

May 2009 Monthly Theme: "LEAVE NOTHING BUT FOOTPRINTS"

Warm weather is a perfect time for outdoor adventure, complete with den hikes in the neighborhood, park, or on local trails. As we enjoy our outdoor world, we should strive to take nothing but pictures and leave nothing but footprints. Learn about Leave No Trace guidelines and ways we can minimize our impact on the environment. Take a backyard hike and practice the Leave No Trace guidelines. Have a contest to see who can take the best wildlife photograph. Earn the Cub Scout Leave No Trace Awareness Award. Do your Good Turn and leave these areas cleaner than you found them. Remember to record your service with Good Turn for America. The end of the month has all dens moving up the Cub Scout trail. You might want to consider working on the Wildlife Conservation belt loop and pin this month.

Webelos Activity Badges: First year, Outdoorsman; Second year, Artist

Focus on "Leave No Trace"

It is never too early to start teaching the concepts and practices of Leave No Trace. We emphasize Leave No Trace in Boy Scouts, but the Cub Scout years are the best place to start learning about it. We can hike and camp as Cub Scout families. If the treasure that is our outdoors is to remain for our children's children to enjoy, we must all impact nature as little as possible. Teach your Cub Scouts the basic principles of Leave No Trace. An excellent resource can be found on the BSA website at <http://www.scouting.org/BoyScouts/TeachingLeaveNoTrace.aspx>.

Teach the seven principles of Leave No Trace. Some of these concepts are too advanced for Cub Scouts, but many of them can be understood even by our Tigers.

Plan Ahead and Prepare

- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups. Split larger parties into groups of 4 - 6.
- Repackage food to minimize waste.
- Use a map and compass to eliminate use of rock cairns, flagging or marking paint.

Travel and Camp on Durable Surfaces

- Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
- Protect riparian areas by camping at least 200 feet away from lakes, streams
- Good campsites are found, not made. Altering a site is not necessary.

In popular areas

- Walk single file in the middle of the trail, even when wet or muddy.
- Keep campsites small. Focus activity in areas where vegetation is absent.

In pristine areas

- Disperse use to prevent the creation of campsites and trails.
- Avoid places where impacts are just beginning.

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Dispose of Waste Properly

- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food, and litter.
- Deposit solid human waste in catholes dug 6 to 8 inches deep at least 200 feet from water, camp and trails. Cover and disguise the cathole when finished.
- Pack out toilet paper and hygiene products.
- To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

Leave What you Find

- Preserve the past, observe but do not touch, cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Do not build structures, furniture, or dig trenches.

Minimize Campfire Impacts

- Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- Where fires are permitted, use established fire rings, fire pans or mound fires.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

Respect Wildlife

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times, mating, nesting, raising young, or winter.

Be Considerate of Other Visitors

- Respect other visitors and protect the quality of their experience.
- Be courteous, yield to other users on the trail.
- Step to the downhill side of the trail when encountering pack stock.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises.

THE CONSERVATION PLEDGE

(Boys can repeat this after the Cubmaster says each line)

I give my pledge as an American to save and faithfully protect the natural resources of my country, its soil, its forests, waters and wildlife.

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, and

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Be conservation-minded.

Get Outside - It's May!!

Find a blade of grass and use it as a whistle.

Make chains out of clover or dandelions.

Make mud pies.

Collect twigs or rocks and make critters.

Collect dried weeds with interesting flowers to make a bouquet.

Some of the purposes of Cub Scouting developed through this month's theme are:

- ✓ **Spiritual Growth**, Boys will find wonder around them and enjoy the beauty of nature and the great outdoors.
- ✓ **Fun and Adventure**, Boys will learn that spending time with their Pack and Den is fun and exploring nature leads to exciting times.
- ✓ **Sportsmanship and Fitness**, Leaders will stress the importance of warming up and stretching muscles before boys take on any physical activities.

The core value highlighted this month is:

- ✓ **Health and Fitness**, Boys will understand the importance of a personal commitment to the well being of their mind and body.

Can you think of others???



PRAYERS & POEMS FOR SCOUTERS

A Tree is a Good Scout

By Lord Baden Powell

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 building fires and cooking food. A tree adds beauty to the countryside and to camping areas. We much admit that a tree gives a lot more than it receives. We can learn a lesson from the tree—by doing our best to always be helpful to others and by putting our fellow Scouts first and ourselves second.

Remember the lesson we learn from the tree—to give others more than we receive.

Camper's Prayer

George Earle Owen

God of the mountains and hills, make me tall and strong;
Tall enough and strong enough to right some wrong.
God of the stars, make me steadfast and sure;
God of every lake and stream, flow through my life and make it clean;
Let me do nothing base or mean.
God of the trees and woods, keep me fresh and pure;
God of the rain, wash from my life all dirt and stain;
Pure and strong let me remain.
God of the seed and soil, plant in my heart thy love;
God of the darkness and day, through shadows or light, be my stay;
Guide thou my way.
God of the radiant sun, light thou my life;
God of the glorious dawn, make each day a fresh start.
God of the evening peace and quiet, keep me free from fear and strife.
God of the glad, free birds, sing in my heart.
God of the surging waves and sea, wide horizons give to me;
Help me to see the world as thou wouldst have it be.
God of the lovely rose, make me lovely, too;
God of the morning dew, each day my faith renew.
God of all growing things, keep me growing, too.

Roundtable Opening Prayer

Cub Scout Roundtable Guide

For the beauty of Nature,
For the beauty of the Outdoors,
For the beauty of our Leaders here tonight,
We give Thee thanks,
Amen

Outdoor Code

BSA Outdoor Code Wallet Card (#33428A)

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

PACK ADMIN & TRAINING TIPS

SAFE SWIM DEFENSE

Talking about Swim Parties for your pack. Your Pack should have several adults certified in BSA's Safe Swim Defense and Safety Afloat. (We conducted this course at our May Roundtable). Many Boy Scout camps offer this training every week in the summer to Boy Scout Leaders in attendance. With a phone call to your local camp, you might be allowed to attend one of these.

If you don't know what the BSA eight point Safe Swim Defense Plan is, check out the Webelos Aquanaut section of this month's Baloo's Bugle. And make sure your pack gets someone certified before conducting water activities.

LEAVE NO TRACE

With Hiking the theme for July a many of Packs and Dens will be out in Camps and Woods and Parks exploring. BSA has published a Cub Scout Version of the Leave No Trace principles. It is available as a bin item, # 13-032. (When requested, Bin items are provided free from BSA National to your local council.) Go ask for your copy.

The brochure describes six Front Country Guidelines for Cub Scouts to follow while hiking, camping and enjoying the outdoors. There is even a Cub Scout Leave No Trace award with a patch for Cub Scouts and leaders to earn.

Making sure our leaders and Cubs are familiar with these principles should enable our Cubs to be complimented wherever they go and help us recruit even more boys!!

SUMMER PLANNING MEETING

It's that time of year when Packs should be scheduling their Summer Planning Meeting. My district's Program Launch is early June and then my Pack has it's meeting in July. Several years ago we started having a swim party, picnic & bar-be-que for all the Leaders. My daughter and other's older children and spouses are the "child care specialists" and lifeguards (My daughter is a certified Red Cross Lifeguard). It increases attendance, rewards the leaders for their work and gets the task accomplished. Think of ways to have fun planning out your year. This planning session is vital for the success of your pack. There are excellent instructions for the Annual Summer Planning Session in the Cub Scout Program Helps and the Cub Scout Leaders' Book. This session will help ensure

- A well-rounded program
- A calendar of events throughout the year that can be given to current members and prospects.
- Incorporation of council and district sponsored events into your schedule.
- Minimal conflicts with dates from other organizations
- FUN, FUN, FUN for boys and adults

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- Time to plan activities, ceremonies, pack meetings, trips, costumes and other things around the monthly themes
- Time to plan and recruit participants for Pack family camping trips



Meet A Tree

When: Daytime

Where: Outdoors where there are trees

Group: 2 or more Tiger Cubs and partners

Supplies: Blindfolds (one for each two kids). Make sure that a child is okay with being blindfolded.

Have the group pair off. Have one the boys blindfold their partner and lead them through the forest to any tree that attracts them. (How far will depend on your partner's age and ability to orient himself). For most, the distance of 20 to 30 yards usually isn't too far. Help the "blind" boy to explore his tree and to feel its uniqueness. You will find that specific suggestions are best. Some examples include: Rub your cheek on the bark." "Is the tree still alive?" "Can you put your arms around it?" "Does it have any unusual shapes or features?" "Can you find plants growing on it?"

When the blindfolded person is finished exploring the tree, his partner should lead him back to the starting point over an indirect route and remove the blindfold. Now let the boy find "his" tree without the blindfold. Suddenly as the boy searches for "his" tree, the forest becomes a collection of very individual trees. After the Tiger finds his tree, the roles can be reversed and do it again.

Frogs In A Hole

Ingredients:

- 2 lbs. Of ground beef
- $\frac{1}{4}$ small onion, minced
- 1 egg
- $\frac{1}{2}$ cup bread crumbs
- 1 large can of pork & beans (get rid of that fat cube)
- 2 tsp. Prepared mustard
- 2 tsp. Ketchup
- 1 capful vinegar
- Minced onion - to taste

Mix together and shape into large casserole or pot. Cover bottom and sides (like a shell)

Baked bean filling - mix and put in the shell of ground beef. Bake @ 350 for 40 minutes covered.

Have with a green salad.

Find-See - Hunt Your Neighborhood For....

Here is an interesting activity for Tigers and their Adult partners to do as they "hike" around a local park or even the city block. You will need to copy this and enlarge the type and expand the spaces.

1) Find a hole high up in a tree...

Who made it? _____

Is it being used now? _____

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- Who might use it? _____
- 2) Find a smooth rock...
Where did it come from? _____
Why is it smooth? _____
- 3) Find and feel a prickly plant.
Why do some plants have prickles? _____
- 4) Look for a nest in a tree or bush.
Who made it? _____
- 5) Can you hear an animal or a bird?
What is it? _____
What do you think they were trying to "say"?
- 6) See a small bird.
What color was it? _____
- 7) Smell a rotting log.
Describe what it smells like. _____
- 8) Look for a spider's web.
Can you find the spider, too? _____
- 9) With your eyes closed, feel a tree with rough bark.
What does it feel like? _____
- 10) Make a small hole in the ground with your finger. Smell the earth...
Does it smell good or not so good? _____
Why? _____
- 11) Find evidence of an animal...
What do you think it was doing when it made this sign?
- 12) Find three different shaped leaves.
What makes them different? _____
- 13) Find 3 pieces of garbage and put them in a trash can.
What is garbage? _____
- 14) Find the smallest plant you can...but don't pick it.
Draw a picture of it.
What is the name of this plant? _____
- 15) Feel a smooth tree trunk with your eyes closed.
Is it really smooth? _____
- 16) Sit down and for one-minute think like a squirrel.
- 17) What did you eat today?
What do animals eat? _____
- 18) Where will you sleep tonight?
Where do animals sleep? _____

Leaf Rub Book

Materials:

- Collection of leaves
- Charcoal pen or crayons
- Lightweight paper
- Hole punch

Directions:

Collect leaves from your yard or neighborhood

With the help of a reference book and your den leader, identify the leaves

Make a rubbing of each leaf on its own piece of paper

Mark the name of each leaf on the paper.

Hole punch the pages and put them in a small loose-leaf notebook.

Make a cover page for the notebook and a cover page for inside the book.

Bagheera's Eyes

This is an observation game. Divide the boys into two teams. Give each team a dozen or more common articles-pencil, ball, card, toy truck, Cub Scouting book, jackknife, paper clip, etc. Ask the teams to go to opposite sides of the room and arrange their articles on the floor any way they want as long as the items are six to twelve inches apart. A leader should note the final arrangement of the articles on a sheet of paper.

Each team then goes to the other's team's arrangement and looks at it for exactly 1 minute. Then they gather up all of the articles, return to their original place, and try to arrange the articles the same way the other team had them. The team with the most articles placed in the correct position wins.

Pollution Song

Tune: My Bonnie

The litter blows over the highway,

The litter blows over the park.

Unless we do something to stop it,

The world will be litterly dark!

CHORUS

Pick up, pick up,

Oh pick up the litter you see, you see.

Pick up, pick up, oh pick up the letter you see.

God gave us clean air for our breathing,

But we just don't keep it that way.

Instead we pollute it from smokestacks

And breathe in the garbage each day!

CHORUS

Bring back, bring back,

Bring back a clean world to me, to me.

Bring back, bring back, bring back a clean world to me.

Pack Meeting Gathering 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.

String Maze or Trail

You will need for each player (or Team):

Different colored balls of sting or yarn

A stick or pencil for each ball of yarn

A prize attached to each ball of yarn

Preparation: Tie the prize to the end of the string. Hide the prize somewhere in the yard, woods or room. Unwind the ball of string completely, passing over, under and around trees, bushes, branches, whatever is out in the park or woods. (Or if doing this inside - table legs, furniture and other objects in the room.) Tie a stick or pencil on the remaining end of the string. This gives the Cubs something to wind the string onto. Repeat this with each ball of string, don't worry about crossing the strings; this will add to the fun.

To play: As boys arrive - Give each individual, pair or team - you decide how game is played a string end with a stick or pencil and tell him or them there is a prize at the end of the string. Have them wind the string around the pencil as the work their way around the room to find the prize. The more Cubs that are playing simultaneously, the more fun.

Outdoor Nature Hunt

Make up a list such as the one below for each boy. Boys can hunt in pairs in your backyard or in the park. The winner is the pair that finds the most before the meeting begins or within a limited amount of time.

1. Something alive that flies
2. A cup of wet sand
3. A worm
4. A cup of pink water
5. Five maple leaves
6. Three rocks at least two inches in diameter
7. A piece of string
8. A dandelion
9. *(Add in lots more from what you know is in your yard or the park where you are holding your meeting)*

OPENING CEREMONIES

The Den Hike

- Cub 1: We are going to see nature's treasures.
Cub 2: We will help to maintain nature's balance.
Cub 3: We will observe and learn from nature's animals.
Cub 4: We will help maintain nature's resources.
Cub 5: We will protect them from harm.
Cub 6: We will follow the Laws of Nature.
Cub 7: We are going on a hike.

Let's Go Hiking

Boys walk on stage one by one and stand in a line. Each boy has a whistle around his neck. The smallest is the last one to enter; he had a large cardboard compass and doesn't enter immediately. Boys start asking who has the compass. Then they remember that (boy's name) has the compass. All whistle and call his name. He comes running in, takes a place at the head of the line, and asks the rest of the boys if they're ready. They say yes. Then all say, "Let's go hiking."

Four Winds Opening Ceremony

Personnel: Four Winds (Cub Scouts or leaders dressed in Native American costumes or Cub Scout uniforms carrying artificial torches). Cubmaster (dressed as Native American Indian chief)

Equipment: The four torches mentioned above. An artificial campfire that can be lit remotely by a switch. As simple as an electrical light bulb covered with red cellophane hidden inside the artificial campfire.

Cubmaster: "Let the North Wind enter". (One of the cub scouts enters carrying a torch. He stands by campfire and says his line. Others do likewise as they are called in.)

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

Cubmaster: "South Wind, enter".

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

Cubmaster: "East Wind, enter".

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

Cubmaster: "West Wind, enter".

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".

All four boys touch their artificial torches to the fire at the same time. At this same moment the light is turned on from offstage "lighting" the campfire.

Pre-Hike Ceremony

- Cub #1: We are going to see nature's treasures.
Cub #2: We will help to maintain nature's balance.
Cub #3: We will observe and learn from nature's animals.
Cub #4: We will protect nature's resources from harm.
Cub #5: We will follow the laws of nature.

America The Beautiful Opening

"O beautiful for spacious skies, for amber waves of grain; for purple mountains' majesty above the fruited plain". Yes, our country is indeed beautiful -- from the charm of New England on the eastern coast to the deep

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blue lakes of Minnesota, the towering mountains, the golden wheat fields, the roaring rivers, to the giant redwoods of California on the western coast. We are proud of our beautiful America and pledge ourselves to keep her beautiful. There is beauty in each of our 50 states, and our American flag represents each of those states. Will you please join me in the Pledge of Allegiance?

The Cub Scout Trail

Props: Tepee (tent), 2 boxes to make a store and mountain, 6 signs that read Tiger Store, Bobcat Pass, Wolf Tunnel, Bear Mountain, Webelos Bridge, and Rugged Road

Setting: a simulated trail with the tepee standing at the beginning and 5 signs held along the way by Cub Scouts. Den Chief is at the end with the 6th sign. Blue and Gold streamers are wound around the signs marking the trail. Akela, attired in an Indian blanket and headband stands at the tepee. The prospective Cub Scouts wear an old baggy shirt and hat over the uniform as they step up to Akela.

Akela: Can I help you?

Boy: I'm on my way to manhood.

Akela: Come! Let's follow the blue and gold trail. It's the best way. First, we'll stop at the Tiger store and get prepared for our journey. (Points boy on the path)

Cub Scout: (at sign 2) I hope there aren't any Bobcats around.

Cub Scout: (at sign 3) Are there any real wolves here?

Cub Scout: (at sign 4) I'm afraid of Bears!!

Akela: You're doing fine. You're well on the way! (At sign 5) I must go help others now. Good Luck!

Cub Scout: (Salutes) Thank you for your help. This is the end of the trail. Is this manhood?

Den Chief: No! You're getting close. Just follow the rugged road to Scouting. (Cub Scout goes off stage)

American Heritage Opening

Part of our American heritage is learning how to care for our beautiful land so it will be here for future generations to enjoy. In Cub Scouting, we learn to prevent those things that will destroy our land, such as fire. As we salute the emblem of America, let's vow to keep our land beautiful and free from destruction. Please stand and join me in the Pledge of Allegiance.

PACK/DEN ACTIVITIES

Go Hiking!!!

Where To Find Trails

For the kinds of hiking you're likely to do as a beginner, you'll need trails. Luckily, there are trails almost everywhere in the city, in the suburbs, in the forest, near beaches, up mountains, near your neighborhood and all over the world. This means that people who like hiking can have fun just about anywhere. In fact, sometimes a hiker's biggest problem is choosing where to hike next! For information on trails close to or in your town or city, try calling or visiting the Chamber of commerce, the recreation department, the library, and any parks you already know about. Parks aren't the only place where there are lots of trails. The national forests, Bureau of Land Management areas, and wilderness areas all have trails available for hiking.



Take Only Pictures - Leave Only Footprints

Almost everywhere there are trails, there has to be a few rules to remind visitors about how to protect our trails. The two rules you are most likely to hear about are first **"Pack it in, pack it out."** There's no trash and garbage collection along the trail like there is in your neighborhood. Even if each visitor left only one bit of trash our trails would soon be a big garbage dump. *Note from Commissioner Dave - This is the policy for use of most State Parks in New Jersey - there is no garbage collection inside the park. You brought it - you take it!*

The second rule you will hear is **"Take only pictures, leave only footprints."** It's easy for most of us to see that if each visitor on the trail carried off an interesting rock or flower or pinecone or butterfly, soon all that would be left is a barren land. These sayings are just common sense -- and easy to remember.

Trail Walking

When you start hiking, you'll find that each person has her or his own pace and rhythm. Some walk fast some walk slowly. Some walk steadily and some keep speeding up and slowing down. Sometimes your hiking group will have a few fast hikers and a few slow hikers. This can make it hard to keep the group together - which is important, so that no one is left behind. You can make sure no one gets left by slowing the groups pace, stopping more often, and having the slowest hikers walk in the middle of the line.

When the trail goes up a steep hill, many hikers shorten their stride and use the REST STEP. To do this, just pause for a second or two after you're swung a leg forward and have put it on the ground. That is, pause before you put your full weight on the leg. This will give it a little rest. When you go up a hill this way, you'll feel less tired at the top. It also helps to breathe more deeply when you find yourself huffing and puffing up a hill.

Hikers usually look forward to going downhill. But your toes and knees won't thank you if you go downhill too fast or for too long. So relax your knees (don't lock them), enjoy cooling down, look around you, and don't hurry on the downhill parts of a hike.

When the weather's hot, hike at a slow pace. Stop in the shade often for short rests and long drinks. Don't push yourself - heat exhaustion is no fun. Soon, if you hike regularly, you'll figure out the right hiking pace and rhythm for you.

Trail Munchies

It is a good idea to avoid super sugary meltable snacks like chocolate bars. Instead, try some trail mixes. Many hikers "graze" their way up and down the trails. A few eat only at mealtimes. As a beginning hiker, you'll probably feel livelier if you snack often. There's no need to stop while you snack if you put your munchies where you can reach them easily. Many hikers put snacks in several pockets or on a walking stick

Water Water Water

Beside trail munchies another way to keep your energy up is to drink, drink, drink plenty of water. Because the human body's thirst indicator is a little slow to kick in, you'll need to drink **EVEN WHEN YOU ARE NOT THIRSTY.** As you go down the trail, image a sign dangling in front of you, like a carrot on a stick. The sign says, "DRINK!" In hot weather, drink at least a cup of water every 20 to 30 minutes. In cool weather, you can drink a little less often. Be sure to keep your water bottle where you can reach it without taking off your pack or stopping your walk. Hook it on your belt.

Rest

It's a good idea for beginning hikers to take a short rest every 20 to 30 minutes, or even more often if the trail is steep. While you're resting, take a drink. Munch. Look around you. You should rest for about 5-7 minutes before continuing your walk.

Hikes

Your Cubs will likely get bored if your hike is too long or you just walk - add fun to your hike by having a theme -

Knot Hike: Along a path tie ropes around trees using knots. Instruct boys in advance of direction to go when they identify a particular knot. (Great for Webelos)

Rain Hikes: Go dressed in raincoats for observation of nature in the rain.

Breakfast Hike: Reach the destination in time to see the sunrise then cook breakfast.

Shadow Hike: Walk only in the shadows.

Smell Hike: Sniff your way around the block and write down the odors you recognize.

Sound Hike: Listen your way around the block, write down the sounds you recognize.

Color Hike - Look for objects of a preselected color.

City Hike: Look for scraps of nature between cracks in the sidewalk. Look at buildings, carvings, and cornices. A vacant lot can provide a lot of interesting things.

Night Hike: See how different things look, smell, and sound at night.

String Along: Take a piece of string about a yard long on your hike. Every now and then, place the string in a circle on the ground. See how many different things you can find enclosed within the circle. Stretch the sting in a line - how many different things touch it.

Baby Hike: List all the babies seen (bird, fern, leaf, etc.)

Hiker's Injuries: Blister

Hike only in well-broken in athletic shoes or hiking boots. When day hiking, wear thick, absorbent socks. If you're hiking and a spot on your foot starts to feel "hot," stop. Take off your shoe and sock. Put a piece of moleskin on the hot spot. Now you probably won't get a blister. Next time you go hiking, put moleskin on the sensitive place before you start. If you do get a blister, ask someone who knows first aid to treat it for you.

Heat Exhaustion

If hikers get too hot while hiking, they may get heat exhaustion. When you feel faint and sick to your stomach and your skin is pale and sweaty, you may have heat exhaustion. Immediately lie down in a shady place, drink water, and rest. After you're feeling well again, you can continue hiking - slowly. And keep drinking lots of water.

Sunburn

Whether it's hot or cold, you can get a sunburn. If you're a few thousand feet above sea level, it's even easier to get a burn. At higher altitudes, there is less of the earth's atmosphere to protect you from the sun's rays. Today, there's no excuse for getting a sunburn. All you need to do is use some sunblocking lotion and wear a hat with a brim on it.

Preventing Lyme Disease - Personal Protection Tips

Lyme disease is caused by bacteria that are transmitted to humans by the bite of an infective black-legged tick, which are known as deer ticks. These ticks are found everywhere - in woods and fields, at the shore, in the backyard. Ticks like to rest on low-lying brush and "catch a ride" on a passing animal or person. They bite year round. However, the peak season in the northeast is April - September. Here are some tips to reduce your chance of getting a tick bite: Avoid tick infested areas, when possible. When walking in the woods, stay on trails and try not to brush up against low bushes or tall grass. Wear light colored clothing, which will allow you to spot ticks more easily. Wear a long sleeve shirt and long pants. Tuck your shirt into your pants and your pants into

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your socks. If you cannot wear protective clothing, increase your vigilance in conducting tick-checks. Use an EPA-approved tick repellent. Insect repellents containing no more than 30% DEET can be used on skin and clothing. Follow label directions carefully. Insect repellents must be used with caution - especially on children. Never apply insect repellents to a child's hands and face. Always wash off the repellent when you return inside. Conduct a tick-check on clothing and exposed skin. You should also do a naked, full body examination at your earliest convenience. Be sure to check the scalp, behind and in the ears and behind any joints. Check your pets. Pets can get Lyme disease. They can also bring ticks into the house and put you and your family at risk.

There are also things you can do around your yard to reduce tick exposure. Prune trees, clear brush, remove litter and mow the grass often. Let grass dry thoroughly between waterings, because ticks need moist habitats to live. Remove shrubby overgrowth between your lawn and woods. Modify your property so that it is unattractive to animals that are hosts to ticks. Build fences around the property, clear away wood, garbage and leaf piles, and eliminate stone walls, bird feeders and bird baths. Widen trails and move play equipment to non-tick areas.

Tick Tips

1. Wear long-sleeve shirts and pants if you're going to be walking through tick territory.
2. Use insect repellent containing no more than 10% DEET, a chemical that repels bugs. Recommended for older family members.
3. Tuck pant legs into socks or boots.
4. Inspect yourself for ticks when you're back inside. Favorite hiding places include the scalp and ankles.
5. Do not try to pry a tick from your skin by using an irritating agent such as nail polish or a hot match. Ticks should always be removed with fine-point tweezers. Disinfect the bite area with alcohol.

Safety First

REMEMBER

- Be in shape before you begin your hike.
- Always allow yourself enough daylight to finish your hike.
- Always dress sensibly and for any kind of weather.
- Learn how to read maps and a compass.
- Act in a mature and safe manner at all times.
- Be aware of your environment.
- Always carry a first aid kit
- **Stay on the trail.** Trails are there for you to hike on. They are expensive to build and hard to maintain. You can help by hiking **ONLY** on the trail. There'll be times when you'll want to take a shortcut, especially when the trail is zigzagging - but please don't do it. When people take shortcuts all over the place, soon it's impossible to tell where the trail is. This makes it a lot easier to get lost. Short cutting can quickly destroy a beautiful area.
- **Pack it in, pack it out** - This means everything, including toilet paper and chewed over gum.
- **Give a hoot, don't pollute** - If there are no toilets near your trail, walk at least 100 feet (50 paces) from the trail - 300 feet from any water source - before using an outdoor, "do-it-yourself" toilet. Take someone with you or make sure you can still see the trail and your group. For solid wastes, use a sharp rock or small trowel to dig a shallow hole. After you've finished, cover up the wastes with the dirt you just dug out. *Note from Commissioner Dave - With Cub Scouts hopefully you will have chosen your trails so this will not occur but remembering the Boy scout motto, "Be Prepared, " I passed it along just in case.*

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- **Hike in small groups** - It's easier to get to know and keep track of hikers in a small group (three to eight). Fewer people mean less trampling of plants and less disturbance of animals. A bonus is that you're more likely to see wildlife if your group is small and quiet. Also if one person becomes sick or injured, a second person can wait with the injured hiker while the third person goes to get help.
- **Help keep it wild** - because people are going hiking to enjoy nature talk and walk quietly. NEVER bring along CD players, cassette player or radios. This way everyone can enjoy the sounds of nature and not the sounds of your bedroom!

Hiking is both a challenging and a rewarding experience. Hiking can be tiring, but it is also great exercise. You will find that hiking gives you an opportunity to experience nature and the world around you. Hiking also gives you the chance to spend quiet, peaceful times with closes friends or family.

Hiking Games

Stop And Spot Game

While hiking, the leader stops and says: " I spot a _____," naming a familiar object. Everyone in the group who sees the object will raise his hand or sit down. This sharpens the skill of observation.

Obstacle Course Game

Some boys have never climbed a tree, walked a log, gone through a fence, or chinned themselves on a tree branch. To give them this experience, pick a trail which will provide such an obstacle course. Don't destroy property or trespass.

Memory Hike Game

This game is played after a hike or a trip to the zoo or park. During the outing, tell the boys to observe everything very carefully so they can make a list of all that they have seen. Just after the outing, hand out paper and pencils and have the boys make their lists. See who was most observant.

Leaf Games

1. Leaf collecting contest - most different ones
2. Matching leaves found to those printed on a Bingo board

Discovery Hike

Use pebbles for counters. Agree on things to be discovered. Each discovery counts a point and counter is thrown away. First one out of counters wins.

Here are some examples:

Each specified bird (1 point)

Each specified snake, insect, flower (1 point)

Each specified tree (2 points)

Each rabbit hole (2 points)

Nest of (?) Bird (2 points)

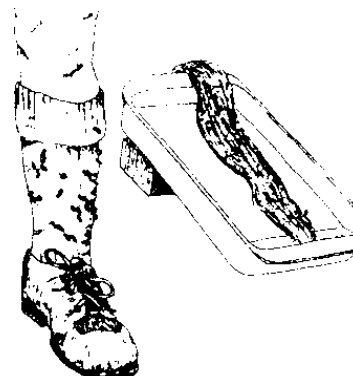
Tree struck by lightning (2 points)

Cow or horse (1 point)

Each animal track (2 points)

Grow A Sock

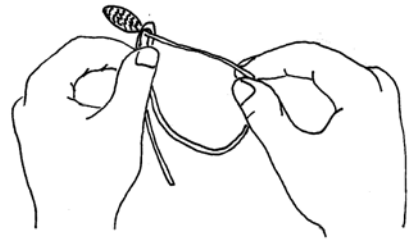
Dress each boy in an old pair of high (knee) socks. Go for a walk through a densely vegetated area. An empty lot overgrown with weeds would be excellent. Look at the socks! Then take them off. Wet the entire sock. Place it in a cake pan placed on a slant. Fill the lower portion of the pan with water so the sock remains wet. Place the pan in a warm place and watch the seeds sprout



Seed-head Shooters

Some kinds of wildflowers have seed heads left at the tops of their stems when the petals have fallen off. Pull up a long-stemmed seed head and twist the stem around and over itself as shown.

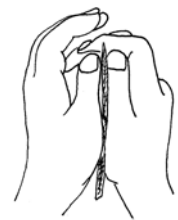
Using the thumb and forefinger of one hand, grip the bent stem near the seed head, and, in a quick, snapping motion, attempt to pull the seed head through the bent stem loop. The seed head will shoot out (somewhere between a few feet and several yards, depending on the age of the stem and the skill of the shooter), and may hit a target.



Grass-blade Whistle

Some people can do this, and others simply cannot, but everyone will enjoy giving it a try. Pluck a long, flat blade of grass and hold it tight and taut between the edges of both thumbs. The blade of grass should be in the middle of the gap between your thumbs.

Put your lips up against your thumbs and blow hard through the gap. If you do it just right, the noise will sound like anything from a noisy mouse to a squawking elephant.



Make a Hiking Staff

Start with a fairly sturdy stick about shoulder height. Cut off the excess branches. Use a knife and a wood file to remove the bark. Sandpaper and file staff until smooth. Decorate as desired using acrylic paint or markers. Varnish finished product.

AUDIENCE PARTICIPATIONS

One Red Hen

Leader mentions first item, and group repeats it. The leader then says that item and adds the next, and the group repeats it. Leader continues adding one item at a time until leader says all ten items and group repeats them.

One Red Hen

A Couple of Ducks

Three Brown Bears

Four **Red Hares**

Five Fat Frauleins

Six Simple Simons

Seven Siamese Sailors, Sailing the Seven Seas

Eight Elongated Elephants, Elevated on an Escalator

Nine Nattering 'Nets Nibbling on a Nincompoop

Ten Twin Troopers Trooping Through Tupelo, Texas, at 2:10 on Tuesday

How to Survive a Day Hike - Audience Participation

Divide the audience into groups and assign them to stand and make the proper response when their word is read in the story,

Day: "Dig those rays!" (Shade eyes with one hand)

Hike: "Tramp tramp" (stomp feet)

Clarence: "Do your best" (make Cub Scout Sign)

Sidney: "My way is better" (hand on chest)

Pack: "Light as air" (pretend to tuck thumbs under pack straps)

Duffle Bag: "Heave-ho!" (Make motion of throwing over shoulder)

CLARENCE Cubby and **SIDNEY Scout** went on a **DAY HIKE** in the Utah mountains behind their home. **CLARENCE** packed his comfortable **DAY PACK** with high-energy foods and lots of water. He also put in a map and compass for good measure. **SIDNEY Scout** decided to use his Dad's old Army **DUFFLE BAG** since it could hold more canned root beer and chocolate pudding than a **DAY PACK** could. The weather was nice that **DAY**, though the hiking was slow because of **SIDNEY Scout's** heavy **DUFFLE BAG**. Finally they **HIKED** to a small lake and stopped for lunch. **CLARENCE Cub** ate his lunch and rested awhile on his **PACK**. **SIDNEY** was too tired to eat after carrying the **DUFFLE BAG** that far. **SIDNEY** told **CLARENCE** to start hiking home and he would catch up later that **DAY**. **CLARENCE** took a compass reading and **HIKED** for home. **SIDNEY** took a nap on his **DUFFLE BAG**. When **SIDNEY** woke up the **DAY** had turned cloudy and he didn't know which way to begin to **HIKE** home.

He picked up his **DUFFLE BAG** and decided to **HIKE** along a stream back to town. When the **DUFFLE BAG** got too heavy, **SIDNEY** tried to float it down the stream, but the **DUFFLE BAG** sank, and now it was twice as heavy for **SIDNEY** to carry. **CLARENCE HIKED** home and enjoyed his **DAY HIKE**. Three years later **SIDNEY** was finally picked up on a sunny **DAY** along the lower Colorado River heading toward the Gulf of California, still carrying his **DUFFLE BAG**. When asked about the unusual length of his **DAY HIKE**, **SIDNEY** said the next time he went he would change only one thing -- he would **PACK** his **DUFFLE BAG** with more flavors of pudding.

ADVANCEMENT CEREMONIES

Old Shoes

Props - 6 different sizes of shoes - 1 for each rank - awards are inside the shoes. Use imagination in selecting shoes that fit the level of the award.

Have ceremony team divide up the parts.

Maybe, have Den Leaders read the part for their dens.

Tiger Cub - (Hold up shoe) These boys are taking their first steps in Cub Scouting - enjoying new friends and new experiences. (Call boys and parents forward and present awards.) Lead Cheer

Bobcat - (Hold up shoe) Understanding Cub Scouting allows for more growth/ movement toward higher goals. (Call boys and parents forward and present awards.) Lead Cheer

Wolf - (Hold up shoe) These boys are taking steps to understand family, self, respect of others and duty to God. (Call boys and parents forward and present awards.) Lead Cheer

Bear - (Hold up shoe) These boys are a little older and are taking bigger steps to understand family, self, respect of others and duty to God. (Call boys and parents forward and present awards.) Lead Cheer

Webelos - (Hold up shoe) Now, the boys are learning to do things on their own, expanding their knowledge and taking steps to become Boy Scouts. (Call boys and parents forward and present awards.) Lead Cheer

Arrow of Light - (Hold up shoe) Soon we will have boys take the biggest/longest steps available in Cub Scouting. They will have achieved the highest award of Cub Scouting, the Arrow of Light. They will need to demonstrate continued growth and understanding as they prepare to move forward to Boy Scouting.

Let the Compass Guide You

Props: You will need demonstration compass made of heavy cardboard.

All parts can be done by same person or separated as shown here.

Cubmaster: We look to the compass for our guide (Hold up Compass Prop), to point us in the right direction while hiking

Tiger DL: Similarly, we start guiding our Tiger Cubs onto the path of Cub Scouting. (Call boys and parents forward and present awards.) Lead Cheer

Assistant CM: To the east, we find a Cub ready for his Bobcat Badge. (Call boy(s) and parents forward and present badge.) Lead Cheer

Wolf DL: To the South is the Wolf with his spirit of adventure. (Call boy(s) and parents forward and present awards.) Lead Cheer

Bear DL: To the West is the Bear hunting on the trail of Scouting. (Call boy(s) and parents forward and present awards.) Lead Cheer

Webelos DL: To the North is the Webelos about to realize his boyhood dreams, alive with Scout Actions. (Call boy(s) and parents forward and present badge.) Lead Cheer

Cubmaster: Let the compass guide all of you on your trials and may you carry into your adult lives the ideals of Scouting. Lead Cheer for all

Cub Scout Mountain Advancement Ceremony

Props: Stage steps (at least five steps to top), cardboard or plywood false front of a mountain to fit across front of steps. Place a strip of paper with the appropriate rank on each step, Bobcat the lowest up to Arrow of Light. Copies of the Wolf, Bear and Webelos books.

Instructions: Place steps sideways to the audience so they can see the 'mountain' but not the steps. Each Scout will be allowed to ascend to receive his award, (even arrow points, activity badges, etc.)

Cubmaster: "Has anyone ever been mountain climbing? (Response) Well, the Scouts who have achieved awards will demonstrate how to climb a 'mountain' tonight. Before you can climb a mountain, you need to have the appropriate equipment. You need ropes, packs, first aid supplies, maps, hiking boots, and many other things, **AND YOU NEVER GO CLIMBING ALONE!**

'In Cub Scouting, in order to advance along the Cub Scout trail, you also need the appropriate equipment. Your book, your uniform, your Den and Pack, and you CAN'T do it alone. I have here some of the supplies for climbing to the top of the 'Cub Scout Mountain'. (Hold up the books)

'Will _____ and his parents please come forward? You will be our first climb today. Do you feel rested for the climb? (Response) I know you are not prepared to go climbing, so here is a Wolf book. It won't get you to the top of Cub Scout Mountain, for that you will need different equipment. But, let's see how far it will help you climb. (Scout climbs a to Wolf step and faces audience.)

'I now present this Wolf award to your parents to present to you. He makes the climb seem easy, but he has worked hard to reach that altitude on Cub Scout Mountain.

(NOTE: You should start with the Tigers first.)

Proceed with the other awards, each time letting the Scouts go to their 'altitude' before receiving their award. Let them show the audience how far they have climbed rather than announcing it. Arrow of Light recipients will reach the 'peak', and should be allowed to go to the top step, even if there are more than five steps.

You may want to have graduating Scouts climb to the top and jump off onto the stage (i.e. Boy Scouting), or back down the other side, etc.

The Third Great Step Along the Cubbing Trail,

A Bear Rank Ceremony

Characters: Cubmaster, Den Chief, Advancing Cub, Parents and Den Leaders

CM: Will the Den Chief who has Cubs ready to receive their Bear please come forward? (Arrange in advance.) Now, will you please read the names of the advancing Cubs from your Den and bring them forward. (Den Chief announces names and presents boys to CM.)

CM: Cubs, we are happy to see that you have made the third great step along the Cubbing trail. You have completed the Bear Achievements, and you have proved yourselves worthy of membership in our Pack. The advancing Cubs will face their fellow Cubs. I'm going to ask the Den Chief to lead the Pack in a cheer for our new members of the Bear rank.

(Den Chief leads a cheer.)

CM: Now, Den Chief, I understand the parents of these Cub Scouts are present tonight, and I'm going to ask you to please bring them forward. (Den Chief brings parents forward and places them so that each Cub is next to his parents.)

CM: These Cubs have done a splendid job in our Pack. They have climbed the Cubbing ladder well. But this could not have been possible had not interested parents helped. **Thank you.** There are other people in addition to this fine Den Chief who have contributed to the advancement of these Cubs. I'm going to ask the advancing Cub Scouts to call out the name of their Den Leader and as the name is called, ask the Den Leader to come forward to present the Bear Badges to the parents. Parents it is now time to present the Bear Badge to your Cub Scout. Congratulations to our new Bears. Lead another cheer.

GAMES

Independence Tag

IT pursues the other players and tries to touch one of them. When one has been touched, he must keep his hand on the spot where he was touched and pursue the others. His hand cannot be freed from this spot until he has tagged someone else. The idea is to tag players in inconvenient places - knee, ankle, elbow, etc.

Changing Winds

Use compass to establish the four main directions in a room. Have all boys stand facing one player who is the "wind". The wind tells the direction he is blowing by saying, "The wind blows ...south." All players must face south. If a player is already facing that direction and moves, he is out. The wind may confuse the game by facing any direction he chooses. Players turning the wrong direction are out. The winner is the last player still in the game.

Taking a Trip

This is a memory game. Everyone sits in a circle, and the leader begins by saying, "I'm taking a trip, and I'm bringing _____ Anything can be named. The second person then says, "I'm taking a trip, and I'm bringing." The first item named is the first item from the first person and then the second person adds his item. So on around the circle, with each person reciting the entire list and adding their own item. The game continues until some goofs,

Tailor's Race

Two cubs run holding spools tied together with a foot of thread. If the thread breaks, they have to stop and tie a knot. The first pair to reach the finish line is the winner.

Burst the Bag

Divide the players into two teams and send the first two off to run a good distance. Hand each one a paper bag as they come back to the starting point.

The second member of each team is not allowed to set off until the bag has successfully been blown up and burst. The paper lunch bags usually sold in packs of 100 or so work well. If you can't get bags that burst easily, just blow up the ones you have to full capacity.

Outdoor Nature Hunt

Make up a list such as the one below for each boy. Boys can hunt in pairs in your backyard or in the park. See which pair can find the most within a limited amount of time.

- Something alive that flies
- A cup of wet sand
- A worm
- A cup of pink water
- Five maple leaves
- Three rocks at least two inches in diameter
- A piece of string
- A dandelion

Knee Relay

The boys are divided into relay teams. Each team is given a book. The first player from each team puts the book between his knees and rushes off around the room. A dropped book means going back to the start. Hands may only be used to pass the book to the next player.

Forest Floor Mystery Bag Game

Equipment: Cloth bags with objects from forest floor: Wood, moss, leaves, bark, stick, bone, pinecone, rock.

Put several different objects commonly found on the forest floor into separate bags, and pass them, one at a time, halfway around a circle of scouts. Each scout feels the object and gives an adjective describing it. The other half of the circle tries to guess the bag's contents. The last scout gets to reveal the object. Reverse the order so that everyone gets the chance to guess and to feel. Have the other scouts arrange the objects in the order of decomposition rates.

Forest Tag

Designate a fairly small area for the game. Choose one person to be "It." That person tries to tag the others who can only save themselves by crouching before being tagged and naming a plant or animal that lives in the forest. As long as the same person is "It" there can be no naming repeats. If a person can't think of a plant or animal, and is tagged, that person becomes "it" and all plants and animals can be used again.

Touch Wood

One player is "It." The others place themselves in various positions, each touching something that is wood. They keep constantly running from one wooden thing to another. The player who is "it" runs after them, and the first player he tags who is not touching wood takes his place.

Hunker Hawser

Two players play against each other. Each player must have a pedestal, about 6 inches high; this could be a block of wood, Styrofoam, a tree stump or an overturned cooking pot. Players hunker down on their platforms, which are set about 6 feet apart, each holding one end of a rope about 1 inch in diameter and about 15 feet long. The excess rope lies coiled between them, but not for long. At the starting signal, the players begin reeling in the rope. The object is to cause your opponent to lose his balance by tightening or slackening the rope. Sound simple? "Oh, I'll just give a good pull..." and, suddenly, your opponent relaxes his hold, and over you go in a spectacular backward somersault—defeated by your own energy! The more aggressive the players are, the more vulnerable they make themselves. Try best 2 out of 3.

SONGS

Song of My Shoes

(Tune: Battle Hymn of Republic)

My shoes have seen the glory of the growing of a Scout
My shoes have been in water stepping in and stepping out
My shoes have hiked the forest to the top of the mount
My shoes are wearing out!

Chorus:

Groovy, Radical and Awesome
Groovy, Radical and Awesome
Groovy, Radical and Awesome
My shoes are wearing out!

My shoes have seen the bottom of the dirty fishy creek
My shoes have been all covered with the gooey muddy cake
My shoes have seen the same old socks for seven days this week
My shoes do really stink!

Chorus:

Groovy, Radical and Awesome (3X)
My shoes do really stink!

My shoes are torn to tatters climbing fences packed with rust
My shoes are stained and spattered with some yucky insect guts
My shoes are oozing slime that fills my mother with disgust
My shoes have bit the dust!

Chorus:

Groovy, Radical and Awesome (3X)
My shoes have bit the dust!

The Cub Scouts Go Hiking Along

Tune: Caisson Song

Over hill, over dale
We will hit the greenwood trail
As the Cub Scouts go hiking along.
In and out, all around

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You will never see us frown,
As the Cub Scouts go hiking along.
And it's hi, hi, hee,
The Cub Scouts are for me.
Shout our name and shout it strong.

DEN ____ or *PACK* ____

Where ere we go, we will always know
That the Cub Scouts go hiking along.

The Long, Long, Nail

Tune: Long, Long Trail

There's a long, long nail a grinding
Up through the sole of my shoe
For it's ground its way into my foot
For a whole mile or two

There's a long, long hill before me
And what I'm dreaming about
Is the time when I can sit down
And pull that long, long nail out.

The Scout Who Never Returned

(tune: Charlie on the MTA)

Let me tell you a story of a Scout named ____
On that tragic and fateful day;
Put his Scout knife in his pocket;
Kissed his dog and family;
When to hike in the woods far away,
Well, did he ever return?
No, he never returned.
And his fate is still unlearned;
He may roam forever in the woods and mountains,
He's the Scout who never returned.

Now you citizens of (name town)
Don't you think it's a scandal?
How ol' (Scout's name) got lost that day?
Take the right equipment: TAKE ALONG A BUDDY,
When you hike in the hills that way.

Or else you'll never return, no you'll never return.
And your fate will be unlearned;
You may roam forever in the woods and mountains,
Like the Scout who never returned.

Take Me Out to the Forest

(Tune: Take Me Out to the Ball Game)

Take me out to the forest.
Let me hike in the wild.
Show me a skunk and a few bear tracks.
I won't care if I never come back.
But it's look, look, at your compass.
If it rains, then it pours.
And it's ouch, slap, sting and your bit
In the great outdoors!

CUB GRUB - Fun Food

GORP Trail Mix

GORP is an acronym for "Good Old Raisins and Peanuts"

Mix any or all of the following together in proportions that you desire - dried banana chips, dried apricots, dried apple chips, sunflower seeds, pretzels, cereal squares, round breakfast cereal, chocolate chips, sugar-coated chocolate and / or peanut candies (e.g. M&M's), cashews and walnuts.

Then have boys place the GORP into resealable plastic bags to carry for a snack they can eat while hiking.

Be sure to check for possible nut and peanut allergies before mixing your GORP together.

Making GORP is recommended as a Wolf Den activity in Cub Scout Program Helps but the recipe is not there.

Rocky Mountains

Ingredients

- 12 oz. Butterscotch chips
- Miniature marshmallows
- 2 tsp. Vegetable oil
- Peanuts
- 1 (5 oz.) can chow mein noodles
- Mini chocolate chips

Directions:

Melt butterscotch chips with oil in double broiler. Add noodles, peanuts, marshmallows and mini chips. Stir until covered. Drop by spoonful onto cookie sheet. Put in refrigerator until hard.

Microwave Popcorn Balls

Ingredients

- 1 pkg. unbuttered microwave popcorn
- $\frac{1}{2}$ cup (1 cube) margarine
- 1 bag mini marshmallows

Microwave popcorn, according to directions, Pour into bowl. Put marshmallows and margarine in a separate bowl, Microwave until melted. Pour mixture over popcorn and form into balls. **A great, light-weight treat to take along on a hike!**

Rocky Road Candy

Ingredients

- 16 oz milk chocolate
- 3 cups mini marshmallows
- 1 cup chopped walnuts or pecans
- $\frac{1}{2}$ cup semi-sweet chocolate chips

In a double boiler, melt milk chocolate. Remove from heat. Stir in remaining ingredients. Drop spoonfuls onto waxed paper. Let cool until firm.

STUNTS & APPLAUSES

Cheers and Applauses

Hike the Mountain Applause: March in place. Begin with head erect, shoulders back and a steady step. As mountain becomes steeper, slow down the march and bend forward as if straining to continue the hike. At the top, collapse back in your seat, wipe your brow with sleeve, and sigh, "We made it."

Giant Beehive Cheer: Tell the group to buzz like a bee. When your hand is raised, the volume should increase. When you lower your hand the volume should decrease. Practice this at various levels.

Flower Applause: Like a flower blooming, raise part way up in chair, look around, then stand up quickly, yelling, "Sproooooing".

Water Sprinkler Yell: Make the sound of the water sprinkler, "Chee, Chee, Chee, Swisssssssssh!"

Firecracker: Strike a match on the leg, light the firecracker, make noise like fuse "sssss", then yell loudly "BANG!!"

Clean Air Applause: Take in as much air as you can through your nose, hold it, then exhale and say, "Ahhhhhhh!!" (from *SCCC Pow Wow Book*)

Jokes and Riddles

What kind of shoes are made out of banana skins?

- Slippers

Why should watermelon be a good name for a newspaper?

- Because we're sure it is red on the inside.

Why is it that when you are looking for something you always find it in the last place you look?

- Because you always stop looking when you find it.

I am something that can run but can't walk. What am I?

- Water

What people cool the stars?

- Movie fans

If you have only one match and you walked into a room where there was an oil burner, a kerosene lamp, and a wood burning stove, which one would you light first?

- The match

How far can a dog run into the woods?

- Halfway, because after that he's running out.

Tongue Twisters:

Cross crossings cautiously.

Willey Wite and his wife went to Windsor and West Wickham von Wistun on Wednesday.

Bring back that black brick with the big brittle bric-a-brac.

How many shoes would the sunshine if the sunshine could shine shoes.

Run-ons

Cub #1: Why do bees hum?

Cub #2: Because they don't know the words.

Cub #1: What kind of gum do bees chew?

Cub #2: Bumble gum.

Cub #1: What did the bee say to the flower?

Cub #2: "Hello, honey!"

Cub #1: What do you get if you cross an insect and a rabbit?

Cub #2: Bugs Bunny.

SKITS

Hiking - The Scouting Way

Boys are on stage. They don't look ready for anything.

Den Chief: Okay, guys. Is everybody ready to go hiking?

(Boys start hiking up their socks.)

Den Chief: What are you doing? I said HIKING! Are you ready to go HIKING?

Boys: Yes, we're hiking up our socks, our shorts, you know....

Den Chief: NO, NO, NO! Hiking, Hiking, don't you know HIKING!

Boys: Oh, yes.

1st Boy: *(Takes football from behind his back; boys line up to begin to play.)* Hike one...hike two...hike three.

Den Chief: NO, NO, NO, HI-KING, HI-KING. Come on guys. Get with it!

2nd Boy: *(Walks with crown on head)*

Boys: Hi, King!

Den Chief: NO, NO, NO!, Hiking, walking, Scout stuff - You know - hiking!

Boys: Oh why didn't you say so? *(Walk off stage hiking.)*

A Hike

Personnel: Any number of boys

Equipment: Cardboard Car

All Boys: **sing** - "A Hiking we will go. A Hiking we will go." Then lots of conversation about fresh air, color of trees, blue sky, what a great time they will have hiking, etc.

Dad comes along in car, stops and leans out window

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Boys: Oh hi, Mr. _____. What are you doing out here?

Dad: Any one for ice cream?

All boys pile into the car acting wildly excited.

Climb that Mountain

Skit opens with boys tied together with rope as mountain climbers. All talk about how they are going to see the whole world when they reach the top. Finally, the lead climber reaches the very top.

Lead Climber: We've made it! We're at the top!

Others: Yes, Yes??

Lead Climber: (stuttering) I can see ...I can see...

Others: Yes, Yes??

Lead Climber: (stuttering) I can see ...I can see...

Others: WHAT CAN YOU SEE??

Lead Climber: (disappointed) The other side.

How Far ??

Personnel: Any number of boys

Equipment: Pedometer (can be an oversized prop for effect)

Setting or Opening: Boys are heaped in a pile - looking worn out after a long hike.

Cub 1 Wow, that was a long hike.

Cub 2 We sure walked a long time!!

Cub 3 Did you see all those trees?

Cub 4 The bear sure was neat!!

Continue on until all boys have added an experience until you get to the last boy.

Cub 5 How far did we walk?

Den Chief: (checks pedometer) It looks like about 2 blocks!

Two Skunks

Personnel - Narrator and two Cubs dressed as Skunks with signs saying IN and OUT

Narrator: Once upon a time, there were two skunks named IN and OUT.

Each takes a bow as when his name is spoken

Narrator: When IN was out...

IN: (Walks stage left)

Narrator: OUT was in.

OUT: (Walks stage right)

Narrator: And, when OUT was out...

OUT: (Crosses the stage)

Narrator: IN was in.

IN: (Crosses to the other side)

Narrator: One day, Father Skunk, who was with in with OUT, said:

Father: I want you to go out and bring IN in.

OUT: (Goes off stage in search of IN, and quickly the two return)

Father: How did you find IN so quickly?

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OUT: It was easy—IN-stinct!

CLOSING CEREMONIES

Knocks And Scratches Closing

(Have the boys on stage wearing cardboard feet that have scratches, cuts, band-aids, etc. on them)

Narrator reads poem while Cubs stand near him

Our hiking meeting has come to an end.

We now have a message to leave with you, dear friend.

Our many achievements in life make feet tired and weary.

But if there were nothing to do, our life would be dreary.

So forget the knocks and scratches, blisters and aches.

Do your best at all times. That's what success takes!

(As the poem is finished, boys lay down on the stage with their cardboard feet facing the audience...each of the feet has a letter on it spelling our G-O-O-D-N-I-G-H-T)

Mountain Man Closing

At the end of each day, give thanks for the bounties of the Earth.

Thank the Creator for the warmth of the sun on a cold winter day,

The cooling breeze and rain of summer,

For water plentiful in mountain streams

Filled with beaver and trout.

For forests filled with deer, elk, and bear,

For good trading at the Rendezvous,

And for friends to share an evening meal.

As the fire turns to ash, give thanks for the adventure of another day.

Cubmaster Minute on America

We are America today! As we look down the road Americans have traveled, we see that many of their dreams have come true. We see the towns they have built, the bridges they have crossed, the mountains they have climbed. We feel the hardships they endured. We see places where they hammered off the rough edges of their dreams so we would have a better life today.

The pioneers worked out a way of life, a life of personal freedom that held hope for tomorrow. They made history yesterday - but it is up to us to make it today. This is our land. Here, men and women of the past lived and worked and died serving great ideals. These ideals were freedom and justice.

None of us here tonight can fail to carry his part of this great dream to his children and to his children's children. Our land is rich in material goods, but also in history - in living legends of the people who left their mark on America. Our own past speaks to us and as we listen we hear the voice of the past saying, "Hear me now. Courage, endurance and faith built America, and what was built was good. If you build the same way, the future will also be good."

Lead or have a tape and close with "Taps".

The High Country

(Can be done as a Cubmaster's Minute or assign parts to eight boys to read)

Why are there mountains for you and me?
Placed here and there across our country?
For hiking - Leaders climb and youth just run
The scent of pine, wildlife, cool weather an fun
Await all who will do their best
Views forever from North and South and East and West.
Mountains make outings special, too.
God made high places on earth for me and you.

I Went Hiking

Cub # 1.I went hiking, I took a walking stick.
Cub # 2.I went hiking, I took a camera.
Cub # 3.I went hiking, I took some water.
Cub # 4.I went hiking, I took a snack.
Cub # 5.I went hiking, and enjoyed the journey.
Cub # 6.I went hiking, not a piece did I take.
Cub # 7.I went hiking, not a piece did I leave.

Miles to Go Before We Rest

(Can be done as a Cubmaster's Minute or assigned parts to boys to read)

Heart of America Council

We traveled east and west
We saw nature at it's best
We hiked and passed the test
No time to stop and nest
There's still ...miles to go before we rest.

Our World Closing

As we go back to our homes, I would like to ask that the parents keep these thoughts in mind. Counsel your sons that they may have eyes to behold the red and purple sunsets; that they may have sharp ears to hear the voice of their God. Guide them to have hands that respect the things God has made. Help them be wise and see the lessons hidden in every leaf and rock. Help them seek strength, not to be superior to others, but to be helpful to others. Help them along the Cub Scout Trail to do their best.

High Country Closing

Why are there mountains for you and me
Placed here and there, across our country?
For hiking - leaders climb and youth just run.
The scent of pine, wildlife, cool weather and fun
Await all who will do their best.
Views forever from north, south, east and west.
Mountains make outings special, too.
God made high places for me and for you!