



BALOO'S BUGLE



Volume 13, Number 8

March 2007 Cub Scout Roundtable

April 2007 Cub Scout Theme

CUB CAFÉ

Tiger Cub Activities

Webelos Family Member & Sportsman

FOCUS

Cub Scout Roundtable Leaders' Guide

Refreshments will be served!!! This month we take notice that food is a part of life. Wherever we go or whatever we celebrate, food is involved. In today's world it is important for us to teach our boys how to eat a healthy diet and why we need to eat – healthfully. There are many ways to do this, and we will explore alternative snacks and desserts along with recipes for low-fat and sugar-free cooking. We adults, too, need to set a good example!!

CORE VALUES

Cub Scout Roundtable Leaders' Guide

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

- ✓ **Personal Achievement**, Boys will feel a sense of accomplishment as they learn to do basic meal planning and preparation.
- ✓ **Friendly Service**, Boys will deliver friendly service to the community by conducting a food drive of nutritious foods for the community, and, perhaps, hosting a real Cub Café for local senior citizens or another group.
- ✓ **Fun and Adventure**, Cub Scouts will become adventurous this month by tasting foods (fruits and vegetables) that they haven't tried before.

The core value highlighted this month is:

- ✓ **Health and Fitness**, Cub Scouts will learn that it is important and easy to eat a healthy diet and how a fitness program can be part of their daily routine.

Can you think of others??? I like "Preparation for Boy Scouts" where they do all their own meal planning for camping trips. **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

Many Thanks to Gary Hendra, the President of USSCouts.org and The MacScouter for compiling Baloo last month. And to Russ of the Timucua District of North Florida council, this month for sending me his Roundtable Handout. Without it Baloo would have been even later.

Cub Café highlights good nutrition, so food will be highlighted this month. Be sure to check with all participants and parents about food allergies, and don't include foods anyone is allergic to. In particular, be careful about using nuts.



Last month was a disaster and this was even worse. There is this new to me job with an hour commute and a bunch of other stuff. But excuses do not help our Cubs (or Boy Scouts or Venturers). Baloo is commitment I made several years ago and it will get done on time. I figure I have worn out your patience by now. Sorry.

And it should be getting easier as I get more and more Pow Wow Books. This month I received Trapper Trails, Three fires, and Santa Clara County Council. I liked the looks of Trapper Trails but my Adobe.pdf to Word.doc program was having a problem converting the files. We will see what next month brings.



Well, it's time for me to get in my favorite soapbox, again. It is Blue and gold and FOS season. I am rerunning Sean Scott's article on "Are you a Ziploc pack?" I have been to a bunch of B&G's this year and could begin to feel that I am whistling in the wind about advancement ceremonies, cheers, and pack spirit in general.

The first B&G I attended, no ceremony, no songs. A few cheers lead by Den Chiefs. No real enthusiasm for the fun stuff by the CM. The next pack did ziploc'd all the awards except the ranks. They presented belt loops, pin, arrow points and such together. Where is the fun? Then paused and gave the rank awards as something more special. The Bear Den Leader in that pack was great and had a good show for his presentations. One other pack, I could not get the CM to do cheers and songs with me. No parents brought up for awards. Boys huddled around the awards table with their backs to the audience. The pack lasted only as long as the awards. Each den came forward, talked about what they did that month (That is a good thing but no one had the crafts they had built, or props). Once all awards were given out, meeting over – no skits, no game, no fun time. No wonder they were talking about their attendance is down. Sometimes I wonder why I still do RTs. Is anybody listening??

Then there is the ever classic Cub Scout flag ceremony –
CM (to CA or DL) Quick grab two (or three or four) Cubs get them in the back with the flags and send them forward when I call for the colors.

Followed by CM doing everything – Post, Salute, Pledge of Allegiance, Two, Cub Scout Promise Boys standing there (usually hands in their pockets) looking dazed having no idea what they are doing or why all this protocol. Again, there are ceremonies every month at RT and in Baloo. Maybe I should cut them out and shorten RT and Baloo.

Read Sean’s article, laugh as you read it, and then make sure your Pack does it correctly!!



Scout Roundtable Podcast

<http://scoutroundtable.wordpress.com>

I was guest a few weeks ago on The Scout Roundtable Podcast. Cubmaster Chris from Texas and Mr. Bob from Missouri do a great job. The show is patterned to be like the parking lot discussions we all have after RT and after other Scout meetings. Our topic was internet resources. We all talked about our favorite websites. Check them out. They have 9 podcasts posted. And both Cubmaster Chris and Mr. Bob have their own individual podcasts, too, to help Scouters.



Every month National puts out a Cub Scout theme related patch. Here is this month’s patch. Check them out at www.scoutstuff.org

**Months with similar themes to
 Cub Café**

Dave D. in Illinois

| Month Name | Year | Theme |
|------------|------|-------------------|
| July | 1948 | Cub Scout Chefs |
| April | 1952 | Things that Grow |
| July | 1969 | Cub Scout Chefs |
| May | 1973 | Things that Grow |
| July | 1973 | Cub Scout Chefs |
| May | 1978 | Growing Food |
| July | 1978 | Come get it |
| May | 1982 | Things that Grow |
| June | 1987 | Come and Get It |
| March | 2000 | Cub Grub |
| December | 2004 | Holiday Food Fare |

**THOUGHTFUL ITEMS FOR
 SCOUTERS**

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

Roundtable Prayer

CS Roundtable Planning Guide

We give thanks for our delicious fresh food, which comes from Your Goodness. Amen.

Melting Pot or Salad Bowl

Scouter Jim

Café means a small restaurant. The meaning of restaurant is, “to restore”, a place for the weary traveler to rest, eat, and travel on. The inscription of the Statue of Liberty reads:

*Give me your tired, your poor,
 Your huddled masses yearning to breathe free,
 The wretched refuse of your teeming shore.
 Send these, the homeless, tempest-tossed to me.
 I lift my lamp beside the golden door.*

American is often referred to as a melting pot of cultures. Is America really a melting pot, or is it more like a salad bowl, a mixture of different peoples and cultures, blended together, each retaining their individual texture and color and complementing the whole.

What is “American Food?” Is there other than, hamburgers and fries, really an American Cuisine? As we travel the country from east to west, north to south, what Americans eat changes. Even in our own communities, what Americans eat changes. Is Cub Scouting so different? Our packs are often a blend of cultures, each complementing the others. Let us appreciate our differences and give thanks for the diversity of our menu. Let us make our Cub Café a place of rest and restoration to weary travelers.

Quotations

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

Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie. ~Jim Davis, "Garfield"

There is a lot more juice in grapefruit than meets the eye. ~Author Unknown

Red meat is not bad for you. Now blue-green meat, that's bad for you! ~Tommy Smothers

As a child my family's menu consisted of two choices: take it or leave it. ~Buddy Hackett

Anybody who believes that the way to a man's heart is through his stomach flunked geography. ~Robert Byrne

It's difficult to think anything but pleasant thoughts while eating a homegrown tomato. ~Lewis Grizzard

In Mexico we have a word for sushi: - bait. ~José Simons

If God had intended us to follow recipes, He wouldn't have given us grandmothers. ~Linda Henley

What is patriotism but the love of the food one ate as a child? ~Lin Yutang

You can find your way across this country using burger joints the way a navigator uses stars. ~Charles Kuralt

Did you ever stop to taste a carrot? Not just eat it, but taste it? You can't taste the beauty and energy of the earth in a Twinkie. ~Astrid Alauda

The story of barbecue is the story of America: Settlers arrive on great unspoiled continent, discover wondrous riches, set them on fire and eat them. ~Vince Staten

As for butter versus margarine, I trust cows more than chemists. ~Joan Gussow

All sorrows are less with bread. ~Miguel de Cervantes, Don Quixote

The trouble with eating Italian food is that five or six days later you're hungry again. ~George Miller

No man is lonely eating spaghetti; it requires so much attention. ~Christopher Morley

The spirit cannot endure the body when overfed, but, if underfed, the body cannot endure the spirit. ~St Frances de Sales

[Bread baking is] one of those almost hypnotic businesses, like a dance from some ancient ceremony. It leaves you filled with one of the world's sweetest smells... there is no chiropractic treatment, no Yoga exercise, no hour of meditation in a music-throbbing chapel, that will leave you emptier of bad thoughts than this homely ceremony of making bread. ~M.F.K. Fisher, *The Art of Eating*

To the old saying that man built the house but woman made of it a "home" might be added the modern supplement that woman accepted cooking as a chore but man has made of it a recreation. ~Emily Post

Bread deals with living things, with giving life, with growth, with the seed, the grain that nurtures. It is not coincidence that we say bread is the staff of life. ~Lionel Poilane

All happiness depends on a leisurely breakfast. ~John Gunther

Never work before breakfast; if you have to work before breakfast, eat your breakfast first. ~Josh Billings

If we're not willing to settle for junk living, we certainly shouldn't settle for junk food. ~Sally Edwards

TRAINING TIP

Outdoor Program Planning

Bill Smith, the Roundtable Guy

It's time to plan the details your pack's summer time program. Shake off those wintry blues and get to work on the golden opportunities that wait your boys out doors.

One great way to do this is to give each boy a solid opportunity to earn the **Cub Scout Activity Award**. Just in case you don't have a copy of the Official Pamphlet No. 13-228 in front of you, it is here, printed in blue with a few of my comment interspersed in black with tips on the hows and whys.

Tiger Cubs, Wolf and Bear Cub Scouts, and Webelos Scouts have the opportunity to earn the Cub Scout Outdoor Activity Award. Boys may earn the award in each of the program years as long as the requirements are completed each year. The first time the award is earned, the boy will receive the pocket flap award, which is to be worn on the right pocket flap of the uniform shirt. Each successive time the award is earned, a wolf track pin may be added to the flap. Leaders should encourage boys to build on skills and experiences from previous years when working on the award for a successive year.

It's not just to give the boys more awards. The object is to make your pack and den programs more exciting, more fun and more enriching for all boys.



Requirements

All Ranks: Attend Cub Scout day camp or Cub Scout/Webelos Scout resident camp.

If you haven't started on your camp program yet, get moving on this. It takes promotion and organizing by pack leaders. Get boys signed up and registered as quickly as possible. *There isn't much time.*

Rank-Specific:

- **Tiger Cubs:** Complete one requirement in Achievement 5, "Let's Go Outdoors" (*Tiger Cub*)

Handbook) and complete three of the outdoor activities listed below.

- **Wolf Cub Scouts:** Assemble the "Six Essentials for Going Outdoors" (*Wolf Handbook*, Elective 23b) and discuss their purpose, and complete four of the outdoor activities listed below.
- **Bear Cub Scouts:** Earn the Cub Scout Leave No Trace Award (*Bear Handbook*, Elective 25h) and complete five of the outdoor activities listed below.
- **Webelos Scouts:** Earn the Outdoorsman Activity Badge (*Webelos Handbook*) and complete six of the outdoor activities listed below.

The Tiger requirement and Webelos Activity Badge should be almost automatic. The Wolf and Bear electives may require some creative promotion to ensure that every boy gets the opportunity to participate.

Outdoor Activities

With your den, pack, or family:

1. Participate in a nature hike in your local area. This can be on an organized, marked trail, or just a hike to observe nature in your area.
 - These activities make great den outings.
2. Participate in an outdoor activity such as a picnic or park fun day.
 - Every great Cub Pack I have seen does several of these every year.
3. Explain the buddy system and tell what to do if lost. Explain the importance of cooperation.
 - One more example of Preparation for Boy Scouts: teaching him to Be Prepared.
4. Attend a pack overnigher. Be responsible by being prepared for the event.
 - Get a few BALOO trained people on your pack committee right away. Plan a couple camp outs each year.
5. Complete an outdoor service project in your community.
 - These may be something like Scouting for Food or decorating graves. I hope that your pack regularly does these sorts of activities.
6. Complete a nature/conservation project in your area. This project should involve improving, beautifying, or supporting natural habitats. Discuss how this project helped you to respect nature.
 - Tree planting or picking up litter make good pack or den projects.
7. Earn the Summertime Pack Award.
 - By now, your plans for your summer program should be just about complete. It's time to confirm that all activity leaders are set, your tour permits are ready and promotion is on going.

8. Participate in a nature observation activity. Describe or illustrate and display your observations at a den or pack meeting.
 - This could be anything from participating in an Audubon Christmas Bird Count to something as simple as choosing a patch of lawn, forest floor, or even the trunk of a tree in deep woods, and studying it closely. Or try a pond or wet land habitat.
9. Participate in an outdoor aquatic activity. This can be an organized swim meet or just a den or pack swim.
 - Certainly swimming works here, but also think about boating or how about fishing? In any case, remember Safe Swim Defense, No. 34370 and Safety Afloat, No. 34368
10. Participate in an outdoor campfire program. Perform in a skit, sing a song, or take part in a ceremony.
 - Well, you just can't have a camp out without a good campfire program. Packs that don't sing put on skits or ceremonies are missing out big time!
11. Participate in an outdoor sporting event.
 - Wow! An afternoon of soccer, softball, Frisbee or sack races. Who will bring refreshments?
12. Participate in an outdoor Scout's Own or other worship service.
 - This can be at a Scout activity or with his family at a religious outing.
13. Explore a local city, county, state, or national park. Discuss with your den how a good citizen obeys the park rules.
 - This may likely be an activity a boy does with his family on vacation. Coordinating and recording may be critical on this one.

The award requirements are detailed in the [Cub Scout Outdoor Activity Award](#) brochure,.

As a final thought, there are some essential procedures that Pack leaders must follow in order to make this Award Program work so that boys and families benefit from it.

Planning: If these activities are not built into your pack and den plans, they won't happen. Set the dates, recruit and support the leaders, make the budgets and secure the permits.

Promotion: Make sure that everyone knows about it and has it on their calendar or PDA. Get it on your pack news letter and web site. Remind everyone with skits or run-ons at pack meetings.

Recording: With things being done at pack outings, den meetings, Tiger Go See Its and family outings, you will need someone in charge of records. This is an excellent opportunity for another parent to become a hero in the eyes of that Cub Scout son. [Theodore Roosevelt Council](#) has a form that might be helpful.

Be sure to check out Bill's "Unofficial Roundtable Site"

<http://wtsmith.com/rt.html>

If you wish to contact him with a question or comment, go to <http://wtsmith.com/rt/gnolmm.html>

PACK ADMIN HELPS

Are You A Ziploc Pack???

By Sean Scott

<http://scouting.argentive.com/>

Most leaders recognize that rank advancement ceremonies should be impressive and representative of the amount of work the boy has put into earning the award. But what about the belt loops, activity patches and other "smaller" awards your boys earn? Unfortunately, these awards are often given out using the "Baggie and Handshake" ceremony. You know, a baggie with the boy's name, and a hearty handshake. No offense, but that's not PHUN! And Scouting, *especially Cub Scouting*, is supposed to be PHUN!

What many leaders don't realize is that these "minor" awards can be a blessing in disguise—a chance to really make your meetings exciting, and get parents and boys alike pumped up about the Scouting program!

So how do you polish up your pack meeting to be shiny and baggie free? Use your imagination! There's no limit to what you can do to present awards to your boys, parents and leaders. Here are some ideas to get you started:

Shoot your awards in on balloons. Tie up a string with some cut straws, tape the award to the balloon, the balloon to the straws, and fill the balloon with air. When you release the air from the balloon, it will propel the award/balloon rocket down the string. Take on the role of "mission control" and with a little help from some willing parents you have a space themed recognition!

Tape awards to the undersides of Frisbees and throw them out to boys standing in the back of the room. Have them throw them back to you, and let an assistant reload the Frisbees. Or mount them on paper airplanes for similar effect.

Pot a dead tree or branch and put paper leaves on it with the awards stuck to the leaves for a conservation and nature themed ceremony.

Place the awards in a piñata and let the boys go at it with a stick, one or two hits each. While they're taking their swings you can announce who got what.

Hide the awards around the room and give each boy a treasure map that leads them to their award. Tell everyone what they received while they're looking. Or hide 'coins' that the boys can use to 'buy' their award from the Cubmaster, er, I mean Pirate King at the front of the room.

Have them pan for gold nuggets and exchange them at the bank for their awards. You could make a speech about them being more precious than gold while you're at it.

Dish them out of a pot dressed as a chef. Or make cupcakes or a cake and stick them in the icing on top.

Have someone dressed as a delivery person "hand deliver" important packages to the boys during the meeting. Or have them dress as a military courier or paratrooper, with open parachute dragging behind them. (I'd make sure they took as lengthy a route through the room as possible in order to catch and twist the 'chute around as many things as possible. Ham it up!)

Fire them from catapults your Webelos made. Make castle walls from refrigerator boxes and shoot from inside the castle (or outside, depending on where you want to be...)

Give them out as carnival prizes, with each boy performing some simple, fun skill. (Don't make it so hard that your Tigers can't do whatever it is, and just get something handed to them.)

Find someone who's good at magic or sleight of hand to conjure them out of the boys ears, from under their hats or neckerchiefs, etc.

Put them inside Whiffle balls or balloons and hit them out to the boys with a big plastic bat. Let them "field" the award.

One month my assistant Cubmaster and I dressed as cowboys. We took the roles of Wells and Fargo, and were distributing the dividends of a successful summer of mining operations to our "employees" from a cardboard safe. Each boy got a small cloth bag marked "Gold—Property of:" with their name on it. Halfway through the ceremony, another leader appeared to rob the bank. We wrapped him with a Mylar emergency blanket we had hidden behind the safe and pulled him out of the room as he shouted, "Drat! Foiled again!"

Another month, we dressed as pirates and distributed awards from a treasure chest, while punctuating the ceremony with a variety of pirate jokes.

It doesn't need to be elaborate, just fun and memorable. Use costumes, props and your imagination. Anything that requires throwing, catching, hitting, running, jumping, breaking, popping, bouncing, stomping, rolling, crawling, climbing, swinging or dropping is bound to bring a smile to the face of a nine-year-old.

Don't be afraid to explore and write your own ceremonies! And make it PHUN!

Sean Scott is the Cub Scout Roundtable Commissioner, Cub Scout Training Chairman and Cubmaster in the Tahquitz District, California Inland Empire Council

TIGERS

Take em outside and play TAG!

Russ, Timucua District

Elbow Tag (circle)

Partners stand scattered over play area, inside arms linked, outside hand on hip. A runner reaches safety by hooking on to an arm, thus securing a partner. The other partner must drop off and be chased. If caught before reaching safety, the runner becomes IT. If the runner is constantly evading the chaser, the supervisor can call "Switch!" so now the runner becomes the chaser.

Follow Tag

Ask all players to find a partner. One person in each pair is the leader and the other is the follower. The follower must follow as closely as possible (without touching) the leader. The instructor may control the form of locomotion by asking players to skip, walk, run, hop, etc. or the leader may be given the option of choosing or changing the form of locomotion as he chooses with the follower being obligated to do the same as the leader. The leader tries to make it difficult for the follower to follow. And it's always fun to stop abruptly.

Freeze Tag

Children scatter in a designated area of the park. Two children are IT. When the others are touched by IT they freeze. A frozen person may become unfrozen by one of the other children crawling through her/his legs. The object is to try to unfreeze people as fast as they are frozen. If you are frozen three times you also become IT.

Plate Contest

Russ, Timucua District

Have the adult partner try to balance a pie plate on his/her head while the Tiger Cub tries to place three marbles in it. No hands allowed!

Sidewalk Game

Russ, Timucua District

Play this now, then put it away in a safe place for January 2009 when the theme is "A-MAZE-ing Games." CD

You'll need a sidewalk, chalk, dice or a spinner.

Choose a stretch of sidewalk for your game board - at least 20 squares.

Using chalk, write directions on some of the squares.

Use your imagination. Suggestions:

- Jump ahead two spaces,
- Double your spin and move forward,
- Go back one space, etc.
- Each Tiger and Partner play together.

Roll the dice (or spin the spinner) and advance around the board. ***It may be fun to use a pair of big, fuzzy dice for this game, CD***

Follow the directions on the spaces where you land.

Stake a Claim

Russ, Timucua District

- ✓ Each Tiger/Adult team stakes a claim in a park using a 6-foot length of rope and some sticks.
- ✓ Then they list all the nature things found in their area.
- ✓ You can have multiple winners: longest list, shortest list, most unusual item, etc.

SPECIAL OPPORTUNITY

The BSA Physical Fitness Award

A Program of Emphasis

For Cub Scouts, Boy Scouts, Venturers, and Leaders

**To Be Physically Fit**

Two important challenges in preparing youth for the 21st century—particularly in today's increasingly automated and sedentary culture—are physical fitness and good health. Every adult leader for the year 2002 should set the example and contribute directly to the health and fitness of today's Scouts by completing requirements for the BSA Physical Fitness Award. The award's objectives, developed by the Council Services Division of the National Council and the national BSA Health and Safety Committee, are as follows:

- Encourage youth fitness in the BSA by providing positive role models and by enhancing youth awareness and understanding of fitness parameters, health risks, and personal circumstances.
- Encourage physical fitness among Scouters by enhancing their awareness and understanding of fitness parameters, health risks, and personal circumstances.
- Reduce the rate of stress- and fitness-related incidents throughout Scouting.

This award is a national program of emphasis designed to heighten fitness awareness and to help change the lifestyles of American youth and adults regarding exercise and a healthy diet to improve the quality of their lives.

Many concerns have been voiced regarding the increasing percentage of overweight and out-of-shape adults and youth in America due to overeating, poor diet, and lack of exercise. The Boy Scouts of America is the organization that is best equipped to adopt a program of emphasis on physical fitness.

One of the founding purposes of the movement is to emphasize physical fitness. This program is intended to have significant grassroots involvement without encumbering a district or council. The target audience is the youth and adult members of the units.

Purpose

This award has been developed to

- Encourage the development of attitudes, knowledge, and skills that promote fitness and safe conduct.
- Lay a skill, knowledge, and attitude foundation of the seven major components of fitness.
- Improve health, fitness, and quality of life through daily physical activity.

Recognition

Scouts and Scouters completing the requirements and earning the recognition receive a special certificate and may wear a special recognition pin and patch that can be purchased through their local council. The complete award application should be submitted to the council by the unit leader.

Teaching Areas

Instruction and participation must be conducted in an environment free from all hazards and dangers. All BSA precautions and safety measures apply to this award.

Mentor

Mentors will be identified by the council's health and safety committee, risk management committee, or training committee, and could include any person recognized and trained in activity education. A merit badge counselor in any physical activity-oriented merit badge may serve as a mentor for this award.

- Mentors and merit badge counselors must have undergone the appropriate BSA merit badge counselor orientation training, as reviewed and identified by the council's training committee and health and safety committee.
- The mentor should check to make sure all participants have had medical checkups from their physician prior to participation.

- The mentor should not omit, vary, or add requirements unless part of the individual's goal.
- The mentor should recognize that both youth and adults will participate in this program.
- Mentors, merit badge counselors, and adult Scouters will be provided with the new trifold Leader's Fitness Card (pocket card) as they initiate this program. The council's training committee and health and safety committee will ensure that adequate supplies are available for the duration of the BSA Physical Fitness Award program.

Requirements

1. Complete a cardiovascular fitness evaluation/consultation with your personal health care provider. (This can be done as part of the examination required by any council-approved class 3 medical evaluation.)
2. Using the BSA references listed after the seven major components, give a presentation to a BSA or other community youth group (at least eight youth participants) on cardiovascular fitness, diet, the health benefits of regular aerobic exercise, exercise recommendations for the Scout-age group, and healthy lifestyles.
3. Review the BSA guidelines for the Athletics and other physical activity or personal fitness-oriented merit badge and explain steps you have taken to follow each of the guidelines for the fitness goals. Explain precautions to be taken for a physical fitness activity in each of the following: woods, fields, facilities, and waterfront.
4. Explain to your mentor the symptoms of dehydration and hypothermia. Explain the special considerations for preventing dehydration and hypothermia.
5. Properly outfit for physical activities with proper equipment, clothing, and footwear. Know your own capabilities and limitations. Illustrate how you would prepare for the physical fitness goals included in the award program.
6. With supervision from your mentor or other qualified persons, set up a fitness goal-oriented plan using the seven major components of fitness.
7. Demonstrate your ability to improve your strength, posture, endurance, agility, speed, accuracy, and balance with your own goal-oriented fitness plan.

An application for the award may be downloaded from - <http://www.scouting.org/pubs/19-327/application.pdf>

Most of the information here was obtained from <http://www.scouting.org/pubs/19-327/index.html>

Thanks to Russ in Timucua District for suggesting I feature this award.

**Knot of the Month
Roundtable Staff Training Award**



It's getting to be District Dinner time and be sure you take time to recognize your faithful Roundtable Staff. The Roundtable Staff Award is available to all Scouters. By showing your skills and crafts at Roundtable, you receive recognition for your extra effort to help other Scouters in our District. Requirements include attending Roundtable Training, staff meetings (4 times per year), helping with 6 breakout sessions over two years, developing a display that relates to a Roundtable theme, doing an opening ceremony, and doing a Roundtable presentation. Sound hard? It's not (or is it knot?). The Roundtable Commissioner is always looking for people to help put on our great roundtables. We (Dave and Karl and hopefully, every other RT Commissioner) value our friendships with those on staff. If you would like to be part of the fun, ask your Commissioner tonight.

For a progress record of the requirements, go to: <http://www.dacbsa.org/forms-BSA/34169-60-ProgressRecord-RoundtableHuddleStaff-1994.PDF>

GATHERING ACTIVITIES

Note on Word Searches, Word Games, Mazes and such – In order to make these items fit in the two column format of Baloo's Bugle they are shrunk to a width of about 3 inches. Your Cubs probably need bigger pictures. You can get these by copying and pasting the picture from the Word version or clipping the picture in the Adobe (.pdf) version and then enlarging to page width. CD

Word Search
Great Salt Lake Council

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

Find the following words in the puzzle that relate to food:
 BREAKFAST FISH RICE CEREAL
 FLOUR DESSERT CHEESE FRUIT
 SANDWICH SALT LUNCH SUGAR
 DINNER MEAT SUPPER EAT
 PASTA VEGETABLES EGGS POULTRY

Baker's Dozen

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils
After you read the clues, fill in the blanks before or after this baker's dozen of baked goods.

1. Win the prize _____ cake
2. Scottish plaid _____ tart_____
3. Package _____ bun _____
4. Old Spanish pesos
pie_____
5. Livelihood bread _____
6. Fried pastry _____ dough_____
7. Young rabbit _____ bun_____
8. Full width _____ bread_____
9. Showy dance step _____ cake_____
10. Elevated amusement park railway
roll_____
11. Baker's utensil _____ roll_____
12. Lazy person _____ loaf_____
13. Person or thing of excellence cracker_____

Answers

Take the cake, tartan, bundle, pieces of eight, bread and butter, doughnut, bunny, breadth, cakewalk, roller coaster, rolling pin, loafer, crackerjack

Kitchen Anagrams

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils
Add the letter shown after each word, and then rearrange the letters to spell the names of items that can be found in the kitchen.

1. soon + p = _____
2. beat + l = _____
3. low + b = _____
4. sags + l = _____
5. fine + k = _____
6. tale + p = _____
7. kin + s = _____
8. loot + s = _____
9. vest + o = _____
10. hid + s = _____
11. lap + I = _____
12. cause + r = _____

Answers

1) spoon 2) table 3) bowl 4) glass 5) knife 6) plate 7) sink 8) stool 9) stove 10) dish 11) pail 12) saucer

In the Refrigerator

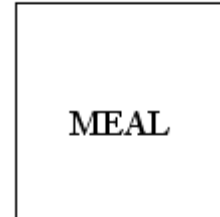
Russ, Timucua District

What's one of a Cub Scout's favorite scouting places, but "in the refrigerator"? Give out sheets of paper that have "in the refrigerator" across the top. Then have everyone try to get as many words as possible from the letters. What should happen to the winner, but a trip to the refrigerator and an ice cream certificate!

Word Plays

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils
Figure out what each of these is really trying to say to you and your Cubs -

NISNACKTE



F A S T

MESNACKSAL

COURSE
COURSE
COURSE
COURSE MEAL
COURSE
COURSE
COURSE

CORN
COB

BAKED
POTATO
BAKED

CARPPPROTS

GARB
SEW BEANS

BEGAVSETEL

Answers

Midnight Snack, square meal, seven course meal, Corn on the cob, twice baked potatoes, Peas n' (in) carrots, garbanzo beans, mixed vegetables

Vegetable Letter Square

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils
Find the following vegetables below by reading forward, up, down, and diagonally. Then read the leftover letters to discover what a vegetable truck would get if it went over a big bump!!!

| | | | |
|------------------|----------|-------------|----------|
| Asparagus | Avocado | Beans | Beet |
| Brussels Sprouts | Carrot | Cauliflower | Celery |
| Corn | Cucumber | Eggplant | Lettuce |
| Mushroom | Okra | Onion | Peas |
| Pepper | Potato | Spinach | Squash |
| Tomato | Turnip | Yam | Zucchini |

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

Minced Vegetables:

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils
Rearrange the letters in each of the following six groups of words and make it a vegetable

- Or cart _____ *carrot*
- Pin spar _____ *parsnip*
- Stoop eat _____ *potatoes*
- Soot mate _____ *tomatoes*
- Cute let _____ *lettuce*
- Had sir _____ *radish*

Taste Test

Russ, Timucua District

This is a takeoff on Kim's Game and is done using the sense of taste. Premix a dozen different flavors in liquid form and have them in small sampling jars (like mason jars or baby food jars. Flavors can include extracts (like vanilla and almond), drink flavors (like cherry and grape juices), diluted vinegar, etc. Place the flavors at numbered stations and hand out cards with the numbers next to blank lines. Also have toothpicks (many of them) at each station so that each person can use a different toothpick at each station. Let everyone try each flavor and try to identify as many as they can. The winners are those that identify the most flavors. As rewards for all the valiant efforts, give everyone flavored tootsie rolls or lollypops.

In the Refrigerator

Russ, Timucua District

What's one of a Cub Scout's favorite scouting places, but "in the refrigerator"? Give out sheets of paper that have "in the refrigerator" across the top. Then have everyone try to get as many words as possible from the letters. What should happen to the winner, but a trip to the refrigerator and an ice cream certificate!

OPENING CEREMONIES

Cub Café Opening

Baltimore Area Council

Baltimore has this listed as a Closing. Because of the last line I listed it as an Opening. Your choice! CD

Equipment: Signs with letters spelling CUB CAFÉ and dialogue for each letter in **LARGE** type taped to back of sign.

Personnel: Seven Cub Scouts to hold and read signs

Cub # 1. C: is for character – one of the main ingredients of the Cub Scout recipe.

Cub # 2. U: is for understanding our world and others – the leavening agent that helps boys grow.

Cub # 3. B: is for best – doing your best to rise to the challenge.

Cub # 4. C: is for campfires and fellowship – the frosting on our cake.

Cub # 5. A: is for activity – we never slow down.

Cub # 6. F: is for fun – which Cub Scouting is always a lot of.

Cub # 7. É: is for everyone – Cub Scouts welcome all!

A Cub Scout Recipe

Russ, Timucua District

Setting:

- ✓ Have boys dressed in chef outfits [aprons, chef hats, etc.] working at a kitchen table with a large soup pot.
- ✓ Inside the soup pot is the pack flag or facsimile of it.
- ✓ Print out each ingredient on a large sheet that can be propped up as it is read off. Then, as the directions are being said, the "chefs" add them to the soup pot.
- ✓ At the end of the directions, when the "servings" amount is being read, have boys pull out the flag and hold it up for everyone to see.

Narrator:

Tonight we gather again to celebrate Cub Scouting and to enjoy the company of one another. Looking through the Baden-Powell Cookbook, we found this easy-to-follow recipe for a fun-filled, exciting program:

Ingredients:

- 1 super Pack with lots of Dens
- 5 levels of Cub Scouts – Tiger, Wolf, Bear, 1st year Webelos, and 2nd year Webelos
- Den leaders as needed
- 1 committee of helpful adults
- 1 fun-loving Cubmaster with assistants
- Many, many parents to make it happen

Directions:

Combine boys of each Cub Scout level into Dens to form strong Pack.

Add Den Leaders to give guidance.

Line with Committee Members.

Add in a well worn Cubmaster.

Fold in Assistants at all levels.

Top with willing, giving parents.

Cook in a Pack Meeting room until everyone has had a great time. This recipe serves all Cub Scouts in Pack ____ and their families.

Growing*Great Salt Lake Council*

Props - Package of carrot seeds, big carrots,

Cub #1: (Show package of carrot seeds.) Inside this package of seeds are tiny carrot seeds. They don't look like much because they are tiny and fragile.

Cub #2: But if we plant them in good soil, and we make sure they get plenty of sunlight, air, and water, they will grow to be big healthy carrots like these. (Show some carrots with tops still on.)

Cub #3: Cub Scouts are like carrots. We also need certain things to grow.

Cub #4: Like good food, rest, and exercise.

Asst CM: But Cub Scouts need something more. They need to have healthy minds and spirits if they are going to be the kind of men we all admire. In Cub Scouting, boys can develop extra quality of mind and spirit. They do it by following the Cub Scout Promise.

CM Please stand and join us in repeating the Cub Scout Promise and the Pledge of Allegiance.

Recipe for a Happy Den

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils

Set Up: 8 Cubs each with a card for his part. They may have posters that have appropriate pictures on the front and their parts on back in LARGE print.

DL Our den has been studying how to use a recipe to create something you want. Let us tell you one of our favorites.

Cub # 1. 3 c eagerness

Cub # 2. 2 c devilment

Cub # 3. 2 c courtesy and helpfulness for each other

Cub # 4. 2 den leaders

Cub # 5. 1 gallon patience

Cub # 6. 3 c love for each boy

Cub # 7. 1 c ability to do crafts and read directions

Cub # 8. Mix well together

DL To this we add a generous amount of cooperation from each boy's parents.

DA This is our recipe for a Happy Den and we serve it one hour each week.

CM Compliment them (Lead a cheer) then go into Flag Salute and the Pledge of Allegiance.

A Recipe for a Wonderful Day

Russ, Timucua District

Personnel: Cubmaster, 7 Cubs, each with a poster with the words they are saying in LARGE print on the back and an appropriate picture on the front

Cubmaster: Here is a recipe that we all try to live by.

Cub #1: 1 cup of friendly words

Cub #2: 2 heaping cups of understanding

Cub #3: 1 pint of human kindness

Cub #4: 2 heaping tablespoons of time and patience

Cub #5: 1 dash of gentle humor

Cub #6: 1 pinch of spice of life

Cub #7: 1 drop of warm personality

CC Measure words carefully.

Asst CM Add cups of understanding, to the pint of human kindness.

MC Stir together with time and patience.

MC Cook very slowly and keep the temperature low so it never boils over.

CC Season with gentle humor, warm personality and spice of life.

Asst CM Serve in individual molds. It works all year 'round.

CM We enjoy many of these days in Pack_____, Because of all of you!!

Obviously all the summary statements could be read by other Cubs or the same Cubs. Or Leaders of any position in the pack or all by one leader. Your choice. CD

Picnic Opening Ceremony

Baltimore Area Council

Set Up: Seven Cubs stand facing the audience with the first 6 Cub Scouts holding white paper plates which have the word PICNIC spelled on them with red and blue felt markers or tempera paint. Seventh Cub will lead audience in Pledge of Allegiance or patriotic song. Words can be on back of plates in LARGE type. Or use posters with the letters and appropriate pictures drawn by the boys.

Cub # 1. P: Picnics are fun for everyone.

Cub # 2. I: Including food, games and lots of fun.

Cub # 3. C: Celebrating our nations' birthday, we're glad to be here.

Cub # 4. N: Never ceasing to be thanking our country dear.

Cub # 5. I: In our hearts ever loyal we'll be.

Cub # 6. C: Constantly pledging to keep our nation free.

Cub # 7. "Let's all stand together and say the Pledge of Allegiance."

Think Opening

Baltimore Area Council

Personnel: 5 Cubs

Equipment: 5 pieces of poster board with a letter printed on front and the words on back in LARGE type.

Setting: Cubs form a line and hold up their card when it is their turn.

Cub # 1. T: Try to do your best at everything that you do.

Cub # 2. H: Have a fire extinguisher handy at all times.

Cub # 3. I: Ice will cool a hot beverage.

Cub # 4. N: Never leave a fire unsupervised.

Cub # 5. K: "Kub" Café is the theme for tonight's pack meeting!

PACK AND DEN ACTIVITIES**PACK MEETING IDEA**

First, don't think of your meeting as a 'meeting'. Start to think in terms of a one-night show, a production. Meetings are dull; we go to them every day and rarely (if ever) look forward to them. A show, however, is entertainment! People want to be entertained, and while they'll forget to go to your meeting, they'll remember that they have tickets to your show! *This is another Sean Scott idea!!!*

Advancement Possibilities
Russ, Timucua District
Carol, American Elm District

Tigers –

- Ach 2F – Look at a map of your Community with your adult partner
- Ach 3G - Watch an amateur or professional game or sporting event
- Ach 3D- Lead a discussion on healthy food and how important it is for maintaining physical fitness.
- Elect 13 Learn to count coins and make change
- Elect 23 Discuss different kinds of milk boys might see at the grocery store
- Elect 24 Help in the Kitchen

Wolfs -

- Ach 8A– Discuss the Food Guide Pyramid
- Ach 8B - Plan meals
- Ach 8C – Help fix one meal
- Elect 3A Make a recipe card holder
- Elect 9A Help with a party

Bears -

- Ach 3F – Participate in a flag ceremony
- Ach 9A - Bake cookies
- Ach 9B – Make snacks for den meeting
- Ach 9C – Help with breakfast, lunch and supper one day
- Ach 9D – Learn about junk foods
- Ach 9E – Make trail food for a hike
- Ach 9F – Make dessert for your family
- Ach 9G – Cook a meal outdoors
- Ach 13A Go grocery shopping with your family
- Elect 14D Build a greenhouse and grow plants from seeds (may be vegetables!!)

Good Turn for America Idea
Russ, Timucua District



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

The theme “Cub Café” implies that food is plentiful and can be prepared with ease. But for many families, this is not the case. Boys can do a Good Turn by helping at a local organization that provides meals for less fortunate families, organizing a food drive for a food bank, and offering to help clean up in and around a food bank.

Ideas for Pack Activities:
Baltimore Area Council

- Do a clean-up project around your Pack meeting place
- Set the pack meeting up like a café with the boys as waiters (come up with crazy names for the various foods)
- Hold a campfire Pack meeting, roast hot dogs, and make s’ mores

Ideas for Den Activities:
Baltimore Area Council

- Make recipe books of the boys’ favorite snacks
- Make animal cracker neckerchief slides
- Have a progressive dinner

- Have a field trip to a fast food restaurant (many will give you a tour if you call ahead)
- Build cardboard food pyramids and discuss nutrition
- Talk about favorite family foods around Easter or Passover

LET’S EAT!

Great Salt Lake Council

Take a field trip to a restaurant and learn the proper way to be a waiter. The boys will be surprised to learn that it is important to know if you serve from the right and clear from the left or the other way around and the reasons behind it.

Choose a restaurant that uses this etiquette so they will be able to explain it.

The way food is placed on the plate does make a difference. Try different ways of putting food on plates. Look at the colors and the way it is placed. Does it look appetizing or make you want to leave?

Twisted Dough Tie Slide

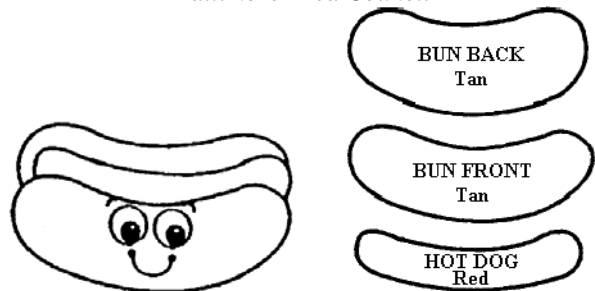
Russ, Timucua District

Materials: several slices of white bread, white glue, lemon juice, shellac, varnish or bright colored paint.

1. Remove the crusts from the bread.
2. Break the bread into small pieces and mix with glue.
3. Add a few drops of lemon juice.
4. Mix until it has the consistency of clay.
5. Roll pieces of the modeling dough into ropes, each about 1/4 inch thick and 12 inches long.
6. Fold rope in half and twist.
7. Wrap the twist around to form a circle with a 3/4 inch center. Cut any excess twist off, dab the ends with a little water, and press together to seal.
8. Let air dry, or bake in a 350 degree oven for 10 minutes until light brown.
9. When dry (or cooled), give the slide a coat of clear shellac, varnish or paint.

Hot Dog Slide

Baltimore Area Council



Materials: Art foam (tan & red), glue, 2 wiggle eyes, yellow tulip paint, pipe cleaner

- ✓ Cut out the hot dog pieces.
- ✓ Glue the tan bun shapes onto each side of red hot dog, staggering the hot dog and bun front so all pieces can be seen as shown.
- ✓ Glue on eyes and draw a mouth and eyebrows on hot dog.
- ✓ Paint on mustard.
- ✓ When dry, glue pipe cleaner on back.

Watermelon Tie Slide
Baltimore Area Council



- ✓ Take Brazil nut and paint it to look like watermelon.
- ✓ After the paint has dried, hot glue a piece of PVC pipe or a drapery ring to the back of the nut.

Bake Off

Russ, Timucua District

- ✓ Have a Cub Scout Bake off at your Pack Meeting Show.
- ✓ Each den or family is assigned to bring a dish (cookie, or chili, a certain color, from a different country, with only 3 ingredients, etc.)
- ✓ Set up tables to allow audience to sample some of each. Supply any necessary plates, napkins, forks, cups of water, etc.

Have A Party!

Russ, Timucua District

It's March and the program year is probably winding down for the den. What's left in the den dues box? If there is enough money left in the dues treasury and it looks like your den could get by for the rest of the year on what it collects after the party (or if it can spare a small amount from the treasury), have the boys plan a fiscally responsible party.

If I know the Cubs at all, chances are they'll opt for the only "decent" food they know—PIZZA!

What an opportunity!

Go through some of your Sunday papers and find coupons for different pizza party options. These can include Pizza Hut/Domino's, soda and grocery store coupons, etc.

Use the opportunity to teach about money and nutrition. Figure out what you think would be the minimum cost to have a party using whatever savings methods you can find.

Then prepare the "grocery list" for the party.

Tell the boys they have X dollars to get the supplies and have them figure out how to make the party happen.

Budgeting:

Both before and after your den has decided how they are going to obtain the funds for paying for the outing, they must set up a budget. A budget must be set up before planning the outing so the den will know how much money they will need to fund the trip. After the trip, the den should revisit the budget. They should record the actual expenses using the same categories that were used in the budget. This will allow them to compare how the actual expenses matched up with the amounts that were budgeted.

This will also show two things

- (1) How each line item in the budget was compared to the actual costs (for example: if you budgeted \$2.00 per person for lunch and the actual cost was \$2.25 per person, you will know that this item needs to be adjusted next time) and

- (2) How the total budget compares to the total expenses.

Each member of your den should help with developing the budget both before and after the trip. If this becomes too onerous, have each den member identify a personal goal (something that they want to buy or do) using the same approach as you would for the den trip. During the month, each Cub Scout can then follow the guidelines that are used for the den's goal to reach his own.

Meal Planner for 3 Meals

Russ, Timucua District

Have your Cubs plan a day's meals and then list all the stuff that will be needed

| Meal #1: Menu | Shopping List |
|----------------------|----------------------|
| Juice _____ | _____ |
| Fruit _____ | _____ |
| Cereal _____ | _____ |
| Main Course _____ | _____ |
| Protein _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| Meal #2: Menu | |
| Drink _____ | _____ |
| Main Course _____ | _____ |
| Protein _____ | _____ |
| Side _____ | _____ |
| Fruit _____ | _____ |
| Dessert _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| Meal #3: Menu | |
| Drink _____ | _____ |
| Salad _____ | _____ |
| Protein _____ | _____ |
| Vegetable _____ | _____ |
| Starch _____ | _____ |
| Fruit _____ | _____ |
| Dessert _____ | _____ |
| _____ | _____ |
| _____ | _____ |

Fridge Magnet Note Holder

Baltimore Area Council

Materials: clothespins, magnetic tape, fun foam, glue.

Instructions:

- ✓ Cut flower shapes from the fun foam
- ✓ Glue at the top of the clothespin.
- ✓ Cut stem, leaves from fun foam
- ✓ Glue beneath the flower.
- ✓ Put the magnetic tape on back.
- ✓ This will be a note holder.

Goo

Baltimore Area Council

Materials:

- 2 Bowls
- 8 oz. white or carpenter's glue
- ¾ cup water
- additional water for mixing
- mixing spoons
- food coloring
- 20 Mule Team Borax
- airtight container

Directions:

1. Combine glue, food coloring, and ¾ cup of water in bowl.
2. In a separate bowl, combine 1 tablespoon borax and ¼ cup water.
3. Add the borax mixture to the glue mixture, stirring until a blob forms.
4. Remove the blob from the mixture.
5. Add another batch of the borax and water mixture to the glue mixture.
6. Repeat the process until the glue mixture is all gone.
7. Knead all the globs together.
8. Store the goo in an airtight container.

Twisted Dough Tie Slide

Baltimore Area Council

Materials: Several slices of white bread; white glue; lemon juice; shellac, varnish or bright colored paint

Directions:

1. Remove the crusts from the bread.
2. Break up the bread into small pieces and mix with the glue.
3. Add a few drops of lemon juice,
4. Mix until it the consistency of clay.
5. Roll pieces of modeling dough into ropes, each about 1/4" thick and 12" long.
6. Fold rope in half and twist.
7. Wrap the twist around to form a circle with a 3/4" center.
8. Cut any excess twist off, dab the ends with a little water and press together to seal.
9. Let air dry or bake in a 350 degree oven for 10 minutes until light brown.
10. When dry (or cooled), give the slide a coat of clear shellac, varnish or paint.

Swiss Cheese Candles

Baltimore Area Council

Leaders can make their own candles to be used as good conduct candles or for den or pack ceremonies.

Materials:

- Quart-sized milk carton
- 7-inch candle
- ice (Adapt amounts for smaller candles.)
- 1 pound paraffin
- color wax crayon

Directions:

- ✓ Melt paraffin, heating it over a low flame in a double boiler. USE CAUTION because paraffin is flammable. An adult must be there with you
- ✓ When the paraffin has melted, color it by adding about 1 inch of a wax crayon of the desired color. Because wax melts almost immediately, just stir in with a stick.

- ✓ Cut off the peaked top of a quart-sized cardboard milk carton to use as a mold.
- ✓ Pour 1/2 inch of paraffin in the carton.
- ✓ As the paraffin sets, place an old candle upright in center
- ✓ Place crushed ice cubes around the candle until the carton is full.
- ✓ Pour paraffin to the top of the cart leaving the wick exposed.
- ✓ When the candle has hardened, tear off the carton over the kitchen sink allow the melted ice to drain from the holes.

How to run a visit to the Supermarket:

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils

Objectives: Develop the ability to purchase food at the Supermarket with food allowance. Practice ordering food at the concession stands, if market has one. Managing wants and needs by having enough food for lunch/dinner without going over the food allowance.

Materials:

Prepare "food cards" with pictures of food and prices.

Procedures:

Before the Supermarket visit –

practice shopping in the supermarket.

- ✓ Teach lessons for money awareness for coins and bills
- ✓ Set up a concession stand with food and play money for change. An adult stands by ready to help with money exchange.
- ✓ Scouts will pre-plan their lunch/dinner menu by reading the possible food choices by completing an order form.
 - Scouts will be given \$5.00 in play money (four ones and change)
 - Scouts will go to the concession stand to order food, and give "clerk" the correct change or ear correct change.
 - Scouts should purchase: 1 meat dish, 1 drink and 1 dessert
 - An adult will give Scouts the pictured food and count change
 - Scouts will be allowed to order a snack later if there is money left over
- ✓ Den Leader will put real money in plastic bags with the Cub's name for the real filed trip to the supermarket.

Scouts will decide on food for purchase.

Have Cubs fill out the form prior to Supermarket visit.

Lunch at the Supermarket

Name: _____ Date: _____

Before the visit:

For lunch, I want to buy...

| | Food: | Cost: |
|----|--------------|--------------|
| 1. | _____ | \$ _____ |
| 2. | _____ | \$ _____ |
| 3. | _____ | \$ _____ |
| 4. | _____ | \$ _____ |
| 5. | _____ | \$ _____ |

After the visit/lunch

I bought:

- ✓ I had \$ _____ left.
- ✓ I had enough money? Yes No
- ✓ I had enough to eat? Yes No
- ✓ I had a snack? Yes No
- ✓ I planned well? Yes No

Pasta Pets

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils

Materials:

Elbow, bow tie, wagon wheel or penne macaroni.
Pipe cleaners.

Directions:

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

Bean Scene

Directions:

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

Clay Cutlery

Materials:

Mismatched silverware, polymer clay

Directions:

- ✓ Roll a 1-inch ball of polymer clay into a rope that is twice the length of the utensil's metal handle. If you want a multicolored handle, roll two or more thinner ropes and twist them together.
- ✓ Press the rope onto the front and back of the utensil handle and pinch together the clay along the sides.
- ✓ Then use your fingertips to smooth the surface of the clay.

- ✓ Bake the decorated pieces according to the directions on the clay package.
- ✓ Wash and dry the finished cutlery by hand.

Pasta Pictures

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

Gumdrop Bugs

Materials:

Large gumdrops, small pretzels, Twist & Peel licorice strands cut into 1/2 inch lengths, gel frosting.

Directions:

- ✓ Break the pretzels into pieces that resemble wing shapes and poke the ends into the gumdrops.
- ✓ Use a toothpick to make holes in the tops of the gumdrops and insert licorice antennae.
- ✓ Make two gel dots on the gumdrops for eyes.

Pizza from Beads

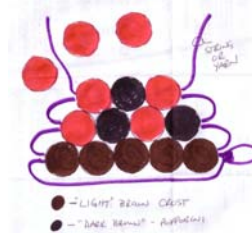
Russ, Timucua District

Materials:

5 light brown pony beads 3 dark brown pony beads
7 red pony beads 2 ft. ribbon or cord.

Directions:

The pattern is a pyramid – 5 beads, then 4, then 3, then 2, and lastly 1. The 5 light brown are the crust.



- ✓ Fold the ribbon/cord in half to find the center.
- ✓ Tie a knot 1/2 inch from center which will leave a small loop.
- ✓ Thread all 5 light brown beads on one-half of cord, then thread other half of cord back through the beads.
- ✓ Repeat for the next row using 1 dark brown bead, 2 red beads, and 1 dark brown bead.
- ✓ The third row uses red, dark brown, and red. The fourth row uses 2 red beads.
- ✓ The last row is the remaining red bead.
- ✓ Finish by tying off with a double knot.

Foil Dinner Tie Slide

Russ, Timucua District

Materials:

Piece of foil about 5"x 4"
Cotton ball
Black Marker

Directions:

Pull cotton ball a little apart. This will be the "food". Place in the center of the foil piece. Fold like you would a foil dinner. Write name with marker. Glue on backing.

Make a Cook Book*Russ, Timucua District*

Get the boys to think of their favorite recipes – from PB&J to candy apples.

Create recipe cards that include a space for the recipe title, “written by”, ingredients, and directions.

Use pictures to enhance the card.

Have the boys complete the cards in their own handwriting and turn them in at one of the den meetings.

Between meetings, have the recipes copied and have them at the next meeting for the boys to make covers and put them together.

Covers can be construction paper, decorated by the boys.

Staple or lace yard to secure edge.

Herb Garden**Materials:**

egg carton, egg shells, pin, gravel, planting soil, herb seeds (like mustard, basil, fennel, or thyme).

Directions:

- ✓ Prick holes in the bottom of each half shell with a pin and place one in each compartment of the egg carton.
- ✓ Put a few grains of gravel in each shell.
- ✓ Fill half way up with plant soil and sprinkle on a few herb seeds.
- ✓ Add more soil.
- ✓ Water lightly and place on a windowsill where they will get lots of sun.
- ✓ Transplant to small pots or outdoors when they are well started.

Popcorn Pictures**Materials:**

Popped popcorn, construction paper, food coloring, paper cups, plastic spoon.

Directions:

- ✓ Spread newspaper on the work surface.
- ✓ Make a picture on manila or colored construction paper.
- ✓ Decide what kind of picture you want to make.
- ✓ Place water in paper cups and add a few drops of food coloring to make the colors you need.
- ✓ Drop popcorn pieces into the cups of colored water and stir with a plastic spoon.
- ✓ Put the colored popcorn on the newspaper to dry.
- ✓ Draw the picture on the paper and glue the colored popcorn to the paper to fill in the design.

Outdoor Cookery

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils
Here are some hints from the San Gabriel Valley, Long Beach Area, and Verdugo Hills Councils for creating your own tin can cookery. These are fun projects but may be a little advanced for Cubs. Remember cutting tin cans creates sharp edges. Before choosing a project for your Webelos to show them some of the fun that lies ahead in Boy Scouting, do a careful web search and be prepared. If you have access to old Boys' Life reprints there are some great articles on this subject. CD

OPEN STOVE: Place a well-cleaned turpentine can on the wide flat side and cut an opening in the other side, as shown.

Bolt two tuna cans to the bottom of the stove, and add waxed wicks. Cut a piece of hardware cloth or other heavy metal screening for the grill and turn under the sharp edges. For a charcoal burner, bolt aluminum foil pans to the bottom of the stove and fill with charcoal.

CLOSED OVEN: Leave the lid of a large can partially attached to form a hinged door. From a second can of the same size, cut a section of tin, the full length and slightly wider than the can. Bend up the sides, as shown, and insert the rack in the oven for holding baking.

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

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

From the second can, cut two triangles for the sides of the reflectors about 1” larger than the ‘V’ just formed. Drill three small holes along the center line of these side pieces for the baking rack. Fit the side pieces to the reflector and fasten securely with small nuts

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

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

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

Barbecue Tools

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils
These might be little more appropriate for some of our Cubs. But please be careful. Read note above CD

To make these useful implements, you will need –
 Coat hanger wire straightened with pliers.

To prep the coat hanger wire -
 Sand off all paint.

Grills

These are handy for toasting buns and cooking meats.

1. At one end of your wire, bend up 1” as a prong for holding the meat;
2. Coil the wire around the prong to form a circular rack about 3” across.
3. From another hanger, make a long narrow loop for a handle and twist the end of the grill around the handle.
4. To finish, slip a clothespin over the loop and wrap with plastic coated tape.

Forks

1. Twist two wires together bending the ends to make two tines.
2. Place a clothespin between the wires for a handle and wrap with tape.

Skewers

Good for kabobs or toasting marshmallows,
All you need is a long straight wire with a loop handle at one end.

Bubbles

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils

Ingredients

- 1/4 cup good quality liquid dishwashing detergent
- 4 cups water
- large container for dipping the frame
- 35 inch length of cotton kite string
- 2 plastic drinking straws

Directions:

1. In a bowl, mix the dishwashing detergent with the water and pour into the container.
2. Thread one end of the string through each straw and tie both ends in a knot.
3. Holding one straw with each hand, form a frame and put it into the solution. As you slowly take it out, a film will form on the frame.
4. Hold your arms out in front of you and slowly pull the frame to the side. The air will force the film off and make bubbles.
5. You can change the bubble patterns by the way you move or shake the frame.
6. To close off one large bubble, twist the frame towards you. The bubble will form a sphere and drift away.

Baking -Soda clay

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils

Ingredients

- 2 cups baking soda
- 1 cup cornstarch
- food coloring (optional)
- 1 1/3 cups water

Directions:

1. In a saucepan, mix the baking soda with the cornstarch
2. Stir in a few drops of food coloring in the water, if desired,
3. Add it to the mixture and stir.
4. Cook the mixture over medium heat, stirring continuously.
5. When the mixture looks like thick, moist mashed potatoes, remove the pan from the stove.
6. Put the clay on a large plate and cover it with a damp cloth.
7. As soon as the clay is cool enough to handle, knead it until it is smooth.
8. It can be used several weeks if it is stored in a tightly closed plastic bag in the refrigerator.

Finger Paint

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils

Ingredients

- 2 cups water
- food coloring
- 1/3 cup cornstarch
- 1/3 cup warm water

Directions:

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

2. Put the cornstarch into a small bowl, dissolve it with 1/3 cup warm water
3. Gradually stir it into the boiling water.
4. Stirring constantly, bring the mixture to a boil again.
5. Then remove the pan from the heat and let it cool.

AUDIENCE PARTICIPATIONS

Tin Foil Recipe

Russ, Timucua District

(You can also have props up front or, even better, have your own Chef Dom DeLouise as a narrator, making the meal as he recites the recipes.)

Divide audience into six parts. Assign each part a word and a response and/or action. Practice as you make assignments.

| | |
|------------------|--|
| Tin Foil: | "Zip, crinkle, fold" |
| Sausage: | "More pork sausages, Mom. Please?" |
| Carrots: | "What's up, doc?" |
| Rice: | "Rice-a-Roni the San Francisco treat!" |
| Beans: | "Ho-Ho-Ho Green Gi-ant" |
| Soup: | "That's what Campbell's soups are mmm-mmm good!" |

Here is the perfect recipe for a great Cub Scout **Tin Foil** dinner. The first thing you do is get all of your ingredients together. You'll also need the **Tin Foil** to hold your meal. Start with a nice big **Sausage**. Slice it into 1/4-inch round slices. Next get a can of precooked, pre-sliced **Carrots**. Open that can. Next, you need some **Beans**. Again, get the precooked, pre-cut sort in a can. And let's not forget the **Rice**—minute **Rice**, if you please. Don't forget that you need a can of **Soup**. It can be Cream of Mushroom, Cream of Chicken, or any other **Soup** you want.

Now take your big piece of **Tin Foil** and fold it just so. Make sure there's lots of room in there to put the ingredients. Next you add your **Sausage**—not too little and not too much. Now spoon in some **Carrots**. Oh yeah! Oops, almost forgot to spoon in some **Beans** while we're at it. Now, add a big glob of your favorite **Soup**. Almost done here. Measure out a half-cup of minute **RICE** and pour that in. A great meal almost done. And last, but not least, fold that **Tin Foil** up and throw your meal in the fire. That's what we call a great **Tin Foil** meal.

A Trip To The Dining Hall

York Adams Council

Divide audience into five parts. Assign each part a word and a response and/or action. Practice as you make assignments.

| | |
|---------------------|---|
| Cub Scout: | Rub tummy and say "hungry, hungry" |
| Dining Hall: | Hold tray and say "what's cookin'?" |
| Knife: | Make cutting motion and say "tough stuff" |
| Fork: | Make stabbing motion and say "jab, jab, jab" |
| Spoon: | Make motion of eating soup and say "slurrrrp" |

All good scouting events should include three squares a day. Here's a story of one **Cub Scout's** experience in the **Dining Hall**.

One morning at **Cub Scout** Resident Camp, Den 4 got up bright and early to go to breakfast at the **Dining Hall**. They hadn't eaten since the night before so every **Cub Scout** in the

den was ready to go. When they got there, they stood in line with everyone else until they had said the Philmont Grace.

Then the lines began moving into the **Dining Hall**. The first thing the **Cub Scouts** did was pick up their utensils. They got a **Knife**, a **Fork**, and a **Spoon**. Then the servers piled on the delicious food. Sure, no one really knew what it was, but it sure looked like food. The first server gave them some glob of white stuff and said it was oatmeal and that you eat it with a **Spoon**. The second server gave them something yellow—gooey yellow. He said it was eggs and that you eat it with a **Fork**. The next server tossed a crinkly brown disk on the tray and said it was sausage. It was to be cut with the **Knife**.

The **Cub Scouts** took their trays to their tables and sat to eat. Taking their **Forks**, they began with the eggs. As gooey yellow as they looked, they really were quite good. And as they ate their eggs, they also dipped into the white globs, called oatmeal, with their **Spoons**. It was pretty good too. And finally, they cut up their sausage with their **Knives** and ate that too. Even that was quite delicious. After they were all finished, they took their trays to the dish room and left the **Dining Hall**. They sure couldn't wait for lunch!

ADVANCEMENT CEREMONIES

Bake-a-Cake Advancement Ceremony

Russ, Timucua District

Set Up:

- ✓ Assemble ingredients to make a cake - bowl, spoon, sugar and butter, eggs, flour, baking powder, and finished cake.
- ✓ Have large bowl, with awards in it, and a smaller bowl inside the large one, to receive ingredients.
- ✓ Presenter dressed as cook, with apron and chef hat.

Action:

Cubmaster: This month we have been cooking up some Cub Scout Treats. Tonight we have just the right ingredients for a successful pack. Let me share them with you. (Shows bowl, spoon.)

Let's begin with the innocence of a new Cub Scout. He's rich with enthusiasm and makes a great beginning. (Add butter.) Could we have Bobcat candidate(s) (call off names) come up with his parents. (Present Bobcat badges.)

To make a really great cake, we also need some sweetness. (Add sugar.) Our Tiger Cubs couldn't be sweeter. They are learning many new things every day. Can all of our new Tiger Cubs come forward, (call names) with their parents. Present Tiger badges.

Just as we need eggs to hold a cake together (add eggs), so we need the Wolf Den to provide the stabilizing force. We have a great Wolf Den who helps us all stick together. Could Wolf Cub (names) and his parents come forward? (Present rank advancement and arrow points as applicable to all Wolf Den members.)

The body of a cake is the flour. (Add flour.) Our pack is well-supported by the strength and depth of our Bear Den.

Could Bear Cub Scout (names) and parents come forward? (Give awards.)

Just as our cake will not work without baking powder (add to bowl). So the Webelos Den provides the leavening to raise our spirits and make our pack a great success. Could Webelos Scouts (names) and parents please come up? (Present badges, pins to Webelos.)

(Hide bowl under table and pull out finished cake.) Just as every ingredient is necessary in making a cake, every boy and leader is necessary to make our pack the sweet, rich success that it is. Please join me after the meeting in enjoying our success by eating some cake.

Recipe Advancement

Great Salt Lake Council

This could also be a great Cubmaster's Minute. CD

Prepare ahead of time two glasses, one containing baking soda and the other containing vinegar.

Compare one glass to the boys just sitting there, doing nothing. Compare the other glass to the Cub Scout program, lots of potential but nothing happens without some one acting on it.

Add the two together and liken the reaction to boys in the Cub Scout program. There is a lot of action going on.

When we mix the two together, we also have advancement in the program. Call up the boys and their parents and present the awards.

Achievement Stew Advancement

Baltimore Area Council

Set Up: Cubmaster is dressed in an apron and chef's hat. Ranks and awards are placed in soup cups or bowls.

Props: A large pot, spoon, and "ingredients" (Tiger Paws, Blue, Gold, White, Red, Green, and Light Blue strips of paper, and Gold and Silver Glitter.)

After the addition of the ingredients the Chef "serves up" the soup in the cups, which have the awards in them.

Cubmaster: Tonight we are going to make Achievement Stew! Which is a combination of many ingredients....

First we start off with a big promise, a little motto and the Law of the Pack. (*Have everyone say the Cub Scout Promise-Motto and Law of the Pack. Chef adds blue strips of paper for the promise, white for the motto, and Gold for the Law of the Pack. Stirring after each addition.*)

(*He calls the new Bobcats and their parents forward.*) Now we have Bobcat Soup. (*He Awards the Bobcat ranks.*) But it needs something. I know the spice of the Cub Scout Handshake; (*He congratulates the Bobcats and shakes their hand and then shakes his hand over the pot and stirs.*)

Now we must add Tiger Paws (*Adds Paper Tiger Paws to the pot and stirs.*) We need to serve this to the Tigers Cubs. (*Gives out their earned awards.*)

Next we add Achievements and arrow points. (*Adds in red bits of paper and gold and silver glitter and stirs.*) Our Soup has now turned to Wolf Chowder. (*Calls up the New Wolves, their parents, and those who have earned arrow points.*)

Our Chowder must simmer in time and it calls for more achievement and arrow points because you can never have

enough. (*Adds Green bits of paper and gold and silver glitter. The Chef then Awards the New Bears their rank and those who have earned gold and silver arrow points.*)

Our Achievement Stew is really going now but it still needs something. We need to add Activities. (*Puts in Light blue bits of paper . Stirs.*) Will our First Year Webelos and their parents please come forward for their stew? (*Their Rank and activity Badges are given out.*)

The Second Year Webelos have been very active as well and they need their nourishment. Please come forward for your Achievement Stew. (*He awards them their Activity Badges.*)

Our Achievement stew is not quite done but we must get the next ingredients from the Boy Scouts, which I hope you all do. Till then let's have a good time!

Making A Cub Scout

Baltimore Area Council

This ceremony is for four ranks. I did not come up with an addition to get Tigers on the list. You could change Bobcat to Tiger or shift everything down and have Webelos do something special or maybe you only have four groups getting awards that night. CD

Props: 3 1-pint containers, 1 each of: water with blue food coloring, clear cooking oil, alcohol with red food coloring large, clear glass container test tube, 1 per boy 2 white lab coats ceremony table

Personnel: Cubmaster, Assistant Cubmaster

Format: Bobcat says the Promise, Wolf pours the blue water; Bear pours the cooking oil; Webelos pours the red alcohol.

Cubmaster: Tonight, I am going to give you the magic formula for building Cub Scouts. Our Bobcats have done their best by learning the Cub Scout Promise, the Law of the Pack and the Motto. Would the following boys and their parents please come forward?

Assistant CM: *Reads the names of the boys while Cubmaster lines them up behind the table facing the audience.*

CM: *Hold up the glass container This glass represents the Bobcats. As with anything you build, you need a foundation, a starting point, you need to know the basics. This is what our Bobcats have learned boys repeat the Promise*

CA: *Hands out badges to parents to present to their boys, everyone shakes hands. Bobcats and parents return to their seats.*

CM: The first part of the magic formula is blue. This color represents the family, its strength, unity and participation in building a Cub Scout.

CA: *Reads the names of the boys receiving the Wolf award while the Cubmaster lines them – with their parents – up behind the table and gives them each a test tube full of blue water.*

CM: Will each Wolf pour the blue liquid into the larger glass?

CA: *Hands out Badges to parents, etc.*

CM: The second part of our formula is clear white. It represents the progress the Cubs have made in character and spiritual growth.

CA: *Calls boys and parents of Bear rank while Cubmaster arranges the boys and gives them a test tube with cooking oil.*

CM: Bears, pour your clear liquid into the larger glass.

CA: *Hands out Badges to parents, etc.*

CM: The third part of our formula is red. This red color represents the Cub Scout being helpful and doing his best as he continues to grow in all areas of his life.

CA: *Calls Webelos and parent, etc.*

CM: Webelos, pour your red liquid into the larger glass.

CA: *Hands out Badges to parents, etc.*

CM: We have completed our magic formula. It is the same colors as in our flag. May Cub Scouting help to make this a better place to live.

Dinner Menu Advancement Ceremony

Russ, Timucua District

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

Introduction: Tonight we have a feast to beat all feasts! Come sit at the table with me while we dine at the Cub Café.

Bobcat

We start with the appetizer – the first course of our meal. And for tonight's appetizer, the menu calls for Bobcat Tidbits. "What are these?" you ask. Why, they are the small, but important, bits and pieces of the Cub Scout program that every Cub Scout must learn as part of being a Cub Scout. Tonight we are proud to serve Bobcat Tidbit Badges to the following Cub(s). (List the names of Bobcat recipients and call them with their parents to the front of the room.) As is the tradition in our Pack, it is not the Awards Chairperson or the Cubmaster who gives the boys their badges, but the parents who have been working hand-in-hand with the boys to complete their requirements. (Hand parents the awards to present to the boys, and congratulate them with the Cub Scout handshake. Offer an applause and ask them to take their seats.)

Tiger

Next on the menu is our salad. And tonight, as a special treat, we are dishing out Tiger Cub Salad. Greens, as you know, contain vitamins that help our bodies grow. And what better salad is there than Tiger Cub Salad – full of the vitamins that build our second graders into bigger, better Cub Scouts.). (List the names and invite them with their parents forward. Hand parents the awards to present to the boys, and congratulate them. Offer a special cheer or applause and ask them to take their seat.)

Wolf

Now it is time to break some bread together to be ready to sop up the soup. Our wolfs know that breads and grain form the base of the food pyramid. And that they must eat several helping a day of breads and grains. (List the names and

invite them with their parents forward. Hand parents the awards to present to the boys, and congratulate them. Offer an applause and ask them to take their seat.)

Bear

Our next course, of course, is a finely prepared Bear Borscht. This is a finely prepared soup that is the perfect blend of God, Country, Family, and Self. And tonight we congratulate the following Cub(s) for having completed their requirements in these four areas. (List the names and invite them with their parents forward. Hand parents the awards to present to the boys, and congratulate them. Offer an applause and ask them to take their seat.)

Webelos

What about the main entree? Well, the menu for tonight's feast is a hardy helping of Webelos Wellington. The recipe for this wonderful dish includes three heaping measures of Activity Badges (one of which is Physical Fitness), practicing the Boy Scout Law and Oath, and knowing other parts of become a Boy Scout. This morsel is only served as "well done." And tonight we recognize the following Webelos whose jobs have been completed and well done. (List the names and invite them with their parents forward. Hand parents the awards to present to the boys, and congratulate them. Offer an applause and ask them to take their seat.)

Arrow of Light

Dessert for a feast such as this can only be one thing – not just the cake, but the icing on the cake. And tonight we recognize those Webelos Scouts who are just that – the *crème de la crème*. These Scouts have persevered. They have worked very hard, and have earned the highest award offered to a Cub Scout – the Arrow of Light. This is the dessert of Cub Scouting. (List the names and invite them with their parents to come forward. Hand boys the parent's Arrow of Light pins to present to their parents. Then give parents the awards to present to the boys, and congratulate them. Offer an applause and ask them to take their seat.)

Cub Scout Chef Advancement

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 cup chocolate chips, awards

Personnel: Cubmaster or Advancement Chairman 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! (*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.*) Congratulations Cub Scouts!

Hamburger Advancement

Russ, Timucua District

Personnel: Cubmaster, Webelos Leader, advancing Cub Scouts and parents

Costume: Paper hat and barbeque apron

Equipment:

Hamburger and all the makings. (Use cardboard shapes covered with crepe paper and stuffed with newspaper.)

Awards attached to the hamburger makings as follows:

- Bobcat badges to bun.
- Tiger badge to pickle.
- Wolf badge to lettuce.
- Bear badge to tomato.
- Webelos badge to a slice of cheese.
- Gold arrow points to mustard.
- Silver arrow points to ketchup.
- Webelos activity badges to onion.

Crepe paper table cover, covers up the hamburger.

Action:

Cubmaster: (Walks across the front of the room, looks puzzled at table, scratches head and looks again. Goes to the table and uncovers the hamburger.) My goodness, just look at this hamburger! (Really hams it up!) It's big enough to feed the whole pack. (He takes the top bun off.) (Yells out.) There's lot of stuff in this bun.

He picks up the bun and badges attached to the bun, calls the new Bobcat Cub Scouts forward with their parents. He presents the awards to parents, who give them to their Scouts.

He then picks up a pickle, and calls the Tiger Cub Scouts and parents forward to help "eat" the pickle. He presents the award by handing the pickle to a parent, who gives the Cub Scout the award card etc. from the pickle.

Do the same for lettuce, tomato, mustard, and ketchup. Really ham it up.

Where's the Beef? (He starts a rhythm so the pack joins in and says it too. He holds his hand on the side of his mouth and yells in several different directions.)

Webelos Leader: (Finally walks on stage, grinning, and yells back.) The Webelos have the beef. With the best parts still on it – the cheese and the onions! (Reads names off the

card, and have Cub with parents come up to help "eat" the onions. Parents hand Cub Scouts their awards. Congratulations all around.)

Repeat for Webelos Badges and the cheese Mention that the Arrow of Light is the beef of the Cub Scout program and the Webelos are still working on earning that highest award.

Cubmaster: Well that was quite a hamburger!! Lets have one more cheer.

Wolf & Bear Ceremonies

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils

All boys are brought into darkened room and positioned around campfire as in Bobcat ceremony, but no rope is used. The dialogue is read from cards containing the following:

1. Wolf candidates, look upon your brother the wolf.
(Leader holds torch up to statue or picture of wolf.)
He is courageous, cunning and loyal to his pack. You have earned the right to wear his likeness. You have fulfilled the requirements given to you that have been judged appropriate for young men of your age. In addition, some of you will receive arrow awards for achieving still more. When four seasons have passed, you will be candidates for the Bear award if you do not falter.

2. Bear candidates, look upon your brother the Bear.
(Leader holds torch up to statue or picture of a Bear)
He fears no other animal in the forest. He is without equal. You have earned the right to wear his likeness. The requirements you have fulfilled are more difficult than those you met as Wolf candidates. When four seasons have passed, you will again present yourselves for the Webelos award, if you have the will.

You may to present something extra to the boys during the ceremony. Leather or similar material totems with Indian signs on them work well.

Introduce / present the gift by saying something like -

You who are now Wolves and Bears, so that all of you may remain true to your efforts as Cub Scouts, you will receive a token of the Great Spirit, each having a sign symbolizing the wish Akela has for you. Keep them to remind you of your loyalty to the Pack.

Following the brief reading, use your pack's usual protocols to present awards to parents to present to their sons. Be sure to lead a cheer for each group. This outline provides a lot of room for you to use your imagination and enhance the presentation. CD

GAMES

Circle treat

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils

Arrange the Cub Scouts in a circle, facing inward.

Then start a plate of candy around the circle.

At frequent intervals, call "stop!"

The boy holding the plate should try to answer a question about Food (or Cub Scouting).

If he gives the right answer, give him a piece of candy.

Then continue the plate around the circle.

Taste and Tell

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils

Prepare paper cups with contents to be tasted.

Each contestant should have a pencil and paper.

Liquids are more easily disguised than solids or soft solids.

Vegetable colors help disguise the contents.

Number each container.

Leave a box of toothpicks on this table. Contestants use a fresh toothpick for each taste.

When this is played as a team game, the final decisions represent the taste consensus of the entire team.

Disguised tongue ticklers might be:

Red vinegar,

Blue-colored lemon-flavored gelatin in a liquid state,

Green milk,

Pink orange juice,

Cold coffee or cold green tea,

Root beer,

Red pineapple juice,

Juice from maraschino cherries,

Yellow saltwater solution,

Pink sugar water,

Alum solution,

Licorice dissolved in water.

I'm Going To A Restaurant

Great Salt Lake Council

This is great game that is very adaptable to whatever the boys are doing that meeting. A good one to have in your backpack for a Plan B. CD

Materials needed: None

Play:

Players are seated in a circle.

The first player says, "I am going to a restaurant and I am going to order some applesauce."

The second player must then order something that starts with the letter "B" such as barbecued ribs.

The third player must then order something that starts with the letter "C" such as California raisins and so on through the alphabet.

If a player misses he is either out of the game or moves to the end of the line which ever the person in charge chooses.

There are variations that can be played also.

If the variations are used, at least two people need to know the rule that is involved.

A couple of suggested rules could be:

I'm going to a restaurant and I'm going to order peanuts.

The second person must then order something starting with the letter "s" such as Salmon

The third person must then order something starting with the letter "n" such as nachos. *(The rule in this example is that the next person has to pick a food starting with the last letter in the previous person's food name.)*

Another variation that might be a little harder would be:

The first person might say, "I would like to order apples but not Coke."

The second person could then say, "I would like to order Fruit Loops but not Corn Flakes."

The third person could then say, "I would like to order, "Root Beer but not Sprite."

Play continues until everyone gets the rule figured out. Then someone else picks a rule and a new game begins. The rules can be anything, and are only limited by the creativity of the players. (*The rule in the second example was double letters*)

Candy Bar Dress Up

*San Gabriel Valley-Long Beach Area-Verdugo Hills Councils
Baltimore Area Council* called this game **Manners**.

EQUIPMENT: A candy bar gift wrapped and a sack full of clothes such as a large shirt, gloves, a hat and necktie, dice, a knife and a fork.

The den sits on the floor in a circle.

One person throws the dice while the person to his right has the clothes.

The leader says, "go" and then the first boy dresses up in ALL the clothing and then tries to unwrap the candy bar using only the knife and fork.

The boy with the dice starts throwing them.

He gets three tries to throw doubles.

If unsuccessful, he passes the dice to the person on his left.

As soon as someone rolls doubles, the first boy must take off the clothes and give them plus the knife and fork to the person who rolls the doubles.

That player then puts on the clothes and tries to unwrap the candy bar with the knife and fork while everyone else is now rolling the dice trying to get doubles.

Have several candy bars handy and play several times.

Eggshell Race

Baltimore Area Council

Traditionally this game was played with hollow 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.

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.

Feed the Guest

Baltimore Area Council

Materials: You need a large cloth napkin (Cub Scout Neckerchiefs will do), gumdrops 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.

Colorful Cake Walk

Russ, Timucua District

- ✓ Tape colored square on chairs or around table.
- ✓ As the music plays, cubs walk past the squares and stop by the closest square when the music stops.
- ✓ The leader draws a square from a box, and the boy standing by the matching colored square wins.
- ✓ The boy chooses his prize from a box of cupcakes.
- ✓ The game continues until all are winners.

Monster Messy Face

Russ, Timucua District

- ✓ Use this variation of Pin the Tail on the Donkey by drawing a large monster face on a poster board.
- ✓ Give your monster a large mouth opening.
- ✓ Each Cub receives a different kind of food cut out with piece of tape on the back to feed to the monster.
- ✓ Blindfold each Cub, spin him around and watch where the food ends up - in the hair, on the ear, on the chin.
- ✓ There is no winner.
- ✓ The object of the game is to see how messy you can make the monster's face.

Gardening

Russ, Timucua District

- ✓ Arrange the den in a line so all can see the Den Chief
- ✓ Have the Den Chief call the names of vegetables.
- ✓ When a vegetable is called,

| | |
|--------------------------------------|---------------------------------|
| the boys make the appropriate action | |
| Corn | grasp their ears |
| Carrots | point to their eyes |
| Onions | hold their nose. |
| Cabbage | place both hands on their head, |
| Potatoes | point to their eyes. |
- ✓ The Den Leader referees to see who responds first with the desired action.
- ✓ Last person sits down until next round.

This can also be played as a team game by dividing the den into two lines. The DL will then judge to see which line responds quicker. The first line to have all its members perform the correct action scores a point. The winner is the line that scores ten points first.

Peanut Race

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils
Have each Cub Scout roll a peanut with his nose on the floor for a short distance. They must not touch the peanut with their hands. The one who rolls the peanut across the finish line first is the winner. This could also be set up as a relay race.

Fruit To Market*Russ, Timucua District*

Equipment: Chairs, baskets, duplicate wrapped objects of different sizes and shapes. (Some suggested articles are a potato peeler, a dish towel, a small bowl, a cup, a carrot, a potato, an onion, etc.)

- ✓ Seat players facing each other in two rows of chairs
- ✓ Both rows should have an equal number of players.
- ✓ A basket is placed at the head of each line full of wrapped objects of different sizes and shapes.
- ✓ Each basket should
 - Contain articles of different sizes and shapes.
 - Contain articles that are duplicates of those in the other basket in order to make the game fair.
- ✓ When the starting signal is given, the player at the head of each line picks up an article from the basket, unwraps it and passes the article down the line, followed by the wrapper.
- ✓ The players at the foot of the line must rewrap each article when it reaches them and place it in the basket at the foot of the line.
- ✓ The line that first passes down all articles and gets them wrapped and into its basket first is the winner.

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 lap board between them.
- ✓ Give each pair of boys two spoons joined 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 that 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, place 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.

Bubble Gum Blow

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils
Equipment: Crackers, peanut butter, bubble gum, knife.

Divide into relay teams.

Each team lines up behind a line.

Sound the start and then the first person runs to a table at the other end of the race.

On the table are crackers, peanut butter and bubble gum.

Each Cub spreads the cracker with peanut butter and eats it.

When he is done, he unwraps the bubble gum and chews it.

When he blows a bubble of any size, he can run back and tag the next person in line.

When everyone on the team has blown a bubble and come back to the start, the game is finished.

Candy Trap

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils

Equipment Needed: 1 die, 1 pony bead for each player attached an 18" (or so) length of yarn (all pieces must be same length) 1 large pan lid. Candy pieces, a cardboard or paper circle cut the size of the lid.

Set Up:

- ✓ Divide the candy evenly between the players. Each player should have at least a dozen pieces of candy to start the game.
- ✓ Players are seated on a carpeted floor. (If no carpet put down something to muffle the sound of the lid banging!!)
- ✓ Each player places his bead on the cardboard circle and holds the other end of the yarn in his hand.

One player holds the pan lid with one hand and rolls the die with the other hand. He has 3 rolls.

- If he rolls a 1 or a 6, he tries to trap the beads on the cardboard with his lid. If a player's bead is caught, the owner of the bead gives the trapper one of his pieces of candy. If a player is successful in pulling his bead away, the trapper must give that player a piece of candy.
- If a 1 or a 6 is not rolled but the trapper puts the lid down by mistake he must pay each player one piece of candy. (Faking is ok.)
- If a player pulls his bead away and it was not a 1 or a 6, he must give the trapper one piece of candy.

After 3 rolls of the die the person to the left becomes the trapper. When a person loses all of his candy he is eliminated from the game.

Play continues until one player has won all of the candy. Then be kind and distribute the candy equally to all the players or have a treat for the other boys.

Hot Potato Tag

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils
 Play this with a ball or a potato.
 Have the players form a circle with one player in the center.
 The potato (or ball) is passed or thrown across the circle.
 The player in the circle tries to tag the one who with the potato.
 The tagged player then becomes the one in the center.

SONGS**From the Cub Scout Song Book:**

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils
 There are some great theme related songs for this theme in the cub Scout songbook -

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

Bananas, Coconuts And Grapes

Baloo's Archives

This song is often referred to as the "Cub Scout National Anthem." But I would vote for "Duke of York." CD

I like bananas, coconuts and grapes
 I like bananas, coconuts and grapes
 I like bananas, coconuts and grapes
 That's why they call me: **TARZAN OF THE APES!**

Sing the song through three or four times:

The first time loudly;
 The second time softer
(except for the "Tarzan" part – always YELL that)
 The third time even softer
 And finally whispering

Remember, always yell the "Tarzan" part; the last time, no one makes a sound until all shout in unison, "TARZAN ..."

Bazooka Bubblegum

Baloo's Archives

Heard first at Northern NJ Council Pow Wow 2005
 Taught to me by my Phil Staffer daughter, Darby

My momma gave me a penny
 She told me to buy a henny
 But I didn't buy a henny

Chorus

Instead, I bought bubblegum.
 Bazooka-zooka bubblegum
 Bazooka-zooka bubblegum

My momma gave me a nickel
 She told me to buy a pickle
 But I didn't buy no pickle

Chorus

My momma gave me a dime
 She told me to buy a lime
 But I didn't buy no lime

Chorus

My momma gave me a quarter
 She told me to buy some water
 But I didn't buy no water

Chorus

My momma gave me a dollar
 She told me to buy a collar
 But I didn't buy no collar

Chorus

My momma gave me a five
 She told me to stay alive
 But I didn't stay alive

Instead, I choked on bubblegum.
 Bazooka-zooka bubblegum
 Bazooka-zooka bubblegum

Ravioli

Camp Hinds Songbook

<http://home.maine.rr.com/jhall80/alumni/resource/songbook>

Tune – Alouette

I always sing this with Rigatoni, so don't be afraid to use your favorite four syllable pasta when you lead the song CD

Chorus:

Ravioli, I like ravioli
 Ravioli, It's the best for me!

Leader: Do I have it on my shirt?
Point to garment

Group: Yes you have it on your shirt.

Leader: On my shirt?

Group: On your shirt !

All: **Oohh Oohh Oohh Oohh.....**

Chorus

Leader: Do I have it on my shorts?
Point to garment

Group: Yes you have it on your shorts.

Leader: On my shorts?

Group: On your shorts !

Leader: On my shirt?

Group: **On your shirt !**

All: **Oohh Oohh Oohh Oohh.....**

Keep building as you add in:

socks, shoes, neckerchief, hat, or whatever garments you want

(Remember, you are leading Scouts!)

Last Verse

Leader: Do I have it all over?
Point to garment

Group: Yes you have it all over.

Leader: All Over?

Group: **ALL OVER!** Yell Loudly – song ends

Gopher Guts

Baloo's Archives

Great green gobs of grimy greasy gopher guts
 Mutilated monkey meat, little birdies' dirty feet

Great green gobs of grimy greasy gopher guts
 And I forgot my spoon!

There are many, many versions of this on the web. Mine is one of the better ones. But if it isn't the way you remember singing it, look for others. Just google, "Gopher Guts." CD

Fast Food Song

Baloo's Archives

You definitely need the actions for this one!! CD

A Pizza Hut, a Pizza Hut
 Kentucky Fried Chicken, and a Pizza Hut
 A Pizza Hut, a Pizza Hut
 Kentucky Fried Chicken, and a Pizza Hut
 McDonald's, McDonald's
 Kentucky Fried Chicken, and a Pizza Hut
 McDonald's, McDonald's
 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 bridge out and down to produce the "Golden Arches"
Burger King - Put hands on head with fingers up to make a crown
Long John Silver - 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 throwing up a pizza
Roy Rogers - mimic riding a horse

All You Etta

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils

Tune: Alouette

| Words | Who Sings |
|-------------------------------------|------------------|
| All you etta, think of all you etta | (Unison) |
| All you etta, think of all you et. | (Unison) |
| Think of all the _____ you et | (Leader) |
| Think of all the _____ you et | (Group) |
| All the _____(Leader) | |
| All the _____(Group) | |
| All you et | (Leader) |
| All you et | (Group) |
| OOHHHHHH..... | (Unison) |

(Repeat using different foods each time starting with appetizers and continuing through dessert)

On Top Of Spaghetti

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils

Tune: On Top of Old Smokey

On top of Spaghetti,
 All covered with cheese
 I lost my poor meatball
 When somebody sneezed
 It rolled off the table
 And on to the floor
 And then my poor meatball
 It rolled out the door.
 It rolled in the garden
 And under a bush
 And now my poor meatball
 Is nothing but mush?
 So if you have spaghetti
 All covered with cheese
 Protect your poor meatballs
 Should somebody sneeze?

Peanut, Peanut Butter, Jelly

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils

You need to experience this song before you try to lead it.

The actions and sounds are a large part of this one. CD

CHORUS:

Peanut, Peanut butter, jelly
 Peanut, Peanut butter, jelly
 First you take the peanuts and you crunch them, crunch them
 (Chorus)
 Then you take the grapes and you stomp 'em, stomp 'em,
 (Chorus)
 Then you take the bread and you spread it, spread it,
 (Chorus)
 Then you take the sandwich and you eat it, eat it,
 (Chorus)

Scout Camp

ScoutWeb South Africa

www.scouting.org.za

. . . Scout Camp, . . . Scout Camp

Chorus

Oh, I don't want to go to (Cub) Scout Camp.
 Gee, Mom, I want to go, but they won't let me go;
 Gee, Mom, I want to go home.

The busses that you ride in, they say are mighty fine,
 But when they turn a corner, they leave the wheels behind.

Food Verses

The water that they have here they say is mighty fine,
 But when you try to drink it, it tastes like turpentine.

The biscuits that they serve you, they say are mighty fine
 But one rolled off the table and killed a friend of mine

The cocoa that they serve you, they say is mighty fine
 It's good for cuts and bruises and tastes like iodine.

The chickens they have here they say are mighty fine
 One jumped off the table and started marking time

The spaghetti that they serve you, they say is mighty fine
 They rinse it the lake* and drain it on the line

Other Verses

The leaders that they have here, they say are mighty fine,
But when you get up closer, they look like Frankenstein.

The first aid that they give you, they say is mighty fine,
But if you cut your finger, you're left with only nine.

The spaghetti that they serve you, they say is mighty fine
They rinse it the toilet and drain it on the line

The tents/cabins that you sleep in, they say are mighty fine
But whoever said this has never slept in mine.

The toilets that they have here are the best that they can get
Last night my tent mate had to go, they haven't found him yet.

* *Substitution of "lake" for original word by CD, check the source for original wording. Think "Grey Area"*

Soup, Soup, We All Want Soup

Baltimore Area Council

Tune: "Hail, Hail, the Gang's All Here"

Soup, soup, we all want soup;
Needn't stop to strain it,
Tip your bowl and drain it.
Hark, hark, the funny noise;
Listen to the gurgling boys.
Meat, meat, bring on the meat –
Fresh and juicy canned meat,
Ham and pickled pig's feet.
Lamb chops and pork chops too,
Any kind of meat will do.
Pie, pie, we all want pie;
Coconut or cherry,
Peach and huckleberry.
Mince pie and apple too,
Any kind of pie will do.

Blue and Gold Pie

Baltimore Area Council

Tune: American Pie

Chorus

Eat, eat, all the Blue and Gold pie,
Brought my parents to the banquet,
And my Dad wore his tie.
And good old Cubs were eating hot apple pie.
Singing bring me one more piece of the pie,
Bring me one more piece of that pie.
Now for two years, I've been in the pack.
Those great times keep me coming back.
But Cubs grow fast eating with their den.
When the Cub Scouts sang at the Blue and Gold,
The hot pies, well they all turned cold,
And there's no stove round, the cook was told.
The day the pies turned cold.
We started singing' (Chorus)
I met the guy who cooked the food,
And he was in a rotten mood.
With no time left to cook more pies.
And the three pies that are number one,
Apple, cherry, and pumpkin.
They turned so cold they almost froze.
The day the pies turned cold.
We were singin' (Chorus)

Hot Dog Song

Baltimore Area Council

Tune: Oscar Meyer Wiener Song

I wish I was a *fat* and juicy hot dog,
That is what I'd truly like to be.
'Cause if I were a fat and juicy hot dog,
Someone'd always be in love with me.
Have the leader keep this going by calling for everyone to sing it louder, then faster. Then as if your mouth was full.

Mama's Soup Surprise

Baltimore Area Council

Tune: Supercalifragilisticexpialidocious

Oh, when I was just a little kid,
I never liked to eat,
Mom would put things on my plate,
I'd dump them at her feet.
Then one day she made this soup,
I ate it 'till I burst.
I asked her what was in it,
Then I knew it was the worst!

Chorus:

Oh, chicken lips and lizard hips
And alligator eyes,
Monkey legs and buzzard eggs
And salamander thighs,
Rabbit ears and camel hair
And tasty toenail pies,
Stir them all together,
You've got Mama's Soup Surprise!

I went into the bathroom
And I stood before the sink,
I said, "I'm feeling mighty ill,
My stomachs in a kink!"
Mama said, "I've got the cure
To make you feel just great!"
She said it was so good for me,
And this is what I ate

Chorus**On Top Of My Pizza**

Baltimore Area Council

Tune: On Top Of Old Smokey

On top of my pizza
All covered with sauce
Could not find the mushrooms
I think they got lost.
I looked in the closet
I looked in the sink
I looked in the cup that
Held my cola drink.
I looked in the sauce pan
Right under the lid
No matter where I looked
Those mushrooms stayed hid.
Next time you make pizza
I'm begging you please
Do not give me mushrooms
But just plain old cheese.

Bug Juice*Baltimore Area Council*

Tune- On Top of Old Smokey
 At camp with the Cub Scouts
 They gave us a drink.
 We thought it was Kool-Aid,
 Because it was pink.

The thing that they told us
 Would've grossed out a moose,
 That great-tasting pink drink
 Was really Bug Juice.

It looks fresh and fruity
 Like tasty Kool-Aid
 But the bugs that are in it
 Were murdered with Raid?

We drank it by gallons,
 We drank it by tons,
 And then the next morning
 We all had the runs.

Next time you drink Bug Juice,
 And a fly drives you mad,
 He's just getting even
 'Cause you swallowed his dad!

CUB GRUB**The Cardboard Box Oven***Russ, Timucua District*

A cardboard box will make an oven -- and it works just as well as your oven at home! There are different ways to make a cardboard box oven.

The copy paper Box Oven

- ✓ The cardboard boxes that hold 10 reams of 8 1/2 by 11 inch paper, or 10 reams of 8 1/2 by 14 inch paper, will make very nice box ovens.
- ✓ Line the inside of the box and lid with aluminum foil.
- ✓ Use a sponge to dab some Elmer's glue around the inside and cover to hold the foil in place.
- ✓ Make a couple holes in the cover to let the combustion gases out, and make a few holes around the sides near the bottom, to let oxygen in.
- ✓ Make a tray to hold the charcoal using one or two metal pie plates.
- ✓ You can either make feet for a single pie plate using nuts and bolts, or bolt two pie plates together bottom to bottom.
- ✓ Cut a couple coat hangers to make a rack to hold up the cooking pan. Poke the straight pieces of coat hanger through once side, and into the other. Two pieces will usually do fine.
- ✓ Put several lit briquettes on the pie pan,
- ✓ Put your cooking pan on the rack, and place the cover on top.
- ✓ The first time you use this box oven, check it a few times to make sure that enough oxygen is getting in, and enough gases are escaping, to keep the charcoal burning.

For all box ovens:

- ✓ Control the baking temperature of the oven by the number of charcoal briquettes used. Each briquette supplies ~40 degrees of heat (a 360 degree temperature will take ~9 briquettes).
- ✓ Experiment! Build an oven to fit your pans –
- ✓ Or your menu: Bake bread, brownies, roast chicken, pizza or a coffee cake.
- ✓ Construct a removable oven top or oven door.
- ✓ Punch holes on opposite sides of the oven and run coat hanger wire through to make a grill to hold baking pans.

Hot Dog Octopus*Russ, Timucua District**This is always a favorite at Day Camp CD***Ingredients**

Weiner

A sharp knife

Note: If the Cubs haven't earned their whittling chip yet, have an adult perform the cutting operation(s). Caution those Cubs who use knives to handle them properly.

Directions:

1. Cut the bottom 3/4 of a wiener into 8ths, using vertical cuts. Leave the top 1/4 intact.
2. Boil the wiener as you normally would.
3. When done, the Cubs now have a crazy octopus with wavy arms!

Pancake Faces*Great Salt Lake Council***Ingredients:**

Pancake batter

Food color

Favorite pancake toppings

**Directions:**

- ✓ Heat griddle.
- ✓ Mix up your favorite pancake batter.
- ✓ In a small bowl pour a cup of the pancake batter and mix in a food color.
- ✓ Spray the griddle with nonstick cooking spray.
- ✓ Using a spoon, with the colored batter, make eyes, nose and mouth on the griddle (pancake size).
- ✓ Pour the regular pancake batter on top covering the face.
- ✓ When the edges are crisp and the bubbles are popping on top, turn the pancake.
- ✓ **Voile!** You have a face! Try making aliens, monsters or your favorite animal.
- ✓ Serve with your favorite pancake toppings.

Grilled Cheese Dippers*Great Salt Lake Council***Ingredients:**

White or wheat bread

Softened butter or margarine

American cheese singles

Swiss cheese singles

Mild salsa

Directions:

- ✓ Heat griddle.
- ✓ Spread butter or margarine on the outside of the bread.
- ✓ Place a slice of American cheese on the inside of one slice of bread and the Swiss cheese on the top of the American cheese;
- ✓ Place the unbuttered side of the other slice of bread on the top of the cheeses.
- ✓ Place the sandwich on the hot griddle and cook until golden brown, turn and cook the other side as well.
- ✓ Move to a cutting board and let cool for 5 minutes.
- ✓ Dish the salsa into a small dish.
- ✓ Cut the sandwich into 4 rectangle strips.
- ✓ To eat, dip the sandwich strips into the salsa.

Super Kiss*Russ, Timucua District***Ingredients**

(makes two to four kisses)

- Butter or margarine, 1 stick
- Miniature marshmallow, 1 package, 16 ounces
- Plain or chocolate crisp rice cereal, 12 cups

Equipment:

- Large plastic kitchen funnels, two or more
- Ribbon of choice
- Large saucepan,
- large spoon
- Cookie sheet,
- plastic wrap
- Scissors
- measuring cup

Directions:

1. Coat inside of plastic funnels with butter or margarine and cover cookie sheet with plastic wrap; set both aside.
2. Melt butter or margarine in saucepan over a low to medium heat; add marshmallows.
3. Heat until marshmallows are completely melted, stirring constantly.
4. Remove from heat and add cereal;
5. Stir until cereal is well coated.
6. Cool slightly, but not completely.
7. Lightly butter fingers; press mixture into plastic funnel.

Note: Using more than one funnel at a time will speed up shaping process.

8. Place filled funnel on plastic-covered cookie sheet.
9. Let cool.
10. Unmold kiss and cover with plastic wrap closed.

Bugs On A Log*Russ, Timucua District***Ingredients**

- Celery
- Peanut butter or cottage cheese
- Raisins, sunflower or sesame seeds

Directions:

Stuff celery with the peanut butter or cottage cheese. Sprinkle with raisins or seeds and enjoy.

Chocolate Spiders*Russ, Timucua District***Ingredients**

- 1 12 oz. bag semi-sweet chocolate chips
- 1 6 oz. bag butterscotch chips
- 1 7 oz. can salted peanuts
- 1 3 oz. can chow mein noodles

Directions:

In a medium saucepan over very low heat, melt the chocolate and butterscotch chips.

Quickly stir in the peanuts and chow mein noodles.

Drop by spoonfuls on wax paper and refrigerate until hard.

Cheesy Chili Success*Russ, Timucua District***Ingredients**

- 1 bag Success Rice
- 1 can Hormel Chili No Beans
- 1 cup process cheese spread
- 1/2 cup sour cream
- chopped red bell pepper
- Tomato slices

Directions:

Cook rice according to package.

Drain and set aside.

Combine other ingredients in pan and heat until cheese is melted.

Stir to blend well.

Serve over rice.

Garnish with peppers & tomato.

Serves 4

Cheesers*Russ, Timucua District***Ingredients**

- tortillas
- Monterey Jack cheese
- Salsa

Directions:

Heat a tortilla in skillet; place cheese and salsa on top.

Place another tortilla on top,

Flip tortillas and heat until cheese is melted.

Cut in 4's and eat as you make the next one.

Easy Quesadillas*San Gabriel Valley-Long Beach Area-Verdugo Hills Councils***Directions:**

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

Yummy Cookies*San Gabriel Valley-Long Beach Area-Verdugo Hills Councils***Directions:**

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

Pizza Roll Ups
Great Salt Lake Council

Ingredients:

Slices of pepperoni
Shredded mozzarella cheese
Refrigerated crescent rolls
Warmed pasta sauce or pizza sauce

**Directions:**

- ✓ Heat the oven to 375 °.
- ✓ Remove the dough from the can and separate into 8 triangles.
- ✓ Stretch out each triangle a little bit with your fingers.
- ✓ Put three pepperoni slices lengthwise down the center of each triangle.
- ✓ Put about a tablespoon of cheese on top of each triangle.
- ✓ Roll up each of the triangles, starting with the shortest side and rolling to the opposite point.
- ✓ Put rolls point side down on an ungreased cookie sheet.
- ✓ Bake for 10 to 14 minutes or until golden brown.
- ✓ Pour pasta or pizza sauce into small individual bowls.
- ✓ Serve the crescents with the warmed sauce for dipping.

MAC & STUFF

Russ, Timucua District

Ingredients

1 box Macaroni and Cheese
4 hot dogs, sliced
1 1/4 cups water
2 T. margarine
2 cups Stove Top chicken flavor Stuffing Mix
1 cup thawed frozen peas

Directions:

Prepare Mac and cheese dinner as directed on box.
Meanwhile bring water, peas, hot dogs, and margarine to boil in large saucepan.
Stir in stuffing mix, cover, remove from heat,
Let stand 5 minutes.
Stir stuffing mixture into macaroni and cheese dinner.
Serves 6.

Spicy Chicken Wings

Russ, Timucua District

Ingredients

Marinade 16-24 chicken wings
1/2 cup tomato sauce
2 T. herb vinegar
1/4 cup vegetable. oil
1 tsp. garlic powder or minced garlic
1 tsp. Tabasco **
1 tsp. celery seed or celery salt
1/2 cup brown sugar**
6 peppercorns or 1 tsp. pepper (black or white)
1/2 tsp. chili powder**
** vary amounts to your taste.

Directions:

Combine marinade ingredients and bring to boil;
Let cool.
Cut the wings at the joints for finger eating
Submerge the chicken wings in marinade in a zip-lock bag and refrigerate or cool in the ice box for 3 hr.
Preheat broiler or start the charcoal. You need 30-40 minutes for charcoal.
Arrange wings on broiler or grill.
Brush with marinade and broil 4-10 minutes on each side, or until crispy.
Check broiler or grill often.

Hot Fudge

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils

Directions:

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

Cookie Painting

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils

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

Easy Ice Cream

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils

Ingredients

1 bottle 2 liters fruit flavored soda pop
1 can (14 oz.) sweetened condensed milk.
Ice cream freezer, ice, ice-cream salt

Directions:

1. Pour the soda pop and the condensed milk into the freezer container and mix thoroughly
2. Freeze the mixture according to freezer directions.

STUNTS AND APPLAUSES**APPLAUSES & CHEERS**

Russ, Timucua District

Cheese Grater Act as if you are looking for the cheese grater in the kitchen. Once you find it start to grate cheese and say, "great, great, great. Great!"

Pizza Toss - Pat your hands from side to side. Throw the pizza up into the air and yell "MAMA MI-A!"

Watermelon Applause - Everyone holds a huge slice of watermelon in their hands. They slurrrip it into their mouths from one end of the slice to the other. (Move slice across

face making slurping sound.) Then they spit out the seeds to the side (raspberries!).

After Dinner Applause - "Plop, plop, fizz, fizz, oh what a relief it is!"

Ketchup Bottle Cheer – Make a fist with one hand. Then open it up a little (fingernails of pointer and middle finger under pad of top joint of thumb) Pat bottom of bottle with open palm of other hand. Do this three times (or more times) Optional ending – after a predetermined number of pats, tell the audience the ketchup comes out all over. Tell them to make a noise like ketchup shooting out - "BLLLLGGGG".

Food Applause: Rub tummy and say "Yum, yum, yum!"

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils

Watermelon Applause: Pretend you're holding a watermelon, run it past your mouth while slurping and turning your head from right to left, then turn your head back spitting out seeds. (*repeated on purpose - CD*)

Cantaloupe Applause: Variation of Watermelon (above) cub hands, spit out only one seed!

Grape Applause: Use in conjunction with the Watermelon and Cantaloupe applauses. Hold an imaginary grape between thumb and first finger. Pop grape into mouth with appropriate sound.

Southern Watermelon – Say Ya'll after spitting out the pits.

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

Southern Samurai Warrior Watermelon Cheer –
Baloo's Archives

- Hold watermelon in your hands (Upper arms at your sides, elbows bent hands in front of body, palms up)
- Toss watermelon into the air (Say wiiiish (or something like that))
- Pretend to pull out your sword from the imaginary sheath hanging from your belt.
- With two hands on the hilt of the sword, reach up and slice the watermelon in half above your head (say thooop or similar cutting sound)
- Put palms out again to catch the watermelon (Say Fooooomppp or other sound to indicate the catch)
- Do standard watermelon cheer (see above)
- Say Ya'll

Great Salt Lake Council

Dinner Cheer: Rub tummy and say, "mmmmmmmmmm."

Eggbeater Cheer: Bend knees, and bring knees together and apart like beaters. Put hand on head to make handle. Use the other hand to turn the crank.



Banana Cheer:

BANANAS OF THE WORLD UNITE!
(Raise hands together above head.)

PEEL TO THE LEFT!
(Lower left hand to your side.)

PEEL TO THE RIGHT!
(Lower right hand to your side.)

PEEL TO THE CENTER
(Raise both arms, and lower together)

AND UMPH, TAKE A BITE
(Chomp and lean forward.)

GO BANANAS! GO, GO BANANAS!
(Dance around.)

RUN-ONS

Customer: Waiter, waiter, there's a fly in my soup!

Waiter: (enters, very snooty, peering into the soup) Oh yes, you are right sir. That will be an extra 25 cents.

Customer: But waiter, he's swimming all over the top!

Waiter: (still snooty) You are right, sir. It doesn't know it's a fly sir. It's doing the butterfly stroke.

Customer: Well, I think it must be an Australian!

Waiter: Why do you say that sir?

Customer: Because it's down under now!

Pat: Doctor! Doctor! Am I going to die?

Doctor: That's the last thing you'll do.

Pat: Doctor! Doctor! Everyone keeps ignoring me.

Doctor: Next!

Pat: Doctor! My back feels like a deck of cards!

Doc: I'll deal with you later.

Boy 1: Tonight we are going to be talking about ancient Greece.

Boy 2 (walks on stage 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.

Customer: Why is this cake you brought me all smashed?

Waiter: Because you said you wanted a cup of coffee and a piece of cake and to step on it!!!

Customer: Waiter, what's this fly doing in my soup?

Waiter: I think it's doing the backstroke, sir.

Great Salt Lake Council

Cub 1– What did one hot dog say to another?

Cub 2— Hi, Frank!

Cub 1— What kind of cheese do dogs like on their pizza?

Cub 2— Mutts-erella!

Cub 1— Why didn't the banana snore?

Cub 2— He didn't want to wake the whole bunch!

Cub 1— Why did the tomato blush?

Cub 2— Because he saw the salad dressing.

- Cub 1**— Why is the river the richest thing in the forest?
Cub 2— Because it has many banks.
Cub 1— I wonder what it would be like to be a piece of wood?
Cub 2— I would probably be board.
Cub 1— Pardon me, do you have a watermelon patch?
Cub 2— Why? Is your watermelon leaking?

JOKES & RIDDLES

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils
 What do you get when you mix a bagel and a monster?
Scream cheese!

What kind of cheese does a basketball player put on his sandwich?
"Swish" cheese.

What do you call someone who's crazy about cocoa?
A Coconut!

What do cheerleaders eat for breakfast? *Cheer-ee-ohs.*

When do you stop at green and go at red?
When you eat a watermelon!

What's more useful when it's broken? *An egg!*

What do you call a grandmother who cracks jokes?
A gram-cracker.

Why are you rubbing your food on the back of your sleeve?
They said it was elbow macaroni!

What goes snap, crackle and pop but is not a cereal?
A firefly with a short circuit.

Russ, Timucua District

Q: What happened to the man who fell out of a 10-story window and landed on a soda?

A: Nothing it was a soft drink.

Q: Are potatoes good athletes?

A: No, they're just spectators!

Q: Where do hamburgers go to dance?

A: The meatball.

Q: What happens to potatoes when they get really mad?

A: They get steamed.

Q: How many hamburgers can you eat on an empty stomach?

A: One. Then your stomach isn't empty anymore.

STUNTS

Magic Orange

Baltimore Area Council

Ahead of time,

- ✓ Divide an orange into eight sections by slicing carefully, leaving top intact.
- ✓ Remove fruit.
- ✓ Put an apple in the sliced orange.

When you run-on –

- ✓ Show the orange to the audience
- ✓ Cover the orange with a handkerchief
- ✓ With appropriate pizzazz, squeeze the orange and make the apple appear.

FUN FOOD FACTS:

Russ, Timucua District

- The largest item on any menu in the world is probably the roast camel, sometimes served at Bedouin wedding feasts. The camel is stuffed with a sheep's carcass, which is stuffed with chickens, which are stuffed with fish, which are stuffed with eggs.
- You burn more calories sleeping than you do watching TV.
- John Harrison, works as the Official Taster for Dreyer's Ice Cream and his taste buds are insured for one million dollars. His taste buds, have tasted 100 million gallons of ice cream from around the world. The tongue is comprised of 9,000 taste buds; each bud has 10 to 15 receptacles that send messages to the brain to let you know whether you are eating something bitter, sweet, salty, or sour.
- The top five cities in supermarket sales of ice cream are: (1) Portland, (2) Omaha, (3) Seattle, (4) St. Louis, (5) Buffalo/Rochester.
- **And of course Philadelphia is number one in pretzels and cheesesteaks!!!! CD**

Fun Facts about Money:

Russ, Timucua District

- On the Canadian two-dollar bill, the flag flying over the Parliament building is an American Flag.
- All 50 states are listed across the top of the Lincoln Memorial on the back of the \$5 bill.
- A dime has 118 ridges around the edge. A quarter 119!
- On an American one-dollar bill, there is an owl in the upper left-hand corner of the "1" encased in the "Shield" in the front upper right-hand corner. Some say it is a spider. Check it out at www.nd.edu/~jstiver/FIN462/The%20Anatomy%20of%20a%20Dollar%20Bill.ppt

SKITS

Three Rivers

Great Salt Lake Council

Cast: Camp Cook, 3 Strangers, Three Rivers (a boy on all fours acting like a dog)

Props: Big Kettle or Dutch Oven

Setting: The camp cook is stirring the contents of the big kettle when along comes a stranger.



1st STRANGER: What's cooking? Sure does smell good.

COOK: Homemade stew. Want a plate?

1st STRANGER Yeah, if it's not any trouble. Got an extra plate?

COOK: Sure do. Three Rivers just cleaned 'em.

The 1st Stranger picks up a plate from the pile the cook is pointing to.

1st STRANGER: (Looking at plate) Are you sure these plates are clean?

COOK: Sure are, stranger. Three Rivers just cleaned 'em.

This is the crux of the skit. Make sure the audience understands that Three Rivers cleaned the plates.

Two more strangers come in and get served.

Ad Lib similar conversations and discuss how good the food is

3rd STRANGER: Cookie, that stew was great! To show my appreciation, I'd like to clean up the dishes.

COOK: Never mind about that. Three Rivers will take care of them. Three Rivers!!! Three Rivers!!! Here boy, come on Three Rivers!!!

THREE RIVERS: (*Enters, barking.*)

STRANGERS: (*Pretend to get sick.*)

Cub Scout Chefs/Cub Scout Upside Down Stew

Russ, Timucua District

Setting:

On stage is a huge pot, made from cardboard carton. The pot could be painted on the side of the carton. Boys getting into the pot, pile on top of each other face down.

Boy with chef's hat is stirring in pot with a broomstick.

Action:

Chef (Pretends to taste) Hmmmmm-mm. Tastes like a well-rounded den to me.

DL: What did you put in it?

Chef: (reading from oversized card marked "Recipe") Cub Scouts that do their best. (Any number of uniformed Cubs climb into Pot)

"A sense of humor" (Grinning Cub wearing sign

"Humor" climbs into pot)

"A pinch of wanting to please". (Cub wearing sign, "I want to please" sign climbs into pot)

"A dash of mischief" (Cub wearing sign, "Mischief" sign climbs into pot)

"A bit of obedience" (Cub wearing "Obedience" sign climbs into pot)

"A bundle of sunshine" Cub wearing "Sunshine" sign climbs into pot)

"And a ton of Energy Cub wearing "Energy" sign climbs into pot)

"Stir well and you have Cub Scout Upside Down Stew"

DL: (pretends to taste) Tastes like dirty blue jeans to me!

Tossed Salad

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils

Characters:

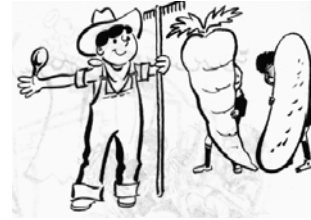
| | | |
|--------------------|--------|--------|
| FARMER IN THE DELL | CELERY | ONION |
| CUCUMBER | TOMATO | CARROT |

Costumes:

- ✓ FARMER IN THE DELL: Cub Scout dressed in overalls, straw hat, plaid shirt, red hanky, rake or hoe in hand. and a very large green thumb made by stuffing toy balloon with cotton and placed on thumb. Curtain opens with FARMER IN THE DELL onstage):
- ✓ All the vegetables are Cub Scouts hidden behind very large cardboard cutouts to represent the vegetables they represent.

FARMER IN THE DELL :I'm the Farmer in the Dell and you know me well, 'cause I grow good things to eat. That's easy to be seen, 'cause my thumb is green (Hold

out thumb with green balloon, which was hidden behind back.) And I have some friends I want you to meet.



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

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

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

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

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

ALL TOGETHER SING (to the tune of "Friendship"):
Friendship, friendship, just a perfect blendship.
When other salads have been forgot, ours will hit the spot.
La-de-da-de-la-de-da-da-da (As the curtain closes.)

Eskimo Pie

Baltimore Area Council

Personnel: 6 Cub Scouts around a table.

Equipment: Ping pong ball, sponge, white golf tees, pan with ice cream bars in the bottom.

Cub 1: Isn't it great our leader is letting us make a pie for our den meeting treat?

Cub 2: Sure is. I don't know what kind of pie it is, but here are the directions.

Cub 3: Let's see, first you put in these walrus eyes.

Cub 4: Walrus eyes? Are you sure?

Cub 3: Says so right here. (*Puts ping pong balls in pan.*)

Cub 5: OK, next put in a pound of blubber.

Cub 4: A pound of blubber? Are you sure?

Cub 5: That's what it says in the recipe. (*Puts in white sponges.*)

Cub 6: The next thing to add is two dozen polar bear teeth.

Cub 4: I don't believe that. Why do you put teeth in a pie?

Cub 3: Hey, you have to have teeth to eat a pie!

Cub 6: Here go the teeth. (*Puts in golf tees.*)

Cub 1: Now we let it freeze for one hour. (*Put lid on pan.*)

Cub 2: (*Hold up sign that says "one hour later".*)

Cub 1: Let's see what we've got. (*Uncovers pot.*)

All: (*Look into pan and exclaim.*) Eskimo pies!!!! (*Pull out ice cream bars, open and eat.*)

Messy Scout Cook*Baltimore Area Council*

Needed: 2 Scouts, cook pot, play ingredients, card table, recipe card

Cub 1: I was watching from over there and saw you fill up the cook pot with food and then take the pot and turn it over on the stove.

Cub 2: Oh, yes. That's exactly what I did!

Cub 1: Why would you do such a thing? What a mess!

Cub 2: The recipe card told me to put all the ingredients together in the pot and turn it over for cooking directions.

The Land of Chew and Swallow

Personnel: 5 Cub Scouts and narrator

Equipment: Plates and silverware, big bread slice, a big bandage

Enter two boys carrying plates and silverware.

Narrator: Over the mountains and across the stars in a far hidden corner of the world lies the land of Chew and Swallow. It is a very special land, which you will soon see.

Cub 1: What do think we'll have for supper tonight?

Cub 2: I don't know but I hope we don't have a spaghetti storm again. It leaves the trees a mess.

Narrator: You see in this land all the food comes with the weather or the weather is the food. It rains milk and juice and they have bread storms and drumstick cloud bursts.

Everything was fine until one day the weather started to go bad.

Two boys enter holding their noses. One has a bandaged head

Cub 3: Watch out it's a big bread blow in. *(Big bread slice falls in.)*

Narrator: The storm continued. Instead of normal size food the meatballs were as big as bowling balls and the bread a size never seen before. Roofs were crushed and people were getting hurt. Something had to be done.

Cub 4: What will we do? *(Head bandaged)*

Cub 2: I've heard of a land over the sea where people have to grow and cook their food.

Cub 3: We can't stay here. My house is buried under a pizza.

Cub 4: The smell is getting bad. People are getting hurt.

Cub 5: Let's use the stale bread to make boats and find this new place to live.

Narrator: So the work began on the bread boats to take them to the new land.

All boys working on boats and set sail.

Boats land and people welcome new friends.

Narrator: Now starts the fun of getting your own food ready and learning new skills.

(Boys learning to cook at picnic.)

Cub 1: Life was easy before but I like knowing what I'm going to eat at each meal and not have to wait for the weather.

"Cub Scout Café" Skit*Baltimore Area Council*

Some Cubs dressed as parents seated at table with checkered tablecloth. One Cub dressed as waiter, wearing apron, and towel over arm.

Narrator: The Cubs Scouts of Den ____ have decided to open a Cub Scout Café, but something is not quite right.

Parent 1: Excuse me; Johnny, is this coffee or tea? It tastes like kerosene.

Waiter 1 Then it's coffee, the tea tastes like gasoline.

Parent 2: I hope you'll hurry and bring my food. I'm so hungry I could eat a horse.

Waiter 2 Then you've come to the right place.

Parent 3: Why do you have your fingers on top of my food?

Waiter 3 *(serving plate with his hand all over it.)* So it won't fall on the floor again.

Parent 4: Why are you stompin' on my steak?

Waiter 4 *(stomping on something on the floor)* Because when you told me to bring you your food, you said to "step on it."

Parent 5: I'm afraid there's a fly in my soup.

Waiter 5 Don't worry, there's no extra charge.

Parent 5: There really is a fly in my soup.

Waiter 5 What did you expect, a humming bird?

Narrator: Thank you den _____, and good luck in keeping your Cub Scout Café open.

Good Soup*Russ, Timucua District*

Props: a large pot, several spoons, and a floor mop. A chef's hat would also be useful.

Announcer: This scene takes place in the camp Dining Hall.

Several boys are seated around a large pot, sampling the imaginary contents with the spoons.

Scott : Boy, this is sure good soup.

Brad : Yep, it's got REAL flavor.

David : Sure is, why it's even better than my Mom makes.

Matt: It's the best food I've eaten at camp all week.

Cook : *(Enters waving floor mop and shouting)* Hey you guys ! Get out of my mop water !!!

Is It Time Yet?*Russ, Timucua District*

Sure, this is a regular favorite and it usually has nothing to do with Cub Grub, but you can add a twist that gets everyone's focus just a little bit away from what they usually expect. Make sure you practice this a few times (or a lot of times) before you get them in front of the group to do it.

Props:

At one end of the "lineup" is someone stirring a pot.

Everyone else in the lineup has a soup bowl and spoon in their hand.

Setup:

Have all the boys who are doing the skit sitting in a row (the lineup) with their bowls in their hands and their legs crossed all in the same direction.

The last boy at one end of the lineup also has his legs crossed, but instead of having the soup bowl, he has a big soup pot and is stirring it.

Action:

The first Cub at the end of the line (opposite the soup pot) begins. He turns to the one next to him and asks "Is it time yet?" That boy responds with "I don't know, but I sure am hungry." He then turns to the one next to him and asks "Is it time yet?"

This continues down the line until the question gets to the one stirring the pot. He stops, lifts the spoon out of the pot and does a taste test. He makes a "yuck" face and responds "Nope, not yet." This response gets passed on down the line to the first boy.

They all start playing a little with their soup bowls for a while (looking in them, stirring their spoons, turning them upside down in disappointment, etc.).

Then the first boy in line begins the questioning again and the routine repeats itself—all the way to the pot stirrer and back with a "Nope, it's not time yet" response.

Now, depending on the number of boys, the amount of time they take in the process, the amount of time they have to do the skit, etc., this action can go for as few or as many repeats as you want.

Then, when the tension is about as great as everyone can stand, you run the last repeat. And when the question finally gets to the stirrer, he tastes the soup, puts a big smile on his face and responds, "Yup. It's time."

This response passes its way back to the very first boy. And he responds with a loud "FINALLY!" When he says the word, everyone uncrosses their legs and crosses them the other way.

The Candy Store

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils
This one can be really hammed up – have the kid walking up in a dance kind of way and the old storekeeper, being old, very laboriously climbing up a ladder, getting the candy jar, coming down, counting out the candies, and so on.

Cast: Old storekeeper, very young kid or series of kids acting like they are 4 years old

Setting: A Candy Store

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

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

Kid: Yes, please.

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

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

This scene repeats itself several times over 3 more days (or three more kids entering store), with the storekeeper being more and more tired each time and becoming equally more frustrated until,

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

Kid: Nope! Not today!

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

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

Peanuts

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils

Cast: policeman; three boys; a police chief.

Start: Policeman hustles scuffed looking boy up to boy sitting at the table marked CHIEF.

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

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

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

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

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

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

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

Lunch Break

San Gabriel Valley-Long Beach Area-Verdugo Hills Councils

Cast: Two students and an announcer

Announcer: We see here two students at school. It is now lunchtime and the two friends are about to eat their lunches.

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

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

Announcer: The next day.

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

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

Announcer: The next day.

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

Student 2: (angrily) Look, if you don't like egg salad sandwiches, why don't you ask your Mom to make you something else?

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

CLOSING CEREMONIES

Cub Scout Garden

Russ, Timucua District

A true classic opening or closing ceremony. One of my very favorites. Nice adaptation here for recruiting volunteers. You can use it for this theme or October 2007 is "Down on the Farm" when you will be recruiting leaders for the new year CD

As a leader reads the narration, six Cub Scouts enter in turn, carrying posters showing peas, lettuce, squash, turnips, carrots, and garden tools. There are many variations on this that can easily be found by Googling.

NARRATOR: In order to make many of the recipes in our Cub Café, we may need vegetables from our Cub Scout garden. Here is how to plant a thriving, productive Cub Scout garden that every parent wants his son to grow up in. First, plant five rows of Peas - preparedness, promptness, perseverance, politeness, and praise.

Then plant five rows of Lettuce - let us be faithful, let us be unselfish, let us be loyal, let us be truthful, let us help one another.

Next to them, plant three rows of Squash - squash impatience, squash criticism, squash indifference.

No garden is complete without Turnips - turn up for pack meetings, turn up with new ideas, turn up with determination.

And of course carrots - we need to care at all times.

And we all need the tools of Cub Scouting, so don't wait to be asked, volunteer! Don't say, "I can't do it!" Do it! And don't wait for someone else - Be first! Without the help of every boy and parent in our pack, our Cub Scout garden will turn to weeds and we'll never be able to make the recipes in our Cub Café. So help us work the soil, pull the weeds, and spread the sunshine so that in the garden of the pack, we can say. We have done our best.

Another presentation means for this ceremony is to have a card with a picture of the vegetable and the word it is representing. This means five cards for Peas, five for lettuce, three squash, ... Then post the cards on a flannel board or other as the words are read.

All the Ingredients Closing

Russ, Timucua District

Props:

- ✓ A picture with a boy on one side and a man on the other side. This should be large enough to be seen.
- ✓ Strips of paper with the ingredient words on one side and tape on the other. The ingredient words are: fun, leadership, pride in uniform, citizenship, quality program, well-trained leaders, and support from parents.

Action:

Begin by showing the picture of the boy and say: "It takes all the ingredients of Scouting

List ingredients as you attach them to the picture

Then say, "To turn a boy into a responsible adult."

Turn the picture around to show the man and

Then say: "Thank you for all your help and continued support."

Cub Grub Closing

Russ, Timucua District

Equipment: Signs with letters spelling CUB GRUB and dialogue in LARGE print on the back of each sign.

Personnel: 7 Cub Scouts to hold and read signs.

Cub #1: C is for character - one of the main ingredients of the Cub Scout recipe.

Cub #2: U is for understanding our world and others - the leavening agent that helps boys grow.

Cub #3: B is for best - Doing your best to rise to the challenge.

Cub #4: G is for games, fun and fellowship - the frosting on our cake.

Cub #5: R is for recognition and praise - the final touch of each achievement.

Cub #6: U is for uniform - which identifies us as members of the Cub Scout program.

Cub #7: B is for boys - who grow into men prepared for tomorrow.

What Are Cubs Made Of?

Baltimore Area Council

This could be done as shown by a Den or simply read as a Cubmaster's Minute closing. CD

Cub # 1. Cub Scouts are made of all of these,
Scarves of gold, patches on sleeves,

Cub # 2. Trousers of blue and well-worn knees,
That's what Cub Scouts are made of.

Cub # 3. They're partly Indians, of fringe and feather,
And beads and buttons and bits of leather,

Cub # 4. With war-paint and freckles mixed together,
That's what Cub Scouts are made of.

Cub # 5. They're made of a promise, a pledge and a prayer
Of hands that are willing, of hearts that play fair,

Cub # 6. With something inside them that God put there,
And that's what Cub Scouts are made of.

Recipe for a Wonderful Day

Baltimore Area Council

This can easily be an opening or a closing. It can be done with as few as 5 Cubs or as many as 10. CD

Personnel: 8 Cubs

Equipment: Large pot, TV tray table, Large Spoon, Measuring spoons, Saltshaker, Spice box and 2 small bowls or Jell-o molds.

Props for the Ingredients

- 1 cup Friendly Words - (torn up newspaper),
- 2 Heaping cups Understanding - (torn up yellow paper)
- 2 cups Milk of Human Kindness - (torn up white paper),
- 2 heaping tablespoons Time and Patience - (salt in jar labeled Time & Patience),
- 1 Dash Gentle Humor - (Salt shaker labeled Humor),
- 1 Pinch Spice of Life (Spice box labeled Spice of Life),
- 1 Drop Warm Personality - (Small bottle labeled Warm Personality)

Cub # 1. We are going to make a wonderful day. Start with 1 cup Friendly Words. Measure words carefully. *(Put torn up newspaper in pot*

- Cub # 2.** Add 2 Heaping cups Understanding (*Put in torn up yellow paper*)
- Cub # 3.** Add 2 cups Milk of Human Kindness. (*Put in torn up white paper*)
- Cub # 4.** Add 2 heaping tablespoons Time and Patience. Stir together to make a smooth paste. (*Shake Time & Patience container over pot and stir*)
- Cub # 5.** (*Move pot to front edge of table and motion as if turning temperature knob.*) Keep temperature low so it will never boil over.
- Cub # 6.** Stir in a Dash of Gentle Humor and cook with gas on the front burner. (*Shake Humor container over pot and stir*)
- Cub # 7.** Season a drop of warm personality and a pinch of spice of life. (*Pour in Warm Personality*)
- Cub # 8.** (*Shake Spice of Life box over pot and stir*)
- Cub # 9.** Serve in individual molds. (*Spoon mixture into molds or small bowls*)
- Cub # 10.** Works best with a good mixer.

Cubmaster's Minutes

If you want a Cubmaster's Minute with props and actions – see Recipe Advancement by Great Salt Lake Council under Advancement Ceremonies. I think I am going to adapt that for the closing for my RT CD

Come & Get It

Great Salt Lake Council

When we are really hungry, the words, "Come and get it!," have a joyous ring to them. We are delighted to go and fill the hollow spot in our stomachs with all the good things there are to eat.

Cub Scouting can use the phrase, "Come and get it!" This offers to all boys the opportunity to participate in a program that will mean FUN most of all, and the chance to become closer to parents and to learn new, exciting things.

Be sure to take advantage of the good things in life and "Come and get it" in Cub Scouts, too!

Good Health:

Russ, Timucua District

We take our bodies and good health pretty much for granted when we are well, strong, and feeling good. But when our health is not up to its best, then we possibly have not done our best to take care of ourselves by practicing good healthy habits and eating the proper foods. Each one of us needs to be strong and healthy to be able to contribute to our family, community, and nation as strong citizens.

Sharing Scouting:

Russ, Timucua District

Tonight as we think about gathering around the campfire, enjoying a good meal together, and especially enjoying one another's company, let's not forget those who do not have the same good fortune as we have.

Is it because they aren't as good as we are? NO! Is it because they don't have the money it takes to be in Scouting?

Probably not. Or is it maybe that they just don't know about the wonderful times Scouting offers? Most probably.

Maybe we need to reach out a hand and invite them to join us. So as we leave tonight, let's commit ourselves to remember the good times we have together and to go find someone else and invite him to join us in the fun we have.

Breaking Bread Together:

Russ, Timucua District

Sharing a meal together is one of our greatest traditions. In most religions, the meal plays an important part in celebrating the faith.

As Americans, we celebrate our bounty and our graces with the Thanksgiving meal. And yet, as important as breaking bread together is to us, there are still those around us who live from day to day not knowing where or how they will get their next meal.

As we close tonight, let's commit ourselves to reach out a little bit more to those around us in need. Dig a little deeper when someone asks for help. Remember that we are blessed and our blessings are not our own doing, but come from God. So the next time you see a homeless person or an unkempt child in the streets, remember that they need us and we can help them. Lend a helping hand.

Cubmaster's Salad

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

WEBELOS

A Word About Webelos Activity Badges

Russ, Timucua District

- ✓ Make it fun.
- ✓ Make sure there is a fun element to every outing. For example after the boys have worked on Aquanaut have free swim time. If you do a service project make sure you play a game afterwards.
- ✓ Make up games for dry topics.
- ✓ Use outside community resources and your parents rather than you leading all the meetings.
- ✓ Make sure the boys are doing rather than listening.
- ✓ Get the boys involved in deciding which items they want to do for the Activity Badge.
- ✓ Have the boys plan and present to the den some of the items from the Activity Badges.
- ✓ The boys should read the complete text in their Webelos books for each Activity Badge they earn. There is a lot of good information in the book.
- ✓ Fitness and Citizen are required for the Webelos Badge. Readyman and Outdoorsman are required for the Arrow of Light.
- ✓ Webelos is an OUTDOOR PROGRAM!!
- ✓ Take Outdoor Webelos Leader (OWL) Training to learn how to put the outdoor in your program. It will give you lots of great ideas!!!!

FAMILY MEMBER COMMUNITY GROUP

Baltimore Area Council

One of the purposes of Cub Scouting is "Improving understanding within the family." The Family Member Activity Badge has the Webelos working and planning with his family. Family Member is in the Community group of badges.

Objectives

To help Webelos Scouts develop a sense of family responsibility. To help the boys see how finances affect their families. To help Webelos Scouts gain insight into the running of a household.

Where to Go and What to Do

- ☉ Invite a Mom to talk to the boys about clothes washing. Announce that next week's meeting will be at the local Laundromat. Each Webelos Scout is to bring a load of wash, soap, and change for the washer and dryer. Better bring a Mom along, too.
- ☉ Invite a professional housecleaner to tell the Webelos Scout about his/her job and short cuts for cleaning. Use this information in a cleanup project for the chartering organization.
- ☉ Have a den car wash.
- ☉ Do a craft project that includes hand or machine sewing and sewing on buttons. How about learning to sew on uniform patches?
- ☉ Invite a dietician to a den meeting to talk about the food groups and menu planning. Plan menus for your next campout. This may also apply to the Physical Fitness Activity Badge.
- ☉ Cook breakfast as a den. Meet at a forest preserve and cook pancakes on the grill.
- ☉ Inspect your den site for safety hazards. How can they be corrected?
- ☉ Plan some fun den-family outings. Invite the families and do them!
- ☉ Plan a family game night. Each family brings a game and takes part in sharing the game with another family. The boys could invent games for the families to play.
- ☉ Have a contest folding the laundry.

Family

- ♥ **Love** is caught and not taught. Before a child can love and care for others, he or she must have experienced love. The purpose of love is to help family members learn the importance of giving and demonstrating love and to learn specific ways to show love for one another.
- ♥ **Family Talks** is when the family talks about all the things that happen at home and while the family is together. Such as when they work together, play together, learn together and worship together. Family talks are just the beginning of learning about relationships. Make sure that you save any pictures of the family as they are doing things together.

- ♥ **Developing Responsibility** is to help a family member become a responsible person by learning and doing his or her part to help other family members feel order and control in their lives. Delegating and teaching responsibility can be a rewarding or devastating experience. We as adults must remember that children like adults grow on praise not on criticism.
- ♥ **Sharing** is to help families understand that haring in the home and the community will enrich our lives and the lives of others.
- ♥ **Caring** is the helping of each family member to accept and appreciate and care for the people who are different. Whether it is looks, temperament, values or other things that make that person different.
- ♥ **Planning and Organizing** is to help family members learn the skills of setting goals, scheduling prioritizing and evaluating. This is how you set personal goals and work together to set family goals.
- ♥ **Coping** is to learn how to identify sources of problems and difficulties and to learn ways handle those problems that you have control of and those that you don't have control of how to deal with them.
- ♥ **Trusting** is to help the parents and children understand the importance of others being able to trust them, and to discover the ways to develop trustworthiness. Saying that you will do something or be somewhere at a certain time and the doing it or being there on time helps to build the trust. If you **are not able to make it on time then calling to let the person know that you are going to be late.**
- ♥ **Giving** is to help the family members understand the importance of giving and to encourage experiences in giving that will strengthen the giver and increase understanding and love within the home. Giving doesn't always mean money.
- ♥ **Communicating** means that family members learn and practice the skills of communication with each other in an attentive, appreciative way to enrich their family relationships.
- ♥ **Believing** is to help family members realize that a belief in self, family, God and country contributes to the secure and happy family.
- ♥ **Developing Talents** is to encourage the gifts and talents of each family member.

Games

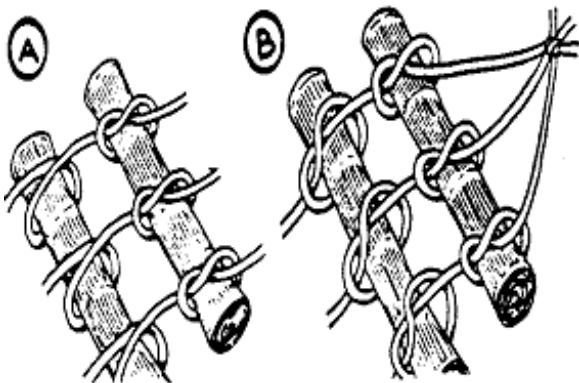
Feeding the Baby - Divide the group into teams. Each team is either the "feeder" or the "baby". Neither team knows before hand what the activity will be. The "babies" are seated in a row, facing the "feeders" who stand in front of the "babies". Each boy taking part is given a small cup or bowl of applesauce, a plastic spoon, and is blindfolded. At the signal, the "feeders" try to feed the applesauce to the "babies". "Babies" may not use their hands to guide the spoon to their mouths, but may give the "feeders" all kinds of advice and direction as to how to reach their mouths. First pair to finish the applesauce wins points for their team. They switch positions.

Shopping - This is a variation of Kim's game. Fill a grocery bag with items from your cabinet before the Den Meeting. Close to the activity time, add cold items from the refrigerator. To play the game, take one item at a time from the bag and place it on the table. When the bag is empty put everything back in quickly. Give boys a paper and pencil and ask them to write down what items were in your shopping bag.

Churning Butter - Put a small amount of half and half or cream into a jar and screw the lid on tightly. Boys shake jars, until butter is formed. (Try this in advance to determine just how long it will take.) Boy who finished first is the winner. (You may want to add just a pinch of salt to the cream.)

Shopping - This is a variation of Kim's game. Fill a grocery bag with items from your cabinet before the Den Meeting. Close to the activity time, add cold items from the refrigerator. To play the game, take one item at a time from the bag and place it on the table. When the bag is empty put everything back in quickly. Give boys a paper and pencil and ask them to write down what items were in your shopping bag.

Newspaper Hammock - Instead of recycling old newspapers, why not turn them into a hammock? Here's how.



Materials: LOTS of newspaper, Tape, An old bed sheet, Rope or strong clothesline cord, Scissors

DIRECTIONS:

Make a stack of 30 sheets of newspaper. Roll up the stack the long way to form a tight, narrow tube. Tape the tube closed.

Repeat step 1 until you have about 20 tubes.

Cut three lengths of rope or clothesline, each at least 12 feet long. Lay the ropes parallel to one another.

Now tie each tube, one by one, to the ropes. Tie over and under knots, leaving 2" to 3" between each tube (A). Remember to leave at least 3 feet at the end of each rope so you can hang up the hammock.

When the hammock is long enough for you to lie in, tie the ropes together at each end (B). Hang your hammock between two trees in your back yard, or ask your mom or dad to help you hang it from your patio roof. Throw an old bed sheet over the hammock so you won't get newsprint on your clothes.

One step further: Try making a hammock out of brown shopping bags. Cut the bottom off each, then cut along a side seam and spread open the bag. Stack several bags, then roll them up.

Be Safe at Home - We can help keep our family from being hurt or injured in home accidents. With an adult, become your "Home Inspector." Be sure to have an adult help you. NEVER do it alone. After completing the inspection, list any corrections you and your adult family member made.

Home Inspector Test - First, you and a family adult locate unsafe conditions and eliminate all hazards promptly. These questions will help with your home inspection. Answer each question "yes" or "no". When done, talk with the family about how you can correct the problems with a "no" written beside it.

1. Does your family have a strong, safe stepladder for reaching heights?
2. Are halls and stairways safe and well lighted?
3. Are precautions taken to prevent rugs from slipping, particularly on polished floors?
4. Is a rubber mat provided for the bathtub to prevent slipping?
5. Are metal boxes provided for storing matches out of reach of children?
6. Does your family have a screen in front of any open fireplaces?
7. Are your furnace and stovepipe clean?
8. Are all gas pipes and fixtures tight, to prevent leaks?
9. Is there a locking cabinet for storing poisons and medicines out of reach of children?
10. Are emergency numbers for police, fire and poison control handy by the telephone?

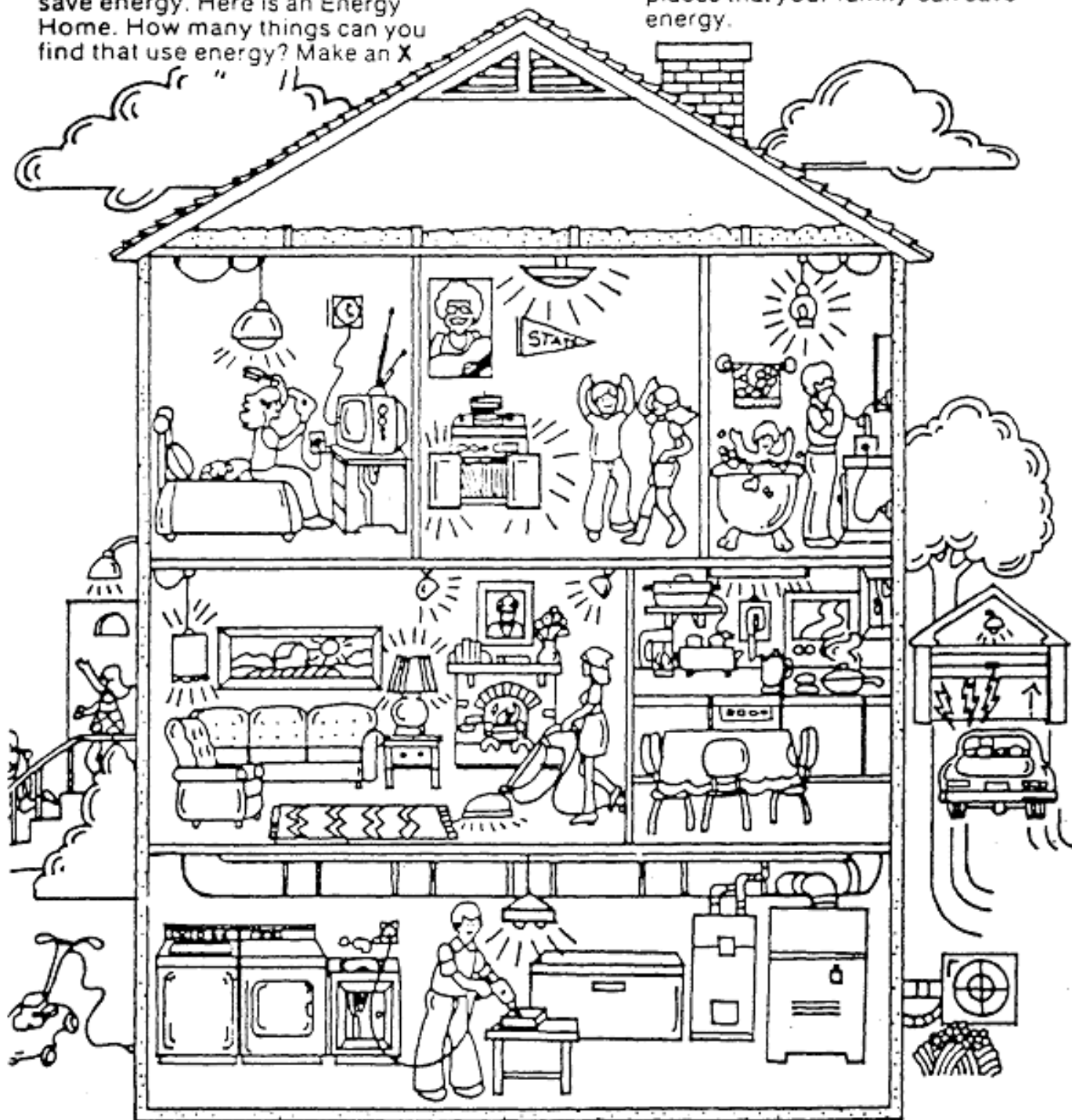
Next, discover and correct unsafe habits, which you or your family may have.

1. Are toys, brooms, soap, and other articles kept off stairs and walks?
2. Is ice, snow, grease, or other slippery substances removed from stairs and walks promptly?
3. Do you go out of doors to use flammable cleaning fluids?
4. Have the children in your home been taught the danger of playing with knives, scissors, bottles, and matches or near stoves and open fires?
5. Do you always check twice to be sure appliances are off before leaving the house?
6. Are there proper containers in the home for cigarettes? If anyone smokes in the home encourage them to quit, for their own and the family's health.
7. Is the dryer lint filter cleaned after each load?
8. Do you know how to use tools safely, and are they stored properly?
9. Are firearms kept unloaded in a locked box? Is ammunition stored in a separate locked box?
10. Are plastic bags and plastic materials kept out of reach of young children?

Family Energy Conservation

Stores, factories, cars, offices, schools, trucks and planes use most of the energy in our country. But a lot of energy is also used in our homes. And that is the one place that all of us can help to save energy. Here is an Energy Home. How many things can you find that use energy? Make an X

with a red crayon on the things that you think use more energy than others. Use a blue crayon to draw a line under places that you can save energy. Use a green crayon to draw a line under the places that your family can save energy.



Be Safe at Home - We can help keep our family from being hurt or injured in home accidents. With an adult, become your "Home Inspector." Be sure to have an adult help you. NEVER do it alone. After completing the inspection, list any corrections you and your adult family member made.

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11. Does your family have a strong, safe stepladder for reaching heights?
12. Are halls and stairways safe and well lighted?
13. Are precautions taken to prevent rugs from slipping, particularly on polished floors?
14. Is a rubber mat provided for the bathtub to prevent slipping?
15. Are metal boxes provided for storing matches out of reach of children?
16. Does your family have a screen in front of any open fireplaces?
17. Are your furnace and stovepipe clean?
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16. Are there proper containers in the home for cigarettes? If anyone smokes in the home encourage them to quit, for their own and the family's health.
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19. Are firearms kept unloaded in a locked box? Is ammunition stored in a separate locked box?
20. Are plastic bags and plastic materials kept out of reach of young children?

Home Energy Quiz

1) What is your thermostat setting?

- a) If your thermostat setting is 65 or lower during daytime in winter, score 6 points, 5 points for 66, 4 points for 67. If your thermostat setting is higher than 67 than score is 0. _____
- b) If your house has central air-conditioning and you keep the temperature at 78 in the summer score 5 points, 4 points for 77, 3 points for 76. If your house is not air-conditioned score 7 points. If your thermostat setting is lower than 76 score 0. _____
- c) In winter, if you set your thermostat at 55 or lower at night, score 10 points, 9 points for 56, 8 points for 57, 7 points for 58, 6 points for 59, 5 points for 60. If your thermostat is set higher than 60 at night than score 0. _____

2) Is your house drafty?

- a) To check for drafts, hold a flame (candle or match) about an inch from areas where windows and doors meet the frames around them. If the flame doesn't move, there is no draft around your windows and doors and you score 10 points. If the flame moves 0. _____
- b) If there is no draft around your doors, score 5 points. If there is a draft score 0. _____
- c) If you have a fireplace and keep the damper closed or block the airflow when it is not in use, score 4 points. _____
- d) If you do not have a fireplace add 4 points. _____

3) How well is your attic insulated? In our area, you should have 8" to 11" of insulation.

- a) If you already have the recommended thickness of insulation, score 30 point. _____
- b) If you have 2" less than the recommended insulation, you may score 25 points. _____
- c) If you have 4" less than the recommended insulation, you may score 15 points. _____
- d) If you have 6" less than the recommended insulation, you may score 5 points. _____
- e) If you have less than 2" of insulation in your attic, score 0. _____

4) Is your floor insulated?

- a) If you have unheated space under your house such as a crawl space and if there is insulation under your floor score 10 points. If there is no insulation score 0. _____

5) Does your house have storm windows?

- a) If you live in an area where the temperature frequently falls below 30 degrees in the winter and you use storm windows, score 20 points. If you do not have storm windows, score 0. _____

6) Do you clean or change furnace filters regularly, score 4 points. _____

- a) If your furnace was cleaned and inspected recently, you may score 4 points. _____

Total Score _____

Your energy quotient is the total number of points scored. If your score is less than 90 points, you probably can save fuel and money on the heating and cooling of your home, by doing some simple home repairs.

Russ, Timucua District

Families are important. Every member is important. In some families there are only three people. Other families may have 12 people. It doesn't matter much who is in the family or where they live--being a member of family is what the Webelos will earn from the Family Member activity badge.

HAZARDS AND SECURITY CHECK

Using the list below. Have the boys do a home inspection inside and outside for possible hazards.

- Is trash lying around outside the home or in the garage?
- Are insecticides stored in a safe place out of reach of small children?
- Are flammable substances such as paint thinner, gasoline or charcoal lighter fluids stored in marked containers and kept in a cool well ventilated area away from any flame?
- Are sharp tools in a locked cabinet?
- Are power tool cords unplugged and out of the reach of small children?
- Are roller skates, skateboards and bicycles kept out of the driveway and sidewalks?
- Are oily rags lying about?
- Is the door of an unused freezer or refrigerator removed?
- Are all outside lights in working order?
- Are garbage cans kept covered?
- Is your sidewalk free of uneven areas or broken cement?
- Are curtains and furniture away from air conditioners and heating elements?
- Does the fireplace have a screen?
- Do large glass doors have a decal as a safety reminder?
- Are electrical cords in good repair?
- Are electrical wires on the floor where people can walk or trip on them?
- Are poisonous substances in childproof containers?
- Are all prescription drugs in childproof containers?
- Are non- prescription drugs kept in the medicine chest?
- Are matches stored in rodent proof and childproof containers?
- Are smoke alarm batteries checked on a regular basis?
- Are fire extinguishers operable?
- Are the telephone numbers of the police, fire and paramedics displayed on or beside each phone?

DEN ACTIVITIES

- ✓ Invite a policeman, fireman or security guard to a den meeting to talk about home safety.
- ✓ Keep a personal budget for a month.
- ✓ Have the boys plan a days worth of meals and cook at least one of them.
- ✓ Have a grandparent come talk about life when he was their age.
- ✓ Have the boys make a family tree which covers their family back to their grandparents. Let each boy show his tree after completion.
- ✓ Make a chore chart that the boys can use at home for 2 months.
- ✓ Teach the boys how to clean house.

FIELD TRIP SUGGESTIONS

- ✓ Visit a waste treatment facility.
- ✓ Visit a bank or savings and loan.
- ✓ Tour a fire or police station.

Dirty Clothes

Announce that the next week the den will be meeting at the local Laundromat. Each boy should bring a load of wash and coins for the washer and dryer. Leader can bring a box of detergent and measuring cup. Meet and wash clothes. Look around at the kinds of washers and the safety instructions. Time how long you are there.

Bills!

Ask your parents to help you set up a chart of the electric and gas use in your home.

Write down all the ways you can think of which your family uses electricity or gas.

Look at the bills for the last few months and write down the actual usage and the cost. Is the usage up or down? For a one month time, practice turning out lights and conserving in other ways. See how much difference you can make on your next bill. The utility companies can provide you with a list of appliance usage/hour. Figure out how much it costs to dry a load of laundry, or to run your hair dryer or toaster.

If you are going to check electric usage – you need to be able to do the following:

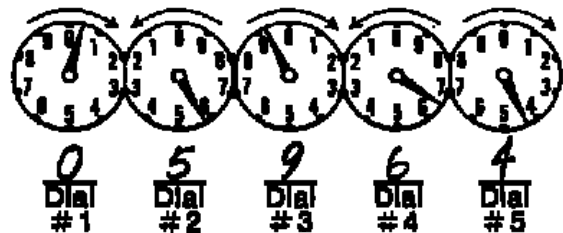
How to Read Your Electric Meter

For requirement 7. Prepare a family energy-savings plan.

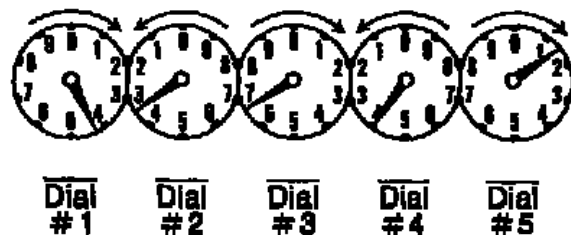
Tell things you did to carry it out.

Electric meters are precision measuring devices that record, in units called 'kilowatt-hours,' how much electricity you use. One kilowatt-hour (Kwh) is 1000 watts of electricity consumed for one hour. Or the power required by a 100-watt light bulb for 10 hours.

The meter reading is made up of one number from each dial. When the pointer is between two numbers, you read the lower number – the number it has just passed. The first reading below is 5,964 Kwh.



Try reading this meter yourself. Then check your answer against the one below.



Webelos Family Member Scavenger Hunt

Have boys find another boy in their den (or pack) with the following:

1. A parent who works at _____
2. Has a great grandparent still living
3. Has two sisters
4. Has the same favorite color
5. Lives in a five-bedroom house
6. Has his Arrow of Light
7. Has lived in another state
8. Has a grandparent/aunt/uncle living with his family.
9. Has a relative living in outside the United States.
10. Has had a foreign exchange student living with them.

What Does Your Family Spend Money On?

Here is a list of things families may spend money on. In the blank in front of each item, guess and write down how much money you think is spent (per month). Then take this list home and ask a parent to fill in more accurate amounts. Which items did you get right? Which items really surprised you?

- _____ 1. House payment or rent
- _____ 2. Car payment
- _____ 3. Gas, oil, tires, etc.
- _____ 4. Food
- _____ 5. Clothing and shoes
- _____ 6. Insurance: Life, Health, Auto, Home
- _____ 7. Medical and dental bills
- _____ 8. Schooling
- _____ 9. Church and charity donations
- _____ 10. Utilities: electric, gas, telephone, cable TV
- _____ 11. Savings
- _____ 12. Vacations
- _____ 13. Retirement funds
- _____ 14. Hair cuts
- _____ 15. Health and beauty supplies
- _____ 16. Cleaning supplies
- _____ 17. Repairs
- _____ 18. Family funds
- _____ 19. Hobbies
- _____ 20. Fun and recreation

Driving Record

Here is a sample chart showing a family's driving record. Make a similar chart for each driver in your family and keep a record of every trip for a week.

Record the purpose and mileage for each trip.

| Date | Purpose | Miles |
|--------|------------------|-------|
| 1/4/01 | To work and back | 14 |
| 1/4/01 | Grocery store | 11 |
| 1/4/01 | Library | 2 |
| 1/5/01 | To work and back | 14 |
| 1/5/01 | Scout meeting | 4 |
| 1/6/01 | To work and back | 14 |
| 1/6/01 | Gas station | 8 |
| 1/6/01 | Music practice | 3 |
| 1/7/01 | To work and back | 14 |

| | | |
|--------|------------------|----|
| 1/7/01 | PTA meeting | 5 |
| 1/8/01 | To work and back | 14 |
| 1/8/01 | Movie | 12 |

When the week is over, study the number of trips, their purpose and the total miles driven.

Develop a plan with your family that will reduce the number of trips and the miles driven.

Repeat the process for another week. Total the number of trips and miles driven.

Compare the two weeks' data. How many miles and trips are saved?

If your car averages 23 mpg, how much gas did your plan save in a week? How much money was saved? How much would be saved in one year?

**SPORTSMAN
PHYSICAL SKILLS GROUP**

**Code of Sportsmanship
The Sportsmanship Brotherhood.**

<http://www.wtsmith.com>

- Keep the rules.
- Keep faith with your comrade.
- Keep your temper.
- Keep yourself physically fit.
- Keep a stout heart in defeat.
- Keep your pride under control in victory.
- Keep a sound soul, a clean mind and a healthy body.
- Play the game.

Russ, Timucua District

- A real sportsman follows the rules not only in each game, but also in his life.
- Good sportsmanship is part of good citizenship. For example, losing a class election gracefully.
- The "Spirit of Good Sportsmanship" means being modest in victory as well as accepting defeat gracefully after trying your best.

Den Ideas

- Make it easy on yourself and use the ready-made Cub Scout Sports Program. The guides explain the rules, principles, and equipment for each sport, and the boys learn earning the belt loops and sports pin.
- Have Webelos figure out a football play or a basketball play and diagram it. Local high school or little league coaches are sources of assistance.
- Give Webelos a list of famous sports figures and have them name the sport involved.
- Visit a sports shop and talk with the owner about selecting equipment.
- Play some backyard games such as horseshoes, croquet, volleyball or badminton.
- Visit a racquet club or tennis court.

Baltimore Area Council

To be a true Sportsman is more than just playing games. A Sportsman knows how to conduct himself with good sportsmanship. The Sportsman Activity Badge is in the Physical Skills group.

Objectives - To teach boys good sportsmanship. To introduce boys to a variety of sports. To familiarize boys with the care and handling of sports equipment. To emphasize the need for safety in sports.

Where to Go and What to Do

- ☛ As a den, attend a professional or amateur sports event.
- ☛ Go roller skating or ice skating.
- ☛ Visit an archery range and receive instruction on safety and procedures.
- ☛ Invite a referee or official to your den meeting to teach signals and talk about teamwork, fair play, and sportsmanship.
- ☛ Hold a parent/ son sports tournament, such as bowling, tennis, volleyball, archery, etc.
- ☛ Have a den board game marathon. Provide treats and boys bring their favorite board games to play. Allow time for rotation to different games.
- ☛ Teach a card game to the boys and set up a couple of stations for playing.
- ☛ Learn and practice one or more of the sports in the Cub Scout Academics and Sports program.
- ☛ Practice the officials' signals of the five sports shown in the Webelos Scout Book.
- ☛ Play some of the ball games found in the "Games" chapter of the Cub Scout Leader How- To book.
- ☛ Let boy's practice casting with a fishing rod.

Sports of All Kinds

Sports are high on the list of favorites of Webelos Scout-aged boys. Chances are that they spend much of their leisure time in organized sports and loosely organized neighborhood games. Some of them probably know enough already about rules, scoring, and techniques for several sports so that they could pass those requirements immediately. But that's not really enough! One of the prime purposes of Cub Scouting is *"encouraging good sportsmanship and pride in growing strong in mind and body!"* If your boys learn all the skills and rules involved in every sport this month, but don't get an inkling of what good sportsmanship means, then the den, and you wasted your time. Agree on the importance of learning sportsmanship. What does it mean in practice? It means that the least skilled get just as much instruction and encouragement as the best athlete. It means that the better athletes learn not just to tolerate the awkward boy, but also to help him. It means that all boys can win and lose with grace and good sportsmanship. Your own example will help to achieve these goals. Put stress on the fun of the game, not on winning. When you have intra-den competition, make up the teams so that the strength is about even. If you let boys choose teammates, there is a good chance that most of the best players will wind up on one team. Encourage the less skillful players. Discourage others from belittling them. Sports in a Webelos den should be fun for all.

Be a Good Sport - You hear a lot of talk about being a "good sport", but just what does it mean? A "good sport" learns the rules so he will not break them. He competes with all his heart, striving to outclass his competitors. If he wins, he doesn't act smug, but instead compliments the losers for the fine job they did. If he loses, he should accept that fact and find out why. Maybe he can win the next time. A good sport takes pleasure in the game right to the end, even if he is not winning, for the purpose of the game is not merely to win but to find joy and strength in trying.

Games

Sidewalk Volleyball - All that is needed for this game is a volleyball, basketball, or a tennis ball and a section of sidewalk. Use four squares, each five feet long. To play, server stands behind his back line, bounces ball behind line, and hits it with palm of his hand so that it bounces in opposing serve square. Opponent hits it back and the game continues until someone misses the ball or hits it outside. After serve, ball may be played in air or on first bounce.

Marble Golf - Set up this game and practice playing it for a future den or pack marbles tournament. For holes, bury baby food cans to the brim in the earth. Flags are paper triangles glued to craft sticks. Add water hazards and sand traps as you wish. Shots are taken in the approved knuckles down way for regular marbles. Winner is the Webelos who takes the fewest shots to get all the way around.

Bucketball - Two-bushel baskets or other containers are placed on the ground at opposite ends of the playing field. Divide the den into two teams and play basketball rules, except that no goal is scored unless the ball stays in the basket and does not turn it over.

Bowling on the Green - Use old bowling balls and old pins and bowl on a smooth section of grass or lawn.

Foul Score - Divide the den into two teams. The leader gives the signal for a foul or violation on any of the three sports-baseball, football or basketball and calls on a boy to name the sport and the foul. If he gets both right, he scores four points for his team. If one of his two answers is right, he scores two. Any other member of his own team can try to correct the wrong answer and earn one point. If no one on his team can answer, the opponents can earn one point for a correct answer.

Officials' Test - Split the den into teams. Have the boy being tested be umpire or referee. The teams run a play with fouls and violations. The official then must call the foul, give the proper signal and explain the penalty.

Potato Golf - Draw circles on the floor. From a distance of six feet, player puts a potato with a cane or stick with a curved handle. Score is recorded according to number in circles. No score is made if the potato stops on a line. Each boy gets ten tries.

Dribble the Circle - Divide the den into two teams. Mark two circles of about 18-foot diameter on the ground. Players scatter on the perimeter of their team's circle. On signal, the first player on each team dribbles a basketball all around the circle. When he gets back to his starting place, the next player repeats the action, and so on until all have run the circle. First team to finish wins.

Olympics for a Rainy Day

Shot Put: Each boy is given 10 navy beans, which he attempts to throw into a quart jar from a chalk line on the ground.

Discus Throw: A paper plate is thrown from a chalk line. Plate must be held flat in hand and not sailed with thumb and fingers.

Twenty Foot Dash: Roll lemons or hard boiled eggs down the course and back, touching off the next man. Use a stick to roll the object.

Fluff Carry feathers on a plate. Boy must pick up any that drop and start over.

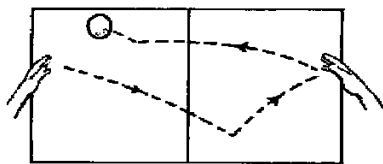
Bean Relay: Carry beans one at a time between matchsticks or toothpicks to opposite end of the course.

Balloon Blowing: Give each boy a balloon to be blown up. First balloon to break wins.

Frisbee Baseball - Played according to regular baseball rules. The pitcher throws the Frisbee toward the "batter" who then catches it. If he misses it, it is a strike and if it is outside the strike zone, it is a ball. The "batter" who has made a good catch, then throws the Frisbee and proceeds around the bases. If it is caught the "batter" is out. The rest of the game follows baseball rules.

SIDEWALK TENNIS

Russ, Timucua District



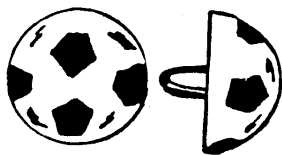
Played by two boys on four squares with tennis ball or rubber ball.

A serve must bounce once in the opponent's service court before being returned.

Thereafter, it may be returned on first bounce or no bounce. Only server may score, and he continues to serve as long as he scores.

Game is 11 points.

Soccer Ball Neckerchief Slide



Materials:

Ping Pong ball

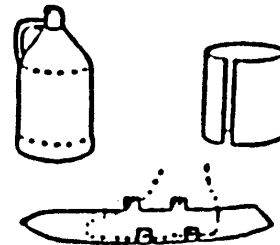
Plaster

Pop top ring or small 1/2" pvc pipe ring

Black acrylic paint

- ✓ Cut a ping-pong ball in half.
- ✓ Fill the half of ball with plaster and insert pop top or PVC ring for slide.
- ✓ Decorate with black paint.
- ✓ The same idea can be used to make a Basketball, etc.

Ski-Skate Tag



- ✓ For a pair of shorty skis, remove top and bottom of two gallon plastic bottles.
- ✓ Cut down seams and flatten into strips, curved at the ends.
- ✓ Stand on center of the plastic and mark width of shoe at the widest point.
- ✓ Mark small tabs on each side of foot and a second pair of tabs near ankles.
- ✓ Cut plastic to the width of foot with tabs attached.
- ✓ Trim skis to a point at the front.
- ✓ To fasten skis to shoes, punch holes in tabs.
- ✓ Bend tabs up and lace with ribbon or cord, lacing over tops of shoes and around ankles.

Sports Quiz

See if you can match the term on the left to the appropriate game on the right.

- | | |
|------------------|-------------------|
| 1. Spare | a. Hockey |
| 2. Shell | b. Trap-shooting |
| 3. Shuttlecock | c. Boxing |
| 4. Fairway | d. Bowling |
| 5. Slalom | e. Polo |
| 6. Double fault | f. Skiing |
| 7. Eight ball | g. Basketball |
| 8. Chukker | h. Archery |
| 9. Clay Pigeon | i. Boating |
| 10. Technical KO | j. Football |
| 11. Jump Shot | k. Baseball |
| 12. Puck | l. Figure Skating |
| 13. Double Play | m. Tennis |
| 14. Figure Eight | n. Badminton |
| 15. Field Goal | o. Pool |
| 16. Headlock | p. Wrestling |
| 17. Casting | q. Golf |
| 18. Quiver | r. Diving |
| 19. Jack-knife | s. Hunting |
| 20. Oar | t. Fly Fishing |

Answers:

- | | | |
|-------------------|-----------------|-------------------|
| d 1. Spare | s 2. Shell | n 3. Shuttlecock |
| q 4. Fairway | f 5. Slalom | m 6. Double fault |
| o 7. Eight ball | e 8. Chukker | b 9. Clay pigeon |
| c 10. Tech. KO | g 11. Jump shot | a 12. Puck |
| k 13. Double play | l 14. Figure 8 | j 15. Field goal |
| p 16. Headlock | t 17. Casting | h 18. Quiver |
| r 19. Jack-knife | i 20. Oar | |

WEB SITES

5 A Day

www.5aday.com

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 | | |

5 A Day The Color Way

Instructions:
 • Eat this many choices every day and every day.
 • Eat in the fruit section.
 • Eat in the vegetable section.
 • Eat in the dairy section.
 • Eat in the protein section.
 • Eat in the bread, cereal, rice, and pasta section.
 • Eat in the oil, fat, and sugar section.
 • Eat in the alcohol section.
 • Eat in the water section.

| | Blue/ Purple | Green | White | Yellow/ Orange | Red |
|-----------|-----------------|-------|-------|-------------------|-----|
| Monday | | | | | |
| Tuesday | | | | | |
| Wednesday | | | | | |
| Thursday | | | | | |
| Friday | | | | | |
| Saturday | | | | | |
| Sunday | | | | | |

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The Dairy Industry has a similar site –



<http://www.3aday.org>

with activities and lessons for children



<http://cyberschoolbus.un.org/index.shtml>



Scout Roundtable Podcast

<http://scoutroundtable.wordpress.com>

I was guest a few weeks ago on The Scout Roundtable Podcast. Cubmaster Chris and Mr. Bob do a great job. The show is patterned to be like the parking lot discussions we all have after RT and after other Scout meetings. Our topic was Internet resources. We all talked about our favorite websites. Check them out. All the websites we mentioned are listed on their Podcast site. They have 9 Podcasts posted. And both Cubmaster Chris and Mr. Bob have their own individual podcasts, too, to help Scouters.

Cubmaster Chris lives in Texas with his sons He likes to camp (of course) and hang out with his boys.

Website: <http://www.cubmasterchris.com>

Skype: CubmasterChris

E-mail: cubmasterchris@gmail.com

Mr. Bob lives in Missouri. He is in his first year of Cub Scouting and currently is the Tiger Den Leader and an Assistant Cubmaster. He enjoys computers, camping, hiking and spending time with his children.

Website: <http://acsadventure.blogspot.com> (Check out the videos of Buttons the radical Boy Scout!!)

Skype: acsa-mrbob

E-mail: denleaderbob@gmail.com

Podcast must be quite the thing now. Maybe they will put Baloo out of work in a few years. The National Commissioner of the BSA has a Podcast, too –

<http://www.scouting.org/commissioners/podcast/>

For Food Pyramid Info -

<http://www.mypyramid.gov/kids/index.html>



Many thanks to Russ of the Timucua District, North Florida Council for supplying me with his RT Handout this month.

Checkout his district website at <http://timucuaabsa.org>

**POW WOW
EXTRAVAGANZAS**

Let me know as soon as your date is set. I will post whatever I receive. I am hoping to retire in 2007 and visit lots of Pow Wows!!! CD

ONE TWO LAST THINGS

Thank God for Children Saying Grace.

Last week I took my children to a restaurant. My six-year-old son asked if he could say grace. As we bowed our heads he said, "God is good, God is great. Thank you for the food, and I would even thank you more if Mom gets us ice cream for dessert. And Liberty and justice for all! Amen!"

Along with the laughter from the other customers nearby I heard a woman remark, "That's what's wrong with this country. Kids today don't even know how to pray. Asking God for ice cream! Why, I never!"

Hearing this, my son burst into tears and asked me, "Did I do it wrong? Is God mad at me?"

As I held him and assured him that he had done a terrific job and God was certainly not mad at him, an elderly gentleman approached the table.

He winked at my son and said, "I happen to know that God thought that was a great prayer.

"Really?" my son asked.

"Cross my heart," the man replied.

Then in a theatrical whisper he added (indicating the woman whose remark had started this whole thing), "Too bad she never asks God for ice cream. A little ice cream is good for the soul sometimes."

Naturally, I bought my kids ice cream at the end of the meal. My son stared at his for a moment and then did something I will remember the rest of my life.

He picked up his sundae and without a word, walked over and placed it in front of the woman. With a big smile he told her, "Here, this is for you. Ice cream is good for the soul sometimes; and my soul is good already."

This Handout was obtained from

Baloo's Bugle

A monthly newsletter for Scouters by Scouters

The original may be found at

www.uscouts.org

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The Concert

When the house lights dimmed and the concert was about to begin, the mother returned to her seat and discovered that the child was missing. Suddenly, the curtains parted and spotlights focused on the impressive Steinway on stage.

In horror, the mother saw her little boy sitting at the keyboard, innocently picking out "Twinkle, Twinkle Little Star."

At that moment, the great piano master made his entrance, quickly moved to the piano, and whispered in the boy's ear, "Don't quit. Keep playing."

Then, leaning over, Paderewski reached down with his left hand and began filling in a bass part. Soon his right arm reached around to the other side of the child, and he added a running obbligato.

Together, the old master and the young novice transformed what could have been a frightening situation into a wonderfully creative experience.

The audience was so mesmerized that they couldn't recall what else the great master played.

Only the classic, "Twinkle, Twinkle Little Star."

Perhaps that's the way it is with God.

What we can accomplish on our own is hardly noteworthy.

We try our best, but the results aren't always graceful flowing music. However, with the hand of the Master, our life's work can truly be beautiful.

The next time you set out to accomplish great feats, listen carefully. You may hear the voice of the Master, whispering in your ear, "Don't quit." "Keep playing."

May you feel His arms around you and know that His hands are there, helping you turn your feeble attempts into true masterpieces.

Remember, God doesn't seem to call the equipped, rather, He equips the 'called.'

Life is more accurately measured by the lives you touch than by the things you acquire.

May God bless you and be with you always!

And remember,

"Don't quit."

"Keep playing."

I found this buried in my E-mails tonight after I had written my Soapbox speech. It must have been placed here to correct my attitude. God Bless you all. Dave