



BALOO'S BUGLE



Volume 13, Number 10

May 2007 Cub Scout Roundtable

June 2007 Cub Scout Theme

WHEEL INTO SUMMER

Tiger Cub Activities

Webelos Traveler & Handyman

FOCUS

Cub Scout Roundtable Leaders' Guide

What would we do if the wheel had never been invented?? We would not have bicycle, skateboards, scooters, roller skates and roller blades for fun and exercise. Since we have the wheel, it is time to go outside and have a "wheely" great time. This month your den or pack can host a bicycle rodeo and fulfill requirements for the Bicycling Belt Loop and Pin. There is also the roller Skating Belt Loop and Pin for additional den and pack activities. There is lots of outdoor fun this month!!

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 real satisfaction when learning to ride their bikes, roller skates, or scooters
- ✓ **Sportsmanship and Fitness**, Boys will practice good sportsmanship while taking part in outdoor games.
- ✓ **Fun and Adventure**, Cub Scouts will experience the delight in playing outdoors.

The core value highlighted this month is:

- ✓ **Respect**, Boys will learn to value themselves and others as they participate in the "wheels" events this month.

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

COMMISSIONER'S CORNER

Where do I begin? Does it really matter?? I changed employers to help slow global warming. I now only go 12 miles each way and car pool. I was going 67 plus and driving myself!! Our council had a camporall – a council wide encampment and my son and I had a Whittlin' Chip both for Cubs. We gave out and cut up over 100 bars of Ivory soap. *By the way – the best site I found for soap carving www.ivory.com !!!*

It was late in the month when I got to start Baloo and was a little depressed until I opened all the stuff Alice had sent me. Compilation of Baloo became a lot simpler. Thank you again Alice!! She said she was busy this month, her son was

named Bishop of his ward in Utah and she was going to see him.

Now when I assembled Alice's stuff and some Pow Wow Books (Thank you all who have sent me these valuable resources) I came up with a big questions – ***How much safety information do I put in Baloo this month??*** There certainly was a lot of it out there for bikes, scooters, skateboards, roller skates and roller blades. Many lists are similar, some different. Anyway, I put a lot in Baloo and hope I do not overwhelm you with all the safety stuff. It is scattered throughout Baloo, too. Some in **Theme Stuff**, some in **Pack and Den Activities**, and probably some elsewhere.

In answer to a few E-mails I received this month - When you see a comment in bold italics that has a "CD" after it, the CD stands for Commissioner Dave (me).

Follow Up from Last Month

Hug-A-Tree

I received several E-mails with the Official site for Hug-A-Tree. It is -

http://www.nasar.org/nasar/hug_a_tree_program.php

NASAR is the acronym for the National Association for Search and Rescue website. They sponsor the Hug-A-Tree program.

Fandango correction

The Fandango skit to celebrate the end of the year is intended to be done with puppets. I omitted that fact from Baloo last month. I received a nice letter from the author of the Fandango skit (She must still be a Cub leader and a reader, thank you)



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
Cubs and Bugs**

Dave D. in Illinois

Not much specifically on this month's focus – bikes, skates, scooters, skateboards. Maybe some good stuff in the old "Things That Go" Theme material. I know they are not after railroads, "Cub Scout Express" is September 2007, or Cars, "Cub Scout Car Show is January 2008. CD

| Month Name | Year | Theme |
|-----------------------|------|-----------------------|
| Wheels | | |
| July | 1965 | Cub Scouts on Wheels |
| June | 1983 | Fun on Wheels |
| May | 1997 | Reinventing the Wheel |
| Things That Go | | |
| July | 1941 | Things That Go |
| August | 1947 | Things That Go Month |
| July | 1951 | Things That Go |
| June | 1963 | Things that Go |
| June | 1969 | Things that Go |
| November | 1972 | Things That Go |
| May | 1975 | Things that Go |
| July | 1980 | Things that Go |
| March | 1992 | Things that Go |

**THOUGHTFUL ITEMS FOR
SCOUTERS**

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

Wheel Into Summer Prayer
CS Roundtable Planning Guide

Lord bless us and keep us safe from injury and give us guidance in good sportsmanship during our events on wheels.
Amen

Boys and Wheels
By Scouter Jim

A wise Scouting Sage once told me that boys needed to earn their Eagles before their noses start working. The first thing they would start smelling was perfume, the second thing they would start to smell was gasoline, and finally, they would start to smell money, to afford the other two. If they don't earn their Eagles by the time their noses start working, they often don't earn them at all.



After the boys grow up to become men, and they have boys of their own, they find a point where they remember the smell of pinewood, as in wood shavings from Pinewood Derbies. This is a smell they learned to love when they were Cub Scouts. Like the smell of gasoline, the smell of pinewood comes with wheels.

The love of wheels comes early for most boy. Most of the first toys many of us men can remember had wheels, be it toy trucks or toy cars. Boys today in this technological age of bells and whistles, sometimes might miss the joy of watching something go fast. Particularly if it is something they built with the help of their dads or moms.

Some boys start early with a love of wheels. When my now grown son was a toddler, we couldn't find him one summer afternoon. After searching the house and neighborhood, we finally found him laying on his back in the garden on the straw mulch between two rows of tomatoes, eating cherry tomatoes and reading the book *Big Wheels* by Anne Rockwell. It was his favorite book. He no longer likes tomatoes, but he still gets excited by the sight of fast cars.

Most boys, young or old, love wheels. Let's help them *Wheel into Summer* and feed the hunger or their love of wheels.

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.

Don Murphy, Cub Scout Pack 280C, Manhattan Beach, California, created the Pinewood Derby in May 1953. Each year since 1953, over 2 million Pinewood Derby cars are built worldwide by boys and girls in YMCA, Indian Princess, scouting, church and other youth group competitions

We wanted to get more of the families involved. Some dads brought in their cars from when they were kids. They found them packed away in an attic. There are still many Pinewood Derby cars hidden in attics and basements across the country that were raced many years ago during the childhood days of many of our great leaders and local community members just waiting to be raced again. Todd Eipperle

There are many spokes on the wheel of life. First, we're here to explore new possibilities. Ray Charles

When he was young, I told Dale Jr. that hunting and racing are a lot alike. Holding that steering wheel and holding that rifle both mean you better be responsible. Dale Earnhardt

I liked the banana-seat bikes with the high handlebars - maybe a card in the wheel could have been part of it. Stone Gossard

If the person at the wheel refuses to ask for directions, it is time for a new driver. Jennifer Granholm

What a lucky thing the wheel was invented before the automobile; otherwise, can you imagine what awful screeching? Samuel Hoffenstein

Next to the striking of fire and the discovery of the wheel, the greatest triumph of what we call civilization was the domestication of the human male. Max Lerner

You want to teach what you have learned to the next generation so that they don't have to spend time reinventing the wheel. James Levine

Imagination is a very precise thing, you know-it is not fantasy; the man who invented the wheel while he was observing another man walking-that is imagination! Jacques Lipchitz

A driver is a king on a vinyl bucket-seat throne, changing direction with the turn of a wheel, changing the climate with a flick of the button, changing the music with the switch of a dial. Andrew H. Malcolm

The squeaky wheel doesn't always get greased; it often gets replaced. John Peers

I love to get behind the wheel and get competitive. Jason Statham

A Hiking Prayer

From Santa Clara County Council Pow Wow Book

By - Rabbi Nachman of Bratslav (1772-1811)

Master of the Universe

Grant me the ability to be alone;

May it be my custom to go outdoors each day

Among the trees and grass, among all living things.

And there may I be alone, and enter into prayer,

To talk with the One to whom I belong.

May I express there everything in my heart,

And may all of the foliage of the field,

All grasses trees and plants,

May they all awake at my coming,

To send the powers of their life into the words of my prayer

So that my prayer and speech are made whole

Through the life and the spirit of all growing things,

Which are made as one by their Transcendent Source.

A Nature Minute

Santa Clara County Council

I am part of Nature.

I am part of everything that lives.

I am bound together with all living things

in air, in land, in water.

My life depends upon Nature, upon its balance,

Upon its resources and upon the continuity of both.

To destroy them is to destroy yourself.

As a member of the human race,

I am responsible for its survival.

I am a part of Nature, and I will not destroy it.

TRAINING TIP

Reprise: Seven Things I Learned

Bill Smith, the Roundtable Guy

Back in those early days when I was the Cubmaster of Pack 28 in Jackson, NJ, I took every Cub leader training available.

I learned a lot about what I was supposed to do but there were some important subjects that were never covered in those training courses or covered so lightly and so quickly that I never really noticed how important they were.

These I learned by experience, sometimes by making mistakes but, more often, by heeding the advice of others,

adding those things to my repertoire, and then seeing that their recommendations were valid.

Here is the first and, I think, the most important one.

Protect and Retain Den Leaders.

The program runs on Den Leaders. Very quickly, I discovered that most of the real work in our pack was done in the dens. A lot of the advancement, the communication with parents, the den spirit, the building of self esteem, and living the ideals of Scouting take place in the den.

Our job running pack meetings and pack activities was mostly to support and encourage the stuff that was going on in the dens and, through the dens, in the homes. Without the work done in the dens and the boys' homes, we were nothing more than a monthly entertainment show. Only when our show supported and glorified the den achievements, did we become part of Cub Scouting.

Do anything to keep your DL happy and productive.

Keeping den leaders is the most important responsibility of all those who support the Cub Scout program. I began to realize this when I was a new Cubmaster but it really struck home when I was given responsibility for membership of a large metropolitan council. When a den or a den leader fails, Scouting stops for those boys.

A good den leader is precious. To keep good den leaders happy and productive, it's vital that they are, and feel that they are, valuable and successful. Dens and, in reflection their leaders, must shine at pack meetings and pack activities. Den flags, den cheers and den presentations must be the high lights of pack programs.

There are two classes of Cub Scouters: den leaders and those who help them. If you're not one or the other, you probably aren't helping the program much.

Get the best DL. Think of your recruiting like the NFL draft or your fantasy ball team. Den leaders should potentially be the stars of your team. Who has the rapport with the boys? Who seems to be imaginative and creative? Who is organized and goal directed? Who might get the cooperation and support of other parents? Who can bring fun and excitement to this den? Choose the best.

Support your DL. Make sure they get trained. Sit with them through Fast Start and take them to training so you can be there to answer their questions and give encouragement. The Pack Trainer, the Cubmaster and the Pack Chair, all should be responsible for making sure this happens.

Help them getting assistance. Some den leaders like one or more assistant den leaders who are always there and others seem to prefer a continuation of what went on with Tigers and like a rotation of parental help. In any case, those who help at den meetings should at least go through Fast Start and as much other training as is practicable for your pack.

If at all possible, get them **Den Chiefs** (but more on that in months to come.)

Supply resource material. Your pack budget should cover the costs of at least Program Helps and a copy of the How-To Book for each den. If your leaders have access to the internet, provide them with the url of best resources. Build a good back library of Pow Wow books, back issues of Program

Helps, other literature and CDs. Above all, get den leaders to your local Roundtable. If you feel your Roundtable needs improvement, rise up and make it better. Remember it's your boys that benefit.

Don't let anyone pile extra duties on your DL. They are not someone's personal messenger or delivery boy and especially they are not your wait staff at the Blue and Gold Banquet.

When some new opportunity shows up in a Cub Pack that requires some organizing or record keeping it is customary to say, "Oh, the den leaders can do that." That is courting disaster. There must be someone in every pack who stands firm and protects the dens.

Provide dens with star opportunities. Schedule regular spots at pack meetings for dens to perform. Leading ceremonies, acting out skits, leading songs, doing run-ons should make up a lot of your pack meetings. Expect displays of big projects and reports of special activities and go-see-its.

The opportunity to share the spotlight at the monthly pack extravaganza gives dens the incentive to prepare. Without this, dens often resort to mostly advancement work and den meetings resemble school more than Cub Scouting adventure.

DL's only job is to lead the den. Leading a den is a long and tough job. Those Tuesday (or whenever) meeting times inexorably roll around every week, ready or not. The DL has to be ready with games, ceremonies, encouragement, materials, and all the other magic in his/her bag of tricks as the gang in blue burst through the door.

There is a strange belief that anyone can lead a den. People who run round-ups are fond of using that myth so they can collect the applications and go home. Yes, it's easy to run one den meeting for any reasonably able adult who has taken Fast Start and has a copy of Program Helps firmly in hand. I have done it on occasion so I can imagine that most people can. However it's not just one meeting. It's years of meetings.

There will be days when things go badly. There will be the boy who had a bad day at school, the boy being picked by an older sibling, one whose pet gerbil died, or the one whose parent are fighting. There will be times when the big game just doesn't work and day when the material for that fabulous project is just plain wrong. When boys don't bring their books; when parents forget their promises. It only takes a few of these –say the four in November – to make a DL question why on earth are we doing this anyway.

Yet, the best den leaders I have met (and I have met hundreds) revel in what they have accomplished. They have indelibly shaped the minds and spirits of each one of that gang in blue. I think that Julie Erickson described it best in her wonderful poem [*I Am A Den Leader*](#).

I do wish that the only time den leaders quit before their boys cross over to troops is when they have won the lottery jack pot and have retired to Tahiti to bask in the sun and sip cold drinks. They deserve it.

*Have any [Comments and messages for Bill](#)
just click right here!*

PACK ADMIN HELPS

Cub Scout Monthly Themes for 2007-2008

SEPTEMBER 2007 - CUB SCOUT EXPRESS

All Aboard the Cub Scout Express. Invite a buddy to join you in your journey through Cub Scouts, riding the rails to adventure. Activities can include a trip to a train or rail museum, visit a local train station or invite a model railroader to your pack meeting. Look up the history of trains at the library or on the Internet. Read about the different train cars and engines that are used by railroads. Use a large cardboard facade of a train for an induction ceremony for new families or presentation of awards. Play train relay games with your den or pack.

OCTOBER 2007 - DOWN ON THE FARM

It's harvest time in farming country. Cub Scouts learn about growing crops this month while they explore the life of a hard-working farmer. Dens might visit a farm, local dairy, or petting zoo to learn first-hand about farm animals. Boys can build a miniature greenhouse to start their own vegetables for planting in the family garden or patio pots. Dens could take a field trip to a pumpkin patch and pick their own pumpkin for the pumpkin decorating contest at the pack meeting harvest fair. Fair activities might include contest booths, a rubber-glove cow for milking, and a good old fashioned hayride.

NOVEMBER 2007 - INDIAN NATIONS

Do you know who lived where you live 500 years ago? Dens will learn about the American Indian tribe currently living in their part of the country or the tribes that previously lived in their area. You are encouraged to invite a local tribe to help learn how Native Americans show their respect for Mother Earth and how "we are all related." The boys will learn about the harvesting and preparation of native foods and discover how good these foods taste. Develop an understanding of the importance of traditional oral history as a way of teaching lessons and recording history. Work on your Communicating belt loop and pin. Experience playing a Native game and learn the meaning and history behind the skills required to play the game. Share your new knowledge at a pack meeting or special event.

DECEMBER 2007 - CELEBRATIONS AROUND THE WORLD

December is marked by days of celebration and observance for many cultures and faiths around the world. Christmas, Chanukah, Ramadan, Rohatsu, Yule and Kwanzaa all occur this month. Find out how the celebrations in another country are similar and different than those in the USA. Compare your own family's customs and traditions with others in your community. Invite an adult from another nation to come to your pack meeting to tell how their family celebrates. Why not start a new tradition of service in your pack as a way to honor the holidays this month? Work on the Heritages belt loop and pin.

JANUARY 2008 - CUB SCOUT CAR SHOW

Cars have fascinated every generation since their invention in 1769. They've been featured in many movies and on television. Discover the different kinds of cars and trucks such as limousines, taxis, van's, pickups, SUV's and racecars.

Learn how these vehicles are built, repaired, modified and sold. Visit a car dealership, auto mechanic or auto parts dealer. Boys can build car or truck models or create a model of a showroom or a garage with miniature die cast cars. Participate in a slot car race or pinewood derby race with your den or pack.

FEBRUARY 2008 - CHINESE NEW YEAR

Happy Chinese New Year! Or more appropriately, Gung Hay Fat Choy! (The traditional Chinese New Year greeting). This month we welcome the year 4705. Let's celebrate and welcome the New Year with dragon dances, paper lanterns, fortune cookies and oranges for abundant joy. Decorate your blue and gold banquet with banners inscribed with Chinese characters for luck and lots of red, the symbol of a bright and sunny future. Why not earn the Language and Culture belt loop and pin as we learn about and enjoy the culture of China.

MARCH 2008 - LITTER TO GLITTER

This month Cub Scouts will turn recycled items into treasure and learn about conservation at the same time. Using items that would normally go in the trash or recycling bin, build artistic masterpieces of your own design. It's amazing what some recycled bottles and paper can do when combined with glue and a little imagination. Have a gallery opening at your pack meeting with all your art displayed. Don't forget the Art belt loop and pin.

APRIL 2008 - ABRACADABRA

Cub Scouts love to amaze and be amazed! Boys discover secrets of the magician's art this month as they demonstrate magical illusions and learn new tricks with cards, coins and other everyday objects. The Cub Scout Magic Book is a great resource for age-appropriate tricks and puzzles. Visit a magic shop or have a magician come to your den or pack meeting to teach the boys a few tricks of the trade. Prepare to watch in wonder at the pack meeting as your Cub Scouts entertain their audience with skits, stunts and sparklers that they have practiced at den meetings. The Cubmaster uses the magic of ceremonies to pull awards from his hat at the mystifying pack meeting magic show. This would be a good month to hold your pack space derby.

MAY 2008 - LEAF IT TO CUBS

Cub Scouts will learn about the wonders of nature's gift to us, a tree! Learn to identify poison oak, poison ivy and various trees by their shape and leaf design. Try leaf rubbing, leaf prints, making a leaf collage, preserving leaves with wax paper or making a leaf collection from fallen leaves. Make a leaf boat and race it at a den or pack meeting. Participate in a tree planting or your local Arbor Day activities. Either adopt a tree or plant one and watch it grow. Research how trees are used to help us in our daily lives. Field trips can be to a lumberyard, nature center, forest preserve or local park. Earn the Collecting belt loop and pin.

JUNE 2008 - GO FOR THE GOLD

As the athletes of the world strive to do their personal best in international competition, Cub Scouts have the opportunity to "Go for the Gold" by doing their best in feats of skill and prowess. This month Cub Scouts learn about exercise and sports and put that knowledge to use playing Ultimate or another sport not played before. Remember that not only is it

important to do your best when you play a sport but it is important to understand the rules of being a good sport no matter the outcome of the game. This month would be a great time to work on one of the Cub Scout Sports belt loops and pins in baseball, golf or flag football.

JULY 2008 - H2Ohhh!

Dive right in as Cub Scouts spend a month learning about water, our most precious resource. Learn about marine life. Dens can visit a water treatment facility, local aquarium or fish farm. Cub Scouts may even want to prepare their own aquarium or fish bowl and "adopt a gold fish". This is also an excellent opportunity to teach our Cub Scouts about water conservation. Don't forget learning about water safety. Enjoy water games; hunt for shells and experience all the beach has to offer. Cub Scouts love to get wet. What could be better than a water carnival complete with games, competition, and safe swim demonstrations? This would be a great time to work on the Wildlife Conservation, Fishing, or Swimming belt loop and pin. Have an outdoor Cub Scout raingutter regatta race.

AUGUST 2008 - S'MORE SUMMER FUN

Summer memories can last a lifetime and memories made with your Cub Scout den or pack can be some of the best. So let's make "S'More" Cub Scout memories this month. Since "outing" is part of Cub Scouting, let's get outside and have some fun. Be it having a picnic, water party, softball game or campout; there is no limit to the amount of fun to be had by all this month. Why not have a pack family campout following the guidelines your leaders learned in BALOO training? What could be better than an outdoor pack meeting complete with a campfire? Whether you make a real or synthetic fire, the fun is 100% genuine. This would be a good opportunity to work on the Softball belt loop and pin or the Weather belt loop and pin.

TIPS FOR A SUCCESSFUL PINEWOOD DERBY!

Trapper Trails

DON'T FORGET THE PURPOSE OF PACK MEETING

Make sure you are giving out the regular awards the boys have earned that month. Some Cubmasters think that their isn't enough time on pinewood derby night but the purpose of Pack Meeting still is to recognize the boys. Awards can be done, quickly but still fun. I make a Cubmaster car, which I make slow on purpose. I build it up 2 or 3 months in advance. No one will beat my car, etc.. On race day the boys have to race my car to get their award. They love it!!

GIVE OUT THE RULES

Make sure everyone knows the rules before you begin. Give out a list of rules that you want them to follow. There are length and weight rules written inside the kits but they are never looked out. Make up your own rule sheet, pass it out to all the parents and then stick to the rules.

IMPOUND THE CARS

The weekend before the pinewood derby, have the boys come and impound their car at your house. Make sure each boys car is weighed properly with the same scale. After the car is inspected and weighed in then you will keep the car and bring it to pack night. I had a big box with rags in the bottom so the boy could wrap it and place it in the box. This will eliminate the before race day craziness of weighing the cars, fixing cars, taking weight in or out. It makes it A LOT better on race day to have all that over. At the church, I lay out a big blanket on a banquet table and lay all the cars out.

AWARDS

I truly believe there is nothing wrong with giving out a 1st, 2nd and 3rd place winners. It is a time for the boys to learn to be a good winner or a good loser. I do believe that each boy should receive the same trophy or certificate. None of this, tiny trophy for the losers and a giant one for the 1st place winner. Make sure each and every boy gets an award. Also, I think it is important to stress good sportsmanship. I give out the best sportsmanship award last of all, as the most important and best award to receive.

Here are some suggestions: Most Attractive, Most creative, Most realistic, Best Paint Job, Most Colorful, Best Workmanship, Most Imaginative, Most Artistic, Most Unusual, Best Quality, Judge's Choice, Simply Marvelous, Best Craftmanship, Most Detailed. Sportiest, Most Original, (Avoid anything that is negative: like Junkyard Special)

OPEN CLASS RACES

After the official race, I always have an open class race. I encourage the dads to make a pinewood derby car of there own along side their boy. That way hopefully the boy can actually get his hands on his car, if they are building them together step by step. It is also a lot of fun to have the boys race their dads and their moms (I always make a car of my own). You can also have older brothers bring cars from other years and race. It gets the whole family involved.

SPECIAL OPPORTUNITY

Bicycle Belt Loop and Pin

www.ussscouts.org



Belt Loop

Complete these three requirements:

1. Explain the rules of safe bicycling to your den leader or adult partner.
2. Demonstrate how to wear the proper safety equipment for bicycling.
3. Show how to ride a bike safely. Ride for at least half an hour with an adult partner, your family, or your den.

Sports Pin

Earn the Bicycling belt loop, complete requirement 1 below, and do four additional requirements

1. Make a chart to record at least 10 hours of bicycling. (Required)
2. Participate in a pack, den, or community bike rodeo.
3. Demonstrate how to repair a flat tire on a bicycle.
4. Make a poster illustrating different types of early bikes and show it to your den.
5. Give a demonstration to your den or pack on the proper use of safety equipment and gear.
6. With the help of a parent or adult partner, register or reregister your bicycle.
7. Go on a "bicycle hike" with your family or den. Obey traffic rules related to bicycling.
8. Repair or restore a nonfunctioning bicycle to a safe condition. Include the installation of all proper safety devices.
9. Visit a bicycle race or exhibition.
10. Help set up a bike rodeo or bike competition for your pack.

Roller Skating Belt Loop and Pin

www.ussscouts.org



Belt Loop

Complete these three requirements:

1. Explain ways to protect yourself while roller skating or inline skating, and the need for proper safety equipment.
2. Spend at least 30 minutes practicing the skills of roller skating or inline skating.
3. Go skating with a family member or den for at least three hours. Chart your time.

Sports Pin

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

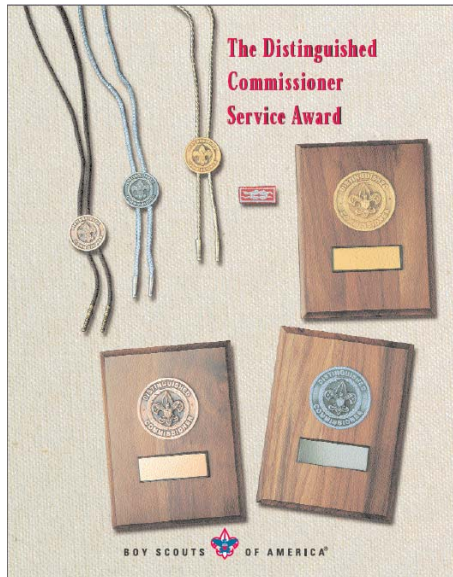
1. Participate in a pack or community skating event.
2. Demonstrate how to disassemble and reassemble skates.
3. Explain the proper clothing for roller or inline skating.
4. Spend at least 30 minutes, on two occasions, practicing warm up exercises before skating.
5. Play a game of roller hockey,
6. Learn two new roller skating skills: Forward Scissors, Forward Stroking, Crossover, or Squat Skate.
7. Participate in a roller or inline skating skill development clinic.
8. Demonstrate how to stop quickly and safely.
9. Demonstrate how to skate backwards. Skate backwards for five feet.
10. Play a game on roller skates, roller blades, or inline skates.

The Cub Scout Sports Roller Skating activity includes roller skating and inline skating (roller blading). See [Ice Skating](#) for pin and belt loop requirements for ice skating.

Knot of the Month

Distinguished Commissioner Service Award

www.ussscouts.org



Congratulations to my friend Carol of Blackhawk Area Council in Ohio who was just presented her Distinguished Commissioner Award. CD

Purpose: To upgrade Commissioner Service and to recognize Commissioners and Exploring Service Team members who are providing quality service.

Requirements:

1. Complete training as outlined by the local council, including earning the Scouter's Key for Commissioners.
2. Serve as an active commissioner or an active Exploring service team member for 5 consecutive years and be currently registered with the Boy Scouts of America.
3. Recharter at least 90 percent of the units in your area of service for a minimum of the past 2 consecutive years. this applies to council commissioners, assistant council commissioners, district commissioners, assistant district commissioners, unit commissioners, council Exploring service team chairpersons, division/district/cluster Exploring service team chairpersons, and Exploring service team members.
4. Assist units so that more than 50 percent achieve National Quality Unit Award in your area of service for a minimum of the past 2 consecutive years.
5. Roundtable/huddle commissioner recognition is based on completing requirements No. 1 and No. 2 listed above, plus the following. In place of items No. 3 and No. 4, roundtable/huddle commissioners are to conduct at least nine roundtables/huddles per year for the past 2 consecutive years.

Recognitions:

- ✓ The following recognition items are available from the Supply Division:
Distinguished Commissioner Service Award Plaque

Distinguished Commissioner Service Bolo Tie

- ✓ The title on both commissioner recognitions will read, "Distinguished Commissioner. The plaque is approximately 5 x 7 inches. The medallion is cast in three colors:
Council Commissioner -- silver
District Commissioner, Asst District Comm, and Roundtable Comm -- gold
Unit Commissioner -- bronze
- ✓ An embroidered square knot (silver knot on red background, may also be presented.
- ✓ Local councils certify the eligibility of individuals, and present the recognition. (There is no national application.)

For more information go to

www.scouting.org/commissioners/resources/14-550.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

Wheeling Into Summer Word Search

Alice, CS RT Commissioner

Pioneer District, Golden Empire Council

Find the words below that have to do with Wheels – they may be up or down or on the diagonal.

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

- | | | |
|----------|---------|--------|
| BICYCLE | BRAKES | CHAIN |
| FORK | HELMET | KNEE |
| LISTEN | LOOK | PADS |
| PUNCTURE | SADDLE | SAFETY |
| SCOOTER | SIGNALS | SIGNS |
| SKATES | SPARE | SPOKE |
| SPROCKET | SUMMER | TIRE |
| TRAFFIC | | WHEELS |

Mouse on a Bike Maze

Alice, CS RT Commissioner

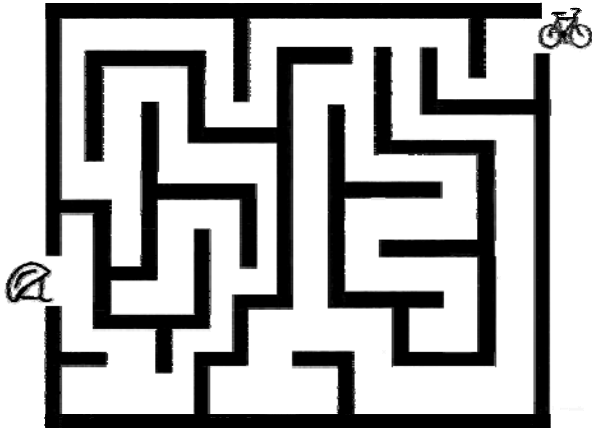
Pioneer District, Golden Empire Council

Check out the last pages of Baloo's Bugle for this maze

Helmet Maze

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

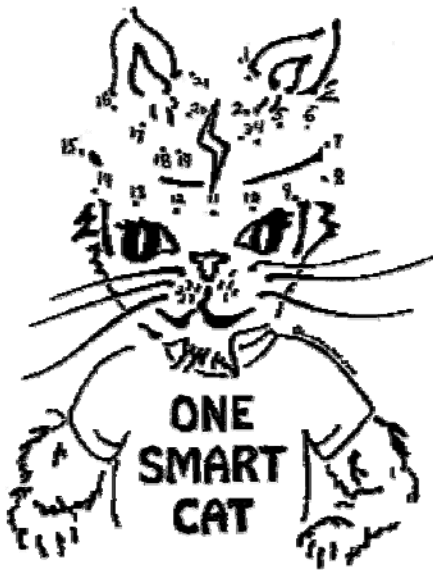
Find your way through this maze to connect the helmet with the bicycle.



One Smart Cat Says

www.bhsi.org

Connect the dots to see what O.S. Cat wears every time he rides a bike



Bike Check:

Alice, CS RT Commissioner

Pioneer District, Golden Empire Council

Have everyone bring their bikes and check for proper size, good brakes; make adjustments and repairs. (This is a great way to start off a Bike Rodeo)

Which Wheel Am I?

Alice, CS RT Commissioner

Pioneer District, Golden Empire Council

As people arrive at the Pack Meeting, tape one of the following on their back, without them seeing the name: Bicycle, Skateboard, Scooter, Inline Skates. Each person must locate others in the same name group by asking only Yes or No questions – or by making a noise that represents the wheel group they're in.

What is it?

Alice, CS RT Commissioner

Pioneer District, Golden Empire Council

Mount an unlabeled picture of a bike on the wall – number each part of the bike, or block out the labels on a labeled picture. As they enter, each person or family gets a sheet with a list of the parts of a bike. They must decide which number goes with the part on their list. Winner is the one with the most correct answers when the meeting starts.

OPENING CEREMONIES

“Wheels” Opening Ceremony

Alice, CS RT Commissioner

Pioneer District, Golden Empire Council

Boys line up in front of the audience, then in turn hold up letters mounted on colored paper with the words in LARGE print on the back. They will be spelling out “Wheels” If you have young boys, a narrator could read the text while the boys simply hold up their letter in turn. For extra effect, have the Cubs draw appropriate pictures on the side with the letter

- Cub # 1.** “W” is for “Wheeling” – Into Summer” - as you know. And using wheels in safety is what we want to show
- Cub # 2.** “H” will stand for Helmet – which everyone must wear. It keeps your brain protected – You need not have a care
- Cub # 3.** “E” reminds us you are Eager –But don't forget to see. You have on all the right gear – whatever it might be, to give the right protection to your shin, your hands, your knee.
- Cub # 4.** The second “E” reminds you that Everyone must know. How to ride upon their wheels – so practice ‘fore you go!
- Cub # 5.** “L” must stand for Learning – be sure to learn the rules - Before you go out riding, you need to have the tools!
- Cub # 6.** “S” stands for Safety, and a happy Summer, too – To play and ride in Safety is the best thing you can do!
- CM** (To lead into a Flag Ceremony) “Looks like these boys are ready for a Safe Summer – we hope this will be a safe Summer for this country as well. Please join us in saluting the symbol of our country, our Flag.”

Wheels Opening*Baltimore Area Council*

Welcome to our Pack meeting. Our theme is "Wheel into Summer." In fact, probably just about all of you arrived on some sort of wheels. Wheels have given us a great freedom to move about our neighborhood, our town, our state, and this great country of ours. However, with that freedom comes an equal responsibility. We have to use our wheels safely. Car wheels, bicycle wheels, scooter wheels, skateboard wheels: all come with different responsibilities and safety rules. Car drivers should obey the speed limit. Bike riders need to obey road regulations when riding, and pedestrian regulations when walking their bikes.

In the same manner, the Declaration of Independence and the Constitution give all citizens certain rights, but with those rights, come responsibilities. Let's all stand and say the pledge to the flag of our great nation.

O-U-T-D-O-O-R-S*Trapper Trails*

Set Up: 8 Cub Scouts and Den Leader, each Cub holds up a poster board sign with a letter from O-U-T-D-O-O-R-S and appropriate picture on the front. The words on the back in LARGE print.

Cub # 1. O- Observing animals!

Cub # 2. U - Underwater games!

Cub # 3. T - Tracks and trails!

Cub # 4. D - Dinner on the ground!

Cub # 5. O- Owls in oak trees!

Cub # 6. O- Outings and campouts!

Cub # 7. R - Riding bikes!

Cub # 8. S - Stargazing!

LDR: Boy, you guys really have opened my eyes to all the fun we can have OUTDOORS!!!

True Champions Opening*Utah National Parks Council*

Cub # 1. (holding a bat) "Have you ever thought about why we sing the Star Spangled Banner before sporting events?:"

Cub # 2. (with ball and glove) We're Americans BEFORE we're Dodgers or Cubs. And we don't want to forget in the heat of competition that the ideals of Sportsmanship and the ideals of Democracy are pretty much the same.

Cub # 3. (With Golf Club) Ideals like honesty. Roberto de Vincenzo may have lost the Masters Tournament when he told an official that he had touched the ball accidentally, but today he symbolizes the honesty of Sportsmanship.

Cub # 4. (With Basketball) Ideals like fair play. Ever wonder why they're called "fouls?" If you get too many of them, you're out of the game. Fair play means giving the other guy an equal chance.

Cub # 5. (With tennis racket) Ideals like respect for others. Winning isn't really everything. And it definitely isn't the ONLY thing! Did we like her just because she won? Or did we like her because of her unfailing courtesy for others?

Cub # 6. It isn't whether you win or lose – it's how you play the game – whether on the field or off!

All lay down their equipment. Call for the presentation of colors. Say the Pledge to Allegiance or sing the "Star Spangled Banner."

Hints from Alice –

If needed, have an adult narrator and have the boys wear the gear or hold up an image.

This idea could also be adapted to the Wheels theme by either using boys wearing gear for various "wheel" sports and adapting the narration, or by using images of various "wheel" sports. For example, Scouter #2 could wear bicycle gear and a "competition" number, or hold up an image of two cyclists racing.

Summer Opening*Trapper Trails*

Have 6 Cubs hold cards with the letters SUMMER on the front. On the backs, print the following in LARGE print:

Cub # 1. S: School is over, summer has come.

Cub # 2. U: Untold days of adventure and fun.

Cub # 3. M: Many of us will stay home,

Cub # 4. M: Many more will be out in the summer sun,

Cub # 5. E: Everyone wishes for something to do,

Cub # 6. R: Relax, the pack will find something for us to do!

Other ideas for Ceremonies:*Alice, CS RT Commissioner**Pioneer District, Golden Empire Council*

- Use the parts of a bike, scooter, skates or skateboard and relate them to various awards or to the parts of the Flag.
- Use a drawing of a bicycle with the parts labeled – relate the parts to the steps in earning various awards and advancements.
- Use a bike tool kit with its very special tools to the special steps on the Scout trail and have each piece relate to advancements, awards, or to being prepared to continue on the Scouting Trail.
- Use a bike that is the wrong height for a Cub Scout – As you adjust the seat and handlebars, you can relate that to the way the Scouting program is age and skill based, step-by-step according to ability. Just as the seat height needs to be right, the Tiger Cub program is based on a boy and his adult partner. (If using for Advancement, call up Tiger Cubs or Bobcats at this time) At the same time, you would be reinforcing the need for each boy to have a bike that is adjusted to be safe for him. Other parts that could be "tested" and adjusted would be the brakes, a low tire, and lubricating the bike. (Make sure that the person doing the adjusting knows how to do it, and has rehearsed the various steps)

AUDIENCE PARTICIPATIONS

The Big Wheel *Trapper Trails*

Divide the audience into four groups to respond to the following words.

| | |
|------------|----------------------|
| Big Wheel= | Spin, spin |
| Canoe= | Paddle, paddle |
| Airplanes= | Zooooom |
| Cars= | Rattle, rattle, bang |

Practice as you assign parts

Man has invented many different things that go and have provided him with transportation down through the years. The Indian made his **CANOE**, which took him from place to place and served his purpose well. Men like Henry Ford invented **CARS**, which today are the most popular type of transportation. There were men like the Wright Brothers who pioneered the invention of the **AIRPLANE**. And then there is a group of people called the **BIG WHEELS** who really don't go any place or do anything, but they like to feel important.

This story is about one of those **BIG WHEELS** who just sat and spun his wheels and felt so important while he was doing nothing at all. Everyone around him was working on new and better types of **CANOES**, designing new and more efficient **CARS**, and designing and testing new and faster **AIRPLANES**. But our **BIG WHEEL** just sat around feeling important, not doing anything to help anybody, while everyone else was doing the work.

Somehow he always seemed to get by and fool people into thinking that he was important because everyone around him was making progress. The **BIG WHEEL** depended on their brains and energy to make him look good. Finally, one day something happened that changed things overnight for the **BIG WHEEL**.

Everyone who had been working on the **CANOES**, the **CARS**, and the **AIRPLANES** decided it was time to teach **BIG WHEEL** a lesson. They were tired of him doing nothing except acting important. So they all became very busy and didn't pay any attention to him. When something came up, the **BIG WHEEL** found he couldn't rely on the others to answer questions and make him look important. Finally, the **BIG WHEEL** realized that he could not accomplish anything without help from others. He realized he was making no contribution to the world at all. He was just sitting there spinning his wheels while the others accomplished a lot of **CANOES**, **CARS**, and **AIRPLANES**. **BIG WHEEL** felt very bad.

It was a terrible feeling when **BIG WHEEL** finally realized something he should have known all along. If you're going to get any place in this world, you can't expect other people to do all the work. You must learn to do your part and paddle your own **CANOE**.

Go-Cart Derby

Santa Clara County Council

Divide audience into three parts. Assign each group a phrase and an action to do when they hear that phrase. Practice as you make assignments.

| | |
|-------------------|---------------------|
| DOWN THE HILL | "Zoo-oo-oo-mmmmmmm" |
| THE STRAIGHT AWAY | "Swooo-oo-sshhh" |
| AROUND THE CORNER | "Zip-zip-zip" |

In a small town in the mid-west every year, there was held a big go-cart derby for all the boys in the town. This event was planned for many months in advance and was looked forward to with much anticipation by all the boys. The boys and their parents worked for months on building go-carts that would race **DOWN THE HILL** coast beautifully on **THE STRAIGHT AWAY** and go **AROUND THE CORNER** like winners. Each family worked hard to see if theirs could be the top winner in the derby. All over town, you could see the go-carts being tested **DOWN THE HILL**, **THE STRAIGHT AWAY** and **AROUND THE CORNER**.

One day, as they were making their test runs before the big race, one little boy named Johnny discovered that if he went **DOWN THE HILL**, **AROUND THE CORNER**, he would run farther **THE STRAIGHT AWAY** before his cart came to a stop. He had found the ideal spot for the race. After trying it several times, he hurried to tell some of the parents about this spot, hoping that they would hold the Derby there this year.

Several parents came out and watched Johnny's go-cart go **DOWN THE HILL**, **AROUND THE CORNER** and on **THE STRAIGHT AWAY**. They agreed that this would be a good spot to hold the race, except that Johnny had overlooked one thing – the go-carts were fine going **DOWN THE HILL** and **AROUND THE CORNER**, but it was when they came to a stop on **THE STRAIGHT AWAY** that they had problems. You see, they came to a stop right in the middle of a drive-in restaurant.

The parents got together and decided to talk to the restaurant owner. As a result, the owner agreed to close his restaurant during the Derby race and the whole town turned out to watch the go-carts race **DOWN THE HILL**, **AROUND THE CORNER** and into **THE STRAIGHT AWAY**. What a spectacular race it was!

After the race was over, everyone decided that, since the restaurant owner had been so generous to close his restaurant during the race, that they would all buy their dinner there that night. After all, driving those go-carts **DOWN THE HILL**, **AROUND THE CORNER** and into **THE STRAIGHT AWAY** had made all the boys very hungry, and the shouting and cheering done by the parents had helped them work up a good appetite, too. The restaurant owner was happy because he sold more hamburgers than he had ever sold in one day.

An agreement was made with the restaurant owner that every year they would hold their go-cart derby in that same spot, with the carts racing **DOWN THE HILL**, **AROUND THE CORNER** and into **THE STRAIGHT AWAY** to the drive-in restaurant. They would all celebrate afterwards and buy those delicious hamburgers. So, you see, kindness and consideration to others can make things go better for everyone.

The New Car*Santa Clara County Council*

Tonight I'm going to read a little story about a couple that go shopping for a new car. But the story is really rather dull. I'd like you to help me make the story livelier by joining in when I read certain words. Whenever I say these key words, please follow these instructions; it'll help the story a lot!

- If you have blue eyes, whenever you hear the word BLUE pat the top of your head.
- If you have brown eyes, whenever you hear the word BROWN pat the top of your head.
- If you hear the word LEFT and you're left-handed, clap your hands.
- If you're right-handed, clap when you hear RIGHT.
- If you're under 20, stomp your feet when you hear the word NEW.
- If you're over 20, stomp your feet when you hear the word OLD.
- If you're a male, stand up when you hear MAN.
- If you're a female, stand up when you hear WOMAN.

At this point the Narrator should practice with the audience, calling out the cue words having them respond with the appropriate action. The Narrator begins the story slowly and picks up speed Narrator pauses after each key word.

One day a MAN and a WOMAN went looking for a NEW car. Their OLD one, which was a muddy BROWN was not running well. It LEFT much to be desired in the way of speed and safety, and they wanted another one RIGHT away. They wanted a bright BLUE one.

As they walked into the dealership, the WOMAN noticed a BLUE sports car on the showroom floor. "Darling" she said, "Look at that lovely NEW car RIGHT over there. Wouldn't it be perfect for us?"

"You may be RIGHT. It's a lot better looking than our OLD BROWN buggy. Unfortunately there's one problem. I've LEFT all my money at home," said the MAN.

"You LEFT it at home?" asked the WOMAN.

"Yes, it's RIGHT in the pocket of my NEW BROWN suit." said the MAN.

"Your NEW BROWN suit? Why I took that suit to the cleaners just this morning and I didn't notice any money in any of the pockets," said the WOMAN.

"But I'm certain I LEFT my money in the inside RIGHT pocket of my NEW BROWN suit," the MAN said as he scratched his head in wonder.

"Now wait a minute. Are you saying I'm not RIGHT? Are you saying I'm lying about this? MAN, oh MAN, oh MAN! You have a lot of nerve!" shrieked the WOMAN.

"Let's not argue. We're here to look at cars, and that BLUE one in the corner is a RIGHT nice model. And just think, if we buy the NEW BLUE car, we'll never have to worry about our OLD BROWN one again!"

After looking at the price of the NEW BLUE-car, and figuring out what they could get as a trade on their OLD BROWN one, the MAN and the WOMAN decide buying a

NEW car would be the RIGHT move for them. But before they LEFT the dealer, they started questioning their decision. Would they be better off with their OLD BROWN car if the NEW BLUE one didn't run RIGHT? Or what about a NEW BROWN one? How long before they thought of the NEW car as an OLD car? and would they ever feel BLUE about trading in their BROWN auto? BLUE or BROWN, OLD or NEW, what was RIGHT and which car did they want to be LEFT with?

The MAN and the WOMAN were so confused that they decided to sell their car and buy themselves bicycles. And that's just what they did. And they knew it was RIGHT...LEFT...RIGHT... LEFT (The narrator continues alternating between right and left until the audience realizes they are applauding the end of the story.)

ADVANCEMENT CEREMONIES

Checkered Flag

Great Salt Lake Council

Prop: Checkered flag. *I made one from a yard of Checkered Print bought for \$2 at a material store. Attach to a pole or dowel.*

Presentation:

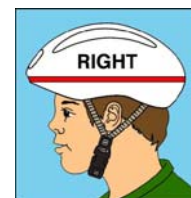
- ☞ Cubmaster explains that it is customary and traditional for the winner of a race to take a victory lap around the course with the flag waving then to come up to the winners' circle with those who made it possible for the winner to win. There the winner would be awarded his trophy for the accomplishment.
- ☞ Name the first boy to receive his rank advancement.
- ☞ Give him the flag and have him run around the outside of the audience with everyone cheering and whistling.
- ☞ After he completes the lap have him bring his parents up to the winners circle to receive his award.
- ☞ Present the award.
- ☞ Lead a cheer

Bicycle Safety Advancement

Utah National Parks Council

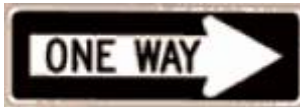
The Pow Wow book suggests that this be done outside, with boys actually moving along a real trail – great Summer idea! - Alice

Cubmaster: Bike riding is a staple of childhood, a rite of passage into the world of motion, and the freedom of being able to go where you want to. As a bike rider, you must follow certain rules to truly enjoy your adventurous trail safely. And the first basic rule is to have a helmet, and wear it properly! (*Show the helmet picture, or hold up a helmet*)



It's like that in Scouting, too. The Bobcat must learn the basics of Scouting, and show that he know how to salute, give the Cub Handshake and say the Promise and Law of the

Pack. Tonight, we want to recognize (*name of boy(s)*) for completing the requirements to earn the Bobcat. Please come forward with your parents. (*Present award to parent to give to boy*) Don't ever forget to wear your helmet on the rest of the Scouting trail!



As you travel along on your bike, you need to follow the rules to keep out of trouble and be safe. Bike riders are to follow the same rules as car drivers – when you see this sign (*hold up One Way sign*) you need to go the right way. In Scouting, the Bobcat also has only one way to go – towards earning the Wolf Badge. By completing 12 Achievements, (*name the boy(s) who have earned the Wolf*), has traveled farther along the Scouting trail. Please come forward with your parents. (*Present award to parent to give to boy*) Remember to keep heading in the right direction and follow the rules of the Scouting Trail!

Continue, using the following signs –



“Stop” – As you continue, stop to develop your abilities and learn some new skills on the path to Webelos – or, as you travel along the Webelos trail, be careful

“Do Not Enter” into dangerous territory or get “derailed” by TV, video games, etc.

“Railroad Crossing” represents crossing over to BSA – and the need to be alert,

“Keep Right,” now that you have earned the Arrow of Light, be sure to “Keep Right by always following the 12 points of the Scout Law.

You get the idea – use whatever signs fit, and adapt the text. This could also be used to give out other awards, such as World Conservation or other patches – just use your imagination! - Alice

Advancement Ceremony Ideas
Trapper Trails

Trouble

The Cubmaster and the Assistant Cubmaster dresses up and a NASCAR pit crew.

Announce that they see a Cub Scout car in trouble.

They drive over and pick him up and then get him to the front to give him his award.

Announce that he is ready to reenter the Cub Scout race.

Remote Control

Have someone hide and drive the awards in with a remote control car.

Here it comes!

Attach awards to a Pinewood derby car and send it down the track to the recipient.

Wheely Proud

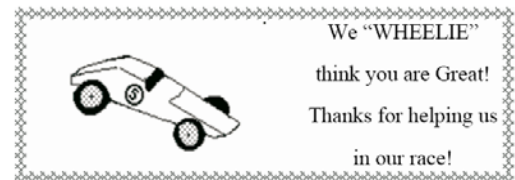
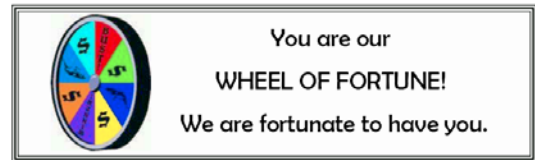
Clean out a wheelbarrow.

Announce that we are “Wheely proud of our Cub Scouts that have earned awards”.

Go out into the audience and put them in the wheelbarrow Bring them up front to award them.

Special Certificates

Make up certificates like the following and attach to OREO cookies, hot wheel cars, or Gold Coin candies



SONGS

Pinewood Derby Racing Song

Trapper Trails

(Tune "Take me out to the ball game")

Take me out to the pinewood,
take me out to the crowd.
Buy me some graphite and a sanding block,
I don't care if I ever get back.
We will root, root, root for my racer,
If I don't win you can say.
That I cut, sanded and designed it my self
in the Cub Scout Way!

B'gosh their starting the race now,
I see my friend's in the heat
He's standing there biting his fingernails,
But I am sure that he'll never be beat!
For, We'll root, root, root for my den-mate,
If he doesn't win we can say.
That he cut, sanded, and designed it him self
In the Cub Scout Way!

The Scouts have declared a winner,
And I am proud to say,
My racer, it got to the end of the track,
And my den leader let me bring it back,
For a second heat in consolation,
Was my decision today.
But I cut, sanded, and designed it myself
in the Cub Scout Way!

Bicycle Built for Two

Baltimore Area Council

Daisy, Daisy, give me your answer, do,
I'm half crazy, all for the love of you,
It won't be a stylish marriage,
I can't afford a carriage,
But you'll look sweet, on the seat,
Of a bicycle built for two~,

The Wheels on the Bus*Baltimore Area Council*

The wheels of the bus go round and round,
Round and round, round and round.

The wheels of the bus go round and round
All through the town.

The driver on the bus says, "Move on back."
"Move on back." "Move on back."

The driver on the bus says, "Move on back."
All through the town,

The people on the bus go up and down,
Up and down, up and down,
The people on the bus go up and down
All through the town.

FUN*Trapper Trails*

(Tune: Auld Lang Syne)

We're here for fun right from the start,
So drop your dignity,
Just laugh and sing with all your heart,
and show your loyalty.
May all your troubles be forgot.
Let this night be the best.
Join in the songs we sing tonight.
Be happy with the rest.

Pinewood Derby*Trapper Trails*

(Tune: I've Been Working On The Railroad)

I've been working on the Derby,
Planning my race car.
All the family has been helping,
My car should be the star!
Can't you hear the crowds a cheering,
As we win the prize?
Pinewood Derby time's exciting,
For all the Cub Scout guys.

TRANSPORTATION SONG*Trapper Trails*

(Tune: Home on the Range)

Oh, give me a train, or a boat, or a plane,
That will carry us Cubs far away;
To Paris or Rome— let us wander and roam,
And find new things every day.
Relax on a trail, float over the waves all day,
Or glide through the clouds far over the crowds,
But be home before five every day.

On a broomstick we'll ride,, in a rowboat we'll glide;
Take a trip to the moon in a rocket;
And our trip will be fun, but it soon will be done,
If we happen to hit an air pocket.
Up, up and away, let us orbit the far distant sun,
Or deep on the floor of the sea let's explore,
and as Cub scout we'll wheel into fun.

Cub Scout Sports Song*Santa Clara County Council*

Tune: My Bonnie

My baseball went over the fence
My arrows are broken to bits
My volleyball been deflated
After riding a horse I can't sit

Chorus:

Belt loops, belt loops,
I'll earn my sports pin today, today.
Belt loops, belt loops;
My letter is not far away
My bicycle has a flat tire
My boomerang just won't return.
They say that I've lost all my marbles
And I still haven't gotten my turn.

Chorus:

My dog ate my ping pong paddle.
My badminton birdie has flown.
I sprained my right ankle while jogging
And was stranded ten mile's from home.

Chorus:

They say that Cub Scout sports are fun.
Some day I would like to know.
I've been wandering around for an hour
Just waiting for my Den to show.

Chorus:**Summer Fun In The Sun***Santa Clara County Council*

(Tune: My Bonnie)

There's camping and fishing and swimming
And soccer and baseball leagues too.
And if you get up really early
You'll enjoy a trip to the zoo.

Chorus:

Fun in the Sun
Fun in the Sun
For Cubs it's a natural thing to do
Fun in the sun
Fun in the sun
But plan in for safety first, too.

A water fight's great in the summer
With water balloons galore.
But it's better to go to the park, cause
In the house it can mess up the floor

Chorus

Water skiing is sure fun each summer
And boat rides are much fun to take.
But go over the rules for boat safety
Or they'll be pulling you out of the lake.

Chorus**Camper's Lament***Santa Clara County Council*

(Tune: "Battle Hymn Of The Republic")

The first raindrop began to fall as I arrived at camp.
Then followed many million more as it began to pour!
My father said, "Don't worry son; it won't be lasting long."
When will I see the sun?

Chorus:

Pouring, pouring, not a single speck of light.
 Pouring, pouring, thru the day and thru the night.
 Pouring, pouring, wish my boots were water tight.
 When will I see the sun?

First my socks, and then my pants were wringing, sopping wet.
 My sleeping bag's a water bed, a drenched cap on my head.
 The tent I slept in floated 'way; my food's a dripping goo.
 When will I see the sun?

Chorus:

Today's the day I'm leaving camp, and LO! what do I see?
 A ray of sun a-streaming thru a patch so bright and blue!
 The clouds are parting; dove's returning with an olive branch;
 I finally saw the sun!

Chorus:

(Change last line to: I finally saw the sun!)

STUNTS AND APPLAUSES

APPLAUSES & CHEERS

Trapper Trails

Pinewood Derby cheer –

Cubmaster yells, ‘Start your engines,’
 Everyone places their car at the top of the ramp
 (they raise their hands up in the air, fingers straight,
 palms down)

Then the cars go down the ramp

Everyone moves their hands in the shape of the track
 going “Whoooooosh” all the way

It all ends as the car hits the bumper at the end

Everyone gives one big, loud clap

Harley Cheer -

Get on your motorcycle,
 Kick start a couple of times saying, Vroom Vroom
 Then give it the GAS and drive away.

Pop A Wheelie Cheer -

Pop wheelie leaning way back and saying,
 “EERRRRTTTT!”

Alice, CS RT Commissioner

Pioneer District, Golden Empire Council

Bicycle Applause: Pretend to get on your bicycle, throw one leg over the center bar, and move your legs as if you were pedaling – Yell out: “Pump, Pump, Pump up the Hill!”

Ferris Wheel Applause: Move right arm in a large circle, and on the upswing say “OOH!” – on the downswing say “AAAH!”

Wheels Applause: “That was Wheely, Wheely, Wheely Good!”

Squeaky Wheel: Hold out your arm and bend it at the elbow. Make a motion like a wheel. Say “Squeal, squeak, squeak” as the wheel goes around.

VVRROOMMM: Make sounds like a car revving up to race – Vvrroooooomm, Vvrroooooomm

Santa Clara County Council

Handkerchief: Throw a handkerchief up in the air with the instructions for applause to last until you catch it or it falls to the floor. Vary length of applause from long throw to short throw to NO throw.

Bicycle: Say: “Pump, pump, pump!”

Nutty: Cashew Cashew Cashew

Balloon: Make a fist. Put the thumb in your mouth and blow. Slowly open fingers to resemble enlarging balloon. Then flip out hand yelling, “Pop!” Or have air escape from mouth of balloon in a hiss.

OCEAN APPLAUSE - Best done with a large group; have first row sway from side to side; second row swaying in opposite direction; third row same as first, etc. The have them add sound effect: SWOOSH, SWOOSH, SWOOSH!!

RAINSTORM APPLAUSE - Start by gently patting knees alternately to simulate rain falling. Increase the noise by switching to hand clapping as the storm reaches its height. With a hand signal, have everyone shout “BOOM” to represent thunder. Gradually decrease the hand clapping and then pat the knees as the storm subsides.

RUN-ONS

Helmet Tongue Twisters

www.helmets.org

Jose hopped his hedge and hit his head hard.

How happy Jose had hooked his helmet on his head!

Hasty Hillary's helmet's hanging on a hook at home.

Who hopes Hillary has humungous heaps of luck?

Peter Piper picked a peck of pickled helmets.

Did Peter Piper pick a peck of pickled helmets?

If Peter Piper picked a peck of pickled helmets,

where's the peck of pickled helmets Peter Piper picked?

One smart student, she felt smart.

Two smart students, they felt smart.

Three smart students, they all wore helmets.

How many helmets would a hedgehog heave

if a hedgehog could heave helmets?

He would heave, he would, as much as he could,

and heave as many helmets as a hedgehog would

if a hedgehog could heave helmets.

How many helmets would a woodchuck chuck

if a woodchuck could chuck helmets?

He would chuck, he would, as much as he could,

and chuck as many helmets as a woodchuck would

if a woodchuck could chuck helmets.

She sports softshell helmets by the sea shore.

The helmets she sports are surely softshells.

So if she sports softshells on the seashore,

I'm sure she sports seashore softshells.

A bloke's back bike brake block broke.

His helmet habit wholly held him harmless when he hit.

There was a young man in St. Paul

Who did not wear a helmet at all

He had hard luck and crashed

And his head was all bashed

'Cause he had it all bare in the fall.

Headless horsemen hardly have a helmet hanger.

Humpty Dumpty wholly hated his humungous helmet.

Hagrid had a huge hobbit helmet hanging on his hairy head

Trapper Trails

Joe: I saw you running along side your bike this morning.

Moe: Yes, I was late and didn't have time to get on.

Knock, Knock.

Who's there?

Targets.

Targets, who?

Tar gets all over my shoes when I walk down the street.

How do you change a duck's tires?

With a Quacker Jack.

Teacher: Jimmy, your drawing of a stagecoach is very well done, but it has no wheels. What holds it up?

Jimmy: The bad guys!

Why did the Cub Scout take peanut butter bread with him in the street?

He was looking for traffic jam.

A boy walks across stage carrying a car door.

He is asked why he is carrying the car door.

The boy demonstrates as he says, so that he can roll down the window when it gets hot.

Why can't bicycles go as fast as cars?

Because they are "two" tired.

What did the jack say to the car?

"Can I give you a lift?"

What part of a car is the laziest?

The wheels. They are always tired.

What would happen if everyone bought a pink car?

We would be a pink car nation.

Cub # 1. A man whose son had just passed his driving test went home on evening and found that the boy had driven slap bang into the living room.

Cub # 2. (Father)-How did you manage to do that?

Cub # 3. (son)-Quite simple, Dad. I came in through the kitchen and turned left!

Cub # 1. Stop! This a one way street.

Cub # 2. Well, I'm only going one way.

Cub # 1. How many elephants can you get into a small car?

Cub # 2. Four: Two in the front and two in the back..

Cub # 3. How many rhinoceroses can you get into a small car?

Cub # 4. None, it's full of elephants.

Alice, CS RT Commissioner

Pioneer District, Golden Empire Council

Policeman: "One of your elephants has been seen chasing a man on a bicycle."

Zoo Keeper: "Nonsense, none of my elephants knows how to ride a bicycle!"

Knock Knock.

Cub #1 - Knock Knock.

Cub #2 - Who's there?

Cub #1 - Ivan.

Cub #2 - Ivan who?

Cub #1 - Ivan riding your bike.

Water! Water! , a classic run on

Santa Clara County Council

- A man, crawling across the stage: "Water, water!!"
- Someone walks by, and the crawling man tugs on his pant leg. "Water, Water!"
- Man walking by: "Sorry." He continues walking.
- Another man walks by, the crawling man tugs on his pant leg: "Water, Water!"
- Man walking by: "All I've got is this beef jerky, sorry." He keeps walking.
- Another man walks by, the crawling man tugs on his pant leg: "Water, Water!"
- Man walking by: "No, I don't have any." He keeps walking.
- The crawling man sees a cup of water at the other end of the stage. "Water!!"
- He painfully crawls over there. "Water! Water!"
- When he reaches the water, he quickly stands up, dunks his comb in it, and uses it to comb his hair.

Santa Clara County Council

Cub 1: What kinds of scale do giants weigh themselves on?

Cub 2: Is it a big scale?

Cub 1: Yeah, it's a Richter Scale.

Cub 1: Can you telephone from a submarine?

Cub 2: Of course! Who can't tell a phone from a submarine

Cub 1: What did George Washington say to his men before they got in the boat?

Cub 2: Beats me. What?

Cub 1: Men, get in the boat

Cub 1: What kind of ship never sinks?

Cub 2: Friendship!

JOKES & RIDDLES

Trapper Trails

Why can't an elephant ride a bike?

Because he doesn't have a thumb to ring the bell.

What driver doesn't have a license?

A screw driver.

What has a head, can't think, but drives?

A hammer

What happened when the wheel was invented?

It caused a revolution!

What do you call a song played on car horns?

A car tune.

What do you get when you cross a bike and a rose?

Bicycle petals

What do you get when you cross a motorcycle and a funny story? A Yamaha ha ha ha!

When is a car not a car? When it turns into a garage.

Jed and Ted

Jed and Ted decided to explore the countryside on a two-seater bike. They came to a hill. The going was hard. At last they got to the top. With short breath and a perspiring face, Jed said, "That was a tough hill, but we finally made it!" "Yes," said Ted. "Luckily, I had my hand on the brake. Otherwise, we would have rolled all the way down!"

Alice, CS RT Commissioner

Pioneer District, Golden Empire Council

What's big and gray and has 16 wheels?

An elephant on roller skates!

Why can't an elephant ride a bicycle?

Because he can't ring the bell.

Why won't your bicycle stand up straight?

Because it is TWO TIRED!

What does a bicycle call his Dad?

A pop-sicle!!

What would you get if you crossed a chicken with a bicycle?

A HEN-speed bike.

Can you name the most moving invention every made?

Easy – the Wheel. It Really got things moving!

SKITS

Going the Distance

Santa Clara County Council

Personnel: Any number of boys, each with a bike (real or prop Or maybe a prop multi-seater with a seat for each Cub)

Opening: All start out walking, pushing bikes, looking tired:

Cub # 1: (stops) I'm thirsty. (All get a drink.) (Continue Walking.)

Cub # 2: (stops) I'm hot (All wipe off face.) (Continue Walking.)

Cub # 3: (stops) I'm hungry (All get something to eat) (Continue Walking)

Cub # 4: (stops) My shoestring is undone (All tie shoestrings) (Continue Walking)

Make up as many more things as you need so that every boy in your den has a part

Last Cub (*as boys approach the end of the stage*): This sure has been a long walk how far have we gone?

Cub #1: (Looking back) Across the stage!

Keep America Beautiful Contest

Santa Clara County Council

Cast: Six Cubs in uniform.

Props: Comb and mirror for sixth Cub and a large box marked "TRASH!"

Scene: Five Cubs are sitting around a table tying knots or playing a simple game when the sixth Cub rushes in.

Cub # 1: (*Runs in, very excited*) Hey, you guys! Did you hear about the big contest?

Cub # 2: What contest? What's it about?

Cub # 1: The "Keep America Beautiful Contest," that's what!

Cub # 3: Are there prizes? A contest is no good without prizes.

Cub # 1: Sure, lots of prizes. Neat ones like bicycles and CD players, and lots of other good stuff!

Cub # 4: (*Gloomily*) I bet it's hard. Contests with neat prizes are always hard.

Cub # 1: Nope! It's easy. Even the rules say it's SIMPLE - in big letters. The winner is the person who picks the easiest way.

Cub # 5: The easiest way to do what?

Cub # 1: The easiest way to keep America beautiful. That's what I've been talking about!

Cub # 6: (*With a swagger*) Ha! "Then I'm a cinch to win!"

Cub # 1: Why's it so cinchy for you? What's your great way to keep America beautiful?

Cub # 6: (*Takes out comb and mirror and combs his hair*) See! That's the easiest way I know to keep America beautiful!

The other Cubs look at him, then at each other.

Quickly they surround him and carry or drag him to a large box marked "TRASH" and dump him in

Cub # 1: Like he said, guys, we're a cinch to win! That's the easiest way I know to keep America beautiful!

(They exit, laughing while Cub #6 stands up in the trash box with a disgusted look on his face.)

Tracking

Santa Clara County Council

Boys enter with magnifying glasses as if following a trail.

Cub # 1: Look at those tracks!

Cub # 2: Wow! They look like wolf tracks!

Cub # 3: No, they look like bobcat tracks!

Cub # 4: I think you're both wrong. I think they're bear tracks!

Cub # 5: No, wolf tracks!

Cub # 6: Bobcat tracks!

Cub # 7: I told you, bear tracks!

Cub # 8: *They continue arguing until they are suddenly run over by a train - several boys linked together making "Chug, chug, chug, choo, choo choo" sounds.*

Den Chief: (Raising his head and looking at the audience.) I think we were all wrong - they were **TRAIN TRACKS!** (He falls back down.)

The Bicycle Shop

Trapper Trails

GREY AREA ALERT –

If you do this one – make sure your “volunteer” is in on the gag and knows what is up. Also, make it obvious that the “volunteer” is a plant. (Just like they do at Disney for the “Indiana Jones Stunt Spectacular”)

The scene begins with three players on their hands and knees, in a row, as bicycles.

Shop Owner: Well, there we are, three brand new bicycles all set up for sale.

Customer: (*Entering*) Hi. I'd like to buy a bicycle.

Shop Owner: Sure thing. Why don't you try them on for size? (*Customer sits on the first bike and it falls down. The second is too big, while the third is too small.*)

Customer: I sure like the first one, let me try it again.

Shop Owner: Why not? (*Setting up bike again*) There you are, it's all set up again. (*Customer sits on it, and again it falls down.*)

Customer: I don't know. I really like this one but it keeps falling down. I'm afraid it's not made well enough.

Shop Owner: Our bicycles are all very well made. It was just assembled this morning, and it may need a little adjustment. Let me get some help.

(A volunteer is chosen from the audience, who is instructed to hold one 'wheel' of the now upright bicycle.)

Customer : (Sitting on the bike) That's perfect now. What was the problem ?

Shop Owner : It just needed a bigger nut to hold things together.

CLOSING CEREMONIES

FUN ON WHEELS

Trapper Trails

PERSONNEL: Cub Scouts

EQUIPMENT: A picture of a bicycle, skateboard, roller blades/roller skates

SETTING: Boys holding pictures as they recite or read lines.

Cub # 1. I have fun riding my bicycle.

Cub # 2. It is exciting to learn new tricks on my skateboard.

Cub # 3. Roller blades and roller skates are my things.

Cub # 4. As you can see, there are many ways to have fun on wheels, just as there are many ways to enjoy Cub Scouting.

Day's End Bike Closing

Alice, CS RT Commissioner

Pioneer District, Golden Empire Council

Set up: Seven Cubs, either with real bikes, one real bike, or just pretending to do the motions they talk about. You will also need a chart showing the parts of a Bike – there's a good one in the Webelos Resource Book on page 241 (and in this issue of Baloo) that shows what parts need oiling or greasing)

Narrator (Cubmaster?) We're watching some Cub Scouts who have just had a wonderful day out on the bike trail. Let's see if they remember some important things....

Cub # 1. What a FUN ride! Now that we've finished our bike ride, we better make sure our bikes will be ready to go the next time we go out.

Cub # 2. That was a muddy trail – so I'm going to wash off and rinse my bike and wipe it dry.

Cub # 3. I noticed my tire is a little low. I'm going to put some air in now, so I'll be ready to roll!

Cub # 4. It's been a month since I oiled my bike – I'll use this chart to remember where I need to put the oil. I have to be careful not to get oil on the rubber parts – oil will destroy those!

Cub # 5. (*Pointing to the chart*) What about these circled parts? What does that mean?

Cub # 6. Oh, I know what those are – once a year, those parts need to be greased – my Dad marks the calendar on my birthday, since I got my bike then.

Cub # 7. Well, my bike is in great shape – but I better remember to put my lock on – my Friend had his bike stolen when he left in the driveway for just a few minutes.

Cub # 8. Don't forget to put your helmet and gear away – we might go riding Saturday!

ALL: It's the perfect end of a day of biking!

Narrator: Well, it looks like these boys have learned all about their bikes – let's all remember to follow the

rules and take care of our equipment, so we can always follow the Cub Scout Motto:

ALL: Do Your Best!

Double Circle

Santa Clara County Council

PERSONNEL: Entire pack - Cub Scouts, parents, and visitors.

EQUIPMENT: United States flag, four spotlights or four large flashlights

Have all present stand in a double circle, with Cub Scouts and other boys on the inside, and parents and visitors on outside. Focus spotlights or flashlights on the flag held in center of circle. Sing "God Bless America."

Closing Ceremony For Parents

Santa Clara County Council

Personnel: 7 Cubs

Equipment: Game, Jackknife, book or pet, fishing pole

Cub # 1: "What shall you give to one small boy? A glamorous game (holds up game), a tinseled toy,"

Cub # 2: "A knife (holds up jackknife), a puzzle pack, a train that runs on curving tracks?"

Cub # 3: "A picture book (holds up book), a real live pet... No, there's plenty of time for such things yet."

Cub # 4: "Give him a day of his very own - Just one small boy and his parent alone."

Cub # 5: "A walk in the woods, a romp in the park, a fishing trip (holds up fishing pole) from dawn to dark."

Cub # 6: "Give the gift that only you can - Your companionship, your wisdom and your love"

Cub # 7: (*Points to audience as he says his line*) "Games are outgrown, and toys decay - But he'll never forget if you give him a day."

Cubmaster's Minutes

Together

Trapper Trails

Pack forms a circle

"Coming together is a beginning. Keeping together is progress. Working together is success." This is a quote from the famous carmaker, Henry Ford. All of the dens come together to form the beginning of our pack. Keeping together at our monthly pack meeting is progress. Working together in Cub Scouting is surely a success story of which you can have a great part. Let's remember this in the coming months. Please repeat with me the Law of the Pack. Thanks for coming out for our Pack Meeting tonight. By coming, keeping and working together, we've made every boy in Pack a winner!

Sunscreen

Santa Clara County Council

Props: A bottle of sunscreen

"Remember the last time you got a bad sun burn? It caused you much pain for several days didn't it? You probably didn't even realize that it was happening. Sunscreen could have prevented it. Our parents are like sunscreen. They can be used in situations we don't even know can hurt us. It pays to listen to our parents."

Keeping Fit*Trapper Trails*

Cub Scouts, I hold in my hand a pocketknife. This is a valuable tool because it can be used for many useful things. It is a dependable tool as long as the blade is kept sharp and free from rust and the working parts are in good condition. But, if it is neglected and becomes dull and rusty, it can be a dangerous tool. The same principle can be applied to ourselves. We have a body, which when kept in good condition, will serve us well. If we get plenty of exercise, eat the proper foods, and have good health habits, we will be able to enjoy to the fullest the things we do. But if we fail to take care of ourselves, we can become rusty and dull like the neglected knife. Do your best to keep fit!

Our Pinewood Derby*Trapper Trails*

At the conclusion of our Pinewood Derby I would like to say that we were all winners here tonight. Dad has more respect for his son whether he was a humble winner or a graceful loser. Mom was proud of her son whether she gave him a hug of congratulations or comfort. The boys gained a better knowledge of competition; how to win, how to lose, how to be happy for a friend, who is taking home the trophy he himself wanted so badly. The leaders, in the pride they felt knowing that each of their boys had done their best. Building the car helped bring dad and son closer together. No, there are only winners here tonight. Thank you all for helping to make the pack go and the Cub Scouts grow. Good night and congratulations to all of us winners.

THEME STUFF**Consumer Product Safety Alert –
No helmets in the playground!**

U.S. Consumer Product Safety Commission

www.cpsc.gov

**Wear Bike Helmets On Bicycles --
Not on Playgrounds**

The U.S. Consumer Product Safety Commission (CPSC) warns that children should not wear bike helmets when playing, especially on playground equipment. CPSC has reports of two strangulation deaths to children when their bike helmets became stuck in openings on playground equipment, resulting in hanging. CPSC also has reports of four cases where no injury occurred. In two of these cases the children were climbing trees, and in the other two cases the children were on playground equipment.

Children should always wear helmets while riding their bikes. But when a child gets off the bike, take off the helmet. There is a "hidden hazard" of strangulation if a child wears a helmet while playing on playground equipment.

**Some Important Facts about Children & Wheels
for Parents:**

Alice, CS RT Commissioner

Pioneer District, Golden Empire Council

Children are children, and according to the Bicycle Helmet Safety Institute there are specific reasons why they don't SEE danger the same way we do while using bikes, scooters, skateboards or skates. Specifically, children:

- Have a narrower field of vision than adults, about 1/3 less.
- Cannot easily judge a car's speed and distance.
- Assume that if THEY can see a car, its driver must be able to see THEM. However, children are easily hidden from view by parked cars and other objects.
- Cannot readily tell the direction a sound is coming from.
- May be impatient and impulsive.
- Concentrate on only one thing at a time. This is likely not to be traffic.
- Have a limited sense of danger.
- Often mix fantasy with reality.
- Imitate the often BAD behavior of others, especially older children and adults

So Parents –

1. Give your child only as much independence and responsibility as s/he can handle safely. Throughout childhood, children slowly develop the cognitive, perceptual and sensory skills necessary to be safe in traffic.
2. Remember that each child is unique. Do not base rules for one child on those for siblings, cousins or neighbors. Children of the same age may require different levels of supervision in traffic.
3. Evaluate your child's behavior out of traffic. Is s/he impulsive? Does s/he stop to think before acting? Distractible? Can s/he sustain attention on something important? Is s/he a risk-taker? It is likely that your child's behavior in traffic will resemble behavior out of traffic.
4. Consider any limitations your child has and how these might influence his or her behavior in traffic. For example, does your child have vision problems? Hearing impairment? Cognitive or judgment limitations? Physical handicaps?
5. Give your child practice in traffic. Frequent supervised experiences can help children develop good traffic safety habits.
6. Teach your child the rules of walking and bicycling safety as you encounter traffic situations. Ask your children to repeat rules back to you.
7. Do not assume your child will follow the rules just because s/he can SAY them. Let your child lead you in traffic to help you assess how well s/he follows the rules. Set up situations with your child in which you shadow him/her (walk 10-15 feet behind) to allow semi-independence.
8. Grant independence in small steps to see how your child handles it. For example, let your child progress from playing in front of the house to playing on the block, to walking around the block, to crossing one street, etc.
9. BE A GOOD EXAMPLE! Always model appropriate traffic safety practices yourself, whether you are walking, bicycling or driving! Children learn from important people around them.
10. Be a careful driver, watch for children who may not yet have developed good traffic safety habits. Their safety is in your hands.

If your pack decides to put on a Bike Rodeo, it's a good idea to give parents a check list where they can make a note of specific behaviors they see in their child at each station – they'll know what they need to work on with their child!

The Top FIVE Reasons for Bike Accidents:

You might be surprised at the Top Five reasons for children's bike accidents:

1. Darting out of driveways or from between parked cars – 30% of all bike accidents, most during Daytime on quiet two-lane streets. Median age is 11!!
2. Moving to the left without looking, or swerving when looking over the shoulder – 30% of all bike injuries and fatalities – Median age – 13!!
3. Failure to Stop at STOP signs – 20% of bike accidents, median age – 12!!
4. Riding against traffic, especially when a car is turning right at the corner. – 30% of all bike accidents – median age 12!!
5. MOST IMPORTANT OF ALL Riding with the correct helmet will reduce the risk of head injury by 85%!! (*I guess the accident s losing control and falling. CD*)

Maintain Those Wheels!

One way to keep your kids safe on wheels is to make sure those wheels are in good repair. So take a Saturday morning once in a while to check on the family "wheels." Wash, rinse and dry if needed. From there, it's really basic: parts that move need to be oiled, parts that don't move need to be securely tight.

Here's what you need:

- Socket set or Crescent wrench,
- Pliers, Hex or Allen Wrench,
- Screwdrivers.

Things to Do:

- ✓ **Tires:** use pressure on the side of the tire – too much air can lead to blowout; too little air makes steering sluggish.
- ✓ **Chain:** Turn bike upside down, one person turns pedals while the other dribbles oil on the chain. Wipe off excess. Lack of lubrication can cause sudden change in motion or locking of chain.
- ✓ **Handlebars:** Hold the front tire tightly and wiggle the handlebars from side to side. If they move, the stem bolt needs tightening. If you can lift the handlebars up or down, tighten the binder bolt. At least 2-1/2 inches of the stem should be inside the tube. Loose screws could cause lack of control, inability to steer.
- ✓ **Saddle:** Grab the seat, rock it up and down. If it moves, tighten the bolt on the seat post. Make sure the seat is NOT tilted. Distance should be slightly more than leg length from seat to pedal on down stroke. You may also need to move the saddle forward or back, by loosening the bolt on the seat clamp. Improper seat position or tightness could cause lack of control, inability to stay on pedals.
- ✓ **Brakes:** If your child cannot stop quickly on smooth, dry pavement, or if cables are broken or frayed, take the bike to a bike shop – this is a job for experts. Other danger signs – if the hand brake levers touch the

handlebars when squeezed, missing or slipped brake pads, squeaking brakes.

- ✓ **Reflectors:** Make sure there are reflectors on the back – reflectors that sit on the spokes are great, too. (But night riding should be a No No for children)
- ✓ **Overall:** Check all the bolts on the bike.
- ✓ **Helmet:** Make sure the helmet still fits. When down square on the head, moving the helmet should make wrinkles in the forehead. Replace if needed.
- ✓ **Pads:** Make sure they still fit and are in good repair. Replace as needed.



"Wheely" Interesting Facts

Alice, CS RT Commissioner

Pioneer District, Golden Empire Council

- A bicycle headlight mostly allows others to see you. Some of the brighter lights do help bicycle riders see at night. While most bicycle lights range from 2.4 to 20 watts, bikes ridden by police officers use lights with a minimum of 15 watts.
- America's first bicycle company, Pope Bicycles, began in 1877.
- There are 99,000,000 (that's million) bicyclists in the United States – and forty four million are kids under the age of 16.
- In China, bikes are still the main form of transportation: for every car, there are 250 bikes – but this is changing rapidly.
- A bicycle built for two riders is called a tandem. Bicyclists riding a tandem sit in single file line, one behind the other.
- The record breaking tandem was built for 35 people, and is 66 feet, 11 inches long!
- The longest "Wheelite" ever made was held for five hours, twelve minutes and thirty-five seconds!
- Bicycle deaths are most likely to occur in summer. Deaths are most likely to occur on Fridays and Saturdays. The peak time for accidents is 3:00-9:00 P.M. Ninety-eight percent of bicyclists killed in 1999 weren't wearing helmets.
- Did you know that bicycles changed the way women dressed? Before bicycles were around, women wore very restrictive clothing. Once they began to ride bicycles they had to wear clothing that allowed them to move about. In 1896 Susan B. Anthony said, "The bicycle has done more for the emancipation of women than anything else in the world."
- The first bike was iron - it worked, but it wasn't very comfortable!

Hobby Horse to Mountain Biking*Alice, CS RT Commissioner**Pioneer District, Golden Empire Council*

- 1817 -The first bicycle, called a Hobby Horse or Swift Walker was invented by Baron von Drais, and called a Draisine – it had handlebars but No pedals!
- 1858 - pedals were added – it was called a velocipede or “boneshaker.” By 1868, they were made in the U.S. and riding was a popular fad.
- 1869 - the first rubber tires were used, and the name became “bicycle.”
- 1877 - The “Ordinary” – with a huge front wheel – was manufactured in the United States. It was very fast – and dangerous!
- 1880 - the first helmets were introduced – made of a crushable material called “pith.”
- 1884 - Thomas Stevens made the first coast-to-coast ride from Oakland, CA. to Boston, MA. – and the Starley Safety Bicycle was invented. It looks like our modern bicycles.
- 1888 – Bicycle tires went from solid rubber to pneumatic “air-filled” tires – and they made the ride a lot more comfortable!
- 1894 - the “bloomer” makes bicycle riding easier for women – it’s a very controversial costume according to some people.
- 1896 - Margaret Valentine Le Long rides from Chicago to San Francisco and coaster brakes are invented.
- 1899 - “Mile a Minute” Murphy sets a new speed record – a mile in 57.75 seconds - but bikes lose their popularity to the automobile.
- 1962 - a new wave of popularity for the bicycle begins and in 1972, they outsell cars by 13 million to 11 million!
- 1977 - 2000 bicyclist ride across America to celebrate the Bicentennial.
- 1981 - Specialized Stumpjumper became the first mass-produced mountain bike.
- 1984 - The road race for women became an Olympic sport in 1984.
- 1995 – The oldest professional bicyclist at age 50, Fred Rompelberg of the Netherlands set a new speed record of 166.9 mph.
- 1996 - Mountain Biking became an Olympic sport.

Ways to Prevent Tire Damage*Santa Clara County Council*

- Don’t jump curbs.
- Inflate tire to proper pressure.
- Don’t ride double.
- Use only your hands to mount tires.
- Use a hand pump and tire gauge – don’t use gas station air hoses.
- Avoid rough streets and alleys,
- Avoid skidding stops.
- Keep wheels aligned.
- Keep the valve stem straight.

Remember: Store your bike properly. Although nothing can stop the eventual deterioration of rubber products, you

can slow the process by keeping tires away from sunlight during long periods of storage and away from oily and greasy surfaces. For extended periods of storage (winter?), hang your bicycle or turn it upside down.

TIGERS

In June your Tigers move up to Wolf. The tigers that have been with your Pack all winter are now your Wolf Den. You have new Tigers from your Spring Recruitment and need to get them busy having **FUN**. A good Summer Fun Program is vital to making sure all those new Tigers are still there in the Fall. Here are a few ideas for Summer fun.

Picnic Fun/ Fun Outdoors*Santa Clara County Council*

This is a great opportunity to take your Tigers out for a picnic at a local state or city park and walk around and see what they have you can learn about Your Home State CD Family Activity

- Take a bike ride. (Be certain to practice bicycle safety.)
- Play catch or Frisbee.
- Go roller-skating or –roller-blading. (Always wear protective gear.)
- Visit the zoo.
- Plant a flower and/or vegetable garden.
- Visit a nearby playground or park.
- Have a barbecue or picnic at a park.
- If you cannot get to the park, have a picnic in your backyard.
- Did your picnic get rained out? Do not despair. Do it indoors - complete with blankets, paper plates, cups, etc.
- Go fishing.
- Take a paddle boat ride.
- Go swimming in a creek or pond (Practice water safety, of course!)
- Take a blanket and several books outside and read under the shade of a tree.
- Wash the car together. This can be great fun on a hot day!
- Camp out in the backyard.

Frisbee Golf*Santa Clara County Council*

This is a great game that can be set up in a backyard, in a park or around a neighborhood. The basic idea is that you have laundry baskets or some other sort of receptacle, some flags or a way to see the receptacle and a few Frisbees. Just like regular golf, you try to land your Frisbee in the "hole" in as few shots as possible.

Make homemade ice cream.*Santa Clara County Council*

You can get a freezer for about \$20. Pick up a bag of ice, rock salt, a gallon of low-fat milk, and a can of non-fat Eagle Brand. Let your child mix the Eagle Brand, a cup of sugar, 1/8 t salt, and tablespoon of vanilla extract with about two cups of milk. Stir until the sugar has dissolved, then pour into the freezer. Add more milk to the fill line, load it up with ice and rock salt, and let it run for about 40 minutes.

Watermelon and Sprinkler.*Santa Clara County Council*

Watermelons are so sticky and messy in the house. Instead, just cut a whole watermelon into enough pieces for your family and their friends then send them outside and turn on the sprinkler. You don't even have to watch it; just let them loose to get as sticky and wet as they want.

Den Activity*Santa Clara County Council*

Put up a hoop for basketball or suggest the boys get active with skipping, tag, racing, baseball, soccer, or swimming. Always emphasize the fun and not the competition. Go fly a kite! (If you don't have one, make one!) Study the shapes of passing clouds, then use cotton balls and glue on paper to recreate the images they saw.

Bubble solution*Santa Clara County Council*

Start by mixing together 1/4 cup of dishwashing liquid, 2 cups of water, and 1 teaspoon of sugar. Pour the mixture into a shallow container.

Bubble Mania*Santa Clara County Council*

Have a bubble blowing frenzy using a variety of unusual bubble blowing tools! Plastic funnels, six pack soda rings, plastic cups with holes punched through the bottom.

Bubble Art*Santa Clara County Council*

Now take the bubble mix, pour some into a cup and add a few drops of food coloring. Blow rainbow bubbles into the air, and try to catch them with a white sheet of paper! After the paper dries, use markers or crayons to finish your masterpiece!

Pet Rocks*Santa Clara County Council*

Find smooth, flat or round rocks. Be sure to clean off any dirt or sand and dry completely before starting. Paint with acrylic paints. Decorate faces by using googly eyes, yarn for hair, markers, glitter, and any other tidbits you like.

OUTDOOR ACTIVITIES

Bike Rodeo*Santa Clara County Council*

Here are some ideas for you do run a bike rodeo for your Cub Scouts. The boys and their parents need to be involved in this fun activity. Include traffic safety, bike safety, and bike skills in the activities you choose for the event. **Your local Police Department can probably provide you with complete details on running this event.**

The rodeo should encourage the safety, bike skills and confidence a Cub needs to ride safely. A bicycle is a vehicle with the same rights and responsibilities as other vehicles on the roads. Biking is fun. In order for Cubs to know if their bikes are safe, contact your local police department. Many will send an officer out to do a bike safety checks. Stress the need to of bike safely - not foolishly. Instill good traffic habits from the start with young riders.

Once a boy learns to ride a bike, he will never forget. If he learns good riding skills when he is young, they will follow him into adulthood. Bicycling is truly a life-long activity.

Equipment:

- 50 feet measurer or yard stick
- Chalk, tape or sting - for lines
- Traffic cones or weighted cans
- Score sheets and pencils
- Clipboards - for volunteers
- Stop Sign
- Bicycles and helmets

Organize so there is as little waiting as possible.

Divide the Cub Scouts and rotate them through the different areas.

Station One: Inspection Station – The Cub Scout needs to have his bike checked for safety. Ask your local policeman to come and check the bike.

Station Two: Ride on the line – Make a wide line and have the Cub Scout ride his bike down the line. The line should be no longer than 12 feet.

Station Three: Helmet and bike check – Check the helmet fit and seat height. Know how to use a lock and cable to secure a bike.

Station Four: Safe Driving - Have the Cub Scouts ride their bikes around traffic cones. The leaders can choose the pattern of the cones.

Station Five: On the Street - Create an intersection on the parking lot. Have the Cub Scouts demonstrate how to cross an intersection safely.

Station Six: Steering - Make a circle with the tape. Have the Cub Scouts ride their bike around the circle, staying on the tape as much as possible.

Station Seven: - Recognition - Cub Scouts receive recognition for rodeo participation and have a snack.

Fun on Wheels Rodeo*Trapper Trails*

How about a bike rodeo this month?? –

Obstacle course, hand signal test, races, safety check, best decorated bike contest. Farmer Insurance representatives have great pamphlets. Local police are a great resource.

A bicycle rodeo is designed to promote bicycle safety and test specific skills on a designated course. Safety and skills can be easily adapted for skateboards, roller blades, and scooters.

This event can be held at a pack level, involving families, and a representative from the local police department to conduct the bicycle inspection and safety review. Or a den can hold a bike rodeo with just a little ingenuity, sidewalk chalk or empty cans to mark the course, and an open area. Every boy should bring his own bicycle, scooter, etc. All boys must wear a helmet whenever they are riding a bicycle.

Bicycle Inspection: -- Check the size and condition of your child's bicycle.

- ✓ **Size:** Children should be able to stand flat footed over the bicycle with at least one inch between the bicycle's top tube (boy's bicycle) and the rider. Inexperienced riders should be able to put both feet on the ground while sitting on the seat. For more experienced riders, the legs

should be just slightly bent at the bottom of the pedal stroke with the ball of the foot on the pedal. The bicycle seat should be level and not tilted forward or backward.

- ✓ **Brakes:** Coaster brakes - Push the bike forward while pushing back on one pedal; the rear tire should skid. Make sure the brake arm is attached to the frame at the rear wheel. Hand brakes - ensure brake pads are not worn and that they hit the wheels evenly. The brake levers should work smoothly and have one inch of clearance from the handlebars when the brakes are fully applied.
- ✓ **Wheels and Tires:** Check to see if the handlebars are tightly fastened by holding the front wheel between your legs and trying to turn the handlebars to the side. If they move, the bolt at the handlebar stem needs to be tightened.
- ✓ **Frame and Fork:** Check the frame and fork (the metal arms on either side of the front wheel) for basic straightness. If the frame or fork are not straight, or are cracked, bring it to your local bike shop for repair.

This list is an overview of the most basic elements of bicycle maintenance. If you suspect that your bicycle is not working properly, bring it to your local bicycle repair shop for further inspection and repair.

Skills: (The course design on p. 6-12 in the Cub Scout Leaders How To Book is a clear illustration)

1. **Start:** Mount the bike and coast, while turning your head to the left and right- but not the bike.
2. **Intersection:** Use arm signals. Obey traffic lights and sign. Mark out an intersection 6 feet from corner to corner. Make stop signs from cardboard cut into an octagon and painted. Make signal lights from holiday lights or lamps with colored cellophane coverings.
3. **Steering course.** Mark out a straight path 4 feet wide and 30 feet long. This tests your ability to hold a straight course. Ride at a comfortable speed.
4. **Circle riding:** Mark out a figure eight with the circles having exterior diameters of 29 feet and a path 2-3 feet wide. Ride the figure eight 1 ½ times.
5. **Steering Control / Zigzag Course.** Place empty cans or cartons at 10 foot intervals in a straight line. Steer to the right of the first can, to the left of the second, to the right of the third and so forth. This tests your ability to shift balance while changing direction.
6. **Riding the Spiral:** Draw a large spiral on the ground (about 20 feet across) with the lines spaced 30" apart as they progress toward the center; mark an X at the center point. Ride at any speed, trying not to touch the lines. Place your foot down at the X.
7. **Braking Area:** Set up flags or cans at regular intervals (or mark lines across a straight course) Keep pedaling at a comfortable speed until a whistle blows. Then stop without skidding. The leader should blow the whistle when the rider is even with any flag. The rider should stop before the next flag (or measure the stopping distance with a tape measure).

8. **Speed Area:** Mark a straight course or a course with curves. Ride as slowly as possible, keeping your balance on the bike.

Bicycle Gymkhana

Santa Clara County Council

See the full-page illustration near the end of this issue for how to set up this type of Bike Rodeo. *I think I would use a lower jump ramp or substitute some other event.* For more idea – you can google “bicycle gymkhana” – I got over 33,000 hits!!!

How To for Bike Rodeos:

Especially Helpful for Adults -

www.bike.cornell.edu/pdf%20files/Bike_Rodeo_404.2.pdf

www.eduref.org/Virtual/Lessons/Health/Safety/SFY005.html

suggested format for rodeo

http://www.bikebakersfield.org/bike_rodeo.htm

www.ci.fortcollins.co.us/bicycling/bike-rodeo.php - bike rodeo kit available free of charge to local organizations or schools

www.SafeNebraska.org Bike rodeo kits for loan in portions of Nebraska

Or go to a Bike Rodeo – here are a few Alice found -

Kid's Bike Rodeos or Family Bike Events:

Pinetop-Lakeside, AZ – June 1-2 Annual Greer Days – includes Bike Rodeo – Contact: <http://ci.pinetop-lakeside.az.us/calendarofevents.htm> or (928) 368-8696 ext. 224

Arkansas – Little Rock, North Little Rock & Saline County Bike Rodeo (various dates in May/June) contact: Ray Rizzardi: rrizzardi@comcast.net or 771-1147

Berkeley, CA - May 12, 11-3pm @ San Pablo Park, Free, poster contest, mock “city” to practice safe riding, games, much more. Call: Tasha Tervalon, City of Berkeley (510)981-5347

Los Angeles, CA – June 10 – 7th Annual L.A. River Ride, ages 7 and up (FEE) – family fun ride, gourmet Barbeque, T-shirts, prizes and goody bags, Daryl Hannah hosting <http://labike.org>

Denver, CO – June 30 – 27th Annual Fat Tire Bike Week (mountain bikes) (FEE) – includes kid's rides, games, activities (800) 545-4505 or www.ftbw.com

Peoria, Illinois – June 23 Community Bicycle Rodeo 10-11:30 at the American Red Cross, ages 6-12, Free event and Free helmets to first 100 kids! (309)677-7272

Village of the Lake in the Hills, Illinois June 2, 9, 23, 12-2pm, Bike Rodeo (FEE) Contact: (847) 960-7400

Eureka, Illinois – June 16 – Davenport Elementary 10am – Bike checks, Bike Rodeo, prizes for everyone (309)467-3789

Gary, Indiana – June 11 – Indiana University Northwest, 1-3pm, Free Bike Rodeo, prize drawing Contact: Mary Lee (219) 980-6702

Michigan City, Indiana – June 2- Kid's Bike Rodeo, Kessling Park in La Porte, 8am – Call 873-1506 ext. 302 for information

Gardner, KS – June 23, 2007 – 1-3 pm.– GEHS Parking Lot – Free event, ages 12 and under, reg. deadline June 15
<http://www.gardnerkansas.gov/parks/event-bikerodeo.php>

St. Paul, MN – Each Saturday from June 2-Aug. 25 – Bike with a ranger along the Mississippi – ages 5 and up; register in advance. (651) 293-0200 or www.nps.gov/miss

Minneapolis/St. Paul, MN – Mendakota Park, June 2, Bike Rodeo, petting zoo, fire truck rides, martial arts demonstrations (651) 452-1850

Omaha, Nebraska – May 20, 12-3pm, Chalco Hills – safety checks, Bike Rodeo, food and refreshments, drawings for great prizes, Free helmets for those that need them (while supplies last)

ALSO: June 2 – Bike Trail Ride Safety Rewards Day (various locations) – Get “caught” riding safe for rewards – <http://www.SafeNebraska.org>

Albuquerque, NM – June 9 – Bike Instruction for parents and kids 9-13. \$10 – Contact: Julie Luna (505) 265-9357 or jaluna@swcp.com

Albany, NY – June 20 – Bike Safety Day at Crossgates Mall, 4-7pm, Bike Rodeo, Free Helmet (518) 445-7510 or acba@albanycountybar.com

Cincinnati, OH – June 11 from 10-12, Bike Rodeo, lunch, 1 mile ride, ages 5-13. Contact: Officer Mel Wright 341-3535 or Officer Ryan Strange 341-3018

Eugene, OR – June 2 – Bike Day at Science Factory Children’s Museum, 12-4, \$4 for adults, call: (541) 682-7888 or go to www.sciencefactory.org

Pittsburg, PA – Fox Chapel School District Bike Rodeo, May 12, 10-12, Bring bike and helmet (helmets available at nominal cost), also instruction for adults in how to keep kids safe, register by May 11th. Contact: Alex Slezak, Rodeo Director at Alexander.Slezak@fcasd.edu. Info: <http://www.fcasd.edu/mambo/index.php>

Mesquite, TX - June 2 – 5 mile family fun ride starts at 8:10am – not recommended for children under 8, but mostly flat, with one rest stop. \$20 adults, \$10 kids. Free T-shirt for first 1500 riders, benefits Mesquite charities and scholarships. (972) 741-5900

Alleghany, VA – May 2007 – Kid’s Day and Bike Rodeo at Main St. Park, Covington, 10-2 pm – games, jumps, refreshments, ages 5-13, Contact: Peggy Redmon (540) 965-1770

Arlington, VA – June 3 – 7 mile family ride \$15 per person or \$30 per family before 5/31 – children 13 and under free. Bike and helmet rentals available – free city cycling class available. 10-12 Free Bike Rodeo for kids up to age 12. (202) 518-0524 or <http://www.bikearlington.com>

North Bend, WA – June 16 at North Bend Elementary from 10-2pm; Free Bike helmets while supplies last. Bring bike, helmet, gloves if you have them. Safety course, light maintenance (425) 888-4433 or www.ci.northbend.wa.us

Charleston, WV – May 19th – 12 noon, Bike Rodeo and Safety Course, Kid’s races, free T-shirt to first 100, www.iplayoutside.com (click on Sat. May 19 Tour de Lake event)

If you are looking for Bike rodeos, instruction, rides, camps, whatever, check online for your area(Just Google: bike rodeos, your location) – Parks departments, Chambers of Commerce, Bicycling clubs, State, county or regional Kid’s Safety departments or organizations – Check with your local librarian or in the local events page of your newspaper. Your city, county or state police departments often have bicycle safety information as well. Alice

PACK AND DEN ACTIVITIES

Pack Summertime Activities

Santa Clara County Council

Rally Night Preparations and Training

Pack Pool Party: See Webelos Aquanaut section for ideas.

Pack Campout

Campfire Program

Advancements:

Alice, CS RT Commissioner

Pioneer District, Golden Empire Council

Tiger Achievements:

- #2F While using a community map, find safe “wheels” routes
- #2G Visit a Police Station: get information on “wheels” and bike safety
- #4G Visit a radio or TV station – share with them some PSA ideas from web site:

Tiger Electives:

- #25 use one of the Cub Grub ideas
- #35 use one of the bicycle Game ideas
- #37 Bicycle Ride
- #38 Bicycle Repair and Maintenance

Wolf Achievements:

- #5e – Make a bike rack (see plans in packet)
- #9d – Practice good rules of street and road safety
- #9e – Know the rules of bike safety

Wolf Electives:

- #2 if your den puts on a skit about “Wheels” for the Pack Meeting
- #3a if you make something useful, like a key holder or hanger for bike helmet, pads
- #8b, c if you study and use some other useful “wheels”
- #12f if you make a poster about “wheel” safety or to advertise a Pack Bike Rodeo
- #18b with an adult, help plan and run a bike outing, bike rodeo, or helmet event
- #20f know skating safety rules and demonstrate the required skating skills
- #20o (partial credit) participate in an outdoor physical fitness activity involving “wheels”, such as a bike rodeo or bike ride
- #21b write a report, using a computer, about bike safety or helmet use

Bear Achievements:

- #3f or 3h – if the den participates in a flag ceremony for the Pack Meeting or a “wheels” event
- #10a use “wheels” for a day or evening trip

- #12d, e if you have an outdoor activity related to bikes, scooters, skates or skateboards
- #14a through g Ride Right! – all about bikes
- #17d use a computer to get information about wheels, wheel safety or to plan out a good route for safe “wheel” activities
- #18d, e Write an invitation to a “wheels” activity, or a thank you for helping
- #18f, g if you write about a family or den activity involving “wheels”
- #20c if you use at least two of the tools to make a repair to your “wheels”

Bear Electives:

- #7a With an adult’s help, make a scooter
- **#7b or #7c if you make a windmill or water wheel
- #18d help plan and lay out an obstacle race – use the ideas for a scooter course, or use ideas from the bicycle games and courses to lay out a bicycle course
- #20e outdoor skating or inline skating
- #23d make a map from your home to school or your den meeting – show safe routes for “wheels” such as a bike, skates, a scooter

Webelos Activity Badges:

Traveler make sure parents understand how this can be worked on while on Family Summer vacations and travel

Artist consider using “wheels” as your subject, or use scenes you see while on “wheels” as your subject

Athlete: #8 – Do a one mile bike ride, improving your time over a month’s time

Citizen: #14 – Laws of bike safety

Handyman: #6, #7, #8, #9 – Bike, skateboard maintenance and repair

Readyman: #9, #10 – Bike and “wheel sport” safety

Things To Do

Alice, CS RT Commissioner

Pioneer District, Golden Empire Council

- Visit a Bike Shop, Skateboard shop, or Sports Shop that handles scooters and skates. Call ahead to make sure they know you want the boys to learn about safety
- Invite a Bicycle Police Officer to come and talk to the den or pack.
- Check online or with your librarian for bicycling or wheel sports clubs – they may be able to help with a Rodeo or Safety Check Event
- Sponsor a bike, or skateboard, or scooter check – have tools and experts available to make sure “wheels” are in good repair and adjusted properly for each boy.
- Have a demonstration of how to maintain and repair bikes – let each boy try every skill so he can take care of his own bike.
- Go on a Den or Pack Cub/Parent Bike Ride – safety check gear first!
- Sponsor a Bike Rodeo at your sponsoring organization of nearby school or church. Check with AAA, police department or local bike clubs for help.

- Share facts about wheel safety with parents, including online games that will help develop safety awareness.
- Have each boy and his parents sign a contract that helmets and other gear will ALWAYS be worn and rules of safety observed.
- Check for local helmet sources – often, there are low-cost or even free helmets available
- Have a Helmet Safety contest – use plastic or real eggs (Real ones are better), various packaging materials, and each boy builds a “helmet” - have a contest to see if any of them keep the egg from breaking when dropped from adult shoulder height. Just think – that egg could be your brain in a “wheels” accident! More details at <http://www.classroom.com>
- Have a service project to clean up a local trail so it will be safer for “Wheels”
- Make a brochure of favorite places to ride “wheels”, with map directions, phone numbers, contact information – share it with others at Roundtable
- Have a Bike Rodeo on a String: See pg. “8 JUN 07” of Program Helps
(You could even do this several times during the month to help the boys develop skills - the various moves help boys to develop control of the bike while peddling or coasting, improve their balance, and learn how to make emergency stops and maneuvers – these are skills they need to have ingrained so they can use them without hesitation when needed)
- Lay out an obstacle course for scooters, or bicycles to use. If it’s a Pack activity, let each den have a certain portion of the course to lay out. Adult judges make sure of safety before everyone takes a turn going around the whole course.
- Learn about kids who always ride on wheels – in wheelchairs – or share a great website with a “wheeling” friend: <http://www.wowusa.com> go to kidsonline
- **Want a great service project?** Check out local groups who repair and paint bikes for kids who can’t afford them. Host a one-time event or turn it into a once a year, every year great Scouting Service Project! Go to kidswithoutwheels@bikesters.com or <http://www.bikes.msu.edu/advocacy/index.html> or just google “bikes for needy kids”

More Things To Do

Santa Clara County Council

Speakers –

- Invite a bicycle mechanic to come and talk with your den or pack. Or arrange to go visit with him or her.
- Arrange for a local mechanic to visit your den or visit his garage, perhaps he can show your den the safe way to change a tire, light bulb and to check the oil and transmission fluid.
- Invite someone from a bicycle club to review safety procedures

Field Trips

- Visit a local bicycle shop and talk with the mechanic to see if he will show you how to do a safety check upon your bike and perform minor adjustments.
- Visit an auto or truck dealership.
- Arrange a visit to a service station. Have the attendant explain the use of different types of equipment (jack, torque wrench, etc.). If possible have the attendant show them how to check oil level, check fluids and belts, check tire pressure, and change light bulbs. Organize a bike rodeo.
- Visit a train station
- Go to a roller rink

Activities

- Put on a bicycle rodeo for your pack or den.
- Have a clinic on the care and repair of bicycles. Set it up like a shop and have each boy bring his bike and do repairs, etc.

Scooter Safety

Consumer Product Safety Council

<http://www.cpsc.gov/>

Last year, over 40,000 people were taken to hospital emergency rooms in the U.S. because of injuries from riding scooters. Most of the injuries were to kids under 15!

Always Wear Safety Gear:

- * A Helmet
- * Elbow Pads
- * Knee Pads



Always Ride Your Scooter During the Daytime!

Always Ride Your Scooter On the Sidewalk Or Paved Off-Road Paths – Stay Away From Cars or Other Vehicles!

Stay Away From Sand, Gravel, Water and Dirt – Try to Keep Your Scooter on Smooth Surfaces.

Do you have a [Kash N'Gold Racer](#), a [Kent Kickin' Mini-Scooter](#), or an [Excite Super Speeder II or Viper](#)? If so, click on the website to get information about making your scooter safer.

For more info on Scooters and Skateboards –

Scooter and Skateboard Safety

Check out the Riley Hospital, Indianapolis, IN website for an excellent paper on Skateboard and Scooter Safety

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

Staying Safe on your Bike

Alice, CS RT Commissioner

Pioneer District, Golden Empire Council

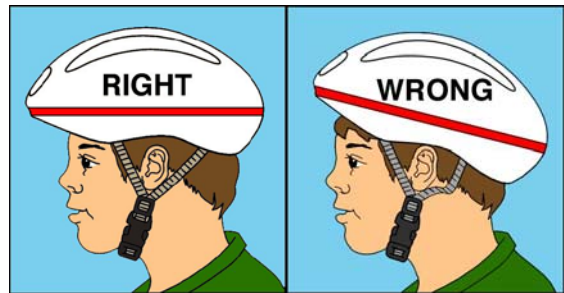
- ✓ Always wear your helmet!!!
- ✓ Check with your mom and dad – how far can you go? Are you supposed to stay on the sidewalk?
- ✓ Watch out for cars – even on the sidewalk, cars pull into and out of driveways!

- ✓ Walk your bike across the street – Use the Crosswalk!
- ✓ Don't ride alone, if possible.
- ✓ Use a bike path if you can – but remember to watch out for people walking, pushing strollers, other bikes – and call out when you're coming close to them.
- ✓ Watch out for puddles, bumps or rough surfaces, storm grates, gravel - these are things that can make you lose control

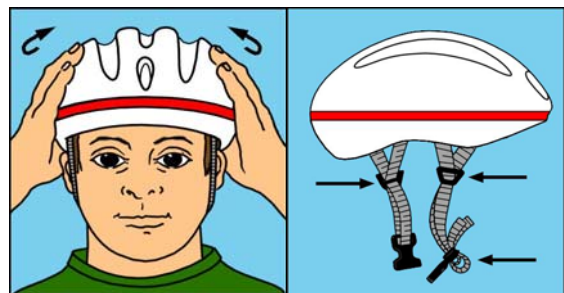
Helmets and Clothing

From: www.cpsc.gov

Do you know the correct way to wear a helmet?



Wear the helmet flat atop your head, not tilted back at an angle!



Make sure the helmet fits snugly and does not obstruct your field of vision. Make sure the chin strap fits securely and that the buckle stays fastened.

Check our [recall link](#) to make sure your bicycle helmet has not been recalled.

It makes sense to wear something brightly colored when you're biking.

Choose a color that makes you easy to see. If you're biking in the forest, don't wear green!

- ✓ Fluorescent green, yellow or orange are all great choices. If you're wearing these colors, other bikers, motorists and pedestrians will be able to see you better.
- ✓ Look for fabrics that are cool and lightweight. (You can really work up a sweat biking!) If it's cool outside, dress in layers. You can peel off clothing as you start to get warmer.
- ✓ For riding at night (which we don't recommend for anyone) you'll need clothing with retro-reflective materials sewn onto it. You'll also need one light source, like a headlamp.
- ✓ Make sure the straps of your bookbag, loose clothing or anything else isn't going to catch in the wheels of the bike, and cause you to lose control.
- ✓ Last but not least -- don't forget to wear your helmet!

What not to wear while you're biking.

- ✓ Headphones are a no-no! You won't be able to hear what's going on around you.
- ✓ Clothing that's too loose.
- ✓ Inappropriate shoes. (High-heels, Slippers, Bowling Shoes)
- ✓ Dark Clothes

The Melon Drop

Alice, CS RT Commissioner

Pioneer District, Golden Empire Council

Looking for a dramatic demo for your next group talk to kids? So was Dr. Hal Fenner of the Snell Foundation. He has tested various melons for dropping to the floor, one in a helmet and the other bare. Hal has concluded that the best melon is a not-too-ripe honeydew. Pumpkins can be better, but finding head-sized ones is difficult.

Take your helmets to the grocery to find the right size honeydew. Shaking the melon tells you which is ripe--you can hear the seeds rattle in a ripe honeydew, so avoid the noisy ones.

Draw smiley faces, or one smiley and one pfffft face on the melons. Hold the helmeted and unhelmeted melons out to your sides, one in each hand, and tip your hands toward the audience to drop them in unison. The unhelmeted honeydew will smash. Whee. The helmet on the other melon will last for three drops, then split on the fourth one, still preventing the melon from smashing.

Hal reports that the kids are impressed, and you have their attention right away.

Light Bulb Drop

Trapper Trails

To illustrate the effectiveness of a bicycle helmet, do the following:

Wrap a light bulb in plastic wrap and tape it in an old bicycle helmet. Drop the helmet from above your head onto a hard flat surface (such as a driveway or sidewalk). The light bulb will not break.

Next, take the light bulb out of the helmet and drop it on the sidewalk without the protection of the helmet. The bulb will shatter (the plastic wrap will prevent the glass from scattering everywhere).

Discuss with your child how the light bulb represents a head and how the helmet protects it from injury.

Do not use this helmet again for riding, although with only a light bulb inside it should last indefinitely for more demos. Be sure it is marked "demo only - not for riding." Do not use the shattered light bulb either! This demo was developed by Dane Luhrsen, founder of the now-defunct Ride Safe.

Summer Bike Safety

www.helmets.org

I'm going out for my first ride of the summer. Is there anything I need to do with my bicycle before I start?

Yes, and it will only take about ten minutes.

- First, clean the dust off of it. That helps you get back in touch with it, and remember anything you meant to do over the winter. While you are dusting, check for loose parts like saddle or handlebars. If your bike has quick

release levers on the wheels, make sure they are snugly closed. Check the tires for wear or dry rot.

- You always need to inflate your tires. Inflate them to the pressure molded into the side wall. Soft tires make the bike harder to pedal, and you'll have more flats.
- Lube the chain. Squeaky chains actually will break from excess internal friction. In the meantime, they rob you of some pedaling energy.
- Adjust your saddle if necessary. Saddle adjustment can be important for comfort and to avoid pressure in the wrong places, particularly on the first rides of summer.

What about equipment? What do I need for safety? A helmet, of course.

The helmet is the most important, yes. Make sure it is well adjusted, fits level, and won't slip around too much. In addition to that:

- Gloves protect your hands from chafing, and keep the skin intact if you crash.
- Bike shoes are good because they have rigid soles and spread the pedal pressure evenly. More of your energy gets to the pedal. Running shoes are fine for shorter rides.
- The top that you wear should have a close-fitting neckline. The ones that flop open or hang down are called "bee-catchers."

Anything special to do if I'm taking a child with me?

If you have children, review the basic safety rules with them while you are checking over their bike.

So we're all set to go. Any advice for that first ride?

Ride around the block to be sure your bike is ready. Plan an easy first outing to avoid dragging in to the office on Monday with sore muscles. If the weather is hot, drink plenty of water and take it easy for the first few rides until your body is acclimated to the heat. And use sunscreen to prevent burning.

Summer riding is great fun. It is one of the four best seasons to ride a bicycle.

Skating & Scooter Safety

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

In-line skating, skateboarding and scootering are great exercise for children -- and a lot of fun. However, as with any sport, there are ways for a child to get hurt. To help prevent injuries, have your child take lessons before playing on his own. Children need to know how to stop, slow down and avoid collisions. The International In-Line Skating Association offers the following helpful guidelines:

- ✓ Before skateboarding, skating or riding a scooter, parents should check equipment thoroughly for hazards such as loose, broken or cracked parts, slippery top surfaces and wheels with nicks and cracks.
- ✓ Always wear appropriate safety gear including a helmet, wrist guards, and elbow and knee pads. If wrist guards interfere with your child's ability to safely steer the scooter, he may want to leave one or both wrist guards off.
- ✓ Be sure protective gear fits properly and does not interfere with your child's movement, vision or hearing.

- ✓ Never ride in the street. Ride on smooth, paved surfaces free of traffic. Avoid streets or surfaces with water, sand, gravel or dirt.
- ✓ Do not skateboard, skate or ride a scooter at night.
- ✓ Limit skateboard, skate or scooter use to one person at a time.
- ✓ Never hitch a ride from a car, bus, truck, bicycle, etc.
- ✓ If a move seems risky, do not try it.
- ✓ Do complicated moves only in designated areas.
- ✓ Children ages 8 and younger should not use bikes, skateboards, skates or scooters without close adult supervision.
- ✓ Use caution when skateboarding, skating or riding a scooter downhill. If the hill is steep, step off and walk to the bottom of the hill.
- ✓ Use all of the protective equipment and pads appropriate for the activity.

Terrain Test

Trapper Trails

- ✓ Rough, uneven, or slick surfaces can cause many wheel activity accidents. To determine the best—and safest—surface to travel on, have students use the scientific method for this experiment.
- ✓ Spread aquarium gravel on the bottom of a large, flat tray to represent a rocky terrain.
- ✓ Give children a toy car and ask them to predict what will happen when it is rolled over the gravel.
- ✓ Have them write their observations.
- ✓ Repeat the experiment simulating a variety of terrain with materials such as sand, small sticks, and leaves.
- ✓ Finally, have children wipe the tray clean and roll the car across its smooth surface (representing pavement).
- ✓ Compare and discuss the results.
- ✓ Which type of terrain provides the best surface? Why?

Hands-On Signals

Trapper Trails

- ✓ Hand signals are used by bike-riders to communicate the intention to change direction or stop.
- ✓ Show children how to make these easy-to-learn signals with their left arms, as shown.
- ✓ Then have them practice using the signals as they move around your meeting room, your yard, or a local playground.
- ✓ You might even plan silent mystery walks to different locations, using only the signals to give directions to students along the way.

Signs For Safety

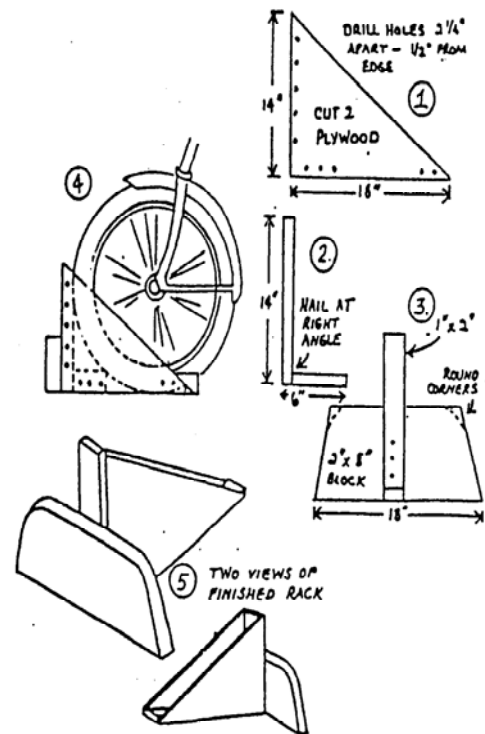
Trapper Trails

Help children recognize and comprehend safety words and symbols. Display and review common safety signs such as “Stop,” “Do Not Enter,” “One Way,” “Yield,” “Caution,” “Exit Only,” “Enter,” and the symbols for a traffic light, pedestrian crossing, railroad crossing, bike, roller blades, and skateboard. Also include the symbol for “No” (a circle divided by a diagonal bar). Have each of several small groups create a few of the reviewed signs. Have children glue craft sticks to the back of their signs for portability. Then tape paths on the floor of a large open area to create roads that intersect, merge, and end. Station children with the

appropriate signs at different locations along the roads. Invite the remaining students to take turns pretending to ride bikes on the roads. As they wheel along, ask them to read and obey the safety signs on their route. Rotate student roles so that each child has a turn holding a sign and walking the route.

Personal Bike Rack

Santa Clara County Council



Materials:

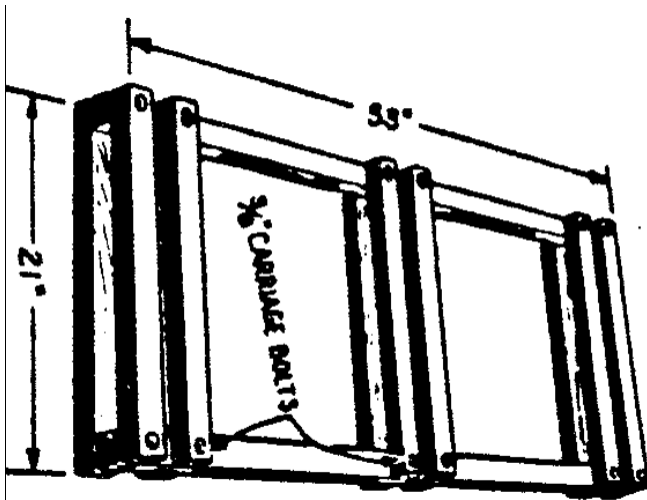
- One 14" x 18" piece of 1/2" plywood;
- One 1" x 2" x 2'; one 2" x 8" x 18"
- No. 6 flathead screws (1-1/4" long);
- Six-penny nails;
- Varnish or paint;
- White glue or powdered resin glue.

Directions:

1. Cut plywood triangles. Drill holes as show with a 5/32" drill bit. Paint or varnish the inside of plywood at this time. It will be difficult to do after rack is assembled.
2. Cut the 1" x 2" pieces. Nail the two longest pieces at right angles.
3. Cut the 2" x 8" piece. Attach the nailed 1"x2" with screws. Paint or varnish the 1" x 2" now. (Note the right angle is fastened to the 2" x 8" with screws from inside.)
4. Fasten the plywood triangles in place with screws through pre-drilled holes. Don't forget the small piece of 1" x 2" that joins the tips of the triangle.
5. Sand and complete paint or varnishing the piece.

Three Bike Rack

*Alice, CS RT Commissioner
Pioneer District, Golden Empire Council*



Materials

- 2" by 2" lumber
- 3/8" carriage bolts

Directions

- ✓ Cut 2x2's using measurements given on picture:
 - 2 pieces 53" long, and 12 pieces 21" long for a 3 bike rack, or
 - Half the length and 8 cross pieces for a 2 bike rack.
- ✓ Glue the crosspieces in place on the side pieces for stability,
- ✓ Make sure cross pieces and side pieces are square.
- ✓ They should be a tire width plus 1/8 inch apart.
- ✓ Then bolt the crosspieces thru the side pieces as shown, using carriage bolts. (Pre-drilling a starter hole to prevent splitting the wood is recommended)
- ✓ If rack will be on ground (dirt) bolts may protrude to help anchor rack
- ✓ If rack will be on pavement, make bolts flush on bottom.

Helmet Design Challenge

Trapper Trails

To set students' critical and creative thinking in motion, challenge them to design and draw a safety helmet for their preferred wheel activities.

Next, ask them to write about the safety features of their helmets and then share these ideas with the class.

Boo-Boo Graph

Trapper Trails

No matter how safe children are while they are wheeling around, cuts and bruises may still happen.

Create a graph with the headings "Bicycle," "Roller Blades," "Skateboard," and "Scooter." Poll your Cubs to find out how many have experienced a tumble or two from these activities.

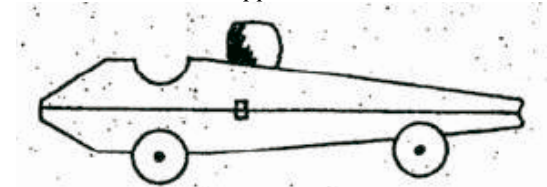
Have them affix an adhesive bandage in the column for each scrape received for each activity.

Then use the graph to compare the number of boo-boos per activity to determine which one involved the most mishaps, and to find the average number of boo-boos for all of the wheel activities.

Conclude by reviewing the basic care for minor injuries, such as cleaning cuts with soap and water, applying first-aid cream, and protecting them with an adhesive bandage.

Pinewood Car Slide

Trapper Trails



- Take apart a spring type clothespin
- Glue the flat sides together
- Cut two 1/4" thick slices off a 1/2" diameter dowel for wheels
- Glue wheels on side toward front and back
- Glue on a colored round bead for helmeted driver's head
- Attach ring on back – 1" length of 3/4" PVC pipe works well but choice is yours

This slide can be used for several Wolf and Bear Achievements

Racing Flag Slide

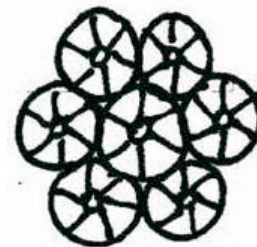
Trapper Trails



- Find some small (cupcake topper size) racing flags or make some from cardstock and attach to toothpicks
- Cut a tree cookie of appropriate diameter for your flags
- Hot glue the flags in place on the tree cookie
- Attach ring on back – 1" length of 3/4" PVC pipe works well but choice is yours

Macaroni Wheel Slide

Trapper Trails



- Using wheel shaped macaroni –
- Glue wheels together to forma bigger wheel
- Spray paint
- Attach ring on back – 1" length of 3/4" PVC pipe works well but choice is yours

Bicycle Safety Quiz*Santa Clara County Council*

See how well you know your bicycle safety facts by taking this quiz. Circle the letter for the answer you choose.

1. When approaching a stop sign, I should:
 - a) Look left and right and ride through the intersection without slowing down.
 - b) Slow down and then proceed through the intersection.
 - c) Come to a complete stop, check both directions and then proceed when it is safe.
2. When approaching an intersection with no stop sign or light, the best thing to do is:
 - a) Ride through quickly.
 - b) Slow down, look to the left and right, and watch for tuning vehicles.
 - c) Stop in the middle of the road to see what's coming.
3. When making a turn or stopping on the road, I should use hand signals:
 - a) When a big steamroller is approaching.
 - b) If Mom is watching.
 - c) Every time I turn or stop.
4. On two-way city streets as well as country roads, I should ride on the _____ side of the street.
 - a) Left – against traffic
 - b) Right – with traffic
 - c) Left or right, whichever is more convenient
5. When is it okay to carry another person on my bicycle?
 - a) Never.
 - b) If there's not much traffic.
 - c) If I stay on the sidewalk.
6. If I am late starting home after dark and my light doesn't work, I should
 - a) Walk my bike home on the sidewalk.
 - b) Ride on the left side of the street to see cars coming.
 - c) Ride on the right-hand side of the street.
7. Good ways to be seen at night are by:
 - a) Wearing light-colored clothing and reflective tape.
 - b) Using bright reflectors, red to the rearm white or amber to the side, and white to the front.
 - c) Both A and B.
8. The safest way to carry books or other gear on my bicycle is:
 - a) In pack on my back.
 - b) In a special carrier rack or basket.
 - c) In a bag in my hand.
9. Leaves on the roadway and painted center lines can be hazardous to cyclists because:
 - a) They distract your attention.
 - b) They become slippery when wet.
 - c) They may both be yellow-colored.
10. A good rule when riding in traffic is:
 - a) To listen as well as watch for cars.
 - b) To weave in and out of parked cars.
 - c) To yell at motorists who are in your way.
11. If I approach a crosswalk when riding my bike, I should:
 - a) Yell so pedestrians will get out of my way.
 - b) Stop so that pedestrians may cross.
 - c) Ride my bike up the curb to avoid hitting anybody.

12. When bicycling with a friend, we should always ride:
 - a) Single file.
 - b) Two abreast.
 - c) In no particular pattern.
13. When riding with a group it is best to:
 - a) Tie a rope to the first rider and hang on.
 - b) Ride a little to one side of the rider ahead and overlap wheels.
 - c) Ride a safe distance behind the rider ahead in a single file.

*Answers -**1c, 2b, 3c, 4b, 5a, 6a, 7c, 8b, 9b, 10a, 11b, 12a, 13c***True or False Safe Driving Quiz***Santa Clara County Council*

1. A bicycle should be driven on the right-hand side of a street or highway.
2. Bicycle drivers should obey all traffic signs and signals.
3. Stop signs are round in shape.
4. Pedestrians have the right-of-way on sidewalks and crosswalks.
5. Bicycles should be "walked" across busy streets.
6. The signal for a right turn is stretching the right arm straight out.
7. Driving a bicycle at night without a front light or rear reflector is unsafe.
8. It's safe for a bicycle driver to carry a passenger.
9. You don't have to stop at an intersection if there is no traffic.
10. Hitching a ride on another vehicle is safe if the driver is careful.
11. Bicycle drivers should give a hand signal before making a turn or stopping on the street.
12. It's safe to drive a bicycle that is in poor condition if you are a good driver.
13. If you're driving bicycles with friends, you should go single file.
14. Your chain should be loose enough to slip off easily.
15. It's okay to drive a bike in either direction on a one-way street.
16. If you live in the country, it's okay to drive on either side of the road.
17. Even a good driver should "walk" his bicycle through heavy traffic.
18. The faster you drive, the safer it is.
19. Bicycle drivers should stay at least three feet away from parked cars.
20. If you don't ride on busy streets, you don't need a horn or bell.

Answers –

- | | | | |
|----------|---------------------|---------------------|-----------|
| 1. True | 2. True | 3. False (See note) | 4. True |
| 5. True | 6. False (See note) | 7. True | 8. False |
| 9. False | 10. False | 11. True | 12. False |
| 13. True | 14. False | 15. False | 16. False |
| 17. True | 18. False | 19. True | 20. False |

#3 – Stop signs have 8 sides.

Railroad crossing signs are round.

#6 – For a right turn, it's extending the left arm with forearm raised and the palm of the hand facing forward.

GAMES

The next seven game ideas are from Utah National Parks Council, and are definitely Fun with A Purpose – each game helps develop bicycle skills!

1. Use Your Beanie:

Use chalk to draw a racetrack with a lane for each contestant. The course can be straight, wavy, circular or any combination, as long as the lanes are at least 6 feet wide and run parallel to each other. (School yards and church parking lots are ideal for this!) But staying on course is just part of the challenge in this contest. Riders must also balance a beanbag (or substitute a zip-top bag filled with rice in a pinch) on top of their helmets! First person across the finish line without losing his beanbag wins. For a greater challenge, see who can balance the tallest stack of beanbags.

2. Toe The Line:

Use the same course as above – but the twist is that each contestant must keep their front and back wheels on their own chalk lines at all times. Whoever gets the farthest first while staying on their lines wins – even if they don't get to the finish line!

3. Can It:

Set up a bunch of empty soda cans or 2-liter bottles to form a large circle on the ground. One at a time, boys take a turn pedaling around the circle. Anyone who knocks over a "marker" bottle or can is disqualified. Whoever finishes "clean" in the shortest time wins.

4. Tortoise Tango:

This is another variation of the slow race – the key to winning is to make like a tortoise and take it slow and steady. The aim is to finish LAST – a lot harder than it sounds! Use chalk to draw 3 foot wide parallel lanes spaced 10 feet apart on a paved surface. Length can vary, but 50 feet makes a good distance. Mark starting and finishing lines in both lanes. Riders must travel down their assigned path as slowly as possible, keeping their feet on the pedals at all times. Last one to cross the finish line without putting down their feet is the winner.

5. Pursuit Race:

This is a speed race. All riders line up around a circular course about three yards apart. On signal, they all ride in the same direction around the circle. The idea is for a rider to pass the rider in front of him. As a rider is passed, he is eliminated. The race continues until there is only one left. **Warning: Use this only if the boys are all about the same size and skill level, and if the race can be done without injury or argument!**

6. Obedience Test:

All players except one form a large circle at least 30 feet across, 6 feet from each other. The remaining player mounts his bike inside the circle and slowly rides toward one of the other boys. When he is about halfway across, the player he is riding towards calls out a command, such as "Turn right" or "Stop" The rider must give the proper signal and carry out the command. He continues to ride, carrying out commands given him by other boys,

until he has had five commands. Then he switches places with a boy in the circle. When everyone has had a chance to ride, total scores – the one with the fewest penalty points wins. Scores: one point against each time a rider who fails to signal, gives the wrong signal, or does the wrong action.

7. Potato Race:

Teams line up with their bikes in relay style. A box is placed on the starting line in front of each team. At 5 yard intervals or more in front of each team, mark four circles into which a potato or beanbag is placed before the game begins. On signal, the first player in each team rides out and picks up the potato in the first circle, returns to the starting line and puts it in the box. He then rides out for the second, third and fourth in the same way. When he has put each of the potatoes in the box, he passes off to the second player, who must return the potatoes, one at a time, to the circles. Continue until every member of the team has had a turn.

Tire Games

Santa Clara County Council

Tire Sprint: Racers line up with forward edge of tire at the starting line. On signal, they push tire forward and continue to push it across finish line. If necessary, establish lanes.

Roll for Distance: Each player rolls his tire separately and is entitled to run to gain speed and momentum but must stop at the stopping line while the tire rolls forward by itself.

Roll for Accuracy; Same as above, except tire is rolled at a target of 2 sticks set 3-4 feet apart and approximately 20 feet away.

Moving Target: Players take two turns rolling tire parallel to other players 15 – 20 feet away who try to throw balls or beanbags or broomsticks through the tire as it rolls by.

Tire Wrestling: Place two tires on the ground so they touch each other. One contestant stands in each tire. As the signal, they wrestle to throw or push their opponent out of his tire. The winner is the first to cause the other to fall or step out of his tire, provided he himself remains on his feet in his tire.

Tire Bowling: Bowl, using discarded tires in place of balls, with milk cartons or tin cans for bowling pins. Arrange "alley" on the ground with the bowling line 20 – 30 feet from the pins. Each bowler rolls two tires. Score as in bowling.

Tire Rolling Relay: Form teams and give the first player of each team a tire. Place a stake or chair opposite each team on the turning line. At the signal, the first player rolls his tire to the turning line, rolls it around the stake and back to the next player in line.

Through the Tire Relay: Establish a rolling line in front of the lines of dens. The first player of each team goes up to the rolling line with a tire. At signal he rolls his tire forward toward his team by giving it one shove. The players in turn then straddle-jump the tire. If the roller did not steer the tire exactly straight, the line must shift in order to be in line with their tire. If a player knocks the tire down in attempting to jump it, or if it falls over before he can jump it, he must recover the tire and give it to the player in front of him who rolls it for him and the rest of the team. The original roller then takes place at the front of the line. When the last man

has jumped the tire, he rolls it to the starting line, and the action is repeated until the original roller has rolled the tire back to the starting line.

More Tire Games

Trapper Trails

High Jump. Place one tire on the ground. Players line up and in turn start from a marked point and jump the tire. When all players have jumped another tire is added, and the jumping begins again. The one clearing the highest stack of tires is champion.

Broad Jump This is played the same as high jump except the tires are placed flat on the ground with tires added lengthwise until a winner is determined.

Tunnel Prop the tires together. Players, one at a time must crawl through without knocking down any tires.

Race: Each player places his tire at a marked starting line and at a given signal gives a strong push to his tire. The tire that goes the farthest without falling over determines the winner.

Frog Jump Players line up in front of a line of tires. At a signal, first player jumps frog-style into the first tire and then goes on to jump into the second tire. Second player jumps into the first tire, and so on down the line. Each must keep going to clear the path for the "frog" behind him.

Maze Run. Players take turns running into the maze. Place tires zig-zag. Players start and the first tire, runs to the second tire, then the third, and so on, without stopping. The fastest one to the finish without losing his balance wins.

Ball Goal Stack 3 or 4 tires evenly. Players line up 6 to 8 feet from tire stacks and take turns with a large ball. Count 1 for each goal made. The winning score is 10 points.

Tire Wars Players stand in a circle facing each other with their tires about 5 feet apart. At a given signal they shove their tires toward the center. Tires left standing determine the winners.

Knights Two players, using cardboard dowels from clothes hangers for swords, balance on tires with feet inside rim (feet must not touch the ground). Knights battle with swords to knock opponent off balance. First to do so is the winner.

Fun Relays

Santa Clara County Council

Whirling Wheels

Equipment: 1 beanbag per Den.

Arrange the Dens like the spokes of a wheel, facing in a clockwise direction with the Denner in the center.

A beanbag lies at the feet of each Denner

When the leader gives the starting signal, The Denner

Picks up his beanbag,

Runs down the line of his Den and

Runs in a clockwise direction around the wheel and

Back to the outside end of the Den.

The beanbag is then passed up the Den to the Cub now at the center.

This continues until all the Cubs have had a turn.

Stock Car Racing

Divide boys into teams. Each boy is given the name of a car and when that car is called, he must travel to the end of the area and back in the manner described. Here are some suggestions, feel free to choose other car brands and actions.

Rolls Royce: This never goes wrong – the Cub runs.

Austin: Has a flat tire – Cub hops.

Morris: Is stuck in reverse – Cub runs backwards.

Ford: Very old model, can only go slowly – the Cub walks.

Mini: Only small – the Cub runs, crouched down.

Stock Car – everyone runs.

Car Relay

Divide your boys into teams of 6 and have them each select the part of an automobile they will be. Then tell them how they will race.

Steering – gear is broken – walk zigzag.

Flat tire – Limp.

Gas Tank – water in tank two steps forward, one step back.

Transmission – Can't go forward – walks backward.

Battery – Dead – can't go at all (See Tow)

Tow – Pushes 5th player by placing both hands on player's waist.

Pop Stick Slap Shot

Trapper Trails

Equipment:

Per team - 1 miniature hockey net or facsimile; 1 ping pong ball;

Per player - 1 tongue depressor

Formation: relay.

- ✓ Divide the group into two teams.
- ✓ Place each net at the same end of the playing area.
- ✓ Each team lines up about six feet in front of its net.
- ✓ The first member of each team puts his tongue depressor in his mouth, gets down on his hands and knees and attempts to slap shot the ball into the net, using the tongue depressor.
- ✓ When he has scored, he takes the ball back to the starting line, tags the next player
- ✓ The next player then attempts to score
- ✓ The first team to have everyone score is the winner

Turtle Race:

Trapper Trails

- ✓ Each participant should have a properly fitting bicycle and helmet.
- ✓ Mark a course about 25 feet long.
- ✓ Ride as slowly as possible, keeping your balance on your bike.
- ✓ The one who crosses the finish line last, without putting a foot down on the course, is the winner.

Summer Games:*Trapper Trails*

Hit the Sun Divide the group into two teams. Teams sit on the floor facing each other, with legs extended and soles of feet touching the soles of the opposing player. Each player keeps his left hand behind his back. The leader throws a balloon into the center of the line. Players on both teams try to bat the balloon with their right hand so that it goes over the head of the opponents and lands on the floor behind. Score one point for each success.

Streets and Alleys (one of my favorites) This is an ideal game for an outdoor pack meeting. You need a Fox, a Hound, and a caller. The rest of the group is streets and alleys. The group forms several squares by having four or more lines standing facing north (streets) and four or more lines facing east (alleys). The Fox and the Hound start at opposite corners. When the caller calls "Streets," all the people facing north stand with their arms stretched horizontally. When "Alleys" is called, the "Streets" put their arms down by their sides and the "Alleys" put their arms up.

The object of the game is for the Hound to catch the Fox. The Fox and the Hound can only run through clear lines. They cannot run through someone's arms. It is best to call the game at a fairly fast pace. When the Hound has caught the Fox, they both choose the next Fox and hound. If the Hound doesn't catch the Fox after a reasonable amount of time, the Caller can stop the game and call up two more players to be the Fox and the Hound.

Soggy Jog You'll need a soft, grassy area to run on, a pair of loose-fitting sweatpants for each team, a large bucket of water to set between the teams, and a lawn chair, placed about 20 feet from the bucket. At the starting signal, the first boy in each line dunks his team's sweatpants into the water, puts them on, and then runs around the chair and back to the starting line. There he peels off the sweatpants (like a banana) and gives them to the next runner to dunk and don (inside out or right side out makes no difference), and so on. The first team whose members have all completed the task wins.

Pinaqua

Materials needed: Medium-sized trash bag, water, rope, tree limb, bandanna or scarf, broom

Using your backyard hose, fill a medium-sized plastic trash bag with one to two gallons of water. Knot the top of the bag. Tie one end of the rope tightly beneath the knot. Toss the free end of the rope over a tree branch and either tie it securely or have an adult stand by to raise and lower the pinaqua. To play, each child takes a turn being blindfolded, spun around three times, and then taking three whacks at the pinaqua with the broom. The winner is the one who manages to break the bag and unleash the tidal wave.

CUB GRUB**The Jell-O Brain***Alice and CD*

Only your imagination limits you in the use of the famous Jell-O brain mold, a mold that you fill with gray or pink Jell-O to make a model of the brain. If you search for these on google you will get a lot of hits. I found them from \$6.95 to \$14.95 before I stopped looking and ordered some. Who could resist. Some sites even have recipes for making brain colored Jell-O!!!

Make one and use it for demonstration about how fragile your brain is. Then have a snack!

Cookie Wheels*Alice, CS RT Commissioner**Pioneer District, Golden Empire Council***Ingredients:**

- 1-1/2 cups all purpose flour,
- 1/2 cup of softened butter or margarine,
- 1/4 cup of powdered sugar,
- 1/2 teaspoon baking powder,
- 1 Tablespoon of milk,
- 1 cup of pie filling or jam (your choice of flavor)

Directions:

- ✓ Preheat the oven to 375 degrees.
- ✓ Mix the flour, margarine, sugar, baking powder and milk just enough milk to form a dough. *If more milk is needed, add it by teaspoonfuls only.*
- ✓ Divide the dough into 6 equal parts,
- ✓ Then shape into balls.
- ✓ Place on an ungreased cookie sheet; flatten slightly.
- ✓ Make an indentation 1-3/4 inches across and about 3/4 inch deep, in the center of each flattened ball.
- ✓ Now fill each indentation with about 2 Tablespoons of filling.
- ✓ Bake until edges begin to brown (20-25 minutes).
Makes 6 "Wheels"

Speedy Donuts*Trapper Trails***Ingredients**

- 1 pkg. ready to bake biscuits
- 1 c. oil
- Sugar & cinnamon

Directions

- ✓ Separate biscuits and
- ✓ Cut a hole in center (a two liter bottle cap works great) (or pull apart with fingers to form a ring).
- ✓ Drop in hot oil and turn to brown on both sides.
- ✓ Take out and toss in sugar and cinnamon mixture.
- ✓ They are ready to eat!!

Ice Cream "Lollipops"*Trapper Trails*

For each lollipop, use a scoop to shape ice cream into a ball. Roll in shredded chocolate, chopped nuts, toasted coconut, or crushed candy or cookies.
Insert Popsicle stick.
Store in covered container in freezer.

Homemade Bike Energy Bar*Trapper Trails***Ingredients**

- 1/4 cup butter, melted or oil
- 8 large egg whites, beaten
- 3/4 cup whole-wheat flour
- 1/4 cup wheat germ
- 1/2 teaspoon baking powder
- 1/2 cup nonfat dry milk powder
- 3/4 cup rolled oats
- 1 teaspoon salt
- 3/4 cup brown sugar
- 2 cups chopped dried fruit
- 2 1/2 cups nuts, chopped
- 3/4 cup chocolate chips (optional)
- 1/4 cup sesame seeds

Directions

- ✓ Preheat oven to 350 degrees.
- ✓ Grease a 9x13 pan.
- ✓ Beat together eggs and oil.
- ✓ Sift together dry ingredients except fruit.
- ✓ Add flour to eggs, combine,
- ✓ Then stir in fruit, nuts, and chips.
- ✓ Spread evenly in pan,
- ✓ Bake 30 minutes; they are still soft when done.
- ✓ Cool, cut into 24 pieces, wrap in foil and freeze.

Frozen Wheels*Trapper Trails***Ingredients**

- Chocolate chip cookies
- Chocolate or vanilla ice cream, softened
- Colored sprinkles or mini chocolate chips

Directions

Create a wheel by sandwiching ice cream between two cookies.

Roll the edges of the "wheel" in colored sprinkles or mini chocolate chips.

Freeze until ready to eat.

Zesty Appetizer Wheels*Trapper Trails***Ingredients**

- 12 slices hard salami
- 1 (8 ounce) can crescent rolls
- 6 tablespoons grated parmesan cheese
- 2 teaspoons Italian seasoning

Directions

1. Preheat oven to 350°F.
2. Open the dough to 2 rectangles, press the perforation to seal.
3. Sprinkle each rectangle with 3 tbsp parmesan and 1 tsp Italian seasoning.
4. Lay 6 slices salami along the side of the rectangle.
5. Roll the dough up and pinch the ends.
6. Cut each roll into 8 slices.
7. Place on cookie sheet and bake for 13 min or until golden brown.
8. You can substitute 24 pepperoni for 12 salami slices.

SUNNY SODA*Trapper Trails***Ingredients**

- orange sherbet or vanilla ice cream
- orange soda

Directions

Scoop orange sherbet or vanilla ice cream into a tall glass. Top with orange soda.

Hamburger Surprise*Trapper Trails***Ingredients**

- Vanilla wafers (buns)
- Small York Peppermint Patties (burgers)
- Green coconut (lettuce)
- White frosting, colored yellow and red (ketchup and mustard)

Directions

- ✓ Place York Peppermint Patty on vanilla wafer.
- ✓ Frost with "mustard," "ketchup," and top with "lettuce."
- ✓ Place 2nd wafer on top, squeeze gently for a JUICY hamburger surprise.

Sun-Baked S'mores*Trapper Trails***Ingredients**

- Graham crackers
- Large marshmallows
- Chocolate bars
- Aluminum foil

Directions

- ✓ Put large marshmallow on each of two cracker squares.
- ✓ Place a section of chocolate bar on each marshmallow.
- ✓ Cover with a second cracker.
- ✓ Wrap entire thing in aluminum foil.
- ✓ Place in a sunny spot for 1/2 hour or until melted.
- ✓ Unwrap and eat.

Swirling Wheels Pizza Appetizers*Santa Clara County Council*

These are similar to meat-filled calzones.

Ingredients:

- 1 (10 ounce) can refrigerated pizza crust dough
- 1/4 lb. each thinly sliced Genoa salami, pepperoni
- sausage, provolone cheese
- 1/2 cup shredded mozzarella cheese

Directions:

- ✓ Preheat oven to 350°F (175°C).
- ✓ Lightly grease a large baking sheet.
- ✓ Roll pizza crust dough into an approximately 10x14" rectangle on the baking sheet.
- ✓ Layer with Genoa salami, pepperoni and provolone cheese.
- ✓ Sprinkle with mozzarella cheese to within 1/2" of dough edge.
- ✓ Roll jelly roll style.
- ✓ Seal the edge with a fork.
- ✓ Bake in the preheated oven 25 minutes, or until golden brown.
- ✓ Slice into 1" pieces to serve.
- ✓ Original recipe yield: 5 servings.

Flying Wheels*Santa Clara County Council**Hearty cookie with oats, coconut and wheat flakes cereal.**Great for a snack.***Ingredients:**

- 1 cup shortening
- ½ teaspoon baking powder
- 1 cup white sugar
- ½ teaspoon salt
- 1 cup brown sugar
- 2 cups rolled oats
- 2 eggs
- 2 cups whole wheat flake cereal
- 1 teaspoon vanilla extract
- 1 cup flaked coconut

Directions:

- ✓ Preheat oven to 350°F (175°C).
- ✓ Grease cookie sheets.
- ✓ In a large bowl, cream together the shortening, white sugar and brown sugar until smooth.
- ✓ Beat in the eggs one at a time,
- ✓ Then stir in the vanilla.
- ✓ Combine the baking powder, baking soda and oats;
- ✓ Stir into the sugar mixture.
- ✓ Fold in the wheat cereal and coconut.
- ✓ Drop dough by teaspoonfuls onto the prepared cookie sheets.
- ✓ Flatten slightly with a fork.
- ✓ Bake for 10 to 12 minutes in the preheated oven, or until light brown.
- ✓ Original recipe yield: 3 dozen.

Apple Half Rounds*Santa Clara County Council**Short Cut - try using chunky applesauce in place of apples.**Or go wild with fruit preserves!***Ingredients:**

- 1/3 cup sour cream
- 1 tablespoon brown sugar
- ¾ cup butter
- 1½ cups all-purpose flour
- 1 egg yolk, beaten
- 1 teaspoon apple pie spice
- ¼ cup raisins
- ¼ cup white sugar
- 1 teaspoon vanilla extract
- 2 apples - peeled, cored and chopped

Directions:

- ✓ Stir together to blend sour cream, egg yolk and vanilla extract.
- ✓ In a large bowl stir together flour and sugar.
- ✓ Cut in ¾ cup butter or margarine until like coarse crumbs.
- ✓ Mix in sour cream mixture until well blended.
- ✓ Divide dough in half and chill until easy to handle (3 hours or so).

To Make Filling:

- ✓ In small saucepan, melt the 1 tablespoon margarine.
- ✓ Add apples, raisins, brown sugar and apple spice and cook,

- ✓ Stir occasionally, until apples are fork tender.
- ✓ Remove excess liquid and cool.

To Assemble Pastry

- ✓ Roll each piece of dough to about 1/8" thickness and cut with 2½" round cookie cutter.
- ✓ Place rounds ½" apart on ungreased cookie sheet.
- ✓ Place (skimpy) teaspoon of filling on each round and fold in half.
- ✓ Seal edges with fork.
- ✓ Bake at 350°F (175°C) for 10 to 12 minutes or until light brown.
- ✓ Remove and cool.
- ✓ Drizzle with lemon sugar icing made with ½ cup powdered sugar, 1 teaspoon lemon juice (fresh) and 1 tablespoon water.
- ✓ Mix to drizzling consistency.
- ✓ If too thick, add a little more water, if too thin, a little more confectioners' sugar.
- ✓ Original recipe yield: 4 dozen.

Big Wheels*Santa Clara County Council***Ingredients:**

- Tart Apples
- Butter/Margarine
- Brown sugar

Directions:

- ✓ Core the apples, peel only if the skin is tough.
- ✓ Slice into 1/2 inch thick rings.
- ✓ Sauté in butter until barely tender.
- ✓ Turn over and cook until tender.
- ✓ Sprinkle brown sugar and cover until sugar melts.

Road Course Obstacles*Santa Clara County Council***Ingredients:**

- 1 Cup sugar
- 1/4 cup margarine
- 1/4 cup milk
- 1 1/2 cups quick oatmeal
- 1/4 cup chopped nuts
- 2 1/2 tablespoons creamy peanut butter
- 1/2 teaspoon vanilla

Directions:

- ✓ Combine sugar, margarine and milk in sauce pan,
- ✓ Boil 1 minute. Pour hot mixture over oatmeal and peanut butter.
- ✓ Add nuts and vanilla.
- ✓ Mix, drop by teaspoon onto wax paper.
- ✓ Let cool until firm.

WEBELOS

Your Bears became Webelos on June 1 – have you set up to get them to Webelos Resident Camp??

HANDYMAN OUTDOORS GROUP

Baltimore Area Council

Scouts learn how to make minor repairs at home and around the garage. They also learn how to take care of tools and their proper use. Handyman is part of the Technology group of Activity Badges.

Objectives

To acquaint Webelos with odd jobs that they could do to help out around their homes. To help Webelos learn the proper care and storage of tools. To make Webelos aware of the importance of the proper storage of household chemicals.

NOTE – Normally I would have bicycle stuff in the section for this Activity Award but I figured there was enough bicycle stuff throughout Baloo this month. CD

Where to Go and What to Do

- ✘ Have a clinic on the care and repair of bicycles. Set it up like a shop and have each boy bring his bike and do repairs, etc. Demonstrate different ways to mark tools for ownership identification.
- ✘ Hold a nail-hammering contest. See who can hammer a nail in the fewest number of strokes.
- ✘ Visit a good home workshop and have the owner explain the use, storage and care of tools.
- ✘ Arrange a visit to a service/repair station. Have a mechanic explain the use of different types of equipment. He may show how to check oil levels, fluids and belts, tire pressure, and change light bulbs in a car.
- ✘ Organize a pack car wash.
- ✘ Organize a pack bike rodeo

Handyman Hints

- ◆ Place Dad's old sock over shoes when painting.
- ◆ For plugged drains, mix 1 cup salt and 1 cup baking soda and pour down drain. Follow with kettle of boiling water.
- ◆ To seal a tiny leak in a plastic garden hose, touch the hole lightly with the tip of a Phillips head screwdriver that has been heated over a flame. The plastic will melt enough to plug the hole.
- ◆ Weeding is less tedious with the right tool. A claw hammer will pull out weeds by the clump. An apple corer is also an excellent weeder- it doesn't disturb the roots of adjacent plants

Handyman Relay

Have other adults help you with the different stations for this relay. Time the boys, but emphasize that safety counts more than speed.

1. Check oil level on car. Place clean rag on car hood, have boys open hood, check oil close hood, tell result, and place rag in box.
2. Check tire pressure. Have boy open front car door, take pressure gauge out of glove box, find correct pressure on edge of car door, close door, take tire pressure, tell result, open car door, replace gauge in glove compartment, close door.
3. Adjust seat on bicycle. Have bike seat too high. Have boy choose from 3 different tools the one he needs to loosen the saddle clamp bolt. Have him wiggle saddle until it is at a proper height for him. Then he tightens the clamp bolt and returns the tool.
4. Replace light bulb in a lamp. Have a lamp set up at a station with an old burned-out light bulb. Have boy unplug lamp, screw out bulb, place bulb gently in a paper sack, look at lamp socket for proper wattage, choose correct wattage bulb from box of assorted new bulbs, screw new bulb into socket, plug in lamp, turn on lamp, and turn off lamp.
5. Mark and properly store hand tools. Have a pegboard, toolbox, or piece of poster board with the outlines of the tools drawn on it. Set out several of the hand tools in a pile. Have boys use some red plastic tape (Available at grocery, hardware stores) to wrap around handle of a tool that hasn't been marked yet. Then he sorts tools and places them neatly in their proper storage place.

Handyman Scavenger Hunt

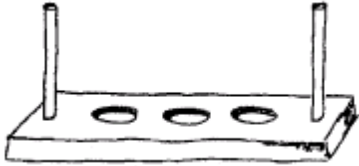
In a boy's home or meeting place, hunt for the following items or create your own list. Boys should be accompanied by a leader or parent. They should not gather the items but instead, have the boys write down the location of each.

| | | |
|---------------------|--------------------------|-----------------|
| Pruning shears | Gasoline can | Pliers |
| Screwdriver | Old rags | Aluminum cans |
| Tire changing tools | Edge trimmer | Oil can |
| Hammer | Air pump | Old newspapers |
| Tire pressure gauge | Lawn mower | File |
| Auto jack and stand | Nails | Crescent Wrench |
| Tire tube | Window cleaning solution | |

After the locations for these tools are recorded, go over the list and see if any of the items are not stored in the proper locations. For example, are there old rags stored on top or next to the gas can in a closed cabinet? Are the pruning shears lying on the floor where young children may be able to "play" with them? Also check the tools for cleanliness and sharpness. These factors influence their serviceability.

Super Can Crusher**Supplies::**

Two 2 x 4s 18" long,
2½" hole saw,
2 pieces of PVC, 1" in diameter 18" long,
1" spade bit.



1. With the spade bit, drill one hole in each end of the 2 x 4s. Drill completely through one board and only 2/3rds of the way through the other. The latter will be the bottom board. The PVC pipes should slide freely through the top board, so sand the holes accordingly.
2. With the hole saw, cut holes in the inside faces of the boards (bottom of the top piece top of the bottom piece) about 2½" across. These should not be cut all the way through the boards. these will hold the cans.
3. Assemble the crusher, putting the bottom piece on the ground and the sliding pipes into place. Put three cans into the holes on the bottom. Slide the top board in place, hold tight to the pipes and jump on the board to crush the cans.

Pass Along Game

- ✓ Divide the den into two teams.
- ✓ Have two laundry bags of household items at the front of the teams.
- ✓ Place an empty grocery sack at the end.
- ✓ Begin by having the first boy pull out one item and pass it on.
- ✓ When the item is deposited into the grocery sack, the end boy yells, "Next."
- ✓ Continue until all items are passed.
- ✓ Let the boys think that the object of the game is to be the first to empty their laundry bag and fill the grocery sack.
- ✓ Take the bags away and give each boy a piece of paper.
- ✓ They have two minutes to write down what objects they remember passing.

Great Salt Lake Council

Requirement #13--Help take care of the lawn.

Children need to be physically big enough and mature enough to run a lawn mower.

Although a WEBELOS scout may not be ready to mow, he should know the safety rules:

1. Remove any young children from the area to be mowed.
2. Remove any objects from the lawn that could be expelled from mower.
3. Do not allow passengers on a lawn mower.
4. Proper clothing. (Long pants, tight-fitting clothing, eye protection, sneakers)
5. Make sure the mower blade is always sharp.
6. Do not mow while the grass is wet.
7. Never put gas in the tank when the engine is hot.
8. Never do any maintenance when the mower is running.

9. Keep away from the discharge area.
10. Keep hands and feet away from the rotating blade.

Here are some other ideas for completing this requirement:

- Edge the lawn with a hand edger.
- Pull weeds, like dandelions, from the lawn.
- Spread fertilizer.
- Mow a lawn as Den or Pack service project.
- Watch younger siblings while a parent mows the lawn.

Requirement #14--Arrange a storage area for hand tools or lawn and garden tools.

- Create a rust resistant storage for garden tools:
- Obtain a large bucket or tub.
- Fill the bucket or tub with sand.
- Mix oil into the sand – used motor oil works well.
- Stick metal part of tools into the sand for cleaning or storing.
- Wipe off tools when removing them from the sand.

Requirement #15--Clean and properly store hand tools or lawn and garden tools in their storage areas.

1. Clean off excess dirt.
2. Wash and dry the tool.
3. Clean any rust spots with steel wool.
4. Sharpen all tools (including shovels) with a cutting edge.
5. Rub oil into wooden handles.
6. Lubricate metal surfaces.

CAUTION HORSE**Materials needed:**

2 Pieces of wood 8 in x 2 ft
1 hinge
2-3 reflectors
Black and yellow paint

Directions

- ✓ Paint one side of a piece of wood yellow and black striped like caution tape.
- ✓ On the other piece of wood place the reflectors down the middle of the wood.
- ✓ Connect the two pieces of wood with the hinge.
- ✓ Store the horse in your car and use it in case of car trouble on the road.

SCREWDRIVER HOLDER**Materials needed:**

1 in x 2 in wood (cut to the length to hold all your screwdrivers)
2 small L shaped brackets

Directions

- ✓ Mark the wood every 2 inches.
- ✓ Drill holes big enough so that the tip of the screwdriver will fit through, but not the handle.
- ✓ Attach the brackets to the bottom edge of the wood, one on each end.
- ✓ Then attach the screwdriver holder to the wall.
- ✓ Add screwdrivers.

TRAVELER MENTAL SKILLS GROUP

Baltimore Area Council

The Traveler Activity Badge explores the preparation involved in taking a trip. Traveler is in the Mental Skills group of badges.

Objectives

To introduce Webelos to the excitement of traveling, to see new places and meet new people. To show Scouts some of the practical skills that are needed to get "there" successfully and efficiently so that when they are "there", they can have a rewarding experience. To have the Scouts practice planning in a fun way.

In earning this badge, Webelos Scouts will learn to read maps and timetables of buses, railroads, or airlines serving your area. They will learn the comparative costs of the different transportation. They will also learn how to use highway maps and plan trips. The two trips required for the badge are family trips, but there is no reason why all the den families can't go together on these trips as field trips. What the boys learn should help them in planning with their families for these trips.

Where to Go and What to Do

- ☞ Discuss timetables and how to read them
- ☞ Using maps and timetables, calculate the cost and speed of a trip to the same location by bus, train, and air
- ☞ Have contests locating specific destinations and how to get there, using maps and timetables.
- ☞ Identify the different symbols used on maps and know what they mean
- ☞ Make a car first aid kit
- ☞ Discuss the importance of good car safety-using seatbelts, not fighting, keeping inside the windows
- ☞ Learn how to pack a suitcase properly. Bring in stuff to pack for different trips and let them decide what they should take for the weather, how long of a trip, etc.
- ☞ Play some games that the boys can play while traveling, ask them what to bring to occupy them
- ☞ Make a travel logbook, including destinations, dates of trips, and activities
- ☞ Learn traffic sign shapes and what they mean
- ☞ Make a travel tool kit, discuss what should be in there for different types of weather, etc
- ☞ Visit a travel agency, airport, or rail line to see what goes on
- ☞ Ride on any public transportation
- ☞ Let the boys help plan the route for a field trip the den will take, decide what is needed for the trip

Games

Geography

Players are seated in a circle. First player names a geographical term- city, river, country, mountain, etc. Second person must give a place: River-Mississippi, Mountain-Everest, etc. Continue around the circle. The same word is not to be given twice. This could also be made into a relay race.

Plotting Your Route

Give each boy a state map. Tell them you are leaving this city and going to _____ (another city in the state), and have each boy plot the route. The object is to be the first to plot the most direct route to that point. After several attempts, have them plot an entire trip, with several designated stopovers.

I Pack My Suitcase



One boy starts the game by saying, "I'm going on a trip. I packed my suitcase, and I put in a _____." The next player says the same thing but first must repeat what the first boy said and then add his item. Each boy in turn repeats the entire thing and adds an item. If a boy is not able to repeat all previous items correctly he is out of the game. The game ends when only one boy is left.

Alphabet Eye-Spy

This is another touring game. When you reach the town or city limits start looking for objects. Start with the letters of the town name. Boys call them out. If the town is Lincoln, a boy might say, "Eye-spy a library for the first letter or a Ice rink for the second letter and so on. This can be played at a den meeting with objects that can be seen in the room.

Traveler Quiz

Let the boy try to answer these questions by using a world map. The correct answer is not usually the one I would guess.

- ✓ You are on a ship five miles from an entrance to the Panama Canal and sailing due west towards it. In what body of water is your ship?---Pacific
- ✓ Flying due south from Detroit, what foreign country do you reach first?---Canada
- ✓ Which is nearer Miami, California or Brazil?---California
- ✓ Which is farther north, Venice or Halifax?---Venice
- ✓ Which is farther south, Venice or Vladivostok?---Vladivostok
- ✓ Which is larger, Japan or Great Britain?---Japan
- ✓ What four states in the U.S.A. touch at one point?---Arizona, Colorado, New Mexico, and Utah
- ✓ Does a great circle from Tokyo to the Panama Canal pass east or west of San Francisco?---East

Find the Mystery City

Divide the den into two teams. Give each team captain a state highway map. Call out the names of various cities in the state and have the team locate them on the map. The first team to locate the city wins the round (win or lose, make sure both teams to the locate town before moving on the next). The team that locates the most towns first wins.

Packing a Suitcase

Provide a medium size suitcase and bring plenty of items to pack into it. Included in the items should be the necessities of any trip (extra clothes, toiletries, etc.). Be sure that you deliberately bring too much to fit into the suitcase so that the

Webelos are forced to select only what they cannot do without for the trip. Have the Webelos select items and practice packing the suitcase.

20 Questions

One person thinks of a person, place or thing for everyone else to identify. The rest of the family members may ask questions that can be answered "yes" or "no". If no one guesses after 20 questions have been asked, the person who thought of it has stumped the others and is declared the winner. Take turns presenting the mystery to be solved.

Find the Most

The point is to see who can count the most of something by the time you reach your destination or within a specified time limit. People choose different objects to count: green cars versus red cars, cows versus horses, pickup trucks versus trailer trucks, Chevrolets versus Fords, or the license plates of two nearby states.

Loco Location

A guessing game everyone in the car can play. "It" dreams up an unusual place to hide in the car (behind the rearview mirror, in the glove compartment, etc.). The "it" asks, "Where am I in the car?" Everyone guesses and "it" can answer only yes or no. If the guessers have a hard time, then "it" can give clues with "warm", "hot", "red hot", "freezing" etc. The first one to guess becomes "it".

Alphabet Game

Look for the letters of the alphabet in alphabetical order on road signs as you travel along and shout them out as you see them. The object is to see who can spot all the letters of the alphabet first.

Scrap Map

Make a map of your neighborhood. Use cancelled stamps to show the locations of mailboxes or post offices. Use washers to show where stop signs are. Use scraps as symbols for stoplights, houses, and fire hydrants. Use paper clips or pop tops to indicate stores.

Learn how to read a map. A legend is very important in helping someone read a map. It contains symbols used in the map and tells what they are. Make a legend in one of the corners of your map. Show the scraps used in the map, and tell what each means.

Geography

The first player begins by saying the name of a city, state, or country. Each person that follows must give a geographic name that begins with the last letter of the place immediately preceding. For example, the first person says "Chicago". The next person might say "Oklahoma", the next "Austria" and so on. No name can be used more than once. A player is out when he can't think of a suitable name. The last remaining player is the winner.

I'm Going on a Trip

The first player begins by saying "I'm going on a trip and I'm going to take -(fill in the blank; for example a suitcase)". The next person repeats the exact phrase and adds another item. Each player in turn repeats the phrase, including all the previous objects in order and then adding a new one. A player is out when he forgets an item or confuses the order. The last remaining player is the winner.

Count the Cows and Horses

Assign players equally to different sides of the road. Each player counts the number of cows and horses on his side of the road. The maximum number that can be counted for a single large herd is 10 (a single herd of 25 cows count only 10 points). The player to reach a pre-selected number (100 for example) is the winner. Variations to the game can be added. The player that passes a church or school on his side can double his points. A graveyard on your side takes away all of your points (the player on the opposite side must see the graveyard and announce that the other player(s) have just lost all his (their) points. White horses can count 10 points.

Car Passenger Code of Conduct

This code provides hints on how car passengers can get help making each trip a safe and pleasant one.

1 Help yourself by:

- Always wearing your seat belt
- Sitting down, so you won't be hurt if there is a sudden stop
- Keeping your hands away from the door handles, gear stick, ignition Key and the driver

2 Help the Driver by:

- Sitting down, so that you don't distract him
- Looking out for road signs
- Keeping the noise down.
- Help other passengers by:
 - Not teasing younger passengers
 - Not putting anything dangerous on the back ledge
 - Saving all litter until you get home; use litter bags

3 Help others on the road by:

- Staying in the car while it is moving (if you put your arms and head out of the window you could lose them)
- Not throwing things out the window
- Getting out of the car on the side away from the traffic

Car First Aid Kit

Place in a small box (small tackle box) the following items:

A roll of 2" gauze
 Cravat Bandage
 Sunburn Ointment
 Insect repellent
 Small Scissors
 Adhesive Tape
 First Aid Cream
 Candle
 Sterile gauze dressings (2" to 3" square)
 Soap
 Baking Soda
 Tweezers
 Various sizes of Band-Aids
 Jackknife
 2 - 3"X17" splints (1/4" thick)

Additional Supplies:

Flashlight
 Fire extinguisher

Flares or red flags
 Jack/Lug Wrench
 Tow chain or rope
 Games to keep young children occupied

Winter Supplies:

Small Shovel
 Extra pair of Gloves/Boots
 Sand or Cat litter
 Hat
 Chocaloate Bars

State Match Up

Match each of the states listed below with its state capitol.
 (Any number of states can be used). Be sure to include your home state!!

- | | |
|---------------|-------------------|
| 1. Utah | A. Helena |
| 2. Washington | B. Carson City |
| 3. California | C. Topeka |
| 4. Delaware | D. Santa Fe |
| 5. Montana | E. Atlanta |
| 6. Nevada | F. Olympia |
| 7. Kansas | G. Frankfort |
| 8. Georgia | H. Sacramento |
| 9. New Mexico | I. Dover |
| 10. Kentucky | J. Salt Lake City |

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

Been There, Seen That

- I am famous for making maple syrup.
- Mount Rushmore is one of my more popular tourist sites.
- Dorothy and Toto is a couple of my famous residents.
- I'm home to the Grand Canyon.
- The Rio Grande separates my southern border from Mexico.
- I am home to the Liberty Bell.
- I am home to Pikes Peak, one of the highest peaks in the Rockies.
- My nickname is the Golden State.
- I have one very large salty lake.
- Three of my major lakes are Lake Tahoe, Lake Mead and Lake Mohave.
- I am home to the Carlsbad Caverns.
- I'm famous for a horse derby and rolling green hills.
- The Chesapeake Bay divides much of my land area.
- I am home to over 10,000 lakes.
- I am spread over many islands.
- My name is from the Choctaw words "okla" & "homme".
- I am the largest state in land size.
- Most of Yellowstone National Park is in my Northern region.
- My nickname is the Sunshine State.
- I am surrounded by four Great Lakes.
- I'm home to the Ozarks, Gateway Arch and Silver Dollar City.
- The widest river in the USA shares my name.

Answers are towards the end of Baloo

**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

**Southern NJ Council
 Rock Around the Pack**

January 19, 2008
 Somewhere in South Jersey

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

WEB SITES

Here are three great sites with lots of safety, games, activities and other info -

Bicycle Helmet Safety Institute

<http://www.helmets.org/> or www.bhsi.org

Consumer product Safety Commission

www.cpsc.gov

National Highway Traffic Safety Administration

www.nhtsa.dot.gov

Bicycle Helmet Resource Kit

Capital health in Edmonton has ordering information for a Bicycle Helmet Resource Kit for demonstrating why they are good. Kit includes seen helmets = some damaged – to use as props. Also instruction for ordering egg helmets for demonstration egg drops. They come from Sweden!! <http://www.capitalhealth.ca/YourHealth>, first click on "B," the Bicycle Safety

Scooter and Skateboard Safety

Check out the Riley Hospital, Indianapolis, IN website for an excellent paper on Skateboard and Scooter Safety <http://www.rileyhospital.org/>

Alice, CS RT Commissioner

Pioneer District, Golden Empire Council

The NYS Department of State Office of Fire Prevention and Control has a [Fire Safety Page](#) with pictures of Hershey, a chocolate labrador retriever, who has been specially trained to find the cause of fires. They also have information, games and pictures related to fire safety.

[Vince & Larry's Safety City](#) located at the National Highway Traffic Safety Administration website. The games for groups were provided by agencies in Pennsylvania. Some of their laws are slightly different from ours in New York State.

If you live on a farm, you probably know these safety rules. If you plan to visit in a rural area, you may not be aware of the dangers on a farm. [Farm Safety 4 Just Kids](#) is an international, non-profit organization which works to prevent farm related injuries to children.

If you are going camping or picnicking, see the [Smokey the Bear](#) website from the US Forest Service. Remember, only you can prevent forest fires!

Here are some tips on protecting your [eyes](#) from Optima, Inc., an eye glass lens manufacturer.

The Florida Citizen Safety Center, [Children's Safety Center](#) provides safety tips from what to do after an accident to how to protect yourself in bad weather.

The Nemours Foundation provides a [Kids Health](#) site. They have information on all types of topics including not injuring yourself using the computer, how to deal with change and your feelings, health, safety, and games.

For older kids:

If you are interested in volunteer work or community service, you should check out the [American Red Cross Youth Page](#).

Information from the US Department of Transportation about sharing the road safely with commercial vehicles, including a quiz, coloring page and digital post cards you can send are available from the [No-Zone Safety Site](#).

[Vince and Larry's Safety City](#) -

<http://www.nhtsa.dot.gov/kids/>

Designed to teach kids about all types of traffic safety.

[The Otto Club](#) - <http://www.ottoclub.org>

Otto the Auto gives safety tips and games teaching kids about traffic safety and to always 'buckle up'

[Operation Lifesaver for Kids](#) - http://www.oli.org/for_kids

Teaches safety information for preventing accidents around trains, railway operations, and railroad tracks. Features the Look, Listen, and Live activity book and pages.

[No-Zone for Kids](#) - <http://www.nozone.org/kids/kids.asp>

Information from the US Department of Transportation about sharing the road safely with commercial vehicles, including a quiz, coloring page and digital post cards

[Hedgehogs](#) - <http://www.hedgehogs.gov.uk>

How to stay safe on the roads. Information about rollerblading, cycling, road signs, and traffic lights. Features screensavers, games, and quizzes.

[Arrive Alive](#) - <http://www.thinkroadsafety.gov.uk/arrivealive>

Learn safety tips for walking, crossing the road, rollerblading, cycling and riding in cars and buses. Includes UK road signs and road markings

[SASS - Stay Alert...Stay Safe](#) -

<http://www.sass.ca/kmenu.htm> Learn all about being safe in traffic and on the road. Play games, visit the clubhouse, go on a scavenger hunt, or read a safety booklet

[Snappy Safari](#) - <http://www.mnsafetycouncil.org/snappy>

Join Rivera for games, activities, and information about keeping kids safely buckled up in vehicles.

[Tex and Dot's Safety](#) -

<http://www.dot.state.tx.us/kidsonly/SafetyPg/Safety.htm>

School and neighborhood safety tips along with learning guide with pictures to traffic signs and signals

[Renault: Safety for All](#) - <http://www.safety-for-all.com/kids>

Teaches kids about safety on the road and at play with interactive Flash movies.

[Otto's World](#) - <http://www.aaa-calif.com/otto>

Learn and practice traffic safety habits, such as the importance of seat-belt use, crossing the street safely, playing away from traffic, and wearing a helmet when riding a bike.

[Railroad Safety Kids Korner](#) -

http://www.sddot.com/fpa/railroad/lifesave_kids.asp

Train safety quiz for kids teaching about being safe around trains and railroad tracks

[Traffic School For Kids](#) - <http://www.traffic-school-for-kids.com>

Emphasizes the importance of traffic safety and traffic laws. Includes quizzes and games.

[Ol Blue USA](#) -

<http://www.olblueusa.org/kidssafetycenter.html>

Nonprofit organization educating the USA on highway safety. Provides safety programs at community events, public schools, and truck shows. Includes coloring book pages, story book links, posters, and news

www.ots.ca.gov/kids.html kids can email in photo and person

safety ideas or experiences to become an OTS Safety Star, complete with certificate; also games, puzzles, word finds (even for the visually impaired), learning lab, safety spotlights – PSA's from California pro sports figures and links to other good sites

www.exploratorium.edu/cycling/wheel2.html the science of

the wheel, frames, materials, gears and aerodynamics of bicycles – interesting for adults, too!

The Computer Drop

Minnesota Safe Kids Coalition has a description of a computer drop, using a useless computer and explaining after the drop that it can probably be fixed, but it would be expensive and time-consuming. Sounds like a shocker!

www.mnsafetycouncil.org

This Handout was obtained from

Baloo's Bugle

A monthly newsletter for Scouters by Scouters

The original may be found at

www.usscouts.org

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ONE LAST THING

I Believe..

A Birth Certificate shows that we were born

A Death Certificate shows that we died

Pictures show that we lived!

- I Believe Have a seat . . . Relax . . . And read this slowly.
- I believe That just because two people argue, it doesn't mean they don't love each other. And just because they don't argue, it doesn't mean they do.
- I believe That we don't have to change friends if we understand that friends change.
- I believe That no matter how good a friend is, they're going to hurt you every once in a while and you must forgive them for that.
- I believe That true friendship continues to grow, even over the longest distance Same goes for true love.
- I believe That you can do something in an instant that will give you heartache for life.
- I believe That it's taking me a long time to become the person I want to be.
- I believe That you should always leave loved ones with loving words. It may be the last time you see them.
- I believe That you can keep going long after you think you can't.
- I believe That we are responsible for what we do, no matter how we feel.
- I believe That either you control your attitude or it controls you.
- I believe That heroes are the people who do what has to be done when it needs to be done, regardless of the consequences.
- I believe That money is a lousy way of keeping score.
- I believe That my best friend and I can do anything or nothing and have the best time.
- I believe That sometimes the people you expect to kick you when you're down, will be the ones to help you get back up.
- I believe That sometimes when I'm angry I have the right to be angry, but that doesn't give me the right to be cruel.
- I believe That maturity has more to do with what types of experiences you've had and what you've learned from them and less to do with how many birthdays you've celebrated.
- I believe That it isn't always enough to be forgiven by others. Sometimes you have to learn to forgive yourself.
- I believe That no matter how bad your heart is broken the world doesn't stop for your grief.
- I believe That our background and circumstances may have influenced who we are, but we are responsible for who we become.
- I believe That you shouldn't be so eager to find out a secret. It could change your life Forever.

- I believe Two people can look at the exact same thing and see something totally different.
- I believe That your life can be changed in a matter of hours by people who don't even know you.
- I believe That even when you think you have no more to give, when a friend cries out to you - you will find the strength to help.
- I believe That credentials on the wall do not make you a decent human being.
- I believe That the people you care about most in life are taken from you too soon.
- I believe That you should send this to all of the people that you believe in. I just did

What lies behind us and what lies before us are tiny matters compared to what lies within us

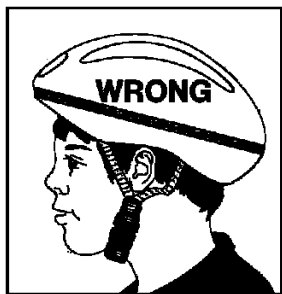
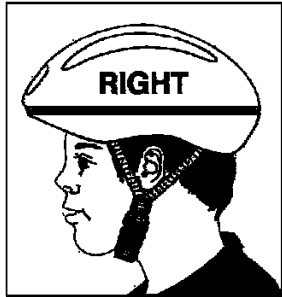
I can do all things through Christ which strengthens me-
Philippians 4:13

Answers to Been There, Seen That in Webelos Traveler

1. Vermont
2. South Dakota
3. Kansas
4. Arizona
5. Texas
6. Pennsylvania
7. Colorado
8. California
9. Utah
10. Nevada
11. New Mexico
12. Kentucky
13. Massachusetts
14. Minnesota
15. Hawaii
16. Oklahoma
17. Alaska
18. Wyoming
19. Florida
20. Michigan
21. Missouri
22. Mississippi

Protect Your Brain!
Wear a bike helmet

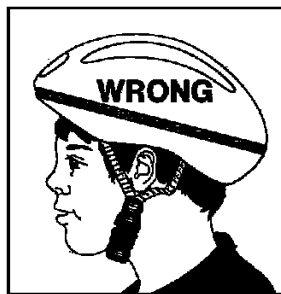
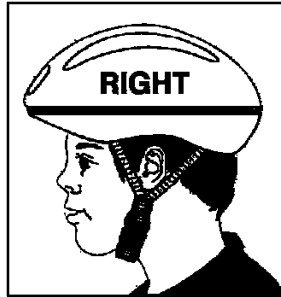
**Be sure
it fits!**



Bicycle Helmet
Safety Institute
www.helmets.org

Protect Your Brain!
Wear a bike helmet

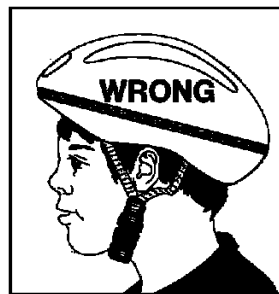
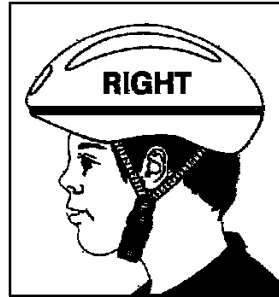
**Be sure
it fits!**



Bicycle Helmet
Safety Institute
www.helmets.org

Protect Your Brain!
Wear a bike helmet

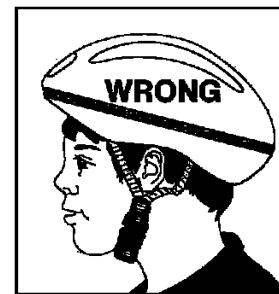
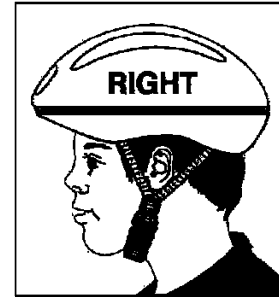
**Be sure
it fits!**



Bicycle Helmet
Safety Institute
www.helmets.org

Protect Your Brain!
Wear a bike helmet

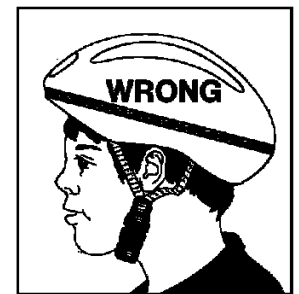
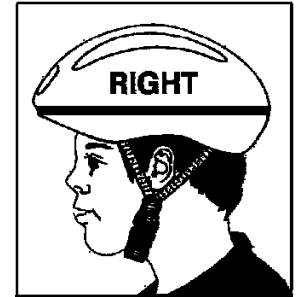
**Be sure
it fits!**



Bicycle Helmet
Safety Institute
www.helmets.org

Protect Your Brain!
Wear a bike helmet

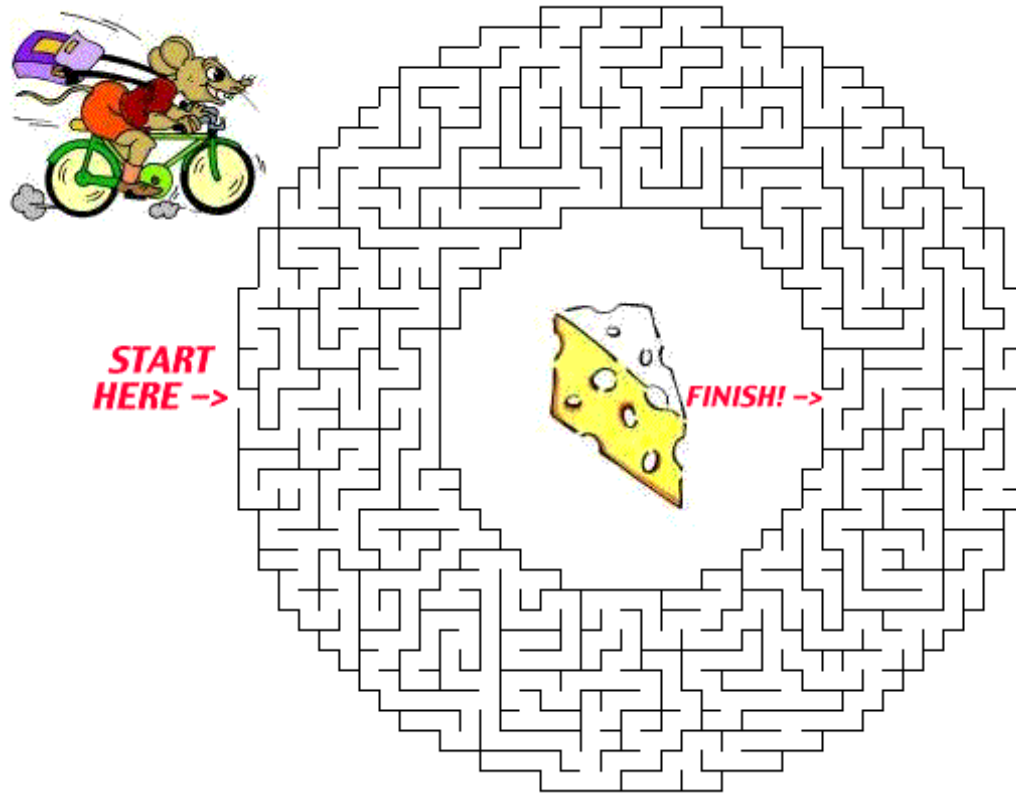
**Be sure
it fits!**



Bicycle Helmet
Safety Institute
www.helmets.org

Mouse on a Bike Maze
 Alice, CS RT Commissioner
 Pioneer District, Golden Empire Council

Can you help the mouse on a bike get to his cheese?



CHECK YOUR BIKE FOR SAFE OPERATION

SADDLE
 Adjust frequently for comfort and growth. Tighten saddle and seat post nuts securely, leaving at least 2½ inches of seat post down in the frame.

FENDERS
 Be sure they are undamaged and securely fastened.

COASTER BRAKES AND HAND BRAKES
 Check before your first ride. Must brake evenly every time, no slippage. The purchaser should periodically inspect and maintain brakes. The coaster brake arm must be securely fastened to the frame.

CHAIN
 Chain should be checked frequently for damage and stretch, and be readjusted if necessary. It should be lubricated frequently with light oil.

PEDALS
 This bicycle is equipped with reflectorized pedals for added safety in night riding. It is imperative that the shoulder of the pedal axle be securely tightened against the crank arm. If pedals become worn or damaged, replace them with reflectorized pedals.

BELL OR HORN
 Be sure it works properly, loud and clear.

LIGHTS AND REFLECTORS
 This bicycle is equipped with reflectorized pedals and other reflective materials. If these materials are damaged or lost, replace them immediately for your own safety. Lights and reflectors should be visible at dusk and at night; headlights from 500 feet, rear reflector from 300 feet. Be sure reflectors are state approved.

HANDLEBARS AND GRIPS
 Handlebar should be adjusted frequently for comfort and growth. Keep at least 2½ inches of handlebar stem down in the frame, then tighten it securely. Handlebar grips should fit snugly, and worn ones replaced.

TIRES
 Should be inspected frequently for wear and leaks. Remove imbedded stones, nails, glass, cinders, etc. Keep inflated to the correct pressure which is stamped on the sidewall of the tire.

WHEELS
 Should rotate smoothly without wobbling from side to side. If necessary, they should be realigned. Axle nuts should be kept tight.

SPOKES
 Replace broken ones promptly. Keep them tight.

HAVE YOUR BICYCLE INSPECTED TWICE A YEAR BY A COMPETENT PERSON

From
Santa Clara county Council
2007 Pow Wow Book

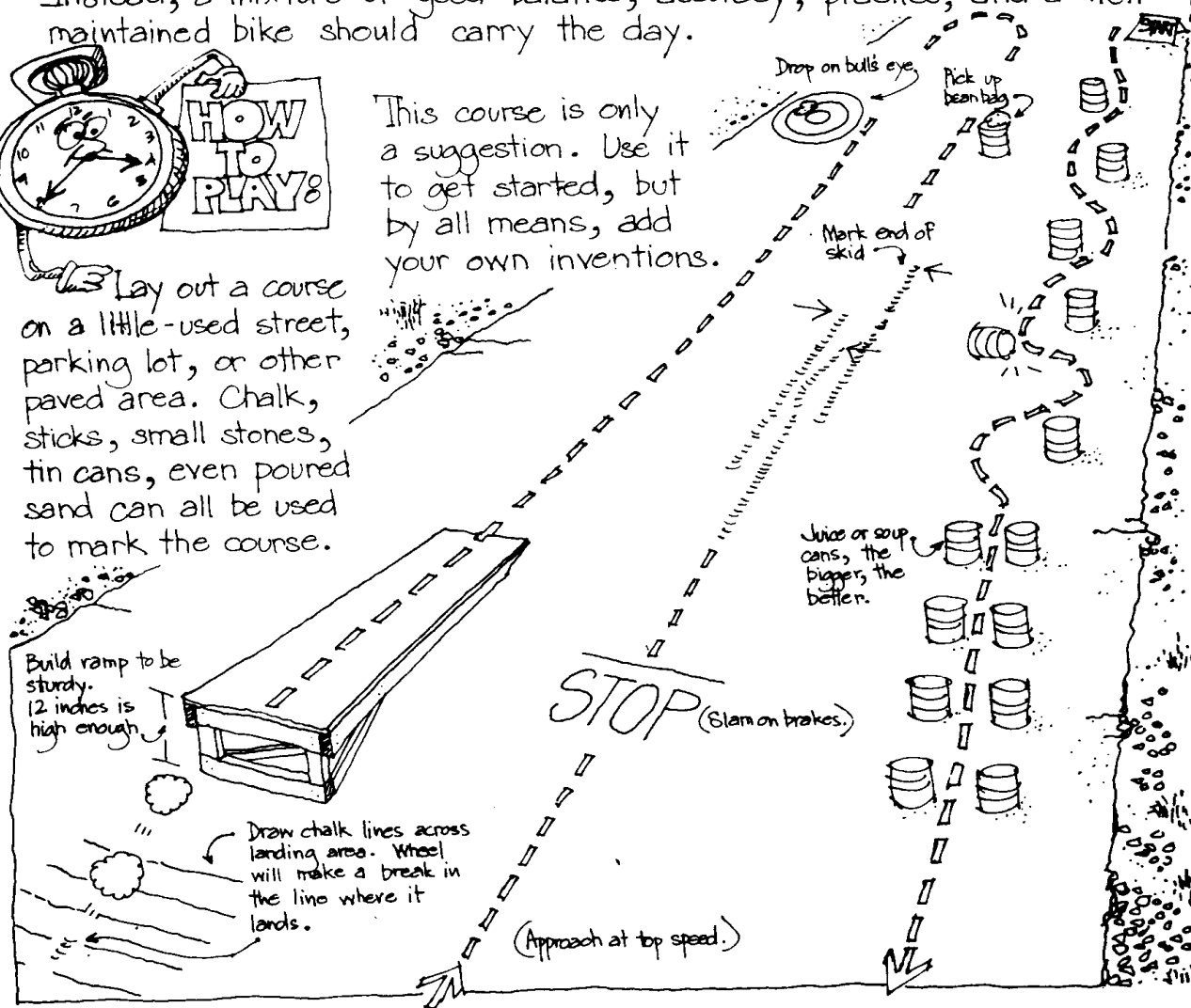
BICYCLE GYMKHANA

The word "gymkhana" comes from India by way of England, where it is used to describe an unusual kind of automobile race. Competition is against the clock, and a variety of driving skills are necessary to qualify with the best time. Here is a gymkhana adapted for bicycles. True to the tradition, speed alone will not give the best time. Instead, a mixture of good balance, accuracy, practice, and a well-maintained bike should carry the day.



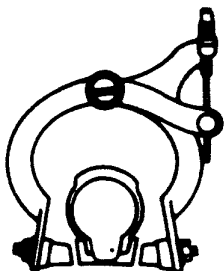
Lay out a course on a little-used street, parking lot, or other paved area. Chalk, sticks, small stones, tin cans, even poured sand can all be used to mark the course.

This course is only a suggestion. Use it to get started, but by all means, add your own inventions.

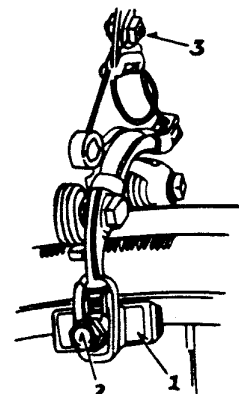
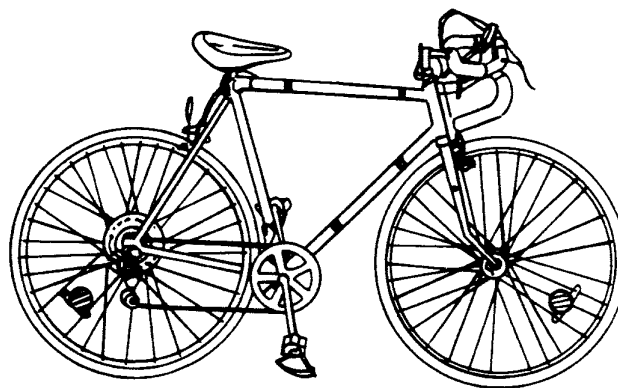


The "winner" is the player who completes the course in the least time... BUT for each can knocked over add 5 seconds. For the shortest stopping time subtract 10 seconds. For the longest jump subtract 10 seconds.

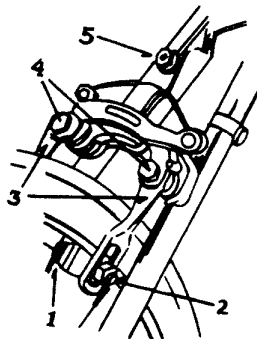
BICYCLE ADJUSTMENTS



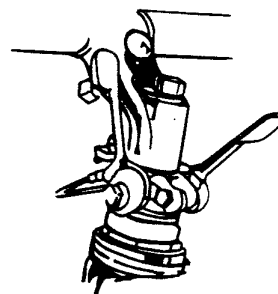
Check front caliper brake arms for freedom of movement. Lubricate bearing with a drop of oil. Wheels should run true and be centered. Check by spinning; adjust by loosening axle nuts slightly, and centering the wheel. Then tighten the nuts and double check. (Side-pull brake shown)



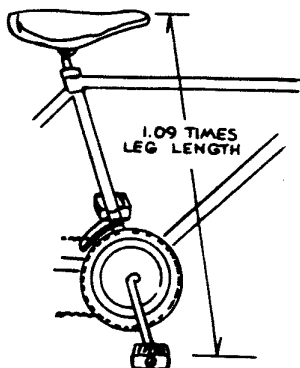
Front caliper brake pads (1) must be aligned with wheel rim. Make adjustments by loosening nut (2) (both sides). To adjust cable length, loosen the cable clamp bolt (3). Brake shoe clearance should be the same as the rear wheel. (Center-pull brake shown)



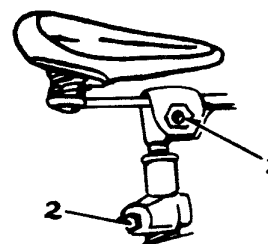
Rear caliper brake arms (3) should move freely. Check operation and put a drop of oil at each bearing (4). Brake shoes (1) must be aligned so they will bear against, and be parallel to, wheel rim; they also must not touch tire sides. Shoes may be adjusted by loosening the nut (2) on both sides of wheel. Brake pads must clear wheels by $\frac{1}{16}$ to $\frac{1}{8}$ inch when brakes are off. Adjust the cable length if necessary by loosening the cable clamp nut (5). (Center-pull brake shown)



Handlebars. Are the handlebars tight in the frame tube? Adjust until comfortable, as long as $2\frac{1}{2}$ inches of handlebar stem are inside frame tube.



Correct seat height should be 1.09 times your leg length—from crotch to heel. This is slightly more than your leg length.



Your bike saddle can be moved forward or back by loosening the seat-clamp bolt (1); up or down by loosening the seat-post clamp (2).