



BALOO'S BUGLE

Volume 11, Number 4

November Cub Scout Roundtable

December Cub Scout Theme

HOLIDAY FOOD FARE

Tiger Cub Achievement 2 & Activities

Webelos Craftsman & Scientist

FOCUS

Cub Scout Roundtable Planning Guide

This Month Cub Scouts and their families will enjoy the great holiday tradition and custom of **FOOD!** But wait – along with eating delicious food comes good health and fitness. Yes, it is important to try to balance the tradition of enjoying good food during the Holiday Season with good health and fitness.

CORE VALUES

Cub Scout Roundtable Planning Guide

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

- ✓ **Family Understanding**, Boys will involve their families in holiday traditions and possibly start some new ones.
- ✓ **Personal Achievement**, Boys will set their own goals for good health and fitness.
- ✓ **Respectful Relationships**, Boys will learn about the holiday customs and traditions of others.

The core value highlighted this month is:

- ✓ **Health and Fitness**, Boys will learn “you are what you eat,” and understand the personal commitment for good nutrition.

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

COMMISSIONER'S CORNER

I love doing Christmas in November. Drives my wife crazy. Gets our house moving with new ideas for the upcoming holidays. This year's December Theme is a great one for getting families working together to create something for many to enjoy. But don't forget about working in the Core Value of Health and Fitness by healthy eating. I made a great discovery this month – www.5aday.com an organization that promotes eating your colors to get your 5 to 9 servings of fruits and vegetables. I spoke with a representative and they have some really great stuff. Kathy on my RT staff says there stuff is great and the kids at her school compete to see who can eat the most colors!! My wife and I are trying the colors to improve our diets.

So we may have two speakers at Roundtable – a lady from www.5aday.com and a nutritionist from our local hospital, The Memorial Hospital of Salem County. She told me they have a fun education program for school groups and could show it to our Cub leaders. Don't overlook this resource when planning your RT and Pack Meetings.

I put in lots of theme related material (including a greatly expanded Cub Grub section) and loaded in some Holiday crafts so Baloo is a little larger than usual this month. Pow Wow books were split. Some followed the theme very well but had almost no Holiday stuff. Others were compendiums of years of cub scout Holiday stuff. I have three Audience Participations and a story this month but I know I will do “The House Where Santa Claus Lives” from my “How To Book” If I didn't, my pack would shoot me.

When reading Baloo, please check out all the parts. Even the Tigers, there is a great list this month, **From A to Z What Families Can Do To Help Their Communities**. It has lots of good ideas for everyone in the Scouting program from new Tiger to 21 year old Venturer.

Thanks to **Pat** from Baltimore Area Council for my Commissioner Dave edition of their Pow Wow book. And to those of you **Jim** from Great Salt Lake (and few others) who told me about copying text from Adobe to Word. Jim sent me a CD to help. Thanks. **Wes** from Circle Ten has promised me a CD after his Pow Wow is over. I have one coming from Chief Seattle Council, too. **Lisa** from Minsi Trails who took over from a 14 year veteran CS RT Commissioner wrote for help in getting Pow Wow books. Her council stopped making Pow Wow books when they went to the University format. I suggested some councils with good books and said she should call and ask.

Someone said to me this month, Baloo is used at more RTs than the official stuff. If that's true it's disturbing. It is, also, not the purpose of Baloo. Baloo is intended to supplement “CS Program Helps” and “CS RT Planning Guide” and “The How To Book” and other publications just as a Pow Wow book supplements those publications. There are ten purposes to Cub Scouting and twelve Core Values, the BSA materials suggest activities to help Cub Scouts learn those purposes and values in a subtle way (“More is caught than taught,” we always say). My CS RT Planning Guide has notes explaining why certain games, songs, skits, ... were chosen and what value or purpose they help the boys learn. Please be sure to read through the material

before planning so you know how to properly focus your meetings. Baloo is a great collection of Cub Scout stuff but please use it with care.

Similar Themes to Look at for Ideas

Baltimore Area and Santa Clara County Councils
If you have old CS Program Helps, CS RT Planning Guides for these months, check them out for more theme related ideas. Also, Baloo is available on the Web for back from before I started reading it. CD

- | | |
|---------------|---------------------------------|
| May 1978 | Growing Food |
| July 1978 | Come and Get It |
| June 1987 | Come and Get It |
| December 1987 | Happy Holiday |
| May 1998 | Kitchen Chemistry |
| December 1998 | Let's Celebrate! |
| December 1999 | Holiday Magic |
| March 2000 | Cub Grub |
| Dec. 2000 | What Do You Do at Holiday Time? |

PRAYERS AND POEMS FOR SCOUTERS

Bless Our Cub Scouts

Baltimore Area Council

Note - can be sung to "Bless This House"

Baltimore Area Council recommends this prayer of an Opening Ceremony. Our Pack always has an Opening prayer as part of our Opening ceremony. If you don't, please think about it. The CS Program helps and CS RT Planning Guide each have an appropriate prayer that you could use. CD

Bless our Cub Scouts, Lord we pray,
 Keep them healthy, all the day.
 Let them know their Cub Scout sign,
 Have it always on their mind.
 If they do, we promise them
 They'll become good future men.
 Hear their prayers at night and day,
 Guide them, Lord, along their way.
 Amen.

What Cubs Are Made Of

Baltimore Area Council

Cub Scouts are made of all of these,
 Scarves of gold, patches on sleeves,
 Trousers of blue and well-worn knees,
 That's what Cub Scouts are made of.
 They're partly Indians, of fringe and feather,
 And beads and buttons and bits of leather,
 With war-paint and freckles mixed together,
 That's what Cub Scouts are made of.
 They're made of a promise, a pledge and a prayer
 Of hands that are willing, of hearts that play fair,
 With something inside them that God put there,
 And that's what Cub Scouts are made of.

Opening Prayer

Cub Scout Roundtable Planning Guide

We give thanks for the pleasure of gathering together for this occasion. We give thanks for this food prepared by loving hands. We give thanks for life, the freedom to enjoy it all

and all other blessings. We pray for good health and strength and to live full, kind lives. **Amen**

COMING OF AGE, 1929

R. H. Kiernan, *Baden-Powell*, 1939

The 3rd World Jamboree was held at Arrowe Park, Birkenhead, England in 1929. It was known as the "Coming of Age" Jamboree as it celebrated 21 years since the foundation of the Scouting Movement.

The great movement which Baden-Powell had founded and nurtured came of age in 1929, when the occasion was celebrated by a World Jamboree held at Arrowe Park, near Birkenhead, where a campsite of 450 acres was provided free of charge.

By ship, rail, airplane, and road the Scouts moved towards Arrowe Park. Indians walked a hundred miles through mountain and jungle to reach railheads; Germans hiked from Grimsby; poor English Scouts reached Birkenhead on foot from great distances; and some Americans arrived from Plymouth by a trek in a covered wagon. The camp was a mile long by half a mile broad, and 56,000 Scouts of all nationalities camped together. 1,500 Americans marched with the Stars and Stripes, accompanied by contingents from the Dominions and Colonies, black, brown, and yellow, under the Union Jack; red fezzes, kafiyeh, turbans, and the varied headdresses of the European countries mingled together. The different nations acted scenes from their history—Sioux war dances, Irish battles of heroes, Caractacus and the Druids of Wales, and the Belgians' play of St George and the Dragon. There was again the wonderful dancing of the Scots, a Wolf Cub display, and all the demonstrations of handicraft, bridge building, first aid, and physical training. Campfire sing-songs, concerts, and cinema shows were organized, as at Wembley, and the Prince of Wales again slept under canvas in the Scout camp.

The Jamboree ended with a Farewell March Past to the Chief Scout, the Scouts of all nations, arm in arm in lines of twenty-five, marching with their flags, hats on staves, and cheering wildly. Then the Scouts formed a great wheel—the "Wheel of Friendship"—round Baden-Powell. "Here is the hatchet of war, of enmity, of bad feeling, which I now bury in Arrowe," said Baden-Powell, and drove a hatchet into a barrel of arrows. Then he continued: From all corners of the earth you have journeyed to this great gathering of world fellowship and brotherhood. Today I send you out from Arrowe to all the World, bearing my symbol of peace and fellowship, each one of you my ambassador bearing my message of love and fellowship on the wings of sacrifice and service, to the ends of the earth. From now on, the Scout symbol of Peace is the Golden Arrow. Carry it fast and far, so that all men may know the brotherhood of man.

Then B.-P. sent four golden arrows to the four points of the compass, and they were passed from hand to hand through the nations of the world. His final message was then given:

"I want you all to take back to your countries a good account of Great Britain and all the boys you have met here, and the people who have tried to be good to you. Of course, any can see the bad points in people or a country, but a good Scout will look out for the good points in other people. I want you

to remember the good points in us and forget the bad ones. Tell your friends in your own countries all the good you can about us, so that we can all think better of one another. Go forth from here as ambassadors of goodwill and friendship. Each one of you Scouts, no matter how young or small, can spread a good word about this country and those you have met here. I can only say now "Good-bye to you. Farewell." . . . Try to carry on your Scout work in the meantime. Try to make yourselves better Scouts than ever. Try to help other boys, especially the poorer boys, to come and be happy, healthy, and helpful citizens like yourselves. And now, farewell, good-bye, and God bless you all."

This was in the 2003 Circle Tem Pow Wow Book

Frank Borman's Prayer

Broadcast from space while on a moon-orbiting mission in December 1965.

"Give us, O God, the vision which can see Thy love in the world in spite of human failure. Give us the faith to trust Thy goodness in spite of our ignorance and weakness. Give us the knowledge that we may continue to pray with understanding hearts, and show us what each one of us can do to set forward the coming of universal peace."

The Baltimore Area Council recommends this be done as a closing with everyone holding hands in a large circle.

TRAINING TIP

Gathering Activity
Southern NJ Council

GOOD GATHERING ACTIVITIES

1. Are age appropriate
2. Keep the boys' interest
3. Are not complicated
4. Are not mandatory
5. Can be terminated at any point
6. Tested at home first!

RESOURCES

- Roundtable
- Program Helps
- Cub Scout Leaders How-To Book
- Cub Scout Magic
- Scouting Magazine
- Boys' Life Magazine
- Roundtable
- Pow Wow Books
- Den Chief's Handbook
- Children's magazines
- Coloring Books
- Public Library
- Puzzle Books
- School "Fun" sheets
- Other Cub Scout Leader training:
 - Cub Scout Leader Basic
 - Powwow
 - Outdoor Webelos Leader (OWL) Training (NOT just for Webelos Leaders)
- The Internet!

SAMPLE GATHERING ACTIVITIES

FUN PAGES

Fun pages can include mazes, color pages, crosswords, word searches, school pages and short answer pages. These are great if you don't have a lot of space in your meeting room, and they generally require only a pencil or colors. They can serve a dual purpose if they touch on one of the topics that will be covered in more detail later on in the meeting. It's actually fun to make some pages yourself!

MEMORY TRAY (also known as Kim's Game)

Make up a Memory Tray with 12 simple items spaced out on a tray with a cloth to cover it all. As each scout arrives, give him a piece of paper and a pencil. Then uncover the tray for him (and him alone) for one full minute (be sure to time it). He has four minutes to write down what he can remember was on the tray. Talking is not allowed until ALL scouts have turned in their paper. Spelling is not an issue. Some suggested items: clothespin, pencil, button, fork, dime, key, postage stamp, nail, shoelace, ball, bottle cap, lipstick.

JIGSAW PUZZLES

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

HELPS OTHER PEOPLE GAME

As the Tigers and their partners or Cub and Parents arrive, the name of a famous person, organization that "HELPS OTHER PEOPLE" is pinned on the back of each person without them seeing the name (or you can use pictures if available). They must go around the room asking questions of other people to try to guess who they are. They can only ask one person three questions before they have to go to another person. Questions must have yes or no for answers. Some ideas for names include:

- | | |
|--------------|--------------------|
| Superman | Mother Theresa |
| Santa | Salvation Army |
| Batman | Red Cross |
| Mighty Mouse | Martin Luther King |
| Lassie | Lone Ranger |
| Wonder Woman | Rudolph |
| Jerry Lewis | Abraham Lincoln |
| Wizard Of Oz | |

I am sure you could think of other ideas for other themes.

PACK ADMIN HELPS

SERVICE PROJECTS FOR DEN & PACK

Southern NJ Council

Along the trail of Scouting, we promise...to "HELP OTHER PEOPLE", and that, "THE CUB SCOUT GIVES GOODWILL". It is important for a Cub Scout to gain an understanding and experience the satisfaction in helping those less fortunate than himself.

Do the Cub Scouts really know the meaning of:

*" I _____, promise to do my best
To do my duty to God and my country,
To help other people
To obey the Law of the Pack."*

“To help other people” not only is said each time the Cub Scout Promise is recited, but should also be lived daily by all Scouts.

By organizing home and community service projects, you will be giving your Scouts the opportunity to “reach out” into a wider community, making them feel a part of their community, and to recognize the importance of good citizenship. Your pack could select one or more service projects to work on throughout the year. Thanksgiving and Christmas are common service project times of the year, but the need exists year round. Collect food and clothing in your neighborhood to donate to a shelter for the homeless; families need warm weather clothing, too. Perhaps your pack could adopt a family for a year; help them with their food, clothing needs, and presents during the holidays.

As stated on the BSA Web Site, <http://www.goodturnforamerica.org/> - “From barn raisings to soup kitchens, ordinary Americans have always made an extraordinary difference in the lives of their neighbors and in their communities by lending a helping hand. Today, America needs the service of its citizens more than ever. Hunger, lack of adequate shelter, poor health—these are issues that affect all of us. The Boy Scouts of America believes that we can do something about these issues—if we work together. That's why we've created Good Turn for America. Good Turn for America is a collaboration with The Salvation Army, Habitat for Humanity, American Red Cross, and thousands of other community organizations that focuses the power of volunteerism on these important community issues.”

Packs can arrange to do on going projects for which responsibilities can be rotated among the dens. Volunteer to pick up trash and litter once a month around your neighborhood or church; each den takes a turn. Organizations which serve food to the homeless on a regular basis may need volunteers as servers, or for bussing tables; pick one day a month with each den taking a month to serve. Your den could provide entertainment and or companionship to the elderly in the nursing homes; wear costumes and present a skit or sing a few songs. Give a puppet show to boys and girls at the children’s hospital. Collect magazines and donate them to nursing homes or hospitals; gather games, books, and puzzles to take to a day care center. Rake leaves for an elderly couple in your neighborhood.

One great way to encourage the Scouts to “Do a good turn daily” is for you to set a good example at den and pack meetings through your words and deed. When the boys see the adults around them picking up the trash after refreshments at the pack meeting, or stopping to help someone, they’ll feel the need to repeat your lead.

- Before beginning a service project two things are essential.
- ◆ Consider the boy’s age.
 - ◆ Regardless of age, how mature are they?

You must have sufficient leadership, two deep obviously. Decide when you will be doing your service project; in the den meeting or on a weekend. Requiring every Scout to get to the location on their own usually means a parent has to come and stay giving you plenty of adults to help.

When you are ready to pick out a project, don’t do it alone. Get the Scouts involved in decision making. Give them a few ideas and let them choose democratically.

Make contact with organizations and **GET PERMISSION.** Set a date in advance and inform parents.

For safety, if parent is not present at service project, get a signed permission slip.

If service project is not for the chartered organization you are with and you must travel. **GET A TOUR PERMIT.**

Follow through with your plans.

Limit the awards or recognition to a verbal thank you or appreciation, or at most, write it up in the newsletter. Credit can be given in their Scout handbooks. Remember keep it simple. Boys should learn that the true reward is the feeling you get when you help.

Service, best exemplified by the daily Good Turn, has long been a tradition in Scouting. Good citizenship is best taught by service in action. To get the most Cub Scouting has to offer, boys should have opportunities to take part in den and pack service projects. 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. They will experience a warm feeling that comes from giving service to others.

Below are some suggestions for service projects that Cub Scouts will enjoy:

- ✓ Organize a spring cleanup.
- ✓ Assist a person with special needs or an elderly



person in the neighborhood. Rake their yard, wash widows and screens, run errands.

- ✓ Conduct a paint and cleanup project at the building and on the grounds of the chartered organization.
- ✓ Paint drums or other containers with lids for use as litter containers.
- ✓ Adopt a stream. Clean debris and litter from a section of a nearby stream.
- ✓ Send a care package to American troops.
- ✓ Man a water station at a fun run.
- ✓ Help pack Red Cross Friendship boxes.
- ✓ Clean up the telephone poles of old signs.
- ✓ Donate a tree for Arbor Day to a park.
- ✓ Adopt a police or fire station and send Thank you's and goodies.
- ✓ Do a fire prevention program for a day care center.

These are only a few ideas for service projects. You'll find many more in Cub Scout and Webelos Scout Program Helps and other Scouting literature.

Also, go to <http://www.goodturnforamerica.org/> and find others. Be sure to log your service hours here so everyone can see the good things our Scouts are doing.

Cub Scouts like being helpful. Scouting has always emphasized the Good Turn, and boys are never too young to start doing things for others. Scouting can offer one antidote to the many messages focusing on self-interest that boys receive from the media and the culture in general.

There are many ways to be helpful. Some service projects are "behind the scenes," like cleaning up the church parking lot or making gifts for people the boys will never see. Other services are provided directly to individuals. Both forms of service are useful and should be encouraged.

TIGERS

Tiger Totem Ceremony Baloo's Archives

This ceremony is designed to welcome new Tiger Cubs and/or groups into Tiger Cubs and I may be a little late in posting it. All of our tigers already have their Totems but put it away for next year. The Tiger ceremony prop can be made from wood. Paint a simple Tiger Totem on it and mount the candles or lights as shown. I use a large black circle that I Velcro to a display board. Then I have four round toes, each with a picture for the part being read. The ceremony was based on the old Tiger Promise but has been modified to still be used. Don't hesitate to modify it even further if you wish. You may want to break the Narrator part into several – Cubmaster, Tiger Leader, Committee Chair, ... speaking parts CD

Ceremony:

Narrator: When a boy becomes a Tiger Cub, he is just beginning a trail that will lead him through Cub Scouting and into Boy Scouting. This Tiger Cub Totem (hold up) is a symbol of the first part of that trail, the Tiger Cub trail, one



that you will walk with your adult partner during the coming year as you search, discover, and share the world around you. Tonight I would like to present to each of you this totem to wear on your uniform. It is to remind you of all the fun you will have while working on the Tiger Badge this

year with your partner. As you progress through Tiger Cubs and finish each achievement requirement, you will be presented a bead to hang from your Tiger Totem. There are White beads for Family Activities, Orange beads for den activities, and Black beads for Go See It activities. The Tiger Totem has a special meaning for you. Listen carefully as we explain it.

Tiger Leader: The palm in the Totem represents the spirit of scouting (light the front candle). The spirit of scouting is one of helping and friendship. Each toe has a special meaning for you, too. Listen close.

Cubmaster: The first toe is (light first candle) to remind you to of your duty to God. Your parents and religious leaders teach you to know and serve God. By following these teachings, you show your love to God.

Asst CM: The second toe is (light second candle) to remind you to love your family. A Tiger Cub should always be kind and helpful to his family. By helping your home to be a happy place, you show your love to your family.

Asst. TL: The third toe is (light third candle) to remind you to love our country. This means being a good American. You help your community in any way you can. By being a good citizen, you show your love to your country.

Cubmaster: The fourth toe is (light fourth candle) to remind you search, discover and share in our world. The world we live in is a big and beautiful place. There are many things to learn. As a tiger cub, you will learn a lot about your world. Now, each time you see a Tiger Totem, it will help you to remember how to be a good Tiger Cub. Would all Tiger Cubs and their partners please stand and repeat the Tiger Cub motto.

"Search, Discover, Share"

Congratulations on completing your first step as Cub Scouts. Welcome! We are excited to have you in our pack.

I welcome all of you to the adventure of Tiger Cubs!

Cubmaster may now lead the pack in a Tiger "spelldown".

Give me a T---(audience yells T!)

Give me an I---(I!)

Give me a G---(G!)

Give me an E---(E!)

Give me an R---(R!)

What's that spell?----(Tigers!)

What's that spell?----(Tigers!)

What do they say?----(R-o-a-r!)

(or do The Tony the Tiger Cheer – "They're great")

Achievement #2 Where I Live

This achievement lets the boys learn about their communities. Learning about their communities will help them realize that when they take care of it the stronger it becomes. And they develop a sense of pride of their communities becoming good citizens of where they live.

Family Activity 2F -

Together with your adult partner, look at a map of your community. The map can be one your adult partner has, or a map that your adult partner draws with you. On that map locate your home, and find three places you like to go.

Places to find on the map could be your school, your place of worship, the place where you have your pack meetings, a

store, a park or playground, or the house of a friend or a relative.

If the choice is made to draw a map be sure to put this in their scrapbook.

From A to Z What Families Can Do To Help Their Communities

Southern NJ Council

- A. **Adopt** a stream, park or roadside to clean up and keep beautiful.
- B. **Bring** lunch to school in a lunch box. Save your paper bags.
- C. **Care** for toys so they will last longer. Then you won't have to replace them and can pass them on.
- D. **Donate** clothes that you have outgrown to a needy person or someone smaller.
- E. **Encourage** others to join you in collecting glass, newspaper and aluminum to be recycled.
- F. **Flatten** empty cans, boxes and other containers to they don't take up so much space
- G. **Get** in the habit of turning off the water when you brush your teeth. Turn it on only to wet your brush and to rinse.
- H. **Help** by caring about our wildlife & be very careful with matches.
- I. **Insist** on buying products that are biodegradable (they rot or decompose when discarded.) Most plastics are not.
- J. **Jog** or walk, ride a bike or scooter from place to place to save energy.
- K. **Keep** jars of cold water in the refrigerator so you won't have to run the tap water waiting for it to get cold.
- L. **Look** for the recycled symbol on products you buy.
- M. **Make** it a habit to cut each six-pack ring. These sometimes wind up in the oceans. Animals often get caught in them.
- N. **Never** litter. Always put your trash in a trash can.
- O. **Open** the blinds in the wintertime to let in the sun. Close blinds in the summer to keep out the sun's heat.
- P. **Plant** a tree to stop soil erosion, give you shade and give birds a home.
- Q. **Quit** buying products that have a lot of packaging.
- R. **Reduce** the amount of water you use to keep clean. Take showers, not baths.
- S. **Save** energy by asking your parents to turn down the thermostat.
- T. **Turn** off lights if you are the last person to leave a room. Turn off appliances if you are not using them.
- U. **Use** products made to be used many times, such as sponges or cloth towels.
- V. **Value** and appreciate your Earth. Realize that you can make a difference.

- W. **Watch** what you pour in the drain. Hazardous waste can get into the ground water.
- X. **eXamine** labels before using products. Certain household cleaners can be dangerous.
- Y. **Yearn** to do what you can to help our environment. Grow up to be an adult who takes an interest, too.
- Z. **Zip** to close doors and windows if they are opened when the heater or air conditioner is on.

Den Activity 2D -

This Achievement fits with the Citizenship Character Connection.

When we say the Pledge of Allegiance we show that we are proud to live in our country. If you are wearing your Tiger Cub uniform when you say the Pledge of Allegiance, give the Cub Scout salute and face the U.S. flag. You do not have to take off your Tiger Cub cap if you are wearing one. If you say the Pledge of Allegiance when you are not in uniform, remove your hat, and place your right hand over your heart. When you salute or place your hand over your heart, you are showing your respect for the flag.

Practice the Pledge of Allegiance with your den, and participate in a den or pack flag ceremony.

In discussing the Pledge of Allegiance, The Tiger Book stresses the point that "One Nation Under God" should be said as a continuous phrase without a pause in the middle.

From personal experience I know saying it this way (although hard at first) adds more meaning to the Pledge for me. Please teach this to your Tigers (and all Scouts).

Thank You – Commissioner Dave

Go See It Activity 2G –

One of the easiest ways to get to know your community is to go out and "do the town." Understand that each community is different and you may not be able to do in one community that you could do in another. The following is a list of suggested places besides the Police Station or Fire Station listed in the Achievement within many communities that the Tiger group could visit when working on this Achievement.

- ✓ Visit Town Hall. Learn what services are available for others within your community.
- ✓ Visit a bakery, a restaurant or store.
- ✓ Have a scavenger hunt. Plan the list of items that can be found locally.
- ✓ Plan a 'make believe' stay at home vacation.
- ✓ What other things can be done or visited in your area.
- ✓ Visit a nursing or retirement home.
- ✓ Take a tray of favors for the children's ward of a hospital.
- ✓ Visit community organizations that give aid to the needy.
- ✓ Visit a recycling center. Take aluminum cans and or plastic containers.
- ✓ Visit fire station, hospital or police station.
- ✓ Visit museums, zoos or historical sites.

WALK AROUND THE BLOCK

Circle Ten Council

Shadow Walk: Walk only in the shadows, that may require some jumping. (Don't plan this walk at noon since that is when shadows are their shortest)

Smell Walk: Sniff your way around the block. Write down the odors you recognize, and draw a picture of what causes those smells. Label how you feel about each smell.

Color Walk: Choose a color like red and walk only toward red object for as long as you can. Can you make it all the way around your block? Write a history of your color walk. You might try drawing a map of it.

Sound Walk: Listen your way around the block. Write down the sounds you recognize. Draw a picture of the things, which cause these sounds. Label how you feel about each sound.

Other Achievement #2 Ideas

York Adams Council

Gathering: Have a map of your community spread out on a table. As scouts and their partners arrive, have them mark on the map the location of their home. Compare distances between each Tiger and to the nearest store or local landmark of your choice.

Opening: For Tigers this is short and sweet. Remember the new slogan you are learning in Scouts---**KISMIF (Keep it simple, make it fun)**. Ask a Tiger and his partner to lead the group in the Pledge of Allegiance to the United States Flag. As group leader, explain the theme for this meeting and how you hope everyone will learn a little more about your community.

Information Sharing: Again this is as it sounds. Share any information coming from the Pack, i.e. When is Pack meeting, what do the Tigers need to do to prepare, when the next meeting will be and who is running it. Should there be expenses for the group, now is the time that money should be collected.

Activity: Using the map, that now has the group's homes located, start locating various other parts that make up a community. Go around the room and have each scout name another aspect of the community. Some of these may include: Fire Station, Police Station, Town Hall, Library, favorite restaurants, video store, personal place of worship, hospital or physician's office, and more and more and more. Take a minute with each suggestion and see if your group can tell you how this place helps the community. Believe me the video store will have a totally different answer than the police station.

Now it is time to get away from the table. Ask the boys to do an impromptu skit where they meet one by one on the street and each is going somewhere different. See how many places within the community they wish to go. This is the adult partner's time to see the hidden hams within their boys.

Closing: Congratulate the Tigers for a job well done on their skit. Remind partners of any future commitments and gather everyone in a circle for your closing comments. This can be just a single statement of what your community means to you. Thank everyone for coming and send them on their way.

Meeting Ideas

1. Draw a map of your community and include places of interest as listed from the group.

2. Make fire chief and policeman puppets as found in the Tiger Cub Resource book.
3. Play pin your town on the map, again described in the Tiger Cub Resource book.
4. Using a town map, plan and do a Town bike trip.

SPECIAL OPPORTUNITY

75 Years and Still Having Fun 75th Anniversary Awards

Lots of great ideas here!! Remember your Blue and gold can count as the pack, district, or council celebration commemorating the 75th Anniversary of Cub Scouting. Looking for games from the 30's?? Sorry, Baloo doesn't go back that far. CD

Cub Scouts



**(For Tiger Cubs, Cub Scouts, and Webelos Scouts)
Complete Requirement 1 and complete 5 other activities.**

1. Participate in a pack, district, or council celebration commemorating the 75th Anniversary of Cub Scouting. (This could be a Blue and Gold Banquet.)
2. With an adult family member, talk to someone who was living in 1930 when Cub Scouting was founded. Find out what life was like for that person as a child – games played, subjects studied in school, family pastimes, and such. Draw a picture illustrating one of these activities.
3. With your den or family members, take part in a skit, song, or ceremony or tell a story about the history of Cub Scouting or the values it represents.
4. Make a puppet showing one of the characters from Rudyard Kipling's *The Jungle Book*. You can learn about these characters in the Cub Scout handbooks. Use your puppet in a puppet show.
5. Draw an illustration of the United States flag as it looked in 1930. Explain what changes have been made in the flag since then and why. Tell how you can show respect for the flag.
6. Participate in a pack, district or council derby. Decorate your entry to celebrate the 75th Anniversary of Cub Scouting.
7. Choose a sport from the Cub Scout Academics & Sports program. Learn about someone who has played this sport during the past 75 years. Play the sport with your den, pack, friends, or family.
8. Learn how some methods of transportation have changed in the past 75 years. Create a model or sculpture of one means of transportation that was used in 1930.

9. List five methods of communication commonly used today. Tell how many of these existed in 1930. Use one method of communication to invite a non-Scouting friend to a 75th Anniversary activity and invite him to join.
10. Design a greeting card for the 75th Anniversary of Cub Scouting. Send the card to a friend or relative, with a note telling item about your favorite Cub Scout activities and why Cub Scouting is important to you.

Family Award



For Tiger Cubs, Cub Scouts, Webelos Scouts & Family Members

Complete Requirement 1 and complete 5 other activities.

1. Participate in a pack, district, or council celebration commemorating the 75th Anniversary of Cub Scouting. (This could be a Blue and Gold Banquet.)
2. Invite another family to attend a 75th Anniversary event or activity to learn more about Cub Scouting and how to join.
3. Visit a business, landmark, or other site or structure in your community that is at least 75 years old. Talk to a representative about how the location has changed in the past 75 years.
4. As a family, make a list of household items that would not have existed 75 years ago. Discuss what might have been used instead and how life was different without these items.
5. Bake a cake, pie, cookies, or other dessert using ingredients that would have been available 75 years ago. Decorate the dessert with a Cub Scout theme.
6. Start a family scrapbook or add to an existing one. Include photographs or memorabilia from at least six different Scouting activities.
7. Make a family time capsule with each family including items that represent what is important to him or her. Decide on a future date on which to open the capsule together.
8. As a family, read an article together from Boy's Life magazine (accessible via the Internet at www.boyslife.org). Talk about how this article would have been different had it been written 75 years ago.
9. Draw a family time line going back at least 75 years. Include significant dates such as birthdays, weddings, and when family members joined Scouting. Mark 1930 as the year Cub Scouting began.
10. Find a picture or photograph of the Cub Scout uniform in 1930. Discuss how the uniform has changed. Have each family member draw a picture of what they think

the Cub Scout uniform might look like 75 years in the future.

Leader Award



For Any Registered Scout Leader Who Works With Cub Scouts

Complete Requirement 1 and complete 5 other activities.

1. Participate in a pack, district, or council celebration commemorating the 75th Anniversary of Cub Scouting. (This could be a Blue and Gold Banquet.)
2. Create posters, fliers, or other media to promote 75th Anniversary celebration events at three den, pack, district, or council events.
3. Serve on a committee in your pack, district, or council to plan an event to commemorate the 75th Anniversary of Cub Scouting (different from activity 1).
4. Learn about a game that boys played in 1930. Teach the game to Cub Scouts at a den meeting, pack meeting, camp, or district activity, or to a group of leaders at a training event or roundtable.
5. Using materials that would have been available in 1930, teach a craft to Cub Scouts at a den meeting, pack meeting, camp, or district activity, or to a group of leaders at a training event or roundtable.
6. Learn a song that was popular in 1930. Teach the song to Cub Scouts at a den meeting, pack meeting, camp, or district activity, or to a group of leaders at a training event or roundtable.
7. Take photographs or write an article about how your den, pack, district, or council is celebrating the 75th Anniversary of Cub Scouting. Submit to a local newspaper for publication.
8. Create a costume and wear it to tell a story about the history of Cub Scouting to Cub Scouts at a den meeting, pack meeting, camp, or district activity, or to a group of leaders at a training event or roundtable. (Resources include youth handbooks and Cub Scout Leader Book.)
9. Invite a career professional (firefighter, police officer, banker, retail professional, etc.) to speak at a Cub Scout activity or training event, highlighting how his/her profession has changed in the past 75 years.
10. Read Rudyard Kipling's The Jungle Book to familiarize yourself with the characters Baden-Powell incorporated into Cub Scouting.

Pack Award

(For Each Member of a Qualifying Pack)

Complete Requirement 1 and complete 5 other activities.

1. Participate in a pack, district, or council celebration commemorating the 75th Anniversary of Cub Scouting. (This could be a Blue and Gold Banquet.)

2. Conduct an open house or recruiting event (an indoor event or help outdoors at a local park or other facility) to introduce new families to Cub Scouting and



emphasize how Scouting's values have remained constant throughout Cub Scouting's 75-year history.

3. Take part in a parade or other community event through which your pack can promote the 75th Anniversary of Cub Scouting.
4. Conduct a pack derby in which boys are encouraged to decorate entries with a 75th Anniversary of Cub Scouting theme.
5. Using the history of Cub Scouting as the theme, conduct an outdoor campfire program.
6. Conduct a pack service project, such as Good Turn for America, that promotes and reinforces the concept of 75 years of Cub Scouts helping others. As a pack, contribute at least 75 hours of service.
7. Work with your chartered organization to recognize Cub Scouting's 75th Anniversary in the organization's correspondence, newsletter, or other media.
8. Prepare a photo display for your chartered organization or other community location, highlighting activities of your pack today and in years past. This may also include photos from other family members who were in Scouting.
9. Appoint a pack historian to document pack events during the 75th Anniversary celebration. The historian may add to an existing scrapbook or history or may begin a scrapbook or other record that the pack can build on in the future.
10. At your chartered organization, local park, or other community site, plant a tree to commemorate the 75th Anniversary of Cub Scouting.

Also available for the qualifying Cub Scout Pack is a special Cub Scouts 75th Anniversary Award Pack Ribbon

Boys' Life Reading Contest
Enter the 17th Boys' Life Reading Contest Now!



Boys' Life Reading Contest Patches
COLLECT ALL FOUR!



Write a one-page report titled "The Best Book I Read This Year" and enter it in the *Boys' Life* 2004 "Say Yes to Reading!" contest.

The book can be fiction or nonfiction. But the report has to be in your own words—500 words tops. Enter in one of these three age categories: 8 years old and younger, 9 and 10 years old, or 11 years and older.

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

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

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

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

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

For more details go to www.boyslife.org

Entries must be postmarked by Dec. 31, 2004.

GATHERING ACTIVITIES

Santa's Bag
Connecticut Rivers Council

Set Up –

Number 10 paper bags from 1 to 10.
 Put a familiar article in each bag (preferably an article related to Christmas) and staple bag shut.

Activity –

Each Cub Scout is given a pencil and paper on which he lists numbers 1 through 10. He tries to guess what is in each bag by feeling through the paper, and recording it on his paper. The Cub Scout with greatest number of items guessed correctly wins.

Hungry Santa

Connecticut Rivers Council

Draw a large Santa Claus head on a paper plate and cut a large hole for the mouth. Suspend Santa in a doorway. Give each Cub Scout a supply of "Snowballs" (These can be ping-pong balls, wadded paper balls, Styrofoam balls, etc.) The object of the game is to toss the snowballs into Santa's mouth. The person who tosses the most is the winner. This game can be played by individual boys or teams.

Icicle Hunt

Connecticut Rivers Council

Cut pieces of colored yarn or string into different lengths. Hide the icicles (yarn) around the room and have the Cub Scouts search for them. The winner is the one whose strings forms the longest icicle when laid end to end, not the Cub Scout who collects the most.

Holiday Word Search

Santa Clara County Council

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

Find the following words:

- | | | | |
|--------|----------|--------|------------|
| Sled | Pine | Wreath | Tinsel |
| Red | Presents | Winter | Angel |
| Antler | Eve | Moose | North Pole |
| Cupid | Cozy. | | |

Ethnic Foods

Santa Clara County Council

Match up these ethnic foods with the correct region that food comes from.

- | | |
|--|----------------------|
| ___ 1. Bread Pudding | A. Mexico |
| ___ 2. Tandoori Chicken | B. Israel (Jewish) |
| ___ 3. Sambal Balado (crispy crunchy beef) | C. France |
| ___ 4. Latkes (potato pancakes) | D. England (British) |
| ___ 5. Spaghetti Bolognese | E. Germany |
| ___ 6. Sushi | F. China |
| ___ 7. Enchiladas | G. India |
| ___ 8. Peking Duck | H. Italy |
| ___ 9. Coq Au Vin (chicken in wine) | I. Hawaii |

- | | |
|---|--------------|
| ___ 10. Sauerbraten (sour roasted duck) | J. Indonesia |
| ___ 11. Souvlaki (lamb) | K. Greece |
| ___ 12. Macadamia Nuts | L. Japan |

Answers: 1-D, 2-G, 3-J, 4-B, 5-H, 6-L, 7-A, 8-F, 9-C, 10-E, 11-K, 12-I

CHRISTMAS MAP

Southern NJ Council

Make a Christmas map. Find cities with names associated with Christmas. Place names on flag pins and poke in the map. Can you find Christmas Island? There are two, one in the Indian Ocean between Australia and Indonesia and the other just south of Hawaii in the Line Islands.

Here are some others you could look for or see how many more you can add to this list:

- | | |
|--------------------------|--------------------------|
| North Pole, Alaska | Joseph City, Arizona |
| Bethlehem, New Hampshire | Noel, Missouri |
| Snowflake, Arizona | "Carroll", New Hampshire |
| Santa Claus, Indiana | Mt. Angel, Oregon |
| "Carroll", Tennessee | Evergreen, Alabama |
| Nicholas, Kentucky | Bell, Kentucky |
| Helper, Utah | Holly Green, Arkansas |
| Snowhill, Maryland | "Holladay", Utah |
| Berry, Alabama | Merryville, Louisiana |
| Berryville, Arkansas | Bow, New Hampshire |
| Star, Idaho | Bethlehem, Pennsylvania |

Christmas Greeting Match Up

Connecticut Rivers Council

Below are holiday greetings from 6 different countries. See if you can match each greeting with the country where that greeting is used. You can work with your parents.

- | | |
|-------------------------------------|------------|
| 1. Feliz Navidad | a. Italy |
| 2. Joyeux Noel | b. Spain |
| 3. Frohliche Weihnachten | c. France |
| 4. Glaedelig Jul | d. Germany |
| 5. Buon Natale | e. Poland |
| 6. Wesolych Swiat Bozego Narodzenia | f. Denmark |

Answers: 1-b, 2-c, 3-d, 4-f, 5-a, 6-e

OPENING CEREMONIES

Many Ways

Connecticut Rivers Council

This would, also, make a great Cubmaster's Minute for a Closing. Commissioner Dave

Narrator: It is the season that is full of so many wonders and so many thoughts. Each of us understands, celebrates, and remembers this special season in his own way. If it were only "my way" or only "your way" though, it would be so small, so limited. One of the beauties of the season is that it is so full, so complete.

And just as the season is made special by so many different ideas, cultures, and beliefs coming together, so is our country made special. We are not a single type of people, a single religion, or a single race, but we do have a single

focus—to be and become the greatest, most full and complete country we can imagine.

As a melting pot of cultures and nationalities, we come together as one and that also makes us special. Let's join together in the Pledge of Allegiance and renew our single-mindedness

G*I*V*E*S

Connecticut Rivers Council

Equipment: Five Cub Scouts with 5 large cards each with a letter forming the word G*I*V*E*S. Each one has the sayings written on back **in large print**.

Arrangement: Each Cub Scout holds up his card and says the following:

- Cub # 1:** G stands for Giving, It's always good to give.
- Cub # 2:** I stands for Intentions, May mine always be right.
- Cub # 3:** V stands for Valiant, A trait of great might
- Cub # 4:** E stands for Earnest, From beginning to end.
- Cub # 5:** S stands for Sharing, This makes me a friend.

Be sure to add in one or more parts to call people to attention, lead the Pledge of Allegiance, lead a patriotic (or Holiday song), and offer a prayer. Please, don't just dump it all on the Cubmaster. Go to

<http://home.earthlink.net/~paulp575/scouting/52flgcer.htm> and find an appropriate way to say salute the flag from the 52 (one for each week) ways listed here. CD

PEACE AND FRIENDSHIP OPENING

Southern NJ Council

Each boy holds a letter. The letters spell PEACE. On the back of each piece of posterboard have their lines written in large print.

Sometimes during the holidays
As the days go rushing by.
Take time to see the holiday lights
Mist-halloed against the sky.

Sometime during the holidays
Breathe deep the holiday smell.
The bayberry and the piney scents
What welcome they foretell.

Sometime during the holidays
When carolers are singing.
Retell the age-old story.
For which the bells are ringing.

Sometime during the holidays
Midst the gaiety and noise.
Take time to hear the quietness
Of simple Christmas joys.

Sometime during the holidays
Remember friends are near.
And feel the warmth of knowing
Your friendship's very dear!

DO UNTO OTHERS

Southern NJ Council

- Cub # 1:** The holidays are a time for Giving!
- Cub # 2:** The holidays are a time for sharing!
- Cub # 3:** The holidays are a time to think of other!
- Cub # 4:** All year we should remember to do a good turn, give good will.

ALL: AND DO UNTO OTHERS!

THE FOUR GIFTS OPENING

Southern NJ Council

Cubmaster: Christmas is a wonderful time to show love to others through giving gifts. It is also a time we can look at the many gifts we have already been given and enjoy each day. I have four gifts wrapped up that represent some of the gifts that each of us receives by living in a free country.

Four Cub Scouts unwrap the gifts and read, in turn, the statements found inside.

Cub # 1: The gift of freedom--Freedom to worship as we choose and to express ourselves and our ideas without fear.

Cub # 2: The gift of beauty--We live in a country full of beauty and wonders. From mountains to plains, from valleys to seas, it is ours to enjoy as we freely travel its width.

Cub # 3: The gift of opportunity--We are free to become whatever our ambitions and desires lead us to. Our limits lie only within ourselves.

Cub # 4: The gift of pride--We can be proud of a country where we are blessed with freedom and justice. We can be proud each time we see "Old Glory," our country's flag, unfurled. We can be proud to be an American.

Cubmaster: With these gifts in mind, will you please stand and pledge your allegiance to our country and our flag.

OPENING – With Apologies To Charles Dickens

York Adams Area Council

Reader: This is a special time of year for people all around the world. It is a time of Joy and Light, of Hope and Peace, and of the comforts of Home, Family, and Tradition. It is a time of Spirit in all things, and although there are many different types of Spirit and Spirits among us, tonight we are going to be visited by four of them.

Spirit Of Christmas: "I am the Spirit of Christmas" (Lights Advent candles, using appropriate prayer(s) and a brief statement as to what the candles and the holiday represent.)

Spirit Of Chanukah: "I am the Spirit of Chanukah" (Lights the Chanukah candles using the appropriate prayer(s) and a brief statement as to what the candles and the holiday represent.)

Spirit Of Kwanzaa: "I am the Spirit of Kwanzaa" (Lights the Kwanzaa candles and gives a brief statement as to what the candles and the holiday represent.)

Spirit Of Scouting: "I am the Spirit of Scouting, and here I light the twelve candles which the twelve points of the Scout Law, and three candles which represent the three points of the Scout Oath. I will also light one additional candle of the purest white, which represents not only the Spirit of Scouting, but also all the other Spirits of Goodness which exist throughout this old world of ours no matter what they may be called. Now, I call upon my Fellow Spirits, and all of you here in this room, to join with me in reciting the Cub Scout Promise.

All: (Cub Scout Promise)

Cubmaster: Lead the Pledge of Allegiance.

Reader: Thank you all. Please be seated.

All Spirits: "Happy Holidays!"

Growing Carrots (or Cub Scouts) Ceremony
Baltimore Area Council

With a little bit of imagination this could be transformed into a great Cubmaster's Minute Closing thought. CD

Equipment: A carrot seed and a carrot with top

CUBMASTER: This little carrot seed doesn't look like much, does it? It's tiny and fragile. But if we plant it in good soil, and if we make sure that it gets plenty of sunlight, air and water, it will grow up to be a big, healthy, delicious carrot like this one.

Cub Scouts are like carrots. They need certain things, too, like good food, rest and exercise. But Cub Scouts need something more than that. If they are going to be the kind of men we all admire, they have to have healthy minds and spirits, as well as healthy bodies.

In Cub Scouting, and later on in Boy Scouting, boys can develop that extra quality of mind and spirit. They do it by following the Cub Scout Promise and later, the Scout Oath and remaining loyal our country. Will all of you join me now in the Cub Scout Promise?

After repeating the Promise, ask a Webelos Den to repeat the Scout Oath.

Then say: "The Cub Scout Promise and the Scout Oath are guides for growing minds. Let's all pledge to use them, just as we use food, water and exercise to help our bodies grow."

And now let us Pledge our Allegiance to Old Glory (*Lead Flag Salute*)

PACK AND DEN ACTIVITIES

5 A Day

For a really great fun site that I cannot begin to explain here go to www.5aday.com. It provides a fun way for kids to learn about Fruits and vegetables. There is a large Kids section on this website, And a fun way to encourage them to eat their 5 to 9 servings a day. They should have one from each color!! There are games and coloring books. Funny characters and activities. Charts for them to fill out to log their colors. There are recipes, too

Here's the outline of their plan –

Eating 5 or more servings of colorful fruits and vegetables a day is part of an important plan for healthier living. That's because deeply hued fruits and vegetables provide the wide range of vitamins, minerals, fiber, and phytochemicals your body needs to maintain good health and energy levels, protect against the effects of aging, and reduce the risk of cancer and heart disease. Diets rich in fruits and vegetables may reduce the risk of some types of cancer and other chronic diseases.

It's all about color – **blue/purple, green, white, yellow/orange, and red** – and the power of colorful fruits and vegetables to promote good health. So when you're

grocery shopping, planning your meals or dining out, think color.

And for variety, make it 5 A Day The Color Way:

BLUE/PURPLE

Boost the level of **BLUE/PURPLE** in your low-fat diet to help maintain:

- A lower risk of some cancers*
- Urinary tract health
- Memory function
- Healthy aging

Beat the Effects of Aging

Blue/purple fruits and vegetables contain varying amounts of health-promoting phytochemicals such as anthocyanins and phenolics, currently being studied for their antioxidant and anti-aging benefits. Get blue/purple every day with foods such as:

Blackberries	Blueberries	Black currants
Dried plums	Elderberries	Purple figs
Purple grapes	Plums	Raisins
Purple asparagus	Purple cabbage	Purple carrots
Eggplant	Purple Belgian endive	Purple peppers
Potatoes (purple fleshed)		Black salsify

GREEN

Add GREEN to your low-fat diet to maintain:

- A lower risk of some cancers*
- Vision health
- Strong bones and teeth

Go Green. Go Healthy.

Green fruits and vegetables contain varying amounts of potent phytochemicals such as lutein and indoles, which interest researchers because of their potential antioxidant, health-promoting benefits. Go green every day with fruits and vegetables like these:

Avocados	Green apples	Green grapes
Honeydew	Kiwifruit	Limes
Green pears	Artichokes	Arugula
Asparagus	Broccoflower	Broccoli
Broccoli rabe	Brussels sprouts	Chinese cabbage
Green beans	Green cabbage	Celery
Chayote squash	Cucumbers	Endive
Leafy greens	Leeks	Lettuce
Green onion	Okra	Peas
Green pepper	Snow Peas	Sugar snap peas
Spinach	Watercress	Zucchini

WHITE

Working WHITE into your low-fat diet helps maintain:

- Heart health
- Cholesterol levels that are already healthy
- A lower risk of some cancers*

White for Wellness

White, tan, and brown fruits and vegetables contain varying amounts of phytochemicals of interest to scientists. These include allicin, found in the onion family. Get all the health benefits of white by including foods such as:

Bananas	Brown pears	Dates
White nectarines	White peaches	Cauliflower
Garlic	Ginger	Jerusalem artichoke
Jicama	Kohlrabi	Mushrooms
Onions	Parsnips	Potatoes (white fleshed)

Shallots Turnips White Corn

YELLOW/ORANGE

Make YELLOW/ORANGE a part of your low-fat diet to help maintain:

- Heart health
- Vision health
- A healthy immune system
- A lower risk of some cancers*

Powerful Antioxidants

Orange and yellow fruits and vegetables contain varying amounts of antioxidants such as vitamin C as well as carotenoids and bioflavonoids, two classes of phytochemicals that scientists are studying for their health-promoting potential. Every day, include orange and yellow fruits and vegetables like these:

Yellow apples	Apricots	Cantaloupe
Cape Gooseberries	Yellow figs	Grapefruit
Golden kiwifruit	Lemon	Mangoes
Nectarines	Oranges	Papayas
Peaches	Yellow pears	Persimmons
Pineapples	Tangerines	Yellow watermelon
Yellow beets	Butternut squash	Carrots
Yellow peppers	Yellow potatoes	Pumpkin
Rutabagas	Yellow summer squash	Sweet potatoes
Yellow tomatoes	Sweet corn	Yellow winter squash

RED

Be sure to include RED in your low-fat diet to help maintain:

- Heart health
- Memory function
- A lower risk of some cancers*
- Urinary tract health

Red-hot and Healthy

The specific phytochemicals in the red group being studied for their health-promoting properties include lycopene and anthocyanins. Get your reds every day by eating fruits and vegetables such as:

Red apples	Blood oranges	Cherries
Cranberries	Red grapes	Pink/Red grapefruit
Red pears	Pomegranates	Raspberries
Strawberries	Watermelon	Beets
Red peppers	Radishes	Radicchio
Red onions	Red potatoes	Rhubarb
Tomatoes		

What's a Serving?

www.5aday.com

The USDA Food Guide Pyramid recommends 5-9 servings of fruits and vegetables every day. And getting 5 to 9 servings is easier than you may think.

A serving size is:

- One medium-size fruit
- 1/2 cup raw, cooked, frozen or canned fruits (in 100% juice) or vegetables
- 3/4 cup (6 oz.) 100% fruit or vegetable juice
- 1/2 cup cooked, canned or frozen legumes (beans and peas)
- 1 cup raw, leafy vegetables
- 1/4 cup dried fruit

Wondering how many servings you really need each day?

Children (2-6 yrs.), women, and others who typically need about 1,600 calories to reach or maintain a healthy weight:

5 servings – 2 fruits, 3 vegetables

Older children, teen girls, active women, and most men who typically need about 2,200 calories to reach or maintain a healthy weight:

7 servings – 3 fruits, 4 vegetables

Teen boys and active men, who typically need about 2,800 calories to reach or maintain a healthy weight:

9 servings – 4 fruits, 5 vegetables

Now track this by downloading their color-tracking chart and challenge the boys to have a serving of each color every day. **Or do the Scouting thing** – Have the boys create grids with days of the week on one axis and the five colors on the other then have them draw in what fruit or vegetable they had each day from each color. Kathy who does pre-openings for my Roundtables works at an elementary school that uses this and says the kids all love this and do it. They get into the challenge of the five colors each day. CD



Soda Bottle Snowman

Santa Clara County Council

This is an easy project for kids. Make a snowman out of old plastic soda bottles.



Supplies:

- 2 Liter plastic soda bottle,
- White and black acrylic paint,
- Sponge brush,
- Fine grain sand paper,
- Red and black felt,
- Pipe cleaners in Christmas colors,
- Craft glue,
- Plastic spray can lid (spray starch, or similar size),
- Plastic tub lid (butter tub or similar size)

Directions:

1. Sand the surface of the bottle, spray can lid and tub lid. This will allow the acrylic paint to adhere to the surface.
2. Paint the spray can lid and tub lid black. Paint the bottle white. Allow to dry.
3. Cover the top and sides of the spray can lid and the top of the tub lid with black felt. Since you've painted them black, you don't need to be too precise with the felt. Center, and glue the spray can lid to the tub lid. You now have your snowman's hat. When the glue has dried, turn the hat over and cut a small hole in the bottom with an Xacto knife. Make the hole a little smaller than the circumference of the top of the hat.
4. Fill the bottle about halfway with pebbles, sand or dirt. This will help keep your snowman from falling over.
5. Cut a strip of red felt about 2 feet long and 1" - 1 1/2" wide. (If your felt came in 12" squares, just cut two strips and glue the ends together. Tie this around the bottle, about 3-4" down from the top. Secure with a dab of glue.
6. Make earmuffs using 3 pipe cleaners. Two of them will be coiled to make the actual "muffs". The third will be the band attaching them. (Attach the pipe cleaners by twisting the ends together.) Drape the earmuffs across the back/top of the bottle. Secure with craft glue.
7. Attach the hat to the bottle by running a bit of glue around the inside of the hole and then place the hat over the top of the lid. Decorate the hat with a pipe cleaner. Draw a face using a black marking pen or black paint. Draw buttons under the scarf, or glue on black felt circles.

Chef's Hat

Santa Clara County Council

The boys are sure to enjoy wearing these hats as they prepare holiday food.

Supplies:

White poster board,
White tissue paper,
Tape, Paper clips

Directions:

1. Start with a band of white poster board 26" long and 3" high, and 3 sheets of 20" by 30" white tissue paper. Fold each sheet in half the long way.
2. Gather and tape one of the short sides of each sheet along the hatband, overlapping the sheets slightly.
3. Curl the band tape side out, place it around the boy's head, and paperclip the ends. Gather the tissue at the top, taping it tightly together. Cut off the extra tissue, remove the paper clips, and turn right side out. Reattach the paper clips, puff up the tissue, and start cooking!

Chocolate Spoons



Santa Clara County Council

This project is easy and fast. Add a special touch to a dinner party or cheer someone up with a gift of this treat. Chocolate sure makes my day brighter! Adult supervision is recommended.

Supplies:

Heavy plastic spoons,
Milk chocolate, White chocolate,
Chocolate sprinkles, Colored sugar,
Wax paper, Plastic wrap, Ribbon

Directions:

1. In microwave, melt half of white chocolate in one bowl. Melt half of milk chocolate in another bowl (of course you may melt chocolate on stove top).
2. Dip half of the spoons in white chocolate and dip other half in milk chocolate. Dip them as far as the base of the spoons bowl. Place on waxed paper and let set completely.
3. When chocolate is set dip the white spoons in milk chocolate, dip milk chocolate spoons in white. Dip only half way up the bowl of the spoon to create a layered effect. Place back on waxed paper to begin setting.
4. Let chocolate set only partially (about 5 min.) Then gently dip spoons in chocolate sprinkles or colored sugar.
5. Wrap soon in plastic wrap and tie with ribbon. You can add a little tag (i.e. "Stir me in your coffee").

Cook Book Page Holder

Baltimore Area Council

Blanket Stitch



Up at 1, down at 2,
up at 3 with thread
below needle;
pull through.

Figure 1

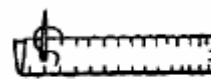
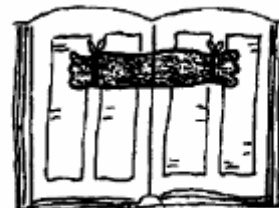


Figure 2



Materials:

Felt 5"x8 1/2"
Yarn in a contrasting color
Tapestry Needle
1/2 yard of ribbon
Rice Beans
Fabric paints (optional)

Directions:

1. Fold long edges of felt together.
2. Use the blanket stitch for all sewing. Figure 1.
3. Stitch along both long edges and one short edge using the yarn and the blanket stitch. Figure 2.

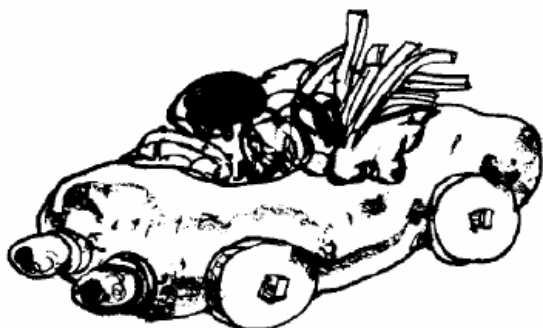
4. Cut ribbon into 9" lengths.
5. About 2" from the sewn end tie a ribbon bow tightly using one piece of ribbon.
6. Fill with rice and beans to about 2" from the open end.
7. Continue stitching the last short end and tie off the yarn.
8. Tie a ribbon bow tightly around this end.
9. Decorate with fabric paint if desired.

Edible Pinewood Derby Car
Baltimore Area Council

Slip your favorite vegetable dip inside one of these pinewood cars and drive your hunger away.

Utensils: Fork, ruler, cutting board, sharp knife, drinking straw, toothpicks, measuring cup, paper plates

Ingredients: Hoagie bun (one per car); cucumbers, carrots, pretzels, pitted ripe black olives, pimento-stuffed green olives, broccoli, zucchini, cherry tomatoes; red, green, and yellow sweet peppers, vegetable dip (any flavor), 1/4 cup per car.



- ✓ Use a fork to scoop out the center of the top of the bun, leaving about 2 inches on the side and 1 inch on the ends.
- ✓ Cut four 1/4-inch-thick slices of cucumber for the wheels.
- ✓ Cut two thin carrot sticks, each about 4 inches long, for the axles. (Save remaining carrots and cucumbers for dipping.)
- ✓ About 1 to 2 inches from each end of the bun, push the drinking straw through the bun where the wheels will go to make holes for the axles. Next poke the straw through the center of the cucumber slices. Throw away the straw.
- ✓ Slide the carrot sticks through the bun for axles. Attach the cucumber slices to the axles for wheels.
- ✓ Stick a toothpick into two of the green stuffed olives.
- ✓ Cut a black olive into thick round slices. Push a slice onto each toothpick behind the whole green olives. Push the end of each toothpick into the front of the bun for headlights.
- ✓ Fill the bun with your favorite vegetable dip and vegetables.
- ✓ Use a pretzel for a windshield or steering wheel.
- ✓ Add two cherry tomatoes for driver and passenger.

Eat and enjoy!

Children's Gingerbread House

Connecticut Rivers Council

For more Gingerbread Houses including one made with graham crackers – go to the Website list. Wasn't sure whether this should be here or Cub Grub. CD

Note, this gingerbread house takes 2 to 3 days to complete. It would be a great one for the den can work on together.

Ingredients:

3/4 cup butter,
7/8 cup packed light brown sugar,
1 teaspoon lemon zest,
1 1/2 tablespoons lemon juice,
1/2 cup molasses,
2 eggs,
3 cups all-purpose flour,
2 teaspoon baking powder,
1 tablespoon ground ginger,
2 teaspoon ground allspice,
6 egg whites,
4 (16 ounce) packages confectioners' sugar, sifted

Directions:

First cut out in thin cardboard:

A side wall, 4 1/2x8 inches;
An end wall, 4 1/2x5 inches;
A triangular gable 4 1/2x3x3 inches;
And a roof rectangle 4 1/2x9 inches.

Tape the rectangular end wall piece to the triangular gable piece: match the long 4 1/2 inch side of the triangle to one of the 4 1/2 inch sides of the end wall.

In a large bowl, cream butter and sugar until light and fluffy. Stir in lemon zest, lemon juice, and molasses.

Gradually beat in 2 eggs.

Sift the flour, baking powder and spices together, stir into creamed mixture.

Wrap dough in parchment paper, and refrigerate for 1 hour. Turn out dough onto a lightly floured surface.

Divide into 6 portions, 2 slightly larger than the others.

On a lightly floured surface, roll out the 4 smaller pieces to approximately the size of the side wall and the end with gable templates; cut out two of each.

Roll out remaining dough, and cut into two rectangular roof pieces.

Transfer gingerbread onto greased baking trays.

In a preheated 375 degrees F (190 degrees C) oven, bake gingerbread for 10 minutes, or until crisp.

When removing from the oven, leave the gingerbread on the baking trays for a few minutes to set, then transfer to wire racks. Leave out overnight to harden.

In a large bowl, lightly whisk 2 eggs whites.

Gradually beat in approximately 5 cups confectioners' sugar, the icing should be smooth and stand in firm peaks.

Spread or pipe a 9-inch line of icing onto a cake board, and press in one of the side walls so that it sticks firmly and stands upright. If necessary, spread or pipe a little extra icing along either side to help support it.

Take an end wall and ice both the side edges.

Spread or pipe a line of icing on the board at a right angle to the first wall, and press the end wall into position.

Repeat this process with the other two walls until they are all in position. Leave the walls to harden together for at least two hours before putting on the roof.

Spread or pipe a thick layer of icing on top of all the walls, and fix the roof pieces in position; the roof should overlap the walls to make the eaves.

Pipe or spread a little icing along the crest of the roof to hold the two pieces firmly together.

Leave overnight to set firmly.

When ready to decorate, make the remaining icing.

In a large bowl, lightly whisk 4 egg whites, and mix in remaining confectioners' sugar as before. Use this to make snow on the roof, and to stick various candies for decoration. Finish with a fine dusting of sifted confectioners' sugar.

Learning Activities

Louisiana Department of Education

This is only part of the list found at

<http://www.doe.state.la.us/lde/nutrition/jazzy/23colors.html>.

I substituted Scouting terms (e.g. Cub Scouts for students and Den Meetings for other places) throughout the text.

Be sure to check out – "Are Vegetables Noisy?" this sounds like a perfect activity for Cubs. CD

Recognize fruits and vegetables.

Challenge your Cub Scouts to name as many fruits and vegetables as they can in three minutes. Then help them create a list of all the fruits and vegetables they know. Group according to color.

Investigate colors of fruits and vegetables.

For FUN, Have your Cub Scouts create a sheet to log their food for the next week. Have them designate a Red Day, Yellow Day, Blue Day, Orange Day and Green Day. On these days, encourage them to eat at least one food of that color. For example, on Red Day, choose strawberries, cherries, a slice of watermelon, a tomato, radishes, beets, or another red food. On Yellow Day, choose a banana, corn, or another yellow food. Then write on the sheet what food they ate that day. Compare list at ext Den Meeting.

Ask your Cub Scouts to come up with reasons to eat more, and a greater variety, of fruits and vegetables. Remind them that eating more fruits and vegetables in a greater variety will provide the vitamins and minerals needed for growth. They can brainstorm the benefits of having strong and healthy bodies and use their ideas to create slogans, such as "Another fruit a day helps me play." They can post the slogans at home as motivators. Then they can set goals to eat more fruits and vegetables. A good idea for increasing fruit consumption is to have them decide to eat a fruit instead of some other snack and to drink fruit juice instead of soda. Challenge students to try a new fruit or vegetable every week.

Have a fruit and vegetable tasting party.

Arrange for the refreshments for your den meetings this month to be fresh fruits and vegetables. You're your Cub Scouts taste the foods and keep a tally of the number and types of fruits and vegetables they tried. Encourage them to try a fruit or vegetable they have never tried before. Have them describe each food, using words to describe its taste, its feel to the mouth, and its sound when chewed. Examples of descriptive words include, cold, salty, chewy, sweet, juicy,

crunchy, etc. Then ask students to write a story about their experiences.

Are fresh vegetables noisy?

Fresh vegetables can be noisy to eat! Have your Cub Scouts do a "sound test" comparison to find the loudest and quietest vegetables. In the process, you'll encourage your Cub Scouts to sample vegetables in their most nutritious forms. Maybe do this with fruit, too.

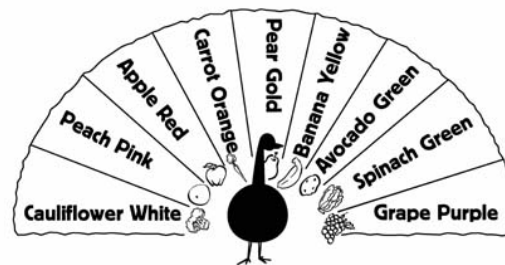
Gather four or five vegetables that have different textures and can be served raw: carrots, celery, mushrooms, spinach, lettuce, cabbage, cucumbers, cauliflower, and broccoli are all good choices. Wash the vegetables and cut into sticks, slices, florets, or leaves. (Review the different plant parts your Cub Scouts will be eating.)

Ask your Cub Scouts to wash their hands. Set out the vegetables and sample them one at a time. Start with carrots. Describe the color and feel of raw carrots. Remind everyone to listen closely. Then invite your Cub Scouts to bite into the carrot sticks and chew. Ask them to describe the sound of the carrot when it is chewed. Repeat the process for each vegetable. Vote on which vegetable has the loudest crunch and which has the quietest – or no crunch at all! Discuss how we need to eat vegetables every day.

Introduce mystery bags.

This activity illustrates the senses of taste, touch, and smell. Your Cub Scouts feel and smell the contents of several Mystery bags to guess what food is inside. Make six or more Mystery bags with a different fruit or vegetable in each one. Suggestions include kiwi, red or green apple, red or green pepper, celery stalk with top left on, lemon sliced in half. Include one or two foods that may be new to your Cub Scouts, such as star fruit or acorn squash. If you have the resources, your Cub Scouts will enjoy tasting samples of the "mystery foods" after they have made their guesses. Talk about how the food feels, smells, and tastes as your Cub Scouts eat. For sanitary reasons, be sure that the food used for tasting is fresh. Do not eat the food that was used for feeling and smelling in the Mystery bags.

COLORS TO GROW BY



Directions for Design

Louisiana Department of Education

The colors, pictures and names of various fruits and vegetables are used to symbolize the colors of a peacock. *Maybe you could design a turkey with feathers colored the same way to keep it in the Holiday Theme. CD*

Hard Candy Wreath

Santa Clara County Council

This craft is a little time consuming but with patience it looks great and is a fantastic gift for the holidays. This project can also be used as a Valentine Day project or Easter craft depending on the type of candy you use. Adult supervision is recommended.

Supplies:

- 1 coat hanger
- Approx 30 of assorted, wrapped hard candies, suckers, etc.
- Approx 30 – 8” pieces of colorful curling ribbon
- Wire cutters, Pliers to bend the hanger
- Masking tape,
- A dull pair of scissors to curl the ribbon

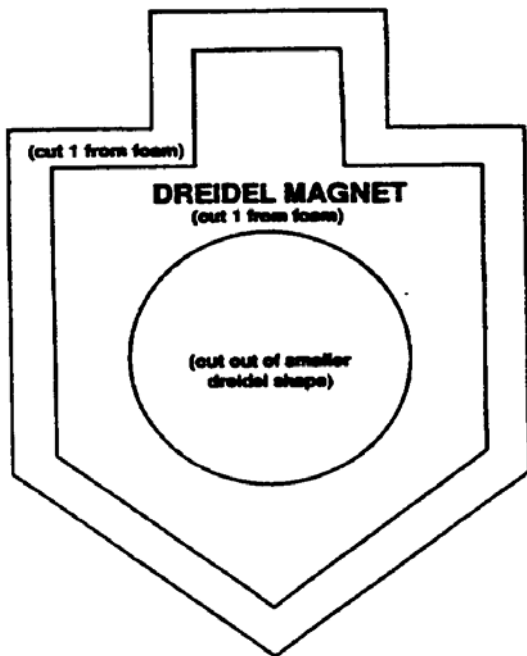
Directions:

1. Unbend the hanger and cut it in half (this will be enough for 2 kids).
2. Bend the 1/2 hanger into a circle leaving about 4” at the top to make a hook. Twist the end to make it look like a circle with a hook on it.
3. Cut your curling ribbon into 8” pieces.
4. Fold your ribbon in half. In the middle of that ribbon tie one piece of candy. Tie it on the end of the candy where the paper twists.
5. Now tie the candy with 2 knots tightly on to the hanger. Tie the candy right next to the wire to help cover it up.
6. Use the scissors to curl the ribbon on each end.
7. Repeat the process for all your candy pieces.

It might take a few more or less than 30 depending on the size of each candy. Suckers should be tied close to the head. You may add a ribbon on the top to cover the hook if you want. You can also tie on a pair of scissors so people can eat the candy when they visit.

DREIDEL PHOTO MAGNET

Southern NJ Council

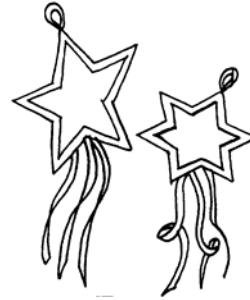


1. Trace dreidel patterns on two colors of craft foam (enlarge to desired size).

2. Cut out shapes. (Using pinking shears to cut one of the shapes)
3. Cut circle from center of small shape
4. Glue photo (approx. 2" x 2") on back of small dreidel foam shape so picture shows through round opening.
5. Center and glue small dreidel shape on large dreidel shape.
6. Decorate as desired with bow, hole punched foam circles. Glitter, or greeting written with marker.
7. Press magnetic strip on back of dreidel.

SHOOTING STARS OR HANUKKAH STAR

Southern NJ Council



1. Draw a five-point star or a six-point Star of David about 3 inches across on cardboard for pattern (enlarge to desired size).
2. Then draw a slightly smaller star pattern.
3. Use two different colors of bright colored felt, cut a star out of each.
4. Use 2 matching ribbons colors.
5. Cut three 8-inch strands of ribbon from each color.
6. Make sure all ends are even and then staple across the top several times to hold them together.
7. Lay the large star on the table and place the stapled ribbons together in the center of the star.
8. Put glue on the back of the smaller star and turn it over and center it on the larger star, securing the ribbon strands.
9. When the glue has dried, carefully poke a small hole in the top of the star and thread a short piece of ribbon through it for a hanging loop.
10. You may add glitter, sequins, beads, or write Shalom or Peace on star with fabric paints.

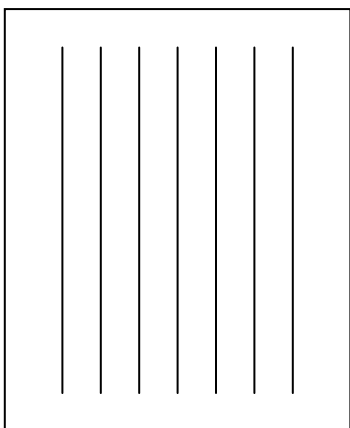
KWANZAA Celebration

Southern NJ Council

If you are having a Kwanzaa celebration in your home, make a list of all the people you wish to invite. Look through magazines for examples of African fabric and designs (Corel Gallery Magic clipart has a large selection as well) You can follow these designs on your invitations and other decorations. Look around the house for a special cup that you can use for the unity cup. Start gathering dried vegetables and fruits to make up the mazao. These fruits and vegetables represent the crops of harvest, or the many good things in our lives. Make Kwanzaa decorations; the colors of Kwanzaa are red, black and green.

Kwanzaa gifts are not meant to cost a lot of money. Instead, the gifts are meant to celebrate the spirit of kuumba, or creativity.

KWANZAA MAT



You will need:

Ruler, Scissors, Glue or clear tape

Black, red and green construction paper

1. Measure and cut out a piece of black construction paper eight inches wide and ten inches long. Cut seven lines in the paper, leaving a one-inch border all the way around the mat. See illustration.
2. Cut four red and four green strips of construction paper one inch wide and eight inches long.
3. Weave a red strip and then a green strip alternately, going over and under the black mat frame. Keep the black border. Secure the ends of the strips with glue or clear tape
4. Place your mat on the table and decorate with corn and other harvest foods.

OTHER KWANZAA ACTIVITIES

1. Take out the old photograph album and tell your children about their ancestors.
2. Show some movies about your country and her people.
3. Take the children to the library and have an "Africa" scavenger hunt for information about Africa.
4. Create a family tree.
5. Play the game OWARE.

PENGUIN PINS or TIE SLIDE

Southern NJ Council

Need:

Craft sticks

Black, white and orange acrylic paint

3/8 " red felt

Tiny white pom poms

Tacky glue; glue gun

Sunflower seeds in shell



Paintbrush

1" long x 1/4" wide square of knit rib fabric

Pinback or chenille pipe cleaner

toothpick

Directions:

1. Paint seeds orange and craft stick black.
2. When dry, Paint white oval on stick, from top to 1 inch above bottom.
3. Glue seed nose 1 inch below top of craft stick.
4. Paint eyes 1/4" below top and buttons using a toothpick.
5. Glue felt scarf around neck; fringe edges.
6. For Hat,
 - a. Glue 1/4" at 1-inch edges of rib fabric together
 - b. Gather and glue one end closed; turn.
 - c. Fold under 1/8" at lower edge.
 - d. Glue onto stick.
 - e. Glue pompom on top.
7. Hot glue pinback or chenille pipe cleaner to back of craft stick.

SNOW COVERED PINECONES

Southern NJ Council

Place glue on ends of individual cone leaves and sprinkle glitter on. Or you can use glitter fabric paint glued directly to ends of cones leaves to give the effect of fallen snow.

PERSONALIZED ORNAMENTS

Southern NJ Council

Encourage creativity by having kids paint plain glass or plastic ball ornaments with fabric paint. The possibilities are endless! Snowmen, Stars, Snowflakes...Many of the plastic balls can be easily filled with curling ribbon to add color. A special holiday message can also be inscribed.

PASTA WREATH ORNAMENTS

Southern NJ Council

Materials needed:

Tagboard or cardboard cut out into a wreath shape

Glue

Various shapes of uncooked pasta

Spray paint

Ribbon

Hot glue gun

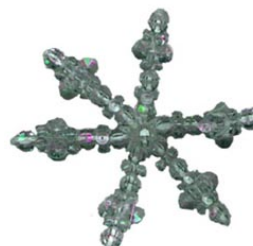
Directions:

1. Glue the various shapes of pasta all over the circular wreath pattern.
2. Use a hole punch to make a hole at the top of the ornament.
3. Once the pasta has dried thoroughly, spray the wreath with spray paint.
4. Use a hot glue gun to attach a ribbon hanger to the wreath.

Beaded Snowflake

Santa Clara County Council

This makes a pretty beaded snowflake, which you can use as an ornament.



Supplies:

- 3 Chenille stems (6" in length),
- 8 Crystal paddlewheel or sunburst beads (18 mm size),
- 20 Crystal faceted beads (8 mm size),
- 18 Crystal tri-beads (11 mm size),
- Hot glue gun or craft glue, Wire cutters (to cut chenille stems)

Directions:

1. Cut chenille stems to equal 6" in length.
2. Twist them in the center once or put a spot of hot glue to hold them together, then spread out the arms gently, keeping it flat.
3. String the beads on each arm in the following pattern: 1 faceted bead, 1 tri-bead, 1 faceted bead, 1 tri-bead, 1 paddle wheel, 1 tri-bead, 1 faceted bead
4. Put a spot of glue under each last faceted bead. When dry clip off ends of chenille stem.
5. Glue (hot glue is best) one paddle wheel in center of each side then one faceted in center of each paddle wheel that is in the middle.
6. Make a hanger of fishing line or invisible thread.

AUDIENCE PARTICIPATIONS

Santa's Helpers

Baltimore Area Council

Divide audience into four sections and assign each section a part. Have each section practice their part before beginning.

- Santa:** Ho, Ho, Ho!
- Happy :** Chuckle, Chuckle
- Game:** I'11 try!
- Fair:** Your turn.

Up at the North Pole in SANTA'S Workshop, there were many elves busy at work preparing for the rush on toys for the yearly Christmas Season. Three of them were the Chief Helpers. They were called by names of HAPPY, GAME, and FAIR.

Now SANTA didn't name all his elves, but he called them by number. However, these three, being Chief Helpers, had been named according to their main personality traits.

HAPPY seemed to be the jolliest, GAME would always tackle any project given him and FAIR always seemed to want to give others their turn at doing projects that were the most fun.

So one busy day, SANTA called HAPPY, GAME, and FAIR to his side because he had a special rush job which he wanted them to do. There was a new toy in the shop, which needed the alphabet printed on it, so he set the three elves busy at the task. After much discussion, it was decided that FAIR should not be left out this time and should be allowed to start this new project. He busily started printing A, B, C, D, E, H, G, F, when SANTA suddenly came by and glanced down at the work.

Immediately SANTA stopped the elf and asked FAIR why he did not print the alphabet correctly. Well, it seems that FAIR was always busy saying YOUR TURN to all the other

elves that he never had learned some of the things that all elves should know. Being ingenious as all elves are, FAIR improvised a way to teach himself the alphabet by the method association.

SANTA has always called the three elves in the same way; HAPPY, GAME and FAIR. So when the elf came to the part of the alphabet he put H, G, F, in that order since that's what he remembered hearing all the time.

After hearing the elf's story, SANTA decided rather than confuse other elves in the future, and maybe cause a national disaster by giving out toys with the wrong letters printed, he would change and call his three Chief Elves by letters instead. And since SANTA knew his alphabet well he'd call out F, G, and H when he wanted HAPPY, GAME and FAIR. So let's all make HAPPY, GAME and FAIR so familiar to us that it will automatically become our way of life.

The Littlest Snowflake

Baltimore Area Council

Divide audience into five sections and assign each section a part. Have each section practice their part before beginning.

- The Snow: Fluff. Fluff, Fluff
(softly with downward hand motion)
- The Ice: Brr! Brr! Brrr!
(hold arms around self to keep warm)
- Little Snowflake: Wheeeeeee!
(hands held straight up)
- The Wind: Whoo! Whoo! Whoo!
(arms up, sway back and forth)
- The Sun: Ahhh! Ahhh!
(arms held in circle over head)

Legend has it that long ago in the wintertime there was a happy **Little Snowflake**. He was a jolly little fellow, floating along on **the Wind**, scooting across **the Ice**, and generally having fun with all the other **Snow**. Now, the one guy that **Little Snowflake** didn't care for was **the Sun**. He could melt him right away.

One day, **the Wind** blew **Little Snowflake** way up high in the trees and left him on a big fat limb. This was fun, because below him he could see **the Snow** as it gleamed and **the Ice**, as it glistened. But then it started to get warm. And it got warmer and warmer, but there **Little Snowflake** sat all by his lonesome self. **The Wind** was having a good time blowing all the rest of **the Snow** around. **The Sun** continued to shine down on **the Ice** and made it shine like a mirror.

Now, **Little Snowflake** was really starting to get worried because **the Sun** was starting to melt him and before long he would be **Ice** and not the happy **Little Snowflake** he had always been. Suddenly, **the Wind**, seeing the fix he was in, blew extra hard and picked up a whole bunch of **Snow**, scooted it across **the Ice**, and up into the tree where they all rescued **Little Snowflake** from the hot **Sun**.

So, the next time you are out and **the Wind** has blown some **Snow** across **the Ice** and into **the Sun**, look extra hard and you just might see our friend, the **Little Snowflake!**

The Den Hike

Baltimore Area Council

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

Characters:

Big Bill -	"C'mon boys"
Slow Joe -	"Wait for me guys"
Messy Marvin -	"Count on me"
Little Billy -	"I'm comin'"
Hungry Harry -	"I'm hungry"
Smart Alex -	"Follow me"

One sunny Saturday **Big Bill**, the Webelos leader from Pack _____, took his Den out on a day hike. **Smart Alex**, the Denner, led the way as **Messy Marvin**, **Hungry Harry**, **Little Billy**, and **Slow Joe** took in the sites.

Slow Joe kept stopping to add rocks to his rock collection. They stopped to eat lunch and explore a cave. All too soon **Big Bill** said it was time to head back to the car. "Already?" said **Little Billy**. "But this is fun," said **Messy Marvin**. "Let's go home and eat," said **Hungry Harry**. "But I need more rocks," said **Slow Joe**. But **Big Bill** had seen the clouds on the horizon, so they headed back. When the group was almost back to the car **Big Bill** called a halt. There before them was a rushing river where a dry wash had been. "What will we do?" asked **Little Billy**. "Let's swim it," said **Messy Marvin**. "No," said **Smart Alex**, "that's too dangerous!" "He's right," said **Big Bill**, "we must wait until the water goes down." "That's O.K." said **Slow Joe**. "I can find more rocks." "But I'm hungry," protested **Hungry Harry**. "We're all hungry," said **Big Bill**. "Let's see what we have left to eat." "I've got some carrot and celery sticks," said **Smart Alex**, "I don't know why my mom put them in my lunch. She knows I won't eat them." "I have half a hamburger," said **Slow Joe**. "I was too busy collecting rocks to eat it all." "I've got some left over French fries," said **Messy Marvin**, pulling them out of his pocket. "I don't have anything left," said **Hungry Harry**, "and I'm hungry."

"Let's make stew!" said **Little Billy**. **Big Bill** built the fire while **Little Billy** found some watercress in a nearby spring while filling **Slow Joe's** rock can with water. The boys added the French fries, hamburger, carrots and celery and soon they had stew.

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

The Legend of the Christmas Scout

Connecticut Rivers Council

The story is usually introduced by saying - This is the legend of the Christmas Scout. It was told to me by a small boy whose faith in the story was absolute. He had a toy airplane he showed everyone that he said emphatically came from the Christmas Scout.

Frank Wilson, a 13-year old Scout, was returning on Christmas Eve from a party of his relatives where he had received all his gifts. He had a sled full of presents, just the

things he had been hoping for - for although it was cold, he was warm because he was wearing the new plaid jacket for which he had been hinting. It was his favorite gift.

In spite of everything, he was not happy. This was because it was to be his first Christmas without his brother who had, during the year, been the tragic victim of a reckless driver. His brother had been a good Scout and a fine example to him.

The Christmas Scout had taken a short cut through the Flats hoping he might meet his patrol leader who lived there with his widowed mother. This was a section of town in which many of the poor lived. His patrol leader, one of the best Scouts in the troop, had to work hard. Not that the Christmas Scout was rich. His family was just a step above the Flats.

As he hiked down the street, the Christmas Scout caught glimpses of the trees and decorations in many of the homes. He had no intention of prying but suddenly in one glimpse, he had seen a shabby room with two limp stockings hanging above an empty fireplace and a woman sitting near them weeping. The stockings reminded him of the way he and his brother had always hung theirs side by side. But they had always found them, next morning, full to brimming. Then he remembered that he had not done his Good Turn for the day.

He knocked at the door. "Yes?" the sad voice of the woman replied. "May I come in? I am a Scout." "You are very welcome," she said, "but I cannot help you. I have nothing for my own children." "That is why I am here," he replied. "You are to choose whatever you need from this sled." "May God bless you!" she answered gratefully. "My little boys will be very happy." She took some candies and a game, a toy airplane and a puzzle. Then, as she took the new official flashlight, the Scout almost cried out, but he did not. He saw that the stockings were full and turned to go.

"Won't you tell me your name?" she asked. "Just call me the Christmas Scout," he replied. He was glad to have done the Good Turn, but he was not really any happier. He had seen that his sorrow was not the only sorrow in the world and before he got out of the Flats that night, he had given the remainder of his toys away. The plaid jacket had gone to a boy who had none at all. He trudged homeward, cold and disconsolate.

He had given his presents away and he could think of no explanation he could give his family that would seem reasonable. He wondered how he could make them understand. His parents tried to be patient. "But Son, I don't see how you could have been so foolish," his mother said.

His father was firm, "You made your choice, Son. You know we cannot afford to give you any more presents." The Christmas Scout realized that he seemed foolish in the eyes of his parents and even, to a degree in his own. His brother gone, his family disappointed, he suddenly felt dreadfully alone. He had not thought to be rewarded for his generosity, for in the wisdom of his young life, he knew that a good deed should always be its own reward. It would be tarnished otherwise. He did not want the gifts back. He thought of his brother and sobbed himself to sleep.

The next morning he found his parents listening to a Christmas program on T.V. Then the announcer spoke.

"Merry Christmas everybody! The nicest Christmas story we have this morning comes from the Flats. It appears that a crippled boy down there has a new sled this morning; another youngster has a fine plaid jacket and several families have reported that their children have been made happy by the visitation of a Boy Scout who gave no name but simply referred to himself as the Christmas Scout. The boy with the jacket declares that the Scout gave it off his own back. No one can identify him, but the children of the Flats are claiming that the Christmas Scout was a personal representative of old Santa Claus himself."

The Christmas Scout felt his father's arms go around his shoulders and he saw his mother smiling at him through her tears. "We are proud of you, son." The Christmas Scout caught his breath. "Mother, Father!" he cried. "This is a happy Christmas after all!" The carols came over the air again filling the room with music. "And praises sing to God the King, and peace to men on earth."

If you are using this story as a Cubmaster's Minute or to make a point you might want to end with –

Let us follow Frank's example in some way. If there are poor among you in one of the towns of the land the Lord your God is giving you, do not be selfish or greedy toward them. But give freely to them, and freely lend them whatever they need.

This story can be found on the web in many places. Try a search on www.google.com for "The Christmas Scout" Be sure to use parentheses so it looks for the phrase.

ADVANCEMENT CEREMONIES

Customs Of Countries

Connecticut Rivers Council

EQUIPMENT: A small Christmas tree with lights and a candelabra with electric candles. Use a different color bulb for each rank.

NARRATOR: The Christmas season is celebrated in different ways throughout the world. It is celebrated in Germany, Austria, Australia, Brazil, Chili, Argentina and in many other countries including the United States. In the United States we celebrate this season in many different ways. A very popular way is with lights.

(Turn tree lights on).

Tonight we have some Scouts who have demonstrated the custom of advancing in rank. -

(Call the Bobcat candidate(s) and parent(s) forward.)

The custom of the Bobcat is to follow the 7 steps in the Bobcat trail. Cub Scout(s) _____ has completed the 7 steps and for this accomplishment (he) (they) will add another light to celebrate the Christmas season. Have Scout(s) screw the "Bobcat" bulb into the candle.

Congratulate Scout(s) for accomplishment. Present badge(s) to the parent(s) to present to the Scout(s).

The custom of the Wolf is to complete 12 achievements in the Wolf book.

(Repeat for Wolf rank)

The custom of the Bear is to complete requirements in 12 of the 24 achievements.

(Repeat for Bear rank)

The Webelos custom requires that Scouts complete activity badges. Webelos Scout(s) (has) (have) completed the required activities to earn the Webelos badge.

These boys have helped us light our tree but it is still not as bright as it can be. We must make the last climb to the upper branches of our tree for the Webelos rank. These boys have earned activity badges that will taught them skills, citizenship, and physical fitness *(Have boys come forward to light their bulbs and receive badges.)*

Because of a 11 the good work of these boys, our tree is lit. But we recognize that you do not reach these ranks alone. Your parents and leaders in Cub Scouting have helped you to get to these ranks. *(Give appropriate applause for parents and leaders)*

If there is an Arrow of Light award, a star could be on top of the tree. After presenting the award talk about how it tops off the boy's Cub Scout career and can be a shining part of his life.

To complete the custom of advancing in rank, we have a Scout who deserves the greatest celebration because he has attained the highest honor a Cub Scout can get - The Arrow of Light.

Call Scout(s) and parent(s) forward. For the accomplishment have Scout(s) screw in a colored bulb that blinks. Congratulate the Scout(s) and Parent(s) for the hard work they have done to attain this honor. Present badge and award to parent(s) to present to the Scout(s).

T'WAS THE NIGHT OF THE PACK MEETING

York Adams Area Council

'Twas the night of the Pack meeting and all through the place. Not a boy was stirring, anticipation on each face.

It was time for Advancements and they all turned an ear, so when their name was called, they would hear it loud and clear. The Cubmaster was checking his list, not once but twice to see which boys had worked hard and earned awards this night.

First come the Bobcats, all new to the Pack Akela is ready with the guidance and experience they lack. Come up our new Cubs, you're our Bobcats tonight Your final step as a Bobcat is to do a good deed, and you must do it right. (Present the Bobcat badges)

Second are the Wolves, experienced that's true But there is still much to learn, Akela's not through. Come up all our Wolf Cubs, you are wolves to be praised Achievements and electives you've done, so with Wolf badge and arrow points, in rank you are raised (Present the Wolf badges and arrow points.)

Third are the Bears, most experienced so far, Akela's teachings they have heeded, they're way above par. Come up our Bear Cubs, your work and learning is applauded For completing achievements and electives, tonight you're awarded (Present Bear badges and arrow points.)

Last are the Webelos, but not least to be sure Akela's lessons they've learned, now Boy Scouts is their lure. Come up all

our Webelos, your activities are harder, your accomplishments you wear proudly on your shoulder (Present Webelos activity pins)

Cub Scout Chef

Baltimore Area Council

Equipment: Large pot, two smaller pots or bowls that will fit inside the large pot, wooden spoon, 2 cups sugar, one egg, 1 teaspoon baking soda, dash salt, 1 cup flour, 1/4 cup chocolate chips, awards

Personnel: Cubmaster or advancement chair dressed as a chef with white apron and chef's hat

Preparation:

Place smaller pots inside the large pot.

Put awards into one pot and cover them with foil.

Add the ingredients, which are measured in containers all ready to add at the appropriate time.

Cub Scout Chef: I am the Cub Scout chef. It is my job to cook up some awards for our Pack. I have developed a special recipe for this event. Let's try it!

I have all my utensils and ingredients before me. The large pot represents the Cub Scout program, the container that holds it all together. This stirring spoon is the district and council. They help us mix our Pack in with the whole BSA program.

First, I add 2 cups of sugar, which represents the achievements that the boys have been working on.

Next, I add an egg, which stands for the parents who help hold the program together. (Crack egg and let it 'plop' into the ingredient bowl.) Now, I add 1 teaspoon of baking soda and a dash of salt. Like Cub Scout leaders, they are the key ingredients that bring the others together and cause them to change. Next comes a cup of flour. This represents the boys -- the staple of Cub Scouting. Last, I add a handful of chocolate chips, which represent the awards the boys have earned.

Now I'll stir this pot of Cub Scouting and see what happens. Yes, my delicious recipe worked! (Uncover the pot with the awards and pull out the badges.) It appears I have stirred up some awards! (Proceed with usual Pack rituals for Award presentation - Have the boys and their parents come forward. Hand each badge to parents to award to their boy. Have the boys and parents remain in front of the group until all awards have been presented.) **Lead a cheer to congratulate all the Cub Scouts!**

GAMES

Snowball Throw

Connecticut Rivers Council

Use a large Styrofoam ball. The boys are seated on the floor. "It" sits in the center of the circle. The boys throw the snowball to each other while "it" tries to intercept. When he succeeds, the boy who threw the snowball becomes "it".

Tree Decorating

Connecticut Rivers Council

Players are seated in rows with equal numbers in each row. They are numbered consecutively from front to back

Each No. 1 is given a piece of chalk.

On signal, No. 1 players run to a blackboard and draw the base for a Christmas tree. (can use poster board and markers) They return to their seats and hand the chalk or crayon to the No. 2 player, who must draw the branches.

No. 3, the candles.

No. 4, a given number of ornaments.

No. 5, add star to top of the tree.

No. 6, write Merry Christmas under the tree.

Team to complete their picture first wins.

Hanukkah Peanut Hunt

Connecticut Rivers Council

Buy package of peanuts.

Write K on 4, H on 4, N on 4, U on 4 and A on 4.

Hide all the peanuts, lettered and unlettered,

Have boys hunt for 5 minutes,

Award –

10 points for greatest number found

5 points for each lettered peanut

20 points for a Cub finding enough to write Hanukkah

Orange Relay

Santa Clara County Council

This is a game that will generate a few laughs and may develop a contortionist or two. Start the game by dividing the group into equal teams, with each team standing in a straight line. The goal of the game is to pass an ordinary orange from one member of the team to the next, right down the line, using their chin and neck only. The first person in line tucks the orange under the chin. The next player must remove the orange with his own chin and be ready to surrender it to a third chin. The first team to pass the orange down the whole line is the winner. If the orange falls to the floor, the player who dropped it must pick it up with his chin only.

Fast Lemon

Santa Clara County Council

Divide the group into two or more equal lines. Give the leader of each line a full-size pencil and a fully-grown lemon. As the teams line up single file, mark a starting line and a finish line along the floor about 20 feet away. The object of the game is to push the lemon with the pencil along the floor in a straight line – if you can. Each player must push it to the finish line and back to the next teammate in line. The team to finish first is the winner. You will discover that the lemon always keeps rolling despite a slight wobble. You may have trouble keeping it in your lane, so make sure there are no obstructions blocking the path. Try not to push the lemon too fast, as this may cause it to roll the wrong way.

Shoelace Suckers

Santa Clara County Council

You will need a big box of rope licorice (the longer the better). Give a piece of licorice to players, and have them put one end into their mouth (no cheating by nibbling early!). The goal is to lick/suck up the lace without using your hands, as quickly as possible. The winner is the first to eat their lace completely. The room will go silent with the concentration and then explode into fits of giggles when everyone sees each other looking ridiculous!

Yummy Or Not

Santa Clara County Council

You will need some blindfolds and different kinds of edible food. Divide the group into two teams. Blind fold one person from each team and let them smell and touch the food while their team yells out clues for them to guess what the item is. The team with the most correct guesses wins.

The Incredible Shrinking Prize

Santa Clara County Council

Children pass a box around, stopping when the music stops and unwrapping the outer box to reveal a smaller wrapped box inside until they reach the prizes.

Supplies:

- Nesting boxes (boxes that fit inside each other): as many as the number of participants. The more boys you have, the more boxes you will need. You can use plastic or paper bags in place of some of the boxes and create a layering effect.
- Prizes: one for each participant. Prizes should be small enough so that all the prizes will fit into the smallest box.
- Wrapping paper, or newspaper (color comics pages work best)
- Music (cassette player or radio)

Wrap all the prizes individually and place them into the smallest box. Then wrap the smallest box inside the next largest box and wrap that. Put that inside the next largest and wrap it. Continue until all the boxes (and bags if you're using them) have been nested and wrapped.

To play the game, have the children sit in a circle and give one of them the large wrapped box. Start the music and have the children pass the box around the circle while the music plays. Stop the music after 20-30 seconds. Whoever is holding the box when the music stops get to unwrap the first layer. Inside is another wrapped box. Start the music again and continue the game until the last box is unwrapped. If the music stops on a child who has already unwrapped a layer, that child gets to pick anyone who hasn't to take a turn to unwrap the package. Unwrapping the last box will reveal the prizes, which are also wrapped. The child holding the box takes one prize and passes the box around so that each child can take a prize.

This game works best with small group of about five or six children. If you have a large group, you may want to divide them into smaller groups, with a set of nesting boxes for each group. All the groups can play at the same time, but you may want an adult to supervise each group.

Vegetable Stew

Baltimore Area Council

Cub Scouts are seated in a circle with one boy in the center. The Den leader assigns the names of various vegetables to each of two boys in the circle. When the leader calls the name of a vegetable, the two cabbages, two carrots, two potatoes (and so on) run to change places, while the boy in the center tries to get one of the vacant places. When the leader yells, "Vegetable Stew!" everyone scrambles for a new seat. If the boy in the middle catches someone, he takes that boy's seat and the caught boy goes to the center. *To go with the theme, use Holiday Foods.*

Eggshell Race

Baltimore Area Council

Traditionally this game was played with hollow eggs but plastic ones work well. For real eggs, make small holes in either end of an egg with a pin or needle. Blow the yolk and white out of the egg and paint the shells different colors. Put the eggs down on a starting line and on a signal each contestant blows his eggs toward the finish line. Contestants are not allowed to touch the eggs in any way. Another version of this is played with team of two boys per egg. Each team player has a straw for a broom with which he pushes the egg toward the finish line. Only the straw may touch the egg.

Feed the Guest

Baltimore Area Council

You need a large cloth napkin (Cub Scout Neckerchiefs will do), gumdrops (*or a traditional candy for the holidays*) and toothpicks. Divide the Den into two teams. Sit them on opposite sides of the table. Place a napkin, bowl of gumdrops and a package of toothpicks at the end of the table for each team. At the given signal, the first person on each side ties the napkin around the neck of the person sitting next to him, picks up a toothpick, spears a gumdrop, and feeds the person. This person then unties the napkin from around his neck and repeats the procedure with the next person. This continues on down the table. The first side to finish wins.

After You

Baltimore Area Council

Materials: small table or chairs spoon for each boy, string, cake or ice cream

Divide the Den into pairs. Each pair sits with a small table, chair seat, or lapboard, etc. between them. Give each pair of boys two spoons joined together with a length of string so that spoons are only six inches apart. Place a large slice of cake or dish of ice cream in front of each boy. On signal, everyone starts to eat. Each boy must eat only from his own dish and must not lift it from the table. The pair finishes their food first wins.

Spaghetti Drop

Baltimore Area Council

Materials: 2 empty pop bottles, cooked and cooled spaghetti, 2 pair disposable plastic gloves, aprons

Teams line up in relay formation. Each team has one member go to the other end of the playing area, puts on apron, and lies down on his back with an empty pop bottle on his stomach. He may hold the bottle in place.

Next to the first person in each team, have a pot of cooked, cooled and drained (but still slightly soggy) spaghetti. At the signal, each player in turn puts on the plastic gloves, picks up 10 wet noodles, runs to the other end, puts noodles in the pop bottle before racing back to take off the gloves and hand them to the next player. The first team finished is the winner. Declare each team's bottle holder a hero.

Poor Spud

Baltimore Area Council

Draw a large circle on the ground and place potatoes in the center (one fewer than there are players.)

Tell the players to march around the circle. When a whistle is blown then the players grab a potato. The one without a potato sits out of the next game. Now take out another potato and play again, and so on.

The last player is the winner.

Cereal String Race

Baltimore Area Council

Use cereal such as "Cheerios" or "Fruit Loops" that have holes in the middle. Knot a piece of yarn or string (two to three feet long) around one cereal piece and tape the other end to keep it from unraveling.

Give each boy a string and a pile or bowl of cereal pieces. Set a timer for 1- 5 minutes, and let the boys race to see who can make the longest string of cereal before the time expires. Untie the yarn or string from the cereal piece, and tie the two yarn ends together to make a loop. Hang the strung cereal in a tree to feed the birds.

What Did You See?

This is a Kim's Games

Baltimore Area Council

Place 15 – 20 pieces of real or plastic foods on a tray. Allow the boys to look at the items for 1 – 2 minutes. Cover the items. Give each boy a piece of paper and a pencil, and instruct them to list all the items they can remember on the tray. An alternative to this game would be to hide the tray and change the places of several of the items. Reveal the tray, and have the boys take turns trying to put the items back in place.

Edible Architecture

Baltimore Area Council

Using different cookies and crackers, let the boys build castles, cottages or space ships. Add Cool Whip, Jell-O, or even peanut butter for glue. Decorate with other edibles, for incre-edible architecture! Make it a Holiday scene with snow and other decorations!!!

SONGS

Twelve Scouting Days of Christmas

Connecticut Rivers Council

(Tune: 12 Days of Christmas)

On the first day of Scouting, Akela gave to me,
A Den Leader swinging from a tree! _
On the second day of Scouting, Akela gave to me
Two Screaming Bobcats,
And a Den Leader swinging from a tree! _

OK, you should have the idea by now.

Here's the rest of these silly verses:

Third Day - Three Skinny Wolves
Fourth Day - Four Hungry Bears
Fifth Day - Five We be lost
Sixth Day - Six Arrow points
Seventh Day - Seven Silly Den Chiefs
Eighth Day - Eight Shouting Scouts
Ninth Day - Nine Warring Eagles
Tenth Day - Ten Derby Cars
Eleventh Day - Eleven Funny Den Skits

Twelfth Day – Twelve Wacky Cheers

I'm Playing In The Snow

Connecticut Rivers Council

(Tune: I'm Singing in the Rain)

I'm playing in the snow.
I'm playing in the snow.
What a glorious feeling
It's snowing again.
Making snowman tonight
For the whole world to see
I'm happy just playing
In the snow.

S-A-N-T-A

Connecticut Rivers Council

(Tune: BINGO)

Every Cub Scout has a friend
And Santa is his name, sir
S-A-N-T-A,
S-A-N-T-A
S-A-N-T-A
And Santa is his name.
Sing song through six times,
The first time just spelling out the name S A N T A;
Second time, spell out first four letters and clap the A
Third time, spell out first three letters and clap T A etc.

Dreidel, Dreidel, Dreidel

Santa Clara County Council

I have a little dreidel
I made it out of clay
And when it's dry and ready
Then dreidel I shall play!

Chorus:

Oh - dreidel, dreidel, dreidel
I made it out of clay
And when it's dry and ready
Then dreidel I shall play!

It has a lovely body
With legs so short and thin
And when my dreidel's tired
It drops and then I win!

Chorus

My dreidel's always playful
It loves to dance and spin
A happy game of dreidel
Come play now, let's begin!

Chorus

Libraries Are No Place to Eat

Santa Clara County Council

By Dennis Perry, Wilson Library,

Western Washington University

(Tune: Santa Claus is Coming To Town)

You better not eat, you better not chew,
You better not munch,
We're talkin' to you!
Libraries are no place to eat.
You better not drink,

You better not dine;
 If offered some food, politely decline.
 Libraries are no place to eat.
 You don't come here for bathing,
 You don't come here to smoke;
 So don't come here to eat your lunch –
 If you do we'll make you choke.
 So put down that Coke,
 That apple, and cake;
 Eating it here's a major mistake.
 Libraries are no place to eat.
 You better not bite, ingest, or consume;
 Just take it outside - there's plenty of room.
 Libraries are no place to eat.

We see you when you're snacking,
 We hear you when you gulp;
 We're gonna take your taco chips
 And mash them into pulp!
 We've taken an oath all munching to squelch;
 You better not gobble, gurgle, or belch.
 Libraries are no place to eat.
 We don't care how great your grandmother cooks;
 We don't want those fingers touching our books.
 Libraries are no place to eat.
 The next time your stomach's craving some food,
 Remember these points we've carefully reviewed.
 Libraries are no place to eat!

A HANUKKAH SONG

Greater St. Louis Area Council
 Tune: Three Blind Mice

Eight bright lights, eight bright lights,
 See how they glow, see how they glow,
 They call to mind the Maccabees,
 The struggle for our liberties,
 The glory of their victories,
 Eight bright lights.

Menorah Light, menorah Bright.
 See how it shines, see how it shines.
 The candles shine with a light so bright,
 See how it brightens the darkest night,
 Have you ever seen such a sight in your life,
 Menorah Bright!

A Scout's Christmas

Southern NJ Council
 (Tune: Jingle Bells)

Dashing through the den,
 With a rope held by each end,
 Tying a bowline knot
 Then showing what I've got.

Whittling with my knife
 On a practice Dial soap bar.
 I can hardly wait,
 Scout camp can't be far.

Bait a hook,
 Learn to cook,

Bike ro-de-os.
 Neckerchief slides,
 Canned food drives,
 Learning to take photos.

Pancake mix,
 Carving sticks,
 Keeps us on the run.
 Our families
 Make all these
 Memories so much fun.

Dashing through the camp,
 Putting up the tents,
 Popping all the corn,
 Blowing that morning horn.

Of scout camp we all dream
 We'll soon be old enough
 Tigers, Bobcats, Wolves, and Bears
 We're made of real tough stuff!

Half-hitch knots,
 Setting up cots,
 Playing fun new games.
 Hammers and nails,
 Compass and trails,
 Arrow points are the thing.

Santa's coming,
 We've been good,
 As good as we can be...
 Load our stocking
 With a pocket knife,
 Boy Scouts we want to be!

Fast Food

Baltimore Area Council
 Tune: A Ram Sam Sam

If you are unfamiliar with this tune try –

<http://www.notascout.net/songs/aramsamsam.htm>

Pizza Hut a Pizza Hut
 Kentucky Fried Chicken and a Pizza Hut
 Pizza Hut a Pizza Hut
 Kentucky Fried Chicken and a Pizza Hut
 McDonald McDonalds
 Kentucky Fried Chicken and a Pizza Hut
 McDonald McDonalds
 Kentucky Fried Chicken and a Pizza Hut

A Burger King a Burger King
 Long John Silvers and a Burger King
 A Burger King a Burger King
 Long John Silvers and a Burger King
 Red Lobster Red Lobster
 Long John Silvers and a Burger King
 Red Lobster Red Lobster
 Long John Silvers and a Burger King

Dairy Queen A Dairy Queen
 Chucky Cheese and a Dairy Queen
 Dairy Queen A Dairy Queen
 Chucky Cheese and a Dairy Queen
 Roy Rogers Roy Rogers

Chucky Cheese and a Dairy Queen
 Roy Rogers Roy Rogers
 Chucky Cheese and a Dairy Queen

Actions

Pizza Hut - Make shape of a hut in the air
Kentucky Fried- Flap elbows up and down in the manner of a demented Chicken
McDonalds - Put hands on top of head and bring out and down to produce the "Golden Arches"
Burger King - Put hands on head with fingers up to make a crown
Long John Silvers - mimic sword play
Red Lobster - hold up arms and bring fingers down on thumbs like lobster claws snapping
Dairy Queen - mimic milking a cow
Chucky Cheese - mimic tossing a pizza crust up in the air
Roy Rogers - mimic riding a horse

CUB GRUB

Santa's Punch

Connecticut Rivers Council

Ingredients

1 quart pineapple juice
 1 package (2 qt) lime Kool-aid
 1 qt lime sherbet
 2 quarts ginger ale

Directions

Mix Kool-aid in punch bowl.
 Add pineapple juice.
 Just before serving, add sherbet by spoonfuls.
 Add ginger ale.
 For red punch, use raspberry Kool-aid and sherbet.

Candy Cane Cocoa

Connecticut Rivers Council

Makes: 4 servings
Prep Time: 5 minutes
Cook Time: 10 minutes
Ready in: 15 minute

Ingredients:

4 cups milk,
 3 ounces semisweet chocolate, chopped,
 4 peppermint candy canes, crushed,
 4 small peppermint candy canes,
 1 cup whipped cream

Directions:

In a saucepan bring the milk to a simmer.
 Add the chocolate and the crushed peppermint candies
 Whisk until smooth.
 Divide hot cocoa between four mugs
 Garnish with whipped cream
 Serve with a candy cane stirring stick

Cheese Straws

Connecticut Rivers Council

Makes: 5 dozen
Prep Time: 15 minutes
Cook Time: 15 minutes
Ready in: 30 minutes

Ingredients:

½ cup butter, softened,
 4 cups shredded Cheddar cheese,
 2 cups all-purpose flour,
 1 teaspoon salt, ¼ teaspoon ground red pepper (optional)

Directions:

Preheat oven to 400 degrees F (200 degrees C).
 Grease a cookie sheet.
 In a large bowl cream butter and cheese.
 Stir in flour and salt; mix well.
 Lightly flour a surface roll the dough out to ½" thick.
 Cut into 2-inch strips and sprinkle with ground red pepper.
 Place strips on prepared cookie sheet(s) 1 ½ inches apart.
 Bake in preheated oven for 10 to 15 minutes, or until crisp.

Tiger Butter

Connecticut Rivers Council

Makes: 24 servings

Ingredients: 16 ounces white chocolate, chopped, ¾ cup crunchy peanut butter, 1 cup milk chocolate chips
Directions: Butter a 10x15 pan. Set aside. Place white chocolate in a medium-sized microwave-safe bowl. Microwave on High until melted, stirring frequently. Stir in peanut butter. Spread into prepared pan. Drizzle with melted milk chocolate chips, stirring through mixture to create a marbled effect. Let stand until set. Break into bite-sized pieces.

Snowball Cookies

Connecticut Rivers Council

Ingredients

1 cup Butter or margarine
 1/2 cup Sugar, powdered; sifted
 1 teaspoon Vanilla
 2 1/2 cup Flour; sifted
 1/4 teaspoon Salt
 3/4 cup Pecans, chopped
 Cream butter in large bowl.
 Add sugar and cream together until light.
 Stir in vanilla.
 Sift flour and salt; mix in.
 Stir in nuts. Shape into balls.
 Place on ungreased cookie sheet.
 Bake 15 minutes at 350.
 Roll in powdered sugar straight out of oven.
 Roll again when cool.
Makes about 36 cookies

Fruity Popcorn

Southern NJ Council

Ingredients –

8 cups popped corn
 1/3 cup melted butter
 1 package any flavor gelatin

Directions -

1. Place popcorn in clean sack.
 2. Pour butter over popcorn, close sack, and shake well.
 3. Sprinkle gelatin over popcorn, close sack, and shake well.

Christmas Gift Jar for Fruity Popcorn

To make this gift jar, you will need: any clean, clear glass jar with wide mouth (mayonnaise jar is good), Christmas

wrapping paper or old Christmas cards, scissors, green or red felt (optional), pencil, glue, and ribbon or bow.

1. Cut out pictures from wrapping paper or cards; glue to sides of jar.
2. Trace around lid onto felt, then cut out and glue to top of lid (optional).
3. Fill with Fruity Popcorn or other treats; tie with ribbon or put bow on top.

Easy French Toast

Southern NJ Council

Needs –

- 1 1/4 cups egg nog (non-alcoholic)
- 8 slices bread

Directions –

Pour egg nog into shallow bowl.
Dip bread into egg nog.
Cook bread in hot greased skillet or griddle until golden brown on both sides.
Serve with syrup or powdered sugar.

Wassail

Southern NJ Council

Needs –

- 1/2 cup sugar
- 4 cups boiling water
- 3 whole allspice
- 6 whole cloves
- 1 tablespoon ground ginger
- 1 piece stick cinnamon 1” (2.5 cm) long
- 1/3 cup orange juice
- 2/3 cup lemon juice

Directions -

1. Pour sugar into 2 cups boiling water; boil 5 minutes.
2. Add spices; cover and let stand 1 hour.
3. Add remaining water and fruit juices; mix well, then strain.
4. Reheat to boiling. Serve warm.

Holiday Ice Cubes

Southern NJ Council

Needs –

- 1 package (.13 ounces) cherry or lime flavored drink mix
- 1 bottle (2 liters) lemon lime soda

Directions –

1. Make drink mix according to package directions
2. Pour it evenly into 2 ice-cube trays and place in freezer until ice cubes are solid
3. Put ice cubes in glass, then pour soda over them.

Yum Yums

Southern NJ Council

Needs –

- 1 package caramels
- 1 package marshmallows
- 1/2 box crisp rice cereal

Directions –

1. Unwrap caramels and place in heavy saucepan. Melt caramels over low heat, stirring constantly.
2. Pour cereal into deep bowl.

3. Stick fork into marshmallow, dip marshmallow into caramel sauce, then into cereal. Place finished candies on waxed paper.
4. Eat at room temperature, but refrigerate to keep fresh.

HANUKKAH DOUGHNUTS

Southern NJ Council

Make with adult help

Needs –

- 1 2/3 cups flour
- 2 eggs, beaten
- 1 tsp. baking powder
- 1 cup sour cream
- 2 Tbsp. sugar
- 1/2 tsp. salt
- 1 cup powdered sugar
- 1 cup oil for frying

Directions –

In large bowl, combine all ingredients except powdered sugar and oil.
In frying pan, heat oil to medium heat.
Carefully place dough into oil, 1 Tablespoon at a time.
Fry 3 - 5 minutes or until golden brown all over.
Carefully remove doughnuts from oil and place on paper towels to drain.
Gently roll warm doughnuts in powdered sugar and set aside.
Serve warm

KWANZAA BAKED PLANTAINS

Southern NJ Council

Needs –

- 4 - 5 ripe, large plantains
- 1/2 tsp. cinnamon
- 1/2 tsp. nutmeg (optional)
- 1/3 cup brown sugar
- 1/4 cup butter or margarine, melted

Directions –

Preheat oven to 350 F.
In small bowl, combine sugar, spices, and butter and stir to combine.
Wash plantains and cut in half lengthwise.
Place in baking dish, peels facing down.
Drizzle sugar mixture over plantains.
Bake for 30 minutes or until soft.
Serve warm.

Chex Party Mix

Connecticut Rivers Council

Ingredients:

Aluminum foil pie tin (mark boys' names on each tin)
Dry: Corn Chex, Rice Chex, Wheat Chex, Cheerios, Pretzels, Crispix, Nuts, etc.

Sauce:

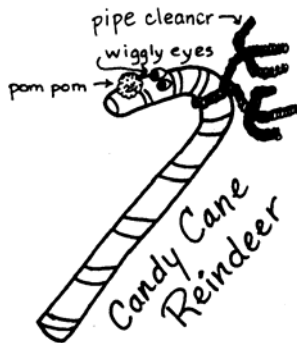
- 1/2 cup butter,
- 9 Tbs. Worcestershire,
- 2 1/2 Tbs. Garlic Salt

Ask the boys to each bring one of the "dry" ingredients for Chex mix, just like at the First Thanksgiving.
Put them in bowls with measuring cups and spoons for scoops. Let each boy select the ingredients he wants in an aluminum pie tin while the leader makes the sauce.

Dribble sauce over each boy's mixture and heat it in an oven at 250°F for about 1 hour. Cool and serve.

CANDY CANE REINDEER

Southern NJ Council



Needs –

- Candy Cane
- Brown or green pipe cleaner
- Red pom pom
- Wiggly eyes

Directions –

- Cut pipe cleaner in half.
- Cut one half in half again.
- Twist pipe cleaners to form antlers.
- Glue on eyes and nose.
- DON'T UNWRAP PLASTIC FROM AROUND CANDY CANE.*

CARAMEL MARSHMALLOW TREAT

Southern NJ Council

Needs –

- 1 lb Kraft caramels
- 1/2 cube margarine
- 1 can Eagle brand sweetened condensed milk
- Rice Crispies
- 1 package large marshmallows.

Directions –

1. Stir in a double boiler caramels, margarine and condensed milk until melted.
2. Dip marshmallows in caramel mixture with fork, roll in rice crispies and cool.

GUMDROP TREES

Southern NJ Council

Needs –

- 1 tbsp shortening
- 4 cups puffed oat cereal
- 3 tbsp butter or margarine
- 3 cups miniature marshmallows
- 1/2 tsp vanilla
- Gumdrops

Directions –

1. Grease cookie sheet with shortening. Empty puffed oat cereal onto cookie sheet.
2. Heat miniature marshmallows over low heat. Stir constantly until they melt.
3. Remove from heat and stir in vanilla.
4. Pour mixture over cereal and stir with tablespoon until entirely coated.

5. Butter your hands and shape the coated cereal into 6 Christmas trees.
6. Cut gumdrops with scissors and decorate trees with the slices.

RUDOLPH ANTLERS

Southern NJ Council

These can be made in a jiffy, but need to be chilled.

Make a few ahead of time so the boys can taste it.

Make a batch (or two) together and send theirs home to be refrigerated.

Needs –

- 1 6-oz package semisweet chocolate pieces
- 1/2 of a 6-oz package butterscotch pieces
- 1 3-oz can of chow mein noodles
- 12 Maraschino cherries, halved

Directions –

1. Melt chocolate and butterscotch pieces together in a medium saucepan over low heat, stirring occasionally. Remove the pan from the heat. Stir in chow mein noodles.
2. Line a cookie sheet with waxed paper. Using two teaspoons, shape about 1 tablespoon of the mixture into a v-shape cookie about 2 inches wide to resemble antlers.
3. Press a cherry-half in the center of each. (Make sure you press the cherries securely.)
4. Chill cookies on the cookie sheet in the refrigerator for 1 to 2 hours or till cookies are firm. Store the antlers in the refrigerator in a covered container up to 5 days.

Makes 24

Tiger Butter

Southern NJ Council

Makes 24 servings

Ingredients:

- 16 ounces white chocolate, chopped,
- 3/4 cup crunchy peanut butter,
- 1 cup milk chocolate chips

Directions:

- Butter a 10x15 pan. Set aside.
- Place white chocolate in a medium-sized microwave-safe bowl.
- Microwave on High until melted, stirring frequently.
- Stir in peanut butter.
- Spread into prepared pan.
- Drizzle with melted milk chocolate chips, stirring through mixture to create a marbled effect.
- Let stand until set.
- Break into bite-sized pieces.

Mini-Crescent Sausage Links

Connecticut Rivers Council

Ingredients

- 2 packages refrigerated crescent rolls
- The CT Rivers Book says, "My kids love these. We often have them for dinner with a fresh salad."*
- Preheat oven to 375 F.
- Separate dough into 8 triangles;
- Cut each triangle lengthwise into thirds.
- Place sausages on short end of each triangle and roll up to the opposite point.

Place on ungreased cookie sheet.
 Bake for 12 to 15 minutes or until brown.
 Makes 48.

Microwave Peanut Brittle

Ingredients:

- 1¼ cups salted dry-roasted peanuts
- ¼ tsp ground allspice
- 1 cup sugar
- ½ cup light corn syrup
- 1 tsp butter (no substitutes)
- 1½ tsp baking soda
- 1 tsp vanilla

Makes about 1 pound.

Directions:

1. Coat a 15x10-inch pan (or piece of aluminum foil) and metal spatula with nonstick cooking spray; set aside.
2. In a 2-quart microwave-safe glass bowl, combine sugar and corn syrup.
3. Microwave, uncovered, on high for 4 minutes; stir.
4. Add peanuts and allspice, and stir until blended.
5. Heat on high 4-5 minutes longer or until mixture turns a light amber color (mixture will be very hot).
6. Stir in butter.
7. Microwave 45 seconds longer.
8. Quickly stir in baking soda and vanilla until mixture foams and becomes light colored.
9. Immediately pour mixture onto prepared pan and spread as thinly as possible with prepared spatula.
10. Cool. Break into pieces.

Reindeer Food

Santa Clara County Council

Ingredients:

- 3 cups pretzels
- 5 cups Crispix cereal
- 3 cups Cheerios®
- 3 cups dry roasted peanuts
- 1 pound white chocolate -- see directions
- 6 ounces red and green M&M's

1. Mix the pretzels, cereals and peanuts in a large bowl.
2. Melt the chocolate (I just use the white coating, like almond bark or vanilla bark, from the baking section). Usually, it's easiest to melt in the microwave.
3. Pour melted chocolate over mixture and stir gently to coat.
4. Spread mixture on 2 waxed paper lined cookie sheets. Sprinkle M&M's on top (or you can add with cereal mixture if you want to have them coated) .
5. Let cool and dry.
6. Break into pieces. Store in an airtight container.

STUNTS AND APPLAUSES

CHEERS

Connecticut Rivers Council

Eskimo Cheer: Brrrrr-rrr, Brrrrr-rrr.

Frozen Cub (Scout): Wrap your hands around yourself and say "Brrrrrrr".

Santa Claus: Reach out and hold stomach saying loudly, "HO, HO, HO" three times. Variation: Add: "MERRY CHRISTMAS!"

Sleigh: Say "Jingle Bells, Jingle Bells, Jingle All the Way"

Christmas Bells: Pretend to hold a bell rope, then get the left side of the audience to say "DING" on the down stroke and the other side of the audience to say "DONG" on the up stroke

Rudolph: Put thumbs to your head with fingers up, forming antlers. Wrinkle your nose, saying. Blink, Blink, Blink."

Ice Cube Cheer: Shape an ice cube with a thumb and index finger, saying, "COOOOL!"

Star Cheer: Crouch down with hands on knees, then straighten up and extend your arms high and wide, and shout, "What a star you are!"

Southern NJ Council

SNOWBALL: Reach down and pick up some snow. Pack it into a ball. Pull Arm back, throw, and yell "SPLAAAAT."

WORKING ELF Pick up hammer and say, Nail, nail, nail, Glue, glue, glue, Build, build, build."

Baltimore Area Council

Catsup Applause - Hold bottle in left hand and try to pound catsup out of the bottle with your right hand.

Quarter Pounder - Applause Place a pretend quarter in your left palm. Holding hand flat, make a fist with right hand and pound your left hand.

Seal of Approval - Applause Put your forearms together from the elbows to the wrists. Keeping your arms in this position, move them from side to side while you flap your hands together and make an "URK URK" noise like a seal. (If the boys are sitting down, you might add an extra feature and see if they can kick their feet together at the same time.)

RIDDLES

Connecticut Rivers Council

Who brings dogs their presents at Christmas?

Santa Paws

Santa Clara County Council

What do you get if you divide the circumference of a pumpkin by its diameter?

Pumpkin Pi.

What do you call a stolen yam?

A hot potato.

Southern NJ Council

What do turtles give each other for Christmas?

People-neck sweaters

If an athlete gets "athletes foot", what does an astronaut get?

Missile toe.

What is the weather forecast for Christmas?

Probably some rain, dear!

Baltimore Area Council

Can you drop a full glass and spill no water?

Yes, when the glass is full of milk.

Which will burn longer, a 2" or 8" candle?

Neither, they both burn shorter.

What is the best paper for making kites?
Flypaper

Where are the coldest seats in a theatre?
In Z-row

Why isn't a person's nose twelve inches long?
Because then it would be a foot.

Why is a joke like a coconut?
It isn't any good until it's cracked.

What has a foot on each end and one in the middle?
A yardstick.

What is it that is put on the table, cut and passed, but never eaten?
A deck of cards.

RUN ONS

Santa Clara County Council

Tourist arrives at a hotel needing a room

Clerk: Hi, is your name Jell-O?
Tourist: Uh... no.
Clerk: Too bad, 'cause there's always room for Jell-O!
Diner: Waiter, I can't eat this!
Waiter: Why not sir?
Diner: You haven't given me a knife and fork.
Diner: Waiter, this lobster only has one claw.
Waiter: I think he's been in a fight, sir.
Diner: Well, bring me the winner!

A Dad and his son are eating hamburgers at McDonalds

Son: Daddy, What are these little things on the hamburger buns?
Dad: They are tiny seeds and they're okay to eat.
(After a long pause)
Son: Dad, if we go home and plant these seeds in our backyard, we will have enough hamburgers to last forever.

Santa Clara County Council

A Zen Buddhist walks into a pizza parlor and says, "Make me one with everything."
Indigestion is what you get when a square meal doesn't fit in a round stomach.
A cheesecake is something that turns to pound cake when you eat it.
A big sign is posted in a fast-food restaurant that reads, "No bills larger than \$20 will be accepted." The woman in front of the line points to the sign and remarks, "Believe me, if I HAD a bill larger than 20 dollars, I wouldn't be eating here."

Baltimore Area Council

"Telephone" Run-On

Person walks across stage when a phone rings; picks it up; says: "You don't say." (pauses) "You don't say." (pauses) "You don't say." (hangs up the phone)
Cubmaster: "Who was that?"
Person answers: "I don't know, he didn't say!"

"Grease" Run-On

Boy 1: Tonight we are going to be talking about ancient Greece.
(Boy 2 walks onstage carrying a can of Crisco.)

Boy 1: No, no; not that kind of grease. You know Greece, the place.
Boy 2: Oh yeah, that's in back of the cafeteria.
"Fish" Run-On
Scout walks on stage carrying a fishing pole.
Boy 1: Did you catch anything?
Boy 2: Yes.
Boy 1: How big was it?
Boy 2: It was THIS BIG. (Build up speech volume on THIS while spreading hands farther apart. On BIG, suddenly bring hands to about 6 or 7 inches apart).
"Cookies" Run-On
Cub #1: Did you eat all of the cookies?
Cub #2: I didn't touch one.
Cub #1: That's strange, because there is only one left.
Cub #2: Right. That's the one I didn't touch!

Connecticut Rivers Council

Cub 1: I asked Mom for a new pair of sneakers for gym.
Cub 2: What did she say?
Cub 1: She said to tell Jim to buy his own sneakers.

Star Wars And Chinese Food

Remember Mark Hamill from Star Wars? He doesn't like to eat in Chinese restaurants. He likes the food fine, but has a lot of trouble using chopsticks. Just when he starts to get really frustrated, this voice whispers in his ear, "Use the Forks Luke."

STUNTS

Foreign Foods:

Santa Clara County Council

- ✓ In America, if you want to split the cost of an evening out, you say you are "going Dutch," since the Dutch are well known for their frugality. The Dutch, on the other hand, call the same arrangement "op z'n Amerikaans" (going American) because the Americans are known for their egalitarian nature!
- ✓ In English, the bird "turkey" was named as though it came from Turkey. In Turkish, the bird is named "hindi" as though it came from "Hindistan", which is Turkish for India. (Any Hindi speakers wish to comment on the Hindi name of a turkey?)
- ✓ French fries aren't really French. In fact, they were invented by the English (so greasy, you know), who call them chips. The French call them "pommes frites" or "fried apples [of the earth]".
- ✓ In Wien (the German name for Vienna), they like to eat Frankfurters. In Frankfurt, they eat the same thing, but call them Wieners.

Stupid Food Laws:

Santa Clara County Council

- ✓ In Arizona: It is unlawful to refuse a person a glass of water.
- ✓ In Illinois: A law forbids eating in a place that is on fire.
- ✓ In Washington: All lollipops are banned.
- ✓ In Florida: It is illegal to sell peanuts after sundown on Wednesday.

- ✓ In Alabama: Putting salt on a railroad track may be punishable by death.

SKITS

The Waiter

Baltimore Area Council

Three Scouts are seated in a restaurant. A waiter approaches them.

Waiter: What'll you have?

Scout 1: I'll have a tuna on rye.

Waiter: Why tuna? Salmon's much better. And have it on whole wheat, it's healthier.

Scout 1: Okay, okay. Make it salmon on whole wheat.

Waiter: And you?

Scout 2: I'll have bacon and tomato on toast. And coffee.

Waiter: Bacon's not good for you. And coffee strains your heart. Have a nice roast beef sandwich and a cup of tea.

Scout 2: Okay, make it a roast beef sandwich and tea.

Waiter: How about you?

Scout 3: What do you suggest?

Waiter: Who has time to make suggestions?

Echo Point

Baltimore Area Council

Cast: Guide, students and echo (hidden)

Setting: School field trip, all are standing at the edge of a cliff.

GUIDE: This is Echo Point. What makes Echo Point so special is that whenever you call out the name of a food, it will echo three times. Listen. Yogurt!

ECHO: Yogurt! Yogurt! Yogurt!

GUIDE: See? Now anyone want to try? (Each Cub calls out a food, and Echo repeats three times, until last Cub.)

LAST CUB: My turn! Baloney:

ECHO: Baloney, baloney! (Only twice)

GUIDE: That's strange. It's never repeated a food only twice. Maybe we should wait a moment more. (Pause---nothing happens) I'm so sorry, boys. Maybe we should go back to school for lunch in the cafeteria, where the food is so good.

ECHO: Baloney!

Winter Skit

Connecticut Rivers Council

Set Up –

Jingle bells start jingling offstage.

Four Cub Scouts pull a “sleigh” to center (can hold onto a rope or stick to keep them together.)

As they move they count to themselves 1-2-3-4.

On “4” they all yell, “CRACK!” together.

Driver flicks a whip as they all yell, “Crack!” .

Sleigh stops - bells stop - when the driver yells, “WHOA!” Driver gets out, walks to a group of waiting scouts and “Talks” (Pantomimes) to them.

Horse #1 (In exasperation) Where did she get that whip? All Horses Shake their heads.

Horse #2 (Groans as he looks at the group) Look who we have tonight! All Horses Groan. Cub Scouts! (disgusted)

Horse #3 They're so loud! They hurt my ears!

Horse #4 Worse than that, they sing the whole trip!

Horse #1 Where did she get that whip?

Horse #2 I don't know, but look back there. Something is happening.

(Scouts and driver appear to be arguing. Scouts point to drivers whip and shake their heads no.)

Horse #3 (Hopefully) Maybe we won't be carrying Cub Scouts tonight.

Horse #4 They're just so . . . so spirited! They can not sit still!

All horses look at group once again. Driver throws whip away, and they all approach sleigh.

Scouts fall in behind driver.

Horses: (Together) Yea! Wow! Rad! Awesome!

Horse #1 (In disbelief) They talked her out of using the whip!

Horse #2 Cub Scouts are Awesome, Horse!

Horse #3 They're cool dudes. They always carry their trash away, and they feed us apples. -

Horse #4 They are fun and they sing. They are so full of . . . of spirit!

Driver picks up reins and yells “Giddyup” .

Bells jingle. All move forward singing:

Dashing through the snow,
in a four horse open sleigh,

O're the fields we go,

laughing all the way,

Bells on Cuptails ring,

Making spirits bright

What fun it is to ride and sing a sleighing song tonight!

Jingle bells, jingle bells, jingle all the way,

Oh, what fun it is to ride in a four horse open sleigh – Hey

(repeat)

DO YOUR BEST

Otetiana Council

CHARACTERS:

CHARLIE BROWN, LINUS, CUB SCOUTS (As many as 8 and as few as 3.)

CUB 1: This is a great time of year!

CUB 2: It sure is! Snow ... Santa Claus ... presents ... its all just great.

CUB 3: Well, here comes Charlie Brown and Linus.

3 CUBS: Hi Linus. Hi Charlie Brown.

CUB 4: What's the matter Charlie Brown?

CHARLIE: I was just thinking. All I will probably get for Christmas is rocks! That's all I got at Halloween.

CUB 5: That's not all there is at Christmas.

CUB 6: There's snow.
 CHARLIE: That means Lucy will throw snowballs at me!
 CUB 7: How about Christmas trees?
 CHARLIE: Snoopy knocked mine down!
 CUB 8: There's also mistletoe and bells and Christmas carols . . .
 CHARLIE: Bells hurt my ears, only my mother wants to kiss me and I can't sing. If that's all Christmas is about, I guess I don't like it much. I wonder if that's all there really is?
 LINUS: No, Charlie Brown, there is much more. Let me tell you what Christmas is all about.
 "... And there were in the same country shepherds abiding in the field, keeping watch over their flock by night. And lo, the angel of the Lord came upon them, and the glory of the Lord shone round about them; and they were so afraid. And the angel said unto them, 'Fear not, for behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David, a Savior, which is Christ the Lord. And this shall be a sign unto you. Ye shall find the babe wrapped in swaddling clothes, lying in a manger.' And suddenly there was with the angel a multitude of the Heavenly Host praising God and saying: 'Glory to God in the highest, and on earth peace, good will toward men.' And that's what Christmas is all about, Charlie Brown.

CLOSING CEREMONIES

G-O-O-D-W-I-L-L

Southern NJ Council

PERSONNEL: - 8 Cub Scouts

EQUIPMENT: 8 Signs with the letters G O O D W I L L on the front and the parts on the back in large print.

ARRANGEMENT: The Cub Scouts enter one at a time, holding up sign with a letter on it. Each speaks his line and the next Cub Scout enters. When the final Cub Scout joins the group, the letters will spell GOODWILL.

- Cub # 1:** G - Good Cub Scouts are fiends to all.
- Cub # 2:** O - On their honor to obey the Pack Law.
- Cub # 3:** O - Once they spread good will all around.
- Cub # 4:** D - Doubled friendships will surely be found.
- Cub # 5:** W - Working together to make the universe a better place.
- Cub # 6:** I - Including as friends, boys from each faith and race.
- Cub # 7:** L - Leaving behind them a path of good cheer.
- Cub # 8:** L - Let's all practice it now and all through our years.

Recipe for a Happy Family

Baltimore Area Council

Three to ten boys can help. One boy reads from a cookbook, one boy stirs pot, the rest add the ingredients. Cover old cans with paper and label. Fill each can with something to make it look real.

Scene: Boys around a table, with a large pot and ingredients on top of table.

Boy 1 stands by pot and stirs slowly as ingredients are added.

- Boy 2:** (Has cookbook and starts to read.) Here is the recipe for a happy family.
- Boy 1:** Do we have everything?
- Boy 2:** (Looks around and other boys nod their heads yes.) First we need three cups of eagerness.
- Boy 3:** Here it is (Pours it in.)
- Boy 2:** Next is two cups of laughter.
- Boy 4:** I've got that (Pours it in.)
- Boy 1:** (Looks into pot.) This is beginning to look enticing!
- Boy 2:** Two cups of courtesy.
- Boy 5:** (Looks at can.) This is it . (Pours it in.)
- Boy 2:** Who's got two cups of helpfulness?
- Boy 6:** I brought that. (Pours it in.)
- Boy 2:** Next we need some adults to help.
- Boy 7:** I found two really good ones! (Pours it in.)
- Boy 1:** (Looks in pot.) Wow! That made this really great!
- Boy 2:** Now we need one cup of ability to follow instructions.
- Boy 8:** I have that. (Pours it in.)
- Boy 2:** Next is a gallon of patience.
- Boy 9:** I looked all over, but I found plenty. (Pours it in.)
- Boy 2:** The last ingredient is three cups of love for each other.
- Boy 10:** (Pours it in.) I got that, but I added a little more than the recipe called for.
- Boy 1:** Okay, I'll mix it well.
- Cubmaster:** What do we have? A recipe for a happy family! Serve generous portions frequently!

Cubmaster's Minute

'Tis the Season Closing Ceremony

Connecticut Rivers Council

Cubmaster: This is the season of lights. It is a time when the days are shorter so the nights are longer, yet somehow things are brighter. Stores and homes are bright with holiday lights. Thousands of homes have a single light to show the way for the Christ child, others have candles burning to commemorate the miracle of Hanukkah, and some light candles to honor the heritage of Kwanzaa. Even the stars in the winter sky seem brighter at this time of year. But the most important glow is from the spirit of goodwill that We live with year-round in the Cub Scout Promise and the Law of the Pack. Before we all leave to get on with our holiday celebrations, let's stand and repeat the Promise and Law together. Happy Holidays!

Scout's Act Of Kindness Closing

Connecticut Rivers Council

Cubmaster: To end this evening, I'd like to tell you a story.

A crowded bus stopped to pick up a bent old woman. With great difficulty she struggled up the steps with a large basket of freshly washed laundry. "You'll have to put your basket in the rear of the bus," the bus driver said impatiently. "I do not dare. They do not belong to me." The woman replied. The driver was firm. "You and that basket are in the way. Either stow it or get off."

The old lady was almost in tears when a young man arose. "You sit here, Ma'am," he offered. "I'll take your basket to the back and watch it until your stop." The woman was doubtful, but the bus driver was about to put her off. A second lady, sitting nearby, said to the old woman, "That boy's all right. Can't you see his uniform? I'll vouch for him." The woman soon took a seat, and the basket of clothes carried to the rear. At her stop, the boy gently set the basket down by her, then returned to the bus and continued on his way. "Who's the kid?" asked the driver to the second woman. "I do not know the kid," was the reply, "But I do know the uniform, and you can trust it every time." In this season of giving and helping, let's make certain we remember what our uniform means to others and to ourselves.

GOOD TURN

Southern NJ Council

Most of us are happiest when we are doing something for others. Think for a moment of a time when you were helpful to someone. Chances are, it made you feel pretty good. Of course, we feel best when we do something for others without being found out. When we help others regularly, it soon becomes a habit and to be a natural thing. Once you have established this habit, you will learn the real meaning of the good turn.

To tell the truth

Baltimore Area Council

These are some of the things that will make working together and playing together easier: To tell the truth, to be honest, to be courteous, to have respect for leaders and to think of others as well as ourselves.

SNOWFLAKE CLOSING CEREMONY

Sam Houston Area Council

Set Up –

Have Cub Scouts and family members cut out snowflakes when they enter the pack meeting and put their names on them. (Folding a square sheet of paper in half, and then into thirds can make six sided snowflakes). Tape or fasten to a wall, curtain, blackboard or window.

Have you ever caught a snowflake on a black piece of paper and studied it? It is so delicate and fragile that it melts almost before you can pick out its unique shape and structure. And it is unique, because each snowflake forms its own pattern of crystals in a six-sided shape. No two are exactly alike. There may be some that are similar, but none are the same.

Each of you created a snowflake tonight. Look at the variety and differences. Each of you started out with the same materials, but you created something that is truly unique. Every person is unique, too. You may have your Mom's eyes, or your Dad's sense of humor. You may even be a twin

and look so much alike that people have trouble telling you apart. But you are different in the things you like, the things you think, and the way you live your lives. You have your own unique contribution to make to the world. You have your own unique gifts and talents that will benefit you and those around you. You have your own unique style, laugh, dreams, and strengths.

One snowflake will melt in an instant, but think of what happens when all those snowflakes are together in one place at one time. A pile of snow can make a ski jump, block a highway, collapse a roof. A mountain of snow can provide water for a town for the whole summer, or carve the sides of a canyon. A lot of snow can accomplish things one snowflake can't, but it takes all of them working together to be successful.

Let's unite ourselves, each unique individual, and work toward the common goals of citizenship, service, brotherhood, physical and spiritual strength, and see what a contribution we can make to the world. Let's stand and repeat the Cub Scout Promise and the Law of the Pack.

WEBELOS

This is the second month for both Craftsman and Scientist so the ideas here are limited. Go back to last month's Baloo. There were a lot of ideas there. CD

Scout Law Straw Relay

Cindy, Mt Diablo Silverado Council

This came to me as a fun way to have Webelos learn the Scout Law. I agree, CD

Materials: straws, 2 sets of each word of the scout law on separate small pieces of paper

Set up:

Two teams

One straw for each player

Put the pieces of paper (spread out) on a table for each team

Object: For the team to put the Scout Law in order

How to play:

One by one each team member will pick up piece of the Scout Law using only their straw and take it over to a specific destination.

The first scout must reach the destination and return before the next scout goes.

The team should try and assemble the Scout Law in order as each piece is added.

Once the team has moved all twelve pieces to the destination, they race over to check and, if needed, put the Scout Law in correct order.

The Scout with the last piece must return before all the scouts can proceed to the destination and check if the Scout Law is in order.

The first team to put the law in order is the winner.

CRAFTSMAN TECHNOLOGY GROUP

Baltimore Area Council

Webelos Scouts who have spent a year or two in a Cub Scout Den before coming into the Webelos Den will already have had some craft experience. They may have already

worked with simple woodworking tools; but chances are, they will not have had much experience with leather craft or tin craft.

This is a good opportunity for a boy to gain some knowledge in these skills. To earn the badge, the boys must complete ten craft projects. There is no way these can all be completed at Den meetings, so this is a chance to involve parents; both in working at home with their boys, and in furnishing tools to be used at Den meetings.

While working with boys on this activity badge, keep these things in mind:

Patience - Some boys require a high degree of patience. Stick with it; you'll be glad you did. Enlist the help of the assistant Den leader, Den chief, and fathers, so you won't need to do it all alone.

Preparation - Have all tools laid out at separate workstations before the Den meeting starts. Build a sample of the item yourself before the meeting and make note of the steps that require the most coordination. Be prepared to help boys individually in these areas. Show them your sample so they can get an idea of what the finished product will be like.

Perseverance - You should insist that the boys finish the item which they begin. This is very important. If necessary, work individually with them outside the Den meeting or enlist the help of others. Don't even consider using a project, which the boys can't complete within a reasonable amount of time. Watch for signs of discouragement, and help the boys who seem to be having trouble.

Safety - Help the boys understand safety practices and to take safety precautions where needed. They should realize that sharp tools are a necessity and that they should use them with care and safety. Encourage every boy to put forth his very best effort and reserve your praise for projects worthy of compliments.

Den Activities

- ✓ Visit a furniture factory, lumberyard, saw mill or cabinetmaker.
- ✓ Visit a tannery or leather good manufacturer.
- ✓ Invite an expert to give a demonstration on the proper care and use of tools.
- ✓ Have someone with experience demonstrate leather tooling and the use of various leather tools.
- ✓ Have someone give a demonstration of metal work, using tin snips and a vise. Be sure to caution the boys on the sharpness of the edges of the metal.
- ✓ Discuss the proper finishing methods for wood projects; the importance of sanding methods; fillers for holes and scratches; the various type of finishes such as shellac, stain, lacquer, varnish, and enamel, etc.
- ✓ Make a tool chest or a bench hook for sawing.
- ✓ Have a birdhouse building contest.
- ✓ Make a Den knot board (see Webelos Activity Book).
- ✓ Make a tote tray for carrying tools.
- ✓ Have a nail-driving contest. Each boy has a scrap of wood, nails and a hammer. Let them practice driving the nails into the wood straight.

Games

Tool Identifier

Use a piece of "peg board" 4 feet x 4 feet. Paint it a bright color of your choice. Now outline commonly used tools found in the household such as: Hammer, saw, wrench, pliers, etc. Be sure to label what each item is. Now insert "peg board hooks" for each item.

Upset The Tool Box

The toolbox has been upset and we must get it back in order. The following is a group of tools with the letters scrambled. Can you straighten them out?

1. Urel _____ 1. Rule
2. Aws _____ 2. Saw
3. Lnai _____ 3. Nail
4. Memhar _____ 4. Hammer
5. Elrwot _____ 5. Trowel
6. Alnep _____ 6. Plane
7. Careb _____ 7. Brace
8. Itb _____ 8. Bit
9. Rcsewvirder _____ 9. Screwdriver
10. Veled _____ 10. Level
11. Cenhrw _____ 11. Wrench

Nail Driving Contest

Give each boy a hammer and five nails. On the word "Go", they are to nail all five nails completely into a round log 4 inches in diameter. First one to finish is the winner.

Board Sawing Contest

This is the same as the Nail Driving Contest. Give each boy a small hand saw and a 2" x 4" board. On the word "Go," each boy is to saw his board in half.

Name The Tools

Cut different silhouettes of tools from construction paper, such as a hammer, plane, brace, bit, wrench, screwdriver, etc. Glue these on lightweight cardboard, and use as flashcards.

Crafts

Candleholder

Cut a cube from a piece of 4 x 4 fir lumber.

Mark the center of the cube (block) at the top and drill a first hole 7/8 inch diameter to 5/8 inch depth.

Then drill another hole 3/8 inch deep with a 5/8 inch diameter drill.

With a sharp knife or round file, smooth the hole to a tapered fitting. This will enable a tapered candle to fit snug.

Now sand the block, rounding all edges. The block can now be finished smooth or engraved with any design using a wood-burning tool.

"Chip Off The Old Block" Paperweight

Makes a great Christmas Present. My brother made one in Cub Scouts!! CD

1. Cut block of wood from a piece of 4 x 4 fir lumber.
2. Burn with wood burner, or paint a message on it.
3. Add small snapshot on end.
4. Varnish block for finish.

Wall Hanging

Materials: Four 1" blocks, pre-cut hearts, stencils, paint & brushes/sponges. drill, jute or ribbon, glue

1. Drill holes in each block of wood.

2. Thread jute or ribbon in through each block of wood.
3. Glue hearts onto the jute/ribbon, leaving space between the blocks. Add a little glue in each block to hold in place.
4. Tie a bow in the jute/ribbon at the top (and bottom if desired).
5. Decorate.

Bookends

Materials: 1" x 6" pine, 1/4" plywood (12" x 6"), glue and screws, paint or stain and brush, sandpaper.

1. Cut Scout emblem out of 1/4" plywood and paint gold.
2. Glue and screw ends to base, sand smooth and paint or stain.

(Helpful hints: drywall screws work great without needing pilot holes. If staining, use a one-step stain and clear coat finish like Min-Wax.)

Old Fashioned Lamps

Background -

The lamps are made with 12-oz aluminum soda cans. Glue plastic bottle caps to the bases to hold the candles. For gluing, use glue suitable for metal, such as epoxy. To cut the cans, use kitchen shears. When necessary, use your fingers to curl or bend strips cut from the cans. Use a hammer and nail to punch holes. Spray paint the finished lamps with metallic or flat black paint.

Simple Lamp

For the base, cut a soda can down to 1" high and invert it. From the cutoff sides of the can, cut a 1" strip for a decoration on the base. Curl one end of the strip and insert the other end through a slit cut in the base; bend the end on the inside of the base and tape.

SCIENTIST TECHNOLOGY GROUP

Baltimore Area Council

Ask any boy what a scientist is and he can tell you. A scientist is the guy who sends men to the moon, and who builds space ships that travel to distant planets to send back pictures for them to study. A scientist is a person who builds lasers and atom-smashers, and computers. A scientist makes and designs all kinds of neat inventions.

Ask the same boy what makes the scientist any different from anyone else and he may not be able to answer. Perhaps most people wouldn't be able to answer. The answer is that as a person the scientist is no different from anyone else, but when he is working he questions everything and makes tests and experiments to make sure things are true. If he can't explain something, he makes up a hypothesis. If one hypothesis doesn't work, he looks for another, until he finds one that can be proven over and over again by experiments.

Den Activities

- ✓ Visit an eye specialist and find out how the eye works.
- ✓ Have a visiting scientist demonstrate an experiment related to the badge requirements.

- ✓ Visit an airport and ask an expert to explain flight principles.
- ✓ Have a slow-motion bicycle-riding contest to demonstrate balancing skills.
- ✓ Do some of the experiments found in the Webelos Scout book.
- ✓ Practice balance skills.
- ✓ Make some optical illusions and show how the eyes converge.
- ✓ Discuss various branches of science and how they differ.
- ✓ Study fog and how it is formed.
- ✓ Invite a weather expert to talk to the Den or visit a weather station to learn about weather and air pressure.

Kitchen Chemistry

Make Crystals You Can Eat

If you've ever eaten rock candy or spooned sugar onto your morning cereal, then you've come face-to-face with crystals. Ice, table salt, glassware and sugar are just a few of the many substances that make up crystals. The best way for Webelos Scouts to learn how crystals are formed in nature is to perform an experiment to make crystals.

Pour one cup of water into a small pan. Cover and bring it to a boil. Turn off the heat and add two cups of cane sugar. Stir until dissolved. Let cool. Pour sugar solution into a tall glass. Tie a piece of clean white string to a pencil or stick and place the stick across the glass so that the string hangs down into the liquid. Put the glass in a cool place for a few days. In a short time small crystals will form along the sides of the glass. Soon they will begin to cling to the string. After several days, large crystals, hard as a rock, will have formed around the string. Lift the string out of the glass and taste some delicious homemade rock candy.

Unlike living things, crystals grow by adding layer upon layer of their own substance to the exterior surface. In growing, tiny atoms in a crystal naturally arrange themselves in planes or flat surfaces. They eventually form a geometric pattern in space. Some crystals arrange themselves in a six-sided structure; others in ten-sided or twelve-sided formations. It is impossible to see these tiny atoms when you look closely at a crystal, but the sparkling light you do see is caused by reflection from many inner surfaces of the crystal. Many minerals found in the outdoors are crystals, too.

Quartz, mica, gold, silver, and graphite are some of these. If you are hiking in the woods and find a shiny stone embedded in a duller one, then you've probably discovered quartz. If the shiny stone peels in layers, then you've found mica. Take a good look at all the crystals that you find. Examine them under a magnifying glass, and hold them up to the light. You will have begun the exciting study of crystals.

Vinegar Magic

Vinegar combined with baking soda produces carbon dioxide, a colorless, odorless gas. This is what you breathe out when you exhale. It is also the gas that gives soda pop its fizz. Try these experiments with distilled white vinegar.

Genie of the Bottle

Put a tablespoon of baking soda in a bottle. And vinegar and quickly fit a balloon over the rim of the bottle while the mixture is fizzing. Use a balloon that has been blown up

before so that it will stretch easily. The carbon dioxide produced will inflate the balloon.

Bouncing Buttons

Stir a teaspoon of soda in a glass of water. Drop in some buttons and pour in vinegar to make the buttons bounce to the top. Bubbles of carbon dioxide that have formed are lighter than water and these bubbles lift the buttons. They will bounce up and down for quite a while. Add more vinegar when they slow down.

Atmospheric Pressure

Boiling Water with Ice

To show that the boiling point of a liquid depends on the atmospheric pressure, try this experiment. Use a heatproof glass container (like a Pyrex coffee maker) with a stopper. Boil a half inch of water and when some of the steam has escaped, stopper the container and turn it upside down. Now put an ice cube on top of the inverted container. Presto! The water begins boiling again. Why? Because the cold of the ice cube has lowered the air pressure by condensing the water vapor left in the container. As the air pressure is reduced, the boiling point of the still hot water drops and the water boils.

Geyser

To make a geyser, fill a shallow pan nearly full of water. Put an inverted glass funnel in the water, with a nail under one side to raise it. Heat the water. As the steam is generated, air bubbles force water out of the neck because the water pressure becomes higher than the atmospheric pressure.

Welding Glasses

Use two matching drinking glasses. Light a candle in the bottom glass and place it over a piece of thick, damp paper. Put the other glass on top. When the candle flame goes out for the lack of oxygen, the glasses will be "welded" together. The heat from the candle drives out enough air so that atmospheric pressure holds the glasses together.

Bernoulli's Principle

Tent Flattening Trick: Fold a 5" x 8" piece of paper into a pup tent shape and place it on a table. Now blow through the tent. Does it blow away? No? Why not? The moving air stream through the tent brings down the air pressure. The greater pressure above the tent pushes it down and prevents any horizontal movement.

Swinging Ping-Pong Ball

Materials needed:

A ping-pong ball, Adhesive tape,

1 foot of thread or string, Faucet

Fix the string to the ping-pong ball with tape. Turn on the water to form a steady stream. While holding the string, flip the ball into the water from a few inches away. Not only will the ball stay with the string at an angle, but you can draw the ball up the stream almost to the faucet.

What happens: The water, streaming around one side of the ball, exerts less pressure than the air which surrounds the other side. Even though you can feel the resistance of the water as you draw the ball upward, the air pressure is still stronger, as the experiment proves.

Pascal's Law

Materials needed:

Two straws, Pop bottle, Clay

When you drink something with a straw, do you suck up the liquid? No! To prove this, fill a pop bottle with water, put a

straw into the bottle, the seal the top of the bottle with clay. Taking care that the straw is not bent or crimped. Then let one of the boys try to suck the water out of the bottle. They can't do it!

Remove the clay and have the boy put one straw into the bottle of water and the other on the outside. Again, he'll have no luck in sucking the water out of the bottle.

What happens: In the first experiment, the air pressure inside the straw is reduced, so that the air outside the straw forces the liquid up the straw. In the second experiment, the second straw equalizes the air pressure in your mouth.

Games

Air Cannon Hockey: This game will demonstrate air pressure. Use round cardboard oatmeal boxes. Cut a hole the size of a penny in the tops. Fasten the lid back to the box tightly. Use a table for the field, with a goal at either end. Have a boy sit at each end of the "field" with a cannon (box) and put a ping-pong ball in the middle of the table. By tapping the back of the box and aiming it at the ball, try to score by putting the ball through your opponent's goal. The Webelos leader can demonstrate the effectiveness of his oatmeal box cannon by using it to put out a candle. Fill cannon with smoke, then aim at candle, tap back of box, and flame will be put out. These cannons are effective up to about six feet.

Hot Air Balloon Power: Divide Cub Scouts into two or more teams. Each player is given a balloon, which he blows up and holds by the neck until his turn. A raceway is defined for each team and a ping-pong ball is placed at the beginning of each raceway. Team players take turns letting air escape from their balloons, blowing the their team's ball down the raceway. The winner is the team that blows the ping-pong ball the furthest down the raceway.

POW WOW EXTRAVAGANZAS

Bucks County Council

Putting the Fun into Your Pack

November 6, 2004

Bux-Mont Christian Church, Ivyland, PA
Call Bucks County Council, 215-3487205, or visit the website, <http://www.buckscountybsa.org/> or E-mail mw0001@mas.com for more information

Mid-Iowa Council

Cubs Just Wanna Have Fun

November 6, 2004

Valley South Woods Freshman High School, West Des Moines, IA

Call Mid Iowa Council, 800-999-SCOUT or visit the website, www.bsa-ia.org for more information

Ouachita Area Council

Cruising BSA

November 6, 2004

Westminster Presbyterian Church, Hot Springs, AR
Call Ouachita Area Council, 501-623-6601 or visit the website, www.ouachitabsa.org for more information

Hudson Valley Council

Still Having Fun**Presented by Pow and Wow (Cindy & Keith)**

November 13, 2004
Sanford, NC

Call the Pow Wow Info line at 845-430-2727, or visit the website, www.hvus.org, for more information. Cindy, the

Pow Wow Chair has promised to tell me as soon as the school confirms the date. *I attended this Pow Wow last year and had a great time. I met people from several other councils who shared my opinion that it is one of the best!!*

Occoneechee Council

November 13, 2004
Sanford, NC

Call Occoneechee Council, 800-662-7102, or visit the website, <http://www.occoneechee.org> for more information. Gary, the Pow Wow Chair has promised to keep informed as theme and other details are finalized.

Northern NJ Council**Tools, Tips and Training**

November 20, 2004

Cedar Grove High School, Cedar Grove, NJ
Call Northern NJ Council, 973-589-8002, E-mail powwow@njjsa.org or visit the website, <http://www.njjsa.org> for more information

Clinton Valley Council**In the Tropics**

Saturday, December 4, 2004

Waterford Mott High School,
151 Scott Lake Rd., Waterford, MI.

Contact Clinton Valley Council at (248) 338-0035 for more information, or visit <http://www.cvc-bsa.org>

Southern NJ Council**Catch a Dream**

January 22, 2005

Lakeside School, Millville, NJ

Call Southern NJ Council, 856-327-1700, extension 32, or visit the website, www.snjscouting.org for more information

Indian Waters Council, BSA**"Set Sail for Adventure" University of Scouting**

January 22, 2005

Swearingen Engineering Center, USC, Columbia, SC
Call Indian Waters Council, 803-750-9868 or visit the website, www.universityofscoutingiwc.com or E-mail, universityofscouting@msn.com for more information

WEB SITES**A Gingerbread Tradition**

<http://www.journalofantiques.com/hearthdec.htm>

Follow the history of gingerbread, from its origins in the medieval crusades to country fairs to today's holiday treats. Includes both historic and modern recipes.

Make a Gingerbread Baby House

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

A craft project to go with the Jan Brett's book, [The Gingerbread Baby](#). No cooking (but, alas, no eating) with this house. A quick and easy holiday decoration.

Make a Gingerbread House from HolidayOrganizer.com
<http://holidayorganizer.com/food/gingerbread.html>

Sweet and easy mini houses make perfect holiday place cards. Also has a recipe for a good, stiff gingerbread dough for an average-sized gingerbread house (templates included).

Necco Gingerbread House

<http://www.necco.com/gingerhouse.htm>

Necco wafers, the candy that's 150 years young, makes a beautiful roof on a gingerbread house. The bakers at Necco have teamed up to create directions for a classic construction. No patterns or templates here, but measurements are included. Necco recommends baking the house pieces a day or two (possibly weeks! This tough gingerbread freezes well.) in advance. It's no fun to have walls of hot gingerbread caving in at the construction site.

Graham Cracker Gingerbread House

<http://www.bry-backmanor.org/holidayfun/ginger.html>

Make a Gingerbread House out of Graham Crackers.

For a history of Gingerbread (probably more interesting to adults than boys) go to

<http://www.journalofantiques.com/hearthdec.htm>

A Nutrition Unit used for teaching the subject in lower grades can be found here. You may want to adapt some of the ideas for your den. There are games (Food Bingo) and activities:

<http://www.atozteacherstuff.com/pages/244.shtml>

The Louisiana Department of Education has a neat website with info and activities for food and nutrition –

<http://www.doe.state.la.us/lde/nutrition/jazzy/23colors.html>

At <http://www.doe.state.la.us/lde/nutrition/jazzy/jazzy1.html>

they have lots posters you can print and have the boys color. With each poster are coloring suggestions and activities relating to the theme of the poster.

Kids, have fun on the sites listed below where you can play games while learning a lot about fruits and vegetables. This list comes from www.5aday.com

California Asparagus for Kids

www.calasparagus.com/consumer/kids.htm

Chiquita Kids

www.chiquitakids.com

Del Monte Kid Zone

www.freshdelmonte.com/content.cfm?pageID=74

Dole's 5 A Day

www.dole5aday.com/Kids/K_Index.html

Fruit and Vegetables For Me

www.fandvforme.com.au

Healthy Choices for Kids

www.healthychoices.org

Sunkist Kids

www.sunkist.com/kids/

What Color is Your Food?

Taste a rainbow of fruits and vegetables for better health. This North Dakota State University site offers fun advice on getting children and adults to eat different color fruits and vegetables for your 5 servings a day. There is even a downloadable Adobe file with all the info from the site <http://www.ext.nodak.edu/extpubs/yf/foods/fn595w.htm>

NCDA&CS - Kid's World - Nutrition Coloring Book

Let's have fun MIXING colors and learning about NUTRITION. here is an electronic coloring book activity for learning about nutrition.

<http://www.ncagr.com/cyber/kidswrld/java/ColorBig3.htm>

The American School Food Service Association has a section on their website titled "Your Child Nutrition eSource." There are activities and facts for you to use. *It does take some poking around to find the stuff* – CD <http://www.asfsa.org/>

For lots of Scouting history (especially about Baden-Powell) go to <http://www.pinetreeweb.com/>. The focus is on the webmaster's particular interests in Scouting which include: the life and times of the Founder, Lord Baden-Powell of Gilwell, the heritage, history and traditions of Scouting, leadership development, and International Scouting, with a particular emphasis on Scouting in Eastern Europe and Russia. The site is available in several languages.

Check out the Lego church –

<http://www.amyhughes.org/lego/church/> Awesome! This site features photos of an astonishing LEGO project involving some 75,000 pieces used to create a church that is seven feet long and five and a half feet wide. This project exhibits tremendous creativity and goes from mere building-block stacking to art. There are also other projects at <http://www.amyhughes.org/lego/> that are worth a good look.

Create a web site for your unit

At <http://home.earthlink.net/~paulp575/h2caws.htm> part of a very Scouting oriented site there are great instructions for creating your own Web site. Be sure to back to his home page and check out his Scouting pages, too

Looking for advice and hints and tips on using the Internet and your computer?? Want input on making decisions about what to buy for your machine?? More ideas on building a website for your unit?? All from a non-commercial site with no advertisers to please?? Try <http://www.webnme.com/>. The webmaster is webmaster for over 15 websites and spends a lot of time on the web, either working or researching (that's the "WEB" part.) and gets a lot of other webmasters asking where to find information. So he built this website to share some of his knowledge (that's the "ME" part.) This is a personal site and a test bed for trying things out. It changes from time to time as new code and approaches are tried. Feedback and ideas are always appreciated by the webmaster.

ARE YOU A PERSON WHO JUST LIKES TO MAKE STUFF??

The try <http://www.make-stuff.com/> For crafter's, hobbyists, entrepreneurs and PEOPLE WHO JUST LIKE TO MAKE STUFF, Do it yourself! When your friends say, "You know you can buy one of those..." do you say, "Yeah, so?" If you love to make things, if you constantly have a project going in a back room, or cluttering up a kitchen counter, if you start making Christmas presents in June and you watch all those do-it-yourself shows on TV, come on in! We've got all kinds of recipes, formulas, craft projects and ideas that you can make yourself.

Here is an interesting site for songs, crafts and other stuff. It is Girl Scout oriented but the songs and crafts work <http://www.notascout.net/>

Explanation of Life

Kommissioner Karl

Most of my technical magazines at work end with a last page joke. When Kommissioner Karl sent me this, I said I have no place to put it. Then I thought – Why not do like the magazines – a closing joke – so here goes – (And yes I know the facts are not correct – all the animals named were created on the fifth day and man on the sixth.) CD

On the first day God created the dog.

God said, "Sit all day by the door of your house and bark at anyone who comes in or walks past. I will give you a life span of twenty years." The dog said, "That's too long to be barking. Give me ten years and I'll give you back the other ten." So God agreed.

On the second day God created the monkey. God said, "Entertain people, do monkey tricks, make them laugh. I'll give you a twenty-year life span." The monkey said, "How boring, monkey tricks for twenty years? I don't think so. Dog gave you back ten, so that's what I'll do too, okay?" And God agreed.

On the third day God created the cow. God said, "You must go to the field with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer. I will give you a life span of sixty years." The cow, said "That's kind of a tough life you want me to live for sixty years. Let me have twenty and I'll give back the other forty." And God agreed again.

On the fourth day, God created man. God said, "Eat, sleep, play, marry and enjoy your life. I'll give you twenty years." Man said, "What? Only twenty years! Tell you what, I'll take my twenty, and the forty the cow gave back and the ten the monkey gave back and the ten the dog gave back, that makes eighty, okay?" "Okay," said God, "you've got a deal."

So that is why the first twenty years we eat, sleep, play, and enjoy ourselves. For the next forty years we slave in the sun to support our family. For the next ten years we do monkey tricks to entertain the grandchildren. And for the last ten years we sit on the front porch and bark at everyone.

Life has now been explained to you.