



BALOO'S BUGLE



Volume 14, Number 10

"Make no small plans. They have no magic to stir men's blood and probably will not themselves be realized." D. Burnham
May 2008 Cub Scout Roundtable June 2008 Cub Scout Theme

GO FOR THE GOLD

Tiger Cub Activities

Webelos Traveler & Handyman

FOCUS

Cub Scout Roundtable Leaders' Guide

Jus as athletes of the world strive to do their personal best in international competition; Cub Scouts have the opportunity to do their best in feats of skill and prowess as they "Go for the Gold." Cub Scouts will learn about exercise and sports, and about good sportsmanship and understanding the rules. This month would be a great time to work on one of the Cub Scout Sports belt loops and pins!!

CORE VALUES

Cub Scout Roundtable Leaders' Guide

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

- ✓ **Sportsmanship and Fitness**, Cub Scouts will learn about good sportsmanship and pride in growing strong in mind and body.
- ✓ **Respectful Relationships**, Through interactive games, a Cub Scout's ability to get along with others will be strengthened.
- ✓ **Personal Achievement**, Games and skill challenges foster a sense of personal achievement by helping boys develop new interests and skills.

The core value highlighted this month is:

- ✓ **Honesty**, Cub Scouts will learn the importance of following the rules and being fair and being trustworthy in games and in daily life.

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

Attention Bear Leaders –

Your bears become Webelos on June 1. Are you ready?? Be sure to take Webelos Leader Position Specific and Outdoor Webelos Leader Training as soon as possible. Sign your Cubs up for Webelos Resident, if your council offers it!!! If they don't, sign them up at a neighboring council's camp (e.g. Southern NJ's at Pine Hill Scout Reservation!!!)

Safety Alert:

Important Notice About Nalgene® Water Bottles

Nalgene Nunc International has directed vendors to withdraw Nalgene® water bottles made with bisphenol A from sale. Accordingly, Boy Scouts of America's National Supply Group is immediately withdrawing all Nalgene brand water bottles from sale at Scout Shops, online, and through its retailers across the country.

Safety is a top priority. Any parent or consumer who has previously purchased Nalgene bottles at Scout Shops should stop using the product and wait until arrangements are made by Nalgene to receive an alternate product.

COMMISSIONER'S CORNER

It is sports time – time to show that Cubs can play sports, too. Time to have fun in the sun!! Time to look at Olympic athletes doing their best and showing your Cubs what can happen when they do their best, too!!!

"Play the game – don't look on." – Lord Robert Baden-Powell

Get involved, Life is not a spectator sport. Don't let your Cubs sit down and rest, keep them going!! They want to go!! (Except for one Cub who told me that he would not go to my Webelos Resident Camp because there is no air conditioning. He only camps in a trailer where he can play video games) Oh Well. Be sure your Cubs know they can do sports and do Cubs, too. And earn special pins and loops for playing sports!!

I finish up at Loma Linda University Medical Center this week. In four months I will have a blood test and that will indicate that the proton radiation cured my cancer. I will be at my Roundtable post for the first time in three months on May 14. God even helped me here, making the second Wednesday the latest possible date to give me the most chance to make it.

And speaking of Roundtables – I had a great time helping Ruth at Grayback District in the Inland Empire Council.

Then on Monday had lunch with Chet, their District Executive who is new and had not heard of Baloo's Bugle. He is on about his fourth career and says being a DE is the challenging and rewarding job.

Judy from WLACC sent me more good stuff this month. It comes in a circuitous route – Utah National Parks Council to Antelope Valley RT to her to me. Antelope Valley District RT does something innovative – they are two months ahead of theme. So they did “Go for the Gold” in April not May. Maybe I ought to consider that for my RT and then Baloo would always be on time!! Alice is back again this month. Thank you Alice. She had been babysitting for relatives and away from her computer for many days at a time.

I recently read that cancer is the ultimate “Get Out of Jail Free” card. And I agree. I received so many nice cards and letters. My family all arranged to get out here to be with me. I met cousins and high school friends whom I had not seen in years. One old Westwood, NJ, high school friend, Bo Fox, was in Scouting with me for a long time. When we made Life and Star, the lady writing the article for the local paper said she wished we were Cubs. Then she could write, Fox and Lyons make Wolf and Bear. Bo is a rock drummer in California, check out his band's site at www.papadoo.com

I made great friends at Christ the King Lutheran Church in Redlands, CA. Very friendly people.

I will be mailing it out the SNJC Pow Wow CD to all those who sent me theirs (or posting it somewhere to download), when I return from Loma Linda, CA, in May. Apologies to all who sent me Pow Wow CDs for being so late but our CD production was delayed and now I am away.

Do NOT miss the item on Zip Loc ® Bags in Cub Grub. Boil in Bag Omelets should go the way of Nash, Hudson, Henry J and Studebaker cars.



National makes a patch for every Cub Scout Monthly theme. This is the one for this theme. Check them out at www.scoutstuff.org go to patches and look for 2008 Cub Scout Monthly Theme Emblems.

**Months with similar themes to
Go For the Gold
Dave D. in Illinois**

Month Name	Year	Theme
September	1939	Cub Olympics (1)
August	1945	Sports
August	1950	Cub Scout Olympics
August	1953	Sports Carnival
August	1956	Cub Scout Field Day
June	1960	Cub Scout Olympics
June	1964	Cub Scout Olympics
June	1966	Sports Carnival
July	1968	Cub Scout Olympics
June	1970	Olympics
August	1970	Cub Scout Field Day
July	1972	Cub Scout Olympics
June	1975	Sports Carnival
June	1979	Learn a Sport
June	1990	Sports Arena
August	2002	Sports Extravaganza
July	2005	Play Ball!

(1) – The September 1939 Cub Olympics theme was the very first month with a theme.

THOUGHTFUL ITEMS FOR SCOUTERS

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

Roundtable Prayers

CS Roundtable Planning Guide

We give thanks as we join in the Cub Scout Spirit with our friends and families. Help us to do our best in all activities tonight and enjoy each other's company. As we strive for excellence, please help us remember the rules of sportsmanship and fair play. **Amen**

The Summer Olympics will be held this August in Beijing, China. The Olympic spirit is one of friendship, fair play, honor, peace and glory. Men and women compete as they showcase their skill and determination. May our Cub Scouts show their Cub Scout spirit in friendship and fair play as they do their best this month. **Amen.**

Do Your Best

Scouter Jim, Bountiful Utah

The Cub Scout Motto is, “Do Your Best.” Not only is “Do Your Best,” the Cub Scout Motto, it is also part of the Cub Scout Promise. Why is “Do Your Best” so important to Cub Scouting that it is both the Motto and part of the Cub Scout Promise? What does “Do Your Best” mean?

“Do Your Best” means, that each boy does the very best he is able to do and tries as hard as he can with the abilities he has. Every Cub Scout is different and so each boy's Best is different. In the Olympic Games they give Gold, Silver and Bronze metals. Not every athlete gets a medal. In Cub

Scouting, we do not give medals for competition. Each boy completes only with himself and his own Best. Cub Scouting doesn't have winners and losers, it has young men doing their Best.

The following is from a BSA Fact Sheet on Scouts with Disabilities:

Since its founding in 1910, the Boy Scouts of America has had fully participating members with physical, mental, and emotional disabilities. James E. West, the first Chief Scout Executive, was a person with a disability. Although most of the BSA's efforts have been directed at keeping such boys in the mainstream of Scouting, it has also recognized the special needs of those with severe disabilities.

In 1965, registration of over-age Scouts with mental disabilities became possible—a privilege now extended to many people with disabilities. Today, approximately 100,000 Cub Scouts, Boy Scouts, and Venturers with disabilities are registered with the Boy Scouts of America in more than 4,000 units chartered to community organizations.

As a father of a special needs son and Cubmaster to two special needs Cub Scouts, I know the meaning of the word "inclusion." Inclusion means that we include all the boys in our packs that qualify, and we get help to support them in the program if they need help. Each boy should be allowed to achieve his very best.

One of the Assistant Scoutmasters of my youth was asked to be the Scoutmaster for the Special Needs Troop in our area. At his funeral, there were six Eagle Scouts from that troop serving as honorary pallbearers. These young men had been allowed to do their best, and receive the reward and honor from that effort. All boys deserve to be rewarded for doing their best but not with Gold, Silver and Bronze, but with Bobcat, Wolf, Bear, Webelos, and Arrow of Light. (I know, Wolves and Bears have Gold and Silver Arrow points.)

Remember as Scout Leaders, our job is to "Love Them!" We love those best, we serve. Anyone that has felt the love from their boys, will understand, that the rewards are far greater than the effort expended. All leaders deserve to be loved by the boys they serve. Go out and "Do Your Best," and help all Cub Scouts, do their best.

Special Awards for Special Leaders

- ✓ **Woods Services Award.** This annual award was established to recognize volunteers who have performed exceptional service and leadership in the field of Scouts with disabilities. Nomination forms are sent annually to councils every September with a December 31 deadline. One person is selected each spring for national recognition. (BSA Form 89-258L)
- ✓ **Torch of Gold Certificate.** This is for local council use in recognizing adults for outstanding service to youth with disabilities.

Read about both at

<http://www.scouting.org/Media/FactSheets/02-508.aspx>

I am not sure how widespread the knowledge of these awards is. Let m know if your Local Council knows about them or not. Thanks. CD

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

Every time you compete, try harder to improve on your last performance. Give nothing short of your very best effort. [Elgin Baylor](#)

My motto was always to keep swinging. Whether I was in a slump or feeling badly or having trouble off the field, the only thing to do was keep swinging. [Hank Aaron](#)

Sports do not build character. They reveal it. [Heywood Broun](#)

Nobody roots for Goliath. [Wilt Chamberlain](#)

I gave it my body and mind, but I have kept my soul. [Phil Jackson](#)

Always keep an open mind and a compassionate heart. [Phil Jackson](#)

Wisdom is always an overmatch for strength. [Phil Jackson](#)

Most people never run far enough on their first wind to find out they've got a second. [William James](#)

I can accept failure, everyone fails at something. But I can't accept not trying. [Michael Jordan](#)

If you're trying to achieve, there will be roadblocks. I've had them; everybody has had them. But obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it. [Michael Jordan](#)

I've failed over and over and over again in my life and that is why I succeed. [Michael Jordan](#)

You have to expect things of yourself before you can do them. [Michael Jordan](#)

Play is the only way the highest intelligence of humankind can unfold. [Joseph Chilton Pearce](#)

Throughout its history, the international Olympic Committee has struggled to spread its ideal of fraternity, friendship, peace and universal understanding. [Juan Antonio Samaranch](#)

Success is where preparation and opportunity meet. [Bobby Unser](#)

Adversity causes some men to break; others to break records. [William A. Ward](#)

There is something in the Olympics, indefinable, springing from the soul, that must be preserved. [Chris Brasher](#)

It's perseverance that's the key. It's persevering for long enough to achieve your potential. [Lynn Davies](#)

There are hurdles to overcome in sport and in life. Sport is a very valuable learning ground for how to live your life in the best possible way. [Lynn Davies](#)

Only those who have patience to do simple things perfectly ever acquire the skill to do difficult things easily. [James J. Corbett](#)

Friendships born on the field of athletic strife are the real gold of competition. Awards become corroded, friends gather no dust. [Jesse Owens](#)

The battles that count aren't the ones for gold medals. The struggles within yourself - the invisible, inevitable battles inside all of us - that's where it's at. [Jesse Owens](#)

We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort. [Jesse Owens](#)

The most important thing in the Olympic Games is not winning but taking part; the essential thing in life is not conquering but fighting well. [Pierre de Coubertin](#)

It is the inspiration of the Olympic Games that drives people not only to compete but to improve, and to bring lasting spiritual and moral benefits to the athlete and inspiration to those lucky enough to witness the athletic dedication. [Herb Elliott](#)

If you dream and you allow yourself to dream you can do anything. And that's what this Olympic medal represents. [Clara Hughes](#)

What I can tell them is the way you become an Olympic champion is to start working now. I tell them why it's always worth it to put the time and effort into something you want to be good at. [Rafer Johnson](#)

Sam Houston Area Council

“Play the game – don’t look on.” –

Lord Robert Baden-Powell

“Doing what is right, fair and honorable is more important than winning or losing.” – Chick Moorman

“Winning is only half of it. Having fun winning is the other half.” – Bum Phillips

“If at first you don't succeed, try, try again.” – William Edward Hickson

“Team player: One who unites others toward a shared destiny through sharing information and ideas, empowering others and developing trust.” – Dennis Kinlaw

TRAINING TIP

Recruiting Success

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

I know what you're thinking:

No, Bill, we won't be recruiting until September. That's still four months away.

That is exactly my point. You are already late, so you had better start working on it!

Recruiting must come before anything else. Before program planning, before pack meetings, before den meetings, service projects or outings you have to get the boys and the leaders. Good, solid recruiting is the foundation, upon which, everything else you do as a Cub Scout leader rests. If your recruiting is weak, your whole program for the coming year is built on shifting sand.

There is much that can be done, should be done and must be done if your pack is looking for lots of fun, adventure and

success next year. If you haven't started to plan your Recruiting Drive, start now!

Plan to be Visible

No one is going to show up at your Recruiting Night if they don't know you exist. Between now and then, get out and be seen. Start your planning by considering the possibilities to be seen by the families you want to recruit.

Think parades on Memorial Day and the Fourth of July. Where do families in your neighborhood gather in the spring and summer? Be there, in uniform with flags, banners and anything else that tells people who you are and what you stand for. Don't be shy. We have a fabulous program for them. Let them know about it.

How about holding a picnic in a local park with lots of active games, and a rain gutter regatta. Or host a bicycle rodeo and invite everyone from your neighborhood elementary school. Keep planting the seed that your pack is there, you are active and the boys have fun.

Service projects, sleep-ins at ball parks, museums and other places where you can be seen by local residents all help. A leader recently told us that their pack goes to minor league baseball games where they do the color guard (and they try to pick a night with fireworks.)

Another posted this on Yahoo's Cub-Scout-Talk forum:

We had a very successful recruiting year last year. What we did was on the open house/back to school nights we had a campsite set up that the kids and parents walked by on their way into the school. We set up a tent, some camp chairs, had some boys in their uniforms, a fake campfire, the works. It got a lot of attention. Then at the beginning of the open house we led a flag ceremony. Our school also has various vendors (PTA, school fundraiser companies, scouts) set up in the cafeteria. This is where we placed our sign up table. On our table we had literature as well as some pinewood derby cars, pictures, scrapbooks, brag rags, you name it-- things to get the attention of the boys. Last year was the first year we did the opening and camp set up and our recruiting more than doubled.

This all didn't happen by accident. There were excellent leaders and committee members who planned it and then worked hard to make it happen.

And, of course you too will need the names of who is going to run each item and bring all those props and displays. Who will promote it and who will do the necessary paperwork? Spread the jobs around. You will need lots of help but it will all be worth it.

Plan to Inform

The Boy Scouts of America has all sort of material to tell the world about us. Your DE should be able to supply you with yard signs, pamphlets, posters and other neat gimmicks. There are good lists at the Cub Scouting [Recruiting and Online Resources](#). There are all sorts of things on those pages that your council can get for you.

Let people know what we are about. Can you get copies of Scouting Magazine and Boy's life into places where boys and parents may show up. Check out School libraries, waiting rooms in pediatric and orthodontic clinics. You probably have lots of copies around your homes. Share them with your neighbors.

Look for local places and events where you may hand out pamphlets and flyers. I particularly like the Cub Scouting's 12 Core Values (#13-323) and Race to Cub Scouting Recruiting Flyer, No. 34188. Your Council should be able to supply these in quantity for you at no cost.

Another venue is your local Home-Schooling community. I have had wonderful times attending their curriculum fairs and conferences. They generally welcome Scouting and may even permit a Scouting booth. A quick check on Google indicates that strong Home School organizations abound in almost every city.

Plan to Welcome

First Impressions are precious. Don't waste them. You will want to impress the boys and parents as they arrive. No, more than impress, you really want to astound, bedazzle, dumbfound, and boggle the minds of, all & sundry with electrifying talent, bewildering knowledge, and breathtaking technique.

For some families, their very first introduction to Scouting may be when they walk in the door to your recruiting night. What will they see, how will they feel at that moment? Set your room up to WOW them as they come in. Get well-prepared greeters at the doors, in the hallways and perhaps even out in the parking lot.

Plan to have the greeters ready and waiting for them. The newcomers may not understand what is going to happen or what everyone else is doing there. Point out the displays, help them find seating and make sure they have all the handouts. Introduce them to a few people and, above all, **show them that we give good will and that we help other people**

Plan to look Organized

No one wants to board a sinking ship. No matter what state your pack is in, plan to appear like a well-oiled machine running smoothly and efficiently. Everyone will be in proper uniform and everyone following THE PLAN. Have as many uniformed leaders as possible there and helping.

Plan to get Participation

Remember, you are recruiting families, not just boys. Make it plain that we are all volunteers, all parents and we all attend pack meetings and events; we all work with our boys in their Cub Scout Books, and we all pitch into make the pack go. Make sure the parents understand, up front, that the Parent Agreement they sign is important and that they know that they will be asked to help.

Two Comments I read that might help you involve parents in their sons' Cub Scouting:

Parents can be real experts in the art of excuses; for example: they are too busy right now, they will do something else instead of, they work, they have children, they don't drive, their car has a flat tire, the

guy next door won't, they've never done that sort of thing, their parents didn't do it, or their spouse won't let them. [From Three Fires Council.](#)

So be ready to counter with this one:

Imagine a program that can help your son learn, grown, and mature while he is having fun. There are activities in which you and he can participate together with the rest of the family and get to know each other even better. This is exactly what Scouting is. Every activity gives you and your son the chance to discover and share together. [Minsi Trails Council.](#)

What are YOU going to do now?

Be sure to visit Bill's website

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

to finds more ideas on everything Cub Scouting.

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

PACK ADMIN HELPS

Annual Program Planning

Circle Ten Council

Year Round Program

THE BASIS OF A SUCCESSFUL PACK

Program planning is a simple but critical part of your pack's success. Throughout the process remember your goal is to deliver a high quality program to each boy and his family. It should be fun, exciting and focused on the purposes of Cub Scouting.

Setting an annual program plan provides direction and sense of satisfaction and a feeling of accomplishment in a job well done. Planning also makes the best possible use of your valuable volunteer time.

Planning Steps:

One of the most important responsibilities of the pack committee is to keep the pack operating with a first-rate, year-round program. The quality of the program will depend largely on the pack committee giving the Cubmaster, the Cub Scout den leaders and Webelos den leaders the help they need.

Cub Scout program planning includes four steps, dependent upon one another, which usually guarantee a strong pack program. The steps are:

Annual Pack Program Planning Conference

Monthly Pack Leader's Meetings

Monthly Den Leader Meetings

Monthly meetings of each den leader with the den chief

Steps to having a great

Annual Program Planning Meeting

SET A DATE TO MEET - Set a date in August with the committee, including the Den Leaders and Webelos Leaders.

CHECK MEETING DATES - Before this time check with your chartering organization and school calendar to find available dates for pack meetings. They should be at the same time and date each month.

REVIEW LAST YEAR'S PROGRAM - Which activities worked and which did not? Decide what activities and special meetings you would like to do again. Also determine whether or not your budget was adequate for them.

SET NEW MEETING DATES - Review the available pack meeting dates with the pack committee and set dates for the coming year. Write pack meeting dates in your council calendar (extra copies are available through the Service Center for your committee members and den leaders). Be careful to avoid holidays and school breaks.

SET COUNCIL AND DISTRICT DATES - Review the council and district calendar and mark dates on your program schedule for district and council activities: Webelos Woods, Pinewood Derby, training sessions, and important meetings like roundtable.

SET SPECIAL PACK DATES - Set the dates for special activities your pack will be doing during the year and put them in your program calendar. These may include:

- Pack Fundraiser (Product Sale)
- Blue and Gold Banquet
- Pinewood Derby
- Friends of Scouting
- Summertime Activities
- Webelos and Tiger Graduation

Since June 1, 2003, adults giving leadership to a pack campout MUST complete the Basic Adult Leader Outdoor Orientation (BALOO). Please check council calendar for upcoming BALOO training sessions. (This is not required for council-run programs)

SCHEDULE YOUR MONTHLY COMMITTEE MEETING - Select dates for and schedule monthly meetings of your committee to meet and plan out the next month's activities and meetings (i.e. in September you should be planning for October). You should have a committee meeting every month.

SELECT A MONTHLY THEME - Select monthly themes from the Program Helps or choose your own. Write them in your annual calendar so everyone knows what the month's theme is for both Cubs and Webelos.

SET A BUDGET - Based on the meetings and activities you have planned for the year, number of boys who are likely to advance, and the number of youth and adult members of the pack, figure out what your approximate yearly expenses will be. You will need to plan enough fund raising activities to cover these expenses. The Budget Planning Worksheet will help you calculate and plan your annual expenses and income to create a budget.

DISTRIBUTE THE PLAN - Cub Scouts and their families will better participate in meetings and activities if they have a copy of the calendar. Every family should receive a copy of the annual calendar so they can plan accordingly.

These are the basic steps your committee will need to follow to have a complete annual program plan and calendar. This calendar will help insure that everyone in the pack knows exactly what is happening from month to month during the year. More important, it will help you plan in advance and avoid being caught off guard by rapidly approaching deadlines.

Remember that September brings *** Join Scouting Night and the start of a full year of activities. When you go to Join Scouting Night, if you have a well thought-out plan and distribute it to your members, new and old, you will find it is easier to recruit not only boys but also adult leaders.

For more information click on

[Annual Pack Program Planning](#), for a very by thought out worksheet for the seasoned pro and newbie scout leader.

Many thanks to .Jamie, Cub Scout Roundtable Commissioner, 3 Rivers District, Northern Star Council
<http://www.cubroundtable.com/assets/pdf-documents/Annual-Program-Planning.pdf>

I, also, encourage leaders to take a look at Bill Smith's Pack Admin section,
<http://www.wtsmith.com/rt/pkadmin.html>

And while you are planning your year, don't forget to be safe. Follow the Sweet 16 of Safety from the BSA!! CD

The Sweet 16 of BSA Safety

Commissioner Charlie B, Old Colony District, SNJC

These 16 safety points, which embody good judgment and common sense, are applicable to all activities:

- 1. Qualified Supervision.**
Every BSA activity should be supervised by a conscientious adult who understands and knowingly accepts responsibility for the well being and safety of the children and youth in his or her care. The supervisor should be sufficiently trained, experienced, and skilled in the activity to be confident of his or her ability to lead and teach the necessary skills and to respond effectively in the event of an emergency. Field knowledge of all applicable BSA standards and a commitment to implement and follow BSA policy and procedures are essential parts of the supervisor's qualifications.
- 2. Physical Fitness.**
For youth participants in any potentially strenuous activity, the supervisor should receive a complete health history from a health-care professional, parent, or guardian. Adult participants and youth involved in higher-risk activities (e.g., scuba diving) may have to undergo professional evaluation in addition to completing the health history. The supervisor should adjust all supervision, discipline, and protection to anticipate potential risks associated with individual health conditions. Neither youth nor adults should participate in activities for which they are unfit. To do so would place both the individual and others at risk.
- 3. Buddy System.**
The long history of the "buddy system" in Scouting has shown that it is always best to have at least one other person with you and aware at all times of your circumstances and what you are doing in any outdoor or strenuous activity.

4. Safe Area or Course.

A key part of the supervisors' responsibility is to know the area or course for the activity and to determine that it is well suited and free of hazards.

5. Equipment Selection and Maintenance.

Most activity requires some specialized equipment. The equipment should be selected to suit the participants and the activity and to include appropriate safety and program features. The supervisor should also check equipment to determine whether it is in good condition for the activity and make sure it is kept properly maintained while in use.

6. Personal Safety Equipment.

The supervisor must assure that every participant has and uses the appropriate personal safety equipment. For example, activity afloat requires that each participant properly wear a personal flotation device (PFD); bikers, horseback riders, and whitewater kayakers need helmets for certain activities; skaters need protective gear; and all need to be dressed for warmth and utility as the circumstances require.

7. Safety Procedures and Policies.

For most activities, common-sense procedures and standards can greatly reduce any risk. These should be known and appreciated by all participants, and the supervisor must assure compliance.

8. Skill Level Limits.

Every activity has a minimum skill level, and the supervisor must identify and recognize this level and be sure that participants are not put at risk by attempting any activity beyond their abilities. A good example of skill levels in Scouting is the swim test, which defines conditions for safe swimming on the basis of individual ability.

9. Weather Check.

The risks of many outdoor activities vary substantially with weather conditions. Potential weather hazards and the appropriate responses should be understood and anticipated.

10. Planning.

Safe activity follows a plan that has been conscientiously developed by the experienced supervisor or other competent source. Good planning minimizes risks and also anticipates contingencies that may require an emergency response or a change of plan.

11. Communications.

The supervisor needs to be able to communicate effectively with participants as needed during the activity. Emergency communications also need to be considered in advance for any foreseeable contingencies.

12. Permits and Notices.

BSA tour permits, council office registration, government or landowner authorization, and any similar formalities are the supervisor's responsibility when such are required. Appropriate notification should be directed to parents, enforcement authorities,

landowners, and others as needed, before and after the activity.

13. First-Aid Resources.

The supervisor should determine what first-aid supplies to include among the activity equipment. The level of first-aid training and skill appropriate for the activity should also be considered. An extended trek over remote terrain obviously may require more first-aid resources and capabilities than an afternoon activity in a local community. Whatever is determined to be needed should be available.

14. Applicable Laws.

BSA safety policies generally parallel or go beyond legal mandates, but the supervisor should confirm and assure compliance with all applicable regulations or statutes.

15. CPR Resource.

Any strenuous activity or remote trek could present a cardiac emergency. Aquatic programs may involve cardiopulmonary emergencies. BSA strongly recommends that a person (preferably an adult) trained in cardiopulmonary resuscitation (CPR) be part of the leadership for any BSA program. This person should be available for strenuous outdoor activity.

16. Discipline.

No supervisor is effective if he or she cannot control the activity and individual participants. Youth must respect their leaders and follow their directions.

Reference: The Sweet 16 of BSA Safety, No. 19-130

SPECIAL OPPORTUNITY

Physical Fitness Belt Loop and Pin

www.ussscouts.org



This information is from the Cub Scout Academics and Sports Program Guide (34299B) 2006 Printing.

NOTE:

Webelos Scouts that earn the Physical Fitness Belt Loop while a Webelos Scout also satisfy requirement 10 for the Athlete Activity Badge and part of requirement 3 for the Sportsman Activity Badge.

Belt Loop

Complete these three requirements:

1. Give a short report to your den or family on the dangers of drugs and alcohol.
2. Practice finding your pulse and counting your heartbeats per minute. Determine your target heart rate.
3. Practice five physical fitness skills regularly. Improve performance in each skill over a month. Skills could include pull-ups, curl-ups, the standing long jump, the 50-yard dash, and the softball throw.

Sports Pin

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

1. Make a diagram of the Food Guide Pyramid. List foods you ate in a week and show where they fit in the pyramid.
2. Choose a form of exercise, bring your heart rate up to target, and keep it there for 15 minutes. Don't forget to warm up and cool down.
3. Set up a four-step exercise program. Chart your progress for five days a week for two weeks.
4. Explain the reason for warming up and cooling down before and after each exercise session.
5. Visit a local gym and talk to a trainer about exercises and programs for young people.
6. Participate in some aerobic exercises at least three times a week for four weeks.
7. Build an obstacle course that could include some exercises with jumping, crawling, and hurdles. Time yourself three times to see whether you can improve your time.
8. Swim for a total of an hour, charting your time as you go.
9. Participate for at least three months in an organized team sport or organized athletic activity.

If you would like to download a workbook for these awards go to:

For Word.doc -

<http://usscouts.org/advance/cubscout/sports/worksheets/physical-fitness.doc>

For Adobe. PDF –

<http://usscouts.org/advance/cubscout/sports/worksheets/physical-fitness.pdf>



The following physical fitness activities are included in the Cub Scout, Boy Scout, and Venturing programs. These suggested advancement requirements could be a resource for youth in earning the BSA Physical Fitness Award.

Tiger Cub Handbook

- * Elective 37: Take a bike ride
- * Elective 40: Swimming-related activity

Wolf Cub Scout Book

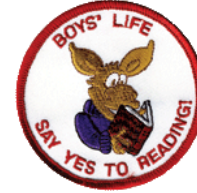
- * Achievement 1: All of them
- * Achievement 9: Ride a bike
- * Achievement 10b: Walk
- * Elective 7: Walk on stilts/puddle jumpers
- * Elective 20: Sports—boating, skiing, ice-skating, roller-skating, sprint start, standing long jump, soccer, baseball, basketball

Bear Cub Scout Book

- * Achievement 14, 15: Bike riding, games
- * Achievement 16, 23: Building muscles, sports
- * Elective 5, 19: Boats, rowing, swimming
- * Elective 20: Sports—plus long and high jump

Webelos Scout Book

- * Aquanaut: Swimming, boating
- * Athlete: Push- and pull-ups, curl-ups, standing long and vertical jump, 50- and 600-yard dash
- * Sportsman: Two team sports, two individual sports

Boys' Life Reading Contest for 2008**SAY 'YES' TO READING****Enter the 2008 Boys' Life Reading Contest**

Write a one-page report titled "The Best Book I Read This Year" and enter it in the Boys' Life 2008 "Say Yes to Reading!" contest.

The book can be fiction or nonfiction. But the report has to be in your own words — 500 words tops. Enter in one of these three age categories:

- * 8 years old and younger
- * 9 and 10 years old
- * 11 years old and older

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

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

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

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

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

Entries must be postmarked by Dec. 31, 2008 and must include entry information and a self-addressed, stamped envelope.

For more details go to www.boyslife.org

Knot Award of the Month

Instead of a Knot this month, I am featuring the Physical Fitness Award for leaders. With BSA's emphasis on fitness and countering childhood obesity, it is important that leaders set the example in this area.

Remember, all leaders are always setting an example. We always use the story of the smoker telling boys not to smoke. How about the king size leader telling boys they need to be fit?? Lets get ourselves in shape and then we will be better able to help our Cubs be physically fit. CD

The BSA Physical Fitness Award*A Program of Emphasis**For Cub Scouts, Boy Scouts, Venturers, and Leaders***To Be Physically Fit**

www.scouting.org, BSA National's website

www.USScouts.org

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

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

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

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

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

Purpose

This award has been developed to

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

Recognition

Scouts and Scouters completing the requirements and earning the recognition receive a special certificate and may wear a special recognition pin and patch that can be purchased through their local council. The unit leader should submit the complete award application to the council. *(I included some info on this award for your Cubs in the item on the Physical Fitness Belt Loop and Pin. CD)*

Teaching Areas

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

Mentor

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

- Mentors and merit badge counselors must have undergone the appropriate BSA merit badge counselor orientation training, as reviewed and identified by the council's training committee and health and safety committee.
- The mentor should check to make sure all participants have had medical checkups from their physician prior to participation.
- The mentor should not omit, vary, or add requirements unless part of the individual's goal.
- The mentor should recognize that both youth and adults will participate in this program.
- Mentors, merit badge counselors, and adult Scouters will be provided with the new trifold Leader's Fitness Card (pocket card) as they initiate this program. The council's training committee and health and safety committee will ensure that adequate supplies are available for the duration of the BSA Physical Fitness Award program.

Requirements

1. Complete a cardiovascular fitness evaluation/consultation with your personal health care provider. (This can be done as part of the examination required by any council-approved class 3 medical evaluation.)
2. Using the BSA references listed after the seven major components, give a presentation to a BSA or other community youth group (at least eight youth participants) on cardiovascular fitness, diet, the health benefits of regular aerobic exercise, exercise recommendations for the Scout-age group, and healthy lifestyles.

3. Review the BSA guidelines for the Athletics and other physical activity or personal fitness-oriented merit badge and explain steps you have taken to follow each of the guidelines for the fitness goals. Explain precautions to be taken for a physical fitness activity in each of the following: woods, fields, facilities, and waterfront.
4. Explain to your mentor the symptoms of dehydration and hypothermia. Explain the special considerations for preventing dehydration and hypothermia.
5. Properly outfit for physical activities with proper equipment, clothing, and footwear. Know your own capabilities and limitations. Illustrate how you would prepare for the physical fitness goals included in the award program.
6. With supervision from your mentor or other qualified persons, set up a fitness goal-oriented plan using the seven major components of fitness.
7. Demonstrate your ability to improve your strength, posture, endurance, agility, speed, accuracy, and balance with your own goal-oriented fitness plan.

The Seven Major Components of Fitness

The BSA Physical Fitness Award's core requirements are the following seven major components. They are used to measure an individual's improvement over time, not to establish an arbitrary minimum level of activity.

★ **Posture**

Posture is evaluated with a posture-rating chart. The Scout or Scouter is compared to a photo of his or her starting posture, noting 13 different body segments. Each body segment is scored as a five, three, or one, making a possible range of scores from 13 to 65. Higher scores over time reflect improving posture.

★ **Accuracy**

The target throw is used to measure accuracy. The Scout or Scouter makes 20 throws with a softball at a circular target and is scored on the number of times the target is hit.

★ **Strength**

The sit-up is used to measure strength. The Scout or Scouter lies on his or her back with knees bent and feet on the floor. The arms are crossed on the chest with the hands on the opposite shoulders. The feet are held by a partner to keep them on the floor. Curl to the sitting position until the elbows touch the thighs. Arms must remain on the chest and chin tucked on the chest. Return to the starting position, shoulder blades touching the floor. The score is the number of sit-ups made in a given time.

★ **Agility**

The side step is used to measure agility. Starting from a centerline, the Scout or Scouter sidesteps alternately left and right between two lines 8 feet apart. He or she is scored on the number of lines crossed in 10 seconds.

★ **Speed**

The dash is used to measure speed. The score is the amount of time to the nearest half-second running a set distance that can be increased each year.

★ **Balance**

The squat stand is used to measure balance. The Scout or Scouter squats with hands on the floor and elbows against the inner knee. He or she leans forward until the feet are raised off the floor. The score is the number of seconds held in that position.

★ **Endurance**

The squat thrust is used to measure endurance. The Scout or Scouter starts from the standing position. He or she performs the usual four-position exercise. The score is the number of completed squat thrusts made in a given time.

Some of these tests measure more than the components they represent. For example, the sit-ups, a measure of strength, also reflect some endurance because of their repetition. The squat stand requires balance, its major component, but also requires strength and endurance to support the weight of the body on the arms.

An application for the award may be downloaded from - <http://www.scouting.org/media/publications/physicalfitness/reqap.aspx>

Most of the information here was obtained from <http://www.scouting.org/Media/Publications/PhysicalFitness.aspx>

GATHERING ACTIVITIES

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

In the games section, the "What's In the Bag" and the "Sports Mix Up" can easily be adapted for Gathering Activities. CD

How Many Medals?

Alice, Golden Empire Council

Challenge families, dens or individual boys to guess how many medals various Olympic athletes have won.

Make a short list of famous Olympic athletes.

Then give the list to Cubs (and families) and have them figure out sports and number of medals.

You may wish to supply the answers in lists of all the sports and the numbers of medals. They can then select from the list.

Go to: http://www.olympic.org/uk/athletes/index_uk.asp for information

Try using Al Oerter, a personal hero of mine CD

Olympics Challenge:

Alice, Golden Empire Council

Gather photos from past Olympics (if needed, you can get them online) Create a matching game and see which boy, den or family can guess the most correct matches of photos to labels – use dates, names or type of event as the label.

Olympic Word Search

Alice, Golden Empire Council

Look for sixteen words related to the Olympic Games hidden in this puzzle. Names may be found up, down, across or diagonally.

o	s	l	e	d	d	i	n	g	l	y
l	a	d	e	m	e	z	n	o	r	b
m	a	r	a	t	h	o	n	l	u	m
g	n	i	i	k	s	m	k	d	n	u
p	o	i	j				c	m	n	i
e	l	c	u				a	e	e	d
m	h	g	m				r	d	r	a
a	t	a	p				t	a	m	t
l	a	d	e	m	r	e	v	l	i	s
f	i	s	n	i	w	h	c	r	o	t
e	b	r	e	l	a	y	r	a	c	e
s	g	n	i	t	a	k	s	e	c	i

- | | | |
|--------------|--------------|------------|
| biathlon | bronze medal | flame |
| gold medal | jump | relay race |
| runner | ice skating | marathon |
| silver medal | skiing | sledding |
| stadium | torch | track |
| | wins | |

Jumping Rope

Great Salt Lake Council

Rope skills are fun for everyone while promoting the value of physical activity and teamwork. This is a group version of jumping rope to try. Two people turn a fairly long, substantial rope, one at each end. The remainder line up and follow each other, in quick succession, to skip, jumping one, two, or three skips and then joining the end of the queue again. A more complicated variation is to use two ropes. (Dutch Ropes), the turners hold a rope in each hand and turn the ropes alternately. It is quite a feat to skip over the two turning ropes without getting fouled up.

Sports Talk

Grand Teton Council

Match the following terms with the proper sports by writing the number of each term in the blank by the sport it pertains to. Some terms may pertain to more than one sport.

- Badminton _____
- Baseball _____
- Basketball _____
- Bowling _____
- Cricket _____
- Football _____
- Hockey _____
- Soccer _____
- Tennis _____
- Wrestling _____

- 1. Ace
- 2. Alley
- 3. Backhand
- 4. Backward short-leg
- 5. Bird
- 6. Blitz
- 7. Blue line
- 8. Bowler
- 9. Bunt
- 10. Catcher
- 11. Corner kick
- 12. Double fault
- 13. Double play
- 14. Dribble
- 15. Dunk
- 16. Escape
- 17. Fall
- 18. Fly pattern
- 19. Forward
- 20. Frame
- 21. Free throw
- 22. Goalie
- 23. Gutter
- 24. Half nelson
- 25. High sticking
- 26. Marking
- 27. Nose guard
- 28. Offside
- 29. Pin
- 30. Pitch
- 31. Pop-up
- 32. Popping crease
- 33. Puck
- 34. Racket
- 35. Rebound
- 36. Ride
- 37. Safety
- 38. Service
- 39. Silly mid-on
- 40. Slashing
- 41. Slide
- 42. Spare
- 43. Split
- 44. Strike
- 45. Suicide squeeze
- 46. Tackle
- 47. Takedown
- 48. Traveling
- 49. Volley
- 50. Wicket

Answers:

- Badminton - 2, 3, 5, 34, 38, 49*
- Baseball - 9, 10, 13, 30, 31, 41, 45*
- Basketball - 14, 15, 19, 21, 35, 48*
- Bowling - 2, 8, 20, 23, 29, 42, 43, 44*
- Cricket - 4, 8, 30, 32, 39, 50*
- Football - 6, 18, 27, 28, 37, 46*
- Hockey - 7, 19, 22, 25, 28, 33, 35, 40*
- Soccer - 11, 14, 19, 22, 26, 28, 30, 46, 49*
- Tennis - 1, 2, 3, 12, 34, 38, 49*
- Wrestling - 16, 17, 24, 29, 36, 47*

SPORTS ANAGRAMS

Utah National Parks Council

The word or words in capital letters can be rearranged to make the name of a sport.

- 1. This sport IS KING. (One word)
- 2. MIND BATON in this game. (One word)
- 3. There's a KEY CHOICE in this team sport. (Two words)
- 4. WIN GLOB at this sport. (One word)
- 5. Ride horses through LOOP at this sport. (One word - the word "horses" in the clue is a hint.)
- 6. SENT IN from this game. (One word)
- 7. SNUG FIR board needed for this sport. (One word)
- 8. KIT SANG about this sport. (One word)
- 9. At this sport LOB ALOFT. (One word)
- 10. LOLL BY VALE to watch this sport. (One word)

Anagrams Answers:

- 1. *skiing,*
- 2. *badminton,*
- 3. *ice hockey,*
- 4. *bowling,*
- 5. *polo,*
- 6. *tennis,*
- 7. *surfing,*
- 8. *skating,*
- 9. *football,*
- 10. *volleyball*

Card Match

Grand Teton Council

Have half of the cards with the names of famous athletes and half of the card with the sport for which they are noted. Hand out the cards as the people walk in and have them find the person with the card the matches theirs. The table is shown with the athlete next to the sport in which he competed.

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

SPORTS TEAMS QUIZ

Utah National Parks Council

- What sport do the L. A. Lakers play?
A. Golf B. Soccer
C. Hockey D. Basketball
- The Yankees are a baseball team from which city?
A. Omaha B. Houston
C. Atlanta D. New York
- What is the name for the football team in Dallas, Texas?
A. Cowboys B. Canadians
C. Avalanche D. Kings
- The Tampa Bay Buccaneers play ice hockey?
True False
- What is the name of the basketball team that Michael Jordan played for in Chicago?
A. Sharks B. Mets
C. Patriots D. Bulls
- What sport do the Detroit Red Wings play?
A. Bowling B. Football
C. Hockey D. Tennis
- Allen Iverson used to play for the Philadelphia '76ers. What sport am I talking about?
A. Basketball B. Arena Football
C. Baseball D. Soccer
- True or False, the Miami Dolphins are a football team?
True False

Answers Teams:

1D, 2D, 3A, 4 - false, 5D, 6C, 7A, 8 - true

OPENING CEREMONIES

GO FOR THE GOLD!

Utah National Parks Council

Sam Houston Area Council

Cubmaster: Let the games begin with the grand march into the arena!

Each den enters, carrying their den flag.

Boys may carry flags of different nations they have drawn.

Dens stand in a semi-circle around the Cubmaster.

Cubmaster: Bring on the Olympic flame!

A solitary runner enters bearing the "flame".

He runs around the arena,

then hands the flame to the Cubmaster.

Cubmaster: It is customary in the Olympics for the athletes to recite the Olympic Oath. Tonight our Committee Chairman will lead the Cub Scouts in our version of the Olympic Oath.

Comm Chair: Scouts, please make the Cub Scouts sign and repeat after me:

We promise

That we will take part

In these Olympic games

In the true spirit of sportsmanship

And that we will respect and abide

By the rules that govern them

For the glory of the sport

And the honor of our den.

Cubmaster: Let the games begin!

OLYMPIC FESTIVAL

Utah National Parks Council

Overview: Cubs march in the stadium (meeting room) and stand at attention. The American flag is brought forth.

Olympic crier: Will the audience please stand for the Pledge of Allegiance.

Cubmaster: Let the games begin with the grand march into the arena.

Each den enters, carrying their den flag.

Boys may carry flags of different nations or states they have drawn. Dens stand in a semi-circle around the Cubmaster.

The participants in the Pack Olympic Festival stand at attention before "Cubmaster Zeus" and make this pledge:

"We, the participants,

Pledge to obey the rules of good sportsmanship

With honor and fair play."

Cubmaster: "Cubmaster Zeus" proclaims the opening of the Olympic Festival (with both hands extended upward). Let our festival get underway!

OLYMPICS OATH OPENING

Sam Houston Area Council

Setting: If you are actually conducting an "Olympics" event, you might decide to use the oath as your opening. However, if you are conducting a regular meeting that uses the theme in general, you can use this opening ceremony to recite the Pledge of Allegiance. You can have the American flag by itself (unfolded and held open by a Den of Cubs) or it can be in position at the front of the room as you normally display it (either hung on the wall or on a pole). Have a single scout

assigned to walk up to the flag, hold a corner in his left hand and give the Cub Scout salute as he recites the Pledge for the entire Pack.

Narrator At the start of each Olympics, every athlete promises to play fairly and to obey all of the Olympic rules. One athlete from the host country takes this oath at the Opening Ceremonies on behalf of all athletes. The oath was written by Baron de Coubertin, and became a part of our modern Olympic Games in 1920. The chosen athlete holds a corner of the Olympic Flag while repeating the oath:

In the name of all competitors,
I promise that we shall take part in these Olympic Games,
respecting and abiding by the rules that govern them,
in the true spirit of sportsmanship,
for the glory of sport and the honor of our teams."

Tonight we will open our *Go for the Gold* meeting the same way that the athletes begin each Olympics. I ask Cub Scout [Scout's name] to come forward to recite the Pledge of Allegiance in the name of all members of Pack [number].
(When the Cub Scout is in position, ask everyone to stand.)
Scouts, attention. Scouts salute.

Cub Scout: (Recites Pledge of Allegiance)

Narrator: Thank you. Two.

America

Baltimore Area Council

Equipment: Letters spelling AMERICA printed on front and words on back in LARGE print. poster board, flag and flag stand.

Each boy displays his letter as he recites his line:

Cub #1: A is for ATHLETES who do their best.

Cub #2: M is for MUSCLE building, putting us to the test

Cub #3: E is for EXERCISE, building strength and brawn

Cub #4: R is for RUNNING, just look, then we're gone

Cub #5: I is for INDIVIDUALS who always try to achieve

Cub #6: C is for COURAGE to do and believe

Cub #7: A is for ACTIVE and active we'll be.

ALL Proud to live in America, the home of the free.

Flag bearer and color guard enter, post flag

'I Made A Promise'

Capitol Area Council

Cub #1: I made a promise. I said that whatever I did, I would do the best I could.

Cub #2: I made a promise to serve my God and my country the best I could.

Cub #3: I made a promise to help other people the best I could.

Cub #4: I made a promise to obey the Law of the Pack the best I could.

Cub #5: I have done my best. I will do my best, because I am the best I am a Cub Scout.

Den Ldr: Will everyone now join us in repeating the Cub Scout Promise.

Olympic Style Opening

Capitol Area Council

- ✓ Have dens line up and enter in single file lines carrying den flags, as Olympians carry the flags of their country.

- ✓ Have Cubmaster or other dignitary carry flashlight with colored cellophane over the end to represent the torch.
- ✓ Recite the Pledge of Allegiance and commence the games!

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

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.

A Genius Is This & That

Grand Teton Council

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

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

Characters:

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

Right - Say "**This!**" and raise **right** hand

Left - Say "**That!**" and raise **left** hand

This - Say "**Right!**" and raise **Right** hand

That - Say "**Left!**" and raise **Left** hand

Genius - All clap and Cheer!

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

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

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

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

Poor **NORMAN**! No matter what he did, it wasn't **RIGHT!** or **LEFT!** But **NORMAN** was determined! Finally, he figured out what to do. He'd call it **THIS** and **THAT**. **THIS** for **RIGHT** and **THAT** for **LEFT**. Somehow, it all seemed easier. And in no time, he had it down pat.

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

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

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

Fur-Bearing Trout*Great Salt Lake Council*

Now it happened that there was a mining camp in Colorado where more than an average number of the miners were bald. An enterprising hair tonic salesman from Kentucky decided to take advantage of this golden opportunity, so he made the trip north. It was a rainy summer evening.

The salesman was headed towards the mining camp with four bottles of hair tonic under his arm. As he was crossing one of the trout streams, which lead to the Arkansas River, the salesman slipped and dropped two bottles of hair tonic into the water. The bottles broke, and the hair tonic spilled into the stream.

Not too long after this incident, the fishermen along the Arkansas developed a new method for catching trout. They'd head to the bank of the river carrying a red and white barber pole and some scissors. Then they would set up the barber pole and call out: "Get your free shave and a hair cut here."

All the trout whose fur had grown too long or who needed their beards trimmed would hop right out of the water and be picked up by the fishermen.

It wasn't until the mills began muddying the waters so much that the fish couldn't see the barber poles that the practice died out.

ADVANCEMENT CEREMONIES

THE ATHLETE*Utah National Parks Council*

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

Cubmaster: The first thing an athlete learns is the basic rules of his chosen sport. When a Cub first enters the Pack, he learns the Bobcat Trail, which gives him the first knowledge he must know to move up the Cub Scout Path.

Will the following boys and their parents please come forward.

*Present the Bobcat Awards to parents
to present to their sons. Lead Cheer.*

Asst CM: When a boy has learned the basic rules of his game, he must work closely with a coach to begin to improve his play. Our Tigers have worked with their Adult Partners on the Family, Den and Go See It parts of their achievements.

Will the following boys and their parents please come forward.

*Present the Tiger Awards to parents
to present to their sons. Lead Cheer.*

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

Will the following boys and their parents please come forward.

*Present the Wolf Awards to parents
to present to their sons. Lead Cheer.*

Asst CM: The athlete is now ready to concentrate on improving his athletic skills. Our Bear is like the athlete who increases his knowledge to become more proficient in his game.

Will the following boys and their parents please come forward?

*Present the Bear Awards to parents
to present to their sons. Lead Cheer.*

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

Will the following boys and their parents please come forward?

*Present the Webelos Activity or Rank Awards to parents
to present to their sons. Lead Cheer.*

Asst CM: As our ceremony concludes, we recognize the progress our Cubs have made this past month. The dedicated athlete recognizes the many accomplishments he made this past month and the many abilities he has developed within himself.

CM: He has learned the basic rules and he is dedicated to the practices that develop his ability. The mature athlete has become confident in his ability to play the game, and becomes a leader who shares his knowledge and skills with others on this team.

All these traits belong to the boys in our Pack as we see them progress from month to month and year to year. We are proud of these boys and the leaders who guide them along the Cub Scout Trail.

Lead one more cheer!!!

Advancement Ceremony*Grand Teton Council*

SETTING: Cubmaster (CM) and Assistant Cubmaster (CA) in sports or exercise clothes. Sports and exercise equipment placed on stage for atmosphere.

CM: There are many ways to step into shape. They range from personal exercise to team sports to international competition. All must be started slowly, done on a regular basis, and be challenging to the abilities.

CA: The Cub Scout program includes physical fitness as an important part of it. Each rank has requirements that challenge, but not overwhelm the boys according to their ages.

CM: A good physical shape also requires a good mental shape. Stepping into shape is like stepping up the Scouting trail. They both make you look and feel better and they can both be fun. Tonight we are going to honor some boys who have begun taking those steps into shape and up the Scouting trail.

CA: Will the following Cub Scouts and their coaches, parents, flex your muscles and step into the gym.

(Reads names of new Bobcats)

CM: The Bobcat is like a person just beginning to get into shape; he is unsure of what to do and how to do it. However, he has made that most important first step. Parents, your sons have earned the first rank of Cub Scouts, the Bobcat, and I would like you to present their badges to them.

(Gives parents badges to give to boys.)

CA: The next step has been taken by several boys to better their condition and advance them along the Scouting trail.

The gym is ready to have the following Cub Scouts and their parents step up.

(Reads names of new Tigers)

CM: These boys have gone beyond the beginning of their programs. While much is still new, they are making advancements everyday. They are following the program set up by their coaches and trainers and they have earned the second rank in Cub Scouting, the Wolf Rank. Parents, I am honored to give you these badges to present to your sons. (Gives parents badges.)

(Continue along with the Wolf, Bear and Webelos Scouts.)

GOLD MEDAL WINNERS

Sam Houston Area Council

Make a tiered Olympic winner's platform from heavy boxes and place it in the front of the audience. (Test for sturdiness ahead of time.)

CM: In the Olympics, athletes from all around the world compete for medals. They all DO THEIR BEST.

CA: Today we have several Cub Scouts who have taken on the challenge of the achievements and electives for advancement. They, like the Olympic athletes, have done their best.

One at a time, call the boys who are receiving badges of rank, arrow points, and activity badges forward to stand on the top box of the winner's platform. Parents stand on the lower boxes.

CM: It is my pleasure to present you with your winner's symbol.

Awards could be fastened to gold medals hung on a ribbon. The Cubmaster gives the medals to the parents, who place them around their sons' necks.

CA: The important thing to remember is that anyone who does his best is a winner. **Lead a Cheer**

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!

BASEBALL ADVANCEMENT

Utah National Parks Council

Props: A small baseball diamond on the floor in front of audience and the badges to be awarded.

Cubmaster: 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 son's badge. Lead Cheer

Asst CM: Will (names), our new Tigers and their parents please come forward. Stand in the Batter's Box. This represents you getting ready to enjoy Cub Scouting and running through the ranks (around the bases) You worked hard with your Adult Partner in earning your Tiger badge, so keep up the good work.

Parents, here are their badges. Lead Cheer

CM: 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. Lead Cheer

Asst CM: 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, here are their badges. Lead Cheer

CM: Will (names), the Webelos and their parents please come forward. Your spot is third base. You are almost "home." Keep up the good work and you will have no problem in finishing your trail.

If using diamond Webelos Badge - You now wear a badge diamond on your shirt.

If using Oval Webelos Badge – Your Webelos badge is shaped like a Boy Scout rank badge to remind you that you are getting close to graduating. To complete that game, you need to receive your Arrow of Light. Work hard and you should succeed.

Parents, here are their badges. Lead Cheer

*If you have boys earning the Arrow of Light,
their spot is home plate.*

A FEW MORE IDEAS...

Utah National Parks Council

- ★ Have boys run a mini obstacle course and they are awarded their advancements as they cross the finish line.
- ★ Place awards on ribbons, and have the boys stand on a "Winner's Stand" to have their awards hung around their necks by their parents.
- ★ Make or purchase small trophies for the champions who have earned awards this month. Check your local thrift shop for inexpensive trophies. Paint or decorate them as desired.
- ★ Invite local high school or college sports star or coach to give a short inspirational talk and present awards.

Scoreboard

Baltimore Area Council

Materials: Scoreboard and cutouts of running figures, invisible tape, straight pins, badges.

Make the scoreboard out of poster board or shelf paper and write in the names of advancing boys. Use the grid method to draw a running figure to the size you want; then cut out as many figures as you need.

CUBMASTER: You know that Cub Scouting is a lot like sports. It's fun, it's full of physical activities, and you can win. In Cub Scouting, you win by growing stronger in mind and body, and by advancing in rank. You boys have all been winners this month. You have advanced in rank or earned Arrow Points, or both. Your coaches have been your parents. In Cub Scouting we couldn't get along without coaches. So I want to congratulate all of you – both Cub Scouts and parents.

Now I'll ask each boy to show his progress by putting on the scoreboard a marker for each rank he has earned. His parents will pin on his new badge. (In turn, advancing boys tape on a runner for each rank they have earned and take their new badges from the board. Parents pin the new badges on their son's shirt. Webelos den leaders do the same for boys who have earned activity badges and the Webelos badge.)

We also have a Cub Scout who has earned the Arrow of Light, Cub Scouting's highest award. (Calls him forward with his parents.) (boy's name) has shown that he is ready for Boy Scouting. He is in the ninth inning of his time in our Pack, and I'm very proud of him and the way he has progressed in the sport of Cub Scouting. Now, (boy's name), please fill in your ranks on our scoreboard and have your parents pin the Arrow of Light on your uniform. (They do.)

I hope every member of the Pack gets on the scoreboard in the coming year. It's a great way to be a winner in Cub Scouting.

Den Promotion Ceremony

Baltimore Area Council

Many Packs will advance boys as dens.

The Tiger Cub den progresses to Wolf, the Wolf den becomes a Bear den, etc.

Line the Cub Scouts up and present the neckerchief of their new rank. They could be plucked from a tree branch and tossed to the Cubmaster or attached to a piece of sporting equipment. Any special guest you have at this meeting can be involved. Other suggestions to make this a meaningful step for Cub Scouts can be found in Cub Scout Ceremonies for Dens and Packs.

ARROW OF LIGHT CEREMONY A PACK NEWS BROADCAST

Scouter Jim

Great Salt Lake Council

Props: Apparel for a Radio/TV/Internet Broadcaster, 4-6 surprise items to display about the Cub Scout(s) receiving the Arrow of Light that have been obtained ahead of time, "training" bag to put surprise items in.

Ceremony:

The Broadcaster announces on Pack ____ TV that we have a Gold Medal Winner from the "Arrow of Light" Event.

The Broadcaster will interview the sponsor (Cubmaster and/or Assistant Cubmaster) of the "Arrow of Light" event to explain the background (meaning) and rules (requirements) of the event.

The Broadcaster then asks the sponsor (Cubmaster) if there is anything unique about training for the "Arrow of Light" event. The Cubmaster then talks about and displays 4-6 surprise items about the recipient(s).

The Broadcaster then asks for interviews of the coach (Webelos Den Leader,) the parents, and the Gold Medal Winner from whom he finds out information about a service or activity the participant was involved with to be a Gold Medal Winner.

The Cub Scout quotes either the Scout Oath or Law.

The Cubmaster displays the award on a Gold Medal.

The Cub Scout then gives the pin to a parent, after which, a parent can present the award to the Cub Scout with a Boy Scout handshake.

The Cub Scout leads everyone in his favorite cheer!

SONGS

And another note (pun intended) on–

God Bless America

Irving Berlin, Original: 1918; Revised: 1938

A Scouting friend wrote me this month to ask why I had not mentioned Irving Berlin's disposition of the royalties from "God Bless America." It was because I did not know, so I looked to verify his statement and found -

In 1940 Irving Berlin established the God Bless America Foundation, with all royalties from its performance earned by either Berlin or Miss (Kate) Smith going to the Boy and Girl Scouts of America. That arrangement exists to this day. These organizations were chosen, to quote the

contract, because "the completely nonsectarian work of the Boy Scouts and Girl Scouts is calculated to best promote unity of mind and patriotism, two sentiments that are inherent in the song itself."

From - <http://katesmith.org/gba.html>

So Scouters everywhere, let's all sing out "*God Bless America*" loud and strong.

PLAY BALL

Sam Houston Area Council

(Tune: Row, Row, Row Your Boat)

First Group:

Catch, catch, catch the ball,
Throw it to first base
Make the play, have a good day,
Put on a happy face!

Second Group:

Bat, bat, bat the ball,
Hit it nice and low.
Watch it roll while you run,
Another point to show!

Both Groups:

We all love to play,
Every game is fun.
Pitch and bat and run and catch,
Playing ball in the sun.

WILL YOU PLAY TOO?

Sam Houston Area Council

(Tune: Frère Jacques)

Baseball, Soccer	They are games we play
Baseball, Soccer	Almost every day
Tennis too!	Will you play too?
Tennis too!	Will you play too?

WHEW W W W

Sam Houston Area Council

(Tune: Jingle Bells)

Clap your hands, stamp your feet
Let's all stand up please.
Face to the left, face to the right
Now hands on your knees.
Sit down now, stand back up,
Clap your hands two beats.
Now we'll all wipe our brows,
And collapse in our seats.

(Sing several times, each faster)

BUILDING MUSCLES

Sam Houston Area Council

(Tune: Clementine)

Do a push up, do a pull up,
Do a 30-yard run,
We build muscles as we hustle
All the time we're having fun.
Running broad jump, do a high jump,
Watching our muscles growing strong,
Building muscles in our backyard
That will last a whole life long.

CUB SCOUT SPORTS SONG

Sam Houston Area Council

(Tune: My Bonnie)

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

Chorus:

Belt loops, belt loops,
I'll earn my sports pin today, today.
Belt loops, belt loops;
My letter is not far away.

By bicycle has a flat tire
My boomerang just won't return.
They say that I'll lose all my marbles
And I still haven't gotten my turn.

Chorus

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

Chorus

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

Chorus

ROTTEN REEBOKS

Utah National Parks Council

(Tune: Clementine)

Rotten Reeboks, dirty sweat socks,
Generating toxic fumes,
I've seen flies dead, struck in mid-air
Fatal venture to his room

In my brother's bedroom closet
Stinkarooning like refuse
Dwelt a size 10 pair of sneakers
With a smell you couldn't lose.

Aging tennies, in a corner
Turning the air a bluish green,
Hope the county doesn't visit
They'd condemn us sight unseen.

I've tried bug balm, lemon air scent
Even spray that smells like pine,
Must be something that can cut it
Something strong like turpentine.

"Not to worry," says my father
"Could be money after all,
"Pentagon might pay a bundle
"For the secret to it all."

ON TOP OF OLYMPUS

Utah National Parks Council
(Tune: On Top of Old Smokey)

On top of Olympus,
The ancient myths say,
The Greek gods and goddesses
Did work, live and play.

There were Aries the warrior,
Athena the wise,
And Apollo who drove
The sun 'cross the skies.

Poseidon the sea man,
Hera, queenly and tall,
And Zeus of the thunder,
Was king of them all.

So when you think of old Greece,
And myths you can share,
Remember Olympus
And those who lived there.

THE ATHLETE

Grand Teton Council
(Tune: My Bonnie)

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

CHORUS:

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

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

CHORUS:

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

CHORUS**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)

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

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.

THE GRAND OLD BASEBALL COACH

Utah National Parks Council
(Tune: The Grand Old Duke of York)

The grand old baseball coach,
He had nine brawny men,
He ran them up the base paths,
And he ran them down again.
And when they're up, they're up,
And when they're down, they're down,
And when they're only halfway up,
They were neither up nor down.

STUNTS AND APPLAUSES

APPLAUSES & CHEERS

Utah National Parks Council

Michael Jordan Applause

Pretend to slam dunk a basketball and yell, "Swwwwwoosh!"

Spirit Cheer

Divide the group into two sections.

The first section chants, "We've got spirit, yes we do! We've got spirit, how 'bout you?"

The first section points to the other group.

The second group responds by yelling the chant even louder.

Repeat two or three times.

Baseball Cheer

Hey, batter-batter-batter! Hey, batter, batter, batter!

Swwwwiiiiinggg, batter!

Olympics Cheer

Join hands, raise them over head and shout,

"Go for the Gold!"

Best Pack Cheer

Everyone yell together, "Clap your hands," then clap hands together two times.

Then yell "Stomp your feet," then stomp feet three times on the floor.

Then say, "PACK _____ can't be beat."

Grand Stand Applause

All are seated.

They stamp their feet three times,

then slap legs three times.

Then all stand and shout, "Rah! Rah! Rah!"

Grand Teton Council

STRONGMAN'S APPLAUSE — Pretend to lift a heavy object and say, "Uh, Uh, Ah".

GOLF APPLAUSE: Motion like to swing the golf club and yell "Fore"

TOUCHDOWN APPLAUSE: Quickly throw both arms up into the air with fingers close together pointing upward (as if to signal a touchdown) and yell and scream and cheer.

HOME RUN APPLAUSE — Simulate swinging a bat at a ball, shade your eyes with your hand and yell, "Thar she goes!"

Sam Houston Area Council

POLE VAULT CHEER Stand two fingers of one hand on other arm like legs. Have them run down the arm to the wrist and then leap into the air. As the hand comes down, CLAP!

STRONG MAN CHEER

Lift imaginary weights to arms length – grunt

Lift imaginary weights to chest height – grunt

Lift imaginary weights to above head – grunt and cheer!!

BALL CHEER

Hold any kind of ball in your hands. When you are holding the ball, everyone is quiet.

When the ball leaves your hands, everyone goes wild and cheers.

Try bouncing the ball, faking a throw, or tossing it to another person.

RUN-ONS

SHRINKING OIL

Utah National Parks Council

This would make a great two part Run-On. Do the first scene and then later in the meeting do the second. CD

Scene 1 –

Two boys are talking about muscle building.

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

Scene 2 (maybe precede with a sign, the next day)

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

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

"Crisco."

"No wonder you shrank, that's shortening!"

Utah National Parks Council

Cub 1: I bet I can jump higher than a house.

Cub 2: I bet you can't.

Cub 1: Yes I can. Did you ever see a house jump?

Cub 1: (shaking all over)

Cub 2: What's the matter?

Cub 1: I've got to take my medicine.

Cub 2: Can I get it for you?

Cub 1: Yes. It's that bottle over there that says "Shake well before using!"

Grand Teton Council

Cub: What does a ballplayer do when his eyesight starts going bad?

Dad: He gets a job as an umpire!

1st Cub: Wow, It's a run-home.

2nd Cub: You mean a home run.

1st Cub: No, I mean a run-home. You just hit the ball through that window!!!

Sam Houston Area Council

OLYMPIC DRAMA

Have den line up on stage. One Scout steps forward and announces that this is the first international exhibition of a new Olympic event. This is the cue for the rest of the Scouts to grin as wide as possible. The narrator announces that this was the Standing Broad Grin.

HOLDING A BAT

Cub #1: Do you know how to play ball?

Cub #2: Yes, of course!

Cub #1: How do you hold a bat?

Cub #2: By the wings!

SKATE?

Cub #1: Can you skate?

Cub #2: I don't know.

I can't stay up long enough to find out!

STADIUM SEATS

Cub #1: Why are baseball stadium seats so cold?

Cub #2: Because FANS sit in them!

HARD TO CATCH

Cub #1: What is harder to catch the faster you run?

Cub #2: Your breath!

LOUD SPORT

Cub #1: Why is tennis such a loud sport?

Cub #2: The players raise a racquet.

THE RACE

Cub #1: If you were in a race and passed the person in 2nd place, what place would you be in?"

Cub #2: 2nd place!

JOKES & RIDDLES

Utah National Parks Council

Cub 1: What do baseball players eat on?

Cub 2: Home plates!

Cub 1: What's the quietest sport in the world?

Cub 2: Bowling. You can hear a pin drop.

Cub 1: Why do baseball fields last longer than football fields?

Cub 2: Why?

Cub 1: Because diamonds are forever.

Cub 1: Why did the javelin thrower practice in the music store?

Cub 2: I don't know, why?

Cub 1: He wanted to break a record.

Football Riddles

Capitol Area Council

How many teams can you name by these descriptions?

1. Seven squared. (49ers)
2. American gauchos. (Cowboys)
3. A 747. (Jets)
4. Suntanned bodies (Browns)
5. Six rulers (Vikings)
6. Rank of Boy Scouts (Eagles)
7. Credit card users (Chargers)
8. A dollar for corn (Buccaneer)

SKITS**CUB OLYMPICS**

Utah National Parks Council

Characters: TV reporter, 4 Cub athletes getting ready for the Cub Olympics.

Props:

- ✓ Frisbee for discus,
- ✓ Pole for javelin, and cloth (rag)
- ✓ Bag of cookies,
- ✓ Toothbrush and basin of water on stand,
- ✓ Fake mike for reporter (can be dressed in suit jacket and have ID for his station on his lapel in large letters)

TV reporter: We're here today to interview the athletes at Pack _____ as they prepare for the challenge of this year's Cub Olympics. As you can imagine, it takes months of training and hard work to get these athletes ready to compete. Let's see how they are preparing themselves for the big competition. (*turns to Cub #1 with microphone*) Tell me, how are you getting ready for your event in the Olympics?

Cub #1: I'm practicing my throw for the discus event. (demonstrates how to throw discus using Frisbee)

TV reporter: Great form! (turns to Cub #2) And you – can you tell us how you are preparing to compete?

Cub #2: I'm polishing my javelin for the javelin throw (polishes pole with a rag.)

TV reporter: Good luck! (turns to Cub #3) What are you doing today?

Cub #3: I'm practicing for the standing broad jump. (does a couple of practice jumps)

TV reporter: Fine! (turns to Cub #4) And what are you doing to train for the Olympics?

Cub #4: I'm brushing my teeth! (uses basin of water and toothbrush --pretends to brush teeth)

TV reporter: Brushing your teeth! What Olympic event could you possibly be training for?

Cub #4: I'm training for the International Olympic Cookie - Eating event! (pulls out bag of cookies and stuffs some in his mouth.)

"One Step At A Time"

Grand Teton Council

CHARACTERS: "Senior" Scout (Den Chief, Denner, Webelos), Junior Scouts

SETTING: All Scouts are on stage as skit starts.

CUB 1: When I grow up I'm going to be the world's greatest broad jumper and jump like this (Jumps about 1 foot and falls down)

SENIOR: Well, You'll have to remember to take it one step at a time, one step at a time.

CUB 2: Well, I'm going to be a high Jumper and win a gold medal like this...(jumps and falls flat)

SENIOR: Well, just remember that you'll have to take it one step at a time, one step at a time.

CUB 3: Well, I'm going to be a world famous baseball player and hit homeruns like this (swings and falls)

SENIOR: Fine, fine, but remember to take it one step at a time, one step at a time.

CUB 4: I'm going to be the world's best slam dunker (dribbles imaginary ball across stage and slam dunks it, falls)

SENIOR: Sure, sure, but remember to take it one step at a time, one step at a time.

CUB 1: Say, what are you going to be when you grow up?

SENIOR: Why, I'm going to be the greatest marathon runner that ever lived' (Turns and starts to walk away, but trips over shoe lace)

ALL: ONE STEP AT A TIME...ONE STEP AT A TIME

Muscle Building Champs*Grand Teton Council*

Characters: 6 boys in uniform, holding props as described below.

Setting: All boys come on stage and speak their lines.

ALL TOGETHER: We excel in building muscles

We're champs at that, you see;

Just listen to our stories

And I'm sure you will agree.

(Each boy steps forward as it becomes his turn to speak.)

Cub #1: I hold the title of strongest in my den,
Do you suppose it's because of my friend?

(Holds up toy skunk, other boys hold their noses.)

Cub #2: I'm known as the den's muscle man this year,
Most of my muscle is between my ears.

(Pulls out small hat from behind his back and tries desperately to fit it on his head.)

Cub #3: I hold the title of the fastest of all,
I'm first in line for the chow basket call.

(Pulls out bag of cookies and begins eating.)

Cub #4: I'm known as the champion of the high jump,
One time I missed and got a big lump.

(Rubs head, with painful expression on face.)

Cub #5: To keep in shape, I exercise each day,
I wonder why my muscles turned out this way.

(Removes sweat shirt to show colorful padding on arms and legs.)

Cub #6: I'm a champ at making things disappear, you see
Watch us all disappear, as I count to three.

(He counts slowly 1 — 2 — as curtain closes.)

SPORTSMANSHIP SKIT*Sam Houston Area Council*

This could also be an opening or closing ceremony

Materials: Large cards with the letters S P O R T S M A N S H I P. You'll need the Cubmaster and 13 Cub Scouts, each with one letter. Cards could also have an appropriate picture on front and the words on back in LARGE print.

As the Cubmaster reads the letters, the boys show their cards and then continue to hold them up for the rest of the ceremony.

Cubmaster: Whenever we compete in a sports event,
we need to remember something very important.
We'll do it with a spelling lesson.

Cubmaster then calls out each letter in turn,

After calling a letter CM waits for the Cub to say his part.

Cub #1: S is for smiling, even if you hurt inside.

Cub #2: P is for pardoning parents who may show poor manners.

Cub #3: O is for oozing enthusiasm for you and your fellow den members.

Cub #4: R is for respecting the feelings of other Cub Scouts.

Cub #5: T is for trying your best and

Cub #6: S is for being satisfied with yourself

Cub #7: M is for mastering self-control.

Cub #8: A is for anger, which has no place in our meetings.

Cub #9: N is for noticing that sometimes only one can win.

Cub #10: S is for success in doing your best.

Cub #11: H is for hushing boastful words.

Cub #12: I is for inspiring us to congratulate the winner.

Cub #13: P is for playing for fun.

Cubmaster: Let us remember the word
"Sportsmanship" as we "Go for the Gold" during
our Olympics tonight.

Gold is Where Ya Find It*Great Salt Lake Council*

Props- Pie tins, old flannel shirts, old hats, maybe a shovel, a large gold cardboard heart with double-stick tape on one side!

Set Up: All boys put on old shirts and hats except for one that stays in full uniform.

One boy dressed in a flannel shirt comes out on stage and uses the pie tin as if panning for gold.

After a moment, another walks out and asks, "Hey, Find any gold?"

The reply is "NO!" and the second boy bends down and begins to pan as well.

This continues for each boy in your den, till you get to the last one (The one in uniform).

The Cub in uniform comes out and asks "Hi, have you guys found any Gold yet?"

The reply from all this boys is "NO!"

With that, the 'Scout' says: "Well Maybe you are looking in the wrong place!"

With that, he goes and gets the Cubmaster and brings him to the group.

The Cub puts the gold heart on the Cubmaster's chest and all the boys shout: "Your right! Gold is where you find it!"

CLOSING CEREMONIES**Sportsmanship***Baltimore Area Council*

Nine Cubs with signs having an appropriate picture on the front and their part on the back in large type.

Cub #1: I will be a good sport in all I do

Cub #2: I will follow the rules

Cub #3: I will trust my teammates

Cub #4: I will keep my temper

Cub #5: I will keep myself physically fit

Cub #6: I will keep my head up in defeat

Cub #7: I will keep my pride under control in victory

Cub #8: I will play hard and have fun

Cub #9: I will always do my best

ALL: We will be good sports in all that we do.

Closing Ceremony*Capitol Area Council*

Den Chf: What you are is God's gift to you. What you make of yourself is your gift to God. Make it a good gift.

Cub #1: Work while you work.

Cub #2: Pray while you pray.

Cub #3: One thing at a time, that is the way.

Cub #4: All that you do,

Cub #5: Do with all your might.

Cub #6: Things done halfway are not done right.

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.

MAY I CLOSING*Utah National Parks Council*

- 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 have the courage to live by them.
- Cub # 6:** May I strive for a healthy 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 will enjoy and benefit from being around me.
- Cub # 9:** 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 are always winners if they do their best.

MUSCLE BUILDERS*Grand Teton Council*

ARRANGEMENT: The following closing ceremony leaves the audience with some good closing thoughts. Seven boys line up across the stage holding barbells that have letters printed on each end spelling out MUSCLE BUILDERS.

- Cub # 1:** Muscles some think are really a must.
Unless you want to be a bust.
- Cub # 2:** Flex your muscles and raise those weights high.
Cause it will make a healthy guy.
- Cub # 3:** Lift all of the load you possibly can,
Else you could be called a shirking man.
- Cub # 4:** Buckle down and lift your share of the load,
Unless you want to be a shirker on life's road.
- Cub # 5:** If you always do your part,
Lifters you will be from the start.
- Cub # 6:** Do your best to lift your share,
Everyone showing that they care.
- Cub # 7:** Reaching always a little out of reach,
Since that's the best philosophy to teach.

Step Over*Grand Teton Council*

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

- Cub #1:** (Drags himself on stage, looking tired, bored and meets the sharply dressed Cub. #2) Say, am I ever tired. I wish I could be in shape. I'm so weak I don't know what to do.
- Cub #2:** I have something that will get you into shape physically and mentally. Take the first step into my program and into shape by stepping over the line.
- Cub #1:** (Steps over the line, and becomes alert, bright and athletic)
- Cub #3:** (Walks in dragging, tired and meets #1 and #2.) I'm so bored. I have done everything there is and nothing is left. I miss the challenges.
- Cub #2:** I have something that will challenge you, train you, coach you and develop you both physically and mentally. Just step over the line.
- Cub #3:** (Steps over the line and becomes bright, alert and athletic)
- Cub #1 and #3 (TOGETHER)** What is this program we stepped into that gives us this energy, strength and really challenges us?
- Cub #2:** It's, it's, it's (hold up a sign that reads "Cub Scouting") Cub Scouting!!!

It Matters Not*Grand Teton Council***STAGING:** Four Cub Scouts

- Cub #1:** Some people think if you have muscles,
You must win in every game,
But if they'd only stop to think,
Many a loss can also be a gain.
- Cub #2:** If we're always good sports when we lose,
And learn what to do better next time,
Then we really come out a winner,
For experience is a teacher sublime.
- Cub #3:** It matters not that the top score we've won,
If only we all do our best,
For that's the mark of a champion,
What ere may be the test.
- Cub #4:** If you can't do GREAT things, my friend,
It matters not at all,
If only you try to do in a GREAT way,
Things that may seem so small!

Cubmaster's Minutes**Sports Minute***Capitol Area Council*

Just as all sports played in the great outdoors are a challenge to each individual competitor, so also the Cub Scout trail is a challenge to each individual Scout. Professional athletes and Olympic competitors don't just become great overnight. It takes years of practice and dedication to achieve success. This is also true in Cub Scouting. A boy, who joins the pack, does not immediately earn the Wolf, or Bear, or Webelos badge. He joins the pack to grow and be challenged. He must earn the ranks as he grows. The challenges become more difficult as each boy grows older; but through dedication and hard work he *will* reach the top, just like the Olympic champions. Let us vow tonight as we leave this place to always do our best - in sports, in work, in school, in life! Good Night!

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."

SPORTS CLOSING THOUGHT*Sam Houston Area Council*

The world has many people in it who think it is a national calamity if they lose a contest. They lose their temper and act like bad sports. A good sport will do his best and, if he loses, look to the next game to do better and try to win.

A Cub Scout can learn to be a better boy if he remembers not to be a bad sport. You cannot always have your way, but, if you can learn to let some things run off you like water off a duck's back, you will be a lot happier.

Work while you work, play while you play; one thing at a time that is the way. All that you do, do with all your might; things done halfway are not done right.

Summertime Thought*Utah National Parks Council*

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.

The Price Of Success*Baltimore Area Council*

Vince Lombardi was a very successful football coach – especially known for coaching the Green Bay Packers during the 1960's. He said, "The price of success is hard work, dedication to the job at hand, and the determination that, whether we win or lose, we have applied the best of ourselves to the task at hand." Let us all strive to be a success at home, at school, at play and as Cub Scouts.

Keeping Fit*Great Salt Lake 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 a dangerous tool.

The same principle can be applied to ourselves. We have a body, which when kept in good condition, will serve us well. If we get plenty of exercise, eat the proper foods, and have good health habits, we will be able to enjoy, to the fullest, the things we do. But if we fail to take care of ourselves, we can become rusty and dull like the neglected knife.

Do your best to keep fit!

THEME RELATED STUFF

Olympic Cities

Scouter Jim, Bountiful Utah

Olympic Summer Games

Athens 1896	Berlin 1936	Moscow 1980
Paris 1900	London 1948	Los Angeles 1984
St. Louis 1904	Helsinki 1952	Seoul 1988
London 1908	Melbourne 1956	Barcelona 1992
Stockholm 1912	Rome 1960	Atlanta 1996
Antwerp 1920	Tokyo 1964	Sydney 2000
Paris 1924	Mexico City 1968	Athens 2004
Amsterdam 1928	Munich 1972	Beijing 2008
Los Angeles 1932	Montreal 1976	London 2012

Olympic Winter Games:

Chamonix 1924	Innsbruck 1976
St. Moritz 1928	Lake Placid 1980
Lake Placid 1932	Sarajevo 1984
Garmisch-Partenkirchen 1936	Calgary 1988
St. Moritz 1948	Albertville 1992
Oslo 1952	Lillehammer 1994
Cortina d'Ampezzo 1956	Nagano 1998
Squaw Valley 1960	Salt Lake City 2002
Innsbruck 1964	Torino 2006
Grenoble 1968	Vancouver 2010
Sapporo 1972	Sochi 2014

Fun Facts About the Olympics

Alice, Golden Empire Council

- Because of World War I and World War II, there were no Olympic Games in 1916, 1940, or 1944.
- In 490 BCE, Pheidippides, a Greek soldier, ran from Marathon to Athens (about 25 miles) over terrible terrain to let the people know their soldiers were victorious over the Persians, then fell to the ground dead.
- The distance of a marathon was decided to be 26 miles and 385 yards because the British Royal Family requested the 1908 marathon to begin at Windsor Castle so their children could watch. The distance to the Olympic Stadium was what became the standard marathon length in 1924.
- Motor boating was an official sport at the 1908 Olympics.
- The original Greek athletes played in the nude. The Greek root "gymnos" means nude and the word "gymnasium" literally means "school for naked exercise."
- The Olympic flag was first flown during the 1920 Olympic Games.
- Modern Olympic Gold Medals were originally made entirely out of real gold, until after 1912.
- Ancient Greek Olympic athletes won a wreath of olive leaves – the first winner was a cook.
- James B. Connolly (United States), winner of the hop, step, and jump (the first final event in the 1896 Olympics), was the first Olympic champion of the modern Olympic Games.

- The original Olympic flame of ancient Greece was ignited by the sun and then kept burning until the closing of the Olympic Games.
- The modern Olympic flame is lit at the ancient site of Olympia by women wearing ancient-style robes and using a curved mirror and the sun. The Olympic Torch is then passed from runner to runner from the ancient site of Olympia to the Olympic stadium in the hosting city, and kept lighted till the games end.
- The Beijing Olympic motto of "One World, One Dream" was chosen from over 210,000 entries submitted from around the world.
- Pierre de Frédy, a French educator and sportsman, revived the Olympic Games in 1896 and designed the Olympic Flag in 1913-1914.
- The Olympic Flag has five interlocking rings (blue, yellow, black, green and red) to represent Africa, the Americas, Asia, Australia and Europe, the five parts of the world involved when the modern Olympics began.

Random Fun Facts

Grand Teton Council

- ★ In a year, a person's heart beats 40,000,000 times
- ★ A great reason to smile - You use an average of 43 muscles for a frown. You use an average of 17 muscles for a smile.
- ★ And then every two thousand frowns creates one wrinkle.
- ★ Fit people can burn more fat for longer periods of time than unfit people.
- ★ We call the hot, muggy days of summer "Dog days." This expression may have originated with the Romans who associated such weather with the influence of Sirius, the Dog Star, which is high in the sky during summer.

PHYSICAL FITNESS TIPS

Sam Houston Area Council

Exercises alone won't keep you physically fit.

Good personal health care should be practiced daily.

- ★ Bathe everyday, especially after exercising.
- ★ Wash your hair at least twice a week.
- ★ Brush your teeth at least twice a day.
- ★ Visit your dentist regularly.
- ★ Wear clean socks and clean underwear daily.
- ★ Avoid eyestrain. Use good light.
- ★ Use only your own washcloth and towel.
- ★ Stand up straight, don't slouch.
- ★ Get plenty of sleep – about 10 hours per night for Cub Scouts.
- ★ Trim your fingernails and toenails.
- ★ Wash your hands before eating.
- ★ Wash your hands after using the bathroom.
- ★ Protect your eyes! Don't put anything in your ears!
- ★ Don't drink or eat from someone else's cup, plate or utensils. That's an easy way to catch their germs and get sick.
- ★ Eat right! A balanced diet will make you feel good!
- ★ Get plenty of exercise to make you feel great!

TIGERS

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

Tiger Cub Hot Potato Race

Baltimore Area Council

Divide the Den into two teams and line them up relay fashion. First player on each team is given a raw potato. On signal, while holding the potato between his feet, he hops to a turning line and back. Each player repeats the action until all have run.

Picnic Fun/ Fun Outdoors

Santa Clara County Council

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

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

Frisbee Golf

Santa Clara County Council

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

Make homemade ice cream.

Santa Clara County Council

You can get a freezer for about \$20. Pick up a bag of ice, rock salt, a gallon of low-fat milk, and a can of non-fat Eagle Brand. Let your child mix the Eagle Brand, a cup of sugar, 1/8 t salt, and tablespoon of vanilla extract with about two

cups of milk. Stir until the sugar has dissolved, then pour into the freezer. Add more milk to the fill line, load it up with ice and rock salt, and let it run for about 40 minutes.

Watermelon and Sprinkler.

Santa Clara County Council

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

Den Activity

Santa Clara County Council

Put up a hoop for basketball or suggest the boys get active with skipping, tag, racing, baseball, soccer, or swimming.

Always emphasize the fun and not the competition.

Go fly a kite! (If you don't have one, make one!)

Study the shapes of passing clouds, then use cotton balls and glue on paper to recreate the images they saw.

Bubble solution

Santa Clara County Council

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

Bubble Mania

Santa Clara County Council

Have a bubble blowing frenzy using a variety of unusual bubble blowing tools!

Plastic funnels, six pack soda rings, plastic cups with holes punched through the bottom.

Bubble Art

Santa Clara County Council

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

Pet Rocks

Santa Clara County Council

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

PACK AND DEN ACTIVITIES

Ideas For Den Meeting

Capitol Area Council

- ✓ Visit a spa or fitness center and take a tour of the facilities. Talk to a trainer or weight builder about his regimen and how you could train to go into this field. Find out what exercises are most beneficial to you according to each person you talk to. Graph the different exercises to see which ones are most popular or are used most.

- ✓ Hold a competition of the exercises you practice from the Webelos book with your parents. Have the boys time their own parent and instruct them in proper procedure. Have a certificate for each parent/son team that records their best time and efforts for the day.
- ✓ Talk to a doctor or nurse (someone in the medical field) about the importance of good health. Think about something that really interest you in this field and ask challenging questions; like; If I exercise every day with just my arms, will my whole body improve in strength, or just my arms? Why?
- ✓ Arrange to watch the gymnasts at a high school or even the Olympics (are they on tape) and try to determine which exercises the athlete uses to develop for the events he participates in.
- ✓ Arrange an "Olympics" for physical fitness for your den or Pack meeting. You can give gold, bronze and silver medals for events. Be sure to have some events that even the least athletic boy can win.
- ✓ An Olympics for goofy events would be fun, too: a wheel barrow race; book on head; fast walk- two person pace (one person walks directly behind another - back to back.) Remember to mix up the activities so that the younger boys (Tigers and Wolves) have the advantage at some and the older boys have the advantage at others. How about crawling on their belly through a tube as part of an obstacle course. Award medals at the end, gold, silver and bronze. Remember to include team (den) events as well as individual events. If you can arrange a lot of events, perhaps for the individual events, the boys could sign up for 2 or 3 and have everyone compete in the team events.
- ✓ As a pack, work on Activity Pins from the Academic and Sports Program. Have a Pack Intramural Contest or Sports Day.

Try a "Fun" Olympics.

Alice, Golden Empire Council

It could be held out doors, or be a "Plan B" Indoor Olympics for a rainy day. Have events such as the following games:

Paper Plate Shotput: Use standard paper plates, (the cheap kind with the crinkled edge and no plastic coating)

Contestants stand with their feet behind a line. They flip, throw, spin, and toss the plates across an open space. The distance measured is where the plate ENDS UP (not necessarily where it lands) to the throwing line. Plates cannot be torn, bent, folded or changed in any other way.

Cotton Ball Shot put: Use cotton balls as your shot put and play as above. No change is allowed to be made in the cotton balls.

Straw Javelin Throw: Use plastic straws, not the ones that bend in the middle. Contestants stand with their feet behind a line. They flip, throw, spin, and toss the straws across an open space. The distance measured is where the straw ENDS UP (not necessarily where it lands) to the throwing line. Straws cannot be torn, bent, folded or changed in any other way. Nothing can be put inside the straw before it is thrown.

Rowing Regatta: Boy sits on the floor and puts his hands on his knees, back to the goal line. Each boy can propel himself backwards by moving his feet against his bottom and then

pushing backwards. Hands can be used only for balance, but not to move! Just like the Olympic event, this can be an individual or team sport – try doing pairs, quads or eight boys, sitting very close to each other and holding on to the waist of the one in front of them.

Swimmer's Challenge: Since every swimmer needs to have excellent breath control, this is just a new name for that old game – put a ping pong ball in the center of a table. One boy or one team on each side of the table. They try to blow the ball off on the other team's side to win. Make it more challenging with two balls, each a different color and each assigned to one team.

Relay Run: Make two teams, each lined up facing their goal line. On signal, the first boy in each line goes to the goal and back, holding a towel holder "baton" to pass to the next team member to run. Here's the fun twist - each team member is given instruction on how to run his portion of the relay – on his knees, backwards, by hopping on one foot, etc.

More Cub Style Olympic Events

Great Salt Lake Council

HAMMER THROW

Materials needed: 1 tennis ball and 1 pair of panty hose with the legs cut off.

Play:

Put the tennis ball into the cut off stocking leg. Then have the boys hold the end of the stocking, wind up, and throw as far as they can.

SHOT PUT

Materials needed: plastic balls

Play:

Using large plastic balls, have boys form one long line so that all may compete at the same time. Have them push the plastic ball from their shoulder rather than throwing.

JAVELIN

Materials needed: pool noodles

Play:

Have the boys line up the same way as for the shot put. Try measuring the distance thrown with meters.

LONG, LONG, LONG JUMP

Materials needed: tape for starting and ending lines

Play:

- ✓ The object of this game is for the group of boys to jump collectively as far as possible.
- ✓ The first player begins at a starting line and makes a jump.
- ✓ The next player starts his jump where the previous person landed.
- ✓ The players can attempt to improve their total collective distance on successive tries.

This can be played indoors or outside, with a backward broad jump, forward long jump (standing or running), hop-skip-and jump, and so forth.

Tightrope Walk*Capitol Area Council*

Test your tightrope skills in this fun-packed game. For the "rope", set a long 2 x 4 up on edge, supported at either end with a pair of sandbags. Mark off distances on the rope. Record distance walked by each player.

Balloon Douse*Capitol Area Council*

Douse one of the gang with water-filled balloons. The victim (volunteer) sits or stands against a wall. An umbrella or raincoat may be provided. Above him (on the wall) is a large nail. Players aim water-filled balloons at the nail in an attempt to douse the fellow below. (No fair hitting the volunteer directly!)

Indoor Olympic Activities*Alice, Golden Empire Council*

Use the five mascots of the Beijing Olympics as your theme –



Have boys or families choose one of the five to focus on – they could do an art project or craft, report on any Olympic sports that use that element (such as Swimming sports for Water or Shot-put for Metal)

Have each boy in the den or pack choose an Olympic athlete to learn about – then share what they learn at the Pack meeting. For stories, bios of modern day athletes, go to: www.olympic.org/uk/athletes/index_uk.asp
Photos are even available online.

Speaking of photos – **Print out an “Olympic Winner” photo of a Cub Scout**; also follow eight U.S. athletes as they prepare for the Beijing Olympics go to www.ivillage.com/familyroom

Celebrate your pack Olympics as they would have in ancient Greece (although you’ll have to adapt the chariot events) For all kinds of information about the place, the events and the athletes, go to: www.perseus.tufts.edu/Olympics/stories.html

Have each boy choose an athlete he admires, then take on the role of that athlete and learn all about him. (If siblings participate, you could cover girls, too) Have each “athlete” come out and be interviewed by the Cubmaster.

Have each den or family choose a country to represent. The whole pack can then join in “Opening Ceremonies,” with each country represented by the appropriate flag. Each group can share information about their country, including music, favorite sports events, and special foods.

Outdoor Obstacle Course*Grand Teton Council***Set Up:**

- ★ Make a rope climb by hanging a 10 foot, one inch rope from a tree.

- ★ To help develop balance, set a 10 foot long 2 x 4 “walking plank” securely on the ground.
- ★ Five or six old tires make an excellent zigzag course that will help the boy develop balance while building up his leg muscles. The object is to step ‘from tire to tire as he runs the course. Stagger tires one full pace apart.
- ★ Make a “crawl through” by using an old wooden barrel turned on its side. Cardboard boxes will work also.

Hop, Step and Jump*Grand Teton Council*

This is an athletic test that was popular among the boys in colonial days. In turn, each boy

- 1st** Takes a running hop (land on the same foot),
- 2nd** Then a long step and
- 3rd** Last, a final jump (leaping off one foot and landing on both feet).

His score is the total distance covered in the three moves done correctly.

Make Your Own Physical Fitness Equipment*Grand Teton Council*

See picture at the end of this issue. *The picture is a little blurry but it is from the best copy I had. If you have a better one, please forward.* CD

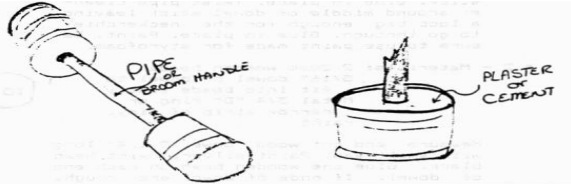
- ✓ A barbell can be made using a 3 foot dowel or broomstick with 3/4" dowel or broomstick with 3/4" pipe caps on the ends. The latter are then embedded in 46 oz. cans filled with cement. Allow cement to set overnight.
- ✓ Dumbbells can be made similarly by using 1 foot long dowels and No. 2 size cans filled with cement and placed on the ends of the dowels. Plastic quart containers filled with sand may be used instead of the cans.
- ✓ A broomstick suspended at both ends in a garage, basement, or backyard makes an excellent chinning bar. This broomstick can also be set over the back of two parallel sturdy chairs.
- ✓ Another way to make barbells is to take a pair of old auto brake drums (obtainable at most auto junkyards) (*MMMmmm – brake drums, might be hard to find with four wheel disc brakes being the current standard.* CD) and a 36" length of 1 1/2" pipe. The boys can help secure the drums firmly to the pipe.
- ✓ An old inner tube (not inflated) (*Another rare item in these days of tubeless tires* CD) makes an excellent muscle builder for arms, legs,, back and chest. There are a lot of other good sources for stretchy material to do this.

RUNNING HIGH WHISTLE*Utah National Parks Council*

The boy who can hold a whistled note the longest with one breath wins the event.

Easy Barbells

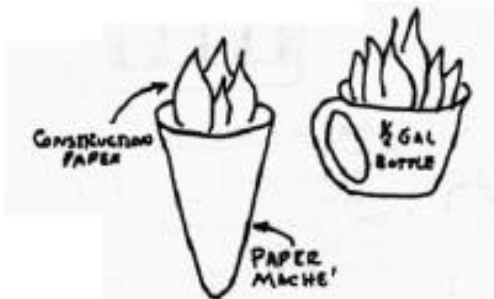
Grand Teton Council



Barbells can be made of plaster set in cans with short length of pipe or broom handle in between for a hand weight or long piece of pipe or broom handle for a regular set of barbells. Judge the size of cans and pipe or stick by the size of scout that will be using them.

Olympic Torch

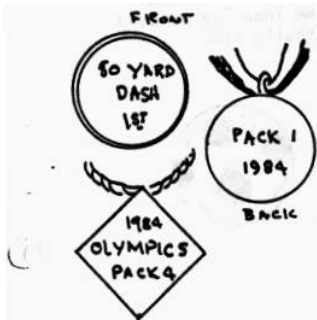
Grand Teton Council



- ✓ To make an Olympic torch, cover a cardboard cone shape with paper maché.
- ✓ Spray paint dried maché torch.
- ✓ Add a flame made from red construction paper.
- ✓ A torch can also be made from the top section of a round bleach bottle.
- ✓ Cut off this section, spray paint, and add construction paper flame.

Physical Fitness Medals

Grand Teton Council



Winner's medals can be made from various materials, including plaster, wood, plastic and cardboard. Plaster medals can be poured in plastic lid molds. Insert ring before plaster hardens, for stringing blue and gold ribbon through for wearing around the neck. Paint appropriate words on medals. Diamond shape medals can be cut from cardboard or foil pans, and colored or imprinted with marking pens. When using the foil pans, tool the lettering first with a ballpoint pen, then fill in with permanent markers. These medals can also be attached to a ribbon for wearing around the neck.

Tennis Shoe Tie Slide

Grand Teton Council

Materials:

- Felt (yellow or white and blue),
- Cardboard or thin stiff plastic
- Kite string,
- Needle and thread,
- Glue,
- Cotton balls,
- Curtain ring or 1" long piece of 3/4" PVC pipe (optional).



Directions:

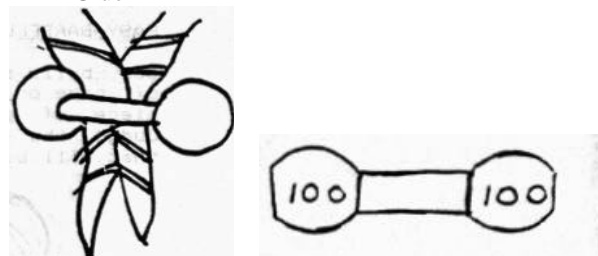
- Cut 2 shoes from white or yellow felt for each slide using the pattern. *Enlarge pattern to desired size.*
- Insert the cardboard or plastic for stiffness between the two pieces. The cardboard or plastic must be smaller than shoe.
- To the back piece of felt attach a 4" length of kite string or sew on a curtain ring or glue on PVC pipe for the tie holder.
- Whip stitch sides and top closed. Stuff shoe with cotton balls to desired thickness, sew bottom of shoe shut.
- Cut small strips from blue felt and glue to front of shoe (see illustration) and piece for sole of shoe.
- Using piece of kite string, glue to front of shoe to look like lacing. Using 3" piece of kite string - run through the shoe using needle and tie in bow.

Barbell Tie Slide I

Grand Teton Council

Materials:

- 1/8" dowel stick,
- 1 to 2" long
- 2 small Styrofoam balls
- Paint
- Pipe cleaner
- Glue



Directions:

- ✓ Push Styrofoam balls onto ends of dowel stick.
- ✓ Glue in place.
- ✓ Twist pipe cleaner around middle of dowel stick leaving a loop big enough for the neckerchief to go through.
- ✓ Glue in place.
- ✓ Paint. Be sure to use paint made for Styrofoam.

Barbell Tie Slide II
Grand Teton Council

Materials:

- 2 20mm wooden beads
- 5/16" dowel or dowel to fit into beads easily
- Metal 3/4 "D" ring or narrow strip of vinyl
- Paint

Directions:

- ✓ Measure and cut wood dowel 2 1/4" long with small saw. Paint silver.
- ✓ Paint bead black.
- ✓ Glue one wooden bead on each end of dowel. *If ends of dowel are rough, sand smooth.*
- ✓ Paint ends of dowel black to match beads.
- ✓ Paint desired weight on front of each barbell with white paint. Thin line paint pen works well for this.
- ✓ Fasten metal "D" ring or narrow strip of vinyl to back with "hot glue" gun.

SUPER SCOOPS

Utah National Parks Council

Give empty bleach bottles a purpose!

Cut off the bottoms, and then cut out the side portion below the handle, angling down toward the bottom.

You can then use the scoops for tossing and catching balls or bean bags.

SPORTS FANS

Materials:

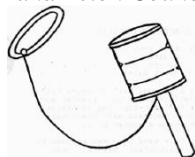
- Paper plates or cardstock
- Markers or paint
- Tongue depressors or craft sticks
- Glue

Directions:

- ✓ Have the boys cut out and decorate the paper plates as sports items.
- ✓ Paper plates work well because they're already round for ball shapes.
- ✓ Then glue the paper plates to the sticks.
- ✓ Now they can keep cool while playing outside.

Catch Can

Grand Teton Council



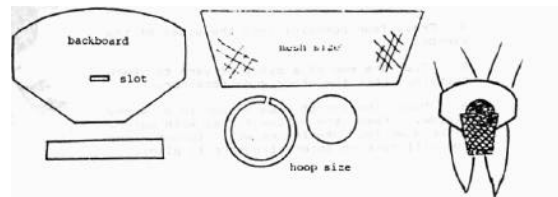
- Nail or screw a can to a stick.
- Where can joins stick, tie long string.
- Attach a ring small enough to fit in the can
- Hold stick in hand and try to catch lid with can.

Basketball Backboard Tie Slide Or Plaque

Grand Teton Council

Materials:

- Wood scraps 1/8" thick -- such as paneling or balsa,
- Paint,
- Wire
- Nylon mesh
- Small Styrofoam or wooden ball
- Glue



Directions

- Cut backboard from wood using the pattern shown.
- Sand as needed.
- Make a hoop by wrapping wire around a 1/2 dowel.
- Bend a small strip of aluminum foil and insert through the slot in the backboard to fasten the hoop.
- Epoxy or glue strip the back.
- Cut nylon net to size of the pattern and sew or glue together. Paint the ball orange and draw lines with marking pen, if desired.
- Paint the hoop orange and the backboard and net white. After this is dry, glue the ball and net to the hoop.
- Glue a curtain ring or piece of PVC pipe to the back to use as a tie slide.

OLYMPIC MEDAL

Sam Houston Area Council

Great Salt Lake Council

Materials: Lightweight cardboard (from cereal box is good), paint, glue, ribbon



Instructions

Use a glass to trace the desired number of 2 - 3 inch circles on the lightweight cardboard

- ✓ You will need two circles for each medal.
- ✓ Cut out your circles.
- ✓ Paint the non-shiny side of the circles with gold, silver, or bronze paint and set aside to dry. If you cannot find gold, silver, and bronze paint, why not use blue, red, and yellow (traditional first, second, and third place colors).

Once the base paint is dry, you can decorate your medal as you like.

- ✓ Use glue and glitter to make it sparkle, or you can paint 1st, 2nd, or 3rd on them.
- ✓ Let the designs dry completely.

The final touch is to add the neck ribbon.

- ✓ Cut one length of ribbon, approximately 32 inches long per medal.
- ✓ Put a dab of glue on the center of the non-painted side of two medal pieces. (Fig 1)
- ✓ Fold your ribbon in half at the middle to form a 'V' shape. (Fig 2)
- ✓ Stick the fold of the ribbon onto the glue on one of the medal backs. (Fig 3)
- ✓ Cover it with the other medal piece with glue. (Fig 4)
- ✓ Set your medal aside and let it dry.

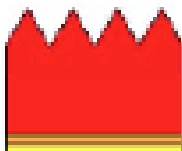
Felt, fun foam or juice can lids can also be used for the medals – be creative!

OLYMPIC TORCH*Sam Houston Area Council***Materials:**

Empty paper towel tube
 Aluminum foil
 Tissue paper – yellow, orange and red
 Scissors
 Clear Tape
 Glue

**Instructions**

1. Wrap a sheet of aluminum foil (shiny side out) around the paper towel tube and secure with clear tape.
2. Take 2 sheets each of red, orange and yellow tissue paper (8 inches tall by 12 inches wide.)



3. Cut out this shape (see figure) from each sheet of tissue paper. These will be your flames!
4. Lay each piece of tissue paper down on top of each other as shown. Each piece will overlap each other about ¼ of an inch.



5. Tape along the bottom of the tissue paper in order to help hold it together. Use lots of tape!
6. Loosely roll the tissue so that it forms a cylinder with the yellow paper on the outside and the red on the inside.
7. Gather the tissue together along the bottom and tape so your flame looks like this figure.
8. Now your flame is ready to go in the torch. Using lots of glue, place the taped end of the flame into the paper towel tube.
9. Let the glue dry and spread out the flames coming out of the tube.

INDIVIDUAL, DEN OR PACK PENNANTS*Sam Houston Area Council*

Materials: Poster board cut into a triangular pennant shape and a ½ inch wooden dowel (about 3 feet long) for each pennant made

Instructions

Give each den or boy its poster board pennant, and make markers and staplers available.
 Allow 15 minutes for each boy or team to create a flag.
 Each pennant must contain the either his name or the den name/number.

After the clock has stopped, ask the boys or dens to staple their posters to the dowels to make flags.

Post banners around the Pack Olympic grounds or at your Pack Meeting (or both).

Hold the Potato Olympics!**Try Having A Spud Theme Night!****Scott Sinclair The Leader, December 1993***Capitol Area Council*

Potatoes (spuds) offer amazing program possibilities. For those long, cold winter evenings that beg excitement, why not try a spud theme night?! Decorate your meeting area with farm pictures; leaders could dress in country clothes and work boots. Set the mood for your Beavers, Cubs or Scouts by playing stompin' Tom Connors' song "Bud The Spud" in the background.

Ask every boy to bring a small bag of potatoes. (Leaders should have an additional large bag of potatoes available for those who forget to bring their spuds.) Adapt the theme to fit your own program needs. Some groups may want to try the idea using different stations with Scouts spending five to ten minutes at each event.

- ✓ **Bowling for spuds** – Set up bowling pins, using colorful balloons taped to paper cups. Mark off bowling lanes with tape or chalk, then use the potatoes as bowling balls. Any "balls" rolling outside the lane are disqualified.
- ✓ **Driving the spuds to market** - Each person must sweep five potatoes from one end of the room to the other using only a household broom. Mark racing lanes on the floor to make this more challenging.
- ✓ **Potato wheel-barrow race** - Organize a wheel-barrow race with a team of two children one on the floor walking on hands and the other holding up his/her feet. Put a potato on the back of each 'wheel barrow'. Listen to the shrieks of glee! If the spud falls off, the team must return to the starting line.
- ✓ **Spud of the Nile (potato pyramids)** - Put a large collection of potatoes on a table. Try to build the tallest pyramid possible. (A great team event.)
- ✓ **Chip taste test** - Number five bowls of potato chips and record which flavour is in each bowl. Keep this information secret. Tape the five potato chip bags to the wall behind the table. The fun begins when people start to match the taste with the bag. Yum!
- ✓ **Speed spud** - Set up a ramp to roll potatoes down. Use a long stacking table with the legs of one end collapsed, or a household, hollow-core door. Let everyone choose a potato. Set these up at the start line at the top of the ramp. At a signal from the referee, the racers let their spuds go. The first one over the finish line wins.
- ✓ **Improvise different rules:** the straightest rolling spud wins; the fastest wins; the one that rolls the farthest wins; the funniest roll wins.
- ✓ **Potato stuffing** - Weigh all group members. Let them stuff as many potatoes as possible into their pockets and clothing, then weigh everyone again fully stuffed. Record the difference.

- ✓ **Mr. and Mrs. Potato Head** - Collect a variety of items to decorate the spuds. Include vegetables (broccoli, cauliflower, radishes, carrots) and non-food items like construction paper, beads, ribbon, and string. Let the Cubs and Scouts use toothpicks to stick things to the potatoes. Allow group members about 15 minutes to make their own personalized creation.
- ✓ **Marble spud** - All children love playing marbles. Why not try it with potatoes?! Their irregular shape makes them roll an unpredictable, outrageous path. With chalk, draw a circle on the floor. Players have to roll their potato 'marble' into the circle and bump another player's marble to win it.

Use your creativity to dream up other games; the possibilities are endless.

Use the event to tell your Scouts about the food value in potatoes.

Did you know the lowly spud holds almost all the minerals and vitamins a person needs to survive, including vitamin A, B, C, and D?

Make a list of all the ways we eat potatoes: baked, scalloped, mashed, fried, stuffed, boiled, potato chips.

Talk briefly about the need for good eating habits and nutrition.

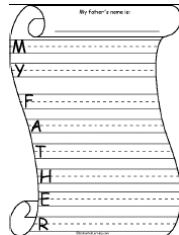
When your night finishes, donate undamaged potatoes to the local food bank, then start making plans for a gourd night.

What a great event for a winter camp, Cuboree, or just to recharge your program during mid-winter blahs.

Your kids will love the unexpected, comical twist.

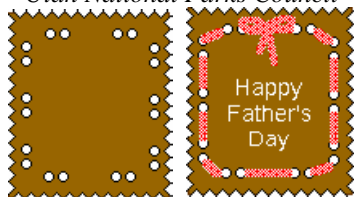
FATHER'S DAY POEM
Utah National Parks Council

Write a poem about your father.



Start each line with a letter from the phrase "MY FATHER."

FATHER'S DAY PAPER BAG CARD
Utah National Parks Council



Directions:

Cut a card from brown paper with pinking shears. *Any shape will do.*

Using a hole punch, make a series of holes around the edges of the card. Be sure to make an even number of holes (see diagram).

String ribbon or yarn through the holes. (**DO NOT USE PINK!!! CD**)

Tie the ends in a bow (this is the hardest part of this project). If the bow doesn't look good, you can glue the ends of the ribbon to the back of the card instead.

Write a message (or draw a picture) on your card. These can be made to look masculine.

ADVANCEMENT IDEAS:

Carol, American Elm District, Black Swamp Council
Be sure to check CS Program Helps for the recommended activities for these advancement possibilities for this theme. They are listed in the individual sections for the Tiger, Wolf and Bear Dens Carol

Tigers-

Ach 3G **Elect.** 6, 24, 35

Wolf-

Ach 3A, 3B, 10C **Elect.** 11B, 20H, 20I

Bear -

Ach 15A, 15B, 15C, 16, 23, 24A **Elect.** 18, 19

Advancement Ideas

Alice, Golden Empire Council

Boys of any rank can work on the **BSA Physical Fitness Award** or various **Sports Belt Loops and Pins** this month.

The **BSA Family Award** can be done every year by families, and includes opportunities for physical activities, healthy nutrition, and good sportsmanship. **Ethics in Action: Be Aware and Care** also has some great activities to help boys understand disabilities and value those who live with them;

Special Olympics, Wheelchair Olympics and various sports for the disabled showcase the abilities of special athletes.

Note: Before family or Scout camping or hikes, review the Hug A Tree guidelines from last month's Baloo – make sure everyone is prepared and knows what to do if lost!

Tiger Cub Achievements:

Ach. #3D- make a food pyramid - don't forget the importance of water (I like to add a white bar along the base of the pyramid to represent water and its importance in being healthy); **Ach. 3G -**

Visit a sporting event and point out the need for training, practice and good sportsmanship;

Ach. 5G - Take a hike with your den and have a healthy snack and plenty of water;

Tiger Cub Electives:

Elect. #5 - make a family mobile showing how each person in your family stays fit: soccer or other team sports for the Tiger Cub, bowling for Dad, walking for Grandma, etc;

Elect. #23 - Check out various kinds of milk, compare taste, nutrition, why people might use a certain kind; **Elect. #24 -**

Help prepare a meal and make sure the food pyramid is included in planning the foods; **Elect. #25 -** Make a healthy snack; **Elect. #35 -** Fun Outdoors; **Elect. #37 -** Take a bike ride (But be sure to discuss and use a helmet to protect your most important organ – your brain); **Elect. #40 -** Fun in the Water (Be sure to use Safe Swim Defense and the Buddy System); **Elect. #46 -** Healthy Teeth and Gums

Wolf Achievements:

Ach. #1 – Make a game of Feats of Skill and do them at every den meeting this month (Remember good sportsmanship and model positive attitude); **Ach. #3** – Keep your body healthy; **Ach. #8a** – Food Pyramid – make sure the boys understand why food group color bars are shown in different sizes (I like to add a white bar across the bottom of the pyramid to represent the importance of water in being healthy, having energy and preventing headaches and other dehydration problems); **Ach. #8b** – Family meal planning using the Food Pyramid; **Ach. #9e** – Review rules of bike safety before Summer and before every bike ride; **Ach. #10c** – take a family walk; **Ach. #10d** – read a book or Boy's Life article about a physical activity, the Olympics, Special Olympics or disabled athletes; **Ach. #10e** – watch or listen to the Olympics or Special Olympics; **Ach. #12 d, i** – discuss physical disabilities, the special abilities of disabled people, how to interact with them. (Check out Ethics in Action, Be Aware and Care; borrow a wheelchair, crutches and have the boys try using them to emphasize the physical exertion needed)

Wolf Electives:

Elect. #4, esp. f – play a wide-game; **Elect. #5a, b, c, d** – Make and fly kites; **Elect. #6b** – read about a physical activity, a sport, the Olympics or Special Olympics, or disabled athletes or sporting events; **Elect. #7** – Make and use stilts, puddle jumpers and “Foot Racers;” **Elect. #12f** – Make a poster for the Pack Olympics; **Elect. #18d, e** – Help plan and lay out an obstacle race or adventure trail with lots of fun physical activity; **Elect. #18f** – take part in two pack Summertime activities, especially with some physical fitness included; **Elect. #20** – Sports – Be sure to go over the rules of a sport first. Try a new sport! **Elect. #22 a, b** – If your pack has an Olympics, choose another country to represent and learn some words and numbers in their language; **Elect. #22e** – invite a friend to take part in some fun Cub Scout physical activities; **Elect. #23** – attend Cub Scout Summer camp and prepare and participate in summer camping. (Review the Hug a Tree guidelines – make sure everyone has a whistle, a large garbage bag and some water and knows what to do if they become lost)

Bear Achievements:

Ach. #3b – Choose two famous American athletes or disabled athletes, Olympic or Special Olympic competitors; (Check out the web sites to get some ideas) **Ach. #3h, 3i** – Practice and participate in an outdoor flag ceremony at Summer Camp or a den or pack outdoor activity; **Ach. #6g** – Take part in a den or pack cleanup and use your physical abilities to do a good deed; **Ach. #8b** – Find out what Cub Scouts was like in the past; check out why Baden-Powell thought fitness was so important, and try some of his suggested fitness activities; **Ach. #9b, e** – Make a healthy snack for your den meeting or a hike. Talk about how the snack helps your body perform; make sure to include water! **Ach. #9c, d** – prepare part of a breakfast, lunch and dinner, using Food Pyramid guidelines, and discuss “junk” foods; **Ach. #10a** – Choose a family day trip that includes some physical activity; **Ach. #12** – Family Outdoor Adventures – be sure to review Hug a Tree guidelines and make a shoe

print of each person, and review the ideas on how to be prepared under **#12b**. (Each person should also have a whistle, a large garbage bag, and some water with them); **Ach. #14** – Bike safety – review before Summertime bike rides! **Ach. #15** – Games! Get outdoors and enjoy physical activity; **Ach. #16** – try all the exercises, then do them at each den meeting this month to get your body geared up for summer; **Ach. #17a** – watch the Olympics or a Special Olympics or Disabled Athlete event; **Ach. #17d** – use a computer to get information about the Olympics, Special Olympics or Olympic athletes (see the web sites for some ideas); **Ach. #18f, g** – Write about family or den physical activities or the Pack Olympics preparation; **Ach. #18h** – Practice Honesty in sports and physical competitions; **Ach. #23** – participate in sports activities and watch the Olympics competitions; **Ach. #24c** – plan an activity that includes some fitness activity

Bear Electives:

Elect. #5 – prepare and participate in safe boating with an adult; **Elect. #7a** – make and use a Cubmobile or scooter; **Elect. #18** – Build an outdoor gym and share it with family, friends or with your den; **Elect. #19** – Swimming – be sure to review Safe Swim rules and the Buddy System first; **Elect. #20** – Sports – Make sure you know the safety rules and have the right equipment before you begin; **Elect. #23** – Camping. (Review the rules and Hug A Tree guidelines first!)

Webelos Activity Pins:

Traveler and **Handyman** are assigned. Be sure to remind parents that most of the activities for Traveler can be done during family summertime vacations.

Fitness is ideal for the theme of Go for the Gold, and is a required activity pin; it also takes a month of continued work and record keeping, so summer is an ideal time to work on this activity pin. Be sure parents know the requirements, especially the information about nutrition and the food pyramid.

Aquanaut is an obvious summertime possibility, and boys participating in team sports can work on **Athlete**.

GAMES

HOLD A SUMMER OLYMPICS

Sam Houston Area Council

Hold a fun mini-Olympics. This can involve many of the usual Olympic sports with enjoyable twists added to them. Examples of sport events might include

- Water Balloon Shot Put,
- 100-foot Crab- Walk Dash,
- Low Jump (under a pole without knocking it from its holder),
- Balloon Javelin Throw,
- 50-foot 3-Legged (Potato Sack) Hurdles,
- 25-Yard One-Footed Relay, etc.

Make sure to have Olympic Gold/Silver/Bronze “medals” for all of the participants and the winners.

OLYMPIC TORCH RELAY*Sam Houston Area Council*

- ✓ Players line up in relay formation.
- ✓ The leader of each team holds a Ping-Pong ball balanced on top of a roll of newspaper.
- ✓ On signal, he runs to goal line and back to his team,
- ✓ He passes the torch on to the second player.
- ✓ The second player repeats the course
- ✓ If the ball drops, the runner must return to starting line.

OLYMPIC RINGS*Sam Houston Area Council*

Equipment: 5 hula hoops (You might want to try and get them in the five official Olympic colors.)

Directions:

Team members hold hands.

Pass five hula hoops from the first boy to the last without breaking the hand holds.

LET'S GO BOWLING*Sam Houston Area Council***Materials:**

As many empty 2 liter soda bottles that you want for bowling pins,
Water,
Ball,
Chalk or masking tape

Directions:

When playing outside, mark off the spots for the bottles with chalk. That will make it easier for Cub Scouts who are going to set up the pins.

For inside bowling you can make small Xs with the masking tape on the floor to mark where the bowling pins go.

Fill the bottoms of the bottles with a small amount of water.

Set up as many lanes as you like...

Grab some balls and have fun setting up and knocking the pins down.

SQUAT TUG*Sam Houston Area Council*

Materials: 8 foot rope

Directions:

Two contestants squat in a full knee bend, each holding one end of the rope with both hands.

On signal, they try to cause each other to fall over by pulling.

WICKET BOWLING*Sam Houston Area Council*

Materials: Croquet tickets and balls

Directions:

- ✓ Set up ten croquet wickets side by side far enough apart for a ball to go between them easily.
- ✓ The wickets are numbered from left to right, 1 to 10. You don't need to actually number the wickets.
- ✓ Mark out a bowling line parallel to the wickets at least 15 feet away from the wickets.
- ✓ Each player bowls one ball each turn, attempting to put it through each wicket in order.
- ✓ The first wicket must be made before the second and so on.

- ✓ The first player to complete the sequence of wickets wins, or the one to do so in the least amount of rolls wins.

Three Step*Great Salt Lake Council*

Group Size: 5 or more.

Equipment: A large enclosed area, and 3 soft balls (Nerf® or foam balls work best).

Goal: To eliminate all the other players, by hitting them below the waist with the balls.

Play:

- ✓ When someone is hit they must immediately sit down where they are and cannot move from that spot.
- ✓ However, if a ball comes where they can catch it, they attempt to hit one of the players who are still standing, if that person is hit (below the waist). The player standing sits and the one who was down gets up again.
- ✓ The last person left standing is the winner.

General rules:

- ✓ No more than three steps may be taken while holding a ball.
- ✓ If someone is hit in the head, that person is up while the person throwing the ball must sit immediately.
- ✓ If the balls are being held, the game leader may loudly count to 5. If a ball is not active during that time, all those who are standing must sit immediately and those who were sitting stand and begin playing again.

BACKWARD LINE RACE*Sam Houston Area Council*

Three people per team.

The end two players on each team face backwards while the middle player faces the forward, locking elbows.

On "go", each three person team

1st Runs to a turn line,

2nd Swings around and runs back to start line.

The first team finishing that's still together wins.

JUGGLER TOSS*Sam Houston Area Council*

Pair off players and have them stand about five feet apart.

Give each player a rubber ball, an orange, or an aluminum pie plate (or other objects).

They toss their balls simultaneously.

If both boys make the catch, each boy steps back one step and throws again.

If one boy misses a catch, a point is scored against him, provided the throw was catchable.

The players continue throwing, catching and stepping back until one has five points against him.

PASS THE BALL*Sam Houston Area Council*

- ✓ This is a circle ball-passing game. It's played with two teams of equal size arranged in rings.
- ✓ Each team's goal is to move the ball around the ring five times.
- ✓ Adding difficult passing methods and stunts makes the game more challenging and allows the leader to adjust the difficulty to the level of the players.
- ✓ The boys will learn a bit about teamwork and

- ✓ cooperation as well as passing and catching skills.
- ✓ Each team should choose a captain and then form a circle ranging from 3 to 6 feet depending on the skills of the players.
- ✓ Each captain holds a playground ball.
- ✓ At the signal the game begins with each captain throwing the ball to the player on his right.
- ✓ Players continue to pass the ball to the right as quickly as possible.
- ✓ When the ball has made a full trip around the circle and is back with the captain, he shouts, "One!" and keeps on passing the ball.
- ✓ The captains count each round. If the ball is dropped, it is returned to the captain and the round starts over.
- ✓ Players who have basic throwing and catching skills down pat may want to add a bit of variety to the game by passing the ball a special way.
- ✓ Passing between the legs, behind the back, or with a single bounce are a few ways to spice things up.
- ✓ The first team to finish five rounds is the winner.
- ✓ When the ball finishes the fifth circuit, the captain holds it high over his head and yells "Five!"

HUMAN FOOSBALL

Utah National Parks Council

Materials: Balloons, chairs

- ✓ Divide the group in half.



- ✓ Sit the players down in a pattern as shown, placing them very close together.
- ✓ Make the pattern as large as needed for group.
- ✓ The 'X's try to move the balloon to the 'O's end zone by batting it in the air.
- ✓ The 'O's try to move it the other direction.
- ✓ Players must remain seated.

SOCCER GOLF

Utah National Parks Council

Set up a golf course around a yard or field using empty trash cans, traffic cones, boxes and other targets.

Just as in real golf, players must try to kick the ball to each hole in the lowest number of shots.

BUCKET BOUNCE

Utah National Parks Council

- Place an empty bucket in the center of the room.
- Each boy gets five tries to bounce the ball into the bucket from a spot six feet away.
- Ball must stay in the bucket.
- Repeat if time allows.

JUMP ROPE GAMES

Utah National Parks Council

Practice jump roping first.

Relay –

- ✓ Use one rope for each team.
- ✓ Run and jump down to a line and back,
- ✓ Hand the rope to next player.

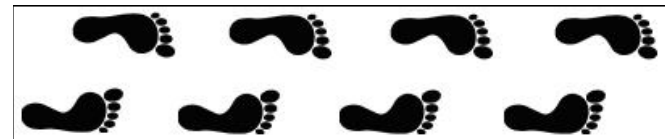
Variations:

- * Jump backward;
- * Run to line, jump 10 times and then run back;
- * See how long you can jump;
- * Jump 2 boys in rope at the same time.

FOOTPRINTS RELAY

Utah National Parks Council

Materials: Two heavy cardboard, cut out footprints 15" long and 8" wide. per person or team.



Two ways to play

- ★ As a physical skill (let's see if you can do it)
- ★ As a competition (2 or 3 teams as a relay race at a set distance).

Directions:

- ✓ Place both footprints one in front of the other.
- ✓ Step on the first with one foot and on the second with the other foot.
- ✓ Now lift rear foot.
- ✓ Pick up rear footprint and move it ahead.
- ✓ Move lifted foot into new position.
- ✓ Do the same with the other foot and continue,
- ✓ Continue step by step, to the finish line.

EGG RACE

Utah National Parks Council

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 (or whatever distance you set) and back to the next one in line.

Then passes the spoon and egg off to the next

Suggestion – Hard Boil the Eggs!! CD

TABLETOP HOCKEY

Utah National Parks Council

Cut a plastic berry basket in half.

Invert one half and set it at one end of a table.

Cubs can line up at the opposite end and try to score by flicking button pucks into the net.

Or use both halves on opposite sides of table and have a game. Get something light that the boys can move by blowing on it (ping pong ball??) and have a game to see who can score the most in a given time.

WHAT'S IN THE BAG?**A Kim's Game***Utah National Parks Council*

- ✓ Fill a pillowcase with assorted sports items (golf ball, tennis ball, Frisbee, tennis racket, baseball glove, etc.).
- ✓ Using a timer, allow each person 15 seconds to reach inside and feel what is in the pillowcase.
- ✓ Each person then writes down as many of the items that he can identify and remember.
- ✓ Remind players to be specific, don't just write "ball," but write "golf ball" or "basketball."]
- ✓ Suggest they not share their findings with other players.
- ✓ The person with the most right wins a small prize.

Or play like a traditional Kim's Game.

- ✓ Have 10 to 15 sports items in a on the floor or in a box lid.
- ✓ Cover the items with a blanket
- ✓ Have the boys gather around
- ✓ Uncover the items for a minute +/-
- ✓ Then recover the items
- ✓ Give the boys a minute to write down what they remember seeing.
- ✓ Tell them to be specific (see above)
- ✓ Then uncover and review answers

SPORTS MIX-UPS*Utah National Parks Council*

Make 12 sets of sports cards using the words listed below. Write each word on a different color of paper, then cut out each letter. Mix up the letters to a word, then place them in a baggie. Divide the boys into small groups, and give each group a sports card baggie. On a signal, each group is to open their baggie and unscramble the letters to reveal what the sport is. All members of the group shout out the name of the sport (or, ask each team to be silent until they have spelled out their word). The winning group gets a small prize.

Badminton	Bowling	Cricket
Volleyball	Table Tennis	Swimming
Softball	Gymnastics	Track and Field
Rugby	Baseball	Hockey

Variation:

- ✓ Make two sets of cards.
- ✓ Give each group the same word and
- ✓ See who can unscramble it first.
- ✓ Give points for the correct answer and
- ✓ Award a small prize to the group with the most points.

MOVING TARGET*Utah National Parks Council*

Line the boys up side by side

Start a hula hoop or inflated inner tube (Do they make these any more??) rolling along in front of the boys

Have the contestants throw beanbags, small rubber balls, or almost anything small and soft matter, through the rolling hoop.

Avoid using items that may accidentally hurt someone with an errant throw.

STICK RELAY*Utah National Parks Council*

Have the relay runners roll lemons or hard-boiled eggs with a stick down the course and back

Then they pass off the stick(s) to the next player in line.

Jump The Creek*Grand Teton Council*

- Each boy does his best and tries to improve his last jump
- Two ropes are laid parallel and close together.
- One at a time, the boys jump across the 'creek'
- After all have jumped, the distance between the ropes is increased slightly.
- The boys must not step in the creek (between the ropes) or on the water edge (the ropes) or they are eaten by sharks and must leave the game.

Chinese Wrestling*Grand Teton Council*

- Divide players into pairs and match them two at a time.
- Each wrestler stands on one leg (his left), the other leg being stretched forward, and folds his arms across his chest.
- Each wrestler hops forward and tries to unbalance his opponent with his right leg.
- No kicking or charging is allowed, and one player is declared winner if he forces the other to touch his right foot to the ground.
- The game should be played on a grassy lawn or soft ground.

Potato Wheel-barrow Race*Grand Teton Council*

- Organize a wheel-barrow race with a team of two children--one on the floor walking on hands and the other holding up his/her feet
- Put a potato on the back of each 'wheel barrow'.
- Listen to the shrieks of glee!
- If the spud falls off, the team returns to the starting line.

Strong Man Balance*Grand Teton Council*

- Get two Cubs of comparable size to stand on a short box or other sturdy balancing object.
- Lay a long length of rope between the two stands leaving extra rope coiled for the Cubs to grab.
- The Cubs stand on the platforms and each holds onto the rope.
- The object is to get the other cub to lose his balance and step off the platform.
- This shows a combination of strength, skill and strategy.

Tissue Sprint*Baltimore Area Council***Equipment:** tissues

On a signal, racers throw an unfolded tissue out ahead of them, go to it, pick it up, and repeat until they have reached the finish line. A tissue may not be caught or touched after it is thrown before it hits the ground. If it is, the player must take two giant steps backwards. No one can move forward while holding the tissue or by letting it blow up against their body or clothing.

Bounce, Toss And Jump*Baltimore Area Council*

Equipment: ball, beanbag, and jump rope for each team. Divide the group into two teams. For each team, lay a ball, a beanbag, and a jump rope behind a turning line. The first player on the team runs to the turning line, bounces the ball 10 times, tosses the beanbag in the air 10 times, and jumps rope 10 times. He returns and tags the next player. Play continues until all members of the team have had a turn.

Pebble Stretch*Baltimore Area Council*

Materials: One pebble or small object per player. A line placed on the ground (use a stick, or place string from left to right.)

Player puts toes to line, stoops forward with one hand on the ground and places a pebble as far out as possible. He then springs back to a standing position without shifting the hand on the ground, moving feet across the line, or touching the ground with his knees. The furthest placed pebble is the winner.

Athlete Training Course*Baltimore Area Council*

Every athlete needs to be in top physical shape, and this course will give Cub Scouts a workout. Set up an obstacle course using items you already have around the house: chairs, tires, jump ropes. The teams will race the clock to go through the course.

The Pancake Toss*Capitol Area Council*

Take several old ping pong paddles or make paddles out of scraps of wood.

The first boy on each team takes a paddle and flips a leather (or thin plywood) pancake to a finish line and back.

The next boy takes the paddle and does the same till everyone has had his turn.

First team finished wins.

Alternate #1 –

Have a rope at opposite strung at an appropriate height at opposite end of course from relay lines.

Have participants flip the pancake over the rope and catch it. Pancake must land with opposite side up.

Then they return and send next player.

Pie Plate Contest*Capitol Area Council*

One boy tries to balance a pie plate on his head while another attempts to place three marbles in it. No hands allowed!

Marshmallow Eating Contest*Capitol Area Council*

Tie marshmallow on long string. Hang the end of the string so that marshmallow is slightly swinging in the air. Cub Scout puts hands behind back and tries to eat the marshmallow. To add a twist, Try having the parent hold the marshmallow or pair the boys up and have one eat the marshmallow while the other holds it. After all of the boys have eaten their marshmallow, switch! The boy who ate the marshmallow now holds the string and the other tries to eat it. If you use adults, have them get down on their knees while trying to eat the marshmallow.

Jigsaw Puzzle Relay*Capitol Area Council*

Using a jigsaw puzzle with large pieces, have a puzzle race.

Watch the Birdie*Capitol Area Council*

The object of this game is to allow the boys the opportunity to pretend they are birds, trying to hide from the bird watcher. The boys walk a given distance down a trail, while the leader explains the rules. Each player is given time to hide along the trail. They may go no more than 15 feet from either side of the trail, and may use anything in the natural environment to provide camouflage. The leader waits about five minutes until all players are hidden. The leader walks the trail ONLY ONCE, and tries to find as many boys as possible. After the walk, the leader calls out and watches to see where all the successful birds hid. This game can be repeated many times, with different boys taking the role of the searcher.

Fox and Chickens*Capitol Area Council*

Line up the group in single file. Each Cub Scout holds the waist of the player in front of him. The boy at the head of the line is the Mother Hen and the rest are the Chicks. Another Cub Scout - the Fox - stands in front of the line. On signal, the Fox starts around the line, trying to catch the last Cub. The Mother Hen flaps her wings and follows the Fox to prevent him from catching the Chicks. The others keep in line with the leader and turn away from the Fox. If the last Chick is caught, he falls behind the Fox and the game continues until all Chicks are caught.

UP AND OVER BALL*Sam Houston Area Council*

Equipment: 4 square ball or beach ball

Directions:

- To play have one Cub Scout, the thrower, stand away from the rest of the group of 4 or 5 catchers.
- He turns his back and lobs the ball over his head while the other players attempt to catch the ball.
- Points could be awarded to the catcher and these could be assigned by the thrower, who could yell out the point value when he throws the ball over his head.

PEBBLE STRETCH*Sam Houston Area Council*

With his toes on the line, a boy puts one hand on the ground and places a pebble as far out as he can.

Then he tries to return to a standing position without shifting the hand on the ground, by springing back up.

Knees must not touch the ground at any time.

The winner is the player who puts the pebble farthest and springs back up according to the rules.

BALLOON POPPING*Sam Houston Area Council*

Teams try to pop as many balloons as they can without using hands.

Variations:

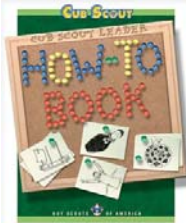
- Teams must pop a predetermined number of balloons by sitting on them.
- Boys must make an invention that pops the balloons.

BASEBALL THROW*Sam Houston Area Council*

Boys take turns seeing who can throw a baseball the farthest. Boys could be broken up into groups by rank.

BAT THE BALLOON*Sam Houston Area Council*

- ✓ Teams line up with members standing side-by-side, separated by the distance obtained when players stretch their arms sideways. Fingertips should touch between players.
- ✓ The first player in line takes and inflated balloon, and bats it towards the second person in line, who bats it to the third person, on down the line and back again.
- ✓ The only rule is this: once the players have taken their stance, they may not move their feet.
- ✓ If a balloon falls to the floor, or if someone moves his feet in an attempt to reach the balloon, the first person in line must run and get the balloon, and take it back to the starting line to begin again.

MORE GAMES AND ACTIVITIES*Sam Houston Area Council*

From the *Cub Scout Leader How-To Book*
 -Various Relays - pages 3-24 to 3-27
 -Cub Scout Field Day - pages 6-15 to 6-17

CUB GRUB

**Because of its importance,
 I am repeating the following item.**

DO NOT "COOK" ANYTHING IN PLASTIC CONTAINERS!*This includes ZIPLOC® Omelets*

camping.about.com/od/campingrecipes/a/ziplocbaggies.htm
 and www.ziploc.com

And a concerned Scouter who writes -

"I thought it was important to respond to a questionably safe Food Fad, the ZIPLOC OMELET. It is the latest NOT recommended fad. Please... DON'T try this at home and we will tell you exactly why.

What is circulating around again is instructions on cooking omelets in Ziploc bags. This is **not** recommended until further research is done on cooking with plastics. There is still question about the cancer-causing breakdown of plastics and their contact with food during cooking.

"We have contacted the Ziploc company and they replied by telling us that ZIPLOC® Brand Bags **cannot** be used to boil food. They also told us that they do not manufacture a "boilable" bag.... yet.

"They do not recommend using any ZIPLOC® Brand Bags in boiling water, or to "boil" in the microwave. ZIPLOC® Brand Bags are made from polyethylene plastic with a

softening point of approximately 195 degrees Fahrenheit. By pouring near boiling water (water begins to boil at 212 degrees) into the bag, or putting the bag into the water, the plastic could begin to melt. Might I add that eggs and cheese have fat that gets much hotter than water thus the likelihood of melting the plastic increases.

According to SC Johnson's FAQ page:

Q: Can I boil in Ziploc® Brand bags?

A: No. Ziploc® Brand bags are not designed to withstand the extreme heat of boiling.

This was confirmed in a letter received by the Scouter following up on the www.About.com article from a consumer specialist at S.C. Johnson & Son, makers of Ziploc® Brand bags. The specialist requested the answer be shared others who may have this misinformation. And she encouraged people to go to www.ziploc.com for more information on the proper use of the product. If you have concerns about cooking with Ziploc bags, you can call the SC Johnson Product Safety Department at 1-866-231-5406. They will address any questions you may have.

EDIBLE GOLD MEDALS*Utah National Parks Council***Ingredients**

- Sugar cookie
- Plastic wrap
- 8-inch gold doily (or gold wrapping paper)
- Scissors
- Clear tape
- Large paper clip (1¾" long)
- 1 yard of red, white, and blue ribbon

Directions:

- ✓ Seal the cookie in plastic wrap.
- ✓ To make the gold casing, use a doily or cut a circle from wrapping paper. The diameter should be 4 inches wider than the cookie's (so that there is a 2-inch border all the way around the cookie).
- ✓ Lay the doily or paper circle face down and center the cookie on top of it, flat side down.
- ✓ Fold the paper tightly over the edges of the cookie and tape it down.
- ✓ Lay the paper clip atop the wrapped cookie, leaving ¼" of the clip peeking over the edge.
- ✓ Tape in place.
- ✓ Thread the ribbon through the loop in the paper clip and knot the ribbon together.

BASEBALL CUPCAKES*Utah National Parks Council***Ingredients**

- Cupcakes
- White frosting
- Red whip licorice
- Chocolate frosting

Directions:

- ✓ Frost the cupcake white.
- ✓ Using the stitching of a real baseball as your guide, recreate the pattern with the red licorice (or with red frosting and a writing tip).
- ✓ With chocolate frosting and a writing tip, sign the ball with the name of your favorite player.

SPORT SANDWICH SNACKS*Utah National Parks Council***Ingredients**

Favorite kid sandwiches
Sport shaped cookie cutters

Directions:

- ✓ Use cookie cutters to make sports shapes out of the sandwiches.
- ✓ Have fun, and enjoy a tasty den snack!

CURVEBALL CRUNCH*Sam Houston Area Council*

Half the fun of going to the ballpark is snacking on popcorn and peanuts, but it can get expensive. This is tasty stadium treat to make at home.

If you really are headed to the stadium, you might want to make sure that outside food can be brought in.

Ingredients

8 cups popped popcorn
3 cups mini pretzels
2 Tbsp. margarine or butter
1 cup roasted peanuts
½ cup brown sugar
1 Tbsp. maple syrup

Ingredients

1. Measure the popcorn, pretzels, and peanuts into a large mixing bowl.
2. Meanwhile, make the toffee syrup by melting the margarine or butter in a saucepan over low heat.
3. Use a wooden spoon to stir in the brown sugar and continue stirring until the mixture bubbles.
4. Remove from the heat and stir in the maple syrup. (The toffee should be smooth.)
5. Drizzle the toffee onto the dry mixture, tossing to distribute the glaze evenly.
6. Once cool, immediately wrap portions in plastic.
7. Makes 12 cups.

LEMONADE COOKIES*Sam Houston Area Council***Ingredients**

2 sticks butter, softened
¾ cup sugar
1 ¼ cups powdered sweetened lemonade mix, divided
1 egg
1 tsp vanilla extract
½ tsp lemon extract or
1 tsp finely grated lemon rind
2 ¾ cups flour
1 tsp baking soda

Directions:

- ✓ Preheat oven to 350°.
- ✓ Cream butter, sugar and ¾ cup of the lemonade mix.
- ✓ Beat in the egg, vanilla extract and lemon extract.
- ✓ In another bowl, combine the flour and baking soda.
- ✓ Add flour mixture to butter mixture until well mixed.
- ✓ Place the remaining ½ cup lemonade mix in a dish.
- ✓ Roll dough into 1 inch balls and then roll them in the lemonade mix.
- ✓ Place balls 2 inches apart on a greased cookie sheet.

- ✓ Bake for 10-12 minutes, or until the edges just begin to brown.
- ✓ Makes about 5 dozen cookies.

AFTER THE GAME TREAT!*Utah National Parks Council***Ingredients**

6 large red apples, unpeeled
6 large Snickers bars (or 1 pkg. bite size Snickers bars)
1 12 oz. Cool Whip

Directions:

- ✓ Cut apples and Snickers bars into bite size pieces.
- ✓ Mix in Cool Whip and enjoy!

SWEET SPORTS DRINK*Utah National Parks Council***Ingredients**

7-Up or Sprite
Blue Sports Drink
Vanilla Ice Cream

Directions:

- ✓ Combine equal parts 7-Up and Blue Sports drink in a tall clear glass.
- ✓ Only fill up ½ way to allow room for ice cream.
- ✓ Drop 1 scoop of vanilla ice cream into the glass.
- ✓ Grab a straw and enjoy!

Popeye's Apple-Orange Spinach Salad*Grand Teton Council***Ingredients**

¾ pound fresh spinach leaves
1 red apple cored and diced
1 orange peeled and sectioned
6 slices bacon fried crisp and crumbled
½ cup mayonnaise
1/3 cup frozen orange juice concentrate thawed

Directions

- ✓ Wash and dry spinach;
- ✓ Break into bite-sized pieces.
- ✓ Add apple, orange, bacon and toss.
- ✓ In small bowl, mix mayonnaise and orange juice concentrate together.
- ✓ Serve dressing with spinach mixture.

Get Fit Chicken Bake*Grand Teton Council***Ingredients**

1 chicken cut into pieces
2 cups cornflakes
¼ teaspoon salt
1/8 teaspoon pepper
1/2 teaspoon parsley flakes

Directions

- ✓ Skin the chicken.
- ✓ Sprinkle with salt, pepper, and parsley flakes
- ✓ Put the cornflakes into a plastic bag and gently crush them with a rolling pin.
- ✓ Put the crumbs onto a plate press each chicken piece into the crumbs and place it in a baking dish.
- ✓ Bake chicken pieces uncovered at 350 degrees for one hour.

Sportsman's Favorite Apple Cream Pie*Grand Teton Council***Ingredients**

- 1 prepared graham cracker crust
- 1 can apple pie filling
- 1 pint vanilla ice cream

Directions

- ✓ Take the ice cream out of the freezer
- ✓ Let it stand until it becomes soft but has not melted.
- ✓ Put the pie filling into a bowl and stir in the softened ice cream.
- ✓ Pour the mixture into the crust;
- ✓ Cover the pie and freeze it for at least two hours.

Don't Skip Breakfast Shortcake*Grand Teton Council***Ingredients**

- 2 English muffins, split in half
- 2 Cups Yogurt, any flavor
- 2 Cups fresh or canned fruit, drained

Directions

- ✓ Toast the muffin halves,.
- ✓ Spoon 1/2 cup yogurt onto each half.
- ✓ Top with 1/2 cup fruit.
- ✓ Serves 4.

Non-Edible Salt Dough Medals**Ingredients:**

- 2 cups all-purpose flour
- 1 cup salt
- 1 cup water

Directions:

- ✓ Preheat Oven to 325°
- ✓ Put the flour and salt into a mixing bowl and mix with a wooden spoon.
- ✓ Mix in the water a little at a time until the mixture forms a ball of dough.
- ✓ Sprinkle some extra flour onto your work surface and put the dough in the center.
- ✓ Roll out the dough until it is a 1/4" thick.
- ✓ Cut out circles with a biscuit cutter, round cookie cutter, or the top of a glass.
- ✓ Use a straw to put a hole in the top edge of the medal for the ribbon to go through later.
- ✓ Place the medals on a cookie sheet.
- ✓ Bake for 30 minutes.
- ✓ Let cool.
- ✓ Once cooled put the medals on newspaper and paint with poster paints.
- ✓ When the paint dries, string ribbon through the hole to finish the medal.

*Because of poster paint - Medals are not edible!!***Salt Water Taffy****Ingredients:**

- 1 cup sugar
- 3/4 cup light corn syrup
- 2/3 cup water
- 1 Tablespoon cornstarch
- 2 Tablespoons butter
- 1 teaspoon salt
- 2 teaspoons vanilla

Directions:

- ✓ Butter a square pan 8" x 8" x 2".
- ✓ In a 2 quart sauce pan, combine sugar, syrup, cornstarch, butter and salt.
- ✓ Cook over medium heat stirring constantly.
- ✓ Cook until it reaches 256° on a candy thermometer (or until it reaches hard ball stage).
- ✓ Remove from heat then stir in vanilla.
- ✓ Pour into buttered pan.
- ✓ When cool enough to handle butter clean hands.
- ✓ Pull back and forth until satiny, light in color and stiff.
- ✓ Pull into long strips 1/2" wide.
- ✓ Cut into 1" pieces.
- ✓ Wrap each piece in wax paper.

WEBELOS**Attention Bear Leaders –**

Your bears become Webelos on June 1. Are you ready?? Be sure to take Webelos Leader Position Specific and Outdoor Webelos Leader Training as soon as possible. Sign your Cubs up for Webelos Resident, if your council offers it!!! If they don't, sign them up at a neighboring council's camp (e.g. Southern NJ's at Pine Hill Scout Reservation!!!)

Webelos Resident Camp*Adapted from: Flint River Council,**Coronado Area Council, and Southern NJ Council*

The purpose of Webelos Scout Resident Camping is to have fun and to want to continue to camp every summer in Boy Scouts. Most councils offer Webelos Resident Camp for boys going into grades four and five next fall. These boys will be your first and second year Webelos Scouts during the upcoming Scouting year.

Webelos Resident Camp can include: camping, campfires, swimming, snorkeling, polar bear swims, cooking some of your own meals, archery, bb-guns, hikes, ecology study, star study, Scout's Own religious service, sports, games, wood projects, conservation, and much more. The boys are kept busy and have a great time.

Webelos Resident Camp is also -- the sounds of boys' laughter as they do fun events and activities.

Most camps have Evening Events designed so that Scouts can have fun and compete. There may be more Activity Pins time in the evening, too. AT my Webelos Resident Camp in the evening we do star study with two local astronomy clubs, Cub-Anapolis Racing, water bottle rockets, water carnival, watch a movie (Down and Derby), have our Interfaith Service (National has dropped the term Scouts Own which has been in use since Baden-Powell named it. I do not know why). All this activity keeps everyone busy until bedtime so they don't get time to be homesick!!!

The program should be set up to encourage Webelos to attend both years.

- ★ Some councils arrange their camps so that the Webelos I work on the basic camping skills and Activity Badges. And the Webelos II work on more

advanced activity pins and can begin learning to become self-sufficient, self-reliant campers.

- ★ Other councils offer activity badges over a two-year cycle. They have even number year and odd number year badges with some (typically Outdoorsman and Aquanaut) offered each year.

Webelos Resident Camps vary in length but generally all involve several days and nights camping away from home. It is recommended the length be less than a full week.

There will be various activities and competitions for the Webelos dens to participate in. Camp should be designed for Cubs to come and participate as a Den, whether it is their normal Den from home or a provisional den set up at the camp with members from several packs. Den will generally make flags and create den yells. They will participate in games, competitions, classes and campfire (skits, songs) as a Den.

Activity Badges offered typically involve the outdoors. Outdoorsman, Forester, Naturalist, Aquanaut, and Geologist are typical. Projects (Crafts is a dirty word to me) often involve wood and may be aimed at Craftsman requirements. Depending on camp staff and facilities parts of Scientist and Engineer may be offered. Sportsman fits neatly with games. (We usually do Ultimate) and Artist and Readyman have been worked in occasionally.

Leadership opportunities will occur during the Camp. Using them will help the boys begin to see how a Boy Scout patrol will operate. Let some boys start taking the lead and organizing the skit or the flag creation.

It is, also, a great time with your son. Several days, just you and him, together. No work to get in the way. No distractions (almost, in an ideal world). You can really learn about each other and bond. But you will have to know how to listen. (*That two ears, one mouth thing*) Ideally there should be one parent/adult for each Webelos Scout. Different councils will have different rules on this. Check with your council.

The first step is to read information your council supplies on their Webelos Resident Camp – flyers, brochures, perhaps a Webelos Camp Leader Guidebook. They may mail it to you or post it on their web site. Some councils even have a DVD you get or can borrow to show at a pack meeting and find out who wants to attend. If you contact your Scout Service Center chances are (Johnny Mathis, 1957), they can arrange for a Webelos Camp Staff member or a leader who has attended the camp to talk with you or come and do a promotion at your pack meeting

Don't miss the fun.

TRAVELER MENTAL SKILLS GROUP

Baltimore Area Council

Almost everyone loves to travel – Webelos Scout age boys no less than adults. But not everyone has the opportunity for extensive travel. Obviously, you can't give your den members that opportunity during your month on the Traveler Activity Badge. You can introduce them to some of the joys

of travel and perhaps to means of traveling new to them. They will learn something about trip planning, the costs of various means of transportation. They can learn skills such as reading timetables and maps.

Remember, to earn this badge, the boys must be involved in trip planning – The fun is in the traveling. Much of the learning is in the preparation for travel. Be sure to have a purpose for the trip besides passing the requirements. During your first and second den meetings, make decisions on where to go, what to see, and details like costs, securing tickets, meals or snacks along the way, and your schedule.

DEN ACTIVITIES

1. Visit county, state or national parks
2. Take a tour bus or train trip
3. Visit nearby historic sites
4. Visit a travel agency or automobile club office and find out what they do
5. Calculate cost and speed of a plane trip
6. Make car first aid kits
7. Visit a train depot or bus terminal to see inside operations
8. Discuss timetables and how to read them
9. Have a speed contest of locating specific destinations and how to get there, using maps and timetables
10. Teach proper packing of a suitcase – afterwards, have speed contests, stressing neatness as well as speed
11. Locate points of interest on city and state highway maps
12. Prepare a list of travel agencies and transportation media available in your area

MAKE A CAR FIRST AID KIT

One of the requirements for the Traveler Activity Badge is to check the First Aid kit in the family car. Here is a chance to perform a useful service by assembling one. A minimal kit in a small box should include the following:

- A roll of 2" gauze
- Cravat bandage
- Sunburn ointment
- Insect repellent
- Various sizes of Band-Aids
- Adhesive Tape
- First Aid Cream
- Sterile Gauze dressings (2"- 3" square)
- Soap
- Baking soda
- Tweezers
- Small scissors
- Small knife

It takes only one emergency to make this kit worth the effort it takes to put it together.

Additional emergency supplies for the car might also include:

- (2) 3"x 7" splints – 1/4" thick
- Flashlight and batteries
- Tow chain or rope
- Fire extinguisher
- Flares or red flags
- Small candle
- Blanket

GAMES

- ★ **DIFFERENT ANIMALS** - Set a limit of 100 miles and see how many different animals you can observe in the distance – make it a group project and keep score individually
- ★ **LICENSE PLATES** - This is a contest to see who can sport the largest number of license plates from different states. See if anyone can name the state capitals.
- ★ **CARELESS DRIVERS** - Keep a list of the careless drivers you see on a trip and keep a record. This will not only pass the time, but will educate the young ones against careless driving so that when they are of age to drive perhaps they will be safer drivers.
- ★ **SEEN ALONG THE ROADSIDE** - Before starting on your trip, make a list of objects that may be seen from the highway. Then as you travel, see how long it takes to find each of these objects. Examples might be: a wild rose, a haystack, a tractor at work in the field, a historical sign, a flock of geese, a broken windmill, etc.
- ★ **SIGNS** - Players take turns looking for specific signs such as railroad crossing signs, arrows on signs, no parking signs, church signs, ice cream signs, no vacancy sign, etc.
- ★ **LICENSE LANGUAGE** - All players look for a license plate containing 3 letters. When one is spotted, the player whose turn it is has 60 seconds to make a sentence using words that start with the 3 letters in the order they were on the plate. The sentence may be longer than three words, but the first three words must start with the letters matching on the license plate.

BE PREPARED FOR EMERGENCIES**AUTO ACCIDENT**

- ✓ Move the vehicles well off the road, if possible, and turn off the ignition.
- ✓ Place warning flares 10 feet behind the rear of the vehicle and 300 feet behind the same vehicle.
- ✓ Place another 100 feet ahead of the scene.
- ✓ Help the injured, but don't move them unless they are threatened by fire or traffic.
- ✓ Administer first aid only if you are qualified.
- ✓ Send for the police and an ambulance, if necessary.
- ✓ If you are the first at the scene of an auto accident, park well away from the crash, ahead of the scene
- ✓ Account for all occupants of the vehicles.

WARNING: Do NOT light flares near spilled gasoline!

CAR FIRES

- ✓ Most fires are the result of a short circuit in the car's electrical system.
- ✓ Don't waste time trying to disconnect the car's battery.
- ✓ If you don't have a fire extinguisher, rip loose any burning wires with a jack handle and smother with a blanket or coat.
- ✓ Don't grab wires with your bare hands.
- ✓ If the fire is burning out of control and endangers the gas tanks, get away from the car immediately.

CAR SUBMERSION

- ✓ Don't panic – if the doors and windows are closed, the car should float for 3-10 minutes. This should be enough time to escape if you keep your head.

- ✓ If the car does sink before you can get out, an air bubble will form in the section of the passenger compartment closest to the surface. You can take a breath from this bubble before making your exit.
- ✓ Water pressure may make it difficult to open a door, but a window can be rolled down easily.
- ✓ If you are forced to break a window, give it a blow with a hard, sharp object.

HEADLIGHT FAILURE

- ✓ Brake as quickly as possible without throwing the car into a skid.
- ✓ Ease onto the shoulder, well away from any traffic, set out warning flares.
- ✓ Check the battery terminals for loose connections. If this is not the trouble, send for help.
- ✓ Never drive at night without lights.

STRANDED IN A BLIZZARD

- ✓ Don't sit with the motor running and the windows closed. Keep two windows partly open so that air circulates.
- ✓ To conserve gas, run the engine for a short time for the heater to warm the car, and then turn it off until the car begins to get cold.
- ✓ Leave parking lights or warning flashers on – don't leave the car.
- ✓ There is a better chance of help reaching you than your surviving on foot in severe weather

A WINTER STORM KIT FOR SELF PRESERVATION

Wise motorists will prepare a "winter storm kit" particularly if cross-country travel is anticipated or if they live in the Plains states.

THE KIT SHOULD CONTAIN:

- ✓ Two or more blankets, sleeping bags or newspapers if blankets are not available
- ✓ Two 1-gallon cans with plastic covers (empty 3-pound coffee cans) to be used for toilet facilities
- ✓ Supply of matches and candles or solid fuel in one can
- ✓ Extra clothing, such as winter cap, mittens, overshoes, face masks, etc.
- ✓ Supply of high-calorie, non-perishable food, can opener, spoons
- ✓ Transistor radio or car radio
- ✓ Compass and map
- ✓ Pocket knife
- ✓ First aid kit
- ✓ Shovel
- ✓ Large box of facial tissue, safety pins
- ✓ One small sack of sand
- ✓ Flashlight and/or signal light, spare batteries
- ✓ Plastic scraper
- ✓ Coins for telephone

Sam Houston Area Council

BACKGROUND

A traveler is someone who has great adventures. Travelers plan their trips by using maps and timetables. Travelers know what needs to go in their suitcase. Travelers show good manners in whatever form of transportation they are riding in – car, plane, train or boat.

IDEAS FOR DEN ACTIVITIES

- ✓ Invite a travel agent to explain to your den about planning for a trip.
- ✓ Invite a parent or other resource person to tell of an unusual vacation he/she has taken.
- ✓ Take a short trip on public transportation, perhaps a bus or train. Plan an itinerary.
- ✓ Ask the boys to bring in some vacation pictures for everyone to look at. Ask them to point out on the map where they went, tell how they traveled, and where they stayed.
- ✓ Make games to take in the car for long trips.
- ✓ Make a first aid kit for the car.
- ✓ Learn how to pack a suitcase and practice at the den meeting.
- ✓ Learn the shapes and meaning of road signs. Learn how to read a road map.

CAR PASSENGER CODE OF CONDUCT

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

Help yourself by:

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

Help the driver by:

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

Help others on the road by:

- ✓ Staying in the car while it is moving.
- ✓ Not throwing things out the window
- ✓ Getting out of the car on the side away from the traffic.

GAMES AND ACTIVITIES**ALLITERATIVE TRAVELERS**

- The leader announces that everyone is going on a trip.
- They can go to any place they choose, but when they tell what they are going to do there, they may use only words beginning with the first letter of the place to which they are going.
- The leader says to some player: "Traveler, where are you going?"
- That person answers, "California."
- Leader, "What are you going to do there?"
- Answer, "Can corn, cucumbers, and carrots," or, "Capture caged circus cats."
- If the answer is "Boston", it could be "Borrow big boots," or "Bring back Boston baked beans."

CITY TO CITY

- You need a road map, dice, and, for each player, a small marker.
- Choose 2 cities several hundred miles apart on the map.

- Each player rolls the dice in turn and moves his marker from the starting city toward the finishing city by an appropriate number of towns on the map.
- Players may take any route they wish toward the destination city.
- First to arrive there wins.

WHERE IS IT?

- Show the boys a road map of your community.
- Give brief instruction in map reading and point out where they are now.
- Then divide the den into two teams.
- In turn, a member of each team is asked to locate a community landmark on the map. Example: City park, police headquarters, high school, football field, a bakery, post office, their home.
- If you want to keep score, you can give them point for each correct location.

CREATE A LICENSE PL 8S**Materials:**

License plate pattern, glue, scissors, colored pencils, markers

Directions:

- Print out a license plate pattern and cut out.
- Glue the license plate onto the piece of cardboard.
- Pencil in your name or anything else you would like to put on your license plate.
- You may use 6 letters or numbers.
- The possibilities are endless.
- What can you think of to put on your PL8?

HANDYMAN TECHNOLOGY GROUP

Sam Houston Area Council

BACKGROUND

A handyman knows about home, bicycle and automobile repairs and maintenance. In learning to be a handyman, Webelos Scouts can learn responsibility to take care of the things that their family has now and the things that they may own in the future.

IDEAS FOR DEN ACTIVITIES

- ★ Teach your den the safe way to change a tire, a light bulb and to check the oil on a car.
- ★ Check the garage or storage shed in your house to see if the tools or implements are properly and safely stored.
- ★ Register your bicycle if your city registers bicycles.
- ★ Have a bike inspection.
- ★ Go to a bike shop and have an expert demonstrate different types of bikes and show how to take care of a bike.
- ★ Have a nail driving contest.
- ★ Have a handyman relay.

REMEMBER

Teach the importance of safety as we maintain and repair homes, automobiles, bicycles and tools. That is one of the reasons we maintain equipment – for safety. Many of the things that these Webelos Scouts will need to learn to do will need to be done with an adult.

ACTIVITIES**GOOD TURN – CAR WASH DAY**

- ✓ Have a den family car wash day.
- ✓ Invite parents from the den or pack to bring their cars by for a free car wash for the Webelos Scouts to practice their skills.

WHAT'S IN THE BAG?

Equipment: Eight bags, eight different tools that will fit in bags (be careful with anything sharp), pencil and paper for each Webelos Scout.

- ✓ Place eight objects in the eight bags and label the bags with the letters H, A, N, D, Y, M, A, N.
- ✓ Fasten the bags shut.
- ✓ Give each boy a paper and pencil, let each feel the bags and try to guess by feeling what tool is in each bag.
- ✓ The boy with the most right guesses is the winner.

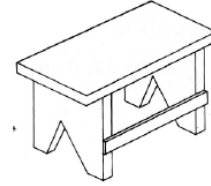
HANDYMAN RELAY

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

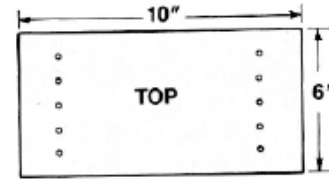
- #1 Check oil level in a car. Place clean rag on car hood, have boys open hood, check oil, close hood, tell the result, and place rag in box.
- #2 Check tire pressure. Have the boy open the front car door, take pressure gauge out of glove box, find correct pressure on tire or car door, close door, take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

BUILDING A STOOL**Materials:**

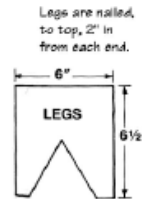
- Three pieces of 5/8" wood
- Two pieces 3/4" wood
- Hammer and Nails

**Directions**

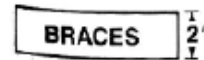
- Cut the top of the stool from 5/8" wood.



- For the legs, clamp two pieces of 3/4" wood together and saw them out. This will make the legs exactly the same, so the stool won't wobble.



- Cut the braces from 5/8" wood.



Cut braces to fit after legs are nailed to top. They will be about 6" long.

- Nail the stool together with finishing nails.
- Measure carefully before you drive the top nails into the legs to make sure they go into the legs.
- Countersink the top nails by using another nail to tap them just below the surface.
- Fill the nail holes with wood putty.
- Sand the stool all over, and paint it a color you like.

BICYCLE SAFETY AND MAINTENANCE HINTS:**Frame**

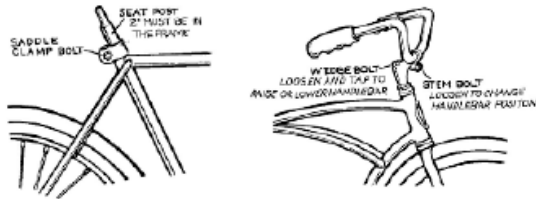
- Watch for cracking of paint, which usually indicates a break in the metal frame.
- If a crack is apparent, have it brazed, welded, or repaired immediately.

Chain

- Keep it clean by washing it occasionally and removing grit and dirt.
- Oil and adjust properly to prevent it from coming off the sprockets. Light oil is best for lubricating.

Wheel Bearings

- To clean, loosen the cones and wash carefully with cleaning solvent, rolling them in the liquid until clean.
- Dry thoroughly, re-adjust the cones, and re-park with bearing grease.



Handle Grips

- Handle grips could cause you to take a “nose dive” if not fastened tightly.
- If necessary, glue them on to avoid slipping.

Headlights and Reflectors

- Keep these clean and, if you must ride at night, lighted.
- Motorists depend on you to have and use this equipment.

Baltimore Area Council

When we say someone is a handyman, we mean that he can do a lot of different jobs. He knows how to clean things, how to take care of a house and lawn, and how to build things. The purpose of this badge is to learn how to perform simple repairs.

The requirements for this badge are among the easiest of all the badges. Most kids grow up doing these simple tasks. This badge can be earned with parents’ help and is a good one to introduce at a family den meeting.

The requirements involving bicycle maintenance and repair can be worked into a meeting that features a bike rodeo. The automotive requirements can be addressed during a den or pack car wash fundraiser, can be done during a trip to a car show or by a brief talk by a mechanic. Some of the requirements will blend in with those of Craftsman. Since this badge will be mostly completed at home, have the parents send a note on completion or initial beside the requirement.

DEN ACTIVITIES

1. Arrange for a local mechanic to visit your den or visit his garage. Perhaps he can show your den the safe way to change a tire, light bulb, and to check the oil and transmission fluid.
2. Visit a local bicycle shop and talk with the mechanic to see if he will show you how to do a bicycle safety check on your bike and perform minor adjustments.
3. If a local bike shop cannot help you, check the community for a bike riding club for assistance.
4. Put on a bicycle rodeo for your Pack or Den.
5. Check with the local fire marshal or the Poison Control Center to find out how to store household cleaners and materials so that they will be safe for small children. Discuss safe storage areas for these things at home.
6. Check the garage or storage shed in your house to ascertain if tools or implements are properly and safely stored.
7. Have the boys draw up a plan for storing the family’s

8. lawn and garden equipment. Have some of this equipment on hand and demonstrate their uses.
8. Visit an automobile assembly plant.
9. Check with the local police department to see if they have a program called “Operation Identification”, or a program similar to this and find out how to make valuables in your home for identification.
10. Invite parents to bring the family car to den meetings so that the Webelos Scouts can practice checking the oil and tire pressure.
11. Demonstrate how to repair a flat bicycle tire. If any of the Webelos have a flat tire on their bikes, have them bring them to the next den meeting so they can practice fixing a flat.
12. Webelos leaders can collect a bonus this month – have the boys demonstrate the proper way to wash a car with your car!
13. Arrange with your chartered organization or another public property for a service project involving mowing the grass the disposing of the clippings. Stress Safety!
14. Introduce the boys to some simple home repairs and have them help you with some of those projects around the house that you have been putting off. Or, see if the den could adopt an elderly couple and make simple repairs or maintenance checks in their home.

MAP YOUR BREAKERS OR FUSES

Your electrical supply is protected by fuse boxes or circuit breaker boxes. These boxes contain devices that cut off the electricity when a “short” occurs or when too much electricity is being used. One of the problems with breaker and fuse boxes is that no one in the family knows which fuse or breaker controls which part of the house or which appliance.

With a parent, map out the breaker or fuse box in your house. Write down the number of the breaker or fuse on a piece of paper. Turn on a light or appliance in each room. Turn off the breaker switch until the light or appliance goes out. Keep doing this until the entire house is mapped.

BREAKER/FUSE APPLIANCE OR AREA OF THE HOUSE

1. _____ .
2. _____ .
3. _____ .
4. _____ .
5. _____ .
6. _____ .
7. _____ .
8. _____ .

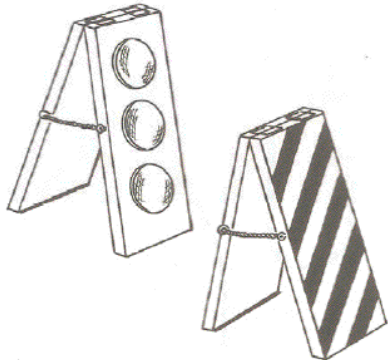
Continue the chart in the same fashion or accommodate the number of fuses in your breaker box.

SOMETHING TO MAKE EMERGENCY ROAD MARKER

These easy to build roadside markers add a measure of safety when changing a tire or performing other repairs along a busy street.

Materials needed:

- Two 1" hinges with screw-eyes,
- 2" plumber's chain or string,
- Reflective tape and/or glass reflectors,
- Two boards 4" x 24" x ¾"



Directions:

- ✓ Sand the edges of the boards smooth and
- ✓ Apply the reflective tape or reflectors to one side of each board.
- ✓ Attach the hinges to the tops of each board and
- ✓ Place the screw-eyes about 8" up from the bottom of each board.
- ✓ Attach the string or chain between the two screw-eyes.

NECKERCHIEF SLIDES EMERGENCY KIT SLIDE

Materials needed:

Plastic 33mm file canister with lid, (*Another soon to be obsolete craft item!! Perhaps you can substitute a small prescription bottle with label removed?? I noticed all the labels on my prescriptions now peel off so I can recycle the bottle and not tell the world what I am taking. CD*)

Nail,
Pipe cleaner, (*Or Chenille Stems to be PC CD ☺*)
Band Aid,
Money for emergency phone call,
(*And how much would this be these days?? Or maybe this should be dropped in favor of cell phones. Amazing how things change, I always had to come home from a trip with a dime in my pocket or my Mom would be very upset. One time I came home with a nickel, my reception at home was not pretty. CD*)

Needle,
Scrap of soap,
Tissue,
Any other first aid item that will fit.

Directions:

- ✓ Have an adult hold a nail with pliers over a flame until the nail is hot.
- ✓ Then have the adult poke the nail through plastic film or prescription container to make two holes.
- ✓ Make loop of pipe cleaner and thread through holes, twisting on inside of container.

- ✓ Fill can with first aid items.
- ✓ Label can with tape or paint. A Red Cross symbol is traditional.

HAND SEWING KIT SLIDE

Materials needed:

- Plastic 35mm film canister with lid,
- Nail,
- Pipe cleaner,
- Small piece of cardboard or index card,
- Thread,
- Needle,
- Pins,
- Buttons,
- Safety pins.

Directions:

- ✓ Have an adult use a nail as above to make holes,
- ✓ Cub can fit pipe cleaner through for slide.
- ✓ Paint or cover canister with tape or contact paper.
- ✓ Cut card to fit inside container (use pinking shears, if handy) and put needle and pins through the card.
- ✓ Wind several different colors of thread around the card.
- ✓ Add a few small safety pins and buttons.

MR. FIX-IT TIE SLIDE

Materials needed:

- Plastic 35mm film canister with lid,
- Nail,
- Pipe cleaner,
- Small nails,
- Nuts and bolts,
- Screws,
- Any other small hardware

Directions:

- ✓ Have an adult use a nail as above to make holes,
- ✓ Cub can fit pipe cleaner through for slide.
- ✓ Use paint or tape to label outside of container.
- ✓ Put nails, screws, etc. into container for use as needed.

BIKE REPAIR TIE SLIDE

Materials needed:

- Plastic 35mm film canister with lid,
- Nail,
- Pipe cleaner,
- Tire patch,
- Small piece of emery cloth or sandpaper,
- Small tube of adhesive

Directions:

- ✓ Have an adult use a nail as above to make holes,
- ✓ Cub can fit pipe cleaner through for slide.
- ✓ Draw a bicycle on the outside of the container with paint.
- ✓ Put patch and patching materials inside of container.
- ✓ Use on any bike outings.

WEB SITES

The Road to Beijing

Alice, Golden Empire Council

www.ivillage.com/familyroom follow 8 USA athletes as they prepare for the Olympics; print out an "Olympic Winner" photo of yourself or one of the boys

<http://www.perseus.tufts.edu/Olympics/stories.html> All kinds of information about the original Greek Olympics, type of events, stories of the athletes, etc.

http://www.olympic.org/uk/athletes/index_uk.asp stories and bios for over 300 modern day Olympic athletes

Utah National Parks Council

www.usoc.org/kids/

www.gameskidsplay.net

www.sikids.com/games

www.presidentschallenge.org

www.kidshealth.org

www.familyfun.com

www.theholidayspot.com

POW WOW EXTRAVAGANZAS

Let me know as soon as your date is set. I will post whatever I receive! CD

Southern NJ Council

With help from Burlington and Jersey Shore, too!!

Cub Scout Centennial Express

January 24, 2009

A School in Millville, NJ

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

If you have set your themes, dates and places (or any two of the three) drop me an Email and I will begin listing your Pow Wow here CD

ONE LAST THING

UP - An Interesting Word!

My Aunt Betty in Florida

Lovers of the English language might enjoy this...How do non- natives ever learn all the nuances of English???

There is a two-letter word that perhaps has more meanings than any other two-letter word, and that word is 'UP.'

It's easy to understand UP, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake **UP**?

At a meeting, why does a topic come **UP**? Why do we speak **UP** and why are the officers **UP** for election and why is it! **UP** to the secretary to write **UP** a report?

We call UP our friends and we use it to brighten **UP** a room, polish **UP** the silver, we warm **UP** the leftovers and clean **UP** the kitchen. We lock **UP** the house and some guys fix **UP** the old car.

At other times the little word has real special meaning. People stir **UP** trouble, line **UP** for tickets, work **UP** an appetite, and think **UP** excuses.

To be dressed is one thing but to be dressed **UP** is special.

And this UP is confusing:

A drain must be opened **UP** because it is stopped **UP**.

We open UP a store in the morning but we close it **UP** at night.

We seem to be pretty mixed **UP** about **UP**!

To be knowledgeable about the proper uses of **UP**, look the word **UP** in the dictionary. In a desk-sized dictionary, it takes **UP** almost 1/4 of the page and can add **UP**.

If you are UP to it, you might try building **UP** a list of the many ways **UP** is used.

It will take UP a lot of your time, but if you don't give **UP**, you may wind **UP** with a hundred or more.

When it threatens to rain, we say it is clouding **UP**. When the sun comes out we say it is clearing **UP**. When it rains, it wets **UP** the earth.

When it doesn't rain for a while, things dry **UP**.

One could go on & on, but I'll wrap it **UP**, for now my time is **UP**,

Sooooo

Time to shut UP

Oh...one more thing:

What is the first thing you do in the morning & the last thing you do at night?

U P

PHYSICAL FITNESS EQUIPMENT

MAKE HOMEMADE BARBELLS FROM A BROOMSTICK AND TWO STRONG CLOTH SACKS (OR PILLOWCASES). FILL EACH SACK WITH FIVE POUNDS OF SAND OR GRAVEL. WRAP THE MOUTHS OF THE SACKS AROUND THE BROOMSTICK, ABOUT FOUR INCHES FROM THE ENDS. TIE IN PLACE.

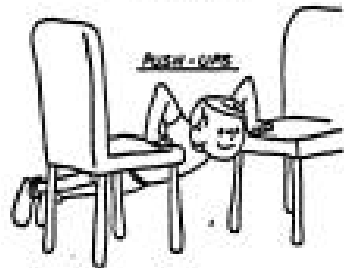
THE PRONE PRESS EXERCISE HELPS DEVELOP THE CHEST
THE STANDING PRESS HELPS INCREASE THE STRENGTH IN THE ARMS.



PRONE PRESS

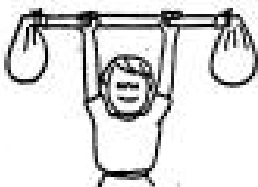
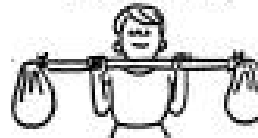


PULL-UPS



PUSH-UPS

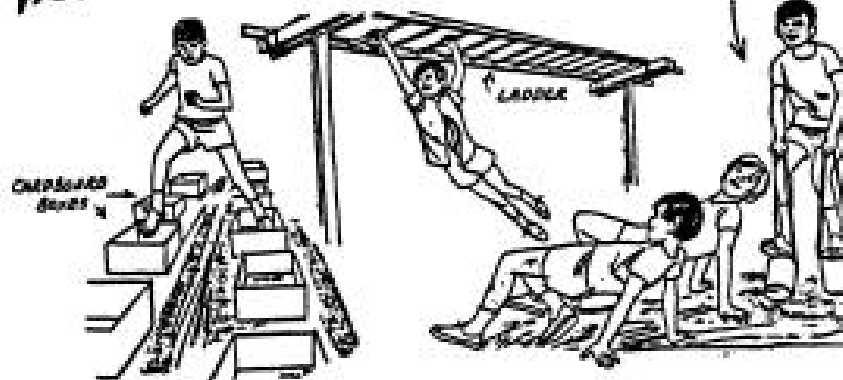
STANDING PRESS



CEMENT-FILLED CANS



TIN-CAN WALKERS MADE FROM 3-LB. COFFEE CANS AND SHORT LENGTHS OF ROPE. PUNCTURE THE CANS ON OPPOSITE SIDES JUST BELOW CLOSED ENDS. THREAD A LENGTH OF CLOTHES-LINE THROUGH THE HOLES AND TIE THE ENDS TOGETHER SO THE LOOP REACHES SLIGHTLY ABOVE YOUR KNEES WHEN YOU STAND ON THE CANS. WALK 25 FEET AND RETURN.



Cub Olympics Pictograms
Grand Teton Council
Running a Cub Olympics??
Here are some ideas for Pictograms

