



BALOO'S BUGLE



Volume 10, Number 5

December Cub Scout Roundtable

January Cub Scout Theme

HOME ALONE

Tiger Cub Requirement #5

Webelos Fitness & Readyman

FOCUS

Cub Scout Roundtable Leaders' Guide

Many boys are left **Home Alone** after school. This month is a good time to review basic first aid, emergency plans, how to call for help, and family rules for when boys are alone. The Red Cross, a local nurse, an EMT, or a doctor may be willing to attend a den meeting to discuss basic age-appropriate first aid. The boys can make a home first aid kit, too. Many public safety offices have brochures that contain safety tips for being **Home Alone**; you can use these ideas for role playing and developing skits. What kinds of snacks can the boys make when they are **Home Alone**? This would be a good month to find out. Being **Home Alone** will not be so scary after the boys explore this theme.

CORE VALUES

Cub Scout Roundtable Leaders' Guide

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

- ✓ **Character Development**, Boys learn to make good choices in their activities.
- ✓ **Family Understanding**, Encourage families to discuss individual responsibilities within the family as well as family plans for emergencies.
- ✓ **Personal Achievement**, Boys gain confidence through learning activities that they can do on their own.

The core value highlighted this month is:

- ✓ **Courage**, Cub Scouts learn the importance of doing what is right - whether someone is watching or not.

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

COMMISSIONER'S CORNER

Another busy month – I visited the Hudson Valley Council Pow Wow and picked up some great ideas. I may even transfer up my credits from Commissioner's College to finish my PhD at their University. Go to www.hvus.org for details. Went to Massachusetts for an Eagle presentation from my 2000 Crew. This Scout went on after Philmont and has done two wilderness treks in Alaska!! Plus all my usual stuff.

This was an interesting month reviewing Pow Wow Books. They were all different!! Usually a lot of the material is the same but this was a new theme and different councils took

different directions in recommendations for implementing it. One council was very big on health and fitness. Another had lots of first aid stuff. One stressed safety. One thought everyone should take up music while they were Home Alone – their book was all ideas for musical things to make and do – instruments, skits, stories. But that's what keeps Scouting interesting – we all do it slightly different and we all learn from one another.

I want to thank those that helped me get some Pow Wow Books when mine were running out. From John and Mary I received the Circle Ten book and CD. And the CD had MS Word files that help me tremendously. Keith and Cindy got me the Hudson Valley book. My friend Vince sent me a CD of Chief Seattle Council's Pow Wow and promised me the next one as soon as he got it. And I am awaiting Denver's from Scott and National Cap's from Ken, a long time supporter of Baloo's Bugle.

I am working on a story for the next issue – "The Story of Three Packs" Look for it.

Have a great Holiday Season (OOOoops – I forgot, for Roundtables and Baloo - Christmas was last month, we are into 2004 already ☺☺)

PRAYERS AND POEMS FOR SCOUTERS

Participants

Heart Of America Council

A lot of participants are like wheelbarrows - no good unless pushed.

Some are like canoes - they need to be paddled.

Some are like kites - if you don't keep a string on them they fly away.

Some are like kittens - content when petted.

Some are like footballs -. you can't tell where they'll bounce next.

Some are like balloons - full of air and ready to blow up.

Some are like trailers they have to be pulled.

But most are like a good watch - open to face, pure gold, quietly busy and full of good works.

Roundtable Prayer

Cub Scout Roundtable Leaders' Guide

God, guard and protect the youth of our nation as they grow into our citizens of tomorrow. Help us as leaders to teach our Cub Scouts to be prepared for whatever challenges they face as they grow into manhood. **Amen**

Take Time*Heart Of America Council*

Take time to work;
 This is the price of success;
 Take time to think;
 It is the source of power,
 Take time to read;
 It is the foundation of knowledge;
 Take time to give to other;
 It will bring you a happiness;
 Take time to love;
 It is the sacrament of life;
 Take time to dream;
 It hitches the soul to the stars;
 Take time to laugh;
 It lightens the highway to eternal life;
 Take time to plan,
 And you will have time for all the rest.

It's Up To You*Heart Of America Council*

God gave you this day to do just what you would,
 You can throw it away; or do some good.
 You can make someone happy; or make someone sad.
 What have you done with the day that you had?
 God gave it to you to do just as you would,
 You can do what is wrong; or do what is good.
 You can hand out a smile; or just give 'em a frown,
 You can lift someone up; or just put them down.
 What did you do with your beautiful day?
 God gave it to you; did you throw it away?

Time Is Of The Essence

Author Unknown

Circle Ten Council

This is in the Circle Ten Pow Wow Book and although it's not a prayer or a poem I thought it appropriate for this section because it is thoughtful. It fits well with the Home Alone theme as it should get parents thinking about why and how long and how often we leave our children alone. And what we should be doing while with them. CD

The key to a happy child is having a parent who is there with him consistently, day in and day out. It is far better to spend evening after evening just sitting near him while he reads a book or plays on the computer than to spend a couple of hours every Saturday buying him toys or taking in a movie.

Share Your Strengths And Fears

You are your child's ally, not his adversary. The child, who knows that his parent was once afraid of the dark, and is still afraid of needles, gets to know that his own weaknesses are part of mankind, not a unique shame.

Look For The Good And Praise It

Encouragement is the primary engine of human development. I have been telling my son for over a year that he is a whiz in math because I know he can calculate in a nanosecond the number of toys he can buy with his allowance. Now he's a whiz in math at school too. Consistent recognition of a child's strengths is more important by far than vitamins. You deny it to them at their peril and yours.

Do Not Allow Your Children To Be Rude

My son is expected to share, answer others when they greet him and congratulate those who succeed. By teaching him about politeness, I make sure he realizes that others' feeling are worth taking into account. If he can get that in his head he will have learned the most basic foundation of human interaction.

Let Your Child Teach You

A common misstatement about child development is that "kids don't come with instruction manuals". Au contraire - they do. They tell you when they're hungry. They tell you when they're lonely or scared. They are little guided tours of themselves. Children will tell you what they want, although not always with words. Fatigue, irritability and sadness are ways of telling parents what they need. Look and listen.

Value Your Child For What He Is

When my son knows he is loved for himself, not for any particular accomplishment, he has a certain peace that allows him to learn better, sleep better, play better, and be more helpful around the house. Whether he becomes a rocket scientist or a plumber, I want my son to know he's No. 1 with me.

Being A Parent Is Your Top Priority

If you decide your kids come before your sales quota or other activities, you will find that all the other pieces of parenthood fall into place. When you put your kids first, you're getting the most value for every hour on earth. What's more, you have made the most Righteous decision of your life.

TRAINING TIP

Well, The Philmont Training Center (PTC) schedule for 2004 is out!! I have received my first invitation to a seminar this summer from the National Lutheran Association of Scouters. And my daughter is filling in her staff application for the summer. I think she is planning to return to PTC to be a Youth Group leader again. I know she is trying to work out the logistics to join a lot of PTC staffers on the ranch and on the Tooth for New Year's.

Cub Training at PTC in 2004 –*Adapted from National's website**(www.scouting.org/philmont) and my daughter's and my memories***Week 3 - June 20-26 (Cub Scouting)**

- ✓ Pow Wow Leadership
- ✓ Cub Scout Outdoor Program
- ✓ Strictly for Cubmasters
- ✓ Pack Trainer
- ✓ Health and Safety/Risk Management
- ✓ Cub Scout Roundtables
- ✓ Training Cub Scout Leaders
- ✓ Webelos Scout to First Class Scout
- ✓ National Junior Leader Instructor Camp

Week 10 - August 8-14 (Cub Scouting)

- ✓ Training Cub Scout Leaders
- ✓ Leading Pack Camping
- ✓ Strictly for Cubmasters
- ✓ Webelos Scout Program

- ✓ Supercharging Den and Pack Programs
- ✓ Cub Scout Roundtables
- ✓ New Directions in Membership Growth

If any of these interest you, contact your District Executive and ask how your council determines who is nominated to attend courses at Philmont

Check your Scouting Magazine to get descriptions of these seminars. Or call your council or Philmont, 505-376-2281 and request the brochure for 2004.

The weekly schedule at Philmont is relaxed. All the Free Time they took out of the Wood Badge course they put into Philmont training ☺☺

- Sunday** – Check In, Chapel, Evening campfire
- Monday** – Classes and Family program begin. All adults meet in Assembly for brief orientation. Cobblers and Band at Tent city.
- Tuesday** - Classes and Family program continue. Buffalo Bar-be-que, games on the lawn and western dancing, branding
- Wednesday** – Your day (or half day) off. Enjoy the time with your family. Explore where you can around Philmont or travel to Cimarron and surrounding area. Watch “Follow Me Boys” at night with fellow Scouters. See how everyone laughs at lines like, “I promise, I am only going to do this for one year.”
- Thursday** - Classes and Family program continue. Cobblers and band at Tent city, branding
- Friday** - Classes and Family program continue. Graduation. Closing campfire
- Saturday** – Pack up and leave.

Family Programs

The Philmont Training Center offers a full, organized program for every member of the family—from infants to spouses. Family members will be joined by others in their age group and will participate in a carefully designed, age- and ability-specific program under the leadership of trained, experienced staff.

Each family program group will participate in activities designed with the age and ability of the family member in mind. The age grouping generally follows the same pattern you find in the Scouting program. There are horse and pony rides, handicraft, day hikes of various lengths, museum tours, ice cream socials, BB and archery, and more. Older youth get to go on an overnighter!!

Wives, husbands, and other adult family members have a wide range of planned activities to choose from - museum visits, local history, Indian arts programs, pottery-making demonstrations, guided nature walks and programs, Villa Philmonte tours, trips to nearby towns, COPE, and fishing.

An extensive day-hiking program is available to wives, husbands, and other adult family members. Hikes range from an easy one-mile nature walk to somewhat strenuous all-day hikes of three to eight miles. Possible hiking destinations include Abreu Camp, Lover's Leap, Cathedral Rock, Window Rock, Indian Writings Camp, Urraca Trail.

Tent City Accommodations

Tent cities accommodate all Training Center participants and their families. Tents are large (10 by 12), two-person wall tents with wood or concrete floors, electric lights, an electric outlet, wardrobe, and two twin-size beds with mattresses.

Living in tents may be a new experience, but you will find the leisurely life of a tent dweller to be comfortable and enjoyable in Philmont's climate. Each tent city has modern restrooms and showers, a playground, tent city office and shelter. The tent city staff is on hand to help you in any way possible. Irons, ironing boards, and other services are available for your use at no charge in your tent city office.

Your tent city staff or your fellow tent city residents may organize games, evening activities, cracker barrels, sing-alongs, patch-trading sessions, and other activities.

Meals

All meals are served in the two Training Center dining halls

PACK ADMIN HELPS

Distinguished Guests and Basic Protocol

Circle Ten Council

We frequently have special guests at our Roundtables and Pack Meetings (Policemen, Firemen, Speakers on various subjects). It is important that we remember to ask them properly and treat them properly when they arrive. This list was in the Circle Ten Pow Wow Book (Thank you, John and Mary) and presents everything you might have to think about in two short lists. Your Committee Chair or Cubmaster should keep a copy handy to review and determine what's applicable each time you have a guest. (e.g. #9 – Although not usual for a Pack Meeting, I do have overnight guests helping at Pow Wow) CD

Invitations

1. Write or call your guest or speaker when you have selected your program. If you call, follow up with a written confirmation. Advise all guests of their particular function at the meeting. Include a brief outline of the tentative program and a data sheet on our organization with its aims and purposes. Tell them why the group would appreciate having them as a guest or speaker.
2. Let them know the time allocated for their speech or remarks; the time the meeting will start; and the probable time of adjournment.
3. Find out if your guest would like to be excused early. They may have other commitments and not wish to stay for the business or entertainment portion of the meeting.
4. Request confirmation and ask for material that may be used for advance publicity or in introducing them. Ask if they object to being interviewed by the press or photographed.
5. Tell them if they plan a question-and-answer period following their talk.
6. Give your guest or speaker some idea of what you would like discussed.
7. Let your guest or speaker know the type of meeting (dinner, luncheon, etc.) And dress (Formal, semi-formal, business).
8. Let them know in writing, the place of the meeting, including the address and directions on how to get there.

9. If the trip requires an overnight stay, suggest types of accommodations available. Make reservations if they request you to do so. Find out if they need transportation.
10. Let your guest know who will escort them and for whom to ask upon arrival. If possible, tell them who will introduce them and send them a copy of your program.
11. A day or two before the meeting, call or write your guest reminding them of the upcoming meeting.
12. If they need tickets, see that complimentary ones are provided in advance.

Preliminary Planning

1. Check to see that your meeting place is well lighted and ventilated.
2. Check to see that the podium light works, as your guest may wish to use notes.
3. Check to see that sufficient chairs are available and that there are seats reserved for your guests both on the platform and in the audience.
4. Check the public address system and be sure it works properly.
5. If your guest has asked for special equipment such as a projector, screen, white board, etc., see that it is set up and in working order.
6. Have a container of water and a glass available.
7. Arrange for distribution of programs in an orderly manner.
8. Be sure the kitchen or refreshment committee is seated near an exit so they may leave at a pre-arranged signal without fuss and confusion.
9. If you have made arrangements for overnight accommodations for your guest, allow some time for them to be alone and relax. Be sure to consult them before arranging parties or other activities.
10. If you cannot meet your guest yourself, be sure to appoint someone to escort them to all meetings, as well as their departing transportation.
11. Arrange to have guests met at the door, if possible, by the Distinguished Guest Chairman. If they are to be escorted at the beginning of the meeting, they are seated in a group at the rear of the room. See that they are introduced to those seated with them.
12. Instruct your committee to notify you immediately upon arrival of a guest.
13. If a gift or corsage is to be presented, arrange for the bill to be submitted at another meeting, not when the guest is present. If a corsage is to be presented, one person should be designated to present and pin it. Arrange to have this done before the meeting starts.
14. The person conducting the meeting may accept a corsage, but she does not wear it unless the guest also wears one. (In case of a male guest, he should be pinned with a boutonniere.) White is a safe color for a corsage, since it will blend with any color your guest may wear.
15. If a guest brings a companion, be sure they are introduced to the persons seated on either side of them. Ascertain their correct name, and if they have a title. Be sure they are introduced to the assembly.

16. If the speaker or guest wishes to leave at the end of their part of the program, thank them on behalf of the group and have the "escort" conduct them to their transportation.
17. If you are giving your speaker a fee, expense money, or a gratuity, present it in an envelope before they leave.
18. Guests should never be expected to participate in drawings or raffles.

This is basic protocol. You may add to it. Most units, districts, and departments have traditions and customs that make these basic rules more personal. The main thing to remember is to use common sense, courtesy, and above all, never to embarrass any one.

There is, also, a discussion of this topic in "Cub Scout Program Helps" this month. Check it out. CD



Achievement 5 Let's Go Outdoors

Baloo Archives

There is so much to do and learn outdoors! You can have fun exploring nature and looking at trees, flowers, and animals. You can walk, run, play games, and ride a bike. It's even fun to sit outside!

Achievement 5F - Family activity

You can listen to a weather report on the radio or television. But it's more fun to tell what the weather is like by going outside and using your five senses to observe what the weather for yourself. Your five senses are seeing, hearing, smelling, tasting, and touching. Some people can't use all five senses fully, such as people who are sight impaired or hearing impaired. Often, people who can't use one of their senses have learned to use their other four senses very well.

5F Go outside and observe the weather. Use your senses to help you describe what the weather is like. What do you see? Is it sunny? Is it dark? Do you see stars, clouds, sunshine, rain, or a rainbow? What do you hear? Do you hear thunder, rain, or the blowing wind? Maybe you hear traffic noise, children playing, or birds singing. How does the weather affect noises like these? What do you smell? Do you smell flowers or freshly cut grass? Maybe you smell the aroma of someone cooking or the odor of farm animals. The air and wind bring these smells to your nose. What do you taste? If the wind is blowing across a dusty place, you may get dust in your mouth. Does the air taste like dirt? Does it taste like salt? What can you feel? Is it cold or warm? Do you feel the wind blowing? Do you feel rain or snow?

There is a Character Connection on Faith associated with this Achievement. Don't overlook this important part of the program. Have the Adult partners be sure to carry out the discussion and have the Tiger explain what he knows (This is done by completing the first part of achievement

5F) and then explain how he feels about things he cannot see (*The sun at night, the moon during the day, wind*). And finally, in discussing what you believe in but cannot see, what faith is and how you develop faith. Faith is one of Cub Scouting's 12 Core Values. Don't miss this chance to discuss Faith with your Tiger. Commissioner Dave

Achievement 5D - Den Activity

Many trees and bushes have leaves that turn colors and fall to the ground in autumn. Some trees have needles that stay on all year long. You may live in a place where cacti grow. Cacti have spines or scales instead of leaves. Go outdoors with your adult partner and collect some leaves or needles to take to your den meeting for this activity. Be sure to collect only fallen leavers, or get the permission of an adult before removing a live part of a tree or bush.

5D With a crayon or colored pencil and a piece of paper, make a leaf rubbing.

Materials: writing paper, leaves, crayons

Place a leaf, vein side up, on a smooth surface, and cover it with a piece of thin writing paper. Hold the paper firmly in position and gently rub the crayon over it. The crayon strokes should all be in the same direction and with just enough pressure to bring out the details of the leaf. The finished design can be displayed in your home, decorated and framed. Your leaf rubbings can also be made into greeting cards or given as a gift.

Achievement 5G - Go and See It

Walking is great exercise, and it's fun to be outdoors. When you walk, you see more things in the outdoors than you would if you went by fast on a bicycle, or in a car or bus.

5G Take a hike.

Your den may go to a special outdoor place for a hike, or you may take a simple walk in your neighborhood. Be sure to take into account the size and ability of your Tiger. There are many state Parks and other parks with short nature trails that have built in rest areas where you stop and read the commentary along the trail (Station 1, station 2,). These may be perfect for your Tigers.

Wherever you go, it's fun to be outdoors! Remember, three quarters of Scouting is Outing.

Tiger Theme Related Activities

(But Wolf and Bear Dens are welcome to try them, too!!)

Most of these ideas relate to Achievement 3. This theme gives you many ways to work on this requirement. CD

Keeping Myself Healthy and Safe

Circle Ten Council

Family Activity

Have A Family Meeting And Discuss

When to Call 911

Sometimes people are confused about when to call 911.

These are examples of when **not** to call 911:

You can't find your favorite toy or last night's homework

Your cat got into a fight with another cat

Your brother or your friend dares you to call

You have a nasty hangnail

Never call 911 as a joke or just to see what might happen.

When the emergency dispatcher has to take the time to talk to people who don't have a real emergency, other people who call and do need help right away might have to wait.

The only time you should call 911 is if a person is badly hurt or in danger **right now!**

Can you call 911 if there's been a car accident? **Yes!**

Should you call if you see a crime, like someone hurting someone else or breaking into a person's house? **Of course!**

What if someone suddenly seems very sick and is having a hard time speaking or breathing or turns blue? **Call right away!**

What if someone collapses or passes out? **Absolutely call!**

What if someone's house is on fire? **Definitely call!**

Talk to your boys about when they should call 911. If their not sure whether there's a real emergency and there are no adults around, it's a good idea to make the call. Just remind them, "**When in Doubt, Dial It Out: 9-1-1.**" They could save someone's life!

Den Activity

Emergency information is available from local libraries, the American Red Cross and the local fire departments. Some free handouts can include family disaster supply kits from the local fire department and the Red Cross.

Emergency Preparedness Ideas to consider:

Does your group have emergency supplies at the meeting site? Are there food supplies, warm blankets, flashlights, and water tucked away, just in case?

At home, how do you shut off the gas, the water and the electricity?

What neighbors can help? Have a neighborhood emergency plan ready. Who can be called when needed?

Every Tiger Cub will experience fire drills and storm drills at school. Do you have one established at your meeting site?

No program concerning fitness should leave out the subject of NUTRITION! Tiger Partners should plan to have some discussion of the importance of good nutrition. You might have a den discussion of the variety of good food for proper growth and development. See Achievement 3D and the related Character Connection.

Fitness

Tune: On Wisconsin

Circle Ten Council

Hurry, Tigers,

Build your muscles,

Get in shape for play.

When we feel our very best,

We'll do our best each day.

(Rah, rah, rah)

Keep on running, keep on jumping,

Trying to improve.

When we've grown a little older,

We'll still be on the move.

Go and See It Outing Ideas

Visit a dentist office

Visit a nursing station

Visit a walk in clinic

Visit a paramedic unit

Visit a hospital

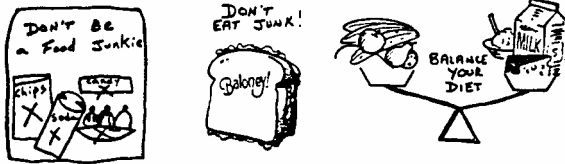
Visit a nutritionist

Visit a fitness center

Visit a doctor's office

Health Poster/ Food Intake Chart

To drive home the idea of nutrition's importance, have the boys make posters on that theme. After they have been displayed at the Pack meeting, see if a local grocery or health food store will let you display them for a week. Here are some ideas for posters. Another activity would be to have the boys chart their food intake for a week and then review them together at the next meeting



SPECIAL OPPORTUNITY

After I had been dutifully chronicling Special Opportunities for Cub Scouts for a few months, I found out that our site has a whole section devoted to this. Go to <http://usscouts.org/advance/cubscout/specialops.html> and you can see the "Special Opportunities for Cub Scouts and Webelos Scouts" pages of the USScouts website.

The Boys' Life reading contest for 2003 ends this month. So if your Scouts are planning on entering, please have them send in their entries by December 31, 2003.

For more details check out last month's Baloo's Bugle or go to www.boyslife.org. *As soon as I receive information on the 2004 contest, I will put it in Baloo's Bugle. CD*

The BSA Family Program

Adapted from Great Salt Lake Council Pow Wow Book, Pack 263, Boulder Creek, CA

(<http://www.geocities.com/pack623/index.htm>),

Pack 215's Virtual Cub Leader's Handbook

(<http://www.geocities.com/~pack215/home.html>) and

Pack 172, Westfield, NJ,

(<http://www.westfieldnj.com/pack172/index.htm>).



The BSA Family program is a series of activities designed to help strengthen all families - whether two-parent, single parent, or nontraditional. All family members are encouraged to participate and may earn the BSA Family Award. The BSA Family Activity Book is the primary resource for the program. It is filled with suggested activities

to enhance the children's personal development and enrich and strengthen the family. The BSA Family Activity Book is divided into the following five sections and is a great resource!

1. Learning Through Fun and Adventure (family fun, make-believe, talents, patriotism)
2. Strengthening Family Relationships (mealtime, traditions, siblings, love, communication)
3. Developing Character (duty to God, self esteem, success, trust, giving, differences)
4. Teaching Responsibility (responsibility, being prepared, planning, organizing, money)
5. Handling Difficult Situations (obstacles, moving, illness, loss of loved ones)

Families are the basis of society. In the family, children learn about love, values, and social interactions while they prepare for today's world. The family is vital to the future of our community and our nation.

The Boy Scouts of America has a great interest in the strength of the family. Scouting's aim is to develop boys, young men, and women into participating citizens of good character who are physically, spiritually, and mentally fit.

The organization recognizes that it is the responsibility of parents and family to teach their children. However, Scouting is an available resource that can help today's families accomplish worthy goals while building and strengthening relationships among family members.

The purposes of the BSA Family program are twofold:

- 1) To strengthen families, and
- 2) To encourage family involvement in Scouting.

In much the same way that Cub Scouts and Webelos Scouts use their handbooks to earn their badges and awards, the family uses the BSA Family Activity Book to earn the BSA Family Award.

BSA Family Award Requirements

To earn the Boy Scouts of America Family Award, a family will complete, within a 12-month period, requirements 1 and 2 plus three more of the remaining requirements.

As a family:

Decide how many times each month you will meet to achieve the Boy Scouts of America Family Award. Make a commitment.

Improve skills discussed in six or more of the 14 Family Talk areas.

Plan and participate in one or more family outings.

Start one new family tradition.

Do a "Good Turn" for an individual, a group, or your community (elderly, needy, handicapped, nursing home, charitable fund-raisers, cleanup days, etc.)

Attend religious services of your choice at least monthly.

Attend or participate in at least two Scouting activities or functions (Scouting shows, pinewood derby, Scouting banquets, flag-raising ceremonies, etc.).

Identify your local BSA council and neighborhood Cub Scout pack.

Ideally, the award will be presented to the family in pack meeting. If this is not possible, it may be presented by a member of the pack committee in an appropriate setting mutually agreed upon. If these options are not possible, the award may be mailed to the family

PRE-OPENING ACTIVITY

Name That Movie

Circle Ten Council

Each of the movies listed below have the word HOME in its title. Can you fill in the blank with the correct word?

1. Star Trek IV - The _____ Home
2. Home _____
3. _____, Come Home
4. I'll Be Home for _____
5. Sweet Home _____
6. The _____ Home
7. _____ Away Home

If you want to help out a little – provide the answer list -

Christmas	Alabama	Way
Fly	Alone	Snoopy
	Voyage	

Answers:

1 - Voyage, 2 - Alone, 3 - Snoopy, 4 - Christmas, 5 - Alabama, 6 - Way, 7 - Fly

Home Alone Scrabble

Circle Ten Council

Give each boy a sheet of paper and set a time limit of 3 - 5 minutes. Have them write down as many words as they can use only the letters from the words HOME ALONE.

OPENING CEREMONY

Home Alone

Circle Ten Council

Personnel: 9 Cub Scouts

Props: Have each boy hold a card with his letter on the front and the words written on the back.

- H - Home alone is OK with me.
- O - Because I have learned about safety.
- M - Emergency numbers I know which to call
- E - Basic first aid, I know it all.

- A - House rules that I must follow.
- L - The right foods that I can eat.
- O - And if in trouble I should become.
- N - I'm not afraid or scared.
- E - To my safe house I will run!

Amazing Flag Ceremony

Chief Seattle Council

In a darkened room have a spotlight shining up on the flag from a very low position. The flag needs to be as large a flag as possible, and made of 100% nylon to create the right effect. It must be rolled onto the pole as tight as it can be done and then secured there by a ribbon tied around it or an

unseen line of some kind like heavy fishing line. On a cue, the line/ribbon is cut/released and the flag will begin to "twirl" as it uncoils. A large flag will do this for an amazingly long time and the effect is quite striking. This can be done in conjunction with music or narration of any kind.

May I ...

SCC Council

Arrangement: Pack flag is placed in center of stage. Ten Cub Scouts in uniform, in turn, come on stage, stand near the pack flag and recite one of the statements below. Upon finishing, each Cub Scout salutes the pack flag and steps back.

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

.Cub Scouting is...

Heart Of America Council

Arrangement: Seven Cubs line up across stage holding up posters as indicated. Each says his line pausing a moment after saying CUB SCOUTING IS

- Cub # 1:** (Holds up poster of Bobcat Badge) Cub Scouting is: That new Bobcat who the Cub Scout promise makes.
- Cub # 2:** (Holds up a poster of Wolf Badge) Cub Scouting is: That Wolf Cub Scout with his first achievement undertakes.
- Cub # 3:** (Holds up poster for Bear Badge) Cub Scouting is that older Bear Cub who can tackle much more.
- Cub # 4:** (Holds up poster with Webelos emblem on it) Cub Scouting is That Webelos Scout who's running up a fine activity badge score.
- Cub # 5:** (Holds up poster with word FUN on it) Cub Scouting is: All that plus much more too, giving us the reason what we're here to do.
- Cub # 6:** (Holds up poster with picture of a Cub Scout) Cub Scouting is. That boy clad in gold and blue making, this meeting important to me and to you.
- Cub # 7:** (Holds up some type of patriotic poster) Cub Scouting is being a good citizen you see, so won't you now Pledge Allegiance to our flag with me. (This Cub leads audience in the Pledge of Allegiance.)

America And The Army Great Salt Lake Council

A is for the ARMY that guards us well.
M is for MEN and WOMEN who for liberty fell.
E is for the ENEMY that knocks at our door.
R is for RANKS of soldiers in the battle roar
I is for INDEPENDENCE that they win.
C is our COUNTRY and we in unison.
A is for ALLEGIANCE that we feel for our land.
Let us now pledge it with heart and with hand.

You could change Army to Armed Forces and include everyone if you wish and not have to change the letter CD

Doctors Prescription Circle Ten Council

Personnel: 8 Cubs and a narrator

Equipment: Cubs dressed as doctors

Narrator: I present to you Cub Scouts and parents, the eight best doctors in the world. Give heed to their words.

Doctor 1: I am Doctor Rest. I cure you when you are tired.

Doctor 2: I am Doctor Exercise. I make you strong.

Doctor 3: I am Doctor Fresh Air. I give you vigor.

Doctor 4: I am Doctor Proper Food. I help you live long.

Doctor 5: I am Doctor Bath. I keep you clean.

Doctor 6: I am Doctor Sleep . . . I make you well and help you grow.

Doctor 7: I am Doctor Sunshine. I make you cheerful.

Doctor 8: I am Doctor Play. I keep you happy and make you smile.

All Doctors: Employ us every day, we help you all and ask no pay.

PACK/DEN ACTIVITIES

Home Alone Topics To Discuss With Your Den Circle Ten Council

1. Keeping a Clean Kitchen

A big part of safe cooking is keeping the chef and the kitchen clean. The idea is to keep germs, which can make you sick, out of your food. Always wash your hands with soap and water immediately before you begin any recipe - this is especially important for recipes that involve touching the food directly, like kneading dough or mixing ingredients with your hands. You should always wash your hands before and after handling raw meat, poultry, egg, and fish products because these items can contain small amounts of bacteria even before they were packaged. Your working surfaces (like countertops and cutting boards) should be clean and dry.

Wearing an apron will keep your clothes clean. If you don't have an apron, an old shirt will do, but don't use a smock! Smocks and other big, loose clothes are bad in the kitchen because the sleeves can catch fire if you reach over something hot. It is smart to tie back long hair so it doesn't get in the food or catch fire if it gets near something hot.

After you've finished, don't forget to wash your hands well again. Also be sure to wash any cutting boards you've used with soap and water.

2. Just You After School

If you have 30 kids in your pack, about 8 to 15 of them are on their own when they get home from school. Kids who regularly take care of themselves used to be called "latchkey children." This name started back in the 1940s, during World War II. The men were away at war, so many women had to take jobs in factories to keep the country going. With both Mom and Dad away, kids would wear a key around their necks to get into the house after school. Today this is usually called "self-care." The reasons for being home alone have changed, too. In a lot of families, both parents go off to work. In many other families, there's a single parent who goes to work. And very often, there just aren't enough childcare programs available for the families who need them.

3. Set up Ground Rules for when the boys are at home alone

Some families put up a list of rules where everyone can see them, like on the refrigerator door. Other families write out a contract and have each member sign it, saying they agree to the rules. Others just go over the rules out loud. But whatever method their family uses, there are a lot of questions to talk about.

Discuss the following with the boys:

- Should you call Mom or Dad as soon as you get home?
- Are you allowed to watch TV or videos, and if so, what kind and for how long?
- Should homework be done first, even before chores?
- Can friends come over? If so, how many?
- What can you have for snacks?
- Can you go outside, and if so, where?
- What appliances can be used? (microwave, computer, etc.)
- What chores need to be done and by when?
- Should your parent call home just before leaving work each day? For example, would it help to have a heads up in time to finish any last-minute chores before they arrive?

Activity - Have the boys make up a schedule for what they would do if their parents were home when they got home and then one for when their parents would not at home. Talk about the differences. A schedule of what to do if parent was not at home might look like this:

3:30-3:40 - Call Mom or Dad
3:40-4:00 - Change clothes and have a snack
4:00-4:45 - Do homework
4:45-5:30 - FREE TIME!
5:30-5:45 - Set the table for dinner
5:45 - Mom or Dad is home

4. Staying Safe

Knowing how to stay safe is just as important as knowing the family rules. The scariest idea for kids home alone is that someone will break in and hurt them. Some basic safe rules to follow are:

- Always keeping the doors and windows locked will help you to stay safe.
- Decide with Their parents what to do if the phone rings.
- What do they do if someone knocks at the door. If you do answer, never say that you're home by yourself.
- If a boy does get home and the door is open, or a window's smashed, don't even peek inside. Instead, go to a neighbor you trust for help.

Activity - Have the boys practice or role play the following:

- What would you do if someone tried to get in?
- Do you know how to call 911 or another emergency number?
- Do you know your exact address, where your parent works, and his or her phone number?
- Is there a "safe room" in your house, where there's a phone and an inside door lock?
- What do you do if you (or your brother, sister, or a pet) gets sick or hurt?
- What do you do if a thunderstorm knocks out the power?
- What do you do if the toilet overflows?
- What do you do if a fire breaks out?

5. A Little Lonely - What should the boys do?

Keeping busy with homework, chores, and play is usually enough to make their "home alone" time go quickly. But don't be surprised if sometimes they feel a little lonely or bored -- lots of kids do now and then. The trick is to have them think about their choices ahead of time.

Some good ideas to get you started are:

- Save a few good books and magazines just for reading when you're bored.
- Work on a hobby or a collection, or start a new one.
- Listen to music, sing, or play an instrument.
- See how many sit-ups you can do in 10 minutes.
- Try a favorite craft, or a new and different one.
- Play with your pet.
- Write e-mail, phone a friend, or see if there's a PhoneFriend system, a special telephone line kids can call when they're alone, in your area.

Remind the boys that, parents are the best person to talk to about being home alone. If there's a problem, they will want to help them work it out. Then their "Home Alone" experience will have a happy ending.

Below you will find a Readiness Checklist that you can send home with the boys to complete and discuss with their family.

If there are answers that the parent feels uncomfortable with, it may signal a need for information, training in self-care skills, or an alternative care solution.

After the boy has gained the skills and knowledge needed to stay alone, have the parents plan a trail period of self-care in order to see how the child adjusts to the situation.

Here are some readiness indicators:

- Does he want to be left on his own?
- Is he afraid to be alone in the house?
- Can you depend on him to follow the house rules?
- Does he complete the agreed upon assigned chores?

- Can you rely on him to tell the truth?
- Does he have common sense?
- Can he deal with unexpected events in a positive way?
- Is he self-motivated?
- Can he amuse himself or does he require constant supervision?

Home Alone - Are They Ready?

Circle Ten Council

Below is a checklist that can be sent home with the boys to fill out and discuss with their parents.

Self-Care Readiness Checklist

Yes or No - The child can give his or her address and directions to home.

Yes or No - The child can repeat and dial the home phone number.

Yes or No - The child can explain how to handle first aid for cuts and scrapes, burns, nosebleeds, poisoning, bites, choking and eye injuries.

Yes or No - The child knows where to locate first aid supplies kept in the home.

Yes or No - The child can identify two escape routes from the home in case of fire.

Yes or No - The child can handle phone calls correctly.

Yes or No - The child has demonstrated correct procedures for handling strangers at the door.

Yes or No - The child knows how to reach parents and other responsible adults by phone.

Yes or No - The child can name two adults to contact in case of an emergency.

Yes or No - The child will tell you about daily events without prompting.

Yes or No - The child can locate a safe place to seek shelter during a storm.

Yes or No - The child feels safe when alone and fears (such as darkness) or nightmares are minimal when adults are not around.

Yes or No - The child has indicated an interest or willingness to stay on his or her own.

Yes or No - If other children will be present, the children are willing to stay alone with each other and fighting is at a tolerable level.

"Police Report" Observation Activity

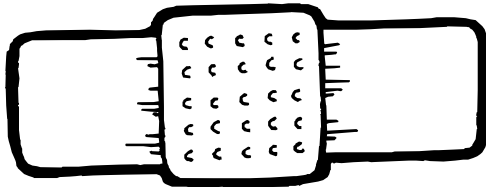
Great Salt Lake Council

When people give eyewitness accounts to the police they sometimes vary wildly. Try this exercise to see how observant your Cubs, parents, siblings, and friends are. Have a person come in with their clothing in some strange way (plaid pants, unmatched shoes, shirt backwards, carrot hanging from rope around neck, red bandana, sailor hat, etc.) Do some specific actions (hop part way, bow and kiss someone's hand, crawl under the table, etc.) This should last about 30 seconds, then leave room. Then second person comes across with different actions and clothes and exits. Then third person does different things and exits. They should be out of sight but close enough to come in when you ask. Now, ask the audience questions about clothing,

actions, what they looked like. (Make a list of questions about obscure items, such as who was wearing pink sox or earrings.) Tell the audience all should learn to be observant and, if they see a crime, should write down what they saw immediately so they don't get it mixed up.

I could see this as a great Pre-Opening Activity, too, Have the strangely dressed people wander through talking with people during pre-opening and then quiz the audience during the icebreaker. CD

Basic First Aid Tips
Circle Ten Council



What Should I Do if I Get a Cut or Scratch?

The first thing you should do is stop the bleeding by pressing a clean, soft cloth against the wound. If the wound isn't very bad, in a few minutes the bleeding should stop.

After you've stopped the bleeding, you should always clean the wound, use **only water** to clean a cut. Some soaps have fragrances, which can sting and it is hard to tell which soaps will cause a cut to burn. A clean, soft, damp cloth will help you gently remove small pieces of dirt or gravel. Get an adult's help if the wound hurts to clean or if there is something in it that won't wash out easily. Most small cuts, scrapes, or abrasions will heal well without anything on them, but if you want extra protection, you can use antibacterial cream or a plastic bandage. If you use a plastic bandage, your wound won't be irritated and will be protected from germs. Change the plastic bandage daily, or if it gets wet or dirty.

What if I Get a Cut That Won't Stop Bleeding?

If a wound is very long or deep, or if its edges are far apart, then you may need stitches. The doctor puts a liquid anesthetic on your skin to numb it (numb means you won't be able to feel anything there for a while). Then the doctor will suture, or sew, the edges of the cut together with a small needle and special thread. Sometimes instead the doctor will use a special kind of glue to close your cut if the cut isn't very deep or long. This glue holds the side of the cut together so the skin can begin to heal and you won't need stitches. Sometimes you will also need an injection, or shot, to make your skin numb. This shot will allow the doctor to stitch or apply glue without you feeling a lot of pain.

If you get stitches, after the wound heals, you will need to go back to the doctor in about a week to get those stitches taken out. The doctor will just snip the thread with scissors and gently pull out the threads. It feels funny but doesn't hurt. If your wound was glued, the glue will just dissolve over time.

When Should I Get Help From an Adult?

Tell an adult if you cut yourself on something dirty, like a rusty nail, or if you are bitten by an animal or a person. Bites can be very dirty. The mouths of people and animals have many, many germs, and the doctor will prescribe an antibiotic to prevent infection. Your mom or dad should

check with the pet's owner to make sure its shots are up-to-date.

Certain cuts or bites could develop into tetanus, a serious illness also called "lockjaw." Your parent can make sure you have had a tetanus shot recently. Tell an adult if you are scratched by fingernails or claws. These kinds of scratches are also very dirty and may need a doctor's care. Cuts, scratches, and abrasions are a normal part of every boy's life.

Theme Activities

Heart Of America Council

Invite a special guest to pack meeting, such as local government people, radio and TV people, Red Cross people to talk about being Home Alone

Invite a fireman or policeman to hand out the awards at pack meeting

Learn about Operation E.D.I.T.H. (Exit Drill In The Home) http://www.henriettafire.com/fire_prevention/op_edith.htm

Visit a fire station or police station

Visit the Red Cross Center in your area - collect First Aid and Safety information

Review emergency procedures for home and auto

Make first aid kits

Display home fire escape plans at pack meeting

Practice dialing and rehearse emergency messages that would be given to dispatcher

Demonstrate how to smother flames on a person's clothing

Make a fire related neckerchief slide

First Aid kit Neckerchief Slide

Circle Ten Council

Material: -

Plastic 35 mm film canister

Plastic curtain ring, pipe cleaner or other device for loop

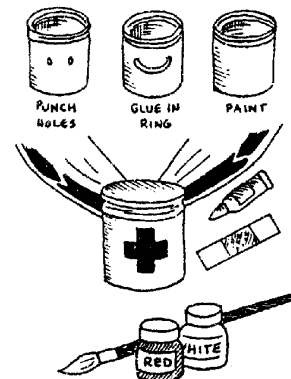
Glue

Acrylic or model paint

Self-adhesive bandages with first aid ointment

Alcohol pads

Change for phone call



Directions -

Punch two holes in the film canister for the curtain ring or pipe cleaner and glue in place.

Paint the canister white

Paint or tape first aid on the can (1)
Put bandages, pads and change in canister
Seal with lid
(1) The Red Cross symbol shown is copyrighted to The Red Cross.

The following ideas from SCCC provide good ideas for things for your Cubs to do while "Home Alone" CD

Write in a journal

Santa Clara County Council

Get a special notebook or staple some paper together and write about the events of your day.

Write a letter to the President

Santa Clara County Council

If you've got a question or comment for the president, shout out to him! Address your letter to:

The White House
1600 Pennsylvania Avenue NW
Washington, DC 20500

Or go to www.whitehouse.gov/kids. You can E-mail the president from this site. But a written letter will get a written response!!

Create or Act out Commercials or TV shows

Santa Clara County Council

Get permission to use a video or tape recorder and record your voice doing your favorite commercials or TV shows. Create your own talk show and interview your siblings, toys, or pets. Have your den create a talk show or skit about being safe while "Home Alone." Then tape it and show it to the other dens. Get ideas from your parents as to what to include.

Make a bird feeder

Santa Clara County Council

String raisins or popcorn together on a thread. You can also get a pinecone and fill in the petals with peanut butter and birdseed. When an adult gets home, hang your feeder on a branch outside a window...so you can watch the birds enjoy their meal!

Safety Buzz Session

Great Salt Lake Council

Have everyone at pack meeting break into small groups with some parents in each group. Give each group one of the following questions. Give them 5 minutes to discuss their question. Then have the groups come back to the main area and have a spokesman from each group report on their question and the solution they came up with. For suggested answers, see the section "Preparing, " in the BSA Family Book.

Following the reports, thank everyone for their thoughtful solutions.

Then say the following: It is very important to know what to do if a problem arises. If you know what to do, you don't need to be afraid. You can do the right thing that will keep the problem from getting worse or keep a bad thing from happening. When something goes wrong you will be able to make good choices. We have some boys who have made some very good choices this month.

Safety First Family Quiz

Question 1: You are walking home from school when a man you don't know pulls up in his car to the curb beside you. He

tells you that your mother has been hurt and you should go with him. What do you do? Why?

Question 2: You are skate boarding with your little brother when he falls and scrapes his hand and knees. What do you do? Why?

Question 3: You are roasting a hot dog over a campfire when a spark flies up and catches your jacket on fire. What do you do? Why?

Question 4: Your parents are both at work when someone you don't know calls on the telephone and asks to speak to your dad. What do you do? Why?

Question 5: You are visiting your grandma when she falls down. What do you do? Why?

Question 6: One of your friends wants you to skip school with him and go on a hike. What do you do? Why?

Question 7: A strange dog comes up to you. What do you do? Why?

Here are two Scouts can do while Home Alone after you show them how at a Den Meeting CD

Coffee Filter Art

Great Salt Lake Council

On a coffee filter draw designs with washable markers. Fold the filter into a triangle, dip point of filter into a cup of water.

Let filter absorb water, causing the markers to bleed.

Open filter to reveal cool tie-dye design.

Pressed Leaves and flowers

Great Salt Lake Council

Take a nature hike around your own yard, and collect fun flowers and leaves.

Place flowers and leaves in between two sheets of paper towels, then place in the yellow pages phone book.

Let flowers and leaves dry completely.

Use to make pictures, collages, cards, etc.

AUDIENCE PARTICIPATION

Silly Filly Inny for Home Alone

SCC Council

The leader passes around slips of paper with various brief phrases on them. Each member of the group draws a paper from the proverbial hat. The leader reads the story below. When there is a pause in the story... signified by ***, the leader points to one of the group members, and that person SHOUTS OUT his phrase. Of course, the phrase may or may not be exactly what was left out...in fact, that's the fun of it!

- | | |
|-----------------------|--------------------|
| Kitchen table | Favorite cartoon |
| Dining room table | Soccer |
| Yummy cheese | Upstairs bedroom |
| Big bouquet | Garage door |
| Cupboard door | Math book |
| Dad's old computer | Comfy couch |
| Dairy farm | Cordless telephone |
| Old-fashioned oatmeal | Toy truck |
| Refrigerator | Romaine lettuce |

English cucumber

Garden shoe

Our story begins at 2:30 p.m. when Johnny arrived home from school with his sister, Suzie. They put their backpacks on the ***, and prepared to make a snack. Johnny liked to have cheese and crackers, so he opened the refrigerator and took out a piece of ***, then opened the *** to get the crackers. Suzie preferred milk and cookies. She reached into the cookie jar and took out 4 *** cookies, before reaching into the *** for a glass for her milk.

They took their snacks into the family room, sat down on the *** and turned on the television to watch their ***. A half-hour later, Johnny knew it was time do his homework, so he turned off the TV, retrieved his backpack, and headed to his ***. Johnny took his *** out of his pack, and prepared to do his assignment. He had finished about half of the problems when the *** rang. "I'll get it," called Suzie. A few minutes later, she yelled, "Johnny, it's Mom, and she wants to talk to you."

Johnny picked up the phone. "Hi, Mom," he said. She asked him if he would please make a salad for dinner, using the *** and the *** he would find in the vegetable drawer of the refrigerator. Johnny said he'd do it right after he finished his math homework. Mom had asked Suzie to set the table, and she was already putting the plates on the *** when Johnny hung up the phone and headed back to his room. Suzie went out to the garden to pick a *** of flowers for the table.

After Johnny had finished his homework and made the salad, he returned to his room and turned on his ***. He was hoping to receive an email message from his cousin, who lived on a ***. His cousin almost always had a story to tell him, since they had a lot of animals, and one of them was often getting into mischief. Today was no exception. It seems that a goat had escaped his pen and wandered into the backyard. It had chewed his mother's *** and his brother's ***. Johnny replied to the message with news of his *** team's victory, writing that he had even scored a goal.

Just then, Johnny heard the *** open, and knew that one of his parents was arriving home. Although he and Suzie felt perfectly safe at home alone, he always felt better when his parents were home, too.

Around the Town
Longhorn Council

This is a nice theme related adaptation of the Lion Hunt and the Bear Hunt found in National's, "Group Meeting Sparklers." This type of story is always a big hit in Pack 480. CD

1. Do you want to go on a trip around town?
2. All right! Let's go! (Leader-pats knees with palms of hands using alternating rhythm, indicating walking. Cub Scouts do likewise in mimicking all motions.)
3. Look, there's a fire station -- they are neat things to have in our town to keep our homes and businesses safe.
4. Here's a bridge over this beautiful stream -- well have to cross it. Be careful not to fall in! (Leader beats alternating fists on floor making sounds like walking on a hollow bridge.)

5. Look at this empty lot. The grass is deep. Let's plow through it. (Leader pretends to push grass to each side to walk through.)
6. Here's a big stream. Let's see if we can jump across. Let's back up and get a good run. (use arm motions as running, then hold hands in air for a few seconds and bring hands down on knees with a loud clap.)
7. Oh, no. We landed in the mud. We'll have to walk through it. (Holds hand with fingers extended downward slowly moving up and down, with frown on face.) Leader comments, "Look, there are animal footprints. They must have come here for water.
8. Here's a trail that leads up to the highest hill. Should we take it? Okay, let's climb. (pat on knees, labored breathing to indicate difficulty while climbing, Leader can comment about the countryside of animals, etc.)
9. Finally the top. Let's rest. (Rest momentarily until . . .)
10. Look at that tall tree. I'll bet if we climbed to the top we could-see for miles around. (Double fists and place one above the other in climbing motion.)
11. (Put hands to eyes and look around.) Think of all the fun things we can do around our town: go fishing, hike, ride bicycles, play on the playground, play soccer, play baseball...
12. Oh, look, there's someone burning leaves. Uh-oh, that dry grass is starting to catch fire and they don't see it! Let's run back to the fire station and tell them!

AT THIS POINT THE LEADER REVERSES ALL ACTIONS BACK TO THE FIRE STATION.

Now take time to discuss how this story might end.

- What do they tell the firemen?
- What are the fire safety rules?
- What should you do in case of fire?

Stretcher - Audience Participation Skit
Longhorn Council

Try this as an icebreaker or a seat relaxer. Everyone imitates the actions of the leader as he tells the story.

One day while he was at sea, Christopher Columbus stood up.
He looked to the north,
Then looked to the south,
Then to the east,
And to the west.
He then turned around and faced the north,
Then he faced west,
Then he turned to the south,
And turned to face the east.
Then stood on tiptoes to see over his neighbor's shoulder --
But he could see nothing.
So he sat down.

ADVANCEMENT CEREMONIES

In reviewing "Cub Scout Program Helps" this month, I see there are an Advancement ceremony and a Closing ceremony that use a cardboard house front prop.

Whenever you can use something twice in Cub Scouts it is four times better and these are really good ceremonies so be sure to check them out as well as the rest of "Cub Scout Program Helps." Commissioner Dave

Do Your Best

Circle Ten Council

Narrator: In Cub Scouting the boys learn how to take care of themselves when Home Alone and when emergencies occur. They learn how to put on a band-aid. They also learn what to do in case of a vehicle accident, family illness, or how to stop, drop and roll if they are on fire.

This month we have been learning how to be safe when Home Alone and about the people that can help us in an emergency. Like the Cub Scouts, they do their best. This is the Cub Scout Motto, "DO YOUR BEST." This is one of the things the Cub Scouts are always trying to do. We cannot ask more of someone than his best. Would _____ please come forward with his parents. This Cub Scout has worked hard to "Do His Best" in earning this badge. We would like to present it to him at this time.

(Give award to parent to pin on boy; congratulate both.)

Physically Fit

Circle Ten Council

Personnel: Cubmaster

Equipment: Awards for boys, sports articles, pictures, posters displaying health, physical fitness, and proper eating.

Arrangement: Cubmaster in front of audience

Cubmaster: Look at these (pictures, posters, articles, etc.). These people have made it by being physically fit. They work out. They get the proper amount of rest. They eat the proper balanced meals. It is nothing they have done overnight. It takes a long time to get in the shape that these people are in. Cub Scouting is a program for boys in the first grade through the fifth grade. It takes time to advance in rank. The time includes the completion of achievements in the respective book. As Cub Scouts advance in rank, they learn about physical fitness, health habits, and proper healthy eating. They learn how to be safe while Home Alone. Tonight we will recognize some Cub Scouts who have advanced in rank. Will the following Cub Scouts and their parents come forward.

Wolf & Bear Advancement Ceremony

Chief Seattle Council

Cubmaster: *(To Start)* Tonight we have (number) boys who have advanced in rank and who are receiving their Wolf and Bear badges. These boys have worked hard and faithfully and we're proud to be able to award these badges of rank to them. Would the following boys and their parents please come forward and would the parents please stand behind their boy on the stage while they accept this award that they have earned.

Cubmaster: *(While boys are coming up onto stage).* As you all must know now, the parents have had an important part in helping their sons achieve these awards so they too,

should share in this ceremony. For without Mom and Dad in back of them helping and encouraging, and then signing off the achievements, the boys cannot advance. So you see, it's a matter of TEAMWORK!

Cubmaster: *(When all are gathered)* Now if each boy will turn, face his parent(s) and shake hands with his parent(s). Then he should say *Thank You* –Boys are thanking their parents for their help and parents are thanking their sons for the fine job they did.

Cubmaster: *(Next)* Now fellows, if you'll face the audience again, our Assistant Cubmaster, _____, will present your badge of rank to your parent(s) to present to you. As I call your name please step forward with your parents and receive your award.

Cubmaster: *(After the boys have received their badges),* Now I want of you here (new Wolves and Bears) to make the Cub Scout sign and repeat after me: (Read one line at a time and wait for boys to repeat)

I _____ now promise To go back to my den
And do my very best To work an electives
And to keep advancing regularly.

Cubmaster: *(In closing)* Thank you boys. We're looking forward to seeing you all up here again soon to receive arrow points until you're ready to begin working on your next rank.

Healthy Habits

Circle Ten Council

Set Up - Cubmaster has 2 pocketknives - one is clean and sharp and the other is rusty and dirty. He calls forward Cub Scouts who are receiving Wolf and Bear and Arrow Points, with their parents.

This ceremony would with a few changes make a great Cubmaster's Minute for Closing. Think about it. CD

Cubmaster: Cub Scouts, I have here 2 knives - one sharp and clean and ready for work. The other one is dull and rusty. Which one would you rather have? The clean one of course! Is that because it looks better, or because you know it will whittle a stick of wood better? Right. It's because it can do the job you want to do. Our bodies are like these knives. If you take care of your body, it will be ready to work and play and you'll feel great! If you don't take care of it, you'll feel terrible and you may get sick. It is important to think of your body when you are Home Alone. Don't just sit there in front of the Television, exercise and keep active.

We learn about keeping fit throughout Cub Scouts. That's why you boys who are earning the Wolf badge today had to do the Keep Your Body Healthy achievement. And it's why the Bears learned about health and safety. Your parents have helped you grow strong and healthy, and they've helped you earn your new badges and arrow points. So I take the pleasure in asking them to pin on your new awards; (Parents pin awards on son's uniform.)

Akela's Life Story – Advancement Ceremony

Longhorn Council

Equipment: Ceremony board or log with 3 small candles and one large candle; tom-tom; artificial campfire.

Setting: With the tom-tom beating, Akela enters and walks behind the fire. Akela gives the Cub Scout sign and the tom-tom stops.

Narrator: Akela was the big chief of the Webelos tribe; tall, stalwart, straight as an arrow, swift as an antelope, brave as a lion—he was fierce to an enemy, but kind to a brother. Many trophies hung in his teepee. His father was the son of the great yellow sun in the sky. He was called the “Arrow of Light.” His mother, from whom he learned those wondrous things that mothers know, was called “Kind Eyes.” He began to understand the signs and calls of the Webelos tribe. Then he was taken on little trips to the forest among the great trees and streams. Here, from the Wolf, he learned the language of the ground; the animal tracks and the ways to food.

Akela: (Lighting the small Wolf candle from the large candle) From this candle, representing the “Spirit of Akela,” we light the trail of the Wolf. From the signs along the Wolf trail, I see the following braves are ready for advancement in the Wolf Clan of Akela’s tribe. (Akela calls the names of the boys receiving Wolf badges (w/parents) and arrow points. They come forward and stand before the campfire. Akela presents awards, as appropriate.)

Narrator: Then, from the big, kindly bears, he learned the secret names of the trees, the calls of the birds, the language of the air.

Akela: (Lighting the Bear candle) With the “Spirit of Akela,” we light the Bear trail. From the signs along the Bear trail, I see the following braves are ready for advancement into the Bear Clan of Akela’s tribe. (Akela calls the names of the boys receiving Bear badges (w/parents) and arrow points.)

Narrator: But, before he could become a Scouting “brave” on his own, he had to prove himself by trying out new skills, performing certain tasks and passing tests of accomplishment.

Akela: (Lighting the Webelos candle) With the “Spirit of Akela,” we light the trail of the Webelos. From the signs along the Webelos trail, I see the following braves have shown their skill in... (he calls the names of the boys receiving activity badges and indicates which badges they earned). And, the following braves have demonstrated the skills and knowledge necessary to advance into the Webelos Clan of Akela’s tribe (calls names of boys who have earned their Webelos badges and invites their parents to come forward; presents awards). From the four winds, Akela hears that you braves are doing well along the trails that will lead you into Boy Scouting and the highest trail of all, that of Eagle. Will all Cub Scouts stand and repeat with me the Cub Scout Promise?

(Everyone exits to the sound of the tom-tom.)

Arrow of Light Ceremony
Santa Clara County Council

Set Up - The lights are turned off; the room is dark.

Cubmaster: Light of Akela, shine for me. (Turn on a flashlight with red cellophane covering the lens.) Lead me to the honored one(s) and his (their) elders.” (With the flashlight, escort the boy and his parents to the front.)

(While the lights are off, 4 other Webelos Scouts come to the front. Or you can have 4 leaders)

Cubmaster: Akela, send your helpers to light _____Name’s_____ way.

(Each Webelos, in turn, turns on his flashlight and says his part, leaving the light on until the house lights come on.)

Webelos #1: _____Name_____, tonight you will receive the highest honor in Cub Scouting, the Arrow of Light. Listen so that it may guide you along Scouting’s path.

Webelos #2: The shaft of the arrow is straight and narrow; just as the path you should follow.

Webelos #3: The tip points the way you should go, to the right, a symbol that nothing should be left undone.

Webelos #4: The seven rays of the sun stand for each day of the week. To remind you that each day is a new day, a day to do your best.

I think I would stay with the Seven Virtues here and maybe insert a little mini-ceremony about the Seven Virtues. CD

Cubmaster: _____Name_____, we ask you to remember these things and let the Arrow of Light light your path always. Do you promise to do this? (Boy says, “Yes.”) Akela, return our light. (House lights come on. Have Mother and/or Father present award to boy. Then have boy present parent’s pin.)

GAMES

Jacks

Circle Ten Council

Number of participants: One or more

What players will need: A set of ten jacks (which should include a small rubber ball), a flat surface to play on

Rules of the game:

Although a game of Jacks usually involves two players, children can play with them alone and be both challenged and mesmerized for hours.

Before the game, each player throws all ten jacks up in the air and tries to catch them on the back of his hand. This is called "flipping." The player who catches the most jacks goes first. The object of the game is to throw the ball in the air and pick up a certain number of jacks before the ball bounces twice. There are ten rounds in jacks. The first round is called "onesies." The starting player scatters the jacks on the ground and throws the ball in the air. He then picks up a jack and catches the ball after the first bounce, using the same hand. The first player continues to throw the ball and pick up a jack until he has removed all ten from the floor. If he misses a jack, moves any of the jacks, drops a jack, or fails to catch the ball, he's out and it's another child's turn. If he picks up all ten jacks successfully, he moves on to twosies, threesies, and so on, until he catches all ten jacks in one last swipe. The first child to get to tensies wins.

Other ways to play: Instead of playing ten rounds, challenge your boys to pick up as many jacks as they can on each turn.

C.U.B.S.

Longhorn Council

Cubs sit in a large circle and a bean bag is placed in the center. The leader assigns each Cub a letter of the word CUBS. When the leader calls out a letter, all the Cubs with that letter jump up, run around the circle twice, come back to their spot, then enter the circle, and try to snatch the bean bag from the center of the circle.

Cup Race

Longhorn Council

Thread paper cups onto a cord stretched between chairs, or posts. Each team member blows cone to the end of the cord, brings it back; next boy does the same. First team finished wins.

Feather Relay

Longhorn Council

Each player throws a long feather javelin style, toward the finish line. As soon as it comes to earth, he picks it up and throws it again, and continues until across the finish line. He then picks it up and runs back to his team to give the feather to the next player.

Variation: each team member makes a paper airplane to use instead of the feather.

Fireman, Save My Child

Longhorn Council

Each team has a pile of the cut-out children on a table and a drinking straw for each player. Approximately 15-20 feet away from the start, place a small pail for each team on another table, chair, stool, etc. At the call of "Fireman, save my child", the first player on each team must pick up a child by sucking up the figure against their straw. While holding the figure this way, they run to their respective pail and deposit the figure. The next team member then goes. If they drop the figure en-route, they must stop and pick up their child, again, by sucking it up with the straw.

Games Telephone Codes

Great Salt Lake Council

Supplies: Paper and a pencil, copy of the numbers and letters from the phone.

This is a secret message game based on the buttons on a telephone. Give each boy a pencil and a piece of paper and have him convert a very short message into code based on the letters on each numbered button on the phone. It's tricky because there is a choice of three letters for each number.

Here is a sample message:

36 Do
9687 ... Your
2378 Best

When all the boys have coded their messages, exchange papers and have them try to solve each other's message.

This would be a great game for a boy to play while Home Alone. He could write his message and parents could guess when they got home or they could all bring messages to the Den meeting.

Roll Up the Hose

Heart Of America Council

Equipment: None

The first player stoops over and puts his right hand between his legs. Each boy behind him stoops over and places his right hand between his legs and grasps the right hand of the

boy in front of his with this left. When all are ready, the last boy in line lies on his back and the line backs over him; the next boy lying down, and so on until all are lying. The last boy to lie down then rises to his feet and steps forward, each boy in turn following until all are in their original position.

SONGS

There seems to be a plethora of songs this month based on "Row, Row, Row Your Boat." Here are some of them - CD

Help, Help, Help, Help, Help

Heart Of America Council

(Tune: Row, row, row your boat)

Help, help, help, help, help
I have an emergency.
Quickly, quickly, quickly, quickly,
Dial 911, oh please.

Brush Your Teeth

Longhorn Council

(Tune: Row, Row, Row Your Boat)

Brush, brush, brush your teeth,
Morning, noon and night.
See your dentist twice a year,
Keep your smile so bright.

Lock Your Doors

Tune: Row, Row, Row Your Boat

Great Salt Lake Council

Lock, lock, lock your doors,
Lock them every day.
Turn the radio on to hear,
Keep troubles away.

Look, look, look, both ways
When crossing any street.
Use the walkway that is there;
Safety is so sweet.

No, No, No's the word,
When you know what's right.
Tell `em to just give it up
Keep trouble out of sight.

I'm Fire Safety Sam

Longhorn Council

(Tune: Popeye the Sailor Man)

I'm Fire Safety Sam. (ruff, ruff)
I'm Fire Safety Sam. (ruff, ruff)
Please test smoke detectors
'Cause they're home protectors.
I'm Fire Safety Sam. (ruff, ruff)

Substitute lines 3 and 4 with the following words for new verses...

It's important to say..
With matches, don't play.

If there's smoke you should know,
you'd better crawl low.

Have a fire escape plan.
Every family can.

If there's a fire, get out.
Use your escape route.

Go to a neighbor's when alone,
Then call 9-1-1 on the phone.

Clothes on fire? Here's your goal:
First stop, then drop, and roll!

Burn Care

(Tune: Mary Had a Little Lamb)
Santa Clara County Council

For minor burns, we are told,
Treat with water that is cold.
A light cover keeps out air,
A minor burn gets minor care.

Major burns need medical potion,
Never apply grease or lotion!
"A clean dry cloth" is what they say
And, "See a doctor right away!"

Thinking Safety

(Tune: Clementine)
Santa Clara County Council

In the kitchen, Dad was cooking,
Frying chicken in some oil.
Said he'd go out to do the shopping,
Just as dinner tried to boil!

Thinking Safety, I remembered,
Told him, "Dad! Turn off the heat!"
Using caution is more important
Than preparing supper meat.

At the table was a candle
Mom had lit to cheer the room.
Matches sitting on the counter
Made me feel a sense of doom.

Thinking Safety, I remembered,
Told her, "Mom, this I must teach,
Keep the matches and the lighters
Out of little sister's reach!"

In the bedroom, brother studied,
Working oh so diligently,
Stereo, TV, heater, computer,
All plugged in same circuitry.

Thinking Safety, I remembered,
Told him, "Bud, that's not too wise!
You should unplug some electronics
Before that one connection fries!"

Fire prevention can be easy,
Just have care at every turn.
Use your good sense and some planning
To prevent unwanted burn.

CUB GRUB

There are several snacks listed here that could be made up by your Cubs and put away for another day when he may be alone might help him feel better then. Or they may just be a good treat for your den to bring to a Pack meeting or on a Pack or Den day trip. CD

Firecracker

Circle Ten Council

Materials Needed:

Twinkie (or other similar snack cake)
Red, White, and Blue Frosting
Red, Shoe String Licorice

Instructions: Cut a 3-4 inch length from a licorice piece. Poke one end of this piece into one of the ends of the Twinkie. This should look like a firecracker's wick. Now, using frosting decorate it with a design you like.

Critter Crunch

Circle Ten Council

Great-tasting, fun-to-eat Critter Crunch is easy enough for kids to make. They can mix it up to a month ahead of time and store it in a covered container or zippered plastic bag.

Materials Needed:

1 C. animal crackers
1 C. teddy bear-shaped chocolate or honey-flavored graham crackers
1 C. miniature pretzel twists
1 C. yogurt-covered raisins
1 C. candy-coated chocolate candies
Colorful ice cream cones (optional)

Instructions:

Mix all ingredients except ice cream cones. Store in a covered container. Serve snack in cones if desired. Makes 10 servings (1/2 cup each)

Apple Smiles

Circle Ten Council

Ingredients:

Apples
Peanut Butter
Miniature Marshmallows

Instructions: Cut apples into wedges. Smear peanut butter on one side of 2 wedges. Stick a few marshmallows on the peanut butter on one of the apple wedges and top with the other apple wedge - peanut butter side down. When you look at this it looks like a smile (the red part of the apple are the lips and the marshmallows are the teeth!)



Edible Carrot

Circle Ten Council

Materials Needed:

Clear Icing Decorating Bag
Cheese Curls
Green Ribbon

Instructions:

A cute treat that my friend shared with me. Use a clear icing decorator bag and fill it with cheese curls and tie a green ribbon at the top. It looks like a giant carrot. Easy and very cute!

Fire Cracker Sandwich

Santa Clara County Council

Ingredients: Bread, Peanut butter, jelly or other favorite sandwich filling, Clear plastic wrap, Yarn or ribbon

Directions:

Cut the crusts off the bread. Flatten the bread with a rolling pin. (*Cubs like to "smush" it with their hands.*) Spread on your sandwich filling. Roll up. Wrap in a piece of plastic wrap. Twist the ends of the plastic wrap and tie with a piece of ribbon. It will look like a firecracker!

Here are two fun ideas that Cubs can make while Home Alone – There is no cooking!!!

No Cook Fudge
Great Salt Lake Council

Ingredients:

1 ziplock bag,
1/4 cup mini marshmallows,
1/2 cup chocolate chips (can use mint or butterscotch),
2 Tbsp. peanut butter,
2 Tbsp. nuts and raisins (optional).

Use body heat to melt and mix by mashing bag with hands. When all melted together, form mixture into a ball and freeze until solid.

Peanut Butter Playdough
Great Salt Lake Council

WASH HANDS BEFORE MAKING THIS!

3 1/2 cups creamy peanut butter,
4 cups powdered sugar,
3 1/2 cups corn syrup or honey,
4 cups powdered milk.

Knead together and play with as playdough. Use chocolate chips and raisins to decorate. Store in refrigerator. Fun and edible.

Silly "Grilled Cheese" Sandwich
Great Salt Lake Council

Ingredients:

1 loaf pound cake,
sliced into "bread" slices
1 cup canned or homemade butter cream or white frosting, tinted "cheese yellow" (yellow and just a touch of red)
Toast "bread" in the toaster until just brown.
Once it's cooled for a few minutes stack two of them and cut in half diagonally.
(Doing this before the frosting makes for fewer crumbs.)
Carefully spread the frosting between the slices of each half sandwich, mounding slightly. Gently press the other slice down over the first, causing the frosting to ooze slightly looking very much like cheese. Eat.

Toasty the Snowman (Snowman on a Stick)
Great Salt Lake Council



Ingredients:

3 marshmallows,
2 thin pretzel sticks,
Currants or raisins cut in half
Dried apricots cut into small carrot shapes
Miniature M&M's
Miniature chocolate chips
Skewers

With an adult, use a gas stove, barbecue, or campfire to roast all three marshmallows on one long skewer or roasting stick. Carefully press the fruit and chocolate into the melted marshmallow for eyes, nose and buttons. Eat raw if you don't want to go to all the trouble of starting a fire, but the marshmallows may have to be snipped slightly with the scissors to make the fruit stick into them.

Cinnamon Cider
Great Salt Lake Council

Pour 4 cups cider into saucepan. Tie 8 whole cloves, 5 allspice berries, and a stick of cinnamon broken up, in a coffee filter or clean cloth, and add to the cider. Cut an orange into 4 slices and set aside. Place the rest of the orange in the cider. Warm cider over low to medium heat until steam starts coming from the surface. Pour into four mugs and garnish each with an orange slice. Makes 4 cups.

STUNTS AND APPLAUSES

Run-ons

SCC Council

Cub # 1: Did you hear about the kid that always wore two different colors of socks?

Cub # 2: Yeah, his mother told him to never touch matches!

Circle Ten Council

Cub 1: I can lift an elephant with one hand.

Cub 2: I don't believe you.

Cub 1: Give me an elephant with one hand and I'll show you.

Cub 1: I can bend bars with my bare hands.

Cub 2: Iron bars?

Cub 1: No, chocolate bars.

Cub 1: Why are you jumping up and down?

Cub 2: I took some medicine and forgot to shake well before using.

Great Salt Lake Council

1. How did the Private eye find the missing barber?
2. Where did the detective find the lost belly button?
3. What can't a detective ever find, after he has lost it?
4. Did you hear about the two cops that walked into a building?
5. What do you get when you cross a cop and elephant?
6. What kind of rocks are in the Jordan River?
7. Why did the helicopter crash?

Answers To Run Ons -

1. He combed the town.
2. At the Naval reserve.
3. Time.
4. You would have thought that one of them would have noticed it.

5. An elephant that helps little old ladies across the street.
6. Wet ones.
7. It got so cold the pilot turned off the fan.

From Baloo's (Chris's) Files

Teacher: Why are you late?
 Student: Because of the sign.
 Teacher: What sign?
 Student: The one that says, "School Ahead, Go Slow."
 Teacher:: Mikey, why are you doing your math multiplication on the floor?
 Mikey: You told me to do it without using tables!
 Teacher: What is the chemical formula for water?
 Steve: H I J K L M N O!!
 Teacher: What are you talking about?
 Steve: Yesterday you said it's H to O!
 Teacher: Robert, go to the map and find North America.
 Robert: Here it is!
 Teacher: Correct. Now class, who discovered America?
 Class: Robert!
 Teacher: Lee, name one important thing we have today that we didn't have ten years ago.
 Lee: Me!
 Teacher: Chris, why do you always get so dirty?
 Chris: I'm a lot closer to the ground than you are.
 Teacher: Sebastian, give me a sentence starting with "I."
 Sebastian: I is...
 Teacher: No, Sebastian.. Always say, "I am."
 Sebastian: All right. "I am the ninth letter of the alphabet."
 Teacher: Now, Sam, tell me frankly, do you say prayers before eating?
 James: No sir, I don't have to, my Mom is a good cook.
 Teacher: Tony, your composition on "My Dog" is exactly the same as your brother's. Did you copy his?
 Tony: No, teacher, it's the same dog!
 Al: Dad, can you write in the dark?
 Father: I think so. What do you want me to write?
 Al: Your name on this report card

Stunts

Heart Of America Council

- Dime On Nose:** Lie flat on your back with a dime on the point of your nose and try to dislodge it by wiggling your nose.
- Magic Number:** Think of a number. Double it. Add 10 and divide by 2. Then subtract the first number. The answer will always be 5
- Can You ?:** Ask how many can stick out their tongues and touch their nose. Show how it is done. Stick out your tongue and touch your nose with your finger.

SCC Council

This or That: A game that requires advance planning. Two players secretly agree on a code word, for instance, "that," as one of them leaves the room. The other players select an

object in the room, and ask the player to return. The player who remained in the room points to various objects, asking, "Is it this book?" "This flower?" "This picture?" "That basket?" To which the accomplice replies, "Yes!"

Circle Ten Council

Echo - The Cubmaster announces during the singing that he has noticed an echo in the room and he is going to try it out. The following is a dialogue between the leader and the echo - a person out of the room or out of sight.

Leader: Hello
Echo: Hello
Leader: Cheese
Echo: Cheese
Leader: Bologna
Echo: (silence)
Leader: (to group) It must not be working now. I'll try again.
 (to echo) I am the world's greatest Scout leader
Echo: Bologna

When doing this, please don't embarrass anyone but yourself. Don't make fun of an individual by making him or her the butt of the joke. CD

Applauses and Cheers

Circle Ten Council

Boomalacka, Boomalacka,

Boomalacka, Boomalacka,
 Bow-wow-wow.
 Chingalacka, Chingalacka,
 Chow-chow-chow.
 Boomalacka, Chingalacka,
 WOW ! WOW ! WOW !

For Goodness Sake (For a really corny skit)

Cheer Leader: Give me an OFER!
Circle: OFER!
Cheer Leader: Give me an OFER!
Circle: OFER!
Cheer Leader: Give me an OFER!
Circle: OFER!
Cheer leader: What have we got ?
Circle: OH FER GOODNESS SAKE!

Commissioner Dave's Scouting Classics

My Committee Chair invented this one when Kevin first arrived on the screen in 1990. I'm not sure how many others, also, created it or how far it has spread but I did get some hits when I "googled" it. Commissioner Dave

Home Alone Cheer

Background - I always introduce this cheer with this talk. Think back to the scene in the original movie where Kevin is shaving. He takes out the Aqua Velva and rubs it on his hands and places it on his face. What does he do next?? (Answer - SCREAMS)
Leader - Now follow along with me and do all the motions. Take out your Aqua Velva (Pretend to hold bottle in hand) Shake some into your other hand (Shake bottle into hand) Rub your hands together (Rub hands together) Now put it on your face (Both hands up to cheeks) Leader SCREAMS as soon as hands hit face

(audience does, too)

Longhorn Council

Fire Bucket Brigade Cheer

Pretend to pass buckets of water, throw water on fire going "sww-woosssHH."

Fire Engine Cheer

Divide into four groups.

1. Bell, "ding, ding, ding."
2. Horn... "hon.k, honk, honk."
3. Siren... "rrr, rrr, rrr."
4. Clanger... "clang, clang, clang."

Have everyone yell at once.

Great Salt Lake Council

Police Officer - "Excuses, excuses, excuses is all I hear all day long, but you did great!"

Radar Detector - Say, "Ping, ping, ping, ping, ping," really fast. "Good, right on speed!"

Magnifying Glass - Pretend to look carefully with the magnifying glass, "Ohhhhhh!"

SKITS

Get Into Shape

Circle Ten Council

Personnel: 3 Cub Scouts

Equipment: 1 Cub is dressed neatly in athletic clothes, the other two dressed sloppily, looking tired, bored.

Cub 1: (*Drags on stage, looking tired, bored, and meets sharp, clean CUB 2*) Boy, am I 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 this line.

Cub 1: (*Steps over line and becomes very bright, alert, 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 this line!

Cub 3: (*Steps over line and becomes very bright, alert, athletic.*)

Cubs 1 & 3: (*together*) What is this program we stepped into that gives us energy, strength, challenges and fun?

Cub 2: (*Holds up sign reading "CUB SCOUTING"*) It is a mental and physical fitness program... CUB SCOUTING!!!!

Doctor, Doctor

Great Salt Lake Council

The secret to success with this series of quickies is to keep them moving along. You can have one doctor and different patients, or, in a large pack or den, have several doctors and patients.

Cub: Doctor! Doctor! I feel like a set of drapes.

Doc: Pull yourself together!

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

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

Cub: Doctor! Doctor! Everyone keeps ignoring me.

Doc: Next!

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

Doc: I'll deal with you later.

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

Doc: Have you had this before?

Cub: Yes.

Doc: Well, you've got it again!

Cub: Doctor! Doctor! I've got insomnia.

Doc: Don't lose any sleep over it!

C.P.R.

Great Salt Lake Council

The first cub comes out walking around, suddenly grabs his chest and falls to the ground.

Two other scouts come out and see the scout on the ground.

They rush to his aid and begin CPR (adjust head, feel for pulse, then begin FAKE compressions).

The other scout counts. After about two sets, the scout counting yells "switch."

Suddenly the scout on the ground gets up, one of the other scouts lies down, and they begin again to administer CPR.

No Skit

Circle Ten Council

This is a good general purpose skit but make sure the Den practices and hams up the worry. And please, don't let it become a monthly feature. CD

Cub #1 Oh, no! (*Play this up. Lots of motions, hand wringing, worry is evident*)

Cub #2 What's the matter?

Cub #1 (*whispers to Cub #2*) No one hears them.

Cub #2 Oh, no!

Cub #3 What's the matter?

Cub #2 (*whispers to Cub #3*). No one hears them.

Cub #3 Oh, no!

This continues until everyone has a turn.

Next to last Scout Oh, no!

Last Scout What's the matter?

Next to last Scout (*Whispers loud enough for everyone to hear*) We don't have a skit!

Everyone exits

CLOSING CEREMONY
Cubmaster's Minutes

Meet Someone New

Heart Of America Council

In these times of high gas prices and economic problems, our neighborhood and being around home have become more important to us than ever before. We've all heard stories from our grandparents about the good or days when people sat in their yards and visited and got to know each other better. There are some of us here tonight who really don't know each other even though our sons share a common experience. Lets take a few minutes right now to reintroduce ourselves to each other.

I would add in a few more comments and maybe encourage everyone to meet someone new during refreshments after the closing. Commissioner Dave

Can You Take It?

Heart Of America Council

(Hold up a tire or a tire advertisement.) Cut Scouts, tire manufacturers are constantly working to make a better tire - one that can withstand the pounding and abuse demanded by high-speed driving. In other words, a tire that "can take it". Like the tire, you and I are put to the test every day. When things are going along smoothly it is not hard to get along. The real test is how we do when the going gets rough - when things don't always shapeup the way we want them to. At times, like these, the Cub Scout Promise can help you carry on with the right attitude and do you share without grumbling or griping. It will help you meet the test. Can you take it?

Fire Safety

SCC Council

To do this one you will need to light a candle for the Spirit of Scouting during the Opening or Advancement

Ceremony Commissioner Dave

Cub Scouts, all during our meeting the candle representing the spirit of Cub Scouting has continued to burn. Now we'll blow it out, reminding ourselves that a flame must never be left burning when no one is around. But let us keep the light of Cub Scouting burning in our hearts. (Extinguish candle.)

A Cub Scout Pledge To Himself

Circle Ten 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.

Light and Heat Closing

Heart Of America Council

- Cub # 1:** Did you ever stop to think that each one of us is like a light switch? We all tend to give off some light and heat.
- Cub # 2:** One of the most important questions is: How much light and heat radiates from you?
- Cub # 3:** Every one of us gets 'turned on' by different things'. And when each of us gets our switch turned on, we should shed more light than heat.
- Cub # 4:** Look at it this way: When someone throws your switch, what do they get? Do they get heat, in the form of anger, grumbling, argument?
- Cub # 5:** Or light - friendliness, kindness, and understanding. What you give off depends on what you are plugged into - what you really are inside, as a person.

Muscle Builders

Circle Ten 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:** So 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 even when you are Home Alone, unless you want to be a shirker on life's road.
- Cub # 5:** If you always do your part whether Home Alone or with your den, 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.

WEBELOS

Scrambled Scout Law

Heart Of America Council

Here's a game to help your Webelos learn the Scout Law. The first one to unscramble the Scout Law is the winner.

- | | |
|---------------|-------------|
| 1. HORRSTIUWY | Trustworthy |
| 2. YOLLA | Loyal |
| 3. LFEPULH | Helpful |
| 4. RENFILYD | Friendly |
| 5. SOTUCOREU | Courteous |
| 6. DIKN | Kind |
| 7. TEIEOBDN | Obedient |
| 8. URECHEFL | Cheerful |
| 9. HITTRFY | Thrifty |
| 10. RVEAB | Brave |

- 11. ANCLE Clean
- 12. EEENTRRV Reverent

Besides scrambling the letters you may wish to rearrange the order to increase the difficulty. Commissioner Dave

Fitness Physical Skills Group

Circle Ten Council

NOTE: Requirement 7 for the Fitness activity badge in the Webelos Scout Book asks boys to "Read the booklet Don't Be Tricked by Drugs: A Deadly Game! Discuss it with an adult and show that you understand the material." The revised version of the booklet is now titled "Take a Stand Against Drugs." Local council service centers may have copies, or they can be purchased from the Drug Abuse Task Force, S202, Boy Scouts of America, P.O. Box 152079, Irving, TX 75015-2079.

The fitness Activity Badge is recommended to be completed in a one month format, as outlined in the Webelos Program Helps booklet. This badge requires considerable work done at home. It is often possible to work something else in the Den at the same time that this badge is worked on. This is one of those badges that you REALLY need to get the parents on board to help early. I would send home the reporting sheet (see below) a week before the badge work starts. You can enlarge the sheet to the desired size.

Fitness Activity Badge Activities at Home

Your Scout is working on the Fitness Activity Badge this month. This badge is required for the Webelos rank. It requires work to be done at home. The most important thing is to get your Scout started on his 30 days of exercises. He was given a 30 day exercise chart on which he chose six exercises to do. It is not mandatory that he do these exercises for 30 days with no interruptions – He simply needs to be consistent, do his best and improve. Please make sure he has the exercise chart in his binder as we will be doing tests throughout the month.

We will be discussing the following requirements in detail at the Den Meetings. As your Scout completes the work in the Den, he needs to tell you about what he has learned. The please initial where indicated and make sure this page stays in the binder.

Scout's Name: _____

Requirement 1 –

With a parent or other adult family member complete the exercises in the pamphlet, "How to Protect Your Children from Drug Abuse," found in the front of the book.

I have completed Requirement 1 with my Scout

Requirement 3 –

Tell an adult member of your family five bad effects smoking or chewing tobacco would have on your body

I have completed Requirement 3 with my Scout

Requirement 4 –

Tell an adult member of your family what drugs could do to your body and how they could affect your ability to think clearly.

I have completed Requirement 4 with my Scout

Requirement 5 –

Tell an adult member of your family what a balanced diet is and whether or not your diet is balanced.

I have completed Requirement 5 with my Scout

Requirement 6 –

Tell an adult member of your family why you should not use alcohol and how it could affect you.

I have completed Requirement 6 with my Scout

Things Boys Can Do If They Don't Like Sports

Not everyone likes organized sports. Some kids may not enjoy all the rules that are used in sports like baseball and lacrosse. Other kids may like activities that don't require big groups of people. For anyone who isn't into team sports - and even for those who are - there are some really fun exercise choices to keep you physically and mentally fit.

When It's Only You

1. Just turn on some music and boogie! Dancing is a great aerobic exercise. Invent some new dance moves.
2. Try hopping on your bike (don't forget your helmet!). Take a ride around the neighborhood and see what's going on.
3. If you have skates or blades, give them a spin (don't forget your helmet and pads!). If you skateboard, grab your board, helmet, and pads, and try some new moves.
4. Try jumping rope and counting how many times you can jump before you miss - jumping rope is a great way to get aerobic exercise. Boxers often practice by skipping rope.
5. If you play tennis, try hitting a tennis ball against a brick wall.
6. If basketball's your thing, try shooting hoops and seeing how many you can sink.
7. If you're into soccer, grab a ball, and see how long you can keep it in the air using your feet, knees, and head.
8. Practice hopscotch.
9. See how long you can hop on one foot.
10. Do jumping jacks.

Sometimes being by yourself lets you practice things over and over that you might not have a chance to practice otherwise. When you play with your friends again, they'll be amazed at what you can do!

Games That Promote Fitness...But Not A Loser

Gym classes introduce kids to team sports like football, basketball, soccer, and kickball - games that end with winners and losers. In no-loser games, everyone wins!

Hackey Sack - A Hackey Sack is a soft, leather, bean-filled bag about the size of a Ping-Pong ball. Using only their feet, knees, and legs, two or more players try to keep the sack in the air for as long as possible. Some kids practice Hackey Sack alone because it helps them become more balanced and coordinated.

Marco Polo - Played in chest-deep water. This game works with just two players, but the more the merrier. One player is "it" (like in tag). He keeps his eyes closed during the game. At any time, he may cry out "Marco," to which every other player must respond "Polo." He then tries to tag another player. The first tagged becomes the new "it," and the game starts again. Marco Polo is not only fun, it can be a good workout. It also puts less stress on your bones and joints because the water makes your body float.

Resistance activity

Action that tones your muscles and keeps them strong is just as important as aerobic exercise. But helping around the house can do more for you than make your mom or dad proud. For example, playing badminton for 30 minutes burns about 170 calories, but 30 minutes of helping your mom or dad dig a garden can burn **200** calories!

A short list of "around-the-house" resistance activities includes raking leaves, shoveling snow, and even kneading bread. Bones, like muscles, become stronger from resistance activity. Splitting firewood, scrubbing floors, and moving furniture will help keep your joints well lubricated and protected.

Aim for Fun

The key to staying fit is finding activities that are fun and challenging. Who's going to stick with something that's boring? When fitness and fun are your goals, you don't need a sports uniform or a bunch of people.

Why Is It Important to Stay Fit?

Exercise is good for you for lots of reasons: it keeps you strong, healthy, and happy. Staying fit is the goal. How you do it - alone or with others, helping around the house, or joining a team - is up to you.

Other Calorie Burning Activities

Fitness activities you can do alone, with a group, or around the house!

- | | |
|-------------------|--------------------|
| biking | chopping firewood |
| cleaning windows | climbing a tree |
| dancing | flying a kite |
| doing laundry | hiking |
| horseback riding | in-line skating |
| jogging | jumping rope |
| making a snowman | martial arts |
| mopping floors | moving furniture |
| playing hopscotch | pull-ups |
| push-ups | rowing a boat |
| running in place | shoveling snow |
| sit-ups | skateboarding |
| skipping | throwing a Frisbee |
| tug-of-war | vacuuming |
| walking the dog | washing the car |
| weeding | yoga |

Whatever is going on, it's always the right time to exercise! You don't need fancy equipment or expensive sneakers. You don't need a ton of friends around. Sometimes you don't even need to leave the house to get exercise.

Some things to do when there are two friends:

- Have a handstand contest.
- Ride bikes (don't forget your helmets).

Some things to do when there are a lot of friends:

- Practice pitching and hitting a baseball.
- Have a skateboarding contest.
- Play tag.
- Play outdoor hide and seek.
- Dance to your favorite music.
- Take an adventure hike.

Some things to do when it's hot and sticky:

- Wash your dog outside.
- Wash your parents' or neighbors' car.
- Play Frisbee over a sprinkler.
- Practice doing sprints through a sprinkler.

Some things to do when you're stuck at home:

- Gymnastics or tumbling (make sure you have enough room).
- Set up a scavenger hunt.
- Hit a balloon or balled-up sock around and try not to let it hit the floor.
- Play Twister.

What Do They Say

What do you say when someone is pressuring you to break the rules, try drugs, alcohol, smoke a cigarette, or do something you don't want to do? Here are some suggestions. Try role playing with the boys to help them feel comfortable with saying no. You can also try ignoring the remark or simply leaving the room.

Make an excuse.	<i>"I've got a book report due."</i>
Change the subject.	<i>"I like your shoes. Where'd you get them?"</i>
Make a joke.	<i>"I wish I could, but I've got to walk my goldfish."</i>
Act shocked.	<i>"I can't believe you even suggested that."</i>
Use flattery.	<i>"You're too smart to really mean that."</i>
Offer a better idea.	<i>"Why don't we watch TV instead?"</i>

FACTS ABOUT SMOKING

- According to the World Health Organization, there are 1.1 billion smokers worldwide and 6000 billion cigarettes are smoked every year.
- According to the US Centers for Disease Control, there are about 47 million adult cigarette smokers in the US. Moreover, tobacco use in the US results in more than 430,000 deaths each year (about 1 in 5 deaths.) The economic costs of tobacco use cost more than \$100 billion.
- The New Straits Times (August 11, 1997) reported on a "smoking contest" between two young men (ages 19 and 21 year old). These two men wanted to see who could smoke the most cigarettes at a single sitting. The result was tragic: the 19 year old died after smoking 100 cigarettes and the 21 year old was seriously poisoned after smoking 80 cigarettes. It goes without saying, "Don't try this at home!"

- "Bidi" cigarettes are NOT safe alternatives to regular cigarettes. A bidi cigarette has THREE times more nicotine and carbon monoxide and FIVE times more tar than a regular American cigarette. (Statistic from Yen et al., *Archives of Pediatric and Adolescent Medicine*, 154:1187-1189, 2000.)
- The cost of a pack of cigarettes in New York is about \$7.00. Therefore, a person who smokes one pack of cigarettes each day will spend \$2,555.00 each year on tobacco. (Reference: Associated Press story, "With packs hitting \$7, smokers try to kick habit" reprinted in the *Seattle Times*, July 13, 2002.)
- More than 100 chemicals are added to tobacco to make cigarettes. These chemicals include benzaldehyde, butyric acid, decanoic acid, ethyl acetate, hexanoic acid, 3-methylbutyraldehyde, methylcyclopentenolone, and tolualdehydes. (Reference: [Philip Morris USA](#).)

ACTIVITIES THAT WILL HELP THE BOYS UNDERSTAND THE HARMFUL EFFECTS OF CIGARETTE SMOKING

- Discuss pollutants in the air - Use pictures from magazines or newspapers. Include: factory smoke, car exhausts, rocket launches, and smoke from someone else's burning cigarette and so on.
- Explain how all living things need air to breath.
- Put a plant under an airtight container. What begins to happen? The same thing is happening to your lungs each time you smoke a cigarette.
- Put ants or other insects in an airtight jar. Give them everything else they need except air. What happens? Why? (When the insects activity begins to decrease open jar and set them free)
- Talk about the fact that smoking cigarettes is harmful to our health and how it "pollutes" the internal environment of our body (the lungs).
- Demonstrate the effect of sick or injured lungs:
- Light a candle. Ask a boy to stand a reasonable distance from the candle. Instruct the boy to take a deep breath and then blow out the candle
- Relight the candle. Ask the boy to stand at the same distance from the candle. Instruct him to take a deep breath and blow out at least half of the breath before attempting to blow out the candle. With the breath that is left, ask the boy to blow out the candle. What happened?

FACTS ABOUT SMOKELESS TOBACCO

Some ads you see now try to make the smokeless tobaccos appear clean and good, sort of like a "safe" or "good" substitute for smoking. Try to give your Webelos Scouts a closer and more realistic look at the act and consequences of chewing and dipping.

Chewing tobacco calls for a golf ball sized wad to be placed in the pouch of the cheek and sucked. Just think about that close contact between your flesh and tobacco. The spitting that goes with getting rid of the tobacco juices is unmannerly.

Why put something in your mouth so repulsive that you have to spit it out again?

Dipping is the process of putting a pinch of tobacco (snuff) between the lower lip and teeth. There it stimulates the flow of saliva and mixes with it. The saliva must either be swallowed or spat out frequently.

As repulsive as spitting is, the use of smokeless tobacco seems to be increasing. It is important to counter this with solid facts on the dangers of smokeless tobaccos.

Smokeless tobacco does not carry the same health hazard warning that cigarettes do, but they should. Smokeless tobacco is dangerous and is habit forming.

Habitual use of chewing tobacco and snuff can cause oral cancer. It also can cause a lessening sense of smell and taste. It also causes dental problems like receding gums, tooth decay, bad breath and discolored teeth.

ACTIVITIES TO HELP THE BOYS UNDERSTAND THE EFFECT OF SMOKELESS TOBACCO

- Have a dentist come and talk to the boys about the use of smokeless tobacco
- If you know of an individual who used to use smokeless tobacco, see if he or she would be willing to talk to the boys.
- Call the National Cancer Institute's Cancer Information Service at 1-800-4-CANCER and request information to share with your scouts.
- During 1996, the danger of smokeless tobacco have received more publicity than usual due to baseball pro pitcher BRETT BUTLER being diagnosed with mouth cancer although he gave up the use of smokeless tobacco several years ago. Butler is an example of a fine, healthy young man whose past habits have perhaps caught up with him.
- For the story of another professional ballplayer whose use of smokeless tobacco apparently contributed to his battle with oral cancer, see the October 1996 issue of "READER'S DIGEST", page 120. In this article, "My War with a Smoke-Free Killer, former professional ballplayer Bill Tuttle describes his three year battle with mouth cancer. Reprints of the Bill Tuttle article are also available through the Reader's Digest Reprint Service at 1-800-289-6457.

**Readyman
Community Group**

Circle Ten Council

DISCUSS WITH THE BOYS

In Case of Emergency

The best way to handle an emergency is to be prepared for one. Knowing what to do ahead of time can help you stay calm enough to help. Here are some suggestions on how to be ready to help in an emergency:

- Know your local emergency number. In most areas in the United States, it's **911**. If your community has a different number, learn it and know it by heart.
- Learn first aid. Look for basic first-aid classes with your local Red Cross, the YMCA or YWCA, the Boy or Girl Scouts, 4-H clubs, and other organizations. Or ask your school nurse to have a first-aid class just for students in your school.

- Keep a list of emergency numbers by every phone in your house. Ask your parents to preprogram their cell phones with these numbers.
- If you are babysitting at another house (or someone is staying with you), make sure an adult leaves a list of emergency numbers (as well as the exact address of the place where you are babysitting) close by, just in case.

The most important thing to do in an emergency is to call for help right away. You could yell "Help!" You could get an adult or send someone to call the local emergency number. Or you could make the call yourself.

If you are going to be the one making the emergency phone call, here's what to do:

- Take a deep breath to calm down a little.
- Tell the operator there's an emergency.
- Say your name and where you are (the exact address if you know it).
- Explain what happened and how many people are hurt. (The operator will need all the information you can provide, so give as many details as you can.)
- Stay on the line until the operator says it's OK to hang up.

Here's something you may wonder about. What happens if you call 911, the rescue people come, and then it turns out that the person wasn't hurt too badly after all? Will anyone be *mad* at you? No! Absolutely not! Even if you're not sure just how serious the accident is, always make that phone call. This is exactly what the rescue people want you to do, and you might be saving someone's life.

What Not to Do in an Emergency

If you see someone get hurt, your first thought should be to call for help. Your second thought might be to rush right to the victim. But **stop and look** before you do. Is the scene safe? There could be a real danger, like live electrical wires on the ground or fire nearby. Or maybe the person is in the middle of traffic on a busy road. If it isn't safe, don't go near the victim.

And save the Superman stunts for the movies. That means don't try to do something like drive a car or run into a burning building. You could cause another accident or make the situation worse - you could get hurt, too.

READYMAN OBSTACLE COURSE

Have the Webelos go through this in pairs.

Station # 1 – Stretcher

Material – Blanket and walking sticks

Have Webelos make a stretcher and carry it 20 feet or so

Station # 2 – Rescue Breathing

Material – Blanket or tarp

Have Webelos position one of group for Rescue Breathing explaining what they are doing.

Station # 3 – Bicycle Safety

Material – Bicycle and helmet

Have Webelos demonstrate the hand signals used by bicycle riders. Explain them first, if necessary.

Station # 4 – Choking

Material – Chair

Have Webelos demonstrate the Heimlich from a sitting position.

Station # 5 – Stretcher

Material – Call 911

Have a Webelos call out an emergency. Then the others report the emergency. Make sure they identify themselves, tell what happened and give the location.

Station # 6 – Direct Pressure

Material – Band-Aid and gauze

First Webelos hold gauze on the “wound” and count to 10.

The second Webelos will apply the band aid.

Station # 7 – Burns

Material – Pictures of various types of burns

Have Webelos identify the burn types and first aid requirements. Do not have picture in order.

Station # 8 – Fire crawl

Material – Large box

Have Webelos crawl through the box pretending there is smoke above it.

Station # 9 – Water rescue

Material – Milk jug buoy with rope and tarp

Have one Webelos on each side of the tarp. The tarp is the water. Have Webelos on one side toss the rescue buoy to the Webelos on the other side of the tarp.

Station # 10 – Car Safety

Material – baby car seat and large doll

Have Webelos buckle the baby (doll) into the car seat.

BANDAGE SLING AND SPLINT RELAY

Equipment: Bandages and splints, List of which bandages and splints will be used in the contest.

How to Play: Form teams of two Webelos. Be sure there's enough bandages for each injury. A splint can be made out of tightly rolled newspaper. Strips of cloth can be tied to the splint. Have bandage wrapping for head injuries and some soft bandages for eye wounds. Use a neckerchief for a sling. Before doing this relay be sure that you have practice and taught the boys the correct way to bandage a wounded person. With parents or other volunteers as the wounded, see who can do the job the best and quickest. The bandages should remain on for at least ten seconds.

POW WOW EXTRAVAGANZAS

You can, also, find a list of Pow Wows on USScouts.org at <http://www.cubmaster.org/PowWowsUSA.asp>

If you want your Pow Wow listed –

E-mail commissionerdave@comcast.net and attach a sign up sheet or flyer. Thanks

Northeast Region

Hudson Valley Council

University of Scouting

March 6, 2004

Washingtonville Middle School

Washingtonville, New York

Training for everyone – Cub Leaders, Boy Scout Leaders, Commissioners and more!

There are no walk-ins allowed for this event

Call the Information Center, 914-388-4863, or visit the website, www.hvus.org for information.

Southern NJ Council
"No Name" Pow Wow
(formerly - Adventures in ...)

January 24, 2004

Lakeview School, Millville, NJ

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

Central Region

Southern Region

Indian Waters Council

University of Scouting

January 24, 2004

Swearingen Engineering Center,

University of South Carolina

Contact Indian Waters Council, 803-750-9868, or visit the website at www.chinquapindistrict.org

Suwannee River Area Council

It's Nacho Ordinary Pow Wow

January 24, 2004

Somewhere in Tallahassee, FL

Contact Suwannee River Area Council, 850-576-4146, or visit the website at <http://www.suwanneeriver.net/>

Western Region

Santa Clara County Council –

Scouting Safari

January 24, 2004

Somewhere in Santa Clara County, California

Call Santa Clara County Council, 408-280-5088,

Or visit their website <http://www.sccc-scouting.org/> for more information

WEB SITES

Hudson Valley Council has a great instructor for Cub Cuisine or Grub or as they say, "The Cub Gourmet" After many requests, Barry has created a website -

<http://www.thecubgourmet.com/>

Go visit and learn how to turn Twinkies into Pinewood Derby Cars, make Kitty Litter cake, Green Eggs and Ham, Puppy Chow, Brain Pudding and many more. I hope to make this session next year!!

Learn about Operation E.D.I.T.H. (Exit Drill In The Home)

http://www.henriettafire.com/fire_prevention/op_edith.htm

<http://familyfun.go.com> - Run by Disney there are lots of ideas of things to do and large latchkey section where you can pick up hints on figuring out if your child is ready and find things for them to do when they get home.

Great Web Sites to Surf When Home Alone:

Great Salt Lake Council

disneykids.com You open up into an amusement park of choices of things to do

school.discovery.com Site is sponsored by the Discovery Channel. There are lots of educational fun things to do

pbskids.org - Obviously, the Public broadcasting site. Barney, the Berenstain Bears, Clifford, Sesame Street and more

ahajokes.com Thousands of clean jokes, funny pictures, cartoons, funny audio, funny videos, and more. Search for humor by keyword, by topic, or even by date! *The kids section mentioned in the Great Salt Lake Council Pow Wow book is no longer there. And obviously, I did not read all the jokes but those I did were good for kids. CD*

www.coloringpages.net - lots of free pages to print and color – Winnie the Pooh, Disney, Santa, Scooby Doo, Bible

yahooligans.com – Yahoo's web site for kids. It looks fun but I would check this one out. There are some music video links and other things that I don't know where they go.

nrdc.org/greensquad Kids working to make their schools greener, healthier places

ala.org - The American Library Association web site. *Commissioner Dave was President of the Library Council in his High School!! He almost went for a degree in Library Science instead of Engineering.*

Great Salt Lake Council reported they got these sites by a search on "great kid web sites"