

# HELP!

## I'M A BEAR DEN LEADER!

(Based on the "New" Book of 2003).

### ACKNOWLEDGMENTS.

With thanks to all of our Cubs and their families. Thank you for helping us:

- \*Do our best!
- \*Do it for the boys!
- \*Pre-hike the hike!
- \*Have fun with a purpose!
- \*K.I.S.S.M.I.F. (Keep It Safe and Simple, Make It Fun)!

Special thanks also to "The most important adults in Cub Scouting," our Pack's wonderful Den Leaders, who bring so much to the Cubs and their families!

Pam DeRego  
Bryon Solberg, M.D. (bbsolberg@aol.com)  
Pack 616, Scripps Ranch, San Diego.

### A SAMPLE CALENDAR.

The "Bear Trail."

The goal of this "Fun with a purpose" is to have 12 Achievements (Ach.) done by the Blue and Gold Dinner in mid March. To earn the "Bear Rank Award," the following must be achieved (see page 24-25): one Achievement in the GOD section; three in the COUNTRY section; four in the FAMILY section; and four in the SELF section.

Remember to: use your PROGRAM HELPS and HOW TO books as references for additional ideas to add fun to your Den Meetings; switch things around based on the theme/Cub and parent availability; and, most importantly for you, HAVE FUN! ("No tears in Cub Scouting!" applies to the leaders, too!). These suggestions are based on our San Diego climate, where we can do anything outdoors in any given month (Yep...it sure is different than North Dakota where I spent time growing up!).

We have included our own "PROGRAM HELPS" for each of the achievements below the calendar.

#### **September:**

Before the daylight savings clock changes went into effect, we stayed outside in the twilight and did Ach. 16 (Building Muscles), and 15 (Games).

#### **October:**

Before the daylight savings clock changes went into effect, we stayed outside and did Ach. 14 (Ride Right). Also this month, we did Ach. 3 (What Makes America Special?). On a Saturday, we went to "Sailor Camp" at our Council's Mission Bay Aquatic Center (on Fiesta Island). The Cub's made a small boat (something like a Pinewood Derby boat!), learned about P.F. D.'s (Personal Floatation Devices), rowed in a row boat, covered some lifesaving skills, built sand castles, and had a fun day on the beach! Call the Desert Pacific Council Service Center for details and dates ( Toll Free: (866) 437-2272).

#### **November:**

Ach. 4 (Tall Tales), Ach. 7 (Law Enforcement), and Ach. 9 (What's Cooking?).

#### **December.**

Ach. 9 (finish: What's Cooking?), Ach. 1 (Ways We Worship), and Ach. 8 (The Past. . . .).

## **January.**

Ach. 11 (Be Ready), Ach 10 (Family Fun).

## **February.**

Choose one from Ach.'s 19, 20, 22,23, and 24. That is it for the Bear Rank!

We used the remaining Den meetings to revisit things that Cubs may have missed before Blue and Gold, as well as doing ALL of the above Ach.'s from the "SELF" category (these are the fun ones in the book!), as well as Ach. 12., and Ach 21.

Remember that any of the Ach. Requirements not needed for the Bear Rank, as well as any electives done, all count toward arrow points (The first ten are for the gold arrow point, and all subsequent ones, in groups of ten, count toward silver arrow points. See page 180 for the details.

For example, if a Cub missed the Den Meeting where your Den did Ach. 8, 9, or 11, one can do Ach. 12 for the whole Den. The Cub that missed the previous meeting uses this Ach for his Bear Rank, and the remaining Den members can use this for electives to earn their arrow points! One Cub in our Den, who did not miss any meetings and who went to Day Camp, completed more than 110 electives, as he earned one gold and 10 silver arrow points.

## **March-June Graduation.**

Have fun, while picking out electives in The Bear Book, Program Helps, and doing various belt loops/pins from the "Academic and Sports Program." Enjoy the Pack Campout in April/May.

## **PROGRAM NOTES" For a "Year of the Bear.**

We chose these particular Achievements, as we wanted our Den Meetings to be as different from "School" as possible! These are from the "New Program" book (2003).

### **Achievements 1 and 2. (Ways We Worship/Emblems of Faith).**

We have found that sharing how each family observes the December holidays is a neat way to celebrate the similarities, and the differences in our American Culture.

We have the parents sign off Ach. 1 for their Cub.

We have encouraged the Cubs to investigate the earning of their individual Faith's Religious Emblem. The forms/workbooks are usually stocked at the Desert Pacific Council's Scout Shop at Camp Balboa. The Scout Shop can also order these for the Cubs if needed. Upon earning this award, the Cub may wear the silver knot/purple background patch over his left pocket throughout his entire boy and adult Scouting career!

### **Achievement 3. (What Makes America Special?).**

For "a," consider having the boys write their answers on strips of red, white, and blue paper. These can each be stapled into individual circles, and the rings can be interlocked into a chain as the rings are formed. This can be used as an exhibit at a Pack Show.

For "d," in San Diego, there are so many options, including the Star of India ship, Old Town, Balboa Park Museums, the Poway Historic Railroad, etc.

For "e," one can use an almanac, or download from: <https://www.50states.com>

### **Achievement 4. (Tall Tales).**

Brief summaries are in the BEAR BOOK. The Scripps Ranch Library has some good references, but one fun way to do this Ach. is to rent/borrow the video/DVD of "Disney's American Legends" (Bryon has a copy). Narrated/hosted by James Earl Jones, this tells the stories of four heroes: Paul Bunyan, John Henry, Johnny Appleseed, and Casey Jones. You may find these cartoons bring back memories of your own childhood! The Cubs (and their parents!) in our Den sat riveted to this show.

We held up a map of the United States between each character story, and we pointed out the location of the "Tall Tale" on the map (Ach 4b). I read a fifth story to them from a Disney Library Collection.

A field trip to the library can help the boys get short stories on "Tall Tales" to read, or you can pick two out to have them act out while the adults read them (ham up the voices!).

We made Jiffy Pop popcorn before watching the video for our snack (see Ach. 9b).

### **Achievement 7. (Law Enforcement Is A Big Job.)**

For "b," the Mira Mesa and Penasquitos Police Stations are fun to visit. Call the public affairs officer at 538-8120.

For "f" we had parents dress up in costumes, and come into the room to perform a "Burglary." One even wore a "License plate" around his neck. The Cubs were told to remember everything they could about the crime to tell the police. We did three enactments for the Cubs to observe, and they learned to watch for the who, what, where, when, and how of the crime scene!

### **Achievement 8. (the Past is Exciting And Important).**

For "a" you can go to: <http://www.timecap.com>

Click on "Year In Review" and select the year(s) that your Cubs were born and when they were five years old. We had printed out the sheets for our Den meeting, and then we highlighted the things they would know of and that are still popular (i.e., for 1993 and 1994, we talked about certain movies ["Jurassic Park", "Aladdin" and "The Lion King"], Monday Night Football's continuing popularity, the baseball strike/no World Series in 1994, etc.).

For the moon walk of 1969, I checked out a picture book from the library to share with the Cubs.

For "b," there are a number of "Old" Cub Scouts in our Pack that can visit with your Den (Joe, Bryon, John), and maybe even one of your Cub's parents can do this!

For "c," we have many snapshots, as well as clippings from our community newspaper (S.R.C.A) in a simple magnetic page photo album from a local store.

For "d," we had the Cubs do this at home with their parent(s). They came and shared it at the Den Meeting. This also helps them complete the "Heritages" belt loop.

### **Achievement 9. (What's Cooking?).**

We spread this one out, as this produced snacks for Den Meetings/Hikes! We did "a", "b" (Jiffy Pop for the video of Tall Tales!), "c" (at home with their parents), "d" (consider holding up different foods from the different food groups, including "Junk food," and have the Cubs identify where the food is categorized), "e" and "f".

For "e," we had each boy bring "Something for trail mix" for a Den Hike. In a daypack, I carried a large, lightweight plastic bowl for the boys to dump/mix the ingredients into. We then ladled the mix out with a large plastic spoon into paper cups for their trail snack.

### **Achievement 10. ((Family Fun).**

For the "Make and do night," see ideas from The Bear Book, The How to Book, Program Helps, or local hobby houses.

### **Achievement 11. (Be Ready).**

We role played these, including using a box as the submerged rowboat, a blanket to help practice the "Stop, drop, and roll," to assist someone on fire, and rows of chairs to simulate a school bus.

### **Achievement 12. (Family Outdoor Adventures).**

Our Cubs did a-e (Take away the "outing from "Scouting," and all you are left with is "Sc!"). Remember your Tour Permit!!!

We did a fun hike along Miramar Lake at night. We parked in the Library Parking lot, discussed how to (and then did safely) cross the road to the lake, and then walked out to/back from Papa-Sans point along the lake trail by the water. We had snacks and a discussion of gear at the main picnic tables illuminated by candle lantern.

Another fun night hike is a “Cat-eye” hike, where Cubs use their flashlights to follow a trail of reflective tape “Cat-eyes” on cardboard pieces hung in trees. The cardboard could have a key word or riddle for the Cubs to solve and write down/remember.

Outdoor events for “d” include sports games, festivals, parades, etc.

#### **Achievement 14. (Ride Right).**

We did this one at a local school parking lot. We used cones to mark off our space, and then the Cubs made the obstacle course. Bike hike possibilities that avoid car traffic include: a round trip from E.B. Scripps School to Dingeman through the park on the South side of E.B. Scripps; along the bike path at Miramar Lake. Remember your Tour Permit!!

#### **Achievement 15. (Games, Games, Games!).**

We had a Den Meeting at a local school/playground. We had tetherball set up as the gathering activity, and then we rotated between the games of kickball, volleyball, “Steal the Bacon”, “Crows and Cranes”, Hula hoop circle (The Cubs and parents join hands and form a circle, with one or more hula hoops over the arms. They pass the hula hoop around the circle without letting go of each other’s hands.), and “The Human Knot” (Each player reaches into the people mass, and grasps two hands of different people. They then untangle the ‘Knot” by stepping over or under, and/or untwisting their arms. They cannot let go of the joined hands. Sometimes, one circle results when the knot is untied. Other times, you can get multiple circles resulting).

#### **Achievement 16. (Building Muscles).**

We had a Den Meeting at a local school/playground with a padded outdoor mat. For “a” we had each of the Cubs share a stretching exercise from their school P.E. program. For “b” we did this on the padded mat, and paired boys of approximately the same temperament, size, and strength. We reminded them that to build muscles, it was important to try and hold the exercise for as long as possible, and hence not overpower their partner. We chose the following six as the least likely to cause injury, and no one got hurt at our Den meeting: one person push over the line, foot push, stand up back-to-back push, seated back-to-back push, hand wrestle, and elbow wrestle. Good luck and have fun with your Cubs!

#### **Achievement 19. (Shaving and Chips).**

After watching a boy cut himself at Day Camp over the summer, we chose to start with “Floral foam” from the local craft shop, and then progressed to Ivory soap (I have found this to be one of the easiest brands of soap to carve) and metal butter knives to practice/learn their skills.

We found that having the parent there on a one-on-one basis was very helpful in deciding when the boy was ready for a sharper knife. Even then, we still kept a one -to-one ratio of adults to Cubs to watch and help the Cub.

#### **Achievement 20. (Sawdust and Nails).**

Find that “Handyman” (or “Handywoman”) among your Cubs’ parents for this one. We had a Den Meeting where we took a “Jeopardy” style game show quiz on tools, and then did the craft. Remember: Cubs are not to use power tools. Another (FREE!) option is to have your Den meeting at the Saturday Home Depot Workshops. Call ahead to find out what projects they are doing, and arrive at least 15 minutes early (especially at Mira Mesa to get the free tickets, and to assure a spot for your Cubs

#### **Achievement 22. (Tying it All Up.).**

We found the more parents present the better, as knot tying is not an innate gift for most boys. Some of the boys were able to do “b” but most did a, c, d, e, and f. Waxed string or dental floss work well for “a”. For “e” we found the boys enjoyed the “Magic slip knot” the best.

We offer the following alternative for making rope to the one found in the BEAR BOOK. First, soak pieces of twine (100 feet long, one piece for every two boys), in water overnight. Take each individual piece of twine out of the water, and fold it in thirds, with a stick (and a Cub!) on each end. You should have three strands, each about 30 feet long, passing between the Cubs.

Tie each end to its respective stick. Then have the Cubs twist in OPPOSITE directions. When the strands are twisted tightly (but before the length starts to kink on itself), stop twisting. Then, you can fold the strands into thirds or fourths, as shown in the BEAR BOOK diagram, but instead of having a vice and drill, you have a Cub holding a stick on each end.

Once again, twist the sticks in opposite directions. When the twists are tight, stretch the rope out, leaving the sticks in place, to allow the rope to dry completely. Then, use thick tape to wrap the ends near the sticks, and place one thick

piece in the middle. The tape may then be cut, and the rope should not unwind. By cutting the tape in the middle of the rope, each boy can have a piece of the rope they made.

**Achievement 23. ( Sports, Sports, Sports!).**

There are a lot of belt loops/pins from the "Academics and Sports Program" that can also be earned with this Ach. If you do not have the book for this program, check out: <http://cubmaster.org/> under "Cub Scout Advancement. We have the parents print out the sheets, sign them, and give them to the Den Advancement Chairperson, so they may be awarded at the next Pack Show.

**Achievement 24. (Be A Leader).**

For "e" we had the parents each role play the parts. They hammed it up, and Cubs really enjoyed it!