

Golden Eagle District #15

December 2009

Theme for January "Power Up!"



DISTRICT STAFF

Jack Grotepas 280-7321	Vice Chairman Cub Scouts
Kathy Mills 280-3317	Roundtable Commissioner
Stace Briggs 280-0214	Assist. Commissioner
Deanne Pierce 282-8141	Cub Chairman
Audrey Burningham 530-9769	Chair/Committee
Linda Larsen 280-5013	Cubmaster
Bob Hartley 280-4353	Webelos
Todd Kindred 280-1117	Wolf/Bear Dens
Mark Gamble 566-1933	Activities
Bob Bott 568-6579	Activities

Cub Scouts will spend a power-packed month exploring the science of different forms of energy that we use in our daily lives. They will investigate how this energy is used and consider how to conserve it. The boys can also power up by being physically fit and working on the Physical Fitness belt loop and pin. Finish up the month with a real power-packed pack meeting.

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

Good Citizenship. Cub Scouts will see that a small act of conservation can have a large impact upon their community.

Family Understanding. Family relationships will be stronger as Cub Scouts and their families work together on energy conservation.

Fun and Adventure. Boys will enjoy exploring various forms of energy through games and activities.

The core value to be highlighted this month is:

Responsibility. Cub Scouts will learn to be more dependable in conserving our natural resources.

OPENING/FLAG CEREMONY:

Energy Powers our Lives

Materials: Large cards with the letters to spell out ENERGY and pictures representing the forms of energy discussed.

CUB SCOUT #1: In our lives, we use many forms of energy.

CUB SCOUT #2: (Letter E and picture of electrical outlet) Electricity is used to power the lights, computers, and appliances in our homes and schools.

CUB SCOUT #3: (Letter N and picture of a flame) Natural gas, like oil produces heat to keep us warm during those cold nights.

CUB SCOUT #4: (Letter E and picture of ear of corn) We can blend ethanol with gasoline to power our automobiles.

CUB SCOUT #5: (Letter R and picture of raindrop) The rain that falls from the sky fills the lakes and rivers that we use to produce hydroelectric energy.

CUB SCOUT #6: (Letter G and picture of geyser) Geothermal energy is produced from the heat of the earth.

CUB SCOUT #7: (Letter Y and picture of a Cub Scout) But the most important form of energy comes from each of you. It's fueled by the enthusiasm you bring to Cub Scouting.

CUB SCOUT #8: We use energy in nearly everything we do. Let's all work together to POWER UP!

HELP!!!!

We need your help! We need you to be on Roundtable staff with us. It's fun, it's rewarding, and it's not hard. We need teachers for our Den Leader and Webelos Leader classes. Please talk to Kathy Mills and join our staff today!



APPLAUSES:

Lightening Bolt: Divide into two groups. The first group yells, "ZIP!" The other group yells, "ZAP!" Then everyone yells together, "BOOM!". Repeat twice.

Electricity Applause: Place both index fingers together and say "Zip, zap, zop!"

Electricity Applause 2: "That was electric!"

Fire Applause: Hold hands out in front of you as if in front of a campfire, sigh and say, "I feel warm all over."

Great Job Applause: Group stands and says "GREAT JOB GREAT JOB GREAT JOB, getting louder each time.

TRAINING: WOOD BADGE

Don't your Scouts deserve the best?? Then they need a well-trained leader!! Start planning now on attending Wood Badge. Our council has courses throughout the year. Figure out what is best for you and find a course!! Wood Badge is a training in leadership development.

There are two parts to Wood Badge training: First you will learn a series of leadership skills in a six-day course which takes place over two weekends, or over a one week period. During that time you will develop a set of goals. These goals are centered on your current Scouting position. This combination of hands-on direct experience and application of leadership skills is incredibly effective. Wood Badge has served as a source of training and inspiration to thousands of Scouters, who in turn have affected the lives of millions of America's youth. Most participants also discover ways not only to use the leadership skills in their Scouting positions but also to better their personal lives.

Through this living and working experience, you develop knowledge and practical understanding of these leadership skills. You will clarify what you want to accomplish in your Scouting position, and learn how to apply these skills to your Dens and Packs. Subsequently, you practice these leadership skills to help make you successful in your Scouting position.

Please ask a member of the Roundtable staff for more information.

PRAYER:

We give thanks for the energy that lights our homes, keeps us warm, and powers our daily lives. Help us learn to conserve our natural resources so they will be available for future generations. Amen.

Knowledge is power and enthusiasm pulls the switch. -Steve Droke

SONG: Mr. Solar Sun

Tune: Mr. Sun, Sun, Mr. Golden Sun

Oh, Mr. Sun, sun, Mr. Solar Sun
Please give me energy
We use solar power for many things
To light our homes and heat it too
These little Cubs are asking you
To please come out so we can cook some food,
So Mr. Sun, sun, Mr. Solar Sun,
Please give me energy.
So come on and do the things you do.
Oh, Mr. Sun, sun, Mr. Solar Sun
Please give me energy,
Oh won't you give me,
Please give me energy.
Please give me energy!

BOOK SPOTLIGHT:

Academic and Sports Belt Loops

Did you know that we are getting some new belt loops and pins added to the program?

Check out the new belt loops and pins!

- Abilities Awareness
- Family Travel
- Good Manners
- Hiking
- Hockey
- Horseback Riding
- Nutrition
- Kickball
- Pet Care
- Photography
- Reading and Writing
- Skateboarding
- Video Games

Cub Scout Academics and Sports Program Guide is not expected to arrive in scout shops until February or March 2010 so keep checking in!!!

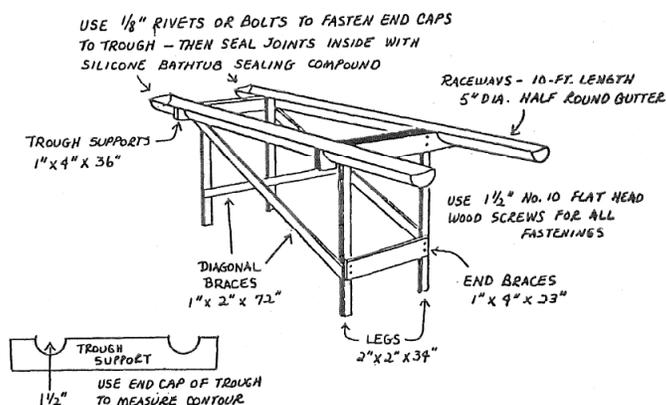
RAINGUTTER REGATTA

Use your "wind power" by having a Raingutter Regatta!



Materials Needed for Double Raceway:

- 2 - 10 ft. lengths of 5" diameter half round gutter
- 4 - End caps for gutter and rivets or bolts to attach end caps to gutter
- 2 - Trough supports 1" x 4" x 36" long boards. Cut them out so that gutter fits snugly
- 2 - End braces - 1" x 4" x 23"
- 4 - Diagonal braces - 1" x 2" x 72"
- 4 - Legs - 2" x 2" x 34"
- 1_ #10 flat head wood screws for all fastenings (Bolts could be used to fasten the braces on the legs to allow for easier disassembly for storage.)



Turn On The Power

What is the most powerful thing you can think of? Is it a locomotive that can pull a hundred railroad cars? Or is it a mighty rocket with giant engines that roar and belch fire? Is it a nuclear energy plant with enough power to light up a whole city? Or is it the sun, with enough energy to warm a whole planet? As powerful as all these things are, there is a limit to their energy. A locomotive and a rocket can run out of fuel, and the fuel rods of a nuclear plant wear out after a while. Even the sun sets after a few hours, leaving half the world cold and in darkness. But there is another power source that never runs out of energy and that will never leave us in the cold. That power is God, and it's important that we learn how to connect with God's power. We learn how to do that by regularly attending our place of worship and living by the values we learn there. Why don't you 'plug in' to the greatest power in the universe by worshipping God this week.

DEN CHIEF RUN ONS

1. What did the baby light bulb say to the mommy light bulb? I love you watts and watts!
2. Why do transformers hum? They don't know the words.
3. Why was the free electron so sad? It had nothing to be positive about!
4. Why did the gardener plant a light bulb? He wanted to grow a power plant.
5. How do energy-conscious people feel about wind power? They're blown away.
5. How do we know that wind power is popular? Because it has so many fans.
6. How did Benjamin Franklin feel when he discovered electricity? He was shocked.

CUBMASTER MINUTE: Life Without Power

What would life be like without power? Can you imagine having to go to bed when the sun goes down, dipping water from a stream and having to sanitize it or washing your clothes by hand? Maybe we have grown too accustomed to living a life of luxury. Imagine a life with no television, video games, or our cell phones! Imagine running out of energy. Let's always remember to use energy wisely.

SIMPLE SCIENCE EXPERIMENTS

DANCING RAISINS: Pour a can of sprite into a jar and then drop raisins in. The carbonation picks the raisins up and gravity pulls them down.

FLOATING METAL: You will need a glass of water, and a paperclip. Fill a glass with water to the top and rest a paperclip on the surface.

BREAKING THE TENSION: You will need 4 toothpicks, shallow dish of water, dish soap, dropper. Fill the dish with water and allow it to settle so that the surface is completely smooth. Carefully float the toothpicks on the surface of the water, arrange into a star shape. Using the dropper add a drop of dish soap to the water in the center of the dish. This breaks the tension and the toothpicks are instantly drawn outward by the stronger surface tension around the edge of the dish.

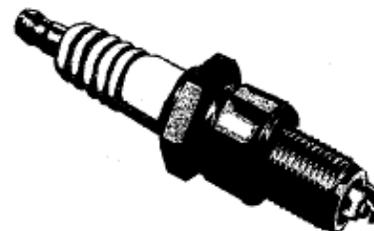
COKE BOTTLE BALLOON FILLER: You will need a coke bottle, balloon, ¼ cup vinegar, and ¼ cup baking soda. Place baking soda in the coke bottle. Pour vinegar into the balloon. Fit the top of the balloon over the top of the bottle and flip the balloon so that the vinegar goes into the bottle. The gas formed from the mixture will blow the balloon up so that it will stand upright on the bottle and begin to expand.

CALENDAR:

- December 29th and 30th - Winter day camp @ Camp Tracy
- January 16th - Basic Training
- February 6th - Den Chief Training
- February 8th - Happy 100th Birthday, BSA!!!!
- February 25 - 100th Anniversary Gala 7:00- 9:00 PM Tickets available online \$15
- March 6, 2010 – Scout-O-Rama kick off
- March 27- Scouting for Food
- April 17- BALOO (Basic Adult Leader Outdoor Orientation) 8:00 a.m. - 4:00 p.m.

TRAINING HIGHLIGHT: Prevent Leader Burnout.

Among our most precious resources in Scouting are our leaders. If we expect them to burn brightly all the time, they will eventually burn out and their light spark will be gone. Remember, some of the activities of a Pack can be delegated to parents and others within the Pack (like Blue and Gold Banquet, Pack Meeting, etc.). Remember to recognize your leaders not only in front of the pack, but make sure to have frequent, informal recognitions as well. And as always.... Roundtable is an excellent place to get recharged!



AWARD OF THE MONTH:
Emergency Preparedness Award



Visit the following website for guidelines:
<http://www.scouting.org/scoutsource/Media/Publications/EmergencyPreparedness.aspx>

SONG: **We've Got That Power**
Tune: I've got that Cub Scout Spirit

We've got that solar power, giving us heat
Growing the plants, so we can eat
We've got that solar power giving us heat
giving us heat today.
We've got that wind power, blowing on in
Flying our kites, high in the wind
We've got that wind power, blowing on in
Blowing on in today
We've got that water power, rushing right thru
Turning the wheels, making power for you.
We've got that water power, rushing right thru
rushing right thru today.
We've got that Cub Scout power, deep in our hearts
We never rest, doing our best
We've got that Cub Scout power deep in our hearts
Deep in our hearts to stay.

PACK ACTIVITIES:

Arrange for your pack to visit a recycling plant; the water district; or listen to a weather station through TV or radio.

For personal powering up - tour a health spa or a gym. This is a good way of telling your pack the importance of different exercises and why a balanced diet is needed.

RESOURCES

- www.e-scoutcraft.com
- Jordan Valley Water Conservancy District (call to make an appt.)
- <http://www.jvwcd.org/>
- <http://www.rockymountainpower.net/env.html>
- http://www.energyatlas.org/PDFs/LowRes/atlas_state_UT.pdf

BOY SCOUTS OF AMERICA
100 YEARS OF SCOUTING



CELEBRATING THE ADVENTURE
CONTINUING THE JOURNEY