



BALOO'S BUGLE



Volume 13, Number 5

December 2006 Cub Scout Roundtable

January 2007 Cub Scout Theme

POLES APART

Tiger Cub Requirement # 3

Webelos Fitness & Scientist

FOCUS

Cub Scout Roundtable Leaders' Guide

Travel north or travel south – there you will find ice and snow. Where are you?? The North Pole or the South Pole!! Learn about the explorers who have braved these cold climates. Can you guess which animals make their homes in these frozen lands?? Practice with a map and compass and learn about magnetics and polarity. This is a great time to earn the Map and Compass belt loop and pin.

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 develop the quality of perseverance by learning about the explorers of the North and South Poles.
- ✓ **Sportsmanship and Fitness**, Cub Scouts and their families learn how to keep fit through the winter with great winter activities.
- ✓ **Preparation for Boy Scouts**, Cub Scouts prepare to be Boy Scouts as they practice map and compass skills and participate in outdoor activities.

The core value highlighted this month is:

- ✓ **Perseverance**, Cub Scouts will learn value of sticking to it to achieve goals.

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

A great theme to work with and take many directions – Polar explorations, compasses and magnetism (The magnetic North Pole that directs our compasses is close to the real North Pole). Be sure to Google South Pole and Boy Scouts. Every South Pole expedition since Admiral Byrd in 1928 has had a Boy Scout member. The first was 19-year-old Paul Siple from Erie, Pennsylvania, who was selected from a pool of applicants by Chief Scout Executive James E. West. See the story of the expedition and the Scout documents at <http://library.osu.edu/sites/archives/polar/flightexhibit/checklist.php>. To this day there is an annual competition for the "Antarctic Scout" who goes to the South Pole. You could definitely build this into an inspirational talk for your

Webelos. Check it out under "Thoughtful Items" and at <http://www.scouting.org/boyscouts/resources/18-900/index.html>. An Antarctic Scout must be an Eagle Scout. There are first hand reports from recent Antarctic Scouts telling about their experiences as well as details about the expeditions and Antarctica.

Be sure to read the Dog Sled Advancement Ceremony Ideas for thoughts on creating a ceremony. Even if you don't plan on doing the ceremony. The thoughts presented there on how to develop a ceremony are useful for all ceremonies.

Months with similar themes to Poles Apart

Dave D. in Illinois

The regular sort of the Dave D's Theme Spreadsheet did not give any usable results. So I wrote Dave and he complied this list. He included December themes that seemed to focus on winter rather than December Holidays. The island theme was included because there may be info on Greenland or Iceland. Part of Alaska does lie above the Arctic Circle, so months with Alaska themes were included. No specific themes for compass or magnetism were identified.

Month, Year	Theme
March, 1958	Exploring Alaska
March, 1959	Canada, Land of the Mounties
March, 1962	Islands of the World (kind of a stretch - Iceland & Greenland)
December, 1964	Winter Festival (possibilities)
December, 1968	Winter Wonderland (possibilities)
December, 1976	Winter Festival (possibilities)
March, 1989	Exploring in Alaska
April, 1991	Canada, Our Neighbor
January, 1994	Exploring Alaska

POW WOW CD's

There were a lot of Pow Wows on my list for November 4 and 11, 2006. I hope some of you can trade CDs this month so I can have some good info for the next Baloo. Just write me, either commissionerdave@comcast.net, or via the www.usscouts.org website or and I will get you mailing info. Last year I received the Alapaha Area Council Book via E-mail. That works, too. Thanks to good friends I have the HOAC Book and will soon have Baltimore and St. Louis.

I can never have too many. Thanks for your help.



National makes a patch for every Cub Scout Monthly theme. Unfortunately the 2007 patches were not yet posted on www.scoutstuff.org when I was preparing this month's issue. At Scout Stuff, you can go to uniforms and insignia, them emblems, and look for 2007 Cub Scout Monthly Theme Emblems.

THOUGHTFUL ITEMS FOR SCOUTERS

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

Roundtable Prayer

Cub Scout Roundtable Planning Guide

We ask for your help to reach the pole or goal we set for ourselves. We ask for perseverance in exploring to achieve that 'pole.' Amen.

Poles Apart, the First Men at the Poles

Scouter Jim

There is no question who first reached the South Pole. On Friday, December 14, 1911 at 3:00 pm, there was a simultaneous cry of "Halt." Roald Amundsen, Olay Bjaaland, Oscar Wisting, Sverre Hassell, and Heimer Hanssen each struggled with weathered, frostbitten hands to plant a Norwegian flag into the South Pole. Admundsen's rival, Robert F. Scott did not reach the pole until January 17, 1912. He and all his men died on their return journey.

The North Pole on the other hand, is a different question. Admiral Robert Peary, Matthew Henson, and four Inuit natives reached what they calculated as the North Pole on April 6, 1909. On their return trip, they heard that Dr. Frederick A. Cook claimed to have reached the North Pole on April 21, 1908. After some debate, Cook's claim was denied. Scientists investigating the papers of both men in recent years have some doubts whether either team reached the exact North Pole.

The story of the exploration of the North Pole is a story of a loyalty and resourcefulness. Matthew Henson was born in Charles County, Maryland on August 8, 1866. He was only twelve-years-old, when, as an orphan, he walked from his home in Washington, D.C. to Baltimore Maryland to get a job as a cabin boy. Reluctantly, he was hired by a Captain Childs as a cabin boy on his merchant ship. Matt sailed the world and visited exotic places. When Captain Childs died, Matt left the ship due to the racism and prejudice from the white sailors. Matt got a job as a clerk at a furrier back in Washington, D.C.



It was here that Matthew Henson met Robert Peary. Peary had come to the furrier to sell furs he had collected in the Artic. Peary offered Henson a job as his personal assistant. Matt proved to be a skilled mechanic, navigator and carpenter. In the Artic, Matt learned the native language and Artic survival from the Inuits. He taught Peary and other members of his team these survival skills. In the quest for the pole, Peary said of Matt, "Henson must go all the way. I can't make it there without him." Matthew Henson died on March 9, 1955 and was buried at the Woodlawn Cemetery in the Bronx, New York. In 1987, his remains and those of his wife were moved to rest next to his old friend and companion, Admiral Robert Peary, in Arlington National Cemetery. Of his rival's claim to have reached the North Pole before him, Matthew said, "Cook was probable just confused." Matt Henson truly lived his life by the values of the Cub Scout Law.

*I promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*

Quotations

Quotations contain the wisdom of the ages, and are a great source of inspiration for Cubmaster's minutes, material for an advancement ceremony or an insightful addition to a Pack Meeting program cover.

"For scientific leadership, give me Scott; for swift and efficient travel, Amundsen; but when you are in a hopeless situation, when there seems to be no way out, get on your knees and pray for Shackleton." — [Sir Raymond Priestley](#).

"We must always remember with gratitude and admiration the first sailors who steered their vessels through storms and mists, and increased our knowledge of the lands of ice in the South." — [Roald Amundsen](#) (1872—1928).

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"Polar exploration is at once the cleanest and most isolated way of having a bad time which has yet been devised." — [Cherry-Garrard](#).

"Nothing easier. One step beyond the pole, you see, and the north wind becomes a south one." — [Robert Peary](#) (1856—1920), explaining how he knew he had reached the North Pole.

"If there really is a pole at the North Pole, I bet there's some dead explorer-guy with his tongue stuck to it."
— [Bob Van Voris](#).

"If you ever go to Antarctica, don't order your drinks with ice. You'll just look like a tourist."

"No person who has not spent a period of his life in those 'stark and sullen solitudes that sentinel the Pole' will understand fully what trees and flowers, sun-flecked turf and running streams mean to the soul of a man."

- [Ernest Shackleton](#)

"I have often had the impression that, to penguins, man is just another penguin - different, less predictable, occasionally violent, but tolerable company when he sits still and minds his own business." - [Bernard Stonehouse](#)



The Frozen Continent

<http://www.scouting.org/boyscouts/resources/18-900/index.html>

Antarctica, the continent lying around the South Pole, has an area of 5.4 million square miles, making it larger than the United States and Mexico. An ice sheet reaching nearly three miles in thickness covers all but about 2 percent of this frozen continent.

Antarctica is the coldest continent. The world's record low temperature of -128.6°F was recorded there. The mean annual temperature of the interior is -70°F. Along the Antarctic Peninsula, temperatures as high as 59°F have been recorded.

The coasts of Antarctica are the windiest places in the world; gusts have been recorded at nearly 200 miles an hour.

Some 200 million years ago Antarctica was joined to South America, Africa, India, Australia, and New Zealand in the single large continent Gondwana. There was no ice sheet, the climate was warm, the trees and large animals flourished. Today, only geological formations, coal beds, and fossils remain as clues to Antarctica's temperate past.

Surrounding Antarctica are the southern parts of the Pacific, the Atlantic, and the Indian Oceans. Sea ice to ten feet thick forms outward from the coast. In summer the sea ice occupies less than two million square miles. But in winter it is a wide belt of eight million square miles, an area that exceeds that of the continent itself and which is impenetrable even by icebreakers.

Life has a tenuous hold on Antarctica. The ice-covered interior supports no life at all. Bacteria and yeasts have been recorded on exposed rocks. Lichens and mosses occur in a few ice-free areas, and two flowering plants grow along the

Antarctic Peninsula. Native land animals are limited to seventy-six species of insects.

The cold ocean waters are rich in nutrients and produce an immense amount of phytoplankton, which supports large populations of krill, fishes, birds, seals, and other animals. In summer, birds (particularly penguins) and seals come ashore to establish rookeries and breed, but they get their food from the sea.



The Antarctic Scout will join teams of scientists conducting research during expeditions scheduled for the Antarctic summer season. The focus of this assignment is to add value to the different research teams by providing the positive assistance required to accomplish their mission. As a support member, the candidate will assist the scientists in the daily activities required to successfully conduct their field research projects. These assignments may be as simple as helping to cook the daily meals and doing camp chores to the more challenging tasks of gathering and analyzing samples for testing—and even wrestling seals!

The candidate contributes to the National Science Foundation goal of providing students with opportunities to participate in research activities outside the college or university setting and involving students at all levels with pioneering research

TRAINING TIP

Training Courses for Cub Scout Leaders

[Bill Smith](#), the Roundtable Guy

It's time to take a good look at all the opportunities for Cub Scout Leaders to learn new skills and gain a better understanding of the Scouting program.

I want to describe each course so that a leader has a good idea of what to expect at each course, what quality of training awaits them and what they might get out of it. The focus will be on: **How will this benefit my pack, my den and my son.**

Also, I'll try to forecast the cost, both in dollars and in time. Good Cub Scout leaders tend to be the busiest people and their time is precious. The time to take these courses has to come from somewhere: your pack or den duties, your family, your (paid) job or some other part of your life. Child care is also important to consider when considering taking a training course, so always take time away from home into your plans.

Fast Start

An introduction to Cub Scouting for Cubmasters and den leaders. The quality of the latest online version is excellent and even if you are a trained leader, it's worth reviewing again.

Who should take it? Everyone, including committee and parents. (It would be great if there were versions for committee members and parents as well.)

Cost: Free and takes about 20 minutes on a computer.

Form: Relaxed, at your pace.

Bill's advice: A must for all leaders. The descriptions of den and pack meetings are valuable additions. However, beware of older versions, especially the VHS varieties.

Basic: New Leader Essentials and Position Specific.

The fundamentals of the Scouting program and job descriptions for each specific leadership position: Tiger DL, Cub Scout DL, Webelos Scout DL, Cubmaster and Committee member. Both courses usually run together.

Who should take it? All leaders and committee members. Take the Job Specific for your current position. You hold only one position – right?

Cost: Usually free. Put on several times a year, local within your district and takes about 4 hours total for both courses.

Form: Generally relaxed but a bit dull.

Bill's advice: These two courses cover some essentials that you will need to make your Cub Scout program succeed. They are not the most exciting Scout training, yet are better than reading the *Cub Scout Leader Book* cover to cover, and you will get to meet and talk to other Scouters. The quality doesn't vary much from district to district but some trainers do add some sparkle and fun. The videos are not up-to-date on Tiger advancement and some den leaders find them patronizing and condescending.

Cub Scout Roundtables

A monthly get together of Cub Scout leaders in your district where you exchange ideas, learn about activities you might use at your next month's den and pack meetings, and other resources available from your council and district.

Who should go? All leaders and committee members.

Cost: Almost always free. Put on locally within your district one week day evening per month for about two hours max. A very few provide child care.

Form: Varies from party-like to a visit to a visit to your dentist.

Bill's advice: The quality of Roundtables I have visited varies widely from district to district and from year to year within the same district. Some are excellent, full of hilarious activities that yet are geared to the ideals of Scouting. Others are ugly-dull, full of infantile cute craft work and long, boring announcements. Most fall somewhere in between. Best advice: go to one. If you find that it helps and is worth your time, continue. If not, stay home with your family and get your advice from Program Helps, the How-To-Book and this website. Occasionally check back in to see if things have improved. At the very least you will get to mingle with other Cub Scouters.

Pow Wow or University of Scouting

A yearly workshop seminar, offering a variety of sessions of activities for Cub Scouters. Usually includes things like

games, ceremonies, projects, outdoor stuff, pack admin, pack meetings and, often a lot more.

Who should take it? All leaders and committee. Den Chiefs at some councils.

Cost: From \$5 to \$20 depending on whether it includes lunch, a book or CD and project materials. It takes a full day (typically Saturday) locally within your council. A few provide child care.

Form: Happy and party-like. Relaxed and genial.

Bill's advice: Go! These provide some of the best Cub Scout training I have seen. They are mostly staffed by the best trainers available in each council. Many offer wide selection of topics so, if you go as a group, try to cover as many as is practicable. There is often a feeling of excitement and fellowship at these events that many leaders find uplifting and rewarding. Take a camera, notebook or recorder. They are almost always fun and worth the money and time.

Den Chief Training Conference

A workshop that teaches Den Chiefs leadership skills and activities they can use with Cub Scouts and Webelos. In many councils it is part of their Pow Wow of University of Scouting.

Who should take it? All den chiefs and den leaders who use them.

Cost: Usually \$10-\$20 (includes lunch) but can use up a whole Saturday.

Form: Varied – but mostly fun and genial.

Bill's advice: Transportation for most is a problem so plan to take them but stay there and learn what they learn.

BALOO

How to plan, organize and run a pack camp out.

Who should take it? At least one member of your pack committee but several would be better. If your pack camps, it's a must.

Cost: Typically \$5 for food.

Form: Often indoors, relaxed and low key.

Bill's advice: If your pack camps, send as many people as practicable. The less camping experience they have, the better. The idea is to make pack camping easy and comfortable for all families. No pressure.

Webelos Leader Outdoor Training (OWL)

Provides both current and future Webelos Leaders with an understanding of the Webelos Outdoor Program, with current information and basic skills training they can use to plan, organize and conduct an exciting and interesting program for Webelos Scouts that is consistent with the policies and health and safety guidelines of both the National Council

Who should take it? All Webelos Leaders, assistants and leaders of Bear dens who plan continue into the Webelos program.

Cost: Typically \$15-\$25. Takes a full weekend at a council camp and may require basic camping equipment.

Form: Somewhat regimented and not as relaxed as a lot of training. Genial and cheerful mood throughout.

Bill's advice: An absolute must for Webelos Leaders. Even the most experienced campers will get something out of it. There will be lots of time to meet and interact with other WLs.

National Camp School

How to Administer and Lead Cub Scout Day and Resident camps.

Who should take it? Camp administrators and program directors. (Required for certification)

Cost: Fees (high) may be paid by the council but it takes an extended weekend and may entail considerable travel.

Form: Very intense but one continuous party.

Bill's advice: Probably the most fun I have had at any training.

Philmont Training Center (PTC)

A week long training in the New Mexico Rockies. Courses: Putting "Pizzazz" into Cub Scouting, Cub Scout Outdoor Program, Strictly for Cubmasters, Cub Scout Roundtables, New Directions in Membership Growth, Training Cub Scout Leaders, Webelos Scout Program, Connecting Character with Cub Scouting, Leading Pack Camping, Supercharging Den and Pack Programs, Webelos Scout Program.

Who should take it? Anyone who lives Scouting

Cost: Fees for the week are \$405, \$285 for spouses and children over 20; \$230 for ages 6-20; \$145 for ages 3-5; and \$50 for 2 and under. Mountain Trek or NAYLE is \$305.

Also travel expenses and time to New Mexico.

Form: Very relaxed and easy. Good family atmosphere with lots of free time to explore and meet other Scouters. The youth and spouse programs are excellent.

Bill's advice: I've gone to PTC four times and thoroughly enjoyed each one. The staff is mad up of top people from across the country. A huge advantage is that your whole family may go with you – think of it as a family Scouting vacation.

Wood Badge

Wood Badge provides high level leadership training that provides the leadership skills to make a difference. It comprises a six day course (mostly two extended weekends) followed by an application phase that lasts several months.

Who should take it? Serious Scouters.

Cost: About \$200 plus a significant commitment in time. Local within your council.

Form: Very intense. Serious and goal directed.

Bill's advice: Most people obtain great personal benefit from the experience. The leadership skills are applicable to much non-Scouting activities as well. I'm not sure how much your pack will gain from having a leader attend.

Be sure to check out Bill's "Unofficial Roundtable Site"

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

If you wish to contact him with a question or comment, go to

<http://wtsmith.com/rt/gnolmm.html>

BSA On-Line learning Center

Have you been to National's On-Line learning Center?? National has taken all the courses they offer online and put them all together in one spot –

www.ole.scouting.org

OLC = On Line Learning Center

This site provides a variety of materials, from quick references to complete courses, all designed to help our members improve leadership skills and deliver a quality program.

At the OLC you can find the following E-Learning Courses -

- ✓ Youth Protection Training
- ✓ Cub Scout Leader Fast Start
- ✓ Boy Scout Leader Fast Start
- ✓ Venturing Advisor Fast Start
- ✓ Safety Afloat
- ✓ Safe Swim Defense

These courses can help adult leaders deliver quality Scouting experiences to youth. A log-in is required, however anyone may create a user account and view the courses. Registered members of the BSA may provide their member numbers (as part of the user profile) to receive credit.

They, also, have a multimedia course (They say "on-line exercises" for informational purposes. It is

- ✓ Venturing Crew Orientation

I am sure they plan to add more in the future

And a link to other helpful training information such as

- ✓ Soccer and Scouting Basic Training
- ✓ Courses at Philmont Training Center

So, get yourself organized and get your new leaders through Fast Start. No more looking around to see where that old VCR tape or DVD went!!

Your new leaders can do these alone or your Pack Trainer can organize a group session and all watch the screen together and talk about it.

Check It Out!!

PACK ADMIN HELPS

ADULT LEADER RECOGNITIONS

Heart of America Council

Wooly Mitten Award: Cut a mitten shape from fake fur. Attach a cord and hand around the neck. Give to those who participated in a winter event.

Old Fossil Award: This award should go to the person in the pack that has been in the Scouting program the longest. This could be an old rock or arrowhead.

Genuine Diamond Stick Pin: Mount a dime on a stickpin on a base.

Gold Spoon: Spray paint a plastic spoon gold for the person who really digs in to help.

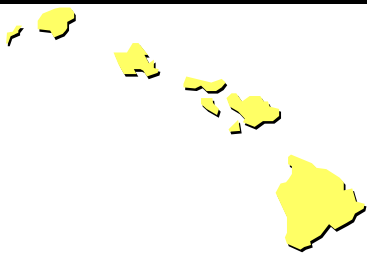
PURPOSE OF THE BLUE AND GOLD

Great Salt Lake Council

The purpose of the Blue and Gold Banquet is to commemorate the organization of the Boy Scouts of America in 1910 and to celebrate the birthday of Lord Baden-Powell, the founder of the Boy Scouts organization. The banquet is traditionally held as the February pack meeting because Baden-Powell was born February 22, 1857.

The term "Blue and Gold" is the name of the banquet because those are the official colors of the Cub Scout organization. Blue represents truth and loyalty, and gold represents good cheer, happiness, and helping others.

Include the Cub Scouts in the preparation of the decorations and program by using time in weekly den meetings to make various items. The boys will have fun doing this and will have a greater interest in attending the banquet with their families.



PLANNING THE BLUE AND GOLD-- "START THINKING HAWAIIAN"

"ALOHA is the unconditional desire to promote the true good of other people in a friendly spirit out of a sense of kinship." --- Abraham Akaka

The Cubmaster, Pack Committee, and Den Leaders should meet two or three months in advance (November–December 2006) to begin planning the February 2007 Blue and Gold. The following items should be discussed and specific assignments made at the initial planning meeting:

- ✓ Selection of a Blue and Gold Chair person
- ✓ How to use the February 2007 Cub Scout monthly theme, "Aloha Cub Scouts," as your Blue and Gold theme.
- ✓ Determine the estimated number of persons who will attend the banquet. *Remember that the Cub Scouts and all family members are invited.*
- ✓ Plan to use a meeting place that is compatible with the size of your group.
- ✓ Determine the available budget.
- ✓ Prepare a menu.
- ✓ Plan a program, which could include a special flag ceremony, guest speaker, skits, songs, games, run-ons, and awards.
- ✓ Plan room and table decorations.
- ✓ Plan a pre-activity photo opportunity for Cubs and families.
- ✓ Plan written invitations and publicity.

Blue and Gold Chair, Cubmaster or Pack Committee Chairperson should follow-up periodically on each assignment.

DECORATION IDEAS

In weekly Den meetings, Cub Scouts could make Hawaiian leis for each family member to wear at the banquet.

String cut-out paper flowers and macaroni or straws cut into one and one-half inch lengths on yarn to make leis.

Make several palm trees.

Tubes available from carpet stores can be used for the tree trunk.

Paper palm fronds attached on top of an opened umbrella can be placed in the tube.

For table decorations, consider using tissue flowers, coconuts cut in half with pieces of candy inside, burlap table runners, baskets of seashells, small colorful buckets filled with sand and seashells, lanterns made from empty juice cans covered with decorative paper or cloth, or clay volcanoes.

Have Cub Scouts make place mats for family members using Hawaiian themes, e.g., flip-flops, volcanoes, surfboards, etc.

Posters showing the Hawaiian Islands and the Hawaiian state flag could be made for wall decorations.

Netting could be hung from the walls or ceilings.

Boys could create their own "Tiki" masks as wall decorations.

Use raffia fringe as a garland, with paper shells and starfish, throughout the room.



PROGRAM IDEAS

In Den meetings, Cub Scouts could make simple Hawaiian musical instruments,

such as drums made with empty oatmeal cartons or metal garbage can lids and

rainsticks made from empty wrapping paper tubes filled with uncooked rice.

For information on making a rainstick, google the word "rainstick." The instruments can be used to perform songs and music at the banquet.

Game activity:

While holding the corners of a large beach towel, each family competes to see how long they can keep a beach ball bouncing from the towel into the air without hitting the ground.

To find other games, google the words "Hawaiian games."

If you know an Hawaiian family, invite them to perform a dance or song and tell a little bit about their culture.

Pre-opener could be a family group photo next to one of your decorations, such as a palm tree or a cardboard volcano. This can be done as the families arrive and is a fun way to remember the banquet.

The ukulele is an important part of the Hawaiian culture.

Invite someone who plays the ukulele to perform.

It is said that the ukulele arrived in Honolulu from Portugal, and that the Hawaiians quickly fell in love with it. Queen Liliuokalani translated "uku" to mean "gift" and "lele" to mean "come," which she thought of as a poetic "gift that came here from Portugal." (As reported in www.dailycelebrations.com)

Sing The Hukilau Song by Jack Owens © (1948). Words and music available at:

<http://www.squareone.org/Hapa/h1.html>

<http://www.salemukes.com/music/TheHukilauSong.pdf>

http://www.laiebeachretreat.com/hukilau_song.htm

Listen to recording here -

<http://www.hawaiian-music.com/real2/hukilau.html> or

<http://sd54.org/schools/armstrong/hays/usregions/HukilauSong.htm>

Song is not in the Public Domain so I did not copy it here

FOOD IDEAS

There are many wonderful Hawaiian luau ideas available on the internet.

We googled "Hawaiian food" and found a website called www.cooks.com from which we have taken some of the ideas listed below:

Recipes for the following available at www.cooks.com

Mix equal parts of pineapple, orange, and guava juices with ginger ale to make a tropical drink.

Banana bread---this is a favorite at luaus

Hawaiian Haystacks (cooked rice topped with pineapple tidbits, peas, chow mein noodles, coconut, chicken chunks, and a cream of chicken soup sauce)

Barbecued or Teriyaki chicken

Fried rice

Macaroni salad

Corn chowder

Baked Beans

Cole slaw

Hawaiian Luau Cake

You could invite each Cub Scout and his dad to make their own cake with a Hawaiian theme as the dessert and give a recognition prize for each one. These cakes could also serve as part of the table decorations.

Want more Blue and Gold Ideas

Look ahead in your CS Program Helps Books; Check out your How-To Book; the October 2005 issue of Baloo's Bugle has an article on Blue and Gold Dinners. And most Pow Wow Books address Blue and Gold's. Bill Smith who writes the Training Topics section has a portion of his "Unofficial Roundtable" website dedicated to Blue and Gold Dinners/Banquets - www.wtsmith.com/rt/bluegold.html. It was the #1 hit when I Googled "Cub Scout Blue and Gold."

TIGERS

Baloo's Archives

Achievement 3 Family Activity**3F Plan a family fire drill and practice it.**

Be sure to plan a safe meeting place outside so that you will know when everyone in the family is safe. Go to that place as part of your practice.

Tell your Tiger Cub that if he ever feels that he is lost, he should stay where he is and hold onto something like a bench, a post, or a tree. Assure him that because you love him, as soon as you realize that he is not with you, you will quickly begin looking for him. Explain to him, that if he does not stay where he is when he is lost, it will take you a lot longer to find him. Practice a game with him where he pretends that he is lost, he holds onto something stationary, and you walk out of sight, wait a 3 to 5 min., and then come back for him.

Achievement 3 Den Activity

To keep your body healthy, it is important that you eat a well-balanced diet. The food pyramid in your book helps you by showing how many servings of certain kinds of foods you should have each day.

Be sure to visit www.5aday.org to learn about eating your fruits and vegetables by the color and www.3aday.org to learn about your dairy needs. CD

3D Make a food pyramid.

Draw a food pyramid on a big piece of paper or a poster board. Using old magazines donated by the den families cut out pictures of food and glue them in the appropriate place on the pyramid. You can also draw pictures of different foods to add to the food pyramid.

Achievement 3 Go and See It

It's fun to play games and to take part in sports. It's also good exercise, which helps to keep your body healthy. Some games and sports are for one person, and sometimes people play games or sports on teams. It's also fun to watch others play games or demonstrate their abilities. Understanding the game or sport you are watching makes it a lot more fun.

3G First, learn the rules of a game or sport. Then, go to watch an amateur or professional game or sporting event.

Local High School, Community College, and other teams are great for this. We have a minor league Hockey team, The Philadelphia Phantoms, www.phantomshockey.com, which runs several Scout nights each year at reasonable cost!! You can get to all the other AHL team websites from their site. CD

More Ideas for Keeping Myself Healthy and Safe

Southern NJ Council

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?

FITNESS

Tune: On Wisconsin

Hurry, Tigers, Build your muscles,
Get in shape for play.

When we feel our very best
We will do our best each day.
Hurry, Tigers, Build your muscles,
Get in shape for play.

Keep on running, keep on jumping,
Trying to improve.

When we've grown a little older,
We will still be on the move.
Keep on running, keep on jumping,
Trying to improve.

Electives

***4-Display a picture**

It's nice to have pictures of your family on display—especially when some of your family members are not close by all the time.

*Make a frame for a family picture. Glue tongue depressors or craft sticks together in a shape to fit your picture. Attach a string or ribbon to the upper corners to use as a hangar. Tape your picture to the back of the frame and display. You may want to use a photograph, or a picture that you draw of your family.

***10- Helping Hands**

When people grow older, or if they become sick or have an accident, they sometimes have a hard time doing every day things. If you know an elderly person or if you know someone who is ill or recovering from an illness or accident, try to think of what things would be hard for them to do by themselves.

Along with your adult partner, help an elderly or shut in person with a chore. You might offer to do things such as help to take out trash, rake leaves, mail a package, or bring in the mail. Ask first, and do it with a big Tiger Cub smile!

***32- Feed the Birds**

Pop-bottle bird feeder

Materials: one plastic 2-liter bottle, two plastic lids about 5" in diameter (from coffee cans, large margarine containers, whipped topping, etc.), 30" heavy twine, or rug yarn, scissors

Have your adult partner help you cut the bottle in half, crosswise. Poke a hole through the centers of the plastic lids with the point of the scissors or a nail. Tie a knot in the end of the twine. Refer to picture and put your feeder together by stringing together one plastic lid (curved side up), then the inverted bottle, and then the second lid (curved side down). Fill the bird feeder with seed and hang it outside.

Pinecone Bird Feeder

Materials: 1/2 cup peanut butter, 1/2 cup shortening, 1-2 cups bird seed, large pinecone, thick twine, paper bag

Twist twine around the pinecone and tie it securely. Mix the peanut butter and shortening together. Spread the mixture between the petals of the pinecone, filling in as much as you can. Put the pinecone along with the birdseed in the paper bag. Close the bag and shake, coating the pinecone with birdseed. Hang the feeder on a tree where you can watch the birds enjoy it.

SPECIAL OPPORTUNITY

Map and Compass Belt Loop and Pin

www.usscouts.org



Belt Loop

Complete these three requirements:

1. Show how to orient a map. Find three landmarks on the map
2. Explain how a compass works.
3. Draw a map of your neighborhood. Label the streets and plot the route you take to get to a place that you often visit.

Academics Pin

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

1. Define cartography.
2. Make a poster showing 10 map symbols and their meaning.
3. Read a book or story about a famous explorer or navigator. Tell your den or family what you learned.
4. Make a simple compass with a magnet and pin.
5. Explain the difference between latitude and longitude and show them on a map or globe.
6. Draw a compass rose for a map. Label north, south, east, and west.
7. Study a blank map of the United States of America. Label your state, and the states that share its boundary lines.
8. In the field, show how to take a compass bearing and how to follow it.
9. Show how to measure distances, using a scale on a map legend.
10. Measure your pace. Then layout a simple compass course for your den to try.
11. Using a road map, determine how many miles it is between two major cities or familiar destinations.
12. Explain what the different map colors can mean on a map.

Veterans Recognition



The Veteran Award is an adult recognition. However, tenure earned as a youth may be included in the total number of years registered.

After 5 years of registered service in the Boy Scouts of America, an adult may, upon application, receive the designation of "Veteran," provided the person agrees to live up to the Scouting obligations; to keep local Scouting authorities in the community in which residing informed as to availability for service; and further, to be as active in the promotion of the cause of Scouting as circumstances and conditions permit. Service in Scouting organizations other than the Boy Scouts of America does not count toward veteran recognition.

An individual must currently be a registered member of the Boy Scouts of America in order to receive an award.

An adult designated veteran shall pay the regular registration fee if desiring to continue to retain active connection with the movement.

Scouters desiring recognition as 5-, 10-, 15-, 20-, 25-, 30-, 35-, 40-, 45-, 50-, 55-, 60-, 65-, 70-, 75-, or 80-year veterans

must have maintained an active registered relationship for the required number of years, paying the annual registration fee. The pin is for civilian wear only.

The records of the national office and local councils shall determine eligibility. The periods of service claimed for veteran recognition need not be continuous.

Application forms are available from your local council either in person or on their website (or Google – “Boy Scouts,” “Veterans Award” and you can see .pdf’s posted on several council websites. This is a great way to recognize long serving members of your unit or district. Most people do not know this Award is available. *Surprise your experienced leaders at your Blue and Gold !!!*

GATHERING ACTIVITIES

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

Antarctica

Heart of America Council

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

Word List:

- | | | |
|---------------|----------------|-------------|
| AIR | ANTARCTICA | BAROMETER |
| BLIZZARD | CELSIUS | CHILL |
| CLOUD | COLD | CONTINENT |
| DEGREE | FAHRENHEIT | FOG |
| FORECAST | FREEZE | FROST |
| METEOROLOGY | PENGUIN | POLAR |
| PRECIPITATION | PRESSURE | RADAR |
| ROBERT SCOTT | ROSS ICE SHELF | |
| SCIENTISTS | SHACKLETON | SLEET |
| SNOW | STORM | STRATUS |
| TEMPERATURE | RAIN | THERMOMETER |
| WEATHER | WHALES | WIND |

Artic Vs. Antarctica

Heart of America Council

Place the various animal names (or use pictures) around the room and have the boys match up where which animal lives where.

Artic:

- Moose
- Brown Bear
- Polar Bear
- Bald Eagle
- Harbor Seal
- Caribou
- Artic Fox
- Salmon
- Walrus
- Wolverine
- Dall Sheep
- Lemming

Antarctica:

- King Penguin
- Emperor Penguin
- Southern Elephant Seal
- Leopard Seal
- Ice fish
- Dragon Fish
- Robber Fish
- Midge
- Snow Petrels

Both:

- Beluga Whales
- Blue Whales
- Orca Whales

Aurora

Heart of America Council

See what Cubs and parents know about the Aurora – Lights.

- A) Aurora Borealis
- B) Aurora Australis
- C) Aurora Oval
- D) Aurora
- E) Strong Northern Lights
- F) Quiet Aurora Forms
- G) Active Auroral forms
- H) Need

1. Compared to light from the moon.
2. Places on Earth Auroras Occur.
3. Northern Lights
4. Magnetic Field & Atmosphere
5. Cornas Curtains, Arcs with Rays & Spirals
6. Southern Lights
7. Homogeneous, Arcs and Bands
8. When electrically charged particles excite atmospheric gases

Answers: A-3, B-6, C-2, D-8, E-1, F-7, G-6, H-4

Unscramble The Arctic Animal

Heart of America Council

- | | |
|-----------------|---------------------|
| 1. ekilrl hwlae | 2. opral areb |
| 3. npfufi | 4. wruals |
| 5. smoeo | 6. ales |
| 7. wveorinle | 8. sywon olw |
| 9. sown ogeos | 10. gnrlandee khars |

Answers: killer whale, polar bear, puffin, walrus moose, seal, wolverine, snow goose, Greenland shark

Shades of Cold

Heart of America Council

Give each boy 5 – 8 different blue color chips and have him name the shades of blue to share with his den members later in the meeting.

Word Game*Great Salt Lake Council*

How many words can you find that you can spell out of the word...

**OPENING CEREMONIES****Poles Apart***Heart of America Council*

There is a similar one under Closings that could be adopted for opening. CD

People – 10 Cub Scouts

Set Up – Each boy has piece of construction paper with a letter and an appropriate picture on the front. (Best if boys make letters and pictures). Their part should be on the back in LARGE print.

Cub #1: P – is for pledge – to do our best.

Cub #2: O – is for obey – The Law of the Pack.

Cub #3: L – is for loyal – steadfast in our allegiance.

Cub #4: E – is for energy – which we are full of.

Cub #5: S – is for Spirit – our Duty to God.

Cub #6: A – is for Akela – all who help.

Cub #7: P – is for promise – for the future.

Cub #8: A – is for advancement – to the next rank.

Cub #9: R – is for ready – and we are.

Cub #10: T – is for time to start.

Den Leader or Cubmaster now calls for pledge of Allegiance and Cub Scout Promise. Also, lead a cheer for the boys in the opening.

**Eskimo Pie***Great Salt Lake Council*

Scene: Group of Cub Scouts around a table.

Props: Ping pong ball, sponge, white golf tees, pan with ice cream bars in the bottom.

Cub # 1. Isn't it great our leader is letting us make a pie for our pack meeting treat?

Cub # 2. Sure is. I don't know what kind of pie it is, but here are the directions.

Cub # 3. Let's see, first you put in these walrus eyes. (Puts ping pong balls in pan.)

Cub # 4. Ok, next put in a pound of blubber. (Puts in white sponges.)

Cub # 5. The next thing to add are two dozen polar bear teeth. (Puts in golf tees.)

Cub # 6. Now we let it freeze for one hour. (Put lid on pan.)

Cub # 7. (Hold up sign that says "one hour later".)

Cub # 8. Let's see what we've got. (Uncovers pot.)

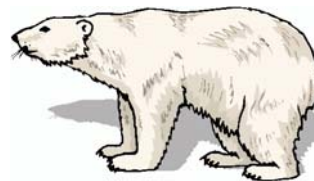
All: (Look into pan and exclaim.) Eskimo pies!!!!
(Pull out ice cream bars, open and eat.)

USS Nautilus (SSN 571)*Great Salt Lake Council*

The USS Nautilus is the first nuclear powered submarine in the world. From the beginning, the submarine proved worthy of her motto, "The First and Finest." The Nautilus underwent extensive trials and shattered all submerged speed and distance records. With her infinite power supply and ability to make oxygen and purified water from seawater, Nautilus had only one limitation: food for her crew.

In 1958, the submarine embarked on her most secret mission, *Operation Sunshine*. With 116 men on board, the voyage made USS Nautilus the first vessel in the world to travel beneath the Arctic icepack to the North Pole. When the ship arrived, the crew broadcast the famous message, "Nautilus 90 North."

Let us show our respect for the USS Nautilus and her crew. Let us Pledge Allegiance to our flag ...

**Eskimo Dog Sled Opening***San Gabriel Valley, Verdugo Hills, Long Beach Area*

- ✓ Cubmaster arrives on dog sled in cold weather gear yelling "mush" at the dogs.
- ✓ Stops at front and removes coat so he doesn't get to warm.
- ✓ Introduces den of "Eskimos" who have thawed the flag by the fire and will present the colors and lead the pledge.
- ✓ Dog sled can be made of cardboard, masonite, Styrofoam or combination of these.
- ✓ Dogs cut from poster board can be glued to the front of sled.

Alaska Of Old

San Gabriel Valley, Verdugo Hills, Long beach Area

- ✓ This ceremony can be modified to use any number of Cubs, depending upon the size of the den.
- ✓ Have each boy choose a word from the terms listed below. He then makes a poster with the word and an appropriate picture on the audience side and what he will say in LARGE print on the other side
- ✓ The Cubmaster or Den Leader (or other adult) can introduce the group before they read and then call for the Pledge of Allegiance at the end of the ceremony

NARRATOR (introduction) - This month we have studied about Alaska of old and would like to share with you some of the commonly used words and their meanings:

Now follow with appropriate number of definitions -

Suggested words from Eskimos and Alaskans

- ✓ CHEECHAKO is the term used for a "tenderfoot", a newcomer to Alaska.
- ✓ DUST means fine gold
- ✓ HUSKY was, of course a sled dog, vital to inhabitants of this state.
- ✓ IGLOO - an Eskimo dwelling
- ✓ KAYAK was a single passenger skin boat
- ✓ MALEMUTE is also a sled dog. Many of them are now found in many other states
- ✓ MUCKAMUCK means food
- ✓ MUKLUK - is a fur boot, very comfortable, indeed
- ✓ MUSH - means "Get on!" It is a command to a dog team
- ✓ OUTSIDE - means outside of Alaska (Back in those days, it meant the U.S.)
- ✓ PANHANDLE - was the southeastern part of Alaska
- ✓ POKE - was a moose hide bag for holding gold dust
- ✓ POTLATCH - was a community festival
- ✓ SKOOKUM-HOUSE - was a jail
- ✓ SOLMOUGH - was an old-timer, a veteran

And end with

NARRATOR (conclusion) – Thank you den _____. Now let us all turn and look at the flag, particularly the 49th star that represents Alaska, salute and take the Pledge of Allegiance.

PACK AND DEN ACTIVITIES

Activity Ideas

Heart of America Council

Field Trips

Go Ice Skating.
Visit a basketball or hockey game.

Service Projects

Collect clothing and blankets for the homeless.
Volunteer at a Pet shelter.
Make cards for a senior center.

Hikes

- Difference Hike:** What is different outside in January as to in June?
- Iditarod Hike:** Layout a course outside. Divide the boys into teams, and give the boys directions and let them hike their way through the course.
- White Hike:** Look for items that are white in the winter.

The C.O.L.D. System

Baloo's Archives

This is actually found on page 117 of something. All I have left from when I was a Scoutmaster are pages 116 and 117. It was part of my annual talk on socks and warmth prior to our winter campouts. CD

Here is the greatest acronym for remembering how to keep warm during winter activities –

C.O.L.D.

- C** – Clean
- O** – Overheating
- L** – Layers and Loose
- D** – Dry

- C** – Keep yourself clean and your clothes **CLEAN**. Dirt and body oils that build up on clothing destroy its insulating properties.
- O** - Avoid **OVERHEATING**. Clothing is designed to be taken off or added to in layers to maintain an even body heat.

The primary source of overheating on Scout trips is – too many clothes on the boys for the car ride to the event. The parents bundle the boys up for the weather at the event.

Then they ride in a warm/hot car to the place and are all sweaty before they get there. As soon as they get out of the car the cold air hits the sweat from the car ride and poof – they are cold and miserable immediately. Either keep your car cold inside or have them remove several layers for the ride. CD

- L** - Wear clothes **LOOSE** and in **LAYERS**
- D** - Keep **DRY**. Wet clothing removes body heat 240 times faster than it will dissipate through dry clothing. Wet is trouble. *See note above on traveling to the event.*

What keeps you warm??

When you really study what keeps you warm, it becomes clear that it is **YOU**. Your body produces all the heat you need. Your clothing is designed to hold in what ever heat you need to feel comfortable under a variety of conditions and activities. You will notice winter clothing is loose. This is because tight clothing restricts the flow of blood so the body heat cannot move around – just like when a faucet is turned off. That is why tight boots mean cold feet and a tight belt means cold legs.

To regulate the amount of heat and yet not get overheated and wet with perspiration, adjustments can be made to open up the coat and loosen up the waist, sleeve cuffs, and the neck opening, allowing more heat to escape.

Hats, Gloves, and Socks

The old adage, "If your feet are cold, put on a hat," is true. The head liberally supplied with blood vessels is the primary source of radiational heat loss. A wool pile or Gore-Tex watch cap (knitted cap) balaclava worn under the hood of your coat will eliminate much of this heat loss.

Mittens are warmer than gloves and more functional. Wool or Gore-Tex with thinsulate, silk, polypropylene or other liner material are great. They are easily removed to prevent overheating. Good gloves or mittens are critical to keeping warm.

Feet are hard to keep warm. They simply endowed with many moisture producing sweat glands. And if the rest of the body is not properly insulated, blood flow to the feet is sharply reduced as the heat is directed elsewhere. The result – **Cold Feet.**

Two layers of socks are needed to combat cold feet. The first, inner, layer is worn to wick away moisture immediately. Look for wicking liner socks made of polypropylene, silk, olefin, or other wicking materials.

DO NOT SEND YOUR SON OUT WITH COTTON SOCKS NEXT TO HIS FEET. Cotton holds moisture next to the skin and loses all insulating abilities when wet or damp. Cotton socks will cause cold feet.

The outer layer holds the moisture wicked away from the foot, insulates and cushions. Nothing beats a good pair of wool or wool-nylon socks for this purpose.

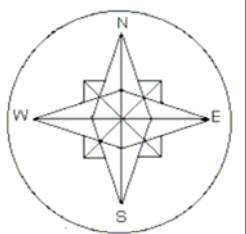
Klutz Book of Magnetic Magic



For the greatest collection of Cub age things to do with magnets, see if any members of your Den have a copy of the Klutz Book of Magnetic Magic. (www.klutz.com). Nifty magic tricks that rely on the deceptive use of magnets, complete with ten magnets and one magnetizable coin. A seamless blend of Klutz goofballism, MIT physics, and some very sneaky magic.

I hate giving free plugs but this is a great book. My daughter and I have had hours of fun with it and the magnets that come with it. CD

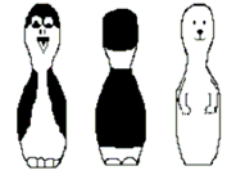
COMPASS SLIDE
Great Salt Lake Council



- ✓ Draw a compass on craft foam and
- ✓ Attach a ring of chenille stem (or a 1" piece of 3/4" PVC pipe) on the back for a "polar'iffic" neckerchief slide.
- ✓ Discuss with the boys the importance of a compass in our lives.

PENGUINS AND POLAR BEARS

Great Salt Lake Council



Supplies:

- 1-10 small wooden game pieces or bowling pin shapes (Look for shapes at craft stores or thrift stores from old games.)
- Black paint
- White paint
- Orange Paint (for beak and feet on penguin)
- Small paint brush
- Medium small paint brush

Directions:

- ✓ Paint the wooden pieces as illustrated for either penguin or polar bear.
- ✓ Line them up in the classic bowling position and shoot marbles at them for a fun mini bowling game.
- ✓ Or draw tic-tac-toe squares and use the pieces in place of X's and O's.

Experiments with Magnets and Compasses

Heart of America Council

While a compass will do its best to point to magnetic north, there are many things that can interfere with it (like the strong magnetic field that can be produced by a TV screen or computer monitor).

1. Try bringing a compass near a TV and see what happens. Does it make a difference if the TV is turned off?
2. What happens if a piece of iron or steel comes close to the compass?
3. What happens if a strong magnet is moved around the outside of the compass?

How to make a compass

Heart of America Council

Materials - bowl, water, pin, magnet, cork

Directions:

1. Get a pin and a piece of magnet.
2. Hold one end of the pin, and wipe the magnet along the pin. When you get to the end of the pin, lift the magnet off and move it back to the top of the pin. Do NOT wipe the magnet back up the pin.
3. Repeat at least 20 times.
4. Push the pin through the cork.
5. Fill the bowl with water. Put the pin and the cork on the water.
6. The pin will rotate and line up along the north - south axis

Polar Facts*Great Salt Lake Council***SOUTH POLE**

- ✓ There is a large complex of buildings for research at the South Pole.
- ✓ The South Pole is a desert climate; it almost never receives any precipitation. High winds can cause the blowing of snowfall, which can cover the South Pole stations.
- ✓ The first humans to reach the Geographic South Pole were Norwegian Roald Amundsen and his party on December 14, 1911.
- ✓ The South Pole's highest recorded temperature ever recorded was 7 F degrees.
- ✓ The South Pole ice cap is moving about 10 meters per year.
- ✓ The first to fly over the South Pole was U. S. Admiral Richard Byrd and his pilot Brent Balchen.
- ✓ Most penguins feed on krill, fish, squid, and other forms of sea life caught while swimming underwater. They spend half of their life on land and half in the ocean.

NORTH POLE

- ✓ The North Pole is not located on land – it is a sea of ice.
- ✓ The first expedition to the North Pole was April 6, 1909 by Robert Peary and his party.
- ✓ The United States Navy submarine USS Nautilus crossed the North Pole on August 3, 1958; and on March 17, 1959, the USS Skate surfaced at the Pole, becoming the first naval vessel to reach it.
- ✓ The Canadian government claims the North Pole to be part of their territory, but other countries claim it to be an ice sea and can not be claimed as part of any country.
- ✓ Cultural reference to the North Pole is that Santa Clause lives there in his workshop with his elves.
- ✓ The polar bear is also known as the white bear, northern bear and the sea bear. It is a large bear native to the Arctic. It is the largest land carnivore within the Polar region. It is well adapted to its habitat; thick blubber and fur insulate it against the cold, its white color camouflages it from its prey. The polar bear hunts well on land, on the sea ice, as well as in the water.
- ✓ The largest polar bear on record was shot at Kotzebue Sound, Alaska in 1960. The big male weighed 1960 pounds and was 11 feet, 11 inches long.

**Cultural Carving***Heart of America Council*

Many Native American artists use animal bones and ivory in their art. One of the most popular uses is to carve pictures onto them. The artists stain the bone or ivory to bring out the highlights of their etching. This type of art is known as scrimshaw.

Materials you'll need

Paper and pencil

Cutting board

Large, soft bar of white, floating soap (Ivory)

Plastic knife

Black water-based paint

Paintbrush

Directions:

- Sketch an outline of your scrimshaw on a piece of paper.
- Place the soap on the cutting board.
- Using the plastic knife, scrape away the soap's brand name.
- Lay your scrimshaw outline on the soap.
- Trace the outline onto the soap using the plastic knife.
- Use the plastic knife to shape the soap and to carve the details.
- After the soap is carved, paint the carved areas with black water-based paint.
- Allow to dry for three minutes.
- Lightly run water over the soap to remove excess paint.
- The paint should remain in the carved areas.
- Let the bar of soap dry for at least two hours.
- Share your carved creation with family and friends!

Bas-Relief Soap Sculpture*Heart of America Council***Materials:**

Pencils

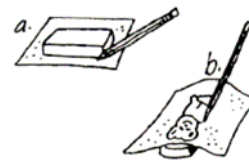
Paper

Newspaper

Table knife

Pointed instrument – like knitting needles

Bar of Soap

**Directions:**

- Cover work area with newspaper.
- On paper, trace around the large side of soap bar.
- Using outside as a frame, sketch design to be carved.
- Place sketch on soap.
- Use a pencil to trace through paper onto the soap.
- Remove paper.
- Use knife and other instruments to carve design.
- Cut away the background so that the design is about 1/4" higher than the background.

Igloo

Heart of America Council

Materials:

- Plaster tape roll
- 12" Balloon
- 3" Craft foam ball
- White glitter
- Glue
- Plastic knife
- Paint brush
- Optional: mirror

Directions:

1. Inflate balloon.
2. Cut a 12" piece of plaster tape roll. Immerse in warm water and remove quickly.
3. Wrap plaster tape around balloon in center.
4. Continue to completely cover one half of the balloon with pieces of plaster tape roll.
5. Smooth as much as possible. Set aside to dry.
6. Cut craft foam ball in half.
7. When the wrapped balloon is dry, glue half of the craft foam ball along bottom edge of igloo to make a door.
8. Cut small pieces of plaster tape roll.
9. Immerse in water and apply to craft foam door, attaching it to the igloo.
10. With adult supervision, cut a small 2 inch hole in top of igloo for ventilation.
11. Brush a light coat of glue over entire igloo and sprinkle with glitter.
12. Place on mirror to resemble ice, if desired.

GEODESIC DOME (IGLOO)

Great Salt Lake Council

Make 25 newspaper logs using 4 sheets per log.

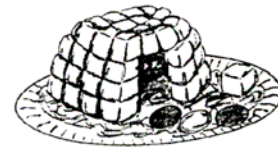
- ✓ Spread sheets open on flat surface one on top of the other.
- ✓ Set a pencil in the corner and roll across the diagonal using the pencil as a general guide to help roll evenly. Don't make the logs as thin as the pencil. When you get to the other end of the paper, you'll have a tube log.
- ✓ Slip out the pencil and tape the log shut. Repeat until you have 20 logs.
- ✓ Trim the ends, making sure all logs are the same length.

To build the dome:

- ✓ Staple 3 logs together to create a triangle. Repeat until you have 5 triangles.
- ✓ Staple the 5 triangles to each other at the bottom corners. Add connecting logs across the top.
- ✓ Raise the triangles, or walls, off the floor and staple the ends together to form a pentagonal structure. It helps to have someone hold up the walls while you staple.
- ✓ Take the remaining 5 logs and staple them together at the center to make a star.
- ✓ Staple the free ends of the star to the junction of the triangles on the top of the base and the structure will stand by itself.

Mini Igloo

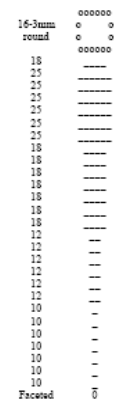
Heart of America Council



- ✓ Tape or staple an upside down paper bowl (igloo) and a small paper cup or toilet paper roll (door) to a paper plate.
- ✓ Spread on a thin paste made of Ivory soap flakes or detergent and water and let it harden.
- ✓ Glue sugar cubes or mini marshmallows to create an igloo.

ICICLE ORNAMENTS

Great Salt Lake Council



- ✓ String beads onto 24 gauge gold wire in the following order:
 - 1 – 4 mm clear faceted bead hooked onto the end of the wire
 - 7 – 10 mm clear star beads
 - 6 – 12 mm clear star beads
 - 7 – 18 mm clear star beads
 - 6 – 25 mm clear star beads
 - 1 – 18 mm clear star bead
 - 16 – 3 mm gold round beads
- ✓ Wrap gold beads into a loop and wrap wire between first and second bead.
- ✓ Cut off wire.

Penguin

Heart of America Council

Cut out penguin shapes from black paper. Paint with Epsom Salts diluted in water. It makes the penguin look frosty.

Stuffed Kodiak and Polar Bears

Heart of America Council

- ✓ Use brown bags and white bags.
- ✓ Cut two bear shapes for each.
- ✓ Staple the bear shapes together along the edge, leaving the top of the head open.
- ✓ Stuff the bears with newspaper or tissue paper.
- ✓ After the bears are stuffed, staple the top of the heads shut. Add facial features with a block crayon.

Penguin Puppets*Heart of America Council*

For the paper bag puppets you need:

Paper Bag, Penguin pattern.

For the film container puppet you need:

1 film container per child: black with a black lid,

White felt circle cut to size for the film container

Wiggle eyes ,

Orange craft foam (cut out feet and beak)

Film Canister Penguin

- First, cut the lid in half.
- Cut a circle or oval shape out of white felt to fit the front of the film container and hot glue it in place.
- The wiggle eyes are glued on the top (the hole of the container is down so the child can place it on his fingers.)
- The beak (orange foam triangle) is glued under the eyes, and the feet on the bottom.
- The lid halves are glued on each side of the container to stick out slightly.

Paper Plate Penguins

Color or sponge paint the head and flippers black, the feet and beak orange-yellow, and the bow tie any color or design. Cut out these pieces.

Glue the head to the back of a six inch paper plate.

Glue the flippers near the head, before attaching the feet.

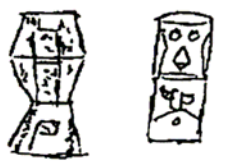
Attach the beak and two eye cutouts.

Glue on the bow tie cutout.

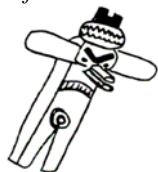
Use a black crayon to color a narrow strip around the exposed plate rim except where it meets the penguins feet. These penguins make an eye catching bulletin board when they are stacked in a pyramid configuration.

Totem Pole Under Glass*Heart of America Council***Materials:**

- 2 thread spools
- Poster paint
- Clear disposable plastic glass

**Directions:**

- Glue the two spools together and paint as desired.
- Place under the clear plastic glass.
- To get the snow effect, sprinkle a lot of glue with salt.
- Glue a piece of paper on the bottom of the glass to finish.

Totem Pole Neckerchief Slide*Heart of America Council*

Glue pieces of scrap wood to wood clothes pins.

Add popsicle wings and paint.

Glue on plastic ring or 1" piece of 3/4" PVC pipe for loop.

AUDIENCE PARTICIPATIONS & STORIES**The Ocean***Heart of America Council*

Divide audience into seven sections. Assign each a word and a response. Tell them that when they hear their word in the story they are to give the response. Practice as you make assignments

DOGS:	Barking noises
BEARS:	Growling noises
FISH:	Rub tummy and say raw, raw, yummy
SLED:	Slide feet on floor or hands together
SPEARS:	Ca Plunk
SNOW:	Wave fingers and say flutter, flutter
OCEAN:	Clap hands and say sh, sh

The DOGS pulled the SLED over the SNOW they were heading for the OCEAN. One DOG said to the other DOG, how long will it take us to get to the OCEAN? The FISH will sure taste very good, it will give us plenty of energy to work the rest of the day. A BEAR asked where they were going in such a hurry. The DOGS said we are on our way to the OCEAN to get some FISH. The BEAR asked if he could ride along. This was to be the first hitch hike known in Alaska among the animals. So, he hopped on the SLED. But the DOGS soon stopped. They couldn't pull the SLED through the SNOW. It was getting too heavy. The BEAR was very upset for he was trying to keep his feet warm on the SLED, for he had walked all night in the SNOW. The DOGS soon arrived at the OCEAN and the BEAR how they were going to catch the FISH since they didn't have a pole or a SPEAR. The DOGS said they didn't need one, for they were going to the store to buy the FISH. The BEAR asked why then did we come all the way here to the OCEAN. We could have gotten the FISH in town. The DIGS said but they have fresher FISH here at this store. For you see the name of the store was called, "THE OCEAN."

The Cremation of Sam McGee

by Robert W. Service

www.usscouts.org

*There are strange things done in the midnight sun
By the men who toil for gold;
The Arctic trails have their secret tales
That would make your blood run cold;
The Northern Lights have seen queer sights,
But the queerest they ever did see
Was that night on the marge of Lake Lebarge
I cremated Sam McGee.*

Now Sam McGee was from Tennessee,
where the cotton blooms and blows.
Why he left his home in the South to roam
'round the Pole, God only knows.
He was always cold, but the land of gold
seemed to hold him like a spell;
Though he'd often say in his homely way
that "he'd sooner live in hell."

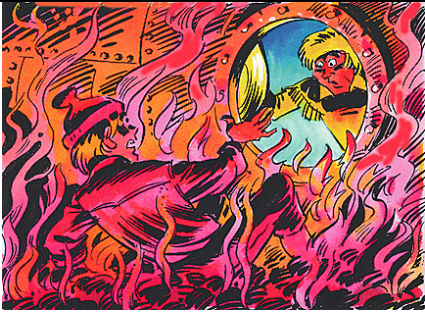
On a Christmas Day we were mushing our way
 over the Dawson trail.
 Talk of your cold! through the parka's fold
 it stabbed like a driven nail.
 If our eyes we'd close, then the lashes froze
 till sometimes we couldn't see;
 It wasn't much fun, but the only one
 to whimper was Sam McGee.
 And that very night, as we lay packed tight
 in our robes beneath the snow,
 And the dogs were fed, and the stars o'erhead
 were dancing heel and toe,
 He turned to me, and "Cap," says he,
 "I'll cash in this trip, I guess;
 And if I do, I'm asking that you
 won't refuse my last request."
 Well, he seemed so low that I couldn't say no;
 then he says with a sort of moan:
 "It's the cursed cold, and it's got right hold
 till I'm chilled clean through to the bone.
 Yet 'taint being dead—it's my awful dread
 of the icy grave that pains;
 So I want you to swear that, foul or fair,
 you'll cremate my last remains."
 A pal's last need is a thing to heed,
 so I swore I would not fail;
 And we started on at the streak of dawn;
 but God! he looked ghastly pale.
 He crouched on the sleigh, and he raved all day
 of his home in Tennessee;
 And before nightfall a corpse was all
 that was left of Sam McGee.
 There wasn't a breath in that land of death,
 and I hurried, horror-driven,
 With a corpse half hid that I couldn't get rid,
 because of a promise given;
 It was lashed to the sleigh, and it seemed to say:
 "You may tax your brawn and brains,
 But you promised true, and it's up to you
 to cremate those last remains."
 Now a promise made is a debt unpaid,
 and the trail has its own stern code.
 In the days to come, though my lips were dumb,
 in my heart how I cursed that load.
 In the long, long night, by the lone firelight,
 while the huskies, round in a ring,
 Howled out their woes to the homeless snows
 —O God! how I loathed the thing.
 And every day that quiet clay seemed to
 heavy and heavier grow;
 And on I went, though the dogs were spent and
 the grub was getting low;
 The trail was bad, and I felt half mad,
 but I swore I would not give in;
 And I'd often sing to the hateful thing,
 and it hearkened with a grin.



Till I came to the marge of Lake Lebarge,
 and a derelict there lay;
 It was jammed in the ice, but I saw in a trice
 it was called the "Alice May."
 And I looked at it, and I thought a bit,
 and I looked at my frozen chum;
 Then "Here," said I, with a sudden cry,
 "is my cre-ma-tor-eum."
 Some planks I tore from the cabin floor,
 and I lit the boiler fire;
 Some coal I found that was lying around,
 and I heaped the fuel higher;
 The flames just soared and the furnace roared
 —such a blaze you seldom see;
 Then I burrowed a hole in the glowing coal, and I stuffed in
 Sam McGee.
 Then I made a hike, for I didn't like
 to hear him sizzle so;
 And the heavens scowled, and the huskies howled,
 and the wind began to blow.
 It was icy cold, but the hot sweat rolled
 down my cheeks, and I don't know why;
 And the greasy smoke in an inky cloak
 went streaking down the sky.
 I do not know how long in the snow
 I wrestled with grisly fear;
 But the stars came out and they danced about
 ere again I ventured near;
 I was sick with dread, but I bravely said:
 "I'll just take a peep inside.
 I guess he's cooked, and it's time I looked;"
 . . . then the door I opened wide.

And there sat Sam, looking cool and calm,
 in the heart of the furnace roar;
 And he wore a smile you could see a mile,
 and he said: "Please close that door.
 It's fine in here, but I greatly fear
 you'll let in the cold and storm—
 Since I left Plumtree, down in Tennessee,
 it's the first time I've been warm."

*There are strange things done in the midnight sun
 By the men who toil for gold;
 The Arctic trails have their secret tales
 That would make your blood run cold;
 The Northern Lights have seen queer sights,
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 Was that night on the marge of Lake Lebarge
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Robert Service Biographical Sketch

Robert W. Service, a Canadian poet and novelist, was known for his ballads of the Yukon. He wrote this narrative poem that is presented here because it is an outstanding example of how sensory stimuli are emphasized and it has a surprise ending.

Robert William Service was born in Preston, England, on January 16, 1874. He emigrated to Canada at the age of twenty, in 1894, and settled for a short time on Vancouver Island. He was employed by the Canadian Bank of Commerce in Victoria, B.C., and was later transferred to Whitehorse and then to Dawson in the Yukon. In all, he spent eight years in the Yukon and saw and experienced the difficult times of the miners, trappers, and hunters that he has presented to us in verse.

During the Balkan War of 1912-13, Service was a war correspondent to the *Toronto Star*. He served this paper in the same capacity during World War I, also serving two years as an ambulance driver in the Canadian Army medical corps. He returned to Victoria for a time during World War II, but later lived in retirement on the French Riviera, where he died on September 14, 1958, in Monte Carlo.

Sam McGee was a real person, a customer at the Bank of Commerce where Service worked. The *Alice May* was a real boat, the *Olive May*, a derelict on Lake Laberge.

Anyone who has experienced the bitterness of cold weather and what it can do to a person will empathize with Sam McGee's feelings as expressed by Robert Service in his poem *The Cremation of Sam McGee*.

For more information on Robert W. Service and his poetry –

<http://www.arcticwebsite.com/ServiceRobtDir.html>

http://www.wordinfo.info/words/index/info/view_unit/2640/?letter=C&spage=26



ADVANCEMENT CEREMONIES

Be sure to read this first ceremony. Even if you are not planning on using it. There is a thought process presented here for developing ceremonies and why we need meaningful ones that is excellent. CD

Eskimo Dog Sled Advancement Ideas

Heart of America Council

Cubmaster can have awards at rear of assembly and drive his dog sled back and forth bringing the next set of awards on each trip.

He could call the back of the room the landing area where a bush pilot flies in with the next batch of awards. Have someone back there dressed like a bush pilot making plane sound effects for each landing.

Then Cubmaster drives the sled to the front after each delivery and does the presentation.

Add information about the importance of these rank advancements and the work of the Cubs who are receiving them. Relate it to something about the North or South Pole, the Arctic or Antarctic, Alaska, Eskimos, Penguins, Polar Bears, Mt McKinley or the gold rush.

Let the boys and their parents know that you care about their progress in the Cub Scout program and expect them to continue the hard work and service necessary to maintain a successful pack.

Be sure to lead a cheer for each group receiving awards.

A little effort for your ceremonies each month will encourage all to attend and participate.

Snowflake

Heart of America Council

Props: 1 small snowflake for each award with the award attached.

Cubmaster: Snowflakes always appear as six-sided crystals. If you use your imagination just a little, you can see that there are six areas in the climb to the top of the Cub Scouting experience. Will all Bobcats please come forward with their parents. (Awards chairman present the award and gives each a snowflake.)

Do the same for each of the following:

Tiger Cub

Wolf

Bear

Webelos

Arrow of Light

(Have all boys remain at the front of the room until all awards are presented.)

Cubmaster: With this group of people gathered here, we have made a snowstorm out of a lot of small snowflakes. Just as the wind blows snow into a storm, parents provide a force to make a Cub Scout form all facets of his life as he grows into a bigger, stronger person both physically and mentally.

Seek The Explorer

San Gabriel Valley, Verdugo Hills, Long beach Area

ARRANGEMENTS: Cubmaster should dress like an explorer (Indiana Jones, etc.) Awards can be simulated "artifacts" of any type.

CUBMASTER: Our Tiger Cubs are always trying to SEARCH, DISCOVER and SHARE. This is really the theme of all Scouting. As you advance along the Scouting Trail, you must search out new things to do. You must discover many things that you did not know about yourselves, your neighborhoods, your families, and friends. And you must share what you have learned with others, especially your den and other Cub Scouts.

To do this, you must explore! Exploring means to seek knowledge you did not know. Each of us is an explorer in our own way. Our newest explorers are Bobcats. They don't stray too far from their dens because the world is large in their eyes. There are many things to learn, and they are kept busy trying to learn them all. (Call Bobcats and their parents forward and present badges to parents to present to Cubs.)
Lead Cheer

Our youngest explorers are our Tigers. They travel around with their adult partners as they travel on their "Go See It" trips to explore the world around them. And as they learn to Search, Discover and Share. (Call Tigers and parents forward and present badges to parents to present to Cubs.)
Lead Cheer

Next, our explorers become Wolves. Wolves travel in groups and often go far and wide in search of new things. Our Wolves have learned many new things about themselves and their neighborhood. (Call Wolves and parents forward and present badges to parents to present to Cubs.)
Lead Cheer

As he grows older, our explorer becomes a Bear. Bears have a territory that they stay in which includes a place to eat, sleep, and have fun. Our wise old Bears are finding out that there are many places in their neighborhood where they can learn and grow both mentally and physically. (call Bears and parents forward and present badges to parents to present to Cubs.)
Lead Cheer

As an explorer gains confidence, he set his sights on more difficult tasks. So our Webelos have discovered the many tasks involved in earning their activity pins. (call Webelos forward and present awards to parents to present to Cubs.)
Lead Cheer

The next three ceremonies are from an Alaska Theme a few years ago. Now as Alaska does go above the Arctic Circle, they could be used as is but it would be better if you adapt them a little to better fit the Poles Apart theme. The Exploring Alaska one would be great if you changed it to South Pole Explorers. Please, Let me know (send copy) if you do. Thanks. CD

Panning For Cub Scouts

Heart of America Council

Set Up:

Paint small rocks with gold spray paint, for gold nuggets. You will need a nugget for each boy receiving awards. With a permanent marker put each boy's name on one side of the nugget.

Place the nuggets in a shallow pie pan, like a gold pan. Divide up the speaking parts and presentations as you wish. Those involved in the ceremony (the Awards Chairman and/or Cubmaster) should be in costume as prospectors or sourdoughs.

The early explorers of Alaska were a very rugged and hearty group of people. They were outdoorsmen and lived off the land where they hunted for food and clothes. They cleared the land to make room for their log cabins to live in.

Many of the early settlers of Alaska spent much of their time looking for gold. And indeed some of the people of Alaska still pan for gold today. Life in Alaska was rugged and challenging; much as our Cub Scouts are challenged as they work toward their goals, as they earn the ranks of Scouting.

Let's shake up this old gold pan and see if we can find a nugget that is worth something. (Shake gold pan and pull out one nugget at a time.)

Read off boy's name and have him and his parents come forward to receive his badge. Present the parents their son's award and also present the Cub with the "Gold Nugget" with his name on it. The first time, explain why we present badges to parents. Lead cheers at appropriate times (e.g. after each award, after all Bear badges awarded, after ...) Continue until all the awards have been presented.)

Exploring Alaska

Heart of America Council

I would divide this up amongst several presenters – one for each rank or have Cubmaster and Assistant Cubmaster alternate. CD

PERSONNEL: Cubmaster

EQUIPMENT: Awards for boys glued to gold nuggets (gold nuggets are butterscotch candies or candy covered in gold foil)

ARRANGEMENT: Cubmaster in front of audience

CUBMASTER: This month the dens have been exploring Alaska. Alaska is the most northern part of the United States. The name Alaska comes from the Aleut native word meaning "The Great Land." The nickname for Alaska is the Last Frontier and the motto is North to the Future. In 1741, a Russian, Vitus Bering led an expedition which landed in Alaska. The Russians found villages of Eskimos, Aleuts and Indians. The Alaskan territory was good to the Russians, the exporting of furs was a profitable industry until the sea otter was almost wiped out. Just as Vitus Bering explored a new frontier, we have some boys here tonight who are also in search of their new frontiers. (Call forward the boys to receive their Tiger Cub Badges and their parents. Present the badges.)

Later in 1778 James Cook mapped the coast between Sitka and the Bering Strait. Also during the 18th and 19th Centuries, the other sea captains from Spain, France and

Great Britain came to explore the frontier of Alaska. As these explorers kept coming to the frontier each was in search of the wonders Alaska has to offer. We have some boys who have continued to explore the Cub Scout trail. (Call forward the boys to receive their Wolf Badges and their parents. Present the badges.)

On March 30, 1867, the Alaskan territory was sold to the United States for seven million, two hundred thousand dollars. This was less than two cents an acre. Now that Alaska had become a territory of the U.S., prospectors started to explore Alaska to see what additional treasures there were to discover. In 1896, gold was discovered in Alaska. The Alaskan Gold rush was on. Tonight we have some boys who have answered the challenges to explore the new territories along the Cub Scouting Trail. (Call forward the boys to receive their Bear Badges and their parents. Present the badges.)

The exploration of Alaska hasn't stopped with the discovery of gold. In 1959, Alaska became the 49th state. And in 1963 Congress authorized the construction of a pipeline to transport oil from the rich North Slope oil field on the Arctic Ocean. The plans called for the 800-mile long pipeline to extend to the Pacific coast port of Valdez. As the exploration continues in Alaska, so does the exploration of the Cub Scout Trail. We have some boys here who have discovered a new plateau along the Scouting Trail. (Call forward the boys to receive their Webelos Badges and their parents. Present the badges.)

As we have explored Alaska together we can also as Cub families find the treasures that are there to be discovered along the Cub Scout Trail.

Iditarod Trail

Heart of America Council

Set Up & Arrangement:

- ✓ Poster board with outline map of Alaska showing Iditarod trail with trail signs marking each Cub rank;
- ✓ A dog sled team picture (paper, cardboard, wood) for each boy receiving advancement on the map.
- ✓ Boys move their team to the next rank along the trail after badge is presented.

Cubmaster: Each year in Alaska there is a famous dogsled race called the Iditarod. It is a 1,000 mile journey from Anchorage to Nome.

The Scouts who have traveled the trail through the ranks of Cub Scouting may think their journey is as long as the Iditarod, and they made their journeys with the same determination as those sleds.

Reaching the first marker of Bobcat, is _____ (call names). Just as the sledgers are not alone on the trail, so our Scouts have their parents with them. Would the parents of these Scouts join them? (Give badge to parent to present to Scout.) Continue in the same manner for other badges.

Four Corners of the Earth

Great Salt Lake Council

- Personnel:** Cubmaster and 4 scouts representing four corners of the earth. East||South||North||West.
- Preparation:** Place each scout at a different corner of the meeting place, matching east, west, north, and south.
- Materials:** Add interest with a Headband with Symbol of each Corner of the Earth for each helper. East || Chinese Laborer Cap, South || Sombrero, North || Furred hood, West || Indian head dress/Cowboy hat.
- Cubmaster:** O Great Spirit, bring forth the four winds.
- East:** I am East. From me comes the sun each day, sharing its life giving light to all living. Just as I am the first direction, cub scouting begins as the Bobcat.
- South:** I am South. From me comes heat and rain, so all living things might have warmth and water to drink. Just as I am the second direction, cub Scouting's second step is the Wolf.
- North:** I am North. From me comes cold and snow, so all living things might experience coolness and the beauty of winter. Just as I am the third direction, cub Scouting's third step is Bear.
- West:** I am West. To me the sun comes at the end of each day, giving the world darkness so all living things might rest. Just as I am the last direction, so Webelos is the last step of cub scouting.
- Cubmaster:** Names each Boy to receive his rank advancement and has him Join the and Stand with the boy representing the rank earned. Brothers East, South, North, and West - will you lead us in the Law of the Pack?
(4 scouts raise the Cub Sign)
- East:** "The cub scout follows Akela."
South: ' The cub scout helps the pack go."
North: ' The pack helps the cub scout grow."
West: ' The cub scout gives good will."
Cubmaster The Cubmaster has each Cub receiving his advancement escort his parents in turn to stand in front of the audience with the Cubmaster. The Cubmaster presents the rank to the parent and the parent pins it on the Cub.

GAMES

Eskimo Circle Pass

Heart of America Council

- Equipment:** Eskimo boys play this game with a 3-4 inch ball of sealskin filled with sand. Find a ball of similar size.
- To Play:** Boys kneel in a circle and pass the ball around from boy to boy with a flat, open hand (palm up). When first learning the game, use two flat hands side-by-side rather than one. The object of the game is to pass the ball around the circle as rapidly as possible without actually grasping it. It can also be attempted with more than one ball at a time.

If You Go To The North Pole With Me...*San Gabriel Valley, Verdugo Hills, Long Beach Area*

This can be used in both Den and Pack Meetings. Group can be divided into smaller groups, which compete or can be done within the den with boys taking turns. The Den Leader chants: "If you go to the North Pole with me, what are the wonders you will see?". Players call out what they might see and then must act out the Scene. More than one boy can help. In the Pack Meeting, each "picture" can be held, forming a living tableau of the North Pole.

You could make a memory game with this title by having the first person name something he would bring. Then the second person repeats the first item and adds one, and the third names the first two and adds one and so on.

North By Northeast*San Gabriel Valley, Verdugo Hills, Long Beach Area*

The leader gathers the group together. Using the compass, they all learn how to determine which direction is north. Someone from the group is asked to select an object that lies directly north, (e.g., a tree, or a doorstep, or a post). Then the group decides on an object that lies directly south, one that lies directly east, and one that lies directly west.

Everyone assembles in the center of the playing area. The leader calls out one of 'North', 'South', 'East' or 'West', and everyone runs to touch the object that lies in that direction. The last one to touch the object is eliminated.

After new rounds of the game, play can stop, and objects for the intercardinal points (Northeast, Northwest, Southeast and Southwest) can be added. Everyone can begin the game again, as all eight points are used.

A great game to introduce the skill of orienteering!

Australian Circle Game*San Gabriel Valley, Verdugo Hills, Long Beach Area*

Players form a circle with arm's-length spacing. "It" stands inside the circle. The players pass a basketball, play ball or football from one to the other. "It" attempts to touch it or catch it.

If "It" touches or catches the ball, the last player who touched it is "It." The ball may be passed across the circle at random or to the next player in either direction.

Variation –

A player stands in the center of a circle, holding a tennis ball. He tries to throw this ball to someone in the circle who will drop it. Another ball is also being passed around the circle from one boy to another.

The player in the center may throw his ball to anyone, but he usually throws it to the boy about to receive the ball being passed around the circle. If either ball is dropped, the one who dropped it changes places with the boy in the center.

Feed the Seals*Heart of America Council*

Set Up: Divide the den into two teams. One group, the seals, gets down on their knees. The keepers stand above them. The keepers hold a leaf or slip (small) of paper cut like a fish, which represents the fish.

To Play: On signal, the keepers drop their 'fish' and the seals try to catch them by slapping them between their palms. Seals are not allowed to grab fish with their fingers. Also, seals may not move their knees, although they can bend their bodies. Seals continue catching fish until they miss one, or the one who catches the most fish wins.

Whale Ahoy!*Heart of America Council*

Equipment: 1 paper or sock ball or beanbag;

Formation: Scatter. One boy is selected to be the 'whale'; he may run freely about the room. The rest of the Cubs each choose a position and since they are 'rocks in the sea', they may not move.

To Play: The aim is to 'harpoon' the 'whale' by hitting him with the ball. Whoever hits him takes his place as the next 'whale'. The skill of the game lies in passing the 'harpoon' from 'rock to rock' in an endeavor to corner the 'whale', rather than the Cubs taking random shots. This is good training in playing for the game rather than for the individual.

Snow Fight*Heart of America Council*

This one creates quite a mess, but it's worth it.

Set Up: Divide into two teams and put a divider down the center of the room (like a couple of rows of chairs, back-to-back). The two teams are on opposite sides of the divider. Give each team a large stack of old newspapers, then give them five to ten minutes to prepare their "snow" by wadding the paper into balls-the more, the better.

To Play: When the signal to begin is given, players start tossing their snow at the opposing team; this really does look like a snowstorm. When the whistle blows, everyone must stop throwing. Judges determine the winner by deciding which team has the least amount of snow on its side of the divider. Watch out for players who lose their eyeglasses or other personal belongings in the snow, which can get pretty deep. After the game is over, provide plastic garbage bags and have a race to see which side can stuff the snow into the bags first.

Eskinose*Heart of America Council*

To Play: Teams line up. One person on the end of each line gets a lipstick smear on the end of his nose. The idea is to see how far down the line you can pass the lipstick smear by rubbing noses. The team that can get the farthest or the team that can get it to the farthest in the time limit (e.g. 30 seconds) is the winner. A good prize might be Eskimo Pies.

Gathering Snowballs*Heart of America Council*

To Play: Each boy takes a turn at trying to pick up cotton balls and put them into a mixing bowl, blindfolded.

Snowball Throw*Heart of America Council***Equipment:** Use a large wad of cotton or a Styrofoam ball.**Set Up:** The boys are seated in a circle on the floor. "IT" sits in the center of the circle.**To Play:** The boys throw the snowball to each other while "IT" tries to intercept. When he succeeds, the boy who threw the snowball becomes "IT."**Snowball Relay***Heart of America Council***Set Up:** Players divide into two teams and line up relay style. Each team is given a "snowball" (cotton or Styrofoam) and a piece of cardboard.**To Play:** Players move the ball across the floor and back by fanning it with cardboard. Do not touch with hands or cardboard. Each player in turn repeats the action until all each player on one team has fanned the snowball down to the designated line and back. The first team to complete the course wins.**I'm a Great Big Whale***Heart of America Council***Equipment:** Piece of Wool, bandanna, neckerchief, or some sort of flag to put into the back pocket.**Formation:** Scatter. The Tigers (or Webelos – or what ever rank you wish) stand in the middle of the room. They are the 'whales'. The rest of the Pack, each with a flag sticking out of their back pocket, line up at either end of the room. They are little 'fishies'. The 'whales' then chant, in deep whale-like voices, 'I'm a Great Big Whale at the bottom of the sea.' The 'fishies' reply in high-pitched fish voices, 'And I'm a little fish and you can't catch me!' The 'fishes' then race to the far end of the room and the 'whales' try to catch them by pulling the flag out of their pocket. Any who are caught become 'whales' and help to catch the rest of the 'fishes'. The game continues until one little 'fish' remains as the winner.**Compass Game***Heart of America Council***To Play:** Everyone stands spread out around the room and is told to orient themselves to the "north". North could be real north or a convenient wall or corner in the room. Everyone except for the caller and the referees closes their eyes (blindfolded if you don't think the honor system will work). The caller then calls out a direction, like "east" and then everyone turns (eyes still closed) and points in the direction of east. The referee goes around and taps the shoulder of anyone not pointing in the right direction. They are out. The game continues until one player is left. It gets interesting when you start calling headings and bearings. This is a good game as it only discriminates by your sense of direction, which improves as you play.**Once Around The Block***Heart of America Council***To Play:** Hikers go 'once around the block'; then their observations are tested. Who has seen the most round things? What did you see that was orange? What are the names of the streets we were on? Did we pass and businesses, schools, gas stations? Name them, etc.**Compass Skills Patience***Heart of America Council***Equipment:** Sets of cards having the compass points printed on them**To Play:** This game is played the same way as the previous game, but this time the boys have to place the cards at the correct compass position for that card. Suggested order for laying down cards: North, South, East, West, North East, South East, South West, North West. NNE, SSW, NNW, SSE, ENE, WSW, ESE, WNW*I led this game in day camp and even the youngest got the idea. Parents seemed to get confused more than the boys. Use a great big circle, give each boy a card, and have him go to the right spot on the circle. Many boys know the basic directions from seeing weather maps on the TV. CD***Find The North***Heart of America Council***To Play:** Scouts are spread out (about thirty yards apart), and each lays down his staff on the ground pointing to what he considers the exact north (or south), without using any instrument. The umpire then compares each stick with the compass. The boy who is most correct wins. This is a useful game to play at night, or on sunless days as well as sunny days.**A Compass Points***Heart of America Council***Equipment:** Eight staves**Set Up:** The Eight staves are arranged in star fashion on the ground each radiating from the center point. One staff should point due North.**To Play:** One Scout now takes up his position at the outer end of each staff, and represents one of the eight principal points of the compass. The Scoutmaster now calls out any two points, such as SE and N., and the two Scouts concerned immediately change places. Any one moving out of place without his point being named, or moving to a wrong place or even hesitating, gets a strike. When changing places, Scouts must not cross the staves, but must go outside the circle of players. When a Scout has three strikes, he is out. As the game goes on blank spaces will occur. These will make it slightly more difficult for the remaining boys. To make the game more difficult sixteen points may be used instead of eight.**Polar Animal Shape Fishing Game***Heart of America Council*

Tie 3 feet of string to a wooden spoon. Attach a magnet to the end of the string. Cut and laminate many different colored polar animal shapes from construction paper (not too big though). Attach a paper clip to each polar animal shape. Spread the polar animal shapes on the floor and let your child try to catch the polar animal shape. Have them try to catch the star or the biggest tree. For a twist, label the polar animal shapes with letters or numbers.

Polar Animal Hide and Seek*Heart of America Council*

Set Up: Have all the children hide their eyes while you "hide" a polar animal in the room. (It should be placed in plain view.)

To Play: Tell the children to find the polar animal, but not touch it. Once they spot it they should sit back down in their spot. The first one to sit down again will get to hide the polar animal.

***Variation:** Play the game the same as above, except hide the polar animal. Then tell the children individually whether they are "hot" or "cold" to the relation of the polar animal. Allow the other children to have a chance to hide the polar animal, and tell children whether they are "hot or cold." It may be a good idea to discuss the meaning of hot and cold before you play this game.

Penguin Waddle Relay*Heart of America Council*

Divide the class into 2 teams. place half of each team behind lines 6 to 8 yards apart.

Place a 6 to 8 inch rubber ball between the knees of the first two people in line and watch them waddle like penguins to give the ball to their teammates behind the opposite line. The teammates then carry the balls back to the starting line and the waddling continues until everyone has had a turn. If the ball is dropped, the penguin must go back to his/her starting point and begin again. The winning penguins are the ones that can waddle the fastest without losing the ball.

Science: You'll need: large pan of frozen water, small items from classroom such as blocks, crayon, and pencil.

Talk about where penguins live and the type of climate they need to survive. Show children the pan filled with ice.

Let them try to move the blocks and other small items around on the ice so they can feel the cold the penguins need to survive. Slide the items across the ice then across the desk, carpet and other surfaces. Compare the results.

SONGS**The Scout's Winter Song***Great Salt Lake Council*

Tune "If your happy and you know it"

I had a little trouble getting this to work. You ay wish to change the wording slightly. CD

If you have a cold and you know it blow your nose
(sniffle, snuffle)

If you have a cold and you know it blow your nose
(sniffle, snuffle)

If you really have a cold, then grab just one of those
If you really have a cold blow your nose. (sniffle, snuffle)

If you're a Scout and you know it say 'Do Your Best'
(Do Your Best)

If you're a Scout and you know it say 'Do Your Best'
(Do Your Best)

If you're a Scout and you know it, then your deeds will
surely show it,

If you're a Scout and you know it say 'Do Your Best'
(Do Your Best)

If you're in a snowball fight, duck your head.
(Kersplat, Too Late)

If you're in a snowball fight, duck your head.
(Kersplat, Too Late)

If you're in a snowball fight, then don't freeze up in fright.
If you're in a snowball fight, duck your head.

(Kersplat, Too Late)

If you sing our winter song, then do all three.
(sniffle, sniffle, Do Your Best, Kersplat, Too late!)

If you sing our winter song, then do all three.
(sniffle, sniffle, Do Your Best, Kersplat, Too late!)

If you sing our winter song,
then the cheer will keep you warm.

If you sing our winter song, then do all three.
(sniffle, sniffle, Do Your Best, Kersplat, Too late!)

Polar Bear*Heart of America Council*

(Tune: "My Bonnie Lies Over the Ocean")

The polar bear lives in Alaska,
He never gets cold in a storm,
He swims in cold icy water,
His heavy coat keeps him warm.
Warm, warm, warm, warm,
His heavy coat keeps him warm.
Warm, warm, warm, warm,
His heavy coat keeps him warm.

On Top Of An Iceberg*Heart of America Council*

(Tune: "On Top of Old Smoky")

On top of an iceberg,
All covered with snow,
I saw my first penguin
And I wanted to know.

Oh is it a bird,
Or is it a fish?

I looked at his feathers,
And knew which was which.

I said, "Mr. Penguin,
Which species are you?"
He said, "I'm an emperor,
And not a gentoo."

I said, "Mr. Penguin,
What's under you patch?"
He said, "It's an egg,
It's ready to hatch!"

I said, "Mr. Penguin,
Oh, where is your wife?"
"She's out in the ocean,
She'll be back tonight."

Said Mr. Penguin,
"Her name is Jill.
She's out in the ocean,
Feeding on krill."

The next thing I knew,
I heard a small peep.
And I saw a chick,
At the emperor's feet!

The Polar Bear Song*Heart of America Council*

(Tune: Sippin' Cider)

This is an echo song.

The leader sings a line, the audience repeats it

Every four lines you sing the verse in entirety

Leader

The other day

I saw a bear

A big white bear

I had to stare.

Echo by audience*The other day**I saw a bear**A big white bear**I had to stare.***Now, altogether (I would only say this for the first verse)**

The other day, I saw a bear

A big white bear, I had to stare.

More verses -

He stared right back

And seemed to grin.

His long white fangs

Hung to his chin.

He moved toward me

Upon four paws.

And those four paws

Held six-inch claws.

I couldn't move.

My feet were froze,

As I saw steam

Shoot from his nose.

But I was safe

Because I knew,

This polar bear

Was at the zoo.

On Top Of The Igloo*Heart of America Council*

(Tune: On Top of Old Smokey)

On top of the igloo,

All covered with snow.

Stood 43 reindeer

And twelve Eskimos.

They stood there for hours.

Not one reindeer moved.

The Eskimos also

Seemed froze in their shoes.

But as I look closer

The secret I knew.

The hooves and the snowshoes

Were stuck in ig-glue!

Alaskan Yankee Doodle*Heart of America Council*

Yankee Doodle went to Alaska

Just to see a walrus

Stuck some blubber in his hat.

And called it really gross.

Yankee Doodle freeze your nose,

Yankee Doodle dandy,

Don't lose your fingers and your toes,

And don't eat blubber candy.

Springtime In Alaska*Heart of America Council*

(Tune: Springtime In The Rockies)

When it's springtime in Alaska

And it's ninety-nine below,

The Eskimos go barefoot

In the white and drifting snow.

The polar bears get sunburned,

And the seals sing all the day,

When it's springtime in Alaska,

I'll be going the other way.

I Know A Little Penguin*Heart of America Council*

(Tune: "I'm a Little Teapot")

I know a little penguin

Who sat on some blocks,

He swam in the ocean

And he climbed on some rocks!

He snapped at a seagull,

He snapped at a seal,

He snapped at a fish,

Oh, what a meal!

I'm Playing In The Snow*Heart of America Council*

(Tune: I'm singing in the Rain)

I'm playing in the snow.

I'm playing in the snow.

What a glorious feeling

It's snowing again.

Making snowman tonight

For the whole world to see

I'm happy just playing

In the snow.

Here are some classic Scouting songs that the CD for the tri-council San Gabriel Valley, Verdugo Hills, and Long Beach Area Pow Wow has in their book for this month CD

Scouting Round America*San Gabriel Valley, Verdugo Hills, Long Beach Area*

Tune: Row, Row, Row Your Boat

Round, round, round America,

Scouting takes you there.

Merrily, merrily, merrily, merrily,

Join us if you dare.

North to South and East to West,

We want to know it all,

So come along and sing our song,

We're gonna have a ball!

In Texas, steaks are chicken fried,

Potatoes, they're fried too!

The Chinese like to fry their rice,

And Gai Pan is Moo Goo!

The Eskimos wear lots of fur,

Because it's really cold.

Others wear no clothes at all...

Or so I have been told!

Happy Wanderer*San Gabriel Valley, Verdugo Hills, Long Beach Area*

I love to go a-wandering
 along the mountain track,
 And as I go, I love to sing
 My knapsack on my back.

Chorus

Valdaree, valdarah, valdaree,
 Valdarah-ha-ha-ha-ha-ha
 Valdaree, valdarah
 My knapsack on my back.

(The last line of the chorus is the last line if the verse that was just sung)

I love to wander by the stream
 that dances in the sun
 so joyously it calls to me
 "Come join my happy song."

Chorus

I tip my hat to all I see,
 and they wave back to me
 The blackbirds call so loud and sweet
 from every greenwood tree.

Chorus

High overhead the Skylark wings.
 The never rest at home.
 And just like me, they love to sing
 as over the world we roam.

Chorus

Oh may I go a-wandering
 until the day I die.
 Oh may I always laugh and sing
 beneath God's clear blue sky.

Chorus**It's A Small World (With Scouting Verses)***San Gabriel Valley, Verdugo Hills, Long Beach Area*

It's a world of laughter, a world of tears
 It's a world of hopes and a world of fears
 There's so much that we share
 That it's time we're aware
 It's a small world after all

Chorus:

It's a small world after all
 It's a small world after all
 It's a small world after all
 It's a small, small world

There is just one moon and one golden sun
 And a smile means friendship to everyone
 Though the mountains divide
 And the oceans are wide
 It's a small world after all

Chorus:

It's a world of Scouting, a world of fun
 It's a world of aims, but we work as one
 There's so much that we share
 That it's time we're aware
 It's a small world after all.

Chorus:

You can go to China or go to Spain
 And the Guiding Handshake will be the same
 We have friends in Japan,
 Mexico, Pakistan,
 It's a small world after all.

Extra Verses:

It's a world of color, a pretty sight,
 Red and yellow and brown and black and white
 And yet under our skin,
 We are all kith & kin
 It's a small world after all

Some may live in houses, in tents in shacks
 And what one man has yet another lacks
 There's so much that we share,
 That it's time we're aware
 It's a small world after all

How we live our lives we must each decide,
 Every Cub & Scout & Leader Guide
 Throughout Scouting we find,
 Both in body & mind
 It's a small world after all

I'd Like to Teach the World to Sing*Great Salt Lake Council*

I'd like to build the world a home and furnish it with love.
 Grow apple trees and honey bees and snow white turtle
 doves.

I'd like to teach the world to sing in perfect harmony.
 I'd like to hold them in my arms and keep them company.
 I'd like to see the world, for once, all standing hand in hand,
 And hear them echo through the hills for peace throughout
 the land.

That's the song I hear, let the world sing today.
 A song of peace that echoes on and never goes away.
(Verses can be sung at the same time with 2 different groups.)

CUB GRUB**Penguin Snack***Heart of America Council*

- ✓ 1 slice of bread per child,
- ✓ Spread cream cheese over top.
- ✓ Use 1/2 black olives for eyes (or raisins),
- ✓ Wedge of carrot for beak,
- ✓ Chopped black olives for wings.

CINNAMON "POLE APARTS"*Great Salt Lake Council***Ingredients:**

- 3 (10 oz.) cans biscuits
- 2 1/2 c. brown sugar
- 1 stick butter or margarine
- 1 tbsp. cinnamon
- Nuts optional

Directions

- ✓ Cut biscuits into fourths and roll into balls.
- ✓ Combine 1 1/2 cups brown sugar and cinnamon.
- ✓ Coat balls in the sugar mixture and drop into a Bundt pan that has been coated with non-stick cooking spray.
- ✓ Melt butter or margarine, stir in the remaining brown sugar until dissolved.
- ✓ Pour over the biscuits.
- ✓ Bake at 350° for 35-40 minutes.
- ✓ Dump out onto a large serving dish.
- ✓ For individual "Pole Aparts", each scout could use a tiny aluminum loaf pan.

OREO PENGUIN SNACK*Great Salt Lake Council***Ingredients:**

- Oreo cookies
- Chocolate Kisses
- Candy corn

Directions:

- ✓ Divide the Oreo into two pieces.
- ✓ Break or cut (with serrated knife) the half that does not have the icing on it.
- ✓ Unwrap candy Kiss and push the flat part into the frosting at the top of the Oreo cookie.
- ✓ Take the two halves of the other part of the cookie and place on icing with curved sides facing the center. Use two pieces of candy corn to make the feet.
- ✓ Eyes can be added by taking a little bit of frosting from the cookie, with a toothpick.

POLAR BEAR POPS*Great Salt Lake Council***Ingredients:**

- 4 firm, ripe bananas
- 8 wooden craft sticks
- Peanuts
- 2 cups white chocolate chips
- 1-1/2 Tbsp. vegetable shortening
- Wafer candies
- Cherries
- Assorted small candies

Directions:

- ✓ Cut each banana in half.
- ✓ Insert a craft stick at the bottom,
- ✓ Position two peanut halves at the top to look like ears and place on a wire rack.

- ✓ Melt chocolate and shortening on top of a double boiler.
- ✓ Pour mixture over the banana as it sits on the rack until it is well-covered.

To make a bear face:

- ✓ Place a wafer on the banana for the snout area, attaching it by adding a tiny amount of the chocolate mixture.
- ✓ Use a piece of cherry for the mouth, attaching it with the chocolate mixture.
- ✓ Add a circle candy for the nose and two small candies for the eyes.
- ✓ Place on a tray lined with wax paper and freeze for an hour.

POLAR ICE CAP DRINK*Great Salt Lake Council***Ingredients:**

- Blue Kool-aid (prepared as directed)
- Lemon-lime soda
- Vanilla ice cream

Directions:

- ✓ Put the Kool-aid and the soda in the refrigerator until they are cold.
- ✓ Fill a clear plastic cup almost halfway with the blue Kool-aid.
- ✓ Add the soda almost to the top of the glass.
- ✓ Carefully drop in a scoop of vanilla ice cream.
- ✓ Enjoy your "North Pole" drink with a straw!

Icy Blue Igloo*Heart of America Council***Ingredients:**

- 3 packages of Jell-O Berry Blue Gelatin Dessert (4-serving size)
- 2 3/4 cups boiling water
- 1 1/2 cups cold water
- 2 cups ice cubes
- 2 cups whipped topping

Directions:

1. Dissolve 2 packages of blue jell-o in 2 cups boiling water.
2. Add cold water. Pour into 13-inch x 9-inch pan.
3. Chill until set, about 3 hours.
4. Cut gelatin into 1/2 inch cubes. Set aside.
5. Line a 6-cup bowl with plastic wrap. Set aside.
6. Dissolve remaining package of blue jell-o in 3/4 cup boiling water.
7. Add ice cubes. Stir until slightly thickened, about 3 to 5 minutes. Remove any unmelted ice.
8. Whisk in 1 cup whipped topping. Stir in 2/3 of the gelatin cubes
9. Pour mixture into prepared bowl.
10. Chill until set, about 3 hours.
11. Unmold onto serving plate, flat side down. The round part should be on top.
12. Remove plastic wrap and frost surface with remaining whipped topping and decorate with remaining jell-o cubes so that it looks like blocks in the "ice" of the whipped topping.

There you have your "igloo."

Snow Balls*Heart of America Council***Ingredients:**

- 1 stick butter
- 2 cups rolled oats
- 1/2 cup peanut butter
- 2 cups powdered sugar
- Additional powdered sugar for rolling balls

Directions:

- ✓ Melt butter over medium heat;
- ✓ Add oats stirring constantly until oats are toasted, about 5 min.
- ✓ Remove from heat.
- ✓ Add peanut butter and sugar to make a stiff dough.
- ✓ Roll into balls and roll in powdered sugar.

Danish Pancakes*Heart of America Council***Ingredients:**

- 2 cups flour
- 2 1/2 cups milk
- 8 eggs
- 1 T. sugar
- 1 t. salt
- 1 T. oil

Directions:

- ✓ Mix all ingredients together.
- ✓ Melt 1 T. butter in a small skillet.
- ✓ Cover bottom of pan with batter.
- ✓ Brown on one side, turn pancake and brown on other side.
- ✓ Sprinkle each pancake with granulated sugar, top with jam, and roll up.

Option: Fill pancake with fresh fruit and ice cream.**Quesadillas****Ingredients:**

- 12 tortillas
- 1/4 lb. Jack cheese

Directions:

- ✓ Put slices of cheese on tortillas.
- ✓ Heat in toaster oven or broiler, or microwave until cheese is melted.
- ✓ Roll up or fold over and serve.

Tallarina*Heart of America Council***Ingredients:**

- 1 lb. ground beef
- 1 chopped med. Onion
- 2 cans tomato sauce
- 1 can cheddar cheese soup
- 1 can corn
- 1 small jar stuffed olives
- 1 (8 oz.) package noodles, cooked and drained
- salt and pepper to taste

Directions:

- ✓ Brown together: ground beef, chopped Onion, tomato sauce
- ✓ Mix everything together in a casserole dish.
- ✓ Bake at 325 for 1 hour.

Maple Snow*Heart of America Council*

I have done this at a friends house in Vermont with maple Syrup we have made from tapping the trees through boiling. It is great!! CD

Ingredients:

- 1 tray ice cubes, crushed or grated very fine to be like snow.
- 1/2 ?? maple syrup (*the book did not say – I guess it is cup but a bottle would be good ☺*)

Directions:

- ✓ Heat maple syrup over low heat until it is warm. (about 2 minutes)
- ✓ Drop 1 Tablespoon or more of the syrup on top of snow ice.
- ✓ This makes a tasty treat when there is snow outside.

Breakfast Blanket*Heart of America Council***Ingredients:**

- 1 T. jam
- 2-6 inch whole wheat flour tortillas
- 1 cup fresh fruit such as peaches

Directions:

- ✓ Spread 1/2 tablespoon of jam on each tortilla.
- ✓ Sprinkle 1/2 cup fruit on each tortilla.
- ✓ Roll up to make bumpy blanket.

Idea: Creamed cheese could be used in place of jam.**Viet Nam Spring Rolls***Heart of America Council***Ingredients:**

- Quartered rice paper (*available in Asian stores already quartered*)
- 1 peeled cucumber
- 8 boiled shelled and cut into bite size shrimp
- 1/3 peeled daikon radish
- 4 green scallion strips 3" long
- 1/4 cup soy sauce

Directions:

- ✓ Cut cucumber and radish's into 3" strips.
- ✓ Cut shrimp into bite sizes.
- ✓ Lay out on rice paper (cut in a triangle with point to the top). Spray with water in mister bottle.
- ✓ Wait 1 min. for paper to soften.
- ✓ Place 2 shrimp(chopped) on top of rice paper.
- ✓ Place 2 strips of cucumber, and 2 strips of radish, and scallion strip on top of shrimp.
- ✓ Fold sides inward and roll up from bottom.
- ✓ Serve with soy sauce.

Pretzel Spears**Ingredients:**

- 1 ounce Mozzarella cheese cut in 1/4 inch cubes.
- 1 box thin pretzel sticks

Directions:

- ✓ Cube cheese and spear with pretzels.
- ✓ Build a design with the cheese and pretzels.

Boys could be divided into teams and work together to construct a tower or building. After a set amount of time the contest could be over and the boys could eat their design.

Foil Cooking**Variations on the "Hamburger Foil Dinner**

San Gabriel Valley, Verdugo Hills, Long Beach Area

A foil dinner may be a great choice for your winter time outdoor activity. Boys can assemble and wrap their food, then place it on the coals and leave it alone for a while they do things (play games, go inside) to keep warm while it cooks. CD

1. Just a touch of garlic salt makes a lot of difference. If you look at the labels in the stores, you will see that onion and garlic are part of almost everything! It doesn't take much to make it great.
2. I like to use cabbage leaves to wrap it all in before I wrap in foil. A little catsup helps for some boys. I also add a few slices of onion. Around here, we never seem to have enough. The kids all go for seconds!
3. We add Cream of Mushroom soup to our "hobos." It adds taste as well as additional moisture. A couple of tablespoons will do just fine. Yum-yum.
4. Just skip the butter and add some soup. Cream of mushroom or something like that. When cooked slow it is wonderful.
5. How about BBQ sauce, Worcester sauce, or even Italian dressing?
6. Spices ... a measuring teaspoon of Italian seasoning or of curry powder or of chili powder wouldn't hurt it either. You might be able to combine BBQ and chili powder; or Italian dressing and Italian seasoning; I don't recommend mixing Worcestershire and curry powder though.
7. We have spiced up our "hunters pack" aluminum foil dinners by adding Heinz 57 sauce. It is the boy's secret ingredient. It really makes a big difference. We've had boys finish one dinner and return to make seconds and thirds until all the ingredients are gone. I remember some were just cooking the left-over onions or potatoes as long as they had the Heinz 57 left to spice them up.
8. Instead of hamburger, try Pork Loin, or Boneless Chicken Breast! Also vary the vegetable ingredients to include slices of tomato, and/or bell peppers. BBQ sauces may be included also. If you use chicken, try pineapple slices with mild BBQ sauce. Ground turkey can be used instead of ground beef, and is "more healthy".
9. I have had good luck asking the kids what they would like in their foil dinners. You'd be amazed at the great ideas they come up with. If, however, your den is gastronomically challenged :-), there are some things you can do to liven up those meals: I've substituted Mrs. Dash, garlic pepper, Montreal seasoning, or any other favorite general-purpose seasoning for the pretty dull salt and pepper usually found in a foil dinner. We've added celery, green beans, and onions into our dinners for some additional variety. I've also had some good experiences substituting chicken for the beef, and making a pseudo stir-fry dinner using stir-fry oil instead of butter and spices.

10. Also, consider replacing the hamburger with stew meat, cubed steak, or chicken or turkey breasts cut into stew meat sized cubes. As to spices, consider adding a part of a clove of fresh garlic. Smash it first. You might also consider adding soy sauce, teriyaki, or plain old steak sauce. Try adding small dough balls of biscuit mix for dumplings.
11. In addition to the ingredients you mentioned, I always use onion, bell pepper, radishes, Lowry's Seasoned Salt (and/or Lowry's Seasoned Pepper), and Worcestershire sauce. In addition, I sometimes will use barbecue sauce and if someone thinks to bring some along, sweet potatoes (try it!). I have also seen other people use soy sauce, Tabasco, etc.
12. Instead of salt and pepper, use seasoning salt and pepper. This makes it a whole lot less bland. Of course you could add Worcestershire sauce AFTER you are done cooking for those who like that.
13. One of my favorite additional ingredients in a foil dinner is a dash (maybe a big dash) of Wyler's bouillon granules. These add significantly to the flavor. I typically use Seasoned Salt instead of just plain salt. You also left out one of the main flavor ingredients, Onions. Anything in the onion family can add lots of flavor, try scallions or green onions if the boys are a little squeamish about yellow onions. Garlic (salt, powder, crushed) can add a nice flavor.

Foil Cooking Hints

- ✓ Use two layers of light-weight, or one layer of heavy duty aluminum foil. Foil should be large enough to go around food and allow for crimping the edges in a tight seal. This will keep the juices and steam in. This wrap is know as the "drugstore" wrap.

The Drugstore Wrap

Use heavy foil three times the width of the food.

Fold over and roll up the leading edges.

Then roll sides for a steamproof seal.

- ✓ A shallow bed of glowing coals that will last the length of cooking time is necessary.
- ✓ Approximate Cooking Times:
Hamburger: 8-12 minutes,
Carrots: 15-20 minutes
Chicken pieces: 20-30 minutes,
Whole Apples: 20-30 minutes
Hotdogs: 5-10 minutes,
Sliced potatoes 10-15 minutes

Foil Dinner

Lay slices of potatoes, onion, and carrots on a sheet of heavy-duty foil then place hamburger patty on top. Cover with slices of potato, onion, and carrots. Season with butter, salt and pepper. Cook 20-30 minutes over hot coals, turning twice during cooking.

More Helpful Hints

- ✓ Do NOT, REPEAT NOT use cheese in your recipes, unless put on after cooking. The cheese will warm and separate and the oil will catch fire or cook the food faster than expected. We had a few very unhappy Cubs

expecting Cheeseburgers, but receiving, well something else if you can imagine.

- ✓ It may cost a bit more too, but try to keep your meats lean and let the veggies add the moisture necessary.
- ✓ Also, have some extra bread and cheese slices available as there will inevitably be an accident or two (broken foil-food in fire), and a few boys who will not be to happy with the final product.
- ✓ Don't forget extra utensils, as you'll be moving a lot of packages around.

Pizza Pocket

San Gabriel Valley, Verdugo Hills, Long Beach Area

- ✓ I have seen a pizza pocket dinner, made with pita bread or packages of 'flat' dough (those tubes from The Dough Boy).
- ✓ You take the flat dough, and fill the center with pizza sauce, pepperoni, cheese, with optional mushroom, olives etc.
- ✓ Fold it over to enclose the 'goodies' and wrap in 2 layers of foil.
- ✓ 'BAKE' 10 minutes on each side, and you might have a pizza pocket.
- ✓ If using Pita bread, just long enough to warm everything and melt cheese. Make sure cheese is inside and you don't overheat (*See Helpful Hint on cheese*)

Ham Dinners

San Gabriel Valley, Verdugo Hills, Long Beach Area

I have done chunks of ham, sweet potatoes (par boiled), pineapple. As soon as it comes out of fire, I add a few mini marshmallows on top.

Chicken Dinners

San Gabriel Valley, Verdugo Hills, Long Beach Area

Try using boned chicken instead of hamburger. Cooking time is the same, add a small amount of water or soy sauce to replace the water found in hamburger.

One of the best foil meals I had included a combination of chicken breasts, shrimp, snow peas, celery, and bean sprouts. Similar to a stir-fry. The meat was place on the bottom (by the way, the chicken had been slightly cooked prior to going), with the veggies on top. I had a couple of dashes of Teriyaki sauce, some spices (tarragon and others from a pre-mix spice jar).

Only exception was that I didn't turn it over, I let the veggies cook in the heat from the meat. They were still slightly crunchy, almost steamed.

Desserts.

San Gabriel Valley, Verdugo Hills, Long Beach Area

Take a banana, slice in lengthwise in the peel. Insert butter and brown sugar into the slit. Wrap & warm. Try with pieces of chocolate bar, too

Take an apple and core it. Insert butter, cinnamon, and brown sugar into the center. Wrap & bake.

Hobo Popcorn

San Gabriel Valley, Verdugo Hills, Long Beach Area

- ✓ In center of 18" x 18" square of heavy or doubled foil, place one teaspoon of oil and one tablespoon of popcorn.
- ✓ Bring foil corners together to make a pouch. Seal the edges by folding, but allow room for the popcorn to pop.
- ✓ Tie each pouch to a long stick with a string and hold the pouch over the hot coals.
- ✓ Shake constantly until all the corn has popped.
- ✓ Season with salt and butter or margarine. Or soy sauce, or melted chocolate, or melted peanut butter, or melted caramels or use as a base for chili.

Portable Chili

San Gabriel Valley, Verdugo Hills, Long Beach Area

- ✓ Cook up a pot of chili (homemade or canned).
- ✓ Buy individual size bags of Doritos or something similar.
- ✓ Cut an X on front of bag and open.
- ✓ Put chili on top of the chips, and shredded cheese.
- ✓ And you have portable lunchtime nachos/tacos.

Don's Hawaiian Delight

San Gabriel Valley, Verdugo Hills, Long Beach Area

- ✓ In a square piece of heavy duty aluminum foil place enough of each of the following to make one serving:
- ✓ Sliced ham, Sweet potatoes, Carrots, pineapple
- ✓ Surround the ham slices with the other ingredients on the foil then add 1 tablespoon of syrup or honey. Fold using "drugstore" wrap to hold in the juice. Cook package on hot coals for approximately 15 minutes on each side.

Omelet in a Bag

Baloo's Archives

Ingredients – Scrambled Eggs, Plus what ever you want on your omelet – ham, sausage pieces, peppers, onions, cheese, Salt, pepper and spices to taste. (*Use precooked sausage, bacon and ham*)

- ✓ Place raw scrambled eggs in a plastic freezer bag. *Regular sandwich and storage bags are thinner and may not be able to take the heat.*
- ✓ Next place all the ingredients that make your omelet special - ham, sausage pieces, peppers, onions, cheese, Salt, pepper and spices – in the bag.
- ✓ Seal the bag by whatever means the manufacturer recommends.
- ✓ Drop in boiling water until the egg reaches the consistency you wish.
- ✓ Remove and feast!!



STUNTS AND APPLAUSES

Artic vs. Antarctica

Heart of America Council

At the start of the pack ~~meeting~~ show, divide the room into North and South poles. Tell them during the meeting whenever you say Artic, North Pole, Antarctica or South Pole and the appropriate group is to respond. Throw these in at random as well as in ceremonies. Vary the frequency of the random insertions. Keep them guessing.

- ✓ Artic, North Pole says (sings) – North, north to Alaska.
- ✓ Antarctica, South Pole says – Brr, It's mighty cold down here.

APPLAUSES & CHEERS

Great Salt Lake Council

Hot chocolate- “Brrrrr, thanks for warming us up.”

Frozen Cub (Scout): Wrap your hands around yourself and say "Brrrrrrr".

Seal: Extend arms, cross hands at the wrist and flap hands several times.

Wolf: Say "Wolf, wolf, wolf," then give wolf howl.

Heart of America Council

Eskimo Cheer: Brrrrr-rrr, Brrrrr-rrr.

Seal of Approval: Put your thumbs in your armpits, then move arms up and down like a seal moving its flippers and say "Arf, Arf, Arf" several times. **Variation:** Pretend you are balancing a ball on the end of your nose.

Big Dog: Stand and give a loud “Roof!, Roof!, Roof!” three times.

Dog Sled: Move arm like cracking whip and yell, “mush, mush!”

Snowball Applause: Reach down and pick up a pretend handful of snow, pack it into a ball, pull your arm back, throw and yell: Splaaaaaaaat.”

Ice: Have group stand, hold arms straight out and dangle wrists with fingers relaxed and say, “Drip, drip, drip.”

Whale: Shake hand like fish swimming and then bring other hand up like a spout and go, “Phsssh.”

Moose Cheer: Place open hands by ears like antlers and call, “Moo-s-s-s-se”

Ice Cub Cheer: “Cooooooool!”

Eskimo Applause: Everyone stands and tape their nose hard enough to be heard without being painful.

How with a Northern Exposure Yell: How, How, Brrrrr!

How with a Southern Exposure Yell: How, How, You'all!

RUN-ONS

Great Salt Lake Council

Cub #1: What is black and white and red all over?

Cub #2: A sun-burned penguin!

Cub #1: Knock, knock.

Cub #2: Who's there?

Cub #1: Wanda.

Cub #2: Wanda who?

Cub #1: Wanda hear another joke?

Cub #2: Knock, knock.

Cub #1: Who's there?

Cub #2: Noah.

Cub #1: Noah who?

Cub #2: Noah don't.

Heart of America Council

Walk in with map in hand, looking confused, and say...

Cub # 1: Knock, Knock

Cub # 2: Who's there?

Cub # 1: Alaska

Cub # 2: Alaska Who?

Cub # 1: Alaska later, right now I'm trying to read the map!

Cub # 1: Knock Knock

Cub # 2: Who's there?

Cub # 1: Alaska

Cub # 2: Alaska who?

Cub # 1: Alaska questions and you'll give me answers.

Cub # 1: Did you hear about the Artic seaman who thought he saw an island.

Cub #2: No what happened?

Cub # 1: It was an optical Aleutian.

Cub # 1: What kind of cheese did the moose get when he ordered a pizza?

Cub # 2: I don't know

Cub # 1: They used Moose-arella cheese.

JOKES & RIDDLES

Heart of America Council

Q: What did the sea say to the iceberg?

A: Nothing, it just waved.

Q: Where do penguins go to dance?

A: At the snow ball.

Q: What do penguins eat for lunch?

A: Ice burg-ers.

Q: How do penguins drink?

A: Out of beak-ers

Q: What's a penguin's favorite salad?

A: Iceberg lettuce.

Q: Who's the penguin's favorite Aunt?

A: Aunt-arctica .

Q: How does a penguin make pancakes?

A: With its flippers.

Q: What do you call a gigantic polar bear?

A: Nothing, you just run away!

SKITS

Ice Fishing Skit I

Heart of America Council

Characters: 2 fishermen, little boy. All three have a stick with a short string on it as a fishing rod.

(Or several fishermen in one boat and one in another. You can enlarge group so all boys in your den get a part)

Scene: Two boys with "fishing rods" are standing together fishing through the ice. The rods hang without moving, as the boys are not catching anything.

Boy 1: Boy, am I cold. I don't know how I let you talk me into coming out in the middle of the night to go ice fishing. My feet are frozen to the ice, my nose is running, my ears are like ice, and I haven't even had a bite.

Boy 2: Knock it off! This is a great spot! Just wait till we catch a few.

(Boys stand a few seconds with no bites.)

Boy 1: It's 2:00 AM and we still haven't had a bite. I think my right ear just fell off.

Boy 2: Stop complaining! Soon they'll start biting; just wait.

Boy 1: (after a short wait) 3:00AM and still no bites! My other ear just fell off.

Boy 2: Wait! Wait!

Boy 1: Talk louder, my ears fell off.

Boy 2: Cut that out!!!

(Another boy walks onto the stage at some distance from the other two. He begins to fish, and catches one after another.)

Boy 1: It's 4:00 AM; my toes just fell off. I have to go to the bathroom, but I can't afford to have anything else fall off. We still haven't had a single bite. (Watches as the new boy catches more fish.) Say Charlie, that kid over there. (points) Look at all the fish he's getting!

Boy 2: Wow I wonder how he does it? (raises his voice) HEY-KID!

Boy 3: MMMMMMMMM

Boy 2: You're catching fish over there, aren't you?

Boy 3: UMMM HUMM. (Nods his head and catches another fish.)

Boy 2: You got more than ten-don't you?

Boy 3: MMMMMMMMMMMM (Nods his head.)

Boy 2: How do you do it? We've been fishing here for hours without a bite, while you get them one after the other.

Boy 3: MMM MMMMMMMMMMM MMMMMMMMM
MMMMMMMMMMMMMM

Boy 2: What?

Boy 3: MMMMM MMMMMM MMMMMMMMMMMMM

Boy 2: I can't hear you.

Boy 3: MMMMMMMMM MMMMMMMMMMMM
MMMMMMMMMMMM

Boy 2: I don't understand you! What are you trying to say?

Boy 3: (Loudly spits a large something into his hand.)
YOU HAVE TO KEEP THE WORMS WARM!!!
(Puts the worms back in his mouth.)

Ice Fishing Skit II

Baloo's Archives

Cast: At least 3 scouts or 2 scouts and adult
One scout (or the adult) offstage playing God's voice.

Set Up: 2 scouts are going ice fishing and they walk to center stage.

Cub #1: This looks like a good spot to go ice fishing

Cub #2: Yes, let's start here, then.

(Cub #2 starts using a manual ice drill to cut through the ice.)

God's Voice: There are no fish there!
(Cubs jump and look around.)

Cub #3: Let's try over there.

Cub #4: Okay, you drill the hole this time.

(Cub #3 takes the drill and they move to a new location and starts to drill through the ice.)

God's Voice: There are no fish there!
(Cubs jump and look around.)

Cub #5: Golly, we better try a different spot, I guess

Cub #6: Yes, that looks pretty good over there.

(Cub #5 takes the drill and they move to a new location and start to drill through the ice.)

God's Voice: Listen, you guys, this is an ice skating rink and I'm the ice rink manager and **THERE ARE NO FISH HERE**

Taking Penguins for a Ride

Baloo's Archives

Cast: "Penguin Keeper", penguins, police officer

Set Up: A man with a busload of penguins chugs across the stage. Or a person leading a line of boys walking (waddling) like penguins walks across stage

A police officer stops the leader

Police: "Where are you taking these penguins?"

Leader: "I'm taking them to the beach."

Police: Why don't you take them to the zoo instead?

Leader: Good Idea!!

The leader changes direction, and goes off stage with the penguins.

Shortly the leader returns back on stage with the penguins.

The police officer stops him again

Police: "I thought I told you to take these penguins to the zoo!"

Leader: "I did!! They had a great time. Now I'm taking them to the movies."

Penguin Soup Skit

Heart of America Council

Cast: 4 or more scouts (scouts stand in line except for Leader.)

LEADER: Den ATTENTION! (scouts snap to attention.)

LEADER: This Den is the BEST Den in the troop! To become the best, we have practiced our skills, gotten lots of exercise and sleep, and most importantly gotten great nutrition! We have discovered the one food source that makes us the BEST! (faces scout #1.)

LEADER: Scout! What did you have for breakfast?

- Scout #1:** Penguin soup, sir!
LEADER: That's right! Penguin soup is the best way to start the day! (faces scout #2.)
LEADER: Scout! What did you have for lunch?
Scout #2: Penguin soup, sir!
LEADER: That's right! Penguin soup is the best way to keep up your energy on those long day hikes! (faces scout #3.)
LEADER: Scout! What did you have for supper?
Scout #3: Penguin soup, sir!
LEADER: That's right! Penguin soup keeps our bodies strong all night long!
LEADER: So, Den, what do we eat for breakfast?
All Scouts: Penguin soup, sir!
LEADER: So, Den, what do we eat for lunch?
All Scouts: Penguin soup, sir!
LEADER: So, Den, what do we eat for supper?
All Scouts: Penguin soup, sir!
LEADER: That's right. Left face! Forward, march! (Entire line of scouts waddles like penguins offstage.)

HAPPINESS IS—MISERY IS (Skit)*Great Salt Lake Council*

- CAST:** 2 to 8 Cub Scouts, or more. Cubs alternate, first boy says, "HAPPINESS is...", second boy says, "MISERY is..."
- PROPS:** Hold up cards or cardboard cutouts (painted) of smiling and sad faces that boys can make themselves.
- 1ST CUB:** HAPPINESS IS...hearing your Dad has won an all expense paid trip to Hawaii.
2ND CUB: MISERY IS...when you find out that the trip is for two and you have to stay home with a baby-sitter.
1ST CUB: HAPPINESS IS...when your Dad drives you to school in his brand new car and all your friends are there to see you.
2ND CUB: MISERY IS...when you get out and the door falls off and lands on your toes.
1ST CUB: HAPPINESS IS...when your Mom takes you and your friends for a ride in her new convertible with the top down.
2ND CUB: MISERY IS...when it starts to rain cats and dogs and the top won't go up.
1ST CUB: HAPPINESS IS...when you are flying in outer space in a big space ship and you are in command.
2ND CUB: MISERY IS...waking up with a big headache after you have fallen out of bed from the top bunk.
1ST CUB: HAPPINESS IS...getting to do it yourself—build your own motorcycle kit and your Dad is going to help you put it together.
2ND CUB: MISERY IS...opening the box and finding the instructions are in a foreign language.
1ST CUB: HAPPINESS IS...getting a bike for your birthday.
2ND CUB: MISERY IS...when you find it has three wheels.

Limericks of the World*San Gabriel Valley, Verdugo Hills, Long Beach Area*

- Personnel:** Each boy may read one limerick or Leader may read as boys pretend to be World Scouts
- Cub #1:** We are a den with a skit,
about customs other countries do fit
In limerick we'll tell you,
What Scouts around the world do,
Although we've stretched the truth a bit
- Cub #2:** There once was a Scout from Peru,
Who watched his mom making stew
Because once by mistake,
In an oven she did bake,
His birthday cake out of glue
- Cub #3:** There was a Cub Scout in France,
Who taught little ducklings to dance
When he said, "Tap, Tap!"
They only said, "Quack",
What ducky dances they have in France
- Cub #4:** There once was a Cub Scout in Florence,
Who hated Christmas mutton with abhorrence
He found a dead buzzard,
And fried him in mustard,
Then served him for dinner in Florence
- Cub #5:** There was a Cub in Hong Kong,
Who never did anything wrong
He'd lay on his back,
With his head in a sack,
Singing an old Cub Scouting song
- Cub #6:** There once was a Cub Scout in Nice,
Whose friends were usually geese
They walked out together,
In all sorts of weather,
That's the custom of Cub Scouts in Nice
- Cub #7:** In America there are Cub Scouts, too
With their own funny customs to do
Their dens yells are extreme,
No one's heard such a scream,
Cause they yell till their faces turn blue

CLOSING CEREMONIES**Poles Apart***Heart of America Council*

I checked, this one is different from the one HOAC listed for Opening. Actually you could use either for Opening or Closing. (Just switch the saying for T) But please don't open and close with the same style ceremony. CD

People – 10 Cub Scouts

Set Up – Each boy has piece of construction paper with a letter and an appropriate picture on the front. (Best if boys make letters and pictures). Their part should be on the back in LARGE print.

- Cub # 1.** P – is for parents who are our biggest supporters.
Cub # 2. O – is for opportunity to learn and grow.
Cub # 3. L – is for leaders – it takes you to give us the program.

- Cub # 4.** E – is for explore – to be able to learn about new things.
- Cub # 5.** S – is for Scouting, a means by which all of us can do and be anything we want.
- Cub # 6.** A – is for all working together for a common goal.
- Cub # 7.** P – means to perform – being able to carry through to completion.
- Cub # 8.** A – is for attitude – with proper attitude everything/anything can be accomplished.
- Cub # 9.** R – is for remember – others who help to keep our country free.
- Cub # 10.** T – Thank you for coming tonight.

Set Your Course

Heart of America Council

This could be delivered as a Cubmaster's Minute. CD

People – 8 Cub Scouts

Set Up – Each boy has piece of construction paper with an appropriate picture on the front. (Best if the boys make the pictures). Their part should be on the back in LARGE print.

- Cub # 1.** There is another direction that is even more important that we explore.
- Cub # 2.** That is the direction of our CHARACTER.
- Cub # 3.** Your character is being formed right now.
- Cub # 4.** By what you do and what you don't do.
- Cub # 5.** Many of your actions will be influenced by others.
- Cub # 6.** Try to set your own direction.
- Cub # 7.** Make up your mind that you will live always by the Cub Scout Law.
- Cub # 8.** Then follow through with it.

Alaska Is Different

San Gabriel Valley, Verdugo Hills, Long Beach Area

- Cub #1:** Alaska is different in climate that (your state name), different in the food produced, and offers different ways of life.
- Cub #2:** The beauty of Alaska is captured in silent snow and the glorious Northern Lights.
- Cub #3:** One thing (Your state name) and Alaska have in common it being part of the fifty United States of America, pledging their allegiance to our flag.
- Cub #4:** There are differences in a Cub Scout den. Each boy had different abilities, different interests and different needs.
- Cub #5:** We are united in Cub Scouting to develop ourselves mentally, physically and morally.
- Cub #6:** Cub Scouting keeps us together in one unit, regardless of whether we are in (your state name) or Alaska. Our packs & dens are part of the whole Scouting program.
- Cub #7:** We become better citizens as we learn and achieve together.
- Cub #8:** Let us close by singing "America the Beautiful".

I Will Use

Heart of America Council

People – 5 Cub Scouts

Set Up – Each boy has piece of construction paper with an appropriate picture on the front. (Best if the boys make the pictures). Their part should be on the back in LARGE print.

- Cub # 1.** This is my country, I will use my eyes to see the beauty of this land.
- Cub # 2.** I will use my ears to hear it's sounds.
- Cub # 3.** I will use my mind to think what I can do to make it more beautiful.
- Cub # 4.** I will use my hands to serve it and care for it.
- Cub # 5.** And with y heart, I will honor it.

Cubmaster's Minutes

Compass Closing Thought

Southern NJ Council



Prop – Compass (maybe a demonstration teaching one would be easier to see but the magnet would not affect it)

Cubmaster - I have here a compass. Normally because of the natural magnetic forces of the earth, the needle faithfully points north and keeps you on the right path. But when a magnet is brought near the compass, the magnet is an outside influence on the character of the compass. The integrity of the compass can no longer be trusted.

This compass represents Cub Scouting. The Cub Scout Promise and the Law of the Pack are the natural magnetic field that directs the compass needle of our boys. Just like this magnet, outside influences are trying to affect our purposes. Our youth are continually faced with temptations – temptation to get by without working, to lie, to cheat, to give in to the negative peer pressure of friends. If our boys are going to grow up to be the good citizens we want them to be, watch out for the magnets in their lives. Help them to work hard to live up to the ideals of Scouting.

Polar Express

Great Salt Lake Council

The Christmas season has recently passed but I'm sure it's still fresh in your minds. Do you remember all the fun times you had with friends and family and your participation in some Christmas traditions? One of your newer family traditions may be to watch and discuss the movie "The Polar Express." It's one of my new traditions too. When we watch that movie, what kinds of characteristics does the boy possess that we want to try to keep with us? He had courage and a desire to believe. This month as you complete Cub Scouting requirements, work on them with a new feeling of determination and Do Your Best!

CLOSING THOUGHTS*Heart of America Council***Gold in Yourself**

Gold prospectors dug for gold in the hills. They may or may not have found gold in "them thar hills" no matter how hard they worked. But there's another kind of gold that you will always find with hard work.

That's gold in yourself – kindness, love, understanding and consideration. Just like the gold in the hills, this gold shines inside you. Search for the gold nuggets in yourself.

Aurora

Aurora means lights. It takes a special release of energy from the sun that mixes with our atmosphere to cause these lights to be seen at the north and south poles. And then beautiful lights are seen. Our boys are like the sun; they have lots of energy. And when it's channeled with Cub Scouting they shine like the Aurora Borealis and Aurora Australis.

Poles Apart

As different as the Northern and Southern poles are so are our Cubs different. We must appreciate these differences as they grow, and they learn to appreciate others and to be part of the team.

I Am Only One

I am only one; but still I am one.

I cannot do everything, but still I can do something;

I will not refuse to do the something I can do.

A famous American lady, Helen Keller, who worked very hard to overcome the dual challenges of deafness and blindness, said this.

From Sea To Shining Sea

San Gabriel Valley, Verdugo Hills, Long Beach Area
BOOM!! SIZZLE!! Oooh! Aaah! Don't you just love a good fireworks display on the Fourth of July? The colors are so beautiful, lighting up the night sky. But did you ever stop to think how boring it would be if all the fireworks were exactly the same? You'd have to sit there in your lawn chair for 20 minutes watching one after the other, every single one being red or yellow or green. You'd be ready to go home in just a little while. What really makes a fireworks show interesting is its variety, when you never know what's coming next.

That's true for our wonderful United States, too. Americans come in all sizes and shapes and colors. We have different religious beliefs, different family customs, different ideas about everything. But our differences are good, because they make it possible for us to learn new things from one another. Our differences make us a better people. If everyone were just like us, life would be boring. But when people are different, and when they respect each other's differences, then life is rich and exciting, just like a good fireworks display.

WEBELOS

Are your 2nd Year Webelos getting excited about crossing over to Boy Scouting??? It is almost time – wrap up the last few Awards and psyche them up!! Maybe consider doing your weekly meeting with a troop. You could do Activity Awards while they go to Patrol Meetings and instruction time.

FITNESS**PHYSICAL SKILLS GROUP***Heart of America Council***Activities:**

- ✓ Have the boys read a story in the newspaper or magazine about a drug or alcohol related incident. Have them report back to the den and discuss what happened.
- ✓ Invite a nurse, doctor, dentist, or E.M.T. to talk about the effects of tobacco, drug, or alcohol abuse as well as the positive effects of eating a healthy diet. Have the boys write questions on cards so they are anonymous.
- ✓ Invite a local sports figure or coach to come and discuss fitness with the boys.
- ✓ Invite the grade school gym teacher to your meeting. Get to know them on a personal basis: Why did they become a teacher? What kind of background do they have? What sports are they currently active in? What do they like about teaching kids?
- ✓ Let boys design posters on how to say no to drugs, cigarettes, and alcohol. Display at a pack meeting.
- ✓ Show films (approved by parents and pack committee) on drug and alcohol abuse.
- ✓ Invite a dietician to come and discuss the benefits of a balanced diet.
- ✓ Take a field trip to a fitness or recreation center.
- ✓ Have the boys collect advertisements for tobacco and alcohol. Help the boys see that the activities in those ads have nothing to do with tobacco or alcohol. Have them read the warning labels on cigarette advertisements, note the size of the warning in relation to the ad. Can people do the activities depicted in the ads without smoking or drinking?
- ✓ Invite the grade school gym teacher to your meeting. Get to know them on a personal basis. Why did they become a teacher? What kind of background do they have? What sports are they currently active in? What do they like about teaching kids?
- ✓ Have your den write a skit depicting ways to say 'NO' to drugs & smoking.
- ✓ Have a police officer involved with drug prevention attend a den meeting. Have the boys interview him and ask questions concerning drugs and alcohol.
- ✓ Have the boys find out what the policies are in their school about drugs and what would happen to students with drugs in their lockers, etc.
- ✓ Collect newspaper and magazine articles about accidents and crimes that are drug or alcohol related.
- ✓ Find out what some organizations are doing to stop use and availability of drugs, especially to, children.
- ✓ Arrange a visit to the YMCA or local health club. Tour the whole facility looking at all the machines. Meet briefly with various instructors to find out what they do. Look at a schedule of classes. Get some fitness tips from a personal trainer. Ask what they do for emergencies.

Test Your Heartbeat

Did you know that you can't actually hear a heartbeat? The heartbeat itself is just a contraction of muscle and is perfectly quiet. What you can hear is the sound of heart valves snapping shut.

Here's how to test your heartbeat:

- Press the first two fingers of one hand over the radial artery in the opposite wrist. The radial artery is located under the depression just below the base of your wrist.
- Sit very quietly and move your fingers until you can feel the pulse of your blood.
- Using a watch or clock with a second hand, count the number of beats in 10 seconds.
- Multiply that number by 6. Now you know the number of beats per minute.
- Run, exercise, or jump rope for 10 minutes.
- Take your pulse again to see how much faster your heart is pumping.

Magic Circle

Can you and all your friends all sit down without touching the ground and without using a single chair?

- You need at least 3 people, similar in size to do this.
- Everybody stands in a circle facing the same way with his or her hands on the next person's waist.
- On signal, everybody bends their knees until they are sitting on the knees of the person behind them.
- Lead your entire pack in this activity at the next pack meeting.

What is the largest Magic Circle you can make? All the workers at a Japanese car factory formed the world's largest Magic Circle of 10,323 people!

Jumping Rope

Jumping rope is wonderful aerobic exercise, which means that it exercises the heart. Professional athletes such as boxers skip rope to build endurance and coordination.

See how many jumps you can do before making a mistake.

How long can you jump rope?

The world record is over 12 hours.

How fast can you jump rope?

Fast jumping is best done boxer style with both feet together all the time. It is helpful to have a short rope so that it just misses the ground as you jump.

Can you jump backwards?

With practice, you will find this almost as easy as skipping forward.

Cross hand jump:

Jump in the normal way but, as the rope passes over your head, bring your hands forward and cross your wrists. Quickly uncross them before jumping over the rope.

Two jump:

Jumping with a friend using only one rope.

Smell Test

Everyone knows what a taste test is, but have you ever had a smell test?

One way to cook healthier meals is to replace some ingredients like salt or fats, which are used primarily as taste enhancements, with healthier alternatives.

Herbs and spices have strong and distinctive smells as well as flavors. Many of the smells can be associated with favorite or special food memories from even very early childhood, like mom's apple pie or grandma's cookies.

This introduction to herbs and spices will come in handy in a year or two when your Webelos will be responsible for cooking their own meals in Boy Scouting. It also provides a meeting full of surprising discoveries.

- Before the meeting, gather a number of herbs and spices. Try to have a few examples of an herb in both dry and fresh form.
- Also, look for prepared food items in your kitchen that have the distinctive aroma of one or two of the items you have gathered.
- During the meeting, have the boys sniff the herbs and spices (one at a time) and try to think of a food that often smells the same. Have them sniff a dried herb, then crush or break off a fresh piece of the same herb so they can see the difference in the strength of the aroma and taste.
- Finally, open a container of a prepared food and see if they are able to identify which herb or spice gives the food a distinctive flavor.

Activities That Will Help The Boys Understand The Harmful Effects Of Cigarette Smoking

1. Define "pollution."
 - a. "Pol-lu-tion: to make unclean, impure, or corrupt; desecrate; defile; contaminate; dirty".
Webster's New World Dictionary of the American Language
2. Discuss pollutants in the air in the outside environment. Use pictures from magazines or newspapers.
 - a. Include: factory smoke, car exhausts, rocket launches, and smoke from someone else's burning cigarette & so on.
3. Explain how all living things need air to breathe.
 - a. Put a plant under an airtight container. What begins to happen?
 - b. Put ants or other insects in an airtight jar. Give them everything else they need to survive. What happens? Why?
When the ants' activity begins to decrease, open the jar and set them free.
4. Talk about the fact that smoking cigarettes is harmful to our health and how it "pollutes" the internal environment of our body (the lungs).
 - a. Blow smoke from a cigarette through a tissue. What did you observe? Wouldn't that also make your lungs "dirty?"
 - b. Hold your breath and have someone check the time. Did you have to breathe very soon after you started holding your breath?
 - c. Demonstrate the effects 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?

Nutrition Connection

Nutrition and fitness go hand in hand.

Teach the boys the four basic food groups and what each does for the body.

- Have the boys make a poster or collage showing foods that belong in each group. Use magazines and advertisements from the Sunday papers for these.
- Let each boy make up a menu for a meal and let the other den members check it for balance. This would be good to do for a campout menu. They need to be balanced also.

Milk Group

- Builds teeth and bones

Milk and Milk Products including cheese, cottage cheese and ice cream

Fruit-Vegetable Group

- Builds energy and helps your body defend against disease

All kinds of fresh fruits and vegetables

Protein Group—

- Builds muscles, bones, and blood.

Beans, rice, meat, cereal, grits, fish, bread, peanut butter

Bread-Cereal Group

- Quick energy builders, helps to make your body work better.

Flour products, eggs, spaghetti.

Jump the Beanbag

- A small beanbag is tied on the end of a rope or heavy cord.
- The leader stands in the center of the circle made up of the players facing him.
- The leader swings the beanbag around the circle at ankle height.
- Once a player is hit he must leave the circle.
- The last player left is the winner.

A.B.C.

Two players hold the end of a rope about 10 feet long.

With rope lying flat on the ground each player jumps over the rope.

The rope is then raised about four inches high, which is 'B,' and every body, jumps over.

Continue raising the rope four inches with each letter of the alphabet until only one player is left.

Shuttle Run

Area and Equipment - You'll need

Two blocks of wood, 2 inches by 2 inches by 4 inches

A stopwatch.

Set Up:

Mark two parallel lines on the ground 30 feet apart.

Then put the blocks of wood behind one of these lines.

The child will start from behind the other line.

Procedure:

1. The timer should raise his arm and say, "Get ready!"
2. Then the timer simultaneously says 'Go!', lowers his arm, and starts the stopwatch.
3. The Webelos Scout runs from the starting line to the wooden blocks, which have been placed just behind the second line.
4. He picks up one of the blocks, runs back with it to the starting line, and places the block behind the line. The block must be placed, not thrown, on the ground.
5. Then the Webelos Scout runs back to get the other wooden block. He picks up the other block, and carries it back across the starting line.
6. As the Webelos Scout crosses the starting line with the second block, the timer should stop the stopwatch. The child's time should be calculated to the nearest tenth of a second.
7. The child should then be given a chance to do the event again. The better of the two times will become his time for the shuttle run.

Indian Star Reach

Materials needed:

- Long piece of rope,
- Six cardboard stars,
- Six clothespins.

Directions:

- Tie the rope overhead at an angle, starting just out of reach of the shortest person.
- Space the stars along the line with clothespins.
- The first boy jumps to touch a star, starting at the lower end. He must tag one star before moving on to the next one.
- Count how many stars he can reach.
- Repeat with the next boy.
- This can be a team competition, or a personal quest.

In the Garden

- ✓ All Webelos stand in a circle.
- ✓ The leader calls out the name of a garden vegetable.
- ✓ If it grows below ground, boys sit down (beets, carrots, potatoes).
- ✓ If it grows above ground, boys remain standing (peas, tomatoes, beans).
- ✓ If boys do the wrong action, they are eliminated.
- ✓ Toward the end of the game use less common vegetables such as okra, eggplant, peanuts, endive.

Last boy left is the healthiest eater!

Balanced Diets?

- Make up a chart with the food groups plus "junk." listed across the top.
- On the side make six lines and list breakfast, lunch, and dinner for yesterday and today.
- As the Webelos arrive, ask them to complete the form by filling in the name of the foods they ate. (Boys do not put their name on the paper.)
- Collect the forms and hang them up.
- Ask boys to circulate reading them and then vote for the most balanced diet shown.

- The winner can receive a gift certificate for ice cream at a local store.

Betcha Can't

1. Put a paper on your forehead. Write your name on it.
2. Twirl one thumb clockwise and the other thumb counterclockwise.
3. Write a sentence with one hand and at the same time use the other hand to put coins into a cup.
4. Write your name with your non-dominant hand (the opposite hand than you normally use.)
5. Pick up a piece of paper from the floor without bending your knees.

Thumbless

- ✓ Give each boy two six-inch strips of adhesive tape.
- ✓ Ask them to help each other taping their thumb and forefinger together. (Both hands)
- ✓ Next ask them to untie their shoelaces, unbutton a button, peel an orange, thread a needle, etc.
- ✓ Find out how essential the thumb is for manual dexterity!

Footprint Mural

- Work in a large area like a garage. Roll out mural paper on the floor.
- Have pans of paint set up around the edges.
- Boys take off their shoes, step in the paint and start walking slowly!
- The only rule is they cannot walk on top of another footprint.
- Have pans of water and towels available for clean up.
- Talk about proper foot care.
- Take the mural to the pack meeting as a backdrop for your skit. etc.

Fancy Writing

- ✓ Give each boy two pieces of paper and a pencil.
- ✓ Ask him to remove both shoes and write his name using the pencil in his toes.
- ✓ Try each foot on a different paper.
- ✓ Is one easier?
- ✓ Can you read it?

Fitness Stations

- Invite den parents to one of your meetings.
- Set up stations around the house and yard with one parent at each.
- Give boys an index card which the adults will sign upon completion of their activity.
- Stations could include:
 - How many jumping jacks can you do in 1 minute?
 - Push a balloon five feet with your head.
 - Shot-put six beans into a can.
 - Walk ten feet balancing an egg on a spoon.

Think up some other fun ones to use.

SCIENTIST TECHNOLOGY GROUP

Heart of America Council

Activities:

- ✓ Talk about the various branches of science and how they differ.
- ✓ Do the atmospheric pressure tests or balance tests in the Webelos Book.
- ✓ Make Fog.
- ✓ Make Crystals.
- ✓ Do the inertia experiments in the Webelos Book.
- ✓ Invite a local Weatherman to your den meeting to talk about the climate during the year.
- ✓ How is weather different in the Southern Hemisphere?
- ✓ Plan a scientific experiment to be demonstrated at the pack meeting.
- ✓ Visit an industrial lab
- ✓ Visit the Museum of Natural Science
- ✓ Visit a planetarium
- ✓ Visit a TV news weather station
- ✓ Visit a high school or college science lab
- ✓ Go to a community science fair
- ✓ Have a magic show with each boy doing an optical illusion
- ✓ Visit an eye specialist and learn how the eyes work.
- ✓ Visit the control tower of the Metropolitan Airport or visit a Municipal Airport.
- ✓ Learn about the principles of flight.
- ✓ Tour an airplane and look at all the control dials.

Optical Illusion**Materials:**

A sheet of paper about 11 inches long.

What to do:

Roll the paper into a tube one-inch in diameter. Hold the tube to your right eye and place the side of your left hand against the middle of the tube, with your left palm directly toward your left eye.

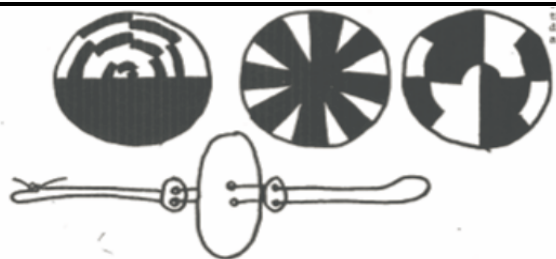
Keep both eyes open as you look through the tube and you will "see through" your left hand.

What is happening:

Since one eye is looking through the tube and the other is looking at the hand, the two views blend to form an optical illusion of a hole in the center of the left palm. A slight shifting of the tube may improve the illusion.

Illusion Circles**Need:**

- Cardboard or poster board,
- Scissors,
- Pencil,
- String,
- Ruler,
- Circle Compass,
- Buttons,
- Markers.

**Directions:**

- With a circle compass, draw a circle on the cardboard, about 4 to 6 inches around.
- Cut out the circle.
- Draw two of the three patterns shown, one on each side of the circle.
- The pie-like design is colored in using two different colors alternately.
- The other two patterns should be partially colored in black, as illustrated.
- Find the exact center of the circle by finding the compass hole.
- Punch two small holes on opposite sides of the point with a pencil point – about 3/8” from the middle works the best. It’s important that each hole is equal distance from the center or the wheel will wobble.
- Find two big buttons whose holds line up with the holes in the circle.
- Cut a piece of strong string about 3 feet long.
- Thread the string through the circle and the buttons.
- Tie the two free ends of the string together.
- Hold one end of the string loop in each hand.
- The illusion circle should be in the middle.
- Have a friend wind up the circle or it can be done by holding the string a little slack, and winding the edge of the circle against the body.
- When the circle is wound about ten or fifteen times, pull the string. The circle will spin as the string unwinds, and as the string winds again in the opposite direction.
- By alternately pulling the string taut and giving some slack, the illusion circle is kept spinning back and forth.
- Observe under bright light and experiment with the various color combinations the boys have picked and the different designs.

The Pendulum Phenomenon

- Fasten a white disc 3/4 inch in diameter on a 3-foot piece of white thread. Most any small object on a string will do.
- Have someone hold the thread so the disc can swing like a pendulum.
- Start the disc swinging in a perfectly straight line and view it from distance of three feet against a plain wall.
- Notice how the disc swings in a line like a pendulum.
- Hold a sunglass lens over one eye only. Any plain sunglass will do.
- Observe the path of the swinging object again.
- The movement will no longer be in a line but in a circle.
- If you switch the dark lens to the other eye, the movement will appear to be in the opposite direction.

For example, coming closer to you rather than farther as it swings from right to left.

The Principle:

You see best if your eyes are as nearly equal as you can get them. Shows the importance for the two eyes to receive similar images.

Divng Raisins**Materials needed:**

Raisins
Club Soda
Clear Drinking Glass

Directions:

- Cut a raisin into four equal pieces and drop all the pieces into a glass of clear soda.
- They should sink to the bottom.
- After a few minutes of observation, you will note that the raisins will rise to the surface, dive to the bottom, then rise and dive repeatedly.

Why?

Look closely at the raisins. What do you see?

Tiny gas bubbles have become attached to each piece of raisin.

The raisins and their accompanying gas bubbles rise after their combined weight becomes less than the weight of the water they displace.

Eventually, when enough gas bubbles break loose and escape, the raisins sink to the bottom of the glass and the process repeats.

Condiment Diver, World’s Simplest Cartesian Diver**Materials needed:**

Unopened condiment packet (soy sauce, ketchup, etc.)
From fast food or take out order
Clear plastic bottle with tight fitting lid (water bottle, soda bottle, etc.)
Glass or cup of water

Directions:

First, you have to figure out if your condiment packet is a good Cartesian diver candidate.

Fill a glass with water and drop in your packet.

The best packets are ones that just barely float.

After you have found the proper packet, fill an empty, clear plastic bottle to the top with water.

Shove your unopened condiment packet into the bottle and replace the cap. You’re done! Squeeze the bottle to make the diver sink and release to make it rise. Why?

Many

saucers are denser than water, but it is the air bubbles at the top of the sauce that determines whether the packet will sink or swim. Squeezing the bottle causes those air bubbles to shrink. These smaller bubbles are less buoyant and the packet sinks.

Inertia

"Inertia is the tendency of a thing at rest to remain at rest and a thing in motion to continue the same straight line."

1. Get a small stick about 10 inches in length and the diameter of a pencil. Fold a newspaper and place it near the edge of a table. Place the stick under the newspaper on the table and let about half the stick extend over the edge of the table. Strike the stick sharply with another

stick. Inertia should cause the stick on the table to break into two parts.

- Get a fresh egg and a hard-boiled egg. Give each of them a spinning motion in a soup dish. Observe that the hardboiled egg spins longer. The inertia of the fluid contents of the fresh egg brings it to rest sooner.

Air Pressure -

The Upside-down Glass That Won't Spill

- ✓ Fill a drinking glass to the very top with water.
- ✓ The water should spill over the top a bit.
- ✓ Carefully lay the cardboard square to completely cover the top of the glass.
- ✓ Holding the cardboard on top, turn the glass over until it is straight upside down.
- ✓ Stop holding the cardboard on. It will stay on by itself.

The Undrinkable Drinks

- ✓ Using a can opener make a small hole in a can of juice. Try to drink the juice.
- ✓ What happens when you punch another hole in the can?
- ✓ Open a bottle of juice.
- ✓ Add enough water to fill the bottle to the very top.
- ✓ Put in a straw.
- ✓ Use clay to completely block the opening of the bottle around the straw.
- ✓ Try to drink the juice.

What is happening: There is no air in the glass of water to punch down on the cardboard. The air pressure pushing up on the cardboard is greater than the weight of the water. And the juice won't come out of the hole unless air can get in to push down on it. You need a second hole to let air in. Juice won't go up the straw because no air is getting in to push down on the juice.

Air Cannon Hockey

This game will demonstrate air pressure. Use round cardboard oatmeal boxes.

Cut a hole the size of a penny in the top.

Fasten the lid back to the box tightly.

Use a table for a field, with a goal at either end.

Have a boy sit at each end of the 'field' with a cannon (box) and put a Ping-Pong ball in the middle of the table. By tapping the back of the box and aiming it at the ball, try to score by putting the ball through your opponent's goal. The Webelos leader can demonstrate the effectiveness of his oatmeal box cannon by using it to put out a candle.

Fill cannon with smoke, then aim at candle, tap back of box, and flame will be put out.

These cannons are effective up to about six feet.

Homemade Barometer

Parts:

- milk bottle,
- a soda straw,
- a piece of a penny
- a balloon,
- a length of string.

Directions:

Cover the mouth of the milk bottle with the piece of balloon, tying it in place with the string.

Glue one end of the soda straw to the middle of the balloon.

Make a scale on a piece of cardboard, by making 1/2 inch long marks about 1/8 inch apart.

Superimpose the free end of the straw across the scale, but don't let it touch the scale.

Mark the scale from 1 to whatever number of lines is on the scale.

Ask one of the boys to be in charge of the barometer for a month.

Have him mark the number on the scale that the barometer points to each day at a certain time.

This way there can be a check between your barometer and the actual air pressure as given in the newspaper each day. Remember that as the air pressure increases, the straw will point higher on the scale.

Bottle Target

Webelos take turns seeing how many toothpicks they can land in a milk bottle that is placed on the floor an arm's length away,

Players drop the toothpicks one at a time. They may lean forward, but can't move their feet.

Scientists Quiz

(True or False?) (This makes a good gathering activity) (Make copies of this quiz for all the Webelos to try.)

- Electric current was discovered in Italy in 1781.
- Vulcanized rubber was an accidental discovery by Charles Goodyear.
- Madame Curie was the second woman to win the Nobel Prize.
- Mark Twain was the first author to submit a typewritten manuscript to a publisher.
- "Disks for the Eyes" was the original name for contact lenses.

ANSWERS To Scientists Quiz

- True, by Luigi Galvani
- True, in 1839
- False, she was the first woman. It was in Chemistry, for the discovery of radium.
- True, Life on the Mississippi in about 1875.
- False, the name for eyeglasses that were made in Italy in 1280

A Real Attention-Getter:

Inflate a balloon and affix 3 - 4 squares of plastic tape to it. Have a boy stick a pin through the center of each piece of tape.

To everyone's amazement, the balloon will not burst.

When the pins are removed the balloon still will not burst.

What is happening: The adhesive substance on the tape acts like a self-sealing automobile tire, adhering to the pin as it is pressed inward. When the pin is removed, the adhesive is forced outward by the air pressure from within the balloon, automatically sealing the tiny pinholes.

Air Currents

Hang two apples about 1/2 inch apart.

Blow between them - as hard as possible -

You will discover that the force of breath alone won't blow them apart.

Instead, it will cause the apples to bump together.

Take a small wad of paper (paper should be a little over 1 inch square), and put it about 1 inch inside the neck of an empty soda bottle.

Now lay the soda bottle on its side and blow into the bottle. You would think that the paper would be blown into the bottle, but will come flying out.

Get an ordinary kitchen funnel and blow into it while holding a lighted match opposite the center of the funnel. Your breath will blow the flame toward the funnel instead of blowing it out or away from you.

Line up three glasses.

Hold your mouth about 2 inches in front of the first glass and a lighted match behind the last glass (about 2 inches from it).

When you blow you will be able to blow the match out.

Game**Equipment:**

- Pop bottle (1 for each player)
- Balloon (1 for each player)
- Vinegar
- Baking Soda

To Play:

Into each pop bottle put three tablespoons of vinegar, and into each balloon put two tablespoons of baking soda.

At the word go, have each boy put his balloon on his pop bottle.

When the soda mixes with the vinegar the balloon will expand.

Have the boys tie off the balloons to see which is the largest. (Suggestion: Do this outside)

Bernoulli's Principle

Daniel Bernoulli was a Swiss scientist born in 1700. He discovered that fast moving air exerts less pressure than slow moving air. This same principle makes airplanes and gliders fly.

Paper Strip Experiment

Cut a piece of paper 2" by 6".

Hold the narrow end, with the other end hanging down, in front of your mouth and blow across the top.

Most people think the paper should go down as you blow across the top but surprisingly the paper rises up.

This is because the air you blow is moving faster than the air under the paper.

That means there is more pressure on the underside than the top.

Ping-Pong Balls Experiment**You need:**

- 2 Ping-Pong balls,
- Two 12" pieces of string,
- Tape, and
- A ruler.

Directions:

Tape one end of the string to the Ping-Pong ball and do the same on the second one.

Tape the other ends of the strings to the ruler so that the Ping-Pong balls are hanging about 1" apart.

Hold the ruler up so that the balls hang freely.

Now, blow between the balls from a distance of about 3."

The balls should pull toward each other.

This is because the air traveling over the curved surfaces of the balls is faster and therefore has less pressure than the air on the outside of the balls.

Paper Wing Experiment

Cut a 4" by a 8 1/2" piece of paper and fold it in half.

Tape the narrow edge one-inch from opposite edge so that a wing with a flat bottom and curved top is formed.

Slip a ruler through the wing loop end opposite the taped end with the curved side up.

Now, blow directly at the folded part.

The wing should rise up.

This shows how Bernoulli's principle applies to wings and flight.

The Ball and Funnel Challenge**Materials:**

- Ping-Pong balls,
- A few large funnels

Experiment:

Let the scouts know that it is time to have a little contest-- you are going to see who can blow a Ping-Pong ball out of a funnel the easiest.

All you must do is give a ball and funnel to each scout, and have them place the ball in the funnel.

Then try to blow the ball out as far as they can.

The ball won't move!

In order to blow the Ping-Pong ball out of the funnel, you must blow across the top of the funnel.

This activity can also be done by hooking a blower hose to the end of the funnel in order to provide a constant blowing air supply.

The funnel can then be held upside down, swung around, etc., and the ball still will not fly out!

Water Up a Straw**Materials:**

- A tall glass of water,
- Drinking straws

Experiment:

Place one straw into the glass of water, holding it upright and keeping the bottom of the straw just off the bottom of the glass.

Next, blow a short, hard blast of air through the second straw, holding it so that it is perpendicular to the first straw and their ends are touching.

Water will come spraying out of the first straw into the air.

Why:

By blowing over the top of the first straw you decrease the pressure in that area (due to the increased air velocity).

This causes the water to be pushed out of the top of the straw by the higher pressure at its base.

Egg in the Bottle

Peel one or two hard-boiled eggs just before doing the demonstration.

Set a small piece of paper on fire and drop it into the bottle.

Place the hard-boiled egg on top of the opening of the bottle, small end first.

The egg will be pulled into the bottle after the heated air from the fire has contracted. (As the air was heated, it began to expand.

Why:

When the fire was extinguished, the air began to cool and contract.

The egg sealed the bottle.

There is less air in the bottle causing unequal pressure to occur between the air in the bottle and the air outside the bottle.

The air pressure on the outside pushes the egg into the bottle equalizing the air pressure inside and outside the bottle.

Air pushes on all surfaces that it touches. This push is called air pressure.

What's In A Cloud?

This activity will help you understand how clouds form and what is inside them.

Materials:

- Two small clear plastic cups,
- Flashlight (optional),
- Magnifying Lens

Experiment:

Fill one of your plastic cups 1/3 full of hot water.

Take the second plastic cup and place it upside down on the first cup.

Make sure the rims meet evenly and the cups are sealed.

Observe what is happening in the cups.

Turn the lights out and use a flashlight to observe your cloud. You may also get a better view using a magnifying glass.

Why:

A cloud contains billions of tiny water or ice droplets that form around dust or salt. Clouds form when water vapor (a gas) changes into liquid and warm or cold air meet.

In this activity, the warm moisture-saturated air in the bottom of the cup moved upward and met the cooler air at the top of the cup.

Static Electricity

This activity will create static charges from a variety of materials.

Materials:

- Rice Krispies,
- Two Balloons,
- Paper Plate
- Wool Cloth,
- Pepper,
- Salt.

Experiment:

Inflate one balloon, knot it, rub it on your head or with a wool cloth, and try to stick it on a wall.

Observe what happens.

On your paper plate make a combined pile of salt and pepper.

Then, rub the already inflated balloon with the wool cloth and place it just above the salt and pepper.

Observe what happens.

Put 6-12 Rice Krispies inside the second balloon, inflate it, and knot it.

Then rub it with the wool cloth, touch one of your fingers to the balloon where the Rice Krispies are.

Observe what happens.

What Happened?

Rubbing the balloon on your head or with a wool cloth creates a negative charge.

The wall, which has a positive charge, attracts the negatively charged balloon, allowing the balloon to stick to the wall.

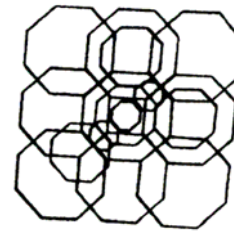
The same thing occurs with the balloon and the pepper.

The Rice Krispies jump inside the balloon because the balloon has been given a negative charge from the wool cloth.

As your finger approaches the balloon it picks up a positive charge through magnetic induction just like the Rice Krispies and the two like charges repel each other.

Octagons:

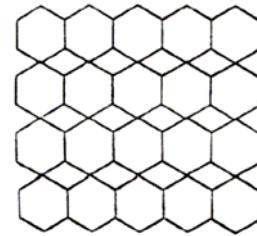
Heart of America Council



How many octagons (eight sided figures) can you find:

Hexagons:

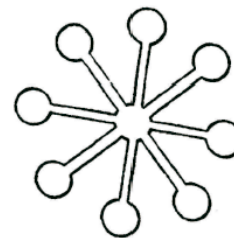
Heart of America Council



There are 28 hexagons (six sided figures) hidden in the figure. Can you find them all.

Numbers:

Heart of America Council



Place the numbers 1,2,3,4,5,6,7,8,9 in the circles so that any three numbers in a straight line add up to 15.

Answer:

8 - 6 - 7

1 - 5 - 9

3 - 4 - 2

POW WOW EXTRAVAGANZAS

*Let me know as soon as your date is set.
I will post whatever I receive. CD*

Santa Clara County Council
Cub Scout Pow Wow and University of Scouting
January 21, 2007
California
<http://www.scccbsa.org>

San Gabriel Valley, Long Beach Area, Verdugo Hills
Councils
(Theme?)
February 3, 2007
Arroyo Grande H.S., El Monte, California
<http://www.longbeachbsa.org/>
<http://www.sgvcbbsa.org/>
<http://www.vhcbbsa.org/>

WEB SITES

<http://www.arcticwebsite.com>

A website dedicated to the history, science, and adventure of the Arctic

I could have listed thousands more websites for the North Pole and the South Pole, Compasses, Magnets and more. Even lots of Cub age oriented ones. But the list got too long and I was running too late again as usual. Create your own Google searches and go for it.

<http://www.dailycelebrations.com/home.htm>

This is an Hawaiian website (Think Blue and Gold). Daily Celebrations features original [writing](#), artwork, and photographs, with thousands of special celebrations that have been researched, written, edited, and [indexed](#) to motivate, educate, and [inspire](#). Please take your time... look around... and [enjoy](#)!

[Aloha](#) means love... Daily Celebrations is a lei of [aloha](#), guided by [my \(the webmaster's\) life's experiences](#) and my heart...

This would have been great for invent a Reason to Celebrate. Listings of all sorts of daily reasons and things to celebrate.

<http://sd54.org/schools/armstrong/hays/usregions/default.htm>

School District 54, Schaumburg, IL – songs from various regions of the USA.. Also, check out other state related material by playing with the web address

ONE LAST THING

Dog Philosophy

The reason a dog has so many friends is that he wags his tail instead of his tongue. -Anonymous

Don't accept your dog's admiration as conclusive evidence that you are wonderful. -Ann Landers

If there are no dogs in Heaven, then when I die I want to go where they went -Will Rogers

There is no psychiatrist in the world like a puppy licking your face. -Ben Williams

A dog is the only thing on earth that loves you more than he loves himself. -Josh Billings

The average dog is a nicer person than the average person. -Andy Rooney

We give dogs time we can spare, space we can spare and love we can spare. And in return, dogs give us their all. It's the best deal man has ever made. -M. Acklam

Dogs love their friends and bite their enemies, quite unlike people, who are incapable of pure love and always have to mix love and hate. -Sigmund Freud

I wonder if other dogs think poodles are members of a weird religious cult. -Rita Rudner

A dog teaches a boy fidelity, perseverance, and to turn around three times before lying down. -Robert Benchley

Anybody who doesn't know what soap tastes like never washed a dog. -Franklin P. Jones

If I have any beliefs about immortality, it is that certain dogs I have known will go to heaven, and very, very few persons. -James Thurber

If your dog is fat, you aren't getting enough exercise -Unknown

My dog is worried about the economy because Alpo is up to \$3.00 a can. That's almost \$21.00 in dog money. -Joe Weinstein

Ever consider what our dogs must think of us? I mean, here we come from a grocery with the most amazing haul, chicken, pork, half a cow. They must think we're the greatest hunters on earth! -Anne Tyler

Women and cats will do as they please, and men and dogs should relax and get used to the idea. -Robert A. Heinlein

If you pick up a starving dog and make him prosperous, he will not bite you; that is the principal difference between a dog and a man. -Mark Twain

You can say any foolish thing to a dog, and the dog will give you a look that says, 'Wow, you're right! I never would've thought of that!' - Dave Barry

Dogs are not our whole life, but they make our lives whole. -Roger Caras

If you think dogs can't count, try putting three dog biscuits in your pocket and then give him only two of them. -Phil Pastoret

*My goal in life is to be as good a person
as my dog thinks I am.*

Anonymous