 1939, food critic Duncan Hines was so impressed with his restaurant that he listed it in his "Adventures in Good Eating" guide.

In 1952 his restaurant failed due to being bypassed by Interstate 75. He took \$105 from his first Social Security check and began visiting potential franchisees. He awarded his first franchise to Pete Harmon of Salt Lake City Utah with a handshake agreement to pay Sanders a nickel for every chicken sold.

Back in 1952, I met Pete Harman while we were attending a restaurant short course at the University of Chicago. He didn't drink or smoke

and neither did I, so when the rest of the class went out partying or nightclubbing, he and I walked around visiting restaurants. All we did was discuss food and the food business. I got to know Pete real well. He was a young man but he'd just spent \$24,000 remodeling his drive-in. I was anxious to see a restaurant somebody had spent \$24,000 on, so later that year when I went to Australia for the World Convention of Christian Churches, I arranged a stop off in Salt Lake City for a couple days on my way there.

He'd been in business 12 years and in all that time he had never served a single order of chicken. The last night I was there he was going to take me to dinner at a club up in the mountains nearby. I said, "Pete, instead of taking me up there, I want you to taste this fried chicken of mine. Let me fry my chicken for you. Have your head waitress, your manager, your wife, anybody else in and let's let them try my chicken, too." I insisted so strongly that he did and I fried chicken and made cream chicken cracklin' gravy to go along with it. When I was making the gravy he came by and said, "What are you doing now?"

I had the flour in the cracklins'. I was ready to add the milk. I said I was making gravy for the chicken. He sort of grunted and I said, "One thing about this, if you make the gravy good enough you can throw away the chicken and just eat the gravy, Pete."

He didn't serve mashed potatoes in his restaurant because it was a drive-in and everything was French fried. But somehow I made my mashed potatoes with milk and butter just like Mama had done and when I fried the chicken, I made cracklin' gravy. Then we all went to a big round table in the corner of his dining room with his staff and his family and I filled all their plates with chicken, mashed potatoes and gravy. I also had a bowl of gravy sitting in the middle of the table. The biscuits were brought in at the last minute. When they took a bite of my chicken I watched to see if there was a gleam in their eyes. Sure enough, their eyes lit up. Pete's wife looked at him and nodded and I thought, "That's going to do it." They all ate my chicken down to the bone just as clean as could be and they ate the gravy and mashed potatoes like nobody's

business. Pete reached over, got two more biscuits, opened them up on his plate and smothered them with gravy.

He saw me watching him and he said, "I see what you meant when you told me I might want to eat the gravy and throw the chicken away." But he still wouldn't say he'd start selling my fried chicken in his restaurant. On my way back from Australia my second wife, Claudia, met me on the West Coast and we stopped off in Salt Lake City so she could see Pete's place.

It almost knocked my eyeballs out. He had painted seven-foot-high letters on the front of his window: "SOMETHING NEW – SOMETHING DIFFERENT – KENTUCKY FRIED CHICKEN." He had eight pots (that's what we call our pressure cookers) a day going. And he was selling my chicken like crazy over the radio. He hadn't told me a thing about it. He'd just wanted to see how it would go. Then we got together on an agreement. I let him have the whole state of Utah. During his fifth year after Pete took on my Kentucky Fried Chicken franchise he did \$3.5 million in business. That's \$3.5 million up from \$160,000, and 75 percent of that increase was done with the help of Kentucky Fried Chicken.

Col. Harland Sanders, the Autobiography of the Original Celebrity Chef

The franchise business was a success and in 1964, he sold the American portion of the company for two million dollars and moved to Mississauga, Ontario to oversee the Canadian franchise.

In the Forward of Colonel Harland Sanders autobiography Pete Harmon wrote in following: The Colonel perfected his secret recipe in 1939, and his restaurant in Corbin, Kentucky, became known as the place to stop for a great, home-cooked meal.

In 1952, I was fortunate to become his first franchisee. What I thought was a business deal turned out to be a lifelong friendship. It started with the Colonel insisting that he prepare a chicken dinner for my wife and me in our Salt Lake City restaurant. Of course, the dinner was fabulous! His passion for both hospitality and his recipe led us to paint our windows the next day with signs that read, "Now serving Kentucky Fried Chicken." That was the beginning of a 60-plus year campaign to spread

his brand so that everyone in the country, and later the world, could enjoy his recipe. It was also the beginning of what he taught me about the restaurant industry.

Though having a rough life and struggling and failing many times, he never gave up. He created the Colonel Harland Sanders Trust and the Colonel Harland Sanders Charitable Organization which donates money to groups specializing in women and children's healthcare.

Sanders died in Louisville, Kentucky on December 16, 1980. Many might not remember the Colonel, but I remember he would come to Utah and ride a float in the annual Days of 47 Parade, Utah's founder's day. He was a man of honor and strong character.

Colonel Harland Sanders Quotes

[On whether he spoiled his grandchildren] Not too badly. I just love them.

You're surrounded with love when you're surrounded with a bunch of children.

[On children] They're an inspiration for us all to grow by. And you can't help but admire them.

[On being called a living legend] A legend, and what's that?

I wanted to have the best chicken in my restaurant. They forgot all about the price of the food... They'd come back again for that good food.

I had a moral obligation to give people something good. Something worthwhile. I loved it.

[On the new interstate highway forcing him to change and adapt] It's a stepping stone for something else, there's no question about it. So my question was 'What could I save out of that wreck?' I knew it was going to be wrecked. I think the moral for my life is don't quit at 65. Maybe your boat hasn't come in yet. I prayed to God that he would make this thing a success.

My ferry boat business was put out of business when a bridge was built across the river. My lighting plant business selling gas lights went downhill when there were electric lights and I couldn't sell mine.

[On previous business failures – ferry boat business (failing when a bridge was built across the river), lighting plant business etc] Things just went bad for me all the way along... I always dreamed up something that I thought was useful and good. I wanted to be sure on this chicken as it was my last chance. Cause I was getting well up in my years. If this chicken made good I'd see that God got his part. I've given away millions of dollars since then...

I don't pray for anything...My prayers are to thank for the all the blessings I've received over the years. Here I am enjoying good health. My eyesight is getting bad now and my hearing is failing a little bit.

Don't be against things so much as for things.

PACK ADMIN HELPS



Pack Committee Chair

Annual Pack Committee Calendar Planning

Summertime is fast approaching and that means school is out. Cub Scouts meet once a month qualifying for the Pack Summertime Award. May is a great time to start planning for the fall program. It gives the scout families things to plan and look forward to.

Since May's Theme is Cub Café here is a great Cub Scout Cookbook. Remember let the Cub Scouts do the cooking.

Cub Grub Cookbook

<http://balboaoaks.bsa-la.org/download/blog/Cub%20Grub%20Cookbook.pdf>

Sample Advancement Charts: Excel Spread Sheet can handle any combination of badges earned and Advancements.

Scout	Rank	Badge	Pin	Loop
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Look up Packmaster on the internet. A great internet program for tracking advancement and Pack Rosters

Monthly Pack Committee Planning Meeting

- Lead the discussion in what is coming up.
- Make sure meetings are well planned
- Calendar is updated and distributed
- Roster is updated and distributed
- Pack Leadership is in place
- Listens to and help solve concerns

Pack Meeting

Theme

Den Meetings

Tigers

Wolves

Bears

Webelos I & II

Advancement Ceremonies

Arrow of Light, Bridging

Recruiting

Monthly recruiting ideas

Tiger Recruitment

Tiger Kite

Websites for Pack Committee Chair

Submitted by:

Judy Soyster

WLACC

Las Colinas District

PCC P-212

Retired CSRTC

Every pack is under the supervision of a pack committee, which consists of at least three members (chair, secretary, and treasurer). By

handling administrative and support tasks, the pack committee allows the Cubmaster, den leaders, and their assistants to focus on working directly with the Cub Scouts.

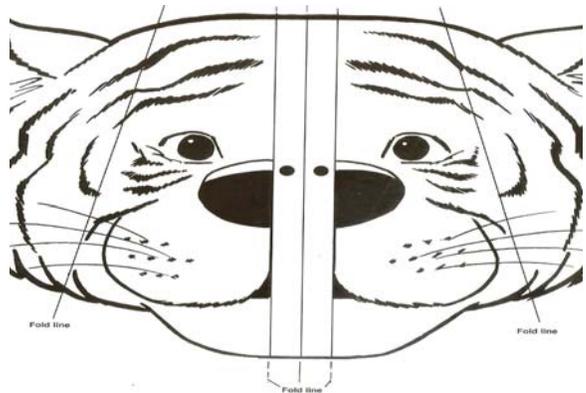
With a committee of three, members must assume responsibility for more areas of service than with a committee of seven or more. Although packs can and do operate with a minimum of three committee members, experience has shown that a larger committee generally ensures a stronger, more stable pack and is better able to perform all the required functions to ensure a successful pack program. It is also a way of involving more pack families in meaningful service to the pack.

Qualifications: Is at least 21 years old, is selected by the chartered organization, and is registered as an adult leader of the BSA. One member is designated as pack committee chair.

Responsibilities: Regardless of the size of the pack committee, these responsibilities must be performed:

- Make recommendations regarding pack leadership to the chartered organization for final approval of pack leadership.
- Recruit the Cubmaster and one or more assistant Cubmasters, with the chartered organization's approval.
- Coordinate the pack's program and the chartered organization's program through the chartered organization representative.
- Help with pack charter renewal.
- Help stimulate the interest of adult family members through proper programming.

- Supervise finances and equipment.
- Vigorously assist the Cubmaster.



Tiger Kite Derby

What about Council sponsored Cub Parent Weekends. Participating in challenging events including learning knots.

The Knot Lady at Camp Josepho and Dominic Tores, Pack 88, Canoga Park, Ca.

Have you thought of a Tiger Kite Derby Day? Great for recruiting new Tiger Scouts. The

Pattern is found in the Tiger Leader Book.
They do work if you follow the instructions.



Paper Rocket Launcher

One last instruction is blowing up soda bottle. Remove paper rocket, cup hand around top PVC pole and blow into PVC pipe.

This will expand soda bottle. When running and jumping on the soda bottle with Paper rocket in place it will launch.

ROUNDTABLES



Linking District Committee Resources to Unit Program via the Roundtable

*Barbara J. Hicklin, ACC - Roundtables
DelMarVa Council*

Contact me at: bjhicklin57@hotmail.com

The National Commissioners [Newsletter](#) for Winter 2013 states:

“The retention mission of the commissioner corps is best achieved by providing an adequate number of trained unit commissioners who provide a link to district committee resources in support of a quality unit program.”

Where do we as Roundtable Commissioners fit into this objective? Do we reach out to the diverse and experienced resources of our District Committee and invite them to present on topics at our Roundtables? Does your District Chairman attend your Roundtables? Does your Unit Leadership know the District Committee exists?

**BE PREPARED for Next Month:
May Roundtable for June Pack Program
Core Value: Perseverance
Supplemental Pack Meeting: Head West Young Man**

Cub Scout Leader Specific Breakouts:
Cub & Webelos Leaders – Planning Den
Outdoor Activities
Cubmasters – Campfire Programs
Pack Leaders – Pack Leadership Team

April Roundtable: for May Pack Program

Core Value: Health and Fitness

**Supplemental Pack Meeting Theme:
Cub Cafe**

Suggested Roundtable Agenda:

Red - New for '2012-2013

Green - suggestion from Cub Roundtable

Planning Guide 2012-2013 found at

http://scouting.org/filestore/training/pdf/511-410_WB.pdf

Preopening

Displays:

- *Parking Lot:* Make it easy for participants to ask questions
- *Highlighted Resources and Other Displays*
- *Supplies* - Forms and literature

Registration: Sign-in Sheets - Greet and welcome everyone

Preopening Activity: Get-acquainted game

General Opening (All Scouting Programs)

Welcome - Enthusiastic and friendly call to order

Prayer- Pre-select someone comfortable

Opening Ceremony - Flag ceremony / focus on Core Value

Introductions & Instructions - Introduce first time attendees

Combined Cub Scout Leader Session

Icebreaker, Song & Cheers – The song - **Five Cub Scouts**

Tips for Pack Activity – **Budget Buffet** – www.myplate.gov

Safe Scouting - **New**, materials available in the *Guide*

Sample Ceremony – **Flag Ceremony**

Resource Highlight – Book of the month

Leader Specific Breakouts:

❖ Cub Scout Den Leaders – **Den Service & Conservation**

❖ Webelos Den Leaders – **Den Service & Conservation**

❖ Cubmasters - **Pack Gathering Activities**

❖ Pack Leaders – **Tiger Cubs**

Membership & Retention- **New**, available in the *Guide*

Open Forum (Q & A) - Include answers to questions left in parking lot.

General Closing (All Scouting Programs)

Announcements:

- Invite contact responsible for upcoming events to make announcement. Limit to a short introductory statement and where to find more information
- Promote - date, theme, special topics for next roundtable
- Recognize Attendance - Cubbie, Totem, or Scout Bucks

Commissioners Minute – **Leave Footprints**

Closing Ceremony - Retire colors

After the meeting

Fellowship / Refreshments

or “Cracker Barrel”

Staff Meeting



CUBCAST

CUBCAST has a new look for 2013!!!

And it is **WONDERFUL!!**

There are ideas for the Supplemental Themes.

In any month there may be applause, games, skits, ceremonies and more!!!

And you can do it - there is info on how to submit your Den/Pack doing something!!

Hear Pack 443 from Frisco, TX, do the skit, The Night Before the Pinewood Derby!!! And learn how to submit your Pack to be on Cubcast. Just write <mailto:cubcast@scouting.org>.

The April 2013 Cubcast is -

The Cub Scout Outdoor Program



Fishing, sleeping under the stars, toasting marshmallows; camping can be so much fun if you do it right. Joining us is Jennifer Mooney, the camping director for the Cascade Pacific Council in Portland, Oregon. Jennifer has been working at Cub Worlds since she was in high school. She definitely knows the importance of camping for our young members and how it impacts retention.

Listen to Cubcast at

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

Connecting HEALTH & FITNESS with Outdoor Activities

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

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

closing ceremonies could all use health and fitness themes.

- ★ **Den Trips** - Visit a local water treatment facility to see how this vital fluid is made safe for drinking by the population. Visit a farm or other place where healthy food is processed. Visit a sporting event.
- ★ **Pack Overnighter** - Boys plan the meals discussing good nutrition. Discuss the need for lots of water.

PACK MEETING THEMES

Commissioner Dave (with help from Kim)

All 36 Supplemental Pack Meeting plans are posted at:

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

Here are the 12 in the current CS RT PG -

Month	Core Value	Supplemental Theme
• April	Faith	Cub Scouts Give Thanks
• May	Health and Fitness	Cub Cafe
• June	Perseverance	Head West Young Man
• July	Courage	Cubs in Shining Armor
• August	Honesty	Kids Against Crime

Kim, the chair of the task force, says "I do want to stress that the focus is still the Core Value and the theme is just there as an enhancement. The theme pack meeting plans are specifically crafted to bring out the important points of the Core Value in a fun way."

Here is the complete list of all 36 Supplemental Themes. Any Pack/Cubmaster can use any theme any month. The year designation is to show you which themes will be featured at Roundtables each year. So, the 2012 - 2013 RT year kicked off in August with Cooperation and Hometown Heroes. Then Responsibility and Jungle of Fun.

Month	Core Value	Supplemental Pack Meeting Themes to Enhance the Meaning of the Core Value		
		Set A	Set B	Set C
		2012-2013 CS RT PG	2013-2014 CS RT PG	2014-2015 CS RT PG
September	Cooperation	* Hometown Heroes	* Amazing Games	* Under the Big Top
October	Responsibility	* Jungle of Fun	* Down on the Farm	* Dollars and Sense
November	Citizenship	* 50 Great States	* Your Vote Counts	* Give Goodwill
December	Respect	* Holiday Lights	* Passport to Other Lands	* Stars and Stripes
January	Positive Attitude	* Abracadabra	* Lights, Camera, Action	* Yes, I Can
February	Resourcefulness	* Turn Back the Clock	* Invention Convention	* Litter to Glitter
March	Compassion	* Planting Seeds of Kindness	* Pet Pals	* Aware and Care
April	Faith	* Cub Scouts Give Thanks	* My Family Tree	* Soaring the Skies
May	Health & Fitness	* Cub Café	* Destination Parks	* Backyard Fun
June	Perseverance	* Head West Young Man	* Over the Horizon	* Go for the Gold
July	Courage	* Cubs in Shining Armor	* Space - The New Frontier	* Under the Sea
August	Honesty	* Kids Against Crime	* Heroes of History	* Play Ball

Upcoming:



★ May's Core Value, **Health and Fitness**, will use the Supplemental Theme "**Cub Cafe.**"

Month's that have themes that might help you with **Health and Fitness** and "**Cub Cafe**" are:

Month	Year	Theme
Food Themes		
July	1948	Cub Scout Chefs
April	1952	Things that Grow
July	1969	Cub Scout Chefs
July	1973	Cub Scout Chefs
May	1978	Growing Food
July	1978	Come get it
May	1982	Things that Grow
June	1987	Come and Get It
March	2000	Cub Grub
December	2004	Holiday Food Fare
April	2007	Cub Cafe
Health Themes		
October	1939	Health and Safety
January	1982	Adventure in Good Health
Fitness Themes		
August	1944	Strength
May	1946	Keeping Fit
November	1949	Keeping Strong
May	1952	Strength and Skills
July	1962	Strength and Skill
June	1967	Feats of Skill
January	1969	Fit For America
January	1972	Feats of Skill
September	1974	Muscle Builders
January	1976	Tournament

June	1977	Muscle Builders
August	1981	Physical Fitness
January	1983	Shape-Up (Winter Olympics)
March	1985	Step into Shape
July	1986	Strength and Skill
August	1988	Physical Fitness
April	1994	Shape Up
August	2000	Toughen Up
November	2000	Turn On the Power
Health and Fitness		
May	2011	Health and Fitness
May	2012	Health and Fitness
May	2013	Health and Fitness



★ April's Core Value, **Perseverance**, will use the Supplemental Theme "**Head West Young Man**"

★ Month's that have themes that might help you with **Perseverance** and "**Head West Young Man**" are:

Month	Year	Theme
Old West		
August	1946	The Wild Wild West (Buffalo Bill)
September	1950	Westward Ho
September	1957	Homesteaders
September	1958	Cub Scout Corral
October	1967	Westward Ho
March	1971	Cowboys & Indians
October	1984	Wild and Woolly West
September	1988	Cub Scout Corral
July	1993	Wild and Woolly West
October	1999	California Gold Rush
August	2003	Circle the Wagons
September	2005	Cub Scout Round-Up
Rodeo		

June	1956	Rodeo
August	1962	Wild West Show
September	1976	Wild West Rodeo
August	1998	Rodeo Trail
Perseverance		
June	2011	Perseverance
June	2012	Perseverance

DEN MEETING TOPICS

Wendy, Chief Seattle Council

MONTH/ CORE VALUE ALTERNATE PACK MTG THEME	APRIL: FAITH		MAY: HEALTH & FITNESS		JUNE: PERSEVERANCE	
	MEETING #	PACK ACTIVITY	LETTERED MEETING OF YOUR CHOICE			
CUB SCOUTS GIVE THANKS	15	Star Gazing, Religious Emblems, Spring Recruiting				
TIGERS	E#3 Board Game or Puzzle	Sportsman				
WOLVES	E4p, e Marbles	Scholar				
BEARS	Ach. #21 Models	Showman				
WEBELOS						
ARROW OF LIGHT						
PERSEVERANCE						

Do supplemental meetings (they have letters instead of numbers in the Resource Guide) of your choice.

Remember Boys want to be outside.

Do supplemental meetings (they have letters instead of numbers in the Resource Guide) of your choice.

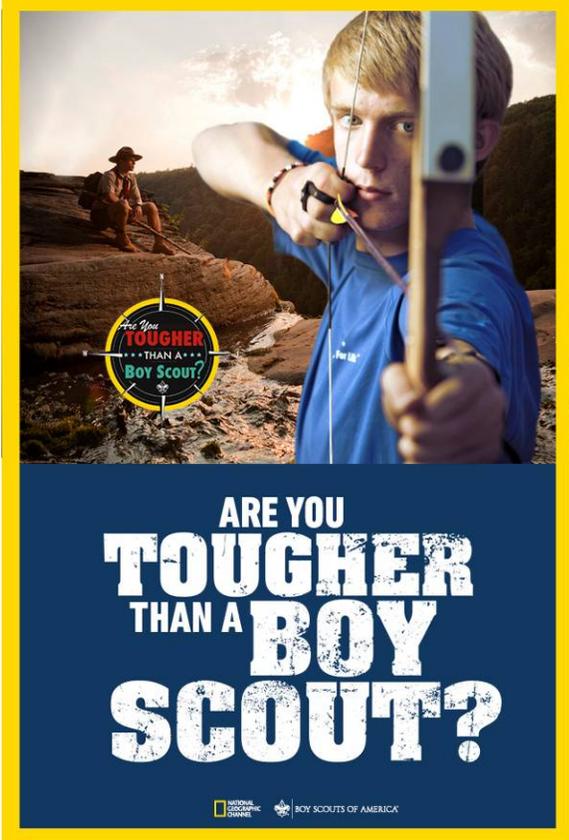
Remember Boys want to be outside.

When a Den Meeting occurs depends on when you start your year and how often you meet. A Den that starts in August will be doing meetings 1 & 2 then,

and 3& 4 in September. A den that meets three times a month will do 1, 2, and 3 in September.
The pace is up to you!!

THE BUZZ

Note - The Buzz is a biweekly video detailing recent changes and such in Boy Scouting.



Camp Director Erik Godfrey and Scout Executive Jim Rushton explain how the new "Are You Tougher Than a Boy Scout" reality show—**airing on the National Geographic Channel beginning March 4**—can help you promote attendance at your camps.



Click on the picture above or go to:
<http://www.scouting.org/sitecore/content/InternalCommunications/The%20Buzz.aspx>

SPARKLERS

Anyone can hold a Den meeting, go through the crafts and activities and send the kids home. Anyone can hold a Pack meeting, give out the awards and advancement, and send the kids home. BORING!

It's the Pizzazz that keeps them coming back. It's the songs, skits, stories, run-ons, and cheers that bring on the laughter, the sparkle in the eyes, the excitement. It's the impressive ceremonies when the kids are recognized for achievement that they will remember for years to come.

Sparklers are tools for adding fun and excitement to your meetings. They can be simple jokes and run-ons, to more elaborate songs and skits. Add a sparkler when there is a lull in the program, such as the time before you are ready to organize a game. Let the boys pick a song or skit to perform, and have them practice it before performing it to a larger audience.

SAFETY MINUTE

The Boy Scouts of America outlines in its Age-Appropriate Guidelines those activities suitable for specific age groups. Age- and rank-appropriate guidelines have been developed based on the mental, physical, emotional, and social maturity of BSA youth members. These guidelines apply to Cub Scout packs, Boy Scout troops, Varsity Scout teams, and Venturing crews.

Frequently asked Questions

Question: Where can I find the Age-Appropriate Guidelines?

Response: The chart is found as an insert in the printed and online editions of the Guide to Safe Scouting and on the BSA's scouting.org web page on the "Scouting Safely page" in the Guidelines/Policies area.

Question: Must a unit follow the Age-Appropriate Guidelines for all our unit activities?

Response: Yes. There is a risk to any unit outing or activity. A unit must develop its tour and activity plan around the Age-Appropriate Guidelines to minimize injury and risk to the youth.

WATER SAFETY

Safe Swim Defense training may be obtained from the BSA Online Learning Center at www.scouting.org, at council summer camps, and at other council and district training events.

Confirmation of training is required on tour and activity plans for trips that involve swimming.

Additional information on various swimming venues is provided in the Aquatics Supervision guide available from council service centers.

Qualified Supervision

All swimming activity must be supervised by a mature and conscientious adult age 21 or older who understands and knowingly accepts responsibility for the well-being and safety of those in his or her care, and who is trained in and committed to compliance with the eight points of BSA Safe Swim Defense. It is strongly recommended that all units have at least one adult or older youth member currently trained in BSA Aquatics Supervision: Swimming and Water Rescue or BSA Lifeguard to assist in planning and conducting all swimming activities.

Personal Health Review

A complete health history is required of all participants as evidence of fitness for swimming activities. Forms for minors must be signed by a parent or legal guardian. Participants should be asked to relate any recent incidents of illness or injury just prior to the activity. Supervision and protection should be adjusted to anticipate any potential risks associated with individual health conditions. For significant health conditions, the adult supervisor should require an examination by a physician and consult with the parent, guardian, or caregiver for appropriate precautions.

Safe Area

All swimming areas must be carefully inspected and prepared for safety prior to each activity. Water

depth, quality, temperature, movement, and clarity are important considerations. Hazards must be eliminated or isolated by conspicuous markings and discussed with participants.

Controlled Access: There must be safe areas for all participating ability groups to enter and leave the water. Swimming areas of appropriate depth must be defined for each ability group. The entire area must be within easy reach of designated rescue personnel. The area must be clear of boat traffic, surfing, or other nonswimming activities.

Bottom Conditions and Depth: The bottom must be clear of trees and debris. Abrupt changes in depth are not allowed in the nonswimmer area. Isolated underwater hazards should be marked with floats. Rescue personnel must be able to easily reach the bottom. Maximum recommended water depth in clear water is 12 feet. Maximum water depth in turbid water is 8 feet.

Visibility: Underwater swimming and diving are prohibited in turbid water. Turbid water exists when a swimmer treading water cannot see his feet. Swimming at night is allowed only in areas with water clarity and lighting sufficient for good visibility both above and below the surface.

Diving and Elevated Entry: Diving is permitted only into clear, unobstructed water from heights no greater than 40 inches. Water depth must be at least 7 feet. Bottom depth contours below diving boards and elevated surfaces require greater water depths and must conform to state regulations. Persons should not jump into water from heights greater than they are tall, and should jump only into water chest deep or greater with minimal risk from contact with the bottom. No elevated entry is permitted where the person must clear any obstacle, including land.

Water Temperature: Comfortable water temperature for swimming is near 80 degrees. Activity in water at 70 degrees or less should be of limited duration and closely monitored for negative effects of chilling.

Water Quality: Bodies of stagnant, foul water, areas with significant algae or foam, or areas polluted by livestock or waterfowl should be avoided. Comply with any signs posted by local health authorities. Swimming is not allowed in swimming pools with green, murky, or cloudy water.

Moving Water: Participants should be able to easily regain and maintain their footing in currents or waves. Areas with large waves, swiftly flowing currents, or moderate currents that flow toward the open sea or into areas of danger should be avoided.

Weather: Participants should be moved from the water to a position of safety whenever lightning or thunder threatens. Wait at least 30 minutes after the last lightning flash or thunder before leaving shelter. Take precautions to prevent sunburn, dehydration, and hypothermia.

Life Jacket Use: Swimming in clear water over 12 feet deep, in turbid water over 8 feet deep, or in flowing water may be allowed if all participants wear properly fitted, Coast Guard–approved life jackets and the supervisor determines that swimming with life jackets is safe under the circumstances.

Response Personnel (Lifeguards)

Every swimming activity must be closely and continuously monitored by a trained rescue team on the alert for and ready to respond during emergencies. Professionally trained lifeguards satisfy this need when provided by a regulated facility or tour operator. When lifeguards are not provided by others, the adult supervisor must assign at least two rescue personnel, with additional numbers to maintain a ratio of one rescuer to every 10 participants. The supervisor must provide instruction and rescue equipment and assign areas of responsibility as outlined in Aquatics Supervision, No. 34346. The qualified supervisor, the designated response personnel, and the lookout work together as a safety team. An emergency action plan should be formulated and shared with participants as appropriate.

Lookout

The lookout continuously monitors the conduct of the swim, identifies any departures from Safe Swim Defense guidelines, alerts rescue personnel as needed, and monitors the weather and environment. The lookout should have a clear view of the entire area but be close enough for easy verbal communication. The lookout must have a sound understanding of Safe Swim Defense but is not required to perform rescues. The adult supervisor may serve simultaneously as the lookout but must assign the task to someone else if engaged in activities that preclude focused observation.

Ability Groups

All youth and adult participants are designated as swimmers, beginners, or nonswimmers based on swimming ability confirmed by standardized BSA swim classification tests. Each group is assigned a specific swimming area with depths consistent with those abilities. The classification tests should be renewed annually, preferably at the beginning of the season.

Swimmers pass this test: Jump feet first into water over the head in depth. Level off and swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy resting backstroke. The 100 yards must be completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating.

Beginners pass this test: Jump feet first into water over the head in depth, level off, and swim 25 feet on the surface. Stop, turn sharply, resume swimming and return to the starting place.

Anyone who has not completed either the beginner or swimmer tests is classified as a nonswimmer.

The nonswimmer area should be no more than waist to chest deep and should be enclosed by physical boundaries such as the shore, a pier, or lines. The enclosed beginner area should contain water of

standing depth and may extend to depths just over the head. The swimmer area may be up to 12 feet in depth in clear water and should be defined by floats or other markers.

Buddy System

Every participant is paired with another. Buddies stay together, monitor each other, and alert the safety team if either needs assistance or is missing. Buddies check into and out of the area together.

Buddies are normally in the same ability group and remain in their assigned area. If they are not of the same ability group, then they swim in the area assigned to the buddy with the lesser ability.

A buddy check reminds participants of their obligation to monitor their buddies and indicates how closely the buddies are keeping track of each other. Roughly every 10 minutes, or as needed to keep the buddies together, the lookout, or other person designated by the supervisor, gives an audible signal, such as a single whistle blast, and a call for "Buddies." Buddies are expected to raise each other's hand before completion of a slow, audible count to 10. Buddies that take longer to find each other should be reminded of their responsibility for the other's safety.

Once everyone has a buddy, a count is made by area and compared with the total number known to be in the water. After the count is confirmed, a signal is given to resume swimming.

Discipline

Rules are effective only when followed. All participants should know, understand, and respect the rules and procedures for safe swimming provided by Safe Swim Defense guidelines. Applicable rules should be discussed prior to the outing and reviewed for all participants at the water's edge just before the swimming activity begins. People are more likely to follow directions when they know the reasons for rules and procedures. Consistent, impartially applied rules supported by skill and good judgment provide stepping-stones to a safe, enjoyable outing.

THE UPSET TOOLBOX

Circle Ten Pow Wow 1998



Oops! The toolbox has been upset and all of the tools fell out!

This list is a group of tools with the letters scrambled.

Can you straighten them out?

- 1) urel _____
- 2) aws _____
- 3) lnai _____
- 4) memhar _____
- 5) elrwot _____
- 6) alnep _____
- 7) careb _____
- 8) itb _____
- 9) rescw virder _____
- 10) velel _____
- 11) cenhrw _____

Answers -

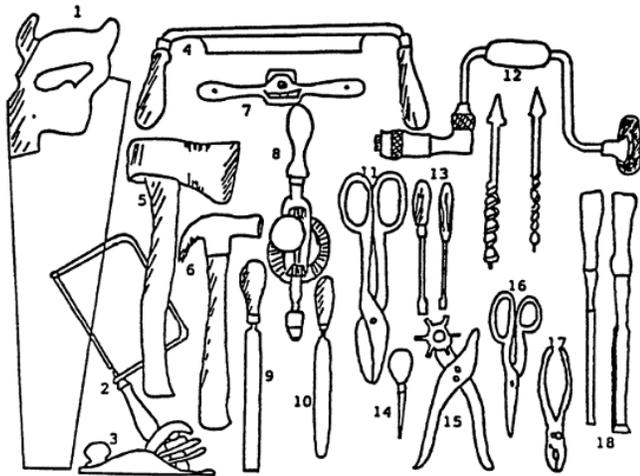
- 1) urel = rule
- 2) aws = saw
- 3) lnai = nail
- 4) memhar = hammer
- 5) elrwot = trowel
- 6) alnep = plane
- 7) careb = brace
- 8) itb = bit
- 9) rescw virder = screw driver
- 10) velel = level

11) cenhrw = wrench

TOOL IDENTIFICATION

Santa Clara Council Pow Wow 1999

Pictured below are some of the basic tools Webelos Scouts may use when working with wood, leather or tin. See how many you can name.



Answers

1. Saw
2. Coping Saw
3. Plane
4. Drawknife
5. Hand Ax
6. Claw Hammer
7. Spokeshave
8. Hand Drill
9. File
10. Half-round File
11. Tin Snips
12. Brace and Bits
13. Screwdrivers.
14. Awl
15. Leather Punch
16. Shears
17. Pliers (slip-joint)
18. Chisels

Preopening Activity:

Healthy Habit Trading Cards

Preparation: Make "trading cards" of healthy habits. Each card has one healthy habit printed on it. Examples of healthy habits: Eat balanced meals. Exercise regularly. Get plenty of sleep.

Wash hands frequently
 Balance school (or work) and play
 Take care of your teeth.
 As families arrive, give each person six of the same cards. Instruct people to trade their cards with others to collect six different cards.

Baker's Dozen

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

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

Kitchen Anagrams

Add the letter shown after each word, then rearrange the letters to spell the names of items that can be found in the kitchen.

1. soon + p =
 2. beat + l =
 3. low + b =
 4. sags + l =
 5. fine + k =
 6. tale + p =
 7. kin + s =
 8. loot + s =
 9. vest + o =
 10. hid + s =
 11. lap + l =
 12. cause + r =
- 1) spoon 2) table 3) bowl 4) glass 5) knife 6) plate 7) sink 8) stool 9) stove 10) dish 11) pail 12) saucer

Word Plays

1. NISNACKTE "midnight snack"
2. ME
AL "Square Meal"
3. f a s t "Break"fast
4. MESNACKAL "between meal snack"
5. course
course
course meal "Seven course meal"
6. CORN
COB "corn on the cob"
7. BAKED
POTATO "Twice baked potato"
- BAKED

- 8. CARPPROTS "Peas 'n Carrots"
- 9. GARB
- SEW BEANS "Garbanzo beans"
- 10. BEGAVSETEL "Mixed vegetables"

Vegetable Letter Square

Find the following vegetables below by reading forward, up , down, and diagonally. Then read the leftover letters to discover what a vegetable truck would get if it went over a big bump!!!

Asparagus Avacado Beans Beet Brussels Sprouts
Carrot Cauliflower Celery Corn Cucumber
Eggplant Lettuce Mushroom Okra Onion
Peas Pepper Potato SpinachSquash
Tomato Turnip Yam Zucchini

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

Minced Vegetables:

Rearrange the letters in each of the following six groups of words and make it a vegetable

- 1. Or cart carrot
- 2. Pin spar parsnip
- 3. Stoop eat potatoes
- 4. Soot mate tomatoes
- 5. Cute let lettuce
- 6. Had sir radish

Ceremonies

Opening Ceremony: The Fitness Pledge

Materials: Small weight, book, bed pillow, a fruit and vegetable. Boys hold appropriate items.
CUB SCOUT 1 (small weight): I promise to do my best to keep myself physically strong.
CUB SCOUT 2 (book): I promise to do my best to keep myself mentally fit.
CUB SCOUT 3 (bed pillow): I promise to do my best to get enough rest.
CUB SCOUT 4 w i t and vegetable): I promise to do my best to eat a healthy diet.
CUB SCOUT 5: Above all, we promise to do our best to do our duty to God and our country. Please rise and join us in the Pledge of Allegiance.

Recognition Ceremony:

Materials: Platforms equal in heig-h t, Olympic-style music (optional). Attach rank badge or award with thread to a CUBMASTER: Now it's time to recognize those Cub Scouts who

did their best in achieving gold medal status. These Cub Scouts have practiced and sweated, and deserve recognition for their excellence, their diligence, and their accomplishments. We would like to call up our first medalists and their coaches-his parents. (Call boys up by rank or den and present awards.)

Cubmaster's Minute: Keeping Fit

"Cub Scouts, this is an ordinary pocketknife. Maybe you own one. If you don't, you probably will when you become a Boy Scout. This is a very useful tool because it can be used for many different things. It is a dependable tool as long as the blade is kept sharp and free from rust, and the working parts are in good condition. But, if you neglect it and let it get dull and rusty, it can be dangerous because it won't be able to do what you want it to do. It's very easy to cut yourself when you try to force a dull knife to do something it can't do. The same idea can be applied to our bodies. We don't want to become dull and rusty like a knife that has not been given good care. We want our bodies clean and sharp and really fit. That's why we must get plenty of exercise, eat the proper foods, and have good healthy habits. You want to keep your body fit now and in the years to come. You want to be able to enjoy to the fullest the things you do. Do your best to keep fit!"

Closing Ceremony: Health and Cub Scouting

CUB SCOUT 1: To keep your body strong and healthy is more valuable than being wealthy
CUB SCOUT 2: When you're fit, you feel good. Please try to do the things you should.
CUB SCOUT 3: Eating the right foods is always wise, and everyone needs exercise.
CUB SCOUT 4: Stand on tiptoes, one, two, three; touch your toes, don't bend your knee.
CUB SCOUT 5: Run a while, then slow your pace. Practice will help you complete the race.
CUB SCOUT 6: Scouting helps build boys into men, and this is where it all begins.

Recipe For A Happy Den

6 - 8 boys
3 c eagerness
2 c devilment
2 c courtesy and helpfulness for each other
2 den leaders
1 gallon patience
3 c love for each boy
1 c ability to do crafts and read directions
Mix well together
Add a generous amount of cooperation from each boy's parents.
Serve one hour each week.

Closing Thought

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

Audience Participation Stories & Skits

Tossed Salad

Characters: FARMER IN THE DELL, CUCUMBER, TOMATO, CARROT, CELERY, ONION

FARMER IN THE DELL (Cub Scout dressed in overalls, straw hat, plaid shirt, red hanky, rake or hoe in hand. and a very large green thumb made by stuffing toy balloon with cotton and placed on thumb. Curtain opens with FARMER IN THE DELL onstage): I'm the Farmer in the Dell and you know me well, 'cause I grow good things to eat. That's easy to be seen, 'cause my thumb is green (Hold out thumb with green balloon, which was hidden behind back.) And I have some friends I want you to meet. (All the vegetables are Cub Scouts hidden behind very large cardboard cutouts to represent the vegetables they represent.)

CUCUMBER: I'm a long cucumber, cool and green, and people like me to eat. I'm really tickled, 'cause raw or pickled they all say I am a treat.

TOMATO: I'm a ripe red tomato, juicy and round, and you better not squeeze me, you betcha', 'cause if you do, I'll squirt on you and I won't be tomato, I'll be CATSUP.

CARROT: I'm a bright orange carrot, tall and wise. I'm a health food for lads and lasses. They say, and it's true, I'm good for your eyes. Did you ever see a rabbit wearing glasses?

CELERY: You know me, I'm one of the bunch, and I'm very good for your diet; but I always crunch, whenever you munch; so I'm not too good for your peace and quiet.

ONION: Whatever would a salad be, without poor little me. For that distinctive touch that adds so much, chop me up and see.

ALL TOGETHER SING (to the tune of "Friendship"):

Friendship, friendship, just a perfect blendship. When other salads have been forgot, ours will hit the spot. La-deda-de-la-de-da-da— (As the curtain closes.)

The Candy Store

(This one can be really hammed up and included the kid walking up in a dance kind of way and the old storekeeper, being old, very laboriously climbing up a ladder, getting the candy jar, coming down, counting out the candies, and so on.)

Cast: Old storekeeper, very young kid (or act like 4 years old)

Setting: A Candy Store

Kid: (Kid walks up to storekeeper and asks) I want five of those penny candies, way up at the top.

Storekeeper: You mean those penny candies, way, way, waaaaaay up top?

Kid: Yes, please.

Storekeeper: Sigh! (Kid takes innocent pleasure in watching the storekeeper go up.)

(Storekeeper climbs up and gets him five candies, and receives the five cents.

This scene repeats itself several times over 3 more days, with the storekeeper being more and more tired each time and becoming equally more frustrated until.)

Storekeeper: Oh! I see that kid coming. I know what he's coming to get, so I'll climb up now to get the candies before he comes in and have it ready for him. (Kid walks in.) I bet I know what you want. I bet you want five of the penny candies from way up top, right?

Kid: Nope! Not today!

Storekeeper: Sigh! Now I have to climb back up to put them away. (He climbs up, puts them away, then comes down.) Now, sonny, what would you like today?

Kid: I would like three of those penny candies way up at the top!

Peanuts

Cast: policeman; three boys; police chief. (Policeman hustles scuffed looking boy up to boy sitting at the table marked CHIEF.)

Policeman: Here's a bunch of trouble- makers for you, sir.

Chief: O.K. constable. I'll deal with this. (Dismisses officer, turns sternly to Boy 1.) Well, now. Why are you here?

Boy 1: (embarrassed) I threw peanuts into the lake. (Chief looks puzzled)

Chief :(sternly to Boy 2) and why, then, were you brought in??

Boy 2: (defensively) I threw peanuts into the lake. (Chief scowls angrily)

Chief: (Bellows at Boy 3) and you! What have you got to say for yourself?

Boy 3: I'm Peanuts, Sir! (All exit)

Lunch Break

Announcer: We see here a construction site. It is now lunch time and two friends are about to eat.

Worker 1: (Opens lunch bag and looks very disgusted) YECCHHHH!! Egg salad sandwiches again!

Worker 2: Look, if you hate them that bad, I'll swap with you. (Both pretend to eat)

Announcer: The next day.

Worker 1: (Enters with Worker 2, opens lunch bag and looks very disgusted) YECCHHHH!! Egg salad sandwiches again!

Worker 2: O.K.... I'll trade with you again. (Both pretend to eat and then exit)

Announcer: The next day.

Worker 1: (Enters with Worker 2, opens lunch bag and looks very disgusted) YECCHHHH!! Egg salad sandwiches again!

Worker 2: (angrily) look, if you don't like egg salad sandwiches, why don't you ask your wife to make you something else?

Worker 1: Why bother? She's got nothing to do with this. I make my own lunches.

Cub in the Kitchen (an audience participation)

When you hear the word SALT everyone says "oh no"

When you hear the word SUGAR everyone goes "too sweet"

When you hear the word GRANDMA everyone puckers and smacks a kiss into the air

When you hear the word CRAIG everyone says "He can't cook"

When you hear the word LISA everyone says "I'm the big sister".

Craig ___ loved his Grandma___. He wanted to make something special for her birthday. Craig___ decided to make Grandma___ a cake. Craig ___ looked through Mother's recipes. He found a wonderful cake recipe. He checked to see if he had all the ingredients. Craig ___ had plenty of flour and butter and eggs. But Craig ___ could not find the sugar _____. Craig ___ looked all over for the sugar _____. Finally he found a jar full of sugar___. Craig ___ did his best to make the cake for Grandma___. He measured the flour and butter and sugar___. MMMM MMM did it look and smell good. Craig ___ put the cake into the oven to bake. While the cake was baking, Craig's ___ sister Lisa ___ came in to the kitchen. What are you doing with my jar of salt___? asked Lisa___. What salt___? , asked Craig. That jar on the table", said Lisa ___ pointing

to the jar of sugar ____ Craig ____ had used to bake the cake for Grandma _____. Oh no! Said Craig ____ what am I to do? The cake is already baking. It's too late to make another one!!!
 "I know", said Lisa____, "We'll make sure Grandma ____is too full to eat the cake. An excellent plan agreed Craig _____. So they put the jar of salt ____ away. Then at dinner Craig____ and Lisa____ tried to get Grandma____ to eat too much. But she was determined to leave room for the cake full of salt ____ not sugar ____ that Craig____ had made for her. At last came time for dessert and Craig____ wanted to hide. He did not want Grandma____ to taste the cake full of salt _____. He tried so hard to keep her away from the cake that his mother got angry and told him to sit down and be quiet. Craig ____ had no choice but to watch Grandma ____ eat from the cake with too much salt _____. MMM MMM good", said Grandma _____. Did you make this cake yourself Craig____? Why it is delicious! "It is?" asked Craig____. Just then Craig ____ looked away from Grandma ____ and over to his sister Lisa____ who was trying to hold back a laugh. That's when Craig____ realized he had been had. Craig ____ did not put salt ____ in the cake for Grandma____ but had had sugar____ in there all along. The joke was on Craig____!

Run Ons/jokes

What do you get when you mix a bagel and a monster?
 What?
 Scream cheese!
 What kind of cheese does a basketball player put on his sandwich?
 What kind?
 "Swish" cheese.
 What do you call someone who's crazy about cocoa?
 What?
 A Coconut!
 What do cheerleaders eat for breakfast?
 What?
 Cheer-ee-ohs.
 Customer: Why is this cake you brought me all smashed?
 Waiter: Because you said you wanted a cup of coffee and a piece of cake and to step on it!!!
 When do you stop at green and go at red?
 When?
 When you eat a watermelon!
 What's more useful when it's broken?
 An egg!
 What do you call a grandmother who cracks jokes?
 A gram-cracker.
 Why are you rubbing your food on the back of your sleeve?
 They said it was elbow macaroni!
 What goes snap, crackle and pop but is not a cereal?
 Don't know, what?
 A firefly with a short circuit.
 Customer: Waiter, what's this fly doing in my soup?
 Waiter: I think it's doing the backstroke, sir.

Applauses

Watermelon Applause: Pretend you're holding a watermelon, run it past your mouth while slurping and turning your head from right to left, then turn your head back spitting out seeds.
 Cantaloupe Applause: Variation of Watermelon (above) cub hands, spit out only one seed!
 Grape Applause: Use in conjunction with the Watermelon and Cantaloupe applauses. Hold an imaginary grape between thumb and first finger. Pop grape into mouth with appropriate sound.
 Ketchup bottle applause: Slap the top of your fist with the other hand.

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

Cheese Applause: Grate, Grate, Grate!

Games

Indoor gathering game: Kim's Game

from Supplemental Pack Meeting Plan –Destination Parks. This game uses items you should always take on a hike such as a whistle, flashlight, trail mix, candy, plastic water bottle, trash bag, pocket knife, adhesive bandage, moleskin, antibiotic ointment, safety pins, sunscreen, and matches. These are also the "outdoor essentials" for hiking. Have the items covered (a sheet or large towel should do) when Scouts arrive. For the game, have Scouts gather around the table. Lift the cover and give Scouts 30 seconds to study the items. Replace the cover over the objects and have the Scouts return to their seats. Then have them raise their hands and identify one object they saw until all of the items have been identified. Don't forget to count the cover as one of the items.

Circle treat

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

Taste And Tell

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

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

Candy Bar Dress Up

EQUIPMENT: A candy bar gift wrapped and a sack full of clothes such as a large shirt, gloves, a hat and necktie, dice, a knife and a fork. The den sits on the floor in a circle. One person throws the dice while the person to his right has the clothes. The leader says "go" and then the first boy dresses up in ALL the clothing and then tries to

unwrap the candy bar using only the knife and fork. The boy with the dice starts throwing them. He gets three tries to throw doubles. If he is unsuccessful, he passes the dice to the person on his left. As soon as someone rolls doubles, the first boy must take off the clothes and give them plus the knife and fork to the person who rolls the doubles. That player then puts on the clothes and tries to unwrap the candy bar with the knife and fork while everyone else is now rolling the dice trying to get doubles. Have several candy bars handy and play several times.

Bubble Gum Blow

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

Candy Trap

EQUIPMENT NEEDED: 1 die, 1 pony bead for each player attached to equal lengths of yarn (about 18 inches total length., 1 large pan lid. Candy pieces, a cardboard or paper circle cut the size of the lid. Divide the candy evenly between the players. Each player should have at least a dozen pieces of candy to start the game. Players are seated on a carpeted floor. (If no carpet put down something to muffle the sound of the lid banging!!) Each player places his bead and holds the other end of the yarn in his hand. The player without the button holds the pan lid with one hand and rolls the die with the other hand. He has 3 rolls. If he rolls a 1 or a 6, he tries to trap the beads on the cardboard with his lid. If a player's bead is caught, the owner of the bead gives the trapper one of his pieces of candy. If a player is successful in pulling his bead away, the trapper must give that player a piece of candy. If a 1 or a 6 is not rolled but the trapper puts the lid down by mistake he must pay each player one piece of candy. (Faking is ok.) If a player pulls his bead away and it was not a 1 or a 6, he must give the trapper one piece of candy. After 3 rolls of the die the person to the left becomes the trapper. When a person loses all of his candy he is eliminated from the game. Play continues until one player has won all of the candy. Then be kind and distribute the candy equally to all the players or have a treat for the other boys.

Peanut Race

Have the Cub Scouts roll a peanut with their noses on the floor for a short distance. They must not touch the peanut with their hands. The one who rolls the peanut across the finish line first is the winner.

Hot Potato Tag

Play this with a ball or a potato. Have the players form a circle with one in the center. The potato (or ball) is passed or thrown across the circle. When the player in the circle is able to tag the one who has the potato, the tagged player must then be "it".

Songs

Song: Cub Scout Sports

Tune: "Take Me Out to the Ball Game"

Let's play sports with the Cub Scouts.

Let's all learn some new games

We'll try some skating and volleyball,
Hiking, tennis, and even softball.
Then we'll jump for joy with gymnastics
And bowl with our friends at the lanes,
We'll try marbles, golf, we'll fish and we'll swim
Doing Cub Scout Sports.

From the Cub Scout Song Book:

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

All You Etta

(Tune: Alouette)
All you etta, think of all you etta
(Unison)
All you etta, think of all you et.
(Unison)
Think of all the _____ you et
(Leader)
Think of all the _____ you et (Group)
All the _____
(Leader)
All the _____
(Group)
All you et (Leader)
All you et (Group)
OHHHHHH.....
(Repeat using different foods each time starting with appetizers and continuing through dessert)

Ham And Eggs

(Two groups)
#1: Ham and eggs
#2: Ham and eggs.
#1 I like mine fried good and brown
#2: I like mine fried upside down
#1: Ham and eggs.
#2: Ham and eggs.
#1: Flip 'em
#2: Flop 'em
#1: Flop 'em
#2: Flip 'em
All: Ham and eggs
(Each group stands when it's their turn)

On Top Of Spaghetti

(Tune: On Top of Old Smokey)
On top of Spaghetti,
All covered with cheese
I lost my poor meatball
When somebody sneezed
It rolled off the table
And on to the floor
And then my poor meatball
It rolled out the door.
It rolled in the garden
And under a bush
And now my poor meatball
Is nothing but mush.
So if you have spaghetti
All covered with cheese

Protect your poor meatballs
Should somebody sneeze.

Peanut, Peanut Butter, Jelly

CHORUS:

Peanut, Peanut butter, jelly

Peanut, Peanut butter, jelly

First you take the peanuts and you crunch them, crunch them
(Chorus)

Then you take the grapes and you stomp 'em, stomp 'em,
(Chorus)

Then you take the bread and you spread it, spread it,
(Chorus)

Then you take the sandwich and you eat it, eat it,
(Chorus)

Peanut, peanut butter, jelly

Mm, mm, mm, mm, mm, mm.

Crafts

Project: Edible Gold Medals

Materials: Large, hard round cookie, plastic wrap, 8-inch gold doily (or sheet of gold wrapping paper), scissors, clear tape, large paper clip (13h inches long), 1 yard of red, white, and blue ribbon. Seal the cookie in plastic wrap. To make the gold casing, use a doily or cut a circle from wrapping paper; the diameter should be about four inches wider than the cookie's (so there is a two-inch border all the way around the cookie). Lay the doily or gold circle face down, and center the cookie on top of it, flat side down. Fold the paper tightly over the edges of the cookie and tape it down. Lay the paper clip atop the wrapped cookie, leaving a quarter-inch of the clip peeking over the edge; tape in place. Thread the ribbon through the loop in the paper clip and knot the ends together.

Project: The Role of Parents in Sports Cards

Print the following, four per page. Cut, and hand them out to parents before the event.

THE ROLE OF PARENTS IN SPORTS

The role of parents can be described in one word: "support."

Support of the program, the leaders, and the coaches-but most of all, support of the boys and especially one's own son.

Here are some dos and don'ts for parents:

Do

Be a voice of encouragement and moderation.

Show boys you approve of them, no matter how they play

Go to the games and watch the boys play

Help the boys have fun.

Don't

Shout advice or criticism to boys or anyone else during the game.

Interfere with the coach or other officials.

Criticize players, coaches, or officials.

Enter the playing area.

Prevent anyone from having fun.

Push your son into a sport he is not qualified to play or does not like.

Parents can have an especially positive effect on a boy's sports outlook if they emphasize keeping in shape through a physical fitness program and set the example themselves

Project: Ball Cap Rack

Materials: Wooden yardstick (or any flat stick a yard in length), wooden spring-type clothespins (five per yard- **NBTYPE** stick), acrylic or spray paint, low-temp **HES PINS** glue gun, hand drill. Paint yardsticks and clothespins, and let them dry completely. Beginning at the 1-inch mark, glue clothespins to the painted yardstick at evenly spaced intervals, approximately every 7% inches. The bottom of the last clothespin should be at the 35-inch mark. Hang your ball caps by the cap brims from each clothespin. Many yardsticks already have a pre-drilled hole. If not, drill a small hole a half-inch down from the top edge in the center of the yardstick. Hang the rack on a wall. This rack makes a great gift for a parent who is a sports fan or a volunteer at the pack's sports event

Pasta Pets

Use elbow, bow tie, and wagon wheel or penne macaroni and Pipe cleaners.

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

Bean Scene

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

Clay Cutlery

Materials: Mismatched silverware, polymer clay

Roll a 1-inch ball of polymer clay into a rope that is twice the length of the utensil's metal handle. If you want a multicolored handle, roll two or more thinner ropes and twist them together.

Press the rope onto the front and back of the utensil handle and pinch together the clay along the sides. Then use your fingertips to smooth the surface of the clay. Bake the decorated pieces according to the directions on the clay package. Wash and dry the finished cutlery by hand.

Pasta Pictures

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

Gumdrop Bugs

Materials: Large gumdrops, small pretzels, Twist & Peel licorice strands cut into 1/2 inch lengths, gel frosting.
Break the pretzels into pieces that resemble wing shapes and poke the ends into the gumdrops.
Use a toothpick to make holes in the tops of the gumdrops and insert licorice antennae. Make two gel dots on the gumdrops for eyes.

Cookie Painting

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

Outdoor Cookery

OPEN STOVE: Place a well-cleaned turpentine can on the wide flat side and cut an opening in the other side, as shown. Bolt two tuna cans to the bottom of the stove, and add waxed wicks. Cut a piece of hardware cloth or other heavy metal screening for the grill and turn under the sharp edges.

For a charcoal burner, bolt aluminum foil pans to the bottom of the stove and fill with charcoal.

CLOSED OVEN: Leave the lid of a large can partially attached to form a hinged door. From a second can of the same size, cut a section of tin, the full length and slightly wider than the can.

Bend up the sides, as shown, and insert the rack in the oven for holding baking.

Close the door and set the can directly on the coals to use.

REFLECTOR OVEN: You will need two potato chip cans and a coat hanger wire for this oven. Cut the bottom from one can, and open it along the seam. Then, flatten it out. Bend back one edge about 3" to make a stand and bend the rest of the sheet into a large 'V' shape using the shiny surface for the inside of the oven.

From the second can, cut two triangles for the sides of the reflectors about 1" larger than the 'V' just formed. Drill three small holes along the center line of these side pieces for the baking rack.

Fit the side pieces to the reflector and fasten securely with small nuts

DOUBLE BOILER: Use a large can for the bottom of a double boiler. For the rack, bend two pieces of coat hanger wire into a U-shape with hooks at the ends as shown. Hook the ends **over the sides of the can and set** a smaller can on the rack above the boiling water.

FRYING PAN: For a frying pan, use the bottom 2" of a large tin can and make a tab about 4"x 6", as shown **by the dotted lines. Make a cut on each side at the base of the tab so that the metal can be wrapped around a** wooden stick for a handle. Attach the metal to the stick with screws to hold securely in place.

SAUCEPAN: For a deeper pan, use the pan higher.

Barbecue Tools

To make these useful implements, use coat hanger wire straightened with pliers. Sand off all paint.

Grills are handy for toasting buns and cooking meats. At one end of your wire, bend up 1" as a prong for holding the meat; coil the wire around the prong to form a circular rack about 3" across.

From another hanger, make a long narrow loop for a handle and twist the end of the grill around the handle. To finish, slip a clothespin over the loop and wrap with plastic coated tape.

For forks, twist two wires together bending the ends to make two tines. Place the clothespin between the wires for a handle and wrap with tape.

To make skewers for kabobs or toasting marshmallows, all you need is a long straight wire with a loop handle at one end.

Fun Recipes

Snack: Sunshine Lemonade

Ingredients:

5 large lemons

4 cups of water

3/4 CUP sugar

Ice

Cut the lemons in half and squeeze the juice from them. Remove the pulp and seeds that gather in the juicer. Pour the juice into a large pitcher, add water and sugar, and stir until the sugar dissolves. Serve over ice. Set up a simple summertime lemonade stand with a table and sign for your summertime events.

Bubbles

1/4 cup good quality liquid dishwashing detergent

4 cups water large container for dipping the frame

35 inch length of cotton kite string

2 plastic drinking straws

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

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

3. Holding one straw with each hand, form a frame and put it in the solution. As you slowly take it out, a film will form on the frame.

Hold your arms out in front of you and slowly pull the frame to the side. The air will force the film off and make bubbles. You can change the bubble patterns by the way you move or shake the frame.

To close off one large bubble, twist the frame towards you. The bubble will form a sphere and drift away.

Baking -Soda clay

2 cups baking soda

1 cup cornstarch

Food coloring (optional)

1 1/3 cups water

1. In a saucepan, mix the baking soda with the cornstarch

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

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

Finger Paint

2 cups water

Food coloring

1/3 cup cornstarch

1/3 cup warm water

1. In a saucepan, bring 2 cups water and desired coloring to a boil.

2. Put the cornstarch into a small bowl, dissolve it with 1/3 cup warm water then gradually stir it into the boiling water. Stirring constantly,

bring the mixture to a boil again. Then remove the pan from the heat and let it cool.

Cubs in the Kitchen

Hot Fudge

Mix 1 can sweetened condensed milk (not evaporated) and two cups of semi-sweet chocolate chips for 1 minute in the microwave. Heat for 1 more minute or until chocolate chips melt when stirred. Stir in 1/4 cup milk until the milk is fully mixed in. Serve warm over ice cream. Umm umm good!!

Easy Quesadillas

Mix one can of cheddar cheese soup, 1/2 cup salsa and 1 pound cut up cooked chicken or turkey. Warm 3 minutes in the microwave. Scoop onto tortillas and fold the tortilla in half. Place on a cookie sheet. Cook 5 minutes in a 400 degree oven. Eat and enjoy!

Yummy Cookies

Melt 1 package of butterscotch chips (2 cups) and 1 cup peanut butter in the microwave about 2 minutes or until the chips melt when stirred. Quickly put in 6 cups of corn flakes and gently stir until all the cornflakes are coated. Drop the cookies onto a cookie sheet that was lined with wax paper. Freeze for 5 minutes and then eat!!!

Easy Ice Cream

1 bottle 2 liters fruit flavored soda pop
 1 can (14 oz.) sweetened condensed milk.
 Ice cream freezer, ice, ice-cream salt
 1. Pour the soda pop and the condensed milk into the freezer container and mix thoroughly
 2. Freeze the mixture according to freezer directions.

CUBMASTER'S CORNER

2013 Health & Fitness

Cub Cafe from Alice

Assign each den or family to focus on some part of Fitness or Health – Set up a Round Robin at the Pack Meeting for everyone to visit and find out about nutrition, healthy food, fun ways to exercise, places to go to walk, hike, or enjoy physical activity, fitness or food games.

Health & Fitness Word Search

All the words in the puzzle have something to do with Health or Fitness – words can be in any direction.

n	w	r	k	n	i	e	t	o	r	p	h	y	s	y
s	a	r	e	x	n	g	x	n	v	s	s	f	e	g
o	l	s	e	l	b	a	t	e	g	e	v	r	i	r
s	k	a	t	d	d	f	r	s	r	l	d	u	i	e
e	i	p	r	r	i	a	o	t	a	c	t	i	o	n

h	n	u	t	r	i	t	i	o	n	s	i	t	e	e
u	g	r	a	i	n	s	c	r	d	u	y	s	r	t
l	a	c	i	s	y	h	p	o	y	m	o	i	e	n

- action dairy diet
- energy exercise food
- fruits grains hiking
- muscles nutrition physical
- protein vegetables walking

Have a display of favorite Health & Fitness activities and local places to do them - Ask boys and parents to share their favorite places to do things – example: places where it’s safe to fly kites, favorite hiking, walking or bicycle trails, bowling alleys, farmer’s markets, etc.

Food Ideas:

Take the “Strive for Five Pledge” with handprints – Let each boy choose a color, then trace his handprint on a piece of paper labeled “I Will Strive for Five” with a pledge stating – “I promise to eat at least FIVE servings of fruits or vegetables each day”



Have each boy sign the pledge, talk about different fruits and vegetables and how he could eat them – Challenge the boys to bring back their handprint with the names of fruits and/or veggies they ate printed on the fingers of their handprint. Display at the Pack Meeting. For more information, go to: www.fruitsandveggiesmorematters.org for ideas.

LDS scouts can complete Faith in God requirement under Serving Others, pg. 9:

Plan, prepare and serve a nutritious meal.
Wolf Ach. #8, Bear Ach. #9 and Webelos Outdoorsman offer several opportunities for boys to plan and prepare meals – indoors and outdoors!
This activity could also be done as a Cub Café or Mother’s Day program.

Meal preparation is also is a skill that every missionary needs to learn and practice – Mission presidents have found that lack of preparation in everyday skills like food preparation can cause

stress, tension between companions, and compromise a young man's ability to serve.

Exercise Ideas:

Have dens make some props for a fun relay that everyone can enjoy before the pack meeting – Use the ideas for Wolf Elect. #7- Foot Power. The Wolf Den could make piddle jumpers and a pair of foot racers; The Webelos Den could also make a pair of foot racers, or more, for everyone to enjoy (Craftsman #2 – one item); Let everyone participate in the fun relay races!

Set up a Round Robin of Fitness Activities for everyone to enjoy – Lots of ideas under DEN & PACK ACTIVITIES and VALUE RELATED, and of course in each of the boy's books.

Open with the Father Abraham/Baden-Powell action song to get everyone moving – Or try the "Hinges" song.... Or make up your own crazy action song or challenge!

Happening Hinges



Give every person, den or family an 8 X 11 page with this skeleton on it – Enlarge it to fit the page. Challenge them to count how many hinges they can find on the human body. Remember – you have to double most of them. The team with the most hinges has to withstand any challenges from other groups. If they can't answer a challenge, the team must sing and act out the song "Hinges!" The winners get first chance at the refreshments! *Hint: Don't forget the fingers and toes!*

General Ideas:

Display photos and projects from special events during the month – like a Mother's Day Brunch or National Train Day activities.

Display emergency family kits – if you celebrated American Red Cross Day in this way, families could display 72 Hour Kits or Car Kits.

Display silhouettes of boys engaging in different Health & Fitness Activities – see if parents can identify the boys and what they are doing. You

could include playing soccer, or any other physical activity; but be sure to also include "healthy" activities, like putting a band aid on a cut, drinking a glass of water, putting on sunscreen, mixing up a healthy snack – make the activities as difficult as possible so the parents will really have to work for the answers!

Have an emergency kit production line set up for pack families - If there is interest in doing this, have a committee gather enough items so that each family will leave with a kit. Each family can move along the line, filling their container with needed items. Keeping healthy in an emergency might require a family having their own non-perishable food and supplies available!

Cub Café Ideas

Set up a Cub Café to serve food – Assign each den to bring one type of food, or even just one type of fruits or veggies from the "Strive for Five" program.

As parents or invited guests enter, they are seated by the boys as if at a real Café. Boys could even be dressed as waiters. Guests and parents "order" from the "menu" of fruits and veggies, then boys take turns plating the "meal" and serving it to the patrons of the Cub Café. The menus could be made up ahead of time, or could even be posters done by each den, with some nutrition and food guide information included. Another possibility would be to have a dessert Café – *see the story under CORE VALUE RELATED, May 21 – National Waiter and Waitress Day*

Mother's Day Ideas

Invite the Mothers, Grandmothers or special substitutes to a special Brunch hosted by the boys - Check details under VALUE RELATED and CUB GRUB.

Learn a song that mothers will enjoy and sing it to them – then hand each mother a single flower, piece of chocolate, poem or some other nice touch.



Make a flower pen to present to each mother:

Purchase click on pens, green sticky floral tape, and artificial flowers. The flowers will need to have stiff plastic or wire stems at least three inches long. Silk flowers seem to look best for this project.

You will need a glue gun or some small wire; you may need a pair of wire cutters to cut the flower stems.

Cover the workspace, heat hot glue gun or cut lengths of wire. Remove the lids to all the pens that you will be decorating.

Clip the flower stems to half the length of the pens. Glue on or wire the stem to the pen so that the flower appears to set on the bottom, not the writing side, of the pen. Hold it in place until it dries completely.

Start taping at the flower end of the pen. Guide the tape while winding the pen in a circular motion. If you gently stretch the tape, it will become sticky and stay put. The tape should cover the entire pen down to the tip in one long vertical strip. Try on the lids to the pens. If they still fit, you can wrap them with the green tape also.

OPENING CEREMONIES

Fitness Check Opening

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

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

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

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

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

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

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

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

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

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

Cub Café Opening

Cubmaster: The boys in our pack discovered it's a lot of work to open a Cub Café.

Cub #1 - First we had to set up tables and chairs, and get them all ready.

Cub #2 - We had to plan our menu and make sure it was a good choice.

Cub #3 - We had to decide how to prepare the food on our menu.

Cub #4 - We also had to learn how to serve it and use good manners - it's not always easy to be a good waiter.

Cub #5 - And we discovered that the job isn't done till everything is cleaned up.

Cubmaster: So, boys, what was the most important thing you learned?

ALL: To plan the job, and "Do Our Best" from start to finish!

Cubmaster: Well, now it's time to start again – Let's all "Do Our Best" and start our meeting with a flag ceremony.

AUDIENCE PARTICIPATIONS

Exercise – Take Your Pick!

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

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

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

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

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

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

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

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

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

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

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

ADVANCEMENT CEREMONIES

A Recipe for Fitness Advancement

Materials: A large “Recipe” for the Cubmaster to read from; other materials as needed for each “ingredient.” *(Adapt the advancements to fit the situation – if you have no Tigers, use the food pyramid theme for Wolf awards – or use any or all of the ideas for special patches or belt loops)*

Cubmaster: This month, the boys in our Pack have been learning all about Health & Fitness.

And I have a recipe here, with all the ingredients needed! Let’s see what’s included.....

(Opens up the recipe and begins to read...)

Gather lots of healthy food, like fruits and vegetables....

(A Scout can bring in a bowl of fruits & veggies, or the CM can just uncover or point to a bowl already there on the table. Or you could just hold up a picture of the Food Pyramid. Tiger Cub awards could be attached to the food or the poster)

Looks like there’s a message here, too...

(Calls up Tiger and parents- removes award)

Our Tiger Cubs have learned about the Food Pyramid – an easy way to know what foods to eat! *(Proceed with having boy give the Parent pin, and parents handing the award to their son)*

Cubmaster then continues reading the recipe, and pointing to each item, or having a boy bring out a prop that matches. Ingredients for the recipe could include:

Plenty of Water – *a pitcher of water*

Brush your teeth & Wash Your Hands – *soap, toothbrush & toothpaste*

Plenty of Sleep – *a clock or a sign saying “8 hours”*

Lots of time outdoors – but watch out for the sun! – *an image of the outdoors, or a boy wearing a hat and carrying sunscreen*

Exercise – *a boy with a bike, two boys running past, or a picture of some form of exercise*

Cubmaster: Well, it looks like the boys of Pack ___ have certainly mastered the recipe for Fitness – Keep up the good work!

Cub Café Ideas

Materials: Set up a table nicely decorated with a tablecloth, centerpiece of flowers with a flower for each boy who will receive an award. Add table settings as well, with dishes, silverware and glasses.

Before the meeting, each den leader should have provided a sentence about what each boy did to earn any award they will receive.

Cubmaster: Well, we're all set up for a nice dinner here tonight. We have a great centerpiece for decoration – and there's something special about this centerpiece! It's not just flowers – each one also represents the hard work of one of our scouts to advance in rank or earn some other award.

Cubmaster then calls up each boy in turn, along with his parents if rank has been achieved. The flower can be presented to the mother after the CM reads the award description attached to that boy's flower.

If there is an Arrow of Light award, that should be given as a separate and special ceremony following the regular advancements.

When all awards have been given....

CM: We think you will all agree that our centerpiece tonight was very special – congratulations to all the boys who have earned awards tonight and to the parents and leaders who helped each boy achieve his goal!

SONGS

Exercise & Healthy Food

Tune: Supercalifragilisticexpiallidoious

Exercise and Healthy Food
Will make you very strong,
If you eat just as you should,
Your life can be quite long

When you feel like sitting,
You should really get in gear
And find a way to exercise
Each day, throughout the year!

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

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

(Repeat first verse)

Hinges Song

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

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

Robert BADEN POWELL

(Tune: Father Abraham)

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

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

Repeat verse above and add in turn:

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

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

STUNTS AND APPLAUSES

APPLAUSES & CHEERS

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

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

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

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

Favorite Exercise Applause: Everyone freezes in a pose of their favorite form of exercise – They all say "Keep Moving!"

RUN-ONS

And the Winner Is....

Did you hear about the two silkworms who had a race? It ended in a TIE.

Get Moving

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

Dangerous Exercise

Q: Do you know how porcupines play leapfrog?

A: VERY, VERY carefully!

Just looking for fruit...

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

Forced to Do It

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

JOKES & RIDDLES

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

A: Leeks!

Q: What's vegetable gets the most exercise?

A: A runner bean!

Q: Why don't eggs tell jokes?

A: They'd CRACK each other up!

Q: How do you make a banana shake?

A: Jump out and yell BOO!

Q: How do you fix a broken tomato?

A: Tomato paste!

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

A: Really BIG hands!

Q: Why was the vegetable band so popular?

A: It had a good BEET!

Q: What did the lettuce say to the celery?

A: Quit STALKing me!

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

A: KETCHUP!

Q: What is the favorite fruit of twins?

A: Pears!

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

A: A MonKEY!

Q: What are strawberries when they are sad?

A: BLUEberries!

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

A: Anyone – buildings don't jump!

Q: Why do bicycles never do anything exciting?

A: Because they are always TWO TIRED!

Knock, Knock

Who's There?

Lettuce.

Lettuce Who?

Lettuce In and you'll find out!

Knock, knock.

Who's there?

Orange.

Orange Who?

Orange you thirsty after all that exercise?

SKITS

Follow Me & Get Fit

Narrator: Den ___ is proud to present a very special guest tonight. He has helped millions to get fit! Here are some testimonials just to prove it:

Cub #1 – Comes out in some spectacular fashion – *(If you have a boy who can do a flip or a cartwheel, have him demonstrate)*

I used to sit all day – now I'm always moving!

Cub #2 - *(Comes out carrying a fake pair of dumbbells or weights marked with 500 pounds each)*

I used to be too weak to lift a bag of groceries for my mom!

Cub #3 - *(Comes out running)* I used to complain my feet hurt every time I walked to class!

(Note: If you have more boys, just add some other characters that come out demonstrating how fit they are)

Narrator: And how did you all get so healthy and fit? What's the secret?

ALL: Easy – We met Dr. FIT!

(Dr. Fit enters, wearing a cape, prances around and waits for applause – boys clap and act as if he is a King)

Dr. Fit: Yes, it's true – I took each of these boys *(gestures grandly to the boys)* and made them into great examples of fitness. And you can do it, Too! *(Moving his arm and hand to take in the whole audience)*

The boys and I are going to show you just how to do it! So follow along and do just as we do!

But first, you must stand!

(Dr. Fit and the boys now lead the group in some crazy exercises – Use these ideas or make up your own – but Dr. Fit should remain VERY serious about how important it is for everyone to do each exercise – and he should introduce each one with...)

Dr. Fit: Ok, let's get started. Every part of the body needs exercise – we will start with the eyelids. **Exercising the Eyelids** – ***Stand up, looking straight ahead, and blink 5 times.***

Exercising the Nose – ***Wiggle your nose from side to side 5 times.***

Exercising the chin – ***Jut your chin out as far as you can 5 times.***

Exercising the elbow – ***One arm at a time, bend your elbow and touch your nose with your finger – repeat 5 times with each elbow.***

Exercising the Foot – ***One at a time, put your foot forward, then wiggle the big toe – Repeat 5 times with each foot.***

Dr. Fit: I see that most of you did a very good job. But for the most benefit to your fitness, we will now combine all the exercises at once.

Remember, do ALL the exercises at the same time! Here we go....

(Dr. Fit, the boys, and the audience continue till everyone is laughing)

Dr. Fit: And that is the secret to Fitness!

CLOSING CEREMONIES

Why Fitness? Closing

Cubmaster: We thought you might like to hear why we feel Health and Fitness is so important.

As for me, I want to be healthy and fit so I can keep up with the boys!

Committee Chair: So everyone can enjoy our Summer Pack activities!

Den Leader: So I can plan activities the boys will really enjoy and not have to sit on the sidelines.

Parent: So I can be on a hike and watch my son's face when he discovers a spectacular spider web.

Cub Scout: So I can Do My Best in the great outdoors!

Cubmaster: And there's another reason we all share

....

ALL: So everyone can have FUN!

Cub Café Ideas

It Isn't Over Till the Job is Done Closing

Cub #1: (*holding some produce*) At the beginning of the month, I didn't realize how important it is to know where your food comes from – till we visited a Farmer's Market (or learned about the Food Guide, or went to the grocery store).

Cub #2: (*wearing a chef hat and holding a wooden spoon*) At the beginning, I didn't know that food needs to look good – not just taste good!

Cub #3: (*holding a plate and silverware*) At the beginning, I didn't think it really mattered how the table was set.

Cub #4: (*holding a menu or poster from the Cub Café*) At the beginning, I never thought about how taste and color and texture make food look and sound better.

Cub #5: (*holding a plate of food*) At the beginning, I didn't realize there are rules for how to serve food and take away dirty plates.

Cub #6: (*holding a dish towel and plate*) At the beginning, I never worried about cleaning up, unless my parents said I had to.

ALL: But we learned it matters HOW you do something, and IT ISN'T OVER TILL THE JOB IS DONE!

Cubmaster: Great lesson, boys! And our meeting isn't over till the job is done either – so let's prepare to retrieve the flags.....*Begin flag ceremony*

CUBMASTER'S MINUTE

Baden-Powell on Health & Fitness

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

Cub Café Ideas

"Getting it done the Scout Way"

We had a great opportunity to see our scouts in action in their "Cub Café." It wasn't just a matter of putting some food on a plate – they showed us they can help plan, prepare and serve food – and display courtesy and training. Our Cubs and Webelos did a great job – Let's always remember to put in the planning, preparation and training to "Do Our Best" in everything we do!

CORE VALUE RELATED STUFF

May – a Month for Fitness & Health

This month is National Bike Month, and National Salad Month – you can celebrate fitness with a bike ride, and health with a fresh salad!

Here are some more special days that fit with Health & Fitness – have fun celebrating!

1 - May Day - Celebrate with a May Day Pole; and enjoy the outdoors!



5 Cinco de Mayo - This holiday commemorates the unlikely victory of the Mexican Army over French forces at the Battle of Puebla in 1862. It's not Mexican Independence Day, but is widely celebrated in both Mexico and the United States. And you certainly have to be fit to dance the Mexican Hat Dance – so give it a try, then have a special treat from Cub Grub.

7 – In 1888, George Eastman patented the box camera – celebrate by taking a "photo" hike – or a trip on a train!

Capture the interesting or beautiful things you see with a camera and display your pictures at the next Pack meeting. *Tiger Ach. #5G, Wolf Ach. #10c, Bear Elect. #11, Webelos Outdoorsman #9.*

7- National Teachers Day - (Tuesday of the first full week of May) This would be a great day to make a card or write a letter thanking your teacher for their hard work. *Wolf Elect. #21b, Bear Ach. #18b, e; Webelos Communicator #11.*

8 – Small pox eradicated – in 1980, the World Health Organization made the announcement. Small pox led to death for hundreds of thousands of people before an immunization was identified to protect against the disease – and many others were left disfigured.

8- World Red Cross Day – Celebrate this day by learning more about the American Red Cross and how it helps keep people healthy. Did you know they help people with losses from a natural emergency – and help them get prepared for a natural emergency? To celebrate, encourage Pack families to put together 72-hour emergency kits or emergency kits for their cars.

11– National Train Day – Celebrate by visiting a local train station or museum, a model railroad club, or by taking a ride on Amtrak or a vintage train. See special events being held all over the country at www.nationaltrainday.com The men who built the railroad were certainly fit – it was hard work! In Sacramento, there is a short steam train ride that is great fun – and a wonderful Train Museum where you can visit a café car! Check the website to see what’s available in your area.

12- Mother’s Day – Celebrate with the den by inviting Mom or Grandma to come and have a brunch the day before Mother’s Day. Boys can make simple food (See Cub Grub ideas) and then help their guest prepare a potted plant or flower to take home.

13 – Frog Jumping Day - Celebrates the Frog Jumping Contest from Mark Twain’s story “Jim Smiley and His Jumping Frog.” Read the story and try some frog jumps of your own! There are also other animal-based fitness exercises in the *Wolf Book, Ach. #1g, Bear Ach. #16c.*

14 – Dance Like a Chicken Day – This just proves that fitness and exercise CAN be fun! So get everyone together and challenge them to do the dance! If you aren’t already falling down laughing, tell some chicken jokes:

Q: How long do chickens work?

A: Around the cluck!

Q: What do chicken families do on Saturday afternoon?

A: They go on peck-nics!

Q: Why did the chick disappoint his mother?

A: He wasn't what he was cracked up to be!

Q: Is chicken soup good for your health?

A: Not if you're the chicken!

17 - National Bike to Work Day - third Friday of month – Parents and older siblings can try a new way to commute to work!

20 - Pick Strawberries Day – Celebrate this day with strawberries and challenge yourself to eat lots of healthy fruit instead of candy and other junk food, which is loaded with salt and sugar!

21 – National Waiter & Waitress Day - Celebrates the value and importance of a good waiter or waitress. That’s why tips are given. You could go out for a meal or a dessert and give a special tip in honor of the day.

Another great way to celebrate: Let the boys experience serving as waiters.

One year, my Cubmaster decided to do this. He invited some elderly people from our area to come for dessert, which was prepared and served by the boys. Three different choices of dessert were provided (some donated by families); he talked to the boys about how to behave, and how to serve properly, including what to ask each “patron.” As waiters, they told each table what was on the menu, and then wrote down the “order” to turn in to the “chef.”

Boys were also involved in preparing the dessert for serving – cutting up into portions, adding some chocolate drizzle around the plate, edible flowers, or some other decoration. They even helped to set the tables up in preparation, and learned how to clear the table from the proper side of each patron.

Each boy had an opportunity to do each activity. They wore white shirts and dark pants, and when preparing the dessert, they wore an apron and chef hat. The guests loved it, and the boys learned something about giving courteous service and how much goes into serving a nice dessert.

27- Sun Screen Day – A great reminder to wear sunscreen when you are outdoors, especially on or near the water. *Tiger Elect. #29, Wolf Elect. #18 – Note to Akela; Bear Ach. #12-Sun Safety.*



27 – Memorial Day – A Federal holiday that honors those who have died while in military service – first enacted by former enslaved African Americans

to honor Union Soldiers, extended after WWI to honor Americans who have died in all wars.

Scouts can observe this day by helping place flags at gravesites - Contact a local VFW or cemetery to get flags for putting out flags on graves of veterans – (this is only done in the older cemeteries) At newer sites, an Avenue of Flags is raised to honor veterans – check with a local source for information about helping with a ceremony. Also, for ongoing service at a National Cemetery, such as maintaining benches, or playing the bugle, go to:

<http://www.cem.va.gov/vn/VolunteerNCA.asp> This would be a great way to combine scout service doing something physical in the outdoors!

29 – First summit of Mt. Everest in 1953 – and first ice cream freezer patented in 1948. Visit a climbing wall to celebrate the day, then end with homemade ice cream! For more information about the victory of Edmund Hillary and his Sherpa guide, Tenzing Norgay go to: www.mnteverest.net/history.html or www.en.wikipedia.org/wiki/Mount_Everest

Fun Facts About Fitness

Here are some amazing facts about the human body – after you read them, you will really appreciate why you should keep healthy and fit!

- The human skull is 80% water – and it isn't one bone, but twenty-two!
- The smallest bone in the body is in your ear – and the three bones in your middle ear could easily fit on your thumbnail!
- The femur (thigh bone) is the biggest bone in the body.
- There are 206 bones in the human body. One fourth of them are in your feet!
- Your heart is the strongest muscle in your body - so strong it could squirt blood 30 feet – and it pumps 36,000 gallons of blood a day!
- You would need to drink a quart of milk every day for three to four months to drink as much blood as your heart pumps in one hour.
- If all 600 muscles in your body pulled in one direction, you could lift 25 tons!
- The human body has 45 miles of nerves!
- The human nervous system can relay messages to the brain at speeds of up to 200 miles per hour – and your brain receives 100

million nerve messages each second from your senses!

- The average person loses about 80-100 hairs a day.
- A person breathes 7 quarts of air every minute – and swimming underwater is the only time you should hold your breathe while exercising
- Your nose and ears never stop growing.
- It's impossible to sneeze with your eyes open – and the air is released at up to 100 miles an hour!
- Every person has a unique tongue print – and your tongue is the only muscle in your body that is attached only at one end!
- Every time you step forward, you use fifty-four muscles.
- If you could stretch all the little air sacs in a human lung out, it would be as big as a tennis court!
- Food stays in your stomach for 2 to 4 hours.
- Your funny bone isn't bone - It's a nerve that runs just under your skin in each elbow.

DEN MEETING IDEAS



HEALTH & FITNESS
Character Connection

Carol at www.cubroundtable.com

Tiger Book

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

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

Wolf Book

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

Bear Book

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

Webelos Book

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

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

Cub Scout Roundtable Helps

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

Kim's Games

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

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

Cubmaster's Minutes

Cub Scout Program Helps 2003-2004 page 4 July
Cub Scouts should always try to keep themselves strong and personally fit, not just for their own sakes, but so they may be useful citizens of our great county. Keeping fit allows us to help the people around us. If our country is to remain strong, its citizens must also be strong in mind, body, and spirit. Please join me in singing, "America"

Cub Scout Program Helps 2004-2005 page 4 July
A Cub Scout keeps himself strong and healthy, not just for his own sake but so that he can be a more useful citizen. When you are fit physically, you can be more helpful to those around you. Cub Scouts, yo are all on the right path from what I saw tonight. Keep up the great work on the trail to fitness on the Scouting playing field.

Cub Scout Program Helps 2005-2006 page 8 February

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



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

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

(www.pbhfoundation.org/pub_sec/edu/cur/rainbow/) a free nutrition education curriculum that encourages kindergarten through sixth grade

students to develop healthy eating habits. It's being introduced into 12,000 elementary schools and 4,000 participating supermarkets across the country in March during National Nutrition Month®. Check out www.fruitsandveggiesmatter.gov or www.fruitsandveggiesmorematters.org which has replaced the "5 a Day" campaign



Cantaloupe Canoes

Cub Scout Program Helps 2004-2005 page 10
July

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

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

Make Fruit and Cheese Kabobs

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

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

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

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

Character Connection: Health and Fitness

- ✓ Serve a healthy snack after the ultimate game – fruit, fruit juice, vegetable sticks, and dip are all possibilities.
- ✓ Lead a discussion on healthy snacks:
 - Did you like this snack? Is this healthy food? Why do you think so?
 - Why is it important to eat fruit?

- Do you notice a difference when you don't eat healthy foods?
- ✓ How can you make healthy choices in your own meals? How will that work at school? At home?

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

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

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

- Start walking (Walk between all other activities, never stop completely.)
- Start hopping.
- Make yourself as small as possible and continue walking.
- Make yourself as tall as possible and continue walking with hands stretched high over the head.
- Bend knees slightly, grasp ankles and continue walking.
- Walk as if the heel on one foot and the toes of the other foot were sore.
- Walk with stiff knees.
- Squat down and jump forward in that position.
- Walk on hands and one foot with the other leg held high, imitating a dog with a lame foot.
- Take giant steps, walking forward and making each step as long as possible.
- Walk forward at a rapid pace, don't run, swinging arms.
- Walk forward raising the bent knee of the advancing leg as high as possible each step.
- Run, lifting knees high.
- Walk on all-fours, hands and feet, not knees.
- Assume a deep knee bend position with hands on hips, then walk in this position, keeping back straight. (This is the duck walk.)
- Support body on hands and feet with legs extended backward, keeping hands in place
- and knees stiff, walk on toes with short steps until feet are near hands, then, without moving feet, walk forward on hands with short steps until the original position is attained. (This is the measuring worm.)
- Hold the weight on the hands and toes, keeping the back flat, move forward by walking with hands. (This is the seal walk.)
- From a squat position, reach backward and put hands flat on floor without sitting down,
- walk in the direction of feet. (This is the Crab Walk)

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

Tin Foil Dinner Applause:

- ✓ Pretend to make a tin foil dinner.
- ✓ Wrap it up and put it on the fire.

- ✓ Wait impatiently and then take it off the flames.
- ✓ Open it up.
- ✓ Leader asks, "How is it?"
- ✓ Boys answer, "Raw, raw, raw!"

Shadow Stomp (Shadow Tag)

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

Den Leader's Minute at end of a Den Meeting

Cub Scout Program Helps 2007-2008, page 6
August

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

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

Tiger Den Meeting A

Elect. #16 – Show & Talk about your Collection

– To fit the theme for this month, let the boys share their favorite collection or activity, then adult partners and boys can prepare a healthy snack to share. See ideas in CUB GRUB.

An alternate idea would be to for the boys to share a "collection" of their favorite physical activities – such as soccer, kick ball, etc. Let each boy share his favorite, then everyone can participate - try the game or sport for five minutes each. Be sure to offer water and a healthy snack and remind the boys that their bodies need both to "Do Their Best."

Wolf Den Meeting A

Elect. #15a, b – Plant and raise a box garden or flower bed – Gardening is a fun way to get some exercise in the outdoors!

Elect. #13b – Put out nesting materials for birds and tell which birds might use it.

NOTE: *If you want to encourage birds and butterflies to visit your garden, find out and plant some flowers that attract them.*



Here are some flowers that attract birds – often it's the seeds they really enjoy ~ but the flowers also attract the bugs, butterflies and caterpillars that the birds LOVE to eat!

Sunflowers are really easy to grow, and birds love the seeds. You don't even have to collect the seeds – just lay the flower head on a bird feeder, or wire it to a fence or branch where the birds can get at them!

- | | | |
|------------|-------------------|----------|
| Aster | Calendula | Cosmos |
| Cockscomb | Coreopsis | Larkspur |
| Cornflower | Portulaca | Zinnias |
| Snapdragon | Purple Coneflower | |

Also, the easiest plants to grow are often the ones native to an area – and those same plants are part of the diet of area birds – so check with a gardener or nursery and plant some natives – they'll also take less water!

Wolf Den Meeting B

Elect. #5a, b,c, d – Have some active fun outdoors – make and fly a kite – But be sure to read and know the safety rules for flying a kite first! Lots of great tips for easy, safe flight at:

www.nationalkitemonth.org/kids/howtofly.php
and for some great ideas on kids and kites, check out: www.kitesandkids.com/217/kite-flying-tips/

Bear Den Meeting A

Elect. #23 a-e Maps – To fit the value, look at local maps and point out places such as parks or gyms where fitness could be the focus. Be sure the boys learn how to read the key, so they can identify what activities are available. And by all means, meet at one of the parks or playgrounds and do something active!

Some Map Resources to Try

Visit a AAA Office, or ask a parent with their coverage to obtain maps to use with this activity. Show the boys how to find information such as time zones, site maps of local stadiums and auditoriums and other useful facts in special pages of the phone book.

Check with your local Chamber of Commerce or Better Business Bureau – they often have great maps of the local community

Check with local public transit agencies – many boys don't realize how buses, light rail and subway systems can take them from place to place – learning how to read the system maps is a very useful skill!

Want a fun challenge? Check with a library, used book store, thrift store or a National Geographic fan – this publication has wonderful inserts that sometimes feature maps of states, regions, countries or special areas – and you can also see unusual maps such as maps of the seafloor, lunar surface, etc.

City or County Recreation Departments, or National Parks – Sometimes the best way to see the details and relationship between areas of a park or nature area are the maps made for a nature center or park.

USGS – If you are lucky enough to be near a regional office, you can go and purchase all kinds of great maps – especially topo maps; you can also order them online.

Internet – This is a resource you can use if you can't find the map you want somewhere else. Just google the name of the area you are interested in!

I had great fun with boys and maps one time – I got a variety of maps, everything from road maps to topographical maps, “maps” of stadiums or auditoriums – had them posted on the wall and assigned a team of boys to spend some time looking at “their” map to see what they could learn.

After a few minutes, we went around the room and talked about the different maps – the boys learned about using the map key or legend, how to pick out different features, how to estimate size and spaces covered – and they were better prepared to follow a map on a hike or family trip!

Webelos Den Meeting #17

Showman #6 – Make a set of four paper bag puppets as a “singing group.” With the help of three other den members, sing a song with the puppets as the performers.

Use a song about Health & Fitness, or one from this Baloo packet.

Showman #9 – Sing one song indoors and one sing outdoors (you could help entertain at an outdoor pack activity, such as a Kite Day, Pack Olympics, Hike and Picnic) You can sing alone or with a group. Tell what you need to do differently when singing outdoors. Outdoors is not an easy place to sing – check out the tips below:

Tips About Singing Outdoors

Any singer can tell you that it's much easier to sing inside, where you don't have to worry about wind, rain, noise from airplanes and traffic, an audience that might be scattered all around and/or talking amongst themselves, and where you can hear the other people in your singing group. But if you need to sing outdoors, here are some tips:

Don't SHOUT! - It's really tempting, since you have trouble hearing yourself – but it won't sound good!

Don't use a megaphone – every time you move your head, the sound gets lost for some people and comes in loud for another group – so no one really hears the words!

Don't try to sing loud – it's more important to LISTEN carefully, especially if you are singing with other people.

Stay close to the other singers, look at each other and Listen for their voices.

Pretend you are singing just for yourselves or in a small room – that way, the outdoors won't seem so challenging!

Consider moving into the audience as you sing, if you are comfortable doing that. That way, the audience is more likely to listen and not talk.

Sometimes it helps to have a wall behind you to keep the sound from getting lost behind you – the wall will also push the sound out in front of you. If you can, practice outside first – if you can have someone stand towards the back and listen, they might be able to tell you where you need to sing each word more clearly.

Start out by inviting the audience to gather closer, or at least to listen carefully – sometimes, you can block off an area so that everyone sits close and together – if there are chairs, see if they can be put up ahead of time.

Just plan on having fun – and be prepared to “go with the flow” – bad weather, noisy background, whatever – just remember, “The Show Must Go On!”

Webelos Den Meeting #18

Showman #16 – Give a monologue or talk on a patriotic, humorous, or holiday subject or a subject of your choice.

Tips for Monologues

Choose a subject that you like, or that fits the occasion, or that you already the group likes
PRACTICE, PRACTICE, PRACTICE!

Practice in front of a mirror to make sure you aren't doing something to distract from the story.

You can write your own monologue or talk – but make sure you know it well.

If you write your own story, ask someone else to listen to it so they can suggest changes you might need to make.

Exaggerate – use your voice to show emotion and excitement; use your body to emphasize the words; lengthen out the sound of an important word or to create mystery and keep people waiting to hear what happens next. Use your voice and actions to describe what's happening, or the character you are describing or the character who is “speaking” – for example if you are talking about a “bad guy” make your voice sound evil – sinister and scary!

If you need them, you can use notes – but have them on small note cards so everyone isn't watching the paper instead of listening to you!

Better to choose a short story and do it well, than to choose an exceptional story that is too long to remember well.

Wear comfortable clothes so you are distracted or constantly messing with them.

Look for stories from Baden-Powell, Campfire stories, Favorite Scout Stories, or for stories that fit a certain event or them – BSA has a lot of resources, or you can also “google” it!

Here are a couple of possible monologues – but remember, write or choose one you feel comfortable with – and don't be afraid to edit or re-write a story so it's easier to perform!

#1 - If Dr. Seuss Were In Technical Writing...

Anonymous

Here's an easy game to play.

Here's an easy thing to say:

If a packet hits a pocket on a socket on a port,
And the bus is interrupted as a very last resort,
And the address of the memory makes your floppy disk abort,

Then the socket packet pocket has an error to report!

If your cursor finds a menu item followed by a dash,

And the double-clicking icon puts your window in the trash,

And your data is corrupted 'cause the index doesn't hash,

Then your situation's hopeless, and your system's gonna crash!

If the label on the cable on the table at your house,
Says the network is connected to the button on your mouse,

But your packets want to tunnel on another protocol,

That's repeatedly rejected by the printer down the hall,

And your screen is all distorted by the side effects of gauss,

So your icons in the window are as wavy as a souse,

Then you may as well reboot and go out with a bang,
'Cause as sure as I'm a poet, the sucker's gonna hang!

When the copy of your floppy's getting sloppy on the disk,
And the microcode instructions cause unnecessary risk,
Then you have to flash your memory and you'll want to RAM your ROM.
Quickly turn off the computer and be sure to tell your mom!!

#2 - The American Hero

A poem for Memorial Day by Roger Robicheau - could also be done in parts by the boys as a presentation.

The American Hero always comes through
To capture our hearts with a spirit so true
Some proudly are soldiers who march in harm's way
Insuring our freedom, courageous they stay
While others come forth as civilians so brave
Determined in purpose, so steadfast to save
We should always keep clear a place in our heart
For each has a value beyond precious art
Their duty to country will not be surpassed
Please honor their courage, for some it's their last
We live in a world which can be hard to bear
Thank God for these people, how greatly they care
Do ponder new heroes and what they will face
And pray for their safety no matter their place
Our heritage brings out the best, we all know
Our great book of heroes is destined to grow

DEN & PACK ACTIVITIES

Plan a Pack Family activity that includes physical action – choose a team sport, go for a hike followed by a healthy picnic, have a swim party, or have an Indoor Olympics.

Challenge the boys and their families to Strive for Five - this is a program to encourage everyone to eat at least five servings of fruits and vegetables each day – and there are many proven health benefits! See the Strive for Five Handprint

Gathering Activity. For recipes, information and benefits of specific foods, ways to get kids to try them, question and answer columns and a link to local programs and events, go to:

www.fruitsandveggiesmorematters.org

Tiger Ach. #3D; Wolf Ach. #8a; Bear Ach. #9c; Webelos Fitness #4

Identify family or friends from the Den or Pack that could teach some skills and rules of a sport – ask them to come and share their expertise at a den or pack meeting.



Have a Pack or Den Kite Flying Day – or piggyback on a festival near you. It's a great way to have fun while you get some exercise! For all kinds of kite plans, tips, games and a list of kite events and displays, go to: www.nationalkitemonth.org/kids/howtofly.php Click on Calendar to find an event near you – the location will also be a clue for a great, safe location to go fly your own kite.

Celebrate National Bike Month – take a bike ride with families or the den to get fit. *Tiger Elect. #37; Bear Ach. #14f, g; Webelos Athlete #8*

Parents could also be encouraged to participate in Bike to Work Day on the 20th.

Celebrate Cinco de Mayo - do the Mexican Hat Dance or the Benito Juarez game, then have a special Mexican treat from Cub Grub.

Celebrate National Train Day on May 11th – Visit a local train station or museum, a model railroad club, or by take a train ride. *Tiger Elect. #48; Wolf Ach. #4f; Bear Ach. #10a; Webelos Traveler #1,2, 4*

Check out some great festivities at www.nationaltrainday.com The men who built the railroad were certainly fit – it was hard work. In Sacramento, there is a

short steam train ride that is great fun! Check to see what's available in your area.

Take a “photo” hike or train trip –Capture the interesting or beautiful things you see with a camera and display your pictures at the next Pack meeting. *Tiger Ach. #5G, Wolf Ach. #10c, Bear Elect. #11, Webelos Outdoorsman #9.*

Celebrate World Red Cross Day with a Family Workshop – each family could put together a First Aid Kit, a kit for camping, a 72-hour emergency kit or emergency kits for their cars. See Value Related Section for tips.

Wolf Elect. #16c; Bear Elect. #25a; Webelos Readyman #12 or Traveler #8

Celebrate Frog Jumping Day on the 13th - Read Mark Twain's story - “Jim Smiley and His Jumping Frog – then try some frog jumps of your own, or do the animal-based fitness exercises: *Wolf Ach. #1g, Bear Ach. #16c.*

Celebrate Dance Like a Chicken Day on the 14th – Challenge everyone to do the dance! If you aren't already falling down laughing, tell some chicken jokes – see Value Related.

Visit a Farmer's Market - Check to see if there are certified farmer's markets in your area – they have strict standards for food safety and to guarantee a nutritious product. Some also offer special tours and activities for schools and scout groups. Get started with the map or your zip code at: www.localharvest.org/farmers-markets/

Arrange to visit a local produce department – see how many fruits and vegetables can be identified by the boys. Have each boy choose one fruit or vegetable that he has never eaten and let everyone learn about and taste the samples. Or ask your den or pack families to do the exercise and bring their sample for everyone to try at the den or pack meeting!

Pick Strawberries Day – Have the boys help pick and prepare strawberries and/or other healthy fruits and vegetables for a den treat.

Visit a Family Garden – or Start your own! There may be an “expert” in your den or pack that can help families get started. Excellent help is also available from local gardening clubs (check with your librarian) or through the Extension Service. Your local school may even have a garden. In Sacramento, and many other communities, especially college towns, there are community gardens where a family can use a plot for free or a nominal charge, and plant their own veggies!



Observe Memorial Day by helping place flags at gravesites - Contact a local VFW or

cemetery to get flags for putting out flags on graves of veterans – (this is only done in the older cemeteries) At newer sites, an Avenue of Flags is raised to honor veterans – check with a local source for information about helping with a ceremony. Also, for ongoing service at a National Cemetery, such as maintaining benches, or playing the bugle, go to: <http://www.cem.va.gov/wn/VolunteerNCA.asp> This would be a great way to combine scout service doing something physical in the outdoors!

Visit a climbing wall to honor the anniversary of the first summit of Mt. Everest – finish up with homemade ice cream – find out why in the Value Related Stuff section.

Cub Café Ideas

Have a Mother-Son Brunch to celebrate Mother's Day – Invite Mom or Grandma to come and have a brunch the day before Mother's Day. Boys can make simple food (See Cub Grub ideas) and serve their guests. Then each boy and his guest can prepare a potted plant or flower to take home. Be sure EVERY boy has a partner – it could be another family member like an aunt, or an “adopted” Grandma for the day.

Help the boys prepare to plan and staff their own “Cub Café” for a pack meeting – Check out the ideas under GATHERING ACTIVITIES and also under “Waiter & Waitress Day” under VALUE RELATED. You could even plan your café to represent Cinco de Mayo, and serve Mexican recipes, or just do an informal café using simple recipes also found in CUB GRUB.

Visits to a Farmer's Market or regular grocery store, or even a real restaurant, could help boys prepare to have their own café. Learning about Strive for Five or the Food Guide would also help boys learn about a healthy menu choice for their café.

Invite a professional chef, waiter or waitress to visit – they can share tips with the boys for planning their own Cub Café, choosing and preparing food, and serving it properly.

ADVANCEMENT IDEAS

The advancement activities suggested here relate to the assigned Value for May – Health & Fitness.

The **Fitness Belt Loop and Pin**, or any of the Sports Program Belt Loops, would fit this value – and don't forget about the newest additions: Hiking, Hockey, Horseback Riding and Skateboarding! Some suggestions are also underlined because they fit with the Den Meeting Plan featured in Baloo this month.

Tiger Achievements

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

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

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

Tiger Electives

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

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

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

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

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

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

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

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

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

Wolf Achievements

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

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

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

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

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

Wolf Electives

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

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

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

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

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

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

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

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

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

Bear Achievements

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

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

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

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

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

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

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

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

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

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

Bear Electives

Elect. #5e - With an adult on board, and both wearing PFDs, row a boat around a 100-yard course that has at least two turns. Demonstrate forward

strokes, turns to both sides, and backstrokes.

Review Boating Safety Rules BEFORE you start!

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

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

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

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

Webelos Activity Pins

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

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

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

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

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

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

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

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

GAMES

Popcorn

This is a game that is sometimes played with large groups and a playground parachute – but it can be fun for a smaller group too. And did you know that popcorn (without all the extras) is a great, healthy snack?

Equipment: A playground parachute (or a blanket can substitute); a ping-pong or bouncing ball for each player, numbered so it can be identified.

Directions: Each player puts their assigned ball on the “parachute,” then everyone lifts the parachute with both hands. On signal, everyone begins “pumping” the chute or blanket up and down to make the balls bounce off. When only one ball is left, that player becomes the winner. Now have some popcorn for a treat!

Colored Eggs

This game is a favorite in some parts of the country – and it isn't just for Easter. One person is the “Wolf.” The other people line up next to each other, with the wolf facing them. Everyone in line picks a color in their mind.

Wolf: “Knock, Knock”

Line: “Who’s There?”

Wolf: "A big bad wolf with curly (or some other variation)hair"

Line: What do you want?"

Wolf: "Colored eggs".

Line: "What color?"

The wolf then says a color. Whoever had "picked" that color then runs around a selected area (to the far oak tree in the yard and back to the line, for example), with the wolf giving chase. If the wolf catches the "egg", then that person becomes the wolf with the game starting over. If not, and all eggs make it back to line successfully, the wolf then calls out the next color, etc.

Hinges Freeze Tag

This is just a variation of Freeze Tag – but when each boy freezes, he has to be using at least three of his body “hinges” in the pose he makes!

Advancement Relay

Set up a relay using two teams. Use fitness activity requirements from the boy's books – If you celebrate Frog Jumping Day, be sure to use the Frog

Leap in the Wolf Book under Ach. #1- Feats of Skill.

You could also use the Elephant Walk from that same book, or the Crab Walk in both the Wolf book and in Bear Ach. #16c. Or if you have made any of the props in the Wolf Book Elect. #7 – Foot Power, those would be great to use, too. (Stilts, Puddle Jumpers and Foot Racers) Or just make up your own active ideas – the idea is to get moving and have FUN!

Mexican Hat Dance

These two games celebrate Cinco de Mayo, but also require physical activity. After you play, try a Mexican treat from Cub Grub.

Materials:

Sombrero

Authentic music from Mexico (check at the Library for a CD or tape)

How To Play:

Boys make a large circle, with the sombrero in the middle. Whenever the music is playing, everyone in the circle dances around the circle. You might show the boys how men typically dance, with stomps and tapping of their feet, while calling out high-pitched phrases. Leader calls out a boy's name – he goes to the middle of the circle and dances around the hat until another name is called.

Benito Juarez Says Game

How To Play:

Before playing explain that Benito Juarez, a Zapotec Indian, was born and raised in extreme poverty. With hard work, determination, and strong love for his country, Juarez became the president of Mexico and defeated the French, who had occupied the country for five years.

Played similar to Simon Says. Leader is "Benito Juarez" and directs different actions, like: "Benito Juarez says hop on one foot". Boys must hop on one foot and keep hopping till leader says "Benito Juarez says stop". Repeat for additional activities such as take one baby step forward, step backwards, turn around, sit down. Sometimes Benito Juarez will say "Benito Juarez says" and sometimes he won't. And of course, if you move when the leader doesn't say "Benito Juarez says" – you got tricked and must go back to the start or you are out of the game.

Cub Café Ideas

Pyramid or Healthy Plate Challenge

Before the meeting, prepare a list of foods.

To play the game, spread several Hula Hoops out around the playing area. (or use masking tape to set off an area) Label each one - Fruits, Vegetables, Grains, Dairy, Protein. If you want to go with the most recent upgrade, have each hoop represent part of the "plate."

Explain to the boys that when they hear you shout a food item, they should run and stand in the right hula hoop.

If the item you call out doesn't fit any category, or would fit in more than one category, boys should stand in place.

Here are some suggestions for your list:
Apples, Apricots, Bananas, Kiwi, Asparagus, Broccoli, Green Beans, Cereal, Flour, Milk, Cheddar Cheese, Cottage Cheese, Hamburger, Pasta, Spaghetti, Oatmeal, tortillas, Yogurt.
Some tricky ones to use: Butter, Potato Chips, Brownies, Walnuts, Refried Beans, Ice Cream

If boys disagree about where something fits, make a quick note so you can talk about it later!

Strive for Five Challenge

This is a variation of Pyramid Challenge – Take away all but two of the hula hoops.

Explain that the boys should run to Fruits or Vegetables when you shout out an item that belongs.

All other food items should leave the boys standing in place.

You can use the same list as before – to make it trickier, add in items like: Fruit Punch, Apple Crisp, Vegetarian Lasagna, Broccoli-Beef Stir Fry, Cherry Pie, Banana Cream Pie, Apricot Jam.

Fruit Basket Game – a family favorite!

One person is chosen to be the caller. Everyone else sits in a circle on chairs.

The caller gives each member, including himself, the name of a different fruit.

When he calls out the names of two fruits, such as apples and pears, the two who were given the names of those fruits must change seats.

The caller tries to slip into one of the seats, leaving someone else without a seat. The one without a seat is the new caller.

At any time the caller may say, "The fruit basket tipped over." Then all must change seats, and the caller tries to get any empty seat, leaving another person as caller.

Waiter Relay

Materials: Gather the following for two teams: a small table or other surface, a tablecloth, two each -plates, silverware and cup, napkins.

Instructions: Divide the group into two teams, each lined up at the start line. About 15 feet away, have the table as the finish line. On signal, the first person in each team must run to their table, pick up the tablecloth and put it on their table, then run back and tag the next person on the team. In turn, each team must then add two plates, knife, fork, spoon and cup and finally napkins for each of their table settings. When the last item has been added to the table, that team member runs back to tag the line – Winning team is the one that finishes first, and all items must be in the proper place on their table.

Healthy Snacks for Cubs



Cheese & Fruit Kabobs

Ingredients:

Various fruits in season – berries, grapes, sliced bananas, kiwi fruit chunks, pineapple chunks, melon chunks
Cheese cut into chunks or cut into small shapes with canapé cutters – jack cheese, cheddar, swiss cheese, or this a great way to introduce kids to some different cheeses
Yogurt – strawberry, vanilla, or any choice that would fit with fruits and cheese
Wooden skewers

Directions:

Prepare fruit ahead of time so it is in small pieces ready for the skewer – (for light fruits such as pears or banana, prevent discoloring by slicing into Fruit Fresh or pineapple juice)

Cut cheese into slices or chunks

Put ingredients into individual bowls or containers – Let each boy make his own choice of cheese and fruit for the skewers.

Have yogurt in bowls to use as a dip.

White-and-green pizza



This is a great way to get kids to eat spinach and try some different cheese – and if they help make it, they are apt to give it a try!

Ingredients:

5 oz fresh (or frozen, defrosted) baby spinach

Salt and pepper to taste

2 Tbs water

1 cup part-skim ricotta

1/2 tsp garlic powder

2 mini-pizza crusts (such as Boboli)

1/2 cup shredded reduced-fat mozzarella

2 Tbs grated parmesan

1 Tbs olive oil

Directions:

1. Heat oven to 450 degrees. Put spinach in a microwave-proof casserole dish. Season to taste, and sprinkle with water. Cover with plastic wrap, and pierce to vent. Microwave on high for two minutes. Drain cooked spinach well.

2. Mix ricotta and garlic powder in a small bowl. Place the pizza crusts on an ungreased baking sheet. Spread half the ricotta mixture on each pizza crust. Top each pizza with cooked spinach, mozzarella, and parmesan. Drizzle with olive oil.

3. Bake for 10 minutes, or until the cheese is melted. Cool slightly and cut each pizza in half to serve. This makes enough for four people.

Gobbeldy Gook

Ingredients:

4 cups oat or crispy rice cereal

1 cup chopped peanuts

1 cup raisins or chopped dried prunes or apricots

1 cup sunflower seeds

1 cup chopped pretzels

3 tbsp. margarine, melted (optional)

Directions: Place all ingredients into a 1-quart sealable plastic bag, seal and shake until mixed. Enough for 8 people – at least the first time – after they taste it, they might want more!

Some Tried & True Ideas

For Memorial Day Treats, give everyone a graham cracker, spread with whipped cream cheese, then provide sliced strawberries and blueberries – every one makes their own “flag” treat

Kids like lots of veggies – but only if they are raw – offer a selection of bell pepper slices (try all the colors), jicama, carrots cut into coins or baby carrots, broccoli and/or cauliflower tops. Serve with a dip like Ranch Dressing.

Pretzels are a great, non-fat treat – for fun, serve with whipped cream cheese or peanut butter and a selection of nut pieces, chocolate chips, raisins, cookie decors – Dip stick pretzels into the “glue” and then into small individual cups of the toppings.

Cinco de Mayo Recipes

Slow Cook Taco Soup

Slow cook, then serve with tortilla chips and a dollop of sour cream.

Ingredients:

1 pound ground beef

1 onion, chopped

2 cups water

1 (16 ounce) can chili beans, with liquid

1 (15 ounce) can kidney beans with liquid

1 (15 ounce) can whole kernel corn, with liquid

2 (14.5 ounce) cans peeled and diced tomatoes

1 (8 ounce) can tomato sauce

1 (4 ounce) can diced green chili peppers

1 (1.25 ounce) package taco seasoning mix

Directions:

Brown the meat with the onion in a skillet.

Add water, beans, corn, diced tomatoes, tomato sauce, green chili peppers and taco seasoning mix and stir to blend in the slow cooker. Cook on low for 8 hours.

Cinnamon Triangles & Fruit Salsa

These cinnamon-scented tortilla triangles are best served warm with the fruity salsa - sure to delight kids of all ages.

Ingredients:

1 Fuji apple - peeled, cored and diced

1 cup sliced fresh strawberries

2 kiwis, peeled and sliced

2 bananas, peeled and sliced

1 tablespoon fresh lime juice

2 tablespoons sugar

1/2 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

1 cup oil for frying

6 (10 inch) flour tortillas

3 tablespoons sugar

1 tablespoon ground cinnamon

Cooking Instructions:

Mix together the fruit, lime juice, sugar, cinnamon and nutmeg.
 Cover and chill for 20 minutes.
 Heat oil in a medium heavy saucepan to 375 degrees F
 Slice flour tortillas into triangles. Fry until golden brown, 2 to 4 minutes. Drain on paper towels.
 Place 3 tablespoons sugar and cinnamon in a large ziplock plastic bag. Drop fried tortilla triangles into the bag and shake to coat.
 Serve the cinnamon chips warm with the chilled fruit salsa.

Mother's Day Ideas

Layered Cheesy Brunch for Mom

Ingredients

12 eggs, beaten
 1 1/2 pounds ground breakfast sausage or crumbled bacon
 16 ounces shredded Cheddar cheese, divided
 7 slices white bread, torn into pieces

Directions

Preheat oven to 350 degrees F (175 degrees C).

1. Brown sausage in a large skillet over medium-high heat. Drain off grease, and set aside to cool.
2. Pour the eggs into a lightly greased 9x13 inch baking dish.
3. In a separate large bowl, combine the sausage, bread and 12 ounces of the cheese. Mix well and pour this into the egg mixture. Top with the remaining 4 ounces of cheese and cover with foil.
4. Bake at 350 degrees F (175 degrees C) for 15 minutes, uncover, and bake until casserole is golden brown and bubbly.

Serve with some sliced melon, grapes, strawberries or other fruit. Or you can have the boys make a nice green salad. Finish off the event with a special gift for each mother – or with a project to work together with their sons to plant a special flower in a pot to take home. Other ideas:

Learn a song that mothers will enjoy and sing it to them – then hand each mother a single flower, piece of chocolate, poem or some other nice touch.

Make a Service Coupon book – but make sure the boys understand they really need to DO what they promise!

SPECIAL OPPORTUNITIES

Pat Hamilton, Baltimore Area Council

Spring weather is rapidly approaching where I live, with occasional days in the 50s and 60s. Time to get outdoors for our core value of **Health and Fitness**. Maybe a Den cookout or a Pack Picnic for our Supplemental Theme of **Cub Café**. I chose **Nutrition** for the Academics Loop and Pin and **Swimming** for the Sports Loop and Pin (if it is warm enough where you are).

Nutrition Loop and Pin

from <http://www.usscouts.org>

The requirements listed below are taken from the Cub Scout Academics and Sports Program Guide (34299) 2009 Printing. Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

Nutrition Belt Loop



Complete these three requirements:

1. Make a poster of foods that are good for you. Share the poster with your den.
2. Explain the difference between a fruit and a vegetable. Eat one of each.
3. Help prepare and eat a healthy meal of foods that are included in a food pyramid.
 (With your parent's or partner's permission, see <http://www.mypyramid.gov>.)

In Belt Loop requirement 3, when planning meals and explaining the guidelines for a balanced menu, until the wording is corrected, where the requirements or literature use the term "Food Pyramid" or the term "Food Guide Pyramid", Scouts should be able to substitute the term "My Plate" for the former terms which have been discontinued by the USDA. (see <http://www.choosemyplate.gov>.)

Nutrition Academics Pin



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

1. Make a poster that shows different foods that are high in each of the vitamins. Using your poster, explain to your den or family the difference between a vitamin and a mineral and the importance of each for a healthy diet.
2. Read the nutrition label from a packaged or canned food item. Learn about the importance of the nutrients listed. Explain what you learned to your den or family.
3. Make a list of diseases that can be caused by a diet that is poor in nutrition.
4. Talk with your school cafeteria manager about the role nutrition plays in the meals your school serves.
5. With an adult, plan a balanced menu of breakfasts, lunches, and dinners for your family for a week.
6. Make a list of healthy snack foods. Demonstrate how to prepare two healthy snacks.
7. With an adult, go grocery shopping. Report to your den or other family members what you learned about choosing good foods to eat.
8. Demonstrate how to safely prepare food for three meals.
9. Demonstrate how to store leftover food to prevent spoilage or contamination.
10. Help with a garden. Report to your den or family about what is growing in the garden and how you helped. Show a picture of or bring an item harvested from your garden.
11. Visit a farm or ranch. Talk with the owner about how the farm or ranch produces food for families.
12. Explain how physical exercise works with nutrition in helping people be fit and healthy. Demonstrate three examples of good physical activity.

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

Swimming Loop and Pin

from <http://www.usscouts.org>

The requirements listed below are taken from the Cub Scout Academics and Sports Program Guide (34299 - 2009 Printing). Webelos Scouts that earn the Swimming Belt Loop while a Webelos Scout also satisfy requirement 8 for the Aquanaut Activity Badge and part of requirement 3 for the Sportsman Activity Badge. Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

Swimming Belt Loop



Complete these three requirements:

1. Explain rules of Safe Swim Defense. Emphasize the buddy system.
2. Play a recreational game in the water with your den, pack, or family.
3. While holding a kick board, propel yourself 25 feet using a flutter kick across the shallow end of the swimming area

Swimming Sports Pin



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

1. Practice the breathing motion of the crawl stroke while standing in shallow water. Take a breath, place your head in the water, exhale, and

turn your head to the side to take a breath.

Repeat.

2. Learn and demonstrate two of the following strokes: crawl, backstroke, elementary backstroke, sidestroke, or breaststroke.
3. Learn and demonstrate two of the following floating skills: prone, facedown float, and back float. The purpose of the float is to provide the swimmer the opportunity to rest in the water.
4. Using a kickboard, demonstrate three kinds of kicks.
5. Pass the "beginner" or "swimmer" swim level test (see below).
6. Visit with a lifeguard and talk about swimming safety in various situations (pool, lake, river, ocean). Learn about the training a lifeguard needs for his or her position.
7. Explain the four rescue techniques: Reach, Throw, Row, and Go (with support)
8. Take swimming lessons.
9. Attend a swim meet at a school or community pool.
10. Tread water for 30 seconds.
11. Learn about a U.S. swimmer who has earned a medal in the Olympics. Tell your den or an adult family member what you learned about him or her.
12. Demonstrate the proper use of a mask and snorkel in a swimming area where your feet can touch the bottom

Swimming activities done by Cub Scout Packs must be done in accordance with the rules in the "Safe Swim Defense", described in the Guide to Safe Scouting (#34416B). That program is available for viewing by going here:

http://www.scouting.org/scoutsource/HealthandSafety/GSS/gss02.aspx#_safe

Those rules are not mandatory for individuals or families, of course, swimming in private or public pools, lakes, or beaches, although families are encouraged to use as much of them as appropriate. They ARE mandatory for all Cub Scout aquatic activities, trips to swimming pools arranged as Den or Pack meetings or outings.

Included in the Guide is a procedure and standards for classifying swimming ability. Requirement 2 for the Swimming Belt Loop, listed above, refers to the following, taken from the Guide.

Beginner Test

Jump feet first into water over the head in depth, level off, swim 25 feet on the surface, stop, turn sharply, resume swimming as before, and return to starting place.

The entry and turn serve the same purpose as in the swimmer test. The swimming can be done with any stroke, but no underwater swimming is permitted. The stop assures that the swimmer can regain a stroke if it is interrupted. The test demonstrates that the beginning swimmer is ready to learn deepwater skills and has the minimum ability required for safe swimming in a confined area in which shallow water, sides, or other support is less than 25 feet from any point in the water.

Swimmer Test

The swimmer test demonstrates the minimum level of swimming ability required for safe deep-water swimming. The various components of the test evaluate the several skills essential to this minimum level of swimming ability:

Jump feetfirst into water over your head in depth. Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy, resting backstroke. The 100 yards must be swum continuously and include at least one sharp turn. After completing the swim, rest by floating.

The test administrator must objectively evaluate the individual performance of the test, and in so doing should keep in mind the purpose of each test element.

1. *"Jump feetfirst into water over your in depth, ...*
The swimmer must be able to make an abrupt entry into deep water and begin swimming without any aids. Walking in from shallow water, easing in from the edge or down a ladder, pushing off from side or bottom, and gaining forward momentum by diving do not satisfy this requirement.

2. *"...Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl..."*

The swimmer must be able to cover distance with a strong, confident stroke. The 75 yards must not be the outer limit of the swimmer's ability; completion of the distance should show sufficient stamina to avoid undue risks. Dog-paddling and strokes repeatedly interrupted and restarted are not sufficient; underwater swimming is not permitted. The itemized strokes are inclusive. Any strong side or breaststroke or any strong overarm stroke (including the back crawl) is acceptable.

3. *"...swim 25 yards using an easy, resting backstroke..."*

The swimmer must perform a restful, free-breathing backstroke that can be used to avoid exhaustion during swimming activity. This element of the test necessarily follows the more strenuous swimming activity to show that the swimmer is, in fact, able to use the backstroke as a relief from exertion. The change of stroke must be accomplished in deep water without any push-off or other aid. Any variation of the elementary backstroke may suffice if it clearly allows the swimmer to rest and regain wind.

4. *"...The 100 yards must be swum continuously and include at least one sharp turn..."*

The total distance is to be covered without rest stops. The sharp turn demonstrates the swimmer's ability to reverse direction in deep water without assistance or push-off from side or bottom.

5. *"...After completing the swim, rest by floating."*

This critically important part of the test evaluates the swimmer's ability to maintain himself in the water indefinitely even though exhausted or otherwise unable to continue swimming. Treading water or swimming in place will further tire the swimmer and therefore is unacceptable. The duration of the float test is not significant, except that it must be long enough for the test administrator to determine that the swimmer is resting and likely could continue to do so for a prolonged period.

Drownproofing may be sufficient if clearly restful, but it is not preferred. If the test is completed except for the floating requirement, the swimmer may be retested on the floating only (after instruction) provided that the test administrator is confident that the swimmer can initiate the float when exhausted.

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

Leave No Trace Awareness Award



from <http://www.usscouts.org>

The Leave No Trace Awareness Award is worn on the uniform shirt, centered on the right pocket as a TEMPORARY patch. Only ONE Temporary patch may be worn at a time.

Cub Scout Leave No Trace Pledge

I promise to practice the Leave No Trace frontcountry guidelines wherever I go:

1. Plan ahead.
2. Stick to trails.
3. Manage your pet.
4. Leave what you find.
5. Respect other visitors.
6. Trash your trash.

Tiger Cub Scout Requirements

1. Discuss with your leader or parent/guardian the importance of the Leave No Trace frontcountry guidelines.
2. On three separate outings, practice the frontcountry guidelines of Leave No Trace.
3. Complete the activities for Achievement 5, Let's Go Outdoors.
4. Participate in a Leave No Trace-related service project.

5. Promise to practice the Leave No Trace frontcountry guidelines by signing the Cub Scout Leave No Trace Pledge.
6. Draw a poster to illustrate the Leave No Trace frontcountry guidelines and display it at a pack meeting.

Wolf Cub Scout Requirements

1. Discuss with your leader or parent/guardian the importance of the Leave No Trace frontcountry guidelines.
2. On three separate outings, practice the frontcountry guidelines of Leave No Trace.
3. Complete Achievement 7, "Your Living World."
4. Participate in a Leave No Trace - related service project.
5. Promise to practice Leave No Trace frontcountry guidelines by signing the Cub Scout Leave No Trace Pledge.
6. Draw a poster to illustrate the Leave No Trace frontcountry guidelines and display it at a pack meeting.

Bear Cub Scout Requirements

1. Discuss with your leader or parent/guardian the importance of the Leave No Trace frontcountry guidelines.
2. On three separate outings, practice the frontcountry guidelines of Leave No Trace.
3. Complete Achievement 12, "Family Outdoor Adventures."
4. Participate in a Leave No Trace - related service project.
5. Promise to practice Leave No Trace frontcountry guidelines by signing the Cub Scout Leave No Trace Pledge.
6. Draw a poster to illustrate the Leave No Trace frontcountry guidelines and display it at a pack meeting.

Webelos Scout Requirements

1. Discuss with your leader or parent/guardian the importance of the Leave No Trace frontcountry guidelines.

2. On three separate outings, practice the frontcountry guidelines of Leave No Trace.
3. Earn the Outdoorsman activity badge.
4. Participate in a Leave No Trace - related service project.
5. Promise to practice Leave No Trace frontcountry guidelines by signing the Cub Scout Leave No Trace Pledge.
6. Draw a poster to illustrate the Leave No Trace frontcountry guidelines and display it at a pack meeting.

Cub Scout Leader Requirements

1. Discuss with your den's Cub Scouts or your pack's leaders the importance of the Leave No Trace frontcountry guidelines.
2. On three separate outings demonstrate and practice the frontcountry guidelines of Leave No Trace.
3. Participate in presenting a den, pack, district, or council awareness session on Leave No Trace frontcountry guidelines.
4. Participate in a Leave No Trace-related service project.
5. Commit yourself to the Leave No Trace frontcountry guidelines by signing the Cub Scout Leave No Trace Pledge.
6. Assist at least three boys in earning Cub Scouting's Leave No Trace Awareness Award.

Boys' Life Reading Contest for 2013

<http://boyslife.org/>

**SAY 'YES' TO READING*****Enter the 2013 Boys' Life Reading Contest***

Write a one-page report titled "The Best Book I Read This Year" and enter it in the *Boys' Life* 2013 "Say Yes to Reading!" contest.

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

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

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

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

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

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

Boys' Life Reading Contest
S306

P.O. Box 152079
Irving, TX 75015-2079

Entries must be postmarked by Dec. 31, 2013 and must include entry information and a self-addressed, stamped envelope.

For more details go to <http://boyslife.org/> and click on "Contests."

Knot of the Month

Cub Scout Leader's Training Award

from <http://www.usscouts.org>

This award has replaced the former Cub Scouter and Pack Trainer awards, which have been discontinued. Scouters already working on the older awards may continue with the previous requirements until December 31, 2013. Those starting work should use the current requirements. To see the requirements for the Cub Scouter award, [Click here](#). To see the

requirements for the Pack Trainer award, [Click here](#).



Note: This knot is worn with a small Cub Scout device pin to indicate this award was earned while a Cub Scout Leader.



Tenure

Complete at least two years of tenure as a registered adult leader in a Cub Scout pack.

Training

1. Complete basic training for any Cub Scout leader position.
2. Complete This Is Scouting training.
3. Attend a pow wow or university of Scouting (or equivalent), or attend at least four roundtables (or equivalent) during each year of the tenure used for this award.

Performance

Do the following during the tenure used for this award:

1. Participate in an annual pack planning meeting in each year.
2. Serve as an adult leader in a pack that achieves at least the Bronze level of Journey to Excellence in each year. The Quality Unit Award is acceptable if the tenure used is prior to 2011.
3. Give primary leadership in meeting at least one pack Journey to Excellence objective in each year.
4. Participate in at least one additional supplemental or advanced training event at the council, area, region, or national level during the two years.

A progress record for this award may be found at <http://usscouts.org/awards/documents/ScoutersTraining-C-511-057.pdf>

LEADER RECOGNITION & INSTALLATION

Leader Appreciation Ceremony

In BALOO Mar 2012 RT issue

Margo, Frontier Council

MATERIALS: 4 Candles

Scouting is made up of many things, people, and ideas. Tonight we are going to take a few minutes to reflect on some of the more pertinent aspects of Scouting.

First - Scouting is a program. As depicted by our first candle it is a program dedicated to the development of character, citizenship, and the mental and physical fitness of our youth.

Second - Scouting is for the youth of our community. Young men who expect to learn, gain recognition by advancement, but most of all they expect to have fun with others of their own age.

Third - Scouting is the parents of our Scouts. For without parents taking an interest in the activities of their sons, taking them to meetings, and fulfilling their part of the Scouting program, we could not have Scouts.

But, as you can see, this leaves one lone candle. This candle represents the Leaders of Scouting. As I call your name would you please come forward.

Leaders, I light this candle for you, for you have been a faithful leader to us and we want you to know that your work, dedication, and tireless effort has been gratefully appreciated. For without your leadership as well as the leadership of all Cub Scout leaders. The first three candles - program - youth - and parents would be meaningless. Thank you!

I dug the following out of some of my old Baltimore Area Council Pow Wow books. When I wrote those books, I put a blanket acknowledgement in listing all the Councils' Pow Wow books that I used for "research." If you recognize something as yours and would like credit, please let me know. Dave has my e-mail address. -Pat

10 Commandments of Ceremonies

1. Thou shalt have one every month
2. Thou shalt Keep It Simple, Make It Fun (KISMIF)
3. Thou shalt not repeat a ceremony, no matter how many adults want to (or how good you look in an Indian headdress)
4. Thou shalt not ask Cub Scouts (or adults) to memorize or read a lot of big words
5. Thou shalt be heard and seen by all
6. Thou shalt include both child and his parent

7. Thou shalt not forget Webelos Activity Badges (pins), to make them important also
8. Thou shalt follow the Core Value or monthly theme
9. Thou shalt understand the Cub Scout advancement and how important it is to the boys
10. Thou shalt use thy brain to come up with new ideas

Quickie Thank-You's

1. Role of Lifesavers - You're a life saver
2. Band-Aid glued to a board - Rescue Award
3. Quarter glued to a board - Always prepared Award
4. Magic Hat - For Pulling Things out of your hat when needed.
5. Clothespin with wings and yellow stripes - Queen Bee Award (for female Cubmaster)
6. Toothpicks - You were picked for the Job Award.
7. Pick up Sticks - You Pick Up Our Spirits
8. Old Boot - Don't get off on the Wrong Foot Award
9. Blown up bag - It's in the Bag Award
10. Picture of Dog - Hotdog of Service
11. Kite - you're a high flyer
12. Plastic Baseball painted silver and on a chain, or ribbon - You're Really on the Ball
13. Railroad Track - You are on the Right Track
14. Face with a Hole for the Mouth - Loud Mouth Award
15. Silver Star - Super Star Award
16. Painted Rock - You're our Solid Rock
17. Purple Heart - The Purple Heart Award
18. Big Sucker - You got Suckered into this Award
19. Spark Plug - You're the Spark That Keeps us Going
20. Head of Lettuce - Head of the Pack.
21. Roll of Toilet Paper - You're on a roll
22. Ice Cream Cone or Instant Coffee Creamer - You're the Cream of the Crop

- 23. Banana - You're the Top Banana Award
- 24. Telephone glued to an Ear – You Talked Our Ear Off Award
- 25. Fan - You're our Biggest Fan
- 26. Paper Plate painted Blue – Blue Plate Special
- 27. Package of Yeast - You Rise Above all the Rest.'
- 28. Puzzle - For Your Help in Putting it all Together. 4
- 29. Fire Log - You Helped Turn our Flame into a Raging Fire.
- 30. Rubber Glove stuffed with cotton, painted Silver and glued to a board - The Helping Hand Award.
- 31. Legg's panty hose egg, painted silver then screwed onto a block of wood - Good Egg Award
- 32. Plastic spoon painted Silver and glued to a board - Silver Spoon Award
- 33. Toy Spatula glued to board - Flapjack Award.
- 34. Picture of Retiring Den Leader - For Service Beyond the Call of Duty.

There are lots more of these floating around out there. If you have a favorite, let Dave know. There's no such thing as too many recognition ideas!

Leader Induction Ceremony

Personnel: Pack Committee Chairman and new Pack leaders.

Equipment: Candles and candle boards described below

Committee Chairman: Before you is a ceremony board that has five candles on it. The top two, like the alert ears of a wolf, represent the two upright fingers of the Cub Scout sign. They mean TO OBEY and TO HELP OTHER PEOPLE.

The three candles at the bottom represent the folded three fingers of our Cub Scout sign. These three fingers stand for the three important letters in our law: F-H-G. These letters represent FOLLOWS, HELPS, GIVES. They also mean FAIR, HAPPY and GAME. And finally, they remind us of

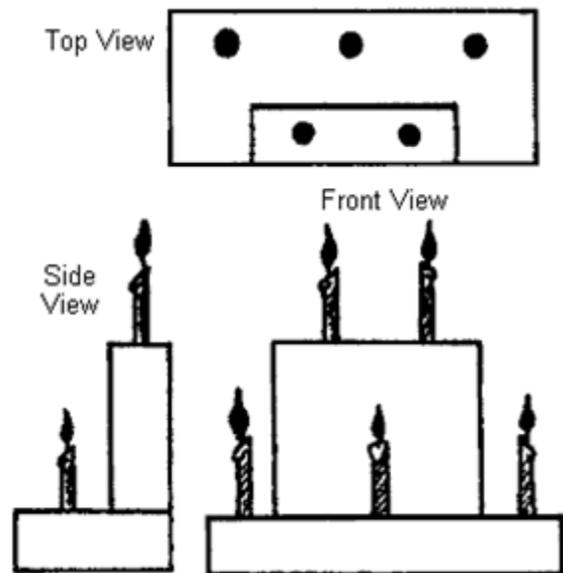
something each Cub Scout, represents - FREEDOM, HOME, and GOD.

All of our leaders want to do their best to teach Cub Scouts to learn to follow, to help, to give, to be fair and happy whatever the game might be and to respect their freedom, home, and God.

Will the new leaders of our Pack please come forward? (Pause while the new leaders gather at the front of the meeting place.) Please repeat after me:

I, (your name), promise to do my best, to help the Cub Scouts in my Den and in my Pack to do their best, to help other people, and to do their duty to God and their country, and to obey the Law of the Pack.

As chairman of this Pack, I take pleasure in presenting to you your registration cards and personally welcome you into active leadership in Cub Scouting. May the days ahead be: FUN, HAPPY, and GIVING.



SLIDES

Slides of the Month

Betsy O, Northwest Texas Council

Hiking Boot or Sneaker Slide



Materials

- Fun foam or cardboard
- String, twine or plastic lace
- ½ of a chenille stem or PVC ring
- Glue

Tools

- Markers
- Scissors

How To

- ✓ Cut out a boot or sneaker shape from a small piece of cardboard or fun foam.
- ✓ Use the markers to decorate your shoe to look like yours!
- ✓ Add the laces.
- ✓ Glue the chenille stem or PVC ring to the back of your shoe and get out for a hike!

Bicycle Slide

(This is one of my favorites)



Materials

- A chenille stem in your favorite color
- 2 wheel type macaroni
- A good picture of a bike
- A PVC ring
- Glue

Tools

- Black paint or marker
- Paintbrush

How To

- ✓ Look carefully at the picture of the bike and carefully bend your pipe cleaner into the correct shape of the bike frame. (Really, this is all that I did!)
- ✓ Paint macaroni wheels, let dry and glue to the pipe cleaner.

- ✓ Glue the PVC ring to the crossbars and you're done!

Basketball/Baseball/Soccer ball Slide



Materials

- 2 ½ inch Styrofoam ball
- Paint to match whatever ball that you are making

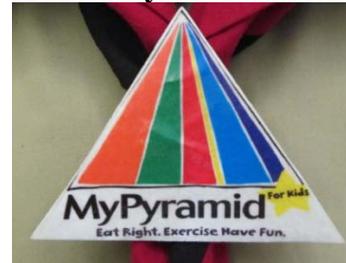
Tools

- Apple Corer
- Paintbrushes

How To

- ✓ Carefully push the apple corer through the center of the Styrofoam ball. This is where your neckerchief will slide through.
- ✓ Paint the ball to match and carefully add the details, like the stitching or seams.
- ✓ Let it dry and wear to the big game!

Food Pyramid Slide



Materials

- Cardboard scrap
- Colored clip art of the food pyramid
- White glue
- Water
- PVC ring

Tool

- Old paintbrush

How To

- ✓ Cut out cardboard to fit the clip art pyramid.
- ✓ Glue together.
- ✓ Thin glue with water and "paint" the front of the clip art to seal the two together.
- ✓ Let dry.
- ✓ Glue the PVC ring to the back and you're done!

Pizza Pie Slide



Materials

Small frozen orange juice can lid
 Sculpey Clay; tan for crust, red for sauce, white for cheese. You can add green for peppers etc. etc.
 PVC ring



Don't know what Sculpey clay is? Check here -

- <http://www.polymerclaysuperstore.com>
- <http://www.sculpey.com/>
- <http://www.jerrysartarama.com/>

And here is a video to get you started -

- http://www.youtube.com/watch?feature=player_detailpage&v=FCIdmU6m8LE

Tools

Foil lined cookie sheet
 Oven, preheated to correct temperature
 Loaded glue gun

How To

- ✓ Using only a very small amount of clay, make your pizza inside the top of the lid. Bake according to the directions on the Sculpey clay.
- ✓ Let cool.
- ✓ Add PVC ring to the back of your pan and your done!

Ice Cream Sundae Slide



Materials

Round half of a plastic Easter Egg for the bowl
 3-1 inch white pompoms for the ice cream
 Dark brown paint for the hot fudge sauce
 Gesso for the whipped cream
 Real sprinkles for the sprinkles
 Tiny red pompom for the cherry on top
 1 chenille stem



What is Gesso?? Check here-

- <http://www.art-is-fun.com/what-is-gesso.html>
- http://www.dickblick.com/search/?q=gesso&x=-490&y=-177&sp_cs=UTF-8
- <http://www.dickblick.com/products/golden-acrylic-gesso/>

And here is a video to get you started -

- <http://www.youtube.com/watch?v=qkkaGbFE1rE>

Tools

Loaded hot glue gun or Tacky glue
 Toothpick

How To

- ✓ Glue the three white pompoms into the bottom of the egg.
- ✓ Carefully add the dark brown paint. Even more carefully add the gesso. (I used a toothpick)
- ✓ Add sprinkles and the cherry. LET THIS DRY!
- ✓ Carefully wrap the chenille stem around the brim of your bowl so that the ends are long enough to use as the neckerchief holder. Remove and then add the glue

and replace the pipe cleaner. Let the glue dry completely before you wear this.

Small Space/Indoor Physical Fitness Activities for Dens

Links:

Journey to Excellence 2013:

<http://www.scouting.org/scoutsources/Awards/JourneyToExcellence.aspx>

SCOUTSstrong:

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

Small Space Physical Fitness Games:

http://www.bced.gov.bc.ca/dpa/pdfs/k-9_physical_activities.pdf

Introduction

Physical fitness activities are easy to do when it's warm(ish) and dry(ish) -- take a hike, go swimming, etc. But what do you do when it's raining hard, snowing, or blistering hot, and you're stuck inside? In a small room?

Spread out sports & games achievements/electives. Don't do all of them in one meeting.

Do physical fitness activities as game, for a gathering game/activity, closing game/activity.

Small Space Activities

Limbo:

leaders hold a stick, and boys walk under the stick. Each round the leaders lower the stick. When the boys can't walk under the stick without a body part touching the ground other than their feet, they're out. The winner is the boy that can walk under the lowest stick.

Under the Broom:

How to Book p. 3-32. Boys crawl or wriggle under broomstick. Height of broomstick is gradually lowered.

Back to Back Get-up:

How to Book p. 3-30. Try it with 2, then 3, then 4 boys. Keep adding boys, and find out what the maximum number of boys that can do it together is.

Mission Possible:

Prepare a list of several different activities (10 jumping jacks, 15 sit ups, etc.) Divide the students into pairs. On a signal, one boy reads the first task for the pair. After completing the first task, one of the boys reads the second task, and the pair does that. Boys complete as many of the tasks as possible within a set amount of time or until a song (Mission Impossible music) has finished playing. Boys could also draw papers listing a task one at a time out of a bag, and do the task that is written on it. (from http://www.bced.gov.bc.ca/dpa/pdfs/k-9_physical_activities.pdf) Some of the physical fitness activities from the How To Book, section 3 pp. 29-32, might make good challenges.

Standing Long Jump

(Bear E20d): Mark the starting jump line. Boys stand at the line, and jump as far as they can. Write boys' initials on bits of masking tape and use them to mark the jumping distances. (The spot on the floor closest to the starting jump line that a body part touches after the jump.) Boys try to beat their distance on later jumps.

High Jump

(Wolf Ach.#1f): Boys stand sideways against a wall and raise their hand. They jump as high as they can and touch the wall. Write boys' initials on bits of masking tape and use them to mark the jumping heights on the wall. Boys try to beat their height on later jumps.

Low Jump:

Den Leaders hold a stick on their palms. Boys try to jump under the stick without knocking it off the leader's hands. Boys get 3 errors before they're out. Keep track of errors on a strip of masking tape stuck to players. Lower the stick each round, and

see who can jump the lowest. (from '09 Baloo's Bugle, "Be a Sport")

Fitness Breaks

(good for getting wiggles out during den meeting)
Interesting fitness activities in the How to Book, section 3, 29-32.

1 Minute Exercise Break: Hide clocks. Time keeper says "start." Boys do jumping jacks, jog in place, etc. They sit down when they think 1 minute has passed. Boy that is closest to 1 minute wins. Try different times -- 30, 45 seconds, etc.

Sing and Exercise: Boys take a breath. They exercise while they sing a note for as long as they can. Boys sit down when they run out of breath. Last boy exercising wins. Try sit-ups, standing toe touches, arm circles, etc.

Indoor Activities

(require a little more space)

Balloon Volleyball:

leaders stand about 10 feet apart, and make a net by holding a string a little above the boys' heads. Boys bat one or more balloons back and forth across the net, trying to keep the balloon(s) from touching the ground. When the balloon touches the ground, the team that hit the balloon across the string gets a point. First team to reach the designated score wins. Or play a certain amount of time, and the team with the most points at the end of that time wins.

Seated Balloon Volleyball:

Set chairs around the playing area on both sides of the net. Play balloon volleyball like above, but have the boys sit in the chairs. Or set chairs in lines 4-6 feet apart. Have each team sit in one of the rows. Teams try to hit the balloons behind the other team.

Seated Soccer:

Scatter chairs around the playing field. Teams sit in chairs. Players kick the ball to each other, and try to score points as in soccer. Players must keep contact with their chair (hand is fine). If the playing field is small, require players to remain seated. Note: use a small, soft ball to avoid damaging walls and furniture. Balls must stay on the floor – no kicking them above the floor. Boys should change seats from time to time, so everyone gets to play in all the chairs.

Helicopter Rope Jump:

spin jump rope (or rope with small weight tied to end) in a circle. Boys jump over the rope. Gradually raise the rope, and see how high they can jump.

Snake Rope Jump:

wriggle rope back and forth like a snake. Boys jump across wiggling snake, trying not to land on it.

2 Person Games (Bear Ach. #16b):

From Bear Book: Elbow Wrestle.

From How To Book: Arm Lock Wrestle, p. 3-29.

Broomstick Twist & Broomstick Wrestle, p.

3-29. Hand Push & Hand Wrestle, p. 3-30.

Leg Wrestle, p. 3-31. Stork Wrestle, p. 3-32.

Stick Dodge:

Have boys walk around inside a designated play area. Leader stands in the middle, and slowly jabs and swings a broomstick or pool noodle in different directions. The boys try to avoid being hit by the noodle. They can move to the side, step backwards, or go down to the ground. No running. Challenge the boys to move at a normal pace, rather than suddenly moving quickly to avoid the stick. Boys also need to stay within the designated play area – no dodging out of bounds.

Follow the Leader:

Divide boys into partners and have them determine who will lead first.

Review various movements (skip, leap, hop), changes of direction (forward, backward, sideways), shapes & levels (travel upright, bend down low), pathways (straight ahead, zigzag, curved, diagonal) and speeds (fast, slow). Have the leader perform various movements as the follower mimics the leader's actions. Have boys switch roles.

(http://www.bced.gov.bc.ca/dpa/pdfs/k-9_physical_activities.pdf)

Physical Fitness Journey To Excellence Requirement (2013)

http://www.scouting.org/filestore/mission/pdf/2013_JTE_Pac.pdf

JTE #12: Pack and Den meetings have activities that include a physical fitness component. (Discuss during break-out sessions)

Bronze level: introduce SCOUTStrong program in the pack. Easiest to do in a pack meeting, like the one Joanne will discuss.

Silver level: do bronze level (introduce SCOUTSstrong), and the pack promotes and coordinates group fitness activities. Pack hike, bike ride, nature walk. If several dens meet at the same time at the same location, arrange for them to play a game together after their den meetings. (more later)

Gold level: do previous levels, plus the pack holds an ongoing fitness competition where members can track their performance. Hardcopy sheet, or online.

SCOUTStrong & PALA (Presidential Active Lifestyle Award)

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

Why: Scouting "seeks to make sure Scouts and all young people are healthy in body, mind, and spirit."
-- Robert Mazzuca, Chief Scout Executive. With obesity rates climbing, and life expectancy dropping, being healthy is more challenging. The SCOUTStrong Presidential Active Lifestyle Award (PALA) Challenge will help scout & families be

healthier, by increasing physical activity and improving eating habits.

Who: This challenge is for Scouts and their entire families, as well as for leaders and their families.

How: daily activity goal: 30 minutes a day for adults and 60 minutes a day for kids under 18. five days a week, for six out of eight weeks. Also, each week they will focus on a healthy eating goal. There are eight to choose from, and each week they will add a new goal while continuing with their previous goals.

When: Earn award in less than two months if they stick with the program.

What: definition of "being active": list of activities, some easy to incorporate, not all aerobic/strenuous: gardening, home repairs, household tasks, billiards, stretching, lawn bowling, Frisbee, orienteering, kid's games, Nintendo Wii Sports. Walking 8,500 steps (adults). Don't have to do activity all at one time – can spread it throughout the day.

What: healthy eating goals:

1. half plate is fruit & veggies
2. half grains are whole grains
3. fat free or low fat dairy
4. drink water instead of sugary drinks
5. lean sources of protein
6. choose lower sodium foods
7. eat seafood
8. pay attention to portion size

Promotion tips (from the SCOUTStrong website):

Lead by example. Share success by email, newsletter, website.

Remember: nearly everything that gets you moving counts!

Challenges: den vs. den, pack vs. pack, pack vs. troop.

Leverage community and school events: fun runs, Scout Field Day, etc.

Keep a log, on-line or paper.

Promote the patch. Everyone loves bling!

Presidential Challenge Award:

For more active people, or after you've earned the PALA award, there is the Presidential Champion Award. Keep track of your activities online and accumulate points.

Bronze: 40,000 points Silver: 90,000 points

Gold: 160,000 Platinum: 1 million

No time limit

<https://www.presidentschallenge.org/challenge/champions/index.shtml>

Awards are certificates, ribbons, patches, nice medals, digital patches you can post on social media sites.

TIGER GAMES

Sir Walter Raleigh

from

<http://www.reocities.com/Heartland/Plains/1132/iogames.html>

Boys pair up with their adult partner. The boy is Sir Walter and the parent is the princess. Sir Walter has two paper plates or 2 pieces of paper. Sir Walter places one piece in front of the princess and s/he steps on it and the next piece of paper is placed in front of him/her. This goes on until s/he crosses the finish line. First one across the finish line wins.

Special Needs & Disabilities Games:

<http://www.scoutingweb.com/scoutingweb/games.aspx>

Category is about 2/3 down the page.



Core Value - Health & Fitness

Theme - Cub cafe

Bear Achievements:

- Mtg Plan #:** E Magic Elective 13
- Mtg #:** F Jot it Down Achievement 18 a, d, e, g, & h
- Mtg #:** G Nature Crafts Elective 12 a



With Mothers Day this month – why not have the boys make their moms these pretty paper flowers. Directions can be found at the following link. If the cubs write a little **thank you** message on the bch of their flower it will satisfy **Ach. 18e**. If your scout makes an original art project (does his own flower design) you can give him credit for elective 9a.



<http://ohhappyday.com/2011/04/div-paper-flower-corsages/>



<http://ohhappyday.com/2012/03/div-paper-flower-cone-bouquets/#more-13286>

Meeting E, Elective 13, Magic

El. 13 a Learn & Show 3 Magic Tricks

In the **Cub Scout Leader How-to Book** there are over 40 tricks. **Disappearing Coin** (5-50) is a neat one. Pretend to drop a coin into a clear glass cup, but really drop the coin behind the glass & into your palm while clinking the glass with your ring. Slide the glass over the coin & it looks like it is in the glass when you show your audience. Cover the glass with a cloth, say some magic words & hand the glass to someone else to uncover – the coin is gone.



Rubber Pencil

Hold a pencil loosely horizontally and jiggle it up and down so it looks like it is made out of rubber.

This site has several neat tricks – including this following. www.kidzone.ws/magic/



Sugar Cube Trick

The magician asks for a volunteer from the audience. The volunteer picks a # between 1 & 10. The magician writes the # on a sugar cube. The magician drops the cube into a cup of water & holds the volunteer's hand over the water. He/she turns the volunteer's hand over & Poof! the # is on the volunteer's hand

Supplies: a pencil a sugar cube a glass of water

Write the # on the sugar cube w/ a pencil pressing hard. Then, hold the cube between your thumb & finger. Hold it so the # transfers onto your thumb & say, "Now I will put this cube into the cup". Press the cube as hard as possible so the # is on your thumb. Put the cube into the water & hold the volunteer's hand above the water, make sure your thumb is in their palm so the # from your finger transfers onto the volunteer's hand.

On this site magician Wayne Kawamoto gives his ideas on how to satisfy the magic electives.

<http://magic.about.com/od/beginningmagic/a/120706scouts.htm>



Make a magic wand snack with pretzel rods, chocolate & candy sprinkles

El. 13 c

Learn & Show 4 Puzzles

Here is an online tanagram puzzle.

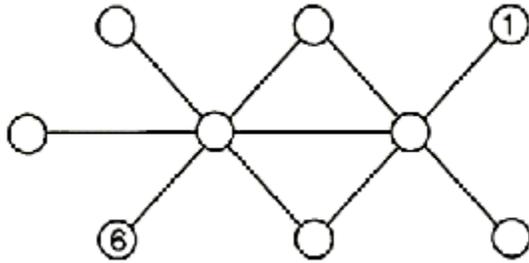
http://www.grand-illusions.com/articles/russian_puzzle/

To satisfy this you could use a Rubik's cube, wooden peg puzzles, Chinese puzzle boxes, disentanglement puzzles,

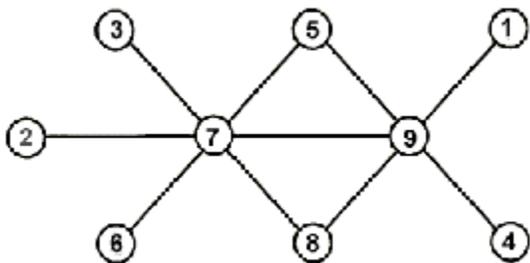
which you may have around your house (or be able to borrow them from someone, if you ask around).

Riddles can also fulfill this elective. Such as the following from <http://riddles.com/>

Written by Jim Taylor



Can you arrange the numbers 1 to 9 in the circles so that each straight line of three numbers totals 18?



To Keep, Give

2 words, my answer is only 2 words. To keep me, you must give me. What am I?

Your word.



Why not use licorice ropes to practice tying tasty snacks?



El 13 d Learn & Show 3 Rope Tricks

Growing Rope

In this trick, 1' of rope seems to magically get longer & longer as it is pulled out of your hand.

Find or cut 3' of thin, smooth rope. Stuff the middle part of the rope up your sleeve. The rope needs to be relatively straight & untangled in your sleeve so it comes out smoothly as it is pulled on during the trick.

Leave about 6" of both ends of the rope out in your hand. Move one end of the rope to hang over the top of your hand by your thumb & the other end to hang out of the bottom of your hand. Close your hand, hold it upright, & try to position & grip the ends of the rope so they seem like just 1 small piece of rope to the audience.

Practice the trick. Pull the top end of the rope out of your hand without allowing the bottom end of the rope to move. It needs to appear that the rope is magically getting longer as they pull it. That means the rope needs to come smoothly out of your hand & sleeve without anyone being able to see anything. This will take practice.

http://www.ehow.com/how_8418636_do-rope-trick-kids.html



Cut – Restored Rope

In this trick you take a rope & join its 2 ends w/ a square knot. Then you cut the rope near the knot & while wrapping the rope around your hand you pull off the now disconnected knot. You hide the knot in your hand & pick up the scissors wave them over the rope wrapped around your hand & put the scissors & the knot into your pocket. Then you show the rope in 1 piece.

See magician Malik Haddidi demonstrate this trick at the following site.

http://www.ehow.com/video_2388197_cut-rope-half-magic-trick.html

One Handed Knot



Put your hand out like you are going to do a karate chop (thumb up). Put rope over your hand so 8" is down the back of your hand & considerably more down your palm. Use your pinky to pin the longer rope end, on palm side, to your ring finger. While holding that end tight bend your hand towards the ground on your palm side & use your pointer finger to catch & pin the 8" end of the rope to your middle finger. Now hold the rope tightly between your pointer &

middle fingers & drop the other end of the rope & shake the loop over your hand onto the rope, making a knot.

See magician Paul Weatherbee do this trick at: http://www.ehow.co.uk/video_6078407_magic-one_handed-knot-magic-trick.html



Mtg F

Jot it Down

- Ach 18 a,** Make a list of things you want to do today. Check them off when they are done.
- Ach 18 b** Write 2 letters to relatives or friends.
- Ach 18 c** Keep a daily record of your activities for 2 weeks

Activity chart

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Got up	a.m.	a.m.	a.m.	a.m.	a.m.	a.m.	a.m.
Brushed teeth	a.m.	a.m.	a.m.	a.m.	a.m.	a.m.	a.m.
	a.m.	a.m.	a.m.	a.m.	a.m.	a.m.	a.m.
Ate breakfast	a.m.	a.m.	a.m.	a.m.	a.m.	a.m.	a.m.
	a.m.	a.m.	a.m.	a.m.	a.m.	a.m.	a.m.
Ate lunch	.m.	.m.	.m.	.m.	.m.	.m.	.m.
	p.m.	p.m.	p.m.	p.m.	p.m.	p.m.	p.m.
Ate supper	p.m.	p.m.	p.m.	p.m.	p.m.	p.m.	p.m.
	p.m.	p.m.	p.m.	p.m.	p.m.	p.m.	p.m.
Went to sleep	p.m.	p.m.	p.m.	p.m.	p.m.	p.m.	p.m.

- Ach 18 d,** Write an invitation to someone.
- Ach 18 e,** Write a thank you note.
- Ach 18 f,** Write a story about something you have done with your family.
- Ach 18 g,** Write about the activities in your den.
- Ach 18 h** Complete the character connection for honesty.



Leaf Snack

Parent magazine has a recipe video for using egg roll or wonton wraps, cutting them out w/ leaf shaped cookie cutters, putting a little olive oil on them or beet juice, sprinkling them w/ spice (cinnamon, curry powder, black sesame seeds, or dried dill) & bake for 4 minutes @ 400 degrees.

www.parents.com/toddlers-preschoolers/feeding/healthy-eating/the-20-best-snacks-for-kids/#page=4

Mtg G

Nature Crafts

Elective 12 a Make Solar Prints of 3 kinds of leaves.
El. 12 c Collect, press, & label 10 leaves

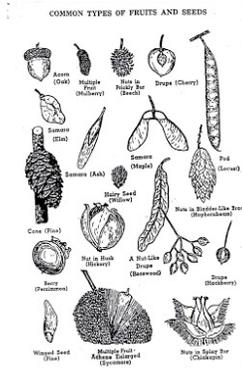


El. 12 b Make a display of 8 different animal tracks



El. 12 d Make a waterscope & id 5 types of water life

El. 12 e Collect 8 kinds of seeds & label them



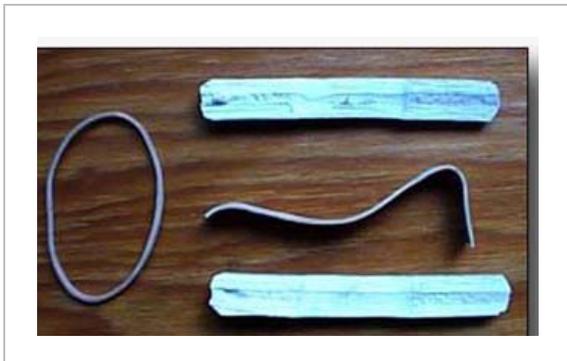
El. 12 f Collect, mount, & label 10 kinds of rocks or minerals



El. 12 g Collect, mount, & label 5 kinds of shells



El. 12 h Build & use a bird caller



Directions for this stick – rubber band bird call can be found at the following site.

<http://www.instructables.com/id/A-Fun-Rubber-Band-Bird-Call/>

WEBELOS DENS



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

Have a question or comment for Joe??
Write him at
Madyson54@hotmail.com



Core Value for May
Health and Fitness

Health and Fitness: Being personally committed to keeping our minds and bodies clean and fit.

“Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it.” -Lou Holtz

Coach Holtz has been a builder of programs throughout his illustrious career as a collegiate head coach. First at William & Mary...then at North Carolina State...then at Arkansas...then at Minnesota...then at Notre Dame and at South Carolina. At all six universities, Holtz has led those programs to a post season bowl game by his second season at the helm, and regularly has produced winning teams that also record superlative graduation rates.



Exercise is an important part of a lifetime of good health! Exercising is also fun and is something you can do with friends. Regular exercise provides both mental and physical health benefits.



7 Benefits of Regular Physical Activity

By Mayo Clinic staff

You know exercise is good for you, but do you know how good? From boosting your mood to improving your sex life, find out how exercise can improve your life.

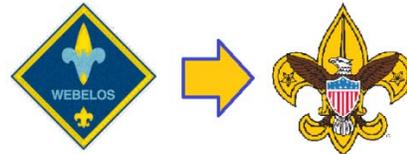
Want to feel better, have more energy and perhaps even live longer? Look no further than exercise. The health benefits of regular exercise and physical activity are hard to ignore. And the benefits of exercise are yours for the taking, regardless of your age, sex or physical ability. Need more convincing to exercise? Check out these seven ways exercise can improve your life.

- No. 1: Exercise controls weight
- No. 2: Exercise combats health conditions and diseases
- No. 3: Exercise improves mood
- No. 4: Exercise boosts energy
- No. 5: Exercise promotes better sleep
- No. 6: Exercise puts the spark back into your sex life
- No. 7: Exercise can be fun

The bottom line on exercise:

Exercise and physical activity are a great way to feel better, gain health benefits and have fun. As a general goal, aim for at least 30 minutes of physical activity every day. If you want to

lose weight or meet specific fitness goals, you may need to exercise more. Remember to check with your doctor before starting a new exercise program, especially if you have any health concerns.



The core value of Health and Fitness is duplicated in the Scout Law in that a Scout is “Clean” and the Cub Scout Academics and Sports Program is the facilitator (along with the Health and Fitness Activity badge and a number of Webelos Badges) to accomplish this Core Value, as well as addressing the third aim of Scouting: the development of physical, mental and emotional fitness. Fitness includes the body (well-tuned and healthy), the mind (able to think and solve problems), and the emotions (self-control, courage, and self-respect).



With springtime here, combine fun and fitness. Doing outdoor activities with healthy snacks is an easy way to foster Health and Fitness.

Have your Webelos Den earn the

Cub Scout Outdoor Activity Award.

Webelos Scouts must attend Cub Scout day camp or Webelos Scout resident camp (See below), earn the Outdoorsman Activity Badge (Webelos Handbook) and complete six of the outdoor activities listed below.

Outdoor Activities

With your den, pack, or family:

1. Participate in a nature hike in your local area. This can be on an organized, marked trail, or just a hike to observe nature in your area.
2. Participate in an outdoor activity such as a picnic or park fun day.
3. Explain the buddy system and tell what to do if lost. Explain the importance of cooperation.
4. Attend a pack overnighter. Be responsible by being prepared for the event.
5. Complete an outdoor service project in your community.
6. Complete a nature/conservation project in your area. This project should involve improving, beautifying, or supporting natural habitats. Discuss how this project helped you to respect nature.
7. Earn the Summertime Pack Award.

- 8. Participate in a nature observation activity. Describe or illustrate and display your observations at a den or pack meeting.
- 9. Participate in an outdoor aquatic activity. This can be an organized swim meet or just a den or pack swim.
- 10. Participate in an outdoor campfire program. Perform in a skit, sing a song, or take part in a ceremony.
- 11. Participate in an outdoor sporting event.
- 12. Participate in an outdoor Scout's Own or other worship service.
- 13. Explore a local city, county, state, or national park. Discuss with your den how a good citizen obeys the park rules.

The award requirements are detailed in the Cub Scout Outdoor Activity Award brochure, No. 13-228.

Health & Fitness Activities

SCCC

SEVEN RULES OF HEALTH

Have the boys discuss the following 7 rules.

KEEP CLEAN

- 1. Body--take hot baths or shower often with soap.
- 2. Hands--wash before meals and after using toilet.
- 3. Teeth--brush well every night. Whenever possible brush teeth or rinse mouth after eating. See your dentist twice a year.

EAT PROPER FOOD

- 4. Drink plenty of the right kinds of liquids--water, milk, and fruit juices.
- 5. Eat different kinds of good food. Don't stuff yourself. Avoid too many sweets. Eat regular meals. Avoid between meal snacks.

KEEP FIT

- 6. Exercise--lots of active play outdoors.
- 7. Rest--enough sleep at regular hours

TREAT YOUR BODY RIGHT!

True or False? After boys take this test, discuss each item with them. (answers below)

- T F 1. Smoking or chewing tobacco makes you cool.
- T F 2. Smoking can cause lung cancer and heart disease.
- T F 3. Athletes who smoke always play as long and as hard as athletes who don't smoke.
- T F 4. Smoking will not affect your eyes at all.
- T F 5. Smoking stains teeth and fingers.
- T F 6. Chewing tobacco is OK because it doesn't get into your body's organs.
- T F 7. Alcohol doesn't slow down the brain and body.
- T F 8. Alcohol can make a person see double.

- T F 9. Alcohol can make people do bad things that they would never consider doing when sober.
- T F 10. Drunk drivers kill thousands of people each year.
- T F 11. All drugs, even prescription drugs, are dangerous.
- T F 12. It's OK to take someone else's medicine if you're sure you have the same illness.
- T F 13. Sniffing glue is OK to do once in a while.
- T F 14. Toxins from certain sniffing substances can affect the liver, kidneys and muscles.
- T F 15. Marijuana is OK in small amounts, but cocaine, heroin and LSD are not.
- T F 16. Eating a cheeseburger, French fries and a soda for every lunch would be a balanced diet.
- T F 17. There are five food groups.
- T F 18. You should have two or more servings from each food group every day.
- T F 19. Your body needs vitamins, minerals, carbohydrates, fat and protein to operate smoothly.
- T F 20. Rushing meals or skipping meals can be harmful to your body.

1 F, 2 T, 3 F, 4 F, 5 T, 6 F, 7 F, 8 T, 9 T, 10 T, 11 T, 12 F, 13 F, 14 T, 15 F (all are bad for you), 16 F, 17 T, 18 T, 19 T, 20 T.

NUTRITION

No program concerning fitness and health should leave out the subject of nutrition.

While working on the Fitness Activity Badge, in addition to discussing the danger posed by smoking and abuse of alcohol and drugs, den leaders should plan to have some discussion on the importance of good nutrition.

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

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

MILK GROUP: Builds teeth and bone.

Milk and milk products; Cheese; Cottage cheese; Ice cream

FRUIT-VEGETABLE GROUP: Builds energy and helps your body defend against disease.

All kinds of fresh fruits and vegetables

PROTEIN GROUP: Builds muscles, bones and blood. Beans; Meat; Fish; Peanut butter; Eggs

BREAD-CEREAL GROUP: Quick energy builders, helps to make your body work better.

Rice; Cereal and grits; Bread; Flour products; Spaghetti

SLEEP

Most people need between seven and ten hours of sleep a night, but some people need as little as three hours or as much as twelve hours of sleep.

After two or three days of no sleep, a person can hallucinate just as if they had taken drugs.

People have stayed awake for as much as eleven days...but they thought their food was poison and people were trying to kill them.

People who sleep enough live longer.

Sleep is one of your body's ways to renewing its energy. It is important for growing bodies to have a plenty of sleep. Most boys need 9 to 10 hours of sleep every night.

Book Corner



The Cub Scout Sports program provides Cub Scouts with the opportunity to become acquainted with and participate in all kinds of sports--summer and winter sports, indoor and outdoor sports, active and less-active sports, and team and individual sports. When implemented properly, the program is an active physical fitness program for Cub Scouts.

A Cub Scout may participate in Sports activities in his unit, in his community, or by himself. However the boy participates, he will have fun learning a new sport, developing new skills, competing with his peers, and being recognized. Throughout his experience in the program, the Cub Scout is encouraged to learn and practice good sportsmanship, and to do his best. Cub Scout Sports emphasizes participation of the family by involving an adult partner.

Sports programs include both individual and team sports



Purposes of the Cub Scout Academics and Sports Program

By taking part in the Cub Scout Academics and Sports program, boys will

- Learn new physical skills and techniques
- Increase their scholarship skills
- Develop an understanding of sportsmanship
- Enjoy teamwork
- Develop physical fitness
- Discover new and build on old talents
- Have fun
- Do their best

Information on the requirements for the various sports belt loops and pins can be found in the *Academic and Sports Program Resource Guide* which may be found on-line at <http://www.scouting.org/scoutsource/CubScouts/Parents/Awards/CubScoutAcademicsandSportsProgram.aspx> and on the US Scouting Service website (along with workbooks and other resources) at <http://usscouts.org/usscouts/advance/cubscout/sports.asp>.

Don't Forget: If you plan on using a belt loop to satisfy a Webelos Activity Badge requirement, the belt loop must be earned WHILE a Webelos Scout, even if they had already been earned by the Cub Scout while a Tiger Cub, Wolf, or Bear. **-JT**

From the *Cub Scout Leader Book* (page 4-4):
Practical Applications for Health and Fitness

- Eat and drink things that are good for you.
- Limit the amount of "junk food" in your diet.
- Maintain personal cleanliness.
- Make exercise a regular part of your life.
- Don't smoke cigarettes or drink alcohol.
- Never use illegal drugs.
- Go on a hike.
- Ride a bike, skateboard, or scooter (always with appropriate safety gear!).
- Play on a sports team, such as one for basketball, baseball, football, or soccer.
- Practice an individual sport, such as swimming, gymnastics, skating, or tennis.
- Learn about mental fitness. Discuss how personal habits and media influences can affect mental alertness.

More from the *Cub Scout Leader Book*:

Check out: page 13-1 for more on teaching Health and Fitness; page 14-1 and 14-3 on the role of Physical Fitness in Safe Swim Defense and Safety Afloat.

http://www.scouting.org/filestore/hispanic/english/33221_WEB.pdf

The *How-To Book* is a great resource for Health and Fitness Activities, as well as this month's Showman badge (see Razzle Dazzle in chapter 5). Check out page 6-22 for a sample schedule for a Troop Picnic with rules for picnic-

friendly sports activities. There also many Fitness and Health-related crafts in chapter 2 and games in chapter 3.

http://www.scouting.org/filestore/hispanic/english/33832_WEB.pdf

Roundtable Break Out



This month's Webelos Leader breakout highlights service and conservation projects. While researching on-line, I came across this post from about 6 years ago, responding to a request for help from a new Webelos den leader. The author is anonymous, but his or answer is spot on!

Service, best exemplified by the daily Good Turn has long been a tradition in Scouting. Good citizenship is best taught by service in action. This is one of the best ways to show boys that helping other people is not only beneficial to others, but is fun and rewarding for themselves.

Here are some ideas of projects:

If your community has a Toys for Tots collection, offer the pack's services to collect new toys. Or refurbish good used toys and give them to a charitable organization for distribution to needy children.

Make gifts for residents of a nursing home or other facility for the elderly.

Check with a shelter for the homeless about its needs. Perhaps the pack could collect used coats and sweaters for the homeless.

Collect used books in good condition for a hospital, nursing home or jail.

Aid a battered women's shelter by collecting clothing for the women and toys for their children.

Have Christmas caroling by the pack's families in the area of the pack's meeting place or at homes of shut-ins.

Collect nonperishable foods for distribution to the needy by a community food pantry or charitable organization.

Stage a holiday party for a day care center or nursing home. Bring small gifts, sing songs, and play games.

"Adopt" one or more residents of a nursing home. Visit them

for a holiday party. Bring inexpensive or homemade gifts and sing songs. In making arrangements with the home, stress that the honored guests must be able to relate to young boys.

Make games, puzzles, and simple toys for a day care center or children's ward of a hospital.

Schedule daily or weekly service to an elderly person in the neighborhood to run errands and do simple chores.

Make bird feeders and hang them where shut-ins can see them. Keep feeders supplied with birdseed or suet throughout the winter.

HAVE FUN!!!

Webelos Resident Camp



Now is the time to make plans to take your Webelos den to summer camp. Besides doing long term camping (perhaps for the first time without a parent present), the activities will make the week a memorable one and lots of fun! Themes for the week make for some interesting activities! Often, shooting sports like archery and bb shooting will only be available at resident camp. Webelos I's (current Bears until June 1) usually will work on those activity badges that will help them to achieve the Webelos rank. Webelos II's will work on those requirements to help them achieve the Arrow of Light as well as skills they will need when they cross over into a troop

Meeting Planner



This month's meeting plans for First Year Webelos work on the Scholar, Artist and Showman badges.

Meeting 17: Showman (music) Do: Showman 6, 8-15

<http://www.scouting.org/filestore/CubScoutMeetingGuide/webelos/WebelosMeeting17.pdf>

Meeting 18 Showman (Drama) Do: Showman 3, 11, 16-18, 20-23

<http://www.scouting.org/filestore/CubScoutMeetingGuide/webelos/WebelosMeeting18.pdf>

Consider visiting the Troop where your formally second-year Webelos (Now Boy Scouts) have bridged to. They'll love to see you! -*JT*

Flag Ceremony for May



Although *May* provides a number of observances that may be incorporated into your Flag ceremonies, Memorial Day is, perhaps the most significant. You can find Memorial Day information on the web:

May 28, 2012 (Monday): Memorial Day (observed)

<http://www.usmemorialday.org/backgrnd.html>

<http://www.memorialdayorigin.info/>

Flag Ceremony (*Memorial Day*)

Follow your standard Color Guard process (for Den or Pack meeting. After the Cub Scout promise (or Boy Scout Law, and Oath, if this is a Webelos Den meeting) and before posting the U.S. Flag you may insert the following:

Reader 1: During May, we celebrate many important holidays. Perhaps one of the most important is Memorial Day.

Reader 2: This year, Memorial Day falls on Monday, May 28. Although we often think of Memorial Day as the start of summer, as Americans, we should remember the real purpose of Memorial Day.

Reader 3: Memorial Day is a United States federal holiday observed on the last Monday of May. Formerly known as Decoration Day, it commemorates U.S. soldiers who died while in the military service. First enacted to honor Union soldiers of the American Civil War, it was extended after World War I to honor Americans who have died in all wars.

Reader 4: Please bow your heads in a moment of silence for all those who died defending our country. (Wait 10 seconds.) Please join me in reciting the Pledge of Allegiance (Scouts salute).

Den Meeting Helpers

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

Webelos



SHOWMAN



The Showman Activity Badge can be used to build up a Webelos confidence in getting up in front of his peers or at school. Articulation can also be taught with this badge. There are three areas a Webelos can choose from to work on his Showman badge: puppetry, music, and drama. Related Boy Scout merit badges: There are requirements for the following Boy Scout Merit Badges that can be adapted for Webelos. You can borrow the books from a local Troop's library. Art, Cinematography, Graphic Arts, Music, Photography and Theater.

SHOWMAN IDEAS



Heart of America Council

Have a story-telling session. Have each boy come prepared to tell the best true-life story he knows about something that happened to himself or a friend or family member. This is an opportunity to emphasize the importance of good listening and the value of sharing ideas.

Tell a funny or silly story and just as you get into the plot, ask the boy next to you to continue the story for a while. Let him carry it for a while and pass it to the next boy. It will be wacky for sure. It is fun to see the plot jump around, change and bounce back again.

Try to find a very simple but easy to do 'old melodrama' with the villain in black and sweet heroines etc., and see if the boys can do it pantomime using signs as language and exaggerated facial expressions to communicate the ideas. It could be real crazy and fun. The den could produce a video, one with a

story or not, demonstrating an activity or skill or just about anything. It could be narrated and could be good entertainment for a pack meeting.

Scouts like silly or gross songs. (Songs about eating worms, etc. are great. See Tom the Toad, above!)

Invite a drama teacher to speak, put on a program for the pack meeting.

Make puppets, and a stage. Write and put on a puppet show.

Visit a nursing home and perform music or a play.

Make a stage and costumes for a play.

Play Charades.

Assist with an advancement ceremony at your pack meeting.

Talk about sound effects and let the boys try some of them

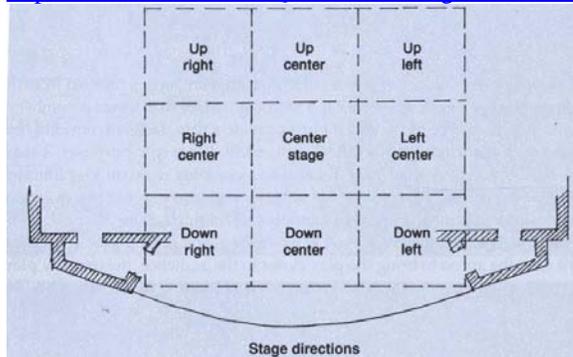
Write a one-act play for pack meeting.

Plan a family entertainment night - let the boys show off their talent to their parents.

Exhibit props used or built such as puppets, costumes, etc.

Stage Directions

http://wiki.answers.com/Q/What_are_stage_directions



Stage directions are directions given to the actor(s) by the director. They involve the physical movement of the actors on stage. The actors are supposed to note the directions in their scripts. The Stage Manager is also supposed to write down all stage directions in their master book, known as the "Prompt Book". If there is any disagreement about where an actor is supposed to move, or how, the prompt book is the final word. If the director does not like the movement, or changes his mind, the prompt book is revised.

Terms:

Upstage: moving away from the audience, towards the back of the stage.

Downstage: Moving towards the audience, towards the front of the stage.

Stage Right: Moving towards the Right (facing the audience)

Stage Left: Moving towards the Left (facing audience).

Cross: Crossing the stage to a predetermined position.

An example in a prompt book might look like:

"X (cross) DSL down stage left) to DSC (down stage center), X US (upstage), and out (exit) SR (stage right).

Make a Movie



Movies began in 1891 when Thomas Edison invented a camera, called a kinetograph that could take hundreds of individual photographs on a single strip of film. When these photographs were seen on another of Edison's inventions, a kinescope, the characters and objects in the photographs seemed to move. These photographs, once called stills, came to be called moving or motion pictures when shown together on a strip of film. These first motion pictures were silent films. You can make a silent motion picture just like the first ones that were seen so many years ago. Here's how:

1. Choose a comic strip from the Sunday funnies that has at least eight pictures (frames).
2. Cut out each picture and glue it to the unlined side of a 3" x 5" index card.
3. Number each card in the same order that the picture appeared in the comic strip. Arrange the cards so that number one is on the bottom, number two on top of that and so on.
4. Staple the cards together along the top edge of the cards.
5. Put the cards on a flat surface with the number one card on the bottom. Flip the cards between your thumb and forefinger and watch the show!

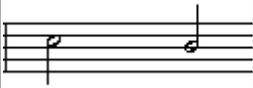
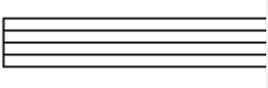
Let's Read Music

By Barb Stephens



Some people think trying to read music is hard and difficult. In a den meeting, go over the basics of clefs, notes, measures, and time signatures. Then have the boys try to match the music term to the appropriate music symbol.

Bass Clef	Eighth Notes	Flat Sign	Half Notes
Music	Natural Sign	Quarter	Repeat

		
<i>Treble Clef</i>	<i>Half Notes</i>	<i>Music Measure</i>

Balloon orchestra



The players in the orchestra each hold a balloon. They blow up their balloons in unison, and then let out the air in a squeak at a time to the rhythm of some easily recognized rhythm such as "Blue Danube" or "Jingle Bells". To end the skit all fill their balloons with air and let go at the director's signal.

Pantomime



www.wHow.com

With pantomime, scouts can enjoy themselves while learning valuable social and communication skills. The classic parlor game of charades is a popular example of pantomime -- but there are other pantomime ideas for scouts that can be fun.

Mirror Exercise

- The mirror pantomime exercise consists of two participants. Place two children directly facing each other. Designate one child to be responsible for starting the pantomime actions, such as body movements and facial expressions. The other child then mimics the actions of the first child to create a mirrored image. Examples of actions can include teeth brushing, dressing or simply making crazy movements and funny faces. The mirror pantomime exercise promotes inventiveness and timing.

Passing the Face

- The passing the face pantomime can include a whole group of children. The group of children form a circle, holding hands, with each child facing toward the center of the circle. Choose one kid to start the pantomime exercise. That child will make a silly face as she looks to the child next to her. That kid will then mimic the face and turn to the next child while making a new face. Children can get creative and see how many different faces they can make around the circle.

Puppetry



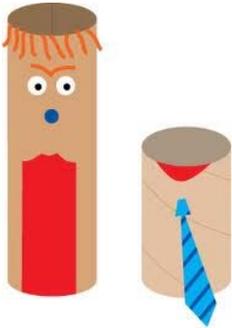
Making puppets can be really fun. Here are a few ideas. Try using plastic spoons, Eskimo finger masks, or paper bag puppets. There are endless possibilities. Have the boys decorate them with wiggle eyes, yarn for hair, and material or paper for clothes. Use markers, paint, construction paper, fun foam, felt, etc.

Follow these three basic rules for a great puppet show:

- #1 - Think short - Remember most of the audience is young. Shows that are short and packed with a lot of action are better.
- #2 - Think simple - This applies to everything in the show, characters, props, scenery, parts and action. Have fun while you are doing this, and it will be successful.

#3 - Think contrasts - Put tall characters next to short ones, happy next to sad, small movements next to fast action ones. Keep the boys busy and the audience entertained.

Paper Roll Puppets



One easy way to make puppets, with endless possibilities is to use toilet paper or wax paper rolls.

Materials Needed:

- Toilet Tissue and/or Paper Towel Rolls
- Craft Sticks
- Glue
- Scissors
- Construction Paper
- Misc. Craft Supplies (felt, moving eyes, yarn, etc.)

Instructions:

Very Simple! Decorate the cardboard toilet paper rolls to make different people or animals! You can even cut them to different heights. Use craft supplies to make hair, clothes, mouths, etc. Be creative! Glue the craft sticks inside the bottom edge of the cardboard roll for handle. Here are some examples of characters made for a specific circus play:



Make a Puppet Theatre

www.inhabitots.com



Adults need to be involved. Cutting involves using a scissor so that I suggest that round edge scissors be used under adult supervision. Have scouts do the final construction and decorating of the theatre.

What you will need:

- a medium sized cardboard box
- white, red and green eco-felt
- glue
- scrap white paper
- scissors
- 2 matchless socks
- 4 buttons
- markers, colored pencils or crayons
- eco-friendly packing tape

Instructions:

Step 1: Design the Theater

Using your eco-friendly packing tape, tape the box completely closed. Using your scissors, cut two large doors across the front of the box. Fold the doors to create a seam, so they will open and close easily. This will be the viewing window of your theater.

Step 2: Create the Puppet Slot

Cut a long rectangular hole in the rear back of the box. This will be the slot that your child's hand will come up through to work the puppets. Make sure the hole is large enough to fit both of your child's hands.

Step 3: Cover the Theater

Using the white eco-felt and glue, cover the front and sides of the theater (the back and bottom are

optional).



Step 4: Create the Red Curtains

What theater would be complete without red curtains? Glue the red eco-felt on the inside of the doors so the red is visible when the theater is open. Use red scraps to add a decorative piece of red curtain along the top of the stage.



Design the Set

Give your child a piece of scrap office paper, the size of the back of your theater, and ask them to design the backdrop of the set. Your child will delight in having complete control over this aspect of the design. Once it's finished, tape it to the back of the stage and tape leftover white scraps to both

inside walls.



Step 7: Sit Back and Enjoy the Show

Set the puppet theater up in a place where you child can easily reach it. We placed a small lamp behind the theater to light it up (see in the intro picture) and then my son and I took turns putting on shows. We couldn't help it – we kept falling to the ground laughing over the different characters, accents, and story-lines that we are creating.

OUTDOOR COOKING

Make it simple, make it fun, safe and make it taste good.

Cooking out of doors is often the first place many boys are exposed to cooking. A lot of young men learned that cooking could be fun and they learned it in Scouting. Cooking should not be just one more of those chores that has to be done. Make it fun, the boys and the parents will enjoy it more and some may even learn to cook at home.

Remember, that no matter what it looks like—burned, raw or somewhere in between—if the boys cooked it, they will love it. It is OK to make mistakes, as long as safety is not an issue, let them, that is how they learn. This is another one of those unique things about Scouting: we let the boys learn from their mistakes and we can, too.

Below you will find some of the things we will be showing those who attend the session, plus a few

more. Those who attend will get to sample the goodies.

Cub Scout Donuts

This one involves hot oil so be sure it is only done under careful adult supervision. Once they start eating them you will have to do the cooking anyway because the cubs will be too busy eating them as fast as you can cook them.

You will need a heavy fry pan (cast Iron or similar) about 1-2" of vegetable oil

Heat the oil carefully until a drop water splatters.

Using small refrigerator biscuits use your thumbs to work a donut hole in the middle and form a small donut. Carefully drop them into the hot oil and fry until they float and turn golden brown, then carefully turn them over and cook the other side. (I like to use chop sticks for this) Remove them from the pan place them on a paper towel to drain. Then dredge in cinnamon sugar, powdered sugar or whatever you like serve warm.

Banana Boat

Firm Bananas, chocolate chips, mini marshmallows,? Foil.

Cut a wedge about 1/2" wide at the top and 3/4 of the way into the Banana. Remove the wedge and fill the void with the chocolate chips, Marshmallows and whatever you like. Replace the wedge. Take a 12+/-" piece of foil and wrap the banana and twist the ends shut tight. Place the Banana on hot coals. Remove in about 10-12 minutes unwrap and eat with a spoon. (it will be HOT, sweet gooey and good) Great dessert and each person can make their own.

Baked Apples

Green apples, Raisins, brown sugar, cinnamon, butter, foil

Carefully core the apple without removing the bottom, fill the core with cinnamon, raisins, brown sugar and a little butter or margarine. Place the apple in the middle of a square of foil. Fold the foil up around the apple and twist at the top making a handle. Place on hot coals 20-30 minutes until the apple is soft to the touch. Open the foil and you will have a Hot delicious dessert. (a good way to get the kids to eat fruit)

Foil Dinner

Heavy duty foil, meat (hamburger, chicken, whatever you like) cut up carrots, potatoes, onion, salt pepper, garlic powder, seasoning you like, ketchup etc. Hint: You can cut up everything at home and then make an assembly line and let each person make their own to taste. Be sure all items are about the same size so that they cook at the same speed.

Take a large piece of heavy duty foil and fold it in half so that you get about a 18" square. Place all ingredients in the center of the foil and add seasoning. Carefully bring opposite edges together and carefully fold down in 1/2" fold creasing carefully until you at the top of the meal. Then carefully fold each end in the same manner. Folding and sealing the foil is very important. Use a felt pen to write the name on the foil and carefully place it on hot coals for about 10-12 minutes on one side then turn over and cook on the other side for 10-12 minutes. Remove from the coals and allow to cool and carefully un wrap the dinner. Use heavy leather gloves to help prevent burns. The kids love it because they made it. (there are no pots & Pans to clean up only a fork)

Eggs in a bag

Large pot of boiling water, heavy duty zip lock bags (pint size) Eggs, cheese, cooked bacon crumbled, cooked sausage cut up, spam cut up, onions, peppers, salt pepper, what ever you like in your eggs. Flour tortillas.

Break eggs into the bag add your favorite ingredients. Seal the bag with most of the air removed, mush up everything. Drop into boiling water and cook till done about 5 minutes. Try not to allow the plastic bag to contact the side of the pan above the water line. Serve on the tortillas as a breakfast burrito add salsa and cheese if desired.

Eggs in an Orange

1/2 an orange, egg

Hollow out a half of an orange, place in hot coals, break an egg into orange, let it cook until done. The eggs will have a slight orange taste most kids and big kids like.

Eggs in an onion

Same as above except it is cooked in an onion instead. Some kids do not like the onion taste.

Pizza

Pita Bread, Pizza sauce, cheese, pepperoni

Spread sauce on the pita add the cheese and pepperoni. Bake in a box oven or dutch oven until cheese melts.

Chicken on a String

Whole chicken, string, seasoning, foil, charcoal.

Tripod

Start about 12-14 charcoal briquettes. Lash or have the boys lash a tripod. Wash and pat dry a whole chicken, season the chicken and lightly oil, Tie up the wings to the body, tie the legs together and run the string up through the center of the chicken, tie a half hitch around the chicken and hang from the tripod about 4-6" off the ground. Place a piece of foil or small drip pan under the chicken. Place the briquettes around the drip pan. Make a tent out of foil and place it around the string and over the chicken. Keep hot charcoal around the chicken, depending on the wind and how well you keep the charcoal going a 3-5# chicken will take about 2 hrs to slow cook. You will be able to smell it all days and will insure a hearty appetite

Hobo Stoves

Take a #10 tin can or empty 2-3# coffee can, remove one end, on the end that was removed carefully cut an opening about 3"x3" +/- With a church key type can opener punch hole about every inch around the top. The holes should be in the SIDE not the top of the can. Take an empty tuna can cut strips of cardboard the same width as the height as the tuna can. Pack the can with coils of cardboard and then fill it with melted paraffin and let it cool. The tuna can becomes the fuel for the stove. Light the tuna can fuel and then place the stove over the lit can. The stove will heat very quickly. Use caution!

If you cook directly on the can top be careful, things will burn and stick. The kids will love to cook on something they made. You may omit the tuna cans and simply use charcoal started in a chimney Use careful Adult supervision the cans are hot and with several boys cooking at the same time **Safety is a MUST!**

Box Oven?

Yes you can bake in a cardboard box. The boys will love it and it is fun and easy to do. You will need a good sized cardboard box with a lid. I use the boxes that copy paper comes in because they are the right size and I have access to them and they have a nice removable lid. But any box will do. Use heavy duty

foil Take one piece and wrap it down one side across the bottom and back up the other side (inside the box), Take another piece and wrap down one end, across the bottom and back up the other side. You now have the entire inside of the box lined with foil and two layers on the bottom. Line the inside of the lid with the foil also. Take coat hangers (unpainted) or similar stiff wire and place cross bars about 3-4" apart about 1/3 of the way up from the bottom of the box. This forms your oven rack. Place about 8 hot charcoal briquettes either directly on the bottom of the box or on a foil pie pan. Place lid on box and allow to warm up 10-15 minutes. You can now bake cookies, biscuits, pizzas or anything that cooks quickly.

You will need to keep fresh charcoal going and keep the box open for a few minutes so that they get air to burn. Have fun.

Want more information here are a few web sites I found in a few minutes of searching Please check them out. You will find several of them have the same things but they all have something different also.

<http://www.macscouter.com/macscouter/cubscouts/powwow98/sccc/cook98.pdf>

<http://www.macscouter.com/macscouter/cooking/foilkook.pdf>

<http://www.macscouter.com/macscouter/cubscouts/powwow00/cooking.pdf>

<http://www.macscouter.com/macscouter/cooking/gezercookbook.html>

<http://www.macscouter.com/macscouter/cooking/boxoven.html>

http://www.macscouter.com/macscouter/cooking/gezercb_hints.html

http://www.geocities.com/Heartland/Village/1187/z_cooking.htm

http://www.usscouts.org/cooking/cook_04.html

Now for those of you who do not do a lot of cooking outdoors

PLAN Plan plan. Here are some helpful hints. I have been doing Scouting for 30+ years and I still use some of these tools every time I am responsible for the food.

1- First make your menu

2- List all the ingredients you will need. I said

ALL when you are out camping you cannot

just go to the cupboard and grab that one missing ingredient.

3- Now list everything you will need to cook and serve that item. For my example we will have a menu that is simple hot dogs, chips, drinks, watermelon.

Hot Dogs
Buns
Mustard
Ketchup
Relish
Chips
Drink mix
Water
Sugar
Watermelon

Crazy Holidays

Jodi, SNJC Webelos Resident Camp Director

Emeritus,

2006-2011. Adapted from

<http://holidayinsights.com/moreholidays/index.htm>

<http://www.brownielocks.com/april.html>

May is:

- Date Your Mate Month
- Foster Care Month
- National Barbecue Month
- National Bike Month
- National Blood Pressure Month
- National Hamburger Month
- National Photograph Month
- National Recommitment Month
- National Salad Month
- Older Americans Month
- ALS Awareness Month (Amyotrophic Lateral Sclerosis or Lou Gehrig's Disease)
- American Wetlands Month
- Arthritis Awareness Month
- Asian American & Pacific Islander Heritage Month
- Better Hearing & Speech Month
- Brain Tumor Awareness Month
- Carrots and Cauliflower
- Celiac Awareness Month
- Clean Air Month

- Community Living Month (Ontario, Canada):
- Creative Beginnings Month
- Family Wellness Month
- Gardening for Wildlife Month
- Get Caught Reading Month
- Gifts From The Garden Month
- Global Civility Awareness Month
- Go Fetch! Food Drive for Homeless Animals Month
- Grapefruit and Kiwi Month
- Heal the Children Month
- Healthy Vision Month
- International Civility Awareness Month
- Jewish-American Heritage Month
- Motorcycle Safety Month
- National Allergy/Asthma Awareness Month
- National Barbeque Month
- National Better Hearing Month
- National Bike Month
- National Egg Month
- National Foster Care Month
- National Good Car Keeping Month
- National Hamburger Month
- National Hepatitis Awareness Month
- National Inventors Month
- (World) Lyme Disease Awareness Month
- National Meditation Month
- National Mediterranean Diet Month
- National Mental Health Month
- National Military Appreciation Month
- National Moving Month
- National Osteoporosis Prevention Month
- National Photo Month
- National Physical Fitness & Sports Month
- National Physiotherapy Month
- National Preservation Month
- National Salad Month
- National Salsa Month (the food)
- National Smile Month
- National Stroke Awareness Month
- National Sweet Vidalia Onions Month
- National Tuberos Sclerosis Month

- Toxic Encephalopathy and Chemical Injury Awareness Month
- National Vinegar Month
- National Youth Traffic Safety Month
- Neurofibromatosis Awareness Month
- Older Americans Month
- Personal History Month
- Potatoes and Limes Month
- Prader-Willi Syndrome Awareness Month
- Preeclampsia Awareness Month
- Prepare Tomorrow's Parents Month (5/12-6/16)
- React Month
- Revise Your Work Schedule Month
- Skin Cancer Awareness Month
- Strike Out Strokes Month
- Teen CEO Month
- Tennis Month
- Tay-Sachs and Canavan Diseases Month
- Tourette Syndrome Awareness Month (5/15 - 6/15)
- Ultra-violet Awareness Month
- Women's Health Care Month
- Young Achievers of Tomorrow Month
- National Family Month (5/12 to 6/16)
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Weekly Celebrations:

- International Wildlife Film Week: 4-11
- Be Kind To Animals Week: 5-11
- Children's Mental Health Week: 5-11
- Drinking Water Week: 5-11
- Goodwill Industries Week: 5-11
- Kids Win Week: 5-11
- National Family Week: 5-11
- National Hospital Week: 5-11
- National Hug Holiday Week: 5-11
- National Nurses Day and Week: 5-11
- National Pet Week: 5-11
- National Raisin Week: 5-11
- National Wildflower Week: 6-12
- Teacher Appreciation Week: 6-10
- *Universal Family Week: 10-16
- EMS (Emergency Medical Services) Week: 12-18

- Food Allergy Awareness Week: 12-18
- National Dog Bite Prevention Week: 12-18
- National Nursing Home Week: 12-18 (Starts Mother's Day to Saturday)
- National Police Week: 12-18
- Reading is Fun Week: 12-18 (2nd Full Week)
- Salute to Moms 35+ Week: 12-18
- Children's Book Week: 13-19
- National Etiquette Week: 13-17
- National New Friends, Old Friends Week: 18-25
- National Safe Boating Week: 18-24
- National Bike to Work Week: 19-
- National Medical Transcription Week: 19-
- National Stationery Week: 19-22
- National Backyard Games Week: 20-26 (3rd Week)

May, 2013 Daily Holidays, Special and Wacky Days:

- 1 [May Day](#)
- 1 [Loyalty Day](#)
- 1 [Mother Goose Day](#)
- 1 [Save the Rhino Day](#)
- 2 [Baby Day](#)
- 2 [Brothers and Sisters Day](#)
- 3 [International Tuba Day](#) - first Friday in May
- 3 [Lumpy Rug Day](#)
- 3 [Space Day](#) - first Friday in May
- 3 [World Press Freedom Day](#)
- 4 [Bird Day](#)
- 4 [National Candied Orange Peel Day](#)
- 4 [Renewal Day](#)
- 4 [Star Wars Day](#)
- 5 [Cinco de Mayo](#)
- 5 [National Hoagie Day](#)
- 5 [Oyster Day](#)
- 6 [Beverage Day](#)
- 6 [National Tourist Appreciation Day](#)
- 6 [National Nurses Day](#)
- 6 [No Diet Day](#)
- 7 [National Teachers Day](#) (Tuesday of the first full week of May)
- 7 [National Tourism Day](#)
- 8 [Iris Day](#)
- 8 [National Receptionist Day](#) the second Wednesday in May
- 8 [No Socks Day](#)

- 8 [School Nurses Day](#) the Wednesday during Nurse's Week
- 8 [V-E Day](#)
- 8 [World Red Cross Day / World Red Crescent Day](#)
- 9 [Lost Sock Memorial Day](#)
- 9 [National Train Day](#)- date may vary
- 10 [Clean up Your Room Day](#)
- 10 [Military Spouses Day](#) the Friday before Mother's Day
- 11 [Birth Mother's Day](#) - Saturday before Mother's Day
- 11 [Eat What You Want Day](#)
- 11 [International Migratory Bird Day](#) the second Saturday in May
- 11 [Twilight Zone Day](#)
- 12 [Fatigue Syndrome Day](#)
- 12 [International Nurses Day](#)
- 12 [Limerick Day](#)
- 13 [Frog Jumping Day](#)
- 13 [Leprechaun Day](#)
- 12 [Mother's Day](#) - second Sunday
- 14 [Dance Like a Chicken Day](#)
- 15 [National Chocolate Chip Day](#)
- 15 [Police Officer's Memorial Day](#)
- 16 [Love a Tree Day](#)
- 16 [National Sea Monkey Day](#)
- 16 [Wear Purple for Peace Day](#)
- 17 [National Bike to Work Day](#) - third Friday of month
- 17 [Pack Rat Day](#)
- 18 [Armed Forces Day](#) - third Saturday of month
- 18 [International Museum Day](#)
- 18 [No Dirty Dishes Day](#)
- 18 [Visit Your Relatives Day](#)
- 19 [Boy's Club Day](#)
- 20 [Be a Millionaire Day](#) - now we all can go for that
- 20 [Pick Strawberries Day](#)
- 21 [National Memo Day](#)
- 21 [National Waiters and Waitresses Day](#)
- 22 [Buy a Musical Instrument Day](#)
- 23 [Lucky Penny Day](#)
- 24 [National Escargot Day](#)
- 25 [International Jazz Day](#) - Saturday of Memorial Day weekend.
- 25 [National Missing Children's Day](#)
- 25 [Tap Dance Day](#)
- 26 [Sally Ride Day](#)
- 27 [Memorial Day](#)
- 27 [Sun Screen Day](#)
- 28 [Amnesty International Day](#)
- 29 [Learn About Composting Day](#)
- 30 [Water a Flower Day](#)
- 31 [National Macaroon Day](#)
- 31 [Save Your Hearing Day](#)
- 31 [World No Tobacco Day](#)

WEB SITES

www.scouting.org - The official website for the Boy Scouts of America. Here you can find online training, forms, Den and Pack plans, resources and much, much more.

www.lvacbsa.org - The Las Vegas Area Council's website. here is where you can find local training, events, news, etc for the council and your district.

www.macscouter.com - If you go nowhere else on the web for scouting, go here. Macscouter has literally thousands of webpages with everything from songs and ceremonies to Pack administration ideas.

www.scouter.com - A scouting forum where you can look up what other scouters from around the world do. They also have lots of songs, skits etc to look through.

www.boyscouttrail.com - Again many resources, not just for boy scouts but also cubs.

www.scoutingmagazine.org - Scouting Magazine's official website. Many articles from their pages past and present.

www.bsa-gnyc.org - The Greater New York Council's website. Has many program ideas you can use.

web.archive.org/web/20071017041732/wtsmith.com/rt.html- Bill Smith's Cub Scout Roundtable has some good stuff.

www.people.creighton.edu/~bjs74318/bluejay/pack114/library - Pack 114 from the Mid-America Council has a great resource page.

www.my.dmci.net/~dmanchester/ - The Ceremony Table- Lots of ceremonies for your pack.

www.scoutingbear.com - Gary Yerkes' Scouting Bear Cave. I had the pleasure of meeting Gary. He's quite a guy, and his website is quite a website.

www.meritbadge.org/wiki/index.php/Main_Page - Merit Badge.org is a wikipedia type of site for not only boy scout advancement but cubs also.

www.thepatchplace.com - A commercial site for patches, but the stock patches are fairly priced. Great to get patches for your pack or den's special events.

www.greyowlcrafts.com - Commercial Site. Everything Native American. Great place For costumes.

www.scoutscan.com/resources.shtml - Canadian scouting site with great ideas for us Yanks.

www.usscouts.org/bbugle.asp - Balloo's Bugle is an online roundtable with great ideas for the den and pack. Like real roundtables, they will have next month's core value ideas this month.

www.pinetreeweb.com - Anything you would want to know about Lord Baden-Powell or the history of scouting.

www.mormonscouting.com - The scouting program for the LDS units.

www.scoutstuff.org/bsasupply - Official BSA Store - great closeout deals

ONE LAST THING

WHY DOGS LIVE LESS THAN HUMAN

ANSWER OF A 6 YEAR OLD

This story Melt My heart. I wanna Share it! Must read!

Being a veterinarian, I had been called to exa...mine a ten-year-old Irish Wolfhound named Belker. The dog's owners, Ron, his wife Lisa, and their little boy Shane, were all very attached to Belker, and they were hoping for a miracle.

I examined Belker and found he was dying of cancer. I told the family we couldn't do anything for Belker, and offered to perform the euthanasia procedure for the old dog in their home.

As we made arrangements, Ron and Lisa told me they thought it would be good for six-year-old Shane to observe the procedure. They felt as though Shane might learn something from the experience.

The next day, I felt the familiar catch in my throat as Belker's family surrounded him. Shane seemed so calm, petting the old dog for the last time, that I wondered if he understood what was going on.

Within a few minutes, Belker slipped peacefully away.

The little boy seemed to accept Belker's transition without any difficulty or confusion. We sat together for a while after Belker's Death, wondering aloud about the sad fact that animal lives are shorter than human lives.

Shane, who had been listening quietly, piped up, "I know why."

Startled, we all turned to him. What came out of his mouth next stunned me. I'd never heard a more comforting explanation. It has changed the way I try and live.

He said, "People are born so that they can learn how to live a good life — like loving everybody all the time and being nice, right?" The Six-year-old continued,

"Well, dogs already know how to do that, so they don't have to stay as long."

Live simply.

Love generously.

Care deeply.

Speak kindly.

Remember, if a dog was the teacher you would learn things like:

When loved ones come home, always run to greet them.

Never pass up the opportunity to go for a joyride.

Allow the experience of fresh air and the wind in your face to be pure Ecstasy.

Take naps.

Stretch before rising.

Run, romp, and play daily.

Thrive on attention and let people touch you.

Avoid biting when a simple growl will do.

On warm days, stop to lie on your back on the grass.

On hot days, drink lots of water and lie under a shady tree.

When you're happy, dance around and wag your entire body.

Delight in the simple joy of a long walk.

Be loyal.

Never pretend to be something you're not.

If what you want lies buried, dig until you find it.

When someone is having a bad day, be silent, sit close by, and nuzzle them gently.

ENJOY EVERY MOMENT OF EVERY DAY!