



# BALOO'S BUGLE



Volume 21, Number 9

“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)

May 2015 Cub Scout Roundtable

June 2015 Pack and Den Meeting Ideas

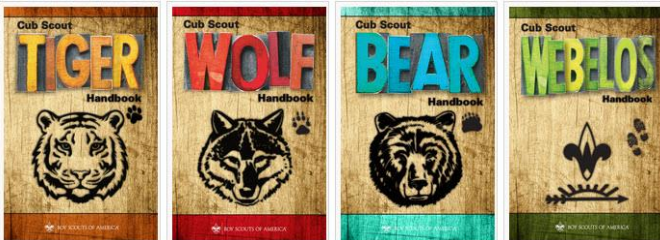
## Thrifty / Go for the Gold

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

### CORE VALUES

Change is the law of life.  
And those who look only to the past or  
present are certain to miss the future.  
*John F Kennedy*

It is finally here –



The NEW Cub Scout Adventure Plan!!!



(This sign available at [ETSY.com](http://ETSY.com))

Good ideas are not adopted automatically. They must be driven into practice with courageous

patience.

Admiral Hyman Rickover

The Cub Scout Core Values re now the  
12 Points of the Scout Law.

The core value highlighted this month is:

**Thrifty:**

✓ A Scout works to pay his own way and to help others. He saves for the future. He protects and conserves natural resources. He carefully uses time and property.

Why **Go for the Gold** for the Core Value **Thrifty**?

✓ “Go for the Gold” will help Scouts learn and experience the perseverance gold miners had long ago as they try to obtain treasures on their pack Go for the Gold Day! They learn to work with limited resources and use what they have wisely.

Why is **THRIFTY** the Scout Law equivalent to **Perseverance**:

✓ The Gold Miners of old had to be pretty **THRIFTY** to **PERSEVERE** through the seasons and hardships of the wilderness and make it in a west with limited resources.

**A SCOUT IS THRIFTY**, that is, he saves every penny he can, and puts it in the bank, so that he may have money to keep himself when out of work, and thus not make himself a burden to others; or that he may have money to give away to others when they need it..

*Robert Smythe baden-Powell*  
*In the 1<sup>st</sup> Edition of Scouting for Boys*

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## Send Your Ideas to Baloo!

With all the new changes to the Cub Scout program, we are looking for ideas to include in Baloo's Bugle. We all know that "many hands make light work". In that spirit, we are asking that each leader who enjoys this publication send us an idea, training tip, den activity, tradition, pack administration help, fun food, game, sparkler, ceremony, skit, stunt, cheer, song, audience participation activities or Cubmaster minute. We will eliminate duplicates, add it to our collection at [www.cubmaster.org](http://www.cubmaster.org) for all to access and publish in the appropriate issue of Baloo's Bugle. Be sure to include where you got the idea so we can include a source credit. Go to <http://usscouts.org/bbugle.asp>, click on "Send Your Ideas to Baloo!", validate that you are a human, select "Cub Scouting" on the next page and send us your idea.

## Benjamin Franklin



### The First American

Benjamin Franklin (1706 - 1790) a Founding Father of the United States and a multitasking individual. Franklin was an author, printer, political theorist, politician, postmaster, scientist, inventor, civic activist, statesman, and diplomat. He facilitated created Philadelphia's fire department and a university.

Franklin earned the title of "*The First American*" for his early and indefatigable campaigning for colonial unity. He spoke in London and France for the colonies. He exemplified the young American nation. Franklin was foundational in defining the American way of life uniting **thrift**, hard work, education, community spirit, self-governing institutions, and opposition to political and religious authoritarianism. He was described by Walter Isaacson, as "the most accomplished American of his age and the most influential person in inventing the type of society America would become."

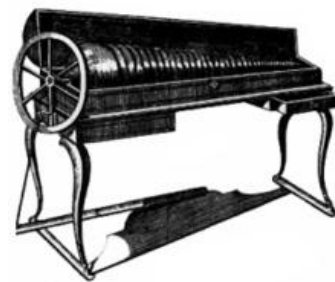
**"Having been poor is no shame, being ashamed of it is."** B. Franklin

Franklin, always proud of his working class roots, became a successful newspaper editor and printer in Philadelphia. He published Poor Richard's Almanack and The Pennsylvania Gazette (*which later became The Saturday Evening Post*).

He played a major role in establishing the University of Pennsylvania and was elected the first president of the American Philosophical Society. Franklin became a national hero in America when he led the effort to repeal the unpopular Stamp Act. An accomplished diplomat, he was the American minister to Paris and was a major figure in the development of positive Franco-American relations. His efforts to secure support for the American Revolution by shipments of crucial munitions proved vital for the American war effort.

His colorful life and legacy of scientific and political achievement, and status as one of America's most influential Founding Fathers, have seen Franklin honored on many money (e.g. \$100 bill); warships; place names (towns; counties); educational institutions; corporations; and, more than two centuries after his death, countless cultural references.

A delegate to the conventions for both the Declaration of Independence and the Constitution and a signer of both, Franklin is considered one of the Founding Fathers of the United States. His pervasive influence in the early history of the nation has led to his being jocularly called "the only President of the United States who was never President of the United States."



### Glass Armonica

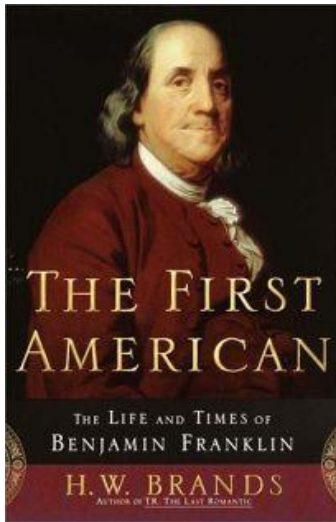
*Spinning glass bowls on a single shaft are arranged to play music with the lower notes (larger bowls) to the left and higher notes (smaller bowls) to the right.*

I could go on for many pages about his life –

- His inventions - the lightning rod, glass armonica, Franklin stove, bifocal glasses and the flexible urinary catheter.
- His demographic and population studies.

- His scientific works – ocean currents, electricity, light waves, meteorology, cooling, temperature, oceanography.
- His love and practice of the arts – playing several musical instruments, playing chess, writing
- His public life – Ambassador to France, Diplomat, establishing philosophical societies, hospitals, colleges, postmaster

But let's leave these for others and look at Franklin and Thrift.



### Franklin lived his life to his Thirteen Virtues

Franklin sought to cultivate his character by a plan of 13 virtues, which he developed early in life and practiced the rest of his life. His 13 virtues as:

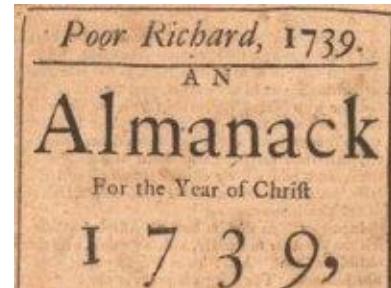
- ✓ **Temperance.** Eat not to dullness; drink not to elevation.
- ✓ **Silence.** Speak not but what may benefit others or yourself; avoid trifling conversation.
- ✓ **Order.** Let all your things have their places; let each part of your business have its time.
- ✓ **Resolution.** Resolve to perform what you ought; perform without fail what you resolve.
- ✓ **Frugality.** Make no expense but to do good to others or yourself; i.e., waste nothing.
- ✓ **Industry.** Lose no time; be always employed in something useful; cut off all unnecessary actions.
- ✓ **Sincerity.** Use no hurtful deceit; think innocently and justly, and, if you speak, speak accordingly.
- ✓ **Justice.** Wrong none by doing injuries, or omitting the benefits that are your duty.
- ✓ **Moderation.** Avoid extremes; forbear resenting injuries so much as you think they deserve.

- ✓ **Cleanliness.** Tolerate no uncleanness in body, clothe, or habitation.
- ✓ **Tranquility.** Be not disturbed at trifles, or at accidents common or unavoidable.
- ✓ **Chastity.** Rarely use venery but for health or offspring, never to dullness, weakness, or the injury of your own or another's peace or reputation.
- ✓ **Humility.** Imitate Jesus and Socrates.

You will see a large dose of **THRIFTY** in these 13 virtues under Resolution, Frugality, and Industry.

Franklin did not try to work on them all at once. Instead, he would work on one and only one each week "leaving all others to their ordinary chance." While Franklin did not live completely by his virtues, and by his own admission he fell short of them many times, he believed the attempt made him a better man contributing greatly to his success and happiness, which is why in his autobiography, he devoted more pages to this plan than to any other single point; in his autobiography Franklin wrote, "I hope, therefore, that some of my descendants may follow the example and reap the benefit." *Just as we do not expect our Scouts to keep the Oath and Law perfectly all the time but to do their best and learn from their m, 1739istakes.*

### Poor Richard's Almanack



### Franklin declared 1739 as The Year of Thrift

#### Famous Franklin Quotes on Thrift -

\$ A penny saved is a penny earned.

**The lesson:** Saving money is the number one key to building wealth and becoming financially successful.

*Note from CD – Some Internet sources say this is a misattribution to Franklin. They say it goes back to the 1600's and this form (these words) originated after Franklin.*

- \$ An investment in knowledge always pays the best interest.  
**The lesson:** Never stop learning. If you have a chance to take a class, or further your education, go for it. Better yet, study things that interest you on your own time.
- \$ Having been poor is no shame, being ashamed of it is.  
**The lesson:** Remembering the crushing weight of debt or poverty might be just the motivation you require to sustain your personal frugality and ensure a better future for yourself and your family.
- \$ He that is of the opinion money will do everything may well be suspected of doing everything for money!  
**The lesson:** You should be in charge of your money; it shouldn't be in charge of you.
- \$ Rather go to bed without dinner than to rise in debt  
**The lesson:** Don't live beyond your means, and get out of debt as quickly as possible

#### Other THIRTY Quotes from Benjamin Franklin

- \$ Haste makes waste  
 \$ Speak little - do much  
 \$ Necessity never made a good bargain  
 \$ If you'd know the value of money,  
 go and borrow some  
 \$ Beware of little expenses:  
 a small leak will sink a great ship  
 \$ If you know how to spend less than you get,  
 you have the philosopher's stone  
 \$ Content makes poor men rich,  
 Discontent makes Rich men poor  
 \$ Avoid dishonest gain:  
 No price can recompense the pangs of vice  
 \$ No gains without pains  
 \$ Light Gains, heavy Purses  
 \$ He that drinks fast, pays slow  
 \$ He that waits upon fortune,  
 is never sure of a dinner  
 \$ Diligence is the mother of good luck  
 \$ Don't judge men's wealth or piety,  
 by their Sunday appearances  
 \$ Work as if you were to live 100 years,  
 Pray as if you were to die tomorrow  
 \$ Lost time is never found again  
 \$ Well done is better than well said  
 \$ If Passion drives,  
 let reason hold the reins  
 \$ Wise men learn by others' harms,  
 fools by their own

#### Cubmaster's Minute Idea –

Talk about Franklin for your minute and start by showing his picture by pulling a \$100 bill out of your pocket!! Bet you get everyone's attention!! I don't have one but I know people who do. Or you could print one side from a .jpg on the Internet.



## COMMISSIONER'S CORNER

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

**“Play the game – don't look on.” –**

**Lord Robert Baden-Powell**

Get involved, Life is not a spectator sport. Don't let your Cubs sit down and rest, keep them going!! They want to go!! (Except for one Cub who told me that he would not go to my Webelos Resident Camp because there is no air conditioning. He only camps in a trailer where he can play video games)

Oh Well. Be sure your Cubs know they can do sports and do Cubs, too. And this summer they can still earn special pins and loops for playing sports!! (At least until your Scout shops runs out of the ones you need!!)

**And the new Cub Scout Adventure program has lots of games and outdoor activities!! Use them!!**

**Have you seen the new books and other materials??**



**If not, WHY NOT??**

## 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	MAY - HEALTH & FITNESS	JUNE: THRIFTY	JULY: BRAVE
ALTERNATE PACK AOL THEME	BACKARD FUN	GO FOR THE GOLD	UNDER THE SEA
MEETING #	LETTERED MEETING OF YOUR CHOICE	LETTERED MEETING OF YOUR CHOICE	
TIGERS	Do your first Adventure!!! The new Adventure Program begins this month!! The theme stays the same.	Do a second Adventure!!! The new Adventure Program is in full swing now!! The theme stays the same.	
WOLVES	Do supplemental meetings (they have letters instead of numbers in the Resource Guide) of your choice.	PERSEVERANCE is paired with THRIFTY for a Core Value. See list in the Bugle of Adventures that have a CHARACTER COMPASS pointing to THRIFTY!!	COURAGE is paired with BRAVE for a Core Value. See the list in the Bugle of Adventures that have a CHARACTER COMPASS pointing to BRAVE!!
BEARS	When choosing SUMMER Activities - Remember Boys want to be outside.	When choosing SUMMER Adventures - Remember Boys want to be outside.	When choosing SUMMER Adventures - Remember Boys want to be outside.
WEBELOS			
ARROW OF LIGHT			
RT MONTH	April 2015	May, 2015	June, 2015
FOCI	Big Rock Ideas - Preventing Leader Burnout, Create your own Interest Topic - Getting Ready for CS Adventures (Use National's posting on www.scouting.org/programadvisors/Topics - Outdoor Cooking - Review the new Adventures - Outdoor Program Using Local Resources	Big Rock Ideas - Leveraging BSA Literature for a Better Program, Parent Engagement, Create a Big Rock, Interest Topic - Getting Ready/Review the Core Adventures for Each Unit.	

## JUNE - ADVENTURES with a CHARACTER COMPASS pointing to THRIFTY:

### TIGER –

- ✓ Backyard Jungle
- ✓ Floats and Boats

### WOLF –

- ✓ Howling at the Moon
- ✓ Code of the Wolf

### BEAR –

- ✓ Fur, Feathers, and Ferns
- ✓ Make It Move

### WEBELOS CORE –

- ✓ Cast Iron Chef

### ARROW OF LIGHT CORE –

- ✓ Building a Better World
- ✓ Camper

### WEBELOS & AOL ELECTIVES –

- ✓ Art Explosion



## JULY - ADVENTURES with a CHARACTER COMPASS pointing to BRAVE:

### TIGER –

- ✓ Games Tigers Play
- ✓ Tigers – Safe & Smart
- ✓ Tiger Theatre

### WOLF –

- ✓ Paws on the Path
- ✓ Hometown Heroes

### BEAR –

- ✓ Paws for Action
- ✓ Salmon Run

### WEBELOS CORE –

- ✓ First Responder
- ✓ Webelos Walkabout

### ARROW OF LIGHT CORE –

- ✓ None

### WEBELOS & AOL ELECTIVES –

- ✓ Build My Own Hero

## PACK MEETING THEMES AND PLANS

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

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

Month	Core Value	Supplemental Theme
• July	Brave**	<a href="#">Under the Sea</a>
• August	Trustworthy**	<a href="#">Play Ball</a>

**\*\* - 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!!!**

**From national's Website for the new plans using the Core Values based on the Scout Law:**

Here are a few thoughts to consider around these new pack meeting plans. First, there is a plan for each month that corresponds with a point of the Scout Law. In addition, each plan has a theme to help make the pack meeting even more fun! The plans do not have to be used in a specific order, but some do have reminders to include activities from the required adventures to help the Scouts earn their rank.

**As a personal note:** *I have read some of the plans and they are excellent and just as complete as the new Den Leader Books. The games, and other stuff are right there. Including costuming ideas for that added PIZAZZ!! If you do not use themes and add PIZAZZ you are not doing your best for your pack. GOOD JOB!!! From CD*

Check them out at:  
<http://www.scouting.org/scoutsorce/CubScouts/Leaders/DenLeaderResources/DenandPackMeetingResourceGuide/PackMeetingPlans.aspx>

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."

## Pack Meeting Themes

2015–2016 Pack Meeting Plans		
September	Clean	<a href="#">"Cubservation"</a>
October	Brave	<a href="#">"Super Cub!"</a>
November	Helpful	<a href="#">"Cubs In Action"</a>
December	Reverent	<a href="#">"Winter Wonderland"</a>
January	Trustworthy	<a href="#">"The Great Race"</a>
February	Friendly	<a href="#">"Friends Near And Far"</a>
March	Thrifty	<a href="#">"Cubstruction"</a>
April	Cheerful	<a href="#">"Strike Up The Band"</a>
May	Kind	<a href="#">"My Animal Friends"</a>
June	Obedient	<a href="#">"It's A Hit"</a>
July	Loyal	<a href="#">"Scout Salute"</a>
August	Courteous	<a href="#">"S'More Cub Scout Fun"</a>

2016–2017 Pack Meeting Plans		
September	Helpful	<a href="#">"To The Rescue"</a>
October	Kind	<a href="#">"Creepy Crawlers"</a>
November	Courteous	<a href="#">"Cubs In Shining Armor"</a>
December	Cheerful	<a href="#">"Celebrate"</a>
January	Obedient	<a href="#">"Cub Scout City Council"</a>
February	Reverent	<a href="#">"Passport To Other Lands"</a>
March	Loyal	<a href="#">"Our National Treasures"</a>
April	Thrifty	<a href="#">"Power Up!"</a>
May	Clean	<a href="#">"A Picnic With Pizzazz"</a>
June	Brave	<a href="#">"Roaming Reptile Alert"</a>
July	Trustworthy	<a href="#">"Let The Games Begin"</a>
August	Friendly	<a href="#">"#CUBSCOUTS"</a>



If you are using a paper copy the link to all the Pack Meeting Plans is:

<http://www.scouting.org/scoutsources/CubScouts/Leaders/DenLeaderResources/DenandPackMeetingResourceGuide/PackMeetingPlans.aspx>

## UPCOMING MONTHS

★ 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:

Month	Year	Theme
<b>Gold Rush!</b>		
September	1954	Gold Rush
September	1966	Cub Scout 49'ers
October	1999	California Gold Rush
June	2015	Go For The Gold
<b>Sports</b>		
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
<b>Thrifty</b>		
Month	Year	Theme
March	2002	Dollars & Sense
October	2014	Dollars and Sense
<b>Conservation</b>		
August	1952	Conservation
April	1955	Cub Scout Foresters
April	1958	Keep America Beautiful
April	1968	Keep America Beautiful
Sept	1971	Conservation
May	1972	Beautiful America
May	1974	Keep America Beautiful
May	1976	SOAR
July	1987	America The Beautiful
April	2001	Save It For Us
April	2004	Cubervation

I included Conservation in Thrifty for several reasons.

**First**, conserving our resources for our Children's Children's Children's (Apologies to the Moody Blues) is definitely being Thrifty

**Second**, this is a summer theme and boys want to be outside. So teach them Thrift through conserving resources and having fun in the outdoors. Sounds like this hits all 5 points of the new Adventures – Participatory Citizenship, Personal Fitness, Character Development, Outdoors, and Life Skills

★ July's Core Value, **Brave**, will use **Under the Sea A Scout is Brave**

A Scout can face danger although he is afraid. He has the courage to stand for what he thinks is right even if others laugh at him or threaten him.

**Why "Under the Sea" for Brave?**

The oceans are the last unexplored frontiers on Earth. It takes courage to venture into undiscovered territory. This month let us take our Cub Scouts under the oceans to explore and do what is right in caring for our last earthly frontier. Based on the theme intent and the write up in the Cub Scout Roundtable Planning Guide – I substituted BRAVE for COURAGE. CD

Month's that have themes that might help you with BRAVE and "Under the Sea " are:

Sea Themes		
Month	Year	Theme
July	1940	Sea Faring
March	1956	Bottom of the Sea
June	1961	Treasure Chest U.S.A.
May	1968	Davey Jones's Locker
April	1974	Sea Adventure
January	1980	Sea Adventures
May	1983	Treasures Beneath the Ocean
March	1991	Sea Adventures
March	1995	Sea Adventures
July	1998	See What You Can Sea
July	2000	From Sea to Shinning Sea

Connecting  
HEALTH & FITNESS  
with Outdoor Activities

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

This section of the B.A.L.O.O. syllabus has been completely rewritten and the detailed suggestions for ways to line up the Core Values (now the 12 points of the Scout Law) to activities is gone.. There is general information about Purposes of Cub Scouting. Check it out!!



## 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>

### June:

- Aquarium Month
- African-American Music Appreciation Month
- Candy Month
- Caribbean-American Heritage Month
- Child Vision Awareness Month
- Children's Awareness Month



Get the recipe at - [http://kitchen-parade-](http://kitchen-parade-veggieventure.blogspot.com/2012/07/corn-cucumber-salad-with-fresh-blueberries.html)

[veggieventure.blogspot.com/2012/07/corn-cucumber-salad-with-fresh-blueberries.html](http://kitchen-parade-veggieventure.blogspot.com/2012/07/corn-cucumber-salad-with-fresh-blueberries.html)

- Corn and Cucumber Month
- Country Cooking Month
- Dairy Month
- Fight the Filthy Fly Month
- Great Outdoors Month
- International Childhood Cancer Awareness Month



**PAPA DOO RUN RUN**  
America's Music - California's Band  
[www.papadoo.com](http://www.papadoo.com)

Check them out at - <http://www.papadoo.com/>

My friend Bo is the drummer. He is the one in the blue shirt on the right side. He was a Life Scout in Troop 227 with me in Bergen County, NJ!!!

- International Surf Music Month

- National Accordion Awareness Month
- National Adopt a Cat Month
- National Candy Month
- National Fruit and Veggies Month
- National Ice Tea Month
- National Fresh Fruit and Vegetables Month



*The shape reminds us to be Cheerful and smile!!*

- **National Smile Month**
- National Soul Food Month
- **National Camping Month**
- **Rose Month**
- **Turkey Lovers Month**

#### Weekly Events:

- **Pet Appreciation Week, 7-13**
- **Fishing Week: 1-8**
- **International Clothesline Week: 6-13**
- **End Mountain Top Removal Week: 7-13**
- **National Sun Safety Week: 1-8**
- **Rip Current Awareness Week: 7-13**



- **Superman Days: 11-14**
- **Great American Brass Band Week: 4-7**
- **Men's Health Week, 15-21**
- **National Flag Week: 14-20**
- **Nursing Assistants Week: 11-18**
- **Duct Tape Days: 19-21**
- **Old Time Fiddlers Week: 22-27**
- **Lightning Safety Awareness Week, 21-27**
- **Watermelon Seed Spitting Week: 25-28**
- **Water Ski Days: 27-28**

#### Daily:

- 1 [Dare Day](#)
- 1 [Flip a Coin Day](#)
- 2 [National Bubba Day](#)
- 2 [National Rocky Road Day](#)
- 3 [Repeat Day \(I said "Repeat Day"\)](#)
- 4 [Applesauce Cake Day](#)
- 4 [Hug Your Cat Day](#)
- 4 [Old Maid's Day](#)
- 5 [National Doughnut Day](#)
- 5 [World Environment Day](#)
- 6 [National Gardening Exercise Day](#)- Get out and exercise with your plants.
- 6 [National Yo-Yo Day](#)
- 6 [National Trails Day](#)
- 7 [National Chocolate Ice Cream Day](#)
- 8 [Best Friends Day](#)
- 8 [Name Your Poison Day](#)

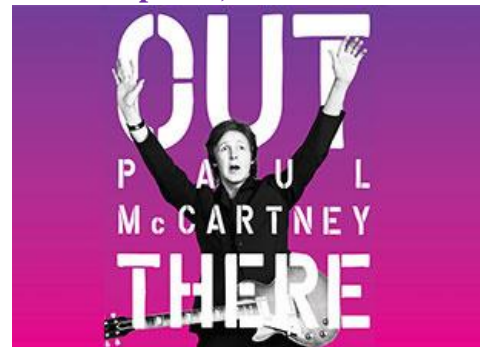


**Donald turns 80 on June 9th this year!!!**

- 9 [Donald Duck Day](#)
- 10 [Iced Tea Day](#)
- 11 [National Corn on the Cob Day](#)
- 12 [Red Rose Day](#)
- 13 [Sewing Machine Day](#)



- 14 **[Flag Day](#)**
- 15 [Smile Power Day](#)
- 16 [Fresh Veggies Day](#)
- 17 [Eat Your Vegetables Day](#)
- 18 [Go Fishing Day](#)
- 18 [National Splurge Day](#) - Oh yeah!!
- 19 [World Sauntering Day](#)
- 20 [World Juggler's Day](#) -
- 20 [Ice Cream Soda Day](#)
- 20 [National Hollerin' Contest Day](#)
- 21 [Father's Day \(And Paul McCartney concert in Philadelphia!!\)](#)



- 21 [Finally Summer Day](#)- Summer Solstice
- 21 [Go Skate Day](#)
- 22 [National Chocolate Éclair Day](#)
- 23 [National Columnists Day](#)
- 23 [National Pink Day](#)
- 24 [Swim a Lap Day](#)
- 25 [Log Cabin Day](#)
- 25 [National Catfish Day](#)

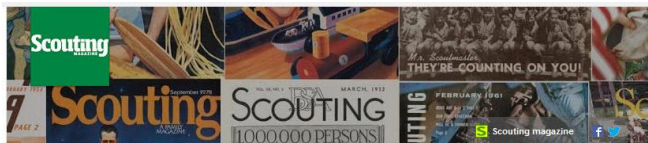
- 26 [Beautician's Day](#)
- 26 [Forgiveness Day](#)
- 26 [Take Your Dog to Work Day](#)
- 27 [Sun Glasses Day](#)
- 28 [Paul Bunyan Day](#)
- 29 [Camera Day](#)
- 29 [Hug Holiday](#)
- 29 [Waffle Iron Day](#)
- 30 [Meteor Day](#)

## 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



May 2015 -

The New Cub Scouting Materials and How to Use Them

If you're a regular CubCast listener, as you should be, you know we've had quite a few episodes about getting ready for the new Cub Scouting program. In those shows, we mentioned the materials that were created for the new program and now we've invited Cub Scout online training task force member Nancy Farrell to have an in-depth discussion with us about those materials and how they'll make your life as a Cub Scout leader so much easier.

Listen Hear -

[http://www.scouting.org/filestore/scoutcast/cubcast/201505\\_1/CC\\_New\\_CSA\\_Materials\\_May.mp3](http://www.scouting.org/filestore/scoutcast/cubcast/201505_1/CC_New_CSA_Materials_May.mp3)



## SCOUTCAST



May 2015 -

How the New Cub Scouting Program Affects Your Troop

With the new Cub Scouting program, Webelos are going to be a whole lot better prepared than they used to be to join your troop. What do you, as a Scout leader, need to do to get ready? Join ScoutCast hosts Lee Shaw and Bryan on Scouting blogger Bryan Wendell as they discuss all the details with Dennis Kampa, author of the BALOO Training Guide and Cub Scout Adventures task force member. His answer may

**surprise you.**

Listen Hear -

[http://www.scouting.org/filestore/scoutcast/resources/201505\\_1/SC\\_May\\_How\\_New\\_CS\\_Adv\\_Effect\\_Your\\_Troop.mp3](http://www.scouting.org/filestore/scoutcast/resources/201505_1/SC_May_How_New_CS_Adv_Effect_Your_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

April 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.

### **Rocks, Rockets, Rhythm? 1958 flier tells of new Exploring program**

April 30, 2015 // [7 Comments](#)



In January 1959, the Boy Scouts of America replaced its Explorer program with the Exploring program. This was more than just a suffix change, though. \_

### **Boys' Life Facebook post about 20-person, 10-room tent goes viral**

April 29, 2015 // [13 Comments](#)



A Boys' Life Facebook post about a 20-person, 10-room tent has gone viral. More than 45 million people have seen the post and counting. \_

### **2015 March-April 'Where Am I?' winner, location revealed**

April 29, 2015 // [3 Comments](#)

Did you cast a vote in the 2015 March-April "Where Am I?" contest? See if you were selected as the lucky winner, and check out the newest geography contest. \_

### **Scouts' a cappella version of national anthem is the best version ever**

April 29, 2015 // [19 Comments](#)

Over the weekend, three Scouts from Westport, Conn., Troop 100 performed an a cappella version of the national anthem at an Eagle Scout court of honor. \_

### **12 other uses for merit badge pamphlets**

April 28, 2015 // [69 Comments](#)

Crack open some merit badge pamphlets and you'll find books that offer an excellent overview on everything from American Business to Woodwork. \_

### **Eagle Scout helps rescue fellow climbers after Everest avalanche**

April 27, 2015 // [8 Comments](#)



Eagle Scout climber Matt Moniz was at an Everest base camp when a 7.8 magnitude earthquake hit Nepal, causing an avalanche on the world's tallest mountain. \_

### [Chope Phillips, son of Philmont benefactor, dies at 97](#)

April 27, 2015 // [6 Comments](#)



Elliott Waite "Chope" Phillips, Silver Buffalo Award recipient and son of Philmont donor Waite Phillips, died April 26 at his home in Amarillo. He was 97. \_

### ['Lizard Bites,' new travel book written by a Distinguished Eagle Scout, might save your life](#)

April 27, 2015 // [0 Comments](#)



Michael J. Manyak, a Distinguished Eagle Scout and expert in preventing and treating travel emergencies, shares those lessons in "Lizard Bites," a new book. \_

### [Top 5 merit badges for Scouts getting the Apple Watch](#)

April 24, 2015 // [13 Comments](#)

The Apple Watch isn't cheap. But a Scout who plans to save up can use his new gadget to earn these Top 5 merit badges for Scouts getting the Apple Watch. \_

### [2015 Guide to Advancement out now; here are 13 of the biggest changes](#)

April 23, 2015 // [189 Comments](#)



The 2015 Guide to Advancement, your official source for administering advancement in all Boy Scouts of America programs, is now available. \_

### [Summit Bechtel Reserve is seeking photos of you as a Scout](#)

April 23, 2015 // [10 Comments](#)

The Summit Bechtel Reserve is seeking portraits of Scouts to be a part of a new exhibit at the Scott Visitor Center. \_

### [BSA discourages unit-owned credit cards, debit cards](#)

April 23, 2015 // [136 Comments](#)

The BSA discourages the use of unit-owned credit cards and debit cards. Event registration should be paid by a volunteer and properly reimbursed. \_

### [Summit Bechtel Reserve bikes aren't included in Trek recall; are yours?](#)

April 22, 2015 // [0 Comments](#)

The bike maker Trek has recalled almost 1 million bicycles. But those Trek bikes used at the Summit Bechtel Reserve are not included in the Trek recall. \_

### [Troop turns trailer theft into opportunity to give back](#)

April 22, 2015 // [24 Comments](#)

Troop 444 of Littleton, Colo., received more than \$30,000 in donations after their troop trailer was stolen. They're sharing their good fortune with others in need. \_

### [After Wood Badge, get ready for your next great Challenge](#)

April 22, 2015 // [9 Comments](#)



The Philmont Leadership Challenge and Summit Leadership Challenge apply the skills acquired in Wood Badge to an outdoor experiential learning environment. \_

**[SCOUTStrong Healthy Unit Award gets updated](#)**April 21, 2015 // [11 Comments](#)

Does your unit prioritize snacking smart, drinking right and moving more at meetings? Prove it with the updated SCOUTStrong Healthy Unit Award patch. \_

**[Let's stop the practice of having Scouts sing for a lost item](#)**April 21, 2015 // [275 Comments](#)

Forcing a Scout into singing for a lost item is bullying, and bullying is prohibited in Scouting. Read this important Youth Protection reminder. \_

**[Things Guys Should Know, Vol. 4: How to skip rocks](#)**April 20, 2015 // [12 Comments](#)

Knowing how to skip rocks won't save your life — unless a bridge-dwelling troll agrees to let you live if you can do it — but it could save you from boredom. \_

**[Top 5 merit badges for Scouts who love the Earth](#)**April 17, 2015 // [12 Comments](#)

Know a Scout who's a big fan of our planet? Have him prove it by earning one (or all) of these top 5 merit badges for Scouts who love the Earth. \_

**[Value of volunteer time rises to \\$23.07 an hour](#)**April 16, 2015 // [10 Comments](#)

Independent Sector, a nonprofit network dedicated to supporting other nonprofits, recently updated its national value of volunteer time estimate. \_

**[In Dubai, friendships form between American Cub Scouts and British Scouts](#)**April 16, 2015 // [7 Comments](#)

Cub Scout Pack 813, based in Dubai, United Arab Emirates, has 115 registered boys and a clear mission: build friendships with Scouts from other countries. \_

**[STEM Scouts pilot expanding to 12 more councils](#)**April 15, 2015 // [73 Comments](#)

The BSA's National Executive Board approved a plan to expand STEM Scouts, a new program of the Boy Scouts of America, to 12 additional councils. \_

**[Get pack meeting plans for 2015-2016 and 2016-2017](#)**April 15, 2015 // [12 Comments](#)

Pack meeting plans for the 2015-2016 and 2016-2017 Cub Scouting years make planning incredible monthly pack meetings easier, more rewarding and more fun. \_

**[Eagle Scouts make great firefighters](#)**April 14, 2015 // [5 Comments](#)

If you're a firefighter and Eagle Scout, join the NESAFirefighters Affinity Group. You'll network, learn new things and get a special helmet decal. \_

**[At the Summit Bechtel Reserve, even the signs are cool \(and award-winning\)](#)**April 13, 2015 // [23 Comments](#)

Summit Bechtel Reserve signs were named Best Sign Systems of 2015 by the appropriately named industry magazine called Signs of the Times. \_

**[STEM in a Box, a brilliantly simple approach to facilitating Nova Awards](#)**April 13, 2015 // [15 Comments](#)



The concept of STEM in a Box is simple: Everything you need to help Scouts earn a Nova Award fits into one big plastic tub. \_

### **Top 5 merit badges for the aspiring astronaut**

April 10, 2015 // [10 Comments](#)

Tomorrow's astronaut could be today's Scout or Venturer. So check out these Top 5 merit badges for the aspiring astronaut. \_

### **Legally blind Scout proves there's a place for everyone at summer camp**

April 10, 2015 // [13 Comments](#)



To learn how one week spent at Scout summer camp can change a life, look no further than the story of Dylan, who is legally blind and has mild autism. \_

### **Things Guys Should Know, Vol. 3: How to go to the bathroom outside**

April 9, 2015 // [30 Comments](#)



Knowing how to go to the bathroom outside — you know, when no \*actual\* bathroom is nearby — is an important guy skill. \_

### **Cub Scout awards getting updated to match new Cub Scout program**

April 9, 2015 // [4 Comments](#)



The updates affect the National Den Award, National Summertime Pack Award, Cub Scout World Conservation Award and Cub Scout Outdoor Activity Award. \_

### **Body-sliding poses risk of paralysis in teens, adults**

April 9, 2015 // [25 Comments](#)



It might sound fun, but "body-sliding" — diving onto and sliding across a wet sheet of plastic on the ground — is dangerous for teens and adults. \_

### **BSA acquires Scoutbook, the awesome web app**

April 8, 2015 // [104 Comments](#)



BSA has acquired Scoutbook, the web app that makes tracking advancement easier — so you can get back to enjoying those life-changing Scouting experiences. \_

### **NESA is sending an Eagle Scout to the Galápagos for research — will it be you?**

April 8, 2015 // [3 Comments](#)



The National Eagle Scout Association is looking for its 2015 Eagle Scout Biologist for a once-in-a-lifetime research trip to the Galápagos Islands. \_

### **No, Venturing isn't stealing members from your Boy Scout troop**

April 7, 2015 // [47 Comments](#)

In the April 2015 ScoutCast, learn how Venturing can help (not hurt) the success of your Boy Scout troop. \_

### **'No one-on-one contact' applies to digital contact, too**

April 6, 2015 // [155 Comments](#)



The Boy Scouts of America's "no one-on-one contact" rule applies to electronic communications



like texting, email, Facebook and Twitter. Here's how. \_

### [Here's how Cub Scouts will earn Nova Awards under the new program](#)

April 3, 2015 // [28 Comments](#)



How will Cub Scouts earn Nova Awards once the Academics and Sports belt loops go away? Here's the answer from Richard Stone of the STEM/Nova Committee. \_

### [Is your Scout a Complete Angler? Are you a Certified Angling Instructor?](#)

April 3, 2015 // [13 Comments](#)



BSA Complete Angler Recognition honors Boy Scouts who earn all three fishing-related merit badges: Fishing, Fly-Fishing and Fish and Wildlife Management. \_

### [Things Guys Should Know, Vol. 2: How to start a fire without matches](#)

April 2, 2015 // [22 Comments](#)



It's not just a handy skill for competing on "Survivor." Knowing how to start a fire without matches is an essential thing guys should know. \_

### [Meet Edward Abraham, your 2015-2016 National Venturing President](#)

April 2, 2015 // [10 Comments](#)

Edward Abraham, the current Western Region Venturing President is poised to become the top youth leader of Venturing as National Venturing President. \_

### [Merit badge emblems to get supersized](#)

April 1, 2015 // [169 Comments](#)



April Fools! OK, so merit badge emblems aren't increasing in size. Relive the fun in this April Fools' Day post. \_

### 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

### Will your pack attend Camp this summer?

*Bill Smith, the Roundtable Guy*

There are varieties of Cub Scouting Camps: camps for Cubs and camps for Webelos, day camps and resident camps. Some are in a local park and others are at a Scout camp some distance away. Some leaders and their families may even be camping at Philmont Training Center! Facilities, like shelters, lodges, storage huts and waterfront, differ greatly from camp to camp. No matter what your camp is like, the camps and the staff that run them must conform to BSA standards. I fervently hope that you and the boys in your pack will be attending one of them.

I'm sure that your council has provided you a list of what to expect and especially what to bring with you to camp.

It's important to have the right number of adult help with you and wear suitable clothing and be equipped with enough rain gear, sun block, med forms, and drinking water.

### What will you bring back from camp?

Besides almost finished craft projects, dirty clothes, and a few insect bites, I hope that you return home with a bunch of special memories and great plans for what your pack or den will do next year.

Think of your time at camp as a relaxed leader training experience. A lot goes on there that can help and inspire you in the years to come. If you are observant and know what to look for you can learn a lot that will help your den, your pack

and your boys. The staff that runs your camp are experienced well trained Scouters and can serve as valuable role models for you and the other leaders.

### **Let's start with Memories.**

As a help, you might take along a note book and a camera. Make notes, keep a journal, and have boys give their input and observations. Take lots of photos. They could make a great display that will help at fall recruiting.

You should get many opportunities to stand back and observe rather than be the instigator and leader. What did the boys enjoy? Did they participate and have fun? Did they cooperate and do their best or merely go through the motions? Would the good activities you see at camp work at your meetings?

What did the boys learn? What made a particular activity a good learning experience? You will probably notice that your boys respond differently to each activity and you may learn some new things about them.

### **New Activities.**

The boys will engage in some new activities that will probably become favorites of theirs for a while. Make notes about them so you can always pop the good ones into your program when things get dull. (I know, you never have dull programs.)

Games are always popular activities and boys enjoy playing their favorites again and again. Keep those in mind – and in your notes - for later. When things get routine next winter, it may be fun to bring out a game they played at camp. Make sure you have the all rules before you leave and note any equipment you may have to add to your game chest.

**The training provided by at National Camping Schools to the Camp Leaders was revised this year to include sessions on using the new Cub Adventure Program. When your Cubs go to camp, they will be getting a jump start on the new Adventure program for Advancement!!**

Camps usually have regular assemblies for openings, closings or camp fires. These can be a treasure of songs, skits and stunts that may become part of your group's repertoire. If you have trouble leading songs at your pack meetings, try using one of the fun songs the boys know and loved to sing at camp. Learn the tune and get a copy of the words. It might be a good idea to take a portable recorder along so you can bring back a copy. Ask the person who leads the good ones for help.

### **Watch the camp staff.**

How do they manage discipline and control? Try to detect how they use each of these control methods:

- Getting and holding the boys' attention,
- Explaining the rules,
- Well-planned activities,
- Giving individual attention.

You will see a variety of methods. Which ones worked and which ones could you use?

Many camps employ youth leaders: Boy Scouts or Venturers to lead activities. If you camp does, watch how the Cub Scouts respond to them. Would Den Chiefs work out OK in your program? Sometimes the timing is difficult for a Den Chief to

make den meetings, but how about for pack camp outs and other special activities?

### **How does the camp run?**

Camp is a good source of ideas for your pack's camping program. You should get some insight into topics like:

- **Food and food storage** – How do they manage it? Will their methods work for your pack?
- **Safety and medical** – Check with the camp nurse or medical staff for how they prepare and get set up.
- **Sanitation** – How are toilets, hand washing and showers set up and organized?
- **Campfire activities** – Most camp staffs are good at this. Pick their brains for ideas.
- **Emergency Preparedness** – how is the staff prepared for dangerous weather, medical assistance, etc? What are their communication methods?

### **Your gang of adults.**

You will spend considerable time in the company of the adults from your pack. Get to know them, their attitudes, knowledge and skills. You should learn a lot about their appreciation of Scouting and how it helps boys grow.

Look for potential leaders, committee members and special helpers amongst this group. You will rarely get a better chance to get to know some of these people and discover how they might help their sons and their sons' Cub Pack.

### **Make it work for Your Pack.**

Camp is great for boys and mostly they love it but the important value is: how can it help your pack and you as a leader? You are paying your money and your time to attend, so make it worthwhile. Get the best for your pack.

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

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

*This item was reprinted from the  
May 2011 issue of Baloo's Bugle*

### **Some Tips Before Leaving for Camp**

*(Alice – Golden Empire)*

**After seeing boys, parents and leaders who returned frustrated from Camp, I wanted to share some tips for getting a good start on that Camp experience – especially for new scouts and parents:**

1. Remember that pack families may have different levels of EXPERIENCE with camping – make sure “first-timers” have necessary equipment, resources.
2. Share photos and information about the camp – if others have been there, ask them to share some tips.
3. At least a month before, introduce information that will help everyone prepare – for example, give everyone a list

of required and suggested equipment and items to bring. Even better, have a display for people to check out.

4. Have a "trial" event – maybe an overnigher in a nearby park so everyone can check out those tents, stoves, and other equipment.
5. Encourage dens and families to take short hikes to get in shape. Teach hiking skills, such as the "resting" step – on an uphill, put your next foot down, but don't put your full weight on it immediately – just that short hesitation will help you persevere!
6. Team camping experienced families with "first-timers" – a little mentoring can really help!
7. Teach skills that can be life-saving: Make a game of learning the Hug A Tree program skills. For example, have a team relay to make shoe prints, turn a garbage bag into a shelter, practicing how to Look Big and blow a whistle if you are lost. Go to: [http://www.nasar.org/nasar/hug\\_a\\_tree\\_program.php](http://www.nasar.org/nasar/hug_a_tree_program.php) or <http://www.theozarks.com/HugATree.htm> for information about the Program.
8. Have a Workshop to do some outdoor and Dutch Oven cooking. Kids could also make Trail Mix and learn why we include the various kinds of food.
9. Make sure everyone has the essentials: a good water container, sunscreen, hats, extra socks, WHISTLE, layers of clothes, some easy to carry food.
10. At least two weeks before the Camp, make sure everyone has a good pair of shoes – NOT NEW, but ones they have "broken in." This is a classic "first time" mistake, and it can make for a miserable hike or camp experience.
11. Make sure your adults all have Youth Protection training, as well as having other required training representatives such as Hazardous Weather and BALOO, if needed.
12. COMMUNICATE – Make certain everyone knows about the programs available and if they need to pre-register, or bring special equipment. Make sure everyone knows when and where to meet.
13. Have an Emergency Contact who is not going on the trip, in case a phone tree change of plans is needed.
14. Prepare for FUN – bring along guitars, telescopes, magnifying glasses, nature guides, song books, binoculars, campfire stories and treats.
15. Consider having everyone bring their gear the night before leaving for camp – just as many Scoutmasters do. That way, everyone can check their items against the list and make sure they're ready.
16. Assign someone to bring a camera and record the FUN for everyone to look back on fondly!
17. Do an Evaluation – things you want to do again, do a different way, or eliminate – Believe me, you will NOT remember everything you want to by next year!

## SPECIAL OPPORTUNITIES

With the start of the Cub Scout Adventure Program, the requirements for awards that say things like, "Complete Wolf Achievement 7," need to be revised to send you to the new Adventures. We will be highlighting these changes here over the next few months.

To get a complete list now, you can go to <http://www.scouting.org/scoutsource/programupdates.aspx> and download the .PDF of all the changes. Or you could go to [www.usscouts.org](http://www.usscouts.org) and get the changes for a specific award.

### Cub Scout Outdoor Activity Award



from [www.scouting.org/programupdates](http://www.scouting.org/programupdates)  
<http://usscouts.org/advancementTOC.asp>

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

### Cub Scout Outdoor Activity Award

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

### Requirements

### All Ranks

Attend Cub Scout day camp or Cub Scout/Webelos Scout resident camp. Additionally, complete the rank-specific requirements as follows:

### **Tiger Scouts**

Complete the Backyard Jungle adventure, and complete four of the outdoor activities listed below.

### **Wolf Scouts**

Complete the Paws on the Path adventure, and complete five of the outdoor activities listed below.

### **Bear Scouts**

Complete the "Bear Necessities" adventure, and complete six of the outdoor activities listed below.

### **Webelos Scouts**

Complete the Webelos Walkabout adventure, and complete seven of the outdoor activities listed below.

### **Outdoor Activities**

These activities must be in addition to any similar activities counted toward rank advancement and can be accomplished as a family, a den, or a pack.

- \* 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.
- \* Participate in an outdoor activity such as a picnic or a fun day in a park.
- \* Explain the buddy system, and tell what to do if lost. Explain the importance of cooperation.
- \* Attend a pack overnighter. Be responsible by being prepared for the event.
- \* Complete an outdoor service project in your community.
- \* 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.
- \* Participate in your pack's earning the Summertime Pack Award.
- \* Participate in a nature observation activity. Describe or illustrate and display your observations at a den or pack meeting.
- \* Participate in an outdoor aquatics activity. This can be an organized swim meet or just a den, pack, or family swim.
- \* Participate in an outdoor campfire program. Perform in a skit, sing a song, or take part in a ceremony.
- \* Participate in an outdoor sporting event.
- \* Participate in an outdoor Scouts Own or other worship service.
- \* Explore a local city, county, state, or national park. Discuss with your den how a good citizen obeys park rules.
- \* Invent an outside game, and play it outside with friends for 30 minutes.

### **Need more info?**

For additional information and the latest on the changes coming to Cub Scouting, head to [scouting.org/programupdates](http://scouting.org/programupdates). That's where you'll find the most recent FAQ's, transition guidelines, presentations and other materials to support the new program launch.



## **PROGRAM UPDATES**

Be sure to check out National's website for the latest on the Adventure Program Changes -

<http://www.scouting.org/programupdates.aspx>

### **What Has Happened / Is Happening -**

**Cubcast** – see description of Cubcast and Scoutcast (Scoutcast is also dedicated to the Cub changes this month) articles and links in this edition of Baloo

### **The Boys' Books and the Den Leaders'**

**Books** are in the stores. I got mine a week early. Get them and read them. Electronic copies coming very soon!!!

### **Position-Specific In-Person Training**

**Guides Available Now!** The training guides for Den Leader , Cubmaster/Assistant Cubmaster , and Pack Committee (Pack Committee Challenge) are now available on the adult training page of [scouting.org](http://scouting.org).

The online training for den leaders, Cubmasters, committee chairs and members, and chartered organization representatives has been totally updated with help from volunteers from around the country. The new training will be divided into shorter, more targeted modules so leaders can get the training they need, in the order they want, any time they need it. The new training is organized around the learning needed prior to the first

meeting, in the first 30 days, and to be position-specific trained. This new training was developed to be implemented in conjunction with the BSA's new learning management system. The anticipated timing for launching this new tool is June 30, 2015. Keep an eye on MyScouting Tools (logging in through MyScouting.org ) for more information.

### Philmont Training Sessions Are Filling, but There Is Still Time to Register

Cub Scout leaders have a chance to visit Scouting paradise and learn more about "Leading the New Cub Scout Adventure." Four sessions are offered by the volunteers who designed the program and authored the new handbook and leader training materials. Visit the Philmont Training Center site to learn more about the conference and registration dates.

### New Pack Meeting Plans Available Now!

Pack meeting plans for the 2015-2016 and 2016-2017 Cub Scouting years are now available! From the Cubmaster's Minute to resource lists, you'll find everything you need to lead fun and engaging pack meetings! And they support the new Cub Scouting program, too! Check out the list and links from this issue of Baloo.

### Updated Requirements for Cub Scout Awards

The requirements for the

- ✓ National Den Award,
- ✓ National Summertime Pack Award,
- ✓ Cub Scout World Conservation Award,
- ✓ Cub Scout Outdoor Activity Award

have been revised to reflect the new Cub Scouts program launching June 1, 2015. See Special opportunities section of Baloo.

### Supplemental Roundtable Content

To help prepare unit leaders for the new Cub Scouting program launching June 1, supplemental roundtable content has been developed to replace or supplement the current sessions listed as "Cub Scout Interest Topics" for January–July 2015. Available installments are posted below. Most packets have presentation materials (e.g. slideshow), Topic Guide, and worksheet or Handout. and

Already on Program Updates page -

- ★ January – Program Support for Den Leaders
- ★ February – Advancement
- ★ March – Program Planning

- ★ April – New Pack Meeting Plans
- ★ May – Aquatic Adventures

Additional content to be posted the last week of month before the RT month as follows:

- ★ June – Campfire Programs
- ★ July – Resources for Packs and Den Leaders



## TRACKING SPREADSHEETS

Utah national Parks Council has Excel spreadsheets posted for all the new Adventure Plan requirements on their Akelas Council Blogspot.

[www.Akelascouncil.blogspot.com](http://www.Akelascouncil.blogspot.com) . Check them out.

The Advancement Excel Spreadsheet workbooks are distributed to Scouters for **FREE**.

**PLEASE do not download these files and email or send them digitally to others.** These are for your personal / pack use only. If you would like to share these files with others, please copy / send the link to them and send them to our site so they can print off their own. We would love to have everyone that would like a copy to come here to get their own copy absolutely free. Utah National Parks Council receives money to keep our website open where we store all of our documents and PDF files by people visiting our blog. Please don't take money out of our pockets by bypassing our blog.

These are for use by Cub Scouters to keep track of the Cub Scouts' advancements in the new Adventure Program. The spreadsheets have an instructions page with details on how to use them and who to contact with questions.

**Also, check out their cool poster / placemat on the last page of this issue of Baloo's Bugle**



For Tiger Spreadsheet, [CLICK HERE](#)



For Wolf Spreadsheet, [CLICK HERE](#)



For Bear Spreadsheet, [CLICK HERE](#)



For WebeLos Spreadsheet, [CLICK HERE](#)



For Arrow of Light Spreadsheet, [CLICK HERE](#)

Many thanks to Todd M. Lynch, a Cubmaster for Pack 444 from Elkton, MD, in the Del-Mar-Va Council who developed these spreadsheets.

## GATHERING ACTIVITIES

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

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

### How Many Medals?

*Alice, Golden Empire Council*

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

Make a short list of famous Olympic athletes. Then give the list to Cubs (and families) and have them figure out sports and number of medals. You may wish to supply the answers in lists of all the sports and the numbers of medals. They can then select from the list.

Go to:

[http://www.olympic.org/uk/athletes/index\\_uk.asp](http://www.olympic.org/uk/athletes/index_uk.asp) for information

*Try using Al Oerter, a personal hero of mine* **CD**

### Olympics Challenge:

*Alice, Golden Empire Council*

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

### Jumping Rope

*Great Salt Lake Council*

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

**Olympic Word Search**

Alice, Golden Empire Council

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

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

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

**SPORTS ANAGRAMS**

Utah National Parks Council

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

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

Anagrams Answers:

1. *skiing,*
2. *badminton,*
3. *ice hockey,*
4. *bowling,*
5. *polo,*
6. *tennis,*
7. *surfing,*

8. *skating,*
9. *football,*
10. *volleyball*

**Sports Talk**

Grand Teton Council

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

- Badminton \_\_\_\_\_
- Baseball \_\_\_\_\_
- Basketball \_\_\_\_\_
- Bowling \_\_\_\_\_
- Cricket \_\_\_\_\_
- Football \_\_\_\_\_
- Hockey \_\_\_\_\_
- Soccer \_\_\_\_\_
- Tennis \_\_\_\_\_
- Wrestling \_\_\_\_\_

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

Answers:

- Badminton - 2, 3, 5, 34, 38, 49
- Baseball - 9, 10, 13, 30, 31, 41, 45
- Basketball - 14, 15, 19, 21, 35, 48
- Bowling - 2, 8, 20, 23, 29, 42, 43, 44

- Cricket - 4, 8, 30, 32, 39, 50
- Football - 6, 18, 27, 28, 37, 46
- Hockey - 7, 19, 22, 25, 28, 33, 35, 40
- Soccer - 11, 14, 19, 22, 26, 28, 30, 46, 49
- Tennis - 1, 2, 3, 12, 34, 38, 49
- Wrestling - 16, 17, 24, 29, 36, 47

**Card Match**

*Grand Teton Council*

Have half of the cards with the names of famous athletes and half of the card with the sport for which they are noted. Hand out the cards as the people walk in and have them find the person with the card the matches theirs.

The table is shown with the athlete next to the sport in which he competed.

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

**SPORTS TEAMS QUIZ**

*Utah National Parks Council*

1. What sport do the L. A. Lakers play?
  - A. Golf
  - B. Soccer
  - C. Hockey
  - D. Basketball
2. The Yankees are a baseball team from which city?
  - A. Omaha
  - B. Houston
  - C. Atlanta
  - D. New York
3. What is the name for the football team in Dallas, Texas?
  - A. Cowboys
  - B. Canadians
  - C. Avalanche
  - D. Kings

4. The Tampa Bay Buccaneers play ice hockey?
  - True
  - False
5. What is the name of the basketball team that Michael Jordan played for in Chicago?
  - A. Sharks
  - B. Mets
  - C. Patriots
  - D. Bulls
6. What sport do the Detroit Red Wings play?
  - A. Bowling
  - B. Football
  - C. Hockey
  - D. Tennis
7. Allen Iverson used to play for the Philadelphia '76ers.
 

What sport am I talking about?

  - A. Basketball
  - B. Arena Football
  - C. Baseball
  - D. Soccer
8. True or False, the Miami Dolphins are a football team?
  - True
  - False

Answers Teams:

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

**OPENING CEREMONIES**

**GO FOR THE GOLD!**

*Utah National Parks Council*

*Sam Houston Area Council*

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

*Each den enters, carrying their den flag.*

*Boys may carry flags of different nations they have drawn.*

*Dens stand in a semi-circle around the Cubmaster.*

**Cubmaster:** Bring on the Olympic flame!

*A solitary runner enters bearing the "flame".*

*He runs around the arena,*

*then hands the flame to the Cubmaster.*

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

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

We promise

That we will take part

In these Olympic games

In the true spirit of sportsmanship

And that we will respect and abide

By the rules that govern them

For the glory of the sport

And the honor of our den.



**Cubmaster:** Let the games begin!

### OLYMPIC FESTIVAL

*Utah National Parks Council*

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

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

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

*Each den enters, carrying their den flag.*

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

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

"We, the participants,

Pledge to obey the rules of good sportsmanship  
With honor and fair play."

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

### OLYMPICS OATH OPENING

*Sam Houston Area Council*

**Setting:** If you are actually conducting an "Olympics" event, you might decide to use the oath as your opening. However, if you are conducting a regular meeting that uses the theme in general, you can use this opening ceremony to recite the Pledge of Allegiance. You can have the American flag by itself (unfolded and held open by a Den of Cubs) or it can be in position at the front of the room as you normally display it (either hung on the wall or on a pole). Have a single scout assigned to walk up to the flag, hold a corner in his left hand and give the Cub Scout salute as he recites the Pledge for the entire Pack.

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

The chosen athlete holds a corner of the Olympic Flag while repeating the oath:

In the name of all competitors,

I promise that we shall take part in these Olympic Games,  
respecting and abiding by the rules that govern them,

in the true spirit of sportsmanship,  
for the glory of sport and the honor of our teams." Tonight we will open our *Go for the Gold* meeting the same way that the athletes begin each Olympics. I ask Cub Scout [Scout's name] to come forward to recite the Pledge of Allegiance in the name of all members of Pack [number].

*(When the Cub Scout is in position, ask everyone to stand.)*

Scouts, attention. Scouts salute.

**Cub Scout:** (Recites Pledge of Allegiance)

**Narrator:** Thank you. Two.

### America

*Baltimore Area Council*

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

Each boy displays his letter as he recites his line:

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

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

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

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

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

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

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

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

*Flag bearer and color guard enter, post flag*

### 'I Made A Promise'

*Capitol Area Council*

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

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

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

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

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

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

### Olympic Style Opening

*Capitol Area Council*

- ✓ Have dens line up and enter in single file lines carrying den flags, as Olympians carry the flags of their country.
- ✓ Have Cubmaster or other dignitary carry flashlight with colored cellophane over the end to represent the torch.
- ✓ Recite the Pledge of Allegiance and commence the games!

### GOOD HEALTH

*Grand Teton Council*

**PERSONNEL:** 5 Cub Scouts

**EQUIPMENT:** Barbells with letters on each end to spell GOOD HEALTH

**SETTING:** Boys holding barbells

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

### S-H-A-P-E Opening

*Grand Teton Council*

**SETTING:** Five Cub Scouts, wearing various sports uniforms, holding signs with large letters on front and their parts on back in LARGE type.

- Cub #1:** S -S is for see...See yourself as others see you!
- Cub #2:** H -H is for health...Good health means a longer, better life.
- Cub #3:** A -A is for athlete...You don't have to be an athlete to be in shape.
- Cub #4:** P -P is for patience...Have patience, take your time in your fitness program. Don't overdo!
- Cub #5:** E -E is for exercise...Exercise keeps you in shape.

### Muscle Building

*Grand Teton Council*

**Arrangement:** Seven boys come on stage, carrying various kinds of muscle-building equipment. They use the equipment and in turn, speak the line below.

- Cub #1:** To keep your body strong and healthy,  
Is more valuable than being wealthy.
- Cub #2:** When you are fit, you feel so good,  
And try to do the things you should.
- Cub #3:** It helps you lend a helping hand,  
To needy folks around our land.
- Cub #4:** Eating the right food is always wise,  
And everyone needs some exercise.
- Cub #5:** Stand on tiptoes, one, two, three,  
Touch your toes, don't bend a knee.
- Cub #6:** Run a while, then slow your pace,  
Practice will help you win the race.
- Cub #7:** Scouting builds young boys into men,  
And this is where it all begins.

This can be followed by the Pledge of Allegiance and Cub Scout Promise and/or Oath. Or whatever you wish.

## AUDIENCE PARTICIPATIONS

### IT'S ALL IN YOUR MIND

*Utah National Parks Council*

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

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

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

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

As you may have guessed, **RUNNING RALPH** got his name because he was always running. Maybe his legs were shorter than his two friends and he had to run to always keep up, or maybe he just liked to run. **COMPUTER CHARLIE** got his name because he was a very intelligent boy who excelled at mental skills. Everyone teased **COMPUTER CHARLIE** because **COMPUTER CHARLIE** wasn't very good at sports or as strong as **JUMPING JACK** and **RUNNING RALPH**. But this never seemed to bother the three friends because they stuck together no matter what.

One day, **JUMPING JACK**, **COMPUTER CHARLIE**, and **RUNNING RALPH** were on their way to the store when they saw a local bank being robbed. The robber was making his getaway. **JUMPING JACK** jumped over the bushes and a fence to get to a house to call the police. **RUNNING RALPH** was right behind him. But **COMPUTER CHARLIE** just stood there, watching the whole thing. Thanks to **JUMPING JACK**'s jumping and **RUNNING RALPH**'s running, the police arrived at the scene in no time at all. They started to ask questions, but **JUMPING JACK** and **RUNNING RALPH** didn't know what to say because they had been too busy running and jumping to see what had really happened. But **COMPUTER CHARLIE** began telling the police everything they needed to know. He knew the model and color of the getaway car, the license plate number, the direction the robber went, and a description of his clothes and size. His mental skills were a great help to the police. After reading about the theft in the newspaper, all of the children were so proud of **COMPUTER CHARLIE**. They never teased him again about his mental skills. They came to realize that **COMPUTER CHARLIE** was just as important as **JUMPING JACK** and **RUNNING RALPH**. Together, by pooling their talents, they were able to accomplish many great things.

### **Fur-Bearing Trout**

*Great Salt Lake Council*

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

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

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

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

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

## **ADVANCEMENT CEREMONIES**

### **THE ATHLETE**

*Utah National Parks Council*

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

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

Will the following boys and their parents please come forward.

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

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

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

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

develop their Cub Scout skills. Will the following boys and their parents please come forward.

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

**Asst CM:** The athlete is now ready to concentrate on improving his athletic skills. Our Bear is like the athlete who increases his knowledge to become more proficient in his game. Will the following boys and their parents please come forward?

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

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

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

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

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

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

*Lead one more cheer!!!*

### **Advancement Ceremony**

*Grand Teton Council*

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

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

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

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

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

*(Reads names of new Bobcats)*

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

*(Gives parents badges to give to boys.)*

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

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

*(Reads names of new Tigers)*

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

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

### **GOLD MEDAL WINNERS**

*Sam Houston Area Council*

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

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

**CA:** Today we have several Cub Scouts who

have taken on the challenge of the achievements and electives for advancement. They, like the Olympic athletes, have done their best.

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

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

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

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

### PHYSICAL FITNESS ADVANCEMENT

*Sam Houston Area Council*

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

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

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

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

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

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

**CM:** Next we have [name(s) of Bear Scouts], who have earned the Bear rank. They have taken their training to the next level by learning new skills, just as an athlete will practice new exercises to gain

strength. Will our Bears please come forward and lift the weight to the Bear level?

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

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

Congratulations!

### BASEBALL ADVANCEMENT

*Utah National Parks Council*

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

**Cubmaster:** Will (names), our new Bobcats and their parents please come forward to the "on deck circle". As you are standing on the "on deck circle" you are at the beginning of the "game" just as you are at the beginning of the Cub Scout trail.

Parents, accept your son's badge. Lead Cheer

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

Parents, here are their badges. Lead Cheer

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

Parents, here are their badges. Lead Cheer

**Asst CM:** Will (names), our Bear candidates and their parents please come forward. Your place on our diamond is at second base. This is the second major stop along the Cub Scout trail.

Parents, here are their badges. Lead Cheer

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

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

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

Parents, here are their badges. Lead Cheer

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

### **A FEW MORE IDEAS...**

#### *Utah National Parks Council*

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

### **Scoreboard**

#### *Baltimore Area Council*

**Materials:** Scoreboard and cutouts of running figures, invisible tape, straight pins, badges. Make the scoreboard out of poster board or shelf paper and write in the names of advancing boys. Use the grid method to draw a running figure to the size you want; then cut out as many figures as you need.

**CUBMASTER:** You know that Cub Scouting is a lot like sports. It's fun, it's full of physical activities, and you can win. In Cub Scouting, you win by growing stronger in mind and body, and by advancing in rank. You boys have all been winners this month. You have advanced in rank or earned Arrow Points, or both. Your coaches have been your parents. In Cub Scouting we couldn't get along without coaches. So I want to congratulate all of you – both Cub Scouts and parents. Now I'll ask each boy to show his progress by putting on the scoreboard a marker for each rank he has earned. His parents will pin on his new badge. (In turn, advancing boys tape on a runner for each rank they have earned and take their new badges from the board. Parents pin the new badges on their son's shirt. Webelos den leaders do the same for

boys who have earned activity badges and the Webelos badge.)

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

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

### **Den Promotion Ceremony**

#### *Baltimore Area Council*

*Many Packs will advance boys as dens.*

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

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

### **ARROW OF LIGHT CEREMONY A PACK NEWS BROADCAST**

#### *Scouter Jim*

#### *Great Salt Lake Council*

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

#### **Ceremony:**

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

The Broadcaster will interview the sponsor (Cubmaster and/or Assistant Cubmaster) of the "Arrow of Light" event to explain the background (meaning) and rules (requirements) of the event. The Broadcaster then asks the sponsor (Cubmaster) if there is anything unique about training for the "Arrow of Light" event. The Cubmaster then talks about and displays 4-6 surprise items about the

recipient(s).

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

The Cub Scout quotes either the Scout Oath or Law. The Cubmaster displays the award on a Gold Medal.

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

The Cub Scout leads everyone in his favorite cheer!

## SONGS

**And another note (pun intended) on—**

### God Bless America

Irving Berlin, Original: 1918; Revised: 1938  
A Scouting friend wrote me this month to ask why I had not mentioned Irving Berlin's disposition of the royalties from "*God Bless America*." It was because I did not know, so I looked to verify his statement and found -

In 1940 Irving Berlin established the God Bless America Foundation, with all royalties from its performance earned by either Berlin or Miss (Kate) Smith going to the Boy and Girl Scouts of America. That arrangement exists to this day. These organizations were chosen, to quote the contract, because "the completely nonsectarian work of the Boy Scouts and Girl Scouts is calculated to best promote unity of mind and patriotism, two sentiments that are inherent in the song itself."

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

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

### PLAY BALL

*Sam Houston Area Council*

(Tune: Row, Row, Row Your Boat)

#### First Group:

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

#### Second Group:

Bat, bat, bat the ball,  
Hit it nice and low.

Watch it roll while you run,  
Another point to show!

#### Both Groups:

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

#### WILL YOU PLAY TOO?

*Sam Houston Area Council*

(Tune: Frère Jacques)

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

#### WHEW-W-W-W

*Sam Houston Area Council*

(Tune: Jingle Bells)

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

*(Sing several times, each faster)*

#### BUILDING MUSCLES

*Sam Houston Area Council*

(Tune: Clementine)

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

#### CUB SCOUT SPORTS SONG

*Sam Houston Area Council*

(Tune: My Bonnie)

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

#### Chorus:

Belt loops, belt loops,  
I'll earn my sports pin today, today.  
Belt loops, belt loops;

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

**Chorus**

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

**Chorus**

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

**Chorus****ROTTEN REEBOKS**

*Utah National Parks Council*

(Tune: Clementine)

Rotten Reeboks, dirty sweat socks,  
 Generating toxic fumes,  
 I've seen flies dead, struck in mid-air  
 Fatal venture to his room  
 In my brother's bedroom closet  
 Stinkarooing like refuse  
 Dwelt a size 10 pair of sneakers  
 With a smell you couldn't lose.  
 Aging tennies, in a corner  
 Turning the air a bluish green,  
 Hope the county doesn't visit  
 They'd condemn us sight unseen.  
 I've tried bug balm, lemon air scent  
 Even spray that smells like pine,  
 Must be something that can cut it  
 Something strong like turpentine.  
 "Not to worry," says my father  
 "Could be money after all,  
 "Pentagon might pay a bundle  
 "For the secret to it all."

**TAKE ME OUT TO PACK MEETING**

*Utah National Parks Council*

(Tune: Take Me Out to the Ball Game)

Take me out to pack meeting,  
 Take me to see my friends,  
 I want to play some games, eat a treat,  
 Get some awards, 'cause it is so neat.  
 Then it's root, root, root for the Tigers  
 (*Tiger Cubs stand*)

Cheer for the Bears and the Wolves  
 (*Wolf & Bear dens stand up*)  
 Then it's hip, hip, hip, hip hooray  
 For the We-be-los!  
 (*WEBELOS dens stand up*)

**Stretching We Will Go**

*Grand Teton Council*

(Tune: A Hunting We Will Go  
 or "The Grand Old Duke of York")

A stretching we will go,  
 Moving to and fro.  
 And when we're done  
 We've had some fun  
 And stretched our muscles too.  
 Come on folks let's stand  
 And raise up high each hand  
 Then spread them wide,  
 Now to your side  
 As your muscles you relax  
 Now let us stomp our feet,  
 But please don't take your seat,  
 Before you're down,  
 Please turn around.  
 And then you'll take your seat.

**THE ATHLETE**

*Grand Teton Council*

(Tune: My Bonnie)

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

**CHORUS:**

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

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

**CHORUS:**

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

**CHORUS****KEEPING HEALTHY**

*Grand Teton Council*



(Tune: Clementine)

Strong healthy, growing bodies,  
That's what we will try to keep  
Proper food and lots of sunshine  
Exercise and lots of sleep.  
Brush and floss our teeth each day,  
See the dentist twice a year,  
Bubble gum and sticky candy  
Cause cavities, we fear  
Have a check up by the doctor,  
Try to follow his advice.  
He's a friend who keeps us healthy,  
And always very nice.  
Healthy food and not that junk food  
Helps to keep our bodies strong.  
We hope you'll try to stay healthy,  
That's the end of our nice song

## STUNTS AND APPLAUSES

### APPLAUSES & CHEERS

*Utah National Parks Council*

#### Michael Jordan Applause

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

#### Spirit Cheer

Divide the group into two sections.  
The first section chants, "We've got spirit, yes we do! We've got spirit, how 'bout you?"  
The first section points to the other group.  
The second group responds by yelling the chant even louder. Repeat two or three times.

#### Olympics Cheer

Join hands, raise them over head and shout,  
"Go for the Gold!"

#### Best Pack Cheer

Everyone yell together, "Clap your hands,"  
Then clap hands together two times.  
Then yell "Stomp your feet,"  
then stomp feet three times on the floor.  
Then say, "PACK \_\_\_\_\_ can't be beat."

#### Grand Stand Applause

All are seated.  
They stamp their feet three times,  
then slap legs three times.  
Then all stand and shout, "Rah! Rah! Rah!"

*Grand Teton Council*

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

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

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

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

*Sam Houston Area Council*

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

#### STRONG MAN CHEER

Lift imaginary weights to arms length – grunt  
Lift imaginary weights to chest height – grunt  
Lift imaginary weights to above head – grunt and cheer!!

#### BALL CHEER

Hold any kind of ball in your hands. When you are holding the ball, everyone is quiet.  
When the ball leaves your hands, everyone goes wild and cheers.

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

## RUN-ONS

### SHRINKING OIL

*Utah National Parks Council*

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

#### Scene 1 –

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

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

The next day both enter, with the second boy crawling on his knees. "I shrank!" he exclaims, "I thought you said it would work!"  
"Well it does work for me. What kind of oil did you use?"  
"Crisco."

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

*Utah National Parks Council*

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

**Cub 2:** I bet you can't.

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

**Cub 1:** (shaking all over)

**Cub 2:** What's the matter?

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

**Cub 2:** Can I get it for you?

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

*Grand Teton Council*

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

**Dad:** He gets a job as an umpire!

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

**2nd Cub:** You mean a home run.

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

*Sam Houston Area Council*

### OLYMPIC DRAMA

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

### HOLDING A BAT

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

**Cub #2:** Yes, of course!

**Cub #1:** How do you hold a bat?

**Cub #2:** By the wings!

### SKATE?

**Cub #1:** Can you skate?

**Cub #2:** I don't know. I can't stay up long enough to find out!

### STADIUM SEATS

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

**Cub #2:** Because FANS sit in them!

### HARD TO CATCH

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

**Cub #2:** Your breath!

### LOUD SPORT

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

**Cub #2:** The players raise a racquet.

### THE RACE

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

**Cub #2:** 2nd place!

### JOKES & RIDDLES

*Utah National Parks Council*

**Cub 1:** What do baseball players eat on?

**Cub 2:** Home plates!

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

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

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

**Cub 2:** Why?

**Cub 1:** Because diamonds are forever.

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

**Cub 2:** I don't know, why?

**Cub 1:** He wanted to break a record.

### Football Riddles

*Capitol Area Council*

How many teams can you name by these descriptions?

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

## SKITS

### CUB OLYMPICS

*Utah National Parks Council*

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

### Props:

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

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

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

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

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

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

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

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

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

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

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

### **"One Step At A Time"**

#### *Grand Teton Council*

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

**SETTING:** All Scouts are on stage as skit starts.

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

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

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

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

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

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

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

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

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

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

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

### **Muscle Building Champs**

#### *Grand Teton Council*

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

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

**ALL TOGETHER:** We excel in building muscles  
We're champs at that, you see;

Just listen to our stories

And I'm sure you will agree.

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

**Cub #1:** I hold the title of strongest in my den,  
Do you suppose it's because of my friend?  
(*Holds up toy skunk, other boys hold their noses.*)

**Cub #2:** I'm known as the den's muscle man this year,  
Most of my muscle is between my ears.  
(*Pulls out small hat from behind his back and tries desperately to fit it on his head.*)

**Cub #3:** I hold the title of the fastest of all,  
I'm first in line for the chow basket call.  
(*Pulls out bag of cookies and begins eating.*)

**Cub #4:** I'm known as the champion of the high jump,  
One time I missed and got a big lump.  
(*Rubs head, with painful expression on face.*)

**Cub #5:** To keep in shape, I exercise each day,  
I wonder why my muscles turned out this way.  
(*Removes sweat shirt to show colorful padding on arms and legs.*)

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

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

### **SPORTSMANSHIP SKIT**

*Sam Houston Area Council*

*This could also be an opening or closing ceremony*

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

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

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

*Cubmaster then calls out each letter in turn, After calling a letter CM waits for the Cub to say his part.*

- Cub #1:** S is for smiling, even if you hurt inside.
- Cub #2:** P is for pardoning parents who may show poor manners.
- Cub #3:** O is for oozing enthusiasm for you and your fellow den members.
- Cub #4:** R is for respecting the feelings of other Cub Scouts.
- Cub #5:** T is for trying your best and
- Cub #6:** S is for being satisfied with yourself
- Cub #7:** M is for mastering self-control.
- Cub #8:** A is for anger, which has no place in our meetings.
- Cub #9:** N is for noticing that sometimes only one can win.
- Cub #10:** S is for success in doing your best.
- Cub #11:** H is for hushing boastful words.
- Cub #12:** I is for inspiring us to congratulate the winner.
- Cub #13:** P is for playing for fun.

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

### **Gold is Where Ya Find It**

*Great Salt Lake Council*

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

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

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

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

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

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

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

The reply from all this boys is "NO!"

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

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

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

## **CLOSING CEREMONIES**

### **Sportsmanship**

*Baltimore Area Council*

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

- Cub #1:** I will be a good sport in all I do
- Cub #2:** I will follow the rules
- Cub #3:** I will trust my teammates
- Cub #4:** I will keep my temper
- Cub #5:** I will keep myself physically fit
- Cub #6:** I will keep my head up in defeat
- Cub #7:** I will keep my pride under control in victory
- Cub #8:** I will play hard and have fun
- Cub #9:** I will always do my best
- ALL:** We will be good sports in all that we do.

### **A Cub Scout Pledge to Himself**

*Capitol Area Council*

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

- Cub #1:** May I grow in character and ability as I grow in size.
- Cub #2:** May I be honest with myself and others in what I do and say.
- Cub #3:** May I learn and practice my religion.
- Cub #4:** May I always honor my parents, my elders and my leaders.

- Cub #5:** May I develop high moral principles and the courage to live by them.
- Cub #6:** May I strive for health in body, mind and spirit.
- Cub #7:** May I always respect the rights of other.
- Cub #8:** May I set a good example so that others may enjoy and profit from my company.
- Cub #9:** May I give honest effort to my work.
- Cub #10:** May I regard my education as preparation for the future.

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

### Closing Ceremony

*Capitol Area Council*

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

- Cub #1:** Work while you work.
- Cub #2:** Pray while you pray.
- Cub #3:** One thing at a time, that is the way.
- Cub #4:** All that you do,
- Cub #5:** Do with all your might.
- Cub #6:** Things done halfway are not done right.

### Do More

*Capitol Area Council*

**(Leader lights candle)**

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

### MAY I CLOSING

*Utah National Parks Council*

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

- Cub # 2:** May I be honest with myself and others in what I do and say.
- Cub # 3:** May I learn and practice my religion.
- Cub # 4:** May I always respect my parents, my elders and my leaders.
- Cub # 5:** May I develop high moral principles and have the courage to live by them.
- Cub # 6:** May I strive for a healthy body, mind, and spirit.
- Cub # 7:** May I always respect the rights of others.
- Cub # 8:** May I set a good example so that others will enjoy and benefit from being around me.
- Cub # 9:** May I work hard and do my best in everything I try to do.
- CM:** Cub Scouting will help the boys learn these things, prepare them for Boy Scouting, and show them that they are always winners if they do their best.

### MUSCLE BUILDERS

*Grand Teton Council*

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

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

### Step Over

*Grand Teton Council*

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

**Cub #1:** (Drags himself on stage, looking tired, bored and meets the sharply dressed Cub. #2)  
Say, am I ever tired. I wish I could be in shape. I'm so weak I don't know what to do.

**Cub #2:** I have something that will get you into shape physically and mentally. Take the first step into my program and into shape by stepping over the line.

**Cub #1:** (Steps over the line, and becomes alert, bright and athletic)

**Cub #3:** (Walks in dragging, tired and meets #1 and #2.) I'm so bored. I have done everything there is and nothing is left. I miss the challenges.

**Cub #2:** I have something that will challenge you, train you, coach you and develop you both physically and mentally. Just step over the line.

**Cub #3:** (Steps over the line and becomes bright, alert and athletic)

**Cub #1 and #3 (TOGETHER)** What is this program we stepped into that gives us this energy, strength and really challenges us?

**Cub #2:** It's, it's, it's (hold up a sign that reads "Cub Scouting") Cub Scouting!!!

### **It Matters Not**

*Grand Teton Council*

**STAGING:** Four Cub Scouts

**Cub #1:** Some people think if you have muscles,  
You must win in every game,  
But if they'd only stop to think,  
Many a loss can also be a gain.

**Cub #2:** If we're always good sports when we lose,  
And learn what to do better next time,  
Then we really come out a winner,  
For experience is a teacher sublime.

**Cub #3:** It matters not that the top score we've  
won,  
If only we all do our best,  
For that's the mark of a champion,  
What ere may be the test.

**Cub #4:** If you can't do GREAT things, my friend,  
It matters not at all,  
If only you try to do in a GREAT way,  
Things that may seem so small!

## **Cubmaster's Minutes**

### **Sports Minute**

*Capitol Area Council*

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

### **WE'RE ALL WINNERS**

*Utah National Parks Council*

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

### **SPORTS CLOSING THOUGHT**

*Sam Houston Area Council*

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

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

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

### **Summertime Thought**

*Utah National Parks Council*

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

**Getting into Shape Thought**

*Grand Teton Council*

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

**The Price Of Success**

*Baltimore Area Council*

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

**Keeping Fit**

*Great Salt Lake Council*

Cub Scouts, I hold in my hand a pocketknife. This is a valuable tool because it can be used for many useful things. It is a dependable tool as long as the blade is kept sharp and free from rust and the working parts are in good condition. But, if it is neglected and becomes dull and rusty, it can be a dangerous tool.

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



You can get this placemat / poster of the new CS Adventure Program at [http://akelasCouncil.com/uploads/New\\_Program\\_info\\_from\\_Akela\\_s\\_Council.pdf](http://akelasCouncil.com/uploads/New_Program_info_from_Akela_s_Council.pdf)

**What Is Akela's Council?**

Akela's Council is a complete Cub Scout Leader Training program. Utah National Parks Council has planned this exciting 4 1/2 day Cub Scout Leader Training for those who have completed the Leader Basic Training. This fast-paced and inspiring training covers den doodles, den yells, relationships, Cub Scout forms, resources, Sports/Academic program, skits, puppets, charter renewal, BSA policies, insignia, Webelos Outdoor Experience, Cub Scouts with disabilities and much more. Any Cub Scout Leader from any council is invited to attend.

Go to <http://akelasCouncil.com> to learn more

**THEME RELATED STUFF**

**Olympic Cities**

*Scouter Jim, Bountiful Utah*

**Olympic Summer Games**

Athens 1896	Berlin 1936	Moscow 1980
Paris 1900	London 1948	Los Angeles '84
St. Louis 1904	Helsinki 1952	Seoul 1988
London 1908	Melbourne 1956	Barcelona 1992
Stockholm 1912	Rome 1960	Atlanta 1996
Antwerp 1920	Tokyo 1964	Sydney 2000

Paris 1924            Mexico City 1968 Athens 2004  
 Amsterdam 1928    Munich 1972        Beijing 2008  
 Los Angeles 1932   Montreal 1976       London 2012

### Olympic Winter Games:

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

### **Fun Facts About the Olympics**

*Alice, Golden Empire Council*

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

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

### **Random Fun Facts**

*Grand Teton Council*

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

### **PHYSICAL FITNESS TIPS**

*Sam Houston Area Council*

- Exercises alone won't keep you physically fit. Good personal health care should be practiced daily.
- ★ Bathe every day, especially after exercising.
  - ★ Wash your hair at least twice a week.
  - ★ Brush your teeth at least twice a day.
  - ★ Visit your dentist regularly.
  - ★ Wear clean socks and clean underwear daily.
  - ★ Avoid eyestrain. Use good light.
  - ★ Use only your own washcloth and towel.
  - ★ Stand up straight, don't slouch.



- ★ Get plenty of sleep – about 10 hours per night for Cub Scouts.
- ★ Trim your fingernails and toenails.
- ★ Wash your hands before eating.
- ★ Wash your hands after using the bathroom.
- ★ Protect your eyes! Don't put anything in your ears!
- ★ Don't drink or eat from someone else's cup, plate or utensils. That's an easy way to catch their germs and get sick.
- ★ Eat right! A balanced diet will make you feel good!
- ★ Get plenty of exercise to make you feel great!

## THOUGHTFUL ITEMS FOR SCOUTERS

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

### Prayer

**19** Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal:

**20** But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal:

**21** For where your treasure is, there will your heart be also.

Our Father in Heaven, we ask not for the strength to defeat any opponents, but the strength to Do Our Best, and excel at those things we put our hearts and minds to. Grant us the power of a healthy body and the vision of a healthy mind to see the possibilities in our lives. Amen

### The Winning Spirit Scouter Jim, Bountiful, Utah

The mile has a classic symmetry. It's a play in four acts.

On May 6, 1954, Roger Bannister became the first person on earth to run a mile under four minutes, setting a new world record for the mile at 3 minutes 59.4 seconds. The mile has long been forgotten as all races are now metric and run in meters. For the time it was an accomplishment many thought was impossible. It was thought physical impossible for a man to run a mile under four minutes.

John Landy of Australia bested Roger Bannister's record on June 21, 1954 by running the mile in 3 minutes 57.9 seconds. History barely remembers the first person to accomplish a goal and the second is mostly forgotten to time.

As for John Landy, despite that amazing 3:57.9, his most glorious mile might have been one in which he ran 4:04.2. It was at the 1956 Australian national championships. Here's how one of the players in the drama, the great Ron Clarke, told the tale in his autobiography:

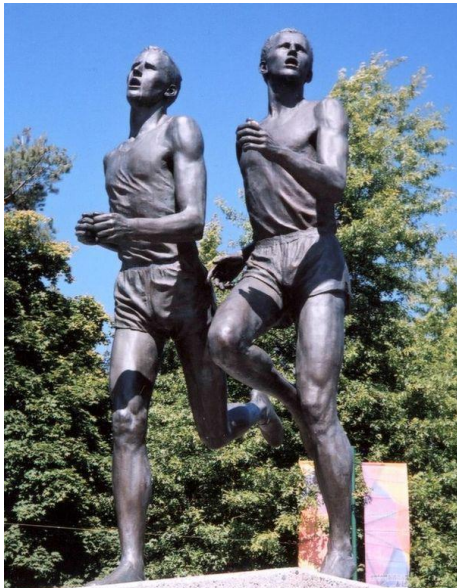
“For two and a half laps the crowd watched enthralled. Robbie Morgan-Morris went through the first lap in 59 seconds followed closely by myself, Alec Henderson, John Plummer and the favorite [John Landy]. At the half-mile Robbie was still there and the time was 2:02. I loped along behind him, anxious to finish at least among the first three runners and improve my best mile time. Soon after the third lap I took the lead and then on a bend occurred an incident that stunned everybody. ... Alec came up on the inside of John. He evidently tried also to wedge his way through between me and the kerb [curb], and in doing so accidentally clipped my heel. I lost balance and went sprawling on to the track while Alec staggered on to the verge of the arena, recovered and ran on. John had no other choice but to jump over me, his spikes lacerating my right arm as he did so. I was in such a daze that I felt no pain. Within seconds the whole field was jumping over me or running wide. Then John did a foolish, but typically

thoughtful thing—he came back to say he was sorry and see if I was alright. The mile title, his bid for the world record, even the approaching Olympics... all were forgotten as the champion made his spontaneous gesture to the raw stripling floundering in the cinders.”

But that’s not the end of the story! As authors Peter Cochrane and Brian Hoeppe wrote, “Even more amazing is that Landy did race on. He took off, caught the field in the final lap on the back straight, hauled in the front-runners and won in the remarkable time of 4:04.2.”

On August 7, 1954 during the British Empire and Commonwealth Games in Vancouver, B.C., England’s Roger Bannister and Australian John Landy met for the first time in the one mile run at the newly constructed Empire Stadium.

Both men had broken the four minute barrier previously that year. Bannister was the first to break the mark with a time of 3:59.4 on May 6th in Oxford, England. Subsequently, on June 21st in Turku, Finland, John Landy became the new record holder with an official time of 3:58.



The world watched eagerly as both men approached the starting blocks. As 35,000 enthusiastic fans looked on, no one knew what would take place on that historic day.

Promoted as “The Mile of the Century”, it would later be known as the “Miracle Mile”.

With only 90 yards to go in one of the world’s most memorable races, John Landy glanced over his left shoulder to check his opponent’s position. At that instant Bannister streaked by him to victory in a Commonwealth record time of 3:58.8. Landy’s second place finish in 3:59.6 marked the first time the four minute mile had been broken by two men in the same race.

Landy quipped that; “While Lot’s wife was turned into a pillar of salt for looking back, I am probably the only one ever turned into bronze for looking back.”

Almost every part of the mile is tactically important: you can never let down, never stop thinking, and you can be beaten at almost any point. I suppose you could say it is like life. [John Landy](#)

### Quotations

Blink and you miss a sprint. The 10,000 meters is lap after lap of waiting. Theatrically, the mile is just the right length: beginning, middle, end, a story unfolding. [Sebastian Coe](#)

I think it is bloody silly to put flowers on the grave of the 4-minute mile, now isn’t it? It turns out it wasn’t so much like Everest as it was like the Matterhorn; somebody had to climb it first, but I hear now they’ve even got a cow up it. [Harry Wilson, coach](#)

The 800 meter record, the records in the 1000, the 1500, the 5000, the relays: no one remembers them. The mile, they remember. Only the mile. [John Walker](#)

Your body will argue that there is no justifiable reason to continue. Your only recourse is to call on your spirit, which fortunately functions independently of logic. [Tim Noakes](#)

I always loved running . . . it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking

out new sights just on the strength of your feet and the courage of your lungs. [Jesse Owens](#)

Believe that you can run farther or faster. Believe that you're young enough, old enough, strong enough, and so on to accomplish everything you want to do. Don't let worn-out beliefs stop you from moving beyond yourself. [John Bingham](#)

Every morning in Africa a gazelle wakes up. It knows it must move faster than the lion or it will not survive. Every morning a lion wakes up and it knows it must move faster than the slowest gazelle or it will starve. It doesn't matter if you are the lion or the gazelle, when the sun comes up, you better be moving. [Maurice Greene](#)

I run because long after my footprints fade away, maybe I will have inspired a few to reject the easy path, hit the trails, put one foot in front of the other, and come to the same conclusion I did: I run because it always take me where I want to go. [Dean Kamazes](#)

No bid me run, and I will strive with things impossible. [William Shakespeare](#)

It's important to know that at the end of the day it's not the medals you remember. What you remember is the process -- what you learn about yourself by challenging yourself, the experiences you share with other people, the honesty the training demands -- those are things nobody can take away from you whether you finish twelfth or you're an Olympic Champion. -[Silken Laumann, Canadian Olympian](#)

Whether you beliver you can or believe you can't, you're probably right. [Henry Ford](#)

Spend at least some of your training time, and other parts of your day, concentrating on what you are doing in training and visualizing your success [Grete Waitz](#)

Mental will is a muscle that needs exercise, just like the muscles of the body. [Lynn Jennings](#)

Beating John Landy was my defining race.  
[Roger Bannister](#)

### [Sir Roger Bannister](#)

Roger Bannister studied the four-minute mile the way Jonas Salk studied polio – with a view to eradicating. [Jim Murray, L. A. Times columnist](#)

Roger Gilbert Bannister was born March 23, 1929 in Harrow, England. As a child he loved to run. He said, "I just ran anywhere and everywhere—never because it was an end in itself, but because it was easier for me to run than to walk." He won his school's cross country meet three years in a row between the ages of 12 and 14.

In 1946 he began medical studies at Oxford Univerisy on scholarship. He had never run on a track or even worn a pair of running shoes with spikes. Every day, during his lunch hour, he paid threepence [Today equivalent of one dollar] to enter Paddington Park, near the hospital where he worked, so that he could practice running. He was a good runner but barely made the Oxford Third Track team. The became the pacer for members of Oxfords First Track team in the mile run, but instead of stopping as expected he continued to run winning by 20 yards.

Bannister continued running as an outlet while he completed his Medical Training. By 1952 he ran in the Helsinki Olympics coming in fourth. In the winter and spring of 1954 Bannister was so busy with his studies he did not have time to train. After hearing that Australian miler John Landy was intending to try to break the four minute mile that spring, Bannister decide to try and break the record at a race on May 6, 1954, In t he morning of May

6, he went to his job at St. Mary's Medical School in London.

After his work, Bannister took the train from London to Oxford. On the train he met Franz Stampfl, who coached Bannister's teammate Chris Brasher. Stampfl told Bannister that despite the weather, he should give it his best try, saying, "If you don't take this opportunity, you may never forgive yourself." Bannister remained undecided through lunch and teatime later that day. As the race began at the Iffley Road track in Oxford, only about 1,100 spectators had showed up. Among them were Bannister's parents, who had been told by a friend that something special might happen that day.

As Bannister warmed up on the track, he kept looking toward the Church of St. John the Evangelist, where a flag flying straight out above the steeple showed the strength of the wind. A few minutes before the race started at 6:10 p.m., the flag began to drop, and Bannister told himself that if everyone in characteristically rainy and windy England waited for good weather before doing anything, nothing would ever be done. He told teammates, Chataway and Brasher he was going to make the attempt on the record.

The gun sounded, and the runners took off. Brasher was in the lead until the end of the third lap, when Chataway took over the pace. On the backstretch Bannister passed him, moving ahead of all the other runners, into a new pace, never run before. On the stretch, a gust of wind pushed him sideways, stealing valuable fractions of seconds, but Bannister kept going, hitting the tape at 3:59.4. According to Nelson and Quercetani, he later said of those last few seconds of the race, "I felt that the moment of a lifetime had come. There was no pain, only a great utility of movement and aim. The world seemed to stand still or did not exist, the only reality was the next two hundred yards of track under my feet." As he crossed over the finish line, he was so spent that he collapsed, almost passing out.

I had always wanted to become a neurologist, which is one of the most demanding vocations in medicine. Where do you stop, after all, with the brain? How does it function? What are its limits? The work seems unending. [Roger Bannister](#)

Roger Bannister went on to become a Neurologist. In 1975 he was Knighted for his service. He continues to live near London, England.

### **Sir Roger Bannister Quotes**

We run, not because we think it is doing us good, but because we enjoy it and cannot help ourselves . . . The more restricted our society and work become, the more necessary it will be to find some outlet for this craving for freedom. No one can say, 'You must not run faster than this, or jump higher than that.' The human spirit is indomitable. [Roger Bannister](#)

The mile has all the elements of drama. [Sir Roger Bannister](#)

Whether we athletes liked it or not, the 4-minute mile had become rather like an Everest: a challenge to the human spirit, it was a barrier that seemed to defy all attempts to break it, an irksome reminder that men's striving might be in vain. [Sir Roger Bannister](#)

My concentration was really on getting to university and becoming a doctor. My parents let me know that school marks were important. Achievement was something which came by hard work. [Roger Bannister](#)

## **Thrifty Ideas**

### **A Scout is Thrifty**

A Scout works to pay his own way and to help others. He saves for the future. He protects and conserves natural resources. He carefully uses time and property.

**Kum-Ba-Yah**

(The Scout Law Version)

Kum-ba-yah my Lord, Kum-ba-yah  
 Kum-ba-yah my Lord, Kum-ba-yah  
 Kum-ba-yah my Lord, Kum-ba-yah  
 O, Lord, Kum-ba-yah.

A Scout's trustworthy Lord, Kum-ba-yah,  
 A Scout is loyal, Lord, Kum-ba-yah,  
 A Scout is helpful, Lord, Kum-ba-yah,  
 O, Lord, Kum-ba-yah.

A Scout is friendly, Lord, Kum-ba-yah,  
 A Scout is courteous, Lord, Kum-ba-yah,  
 A Scout is kind, Lord, Kum-ba-yah,  
 O, Lord, Kum-ba-yah.

A Scout's obedient, Lord, Kum-ba-yah,  
 A Scout is cheerful, Lord, Kum-ba-yah,  
 A Scout is thrifty, Lord, Kum-ba-yah,  
 O, Lord, Kum-ba-yah.

A Scout is brave, Lord, Kum-ba-yah  
 A Scout is clean, Lord, Kum-ba-yah  
 A Scout is reverent, Lord, Kum-ba-yah  
 O, Lord, Kum-ba-yah.

Kum-ba-yah my Lord, Kum-ba-yah  
 Kum-ba-yah my Lord, Kum-ba-yah  
 Kum-ba-yah my Lord, Kum-ba-yah  
 O, Lord, Kum-ba-yah.

**A Scout is Thrifty Baden-Powell's OUTLOOK**

Some selections from the his contributions to "The Scouter" from 1909 - 1941

I THINK we are happier people now than we were a few years ago. We are more generally getting enjoyment out of life, largely thanks to the development of transport in increased railway facilities, motor 'buses, charabancs, cars and bicycles, which have brought garden-cities and the country and the seaside within reach of town workers. And the workers are getting better pay than they used to.

Moreover, a great amount of the enjoyment consists in out-of-door activities which are healthful to body and mind.

But the fly in the ointment that I am afraid of is that with the rush of people to this enjoyment many may be frittering away their savings on their pleasures without looking forward and preparing for the pains that come later with age.

Thanks to a newspaper having stated figuratively (and rightly) that I am one of the richest men in the world, many people have taken it

literally. Consequently I am saddened by a flow of appeals for monetary help.

The women who apply are to a large extent retired governesses and sick-nurses, while the men are almost invariably old soldiers or constables.

It is perfectly impossible for one to help them to any material extent. The evil is hard to cure.

But we Scouters and Guiders can do a great deal to prevent the recurrence of this unhappy condition in the next generation if we only preach and get them to practise economy and thrift.

I gave a lift the other day to a young seaman of the Royal Navy, whom I overtook on the road, and in reply to my questions he said that he had served for six years and had enjoyed the service; had travelled all over the world at Government expense; had had a taste of active service in China; and was putting by a good sum to set himself up in civil life when he left the Navy.

He confirmed of the Navy what I already knew of the Army, namely that an ordinary seaman or trooper can usually save £30 a year and upwards during the period of his service -- if he would only think of it.

So, too, in very many walks of life. If a man would only determine while yet young, and with a good earning capacity, to save every penny and not fritter away money on things that won't help him afterwards, he would be able to set himself up in life with a fair provision for old age.

Going into camp and (among three hundred Troops this year) tours to foreign countries, have happily now become a general practice with Scouts. To do this they have learned the art of earning and saving up funds for the purpose.

This is a great step and can be made of greater value still if it teaches them the art of similarly earning and saving up for their personal well-being later on.

No general rule for doing so could be laid down, but Scouters could get it practised according to local conditions and it will mean a great deal for the future of their boys.  
 September, 1928.

**A Scout is Thrifty**

Mike L. Walton (Settummanque, the blackeagle)  
 Of all of the Scout Laws to explain, this one is the hardest for me. It's also been the hardest for me to

keep. I love to spend money, and I hate to save money...or at least know that there is some money I have someplace that I cannot get access to unless I really need it!

When I was younger, my mother taught me about money...what it is, why it is important to have and save it, and how to count it. She ran, from the spare bedroom in our fourth-floor apartment in Ludwigsburg-Aldingen, "Ann's Beauty Salon", complete with a barber/beauty chair and lots of stinky-smelling stuff to make women's hair turn out "just perfect".

She made a lot of money....twice as much as my father's monthly income, which was then only \$700. Back then, \$1400 a month was a LOT for any person, let alone a Black woman to have, especially when her husband was a Army soldier in Europe. Taxes took most of what she earned, but she did enjoy some of it: she saved to buy a German wall unit, called a "schrank", and proudly displays it in her home. She also saved to buy one of those new Kirby vaccum cleaners that professed to "do everything in the home". It was not a wise choice, but she enjoyed it while she had it. My mom also took some of what she earned, placed it in the bank, and when things got hard, they had that money to pool from. I never knew what "hard times" really was all about, mainly because of my hardworking mother and father and the money they managed to save.

She taught me what a checking account was for, how to make a deposit and a withdrawal, and how to correctly endorse a check. My mother, with the high-school education, taught me these things. Later, during my Scouting experiences, others added to that education as I started to earn money first by cutting lawns, then by selling small flashlights, and then by my first fulltime job. I learned what was a good investment and what wasn't. I learned how hard it was to market...to sell..an item and how good I was at selling some things (like Scout-O-Rama tickets and those flashlights) and how alful I was in selling other things (raffle tickets and my grass-cutting gig). But if you asked me at gunpoint what I did with my first \$300 I earned during the first month of my fulltime job at Fort Knox, Kentucky....I would have to let you shoot me, because I honestly do not know.

I have tried all kinds of "capturing" items: checkbooks with those "carbonless pages".

Automatic Teller Machine cards that tell exactly where the transaction took place and how much was spent. Check registers. Writing it down on a piece of paper. None of it worked.

Being thrifty...saving money, spending wisely, and avoiding credit problems....is more important today in your time than it was in mine. Computerization has made the credit report more important to a good job than a resume has been in the past. Why a credit report?? Employers can look and see if you have a degree of self-control. They can examine your record of monthly payments and see if you pay your bills on time or within a reasonable period of time. Or not. Many people will say "That's not right....what I choose to do with my money is my own business, not the business of my boss". They are correct. Those same people, however, are going to be spending the company's monies, using their machinery and equipment, perhaps even driving their company's cars. For those reasons, many employers look at the credit report as one way of ensuring that their "money's worth is being spent wisely."

They are being thrifty and are checking you out as if you were checking out the ingredients in a soup. Conservation always equate to money. When we conserve our natural resources...our air, water, land and people....we also save money. One of the things that started out as a "fad" was the collection of aluminum cans in the 70s. Today, the collection of not just cans, but anything which can be recycled: paper, plastics, metals, cloth, even body parts....are multi-billion dollar industries. Hard to believe, is it?? That you can save a garbage can's worth of cans and take home around ten to twenty dollars and save a company somewhere around \$200 to \$350 in costs associated with "creating cans from scratch". Of course, we have our own motives for conserving our air and water...we use it everyday, and when we do not have it, we literally die. Our bodies are made of air and water, along with minerals and acids from the land miraculously composed into skin, organs and bone. We need the land to feed our bodies and make us grow; we need the water to drink and to flush out our bodily systems; and we need the air to breath and keep our organs working the way they are engineered to work.

Scouting has been on the forefront of conservation and being thrifty since its beginnings in this country. Not only have we encouraged our fellow citizens to grow gardens and to pool together instead of driving separately, Scouting has tackled on those that choose to pollute by offering people...kids...to reapproach and convince companies that they should be finding ways to save the land, water and air instead of messing it up. Even today, the BSA has a National Conservation Good Turn and the Save Our American Resources (or SOAR) program....one of its most successful national program emphasis. Cubs, Scouts, Explorers and adults at all levels have taken on the polluters and have won in many communities....aided by a wide variety of community and public service agencies.

I did manage to save lunch monies and deposit them into my first savings account at the student Credit Union in my high school...I still consider that a super idea of my high school and the local credit union. I still have some money in that account to this day. I also had \$200 taken out of my monthly pay each month and deposited into a savings account Stateside. I'm going to buy a Volkswagon with it, or maybe one of those new small vans that look great!

But many Scouts, like me, still cannot keep a checkbook current nor can we understand that just because we still have checks doesn't mean that we still have money in the checking account!

\*grinning\*. I am not that bad, but I do tend to overspend a lot when I know that I'll have more money coming than I feel I do now. What I really need, now that I'm into computers now, is a good computer program that will manage my money.....  
....or someone to manage my money for me.

I guess I'd better start out with the computer, huh? Or, as my mom would tell me, "to stop spending your money and start saving it toward something you need and not something you want!"

Great advice, for a Scout...or for anyone.

Mike

--

Settummanque is writer, retired military officer, dad, friend, traveler, public speaker, webmaster, Eagle Scout, and/or "sweetie"  
(LTC) Mike Walton. South Lake Minnetonka area,

Minnesota.

<http://www.settummanque.com>

## Go for the Gold Ideas

### Claim Jumper Game

Great Sauk Trail Council

With string, mark a circle about 15 feet in diameter on the floor. Using a small weight, anchor a balloon in the center; it is the "Claim." The Prospector stands guard over it. The other players stand outside the circle. One at a time, they enter the circle and try to jump the claim by stomping the balloon and breaking it while the Prospector tries to stop them. He holds off the claim jumpers to keep his claim safe to the count of three (five if your group is really good). When a claim is jumped, start over with a new balloon and the new Prospector. **NO HITTING IS PERMITTED, THIS IS A FEET ONLY GAME.**

### The Pot of Gold Game

National Capital Area Council

This game is especially fun to play outside. In one spot, hide prizes that have been wrapped in gold foil or paper. Next, write out clues that will lead to this pot of gold. For instance, the first clue might read: "The prize is not here as you can see. But you'll find another clue hiding by the big tree."

The second clue (Which is placed by the big tree) could read: "You still must search more. Go look at the clue by the back door."

The last clue could read: "Now you must know where the gold will be. Go under the kitchen table, there your prize you will see." (This is where you hide the "gold".)

### '49er's Obstacle Course Game

National Capital Area Council

The following tests are set up as stations and manned by adults or Den Chiefs who give each boy a gold nugget (painted rock or piece of wrapped candy) if he performs the test required.

- 1. Climb Rope - climb the rope and touch the 8' mark
- 2. Quicksand Bottom - run over six tires, stepping in each one.
- 3. Cross the Gulch - swing across ladder/monkey bars, using hands

- 4. Over the Cliff - scale a 5' plywood wall
- 5. One push-up
- 6. One chin-up
- 7. Jump the Creek - do a 6' running broad jump
- 8. Dodge the Rattler - standing broad jump (at least 2')
- 9. Tunnel Escape - crawl under sticks or through cardboard box for 10'.

### **Jump the River Game**

National Capital Area Council

Two parallel lines are drawn (12" apart) to represent the river. The players line up on one side and run in a group to jump across the river. Then they turn around and come back across the river with a standing jump. Then a new line is drawn to make the river wider and the players jump again. After each round, a new line is drawn, making the river wider and wider. Anyone who falls in the river by landing between the two lines is out of the game. The game continues until just one boy is left.

### **California Gold Rush Game**

Three Fires Council

Material:

A wagon for each team

Gold-painted rocks (size of a sugar cube and one for each boy on the team) Prepare a wagon for each team. Use a box large enough for a Cub Scout to ride in and with sides low enough for the boy to get in and out of. Fasten several ropes to one end of the box so that the "horse team" can pull the wagon.

This event is done on a smooth floor so that three or four Cub Scouts can pull the wagon and "driver". Also prepare the "gold" which will be in bags or piles at the goal line.

To begin the Gold Rush, each wagon driver has his wagon on the straight line with his team standing in front of it holding their ropes. At the start signal, the driver must get into the wagon, then signal for the horses to run. The first wagon team to get to the goal line, pick up the gold and return to the starting line is the winning team. To get the gold, the driver must get out of the wagon, pick up the gold and get back into the wagon before it can start the trip back. At the finish line, the driver must get out of the wagon and run behind it over the finish line.

Make gold nuggets by spraying gold lacquer on stones about the size of a sugar cube. Each piece could be a souvenir for the driver and each horse.

### **Gold Nugget Relay Game**

York Adams Council

Because the California Gold Rush was on the West Coast (as in California), there were a significant number of Chinese immigrants working the gold mines. Combining the Asian influence with the gold gives you an opportunity for a gold nugget relay—using chopsticks! Materials:

Gold nuggets (1/2-inch diameter stone painted gold, at least one per person)

Chopsticks for each team

Four mining (pie) pans

Divide the den into two teams. Each team is given a pair of chopsticks. The gold nuggets are evenly divided into two pans at the starting line. In turn, each boy takes a gold nugget from the pan, carries to the "finish line" where the other pan is, and deposits it. He runs back to the starting line and hands off the chopsticks to the next boy. Hershey almond kisses make great gold nugget "rewards" at the end of the game!

Note: As long as the number of nuggets is the same for each team, the teams can be uneven. Some boys will just have to go more times.

### **Gold Nugget Toss Game**

York Adams Council

Note: Half the fun in this game is the boys making the game. There's gold in them thar hills! Have the boys' make a mountain target out of poster board backed by a sturdy stand (an easel or frame). Have them cut holes (large enough to toss nuggets through but small enough that it's an age-appropriate challenge) at different "elevations" on the mountain. You'll also need gold nuggets made by spray painting small stones. Assign a point value to each hole and have the boys toss the nuggets to see who gets the highest score.

### **Gold Nugget Toss II Game**

York Adams Council

This is similar to the game above, but has a different target. Try to find different size pie pans



and then glue them together one inside another inside another, etc. for as many different sizes as you find. Assign a point value to each pan area.

**Do Your Best Cubmaster Minute**

Scouter Jim, Bountiful Utah

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

What does “Do Your Best” mean?

“Do Your Best” means, that each boy does the very best he is able to do and tries as hard as he can with the abilities he has. Every Cub Scout is different and so each boy’s Best is different. In the Olympic Games they give Gold, Silver and Bronze metals. Not every athlete gets a medal. In Cub Scouting, we do not give medals for competition. Each boy completes only with himself and his own Best. Cub Scouting doesn’t have winners and losers, it has young men doing their Best.

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

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

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

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

One of the Assistant Scoutmasters of my youth was asked to be the Scoutmaster for the Special Needs

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

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

**Olympic Word Search**

*Alice, Golden Empire Council*

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

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

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

**GO FOR THE GOLD! Opening Ceremony**

Utah National Parks Council

Sam Houston Area Council

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

Each den enters, carrying their den flag.

Boys may carry flags of different nations they have drawn.

Dens stand in a semi-circle around the Cubmaster.

Cubmaster: Bring on the Olympic flame!

A solitary runner enters bearing the "flame".

He runs around the arena,

then hands the flame to the Cubmaster.

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

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

We promise

That we will take part

In these Olympic games

In the true spirit of sportsmanship

And that we will respect and abide

By the rules that govern them

For the glory of the sport

And the honor of our den.

Cubmaster: Let the games begin!

### OLYMPICS OATH OPENING Ceremony

*Sam Houston Area Council*

**Setting:** If you are actually conducting an "Olympics" event, you might decide to use the oath as your opening. However, if you are conducting a regular meeting that uses the theme in general, you can use this opening ceremony to recite the Pledge of Allegiance. You can have the American flag by itself (unfolded and held open by a Den of Cubs) or it can be in position at the front of the room as you normally display it (either hung on the wall or on a pole). Have a single scout assigned to walk up to the flag, hold a corner in his left hand and give the Cub Scout salute as he recites the Pledge for the entire Pack.

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

The chosen athlete holds a corner of the Olympic Flag while repeating the oath:

In the name of all competitors,

I promise that we shall take part in these Olympic Games,

respecting and abiding by the rules that govern

them,

in the true spirit of sportsmanship,

for the glory of sport and the honor of our teams."

Tonight we will open our *Go for the Gold* meeting the same way that the athletes begin each Olympics. I ask Cub Scout [Scout's name] to come forward to recite the Pledge of Allegiance in the name of all members of Pack [number].

*(When the Cub Scout is in position, ask everyone to stand.)*

Scouts, attention. Scouts salute.

**Cub Scout:** (Recites Pledge of Allegiance)

**Narrator:** Thank you. Two.

### Fur-Bearing Trout Story

*Great Salt Lake Council*

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

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

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

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

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

### GOLD MEDAL WINNERS Advancement Ceremony

*Sam Houston Area Council*

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

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

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

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

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

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

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

### **ARROW OF LIGHT CEREMONY - A PACK NEWS BROADCAST**

*Scouter Jim*

*Great Salt Lake Council*

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

#### **Ceremony:**

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

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

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

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

The Cub Scout quotes either the Scout Oath or Law. The Cubmaster displays the award on a Gold Medal.

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

The Cub Scout leads everyone in his favorite cheer!

### **Olympics Cheer**

*Utah National Parks Council*

Join hands, raise them over head and shout,  
"Go for the Gold!"

### **"One Step At A Time" Skit**

*Grand Teton Council*

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

**SETTING:** All Scouts are on stage as skit starts.

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

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

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

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

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

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

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

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

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

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

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

**SPORTSMANSHIP SKIT***Sam Houston Area Council***This could also be an opening or closing ceremony****Materials:** Large cards with the letters S P O R T S M A N S H I P. You'll need the Cubmaster and 13 Cub Scouts, each with one letter. Cards could also have an appropriate picture on front and the words on back in LARGE print.

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

**Cubmaster:** Whenever we compete in a sports event, we need to remember something very important. We'll do it with a spelling lesson.*Cubmaster then calls out each letter in turn, After calling a letter CM waits for the Cub to say his part.*

- Cub #14:** S is for smiling, even if you hurt inside.  
**Cub #15:** P is for pardoning parents who may show poor manners.  
**Cub #16:** O is for oozing enthusiasm for you and your fellow den members.  
**Cub #17:** R is for respecting the feelings of other Cub Scouts.  
**Cub #18:** T is for trying your best and  
**Cub #19:** S is for being satisfied with yourself  
**Cub #20:** M is for mastering self-control.  
**Cub #21:** A is for anger, which has no place in our meetings.  
**Cub #22:** N is for noticing that sometimes only one can win.  
**Cub #23:** S is for success in doing your best.  
**Cub #24:** H is for hushing boastful words.  
**Cub #25:** I is for inspiring us to congratulate the winner.  
**Cub #26:** P is for playing for fun.
- Cubmaster:** Let us remember the word "Sportsmanship" as we "Go for the Gold" during our Olympics tonight.

**Gold is Where Ya Find It Skit***Great Salt Lake Council***Props-** Pie tins, old flannel shirts, old hats, maybe a shovel, a large gold cardboard heart with double-stick tape on one side!**Set Up:** All boys put on old shirts and hats except for one that stays in full uniform.

One boy dressed in a flannel shirt comes out on stage and uses the pie tin as if panning for gold. After a moment, another walks out and asks, "Hey, Find any gold?"

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

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

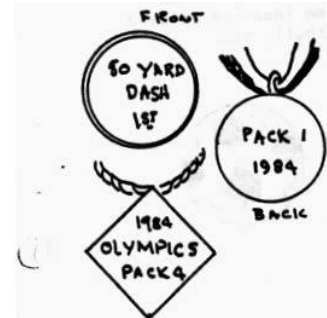
The Cub in uniform comes out and asks "Hi, have you guys found any Gold yet?"

The reply from all this boys is "NO!"

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

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

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

**Physical Fitness Medals***Grand Teton Council*

Winner's medals can be made from various materials, including plaster, wood, plastic and cardboard.

Plaster medals can be poured in plastic lid molds. Insert ring before plaster hardens, for stringing blue and gold ribbon through for wearing around the neck. Paint appropriate words on medals

Diamond shape medals can be cut from cardboard or foil pans, and colored or imprinted with marking pens. When using the foil pans, tool the lettering first with a ballpoint pen, then fill in with permanent markers. These medals can also be attached to a ribbon for wearing around the neck.

**OLYMPIC MEDAL***Sam Houston Area Council**Great Salt Lake Council***Materials:** Lightweight cardboard (from cereal box is good), paint, glue, ribbon



### Instructions

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

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

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

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

The final touch is to add the neck ribbon.

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

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

### HOLD A SUMMER OLYMPICS

*Sam Houston Area Council*

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

Examples of sport events might include

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

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

### EDIBLE GOLD MEDALS

*Utah National Parks Council*

#### Ingredients

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

#### Directions:

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

### Note from the Editor

This month's issue is a little light in the Den Meeting ideas. :) We are just getting our copies of the new Cub Scout Books and Den Leader Guides this week. Rather than delay the publication of Baloo, we decided to put out what we had on the first of the month and will re-publish in a few days when we have more ideas to add. Thank you for your patience and understanding! JH

## DEN ADVENTURES



### TIGER



#### Backyard Jungle

Tiger Adventure: Backyard Jungle

1. Take a 1-foot hike. Make a list of the living things you find on your 1-foot hike.
2. Point out two different kinds of birds that live in your area.
3. Be helpful to plants and animals by planting a tree or other plant in your neighborhood.
4. Build and hang a birdhouse.
5. With your adult partner, go on a walk, and pick out two sounds you hear in your "jungle."

### Ways to Conduct a 1-Foot Hike

<http://cubscoutideas.com/3887/tiger-backyard-jungle-adventure-take-a-1-foot-hike/>

There are several ways you can conduct the hike.

1. Make it a Square Foot Hike – Give each boy a 4' piece of string. Have them pick an area they like and lay out the string to form a square foot. For 10

minutes, they examine their square foot with the magnifying glass. Afterward, they can share what they found with the rest of the group.

2. Play "Do You See What I See?" – For this game, have each boy pick a partner. Partners decide on their one foot area. Have both boys stand behind a line about 10 feet away from the area they've chosen. Give the first boy a set amount of time (5 or 7 minutes would probably be best) to examine his area. He makes a list of everything he sees. When the time expires, he and his partner trade places. Give the partner the same amount of time to make his list. Have the boys compare lists and see who found the most things. After they compare, have both of them go back to their area to see if they can find more things working as a team.

3. Complete several 1-foot hikes during a regular hike – Since most of us hike in some kind of wooded area, the boys may be able to find things they wouldn't if they complete the 1-foot hike in their backyards. Many hiking trails weave through different types of terrain. You may hike through a heavily wooded area, by a body of water or near an open field of wildflowers. By selecting more than one spot to have a 1-foot hike, the boys will be able to see different living things.

To add some excitement, tell the boys that they won't know when you'll call out for them to do a 1-foot hike. They need to be ready to quickly find the area they want to examine. Like before, give them a set amount of time to examine the area. Talk about what they found when the time is up. Continue your hike until you find another great spot for a 1-foot hike.

"Leave No Trace"

Since we want to "Leave No Trace" of our hike, the boys shouldn't dig or disturb the surface of the ground too much. My good friend Betsy gave me several good ideas to help with that. She suggested that we find an area with lots of nooks and crannies to explore without digging. Fallen logs in the woods and grass offer lots of possibilities. Or they can look at a garden with mulch that they can gently push aside.

Betsy also shared these great ideas. We can expand the area beyond just looking at the ground. Go up the plants on your 1- foot space because there is lots to observe on a plant too—the colors, shape of the leaves, texture, bugs or other animals that might be there. The boys might also want to look for shadows. They could look for where the sun is and talk about the path it takes through the sky and how that affects what grows on the opposite sides of trees and rocks.

### Recording The Findings

There are a few ways that the boys can record what they found:

Make a simple list.

Draw pictures of what they find.

Make a plot by drawing a large square on their paper and have them indicate where in the square they saw the different living things.

While a 1-foot hike doesn't sound that exciting at first, your Cub Scouts will be amazed at what they can discover.



### American Robins

The red breasted birds, mark the return of Spring to most folks in the northern states. One of the easiest birds to watch while they go about their nesting and feeding habits since they're in most peoples backyards.

Actually, unknown to a lot of people, these birds spend the winter in much of their breeding range.

However, because they spend less time in yards and congregate more in wooded areas you may not see them as often.

During milder winters, it's more common to see them in our backyards.

These birds are often used as the standard to which other birds sizes are compared; one of the most common native birds of the East, and the largest of the Thrush Family.

Hardly a garden in North America has not been visited by this bird. Often referred to as the Red Robin.

### Description

American Robins have gray upperparts and the familiar reddish breast, varying from pale rust to a dark brick red. Male and females look nearly identical. The females colors are less vibrant. Sometimes during nesting season you'll see mud on the breast of a female, since she is the one that lines the nest with mud. The average size of this bird is 9-11 inches long.

Often, you'll see these birds hopping on lawns, meadows, and golf courses looking for earthworms. They also eat insects, fruit, and berries.



### House Sparrows

may or may not be the most loved birds, they certainly are a part of our backyard bird watching experience.

Initially these birds were imported from England. Brought to the US because they were known to eat certain caterpillars that harm shade trees.

One by one, other US cities began importing them for the same purpose. In less than 50 years this small bird has a range that includes the entire U.S. and well into Canada.

Unfortunately, they didn't go after the caterpillars hoped for. While intentions were good, the outcome has been just the opposite. Our native cavity nesters have not evolved fast enough to compete with these highly competitive birds.

Their nesting, feeding, and mating habits can be observed easily due to their long multiple breeding season.

### Description

House Sparrows are 5 to 6 inches in length. The male has a gray crown, whitish check, and black throat. The bill and breast are black in summer and in winter the bill is yellow and the breast is gray. The female has a brown crown and a plain breast with a broad buff line over the eye. Be careful when identifying female House Sparrows because they may look similar to female House Finches. The female House Finch will have a striped breast. Although misnamed English Sparrow, and commonly known as the House Sparrow, it is not particularly a native of England and is not a sparrow. It's thought to have its origin in the Mediterranean and actually a member of the Weaver Finch family.

## 10 Steps to Plant a New Tree and Shrubs

[http://www.homedepot.com/c/easy\\_steps\\_to\\_plant\\_new\\_tree\\_HT\\_PG\\_OD](http://www.homedepot.com/c/easy_steps_to_plant_new_tree_HT_PG_OD)

Fall is a great time to plant trees and shrubs around your home. By planting in the cooler weather, you're allowing the plants to more easily establish the root growth they will need during the spring growing season and the hot, dry summer. It will also allow the plants to recover from the inevitable stress they experience during transplanting.

Planting a new tree is an investment that can last a lifetime. Position the tree carefully since it will be in place for years. When planting a tree, know its maximum height and spread, information that's

usually on the label. Plant it far enough away from houses, outbuildings, power lines, and other permanent structures so that even when mature, the tree won't touch them. Be sure to plant your new tree far enough away from other trees so that it won't grow leaning away from the others, trying to get maximum light.

For tips and helpful information on how to properly fertilize your lawn, visit our Feeding Your Lawn and Overseeding Your Lawn project guides.

### Step 1: Things to consider

Here are some things to consider before selecting which trees and shrubs to purchase:

- Will the shrubs or trees I have chosen flower?
- Do they bear fruit or berries?
- Will they attract birds or butterflies?
- Are they purely ornamental or will they drop fruit on the ground?
- Will this shrub or tree keep its leaves all winter?

### Step 2: Tree planting preparation

When selecting the location for your tree, make note of the sun exposure for the area throughout the day. You should also consider the plants, shrubs or trees surrounding the location and try to envision the maximum canopy and height the new tree will eventually reach.

Will it brush up against your house? Are there overhead obstructions such as wires or eaves? What current plants and shrubs will be cast in shade once the tree reaches full height? These are all questions you should ask yourself before heading off to The Home Depot Garden Center. There you will find labeling on the plants and trees indicating their sun needs and expected size at maturity.

This will help you avoid the need to retransplant the tree later because it has outgrown its space.

### Step 3: Location selection

Once you have selected a tree, it's time to dig the hole. Begin by measuring the tree's root ball. A



common mistake made while planting a tree is to dig the hole too deep and not wide enough.

The hole should be dug at least three times the diameter of the root ball of the tree and no deeper than its root ball. This large diameter of loosened soil will allow the roots to spread and grow more easily.

It's best to place the soil on a tarp or in a wheelbarrow to avoid killing any surrounding grass and to make back filling the hole easier.

#### Step 4: Dig the hole

If you're digging in soil with a high clay content, check the walls and base for glazing. This glazing will form a barrier that blocks water from seeping in. It can also make it more difficult for the roots to spread and grow into the surrounding native soil. Use a gardening tool such as a fork to scratch a few inches deep and break it up.

Dig a slightly deeper ring around the outer edges of the hole, leaving a higher ridge of compacted soil in the center. This will allow the root ball to rest on a pedestal of sorts and keep water from pooling at the base of the root ball.

You want the root ball moist but not soaking in water as this could lead to root rot.

#### Step 5: Prepare the tree

If the tree you selected comes in a bucket, you'll need to remove it and gently loosen the root ball with a shovel or by hand. The roots can become pot-bound and will continue to grow in a circular pattern if they aren't loosened first.

If your tree comes in a burlap wrap, remove any string or twine that may be present. Then cut away the burlap surrounding the roots. If it's natural burlap, it can be peeled back from the root ball and remain. If it's a synthetic or plastic burlap it must be removed entirely.

#### Step 6: Plant the tree

Trees should always be lifted by the root ball, never by the trunk. Lower the tree into the hole and place it on top of the raised center section. Lay the handle of your shovel across the hole to check that the crown of the root ball is level with the surrounding ground.

If the root ball is below the surrounding ground, remove the tree and add more soil. If it's too high, remove more soil from the hole. It's best in most regions to not amend the soil. Allow the root system to adjust to the native soil around it and spread.

If your soil is sandy and fast draining, add some peat moss to the excavated soil. Use that mix of native soil and peat to backfill the hole. The peat will act as a sponge and absorb water, keeping it at the level of the root structure.

#### Step 7: Backfill the hole

Backfill the hole just to the height of the ball or slightly lower to allow for settling. Don't mound the dirt over the ball and up the trunk, it will prevent air from reaching the roots.

Be careful not to compress the soil too much or it will prevent water from reaching the deeper parts of the root ball. Mound dirt around the tree to form a moat that will help collect water.

Spread two inches of bark or wood chip mulch around the area to help retain water and control weeds. It's very important that no mulch be touching the trunk of your new tree. Clear mulch back away from the base of the trunk. This will allow enough clear surface area for water, air and light to penetrate the soil.

#### Step 8: Water and maintain the tree

It's critical in the early development of the root system to keep the soil moist. Newly planted trees should be watered at the time of planting and you should water it at least once per week during its first growing season. Water it more often during the height of summer as rainfall dictates.

Avoid over watering the tree because it will reduce the oxygen flow to the root system. It's best to give the tree deep soakings rather than frequent, light waterings. Getting the moisture down deep in the root system will encourage deep root growth.

Soaker hoses work well for deep watering. They release small amounts of water and can be left on for several hours.

#### Step 9: Planting shrubs

As with tree planting, you should make note of the sun exposure for your planned area. Also note the distance to any surrounding shrubs and flowers. This way, you won't plant a shrub that will soon crowd out those around it or struggle due to too much or too little sun.

The hole should be dug as deep as the root ball and two or three times as wide. If the roots of the shrub have become pot-bound, loosen the root ball by hand or with a shovel. This will encourage the feeder roots to grow beyond the root ball and help establish the plant sooner.

After digging the hole, place the shrub and again check that the base of the trunk is even with the surrounding ground. Create a moat of soil around the drip line of the plant to allow water to collect around the shrub. The drip line is the distance to the outermost branches. Spread two inches of mulch or pine straw around the shrub, but away from the base of the trunk.

#### Step 10: Maintaining shrubs

Once planted, give the shrub a long, generous soaking. Repeat the deep watering two or three times per week until the shrub is established.

To help relieve the stress of the transplant, you can apply a plant starter solution to both shrubs and trees immediately after planting. This will help relax the roots and promote growth. Read the product directions for proper application instruction

## Flip the Bird Tag

<http://scoutermom.com/cubscout/tiger-adventure-backyard-jungle/>

This is an active game which is a combination of tag and keep away. In it, a players work together to keep their friends from being tagged. "Flip the Bird" is the traditional name for this game, but if you think it will cause too much of a stir, you can just call it "Bird Tag".

#### Materials

You need something to be the "bird". This can be a rubber chicken, a towel with a knot tied in the middle, a ball, etc. Use your imagination.

#### Instructions

Choose somebody to be "It".

Define the boundaries of the play area.

Give the "bird" to somebody who is not it.

"It" tries to tag the other players. "It" can tag anyone except the person currently in possession of the "bird".

The players work together, throwing the "bird" to the person being chased to prevent "it" from tagging them.

When somebody is tagged, they must sit on the side of the play area.

Last person not to be tagged wins. Hr or she gets to be "It" for the next round

#### Notes

This game is meant to teach teamwork. However with younger children, some might not want to throw the bird. If this is the case, make the rule that nobody can keep the bird for more than the count of three.

Another option is to have multiple birds and only the people with the birds can be tagged. Know your group and adjust the rules as necessary.

## Gourd Birdhouse

<http://scoutermom.com/cubscout/tiger-adventure-backyard-jungle/>

I dried some gourds we grew, so we can make gourd birdhouses. If you didn't grow any yourself, you can probably find some in your area at a farmer's market or even a craft shop.

Because of the number of steps involved and the drying time required between paintings, we will probably start these at a meeting and then they can take them home to paint them. I'm also planning on having them already soaking when the meeting starts. Kids and a 10 percent bleach solution are not a good combination, so they can start at the point where they scrub the gourds with the soapy water.

Gourd Birdhouse

Depending on age and maturity, some of these steps might have to be done by an adult.

Materials:

- Dried gourd – “bottle gourd”
- bleach solution – one-part bleach and nine parts water
- Steel wool
- bucket with soapy water
- Old towel to dry the gourd
- Utility knife
- Spoon
- Hand drill
- Enamel paint or shellac or polyurethane
- Paint brush

Directions

Soak the gourd in a bleach solution for 15 minutes. (This might be done by an adult rather than a youth.)

Dry the gourd with the towel.

Immediately clean the outside of the gourd using the steel wool and the soapy water.

Dry the gourd again with the towel.

With the knife, cut a 1 ½ inch diameter hole in the gourd, slightly above the halfway point on the “fat” part of the gourd. (This might also need to be done by an adult.)

Use the spoon to remove any seeds or pith in the gourd.

Drill a few holes in the bottom, for drainage.

Drill two holes at the top of the gourd. Later you will feed the wire through these to make a hanger for the gourd..

Coat the gourd with at least two coats of paint, shellac, or polyurethane, letting it dry 24 hours between applications.

Feed a length of wire through the holes.

Twist the ends of the wire together to form a hanger.

Hang out on a tree and wait for some birds to move in.

Notes

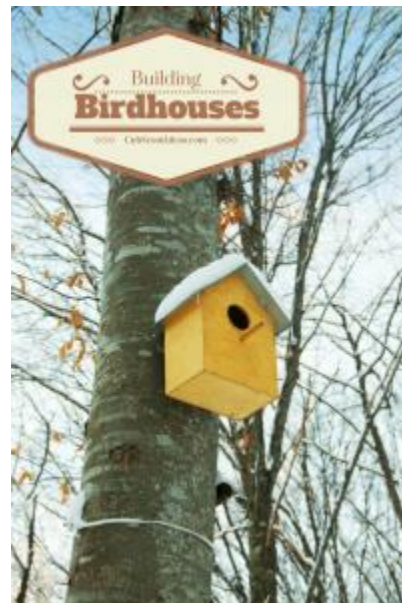
The dried gourds might have some mold spots on them. This happens during the drying process. They can still be used.

You might need to redrill the holes a little after painting.

**USE CAUTION WITH THE BLEACH AND THE UTILITY KNIFE!**

## Cub Scouts Birdhouse Plans

<http://cubscoutideas.com/3915/cub-scouts-birdhouse-plans/#more-3915>



1. **Precut a board** for each boy following the first diagram.
2. **Drill the entrance hole** about 2 1/2" from the top of the front piece. The hole should be about 1 1/2" in diameter. Make sure the hole is centered on the board. Unless you have a manual hand drill and a lot of time for the boys to crank the drill, you'll probably want to predrill the hole.
3. **Attach the front** to the sides by using the 1 5/8" deck screws. You might want to predrill holes in the front piece to make it easier for the boys.
4. **Attach the back** to the sides with the 2" finishing nails. The holes for the nails can also be predrilled.
5. **Cut about 1/2" off each corner** of the floor for drainage.
6. **Attach the floor** about 1/4" up from the bottom of the house on the sides and back with the 2" finishing nails. Don't nail the floor from the front because you won't be able to open it for cleaning.
7. **Attach the roof** to the sides with 1-5/8-inch deck screws.

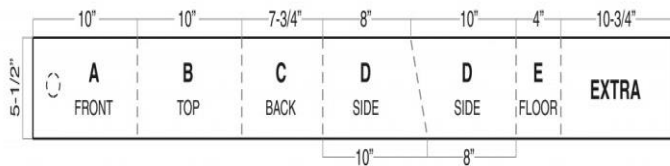
8. **Hang your birdhouse outside**, and watch for the new occupants to settle in!

Yours in Scouting,

*Sherry*

**DIY Supply List:**

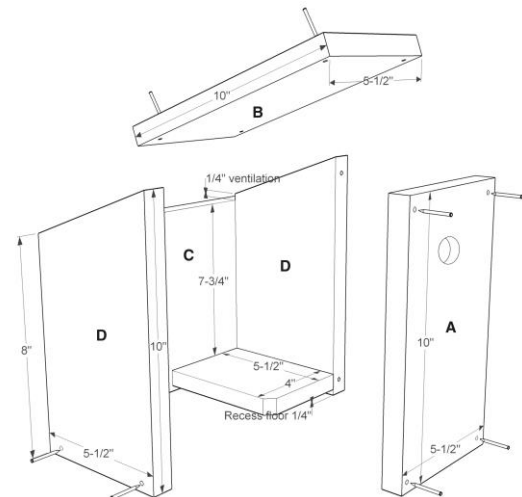
- 5 feet of **1- x 6-inch board** cut into the following pieces (see diagram below):
- 2 – 10" pieces
  - 1 – 7 3/4" pieces
  - 2 – angled pieces 10" on one side & 8" on the other
  - 1 – 4" piece



- You'll also need
- 1 5/8-inch galvanized deck screws
  - 2-inch galvanized finishing nails
  - Fine sandpaper
  - Wood glue

**Building Instructions:**

**Assemble the birdhouse** as shown in this drawing. **Step-by-step instructions are below.**



1. **Precut a board** for each boy following the first diagram.
2. **Drill the entrance hole** about 2 1/2" from the top of the front piece. The hole should be about 1 1/2" in diameter. Make sure the hole is centered on the board. Unless you have a manual hand drill and a lot of time for the boys to crank the drill, you'll probably want to predrill the hole.
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*Sherry*

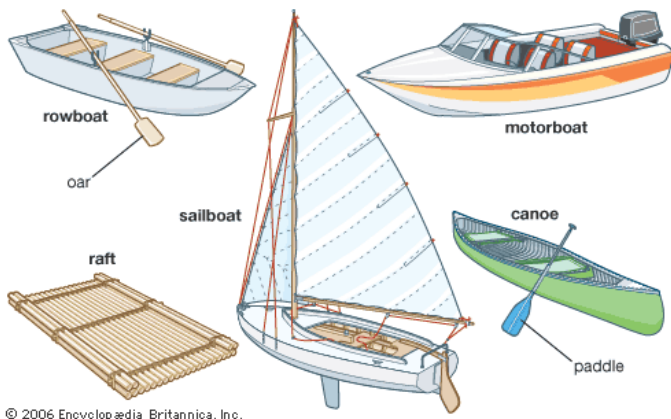


### Floats and Boats

Tiger Elective Adventure: Floats and Boats

1. Identify five different types of boats.
2. Build a boat from recycled materials, and float it on the water.
3. With your den, say the SCOUT water safety chant.
4. Play the buddy game with your den.
5. Show that you can put on and fasten a life jacket the correct way.
6. Show how to safely help someone who needs assistance in the water, without having to enter the water yourself.
7. Show how to enter the water safely, blow your breath out under the water, and do a prone glide.

### Types of boats



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Five common types of boats are the rowboat, the sailboat, the motorboat, the raft, and the canoe.

*Encyclopædia Britannica, Inc.*

### How to Make a Floating Toy Boat

by Chelsea Fitzgerald

<http://crafts.creativebug.com/make-floating-toy-boat-1683.html>

Making a floating toy boat is an interesting way to recycle products in your home and to create a toy that will delight any small child. Kids love to play with toy boats in bathtubs, mud puddles and any small body of water. The entire family can join in the fun and design fleets of boats to race and perform in friendly competitions. You can even let your dolls or action figures float in the boat and act as a ship captain and crew.

### Things You'll Need

- Two empty plastic soda or water bottles with lids
- Permanent markers (optional)
- Large rubber bands
- Colored plastic tape or any tape
- Craft knife

Remove the plastic labels from the soda or water bottles. Wash the bottles to ensure that they are clean. Make sure that the lids are tightly screwed on to each bottle.

Decorate the boat. Use permanent markers to color designs on the boat and give your water craft a name.

Wrap the rubber bands around the two bottles. This is to hold them together temporarily while you wrap them with tape.

Wind colored plastic tape around the two bottles so that they form a boat. You should do this at each end. If you don't have colored plastic tape, almost any tape will work except for masking or painters tape.

Cut into the top of the plastic bottles by using a craft knife. Create oval openings so that an action figure, doll or other waterproof creature can sit with their legs inside the boat like in a kayak.

Place the action figures into the oval seat openings so that they are sitting with their legs extended. Now your boat is ready to float across the water.

- You can skip cutting out a hole in the plastic bottles and instead glue a sturdy piece of cardboard, plastic or lightweight wood to the top of the boat. It should be approximately 4- by 4- inches. You can add small figures to the raft-like structure to serve as a crew on your boat.
- Always use caution when children play near water.

### The Water Safety Chant:

S is "Someone's Watching" never swim alone!  
 C is "Check the Rules" know where you can roam!  
 O is "Only Buddies" should go from the shore  
 U is "Know what U can do" Don't do any more!  
 T is "Tell a grown-up" If someone's in need!  
 SCOUT shows safety now you take the lead!

### •Buddy Tag Game •

This Game is meant for Cub Scouts.

Required:

Need at least 12 scouts, the more the better

Instructions:

All players except for two form into buddy pairs and link one arm. Pairs spread out over area. There is one player as 'It' and one player being chased - the 'runner'.

The 'runner' may run up beside any buddy team and link his arm with one free arm of a buddy. This makes 3 scouts together which is not allowed. So, the member of the buddy team that the 'runner' did not link arms with is now the 'runner'.

'It' can tag the 'runner' at any point. As soon as he is tagged, he is 'It' and 'It' is now the 'runner'.

Usually, the tag is made when someone does not realize a 3rd has joined his team. Be careful about one scout being 'It' for too long. Change the game by having 2 Its and Runners at the same time.

### Make Sure the Life Jacket is Properly Fastened

Once you choose your life jacket and try it on, make sure it is fastened properly. Some children's life jackets have straps that go underneath the person for added stability. Tighten all straps firmly; they should not be loose.

### How to Save an Active Drowning Victim

<http://www.wikihow.com/Save-an-Active-Drowning-Victim>

#### Determine whether the person is drowning.

Drowning victims may not thrash their arms and splash around in the water; in fact, they tend to be quiet, making the situation all that much more dangerous. Look for the following signs that someone is in need of immediate help:

- The person is not making forward progress, but is bobbing vertically in the water.
- The person's head goes from being submerged in the water to only briefly coming out before going under again.
- The person is unable to call for help. Someone who looks as though they're having trouble, but isn't yelling for help, may not have enough oxygen to call out.
- The person is floating face-down. This would not be considered an active drowning victim, but a passive one; when someone is unconscious, a different rescue method is required. In this case, call emergency services immediately.

**Shout for help.** No matter your experience or training, having others assist you is a good idea. Yell to others that someone is drowning. If the drowning victim seems to be unconscious, have someone call emergency services immediately. CPR and other drowning first aid may be necessary.

**Decide which rescue method to use.** Remain calm and figure out how you can best rescue the person in need. This is based on where the person is located and what type of body of water he or she is in.

- Is the victim near the edge of a pool, pier or dock? If a person is close enough to grab an arm, leg, paddle, shirt, or other similar item, perform a reaching assist.
- If you have one available, a shepherd's crook can reach someone beyond the range of a reaching assist in a pool or lake.
- Use a ring buoy or other easy to throw rescue device to reach a victim further away

from the shore; this is also used in an ocean rescue.

- Dive into the water and swim to the victim as a last resort, when the victim is out of reach.

**Proceed with the rescue.** Stay calm and focused. People who panic are more likely to make mistakes and may also stress out the victim. Call to the victim that you're coming to his or her aid.

**Lie face down on the edge of the pool or dock.** Spread your legs to maintain a stable position. Do not extend yourself beyond a strong position of good balance; if you lean over too far, you'll fall into the water.

- This type of rescue is only helpful if the drowning victim is within reach of the edge of the pool.
- Do not attempt to perform a reaching assist while standing. This puts you in a precarious position, and you'll likely fall into the water.
- Grab an object you can use to extend your reach if the person is a little too far for your arm to reach. Almost anything that can add a few feet to your reach can help; a boat paddle or a rope are also effective if the person is able to grab them.

**Reach toward the victim and hold out your hand.** Inch as far over the water as you can while maintaining a good hold on the solid edge of the pool or dock. You want to reach out your dominant hand, since you'll be using your strength to pull the victim to safety.

**Call to the person to grab your wrist.** Repeat yourself until the victim hears you. Since he or she will be panicked, it may take a few moments for your words to register. Make yourself heard by speaking in a voice that is loud and clear.

- Don't scream at the victim or sound too agitated when you call to him or her. This could increase the victim's panic, making it more difficult for the rescue to work effectively.

- Make sure you tell the person to grab your wrist, and not your hand or fingers, since you could accidentally let go of the victim.

**Grab the person's wrist and pull him or her to safety.** For the strongest possible hold, You should both be grabbing each other's wrists. Pull the person safely out of the water and gently help him or her get onto dry ground.

**Locate the shepherd's crook.** This is a long metal pole with a hook on the end that can be used either as a handle for the victim to grab, or as a device to wrap around the victim in the event that the victim is unable to hold onto it himself. Many pools and outdoor swimming areas are stocked with this tool.

**Tell people to back away.** Warn other people on the deck to stand away from the end of the stick in case it hits them. You don't want them to interfere with the rescue.

**Stand slightly away from the edge of the deck.** Brace your feet in case the victim pulls on the pole. Be sure you're far enough back that you don't risk getting pulled into the water.

**Hold the hook where the drowning person can reach it.** Call to him or her loudly to grab the hook. If the person is unable to grab it, dip the hooked part further into the water and wrap it around the person's torso, just below his or her armpits. Make sure the hook is not near the person's neck, since this could lead to injury. Aim carefully as it is often difficult to see.

**Pull the person to safely.** Slowly and carefully pull the victim to the side until he or she is close enough for you to use a reaching assist to pull him to the wall.

**Gather the ring buoy (also called a life ring) and the rope.** These can be found at lifeguard stations at pools and outdoor swimming areas. Boats are also equipped with ring buoys, so use this rescue if the incident occurs while you're out in the middle of a body of water.

**Loosely coil the rope in your non-throwing hand.**

Step on the end of the rope so that you do not accidentally throw the ring away.

**Use an underhand motion to throw the ring.**

Allowing the rope to uncoil freely from your non-throwing hand.

- Aim near the victim, but try not to strike him directly.
- A good goal is to throw the ring just past the victim, then pull it to him or her with the rope.

**Pull the victim to shore once he or she has been reached.**

**Dive in with a buoy.** Do not attempt a swimming rescue without a buoy on hand; a drowning victim's first reaction will be to climb on top of you, so you'll need a flotation device to keep both of you safe and perform the rescue effectively.

- Do not attempt this rescue unless you are a very strong swimmer.

This rescue should be used as a last resort when the victim is drowning in an ocean or lake that is out of reach from the shore.

If you don't have a buoy, go in with a t-shirt or towel that the victim can grab onto.

**Swim to the victim.** Use the freestyle stroke to quickly get to the drowning person. Use proper ocean swimming techniques to avoid getting tossed back in a wave.

**Toss the buoy or rope for the person to grab.**

Shout to him or her to grab hold. Remember not to swim right up to the victim, since he or she is likely to push you under the water.

**Swim back to shore.** Move in a straight line back to shore, towing the person behind you. Check back every few paces to make sure he or she is still holding the buoy or rope. Continue swimming until you make it safely back to shore, then exit the water.



**WOLF**

**Howling at the Moon**

Wolf Adventure: Howling at the Moon

1. Show you can communicate in at least two different ways.
2. Work with your den to create an original skit.
3. Work together with your den to plan, prepare, and rehearse a campfire program to present to your families at a den meeting.
4. Practice and perform your role for a pack campfire program.

**Code of the Wolf**

Wolf Elective Adventure: Code of the Wolf

1. Do two of the following:
  - a. With the members of your den or family, make a game with simple materials that requires math to keep score.



- b. Play a game of “Go Fish for 10s.”
- c. Do five activities at home, at school, or in your den that use mathematics, and then explain to your den how you used everyday math.
- d. Make a rekenrek with two rows, and show Akela how you would represent the numbers 4, 6, 9, and 14.
- e. Make a rain gauge or some other measuring device, and use it.
2. Do one of the following:
- a. With other members of your den or family, identify three different types of shapes that you see in nature.
- b. With other members of your den or family, identify two shapes you can see in the construction of bridges.
- c. Select a single shape or figure. Observe the world around you for at least a week, and write down where you see this shape or figure and how it is used.
3. Do one of the following:
- a. With your den, find something that comes with many small, colored items in one package. Count the number of items of each color in your package. Keep track of each color. Then:
- i. Draw a graph showing the number of items of each color.
- ii. Determine what the most common color is.
- iii. Compare your results to the other boys’.
- iv. Predict how many items of each color you will find in one more package.
- v. Decide if your prediction was close.
- b. With your den or family, measure the height of everyone in the group and see who takes more steps to walk 100 feet.
- c. Have each member in your den shoot a basketball. Count the number of shots it takes to make five baskets. Graph the number of shots it takes for each boy using 5, 6–10, 11– 15, 16–20, or more than 20.
4. Do one of the following:
- a. Use a secret code using numbers to send a message to one of your den members or your den leader. Have that person send a message back to you. Be sure you both use the same code numbers.
- b. Send a message to another member of your den or your den leader using the pig pen code or another code that changes letters into special shapes.
- c. Practice using a block cipher to decode a message.



**BEAR**



### **Fur, Feathers, and Ferns**

Bear Adventure: Fur, Feathers, and Ferns

1. While hiking or walking for one mile, identify six signs that any animals, birds, insects, reptiles, or plants are living nearby the place where you choose to hike.
2. Name one animal that has become extinct in the last 100 years and one animal that is currently endangered. Explain what caused their declines.
3. Visit one of the following: zoo, wildlife refuge, nature center, aviary, game preserve, local conservation area, wildlife rescue group, or fish hatchery. Describe what you learned during your visit.
4. Observe wildlife from a distance. Describe what you saw.
5. Use a magnifying glass to examine plants more closely. Describe what you saw through the magnifying glass that you could not see without it.
6. Learn about composting and how vegetable waste can be turned into fertilizer for plants.
7. Plant a vegetable or herb garden.



### Make It Move

Bear Elective Adventure: Make It Move

1. Create an “exploding” craft stick reaction.
2. Make two simple pulleys, and use them to move objects.
3. Make a lever by creating a seesaw using a spool and a wooden paint stirrer. Explore the way it balances by placing different objects on each end.
4. Do the following:
  - a. Draw a Rube Goldberg–type machine. Include at least six steps to complete your action.
  - b. Construct a real Rube Goldberg–type machine to complete a task assigned by your den leader. Use at least two simple machines and include at least four steps.



### WEBELOS CORE



### Cast Iron Chef

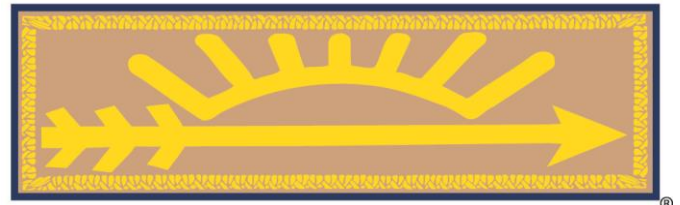
Webeles Adventure: Cast Iron Chef

Do all of these:

1. At an approved time in an outdoor location and using tinder, kindling, and fuel wood, demonstrate how to build a fire; light the fire, unless prohibited by local fire restrictions. After allowing the flames

to burn safely, safely extinguish the flames with minimal impact to the fire site.

2. Set personal nutritional goals. Keep a food journal for one week; review your journal to determine if the goals were met.
3. Plan a menu for a balanced meal for your den or family. Determine the budget for the meal. Shop for the items on your menu while staying within your budget.
4. Prepare a balanced meal for your den or family; utilize one of the methods below for preparation of part of your meal:
  - a. Camp stove
  - b. Dutch oven
  - c. Box oven
  - d. Solar oven
  - e. Open campfire or charcoal
5. Demonstrate an understanding of food safety practices while preparing the meal.



### ARROW OF LIGHT CORE



### Building a Better World

Arrow of Light Adventure: Building a Better World

1. Explain the history of the United States flag. Show how to properly display the flag in public, and help lead a flag ceremony.
2. Learn about and describe your rights and duties as a citizen, and explain what it means to be loyal to your country.
3. Discuss in your Webeles den the term “rule of law,” and talk about how it applies to you in your everyday life.
4. Meet with a government leader, and learn about his or her role in your community. Discuss with the leader an important issue facing your community.

5. Learn about your family's expenses, and help brainstorm ways to save money. Plan and manage a budget.
6. Learn about energy use in your community and in other parts of our world.
7. Identify one energy problem in your community, and find out what has caused it.
8. With the assistance of your den leader or parent, participate in an event that would help lead others in recycling and conserving resources.
9. Show that you are an active leader by planning an activity without your den leader's help.
10. Do one of these:
  - a. Learn about Scouting in another part of the world. With the help of your parent or your den leader, pick one country where Scouting exists, and research its Scouting program.
  - b. Set up an exhibit at a pack meeting to share information about the World Friendship Fund.
  - c. Find a brother Scout unit in another country.
  - d. Under the supervision of your parent, guardian, or den leader, connect with a Scout in another country during an event such as Jamboree on the Air or Jamboree on the Internet or by other means.



### Camper

Arrow of Light Adventure: Camper

Do all of these:

1. With the help of your den leader or family, plan and conduct a campout. If your chartered organization does not permit Cub Scout camping, you may substitute a family campout or a daylong outdoor activity with your den or pack.
2. On arrival at the campout, with your den and den leader or family, determine where to set up your tent. Demonstrate knowledge of what makes a good tent site and what makes a bad one. Set up your tent without help from an adult.
3. Once your tents are set up, discuss with your den what actions you should take in the case of the following extreme weather events which could require you to evacuate:
  - a. Severe rainstorm causing flooding
  - b. Severe thunderstorm with lightning or tornadoes

- c. Fire, earthquake, or other disaster that will require evacuation. Discuss what you have done to minimize as much danger as possible.
4. On a pack campout, work with your den leader or another adult to plan a campfire program with the other dens. Your campfire program should include an impressive opening, songs, skits, a Cubmaster's minute, and an inspirational closing ceremony.
5. Show how to tie a bowline. Explain when the knot should be used and why. Teach it to another Scout who is not a Webelos Scout.
6. Go on a geocaching adventure with your den or family. Show how you used a GPS unit or a smartphone with a GPS application to locate a geocache.
7. Recite the Outdoor Code and the Leave No Trace Principles for Kids from memory. Talk about how you can demonstrate them while you are working on your Arrow of Light. After one outing, list the things you did to follow the Outdoor Code and Leave No Trace.

## WEBELOS & AOL ELECTIVES



### Art Explosion

Webelos/AOL Elective Adventure: Art Explosion

Do all of these:

1. Visit an art museum, gallery, or exhibit. Discuss with an adult the art you saw. What did you like?
2. Create two self-portraits using two different techniques, such as drawing, painting, printmaking, sculpture, and computer illustration.
3. Do two of the following:
  - a. Draw or paint an original picture outdoors, using the art materials of your choice.
  - b. Use clay to sculpt a simple form.
  - c. Create an object using clay that can be fired, baked in the oven, or air-dried.
  - d. Create a freestanding sculpture or mobile using wood, metal, papier-mâché, or found or recycled objects.
  - e. Make a display of origami or kirigami projects.

- f. Use a computer illustration or painting program to create a work of art.
  - g. Create an original logo or design. Transfer the design onto a T-shirt, hat, or other object.
  - h. Using a camera or other electronic device, take at least 10 photos of your family, a pet, or scenery. Use photo-editing software to crop, lighten or darken, and change some of the photos.
  - i. Create a comic strip with original characters. Include at least four panels to tell a story centered on one of the points of the Scout Law. Characters can be hand-drawn or computer-generated.
4. Choose one of the following methods to show your artwork:
- a. Create a hard-copy or digital portfolio of your projects. Share it with your family and members of your den or pack.
  - b. Display your artwork in a pack, school, or community art show.