



THE SETAUKET SPY

Benjamin Tallmadge District
Cub Roundtable News Letter



Volume 4 Number 3

December 2009 Cub Scout Roundtable January 2010 Cub Scout Theme
POWER UP!

Webelos: Fitness & Scientist

For updated info on District Events, please visit:

<http://www.btdistrict.org>

MONTHLY THEME

INFORMATION FOCUS

Cub Scout Roundtable Leaders' Guide

Cub Scouts will spend a power-packed month exploring the science of different forms of energy that we use in our daily lives. They will investigate how this energy is used and consider how to conserve it. A den might visit a local power plant. The boys can also power up by being physically fit!

CORE VALUES

CUB SCOUT ROUNDTABLE LEADERS' GUIDE

Some of the purposes of Cub Scouting developed through this month's theme are:

- ◆ **Good Citizenship.** Cub Scouts will see that a small act of conservation can have a large impact upon their community.
- ◆ **Family Understanding.** Family relationships will be stronger as Cub Scouts and their-families work together on energy conservation.
- ◆ **Fun and Adventure.** Boys will enjoy exploring various forms of energy through games and activities.

The core value highlighted this month is:

- ◆ **Responsibility,** Cub Scouts will learn to be more dependable in conserving our natural resources.

PACK ADMIN HELPS



Blue & Gold Banquet
Las Vegas Area Council

What is a Blue and Gold Banquet??

The Blue & Gold Banquet is a birthday dinner for celebrating the Cub Scout program. In 1933 the "Cub Leaders Round Table" suggested parent/cub

dinners. Soon after a Cub Scout Family Dinner became a common occurrence.

It was in 1943 that the name "Blue & Gold Banquet" first appeared in the BSA literature. The dinner is held in February to celebrate the birthday of the Boy Scouts of America.

For many packs, their Blue & Gold banquet is one of the highlights of the program year. This is a family affair that brings the entire family together in a way that no regular pack meeting can. Therefore, this event involves more planning than the regular pack meeting.

- ◆ **Plan the event!!**
- ◆ **Organize a banquet committee.**
Select a theme and discuss table decorations.
Determine a menu and a serving style
Consider cost.

◆ **Form subcommittees**

Facilities committee handles the date of the event and where it's being held. The attendance at a banquet will be greater than your usual meetings so you may need to relocate to a different place to hold your banquet. Facilities committee will look into locations and rental fees. Check seating capacity and number of tables available. Check on parking and restrooms. Inquire on kitchen facilities if these are needed to prepare or serve food. Secure permission to use the public address system and access to the microphones and speakers.

Food Committee will develop a meal-serving plan. Some packs have a pot luck with each family bringing food, Some have the pack buy the food, with the committee preparing it, and some have it catered or eat out at a restaurant's private dining room.

Plan a menu - The meal is special and should coordinate with your theme, but the fun of your cubs and their families have is the most important factor. If for economic reasons your pack wants to simplify, just hold a birthday party for Cub Scouts! (This

year's theme!) Run it like a children's birthday party, with balloons and games and refreshments. Birthday cake and build your own ice cream sundaes would fit the bill!

Decorations Committee

Here is where we include the boys.

Invitations, placemats, napkin holders, centerpieces, place cards, nut cups, and favors. These should all be designed and made by the boys. These do not have to be professional and the parents will appreciate it more when the boy does it, the boy will be pleased with the parent's good comments. Remember to keep all designs with the theme.

Room decorations should be the committee's responsibility. Include wall decorations, costumes, balloons for the tables, display tables. **Coordinate the paper goods, coordinating with the finance committee. Remember - Keep it simple, Make it fun!**

Publicity committee - Special Invitations

Have the boys make extra invitations, after they have taken theirs home to their parents, to invite the "special" people to the banquet. The publicity committee will send these out. Special Invitation should include:

- ☞ Chartered Organization Representative
- ☞ School principal
- ☞ Religious Leaders
- ☞ A special person who helped you with a particular project or activity or badge work
- ☞ Special teachers

Be sure to invite the Den Chiefs, and people at the council that helped you - **Unit Commissioner**, Roundtable Commissioner, District Committee members, Past Pack Leaders, You may want to invite a Town Councilman, Town Supervisor or school board member, PTO president.

Track RSVP's, to assure accurate seating and enough food. They may also put notices in school and church bulletins - make up posters of the event as reminders for the parents and kids.

Finance Committee determines the **Cost** - always a determining factor as to the type of banquet you can have.

Remember to think "outside the box". Don't be stuck in a rut that it HAS to be a dinner! Have a

- ☞ Blue & Gold Breakfast - blue pancakes and gold orange juice!
- ☞ A cowboy picnic at the local park (depending on the weather)
- ☞ Have lunch instead of dinner.
- ☞ A Back to the 50's hot dogs and milk shakes.

Parent Son Cake Bake - The banquet is a good

time to have a Parent Son cake bake - auction off the cakes and use the money to offset the banquet cost.

Sharing the Cost - If having it catered or at a restaurant, decide in advance if the pack will cover the whole cost or only half with the parents help. This may determine how many parents can attend.

This would be a good time to secure donations from your local vendors. See if you can get paper goods donated, beverages or even a cake. Most of these places require a formal letter of request, which can be prepared by the committee.

Recognitions - Recognition for leaders and special helpers needs to be taken into consideration also. Is there someone who needs a very special gift? Can all the gifts be purchased at the scout store? Do we keep the gifts to the theme as well? This will help to determine costs. Work with the Recognition Committee.

Recognition Committee - **The B&G Banquet is the only time the Pack Committee Chair steps up to the front of the room to lead the meeting.**

While the Cubmaster runs the pack meetings during the year, the Committee Chair hosts the banquet. Remember to thank everyone! Parents, Leaders, past and present, special guests. Boy recognition is important, but on this night be sure to provide lots of recognition for the adults. Work with the finance committee on the type and costs of awards to be presented. Hand made and funny recognition are always good sport. Some one needs to remember to get a gift for the Pack Committee Chair!

Program Committee - **Program** is still to be prepared by the Cubmaster and Pack Leaders, with some assistance. There should be skits and songs, with maybe some imported fun!

- ☞ A clown at the birthday party
- ☞ A trick roper at the cowboy lunch .
- ☞ K-9 dogs if you go with a police theme

Programs and song sheets - whatever is needed for information are the responsibility of the program committee.

SAMPLE PROGRAM

Displays / Gathering
Opening Ceremony with Pledge
Invocation

Short welcome and explanation of dinner serving process

Dinner

Welcome and introduction of special guests
Greetings from Institutional Head

Friends of Scouting Presentation

Entertainment - skits - songs - special fun
(Maybe a slide show of the pack year)

Recognition of Tiger Scouts,
Cub Scouts and Webelos
Recognition of parents and leaders
Announcements and thanks
Closing ceremony
Dessert

SPECIAL SECTION:

PINEWOOD DERBY IDEAS

The Pinewood Derby is one of the most popular events in Cub Scouting. Every year more than a million boys and parents team up to carve, decorate, weigh, adjust, fret over, and finally race a Pinewood Derby car. The first Pinewood Derby was held in 1953 by Cub Scout Pack 280C of Manhattan Beach, California, and as of 1991 (Ref. 1992 BSA Retail Catalog) more than 81 million Pinewood Derby model car kits have been sold. Wow!!

The purpose of the Pinewood Derby is to help the Cub Scout build a team relationship with their parent or helper, experience the sense of accomplishment and the excitement of competition, learn Win/Lose good sportsmanship, and to have fun. The model cars are made of wood to specified dimensions, created, carved, assembled, and decorated by Cub Scouts under the guidance of the parents or helpers. The cars are gravity powered and run down a special track.

Like all successful events, it requires some planning and preparation, but the payoff in fun and strengthening family relationships has been proven over the years. By following a plan and distributing responsibility among several Cub Scout parents and leaders, you can plan and achieve a successful Pinewood Derby. Research on the internet such important information such as instructions, checklist, and activities which should be helpful in organizing and conducting a Pinewood Derby.

All races are run on a system of elimination by head-to-head heats. Timing of contestants has no bearing in determining winners. Cars must start from a stand still at the top of the track, and are powered only by gravity. The car whose nose is first over the finish line is the winner.

There are many ways to run a Pinewood Derby, and most of the rest of the rules and procedures can vary somewhat from Pack to Pack, or District to District. The rules and procedures are designed primarily to ensure fairness, and can be adapted to meet the requirements of your Pack. Make sure that all Cub Scouts and parents have a copy of the rules when they get their Pinewood Derby car kits.

Multiple heats are run to determine the "fastest car" in each Den to help prevent a fluke from changing the outcome of the race. Only the winner of each heat is recorded, because it is too difficult to have the finish line judges accurately identify the first, second, and third place cars at the finish line. Lane assignments change every heat. Heats continue until one car gets two wins. That car is then declared as "First Place" for the Den, and is removed from competition. Heats continue to determine "Second Place" and "Third Place" winners. Plan on six to nine heats per Den, at around 1-2 minutes each.

Depending on the number of Scouts in a Den and the number of lanes on the track, it may be necessary to split a Den competition in half. Determine first, second, and third place for each half, then race all six to determine "First Place", "Second Place", and "Third Place" for the Den. This can require on the order of 20 heats to determine the winners of a large Den. Plan your racing schedule accordingly.

Winners advance to compete against other Dens in their age group (if you have awards by age group), then to a competition for the whole pack. Den awards can be given right away, while the next series of heats proceeds. Awards by age group and for the Pack can be presented in an awards ceremony at the end of the Derby. A Racing Chart can be used to keep track of heat results. Each Scout's name is listed on one line. Record a check mark in the "1st" column for heats competing for "First Place", and record a "1st" in the Place column when the winner is determined. Additional heats are recorded in the appropriate columns.

Schedule Tiger Cubs at the end of the Pinewood Derby. Tigers can bring a matchbox or hot wheels type car, which can be raced in the spaces between the lanes on the Pinewood Derby Track. This gives the Tiger Cubs an opportunity to see at least some of the Derby races and the awards ceremony.

Our district has its runoff for pack winners at the Annual Cub for Cub event being held in the spring on Saturday, April 24th, 2010. More details to follow!



*Catholic Committee on Scouting for Suffolk County
cordially invites you to its
2nd Annual*

International Peace Light Distribution Ceremony

Date Sunday, December 13, 2009

Time 3:15 Gathering, 3:30 Service

Location Christ the King Parish

2 Indian Head Rd, Commack

Bring your lanterns and receive the Lord's Gift of peace that surpasses all understanding. We will have a limited amount of lanterns available for purchase for those who need one. Do you have any questions about this and our other activities, please contact Sylvia Murdolo, District Rep at encourager@optonline.net or by phone (476-9243) or Mary Bishop, Chair of our committee at applepickya@aol.com.



WEBELOS

FITNESS

Your body is a wonderful machine. It is much more complicated than the fanciest car or fastest computer. But your body needs the same kind of care that experts give to machines. What does that mean? It means that you must give your body the right fuels in a balanced diet. You must avoid putting harmful substances into it. Your body needs rest and exercise, just as a car needs maintenance. As you earn the Fitness activity badge, you will learn how to take care of the world's most wonderful machine - your own body.

Den Activities

- ☞ Invite the grade school gym teacher to your meeting. Get to know them on a personal basis. Why did they become a teacher? What kind of background do they have? What sports are they currently active in? What do they like about teaching kids?
- ☞ Invite a nurse, doctor or dentist to your den to answer questions about health. Have boys write the questions on cards so they are anonymous.
- ☞ Have your den write a skit depicting ways to say 'NO' to drugs & smoking.
- ☞ Have the den make a poster designed to encourage people to say "NO" to drugs & Smoking.
- ☞ Have a police officer involved with drug prevention attend a den meeting.
- ☞ Have the boys interview him and ask questions concerning drugs and alcohol.
- ☞ Have the boys find out what the policies are in their school about drugs and what would hap-

- pen to students with drugs in their lockers, etc.
- ☞ Collect newspaper and magazine articles about accidents and crimes that are drug or alcohol related.
- ☞ Find out what some organizations are doing to stop use and availability of drugs, especially to, children.
- ☞ Check with the BSA council for a video, "Drugs: A Deadly Game."

Speakers -

1. YMCA director
2. health class teacher
3. personal trainer or coach,
4. CPR instructor,
5. marathon or race director,
6. little league coach,
7. gym instructor

Field Trips:

Visit the local YMCA or a local fitness club.

Test Your Heartbeat

Did you know that you can't actually hear a heartbeat? The heartbeat itself is just a contraction of muscle and is perfectly quiet. What you can hear is the sound of heart valves snapping shut.

Here's how to check your heartbeat:

1. Press the first two fingers of one hand over the radial artery in the wrist of your other hand. That's the artery in the depression just below the base of your wrist. Move your fingers until you can feel the pulse of your blood.
2. Use a watch with a second hand, and count the number of beats in 10 seconds.
3. Multiply by 6. Now you know the number of beats per minute.
4. Run or exercise for 10 minutes or so. Take your pulse again, and see how much faster your heart is pumping.

Your resting heart rate can tell something about your overall health and fitness.

Physically fit people often have low resting heart rates.

SCIENTIST

Explore Chromatography with M&M's!

Alice, Golden Empire Council

Chromatography is a method of analyzing complex mixtures by separating them into the chemicals they contain. In police work, drugs from narcotics to aspirin can be identified in urine or blood samples. But Webelos can also use chromatography to separate out the different colors in a black permanent marker (they aren't just black) - or for more fun, the actual colors in M&M's! Go to

http://www.yesmag.ca/projects/paper_chromaBW.html

for specific instructions and great diagrams to test the permanent marker. Here's how to do the M&M test:

- ☞ Open a bag of M&M's – choose about 5-6 of different colors.
- ☞ Put them in a small amount of water in a glass or cup and stir around until the color comes off. Note that the water will be all one color – remove the M&M's and stir till colors are all dissolved into one color – usually something grayish.
- ☞ Point out that the colors seem to have all blended together – the bright colors seem to have disappeared.
- ☞ Now take a coffee filter, or even a paper towel, and cut a strip long enough to reach down into the water – you could even staple the top edge to make a loop that you can hang from a pencil. But make sure the paper reaches down to touch the water.
- ☞ Now leave it overnight, or till your next den meeting – the various colors will separate out on the paper, showing that they really didn't disappear into a single color.
- ☞ To take this a step further, separate out a bag of M&M's by color. Then make a graph to show how many of each color are in a bag of M&M's. If each boy has his own bag, they can “eat” their experiment. *(One of my boys was so intrigued that he went home and created several kinds of graphs on his computer to show the composition of his bag)*

Here's the science behind it: Because molecules in ink or even the colored coating on M&M's have different characteristics, such as size and solubility, they travel at different speeds when pulled along a piece of paper by a solvent (the water). For example, the grayish water color, (or even black ink) contain several colors. The water soluble colors behave differently due to their molecules, and separate into a sort of “rainbow” of colors. Go to the website and try using the black permanent marker – your boys can practice some “CSI” techniques – try the secret note challenge!

MARK YOUR CALENDAR

December, 2009

- 10 Roundtable
- 11 Popcorn Money Due at Council
- 13 *CCOS Peace Light Prayer Service (see page 4)*

January, 2010

1 *Happy New Year*

14 Roundtable

February, 2010

7 Scout Sunday

8 *Scouting's 100th Anniversary Day*

11 Roundtable

13 Scout Sabbath

March, 2010

11 Roundtable

20 Scouting for Food

20 CCOS' Cub Fun & Faith Day

25 Council Fellowship Dinner

April, 2010

15 Roundtable

tbd TRAINING: BALOO

24 Cub for Cub Event

May, 2010

1 District Dance

7 JCOS Annual Convocation, Webelos overnight

13 Roundtable

28-31 Family Camp

29 Flag Placement

June, 2010

Summer events are at BHSC

5 Flag Pickup

10 Roundtable

July, 2010

1-5 Family Camp

5-9 Cub Resident @ BHSC

August, 2010

15-19 Cub Resident @ BHSC

19 Roundtable & Annual Barbecue

