

Northern Tier Roundtable Helps

Volume 6 Issue 8

March 2007

Theme: Cub Cafe Webelos Badges - Sportsman & Family Member

Roundtable Commissioners
Greg & Stephanie Ogan
(913) 385-7105
gsogan@sbcglobal.net

Heart of America Council
(816) 942-9333
www.hoac-bsa.org

District Executive
Cortland Bolles
(816) 569-4918
cbolles@bsamail.org

Yahoo Group
NT_roundtable
http://groups.yahoo.com/group/NT_roundtable

MARCH CALENDAR

- 1 Roundtable
- 6 Youth Protection Training
New Leader Essentials
- 7 CS Day Camp Staff Meeting
- 14 Univ. of Scouting Staff Mtg.
- 24 Super Saturday
District Pinewood Derby

APRIL CALENDAR

- 4 CS Day Camp Staff Meeting
- 5 Roundtable
- 6 Council Office Closed - Good Friday
- 11 Univ. of Scouting Staff Mtg.
- 14-15 Webelos Outdoor Leader Training
- 21-22 Outdoor Leader Skills
- 24-25 Webelos Camp Leader Orientation

Pack Meeting Pizzaz

OPENINGS

CUB CAFÉ OPENING

Personnel & Props: 7 Cub Scouts; a large menu for each, with their script facing them and the letters spelling "Cub Café" facing the audience; each Cub Scout could also have a white cloth over one arm, like a waiter.

C - Come one, come all, to the Cub Café for healthy dining today.

U - "U" are our guest, and we sure hope you'll stay.

B - Bring a buddy for some extra fun.

C - 'Cause the Cub Café is open for everyone.

A - Appetites, bring yours! Because,

F - Freshly prepared food is right inside our doors.

E - Everyone is welcome, that's the Scouting way. Eat healthy today at the Cub Café!

A RECIPE FOR A WONDERFUL DAY OPENING CEREMONY

Personnel: Cubmaster, 7 Cub Scouts, each with a poster with the words they are saying

CUBMASTER: Here is a recipe that we all try to live by.

CUB 1: 1 cup of friendly words

CUB 2: 2 heaping cups of understanding

CUB 3: 1 pint of human kindness

CUB 4: 2 heaping tablespoons of time and patience

CUB 5: 1 dash of gentle humor

CUB 6: 1 pinch of spice of life

CUB 7: 1 drop of warm personality

CUBMASTER: Measure words carefully. Add cups of understanding, to the pint of human kindness. Stir together with time and patience. Cook very slowly and keep temperature low so it never boils over. Season with gentle humor, warm personality and spice of life. Serve in individual molds. It works all year 'round. We enjoy many of these days in Pack _____, because of all of you!

RECIPE FOR FUN OPENING CEREMONY

We have for you a special treat, A recipe for fun!

A special blend that can't be beat In an hour or so it's done.

First you need a super leader

Not just anyone you seize

One who care, not a retreator,

Make no substitutions please.

To help make this treat a real gem

Add loyal parents now

you know we couldn't do without

them.
They deserve to take a bow.

Now add three cheers for the one
that we call the Cubmaster,
And his crew that plan the fun.
Keep stirring, faster, faster!
Now most important of this all,
The reason for the rest.
The boys who will have a ball.
They make this treat the best!
It doesn't matter where we're mixed
That's always optional.
But what you get when it is fixed
Is simply sensational!

(Trapper Trails Council)

AUDIENCE PARTICIPATION

TIN FOIL RECIPE

TIN FOIL: "Zip, crinkle, fold"

SAUSAGE: "More sausages,
Mom. Please?"

CARROTS: "What's up, Doc?"

RICE: "Rice-a-roni, the San Fran-
cisco treat!"

BEANS: "Ho, Ho, Ho Green Gi-
ant"

SOUP: "That's what Campbell's
soups are, mmm-mmm good!"

NARRATOR: Here is the perfect
recipe for a great Cub Scout TIN
FOIL dinner. The first thing you do
is get all of your ingredients to-
gether. You'll also need the TIN
FOIL to hold your meal. Start with
a nice, big SAUSAGE. Slice it into
1/4 inch round slices. Next, get a
can of pre-cooked, pre-sliced CAR-
ROTS. Open that can. Next, you
need some BEANS. Again the pre-
cooked, pre-cut sort in a can. And
let's not forget the RICE - minute
RICE, if you please. Don't forget
that you need a can of SOUP. It

can be Cream of Mushroom,
Cream of Chicken, or any other
SOUP you want. Now take your
big piece of TIN FOIL and fold it
just so. Make sure there's lots of
room in there to put the ingredi-
ents. Next you add your SAU-
SAGE - not too little, and not too
much. Now, spoon in some CAR-
ROTS.

Oh yeah! Oops! Almost forgot to
spoon in some BEANS while
we're at it. Now, add a big glop
of your favorite SOUP. Almost
done here. Measure out half a cup
of minute RICE and pour that in.
A great meal, almost done. And
last, but not least, fold that TIN
FOIL up and throw your meal in
the fire. That's what we call a
great TIN FOIL meal.

(Buckeye District)

SKITS

TOSSED SALAD SKIT

Personnel: 6 Cub Scouts to play
the following parts: the Farmer in
the Dell (Cub Scout should be
dressed in overalls, straw hat,
plaid shirt, red hanky, rake or hoe
in hand. and a very large green
thumb made by stuffing toy bal-
loon with cotton and placed on
thumb.), Cucumber, Tomato, Car-
rot, Celery, Onion

*Curtain opens with FARMER IN
THE DELL onstage.*

FARMER: I'm the Farmer in the
Dell and you know me well,
'cause I grow good things to eat.
That's easy to be seen, 'cause my
thumb is green (Hold out thumb
with green balloon, which was

hidden behind back.) And I have
some friends I want you to meet.

*(All the vegetables are Cub Scouts
hidden behind very large card-
board cutouts to represent the
vegetables they represent.)*

CUCUMBER: I'm a long cucum-
ber, cool and green, and people
like me to eat. I'm really tickled,
'cause raw or pickled they all say
I am a treat.

TOMATO: I'm a ripe red tomato,
juicy and round, and you better
not squeeze me, you betcha',
'cause if you do, I'll squirt on you
and I won't be tomato, I'll be
ketchup.

CARROT: I'm a bright orange
carrot, tall and wise. I'm a health
food for lads and lasses. They say,
and it's true, I'm good for your
eyes. Did you ever see a rabbit
wearing glasses?

CELERY: You know me, I'm one
of the bunch, and I'm very good
for your diet; but I always crunch,
whenever you munch; so I'm not
too good for your peace and quiet.

ONION: Whatever would a salad
be, without poor little me. For that
distinctive touch that adds so
much, chop me up and see.

*ALL (Sing to the tune of Friend-
ship"): Friendship, friendship, just
a perfect blendship. When other
salads have been forgot, ours will
hit the spot. La-deda-de-la-de-da-
da-da— (As the curtain closes.)*

(Santa Clara County Council)

ESKIMO PIE

Personnel: 6 Cub Scouts around a table.

Equipment: Ping pong ball, sponge, white golf tees, pan with ice cream bars in the bottom.

CUB 1: Isn't it great our leader is letting us make a pie for our den meeting treat?

CUB 2: Sure is. I don't know what kind of pie it is, but here are the directions.

CUB 3: Let's see, first you put in these walrus eyes.

CUB 4: Walrus eyes? Are you sure?

CUB 3: Says so right here. (*Puts ping pong balls in pan*)

CUB 5: OK, next put in a pound of blubber.

CUB 4: A pound of blubber? Are you sure?

CUB 5: That's what it says in the recipe. (*puts in white sponges.*)

CUB 6: The next thing is to add are two dozen polar bear teeth.

CUB 4: I don't believe that. Why would you put teeth in a pie?

CUB 3: Hey, you have to have teeth to eat a pie!

CUB 6: Here go the teeth. (*Puts in golf tees*)

CUB 1: Now we let it freeze for one hour. (*Put lid on pan*)

(*Cub 2 holds up sign that says "one hour later"*)

CUB 1: Let's see what we've got. (*Uncovers pot*)

ALL: (*Look into pan and exclaim*) Eskimo pies! (*Pulls out ice cream bars, open and eat*)

RUN-ONS

What do you get when you mix a bagel and a monster?
Scream cheese!

What kind of cheese does a basketball player put on his sandwich?
"Swish" cheese.

What do you call a grandmother who cracks jokes?
A gram-cracker.

A Zen Buddhist walks into a pizza parlor and says, "Make me one with everything."

CLOSINGS**HERE AT THE CUB SCOUT
CAFÉ CLOSING****CEREMONY**

(*Tune: Home on the Range*)

Oh, there's a café
Serving good food all day,
That's healthy and nutritious for me.
You can start or end the day
In a healthy way,
When you visit the Cub Scout Café.

Chorus:

Oh, Cub, Cub Scout Café,
Where there is a fruit of the day.
It's every Scout's wish
To be served his favorite healthy dish,
When he dines at Cub Café today.

**CUB GRUB CLOSING
CEREMONY**

Equipment: Signs with letters spelling CUB GRUB and dialogue taped to the back of each sign.

Personnel: 7 Cub Scouts to hold and read signs.

C is for Character - one of the main ingredients of the Cub Scout recipe.
U is for Understanding our world and others - the leavening agent that helps boys grow.

B is for Best - doing your best to rise to the challenge.

G is for Games, fun and fellowship - the frosting on our cake.

R is for Recognition and praise - the final touch of each achievement.

U is for Uniform - which identifies us as members of the Cub Scout program.

B is for Boys—who grow into men prepared for tomorrow.

**CUBMASTER'S MINUTE:
TOLERANCE**

Tonight we've talked about food and healthy living. Table manners are very important no matter where you are but did you know that table etiquette is not the same in every country? For example, the English say if there are no utensils around, it's okay to eat with your hands. It would actually be an insult to the cook to ask for utensils. In France, asking for ketchup would be an insult because it means you don't like the food. And in Poland, if you're eating a whole fish you should never flip it over - there is an old wives' tale that flipping over a fish in a plate will flip over the fisherman's boat in the water. As you can see there are many different customs in different countries. As Scouts we should constantly practice understanding of the rules and traditions of other cultures and religions. It is only through understanding and tolerance that our world will become a better place. Wilbert E. Scheer once wrote: "Tolerance is the oil which takes the friction out of life." Thank you and goodnight.

GAMES

TASTE TEST

Materials: Blindfold; samples of fruits and vegetables

NOTE: Check with parents about food allergies before playing Taste Test

Blindfold one boy. The others choose a sample of a fruit or vegetable to feed the boy. The samples are bite sizes of apples, bananas, oranges, tomatoes, string bean, lettuce, radish, etc.

After each sample, the boy tries to guess what he just ate. If he guesses correctly, he tells if he determined it by the taste or the smell of the sample food. Each boy gets as many turns sampling as the den leader determines.

WAITER MEMORY

Materials: Menus for each boy; pad and pencil for the waiter

Have the same menu for each boy sitting at a table. The food choices could be appetizers, entrees, desserts, and beverages.

Each boy at the table makes one selection from any category. The waiter writes down the “customers” order. Then the waiter repeats the whole order without looking at his pad. See how many orders he gets right, checking his memory against the written orders. Each boy takes a turn being the waiter.

Depending on the ages of the boys, the “customers” might order more than one food item.

RECIPE CONTEST

Materials: Brown lunch bags, four food items in each bag

Organize participants into groups; distribute bags to each group. They try to come up with a recipe using the items in their bag. Then they list which food groups the items belong to. Example: macaroni and cheese - macaroni from the grains group and cheese from the dairy and fat group.

FRUIT TO MARKET

Equipment: Chairs, baskets, duplicate wrapped objects of different sizes and shapes. (Some suggested articles are a potato peeler, a dish towel, a small bowl, a cup, a carrot, a potato, an onion, etc.)

Players are seated in two rows of chairs facing each other. The two rows should have an equal number of players. A basket is placed at the head of each line full of wrapped objects of different sizes and shapes. Each basket should contain articles of different sizes and shapes. Each basket should contain articles that are duplicates of those in the other basket in order to make the game fair. When the starting signal is given, the player at the head of each line picks up an article from the basket, unwraps it and passes the article down the line, followed by the wrapper. The players at the foot of the line must rewrap each article when it reaches them and place it in the basket at the foot of the line.

The line that first passes down all articles and gets them wrapped and into its basket first is the winner.

EGGSHELL RACE

Traditionally this game was played with hollow eggs but plastic ones work well. For real eggs, make small holes in either end of an egg with a pin or needle. Blow the yolk and white out of the egg and paint the shells different colors. Put the eggs down on a starting line and on a signal each contestant blows his egg toward the finish line. Contestants are not allowed to touch the eggs in any way. Another version of this is played with team of two boys per egg. Each team player has a straw for a broom with which he pushes the egg toward the finish line. Only the straw may touch the egg.

(Baltimore Area Council)

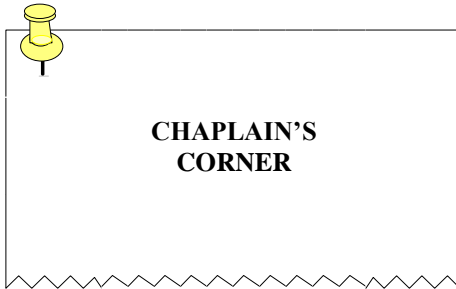
SPAGHETTI DROP

Materials: 2 empty pop bottles, cooked and cooled spaghetti, 2 pair disposable plastic gloves, aprons

Teams line up in relay formation. Each team has one member go to the other end of the playing area, puts on apron, and lies down on his back with an empty pop bottle on his stomach. He may hold the bottle in place.

Next to the first person in each team, have a pot cooked, cooled and drained (but still slightly soggy) spaghetti. At the signal, each player in turn puts on the plastic gloves, picks up 10 wet

noodles, runs to the other end, puts noodles in the pop bottle before racing back to take off the gloves and hand them to the next player. The first team finished is the winner. Declare each team's bottle holder a hero.



PRAYER: GOOD FOOD

"We give thanks for our delicious fresh food, which comes from Your Goodness. Amen."

PUPPIES FOR SALE

A farmer had some puppies he needed to sell. He painted a sign advertising the pups and set about Nailing it to a post on the edge of his yard. As he was driving the last nail into the post, he Felt a tug on his overalls. He looked down into the Eyes of a little boy. Mister," he said, "I want to buy one of your puppies."

"Well," said the farmer, as he rubbed the sweat off the back of his neck, "these puppies come from fine parents and cost a good deal of money." The boy dropped his head for a moment. Then reaching deep into his pocket, he pulled out a handful of change and held it up to the farmer. "I've got thirty-nine cents. Is that enough to take a look?" "Sure," said the farmer. And with that he let out a whistle, "Here, Dolly!" he called.

Out from the doghouse and down

the ramp ran Dolly followed by four little balls of fur. The little boy pressed his face against the chain link fence. His eyes danced with delight.

As the dogs made their way to the fence, the little boy noticed something else stirring inside the doghouse. Slowly another little ball appeared; this One noticeably smaller. Down the ramp it slid. Then in a somewhat awkward manner the little pup began hobbling toward the others, doing its best to catch up.... "I want that one," the little boy said, pointing to the runt.

The farmer knelt down at the boy's side and said, "Son, you don't want that puppy. He will never be able to run and play with you like these other dogs would." With that the little boy stepped back from the fence, reached down, and began rolling up one leg of his trousers. In doing so he revealed a steel brace running down both sides of his leg attaching itself To a specially made shoe. Looking back up at the farmer, he said, "You see sir, I don't run too well myself, and he will need Someone who understands."

The world is full of people who need someone who understands.

CONDUCTING A PACK FOOD DRIVE

Materials: Bags to collect food; lists of needed foods

Decide where the need lies. Obtain permission from the organization to collect food for them.

Print out a list of foods to be collected - canned fruits, vegetables, meat and fish, hot or cold cereal, nonfat dried milk, pasta, rice.

Give each boy a bag with the printed list and have boys solicit in their neighborhood or, with permission, at a local grocery store or their place of worship. Report hours to the Good Turn for America Web site, www.goodturnforamerica.org.



GREASY, GRIMY, GOPHER GUTS

(Tune: The Old Gray Mare)

Great green gobs of greasy grimy
gopher guts, mutilated monkey
meat, dirty little pigeon's feet
All mixed up with a pile of poison
possum pus and me without my
spoon.
And me without my spoon and me
without my spoon

Great green gobs of greasy grimy
gopher guts and me without my
spoon
We'll use a straw!

HEALTHY DISHES

(Tune: This Old Man)

This Cub Scout, he eats fish;
With carrots it's a healthy dish.

Chorus:

With a good guide pyramid showing
him the way,
This Cub Scout eats well today.

This Cub Scout, he eats rice;
With some fruit it's really nice.
Chorus

This Cub Scout, he eats cheese;
But he passes on the cookies,
please. *Chorus*

These Cub Scouts, they eat smart;
They learn to take care of their
heart. *Chorus*

ROAD KILL STEW

(*Tune: Three Blind Mice*)

Road Kill stew,
Road Kill stew,
Tastes so good,
Just like it should.

First you go down to the Interstate
You wait for the critter to meet it's
fate.
You take it home and you make it
great!
Road Kill stew,
Road Kill stew.

BUG JUICE

(*Tune: On Top of Old Smokey*)

At camp with the Girl Scouts,
They gave us a drink,
We thought it was Kool-Aid,
Because it was pink.

But the thing that they told us,
Would have grossed out a moose,
For that good tasting pink drink,
Was really bug juice.

It looked fresh and fruity,
Like tasty Kool-Aid,
But the bugs that were in it,
Were murdered with Raid.

We drank by the gallons,
We drank by the ton,
But then the next morning,

We all had the runs.

Next time you drink bug juice,
And a fly drives you mad,
He's just getting even,
Because you swallowed his dad.

SANDWICH SONG

(*Tune: Battle Hymn of the
Republic*)

I walk into a restaurant and this is
what I cry:
"I want a chicken sandwich, cup
of coffee, piece of pie."
Oh, surely you will hear me sing
this song until I die!
"I want a chicken sandwich, cup
of coffee, piece of pie."

MAMA'S SOUP SURPRISE

(*Tune: Supercalifragilisticexpialidocious*)

Oh, when I was a little kid, I
never like to eat.
My mom would put things on my
plate, I'd dump them at her feet.
But then one day she made this
soup,
I ate it 'til I burst.
I asked her what was in it, I found
out it was the worst.

Chorus

Oh, chicken lips and lizard hips
and alligator eyes,
Monkey legs and buzzard eggs
and salamander thighs,
Rabbit ears and camel tears and
tasty toenail pies.
Stir them all together, you've got
Mama's Soup Surprise.

I went into the bathroom and I
stood before the sink.
I said "I'm feeling mighty ill, my
stomach's in a kink!"

My mama said "I've got the cure
to make you feel just great!"
She said it was so good for me,
and this is what I ate!

Repeat chorus

CHEERS & APPLAUSES

Yum, Yum Applause: Good
food! (*Rub tummy.*) Yum, yum,
full tummy! (*Rub tummy.*) Yum,
yum, yum!

Ketchup Bottle Applause: Slap
the top of your fist with the other
hand.

Jolly Green Giant Applause:
Stand with your hands on your
hips and say "Ho, Ho, Ho."

Cheese Applause: Grate, Grate,
Grate!

ADVANCEMENT

SILVER SPOON RECOGNITION CEREMONY

Materials: Silver spoons for each
person advancing or being recog-
nized. (Paint small wooden spoons
white; then sprinkle with silver
glitter and attach a blue ribbon.)

CUBMASTER: When a chef pre-
pares an extraordinary meal or
dish, he or she is awarded a silver
spoon. This award becomes a
special recognition for chefs and
they proudly display it in their
cafes or restaurants. Today, we
have some extraordinary boys
who, because of their efforts,
achieved a special goal. I would
like to award these boys their own
silver spoon and ask them to
come forward when I call their
names.

Congratulations on your achievement, and display your silver spoon proudly.

**BAKE-A-CAKE
ADVANCEMENT CEREMONY**

Props: Assemble ingredients to make a cake - bowl, spoon, sugar and butter, eggs, flour, baking powder, and finished cake. Have large bowl, with awards in it, and a smaller bowl inside the large one, to receive ingredients. Cubmaster/presenter dressed as cook, with apron and chef hat.

CUBMASTER: This month we have been cooking up some Cub Scout Treats. Tonight we have just the right ingredients for a successful pack. Let me share them with you. (Shows bowl, spoon.) Let's begin with the innocence or a new Cub Scout. He's rich with enthusiasm and makes a great beginning. (Add butter.) Could we have Bobcat candidate(s) (call off names) come up with their parents. (Present Bobcat badges.)

To make a really great cake, we also need some sweetness. (Add sugar.) Our Tiger Cubs couldn't be sweeter. They are learning many new things every day. Can all of our new Tiger Cubs come forward, call names) with their parents. Present Tiger badges.

Just as we need eggs to hold a cake together (add eggs), so we need the Wolf Den to provide the stabilizing force. We have a great Wolf Den who helps us all stick together. Could Wolf Cub (names) and his parents come forward? (Present rank advancement and arrow points as applicable to all Wolf Den members.)

(The body of the cake is the flour. (Add flour.) Our pack is well-supported by the strength and depth of our Bear Den. Could Bear Cub Scout (names) and parents come forward? (Give awards.) Just as our cake will not work without baking powder (add to bowl) so the Webelos Den provides the leavening to raise our spirits and make our pack a great success. Could Webelos Scouts (names) and parents please come up? (Present badges, pins to Webelos.)

(Hide bowl under table and pull out finished cake.) Just as every ingredient is necessary in making a cake, every boy and leader is necessary to make our pack the sweet, rich success that it is.

Please join me after the meeting in enjoying our success by eating some cake.

(Buckeye District)



HEALTHY INFO PLACEMAT

Materials: Large piece of cardstock, 16 in. by 12 in.; pencils; markers; food stickers; clear adhesive paper

Each boy designs his own "Eat Right" placemat. (Design ideas: a healthy foods or food groups crossword puzzle, a word search, a maze leading to foods good for you.) Decorate with stickers, then cover with clear contact paper.

DEN RECIPE BOOK

Get the boys to think of their favorite recipes – from PB&J to candy apples. Create recipe cards that include a space for the recipe title, "written by", ingredients, and directions. Use pictures to enhance the card. Have the boys complete the cards in their own handwriting and turn them in at one of the den meetings. Between meetings, have the recipes copied and have them at the next meeting for the boys to make covers and put them together. Covers can be construction paper, decorated by the boys. Staple or lace yard to secure edge.

HERB GARDEN

Materials: egg carton, egg shells, pin, gravel, planting soil, herb seeds (like mustard, basil, fennel, or thyme).

Prick holes in the bottom of each half shell with a pin and place one in each compartment of the egg carton. Put a few grains of gravel in each shell. Fill half way up with plant soil and sprinkle on a few herb seeds. Add more soil. Water lightly and place on a windowsill where they will get lots of sun. Transplant to small pots or outdoors when they are well started.

EGGSHELL MOSAICS

Materials: Easter egg dye (in a pinch, use food coloring dissolved in water), disposable plastic bowls or large cups, eggs, Ziplock bags, markers, paper, glue.

1. If you're making egg salad

sandwiches, hard-boil the eggs, then peel off the shells. If you'd rather use the raw eggs for cooking, simply crack the eggs and wash & dry the shells. Either way, separate the shells into several piles.

2. Fill plastic boys with a variety of colors of dye or food coloring. Dye each pile of shells, let them dry, then separate by color into Ziploc bags. Have boys crush them with spoons or their fists.

3. Draw a picture on a piece of paper and glue on the colored eggshells, mosaic style or dispense with the drawing and simply glue on a collage.

PASTA PETS

Use elbow, bow tie, wagon wheel or penne macaroni. Pipe cleaners. First create the animal's torso by sliding a few pieces of wagon wheel pasta onto the center of a pipe cleaner for a chubby belly or one long penne or rigatoni for a long lean belly. Then bend the pipe cleaner on both sides of the torso to form a neck and tail. Add more pasta and fold the tips of the pipe cleaner to hold the pieces in place. Bend the neck (between pastas) into a right angle to form a face. To attach legs ears or horns, wind shorter lengths of pipe cleaner around the body and string them with a macaroni. You can even glue on miniature soup pastas for a mane or fur.

CLAY CUTLERY

Materials: Mismatched silverware, polymer clay

Roll a 1-inch ball of polymer clay into a rope that is twice the length of the utensil's metal handle. If you

want a multicolored handle, roll two or more thinner ropes and twist them together. Press the rope onto the front and back of the utensil handle and pinch together the clay along the sides. Then use your fingertips to smooth the surface of the clay. Bake the decorated pieces according to the directions on the clay package. Wash and dry the finished cutlery by hand.

COOK BOOK PAGE HOLDER

Materials: Felt 5" x 8 1/2"; yarn in contrasting color; tapestry needle; 1/2 yard of ribbon; rice beans; fabric paints (optional)

Directions:

1. Fold long edges of felt together.
2. Use the blanket stitch for all sewing.

Blanket Stitch



Up at 1, down at 2, up at 3 with thread below needle; pull through.

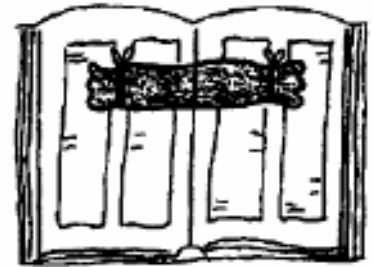
3. Stitch along both long edges and one short edge using the yarn and the blanket stitch.



4. Cut ribbon into 9" lengths.
5. About 2" from the sewn end tie a ribbon bow tightly using one piece of ribbon.
6. Fill with rice and beans to

about 2" from the open end.

7. Continue stitching the last short end and tie off the yarn.
8. Tie a ribbon bow tightly around this end.
9. Decorate with fabric paint if desired.

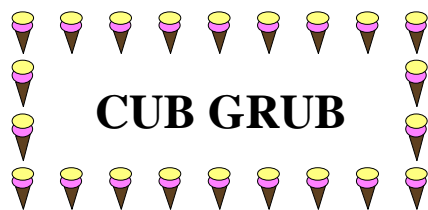


TACO TIE SLIDE



Materials: 4" tan craft foam; red craft foam; yellow craft foam; green paper; PVC ring, hot glue; scissors

Cut a 4" diameter circle from tan craft foam for taco shell. Cut thin strips of yellow craft foam for shredded cheese. Cut irregular shapes of red craft foam for tomato. Tear green paper into irregular shapes and wad up for lettuce. Fold taco shell in "U" shape. Using hot glue, attach cheese to bottom, then tomato, and finally lettuce on top. Make sure the sides of the taco are held in place, if not put on more hot glue. Hot glue the PVC ring to the back.



CUB GRUB

EDIBLE FRUIT BOUQUETS

Ingredients: Metal cookie cutters of various shapes, melon baller, bamboo skewers. Fruit can be any type: apples or pineapples (peeled and cored), washed grapes of any color, melons, any type of lettuce for the “ivy or bouquet greenery” effect.

Wash and prepare fruit. Design flowers: Cut pineapple into daisies; use the melon baller to cut the center of the daisy from a melon. Attach to skewers. Thread grapes onto skewers to look like wildflowers. Place these into a clean container, adding lettuce for the bouquet greens. Present, display, then eat.

ZIPLOCK PUDDING

Ingredients: instant pudding (any flavor –chocolate is best); milk; ice; Ziploc bags.

Separate pudding into serving sizes according to instructions on pudding box. Put servings into a Ziploc bag. Add milk to bag according to serving size instructions on the box. Close Ziploc bag, shake or squish pudding together until mixed. Put pudding bag into another Ziploc bag and add 6-8 ice cubes to the second bag. (Put it in your backpack, and take off for a hike!) The pudding will be done in about 15 minutes, but will last an hour or more, depending on the weather. When you are ready to eat, remove the pudding bag from the

ice bag. Close the ice bag and set it aside, open your pudding bag and enjoy. (You can use the ice bag for drinking, cleaning up, or first aid.)

FUNNY FACES

Ingredients: English muffins (split); squeezable cheese spread or soft cream cheese (low-fat); sliced vegetables such as carrots, peppers, cucumbers, olives; shredded carrots or coconut.

Spread a muffin half with cheese. Add sliced vegetables to make a face. Use shredded carrot or coconut for hair, beard, or mustache.

CUB SCOUT PIZZA

Ingredients: English muffins; marinara sauce (prepared or homemade); shredded mozzarella cheese; raw, steamed, or cooked vegetable toppings

Split muffins in half and toast lightly. Spread sauce evenly over the muffin, sprinkle with cheese, and add toppings. Bake until cheese is melted. You can use an oven or a toaster oven, or foil cooking. If you cook over coals, wrap twice in heavy-duty aluminum foil before placing on coals; cook for about 4 to 5 minutes.

TRAIL MIX

Ingredients: Raisins, dried fruit, banana chips, whole-grain cereal, mini pretzels and crackers, mini chocolate chips. *Be cautious when adding any type of nuts; be aware if any of the boys has food allergies.*

Have a resalable sandwich bag for each person. Have them select what ingredients they want for their high-energy trail mix.

BACON AND EGGS

Ingredients: 2 pretzel sticks; 2 yellow M&M's; White chocolate

Melt chocolate in microwave. Place pretzel sticks on waxed paper. Spoon a teaspoon of melted white chocolate in a pool over pretzel sticks. Press M&M's into chocolate. Let cool.

DIRT CUPS

Ingredients: 16 chocolate sandwich cookies, 2 C. milk, one package instant chocolate pudding, one tub prepared whipped topping, 8-oz. cups

Crush the cookies and set aside. Pour milk into medium bowl and add the instant chocolate pudding mix. Beat until well blended. Let stand 5 minutes. Stir in whipped topping and half of the cookies. To assemble: Place 1 tsp. crushed cookies in the bottom of a cup. Fill cups about three-quarters full with pudding mixture. Top with remaining crumbs. Place a plastic flower in the middle with an edible candy worm climbing on it.

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 ★ **WEBSITE OF THE MONTH:** ★
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 ★ **Cooking With Kids:** ★
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 ★ <http://www.cookingwithkids.com/> ★
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WEBELOS SPORTSMAN ACTIVITY BADGE

WHERE TO GO AND WHAT TO DO

- Invite a referee or official to your den meeting to teach signals and talk about teamwork, fair play and sportsmanship.
- Hold a parent/son sports tournament, such as bowling, tennis, volleyball, archery, etc.
- Have a den board game marathon. Provide treats and boys bring their favorite board games to play. Allow time for rotation to different games.
- Teach a card game to the boys and set up a couple of stations for playing.
- Make it easy on yourself and use the ready-made Cub Scout Sports Program. The guides explain the rules, principles, and equipment for each sport, and the boys learn earning the belt loops and sports pin.
- Have the boys figure out a sports play and diagram it. Local coaches are great sources of assistance.
- Give Webelos a list of famous sports figures and have them name the sport involved.
- Go roller skating or ice skating
- Have a den outing to a sports event. Explain rules of etiquette and play to boys first so as not to disturb players.
- Visit a sports shop and talk with the owner about selecting equipment.
- Play some backyard games such as horseshoes, croquet, volleyball or badminton.
- Visit a racquet club or tennis court.

BASKETBALL SKILLS CLINIC

Practice the 10 skills for basketball outlined in the *Cub Scout Academics and Sports Program Guide*. Set up stations for each boy to visit, learn, and practice. Give each boy a "scorecard" with the skills listed so he can keep track of what stations he visited and what skill he needs to work on.

SPORTS

What?!? You don't like sports? You're not athletic you say? No matter! You don't have to be a superstar athlete to have fun. Try these activities and you are sure to have a good time.

Micro Hockey - use to cardboard boxes as the goals. Supply chopsticks and a checker for the puck. Have fun!

Micro-Soccer - use the same boxes as you did for micro hockey. Players use their fingers to "kick" the ball (a ping pong ball) across the "field" (a table)

Micro Basketball - take two milk cartons and cut off the tops. Then, cut a hole in two six-inch long pieces of cardboard that are the same width as the milk carton. The hole in each should be just large enough to catch the rim of a paper cup. Bend the cardboard at 90 degrees, remove the bottom of the paper cup, and drop the cup into the hole. Staple the cardboard to the milk carton. Fill the milk cartons

with sand or rocks, place at each end of your "court", provide a ping pong ball and have a game.

Bay Area Council

OLYMPICS FOR A RAINY DAY

Shot Put: Each boy is given 10 navy beans, which he attempts to throw into a quart jar from a chalk line on the ground.

Discus Throw: A paper plate is thrown from a chalk line. Plate must be held flat in hand and not sailed with thumb and fingers.

Twenty Foot Dash: Roll lemons or hard boiled eggs down the course and back, touching off the next man. Use a stick to roll the object.

Fluff: Carry feathers on a plate. Boy must pick up any that drop and start over.

Bean Relay: Carry beans one at a time between matchsticks or toothpicks to opposite end of the course.

Balloon Blowing: Give each boy a balloon to be blown up. First balloon to break wins.

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★ **Sportskids.com Sports Tips:** ★
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WEBELOS FAMILY MEMBER ACTIVITY BADGE

WHERE TO GO AND WHAT TO DO

- Invite a policeman, fireman or security guard to a den meeting to talk about home safety.
- Have a grandparent come talk about life when he was their age.
- Have the boys make a family tree which covers their family back to their grandparents. Let each boy show his tree after completion.
- Make a chore chart that the boys can use at home for 2 months.
- Teach the boys how to clean house.
- Make a list of fun activities of little cost and do them over several den meetings.
- Have the boys make a chart showing the jobs of all members in their homes. Have them bring the chart to the meeting and tell what jobs they are taking on for the next two months, and how they will do them.
- Have the boys fix a meal and invite the parents to your meeting for a feast! The boys should plan the meal, shop for the food, and cook.
- Plan a family game night. Each family brings a game and takes part in sharing the game with another family. The boys could invent games for the families to play.
- Have a contest folding the laundry.
- Have a sewing contest. Give each boy a small piece of cloth, a button, needle, and thread.

- Have the boys sew a button on. Judging can be for speed, neatest job, most secure, etc.
- Have a cooking contest. Have each boy cook one dish and bring it to the meeting. They must be able to tell how they made the dish. You might even make a small recipe book that includes all the dishes that were prepared.
- Visit your local financial institution to find out how the monetary system works. Tour the vault and safe deposit box area, and discuss how saving money as a family unit can be beneficial in the long run.

MENU PLANNING

Materials: Alphabet macaroni (from a craft store), a dish for the macaroni, poster board cut and shaped like a restaurant menu, glue stick for each team.

Buddy up the boys and give poster board to each team. Their task is to create a menu for the Cub Café, gluing the macaroni to the poster board to spell out the food choices. See which team has the most nutritious menu.

TIE SLIDE IDEAS

- A mounted photo of the Scout with his family
- A piece of sponge for cleaning
- A photo or a miniature of a house
- A photocopy/drawing of the Family Member activity badge laminated or mounted on poster board

WHAT DOES YOUR FAMILY SPEND MONEY ON?

Here is a list of things families may spend money on. In the blank in front of each item, guess and write down how much money you think is spent (per month). Then take this list home and ask a parent to fill in more accurate amounts. Which items did you get right? Which items really surprised you?

- _____ 1. House payment or rent
- _____ 2. Car payment
- _____ 3. Gas, oil, tires, etc.
- _____ 4. Food
- _____ 5. Clothing and shoes
- _____ 6. Insurance: Life, Health, Auto, Home
- _____ 7. Medical and dental bills
- _____ 8. Schooling
- _____ 9. Church and charity donations
- _____ 10. Utilities: electric, gas, telephone, cable TV
- _____ 11. Savings
- _____ 12. Vacations
- _____ 13. Retirement funds
- _____ 14. Hair cuts
- _____ 15. Health and beauty supplies
- _____ 16. Cleaning supplies
- _____ 17. Repairs
- _____ 18. Family funds
- _____ 19. Hobbies
- _____ 20. Fun and recreation

Barb Stephens—Pack 114