



BALOO'S BUGLE



Volume 20, Number 8

"Make no little plans; they have no magic to stir men's blood and probably themselves will not be realized. Make big plans; aim high in hope and work." — Daniel Hudson Burnham (1846-1912)

April 2015 Cub Scout Roundtable

May 2015 Core Value & Pack Meeting Ideas

HEALTH & FITNESS / Backyard Fun

Tiger Cub, Wolf, Bear, Webelos, & Arrow of Light Activities

CORE VALUES

Cub Scout Roundtable Leaders' Guide

The core value highlighted this month is:

Health and Fitness:

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

Why Backyard Fun for the Core Value Health & Fitness?

- ✓ Through Cub Scouting, we encourage families to be more physically fit and to enjoy the outdoors at the same time in their own backyards. By staging this month's pack meeting outside, we encourage our Scouts to turn off the television, computer, and video game and help keep the "Outing" in "Scouting".

Scout Law equivalent to Health & Fitness is:

- ✓ A Scout keeps his body and mind fit and clean. He chooses the company of those who live by high standards. He keeps his home and community clean.

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

Irish Proverb

Possibly the best suggestion in condensed form, as to how to live, was given by my old Headmaster, Dr. Haig Brown, in 1904, when he wrote his Recipe for Old Age. A diet moderate and spare, Freedom from base financial care, Abundant work and little leisure, A love of duty more than pleasure, An even and contented mind In charity with all mankind, Some thoughts too sacred for display In the broad light of common day, A peaceful home, a loving wife, Children, who are a crown of life; These

lengthen out the years of man Beyond the Psalmist's narrow span.

Sir Robert Stephenson Smyth Baden Powell

Table of Contents

CORE VALUES	1
Table of Contents	1
THOUGHTFUL ITEMS FOR SCOUTERS	3
Prayer	3
Dragging Myself into This New Era.....	3
Quotations	4
President Theodore Roosevelt	5
Theodore Roosevelt Quotes	5
Theodore Roosevelt	6
HEATH CREED	6
Colonel Harland David Sanders,.....	6
DEN MEETING TOPICS.....	9
PACK MEETING THEMES	10
15-16 Pack Meeting Themes	10
UPCOMING MONTHS	10
Connecting HEALTH & FITNESS with Outdoor Activities	12
HEALTH & FITNESS Character Connections	12
Crazy Holidays.....	15
BSA SOCIAL NETWORKS	18
CUBCAST	18
SCOUTCAST	19
Bryans Blog	19
Philmont Training Center	23
The SCOUTStrong PALA Challenge.....	26
TIGERS.....	28
Electives.....	28
Supplemental Den Meetings.....	28
Mother's Day Den Meeting Idea	28

Picnic Ideas	28	Ball Tie Slide	37
Inside-out Sandwiches	28	Sport Neckerchief Slide	37
Snails	28	Sun Visors	37
Pistachio Pudding Salad.....	28	Wrist Band	38
Outdoor Games	28	Button Baseball Game	38
Tacos & Bridges	28	Water Baseball	38
Bike Ideas.....	28	Wackyball	38
Wheeling Into Summer Word Search	29	Frozen Yogananas	38
Mouse on a Bike Maze	29	Baseball Cupcakes:	39
Helmet Maze	29	Mother's Day Recipe Holders	39
One Smart Cat Says	30	Picture/Recipe Holder	39
Bike Check:.....	30	Butterfly Recipe Holder	39
Which Wheel Am I?.....	30	Mom Recipe.....	39
What is it?	30	Bear	40
Tire Sprint	31	Rubber Pencil.....	40
Roll for Distance	31	Sugar Cube Trick	40
Roll for Accuracy.....	31	Growing Rope	41
Moving Target	31	Cut – Restored Rope	41
Tire Wrestling	31	One Handed Knot	42
Tire Bowling	31	WEBELOS DENS	44
Tire Rolling Relay.....	31	The Brain Benefits of Exercise	44
Through the Tire Relay	31	7 Benefits of Regular Physical Activity.....	45
Bike Bling	32	The bottom line on exercise:.....	45
SNAZZY HANDLEBARS	32	Nutrition	45
FESTIVE FRINGE	32	Outdoor Activities.....	46
HIP HUBS	32	Soccer Golf	46
DESIGNER HELMETS	32	Treat Your Body Right!	46
Picture Frames	32	One Step at a Time.....	47
Bath Salts	32	Purposes of the Cub Scout Academics and Sports Program.....	48
Wolves	33	Physical Fitness Requirements	48
Left-over Achievements.....	33	Roundtable Break Out.....	49
Electives	33	Camping for Scouts—A Philosophy.....	50
Supplemental Den Meetings	33	Meeting Planner	51
Guess the Gargle	33	Flag Ceremony (<i>Memorial Day</i>).....	51
Cub Grub.....	33	Stage Directions	52
Sand Pudding	34	Build Shakespeare's Globe Theatre.....	52
“Sand” Castle Cake:.....	34	Make Unusual Finger Puppets	52
Cup o' Fish	34	Make a Movie	53
Backyard Obstacle Course	34	Make a Paper Plate Guitar	53
Lickety-Split Frisbee.....	34	How about a Soda Straw Harmonica!.....	54
Double Disc Frisbee.....	34	Make a Puppet Theatre	54
Ultimate Disc Frisbee	35	Health and Fitness Ideas	55
Semicircle Soccer (A Semi-cooperative Game).....	35	HEATH CREED.....	55
Paired Soccer	35	Roundtable Prayer.....	55
Kick Bowling	35	Teach Healthy Eating Habits with “There’s a Rainbow on My Plate”	55
Kick Golf	36	Den Leader's Minute at end of a Den Meeting .	55
Crab Soccer	36	Salt and Sugar Information	57
Soccer Dodge Ball	36	Sizing Up Sugar	57
Kick it through the Wicket (soccer-croquet)	36		
Soccer Field Dip:	37		

The Pack Cooks Up Something Special 58
 Fitness Check Opening 58
 Exercise & Healthy Food..... 58
 Baden-Powell on Health & Fitness
 CUBMASTER’S MINUTE 59
 Nature Activities 59
 Campfires 59
 Den Trips 59
 Cheese & Fruit Kabobs 59
 Physical Fitness Loop and Pin 59
 Cub Scout Outdoor Activity Award 61
 Fitness Song 61
 Hula Hoops Ideas 61
 Musical Hoops 62
 Building a Healthy Attitude 62
 Keeping Fit Cubmaster’s Minute..... 62
 Backyard Fun Ideas..... 63
 The Ants Skit 63
 Cub Cookout Skit..... 63
 The Outing Skit..... 64
 The Picnic Skit..... 65
 Backyard Fun Advancement Ceremony 65
 Opening..... 66
 Recognition Ceremony 66
 Cheer 67
 Cubmaster’s Minute..... 67
 Closing Ceremony 67



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

Prayer

Great Creator of this Earth and all that are upon it, we thank Thee for those bold men and women, who are willing to risk their lives to reach out above the skies and beyond. Let us remember those whose lives were taken in the quest for flight and the exploration of space. Grant us the faith to continue that quest for a greater place. Amen

In this media-drenched, multitasking, always-on age, many of us have forgotten how to unplug and immerse ourselves completely in the moment. We have forgotten how to slow down. Not surprisingly, this fast-forward culture is taking a toll on everything from our diet and health to our work and the environment. [Carl Honore](#)

Dragging Myself into This New Era

Scouter Jim, Bountiful, Utah

On New Year’s Eve last year my wife dragged me into the cell phone store to finally get me my first cell phone.

I approached the sales person and said: “I’m a twelve o’clock flasher.”

After a strange look, I said, “Get your mind out of the gutter, I just mean my VCR is still flashing twelve o’ clock because I never figured out how to program the clock.”

Now he was looking at me as if I had just walked of a space craft from a different place and time. I explained that this was all new to me, and that I would need help to understand this new jargon and technology. I had never even created a text message before.

Being the experience person I was, I had the wisdom to purchase my teenage daughter the same

model phone so she could help me if I had questions. There are times I feel like I am from another place and time. Following are some examples of the changes between this century and the last one.

Twentieth First Century	Twentieth Century Equivalents
Home Computer for Home Work	Parents and Siblings helping children around the kitchen table to do and understand their homework.
Printers and Copiers	Typewriters and carbon paper
Fast Food	Family Dinners
Smart Phones	Books, Libraries, and talking to other people face to face. Sometimes that required walking or riding a bike to accomplish.
ATMs and ATM Cards	Working, paper routes, shoveling snow, working for local farmers, to earn money.
Instant Messaging	Running a note to the neighbors
MP3 Player	Transistor radio in the pocket of you coat with an ear plug in one ear while riding a bicycle
MP3s	Records played on a record player
Internet	Going to the Library and read books
On Demand Movies	Reading books
Instant Messaging	Going outside to visit neighbors and friends
Email	Taking letters to the Post Office
Big Box Stores	Neighbor Stores run by people you knew
Instant Video	Dollar Night at the local movie theater
Remote Control	Getting off the couch to change the channel
Cable TV	Getting off the couch to adjust the Rabbit Ears

Car Pools	Walking to school with friends
Television	Family Game Nights
Video Games	Going outside to play
DVD's	Going outside to play
Microwave Ovens	Campfires
CD's	Campfire Songs

This is just a few of thing we might want to get back to doing with our Cubs. Let's put the Outing back in Cub Scouting.

Quotations

Television has changed the American child from an irresistible force to an immovable object.
[Laurence J. Peter](#)

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
 Reading is to the mind what exercise is to the body.
[Joseph Addison](#)

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity. [John F. Kennedy](#)

True enjoyment comes from activity of the mind and exercise of the body; the two are ever united.
[Wilhelm von Humboldt](#)

Leave all the afternoon for exercise and recreation, which are as necessary as reading. I will rather say more necessary because health is worth more than learning. [Thomas Jefferson](#)

Here's what I tell anybody and this is what I believe. The greatest gift we have is the gift of life. We understand that. That comes from our Creator. We're given a body. Now you may not like it, but

you can maximize that body the best it can be maximized. [Mike Ditka](#)

"We have fallen heirs to the most glorious heritage a people ever received, and each one must do his part if we wish to show that the nation is worthy of its good fortune." [Theodore Roosevelt](#)

President Theodore Roosevelt

Of the four faces on Mount Rushmore, George Washington, Thomas Jefferson, Abraham Lincoln and Theodore Roosevelt, Roosevelt is probably the least known. Theodore Roosevelt was born on October 27, 1958 in Manhattan, New York. He was the second of four children and named for his father.

As a child, Theodore was asthmatic and near sighted. His father wanted him to be a rugged man. One day he took Teddy aside and said:

"Theodore you have the mind but you have not the body, and without the help of the body the mind cannot go as far as it should. I am giving you the tools, but it is up to you to make your body."

Teddy did not hesitate before responding:

"I will make my body!"

From this moment on, Roosevelt become a tireless champion of what he called the "strenuous life." His goal was to live each day with vigor and conviction. He put fearlessness as a constant goal before him.

Teddy immediately went to work. He and his father built a gym in the house where he would box and lift weights. He found hiking particularly vitalizing and would climb mountains in all sorts of weather.

He continued his quest for health and competed in boxing and competitive rowing as a student at Harvard University. Teddy struggled at some subjects, but his father had told him, "Take care of your morals first, your health next, and finally your studies". Not only did Teddy succeed, the graduated Magna Cum Laude in 1880 and enrolled in Columbia Law School.

After graduation, Roosevelt's doctor advised him to find a desk job and avoid strenuous activity

due to a weak heart. He took his weak heart and climbed the Matterhorn.

He left Columbia and entered politics in the New York State Assembly. After the death of both him mother and wife on the same day, February 14, 1884, he left politics and headed west of the Dakota Territory for two years and lived the life as a cowboy and cattle rancher.

In 1886 Roosevelt was defeated in a bid to become mayor of New York, but he became New York City Police Commissioner and Assistant U.S. Navy Secretary under President William McKinley.

Teddy left public service to raise a volunteer cavalry known as the Rough Riders in the Spanish-American War. He led a bold charge up San Juan Hill in the Battle of San Juan Heights in 1898. Returning as a War Hero he was nominated for the Medal of Honor and elected governor of New York in 1898.

When William McKinley ran for re-election, he selected Theodore Roosevelt as his running mate. Shortly after his taking office, President McKinley was assassinated and at the age of 42, Theodore Roosevelt became the youngest person up to that time to become President of the United States.

Theodore Roosevelt Quotes

There can be nothing in the world more beautiful than the Yosemite, the groves of the giant sequoias and redwoods, the Canyon of the Colorado, the Canyon of the Yellowstone, the Three Tetons; and our people should see to it that they are preserved for their children and their children's children forever, with their majestic beauty all unmarred

Believe you can and you're halfway there.

Keep your eyes on the stars, and your feet on the ground.

Keep your eyes on the stars, and your feet on the ground.

It is only through labor and painful effort, by grim energy and resolute courage, that we move on to better things.

The boy who is going to make a great man must not make up his mind merely to overcome a thousand obstacles, but to win in spite of a thousand repulses and defeats.

Far and away the best prize that life has to offer is the chance to work hard at work worth doing.

Theodore Roosevelt



The lad Roosevelt was taken to an outdoor gymnasium equipped for him by his father, who said: "Theodore, you have brains, but brains are of little use without the body; you have to make your body, and it lies with you to make it. It is hard work, but you can do it." From that day this little boy, then about nine years old, started to make his body, and he never ceased in making that body until the day of his death.

The rich and the poor, men and women in all walks of life, have felt deep admiration for this wonderful man; no public character in American history has ever combined more boundless energy and exuberant enthusiasm with such versatility of achievements.— **Dr. S. Adolph Knopf** in "The History of the National Tuberculosis Association."

What exercise did he take in the open air?

- ✓ Hiking, horseback riding, swimming, tennis, ball.
- ✓ Contests - wrestling, running, jumping, rowing.

What exercises do you take?

When Roosevelt rode he was alert to see birds, animals, flowers, trees, and beautiful scenery. He had a very thorough knowledge of all these. As a child, Roosevelt was delicate in health. He was anxious to become strong, so he went out west and became a cowboy, living out-of-doors most of the time. We know the result was that Mr. Roosevelt became a very strong and vigorous man. What a difference it made to him in the success and enjoyment of life, and in the great work he was able to do. Washington and Lincoln, our greatest heroes, were strong, healthy men. You cannot imagine either on being sick .

HEATH CREED

*Massachusetts State Board of Health
From Scoutmaster's Handbook.*

My body is the temple of my soul; therefore,

- ✓ I will keep my body clean within and without.
- ✓ I will breathe pure air and I will live in the sunlight.
- ✓ I will do no act that might endanger the health of others.
- ✓ I will try to learn and practice the rule of healthy living.
- ✓ I will work and rest and play at the right time and in the right way, so that my mind will be strong and my body healthy, and so that I will lead a useful life and be an honor to my parents, to my friends, and to my country.

Colonel Harland David Sanders,
founder of Kentucky Fried Chicken, now KFC

I ran a restaurant for twenty-five years trying to serve the best food I could up to the public.

Colonel Harland Sanders



The best way to begin is by telling how I made my first loaf of light bread. Papa died when I was five

years old. My little brother was three. Sister was born three months after Papa died in 1895. Mama sewed for the neighbors for our cash money. That left me to do the cookin' for three children. When I was seven, I got so I could make light bread. I made the yeast, set the sponge, made the dough, baked off the bread. When I was done I had the prettiest loaf of light bread you ever saw.

*Col. Harland Sanders,
the Autobiography of the Original Celebrity Chef*

Harland David Sanders was born in a four room house in rural Indiana on September 9, 1890. He was the oldest of three children born to Wilbur David and Margaret Ann Sanders. When Harland was young, his farmer father fell and broke his back and leg and could no longer farm.

He passed away in the summer of 1895 when young Harland was only five-years-old.

Harland's mother took a job in a tomato-canning factory, and young Harland became the family cook. Harland dropped out of school when he was twelve-years-old when his mother remarried, as his new step-father beat him. With his mother's approval, he moved in with an uncle in Albany, Indiana.

Sanders lied about his age and enlisted in the United States Army at the age of fifteen, completing his service as a mule handler in Cuba. He was honorable discharged after four months and moved to Sheffield, Alabama; where another uncle lived. In 1908 Harland Sanders married Josephine King and started a family. After his boss fired him while on a business trip, his wife left him, sold all his worldly possessions and moved with the children into her parents home, where he was not welcome to visit.

In 1930, Harland opened a service station in Corbin, Kentucky, where he supplemented his income serving dinner to his customers. He did not have a restaurant, so he served customers in his living quarters next to the service station. His food grew in popularity and he moved to a 142 seat restaurant. Over the next nine years he developed his "Secret Recipe" for frying chicken in a pressure cooker. In

1939, food critic Duncan Hines was so impressed with his restaurant that he listed it in his "Adventures in Good Eating" guide.

In 1952 his restaurant failed due to being by-passed by Interstate 75. He took \$105 from his first Social Security check and began visiting potential franchisees. He awarded his first franchise to Pete Harmon of Salt Lake City Utah with a handshake agreement to pay Sanders a nickel for every chicken sold.

Back in 1952, I met Pete Harman while we were attending a restaurant short course at the University of Chicago. He didn't drink or smoke and neither did I, so when the rest of the class went out partying or nightclubbing, he and I walked around visiting restaurants. All we did was discuss food and the food business. I got to know Pete real well. He was a young man but he'd just spent \$24,000 remodeling his drive-in. I was anxious to see a restaurant somebody had spent \$24,000 on, so later that year when I went to Australia for the World Convention of Christian Churches, I arranged a stop off in Salt Lake City for a couple days on my way there.

He'd been in business 12 years and in all that time he had never served a single order of chicken. The last night I was there he was going to take me to dinner at a club up in the mountains nearby. I said, "Pete, instead of taking me up there, I want you to taste this fried chicken of mine. Let me fry my chicken for you. Have your head waitress, your manager, your wife, anybody else in and let's let them try my chicken, too." I insisted so strongly that he did and I fried chicken and made cream chicken cracklin' gravy to go along with it. When I was making the gravy he came by and said, "What are you doing now?"

I had the flour in the cracklins'. I was ready to add the milk. I said I was making gravy for the chicken. He sort of grunted and I said, "One thing about this, if you make the gravy good enough you can throw away the chicken and just eat the gravy, Pete." He didn't serve mashed potatoes in his restaurant because it was a drive-in and everything was French fried. But somehow I made my mashed potatoes with milk and butter just like Mama had done and when I fried the chicken, I made cracklin' gravy.

Then we all went to a big round table in the corner of his dining room with his staff and his family and I filled all their plates with chicken, mashed potatoes and gravy. I also had a bowl of gravy sitting in the middle of the table. The biscuits were brought in at the last minute. When they took a bite of my chicken I watched to see if there was a gleam in their eyes. Sure enough, their eyes lit up. Pete's wife looked at him and nodded and I thought, "That's going to do it." They all ate my chicken down to the bone just as clean as could be and they ate the gravy and mashed potatoes like nobody's business. Pete reached over, got two more biscuits, opened them up on his plate and smothered them with gravy.

He saw me watching him and he said, "I see what you meant when you told me I might want to eat the gravy and throw the chicken away." But he still wouldn't say he'd start selling my fried chicken in his restaurant. On my way back from Australia my second wife, Claudia, met me on the West Coast and we stopped off in Salt Lake City so she could see Pete's place.

It almost knocked my eyeballs out. He had painted seven-foot-high letters on the front of his window: "SOMETHING NEW – SOMETHING DIFFERENT – KENTUCKY FRIED CHICKEN." He had eight pots (that's what we call our pressure cookers) a day going. And he was selling my chicken like crazy over the radio. He hadn't told me a thing about it. He'd just wanted to see how it would go. Then we got together on an agreement. I let him have the whole state of Utah. During his fifth year after Pete took on my Kentucky Fried Chicken franchise he did \$3.5 million in business. That's \$3.5 million up from \$160,000, and 75 percent of that increase was done with the help of Kentucky Fried Chicken.

The franchise business was a success and in 1964, he sold the American portion of the company for two million dollars and moved to Mississauga, Ontario to oversee the Canadian franchise.

In the Forward of Colonel Harland Sanders autobiography Pete Harmon wrote in following:

The Colonel perfected his secret recipe in 1939, and his restaurant in Corbin, Kentucky, became known as the place to stop for a great, home-cooked meal. In 1952, I was fortunate to become his first franchisee. What I thought was a business deal turned out to be a lifelong friendship. It started with the Colonel insisting that he prepare a chicken dinner for my wife and me in our Salt Lake City restaurant. Of course, the dinner was fabulous! His passion for both hospitality and his recipe led us to paint our windows the next day with signs that read, "Now serving Kentucky Fried Chicken." That was the beginning of a 60-plus year campaign to spread his brand so that everyone in the country, and later the world, could enjoy his recipe. It was also the beginning of what he taught me about the restaurant industry.

Though having a rough life and struggling and failing many times, he never gave up. He created the Colonel Harland Sanders Trust and the Colonel Harland Sanders Charitable Organization which donates money to groups specializing in women and children's healthcare.

Sanders died in Louisville, Kentucky on December 16, 1980. Many might not remember the Colonel, but I remember he would come to Utah and ride a float in the annual Days of 47 Parade, Utah's founder's day. He was a man of honor and strong character.

Colonel Harland Sanders Quotes

[On whether he spoiled his grandchildren] Not too badly. I just love them.

You're surrounded with love when you're surrounded with a bunch of children.

[On children] They're an inspiration for us all to grow by. And you can't help but admire them.

[On being called a living legend] A legend, and what's that?

I wanted to have the best chicken in my restaurant. They forgot all about the price of the food... They'd come back again for that good food.

I had a moral obligation to give people something good. Something worthwhile. I loved it.

[On the new interstate highway forcing him to change and adapt] It's a stepping stone for something else, there's no question about it.

So my question was 'What could I save out of that wreck?' I knew it was going to be wrecked.

I think the moral for my life is don't quit at 65. Maybe your boat hasn't come in yet. I prayed to God that he would make this thing a success.

My ferry boat business was put out of business when a bridge was built across the river. My lighting plant business selling gas lights went downhill when there were electric lights and I couldn't sell mine.

[On previous business failures – ferry boat business (failing when a bridge was built across the river)], lighting plant business etc] Things just went bad for me all the way along... I always dreamed up something that I thought was useful and good.

I wanted to be sure on this chicken as it was my last chance. Cause I was getting well up in my years. If this chicken made good I'd see that God got his part. I've given away millions of dollars since then...

I don't pray for anything... My prayers are to thank for the all the blessings I've received over the years. Here I am enjoying good health. My eyesight is getting bad now and my hearing is failing a little bit.

Don't be against things so much as for things.

DEN MEETING TOPICS

When a Den Meeting occurs depends on when you start your year and how often you meet. A Den that starts in August will be doing meetings 1 & 2 then, and 3& 4 in September. A den that meets three times a month will do 1, 2, and 3 in September. *The pace is up to you!!*

MONTH/ CORE VALUE	APRIL - FAITH		MAY - HEALTH & FITNESS		JUNE: THRIFTY
ALTERNATE PACK MFG THEME	SOARING THE SKIES		BACKARD FUN		GO FOR THE GOLD
MEETING #	15	16	LETTERDOWLING OF YOUR CHOICE	LETTERD MEETING OF YOUR CHOICE	
TIGERS	EP43 Board Game or Puzzle	EP33 Clean up Treasure Hunt EP23 Milk, EP25 Snack	Do supplemental meetings (they have letters instead of numbers in the Resource Guide) of your choice. Remember Boys want to be outside.		Do your first Adventure!!! The new Adventure Program begins this month!! The theme stays the same. We had paired PERSISTENCE with THRIFTY so, there is your Core Value. Look for an Adventure that has THRIFTY in the CHARACTER COMPASS!! When choosing the Adventure - Remember Boys want to be outside.
WOLVES	EP46 Marbles	EP18a Picnic EM19 Fishing			
BEARS	Act. #21 Models	Act. #21 Models			
WEBELOS	Scholar	Stowman			
ARROW OF LIGHT	Sportsman				
RT MONTH	March 2015		April 2015		May, 2015
RT FOCI	Big Rock Ideas - Create a BigRock on religion & faith, Community Service Interest Topic - Getting Ready for the Adventure Program, Session Topics - Nutrition, Stock Record Meeting, Membership Funding and Leadership selection.		Big Rock Ideas - Preventing Leader Burnout, Create your own Interest Topic - Getting Ready for CS, Adventure (Use Member's posting on www.scouting.org/programs/leaders/1/Topics - Outdoor Cooking Review the new Adventure, Outdoor Program, Using Local Resources		Big Rock Ideas - Leveraging BSA Leadership for a Better Program, Parent Engagement, Create a Big Rock Interest Topic - Getting Ready for the Core Adventure for each rank.

PACK MEETING THEMES

Commissioner Dave (with help from Kim)

Any Pack/Cubmaster can use any theme any month. The year designation is to show you which themes will be featured at Roundtables each year. The 2014 - 2015 RT year kicked off in August with Cooperation and Under the Big Top. Now it is Responsibility and Dollars and Sense.

Here are the remaining themes to be featured for 2014-2015 in the CS RT PG -

Month	Core Value	Supplemental Theme
New ADVENTURE PROGRAM Begins!!!		
• June	Thrifty**	Go for the Gold
• July	Brave**	Under the Sea
• August	Trustworthy**	Play Ball

** - Scout Law based Core Values are Judy and Dave's best guess based on theme and what current Core Value was assigned. The three summer months are transition. Pick Adventures from the list and let us know how you did!!!

Kim, the chair of the task force, says "I do want to stress that the focus is still the Core Value and the theme is just there as an enhancement. The theme pack meeting plans are specifically crafted to bring out the important points of the Core Value in a fun way."

15-16 Pack Meeting Themes

- September 2015 - Cubservation**
A Scout is Helpful.
- October 2015 - Super Cubs**
A Scout is Brave
- November 2015 - Cubs in Action**
A Scout is Helpful.
- December 2015 - Winter Wonderland**
A Scout is Reverent.
- January 2016 - The Great Race**
A Scout is Trustworthy.
- February 2016 - Friends Near and Far**
A Scout is Friendly.
- March 2016 - Cubstruction**
A Scout is Thrifty
- April 2016 - Strike Up the Band**
A Scout is Cheerful -
- May 2016 - My Animal Friends**
A Scout is Kind.
- June 2016 - It's A Hit**
A Scout is Obedient
- July 2016 - Scout Salute**
A Scout is Loyal
- August 2016 - S'More Cub Scout Fun**
A Scout is Courteous -

UPCOMING MONTHS

★ May's Core Value, **Health and Fitness**, will use "Backyard Fun"



Month's that have themes that might help you with , **Health & Fitness** and "Backyard Fun " are:

Month	Year	Theme
Backyard Fun		
June	1941	CS Move into the Backyard
July	1943	Back Yard Month
May	1953	Mother Nature's Backyard
June	1965	Backyard Adventure
April	1966	Mother Nature's Backyard
May	1970	Mother Nature's Backyard
June	1972	Backyard Adventure
July	1982	Backyard Theme
June	1985	Backyard Fun
June	1991	Backyard Fun
June	1996	Backyard Fun
Other Health & Fitness Themes		
Month	Year	Theme
October	1939	Health and Safety
August	1944	Strength
May	1946	Keeping Fit
November	1949	Keeping Strong
May	1952	Strength and Skills
July	1962	Strength and Skill
June	1967	Feats of Skill
January	1969	Fit For America
September	1974	Muscle Builders
January	1976	Tournament
June	1977	Muscle Builders
June	1978	Physical Fitness

August	1981	Physical Fitness
January	1982	Adventure in Good Health
March	1985	Step into Shape
July	1986	Strength and Skill
August	1988	Physical Fitness
April	1994	Shape Up
August	2000	Toughen Up
November	2000	Turn On the Power
Month	Year	Theme
Health & Fitness		
April	2011	Health and Fitness
April	2012	Health and Fitness
April	2013	Cub Café
April	2014	Destination Parks
April	2015	Backyard Fun

Month	Year	Theme
Gold Rush!		
September	1954	Gold Rush
September	1966	Cub Scout 49'ers
October	1999	California Gold Rush
June	2015	Go For The Gold
Sports		
Month	Year	Theme
September	1939	Cub Olympics
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	1979	Learn a Sport
June	1990	Sports Arena
June	2008	Go For The Gold

★ June's Core Value, **Thrifty**, will use "Go for the Gold "



The intent of this theme was to demonstrate the PERSEVERANCE of the miners (49er's) and others in the Old West. Sports gold (e.g. Olympics) was NOT the intent. But playing sports also demonstrated PERSEVERANCE.

Based on the theme intent and the write up in the Cub Scout Roundtable Planning Guide – I substituted THRIFTY for PERSEVERANCE. I do know from experience that it take PERSEVERANCE to be THRIFTY!!! CD

Month's that have themes that might help you with , **Thrifty** and "Go for the Gold " are:



Connecting HEALTH & FITNESS with Outdoor Activities

(Adapted from B.A.L.O.O. Appendix E)

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



HEALTH & FITNESS Character Connections

Carol at www.cubroundtable.com

Tiger Book

Character Connection - Health & Fitness Achievement 3D, "Keeping Myself Healthy & Safe"
(Page 50)

- ✓ **Practice**- What foods are best for your health and growth?
- ✓ **Know**- With your adult partner, have a healthy snack.
- ✓ **Commit**- Practice good health habits while doing the requirements for this activity badge.

Wolf Book

The Health & Fitness Character Connection is not part of an Achievement or Elective in this book.

Bear Book

The Health & Fitness Character Connection is not part of an Achievement or Elective in this book.

Webelos Book

Character Connection - Health & Fitness Fitness Activity Award (Page 246)

- ✓ **Know**. - Tell why it is important to be healthy, clean, and fit.
- ✓ **Commit** - Tell when it is difficult for you to stick with good health habits. Tell where you can go to be with others who encourage you to be healthy, clean and fit..
- ✓ **Practice** - Practice good health habits while doing the requirements for this activity badge.

Cub Scout Roundtable Helps

- ✓ What does it mean to be Healthy & Fit? If you make GORP trail mix– oat cereal, raisins, chocolate chips, nuts sesame sticks and pretzels do you think that the things we add will help keep you healthy? What does that mean?
- ✓ What other things can you do to keep fit and healthy?
- ✓ Are there places you can go to help you keep fit?
- ✓ Is keeping fit and healthy something that you alone can do?
- ✓ Can you think of other people who might need to do this in a more healthy way?

- ✓ Can you think of ways to encourage them?
- ✓ How do you feel when you do good things for your body (for example, eat healthy foods, take a walk, etc.)?
- ✓ What are two things can do to stay healthy or get healthier?
- ✓ What do you think it means to have a healthy body? What do you do to stay healthy?
- ✓ How do you feel when you are sick? Do you feel different when you are healthy?
- ✓ What can you do to keep yourself healthy? How can you help others.

Kim's Games

Cub Scout Program Helps 2002-2003 page 8 July & **2003-2004** Page 6 October,

You'll find general directions for this game (along with several variations) in the Cub Scout Leader How-To- Book. In preparation for a den hike, play with times that should be taken on a hike, such as a map, water, extra clothing, first aid kit, compass, etc. This is a good game to start the Cub Scouts on their way to learning the Scout Outdoor Essentials found in the Boy Scout Handbook.

Cubmaster's Minutes

Cub Scout Program Helps 2003-2004 page 4 July
Cub Scouts should always try to keep themselves strong and personally fit, not just for their own sakes, but so they may be useful citizens of our great county. Keeping fit allows us to help the people around us. If our country is to remain strong, its citizens must also be strong in mind, body, and spirit. Please join me in singing, "America"

Cub Scout Program Helps 2004-2005 page 4 July
A Cub Scout keeps himself strong and healthy, not just for his own sake but so that he can be a more useful citizen. When you are fit physically, you can be more helpful to those around you. Cub Scouts, you are all on the right path from what I saw tonight. Keep up the great work on the trail to fitness on the Scouting playing field.

Cub Scout Program Helps 2005-2006 page 8 February

How do you stay fit and healthy? How might an alien from another planet stay fit and health? Is it hard to stay fit and eat a healthy diet? What can you do this week to be sure you are doing something healthy for yourself?



Teach Healthy Eating Habits with "There's a Rainbow on My Plate"

In partnership with Dole Food Company Inc. And Crayola® brand, Produce for Better Health Foundation is offering "There's a Rainbow on My Plate,"

(www.pbhfoundation.org/pub_sec/edu/cur/rainbow/) a free nutrition education curriculum that encourages kindergarten through sixth grade students to develop healthy eating habits. It's being introduced into 12,000 elementary schools and 4,000 participating supermarkets across the country in March during National Nutrition Month®. Check out www.fruitsandveggiesmatter.gov or www.fruitsandveggiesmorematters.org which has replaced the "5 a Day" campaign



Cantaloupe Canoes

Cub Scout Program Helps 2004-2005 page 10 July

Materials: Slices of cantaloupe (six slices per cantaloupe), strawberries, grapes, blueberries

Directions: Slice cantaloupe into wedges and hollow the middles somewhat. Place miscellaneous fruits inside.

Make Fruit and Cheese Kabobs

2005 Pow Wow Book Cub Scouting Forever by Great Salt Lake Council, Scouting It Out

*Scouting is going outdoors this month.
Being outdoors means picnics..*

Ingredients: grapes, apples, bananas, oranges, pineapple chunks, mild cheddar cheese, and mozzarella cheese

Directions: Slide the fruit and cheese chunks onto bamboo skewers. If you use banana or apple chunks, immerse them in pineapple juice to keep them from turning brown.

Character Connection: Health and Fitness

- ✓ Serve a healthy snack after the ultimate game – fruit, fruit juice, vegetable sticks, and dip are all possibilities.
- ✓ Lead a discussion on healthy snacks:
 - Did you like this snack? Is this healthy food? Why do you think so?
 - Why is it important to eat fruit?
 - Do you notice a difference when you don't eat healthy foods?
- ✓ How can you make healthy choices in your own meals? How will that work at school? At home?

2004 Pow Wow Book Cub Scouting Forever by Great Salt Lake Council

Health and Fitness - Being personally committed to caring for our minds and bodies.

Activity Form a circle and all face the same direction. Leader gives signals as Cubs follow doing any or all of the following (or similar) in whatever order the leader chooses:

- Start walking (Walk between all other activities, never stop completely.)
- Start hopping.
- Make yourself as small as possible and continue walking.
- Make yourself as tall as possible and continue walking with hands stretched high over the head.
- Bend knees slightly, grasp ankles and continue walking.
- Walk as if the heel on one foot and the toes of the other foot were sore.
- Walk with stiff knees.
- Squat down and jump forward in that position.
- Walk on hands and one foot with the other leg held high, imitating a dog with a lame foot.
- Take giant steps, walking forward and making each step as long as possible.
- Walk forward at a rapid pace, don't run, swinging arms.
- Walk forward raising the bent knee of the advancing leg as high as possible each step.
- Run, lifting knees high.
- Walk on all-fours, hands and feet, not knees.
- Assume a deep knee bend position with hands on hips, then walk in this position, keeping back straight. (This is the duck walk.)
- Support body on hands and feet with legs extended backward, keeping hands in place and knees stiff, walk on toes with short steps until feet are near hands, then, without moving feet, walk forward on hands with short steps until the original position is attained. (This is the measuring worm.)
- Hold the weight on the hands and toes, keeping the back flat, move forward by walking with hands. (This is the seal walk.)
- From a squat position, reach backward and put hands flat on floor without sitting down, walk in the direction of feet. (This is the Crab Walk)

2005 Pow Wow Book Cub Scouting Forever by Great Salt Lake Council

Tin Foil Dinner Applause:

- ✓ Pretend to make a tin foil dinner.
- ✓ Wrap it up and put it on the fire.
- ✓ Wait impatiently and then take it off the flames.
- ✓ Open it up.
- ✓ Leader asks, "How is it?"
- ✓ Boys answer, "Raw, raw, raw!"

Shadow Stomp (Shadow Tag)

- ✓ Have an open area for active play.
- ✓ "It" runs after the other players, but stomps on the boy's shadow instead of tagging him.
- ✓ When "It" tags a shadow, that boy becomes a new "It".

Den Leader's Minute at end of a Den Meeting Cub Scout Program Helps 2007-2008, page 6

August

We did an active game today. I saw that you all got tired. Do you think that's a good thing? Do you know what good fitness means? When we do exercise, that's one way to keep our bodies healthy? How else do you keep fit and healthy? Let's all pay attention to ways that we can keep active and fit during the next few weeks.

For other **HEALTH & FITNESS** Character Connection Activities go to · <http://www.cubroundtable.com/assets/pdf-documents/2002-2010%20Character-Connections-Packet.pdf>



Crazy Holidays

Jodi, SNJC Webelos Resident Camp Director

Emeritus,

2006-2011. Adapted from

<http://holidayinsights.com/moreholidays/index.htm>

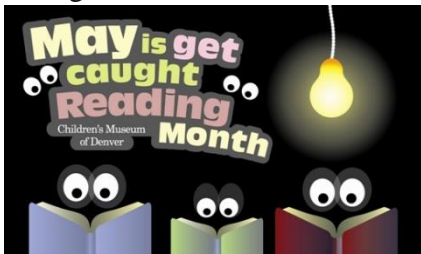
<http://www.brownielocks.com/april.html>

May is:

- ALS Awareness Month (Amyotrophic Lateral Sclerosis or Lou Gehrig's Disease)
- American Wetlands Month
- Arthritis Awareness Month
- Asian American & Pacific Islander Heritage Month
- Better Hearing & Speech Month
- Brain Tumor Awareness Month
- Carrots and Cauliflower
- Celiac Awareness Month



- Chip Your Pet Month
- Clean Air Month
- Creative Beginnings Month
- Family Wellness Month
- Gardening for Wildlife Month



- Get Caught Reading Month
- Gifts From The Garden Month
- Global Health and Fitness Month
- Go Fetch! Food Drive for Homeless Animals Month
- Grapefruit and Kiwi Month
- Heal the Children Month
- Healthy Vision Month
- International Civility Awareness Month
- International Mediterranean Diet Month
- Jewish-American Heritage Month

- Lupus Awareness Month
- Motorcycle Safety Month
- National Allergy/Asthma Awareness Month
- **National Barbeque Month**
- National Better Hearing Month
- **National Bike Month**
- **National Blood Pressure Month**
- National Egg Month
- National Foster Care Month
- National Good Car Keeping Month
- **National Hamburger Month**
- National Hepatitis Awareness Month
- National Inventors Month
- (World) Lyme Disease Awareness Month
- National Meditation Month



MAY IS INTERNATIONAL MEDITERRANEAN DIET MONTH

- National Mediterranean Diet Month
- National Mental Health Month
- National Military Appreciation Month
- National Moving Month
- National Osteoporosis Prevention Month
- **National Photo Month**
- National Physical Fitness & Sports Month
- National Physiotherapy Month
- National Preservation Month
- **National Salad Month**
- National Salsa Month (the food)
- National Smile Month
- National Stroke Awareness Month



- National Sweet Vidalia Onions Month
- National Tuberos Sclerosis Month
- Toxic Encephalopathy and Chemical Injury Awareness Month
- National Vinegar Month

- National Youth Traffic Safety Month
- Neurofibromatosis Awareness Month
- **Older Americans Month**
- Personal History Month
- Potatoes and Limes Month
- Prepare Tomorrow's Parents Month
- React Month
- Revise Your Work Schedule Month
- Skin Cancer Awareness Month
- Strike Out Strokes Month
- Teen CEO Month
- Tennis Month
- Tourette Syndrome Awareness Month
- Ultra-violet Awareness Month
- Women's Health Care Month
- Young Achievers of Tomorrow Month
- National Family Month (5/12 to 6/16)

Weekly Celebrations:

- International Wildlife Film Week: 4-11
- Be Kind To Animals Week: 4-10
- Children's Mental Health Week: 4-10
- Drinking Water Week: 4-10
- Goodwill Industries Week: 4-10
- Kids Win Week: 4-10
- National Family Week: 4-10
- National Hospital Week: 4-10
- National Hug Holiday Week: 4-10
- National Nurses Day and Week: 4-10
- National Pet Week: 4-10
- National Raisin Week: 4-10
- National Wildflower Week: 5-11
- Teacher Appreciation Week: 6-10
- *Universal Family Week: 10-16
- EMS (Emergency Medical Services) Week: 12-18
- Food Allergy Awareness Week: 12-18
- National Dog Bite Prevention Week: 12-18
- National Nursing Home Week: 12-18 (Starts Mother's Day to Saturday)
- National Police Week: 12-18
- Reading is Fun Week: 12-18 (2nd Full Week)
- Salute to Moms 35+ Week: 12-18
- Children's Book Week: 13-19
- National Etiquette Week: 13-17

- National New Friends, Old Friends Week: 18-25
- National Safe Boating Week: 18-24
- National Bike to Work Week: 19-
- National Medical Transcription Week: 19-
- National Stationery Week: 19-22
- National Backyard Games Week: 20-26 (3rd Week)

May, 2013 Daily Holidays, Special and Wacky Days:



- 1 [International Tuba Day](#)
- 1 [Space Day](#)
- 1 [May Day](#)
- 1 [Loyalty Day](#)
- 1 [Mother Goose Day](#)
- 1 [Save the Rhino Day](#)
- 2 [Baby Day](#)
- 2 [Brothers and Sisters Day](#)
- 3 [Lumpy Rug Day](#)
- 3 [World Press Freedom Day](#)
- 4 [Bird Day](#)
- 4 [National Candied Orange Peel Day](#)
- 4 [Renewal Day](#)
- 4 [Star Wars Day](#)
- 5 [Cinco de Mayo](#)
- 5 [National Hoagie Day](#)
- 5 [Oyster Day](#)
- 6 [Beverage Day](#)
- 6 [National Tourist Appreciation Day](#)
- 6 [National Nurses Day](#)
- 6 [No Diet Day](#)
- 6 [School Nurses Day](#) the Wed during Nurse's Week
- 8 [National Teachers Day](#) (Tues of May's first full week)
- 7 [National Tourism Day](#)
- 8 [Iris Day](#)
- 8 [Military Spouses Day](#)
- 8 [No Socks Day](#)
- 8 [V-E Day](#)

8 [World Red Cross Day / World Red Crescent Day](#)



9 [Lost Sock Memorial Day](#)

9 [National Train Day](#)- date may vary

9 [Birth Mother's Day](#) - Saturday before Mother's Day

9 [International Migratory Bird Day](#)

10 [Clean up Your Room Day](#)



10 [Mother's Day](#) - second Sunday

11 [Eat What You Want Day](#)

11 [Twilight Zone Day](#)

12 [Fatigue Syndrome Day](#)

12 [International Nurses Day](#)

12 [Limerick Day](#)

13 [Frog Jumping Day](#)

13 [National Receptionist Day](#) the second Wed in May

13 [Leprechaun Day](#)

14 [Dance Like a Chicken Day](#)

15 [National Bike to Work Day](#) - third Friday of month

15 [National Chocolate Chip Day](#)



15 [Police Officer's Memorial Day](#)

16 [Armed Forces Day](#) - third Saturday of month

16 [Love a Tree Day](#)

16 [National Sea Monkey Day](#)

16 [Wear Purple for Peace Day](#)

17 [Pack Rat Day](#)

18 [International Museum Day](#)

18 [No Dirty Dishes Day](#)

18 [Visit Your Relatives Day](#)

19 [Boy's Club Day](#)

20 [Be a Millionaire Day](#) - now we all can go for that

20 [Pick Strawberries Day](#)

21 [National Memo Day](#)

21 [National Waiters and Waitresses Day](#)

22 [Buy a Musical Instrument Day](#)

23 [Lucky Penny Day](#)

24 [National Escargot Day](#)



25 [Memorial Day](#)

25 [International Jazz Day](#)

25 [National Missing Children's Day](#)

25 [Tap Dance Day](#)

26 [Sally Ride Day](#)

27 [Sun Screen Day](#)

28 [Amnesty International Day](#)

29 [Learn About Composting Day](#)

30 [Water a Flower Day](#)

31 [National Macaroon Day](#)

31 [Save Your Hearing Day](#)

31 [World No Tobacco Day](#)



BSA SOCIAL NETWORKS



[BSA Facebook page](#)

<https://www.facebook.com/pages/Boy-Scouts-of-America/113441755297>



[Scouting magazine You Tube Channel](#)

<http://www.youtube.com/user/scoutingmag>

[They have lots of videos in their Cool Camp series.](#)
[For example –](#)



Cool Camp: Citta Scout Reservation

Check it out at -

<https://www.youtube.com/watch?v=P5Kq-wtW1Vc>



CUBCAST



April 2015 -

Cultivating New and Future Leaders

By the title of this episode, one might get the impression that Cub Scout leaders grow on trees - if only that were true! But it isn't, so even if you have all the positions in your unit filled, do you know what will you do if, for some unexpected reason, one of your volunteers can't fulfill his or her responsibilities? Before you panic at that thought, join us for an engaging discussion with Lucia Cronin and Greg Lawless on how to find, nurture, and cultivate new and future leaders.

Listen Hear -

http://www.scouting.org/filestore/scoutcast/cubcast/201504_1/CC_APR_Cultivating_new_leaders.mp3



SCOUTCAST



April 2015 -

How Venturing Can Help, Not Hurt, Your Troop
 Contrary to popular opinion, the Venturing program does not have plans to take the boys out of your troop and into its crews. Actually, it's quite the opposite. Venturers can be mentors, help with service projects and help strengthen your unit. Still not buying it? Then click the Download button and listen in as District Executive Patrick Higgins, of the Simon Kenton Council in Columbus, Ohio, chats with us about how these two programs can harmoniously work together.

Listen Hear -

http://www.scouting.org/filestore/scoutcast/resources/201504_1/SC_APR_Venturing_Can_Help_the_Troop.mp3

It is possible that by the time you get Baloo's Bugle and click the link, there may be new Cubcast and/or Scoutcast posted. Do not worry, all previous Cubcasts and Scoutcasts are available from the home page.



Bryans Blog

March 2015

“Bryan on Scouting” is the official blog of Scouting magazine, a Boy Scouts of America publication. Scouting magazine is published five times a year and is received by 1 million registered adult volunteers. Bryan covers many topics every month. He keeps his Blog current and deals with the latest issues. His articles this past month are listed below (Every title has a hyperlink). The articles in **BLUE** are of special interest for Cub Scout Leaders. [Smile! Your Amazon purchases can now support Scouting](#)
 March 31, 2014 // [15 Comments](#)



As if you needed another excuse to shop at Amazon.com. Now every purchase you make from the Earth's biggest online store can support the charity of your choice, [a visit to the original Gilwell Park,](#)

the happy land where it all began

March 28, 2014 // [30 Comments](#)



Honestly, the original Gilwell Park in London looks no different from any other field. Sure, the grass is green, the trees towering and the air clean. But put a normal

In my visit to UK Scout Association, I check out the 'other' Scouting magazine

March 27, 2014 // [2 Comments](#)

Though our magazines are crafted in offices nearly 5,000 miles apart, the editors of Scouting magazine

BRYAN ON SCOUTING

A Blog for the BSA's Adult Leaders
 CALENDAR OF NEW MERIT BADGES
 CONTACT
 VIDEO
 ASK THE EXPERT
 FORUMS
 SCOUTING MAGAZINE
 What's New July 25, 2014 in International Scouting // Scouts gather in Curaçao for the 15th Caribbean Jamboree

(U.S.) and Scouting magazine (U.K.) share more than just a name. _

[BSA announces partnership with ATV manufacturer Polaris](#)

March 27, 2014 // [38 Comments](#)



All-terrain vehicles combine dirt and a motor — what's a Scout or Venturer not to like? Recognizing this winning mix, the BSA launched council-level ATV programs at _

[Tuesday Talkback: In search of a better patrol box](#)

March 25, 2014 // [52 Comments](#)

Patrol-based cooking is an important part of troop campouts, and many patrols use a patrol box to help keep cooking supplies and ingredients organized. _

[Just for clicks: First look at the Digital Technology merit badge patch and cover](#)

March 24, 2014 // [16 Comments](#)

To borrow a phrase from a certain smartphone maker: The next big thing is almost here. Digital Technology merit badge, set to debut in mid-April 2014, will guide Scouts _

[Everything you need to know about merit badge sashes](#)

March 21, 2014 // [130 Comments](#)

But what restrictions are placed on the Boy Scout merit badge sash? In what order should they be sewn on? Those questions and more answered here. _

[Eagle Scout Connor Stotts receives 2014 Citizen Honors award](#)

March 20, 2014 // [5 Comments](#)

On July 31, 2011, Eagle Scout Connor Stotts singlehandedly saved the lives of three swimmers caught in a dangerous rip tide near Oceanside Beach, Calif. This bravery earned _

[This Minnesota troop's Scout hut is a former train depot](#)

March 20, 2014 // [14 Comments](#)



I've always been fascinated by the concept of a Scout hut. That's the term for a standalone building whose sole purpose is hosting Scout meetings and storing _

[Spirit of the Eagle Award honors the Scouts we lost too soon](#)

March 19, 2014 // [16 Comments](#)



It's a tragic reality that some Cub Scouts, Boy Scouts and Venturers are taken from us before their time. These young people who die in an untimely accident or illness _

[Future Mining in Society MB counselors can get trained for free online](#)

March 18, 2014 // [9 Comments](#)

Mining in Society merit badge counselors, here's your chance to sharpen your skills before teaching the BSA's newest merit badge to Scouts. The Society for _

[An Eagle Scout in Antarctica: Icebergs, penguins and unbelievable views](#)

March 17, 2014 // [1 Comment](#)



On the bottom of the world right now, Eagle Scout Alex Houston is having an experience that tops all others. I already introduced you to Alex and told you about his time in _

[Adopt these 3 steps for healthier meetings, earn the Healthy Unit Patch](#)

March 17, 2014 // [33 Comments](#)



Get one of these for everyone in your unit by completing three easy steps. Drink Right, Move More, Snack Smart. Those six small words hold big power. Power to make your unit, _

[Which side does the American flag go on when marching or at ceremonies?](#)

March 14, 2014 // [42 Comments](#)



Packs, troops and crews are often asked to serve as the color guard at community events. Making sure we respect the flag's traditions is our obligation. _

[Interpreting 'under the auspices' in National Outdoor Awards requirements](#)

March 13, 2014 // [111 Comments](#)

Two perfectly reasonable people can read the same phrase and have drastically different interpretations. Just ask the U.S. Supreme Court. That happened recently in a troop in _

[Adopt a Highway and Scouting: How to do it right and stay safe](#)

March 12, 2014 // [7 Comments](#)



Congratulations on the newest addition to your Scouting family! This new member is two miles long, four lanes wide and could use a little TLC. Scout units that participate

[Is the American flag 'backward' on Scout uniforms?](#)

March 11, 2014 // [177 Comments](#)



The American flag is pre-sewn on all Cub Scout, Boy Scout and Venturing uniform shirts, meaning it's correctly placed when you buy it. _

[An Eagle Scout in Antarctica: Days 1 & 2](#)

March 10, 2014 // [4 Comments](#)



Well, he made it. After enduring the 30-hour, 6,680-mile, three-flight trip from Lawrence, Kan., to Ushuaia, Argentina, Eagle Scout Alex Houston already has plenty of _

[What if my Scout can't complete the First Class swim test?](#)

March 10, 2014 // [94 Comments](#)

For three Scouts in Jeff's troop, the toughest First Class requirement is 9B: the swim test. The boys have a fear of jumping into water over their heads. _

[Seriously cool: Kansas Eagle Scout leaves for Antarctica today](#)

March 7, 2014 // [4 Comments](#)



Alex, you're not in Kansas anymore. Alex Houston, an Eagle Scout from Lawrence, Kan., is leaving today on an international expedition to Antarctica. He was selected _

2013 Eagles: Deadline is July 3 to be included in 'Eagle Scout Yearbook'

March 7, 2014 // [23 Comments](#)

Submissions for the Class of 2013 Eagle Scout Yearbook will conclude on July 3, 2014. _

14 fascinating facts about Scouting in Alaska in the 1950s and 1960s

March 6, 2014 // [2 Comments](#)



“Amid the furor of adding a new star to the flag,” the BSA professional wrote, “people want to know what Alaska is like, and Scouters are asking about The Summit looks beautiful under a blanket of snow and ice

March 5, 2014 // [7 Comments](#)



Start a fire or grab a blanket before viewing these stunning new images of the Summit Bechtel Reserve in winter. The fields where 30,000 jamboree participants camped seven _

Here are the most- and least-popular merit badges of 2013 and of all time

March 4, 2014 // [137 Comments](#)

The reign of First Aid merit badge continues. More Boy Scouts earned this Eagle-required merit badge in 2013 than any other. And it wasn't even close. Not only was it _

BSA health forms, now as easy as A, B, C

March 3, 2014 // [67 Comments](#)



Deciding which version of the BSA's Annual Health and Medical Record you need shouldn't raise your blood pressure. And starting today, you're getting a streamlined version _

Blog Contributors

Bryan Wendell, an Eagle Scout, is senior editor of *Scouting* and *Eagles' Call* magazines.



Gretchen Sparling is associate editor of *Scouting* and *Eagles' Call* magazines.

Get Email Updates

To sign up to receive Bryan's Blog in your E-mail – Click the link that appears in every article. Bryan and Gretchen promise never to sell or otherwise exploit your email address. Join 6,162 other subscribers



TRAINING TOPICS

Philmont Training Center

*We talk about **USING YOUR RESOURCES** and being **RESOURCEFUL** - Anyone who doesn't attend a Philmont Training Center course at least once in their Scouting Career is not demonstrating **RESOURCEFULNESS** to the Cub Scouts and is ignoring one of the greatest assets operated by the BSA for all our volunteer family!!! Waite Phillips knew of the value of such a center when he donated Philmont to the BSA and made establishment of the Training Center a condition of the grant. CD*

Philmont Scout Ranch is the Boy Scouts of America's premier high-adventure base. It covers more than 200 square miles of rugged New Mexico wilderness from the Great Plains up into the beautiful Sangre de Cristo Mountains.

Philmont is High Adventure – Much of Philmont is used for backpacking treks, horseback cavalcades and other high adventure challenges for Scouts and Venturers.

Philmont is History – Philmont straddles the mountain branch of the Santa Fe Trail. See the world's only known

T - Rex track and view centuries old Anasazi rock art. There are archeological sites and museums on site. The nearby town of Cimarron boasts several historical buildings from the old “wild” west.

Philmont is a Working Ranch – Horses, cattle and bison are all raised at Philmont. There are real cowboys, wranglers and ranch hands working there.

Philmont is Training - Adults have opportunities of their own at the Philmont Training Center. World-class courses and seminars cover all aspects of Scouting—all amid Philmont's dramatic scenery. If you want the best of Scout leadership training, Philmont is for you and your family!

Philmont Training Center (36°27'30"N, 104°57'W)



Of particular interest to **Cub Scout Leaders**, the National Volunteer Training Center of the Boy Scouts of America provides a unique environment for Scouting

Conferences each summer and fall. In addition to hosting these Conferences, the Training Center also provides the opportunity for families to join their Scouters and enjoy a wide range of Family Programs-making the Philmont Training Center experience one of a kind.

Attendance: Attendance is open to all Scouters - All you have to do is apply either on-line or contact your local council or call the Philmont Training Center (575-376-2281) Go to Roundtable and ask about the Philmont Training Center. Most Cub Scouters who attend training conferences get interested by talking to others who have been there or by asking their DE. Scouters are encouraged to bring immediate family members with them. There is **FUN** for all!!!

Conferences: Approximately 100 separate weeklong conferences are scheduled each year. Conferences will cover almost every aspect of Scouting—from Cub Scouting and Boy Scouting to Council and District Operations, from Venturing and Professional Development to Scoutreach and Finance.

The Conferences are conducted by divisions and committees of the National Council and are led by a faculty of outstanding volunteer and professional Scouters. Each Conference is designed to discuss specific Scouting issues, share information from all over the B.S.A., and train using the "best methods" that will enhance the Scouting program for youth and adults.

Why Should You Go? Because Philmont training has consistently been the most popular and most effective training for Cub Scouting in the last half century. The best improvements in packs, districts and council Cub Scouting I have seen has come from PTC trained people. Philmont Training is family oriented, program directed and fun. What more could you ask for?

Here is the 2015 conference schedule.

I have highlighted some of the courses that Cub Scout leaders might especially enjoy.

Week 1 — June 7-13

- ★ All About Venturing
- ★ Conference on Education for Advancement Administrators (CEAA)
- ★ Creating Organizational Excellence
- ★ Delivering Training to Unit Leaders
- ★ Visual Storytelling Workshop

Week 2 — June 14-20**Commissioner's Week - Come out and meet Tico!!!**

- ★ Advanced Leadership Skills for Administrative Commissioners
- ★ Commissioner Service for Non-Traditional or Faith Based Units
- ★ The Council Commissioner
- ★ District Commissioner and Assistant District Commissioner Training
- ★ District Operations 2 (by invitation only)
- ★ Effective Roundtables
- ★ Philmont Ambassador Seminar
- ★ Putting More Outing In Scouting

- ★ The Unit Commissioner
- ★ National Advanced Youth Leadership Experience (NAYLE)

Week 3 — June 21-27

- ★ #AWESOME! – STEM Explorations in Philmont’s Backcountry (14-20 age youth)
- ★ Building Stronger Troops
- ★ Council Key 3
- ★ Creating Exciting Exploring and Learning for Life Programs: Best Practices and Strategies
- ★ District Key 3
- ★ Dynamic Program Planning

★ Leading the NEW Cub Scout Adventure Program

- ★ Order of the Arrow Advisor Conference
- ★ STEM-tastic Scouting – Inspiration, Imagination and Innovation
- ★ NAYLE

Week 4 — June 27-July 03

- ★ LDS Scouting Leadership Conference (by invitation only)

Week 5 — July 4- 10

- ★ LDS Scouting Leadership Conference (by invitation only)
- ★ NAYLE

Week 6 — July 12-18

- ★ Disabilities Awareness: Building Unit, District and Council Resources
- ★ Energize your Enterprise Risk Management Committee
- ★ **★ Leading the NEW Cub Scout Adventure Program**
- ★ Mastering Advanced Skills to Build Programs that Rock
- ★ **★ T-Cubed (T3) – Train the Trainer**
- ★ Delivering Varsity Scouting
- ★ Successful Troops: the BEST Method
- ★ Wilderness 1st Aid: Instructor Trainer Development
- ★ NAYLE

Week 7 — July 21-27

Relationships Week - Learn about Duty to God

- ★ All About Venturing
- ★ Finding Your Way – Night or Day!
- ★ Mastering Advanced Skills to Build Programs that Rock
- ★ People Management 1 (by invitation only)
- ★ People Management 2 (by invitation only)
- ★ People Management 3 (by invitation only)
- ★ **★ Reaching Youth Through a Baptist Scouting Ministry**
- ★ **★ Scouting in the Catholic Church**
- ★ **★ Scouting in the United Methodist Church**
- ★ NAYLE

Week 8 — July 28-August 3

- ★ Council Key 3
- ★ District Committee
- ★ District Key 3
- ★ District Operations 2 (by invitation only)
- ★ **★ Leading the NEW Cub Scout Adventure Program**
- ★ Managing District & Council Activities
- ★ Putting More Outing in Scouting

- ★ The Unit Commissioner
- ★ NAYLE

Week 9 — August 4-10

- ★ All About Venturing
- ★ Advancement Issues and Solutions
- ★ Council Key 3
- ★ District Key 3
- ★ **★ Leading the NEW Cub Scout Adventure Program**
- ★ Introduction to Outdoor Leader Skills
- ★ Training Your Troop’s Leaders
- ★ Training Your Venturing Crew Leaders
- ★ NAYLE

Week 10 — August 11-17

- ★ All About Venturing
- ★ Advancement Issues and Solutions
- ★ Council Key 3
- ★ District Key 3
- ★ **★ Leading the NEW Cub Scout Adventure Program**
- ★ Introduction to Outdoor Leader Skills
- ★ Training Your Troop’s Leaders
- ★ Training Your Venturing Crew Leaders

***Fall Week — September 15-21**

**Come listen to the Elk bugling
Check out the Thunderbirds!!**

- ★ All About Venturing
- ★ Advancement Issues and Solutions
- ★ Council Key 3
- ★ District Key 3
- ★ Leading the NEW Cub Scout Adventure Program
- ★ Introduction to Outdoor Leader Skills
- ★ Training Your Troop’s Leaders
- ★ Training Your Venturing Crew Leaders


Conference titles are subject to change

For a full schedule of 2015 Conferences with descriptions of each course, go to:

<http://www.scouting.org/philmont/>

While Conference time is important, ample opportunity for a Scouter to enjoy the majesty of Philmont with his or her family is part of the schedule of most Conferences. There is also plenty of time to meet and socialize with other Scouters from all parts of the country. Making life-long friendships is a regular occurrence at Philmont.

Conference Week Schedule						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	Family Programs	Family Program Groups and Conferences	Optional Program (By Conference)	Family Program Groups and Conferences	Family Program Groups and Conferences	Offices Open for Check-Out
	Orientation Session for All Adults		Family Activities			Mountain Treks Return
	Lunch	Lunch	Lunch	Lunch	Lunch	
Check-in	Family Program Groups and Conferences	Family Program Groups and Conferences	Family Activities	Family Program Groups and Conferences	Family Program Groups and Conferences	
Mountain Treks Depart						
Dinner	Dinner	Buffalo BBQ	Dinner	Dinner	Dinner	
Opening Program	Family Night w/ Handicraft Cobbler Night	Western Night Games and Dance	Family Movie Night	Family Night w/ Handicraft Cobbler Night	Closing Program	

 Delivering educational experiences that last a lifetime...

Family Program: One of the great joys of attending a Philmont Conference is that your whole family can share in the experience. You can think of it as a Scouting Family vacation. The schedule is relaxed and the pace is comfortable.

The Philmont Training Center offers a full, organized program for every member of the family-from infants to spouses.

Family members are joined by others in their age group and participate in carefully designed, age-appropriate programs under the leadership of trained and experienced Philmont staff.

Family Program Groups

Nursery (2 months to 2 year olds) - A fully equipped nursery is available for the youngest family members. Parents may leave their children during family program times. They may be left for an hour or two, or for the entire morning or afternoon as determined by your group or conference schedule. Care is provided according to your instructions.

Small Fry (3-5 year olds) - The Small Fry Center is located next to the Handicraft Lodge. Philmont staff provides activities, games, pony rides, and supervised play during each program session.

Cowgirls, Cowpokes (6-7 year olds) - These individual groups participate in nature hikes, pony rides, games, songs and skits, crafts, museum tours, and an all day hike.

Ropers, Deputies (8-9 year olds) - Ropers and Deputies individual programs include hiking, Villa and Museum tours, archery and air rifles, pony rides, games, crafts and an all day hike.

Sidewinders (10 year old boys) - Sidewinders enjoy hiking, sports, crafts, archery and air rifles, Villa and Museum tours, and a Sidewinder/Parent overnigher.

Mustangs (11-13 year old girls) - Mustangs have fun enjoying horse rides, archery and air rifles, hiking, handicraft projects, nature activities, outdoor cooking, games, Villa and Museum tours, and an overnight camping trip in Philmont's backcountry.

Trailblazers (11-13 year old boys) - This group participates in day hikes, nature activities and games, horse rides, archery and air rifles, handicrafts, and an overnight camping trip in Philmont's backcountry.

Broncos (14-21 year olds) - The Broncos program is designed to accommodate those teenagers who choose not to participate in the mountain trek program. Broncos will stay at PTC with their families, but enjoy a week of activities built around participation in Philmont's C.O.P.E. course, day hikes, and horse rides.

Mountain Trek (14-20 year olds) - Mountain Men and Mountain Women treks are backpacking expeditions that provide the opportunity to experience the rugged challenges of Philmont's mountains. Mountain Trek crews travel approximately 20-30 miles in Philmont's backcountry.

I have been told that teen-age girls are the most enthusiastic participants at Philmont. Bill

I must concur, my daughter went as a participant three times as a teenager - 2 Mountain Treks and an 11 day trek, and then worked five years on staff. CD

Silverados (spouses and other adults not attending Conference) - Silverados find that a wide-range of exciting activities are available throughout the week. Activities include museum visits, day hikes, a pottery-making demonstration, Villa tours, COPE, horse rides, and trips to nearby resort towns.

Facilities: Tent cities accommodate Training Center participants and their families. Tents are large, two person wall tents with wooden or concrete floors, electric lights, an electrical outlet, wardrobe, and two twin sized beds with mattresses. Each tent city has restrooms and hot showers. Cots and cribs are available for use during the week.



A **FANTASTIC** recent addition has been the family and handicap restrooms. All restrooms in each Tent City are Family-sized. Each has its own shower, toilet, sink, etc. You can wheel your chair into the shower in the handicapped spots. There are diaper tables in many. Mom and/or Dad can take all the kids into the rest room and have them use the toilet, shower and clean up in privacy. No more dealing with others in the main shower house. No more sneaking sonny into the Ladies Room or daughter into the Men's Room.



Meals are served in the cafeterias at the Center. Family member who are in camp eat together. Camp meals are provided for those on the trail or in the back country. There is a new (last summer) porch so you can eat and look at the Tooth and gab about your week.

Conferences are conducted in fully equipped conference rooms or at various locations in Philmont's backcountry. Family Program facilities include the Small Fry Center, the Handicraft building, and our Pony Ring. However, most of the time family members will be enjoying the best facility of all-Philmont's 137,493 acres of "Scouting Paradise."

Fees

2015 Fees		Through 12/31/14	After 1/1/15
	Conference		\$515
STEM Youth Conference		\$395	\$395
Non-Conference Adult (20+)		\$365	\$375
Mountain Trek (Ages 14-20)		\$395	\$415
Children (Ages 14-20)		\$305	\$315
Children (Ages 6-13)		\$195	\$200
Children (Ages 3-5)		\$95	\$100
Children (Ages 0-2)		\$95	\$100
NAYLE Participant		\$395	\$395

Fees include all conference materials, Family Program, meals and lodging.

I (Bill Smith) have attended four different Conferences at Philmont. At each one, I learned a lot, had a great time, met wonderful people and had my Scouting spirit lifted to new heights. Every family member who was with me still talks about their experiences in glowing terms. I am continually impressed with the quality of the staff members who run the family programs. They are special people.

I have been at more than a dozen courses and agree most heartily with Bill's statement. I was there three times in 2014 - leading EFFECTIVE ROUNDTABLES with George and VISUAL STORYTELLING AND CUB SCOUT ADVENTUR PROGRAM. I will be on the PSA Trek this summer. If I attend a course, I will let you know. CD

Links –

Memories from Scouters who were there:

[Barb & Stan Pope](#)

[Star Scout Cody Welch – his experience](#)

[Parking, Trading Post, Others](#)

[PTC Program for little guys and gals](#)

[Photos by Joan -2007](#)

[Philmont Hymn](#)

[Troop 227 2006 Photo Gallery](#)

What are YOU going to do now?

**REGISTER NOW for PTC
in 2015!!!**

The best gift for a Cub Scout.....

.....get his parents involved!

The greatest gift you can give your child

..... good self respect!



The SCOUTStrong PALA Challenge

http://www.scouting.org/filestore/ntw/pala_overview.pdf



What is "PALA"?

- ★ PALA stands for the Presidential Active Lifestyle Award, an activity challenge of the President's Challenge program. The President's Challenge is a program of the President's Council on Fitness, Sports and Nutrition (PCFSN).
- ★ PALA is designed to motivate participants to be physically active on a regular basis by allowing them to participate in activities they enjoy. Earning a PALA is definitely doable by ANYONE at ANY fitness level.



What is the SCOUTStrong PALA Challenge?

- ★ In 2011 the BSA aligned with the PCFSN with the shared goal of together promoting good health for America's youth; the SCOUTStrong PALA Challenge is one of the results of this alliance.
- ★ The SCOUTStrong PALA Challenge is a Scout-specific PALA challenge. Each BSA local council will have its own PALA group. Members of these groups will be able to:
 - ✓ Compare their progress relative to the group
 - ✓ Send messages to group members

Who can participate in the SCOUTStrong PALA Challenge?

The entire BSA organization is being encouraged to earn their SCOUTStrong PALA Challenge award; this includes the following:

- Scouts of all ages
- Venturers
- Parents/Guardians

- BSA Volunteers
- Local Council Staff
- National Council Staff
- Friends of Scouting
- BSA Alumni
- Council Board Members

How does the SCOUTStrong PALA Challenge work?

- ★ To earn the SCOUTStrong PALA Challenge award, a participant is required to meet a daily activity goal of 30 minutes a day for adults and 60 minutes a day for kids under 18 for at least five days a week, for a total of six weeks. Participants can take up to eight weeks to complete the program.
- ★ The participant picks their activities as they strive to reach their goal, logging their physical activity along the way.
- ★ Over 100 indoor and outdoor activities count toward the daily requirement, including walking, running, aerobics, gardening, and canoeing, as long as major muscle groups are engaged at a moderate to vigorous activity level.
- ★ Starting the SCOUTStrong PALA Challenge will help participants:
 1. Commit to daily physical activity—and stick with it.
 2. Set realistic goals to encourage fitness for a lifetime.



How do I get started with the SCOUTStrong PALA Challenge?

Participants can enroll and track their progress either online with a free Online Activity Tracker or on a paper Active Lifestyle Activity Log.

ONLINE:

- ★ Participant begins by visiting www.scouting.org/SCOUTStrongPALA.
- ★ Participant uses the appropriate dropdown menu to pick the state that the council/organization they want to be affiliated with is located in.
- ★ Participant use the appropriate dropdown menu to pick the council/organization with which they want to be affiliated with.
- ★ Participant clicks [START THE SCOUTStrong PALA CHALLENGE].
- ★ The participant should be at the PALA page of their affiliated council/organization. They should click [CREATE AN ACCOUNT].
- ★ The participant should complete the required fields and click [REGISTER].
- ★ They'll arrive on their activity tracker home page, which they will see each time they log into their account. From

this screen they can track their activities, join a group, see their award progress, and adjust their account preferences.

- ★ Upon completion of the six-week program, the participant will receive a congratulatory email from the President's Challenge. Participants should print and submit this email to their Scout leader.

ON PAPER:

- ★ Participants will need to have an Active Lifestyle Activity Log; these can be downloaded for free at

www.presidentschallenge.org/tools-resources/docs/PALA_log.pdf

- ★ Participants should track their daily activity using the Active Lifestyle Activity Log.
- ★ Upon completion of the six-week program, participants should self-certify the results at the bottom of the Active Lifestyle Activity Log and submit it to their Scout leader.



What will participants who complete the SCOUTStrong PALA challenge earn?

After successfully completing the SCOUTStrong PALA Challenge, participants will be eligible to acquire all of the awards listed below:

- ★ Participants may purchase a Joint BSA/PALA SCOUTStrong PALA Challenge award patch. These will be available in Scout shops after October 1, 2011.
- ★ Participants may download for free a Joint BSA/PALA SCOUTStrong PALA Challenge achievement certificate at:

www.scouting.org/SCOUTStrongPALA.

- ★ Participants may purchase a President's Challenge PALA patch, an achievement certificate, and other products by visiting

www.presidentschallenge.org/challenge/active/

and clicking on [SHOP].

Links For More Information

About SCOUTSTRONG:

www.scouting.org/SCOUTStrongPALA

List of SCOUTSTRONG PALA Challenge Activities:

www.presidentschallenge.org/challenge/activities.shtml

About PALA:

www.presidentschallenge.org/challenge/active

About The President's Challenge:

www.presidentschallenge.org/about/

About the PCFSN:

www.fitness.gov/about-us/



TIGERS

Wendy, Chief Seattle Council

Tigers

Electives that go with the Health & Fitness

Value:

- 23 Milk
- 25 Healthy snack
- 35 Outdoor Game
- 37 Bike Hike
- 40 Swimming
- 45 Bakery Visit
- 46 Healthy Teeth & Gums

Supplemental Den Meetings that go with the Health & Fitness Value:

- D: Bakery field trip (E45)
- G: Picnic (E22), Snacks(E25), Sunscreen (E29), and Outdoor Game (E35).
- J: Bike repair shop and bike ride (E27).
- O: Dentist or Dental Hygienist field trip (E46)

Mother's Day Den Meeting Idea:

Supplemental Den Meeting N: Picture Frame (E4)

Picnic Ideas

Family Picnic: How To Book section 6, p.22-23.

Food

Inside-out Sandwiches

Start with a soft bread stick. Wrap lunchmeat, cheese, and lettuce around the bread stick, and secure with a tooth pick. Serve condiments (mustard, ketchup, spaghetti sauce) as a dip for the inside-out sandwiches.

Snails

Spread cream cheese on tortillas, and top with sliced tomatoes. Roll up the tortillas, and slice into 1" mini-rolls. *These were a big hit at our Feb. Round Table. – W..*

Pistachio Pudding Salad

- 1 3oz. box instant pistachio pudding
- 1 9 oz. container of Cool Whip
- 1 13 oz. can crushed pineapple with juice
- 1 banana, cut

Mix ingredients, and chill. Other canned fruits (mandarin oranges, fruit cocktail), and miniature marshmallows can also be used.

Outdoor Games

How To Book section 3, p. 3-11; 14-22.

Some of the games in the Wolf picnic section might also be fun.



Tacos & Bridges

from familyfun.go.com

Choose one person to be the caller. At "Go," the whole group (number larger than 7, but not divisible by 3) mills about the play area, until the caller yells out "Tacos" or "Bridges." All players, including the caller, must then scramble to get into a three-person taco or bridge formation (see illustrations). Whichever player is not in a trio becomes the new caller.

Taco: Two players hold hands to be the taco shell, and a third player stands between them as the filling.

Bridge: Two players make an arch for the bridge, and a third player crouches beneath them as the water.

Variations:

Make spaghetti -- two players are noodles, sitting with legs outstretched, feet touching; the third sits in the middle as the meatball.

Bike Ideas

Cub Scout Sports



Bicycling

The requirements listed below are taken from the Cub Scout Academics and Sports Program Guide (34299) 2009 Printing.

Webelos Scouts that earn the Bicycling Belt Loop while a Webelos Scout also satisfy part of requirement 3 for the [Sportsman Activity Badge](#).

Requirements

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

Belt Loop

Complete these three requirements:

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

Sports Pin

Earn the Bicycling belt loop, and complete requirement 1 below, and do four more of the following requirements:

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

10. Help set up a bike rodeo or bike competition for your pack.

GATHERING ACTIVITIES

Wheeling Into Summer Word Search

Alice, CS RT Commissioner

Pioneer District, Golden Empire Council

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

```

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

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

Mouse on a Bike Maze

Alice, CS RT Commissioner

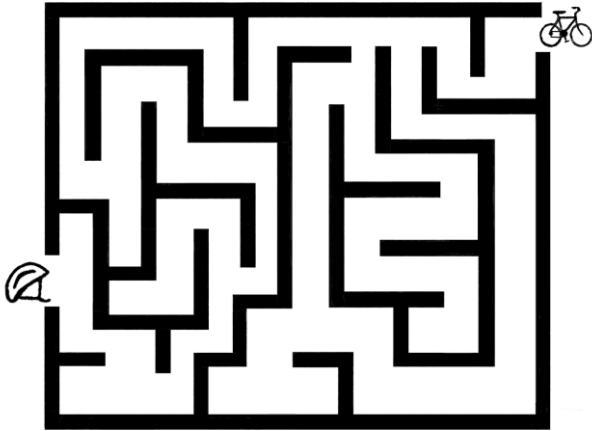
Pioneer District, Golden Empire Council

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

Helmet Maze

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

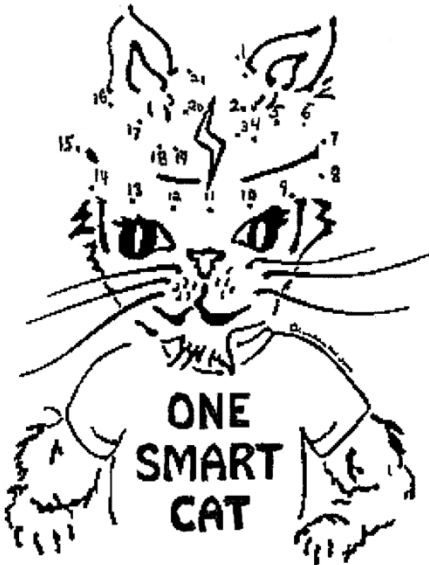
Find your way through this maze to connect the helmet with the bicycle.



One Smart Cat Says

www.bhsi.org

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



Bike Check:

Alice, CS RT Commissioner

Pioneer District, Golden Empire Council

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

Which Wheel Am I?

Alice, CS RT Commissioner

Pioneer District, Golden Empire Council

As people arrive at the Pack Meeting, tape one of the following on their back, without them seeing the name: Bicycle, Skateboard, Scooter, Inline Skates. Each person must locate others in the same name

group by asking only Yes or No questions – or by making a noise that represents the wheel group they're in.

What is it?

Alice, CS RT Commissioner

Pioneer District, Golden Empire Council

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

Bicycle Games

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

- 1. Use Your Beanie:** Use chalk to draw a racetrack with a lane for each contestant. The course can be straight, wavy, circular or any combination, as long as the lanes are at least 6 feet wide and run parallel to each other. (School yards and church parking lots are ideal for this!) But staying on course is just part of the challenge in this contest. Riders must also balance a beanbag (or substitute a zip-top bag filled with rice in a pinch) on top of their helmets! First person across the finish line without losing his beanbag wins. For a greater challenge, see who can balance the tallest stack of beanbags.
- 2. Toe The Line:** Use the same course as above – but the twist is that each contestant must keep their front and back wheels on their own chalk lines at all times. Whoever gets the farthest first while staying on their lines wins – even if they don't get to the finish line!
- 3. Can It:** Set up a bunch of empty soda cans or 2-liter bottles to form a large circle on the ground. One at a time, boys take a turn pedaling around the circle. Anyone who knocks over a "marker" bottle or can is disqualified. Whoever finishes "clean" in the shortest time wins.
- 4. Tortoise Tango:** This is another variation of the slow race – the key to winning is to make like a tortoise and take it slow and steady. The

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

5. **Pursuit Race:** This is a speed race. All riders line up around a circular course about three yards apart. On signal, they all ride in the same direction around the circle. The idea is for a rider to pass the rider in front of him. As a rider is passed, he is eliminated. The race continues until there is only one left. **Warning: Use this only if the boys are all about the same size and skill level, and if the race can be done without injury or argument!**
6. **Obedience Test:** All players except one form a large circle at least 30 feet across, 6 feet from each other. The remaining player mounts his bike inside the circle and slowly rides toward one of the other boys. When he is about halfway across, the player he is riding towards calls out a command, such as “Turn right” or “Stop” The rider must give the proper signal and carry out the command. He continues to ride, carrying out commands given him by other boys, until he has had five commands. Then he switches places with a boy in the circle. When everyone has had a chance to ride, total scores – the one with the fewest penalty points wins. Scores: one point against each time a rider who fails to signal, gives the wrong signal, or does the wrong action.
7. **Potato Race:** Teams line up with their bikes in relay style. A box is placed on the starting line in front of each team. At 5 yard intervals or more in front of each team, mark four circles into which a potato or beanbag is placed before the game begins. On signal, the first player in each team rides out and picks up the potato in the first circle, returns to the starting line and puts it in the box. He then rides out for the second, third and fourth in the same way. When he has put each of the potatoes in the box, he passes off to the second player, who must return

the potatoes, one at a time, to the circles. Continue until every member of the team has had a turn.

Tire Games

Santa Clara County Council

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

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

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

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

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

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

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

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

him and the rest of the team. The original roller then takes place at the front of the line. When the last man has jumped the tire, he rolls it to the starting line, and the action is repeated until the original roller has rolled the tire



Bike Bling from familyfun.go.com:

Materials: Coffee can lids, Red, white, and blue plastic tape, Paper towel tubes, Straws, Scissors
Crepe paper

SNAZZY HANDLEBARS: With scissors, scallop the outer edge of a lid, then make a single, straight cut from the edge to the center. Next, cut a circle from the center of the lid and fit the cutout onto the handlebars. Tie on a helium balloon for good measure.

FESTIVE FRINGE: For a row of slip-on fringe, wrap colored plastic tape around a cardboard paper towel tube. Add individual streamers by sticking one end of a 10-inch piece of tape to the tube. Then, fold the hanging portion of the tape in half, pressing the sticky sides together. Finally, use scissors to make a cut the length of the tube so that the cylinder can be slipped onto the frame.

HIP HUBS: Use a craft knife (adults only) to make a cut down the length of each straw. Slip a straw onto each spoke of the rear wheel. Weave crepe paper through the spokes of the front tire.

DESIGNER HELMETS: Just use strips of colored plastic tape to create stick-on lightning bolts, initials, or racing stripes.

Mother's Day Projects

Picture Frames



Rolled Paper Frame:
Disney Family Fun
<http://familyfun.go.com/crafts/tubular-frame-663819/>



Lots of frame ideas:

MakingFriends.Com

<http://www.makingfriends.com/photos.htm>

Bath Salts

Materials

Small decorative jar
Sea salt or table salt
Fragrance
Food coloring
Closeable plastic bag
Ribbon, flowers, etc
Poem
Bubble Wrap

Directions

Pour ½ cup salt into several bags. Add 6 drops of glycerin, 3-4 drops of food coloring, and 3 drops of essential oil. Close bags and knead them until colors are mixed. Spoon layers of different colors until jar is full. Poke with a long object (like a skewer) to form a design on outside. Seal and decorate. Wrap in bubble wrap tied with ribbon. Give to mom with a handmade card with “poem”(below). Use ¼ cup salt per bath.

When Motherhood gets difficult
And you'd like to slip into a coma-
Don't! Instead, slip into a bathtub
And be renewed by the aroma
Of this gift for Mother's Day
Lovingly made by your child.
Just soak away those tensions
until you feel mellow and mild.
Happy Mother's Day!!



Another bath salt recipe:

http://www.makingfriends.com/gifts/mom_bath_salt.htm

More Mother's Day ideas at:

<http://www.makingfriends.com/mothers%20day%20gifts.htm>

<http://familyfun.go.com/mothersday/>



Wolves

Left-over Achievements that can be used as electives that go with the Health & Fitness

Value:

1 Feats of Skill: do some of the activities not done by the Cub when earning his Wolf badge.

Electives that go with the Health & Fitness

Value:

4f Wide Area or Group Game with Den or Pack
18 a,d,e Obstacle Race, Game Trail
20 Sports

Supplemental Den Meetings that go with the Health & Fitness Value:

D: Swimming (Ach. #1h, 1i) and Boating Rules (E20b), Swimming Belt Loop
G: Picnic & Games (E18a, E4)
N: Baseball or Softball (E20l)

Mother's Day:

Supplemental Den Meeting F: Recipe Holder (E3a)

Swimming Ideas

Safe Swim Defense (mandatory for swimming) & **Safety Afloat** (mandatory for boating):

'10 Baloo's Bugle "Waves of Fun" p. 5:

<http://usscouts.org/usscouts/bbugle/bb1007.pdf>

Tour Plan (required for non-council, non-district sponsored aquatic activities)

<http://www.scouting.org/scoutsource/HealthandSafety/TourPlanFAQ.aspx>

Baloo's Bugle Issues for Water Themes

- ✓ July 2010 issue of Baloo's Bugle, "Waves of Fun."
<http://usscouts.org/usscouts/bbugle/bb1007.pdf>
- ✓ July 2008 issue of Baloo's Bugle, "H2OHHHhhh"
<http://usscouts.org/usscouts/bbugle/bb0806.pdf>
- ✓ July 2004 issue of Baloo's Bugle, "Fin Fun"
<http://usscouts.org/usscouts/bbugle/bb0406.pdf>
May 2001 issue of Baloo's Bugle "Wet & Wild"
<http://usscouts.org/bbugle/bb0105/index.html>

2001 Santa Clara Pow Wow Book: "Wet & Wild"
<http://www.macscouter.com/CubScouts/>



Swimming Belt Loop:

<http://usscouts.org/advance/cubscout/sports/swimming.asp>

Gathering Games

'10 Baloo's Bugle "Waves of Fun" p. 15-18.

'03 Baloo's Bugle "Fun in the Sun" p. 17.

Games

How To Book section 3, p. 42-44.

'08 H2O Baloo's Bugle p. 31, 41-48, 51. '04 Fin

Fun Baloo's Bugle p. 5. '01 Wet & Wild Santa Clara p. 15-19.

Family Fun Water & Pool Games:

<http://familyfun.go.com/summer/summer-games/cool-pool-games-710462/2/>

<http://familyfun.go.com/playtime/splash-into-summer-706587/>

<http://familyfun.go.com/playtime/seasonal-games/water-pool-games/>

Guess the Gargle

from '03 Santa Clara "Fun in the Sun"

This is a simple game. All it requires is a glass of water. Secretly show a volunteer the name of a well-known song or tune. It can be anything -- chart song, nursery rhyme etc. Get them to take a sip of water and they must gargle the tune and the others try to guess what it is.

Cub Grub

'08 H2O Baloo's Bugle p.48-50. '01 Wet & Wild Santa Clara p. 30. Fruit canoes. '01 Wet & Wild Baloo's Bugle p. 10.

Sand Pudding

from '01 Wet & Wild Baloo's Bugle

Make vanilla pudding. Have the scouts crush up vanilla wafers in a plastic bag and then put on the pudding. Add a gummy fish or worm or any beachy thing.



"Sand" Castle Cake:

<http://jas.familyfun.go.com/recipefinder/display?id=50157>

Cup o' Fish

from '01 Wet & Wild Baloo's Bugle

Make an edible aquarium in a cup!

Ingredients:

Blue Jell-O, gummy fish, and clear plastic cups.

Directions:

Make blue Jell-O according to the directions on the box. Pour into clear plastic cups. Let them cool in the refrigerator until partially set - about an hour. When they're partially set, place a few gummy fish in each cup. Put them in the refrigerator until they're completely set. Eat and enjoy!

Variations:

Frozen fish-Popsicle's (just freeze the Jell-O in Popsicle molds - add the gummy fish when they are partially set - unmold very gently when entirely frozen). These are really messy to eat and are best eaten outside.

Aquarium: An entire punch bowl of fish Jell-O (made like the cup o' fish)!

Picnic Ideas

More ideas are in the Tiger section above.

Games

Backyard Obstacle Course

Oregon Trail Council



Directions:

Set up a backyard obstacle course using boxes, boards, ropes or other available materials. Time each Wolf Cub as he maneuvers through the course. Challenge him to go again to try to beat his previous time.

Frisbee Games



Ultimate Belt Loop & Pin:

<http://usscouts.org/advance/cubscout/sports/ultimate.asp>

Frisbee Games to help boys practice skills:

Lickety-Split Frisbee

familyfun.go.com

Equipment:

- One frisbee for each team

Instructions

1. Kids pair up and stand a certain number of feet apart (determined by the team's skill level). The object is to sail the disc back and forth as many times as possible in one minute.
2. Each successful pass scores one point. Catching the disc under a leg, behind the head, or on the tip of a finger earns two points.

Double Disc Frisbee

familyfun.go.com

Equipment:

- Two or more Frisbees

- Chalk or rope

Instructions

1. Mark a 20-foot line on the ground with chalk or a piece of rope and position two players or teams facing each other on opposite sides of the line.
2. Pass the discs back and forth simultaneously. The object is to avoid having both discs on one side of the line at the same time.

Ultimate Disc Frisbee

familyfun.go.com

Equipment:

- Frisbee

Instructions

1. Begin with each group standing behind its goal line. One team throws the disc into the other's end zone. The receiving team must try to move the disc up field using a series of passes.
2. Each time a player catches the disc, she must stop in her tracks and throw it to a teammate before taking another step. The player may pivot on one foot. To keep the game moving, put a time limit (10-15 seconds) on how long a player may hold the Frisbee before passing.
3. The defending team (not passing) is awarded the disc following a score, an incomplete pass, an out-of-bounds pass, or an interception.
4. To score a point, the receiving team must complete a pass to a player positioned behind the opponents' goal line. The first team to score 21 points wins the game (or whatever point goal you set).

Soccer Ideas (E20k)

Soccer Belt Loop & pin:

<http://usscouts.org/advance/cubscout/sports/soccer.asp>

Games for practicing kicking skills**Semicircle Soccer (A Semi-cooperative Game)***Bay Area Council*

The idea for this game came from a game called Konta Wai in Papua, New Guinea. In Konta Wai, two semicircles of about five players each stand facing each other about 12 feet (3-1/2 meters) apart. The fruit of a local tree is thrown, lifted like a hockey puck, or batted back and forth between the semicircles with the use of sticks. The main object of the game is to try to prevent the fruit from passing through one's own semicircle of players. Semicircle Soccer takes off from here and adds a few new wrinkles.

To play:

- Two separate semicircles, of four or five players each, are formed by linking arms around the next person's waist.
- Semicircles begin by facing each other and kicking a sponge soccer ball back and forth.
- The objective of each team is to prevent the other team from kicking the ball through its semicircle.
- However, both semicircles are mobile. They can move at will and can kick the ball from anywhere on the play space.
- They can even attempt to get around behind the other semicircle in order to kick the ball through their unit in a rear attack.
- Additional Semicircles and balls can be added for more action.

Paired Soccer*Santa Clara Council*

Equipment: 2 soccer balls, 2 goals
 Players form into two teams. Two goalies are selected while the rest of the players divide into pairs, holding hands or shoulders. One pair from each team puts the two balls that will be used in the game. The pairs of boys will try to score into the goal of the opposing team. Before shooting the goal, both players in one pair must touch the ball. If one pair advances with the ball and someone else touches it, the two must touch it again before shooting at the goal. If they don't do this, the goal is scored for the other team.

Kick Bowling

Santa Clara Council

Equipment: 10 bowling pins (plastic, quart milk cartons, or Pringle's potato chip canisters), 2 balls (softballs, large Whiffle-balls, small playground balls), chalk.

Mark spots for the tenpins on the ground with chalk. Space the pins according to the size of the ball – the larger the ball used, the farther apart the pins should be spaced. Each bowler gets two balls per frame. Balls are kicked with the feet instead of being thrown by hand.

Kick Golf*Santa Clara Council*

Equipment: 18 #10 tin cans, tennis ball for each player, paper and pencil for scorekeeping
Set up a 18-hole golf course by placing #10 cans on their sides at various spots around the selected area of play. Vary the distances between the holes. Number the cans to keep the order straight. The usual course has two 3-kick holes, two 5-kick holes, and the rest are 4-kick holes. Trash cans, trees, etc., can be used as hazards and cannot be moved or removed by the players. A player may drop his ball one yard from such a hazard, but not closer to the next hole, by scoring an extra penalty stroke. Balls are advanced by being kicked. A can may be turned with the open end toward each player in turn, though it may not be moved from its spot. Lowest scorer for each hole plays first on the following hole, second low plays second, etc. One player keeps record of strokes taken on each hole by each player, and totals all individual scores at the end of the 18 holes. Low total is winner.

Crab Soccer*Sam Houston Area Council*

Materials – 1 ball and 4 chairs

This version of soccer can be played indoors using chairs as goal posts.

The rules are much the same as normal football with the exception that Scouts must be in the crab position - that is, on hands and feet/heels with back toward the ground.

You may want to make additional rules to prevent the goalkeeper from throwing the ball too far across the hall. For example, the ball must bounce at least once on his side of the hall.

Soccer Dodge Ball

from Familyfun.com

Equipment

- Soccer ball
- 4 to 6 players

Instructions

1. Have the kids form a ring with one kid in the center.
2. The outside players take turns shooting at the player on the inside, who's scrambling to avoid the ball.
3. Whoever hits the target player gets to take his or her place. Watch to make sure players keep their kicks low.

**Kick it through the Wicket (soccer-croquet)**

from Familyfun.com

Equipment:

- Pliers
- 9 wire clothes hangers
- Colored tape
- Scissors
- Card stock
- Marker
- 1 playground or soccer ball per player

Instructions

1. **Setting up:** Use pliers to untwist the hangers, then bend each into a square wicket big enough for the balls to fit through. Cover the wire with colored tape. Cut circles from card stock, use a marker to number them 1 through 9, then tape them to the wickets. Set up the wickets in the formation of your choice, spacing them at least 6 feet apart.
2. **Playing the game:** Each player gets 1 kick per turn, trying to send his ball through the wickets in order. When he gets it through a wicket or if he hits another ball, he gets a bonus kick. The first player to get his ball through all 9 wickets wins.

Treats



Soccer Field Dip:

<http://familyfun.go.com/recipes/feast-on-a-field-923687/>

'09 Baloo's Bugle "Be a Sport" p. 39-40.

<http://usscouts.org/usscouts/bbugle/bb0906.pdf>

'05 Baloo's Bugle "Play Ball" p. 19-20.

<http://usscouts.org/usscouts/bbugle/bb0506.pdf>

Baseball/Softball Ideas



Softball Belt Loop:

<http://usscouts.org/advance/cubscout/sports/softball.asp>



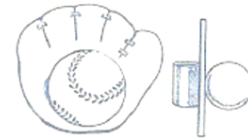
Baseball Belt Loop:

<http://usscouts.org/advance/cubscout/sports/baseball.asp>

Crafts

Ball Tie Slide

Trace ball pattern onto craft foam. Cut out, and decorate with permanent markers. Sand the top of a milk bottle cap. Punch 2 holes in the left and right sides of the cap. Tacky glue the foam ball to the milk bottle cap. Thread ½ a chenille stem through the holes. Twist the ends around each other to create the loop for the tie slide. Alternatively, glue the foam ball to a circle of corrugated cardboard that is cut a little smaller than the ball. Push a ½ a chenille stem through the corrugation channel going across the middle of the ball. Fold the ends of the stem over, so they are behind the ball. Leaving a little space between the cardboard and the stem (so the neckerchief can fit), twist the chenille stem ends around each other, and flatten to create the loop. Boys could make baseball, football, basketball, tennis, soccer, or golf ball tie slides. –W.



Sport Neckerchief Slide

Oregon Trail Council

Materials:

Round, football-shaped, or mitt-shaped pieces of craft foam;
Polystyrene foam balls, Wooden balls, or Plastic balls,
Miniature helmets, or other sports equipment miniatures;
Paint & Paintbrushes,
Markers
½-inch-long pieces of PVC pipe,
epoxy-type glue

Directions

- Paint balls as necessary ahead of time so they will dry.
- Cut out shapes ahead of time or have an adult help the boys, if they need it.
- The boys can use markers, ballpoint pens (for craft foam), or paints to decorate the balls and craft foam.
- Glue a piece of PVC pipe to the back.

Hints:

- Inserting a toothpick into a foam ball before you paint it makes the ball easier to work with; the toothpick's other end can be stuck into a foam box (like empty takeout food container) to keep the ball from touching anything as it dries.



Sun Visors

Oregon Trail Council

Materials:

Craft foam (heavier is better),
Hole punch,
½-inch elastic,
Scissors,
Ballpoint pens

Directions

- Before the meeting, the den leader cuts out the visors, following the illustration.

- The boys draw pictures on the craft foam using ballpoints, not felt pens). Or have foamy cutouts available for them to glue on.
- Reinforce the area to be punched with a small round of foam; it will reduce the tearing when boys pull on the elastic.
- Punch holes in both small ends of the visors about ½- inch in from the edges.
- Cut a piece of elastic about 8 inches long.
- Thread the elastic through the holes and tie a knot in each end.
- Adjust knots so the visor fits loosely but stays on the boy's head.



Wrist Band:

<http://familyfun.go.com/crafts/make-a-baseball-wristband-673998/>

Could use craft foam instead of leather.

Games

Button Baseball Game

Baltimore Area Council

Find a box lid that measures about twelve by ten inches. Draw a baseball diamond on top of the lid. Cut out circles in the lid so that small nut, cups or paper muffin-pan liners will fit in them. Each player has three buttons for each turn "at bat." Standing about six feet away, he tosses them at the holes. If he misses all the holes, it is a strike. If the game is played as a team game, "base runners" advance the appropriate number of bases for each hit. If the game is played by individuals, a player scores 1 for a single (infield holes), 2 for a double (midfield holes), 3 for a triple (outfield holes), and 4 for a home run (far outfield holes).

Water Baseball

Great Salt Lake Council

Played the same way as baseball, adding water!

Equipment needed:

- 10 + buckets (Add buckets depending on players. Buckets are to be placed around pitcher area and in the outfield.)

- 1 slip-n-slide or tarp to slide into home
- 3 water tubs or basins for 1st ,2nd ,and 3rd bases
- 50 to 100 water balloons for balls
- 1 fat wiffle ball bat

Rules

- Pitch water balloons to the player.
- The player hits it.
- It pops, and he runs to first base to be safe.
- He must make it to the base and have one foot in the base tub with water in it.
- Players in the field run to the nearest bucket filled with water and try to splash or dump the water on the player
- running to the base, to get the player out.

Wackyball

Materials

Bats: big plastic baseball bat, regular baseball bat, cricket bat, golf club, broom, pool noodle, tennis racquet, etc.

Balls: wiffle ball, football, golf ball, tennis ball, beach ball, sponge balls, etc.

Catching Equipment: baseball gloves, kitchen pots, oven mitts, buckets, re-usable grocery bags. etc.

Bases: paper or plastic plates.

Rules

Game is played like baseball, except players use the equipment above. You could have the player choose which bat to use, and the pitcher (adult) choose the best ball for the player's ability and bat. Or you could specify that each team must use all the balls and bats when they are batting, and the players can figure out who uses which ball and bat. The outfielders try to catch the balls using the assorted catching equipment. You could also have the players run the bases in a different "wacky" order. Basemen can squirt runners with squirt bottles.

- From Benton District Cub Scout Day Camp, Oregon

Treats

Frozen Yogananas

Trapper Trails Council

Tools needed: Waxed paper dinner plate plastic bag, rolling pin measuring cup knife cutting board, shallow bowl, 4 flat wooden ice-cream sticks

Put piece of waxed paper on dinner plate.

Put 1 cup honey graham cereal in zip top bag; press air out of plastic bag, then seal. Roll cereal with rolling pin or jar until crushed. Peel, then cut crosswise in half 2 large bananas. Carefully poke a wooden stick into the cut end of each banana half.

Put 1/2-cup plain or flavored yogurt in shallow bowl. Roll each banana half in the yogurt then, in the crushed cereal. Put "yogonanas" on the plate. Freeze about 2 hours or until "yogonanas" are hard. Keep frozen until served. *Dipping the bananas in chocolate pudding, and then the graham crumbs might also be good.* –W



Baseball Cupcakes:

<http://familyfun.go.com/recipes/b-is-for-baseball-cupcake-685465/>

More treats: '09 Baloo's Bugle "Fun in the Sun" p. 38-40.

<http://usscouts.org/usscouts/bbugle/bb0907.pdf>

Mother's Day Recipe Holders

(Wolf Ach. #3a, E9b,c)



Picture/Recipe Holder

Cut a 2"x 2" into cubes. Sand or file any rough edges smooth. Using pliers, coil one end of a 9" length of plastic coated bell wire into a flat spiral. Hammer a nail into a cube and remove to create a hole. Dip the straight end of the wire into tacky glue, and push it into the hole in the cube. Paint or decorate cube as desired. Place picture or recipe in the spiral.



Butterfly Recipe Holder

Decorate a round coffee filter. (Paint it, or color with marker and spritz with water. Let dry.) Accordion pleat the filter, so that the filter is narrow in the center, and has 2 wings. Wrap a chenille stem around the middle hold it together, and to create antennae. Tacky glue the butterfly to a clothespin. Using an epoxy-like glue, attach the clothespin to a rock or piece of 2"x 4".

Mom Recipe

Have the boys write the ingredients in the "recipe" for their Mom on a recipe card, and put it in the recipe holder.

Example: What ingredients are mothers made of? "God makes mothers out of clouds and angel hair and everything nice in the world and one dab of mean."

"They had to get their start from men's bones. Then they mostly use string, I think."

(from

<http://www.scrapbook.com/poems/doc/9347/409.html>)

More Mother's Day Projects

Home improvement stores sometimes have good wood projects for Mother's Day at their free kids clinic. Here is what they have this month:

Lowe's:

<http://www.lowesbuildandgrow.com/pages/default.aspx>

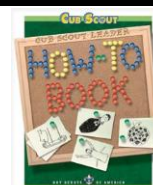
Home Depot:

<http://www.homeimproverclub.com/kidsworkshops.aspx?month=apr&site=microsite-homeimproverclub-kids/apr>

For more Mother's Day ideas, go to:

<http://www.makingfriends.com/mothers%20day%20gifts.htm>

<http://familyfun.go.com/mothersday/>



From the Cub Scout Leader How-To Book –

✓ IF YOU GET A GOOD ITEM FROM BOOK PUT IT HERE. I KIND OF FEEL IT IS OUR DUTY TO PROMOTE USE OF THE HOW TO BOOK.

Bear



Core Value - Health & Fitness

Bear Achievements:

Mtg Plan #: E Magic Elective 13
Mtg #: F Jot it Down Achievement 18 a, d, e, g, & h
Mtg #: G Nature Crafts Elective 12 a

With Mothers Day this month – why not have the boys make their moms these pretty paper flowers. Directions can be found at the following link. If the cubs write a little **thank you** message on the bch of their flower it will satisfy **Ach. 18e**. If your scout makes an original art project (does his own flower design) you can give him credit for **elective 9a**.



http://www.firstpalette.com/Craft_themes/Nature/foldingpaperflowers/foldingpaperflowers.html

Meeting E, Elective 13, Magic El. 13 a Learn & Show 3 Magic Tricks



In the **Cub Scout Leader How-to Book** there are over 40 tricks. **Disappearing Coin (5-50)** is a neat one. Pretend to drop a coin into a clear glass cup, but really drop the coin behind the glass & into your palm while clinking the glass with your ring. Slide the glass over the coin & it looks like it is in the glass when you show your audience. Cover the glass with a cloth, say some magic words & hand the glass to someone else to uncover – the coin is gone.



Rubber Pencil. Hold a pencil loosely horizontally and jiggle it up and down so it looks like it is made out of rubber.

This site has several neat tricks – including this following. www.kidzone.ws/magic/



Sugar Cube Trick

The magician asks for a volunteer from the audience.

The volunteer picks a # between 1 & 10.

The magician writes the # on a sugar cube.

The magician drops the cube into a cup of water & holds the volunteer's hand over the water.

He/she turns the volunteer's hand over & Poof! the # is on the volunteer's hand

Supplies: a pencil a sugar cube a glass of water

Write the # on the sugar cube w/ a pencil pressing hard.

Then, hold the cube between your thumb & finger. Hold it so the # transfers onto your thumb & say, "Now I will put this cube into the cup".

Press the cube as hard as possible so the # is on your thumb.

Put the cube into the water & hold the volunteer's hand above the water, make sure your thumb is in their palm so the # from your finger transfers onto the volunteer's hand.

On this site magician Wayne Kawamoto gives his ideas on how to satisfy the magic electives.

<http://magic.about.com/od/beginningmagic/a/120706scouts.htm>



Make a magic wand snack with pretzel rods, chocolate & candy sprinkles

<http://www.recipe.com/chocolate-covered-pretzel-rods/>

El. 13 c Learn & Show 4 Puzzles

Here is an online tanagram puzzle.

http://www.grand-illusions.com/articles/russian_puzzle/

To satisfy this you could use a Rubik's cube, wooden peg puzzles, Chinese puzzle boxes, disentanglement puzzles, which you may have around your house (or be able to borrow them from someone, if you ask around).

Riddles can also fulfill this elective. Such as the following from <http://riddles.com/>



Why not use licorice ropes to practice tying tasty snacks?



El 13 d Learn & Show 3 Rope Tricks

Growing Rope

In this trick, 1' of rope seems to magically get longer & longer as it is pulled out of your hand.

Find or cut 3' of thin, smooth rope. Stuff the middle part of the rope up your sleeve. The rope needs to be relatively straight & untangled in your sleeve so it comes out smoothly as it is pulled on during the trick.

Leave about 6" of both ends of the rope out in your hand. Move one end of the rope to hang over the top of your hand by your thumb & the other end to hang out of the bottom of your hand. Close your hand, hold it upright, & try to position & grip the ends of the rope so they seem like just 1 small piece of rope to the audience.

Practice the trick. Pull the top end of the rope out of your hand without allowing the bottom end of the rope to move. It needs to appear that the rope is magically getting longer as they pull it. That means the rope needs to come smoothly out of your hand & sleeve without anyone being able to see anything. This will take practice.

http://www.ehow.com/how_8418636_do-rope-trick-kids.html



Cut - Restored Rope

In this trick you take a rope & join its 2 ends w/ a square knot. Then you cut the rope near the knot & while wrapping the rope around your hand you pull off the now disconnected knot. You hide the knot in your hand & pick up the scissors wave them over the rope wrapped around your hand & put the scissors & the knot into your pocket. Then you show the rope in 1 piece.

See magician Malik Haddidi demonstrate this trick at the following site.

http://www.ehow.com/video_2388197_cut-rope-half-magic-trick.html

One Handed Knot



Put your hand out like you are going to do a karate chop (thumb up). Put rope over your hand so 8" is down the back of your hand & considerably more down your palm. Use your pinky to pin the longer rope end, on palm side, to your ring finger. While holding that end tight bend your hand towards the ground on your palm side & use your pointer finger to catch & pin the 8" end of the rope to your middle finger. Now hold the rope tightly between your pointer & middle fingers & drop the other end of the rope & shake the loop over your hand onto the rope, making a knot.

See magician Paul Weatherbee do this trick at:
http://www.ehow.co.uk/video_6078407_magic-one_handed-knot-magic-trick.html



Mtg F Jot it Down

Ach 18 a, Make a list of things you want to do today. Check them off when they are done.

Ach 18 b Write 2 letters to relatives or friends.

Ach 18 c Keep a daily record of your activities for 2 weeks

Activity chart

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Got up	a.m.	a.m.	a.m.	a.m.	a.m.	a.m.	a.m.
Brushed teeth	a.m.	a.m.	a.m.	a.m.	a.m.	a.m.	a.m.
	a.m.	a.m.	a.m.	a.m.	a.m.	a.m.	a.m.
	a.m.	a.m.	a.m.	a.m.	a.m.	a.m.	a.m.

Ate breakfast	a.m.	a.m.	a.m.	a.m.	a.m.	a.m.	a.m.
	a.m.	a.m.	a.m.	a.m.	a.m.	a.m.	a.m.
	a.m.	a.m.	a.m.	a.m.	a.m.	a.m.	a.m.
Ate lunch	.m.	.m.	.m.	.m.	.m.	.m.	.m.
	p.m.	p.m.	p.m.	p.m.	p.m.	p.m.	p.m.
	p.m.	p.m.	p.m.	p.m.	p.m.	p.m.	p.m.
Ate supper	p.m.	p.m.	p.m.	p.m.	p.m.	p.m.	p.m.
	p.m.	p.m.	p.m.	p.m.	p.m.	p.m.	p.m.
	p.m.	p.m.	p.m.	p.m.	p.m.	p.m.	p.m.
Went to sleep	p.m.	p.m.	p.m.	p.m.	p.m.	p.m.	p.m.

Ach 18 d, Write an invitation to someone.

Ach 18 e, Write a thank you note.

Ach 18 f, Write a story about something you have done with your family.

Ach 18 g, Write about the activities in your den.

Ach 18 h Complete the character connection for honesty.

Mtg G Nature Crafts

Elective 12 a Make Solar Prints of 3 kinds of leaves.

EI. 12 c Collect, press, & label 10 leaves

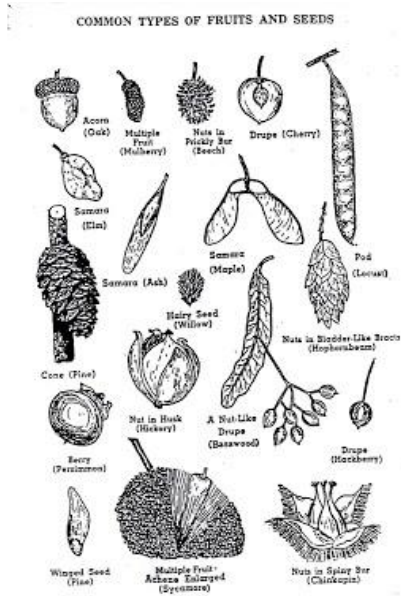


EI. 12 b Make a display of 8 different animal tracks



El. 12 d Make a waterscope & id 5 types of water life

El. 12 e Collect 8 kinds of seeds & label them



El. 12 f Collect, mount, & label 10 kinds of rocks or minerals



El. 12 g Collect, mount, & label 5 kinds of shells



El. 12 h Build & use a bird caller



Directions for this stick – rubber band bird call can be found at the following site.

<http://www.instructables.com/id/A-Fun-Rubber-Band-Bird-Call/>

WEBELOS DENS



Joe Trovato,
WEBELOS RT Break Out Coordinator
Westchester-Putnam Council

Have a question or comment for Joe??

Write him at

webelos_willie@yahoo.com

There is an underscore between Webelos and Willie



**Core Value for May
Health and Fitness**

Health and Fitness: Being personally committed to keeping our minds and bodies clean and fit.

“Physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity.” – John F. Kennedy

John F. Kennedy showed his commitment to improving the nation's fitness even before he took the oath of office. After the election, he published "The Soft American" in *Sports Illustrated*. The article established four points as the basis of his proposed program, including a "White House Committee on Health and Fitness"; direct oversight by the Department of Health, Education, and Welfare; an annual Youth Fitness Congress to be attended by state governors; and the assertion that physical fitness was very much the business of the federal government.



Only a month after the inauguration, the new administration convened a conference on physical fitness, reorganized the President's Council on Youth Fitness, and chose a new director, Charles "Bud" Wilkinson, a highly successful University of Oklahoma football coach. True to Kennedy's style, the new executive for the council was named a special consultant to the president. The president's council unquestionably became President Kennedy's council.

<http://www.jfklibrary.org/JFK/JFK-in-History/Physical-Fitness.aspx?p=2>

The Brain Benefits of Exercise



Physical exercise increases blood flow throughout your body. This increased blood flow also benefits the brain. Immediately, the brain cells will start functioning at a higher level, making you feel more alert and awake during exercise and afterward:

- Improves Focus
- Improves memory
- Boosts Decision-making Skills
- Prompts new brain cell growth
- Improves ability to Multi-task



7 Benefits of Regular Physical Activity

By Mayo Clinic staff

You know exercise is good for you, but do you know how good? From boosting your mood to improving your sex life, find out how exercise can improve your life.

Want to feel better, have more energy and perhaps even live longer? Look no further than exercise.

The health benefits of regular exercise and physical activity are hard to ignore. And the benefits of exercise are yours for the taking, regardless of your age, sex or physical ability. Need more convincing to exercise? Check out these seven ways exercise can improve your life.

No. 1: Exercise controls weight

No. 2: Exercise combats health conditions and diseases

No. 3: Exercise improves mood

No. 4: Exercise boosts energy

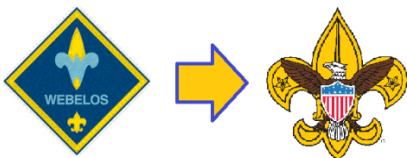
No. 5: Exercise promotes better sleep

No. 6: Exercise puts the spark back into your sex life

No. 7: Exercise can be fun

The bottom line on exercise:

Exercise and physical activity are a great way to feel better, gain health benefits and have fun. As a general goal, aim for at least 30 minutes of physical activity every day. If you want to lose weight or meet specific fitness goals, you may need to exercise more. Remember to check with your doctor before starting a new exercise program, especially if you have any health concerns.



The core value of Health and Fitness is duplicated in the Scout Law in that a Scout is "Clean" and the Cub Scout Academics and Sports Program is the facilitator (along with the Health and Fitness Activity badge and a number of Webelos Badges) to accomplish this Core Value, as well as addressing the third aim of Scouting: the development of

physical, mental and emotional fitness. Fitness includes the body (well-tuned and healthy), the mind (able to think and solve problems), and the emotions (self-control, courage, and self-respect).

Nutrition

No program concerning fitness and health should leave out the subject of nutrition.

While working on the Fitness Activity Badge, in addition to discussing the danger posed by smoking and abuse of alcohol and drugs, den leaders should plan to have some discussion on the importance of good nutrition.

Have the boys make a poster or collage showing foods that belong in each food group. Use magazines and advertisements from the Sunday papers for these.

Let each boy make up a menu for a meal and let the other den members check it for balance. This would be good to do for a campout menu. They need to be balanced also.

MILK GROUP: Builds teeth and bone.

Milk and milk products; Cheese; Cottage cheese; Ice cream

FRUIT-VEGETABLE GROUP: Builds energy and helps your body defend against disease.

All kinds of fresh fruits and vegetables

PROTEIN GROUP: Builds muscles, bones and blood. Beans; Meat; Fish; Peanut butter; Eggs

BREAD-CEREAL GROUP: Quick energy builders, helps to make your body work better.

Rice; Cereal and grits; Bread; Flour products;

Spaghetti

SLEEP

Most people need between seven and ten hours of sleep a night, but some people need as little as three hours or as much as twelve hours of sleep.

After two or three days of no sleep, a person can hallucinate just as if they had taken drugs.

People have stayed awake for as much as eleven days...but they thought their food was poison and people were trying to kill them.

People who sleep enough live longer.

Sleep is one of your body's ways to renewing its energy. It is important for growing bodies to have a plenty of sleep. Most boys need 9 to 10 hours of sleep every night.



Outdoor Activities

Camping is a cornerstone of the Webelos Scout program. Boys are eager to camp with their den in the great outdoors. After the Webelos leader has taken Outdoor Leaders Skills training, combining camping with physical fitness and good nutrition is easy:

1. Participate in a nature hike in your local area. This can be on an organized, marked trail, or just a hike to observe nature in your area.
2. Attend a pack overnigher. Be responsible by being prepared for the event.
3. Complete an outdoor service project in your community.
4. Complete a nature/conservation project in your area. This project should involve improving, beautifying, or supporting natural habitats. Discuss how this project helped you to respect nature.
5. Participate in a nature observation activity. Describe or illustrate and display your observations at a den or pack meeting.
6. Participate in an outdoor aquatic activity. This can be an organized swim meet or just a den or pack swim.
7. Participate in an outdoor campfire program. Perform in a skit, sing a song, or take part in a ceremony.
8. Explore a local city, county, state, or national park. Discuss with your den how a good citizen obeys the park rules.

Soccer Golf

Utah National Parks Pow Wow Book 2010-2011



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.

Treat Your Body Right!



True or False? After boys take this test, discuss each item with them. (answers below)

- T F 1. Smoking or chewing tobacco makes you cool.
- T F 2. Smoking can cause lung cancer and heart disease.
- T F 3. Athletes who smoke always play as long and as hard as athletes who don't smoke.
- T F 4. Smoking will not affect your eyes at all.
- T F 5. Smoking stains teeth and fingers.
- T F 6. Chewing tobacco is OK because it doesn't get into your body's organs.
- T F 7. Alcohol doesn't slow down the brain and body.
- T F 8. Alcohol can make a person see double.
- T F 9. Alcohol can make people do bad things that they would never consider doing when sober.
- T F 10. Drunk drivers kill thousands of people each year.
- T F 11. All drugs, even prescription drugs, are dangerous.
- T F 12. It's OK to take someone else's medicine if you're sure you have the same illness.
- T F 13. Sniffing glue is OK to do once in a while.

- T F 14. Toxins from certain sniffing substances can affect the liver, kidneys and muscles.
- T F 15. Marijuana is OK in small amounts, but cocaine, heroin and LSD are not.
- T F 16. Eating a cheeseburger, French fries and a soda for every lunch would be a balanced diet.
- T F 17. There are five food groups.
- T F 18. You should have two or more servings from each food group every day.
- T F 19. Your body needs vitamins, minerals, carbohydrates, fat and protein to operate smoothly.
- T F 20. Rushing meals or skipping meals can be harmful to your body.

1 F, 2 T, 3 F, 4 F, 5 T, 6 F, 7 F, 8 T, 9 T, 10 T, 11 T, 12 F, 13 F, 14 T, 15 F (all are bad for you), 16 F, 17 T, 18 T, 19 T, 20 T.

Skits Jokes and Run-Ons:

Utah National Parks Pow Wow Book 2012-2013



One Step at a Time

Directions: Boys are lined up and the Den Chief comes walking by and asks questions of each Cub Scout.

Den Chief: What do you want to be when you grow up?

Cub #1: I want to be a famous high jumper and win a gold medal like this (he jumps and falls down)

Den Chief: Oh, just one step at a time. (He picks up Cub #1 and moves on to Cub #2) Now what do you want to be?

Cub #2: I want to be the world's greatest slam dunker! (He dribbles an imaginary basketball and slam dunks it and falls down.)

Den Chief: Oh, just take one step at a time. (He picks up Cub #2 and moves on to Cub #3) What do you want to be when you grow up?

Cub #3, #4, and so on each say they want to be a supper sport figure all fall down when they show what they want to be. You can use as many boys as you have in this skit. When the Den Chief reaches the last one, he starts to walk away and he trips and falls down.

All of the boys: (come to pick him up and say together) Just one step at a time, take one step at a time.

Q: Why are Cub Scouts so chubby?

A: Because scouting rounds a kid out.

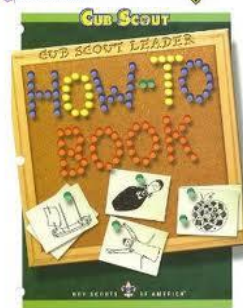
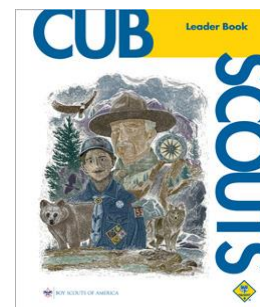
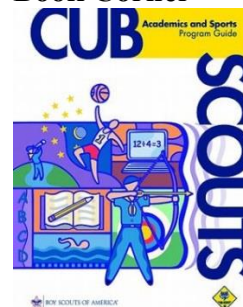
Q: What letters in the alphabet can you drink?

A: OJ (orange juice) and T (tea)

Q: Why didn't the man with a fever go to college?

A: Because he already had over a hundred degrees

Book Corner



The Cub Scout Sports program provides Cub Scouts with the opportunity to become acquainted with and participate in all kinds of sports--summer and winter sports, indoor and outdoor sports, active and less-active sports, and team and individual sports. When implemented properly, the program is an active physical fitness program for Cub Scouts. A Cub Scout may participate in Sports activities in his unit, in his community, or by himself. However the boy participates, he will have fun learning a new

sport, developing new skills, competing with his peers, and being recognized. Throughout his experience in the program, the Cub Scout is encouraged to learn and practice good sportsmanship, and to do his best. Cub Scout Sports emphasizes participation of the family by involving an adult partner. Sports programs include both individual and team sports



Purposes of the Cub Scout Academics and Sports Program

By taking part in the Cub Scout Academics and Sports program, boys will

- Learn new physical skills and techniques
- Increase their scholarship skills
- Develop an understanding of sportsmanship
- Enjoy teamwork
- Develop physical fitness
- Discover new and build on old talents
- Have fun
- Do their best

Information on the requirements for the various sports belt loops and pins can be found in the *Academic and Sports Program Resource Guide* which may be found on-line at

<http://www.scouting.org/scoutsource/CubScouts/Parents/Awards/CubScoutAcademicsandSportsProgram.aspx>

and on the US Scouting Service website (along with workbooks and other resources) at

<http://usscouts.org/usscouts/advance/cubscout/sports.asp>.

Don't Forget: If you plan on using a belt loop to satisfy a Webelos Activity Badge requirement, the belt loop must be earned WHILE a Webelos Scout, even if they had already been earned by the Cub Scout while a Tiger Cub, Wolf, or Bear. *-JT*

Physical Fitness Requirements

Webelos Scouts may complete requirements in a family, den, pack, school, or community environment.



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, sit-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. Choose a form of exercise, bring your heart rate up to target, and keep it there for 15 minutes. Remember to warm up and cool down slowly.
2. Set up a four-step exercise program. Chart your progress for five days a week for two weeks.
3. Explain the reason for warming up and cooling down before and after each exercise session.
4. Visit a local gym and talk to a trainer about exercises and programs for young people.

5. Participate in some aerobic exercises at least three times a week for four weeks.
6. 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.
7. Swim for a total of an hour over several practice periods, charting your time as you go.
8. Participate for at least three months in an organized team sport or organized athletic activity.

From the *Cub Scout Leader Book* (page 4-4):
Practical Applications for Health and Fitness

- Eat and drink things that are good for you.
- Limit the amount of “junk food” in your diet.
- Maintain personal cleanliness.
- Make exercise a regular part of your life.
- Don’t smoke cigarettes or drink alcohol.
- Never use illegal drugs.
- Go on a hike.
- Ride a bike, skateboard, or scooter (always with appropriate safety gear!).
- Play on a sports team, such as one for basketball, baseball, football, or soccer.
- Practice an individual sport, such as swimming, gymnastics, skating, or tennis.
- Learn about mental fitness. Discuss how personal habits and media influences can affect mental alertness.

More from the *Cub Scout Leader Book*:

Check out: page 13-1 for more on teaching Health and Fitness; page 14-1 and 14-3 on the role of Physical Fitness in Safe Swim Defense and Safety Afloat.

http://www.scouting.org/filestore/hispanic/english/33221_WEB.pdf

The *How-To Book* is a great resource for Health and Fitness Activities, as well as this month’s Showman badge (see Razzle Dazzle in chapter 5). Check out page 6-22 for a sample schedule for a Troop Picnic with rules for picnic-friendly sports activities.

There also many Fitness and Health-related crafts in chapter 2 and games in chapter 3.

http://www.scouting.org/filestore/hispanic/english/33832_WEB.pdf

Roundtable Break Out



Webelos den leader

Discussion topic: Building den spirit—Review den and pack activities in the Cub Scout Leader Book.

Activity: Make paper bag puppets as shown in Webelos Den

Meeting No. 16 found in the Den and Pack Meeting Resource

Guide. (Webelos Den Meeting No. 18 sends you to Den Meeting

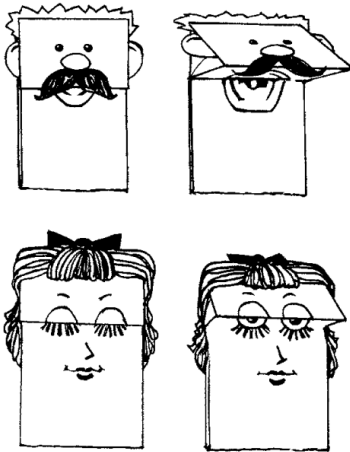
No. 16 for the directions for puppets.)

This month’s Webelos Leader breakout highlights building den spirit. There are multiple activities in the Cub Scout leader book than can help with building spirit! Fun is the KEY to building den spirit!

Fun is an important element of Scouting. But we must remember that everything we do with our Scouts should be positive and meaningful. Activities should build self-esteem, be age-appropriate, and should not offend participants or the audience.

As leaders of the Boy Scouts of America, it is our responsibility to model the values of the organization and set a high standard for appropriateness in all Scouting activities. When making decisions, resolve to follow the high road—“If in doubt, take it out.”

As an activity during breakout, practice making puppets as set out in Meeting #16.

Paper Bag Puppets

These can be simple, with the bag completely open and the face done on one side. They could be more complex, with the face using the “bottom fold-over” as a “flap” so if you open that flap, you can draw a mouth in/under there. Or it could have eyes that open and close.

Your puppet’s features may be drawn directly on the paper bag, but a more interesting puppet results when features are made with bits of colored felt, construction paper, or other materials. Use bright colors.

To give the impression of speaking to your puppet, put the top of the mouth at the bottom of the flap, and put the bottom lip directly underneath on the front of the bag. This will cause the lips to meet. Open the flap and finish the mouth so that it will be continuous. (See top illustration.)

For a puppet that will open its eyes and then close them, locate the tops of the eyes at the bottom of the flap and directly under the flap front of the bag. Under the flap, make the eyes open.

HAVE FUN!!!

Webelos Resident Camp



Camping for Scouts—A Philosophy

<http://www.scouting.org/filestore/pdf/13-33814.pdf>

A common thread of purpose and method runs through every part of the Scout camping program.

Our aim is to clearly define that thread in each part of our camping program so that the purposes of Scouting will be made clear and the common methods that are followed will unify our units as teams dedicated to the highest ideals of camping and service.

Organized camping is a creative, educational experience in cooperative group living in the outdoors. It uses the natural surroundings to contribute significantly to physical, mental, spiritual, and social growth.

- Camping contributes to good health through supervised activity, sufficient rest, good fun, and whole some companionship.
- Camping helps develop self-reliance and resourcefulness by providing learning experiences in which campers acquire knowledge, skills, and attitudes essential to their well-being.
- Camping enhances spiritual growth by helping campers recognize and appreciate nature and the handiwork of God in nature.
- Camping contributes to social development by providing experiences in which campers learn to deal practically and effectively with living situations.
- Camping is an experience in citizenship training, providing campers with the medium for democratic participation in making decisions, planning, and carrying out activities at their own level, while improving understanding within the family.
- Camping at the Cub Scout level introduces boys to and helps them develop skills to be applied and learned more thoroughly as a Boy Scout.

WEBELOS WEEK

Now is the time to make plans to take your Webelos den to summer camp. Besides doing long term camping (perhaps for the first time without a parent present), the activities will make the week a memorable one and lots of fun! Themes for the week make for some interesting activities! Often, shooting sports like archery and bb shooting will only be available at resident camp. Webelos I's (current Bears until June 1) usually will work on those activity badges that will help them to achieve the Webelos rank. Webelos II's will work on those requirements to help them achieve the Arrow of Light as well as skills they will need when they cross over into a troop

Meeting Planner



This month's meeting plans for First Year Webelos work on the Scholar, Artist and Showman badges.

Meeting 17: Showman (music) Do: Showman 6, 8–15

<http://www.scouting.org/filestore/CubScoutMeetingGuide/webelos/WebelosMeeting17.pdf>

Meeting 18 Showman (Drama) Do: Showman 3, 11, 16–18, 20–23

[http://www.scouting.org/filestore/CubScoutMeeting18.pdf](http://www.scouting.org/filestore/CubScoutMeetingGuide/webelos/WebelosMeeting18.pdf)

Consider visiting the Troop where your formally second-year Webelos (Now Boy Scouts) have bridged to. They'll love to see you! -JT

Flag Ceremony for May



Although *May* provides a number of observances that may be incorporated into your Flag ceremonies, Memorial Day is, perhaps the most significant. You can find Memorial Day information on the web:

<http://www.usmemorialday.org/backgrnd.html>

<http://www.memorialdayorigin.info/>

Flag Ceremony (*Memorial Day*)

Follow your standard Color Guard process (for Den or Pack meeting. After the Cub Scout promise (or Boy Scout Law, and Oath, if this is a Webelos Den meeting) and before posting the U.S. Flag you may insert the following:

Reader 1: During May, we celebrate many important holidays. Perhaps one of the most important is Memorial Day.

Reader 2: This year, Memorial Day falls on Monday, May 28. Although we often think of Memorial Day as the start of summer, as Americans, we should remember the real purpose of Memorial Day.

Reader 3: Memorial Day is a United States federal holiday observed on the last Monday of May. Formerly known as Decoration Day, it commemorates U.S. soldiers who died while in the military service. First enacted to honor Union soldiers of the American Civil War, it was extended after World War I to honor Americans who have died in all wars.

Reader 4: Please bow your heads in a moment of silence for all those who died defending our country. (Wait 10 seconds.) Please join me in reciting the Pledge of Allegiance (Scouts salute).

Den Meeting Helpers

These activities can be used for the gathering or to reinforce/satisfy badge requirements.

Webelos



SHOWMAN



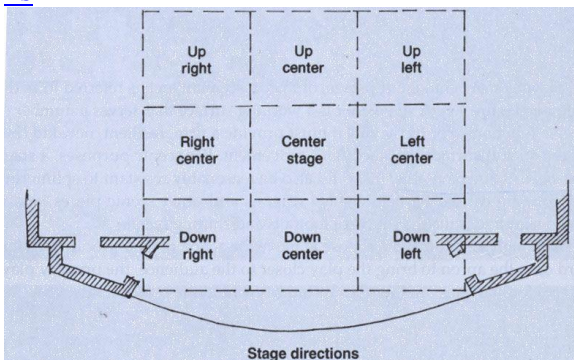
The Showman Activity Badge can be used to build up a Webelos confidence in getting up in front of his peers or at school. Articulation can also be taught with this badge.

There are three areas a Webelos can choose from to work on his Showman badge: puppetry, music, and drama.

Related Boy Scout merit badges: There are requirements for the following Boy Scout Merit Badges that can be adapted for Webelos. You can borrow the books from a local Troop's library. Art, Cinematography, Graphic Arts, Music, Photography and Theater.

Stage Directions

http://wiki.answers.com/Q/What_are_stage_directions



Stage directions are directions given to the actor(s) by the director. They involve the physical movement of the actors on stage. The actors are supposed to note the directions in their scripts. The Stage Manager is also supposed to write down all stage directions in their master book, known as the "Prompt Book". If there is any disagreement about where an actor is supposed to move, or how, the prompt book is the final word. If the director does not like the movement, or changes his mind, the prompt book is revised.

Terms:

Upstage: moving away from the audience, towards the back of the stage.

Downstage: Moving towards the audience, towards the front of the stage.

Stage Right: Moving towards the Right (facing the audience)

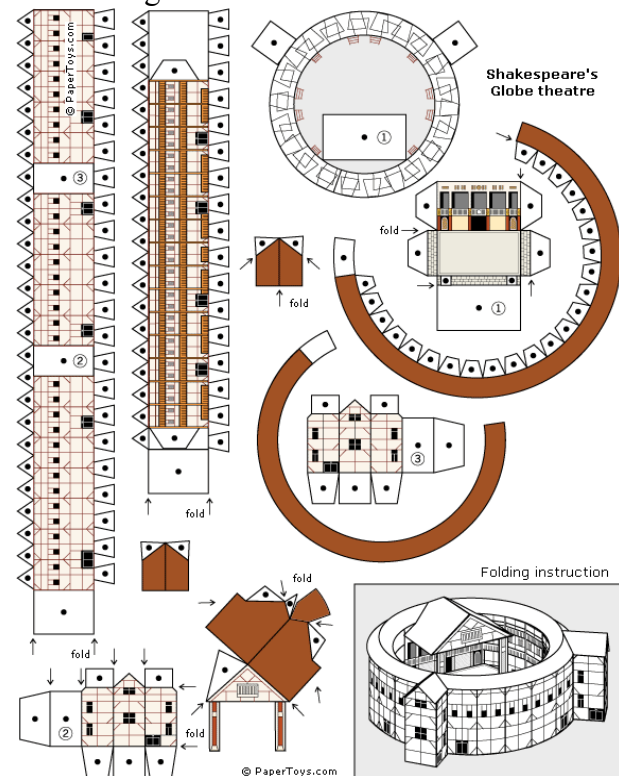
Stage Left: Moving towards the Left (facing audience).

Cross: Crossing the stage to a predetermined position.

An example in a prompt book might look like: "X (cross) DSL down stage left) to DSC (down stage center), X US (upstage), and out (exit) SR (stage right).

Build Shakespeare's Globe Theatre

Copy the graphic and expand to 8 1/2 x 11 paper, then copy to mid-weight card stock before cutting and folding.



Make Unusual Finger Puppets

<http://www.favecrafts.com>



Materials:

- STYROFOAM Brand Products:

- 2- 1" or 1-1/2" balls
- 1- block (optional)
- 1- 3" piece of chenille stem
- 1- pair wiggle eyes
- Craft paint stiff paint brush
- Felt scraps
- Craft materials such as eyelash curls, pom-poms, yarn
- General Tools and Supplies:
- Scissors
- Craft glue or glue gun and glue sticks
- Wooden skewers or toothpicks

Instructions:

1. If desired, paint balls of STYROFOAM. Push a skewer into the balls to hold while painting; place skewers in a block of foam to hold while balls dry.
2. Shape 3" piece of chenille stem into a "U". Dip ends in glue and insert U shape into 2 balls so U shape will slip under the wearer's middle finger while the two balls sit on top of the hand to form the puppet's eyes. (1" balls work best for smaller hands.)
3. Cut felt shapes for eyes; glue wiggle eyes to felt or attach wiggle eyes directly on plastic foam balls. Glue on other features such as pom-poms and eyelash curls, or felt ears and eyelids.
4. Dab glue onto foam and use a skewer to push materials such as yarn into the foam for hair. Insert chenille stems into foam for antennae or eye lashes. For antennae, gently curve chenille stems and glue pom-poms onto the tips of shaped chenille stems; dip in glue and insert into foam.
5. Modify the finger puppet instructions to create a finger friend that resembles your school mascot, favorite pet or other character. Buttons, sequins or glitter are other objects that might inspire your creativity.

Make a Movie

Movies began in 1891 when Thomas Edison invented a camera, called a kinetograph that could take hundreds of individual photographs on a single strip of film. When these photographs were seen on another of Edison's inventions, a kinescope, the characters and objects in the photographs seemed to move. These photographs, once called stills, came to be called moving or motion pictures when shown together on a strip of film. These first motion pictures were silent films. You can make a silent motion picture just like the first ones that were seen so many years ago. Here's how:

1. Choose a comic strip from the Sunday funnies that has at least eight pictures (frames).
2. Cut out each picture and glue it to the unlined side of a 3" x 5" index card.
3. Number each card in the same order that the picture appeared in the comic strip. Arrange the cards so that number one is on the bottom, number two on top of that and so on.
4. Staple the cards together along the top edge of the cards.
5. Put the cards on a flat surface with the number one card on the bottom. Flip the cards between your thumb and forefinger and watch the show!

Make a Paper Plate Guitar

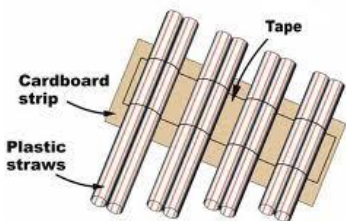
What You'll Need:

- Paper plates
- Rubber bands
- Colored pens
- Stickers
- Elmer's glue
- Round beads (any color)
- Stapler
- Paint stick (you can find this at your nearest hardware store)

How to Make It:

1. Stack two thick-weight paper plates and staple them together for durability.
2. Let your kids paint the stacked plates their favorite colors and decorate them with stickers.
3. Attach a paint stick to the back of the stacked plates and glue beads to the end as the pegs.
4. Finally, add strings by stretching rubber bands around the stacked plates.

How about a Soda Straw Harmonica!



Cut a strip of corrugated cardboard with large corrugations, 8" long and 1 1/2" wide. Cut 8 straws into the following lengths—one of each length. 8 1/2", 7 3/4", 7", 6 3/4", 6", 5 1/4", 4 1/2", 4 1/4". Tape these straws to the cardboard (see picture) or between the corrugations of the cardboard beginning about 1 1/2" from one end and leaving four empty corrugations between straws. The shorter the vibrations, the higher the pitch. To play, blow over the straws.

Make a Puppet Theatre



This is a really simple-to-make Puppet Theatre I got from <http://ziggityzoom.com>.

Adults need to be involved. Cutting involves using a sharp blade so that I suggest Adults do the cutting BEFORE the den meeting. Have scouts do the final construction and decorating of the theatre.

Make it from a large cardboard box or an inexpensive Foam display board from an office supply store.

Items needed:

- Large box or Foam Display board (foldable)
- Wood dowel or old broom handle (32" long)
- X-acto knife (only to be used by Adult)
- Pencil and Ruler
- Scissors
- Craft Foam
- 2 pillowcase for curtains (optional - use only one)
- Craft glue (tacky white)

Instructions:

1. We used a foam display board, available at office supply stores for about \$10-\$12. It measured 36" tall and 24" wide in the front (sides are 12" wide). You may also cut apart a large box that is roughly this same size, so that you will have a front and two sides that will fold.
2. Draw an opening that is (23 inches from the bottom) 9 inches high and 18 inches wide. This opening can either be squared off at the top or arched like ours. With a piece of board underneath the area to be cut out, carefully cut the opening with an X-acto knife. **ADULTS SHOULD DO ALL**

CUTTING. Children should be a distance away while this is being done.

3. You will also have to cut a small hole (about the size of a cork) on each side piece, about an inch from the top. This is to slide the dowel through to hold the curtain. The hole should be about 5 inches back from the front edge.
4. Using the craft foam, cut out pieces to decorate the theatre and attach with glue.
5. For curtains, cut a two inch, skinny slit (at the closed end) on each side of the pillowcases. This will allow you to slide the pillowcases onto the dowel and then position the dowel into the side openings. If you prefer to only use one pillow case, you can cut the side and top of the case and then fold fabric out flat to make a larger piece of fabric. About an inch from the top, and about 4-5 inches apart, make holes just big enough so that the dowel will slide through. Cut a few slits to accommodate arms of puppeteer.



Health and Fitness Ideas

HEATH CREED

Massachusetts State Board of Health

My body is the temple of my soul; therefore, I will keep my body clean within and without. I will breathe pure air and I will live in the sunlight. I will do no act that might endanger the health of others. I will try to learn and practice the rule of healthy living. I will work and rest and play at the right time and in the right way, so that my mind will be strong and my body healthy, and so that I will lead a useful life and be an honor to my parents, to my friends, and to my country. —From *Scoutmaster's Handbook*.

Roundtable Prayer

Scouter Jim, Bountiful UT

Father in Heaven, we thank thee for the blessing of health and fitness, and the bounty of the earth that blesses and gives us strength. Help us to remember others and share with them through service and good will. **Amen.**

Teach Healthy Eating Habits with "There's a Rainbow on My Plate"

In partnership with Dole Food Company Inc. And Crayola® brand, Produce for Better Health Foundation is offering "There's a Rainbow on My Plate,"

(www.pbhfoundation.org/pub_sec/edu/cur/rainbow/) a free nutrition education curriculum that encourages kindergarten through sixth grade students to develop healthy eating habits. It's being introduced into 12,000 elementary schools and 4,000 participating supermarkets across the country in March during National Nutrition Month®. Check out www.fruitsandveggiesmatter.gov or www.fruitsandveggiesmorematters.org which has replaced the "5 a Day" campaign

Den Leader's Minute at end of a Den Meeting

Cub Scout Program Helps 2007-2008, page 6
August

We did an active game today. I saw that you all got tired. Do you think that's a good thing? Do you

know what good fitness means? When we do exercise, that's one way to keep our bodies healthy? How else do you keep fit and healthy? Let's all pay attention to ways that we can keep active and fit during the next few weeks.

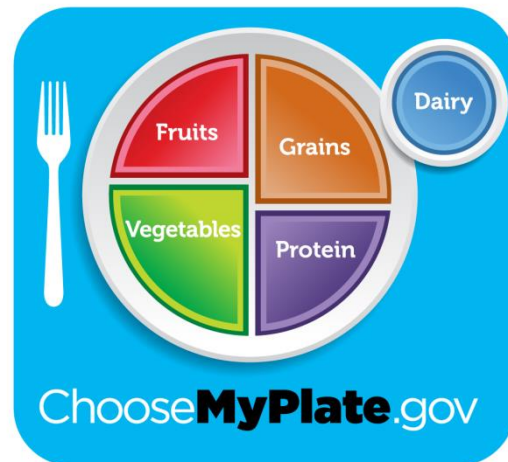
Ideas for a stations at an indoor or outdoor

Health and Fitness Pack Meeting.

- **"Healthy" Cracker Barrel:** Have Scouts prepare a healthy snack.
- **Dare to Compare:** Have one snack made the traditional way and the new way. Chart out the difference in calories, sodium (salt), and sugar intake so they can see the difference. Perhaps have the Scouts read the ingredients of a favorite snack, frozen meal, or soda. Find out how much sugar or salt is in each and fill a clear bottle with that much dry sugar or salt (or both) so they can see how much sugar or salt that really is. Compare to what the daily intake should be.
- **Exercise Hike:** Have sites along the way to diversify the hike, make sure there are water stations for short rests. During the time perhaps have a 10 min talk that includes health or fitness. Example How many calories they just burned, how exercise builds muscles and improves the mind, encourage sugar free snacks and encourage healthy snacks like trail mix they may make on site or before the hike.
- **Relay Station:** Boys are spilt into teams and perhaps have a short sprint, use a bat and place head on end of bat and walk around 3 times, sprint to next place and walk through hula hoops or tires, pick up a ball and place in a box a bit farther and etc. Be mindful of your Scouts in crutches, wheel chairs, and their abilities. You want to make sure all Scouts can participate. Blind scouts will naturally need a buddy. Those in wheel chairs you can ask privately if that Scout wants a buddy as well. Talk to your den leaders and parents of Scouts privately before deciding on activities so all the Scouts can participate. This is a vital discussion at your monthly Pack Committee meetings for any event. Do not let adults compete with Scouts. If you want you can have a relay for just adults. (the Scout Master and his den leaders is always a nice one to have dens cheer them on at the end) Do not forget to cheer all Scouts on and commend them for finishing or Doing Their Best. (Notice: I did not say

your best or any Scouts in their dens best but THEIR Best.)

- **Water Slides** are a great event in a grassy area. Be sure all Scouts know this will be an event and parents know as well ahead of time.
- **Swimming:** is a great aerobic activity. Make sure you refer to the Guide to Safe Scouting **before** any water event.
- **Healthy Dutch Oven Cooking**
- **Nutrition Game:** Its no longer the Food Pyramid but the Food Plate.



Notice Fruits and Vegetables are half the food intake. For most Cubs the intake of Fruit is 1 ½ to 2 Cups and Vegetables are 1 ½ to 2 cups depending on age each day. Proteins for boys is about 4 to 5 ounces which is close to what men should have as well. Check www.choosemyplate.gov for information, what foods fill these spots, and free downloads for your meetings.

Set up a **Jeopardy** like game or have Scouts guess how many of each portion they need.

- They can also guess the calories of a meal presented. One who guesses the closest at the end of the Pack meeting gets a passes to a pool or bowling alley that relates to fitness. (Family passes would be great prize so the whole family all can participate)
 - **Outdoor Sports Games** : Ultimate Frisbee is a great game. (And belt loop!)
 - **Make personal First Aid Kits** in a zip lock bag. These would include a couple bandaides, cotton ball, safety pen, a sanitize wipe, Q tip, etc) You can also make these in a plastic film canister if you can still find them.
- For the **Pack Health and Fitness Camp Out** you may also want to consider:

☐ **Skits with your Musical Campfire** (all dens perform skits or songs at the camp fire Saturday night)

☐ **Plant healthy foods garden**

☐ **Make crafts out of recyclable materials:** This also goes along with conservation.

☐ **Scavenger hunt** for items about the camp that relate to fitness or health. These can be printed on numbered paper plates or just paper around the camping area where the Pack has camped. You can even have papers taped to the back of a leader as a station to find (or perhaps the forest ranger if he's willing to play along) Each site paper should be color coated for den ability (Ie. Orange for Tiger, Yellow for Wolf, Blue for Wolf and Green for Webelos) then have the leader or den chief note the dens answers on the back that the boys (not adults) give. Questions like: How many cups of fruit should I eat per day? (the answers vary by age and are on the web site: www.choosemyplate.gov) Perhaps on another paper at a new site the den is asked to run in place for one minute. Choose items for the level of your Scouts so they are able to accomplish them. At the end bring all the papers to their site and talk about the answers they gave. Note which den had the most correct answers and be prepared with the correct answers. Ribbons for the den flag are always a nice reward for participation.

Salt and Sugar Information:

Salt Information: How much salt do I need?

According to the Food Standards Agency, United Kingdom, the human Guideline Daily Amount (GDA) should be:

- Age 11 years and over, 6g per day
- Age 7-10 years, 5g per day
- Age 4-6 years, 3g per day
- Age 1-3 years, 2g per day
- Infants under 1 year **should not be given salt** because their kidneys are not matured.

How much is 6g of salt? This is **about one teaspoonful** - not much. About three-quarters of the salt we eat is **already in the food we buy**. It is impossible to work out exactly how much salt you eat in one day without knowing the precise salt content of each food and measuring the exact

quantities you eat. However, knowing that a recommended daily maximum is 6g is useful, because you can then find out how much salt there is in some of the foods you normally eat. Most people are surprised at how much salt they eat when they sit down and work it out from the foods they are consuming.

What is the difference between sodium and salt? Salt is sodium chloride (sodium plus chlorine). The sodium in the salt is what you have to look out for. 40% of salt is sodium. If sodium is listed on the label's nutritional information instead of salt you have to multiply the amount by 2.5 to get the equivalent salt content. For example, if a portion of food contains 1g of sodium per 100g, you will know it contains 2.5g of salt per 100g.

How do I know how much salt a portion of food has?

Look at the label. If it says, for example, 1g of salt per 100g, and you consume 500g, you will get 5g. If the label specifies sodium, multiply the amount by 2.5.

<http://www.medicalnewstoday.com/articles/146677.php>

Sizing Up Sugar

Foods that are high in added sugar (soda, cookies, cake, candy, frozen desserts, and some fruit drinks) tend to also be high in calories and low in other valuable nutrients. As a result, a high-sugar diet is often linked with obesity. Eating too many sugary foods can also lead to tooth decay. The key to keeping sugar consumption in check is moderation. Added sugar can enhance the taste of some foods, and a little sugar, particularly if it's in a food that provides other important nutrients, such as cereal or yogurt, isn't going to tip the scale or send your child to the dentist.

Instead of serving foods that are low in nutrients and high in added sugar, offer healthier choices, such as fruit — a naturally sweet carbohydrate-containing snack that also provides fiber and vitamins that kids need.

One way to cut down on added sugar is to eliminate soda and other sugar-sweetened beverages, which can cause erosion of tooth enamel from the acidity and dental cavities (or caries) from the high sugar content. And consider these statistics:

Each 12-ounce (355-milliliter) serving of a carbonated, sweetened soft drink contains the

equivalent of 10 teaspoons (49 milliliters) of sugar and 150 calories. Sweetened drinks are the largest source of added sugar in the daily diets of U.S. children.

Consuming one 12-ounce (355-milliliter) sweetened soft drink per day increases a child's risk of obesity.

Instead of soda or juice drinks (which often contain as much added sugar as soft drinks), serve low-fat milk, water, or **100% fruit juice**. Although there's no added sugar in **100% fruit juice**, the calories from the natural sugars found in fruit juice can add up. The American Academy of Pediatrics (AAP) recommends limiting juice intake **to 4-6 ounces (118-177 milliliters) for kids under 7 years old, and no more than 8-12 ounces (237-355 milliliters) of juice for older kids and teens**. Also listed under Total Carbohydrate on food labels, sugars are found in most foods. However, the **Nutrition Facts label doesn't make the distinction between natural sugars and added sugars**. Natural sugars are found in many foods, including fruit and dairy products. Snack foods, candy, and soda often have large amounts of added sugars. To find out if a food has added sugar, you need to look at the ingredient list for sugar, corn syrup or sweetener, dextrose, fructose, honey, or molasses, to name just a few. Avoid products that have sugar or other sweeteners high on the ingredient list.

<http://kidshealth.org/parent/growth/feeding/sugar.html#>

The Pack Cooks Up Something Special

Cascade Pacific Council

(Cubmaster is wearing a chef's hat, apron, and oven mitts. The awards are in a large pot.)

This month our Cub Scouts have been learning some special things about keeping healthy, and the way different foods fit into our lives and our culture. They have learned to identify foods that are good for a healthy lifestyle.

Tonight we see that learning these important things has allowed them to complete requirements for their rank advancements. *(Call each Den up one at a time and hand out awards to the boys and their parents.)*

Fitness Check Opening

Materials: Before the meeting, prepare a list of Health & Fitness Essentials – Either as wall-mounted list in LARGE letters, or as separate strips that the scout can add to the wall. Have ready a Marker, Chalk or Whiteboard marker to make a checkmark, depending on your backdrop.
Narrator or Cubmaster: Health and Fitness has been our goal this month. *(Point to the Sign or the Title of Health & Fitness)* Let's see how we did.

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

(Makes a check mark by the phrase) "CHECK!"

Cub #2: *(Reading from list or adding his strip)* Drink plenty of water each day! *(Makes a check mark by the phrase)* "CHECK!"

Cub #3: *(Following same procedure)* Get eight hours sleep each night! *(Makes a check mark)* "CHECK!"

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

Cub #5: *(Following same procedure)* Enjoy the Outdoors – But Keep Safe in the Sun! *(Makes a check mark)* "CHECK!"

Cub #6 - *(Following same procedure)* Get lots of Exercise. *(Makes a check mark)* "CHECK!"

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

Exercise & Healthy Food

Tune: Supercalifragilisticexpiallidocious

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

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

Some action you will DO!

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

(repeat first verse)

Health & Fitness Applause: Repeat three times –
“Eat Healthy! Stay Fit!
Am I Healthy? Applause: Everyone sticks out their
tongue and points to it while saying “Aaaah.” Then
say “Am I Healthy?”
You will have a HEALTHY fate
Sound Off...1,2,3
Sound Off ...4 and 5
Sound Off.... Strive for Five!

Baden-Powell on Health & Fitness CUBMASTER'S MINUTE

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

Nature Activities - Study what a certain species eats and how it lives; discuss how eating right relates to health. Harvest healthy food, with permission, at a pick-your-own farm or plant an edible crop.

Campfires - Plan an entire campfire around this theme. Use songs with physical movements. The opening and closing ceremonies could all use health and fitness themes.

Den Trips - Visit a local water treatment facility to see how this vital fluid is made safe for drinking by the population. Visit a farm or other place where healthy food is processed. Visit a sporting event.

Healthy Snacks for Cubs



Cheese & Fruit Kabobs

Ingredients:

- Various fruits in season – berries, grapes, sliced bananas, kiwi fruit chunks, pineapple chunks, melon chunks
- Cheese cut into chunks or cut into small shapes with canapé cutters – jack cheese, cheddar, swiss cheese, or this a great way to introduce kids to some different cheeses
- Yogurt – strawberry, vanilla, or any choice that would fit with fruits and cheese
- Wooden skewers

Directions:

- Prepare fruit ahead of time so it is in small pieces ready for the skewer – (for light fruits such as pears or banana, prevent discoloring by slicing into Fruit Fresh or pineapple juice)
- Cut cheese into slices or chunks
- Put ingredients into individual bowls or containers – Let each boy make his own choice of cheese and fruit for the skewers.
- Have yogurt in bowls to use as a dip.

Physical Fitness Loop and Pin

The requirements listed below are taken from the Cub Scout Academics and Sports Program Guide (34299) 2009 Printing. Requirements were revised since the previous edition - (34299B - 2006 Revision).

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.

Requirements

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

Belt Loop



Complete these three requirements:

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. 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.
2. Set up a four-step exercise program. Chart your progress for five days a week for two weeks.
3. Explain the reason for warming up and cooling down before and after each exercise session.
4. Visit a local gym and talk to a trainer about exercises and programs for young people.
5. Participate in some aerobic exercises at least three times a week for four weeks.
6. 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.
7. Swim for a total of an hour, charting your time as you go.
8. Participate for at least three months in an organized team sport or organized athletic activity.

Additional Resources:

http://kidshealth.org/kid/stay_healthy/food/pyramid.html explains the new "food plate" diagram that replaced the food pyramid.

For worksheets to help with earning these awards go to

<http://usscouts.org/advance/cubscout/sports/fitness.asp>

Health and Fitness: Being personally committed to keeping our minds and bodies clean and fit.

"I've missed more than 9,000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed." -Michael Jordan

Michael Jordan was a star player for the NBA's Chicago Bulls for many years and is often considered the greatest basketball player in the league's history

One of the most well-known stories about Michael Jordan is that he was cut from the varsity team as a sophomore in high school. However, Jordan excelled on Laney High School's junior varsity team, averaging 25 points per game. Before his junior year began, Jordan grew from 5 feet 11 inches to 6 feet 3 inches and was chosen for the McDonald's All-American Team as a senior.

Michael Jordan earned a scholarship to the University of North Carolina and hit the game-winning shot in the NCAA championship as a freshman. "The Sporting News" named Jordan college player of the year during his sophomore and junior years. Jordan helped the Chicago Bulls win six NBA championships from 1991 to 1993 and 1996 to 1998. Jordan was named rookie of the year in his first season and earned three all-star game MVP awards, five regular season MVP awards and six NBA Finals MVP awards. Jordan retired in 1993 and 1999, but came back to the NBA both times, first to the Bulls and then, in 1999, to the Washington Wizards. Jordan finally retired permanently in 2001.

Read more:

<http://www.livestrong.com/article/344300-short-biography-of-michael-jordan/#ixzz1pOGiz4tP>

The core value of Health and Fitness is duplicated in the Scout Law in that a Scout is "Clean" and the Cub Scout Academics and Sports Program is the facilitator (along with the Health and Fitness Activity badge and a number of Webelos Badges) to accomplish this Core Value, as well as addressing the third aim of Scouting: the development of physical, mental and emotional fitness. Fitness includes the body (well-tuned and healthy), the mind (able to think and solve problems), and the emotions (self-control, courage, and self-respect).

With springtime here, combine fun and fitness. Doing outdoor activities with healthy snacks is an easy way to foster Health and Fitness.

Cub Scout Outdoor Activity Award.



Webelos Scouts must attend Cub Scout day camp or Webelos Scout resident camp (See below), earn the Outdoorsman Activity Badge (Webelos Handbook) and complete six of the outdoor activities listed below.

Outdoor Activities With your den, pack, or family:

9. Participate in a nature hike in your local area. This can be on an organized, marked trail, or just a hike to observe nature in your area.
10. Participate in an outdoor activity such as a picnic or park fun day.
11. Explain the buddy system and tell what to do if lost. Explain the importance of cooperation.

12. Attend a pack overnighter. Be responsible by being prepared for the event.
13. Complete an outdoor service project in your community.
14. Complete a nature/conservation project in your area. This project should involve improving, beautifying, or supporting natural habitats. Discuss how this project helped you to respect nature.
15. Earn the Summertime Pack Award.
16. Participate in a nature observation activity. Describe or illustrate and display your observations at a den or pack meeting.
17. Participate in an outdoor aquatic activity. This can be an organized swim meet or just a den or pack swim.
18. Participate in an outdoor campfire program. Perform in a skit, sing a song, or take part in a ceremony.
19. Participate in an outdoor sporting event.
20. Participate in an outdoor Scout's Own or other worship service.
21. Explore a local city, county, state, or national park. Discuss with your den how a good citizen obeys the park rules.

The award requirements are detailed in the Cub Scout Outdoor Activity Award brochure, No. 13-228.

Fitness Song

Catalina Council

(Tune: On Wisconsin)

Hurry Cub Scouts, build your muscles,
Get in shape for play.
When we feel our very best,
We'll do our best each day.
Keep on running keep on jumping.
Trying to improve
When we've grown little older
We'll still be on the move

Hula Hoops Ideas

Alice, Golden Empire Council

Use Hula Hoops to practice fitness and fun
There is a book and DVD called 101 Hula Hoop Fitness Games for Kids. But you can also find games in this Baloo – and don't forget the imagination – create your own routines!

Organize a Hula Hoop contest in your pack or your school. Share the information about World Hoop Day and how hula hoops are used to encourage exercise.

Have a Hula Hoop Game day – use these wonderful hoops to play a whole host of games.

Play “Just Passing Through” with two Hula Hoops – See Gathering Activities.

Challenge the boys to come up with as many ways to use a hula hoop as they can – share their ideas at the pack meeting.

Challenge each family or den to come up with a costume using Hula Hoops

Celebrate World Hoop Day (a little early), or plan now to celebrate on Oct. 10, 2010 – find out more about how hoops are being used to provide fun, exercise and positive interactions to those living in extreme poverty and devastation.

The player with the most points wins!

Musical Hoops

Alice, Golden Empire Council

Materials: CD player, music, index cards with exercises on them, and a pair of dice.

Scatter hoops around gym with index fitness cards inside hoops. Students move freely from one hoop to another. When music stops, each student goes to a hoop and reads the fitness card. One student is selected to roll the dice. Whatever the math problem comes up on the dice students will perform the activity listed on the fitness card. If there are two sixes rolled for example: $6+6=12$, students will perform twelve of that particular activity. Some examples of fitness cards include: jumping jacks, crunches, mountain climbers, sit ups, push-ups, running in place, skipping in place, and free choice.

Choose the activities from the boy's manual depending on their rank and age. Make sure the math portion doesn't become a problem for any of the boys – everyone can guess the answer, or an adult can help decide on math answers. This game teaches coordination, agility and following directions.

Building a Healthy Attitude

Catalina Council

Have seven boys come on stage carrying various kinds of muscle building equipment. They use the equipment and in turn speak these lines:

Cub #1: To keep your body strong and healthy is more valuable than being wealthy.

Cub #2: When you are fit, you feel good and try to do the things you should.

Cub #3: It helps to lend a helping hand to needy folks around our land.

Cub #4: Eating the right foods is always wise, and we all need some exercise.

Cub #5: Stand on tiptoes, one, two, three, touch your toes and 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. This is where it all begins.

Keeping Fit Cubmaster's Minute

Grand Teton 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!



Backyard Fun Ideas

The Ants Skit

The MacScouter's Big Book of Skits

Characters: 6 to 8 Cub Scouts

Props: Paper sacks

Setting: Skit opens with boys standing together in a backyard. Cardboard cutout trees and bushes could be used.

1st Cub: Gee, there's nothing to do.

2nd Cub: Yeah, I know.

3rd Cub: Hey, let's have a backyard picnic.

All: Yeah!

4th Cub: But it's going to rain.

1st Cub: I don't think so. If it does, we can eat in the house.

2nd Cub: I'll bring the potato chips.

3rd Cub: I'll bring the hot dogs.

4th Cub: I'll bring the hot dog buns.

5th Cub: I'll bring the drinks.

6th Cub: And I'll bring something special!

(All walk offstage and come back carrying sacks)

2nd Cub: Here are the chips.

3rd Cub: Here are the hot dogs.

4th Cub: Here are the hot dog buns.

5th Cub: Here are the drinks.

6th Cub: (Drops his sack) Oh, no!

5th Cub: What's wrong?

6th Cub: I brought the ants!!

Cub Cookout Skit

The MacScouter's Big Book of Skits

Characters: Several Cubs around fake campfire pretending to cook hot dogs on sticks. Two Cubs dressed as mosquitos--antennae, wings etc.

Setting: Boys around fire keep slapping as if they are being attacked by mosquitos throughout the skit. As the scene opens, the two mosquitos enter the stage and continue walking randomly around the boys as they deliver their lines.

Mosquito #1: Hey, I got a good one! Which sport do we mosquitos like best?

Mosquito #2: Easy! Skin diving. Say, did you hear what the Cub Scout said to the mosquito.

Mosquito #1: No, what?

Mosquito #2: Don't bug me!

Mosquito #1: Are you related to any of the bugs around here?

Mosquito #2: Sure. My ant.

Mosquito #1: Did you hear what the mother grasshopper said to her children?

Mosquito #2: No -- tell me.

Mosquito #1: Hop to it!

Cub #1: These mosquitos are awful! Lucky I brought the insect repellent. (Pretends to spray air.) (Mosquitos exit quickly -- choking and gagging.)

Cub #2: (To cub #1) Say, what has 18 feet, red eyes, and long claws.

Cub #1: I don't know.

Cub #2: Neither do I, but it's crawling up your neck.

(All boys run screaming from stage.)

The Outing Skit

Istrouma Area Council 1995 Pow Wow Book

Setting: Den Chief is narrator. He is taking the boys on a nature hike. As the narration is read, the boys pantomime (suggested movements below). The Cub Scouts real names may be substituted for those shown below. If desired, scenery may be used, such as trees, shrubs, etc. Curtain opens with boys lined behind Den Chief, ready to take hike.

Den Chief:

I'll take you on a nature hike
You boys in Gold and Blue
You'll know what hiking's all about
Before this day's through.

Boys:

(Sing Chorus to tune of the Kool Aid Song)
Cubbing, Cubbing...It's great
We love Cubbing...can't wait.

Den Chief:

Whose magnifying glass is this?
You should have held it higher!
You see, the rays came from the sun
And set poor Tom on fire!

(Den Chief holds up an imaginary magnifying glass while Tom grabs the seat of his pants and dances around.)

Boys: Chorus

Den Chief:

But never fear, Salt Creek's nearby
First aid is what we're learning
Oh boys, you threw the wrong guy in,
It's Tommy here who's burning.

(Another boy shakes himself off and frowns)

Boys: Chorus

Den Chief:

Please don't wade out into the green
You'll drown and I'll not know,
Besides a snapping turtle there

Just bit off Bill's big toe.

(Bill hops around holding his foot)

Boys: Chorus

Den Chief:

Please, Steve, don't hang there by your knees
You're apt to come to harm,
CRASH. What's that you're trying to say
You think you've broken your arm?

(Steve holds his arm and pantomimes pain)

Boys: Chorus

Den Chief:

I know you're from the city, Rick
And I'm not one who gripes,
But black cats from these woods of ours
Just don't come with white stripes!

(Rick holds up an imaginary skunk, while other boys hold their noses)

Boys: Chorus

Den Chief:

Your foot's caught in a gopher hole,
Is that your trouble, Gary?
Well, don't go away. I'll be right back
A snake has bitten Larry.

(both boys pantomime their predicaments)

Boys: Chorus

Den Chief:

Alright now, Bill, where's the treats?
We all could use a snack.
But a hole tore in your paper bag
About a half mile back?

(Bill holds up imaginary bag and looks sheepish)

Boys: Chorus

Den Chief:

OK boys, hit the trail for home.
I hate to be a pill

But this ain't a dance I'm doing,
I just sat on an ant hill.

(Den Chief squirms and wiggles around scratching himself)

The Picnic Skit

Indian Nations Council 1994 Pow Wow Book

Characters: Mom, Dad, two Uncles and Billy.
(Someone should introduce characters.)

Costumes: Everyone is in summer wear and ready for a picnic.

Props: Picnic basket, blanket spread out on ground, plates, cups, etc. and Billy with a ball.

Scene: Mom, Dad and the two Uncles are sitting around the blanket and Billy with a ball.

Billy: Mom, When do we eat?

Mom: As soon as your aunts arrive, Billy.

Dad: This is a great day for a picnic.

1st Uncle: The weatherman said we're going to have sunshine all day and the weatherman is always right! (sound effect of thunder)

2nd Uncle: Almost always right!

Billy: Mom, when are going to eat?

Mom: As soon as your aunts arrive, Billy!

Dad: Anyone here want to go to the Tiger baseball game with me next Saturday?

2nd Uncle: I will, we should have a roaring good time!

1st Uncle: You ain't just ly-in (lion)! That would be a Paw-fect day.

Billy: Mom, when are we going to eat?

Mom: As soon as your aunts arrive, Billy. (Billy leaves with disgust, but comes back quickly with some "ants". A large ant made from cardboard on a string and put it in front of his mothers face. Mom screams.)

Dad: What's the meaning of this, Billy!

Billy: I'm hungry!! Mom said we'll eat as soon as my aunts are here!

Backyard Fun Advancement Ceremony

MacScouter –Scouting Ceremonies-Multiple Rank Advancement Ceremonies part 2

STAGING: Cardboard trees and bushes in background. Several boys and adults dressed in casual clothes (Ex: play clothes, swim suits with towels, barbecue apron and tools, etc.) mill around stand then walk off.

CUBMASTER: Did you see all those people in my backyard?

ASST CM: Yes, I wonder what they were doing?

CUBMASTER: I don't know who they were, but I know they were swimming, playing, cooking, resting, and, above all having fun.

ASST CM: Wow I didn't know you could do all that in your backyard.

CUBMASTER: Backyard Fun - two words that generally mean enjoying your surroundings; however, they become different things to different people.

ASST CM: A young Bobcat starting his Cub Scouting adventure may be like a young seed just starting to grow. His backyard may be just the property surrounding his house.

CUBMASTER: His fun may be a swing set, a family barbecue or playing catch with Dad. We have several Cub Scouts that have earned the Bobcat rank.

ASST CM: Will the following boys and their parents please join us in the backyard. (Reads names)

CUBMASTER: These Cubs, like a plant seed, have just started. Parents, I give you the Bobcat Badge to present to your sons.

A young Wolf has gone beyond the bobcat, like the seedling becoming a tree. His backyard extends into the neighborhood.

ASST CM: His fun could be bicycle riding, soccer games, or visiting friends. We have several Cub Scouts tonight that have earned the Wolf Badge, the second rank in Cub Scouting. Will the following boys and their parents come into the backyard. (Read Wolf names)

CUBMASTER: A Wolf Cub has accomplished more than the Bobcat. His experiences, skills, and knowledge have begun to extend beyond his home. Parents, please present these Wolf Badges to your sons.

ASST CM: The Bear Scout, the third rank of Cub Scouting, has continued up the Scouting trail beyond the Wolf. He has become strong and straight as a young tree, not fully grown yet, but on his way. His backyard extends beyond his neighborhood into the town and country.

CUBMASTER: His fun could be fishing in a creek, a walk through town, or visit to local park or zoo. We have several Cub Scouts that have met the challenges of the Bear and will receive their awards tonight.

ASST CM: Will the following Cub Scouts and parents join us. (Read names)

CUBMASTER: The Bear Scout has matured and endured the challenges of the Cub Scout trail. His experiences and knowledge are nearly complete. His backyard is beyond his neighborhood. Parents please present these badges to your sons.

ASST CM: The Webelos Scout is coming to the end of the Cub Scout Trail. He is a fully grown tree in the Cub Scout forest. He stands straight and tall.

CUBMASTER: His backyard extends up and down the highways. His fun may include boating on a lake, hiking in the woods, and camping overnight. We have several Cub Scouts here tonight that have met the Webelos challenges.

ASST CM: Will the following boys and their parents join us in our backyard.

CUBMASTER: The Webelos Scouts have almost completed the Cub Scout trail. They are knowledgeable, skillful, and confident. His backyard is almost limitless. Parents please present these badges to your sons.

Opening

Roundtable Resource Guide

Similar to sporting events where each country's team walks in an opening ceremony, have each den carry their den flag and march in like in a parade. The first den in the parade should carry the colors. Once every group has made it around the designated path, the den assigned with presentation of the flag should proceed.

CUBMASTER: Den ____, thank you for leading our athletes and presenting our flags.

Recognition Ceremony

Roundtable Resource Guide

Attach ribbons to the rank card to hang around the neck like athletic gold, silver, and bronze medals.

The rank patches can be attached to the rank cards with a staple.

CUBMASTER: Some of our Scouts have shown their Cub Scout health and fitness by earning their rank advancements. *(The Cubmaster calls up those who have advanced, along with their families.)*

Our Bobcat advancement signifies that (Scout's name) has shown his enthusiasm to experience the outdoors, has learned about Cub Scouting, and is ready for the next adventure. *(The Cubmaster awards the Bobcat badge to Scouts and their family.)*

The Tiger Cub badge is awarded to Scouts who have learned more about their family, their world, and their fellow Scouts, and how to stay safe indoors and outdoors. *(The Cubmaster awards the Tiger Cub badge to Scouts and their family.)*

Our Wolf badge is awarded to Scouts who have explored the outdoors and have shown they can take care of themselves and keep safe while exploring the world in their own backyard and beyond.

(The Cubmaster awards the Wolf badge to Scouts and their family.)

The Bear badge is awarded to those Scouts who have ventured beyond their own backyard and shown

themselves fit to explore the world around them, understanding their responsibility to keep themselves and others safe and healthy. (*The Cubmaster awards the Bear badge to Scouts and their family.*)

The Webelos badge is awarded to Scouts who are fit and healthy and able to take care of themselves in most circumstances. They have also demonstrated their ability to take care of others. (*The Cubmaster awards the Webelos badge to Scouts and their family.*)

Cheer

Roundtable Resource Guide

The Cubmaster leads a cheer for all the participants. When he or she calls, “Win, lose, or draw,” the audience answers, “Do your best.” When the Cubmaster calls, “We all win when we,” the audience answers, “Do our best!”

Cubmaster’s Minute

Roundtable Resource Guide

Being healthy and fit is part of the Cub Scout core values. We do our best to make sure we stay as strong and healthy as we can. We do our best every day in every way to realize the beauty of the outdoors and enjoy it, knowing that we are a part of our world and are important to the future of the world. You are our future, Scouts—we trust in you!

Closing Ceremony

Roundtable Resource Guide

A preassigned den performs the following skit.

CUB SCOUT 1: I like playing tag. It is fun to run and play. Tag is a great way to exercise, and have fun along the way.

CUB SCOUT 2: I like playing ball. It is fun to run and throw. Playing ball is a great way to get fit; it really is, don’t you know.

CUB SCOUT 3: I like playing flying disc golf. It is fun to play with my dog or with a friend. This is a type of exercise that I never want to end.

CUB SCOUT 4: I like swinging on a swing. I feel like I can touch a cloud. I love this type of exercise, but my mom loves it because I am not loud.

CUB SCOUT 5: I like relay races. I play them with my den. I get to get fit at Cub Scouts from now until I am 10.

CUB SCOUT 6: Playing in the backyard by myself or with a friend is a great way to enjoy myself and get healthier and make it easier for me to bend.

CUB SCOUT 7: Being fit and healthy is an important thing to me. If it helps to play outside, then I say—so let it be.

CUB SCOUT 8: The end.

The preassigned den retires the colors.