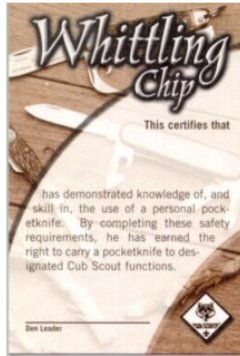




Resources for Bear Den Leaders

Pocketknife Pledge



- **I understand the reason for safety rules.**
- **I will treat my pocketknife with the respect due a useful tool.**
- **I will always close my pocketknife and put it away when I'm not using it.**
- **I will not use my pocketknife when it might injure someone near me.**
- **I promise never to throw my pocketknife for any reason.**
- **I will use my pocketknife in a safe manner at all times.**

- Your Cub Scout knife is an important tool. You can do many things with its blades. The cutting blade is the one you will use most of the time. With it you can make shavings and chips and carve all kinds of things.
- You must be very careful and think when you whittle or carve.
- Take good care of your knife. Use it with care so that you don't hurt yourself or spoil what you are carving.
- Know the safety rules for handling a knife.
- A knife is a tool, not a toy.
- Know how to sharpen a knife. A sharp knife is safer because it is less likely to slip and cut you. Keep the blade clean.
- Never carry an open knife in your hand.
- When you are not using a knife, close it and put it away.
- Keep your knife dry.
- When you are using the cutting blade, do not try to make big shavings or chips. Easy does it.
- Close the blade with the palm of your hand.
- A knife should never be used on something that will dull or break it.
- Be careful that you do not cut yourself or any person nearby.
- A knife should never be used to strip the bark from a tree.
- Do not carve your initials into anything that does not belong to you.

Bear Claws 1,2

Three common designs of pocketknives. A **pocket knife** is a foldable knife with one or more blades that fit inside the handle that can still fit in a pocket.

Jack knife. A jack knife has a simple hinge at one end, and may have more than one blade. The jack knife is popular among hunters, fishermen, and campers.



Pen knife. A pen knife is hinged at both ends of the handle, and usually has two or three blades at each end. The pen knife was originally designed to cut or sharpen pen quills for writing. The pen knife is good if you want more than one type of blade. It's also small and lightweight and won't be noticeable in the pocket of dress clothes.



Multi-purpose knife. These are probably the most popular pocketknives. The Swiss Army knife and the Handyman are probably the most well-known of the multi-purpose knives. Boy Scout knives are also multi-purpose knives. In addition to the knife blade, multi-purpose knives have can openers, scissors, leather punchers, tweezers, or even screwdrivers.



List of camping equipment – start with these items **BEAR NECESSITIES 3,4,5**

1. A **pocketknife or multitool** can be handy in a wide variety of situations.
2. A **first-aid kit** can be a lifesaver.
3. Bring **extra clothing** to match the weather. Multiple layers are better than a single massive jacket, because layered clothing is adaptable to a wide range of temperatures.
4. **Rain gear** is very important. Being wet from rain may result in hypothermia, a potentially fatal condition.
5. A **flashlight** is important for finding your way in the dark.
6. **Trail food** is good for maintaining your energy.
7. **Water** can prevent dehydration, heat exhaustion and heatstroke.
8. **Matches and/or a fire starter** may be used to light fires for heat, or for signaling for help.
9. **Sun protection** might include sunblock, sunglasses, lip balm and a wide-brimmed hat.
10. A **map and compass**
11. **Whistle**

Here are some additional items you may want to pack, depending on the outing:

Keeping Clean

- Toothbrush
- Toothpaste
- Soap
- Comb
- Waterless hand cleaner
- Small towel
- Washcloth
- Toilet paper

Cooking and eating

- Large plastic storage bowl; ziplocs
- Ice chest/cooler
- Spoon or server, knife
- Cup or insulated mug
- Fresh water, can opener, foil
- Charcoal starter and supplies
- Large pot and lid (2.5- or 3-quart size)
- Dish soap, garbage bags, brillo pad
- Oven safe gloves, cooking spray
- Grate

Extras

- Watch
- Camera
- Notebook/Handbook
- Pen or pencil
- Sunglasses
- Swimsuit
- Gloves
- Nylon cord
- Insect repellent
- Repair kit
- Hiking stick or trekking poles
- Binoculars
- Fishing gear
- Animal identification books, plant keys, geological studies, star charts or other guides

PLAN A COOKED DINNER FOR A CAMPOUT

Examples:

Foil Hamburger/Veggie dinners, warmed sliced apples, sliced bread with butter, corn on the cob, campfire Apple Crisp

Tin-Foil-Hobo-Dinners-Recipe (Makes 4 dinners)

Ingredients:

- 1 pound ground beef
- 4 potatoes, peeled and cubed
- 2 cups carrots, thinly sliced
- 1 onion, diced
- Salt and pepper, to taste
- Worcestershire sauce or BBQ sauce
- Shredded cheddar cheese

Use a large square piece of aluminum foil for each tin foil dinner. Spray foil with nonstick cooking spray. Separate ground beef into 4 equal patties and place in the center of each piece of foil. Divide potatoes, carrots, and onion evenly between all 4 dinners and place on top of meat. Season to taste. Cook on a grill on medium-high heat or an open fire for 30 minutes, or until vegetables and meat are cooked through. Open foil carefully and top with BBQ sauce and shredded cheese.

Corn on the Cob

- 4 ears of shucked corn
- ¼ cup butter or olive oil
- Parmesan cheese
- ½ teaspoon dried rosemary leaves
- salt and pepper
- 4 ice cubes

Place the ears of corn on a large sheet of foil. Spread the butter on top. Sprinkle with the seasonings and Parmesan cheese. Put the ice cubes on top. Wrap up into a tent pack. Place on hot coals and cook for 20 minutes. Makes 4 servings.

Campfire Apple Crisp

Ingredients

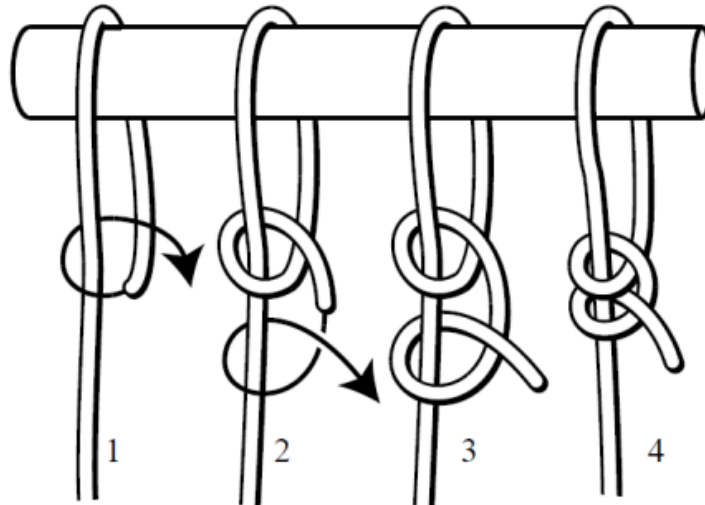
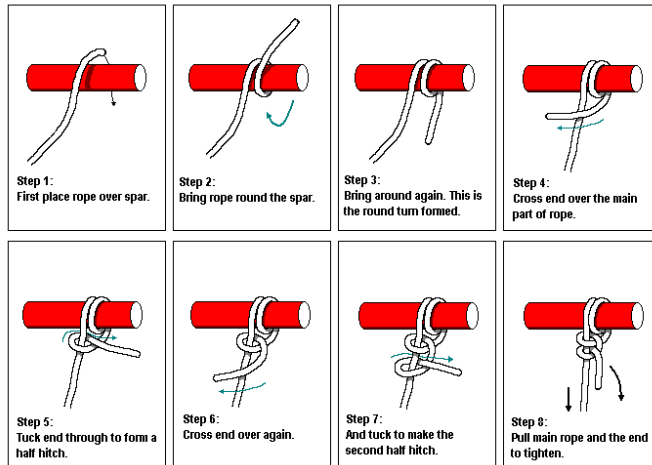
- 3-4 apples (chopped)
- ⅓ cup oats
- ¾ cup brown sugar
- ½ cup whole wheat flour
- 1 tsp cinnamon
- ⅓ cup butter
- 2-3 tbsp white sugar

Instructions

1. In a bowl add oats, brown sugar, whole wheat flour and butter, mixing with a fork until pieces of butter are evenly dispersed throughout the mixture.
2. Add in your chopped apples, cinnamon, and white sugar, mixing together.
3. Take three long pieces of aluminum foil (about a foot and a half), fold each side up and pinch the ends together forming a boat-like shape.
4. Place the ingredients in the center of the aluminum foil, folding the sides over and pinching to seal the package.
5. You can also make individual packages.
6. Place on a grate over the fire pit, cooking for about 15-20 minutes.
7. If your fire doesn't have a grate, place the package in the fire pit, on the edge furthest from the flames, rotating once after 10 minutes of cooking.

Round Turn and two half hitches

This knot secures a rope to spar or ring. It is a very useful knot.



TWO HALF HITCHES KNOT

BEAR NECESSITIES 8

THIS KNOT IS USED TO TIE ITEMS TO A POST OR TREE TRUNK. IT IS EASY TO UNTIE WHEN YOU ARE READY.

Make Your Own Barometer **Bear Necessities 9**

- A balloon
- Scissors
- A jar or can
- A rubber band
- Tape
- A straw
- A piece of card
- A marker (felt pen)

Instructions:

1. Cut the top off the balloon (the part which you blow into).
2. Stretch the balloon over the top of the jar and hold it in place with a rubber band.
3. Place the straw across the top of the jar so that one third of the straw is hanging over the edge. Stick the straw to the balloon with tape.
4. Draw three lines on the piece of card that are about half a centimeter apart from each other. Label these lines as high, moderate and low.
5. Tape the card against the back of the jar so that the straw points to moderate.
6. Put your barometer on a flat surface somewhere inside.

What's happening?

When there is low air pressure the balloon should expand out and the straw will point down. This is because the air inside the balloon now has relatively more air pressure compared to the air outside, it pushes the balloon out as a result.

When there is high air pressure the air on the outside will push the balloon into the jar and the straw will point upwards. The air inside the balloon now has relatively less pressure, this pushes the balloon inwards as a result.

In general, high air pressure indicates fair weather while low air pressure indicates that bad weather is more likely. Although forecasting the weather isn't an exact science and can be very difficult at times, give it a go and see how accurate you are.



Track the weather on the back of this page.

		Barometric		
Date	Temperature In degrees	Pressure Inches/mm	Changes? State Rising or Falling	What is the weather like this day?
1.				
2.				
3.				
4.				
5.				
6.				
7.				

- **Track the weather for one week.**
- **Take temperature and pressure readings at the same time every day.**
- **In the column that states “Pressure”, you can use the Internet or local news to find the temperature and pressure readings.**
- **In the column that state “Changes”, record what your own barometer is doing.**

Fur, Feathers, and Ferns Requirement 1 – While hiking or walking for one mile, identify six signs that any mammals, birds, insects, reptiles or plants are living nearby.

Signs of Feeding

- _____ Nipped twigs
- _____ Chewed twigs , leaves, flowers
- _____ Pine cone “cores”
- _____ nut shells
- _____ hair, bones, feathers

Nests, and Shelters

- _____ nests in trees
- _____ nests in grasses
- _____ holes in trees or ground

Other Signs – scratch marks

Tracks and Trails

- _____ tracks
- _____ tunnels
- _____ slime trails from snails

Body Waste and Castoffs

- _____ scat
- _____ feathers
- _____ owl pellets

Sounds– frogs, woodpeckers, locusts

- _____ bird calls
- _____ squirrel chatter

Requirement 2: Name one animal that has become extinct in the last 100 years and one animal that is currently endangered.

The **Ivory-billed woodpecker** is thought to be extinct. There have been a couple of sightings over the last few years, but no scientific evidence has been found to confirm the existence of these birds.

Natural disasters, such as hurricanes, combined with man-made hazards like levees, dredging and pollution; threaten the well-being of Louisiana's wetlands, which are home to dozens of plant and animal species. A number of federally endangered or threatened animals, such as the Louisiana black bear, piping plover bird and **green sea turtle** are struggling to survive in the remaining coastal habitat. The Louisiana Black Bear is making a comeback.

Compost in a Cup

Furs, Feathers, and Ferns Requirement 6

- 16 oz. cup with holes in bottom
- Pair of gloves
- Large bowl
- Organic compostable items - Leaves, grass clippings, vegetable scraps, fruit scraps, coffee grinds (don't use dairy, seafood or meat)
- 1/4 cup soil or dirt
- 1-2 teaspoons of water
- Piece of plastic wrap
- Rubber band
- Large plastic spoon

Once you have collected your organic items, place them in a large bowl, add 1/4 cup of dirt and 1-2 teaspoons of water, and mix. Next, take your 16 oz. cup with holes in the bottom, and a pair of gloves. Using the large plastic spoon, take 2 scoops from your bowl and place them into your cup. Now, take your piece of plastic wrap and place it on top of your cup. Secure it around the rim of the cup with the rubber band. Make sure the plastic wrap is nice and tight on the cup and the rubber band is secure.

Compost piles need sun, shade, water and movement so put your cup in a window that gets a good amount of sun or outside in an area that has exposure to the sun for part of the day. Periodically add 1 teaspoon of water to your cup and give the contents a little "shake". If placed outside, rainwater and a little "shake" will do the trick! The water and movement will assist with the composting process.

Over time, these organic materials break down or decompose. The rich, dark brown, crumbly, soil-like material that results is called compost. Tiny living things do much of the work of breaking down organic materials to form compost. These tiny workers are called microorganisms and include such things as bacteria and fungi.

The organic materials provide many of the nutrients that plants need for growth and activity. Eventually, these nutrients are returned to the soil, to be used again by trees, grass, and other plants. This is nature's way of composting and recycling!

Make and present an award to a helper in your home who helped you with the Cub Scout Carnival activities. *Grin and Bear It #5*

Paint and/or use markers to decorate. Be sure to indicate what the award is for – it is nice to show appreciation!



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Famous Americans Paws for Action 1A

Notable Eagle Scouts:

Neil Armstrong
First man on the moon

Willie Banks
*Olympic athlete, former
world-record holder in triple
jump and long jump*

Gerald R. Ford
*38th president of the
United States*

Bill Gates Sr.
*CEO of Bill and Melinda
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PAWS FOR ACTION – Requirement 1C

The United States flag is an important symbol of our country.

The flag was born June 14, 1777.

Our flag has 50 stars representing 50 states.

And it has 13 stripes representing the original 13 states.

Treat the flag with courtesy and respect. One way to show respect to the flag and our country is by reciting the Pledge of Allegiance.

If you are in uniform, give the Cub Scout salute when the flag passes.

Display the flag at home for one month. You can use this flag or another one from your home.



Flying the Flag

- Fly the flag from sunrise to sunset. If displayed at night, the flag must be lighted. Don't fly the flag on rainy days. Always place the union (the blue field) at the peak or top end of the flagstaff or flagpole.

Carrying the Flag

- In a parade, carry the flag at the center of the front rank. Never allow the flag to touch the ground or drag along the ground. Never dip the flag as a show of respect to a person. Always protect the flag from possible damage. If the flag is damaged or severely worn, remove it from display and dispose of it by burning.

Wearing the Flag

- Don't wear the flag as a hat or as a piece of clothing. Don't wear it as a team uniform or as part of a uniform. Small pins or buttons representing the flag can be worn by persons in uniform, such as police officers or military veterans.

The Flag at Half-Staff

- Lower the flag to half-staff to show respect for the death of an important individual, such as a president, or solemnity for a tragic event. First raise the flag to its full height and then bring it slowly down to a position halfway up the mast or flagpole.

Banners and Signs

- Don't attach any messages, signs, symbols or caricatures to the flag, or use the flag as part of a commercial display. Never use the flag to advertise. The flag must fly above any state flags or other banners that are hoisted on the same flagstaff.

Flying the Flag at School

- At school, the flag should be flown in front of the principal building. Raise the flag before classes begin in the morning and lower it at the end of the day.

When a flag is so tattered that it can no longer serve as **a symbol of the United States**, it should be destroyed in a dignified manner, preferably by burning. The American Legion, Boy Scouts of America, Girl Scouts of the USA and other organizations regularly conduct flag retirement ceremonies, often on **Flag Day**.

If you live in the **Monroe area**, you are encouraged to bring tattered flags to be retired to the **American Legion**, Post 13 for a flag-retiring ceremony. They have a patriotic mailbox on the back porch for you to dispose of your flag. Often on Flag Day, they will perform a flag retirement ceremony at 5pm. The address is **401 Forsythe Ave., Monroe, LA**.