



BALOO'S BUGLE



August Cub Scout Roundtable Webelos Naturalist & Forester

Toughen Up Volume 6

During a freshman orientation meeting I went to recently the featured speaker told us "You can starve in a grocery store. If you don't reach out to get the food, eventually you will starve." Then he went on to talk about all of the services UAB has and that in order not to starve academically each student needed to reach out to get the services they offer to help them be successful.

The same can be said about being a Leader in Cub Scouting. Every Council has training opportunities for Leaders. There is Fast Start, Cub Scout Leader Basic Training, monthly Roundtables and more. If you don't reach out for these opportunities your pack or den program sadly can starve.

We pay yearly association fees where we live. These fees cover many things including the mowing of the easements and edging the sidewalks along our side street; we live on our corner. Recently our association hired a new lawn service company, and they have missed not only cutting the grass, but the edging the sidewalk for several weeks. My dear husband cut the easement and I got out and edged, manually, approximately 340 feet of creeping Bermuda on our sidewalk.

I had some neighborhood teenagers ask me why I was doing the edging when we pay for this service. That got me thinking about what are we teaching our kids. Yes, I could have called our association's office, filed a complaint, and waited another 7-10 days for cutting and edging to be done. But in that time, the grass would have gotten a lot longer and the sidewalks more overgrown. I did call the office last week about this issue and this time when the service showed up they cut and edged our easement, and did a wonderful job.

Like I said it got me thinking. Have you seen folks walking in retail stores and step over a piece of clothing that was knocked off a rack? I worked retail once and have heard customers say "That's the clerk's job to pick up things, not mine." Or how about those shopping carts at stores. The stores provide those corrals for the carts, we just have to push our carts to them. But how many parents feel that they have hired kids to get the carts from the lots, so why bother putting them there. Many of us shop with our children, and when we do these little indiscretions, then justify it by telling them about the hired help what are we teaching them?

As parents and leaders of our Cub Scouts WE are their Akelas (a good leader). Little things that we don't do because someone else is supposed to it, teaches our children and our Cubs lessons, although not good ones about responsibility and even pride and character.

We are building character in our Cub Scouts, so let's remember, even in every day tiny situations, our action or lack of it, will become a part of who they are.

Many Scouters sent me many quotes on Character. These quotes provide a way to talk about Character with your Cubs and to start a discussion about it.

A friend of mine used to say that "Character is what makes you follow the Scout Oath and Law, even when no one is looking".

Online quotes
<http://www.dartmouth.edu/~lsevck/quotes.html>

The measure of a man's real character is what he would do if he knew he would never be found out.
Thomas Babington Macaulay

History is made at night. Character is what you are in the dark.
Lord John Whorfin

History is the record of an encounter between character and circumstance.
Donald Creighton

Every man has three characters: that which he exhibits, that which he has, and that which he thinks he has.
Alphonse Karr (1808-1890)

Character is what you are in the dark,
attributed to Dwight L Moody's Sermons.

"Our character is what we do when we think no one is looking."
H. Jackson Browne

"The true test of character is not how much we know how to do, but how we behave when we don't know what to do."
John Holt

"The measure of a man's real character is what he would do if he knew he would never be found out."
Thomas B. Macaulay

Character is what a person is in the dark

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Character is more easily maintained than regained

The greatest power a person possesses is the power to choose.

J.M.Kohe

Faced with crisis, the man of character falls back on himself. He imposes his own stamp of action, takes responsibility for it, makes it his own.

Charles de Gaulle

Character is much easier kept than recovered.

Thomas Paine

Reputation is what men and women think of us; character is what God and angels know of us.

Thomas Paine

Character is simply habit long continued.

Plutarch, Morals

Character is the ability to carry out a good resolution long after the excitement of the moment has passed.

Cavett Robert

What lies behind us and what lies in front of us pales in comparison to what lies within us.

Ralph Waldo Emerson

It takes a strong character not to be demoralized by either sudden success or failure.

Waite Phillips

A pat on the back oft times develops good character if administered often enough, hard enough, young enough and low enough.

Waite Phillips

We all make mistakes which, if admitted, adds to our judgement and strengthens our character. To deny or try to defend them produces the exact opposite results.

Waite Phillips

No one should boast of being honest, dependable, courteous and considerate for these are fundamental qualities essential to good character that everyone ought to develop and use.

Waite Phillips

"Prepare the child for the path, not the path for the child."
"When I was growing up, many times I'd grumble at the chores I had to do. But my parents knew the chores being done weren't as important as the child being formed by doing them."

Karen Eiler

If anyone speaks badly of you, live so none will believe

Good Deed

A Scoutmaster is walking down the street one day when he notices a very small boy trying to press a doorbell on a house across the street. However, the boy is very small and the doorbell is too high for him to reach.

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After watching the boy's efforts for some time, the Scoutmaster moves closer to the boy's position. He steps smartly across the street, walks up behind the little fellow and, placing his hand kindly on the child's shoulder leans over and gives the doorbell a ring.

Crouching down to the child's level, the Scoutmaster smiles benevolently and asks, "And now what, young man?" To which the boy turns and yells, "NOW WE RUN!"

PRAYERS & POEMS FOR SCOUTERS

CNN reports a new virus has been recently discovered. One person can pass it on to millions as it is very contagious. The Center For Disease Control has reported this week that the virus spreads very rapidly from one person to the next. They have put a very interesting name on this virus. It is called smile

I May Never See Tomorrow

I may never see tomorrow
There's no written guarantee
And things that happened yesterday
Belong to history.

I cannot predict the future
I cannot change the past
I have just the present moment
I must treat it as my last.

I must use the moment wisely
For it soon will pass away
And be lost to me forever
As part of yesterday.

I must exercise compassion
Help the fallen to their feet
Be a friend unto the friendless
Make an empty life complete.

The unkind things I do today
May never be undone
Any friendships that I fail to win
May nevermore be won.

I may not have another chance
On bended knee to pray,
And I thank God with humble heart
For giving me this day.

Author Unknown

To My Grown -Up Son

Debra Barone

My hands were busy through the day
I didn't have much time to play
The little games you asked me to
I didn't have much time for you.

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I'd wash your clothes, I'd sew and cook,
But when you'd bring your picture book
And ask me please to share your fun,
I'd say: "A little later, son."

I'd tuck you in all safe at night
And hear your prayers, turn out the light,
Then tiptoe softly to the door .
I wish I'd stayed a minute more.

For life is short, the years rush past . . .
A little boy grows up so fast.
No longer is he at your side,
His precious secrets to confide.

The picture books are put away,
There are no longer games to play,
No goodnight kiss, no prayers to hear,
That all belongs to yesteryear.

My hands, once busy, now are still.
The days are long and hard to fill.
I wish I could go back and do
The little things you asked me to.

Volunteer Viewpoint (Ten Needs of a Volunteer)

If you want my loyalty, interests, and best efforts
remember that:

1. I need a sense of belonging, a feeling that I am honestly needed for my total self, not just for my hands, nor because I take orders well.
2. I need to have a sense of sharing in planning our objectives. My need will be satisfied only when I feel that my ideas have had a fair hearing.
3. I need to feel that the goals and objectives arrived at are within reach and that they make sense to me.
4. I need to feel that what I'm doing has a real purpose or contributes to human welfare - that its value extends even beyond my personal gain, or hours.
5. I need to share in making the rules, by which, together, we shall live and work, toward our goals.
6. I need to know in some clear detail just what is expected of me - not only my detailed task but where I have opportunity to make personal and final decisions.
7. I need to have some responsibilities that challenge, that are within range of my abilities and interest, and that contribute toward reaching my assigned goal, and that cover all goals.

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8. I need to see that progress is being made toward the goals we have set.

9. I need to be kept informed. What I'm not up on, I may be down on. (Keeping me informed is one way to give me status as an individual).

10. I need to have confidence in my superiors - confidences based upon assurance of consistent fair treatment, or recognition when it is due, and trust that loyalty will bring increased security.

In brief, it really doesn't matter how much sense my part in this organization makes to you -- I must feel that the whole deal makes sense to me."

From: The Effective Management of Volunteer Programs, pg.55, by Marlene Wilson, Volunteer Management Assoc. Boulder CO 1976

TRAINING TIP

Pre-Year Launch Meeting National Capital Area Council

Just like planning meetings in the spring, a fall pre-year launch meeting will help get everyone on track for the New Year. Schedule a brief meeting for all Troop and Pack committee members and leaders to review the calendar of events for September and October. Make sure that everyone knows what joint activities are planned and also make sure that conflicting activities are reviewed, so that the Troop and Pack don't get in each other's way.

Don't miss out on all the Fun!! GO to the August Roundtable!!

YOU ASK WHAT IS ROUNDTABLE Cub Scout Leader Book available at your Scout Shop

Cub Scout leader roundtables are held monthly on a district basis. Den and pack leaders join for fun and fellowship while learning new tricks, stunts, games crafts, ceremonies, songs, and skits related to the theme and Webelos activity badges for the following month. There are also opportunities for sharing ideas and activities with leaders from other packs.

After attending the roundtable each month, your leaders will come to your pack leaders' meeting well-informed and ready to complete plans for your den and pack program for the next month.

Check with your unit commissioner to find out when and where your monthly roundtable is held.

TIGER CUBS

From USSSP's advancement area

The Tiger Cub Program

Tiger Cubs BSA gives parents an opportunity to provide their children with a safe, structured, and nurturing environment. Tiger Cubs and their adult partners have fun together while developing closer family relationships. Scouting can provide positive, enriching experiences and activities to complement a child's formal classroom education. Scouting and education share the common goal of helping young people grow into self-reliant, dependable, and caring adults.

Tiger Cubs BSA is a simple, fun, easy-to-operate program that helps a boy and his adult partner gain a better understanding of and an appreciation for the community environment in which they live, and even the world at large.

Tiger Cubs BSA offers an opportunity for boys to enter the Scouting family at an important age. Research has shown that early involvement in values-based programs is vital to strong character development. The longer a boy stays in Scouting, the more likely he is to develop the values and skills needed to become an ethical and productive citizen.

The Tiger Cub dens are a part of the Pack. Tiger Cub dens meet twice a month and attendance at all pack meetings is urged. There are Tiger Cub resource books and program helps available for the Tiger Cub Den Leaders. Tiger Cubs are not first-grade Cub Scouts. Tiger Cubs BSA introduces boys and their adult partners to the excitement of Cub Scouting as they "Search, Discover, and Share" together.

The Tiger Cub program has a series of "Big Ideas" that are designed to fulfill many specific purposes. The Tiger Cub program is designed for First Grade boys and the ideas are geared to their level. They are also arranged to help the boy and his adult partner interact together in a positive way.

LEADER IDEAS

Boys' Life has a reading contest each year. To enter the 2000 contest write a one-page report titled "The Best Book I Read This Year": and enter it in the Boys' Life 2000 "Say Yes to Reading!" Contest.

The book can be fiction or non-fiction. But the report has to be in your own words. Enter in one of the three age categories:

•8 years old and younger, •9 and 10 years old, •11 years and older.

When Pedro receives your report, you'll get a free patch.

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(And yes, the patch is a temporary insignia, so it can be worn on the Boy Scout, or Cub Scout uniform shirt, on the right pocket. Proudly display it there!)

The top three winners from each age group will also get a Leatherman multi-tool, copies of Codemaster books 1 and 2, the limited edition Codemaster pin-and-patch set--plus their names will be announced in Boys' Life!

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 addressed, stamped envelope, to:

BSA, Boy's Life Reading Contest,
S204, P.O. Box 152079,
Irving, TX 75015-2079

Entries must be postmarked by Dec. 31, 2000

A gift idea for any Pack/Troop Leader could be a flag that has flown over our nation's capital. You can order U.S. flags that have flown over the Capitol Building from any member of Congress (U.S. Senators or Representatives) **Under Web Sites** I have included URLs for both Senators and Representatives. Visit the Congress member's Web site and click on the link called "Constituent Services or Flags. Follow the instructions supplied. Most of the Members' Web sites include order forms you can print out and mail in. Each U.S. flag comes with a certificate of authenticity. The certificate can include a personalized message for an event and/or person (example: Cubmaster Joe Doe, Our Thanks) -- but is usually limited to three sentences). Please provide three days advance notice to allow time to fly the flag on the requested date (example: a flag flown on a birthday) .Be sure to include a mailing address to which your flag should be sent. Allow 2 - 3 weeks for delivery. If none of your Senators or Representatives has a Web site, phone or write their office and ask how to order a "flag that has flown over the Capitol."

Start contacting your council office in August or September about this patch. The CS theme for Feb 2001 is "Passports to Other Lands", and this patch would be great for Cubs to be able to earn. Mike Walton, another Board Member of USSSP kindly provided this information.

Basically, any kind of activity with an international theme to it would qualify the Scout and Scouters for the emblem; however, most professionals don't have a clue as to what the award looks like or how it is "earned".

The first stop should be with the Council's International Representative. Every Council should have one...it's a requirement for the Council to be chartered with such a person. Most Councils just put down the name of

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someone....now is the time for that person to get some work tossed his or her way!! The International Representative's job is to promote "international activities, events and programs in which the Council's youth and adult members can participate." This is a definite example of such an event.

He or she also approves the "requirements" for the International Activities emblem.

So, that's the first person I would "hit up" and ask about this award.

Secondly, I would make a copy of the International Activities Patch and the BSA stock numbers for it and the large six-inch backpatch and pass it around during Roundtables in October, November and December of this year in advance of the Blue and Golds in February. Why not January? Typically, during that month's Roundtable, there's a blizzard of papers running around and I'm afraid that most will see the patch and the requirements and confuse it with other stuff....

Or maybe promote it in January, December and November.

An exhibit of the patches along with the requirements or guidelines from your Council during Roundtables would also help out. Even having the Council's IR to show up at your District's Roundtable would help too.

Those are all of the things off the top of my head I can think of to elevate the interest and knowledge of the emblem; the BSA will do their part by sending information to both IR and the Council itself for distribution to us all in the latter half of this year.

PRE-OPENING ACTIVITY

This month's theme "Toughen Up" works not only with physical fitness, but also mental fitness. Here's a test for mental fitness.

1. How do you put a giraffe into a refrigerator?

(Correct response: Open door, insert giraffe, close door.)

(This item tests whether you tend to do simple tasks in an overly-complicated manner.)

2. How do you put an elephant into a refrigerator?

(Incorrect response: Open door, insert elephant, close door.)

(Correct response: Open door, remove giraffe, insert elephant, close door.)

(This item tests your ability to recognize the consequences and repercussions of your previous actions.)

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3. The Lion King hosts a meeting of all the animals. All attend except one. Which does not attend?

(Correct response: The Elephant, who is in the refrigerator.)

(This item tests your recall of essential data.)

4. There is a crocodile-infested river you must cross. How do you manage it?

(Correct response: Swim across, since all the crocodiles are at the Animal Meeting.)

(This item tests your ability to utilize risk assessment and strategic timing.)

Card Match

Greater St. Louis Area Council
(I added a few more names & sports)

Have half of the cards with the names of famous athletes and half of the card with the sport for which they are noted. Hand out the cards as the people walk in and have them find the person with the card the matches theirs.

Mark Spitz	Swimming
Babe Ruth	Baseball
Fran Tarkington	Football
Herb Brooks	Hockey Coach-Olympics
Phil Myer	Downhill Skier
Mark Hamill	Ice Skating
Wilt Chamberlain	Basketball
Muhammad Ali	Boxing
Jesse Owens	Track
Pete Sampras	Tennis
Mark Connors	Gymnastics
Eric Hyden	Speed Skater

Exercise Stations

York Adams Council

Make sure everyone knows ahead of time that there will be an opportunity to do a little bit of physical exercise before the Pack Meeting so they can dress appropriately. Then, identify some people in the Pack who can put together exercise stations as part of the Pre-Opening. These people should make sure they understand the concepts behind the different exercises and how to do them properly. (For example, the "old way" of doing sit ups is not the recommended way anymore. We don't need to teach them the wrong way to do the exercises.)

Get together exercise mats and posters that show how to properly do the exercises. Set up the stations around the Pack Meeting room with plenty of room to practice the exercises. Finally, have the "trainers" show people the proper techniques for the exercises and then let people practice them.

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I don't think this should be a competition. There is too much risk of old fogies overdoing it and you don't need that situation on your hands. Just use it as an opportunity for people to learn and be encouraged to do proper exercise.

OPENING CEREMONY

Muscle Building

York Adams Council

Arrangement: Seven boys come on stage, carrying various kinds of muscle-building equipment. They use the equipment and in turn, speak the line below.

1st Cub: To keep your body strong and healthy, is more valuable than being wealthy.

2nd Cub: When you are fit, you feel so good, and try to do the things you should.

3rd Cub: It helps you lend a helping hand, to needy folks around our land.

4th Cub: Eating the right food is always wise, and everyone needs some exercise.

5th Cub: Stand on tip toes, one, two, three, touch your toes, don't bend a knee.

6th Cub: Run a while, then slow your pace, practice will help you win the race.

7th Cub: Scouting builds young boys into men, and this is where it all begins.

This can be followed by the Pledge of Allegiance or Cub Scout Promise and Oath.

Step Over

York Adams Council

Personnel: Three Cub Scouts, one dressed neatly and the other two dressed sloppily and looking tired and bored.

Cub #1: (Drags himself on stage, looking tired, bored and meets the sharply dressed Cub. #2) Say, am I ever tired. I wish I could be in shape. I'm so weak I don't know what to do.

Cub #2: I have something that will get you into shape physically and mentally. Take the first step into my program and into shape by stepping over the line.

Cub #1: (Steps over the line, and becomes alert, bright and athletic)

Cub #3: (Walks in dragging, tired and meets #1 and #2.) I'm so bored. I have done everything there is and nothing is left. I miss the challenges.

Cub #2: I have something that will challenge you, train you, coach you and develop you both physically and mentally. Just step over the line.

Cub #3: (Steps over the line and becomes bright, alert and athletic)

Cub #1 and #3 (TOGETHER) What is this program we stepped into that gives us this energy, strength and really challenges us?

Cub #2: It's, it's, it's (hold up a sign that reads "Cub Scouting") Cub Scouting!!!

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Opening Ceremony

Trapper Trails

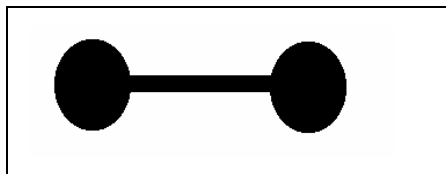
Preparation: Each boy needs to have muscles added under his shirt (done with balloons.) Each boy needs a set of barbells-made with black balloons and dowels. Mark one balloon for each boy to pop and read a message put inside the balloon. Or if you have a white marker, you could put message on the black balloons.

Play fanfare as the boys come on stage, they could be preceded by someone carrying a fake torch. Six boys are needed for this simple ceremony:

1. A Cub Scout does his best
2. A Cub Scout helps other people
3. A Cub Scout follows Akela
4. This makes him tough.
5. A Cub Scout honors his country
6. Please join me in saying the pledge of allegiance

DEN DOODLE

August 2000 – Toughen UP



Barbell

AUDIENCE PARTICIPATION

A Genius Is This & That

York Adams Council

Ed: In this month's focus on physical fitness, we also want to make the point that mental alertness is very important. To that end, use this skit to point out just how smart your Pack is.

Here's an audience participation skit - ideal for large group meetings or banquets. There is only one character - the narrator or story teller - and there is no rehearsal or scenery necessary. Just pick your narrator with care! He is the key to success.

Before he tells the story, the narrator divides the audience into 5 groups and assigns each a "part" - a sound and action each group makes at the mention of a certain word. The narrator pauses after each capitalized word. The words and their responses are:

Characters:

Norman - Say "Oh, my!" and raise both hands

Right - Say "This!" and raise right hand
Left - Say "That!" and raise left hand
This - Say "**Right!**" and raise **Right** hand
That - Say "**Left!**" and raise **Left** hand
Genius - All clap and Cheer!

Well, now that everyone is entirely confused, let's begin!

Narrator: **This** is the story of **Norman**, a boy who wanted very much to be a **Genius**. But, no matter how hard he tried, it just didn't work out. You see, **NORMAN** had a problem - he could not tell **RIGHT** from **LEFT**.

At school, the teacher would say, "When you know the answer, raise your **Right** hand." By the time **Norman** figured which hand was which, it was too late! At home it was the same thing. It was, "**Norman**, you have your **Left** shoe on your **Right** foot."

Things weren't any better outside. In football, they would send him in at **Left** end and he would be **Right**. In baseball, they'd yell, "**Norman**, 'move to your **Left!**'" He'd move **Right**.

Poor **Norman!** No matter what he did, it wasn't **Right!** or **Left!** But **Norman** was determined! Finally, he figured out what to do. He'd call it **This** and **That**. **This** for **Right** and **That** for **Left**. Somehow, it all seemed easier. And in no time, he had it down pat.

One day, while **Norman** was home alone, a burglar forced his way in. **Norman** was frightened! The burglar asked where his mother's jewels and furs were. **Norman** said, "In the closet." But when the burglar said, "Which way is **That**, **Norman**, of course answered, "**Left**." The burglar followed these instructions and found himself in the kitchen! Being a smart burglar he said, "**This** isn't **Right!**" and **Norman** said, "Oh, yes it is - but your asked for **That!**"

The burglar became angry and said, "Now listen, I asked where the closet is, do you understand **That?**" And **Norman** answered, "Oh, yes, **That** is **Left!**" The burglar said, "**This** is enough!" And **Norman** said, "Oh, no, **This** is **Right!**" Exasperated, the burglar said, "Oh, forget it! Just tell me where the closet is!" And **Norman** said, "Turn **This**." But naturally, the burglar misunderstood and turned the knob on the door in front of him, and plunged headlong down the basement stairs.

Just then, **Norman's** parents came home, and when he told them what had happened, his father said the words he'd been waiting so very long to hear, "**Norman**, you're a **Genius!**"

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SLIDES

Barbell
 Viking Council

Materials:

Two 20mm wooden beads, 5/16" dowel (or size to fit inside the beads), hot glue, black silver, and white paint, thin strip of vinyl for the slide itself.

Directions:

Measure and cut the dowel rod about 2 1/4" long. Paint it silver. Paint beads black. Put a dab of glue in the bead and insert the dowel. Paint the ends to match the bead.

Paint a weight number on each barbell with white paint. Hot glue a narrow strip of vinyl to the back of each barbell to make the loop.

FUN FACTS

In a year, a person's heart beats 40,000,000 times

A great reason to smile
 You use an average of 43 muscles for a frown. You use an average of 17 muscles for a smile. And then every two thousand frowns creates one wrinkle.

Fit people can burn more fat for longer periods of time than unfit people.

We call the hot, muggy days of summer "Dog days." This expression may have originated with the Romans who associated such weather with the influence of Sirius, the Dog Star, which is high in the sky during summer.

CEREMONIES FOR UNIT LEADERS

Pack Ceremonies Den Leader Induction
 Northwest Suburban Council

Setting: Committee Chairman and Cubmaster stand behind table in front of room. On table are a lighted candle and a copy of the Den Leader's Book or Webelos Den Leader's Book for each person.

Chairman: The Den Leader occupies a unique and essential place in Cub Scouting. Den Leaders fill a particular need for boys of Cub Scout age and perform a fundamental service, which no one else can give. They therefore, become indispensable to leaders in our scheme of pack operation.

Our Pack committee has selected the following Den Leaders. (Read names of leaders and den numbers)

Will you promise to:

Show interest and concern for all boys in your den

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Take advantage of all training opportunities

Be responsible for the organization and operation of your den

Lead the den chief, helping him learn to lead the activities of your den. Attend monthly pack leaders' meetings for den leader coach/den leader meetings, monthly pack meetings and monthly district roundtable. Work with the parents of your Cub Scouts (and /or Webelos Scouts) so they have the opportunity to share in the fun of Cub Scouting

Observe the policies of our chartered organization, of YOUR COUNCIL'S NAME, and of the Boy Scouts of America

Keep your den in operation 12 months a year

If so, please answer "I will"

Cubmaster: Wearing the den leader's uniform not only identifies you as a very important member of the Boy Scouts of America, the largest boys' organization of its kind in the world, but it also sets a good example for the boys in your den.

We would like to welcome you as new leaders in our pack, and present you with copies of the Den Leader's Handbook. Congratulations and good Cub Scouting.

PACK/DEN ACTIVITIES

Bubble Prints

Northwest Suburban Council

Supplies:

Food dye (the institutional kind that comes in one-quarter-sized bottles is the least expensive. You can get it through the school cafeteria.)

Liquid dish soap

Plastic liver containers (free from you butcher)

Drinking straws

White paper

Procedure:

Fill the plastic containers half full of water. Pour in plenty of food dye; the solution should be very intense. Squeeze in a little dish soap. Blow through a drinking straw into the solution until there is a 4-inch to 5-inch mound of bubbles. Lay the piece of white paper face down onto the mound of bubbles.

Note: Fill several containers with different colors of dye printing one color on top of another works well. Cubs can work into the bubble prints with pens or markers to create pictures.

Archery Picnic and Get Together
National Capital Area Council

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A great summertime Pack activity is an "Archery Picnic". The following outline can help you prepare for a similar event. This section would not have been possible without the assistance of Den Leader C. Mark Eakin (Pack 11 in Germantown, Maryland), and BSA-certified Archery Instructors Jon and Jaye Pearce (Pack 926 in Gaithersburg, Maryland). So, thank you Mark, Jon, and Jaye for your ideas and expertise in bringing archery programs to Cub Scouts.

INGREDIENTS

Cub Scout Academic and Sports Program Guide or the previous Sports and Activity Book for Archery
Wolf Book Sports Elective 20c: "Know archery safety rules"

Practice toy bows with darts (for younger Scouts)

William Tell targets (see below)

Light draw weight recurve or compound bow with 5 arrows per Scout
Wrist protectors

Target

Backdrop for safety (hay bales or wooden frames)

Ropes to set up perimeter, safety lines, and firing line

Parents with archery experience (1 per bow)

BSA - certified Archery Instructor

Safe location for archery (contact local parks, Izaak

Walton League of America Chapter, or similar location to ask about locations)

Directions

As a summertime activity, divide the event into three specific phases:

Phase 1 - Questions and Answers

Discuss background (what are bows and arrows used for, who uses them today, etc.), the story of William Tell (the thought of a father shooting an apple off of his son's head really gets their attention), and archery safety rules. Make sure that each Scout understands the reasons for safety lines, how to carry arrows, how to keep the arrow down range, and what happens if a Scout doesn't follow the safety rules (i.e., not being allowed to shoot). The process of learning safety rules should include listening (they hear what the rules are), observing (they see you demonstrate then follow the rules), and doing (they follow the rules).

Phase 2 - Getting Ready

Help each Scout determine whether each boy is right or left eye dominant. This is much more important than right or left handed in aiming an arrow. The Cub Scout Sports and Academic Book on Archery describes how to determine eye dominance.

Set up the targets about 20 feet from the firing line. Also set up "William Tell" targets at one end of the firing line, about 10 feet from the line. William Tell targets are an outline of a boy's head and shoulders on a cardboard sheet.

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Cut a hole on top of the head, about 5 inches in diameter. Attach a piece of red fabric behind the hole. By attaching the fabric at the top only, an arrow or dart that passes through the hole will pass through the hole, then fall to the ground behind the target. Plan to use these targets with younger Scouts first, then move them back for older Scouts after they have had some practice.

Divide the Scouts into groups based on the number of bows available. If you have two groups, help the first group put on the wrist guards and advance to the first safety line. Assign one parent to each bow and then all the Scouts to advance to the firing line. Do not allow any Scout to nock and arrow until everyone is ready. Have one adult stay with the second group at the first safety line to watch. If you have more than two groups, you will need to plan for an activity, such as baseball, soccer, or dodgeball, that the other Scouts can do (with adult supervision and away from the archery range) so that they don't get bored. For younger Scouts (Tigers or Wolves), consider using toy bows first. Ask their parents for input and judge coordination and strength before letting younger Scouts use bigger bows.

Phase 3 -Shooting

This is where everything you have talked about gets real. Instruct each Scout that has advanced to the firing line to nock one arrow. Remind them to keep arrows pointing down range at all times. Walk behind each Scout/parent team to make sure that the arrows are nocked correctly. Take time before you let them shoot to make sure they are prepared. Then - let them "Fire."

After all Scouts have shot their five arrows, instruct them to retrieve their arrows. Scouts should take their bows with them to the target. That way, no one can pick one up and accidentally shoot while people are on the range. Remind the Scouts to hold the arrows correctly while walking. Bring all arrows back to the firing line and have the first group switch places with the second group. Repeat the above process.

Things to watch for:

Make sure Scouts don't turn arrows away from the targets, especially when they are excited about shooting. Don't let any Scout "dry fire" his bow. Don't let anyone get frustrated. If a Scout is having difficulty, spend a few moments working slowly with him to help him shoot his next arrow. Be encouraging, not critical.

Variations - Remember to give parents, especially mothers, a chance to shoot also. Keep track of how many turns each group gets; try to keep the turns balanced. Make sure that younger Scouts get to use larger bows, and make sure that older Scouts get to shoot at the William Tell targets. You may also try a parent/son/ competition after everyone has had a chance to practice.

BALOO'S BUGLE

Field Trip

Greater St. Louis Area Council

Visit a physical fitness trail
Tour a health spa or health club
Talk with a professional body builder, weight lifter, or aerobatics instructor
Talk with your gym teacher
Attend a sports clinic for a certain sport and learn what exercises they practice to keep fit.
Earn a Cub Scout Sports belt loop.

ADVANCEMENT CEREMONIES

The Athlete Advancement Ceremony

Sam Houston Area Council

Props: Cubmaster can select any sport and use appropriate equipment as props throughout this ceremony.

Cubmaster: The first thing an athlete learns is the basic rules of his chosen sport. When a Cub first enters the Pack, he learns the Bobcat Trail, which gives him the first knowledge he must know to move up the Cub Scout Path. Will the following boys and their parents please come forward, (Present the Bobcat Awards.)

When a boy has learned the basic rules of his game, he then begins to practice the skills needed to play. He becomes familiar with the sports equipment. Our Wolves have worked on achievements and arrow points as they continue to develop their Cub Scout skills.

Will the following boys and their parents please come forward, (Present the Wolf Awards.)

The athlete is now ready to concentrate on improving his athletic skills. Our Bear is like the athlete who increases his knowledge to become more proficient in his game. Will the following boys and their parents please come forward, (Present the Bear Awards.)

Once the rules have been well learned and the skills have been mastered, the athlete is now ready to advance to a higher level of skill, which involves the mental strategy used to fine tune their playing skills. Both physical and mental skills are part of the learning experience of the boys in the Webelos rank.

Will the following boys and their parents please come forward, (Present the Webelos Awards.)

As our ceremony concludes, we recognize the progress our Cubs have made this past month. The athlete who is dedicated to his sport recognized the many abilities he made this past month. The athlete who is dedicated to his sport recognizes the many abilities he has developed within himself. He is knowledgeable of the basic rules and he is dedicated to the practices, which develop his ability. The mature athlete has become confident in his ability to play the game, and becomes a leader who shares his knowledge and skill with others on this team. All these traits belong to the boys in our Pack as we see them progress from month to month and year to year. We are proud of these boys and the leaders who guide them along

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BALOO'S BUGLE

the Cub Scout Trail.

Betty Morgan, Arrowmoon District,
Sam Houston Area Council

Wolf Advancement Ceremony

Scott A. Whitmire, Cubmaster, Pack 469
Chief Seattle Council, Green River District
Kent, Washington

The setting is a pack council at Council Rock. The Wolf Den Leader petitions the council to admit the cubs to the Clan of the Wolf. The council consists of pack leaders (other den leaders, coaches, and committee members who are hopefully in uniform). The purpose of the ceremony is to highlight this first, difficult step towards earning the Arrow of Light and becoming a Boy Scout. The basic Wolf requirements are explained briefly, to show the members of the audience what was required, and to highlight to the cubs just how much they accomplished. The ceremony emphasizes the fact that the Wolf badge is the second step on a journey that culminates with earning the rank of Eagle Scout.

Cast of Characters:

Cubmaster (CM)
Wolf Den Leader (WDL)
Pack Leaders (PL1..n) Parts are written for four pack leaders, but only two are really necessary.

Props, Staging:

A candle holder with a candle for each rank. We use a hiking staff with all of the rank medallions to symbolize the journey of advancement. Our staff includes all of the Cub Scout ranks as well as all of the Boy Scout ranks.

CM: I have been informed that some wish to be admitted to the Clan of the wolf. Decisions such as this require consent of the pack council. As Akela, I ask the council members to please come forward at this time.

(Pack Leaders, except Wolf Den Leader, come forward and arrange themselves on either side of the Cubmaster).

CM: Would the Wolf Den Leader please escort the candidates forward.

(The Wolf Den Leader and the wolf candidates step forward).

WDL: Akela and council members, _____ *(list boys' names)* have completed the requirements for membership in the Clan of the Wolf, and I petition the council on their behalf to grant their request.

CM *(speaking to the candidates):* When you entered the

clan of the Bobcat, you demonstrated that you understood what it means to be a Cub Scout *(Cubmaster lights the candle symbolizing the Bobcat rank)*. The requirements for the Clan of the Wolf are much more difficult which are grouped into four areas: Duty to God, Duty to Country, Duty to Others, and Duty to Self. *(Cubmaster lights the candle symbolizing the Wolf rank)*. Does any member of the council wish at this time to examine the candidates?

PL1: Wolf Den Leader, what did the candidates do for Duty to God?

WDL: The cubs discussed their duty to God with their parents, then together discovered ways to demonstrate their religious beliefs and help their religious institutions.

PL1: Thank you.

PL2: And what of Duty to Country?

WDL: The cubs gave and explained the Pledge of Allegiance to the flag, demonstrated how to fold the flag properly, led a flag ceremony for the den or pack, and explained how to respect and care for the flags of the U.S. and their state.

PL2: Yes, I remember the flag ceremonies. Thank you.

PL3: And for Duty to Others?

WDL: For these requirements, "others" includes family members and the community in which they live. They were required to help plan and prepare family meals, plan family activities, and help with family chores. They learned about what to do when someone calls at the door or on the phone while they are alone, and how to secure the family home when they leave. They also help conduct safety and fire prevention inspections in and around the home. For the community, they were required to learn about conservation efforts within their community, including ways the environment can become dirty and ways that we use to clean it. They learned about recycling and ways to save energy. They were required to pick up litter.

(PL3 nods and looks towards Akela).

PL4: Wolf Den Leader, what requirements were met for Duty to Self?

WDL: Duty to Self included feats of skill and athletic ability, health, nutrition, safety, and learning to use basic tools to make something useful. They also learned about mental well-being through hobbies and games. Finally, they learned how to choose correctly in certain ethical and personal situations.

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BALOO'S BUGLE

PL4: That last is very important. Knowing how to choose correctly can save their life. Thank you.

CM: Council, you have asked your questions and have heard the answers. What say you? Do these candidates deserve to be admitted to the clan of the Wolf?

(In turn, each council member gives their consent).

CM: Will the parents of ____ *(list names)* please come forward.

(To the candidates): You have demonstrated that you are worthy of becoming members of the Clan of the Wolf. You have taken the second step upon a great journey that will, with perseverance, lead to you to brotherhood with the Eagle that flies high overhead. You should feel proud of your accomplishment, for often the first steps of a journey are the most difficult. You have accomplished much, but you did not do it yourselves. Your parents helped you at each step of the way. I will now present your badges to your parents, so they may present them to you.

(To the parents): Please pin these badges on your son's pockets, right side up.

(Cubmaster presents the badge to the parents of one boy at a time. After the parent has pinned the badge to the boys pocket, the Cubmaster speaks to the boy)

CM: Congratulations, *(name)*. Welcome to the Clan of the Wolf. Please present this pin to your mother (or father) in thanks for the help they have given you in this journey.

(Repeat for each boy)

(When all of the boys have received their badges...)

CM: Members of the council, members of the pack, ladies and gentlemen of the audience, I present to you the newest members of the Clan of the Wolf. Please join me in welcoming them.

(All stand and applaud).

Healthy Habits Advancement Greater St. Louis Area Council

Set Up - Cubmaster has 2 pocketknives - one is clean and sharp and the other is rusty and dirty. He calls forward Cub Scouts who are receiving Wolf and Bear and Arrow Points, with their parents.

Cubmaster:

Cub Scouts, I have here 2 knives - one sharp and clean and ready for work; the other one dull and rusty. Which one would you rather have? The clean one of course! Is that

because it looks better, or because you know it will whittle a stick of wood better? Right. It's because it can do the job you want to do. Our bodies are like these knives. If you take care of your body, it will be ready to work and play and you'll feel great! If you don't take care of it, you'll feel terrible and you may get sick. That's why you boys who are earning the Wolf badge today had to do the Keep Your Body Healthy achievement. And it's why the Bears learned about health and safety. Your parents have helped you grow strong and healthy, and they've helped you earn your new badges and arrow points. So I take the pleasure in asking them to pin on your new awards; (Parents pin awards on son's uniform.)

GAMES

Footprints Relay

Trapper Trails Council

Using heavy cardboard, cut out footprints 15" long and 8" wide. Two footprints are needed per person or team. Play game as a physical skill (let's see if you can do it) or as a competition (2 or 3 teams as a relay race at a set distance). Place both footprints one in front of the other. Step on the first with one foot and on the second with the other foot. Now lift rear foot. Pick up footprint and move it ahead. Move lifted foot into new position. Do the same with the other foot and continue, step by step to finish line.

Travel Relay

Trapper Trails Council

Line up in relay position. Obstacles are places in the way at 12-foot intervals. A tree, a mountain, a river, and another tree are the obstacles. (A boy stands for the first tree, another one bends over as in leapfrog for the mountain, two lines are drawn for the river, and another boy for the last tree which is the turning point.) The players must run to the RIGHT of the first tree. LEAP over the mountain, JUMP across the river, and RUN to the LEFT of the last tree. Running all around it and back to the back of his line. The first team to have all players complete the obstacle course is the winner.

Rhythmic Exercises

Trapper Trails Council

Ask the group to follow your instructions:

Every stand - Now, hands on your hips, hands on your knees - put them behind you, if you please - touch your shoulders, touch your nose - touch your ears, touch your toes - raise your hands, high in the air - at your sides, on your hair - above your head, as before - while you clap, 1,2,3,4 - now hand upon the empty space (head) - on your shoulders, on your face - then you raise them up so high -

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BALOO'S BUGLE

and make your fingers quickly fly - then you stretch them out toward me - and briskly clap them. 1, 2,3.

Rocking Chair

Trapper Trails Council

Partners sit facing each other with knees sharply flexed, feet flat on the floor. One boy's feet and legs are between the other boy's legs. Each sits on the other's feet and grasps the other's upper arms. One boy leans back and lifts the feet, pulling the other forward to a semi-standing position. Reverse the action, and continue rocking back and forth several times. After everyone has tried this, try have races.

Jump Rope Games

Trapper Trails Council

Relay- use one rope for each team Run and jump down to a line and back, handing rope to next player.

Variation -jump backward

Variation - run to line, jump 10 times and then run back.

Time ropes - see how long you can jump

Multiple Jump -jump 2 boys in rope at same time.

Push - Catch

Northwest Suburban Council

Everyone is in a circle except for one person in the middle (usually a leader to start). The person in the center has a ball that the leader throws to those in the circle. The leader must shout out either PUSH or CATCH. The person to whom the ball is thrown must DO THE OPPOSITE ACTION that was shouted out. That is if the leader shouts PUSH, the Cub must CATCH the ball. If the leader shouts CATCH the Cub PUSHES the ball. If an error is committed by either not doing the opposite or stumbling with the ball the Cub must sit down or step back and is eliminated from play. Variation: If the group gets really good at the game, the shouter must shout out 3 words (such as PUSH CATCH PUSH) and the Cub must do the opposite of the middle one (or the first or last).

Quarter Toss

Northwest Suburban Council

Set a group of targets on the floor (plastic bowls, cups, paper targets). Toss quarters, other coins, or washers onto the targets.

Radar

Northwest Suburban Council

First Cub on the team is placed about 30 feet ahead of the rest of his team. All team members are blindfolded. The first team member must lead his teammates to him by talking to them, making noise, etc. Gets harder with more teams doing the same nearby.

Red Rover

Northwest Suburban Council

There are two teams. Each team holds hands and forms a line to face the other team. Then Team 1 shouts "Red Rover, Red Rover, I call John over". John runs from his team (Team 2), at the other line to try and tries to break through their hands. If he succeeds he returns to Team 2 and gets to take someone from Team 1 for his own team. If he fails he has to join Team 1. Then Team 2 and gets to shout "Red Rover, Red Rover I call". The game goes on until one team has all the players on their side.

Ring Toss

Northwest Suburban Council

Make rope loops and attempt to toss them onto small sticks stuck into the ground.

SONGS

The Athlete

(Tune: How Dry I Am)

Sam Houston Area Council

A body fit
And feet so fleet
Here comes the winner
The Athlete.

The Athlete

(Tune: My Bonnie)

Sam Houston Area Council

They gave me a suit and num-ber
And sent me out on the field.
Then gave me a ball called the pigskin,
And shoes with some cleats, toe and heel.

CHORUS:

Mus-cles, cra-mps
Wracking my body with pain, with pain,
I stand, wonder-ing
If ever I'll do this again!

Next time they gave me a racquet,
Then sent me out on the court,
Fun-ny the things you encounter,
While trying to lea-arn a sport

CHORUS:

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BALOO'S BUGLE

The or-deal was finally over,
At least -that's wh-at I thought,
When they showed me the soccer equipment,
I fainted dead on the spot!

CHORUS

Mark Kraynak, Cubmaster of Pack 680 sent this song as a submission for Baloo's Bugle. After reading through the song I wrote Mark telling him that basically I wasn't to fond of the Couch potato part, but I wasn't a youngster anymore either. Let's face it, sometimes the fun scale weighs differently for an adult. The following is what he wrote about the song, and made me realize what a learning tool this song can be.

I'm not really crazy about the couch potato reference either, but I'm hopeful that by mentioning the following whenever the song is sung, eventually the boys will realize that being called a couch potato is not really cool, or a good thing. Even mentioning Pokemon is a little risky, since I believe that for the most part it's a waste of time and takes away from time spent on scouting and other real learning and productive activity.

But there's reality in the song too - Pokemon is a wide spread craze among these kids; they kind of have their own language and virtual worlds to live in. All video games these days I think are the antithesis of what scouting is about, but because the wave potends to be even more prevalent in the future, I think the best thing to do is to look the "enemy" in the eye and find a way to deal with it, rather than trying to pretend it doesn't exist as some people (I don't mean you) may want to do.

The boys love singing the song and insist on singing it twice so that each side can sing the Pokemon words (does that mean Pokemon is winning the war right now?). While we were at a campfire recently singing the song, one boy indicated he'd rather be singing the Pokemon parts of the song. I replied "so you want to go home and play Nintendo right now?" and his silence and continued presence and enthusiasm at the campfire was the unspoken answer; he'd made a good choice.

I realize that the content of the song is a bit controversial; as you can see, even I'm somewhat torn, and I'm the author!!! But it is thought provoking, and I appreciate your comments especially since it's given me a chance to crystallize my own thoughts.

Also as Cubmaster of Pack 680 the boys must not bring handheld electronic games or the related trading cards to any den or pack meeting or activity. Mark Kraynak, CM PACK 680

SIX – EIGHTY (Tune of “Green Acres”)

Six – eighty is the Pack for me,
Saint Louis is the place to be,
Fun spreadin’ out so far and wide
Make it happen, just give me the scouting life

Pokemon is what I’d rather play
A couch potato is what I’d rather stay
I just adore Pikachu
Scouting I love you but I love Nintendo too

(“Kazoo crew” plays the riffs)

Bulbasaur! S’Mores!
Machamp! Let’s camp!

Go take a hike!
That’s what I like!
Six – eighty we are here!

CUB GRUB - Fun Food

Frozen Yogonanas

Trapper Trails Council

Utensils: Waxed paper dinner plate plastic bag, rolling pin measuring cup knife cutting board, shallow bowl 4 flat wooden ice-cream sticks

Put piece of waxed paper on dinner plate - put in plastic bag - 1-cup honey graham cereal press air out of plastic bag, then seal. Roll cereal with rolling pin or jar until crushed. Peel, then cut crosswise in half 2 large bananas Carefully poke a wooden stick into the cut end of each banana half.

Put in shallow bowl - 1/2-cup plain or flavored yogurt. Roll each banana half in the yogurt then sprinkle with some of the crushed cereal. Put “yogonanas on the plate. Freeze about 2 hours or until “yogonanas” are hard. Keep frozen until served.

No Bake Cookies

2 sticks butter, 1/2 cup milk, 2 cups sugar, 2 tablespoons cocoa, 2 cups oatmeal, 1/2 cup creamy peanut butter, 1 teaspoon vanilla extract

In a saucepan combine butter, milk, sugar and cocoa. Bring to a boil and boil for 1 minute. Remove from heat. Add oatmeal, peanut butter and vanilla. Mix well. Drop by teaspoonfuls onto waxed paper. Cool and eat!

Puppy Chow

Put the following ingredients in a pan:
1 cup chocolate chip pieces, 1-1/2 cup peanut butter,
1-1/2 cup margarine, 1/4 teaspoon vanilla

Melt over low heat. Stir every few minutes.

Let melted ingredients cools for three minutes.

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Put 9 cups of Crispix cereal in a big brown paper bag. A grocery bag will work well.

Pour ingredients over cereal. Add 1 tablespoon of cinnamon and 1/3 cup of powdered sugar. Shake the bag for 50 seconds. Let Puppy Chow cool and EAT!

SMILES

Ingredients:

Red apples (cut into one inch slices store in a bowl with a little lemon juice to prevent slices from turning brown), Creamy Peanut Butter, Miniature marshmallows

Directions: Take two slices of apple and dry them on a paper towel. Apply a thin layer of peanut butter to one side of each apple slice. Apply a row of miniature marshmallows along one side on the peanut covered apple slice. Place other apple slice (peanut butter side towards marshmallows) and press slightly until it adheres. And there you have it! A BIG YUMMY SMILE!

STUNTS & APPLAUSES

Northwest Suburban Council

Cub #1: I see green, yellow, and blue spots in front of my eyes.

Cub #2: Have you seen a doctor?

Cub #1: No, just green, yellow, and blue spots.

Cub #1: (Singing) Soap, soap, soap

Cub #2: What are you doing?

Cub #1: Oh, just singing a few bars.

Cub #1: There's been a robbery in my backyard!

Cub #2: What happened?

Cub #1: Two clothespins held up a pair of pants.

Applause

York Adam Council

Big Hand Applause: Leader says "Let's give [name] a Big Hand." Everyone holds up one hand with palm out.

Big Hand With Feeling Applause: Leader says "Let's give [name] A Big Hand." Everyone holds up one hand with palm out. Then leader says "With feeling" and everyone "feels" with their hand while it's up in the air.

Broken Arm Applause: Hold your arm out, hanging limp from the elbow, and shake it.

Fred Flintstone Applause: Shake hands over head and yell "Yabba-dabba-doo!"

Whip Applause: Pretend to snap a whip and yell "Yee-Haw!"

Pole Vault Applause: Stand your ring and middle finger of one hand on the opposite arm (like legs). Have them "run" down your arm toward your wrist, soar into the air, and land as a single clap with both hands.

Relay Applause: Have one Cub in each row or section start this one. They will clap twice and then clap the hand of the person next to them. They continue to clap in unison in this manner until everyone in the room is clapping.

SKITS

Shrinking Oil Skit

Viking Council

Two boys are talking about muscle building. One, proudly posing and flexing, is asked by the other how he developed such a great body. The first boy tells him the secret is to rub down with oil every night. The second boy decides that this is a good idea.

The next day both enter, with the second boy crawling on his knees. "I shrank!" he exclaims, "I thought you said it would work!"

Well, it does work for me. What kind of oil did you use?"

"Crisco."

No wonder you shrank, that's shortening!"

Happiness Is - Misery Is

Cast: 2 to 8 Cub Scouts, or more, (Cubs alternate; first boy says: "Happiness Is" second boy says: "Misery Is")

Props: Hold up cards or cardboard cutouts (painted) of smiling and sad faces that boys can make themselves.

1st Cub: Happiness Is, Hearing your Dad has won an all expense paid trip to Hawaii.

2nd Cub: Misery Is...when you find out that the trip is for two and you have to stay home with a baby-sitter.

1st Cub: Happiness Is...When your Dad drives you to school in his brand new car and all your friends are there to see you.

2nd Cub: Misery Is, When you get out and the door falls off and lands on your toes.

1st Cub: Happiness Is, When your Mom takes you and your friends for a ride in her new convertible with the top down.

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BALOO'S BUGLE

2nd Cub: Misery Is, When it starts to rain cats and dogs and the top won't go up.

1st Cub: Happiness Is, When you're flying in outer space in a big space ship and you are in command.

2nd Cub: Misery Is, Waking up with a big headache after you've fallen out of bed from the top bunk.

1st Cub: Happiness Is, Getting a to do it yourself - build your own motorcycle kit and your Dad is going to help you put it together.

2nd Cub: Misery Is, Opening the box and finding the instructions written in Japanese.

1st Cub: Happiness Is, Getting a bike for your birthday.

2nd Cub: Misery Is, When you find it has three wheels.

Otetiana Council

PAIN IS WHERE YOU FIND IT

Greater Cleveland Council

Cast: Doctor, Patient (Add extras according to the number of boys in den)

Setting: Doctor's office

Doctor: Good morning Mr. Smith

Mr. Smith: (Bending over in pain.) Oh, Oh, this pain!

Doctor: Where does it seem to be?

Mr. Smith: In my back. I can't straighten up.

Doctor: When did the pain start?

Mr. Smith: This morning when I was getting dressed.

(At this point the Doctor examines Mr. Smith. He can call in other specialists to look at Mr. Smith too.)

Doctor: (Bending over and doing something to patients legs.) There now, try to straighten up.

Mr. Smith: (Flashing a big smile.) Doctor! My pain is all gone! It's a miracle!

Doctor: Of course it has, your suspenders were fastened to your socks.

Pow Wow 1993

Muscle Building Champs

York Adams Council

Cast: 6 boys in uniform holding props as described below.

Setting: All boys come on stage and one at a time step forward and speak their lines.

All: We all excel in building muscles
We're champs at that, you see.
Just listen to our stories
And we're sure you will agree.

1st Cub: I hold the title of strongest in my den
Do you suppose it's because of my friend?
(Holds up toy skunk. Other boys hold their noses.)

2nd Cub: I'm known as the den's muscle man this year,
Most of my muscle is between my ears.
(Pulls out small hat from behind his back and tries desperately to fit it on his head.)

3rd Cub: I hold the title of fastest of all,
I'm first in line for the chow basket call.
(Pulls out bag of cookies and begins eating.)

4th Cub: I'm known as the champion of the high jump,
One time I missed and got a big lump.
(Rubs head, with painful expression on face.)

5th Cub: To keep in shape, I exercise each day,
I wonder why my muscles turned out this way.
(Removes sweatshirt to show colorful padding on arms and legs.)

6th Cub: I'm the champ at making things disappear, you see,
Watch us all disappear, as I count to three.
(He counts slowly 1-2-3 as curtain closes.)

Torrey Pines Pow Wow '74

The Annual Physical

York Adams Council

Characters: Doctor - wearing white shirt backwards and cardboard headband that has foil circle attached. 5 Cubs - wearing shorts and cub tee shirts and bandages where indicated in skit

Setting: Doctor is sitting at his desk that has large "DOCTOR IS IN" sign. On desk are large medicine bottle, cardboard picture of ribcage (or real x-ray), pencil and index cards. Desk is at center stage with 5 chairs placed near it. Patients enter together jogging and flexing their muscles.

Patient 1: (To others) Well today is the day for our annual physicals. As Cub Scouts we should stay in good physical shape.

Doctor: Come in, come in. Please sit down.

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BALOO'S BUGLE

Cub 2: Sorry we're late doctor.

Doctor: Doesn't your watch tell time?

Cub 2: Oh no, I have to look at it.

Doctor: (To all) Now, let's check your sense of balance. Lift your left foot. (They lift left feet.) And now your right foot. (They lift their right feet.) Okay, and now both. (Cubs try this.) HMMMM (rubbing chin) Now tell me, do you have any special problems?

Cub 3: (Holding up x-ray) I'm worried because I swallowed a roll of film at our last Den Meeting.

Doctor: Don't worry. I'm sure nothing will develop. Next?

Cub 4: (Holding up bandaged finger) Tell me doctor, will I be able to play the piano when my finger gets better?

Doctor: (Looking at finger) Of course, of course.

Cub 4: Great! I never could play before.

Doctor: (To Cub 5) I see you look a little thinner.

Cub 5: Yes. I've been exercising regularly. This morning I touched the floor without bending my knees.

Doctor: Excellent! How did you do that?

Cub 5: I fell out of bed.

CLOSING CEREMONY

TOUGHEN UP Cubmaster Minute
Contributed by Scott Thayer
Sequoia Council, California

There is a TV commercial advertising a legal agency, in which a person says, "*Don't fool yourself; winning is everything.*" Some people have decided that they must win whatever game they're playing, no matter what it takes. Sports coaches and even parents sometimes put a lot of pressure on their kids to win. But there is something much more important than winning. That something is **doing your best**. As we get ready for a new school year, let's all decide that we're going to make this a year when we do our best, whether it's in the classroom, on the playing field, at home with our families, or at our place of worship. Never forget that if you do your personal best, then you are a winner, no matter what the final score happens to be.

WEBELOS

Two months ago I used the wrong Webelos Theme. You will find Artist and Traveler in the June issue. Naturalist and Forester should have been covered then, so I am covering them now.

Naturalist

Bird Slide

Greater St. Louis Area Council

Materials:

Art foam
Wiggle eyes
Pipe cleaner
Glue
Paint

Cut a bird out of art foam, color of your choice. Paint on details and glue three pieces of pipe cleaner on for tail. Glue on eyes and pipe cleaner on back.

Bird Brush

Greater St. Louis Area Council

Use a clear scrub brush for this easy feeder. Melt some bacon grease or lard in a pan, then dip the brush into it. Sprinkle birdseed mix onto the bristles. As the fat congeals, the seeds will stick. Tie the brush to a tree in a safe spot.

Phenology

Phenology is the study of periodic changes in plants and animals as they respond to weather, climate, and the seasons. Each spring we anxiously await the first returning robin in the hope of warmer weather. Or I look for the returning Goldfinch. That is a phenological event. It happens every year but the return date depends a lot on the weather. Migration and flowering are two more examples of phenological events.

One good thing about personal observations is that anything in nature is fair game. The arrival of the first robin or goldfinch in spring might be a typical entry in a phenologist's notebook. Another might be the first observation of a flashing firefly in summer. Or how about the return of those pesky dandelions. The last snow or frost of Spring, or the date of the first mosquito bite of the season are entries for the budding Phenologist. It is a matter of selecting subjects of interest and then setting up a routine for collecting and comparing your data.

The best observations for comparison purposes are those that are made from the same location from year to year. For plant life, a specific site (such as a flower garden) is commonly used. Sometimes, the same plant is a good indicator. For birds, migration, mating rituals or nesting dates are frequently recorded. Birds using flyways migrating from the south back north is yet another observation. The last snow or frost of Spring, the date a local lake freezes in the autumn or the date of the first mosquito bite of the season are all phenological

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possibilities. A good thing about personal observations is that anything in nature is fair game

Phenology Calendar

Greater St. Louis Area Council

Buy or print blank calendar pages on your computer and have the boys fill in the dates for the month. Post the calendar in the kitchen, so it's handy to jot down "things of nature". List one or two things each day; cardinals at the bird feeder, grass turning green. Full moon in the sky, etc. Encourage the boys to keep a phenology calendar for a whole year. Then they can look back and compare nature's cycles.

The Nut Collectors

Greater St. Louis Area Council

Six squirrels began to gather hickory nuts and put them into a large basket. The squirrels worked so fast that the number of nuts in the basket was doubled at the end of every minute. The basket was completely full at the end of ten minutes. How many minutes had it taken the squirrels to get the basket half full.

ANSWER--If the number of nuts in the basket doubled at the end of every minute, the basket must have been half full in nine minutes. Then, after one more minute, the half would be doubled, thus filling the other half of the basket.

Rare Bird Facts

Greater St. Louis Area Council

1. What is the fastest flying bird?
2. How high can birds fly?
3. What is the Nebraska State Bird?
4. What bird has become extinct in the last 75 years?
5. Why do all birds build nests?
6. Name two "major league" birds.
7. Which birds can fly backwards?
8. What bird is known for its famous deliveries?
9. What is the largest bird in North America?
10. What is the smallest bird in the world?
11. List three birds that **cannot** fly?
12. What color is a bluebird?

ANSWERS

1. Swifts have been timed at 200MPH.
2. A vulture has been seen flying at 25,000 feet.
3. Western Meadowlark
4. Passenger Pigeon
5. Birds build nests to "house" their eggs while they incubate.
6. Cardinal and Oriole
7. Hummingbirds or any bird using fluttering flight.
8. Stork
9. Trumpet Swan

10. Bee Hummingbird of Cuba - 2.25" long
11. Kiwi, Penguin, Ostrich
12. It appears blue because of reflection and diffraction of light due to the structure of feathers.

Animal Footprint Casts

Greater St. Louis Area Council

Animal footprint

Small shovel

Cardboard or plastic containers

Plaster

Piece of Cardboard, wood, or trowel

Paint

The boys would probably enjoy having a permanent record of critters in the area. This activity shows you how to do just that.

First, find footprints. Check your garden or flowerbeds. A walk through the park or woods will undoubtedly yield some interesting signs of life. Dig up the prints with a small shovel, maintaining enough dirt on all sides to keep it from falling apart.

Carefully place the footprint in a cardboard box or plastic container.

When you return home, mix up a batch of plaster (buy it at the hardware store and follow the directions). Pour the plaster into the footprint and let it harden. (If the soil containing the print is dry, moisten it with a spray bottle first so you'll have a smooth cast.) Even the top of the plaster with a piece of cardboard, wood, or trowel.

Once the plaster has dried, after fifteen minutes or so, brush off the dirt, turn over the cast, and you should have an excellent replica of the bottom of the animal's foot.

Allow the cast to dry completely overnight and then paint it, if you like. Let your child's friends and relatives guess its origins.

Now, just what is that creature that's been prowling around the backyard?

Two months ago I used the wrong Webelos Theme.

You will find Artist and Traveler in the June issue.

Naturalist and Forester should have been covered then, so I am covering them now.

Forester

Freebies to send away for

Free fact sheets on floods, drought, ground water

National Water Information Clearinghouse

USGS

432 National Center

Reston, VA 22092

Free Hands On kit

Energy Efficiency and Renewable Energy Clearinghouse

EREC

Box 3048

Merrifield, VA 22116

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Call 1-800-363-3732

E-mail address: energyinfo@delphi.com

Trapper Trails Council

Ten year old boys and trees are natural companions. To these boys a tree is good for climbing, swinging from, or building a tree house. Through the Forester Activity Badge, it is hoped that the boy's appreciation for trees may be expanded.

In earning the badge, the boy may learn how trees grow, or how to identify them, or how to plant and care for them. Hopefully; he will learn how important a role they play as one of our natural resources. Careless people start 125,000 forest fires each year. The Webelos Scout should learn how to prevent becoming a part of that statistic. Later, when he becomes a Scout, the boy may wish to continue the study of trees with the Forestry Merit Badge. It is certain he will spend a lot of time in the woods, hiking, camping and adventuring. This is just the beginning of his life-long friendship with trees. He should learn not to use his knife or axe on live trees, the difference between green and dry wood, and which is best for campfires.

Tree Slide

Greater St. Louis Area Council

Materials:

Art foam

Pipe cleaner

Paint

Glue

Cut a tree out of green art foam and trunk out of brown art foam. Glue trunk to bottom of tree. Decorate with paint. Glue pipe cleaner on back.

Tree Quiz

Greater St. Louis Area Council

1. Which tree has the softest wood?
2. Which tree is shaped like a vase?
3. Which trees are the tallest?
4. Which trees are the oldest?
5. Which tree has a leaf shaped like a mitten?
6. Which tree gives maple syrup?
7. Which tree has paper-thin bark?
8. Which tree is used for baseball bats?
9. Which tree is suited to make your pencils?
10. Which conifers lose all their needles in the fall?
11. Which evergreens bear berries instead of cones?
12. Which broad-leaf keeps its leaves all year?
13. What part of the tree is used for making paper?
14. What part of the tree gives us turpentine?
15. Which tree is our most important lumber tree?
16. Which trees are softwoods?
17. Which trees are the hardwoods?
18. Which trees are often called "Stinkweed"?

19. Which tree is used for making matches?

20. Which tree is used to make spoons?

ANSWERS:

1. Balsa
2. Elm
3. Redwood
4. Sequoia
5. Sassafras
6. Sugar and Black Maple
7. White Birch
8. White Ash
9. Red Cedar
10. Larch and Bald Cypress
11. Yew Cedar Juniper
12. Live Oak
13. Cellulose
14. Long Leaf and Bobolly Pine
15. Douglas Fir
16. Evergreen
17. Deciduous
18. Ailanthus
19. Aspens
20. White Birch

Web Sites

Fast Start Training

<http://www.bsa.scouting.org/cubscouts/faststart/>

Tons of Cub Scout Information

<http://usscouts.org/cubscouts/index.html>

<http://www.geocities.com/Yosemite/9152/>

<http://www.creighton.edu/~bsteph/pack114/>

<http://dns.advnet.net/chuckh/>

Toughen Up

Active Kids

<http://www.thriveonline.com/kids/active.html>

Studies on Children and Exercise

<http://www.kid-fit.com/studies.htm>

Why drinking water is the way to go

http://kidshealth.org/kid/stay_healthy/food/water.html

Staying Healthy (lotsa great links)

http://kidshealth.org/kid/stay_healthy/

Children and Activity Facts

<http://www.justmove.org/fitnessnews/healthf.cfm?Target=kidsfacts.html>

Benny Goodsport

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

KIDD Safety

<http://www.cpsc.gov/kids/kidsafety/index.html>

Food Safety Quiz

http://www.fda.gov/oc/opacom/kids/html/wash_hands.htm

Theme Songs

Tarzan of the Apes

<http://www.pinetrebsa.org/hinds/songbook/songbook.htm>

Hello, My Name is O

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<http://www.iinet.net.au/~oneilg/scouts/songs/songbook.html>

Here We Sit

<http://www.iinet.net.au/~oneilg/scouts/songs/songbook.html>

Environmental E-Patrol

<http://www.sprint.com/epatrol/>

CRAFTS

Here is a cute idea Pack 569 of Olay, PA did for their Blue & Gold theme of The Civil War

<http://www.craftideas.com/ccci/articleDetail/0,2918,913,0,0.html>

Toilet Paper roll crafts (more for Tigers)

<http://pages.ivillage.com/pp/wheres2ndgear/ceasytprcrafts.html>

Can't find enough Skits-check out these pages

<http://clipart.ussscouts.org/ScoutDoc/CubSkits/>

<http://clipart.ussscouts.org/ScoutDoc/Skits/>

POW WOW Books

<http://clipart.ussscouts.org/ScoutDoc/PowWow/Books/>

WEBELOS

Artist

Dictionary of Art Terms

<http://www.art-wow.com/HTML/glossary.html>

Communicator

<http://www.soton.ac.uk/~scp93ch/morse/index.html?http://www.soton.ac.uk/~scp93ch/morse/trans.html>

Forester

A single click will plant a tree

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

Geologist

<http://www.kidsvista.com/Sciences/geology.html>

The Gem and Rock Mineral Kingdom

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

Smithsonian Rock & Gem Collection

<http://galaxy.einet.net/images/gems/gems-icons.html>

Naturalist

Hiking Homepage

<http://www.teleport.com/%7Ewalking/hiking.html>

Showman

Piano Education Page

<http://www.unm.edu/~loritaf/pnokids.html>

Pack 9 (Carthage, MO) and Pack 21 (Carterville, MO) crossover ceremony--FANTASTIC--check it out!

<http://troop.bsa9.com/Ceremonies/Crossover2000/Crossover2000.html>

William Tell Overture

http://www.dalelaw.com/music/William_Tell_Overture.midi

Just for fun

Contacts for getting a US Flag

Senators

<http://www.senate.gov/senators/index.cfm>

House of Representatives

<http://www.house.gov/house/MemberWWW.html>

LinScouts@aol.com has started a skit club where you can place some of your favorite scouting skits

<http://clubs.yahoo.com/clubs/scoutingskits>

Australian Cub Scouting

<http://members.iinet.net.au/~oneilg/scouts/cubs/Resources>

The scouting graphics for all levels of scouting are available on line at

<http://usscouts.org/cd/index.html>

or you can get it as a CD

Why A CD?:

For years we have been maintaining a free online library of Scouting images. Over the years many Scouters asked about how to go about having their own copy of all the images on the ftp site so that they could take the library with them on Scouting events.

This USSSP CD-ROM contains over 16,000 images (approximately 5,000 unique images in multiple formats) and 1,500 documents from our Clipart & File Library Site.

Purchase Your Copy of the CD: If you would like to purchase a copy of the CD you can use our order form. If you have suggestions for what you would like to see included on the next version of our CD, please drop us a line.

Download the Same Resources for Free: Remember, you don't have to buy a CD to use any of our free resources. Please feel free to browse our Clipart and File Library and download anything that will help you or your Scouting organization. We built the Clipart and File Library for the purpose of making Scouting resources available to Scouts and Scouters to further the aims of Scouting.

Need Something You Can't Find At USSSP: If you can't find what you need, please let the U.S. Scouting Service Project know and we'll see what we can do.

Contributions Welcome: If you have clipart, documents, or other stuff that you'd like to share, please let us know. We are always looking for new material to add to the library.
Versions and Future Plans:

Version 1.1 of the USSSP CD has a new cover to indicate that it was produced by USSSP (Version 1.0 was produced by our fulfillment agent). The contents are the same as Version 1.0.

We are currently considering the production of a Version 2.0 CD with more content and resources.

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