

February 2007 Theme -- “Aloha, Cub Scouts”

Let's take a trip to our 50th state this month! Cub Scouts will learn about the culture, customs, language, food, and games of Hawaii. Did you know that the first Hawaiians came to our islands over 1500 years ago? That surfing was invented here? That Hawaii was a separate country with its own kings and queens until 1893? Learn to say hello, thank you and the Cub Scout Promise in the native Hawaiian language. Try a Hawaiian treat like “shave ice” for a den snack. Make a flower lei to give to a family member. Play a Hawaiian game like Koname (Hawaiian checkers) or ulumaika (a game similar to lawn bowling). How about a luau theme for your pack meeting or Blue & Gold banquet.

QuickTime™ and a
TIFF (LZW) decompressor
are needed to see this picture.

Webelos Activity Badges for February 2007: Scholar & Engineer.

Starting in January 2007 you will find the latest edition of Baloo's Bugle at <http://www.usscouts.org/bbugle/bb0701/index.html>. The following resources are supplements to your monthly Program Helps.

Pre-Opening Activities

Hawaiian Word Search

Created by: Julie Byler Carlson

Find the Hawaiian words printed in **bold** in the word search below. They could be vertical, horizontal or diagonal and either backward or forward.

Aloha
Ahi
Mau
Poi
Ukeleli

Luau
Pomaikai
Loa
Kapu

Mahalo
Hoale
Aka Aka
Hula

Hale
Anuenue
Halakahiki
Kane

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

Hawaiian Language Hints

The 5 vowels a,e,i,o and u as well as the 7 consonants h,k,l,m,n,p, and w make up the entire Hawaiian alphabet. In the Hawaiian language a consonant is always followed by a vowel which also means all Hawaiian words end in a vowel.

Names and words are more easily pronounced when they are broken down into single syllable chunks. Take the name of Hawaii's state fish, humuhumunukunukuapua'a, and pronounce it hu-mu-hu-mu-nu-ku-nu-ku-a-pu-a-a. Phonetically pronounced who-moo-who-moo-new-coo-new-coo-ah-poo-ah-ah. Sometimes the letter *W* is pronounced the same as *V* as in the traditional pronunciation of Hawai'i which is phonetically pronounced huh-vi-ee rather than huh-why-ee.

Stressed vowels

a - ah, as in *car: aloha*

e - a, as in *may: nene*

i - ee, as in *bee: honi*

o - oh, as in *so: mahalo*

u - oo, as in *spoon: kapu*

Unstressed vowels

a - a, as in *about: ali i*

e - eh, as in *met: kane*

In the Hawaiian language a symbol directly over a vowel called a kahakō indicates that the vowel sound is to be elongated. A apostrophe like symbol called an `okina indicates a quick pause in the word, as in "ah-ah" for the word a`a. Note: These Hawaiian vocabulary words have not been written with the use of the correct kahakō markings due to the absence of a Hawaiian Font.

A hui hou kakou Until we meet again

Aloha kakahiaka Good morning

Aloha `auinala Good afternoon

Aloha ahiahi Good evening

Aloha `oe Farewell to you

A`ole pilikia No problem

Hau`oli la Hanau Happy Birthday

Hau`oli Makahiki Hou Happy New Year

Kipa hou mai Come visit again

Mahalo Thank you

Mahalo nui loa Thank you very much

Mau Loa Forever

`O wai kou inoa? What is your name?

Pomaika`i Good Luck

a`a	sharp jagged lava rock	hale	house, building
ae	yes	hana	work, bay
ahē	breeze	haole	foreigner, Caucasian
ahi	fire	hau`oli	happy
`aina	land, earth	ho`i mai	come back
alanui	street	hoku	star
`aka`aka	laugh	honi	kiss
aloha	is a greeting used to say hello or good bye. Aloha can also mean love.	honu	turtle
anuanu	cold	ho`omo`a	cook
anuenue	rainbow	hu'i hu'i	cool
a'ole	no	hula	Hawaiian form of communication using dance
'awe	backpack	huli	turn
hahai	follow	ihu	nose
hala kahiki	pineapple	inu	drink
		imu	underground pit oven used in luau

Ceremonies

Aloha Opening

Written by Julie Byler Carlson

Each Scout has a card with the corresponding letter on the front. They can be decorated with Flowers, exotic birds, palm fronds or Pineapples

On the back have each verse written in **LARGE** print so they can read it.

Cub 1: A – is for Advancements we work hard at all year through

Cub 2: L – is for the Leaders who teach us to be true

Cub 3: O – is for Outings without them we would be blue

Cub 4: H - Is for Hawaii where there is water of turquoise hue

Cub 5: A - is for Activities to keep us strong and learning something new

All say *together Aloha!*

Our 50th State Flag Ceremony

Written by Julie Byler Carlson

Each Scout has a card with an appropriate picture on the front. They can be decorated with Flowers, exotic birds, palm fronds or Pineapples

On the back have each verse written in **LARGE** print so they can read it.

Cub 1:In the beginning Hawaii was just volcanoes.

Cub 2:Over the waters of the pacific the Polynesians paddled their double hulled canoes from Tahiti. Over 2,600 nautical miles to reach their destination with all the food and tools they would need to build a new society. They were a determined people.

Cub 3:When Captain Cook arrived in 1779 there were between 400,000 and 800,000 people living in the Hawaiian Islands. That is almost as many people as there are today.

Cub 4:Eventually King Kamehameha united the islands into one kingdom and future Kings and Queens gave up their Birthrights to write Hawaiian constitutions and establish a parliament to make things better for their subjects.

Cub 5:When Hawaii became our 50th state in 1959 it was a war hardened people who joined us.

Cub 6:Let us pay respect to our brave fellow country men and women of Hawaii by pledging ourselves to our flag. Please rise and join me in the Pledge of Allegiance.

Hawaiian Ceremony

With minor changes this ceremony can be used for Opening, Closing or Advancement. For advancement, give out rank awards after each definition, creating a segue from the definition to something pertinent to the badge being awarded. (e.g. for Aloha you could say the bobcat badge os how we say hello to all new Cub Scouts.)

PERSONNEL: Master of ceremonies, conch shell blower (optional), six Cub Scouts, someone to operate a tape player.

EQUIPMENT: Tropical plants, tiki torches (improvised imitations for indoors); headdress and lei for the master of ceremonies; a shell or flower lei for each adult participant; conch shell; Hawaiian music and tape player; cards printed with the Hawaiian words; and for each person being recognized, a certificate or award and a flower or paper lei.

ARRANGEMENT: The torches on stage are lighted, and the house lights are turned down. Soft Hawaiian music playing in the background fades out. Three blasts of the conch shell start the ceremony; then the shell is blown four more times. The first blast is made facing east. Then there is a slight pause, and a chant may be performed. The second blast on the conch shell is made facing west. Then there is another pause, and another chant may be performed. The third blast is made facing south, and another pause is allowed. The fourth blast of the conch shell is made facing north.

MASTER OF CEREMONIES: (Addresses the audience in the traditional greeting style.) Aloha! Welcome to our (month) pack meeting. Traditional Hawaiian family life has many of the same ideals as Cub Scouting.

(Enter first Cub Scout) carrying a card with the word ALOHA on it.

MC: Aloha has many meanings: love, affection, compassion, mercy, pity, kindness, charity, hello, good-bye, alas, and regards. The Hawaiian family provides a ready source of love, affection, kindness, courtesy, and hospitality. In Hawaii, aloha is shown and given not only to family members but to all who visit.

Enter second Cub Scout carrying a card with the word IKE on it.

MC: Ike means to recognize everyone as a person. Everyone needs to be recognized, especially children. Ike can be given in a number of ways. It can be a look, a word, a touch, a hug, a gesture, and even a scolding. Children need to give ike to each other, so if the teacher demonstrates the giving of ike then the children will follow the example.

Enter third Cub Scout carrying a card with the word KOKUA on it.

MC: Kokua, which means help, was an important part of every household in old Hawaii. Every member helped get the work done. They did not have to be asked to kokua. They helped whenever they saw help was needed.

Enter fourth Cub Scout carrying a card with the word KULEANA on it.)

MC: Kuleana. One of the most important kuleana, or responsibilities, of every family member was to maintain acceptable standards of behavior. Attention-seeking behavior was frowned upon, and respect for social rank and seniority was a must. Each person was taught what was acceptable and not acceptable. He or she learned to accept and carry out his or her kuleana, or responsibilities, willingly.

Enter fifth Cub Scout carrying a card with the word LAULIMA on it.)

MC: Laulima means many hands. Everyone in the family, the ohana, shared the workload. Whether it was planting, building a house or a fishpond, preparing a meal or fishing, each person did a share of the work to get it done. If a man wanted a house built, his ohana, his family, willingly came to help. They gathered the building materials, built the foundation, put up the frame, and installed the thatched roof.

They also gathered the pili grass and other thatching materials. Children helped in whatever way they could. This kind of laulima made the work easier and more enjoyable.

Enter sixth Cub Scout carrying a card with the word LOKAHI on it.

MC: Lokahi means harmony and unity. The family considered lokahi very important, not only with people but also with the universe. The members of the family showed this in their daily living by sharing goods and services with each other. The ohana, or family members, generously gave to others no matter how little they had themselves. Strangers were greeted with aloha and invited to come in and partake of food. Anyone visiting another area took food or a gift as a symbol of hospitality. They established lokahi with the universe by observing the law of daily living, which included homage to the gods. This kind of behavior nurtured harmony in the family-lokahi in the ohana.

(During the awards and recognition portions of the program, leis are presented in addition to the badges or certificates.)

(Four blasts of the conch shell are repeated. This time the directions change: first to the north, second to the south, third to the west, and fourth to the east. Another version is three blasts: one to the mountains, one to the land, and the third to the sea.)

This concludes our meeting. Mahalo-thank you-for your attendance. Aloha.

Songs and Dance

What goes perfect with music but dancing.

Here's a link to buy a how to hula video. What a great pack activity.

<http://www.hawaiianmusicstore.com/videos/v68.html>

Or you can read some history and use these easy instructions:

Hula Dance

Hula is the soul of Hawaii expressed in motion. No one knows its exact origins but Hawaiians agree that the first hula was performed by a god or goddess which makes the dance a sacred ritual.

Some believe the hula was originally only danced by men, but legend and historical sources tells us both men and women danced. Hawaiian hula is unique and totally different from other Polynesian dances. Although it began as a form of worship during religious ceremonies, it gradually evolved into a form of entertainment.

HULA

Learn How To Hula Dance

Hula is the traditional dance of the Hawaiian Islands. It was once both a religious exercise in honor of the goddess Laka and also their form of entertainment. In traditional hula, poems and stories were interpreted by highly stylized movements of the dancers arms and hands. Although the angelic dances of old Hawaii have almost disintegrated and bear little resemblance to the modern forms of hula, the modern hula also tells a story. The out spread arms of the dancer represents the swaying of the palm trees gently blown by the wind. To be able to convey the story to the audience the dancer has to coordinate the facial expression and the eye with the graceful movements of the fingers, arms, wrists, hips, knees and feet. A step-by-step method is outlined below to an easy way of learning the hula dance.

STEP 1 – Fingers, Wrists, Hands and Arms

The right arm and hand is first extended to the right of the body leveled to shoulder height. Elbow slightly bent, palms down, fingers lightly touching each other. The left hand is placed on the hip with fingers pointing downward. Remember that there are 4 counts in this Hula dance. Practice all steps and movement to the rhythm of Hawaiian Hula music to obtain the correct tempo. When dancing, the feet must be bare, do not wear sandals or shoes...

On Count 1, dip right hand fingers downwards with wrist slightly raised then bring fingers up as wrist being lowered (like ocean waves.)

On Count 2, repeat movement of fingers and wrist but this time move the forearms and hand halfway to chest.

On Count 3, again repeat fingers and wrist movement with forearm and hand further move to the center of the chest without touching the body.

On Count 4, drop right hand and place on the hip with fingers pointing downward.

Repeat the process with you left hand, arm, fingers and wrist, dropping the left hand to the hip at the count of four. Practice the movement until it becomes easy and natural for you.

STEP 2 – Feet and Knees Stand in the natural position, completely relaxed, feet about four inches apart. Bend knees slightly, raising heels an inch or two off the floor with weight of the body on balls of the feet. Never dance flat footed.

On Count 1, take one step to the right approximately eight to nine inches with the right foot, then

On Count 2 bring left foot to the side of the right without dragging the foot.

On Count 3 again move the right foot eight to nine inches to the right, bringing the left foot to the side of the right

On Count 4. Do this on reverse by taking one step to the left

On Count 1 place the right foot to the side of the left

On Count 2. Take one more step to the left

On Count 3 and on Count 4 bring right foot to the side of the left.

Now, you are back to your original position. It is important to practice these steps until it comes to you naturally without much concentration.

STEP 3 – Hips To obtain the rhythm of the hips, sway them gently.

Count 1 to the right,

Count 2 to the left,

Count 3 to the right,

Count 4 to the left.

The swaying must be done gently and never in jerky manner and must follow the rhythm of the music. The correct movement of the hips will give charm and grace to the dancer. In order to acquire the skill of the true Hula Dancer one must practice these instructions diligently.

STEP 4 – Bringing it all together

After having mastered Steps 1 to 3, you combine these steps as a continuous movement. Remember to practice with the Hawaiian music like Tiny Bubbles or Pearly Shell, available at most record outlets. When dancing, smile and be happy! To give expression one must follow the motion with the eyes. Remember to keep the shoulders as still possible as the motion of the shoulders distract from the movement of the hands, hips and feet.

SONGS

For a great collection of midi files of Hawaiian music go to <http://roseemck1.tripod.com/jukebox-hawaii.html>

Aloha O`e

Queen Lili`uokalani

Hawaiian Version

Ha`aheo `e ka ua I nā pāli
Ke nihi a`ele i ka nahele
E uhai ana paha i ka liko
Pua `āhihi lehua o uka.

hui:

Aloha `oe, aloha `oe
E ke onaona noho i ka lipo.
"One fond embrace," a ho`i a`e au
A hui hou aku.

`O ka hali`a aloha ka i hiki mai
Ke hone a`e nei i ku`u manawa.
`O `oe nō ka`u ipo aloha
A loko e hana nei.

Maopopo ku`u `ike i ka nani
Nā pua rose o Mauna-wili.
I laila ho`ohie nā manu,
Miki`ala i ka nani o ia pua.

English Version

Proudly the rain on the cliffs
Creeps into the forest
Seeking the buds
And miniature lehua flowers of the uplands.

Chorus:

Farewell to thee, farewell to thee
O fragrance in the blue depths.
One fond embrace and I leave
To meet again.

Sweet memories come
Sound softly in my heart.
You are my beloved sweetheart
Felt within.

I understand the beauty
Of rose blossoms at Mauna-wili.
There the birds delight
To the beauty of this flower.

King of the Cannibal Islands

Written By & Copyright: Unknown
Tune: Unknown but fits to Jingle Bells start with
Dashing through the snow.

Oh, have you heard the story of late
About the royal potentate
For if you haven't it's in my pate,
'Bout the King of the Cannibal Islands

His kingdom stretched for miles and miles
Around about the neighboring isles,
His subjects sharpened their teeth with files
Like the King of the Cannibal Islands

Chorus sing through twice:

Hokey pokey winkey wong
Parley magoo gagoo gagong
Handaree rangaree chingaree chong

The King of the Cannibal Islands

His subjects hunted on the coast
For crocodiles to catch and roast
And serve to him for tea on toast
To the King of the Cannibal Islands

One day while waiting for his tea
A coconut fell from a neighb'ring tree
And bonked his Cannab'lic majesty
The King of the Cannibal Islands

Repeat Chorus:

Five Little Tuna Fish

tune: www.kididdles.com/mouseum

Five little tunafish
Swimmin' near the shore,
One got caught
And then there were four.

Chorus:

Tunafish, tunafish,
Happy all day,
Tunafish, tunafish,
Swim, swim away

Four little tunafish
Swimmin' in the sea,
One met a shark
And then there were three.

Chorus:

Three little tunafish
In the ocean blue,
One went for lunch
And then there were two.

Chorus:

Two little tunafish
Soakin' in the sun,
One got fried
And then there was one.

Chorus:

One little tunafish
Found himself a job,
He got canned
And then there were none.

Chorus:

Three Blind Sharks

Lyrics by Julie Byler Carlson

Tune: Three Blind Mice

Sing in a round

Three Blind Sharks
Three Blind Sharks
See how they swim
See how they swim

They all swam after the Chieftains wife
She hit them in the nose with all her might
Have you ever seen such a sight in your life
As Three Blind Sharks

I'm Going To Teach You How To Do The Hula

Recordings: *Memories of Hawaii Calls* Vol. 1
Hawaii Calls CDHCS-928 CD:

We'll teach you the hula
Come on, it's easy to learn
You get your feet moving sideways
And then you make a little turn
And now we're going around the island
Be careful to take it slow
'Cause when you're going around the island
You've got a long, long way to go
Now watch me closely
This is how the wind moves through the trees
Watch while I show you
The way the fishes swim beneath the sea
I'm going to teach you the hula
And now I'll show you the moon
Come on, it's easy to do the hula
You'll be doing it soon

My Little Grass Shack in Kealakekua Hawaii

www.joanncastle.com/tracks/m.html#grass
by Bill Cogswell, Tommy Harrison & Johnny Noble

I want to go back to little grass shack
In Kealakekua, Hawaii
I want to be with all the kanes and wahines
That I used to know long ago
I can hear the old guitars playing
On the beach at Honaunau
I can hear the old Hawaiians saying
Komo mai no kaua i ka hale welakahao
It won't be long till my ship will be sailing
Back to Kona
A grand old place
That's always fair to see, you're telling me
I'm just a little Hawaiian
A homesick island boy

I want to go back to my fish and poi
I want to go back to my little grass shack
In Kealakekua, Hawaii
Where the humuhumunukunukuapua'a

Go swimming by

Audience Participation:

Break the group into 2 parts. The first group will say "Hang Ten Dude!", when they hear the words Surf or Wave.

The second group will say, "Chomp, Chomp!", every time they hear the word Shark

Hawaiian Legend:

This chant or story is about the surf rider Mamala was translated from Hawaiian. This is the story...

Kou was a noted place for surf sports and water games of chiefs long ago. East of Kou was a pond with a beautiful grove of coconut trees belonging to the chief, Hono-kau-pu. In this area were the finest surf waves of old Honolulu, this surf bore the name of Ke-kai-o-Mamala (The sea of Mamala) When the waves were high, the surf was known as Ka-nuku-o-Mamala (The nose of Mamala).

Mamala was a chiefess of kupua character, meaning she was a shark as well as a beautiful woman. She was able to assume whichever shape she desired, and had for her husband a shark-god, Ouha.

Mamala and Ouha swam together as sharks and as humans played konane on the large smooth stone at Kou, and drank awa together. Mamala was known as a very skillful wave rider, the people on the beach would watch her and respond with applause over her athletic feats.

One day the chief of Hono-kaupu was watching her ride the waves. He chose Mamala to be his wife, so she left Ouha to live with her new husband. Angry, Ouha as a shark tried to injure both of them, but was driven away. He took his human form and fled to Ka-ih-i-Kapu where he appeared as a man offering shrimp and fish to the women of the area. The shrimp and fish escaped his basket, and the women ridiculed the shark-man god. Ouha could not endure the shame of this, and cast off his human form forever becoming the great shark god of Waikiki.

Skits

Hiccup Skit

Sell this one as a time to think back about a time when you had the hiccups.

Lights go off and back on (Cub sits in a chair facing pack and hiccupping). Frustrated with the hiccupping he says, "I wish I could get rid of them."

In back of him a person dressed in a mask, bandanna, or something like that sneaks up to scare the Cub. Just as he is about to scare the Cub, the Cub shouts, "I know, I'll drink some water!" Cub jumps up and the guy behind dives the other way to avoid being seen (remember to keep hiccupping).

Cub comes back with a glass of water, takes a sip, but hiccups really hard and throws the water behind him onto the guy as they began sneaking up on you again. (use opaque glass without water, the sneak should have a part of cut up sponge in hand and when he makes to wipe his face squeeze the water out of the sponge).

Just as he/she is about to pounce on you again you stand and yell, "I know, I'll stand on my head!"

You try this but hiccup again while upside down.

Same scenario, you try to breathe in paper bag...as he/she gets close you pop it in frustration and he/she grabs their ears like you just made them deaf.

Finally after he regroups, they sneak up on you for the last time and you turn and scream at him. He jumps and you laugh and then realize you've lost your hiccups and leave excited.

Water Shortage At Scout Camp Skit

This is a "picture if you will" skit of a water shortage at camp.

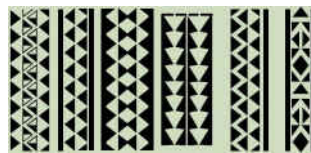
The scene opens with a glass of water on a table with a sign that reads, "water out of order, this is the last glass." Guys enter one at a time all in jammies as if going to bed. All look straight out into audience as if looking into a mirror and do different things with water.

- Cub #1:** Combs hair dipping (can pretend to dip) in and out of cup,
- Cub #2:** Cleans ears (fake it have flour on the Q-tip to cloud water),
- Cub #3:** Shaves (No blades using whipped cream),
- Cub #4:** Comes in to take aspirin and drinks the water!

Crafts

Temporary Hawaiian Warrior Tattoos

Use black eyeliner pencils or costume make up sticks to create Hawaiian warrior tattoo designs around the upper arm or around the ankle. These tattoos are very basic using symbols, lines, and dashes. Here is a example but creativity is encouraged.



Toilet Paper Tiki's

- 1 toilet paper roll
- brown paint or paper for base color assorted colors acrylic paint

Use paper mache for facial features 3D lips, eyes and nose, glue to tiki if necessary, let dry and then paint as desired or use Crayola model magic for the facial Features 3D lips eyes noses, glue to roll let dry, then use the acrylic colored paints to paint the features or use squeeze acrylic paint for facial the features this will give them interesting textures but it will take some time to dry between applications otherwise there could be a big mess.

Plastic grass Skirt

Use a plastic 54" x 108" green Table cloths cut to length. I would suggest cutting in half 27" or thirds 18" especially for younger scouts you could get 3 or more out of each tablecloth. Some stores run specials at on table cloths for \$.69 each. Keep your eyes open. Cut strips 1/2" wide leaving a 3" at the top for a waist band. Wrap around your cub scouts and tape in place. you can wrap more than one time around if you wish. or you could make the same thing using newspaper but it would not be green. Don't cut the skirts too long otherwise yours scouts could trip on them. Great for that Hawaiian skit.

Tissue Flowers

*Remember the flowers you made as child.
Kids still enjoy making them today!*

Materials needed for one flower:

- 4 sheets of 6"X6" tissue paper (multi color),
- 1 pipe cleaner

How to make a Tissue Flower:

Stack 4 pieces of tissue paper together. "Fan fold" the tissue paper using 1" folds. Fold back and forth until you have about a 1" X 6" piece. Cut both ends of your tissue strip to round the corners. Squeeze the tissue paper in the middle and Twist the pipe cleaner tightly to secure. Make a fan on both sides of the pipe cleaner. Gently pull up each of the four layers of tissue to make the flower petals.

Lei Necklaces –

Various colors of Crepe paper. Cut your flower shapes. Roll each flower around a pencil then take it off this will help give it a 3 dementional look. Using 3 strands of Embroidery floss and Embroidery needle. Tie your first knot at least 4 inches from the end then string a flower putting the needle through the center, place a knot before and after each flower. Try to space evenly. Continue to string flowers until lei is long enough to easily go over head and hang to lower chest. The lei can be as full as you like. Add green leaves if you like but pierce them at one end not at the middle. This is good for older Scouts read on for other directions that may suit your Scouts ages.

Or:

If unable to find crepe paper you can use tissue paper but the body (shape) will be as good. You may want to make the fan fold flowers (directions above) and then string them. If you leave the pipe cleaners a little longer you can connect the pipe cleaners together to make your lei.

Or for younger Scouts:

You'll need: Yarn, drinking straws and colored paper.

Before the party, cut 1" pieces from drinking straws and flowers from colored paper. Make a hole in the center of each flower using a hole punch. The children will bead their lei's alternating straws and flowers until it is the desired length.

Put Tape on the end of the Yarn so that the flowers and straws don't fall off during beading

Sand painting

Sand scenes can be created with construction paper, colored sand, and white school glue. Use the glue to make trees, water, beach etc. Pour the sand using the desired colors for each item. Remember to make each item one at a time, or all of the colors will mix. For example, if you want a green tree with a brown trunk...make the tree top with glue, then sprinkle on green sand. Follow with the tree trunk using the brown sand and so on...

Sand Art Vases

You'll need: empty glass jars and colored sand (craft store), artificial flower. Fill the jars with sand one colored layer at a time. Then insert the artificial flower.

Volcano Craft

Make a mock volcano that erupts when you mix baking soda and vinegar.

This is a very messy project - especially at the end when the volcano erupts. Wear old clothes and work on a pile of newspapers (or even better, outdoors).

In a real volcano, molten rock from deep within the Earth erupts through a volcano (the molten rock is called magma when it is within the Earth and is called lava when it comes out of a volcano). In this project, a mock volcano will erupt with a bubbly, fizzy liquid that is created by a simple chemical reaction.

This project shows kids what happens when an acid (vinegar) and a base (baking soda) interact. Chemically, the acid and base neutralize each other, producing carbon dioxide gas as a byproduct. The exact reaction is:

Supplies:

- Old aluminum pie tin (or baking pan or paper plate)
- Lots of old newspaper
- Baking soda (about 3-4 tablespoons)
- Vinegar (about 1/2 cup)
- A few drops of liquid dishwashing detergent
- Small plastic bottle (like a small pop bottle)
- Modeling clay ([for a clay recipe, click here](#))
- Funnel
- Measuring spoon and measuring cup
- Red food coloring
- Glitter (optional)



Put the clean, empty bottle on the aluminum pie plate (or baking pan or paper plate).

Using the modeling clay, make a volcano around the bottle. Leave the area around the top of the bottle open and don't get any clay inside the bottle.

You can decorate the volcano with little twigs, lichens (that look like tiny trees), etc.



Using the funnel (make sure it's dry), put 3 to 4 tablespoons of baking soda into the bottle. Then add a few drops of liquid dishwashing detergent and about a half cup of water. Optional: add a little bit of glitter (about half a teaspoon).



Put a few drops of red food coloring into about one-half of a cup of vinegar.



The Eruption: Using the funnel, pour the vinegar mixture into the bottle (then quickly remove the funnel).

Your volcano will erupt immediately! When the vinegar reacts with the baking soda, carbon dioxide gas is formed and the bubbles push the "lava" out the "volcano."

Be prepared for a mess!

Games

Rolling Stones ('Ulumaika)

This ancient Hawaiian game is played similar to horseshoes. Set up a small stick post in the ground. Each person chooses a stone and tosses it at the post. The player who's stone stops closest to the stick wins!

Spear Throwing

See which "warriors" can toss their spear or darts and hit a watermelon target. For a special touch decorate the watermelon with ears, snout, eyes, and a curly tail to look like a pig!

Foot Races

Ancient Hawaiians used to hold foot races to see which warrior was the fastest. You can hold single person races, three legged races, and backwards running races.

Tacky Tourist Relay Race

Divide the group into two teams

Equipment: Two Grass skirts, 2 pairs of Bermuda shorts, 2 pairs sunglasses,
2 Straw Hats, 2 lei necklaces, 2 Beach bags, 2 Beach chairs

Each team lines up in a row. Place chairs a reasonable running distance in front of each team or any distance your space will allow. The objects listed above are placed into the beach bags and located with each team. The first players on each team, put on ALL of the items, run to the chair, return to their team, remove the items and pass the bag to the next player. The next players continue until the entire team has had a turn.

"Hot Coconut"

Play as you would "hot potato", using a whole coconut. Pass the coconut around the circle from person to person quickly, while music is playing. When the music stops, the person holding the coconut sits in the middle or controls the music for one round.

Limbo

Pole game make it out of PVC pipe? 3 5 ft lengths

Drill holes in pipe for dropping the horizontal pole

2 coffee cans filled with Plaster of Paris to support the legs holding the horizontal pole

Hosting Your Own Luau?

You don't have to be on the Islands to share in the spirit of Aloha. All you need is a warm summer day, a yard or lanai (patio) decorated with greenery and flowers, delicious food, delightful Hawaiian music and the laughter of those around you. (By the way, don't fret if it rains...just move the party inside!)

Pupu Anyone?

No luau would be complete without a pupu platter. This is basically a platter of hors d'oeuvres designed to whet the appetite for the forthcoming feast. It is the Hawaiian way to say, "He mai (welcome)!" For example, a pupu platter might contain sliced vegetables and fruit, lomi-lomi salmon cherries, lumpia, kim chee, and butterfly shrimp.

Recipes

Pineapple Carrot Cake

A tasty and refreshing dessert. This is a summertime favorite.

Cake:

1 1/2 c. flour	1 1/2 tsp. baking soda
2 tsp. Cinnamon	1 tsp. nutmeg
1/2 tsp. Salt	2 1/2 grated carrots
1 can (8 oz.) crushed pineapple, well drained	1 1/2 c. brown sugar
1 c. vegetable oil	3 eggs, lightly beaten
1/2 c. chopped macadamia nuts (unsalted)	

Preheat oven to 325°F. Sift together flour, baking soda, cinnamon, nutmeg and salt. In a large bowl combine carrots, pineapple, brown sugar, oil, eggs and macadamia nuts. Stir in flour mixture. Pour batter into oiled and floured cake pans (9x9x2 inch). Bake for 30 minutes. Cool slightly then remove from pan. When cooled frost with Cream Cheese Frosting.

Cream Cheese Frosting:

1 pkg. (3 oz.) cream cheese, softened	1/4 c. butter, softened
1 tsp. vanilla extract	1 c. powdered sugar, sifted

Beat cream cheese until smooth. Add butter and vanilla; mix until well-blended. Gradually add powdered sugar while beating. Spread on carrot cake. *For a slight change in flavor, add finely grated orange peel to the frosting. Remember to wash the orange well!*

Hawaiian Mango Bread

Makes 2 loaves

This moist bread is delicious warm with butter for breakfast, as a side or as a light dessert.

2 c. flour	2 tsp. baking soda
1 tsp. Salt	1 c. sugar
1 tsp. Cinnamon	1/2 c. raisins
3/4 c. vegetable oil	3 eggs, beaten
2 chopped, ripe mangos	1 tsp. vanilla extract

Combine flour, baking soda, salt and cinnamon; set aside. In large mixing bowl mix sugar, oil, eggs and vanilla until smooth. Stir in raisins. Add flour mixture and mix until well blended. Fold in mango. Pour into greased bread pans. Bake at 325°F for one hour. Cool. Served sliced.

Teriyaki Chicken or Beef Sticks

2 lb. sirloin tip steak or chicken breasts
1/2 c. Teriyaki sauce
Skewers

Teriyaki Sauce

1/4 c. soy sauce
1/4 c. mirin (sweet rice wine)
1 tbsp. sugar

Whisk together teriyaki sauce ingredients. Slice steak or chicken diagonally into strips (2x1x1/4 inch thick). Marinate meat slices in teriyaki sauce for 30-45 minutes. Thread slices onto 4 - 8" skewers, using a back and forth motion. Barbeque or broil until browned.

Tropical Fruit Smoothies

Scouts can work together to make their own tropical drinks.

Suggested ingredients:

Mango juice, pineapple juice, orange juice, frozen banana pieces, frozen strawberries, mango pieces, pineapple, papaya, coconut...

Place the items into a blender with ice and mix. Top with whipped cream, cherry and a paper umbrella.

Hawaiian Gorp (trail mix)

Dried Pineapple
Dried Banana chips
Dried Papaya
Dried Mango
Macadamia nuts
Toasted coconut

This page intentionally left blank. Well, maybe not exactly intentionally, but not by accident either. See, it's often a good idea to have a section or chapter start on an odd numbered page. And this last section had an odd number of pages. So, to get the next section to start on the usual odd numbered page, it's common practice to insert a blank page, so that the previous section, which started on an odd numbered page, has an even number of pages. Oddly enough, some people think that it's necessary to put something on the page, like, "This page intentionally left blank." That idea probably began with the military industrial complex and their specifications and instructions. For our military folk it's really important that nothing ever be blank, unused, pristine. Something found blank might mean that something important was left out, and they never, ever leave anything out. And they would never want you to think that something had been left out. Anyway, back to this epic document. The problem now is that even though this page was supposed to be intentionally left blank, it is now unintentionally left messy. But it truly did not contain anything useful, interesting or instructional. So at least part of the original intent was accomplished. And now, intentional or unintentional, blank or messy, it's time to get back to the Book.