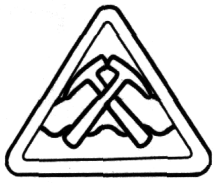
CUB SCOUT ACTIVITIES

ACADEMICS AND SPORTS PROGRAM

Academics

The Cub Scout Academics Program is a great way to help fulfill the aims of Scouting: building character, developing citizenship and encouraging mental and physical fitness.
Scholarship leads to adventure when learning is fun, and knowledge encourages exploration.



Art **Astronomy** **Chess** **Citizenship** **Collecting**

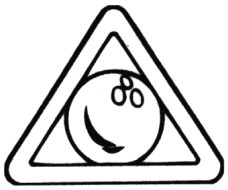
Communicating **Computers** **Geography** **Geology**

Heritages **Language & Culture** **Map & Compass**

Mathematics **Music** **Science** **Weather** **Wildlife Conservation**

Sports

Cub Scout sports provide the opportunity to become acquainted with and participate in all kinds of sports. This includes individual, team, winter and summer.



Archery * **Badminton** **Baseball** **Basketball** **BB-Gun Shooting**

Bicycling **Bowling** **Fishing** **Flag Football** **Golf** **Gymnastics**

Ice Skating **Marbles** **Physical Fitness** **Roller Skating** **Snow Ski & Board**

Soccer **Softball** **Swimming** **Table Tennis** **Tennis** **Ultimate** **Volleyball**

* Loops & Pins for Archery & BB-gun shooting can be earned only at Council approved camps.

Resource—Cub Scout Academics and Sports Program Guide. Can be found at local BSA Scout shops.

Recognition

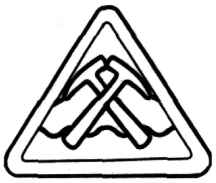
A variety of recognition items are available for the boys who participate in the Cub Scout Academics and Sports program. (Adults are not awarded Belt loops or Pins.)

Belt Loops

Belt loops have three requirements that give a general knowledge of the sport or activity.

Pins

After earning the belt loop a boy can earn the pin by completing additional requirements for that sport or activity. These requirements take more effort and give a more in-depth knowledge in that specific area.



Other recognitions are available but not necessary.

Academics and Sports Letter—(C stands for Cub Scout.) This is worn on a sweater or jacket or displayed on a backpack or frame. It does not go on the Uniform. There are no requirements for earning the letter as it is only used to display the pins.

Participation Emblems—*(round patch above right)*. Available to all boys and adults who participate in the activity.

Pocket Certificate—Provides immediate recognition.

Activity Medals and Trophies—Provides special recognition and is decided on by individual packs.

For information on Belt Loops & Pins' requirements, see Cub Scout Academics and Sports Program Guide, 2002 revision (#34299) or go to Cub Scout Activities at www. gslc-bsa.org.

BEST OF BLUE & GOLD

WHY DO WE HAVE A BLUE & GOLD EVERY YEAR?

It's to commemorate and celebrate the organization of the Boy Scouting program. It also allows us to celebrate the birthday of Lord Baden-Powell, the Founder of the Boy Scouts of America. Besides, everyone likes to have a party!

WHY DO WE HAVE IT IN FEBRUARY?

February is the actual month of the organization of the Boy Scouting program, February 8, 1910. It is also the birth month of Lord Baden-Powell, February 22, 1857. This is the BSA

recommended month to hold your Blue & Gold. However, if your circumstances require it to be held at a different time, that's acceptable too. As long as the boys and their families know what and why you are celebrating, do what needs to be done to make it successful.

HOW DO I PUT IT TOGETHER AND MAKE IT SUCCESSFUL?

There are a few things you must understand first:

- It's YOUR Blue & Gold. Plan your Blue & Gold for YOUR pack. Every pack is different and has different needs. Customize it to meet YOUR needs and resources.
- It will turn out exactly like you plan it! Only those who are in on the actual planning know how it was "supposed" to be. The people who attend only know how wonderful it turned out! Take advantage of this knowledge and just smile and say "thank you." But, don't forget – If you fail to plan, you plan to fail.
- KISMIF Keep It Simple, Make It Fun! This is what makes it the best Blue & Gold ever held.
- According to the Cub Scout Leader Book, the boy's entire family should be invited to this event. It's a celebration, a birthday party, where all are welcome.

Now, let's roll up our sleeves and get started!

In a perfect world the following time line would be the best way to go about planning:

8-12 Months Decide when, where, theme and expected budget. Make required reservations.

6-8 Months Brainstorm activities, speakers, and menu.

4-6 Months Confirm reservations and guest speakers. Finalize program ideas, plan decorations, order or make handouts.

BEST OF BLUE & GOLD (cont.)

2-4 Months

Assign Den responsibilities, complete invites and advertising, confirm reservations, confirm speaker, draw up guest list, make arrangements for set-up and clean-up. Gather all items needed for activities, gather decorations, finalize menu, get leader recognition items, decide on emcee and give them the date, time, place and exactly what you expect from them. Give them a copy of the program outline.

1-2 Months

Confirm reservations, confirm speakers including date, place, and time reminders. Make Den assignments for decorations or displays. Address invitations, send to special guests at least 3 weeks prior to event. Put all items for event in same place, finalize who will be cooking, serving, clean-up, etc. Place advertising.

3-4 Weeks

Do a walk through to double check facility amenities, confirm speakers and reservations. Double check count and completion of invites, handouts, leader recognitions and place setting requirements. Finalize food quantities. Meet with den leaders and committee members to finalize all plans.

2-3 Weeks

Check on advertising, confirm date, time and place with speakers & emcee. Give emcee any changes. Confirm facility. Buy food, confirm set-up and clean-up. Handout invitations and final food assignments. Purchase tableware and any additional items required.

1-2 Weeks

Check advertising. Confirm, confirm, confirm! Distribute recipes, food, etc. to cooks. Make sure invites made it to all the boys. Assign rides if necessary. Pick up any awards or leader recognitions not already acquired. Begin writing thank-you notes.

3 Days

Check food, confirm time to be at facility. Finalize instructions to set-up group, make final agenda and get copy to emcee and leaders, call leaders and confirm responsibilities. Make a “To Take” list and put in prominent place. Prepare any awards or recognitions. Acquire key for facility.

Day Before

Pack stuff to take in car. Decorate if possible or as much as possible. Pick up any last minute items. Iron uniform. Take 3 deep breaths and remember if you have fun then it is a success.

Day Of

Check facility for readiness as least 5 hours before scheduled set-up time. Drop off gathered items from car. Open facility for set-up group at <u>confirmed</u> time. Remind food people to arrive at scheduled time of no later than 30 minutes prior to start time. At least 2 hours prior to start time, get yourself ready so you are in place to greet guests, speakers, emcee, etc. Have fun at the party and know you live the motto: “Do Your Best.”

Day After

Mail thank-you notes.

BEST OF BLUE & GOLD (cont.)

Now for those of us who live in a less-than-perfect world the following usually applies:

2-3 Months Discuss where, when, theme, budget, menu, decorations, activities and speakers.

1-2 Months Make den assignments. Finalize menu. Think about leader recognitions, confirm facility.

3-4 Weeks Advertising, food assignments, new speaker, different activities, decorations together, collect invites.

2-3 Weeks Put together decorations, awards and think more about leader recognitions.

1-2 Weeks Pass out invites, change menu, call den leaders and other committee members for help.

2-4 Days Finish passing out invites. Buy food and enlist help of others to cook and serve. Confirm facility, buy additional awards, make tentative agenda.

Day Before Get key to facility (sometimes pushed to day of). Buy additional food, decorations and something for handout. Grab something for leader recognitions.

Day Of Invite your family to dinner. Buy tableware, additional items for dinner. Make 2 or 3 trips home for things you forgot. Arrive at facility 2 hours prior to event to set-up, decorate and start warming food. Find microphone and place to plug it in, get call from leader that family is sick and won't be there. But, they'll bring their stuff over.

When guests start to arrive do the 50 yard dash to get uniform on, discover button missing, rummage for a safety pin, grab a mint, go greet guests, hope the kitchen staff are really there. Grab a boy and a flag and have them lead the Pledge of Allegiance while you see what the smell from the kitchen is. Come back in time to realize there was no place to post the flag so it's laying on the table in front of the boy. Serve dinner, Oh yeah–ICE! Appear to listen to speaker, 'kinda' do activities, send people away, clean-up and go home around 10 p.m. Drop into the tub with something chocolate and promise yourself that next year will be more organized.

Day After Prepare and send thank-you notes. Start planning next years Blue & Gold!

BLUE AND GOLD (cont)

But to strive for a middle ground, on the way to a perfect world, the following checklist should help:

Decide with the entire committee on

- When
- Where
- A Theme (If you're not using February's)

Set your budget. Decide where the bulk of the money is going to go. For example, more to food and less to decorations or more to handouts and less to food.

Decide on the program. It can include any of the following or other items

- Guest Speaker
- Games
- Songs
- Skits
- Crafts
- Flag Ceremony
- Uniform Inspection

Make necessary reservations and/or deposits for

- Facility
- Guest Speaker
- Items for activities

Draft a backup plan, at least 1 but 2 is better

- Different facility
- Different menu
- Different Program

Plan the menu

- What to eat
- How to serve it
- Do we need a kitchen, running water, stove/oven?
- What type of preparation are is needed?

Plan the decorations

- Centerpieces/Table decorations
- Tablecloths
- Placemats
- Den assignments

BLUE AND GOLD (cont)

Plan advertising. One or all of the following can be used

- Invitations
- Posters
- Flyers
- Phone Calls
- Visits

Attendance

- Do your best to come up with a working number. It is always better to have too much than not enough.
- Don't assume anything! The family that never comes to anything WILL be there and they'll bring extra people!
- Special guests. (It's always a good idea to invite a representative from your sponsoring organization.)

Make assignments

- Decorations
- Food
- Program
- Advertising/Invitations
- Facility/Set-up/Clean-up
- Emcee (The Cubmaster or Pack Committee Chairman doesn't have to do this job! Give someone else a chance and you can participate in the evening.)

Miscellaneous

- Handouts
- Awards
- Leader Recognition
- Advancements
- Thank you notes
- Tableware
- Most important

Most important

- Take deep breaths/ Relax
- Have backup plans
- Have fun
- Remember this is for the boys. It's not a state banquet or a Hollywood production. Do what will work for YOUR pack.

BLUE AND GOLD (cont)

FEBRUARY BLUE & GOLD IDEAS

WHEN: February 22, 2004 PLACE: The Old Town Hall
TIME: 6:00 P.M. THEME: Fiesta

Decorations:
Paper sombreros and brightly colored paper mache items (ie. Chiles, bulls) made by dens. Pinata. Serapes. Mexican music. Brightly colored streamers.

Program:

- Prayer
- Flag ceremony
- Dinner
- Special Guest
- Marionette Show
- Den songs learned in Spanish
- Leader recognitions
- Break the pinata
- Thank-you's and handouts

Menu:

- Chicken Enchiladas
- Mexican Rice
- Refried Beans
- Chips & Salsa
- Crisp flour tortillas with cinnamon/sugar
- Lemonade

OR

- Taco Bar with lettuce, cheese, olives, tomatoes, meat, taco shells, flour tortillas, guacamole, salsa and lime wedges.
- Mexican Rice
- Refried Beans
- Cherry and Apple Chimichangas
- Red Punch

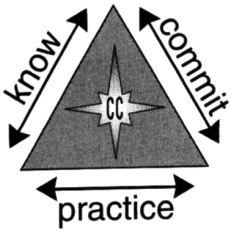
Handouts:
Pinata sticks with hang tag that says: "Stick" to the Cub Scout oath and you'll always "Do Your Best"!

How to make pinata sticks:
Wrap 6" x ½" dowel with brightly colored fabric scraps. Secure and apply 'hang tag' with ribbon.

CHARACTER DEVELOPMENT
CAN WE BUILD IT? YES WE CAN!!!

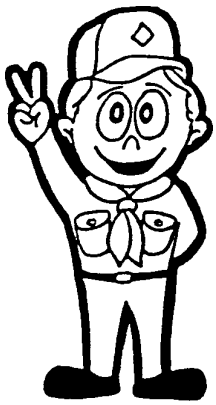
Why do we need character development? Won't the boy develop it on his own? Isn't it the parent's job? Isn't that what scouting is all about? YES IT IS!! We are here to help the boy learn new skills. Develop talents. Be a better leader. And yes, DEVELOP HIS CHARACTER! The scout promise, oath, and law, are just that.

Cub Scout Promise
I (your name) promise to do my best,
To do my duty to God and my country,
To help other people,
And to obey the law of the pack.



Boy Scout Oath
On my honor, I will do my best
To do my duty to God and my country,
And to obey the scout law;
To help other people at all times;
To keep myself physically strong,
Mentally awake and morally straight.

Scout Law
A Scout is Trustworthy
Loyal
Helpful
Friendly
Courteous
Kind
Obedient
Cheerful
Thrifty
Brave
Clean
Reverent



If we live by these values, we are building characteristics of a better Cub, then a Boy Scout, then a man, then a husband, then a community leader. Everyone has different values and religious beliefs. But we all have one thing in common--we want our children to be better than we are! Parents are doing everything they can. But everyone needs to help, including teachers, neighbors, and friends. And you, YES, YOU, have the very important job of helping build a Cub's character. You are a very key element. Why? Because you get to be with him, when he is young and very impressionable.

CHARACTER DEVELOPMENT (cont)

Sorry! I did not mean to stress you, but it is true. You have a positive or a negative effect on these boys. The choice is yours. But one way or another you will leave your mark. It will stay with these boys for the rest of their lives.

A SCOUTERS GOLDEN OPPORTUNITY

I took a piece of plastic clay
And idly fashioned it one day:
And as I pressed it, still
It bent and yielded to my will.

I came again when days were past:
That bit of clay was hard at last.
My early impress still it bore,
And I could change its form no more.

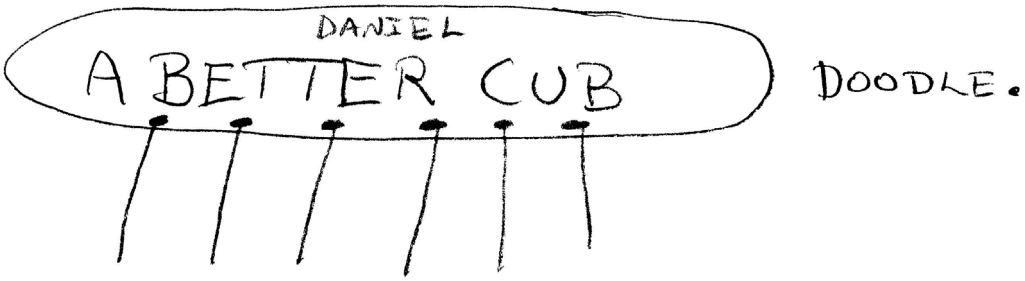
You take a piece of living clay
And gently form it day by day,
Molding with your power and art
A young boy's soft and yielding heart.

You come again when days are gone:
It is a man you look upon.
Your early impress still it bore,
And you could change him never more.

You are dealing with a boy
Who must be guided unaware:
Must be shown, but oh so gently
How to live both true and fair.

Pins and badges aren't our aim.
Character building is our goal.
But not to lose your courage now,
For you are piloting a soul.

Having said that, let's show you some fun ways of developing character. It is not hard, and the boys will not have a clue as to what you are really doing.
Make some dice from foam, wood, or whatever you want. Number one of them 1-6 and the other 7-12.
At the beginning of each month, have one of the boys roll the die. Do not repeat. If you have already done that number, roll until you get one that you haven't had yet. That is the characteristic you will work on that month. At the end of each month, have a special treat or certificate, or both, for pack meeting. In the den, make a den doodle, only we call it:



Get a big tongue depressor, drill holes on one side. Put string or lanyard through the holes. Make sure the boys name is on the stick. Have some beads, so that each week you can add a bead on, if they have done their task.

CHARACTER DEVELOPMENT (cont)

What is this task you say? Well let us begin. Have the boys do some of these or make up your own.

#1. **CITIZEN-** Contributing service and showing responsibility to local, state, and national communities. Have them sing the "Star Spangled Banner," and memorize the names of the president and vice-president of the United States. Have them tell you how they respect our flag. Make a bicycle obstacle course and have them obey all the laws [including proper gear]. Do a service project for a school or senior center. You see where this is going! Have fun!

#2. **COMPASSION**- Having consideration and concern for the well being of others.
Have the boys go to a senior center and adopt a grandparent for a month [or longer]. Make a new friend this week. Give someone a hug everyday for a week [but not Mom or Dad]. Pick a secret friend and do something nice everyday for a week. Smile everyday and see if it passes on.

#3. **COOPERATION-** Working together with others towards a common goal.
If someone needs help, do not wait for him or her to ask, just do it. Do not be selfish--share. If mom or dad asks for your help, jump up right away [that will surprise them]. Instead of you talking all the time, you be the one to listen. If you lose at a game, be happy that you played. Develop a new talent and share it. Have a talent show and include everyone. Be friendly to someone you do not know.

#4. **COURAGE-** Doing what is right regardless of how hard it is or what the consequences are.
Try a new food or activity. Tell the truth no matter what for a week. Do not be afraid to make a mistake [even parents make them]. When you make a mistake, admit it. If your friends are doing something wrong, tell them you will not do that and leave.

#5. **FAITH-** Have inner strength or confidence based on our trust in a higher power.
Do not make fun of other people's religion [everyone is different]. Explain what your duty to God is. Tell someone else about your religion. Everyone has good in them. Tell your den members what you like about them. Everyone has problems. Think, "What can I do," not, "I can't do anything." Show reverence for holy places. Visit a church or holy place.

#6. **HEALTH AND FITNESS-** Being personally committed to caring for our mind and body. Go one week without eating junk food. Go on a hike. Play a sport. Ride a skateboard, scooter, or bike [with proper gear]. Practice tennis or swimming. Try something new like miniature golf. Throw a frisbee with a friend. Have a water fight. Make a chart to see how many times you take a bath in a month.

CHARACTER DEVELOPMENT (cont)

#7. **HONESTY-** Telling the truth and being a person worthy of trust. If you say you will do something, do it. Tell someone how you are loyal to your country, friends or family. If you lie, it is hard to regain trust. When playing a game, do not cheat, just have fun playing. Play the gossip game, then tell someone why you should not spread rumors. Return what you borrow, making sure it is in the same shape as you borrowed it. Do not take what is not yours.

#8. **PERSERVERANCE-** Stick with something and not give up, even if it is difficult.
Start a chore and finish it. Find a magic trick you want to do and have fun learning it. Set a personal goal and finish it. If you are bad at something, work hard to get better at it. Try something new. Try to put together a 500 piece puzzle. Remember never give up! Always do your best.

#9. **POSITIVE ATTITUDE-** Setting your mind to look for and finding the best in all situations. For one week, do not say, "I can't". Tell a joke to someone every day for a week. Write a letter to someone tell them something positive. Write fun notes and leave them around your house, [I like your smile, I like your cookies]. If your friends are saying bad things, think of something good to and say it. Say, "You bet," instead of "Oh, do I have to." Smile, smile, smile.

#10. **RESOURCEULNESS**- Using human and other resources to their fullest.
Write a list of things you can recycle. Fix up your old bike and give it to someone who does not have one. Find things around your house and give it to Good Will. Have a yard sale. Make a genius kit and take it to Pack meeting. There are people worse off then you. Make a list of things you have. Tell your parents how much you appreciate them.

#11. **RESPECT-** Show regard for the worth of someone or something. For one week, say "please" and "thank you." For a week, mow the lawn or shovel snow for someone without pay. For one week don't insult your brothers or sisters. For one week do not boss people around. Be careful of your language. Tell your leader how you show respect for your parents.

#12. **RESPONSIBILITY-** Fulfilling our duty to take care of ourselves and others. Make a chore chart and do it for one week without being told. Do all your homework without being told. Keep your room clean for one week. Ask your parents, "Is there something I can do to help you?" Then do it. Play a game with your brothers and sisters without fighting. If you do something wrong, tell your parent right away, and tell them you are sorry.

CHARACTER DEVELOPMENT (cont)

Well, without the boys knowing, and maybe without you knowing, you have just put into effect the:

CHARACTER CONNECTONS

#1.What do I think or know?
About the core value,
About the experience,
About the context, etc.

#2. How do I feel generally? How do I feel about this value?
What makes this difficult to carry out?
How did this experience make me feel, etc.

#3. What can I do? How can I practice this value in the future?
At school, at home, with friends, etc.

Each task they undertake, they think, feel, and do,
Just like you!

Now that we have you,
THINKING
AND
FEELING
It is time for you to go
DO!

AND REMEMBER,
CUBS JUST WANT TO HAVE FUN!!!

DERBIES

Pronunciation: dŭr-bē
Function: *noun*
Inflected Form(s): *plural* **derbies**
a race or contest open to all comers or to a specified category of contestants <bicycle *derby*>

Cub scouting through the years has become famous for a few things. The Cub Scout derbies are one of the major items that the boys look forward to. But how many derbies can you name?

Pinewood derby? Rain Gutter Regatta? Space Derby? How about a Vegetable Derby? Kite Derby? Bicycle Derby? Or maybe even an Egg Derby?

There are endless possibilities, and this section is designed to give you additional ideas to spice up your derby events.

The basic rules, and track designs for the 3 major Derbies (Pinewood, Raingutter, and Space) along with the Cub-mobile, All-derby race day, Fishing, and kite derbies, are found on pages 6-26, through 6-38 of the <u>Cub Scout Leader How-to book</u> (#33832 A).

PINEWOOD DERBY

The format of the race is very simple. However, here are a few ways to spice up your event.

#1 Have the boys paint or shape their cars to match the theme of the month.
For example, if your theme for the month is "Cub Pet Pals," boys might want to paint/shape their car to resemble their favorite pet/animal.

#2 Divide the pack into "divisions" by age/rank so that you have 4 or 5 first place cars and, if you'd like, hold a finals race of those winners for a grand champion.

PINEWOOD DERBIES (Cont)

#3 As a service project and Art Belt Loop project, have each of the dens make medals for different awards. (i.e. Best paint job, fastest looking, slowest looking, best of show etc.).

Award with instructions may be found on the final page of this section, p. 214.

#4 Hold an 'Open Class Race' with very limited rules for the rest of the family. This gives dad a chance to build his dream car.

#5 Hold a Leaders' Race. (What good is it to be a leader and not have fun as well.)

#6 The more awards the better.

#7 So that no one is left out, be sure that your scoring system is fair and accurate. You do not want a boy to feel that he had been cheated. There are several methods designed to avoid this, along with software programs for the computer expert. On the internet, go to http://pack146.nova.org/pinewood/software.html. This a great free download created just for Pinewood Derby Management.

RAINGUTTER REGATTA

There are many ways to spice up this event.

#1 Instead of a typical rain gutter approach, you may want to use a local swimming pool and turn the event into a pool party.

#2 Instead of your typical boats, use various vegetables, such as summer squash, zucchini, or other vegetables. Just add a sail! Note: watermelons, though buoyant, are not recommended for this activity.

#3 Objects around the house that float are a lot of fun and give the boys an opportunity to be creative.

#4 AWARDS, SKITS, AND FOOD are always an excellent combination for this event.

DERBIES (cont)

SPACE DERBY

This event is a little more difficult to spice up, but it can be done.

Some ideas:

#1 Arrange the track so the starting line is close to the ground, and the finish line is as high as possible. Then, see which rocket goes the farthest.

#2 Using a theme always works. A Sci-Fi theme is always a favorite.

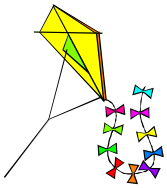
#3 Make AWARDS that are out of this world, such as Planet Awards (made from Styrofoam, tin cans), or Alien Awards. (Old computer parts are easily turned into trophies).

Food Ideas: Moon Pies, Moon Cheese Sticks, Martian Logs (Celery with cheese filling).

Location Idea: Hold the event outside, and see which scout sees the first star.

OTHER DERBIES

As stated before, a derby isn't just a race; it's a contest. Try these other derbies at a pack meeting near you!!



Kite Derby! Let's go fly a kite. With this derby, scouts have the opportunity to see who can make a really awesome kite, or fly a purchased one the highest, have it stay in the air the longest, or have the best crash! The sky's the limit.

Bicycle Derby! On your mark, Get set, GO! Obstacle courses can be fun. Use this event to teach bicycle safety. Decorate your bikes for a Scout Parade.

Egg Drop Derby! Can you build a crash-proof box? See how many ideas you can develop to allow an egg to be dropped from the highest point imaginable!

Olympics! Combine all of the derby events for one HUGE day of Derby Olympics.

DERBIES (cont)

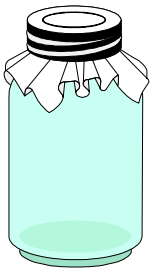
THE AWARDS

Sometimes the Best Awards are the ones you make. Here are some inexpensive ways to recognize your boys! Following are ideas for 2 different types of awards:

- The Medal
- The Trophy
- The Certificate (Make a simple, generic certificate. See ideas in class)

<u>The Medal</u>

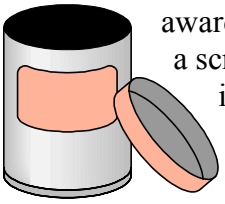
Of all of the homemade awards, the easiest is the Olympic medal.
All you need is:
1 Package of canning lids
18" of red/white/blue (or what ever color you'd like) 2" wide ribbon
Hot glue gun
Hot glue sticks
Gold Spray Paint
Bronze Spray Paint
Silver Spray Paint



- Paint your lids the appropriate color and allow to completely dry before continuing.
- Form the 18" of ribbon into a pear shape so that you form a loop that will comfortably rest around your neck. Align the ends of the ribbon so that they are square and flush on all sides. With the Hot Glue Gun, attach the medal.
- Other variations: create round stickers to use for logos in the lids or toll paint the event name in the center.

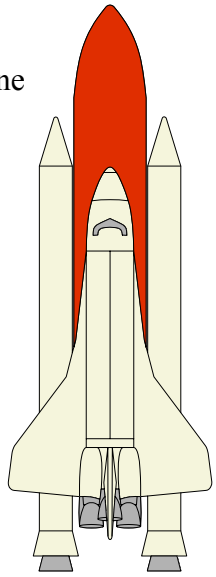
<u>The Trophy</u> is one of the easiest award craft projects.
Supplies:
1 10 oz. soup can
1 can silver spray paint
Pipe cleaners
Hot glue

Wash and remove the label from the soup can. Spray paint the can silver (this creates an even coat and covers up the glue resin from the label. Place the can with the open end down and use this for the base of your trophy. Shape the pipe cleaners into a desired shape that reflects the award's purpose. Other items to decorate may include laminated paper cutouts from a scrap booking store, small action figures, matchbox cars, etc. Use your imagination. For those who like to personalize things, tole paint may be used to paint the name of the award and the recipient's name. Computer labels may also be used. HAVE FUN!!



SPACE DERBY 2

HOW TO HAVE A 'STRESS FREE' SPACE DERBY



1. Get the SPACE DERBY kits from the Scout Shop.

2. Make sure you have the CARRIERS KIT that the rockets hang on the line with. It is a separate kit.

3. Set up the track by using FISHING LINE stretched between long BANQUET TABLES. (You can have as many lanes as you want, they are at eye height, and you can have them as long as you want.] Put one table on the floor, on all four legs. Put the 2nd table, on its side, on top of the first.. Put the CARRIERS on the line and wind the line around the top table legs. Some FOAM RUBBER can pad the table the rockets are coming to so they don't get broken on impact.

4. Go for accuracy instead of distance. Put pictures of planets on the floor and have the racers race to Mercury, then to Saturn, etc. Give 1st, 2nd, and 3rd place ribbons to the ones who get closest to the planet.

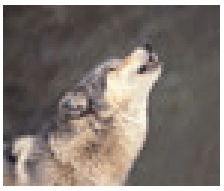
5. As boys arrive with their rockets, let them have some trial runs on the lines. Have them wind up their rocket 100 times and see how far it goes.

6. Make your own ribbons. Buy 3 rolls of red, yellow, blue 3-inch ribbon from a craft store. Fold the top of the ribbon down over some card stock, get some yellow string to hang them from, and write on them with magic markers. Have a lot for the races. (*My Cubs went home with a handful of ribbons, we didn't have any broken rubber bands, and they loved it.)*

Submitted by Val Chatwin

OUTDOORS AND CAMPING

The Value of an Outdoor Program



Natural Resources: The outdoor program uses the resources of the natural surroundings to make a significant contribution to the growth of a boy.

Good Health: Outdoor program activities contribute to good mental and physical health through supervised activities, sufficient rest, good food, and wholesome companionship.

Spiritual Growth: It aids in the spiritual growth of a boy by helping him recognize and appreciate the handiwork of God in nature.

Social Development: It contributes to social development of the boys by providing real-life experiences where boys learn to deal with situations that require living with other people.

Self-Reliance: It helps boys develop self-reliance and resourcefulness.

Citizenship Training: The outdoor program provides an experience in citizenship training through opportunities for democratic participation in outdoor games and other activities.

Campfire Safety

Build campfires away from overhanging branches, steep slopes, rotten stumps, logs, dry grass, and leaves. Pile any extra wood away from the fire.

Keep plenty of water handy and have a shovel for throwing dirt on the fire if it gets out of control.

Keep the campfire small. A good bed of coals or a small fire gives plenty of heat.

Scrape away litter or any burnable material within a 10-foot diameter circle. This keeps a small campfire from spreading.

Be sure your match is out. Hold it until it is cold. Break it so you can feel the charred portion before discarding it.

Never leave a campfire unattended. Even a small breeze could quickly cause the fire to spread.

Drown the fire with water. Make sure all embers, coals, and sticks are wet. Stir the remains, add more water, and stir again. Be sure all burned material has been extinguished and cooled. If you do not have water, use dirt. Do not bury your coals. They can smolder and break out into flame.

OUTDOORS AND CAMPING (cont)

Lightning Safety

Don't work on fences, telephone lines, power lines, pipelines, or structural steel.

Don't handle flammable materials in open containers.

Don't use metal objects such as fishing rods and golf clubs. Golfers wearing shoes with cleats are particularly good lightning rods.

Get out of the water and off small boats.

Stay in the car if you are traveling. Automobiles offer excellent lightning protection.

When no shelter is available, avoid the highest object in the area. If only isolated trees are nearby, the best protection is to crouch in the open, keeping twice as far away from isolated trees as the trees are high.

Avoid hilltops, open spaces, wire fences, metal clothesline, exposed sheds, and electrically conducted elevated objects.

Cooking Safety

S - Sharp knifes are safer to use than dull knives. When using a knife, cut away from you and use a cutting board.

A- Always wipe up spills off the floor immediately to prevent falls and slips.

F- Fires that start from grease cooking can be extinguished by covering with baking soda, NOT WATER!

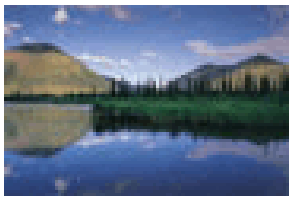
E- Easy to reach pot holders or oven gloves near the stove are a must.

T- Turn handles of saucepans and pots toward the center of the stove. This will help prevent pans from being bumped and falling.

Y- You should always get permission from your parents or an adult before you cook with heat.

OUTDOORS AND CAMPING (cont)

Water Safety



A Tour Permit is required. Return it to your council. (It can be faxed.)

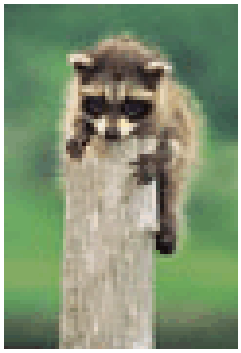
Qualified Supervision: An adult who is experienced in the water, confident in his ability to respond in an emergency, and has completed CPR training.

Safe Area Lifeguards and swimmers examine the bottom of the swimming area to determine varying depth, deep holes, rocks and stumps.

Buddy System: Pair every youth with another in the same ability group.

Discipline: Be sure everyone understands and agrees that swimming is allowed only with proper supervision and use of safe swim defense.

Belt Loop Day Camp



Overnight Family Camp: 1 night & 1 day.
Have pack meeting and Flag Retirement Ceremony in the evening.
Breakfast as a pack the next morning and have Flag Ceremony.
Attend classes throughout the day.

Classes run for 50 minutes with 10 minute breaks/or change in classes.

9:00- 9:50 Class	1:00-1:50 Class
10:00-10:50 Class	2:00-2:50 Class
11:00-11:50 Class	3:00-3:50 Class
12:00-12:50 Lunch	4:00-4:50 Class

Have food prepared prior to lunch break if having cold cuts and chips, or have cooks start making lunch one hour prior to the break if serving hot food.

Awards: Purchase awards prior to Belt Loop Day Camp. In order to do this, you will need to have an RSVP on who is attending.

Belt Loop Classes may be based on Themes. (For example, if doing Academics, assign 2 to 4 leaders per topic. Two leaders would take 25 minutes per activity while other two leaders assisted the boys in the activity, and then they would switch. This way, two belts loops could be accomplished in one class.)

If doing sports, break up group into teams. This may affect time slots. You may need to combine two 50 minutes classes together.

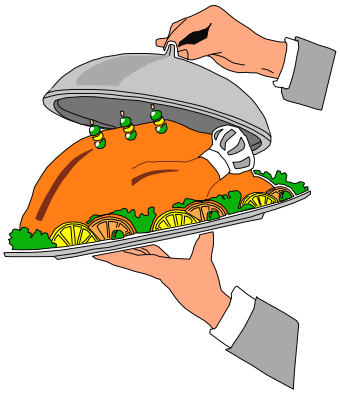
The key to success is having fun. Let the boys create their own ideas.

OUTDOORS AND CAMPING (cont)

Favorite Outdoor Recipes

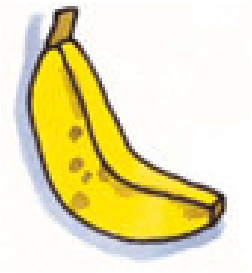
Chicken Thighs ALA Coke

When I asked my Scoutmasters if they had a favorite recipe, this is the one that Allan Powell from Troop 4139 gave me. He said it was the easiest one he had ever cooked and the boys loved it. Put enough chicken thighs in a 12" Dutch oven to feed the boys, 2 or 3 each. Add a big bottle of catsup and 1 3/4 cans of coke. Cover and cook at 350 degrees for 35 minutes. Drink the rest of the can of coke, and wait for the chicken to cook. Meat will pull from the bones when done. Very simple and easy but tastes great.



Banana Boat

Take a banana and cut out the inside peel. Leave the rest of the peel around the banana. Then hollow out a portion of the banana so that it looks like a boat or canoe. Be sure to leave most of the banana, but take out just enough to add the goodies!! This will leave room for you to put in chocolate chips and marshmallows. Then cover it back over with the peel you have removed.



Wrap the banana in tin foil and cook in the fire or on the grill. The chocolate and marshmallows will melt. Unwrap the tinfoil and use it for the plate or bowl. The chocolate and marshmallows will be oozing everywhere!!! Cooks in just a matter of minutes.

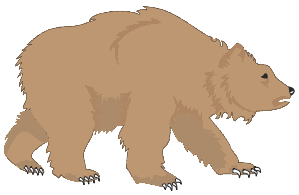
OUTDOORS AND CAMPING (cont)

Cub Scout Hike

Before setting out on any hike with your pack, be sure to consider each boy's hiking ability and plan your hike accordingly.

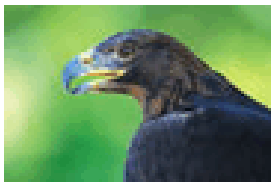
When we had our family/belt loop camp, we had a time limit on how long we wanted our hike to last.

Two of our adult leaders scouted the area that we wanted to hike, along with the denner and assistant denner. We felt that this would be a good idea to see how long it would take a typical nine-year-old boy to hike the route that we had planned.



Be sure to encourage your pack to wear good sturdy hiking shoes.
Sandals should be discouraged.
Also, make sure that everyone brings sunscreen, and enough water to drink. Hydration is probably the most important thing to remember.

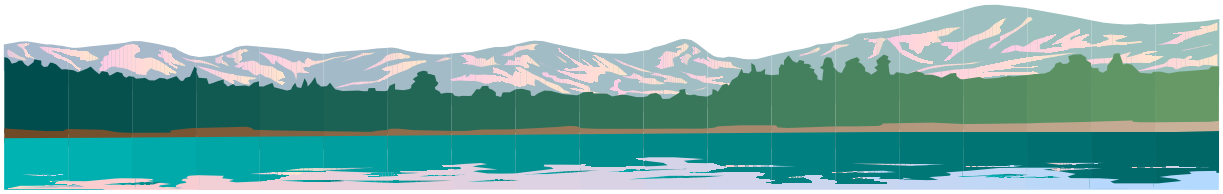
Once we started our hike, we instructed the boys to stay on the trail whenever possible to avoid snakes and other unseen hazards such as holes, fallen logs and sticks that they might trip over. This also helps to preserve nature. We also pointed out landmarks or anything that the boys might use to find their way back to camp. Be sure to stress that if they do get lost, to stay put and someone will find them.



Hike Pre-Openers: When all of the boys were assembled and ready to go, we had them put together a miniature first aid kit. We explained what each item would be used if someone got injured. The cost of this kit is less than $1.00 each. Listed below are items needed to build your own first aid kit:

1. Film canister or prescription bottle. (Wal-Mart donated both of these items to our pack)
2. 2 adhesive bandages
3. 1 wet wipe
4. 1 Pack of Neosporin or generic triple anti-biotic ointment.
5. 1 piece of hard tack candy
6. 2 quarters
7. 3 or 4 matches (optional, depending on age)
8. 1 piece of boondoggle (vinyl lacing), long enough to put around their neck or short enough to make into a Neckerchief slide. (Drill two holes on one side and thread boondoggle through.)

Keep It Simple Make It Fun
K-I-S-M-I-F



LEAVE NO TRACE

FRONTCOUNTRY GUIDELINES

As more people use parks and recreation facilities, LEAVE NO TRACE guidelines become even more important for outdoor visitors.

Leave No Trace is a plan that helps people to be more concerned about their environment and to help them protect it for future generations. Leave No Trace applies in a backyard or local park (front country) as much as it does in the wilderness (back country).

We should practice Leave No Trace in our attitude and actions--wherever we go. Understanding nature strengthens our respect toward the environment. One person with thoughtless behavior or one shortcut on a trail can spoil the outdoor experience for others.

Help protect the environment by remembering that while you are there, you are a visitor. When you visit the outdoors, take special care of the area. Leave everything just as you find it.

Hiking and camping without a trace are signs of a considerate outdoorsman who cares for the environment. Travel lightly on the land.

Six Leave No Trace Guidelines for Cub Scouts

PLAN AHEAD

Watch for hazards and follow all rules of the outdoor facility. Remember proper clothing, sunscreen, hats, first aid kits, and plenty of drinking water. Use the buddy system. Make sure you carry your family's name, phone number, and address.

STICK TO TRAILS

Stay on marked trails whenever possible. Shortcutting trails packs and erodes soil, which eventually kills all vegetation and takes years to recover. Stick to Trails!

MANAGE YOUR PET

Managing your pet will keep people, dogs, livestock, and wildlife from being threatened. Your pet should be on a leash and controlled at all times. Do not let your pet approach or chase wildlife. When animals are chased or disturbed, they change eating patterns. This may result in poor health or death. Take a small scoop and bag to pick up your pet's waste, then dispose in a trash can.

LEAVE WHAT YOU FIND

Try to leave any outdoor area the same as you found it. The less impact we each make, the longer we will enjoy what we have.
Use established restrooms. Graffiti and vandalism have no place anywhere and spoil it for others. Leave your mark by doing an approved conservation project.

RESPECT OTHER VISITORS

Be courteous and make room for others. Control your speed when biking or running. Pass with care and let others know before you pass. Avoid making noise or playing loud music. Respect "No Trespassing" signs. If property boundaries are unclear, do not enter the area.

TRASH YOUR TRASH

Make sure all trash is put in a bag or trash can. Trash is unsightly and ruins everyone' s outdoor experience. Trash can kill wildlife. Even such things as orange peels, apple cores, and food scraps take years to break down and often attract unwanted pests that could become a problem.

Cub Scouting's Leave No Trace Awareness Award

Tiger Cub, Cub Scout, Webelos Scout

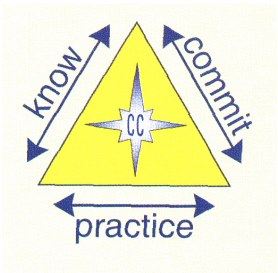
1. Discuss with your leader or parent/guardian the importance of the Leave No Trace frontcountry guidelines.
2. On three separate outings, practice the frontcountry guidelines of Leave No Trace.
3. Tiger Cubs do Ach. 5, Let's Go Outdoors; Wolfs do Req. 7 Your Living World; Bears do Req. 12 Family Outdoor Adventures; Webelos earn Outdoorsman Badge.
4. Participate in a Leave No Trace-related service project.
5. Promise to practice the Leave No Trace frontcountry guidelines by signing the Cub Scout Leave No Trace Pledge.
6. Draw a poster to illustrate the Leave No Trace frontcountry guidelines and display it at a pack meeting.

Cub Scout Leader

1. Discuss with your leader or parent/guardian the importance of the Leave No Trace frontcountry guidelines.
2. On three separate outings, practice the frontcountry guidelines of Leave No Trace.
3. Participate in presenting a den, pack, district, or council awareness session on Leave No Trace frontcountry guidelines..
4. Participate in a Leave No Trace-related service project.
5. Commit yourself to the Leave No Trace frontcountry guidelines by signing the Cub Scout Leave No Trace Pledge.
6. Assist at least three boys in earning Cub Scouting's Leave No Trace Awareness Award..

Want To Do More? Take The Pledge!

You can take the pledge to practice the Leave No Trace frontcountry guidelines Wherever you go. Just review the guide-Lines once more and sign the pledge. Carry it with you as a reminder of your Promise.



CUB SCOUT

Leave No Trace Pledge

I promise to practice the Leave No Trace frontcountry guide-lines wherever I go:

1. Plan ahead.
2. Stick to trails.
3. Manage your pet.
4. Leave what you find.
5. Respect other visitors.
6. Trash your trash.

Signed: _____

CUB SCOUTS 'AT YOUR SERVICE'

Service Project Ideas and Information

Service has a long tradition in scouting. The Promise suggests we "help other people"; the Law of the Pack encourages us to "give goodwill". Good citizenship is best taught by *service in action.*

As leaders, we need to provide opportunities in the den and the pack for service projects. Some project ideas are below:

- Spring clean up. Assist an elderly person with yard work or home repair. This could be a yearlong commitment or a one-time project.
- Provide a clean up or other service project for the chartered organization.
- Adopt a stream or other water area by keeping it clean and free from litter.
- Adopt a park. Clean it up, make minor repairs, paint benches, plant shrubbery, etc. (Be certain to get permission).
- Shovel snow. Keep neighborhood fire hydrants clear of snow. Shovel snow from driveway of the chartered organization or from the home of an elderly neighbor.
- Take part in a community tree-planting program.
- Collect items for recycling.
- Hold a leaf-raking party for neighbors or chartered organization.

"Life is like a game of tennis. He who SERVES, usually wins."

SERVICE PROJECT IDEAS (cont)

Some Advancements Related to Service Projects

WOLF: Requirement 7c--pick up litter in neighborhood.

BEAR:

Requirement 6a--recycle
Requirement 6b--plant a tree
Elective 14a--Care for building
Elective 14c--Project to beautify
Elective 15e--Clean up water area

WEBELOS:

Citizen 7--Do a good turn project.
Family Member 3--Correct problem in home or surroundings
Handyman 9--Arrange a storage area for cleaning materials.

Scouting Awards with Service Project Requirements

The following Scouting awards/activity patches require service projects:

- World Conservation Award: Participate in den or pack conservation project.
- National Den Award #7: As a den, participate in a den conservation/resource project.
- BSA Family Award 5: Do a 'Good Turn' for a group, community, or individual.
- America My Home #2: Do a neighborhood or community service project.
- Hometown Discovery #5: With your den, pack, or family plan and implement a community service project to help your community.

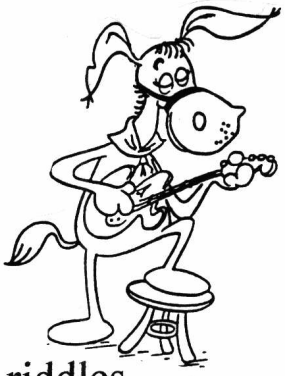
- Conservation Good Turn: As a pack, join with another organization to carry out a Good Turn project.
- Cub Power:
  New requirements, the same for all Cub Scouting groups, including leaders. See *Great Salt Lake Council Patch and Activity Guide 2001* for details.

BOYS' LIFE MAGAZINE

WHAT'S IN IT FOR YOU?

Hobby Hows—ideas to use in all kinds of Hobbies

Scouts in Action—True accounts of Scouts who have saved others



Comics

Codemaster

Word Doodles

Think & Grin—a collection of jokes and riddles

Exciting articles about:
Sports
Adventure
History

Information on upcoming events like:
New movies
New games
Competitions
Even the President's Birthday

To Subscribe call the Council Office at 582-3663

BOYS' LIFE PATCH

To complete the requirements, several *Boys' Life* magazines may be needed. Family members, friends of Cub Scout leaders may help boys in reading articles. In some of the following requirements, other Cub Scouts advancement requirements might be earned, depending on the work that is accomplished. On completion of this patch, the communication belt loop may also be earned.

Do three of the following:

1. Subscribe to *Boys' Life* for at least one year. If you are unable to have *Boys' Life* in your home go to the library, or borrow from a friend.
2. Find another Cub Scout boy who doesn't take the *Boys' Life* magazine and tell him about how much fun you had reading it.
3. Enter the *Boys' Life* Reading Contest with a one page book report on "The Best Book I Read This Year" and receive the free Pedro patch from *Boys' Life*. (Mail to Boys' Life Reading Contest, S204, 1325 W. Walnut Hill Lane, P.O. Box 152079, Irving, Texas. Contest rules are found in the current *Scouting* Magazines.)
4. Read the article "A True Story Of Scouts In Action".
   a. Tell an adult about the story and find out ways you can become prepared for accidents.
5. Read a fiction story from any issue with your family.

Do four of the following:

6. Read two comics with family members or a friend.
   a. Tell an adult about the comics you read.
7. Read a "Think And Grin" page with a family member or a friend.
   a. Prepare one of the jokes for a family, den or pack meeting.
8. Read an article on "Sports" or "Science".
   a. Try the sport or experiment out for yourself.
9. Read an article on "Safety" or "History."
   a. Practice the safety rules or if doing history tell an adult what you have learned.
10. Read an article on "Hobby Hows" or "Codemaster."
    a. Try one of the hobbies or learn one of the codes and show it to a parent, den member or leader.
11. Read an article of your choice, different from what you have read previously.

ABILITY AWARENESS PATCH

Objectives:

- To provide opportunities for Scouts and leaders to promote disability awareness.
- To encourage Scouts and leaders to increase interaction with people who have disabilities.
- To help Scouts and leaders better understand the meaning of "disability."
- To provide experiences for Scouts with disabilities to interact with other Scouts.

Patch Requirements for Cub Scouts, Boy Scouts, Varsity Scouts, Venturers, and Leaders

Complete 8 of the following requirements to earn the Ability Awareness Patch:

1. Visit an agency that works with disabilities (physically, sensory, or mentally). Collect available literature.
2. Make a display about one or more disabilities for a Scout meeting.
3. For a one-hour period, go about your normal routine doing chores, watching television, studying, etc. by adapting one of these experiences:
    - Hearing Impairment: Muffle your ears with bandages or earmuffs.
    - Sight Impairment: Blindfold one or both eyes so your sight is obscured.
    - Physical Impairment: Immobilize arms or legs so that they cannot be used.
    - Choose one of your own
4. Using Sign Language, learn a Scout promise, motto, or oath.
5. Learn about the Braille alphabet. Spell out 10 words, including your first name.
6. Talk to a youth who has a disability and learn about the disability and its affect on that person.
7. Learn about wheel chairs. Discuss the differences in wheel chairs in their use and purpose.
8. Be a "buddy" to a youth with a disability for an activity at a Scout meeting or at school or in a church or community activity.
9. Read a book about a person who has a disability. This may be fiction or nonfiction.
10. Invite a special education teacher or disability specialist to visit a Scout meeting to talk about disabilities, therapy, mainstreaming, and/or interacting with youth with disabilities.
11. Do a service project for people with disabilities.
12. Attend a class about a specific type of disability.
13. Teach a family member the main points that you have learned about disability awareness.
14. Assist with the Special Olympics.