



CubRoundtable.com



Volume 8, Issue 2  
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RT Newsletter

Webelos activity badges Athlete and Engineer

Theme: Litter to Glitter

Achievements and Electives from the  
Program Helps for 2007-2008

Tigers - Ach 1F

Elect. 20, 33, 47

Wolf- Ach 2B, 2E, 2F, 7, 8A, 11

Elect. 12A, 12C, 17D

Bear - Ach 6C, 14A, 17A, 18E, 19C

Elect. 1A, 10A

### PRE OPENING ACTIVITIES RECYCLING QUIZ

Which items should be placed in a recycling  
barrel?

1. School newspaper
2. Magazines
3. Radio batteries
4. Grass, leaves, wood
5. Light bulb
6. Used paper towel
7. Photographs or negatives
8. Empty can of green beans
9. Picture frame glass, mirrors, crystal
10. Cereal box without wax/plastic liner
11. Milk carton
12. Empty mustard jar
13. Plastic bottle with ketchup inside
14. Juice box
15. Plastic bottle with no recycling symbol
16. Diapers
17. Potato chip bag
18. Newspaper
19. Dry, empty plastic milk or water jug
20. Records or cassettes

### Pollution Solution Word Puzzle

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

### WORDS FOR THE POLLUTION SOLUTION PUZZLE

AIR	CARE	OXYGEN	NOSE
SICK	BREATHE	CLOUDS	FRESH
YES	SMOG	TRUCK	DUST
LUNGS	BUS	POLLUTION	

Answers: True-1, 2, 8, 9, 10, 11, 12, 14, 18, 19  
False-3, 4, 5, 6, 7, 13, 15, 16, 17, 20

**ANSWERS TO POLLUTION SOLUTION PUZZLE**

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

**RECYCLE SCRAMBLER**

Unscramble the names of products or materials that can be recycled.

SASGL	ERAPP
MUNALIMU	MTAEL
OODF	TPANLS
WTERA	

**Answers:** glass, paper, aluminum, metal, food, plants, water

**“WE SAVED IT” PARTY**

By Santa Clara Council

Have a small party using mostly recycled or reusable items for plates, cups, napkins, table decorations, and room decorations. How about using clean plastic yogurt cups, butter tubs, and peanut butter jars for plates and cups? Cut napkins out of old fabric, fray edges and decorate with permanent markers. Decorate the table and the room with recycled materials and nature items from the backyard. Play games using recycled materials-- make a top from a margarine tub lid and a toothpick or an airplane with recycled paper. Recycle the materials when you are done with them. Make nature crafts with the items from the backyard or make a genius kits.

Whatever you do, recycle all the material after the party. Involve the boys when planning the party. They’ll have many great ideas too.

**PUBLIC AWARENESS PROMOTION**

- Arrange a natural resources awareness program. Invite natural resource professionals such as wildlife biologists, soil conservationists, foresters, or conservation officers to speak to your pack.
- Make Outdoor Code posters to put up in school and explain the Code to others.
- Make anti-litter posters. (Make sure you take them down after a certain period.)
- Make a conservation display for the pack meeting.
- Have a “Fight Litter” parade with boys carrying signs urging the public to “stash the trash” or “don’t be a litter bug.”
- Develop a plan to educate the public about the dangers to wildlife posed by the litter problems.
- Collect all the trash in a selected area and exhibit the trash at the pack. (Discard the trash properly later.)
- As a den or pack, visit a public utility to learn about the wise use of resources, and become involved in programs offered by utilities to help consumers conserve resources.
- Make litterbags for the cars of pack families and neighbors. Distribute litterbags at a cooperating service station or store for those who want them. An example of a litterbag is shown on page 3-31 in Cub Scout Leader How-To Book. Stencil designs on the bag. (Make sure these bags don’t get thrown away and become litter themselves.)

**CUBS**

By York-Adams Area Council

Have the boys work together to prepare posters that reflect the message they are presenting. There will be at least four posters and up to as many as they make when you include the picture posters). The four posters have the letters C, U, B, and S on them. The boys stand in front of the Pack and recite their lines:

**C** stands for **“Cut back.”** Reduce the amount of trash and waste you make.

**U** stands for **“Use.”** Use things again instead of throwing them away.

**B** stands for **“Be sure.”** Be sure to recycle whatever you can instead of throwing it in the trash.

**S** stands for **“Save.”** Together we can save our planet from too much pollution.

### Outdoor Code Opening

**CUB 1:** As an American I will do my best to be clean in my outdoor manners.

**CUB 2:** I will treat the outdoors as a heritage. I will try to improve it for myself and others. I will keep my trash and garbage out of America's water, fields, woods and roadways.

**CUB 3:** I will be careful with fire.

**CUB 4:** I will prevent wildfire. I will build my fire in a safe place and be sure it is out before I leave.

**CUB 5:** I will be considerate in the outdoors.

**CUB 6:** I will treat public and private property with respect. I will remember that use of the outdoors is a right that I can lose by abuse.

**CUB 7:** I will be conservation minded.

**CUB 8:** I will learn how to practice good conservation of soil, water, forests, wildlife, and energy.

### Spirit of Nature

By Bayshore District

**Personnel:** 7 Cubs

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

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

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

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

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

**Cub 5:** We will protect them from harm.

**Cub 6:** We will follow the law of nature.

**Cub 7:** The Outdoor Code:

As an American, I will do my best to

Be clean in my outdoor manners.

Be careful with fire.

Be considerate in the outdoors.

Be conservation minded.

### Energy

**Setting:** A group of scouts with flashlights around the awards area. When the ceremony starts, the lights are turned off so the area is lighted with flashlights, as cubs and their families are called forward to receive awards.

**Cubmaster:** It took a lot of energy to achieve this award. Energy of fathers to supply materials and support, energy of mothers to guide and lead the cub scouts, and of course (names of scouts who are receiving awards) who devoted time and energy to complete the achievements and gain this award, and who decided to use his energy wisely.

### The Litterbug

Joyce Newell, Pack 292; White Tanks, 1980

When you hear the word **PAPER** you say **Crackle, Crackl**

When you hear the word **CAN** you say **Clatter, Clatter**

When you hear the word **TRASH** you say **Dump, Dump**

When you hear the word **LITTER BUG** you say **Toss and Throw.**

God put bugs in this world for many a reason

He made them to live in every kind of season

But the pesky **litterbug** with his **paper** and his **can**  
Was made through neglected **trash** by the foolish man

To keep America beautiful, get rid of the **litterbug**

So beach-goers can again lounge on a clean sandy rug.

Because of this pest we must woollier around

In **paper** and **cans** and **trash** and all over the ground

Just who are these **litterbugs** who mess up our land

Do you ever really see them toss that **paper** or **can**

Quite often thee **litterbug** is a sneaky guy

And at dumping his **trash**, he's oh so sly.

So most of the time it just appears everywhere

As if it had dropped right out of thin air

Could it be we're so used to throwing things here and there,  
That we dump that **paper** or **can** without being aware?

Without even thinking when we toss **trash** and waste

We could be an unconscious **litterbug** in all of our haste  
So when you unwrap that gum or small candy piece of candy,  
Don't throw the **paper** on the ground just because it's handy.

Next time stop and think, when a pop can you toss.

'Cause if you're a **litterbug**, it's also your loss

So if every single person would take note of their habit,

That pesky **litterbug**, we certainly could nab it!

Then that terrible bug we would surely stamp out,

With no more **paper** or cans or **trash** about.

To keep America beautiful we must all do our part,

By taking care of our **trash** properly from the start.

### Run-Ons

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

A group of chess enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories. After about an hour, the manager came out of the office and asked them to disperse.

"But why?" they asked, as they moved off.  
"Because," he said, "I can't stand chess nuts boasting in an open foyer."

**Cub 1:** Enters with pine branch and poles.

**CM:** What are you doing?

**Cub 1:** I'm needling you.

**Cub 1:** Enters with stump and sits down.

**Cub 2:** What are you doing:

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

### CHEERS and APPLAUSES

**Threatened Alligator Applaud:** Clap hands like an alligator three times.

**Endangered Polar Bear Cheer:** Grow I like a bear four times, turning halfway around each time.

**Threatened Grizzly Bear:** Grow I like a bear four times, turning halfway around each time.

**Endangered African Elephant Cheer:** Let arm act as trunk, wave it brokenly in front of your face.

Raise your forearm up and down and say,  
"Peanuts, peanuts anyone?"

**Endangered Penguin Applaud:** Walk around like penguins and clap hands on the side of the body.

**Endangered Water Frog Cheer:** Hop like a frog saying, "Gulp, Gulp, Ribbit"

**Endangered Timber Wolf Cheer:** Wolf, wolf, wolf, and then give wolf howl.

**Endangered Mountain Lion Cheer:** Stand. Cup hands around mouth and "Roar"

**Endangered Northern Spotted Owl Cheer:** Hoot, Hoot, Hoot

**Threatened Eastern Indigo Snake Cheer:**

Hissssssssss...

**Recycled Cheer:** We're going to recycle our cheer. Repeat previous cheer.

**Woodsy Owl Cheer:** Shout, "Give a hoot, don't pollute."

**Rainstorm Cheer:** To simulate rain, have everyone pat one finger of the left hand and one finger of the right hand. Gradually increase the intensity of the storm by increasing the fingers hitting together. Decrease the number of fingers as the storm passes.

**Bird Watcher Cheer:** Stand. Tuck hands under armpits, flap 3 times while doing the sound of your favorite bird (e.g., threatened bald eagle).

### Leadership Appreciation Ceremony

**Materials needed:** Four candles

Scouting is made up of many things, people, and ideas. Tonight we are going to take a few minutes to reflect on some of the more pertinent aspects of Scouting.

First - Scouting is a program. As depicted by our first candle it is one of the many items of Scouting. It is a program dedicated to the development of character, citizenship, and the mental and physical fitness of our youth.

Second - Scouting is for youth of our community. Young boys expect to learn, gain recognition by advancement, but most of all they expect to have fun with others their own age.

Third - Scouting is the parents of young Cub Scouts. For without parents taking an interest in the activities of their son, taking them to meetings, and fulfilling the part of Akela, we would not have Cub Scouts.

But, as you can see, this leaves one candle. This candle represents the leaders of Cub Scouting. Would \_\_\_\_\_ please come forward? \_\_\_\_\_ I light this candle for you, for you have been a faithful leader to us and we want you to know that your work, dedication, and tireless effort have been gratefully appreciated. For without your leadership as with the leadership of all Cub Scout leaders the first three candles program, youth, and parents would be meaningless. Thank You!



## Games

by Santa Clara Council

### NATURE AND CONSERVATION TRAIL

This is a fun game for a pack outing. The course given here is just a sample, adjust the number of stations or types of activities according to your situation and needs. This game can be played on a den outing as a group activity, NOT as a contest. Pack or den, make sure there are enough adults to ensure the safety of the children. Start dens at 5 minute intervals or start each den at a different station so that there are no delays. (But remember, this is not a race.) Give each den a scorecard on which judges, at each station, record their scores. Ahead of time assign scores for each correct answer at each station.

**START:** "Go east to the largest tree you can see and look for a note at its base."

**STATION 1:** "Is this tree an oak, pine, redwood, or madrone? Tell the judge and give him your scorecard. Then go north to the pond and look for a note on the south bank."

**STATION 2:** "Within 10 paces of this spot is an insect cocoon. Find it but do not touch it. Show the judge where it is. If you know what the insect is, tell the judge." (Score 5 points for finding the cocoon, 10 for identifying the insect correctly.) "Then go to the big rock at the edge of the woods and find a note on it."

**STATION 3:** "Hidden within 10 paces of this spot are three pieces of scrap that can be recycled. What are they?" (Hide an aluminum can, glass bottle, sheet of newspaper, an old sock, a deflated balloon, and an old shoe.) "Now go north to the flagpole and find a note at its base."

**STATION 4:** "Tell the judge all the ways you can think of to save electricity in your house." (Judges should be liberal in judging answers.) "Now go east to where you can see a small area staked out on the ground."

**STATION 5:** "This area is called a Square Foot Claim. Tell the judge all the nature objects you see in it--plants, insects and other animals as well as signs of animals such as feathers, skin and burrows" (A square foot of ground has been marked off.) "Now go south to the tallest tree in that direction and find a note under it."

**STATION 6:** "What kind of tree is this?" "In this tree is a bird's nest. Point it out to the judge. What kind of bird made the nest? Now go back to

the pond and look for a note on the east bank."  
**STATION 7:** "Look carefully in the water. What do you see?" (e.g. mass of frogs' eggs) Now take your scorecard back to START.

### BAG PLAY

Divide the group into two or three teams. Give each team a bag filled with an assortment of scrap items found around the house and backyard. For example, the bag could contain a clean empty yogurt cup, a plastic bottle, a piece of rope, a twig, and some newspaper. Each team has ten minutes to put together a game using the items in their bag. Each team can then demonstrate their game and everyone can play.

### ORANGE JUICE LID FLIP AND MATCH

This is a "Concentration"-like game. You will need several metal lids from juice cans, various stickers or permanent marking pens. Have the Cub Scouts make identical designs on pairs of can lids.

Mix up the lids, and place them face down (orderly rows tends to make it a bit easier). The first player turns two lids face up, trying to make a match. Matches are removed from the playing surface and held by the person who turned them up, then that player tries again, until he turns up two unmatched lids. Unmatched lids are turned face down again, and the turn passes to the next player.

When all the lids have been removed, the winner is the player with the most lids in his possession.

### SODA BOTTLE BOWLING

Gather 10 empty 2-liter soft drink bottles. Fill each with a few inches of sand or water. Set up the "pins" in the traditional triangular shape, and take turns bowling with a soccer ball or something similar. (It would be a good idea to do a trial run, insuring the ball is heavy enough to push over the pins with a given amount of sand inside.)

### "OOPS" A GAME WITH SUPER SCOOPS

Give empty plastic bottles a purpose! Cut off the jugs as shown. You can then use the scoops for tossing and catching balls or bean bags. Gallon orange juice containers are more durable than milk or water jugs.

Everyone has a jug to toss with. The player doing the tossing calls out the name of the player he is tossing to. The player whose name is called

must catch the ball. If he fails to catch it, he collects one letter of the word "OOPS." When a player has collected all four letters, he must drop out of the game.

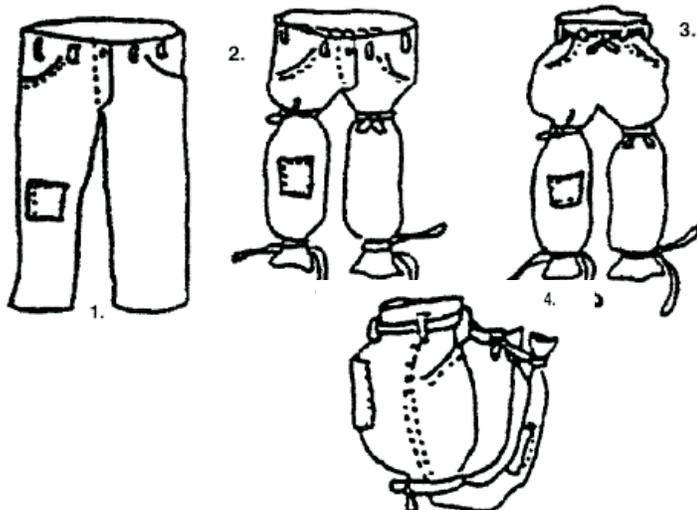


### GENIUS KITS WITH RECYCLED ITEMS

A genius kit is simply a collection of odds and ends. Each Cub Scout is given an identical kit. He creates something using his genius and imagination. This can be a pack or den activity. This is a great activity for a son and parent team. Make sure the results are shown off at the pack meeting. Give awards for most imaginative, best workmanship, most realistic, most useful, most conservation-minded, etc. Create genius kits with recycled items. Here's a sample: Paper towel tube, four feet of string, 3 milk jug caps, one empty water bottle, 2 empty film canisters, 4 popsicle sticks, one meat tray, one empty can, one margarine tub, 4 old buttons, 2 berry baskets. **Genius project rules** 1. Use only the materials supplied. You do not have to use them all. 2. Cut them up or shape them any way you wish. 3. Use any tools you want. Make anything you like. 4. Attach your name and the title of your creation.

### HANDY BACKPACK

An old pair of jeans and some rope can make a handy backpack for your day hike! 1. Start with one pair of jeans. 2. Fill trunk area with supplies. Tie off legs, leaving extra rope hanging down. 3. Pull the top closed with rope strung through the belt loops. 4. Tie leg bottoms to front belt loops. Use these as the arm straps.

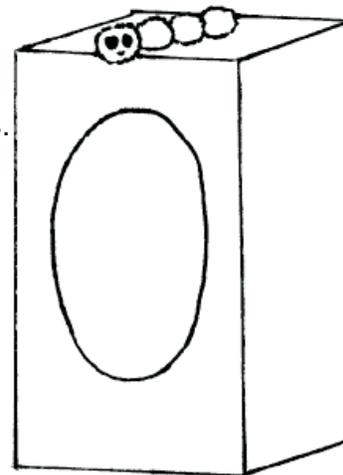


### PICNIC CATCH-ALL

Make a picnic catch-all that can hold napkins, silverware, barbecue utensils, ketchup/mustard bottles, or whatever tends to rattle around in the picnic basket and get lost. **Materials:** One-gallon plastic jug with a handle; Contact paper; permanent markers and Stickers; Scissors (and sharp knife for an adult) 1. Rinse out the jug very well. 2. Cut out the area below the pour spout and opposite the handle so that you have an opening about 6-8" wide at the bottom and about 4-7" deep from the top. (Adult will need to help the boys by starting the hole with a sharp knife.) 3. Cover the entire jug with contact paper. Decorate with markers and stickers.

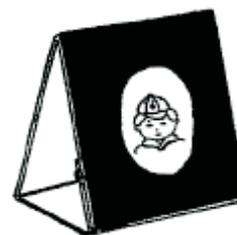
### BAG SAVER

**Materials:** Large empty tissue box; Brown paint; Paintbrush; Green pom poms; Wiggle eyes (optional) 1. Stand the box on one end. Paint the side and top brown, like the trunk of a tree. You may need more than one coat of paint. Let dry. 2. Make a caterpillar with pom poms and wiggle eyes. 3. Glue the caterpillar on top of the box. 4. Stuff the box with plastic produce bags or grocery bags so you can save them to use again and again.

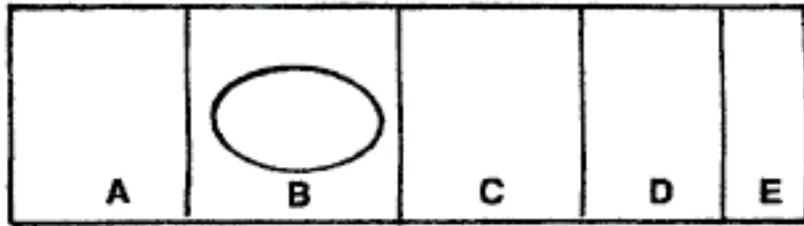
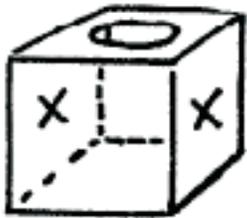


### TWO MORE PICTURE FRAMES CD CASE FRAME

Tape picture inside the lid of the CD case. Close the case. On the outside of the case around the picture, glue bits of recycled materials such as puzzle pieces, old buttons, shapes cut out of scrap craft foams, etc.



More directions on next page.



**TISSUE BOX FRAME**

1. Cut off two opposite sides of a square boutique tissue box at the X marks. 2. Open up the box to form a strip. Strip may be left as is, covered with fabric or gift wrap, or covered with paper and decorated. 3. Re-fold along all the lines. 4. Glue or tape section "E" to the back of "A." 5. Tape photo or drawing behind the opening.

**EGG CARTON NURSERY**

**Materials:** Clean egg shell halves; Egg cartons; Potting soil; Seeds  
 1. Place empty eggshell halves in the cups of an egg carton. 2. Fill the shells with potting soil and carefully plant one or two seeds in each one. 3. Add water a little at a time, enough to moisten the soil. Take care not to drown the seeds. 4. Keep the egg carton closed so that the seeds will stay warm and sprout more quickly. Water the soil as needed to keep it moist. (Use hand spray bottle.) 5. After seeds have sprouted and grown into seedlings, plant the eggshells outside, crushing the eggshells slightly before putting them in the ground.

**DOORKNOB MESSENGER**

1. From a large plastic bottle such as bleach bottle, cut a 4 1/2" x 8" rectangle. 2. Cut 3" long "keyhole" to fit over doorknob. 3. The two hands for the clock may be cut from a contrasting color plastic bottle. 4. Punch holes in square end of hands and attach to doorknob hanger with paper fastener. 5. Draw clock numerals and other decorations with permanent markers.



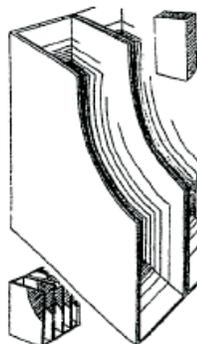
**SAVE IT FOR US NECKERCHIEF SLIDE**

1. Copy the pattern onto card stock. 2. Color with markers and cut out. 3. Laminate or cover with clear Contact paper. 4. For a more "natural" look, glue the above onto a wood disk slightly larger than the earth. 5. Glue on slide back.

**BOYS' LIFE FILE F**

Can't remember where you stashed your latest edition of Boy Life? Get in the habit of filing them away on your bookshelf in this handy recycled creation.

1. Collect three or more cereal boxes of the same size. 2. Cut away the opened tops and one long side of the cereal boxes. 3. Glue the boxes together. 4. The outside of the boxes may be covered with wrapping paper or adhesive Contact paper. 5. Cut away the corners of the glued boxes in curved lines. Stack magazines inside.



**Food**

**SNOW ON THE MOUNTAIN**

6 1-1/2 oz. milk chocolate bars 1 cup shredded or flaked coconut Box of graham crackers Melt chocolate bars in a greased pan. Dip a spoonful on each cracker and sprinkle with coconut.

### MULTICOLOR CRAYONS

Draw pictures with these round multicolor crayons. Make some for little children.

**Materials:** Old crayons; foil cupcake cups; Muffin tin

1. Peel paper off the crayons.
2. Line the muffin tin with foil cups. Place crayons in the cups, about two layers. Mix four to six colors (too many colors will melt into one muddy color).
3. Place in the 200-250 oven. Melt the crayons. It will take about 8-10 minutes. Don't let it burn.
4. Take out the muffin tin carefully--you don't want to slosh the colors. Top of the crayon may look muddy but don't worry. Let it cool.
5. Peel away the foil cups.
6. Use the new crayons whole or break them into 2-3 pieces. Have Fun!

### HOMEMADE STICKERS

**Materials:** White glue; White vinegar; Photos or pictures cutout from magazines.

1. Combine 2 parts white glue with 1 part white vinegar.
2. Cut out a portion of a photo or picture from a magazine that you wish to turn into a sticker. Apply the glue to the back of the photo or picture.
3. Let the glue dry.
4. When you are ready to use the new sticker, moisten the backside that contains the glue. If you do not like the taste of vinegar, use a sponge to moisten the sticker.

### Puzzle Spider

By York-Adams Area Council

About this project - recycle those old puzzles and make this cute little spider. Children love to have them sitting around in their room. This project is rated EASY to do.

#### Supplies -

- Acrylic Paint (OC 176 Black)
- Tacky Glue
- Satin Finish Varnish
- Black Glitter
- Shrink-It Clear Plastic
- 4 Black Chenille Stems
- 2 Large 18 mm Moving Eyes
- Approx. 40 puzzle pieces

#### Project how to -

1. Paint approx. 40 puzzle pieces (both sides). Let dry.

2. Cut a circle out of paper -- 4 inches in diameter.

Place the paper circle under the clear plastic sheet.

3. Row 1: Place a row of puzzle pieces inside circle.

Fill in center with as many pieces that will fit.

4. Row 2: Glue puzzle pieces around 1st. layer, keeping inside outer edge of circle. Over-lap as much as possible. Let dry, turn Spider body over for 3rd. row.

5. Row 3: Follow same instructions for row 2, overlap as much as you can, keeping inside of circle, glue down.

6. When dry re-paint spider body, then varnish with the Satin Varnish, doing back side as well. When still wet sprinkle glitter over front of body. Shake excess glitter off. Let dry.

7. Cut 4 chenille stems in half (makes 8 legs).

Bend the 8 legs in half. Place evenly on each side of spider. Put a GOOD spot of glue in location of where the inside of the leg will go, set leg in place. (To help keep them secure set something between each leg to help it set up-right, if you have enough paint bottles that works great. Or wrinkled up waxed paper.) Put 4 legs on each side.

8. Glue eyes in place.

9. Option is to cut a piece of black felt the same size as the spider, glue to bottom.

This project was contributed by BONNIE HAPPE (HAPPE CRAFTER)

### CHOCOLATE QUICKSAND

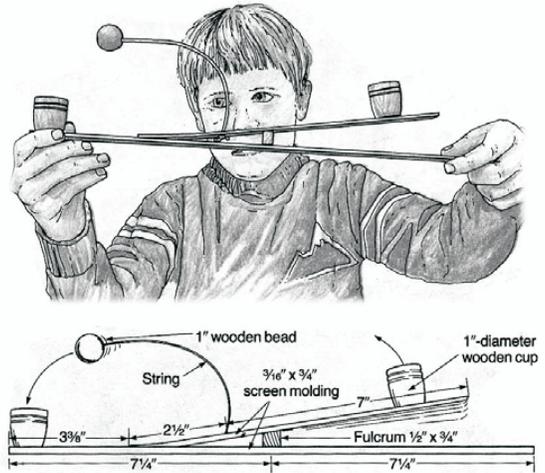
There is really no need to measure the chocolate for this--just squirt to taste. 1 banana, peeled 1 cup vanilla or chocolate ice cream or frozen yogurt 1/2 cup milk 1/4 cup chocolate syrup In the morning, slice the banana, place it in a plastic lunch bag and freeze. After school, place all the ingredients in a blender and process until smooth. Makes 1 1/2 cup



### Flip Ball

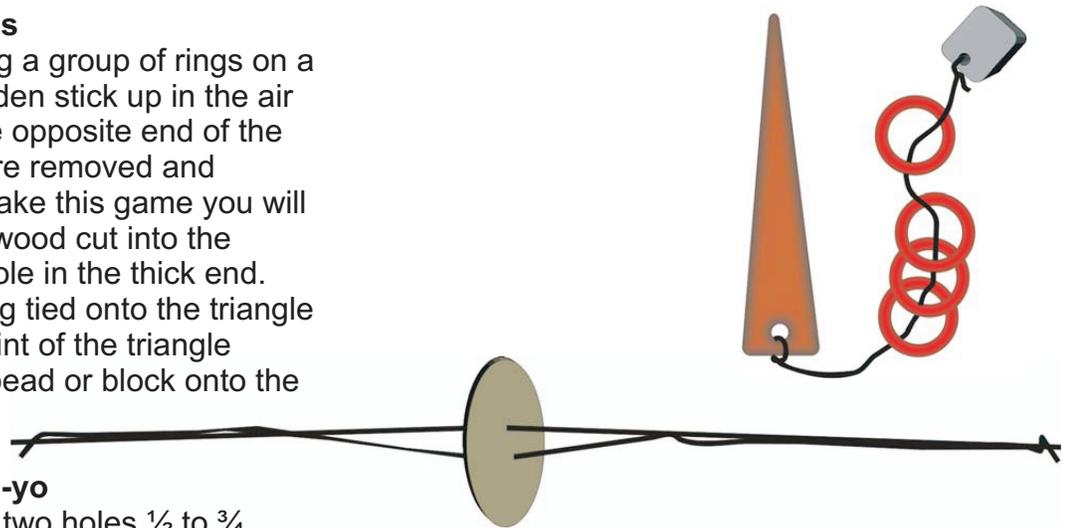
By Great Salt Lake Council

this is a variation of an old game called bilboquet. To play you try to flip a bead or ball from a cup mounted on a wooden spring strip to an identical cup mounted on a base piece. Buy the 1-inch bead and the cups in a craft shop, choosing cups that fit the bead perfectly. Cut the strips and the fulcrum as shown in the drawing. Glue the fulcrum and one cup to the base strip. Tie one end of a string through the bead and other end through a hole drilled in the spring strip. Using the bead to guide placement, glue the second cup to the spring strip. Then glue the spring strip to the base.



### Ring Toss

this game is played by swinging a group of rings on a string tied to one end of a wooden stick up in the air and trying to catch them on the opposite end of the stick. After each try the rings are removed and another attempt is made. To make this game you will need an 8 x 1 1/2 inch piece of wood cut into the triangle shape shown. Drill a hole in the thick end. Sand and finish. Thread a string tied onto the triangle on rings that will fit over the point of the triangle without sliding off. Tie a large bead or block onto the other end of the string.



### Pioneer Yo-yo

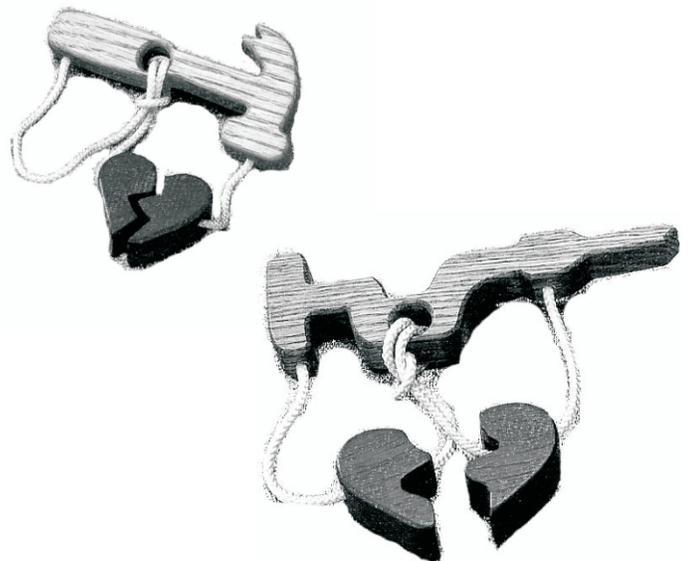
cut a disk out of wood and drill two holes 1/2 to 3/4 inches apart in the center finish your disk and thread onto fine string about 24" in length. The idea is to hold the end of the strings and make the disk in the center spin.

### Tic Tac Toe and Checkers

Cut squares for the board and paint on the appropriate board design. Cut and paint the correct playing pieces. Play according to the rules of the game.

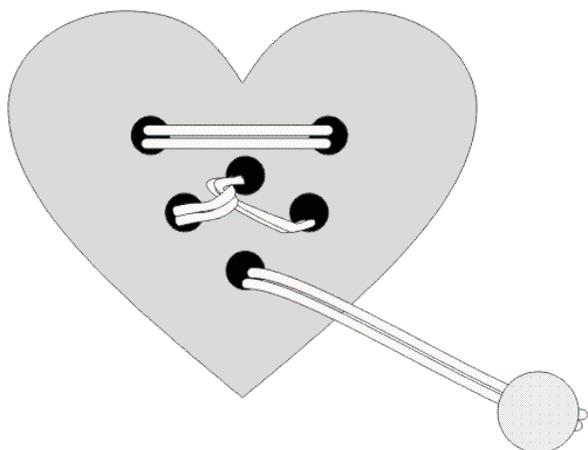
### Tanglement Puzzles

Tanglement puzzles may be made in many shapes. Rings or beads can replace the hearts. Construction isn't difficult. Cut the chosen shape, sand, and drill the two end holes and the central hole. Thread the rope and beads as shown. The goal is to move the shapes hanging on the rope from one loop to the other.



### Wood and String Puzzles

These wood and string puzzles are easy to make and would be perfect as gifts. Draw your pattern onto the wood, the heart works great, as would many shapes available in coloring books. Cut your shapes out of wood, mark and drill your holes. (Make the holes about 4 times the diameter of your string). Sand the pieces smooth and finish by painting or staining. String your puzzle as shown and tie a large bead onto the end. The goal is to remove the string from your wood shape. The mouse puzzle below is a little more difficult to solve, but it does show that there are many possibilities in the creation of these puzzles. The difficulty increases as the number of holes increase. A good number of holes for a beginner are 3 to 6 holes.



### Closing

By Santa Clara Council

#### “WHAT SHALL WE GIVE OUR CHILDREN?”

An awareness of:  
 The open, sheltering sky--  
 The supportive rich earth--  
 The giant trees and tiny flowers in all their seasons--  
 The sun-warmed sands--  
 The blue, froth-crested waters--  
 The stars twinkling down--along with the animals, insects, bird songs, rainbows, clouds, sunshine, twilight, sunsets, moonlight and firelight.

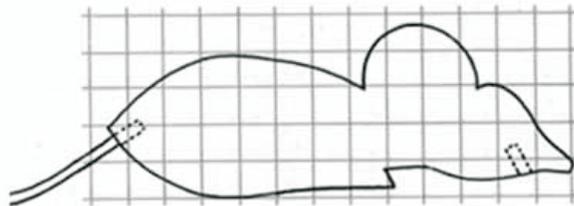
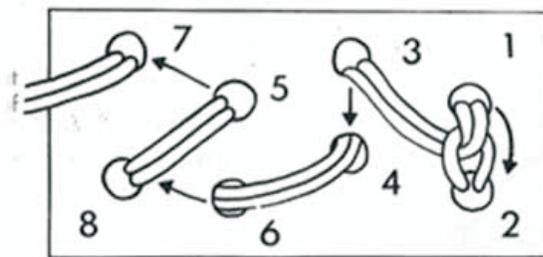
#### Outdoor Code Closing

By York-Adams Area Council

**CUBMASTER:** Let's take a moment to think about the wonderful land and world we've been given to enjoy and to watch over. Think of all that we have to be thankful for.

Let's now recite The Outdoor Code  
 As an American I will do my best,  
 Be clean in my outdoor manners,  
 Be careful with fire,  
 Be considerate in the outdoors,  
 Be conservation minded.

And now let's all stand and sing "God Bless America.."



**WEBELOS**

Athlete

**Homemade Exercise Equipment**

**Barbell (Cement)**

By Great Salt Lake Council

Use a 3 foot dowel or broomstick with 3/5 inch pipe caps on the ends. The latter are imbedded in 46 oz. cans filled with cement. Allow cement to set overnight.

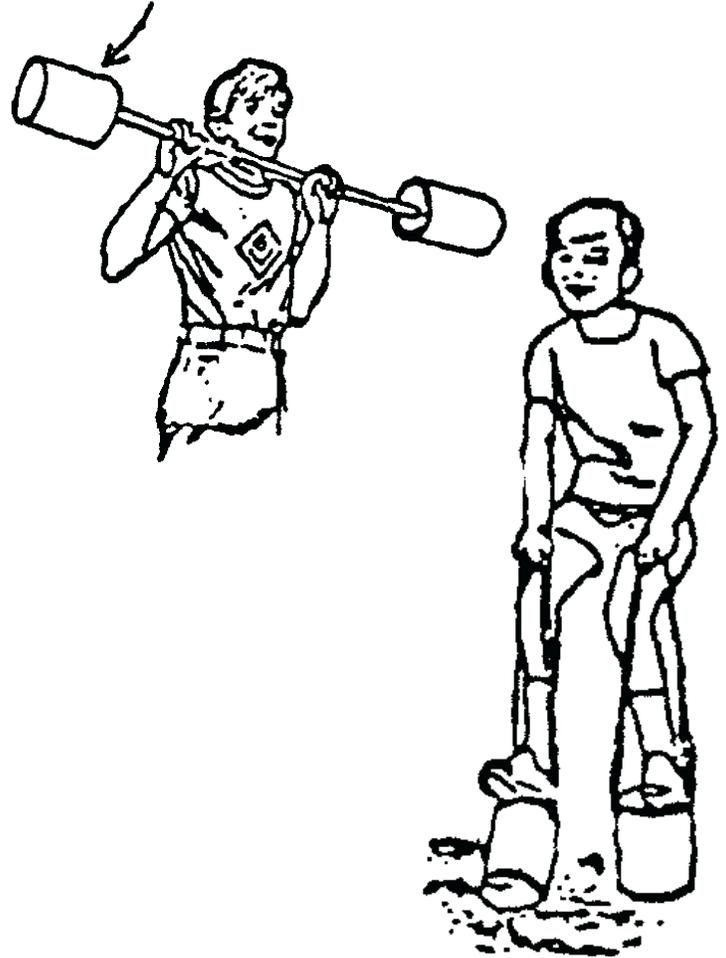
**Dumbbell (Cement)**

Use 12 inch dowel and #2 cans filled with cement placed on each end of the dowel.

**Barbell (Sand)**

Make homemade barbells from a broomstick and two strong cloth sack (or pillowcases). Fill each sack with five pounds of sand or gravel. Wrap the mouths of the sacks around the broomstick, about 4 inches from the ends. Plastic quart containers filled with sand also make good dumbbells.

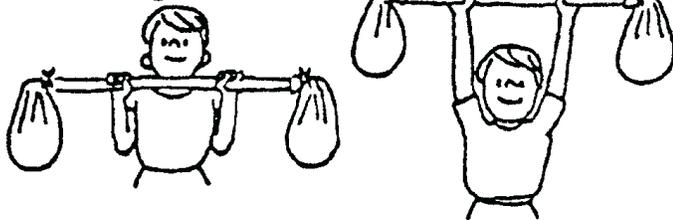
**Cement Filled Cans**



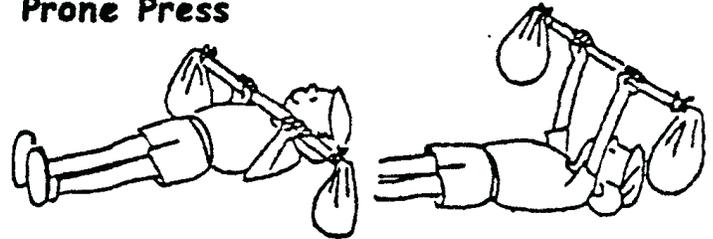
**Tin-Can Walkers**

1. Made from 2 lb. tin or aluminum cans and short lengths of rope.
2. Puncture the cans on opposite sides just below closed ends.
3. Thread a length of clothes-line through the holes and tie the ends together so the loop reaches slightly above your knees when you stand on the cans.
4. Walk 25 feet and return.

**Standing Press**



**Prone Press**

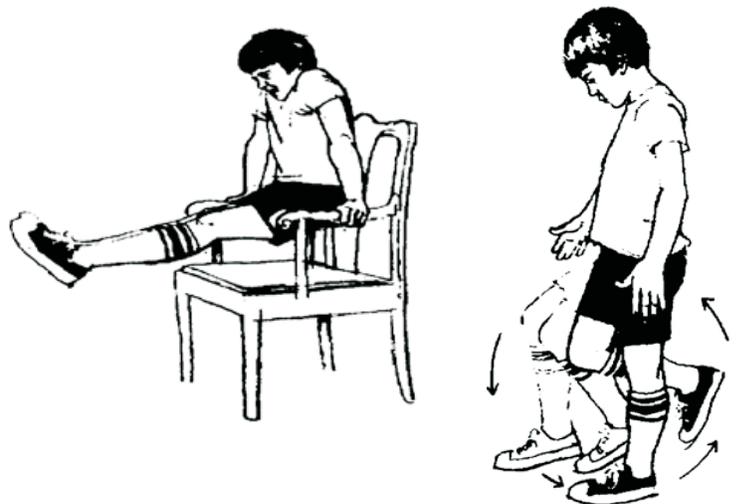


**STRENGTH AND BALANCE EXERCISES**

**LIFT:** Sit in a heavy chair with arms you can grasp. Bring both legs straight up. Straighten your arms to lift you off the seat. Try to hold this position for 2 seconds. Take a rest between lifts.

**ONE LEG PEDAL:** Hold hands out from your sides. Pedal with your kicking foot as though pedaling a bicycle. 10 times without losing your balance is a good start. When you can pedal 50 times, you are well balanced.

**JUG WEIGHTS:** Fill plastic bleach containers with sand (as heavy as you can lift). Cap. Do arm curls and front and lateral raises.



## AGILITY EXERCISES

These exercises would be a good warm-up before your den meeting begins or an ice breaker during the meeting. Perform these exercises within the time limit. Rest for 2 minutes between each set of exercises.

**SET 1: 8 Minutes Fish Flops:** Lie flat on your stomach, arms and legs extended and off the ground. Rock back and forth. (2 minutes)

**Grass Drill:** Run in place, drop to the ground and bounce up again. (2 minutes)

**Quick Foot-Knee Touch:** Drop quickly to one knee and bounce up again. Alternate knees. (2 minutes)

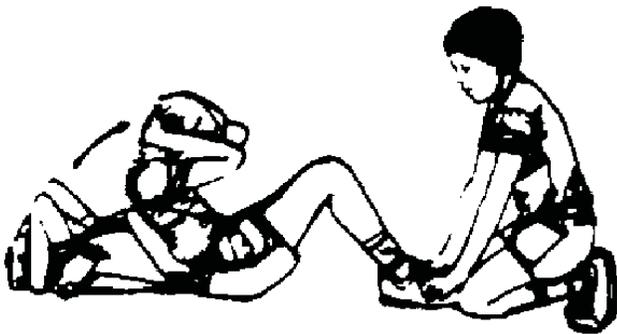
**Rock Drill:** You need a partner for this one. Square off on all fours, locking right shoulder to right shoulder. Try to rock your opponent back off his feet. (2 minutes) REST TWO MINUTES

**SET 2: 6 Minutes**

**Crab mirror:** Two players on all fours. One moves at random to the left, right, back, or forward. The other mirrors (or copies) his moves. Switch leaders and repeat. (2 minutes)

**Bear Hug Take-Down:** Two players, one standing behind the other. Player in rear grasps other player around arms and chest and tries to pull him down. Reverse positions and repeat. (3 minutes)

**Sit-ups:** Lie on back, feet together, hands clasped behind head. Raise up and touch elbows to knees. Do as many as possible. (1 minute) Rest 2 minutes.



## FLEXIBILITY EXERCISES

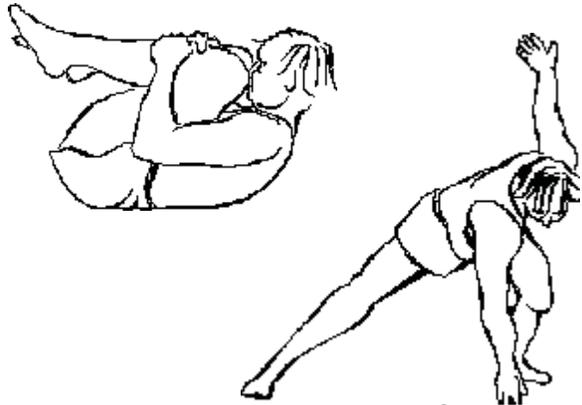
**Fingers:** Extend arms to the side, palms down. Quickly flex fingers by alternating between fist and open hand position. (30 seconds)

**Palms:** Extend arms to the front, palms down, wrists locked. Turn palms inward and outward in quick, short movements. (30 seconds)

**Wrists:** Same position as palms (above). Rotate wrists clockwise, then counterclockwise. (30 seconds)

**Forearm Twist:** Arms extended sideward and parallel to the ground. Flex at elbow bringing tips of fingers to shoulders, Return to starting position. Perform both palms up and palms down. (1 minute)

**Shoulder Stretches:** 3 part exercise. (a) Rotate one arm over your head and down slowly. Repeat with other arm. (b) Shrug your shoulders slowly in complete circle starting the movement by moving up and back. (c) Lock your hands behind your head and pull back slowly from shoulders. (2 minutes)



## ROPE GAMES

A rope is a "gym" that can be carried and used for all kinds of physical fitness activities.

To **exercise alone**, tie the rope to a tree or pole and pass the end over the shoulder.

Now pull as hard as possible. This will give the leg, stomach, and back muscles some tough exercise.



**Tractor Pull** is a game, but also a good workout. Loop a rope around the back of the neck and under the armpits of two players facing in opposite directions. On all fours, they try to drag each other across a dividing line.

One of the toughest rope games is **TUG-OF-WAR**. Decide on a mid-line. Divide the den into two teams, put one team at each end of a stout rope, and see which team can pull the other across the mid-line.

Try one of these games at your Den Meeting

## WEBELOS

### Engineer

By Great Salt Lake Council

#### A SIMPLE PULLEY

**Materials:** Wire, empty spool, string, pennies, and two same size boxes (small jewelry boxes work best).

**Directions:** Insert a piece of wire through the spool and twist the ends together. Hang the spool on a hook, doorknob, etc. Drape a piece of string over the spool so that it hangs several feet on each side. Tie a small cardboard box to each end. Place a few pennies in one box. Add pennies to the opposite box until the first box is lifted. How many coins are in each?

**Results:** An equal number of pennies is needed to lift the first box. A pulley is a device that changes the direction of a force. When one box is pulled down, the other box rises the same distance.

#### A SIMPLE BLOCK AND TACKLE DEMONSTRATION

**Materials:** Three boys, long rope, and two broomsticks or poles.

**Directions:** Ask two boys to stand several feet apart and give each of them a broomstick. Tie one end of the rope to one of the broomsticks. Weave the rope back and forth around the sticks several times. Tell the boys to try and pull the broomsticks apart while another boy holds onto the free end of the rope and pulls the two broomsticks together.

**Results:** The force of the strength pulling on the free end of the rope is increased each time the rope is looped around the poles. As a result, the boy pulling the rope appears stronger than the two boys holding the broomsticks.

#### MAKING A SIMPLE SET OF GEARS

**Materials:** Three bottle caps with pointed edges, a block of wood, three nails, and a hammer.

**Directions:** Place the three bottle caps face up on a small block of wood, side by side, and touching. Place a nail in the center of each cap and pound each nail into the wood. Pound the nail only in far enough to secure the bottle cap, but allowing the caps to turn freely. Now turn one of the caps. You should see the other caps also turn. Note the direction of movement.

**Results:** This is a simple set of gears where the pointed edges of one cap interlocks with the edges of the neighboring cap and causes it to turn in the opposite direction. For example, if you turn the first cap clockwise, the cap next to it turns counterclockwise.

#### Construct a Lever

By Baltimore Area Council

**Materials** - Small rock, large rock or heavy object to move, and a heavy wooden board or pole.

1. Place the small rock near the heavy load. The rock is the part of the lever called the fulcrum.
2. Push the board, or pole as far as you can under your large rock of heavy load you want to move.
3. Push the small rock you plan to use as the fulcrum as far under the bar as you can.
4. Push down on the bar. You can hope the load will begin to move.

#### Survey Maps

The U. S. Department of the Interior publishes geological surveys for the whole country. Look at a map which includes your town and try to find your house. What is the exact longitude and latitude of your home? Find your meeting place, nearby lakes, and other points of interest.

**Map Symbols:** Line up in two teams for this relay. The leader stands at a table with a "topo" map. Teams take turns.

One player at a time comes forward and the leader points to a symbol to identify or asks a question. If the boy is correct, he runs back and tags the next person. If he is not correct, the other team begins its turn.

#### Egg Power

By Grand Canyon Council

A shape that is very similar to a triangle and very strong is the dome. Its strength can be demonstrated this way.

#### Instructions:

1. Empty the contents of 4 eggs by carefully breaking open the small end of each egg.
2. Put a length of masking tape around the middle of each eggshell. (This will prevent the eggshell from cracking when you cut it.)
3. Carefully cut around the eggshell, through the middle of the masking tape, so you have four half-eggshells with even bottoms.

4. Put the eggshells on a table, open end down, in a rectangle that is just a bit smaller than a book.

5. Lay the book on the eggshells.

6. Keep adding books until—CRRRACKK!

- How many books can you stack on the eggs?
- For a real eye opener, weigh the books.

#### **What Happened:**

Just as with a triangle, the weight is carried down along the sides to the wide base. No single point supports the whole weight of the object on top of it. That's why triangles and domes (sports arenas) are often used for big buildings and bridges that can't have pillar supports.

#### **Do-it Yourself Flashlight**

This flashlight can be assembled easily and provide a fun project for the boys. And better yet, it actually works!

#### **Materials:**

Flashlight battery

Bulb

Plastic pill bottle with a flexible lid

Insulated wire

1. The pill bottle should be large enough for the battery and bulb base to fit inside it. The wire should be the kind that can be bent easily. Scrape the insulation from one end of your wire and form it into a flat coil.

2. Attach the coil to the bottom of the battery with adhesive tape.

3. Cut an opening in the center of the pill bottle lid, so that the base of the bulb will fit. Push base of bulb through hole in lid.

4. Scrape the other end of the wire and wind it around the base of the bulb. Secure in place with some tape.

5. Crumple small pieces of paper. Place enough of this in the bottom of bottle so that when battery is inserted and the lid is tightly in place, the bottom of the bulb will just make contact with the raised center top of the battery.

6. Hinge one side of the lid to the bottle with tape.

7. When lid is closed, the bulb will light. To shut off your flashlight, flip the lid up. This light creates a dim glow. If you want a larger light, use two batteries in a larger container.

#### WEB SITES

These sites are current as of 1-31-08

#### **Cubs Conservation Award**

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

#### **Conservation Good Turn Program**

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

#### **Earth Day**

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

#### **Give Water a Hand**

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

#### **Keep America Beautiful, Inc. (see kids section)**

<http://www.kab.org>

#### **Earth Saving Tips**

[http://www.earthshare.org/news\\_resources/news.html](http://www.earthshare.org/news_resources/news.html)

#### **Environmental Protection Agency (for kids)**

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

#### **National Wildlife Federation**

<http://nwf.org/>

#### **Webelos Leader Guide**

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

#### **Kids do Ecology**

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

#### **Yahoo's Kid's Environment Almanac**

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

#### **Litter ideas for parents and teachers**

[http://pbskids.org/arthur/parentsteachers/activities/acts/litter\\_crusade.html](http://pbskids.org/arthur/parentsteachers/activities/acts/litter_crusade.html)

California state parks litter folder

[http://kids.parks.ca.gov/?page\\_id=22782](http://kids.parks.ca.gov/?page_id=22782)

PennDot official page

<http://www.dot.state.pa.us/Internet/pdKids.nsf/LitterBugHomePage?OpenFrameset>

United Nations Environment Programme

<http://www.unep.org/regionalseas/marinelitter/kids/default.asp>

Penn. Litter Detectives

[http://www.dep.state.pa.us/dep/deputate/enved/Rec\\_Lessons/litter.htm](http://www.dep.state.pa.us/dep/deputate/enved/Rec_Lessons/litter.htm)

National Geographic

<http://kids.nationalgeographic.com/Animals/CreatureFeature/Hedgehog>

Kind Kids Club

<http://www.pleasebekind.com/dontlitter.html>

Litter Hunt Game

<http://www.epa.state.il.us/kids/fun-stuff/litter-hunt/print-version.html>

Kid Zone

<http://www.palmettopride.org/kidszone.htm>

Till next month! If you have Pow wow or UofS CD's contact me