

# November 2009

## Many Waters District

### Cub Scout Roundtable



## Den Leader Hand Out

"A Scout smiles and whistles under all circumstances."

Quote by: Sir Robert Baden-Powell

November 5, 2009

Agenda:

- All About Camping

In this handout:

- General Information
  - Cub Scout Leave No Trace worksheet
  - Grace (standard and foldable formats)
  - Hike (preparation and checklist)
- Crafts / Gathering Activities
  - Make a Campfire Neckerchief Slide
  - Make a Wreath Neckerchief Slide
  - Make Ice Cream In A Bag
- Game ideas
  - Play Tails
  - Play Catch
  - Play Dodgeball In A Circle
- Song idea
  - Boa Constrictor song
- Skit idea
  - Quick Skits

# Cub Scout Leave No Trace



## Cub Scout Leave No Trace Poster

1. Draw a poster to illustrate the Leave No Trace frontcountry guidelines.
2. Put your name on the front.
3. Give to your Den Leader so it can be displayed at the next Pack meeting.

## Cub Scout Leave No Trace Pledge

I promise to practice the Leave No Trace frontcountry guidelines wherever I go:

1. Plan ahead.
2. Stick to trails.
3. Manage your pet.
4. Leave what you find.
5. Respect other visitors.
6. Trash your trash.

Signature of Scout: \_\_\_\_\_

### Philmont Grace

For food, for raiment – For life, for opportunity  
For friendship and fellowship – We thank thee,  
O Lord

**Superman Grace** Thank you Lord, for giving  
Us food (actions: raise right arm overhead as  
Superman flying)  
Thank you Lord, for giving us food (actions: raise  
left arm flying)  
For the food that we eat (actions: standing with  
both arms over head, to the left)  
For the friends that we meet (actions: standing with  
both arms over head, to the right)  
Thank you Lord, for giving us food! (actions: move  
both hands in fists to hips and stand strong like  
Superman)

### Rub-a-Dub-Dub Grace

Rub-a-dub-dub, Thanks for the grub  
Yay, God!

### Addams Family Grace

Da da da dum (snap snap)  
Da da da dum (snap snap)  
Da da da dum, Da da da dum, Da da da dum (snap snap)  
We thank you Lord for giving,  
The things we need for living  
The food, the fun, the friendship,  
This outdoors fam-i-ly.  
- Chorus  
We thank you for the food Lord,  
For Mom and Dad and you Lord,  
We thank you for the food Lord,  
This outdoors fam-i-ly.  
- Chorus  
Be present at our table Lord.  
Be here and every where adored.  
These mercies bless and grant that we,  
May strengthen for thy service be.  
Ah-ah-amen (snap-snap)  
Ah-ah-amen (snap-snap)  
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### Scout Grace

Let us be thankful for the food and drinks we are about to  
receive before us.  
Let us be thankful for the shelter that protects us while we  
sleep at night.  
Let us be thankful for the water that rejuvenates our mind,  
body and soul.  
Let us be thankful for the earth we walk on and the air we  
breathe.  
Let us be thankful for the fire that keeps us warm and gives  
us light.  
Let us be thankful for natural surroundings that give the  
earth beauty and life.  
Let **us** be thankful for he family and friends that are helpful  
when we need them the most.  
Let us be thankful for the staff and leaders that lead us on  
our way.  
Amen

### Johnny Appleseed Grace

Ooooooooooooooh,  
The Lord is good to me  
And so I thank the Lord  
For giving me the things I need  
The sun and the rain and the apple seed.  
The Lord is good to me.

And every seed that grows  
Will grow into a tree,  
And one day soon there'll be apples there,  
For everyone in the world to share.  
The Lord is good to me.

When I wake up each morning,  
I'm happy as can be,  
Because I know that with God's care  
The apple trees will still be there.  
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 Amen

# Hike Preparation:

- Stop by City Hall and get free local hiking maps for each Scout.
- Choose a hike from the map and walk through your hike a few days before the Scouts go out and make a Hike Checklist of things to find.
- Make a clip board out of recycled items. Reduce, Reuse, Recycle...
  - Cut cardboard into pieces a little bigger than the piece of paper with the Hike Checklist on it.
  - Use a cloths pin to hold the Hike Checklist to the piece of card board.
  - Feel free to make a hole in the card board to hold the pencil.
- Give one of the Scouts a garbage bag to put in his pocket for the hike.
- Bring the snack onto the hike and hand it out (hopefully without any garbage cans around). Discuss “Leave No Trace” and ask for ideas what to do with the wrappers. Have the Scout get out the garbage bag from his pocket and put wrappers in it.
- At some point, hand out the maps and ask the Scout and adult partner to find where we are on it. Point out that there are lots of other hiking paths that they can go on as a family. The maps are theirs to take home. Ask the Scouts if they see any other hiking paths that look fun and have them show you on the map.
- Go over laws and rules during the hike.

# Hike checklist:

Try and find these things on your hike:

- different types of trees
- signs to obey
- tracks
- trash can
- pine cones
- different types of leave
- stumps
- bridge
- fallen branches
- stones
- hear bird calls

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# Make a Campfire Neckerchief slide



**Materials** Pipe cleaner (cut in half), popsicle stick (cut into three pieces), red foam sheet, orange foam sheet, sticks (cut into 2 inch lengths), hot glue gun, and a scissors.

## Directions

1. Cut a red 'bigger' fire out of the red foam sheet.
2. Cut an orange 'smaller' fire out of the orange foam sheet.
3. Using a hot glue gun, glue the following together in this order:

Red foam fire to the popsicle stick

Orange foam fire to the red foam fire

Sticks to the orange foam fire.

Pipe cleaner to the back of the popsicle stick.

# Make a Wreath Neckerchief Slide



## Materials

- 2 pieces of evergreen wire (using a wire cutter, I cut apart an artificial wreath from a discount store to get the evergreen wire pieces)
- 1 small red bow
- 1 piece of clear tubing (7/8 inch outside diameter - 5/8 inch inside diameter; we bought ours in the plumbing department, \$0.62 per foot)
- hot glue gun.



## Directions

1. Take one piece of evergreen wire and curl both ends. 
2. Hook the two ends together and pinch the ends closed to form a circle. circle.
3. Attach the small red bow.
4. Using one piece of evergreen wire, wind it in and out of the other evergreen circle.
5. With an adults help, cut and hot glue the clear tubing onto the back of the wreath.

# Make Ice Cream In A Bag

## Ice Cream Recipe

1/2 c Milk. Cream will make the ice cream thicker, milk will be more like ice milk

1T Sugar

1t flavor: Strawberry, Vanilla, Chocolate

Ice

Rock Salt

Sandwich size re-sealable plastic bag

Gallon size re-sealable plastic bag

Paper towels

Straws (optional)

Place Milk, Sugar, and Flavor in heavy duty sandwich re-sealable plastic bag. Heavy duty is recommended to prevent leaks. Place this bag, 2 to 3 handfuls of ice, and a small handful of rock or regular salt into the gallon re-sealable plastic bag (salt is used to make the ice “colder”).

Move milk around with the ice until the milk is of the correct consistency. Be patient, this may take a little time depending on the consistency you want. If the ice is gone, then add more ice.

Before you eat the ice cream, wipe off the bag’s top to remove any salty water. Open the bag and let the kids slurp the ice cream out of the bag – more fun and less supplies. Straws may be used to drink the ice milk out of the bags.

# Play Tails

From "MacScouter – The Great Games Resource"

<http://www.macscouter.com/Games/BPGames.asp>

## Original details from MacScouter:

19. TAILS.

When engaged in scouting games, many troops make use of " ankle-tapping " with staves to decide the issue of the day. This is a very exciting mode of attack and defense, but at the same time is rather dangerous, and does not need much actual scouting work. A far better way of deciding which side is victorious is as follows. Scouts- on both sides wear their scarves tucked lightly in their belts, and the object of each ride is to capture as many of these 11 tails " as possible. To creep up behind a hostile Scout and grab his " tail before he discovers you, calls for far more caution and scouting than does ordinary ankle-tapping. Again, a Scout may suddenly discover that his own tail is missing just as he is going to capture an enemy's, which all adds to the fun of the game. Of course, if desired, colored pieces of cloth or handkerchiefs can be used instead of the Scout scarves.

## How we adapted it to fit our unit:

### Game setup:

We setup four orange cones to form a rectangle, in an open space outdoors.

At each end of the designated space, behind the cones, is each teams Home Base.

Have pieces of cloth in two different colors (we used yellow and blue).

### How to Play:

Form two teams (ex. yellow team and blue team).

Depending on the teams color, give each boy one or two pieces of colored cloth ("Tails") to tuck into their belt or pants pocket.

Each team is to capture the other team's "Tails" (pieces of cloth) and return the "Tails" to their Home Base.

If your "Tails" get captured, you continue to play the game. No one sits out.

The first team to capture all of the other teams "Tails" and get them to their Home Base wins.

# Play Catch

**Materials** One plastic gallon milk jug for each player, permanent markers, a scissors, and balls that will fit into the gallon milk jugs (or water balloons).

**Directions to Make** Cut the bottom of the milk jug off and discard. Decorate the top of the milk jug any way you want. It is plastic, so permanent markers work best.

**Directions to Play** Two people stand several feet apart, each holding the handle of a milk jug. Toss the ball to your partner using the milk jug. The partner tries to catch the ball with their milk jug. During warm weather, it is fun to play this outside with water balloons.

# Play Dodgeball In A Circle

## Game setup:

Create a large circle using a rope, garden hose, etc. The diameter of the circle depends on the number of boys playing.

Get two or more rubber dodgeballs or other safe balls (we used only one ball because we only had 10 to 15 players and a smaller circle). Adapt as it makes sense.

## How to Play:

All scouts are dodgers inside the circle except for 1 or 2 scouts that are throwers.

Throwers stay outside the circle and try to hit dodgers inside with a ball.

If hit, a scout leaves the circle and becomes a thrower.

We played that dodgers can catch the balls. If they catch the ball, it does not count and then they roll the balls outside the circle.

If a ball bounces before hitting a dodger, it does not count.

Last one left inside the circle wins.

# BOA Constrictor song

I'm be'in eaten by a boa constrictor  
a boa constrictor, a boa constrictor  
I'm be'in eaten by a boa constrictor,  
And I don't like it a bit.

Spoken: Oh no! He's got my toe.

CHORUS

Spoken: O gees! He's up to my knees.

CHORUS

Spoken: Oh my! He's got my thigh.

CHORUS

Spoken: Oh peanut butter and jelly! He's up to my belly.

CHORUS

Spoken: Oh heck! He's reached my neck.

CHORUS

Spoken: Oh dread! He's got my...

Slurp - - gulp!

# Quick Skits

The following is taken from a handout I received while attending a great class at the University of Scouting called "Skits, Jokes, & Run-ons".

#1: If you have 180 rabbits standing in a row, and they take one step back, what do you have?

#2: I don't know, what?

#1: A receding hare line.

#1: He's recovering from an unusual accident.

#2: What happened?

#1: A thought struck him.

#1: My uncle can shoot a gun faster than any other man in the west. He can even shoot without removing the gun from his holster.

#2: What do they call him?

#1: Toeless Joe.

#1: Knock, knock.

#2: Who's there?

#1: Dishes.

#2: Dishes Who?

#1: Dishes the F.B.I., open up.

#1: What is the longest piece of furniture in the world?

#2: I don't know, what?

#1: The multiplication table.

#1: Why did the monkey run around with a hatchet in his hand?

#2: I don't know, why did the monkey run around with a hatchet in his hand?

#1: He wanted a banana split.

#1: Have you heard about my uncle who broke his arm raking leaves?

#2: How did he do that?

#1: He fell out of the tree.

#1: How are you coming with your carving?

#2: Oh, it's coming along whittle by whittle.

#1: Doctor, I'm worried. Yesterday, I swallowed a roll of film.

#2: Relax, I'm sure nothing will develop.

#1: Knock, knock.

#2: Who's there?

#1: Doris.

#2: Doris Who?

#1: Doris closed, so I knocked.