



CubRoundtable.com



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RT Newsletter

Webelos activity badges Sportsman and Family Member

Theme: Cub Café

Achievements and Electives from the Program Helps for 2006-2007.

Tigers – Ach 2F, 3D, 3G
Elect. 13, 23, 24

Wolf – Ach 8A, 8B, 8C
Elect. 3A, 9A

Bear – Ach 3F, 9A, 9B, 9C, 9D, 9E, 13A
Elect. 14D

PRE OPENING ACTIVITIES

UNSCRAMBLE THE JUMBLED SNACKS

by Last Frontier Council

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

AAANB CARLIE CHEAP
CRUELRL DANEUS FATYF
KEAC SPEARG YARPTS
GOUTRY HEBREST KARCSCRE
PHICS RATT SOCKIOE
STUN THUDNUOG TRAZELP
NOCROPP NAIRISS CHOATCHOLE
MARELAC GEDUF PEALP

GOOD NUTRITION

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

WORDS FOR THE GOOD NUTRITION

APPLE BANANA BRAN FLAKES
BROCCOLI CHICKEN CORN
CORN OIL EGG WHITE GRAPE JUICE
GREEN BEAN LETTUCE MARGARINE
PEAR YOGURT ORANGE JUICE
SKIM MILK TURKEY WHEAT BREAD
POPCORN SHERBET

ANSWERS TO JUMBLED SNACKS

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

ANSWERS TO GOOD NUTRITION

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

JUMBLED WORDS ANSWERS

BANANA	ECLAIR	PEACH
CRULLER	SUNDAE	TAFFY
FUDGE	CAKE	YOGURT
SHERBET	CRACKERS	TART
CARAMEL	PASTRY	RAISINS
COOKIES	PRETZEL	NUTS
CHIPS	APPLE	GRAPES
PRETZEL	DOUGHNUT	
CHOCOLATE		

Opening

by Heart of America Council

The Cub Scout Trail

Personnel: 5 Cub Scouts

Equipment: Poster of a mountain on which there has been drawn a distinct trail. As each Cub Scout says his part, he places the proper Cub Scout sticker (**Wolf, Bear, etc.**) in place along the trail.

Cub 1: I am a Bobcat — a beginner on the Cub Scout trail. Once I pass my Bobcat requirements, I'll be on my way.

Cub 2: I am now a Wolf Cub along the Cub Scout trail. I've earned my badge and arrow points and am ready to go another step on the way.

Cub 3: A Bear Cub Scout I have become. I'm in my second year. Up, up the Cub Scout trail I go — soon to be a Webeles

Cub 4: Webeles is the name for me. I spend my time earning Activity Badges; but there's still one more step for me (**places Webeles colors higher on the trail**).

Cub 5: I, too, am a Webeles, but I have reached the top. I've earned the Arrow of Light Award (**placed badge on the top of the mountain**), but I have one more stop. By earning my Arrow of Light, I've studied quite a bit about Scouts. Now I can't wait to become one. (**He puts on a Boy Scout hat.**)

The Cub Scouts Are Coming

Personnel: 4 or more Cub Scouts

Equipment: American flag

One Cub Scout at a time trots from the back of the room to the front shouting; "The Cub Scouts are coming! The Cub Scouts are coming!" Then two boys enter carrying the United States flag and lead the pledge.

Think

Personnel: 5 Cubs

Equipment: 5 pieces of poster board with a letter printed on front.

Setting: They form a line and hold up their card when it is their turn.

T: Try to do your best at everything that you do.

H: Have a fire extinguisher handy at all times.

I: Ice will cool a hot beverage.

N: Never leave a fire unsupervised.

K: Cub Grub is the theme for tonight's pack Meeting!

Skits Eskimo Pie

Personnel: 6 Cub Scouts around a table.

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

Cub 1: Isn't it great our leader is letting us make a pie for our den meeting treat?

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

Cub 3: Let's see, first you put in these walrus eyes.

Cub 4: Walrus eyes? Are you sure?

Cub 3: Says so right here.

(Puts ping pong balls in pan.)

Cub 5: OK, next put in a pound of blubber.

Cub 4: A pound of blubber? Are you sure?

Cub 5: That's what it says in the recipe. (Puts in white sponges.)

Cub 6: The next thing to add are two dozen polar bear teeth.

Cub 4: I don't believe that. Why would you put teeth in a pie?

Cub 3: Hey, you have to have teeth to eat a pie!

Cub 6: Here go the teeth. (Puts in golf tees.)

Cub 1: Now we let it freeze for one hour. (Put lid on pan.)

Cub 2: (Hold up sign that says "one hour later".)

Cub 1: Let's see what we've got. (Uncovers pot.)

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

Much A'Stew About Nothing

Personnel: Scarecrow, Potato, Carrot, English Peas (2), Tomato, Onion, Corn, Rabbit, Farmer Brown

Setting: The scene is a vegetable garden. The vegetables are large cardboard props, which Cub Scouts may stand behind. Faces may be cut out.

Scarecrow wears rags, tatters and straw. Farmer Brown could wear bright plaid shirt, neckerchief and/or jeans or coveralls. Rabbit should have large ears, cotton tail, whiskers, and needs THE END sign at skit closing. Scarecrow is also Narrator and stands in full view of audience at all times.

Scarecrow: This is the garden of Farmer Brown, The very best garden there is around. His vegetables the town does seek... In fact, some say they've been known to speak. So let's all listen and have a care, As they get ready for the County Fair!

Potato: Aim'a Potato. ..from Idaho (with a deep husky drawl) Ma' Pappy was rated best in show. And when ma' times come, A'll take the prize, It's hard to be humble when you're ma' size!

Carrot: I'm a Carrot, orange and green, (**vain high pitched voice**). The prettiest Carrot you've ever seen. And when I'm displayed, I've more than a hunch, I'll be judged outstanding. Not one of the bunch.

English Peas: And we're English Peas, a group that's quite jolly (**English accent**)

To pick and to eat us would be simply folly.

We're sure to win ribbons at your Fair. NOT to judge us the best.. Why you blokes wouldn't dare.

Scarecrow: Listen friends, I'm just here to guard all your rows... But before you make plans, there is some thing you should know.

Tomato: Listen Darling, no one here pays you mind (**deep society voice**) Except a few birds, for a new place to dine. Am I not lovely...Wouldn't you like me to hug, I'm so red and so juicy...Eeek. . .a Tomato Bug!

Onion: Serves you right, Tomato.. you uppity old thing (**down-to-earth voice**) Why everyone knows, I give food all its zing. I'm pungent and tasty and mouth-watering too... Oooh, I make me hungry, I don't know what to do!

Corn: Good heavens Onion, You'll reduce us to tears (**vain but funny**) I've been listening and listening, in fact, I'm all ears (**chuckles**) All you vegetables think of is how good you're looking You might give some thought to what may be cooking!

All: Oh how silly . . . what nonsenseOh I say .

Scarecrow: If you don't listen and learn in haste, Instead of looked at.. you'll just be a taste! (**Enter Rabbit**)

Rabbit: Well, well, what a surprise . . . to greet my great big pink eyes Fresh corn . . . (**Corn says "Oh No"**) And Peas (**Peas say "I say"**) A few bites won't hurt . . . Then I'll have that Carrot for my dessert. (**Carrot wails**)

Carrot: You nasty old Rabbit . . . Don't you dare lift a paw, Oh where is that Scarecrow he's not worth his straw.

Scarecrow: Now listen, Rabbit that's really not cricket besides, here's the Farmer . . . Better head for the thicket . . .

Rabbit: Ooops. . (As he hops off, Farmer Brown runs on and chases him off-stage, then comes panting back to centerstage)

Farmer: Now, now, what a shame, so sad but so true... Instead of Rabbit, we'll have Vegetable Stew.

All Veggies: STEW.. Oh no... (They all faint. Scarecrow shrugs his shoulders.. Farmer begins to pick vegetables as rabbit hops across stage with THE END sign tacked to cotton tail.)

AUDIENCE PARTICIPATION

Johnny Fixes It Good

DAD Be careful, son!
 JOHNNY..... I can fix it!
 BIKE: Drring, drring
 WRENCH Oh, nuts!
 SCREWDRIVER.....Straight or Phillips?
 PLIERS..... Hold me tight!
 RALPH..... RRRRalph! RRRRalph!

JOHNNY had a problem. His **BIKE** was broken. Now **JOHNNY** and **RALPH** his dog, could not ride the **BIKE** to the park to play with their friends. But **JOHNNY** being a very smart Cub Scout, knew how to fix the **BIKE**. However, to do it he needed a box end **WRENCH**, a **SCREWDRIVER** and a pair of **PLIERS**. So he asked his **DAD** if he could borrow a box end **WRENCH**, a **SCREWDRIVER**, and a pair of **PLIERS**. His **DAD** said, "O. K., but be sure you take good care of the **WRENCH**, **SCREWDRIVER** and **PLIERS** and return them as soon as you finished." "I will, **DAD**," said **JOHNNY**. So **JOHNNY** and **RALPH** went into the back yard to fix the **BIKE**. Since **JOHNNY** knew how to use the a **WRENCH**, **SCREWDRIVER** and **PLIERS** the **BIKE** was soon ready to ride. **RALPH** helped all he could. **JOHNNY** took a quick spin on the **BIKE** to make sure everything worked and then called **RALPH** to go with him to the park. "Oh," said **Johnny** "I'd better return these tools to **DAD** before we go." But when he

reached for the tools, the **PLIERS** and **SCREWDRIVER** were there but the **WRENCH** was missing. **JOHNNY** looked around the **BIKE** but no **WRENCH**. He looked in the bushes - no **WRENCH**. What would **DAD** say? **JOHNNY** searched the whole yard and was about to give up and tell his **DAD** that the **WRENCH** was lost when noticed **RALPH** digging in the garden. **JOHNNY** went over and there was **RALPH** with the **WRENCH** in his bone hole. So the **WRENCH** was found. **JOHNNY** was able to return the **WRENCH**, **PLIERS** and **SCREWDRIVER** to his **DAD**. And everyone was happy that the **BIKE** was fixed - except **RALPH**.

Advancement

The Magic Formula

Personnel: Cubmaster, Assistant Cubmaster
Equipment: 3 Pint containers, 1 each of: water with blue food coloring, clear cooking oil, alcohol with red food coloring Large, clear glass container (**Test tube**), 1 per boy, 2 White lab coats Ceremony table

Setting: Bobcat says the Promise; Wolf pours the blue water; Bear pours the cooking oil; Webelos pours the red alcohol.

Cubmaster: Tonight, I am going to give you the magic formula for building Cub Scouts. Our Bobcats have done their best by learning the Cub Scout Promise, the Law of the Pack and the Motto. Would the following boys and their parents please come forward.

Assistant: (Reads the names of the boys while Cubmaster lines them up behind the table facing the audience.)

Cubmaster: (**Hold up the glass container**) This glass represents the Bobcats. As with anything you build, you need a foundation, a starting point, you need to know the basics. This is what our Bobcats have learned. (**Boys repeat the Promise**)
Assistant: (Hands out badges to parents to present to their boys, everyone shakes hands. Bobcats and parents return to their seats.)

Cubmaster: The first part of the magic formula is blue. This color represents the family, its strength, unity and participation in building a Cub Scout.
Assistant: (Reads the names of the boys — with parents — receiving the Wolf award while the Cubmaster lines them up behind the table and

gives them each a test tube full of blue water.)

Cubmaster: Will each Wolf pour the blue liquid into the larger glass?

Assistant: (Badges are handed out to parents, etc.)

Cubmaster: The second part of our formula is clear white. It represents the progress the Cubs have made in character and spiritual growth.

Assistant: (Boys and parents of Bear rank are called while Cubmaster arranges the boys and gives them a test tube with cooking oil.)

Cubmaster: Bears, pour your clear liquid into the larger glass.

Assistant: (Badges are handed out to parents, etc.)

Cubmaster: The third part of our formula is red. This red color represents the Cub Scout being helpful and doing his best as he continues to grow in all areas of his life.

Assistant: (Webelos and parents are called, etc.)

Cubmaster: Webelos pour your red liquid into the larger glass.

Assistant: (Badges and/or activity pins are handed to parents, etc.)

Cubmaster: We have completed our magic formula. It is the same colors as in our flag. May Cub Scouting help to make this a better place to live.

Are They Ready?

Personnel: Cubmaster, Den Chiefs, and Cubs

Equipment: Badges and certificates, safety pins.

Setting: The Cubmaster asks the dens with Cub Scouts ready for advancement to stand. The Den Chief gives the name of the Cub Scout and the rank he seeks. The members of each den then bring forward the advancing Cub Scouts and presents them to the Cubmaster. Den members then return to their places, leaving the advancing Cub Scouts with the Cubmaster. The Cub Scouts salute the Cubmaster. When all the advancing Cub Scouts are in front of the Cubmaster, the pack forms a three-sided square, open side to the audience. The pack stands at attention and salutes the advancing Cub Scouts, who return the salute.

Cubmaster: Cub Scouts of Pack(#), these Cub Scouts have completed the requirements for the ranks they seek. Shall we honor them?

Pack: Are they ready?

Den Chiefs: (step forward) They are ready.

Cubmaster: You have heard the Den Chiefs say that these Cub Scouts are ready.

Pack: What about the Cub Scout Promise and the Law of the Pack?

Cubmaster: You have heard the pack's question. Are you ready to re-pledge yourselves to the Promise and the Law?

Cub Scouts: We are ready.

Cubmaster: Then let us repeat together the Cub Scout Promise and the Law of the Pack.

(The Cub Scouts and leaders repeat them.) We would like to have the parents of these boys come forward. We have saved for you the privilege of presenting the badge and certificate to your son. We appreciate the fine interest you have shown in your son's accomplishments.

(The parents present badges and certificates. Each den gives its den yell for its members who have received a badge.)

Crafts

Goo

Materials:

2 Bowls

Mixing spoons

8 oz. white or carpenter's Glue

Food coloring

3/4 cup Water

20 Mule Team borax

Additional water for mixing

Airtight container

1. Combine glue, food coloring, and 3/4 cup of water in bowl. In a separate bowl, combine 1 tablespoon borax and 1/4 cup water.

2. Add the borax mixture to the glue mixture, stirring until a blob forms.

3. Remove the blob from the mixture. Add another batch of the borax and water mixture to the glue mixture.

4. Repeat the process until the glue mixture is all gone. Knead all the globs together. Store the goo in an airtight container.

Cracker Castles

Materials:

Cookie sheet or tray

Assorted crackers

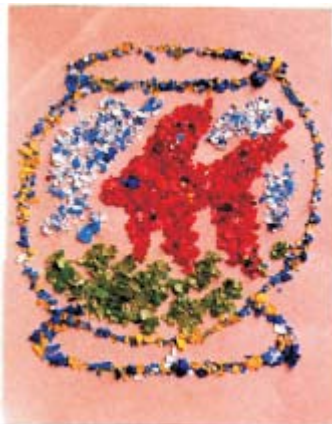
Jar of peanut butter

Plastic knife

Raisins, grapes, chocolate chips, dry cereal, or any other edible decorations

1. For neatness' sake, build your castle on a cookie sheet or tray. Set crackers vertically to make walls, gluing them to each other with peanut butter. (If you have trouble erecting the walls, you can also start by spreading a foundation layer of peanut butter and setting the crackers into it.)

2. Glue smaller crackers onto larger ones to make doors or window shutters and cement graham crackers in place as a sloped roof. Decorate with raisins, cereal, or anything else you can mortar on with peanut butter.



Eggshell Mosaics

Materials:

Easter egg dye (in a pinch, use food coloring dissolved in water)

Disposable plastic bowls or large cups

Eggs

Ziplock bags

Markers

Paper

Glue

1. If you're making egg salad sandwiches, hard-boil the eggs, then peel off the shells. If you'd rather use the raw eggs for cooking, simply crack the eggs and wash and dry the shells. Either way, separate the shells into several piles.

2. Fill plastic bowls with a variety of colors of dye or food coloring. Dye each pile of shells, let them dry, then separate by color into ziplock bags. Let the kids crush them using spoons or their fists.

3. Draw a picture on a piece of paper and glue on the colored eggshells, mosaic style, or dispense with the drawing and simply glue on a collage.

Next couple of pages by Goldenrod District

Bread Dough

For each slice of white bread, mix in one tablespoon of white glue. Mix and knead the bread and glue until it forms a dough that holds together. Add more glue if dough is too dry. Add more bread if dough is too wet and sticks to your fingers. To color the dough, make a sort of bowl in the center and put a few drops of food coloring into it. Knead the color through the dough. Form it into various animal or fruit shapes. When it's dry, paint it with clear nail polish.

Fried Egg Tie Slide

Cut amoeba-shaped egg whites from white fun foam and round egg yolks from yellow fun foam. Glue the yolk to the egg white. Glue a plastic tubing ring to the back.

French Fries Tie Slide

Cut a french fry container from red fun foam (like a square with a ballooning top edge). Cut out 1/4" strips of tan fun foam and glue them to the backside of the container. Glue a plastic ring to the back.

Gummy Worm Special

Make orange Jell-O according to the directions on the package. Let it cool. Fill clear plastic cups with Jell-O. Put in a couple gummy worms. Let the Jell-O set until almost firm, then stick a couple gummy worms in the top. Serve when the Jell-O has completely set.

Outdoor Grill Fire Fighter

Use an empty plastic detergent bottle for the fireman. A yellow bottle works best for the fireman's coat. With magic markers, draw on hair and a face. Outline the fireman's coat and arms. Keep the bottle filled with water and ready to hand to Dad when the burgers start burning!

Stone Paperweight

Paint or decorate (with markers) smooth stones with animal faces or designs. When dry, finish and seal it with shellac or a clear lacquer.

Kitchen Utensil Holder

Cover a Pringles' chip can or similar container with two rows of colored or painted craft sticks. Choose a wallpaper sample to match your kitchen décor and cut three strips of it to fit

around the container at the top, middle and bottom. Use tacky glue to secure these in place. Pour a couple inches of plaster of Paris in to help stabilize them.

Games

Guess How Many

Place the items listed below around the room. Give participants a piece of paper and a pencil to write down their guesses. Tell them to write their name on the paper too! Have someone check all the answers and award the winner (or closest) with that particular item.

- How many pieces of candy are in the jar?
- How many peanuts are in the bag?
- How many apples were used to bake this pie?
- How many raisins are in the box?
- How many kernels are on the cob of corn?

Egg Roll

Line the participants up in pairs, having them join hands with their partner, forming a bridge. Have one person trot under the bridge "rolling" his hands (circle hands over each other close to the body). When he's through the bridge, he tags one of the bridge players and takes his place in the bridge formation. The newly tagged player now runs through the bridge "rolling" his hands. This game takes little space and will generate lots of wiggles/giggles.

Monster Messy Face

This is a variation of "Pin the Tail on the Donkey." Draw a large monster face on a poster board and make a large open mouth on it. Give each participant a construction paper cut out of a different food (banana, fried egg, sandwich, etc.) with a piece of tape on the backside. Blindfold each participant one at a time, spin him around and then let him place the food in the monster's mouth. This is fun for all and colorful too!

Shopping Lists All Around

Have the participants sit in a circle. Begin by saying, "We're going to make a shopping list together. I'm going to the store to buy one head of lettuce." The next person adds two of something, and then repeats the "one head of lettuce" too. The third person adds three of something and repeats the two of something and one of something. A variation on this is to buy a number of items but the item must begin with the

same letter as the participant's name. For instance Bobby could buy one banana, Chuck could buy two colas, Josh could buy three jars of pizza sauce, etc.

Cookie Monster Game

One participant is chosen as the Cookie Monster. This person covers his eyes while the leader hands a cookie to one person in the circle. All those in the circle put their hands behind their back and chant "Cookie Monster, Cookie Monster, Do you know, Who snatched your cookie? Where did it go?" The Cookie Monster opens his eyes and tries to guess who has the cookie. If he's successful, he gets to hold the cookie. If he isn't successful, the cookie holder gets to keep the cookie. Don't let anyone eat his cookie yet. A new person becomes the Cookie Monster and play continues. The game ends when everyone has a cookie, then they can all eat it!

Run-Ons

What is the best way to talk to a hot dog?
Be Frank!

What do skeletons say before they begin dining?
Bone appetit!

What jokes do vegetables like best?
Corny ones.

How is celery born?
The "stalk" brings it.

I had a terrible nightmare last night. I dreamed I was a salad.
What's so bad about that?
I tossed all night!

Why did the waiter carry the tray over his head?
He thought everyone should have a balanced meal.

Why was the hot dog was shivering?
It was served with chili beans!

More **Run-Ons** from Heart of America Council
Fly in the Soup

Customer: Waiter, waiter, there's a fly in my soup!

Waiter: (Enters, very snooty, peering into the soup.) Oh yes, you are right sir. That will be an extra 25 cents.

Customer: But waiter, he's swimming all over the top!

Waiter: (Still snooty) You are right, sir. It doesn't know it's a fly sir. It's doing the Butterfly stroke.

Customer: Well, I think it must be an Australian!

Waiter: Why do you say that sir?

Customer: Because it's down under now!

Doctor! Doctor!

Pat: Doctor! Doctor! I feel like a set of drapes.

Doc: Pull yourself together.

Pat: Doctor! Doctor! Am I going to die?

Doc: That's the last thing you'll do.

Pat: Doctor! Doctor! Everyone keeps ignoring me.

Doc: Next!

Pat: Doctor! Doctor! My back feels like a deck of cards!

Doc: I'll deal with you later.

Grease

Boy 1: Tonight we are going to be talking about ancient Greece.

(Boy 2 walks on stage carrying a can of Crisco.)

Boy 1: No, no; not that kind of grease. You know Greece, the place.

Boy 2: Oh yeah, that's in back of the cafeteria.

Applauses

Test Tube

Act like you are holding a test tube in your left hand. Pour a reactant into it with your right hand. Place your thumb over the test tube and shake rapidly. After shaking, lift your thumb and yell "BOOM!"

Pizza Toss

Pat your hands from side to side. Throw the pizza up into the air and yell "MAMA MI-A!"

More appraises from Goldenrod District

Cheese Grater: Put grater on your left shoulder holding the handle up high with your left hand. Hold the cheese in your right hand. Start to grate cheese and say "Great! Great! Great!"

Flap Jack: Pretend to pry a spatula under a pancake, then throw it up into the air and nod your head three times up and down as if watching the pancake flip and then catch it with the spatula and say, "Wow!"

Lollipop: Everyone pretends to have a large lollipop. Start licking it from the bottom to the top going "Mmmmmmmmm."

Milk Shake: Pretend to put milk and ice cream into a shaker bottle. Shake the shaker bottle real hard, pour into a glass and pretend to put a straw into the glass. Then make a slurping noise as you pretend to drink it.

Overeater: Looking uncomfortable, rub stomach, and say real slowly, "I can't believe I ate the WHOLE thing!"

Cubmaster Minute

To be good at anything, you have to believe that you can do it, and then practice it until you can. There is no easy way to become an expert. You just have to keep at it, over and over, there will be times you'll think that you just can't make it. But don't give up a task just because it seems too hard. There are few things worth doing that are easy to do at first, but a Cub Scout always does his best.

Cooking

by Last Frontier Council

Daffy Taffy

Ingredients:

2 cups sugar

2/3 cup light corn syrup

1/3 cup water

2 tablespoons margarine

1 1/2 teaspoons vanilla or desired fruit-flavored extract

3 teaspoons peppermint oil or desired fruit-flavored oil (optional) red, blue and other desired food color

Procedures:

1. Combine sugar, corn syrup, water and margarine in large saucepan.

2. Bring to a boil over medium heat, stirring constantly, until sugar is dissolved.

Remove sauce pan from heat. Stir in desired flavorings and food color. (If making more than 1 flavor or color, divide mixture among 2 or 3 greased bowls before flavorings and coloring.) Let taffy mixture stand until cool enough to handle.

5. Pull taffy with well greased hands until it is light and no longer shiny. Stretch into a rope or coil about 1/2 inch in diameter, cut into 3/4 inch pieces with scissors.

6. Individually wrap candies in wax paper.

7. Store in airtight container.

Fresh Fruit Pizza Cookie

Ingredients:

- 1 package (20 ounces) refrigerated chocolate chip cookie dough
- 1 package (8 ounces) light cream cheese
- 1/3 cup sugar
- 1 teaspoon vanilla extract
- 1 Fresh pineapple
- 2 Kiwi fruit, peeled and sliced
- 1 Banana, peeled and sliced
- 1/4 cup raspberries
- 1/4 cup apricot jam, melted

Procedures:

1. Press small pieces of cookie dough into 14 inch pizza pan.
2. Bake in 350° F oven 12 to 15 minutes or until browned and puffed. Cool completely in pan on wire rack.
3. Beat cream cheese, sugar and vanilla in medium bowl until blended. Spread over cooled cookie.
4. Twist crown from pineapple. Cut pineapple in half lengthwise. Refrigerate one-half for another use, such as fruit salad. Cut fruit from remaining half.
5. Cut fruit into thin wedges. Arrange pineapple around outer edge of cream cheese.
6. Arrange kiwi fruit, bananas and raspberries in flower pattern over pineapple.
7. Brush with jam.

Cinnamon Trail Mix**Ingredients:**

- 2 cups corn real squares
- 2 cups whole wheat cereal
- 1 ½ cups oyster crackers
- ½ cup broken sesame snack sticks
- 2 tablespoons margarine or butter, melted
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- ½ cup bit sized fruit flavored candy pieces

Procedures:

1. Preheat oven to 350° F
2. Spray 13 x 9 inch baking pan with nonstick cooking spray.
3. Place cereals, oyster crackers and sesame sticks in prepared pan; mix lightly.
4. Combine margarine, cinnamon and nutmeg in small bowl, mix well.
5. Drizzle evenly over cereal mixture; toss to evenly coat.
6. Bake 12 to 14 minutes or until golden brown, stirring gently.
7. Cool completely. Stir in candies.

Quick S'mores**Ingredients:**

- 1 whole graham cracker
- 1 large marshmallow
- 1 teaspoon hot fudge sauce

Procedures:

1. Break graham cracker in half crosswise.
2. Place one half on small paper plate or micro-wavable plate; top with marshmallow.
3. Spread remaining ½ of cracker with fudge sauce.
4. Place cracker with marshmallow in microwave. Microwave at high for 12 to 4 seconds or until marshmallow puffs up.
5. Immediately place remaining cracker fudge side down, over marshmallow.
6. Press crackers gently to even out marshmallow layer.
7. Cool completely.

WEBELOS

Sportsman

By Heart of America Council

Games**Box Hockey**

To start the game, the two players stand on opposite sides of the box and, after crossing their sticks 3 times, they put the puck into play which had been placed on top of the partition separating the two courts. Each player tries to get the puck through the outside hole on his opponents side of the box. A point is scored each time the puck goes through.

**Golf In a Tin Can**

For this game you will need some old golf clubs. (Garage sales are good places to buy old golf clubs.)

The play is to try to get a golf ball into a tin can (turned on its side) some twenty feet away. As many can play as you have clubs. To make it more fun, use small cans as well as big ones.

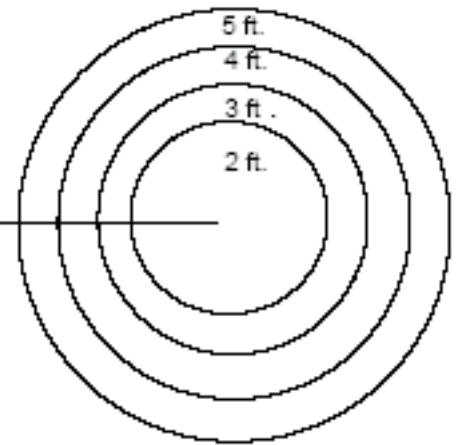
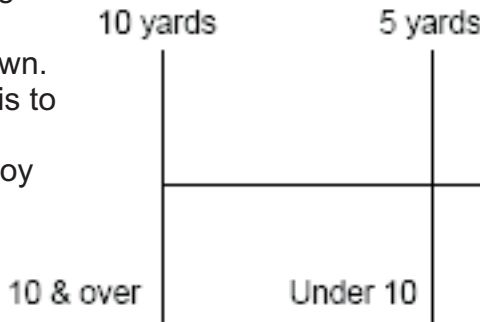
Tire Bowling

Milk cartons, tin cans, or detergent bottles are the pins, set up 20 or 30 feet from the bowler. Score as in bowling.

Ultimate (Frisbee) Contest

Equipment: Five Ultimates (Frisbees)

1. Draw the course as shown.
2. The object of the game is to throw for accuracy. Add up points after each boy takes his turn throwing.

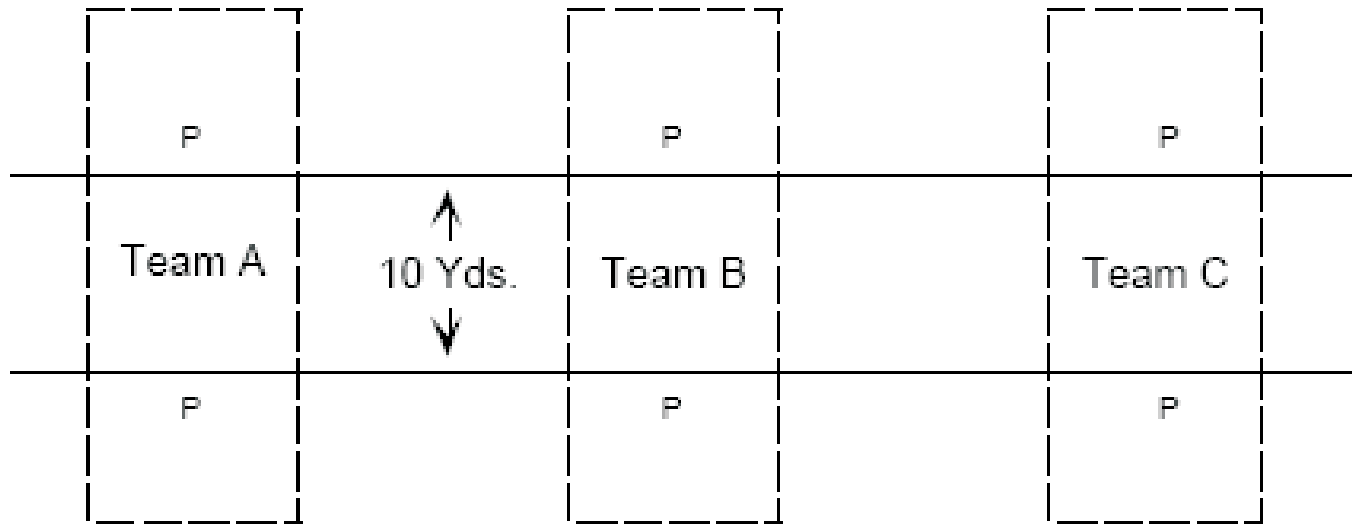


Ultimate Marathon

Equipment:

Ultimates (Frisbees)

1. Divide boys into teams of two players each.
2. Draw two parallel lines on ground ten yards apart.
3. One member of each teams stands behind each line. The players must throw the Frisbee to each other when the judge calls "Go" (every ten seconds). If a player drops the Frisbee or has to step over the line to catch it, their team is out of the game. Play continues until there is one team left.



WEBELOS
Family member

P = Players

Home Job Lottery

This isn't really a lottery, but the name is catchy. Here is a list of jobs that must be done at home. Write them on slips of paper. Put the slips into a job jar. At the den meeting, each boy draws a job to do at home for the next week. You may want to send a note home to let his family in on the project - then they can verify it for you.

- Take out the trash on trash day
- Mow the lawn (summer)
- Rake the leaves (fall)
- Sweep the steps (anytime)

- Dust the furniture twice this week
- Vacuum the house one this week
- Do the dishes every night this week
- Fold three loads of laundry
- Iron my scout shirt
- Wildcard (do a special job for my parents)
- Wash the windows, inside and out
- Clean all the bathrooms
- Wash out the garbage cans
- Hug my family every day

Campbell's Soup Can Slide



Materials:

Large round dowel pieces - 2" long

Paint - silver, white and red

Markers - black and brown

Ring for back - 1/2" PVC pipe

1. Each boy paints the can completely white. Paint the top and bottom silver and paint the paint the top half of the "can" red. Allow the paint to dry between painting different colors.
2. Next, choose the type of soup. Using the black marker write the soup flavor and otherwise decorate the can. It might help to have a few different actual soup cans on hand to assist in the decorating process.
3. Finally, attach the ring to the back with some glue.

Fire Safety Quiz

Use at a den meeting by reading the questions and asking the boys to write down the letter of the correct answer or by making copies and giving one to each boy.

1. What should you do to be ready if fire should strike your home?
 - a. Keep pails of water handy
 - b. Have an escape plan and rehearse it often
 - c. Be ready to carry out the furniture
 - d. Have a suitcase packed
2. In making your escape plan, why should you know two ways out of every room?
 - a. So you can see different parts of the house when you practice
 - b. In case fire or smoke blocks one of the escape routes.
 - c. To keep people guessing
 - d. To make home fire drills more fun
3. If your clothing catches fire, what do you do?
 - a. Run for help
 - b. Look for water to throw on yourself
 - c. Roll on the floor or ground, wrapping yourself in a coat, blanket or rug if possible
4. What should you use for light in a dark closet when there is no light bulb?
 - a. A match
 - b. A candle
 - c. A cigarette lighter
 - d. A flashlight
5. When you check extension cords in your house, what do you look for? Choose Two.
 - a. Frayed, broken insulation
 - b. Whether the color matches the wood work

- c. Whether they run under rugs
 - d. Whether the plug is brown or white
6. In checking around a furnace for fire hazards, you should remove which of these?
 - a. Fishing rods and reels

Correct answers:

1. b 2. b 3. c 4. d
5. a, c 6. b

Family Fun Activities

- Make a Family Fun Booklet, Calendar, or Coupon Book full of fun things to do. Make a copy for each boy to take home.
- Have a Monopoly, Checker, or Chess tournament
- Plant a window sill herb garden
- Have a backwards dinner (dessert first and salad last) and/or eat each course in a different spot (on the stairs, under the table, etc.).
- Get a star chart and do some star watching .
- Make a family history album
- Take a penny hike (flip the penny, heads one way, tails the other) or a compass hike
- Read a favorite book out loud as a family
- Have secret elves that do kind things and leave a red heart
- Go on a creative treasure or scavenger hunt .
- Bubble blowing contests (1/4 cup plain unscented liquid dish detergent, 1/2 cup glycerin, and 3/4 cup water and all types of "blowers")
- See who can keep an ice cube from melting the longest without putting it back in the freezer
- Go on a nature hike

WEB SITES

These sites are current as of

[Http://www.alcoa.com/reynoldskitchens/en/home.asp](http://www.alcoa.com/reynoldskitchens/en/home.asp) Recipes to make

[Http://www.dole5aday.com/Kids/K_Index.jsp](http://www.dole5aday.com/Kids/K_Index.jsp)

Dole shows you how to balance your food groups

[Http://www.chiquitakids.com/Promotions/FreshCut/FruitBiteJumpRope/FruitBites07LandingPage.html](http://www.chiquitakids.com/Promotions/FreshCut/FruitBiteJumpRope/FruitBites07LandingPage.html) Free jump rope from apple bites

[Http://www.5aday.org/](http://www.5aday.org/) Colored pyramids and booklets

[Http://www.hersheys.com/recipes/home.asp](http://www.hersheys.com/recipes/home.asp)

[Http://www.sandiegozoo.org/kids/recipes.html](http://www.sandiegozoo.org/kids/recipes.html)

[Http://wholefoodsmarket.com/recipes/list_kids.html](http://wholefoodsmarket.com/recipes/list_kids.html)