



BALOO'S BUGLE



Volume 5 Issue 8

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I have received permission to reprint this ceremony in Baloo's Bugle from John Herrholz. It is very powerful. Even though it is written as a Scoutmaster's Minute geared more towards the Boy Scouts, I hope some Cubmasters, and other unit leaders will be able to adapt it to fit the needs of their program and use it as a Cubmaster minute or an opening.

My first Scoutmaster taught the importance of the Scout Oath and Law using the Neckerchief. He would hold the open neckerchief in his hands and remind the young scouts of what the last item of clothing they put on when they were getting dressed for the meeting was, his neckerchief. He said that it was no coincidence that the neckerchief had 3 sides, just like the three parts of the Scout oath. He would run a side through his fingers and say "On my honor, I'll do my best. To do my duty to God" The first and longest side is to remind you of your long standing duty to God. This whole side is hidden from view, just as your faith is deep inside you. But with out that faith, there is no strength for the rest.

Holding on to the neckerchief by the point he would run the next side through his fingers and say "To help other people at all times..." This shorter side is to remind you of your duty to help others. Remember it is some of this duty that shows to others, just like part of this side of your neckerchief shows. So do your duty to others well so that people might see the good work you do in the name of Scouting.

The last side also shows. He would say "To keep myself physically strong, mentally awake and morally straight." This last side is your duty to your self. This shows to others as well. They will know that by seeing your uniform, you are a young man who is physically fit. Has a strong moral foundation and who is not apt to fall into the temptations of drugs and alcohol.

He would then say that this was a means by which we could remember the Scout Oath, every time we got dressed in uniform. He also gave us a means by which to remember the Scout Law.

While wrapping the neckerchief up for wear, he said to wrap it tight in small twists, 12 in fact. And to repeat the 12 points of the Scout Law as you did so. Then as you placed your neckerchief around your neck for wear, the elements of the Scout Oath and Law were with you. They were in fact part of you.

I hope my rambling remembrances of Mr. Clinton Cooper Troop 6 Nashua, N.H. from 1969 can be used by some. It is a memory that I have used through out my scouting career and have shared with Scouts and Scouters.

John Herrholz, Massabesic District Commissioner
Daniel Webster Council, New Hampshire

PRAYERS & POEMS FOR SCOUTERS

Heart of America Council

Son....

I give you my solemn promise
that since you are a part of me,
and I of you we will spend one day a month
in doing things you want to do.

It may be a Cub Scout project with the den
or prowling thru the woods,
or just anything you say...
So, let's together plan this day,
And grow as fellows should.

Bay Area Council

This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one; the being of a force of nature instead of a feverish, selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy.

I am of the opinion that my life belongs to the whole community and as long as I live it is my privilege to do for it whatever I can.

I want to be thoroughly used up when I die, for the harder I work the more I live. I rejoice in life for its own sake. Life is no "brief candle" to me. It is a sort of splendid torch which I have got hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations.

George Bernard Shaw
from Man and Superman
Dedicatory Letter

Benediction

Heart of America Council

Let us go forth with God's blessing to serve him in joy and gladness and let us say - Amen.

Prayer for an Outing

Heart of America Council

We thank you, O God, for all the loveliness of nature, which is your special handiwork. Everything is wonderfully made with your special care.

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Help us to understand our world more and more and know how we can help take care of the things, which you have made, and keep them beautiful as you meant for them to be. Amen

Tiger Cub

Big Idea #3 Discover Nature and Energy

Greater St. Louis Area Council

Purpose: To develop in your child an appreciation of the world around him, and awe for its Creator. Also it will provide the basis for several hobbies and interests that may extend into the future. Perhaps most important, you are given the opportunity through this big idea to reinforce your own values about environment, energy, and even spirituality.

Wild Bird Feeder

Greater St. Louis Area Council

Materials: Large pinecones, Peanut butter, waxed paper, birdseed spoon, cord

Tie the cord to the top petals of the pinecone. Spoon peanut butter between the petals. Place birdseed on the waxed paper. Roll the peanut butter pinecone in the birdseed. Hang the feeder in a tree.

Rain In A Can

Greater St. Louis Area Council

Cut a strip of paper the width and diameter of a coffee can. Draw a picture of the ark. Make a ring with the paper and side into the can (picture facing in). Roll 3 marbles in blue paint and then drop them into the can. Add the lid and shake. Carefully remove the picture. The marbles will add the effect of rain on the drawing.

Rocks, Shells and Fossil Prints

Greater St. Louis Area Council

Mix:

1/2 cup cornstarch

1/2 cup salt

3/4 flour

Add: warm water to make into a dough ball

The dough can be rolled, formed or used to press shells, rocks or other natural objects into. Let the dough air dry, turning each day until dry or microwave one minute on each side. It may be necessary to adjust the microwave according to the thickness of the dough and microwave temperature. Dry dough can be painted with tempera paint.

Big Idea #10 Something Special, All Your Own

Greater St. Louis Area Council

Purpose: This is your own big idea. Pick whatever big idea your group wants. Let the boys play as big a part in this as the adults. Make it fun for everyone. Let your imagination suggest whatever it wants to. Make it the group and family happening of the year. What's important is that the boys and adults plan the big idea together. That way it belongs to you and your group. Come up with family activities and group activities too.

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Tiger Tail

Greater St. Louis Area Council

Materials:

Orange and black paint

6 toilet tissue tubes

Hole punch

Paint brush

Strings

Paint orange and black stripes on the 6 tubes. Tie the tubes together with pieces of string. Then run a long piece of string through the top tube. Wear orange and black clothes. Tie on your tiger tail and put on a fierce face. Now ROAR!!!!

Tiger Bank

Heart of America Council

Materials: Large Juice Can, orange and black felt, black permanent marker, wiggly eyes., scissors, glue.

Procedure: Cut slit in top of a large juice can. Cover with orange and black felt, black permanent marker, and wiggly eyes.

Stained Glass Tiger or Cars, etc.

Heart of America Council

Materials: Crayons, wax paper, yarn, iron, brown paper bags.

Procedure: Shave old crayon bits into small pieces. Sprinkling of assorted colors of shaving between 2 layers of wax paper. Pre cut into Tiger shapes, cars, etc. Set iron at low heat and put wax paper design between two brown paper bags. Press until wax melts. This creates a stained glass effect.

Tiger Games

Bay Area Council

This Is My Tiger Toe

"It" sits in the middle of a circle formed by the other players. It runs around the circle and finally comes to a stop in front of one of the players. It may say something like: THIS IS MY TOE! While he grabs his elbow. The player whom he has challenged must take hold of his toe and call: THIS IS MY ELBOW! Before it can count to 10. If a player fails or becomes confused as to the names he should use, he becomes IT.

Tiger Tail

Bay Area Council

The game is played like the old favorite, Duck, Duck, Goose. Everyone sits in a circle, except for the one Tiger who is IT. It walks around the outside of the circle tapping each boy and saying: TIGER, TIGER, TIGER, TIGER --TIGER TAIL! The boy tapped as the Tiger Tail must get up and race It around a circle back to the empty spot. The person who doesn't get a seat is the next IT.

Huff Puff Tiger

Bay Area Council

Fun for small places. Have Tigers stand or kneel around a table so that they are all chin level with the table. Place a ping-pong ball in the center of the table. The person

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closest to the spot where the ball leaves the table is out. In the end there will only be two Tigers blowing the ball back and forth. One will eventually prove to be the bigger "Blow Hard".

PRE-OPENING ACTIVITY

How Environmentally Aware Are You?

(answers at the end of the Bugle)

- How many pounds of garbage does the average American produce each year?
 - 15 pounds
 - 150 pounds
 - 1500 pounds
 - 15,000 pounds
- Which of the following items will rapidly biodegrade in today's modern landfills?
 - Newspapers and paper bags
 - Carrots
 - Plastic bottles
 - None of the above
- How much of our garbage is currently going to landfills?
 - Between 86-100%
 - Between 70-85%
 - Between 55-67%
 - Between 35-54%
- Which takes up the most landfill volume?
 - Paper
 - Plastic
 - Metal
 - Yard wastes
- Which of the following is the government's top priority for minimizing waste and disposal costs?
 - Recycling
 - Waste to energy incineration
 - Source reduction

What's In It?

Indian Nations Council

For this preopening game, put a half-dozen or more small items in a cloth bag of bean bag size. Items might include marbles, a pen, quarter, key comb, lipstick tube, and paper clip. As scouts arrive, ask each one to feel the bag from the outside and write down his guess of what's in it.

OPENING CEREMONY

Building A Better World

Bill Hart District
courtesy of Judy Polak

11 Cub Scouts, each holding a card with a letter on the front and his line on the back. Each speaker holds up his letter as he says his line. Last line delivered by all.

BALOO'S BUGLE

B for BROTHERHOOD, boosting for each other's good
E for EVERY LAND to share in earth's riches everywhere
T for TRUSTFULNESS, trusting more and fearing less
T for TEAMWORK, for joining hands to put things through

E for EQUAL CHANCE for each nation to advance
R for REAL RESPECT in spite of race, creed, or sect.

W for WILL TO WORK for peace with faith and skill
O for OPPORTUNITY to keep our speech and action free
R for REVERENCE for a guiding providence
L for LOVE TO SPREAD around when need and bitterness are found

D for DIGNITY of man devoted to a better plan.
(All hold up letters)

There you have it, that is how you build a BETTER WORLD.

CONSERVE

Simon Kenton Council

Arrangement: Cub Scouts hold cutouts of cars made from poster board, with letters printed on back of each one to spell out the word: C-O-N-S-E-R-V-E.

C - Cars and buses and such were invented by men.

O - Oil fields were discovered also by them.

N - Nobody really worried about the amount of fuel this would take.

S - So on no transportation did they put on the brake.

E - Eventually the amount of fuel used grew astonishingly.

R - Raising on everyone's mind a great big doubt.

V - Very soon the world's traffic was put to the test.

E - Now, to conserve fuel, we must do our best.

Spirit of Nature

Heart of American Council

Personnel: 7 Cubs

Equipment: Each boy should have a candle to light from a central candle. Each lights his candle and reads the following statements.

Cub 1: We have been observing and studying Nature's treasures.

Cub 2: We will help to maintain nature's balance.

Cub 3: We will help and learn from nature's animals.

Cub 4: We will help and learn from nature's resources.

Cub 5: We will protect them from harm.

Cub 6: We will follow the law of nature.

Cub 7: The Outdoor Code:

As an American, I will do my best to

Be Clean in my outdoor manners.

Be careful with fire.

Be considerate in the outdoors.

Be conservation minded.

LEADER IDEAS

Judy Polak, sent me an article she has written on Working With Scouts With disabilities (WWSWd). Thank You Judy

Working With Scouts With disabilities. WWSWd

Planning a disAbility Awareness Night in your pack can be a rewarding experience for you and your boys. Incorporating this into your program follows the Ethics in Action program and reinforces the character-building goals that have always been part of the Boy Scout program.

Because boys at Cub Scout age are often faced with conflicting messages that sharply contradict the positive values taught in their families, packs that incorporate programs that teach awareness, tolerance, respect, understanding and kindness can play an important role in combating the peer pressure boys face.

As you begin planning a disAbility Awareness Night, consider these things:

- ==Check with your council offices to see if they have a professional assigned in this area. If they do, it could be an invaluable resource.
- ==Check with your District Advancement Chairman to obtain the names of the Disability Awareness Merit Badge Counselors. Many of them are professionals in the field and are more than willing to assist.
- ==Check to see if there is a Cub Pack or Boy Scout Troop in your area that has some of these special Scouts. Remember, for their rank advancement, disAbleD Scouts must meet the same requirements as all others. Perhaps they are working on their Communications or Public Speaking Merit Badge and would take the opportunity to assist you.
- ==Your local hospital may have education programs and could provide instruction and explanation to the Scouts. They also have resources available.
- ==Your council rep, MB counselor, or hospital worker can also obtain copies of materials from some of the local organizations that you can distribute. If this is your first time, please be aware of the sensitivity of others. Some of your Cubs may be introduced to disAbility awareness for the first time. It is important to make them aware that Scouts are: Courteous, Helpful, Friendly and Kind... Go to <http://www.main.org/boyscout/mpwdisab.htm> and take a look at what Troop and Pack 49 have done to make their Scouts aware. Perhaps you can obtain some similar literature for a handout. You may also want to visit the Working With Scouts With disABILITIES website at <http://boyscouts-marin.org/wswd/wswd.htm>. This is a site run by volunteer Scouters who believe that every boy deserves the opportunity of Scouting. The WWSWd site is undergoing some enhancements and improvements, so be sure to check back often. While much is made over the

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use of ³politically correct² language in our society, teaching our Cubs that their words can hurt is essential. These words are suggested to teach your Cubs words that do not hurt those they are trying to learn to be empathetic toward: enAbleD, disAbility, disAbleD...not handicapped, wheel chair enAbleD...not wheel chair bound. Equally important to language is our attitude toward equipment: wheelchairs, crutches, braces, walkers, etc., are the tools of the disAbleD, not toys. Some suggestions for Disability Awareness stations:

- ==Wear glasses that have been smeared with Vaseline to simulate impaired vision.
- ==Place cotton in the ear to simulate deafness. (Make sure an adult supervises this so that more problems aren't created!)
- ==Tie both legs together to simulate walking problems. Use a walker.
- ==Have different sayings from the wolf/bear book were written out in sign language for one scout to do - the rest of the den had to figure out what he was saying. The den did get a copy of the sign language alphabet to help them.
- ==Make a braille board with dots of hot glue on a piece of cardboard - again different scout sayings were used - cheat sheet was available.
- ==Use a Balance board, a circular board with an x below also circular, to simulate inner ear problems. (see teeterboard jousting in the How-To Book)
- ==Wrap 2 fingers together to simulate a broken finger then tie your shoes.
- ==Use a pair of crutches or a walker to go through an obstacle course.
- ==Place a strip of printed material in front of a mirror. Have the scout write what he sees in the mirror.
- ==Write your name with the opposite hand you usually use.
- ==Try to stack pennies on a table while wearing heavy winter gloves to simulate having difficulties gripping things.
- ==Stuffing several giant size marshmallows in Cub's mouth, and then ask him a number of questions about himself, his family, or say the Cub Scout Promise or Motto. When the Cub isn't understood, the station leader asks questions to try to understand what he is saying. This simulates having a problem with having your speech understood & how frustrating it can be.
- ==Tie one arm around the chest and try putting on a button-up shirt...using only one arm. This activity was done at a Cub Day Camp by a Boy Scout who only has one arm. He had a good time showing others the difficulties that having one arm can create...although, he functions a lot better than most people who have both arms!
- ==At a Cub Day Camp a blind man's maze was set up, using wooden timbers to layout the maze. Each Cub was blindfolded, given a stick to tap out his way, and turned loose in the maze. Wow...was that a site to see! There

were usually 3 or 4 Cubs in the maze at a time....bumping into each other, and wandering out of the maze.

==Type out the Cub Scout Promise and the Law of the Pack on computer, then use a font to change the words to symbols such as MT Extra, Mobile, Cairo, Webdings, Symbols, Zapf Dingbats. Have the boys figure out what they say.

==Another obstacle course idea is walking through the rungs of a ladder with crutches. Crutches could be purchased at a local thrift store for under \$2.00 a pair or borrowed from a health care professional or hospital.

==This game simulates vision challenges. Fill a bowl with pony beads and add 1 or 2 slightly larger different colored beads. The object is to pick out the larger bead of a specific color. The boys will always pick up one of the larger beads, but not necessarily the right color.

==Additional exercises are suggested in the Ethics in Action section of the **Cub Scout Leader How-to Book**. These games are designed to give the boys the chance to experience the frustrations faced daily by people with disAbilities. They are not necessarily games that have winners, as being aware of disAbilities is the real prize.

Add to your experience by sharing the story of Eagle Scout Daniel Collins who has cerebral palsy and is anAbleD with the use of a 3-wheel, squeeze trigger wheelchair. Daniel is definitely a role model for a lot of Scouts as he completed the same requirements for rank advancement. To read the entire article, go to <http://www.phillynews.com/inquirer/98/Dec/07/city/CBA/DG07.htm>

Since its founding in 1910, the Boy Scouts of America has had fully participating members with physical, mental, and emotional disAbilities. The first Chief Scout Executive, James F. West, had a disABILITY. Thanks to these scout leaders who contributed suggestions through Scouts-L:

Cyndy Tschanz, Webelos Den Leader, Den Leader Coach, pack 255, Dhahran, Saudi Arabia,
tschancl@aramco.com.sa

Colin M. McConnell, District Advancement Chair, Northridge District, Detroit Area Council, Detroit, Michigan colinm@rust.net

Jerry Bowles, Bear Den Leader, AspenDr01@aol.com
Trudy Freeman, Cubmaster Pack 205, Anchorage, Alaska
freemanak@worldnet.att.net

Cubinaplois

As you can imagine, it must have something to do with cars, so--

1. Find a cardboard box for each boy that is large enough to fit around his middle--he will be inside the box. The box should be no more than 12" to 15" tall. Fold top and bottom flaps inside, stand in the box and pull it up to where the boy can put his arms over the outside of the box

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and hold it up with his hands on the bottom edge.

Optionally, you can rig some sort of suspenders so the boy has his hands free and can "wear" the box.

2. Use your resources and imagination and decorate the box to look like a race car. Use solo cups for headlights, paper plates for wheels, tuna cans for tail lights, tape for chrome, whatever your imagination can come up with. Put on bumpers, windows, etc. Make it safe in case the boy falls down while wearing the car.

3. Choose a large grassy area (school yard, park, etc.) for the race. Set up a race track, complete with pit areas on opposite sides of the track. Whatever your markers are, be sure they are safe.

4. Race your cars two at a time. Each race will consist of 7 laps around the track and three "pit stops". The pit crew is made up of members of the boy's family. It goes like this:

Run one lap - pit stop - Wash windshield (Family washes the boy's face with "wet one", wash cloth, etc.)

Run two laps - stop - refuel (family provides small cup of juice, lemonade, etc. with straw--boy drinks all)

Run two laps - stop - change tires (family puts large socks over boy's shoes and sends him off again - in lieu of socks, paper hospital booties work great.)

Run two laps to finish line.

5. Pit crew should have signs telling how many laps have been completed and when to stop.

6. Do it just for fun, or time the boys and award funny prizes for winners. Also give prizes for car designs (most unique, funniest, etc.), best pit crew, anything you can think of to make the boys feel good about their efforts. After the race, have watermelon for everyone and have a watermelon seed spitting contest.

Most importantly--have FUN!

Judy Yeager who is a good ole' Bobwhite, too, posted the above idea on Scouts-L and we thought it would be great to share it with Baloo Bugle readers. . She found it in Scouting Magazine several years ago--She's guessing 6-7 years ago. This activity is one to keep in mind when planning your Summertime Activities.

I saw a great RR (Raingutter Regatta) at my nephew's pack last summer while visiting. The kids made their boats out of recycled materials. Plastic soda bottles with some sand for ballast could be the hull, a pencil for mast, tin pie plate (mini-ones) for the sail...the winner was a plastic transmission fluid bottle (flat rather than cylindrical) ballasted with plaster of Paris, capped and with a mast/sail combo as above. It was really fast! Didn't even need a rudder. The creativity was inspiring, and the cost was nothing. Only parameters for the boats was that they had to fit in the gutter. (draft of no more than 1.5 inches).

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A second idea (not as good) was from my day camp (pirate theme). We had the boys cut a hull from styrofoam meat trays (donated to us from the local grocer), a straw for mast, sail cut from typing paper, rudder from card stock (file folders),. You ended up with a flat hulled boat (raft?) that could make it to the finish line, but the sails did not put up with more than 1 or 2 dunkings. But the kids had a great time and could take the boats home. Good 40 minute activity.

Lorie McGraw llmcgraw@worldnet.att.net
Webelos Leader and more in Columbia, SC
Etowah Creek District, Indian Waters Council
<http://home.att.net/~llmcgraw/etowah/ecd-indx.htm>
"If a bigger hammer doesn't work, your problem is electrical." --Dad

FUN FACTS

April is Keep America Beautiful Month.
April 12th is Look Up at the Sky Day.

BOOK(s) OF THE MONTH

These are books I found in our public library.

50 Simple Things Kids Can Do To Recycle--The Earthwork Group

Recycle It! Once Is Not Enough--Stuart A. Kallen

Vanishing Ozone--Laurence Pringle

How to Grow Fresh Air--Dr. B.C. Wolverton

I found the above book really interesting. It talked about houseplants that make inside air cleaner. Den Leaders can get clippings of the Golden Pothos and have their cubs start rooting them in water. These clippings with roots could then be put in clay pots in May and given as a Mother's Day gift. In my opinion only, your Cubs will learn about a simple method to keep the air cleaner in their homes, and there will be some really happy mamas on Mother's Day. The Golden Pothos is really an easy plant to keep in homes, also.

DEN ACTIVITIES

Hikes for Cub Scouts Daniel Webster Council

Hikes are simple and informal activities and usually don't require a lot of advance preparation. But as simple as they may seem, there are certain safety precautions that need to be followed whenever you take Cub Scouts or Webelos Scouts to explore the outdoors.

Hiking Safety Rules:

1. Avoid heavily traveled highways.
2. When walking along any road, have the group walk single file as far to the left as possible, facing oncoming traffic. The den leader should be the first in line, with the den chief or an adult at the end.
3. Keep the hike speed consistent with the short steps of the boys.
4. Exhaustion is a common complaint on hikes. Some

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- boys can go on endlessly while others tire easily. Take frequent rest stops. Use the time to talk about nature or play quiet games. A snack is a good pick-me-up.
5. Never drink untested water. The safest water supply is a canteen of water brought from home.
 6. Stay off private property unless you have permission.
 7. Stay away from railroad tracks.
 8. Avoid natural hazards such as fast-moving streams, steep cliffs, and areas of loose rocks.
 9. Plan all hikes to start and end during daylight hours.

Types of Hikes

Penny Hike--At the junction of each trail, road, street, etc. the denner or den chief flips a coin to determine the direction of travel. Heads, go right, tails, go left.

Sniff Hike -- A few minutes before time for the hike to begin, mark a trail by rubbing a large onion on different objects, such as trees, grass, bushes, swing set, light pole, etc. These should be located fairly close together. Boys follow their noses to find their way along the trail.

Color Hike -- Give each boy a list of colors to try and locate on the hike. The items can be collected or simply noted. The one who successfully finds all colors on the list is the winner.

Breakfast Hike--During the summer or on a Saturday morning, hike to a good vantage point to watch the sun rise. Then cook breakfast outdoors. Listen for early-morning sounds.

Homes Hike--Look for spider webs, nest, holes, etc.--nature homes (don't disturb them).

Baby Hike -- Look for nature babies -- bird, fern leaf, snail, etc.

Indian Hike--Hike silently, single file. Boys could wear headbands, hear an Indian story. Always look and listen.

String Hike--Follow a string, laid out in advance. Have nature objects along the way to identify.

You can always add an important element to any of these hikes. Remembering the "A Cub Scout Always Leaves A Place Cleaner Than He Finds It**", give each Cub a pair of work gloves and a trash bag to pick up any trash they see while on the hike. Baloo

ONCE AROUND THE BLOCK

Hikers go once around the block then their observations are tested. Who has seen the most round things? What kinds of trees were seen? What did you see that was orange? Etc.

Other Hike Ideas

Heart of America Council

A Cub Scout hike is merely a 'walk with a purpose'. What better way to find out about the world around us than to hike?

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Take a hike for a purpose: to gather trash, to collect leaves, to identify trees, to observe animal and birds, to look for tracks, etc. Hikes can be taken in your neighborhood, local nature area or at a nearby lake. Make the hike simple and purposeful, but most of all fun.

Discussing rules before you leave can also help make your hike a success.

Heart of America Council

Craft Hike--Gather nature items to use for craft projects

Knot Hike--Along a path tie ropes around trees using knots. Instruct the boys in advance which direction to go when they identify a particular knot.

Rain Hike--hike in a gentle rain. Be sure all boys have waterproof rain gear. Note how plants and animal conduct themselves and appear in the rain.

Snoop Hike--Be snoop, be aware. Explore everything and collect everything.

Stop, Look & Listen Hike--Hike for 5 minutes or for a certain number of steps. Stop and write down all that you see and hear. Make several different stops.

Evening Hike--Try flashlight signaling. Listen to night sounds. Find north by the stars. Learn to recognize some constellations. Tell stories about them.

SONGS

Country Toad

(Tune: Country Roads)
Indian Nations Council

Almost seven, where's Virginia?
Blue Ridge Mama
Hangs out by the roadside.
Dark and crusty
With warts upon her knees
Smells just like a dead skunk
Dying in the breeze.

(Chorus)

Country toads, run 'em down
Squish 'em up, they'll turn brown.
Like a frisbee, you can fly 'em,
Country toads, run 'em down.

I heard her scream on one dark and stormy night.
Passed out by the roadside; didn't see the light.
Now Virginia's really gone too far;
Tangled with a semi,
Now she blends in with the tar.

(chorus)

Bring Back A Clean World

(Tune-"My Bonnie Lies Over The Ocean")
Simon Kenton Council

The litter blows over the highway,
The litter blows over the park,

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Unless we do something to stop it,
The world will be litter-ly dark.

Pick up, pick up,
Oh pick up the litter you see, you see,
Pick up, pick up,
Oh pick up the litter you see, you see.

God gave us clean air for our breathing,
Clean water in rivers and streams,
We fill them with garbage and poisons,
The only clean world's in our dreams.

Wrong End

(Tune-"My Bonnie Lies Over The Ocean")
Sam Area Houston Council

Oh, rabbits have bright shiny noses
I'm telling you this as a friend
The reason their noses are shiny
The powder puffs on the wrong end

Chorus

Wrong end, wrong end
The powder puffs on the wrong end, wrong end
Wrong end, wrong end
The powder puffs on the wrong end

The World Around Us

(Tune: She'll be coming' 'round the Mountain)
Bay Area Council

If you're living in the country on a farm,
You'll enjoy to the fullest nature's charm
Trees and birds and bees and flowers,
Animals, sky and grass and showers,
You can be outside for hours on a farm.

If you're living in the city visit zoos,
Parks, museums, gardens, aviaries too,
We can all get back to nature,
but protect it for our future,
Live in harmony and be sure, that we do.

SLIDES

This month I went directly to Lorie McGraw's Slide Show for these two slides. She has many more at <http://home.att.net/~llmcgraw/etowah/slides.htm#Nature Slides>

Nature Slides #1

Hot glue a pipecleaner ring to the backside of a 2" diameter slice of branch. Or drill 2 holes in the slice and thread the pipe cleaner through to make the loop. •Glue pieces of twigs, nuts, pebbles to the front side. •Press flowers or leaves and glue to the wood •sand smooth and draw animal tracks on the slide •Use a rubber stamp on the cut and sanded side, then use colored pencils to add detail. •Make a pattern (like a mosaic) of different seeds, corn, beans, dandelion fluff, etc.. Draw the pattern on,

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then apply glue to one section at a time. Sprinkle with one kind of seeds. After each section is covered, then use the next kind of seed. How about the fleur de leis as a design?

Barb Stephens bsteph@creighton.edu and Lorie McGraw mcgraw@worldnet.att.net

Nature Slides #2

This one is made out of 1/2 inch plastic pipe. Get a plastic pipe cutter and cut off neckerchief lengths of plastic pipe. Have the boys glue nature objects. stones, twigs, nuts and seeds to the plastic pipe. Or they could cut out pictures from magazines and glue them on like decoupage.

Dale Fulkerson, ASM Santa Monica CA

CRAFTS

Small Greenhouse Indian Nations Council

Learn to grow and care for plants by making a terrarium. It is a little garden sealed in a glass container. Rich soil and moisture inside the jar make the garden grow quickly. In planting your garden, use wild ferns, violets, moss, and small cuttings of ivy or any houseplant that will grow in water.

Materials:

A clear, wide-mouth 1-gallon glass jar and lid (ask at your neighborhood grocery, restaurant, or delicatessen for an empty pickle jar.)

Sand or bird gravel

A piece of burned wood or some charcoal

About 2 cups of rich garden soil

Plywood, 12" x 8"

Strips of wood 1/2" thick and 1" wide

Thin brads or nails

Hammer, saw & sandpaper

Paint or stain, if desired

Variety of small plants

Build the base for the garden

1. Five pieces of wood are used to make the base. The base measures 12"x 8". Set up as a rectangle the smaller pieces of wood, squaring it on the on the base. This is where your jar will fit. Two of the pieces are 6" long and the others are 5" long. Nail these to the base, sand the inside of this rectangular to make the jar fit snugly within it.
2. Place the jar, thoroughly clean, on its side on the wooden base.
3. Put a 1/2" layer of sand or bird gravel in the bottom of the jar as it lies on its side.
4. Crush a piece of charcoal or burned wood between newspapers and sprinkle a layer of charcoal over the sand.
5. Add a layer of rich dirt. The garden can be higher at the backside of the jar, but be sure the dirt is

BALOO'S BUGLE

smoothed away from the mouth of the jar so that it will not spill out.

6. Set your plants at least an inch deep in the soil.
7. Spay the garden with water. Do not get dirt to wet.
8. Seal the jar with the lid and set the tiny greenhouse in a spot where it will get some sunlight each day.
9. Watch the garden carefully for a day or two. If it appears to be too wet, take off the jar lid for a day or more until the garden dries some.
10. The garden will grow for 2 or 3 months without having to be opened.

Foam Tray Raft Indian Nations Council

Materials:

Plastic Foam trays (meat or produce trays)

Rubber cement or waterproof tape

Balloon

Toothpicks

Craft glue (thick)

Pencil

Thread spool

Colored Paper

Pint milk cartons or Tops of plastic bottles

Latex or acrylic paint

Procedures

1. To make each raft, use two identical foam trays. Invert one tray and use rubber cement to glue the edges of the two trays together. You could tape the trays together instead, but be sure to use a waterproof tape so as to prevent any naval disaster.
2. On the balloon raft, inflate and insert the neck of the balloon in a small hole in the top tray before gluing the trays together. Make a toothpick railing, simply inserting toothpicks into the tray for vertical posts. Use thick craft glue to attach toothpicks for the horizontal top on the railing.
3. For a paper sail raft, insert a pencil for the mast into a thread spool. Then use rubber cement to glue the spool to the raft. Cut a sail from colored paper and insert the mast through it.
4. For shelters on the raft, use either pint milk cartons or the tops of plastic bottles. For the milk carton shelter, paint the carton with latex or acrylic paint. Glue on a colored paper roof over the peaked top of the carton. Cut doors and windows in the shelters; add any decorations you want.

Service Projects Indian Nation Council

Service, best exemplified by the daily Good Turn has long been a tradition in Scouting. Good citizenship is best taught by service in action.

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To get the most Cub Scouting has to offer, boys should have opportunities to take part in den and pack service projects. This is one of the best ways to show boys that helping other people is not only beneficial to others, but is fun and rewarding for themselves. They will experience a warm feeling that comes from giving to others.

Pack Projects

- ◆ Contributions to one of the many organization, which help, alleviate hunger and starvation around our community or the world.
- ◆ Plan a trip to a nursing or convalescent home around one of the Cub Scouts themes. Wear costumes, put on skits or puppet shows, or provide some type of entertainment.
- ◆ Plan a service project to benefit your chartering organization. Check to see what type of help is needed, then get to work.

Den Projects

- ◆ Shut-in adults and children need excitement added to their lives. Many times they receive special attention during the holidays. Why not select some other time of the year to make them feel special.
- ◆ Visit and put on a den skit, sing Cub Scout songs or make gifts.
- ◆ Make tray favors for hospitals or nursing homes.
- ◆ Collect games, books or puzzles to take to a day care center.
- ◆ Make puppets and put on a show for a children's hospital.
- ◆ Collect and donate magazines to nursing homes or hospitals.
- ◆ Leaf raking party. Rake into one big pile roll and jump in them and then put them in plastic bags or on a compost pile.

Individual Projects

- ◆ Run errands for sick or elderly persons, or neighbors.
- ◆ Read to a smaller child.
- ◆ Pick up litter.
- ◆ Plant new trees.

No doubt you and your Cub Scouts will be able to think of many more useful service projects. Most institutions have restrictions, so be sure to clear your project with the person in charge. This will eliminate duplicate efforts by other groups, and will prevent embarrassment if some regulation is not followed.

BALOO'S BUGLE

ADVANCEMENT CEREMONY

Advancement Ceremony

Bay Area Council

Make a very large butterfly net and catch the boys sitting in the audience. Have his badge or whatever he is receiving on a colored construction paper bug which has been mounted on a collection board until this point.

Planting A Scout

Bay Area Council

What do we plant when we plant a tree?
We plant the ship which will cross the sea.
We plant the mast to carry the sails.
We plant the planks to withstand the gales;
The keel, the keelson, the beam, the knee;
We plant a ship when we plant a tree.

What do we plant when we plant a tree?
We plant houses for you and me.
We plant the rafters, the shingles, the floors,
We plant the studding, the lath, the doors,
The beams and siding, all parts that be;
We plant a house when we plant a tree.

What do we plant when we plant a tree?
A thousand things that we daily see!
The paper for books from which we learn,
Tools to help us do a good turn,
The wood for a Pinewood Derby car,
For model planes that we can fly far,
We plant the staff for the flag of the free,
Yes, we plant all these when we plant a tree.

But what do we plant when we plant a lad?
With the help of his mother and his dad,
We plant a Cub who'll become a Scout.
We plant ideas that will round him out.
The skill, the games, the joy to be had,
We plant a Scout when we plant a lad.

(From here the Cubmaster goes into a standard awards ceremony. Narration could be done by Committee Chairman and Awards Chairman during the ceremony. When awards have been given out, these last two lines are said by the narrator.

What do we plant when we plant a lad?
We plant a Scout when we plant a lad.
Congratulations to all of you.

PROPS: If you want, you could have awards tied to a tree branch.

AUDIENCE PARTICIPATION

The Litter Bug

Simon Kenton Council

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BALOO'S BUGLE

PAPER Crackle, crackle
CANS Clatter, clatter
TRASH Dump, dump
LITTER BUG Toss and Throw

God put bugs in this world for many reasons,
He made them to live in every kind of season.
But the pesky **LITTER BUG**, with his **PAPER** and **CANS**
Was made through neglected **TRASH** by the foolish man.

To keep our land beautiful, get rid of that **LITTER BUG**,
So beach goers can again lounge on a clean, sand rug.
Because of this pest, we must walk around
in **PAPER** and **CANS** and **TRASH** on the ground.

Just who are the **LITTER BUGS** who mess up our land?
Do you really ever see them toss that **PAPER** or **CAN**?
And in dumping his **TRASH** he is very sly.

So most of the time it just appears there,
As if it had dropped right out of thin air.
Could it be we are so used to throwing things there,
That we dump **PAPER AND CANS** without being aware?

Without even thinking when we toss **TRASH** and waste,
We could be a **LITTER BUG** in all of our haste.
So when you unwrap that gum or candy,
Don't throw down the **PAPER** just because it is handy.

Next time stop and think when it's pop **CANS** you toss,
'Cause if you're a **LITTER BUG** it's also your loss
If every single person would take note of his habit
That pesky **LITTER BUG** we could certainly nab it.

Then that terrible bug we could surely stamp it out,
With no more **PAPER** or **CANS** or **TRASH** about
**TO KEEP OUR LAND BEAUTIFUL WE MUST ALL
DO OUR PART,**
By taking care of our **TRASH** properly from the start.

Wouldn't And Shouldn't
Simon Kent Council

WOULDN'T No, No, No
SHOULDN'T Never, Never, Never

Once there was a trash pick-up company who had two
people that worked for them that were always causing
trouble. One of them was named **WOULDN'T** and the
other was named **SHOULDN'T**.

WOULDN'T would never drive his garbage route the
same way twice and so he missed picking up some of the
people's trash. **SHOULDN'T** would drive around his
route so early that half the people had not even put out the
garbage when he came around. No matter what the
supervisor told them it made no difference. **WOULDN'T**
would start on a different street, and **SHOULDN'T** would

start before light. Complaints were being phoned into the
trash pick-up company all the time. Finally a lady told
SHOULDN'T how much she appreciated him and the
trash pick-up company.

She told him how horrible her property would be if it were
not for the garbage disposal. A man thanked
WOULDN'T for getting out of his truck and picking up
some of the garbage that had fallen onto the road.

That had been the trouble all along. **SHOULDN'T** was
embarrassed to be driving a trash pick-up truck. When he
realized how necessary his job was, he stopped going so
early so that no one would see him and all the people on
his route were happy.

WOULDN'T didn't feel that what he did was important.
From that day on, he still started on a different street
every week but he never missed a house.

So now the trash pick-up company is happy and so are
WOULDN'T and **SHOULDN'T**.

GAMES

Pull A Rabbit Out Of A Bag Sam Houston Area Council

Each player is given a bag and each bag contains an equal
number of objects. Objects used might be such things as a
ball, a spool, a stick of gum and other not easily defined
objects. As the leader calls out some object, each player
must thrust his hand into his bag and bring out the object
before the leader has counted to ten. If he succeeds in
bringing out the correct object he places it to one side. If
he does not succeed, that object remains in the bag. The
point is to see who can bring out the most correct objects
during the naming of the various items each bag contains.

A game idea from Earl in Canada

I saw a great game idea come out of a Winterfest our
District put on. (does not have to be a winter game)
You need 4 large truck inner tubes. Duct tape two tubes
together on top of each other (like stacked donuts). Boys
get inside the inner tubes and put their hands between the
two inner tubes that are taped together or you could
fashion a harness. The idea is then to bump into each
other and knock one player down. Looked like lots of fun.
G. Earl Bateman ebateman@welland.southam.ca

Blow Ball Daniel Webster Council

Materials: Table, ping pong ball

Have boys kneel down around table with their hands
behind them. Place the ping pong ball in the center of the
table. On signal, the boys try to blow the ball off the
table. When the ball is blown off the table, the two boys
closest to the ball leave. Repeat until only one boy is left.

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Other ways of playing is to give a point to the boys between whom the ball went by. The winner will be the boy with the least number of points at the end of the game.

Hint: To add variety to the game add a second ball

FUN FOOD

Ants on a Log

Celery
peanut butter
raisins

Wash celery and cut up into 4 inch lengths, spread peanut butter on celery and put several raisins on each one.

Ants on a Toilet Seat Heart of America Council

1 apple
2 Tbsp. Peanut butter
Raisins

Core an apple and slice into 5 pieces crosswise. Spread each slice with peanut butter and sprinkle with raisins.

Gorp

Plain M&M's
Sugared breakfast cereal
Unsalted nuts
Raisins

Dirt Dessert

2 small pkg. instant pudding
3 1/2 cup milk
1 tub frozen whip topping
1/2 cup margarine
8 oz. cream cheese
1 cup icing sugar
1 small bag Oreo cookies (crushed)
12 gummy worms

Mix pudding and milk until thick. Add whip topping, set aside. In another bowl cream together cream cheese, icing sugar, margarine. till smooth. Then add to pudding mixture, beat on med. speed until well blended. Prepare in a flower pot, alternate start with pudding mixture, cookie crumbs, worms. End with cookie crumbs so it looks like dirt in the pot. Refrigerate 1 or 2 hours. Insert some plastic flowers so it looks like the flowers are growing in the pot.

STUNTS & APPLAUSES

Quapaw Area Council

Applauses:

Rainstorm #1: Start by gently patting knees alternately to

simulate light rain. Increase the noise by switching to hand clapping as the storm reaches it height. With a hand signal, have everyone shout, "boom!" to represent thunder. Gradually decrease the hand clapping and then pat the knees as the storm subsides.

Rainstorm #2: Start by tapping palm with one finger, then go to two fingers, then three fingers, then four fingers, clap for thunder once or twice, then back to four fingers and decrease gradually to one finger.

Run-Ons

Man crawls onstage, cries, "Water, water!" Second fellow comes running with a glass of water. First man thanks him, takes glass of water, pulls out a comb, and proceeds to comb hair.

Cub 1: Enters with pine branch and poles Cubmaster.

CM: What are you doing?

Cub 1: I'm needling you.

Cub 1: Enters with stump and sits down.

Cub 2: What are you doing?

Cub 1: I don't know, I'm stumped.

My favorite librarian, Judy, sent me these:

The first one I dedicate to my cyber-friend Roger

A group of chess enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories. After about an hour, the manager came out of the office and asked them to disperse. "But why?," they asked, as they moved off. "Because," he said, "I can't >>>stand chess nuts boasting in an open foyer."

. A woman has twins, and gives them up for adoption.

One of them goes to a family in Egypt and is named "Amal." The other goes to a family in Spain; they name him "Juan." Years later, Juan sends a picture of himself to his mom. Upon receiving the picture, she tells her husband that she wishes she also had a picture of Amal. Her husband responds, "But they are twins - if you've seen Juan, you've seen Amal."

SKITS

Litter Bug or Tidy Bug

Heart of America Council

Personnel: 2 Cubs

Equipment: Two paper sack costumes, one LitterBug and one Tidy Bug.

Setting: The other Cubs in the Den could be used as a color guard if you want to use this as an opening. Or you

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might dress the entire den, half as LitterBugs and half as Tidy Bugs. Then you need to change the I pronoun to we.

Litter Bug: My name is Litter Bug Lou,
And, oh, what us litterbugs do!
We clutter the country with papers and trash,
At making a mess we're really a smash.
The roadsides and parks are scenes of our folly,
We really enjoy it and think it quite jolly,
To leave garbage, bottles, and paper,
As little mementos of our daily labor.

Tidy Bug: I'm Tidy Bug Ted of the Tidy Bug clan,
We work to keep things spic and span.
We pick up the litter together we are,
And always carry litter bags in our car.
We'll K.O. Lou and all of the band,
And make America a beautiful land,
Free of litter, trash and clutter,
Won't you help us, dear Fadder and Mutter?

CLOSING CEREMONY

Closing
Sm Rich

Evergreen Boy Scout Roundtable Commissioner
Oregon Trail Council
Eugene, OR.

Equipment; flashlights, fan, American Flag, and cards or 7 small pieces of cardboard.

On each of the 6, the letters, N,A,T,U,R,E and on the last, GIVE A HOOT, DO NOT POLLUTE!

If you have access to music, preferable; Lee Greenwood's God Bless the USA, John Wayne's America, why I Love Her or I am not sure of the artist at the moment, but the album was Americana and the song was backroads. If these are not available, then any music that sings either America the Beautiful or God Bless America.

Setting: Lights off, some boys sitting around or by the American Flag with flashlights on.

The fan is on and pointing up at the flag to create motion. (just like a breeze would move the flag). Background music can be any of the ones I mentioned. Also a spotlight or large flashlight. Start the song, turn on the fan and flashlights and listen to the music. When the song is over, turn on some backlights, and have Cub Scouts come out, one at a time, with each of the cards and hold up the card. Start with N and go though all until NATURE IS spelled. Put the spot light on each when they come out. After all are in front of the pack then bring out DO NOT POLLUTE and all of he boys say in

unison, GIVE A HOOT, DO NOT POLLUTE! A variation of this would be for each of the boys to say something with each letter. N = Nature, it is all around us. A = America is full of nature. T = Time for all of us to take care of our environment. U = You are the only ones that can keep our environment clean. R = Are ure ready to help? E = Environment, it is all around us. Or something like that.

Closing

Sam Houston Area Council

Personnel: Cubmaster or narrator

Arrangement: Darkened room, campfire if available

Equipment: Flashlight

CM: What is life? It is the flash of a firefly in the night. It is the breath of a buffalo in the wintertime. It is the little shadow, which runs across the grass and loses itself in the sunset. We need to continue through the Scouting movement, to teach respect for the Earth, each other and the simple things in life.

Declaration of Dependence

National Capital Area Council

Cubmaster:

I am part of Nature.

I am part of everything that lives.

I am bound together with all living things in air, in land, in water.

My life depends upon Nature, upon its balance, upon its resources and upon the continuity of both.

To destroy them is to destroy myself.

As a member of the human race, I am responsible for its survival.

I am a part of Nature, and I will not destroy it.

WEBELOS

Webelos

Bay Area Council

This ceremony can be used to open or close a pack meeting or a Webelos den meeting. As the boys stand together in a living circle have each raise his right hand in the Cub Scout sign and repeat the following Webelos Promise together.

W-We as Webelos, promise to do our best

E-Each day we'll pass the good Scout test.

B- Being always aware of our duty to God and Country.

E-Eagle Scouts we'll strive to someday be.

L-Law of the Scouts, we'll learn and obey.

O-On the trail toward Boy Scouts we'll travel each day.

S-So we'll remember what WEBELOS means;

WE'LL BE LOYAL SCOUTS !!!

Sportsman

Heart of America Council

Sports are high on the list of favorites of Webelos-age boys. Most members of your den will show real interest in

BALOO'S BUGLE

the Sportsman badge. Chances are the boys spend much of their leisure time in organized sports and loosely organized neighborhood games. Some of them probably already know enough about rules, scoring, and techniques of play for several sports and can pass those requirements immediately.

But that's not really enough. One of the prime purposes of the Scouting program is encouraging good sportsmanship and pride in growing strong mind and body. If the boys learn all the skills and rules involved in every sport this month, but don't get an inkling of what good sportsmanship means, then everyone has wasted their time, including the den leader.

Agree on the importance of learning sportsmanship. What does it mean in practice? It means the least skilled gets just as much instruction and encouragement as the best athlete. It means the better athletes lean not just to tolerate the awkward boy, but to help him. It means all boys can win and lose with grace and good sportsmanship. The leaders example will help to achieve these goals. Put stress on the fun of the game, not on winning. During competition in the den, choose the teams so that ability is equally divided. If boys choose teammates, there is a good chance that most of the best players will wind up on one team. Encourage the less skillful players. Discourage others from belittling them. Sports in a Webelos den should be fun for all!

Field Trips

- Go roller skating or ice skating
- Visit an archery range and receive instructions on safety and procedures.
- Have a den outing to a sports event.
- Hike around a golf course. Explain rules of etiquette and play to boys first so as not to disturb players.

Den Activities

- Invite a referee or official to your den meeting to teach signals and talk about teamwork, fair play and sportsmanship.
- Hold a parent/son sports tournament, such as bowling, tennis, volleyball, archery, etc.
- Have a den board game marathon. Provide treats and boys bring their favorite board games to play. Allow time for rotation to different games.
- Teach a card game to the boys and set up a couple of stations for playing.
- Make it easy on yourself and use the ready-made Cub Scout Sports Program. The guides explain the rules, principles, and equipment for each sport, and the boys learn earning the belt loops and sports pin.
- Have Webelos figure out a football play or a basketball play and diagram it. Local high school or little league coaches are sources of assistance.

- Give Webelos a list of famous sports figures and have them name the sport involved.

Sportsmanship

A real sportsman follows these rules in each game, but also in his life. Good sportsmanship is part of good citizenship. For example, to lose a class election gracefully. The following is the code of sportsmanship of the Sportsmanship Brotherhood.

The "Spirit of Good Sportsmanship" means being modest in victory as well as accepting defeat gracefully after trying your best.

Keep the rules.
 Keep faith with your comrade.
 Keep your temper.
 Keep yourself physically fit.
 Keep a stout heart in defeat.
 Keep your pride under control in victory.
 Keep a sound soul, a clean mind and a healthy body.
 Play the game.

Brain Teaser

Match Up

Match each sport with the appropriate term:

1. Bowling	A. Grand Slam
2. Ice Hockey	B. Right Hook
3. Archery	C. Slalom
4. Baseball	D. Gutter Ball
5. Golf	E. Love
6. Basketball	F. Place Kick
7. Tennis	G. Bull's-eye
8. Skiing	H. Bogey
9. Football	I. Icing the Puck
10. Boxing	J. Free Throw

Sportsman

Bay Area Council

What!?! You don't like Sports? You're not athletic you say? No matter! You don't have to be a superstar athlete to have fun. Try these activities and you are sure to have a good time.

Activity:

Micro Hockey-use to cardboard boxes as the goals. Supply chopsticks and a checker for the puck. Have fun!
 Micro-Soccer-use the same boxes as you did for micro hockey. Players use their fingers to "kick" the ball (a ping pong ball) across the "field" (a table)
 Micro Basketball-take two milk cartons and cut off the tops. Then, cut a hole in two six-inch long pieces of cardboard that are the same width as the milk carton. The hole in each should be just large enough to catch the rim of a paper cup. Bend the cardboard at 90 degrees, remove the bottom of the paper cup, and drop the cup into the

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hole. Staple the cardboard to the milk carton. Fill the milk cartons with sand or rocks, place at each end of your "court", provide a ping pong ball and have a game.

Cubmaster's Minute

R Schelleng

What is the purpose of Webelos? It is the transition between Cub Scouts and Boy Scouts. While working on the Athlete and Sportsman activity pins, think about this.

"On my honor, I will do my best to do my duty, to God and my country, to obey the Scout Law, to keep myself physically fit and morally straight." The Boy Scout Oath as it was written more than 88 years ago. The Boy Scout Law, "A Scout is Trustworthy, Loyal, Helpful, Friendly, Courteous, Kind, Obedient, Cheerful, Thrifty, Brave, Clean and Reverent."

Almost 90 years ago someone said that you have to be good, strong and caring as a boy growing up in this country. They knew that sports and sportsmanship go hand in hand.

John Wayne said it best at a dinner just before he past away. (He was a Boy Scout when he was a boy.) He was talking about Boy Scouts and knowing the Oath and Law, what it means and how he explains it to his family as they grow up. BRAVE: "You don't have to fight to be brave. Millions of good fine, decent folks show more bravery than heavyweight champs just by getting out of bed every morning going out to do a good day's work and living the best life they know how against the law of odds." You must be physically fit both inside and outside. You must use the Scout Law every time you begin a sport, because it takes all twelve points to do it right.

Sm Rich, Troop 50, Evergreen Boy Scout Roundtable, Oregon Trail Council, Eugene, OR.

Athlete

Bay Area Council

Activity

Backyard obstacle course. You need to get some large cardboard boxes, a few chairs, and some rope. Make up an outdoors physical fitness arena using the boxes to crawl through, and chairs to crawl under. Rope off the course, leaving room for the 50-yard dash and standing long jump. You might begin by doing eight push-ups, running the 50-yard dash crawl through the boxes, do a standing long jump, crawl through the chairs, do 30 bent knee sit-ups and at the end, do a vertical jump of at least 9 inches to ring a bell at the finish line.

Activity:

Take a tour of your local hospital and speak to a dietician about eating healthy. You can also visit your local

exercise facility or gym and speak to a trainer about exercises that fit your age and fitness level. Remember, check out the machinery at the exercise facility to learn how to properly use it. Take care of your most important machinery - your body.

Activity

Play tail tag. Make a tail out of cloth cut approximately 18 inches long. You can have two different colors for teams. "It" has to catch all of the tails from the opposing team within a certain length of time. Or, you can have the boy who is "It" catch one of the opposing colors tail, run back and the next person on his team runs to get another one. Tails should be tucked into the back of the pants at the waist or into the back pocket. When the tail is "caught", that person should freeze in their spot until all are caught on their team.

Heart of America Council

This activity badge can be done as gathering activities for your Den while you are also working on another activity badge during the main portion of your meeting.

The boys enjoy being tested on these skills and you may want to test them several times during the year. They will like seeing the progress made as they become more proficient.

Be sure to see the: **Cub Leader How to Book** and the **Webelos Den Activities Book** for help with the badge. Some exercise equipment that you can use with the Den can be made from such things as: old inner tubes, old tires, and screen door springs.

Speakers

High School sports player, gym teacher, aerobics instructor, coach

Field Trips

- Take in a high school, college or professional sporting event. Interview a player if permissible and ask him how important fitness is for him.
- Visit a gym or health club. Have a professional trainer show you how to use the equipment, and how each exercise benefits you.
- Visit a hospital physical therapy or rehabilitation center and have a health care professional explain how to use exercise to repair or recover from injury.

Den Activities

- ◆ Check your boys out on the required exercises. Even if they can pass the requirements, have their results noted to check for improvement.
- ◆ Have the boys construct some homemade equipment to take home and use in their exercise program.

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- ◆ Invite a serious weight lifter or one of your school's sports coaches for a guest lecture.

Activities & Projects

Mini Marathon

Measure out a 600 yd. Course (approximately 1/3 mile) around your neighborhood. Try to keep from crossing streets or climbing fences. Have the boys run against the clock.

Obstacle Course

Set up obstacle course with five of the required elements of the Athlete Badge, plus a few "fun" ones. Each requirement is assigned a station. An adult or Den Chief should be at each station to record each Scout's effort.

Station 1 - Sit ups

Station 2 - Pull Ups

Station 3 - Standing Long Jump

Station 4 - Vertical Jump

Station 5 - 50 Yard Dash

Station 6 - Tire Run

Station 7 - Hopping on one foot

Inner Tube Muscle Builder

Discarded inner tubes make great exercise equipment. Cut an inner tube in half and loop it behind your hips, gripping the loose ends with both hands. Keep your elbows at your sides and stretch the tube forward as far as you can. Do this 8 - 10 times

If you have two inner tubes, loop both of them around an upright pole, then slip each foot through a loop of rubber. Pull against the tube, one leg at a time, with the tubes resting at just about your heels. Try this for six times with each leg to start.

Web Sites

Theme Related

Cubs Conservation Award

<http://usscouts.org/advance/cubscout/worldcons.html>

Conservation Good Turn Program

<http://www.geocities.com/Yosemite/9152/cgt.html>

Online endangered species puzzle and other games

Takes awhile to load

<http://www.bonus.com/applets/workshop/DANGER.HTM>

Earth Day

<http://earthday.wilderness.org/kidsstuff/kids.htm>

Give Water a Hand

<http://www.uwex.edu/erc/>

GORP-Great Outdoor Recreational Page

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

Earth Games

<http://www.plasticbag.com/KIDS/index.html>

Earth Saving Tips

<http://www.earthshare.org/newtips.html>

Environmental Protection Agency (for kids)

<http://www.epa.gov/kids/>

AES Bug Club

<http://www.ex.ac.uk/bugclub/>

This is a site that should be bookmarked

It has useful info on all 50 states, is easy to navigate and has many useful links within each state

<http://www.50states.com/>

Webelos Leader Guide

<http://usscouts.org/cubscouts/cswlg.html>

Webelos Scout Activity Pins-requirements for Sportsman and Athlete

<http://usscouts.org/advance/cubscout/physical.html#Sportsman>

Sportsman Activity Badge

Excellent challenge for those sports-minded Webelos, but who will be put in the Penalty Box?

<http://www.creighton.edu/~bsteph/pack114/funpages/web-spr.html>

Athlete requirements

<http://usscouts.org/advance/cubscout/physical.html#Athlete>

Working those muscles

http://www.global-fitness.com/strength/s_map.html

Being Physically Healthy--Another fun page from Pack 144

<http://www.creighton.edu/~bsteph/pack114/funpages/web-ath1.html>

A crossword puzzle for the Athlete Activity Badge

<http://www.creighton.edu/~bsteph/pack114/funpages/web-ath2.html>

Webelos about to cross over. Barb Stephens has compiled a list of questions that you should ask.

<http://www.creighton.edu/~bsteph/pack114/library/troop-quest.html>

Pack 52

Informative Site, Check out their links page they have many good URL's including how to use a compass. Sign their guestbook

<http://www.geocities.com/Yosemite/Trails/8712/>

Pack 442

<http://ourworld.compuserve.com/homepages/dbregar/pack442.htm>

Fun Stuff

A Boy Scout email greeting card

<http://www2.bluemountain.com/eng/bscouts/BSsctlaw.html>

Kids do Ecology

<http://www.nceas.ucsb.edu/nceas-web/kids/>

ABS's of Acid Rain

<http://qlink.queensu.ca/~4lrm4/>

Yahoo's Kid's Environment Almanac

<http://www.yahooligans.com/content/ka/almanac/environ/index.html>

BALOO'S BUGLE

Earth Appreciation Day

<http://www2.bluemountain.com/eng/earth/index.html>

Just For Fun

Mr. Potato Head Home Page

Bubblesphere

<http://bubbles.org/>

Doodle of the Week

http://www.interlog.com/~doodle/doodle_week.html

For Kids

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

The Great Mysto and his internet magic site

<http://www.teleport.com/~jrolsen/index.shtml>

Resources

The scouting graphics for all levels of scouting are available on line at

<http://usscouts.org/library.html>

It is also available for purchase as a CD Rom at the following number 1-800-SCOUTER

How Environmentally Aware Are You?

Answers

1. C. According to the Environmental Protection Agency (EPA) each man, woman and child generates roughly three quarters of a ton (1,500 lbs.) of garbage per year, or about 4 pounds per day!
2. D. Renowned garbologist, Dr. William Rathje (Univ. of Arizona), whose garbage project has dug through old landfills, says that virtually nothing biodegrades quickly in today's modern landfills, which are designed to keep out the water and air needed for biodegradation. In fact, he has dug up 40-year-old, perfectly readable newspapers; 20-year-old carrots and corn; and lots of other things you would normally consider to be biodegradable. The real issue is sending less to the landfills in the first place.
3. C. According to the EPA, the U.S. sent nearly 60% of its garbage to landfills in 1995, recycled or composted 27% and burned the rest in waste-to-energy facilities.
4. A. Surprised? According to the EPA, about 30% of the volume in our landfills is paper. Other materials, by volume, include plastic (24%), yard wastes (8%) and metals (10%).

The motto Reduce, Reuse and Recycle actually represents the top strategies in the EPA's order of priority. Thus, while we all know how important it is to recycle, we should also find ways to reduce the amount of materials used as well.

How did you do? If you knew most or all of the answers, you're at the top of the class! If you didn't, don't worry. We've talked to thousands of educators, most of whom were quite surprised by many of these facts.

<http://www.plasticbag.com/cgi-bin/eduquiz1.pl>