

HONESTY: AUGUST 2013 CUB THEME GO FOR THE GOLD

Core Values & Character Connections (know-commit-practice):

Honesty: Telling the truth and being worthy of trust. Cub Scouts will gain a better understanding of the importance of following the rules, playing fair, and being trustworthy in games and in daily life.

Tiger	Requirements/Electives *A.= Achievement & *E.= Elective	With Family
	*A. 4D Play "Tell It Like It Isn't"- C.C.=Honesty	*E. 14 read story or magazine article
	*A. 4G Visit TV, radio, or newspaper office, how do people communicate to others	*E. 36 see a play or musical
	*E. 12 make 2 cards or decorations; take them to hospital or long-term care facility	
	*E. learn/show a magic trick	

Wolf	Requirements/Electives *A. = Achievement & *E. = Elective
Books	*E. 6A (visit bookstore/library with an adult, find out how to get your own card, name 4 kinds of books that interest you), *E. 6B (choose a book on a subject you like, read it, discuss what you read and what you think about it with an adult), *E. 6C (show how to care for a book, make a paper or plastic cover for a book),
Fishing	*E. 5A (identify 5 different kinds of fish), *E. 5B (rig a pole with right kind of line & hook, attach bobber & sinker, go fishing), *E. 5C (fish, bait hook & do your best to catch a fish), *E. 5D (rules of safe fishing), *E. 5E (tell about some of the fishing laws where you live), *E. 5F (show how to use a rod & reel)
Say It Right	*E. 22C (tell a short story to your den, den leader, or an adult)

Home Work-given at beginning/verify at end of month:

Bear	Requirements/Electives *A. = Achievement & *E. = Elective
Tall Tales	*A. 4A (explain what folklore is, list some folklore stories-songs-or historical legends from your own state or part of the country, play Folklore Match Game in book) *A. 4B (name 5 American folklore stories, point out on U.S. map where they happened), *A. 4C (read 2 folklore stories & tell favorite one to den),
Info., Please	*A. 17B(play charades), *A. 17E (write a letter to a company), *A. 17C (visit newspaper office, TV or radio station, & talk to news reporter)
Jot It Down	*A. 18D (write an invitation), *A. 18E (write a thank you note), *A. 18F (write a story about something you have done with your family) *A. 18G(write about den activities), *A. 18H (Character Connection: Honesty),

Requirement: *A. 4= do all 3, *A. 17= do A & 3 others, *A. 18= do H & 4 others

Home Work-given at beginning/verify at end of month:

- *A. 17A (watch & discuss a TV show with family, ?s in book)
 - *A. 17D (Use computer to get info. write, spell-check, & print report on what learned)
 - *A. 17F (talk to parent/family member about how getting & giving facts fits into his/her job)
 - *A. 18A (make a to-do list, check off when done), *A.18B (write 2 letters to relatives or friends),
 - *A. 18C (keep a daily record of your activities for 2 weeks)
- Optional= Magic *E. 13A (show 3 tricks), 13B (den magic show for audience) 13C (show 4 puzzles), 13D (show 3 rope tricks)

Patches: *I Discovered Boys' Life Patch
*Say Yes to Reading Patch

Belt Loops: Communicating, Reading & Writing, Fishing

FUN FOR THE FAMILY

1. Shaping Your Family Identity	E-Family Motto
2. Developing Personal Skills	F-Game Day, G-Guess Who?
3. Building a Family Team	A-Budget Bank
4. Connecting with your Community	D-Church Help, R-Rules & Respect
5. Facing Family Challenges	Q-Security Code

The battles that count aren't the ones for gold medals. The struggles within yourself - the invisible, inevitable battles inside all of us - that's where it's at. [Jesse Owens](#)

Pre-openers

Olympic Word Search

Alice, Golden Empire Council

Look for sixteen words related to the Olympic Games hidden in this puzzle. Names may be found up, down, across or diagonally.

o	s	l	e	d	d	i	n	g	l	y
l	a	d	e	m	e	z	n	o	r	b
m	a	r	a	t	h	o	n	l	u	m
g	n	i	i	k	s	m	k	d	n	u
p	o	i	j				c	m	n	i
e	l	c	u				a	e	e	d
m	h	g	m				r	d	r	a
a	t	a	p				t	a	m	t
l	a	d	e	m	r	e	v	l	i	s
f	i	s	n	i	w	h	c	r	o	t
e	b	r	e	l	a	y	r	a	c	e
s	g	n	i	t	a	k	s	e	c	i

- | | | |
|--------------|--------------|------------|
| biathlon | bronze medal | flame |
| gold medal | jump | relay race |
| runner | ice skating | marathon |
| silver medal | skiing | sledding |
| stadium | torch | track |
| | wins | |

Jumping Rope

Great Salt Lake Council

Rope skills are fun for everyone while promoting the value of physical activity and teamwork. This is a group version of jumping rope to try. Two people turn a fairly long, substantial rope, one at each end. The remainder line up and follow each other, in quick succession, to skip, jumping one, two, or three skips and then joining the end of the queue again. A more complicated variation is to use two ropes. (Dutch Ropes), the turners hold a rope in each hand and turn the ropes alternately. It is quite a feat to skip over the two turning ropes without getting fouled up.

SPORTS ANAGRAMS

Utah National Parks Council

The word or words in capital letters can be rearranged to make the name of a sport.

1. This sport IS KING. (One word)
2. MIND BATON in this game. (One word)
3. There's a KEY CHOICE in this team sport. (Two words)
4. WIN GLOB at this sport. (One word)
5. Ride horses through LOOP at this sport. (One word - the word "horses" in the clue is a hint.)
6. SENT IN from this game. (One word)
7. SNUG FIR board needed for this sport. (One word)
8. KIT SANG about this sport. (One word)
9. At this sport LOB ALOFT. (One word)
10. LOLL BY VALE to watch this sport. (One word)

Anagrams Answers:

1. *skiing,*
2. *badminton,*
3. *ice hockey,*
4. *bowling,*
5. *polo,*
6. *tennis,*
7. *surfing,*
8. *skating,*
9. *football,*
10. *volleyball*

OPENING CEREMONIES

GO FOR THE GOLD!

Utah National Parks Council

Sam Houston Area Council

Cubmaster: Let the games begin with the grand march into the arena!

Each den enters, carrying their den flag.

Boys may carry flags of different nations they have drawn.

Dens stand in a semi-circle around the Cubmaster.

Cubmaster: Bring on the Olympic flame!

A solitary runner enters bearing the “flame”.

He runs around the arena,

then hands the flame to the Cubmaster.

Cubmaster: It is customary in the Olympics for the athletes to recite the Olympic Oath. Tonight our Committee Chairman will lead the Cub Scouts in our version of the Olympic Oath.

Comm Chair: Scouts, please make the Cub Scouts sign and repeat after me:

We promise

That we will take part

In these Olympic games

In the true spirit of sportsmanship

And that we will respect and abide

By the rules that govern them

For the glory of the sport

And the honor of our den.

Cubmaster: Let the games begin!

AUDIENCE PARTICIPATION

IT'S ALL IN YOUR MIND

Utah National Parks Council

Divide audience into three parts. Assign each part an action to do when their phrase is heard.

- **Jumping Jack:** Stand up and jump once, say “Boing” and sit back down.
- **Running Ralph:** Stand up, run in place, stomp feet 3 times and say “Zip!” Sit back down.
- **Computer Charlie:** Stand up, swing arms back and forth (like the robot from “Lost in Space”) and say, “It Computes, It Computes.” Sit back down.

This is the story about a boy named **JUMPING JACK**, and another boy named **RUNNING RALPH**, and still another boy named **COMPUTER CHARLIE**. These three boys were close friends and they went everywhere together.

JUMPING JACK got his name because everywhere he went he was always jumping over things for no apparent reason except that he liked to jump. You could see all three boys walking around town with **JUMPING JACK** jumping over benches, curbs, bushes, fences and almost anything that wasn't too high.

As you may have guessed, **RUNNING RALPH** got his name because he was always running. Maybe his legs were shorter than his two friends and he had to run to always keep up, or maybe he just liked to run.

COMPUTER CHARLIE got his name because he was a very intelligent boy who excelled at mental skills. Everyone teased **COMPUTER CHARLIE** because **COMPUTER CHARLIE** wasn't very good at sports or as strong as **JUMPING JACK** and **RUNNING RALPH**. But this never seemed to bother the three friends because they stuck together no matter what.

One day, **JUMPING JACK**, **COMPUTER CHARLIE**, and **RUNNING RALPH** were on their way to the store when they saw a local bank being robbed. The robber was making his getaway. **JUMPING JACK** jumped over the bushes and a fence to get to a house to call the police. **RUNNING RALPH** was right behind him. But **COMPUTER CHARLIE** just stood there, watching the whole thing. Thanks to **JUMPING JACK**'s jumping and **RUNNING RALPH**'s running, the police arrived at the scene in no time at all. They started to ask questions, but **JUMPING JACK** and **RUNNING RALPH** didn't know what to say because they had been too busy running and jumping to see what had really happened. But **COMPUTER CHARLIE** began telling the police everything they needed to know. He knew the model and color of the getaway car, the license plate number, the direction the robber went, and a description of his clothes and size. His mental skills were a great help to the police.

After reading about the theft in the newspaper, all of the children were so proud of **COMPUTER CHARLIE**. They never teased him again about his mental skills. They came to realize that **COMPUTER CHARLIE** was just as important as **JUMPING JACK** and **RUNNING RALPH**. Together, by pooling their talents, they were able to accomplish many great things.

Crafts

Craft Stick Pencil Holders

Materials (per Scout)

- 1 clean can (about a 15 oz size)
- craft sticks (popsicle stick size)
- tacky glue
- 2 rubber bands
- Acrylic paints
- paintbrushes

Instructions

- Glue the craft sticks to the outside of the can.
- Hold the sticks in place with the rubber bands until the glue dries.
- When dry, decorate with the paint.

As I mentioned last week, our Pack worked on the **Nutrition belt loop** at our March Pack Meeting. One of the kid's aunts, who is a nutritionist, came in and did some activities and made some healthy dishes with the Cub Scouts. One of the recipes she made with them was this fruit and yogurt parfait recipe.

The Cub Scouts enjoyed making the parfaits, especially since they had some control over what they put in their own parfait.

Invisible Ink Demonstration

Materials

- Plain white paper

- Lemon juice (in a bowl or cup)
- Cotton swabs

Instructions

4. Dip the cotton swab in the lemon juice and write something on the paper.
5. Let the paper dry completely.
6. Gently heat the paper to reveal the hidden message. A hair dryer works well or a 100 watt light bulb work well. Don't do this part without adult supervision.

Explanation

The acid in the lemon juice remains in the paper after it dries and weakens the paper. When the acidic parts of the paper are gently heated, they turn brown before the untreated paper does.

Lemon juice is commonly used in this demonstration, but any mild acid will work. Try vinegar or milk instead.

Food Fun

Fruit and Yogurt Parfait Recipe

Ingredients

- 2 cups vanilla fat-free yogurt
- 2 cups low-fat granola
- 2 cups fresh or canned fruit - raspberries, blueberries, strawberries, bananas, peaches, cherries

Directions

1. Line up 4 parfait glasses or other tall glasses.
2. Spoon 2 tablespoons of yogurt into each glass.
3. Spoon 2 tablespoons of granola over yogurt.
4. Spoon 2 tablespoons of fruit over granola.
5. Repeat layers until parfait is the size you want it.

Makes 4 to 8 servings, depending on the size

Sunflower Seed Trail Mix

Ingredients

- 1 cup sunflower seeds
- 1/2 cup M&Ms
- 1/2 cup shredded coconut
- 1 cup raisins
- 2 cups pretzels

Directions

1. Mix all ingredients together.
2. Package in two or three ziploc bags.

Pepperoni Crescent Wheels Recipe

Equipment

- 2 Bowls
- Cutting board
- Knife
- Fork
- Baking sheets
- Pastry brush

Ingredients

- 1/2 cup pepperoni
- 1/2 cup shredded part-skim mozzarella cheese
- 1/4 teaspoon dried oregano
- 1 egg, separated
- 1 can refrigerated crescent rolls

Directions

1. Preheat oven to 375.
2. Separate the egg. Put the yolk in one bowl and the white in the other.
3. Dice the pepperoni and place it in the bowl with the yolk.
4. Add the cheese and oregano to the egg yolk and pepperoni.
5. Beat the egg white with the fork.
6. Separate crescent dough into four rectangles and seal the perforations.
7. Spread pepperoni mixture over each rectangle to within 1/4 in. of edges.
8. Roll up the rolls starting with a short side;
9. Pinch seams to seal.
10. Cut each roll into six slices.
11. Place cut side down on greased baking sheets;
12. Brush the tops with egg white.
13. Bake for 12 to 15 minutes or until golden brown.
14. Serve warm.

Makes 24 wheels

Songs

WILL YOU PLAY TOO?

Sam Houston Area Council

(Tune: Frère Jacques)

Baseball, Soccer	They are games we play
Baseball, Soccer	Almost every day
Tennis too!	Will you play too?
Tennis too!	Will you play too?

TAKE ME OUT TO PACK MEETING

Utah National Parks Council

(Tune: Take Me Out to the Ball Game)

Take me out to pack meeting,
Take me to see my friends,

I want to play some games, eat a treat,
Get some awards, 'cause it is so neat.
Then it's root, root, root for the Tigers

(Tiger Cubs stand)

Cheer for the Bears and the Wolves

(Wolf & Bear dens stand up)

Then it's hip, hip, hip, hip hooray
For the We-be-los!

(WEBELOS dens stand up)

SKITS

Skittles Skit

Players:

- Scout 1
- Scouts A, B, C, etc
- Scout 2

Skit

Scout 1 is standing around on stage. Scout 2 walks on.

Scout 1: What have you been doing all day?

Scout A: I threw Skittles in a lake.

Scout 1: Fun!

Scout A walks off.

Scout B walks on.

Scout 1: Where have you been?

Scout B: I fed Skittles to a bear

Scout 1: Wow!

Scout B walks off.

Scout C walks on.

Scout 1: Where have you been?

Scout C: I threw Skittles in the fire

Scout 1: Hot!

Scout C walks off.

Scout D walks on.

Scout 1: Where have you been?

Scout D: I stepped on Skittles

Scout 1: Really!

Scout D walks off.

Scout E walks on.

Scout 1: Where have you been?

Scout E: I hit Skittles with a hammer

Scout 1: Great!

Scout E walks off.

etc.

Scout 2 walks on. *His hair and clothes are a mess*

Scout 1: Hey Scout! I don't know you. What's your name?

Scout 2: I'm Skittles!

RUN ONS

Utah National Parks Council

Cub 1: I bet I can jump higher than a house.

Cub 2: I bet you can't.

Cub 1: Yes I can. Did you ever see a house jump?

Cub 1: (shaking all over)

Cub 2: What's the matter?

Cub 1: I've got to take my medicine.

Cub 2: Can I get it for you?

Cub 1: Yes. It's that bottle over there that says "Shake well before using!"

Cub: What does a ballplayer do when his eyesight starts going bad?

Dad: He gets a job as an umpire!

1st Cub: Wow, It's a run-home.

2nd Cub: You mean a home run.

1st Cub: No, I mean a run-home. You just hit the ball through that window!!!

Cub 1: What do baseball players eat on?

Cub 2: Home plates!

Cub 1: Why do baseball fields last longer than football fields?

Cub 2: Why?

Cub 1: Because diamonds are forever.

Dark Magic Mind Reading Trick

Materials:

- Various objects. At least two of the objects should be black.

Preparation

Enlist the assistance of a secret helper beforehand. This is a great job for a Den Chief if you are doing this with your Cub Scout den. Explain how the trick works to the helper so he can assist you without anyone else knowing.

Instructions

1. Put your objects on the table. Invite the Scouts to also place some objects on the table.
2. Leave the room.
3. Have one of the Scouts select an object.
4. When you come back in, your secret helper will be the person pointing to objects on the table. He will seemingly randomly point to the objects and you will say "No, that is not the object."
5. At some point he will point to a black object. The next object he points to will be the object which was chosen and you will say "Yes, I have read your mind. That is the object."

6. Repeat the trick a few times.

Notes

Really ham it up. Scouts love that.

You will have to be a little sneaky about making sure your secret helper is the one pointing at the objects. Try not to make it obvious that you are in cahoots.

Cheers

Michael Jordan Applause

Pretend to slam dunk a basketball and yell, "Swwwwwoosh!"

Spirit Cheer

Divide the group into two sections.

The first section chants, "We've got spirit, yes we do! We've got spirit, how 'bout you?"

The first section points to the other group.

The second group responds by yelling the chant even louder. Repeat two or three times.

Olympics Cheer

Join hands, raise them over head and shout,

"Go for the Gold!"

Grand Stand Applause

All are seated.

They stamp their feet three times,

then slap legs three times.

Then all stand and shout, "Rah! Rah! Rah!"

GOLF APPLAUSE: Motion like to swing the golf club and yell "Fore"

BALL CHEER

Hold any kind of ball in your hands. When you are holding the ball, everyone is quiet.

When the ball leaves your hands, everyone goes wild and cheers.

*Try bouncing the ball, faking a throw,
or tossing it to another person.*

CLOSING

(Leader lights candle IF HELD OUTSIDE)

Cub #1: This candle represents the spirit of Cub Scouting the world over. It burns to represent the friendship and fun we can have.

Cub #2: But there is more that we can do to further the world brotherhood of Scouting. Listen to this list and try to do more.

Cub #3: Do more than belong. Participate. Do more than care. Help.

Cub #4: Do more than believe. Practice. Do more than be fair. Be kind.

Cub #5: Do more than forgive. Forget. Do more than dream. Work.

Cub #6: Do more than teach. Inspire. Do more than live. Grow.

Cub #7: Do more than be friendly. Be a friend. Do more than give. Serve.