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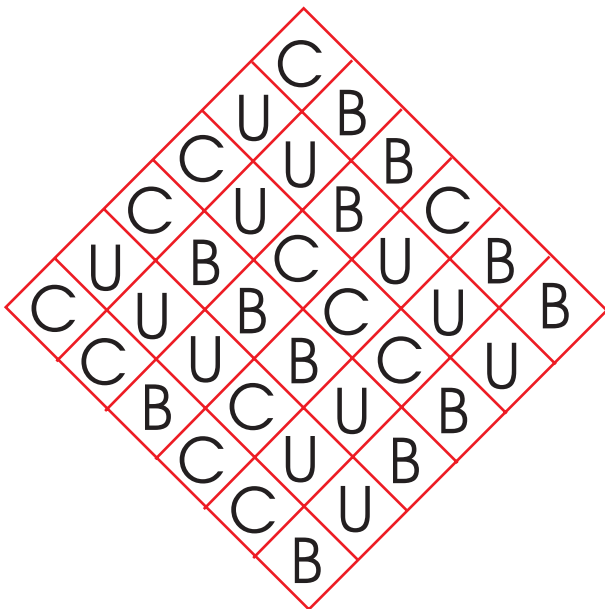
Welcome to American Elm District Cub Scout
Roundtable Electronic edition
Webelos activity badges Fitness and Readyman

Theme:

PRE OPENING ACTIVITIES

By Heart of America Council

Cubs: connect the letters to spell CUB. How many Cubs are there?



As you get ready for the Holidays and your Blue and Gold. Check all the scouts and their families for food allergies. They will thank you for thinking of their safety and you will enjoy your activities. Many more people are developing allergies and it only takes a moment to ask and work around them. Let's all have a Merry Christmas and a Safe New Year.

Holiday Word Puzzle

L L I W D O O G
H O L O D A Y R
E V I G J R D E
T C K L P O W E
A A A I E I Y T
R R U E N P L I
O E R T P D I N
C T E A T S M G
E R H A T N A S
D B R K P S F D

WORDS FOR THE HOLIDAY PUZZLE

- | | |
|-----------|---------|
| CARE | HOLIDAY |
| DECORATE | JOY |
| FAMILY | KIND |
| GIVE | PEACE |
| GOODWILL | SANTA |
| GREETINGS | TREE |
| HAPPY | WINTER |

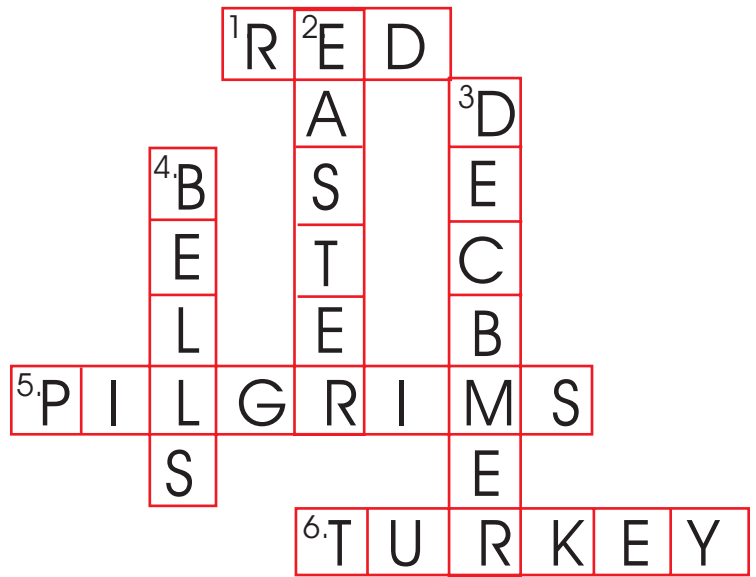
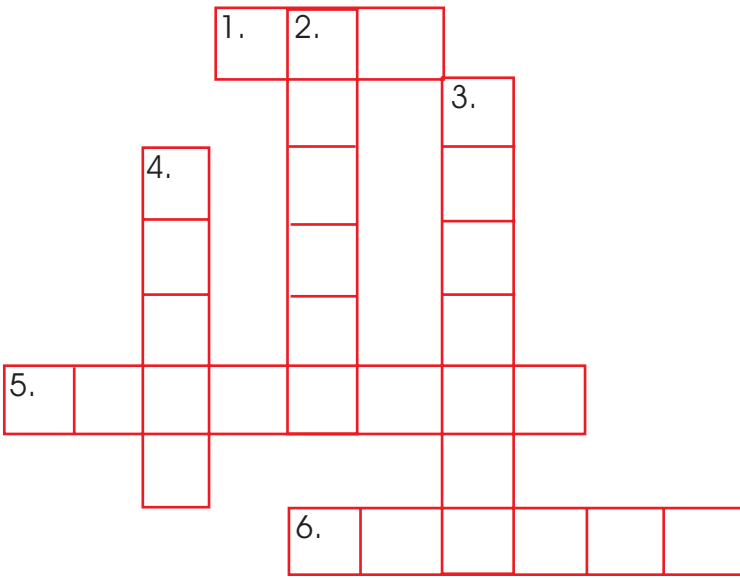
CHRISTMAS CROSSWORD

Across:

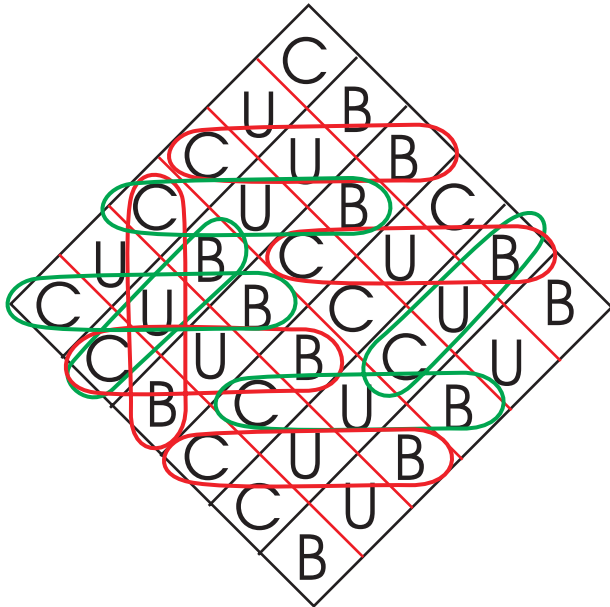
- Color of Sant's suit
- They celebrated the first Thanksgivings
- It says "Gobble-Gobble"

Down:

- Springtime holiday
- 12th month of the year
- "Jingle _ _ _ _ _"



ANSWERS TO CUB PUZZLE



Color the Elf

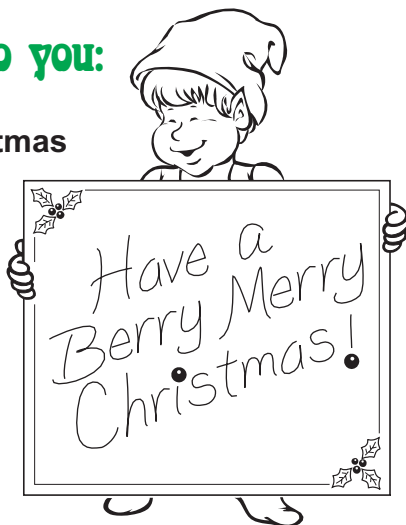


A Christmas card to you:

The Meaning of Christmas

- Family
- Friends
- Faith

To all of you
a very blessed
New Year!



If you are looking for a New Year's Resolution

JUST FOR TODAY
Heart of America Council

Just for today

I will try to live though this day only, and not tackle my whole life's problems at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up of a life time.

Just for today

I will be happy. This assumes to be true what Abraham Lincoln said, that "Most folks are as happy as they make up their minds to be."

Just for today

I will adjust myself to what is, and not try to adjust everything to my desires. I will take what every my portion is and fit myself to it.

Just for today

I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought, concentration.

Just for today

I will exercise my soul in three ways. I will do somebody a good turn and not get found out; if anybody knows it, it will not count. I will do at least two things I do not want to do— just for exercise. I will not show anyone that my feelings are hurt; they may be hurt; but today I will not show it!

Just for today

I will be agreeable. I will look as well as I can, dress becomingly, talk low, act courteously, criticize not one bit, not find fault, and not try to regulate anybody except myself.

Just for today

I will have a program. I may not follow it exactly, but I will have it. I will thus save myself from two posts--hurry and indecision.

Just for today

I will have a quiet half hour all by myself and relax. During this half hour I will try to get a better perspective on my life.

Just for today

I will not be afraid. Especially...I will not afraid to enjoy what is beautiful, and to believe that as I give to the world, so will the world give to me.

Just for today

I will calmly know that not half the things I fear will ever happen; and God, making all things work together for good to those that live him, will bear me and my crosses together as an Eagle's wings!

As you get ready to celebrate the Holidays remember that your are not alone! There are many volunteers in your District, Council and all over that are there to teach you skills, answer questions, show you how to run a program, design a craft..the key is **YOU**.

You need to go to Training, Roundtable, University of Scouting. Scouters' have their names, telephone numbers, e-mails listed on web sites, Council newspapers just to help you, but you must make the first step.

Get to know your Scout Executive— they can point you to the right person who can solve that problem.

Hope to see you at Training, Roundtable or University of Scouting in the new year. Introduce your self and become a familiar face.

While at college, the Journalism dept. has a saying, "**Come in, get to know us so we remember you when recruiters call with jobs.**" With some of the antics I got into, they told me my Junior year that I was going overboard and it would be a few years before they forgot me. The Radio Station I was working for was even thinking of creating a series of my college escapes while at Indiana University-Bloomington, IN.

I ran 2 stations AM and FM on the weekends at WSCI in Columbus, IN and when I didn't have to be On the Air, I worked at the Media Center at the Main Library and once a month Club Latrec, a student Disco would run on Friday and Saturday till 2 AM. We took turns with the lights, sound and Coca-Cola bar. I had the opportunity to work the sound system for Kids in Action a 5th grade show choir at Wilson Vance the first 4 years and it brought back great memories of my radio days.

Something from the early years:

Emergency Broadcast system

Last Frontier Council

Characters: Narrator, as many boys as needed.

Scene: Narrator stands up front with other boys in a group behind him.

Narrator: This is be a test of the Emergency Broadcast System. For the next 60 seconds. Remember, this is only a test.

All Boys: (Hum in a monotone for approximately 60 seconds)

Narrator: This has been a test of the Emergency Broadcast System. Had this been an actual emergency, this is what you would have hear....

All boys: (run off in different directions, screaming and waving arms)



The Magic List

Last Frontier Council

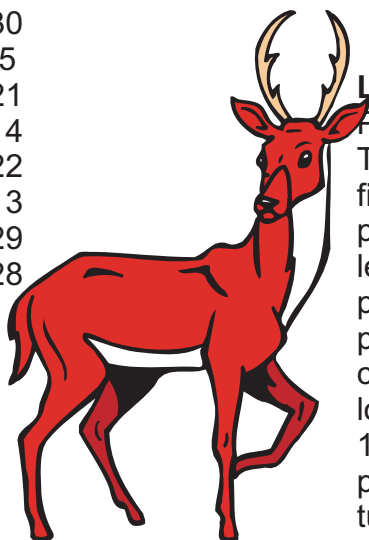
Copy the figures shown in the illustration. Ask your friend to pick out a number from 1 to 30, but not to tell what the number is. Then have him tell you what column or columns his number appears in.

The Challenge: That you will tell him what number he selected.

How to do it: Add the top figures at the head of the columns in which his selection appears. (Suppose his number appears in Columns A, D and E; you would then add 2, 8 and 4. The answer would be 14. Sure enough, 14 appears in only those three columns.

Now you try it!

A	B	C	D	E
2	1	16	8	4
27	25	24	9	23
14	17	28	30	20
15	11	17	10	7
18	9	30	27	12
10	21	21	14	15
22	3	18	26	6
7	29	22	28	30
19	19	23	13	5
26	7	19	11	21
23	15	26	29	14
6	5	27	24	22
3	23	25	12	13
11	13	20	15	29
30	27	29	25	28



The Last Closing Ceremony of the Year

Last Frontier Council

Staging: House lights are dimmed. Four posters with the four Cub Scout ranks, eight candles (two by each poster).

Cubmaster: This last ceremony of 2004 is a fine time to reconfirm our beliefs in ourselves and the Scouting program. (Lights two candles by the Bobcat poster)

Will all Bobcat Cub Scouts and their parents please stand. Bobcat, so you promise in 2005 to do you best, to be true, to help other people, to obey the Law of the Pack, and to advance one rank?

(They respond) **We will do our best.**

(Follow the same procedure for Wolf and Bear Cub Scouts)

Will all Webelos Scouts and their parent please stand. Webelos, do you promise i 2005 to do you best, to be true, to help other people, to obey the Law of the Pack, and to earn the Arrow of Light award?

(They respond) **We will do our best.**

All of these eight candles are part of the light, the Light of the Spirit of Cub Scouting.

Assistant Cubmaster: The first four candles are the four parts of the Cub Scout Promise- Duty to God, Duty to Country, to help other people, and to obey the Law of the Pack. The second four candles are the four parts of the Law of the Pack the Cub Scouts follows, Akela, the Cub Scout helps the pack go, the pack helps the Cub Scout grow, the Cub Scout gives goodwill.

Cubmaster: I know you will be loyal Cub Scouts in 2005 as the Spirit of Cub Scouting burns here it also burns in the hearts of Cub Scouts everywhere. May it continue to burn in your hearts during the coming year as we go upward and forward in Pack _____.

Games

By Heart of America Council

LETTER LADDER

Players: 2 to 4

The first player thinks of any word and names its first letter only - e.g., "P" for pump. The second player thinks of any word beginning with the named letter and names its second letter - e.g., "A" for pancake. Play continues thus in thus in turn until any player completes a word to which a following player cannot add another letter to change it or to make it longer. A player who at his turn fails to do so scores 1 point and begins another word as at first. That player wins, after each has had the same number of turns, who has the lowest score.

It is best to keep the number of players small, especially with younger age groups. If many players wish to play the same game, divide them into groups of three or four.

ANAGRAMS

Players: 2 or more

Equipment: paper and pencil for each player
Each player is required to think of a S letter noun (limited, if desired, to animals, place names, or any other category). He then writes down the letters of the word so that they are totally scrambled, and passes his to the next player to his right. The player wins who first unscrambles the letters and forms either the original word or any other word, using all the letters given him by his neighbor to the left. Of course, words of more than 5 letters may be used if the players so decide in advance.

Variation: Before he passes his paper to the next player, each player scrambles a list of 3 or more nouns, or a short sentence of 5 words in which each word, though scrambled, is written separately.

BLACKBOARD RELAY

Player: 2 of 6 or more players

Equipment: blackboard and chalk for each team. (a large sheet of wrapping paper, tacked to the wall, and a black marker will work great)

Players are divided into two teams. A line is drawn down the middle of the blackboard. Or, if played elsewhere than in room, two sheets of large wrapping paper should be hung at shoulder height at an equal distance from both teams; one for each. All Players sit down. Each team decides on an order in which players are to run. At the command from the teacher or referee, the first member of each team races to the blackboard, picks up the chalk, and writes the first word of a sentence that he thinks of on the blackboard or paper. He then runs back to his own team and hands the chalk or pen to the next player, who writes a second word next to the first, and so on.

CUMULATIVE COUNTING - TWISTERS

Cumulative counting - twister can be done by one person or played with a leader and group. There are two ways to use them as group play. In the first, the leader would give the new line and point to an individual who is to recite. In the second, the entire group responds together. The leader gives each new line to the group and they repeat

the sets together. Either way it is played, the counting-twister is recited by accumulating verse and repeating them all from the beginning as each new one is added. Example: Line 1. Line 1+2. Line 1+2+3. Line 1+2=3=4. etc., until the entire set is included. Players may also wish to invent their own cumulative counting -twisters.

EASY ANIMALS

1. One old owl.
2. Two tiny toads.
3. Three thriving thrushes.
4. Four frolicking fawns.
5. Five fine fish.
6. Six slinky snakes.
7. Seven slithering seals.
8. Eight eager eagles.
9. Nine nesting nightingales.
10. Ten terrible tigers.

SKITS ROVING REPORTED

Characters: 5 Cub Scouts

Reporter: Good evening, ladies and gentlemen. Here's your roving reporter with another man - on -the-street interview. Tonight, we are going to talk about mountains. Here's a man right here. How do you do, sir, can you tell me what is your impression of mountains?

Man #1: "HIGH!"

Reporter: Hi, yourself! Now tell me, what is your impression of mountains?

Man #1: Just like I said, "High!"

Reporter: Oh! Ha, ha, ha. My mistake. When you said "High," I thought you said "Hi!", get it? Oh well, let's talk to someone else. Here's a man. Tell me, sir, how do you feel about mountains?

Man #2: Well, I've never been there of course, but if I had to feel about mountains, I'd do like always, feel with my fingers.

Reporter: Ha, ha, ha, ha. Seems we have some jokesters about today.

Well now, let's try our questions on this little boy here. Tell me, sonny, have you ever gone over the top of a mountain?

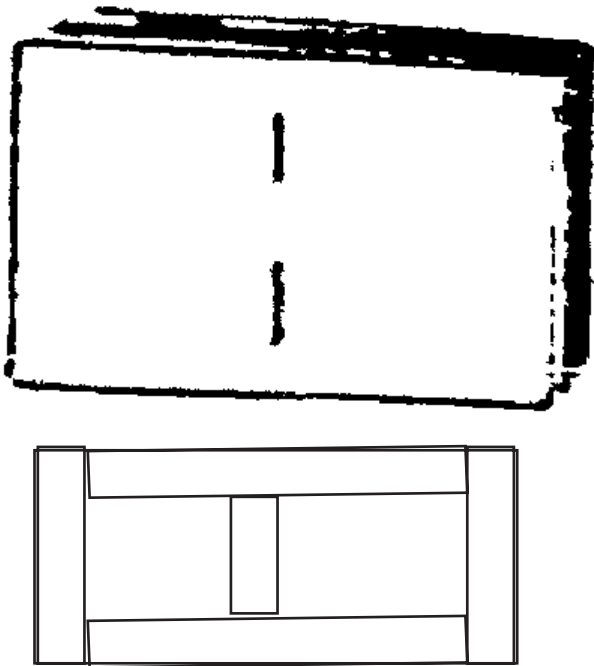
Small boy: Yes, sir, lots of times.

Reporter: My, I'm surprised to hear that, must have been a hard trip for a youngster, actually to go clear over the top of a mountain.

Small Boy: Oh! No, sir, we were in an airplane.

Reporter: (to himself) This is getting ridiculous, but I'll try one more time. How do you do, sir, may

Fig 3.



Glue front and back pages to inside covers. Fig 4.

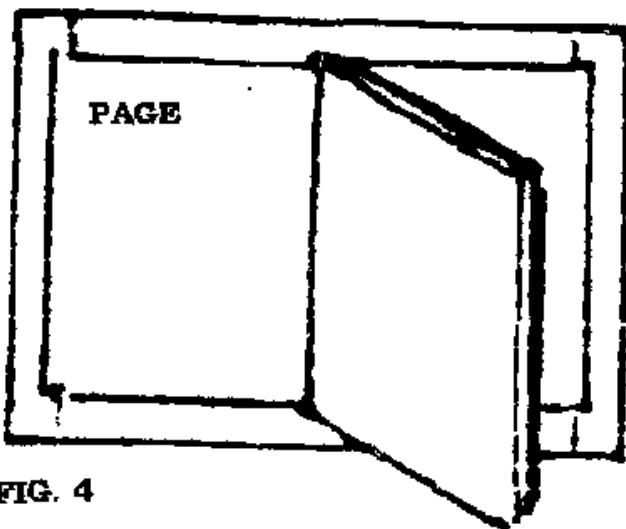
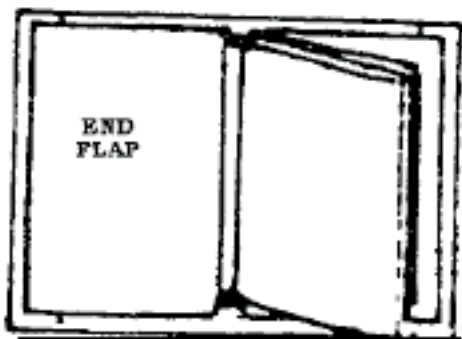


FIG. 4

For end flaps, cut 2 pieces of decorative paper that fit inside covers. Glue one to inside front cover, over blank page. Repeat for back cover. Fig 5.

FIG. 5



INVISIBLE INKS

One of the ways to send a secret message is to write it in invisible ink. A friend will know how to make the message become visible by heating the paper as we will explain. George Washington's spies sometimes used invisible ink. It is easy to prepare because it can be made from things you have in the house. Here are some:

Lemon Juice Ink - Squeeze the juice of half a lemon into a small dish or glass. The lemon juice makes an excellent invisible ink. Orange juice and grapefruit juice ink can be made in the same way.



Sugar Water Ink - Put half a teaspoonful of sugar into half a glass of water and stir until the sugar is completely dissolved.



Onion Juice Ink - Peel a small onion, grate it into a pulp, and let the pulp stand in a small dish or glass. At the end of several minutes you will see that part of the pulp has become liquid. This liquid is a good invisible ink.



Soda Pop Ink - Put two teaspoonfuls of soda pop into a small dish or glass, add pulp stand in a small dish or glass. At the end of several minutes you will see that part of the pulp has become liquid. This liquid is a good invisible ink.

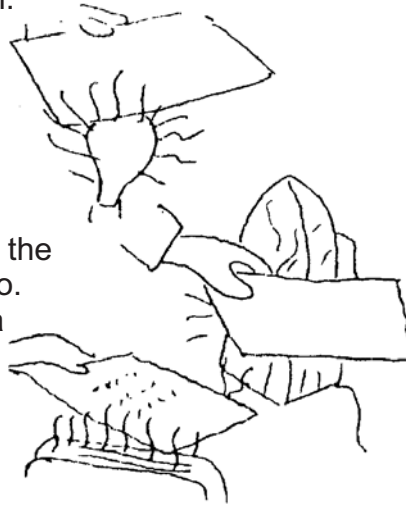
The best way to write with invisible ink is to use an ordinary pen point. Be sure it is clean before you dip it into your ink. A toothpick makes a good pen too, but you will have to dip it into the ink after each word you write as the toothpick will not hold very much ink.

You can write on any kind of white paper good for regular ink. When you stop writing for a moment put a finger on the last word. Paper with lines help you keep writing straight.

TO MAKE IT VISIBLE

Heat the paper. Hold the paper against the hottest part -- that is -- against the top of a lighted 60 - watt bulb. In less than half a minute your writing will begin to appear.

The writing will be brown. Move the paper around until every part of it has become warm and all the writing has become visible. Do not hold the paper against the bulb too long or hold the paper will turn brown, too. Or hold the paper near a fairly hot electric iron or the paper, a part at a time, over the slots of a pop-up toaster.



You can also send Invisible messages by writing with invisible ink between the lines of an ordinary note. Try writing them in code so even if someone knows about invisible ink they will not know the code.

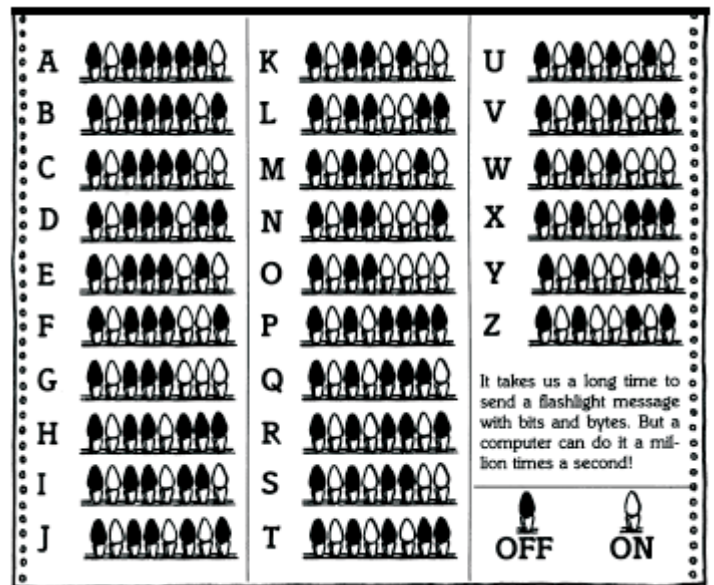
Think Like a Computer

Heart of America Council

When we want to send someone a message, we use words, which are made up of letters of the alphabet. Instead of words, a computer uses bytes; instead of letters, bytes are made up of bits. It takes eight bits to make a byte. A byte is just like a string of eight electric lights. Each bit is a light, and each light is either on or off.

A computer can turn every letter in the alphabet into a byte, and it can also turn numbers into bytes. Any kind of information can be turned into a byte (in the computer world, information is called data). To a computer, the first letter in Bialosky Bear's name, B would look like this: . How many bytes would a computer need to spell Bialosky Bear's first name? Bialosky = 8 letters = 8 bytes.

Use a flashlight, to spell your own name in computer code. Find the letters of your name in the table, and flash the flashlight on for every "on" light you see, and off for every "off" light you see. Say the number out loud as you turn your flashlight on or off. That way you'll make sure to include all the "offs" and "ons."

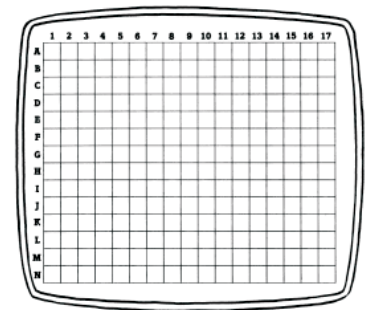


Pixel Puzzle

A Computer Screen is made up of thousands of little dots called pixels. Each pixel can be turned on or off, or given a certain color. That's how computer graphics are made. Make your own computer graphics. Copy and enlarge the screen graphic. Use crayons or markers: red, brown, blue, and green, to color in the pixels. Each instruction below tells you to turn on that pixel and give it that color. Brown is "br" red is "re," blue is "bl," and green is "gr."

Here is your program:

- B-3 br B-4 br B-6 br B-7 br B-8 br
- B-9 br B-10 br B-11 br B-12 br B-14 br
- B-15 br C-2 br C-S br C-13 br C-16 br
- D-2 br D-4 br D-14 br D-16 br E-2 br
- E-16 br F-3 br F-7 bl F-11 bl F-15 br
- G-4 br G-14 br H-4 br H-8 br H-9 br
- H-10 br H-14 br I-4 br I-9 br I-14 br
- J-4 br J-8 br J-10 br J-14 br K-5 br
- K-13 br L-6 br L-7 br L-8 br L-9 br
- L-10 br L-11 br L-12 br M-8 gr M-7 re
- M-B re M-9 re M-10 re M-11 re M-13 gr
- N-4 gr N-7 re N-8 re N-10 re N-11 re
- N-14 gr



Webelos Fitness Rubber Tube Gym

Heart of America Council

With the help of two bicycle-tire inner tubes, you can make yourself a home gymnasium that is simple and inexpensive (or free), yet a very effective and efficient muscle builder. Pick up a couple of discarded lightweight tubes (balloon type will do, too) from a bike repair shop. You can usually get them free. Then add a broom handle or a 1-inch dowel, and follow the exercises shown here. Take the complete rubber-tube gym workout (all seven exercises) every day of this month. Do each exercise slowly and smoothly. Don't rush or jerk your way through any of the pulls, or you will miss the full muscle-building value of the exercise. Try to do each exercise at least 10 times, but if it is too hard at first, start with a lower number and work your way up to 10. If you find that you can do 10 right off easily, twist the tubes twice or more to make them harder to stretch. After a month of this work, you should see new, hard muscles on your body. The exercises shown here are just a sampling of the possibilities open to you with a rubber tube gym. For example, many of the traditional weightlifting routines may be done with the help of your rubber tubes. Simply substitute the broom handle and tubes for the weights and bars. Another way to use this equipment is for rowing exercise. By attaching the tubes to some immovable object, putting the stick through the tubes, and sitting yourself far enough away to get the best resistance, you can get all the benefits of a regular gymnasium rowing machine without spending the money that such equipment costs.



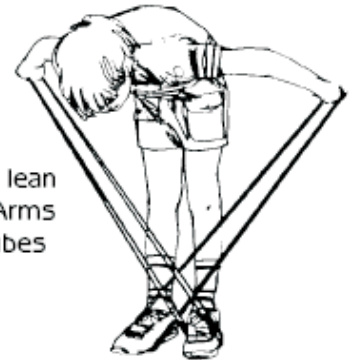
Stretch tubes back as far as you can, bending elbows.



Start with hands at sides. Slowly curl bar up to chest, lower. Keep back arched.



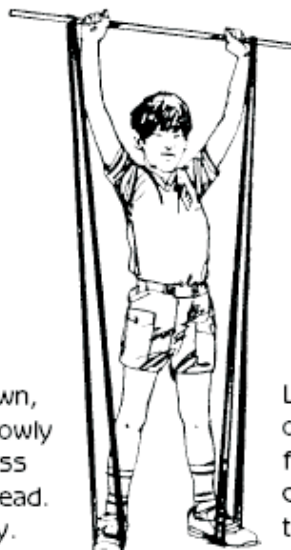
Hook tube around head (not neck), bend up from waist.



Cross tubes, lean from waist. Arms stiff, bring tubes to sides and back.

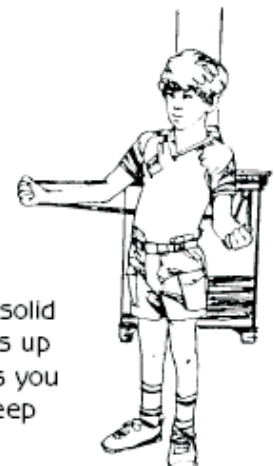


Push each arm straight up, one arm at a time.



Start with bar down, tubes relaxed. Slowly bring bar up across chest and over head. Then lower slowly.

Loop tubes around solid object and pull arms up from sides as far as you can. Move out to keep tension.



Webelos

The **Readyman** Activity Badge is one of the required badges for the Arrow of Light Award. A good way to begin working on this activity badge is with a field trip to the local Red Cross Service Center or to a Paramedic Station. There the boys can be shown the proper procedures for the hurry cases such as: stopped breathing, blood spurting from a wound, swallowed poison, and heart attack. Perhaps the boys will have the opportunity to practice rescue breathing into a practice mannequin. An absolute must as a den activity is to have each of the boys make a First Aid Kit for their family.

Home First Aid Kit

3 Triangular Bandages (35 x 35 x 50)
 25 Band aids (1 inch)
 5 4 x 4 Gauze Pads
 5 2 x 2 Gauze Pads
 4 Closure Strips (Butterfly Clips)
 1 2" Roller Bandage
 2 Cling (Ace) Bandages
 4 Eye Pads
 1 1/2" Adhesive Tape
 10 Q-tips
 1/3 Bar of Fels Naphtha Soap
 (cuts oil of poison ivy)
 1/3 Bar of Castile Soap, to wash wounds
 1/3 Bar of Lava Soap, to wash hands
 1 Scissors
 1 Tweezers
 4 Large Safety Pins
 Calamine Lotion
 Tylenol in a film can
 Cold Pack
 Matches in a film can
 Tongue Depressors, use as splints
 Bacitracin Ointment
 Eye Wash Kit
 Small tube of Vaseline
 Quarters taped to lid for phone

Basic First Aid Rules:

1. ALWAYS have an emergency plan.
2. ALWAYS check for hazards.
3. NEVER go anywhere alone.
4. ALWAYS have a place to meet if separated.
5. NEVER leave a victim worse off than how you found them.

WEB SITES

These sites are current as of 12/6/04

Construction Plans

<http://users.aol.com/lwjones/table.htm>

Plans and Patterns for Bob Myer's knockdown plywood Camp Table and Patrol Box

Tools for Fixing and Building 5e Use a pattern or a plan to make a birdhouse, a set of bookends, or something else useful. A good source for free plans is:

[Http://www.freewoodworkingplan.com](http://www.freewoodworkingplan.com)

The Past is Exciting and Important Trace your family back through your grandparents or great-grandparents; or talk to a grandparent about what it was like when he or she was younger. Use a genealogy search engine to find records about a family tree. A very comprehensive, free service is provided by the Mormon Church at:

[Http://www.familysearch.org/Eng/Search/framest_search.asp](http://www.familysearch.org/Eng/Search/framest_search.asp)

Under the supervision of a parent or adult, search the Internet and connect to five web sites that interest you. Exchange e-mail with a friend or relative. Use a good search engine (see below) to find sites that might pique the boy's interest. One good search engine is:

[Http://www.dogpile.com](http://www.dogpile.com)

Make a map of the United States. Show the types of forests growing in different parts of the country. Name some kinds of trees that grow in these forests. For each type of forest, give one or more examples of uses for the wood of its trees. Visit the Forest Service web site to learn more about Ecosystem Provinces, where they are, and the kinds of trees that grow in them:

http://www.fs.fed.us/colorimagemap/ecoreg1_provinces.html

Next month we should check on your plans for your Blue and Gold, Charter questions. Ideas you would like to discuss.

Bring a friend and share the fun.

Be the Spark Plug in your unit!

Last 2 pages are Frames for You to have to recognize your Pack members.





 **75 Years**
and Still Having Fun!



