



BALOO'S BUGLE



Volume 16, Number 5

"Make no small plans. They have no magic to stir men's blood and probably will not themselves be realized." D. Burnham

December 2009 Cub Scout Roundtable

January 2010 Cub Scout Theme

POWER UP!

Tiger Cub Achievement #2

Webelos Fitness and Scientist

FOCUS

Cub Scout Roundtable Leaders' Guide

Cub Scouts will spend a power-packed month exploring the science of different forms of energy that we use in our daily lives. They will investigate how this energy is used and consider how to conserve it. A den might visit a local power plant. The boys can also power up by being physically fit!

CORE VALUES

Cub Scout Roundtable Leaders' Guide

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

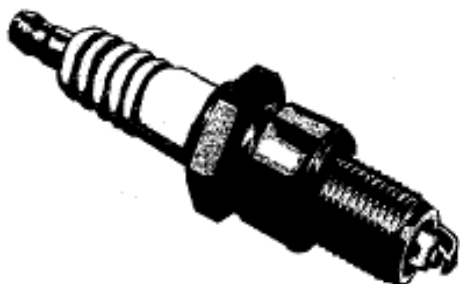
- ✓ **Good Citizenship.** Cub Scouts will see that a small act of conservation can have a large impact upon their community.
- ✓ **Family Understanding.** Family relationships will be stronger as Cub Scouts and their-families work together on energy conservation.
- ✓ **Fun and Adventure.** Boys will enjoy exploring various forms of energy through games and activities.

The core value highlighted this month is:

- ✓ **Responsibility,** Cub Scouts will learn to be more dependable in conserving our natural resources.

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



Time to Power Up and get going!! I've got my local utility lined up for a bunch of presentations about Power. Contact yours, most have a Speakers Bureau to go out and talk about energy and power and safety in the home.

Power Up with Popcorn



Be sure to check out Alice's Popcorn activity under Cubmaster's Minutes - It has many potential uses!!!

I need Pow Wow Books

My resources are a low but growing right now. My Pow Wow books from last fall have run out. I have received Las Vegas Area Council, Baltimore Area Council, Utah National Parks Council, and part of Great Salt Lake Council's CDs. If your council had a Fall Pow Wow and you have a CD, I will be glad to swap you copies of those I receive this month for one of yours. I am counting on Scouter Jim for the rest of Great Salt Lake's and Rachel for Sam Houston Area's Pow Wow Books. **Pretty, Please!** But I need more - Any readers out there in Heart of America Council that could send me a CD?? National Capital Area?? Crossroads of America?? I am interested to see what is in the books to do after themes run out and Cub Scouts 2010 begins. E-mail me at [davethecommish@gmail](mailto:davethecommish@gmail.com) and we can set up a transfer..

Cub Scouts - 2010

According to my Scout Exec - In one of the general sessions at Top Hands they spent about an hour discussing the new Cub Scout 2010 launch. There was not any printed information for me to pick up for you (or for anyone for that matter). What they did was put everything, including the presentation at Top Hands, on a website. There is a lot of stuff on the site. As the year moves on this will be the official place for all new information, it will have a discussion board, etc.

Check it out...

<http://www.scouting.org/cubscouts2010.aspx>

We all should start getting ready for next year - look through the material.

Months with similar themes to Power Up!

Dave D. in Illinois

Month	Year	Theme
Energy Conservation		
May	1976	SOAR
April	1999	Pollution Solution
April	2001	Save It For Us
Energy		
October	1943	Cubs as Scientists
September	1946	Cub Scout Engineers
April	1954	The Story of Oil
January	1960	Cub Scout Scientist
September	1963	Science Fair
November	1963	The World of Sound
October	1975	The World of Sound
March	1983	Energy
September	1985	Science Fair
April	2002	Forces of Nature
March	2003	Why Does it Do That?

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.usscouts.org. CD

Roundtable Prayer

CS Roundtable Planning Guide

“We give thanks for the many sources of energy to keep our daily lives comfortable. Help us learn to conserve our natural resources. Watch over us as we guide our Cub Scouts in energy conservation so they will be good examples to others in our community.”

Power Up

Scouter Jim, Bountiful UT

Knowledge is power and enthusiasm pulls the switch. Steve Droke

It is often stated in Scouting that “Every boy deserves a trained leader.” I have seen a humorous patch “Over Trained.” Is that really possible, to be over trained in Scouting?

I have been in Scouting for more than twenty years and I have never been overtrained. I have attended “Basic Training” several times for different positions in Scouting I have volunteered with the District Training staff and been able to teach “Basic Training” many, many times. Each Time I start to train, I have to spend time, training myself.

Twenty years ago I attended Wood Badge in the desert county of southern Utah. A little more than a year ago, I served on Staff for Wood Badge in the mountains of northern Utah. It was like taking a whole new course. I

spent hours studying preparing, training myself so I could share that knowledge with others.

Scouting is a living organism and is always changing so training is changing. Some Adult training opportunities are as follows:

- Fast Start
- Youth Protection
- New Leaders Essentials
- Leader Specific Training
- Outdoor Leader Training
 - Webelos Outdoor Training
 - Baloo (Basic Adult Leader Outdoor Orientation
- Roundtable
- Pow Wow and University of Scouting
- Hazardous Weather
- Safe Swim Defense
- Safety Afloat
- Climb on Safely
- Wood Badge
- Philmont Training

When you think you know it all remember:

The moment you stop learning, you stop leading.
Rick Warren

Take time to get trained and when you think you know it all, take time to teach it to someone else. If knowledge is power, then Power Up!

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

Knowledge comes by eyes always open and working hands; and there is no knowledge that is not power.

Ralph Waldo Emerson

There is no knowledge that is not power

Ralph Waldo Emerson

Knowledge is power. **Francis Bacon, Sr.**

In a time of turbulence and change, it is more true than ever that knowledge is power **John Fitzgerald Kennedy**

Science investigates, religion interprets. Science gives man knowledge which is power, religion gives man wisdom which is control.” **Martin Luther King, Jr.**

Knowledge itself is power **Francis Bacon, Sr.**

A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go but ought to be. **Rosalynn Carter**

Leadership is action, not position. **Donald H. McGannon**

Of those whom much is given, much is required. **John F. Kennedy**

Never tell people how to do things. Tell them what you want to do and they will surprise you with their ingenuity. **George Patton**

A leader is anyone who has two characteristics; first, he is going someplace; second, he is able to persuade other people to go with him. [W.H. Cowley](#)

If we take people as we find them, we make them worse, but if we treat them as though they are what they should be, we help them to become what they are capable of becoming.

[Johann Wolfgang von Goethe](#)

The key to successful leadership today is influence, not authority. [Kenneth Blanchard](#)

Ten Steps for Effective Leadership:

1. Learn from your mistakes.
2. Exercise self-control.
3. Always be considerate.
4. Do the best you can.
5. Encourage others often.
6. Respect the rights of others.
7. Shoulder your responsibility.
8. Have a good attitude.
9. Infect others with enthusiasm.
10. Practice perseverance.

No man will make a great leader who wants to do it all himself, or to get all the credit for doing it. [Andrew Carnegie](#)

Within you right now is the power to do things you never dreamed possible. This power becomes available to you just as you can change your beliefs. [Unknown](#)

Small Blue Power Cell

Scouter Jim, Bountiful UT



There are many problems in our world today. Drugs, violence, childhood obesity, global warming, hunger, disease, and many more. One of the most pressing of those is Global Warming and the world's dependence on fossil fuels. There are alternative energy sources, including solar, wind, tide, hydro-electric, geothermal. Most of these have their problems.

One of the biggest problems is to find a Power Cell that would utilize one or more of these energy sources efficiently and store it in a compact form to use later. There is such a storage device, using primarily bio-fuels which are readily available. This Power Cell is a flexible machine that is able to utilize more than one fuel type. The primary bio-fuel engine, can, and should be, supplemented with solar energy. This Power Cell is able to utilize a variety of bio-fuels readily available, some that can be locally produced in residential yards and gardens. It is important that this Power Cell be properly cooled with adequate amounts of water to

prevent overheating in active use. During active use this Power Cell is able to store kinetic energy which can be used at other times. The more active this Power Cell is, the more energy it can store. Rather than breaking it down, use actually increases the ability of this Power Cell to store energy.

This Power Cell is not currently available for commercial or industrial use, but is currently widely available for household and community use. This is a multi-level opportunity for most any one willing to put in the time and effort to participate. The organization behind this Power Cell requires vast hours of donated labor and money. It is a multi-level opportunity with small local organizations, grouped together is larger Districts and those grouped together in even larger groups and those grouped in Regions and those larger Regions become the national organization. There is even an international organization. There is ample room to grow this organization and opportunities for many people to be involved on the ground floor.

Many people know that gold is one of the finest conductors of electricity on earth, and currently only used in high end very technical and specialized applications. However this amazing Power Cell, is blue trimmed in gold. It is currently available for use, to anyone who would like to get involved in this wonderful opportunity. This is not a new technology. In fact this Power Cell has been available for nearly 80 years. Though it has its roots in India, South Africa, and Great Britain, it has been widely available throughout the United States and in different forms around the world.

Many at this point have already guessed what this amazing Power Cell is from the description. This amazing Blue Power Cell, trimmed in Gold, that has been around for nearly 80 years is really only seven to ten-year-old boys. Yes, I am talking about the bio-fueled Cub Scout, the Power Cell for the next century.

Help spread the word about this wonderful Power Cell and help grow the organization. There is a great need for more of these blue wonders, and there are underutilized sources of this energy in our communities that just need Scouting to bring out the POWER.

More Quotations

We have learned that power is a positive force if it is used for positive purposes. [Elizabeth Dole](#)

Fresh air impoverishes the doctor. [Danish Proverb](#)

It's bizarre that the produce manager is more important to my children's health than the pediatrician. [Meryl Streep](#)

Dream no small dreams for they have no power to move the hearts of men. [Goethe](#)

Only within the moment of time represented by the present century has one species -- man -- acquired significant power to alter the nature of his world. [Rachel Carson](#)

The only way to predict the future is to have power to shape the future. [Eric Hoffer](#)

He is most powerful who has power over himself [Seneca](#)

I am not interested in power for power's sake, but I'm interested in power that is moral, that is right and that is good. [Martin Luther King, Jr.](#)

We have the power to make this the best generation of mankind in the history of the world - or to make it the last.

[John Fitzgerald Kennedy](#)

Energy and persistence alter all things. [Benjamin Franklin](#)

We must not, in trying to think about how we can make a big difference, ignore the small daily differences we can make which, over time, add up to big differences that we often cannot foresee. [Marian Wright Edelman](#)

Act as if what you do makes a difference. It does.

[William James](#)

Nobody can do everything, but everyone can do something

[Unknown](#)

No man stands so straight as when he stoops to help a boy.

[Knights of Pythagoras](#)

Do not let what you cannot do interfere with what you can do.

[John Wooden, *They Call Me Coach*](#)

You must be the change you wish to see in the world.

[Mahatma Gandhi](#)

The power of love to change bodies is legendary, built into folklore, common sense, and everyday experience. Love moves the flesh, it pushes matter around.... Throughout history, "tender loving care" has uniformly been recognized as a valuable element in healing. [Larry Dossey](#)

My own prescription for health is less paperwork and more running barefoot through the grass. [Leslie Grimmer](#)

I think you might dispense with half your doctors if you would only consult Dr. Sun more. [Henry Ward Beecher](#)

Health of body and mind is a great blessing, if we can bear it.

[John Henry Cardinal Newman](#)

TRAINING TIP

The Cub Scout Program

[Bill Smith](#), *the Roundtable Guy*

Well, I'm back, pretty much safe and sound, thanks to the skill and knowledge of the two neuro-surgeons who were on call when I ended up in Providence ER.

While I was indisposed for 6 weeks, an interesting thread was played out in the Cub Scout forum of Scouting Community.

If you're not familiar with Scouting Community, it's an internet service of [MyScouting](#) sort of like face book or twitter but limited to members of BSA over thirteen year of age. There are many blogs, groups and forums that cover a remarkably wide range of Scout interests. It's still a little flaky since they are still running a Beta version that doesn't seem to follow W3C HTML standards. If you are not yet a member, I would suggest you should look it over. You will need your BSA membership number (it's on your BSA card) to register.

The thread started with questions about what CS 2010 will mean to the future of the Cub Scout program and quickly morphed into "just what is the Cub Scout program?"

I sensed a bit of mystery about how the Cub Scout program was developed and is managed. There seems to be a view that a list of "official" activities is prescribed by some august

gurus and permanently chiseled in stone that everyone is expected to follow. It's actually quite simple and really straight-forward - at least it was up to now. There was a Cub Scout Division in National: a Director of Cub Scouting and a few Associate Directors - all pros mostly with strong local council experience. They were in charge of the Cub Scout Program. They recruited volunteers who manned the various committees and task forces and were the ones who actually ended up writing most of the Cub Scout literature. It is hardly permanent. It has seen many changes over the years as many diverse folk have had their hands on the tiller,

Over the years I worked with many of these people on both local and National projects. They were, on the whole, talented, dedicated Scouters with lots of unit experience who were capable of producing clever, high quality material for unit leaders.

Strange as it may seem, very little of the Cub Scout program actually originated in this bunch. After the original program was laid out in the 1930's by Huber Hurt (the pro) and Earnest Seton (the volunteer) the National group paid close attention to what was working in local packs and districts and incorporated the best ideas into the program. These best ideas included den mothers, pinewood derbies, Pow Wows, Webelos, men as den leaders, women as Cubmasters and committee members, pack campouts, most of the songs in the CSSB and most of the games and tricks in the Den Chief Handbook. None of these were part of the 1930 Cub Scouting. They all originated in local Scouting groups, succeeded locally, were noticed and then incorporated as "official" Cub Scout program. If it were not for active den leaders, Cubmasters, and parents of Cub Scouts doing their own things, we would have indeed a dull and limited Cub Scout program.

Ed Hesser, an Associate CS Director (now retired) once told me that during his first year on that job he didn't even know he had a desk at National headquarters because his boss, Bud Bennett, always had him constantly out in the field checking on pack meetings, roundtables and Pow Wows. From the very beginning, National has been interested in what new and effective stuff was going on in their programs. This shouldn't be surprising. Several tens of thousand den leaders working directly with boys are bound to come up with better ideas than a couple dozen people at National most of who haven't led a den in years - or at all.

The folks at National - both volunteer and pro - were, however, excellent at picking out these best ideas and organizing them into useful resource material. Program Helps is a prime example. It is a low cost publication full of plans for den and pack meetings and has been, for many years, the best program resource for den leaders and Cubmasters. Cheri Pepka, a volunteer from Seattle, has been the leader in writing and editing PH for some time now.

Cheri is a real genius at organizing and planning. We had the good fortune to have her on our Jamboree committee in 2001, where she pulled our whole enterprise together in one spectacular afternoon planning session.

Actually all those great Cub Scouting resources that National provides: PH, The How-To Book, Sparklers and the rest, are meant as guide lines for units. Most people are aware that what works for one den of ruffians in blue may flop badly with other dens in other locations with other leaders. COs, Cubmasters and den leaders need the flexibility to make the program work for their people and their resources, At Philmont Training Center in 1963, Director of Cub Scouting, Bud Bennett was asked just what activities would qualify as Cub Scouting. Bud's reply:

"If it's safe, home and neighborhood centered, and promotes the aims of Scouting, then it is Cub Scouting."

Our friend, Commissioner Marcel from Spokane recently reminded us of this on Scouts_L.

"The Chartered Organization Agrees to:

*** Conduct the Scouting program according to its own policies and guidelines as well as those of the Boy Scouts of America."**

From the chartered partner agreement.

This has all changed during the last year or so. With the reorganization of National, the Cub Scout Division no longer exists. There is no official word yet but the various Cub Scout committees and task forces were totally absent at the last National meeting and may also no longer exist. In fact there was hardly a mention of Cub Scouting anywhere at the meeting in Orlando except for a rather awkward outreach session attended by about half a dozen people. It is not clear at all how or by whom the Cub Scout program is being run.

Much of the Community's CS 2010 thread, debated whether or not the internet, especially the independent Scouting web sites, helped or threatened the Cub Scout program. Fear was expressed that unless there was some BSA control, all sorts of dangerous or inappropriate activities would be introduced to unsuspecting new leaders. Two such treacherous examples have been cited recently:

The Upside-Dow Bobcat ceremony. This has been around in roundtables and Pow Wows long before I started in 1962. It has been suggested a few times on email forums but is regularly and roundly denounced by experienced forum members. Actually, independent web sites have had a much greater effect at curbing this ceremony than has National.

The Flaming Neckerchief. This is a spectacular ceremony I first saw in 1976 at the National Council run 900-1 Cub Scout Train-the Trainer pilot Wood Badge Course. Just about anyone who was anybody in Cub Scouting was in attendance and seemed to approve. For National to now blame the internet for this seems to be the height of irresponsibility. It is a spectacular sight but obviously dangerous if done indoors or with youth in jeopardy.

I would guess that leaders go to these independent Scout web sites because that is where they most easily, and where best, they find help. The IT people at National seem to have trouble putting up web pages that actually help Cub Scout leaders. I have occasionally found suggestions in the independents with which I disagreed but then I also disagree on occasion with stuff that comes from National. However

there are many more resources on the independents, they are much better organized and many independents provide excellent navigation tools to find what you need.

The old Cub Scout Division produced a lot of those wonderful program items that fill the How-To Book, PH and the RT Guides in electronic form. Hopefully it all still exists that way and could be easily and cheaply published on scouting.org. With a little bit of talent – either professional or volunteer – the IT people might even do it wiki form. (No, that's too much to hope for.) Right now they seem incapable of upgrading Scouting Community from their Beta version.

What are YOU going to do now?

Go get 'em. We need all the help we can get.

*The best gift for a Cub Scout.....
.....get his parents involved!*

✓ Also, be sure to visit Bill's website

<http://rt492.org/>

to finds more ideas on everything Cub Scouting.

**Have any [Comments](#) for Bill
just click right here!**

PACK ADMIN HELPS



Blue & Gold Banquet

Las Vegas Area Council

What is a Blue and Gold Banquet??

The Blue & Gold Banquet is a birthday dinner for celebrating the Cub Scout program. In 1933 the "Cub Leaders Round Table" suggested parent/cub dinners. Soon after a Cub Scout Family Dinner became a common occurrence.

It was in 1943 that the name "Blue & Gold Banquet" first appeared in the BSA literature. The dinner is held in February to celebrate the birthday of the Boy Scouts of America.

For many packs, their Blue & Gold banquet is one of the highlights of the program year. This is a family affair that brings the entire family together in a way that no regular pack meeting can. Therefore, this event involves more planning than the regular pack meeting.

Plan the event!!**Organize a banquet committee.**

- ✓ Select a theme and discuss table decorations.
- ✓ Determine a menu and a serving style
- ✓ Consider cost.

Form subcommittees

- ✓ Facilities Committee

Determine date of event.**Pick a location -**

- The attendance at a banquet will be greater than your usual meetings so you may need to relocate to a different place to hold your banquet. Facilities committee will look into locations and rental fees. Check seating capacity and number of tables available. Check on parking and restrooms. Inquire on kitchen facilities if these are needed to prepare or serve food. Secure permission to use the public address system and access to the microphones and speakers.

- ✓ Food Committee

Develop a meal-serving plan.

- Some packs have a pot luck with each family bringing food, Some have the pack buy the food, with the committee preparing it, and
- Some have it catered or eat out at a restaurant's private dining room.

Plan a menu -

- The meal is special and should coordinate with your theme, but the fun of your cubs and their families have is the most important factor.
- If for economic reasons your pack wants to simplify, just hold a birthday party for Cub Scouts! (This year's theme!) Run it like a children's birthday party, with balloons and games and refreshments. Birthday cake and build your own ice cream sundaes would fit the bill!

- ✓ Decorations Committee

Here is where we include the boys.

Invitations, placemats, napkin holders, centerpieces, place cards, nut cups, and favors

- These should all be designed and made by the boys. These do not have to be professional and the parents will appreciate it more when the boy does it, the boy will be pleased with the parent's good comments. Remember to keep all designs with the theme.

Room decorations should be the committee's responsibility.

- Wall decorations
- Costumes
- Balloons for the tables
- Display tables

Coordinate the paper goods, coordinating with the finance committee. Remember - Keep it simple, Make it fun!

- ✓ Publicity committee

Special Invitations

- Have the boys make extra invitations, after they have taken theirs home to their parents, to invite the "special" people to the banquet. The publicity committee will send these out.
- Special Invitation should include
 - Chartered Organization Representative,
 - School principal,
 - Religious Leaders,
 - A special person who helped you with a particular project or activity or badge work,
 - Special teachers.
 - Be sure to invite the Den Chiefs, and
 - People at the council that helped you - Unit Commissioner, Roundtable Commissioner (I put that one on the list. I love B&G's. CD) District Committee member,
 - Past Pack Leaders,
 - You may want to invite a City Councilman, Mayor or school board member, PTO president.
- Track RSVP's, to assure accurate seating and enough food. They may also put notices in school and church bulletins - make up posters of the event as reminders for the parents and kids.

- ✓ Finance Committee

Cost - always a determining factor as to the type of banquet you can have.

Remember to think "outside the box". Don't be stuck in a rut that it HAS to be a dinner! Have a

- Blue & Gold Breakfast - blue pancakes and gold orange juice!
- A cowboy picnic at the local park (depending on the weather)
- Have lunch instead of dinner.
- A Back to the 50's hot dogs and milk shakes.

Parent Son Cake Bake

- The banquet is a good time to have a Parent Son cake bake - auction off the cakes and use the money to offset the banquet cost.

Sharing the Cost

- If having it catered or at a restaurant, decide in advance if the pack will cover the whole cost or only half with the parents help. This may determine how many parents can attend.
- This would be a good time to secure donations from your local vendors. See if you can get paper goods donated, beverages or even a cake. Most of these places require a formal letter of request, which can be prepared by the committee.

Recognitions

- Recognition for leaders and special helpers needs to be taken into consideration also. Is there someone who needs a very special gift? Can all the gifts be purchased at the scout store? Do we keep the gifts to the theme as well? This will help to determine costs.
 - Work with the Recognition Committee
- ✓ Recognition Committee
- The B&G Banquet is the only time the Pack Committee Chair steps up to the front of the room to lead the meeting.** While the Cubmaster runs the pack meetings during the year, the Committee Chair hosts the banquet.
- Remember to thank everyone! Parents, Leaders, past and present, special guests.
 - Boy recognition is important, but on this night be sure to provide lots of recognition for the adults.
 - Work with the finance committee on the type and costs of awards to be presented. Hand made and funny recognition are always good sport.
 - Some one needs to remember to get a gift for the Pack Committee Chair!
- ✓ Program Committee
- Program** is still to be prepared by the Cubmaster and Pack Leaders, with some assistance.
- There should be skits and songs, with maybe some imported fun!
 - A clown at the birthday party
 - A trick roper at the cowboy lunch .
 - K-9 dogs if you go with a police theme
- Programs and song sheets** - whatever is needed for information are the responsibility.

SAMPLE PROGRAM

Displays / Gathering
Opening Ceremony with Pledge
Invocation

Short welcome and explanation of dinner serving process

Dinner

Welcome and introduction of special guests
Greetings from Institutional Head

Friends of Scouting Presentation

Entertainment - skits - songs - special fun
(*Maybe a slide show of the pack year*)

Recognition of Tiger Scouts, Cub Scouts and Webelos

Recognition of parents and leaders

Announcements and thanks

Closing ceremony

Dessert

Something new I learned at a Pack by me -

A few years ago I visited a pack who was having their B&G on a Saturday afternoon. I was there for an FOS presentation. They did the recognitions before dinner. They started the program early enough that no one was starving

and needing to eat (as happens with weekday evening B&G's) and did the ceremonies while the serving line was being set up. This had a wonderful effect on the boys - they knew the quieter they were, the sooner they got to eat! Also, they had not already been sitting for an hour and were not getting to the severe antsy stage yet!! We tried it the next year at my pack, and it worked, too!! So think about it, try changing your paradigm (I remember when that term was new and not a cliché) and see what happens!! **CD**

TIPS!! TIPS!! TIPS!!

- ℞ Make sure the food is served HOT!
- ℞ Get an older youth group from your facility to assist - Boy Scout or Girl Scout troop, youth ministry or teen association, with serving and clean up.
- ℞ Plan early!
- ℞ Remember if you fail to plan, you plan to fail.
- ℞ Make reservations well in advance ask for RSVP's so you can plan seating and food accordingly
- ℞ Use all resources available to you
- ℞ Involve THE BOYS - this day is important to them!
- ℞ Keep songs and skits short and simple
- ℞ Keep a sample of your decorations, invitations and a report of your committees for the next committee to reference.
- ℞ Don't get trapped into thinking you MUST do this in February. If space and calendar do not coordinate - use the end of January or the beginning of March.

Some Possible Themes

for Future Years (If we still theme the B&G)

Blue & Gold Gone to the Dogs!!!

Decorate with all dog decorations use Snoopy, Dalmatians, dog houses, people dog biscuits, dog food bowls for ice cream!

Let's go to the Circus!

balloons, cotton candy, peanuts, three rings (for awards), leaders as clowns, juggling

Sports!!!

Use baseball bats, bases (for awards) scoreboard, pennants, football helmets, hockey sticks, soccer shirts, goal posts. pom poms

Olympics

medals, trophies, 5 ring flags, theme music, torch, food from foreign countries, country flags (let each den be a different country)

Indian Lore

Teepees, bow/arrows, dream catchers, animal hides, drums, totem poles, horses, peace pipes, campfires, tomahawks

World of Transportation

decorate with cars, trucks, trains, busses, boats, planes, luggage, tickets, passports, conductor, road maps, road signs, billboards, gas stations, dress Cubmaster as cruise ship captain

Patriotic/Presidents

flags, eagles, bunting, town crier, 1776 scroll, buttons, slogans, donkeys, elephants, constitution, quill pens, president pix, White House

Southwest

pebbles, cactus, rocks, sunsets, pottery, rugs, music,

Western

cattle, brands, campfires, chuck wagons, fences, hay bales, wagon wheels, bandanas

Luuu

palm trees, mats, mu mu's, leis, music, pineapples, coconuts, volcanoes, tiki's, hula skirts, surfboards

Seaworthy/Pirates

lighthouses, waves, fish, beach, shells, boats, fish nets, coral, ships, treasure chests, Jolly Roger, eye patch, gold doubloons, maps, parrot, cannons

Holidays

use the standards - Christmas, Valentines, and Thanksgiving

School/Library

books, stands, cart, card catalogue, Dewey Decimals, chalkboards, report card, apples, rulers, dunce cap, letter charts, globes, bell

Knights

banners, armor, knights, castles, jousting, dragons, swords, shields

Jungle

animals, trees, vines, bushes, Tarzan

Noah's Ark

ark, animals, rainbow, dove, olive tree

Garden

tools, wheelbarrow, plants, flowers, gloves, birds, branches, nest, birdseed, birdbath, bird feeders, bees, hives, honey, clover, honeycomb, clouds, trees, baskets

Outer Space

Rockets, stars, aliens, planets, space suits, moon rocks, mission control panel

Round the world

Have each den be a different country (check the ones who have scouting and see who there program operates) do food, flag, promise in that language, costumes, scout uniforms, artifacts, customs

Asian

Chopsticks, origami, silk, kimonos, hats, dishes, lanterns, tea sets

Also, check the Blue & Gold section in the How To Book, page 6-3

SPECIAL OPPORTUNITY**New Sports and Academics Subjects**

www.ussscouts.org Staff
& <http://kismif.org/>

There will be 13 new Sports and Academics subjects available soon. There is a detailed posting with apparent requirements on www.ussscouts.org. The catalog numbers for 11 of the subjects are already in the BSA Official Insignia Guide. The new subjects are:

Academics

1. Disabilities Awareness (17861-Loop, 14700-Pin)
2. Family Travel (17862-Loop, 14701-Pin)
3. Good Manners (17863 – Loop, 14702-Pin)
4. Nutrition
5. Pet Care (17869 – Loop, 14703-Pin)
6. Photography (17870 – Loop, 14704-Pin)
7. Reading and Writing (17871-Loop, 14705-Pin)
8. Video Game (17868 – Loop, 14710-Pin)

Check the requirements at

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

Sports

9. Hiking (17865-Loop, 14707-Pin)
10. Hockey (17864-Loop, 14706-Pin) (*Ice & Roller!*)
11. Horseback Riding (17866 – Loop, 14708 Pin)
12. Kickball
13. Skateboarding (17867-Loop, 14709 – Pin)

Check the requirements at

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

<http://kismif.org/> (A Great site for Cub Scouters!) posted this info first!! On November 19, the Scoutstuff Facebook page announced that the new Cub Scout belt loops should be in scout shops by the end of November.

In an E-mail dated December 3, 2009, Bob Scott, an Innovation Team coordinator, said the new belt loop requirements will on www.scouting.org within a week.

Good Turn For America

Sam Houston Area Council

From barn raisings to soup kitchens, ordinary Americans have always made an extraordinary difference in the lives of their neighbors and in their communities by lending a helping hand. Today, America needs the service of its citizens more than ever. Hunger, lack of adequate shelter, poor health—these are issues that affect all of us. The Boy Scouts of America believes that we can do something about these issues—if we work together. That's why we've created Good Turn for America. Good Turn for America is a collaboration with The Salvation Army, Habitat for Humanity, American Red Cross, and thousands of other community organizations that focuses the power of volunteerism on these important community issues. For information, visit <http://www.goodturnforamerica.org/>

A Good Turn is more than simple good manners. It is a special act of kindness.

The Boy Scout Handbook, 11th Edition, p. 55



*Kommsioner Karl
Seneca District, Buckeye Council*

The Boy Scouts of America's Good Turn traces back to American businessman William D. Boyce who was lost in a London fog. A boy offered to take Boyce to the address he wanted and refused a tip, saying he was a Boy Scout. Boyce's curiosity was aroused. He later had the boy take him to Scouting's British founder, Lord Baden-Powell. From this chance meeting, the Boy Scouts of America was born.

Since 1912, Boy Scouts nationally have been called to serve, from selling war bonds during World War II to collecting canned goods in the 1980s.

Good Turn for America is a national call to service by the Boy Scouts of America to address the issues of hunger, homelessness, and poor health in our nation.

In this effort, the Boy Scouts of America is partnering with some of the nation's most respected service organizations, including The Salvation Army, Habitat for Humanity, and Special Presentation the American Red Cross. These organizations, and thousands of others, will work to provide opportunities for youth and volunteers to fight hunger and homelessness, and teach the habits of healthy living. Youth and volunteers are looking for ways to serve their communities. At the same time, service organizations need dedicated volunteer help. By working together, we can improve our young people, our communities, and the nation.

Project Ideas

- The project should be age-appropriate. Youth should not be asked to participate in activities that are beyond their physical, mental, and emotional capacity.
- There should be proper adult supervision during all phases of the project.
- Appropriate safety guidelines related to the project should be communicated to all participants.
- Those within Scouting should follow the Guide to Safe Scouting.

Food drives

- Conduct or expand Scouting for Food programs
- Participate in collaborative food drives and collect food donations for food pantries

Provide meals to the hungry

- Assist agencies that provide meals to the needy by helping them prepare and serve the meals
- Help deliver meals and food to the homebound and elderly in conjunction with organizations such as Meals on Wheels

Assist organizations that build homes for the needy

- Take part in a Habitat for Humanity homebuilding project
- Assist community beautification projects, including repairing/repainting homes and sprucing up the yards of those in need
- Assist organizations that provide home maintenance services for those in need

Assist shelters and their occupants

- Collect clothing, toiletries, and supplies for people living in shelters.
- Collect books and school supplies for children living in shelters
- Collect toys and gifts for children of prisoners or those living in shelters
- Conduct visits and reading programs for residents
- Conduct entertainment programs for residents
- Provide other volunteer services that improve the quality of shelter life
- Conduct a fund-raiser for a not-for-profit shelter

Offer unit-level community and school-based sports and fitness clinics

- BSA Physical Fitness Award and the Venturing Quest Sports and Fitness Award
- Take a unit hike day/weekend
- Fun run/walk/cycle event
- Scout field games

Conduct a community health awareness project

- Blood drives
- Distribution of healthy living and drug abuse awareness literature
- Distribute organ donor cards to the public
- Conduct a child fingerprinting event

Conduct service projects to build healthier environments

- Tree-planting and revegetation projects
- Park or camp trail maintenance and repair
- Projects to enhance wildlife habitats
- Conservation and recycling projects
- Beautification and litter cleanup projects

How Do I get Involved?

- ★ Go to <http://goodturnforamerica.org/>
- ★ Click on the "TELL US ABOUT YOUR PROJECT" in the left side menu.
- ★ Click "click here to log in or create an account."
- ★ Click the red underlined "Click here."
- ★ Click "I agree."
- ★ You will need your unit Good Turn for America Unit ID number for the first line. You may get this from your District Executive.
- ★ Complete the rest of the information on this page to complete your account creation. Be sure to let others in your unit know what your unit's ID, registration and password is so they can log their hours as well. Or designate someone to enter all of the information for your unit and have the den leaders submit the necessary information to them for entry.
- ★ When you need to enter your service hours, be sure to login from the "Tell us about your project" menu selection. Simply follow the prompts to enter your project hours and details. The website will keep track of the information for you.

Information you will be asked to provide will include:

- The organization or group benefiting from the project
- Partnering organizations
- Date of the project
- Number of Scouts participating
- Number of non-Scouts helping
- Number of adults participating
- Total hours worked

Service projects may be entered throughout the year as they are done, no matter how big or small. After you enter the data for each project, your unit will be eligible to receive the Good Turn for America patch and year segment which can be obtained from the Scout Shop.

Boys' Life Reading Contest for 2009



SAY 'YES' TO READING

Enter the 2009 Boys' Life Reading Contest

Write a one-page report titled "The Best Book I Read This Year" and enter it in the Boys' Life 2009 "Say Yes to Reading!" contest.

The book can be fiction or nonfiction. But the report has to be in your own words — 500 words tops. Enter in one of these three age categories:

- * 8 years old and younger
- * 9 and 10 years old
- * 11 years old and older

First-place winners in each age category will receive a \$100 gift certificate good for any product in the Boy Scouts official retail catalog. Second-place winners will receive a \$75 gift certificate and third-place winners a \$50 certificate.

Everyone who enters will get a free patch like the one shown above. *(And, yes, the patch is a temporary insignia, so it can be worn on your Cub Scout or Boy Scout uniform shirt, on the right pocket. Proudly display it there or anywhere!)* In coming years, you'll have the opportunity to earn different patches.

The contest is open to all Boys' Life readers. Be sure to include your name, address, age and grade in school on the entry.

Send your report, along with a business-size, self-addressed, stamped envelope, to:

Boys' Life Reading Contest, S306
P.O. Box 152079
Irving, TX 75015-2079

Entries must be postmarked by Dec. 31, 2009 and must include entry information and a self-addressed, stamped envelope.

See 2008's winners posted at - <http://boyslife.org/home/7322/2008-boys-life-reading-contest-winners/>

For more details go to www.boyslife.org

Knot of the Month

Have a Committee Chair or Cubmaster that has been there along time and you think is great, see if they have already earned these and if not, help them along. Fill out their paper to get them the honor they deserve! CD



James E. West Fellowship Award



What is a James E. West Fellowship Award?

The James E. West Fellowship Award is a recognition presented by local councils to individuals who contribute \$1,000 or more in cash or securities to the local council's Endowment fund. This contribution is in addition to, and should not diminish or replace, the donor's annual gift to the Friends of Scouting Campaign or other council fund raising campaigns.

Who was James E. West?

James E. West was appointed to the position of Chief Scout Executive in 1910 by the founding leadership of Scouting in America. West worked with Sir Robert Baden-Powell, Daniel Carter Beard, Ernest T. Seton, and many interested community leaders to give direction to the infant program of Boy Scouts of America. On January 2, 1911, West and others formed the National Council, B.S.A. Under his leadership over the next 33 years, Scouting grew and matured into the program we recognize and enjoy today.

Who can Become a James E. West Fellow?

Organizations or individuals may contribute an award in honor of someone -- an Eagle Scout, a Silver Beaver recipient, Council, District or unit Scouter, or in memory of a departed loved one. There can be no finer honor paid to a Scouter than to be named a James E. West Fellow, indicating that the nominee is in the same spirit and dedication to Scouting as was James E. West.

How is the James E. West Fellowship Recognized?

The James E. West Fellowship Award is an attractive 8 X 10 inch certificate, personalized with the honorees name, date of gift and presented in a bound leather presentation folder. In addition, there will be a distinctive lapel pin and an embroidered square knot.

And be sure your Committee Chair gets the Training Award they have earned. The Committee Chairs make sure you get yours, you make sure they get theirs!!-

Cub Scouter Training Award

Kommisioner Karl



The Cub Scouter Award is available to all registered adult leaders in the Pack, including committee members. The requirements focus on building a better or more effective Pack program. You must complete two years a registered Scouter, fast start, basic and specific training for any position, and be current with Youth Protection Training. In addition, you must complete 5 of 10 options for providing leadership to the pack, via planning special events, training, promoting program basics or assisting program ideas for other leaders. For a downloadable progress record and to see these options, go to:

<http://www.scouting.org/filestore/pdf/34169-54.pdf>

Chances are, if you are working as a den leader in your Pack; you will complete these requirements over the two years that you are not earning your Den Leader and Webelos Leader awards. You may have Pack Committee members that have done this as well, so get them to training and get them their recognition!

For information on all Cub Scout Leader Awards go to:

<http://www.scouting.org/cubscouts/resources/CSLeaderRecAwards.aspx>

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

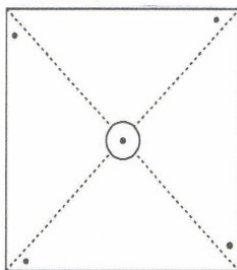
Three ways to make a pinwheel - do your best!! CD

Pencil Pin Wheel

Utah National Parks Council



- ✓ Enlarge and copy pencil pinwheel pattern.



- ✓ Write one of the following along each of the four dotted lines. Write it on the side of the dotted line without the big dot. The four words are WATER, SOLAR, WIND, CUB SCOUT.

- ✓ Cut on dotted lines and glue edge dots to middle dot.
- ✓ Push thumbtack or straight pin through middle into eraser.
- ✓ Copy large arrow and thumbtack to back of eraser.

Rocket Pinwheel

Las Vegas Area Council

Need: wooden pencil with eraser, straight pin, round party balloon, flexible soda straw, scotch tape

Directions:

1. Stretch and inflate the balloon to stretch it.
2. Slip the end of the balloon over the end of the straw furthest away from the bend.
3. Use a piece of tape to seal it to the balloon to the straw. The balloon should inflate when you blow in the straw.
4. Bend the opposite end of the straw at a right angle.
5. Lay the balloon and straw on an outstretched finger so it balances and mark the balance point.
6. Push the straight pin through the straw at the balance point and into the eraser of the pencil, then into the wood itself.
7. Spin the straw a few times to loosen the hole the pin has made.
8. Blow in the straw to inflate the balloon and then let go of the straw.

Pinwheel

Baltimore Area Council

Materials: Construction paper, brad, penny, straw, hole punch, scissors, pencil

Directions:

- ✓ Cut paper into a 6" x 6" square.
- ✓ Draw diagonal lines from corner to corner.
- ✓ Using the penny, trace a circle in the center.
- ✓ Cut the diagonal lines to the edge of the circle in the center.
- ✓ Close to the outer edge of the paper and just barely to the right of each cut, punch a hole in the pinwheel. Also, punch one hole in the center.
- ✓ Punch a hole through the top of the straw using a hole punch.
- ✓ Fold each corner, without creasing, to the center and fasten together with the brad.
- ✓ Push the brad through the hole in the top of the straw and loosely fasten the brad.
- ✓ Hold it in the wind. Your very own pinwheel!

GENIUS KIT

Great Salt Lake Council

Place in a bag for each boy:

- | | |
|---------------|----------------------------|
| Cups | Tooth picks |
| Tape | Straws |
| Pipe Cleaners | Newspaper |
| Index cards | any thing you can think of |

Hand the bag to a boy or family or den, have him/them make something using the items in the bag.

Types of Fuel Wordsearch
Utah National Parks Council

Types of Fuel

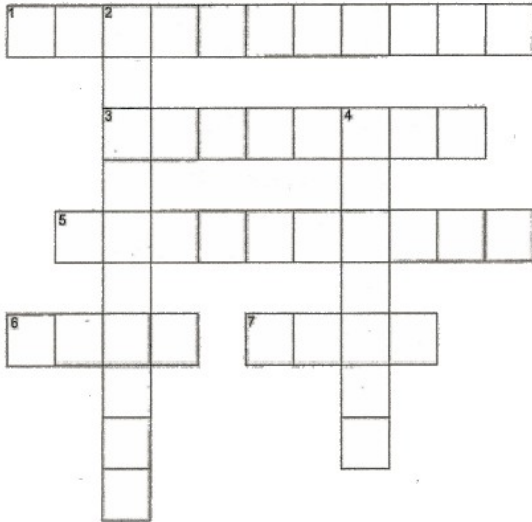
N J
 B U F B
 L M S I X L
 F F J X W G
 N N U C L E A R
 V I Q V G M C A
 T V L W Q W O W Y I
 Q N I W A A H I T R
 J H T T L G I N C N
 E E I C L C D O
 R U G V E R S U
 K N T V A C
 O I L G C E
 K Q A I
 J W

Find these words in the words search above

- | | | |
|------|------|---------|
| Coal | Gas | Nuclear |
| Oil | Sun | Water |
| | Wind | |

Energy Word Puzzle

Utah National Parks Council



Across

- 1 - This powers our light bulbs
- 3 - A form of transportation that burns fuel to move (Hint - It flies)
- 5 - Propane turns into a liquid after this has been done to it
- 6 - A black rock full of energy
- 7 - In the US, ethanol is made from this plant

Down

- 2 - When a drop of water becomes invisible it does this
- 4 - The color black does this to solar energy

SIMPLE SCIENCE EXPERIMENTS

Great Salt Lake Council

Have your den chief help the boys with some of the science experiments. Maybe do 1 or 2 a week at gathering or devote a meeting to experiments.

DANCING RAISINS: Pour a can of sprite into a jar and then drop raisins in. The carbonation picks the raisins up and gravity pulls them down.

PLEASE SQUEEZE: Make sure your hand does not have any rings or hard objects in it. Then hold a raw egg in your hand over the sink. Squeeze as hard as you can. The egg does not break!

BALLOON HOVERCRAFT: You will need a large balloon. Cut off top from a plastic soft drink bottle with a 1/8-inch hole in the cap. (Make sure the rim is perfectly flat). Blow up the balloon then pinching the neck to keep the air in, stretch the mouth over the bottle top. Once the balloon is secure, let go of the neck, and watch it go!

FLOATING METAL: You will need a glass of water, and a paperclip. Fill a glass with water and rest a paperclip on the surface.

BREAKING THE TENSION: You will need 4 toothpicks, shallow dish of water, dish soap, dropper. Fill the dish with water and allow it to settle so that the surface is completely smooth. Carefully float the toothpicks on the surface of the water, arrange into a star shape. Using the dropper add a drop of dish soap to the water in the center of the dish. This breaks the tension and the toothpicks are instantly drawn outward by the stronger surface tension around the edge of the dish.

SNAKE CHARMING: You will need tissue paper, silk handkerchief, plastic pen, metal plate or tray. Cut a spiral from a circle of tissue paper, lay the tissue paper spiral on the metal plate, and use the charged pen to draw the center of the spiral gently into the air. How to charge the pen: rub the plastic pen vigorously on the silk.

REFLECTING POWER: You will need a flashlight, small flat mirror, white cardboard, and matte black cardboard. Prop up the mirror and white cardboard at an angle to each other. In a dark room, shine the light onto the mirror. Replace the mirror with a white card. Then replace that with black cardboard. See what reflects the most light.

COKE BOTTLE BALLOON FILLER: You will need a coke bottle, balloon, 1/4 cup vinegar, and 1/4 cup baking soda. Place baking soda in the coke bottle. Pour vinegar into the balloon. Fit the top of the balloon over the top of the bottle and flip the balloon so that the vinegar goes into the bottle. The gas formed from the mixture will blow the balloon up so that it will stand upright on the bottle and begin to expand.

OPENING CEREMONIES

Cub Power Opening Ceremony

Utah National Parks Council

Have the Cubs make up 8 1/2 X 11 sheets with the letters spelling out "CUB POWER" using really "electrifying" colors. Put their parts on the back in LARGE type.

- Cub #1:** C — Cub Scouts are the brightest.
Cub #2: U — You will see tonight.
Cub #3: B — Because we really can,
Cub #4: P — Power up the night.
Cub #5: O — Our leaders always tell us
Cub #6: W — We will have great fun.
Cub #7: E — Everyone will know
Cub #8: R — Really! Cub Scouts are Number One!
Leader: Let's start our fun off tonight with the Pledge of Allegiance.
(All stand, salute, and say the Pledge.)
ALL: At the very end of the Pledge, the Den can shout out "Cub Power" like people shout "play ball" at ball games.

Power Up Opening

Las Vegas Area Council

Personnel - Den of Cub Scouts with props named in ceremony, Cubmaster (CM)

- CM:** Our theme for the month is Power Up! There are different types of power we use every day of our lives.
 There is solar power (have a **Cub Scout** walk on with exaggerated sunglasses, shining a flashlight in his own face)
 Electrical power (have **Cub Scout** walk on with extension cord)
 There is even wind power (have a **Cub Scout** walk on blowing a pinwheel).
 But there is one source of power that is untapped - CUB SCOUT POWER! (Whole den runs in)
 Please rise and join us in the Pledge of Allegiance.

Power Opening

Utah National Parks Council

Have the Cubs make up small posters with the letters spelling out "POWER" and maybe an appropriate picture, too. on front Put their parts on the back in LARGE type.

- Cub #1:** P - Perseverance to keep trying until we succeed.
Cub #2: O - Open to new ideas and ways to develop new skills.
Cub #3: W - Willing to test our limits and beyond.
Cub #4: E - Eager to help others whenever we can.
Cub #5: R - Ready to have fun and adventure.
ALL: The POWER is within each of us. It is in each of us whether or not we decide to turn it on.

Opening Ceremony I

Utah National Parks Council

- ☞ The room is darkened (dimmed lights). A den of boys comes out playing with pinwheels, hand-held electronic games, solar- powered calculators, etc.
 ☞ The Cubmaster, using a flashlight, walks over to turn on/up the lights in the room.
 ☞ One boy looks at his watch and says, "Wow, it's time to go, so they can get on with the show!" The boys hurry to their seats.
 ☞ **Cubmaster:** I'm sure you know by now that this month's theme is "Power Up!", one of the most powerful things here tonight is the Power of Scouting. Will the boys of den _____ please present the Colors.

Scientific Genius

Baltimore Area Council

The scene is the launching pad of a large rocket, which can be cut from a large piece of cardboard.

There is an elaborate countdown, but the rocket fails to go off at zero.

All those present inspect it, and check on a number of highly scientific sounding devices: the supersonic sector wire, the exhaust fin fan stand, etc. All seem perfect.

Finally the smallest boy says: "I've found the trouble. Somebody forgot to put in the fuel! Would everyone help me put the fuel in our program, by joining me in the Pledge of Allegiance?"

That's What It Means to Be an American

Great Salt Lake Council

Setting: Six uniformed Cub Scouts, carrying suitable props (such as a megaphone, pen and paper, model of a church, and a star) or posters with appropriate pictures speak the following lines.

- Cub #1:** You can say anything you want to say,
 Whoever you may be.
 Some things cost a lot of money,
 But speech is free.
- Cub #2:** You can write anything you want to write and dare to disagree.
- Cub #3:** You can't be put in prison, unless you've been fairly tried.
- Cub #4:** You can choose your place of worship with your family by your side.
- Cub #5:** You can dream any dream you want to dream,
 And make it all come true.
 We live in a land where liberty
 Is meant for me and you.
- All:** That's what it means to be an American.
- Cub #6:** Please stand and repeat the Pledge of Allegiance with me.

Responsibility*Great Salt Lake Council*

One of the Cub Scout core values is responsibility. How does a Cub Scout show he is responsible? He does that by fulfilling his duty to God, country, other people, and to himself. The power lies within each one of us to accept responsibility for our own actions. We can choose to react to the actions of others whether those actions are bad or good. The better path for the Cub Scout is to act responsibly and be a good example for others to follow. Please stand and repeat with me the Cub Scout Promise.

AUDIENCE PARTICIPATIONS

Franklin Discovers Electricity*Utah National Parks Council*

Divide audience into four parts. Assign each part a word and a response. Instruct them they are to say the response whenever they hear the word. Practice as you make assignments.

Franklin:	"A Penny Saved!"
Lightning:	"Zap-Zap-Zap"
Experiment:	"Try it! Try it! Try it!"
Electricity:	"Shocking!"

It was the 1740's when Ben **FRANKLIN** started working with **ELECTRICITY**. He conducted many different **EXPERIMENTS** to try to understand more about it. His most famous **EXPERIMENT** being his kite flying one in Jun of 1752. **FRANKLIN** believed that **LIGHTNING** was a flow of **ELECTRICITY** taking place in nature. To test his hypothesis, he tied a metal key to a child's kite and flew the kite during a thunderstorm. The key became charged with **ELECTRICITY**, and Ben had proof that **LIGHTNING** is really a string of **ELECTRICITY**. His kite **EXPERIMENT** and his others helped him develop many of the words and terms that we still use today when dealing with **ELECTRICITY**: charge, discharge, conductor, minus, plus, electrician, electric shock, and others.

FRANKLIN'S numerous experiments with **LIGHTNING** led to his invention of the **LIGHTNING** rod. The **LIGHTNING** rod is used to protect buildings and ships from getting struck by **LIGHTNING**. Benjamin **FRANKLIN** was a huge contributor to the field of **ELECTRICITY**. He is said to be the first man to discover anything spectacular about **ELECTRICITY**, and he is well known by people everywhere for that.

Unlike some other inventors in **ELECTRICITY**, **FRANKLIN** did not spend his entire life working with it. He invented many other things that had nothing to do with **ELECTRICITY**, such as bifocals, the **FRANKLIN** Stove, and the odometer. In 1831, he founded what is considered as the first public library. He wrote Poor Richard's Almanac, which was published from 1732 to 1757. He also established the first fire department, and a police force. **FRANKLIN** was also a huge political power in colonial America. Benjamin **FRANKLIN** died at age 84 on April 17, 1790. He will forever be remembered for his contributions to **ELECTRICITY** and the rest of the world.

LEADER RECOGNITION

101 WAYS TO RECOGNIZE LEADERS*Southern NJ Council*

Recognition is a means of encouraging Scouting volunteers and sustaining their morale. It is one way of having them want to remain with the Scouting program. Recognition, in general, can take three forms:

Embroidered knots – Awards earned by Leaders who complete specific trainings, certain tenure, and performance requirements. The council awards the knots; the forms can be obtained at Council headquarters, filled out and returned to the council service center. Awards are usually presented at Roundtables, however, the unit will want to present it again or recognize those Leaders earning awards at the pack meeting.

Official BSA Awards – BSA has an extensive number of official awards and jewelry available at Council headquarters and through the BSA catalogue.

Awards from the heart – These are usually pun and fun awards. They are normally found or concocted and are often the most common and the most fun to present.

Remember – these should be fun – not hurtful.

Adult recognition may not be your first priority when dealing with Scouts, however, you better make it a priority or you may find yourself Scouting all alone.

PUN AND FUN AWARDS

The following are some "awards" that you can make and present to your adult leaders for all of the help that they give. Most of these awards could be mounted on a wooden base, or hung on yarn, string, or leather to be worn around the neck. They should also be personalized with the recipient's name and date painted on them.

1. Super Cleaner Award – for the person who always sticks around to clean up (a tattered washcloth or bar of soap with a Scout decal painted on with acrylic or a monogrammed broom painted in Scout colors with the appropriate Scout decal attached).
2. Sticky Award – for the person that always gets you out of sticky situations (a cactus plant in a Scout decorated pot, glue with Scout decal on it, or a package of bubble gum).
3. Timer Award – for the referees or timers of races (egg timer, magnifying glass, or a pair of neckties – for those "neck-in-neck ties").
4. Pear Award – for a great "pair" (a plastic pear) a present to a "great team".
5. Cubby Award – for outstanding performance (like an Emmy, cut out a profile of a scout's head, mount on wood).
6. Top Award – for the person who is "TOPS" (a small toy top).
7. First Aid Award – for the person giving you aid when you needed it (mounted band aid, or box of band aids with Scout decal on it).

8. Crutch Award – for the person on whom you can always lean (mount small crutch, or branch shaped like a crutch on a base).
9. Key To Successful Scouting – for the people who are the keys to the success of the program (cut out a giant key, paint recipient's name on key, hang with string for necklace or mount).
10. Good Egg Award – for a person who comes through or doesn't crack under pressure (spray a plastic Easter egg in Scout colors, or white and yellow fun foam cut in shape of a fried egg).
11. Measure Up – for the person whose performance set the standard (a ruler with recipient's name painted on it).
12. Order of the Bear – for the person who did a "beary" good job, made things "bearable", or did their "beary best" (any type of bear with recipient's name on medallion hung from neck of bear).
13. Helpful Paw – for those who lent a "paw" (use ink pad, mark paw prints on a leather round and hang it on a long piece of leather as a necklace).
14. Whale Award – for the person who does a whale of a good job (can be a toy or cut out of a whale).
15. Puzzle Award – for the person who makes the pieces fall into place (small child's puzzle minus 1 piece, put together and mounted on a piece of wood).
16. Footballer Award – for the person who isn't afraid to tackle any job (small plastic football helmet, or a small football).
17. Hop to it Award – for a "hopping good job" or someone who "hopped to it and got it done" (mount a plastic frog or frog sticker).
18. Telephone Award – for the person who reaches out to help (small telephone on base).
19. Firecracker Award or Dynamite Award – for the person who did a "bang up" job (small firecracker made of chenille sticks in red, white and blue with ribbon or mount a firecracker).
20. Shovel Award – for the person who really digs in to help (spray paint a plastic shovel in Scout colors, write recipient's name across blade).
21. Whisk Award – for the person who is un "beat" able at "whisking" our troubles away (small whisk broom or kitchen whisk).
22. Order of the Level – for the person who is one bubble sort of plumb. Mount a small level.
23. Rite on Award – for the person who is on the "right trail" (pencil with ribbon pennant put on top).
24. Apple Award – for the person with great "appeal" (real or plastic apple).
25. Cone Award – for the person who can lick any job (mount ice cream cone on base).
26. Top Banana Award – for the person who is in charge (plastic, real, or banana sticker).
27. Fire Hat Award – for the person who came to the rescue (child's play fire hat).
28. Heart and Soul Award – for the person who put their heart and "sole" into their work (mount a small wooden heart on leather and place a cut out of the sole on a shoe on top).
29. Big Idea Award – for a person with big ideas (spray light bulbs in Scout colors and put on a plaque, two Christmas tree bulbs work well, each in Scout colors).
30. Lifesaver Award – for the person who saved the day (mount a lifesaver on a plaque, or a package of Lifesavers).
31. Pat on the Back – for a job well done (cut out a wooden or fun foam hand, place a hole in the bottom and tie a ribbon on that will fit over someone's head, place it on backwards so that hand is on their back).
32. Spark Plug Award – for the person who "sparks" up your meetings (attach a spark plug to a plaque, make a tie slide from a spark plug, or attach plug to ribbon for a necklace).
33. Go For Awards – for the person who always runs errands or provides transportation (a toy car).
34. "YDG" Award – for the person who deserves "Ya Done Good" (cut out letters from fun foam).
35. B.S.A. 13 Hour Clock – for the leader who is very busy and still finds an extra hour to get the job done (make a clock face with "13" hours).
36. Hula Hoop – for the Scout leader to "jump through" those trying situations.
37. Loose End-er Award – for den leaders "tying up" all those loose ends (a piece of rope with lots of knots tied in it).
38. Bull Horn Award – for a leader who gets others attention (toy megaphone with recipient's name painted on it).
39. Water Can Award – for the leader who helps the unit grow (a toy water can with their name painted on it).
40. Tulip Award – for the leader who doesn't hesitate to spring into action (wooden, plastic, or real tulips painted in Scout colors).
41. Links to Scouting – for a Webelos leader who has prepared the boys for Boy Scouting (attach links of chain to a plaque).
42. Raise in Pay – for the leader who deserves a "raisin" pay (small box of raisins).
43. Exploding into Scouting – for the new den leader or patrol that took off into Scouting (a box of Atomic Fire Balls).
44. A Big Kiss Award – a bag of Hershey Kisses
45. The Big Headache Award – for the den leader who gave me the biggest pain (a bottle of aspirin, be careful with this one).
46. Old Fossil Award – for the person who's been in Scouting the longest (a rock with a fossil in it).
47. Gift of Time – for the person who needs just a little more (a small bottle (baby food jar), spread glue on the inside; shake the spice thyme on the inside. Repeat until the inside of the glass is covered. Put top on jar when dry).
48. Right Direction Award – for the person who keeps the unit headed in the right direction (a small play compass).

49. Always a Winner Award – for the person who is always a winner (the ace, king, queen, jack, and ten of the same suit).
50. Good Cheer Award – for the person who is always cheerful (a box of Cheer laundry detergent).
51. Bounce Award - for the person who is enthusiastic (a box of Bounce laundry softener).
52. Flex Award – for the most flexible person I know (a bunch of rubber bands).
53. Light Award – for the person who is always there to lead us out of the darkness of confusion (candles in Scout colors).
54. Gift for the Treasurer – a small bag of gold foil covered chocolate coins.
55. A Real Peach Award – for the person who is a real peach (a can, real, or plastic peach).
56. Joy Award – for the person whom is always a joy to be around (a bottle of Joy detergent).
57. Zest Award – for the person who is always full of “zest” (a bar of Zest soap).
58. Honey Award – for the person who is a real “honey” (a jar of honey, or a Bit-o-Honey candy bar).
59. 1 Hour a Week Award – for any leader (a cardboard clock with only 1 hour on it).
60. Look Up To You – for the leader who sets the example (large wiggle eyes of a large fun foam or felt U).
61. Tea-riffic Scout/Scouter Award – tea bag mounted on wood or cardboard
62. Order of the Spare Marble – for the person who’s lost ‘em (a marble glued to a small piece of wood or to a string).
63. Berry Good Job – for the person who did a “Berry Good Job” (a wax or plastic berry mounted to a piece of wood).
64. Heads Up Award – for the person who is heads above the rest (a plastic head mounted above a piece of wood. Use a piece of wire to keep the head above the wood).
65. Hats Off Award – for someone we take our hats off to (an old hat mounted on a piece of wood).
66. Right Foot Award – for those who got us off on the right foot (trace a RIGHT foot on a piece of stiff cardboard, fun foam, or felt).
67. Big Heart Award – for those who always seem to have one (trace a very large heart shape on a piece of stiff cardboard and embellish with glitter or sequins).
68. Egg-cellent Job/Idea/Etc. Award – for those who did an excellent job (plastic Easter egg, painted in scout colors, mounted on a piece of wood).
69. Udderly Ridiculous Award – blown up latex glove
70. Well Done – a piece of very dark toast
71. Nuttiest – a bag of nuts
72. Corniest – an ear of corn or can of corn
73. Expanded Our Knowledge – elastic band or large rubber band
74. You Stuck To It Award – roll of tape or bottle of glue
75. Record Breaker (of any kind) – a mounted broken record. (May have to explain this to Scouts!)
76. Fantastic Award – a large paper hand fan, old decrepit electric fan
77. Thanks A Million – clip art of a million dollar bill or fake million-dollar check (sign the check “N. O. Good”). Blow up really big.
78. Covered the Topic – a plastic lid
79. Windbag Award – a blown up bag
80. Right On Target – a target pasted to cardboard or fun foam
81. Kept Up In stitches – a needle and thread
82. Really Tacky Award – lots of thumb tacks mounted on scrap wood
83. Hung In There – anything hanging from something (try to get a picture of the recipient)
84. Worked Like a Dog – a mounted dog biscuit, bone, or small plastic dog
85. Tee-rific – a mounted golf tee
86. The Covered “Dime-An’-Pin” Award – glue a pin to a dime
87. Plunged Right In Award – a small plumber’s plunger
88. Rose To The Occasion – an artificial rose
89. N’ice Job – a box of N’ice cough drops
90. Had A Ball – mount a ball any size, any kind
91. Its “Bean” Wonderful- mount a lima bean or other large dried bean, or can of beans.
92. Bag of Trix Award – Trix cereal
93. Knocked Yourself Out Award – mount a small hammer or mini bat
94. A Real Card – mount a playing card
95. Shining Example – a small flashlight or small mirror.
96. Hornblower – for those who never blow their own horn. Mount a plastic bicycle horn.
97. The Rock Award – for those who are the “rock” of the unit. A small mounted rock.
98. Fizzy Award – an individually wrapped Alka Seltzer.
99. I Can Award – for the Scout/Scouter with the ‘I can do it’ attitude – a large can with a capital “I” drawn on it.
100. For You There Is No Equal – a mounted packet of Equal.
101. You’re Matchless! – an empty book of matches mounted.

ADVANCEMENT CEREMONIES

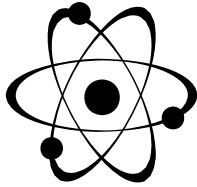
Energy Advancement Ceremony

Utah National Parks Council

For this ceremony, you will need large cardboard cutouts or drawings of sources of energy/power against back wall. If desired, the cutouts could be supported on a stand and have the awards attached to them. If this method is used, have the leader walk to each picture to get the awards as he/she speaks. One person can do all the parts or you can use the den leaders to tell about each rank. (Cubmaster (CM), Assistant CM (CA), Tiger Leader (TL) Den Leader (DL), Webelos leader (WL))



CA (Points to picture of wind) Just as the wind blows and creates energy, our Scouts have created energy in working on their advancements. Our Bobcats have worked hard, and deserve our recognition. Would the following Bobcats and their parents please come forward. Present awards to parents to present to sons. Lead Cheer.



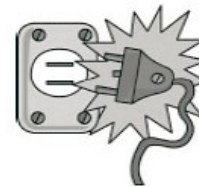
TL (Points to picture of atom) Each atom has lots of energy. By controlling the reaction we harness this power for good. Our Tigers, too, have lots of energy and can get out of control. But when helped by their Adult Partners, their energy is used for good. Would the following Tigers and their parents please come forward. Present awards to parents to present to sons. Lead Cheer.



DL (Points to picture of sun) The sun heats our earth, and provides solar energy for generators. Our Wolves are also full of energy. They have accomplished many feats to earn their awards. Please help me recognize them for their achievements. Would the following Wolves and their parents please come forward. Present awards to parents to present to sons. Lead Cheer.



DL (Points to picture of liquid fuel) Liquid fuel provides the energy to heat our homes, and power our cars and airplanes. This energy has allowed us to Travel far, and discover new things we never thought possible. Our Bears are also discovering new things. They have worked to learn new ideas, and deserve our acclaim. Would the following Bears and their parents please come forward. Present awards to parents to present to sons. Lead Cheer.



DL (Point to picture of electricity) Electricity has changed the way we live. It provides energy to provide light, cook our food, run our computers and control temperature. Just as electricity changed the way we live, so have Webelos changed. They have worked on discovering new activities, and learned about working on their own. They are becoming young men, and growing every day. We are proud of their accomplishments, and wish to honor them with their awards. Would the following Webelos and their parents please come forward. Present awards to parents to present to sons. Lead Cheer.

CM Sometimes our boys seem full of energy. Just as man learned to control energy and create useful power, these boys can use their energy for positive things. Let us commit to helping these boys continue on their path of achievement and become a source of power for others. Lead a final cheer.

Power-ful Advancement Ceremony

Baltimore Area Council

Props: paper pinwheels; tub with boat, pitcher with water to pour into tub; lamp and power source.

CM: All this month we've been talking about power. Our boys have really turned on the power as they used their energy and completed lots of achievements.

CA: First our Tigers. Would the following Tigers and their Adult Partners come forward. (Boys and Partners come forward each carrying a picture of the sun) The sun was the first source of power for humans and the Tiger Den is the first step for many Cub Scouts. The sun kept them warm by day just as it warms our hearts to see our Tigers advancing and learning about Scouting. (Present awards - call each individual and give him recognition. Hand awards to parents with a hearty Thank You so they can present the awards to their sons) Lead a cheer.

CM: Would the following boys and their parents from our Wolf Den(s) come forward? (Boys and parents come, each blowing on their pinwheels) Just as the wind was one of the earliest known power sources, so these young scouts have achieved great and powerful goals as they have earned the Wolf Rank Some have even reached hurricane force winds and achieved greater power by earning additional arrow points. (Present awards - call each individual and give him recognition. Hand awards to parents with a hearty Thank You so they can present the awards to their sons) Lead a cheer.

CA: Would the following boys and their parents from our Bear Den(s) come forward? (Boys and parents come forward each carrying a bottle of water) Let's see you work together to make our boat float. (They pour the

water into the tub, boat floats) The power of water has long been recognized Floods can quickly wash away homes and other structures and cause great destruction; but water is also a power for good-the electricity it generates provides power for many other activities. These boys can choose to channel their energy to destructive or helpful uses. It is their choice. Tonight we have some bears who have showed us the power to do good works. (Present awards - call each individual and give him recognition. Hand awards to parents with a hearty Thank You so they can present the awards to their sons) Lead a cheer.

CM: Would the following boys and their parents from our Webelos Den(s) come forward? (Webelos and parents come forward each carrying a battery.) Webelos and parents, please put your batteries into a flashlight and turn it on. Electricity ... that amazing source of power that has changed our lives forever. A lightning-quick energy is also found in these Webelos Scouts who continue to energetically get more and more activity badges. We commend this highest source of power. (Present awards - call each individual and give him recognition. Hand awards to parents with a hearty Thank You so they can present the awards to their sons) Lead a cheer.

CA: Just as power is all around us, so is there power within us to do great good. If we seek to do our best, to reach out and help others, that power will grow until we can accomplish whatever we want. Let's give these young men some POWERFUL applause!

Energy Advancement

Las Vegas Area Council

Have a group of designated persons - not boys - or arrange to position flashlights to light up the awards table.)

At the designated time, turn off the room lights and turn on the flashlights.

CM: It took a lot of energy to achieve this award. Energy of fathers and mothers to supply materials and support, energy of the leaders to guide and lead the cub scouts and the energy of the boys who devote to complete the achievements to gain this award. Everything worthwhile takes energy. Use your energy wisely.

Call up the boys and their parents. Present awards to parents to present to their sons. Lead a cheer for each group..

Energy

Utah National Parks Council

Setting: A group of Scouts stand with flashlights around the awards area. As the ceremony starts, the lights are turned off so the area is lighted with flashlights, as Cubs and their families are called forward to receive awards.

Cubmaster: It took a lot of energy to achieve this award. Energy of fathers to supply materials and support, energy of mothers to guide and lead the Cub Scouts, and of course (names of Cub Scouts who are receiving awards) who devoted time and energy to complete the achievements and gain this award, and who decided to use this energy wisely. Everything worthwhile takes energy. Use your energy wisely.

SONGS

We've Got That Power

Las Vegas Area Council

Tune: I've got that Cub Scout Spirit

We've got that solar power, giving us heat
Growing the plants, so we can eat

We've got that solar power giving us heat
giving us heat today.

We've got that wind power, blowing on in
Flying our kites, high in the wind

We've got that wind power, blowing on in
Blowing on in today

We've got that water power, rushing right thru
Turning the wheels, making power for you.

We've got that water power, rushing right thru
rushing right thru today.

We've got that Cub Scout power, deep in our hearts
We never rest, doing our best

We've got that Cub Scout power deep in our hearts
Deep in our hearts to stay.

Solar, Wind, Hydro-power

Baltimore Area Council

Tune: The Worms Crawl in, The Worms Crawl Out

The world is full of such wonderful stuff

To give us power, there'll be enough

The sun, the wind and the water too

Can generate- power for me and you.

Chorus:

Day in and out, the sun will shine,

The wind will blow another time.

The water runs down hill into dell

The generator to run as well.

The future's ours to invent and create

A clean-powered world, it's not too late.

We'll run our cars and lawnmowers too

And have clean air and water blue.

Chorus

This Light Of Mine

Baltimore Area Council

Tune: This Little Cub Scout Light of Mine

1st verse: This solar powered light of mine,
I'm going to let it shine.

This solar powered light of mine,
I'm going to let it shine.

This solar powered light of mine,
I'm going to let it shine, let it shine,

Let it shine all the time.

2nd verse: - This hydro-powered light of mine

3rd verse: - This wind-powered light of mine

4th verse: Solar, wind and hydro-power,

We're going to turn it on.

Cook our food and run tile dryer

We're going to turn it on.

Watch TV and surf the net.

We're going to turn it on,

Turn it on, turn it on you bet.

By the Light of My Cub Scout Flashlight

*Utah National Parks Council
Baltimore Area Council*

Tune: By the Light of the Silvery Moon

By the light of my Scout flashlight
Wish I could see, what it was that just bit my knee.
Batteries, why-y did you fail me?
The chance is slim, the chance is slight
I can last through the night, with my Scout flashlight.

Let's Go

Utah National Parks Council

Tune: Row, Row, Row Your Boat

Ride, ride, ride your bike,
Pedal for goodness sake.
Up and down, up and down
How the legs do ache.
Ride, ride, ride your horse,
Following the trail.
On, no, I fell off
I'm glad the horse can't tell.
Ride, ride, ride the bus,
Ride it here and there.
Seeing all the pretty sights
Without a driving care.
Fly, fly, fly a plane,
It's really lots of fun.
Gliding high up in the sky
Just to see the sun.

Mr. Solar Sun

Great Salt Lake Council

(Tune was not in there Pow Wow Book CD)

Oh, Mr. Sun, sun, Mr. Solar Sun
Please give me energy
We use solar power for many things
To light our homes and heat it too
These little Cubs are asking you
To please come out so we can cook some food,
So Mr. Sun, sun, Mr. Solar Sun,
Please give me energy.
So come on and do the things you do.
Oh, Mr. Sun, sun, Mr. Solar Sun
Please give me energy,
Oh won't you give me,
Please give me energy.
Please give me energy!

STUNTS AND APPLAUSES**APPLAUSES & CHEERS**

Utah National Parks Council

Locomotive Applause: Begin by slapping your left arm slowly with your right hand. Gradually increase the speed, working down over the left palm to the end of the fingers. Then place your right hand over your eyes as if peering into the distance. Imitate a train whistle, "Who, whoo."

Electricity Applause: Place both index fingers together and say "Zip, zap, zop!"

Oil Well Applause: Stand up, place both hands overhead and hook thumbs together, Wiggle fingers and say "Gush, gush, gush!"

Fire Applause 1:

- Pretend to gather wood, lay it down in front of you,
- Take a match from your pocket ,
- Strike it and light the fire.
- Blow lightly on the fire,
- Hold out your hands and
- Say "Ooh, ahh, that feels soooo good!"

Fire Applause 2: Hold hands out in front of you as if in front of a campfire, sigh and say, "I feel warm all over."

Fire Applause 3: Shout "Call 911! Call Smokey Bear! The fire's out of control!"

Solar Power Applause: Pretend to slather on suntan lotion, put on sunglasses and sunbathe. Say "The sun—It's a gas!"

Mad Scientist Applause: Pretend to hold up a test tube in one hand. Pour something into it, then add something else, then yell, "BOOM!"

Great Salt Lake Council

Great Job Applause: Group stands and says
"GREAT JOB GREAT JOB GREAT JOB,
getting louder each time.

Electricity: "It's electric!"

Baltimore Area Council

Lightning - Shake your finger like jagged lightning and go "Shh Shah" on each jagged movement.

To add thunder - add a "BOOM" after every 4 +/- lightning jags or so.

Livewire - Pretend to Grab onto a live electrical wire and shake the whole body, while saying "ZZZZZZZ".

Two-handed Saw - Everyone pairs off into two's. Each pair sticks their hands out with their thumbs up. Alternately grab each other's thumbs until all four hands are each holding a thumb. Move arms and hands back and forth as if using a hand sawing.

Carpenter Yell - Pretend to be holding a hammer in one hand and a nail in the other. Start pounding the nail with the hammer while saying, "Where is the electrical hammer? It takes energy but goes faster".

Extension Cord Yell -

Plug it in! Plug it in! Plug it in!

Where is the electric? Where is the electric? Where is the electric?

Use your muscles! Use your muscles! Use your muscles!

Alice, Golden Empire Council

Electric Power Applause: Hold up and shake your finger while saying "ZZZZZZZ"

Solar Power Applause: Use your hands and arms to make the circle of the Sun, then say "Solar Power Up!" while pointing to the sky

Wind Power Applause: Use one arm and hand to describe a windmill turning, while you say "Whoooo, Whooo, Whooo" (the sound of wind)

Water Power Applause: Use one hand and arm to make "waves" while you shout "Water Power – Power Up!"

RUN-ONS Cheerleader

Great Salt Lake Council

Leader: Give me a "B" Cubs: "B"
 Leader: Give me a "L" Cubs: "L"
 Leader: Give me a "B" Cubs: "B"
 Leader: Give me a "L" Cubs: "L"
 Leader: Give me a "B" Cubs: "B"
 Leader: Give me a "L" Cubs: "L"
 Leader: Give me a "B" Cubs: "B"
 Leader: Give me a "L" Cubs: "L"
 Leader: Put 'em together and what do you have?
 Cubs: (Put index finger between lips and say, "Bl-bl-bl-bl!")

JOKES & RIDDLES

Jest for Fun

Utah National Parks Council

Q: What did the baby light bulb say to the mommy light bulb?
 A: I love you watts and watts!
 Q: Why do transformers hum?
 A: They don't know the words.
 Q: Why was the free electron so sad?
 A: It had nothing to be positive about!
 Q: Why did the lights go out?
 A: Because they liked each other!
 Q: Why did the foolish gardener plant a light bulb?
 A: He wanted to grow a power plant.
 Q: How do energy-conscious people feel about wind power?
 A: They're blown away.
 Q: And how do we know that wind power is popular?
 A: Because it has so many fans.
 Q: How did Benjamin Franklin feel when he discovered electricity?
 A: He was shocked.
 Q: What does the nuclear scientist do in his spare time?
 A: Goes fission.
 Q: In which part of the jail are energy criminals kept?
 A: The fuel cells.
 Q: What is burned by cars driven late at night?
 A: Midnight oil.

Alice, Golden Empire Council

Q: What does a nuclear scientist do in his spare time?
 A: He goes FISSION (Fishin')
 Q: How is energy conservation like a baseball team?
 A: Both can use a good switch hitter!
 Q: How many energy students does it take to change a light bulb?
 A: None! They're smart enough to use energy-efficient compact fluorescent bulbs, which rarely need to be replaced.
 Q: What did the solar cells say to their cloudy boss?
 A: We need a RAYS (Raise)
 Q: What renewable energy source is used every day at your school?
 A: Brain Power!

SKITS

Rockets Away!

Utah National Parks Council

Scene 1:

Boys are out in front of audience talking.

Cub 1: I have some boards in my back yard. Let's make something.
 Cub 2: I can get some nails.
 Cub 3: My Dad said I can use his hammer and tools if I'm careful.
 Cub 4: My brother has an old steering wheel in the garage. I'll get that.
 Cub 5: How would you like a compass and some other good stuff?
 Cub 6: I can get some tail pipes for the exhaust.
 Cub 1: What can we use for fuel?
 Cub 2: Gasoline, kerosene or sterno.
 Cub 6: I'm not allowed to use any of that stuff.
 Cub 3: I have an inner tube.
 Cub 4: OK guys, let's all meet at Jack's in half an hour.
 Cub 5: I'll bring some food.

Scene 2:

Boys out of site, lots of background noise— hammering, sawing, etc. Two Moms out in front. Use real Moms - cross dressing is a gray area in Scouting.

Mom 1: I wonder how the boys are doing. Imagine!
 A rocket ship.
 Mom 2: Ha, ha. Well, it kept them busy for a long time.
(In background all boys yell "Bye Mom" or "Tell my mother good-bye.")
 Moms: Oh, sure! Bye boys, have a nice trip. Ha, ha.
(Loud noise in background like a rocket taking off. Curtains begin to blow.)
 Mom 1: Look! They're leaving!
 Mom 2: Oh, no! Come back boys, come back!
(Mothers run offstage after Cubs looking up and raising hands to the sky.)

A Powerful Encounter

Utah National Parks Council

Scene: Benjamin Franklin is standing center stage. He is holding on to a kite string with a large key hanging from it as he stares up into the sky. Optional costume for Ben Franklin: shoulder length wig and round rim spectacles, knickers, large coat and vest. Each boy approaches Ben Franklin one at a time.
 Cub 1: What are you doing, Ben?
 Ben: Flying my kite. I am trying to harness the lightning from that storm cloud. When I do, I think I will call it electricity.
 Cub 1: What can you do with that electricity, Ben?
 Ben: Why, you can use it to make artificial light and do away with those awful headaches from breathing lantern oil fumes.
 Cub 1: That sounds real swell, Ben.
(Cub 1 Exits.)
 Cub 2: What are you doing, Ben?

Ben: Flying my kite. I am trying to harness the lightning from that storm cloud. When I do, I think I will call it electricity.

Cub 2: What can you do with electricity, Ben?

Ben: It will provide the power to grind all of our grain, turn large machinery and even modernize my printing press.

Cub 2: That sounds real swell, Ben.

(Cub 2 Exits.)

Write more little vignettes about Ben so that there will be one for each member of your Den.

Or pair the boys up sending two at a time to meet Ben

Cub 3: What are you doing, Ben?

Ben: Flying my kite. I am trying to harness the lightning from that storm cloud. When I do, I think I will call it electricity.

Cub 3: What can you do with electricity?

Ben: As I see it, the possibilities are endless. The only limitation will be the human imagination.

Cub 3: *(Hands Ben two 'D' cell batteries)* When you catch the electricity, will you put some back into these batteries? Our portable radio quit working about an hour ago.

(Ben stares at the batteries in disbelief and drops the kite string.)

Saved By The Light?

Utah National Parks Council

Characters: Six Cub Scouts in uniform, a Martian

Props: lights, sound effects of a crash

Scene: Wooded area, where several Cubs are sitting around.

Cub 1: Gee, I'm tired. I really think we're lost.

Cub 2: Yeah, I wish we had stayed with (den leader).

Cub 3: She was going too slow, looking at all those boring leaves.

Cub 4: Do you think we'll ever get out of these woods? We could be here forever.

Cub 5: Don't be silly. They'll organize a search party for us soon.

Cub 6: I sure hope so. I'm getting hungry and it's getting dark.

(Stage lights begin to dim and a light appears from offstage.)

Cub 1: Hey look! See the lights!

Cub 2: Yeah, I see it. Looks like they've got a helicopter out looking for us. That's neat. Just like on TV.

All: *(Jumping up and down, yelling and waving their arms.)* Over here! Over here! Come help us! We're lost! Over here! *(More lights appear from offstage. A loud crash is heard.)*

Cub 3: They've landed! Someone is coming through the trees over there. *(Points offstage.)*

(Martian enters.)

Martian *(In Martian accent)*: Could you tell me how to get back to Mars? I was out exploring with my Den Leader, and I got lost!

Energy Skit

Baltimore Area Council

Supplies: pictures/drawings of sources of energy and power

Actors: 6 Cub Scouts each holding a picture with his part on the back in LARGE Type.

Cub #1: *(Holding a picture of the wind)*
The wind blows and creates energy we can use for many things.

Cub #2: *(Holding a picture of the sun)*
The sun heats our earth and provides energy to warm our homes.

Cub #3: *(Holding a picture of a gas station pump)*
Fossil fuels provide the energy to power our cars and airplanes, making it possible for us to go far.

Cub #4: *(Holding a picture of a bolt of electricity)*
Electricity has changed the way we live, providing energy to light up our lives.

Cub #5: *(Holding a picture of an atom)*
Fission and fusion unlock power untold.

Cub #6: *(Holding a picture of a Cub Scout)*
We're full of energy, being a Cub Scout helps us use our power as a positive force for good things.

Light Bulb

Great Salt Lake Council

Equipment: one shovel for each Cub Scout

- Most of the cast has their shovels and are pretending to work hard digging.
- One Cub just stands still with his arm raised.
- A boss comes, and says to the idle man, "Why aren't you working?"
- The man says, "I'm a light bulb!"
- The boss leaves and returns later, only to see the man still standing still.
- The boss again asks, "Why aren't you working?"
- "I'm a light bulb!" he says.
- The boss replies, "If you don't start working I'll fire you!"
- The boss comes back later to see the same thing.
- "You're fired!" he yells.
- The man walks away.
- Everyone else drops their shovels and follows him.
- The boss asks why they are leaving,
- They say, "We can't work in the dark!"

Lost Quarter

Great Salt Lake Council

Equipment: Flashlight

Set Up: Cub #1 and #2 are searching an area; Cub #1 has the flashlight. Cub #2 is searching on the ground in the light from the flashlight. Cub #1 and Cub #2 keep doing this through the entire skit.

Cub #3 walks up and asks Cub #2 what he is doing.

Cub #2, "I dropped my quarter and now I'm looking for it."

Cub #3, "May I help?"

Cub #2, "Sure!"

Repeat this Q&A routine until all your boys have gone except for one.

Cub #X walks up and says to Cub #2, "Watch doing?"
 Cub #2, "I dropped my quarter and now I'm looking for it."
 Cub #X, "Where did you drop it?"
 Cub #2, "Over there." (Pointing to a different spot.)
 Cub #X, "Then why are you looking over here?"
 Cub #2, "Because this is where (Give name of Cub #1) is holding the flashlight."

The Bicycle Shop

Baltimore Area Council

Gray Area Alert -

The "volunteer" from the audience must know in advance and play it up properly so all know he/she is in on the joke. DO NOT EMBARRASS or MAKE FUN OF ANYONE!!

(The scene begins with three players on their hands and knees, in a row, as bicycles)

Shop Owner: Well, here we are, three brand new bicycles all set up for sale.

Customer: (Entering) Hi! I'd like to buy a manual bicycle. Those electrical ones are too fast.

Shop Owner: Sure thing. Why don't you try them on for size?

(Customer sits on the first bike and it falls down. The second is too big, while the third is too small.)

Customer: I sure like the first one. Let me try it again.

Shop Owner: Why not? (Setting up the bike again.) There you are its all set up again.

(Customer sits on it, and again it falls down.)

Customer: I don't know. I really like this one but it keeps falling down. I'm afraid it's not made well enough.

Shop Owner: Our bicycles are all very well made. It was just assembled this morning, and it may need a little adjustment. Let me get some help.

(A volunteer from the audience is chosen, who is instructed to help one 'wheel' of the now upright bicycle.)

Customer: (Sitting on the bicycle) That's perfect now. What was the problem?

Shop Owner: Oh, we just changed it to a manual bicycle and we needed a big nut to hold it together!

New Saw

Baltimore Area Council

Announcer: This scene takes place in a hardware store in a small north woods lumber town.

Lumberjack: (Enters) My old crosscut saw is worn out, and I need something that will let me cut more wood, or I'm going to go broke!

Owner: Yes sir! For only one hundred bucks you can be the proud owner of this electrical chain saw. I guarantee that it will cut twice as much wood in a day as your own crosscut.

Lumberjack: (Handing over money) O.K. great! (Exits)

Announcer: The next day.

Lumberjack: (Enters tiredly) There's something wrong with this saw. I worked very hard yesterday, and it would not cut any wood.

Owner: Well, sir, I have a lot of faith in this product. Here, I'll put a new chain on it and you give it another try.

Lumberjack: OK, but if it doesn't work any better, I'll be back! (Exits)

Announcer: The next day.

Lumberjack: (Enters exhausted) This dumb saw is no good. I worked even harder, and still it won't cut the wood like my own saw. I want my money back!

Owner: Yes, sir! Just let me check it out here. (He takes it over to the wall and plugs in the saw. He pulls the starter rope.)

Announcer: (Makes sound effects of saw running.)

Lumberjack: Oh, my gosh! What on earth is all that noise?

CLOSING CEREMONIES

Power Circle

Las Vegas Area Council

(Cub Scouts, Cubmaster, Den Leaders, and other registered leaders **(and parents, too, if you wish)** join hands and form a circle). *You could make it a regular hold hands circle or form a Living Circle with left hands and thumbs!!*

CM: Just as in all powerful things, there is power in all of us. If we all join together (all hold hands) our power increases and our boys will reap the benefits. That is the power of Scouting.

The United States Constitution

Great Salt Lake Council

Cubmaster (CM): The United States Constitution is the supreme law of the land. It is what powers our legal system. The Constitution was the power that made the United States a nation. It was written in 1787 and was signed by 40 men. Four famous signers were George Washington, Benjamin Franklin, James Madison, and Alexander Hamilton.

Cub Scouts carrying cards with the words to the Preamble to the Constitution come to the front of the stage.

CM: Please stand and say the Preamble to our Constitution.

The posters should be as follows -

Cub Scouts could show all the posters at once or turn them over in sequence as the Preamble is recited.

Cub #1: "We the people of the United States,

Cub #2: in order to form a more perfect union,

Cub #3: establish justice,

Cub #4: insure domestic tranquility,

Cub #5: provide for the common defense,

Cub #6: promote the general welfare,

Cub #7: and secure the blessings of liberty,

Cub #8: to ourselves and our posterity,

Cub #9: do ordain and establish this Constitution

Cub #10: for the United States of America."

Cubmaster's Minutes

Popcorn & the Power Within Alice, Golden Empire Council

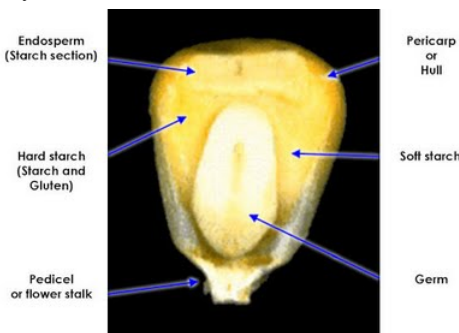
This idea could be used as a Cubmaster Minute, adapted for a ceremony of any type, or as a motivator with a snack in your den, which is how I first used it.

I have since used it as an Opening before flags, and also when training leaders – to remind them that every leader has the opportunity to help boys learn to know their own potential and to use that potential for good. Alice

This activity is based on the question “What makes popcorn pop?” and its answer. This object lesson makes use of several senses – smell, taste, seeing and hearing. And when it comes to smell, popcorn is one of the most powerful!

To use in your den, make some microwave popcorn with the boys, then sit everyone down to enjoy a favorite American treat.

While the boys are busy eating, ask them “Do you know what makes popcorn pop?” Most people will guess “Heat” – But that’s only part of the story. Popcorn pops because of a very small element within – although each kernel looks very dry and hard, there is a tiny bit of moisture inside – in the soft starchy area.



Heat turns this tiny amount of water to steam, which creates enough pressure to “pop” the kernel. Without that tiny amount of moisture within, the popcorn would not pop – it would just BURN – and we sure don’t enjoy that smell!

But each of you boys is like that kernel of popcorn – inside, where you can’t see it, you have something small, but very powerful – you have the power to make choices. You can use that power to make good choices. You can use that power to make bad choices. Or you can just leave the power there to waste – and not make a choice at all. I bet you each know some people who make bad choices, or good choices – and people who never make a choice just wait to see what happens. But a good Scout will use that power within – you can think about what choices you have. You can study what the consequences would be for different choices.

Sometimes, you can even make a choice beforehand – like deciding you will not use drugs. Once you make that choice, it is easier to say no to temptations. But whatever choices you might have remember - You HAVE POWER WITHIN TO CHOOSE – so POWER UP!

Once you have used this, be sure to offer the boys choices throughout the night's, week's, and month's, activities, especially while using "Power Up!" – and be on the lookout for times when the boys have made a choice – point out good choices when the boys make them. Share the lesson with parents so they can also encourage and motivate – Alice

Turn On The Power

Utah National Parks Council

What is the most powerful thing you can think of? Is it a locomotive that can pull a hundred railroad cars? Or is it a mighty rocket with giant engines that roar and belch fire? Is it a nuclear energy plant with enough power to light up a whole city? Or is it the sun, with enough energy to warm a whole planet?

As powerful as all these things are, there is a limit to their energy. A locomotive and a rocket can run out of fuel, and the fuel rods of a nuclear plant wear out after a while. Even the sun sets after a few hours, leaving half the world cold and in darkness.

But there is another power source that never runs out of energy and that will never leave us in the cold. That power is God, and it’s important that we learn how to connect with God’s power. We learn how to do that by regularly attending our place of worship and living by the values we learn there. Why don’t you ‘plug in’ to the greatest power in the universe by worshipping God this week.

Closing Thought

Utah National Parks Council

Props: Large cardboard cutouts or drawings of sources of energy/power against back wall.

Set Up: Cubmaster and boys form a circle.

Cubmaster: (pointing to props) Just like all of these things, there is power in us all. If we all join together (have everyone in the circle join hands) our power increases, and our boys will reap the benefits. That is the Power of Scouting.

Why don’t you “plug into” the greatest power in the universe by worshipping God this week?

Power Up

Las Vegas Area Council

Solar power, electrical power and wind power are just a few of the many types of power we use in our everyday life. They make our lives comfortable, safer and at times more complicated, and sometimes a little fun to. The next time you turn on a lamp, take a hot shower, use your computer, or play a video game, take a moment to simply give thanks for the power we have available at our fingertips.

Aim For The Stars

Utah National Parks Council

The words, “Aim for the Stars” have an important meaning to Cub Scouts. Think of Thomas Edison who tried and failed hundreds of times before he perfected the electric light bulb. He never quit trying. A Cub Scout, who tries to do his best and keeps trying, is preparing himself for greater responsibilities when he becomes a man. What you do and how well you do it becomes your launching pad to “Aim for the Stars.”

THEME RELATED STUFF

Power Facts

Las Vegas Area Council

- ★ When light bulbs burn out, replace them with compact fluorescent lights. Converting to energy efficient lighting fixtures can help you use at least 40 percent less energy for lighting.
- ★ Recycle aluminum cans, glass bottles, plastic, cardboard and newspapers. Recycling can reduce your homes carbon dioxide emissions by 850 pounds per year.
- ★ Use a microwave or toaster oven to cook or heat small portions of food. They use less energy than a big oven because they have smaller areas to heat.
- ★ Don't leave the refrigerator door open. Think about what you want before you open the fridge.
- ★ When you save water, you also save power. On an average day in July, the amount of power it takes to pump water up to 35 miles from Lake Mead to your home is enough to power 50,000 homes! The less water you use, the less power it takes to pump it!

Fun Facts About Energy

Alice, Golden Empire Council

The amount of energy Americans use doubles about every 20 years. Electricity consumption is expected to increase 45 percent by 2030, according to the U.S. Department of Energy's Energy Information Administration (EIA).

Only one third of the energy in burning coal reaches the consumer as electricity.

According to the American Solar Energy Society, enough sunlight falls on the earth's surface each minute to meet world energy demand for an entire year.

1200 homes can be powered for one year with 1 million tons of garbage. If all garbage in the United States was converted to energy it could power a city the size of Buffalo, New York for one year.

The Department of Energy estimates that about 20% of the energy you use at home powers electrical appliances like televisions, DVD players, stereos, coffee makers, toasters and microwaves - even when they're turned off.

If 10,000 schools turned off their lights for one minute it could save \$81,885.

The average home contributes more air pollution than does the average car.

Temperature controlling homes (heating and cooling rooms) consumes the most energy in American homes each year.

20% of the electricity in the USA is produced at nuclear power plants.

Many rural schools in America use wind power for some of their energy - in Kansas, schools are given \$1,000 to help set up wind power programs.

TIGERS



Here is a great emblem for your Tiger to begin his patch collection. Available at your scout Shop or

www.scoutstuff.org.

This ceremony was updated with deletion of the Tiger Cub Motto and Tigers earning Bobcat before Tiger Rank



This ceremony is designed to welcome new Tiger Cubs and/or groups into Tiger Cubs. The Tiger ceremony prop can be made from wood. Paint a simple Tiger Totem on it and mount the candles or lights as shown. I use a large black circle that I Velcro to a display board. Then I have four round toes, each with a picture for the part being read. The ceremony was based on the old Tiger Promise but was modified to be current. Don't hesitate to modify it even further if you wish. CD

Ceremony:

Narrator: When a boy becomes a Tiger Cub, he is just beginning a trail that will lead him through Cub Scouting and into Boy Scouting. This Tiger Cub Totem (hold up) is a symbol of the first part of that trail, the Tiger Cub trail, one that you will walk with your adult partner during the coming year as you search, discover, and share the world around you. Tonight I would like to present to each of you this totem to wear on your uniform. It is to remind you of all the fun you will have while working on the Tiger Badge this year with your partner. As you progress through Tiger Cubs and finish each achievement requirement, you will be presented a bead to hang from your Tiger Totem. There are White beads for Family Activities, Orange beads for den activities, and Black beads for Go See It activities. The Tiger Totem has a special meaning for you. Listen carefully as we explain it.

Tiger Leader: The palm in the Totem represents the spirit of scouting (light the front candle). The spirit of scouting is one of helping and friendship. Each toe has a special meaning for you, too. Listen close.

Cubmaster: The first toe is (light first candle) to remind you to of your duty to God. Your parents and religious leaders teach you to know and serve God. By following these teachings, you show your love to God.

Asst CM: The second toe is (light second candle) to remind you to love your family. A Tiger Cub should always be kind

and helpful to his family. By helping your home to be a happy place, you show your love to your family.

Asst. TL: The third toe is (light third candle) to remind you to love our country. This means being a good American. You help your community in any way you can. By being a good citizen, you show your love to your country.

Cubmaster: The fourth toe is (light fourth candle) to remind you to always **Do Your Best**, as you search, discover and share in our world. The world we live in is a big and beautiful place. There are many things to learn. As a Tiger cub, you will learn a lot about your world.

Now, each time you see a Tiger Totem, it will help you to remember how to be a good Tiger Cub. Would all Tiger Cubs and their partners please stand and repeat the Cub Scout motto.

"Do Your Best "

Congratulations on completing your first step as Cub Scouts.

Welcome!! We are excited to have you in our pack.

I welcome all of you to the adventure of Tiger Cubs!

Cubmaster may now lead the pack in a Tiger "spell-down".

Give me a T---(audience yells T!)

Give me an I---(I!)

Give me a G---(G!)

Give me an E---(E!)

Give me an R---(R!)

What's that spell?----(Tigers!)

What's that spell?----(Tigers!)

What do they say?----(R-o-a-r!)

(or do *The Tony the Tiger Cheer* – "They're great")

Achievement #2 Where I Live

This achievement lets the boys learn about their communities. Learning about their communities will help them realize that when they take care of it the stronger it becomes. And they develop a sense of pride of their communities becoming good citizens of where they live.

Family Activity 2F -

Together with your adult partner, look at a map of your community. The map can be one your adult partner has, or a map that your adult partner draws with you. On that map locate your home, and find three places you like to go.

Places to find on the map could be your school, your place of worship, the place where you have your pack meetings, a store, a park or playground, or the house of a friend or a relative.

If the choice is made to draw a map be sure to put this in their scrapbook.

Den Activity 2D -

This Achievement fits with the Citizenship Character Connection. When we say the Pledge of Allegiance we show that we are proud to live in our country.

If you are wearing your Tiger Cub uniform when you say the Pledge of Allegiance, give the Cub Scout salute and face the U.S. flag. You do not have to take off your Tiger Cub cap if you are wearing one. If you say the Pledge of Allegiance when you are not in uniform, remove your hat, and place your right hand over your heart. When you salute or place your hand over your heart, you are showing your respect for the flag.

Practice the Pledge of Allegiance with your den, and participate in a den or pack flag ceremony.

In discussing the Pledge of Allegiance, The Tiger Book stresses the point that "One Nation Under God" should be said as a continuous phrase without a pause in the middle. From personal experience I know saying it this way (although hard at first) adds more meaning to the Pledge for me. Please teach this to your Tigers (and all Scouts).

Thank You – Commissioner Dave

Go See It Activity 2G –

One of the easiest ways to get to know your community is to go out and "do the town." Understand that each community is different and you may not be able to do in one community that you could do in another. The following is a list of suggested places besides the Police Station or Fire Station listed in the Achievement within many communities that the Tiger group could visit when working on this Achievement.

- ✓ Visit Town Hall. Learn what services are available for others within your community.
- ✓ Visit a bakery, a restaurant or store.
- ✓ Have a scavenger hunt. Plan the list of items that can be found locally.
- ✓ Plan a 'make believe' stay at home vacation.
- ✓ What other things can be done or visited in your area.
- ✓ Visit a nursing or retirement home.
- ✓ Take a tray of favors for the children's ward of a hospital.
- ✓ Visit community organizations that give aid to the needy.
- ✓ Visit a recycling center. Take aluminum cans and or plastic containers.
- ✓ Visit fire station, hospital or police station.
- ✓ Visit museums, zoos or historical sites.

From A to Z What Families Can Do To Help Their Communities

Southern NJ Council

- A. **Adopt** a stream, park or roadside to clean up and keep beautiful.
- B. **Bring** lunch to school in a lunch box. Save your paper bags.
- C. **Care** for toys so they will last longer. Then you won't have to replace them and can pass them on.
- D. **Donate** clothes that you have outgrown to a needy person or someone smaller.
- E. **Encourage** others to join you in collecting glass, newspaper and aluminum to be recycled.
- F. **Flatten** empty cans, boxes and other containers so they don't take up so much space
- G. **Get** in the habit of turning off the water when you brush your teeth. Turn it on only to wet your brush and to rinse.
- H. **Help** by caring about our wildlife & be very careful with matches.
- I. **Insist** on buying products that are biodegradable (they rot or decompose when discarded.) Most plastics are not.
- J. **Log** or walk, ride a bike or scooter from place to place to save energy.

- K. Keep** jars of cold water in the refrigerator so you won't have to run the tap water waiting for it to get cold.
- L. Look** for the recycled symbol on products you buy.
- M. Make** it a habit to cut each six-pack ring. These sometimes wind up in the oceans. Animals often get caught in them.
- N. Never** litter. Always put your trash in a trash can.
- O. Open** the blinds in the wintertime to let in the sun. Close blinds in the summer to keep out the sun's heat.
- P. Plant** a tree to stop soil erosion, give you shade and give birds a home.
- Q. Quit** buying products that have a lot of packaging.
- R. Reduce** the amount of water you use to keep clean. Take showers, not baths.
- S. Save** energy by asking your parents to turn down the thermostat.
- T. Turn** off lights if you are the last person to leave a room. Turn off appliances if you are not using them.
- U. Use** products made to be used many times, such as sponges or cloth towels.
- V. Value** and appreciate your Earth. Realize that you can make a difference.
- W. Watch** what you pour in the drain. Hazardous waste can get into the ground water.
- X. eXamine** labels before using products. Certain household cleaners can be dangerous.
- Y. Yearn** to do what you can to help our environment. Grow up to be an adult who takes an interest, too.
- Z. Zip** to close doors and windows if they are opened when the heater or air conditioner is on.

WALK AROUND THE BLOCK

Circle Ten Council

- Shadow Walk:** Walk only in the shadows, that may require some jumping. (Don't plan this walk at noon since that is when shadows are their shortest)
- Smell Walk:** Sniff your way around the block. Write down the odors you recognize, and draw a picture of what causes those smells. Label how you feel about each smell.
- Color Walk:** Choose a color like red and walk only toward red object for as long as you can. Can you make it all the way around your block? Write a history of your color walk. You might try drawing a map of it.
- Sound Walk:** Listen your way around the block. Write down the sounds you recognize. Draw a picture of the things, which cause these sounds. Label how you feel about each sound.

Other Achievement #2 Ideas

York Adams Council

Gathering: Have a map of your community spread out on a table. As scouts and their partners arrive, have them mark on the map the location of their home. Compare distances between each Tiger and to the nearest store or local landmark of your choice.

Opening: For Tigers this is short and sweet. Remember the new slogan you are learning in Scouts---**KISMIF** (*Keep it*

simple, make it fun). Ask a Tiger and his partner to lead the group in the Pledge of Allegiance to the United States Flag. As group leader, explain the theme for this meeting and how you hope everyone will learn a little more about your community.

Information Sharing: Again this is as it sounds.

Share any information coming from the Pack, i.e. When is Pack meeting, what do the Tigers need to do to prepare, when the next meeting will be and who is running it. Should there be expenses for the group, now is the time that money should be collected.

Activity: Using the map, that now has the group's homes located, start locating various other parts that make up a community. Go around the room and have each scout name another aspect of the community. Some of these may include: Fire Station, Police Station, Town Hall, Library, favorite restaurants, video store, personal place of worship, hospital or physician's office, and more and more and more. Take a minute with each suggestion and see if your group can tell you how this place helps the community. Believe me the video store will have a totally different answer than the police station.

Now it is time to get away from the table. Ask the boys to do an impromptu skit where they meet one by one on the street and each is going somewhere different. See how many places within the community they wish to go. This is the adult partner's time to see the hidden hams within their boys.

Closing: Congratulate the Tigers for a job well done on their skit. Remind partners of any future commitments and gather everyone in a circle for your closing comments. This can be just a single statement of what your community means to you. Thank everyone for coming and send them on their way.

Meeting Ideas

1. Draw a map of your community and include places of interest as listed from the group.
2. Make fire chief and policeman puppets as found in the Tiger Cub Resource book.
3. Play pin your town on the map, again described in the Tiger Cub Resource book.
4. Using a town map, plan and do a Town bike trip.

PACK AND DEN ACTIVITIES

Pack Outings

Great Salt Lake Council

Arrange for your pack to visit a recycling plant; the water district; or listen to a weather station through TV or radio. This can be done for the whole pack at once or set up several dates so dens could go. Or spread it out - Wolves go to Water Plant, Bears to generating station, Tigers to a recycling plant or landfill.

Or for personal powering up - tour a health spa or a gym. This could tell your pack the importance of different exercises and why a balanced diet is needed. Be sure to invite parents to help with permission forms and transportation.

The greatest gimmick / trick I have seen in a while. CD

The Ball and Funnel Challenge

Las Vegas Area Council

NEED: Ping pong ball and large funnel

Let the boys 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.

- ✓ Give a ball and funnel to each participating scout,
- ✓ Have them place the ball in the funnel and
- ✓ Then try to blow the ball out as far as you can.

The Catch:

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.

(Leaders - Please **You Practice First!**)

Brings wipes or buy a lot of funnels at a Dollar Store!

More Activities

Alice, Golden Empire Council

Visit a nearby power plant. And check their website – most have some great educational ideas or interactive games!

Visit a local alternative energy site, such as a company that produces solar panels, a wind power company – check online or with your local power company for ideas.

Make a solar cooker to show how useful solar power can be. Talk about where a solar cooker would be especially useful (think about third world countries where sunlight is plentiful and wood is not)

Assign each boy or den or even family to study a different kind of energy resource – have displays at the Pack Meeting.

Invite a guest expert to talk about alternative energy – check with your pack family first, then go to your local power company or waste management company for a speaker. Be sure they know the age range and what kinds of things the boys need to accomplish.

Challenge pack families to cut their use of power over the next month. Local power companies often have forms – or check the SMUD website for printable surveys and work sheets to use.

Boys could make some fun signs for each room or to put by each light switch –

Turn me off!

Or by the Toilet Paper Dispenser:



Or get permission to make stickers to put on electronics at your school, reminding people to turn them off when not in use.



www.youthenergy.ca has lots of good ideas on projects you could try, including stickers reminding everyone that paper comes from trees. Check it out!

Visit a water treatment plant – find out how your pack families could help reduce the amount of energy needed to clean water.

Set up an “Alternative Energy” display at your Pinewood Derby. Assign parents to act as docents to take families and boys through the exhibit after turning in their derby cars – keep everyone busy till the competition is ready to go, and teach some useful facts at the same time!

Work on energy connected achievements during the month during den time – see ideas under Advancement Ideas.

Check out the many great ideas and resources in the web site section.

Invite older folks from your community to come and enjoy the Pinewood Derby!

Do an energy conservation service project for the elderly – check with your local power company for resources such as foam inserts for electric switch plates, foam window stripping, and other energy saving materials you can install for fixed-income elderly.

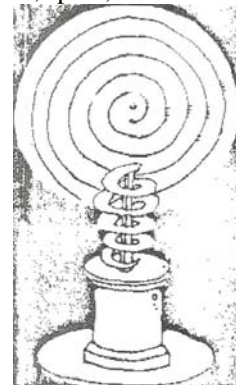
Learn about how solar, wind or water power can be used to improve people’s lives. Check the websites for ideas. Talk about how using solar power can save trees – try the Solar Cooker project.

Heat Spinner

Utah National Parks Council

Here’s a clever toy that you can make to prove that heat rises.

Materials: cardboard, spool, construction paper, pencil



Directions

- Paste a 2 inch cardboard disc to bottom of a large spool for a solid base.
- From construction paper, cut a 3 inch disc, then cut disc into a spiral.
- Leave a small, uncut portion in the spiral’s center.
- Sharpen a long pencil, and, being careful not to poke a hole through the paper, make a slight dent in the middle of the spiral’s center.
- Insert the eraser end of the pencil into spool base and carefully hang spiral on the pencil point.
- Set the spinner on a radiator, above a heated light bulb, or over other heat sources and watch the spiral spin.

Service idea:

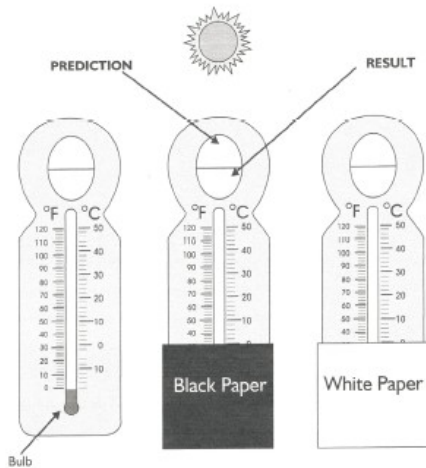
Utah National Parks Council

Many older people have a hard time with simple tasks such as changing light bulbs. Encourage your cubs to go ask a neighbor if he can change a light bulb, wash a window or any other simple task.

Energy From The Sun

Utah National Parks Council

When solar energy hits objects, some of the energy is reflected and some is absorbed and changed into heat. Some colors absorb more solar energy than others.



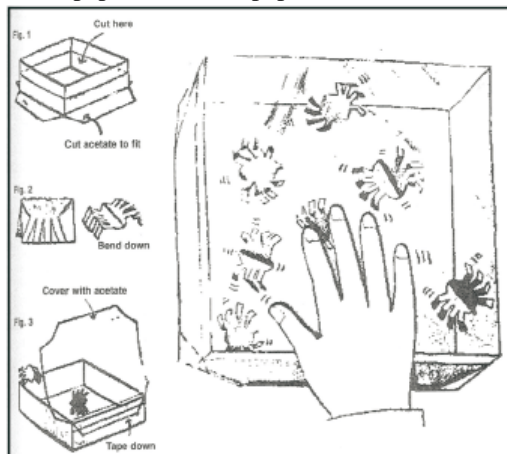
- Step 1: Put three thermometers in a sunny place.
- Step 2: Cover the bulb of one with black paper. Cover the bulb of one with white paper. Leave one uncovered
- Step 3: Predict which thermometer will get the hottest. Number them 1-3, with one as the hottest.
- Step 4: Wait a few minutes.
- Step 5: Record your results by coloring the tubes of the thermometers.
- Step 6: Look at the results and number the thermometers 1-3 with one as the hottest.

How well did you predict?

Jumping Spiders

Utah National Parks Council

Materials: Small box, acetate (see-through plastic, often used for boxes of candy), scissors and transparent tape, construction paper and tissue paper



Directions

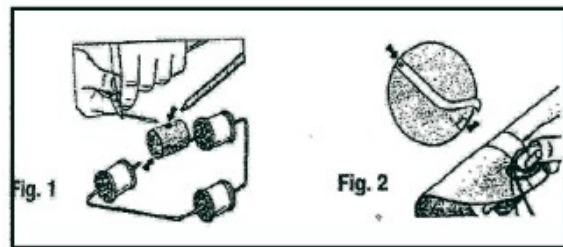
- ✓ Cut down a small box as shown in Fig. 1.
- ✓ Cut some acetate to fit over the box.
- ✓ Fill the box with six or seven spiders or butterflies cut from construction paper (Fig. 2).
- ✓ Tape the acetate over the box (Fig. 3).
- ✓ Just rub the acetate and watch the bugs creep and flutter.
- ✓ What kind of energy is making them move?

Wind Racer

Materials: wire, pliers, 3 wood or plastic spools, cork, dowel, cardboard, scissors, masking tape, paper punch, glue, yarn or string

Directions

Obtain a piece of thin coat hanger-type wire 24 inches long. Using pliers, bend the wire and put on three wood or plastic spools. (Figure 1)



Push the wire end into the bottom edge of a large cork, one end on each side.

Sharpen an 8 inch thin dowel and push it into the cork so that it angles back.

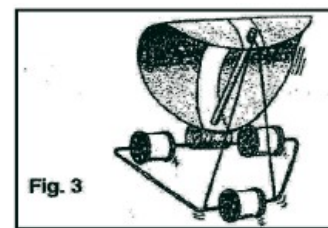
For the sail, draw an 8 inch diameter circle on thin colored cardboard and cut out.

Run masking tape across the center of the sail continuing to other side of sail.

Make a hole 1/2 inch back from the edge of the card on each end with a paper punch. (Figure 2)

Slide the sail onto the mast and glue the mast into the hole you made in the cork.

Secure the sail by looping cotton thread over the top of the mast and running it to the wire, tying it to the wire chassis. (Figure 3)



Emergency Candles

Materials: 2 tall 46 oz. Juice cans, 2 1/2 to 3 cups wax, 3 juice cans full of sawdust, candle wick and weight (old nail, washer, rock, etc.), pencil or dowel

Directions

1. Melt wax in double boiler over boiling water or in an old Crock pot.
2. Add the three cans of sawdust.
3. Warm sawdust in oven for easier mixing.
4. Mix together until it looks like crushed graham crackers.

5. Put weight on wick and drop the weight into can.
6. Wrap other end of wick around pencil or dowel and place pencil or dowel across top of can.
7. Stuff the wax and sawdust mixture into the can, making sure the wick stays in the center of the can.
8. Pack mixture down to about 1 inch from the top of can.
9. **Seal the top with 1/4 inch of wax.**
Step 9 is very important— do not eliminate it.
10. The candle will remain in the can to burn. It will give off both heat and light.
11. This recipe will make 2 candles. For cooking, use a gallon sized can with holes punched around the top of the can as a stove. Large candles should burn about 10 hours. To put out candle, place a flat lid on top of can and leave it on.
12. Use candle outside - it will smoke.

Rubber Band Car

Mrs. Baloo's Files

Want to build this car??

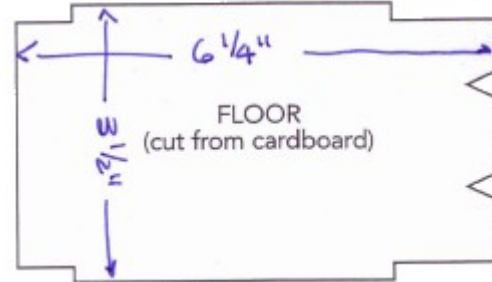
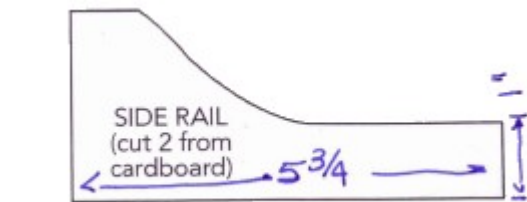
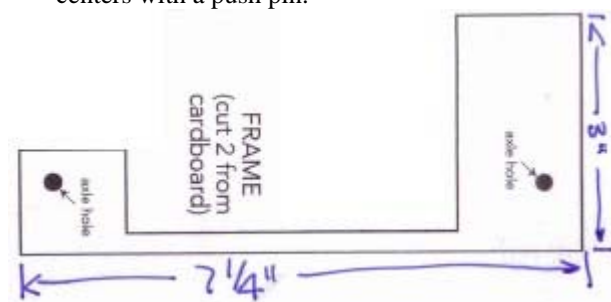


Materials

- Corrugated cardboard
- Sharpened round pencils
- Rubber bands
- Craft Glue
- D Cell Battery
- Push Pin
- Decorating supplies (markers, ...)
- Scissors and ruler

Directions

1. Copy and print patterns enlarging to sizes given.
2. Trace and cut out patterns. When tracing wheels, mark centers with a push pin.



3. To make center axle holes in wheels, remove pushpin and insert pencil through hole. Push pencil through cardboard. (Note: Pencil should fit snugly in cardboard. When you turn pencil, wheel should turn also.)
4. Create axle holes in frame by pushing pencil through frame. (**Note** - Here, pencil needs to turn freely so that when axle turns, frame should not turn.)
5. Adjust holes by moving pencil up and down, making holes larger. Repeat for other three axle holes.
6. Glue floor to frame pieces.
7. Glue side rails to frame. (on inside) along both sides.
8. Insert pencil through wheel hole. Spot glue to secure.
9. Insert wheel and pencil through axle hole on back of frame.
10. Insert other wheel on opposite end of axle. Spot glue to secure.
11. Repeat for two remaining wheels.
12. Let dry.
13. Position one rubber band under back axle, laying flat on floor of car. Wrap rubber band around axle and loop through.
14. Position remaining rubber band on center of floor underneath first rubber band.
15. Pull second rubber band through first, linking both bands.
16. Stretch second rubber band towards front of car, looping band over two front slits on car.
17. To test run, wind rear axle backwards. If rubber band slips, grab band with fingers until it wraps around axle.
18. Turn axle again, winding rubber band.
19. When you release axle, the car will move.

20. Weight car by positioning battery on back end between rubber band and side rail (This will increase frictions)
21. Decorate car using paint, craft foam, markers and other supplies.

Want to do more???

Then check out this book -
(If you click on it the link to the Amazon preview was live when I pasted the picture)



Static Balloons

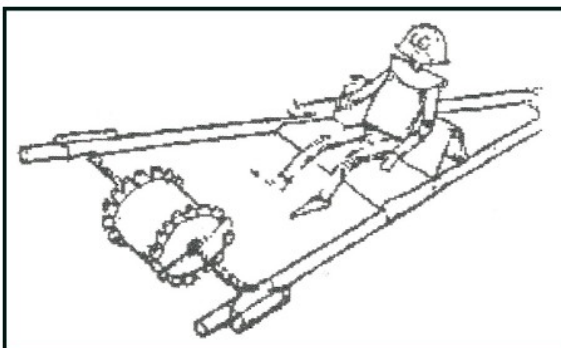
Utah National Parks Council

(Check with parents to make sure that no-one is allergic to latex.)

- ✓ Bring balloons and take turns having children rub them on each other's heads.
- ✓ Then try to stick them to walls, chairs, clothing, etc.
- ✓ Watch children closely as balloons are a choking hazard for very small children.

The Transporter

Materials: pieces of wooden dowels, wooden thread spool, hobby knife, rubber bands, duct tape, small saw



Directions

1. Lay two dowels in position shown, with third one forming a brace.
2. Tape the top of the 'A' closed with duct tape.
3. Tape two small lengths of dowel to the sides of the frame. These will act as spacers for the rubber bands and make them more effective.
4. Have an adult carefully notch around the rim of the thread spool with the hobby knife.
5. Tape two rubber bands to the center of the spool with duct tape.

6. Loop the rubber bands beneath the two dowels you taped to the side of the frame.
7. You can add a cardboard seat to make the driver more comfortable. Our driver is a 'nut head man' but you can make any kind of driver you'd like.
8. Now drag the whole machine backward to wind up the rubber bands and the spool.
9. Let it go! The band unwinds, turns the spool around and pulls the vehicle along.

The Amazing Electric Lemon

Baltimore Area Council

Materials:

- Clean galvanized zinc nail
- 2' insulated copper wire
- X-Acto or utility knife
- Small flashlight bulb
- Electrical tape
- Large lemon
- Clean penny



Directions

- ✓ Cut your wire into two 1' sections and strip off one inch of insulation from all four ends of wire,
- ✓ Attach one end of each wire to the light bulb so that one end is touching the metal threads on the sides and the other is touching the metal cap on the bottom. Being careful that the two wires do not touch, secure them with electrical tape.
- ✓ Cut two small notches into opposite sides of the lemon with your knife.
- ✓ Insert the penny halfway into one notch and the zinc nail halfway into the other.
- ✓ Be sure that the penny and the nail do not touch. Take one of the free ends of wire and tape it to the nail.
- ✓ Now when you touch the remaining exposed end of wire to the penny, the flashlight bulb should give off a faint glow.
- ✓ Try this same experiment with different fruits, such as oranges, grapefruits and limes. Rate the amount of light given off by each fruit battery. The more acidic the fruit, the brighter the light.

Electromagnet*Baltimore Area Council***Materials:**

Common nail (2 ½" or longer)
 2' of insulated copper wire
 Hobby or utility knife
 Cellophane tape
 D cell battery
 Paper clips
 Ruler

**Directions**

- ℞ Using the utility knife, carefully slice and peel 1" of insulation from both ends of the wire, being careful not to cut into the copper.
- ℞ Using the ruler, measure 8" from one end of the wire. Starting from that point, begin wrapping the wire around -and down - the nail until about 1/2" of the nail remains exposed at the bottom.
- ℞ Use a small piece of cellophane tape to keep the wire securely wrapped around the nail, if necessary.
- ℞ Place the paper clips on the table.
- ℞ Take one exposed end of wire and tape it to the negative (-) end, or bottom, of the battery.
- ℞ Hold the other exposed end of the wire to the positive (+) end, or top cap, of the battery.
- ℞ Move the tip of the nail near the paper clips and watch them move toward the nail.
- ℞ If the battery has enough charge, you can lift several paper clips with the nail at one time.
- ℞ Remove the wire from the top of the battery and watch the clips fall from the nail.

Flying Fish*Baltimore Area Council***Materials:**

Lightweight paper
 Paper clip
 Thread
 Glass jar with lid
 Magnet
 Glue

**Directions**

1. Cut a fish shape from lightweight paper and affix a paper clip.
2. Tie a length of thread to the clip and tape it to the bottom of a glass jar. The clip should be close to but not touching the jar lid.
3. Glue magnet to jar lid.
4. Turn the jar so the clip is caught in the magnetic field, then invert it again and show all your friends.

Slinky Waves*Utah National Parks Council*

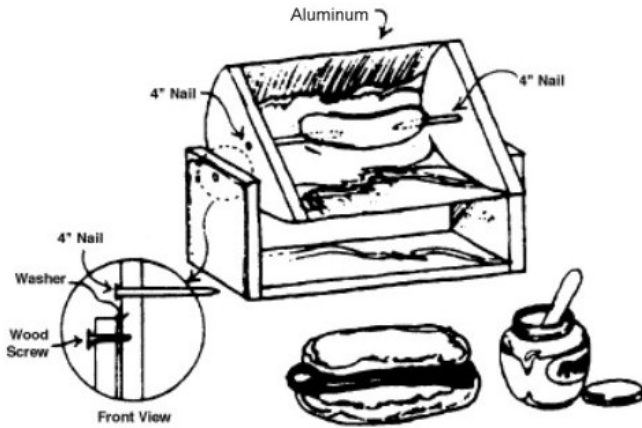
- ℞ Bring a Slinky and have one child hold an end.
- ℞ Wiggle the Slinky back and forth and talk about the waves.
- ℞ Try it up and down and in circles.
- ℞ Hold it in a straight line and make compression waves (move the Slinky toward the other end of the stretched out Slinky and then back away, making a wave along the length.)
- ℞ Let each child have a turn making waves and just playing with the Slinky.
- ℞ You probably will need to bring more than one Slinky. *(I recommend one for every two boys)*

Solar Cooker

Baltimore Area Council

Materials

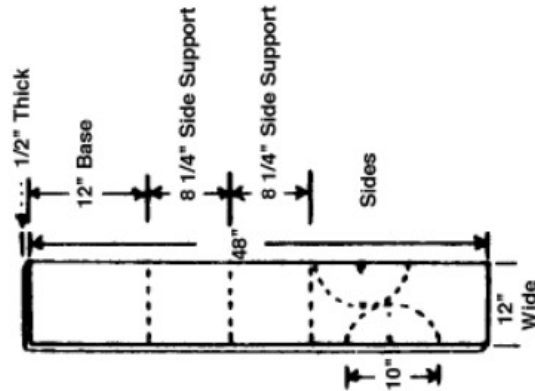
- 1/2" thick by 12" wide board, 48" long
(Dimensional lumber - not actual size)
- Wood Screws
- Washers
- Hammer
- Sandpaper
- Tacks
- Heavy Duty Aluminum Foil



Directions

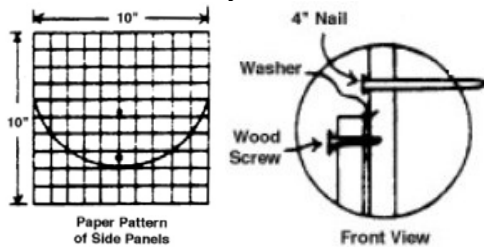
- ✓ Cut out side and bottom pieces

Board Layout



- ✓ Sand edges
- ✓ Assemble per pictures

Side Assembly & Front View



- ✓ Tack aluminum foil to side pieces to form the hyperbolic cooking oven.

Simple Kite

Baltimore Area Council

Materials: Construction paper, crayons, hole punch or pencil, crepe paper streamers, stapler or tape, yarn or string

Directions:

- ✂ Cut a piece of construction paper into a square.
- ✂ Color and decorate.
- ✂ Fold two edges toward the center forming a kite shape.
- ✂ Staple edges together at the center.
- ✂ Staple streamers to tail of the kite.
- ✂ Punch a hole in the top and thread with yarn.

Static electricity

Baltimore Area Council

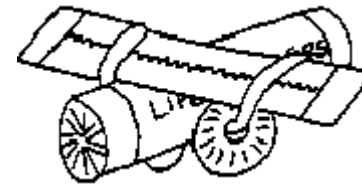
- ✓ Run a playing card rapidly back and forth on a wool blanket or rug. Press the card against the wall. If the wallpaper is not too slick or oily, the cards will stick there.
- ✓ Rub a piece of typing paper back and forth quickly on the wall. The typing paper will stick to the wall.
- ✓ Comb your hair briskly with a dry comb. Hold the comb close to your hair and see how the static electricity draws the ends of the hair up to the comb. If your hair is wet or oily, this experiment will not work.
- ✓ Briskly comb your hair with a dry comb and touch it to a small piece of tissue paper. The tissue paper will stick to the comb.

Life Saver Planes

Baltimore Area Council

Materials

- 1 rubber band,
- 2 Life Saver candies,
- 1 foil-wrapped piece of gum and
- 1 roll of Life Savers (or you can use a candy stick or any roll candy, like Smarties).



Directions

1. Thread rubber band through holes in round candies.
2. Loop each end of rubber band around gum.
3. Poke candy roll between round candies and under gum to make the fuselage and wings.

Air Painting

Baltimore Area Council

Give each boy a straw and a piece of construction paper. Spoon a little watered-down tempera paint on each boy's paper. Have each boy blow through their straw to move the paint around on the paper to create an air blown painting.

MORE GAMES AND ACTIVITIES

Sam Houston Area Council



From the Cub Scout Leader How-To Book –

- ✓ The Electric Den Chief, a great trick, page 5-57
- ✓ Energy Saver Skit, page 6-35

ADVANCEMENT IDEAS

From Program Helps via

www.cubroundtable.com

If you follow the grid on the first page of each section (Tiger, Wolf, Bear) in Cub Scout Program Helps, your Cub Scouts can complete earning their Rank Awards (Tiger, Wolf, Bear) by the Blue and Gold in February.

Tigers –**Ach:**

Den Meetings - 3D, 3G,
At Home - 3F

Elect. 20**Wolf-****Ach**

Den Meetings - 1f, 3a, 7c, d, f
At Home - 3b, c, 10a plus four of boy's choice, 12a
plus four of boy's choice

Elect. 11c**Bear –****Ach**

Den Meetings- 3f, 15c, 17b
At Home - 16b, 24f plus 2 of boy's choice

*Alice, Golden Empire Council***Tiger Cub Achievements:**

Ach. #1D – Make a family scrapbook about energy and how you use it; include pictures showing how you save energy, visits to the power company or water treatment plant.

Ach. #1F - Look at a map of your community with your adult partner – see how many places you can find where energy is used and look for places where energy is created.

Tiger Cub Electives:

Elect. #10 – With your adult partner, help an elderly neighbor by adding energy-savers such as foam electric outlet covers, making a “draft dodger” for doors, or adding insulating stripping to windows and doors.

Elect. #14 – Read a short story or article about alternative energy or Pinewood Derby;

Elect. #17 – Make a model – a pinewood derby car if your pack is doing a Pinewood Derby!

Elect. #34 – With your adult partner, think of a way to conserve water or electricity and do it for a week.

Elect. #47 – Reduce, reuse and recycle and find out how it works in your community; find out how energy is saved when you recycle.

Elect. #48 – Take a ride on public transportation and talk about how many people can ride at the same time; compare

with using a car; talk about how this could conserve resources and prevent pollution.

Wolf Achievements:

Ach. #3a – “Power Up” your body by practicing good health practices for two weeks.

Ach. #4d – Remember to turn off lights and do other responsible things when you and your family leave home;

Ach. #4f – Visit a local power company, water treatment plant or recycle center with your family and learn why it is important in saving energy

Ach. #7 - Do all the requirements of Your Living World – share what you learn at your pack meeting – you can also use this achievement as part of the World Conservation Award requirement.

Ach. #8a,b – Learn about the food pyramid and what your body needs to “Power Up” – then plan one day of good meals for your family.

Ach. #9a - Do the character connection for Responsibility, and think about what you are responsible for when it comes to saving energy – how about when you are making or racing your Pinewood Derby car – how can you show you are responsible?

Wolf Electives:

Elect. #1a – Use a secret code to teach someone about energy use and conservation;

Elect. #2a - e – if your den puts on a skit about energy; **Elect. #5** – make a fly a kit to use wind power – BUT ONLY if it is safe and there is no danger of lightning!

Elect. #5g,h,i – Make a model car for the Pinewood Derby;

Elect. #6b – check out and read a book about energy;

Elect. #8a – Learn about different kinds of machine power; **#8b** – use wheel and axle to do a job; **#8c** – show how to use a pulley – how could it be used for energy? **#8d** – make and use a windlass;

Elect. #12f – make a poster for the Pinewood Derby;

Elect. 21a, b, c – Visit a business that uses computers (find out if they recycle paper, turn off equipment when not in use, or other ways they conserve energy); use a computer program to write a report about energy; describe how a CD-ROM is used.

Bear Achievements:

Ach. #3b – Choose two famous Americans who have helped conserve energy or improved lives by cleaning up the environment

Ach. #6- Do all of the requirements of this section – share what you learn and what you did at the pack meeting – include pictures and/or a demonstration of recycling or home repairs to save energy.

Ach. #17a – Choose a TV program about energy conservation or alternative energy – check PBS and science channels for ideas; **Ach. #17d** – use a computer to get information and write a report about energy or alternative energy;

Ach. #21a, b - Make a Pinewood Derby car and a display for it – you could have racing flags and a grandstand!

Bear Electives:

Elect. #2b – Make a weather vane and learn about wind direction; find out how wind can be used to provide power;
Elect. #4 – Do all the requirements to learn about Electricity and how it can be used to create power;
Elect. #7b – with an adult's help, make a windmill – find out how it could be used to make power; **Elect. #7c** – with an adult's help, make a water wheel, and learn how it could be used to make power;
Elect. #17 – Do any of these requirements and think about how repairing something can save energy; think about what happens to things that are not repaired and only thrown away.

Webelos Activity Pins:

Communicator #12 – with parental supervision, explore five websites about energy

GAMES**Thumblers**

Utah National Parks Council

Equipment: Enough tape to give each boy two 6 inch strips of tape

- ✓ Have the boys help each other to tape their thumbs and forefingers together, immobilizing both thumbs.
- ✓ Ask them to untie their shoelaces and see who can retie them the fastest.
- ✓ Then give each boy, an orange to peel.
- ✓ Then pair off the boys and have each one try to tie a neckerchief around his partner's neck.

Crab Race

Utah National Parks Council

Equipment: 1 (Hula) Hoop for each group of four boys

- Jam each teams of four boys into a hula hoop
- They should be back to back.
- Have them race to a finish line.
- Boys must keep their hands outside of the hoop as they race.

Underhand Tug-of-War

Utah National Parks Council

- ★ Two boys stand back-to-back with a line marked on the floor between them.
- ★ They bend forward,
- ★ The grasp right hands between their legs, and Try to pull each other across the line.

Balance Tag

Utah National Parks Council

- ✓ Have two player start, One is 'It' and the other is the runner.
- ✓ Give each a book that he must balance on his head during the chase. This game results in some funny positions!
- ✓ The object is to race to finish line without losing the book
- ✓ Can be done as a relay race.

Airplane

Utah National Parks Council

- ✎ Pin a map (US or world) to the wall.
- ✎ Mark a central spot on the map as the "takeoff" spot.
- ✎ Provide each player with a cardboard cutout of an airplane with a thumbtack or pushpin in it.
- ✎ Place several obstacles (chairs, tables, wastebaskets, etc.) in the center of the room.
- ✎ Give each player a minute to study the location of the obstacles before blindfolding him.
- ✎ In turn, each player crosses the floor without touching any of the obstacles, and pins the plane on the map as far as possible from the takeoff spot.
- ✎ Anyone whose plane lands in the water is out.
- ✎ You may play that anyone touching one of the obstacles has 'crashed' his plane and is out.
- ✎ The pilot with the longest flight from the 'takeoff' spot wins.

Back-To-Back Relay

Utah National Parks Council

- The boys are divided into relay teams of two and take their place behind the starting line.
- The two boys stand back-to-back and link arms so that one will walk forward and the other backward.
- At the signal, the two pairs head for the goal, when they get there, they reverse direction so that the one who was walking backward is now walking forward.
- They continue walking until they get back to the starting line to touch off the next two players on the team.

Collecting Energy

Utah National Parks Council

- Equipment:** Wire coat hangers, pictures of power sources cut from cardboard & labeled with different point values, clothespins
- ✓ Stretch a wire coat hanger into a diamond shape.
 - ✓ Cut out pictures of different power sources from cardboard.
 - ✓ Hang figures from top of coat hanger diamonds with string.
 - ✓ Hang coat hangers on stretched cord.
 - ✓ Boys 'shoot' the power sources with thrown clothespins, collecting points for each power source hit.

Feeding the Cub

Utah National Parks Council

- Equipment:** blindfold, cup of popped corn, and spoon
 Boys are in pairs. One boy is blindfolded and holds a cup of popped corn with a spoon.
 On signal, the feeders feed the partner.
 The Cub gives instructions to the blindfolded feeder.
 After corn is finished, boys change places.

Pair up parents and boys, siblings and leaders to include everyone.

Tin Can Stilt Race*Utah National Parks Council*

- ☞ Players make stilts by running twine or light rope through large cans.
 - ☞ The players race to a goal on these cans.
 - ☞ Make sure rope or twine is long enough for players to hold it comfortably while standing on can.
- See *Wolf Book* for instructions on making the tin can racers.

Electric Squeeze*Baltimore Area Council*

- ✓ Cub Scouts hold hands in a circle, with "it" in the center.
- ✓ One player starts the "shock" by squeezing the hand of one of the Cub Scouts next to him.
- ✓ That player passes it on.
- ✓ The shock may move in either direction.
- ✓ "It" watches the faces and hands of the players, trying to spot the location of the shock.
- ✓ When he guesses correctly, the player caught becomes "it".

Electrified Cubs*Baltimore Area Council***Equipment:** Flashlights and extra batteries

- ★ Darken the room and turn on the lamps with the blue lights in them.
- ★ One person is "it". Give him the flashlight.
- ★ All the other Cubs hide.
- ★ The "it" Cub has to find the others by shining the flashlight at them.
- ★ As soon as a Cub is found he's "electrified" (or caught)!
- ★ The last one to be found wins.
- ★ Also fun to play outdoors.

Wheelbarrow Races

- Pair up boys so that they are in groups of two (2).
- One boy places his hands and knees on the floor;
- Second boy picks up first boy's feet and race across the room or to a designated location.

Pickin' Cotton*Baltimore Area Council*

Each Scout is given two cotton balls, placing them on the floor in front of him. Each Scout kneels on the floor and blows his cotton balls across the room/to the designated location.

Wind Power Competition*Baltimore Area Council*

This game may be played in teams or individual: each team or Scout is given a balloon. To play, set a base such as a book or rock on the ground. Each Scout in turn blows up a balloon and releases it from the base to shoot squealing into the air. The distance each balloon travels is measured to see which went the greatest distance and possibly which one landed the closest to the base.

Flying Helicopters*Baltimore Area Council*

Each Scout is given a piece of paper; additional supplies are provided (staples, paperclips, .tape, straws, . etc. Scouts are to build a flying machine within a limited timeframe (10 - 20

minutes). Have each Scout demonstrate how his flying machine works.

Flying Feathers I*Baltimore Area Council*

Groups should be 5 - 10 Scouts maximum.

- ✓ Scouts join hands and try to keep a feather up in the air by blowing.
 - ✓ One of the group tosses the feather into the air. Scouts must NOT break hands.
 - ✓ See how long each group can keep the feather in the air.
- VARIATION:** See how many groups can keep the feather in the air for a set amount of time.

Flying Feathers II*Great Salt Lake Council***Equipment:** One chair for each boy placed in a circle, straws for each boy and a small craft feather.**Directions:**

- ☞ Boys sit facing in a tight circle on chairs each with a straw.
- ☞ A leader will drop the feather in the middle of the boys.
- ☞ The boys blow through their straws trying to direct the feather away from themselves and onto another player.
- ☞ If the feather touches someone, they are out and must remove their chair from the circle.
- ☞ The circle gets moved in and the feather is tossed in again.
- ☞ If the feather lands on the floor without touching a player, it is tossed in again and play resumes.
- ☞ Players must stay in/on their chairs at all times but can choose if and when they use the straw.
- ☞ The game continues in this manner until there is only one player left who is the winner.

Leg Pinball*Great Salt Lake Council***Equipment:** a medium soft ball**Directions:**

- ★ Divide boys into two teams.
- ★ Each team sits on the floor in a line about 3-4 feet apart facing the other team.
- ★ Teams are about 20 feet apart.
- ★ Flip a coin to see which team starts first.
- ★ One person on that team rolls the ball towards the opposite team trying to get the ball to roll between players.
- ★ The opposing team will open or close their legs trying to keep the ball from getting between them and thus scoring a point.
- ★ An opposing team member can catch the ball if it goes in between his legs and roll it back trying to get it between players on the other team.
- ★ Play continues in this manner until a predetermined score is reached.

Musical Race Cars
Great Salt Lake Council

Equipment:

- Pictures of different race cars (5x7 or larger) – laminated if possible,
- Music,
- A CD player

Directions:

- Spread the pictures out on the floor.
- Have one picture for each boy, subtract one picture.
- The boys will Race around while the music is playing.
- As soon as the leader stops the music the boys will jump on the closest empty picture.
- The boy that does not find an empty picture is out.
- Take one picture away and start the music again.
- Racers can not land on the same picture twice in a row.
- The scout that jumps on the last picture wins the game.

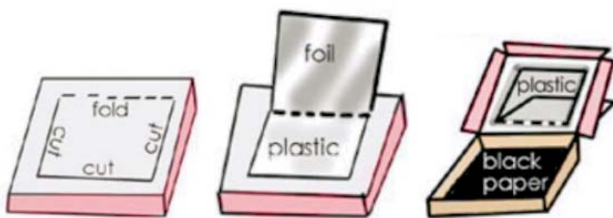
CUB GRUB



Great Salt Lake Council

This would be a good theme month to introduce the boys to alternative methods of cooking such as camp stoves, fire pits, Dutch ovens, or solar ovens. The problem with solar ovens in Utah in January is that we just don't get enough sun exposure. There is a great website for solar cooker plans and recipes at <http://solarcooking.org>

Pizza Box Solar Cooker
Alice, Golden Empire Council



I felt this was a great series of pictures to help you figure out the instructions in Solar S'Mores. CD

Solar S'Mores
Utah National Parks Council

Materials for the Oven

- Large pizza box,
- Pencil and ruler,
- Craft knife,
- Aluminum foil,
- Scissors,
- Glue stick,
- Black construction paper,
- Clear packing tape,
- Clear plastic (such as sheet protectors),

Ingredients

- Graham crackers,
- Chocolate bars, and
- Marshmallows, stick or dowel



Directions

To Make the Oven

1. On the top of the pizza box, draw a square that is an inch smaller than the lid all the way around.
2. Use the craft knife (adults only) to cut through the cardboard along three sides, as shown,
3. Then fold the cardboard up along the uncut line to form a flap.
4. Glue aluminum foil, shiny side out, to the bottom of the flap, keeping it as wrinkle-free as you can.
5. Glue another piece of foil to the inside bottom of the box,
6. Then tape black construction paper on top of the foil.
7. Tape clear plastic to the underside of the lid to seal the opening created by the flap. For the best results, the seal should be as airtight as possible.

To Bake the S'mores

1. Place your oven outdoors in direct sunlight with the flap opened toward the sun.
2. For each s'more, center two graham crackers on the construction paper. Top one with chocolate and the other with a marshmallow.
3. Close the box and then use a stick or dowel to prop the flap open at the angle that reflects the most sunlight into the box. (Check it periodically to adjust the angle).
4. Within an hour (or sooner if it's a really hot day), the chocolate squares and marshmallows should melt enough to assemble into s'mores.

Want more S'Mores recipes and ideas??

<http://www.hersheys.com/smores/>

Solar Cooking Hot Dogs*Las Vegas Area Council*

Need: manila file folder, wooden skewer sticks, aluminum foil, and hot dogs

Directions:

- ✓ Cover folder with foil, shiny side out.
- ✓ Twist into a cone shape, staple or tape shut.
- ✓ Insert skewer stick up thru the bottom and put it through hot dog.
- ✓ Pull hot dog down into folder and stand facing sun.
- ✓ Hot dogs should cook in 10 minutes (boys must stand/sit and hold these until done, so remember to take precautions, hats and sun block!)

Jell-O Pinwheels*Utah National Parks Council***Ingredients**

- 1 package Jell-O, any flavor
- 1/2 cup warm water
- 1-1/2 cups miniature marshmallows

Directions

Lightly spray 8 or 9 inch square pan with non-stick cooking spray. Use a paper towel to spread on bottom and sides. Mix gelatin and water in 1-1/2 to 2 quart microwavable bowl.

Microwave on high 1- 1/2 minutes. Stir to dissolve completely. (Cooking time varies with oven)

Add marshmallows to gelatin.

Microwave 1 minute or until marshmallows are almost melted.

Stir until completely melted and mixture is smooth. (Creamy layer will float on top)

Pour into prepared pan.

Refrigerate 45 minutes or until set.

Loosen edges using knife dipped in warm water.

Starting at one end, roll up tightly.

With seam-side down, cut into 10-12 slices.

Serve immediately or refrigerate until ready to serve.

Tootsie Rolls

No heat required

*Great Salt Lake Council***Ingredients**

- 2 Tbsp. butter, softened
- 3 cups powdered sugar
- 6 Tbsp. Cocoa
- ¾ cup powdered milk
- ½ cup light corn syrup
- 1 tsp. vanilla

Directions

- In a gallon-size reusable bag, mix butter and syrup by squeezing it with your hands.
- Add cocoa and vanilla.
- Add remaining ingredients and mix together.
- Thicken as needed with more powdered sugar.
- Knead until smooth.
- Shape into tootsie rolls and wrap in waxed paper.

No-Bake Cookies

Cook on stove top, fire, or camp stove

*Great Salt Lake Council***Ingredients**

- 2 cups sugar
- ½ cup milk
- ½ cup butter
- ¼ cup cocoa
- 1 tsp. Salt
- 1 tsp. vanilla
- 3 cups oatmeal
- ¾ cup peanut butter

Directions

- ✓ In a sauce pan combine sugar, butter, milk, cocoa, and salt.
- ✓ Heat over medium-high heat, stirring constantly until it boils.
- ✓ Boil 1 minute.
- ✓ Remove from heat.
- ✓ Stir in vanilla, then peanut butter, and finally oatmeal. Drop by tablespoonfuls onto waxed paper.
- ✓ Let set up for 30-60 minutes, or until they are hardened enough to pick up easily.

Variation

Cocoa can be omitted from this recipe to make Peanut Butter No-Bake Cookies. When making these with Cub Scouts, instead of dropping them onto waxed paper, we drop them onto Styrofoam plates so they can take them home even if they aren't hardened enough to pick up by the end of den meeting.

Muffin in an Orange

Cook on fire coals, charcoal, in oven

*Great Salt Lake Council***Ingredients**

- 1 orange per person
- 1 box blueberry muffin mix and ingredients listed on the box to make the batter

Directions

- ★ Prepare blueberry muffin mix according to the directions on the box.
- ★ Cut off top 1/3 of an orange.
- ★ Remove and eat the insides, leaving a little orange on the inside.
- ★ Mix up blueberry muffin mix.
- ★ Pour mix into orange about ½ full.
- ★ Place the top back on the orange, and wrap in two layers of aluminum foil.
- ★ Place in coals and bake until toothpick inserted in the middle of the muffin comes out clean. (Bake 15 min. in 350° oven.)
- ★ Let cool before eating.
- ★ Peel orange and enjoy muffin.

Power Mix*Baltimore Area Council***Ingredients:**

Peanuts/mixed nuts
 Granola
 M&M's
 Coal Candy
 Raisins

Directions

Mix together and enjoy

WEBELOS**WEBELOS -to- Boy Scouts Bridging Ceremony***Del-Mar-Va Council*

I picked this up at Del-Mar-Va Council Pow Wow a few years ago and it has become my favorite bridging ceremony. The bridge I made for this ceremony generally gets used several times each year as other Packs in my district borrow it for the ceremony. CD

Props –

- ✓ 4 - 5 to 6 foot 4 X 4's (or 2X6's) for foundation notched to interlock
- ✓ 5 - 4 foot 2x10's - one plain, one yellow, one blue, one green, one red

All words are spoken by same person (Narrator, Cubmaster) but you could divide them up amongst several leaders.

WEBELOS leader, will you please place the first post on the stage in a North/South direction. (WL places post)

WEBELOS Asst. leader, please place the second post on the stage three feet away from the first post in the North/South direction. (WA places post)

These two posts placed here are symbolic of the foundations of Scouting that these WEBELOS leaders have instilled in their WEBELOS Scouts through activities and outings as represented by the natural brown color.

Scout Master (name) and Assistant Scout Master or Senior Patrol leader), please place your posts in an East/West direction 3 feet apart over the North/South posts that are already in place. (SM and SPL place posts)

As represented by the structure assembly, Boy Scouting will build on the Scouting foundation begun in WEBELOS. These leaders have set the stage for bridging the boys from Cub Scouting into Boy Scouting.

WEBELOS Scout (name), will you and your parents please bring the unfinished plank forward and place it across the east/west posts. (Scout places plank)

This unfinished plank represents the boys as they arrived in Cub Scouting, full of potential but unfinished.

WEBELOS Scout (name), will you and your parents please bring the blue plank forward and place it snugly against the unfinished plank. (Scout places plank)

This Blue plank represents the Wolf and Bear years of Cub Scouting where with the help of their parents the Scouts became true blue and loyal friends.

WEBELOS Scout (name), will you and your parents please bring the gold plank forward and place it snugly next to the blue planks. (Scout places plank)

This Gold plank represents their golden years in Cub Scouting as Webelos learning important skills through activity badges and culminating in the Arrow of Light.

WEBELOS Scout (name), will you and your parents please bring the green plank forward and place it next to the gold plank. (Scout places plank)

This green plank represents their new beginning as Boy Scouts, who will soon be green Tenderfoot scouts, anxious to begin the Boy Scout trial toward Eagle.

WEBELOS Scout (name), will you and your parents please place the final plank onto the bridge. (Scout places plank)

This last plank is red the predominant color in the Eagle Scout Badge and represents the fact that as they step off the bridge from Cub Scouting to Boy Scouting they are beginning of their journey to becoming Eagle Scouts.

Webelos entering Troop (number), please assemble with your parents at the unfinished board of the now completed Bridge to Scouting?

As we present you with your Pack graduation Certificate, will each parent please remove your sons Webelos neckerchief and slide.

Scoutmaster invites boys across the bridge, calling each by name and (performing whatever ceremonies are customary for your pack and troop)

After all have crossed - Pack (number) please stand and show your pride to the new Boy scouts from this Pack. (Cheer (Blast Off), Applause)...

We are very proud of you all.

FITNESS**PHYSICAL SKILLS GROUP***Baltimore Area Council*

Your body is a wonderful machine. It is much more complicated than the fanciest car or fastest computer. But your body needs the same kind of care that experts give to machines. What does that mean? It means that you must give your body the right fuels in a balanced diet. You must avoid putting harmful substances into it. Your body needs rest and exercise, just as a car needs maintenance. As you earn the Fitness activity badge, you will learn how to take care of the world's most wonderful machine - your own body.

Den Activities

- ✓ 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?
- ✓ Invite a nurse, doctor or dentist to your den to answer questions about health. Have boys write the questions on cards so they are anonymous.
- ✓ Have your den write a skit depicting ways to say 'NO' to drugs & smoking.
- ✓ Have the den make a poster designed to encourage people 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.
- ✓ Check with the BSA council for a video, "Drugs: A Deadly Game."

Speakers –

- ✓ YMCA director
- ✓ health class teacher
- ✓ personal trainer or coach,
- ✓ CPR instructor,
- ✓ marathon or race director,
- ✓ little league coach,
- ✓ gym instructor

Field Trips:

- ✓ Visit the local YMCA.
- ✓ Visit a local fitness club.

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 check your heartbeat:

1. Press the first two fingers of one hand over the radial artery in the wrist of your other hand. That's the artery in the depression just below the base of your wrist. Move your fingers until you can feel the pulse of your blood.
2. Use a watch with a second hand, and count the number of beats in 10 seconds.
3. Multiply by 6. Now you know the number of beats per minute.
4. Run or exercise for 10 minutes or so. Take your pulse again, and see how much faster your heart is pumping.

Your resting heart rate can tell something about your overall health and fitness.

Physically fit people often have low resting heart rates.

Southern NJ Council

The material for this badge is organized somewhat differently.

Facts On Cigarette Smoking

- 1) Cigarette smoking is addictive. It fulfills these three criteria:
 - a) Smokers develop a tolerance to nicotine (they need to smoke more and more for an effect.)
 - b) Smokers become dependent on it (they need it to feel comfortable.)
 - c) Smokers suffer withdrawal symptoms (physical and psychological discomfort) when they try to stop smoking.

- 2) There are hundreds of chemicals in cigarette smoke. Three of the most damaging ones are:
 - a) Tars - damage delicate lung tissue and are considered the main cancer causing agent in cigarette smoke.
 - b) Nicotine - a poison found only in tobacco leaves. One drop of pure nicotine can be fatal to humans. It is a powerful stimulant to the brain and central nervous system that "hits" the brain within four seconds. But then it has a depressant effect on the cardiovascular system. It narrows the blood vessels cutting down the flow of blood and oxygen throughout your body. The heart has to pump harder, thus increasing the chance of heart disease. It raises the blood pressure and narrows air passages in the lungs, depriving the body of some oxygen.
 - c) Carbon Monoxide - replaces needed oxygen in your red blood cells. Even after one stops smoking, carbon monoxide stays in the bloodstream for days depriving the body of oxygen until the oxygen level in the blood returns to normal. Carbon monoxide is a product of cigarette smoking and also of gasoline engines.
- 3) Some of the diseases caused by cigarette smoking are:
 - a) Chronic Bronchitis - an inflammation of the bronchi which are the breathing tubes in the lungs.
 - b) Laryngitis - an inflammation of the throat
 - c) Emphysema - a degenerative lung disease that destroys breathing capacity.
 - d) It is a contributing factor in cancer of the lungs, mouth and esophagus.

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

1. Define 'pollution.' ("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. Include: factory smoke, car exhausts, rocket launches, smoke from someone else's burning cigarette and 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?

Demonstrate the effects of sick or injured lungs:

- (1) 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.
- (2) 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?

Prescription Drugs

Ask the boys to define "drugs - (any substance, liquid, powder, or solid taken by mouth, inhaled, injected, or rubbed into the skin, that affects the way the body or the mind naturally works.)"

Define "prescription drugs" - (medicines that, legally, can be purchased only on the order of a doctor or a dentist, a) for specific reasons, b) for a specific person, and c) prepared by a specially trained person called a pharmacist.)

Have the boys talk about the last time they went to the doctor or dentist and were given medicine. What was the problem? What medicine was given? Did it make them feel better?

Bring in empty, clean bottles that once contained prescription medicines. Choose something appropriate, e.g. an antibiotic from a recent illness, prescription vitamins or fluoride tablets

Note:

- the label,
- the name of the one particular person,
- the name of the medicine,
- the amount and the time to be given,
- the name of the doctor, the date
- the prescription number,
- the number of refills, if needed, and
- the pharmacy name, address and phone number.

Discuss some of the considerations the doctor must make before he can order your medication:

- (1) age,
- (2) weight,
- (3) general health of the person, and
- (4) severity of the condition.

A drug may affect different people in die different ways! Have the boys make reports on the discovery of drugs/medicines that have helped mankind. (Ex. measles vaccine, polio vaccine, penicillin, and so forth.)

Stress that medicine may be taken only under the supervision of a parent, physician, nurse, or specifically designated adult.

Have the boys list safety rules to be followed when taking medicine. Put these on a large poster to be displayed at the Pack Meeting.

Be sure they include the following rules:

1. Take medicine as directed. -
2. Finish the entire prescription.
3. Discard any unused medicines.
4. Never share your medicines with anyone else.

5. Keep medicine in a safe place, out of the reach of children.
6. Keep medicines in their original container.
7. Do not take several medicines at the same time unless the doctor is aware of all of them.
8. Mixing drugs and alcohol can be fatal.
9. Never describe medicine as "candy."
10. Never give medicines in the dark.
11. Never give medicine from an unlabeled container. When in doubt - throw it out.

Non-prescription drugs

Define the term "non-prescription drug" (Medicines that do not require a doctor's order or the assistance of a pharmacist. They can be found on open shelves in a drug store or supermarket.)

Take the boys to the local supermarket and have the boys make a survey of the drugs they find there. Ask them to read the labels and list:

1. The name of the product.
2. The condition for which it is to be used.
3. Is it a liquid, tablet, capsule, cream, or spray.
4. Any warnings or cautions listed on the container.

Was there more than one product that could be used for the same condition?

Locate and list 3 substances which are socially acceptable, contain a drug and can be bought in supermarkets.

1. Cigarettes (tobacco contains nicotine)
2. Coffee, tea, cocoa, cola (all contain caffeine)
3. Beer, wine, whiskey (all contain alcohol)

Have the boys report on two TV commercials dealing with non-prescription medication (aspirin, cold preparations, etc.) In the report answer the following questions:

1. Does the medicine always seem to make the people better and happier?
2. Can that be true always?
3. Why would the manufacturer want people to believe that?
4. Are they always completely honest?
5. Compare ads for brands of aspirin.
6. Can they all be the best?

Facts on alcohol

- 1) Alcohol is a drug that affects the way the body naturally functions. It is a depressant that slows the body processes.
- 2) It is the oldest and most abused drug in the world.
- 3) There are predictable, though varying physical effects upon everyone who drinks alcohol. (This is why the law has set a specific blood alcohol level for defining drunkenness while driving.) The brain is the control center of the body.
 - a. The brain is the organ most affected by the presence of alcohol.
 - b. Alcohol is a drug that depresses the central nervous system, thus reducing the activity of the brain.
 - c. Alcohol arrives in the brain almost as soon as it is consumed.
 - d. The bloodstream carries alcohol to the brain.

- e. It keeps circulating through the brain until the liver has had time to change all of the alcohol into carbon dioxide and water for release from the body.
- f. It affects the higher functions of the brain judgment, learning, and behavioral control. It then affects vision, coordination, and speech.

Too much alcohol in the bloodstream kills by depressing the breathing center. This means that a person who drinks too much alcohol in one day can die. This is called "acute alcohol poisoning."

Related Activities

- Have a dietitian come talk to the den.
- Visit a dentist office.

Gathering Activity:

As the Scouts arrive, ask them to complete the table, Filling in the names of the foods they ate that day. Scout with most balanced chart wins (an ice cream sundae???)
Last column doesn't count.

Day/Meal	Meat Grp.	Milk Grp.	Veg./Fruit Grp.	Bread/Cereal Grp.	Junk
YESTERDAY					
Breakfast					
Lunch					
Supper					
TODAY					
Breakfast					
Lunch					
Supper					

Physical Activities

Trees in the Wind: Gather the den around you in a circle, three feet or more between individuals. Scout stands looking at the back of the Scout next to him. They then run slowly around the circle, bending left, right, forward, and back as though swaying in the breeze. One the command, "reverse", they turn around and run in the opposite direction.

Russian Hop: Scouts squatting, ready to move around the circle, feet together, hands folded around chest. Move around circle, leaping upward and forward off both feet. As hop is complete, Scout returns to squat position with arms folded across chest.

Tortoise and Hare: Scouts stand at attention, then they start jogging slowly in place. When you say "Hare", the tempo doubles, knees lifting high, arms pumping vigorously. When you say "Tortoise", the tempo slows to an easy jog. Vary the commands for some fun.

Inchworm: Scouts assume push-up position, body extended, face down, arms extended fully, hands on floor, fingers spread, pointed forward. Hold hands stationary and walk feet up as close to hands as possible. Then feet stationary, walk hands forward to starting position. Repeat the sequence.

Gorilla Walk: Scouts' feet are spread apart, same width as their shoulders. Bend at the waist, grasp ankles, legs straight. Walk forward holding firmly to ankles. Keep legs straight. Conduct a race for speed.

Sawing Wood: Scouts pair off facing each other. Grasp hands at shoulder height, fingers interlaced. With a vigorous action, Scouts pump arms alternatively as though sawing wood.

SCIENTIST MENTAL SKILLS GROUP

Explore Chromatography with M&M's!

Alice, Golden Empire Council

Chromatography is a method of analyzing complex mixtures by separating them into the chemicals they contain. In police work, drugs from narcotics to aspirin can be identified in urine or blood samples. But Webelos can also use chromatography to separate out the different colors in a black permanent marker (they aren't just black) - or for more fun, the actual colors in M&M's! Go to

http://www.yesmag.ca/projects/paper_chromaBW.html

for specific instructions and great diagrams to test the permanent marker. Here's how to do the M&M test:

- ✓ Open a bag of M&M's – choose about 5-6 of different colors.
- ✓ Put them in a small amount of water in a glass or cup and stir around until the color comes off. Note that the water will be all one color – remove the M&M's and stir till colors are all dissolved into one color – usually something grayish.
- ✓ Point out that the colors seem to have all blended together – the bright colors seem to have disappeared.
- ✓ Now take a coffee filter, or even a paper towel, and cut a strip long enough to reach down into the water – you could even staple the top edge to make a loop that you can hang from a pencil. But make sure the paper reaches down to touch the water.
- ✓ Now leave it overnight, or till your next den meeting – the various colors will separate out on the paper, showing that they really didn't disappear into a single color.
- ✓ To take this a step further, separate out a bag of M&M's by color. Then make a graph to show how many of each color are in a bag of M&M's. If each boy has his own bag, they can "eat" their experiment. *(One of my boys was so intrigued that he went home and created several kinds of graphs on his computer to show the composition of his bag-Alice)*

Here's the science behind it: Because molecules in ink or even the colored coating on M&M's have different characteristics, such as size and solubility, they travel at different speeds when pulled along a piece of paper by a solvent (the water). For example, the grayish water color, (or even black ink) contain several colors. The water soluble colors behave differently due to their molecules, and separate into a sort of "rainbow" of colors. Go to the website and try using the black permanent marker – your boys can practice some "CSI" techniques – try the secret note challenge!

Riddles about Science and Scientists:

Alice, Golden Empire Council

Some famous scientists were invited to a party. Can you guess what they studied by reading their responses?

Response: Ampere was worried he was not up to "current" norms of the party.

Answer: Discovered electric current produced fields. You may also be surprised to see how often a discovery was named for the scientist. For some fun riddles about science and scientists, go to:

<http://www.kids.niehs.nih.gov/rdparty.htm>

You can also click on a fun song about inventions, called "Mother Necessity."

Trapper Trails Council

The Scientist Activity Badge is recommended to be presented in a two month format, as outlined in the Webelos Program Helps booklet. This outline presents the Badge in eight weekly meetings. Every requirement is covered in the outline. Each Scout who attends all meetings will satisfy all requirements, even though only six of the nine electives are required.

The Scientist badge lends itself to many different demonstrations, with which the Scouts will have a lot of fun. As the Webelos Den Leader you should read the book ahead of time and be prepared with your demonstration materials. Make sure you try out your demonstrations BEFORE the meeting. Examples are given here, but use your imagination - you can think up very good demonstrations too! Use the Program Helps and the Webelos Activities book. Lists of materials needed are not given here for demonstrations taken from the Webelos book.

Use the Webelos book in the meeting. Have the Scouts read sections from the book. Then give them hands-on experience doing the demonstrations. Use all your other resources, like the Webelos Resource Book -- there are a lot of demonstrations in the Webelos Resource Book.

Plan one or more outings to show first hand one or more of the principles discussed in the Den meetings. Examples: Visit an airport and observe wing shapes, observe planes taking off, go flying.

Requirement 4 of Scientist has the Webelos Scout earn the Science Belt Loop.

The requirements are:

Complete these three requirements:

1. Explain the scientific method to your adult partner.
2. Use the scientific method in a simple science project Explain the results to an adult.
3. Visit a museum, a laboratory, an observatory, a zoo, an aquarium, or other facility that employs scientists. Talk to a scientist about his or her work.

Week 1

Requirements to be fulfilled:

Do These:

2. Read Pascal's Law. Show how it works.
3. Show in three different ways how inertia works.
4. Begin work on Science Belt Loop

Discussion and Demonstration:

1. Read the introduction and requirements. Discuss the requirements and how they will be worked on in and outside the Den. Make sure you alert the Scouts and the parents about any field trips that will be planned. Also, make sure you telephone the parents a few days before the field trip -- it helps attendance.

2. Read pages on Pascal's Law. "Pressure of a gas or liquid is equal on all sides of a sealed container." Use a balloon as an example.

Demonstration: You will need a soda bottle, 1/4 cup of vinegar and 1/4 cup of baking soda. Put the vinegar in the balloon, and the baking soda in the soda bottle. Put the balloon tightly over the mouth of the soda bottle and tip up the balloon to make the vinegar go into the bottle. The balloon will begin to expand as the CO₂ is generated from the reaction. The point is that the pressure in the bottle and balloon increases as the gas is produced. The bottle cannot expand so the balloon does in all directions.

The Cartesian Diver demonstration: You will need a glass jar, a sheet of rubber such as cut from a balloon, a medicine dropper and a rubber band. Fill up the jar nearly to the top with water. Suck a water into the medicine dropper until it just floats at the top of the water in the jar. Place the rubber sheet over the mouth of the jar and fix it to the top with the rubber band. Now press on the rubber to increase the pressure in the bottle. The "diver" will submerge and go toward the bottom of the jar. Release the rubber and the "diver" goes back up to the top. What has happened is that when you push on the rubber, the pressure in the jar increases, forcing more water into the dropper, causing it to be heavier than the lift provided by the air in the dropper -- it submerges.

3. Read pages on inertia. "A body in motion stays in motion unless acted on by some outside force. A body at rest stays at rest unless acted upon by an outside force." Demonstrate inertia using a coin on a card over a bottle as shown in the book. Demonstrate using glass of water and strip of paper. These are "at rest" demonstrations. Demonstrate "in motion" inertia using a rolling ball hit by another rolling ball.

Extra credit: How is inertia expressed? Inertia is Mass times velocity. Mass is expressed as pounds. Velocity is expressed as feet per second. So inertia is expressed as pound-feet per second. If a 1 pound ball travels North at 1 foot per second and is hit head on by a 1 pound ball traveling at 2 feet per second South, what might happen?

Additional Pascal's Law Demonstration:

- ✓ Place a glass in water, turn it upside down and lift it slowly. What happens when the bottom of the glass rises above the surface of the water. The water stays in the glass and is raised with it. But as the top of the glass breaks the surface of the water, the water in the glass falls out. This happens due to the fact that the air is pushing down on the water outside the glass and when the glass breaks the surface, air can rush in. The air no longer supports the water so the water falls out according to Pascal's Law.

Additional Inertia Demonstrations:

- ✓ Place a doll in the middle of the back of a pickup type truck. The pickup bed needs to be large enough for the doll to slide in. Move the truck rapidly forward and then make it turn a curve sharply. The doll will slide to the side of the truck since it will keep wanting to go in a straight line accordingly to the principle of inertia.

- ✓ Place several books on a smooth table. Push them toward a stick or another book you are holding as an obstacle. When the bottom book is stopped by the obstacle, the books on top continue due to the law of inertia.
- ✓ Place a bucket on the floor, drop a ball into it. Easy, it drops right in. Now while walking past the bucket try to drop the ball in when your hand is positioned exactly above it. You miss. This especially shows up if you try to do this while running past the bucket. Since the ball has acquired your moment of inertia it tends to keep going forward after you have dropped it; thus it misses the bucket.
- ✓ Put a marble, golf ball, or ping pong ball into a glass or jar that is laying on its side. Move the glass forward quickly, then stop it. Due to Newton's First Law (Inertia), the ball continues forward though the glass is stopped.

Homework:

- ✓ Look for examples of Pascal's Law or inertia around your home and school, to tell the Den next week.

Week 2**Requirements to be fulfilled:**

1. Read Bernoulli's Principle. Show how it works.

Do Six of These:

5. Show the effects of atmospheric pressure.

Discussion and Demonstration:

1. **Read pages on Bernoulli's Principle.** "When air moves quickly, pressure is low." Demonstrate Bernoulli's Principle with card and thread spool. Demonstrate by blowing over a strip of paper. Demonstrate by blowing over a straw in a glass of water.
Extra credit: Aircraft wings are curved on top to reduce the air pressure, but paper or balsa wood gliders have flat wings. Why do they climb? Discuss angle of attack.
2. **Read pages on Atmospheric Pressure.** "We live in a blanket of air. That air exerts 15 pounds per square inch pressure on all surfaces at sea level." Demonstrate with candle in a bottle turned upside down in a bowl of water. Demonstrate with crush the can. Demonstrate with a can filled with water and holes in lid and side. Demonstrate with the cork boat, glass and water.

Another demonstration: Float a ball in the air flow from a fan. The ball stays in place because the pressure is lower in the flow -- the higher pressure outside the flow forces it to stay put.

Extra credit: What is a vacuum? The absence of air or anything else. It is hard to create a vacuum on earth. Why? Because you have to overcome the 15 pounds per square inch atmospheric pressure. Suppose we want to create a vacuum inside a 12-inch cube. Do you know how to calculate the surface area of a 12 inch cube? The mathematical formula is $6 \cdot L \cdot L$, where L is the length of a side or 12 inches, and 6 is the number of sides. $L \cdot L$ is 144, so $6 \cdot L \cdot L$ is 864 square inches. So the pressure on the cube is 864 square inches * 15 Pounds per square inch, or 12,960 Pounds of pressure!

That's a lot of pressure to overcome in order to make a vacuum!

Additional Bernoulli's Principle Demonstrations:

- ✓ Cut a soda straw about 2/3 thirds through about the midpoint of the straw. Fold the straw back so that it forms a 90 degree angle. Pour colored water into the a glass or cup and have the scouts blow hard into the opposite end of the straw. Air moving rapidly across the top of the straw will cause the air pressure to lower within the straw causing the water to rise in the straw and go down in the glass.
- ✓ Place two ping-pong balls on the table about two inches apart. With a straw blow a steady stream of air between the two balls. As you blow the balls will come together until they hit the stream of rushing air and bounce back apart.
- ✓ Cut a long thin strip of paper and make a fold 1/8 from each end. Try and blow under the beneath the bridge formed to try and blow it over. The more you blow the more it will bend toward the surface it is sitting on. Air pressure is higher above the paper bridge then below, so the paper is bent toward the surface.
- ✓ Make an airfoil section (section of an airplane wing) by gluing a strip of paper around a straw, pencil or small stick. Hold the stick in front of you and blow a stream of air over the leading edge of the airfoil. The airfoil should rise.

Homework:

- ✓ 1. Look for examples of Bernoulli's Principle, and atmospheric pressure at work around your home and school, to tell the Den next week.

Week 3**Requirements to be fulfilled:**

6. Show the effects of air pressure.
7. Show the effects of water pressure.

Discussion and Demonstration:

1. Read pages on Air Pressure. "If we compress air -- increase the air pressure -- we can put it to work for us. Example of compressed air: Blow hard into a bottle. A balloon. Demonstrate air pressure with the newspaper ball and soda bottle. Demonstrate with the hot water bottle lifting books). Demonstrate with the balloon lifting a glass.
2. Read pages on Air and Water Pressure. "Air pressure keeps water out of a diving bell." Demonstrate with a glass and pan of water -- push down on the glass, the water is displaced. Float a bottle cap and push down on the glass to push the bottle cap to the bottom.

Other Air & Water Pressure Demonstrations:

- ✓ Hold a glass over a dishpan and fill to the brim with water. Cover the top with a piece of cardboard. Press on the cardboard with one hand, turn the glass upside down and let go of the hand touching the cardboard. The cardboard will stay stuck to the glass.
- ✓ Stick a clear straw in a glass of colored water (for clarity), suck up the water until the straw is full. Putting your tongue or a finger over the straw lift it out of the water. The water will stay in the straw until you let go.

- ✓ Fill a glass with colored water, place the short end of a bendable straw in the glass and bending the straw so that the long end will be below the surface of the water in the glass. Place a second shorter glass next to the first. Suck on the long end until water starts to move up the straw. Point the long end in the second glass and let the water flow out. The water will continue to flow until the water reaches the same level in both containers.
- ✓ Fill a dishpan with water. Poke several holes in the bottom of a detergent bottle using a small pick or cork screw. Place the bottle in the water and fill with water. Bring the bottle out and the water will run out the bottom. Put a finger over the hole in the lid of the bottle and the water will stop running. The bottle can be used for a shower when outside.

Homework:

- ✓ Look for examples of air pressure, and air and water pressure at work around your home and school, to tell the Den next week. [Bicycle tires, car tires, tire pumps, aerosol cans, etc.]

Week 4**Requirements to be fulfilled:**

9. Explain what causes fog.

Discussion and Demonstration:

1. Read pages 295-297 on Fog. "Did you know that air has water in it?" Demonstrate making fog with the hot water in a bottle and place an ice cube at the top of the bottle (page 296). Demonstrate with cold water in the bottle and light a wooden match, drop into bottle (pages 296-297).

Homework:

- ✓ Have you walked in a cloud? Have you played games at school out in the field when it was so foggy you could not see your friends? What does fog smell and taste like?

Week 5**Requirements to be fulfilled:**

10. Show how crystals are formed. Make some.

Discussion and Demonstration:

1. Read pages on Crystals. "When many liquids cool, they make geometric shapes called crystals. All crystals of one material are identical." Bring examples to show. If a microscope is available bring salt, sugar, and any other crystalline materials you have available to view under the microscope.
Demonstrate crystal making by with sugar crystals.

Homework:

- ✓ With your parents, try making sugar crystals at home. Bring your experiment to the next Den meeting. You need to protect you experiment from mold, so cover it up. What did you learn? How easy is it to dissolve the sugar in the water? Why do you have to heat the water?

Week 6**Requirements to be fulfilled:**

11. Define balance. Show three different balancing tricks.
12. Show in three different ways how your two eyes work together.

Discussion and Demonstration:

1. **Read pages on Balance.** "Balance is when the center of gravity (or center of mass) is exactly over a pivot point (of fulcrum)." Show examples of balance, using a ruler or yard stick balanced on your finger, a mobile, a teeter-totter. Bring a weeble and show how the center of mass is so low that it returns to equilibrium on its own. (What's a weeble? A weeble is one of those very annoying standup toys that you can hit at the top, it falls over and then comes back up to right itself automatically.)

Balancing Tricks from the book -- have all Scouts try all of these: Back up to a wall and try to pick up a paper at your feet. Chair lift leaning against the wall. Stand sideways to a wall; try to bring the outside foot up to the one next to the wall.

2. **Read pages on How Your Two Eyes Work Together.** "Binocular vision means two eyes. Your two eyes work together to give you depth perception -- because your brain can put the two images together, the brain can figure out how far away things are."

Demonstrate with the paper tube trick, making it appear as though you have a hole in your hand. Have all Scouts do this. This shows how the brain puts the two images together.

Demonstrate by holding two pencils at arms length, and changing focus to beyond the pencils. This shows how the brain makes the eyes refocus to perform depth perception.

Demonstrate the "finger sausage". This shows how your brain can play tricks.

Question: Your eyes are wonderful sensing instruments, but where is all the work being done?

Homework:

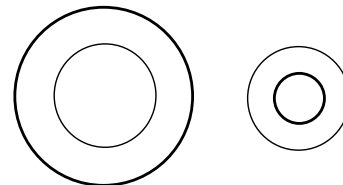
- ✓ Look for examples of balance at work around your home and school, to tell the Den next week. Do you have a weeble? Bring it to the Den meeting. Why is it so hard to knock over a weeble?
- ✓ Can you find other ways your eyes work together and share that with the Den next meeting?

Week 7**Requirements to be fulfilled:**

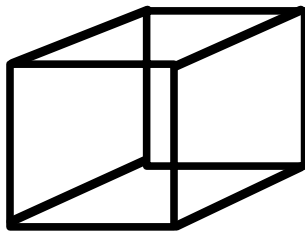
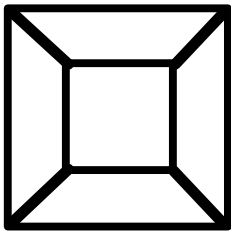
12. Show what is meant by an optical illusion.

Discussion and Demonstration:

1. Read about Optical Illusions - "An optical illusion is when our eyes tell us something that isn't really true." Demonstrate with the optical illusions in the book.



Which dotted circle is smaller?



Is the Inner square closer or farther away?

Are you looking down on this box or looking up at this box?

Which dotted circle is smaller?

- Obtain copies of a pamphlet on eye care from the local optometrist. Give a copy to each Scout. Skim over the pamphlet in the meeting.

Additional Optical Illusion Demonstrations:

- ✓ 1. Make a frame out of construction paper or cardboard and attach a piece of cellophane. Draw a picture (i.e. a house) on a piece of white paper using a marker the same color as the cellophane. Look at the picture through the cellophane and the picture disappears.
- ✓ Fill a drinking transparent glass with water. Set a nickel in the palm of your hand and hold the glass over the coin. If you look down into the glass you will see the coin without any trouble. Cover the top of the glass with your other hand and look at the coin through the side of the glass and you will notice that it seems to disappear. The reason for this illusion is that first you looked straight down at the coin. The second time you looked through the side of the glass. When looking through the side of the glass the light rays are bent as they pass through the water and you couldn't see the coin. This is known as refraction.

Homework:

- ✓ Do you know who M.C. Escher was? He was a famous artist that specialized in optical illusions. Do you any optical illusions around your home? If so, bring something in to show the Den next week.
- ✓ Read an eye care pamphlet at home. How can we take better care of our eyes?

Week 8

Requirements to be fulfilled:

- ✓ Makeup week.
- ✓ Review all requirements, dwell on anything missed, sign off books.
- ✓ Take Field Trip for Belt Loop if not already done

Discussion and Demonstration:

- Who can tell us what Bernoulli's Principle is? Do you remember a demonstration of it?
- Who can tell us what Pascal's Law is? Do you remember a demonstration of it?
- Who can tell us what inertia is? Do you remember a demonstration of it?
- Who can tell us what atmospheric pressure is? Do you remember a demonstration of it?
- Who can tell us what air pressure is? Do you remember a demonstration of it?

- Who can tell us what the effects of air and water pressure are? Do you remember a demonstration of it?
- Who can tell us what causes fog? Do you remember a demonstration of it?
- Who can tell us how crystals are formed? Do you remember a demonstration of it?
- Who can define balance? Do you remember a demonstration of it?
- Who can tell us different ways how your two eyes work together? Do you remember a demonstration of it?
- Who can tell us what is meant by an optical illusion.
- What did we learn from the book on eye care?

POW WOW EXTRAVAGANZAS

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

Southern NJ Council

Back to the Future

Where Tradition Meets Tomorrow

**NOTE -
BOB SCOTT FROM NATIONAL'S INNOVATION
TEAM WILL BE HERE TO TALK ABOUT
CUB SCOUTS 2010**



January 23, 2010

Lakeview School, Millville, NJ 08332

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

Santa Clara County Council

The Future is Yours!

January 23, 2010

Santa Clara High School

3000 Benton Street, Santa Clara CA

Call or write Santa Clara County Council, (408) 280-2154 x 39, or training@scccbsa.org, or visit the website <http://www.scccbsa.org/html/index.html> for more information

WEB SITES

Useful and Fun Links:

Scouter Jim, Bountiful UT

National Center for Chronic Disease Prevention and Health Promotion - Healthy Youth

<http://www.cdc.gov/HealthyYouth/obesity/index.htm>

NFLPlay60 and the United way

<http://www.nflrush.com/play60/>

Utah National Parks Council

www.e-scoutcraft.com

www.diynetwork.com

www.diykids.com

<http://crafts.kaboose.com/cub-scout/index.html>

www.cubpack88.org/clipart_cartoon.htm

Las Vegas Area Council

www.cdsn.org

www.lvwd.com

www.snwa.com

www.lvwash.org

www.epa.gov

Alice, Golden Empire Council

General Power Resources:

<http://www.smud.org/en/education.safety/Pages/activities.aspx>

great site with information about energy, downloadable book about electricity, lightning; great printouts under Education/Teacher Materials – energy saving survey, activity pages, super energy saver certificate to print out.

www.eia.doe.gov/kids variety of interactive games and information for kids; click on teacher activities to check out great games to download, ideas for lesson plans and activities

www.tonto.eia.doe.gov/kids/ general information for kids about energy

Solar Power:

www.green-planet-solar-energy.com – all about solar power; experiments for kids with easy directions

www.tvakids.com/electricity/solar.htm read about kid's experiences with solar-generated electricity

www.renewableenergyworld.com/.../gogreensolar.../solar-power-improves-the-lives-of-300-children-54685 and www.associatedcontent.com/.../kids_can_learn_about_solar_power.html kids can learn about how solar power is used in third-world situations to provide low cost power

Wind Energy

<http://www.eia.doe.gov/kids/energyexplained/renewable/ocean.html> all about using wind power, especially near shorelines

www.sciencenewsforkids.org/articles/20050309/Feature1.asp - article about wind power for kids

www.gepower.com/businesses/ge_wind.../kids.../index.htm - 4 downloadable activities about how wind power works

www.surfnetkids.com/wind.htm all about wind power, from windmills to wind turbines; history and links to five great sites

www.energyquest.ca.gov/story/chapter16.htm check out this picture of an Iowa school where the power is provided by wind!

www.geology.com/news/2009/teaching-kids-about-wind-energy.shtml all about how wind turbines provide wind power for schools in rural areas

Water Power:

http://tonto.eia.doe.gov/kids/energy.cfm?page=hydropower_home-based all kinds of great information for kids about using water for power

ONE LAST THING

Drug Problem

*From my friend from the Philmont Pow Wow Seminar,
Keri of Indian Waters Council in South Carolina*

I had a drug problem when I was young.
I was drug to church on Sunday morning,
I was drug to church for weddings and funerals.
I was drug to family reunions no matter the weather.
I was drug to the bus stop to go to school every weekday.
I was drug by my ears when I was disrespectful to adults and teachers.
I was drug to the woodshed when I disobeyed my parents.
Those drugs are still in my veins; and they affect my behavior in everything I do, say, and think.
They are stronger than cocaine, crack, or heroin, and if today's children had this kind of drug problem, America would certainly be a better place.



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100 YEARS OF SCOUTING



CELEBRATING THE ADVENTURE
CONTINUING THE JOURNEY