

The Philmont Cub Scout Roundtable Supplements

December 2018



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January Pack Meeting

◆ **Gathering**

Have a stroll around the midway. Give all Scouters an opportunity to get information and sign up for events and trainings.

Midway Patch of the Month Philmont Training Center



It is time to register you and your family for training and adventures at the Philmont Training Center in Cimarron, New Mexico. The Philmont Training Center (PTC) is the national volunteer training center for the Boy Scouts of America. Since 1950, the PTC has provided a unique environment for training volunteers, creating leaders, and hosting family friendly experiences and adventures. Each year, more than 6,000 Scouters and their families attend the PTC. Every conference at the PTC features tools, techniques, audiovisuals, discussions, idea sharing, and activities led by a faculty of experienced Scouters. All registered Scouters are invited to attend training center courses; council approval is not required. www.philmontscoutranch.org (575) 376-2281 trainingcenter@philmontscoutranch.org

◆ **Opening Ceremony**

The flag ceremony is led by preassigned Scouters. They will present the colors and lead the pack in the Pledge of Allegiance. Preassigned Scouters perform the opening skit.

Old Glory Opening Ceremony (Great Salt Lake Council *Pow Wow Book*, 1978)

Stage this ceremony by placing the flag in a stand on the right side of the stage. Put a fan on it for a ripple effect. Use soft patriotic background music.

Narrator reads: "I am Old Glory. For many years I have been the banner of hope and freedom. Born amid the first flames of America's fight for freedom, I am the symbol of a country that has grown from a little group of thirteen colonies to a united nation of fifty sovereign states. Planted firmly on the high pinnacle of American faith, my gently fluttering folds have provided an inspiration to untold millions. Soldiers have followed me into battle with unwavering courage. Citizens have looked upon me as a symbol of national unity. They have prayed that they and their fellow Americans might continue to enjoy life, liberty and the pursuit of happiness. So long as the principles of truth, justice and charity for all remain deeply rooted in human hearts, I shall continue to be the enduring banner of the United States of America."

Please rise and repeat the Pledge of Allegiance with me.

◆ Opening Prayer Philmont Grace

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

◆ [Welcome and Introductions](#)

The Roundtable Commissioner or Assistant Roundtable Commissioner - New Member Coordinator welcomes new Scouters, visitors, and special guests by introducing them to the district. If you aren't sure what a New Member Coordinator is, check out : <http://scoutingwire.org/marketing-and-membership-hub/new-unit-development/commissioners/> and see the New Member Coordinator section in the November 2018 Cub Scout Roundtable Supplement.

◆ [Big Rock Topic](#)

See the Boy Scout Roundtable Commissioner Planning Guide for a list of Big Rock Topics that both the Cub Scout and Boy Scout Roundtable Commissioners choose to do jointly to help serve the units in your district.

◆ **Applauses and Cheers!**

Oscar Meyer Cheer

"Hot Dog!"

Oscar Meyer's Other Cheer

"Baloney!"

Echo Cheer

Divide group in half. First section says a phrase (like "That's Great!") and the second section repeats it, only softer. You can make the echo last longer by dividing the group into as many sections as you want.

Empty Pop Can Cheer

Place your pretend empty pop can on the floor. With the heel of your foot stomp it flat.

(retiredscouter.com)

Italian Cheer

(use cheers from other languages)

Bravo! Bravo! Bravissimo!

Run-On's

What are you eating?

CUB 1: (Enters eating something.)

CUB 2: What are you eating?

CUB 1: Yeast and shoe polish.

CUB 2: Yuck! Why would you eat yeast and shoe polish?

CUB 1: Because I want to rise and shine!

What can you always count on?

Cub 1: "When life is going bad, what can you always count on?"

Cub 2: "I don't know. What?"

Cub 1: "Your fingers." (Counting on fingers) "One, two, three, four, five..."

Cub 2: "Can't you count any higher??"

Cub 1: (Raises his hand above his head) "One, two, three, four, five...."

Find a horseshoe

Cub 1: What does it mean when you find a horseshoe?

Cub 2: Somewhere a horse is going barefoot.

Song: Trusty Tommy

Tune: Yankee Doodle

Trusty Tommy was a Scout
Loyal to his mother,
Helpful to the folks about,
And **Friendly** to his brother.
Courteous to the girls he knew,
Kind unto his rabbit,
Obedient to his father, too,
And **Cheerful** in his habits.
Thrifty saving for a need,
Brave, but not a faker,
Clean in thought and word and deed,
And **Reverent** to his Maker.



◆ **Cub Scout Interest Topic**

- **Ceremonies** provide a colorful and enthusiastic presentation for Scouters, leaders, parents, and families. They are meaningful and memorable highlights in a Cub Scout's experience. Discuss successful ceremonies and share ideas.

Pack Ceremonies

(Lake Bonneville Council Pow Wow Book, 1987)

- C** Character Building
- E** Enthusiasm and Energy
- R** Regular Recognition
- E** Easy and Fun
- M** **Monthly ideas**
- O** Opportunities to shine
- N** Natural and nurturing
- I** Inspirational
- E** Elaborate or
- S** Simple

There are four kinds of ceremonies.

1. **Flag** ceremony. This ceremony includes the flag of the United States of America and the pledge of allegiance.

2. **Advancement.** This ceremony is for the Scouts to honor their advancements and often includes their parents. Examples are for rank advancements, Arrow of Light, Crossover, and others.

3. **Recognition.** This ceremony is a special award to special deeds or for Scouts, adults, and other people who have helped your Scouts or your unit or for special events. 4.

Opening/Closing ceremonies. These ceremonies open or close the meeting and help give the pledge of unity because of the participation in the ceremony. Adapt ceremonies to fit the needs of your unit. Examples for Opening ceremonies: Pledge of Allegiance to the flag, sing a patriotic song, sing the Pack's favorite song, a den yell or applause stunt, Cubs Scouts form a large circle and join in the Grand Howl, each den give their den cheer, repeat the Scout Oath and Law. Examples for Closing ceremonies: sing a patriotic song, candle ceremony, Cubmaster minute, retreat the colors and remove the flag, do a ceremony that fits the theme of the pack meeting, repeat the Scout Oath and Law.

Suggestions for effects: 1. Try some light and sound presentations with a darkened room, spotlights, pictures, recordings or music or vocal dramatizations. 2. Use special effects with power point shows, films of the Scouts, dens and the pack, displays, pictures, costumes, sound effects, props, etc. 3. Rehearse the ceremony. Have all participants prepared so they know where to stand, what to say and what to do? Rehearse again.

Adapt ceremonies to your needs. Use your imagination. Remember KISMIF (keep it simple, make it fun).

From Scouting.org:

The den meeting plans include simple ceremonies to open and close den meetings and to mark important events in the lives of the boys and the den. Den ceremonies should be short—no longer than two or three minutes—and varied. The same opening and closing each week will become boring. Occasionally, the Scouts should have a chance to help plan and lead den ceremonies.

Here are some types of den ceremonies to consider using in your den meetings:

- **An opening ceremony**, often a flag ceremony, signals the beginning of the den meeting.
- **An advancement ceremony** can acknowledge a boy's progress toward his rank advancement.
- **A denner installation ceremony** recognizes a boy leader and the importance of this position in Cub Scout and Webelos dens. [This category could include the installation of your Den Chief.] The installation ceremony may include the installation of the Den Chief.
- **Special recognition ceremonies** can mark special events such as birthdays and holidays, new members, Scouts transferring to a new den, and special achievements and activities.
- **Closing ceremonies** can emphasize Cub Scouting's ideals and bring a quiet, inspirational end to the den meeting.

◆ Audience Participation

The Hike

(retiredscouter.com/stories)

HIKE sing "We're on the upward trail" or "I'm happy when I'm hiking"

SCOUTS sing "We're happy when we're hiking"

Any kind of food - sing "Food, glorious food"

BEAR - sing "The other day, I met a bear"

LEADER - sing "I've got that Cub Scout Spirit"

The **Scouts** in Pack _____ were all excited about the big **hike**. All month they learned about the proper **food** to take and to eat and what to wear, especially about good boots. The **Scouts** were ready. They even knew what to do if they met a **bear**. Saturday was the big day. Each **Scout** knew what to bring in the way of **food**.

On Saturday, the **leaders** and all the **Scouts** were up early because the **hike** was to start at dawn. They would hike for a couple of hours, then stop to fix their **food** for breakfast, **hike** on to the lake where they would fish for their lunch. Everyone arrived on time and soon the **leaders** and the **Scouts** were **hiking** up the trail. The sun rose quietly in the east as the **Scouts** and **leaders** sang as they **hiked**. Soon it was time to stop and fix **food** for breakfast. The group stopped in a beautiful clearing and the **Scouts** opened their packs while the **leaders** lit the stoves. But no one had remembered to pack the **food** for breakfast, except one who had been assigned the salt and pepper! Oh well, at least they could salt and pepper the fish they caught for lunch.

On up the trail they **hiked**. They were getting deeper into the woods and the **Scouts** began peering deep into the trees, just in case there might be a **bear**. Soon they reached the lake. They could hardly wait to get those fish and get them cooked for lunch. But when the packs were opened, they made a sad discovery. No one had remembered to pack the fishing gear! Oh no!! All the **Scouts** and **leaders** were as hungry as **bears**! What could they do?

That's when the **leaders** broke out the **granola bars** they had been saving for desert. It wasn't much, but at least it gave them enough energy to make it back down the trail to the cars. It was lucky they didn't see any **bears** because the **leaders** and **boys** needed all their energy for the **hike** home. The first thing they all did when they got back to town was to stop for **food** at the first burger place they came to. The next time Pack _____ planned a **hike** all the **Scouts** and **leaders** remembered the **food**!

◆ STEM Minute Hot Chocolate Science Energy, density, and molecules

Does the temperature of the water make a difference in dissolving the hot chocolate mix? Predict the results.

Materials

Three (3) heat-proof mugs
Three packets of instant hot chocolate
Measuring cup
Water (cold, room temperature and hot- 6 oz. each)
Spoons
Stopwatch
Notebook for recording your results.

Kitchen thermometer, optional

Procedure:

1. Empty a packet of instant hot chocolate in each of the three mugs.
2. Pour 6 ounces of water into each cup. Use 6 ounces of cold water for one cup, 6 ounces of room temperature water for the second cup, and 6 ounces of hot water for the third cup.
3. Have an adult help heat the water for the third cup. Use safety precautions for heating the water.
4. Using a spoon, stir the instant hot chocolate mix in the water.
5. Stir each cup and time it to see how long it takes to dissolve.
6. Start timing when the water is added to each cup.
7. Enjoy drinking the hot chocolate (from the hot and warm cups).

STEM

Hot water has more energy than cold water; it is less dense because the molecules in the water are moving faster, breaking down the hot chocolate mix quicker. The room temperature water dissolves the mix but it takes longer. The cold water is the slowest and will not dissolve well because it is denser and the molecules are moving slowly. Density increases with lower temperatures.

(Terri Thompson, Creative Family Fun.net)

Game: Calendar Pitch

(Trapper Trails Council Pow Wow Book, 2001)

Glue a large calendar page on cardboard or wood. Standing about five feet away, players toss three checkers (or coins or washers) each toward the target. The score is the total of the numbers where the checkers land. No score is given for checkers that land on lines. For added excitement, give extra point (s) for special days, for example, Pack Meeting or holidays.

If You Use the 60-minute Roundtable Please Skip to the Commissioner’s Minute and Closing Ceremonies

◆ **Cub Scout Leader Breakouts**

◆ **New Leader Breakout**

- See the September Philmont Supplement for all of the details. This is the same breakout session for all new leaders attending Roundtable for the first time. If they have attended this breakout they need to attend the breakout session that fits their position in the pack.

◆ **Lion Breakout**

- Lion Requirement
 - Animal Kingdom - **Required Adventure**
 - Discuss the meeting requirements for this Adventure and talk about which one is needed most to talk about during this breakout session.
 - Finding a Community Visitor
 - Brainstorm a list and contact information for visitors
 - Playing the Emergency Preparedness game

- Emergency Scenarios
 - Print out cards for participants
 - Discuss how to play the game
 - Draw or find clip art of the task
- Make items or gather items for the answer to the emergency
- Play the game
- Community Service Project
 - Brainstorm ideas of service projects
 - Identify people to contact about service projects (Park Ranger, City Project Manager, Church Official, ect)

◆ Tiger Breakout

- Tiger Requirement
 - Tiger Bites - **Required Adventure**
 - Discuss requirements 1 and 2 to review the required parts of the adventure.
 - Our plus one we will be focusing on today is requirement **6. With your parent, guardian, or other caring adult, plan and make a good snack choice or other nutritious food to share with your den.**
 - Discuss healthy snack choices.
 - Be mindful of allergies and intolerances within your Den
 - Here is a link for 10 recipes that are nut-free snacks for kids
 - <https://www.allrecipes.com/recipes/14863/appetizers-and-snacks/snacks/kids/nut-free/>
 - Fruit Leather
 - Dried Apple Chips
 - Fruit Salsa
 - Try making one or two of these with your leaders

◆ Wolf Breakout

- Remind Den Leaders to work with new Cub Scouts on their Bobcat Rank
- Requirement Modifications
 - The Cub Scout Handbook underwent modifications in 2016. Please make sure that each den leader is aware of this. Hand out a copy of this link or offer a copy of modifications for the den leaders. Never assume that a leader knows of this change.
 - The link is found at : http://www.scouting.org/filestore/cubscouts/pdf/Wolf_Addendum.pdf
- Wolf Requirement
 - Elective Adventure - **Digging in the Past**
 - Requirement 1. Play a game that demonstrates your knowledge of dinosaurs, such as a dinosaur match game.
 - Demonstrate how to make a fossil cast. Follow the instructions on a container of Plaster of Paris to create a dense mixture. Gently press your hand or foot in the mixture to create a cast. Casts take about 20 to 30 minutes to dry depending on the thickness.





- Make a dinosaur dig. Be a paleontologist, and dig through a dinosaur dig made by another member of your den. Show and explain the ways a paleontologist works carefully during a dig.

- Mix a batch of Plaster of Paris in a small disposable aluminum pan. Press small items to the bottom of the pan, such as a small dinosaur, a milk jug lid and stones. Scouts can “dig” for the items.



- Place a clean, small plastic dinosaur on a round of biscuit dough. Place another round on top of the dinosaur and gently press the edges together. Bake as directed. “Dig” the dinosaur out with paintbrushes or popsicle sticks.
- Place dinosaurs or other items inside a sandbox (a sandbox could be the size of a shoebox). Have Scouts dig the dinosaurs out of the sand.



- Make edible fossil layers. Explain how this snack is a good model for the formation of fossils. Layer pudding or ice cream with crushed graham crackers and animal cookies.

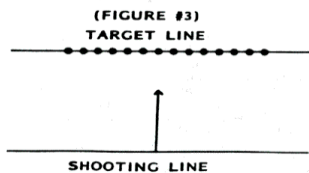


◆ Bear Breakout

- Remind den leaders to work with each new Cub Scout on the Bobcat rank
- Bear Requirement
 - Requirement Modifications
 - The Cub Scout Handbook underwent modifications in 2016. Please make sure that each den leader is aware of this. Hand out a copy of this link or offer a copy of modifications for the den leaders. Never assume that a leader knows of this change.
 - The link is found at:
https://www.scouting.org/filestore/cubscouts/pdf/Bear_Addendum.pdf

○ Marble Madness - **Elective Adventure**

- Review the requirements for this adventure. Cubs must complete requirements 1 through 4. Requirement 5 is optional.
- Discuss requirement 1: “Discuss with your family or den the history of marbles, such as where and when the game began. Talk about the different sizes of marbles and what they are made of and used for.”
- Discuss requirement 2: “Learn about three different marble games, and learn to play one of them. Learn how to keep score. Learn and follow the rules of the game. Play the game with your family, friends, or your den.”
 - Ringer: Draw a ring on the ground. Put 13 marbles (about 3 inches apart) in the middle of the ring arranged in an X shape. The player uses the shooter to try to shoot a marble out of the ring. If the player misses, the turn is over. If the player has a hit, the shooter may shoot again from where the shooter stopped. The player keeps marbles that go out of the ring. The other players then take their turns. The player with the most marbles is the winner.
 - Plums: Draw two parallel lines about six feet apart. Each player puts the same number of marbles on one line a few inches apart. The players stand behind the second line. Players take turns shooting at the marbles (plums) from behind the second line. They keep any plums they knock off the line. Set a time limit or play until all of the plums have been picked. The player with the most marbles wins.
 - Dropsies or Bombsies: Draw a square on the ground about two feet long by two feet wide. Each player places five marbles inside the square. The first player stands on one side of the square with his feet outside the line and drops a shooter from above waist height onto one of the other players’ marbles to try to knock it out of the square. If another player’s marble is knocked out of the square but the player’s marble stays, the player keeps the marble and gets another turn. If the shooter rolls out, the player keeps the marble but ends the turn. Set a time limit or play until all of the marbles have been knocked out of the circle. The player with the most marbles wins.



- Try another game. See the following site for more examples: <https://imarbles.com/marblesgames.php>
- Discuss requirement 3: “Learn four or five words that are used when talking about marbles. Tell what each of the words means and how it relates to playing marbles. Share this information with your den.” See the Bear Handbook for examples of words. Review with the leaders. The bottom of the following site has many words to consider teaching the Cubs: <https://www.imarbles.com/howtoplaymarbles.php>
- Discuss requirement 4: “Complete one of the following.” Note that under previous requirements, all were required.
 - A. With your den or family, make a marble obstacle course or marble golf course. Share what you create. Invite everyone to go through your course.
 - B. Create your own game using marbles, and design rules for playing the game. Share the game you created with your den, family, or friends. Explain the rules and how to play the game.
 - C. With your den or family, create a marble race track. Have at least two lanes so you can race your favorite marbles against each other.
 - D. Make a marble maze.
- Discuss requirement 5: “With the help of an adult, make a marble bag to hold marbles.” Note that this requirement was previously required but is now optional.

◆ **Webelos Breakout**

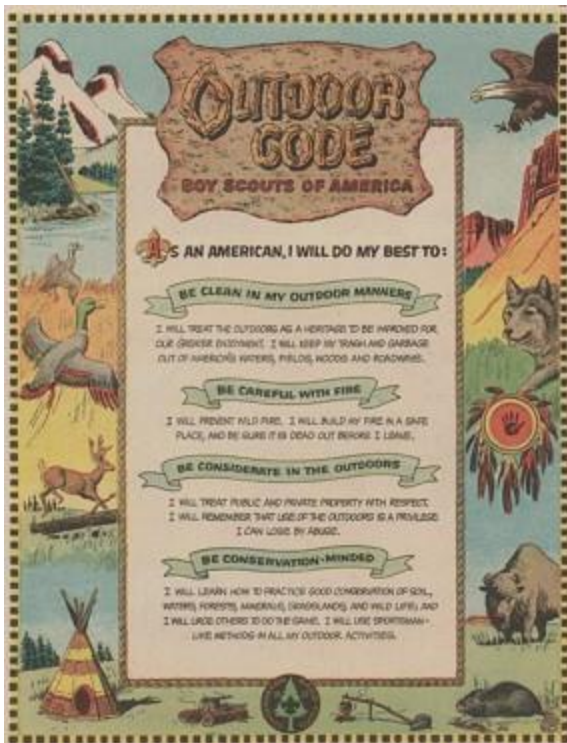
Remind Den Leaders to work with new Cub Scouts on their Bobcat Rank

- Webelos Requirement

- **Webelos Walkabout - Required Adventure- Outdoor Code and Leave No Trace**

- #3. Recite the Outdoor Code and Leave No Trace Principles for Kids from memory. Use a **game** to help them remember these.
- 1. Write the phrases from the Outdoor Code and Leave No Trace on word strips, put magnets on the back, and have the Scouts put them in order on a whiteboard or chalkboard. With two sets of word strips, the Scouts can have a contest to see which team gets them in order first.
- 2. Write the phrases on popsicle or craft sticks. Mix them up in a baggie. Have a baggie with the sticks for each Scout or just two sets to use in teams.
- 3. Write the phrases on paper and tape them on inflated balloons. Have the Scouts put them in order and when they are all correct, have the Scouts stomp on the balloons to pop them.
- 4. Write the phrases on paper and have the Scouts hold the phrases up in front of them. Have the Scouts move around to rearrange themselves to get the phrases in order.
- The phrase “Be careful with fire” is in both the Outdoor Code and Leave No Trace. You will need to write that phrase twice on the word strips, craft sticks, or balloons.





- Create your own game for helping the Scouts learn the Outdoor Code and Leave No Trace.
- There are patches at the Scout Shop for Outdoor Code and Leave No Trace.
- For an additional challenge add the phrases for the Scout Law and Scout Oath with the Outdoor Code and Leave No Trace phrases and have the Scouts rearrange them.

(Boy's Life, March 1954) <http://outdoorethics-bsa.org/OutdoorCode>

The Outdoor Code began as a "Conservation Pledge" in 1946. It was part of a national contest by Outdoor Life Magazine for a thirty-word Conservation Pledge." The winning Pledge was on the January 1947 cover of that magazine. Boy's Life magazine then printed it in its magazine.

President Dwight Eisenhower challenged the Boy Scouts to raise public awareness of the importance of caring for natural resources. The Outdoor Code first appeared in Boy's Life in the March 1954 issue. The Outdoor Code appeared in the Boy Scout Handbook in February 1955 in the 8th printing of the 5th edition. It replaced the Conservation Pledge.

◆ Arrow of Light Breakout

- AOL Requirement

- **Outdoorsman - Required Adventure- Outdoor Code and Leave No Trace**



- Option A #5 and Option B #4. Recite the Outdoor Code and Leave No Trace Principles for Kids from memory. Use a **game** to help them remember these.
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- For an additional challenge add the phrases for the Scout Law and Scout Oath with the Outdoor Code and Leave No Trace phrases and have the Scouts rearrange them.

◆ Cubmasters Breakout

- Planning for Blue and Gold Banquet should start in November or December
- Suggested Timetable
 - 4 months before banquet -- Select Blue & Gold Committee; set/reserve date, time, place; select theme
 - 3 months before banquet -- Dens work on decorations; plan the program; committee meeting report
 - 2 months before banquet -- Make guest list; committee meeting report
 - 1 month before banquet -- Mail invitations; re-check facilities; print program; committee meeting report.
 - 2 weeks before banquet -- Turn in award orders; complete decorations; verify RSVP counts; check on food preparation.
 - Banquet day -- Set up room; Enjoy banquet; clean up facilities
- Important Things to Remember
 - Be sure the Pack leaders, Cubs, and parents know that the Blue & Gold is Cub Scouting's birthday celebration.
 - Begin planning at least three months in advance. Some preliminary plans can even be started at the Pack's annual planning meeting.
 - Involve leaders and parents - share the responsibility; Scouts need to help by making invitations and decoration
- Blue and Gold is a great place to give leader awards
- Have a discussion with participants about their success and failures
- For more ideas on Blue and Gold just "Google" it!

◆ Committee Chair Breakout

- Webelos to Scout Transition - Discuss plans for effective ways to graduate Webelos Scouts into Boy Scout Troops.
 - The importance of having a working relationship between a Cub Scout Pack and a Boy Scout Troop.
 - The importance of involving Cub Scouts in Troop activities on a regular basis. Cubs can be involved in a Troop service project, a Court of Honor, a Campfire, and some Troop meetings.
 - Discuss the benefits of Cubs working and meeting regularly with a Troop:
 - Scouts are able to use the EDGE method when demonstrating skills
 - Older Scouts have the opportunity to mentor younger Scouts
 - Webelos become familiar and more comfortable with members of the Troop
 - Cub Scouts learn how a Troops work and function and are more comfortable after the transition to Boy Scouts

◆ Commissioner's Minute:

- "We are all like snowflakes, all unique in our own special way. And just as no two snowflakes are alike, no two people are exactly the same. We show reverence for all those we come in contact with: reverence for one's beliefs, reverence for one's belongings, and reverence for one's privacy. In doing so, we show reverence for ourselves."

◆ Closing

The preassigned Scouters perform the closing ceremony.

◆ Retire the Flags