

June 1999



Trails, Treks & Tracks

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Focus. The focus of this month is on the outdoors (and doing a little hiking). Remember that 75% of Scouting is Outing! Get the boys outside as much as possible!

Pack Meeting Ideas

PreOpening Activities

Name That Tree

This is a wooded outdoor activity, but if you're stuck inside or away from the trees, improvise by having leaf and limb samples for folks to use.

Select as many different kinds of trees as possible in the area and label each one with a number on an index card. (Tie the index card around the tree.)

Give each person a sheet with the names of the different trees that you have labeled. Send the folks out into the "forest" to match the trees and the names.

Trail Name Word Search

Another glorious word search! This one has lots of trail names from around the country. See if you can blaze these trails on the sheet at the end of this section.

Opening Ceremonies

Our Son

Into the daylight
You will go out standing
Preparing for your day
We have passed our days
And our Night Fathers
Passing a blessed Night
Now this day
Our son

It is your day.
This day,
May your road be fulfilled
Reaching to the road of your elders.
When your road is fulfilled
In your thoughts may our words live
For this, on this day
To your life
We offer our prayers and hopes
To this end
May you help us all to finish our roads.

Now please join us in the Pledge to the Flag of the country that gives us the open freedom to grow to be what we dream.

Four Winds Bring

Viking Council

Equipment: Artificial campfire. Stick for each one in ceremony.

Arrangement: All boys dressed in Indian costume, (and families, if they wish to participate), carrying a stick to add to the campfire. Lights dimmed. All participants divide into four groups, each in a corner of the room.

Submaster: (Dressed as Indian Chief) Let the North Wind enter. (All those in the North corner of the room enter; place their sticks on the campfire and sit beside the campfire). As they enter, the boys from the North corner of the room say . . .

North Wind: The North Wind that brings the cold, builds endurance.

Cubmaster: South Wind, enter (All those from the South corner enter, and place their sticks on the campfire, then sit down.) As they enter the say...

South Wind: The South Wind brings the warmth of friendship.

Cubmaster: East Wind, enter. (Boys and others from the East do the same as North & South Winds.) As they enter, they say...

East Wind: The East Wind brings the light of day.

Cubmaster: West Wind, enter. (All those from the West, do the same as North, South and East Winds.) As they enter, they say...

West Wind: The west Wind from the direction where the sun sinks brings night and stars.

Cubmaster: The Four Winds will light our council fire. (Plug in campfire).

Activities

Let's Go For A Hike

Wanna go on a hike with me? Okay! Just say as I say and do as I do!

I think I'll go for a hike.

Let's pack. (Act as if putting things into a backpack and then put the pack on your back)

Out the door! (Open the door, step outside, and close it behind you)

Down the street! (Slap hands on thighs to make "stepping" noise—slow pace)

Awfully big town! (Look around while "walking")

Out in the country at last! (Pick up the pace a little, but not running)

Here's a river. (Keep walking)

And there's a bridge. (Hold onto handrail as you cross the bridge)

Here's a field.

Let's cut across it. ("Swish" your hands together with forward/backward motions)

Oats? No tall grass! (Resume walking)

Hey there's a stream. (Look up and down the stream)

Shucks, no bridge. We'll have to jump. (Slap hands quickly on thighs as running motion then throw hands in the air as if jumping. Land with a slap on thighs)

Back on the trail. (Walking again)

Hey! Where are we?

Lost! (Slow walk, stop, slow walk, stop)

There's a tree! (Run to tree and make hand of hand climbing motions)

Don't know where we are, but I see a cave on the hill. (Hand above eyes as if straining to see far away then point to cave)

Let's go in. (Slow groping motions with hands as if blind)

This side's cold. (Feel "wall" on left)

This side's wet! (Feel wall on right)

Hey look, there's a light! (Squint and point with one finger)

And another light! (Point with two fingers)

Hey, they're not lights! They're eyes. BEAR'S eyes! (Raise hands in shock)

It's a BEAR! Let's get outta here! (Using "running" slaps, run, climb up/down tree, run, jump stream, swish through tall grass, go across hand bridge, run, open/shut door, remove pack)

Home! Safe at last! (Hand to forehead in relief)

The Hike

By Joalene Whitmer

HIKE - sing "We're on the upward trail"
BOYS - sing "We're happy when we're hiking"
Any kind of food - sing "Food, glorious food"
BEAR - sing "The other day, I met a bear"
LEADER - sing "I've got that Cub Scout Spirit"

The boys in Pack [???] we all excited about the big hike. All month they learned about the proper food to take and to eat and what to wear, especially about good hiking boots. The boys were ready. They even knew what to do if they met a bear. Saturday was the big day. Each boy knew what he was to bring in the way of food.

On Saturday, the leaders and all the boys were up early because the hike was to start at dawn. The boys would hike for a couple hours then stop to fix their food for breakfast, hike on to the lake where they would fish for their lunch. Everyone arrived on time and soon the leaders and the boys were hiking up the trail. The sun rose quietly in the east as the boys and leaders sang as they hiked. Soon it was time to stop and fix food for breakfast. The group stopped in a beautiful clearing and the boys opened their packs while the leaders lit the stoves. But no one had remembered to pack the food for breakfast. Except Joe and he had been assigned the salt and pepper! Oh well, at least they could salt and pepper the fish they caught for lunch.

On up the trail they hiked. They were getting deeper into the woods and the boys began peering deep into the trees, just in case there might be a bear. One boy was sure he had seen a bear, but the leaders said it was just shadows. Soon they reached the lake. Oh boy they could hardly wait to get those fish and get them cooked for lunch. But when the packs were opened, they made a sad discovery. No one had remembered to pack the fishing gear! Oh no!! All the boys and leaders were as hungry as bears!

What could they do? That's when the leaders broke out the granola bars they had been saving for desert. It wasn't much, but at least it gave them enough energy to make it back down the trail to the cars. It was lucky they didn't see any bears because the leaders and boys needed all their energy for the hike home. And the first thing they all did when they got back to town was to stop for food at the first burger place they came to. But the next time Pack [???] planned a hike all the boys and leaders remembered the food!

A Real Hike

Okay, so the two activities before this one are "fun hikes" that the pack can take, but how about actually having a hike for the pack. It's June, the days are beautiful and the nights are fantastic. Plan an evening hike that ends with a Pack Meeting and Campfire. It will be an evening the whole pack will remember!

Songs

The Happy Wanderer

I love to go a-wandering along the mountain track,
And as I go, I love to sing My knapsack on my back.

Chorus
Valdaree, valdarah, valdaree,
Valdarah-ha-ha-ha-ha-ha
Valdaree, valdarah
My knapsack on my back.

I love to wander by the stream that dances in the sun
So joyously it calls to me "Come join my happy song."

CHORUS

I tip my hat to all I meet, and they wave back to me
The blackbird call so loud and sweet from every
Greenwood tree.

CHORUS

High overhead the Skylark wings. He never stays at home.
And just like me, he loves to sing as over the world he roams.

CHORUS

Oh may I go a-wandering until the day I die.
Oh may I always laugh and sing beneath God's clear blue sky.

CHORUS

The Bear

Tune: See "Sipin' Cider"

The other day, (group repeats)
I met a bear, (group repeats)
In tennis shoes, (group repeats)
A dandy pair. (group repeats)
The other day I met a bear,
In tennis shoes a dandy pair.

(Continue in a similar manner with:)

He said to me, "Why don't you run,
Because you ain't, got any gun."

And so I ran, away from there,
But right behind me, was that bear.

Ahead of me, I saw a tree,
A great big tree, Oh glory be!

The nearest branch, was ten feet up,
I'd have to jump and trust to luck.

And so I jumped, into the air,
But I missed that branch, a way up there.

Now don't you fret, flow don't you frown,
'Cause I caught that branch, on the way back down.

The moral of, this story is.
Don't talk to bears, in tennis shoes.

That's all there is, there ain't no more,
So what the heck, are you Singing for?

I Like The Mountains

Here's a great song to sing in rounds.

I like the mountains, I like the rolling hills
I like the flowers, I like the daffodils
I like the fireside, when all the lights are low
bum te da da, bum te da da
bum te da da, bum te da da....{return to top}

Skits

Cubmaster's Magic Compass

Narrator: Pack _____ has been lined up for months to take their annual hike and everyone is ready, we think.

Cubmaster (or Den Leader): Today we are going to hike to the Rocky Rivers. Everybody line up with a buddy.

(Boys line up and march in a circle. Have a notable "landmark" along the circle)

CUB 1: Hope we don't get lost, I only have three sandwiches.

CM/DL: Don't worry, I have my magic compass.

CUB 2: Hope we can find some clean water 'cause I'll get thirsty.

CM/DL: Don't worry, I have my magic compass.

CUB 3: Sure hope there are plenty of places to rest because I get really tired.

CM/DL: Don't worry, I have my magic compass.

CUB 4: Hope we don't run into any lions.

CM/DL: Don't worry, I have my magic compass.

CUB 5: Hope we get to see a deer.

CM/DL We will. We will

CUB 5: I thought we probably would because we just passed the same landmark four times.

CM/DL (Throwing compass to the side): So much for my magic compass!

The Picnic

Scene: Outdoors. A picnic background is set with a few shrubs and flowerpots.

1. A group gaily enters with picnic baskets and blankets. They set everything out and prepare to eat.
2. Suddenly there is an imaginary rainstorm. The players scramble around in an attempt to hold a blanket above the food. They sigh with relief as the rain ends.
3. They begin to eat. One player suddenly scratches, then a second and third, as if ants have attacked. Everyone leaps about, scratching and yelling. As the ants go away, the players sit in a circle around the food and again start to eat.
4. A bear (a simple cardboard mask and a sign "Bear" on his back will serve) walks up, curiously looks over the shoulders of the players. They do not notice him. The bear taps a player on the shoulder and mutters something. Without looking up, the player hands the bear an egg.
5. The bear nods in thanks, walks away nibbling the egg. He suddenly stops, comes back and asks for salt, gets it, and walks away, still unnoticed by the busy players.
6. The bear comes back, sits down on the blanket and eats. The players notice the bear and run offstage. One timidly returns, pauses a moment, then slowly walks over to tap the bear on the shoulder. Without turning around the bear hands the player some food. Two other players enter, tap the bear also receive food.
7. The other players return, one by one. Finding the bear to be a jolly animal, they all join together to dance in a circle.

Did You See That?

STANLEY (in a strong European accent): "Hello there, I am Arthur Stanley Livingstone, the world famous ornithoptitologist! (That means I watch birds, you know.) And this is my nephew and assistant, Todd. Say hello Todd."

TODD (not really paying attention): "H'lo"

STANLEY: "We are here today on location in the midst of the African rain forest, and we should see some very rare birds indeed! I can hardly contain myself. Right Todd?"

TODD "Oh. Uh, yeah."

Stanley slowly, carefully stalks along, looking around, listening for the slightest peep. Todd shuffles after him.

STANLEY, turning around, staring with wide open eyes for a second, then jumping up and down "Did you see that!! Did you see that!!!"

TODD "Er, what"

STANLEY "You mean you missed it?"

TODD, pauses a second, then admits it "uh, yeah"

STANLEY "Well! My word. Todd, that was a very rare bird, the Oohweeoo-plit-plit-plit-awaah. And you missed it. It's named after its call, you know."

TODD "Mmm, what's it sound like?"

STANLEY, after a suspenseful pause "peep!"

Stanley continues his slow stalking and looking around, Todd follows after him.

STANLEY, stopping and looking up wide-eyed. Todd actually walks into him. "Did you see that!! Did you see that!!!"

TODD "Er, um, well"

STANLEY, somewhat cross "Well?"

TODD "No."

STANLEY, after a long sigh "Now that, my dear boy, was an Ooh-aah bird. Have you heard of the ooh-aah bird?"

TODD "No"

STANLEY "The Ooh-ahh bird, Todd, is a three-pound bird that lays a four-pound egg." Pantomiming the egg-laying process "Ooooooooooooooh .. ahhhhhhhhhh!!!"

Stanley and Todd continue their pacing about the stage

STANLEY, turning around and yelling at Todd "Did you see that!! Did you see that!!!"

TODD, deciding to be clever "Er, um, ah, yes! Yes, I did see that!"

STANLEY "Then why in the blazes did you step in it?"

Advancement Ceremonies

Walking the Cub Scout Trail

[Note that this and other ceremonies should be reviewed and modified to suit the specific awards being giving at the meeting. This ceremony is written so that any particular award can be used or omitted without impacting the whole of the ceremony.]

Setting: If possible, this should be an outdoors ceremony. If not possible, that's okay, too. Beforehand, prepare the Cub Scouts receiving awards by explaining to them that they will be going away from the meeting area when the awards ceremony starts and then they will come forward as they are called. Also, give each the appropriate object for his award, as follows.

- Bobcats get a small sheath of field grass.
- Wolves get a broadleaf or a small branch with broadleaves on it.
- Bears get a twig from a pine.
- Webelos get a clump of moss.

Tonight we will take a hike—a hike along the Cub Scout Trail. We sent our Cub Scouts who will be receiving awards to travel up the Mountain of Cub Scouting and to bring back to us an object that reminds them of what they saw.

(BOBCAT)

[Calls up Bobcats who show Akela the grass.]

You have traveled a short distance up the Cub Scout Mountain as I can tell by the field grass you have brought back. You have made it to the base of the mountain. That is good. It shows that you have mastered the basics of Cub Scouting. In the future, as you work hard and grow, you will go farther.

[Hands awards to parents to give to the boys. Asks them take their seats.]

(WOLF)

[Calls up Wolves who show Akela the broadleaf.]

You have traveled enough to begin to climb the mountain. The trees lower on the mountain are the aspens and the maples. And while you did not reach the top, you have done well. You have been able to

go beyond the base of the mountain. Earning the Wolf badge is another sign that you have gone farther than before. Keep up the hard work so that you will climb farther up the mountain.

[Hands awards to parents to give to the boys. Asks them take their seats.]

(BEAR)

[Calls up Bears who show Akela the pine branches.]

Very good. You have reached the steeper levels of the mountain and have climbed high. There is still more mountain to climb but you have done well. The broadleaf cannot reach as high into the hills as the pine, so you have gone farther than the Wolf. The Bear badge symbolizes this. In earning the Bear badge you have completed requirements that you could not have done when you were a Wolf. It was harder, but you were able to make it. This shows us that you have grown stronger and wiser. In the future, as you work hard and grow, you will go even beyond where you have already reached.

[Hands awards to parents to give to the boys. Asks them take their seats.]

(WEBELOS)

[Calls up Webelos who show Akela the moss.]

You reached the heights of the mountain that can no longer support the trees. This is well done. But still there is growth on the hills and so you have a little more to climb before you reach the top. The Webelos badge is almost at the top of the Cub Scouting mountain, but there is still that last step to take—the Arrow of Light. This is your challenge. Work hard, study, and learn the steps to becoming a Boy Scout and you will surely reach the top.

[Hands awards to parents to give to the boys. Asks them take their seats.]

Akela then asks everyone to offer congratulations to the Cub Scouts who received their awards.

Closing Ceremonies

Back To Nature

CUBMASTER: Nature is a beautiful thing, something we have enjoyed for many, many years. What would life be like without nature? Cub Scouts are taught how important nature is, how they can preserve nature.

(Have the pack form a friendship circle.) Did you ever pause to think about how helpful a tree is? It provides a nesting place for birds, shade from the sun and protection from the rain. It discards its dead branches, providing wood for fires and for cooking foods. It adds beauty to the countryside. We must admit that a tree gives a lot more than it receives. We can learn a lesson from the tree by doing our best to be helpful to others by putting others first and ourselves second. Remember the lesson we learned from the tree **TO GIVE MORE TO OTHERS THAN WHAT WE RECEIVE.**

I Will Use...

Have a Cub Scout read the narrative or pass out cards so the entire audience can read this pledge in unison or have 5 or 6 Cub Scouts repeat the lines from cards.

1ST CUB: This is my country I will use my eyes to see the beauty of this land.

2ND CUB: I will use my ears to hear its sounds.

3RD CUB: I will use my mind to think what I can do to make it more beautiful.

4TH CUB: I will use my hands to serve it and care for it.

5TH CUB: And with my heart, I will honor it.

Den Meeting Ideas

Places To Go & Things To Do

Area Parks

Here's a listing of some area parks that you can visit and use. Many have hiking trails.

York Recreation & Parks
1 Market Way
S Fl 3
York, PA
(717) 854-1587

Nixon County Park
Rr 8 Box 438a
York, PA
(717) 428-1961

York County Parks & Rec Dept
400 Mundis Race Rd
York, PA
(717) 840-7440

Samuel S Lewis State Park
Rr 12 Box 67a
York, PA
(717) 252-1134

Fairmount Park
PO Box 158
Red Lion, PA
(717) 244-6896

Gifford Pinchot Park
2200 Rosstown Rd
Lewisberry, PA
(717) 432-5011

Codorus Creek State Park
1066 Blooming
Grove Rd
Hanover, PA
(717) 637-2816

Sunset Park
Middle Dr
Middletown, PA
(717) 944-9257

Lancaster Parks Bureau
420 S Broad St
Lancaster, PA
(717) 291-4841

Lancaster County Parks Dept
1050 Rockford Rd
Lancaster, PA
(717) 299-8215

Swatara State Park
Rr 1 Box 7045
Grantville, PA
(717) 865-5722

Pine Grove Furnace State Park
1100 Pine Grove Rd
Gardners, PA
(717) 486-7174

Susquehannock State Park
Susquehannock Dr
Drumore, PA
(717) 548-3361

Blue Mountain Park
2217 Parkway W
Harrisburg, PA
(717) 652-9979

Rocks State Park
3318 Rocks
Chrome Hill Rd
Jarrettsville, MD
(410) 557-7994

Susquehanna State Park
3318 Rocks
Chrome Hill Rd
Jarrettsville, MD
(410) 836-6735

Memorial Lake State Park
Boundary Rd
Grantville, PA
(717) 865-6470

Kings Gap Park
500 Kings Gap
Rd
Carlisle, PA
(717) 486-5031

Oregon Ridge Park
13401 Beaver Dam Rd
Cockeysville Hunt Valley, MD
(410) 887-1818

Gunpowder Falls State Park
2813 Jerusalem Rd
Kingsville, MD
(410) 592-2897

North Point State Park
2813 Jerusalem Rd
Kingsville, MD
(410) 592-2897

Piney Run Park
30 Martz Rd
Sykesville, MD
(410) 795-3274

Mariner Point Park
100 Kearney Dr
Joppa, MD
(410) 612-1606

Flying Point Park
511 Kennard Ave
Edgewood, MD
(410) 612-1607

Den Meeting Activity Ideas

12 Different Ways To Hike

Here are some different focuses you can apply to planning and conducting a hike. They all start and finish at the same physical place, but the end of each is never the same as the ends of the others!

1. Nature Hikes - To look and listen
2. Treasure Hikes - A trail laid out with treasures at the end
3. Historical Hikes - To historical landmarks
4. Snoop Hikes - To explore, check things out, notice oddities, and be "snoopy"
5. Craft Hike - Gather nature items for a craft
6. Baby Hike - To look for "baby signs" in nature. Make a list of every thing seen
7. Detective Hike - To spot and list all signs of man in nature (even and especially litter, which you can pick up and put in a litter bag you take with you
8. Heads-Tails Hike - Flip a coin each time you come to a crossroad. Heads turn left; tails turn right. (But don't get lost!)
9. Breakfast Hike - To reach your destination in time to see the sunrises and then cook breakfast
10. Rain Hike - To get out in the liquid sunshine to see nature in the rain
11. Pioneer Hike - To go without equipment, improvising along the way and when you reach your destination
12. Collecting Hike - To collect pictures and memories of whatever is of interest to your family

Make A First Aid Kit

Use most any kind of box. (If you go to Big Lots or Ollies, you can probably find a small Rubbermaid container.) Only use items that Cub Scouts would need on the trail. *Do not add any medicines!* Some items to include might be:

- Band-Aids
- Cotton balls
- Bandage
- Single-packed kleen-wipe
- Needle & thread (for uniform first aid!)
- Small scissors
- Tweezers
- Soap

Check out your Scout books for additional ideas.

As they're making their kits, take the time to teach some minor first aid.

Games

Musical Pack

This is a take-off on one of the Big Book ideas for a game. It's a "goofy, have fun" game.

Prepare for the game by getting lots of really big clothes from one of the bigger adults in the den. These should include socks, shoes, shirts, pants, and even boxer if they're available. Put all of these into a large pack. Finally, make sure you have a camera handy; you'll want to take pictures!

Have the boys stand around in a circle facing inward. Give the pack to the first boy and instruct them that what will happen is you'll play some music and, as long as the music's playing they are to pass the pack around the circle. When you stop the music, the one holding the pack has to reach in (without looking) and pull out an item and put it on. Then you restart the music. Keep passing the pack until all items are gone. They boys will love this and will really enjoy the silliness of it.

Crafts

Walking Sticks

Every year our Tigers get a special treat for their Tiger Cub Day at Camp Tuckahoe—we get the parents together one evening before the event and have them make walking sticks for their sons. These are fairly easy to make and the supplies are easy to get.

Note: One year, the Tigers did this themselves (with partners' help) so this isn't a difficult craft to do.

Materials:

- 48" to 60" broom handle or stave
- Leather scraps
- Imitation sinew
- Pony beads
- Feathers
- Leather lacing

- Heavy sewing needles

What to do:

1. Drill a 1/4" hole about 1" down from the top of the handle/stave.
2. Cut the leather into a size that will almost wrap around the handle/stave. Make it about 6" tall.
3. Using a hammer and nail, punch holes along 6" edges to sew through.
4. Using two needles and sinew, sew the leather around the handle/stave. (This is done just as if lacing a shoe.)
5. String some beads and feathers onto some more sinew and tie on grip so that they hang down from the grip area.
6. Tie a piece of leather lacing through the hole in the handle/stave.

Trails, Treks & Tracks WORD SEARCH

This puzzle contains words and phrases related to Trails, Treks & Tracks. See how many you can find.

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

APPALACHIAN
BACKPACK
BLUE BLAZES
FOOTHILLS
GORP
HIKING
JOHN MUIR

JUAN DU FUCA
MANISTEE RIVER
MASON DIXON
MILL FORK
NORTH COUNTRY
SIGNS
STANSBURY CREST

SWITCHBACK
TRAIL HEAD
TRAIL OF TEARS
TRAILMIX
TRANS CANADA
WILDLIFE