

Cubmaster Corner

Volume 2, Issue 5

May 2010

Welcome to the Cubmaster Times

Your direct source to the pack and the pack meetings

Hello everyone, spring is coming close and winter is winding down. Some things to keep in mind as we approach the summertime.

1. Our spring campout will be May 21-23, 2010 at Pere Marquette. We will be doing the rank advancement at the campout. The price is 2.00 per person per night. Please submit your money and reservation to your den leader as soon as possible.

2. ScoutQuest 100 is coming up June 4, 5, 6, 2010. The cub scouts will be able to go down for the day on the 5th, we will be meeting at Fairmount Elementary at 6:30 in the morning, and leaving no later than 7:00 in the morning.

If you have any questions or would like to make any suggestion please feel free to contact me at genefeldman@charter.net or 636-577-6038.

CALENDAR OF EVENTS

5/10/2010-COMMITTEE MEETING

FAIRMOUNT ELEMENTARY OLD GYM

7 PM

5/21/2010 – 5/23/2010 SPRING CAMPOUT

PIERRE MARQUETTE-DUNCAN HILL

CHECK IN 3:00 PM ON THE 21ST

2.00 PER PERSON PER NIGHT (PACK WILL PAY FOR SCOUTS)

PACK MEETING WILL BE SAT. NIGHT

DEN LEADERS WILL BE GOING OVER CAMPING RULES WITH YOU BEFORE THE TRIP.

6/1/2010-LEADER ROUND TABLE

LINDENWOOD UNIVERSITY

7:00 TO 8:30

6/7/2010-COMMITTEE MEETING

LOCATION TO BE DETERMINED

7 PM

6/5/2010-SCOUTQUEST 100

FOREST PARK

MORE INFORMATION TO COME

6/21/2010 – 6/25/2010 SUMMER CAMP

BUSCH WILDLIFE SHOOTING AREA

5 – 8 PM



**March's BSA Theme: Spring Into Action
100 YEAR Ribbon: Outdoors**



Has your scout accomplished any of these things this month?

1. With your family or den, help plan and carry out an outdoor activity. Write or tell about your experience.
2. Describe to your parent or den leader the different kinds of plants and animals you can find around your neighborhood.
3. Earn Cub Scouting's Leave No Trace Awareness Award or the Cub Scout Outdoor Activity Award.
4. Go on a hike with your family or den.
5. Participate in a district or council outdoor experience (day camp, resident camp, etc.).

If you answered yes to at least three of these please notify your den leader to submit for the Outdoor Ribbon.

We are also looking for help in the following areas:

Parade Float Committee
Den Leaders for 2010-2011
ScoutParents

- **What is the ScoutParents Mission?**
The ScoutParents mission is to develop and implement methods which encourage and empower Scouting participants to help maximize the number of dedicated Scouting youth and parents and mentors as dedicated Scouting volunteers who participate with their Scouts.
- **What is a ScoutParent?**
A ScoutParent is a parent or adult mentor of a Scout who enthusiastically participates with their Scout and also helps other volunteers to provide the best quality program experience to all youth in every unit.

Belt loop and pin of the month: Nutrition



Requirements

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

Belt Loop

Complete these three requirements:

1. Make a poster of foods that are good for you. Share the poster with your den.
2. Explain the difference between a fruit and a vegetable. Eat one of each.
3. Help prepare and eat a healthy meal of foods that are included in a food pyramid. (With your parent's or adult partner's permission, see <http://www.mypyramid.gov>.)

Academics Pin

Earn the Nutrition belt loop and complete five of the following requirements:

1. Make a poster that shows different foods that are high in each of the vitamins. Using your poster, explain to your den or family the difference between a vitamin and a mineral and the importance of each for a healthy diet.
2. Read the nutrition label from a packaged or canned food item. Learn about the importance of the nutrients listed. Explain what you learned to your den or family.
3. Make a list of diseases that can be caused by a diet that is poor in nutrition.
4. Talk with your school cafeteria manager about the role nutrition plays in the meals your school serves.
5. With an adult, plan a balanced menu of breakfasts, lunches, and dinners for your family for a week.
6. Make a list of healthy snack foods. Demonstrate how to prepare two healthy snacks.
7. With an adult, go grocery shopping. Report to your den or other family members what you learned about choosing good foods to eat.

If you have met these requirements, please let your den leader know.