



# BALOO'S BUGLE



Volume 17, Number 9P

"Make no small plans. They have no magic to stir men's blood and probably will not themselves be realized." D. Burnham

April 2011 Cub Scout Roundtable

May 2011 Activities

## HEALTH & FITNESS

### May Ideas for Leaders, Pack Meetings, & Activities

#### CORE VALUES

*Cub Scout Roundtable Leaders' Guide*

The core value highlighted this month is:

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

#### COMMISSIONER'S CORNER

**"A boy is not a sitting-down animal."**

*Lord Robert Baden-Powell*

See Pack Admin column for word on Journey to Excellence and Good Turn for America. Looking for a volunteer to write up an article on these two topics. Good Turn for America has been rolled into the Journey to Excellence.

Have you done any Tour plans, yet?? BSA went back to paper from internet.

Last month I forgot about the special RT directed at campfires and did not put supporting material in Baloo. If you want some I have a series of files I mailed out to those who wrote and asked for help.

It has been another busy month here in Lake ... Oooooopss, that is Garrison's line not mine. I spent a weekend at National Camping School getting recertified for Webelos Resident camp Program Director. It was humbling - 50 plus over achieving fun loving Cub Scout leaders all in one place. All doing cheers, songs, and goofy Cub Scout stuff. I was honored to be asked to lead the campfire. But my usual stuff did not work. They knew all the tricks!!! Many thanks to Jane who introduced me to the group, exposing my secret identity of Commissioner Dave. It was great weekend and will keep me at the keyboard for a few more months.

Then the next weekend was Wood Badge staff. I am a Troop Guide this time. Sign up now for N5-334-11-1 (856-327-1700) if you want to do a spring course in New Jersey!!!

We have two new staffers -

Pat from Baltimore is on his second month doing the Special Opportunities

Felicia has started doing the Bear section.

I would like to get a Tiger and a Wolf coordinator, too!! Just drop me a note and I will explain it to you.

#### TABLE OF CONTENTS

*In many of the sections you will find subdivisions for the various topics covered in the den meetings*

CORE VALUES.....	1
COMMISSIONER'S CORNER.....	1
THOUGHTFUL ITEMS FOR SCOUTERS .....	2
Roundtable Prayer .....	2
Seeds of Health.....	2
Quotations .....	3
TRAINING TOPICS.....	4
Get Your Cubs OUTDOORS!! .....	4
DEN MEETING TOPICS .....	6
ROUNDTABLES.....	7
PACK ADMIN HELPS -.....	7
Journey to Excellence and Good Turn for America .....	7
Planning Campfires .....	8
LEADER RECOGNITION & INSTALLATION .....	9
Survival Kit for Leaders .....	9
SPECIAL OPPORTUNITIES .....	9
Nutrition Loop and Pin.....	9
Kickball Loop and Pin.....	10
Internet Scout Patch.....	10
Boys' Life Reading Contest for 2011 .....	10
Knot of the Month .....	11
PACK NIGHT IDEAS .....	11
GATHERING ACTIVITIES.....	11
OPENING CEREMONIES .....	12
AUDIENCE PARTICIPATIONS & STORIES .....	13
ADVANCEMENT CEREMONIES .....	15
SONGS.....	17
STUNTS AND APPLAUSES .....	18
APPLAUSES & CHEERS .....	18
RUN-ONS .....	18
JOKES & RIDDLES .....	18
SKITS.....	19

Follow Me & Get Fit..... 19  
 Doctor! Doctor!..... 19  
 GAMES .....20  
 CLOSING CEREMONIES.....22  
     Why Fitness? Closing ..... 22  
     Cubmaster’s Minutes ..... 23  
 CORE VALUE RELATED STUFF .....24  
     Connecting Health and Fitness with Outdoor Activities.. 24  
     Fun Facts About Fitness..... 24  
     More Health and Fitness Activities..... 25  
     May – a Month for Fitness & Health ..... 25  
     May 2011 is..... 26  
 PACK ACTIVITIES .....27  
 MORE GAMES AND ACTIVITIES.....27  
 CUB GRUB .....27  
 WEB SITES .....28  
 ONE LAST THING .....28

**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](mailto:bobwhitejonz@juno.com) or through the link to write Baloo on [www.usscouts.org](http://www.usscouts.org). CD*

**Roundtable Prayer**

*Scouter Jim, Bountiful UT*

Great Creator of Earth, Sky, Water, and all that are contained there-in, we thank thee for these. Bless us as we drink of the clear stream, breathe of the fresh air, and eat the healthful bounty from Thy great hand. . Help us to run without weariness, climb upward with strength, and use our healthy hands to lift and give comfort and aid to those of your creations we see in need. We thank thee for our Health and Fitness that allows us to do our best. Amen.

**Isaiah Chapter 40:Verses 28 - 31**

Isa 40:28 Hast thou not known? Hast thou not heard, that the everlasting God, the LORD, the Creator of the ends of the earth, fainteth not, neither is weary? there is no searching of his understanding.

Isa 40:29 He giveth power to the faint; and to them that have no might he increaseth strength.

Isa 40:30 Even the youths shall faint and be weary, and the young men shall utterly fall:

Isa 40:31 But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

*From the King James Version of the Bible in honor of its 400<sup>th</sup> Anniversary*

**Seeds of Health**

Scouter Jim, Bountiful UT

Many of the parents who read this will remember a milk carton full of potting soil coming home with one or more of their children, planted with a single pea seed. This was carefully placed in a sunny window where it was tended and watered.

Some may have had their Third Graders bring home a green and yellow pot from Bonnie Plants with a giant cabbage plant. This is a program beginning its ninth year where the Bonnie Plant Company donates cabbage plants to Third Grade classrooms in the United States.

As an avid Master Gardener, I enjoy knowing where my food comes from. There are no store bought tomatoes that can match those homegrown, freshly picked from the garden. I might have the comfort of knowing where my food comes from but there are many who do not know where their next meal is coming from.

Hunger is something that is unacceptable among Scouts and Scouters. “Scouting For Food” is an annual program many of us participate in. This effort gathers many thousands of pounds of food for the hungry and needy in our communities. But there is more we can do.

There is another problem among the youth of America. Too many young people are sedentary. They spend too much time spent inside sitting and too little time spent outside playing or working.

There is a fascination among children, for watching things grow. Even as an adult, I am amazed that the small tomato seed I plant in a pot and set out in my garden can yield many, many pounds of fruit when properly tended.

I have been taught from my youth that I should tithes my increase.

Will a man rob God? Yet ye have robbed me. But ye say, wherein have we robbed thee? In tithes and offerings. Ye are cursed with a curse: for ye have robbed me, even this whole nation. Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the Lord of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it.

And I will rebuke the devourer for your sakes, and he shall not destroy the fruits of your ground; neither shall your vine cast her fruit before the time in the field, saith the Lord of hosts. And all nations shall call you blessed: for ye shall be a delightsome land, saith the Lord of hosts.

*Malachi Chapter 3 Verses 8-12*

I was taught to give ten percent of what I have been given. For my garden, that means giving part of it away. I share with neighbors and others. I also like to try and take some of my increase to the neighborhood food pantry.

The Garden Writers Association sponsors a program they call “Plant a Row for the Hungry.” This program encourages individual and groups to start Plant a Row for the Hungry campaigns and share the harvest with others. This is a simple process that could be done with a Pack or Den.

Local Extension agents would probably be willing to come and teach the boys how to garden. Local garden shops might also be enlisted for aid in teaching boys how to plant and grow fresh food. There are many in the community with garden space that is not being used, that could be convinced to grow something, with some help. Plants can be grown in container on porches, patios and decks. Even herb can be grown in pots indoors. There is something that most every boy can do to become involved.

Help the boys get outside and feel the dirt between their fingers and care for plant to feed their families and share with others. Plant a seed, plant an idea, or plant a habit that will last a lifetime.

#### **For More Information:**

Bonnie Plants Cabbage Program

<http://www.bonnieplants.com/CabbageProgram/tabid/81/Default.aspx>

Garden Writers Association Plant a Row for the Hungry

<http://www.gardenwriters.org/gwa.php?p=par/index.html>

#### **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*

The greatest wealth is health. **Virgil**

I reckon being ill as one of the great pleasures of life, provided one is not too ill and is not obliged to work till one is better. **Samuel Butler, The Way of All Flesh, 1903**

Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon. **Doug Larson**

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

In order to change we must be sick and tired of being sick and tired. **Author Unknown**

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

Nursery rhyme quoted by **Wayne Fields, What the River Knows, 1990**

He who takes medicine and neglects to diet wastes the skill of his doctors. **Chinese Proverb**

If I'd known I was going to live so long, I'd have taken better care of myself. **Leon Eldred**

Be careful about reading health books. You may die of a misprint. **Mark Twain**

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

They claim red meat is bad for you. But I never saw a sick-looking tiger. **Chi Chi Rodriguez**

Physical ills are the taxes laid upon this wretched life; some are taxed higher, and some lower, but all pay something. **Lord Chesterfield**

If the pain wanders, do not waste your time with doctors. **Mignon McLaughlin, The Neurotic's Notebook, 1960**

The patient should be made to understand that he or she must take charge of his own life. Don't take your body to the doctor as if he were a repair shop. **Quentin Regestein**

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

**Henry Wadsworth Longfellow**

If I had my way I'd make health catching instead of disease. **Robert Ingersoll**

Sickness comes on horseback but departs on foot. Dutch Proverb, sometimes attributed to **William C. Hazlitt**

Like everybody else, when I don't know what else to do, I seem to go in for catching colds. **George Jean Nathan**

Diseases of the soul are more dangerous and more numerous than those of the body. **Cicero**

To feel keenly the poetry of a morning's roses, one has to have just escaped from the claws of this vulture which we call sickness. **Henri Frederic Amiel**

The longer I live the less confidence I have in drugs and the greater is my confidence in the regulation and administration of diet and regimen. **John Redman Coxe, 1800**

A good laugh and a long sleep are the best cures in the doctor's book. **Irish Proverb**

Fresh air impoverishes the doctor. **Danish Proverb**

Water, air, and cleanliness are the chief articles in my pharmacopoeia. **Napoleon I**

When it comes to eating right and exercising, there is no "I'll start tomorrow." Tomorrow is disease. **Terri Guillemets**

My own prescription for health is less paperwork and more running barefoot through the grass. **Terri Guillemets**

I think you might dispense with half your doctors if you would only consult Dr. Sun more. **Henry Ward Beecher**

Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open.

**B.K.S. Iyengar**

Nature does require

Her time of preservation, which perforce

I her frail son amongst my brethren mortal

Must give my attendance to. **William Shakespeare**

Adam and Eve ate the first vitamins, including the package. **E.R. Squibb**

Our body is a machine for living. It is organized for that, it is its nature. Let life go on in it unhindered and let it defend itself, it will do more than if you paralyze it by encumbering it with remedies. **Leo Tolstoy**

Health of body and mind is a great blessing, if we can bear it. **John Henry Cardinal Newman**

Health is a large word. It embraces not the body only, but the mind and spirit as well;... and not today's pain or pleasure alone, but the whole being and outlook of a man. [James H. West](#)

From the bitterness of disease man learns the sweetness of health. [Catalan Proverb](#)

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

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

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

Life is not merely to be alive, but to be well. [Marcus Valerius Martial](#)

Live in rooms full of light

Avoid heavy food

Be moderate in the drinking of wine

Take massage, baths, exercise, and gymnastics

Fight insomnia with gentle rocking or the sound of running water

Change surroundings and take long journeys

Strictly avoid frightening ideas

Indulge in cheerful conversation and amusements

Listen to music. [A. Cornelius Celsus](#)

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

Happiness lies, first of all, in health. [George William Curtis](#), [Lotus-Eating](#)

If you start to think about your physical or moral condition, you usually find that you are sick.

[Johann Wolfgang von Goethe](#), [Proverbs in Prose](#)

Health is a relationship between you and your body. [Terri Guillemets](#)

The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd druther not. [Mark Twain](#)

If you can't feed a hundred people, then just feed one. [Mother Teresa](#)

A hungry man is not a free man. [Adlai E. Stevenson](#)

Hunger knows no friend but its feeder. [Aristophanes](#)

It is not good for all our wishes to be filled; through sickness we recognize the value of health; through evil, the value of good; through hunger, the value of food; through exertion, the value of rest. [Dorothy Canfield Fisher](#)

## TRAINING TOPICS

**Get Your Cubs OUTDOORS!!  
Every Month!!!**

[Bill Smith](#), *the Roundtable Guy*

The best Cub Packs I have seen over the years have been those that regularly schedule outdoors activities. These are packs that attract and keep kids as members, packs that always seem to have lots of leaders. A common characteristic of these good packs is that they are always doing things. They have activities beyond the usual pack and den meetings. A month

rarely goes by when they are not out on a tour, a service project, a hike or a campout.



Check out the [Outdoor Activity Award](#) or at <http://usscouts.org/advance/cubscout/Outdoor-Activity.asp>  
**ENJOY THE SEASONS**

Winter is a fine time for bird-watching. Follow and identify bird tracks, look for nests, set out bird feeders. It's a time to identify trees without their leaves. And in some parts of the country it's a time to play in the snow; to build snow people, forts, and igloos; to go ice-skating, sledding, and sleigh riding; and to help others by shoveling sidewalks.

*The above paragraph was taken from the Cub Scout Leader Book. More Enjoy the Seasons ideas can be found in the Cub Scout Leader Book for sale at your Council office.*

What you do and when you do it depends, of course, on the climate in your part of the country. I remember visiting an April Roundtable in Gulf Ridge Council in Florida where they were discussing plans for summer pack activities. Most of the talk was about the best air-conditioned bowling alleys in the district. I learned that they do their pack camping there in January and February when the weather is pleasant and there is no danger of hurricanes.

Going outdoors is one of the most exciting parts of Scouting. Cub Scouts enjoy many outdoor experiences as they participate in the variety of activities that can be held outside, such as field trips, hikes, nature and conservation experiences service projects, and camping experiences.

The outdoors is an ideal environment for boys to be able to develop positive qualities such as resourcefulness, ingenuity, self-reliance, team spirit, and an awareness of and appreciation for the natural world around us.

The study of nature in its natural surroundings is an ideal way to encourage boys to appreciate beauty and enhance their capacity to enjoy simple pleasures and respect all living things.

**In addition, apply these Cub Scouting program-specific criteria:**

- The activity is parent/youth or family-oriented.
- The activity is conducted with adult supervision.
- The Cub Scouts are asked to do their best.
- The activity is discovery-based.

When a boy and his family join Cub Scouting, they are joining an organization that values the fun and excitement of experiencing the outdoors. Each Cub Scout pack is encouraged to provide its youth members with enriching, positive outdoor experiences. An event may be a youth member's first organized outdoor activity. Good planning using Cub Scouting guidelines should ensure a positive experience.

*Last Frontier Council*

**What do they do?** Here is a sampling of outdoor activities I found on the web site schedules of just a handful of packs across the country:

Memorial Day flag Decorating	Winter Fun Day
<a href="#">Maple Sugaring</a>	<a href="#">Polar Bear Derby</a>
Scouting for food	Bell Ringing
<a href="#">Bicycle Rodeo</a>	<a href="#">Hike</a>
Fun Day	Night Hike
<a href="#">Cubmobile Race</a>	Bike Hike
Parade	Fishing Tournament
Tree Planting	<a href="#">Fishing Derby</a>
Picnic	Pack Campout
Air Show	Kite Flying
<a href="#">Cub Olympics</a>	Bike Rally
<a href="#">Pushmobile Race</a>	<a href="#">Chuck Wagon Derby</a>
Ice Skating	Veterans Day Flag Ceremony
Sledding	Christmas Meal Delivery
	<a href="#">Cub-O-Ree</a>

Cub Scouting in the outdoors happens all year long, as you can see from those examples. Check out the photographs of these four packs on their outdoors activities:

*(All the links originally provided by Bill are defunct - sorry - but I am sure you can Google up some of your own!! CD)*

Outings are Worth the Effort.

As a pack, do something special every month over and above the pack meeting. Tours, [hikes](#), [service projects](#), [picnics](#), and especially [pack camp outs](#) – these sorts of things make the difference between ho-hum and WOW!!!

**If you have never taken your den [fishing](#), you are missing one of the great joys of Cub Scouting.**

### Planning a Pack Activity

- ✓ If the pack's trip destination is a popular tourist attraction, the committee must check in advance to make arrangements for tickets, parking, etc. The committee must also consider costs and transportation.
- ✓ Submit your Local Tour Permit Application to the local council well in advance of the trip. Also, check the following ahead of time to make sure leaders and parents are prepared:
  - Urge the boys to be courteous and observe all rules of the place you are visiting. Their good conduct will ensure that other Scouting groups will be welcome there.
  - Tell them the location of restrooms.
  - Announce rendezvous points, plans for eating.
- ✓ Chartering a bus is a good way to make a pack trip because it promotes esprit de corps. But a bus can be bedlam if you have not planned any activities to keep the boys occupied.

- ✓ Bring along some copies of the Cub Scout Songbook--one for each two boys and parents. Have your song leader stand at the front of the bus and lead some pack favorites.
- ✓ Intersperse the songs with some sit-down games that can be played in large groups. Try the following from the Cub Scout Leader How-To Book: Buzz-Fizz, page 2-27; Do This, Do That, using only above-waist movements, page 2-30; and Think Fast, page 2-28. For other games, see "Travel Games" on these pages.
- ✓ Immediately upon arrival at your destination, gather boys and parents and:
  - Urge the boys to be courteous and observe all rules of the place you are visiting. Their good conduct will ensure that other Scouting groups will be welcome there.
  - Tell them the location of restrooms.
  - Announce rendezvous points, plans for eating, and gathering time and place for going home.
- When the pack returns home, ask the denners to write thank-you notes to your host. At a minimum, the pack secretary should write a letter of appreciation

### Hikes

Any trip through a wooded area offers so many opportunities to teach Cub Scouts: watching for natural wildlife; tree identification by bark, leaf, shape; finding and identifying animal tracks, nests; plant identification - edible plants and poisonous plants; using a compass, etc. Adapted from Pack 114's Library

Hikes make wonderful den outings. A small group is easier to control and makes it easier for the boys to observe nature more closely and with less impact. Remember to follow the requirements in the [Guide To Safe Scouting](#) on two-deep leadership and other safety items.

Here are some theme hike ideas:

**HOLDING THE FRONT** - The leader in the lines stops and points to a tree or a flower. The boy next in line must name the item or go to the rear of the line. The object is to stay at the head of the line.

**MONOGRAM HIKES** - Find three or more objects that begin with your initials.

**INCHER HIKE** - Collect as many objects as possible that are one inch high, long, or wide. Measure treasures on return and see who brought in the largest amount of one inch things usually over locked.

**SILENT** - Practice walking in single file as quietly as possible.

**COLORS** - Choose one or two colors and list all things seen in these colors along the way.

**SOUNDS** - Hear and identify all sounds possible along the way.

**ABC HIKE** - The unit is divided into groups which attempt to find natural objects beginning with each letter of the alphabet.

**RAINBOW HIKE** - Find and list as many colors as possible.

**TRACKING AND TRAILING** - One group can go ahead and leave a trail for the other group to follow.

**PENNY HIKE** - Flip a penny every twenty feet and go in the direction called for. Heads for east, Tails to west.

**Bill's Challenge for District Scouters:**

- Does your district have a good list of places for Packs, dens and families to visit?
- Is on line on your council or district website?
- Is it easily available at Roundtables and your Council Service Center?

If not, wouldn't it be a valuable service to all those boys if you got a project going to provide one? These lists are local in nature and that's why we need lots of them.

About ten years ago, Brian Gorman, a Scouter in my district, compiled a list of *places to go* as a Wood Badge ticket item. When I started my Roundtable web site, he asked me to include it. [Places to Go](#) has been a popular page for packs in Sunset Trail and surrounding districts for over eight years now. It has doubled in size as people have suggested additions.

**What are YOU going to do now?**

*The best gift for a Cub Scout.....  
 .....get his parents involved!  
 The greatest gift you can give your child  
 ..... good self esteem!*

✓ *Be sure to visit Bill Smith's website*

<http://rt492.org/>

to find more ideas on everything Cub Scouting.

Reach Bill Smith at [wt492@wtsmith.com](mailto:wt492@wtsmith.com).

## DEN MEETING TOPICS

*Wendy, Chief Seattle Council*

MONTH/ CORE VALUE	APRIL: FAITH		MAY: HEALTH & FITNESS	JUNE: PERSEVERANCE
	MEETING #			
TIGERS	15	E#3 Board Game or Puzzle	Do supplemental meetings (they have letters instead of numbers in the Resource Guide) of your choice. Remember Boys want to be outside.	Do supplemental meetings (they have letters instead of numbers in the Resource Guide) of your choice. Remember Boys want to be outside.
WOLVES	16	E#33 Clean up Treasure Hunt E#23 Milk E#25 Snack		
BEARS		E4b,e Marbles	Do supplemental meetings (they have letters instead of numbers in the Resource Guide) of your choice. Remember Boys want to be outside.	Bicycles (Perseverance)
WEBELOS		Ach. #21 Models		
ARROW OF LIGHT		Scholar	Food & Physical Fitness (Health & Fitness)	
PACK NIGHT THEME VALUE		Sportsman		
		Showman	<b>Campfire (Faith)</b>	

## ROUNDTABLES

*From Bob Scott at National in answer to my question on the role of Roundtables with the new delivery system -*

Dave, you have it right.

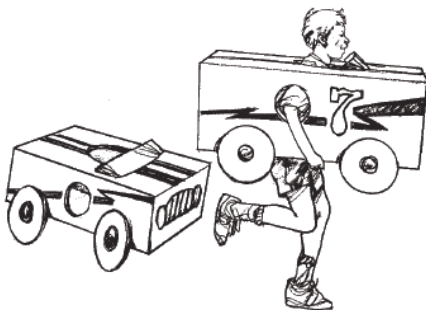
**No changes to roundtable's role, how it's executed, etc.**

Bob Scott , Innovation Coordinator - CS 2010

### Planning for Summer Roundtables

*Beverly, Capital Area Council*

Time was, in my district, roundtable shut down for June and July and August was Fall Program Kick-Off, with little or no time for a roundtable program. Well, yours truly decided a few years ago that we needed to have roundtable year-round. In June and July, we do "roundtable light" – we meet outside (weather permitting), invite the participants to bring the spouses and kids, follow the RTPG suggestions, maybe, but don't really have a structured meeting. One month will be devoted to water activities and games (rain gutter regatta, soaking sponge races, water balloon toss, etc), with watermelon and popsicles for a snack. The other will usually include all sorts of games and will also feature a picnic (hot dogs, chips, juice and cobbler – and kick-the-can-ice cream (How To Book, page 4-39)!) and maybe a campfire, if there is not a burn ban in effect. We have also done bicycle rodeos (How To book, page 6-11) and Cub-anapolis races (How To book, page 6-18).



It is a fun time, very relaxed, and keeps folks focused on the 2<sup>nd</sup> Thursday as roundtable night. It is also a good time to get your new Tiger parents coming to roundtable. In August, we still have the Fall Program Kick-Off, but it does not take the entire roundtable slot, so we do have time for an abbreviated program – introduce the new attendance award, do training for fall recruiting, etc.

A few things to remember when planning for the summer:

- Attendance will vary greatly – but we have always had a good crowd. I don't know if it is the activities, the food or the opportunity to bring the boys.
- Don't plan for a structured meeting – a simple opening, outline of how the evening will play out and then get the program going. You can get them all together over refreshments for any announcements and the teaser about the next month (If you thought tonight was fun, wait 'til you see what we have for you next month!)

- Recruit helpers – if you have a lot of stations, get some regulars to help out running the games or manning the food table – a good way to gently ease folks onto your staff!
- Be respectful of your surroundings – always practice LNT. We meet at a church/school and are very careful to stash the trash, pick up any water balloon pieces, properly dispose of the charcoal, etc.

I hope you think "outside the box" for the coming summer. I think you will be pleasantly surprised at the results.

## PACK ADMIN HELPS –

### Journey to Excellence and Good Turn for America

**The Journey to Excellence** replaces the "Centennial Quality Unit Award." The Centennial Quality Unit Award replaced the "Quality Unit Award," which replaced the "Honor Unit" award.

I suspect that many of you are confused on the timing of Journey to Excellence, and could use some practical tips for implementing it. Those packs that re-charter late fall (Oct. Nov. Dec.) are eligible for the 2011 JTE patch. Although they don't tally their points and fill out the paper work until re-chartering, they will need to plan now so they can fulfill the requirements. And as one astute member of our district pointed out, some requirements need to be fulfilled soon.

Also, I was asked, "Do you know what happened to **"GoodturnforAmerica.org"**?" I typed that into my web browser and was redirected to:

<http://www.scouting.org/scoutsource/Awards/JourneyToExcellence.aspx>

**On that page it in the first paragraph states:**

"Scouting's Journey to Excellence" is the BSA's new council performance recognition program designed to encourage and reward success and measure the performance of our units, districts, and councils. It is replacing the Centennial Quality Awards Program as a means of encouraging excellence in providing a quality program at all levels of the BSA.

Down the bottom of the page is a box labeled "Service Projects" with a tab for recording hours. Plus tabs with hints for success.

So I intend to address these two items in next month's Baloo. If you are your council's guru (or on the guru's staff) on either topic, please write and help me out (or maybe volunteer to write the article for other Cub leaders).

## Planning Campfires

There are lots of great books out there for planning campfire. Just check out the books for sale from vendors that support [www.ussscouts.org](http://www.ussscouts.org) or Google the topic.

My favorite is -

### Creative Campfires

By Douglas R Bowen

*It has all the bases covered with many songs, skits, stories, yells, run-ons, cheers and more*

Also, the Canyon Campfire Companion (Volumes 1 & 2) .

## PLANNING A PACK CAMPFIRE

*Catalina Council*

If the fire regulations at your outdoor activity prohibits live fire, or if you're holding your meeting at an indoor location, use an artificial campfire. See the directions later in this section.

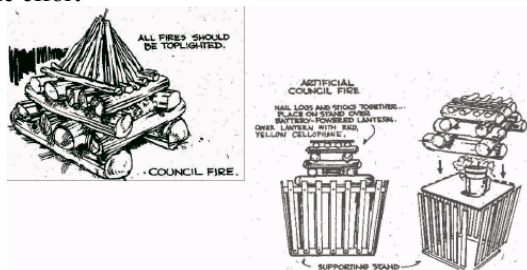
- This would be a good time to have the parents form groups and put on presentations at the campfire.
- After the main campfire program, the cooling embers will be an enticement for special food treats – see the recipes for s'mores in the Cub Scout Program Helps for this month's theme.
- Print a copy of the BSA's Campfire Planner to plan your campfire program. The Campfire Planner is available on line from many, many sites. Here is one link: <http://macscouter.com/Campfire/Planning.asp>

The form has two sides. On one side you list all the skits, songs, cheers, stories, gags and other stuff you plan to do. On the other side you put them in the order you plan to do them. Start fast, build up the pace and enthusiasm as the fire builds, then slow things down as the fire wanes.

### Artificial Campfires

Don't let bad weather or lack of a location keep you from having a pack campfire. A little imagination can bring the atmosphere of a real campfire indoors. Here are some methods you can use to create an artificial campfire.

- Place a candle in a large glass bowl lined with red foil. Make a rock ring around the bowl.
- Place a candle in a large can with holes punched in the sides.
- The two below are a little more elaborate, but well worth the effort



## Outdoor Ceremonies

*Catalina Council*

Ceremonies are important, even in the outdoors. Outdoor pack activities usually call for an opening and closing ceremony (or closing campfire). Any outdoor pack activity which takes the place of a regular pack meeting should also include advancement ceremonies so awards can be presented promptly.

Remember these things when planning outdoor ceremonies:

- ◆ Weather – it is difficult to keep candles lit in winds or light rain. Have a backup plan with some type of protection.
- ◆ Acoustics – the wind sometimes carries voices in the wrong direction. Make sure the speaker can be heard.
- ◆ Natural surroundings – make the most of surroundings to furnish background. Lakefront or open areas in the woods make good ceremony sites.
- ◆ Length – make ceremonies short, especially if the audience is standing.
- ◆ Flag – be certain the U.S. flag is secure. A normal flag holder will not be adequate in winds. Insist on respect for the flag, indoors or outdoors.
- ◆ If you're having a real fire, make sure you have complied with local fire ordinances and have provided a safety area so people are not too close to the fire. ◆ Do not use the fire as a backdrop for speakers, skits, etc, for it is very hard for the audience to see sometimes. Stand slightly to one side for best effects. (Good idea is to have portable lights shining low on speakers)

### Campfires: "Outing in Scouting"

*Cub Scout Program Helps 2008-2009, 2 JUN 09*

Creating a memorable campfire takes planning. Here are a few hints to ensure that your campfire is a pleasant experience for all:

- ✓ Approve all elements of the campfire that the dens will do (skits, songs, stunts, run-ons, applauses, and cheers) to make sure they follow the positive values of Scouting.
- ✓ Follow the flames: Start the campfire with an exciting song/skit that gets everyone involved. As the fire diminishes, the activities become calmer.
- ✓ Use the Campfire Planner that is in the *Cub Scout Leader Book* appendix. Vary active and quieter contributions to ensure a fast-moving campfire.



## LEADER RECOGNITION & INSTALLATION

### Survival Kit for Leaders

*Mark Twain District Roundtable*

One New Leader's Survival Kit for each new leader (You can adapt this to install all of your leaders for the new year.)

Will (names) please come forward. These are our (new) leaders for the upcoming Scouting season. As we all know Cub Scouting is a year round sport but there are different seasons through out the year. In the fall we recruit and go outdoors, everyone is anxious to start earning his rank badge. In the winter we do more inside and prepare for the Pinewood Derby and our big birthday party, the Blue and Gold Banquet. Then spring comes and we are back outside, earning electives and family camping. Then in the summer it is off to camp and swimming and outdoor games and activities.

Cub Scouting is unique with many adults volunteering their time and talents to help the association, our Pack, the teams, our Dens, and our players, the Cubs to success. Success is not just a one-time victory in Cubs, it is the successful development of boys into youths who have good character and recognize there is a God, are good citizens, and are mentally and physically fit. When a sports team signs a new player you see them presenting the player with his uniform and equipment to ensure his success and safety. So to in Cub Scouts, we want our leaders to "be Prepared." So here is the emblem of your position (show position patches) and a "Survival Kit" to help you succeed. (Hold up one survival kit and go through contents)

**Sponge:** To soak up all the Cub Scouting information you need.

**Rubber Band:** To remind you to be flexible.

**Glue Stick:** To help you to stick with it.

**Sandpaper:** To help you smooth out the rough edges.

**Starburst:** A star burst to give you a burst of energy on the days you don't.

**Yeast Packet:** To help you rise to the occasion.

**Safety Pin:** To help you hold it all together.

**Marbles:** To replace the ones you may lose along the way.

**A Match:** To light your fire when you are burned out.

**Clapping Hands:** When you need some appreciation.

**Aspirin:** For the occasional headaches, you'll get.

**Hershey Kiss:** A kiss to remind you that you are loved.  
(*We give kisses and hugs!!! CD*)

#### Alternate Words:

Just as a sports team has many coaches each with a specialty, our pack needs volunteers with many skills, administrative, leadership, teaching, encouraging, spirit and more. (Present patches and kits to (new) leaders as you call out their names and positions)

## SPECIAL OPPORTUNITIES

*Pat Hamilton, Baltimore Area Council*

With May's core Value being "Health and Fitness," I thought this would be a good time to focus on a couple of new belt loops and pins that were introduced in 2009. They do a nice job of bracketing the two-sided approach to health and fitness: good nutrition and exercise.

from [www.usscouts.org](http://www.usscouts.org)

### Nutrition Loop and Pin

#### Requirements

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

#### Nutrition Belt Loop



#### Complete these three requirements:

1. Make a poster of foods that are good for you. Share the poster with your den.
2. Explain the difference between a fruit and a vegetable. Eat one of each.
3. Help prepare and eat a healthy meal of foods that are included in a food pyramid.

(With your parent's or partner's permission, see <http://www.mypyramid.gov>.) *Note: Click on the link in the left column for "Kids (6-11y)" – Pat*

#### Nutrition Academics Pin



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

1. Make a poster that shows different foods that are high in each of the vitamins. Using your poster, explain to your den or family the difference between a vitamin and a mineral and the importance of each for a healthy diet.
2. Read the nutrition label from a packaged or canned food item. Learn about the importance of the nutrients listed. Explain what you learned to your den or family.
3. Make a list of diseases that can be caused by a diet that is poor in nutrition.
4. Talk with your school cafeteria manager about the role nutrition plays in the meals your school serves.

- With an adult, plan a balanced menu of breakfasts, lunches, and dinners for your family for a week.
- Make a list of healthy snack foods. Demonstrate how to prepare two healthy snacks.
- With an adult, go grocery shopping. Report to your den or other family members what you learned about choosing good foods to eat.
- Demonstrate how to safely prepare food for three meals.
- Demonstrate how to store leftover food to prevent spoilage or contamination.
- Help with a garden. Report to your den or family about what is growing in the garden and how you helped. Show a picture of or bring an item harvested from your garden.
- Visit a farm or ranch. Talk with the owner about how the farm or ranch produces food for families.
- Explain how physical exercise works with nutrition in helping people be fit and healthy. Demonstrate three examples of good physical activity.

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

## Kickball Loop and Pin

### Requirements

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

#### Belt Loop



#### Complete these three requirements:

- Explain the rules of kickball to your leader or adult partner.
- Spend 30 minutes practicing the skills of kickball (pitching, kicking, base running, catching, throwing). This may be over two different practice periods.
- Play a game of kickball.

#### Sports Pin



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

- Demonstrate the following kickball skills: pitching, kicking, base running, catching, throwing.

- Explain the rules of base running.
- Describe the basic defensive positions in kickball (pitcher, catcher, infielder).
- Draw a kickball field to scale; include the starting defensive positions.
- Report to your den or family about the similarities between the rules of baseball and kickball.
- Explain the role of being the captain of a kickball team.
- Play five games of kickball using basic rules.
- Help set up a kickball field for a game.
- Serve as a referee for one game of kickball.
- Participate in a pack, school, or community kickball tournament or a supervised kickball league.

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

## Internet Scout Patch

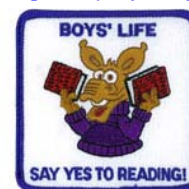
from [www.usscouts.org](http://www.usscouts.org)



The Internet Scout Patch Program offered by the U.S. Scouting Service Project is undergoing a much needed update. In a very short time we will launch Version 2 of this program with updated requirements and supporting materials on this site. We also expect to offer a brand new patch with a spectacular design. Please check back again later for a great program that will help parents and Scouts alike to have a safer and better Internet experience..

## Boys' Life Reading Contest for 2011

<http://boyslife.org/>



SAY 'YES' TO READING

Enter the 2011 Boys' Life Reading Contest

See details of this Boys' Life contest in the Den Edition. Dave

**Knot of the Month**

**Cub Scouter Award**



from [www.scouting.org](http://www.scouting.org)

This award is for the Pack Committee Chairman and Committee Members of your pack.

**Tenure**

Complete two years as a registered adult leader in a Cub Scout pack.

**Training**

- Complete Fast Start training, if available for your position.
- Complete This Is Scouting and specific training for any Cub Scouting position.
- Complete Youth Protection training.
- During each year of tenure for this award, participate in a Cub Scout Leader pow wow or university of Scouting, or attend at least four roundtables.

**Performance**

*Do five of the following:*

- Assist in planning a pack program that results in advancement in rank by a minimum of 50 percent of pack members each year.
- Serve as an adult leader related to a pack that earns the national Quality Unit Award.
- Serve as leader of a blue and gold dinner, pinewood derby, space derby, raingutter regatta, field day, picnic or other Cub Scout pack activity.
- Give leadership to a promotional effort that results in at least 60 percent of pack families subscribing to *Boys' Life* magazine.
- Develop or update a Tiger Cub or Cub Scout den activity book listing local places to go, things to do, costs, distances, etc., for the five Tiger Cub areas, or for at least 12 Cub Scout themes.
- Give leadership to planning and conducting a pack service project.
- Organize participation of a pack in the Cub Scout Academics and Sports program.
- Help conduct two annual pack Friends of Scouting campaigns.
- Serve as a leader for members of your pack attending a Cub Scout day camp or resident camp.

A tracking form for this award is available at: <http://www.scouting.org/filestore/pdf/34169-54.pdf>

**PACK NIGHT IDEAS**

Here are some themes that should have good material for

**Health and Fitness**

Wendy, Chief Seattle Council

**“Toughen Up,” August 2000**

Baloo's Bugle  
<http://usscouts.org/usscouts/bbugle/bb0007.pdf>,

**“Go for the Gold,” June 2008**

Baloo's Bugle  
<http://usscouts.org/usscouts/bbugle/bb0805.pdf>.

**“Power Up,” January 2010**

Baloo's Bugle  
<http://usscouts.org/usscouts/bbugle/bb0912.pdf> .

**GATHERING ACTIVITIES**

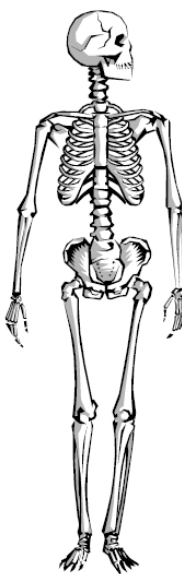
*“Gathering Activities” for large groups and getting groups to know each other are in this edition. Those good for dens (e.g. word searches, puzzles, mazes) are in the Den edition. Dave*

*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*

**Human Body**

Westchester-Putnam Council

Name 10 parts of the human body that have only three letters.



1. . \_\_\_\_\_
2. . \_\_\_\_\_
3. . \_\_\_\_\_
4. . \_\_\_\_\_
5. . \_\_\_\_\_
6. . \_\_\_\_\_
7. . \_\_\_\_\_
8. . \_\_\_\_\_
9. . \_\_\_\_\_
10. . \_\_\_\_\_

*Eye, lip, ear, rib, hip, toe, arm, leg, jaw, gum*

**CLOTHESPIN MIXER**

*Utah National Parks Council*

**Equipment:** Clip-on clothespins - 3 or 4 for each person.

**Directions:**

- Give everyone 3 or 4 clothespins.
- Tell them that the object of the game is to get rid of their clothespins without having anyone else pin THEIR clothespins on them.
- With everybody trying to get rid of his or her clothespins at the same time, as fast as possible, this is a rowdy and fun way to start a meeting.

**Health & Fitness Round Robin**

*Alice, Golden Empire Council*

**Assign each den or family to focus on some part of Fitness or Health**

– Set up a Round Robin at the Pack Meeting for everyone to visit and find out about nutrition, healthy food, fun ways to exercise, places to go to walk, hike, or enjoy physical activity, fitness or food games.

**Health & Fitness Word Search**

*Alice, Golden Empire Council*

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

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

Action	Dairy	Diet
Energy	Exercise	Food
Fruits	Grains	Hiking
Muscles	Nutrition	Physical
Protein	Vegetables	Walking

**Health & Fitness Activities**

*Alice, Golden Empire Council*

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

**OPENING CEREMONIES**

**Fitness Check  Opening**

*Alice, Golden Empire Council*

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

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

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

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

**Cub #2:** *(Reading from list or adding his strip)* Drink plenty of water each day!

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

**Cub #3:** *(Following same procedure)* Get eight hours sleep each night!

*(Makes a check mark)* “CHECK!”

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

*(Makes a check mark)* “CHECK!”

**Cub #5:** *(Following same procedure)* Enjoy the Outdoors – But Keep Safe in the Sun!

*(Makes a check mark)* “CHECK!”

**Cub #6:** *(Following same procedure)* Get lots of Exercise.

*(Makes a check mark)* “CHECK!”

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

**CUB SCOUT PLEDGE TO HIMSELF**

*Utah National Parks Council*

**Arrangement:** American Flag is placed in center of stage. 10 Cubs, in uniform, in turn come on stage stand near the flag and recite one of the lines. Upon finishing he salutes the flag and goes to the rear of the stage, where they form a horseshoe.

**Cub #1:** May I grow in character and ability as I grow in size.

**Cub #2:** May I be honest with myself and others in what I do and say.

**Cub #3:** May I learn and practice my religion.

**Cub #4:** May I always honor my parents, my elders and my leaders.

**Cub #5:** May I develop high moral principles and the courage to live by them.

**Cub #6:** May I strive for health in body, mind and spirit.

**Cub #7:** May I always respect the rights of others.

**Cub #8:** May I set a good example so that others may enjoy and profit from my company.

**Cub #9:** May I give honest effort to my work.

**Cub #10:** May I regard my education as preparation for the future.

**CM:** As last boy joins the horseshoe, invite the audience to join in the Pledge of Allegiance.

**MY STRENGTH***Utah National Parks Council*

- Action:** The Cubmaster and four boys are on stage just before the presentation of colors.
- CM:** During this month, our Cubs have been working on their muscles and physical skills.
- Cub #1:** My strength comes from my parents and my ancestors.
- Cub #2:** My strength comes from the exercises and work I do.
- Cub #3:** My strength comes from the foods I eat and the clean air I breathe.
- Cub #4:** We need strength to keep our bodies healthy, but real strength is knowing when and how to use strength wisely in all that we do, especially in helping our own families.
- CM:** As we begin our meeting, let us all stand tall and proud knowing that we are doing our best as the color guard advances.

**PHYSICAL FITNESS***Utah National Parks Council*

- Action:** Six Scouts come on stage, carrying various kinds of muscle-building equipment. They exercise and, in turn, speak the following lines.
- Cub #1:** To keep your body strong and healthy is more valuable than being wealthy.
- Cub #2:** When you are fit, you feel so good, and try to do the things you should.
- Cub #3:** It helps you lend a helping hand, to needy folks around the land.
- Cub #4:** Eating the right foods is always wise, and everyone needs exercise.
- Cub #5:** Stand on tip toes, one, two, three. Come on and practice; run with me!
- Cub #6:** Scouting builds young boys into men, and this is where it all begins.
- CM:** As last boy finishes, invite the audience to stand and join in the Pledge of Allegiance.

**GOOD HEALTH***Grand Teton Council*

- PERSONNEL:** 5 Cub Scouts
- EQUIPMENT:** Barbells with letters on each end to spell GOOD HEALTH
- SETTING:** Boys holding barbells
- Cub #1:** Eating the right foods is really important if our bodies are to be strong and healthy.
- Cub #2:** Proper dental care will help us keep our teeth all our lives. Brush and floss regularly and see your dentist.
- Cub #3:** Buckle right down and carry your share of the load, unless you want to be a shirker on life's road.
- Cub #4:** Do your best to lift your share, showing everyone that you care.
- Cub #5:** Take care of your body and be sure to eat right and Toughen Up.

**S-H-A-P-E Opening***Grand Teton Council*

- SETTING:** Five Cub Scouts, wearing various sports uniforms, holding signs with large letters on front and their parts on back in LARGE type.
- Cub #1:** S -S is for see...See yourself as others see you!
- Cub #2:** H -H is for health...Good health means a longer, better life.
- Cub #3:** A -A is for athlete...You don't have to be an athlete to be in shape.
- Cub #4:** P -P is for patience...Have patience, take your time in your fitness program. Don't overdo!
- Cub #5:** E -E is for exercise...Exercise keeps you in shape.

**Muscle Building***Grand Teton Council*

- Arrangement:** Seven boys come on stage, carrying various kinds of muscle-building equipment. They use the equipment and in turn, speak the line below.
- Cub #1:** To keep your body strong and healthy,  
Is more valuable than being wealthy.
- Cub #2:** When you are fit, you feel so good,  
And try to do the things you should.
- Cub #3:** It helps you lend a helping hand,  
To needy folks around our land.
- Cub #4:** Eating the right food is always wise,  
And everyone needs some exercise.
- Cub #5:** Stand on tiptoes, one, two, three,  
Touch your toes, don't bend a knee.
- Cub #6:** Run a while, then slow your pace,  
Practice will help you win the race.
- Cub #7:** Scouting builds young boys into men,  
And this is where it all begins.
- This can be followed by the Pledge of Allegiance and Cub Scout Promise and/or Oath. Or whatever you wish.

## AUDIENCE PARTICIPATIONS & STORIES

**Exercise – Take Your Pick!***Alice, Golden Empire Council*

- Divide your audience into five groups and assign each group a sound and action – Have each group practice their assignment first.
- SOCCER –** Make a motion of “heading” the ball while saying “Look, no hands!”
- BASKETBALL –** Make a dribbling motion while saying “Bounce, Bounce!”
- HIKE –** Make a motion of using a hiking stick while singing “A Hiking We Will Go!”
- BASEBALL –** Make a motion of hitting the ball while saying “It’s a Homerun!”
- BIKE RIDE –** Hold the handlebars and move feet as if pumping while saying “Whir, Whir!”

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

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

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

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

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

### The Happy Hikers

*Utah National Parks Council*

We're going on a hike. Just do what I do and listen carefully. (Begin walking in place) Here we go on a hike through the woods and over the mountains. Come along with me. (smile, wave and hike in place)

We're coming to a steep hill. (bend over as if climbing) Now we're on top. What a lovely view! (shade eyes and look around) Now, we'll have to go down. (move hand like going down a roller coaster and say "swoosh") Boy, we're out of breath. (breathe heavily) Now, we're passing through a meadow. (hike in place)

What's that I see? (stop, look to one side) It's a rabbit! And a meadowlark. (look up) And a bumble bee! (run swiftly in place, waving arms as if fighting off a bee) We're happy hikers. (hike in place) We're happy because of the beautiful mountains we see, (shade eyes and smile) and because of all that clean fresh air we are breathing, (breathe heavily) and especially because we got away from the buzzing bee. (smile, turn head to look behind you and wave "bye" to bee)

Now we're getting tired. (slow pace, walk droopily) There's what we need! (point) A cool refreshing drink from the river. (pick up pace, kneel down and scoop water to mouth) Ahhh, how refreshing. Let's be on our way. (hike in place) Now let's try to jump over the river without getting our feet wet. (take big step, get feet wet, shake them off) Oh, well, don't feel too

bad about not making it. That was a wide river. At least we have cool toes. (shake feet again)

We'd better stop for lunch. (stop, reach in pocket, bring out sandwich, start eating, take handkerchief from pocket, wipe mouth, replace handkerchief, resume hiking in place) Mmmmm, that feels better. Look, there's a lovely lake. (point) Let's swim across. (swim strokes) That was great! (resume hiking in place) Look at that crooked trail ahead. (point) It's nothing but twists and turns. (continue hiking -- twisting and turning)

I'm glad that's over. I was getting dizzy. (stagger) Looks like we have come to the end of the trail. (stop) What do we do now? Are you tired? (shake head YES!) So am I. (sit down, wipe brow.)

### IT'S ALL IN YOUR MIND

*Utah National Parks Council*

Divide audience into three parts. Assign each part an action to do when their phrase is heard.

- **Jumping Jack:** Stand up and jump once, say "Boing" and sit back down.
- **Running Ralph:** Stand up, run in place, stomp feet 3 times and say "Zip!" Sit back down.
- **Computer Charlie:** Stand up, swing arms back and forth (like the robot from "Lost in Space") and say, "It Computes, It Computes." Sit back down.

This is the story about a boy named **JUMPING JACK**, and another boy named **RUNNING RALPH**, and still another boy named **COMPUTER CHARLIE**. These three boys were close friends and they went everywhere together.

**JUMPING JACK** got his name because everywhere he went he was always jumping over things for no apparent reason except that he liked to jump. You could see all three boys walking around town with **JUMPING JACK** jumping over benches, curbs, bushes, fences and almost anything that wasn't too high.

As you may have guessed, **RUNNING RALPH** got his name because he was always running. Maybe his legs were shorter than his two friends and he had to run to always keep up, or maybe he just liked to run.

**COMPUTER CHARLIE** got his name because he was a very intelligent boy who excelled at mental skills. Everyone teased **COMPUTER CHARLIE** because **COMPUTER CHARLIE** wasn't very good at sports or as strong as **JUMPING JACK** and **RUNNING RALPH**. But this never seemed to bother the three friends because they stuck together no matter what.

One day, **JUMPING JACK**, **COMPUTER CHARLIE**, and **RUNNING RALPH** were on their way to the store when they saw a local bank being robbed. The robber was making his getaway. **JUMPING JACK** jumped over the bushes and a fence to get to a house to call the police. **RUNNING RALPH** was right behind him. But **COMPUTER CHARLIE** just stood there, watching the whole thing. Thanks to **JUMPING JACK**'s jumping and **RUNNING RALPH**'s running, the police arrived at the scene in no time at all. They started to ask questions, but **JUMPING JACK** and **RUNNING RALPH** didn't know what to say because they had been too busy running and jumping to see what had really happened. But **COMPUTER CHARLIE** began telling the police everything

they needed to know. He knew the model and color of the getaway car, the license plate number, the direction the robber went, and a description of his clothes and size. His mental skills were a great help to the police.

After reading about the theft in the newspaper, all of the children were so proud of **COMPUTER CHARLIE**. They never teased him again about his mental skills. They came to realize that **COMPUTER CHARLIE** was just as important as **JUMPING JACK** and **RUNNING RALPH**. Together, by pooling their talents, they were able to accomplish many great things.

## ADVANCEMENT CEREMONIES

### A Recipe for Fitness Advancement

*Alice, Golden Empire Council*

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

**Cubmaster:** This month, the boys in our Pack have been learning all about Health & Fitness. And I have a recipe here, with all the ingredients needed! Let's see what's included.....

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

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

*(A Scout can bring in a bowl of fruits & veggies, or the CM can just uncover or point to a bowl already there on the table.*

*Or you could just hold up a picture of the Food Pyramid. Tiger Cub awards could be attached to the food or the poster)*

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

*(Calls up Tiger and parents- removes award)*

Our Tiger Cubs have learned about the Food Pyramid – an easy way to know what foods to eat!

*(Proceed with having boy give the Parent pin, and parents handing the award to their son)*

**Cubmaster** then continues reading the recipe, and pointing to each item, or having a boy bring out a prop that matches.

Ingredients for the recipe could include:

- ✓ Plenty of Water – *a pitcher of water*
- ✓ Brush your teeth & Wash Your Hands – *soap, toothbrush & toothpaste*
- ✓ Plenty of Sleep – *a clock or a sign saying "8 hours"*
- ✓ Lots of time outdoors – *but watch out for the sun! – an image of the outdoors, or a boy wearing a hat and carrying sunscreen*
- ✓ Exercise – *a boy with a bike, two boys running past, or a picture of some form of exercise*

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

## PHYSICAL FITNESS ADVANCEMENT

*Sam Houston Area Council*

*This ceremony has a great outline but it needs a little filling in – Awarding of badges to parents, cheers, and individual recognition. Don't forget all those good things every time you do a ceremony. CD*

**Props:** Stand with pegs for each rank. Barbell weights to put on pegs (not too heavy).

**CM:** As men and women must train to be good athletes, our Cub Scouts must also grow in strength and ability to obtain their rank advancement. At first, athletes start by lifting weights.

**CA:** Tonight we have (name of Bobcats) who have attained the Bobcat rank. We will ask them to come forward with your parents and lift this weight to the Bobcat level.

**CM:** For a Scout to earn the Tiger rank, he must increase his ability by practicing and developing his Cub Scout muscles in the way that a weight lifter builds weight lifting muscles. Tonight, we have [name(s) of Tiger Scouts] who have trained to earn their Tiger rank. Please come forward with your adult partners and lift the weight to the Tiger level.

**CA:** Next we have [name(s) of Wolf Scouts] who have earned the Wolf rank. They continue to grow and build their muscles as the Tigers do. Will the Wolves who have earned their Wolf rank come forward with their parents and lift our weight to the Wolf level?

**CM:** Next we have [name(s) of Bear Scouts], who have earned the Bear rank. They have taken their training to the next level by learning new skills, just as an athlete will practice new exercises to gain strength. Will our Bears please come forward and lift the weight to the Bear level?

**CA:** When an athlete trains, he has a goal in mind. Our Scouts also have a goal, to earn the Webelos rank. Tonight, we have [name of Webelos(s)] who have attained this goal. We ask them to come forward now with their parents and lift the weight to the next level.

**CM:** Each of you has worked to develop your bodies and minds. This will help you to always do your best.

Congratulations!

## CUB SCOUT BASEBALL

*Utah National Parks Council*

**Equipment:** A small baseball diamond on the floor in front, badges to be awarded.

**Personnel:** Cubmaster (CM), boys to receive awards and their parents.

CM: Will (names), our new Bobcats, and their parents please come forward to the "on-deck circle"? As you are standing on the "on-deck circle", you are at the beginning of the "game" just as you are at the beginning of the Cub Scout trail. Parents accept your sons' badges.

Will (names), our Tiger candidates, and their parents please come forward? Stand in the batter's box. This represents the start of your Cub Scout Trail. Just as the batters work hard to get a hit, you must work hard to earn each badge. Keep up the good work. Parents here are their badges.

Will (names), our Wolf candidates, and their parents please come forward? Stand on first base. This represents the first stop on your Cub Scout trail. You worked hard on earning your Wolf, so keep up the good work. Parents here are their badges.

Will (names), our Bear candidates, and their parents please come forward? Your place on our diamond is at second base. This is the second major stop along the Cub Scout trail. Parents accept your son's badge.

Will (names), the Webelos and their parents please come forward. Your spot is third. You are almost "home", keep up the good work and you will have no problem in finishing your trail. *You now wear a badge diamond on your shirt; (Depends on Webelos Badge used. LDS uses old Webelos badge)* to complete that game you need to receive your Arrow of Light. Work hard and you should have no problem. (If you have boys earning the Arrow of Light, their spot is home plate.)

#### Promotion to Next Rank

*Wendy, Chief Seattle Council*

One pack has a Cub-o-matic machine (big decorated box). With appropriate build up and fan fare, the dial is set to the appropriate den designation, and the boy enters the box. The box shakes, and lights flash. When the boy exits the box, he is now a member of the new den, wearing the appropriate neckerchief.

#### WEBELOS WATER, A Bear Promotion Ceremony

*Utah National Parks*

#### Props:

Large tub, old tennis shoe, bucket with colored punch, enough cups for each Scout participating, balloon, sack of dirt, inner tube, rubber band, paper heart, shovel, and a ladle.

#### Set Up:

- Boys and parents gather on one side of the stage.
- Cubmaster on the other side with a jar marked "Webelos Water."

**Cubmaster:** Bears, you are now ready to begin your final area of Cub Scouting – that of Webelos. You will find it different, challenging and rewarding. To help prepare you for this great effort, the Pack developed some Webelos Water, (looks at jar).

Uh, well, it looks like it evaporated! Let's see, I guess we could make more! Now, what was that recipe? (*Cubmaster appears deep in thought, then gets idea and goes to props.*)

**Cubmaster:** Let's see.

- ★ An old tennis shoe to remind you that you still have many miles to go on the Scouting Trail, (throws shoe in tub) and coincidentally to remind you not to take your shoes off in a two-man tent. (holds his nose).
- ★ Ah, a sack of dirt to remind you that Cub Scouts is now a lot of outdoor activities.
- ★ An inner tube to remind you that you may have a few flat tires, but they can be overcome.
- ★ A shovel to remind you to keep your room clean. (Winks at Mom & Dad).
- ★ A balloon to remind you that a lot of hot air doesn't get the job done.

- ★ A heart to remind you of your commitment to your parents and family.
- ★ A rubber band to remind you to stretch yourself to learn new ideas and skills.

OK, that's about it! Let's stir it a little! (Stir)

Looks good. Now, let me get you each a cup of our new Webelos Water. (Reach inside tub with ladle and scoop punch to pour in cups for everyone to see. Give cup and Webelos Colors to each Scout.)

Congratulations new Webelos and parents!

#### Webelos Colors Ceremony

*Wendy, Chief Seattle Council*

Equipment: Blue, yellow, green, and red face paint. Webelos colors.

**AKELA:** Many moons ago the Great Chief Akela called a council to see what could be done to make Webelos the strongest of all tribes. One council member stood and said, "We need colors for our braves, to guide them in how they live their lives." Another rose to his feet and declared, "We need to set challenges before our braves, so that they may prove their bravery and loyalty." The council talked for many hours and finally chose the colors that would offer the best guidance. Each young brave, upon entering the tribe, would have to prove his worthiness to wear these colors.

Tonight we recognize those who have been living the values of the tribe of Webelos. These Scouts have met the challenges and adventures thus far on the Webelos trail, and while there is still much more adventure before them, they have now earned the right to wear the Webelos colors as they progress onward.

The Great Council chose each color carefully to symbolize ideas that will be important to you. Each color has a special meaning to help direct you along the right path. The first color is blue. Blue symbolizes the effort you will make to reach your goals along the Webelos trail. It represents water upon which all life depends. It also represents the heavens, the house of God to which the Scout is reverent.

**BALOO:** Do you accept the challenges ahead of you in the Webelos tribe? (BALOO paints a blue mark on the Scout's cheek)

**AKELA:** Yellow represents the Pack. You will help the Pack go and it will help you grow. Yellow is the color of the rays of the sun that bring warmth, good cheer, and happiness and will light your way along the Webelos trail to the Arrow of Light, which Webelos strive to achieve.

**BALOO:** Do you vow to do your best? (BALOO paints a yellow mark)

**AKELA:** Green represents the forest and the trees so that you may stand tall on the Scouting trail and live under nature's canopy. As a Webelos scout, you



come to nature's house, spend more time in the outdoors, and learn the ways of the outdoorsmen, naturalist and forester. You will come to understand more of animals, plants, and the forces of weather. Green also represents the Boy Scout Troop that you will eventually join.

**BALOO:** Do you wish to learn more about these things and grow in your scouting skills? (BALOO paints a green mark)

**AKELA:** Red represents the blood of warriors that fought and who continue to fight to protect us, to make us a great nation, to which a Scout is loyal. Red also stands for your Webelos brothers. You are all bound together through struggles and challenges. You will need each other to succeed and you must always be prepared to help each other along.

**BALOO:** Do you promise to help your fellow Webelos on their trail? (BALOO paints a red mark)

**AKELA:** Just as Native American boys became warriors and were painted in the colors of their tribe, we have painted you with the colors of the Webelos tribe. Wear your Webelos Colors proudly while you progress along the Webelos Trail, never forgetting that a tribe grows together. Brothers in the Webelos tribe now wear these colors as they trail the eagle, follow the sun, and keep the spirit of Scouting a bright light.

#### More promotion/graduation ceremonies:

- <http://usscouts.org/bbugle/bb0404/bbad.html> '04 Baloo's Bugle "My Home State"
- <http://macscouter.com/bbugle/bb0905.pdf> '09 Baloo's Bugle "Camping" p.10.
- <http://www.macscouter.com/bbugle/bb0904.pdf> '09 Baloo's Bugle "Footprints" p. 16.
- <http://www.usscouts.org/baloo/bb0101/bbad.html> Baloo's Bugle "Passports to Other Lands" "Who Wants to be a Cub Scout" ceremony.

## SONGS

### Exercise & Healthy Food

*Alice, Golden Empire Council*

Tune: Supercalifragilisticexpialidocious

Exercise and Healthy Food  
Will make you very strong,  
If you eat just as you should,  
Your life can be quite long  
When you feel like sitting,  
You should really get in gear  
And find a way to exercise  
Each day, throughout the year!

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

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

**Robert BADEN POWELL**

*(Tune: Father Abraham)*

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

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

*Repeat verse above and add in turn:*

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

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

### KEEPING HEALTHY

*Grand Teton Council*

(Tune: Clementine)

Strong healthy, growing bodies,  
That's what we will try to keep  
Proper food and lots of sunshine  
Exercise and lots of sleep.

Brush and floss our teeth each day,  
See the dentist twice a year,  
Bubble gum and sticky candy  
Cause cavities, we fear

Have a check up by the doctor,  
Try to follow his advice.  
He's a friend who keeps us healthy,  
And always very nice.

Healthy food and not that junk food  
Helps to keep our bodies strong.  
We hope you'll try to stay healthy,  
That's the end of our nice song

**TAKE ME OUT TO PACK MEETING***Utah National Parks Council*

(Tune: Take Me Out to the Ball Game)

Take me out to pack meeting,

Take me to see my friends,

I want to play some games, eat a treat,

Get some awards, 'cause it is so neat.

Then it's root, root, root for the Tigers

*(Tiger Cubs stand)*

Cheer for the Bears and the Wolves

*(Wolf & Bear dens stand up)*

Then it's hip, hip, hip, hip hooray

For the We-be-los!

*(WEBELOS dens stand up)***Stretching We Will Go***Grand Teton Council*(Tune: A Hunting We Will Go  
or "The Grand Old Duke of York")

A stretching we will go,

Moving to and fro.

And when we're done

We've had some fun

And stretched our muscles too.

Come on folks let's stand

And raise up high each hand

Then spread them wide,

Now to your side

As your muscles you relax

Now let us stomp our feet,

But please don't take your seat,

Before you're down,

Please turn around.

And then you'll take your seat.

**Hinges Song***Alice, Golden Empire Council**A favorite action song of Primary Kids –**Words by Aileen Fisher, Music by Jeanne P. Lawler –  
copyrighted, but can be used non-commercially**To hear the tune, go to:**<http://lds.org/cm/display/0,17631,4766-1,00.html>, or  
<http://www.kazaa.com/#/CedarMont-Kids/100-Singalong-Songs-For-Kids/Hinges>*I'm all made of hinges,  
Cause everything bends,  
From the top of my neck  
Way down to the ends.I'm hinges in front,  
And I'm hinges in back –  
But I have to be hinges,  
Or else I would crack!**STUNTS AND APPLAUSES****APPLAUSES & CHEERS***Alice, Golden Empire Council***Health & Fitness Applause:** Repeat three times – "Eat Healthy! Stay Fit!"**Bending Hinges Applause:** Everyone takes a pose using their body "hinges" and say "I'm All Made of Hinges"**Am I Healthy? Applause:** Everyone sticks out their tongue and points to it while saying "Aaaah." Then say "Am I Healthy?"**Take Five Applause:** Everyone shows their open hand while saying "Take Five" three times.**Favorite Exercise Applause:** Everyone freezes in a pose of their favorite form of exercise – They all say "Keep Moving!"**RUN-ONS****And the Winner Is....****Cub #1:** Hear about the two silkworms who had a race?**Cub #2:** It ended in a TIE.**Get Moving**Did you hear about the sloth who went out for a walk –  
Four snails came along and picked up his favorite hat.The police asked for details. "Can you describe the snails?"  
asks the officer.

"Not really - it all happened so FAST," replied the sloth.

**Dangerous Exercise****Cub #1:** Do you know how porcupines play leapfrog?**Cub #2:** VERY, VERY carefully!**Just looking for fruit**Once a duck went to a restaurant and asked "Do you have any grapes?"  
The waiter replied "We do not allow ducks or other animals in this restaurant, so you'll have to leave!"

The duck went away, but came back an hour later. Again he asked "Do you have any grapes?"

Again the waiter replied "I told you earlier we do not allow ducks in this restaurant. Go away! And if you come in here again, I'll staple your feet to the floor!"

An hour later, the duck returned and asked "Do you have any staples?"  
The waiter replied "NO!". "Good...." said the duck, "then, do you have any grapes?"**Forced to Do It**

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

**JOKES & RIDDLES***Alice, Golden Empire Council***Q:** What vegetable should you NOT take on a boat?**A:** Leeks!**Q:** What's vegetable gets the most exercise?**A:** A runner bean!**Q:** Why don't eggs tell jokes?**A:** They'd CRACK each other up!**Q:** How do you make a banana shake?

- A:** Jump out and yell BOO!
- Q:** How do you fix a broken tomato?
- A:** Tomato paste!
- Q:** If you hold 8 potatoes in one hand and 10 cucumbers in the other, what do you have?
- A:** Really BIG hands!
- Q:** Why was the vegetable band so popular?
- A:** It had a good BEET!
- Q:** What did the lettuce say to the celery?
- A:** Quit STALKing me!
- Q:** What did the Father Tomato say to his son while on a family walk?
- A:** KETCHUP!
- Q:** What is the favorite fruit of twins?
- A:** Pears!
- Q:** What key do you use to open a banana?
- A:** A MonKEY!
- Q:** What are strawberries when they are sad?
- A:** BLUEberries!
- Q:** Who can jump higher than an 8-story building?
- A:** Anyone – buildings don't jump!
- Q:** Why do bicycles never do anything exciting?
- A:** Because they are always TWO TIRED!

*Alice, Golden Empire Council*

Knock, Knock  
Who's There?  
Lettuce.  
Lettuce Who?  
Lettuce In and you'll find out!

Knock, knock.  
Who's there?  
Orange.  
Orange Who?  
Orange you thirsty after all that exercise?

## SKITS

### Follow Me & Get Fit

*Alice, Golden Empire Council*

- Emcee:** Den \_\_\_ is proud to present a very special guest tonight. He has helped millions to get fit! Here are some testimonials just to prove it:
- Cub #1:** Comes out in some spectacular fashion – *(If you have a boy who can do a flip or a cartwheel, have him demonstrate)*
- Cub #2:** I used to sit all day – now I'm always moving!  
*(Comes out carrying a fake pair of dumbbells or weights marked with 500 pounds each)*  
I used to be too weak to lift a bag of groceries for my mom!
- Cub #3:** *(Comes out running)* I used to complain my feet hurt every time I walked to class!
- (Note: If you have more boys, just add some other characters that come out demonstrating how fit they are)*
- Emcee:** And how did you all get so healthy and fit? What's the secret?

**ALL:** Easy – We met Dr. FIT!

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

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

The boys and I are going to show you just how to do it! So follow along and do just as we do!  
But first, you must stand!

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

- Dr. Fit:** Ok, let's get started. Every part of the body needs exercise – we will start with the eyelids.
- ✓ **Exercising the Eyelids** – Stand up, looking straight ahead, and blink 5 times.
  - ✓ **Exercising the Nose** – Wiggle your nose from side to side 5 times.
  - ✓ **Exercising the chin** – Jut your chin out as far as you can 5 times.
  - ✓ **Exercising the elbow** – One arm at a time, bend your elbow and touch your nose with your finger – repeat 5 times with each elbow.
  - ✓ **Exercising the Foot** – One at a time, put your foot forward, then wiggle the big toe – Repeat 5 times with each foot.

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

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

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

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

### Doctor! Doctor!

*National capital Area Council*

***The secret to success with this series of quickies is to keep them moving along. You can have one doctor and different patients, but it may add greater rush and flurry if a different doctor and patient fly in and out for each quickie.***

**Pat is Patient. Give each Cub a line.**

Pat: Doctor! Doctor! I fell like a set of drapes.

Doc: Pull yourself together!

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

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

Pat: Doctor! Doctor! Everyone keeps ignoring me.

Doc: Next!

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

Doc: I'll deal with you later.

Pat: Doctor! Doctor! What's wrong with me?

Doc: Have you had this before?

Pat: Yes.  
 Doc: Well, you've got it again!  
 Doc: You'll live to be 80.  
 Pat: I am 80.  
 Doc: See!  
 Pat: Doctor! Doctor! I've got insomnia  
 Doc: Don't lose any sleep over it!  
 Pat: Doctor! Doctor! My friend's doctor told him he had  
 appendicitis, and two weeks later my friend died of  
 heart failure.  
 Doc: Don't worry. If I tell you you've got appendicitis, you'll  
 die from appendicitis!

## GAMES

### Popcorn

*Alice, Golden Empire Council*

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

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

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

Now have some popcorn for a treat!

### Colored Eggs

*Alice, Golden Empire Council*

*This game is a favorite in some parts of the country – and it isn't just for Easter. Alice*

One person is the “Wolf.”

The other people line up next to each other, with the wolf facing them. Everyone in line picks a color in their mind.

Wolf: “Knock, Knock”

Line: “Who's There?”

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

Line: What do you want?"

Wolf: "Colored eggs".

Line: "What color?"

The wolf then says a color. Whoever had "picked" that color then runs around a selected area (to the far oak tree in the yard and back to the line, for example), with the wolf giving chase.

If the wolf catches the "egg", then that person becomes the wolf with the game starting over. If not, and all eggs make it back to line successfully, the wolf then calls out the next color, etc.

### RECYCLED LID FRISBEE TOSS

*Utah National Parks Council*

Collect a variety of plastic lids from containers such as margarine tubs, yogurt containers, shortening cans, etc. With a permanent marker, mark half the lids with the letter "C" for Cubs and the other half with the letter "S" for Scouts. Divide the group into two teams, the "Cubs" and the "Scouts." Give each team the appropriate set of lids. Using tape or string, mark two target circles about 15 feet away from the base line. Each team must stand behind the base line and sail their lid, Frisbee-style, into their target. A point is awarded for each lid that lands in the target. A point is taken away if a lid lands in the other team's target.

### Hinges Freeze Tag

*Alice, Golden Empire Council*

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

### Advancement Relay

*Alice, Golden Empire Council*

Set up a relay using two teams. Use requirements from the boy's books – If you celebrate Frog Jumping Day, be sure to use the Frog Leap in the Wolf Book under Ach. #1- Feats of Skill.

You could also use the Elephant Walk from that same book, or the Crab Walk in both the Wolf book and in Bear Ach. #16c. Or if you have made any of the props in the Wolf Book Elect. #7 – Foot Power, those would be great to use, too. (Stilts, Puddle Jumpers and Foot Racers)

*Or just make up your own active ideas – the idea is to get moving and have FUN!*

### Indoor Olympics

*Alice, Golden Empire Council*

A good idea would be to run this track meet on a den basis, with each den sending forward its Representative before the name of the contest is announced.

- ✓ **Bean Toss:** Give each contestant 10 navy beans and have him try to throw them, one at a time, into a quart jar from a chalk line on the floor.
- ✓ **Foot Race:** Have each Cub stand with his feet touching each other, heel to toe. The den with the greatest aggregate length wins.
- ✓ **30-inch Dash:** Tack a 30-inch piece of string with a marshmallow at the end on the wall. The first Cub who chews the string and reaches the marshmallow wins.
- ✓ **Polo Pan:** Number six 1" cubes on each side: 0-1-2-3-4-5; and use a six-hole muffin pan. Let each person throw the cubes into the muffin pan from a distance of 6'. Add the top numbers of the cubes that land in the pan to determine a winner.
- ✓ **Bounce Ball:** Use five different-sized rubber balls and a cardboard box. Have the players, in turn; bounce the balls in the box from 10'. Score 2 points for each ball that goes in.
- ✓ **Plumb Ball:** Suspend a golf ball on a cord from the ceiling, using screw eyes. From broom handles, make a set of tenpins, 4" long. Have the players swing the ball and knock down the pins. Score 2 points for each pin

- knocked over and 10 extra points for a strike. Be sure to catch the ball on the rebound.
- ✓ **Hoop Stop:** Lay an 18" hoop made from No. 9 wire on the floor. Use three balls (marble, golf, tennis). Score 5 points for each ball placed inside the hoop in any manner from a distance of 6'.
  - ✓ **Running High Whistle:** The boy who can hold a whistled not the longest with on breath wins the event.
  - ✓ **Lightweight Race:** Have the runners carry a lighted candle in one hand and a pail of water in the other. If water is slopped over or if the candle goes out, the contestant is out. The first to cross the finish line wins the race.
  - ✓ **20 Yard Dash:** Line up the dens for a relay race. Have the contestants carry an egg in a teaspoon held with the arm extended. The first in each line runs 20 yards and back to the next one in line.
  - ✓ **100 Yard Dash:** Tie a lump of sugar or a marshmallow on the end of 100" string. The contestants gather the sting and marshmallows into their mouths without using their hands. The first one to eat the marshmallow wins the race.
  - ✓ **Obstacle Race:** Place nickels in pans of white flour, or of whipping cream, to see who, with his hands behind him, can be the first to dig them out with his teeth.
  - ✓ **Sharpshooters:** Hold a contest to see who can throw the most pebbles into the mouth of a jug.
  - ✓ **Endurance Race:** See who can eat four soda crackers and be the first to whistle a tune.
  - ✓ **Moving Target:** Have the contestants throw beanbags, sticks, stones, anything for that matter, through a rolling hoop. Score 1 point for each hit.
  - ✓ **Hobble Race:** Conduct a 100' race with contestants who are bound loosely about the ankles.
  - ✓ **Long Glum:** The player who can keep from smiling longest, while all the others jeer and laugh, wins.
  - ✓ **Slipper Throw:** Have the contestants lie flat on their backs and throw slippers over their heads with both feet.
  - ✓ **Second Obstacle Race:** Make a large number of chalk marks on the floor at the end of the race course. Give each runner a damp rag with which to rub out the chalk marks. The first to clean his section on the floor and run back to the starting line, wins.
  - ✓ **Swimming Relay:** For this relay race, have each hop on one foot, carrying a glass of water.
  - ✓ **20 Foot Dash:** Have the relay runners roll lemons or hard-boiled eggs with a stick down the course and back and touch off the next player in line.
  - ✓ **Bawl Game:** See who can make the most noise for a given period of time.
  - ✓ **Wide Stretch:** Line up the Sixes with arms extended so that the players are touching, fingers to fingers. See which Six has the longest line.
  - ✓ **Standing Broad Grin:** The width of the grins measured by judges. The widest one wins this event.
  - ✓ **Beans Relay:** Have the relay runners carry beans, one at a time, between match sticks, toothpicks or on a knife.
  - ✓ **Discus Throwers:** Each contestant throws a paper pie plate from a chalk line. The plate must be held flat in the hand and not sailed with the thumb and fingers.

- ✓ **16-Pound Put:** Have each contestant put an inflated bag for distance as though it were put from the shoulder.
- ✓ **Sponge Shot-Put:** Use a small dry sponge for the shot. See who can put the shot the farthest.
- ✓ **Hammer Throw:** Use blown-up paper bags attached to a yard of string. Give each Cub one turn to see who can throw the 'hammer' the farthest.
- ✓ **Bottle Roll:** See who can roll a pop bottle from 6' and score a bull's-eye in a chalk ring on the floor. Draw several concentric circles to make targets of different value.

### ORANGE PEEL AND EAT

*Utah National Parks Council*

Boys pick an orange from a pile.

The first to peel and eat their orange wins.

### Pyramid Challenge

*Alice, Golden Empire Council*

- ✓ Before the meeting, prepare a list of foods.
- ✓ To play the game, spread several Hula Hoops out around the playing area. (or use masking tape to set off an area) Label each one - Fruits, Vegetables, Grains, Dairy, eecand Protein.
- ✓ Explain to the boys that when they hear you shout a food item, they should run and stand in the appropriate hula hoop.
- ✓ If the item you call out doesn't fit any category, or would fit in more than one category, boys should stand in place.
- ✓ Here are some suggestions for your list:  
Apples, Apricots, Bananas, Kiwi, Asparagus, Broccoli, Green Beans, Cereal, Flour, Milk, Cheddar Cheese, Cottage Cheese, Hamburger, Pasta, Spaghetti, Oatmeal, tortillas, Yogurt.
- ✓ Some tricky ones to use: Butter, Potato Chips, Brownies, Walnuts, Refried Beans, Ice Cream
- ✓ If boys disagree about where something fits, make a quick note so you can talk about it later!

### Strive for Five Challenge

*Alice, Golden Empire Council*

*This is a variation of Pyramid Challenge –*

*Take away all but two of the hula hoops.*

- ✓ Explain that the boys should run to Fruits or Vegetables when you shout out an item that belongs.
- ✓ All other food items should leave the boys standing in place.
- ✓ You can use the same list as before – to make it trickier, add in items like: Fruit Punch, Apple Crisp, Vegetarian Lasagna, Broccoli-Beef Stir Fry, Cherry Pie, Banana Cream Pie, Apricot Jam.

### Fruit Basket Game – a family favorite!

*Alice, Golden Empire Council*

- ✓ One person is chosen to be the caller.
- ✓ Everyone else sits in a circle on chairs.
- ✓ The caller gives each member, including himself, the name of a different fruit.
- ✓ When he calls out the names of two fruits, such as apples and pears, the two who were given the names of those fruits must change seats.

- ✓ The caller tries to slip into one of the seats, leaving someone else without a seat. The one without a seat is the new caller.
- ✓ At any time the caller may say, "The fruit basket tipped over." Then all must change seats, and the caller tries to get any empty seat, leaving another person as caller.

### Mexican Hat Dance

*Alice, Golden Empire Council*

*These two games celebrate Cinco de Mayo, but also require physical activity.*

*After you play, try a Mexican treat from Cub Grub.*

#### Materials:

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

#### How To Play:

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

### BROOM SWEEP RELAY

*Utah National Parks Council*

#### Supplies for each team:

- 1 broom
- 1 balloon (inflated)
- 1 plastic cone

#### Directions

- ✓ Divide your den or pack into equal teams.
- ✓ Line up each team behind a starting line.
- ✓ Place a plastic cone about 40 feet from the starting line for each team.
- ✓ Give the first person in each team a broom and an inflated balloon.
- ✓ On the start signal, the first person in each team puts the balloon on the floor and proceeds to sweep the balloon to the cone.
- ✓ He circles the cone and continues sweeping the balloon back to his teammates.
- ✓ He hands the broom to the next teammate and walks to the end of the line.
- ✓ The next player sweeps the balloon to the cone, circles it and sweeps back to his team.
- ✓ The balloon is to remain on the ground at all times. If the balloon pops, the player must restart from the starting line.
- ✓ The first team to have all players complete the clean sweep with the balloon is declared the winner. Have extra balloons (inflated) on hand in case one should pop. This game can also be played outdoors - fill the balloons with water for some wild fun.

### Benito Juarez Says Game

*Alice, Golden Empire Council*

#### How To Play:

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

Played similar to Simon Says.

Leader is "Benito Juarez" and directs different actions, like: "Benito Juarez says hop on one foot". Boys must hop on one foot and keep hopping till leader says "Benito Juarez says stop".

Repeat for additional activities such as take one baby step forward, step backwards, turn around, sit down.

Sometimes Benito Juarez will say "Benito Juarez says" and sometimes he won't. And of course, if you move when the leader doesn't say "Benito Juarez says" – you got tricked and must go back to the start or you are out of the game.

## CLOSING CEREMONIES

### Why Fitness? Closing

*Alice, Golden Empire Council*

- ✓ **Cubmaster:** We thought you might like to hear why we feel Health and Fitness is so important. I want to be healthy and fit so I can keep up with the boys!
- ✓ **Committee Chair:** So everyone can enjoy our Summer Pack activities!
- ✓ **Den Leader:** So I can plan activities the boys will really enjoy and not have to sit on the sidelines.
- ✓ **Parent:** So I can be on a hike and watch my son's face when he discovers a spectacular spider web.
- ✓ **Cub Scout:** So I can Do My Best in the great outdoors!
- ✓ **Cubmaster:** Here's another reason we all share
- ✓ **ALL:** So everyone can have FUN!

### MAY I

- Cub #1:** May I grow in character and ability as I grow in size.
- Cub #2:** May I be honest with myself and others in what I do and say.
- Cub #3:** May I learn and practice my religion.
- Cub #4:** May I always respect my parents, my elders and my leaders.
- Cub #5:** May I develop high moral principles and the courage to live by them.  
May I strive for a healthy body, mind, and spirit.
- Cub #6:** May I always respect the rights of others.
- Cub #7:** May I set a good example so that others will enjoy and benefit from being around me.
- Cub #8:** May I work hard and do my best in everything I try to do.
- CM:** Cub Scouting will help the boys learn these things, prepare them for Boy Scouting, and show them that they're always winners if they do their best.

**A Cub Scout Pledge to Himself***Capitol Area Council*

Arrangement: Pack flag is placed in center of stage. Ten Cubs in uniform, in turn, come on stage, stand near the Pack flag and recite one of the statements below. Upon finishing, each Scout salutes the Pack flag and retires to rear of stage, where a horseshoe is formed.

- Cub #1:** May I grow in character and ability as I grow in size.
- Cub #2:** May I be honest with myself and others in what I do and say.
- Cub #3:** May I learn and practice my religion.
- Cub #4:** May I always honor my parents, my elders and my leaders.
- Cub #5:** May I develop high moral principles and the courage to live by them.
- Cub #6:** May I strive for health in body, mind and spirit.
- Cub #7:** May I always respect the rights of other.
- Cub #8:** May I set a good example so that others may enjoy and profit from my company.
- Cub #9:** May I give honest effort to my work.
- Cub #10:** May I regard my education as preparation for the future.

After all Cubs are finished with their lines, all present can join hands for the Living Circle and repeat the Cub Scout Promise.

**Do More***Capitol Area Council***(Leader lights candle)**

- Cub #1:** This candle represents the spirit of Cub Scouting the world over. It burns to represent the friendship and fun we can have.
- Cub #2:** But there is more that we can do to further the world brotherhood of Scouting. Listen to this list and try to do more.
- Cub #3:** Do more than belong. Participate. Do more than care. Help.
- Cub #4:** Do more than believe. Practice. Do more than be fair. Be kind.
- Cub #5:** Do more than forgive. Forget. Do more than dream. Work.
- Cub #6:** Do more than teach. Inspire. Do more than live. Grow.
- Cub #7:** Do more than be friendly. Be a friend. Do more than give. Serve.

**Cubmaster's Minutes****Baden-Powell on Health & Fitness***Alice, Golden Empire Council*

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

**A Balanced Diet For Life***Utah National Parks Council*

I expect you all know the 6 food groups. What are they? Bread and Grain, Vegetables, Fruits, Dairy, Meat, Sugar and Fat

Great! And we all know it's important to include a mix of foods from all those groups in our diets. Why? So we have a well-rounded diet that keeps our bodies healthy.

I believe the same sort of thing is true for our lives, not just our bodies. I can think of 6 'life groups' kind of like the 'food groups' - Academics, Athletics, Family, Music, Religion, and Social

If you spent all your time just doing schoolwork, but no social or religious activities, you might get very good at science. But, you wouldn't have the skills to share your knowledge with others. If you just hang around with friends and listen to music, but no athletics, you might be a fun guy but you couldn't throw a ball or swim in a lake.

If you look at famous figures that have had personal problems plastered on the front page, maybe you can see what I'm getting at. Some of them have invested all their effort into one activity and neglected the other areas of life. When they make it big, they are not prepared for the rest of life and it all falls apart.

Take a big helping of Academics, a side-dish of Athletics, pour some Family time on top, garnish with Music, have a big glass of Religion, and finish with a Social dessert. Now, THAT's a balanced diet that will give you a healthy body AND life.

**Pocketknife***Utah National Parks Council*

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 dangerous. The same principle will serve well for us. We have a body, which when kept in good condition, will work well for us. But if we fail to take care of ourselves, we can become rusty and dull like a neglected knife. Do your best to keep fit!

**We're All Winners***Utah National Parks Council*

Some people have decided that they must win whatever game their playing, no matter what it takes. Sports coaches and even parents sometimes put a lot of pressure on their kids to win. But there is something much more important than winning. That something is "Doing Your Best."

As we get ready for summer, let's all decide that we're going to make this a year when we do our best, whether it's in the classroom, on the playing field, at home with our families, or at our place of worship. Never forget that if you do your personal best, then you are a winner, no matter what the final score happens to be.

### Getting into Shape Thought

*Grand Teton Council*

A good program for getting into shape is a continuous program that lasts a lifetime. A program that covers all aspects of the body and mind. A program that challenges our capabilities but doesn't overwhelm. Cub Scouting is like that...a program that challenges the body and mind. It is part of a continuous program into Boy Scouts, Exploring and Adult Scouting. One of the most important things in this program is to challenge the cubs, but do so in a way they can learn and still have fun. We must be aware that each boy is an individual with different strengths and weaknesses. Each must be treated according to his needs. As each boy follows the Scouting program, going up each level, he will receive awards. These awards by themselves are worthless, but the accomplishments, experiences and gained knowledge that was needed to obtain them are priceless.

## CORE VALUE RELATED STUFF

### Connecting Health and Fitness with Outdoor Activities

*Wendy, Chief Seattle Council  
(Adapted from B.A.L.O.O. Appendix E)*

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

### Fun Facts About Fitness

*Alice, Golden Empire Council*

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

- The human skull is 80% water – and it isn't one bone, but twenty-two!
- The smallest bone in the body is in your ear – and the three bones in your middle ear could easily fit on your thumbnail!
- The femur (thigh bone) is the biggest bone in the body.
- There are 206 bones in the human body. One fourth of them are in your feet!
- Your heart is the strongest muscle in your body - so strong it could squirt blood 30 feet – and it pumps 36,000 gallons of blood a day!
- You would need to drink a quart of milk every day for three to four months to drink as much blood as your heart pumps in one hour.
- If all 600 muscles in your body pulled in one direction, you could lift 25 tons!
- The human body has 45 miles of nerves!
- The human nervous system can relay messages to the brain at speeds of up to 200 miles per hour – and your brain receives 100 million nerve messages each second from your senses!
- The average person loses about 80-100 hairs a day.
- A person breathes 7 quarts of air every minute – and swimming underwater is the only time you should hold your breathe while exercising.
- Your nose and ears never stop growing.
- It's impossible to sneeze with your eyes open – and the air is released at up to 100 miles an hour!
- Every person has a unique tongue print – and your tongue is the only muscle in your body that is attached only at one end!
- Every time you step forward, you use fifty-four muscles.
- If you could stretch all the little air sacs in a human lung out, it would be as big as a tennis court!
- Food stays in your stomach for 2 to 4 hours.
- Your funny bone isn't bone - It's a nerve that runs just under your skin in each elbow.



## More Health and Fitness Activities

Alice, Golden Empire Council

### Food Ideas:

**Create a Community Food Pyramid** – Ask each boy, den or family to focus on a different part of the food pyramid, find picture examples, and bring them in. Now let everyone paste their examples in the right part of an enlarged “Food Pyramid” on the wall or make a giant pyramid on the floor using masking tape. Don’t forget to take a picture for the den or pack scrapbook! *Note: I always add another category, a white space under the base of the pyramid to represent water – since everyone needs plenty of water to survive and be healthy* – Alice.

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



Have each boy sign the pledge (see [http://www.fruitsandveggiesmorematters.org/?page\\_id=12135](http://www.fruitsandveggiesmorematters.org/?page_id=12135)), talk about different fruits and vegetables and how he could eat them – Challenge the boys to bring back their handprint with the names of fruits and/or veggies they ate printed on the fingers of their handprint. Display at the Pack Meeting. For more information, go to: [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org) for ideas.

### Exercise Ideas:

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

**Set up a Round Robin of “Olympic” activities for everyone to enjoy** – see ideas from Indoor Olympics in the Games section.

**Have everyone do the Chicken Dance** – to celebrate Chicken Dance Day in March. Or do the Robert-Baden Powell song and get everyone moving. Or make up your own crazy action song or challenge!

### Happening Hinges

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

*Hint: Don’t forget the fingers and toes!*



### General Ideas:

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

**Display a calendar showing the special holidays in March** – surround the calendar with photos or examples of special activities done to celebrate.

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

**Display silhouettes of boys engaging in different Health & Fitness Activities** – see if parents can identify the boys and what they are doing. You could include playing soccer, or any other physical activity; but be sure to also include “healthy” activities, like putting a band aid on a cut, drinking a glass of water, putting on sunscreen, mixing up a healthy snack – make the activities as difficult as possible so the parents will really have to work for the answers!

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

## May – a Month for Fitness & Health

Alice, Golden Empire Council

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

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

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

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



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

**7 – National Train Day** – Celebrate by visiting a local train station or museum, a model railroad club, or by taking a ride on Amtrak or a vintage train. Check out some great festivities at [www.nationaltrainday.com](http://www.nationaltrainday.com). The men who built the railroad were certainly fit – it was hard work! In Sacramento, there is a short steam train ride that is great fun! Check to see what's available in your area.

**7 – In 1888, George Eastman patented the box camera** – celebrate by taking a “photo” hike – or a trip on a train! Capture the interesting or beautiful things you see with a camera and display your pictures at the next Pack meeting. *Tiger Ach. #5G, Wolf Ach. #10c, Bear Elect. #11, Webelos Outdoorsman #9.*

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

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

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

**12 – Florence Nightingale Day** – Born on this day in 1820, she learned much about nursing and how to keep people healthy, and single-handedly created statistics and charts to prove that the terrible conditions of military housing and care for the wounded were killing soldiers. She and her nurses changed the perception of nursing to an honorable profession and changed how people all over the world were cared for, especially when sick or wounded.

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

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

Q: How long do chickens work?

A: Around the cluck!

Q: What do chicken families do on Saturdays?

A: They go on peck-nics!

Q: Why did the chick disappoint his mother?

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

Q: Is chicken soup good for your health?

A: Not if you're the chicken!

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

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

**27- Sun Screen Day** – A great reminder to wear sunscreen when you are outdoors, especially on or near the water.

*Tiger Elect. #29, Wolf Elect. #18 – Note to Akela; Bear Ach. #12-Sun Safety.*

**29 – First summit of Mt. Everest in 1953 – and first ice cream freezer patented in 1948.** Visit a climbing wall to celebrate the day, then end with homemade ice cream! For more information about the victory of Edmund Hillary and his Sherpa guide, Tenzing Norgay go to:

[www.mnteverest.net/history.html](http://www.mnteverest.net/history.html) or [www.en.wikipedia.org/wiki/Mount\\_Everest](http://www.en.wikipedia.org/wiki/Mount_Everest)



**30 – Memorial Day** – A Federal holiday that honors those who have died while in military service – first enacted by former enslaved African Americans to honor Union Soldiers, extended after WWI to honor Americans who have died in all wars.

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

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

**May 2011 is...**

*Jody and Lorna, Two Wonderful Media Specialists  
(Librarians to us older people)*

#### MONTHS

Arthritis Awareness Month  
Better Hearing and Speech Month  
Family Wellness Month  
Fibromyalgia Education and Awareness Month  
Freedom Shrine Month  
Get Caught Reading Month  
Healthy Vision Month  
Huntington's Disease Awareness Month  
Jewish American Heritage Month

Latino Books Month  
 Melanoma/Skin Cancer Detection & Prevention Month  
 National Allergy/Asthma Month  
 National Bike Month  
 National Egg Month  
 National Guide Dog Month  
 National Hamburger Month  
 National Hepatitis Awareness Month  
 National Mental Health Month  
 National Military Appreciation Month  
 National Osteoporosis Awareness and Prevention Month  
 National Photo Month  
 National Physical Fitness and Sports Month  
 National Radio Month  
 National Sight-Saving Month  
 National Smile Month  
 National Stroke Awareness Month  
 Personal History Month  
 Teen Self-Esteem Month  
 Women's Health Care Month

**First Week**

Be Kind To Animals Week (5/1-5/7)  
 Flexible Work Arrangements Week (5/1-5/7)  
 Goodwill Industries Week (5/1-5/7)  
 Kids Win Week (5/1-5/7)  
 National Family Week (5/1-5/7)  
 National Hug Holiday Week (5/1-5/7)  
 National Pet Week (5/1-5/7)  
 National Wildflower Week (5/1-5/7)  
 Teacher Appreciation Week (5/1-5/7)  
 UN: World Press Freedom Day (5/2)  
 Poland: Constitution Day (5/2)  
 Childhood Depression Awareness Day (5/3)  
 National Teacher Day (5/3)  
 Mexico: Cinco de Mayo (5/4)  
 National Day of Prayer (5/5)  
 International Migratory Bird Day (5/7)  
 National Nurses Day and Week (5/5-5/11)

**Second Week**

National Nursing Home Week (5/8-5/14)  
 National Police Week (5/8-5/14)  
 National Return to Work Week (5/8-5/14)  
 National Etiquette Week (5/9-5/13)  
 Reading is Fun Week (5/8-5/14)  
 Mother's Day (5/8)  
 Singapore: Vesak Day (5/9)  
 Denmark: Common Prayer Day (5/10)  
 Limerick Day (5/11)  
 Ascension Day (5/12)  
 Norway: Midnight Sun (5/13)

**Third Week**

International New Friends, Old Friends Week (5/15-5/21)  
 National Backyard Games Week (5/16-5/23)  
 National Running and Fitness Week (5/15-5/21)  
 National Transportation Week (5/15-5/21)  
 National Dog Bite Prevention Week (5/15-5/21)  
 UN: World Telecommunication Day (5/26)  
 Norway: Constitution Day (5/26)  
 International Museum Day (5/27)

Turkey: Youth and Sports Day (5/28)  
 Eliza Doolittle Day (5/20)  
 National Waitstaff Day (5/21)  
 Endangered Species Day (5/21)

**Fourth Week**

National Safe Boating Week (5/21-5/27)  
 World Turtle Day (5/24)  
 African Freedom Day (5/25)  
 National Geographic Bee--National Finals (5/24-5/25)  
 National Missing Children's Day (5/25)  
 National Tap Dance Day (5/25)  
 China: Dragon Boat Festival (5/28)  
 Memorial Day (5/30)

**PACK ACTIVITIES****Visits.**

*Commissioner Dave*

All faiths have at their heart the desire to be good citizens and to help others in the community. This spirituality lies at the heart of Scouting and is what sets us apart from youth clubs and many other organizations. Demonstrate this by visiting senior citizens and planting bulbs in their gardens. Alternatively, decorate flowerpots at a meeting, plant bulbs in these and then take them to the Senior Citizens.

**MORE GAMES AND ACTIVITIES**

*Wendy, Chief Seattle Council*



- ✓ Other useful items from the How-To Book are referenced throughout Baloo's Bugle.

Want to check something in the "How To Book," and your copy is not available?? Want to copy something quick to use at a meeting?? You can find the "How To Book" at this address on **National's Web Site** -

[http://www.scouting.org/filestore/hispanic/english/33832\\_WEB.pdf](http://www.scouting.org/filestore/hispanic/english/33832_WEB.pdf)

**CUB GRUB**

*"Cub Grub" recipes are in the Den edition.*

*Dave*

## WEB SITES And Other Resources

The President's Council on Fitness

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

*See longer list in the Den Edition. Dave*

## ONE LAST THING

**If Dr. Seuss Were In Technical Writing...**

*Anonymous*

Here's an easy game to play.

Here's an easy thing to say:

If a packet hits a pocket on a socket on a port,  
And the bus is interrupted as a very last resort,  
And the address of the memory makes your floppy disk abort,  
Then the socket packet pocket has an error to report!

If your cursor finds a menu item followed by a dash,  
And the double-clicking icon puts your window in the trash,  
And your data is corrupted 'cause the index doesn't hash,  
Then your situation's hopeless, and your system's gonna crash!

If the label on the cable on the table at your house,  
Says the network is connected to the button on your mouse,  
But your packets want to tunnel on another protocol,  
That's repeatedly rejected by the printer down the hall,

And your screen is all distorted by the side effects of gauss,  
So your icons in the window are as wavy as a souse,  
Then you may as well reboot and go out with a bang,  
'Cause as sure as I'm a poet, the sucker's gonna hang!

When the copy of your floppy's getting sloppy on the disk,  
And the microcode instructions cause unnecessary risk,  
Then you have to flash your memory and you'll want  
to RAM your ROM.

Quickly turn off the computer and be sure to tell your mom!!

### Our Deepest Fear

*Marianne Williamson*

It is our light not our darkness that most frightens us  
Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.  
It is our light not our darkness that most frightens us.

We ask ourselves, who am I to be  
brilliant, gorgeous, talented and fabulous?  
Actually, who are you not to be?

You are a child of God.  
Your playing small does not serve the world.

There's nothing enlightened about shrinking so that other  
people won't feel insecure around you.

We were born to make manifest the  
glory of God that is within us.  
It's not just in some of us; it's in everyone.

And as we let our own light shine,  
we unconsciously give other people  
permission to do the same.

As we are liberated from our own fear,  
Our presence automatically liberates others.

### Here's To The Crazy Ones

*From a 1997 Apple Computer TV ad.*

*inspired by the writing above*

The misfits.  
The rebels.  
The troublemakers.  
The round pegs in the square holes.  
The ones who see things differently.

They're not fond of rules.  
And they have no respect for the status quo.

You can praise them, disagree with them, quote them,  
disbelieve them, glorify or vilify them.

About the only thing you can't do is ignore them.  
Because they change things.

They invent.      They imagine  
They heal          They explore  
They create        They inspire  
They push the human race forward.

Maybe they have to be crazy.  
How else can you stare at an empty canvas and see a work of art?  
Or sit in silence and hear a song that's never been written?  
Or gaze at a red planet and see a laboratory on wheels?

We make tools for these kinds of people.  
While some see them as the crazy ones,  
we see genius.

Because the people who are crazy enough to think  
they can change the world, are the ones who do.