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Scout Law/Theme: Kind/Creepy Crawlers

Interest Topic: Cub Scout Cooking

Webelos Topic: Cast Iron Chef

Arrow of Light Topic: Scouting Adventure

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Scout Law/Theme

Opening Ceremony

Creepy Crawlers Setup: Make large cards with pictures of each creepy crawler listed below on the front. Have the boys' parts written on the back in LARGE print so they can be read easily.

Cub Scout 1: "Spiders eat insects and help our gardens."

Cub Scout 2: "Ants help turn soil, allowing water and oxygen to reach plant roots."

Cub Scout 3: "Bees help pollinate plants and make honey." October—Kind 2 Cub Scout

Cub Scout 4: "Caterpillars eat many plants, many of which are weeds."

Cub Scout 5: "Insects are an important part of our world. Each one plays a part in making a difference in our economy."

Cub Scout 6: The American flag is also important because it is a symbol of the United States. This flag represents freedom. Join us now in the Pledge of Allegiance."

Opening Prayer

"Tonight we are thankful for all the creepy crawlers that live in our world, doing jobs no one else can do. We ask for guidance to learn to be kind to all the creatures on our planet, both big and small."

Cheers

Spider Applause: Walk on all four fingers on one hand and then up the other arm. Then scream, "Eeeek!"

Beehive Cheer: When the Cubmaster raises a hand, the audience buzzes loudly. As he or she lowers the hand, the audience gets quieter.

Worm Cheer: Put hands together overhead, weaving body back and forth, and shout "Way to dig!"

Run Ons

Cub Scout 1: "I just saw a moth crying."

Cub Scout 2: "That's impossible!"

Cub Scout 1: "You mean you never saw a moth bawl?"

Cub Scout: "Waiter! Waiter! What's this fly doing in my soup?"

Waiter: "It looks like it's doing the backstroke."

Cub Scout 1: "OOOOOUCH, OOOOOOH, OOOOOUCH!"

Cub Scout 2: "What's the matter with you?"

Cub Scout 1: "A bee's stung my thumb!"

Cub Scout 2: "Try putting some cream on it then."

Cub Scout 1: "But the bee will be miles away by this time."

Cubmaster's Minute

"In our lives, we encounter many people and have many chances to make an impact on their lives. Showing kindness in small ways might make a difference for someone who really needs it. Don't wait for the perfect moment to do something kind for others; do what you can each day to show you are kind."

Cast Iron Chef

By: Alicia Chadwick

Building Fires

There are many different types of fires you can build. Each type of fire has its purpose. Some will burn hotter and some will burn longer than others. The type of fire you build depends on what you need the fire for.

You need gather supplies to build your fire.

- Ignition source
- Tinder
- Kindling
- Logs

Decide what kind of fire you need. The most common ones are a tepee, log cabin, pyramid and lean to fires.

The tepee burns hot and goes through wood fast. The log cabin is best for cooking food. These are the two most common types that are built.

Nutritional Goals

Sit down with boys and talk about the different types of nutrients that come from food. Discuss with them what the body needs to be healthy. This is a good time to go over the labels on the different foods they eat. Bring some different types of food from home to show the boys how to read the labels. After discussing what type of nutrients a body needs to be healthy, have the boys set some personal goals for the next week. Send home a tracking sheet so they can keep track of the foods they eat for a week. The scouts need to bring their lists back to see if they've met the goals they set the previous den meeting.

Meal Planning

Help the boys plan a balanced meal. You may need to guide and teach them what is included in a balanced meal is. They will need to take the scouts shopping for this meal they will be preparing and make sure you stay within the budget.

Food Safety Practices

Go over how to prepare and handle different food items safely. Talk about the need to wash your hand before handling food, discuss the importance of keeping foods at the proper temperature, discuss why certain foods need to reach a certain temperature during the cooking process, discuss the cleanliness of the area you are using to prepare the meal and discuss the necessity of handling the different items you might be using to prepare your meal. Also go over the possible problems that could come from not being clean or safe in the kitchen.

Prepare the Meal

You need to use one of these methods to prepare your meal:

- Camp stove
- Dutch oven
- Box oven
- Solar oven
- Open campfire or charcoal

Box Oven Directions

<http://www.sandiegofamily.com/for-the-kids/family-science/1587-making-a-box-oven>

Solar Oven Directions

<http://www.hometrainingtools.com/a/build-a-solar-oven-project>

One of the easiest ways to complete this requirement is to cook tin foil dinners over the fire. Here a couple of links to websites that have many different recipes to choose from. Be creative, don't fall back on your typical tin foil dinner. There are many to choose from.

Tin Foil Dinner Recipes

www.sixsistersstuff.com/2013/07/30-delicious-tin-foil-dinners.html

www.buzzfeed.com/melissaharrison/foil-packet-camping-recipes

<https://www.pinterest.com/explore/tin-foil-dinners/>

Cooking with Cub Scouts

by Ben Oliphant

Cooking is a very important skill. This includes camp cooking and regular cooking. It teaches how to do any other type of project planning throughout life. Cubs learn to get the right ingredients, do the right processes to them, do the correct times and temperatures, and then get immediate results, good or bad. ☺

A friend of mine, a chemist, said the hardest chemistry class in college he took was a food chemistry class. When he worked as a chemist, he also said, the things he learned in that class were what he used the most.

We need to teach the scouts about cooking hygiene and cooking safety. **First, cooking hygiene:**

*Wash hands before, during if needed, and after the cooking process. Teach them to wash hands between different types of foods, especially meats.

*Teach them to keep the work surface and knives clean, again between different types of foods.

*Wash fruits & veggies before using or eating (if raw)

*When cleaning up, make sure to use hot soapy water and rinse well.

Second, cooking safety:

*Make sure you go over knife safety rules before letting them use a knife. Cooking knives are more dangerous than whittling knives because of their size and shape. Just be careful!!!

*Cubs should always have permission and supervision when cooking

*Teach the cubs to wear closed toe shoes to prevent falling things or hot liquids falling on feet.

*Wear oven mitts when handling hot dishes from an oven or microwave or hot pan on stove.

The Leave no Trace Principles are very important when it comes to cooking in the outdoors and will make your spouse very happy if you use them at home in the kitchen. So review them and teach them to your Webelos.

Scoutstrong Healthy Unit Award

There are 3 areas to focus on: Snack smart, Drink right, & Move More. You can earn this as a den, pack, troop or crew. Go to www.scouting.org/scoutstronghealthyunit.aspx to find a unit award tracker for each rank. If you, as a leader, are tracking your progress, use the Boy Scout version of the tracker. There is also some helpful resources at the above address, such as tips for healthy scout meetings, snack tips, sugar detectives activity (goes with drink right) and ideas for active games. You will also find a Unit Award at the site above when you have completed it. There is a patch that can be purchased at scoutstuff.org.

Scouting Adventure

By R.P. Warby

Activities that involve older scouts can help the Webelos transition easier into the Scouting program. It excites and inspires them. There's not enough time to discuss every requirement, but some activities that you can do are listed below.

Knots

Prepare rope for every boy. He is able to have something of his own, that he gets to keep. Don't make it too hard. Focus on the square knot, two half-hitches, and a taut-line hitch. If they express more interest in other knots, take a moment to learn it. Encourage boys who learn a knot more easily, to show the other boys. Show them how to whip and fuse the ends of different kinds of rope.

First Class Badge

The puzzle in the leader guide is a terrific resource. Make copies, or plan to give each piece to a Webelos scout. They can hold it and study it. Then tell what each piece means.

Rank Advancement Scavenger Hunt

Place copies, of each rank, at various locations and have them search. On the back include a description of each rank, and explain why it is important. Let them read it aloud.

Merit badges

Place on a board, images of several popular merit badges. Have them guess which each one is. Talk with the boys about merit badges they show interest in, and include that into another activity later on.

Name Badges

I learned this from Summer Camp. Prepare a lanyard that the boys can write their name on. On the back, include the outdoor code. This will help them feel welcome as they're included in the Scouting activity.