

# The Philmont Cub Scout Roundtable Supplements

July 2019



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August 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 Awards of the Month**



**Arrow of Light Knot**



**Eagle Scout Knot**



**Youth Religious Knot**



**Venturing Silver Award**



**Sea Scout Quartermaster Award**



**Explorer G.O.L.D. Award**

Adult leaders may wear knots earned as a Cub Scout and/or Boy Scout, Sea Scout or Venture Scout. They may wear their Arrow of Light Knot, the Eagle Scout Knot, or the Venturing Silver Award, or the Sea Scout Quartermaster Award, or the Explorer G.O.L.D. Award, and the Religious Knot on their adult uniform. Adults may earn the Religious Knot as an adult and the colors are reversed. The Youth Religious Knot is a silver knot on purple. The Adult Religious Knot is a purple knot on silver. (boyscouttrail.com; usscouts.org; scoutingbsa.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.

**I Made a Promise**

Each scout should have their part printed on a small card that could be concealed in the hand or memorized.

**Cub Scout 1:** I made a promise. I said that on my honor I would do my best.

**Cub Scout 2:** I made a promise to do my duty to God and my country.

**Cub Scout 3:** I made a promise to help other people at all times.

**Cub Scout 4:** I made a promise to obey the Scout Law.

**Cub Scout 5.** I made a promise to keep myself physically strong, mentally awake and morally straight.

**Den Leader:** Will everyone now join us in repeating the Scout Oath and the Pledge of Allegiance.

◆ **Opening Prayer**

“May we always remember to be thrifty both indoors and outdoors. Please help us remember that we can be thrifty each and every day by reusing items and by not wasting, even when we are camping.”

◆ **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!**

**Quarter Pounder**

Reach deep into your pocket and pull out a pretend 'quarter.' Put it in the palm of your hand and pound it with the fist of your other hand.

**Quick Clap**

Hold left arm straight out to side, swing right arm around the front of your body and make one slap, saying 'VROOM!'

**Mad Scientist**

Pretend to hold up a test tube in one hand. Pour something into it, then something else, then go "BoooooooooooooOOOOhh!"

**Marshmallow**

Put your marshmallow on a stick, hold it over the fire. It catches fire. Hurry and blow it out. Cool it. And say, "Just right!"

**Hip, hip, hooray!**

Swing and pat hips "Hip, Hip", wave hand and shout "Hooray!"

**Songs!**

**Boom Chicka Boom**

This is a repeat after me song. Repeat each line after the song leader. Make up your own verses in different styles. Add a two-beat, slap-clap action for more action. Look for more verses on the Internet (boyscouttrail.com and many other sites.)

I said a Boom Chicka Boom

I said a Boom Chicka Boom

I said a Boom Chicka Rocka Chicka Rocka Chicka Boom

Uh huh

Oh yeah  
One more time \_\_\_\_\_ style.

Race Car Style:

I said a vroom shifta vroom  
I said a vroom shifta vroom  
I said a vroom shifta grind-a shifta grind-a shifta vroom  
Uh huh  
Oh yea  
One more time \_\_\_\_\_ style.

Conservation Style:

I said a tree hug a tree  
I said a tree hug a tree  
I said save the whales, save the gas, save the water, hug a tree, etc.

Star Wars Style:

I said a zoom chicka zoom  
I said a zoom chicka zoom  
I said a Luke I am your father join the Dark Side chicka zoom, etc.

McDonalds Style:

I said a Big Mac and Fries  
I said a Big Mac and Fries  
I said a Big Mac and Fries and don't forget to Super Size, etc.

Run On's!

### **Make Cookies For An After School Treat**

Cub Scout 1: Hey, Should we make cookies for an after school treat?  
Cub Scout 2: Sure. What kind should we make?  
Cub Scout 1: How about my new invention, Metric Cookies?  
Cub Scout 2: That sounds great. I like gram crackers.

### **Man Over Board!**

Scout enters with a large board, and throws it down. Scout says, "Man over board!" while jumping over the board.

### **Mix A Bobcat, Wolf And Bear**

Cub 1: What do you get when you mix a Bobcat, Wolf, and Bear?  
Cub 2: A Webelos.

### **Mosquitoes Bother People Most Late At Night**

Cub 1: Why do mosquitoes bother people most late at night?  
Cub 2: Because mosquitoes like a little bite before they go to sleep.

## ◆ Cub Scout Interest Topic

### **S'more Outdoor Edibles.**

#### **Cooking with Cub Scouts Outdoors**

Discuss and share recipes and stories about cooking with Cub Scouts. See the *Webelos Handbook*, Cast Iron Chef Adventure for information and suggestion on cooking outdoors..

#### **Safety Tips Fire Safety is important!**

1. Have a bucket of water near the fire.
2. Have the scouts stay a few feet away from the source of heat. Your heat source may be a campfire, charcoal grill, solar box oven, etc.
3. Have the scouts wear oven mitts if they are taking hot items off a grill or rack.
4. Use a stick or skewer for cooking in a fire.
5. Cook the food over the coals and not in the flames.
6. Remember to not run, jump or play around the grill or campfire. Remain calm.
7. Make sure the fire is totally out after you finish cooking.

The easiest and safest way to have scouts participate in outdoor cooking is to have them cook with a skewer, stick or in aluminum foil. [www.doityourself.com/stry/outdoor-cooking-with-kids](http://www.doityourself.com/stry/outdoor-cooking-with-kids)

**Campstove** using liquid fuel or propane. These heat and cook quickly. They are portable and can be used when open fires are not allowed. They can tip over so make sure an adult helps light it. You can cook anything that you would cook on a stove in a kitchen. An easy meal is to put ingredients in a zip lock baggie and put the baggie in boiling water on the stove.

**Eggs in a Bag** (*Webelos Handbook*). For each Scout crack one or two eggs in a sealable, quart-sized plastic bag. Add one Tablespoon of milk and add other ingredients—bacon bits, cheese, chopped green pepper, chopped green onion, salt and pepper to taste. Seal the bag, remove excess air, and then shake it. Place the bag in boiling water and cook for 3-4 minutes until fully cooked. Use tongs to remove the bag from the hot water.

**Open Campfire or Charcoal.** Stick or Skewer cooking. This is a fast cooking experience. The Scouts can cook hot dogs, marshmallows or bread dough over a fire using a skewer or a stick. Use refrigerator roll dough wrapped around the end of the stick and cook it over the fire or coals.

**Apple Pie on a Stick.** Ingredients: apples, cinnamon and sugar. Mix the cinnamon and sugar together in a bowl. Push a stick through the apple and turn the stick over the coals of the campfire. When the apple peel begins to loosen, carefully peel off or have an adult peel the skin off. Roll your apple in a bowl with the cinnamon and sugar mixture until it is evenly coated on all sides. Roast over the fire for a few minutes and let cool. [www.kids-cooking-activities.com](http://www.kids-cooking-activities.com)

**Aluminum Foil; Tin Foil Cooking.** This takes more time. The fire or charcoal needs to have hot coals, but no flame. Use heavy duty aluminum foil. The Scouts can cook a variety of foods in the aluminum foil. Easy to cook foods are: hot dogs, chicken, meatloaf, potatoes, sliced vegetables, corn on the cob, eggs, etc. A meal can consist of a hamburger patty, sliced potatoes, sliced carrots, etc. all wrapped inside the aluminum foil. Season the packet with salt and pepper if desired. Sauces may be added. Fold the packet of food and seal the ends of the

foil. Use a marker to write the Scout's name on the packet. Place the packet over the coals (not flames) or on top of hot rocks.

**Banana Dessert in Foil.** Ingredients: banana, aluminum foil, brown sugar, chocolate chips or chocolate bar, small marshmallows (optional). Slit a banana down the middle but leave the banana in the peel. In the split sprinkle brown sugar, chocolate chips and mini-marshmallows. Wrap in heavy duty aluminum foil and warm in the coals.

**Campfire Orange Cakes.** Ingredients: 1 box of Classic Yellow Cake Mix, 1 cup of water, 1/3 cup of oil, 3 eggs, 10-12 oranges (you can use fewer oranges and discard the extra batter)

1. Have an adult slice off the tops of the oranges with a knife about a half inch from the top. Save the tops since they will be used later on.
2. Hollow out the oranges like you would a pumpkin by scooping out the pulp with a spoon. (You can save this to eat or use to make fresh OJ). After preparing the cake batter according to directions, fill the oranges 3/4 full with the batter.
3. Place the tops back on the oranges and carefully wrap them in heavy duty aluminum foil.
4. Place the oranges on the coals and cook for 15-20 minutes, rotating once or twice to ensure even cooking. <http://www.todaysletters.com/2010/10/campfire-orange-cakes.html>

**Dutch Oven Cooking.** This method takes a bit longer to cook. You have to wait for the charcoal to burn and heat the Dutch oven. Place the hot coals underneath the Dutch oven and on the lid of the Dutch oven. The Scouts can make a meal, a pizza, or a dessert. There are many recipes on the internet.

**Dutch Oven Pizza:** To make pizza, place pizza dough (or pita bread) on an aluminum plate. Put the sauce, cooked meat, vegetables, and cheese on top. Place the pizza pan on top of rocks that are placed inside on the bottom of the preheated Dutch oven. Cook until the cheese is melted. Carefully remove.

**Box Oven Cooking.** Use a cardboard box lined with heavy duty aluminum foil. Place hot charcoal in the bottom of the box, the food on top and close the foil lined box so the food will cook.

**Solar Oven.** This method uses an aluminum lined box and the rays of the sun reflected by the foil. This can be a slow way to cook depending on the focus of the sun's rays..

**Paper Bag Cooking.** Bacon and Eggs in a paper bag

Ingredients: 2 eggs, 2-4 pieces of bacon, cut in half, 1 lunch paper bag, 1 long stick (to use as a handle), Salt and pepper.

Instructions: Grease the inside of the paper bag with a piece of uncooked bacon. Thoroughly coat the bottom and insides of the bag with bacon grease. Line your bacon on the bottom of the bag. Overlap the bacon pieces to ensure the entire bottom of the paper bag is covered. Gently crack two eggs into the bag, over the bacon, and sprinkle them with salt and pepper. Fold the top of the lunch bag over a couple of times. Using a knife or a sharp stick, gently poke a hole through the folded bag. Slide the stick through the hole so you can use it as a handle. You can also put the bags on a grill over the coals. Carefully lift the paper bag off the table and gently place it directly on or above the bed of coals. The grease from the bacon is supposed to protect the bag from going up in flames. If the bag seems fine, let it cook for about 15-20 minutes or until the egg is cooked. If your paper bags start catching fire, quickly lift the bags off the coals,

using the stick handle. Do not blow on the bag to put out the flame- it will cause the flame to increase.

### **Leave No Trace**

Use stoves for cooking in areas without designated fire rings or where collecting firewood can harm camping locations. Clean up after your campfire and make sure the coals are completely out. Don't burn trash: Pack it out.

### **◆ STEM Minute**

#### **Diet Coke and Mentos Geyser Make an exploding geyser!**

Do this outdoors in an area that can get messy.

#### **Materials:**

2 liter bottle of Diet Coke or Coke Zero (they are the same) at room temperature

a package of Mentos  
and goggles.

A paper rolled up as a funnel is helpful or use a funnel that will fit the bottle.

Wear a lab coat for a coolness factor.



Other materials are possible. Experiment with other sodas. The Diet Coke and Coke Zero make the geyser go higher because they have more carbonation and the artificial sweeteners help make the reaction a bit bigger. Diet Coke and Coke Zero are not sugary so the geyser isn't as gooey.

In the 1980s, Wint-O-Green Life Savers were used to create soda geysers, but now the diameter of the them is too large for the soda bottle.. Lee Marek and "Marek's Kid Scientists" were the first to demonstrate the experiment on television in 1999.

**Procedure:** Go outside. Open the bottle of Coke and put it on the ground. Put on your goggles. Roll the paper into a tube funnel so the Mentos will fit inside. Hold the tube of paper upright and put 4 -6 Mentos into the tube. Let the Mentos drop into the bottle. Quickly move away from the bottle.

### **STEM**

The geyser is caused by a physical reaction, not a chemical reaction. The addition of the Mentos causes rapid nucleation of carbon dioxide gas bubbles precipitating out of solution. The carbon dioxide gas in the soda is attracted to the Mentos. That creates so much pressure that the soda erupts. The artificial sweeteners in the soda, aspartame, lowers the surface tension in the water and causes a bigger reaction. The carbon dioxide gas in the soda, the fizz, is attracted to tiny bumps that it can grab onto, the nucleation sites- the place where the gas can grab onto and start forming bubbles, the foam. The surface of a Mentos is sprayed with over 40 microscopic layers of liquid sugar. That makes it not only sweet but also covered with lots and lots of nucleation sites.

There are so many microscopic nooks and crannies on the surface of a Mentos that an incredible number of bubbles will form around the Mentos when you drop it into a bottle of soda. The Mentos are heavy enough to sink so they react with the soda all the way to the bottom. The

escaping carbon dioxide gas bubbles quickly turn into a raging foam, and the pressure builds dramatically. All that pressure has got to go somewhere, and before you know it, you've got a big geyser happening.

Left to right: Perrier, Classic Coke, Sprite and Diet Coke.  
Photo from Wikipedia. See YouTube videos for more images.



**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 Leaders move up to Tiger Breakout

### ◆ Tiger Breakout

- Tiger Requirement
  - Sky is the Limit - Elective Adventure
    - Requirement 2 has you looking through a telescope or binoculars to see an object. This can be at night or in the day time. However, if you check out The Space Tourism Guide for 2019 you will note that August 13th is the peak of Perseid Meteor Shower...you can have some fun looking up there.  
<https://spacetourismguide.com/night-sky-2019-stargazing-sights/>
    - For Requirement 8: look to see if you have an International Dark Sky Place near you. <https://www.darksky.org/our-work/conservation/idsp/>
    - Requirement 4: give the option for viewing with help from a book, chart, computer, or electronic device. If you are looking for an app here the best free stargazing apps of 2018 by Forbes.  
<https://www.forbes.com/sites/jesseshanahan/2018/05/09/the-best-free-stargazing-apps-of-2018/#7f9259cc185d>
      - If you download Astronomy for Kids clicking on the observatory will send you to the screen to see all the stars live. Just move around with your device and you can click on a star or whatever you see.
      - Click on the movie theater and you can watch informational videos about the planets, stars, and a couple of constellations.
      - If you click on the Cow you can play the interactive game. Adds will want to install, just don't accept them and it will go straight to the next spot.

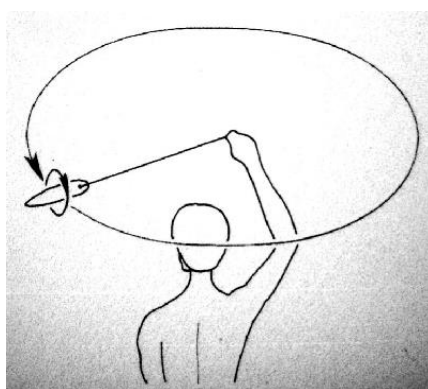


### ◆ Wolf Breakout

- 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](http://www.scouting.org/filestore/cubscouts/pdf/Wolf_Addendum.pdf)







- Wolf Requirement
  - **Air of the Wolf - Elective Adventure**
    - With an adult, conduct an investigation on how speed can affect sound.
      - A bullroarer is an ancient musical instrument, toy and signal device used over long distances for communication. Bullroarers are native to many parts of the world including Australia. It makes a low pitched sound that can travel for long distances. Materials: string or cord and a wooden slat

Give the cord a slight initial twist and then swing it in a large circle on a horizontal plane over your head. The aerodynamics of the roarer will keep it spinning about the cords axis even after the initial twist has unwound.



- **Spirit of the Water - Elective Adventure**
  - Discuss how the water in your community can become polluted. Conduct the water pollution experiment below.

Can you see the water pollution?  
Can you smell the water pollution?

					
Tap Water	Bottled Water	Tap Water with food coloring	Tap Water With White Vinegar	Local Pond Lake or Stream	Tap Water with Salt

Fill four mason jars or bottles half full with tap water. To one bottle add 4 drops of food coloring. To one add 1/4 cup white vinegar. To one add 2 Tablespoons of salt and stir well. Fill one half full with bottled water. Collect water from a local water source such as a lake, pond or stream. Ask Scouts to observe the six water jars. Ask them which ones they think are clean drinking water by observation. Ask Scouts to smell each bottle and decide again which ones they think are clean water. Discuss the types of water and water pollution. Discuss how pollution is sometimes unseen.

- Discuss water conservation methods that Scouts can do at home. Make a list of things such as: turning off the tap when brushing teeth, running the dishwasher and washing machine only when loads are full, showering instead of bathing.
- Prepare for an outing with the den or family to a local pool or swimming area. Discuss why swimming is good exercise. Discuss the safety rules that you need to follow before participating in swimming or boating.

- Discuss local pools or public swimming areas where Scouts can, with qualified supervision, jump into water that is at least chest-high, and swim 25 feet or more.
- Outdoor Activity Award
  - To earn the Outdoor Activity Award Wolf Scouts need to earn their Paws on the Path adventure and complete five outdoor activities. One of the requirements is to participate in an outdoor aquatics activity. This can be an organized swim meet or just a den, pack, or family swim. To learn more look at the requirements at: [https://filestore.scouting.org/filestore/cubscouts/pdf/512-013\\_WB.pdf](https://filestore.scouting.org/filestore/cubscouts/pdf/512-013_WB.pdf)



#### ◆ Bear Breakout

- Remind den leaders to work with each new Cub Scout on the Bobcat rank
- Bear Requirement
  - Requirement Modifications

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The link is found at:

[https://www.scouting.org/filestore/cubscouts/pdf/Bear\\_Addendum.pdf](https://www.scouting.org/filestore/cubscouts/pdf/Bear_Addendum.pdf)

- Bear Necessities - **Required Adventure**
  - Discuss the fact that the youth must complete requirements 1 through 4. Requirements 5 and 6 are optional.
  - Discuss **Requirement 1**. The Cubs may have already completed this requirement during the summer. If they haven't, talk about an upcoming event they might attend to complete this requirement.
  - Discuss **Requirement 2**. Review with the leaders the Cub Scout Six Essentials (first-aid kit, filled water bottle, flashlight, trail food, sun protection, and whistle). The leaders may want to be prepared to discuss with the youth proper attire for the outing and the weather. If camping, discuss items such as sleeping bag, tent, pillow, and toothbrush and toothpaste.
  - Discuss **Requirement 3**. Use the meeting resources guide from the Bear Leader Guide Book to help guide leaders. See the following list for ideas.



- Required Items**
- First-aid kit
  - Food
  - Cooking utensils as needed by menu, or cook kit
  - Stoves and fuel, or firewood, charcoal, and cooking grate
  - Matches, fire starters, charcoal chimney-style lighters
  - Aluminum foil
  - Biodegradable soap
  - Sanitizing agent (liquid bleach)
  - Plastic scouring pads, dish mop, wash tubs
  - 100 feet of quarter-inch rope
  - Water containers
  - Trash bags
  - Paper towels
  - U.S. flag, pack flag
  - Repair kit (rubber bands, safety pins, sewing gear)
  - Toilet paper
  - Shovel
  - Cooler
  - Activity gear (game materials, craft supplies, etc.)

- Spare Items**
- Tent stakes
  - Fuel canisters
  - Ground cloth or tarp
  - Insect repellent
  - Eating utensils
  - Blanket
- Optional Items**
- Dutch oven
  - Marshmallows, popcorn, etc.
  - Cooking fly or tarp
  - Musical instruments
  - Lawn chairs, camp stools

Personal Gear List	
Cub Scout Six Essentials:	
First-aid kit	Flashlight
Filled water bottle	Trail food
Sun protection	Whistle

And to sleep overnight, we'll need:

_____	_____
_____	_____
_____	_____

**Group Gear List**  
Group Items:

_____	_____
_____	_____
_____	_____



- Discuss **Requirement 4**. Use the meeting resources guide from the Bear Leader Guide Book to help guide leaders through the campsite selection part of this requirement. Discuss with the leaders some resources (parents, other leaders, Scout troop) to possibly use in helping the Cubs set up a tent.
- **Requirement 5** is optional but still gives us a necessary skill that they youth will need to know when they cross over into Boy Scouts. This helpful video (<http://www.programresources.org/two-half-hitches/>) shows you how to tie two half hitches. This link is to a fun game to get the Cubs excited about tying a half hitch: <http://www.programresources.org/horizontal-half-hitching-race-video/>
- Discuss **Requirement 6**. Go to the following link for a demonstration: <https://youtu.be/c7R290HwGm8>
- Insert Adventure Here - **Required Adventure**

◆ **Webelos Breakout**

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

- Webelos Requirement
  - Requirement Modifications

**The Cub Scout Handbook underwent modifications in 2016**, please make sure that each den leader is aware of this and hand out a copy of this link or offer a copy for the den leaders. Never assume that a leader knows of this change.

[http://www.scouting.org/filestore/cubscouts/pdf/WEBELOS\\_AOL\\_Addendum.pdf](http://www.scouting.org/filestore/cubscouts/pdf/WEBELOS_AOL_Addendum.pdf)





○ **Sportsman - Elective Adventure**

1. Show the signals used by officials in one of these sports: football, basketball, baseball, soccer, or hockey.

2. Participate in two sports, either as an individual or as part of a team. The *World Sports Encyclopedia (2003)* says there are over 8,000 sports. This could be an opportunity to try other sports such as: badminton, table tennis (ping-pong), tennis, horseshoes, cycling, archery and shooting, fishing, marbles, gymnastics, flying disc games, horseback riding, golf, karate, kite flying, running, sledding and skiing, orienteering, swimming, dancing, croquet, cricket, lacrosse, dodgeball, quidditch, foosball, tag, kick the can, walking, hiking, marching band.



3. Complete the following requirements: A. Explain what good sportsmanship means. B. Role-play a situation that demonstrates good sportsmanship. Have the Webelos Scouts create a role-play with their buddy or in a group. C. Give an example of a time when you experienced or saw someone showing good sportsmanship.



○ **Castaway - Elective Adventure** This adventure can be done while doing Outdoorsman.

1. Complete A and your choice of B or C.

- **A.** On a campout or outdoor activity with your den or family, cook two different recipes that do not require pots and pans. Examples are tin foil meals, hot dog on a stick and the examples in the *Webelos Handbook*.
- **B.** With the help of an adult, demonstrate one way to light a fire without using matches. Make sure you have tinder and kindling prepared before you start. To start the fire you can use a magnifying glass or Fresnel lens, flint and steel, or fire by friction. See the September 2018 supplement for more information on fires.



- **C.** Using tree limbs or branches that have already fallen or been cut, build a shelter that will protect you overnight.

2. Do all of the following. See the *Webelos Handbook*

- **A.** Learn what items should be in an outdoor survival kit that you can carry in a small bag or box in a day pack. Assemble your own small survival kit and explain to your den leader why the items you chose are important for survival. Show the Scouts a selection of outdoor items plus the Basic Scout Essentials and have them select the Basic Scout Essentials from the group of items. Basic Scout Essentials: first-aid kit, extra clothing, rain gear, pocket knife (with Whittling Chip card), flashlight, trail food and water, whistle, sun protection, and map and compass and fire starters. Other things that are not essential: camera, hat, rope, toys, etc. Be creative in your other items.
- **B.** With your den, demonstrate two ways to treat drinking water to remove impurities.





- Boiling (10 minutes)
- chemical treatment (water treatment tablets - wait 30 minutes)
- filtering with water filtering devices (most expensive).
- **C.** Discuss what to do if you become lost in the woods. Tell what the letters “S-T-O-P” stand for. Tell what the universal emergency signal is. Describe three ways to signal for help. Demonstrate one of them. Describe what you can do to help rescuers find you.
  - STOP
  - S= Stop
  - T=Think
  - O= Observe
  - P= Plan.
  - The universal signal is anything in a series of three: three whistles, three fires, three large X’s in an open field, three large blankets or tarps.
- **D.** Make a list of four qualities you think a leader should have in an emergency and why they are important to have. Discuss a list of qualities such as patience, calm, organization skills, observation skills, good listener, etc. Pick two of them and act them out for your den. Discuss ways the Scouts can act these out. Describe how each related to a point of the Scout Law. Describe how working on this adventure gave you a better understanding of the Boy Scout motto. Be Prepared.

◆ **Arrow of Light Breakout**

- Remind Den Leaders to work with new Cub Scouts on their Bobcat Rank
- AOL Requirement
  - Requirement Modifications

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[http://www.scouting.org/filestore/cubscouts/pdf/WEBELOS\\_AOL\\_Addendum.pdf](http://www.scouting.org/filestore/cubscouts/pdf/WEBELOS_AOL_Addendum.pdf)

- **Sportsman - Elective Adventure see information in the Webelos Section.**



**Castaway - Elective Adventure see information in the Webelos Section.**



## ◆ Cubmasters Breakout

- Campfire Program Planning
  - Why Campfires?
    - Fun
    - Adventure
    - Action
    - Training
    - Entertainment
    - Fellowship
    - Inspiration
  - Four S's: (include some of everything)
    - Songs
    - Stunts (skits, cheers, yells)
    - Stories
    - Showmanship - helps youth pass off achievements
  - Follow the Flames (Just as the fire starts, reaches a peak, then dies down, the campfire program should do the same.)
    - Start fast
    - Reach a peak
    - Slow down
    - Give an inspiring close
  - Etiquette (Below are a few suggestions. Most important is to make sure the youth know what is expected.)
    - Enter and leave in silence
    - Be courteous - to everyone
    - Cheer everyone - especially if not deserved
    - No flashlights
    - Raise the bar - remember "clean" and "reverent" from the Scout law
  - Planning (The campfire program must be planned ahead with approximate times for each item. The program must be approved by a leader to help make sure everything is appropriate. The Scout form for planning: <http://www.scouting.org/filestore/pdf/33696.pdf>)
    - Songs - fun, action, patriotic, inspirational
    - Stunts/Skits/Cheers/Yells
    - Stories - story with a purpose, don't explain lesson, commit to memory, practice, use showmanship
    - Special Elements - ashes, magical flare-ups, flag retirement
  - Evaluate
    - Start - What should you start doing during programs that you didn't do this time?
    - Stop - what should you stop doing during programs that didn't work well this time?
    - Continue - What should you continue doing?

## ◆ Committee Chair Breakout

- **Trained Leadership** - All adult Scout leaders need to be trained. A trained Scout leader has the information and tools to run a fun, focused, exciting program.
- Youth Protection Training
  - YPT is required for all new registered leaders and must be retaken every two years to maintain registration.
- Leader Specific Training such as Den Leader Training
  - Trainings such as: Den Leader, Cub Master and Committee Member are instructor-led courses are designed to help Scouters learn how to effectively carry out their Scouting roles. In most cases, completing the course will make a Scouter “trained” for the role(s) covered in the course. These courses are available to take online at [my.scouting.org](http://my.scouting.org)
- Utilizing Supplemental Training
  - Roundtable
  - Philmont Training Center
  - University of Scouting
  - Wood Badge
  - Baloo (Basic Adult Leader Outdoor Orientation) Training
- Adult Awards - The training awards and keys are designed to recognize unit Scouters for tenure, training, and performance in their leadership roles. Discuss encouraging adult leaders to earn awards. These awards can be presented at Pack Meeting. Cub Scouts enjoy seeing their leaders earn awards, as much as leaders enjoy seeing Scouts earn awards.
  - Den Leader Training Award
  - Cubmaster’s Key
- Review and discuss the Journey to Excellence. Especially focus on any changes from the prior year if not already done.

## ◆ Commissioner’s Minute:

- “As we began our campfire this evening, we were reminded of the Outdoor Code that we as members of the Boy Scouts of America promise to do our best to uphold when we are in the outdoors. Our Scout Oath is a promise as well. It is a code to live by every day of our lives. Let us close this evening by standing and reciting the Scout Oath together followed by singing ‘Scout Vespers.’”

- Scout Oath (Recite in unison)

On my honor I will do my best To do my duty to God and my country and to obey the Scout Law; To help other people at all times; To keep myself physically strong, mentally awake, and morally straight.

- **Scout Vespers Song** Tune: “Tannenbaum”

Softly falls the light of day,  
While our campfire fades away.  
Silently each Scout should ask:  
“Have I done my daily task?”

Have I kept my honor bright?  
Can I guiltless sleep tonight?  
Have I done and have I dared  
In everything to be prepared?”



- **HAVE YOU EVER WATCHED THE CAMPFIRE?**

The Gilwell Camp Fire Book Via Utah National Parks

Have you ever watched the campfire, When the wood has fallen low, And the ashes start to whiten Round the embers' crimson glow? With the night sounds all around you Making silence doubly sweet, And the full moon high above you That the spell might be complete? Tell me - were you ever nearer To the land of heart's desire Than when you sat there thinking With your feet before the fire?

- ◆ **Closing**

The preassigned Scouters performs the "Let's Go Camping" closing ceremony.

**Cub Scout 1:** "We like camping, and we think it is fun."

**Cub Scout 2:** "We know we can be thrifty when we camp."

**Cub Scout 3:** "We don't put food in our tents; it attracts animals."

**Cub Scout 4:** "We practice obeying all of the rules of the campfire."

**Cub Scout 5:** "We are looking forward to our next campout."

**Cub Scout 6:** "We hope that you will join us for more camping fun."

**Cub Scout 7:** "We love camping."

**Cub Scout 8:** "See you at our next campout."

- ◆ **Retire the Flags**