

The Philmont Cub Scout Roundtable Supplements  
November 2017

December Pack Meeting  
A Scout is Kind  
Theme: Paying it Forward

◆ Gathering

Send an email asking Roundtable participants to bring large Veggies and Pinewood Derby wheels to Roundtable. Bring smaller veggies, toothpicks, and a plastic Pinewood Derby track to race your Veggie car in the Veggie Derby! Pre-chopping square carrots, sweet potatoes, and other firm veggies the width of the axle for the cars will make this go much faster. This is an option for the Lion Program to participate in the Pinewood Derby and something you can have fun playing with your food! This gives everyone an opportunity to have a Veggie shakedown event.

**BSA PRESENTS**  
**LION VEGGIE CAR DERBY**

**2017**  
**2018**

NEW ALTERNATIVE FOR LIONS AND PINEWOOD DERBY

**PLAY WITH YOUR FOOD**

In the spirit of making our traditional Pinewood Derby more accessible to Lions we've created the Veggie Derby. Starting with the 2017 – 2018 school year we will be giving your Pack the opportunity to participate in this fun and unique activity that has been kid tested and kid approved.

**HOW IT ALL WORKS**

- Your Lion will be building their car at the event, so there's no pre-prep needed.
- They'll be using their imagination to design a car from a vegetable or fruit, the more unique, the better!
- They'll even get to decorate their car with stickers, markers, or other household items.
- Awards will be presented for most imaginative car, best design, most unique, etc.

**MORE INFO**

- Your child's friends from school, sports, church, the neighborhood, or family members are also welcome to participate in the Veggie Derby.
- Vegetables or fruit may be brought from home, or the Pack may provide a sack of potatoes for everyone's use.
- Wheels and other Derby supplies may be purchased from local Scout Shops and [www.scoutstuff.org](http://www.scoutstuff.org).

### ◆ Opening Ceremony

The flag ceremony is led by preassigned Scouters. They will present the colors and lead the pack in the Pledge of Allegiance.

### The Scouting Way

Preassigned Scouters perform the opening skit, "The Scouting Way," which has six speaking roles. If you have more than six Scouts performing the skit, just add additional lines.

**Cub Scout 1:** "Paying forward kindness"

**Cub Scout 2:** "To our environment,"

**Cub Scout 3:** "To the animals,"

**Cub Scout 4:** "To each other,"

**Cub Scout 5:** "Or in a simple act each day,"

**Cub Scout 6:** "Will make our world a better place."

**All:** "It's the Scouting way!"

### ◆ Opening Prayer

If we cannot be brilliant, let us be kind. If we cannot change the world, let us inspire just one other to do so. If we cannot give away riches, let us be loving. Let us be known for kindness, for it is the greatest glory.

### ◆ Welcome and Introductions

The Roundtable Commissioner or Assistant Roundtable Commissioner - New Member Coordinator welcomes new Scouters, visitors, and special guests by introducing them to the district. If you aren't sure what a New Member Coordinator is, check out :

<http://scoutingwire.org/marketing-and-membership-hub/new-unit-development/commissioners/>

### ◆ Big Rock Topic

See the Boy Scout Roundtable Commissioner Planning Guide for a list of Big Rock Topics that both the Cub Scout and Boy Scout Roundtable Commissioners choose to do jointly to help serve the units in your district.

### ◆ Applauses and Cheers!

**Beaver:** Cut a tree by tapping front teeth together, slap your tail by slapping a palm against your thigh, then yell, "TIMBER!"

**The Invisible Hat:** Person leading the cheer takes an invisible hat off their head and throws it into the air. Scouts cheer, clap and make noise from the time the hat "leaves" the leader's hand until they "catch" the hat.

**Snowball Applause:** Reach down and pick up a pretend handful of snow, pack it into a ball, pull your arm back, throw, and yell, "Splat!"

**Frozen Cub Scout Cheer:** Wrap your hands around yourself and say, "Brrrrr!"

**Pinewood Derby Applause:** Hold your right hand over your head. Bring it down as if it were a car coming down a hill or track, while saying, "Swoosh!" Then say, "Thud!" as it hits the bottom of the track.

Checkered Flag Applause: Wave one arm in figure-eight motions.  
Pinewood Derby Cheer: Move hands like a racer and say "Zoom" 3 times.

Run-Ons, Jokes

Cub 1: What words would you write on an old jalopy's headstone?

Cub 2: Rust in Peace

Cub 1: Did you hear about the wooden car with the wooden wheels and the wooden engine?

Cub 2: Noc, I didn't hear. What happened?

Cub 1: It wooden go!

Cub 1: What kind of shot do you give a sick car?

Cub 2: A fuel injection.

### **Audience Participation**

THE BIG RACE (AUDIENCE PARTICIPATION) Narrator reads the following like a radio announcer with a lot of enthusiasm! The audience is divided into groups. As their assigned word is read in the story, they make the sound: • WHITE = Whiz! • RED = Zoom! • YELLOW = Zip! • BLUE = Ca-Chunk!

The cars are ready. The flag us up. The race is set to go. The flag goes down, The cars are off... They're running toe to toe! The white \_\_\_\_\_ is ahead. The red \_\_\_\_\_ goes by. Here comes the yellow \_\_\_\_\_ now. Here comes another one - it's blue \_\_\_\_\_. Whew, it sounds bad, wow!! The last lap now. The red \_\_\_\_\_ is leading, The yellow \_\_\_\_\_ and white \_\_\_\_\_ close behind. I'm looking hard -- I see the blue \_\_\_\_\_. So far back, it's hard to find! The finish line is just ahead. That blue \_\_\_\_\_ is coming up fast, I can't tell why ... The crowds on its feet ... They're yelling - The white \_\_\_\_\_, the red \_\_\_\_\_, The yellow \_\_\_\_\_, the blue \_\_\_\_\_, HAVE ALL FINISHED IN A TIE!!

### ◆ **Cub Scout Interest Topic (From the Cub Scout Roundtable Guide 2017-18)**

- Have examples of the different derby vehicles for others to see.
- Have a practice run of the Veggie Cars (built as a gathering activity)
- Derby!

#### **What is a derby?**

Racing in a Cub Scout derby is great fun. Each Scout gets to design a racing vehicle, work with a parent or other adult to build it, and see it perform on race day. Win or lose, Scouts can take pride in having done their best. Participants learn craft skills, the rules of fair play, and good sportsmanship—things they will remember all their lives.

Why a derby? Derbies are a great way for Cub Scouts to create a vehicle and race against their peers. They help the Scouts show creativity, learn new skills, and show they can "take the high road" when things don't go their way. Derbies are a great tradition for packs to revisit each year. But where do you start? Encourage Scouts to actually build their own vehicle. Whether building a pinewood derby car, a regatta boat, or a space derby rocket, the task is a bonding experience for parent and Scout. The Cub Scout isn't—and shouldn't be—expected to do it all alone. But what about when Mom or Dad takes on a little too much of the work? Make the task age-appropriate, and let the parents know what level of effort and skill their Cub Scout should be able to do. Tigers might need more of a helping hand designing and making their derby vehicle, while most Webelos Scouts know the science and the skills needed to make a race winner. Check the rule book. Whether it's

cars, boats, or rockets, does your local council or district have special derby rules and regulations? If so, you should adopt those same rules for your pack's derby. Following the council's rule book makes your winners eligible for district- and council-level derbies. And it ensures a level race for all Scouts.

Plan a workshop for building the vehicles. How do you ensure the Scouts have a hand in making their car, boat, or rocket? What do you do for parents who don't have a wood shop at home? Bring them all under one roof! Host a building workshop where parents and Scouts build their project together and parents bring tools to share. It's fun, and it's a great way for the less mechanically inclined to learn a thing or two. Some of the best workshops use the assembly line approach. Parents and Scouts go from station to station working on their project. When they're done, they have a near-finished product ready for painting. For more tips on planning one of these workshops, check out past articles in Scouting magazine.

Hold side races for parents. Try as you might to encourage a Scout-built project, there are still some ultra-competitive dads and moms out there. Harness that competitiveness into a race just for parents (and/or siblings). Some packs call these "outlaw races." In other packs, the outlaw name is reserved for Scout-built cars that don't meet the regular race requirements. In some packs, these parents-only races are used as pack fundraisers. The entry fee—maybe \$5 a race—goes into a pot where the winners get a nice prize and the pack keeps the rest to help offset pack expenses. In other words, everyone wins.

Schedule wisely. Create a tournament bracket that gives each Scout several races, even if he loses them all. Try ideas like double elimination, lane rotation, and other formats. Scheduling is a decision for you and other Scouters, but you have several options at your disposal. Elimination-style races, where the first racer across the finish line wins, are the most exciting for live viewers. But these may favor the racers assigned to "fast lanes"—flaws in some tracks or rain gutters where one lane is faster than others. Round-robin formats, where every car or boat races in every lane, are great for those with high-tech timing equipment to determine the first through fourth place winners. Otherwise, it's hard to tell who's winning that way. The size of your pack may also influence how you set up your racing schedule. Refer back to previous years to find a system that works best for your unit.

Stagger arrival times. If you know the Webelos Scout race won't start until 5 p.m., do the Webelos Scouts and their parents really need to show up at 3:30 with everyone else? Give parents specific, staggered arrival times to minimize waiting around. Also, think about whether the order of races should go from older to younger, or younger to older. Think about how long you can keep a Tiger occupied while he waits versus a Webelos Scout. This comes in handy when determining if you will award trophies per rank. You could even hold several awards ceremonies—one after each division is finished—so that families can leave when their Scout's racing category has concluded. Finally, do you want to plan a race where a winner takes all—where a Tiger might beat a Webelos Scout?

Giving siblings plenty to do. Families who have other children often bring siblings to the event. To avoid chaos, it's best to have something to help keep the siblings occupied. Set out a big container of Legos for the siblings of racers to enjoy during the derby. Distribute racing-themed coloring pages and colored pencils. Set up a game room with board games or maybe a TV with a video game system. Invite someone to run a face-painting station or make balloon animals. Whatever you do, be sure to offer something to keep those non-racers occupied.

Make an event out of it. A maximum of four Scouts will be racing at any one time. So what will Scouts and parents do between races? They can cheer on their fellow Scouts. They can purchase food at a concession stand operated, perhaps, by a local Boy Scout troop or Venturing crew. They can race their cars on a designated secondary track for practice and fun.

If your event does not allow the car or boat to be touched once checked in, a secondary track could be used to allow participants who are not advancing to another round to continue the fun.

Make memories, take pictures. A derby will be over in a couple of hours, but the memories will last forever. That's especially true if you take official race day photos of Scouts and their families. First, create a fun backdrop. It should include your pack flag, some racing imagery, and the current year. Next, assign a volunteer to take the photos of the Cub Scouts with their racers and parents. You could even do close-ups of each Scout's racer. You can make the photos available on a website like Flickr for parents to download and post to Facebook for all the world to see. However, be mindful of the BSA guidelines regarding social media, posted at [www.scouting.org/Home/Marketing/Resources/SocialMedia.aspx](http://www.scouting.org/Home/Marketing/Resources/SocialMedia.aspx).

#### ◆ Audience Participation

**Domino Game** This is a good game for a large group of at least 40 people. It requires no props. Kindness shown to others can have a domino effect! Divide the group into two equal teams. Have the teams line up in two parallel lines facing the same direction. At the signal, the first person in each line will squat. Then the next person in line squats, too, and this continues in turn until the person at the end of the line has squatted. That person quickly stands up, starting a chain back to the other end of the line. The first team to have all members standing up again wins. Go several rounds to see if players can increase the winning speed.

#### ◆ STEM Minute

STEM Cub Scout Derby Experiments Inertia, Potential and Kinetic Energy

Materials:

Pinewood Derby or toy car

Material for a ramp, a rigid board or heavy cardboard, a section of a derby track, or a long table on its side.

Kinetic and Potential Energy

Set up a ramp from a chair or table to the floor. Hold the car at the top of the ramp, and release the car to show two kinds of energy. Potential energy is placed in the car when it is placed on the ramp. Kinetic energy is released when the car rolls down the ramp.

Inertia

Place a stack of books or blanket a few feet from the end of the ramp so the car will hit it when it comes down the ramp. Place a small piece of clay or putty on the top of the car and pat it down slightly. Do not push it hard onto the car, just enough so it will roll off. Roll the car down the ramp. When it hits the books, the clay should fly off the front of the car. This is Newton's First Law of Motion. Anything moving will keep moving until something stops it from moving.

Friction

A variation of the experiment is to put some things at the bottom of the ramp and experiment with friction. For example, place some card stock, sandpaper, carpet, towel, etc. at the bottom of the ramp. Measure which item causes the most friction for the car. Card stock will have less friction than the carpet. Friction is the resistance that one surface or object encounters when moving over another surface.

## ◆ Cub Scout Leader Breakouts

### ◆ Lion Breakout

- 2017-18 Lion Program Changes  
([https://blog.scoutingmagazine.org/2017/08/14/bsas-lion-pilot-program-for-kindergarteners-is-off-to-a-roaring-start/?utm\\_content=buffer59535&utm\\_medium=social&utm\\_source=facebook.com&utm\\_campaign=buffer](https://blog.scoutingmagazine.org/2017/08/14/bsas-lion-pilot-program-for-kindergarteners-is-off-to-a-roaring-start/?utm_content=buffer59535&utm_medium=social&utm_source=facebook.com&utm_campaign=buffer))
- Lion Requirement
  - Animal Kingdom - **Required Adventure**
    - Brainstorm a list of community professionals to contact to visit your the Lion Den.
    - Bring a package of index cards/ ask leaders to bring a package of index card to help the leaders make the Emergency Preparedness game. (They will eventually need to make a set for each Lion in their Den.)
    - Create scenarios with the leaders that they can use with the Emergency Preparedness cards so they can practice before their meetings.
    - Brainstorm ideas for the service project for the community.

### ◆ Tiger Breakout

- Tiger Requirement
  - Requirement Modifications
    - **The Cub Scout Handbook underwent modifications in 2016**, Please make sure that each den leader is aware of this and hand out a copy of this link or offer a copy for the den leaders. Never assume that a leader knows of this change.
    - [http://www.scouting.org/filestore/cubscouts/pdf/Tiger\\_Addendum.pdf](http://www.scouting.org/filestore/cubscouts/pdf/Tiger_Addendum.pdf)
  - Earning Your Stripes - Elective Adventure
    - Discuss what Kind means (what does a 6 year old think kind is).
    - Requirement 4 talks about polite language. There really is a website that has a politeness guide with 20 points to it. Discuss some of these. (I HIGHLY recommend #20)  
<https://www.skillsyouneed.com/ips/politeness.html>
      - #1 -- Say Hello to People
      - #4 -- Always say Please and Thank You
      - #8 -- Learn to Listen Attentively
      - #12 -- Apologize for Mistakes
      - #19 -- Always Practice Good Table Manners
      - #20 -- **Don't Pick Your Nose** or ears, Chew Your Fingers, Bite Yours Nails in public.
    - Requirement 5 talks about playing a game with your den and then talk about how you played it politely.
      - (Suggested Game) Play Above and Below
        - Arrange Cub Scouts in a circle. One at a time, call out the names of things that are found either above the ground or below. Example : Strawberries grow above ground, potatoes grow below. When you call something that is found above the ground, the

players stand; if below, they sit down. Failure to respond correctly eliminates a player. The last player to remain in the game is the winner.

- Requirement 6 asks to work on a service project where you and your pack meet or for your Chartered Organization. Come up with a list of items they can do. (Example: If a religious CO, ask to see if they will allow the boys to fold the bulletin or flyers for religious services)

#### ◆ Wolf Breakout

- Requirement Modifications
  - The Cub Scout Handbook underwent modifications in 2016. Please make sure that each den leader is aware of this. Hand out a copy of this link or offer a copy of modifications for the den leaders. Never assume that a leader knows of this change.
  - The link is found at :  
[http://www.scouting.org/filestore/cubscouts/pdf/Wolf\\_Addendum.pdf](http://www.scouting.org/filestore/cubscouts/pdf/Wolf_Addendum.pdf)
- Wolf Requirement
  - Council Fire - **Required Adventure**
    - Complete Requirements 1 and 2 plus at least one other.
    - Discuss Requirement 1. Learn how to properly care for and fold the flag. Participate in a flag ceremony.
    - Discuss Requirement 2. Participate in a community service project with your pack, den, or family. Make a list of possible service projects with the group.
    - Discuss ideas for Requirement 3. Make a list of people in the community that your den can visit with such as a military veteran, a law enforcement officer or member of the fire department.
    - Requirement 4. Discuss learning about changes in the community. Discuss ideas to help boys create a project to show the den how the community has changed over time.
    - Discuss Requirement 6. Discuss ideas for den duties. Dens need to develop a den duty chart, and perform these tasks for one month.
    - Requirement 7. Discuss ideas for participating in a parade or assembly celebrating military veterans.

#### ◆ Bear Breakout

- Requirement Modifications
  - The Cub Scout Handbook underwent modifications in 2016. Please make sure that each den leader is aware of this. Hand out a copy of this link or offer a copy of modifications for the den leaders. Never assume that a leader knows of this change.
  - The link is found at :  
[http://www.scouting.org/filestore/cubscouts/pdf/Bear\\_Addendum.p](http://www.scouting.org/filestore/cubscouts/pdf/Bear_Addendum.p)
- Bear Requirement
  - Bear Claws - **Required Adventure**
    - Discuss Requirement 1: Learn about three common designs of pocketknives. (If possible show an example of three different

ones. The three common designs used in Scouting are shown in the Bear handbook, jackknife, penknife, and multipurpose knife.)

- Discuss Requirement 2: Learn knife safety and earn your Whittling Chip. (Review the knife safety rules and the Pocketknife Pledge. Explain that if the boy carves two items for Requirement 3, one item may count toward the Whittling Chip.)
- Discuss Requirement 3 options. (If time permits, try some options at Roundtable so that the leaders are familiar with them):
  - A. Using a pocketknife, carve two items.
  - B. With a pocketknife, safely perform each of these tasks:
    - (1) Demonstrate how to cut a piece of rope, twine, or fishing line.
    - (2) Open a sealed box without damaging the contents.
    - (3) Open a can with the can opener tool on a pocketknife.
    - (4) Remove and replace the screws on an object with the screwdriver tool on a pocketknife.
    - (5) Open a letter.

#### ◆ [Webelos, AOL, Cubmaster, and Committee Chair Breakout](#)

- [Webelos to Scout Transition](#)
  - Discuss the following responsibilities of the pack:
    - Develop a working relationship with the leadership of a Boy Scout troop or troops in the community. Most troops should have either an assistant Scoutmaster or a committee member assigned to new Scouts. Your unit commissioner can help put you in contact with troop leaders.
    - Compare calendars of troop and pack activities to coordinate the activities. Community events can be done together, and planning can help prevent conflicts in the use of equipment and facilities.
    - Work with troop leaders to secure den chiefs for each Webelos den and Cub Scout den.
    - Work with troop leaders to plan and conduct Webelos overnight activities.
    - Work with troop leaders to plan visits to troop meetings. Never show up without first calling in advance.
    - Invite the Scoutmaster and troop youth leaders to special pack activities. This will help create familiarity and a level of comfort for the Webelos Scouts and their parents as they ease into the troop.
    - Plan a meaningful crossover ceremony at the pack's blue and gold banquet. Have troop leadership be present to accept the Webelos Scouts as they graduate to Boy Scouting. The local Order of the Arrow lodge can often be a valuable resource in conducting ceremonies.
    - Webelos leaders should be strongly encouraged to move into the troop with the boys, either as assistant Scoutmasters or troop committee members. This will give the new Scouts a familiar face at troop meetings and a connecting link to Boy Scouting.
    - If a troop does not exist in your community, discuss with the head of the pack's chartered organization the possibility of organizing a



troop. A graduating Webelos den can form the nucleus of a new troop.

- Den leader successful transition points (Top 12)
  1. Attend Webelos Den Leader training or complete on-line before you start your program.
  2. Understand, believe in, and always use the Guide to Safe Scouting - always.
  3. In the spring while your scouts are Bears, talk to the current Webelos leaders for ideas, suggestions, and advice.
  4. Start your program in May or June for fourth grade Webelos to get all of them to Arrow Of Light and have opportunities to try every adventure make a schedule for the next 20 months, which activity badge for each month.
  5. Remember the 5th grade program ends in February - they transition to Boy Scouts in March.
  6. Share the load - have a sign-up sheet so every parent can lead one or two activity badges.
  7. Have a Parent Meeting at the start of the program to explain differences between Cub Scouts, Webelos, and Boy Scouts and what you expect of them.
  8. From the very start of the program, expect the boys to become Boy Scouts. Never say 'if', always say 'when' and keep them looking forward to being in a troop.
  9. Plan outdoor adventures like Webelos Walkabout and Outdoorsman to fall in prime outside seasons. Art Explosion, Project Family, ... can be done more easily indoors.
  10. It is important that boys experience camping before joining Boy Scouts. Start early to get boys ready for camping. Have backyard campouts.
  11. A parent must be with a Webelos scout on all campouts, but the scouts can do all the work.
- Print up Webelos to Scout Transition guide to pass out to participants. <http://www.skscouts.org/wp-content/uploads/2013/08/Webelos-to-Scout-Transition.pdf>
- Make sure you talk to your families about shopping around for a Unit.
  - Transitioning all the boys to one Boy Scout troop is certainly easier for the leaders. Fewer troop visits are needed, and the transition can flow much more smoothly. Visiting with the same troop several times allows the Webelos Scouts to bond with boys in the troop more quickly. However, not every boy will find that he fits well in the troop that was chosen “for” him. And since he will likely be unaware of what other options are out there, if he is not happy in the troop, he will likely drop completely out of Boy Scouts.
  - In an ideal world, Webelos den leaders will arrange visits with several different troops. This can be difficult and time-consuming. But this method will allow the boys to see that they have options. Each Webelos Scout can choose the troop that he and his family feel is the best fit for him. And if he discovers that he is not happy in his chosen troop, he will know of other troops he could join.

- If a Webelos den visits several troops, the Webelos den leader should help the boys compare and contrast the different troops. Each troop will have different strengths and focuses. Some troops love camping, others focus on service, etc. Troops can and should be visited both at regular meetings and at outdoor activities to get a more complete picture of how the troop functions.
    - For more information on graduating Webelos Scouts into a troop, see the Webelos-to-Scout Transition DVD and brochure, No. AV-02V012.
    - Review the December Pack meeting guide and discuss the upcoming pack meeting found at: [http://www.scouting.org/filestore/cubscouts/pdf/2017/310-842\(17\)\\_December\\_Kind.pdf](http://www.scouting.org/filestore/cubscouts/pdf/2017/310-842(17)_December_Kind.pdf) (This would be a great handout to give to each pack.)
  - Webelos and Arrow of Light: **Project Family Adventure- elective.** This is a great time for families to complete this elective adventure during the school break at the end of December. Families will already be spending time with each other in family activities. Suggest to the families they complete this adventure together.

#### ◆ Commissioner's Minute:

"Acts of kindness that are helpful to our friends, our family, and our community create a wonderful domino effect. Those we help will think about what they can do to spread kindness to others. We can do nice things for others every day, and we should not expect something in return—for we are trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, and reverent. We are Scouts!"

#### ◆ Closing

The preassigned Scouters perform the closing ceremony "Being Kind".

**Cub Scout 1:** "Being KIND is an important point of the Scout Law."

**Cub Scout 2:** "I will be KIND to my family."

**Cub Scout 3:** "I will be KIND to my teachers."

**Cub Scout 4:** "I will be KIND to my friends."

**Cub Scout 5:** "I will be KIND to the kids in my class."

**Cub Scout 6:** "I will be KIND to everyone I know."

**Cub Scout 7:** "I will be KIND to people I don't know."

**Cub Scout 8:** "I will be KIND to animals."

**All:** "I will be KIND to everyone all the time, helping any way I can."

#### ◆ Retire the Flags