



# Northern Tier Roundtable Helps

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## Theme: Cubstruction Webelos Badges - Engineer and Athlete

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### Pack Meeting Pizzaz

#### OPENINGS

#### TOOLS IN CUB SCOUTING OPENING CEREMONY

CUB SCOUT 1: (*carrying a hammer*) In Cub Scouting we learn to build character.

CUB SCOUT 2: (*carrying a plank*) It isn't what the boy does to the wood, but rather what the wood does for the boy.

CUB SCOUT 3: (*carrying a plane*) Through Cub Scouting we learn to remove the sharp edges from ourselves.

CUB SCOUT 4: (*carrying sandpaper*) As we grow in Cub Scouting, we become more refined and smooth in our manners.

CUB SCOUT 5: (*carrying a tool chest*) Our talents are gathered together, and we get a chance to try them out when our den works on the themes each month.

CUB SCOUT 6: (*walking with an adult*) Our parents help us learn how to use the tools of life when they help us do our achievements.

ALL CUB SCOUTS: Now, it's time to use another tool. Please stand for the Pledge of Allegiance and the salute our flag.

(Flags are brought in.)

#### BUILDING A CUB SCOUT OPENING CEREMONY

Equipment: 7 Cub Scouts with the tools they mention; a copy of the ceremony

CUB #1: "AWL" Cub Scouts should remember the Cub Scout motto, "Do Your Best." This means at home, school or play, Cubs always do their best.

CUB #2: Cub Scouting "CHISELS" out a well-rounded program for boys to work and play in, with hopes of forming solid future citizens.

CUB #3: In Scouting, boys work on projects according to their age "LEVEL". Each year brings new skills and achievements that help Cubs become Boy Scouts.

CUB #4: Cub Scouting helps to "FILE" the rough edges off of boys and smooth their way as they begin to grow into capable young men.

CUB #5: The Cub Scout promise

#### MARCH CALENDAR

- 1 Day Camp Staff Meeting
- 2 Roundtable
- 7 New Leader Essentials  
Youth Protection Training
- 8 University of Scouting Staff  
Meeting
- 25 Super Saturday 2  
Scoutmaster & Assistant  
Scoutmaster Training
- 31 Troop Committee Challenge

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helps "DRILL" into the boys a sense of duty to God and country and helping others.

CUB #6: All leaders can help to "HAMMER" out the need for leaders by volunteering to help the pack in their own special way.

CUB #7: "WOOD" everyone now stand and repeat the Pledge of Allegiance.

## ADVANCEMENT

### CUBSTRUCTION

#### ADVANCEMENT CEREMONY

*Materials:* 12 boxes wrapped like bricks, Wolf and Bear badges

The Cubmaster is onstage announcing it is time for awards. The first assistant walks in with the 12 boxes wrapped like bricks. Labels are on the side of the blocks facing away from the audience. The assistant starts building something.

CUBMASTER: What are you doing?

ASSISTANT: I'm getting ready to do some Cubstructuring.

CUBMASTER: Don't you mean constructing?

ASSISTANT: no, Cubstructuring. See, the blocks are *(turns the blocks around)* Feats of Skill, Your Flag, Keeping Healthy, Know Your Home, Tools, Collecting, Your Living World, Cooking and Eating, Be Safe, Family Fun, Duty to God, and Making Choices.

CUBMASTER: Oh, I see, you're

Cubstructuring a Wolf Cub Scout. Well, we have some boys who recently earned their Wolf badges. Let's call the Wolf Cub Scouts and their parents up and award their badges to them. *(They do this.)*

*(Assistant enters carrying three buckets with labels away from the audience; he is muttering to himself.)*

CUBMASTER: What are you up to?

ASSISTANT: I'm supposed to Cubstruct a Bear Cub Scout. I have the mortar. That's the stuff that holds everything together. *(He turns buckets one at a time, reads and shows the labels: "boys," "parents," "leaders.")* I don't know where to begin because I need only 12 blocks and there are 24 to choose from.

CUBMASTER: Well, we have some boys who have recently earned their Bear badges and are willing to come forward and help you. They can tell you what blocks they chose to earn their Bear badge. Let's call them and their parents up to the stage. *(They do this.)*

*(The Bear Scouts tell which achievements they did to earn their Bear badge.)*

CUBMASTER: Remember, it takes all three parts to build a successful pack program - boys, parents and leaders. Congratulations to all who received their badges here tonight.

## SKITS

### MEASUREMENT PROBLEM SKIT

*(Two Webelos Scouts come on stage carrying a long pole. They prop it up, the stand back and look at it.)*

WEBELOS 1: Now there are several ways we can figure out the height of this pole. How do you want to start?

*(They unsuccessfully try various methods of estimation to calculate the height of the pole. The conversation goes something like this...)*

WEBELOS 1: According to my calculations, that pole is about 6 feet high.

WEBELOS 2: There's no way. It has to be shorter than that. Just look at it.

*(This kind of exchange repeats several times as the Scouts obviously become more and more exasperated. A Cub Scout strolls onto the stage.)*

CUB SCOUT: Hi! *(He watches a bit.)* What are you guys trying to do?

WEBELOS 1: We're trying to measure the exact height of this pole.

CUB SCOUT: Why don't you just lay the pole down on the ground and measure its length?

WEBELOS 1: *(Scornfully)* Cubs!

WEBELOS 2: I'll say. (*To the Cub Scout*) Didn't you hear right? We want to know how tall the pole is, not how long it is!

## AUDIENCE PARTICIPATION

### GUESS THIS TOOL

Quickly divide into groups of "cubstruction workers." Have a toolbox filled with tools of all kinds. The game leader holds up tools one at a time; the groups guess what tool it is and must use the correct name. Award construction-type awards to the members of the group(s) that guess the most tools correctly. (Awards could be hard hats for each, golden nails, permits or certificates to use tools, etc.)

### HOW TO BUILD A THINGAMAJIG

Doodads: "Clickety clack, clickety clack"

Dingford: "Whiz, bang, boom"

Freedistant: "Whoosh, shoosh"

Hygoricky: "Snap, crackle, pop"

Scatuhreekus: All sounds together

Very few families these days can get along without a thingamajig. While they can be purchased already assembled in a wide range of shapes, sizes and colors, they are relatively easy to put together yourself, using one of the many kits available. Just follow these directions and you'll have yours built in no time at all.

The DOODADS of the thingamajig kit are enclosed in a plastic gizmo and stapled with the yellow

assembly DINGFORD to a FREEDISTANT. The assembly DINGFORD may be placed upon any corrugated doomaflatchy or use the FREEDISTANT to assemble your DOODADS. Carefully remove the plastic gizmo of the DOODADS from the FREEDISTANT and lay out the DOODADS on a clean acka-ma-rackus. Learn the name of each part of the DOODAD by comparing them with the assembly DINGFORD and assemble the DOODADS in the correct order. You will need a drill with a 3/16" gizflunky for the HYGORICKYS and a pair of pliers.

Using a witchafiggle, carefully punch 1/8" whatnots through the assembly DINGFORD and FREEDISTANT where each HYGORICKY goes. These whatnots are openings for the hoosis HYGORICKYS used to fasten the DOODADS together. Now hammer the frammis to the tootenanny and under the HYGORICKY, as shown on the DINGFORD. If the order is reversed, the thingamajig will not operate properly.

Tighten two fistareous valves underneath the FREEDISTANT, using your dealy. The fistareous valves are used to widget the thingamajig hickeyes from one DOODADS to another. Now punch a hole in the jigger and the duflunkey by the whatchamacallits. Put a dingus on each HYGORICKY and tighten the DINGFORD. Be sure the dingus is loose enough so that the thingamabob can rotate easily, but don't have it too loose, or it might become discombobulated and fall off and hit somebody in the doohicky.

Now the assembly is completed and you should have a smoothly operating thingamajig when you turn on the SCATUHREEKUS.

*Santa Clara Council*

## CLOSINGS

### CUBSCOUTING IS LIKE CONSTRUCTION CLOSING CEREMONY

*Materials:* Three straight tree branches or poles 4 feet to 5 feet long, 3-foot length of heavy cord

CUBMASTER: (*picks up cord*) Boys and parents, this cord represents the pack. (*Picks up a branch*) This pole represents you as a Cub Scout. Stand the branch on end, let go, and it will fall.

Now, the Cub Scout doesn't join the pack all alone. (*He ties two poles together at the top, stands them on the floor, but doesn't let go.*) Will these two poles stand by themselves? (*Cub Scouts reply no, and the Cubmaster lets them fall.*)

(*Picks up the third pole.*) This pole represents your parents. Let's tie it to the other two. (*He does so, forming a tripod.*) Now it can stand. We can see that it takes all of us - Cub Scouts, leaders, and parents - working together to make our pack go. Take away the parents, the leaders, or you Cub Scouts, and the pack will fall. Let's remember that and stand tall together!

## CUBSTRUCTION CLOSING THOUGHT

Cub Scouts, I hold in my hand a pocketknife. This is a valuable tool because it can be used for many useful things. It is a dependable tool as long as the blade is kept sharp and free from rust, and the working parts are in good condition. But if it is neglected and becomes dull and rusty, it can be dangerous. The same principle will serve well for us. We have a body, which when kept in good condition, will work well for us. But if we fail to take care of ourselves, we can become rusty and dull like a neglected knife. Do your best to keep fit!

## GAMES

### NAIL-DRIVING RELAY

*Materials:* 2-by-4s for each team (you can have as many teams as you want), large roofing nails, hammer for each team, safety goggles. Each boy has one nail to hammer in.

Set up the 2-by-4s at the far side of the room. Put the safety goggles, hammer, and nails next to them. Boys line up in teams. On a signal the first runs to the 2-by-4, puts on the safety goggles, and hammers a nail into the wood. When done, he puts down the hammer, takes off the goggles, and runs back to tag the next team member.

*Note:* Have an adult at each 2-by-4 to supervise and make sure each boy puts on the safety goggles.

## PACK MEETING GAME: PIPELINE

*Materials:* For each team or den, you will need three pieces of PVC pipe (not too long), three PVC pipe fittings for the pipe, one hard hat, one pair of safety goggles, one pair of work gloves, six small marbles that will fit through the pipe, one bucket

Place pipe, fittings, hard hat, gloves, and goggles where the teams line up. Place bucket and marbles at the opposite end of the room.

The first player puts on the hard hat, gloves, and goggles. He picks up a piece of pipe and runs to the end of the course. He places the pipe on the floor and returns.

2. The second player puts on the hard hat, gloves, and goggles and runs to the end of the course with a pipefitting. He attaches the fitting to the pipe and returns.
3. The third player puts on the equipment, takes a piece of pipe, runs to the end of the course and attaches pipe to the fitting.
4. This continues until the last piece is placed.
5. The last player calls the team and they all go to the opposite end of the room and roll the marbles through the pipe and into the bucket. The first team to complete the pipeline and roll the marbles through the pipeline into the bucket wins.

## BROKEN DOWN CAR RELAY

Two teams line up single file at a starting point. The first player on each team represents a flat tire. He hops to the goal and back. The second player is a broken radiator, he makes a hissing sound as he runs to the goal and back. The third player has water in his tank and he moves forward three steps and backward two steps until he has covered the course. Number four has a run down battery and number five pushes him home. Number six has a shell off and he moves on two hands and one foot. Number seven can only move in reverse so he runs backwards. Number eight is in good shape so he turns fast. Use other ideas as desired. You may want to write down each boy's roll on an index card and give it to the boy.

### STATE LANDINGS

Cut cardboard shapes of different sizes to represent the states. Suspend them from the ceiling or on the wall. Make paper airplanes and let each player have three chances at throwing a plane and hitting a state. Have the player stand about six feet away. Set a point value on each state. The smallest being worth the most points. The player with the highest score wins.

### CHEERS

**Cubstruction Chant:** Hammer, saw, nail - put us to the test. You'll never fail when you do your best!



### CHAPLAIN'S CORNER

#### PRAYER

"We hope to build up our Cub Scouts just as we show them how to build things in our world. May we maintain the same positive attitude we want our Cub Scouts to have. May they be reminded of the wonder and beauty of the creation around them as they do their best to create their projects. Amen."

#### I AM A SCOUT LEADER

For any of you that have never had the experience of spending a great deal of time with bunches of little boys dressed in Scout uniforms, I am going to give you a glimpse at an incredible phenomena of nature—yes, you are going to get your first (and probably your last) peek at what it's really like to be a Scout Leader.

A Scout Leader is a man or woman who signs up to "help out for a month or two," and ends up helping out" for two and one-third years per son, times the number of sons they have. Any Scout Leader having more than 2.7 sons is eligible for the Grand Award of the Rubber Room, if they can stick it out that long (at least that's what they promised ME!!)

Scout Leaders are people who go to camp!! Hey go with great enthusiasm, high expectations, and a bright smile! They come home with at

least two blisters, sand in their teeth, Sloppy Joe down the front of their uniform, and a heavy backpack that contains three neckerchief slides, one old tennis shoe, someone's damp T-shirt, and that tooth Freddy Benson lost when bit into his celery at lunch.

You can always spot a Scout Leader coming home from camp. They're the ones in the car with 6 sleeping boys, holding a wet swimming suit over their foreheads, and babbling to the steering wheel about a hot shower. THAT person has been to camp—you can bet your life on it.

A Scout Leader learns early to over plan for every Scout meeting... way over!! Show me a person who can run a successful Scout meeting, and I'll show you a person who has learned the hard way that every planned 90 minutes of activity will be accomplished in 12 minutes flat.

Scout Leaders are highly educated people. They know how to tie knots, and sometimes which is often more crucial, how to untie them. They know how to come up with 14 consecutive "quiet" indoor games when it hails on a picnic day; the know how to take 11 boys to the circus and come home with at least 8 or 9. They know how to decipher an 8 year old's directions on just where his house really is, in the dark, and how to mentally block out the last 47 verses of "99 bottles of beer on the wall" when they are driving.

A Scout Leader is a person with a strong back, very sharp hearing, an extremely patient spouse, and

preferably a minivan.

They are also people who have participated in the development of a truly marvelous creature—a boy. And when they see a group of 3rd year Scouts receiving their Webelos colors, they get a lump in their throat. Because even though there were many days of frustration, even though they remember finding gum under their chairs and chocolate on the car seats, and even though only one of the boys in the group is actually their own, they have become, and will always be, their boys.

Charlotte Nelson Abenth, "Through Strands of Redhair."

1996 Pow Wow Book, Blackhawk Area Council, BSA (Dixon, Illinois)



### SONGS

#### CUBSTRUCTION

(Tune: Alouette)

*Chorus:* Cub-struction, we build with Cubstruction. Cub-struction it's how we build our world.

First you take a block of wood. Then you cut it down to size - Block of wood - cut to size, OOOooohhh... *Chorus*

Next you take the right size nail, Then you hammer carefully - Right size nail - carefully Block of wood - cut to size OOOooohhh... *Chorus*

Now you take a big paintbrush,

Then you paint it very nice -  
Big paintbrush - very nice  
Right size nail - carefully  
Block of wood - cut to size  
OOOoohhh... *Chorus*

Last we put our name on it.  
Then we know that we are done.  
Name on it - WE ARE DONE!  
(*Yell loudly*)

### **WHACKED MY THUMB** (*Tune: Jimmy Crack Corn*)

When I was young I went to play  
In father's workshop one fine day.  
I took a hammer, some wood and  
nails,  
And tried to make some kitchen  
scales.

#### *Chorus*

Whacked my thumb and I don't care  
Hurt it bad, but I don't care  
Whacked it good but I don't care  
The feelings gone away.

I joined the local Cub Scout Pack  
I learned to make a neat tie rack  
A little skill was all it took  
They had instruction in the book.

### **POUND THE NAIL**

(*Tune: Row, Row, Row  
Your Boat*)

Pound, pound, pound the nail,  
Pound it right on through!  
If you miss and pound your thumb,  
Then it will turn true blue!

### **TOOLBOX SONG**

(*Tune: I'm a Little Teapot*)

#### *Chorus:*

I'm a pair of pliers just because,  
Here is my handle here are my jaws  
Keep me in your toolbox bright and

new  
Take me out and I'll work for you.  
I'm a coping saw that's strung too  
tight  
Pull me then, push me to use me  
right.

#### *Chorus*

I'm a big strong hammer, a mighty  
tool  
Hit the nails only, that's the rule.

#### *Chorus*

I'm a happy c-clamp, tell you what  
I do  
I eat board sandwiches filled with  
glue.

#### *Chorus*

I'm a handy wood plane, give me  
a try  
I can help you out if your door's  
too high

#### *Chorus*



## **CRAFTS**

### **CUBSTRUCTION RECOGNITION AWARDS**

*Materials:* Small wooden plaques,  
toy tools or tools, carpenters glue,  
sandpaper, permanent marker

Sand plaques until smooth. De-  
cide on different types of recogni-  
tions such as a hammer (for build-  
ing character), sandpaper (for  
smoothing out the pack program),  
a level (for creating equal fun),  
pliers (for tweaking the program),

nails (for nailing down the guest  
speakers), wrench (for tightening  
up the pack budge), etc. After  
gluing the tool onto the plaque,  
use the permanent marker to write  
your message.

### **CAN-DO GAME**

*Supplies:* one piece of wood 1/2" x  
3" x 24", two clean (pop) cans with  
lids cut off, glue, and one ball (1"  
diameter)

Glue the cans to the flat side of the  
smooth board, with the closed can  
ends even with the end of the  
board and let it dry completely.

*Play the game:* Place the ball in the  
center of the board, then try to get  
the ball into one can by tilting the  
board. Score one point for every  
ball that goes into a can. The  
player with the highest total after  
ten tilts, wins.

### **MARBLE RACEWAY**

*Supplies:* several paper tubes  
(about same diameter but any  
length), tape, marbles

Make several styles of pieces:  
straight (cut in half the long way to  
form a trough), angle (cut out a V-  
shape from the center to make the  
bend), and chutes (toilet paper  
tubes are good sized).

Make any configuration desired,  
taping the tubes together and  
mount it so there is a downward  
angle for the marble(s) to roll.

Add a giant bell at the end of the  
last chute to signal the finish!

## WEAVE A BASKET

**Materials:** 8 yards light twist, spray can lid, masking tape, tacky glue, ruler, scissors

Cut four 8" twist. Wrap around spray can lid and tape down on the inside of the lid. The reeds will look like a bike spoke. Use six 1 yard length twists (any longer makes it hard to handle). Slip twist under bottom spoke closest to the center and glue down. Weave over and under, pulling tight. Go under twice in the 2nd row to reverse the weave pattern. Go under twice for each row. When the end of the one yard twist ends, weave under spoke and glue. When you reach the edge of the cap, start weaving on the side of the cap and pull up the twist.

Weave until you reach the bottom of the cap. Cut extra twist and weave under spoke and glue. Untape from inside the cap and remove the lid. Fold the spokes to the inside of the basket and glue to the inside. If you want to put handles on the basket, use three 9" twist with wire filament. Twist the three together. Shape into a handle. Cut 1" off the 2 wires, leaving one wire extended. Do to both ends. Weave the single wire two or three levels into the basket.

## MUSICAL CHIMES

**Materials:** 8 glass bottles, Wooden spoon, Water

Fill each bottle with water. Start with 2 1/2" and add a little more to each bottle. Place the bottles next to each other, close but not touching. Starting with the fullest tap the bottles with the spoon where the water is. You will hear notes. Blow over

the top of the bottle lip for a different sound.

## SAND DOUGH

**Materials:** 1-cup sand, 1/2-cup cornstarch, 1 tsp. cream of tartar 3/4-cup hot water

Mix sand, cornstarch and cream of tartar in an old saucepan. Add hot water. Cook over medium heat, stirring constantly until mixture is very thick and can't be stirred further. Cool slightly and mold into various shapes use plastic molds or let scouts create their own designs. Allow to dry. Paint if desired. (Store leftovers in airtight container.)

## TOOL TOTE

Hobbyist often need a handy tote for carrying tools and small objects. You can make one similar to the one used by carpenters out of a pair of jeans that you don't wear any longer. Cut out the back of the pants and leave the belt strip with the snap or button attached as shown. Fasten it around your waist so the pockets are in front. Hang hammer from belt loop.

(Northwest Suburban Council)

## POCKET SHRINK ART

In the grocery store are many hard plastic containers. Most of them have a symbol in what type of plastic they are. (This symbol is found usually on the bottom in a triangle. Especially in the bakery section, watch for the 6 type of plastic. If you happen to buy something in this type of plastic, cut out the flat, clear parts and

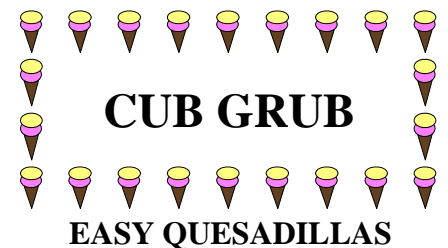
save it. This is shrink art plastic!

1. Use "Sharpie" permanent marker pens to draw bugs, arrowheads, sport logos, their name in a shape, etc. Cut out the piece close to the picture. Hole-punch a hole in it if you want to.

2. Give each boy a 6" square of aluminum foil to place one cutout on. Place foil on a small cookie sheet. Put into a 250-degree oven or in a toaster oven set on "toast," Watch closely. Within seconds the piece of plastic will curl up and shrink. Then it will lay out flat again. Remove it from the oven. To flatten them even better, press down with the bottom of a drinking glass while it's hot.

3. Now make more things out of the scraps left over. How small can you make them and still see what it is? If you hole punch the item before baking, you can string them together. But the most fun is just putting your microscopic collection in your pocket. It's your very tiny treasure!

(TrapperTrails Council)



Mix one can of cheddar cheese soup, 1/2 cup salsa and 1 pound cut up cooked chicken or turkey. Warm 3 minutes in the microwave. Scoop onto tortillas and fold the tortilla in half. Place on a cookie sheet. Cook 5 minutes in a 400 degree oven. Eat and enjoy!

### PAINTBRUSH COOKIES

*Ingredients:* 1/3 c shortening, 1/3 c sugar, 1 egg, 2/3 c honey, 2 3/4 c flour, 1 tsp baking soda, 1 tsp salt

Egg yolk paint: 1 egg yolk, 1/4 tsp water, food coloring

Preheat oven to 375 degrees F. Roll out dough using floured pastry cloth. Roll to 1/4" thickness. Cut into different shapes using cookie cutters. Set on greased baking sheet. Paint designs with egg yolk paints. (Blend egg yolk and water. Divide among several custard cups. Add different food coloring to each cup. Paint designs using small paintbrushes. If egg yolk, thickens while standing, add few drops water.) Bake 8-10 minutes at 375 degrees F. For clear colors, do not let cookies brown.

### YUMMY COOKIES

Melt 1 package of butterscotch chips (2 cups) and 1 cup peanut butter in the microwave about 2 minutes or until the chips melt when stirred. Quickly put in 6 cups of corn flakes and gently stir until all the cornflakes are coated. Drop the cookies onto a cookie sheet that was lined with wax paper. Freeze for 5 minutes and then eat!!!

### Cinnamon Apple Wraps

*Ingredients:* 8 7-in. flour tortillas, 2 cups unsweetened applesauce, 2 cups reduced-fat cheddar cheese, 2 1/2 Tbsp. ground cinnamon, 2 1/2 Tbsp. granulated sugar

1. Mix cinnamon and sugar together.
2. Spread 1/4 cup of applesauce over tortilla.
3. Sprinkle 2 tsp. of cinnamon over applesauce.
4. Top with 1/4 cup of Cheddar cheese.
5. Wrap each tortilla and heat in microwave until cheese melts. 8 servings

### BREAD-IN-A-BAG

*Materials:* 1 cup all-purpose flour, 1 package rapid rise yeast, 3 Tbsp. non-fat dry milk,

Combine ingredients in bag and seal. Shake and work the bag to mix all dry ingredients. Open bag and add: 1 cup hot water (125 to 130 degrees), 3 Tbsp. vegetable oil, Reseal bag: Mix by working bag with fingers. Open bag and add: 1 cup whole wheat flour. Reseal bag and mix thoroughly. Add: 1 scant cup all purpose flour. Mix until dough pulls away from the side of the bag. Continue to knead dough in bag for 2 to 4 minutes. Let the dough rest; form into rectangle. Place into a loaf pan. Can let set for 20 minutes or bake immediately. Bake in a 375 degree oven for 25 minutes or until done.

### TIGER TOOTSIE ROLLS

*Ingredients:* 2 tbsp. margarine (room temp), 2 tsp. vanilla, 1/2 cup corn syrup, 3 cups powdered sugar, 2 squares chocolate (melted), 3/4 cup dry powdered milk

Put all ingredients in a zip lock bag and knead until mixed. Roll into balls or log shapes.

### KANGAROO POCKETFUL OF GOODIES

*Ingredients:* 1/2 to 1 pocket bread per scout, 1/4 to 1/2-cup chicken or turkey per scout, tomato slices if they want, 1 TBS chopped walnuts, mayonnaise or salad dressing, lettuce, 1 slice cheese per scout

Slice the pocket bread in half (if using a whole per scout) open it. Spread mayonnaise or salad dressing in center. Add turkey or chicken and cheese slice. Cook in microwave for 30 - 40 seconds for 1/2 or 1 minute for a whole pocket. Insert slices, lettuce, and chopped walnuts.

(Northwest Suburban Council)

### CUBMASTER'S MINUTE

Isn't it strange that princes and kings  
And clowns that caper in sawdust rings  
And common people, like you and me  
Are builders for eternity?

Each is given a bag of tools  
A shapeless mass, a book of rules  
And each must make ere life has flown  
A stumbling block .... or a stepping stone

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★  
★ WEBSITE OF THE MONTH ★  
★ B4UBUILD.com For Kids ★  
★ <http://www.b4ubuild.com/kids/kidlinks.html> ★  
★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

## WEBELOS ENGINEER ACTIVITY BADGE

### PAPER BRIDGE BUILDING COMPETITION

*Materials:* Two rolls of masking tape, two stacks of newspapers (Sunday paper size), four chairs with backs, two identical sets of books or blocks for the weights, scissors, pencil, ruler

Divide the den into two groups. Give each group a roll of masking tape and a stack of newspapers. Set up the chairs in pairs about 4 feet apart. Using the materials provided, each group must make a bridge that spans from one chair to the other.

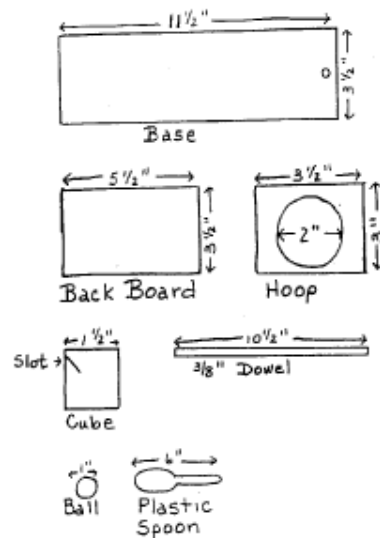
After a set amount of time (30 to 45 minutes), see how much weight each bridge can support without falling. The bridges can be any kind of bridge, but they must span between the chairs without touching the ground.

### THEY DO WHAT?!

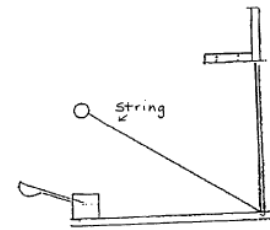
At a den meeting, hand out copies of the Employment section of the local news paper. Include listings for Computer Professionals, Professional Degree Required and Engineers Technical Have the boys go through each section and pick one of the openings, then have them explain to the rest of the den what kind of work they would be doing if they were hired for that job. It is real very interesting to see how the boys view some of the jobs and which ones hold the most interest. This activity takes about 30 minutes to complete.

### BASKETBALL CATAPULT

*Materials:* 1" x 4" board (base, backboard, hoop), wooden block (approx. 2" x 2"), 3/8" diameter wooden dowel, plastic spoon, heavy string, ping pong ball



Cut base to 11 1/2" length and backboard to 5 1/2" length. Drill holes 3/8" in diameter and 1/2" deep in backboard and base for dowel. Cut a slot at a 15 degree angle in a cube block large enough for the handle of a plastic spoon. Cut hole for the hoop first, then finish cutting the hoop piece. If preferred, you can substitute a short length of 2" PVC pipe for the wooden hoop. Glue the hoop to the backboard (if using PVC, screw in to backboard), then glue the dowel into the pre-drilled holes in the backboard and base. Glue the cube block to the base and insert the spoon into the slot. Cut string and attach one end to the base of the dowel rod and the other end to the ping pong ball. Let 'er rip!



### MARBLE SPIN

*Materials:* 2 - 9" paper plates, 1 washer, 1 brad, 7 marbles

Make a spinner from the two paper plates with a washer between the plates and a brad holding them together. Make seven 1/2" holes (numbered 1 - 7) and one 1" hole in the plate on top and two 1 1/2" holes in the bottom plate. Place marbles on top plate and spin by holding a marble in one of the 1/2" holes to get the marbles to roll. Score is determined by where the marbles land. Add up points for the holes containing marbles. If a marble falls through the bottom plate the player loses five points. If a marble flies off the plate, the player loses a turn. High score after 15 spins wins.

### SOME ENGINEERING FUNCTIONS

*Research:* A search for new scientific knowledge, with the objective of applying it to solving problems.  
*Development:* Applied research which results in working model.  
*Design:* Conversion of developed ideas into economical, reliable, and producible plans of manufacture, use or construction.  
*Maintenance:* Plan and direct the methods of making the design and transforming it into a useful product.

## WEBELOS ATHLETE ACTIVITY BADGE

### CHECKLIST FOR WARM-UPS

- Wear sneakers that fit properly.
- Wear comfortable athletic socks.
- Have water or a power drink available.
- Stretch out arms and swing side to side five times.
- Stand on one foot, bend the knee, grasp the ankle, and hold for a count of five. Do each leg five times.
- Bend from the waist and let the arms dangle for a count of three. Do this five times.
- Lean over sideways and dangle the arm for a count of three. Do each side five times.

Now you're ready to go!

### FITNESS CIRCLE GAME

Form a circle as large as the room permits with all the Webelos facing the same direction. Give instructions for various activities such as the ones on the list below.

1. Start walking in a circle and keep walking between these exercises.
2. Start hopping.
3. Make yourself as small as possible and continue walking.
4. Make yourself as tall as possible and continue walking. Now, stretch your hands over your heads.
5. Bend your knees slightly, grasp your ankles, and continue walking in a circle.
6. Walk as if the heel of one foot and the toes of the other were sore.
7. Walk stiff-legged.

8. Squat down, then jump forward from that position.

9. Walk on hands and one foot with the other leg held high.

10. Walk forward at a rapid pace (don't run) while swinging the arms vigorously.

11. Take giant steps.

12. Walk forward raising your knees as high as possible with each step.

13. Run, lifting your knees high.

14. Walk on your hands and feet.

15. REST.

### SQUAT JUMPS

This is a test of coordination and leg muscle strength. Feet are spread apart approximately 4 to 6 inches with the heel of the left foot opposite in line with the toes of the right foot. Squat down with the weight of the body supported on the balls of both feet. Rest hands rest on top of head with elbows to either side of head. Spring up so that the entire body is straight and feet clear the ground completely. Now, reverse position of feet and go down to the squat position again. Each boy should be able to do two squat jumps.

### AGILITY EXERCISES

Perform these exercises within the designated time limits. Rest for 2 minutes between each set.

SET 1: within 8 minutes

**FISH FLOPS:** Lie flat on your stomach with arms and legs

extended and off the ground. Rock back and forth. Do for 2 minutes.

**GRASS DRILL:** Run in place. Drop to ground and bounce up again for two minutes.

**QUICK FOOT – KNEE TOUCH:** Drop quickly to one knee and bounce up again. Alternate knees for two minutes.

SET 2: within 4 minutes

**CRAB MIRROR:** Two players on all fours. One moves at random to the left, right, back, or forward. The other mirrors his moves. Switch leaders at the one-minute mark. Do for two minutes.

**SIT UPS:** Lie on back with feet together, hands clasped behind head. Raise up and touch elbows to knees. Do as many as possible for one minute.

### FLEXIBILITY EXERCISES

**FINGERS:** Extend arms to side, palms down. Quickly flex the fingers by alternating between fist and open hand position. Continue for 30 seconds.

**WRISTS:** Extend arms to front, palms down, wrists locked. Rotate wrists clockwise, then counterclockwise. Continue for 30 seconds.

**PALMS:** Same position as wrists. Turn palms inward and outward in quick short movements. Continue for 30 seconds.