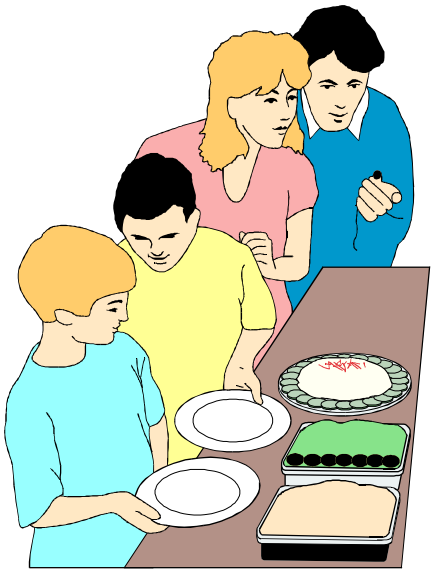


Academics & Sports 224
Best of Blue & Gold 226
Camping & Outdoors 232
Character Development 241
Derbies
- Space Derby 245
- Pinewood Derby 248
- Raingutter Regatta 251

Cub Scout Activities

CUB SCOUT
ACADEMICS AND SPORTS PROGRAM

Academics

Cub Scout academics is a great way to help fulfill the aims of Scouting; building character, developing citizenship and encouraging mental and physical fitness.
Scholarship leads to adventure when learning is fun, and knowledge encourages exploration.

Art **Astronomy** **Chess** **Citizenship** **Collecting**

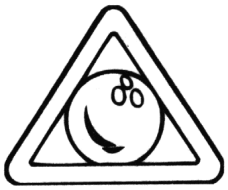
Communicating **Computers** **Geography** **Geology**

Heritages **Language & Culture** **Map & Compass**

Mathematics **Music** **Science** **Weather** **Wildlife Conservation**

Sports

Cub Scout sports provide the opportunity to become acquainted with and participate in all kinds of sports. This includes individual, team, winter and summer.



Archery * **Badminton** **Baseball** **Basketball** **BB-Gun Shooting**

Bicycling **Bowling** **Fishing** **Flag Football** **Golf** **Gymnastics**

Ice Skating **Marbles** **Physical Fitness** **Roller Skating** **Snow Ski & Board**

Soccer **Softball** **Swimming** **Table Tennis** **Tennis** **Ultimate** **Volleyball**

* Loops & Pins for Archery & BB-gun shooting can be earned only at Council approved camps.

Resource - Cub Scout Academics and Sports Program Guide. Can be found at local BSA Scout shops.

Recognition

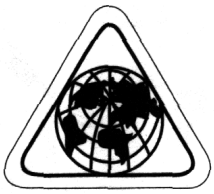
A variety of recognition items are available for the boys who participate in the Cub Scout Academics and Sports program. (Adults are not awarded Belt loops or Pins.)

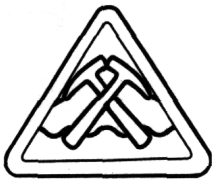
Belt Loops

Belt loops have three requirements that give a general knowledge of the sport or activity.

Pins

After earning the belt loop a boy can earn the pin by completing additional requirements for that sport or activity. These requirements take more effort and give a more in-depth knowledge in that specific area.





Other recognitions are available but not necessary.

Academics and Sports Letter - ('C' stands for Cub Scout.) This is worn on a sweater or jacket or displayed on a backpack or frame. It does not go on the Uniform. There are no requirements for earning the letter as it is only used to display the pins.

Participation Emblems - *(round patch above right)* Available to all boys and adults who participate in the activity.

Pocket Certificate - Provides immediate recognition.

Activity Medals and Trophies- Provides special recognition and is decided on by individual packs.

For information on new Belt Loops & Pins' requirements, see Cub Scout Academics and Sports Program Guide, 2002 revision (#34299). ***NOW AVAILABLE.***

BEST OF
BLUE AND GOLD

❖ Why a Blue and Gold?

In nearly all packs, the Blue and Gold banquet is one of the highlights of the year. It brings pack families together for a dinner and evening of fun. But just what is a Blue and Gold banquet and why do we have it?

- The Boy Scouts of America was organized in February 1910, and the Cub Scouts were organized twenty years later.
- Lord Baden Powell, the founder of Boy Scouting, was born on February 22.

What better way to celebrate than have a party? Cub Scout packs everywhere celebrate by holding a Blue and Gold banquet.

❖ How To Plan a Blue and Gold and Enjoy It!

First and foremost remember this: KISMIF **K**eep **I**t **S**imple, **M**ake **I**t **F**un!

Remember, you are not putting on a state dinner, you are having a **PARTY!**

And, like most parties involving <u>families,</u> there needs to be food, decorations and **FUN**! Sound easy? Let's do it!

❖ You'll need to ask a few questions to set your course and make your plans:

FOOD:

- ✓ What is the theme?
- ✓ How much $$$ do we have?
- ✓ How long do we have to eat?
- ✓ What are we going to serve?
- ✓ How are we going to serve it?
- ✓ Where are we going to serve it?
- ✓ How many are we going to serve?
- ✓ Who will do the cooking, shopping, etc?

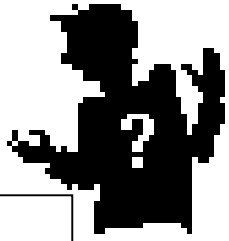
(Blue & Gold cont.)

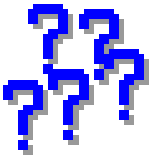
DECORATIONS:

- ✓ What is the theme?
- ✓ Where will we have the dinner?
- ✓ How much $$$ do we have?
- ✓ What are the activities?
- ✓ How will dinner be served?

ACTIVITIES:

- ✓ What is the theme?
- ✓ What will the program be?
- ✓ What is the focus?
  - Will there be awards presented?
  - Will we have an Arrow of Light or other special presentation?
  - Will we have a guest speaker, den skits, make a craft, play games?
- ✓ Who will be the Master of Ceremonies?
- ✓ What is our time frame?





WHAT?
Formal banquet
Picnic Style
Buffet
Tin Foil Dinner
Catered

WHO?
Cub Scouts & Families
Sponsoring Organization Leader
District Leaders
Den & Pack leaders & families
Special Guests

WHERE?
Local Park
Local church building
Local school
Restaurant
Local amusement place

(Blue & Gold cont.)

WHEN?

February or other month
Winter or other season
Saturday, Weekday
Evening, afternoon

HOW MUCH?

What is our Blue and gold budget?
Will everyone bring something or will we pay for all of it?
How much will we spend on food, decorations, crafts, etc.?
Is it worth it to have an outside entity do the work for us?

HOW MANY?

This is the toughest question and the one you will never have a solid answer for. You can request an RSVP, make phone calls to get a commitment, ask the boys if they are coming, etc., but you will never have a good count. The best way to come up with a number to work with is to count the boys in the pack and multiply by 3 or 4. You can then add any guests and leader family members, add an extra 5 or 10 depending on the activity of your pack families, and you should have a number to work with. It's still not completely accurate, but it is a jumping off point. It's better to have too much than not enough. Also, don't assume the younger siblings will eat less than the boys and adults. It doesn't happen!!!

- **Now that I know what questions need to be answered, what do I do next?**

(Blue & Gold cont.)

A common category throughout the questions was the theme. How do we choose the theme?

Along with **KISMIF** it is important to remember that this is **YOUR** blue and gold. It should reflect your pack, demographics, your personalities, and accomplish the focus you have decided on. By the way, the entire pack committee should be working on this activity together to make things go smoothly.

What theme do you want to use? The Cub Scout monthly theme for February is "UNCLE SAM DEPENDS ON YOU". You can use this or any other theme that strikes your fancy. Check out the different themes throughout the POW WOW book for ideas as well as the other resources listed at the end of this section.

❖ Another common question was, how much do we have?

Check with your sponsoring organization, pack committee chairman, treasurer, etc. to find out how much was budgeted for this event. Decide where you want to spend the bulk of your banquet dollars.

Will you seek donations from your pack members or sponsoring organization in the way of money, food, etc.? Will you contact local businesses for donations of items needed for your banquet? The more creative you are, the more resources you will find.

Talk with other pack leaders in your area and find out what they have done. Talk with past leaders and district roundtable staff. Look through past issues of POW WOW books as well as other BSA materials. It's out there if you're willing to look for it.

Probably the first 2 decisions that should be made are:

1. WHEN will we have our Blue and Gold; and
2. WHERE will we have our Blue and Gold

You will need to schedule your Blue and Gold for a time that is convenient for **your** pack. **Most** packs have their Blue and Gold in February, which is the actual month for this celebration. But sometimes this is not possible and must be scheduled at a different time of the year. Whenever you have it, remember the reason for having it, and make sure reference is made to the founding of BSA, as well as the birth of the founder. (Baden-Powell's Birthday is February 22). Plan early so you can enjoy the fun.

When selecting the place for your celebration, take into consideration the time of year and possible weather problems. ALWAYS have a plan "B". Also, be aware of any deposits, rental fees, entrance costs, or other fees related to the location. Make your reservation early and follow-up regularly. You never know when an error may be made and then you have big problems (unless you had a plan "B" and "C"!) Also, remember to practice "Leave No Trace" wherever you are.

(Blue & Gold cont.)

Where do I find additional ideas and help?

BSA Publications:

- Cub Scout Program Helps
- Cub Scout Song Book
- Ceremonies for Dens and Packs
- Cub Leader Book
- The How To Book

Other Resources:

- Library
- Roundtables
- Past Pow wow Books
- Teachers
- Teacher Supply stores
- Other leaders, friends

Websites:

- www.clipart.com
- www.crayola.com
- www.discovery.com
- www.kidsdomain.com
- www.awesomeclipartforkids.com
- www.designedtoat.com
- www.michaels.com
- www.nasa.gov
- www.goarymy.com

These are just some ideas. Hopefully, they have sparked your imagination and have put you on the right path to accomplish your Blue and Gold with great success. Share your ideas with others and have them do likewise. Have a brainstorming session with your leaders and you will be amazed at how quickly everything will come together. Don't forget it's YOUR event for YOUR pack. **Have fun** and "DO YOUR BEST"! The most successful Blue and Gold is the one where you had fun, friendship, and families.

The ***next page*** has resources for a banquet with February's Theme.
For *more* ideas to spark your imagination, look in the
2002 Pow Wow Book THEMES sections.
Every month has more ideas for a great Blue & Gold banquet.

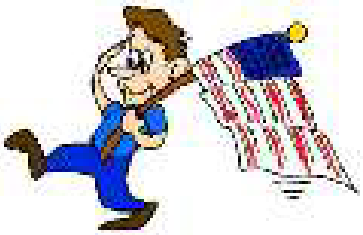
BLUE AND GOLD HELPS
Theme Related

Theme: "Uncle Sam Depends on You"

Location - Church Date - February 2003 Time - 6:00 P.M.-8:00 P.M.

Focus - To learn respect for other countries while showing respect to the United States of America and understanding what patriotism is.

Menu - All American Hot Dogs and Hamburgers
Variety of Chips and dips
Macaroni, potato and Jell-O salads
Pie and Homemade Ice Cream
Homemade Root Beer



Activities - Sing patriotic songs; have a special flag ceremony; have a parade of nations

Guest Speakers - Member of the military speak about patriotism, help with flag ceremony.

Decorations - Have dens make place mats, leaders make centerpieces that represent their idea of patriotism, red, white and blue dishes and flatware, table covers, Christmas lights around the room, and flags from many nations represented on tables.

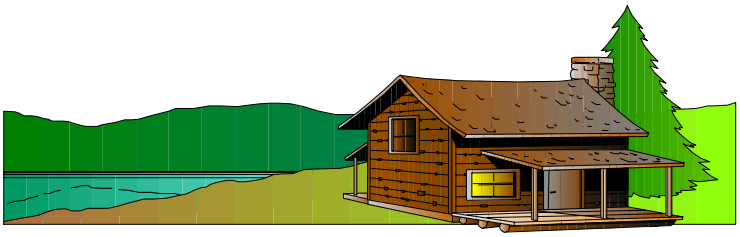
Take home - Flag neckerchief slide, copy of Pledge of Allegiance meaning.

Other ideas for this theme:

Menu - Ham, baked potatoes, green vegetable, rolls, dessert
Spaghetti, green salad, garlic breadsticks, dessert
Salad or Potato bar, dessert

Activities - Write letters to servicemen
Slide show presentation about our country
Stories from those who lived during the different wars
Assemble 'care packages' for service members overseas

Guest Speakers - Service members
Those who served in past wars
War historians
Ft. Douglas Museum docent



CUB SCOUTS GO CAMPING AND OUTDOORS

CAMPING OPPORTUNITIES

CUB SCOUT DAY CAMPS

Day camp is an organized day program for Tiger Cubs, Cub Scouts, and Webelos Scouts conducted by the council under certified leadership at an approved site. Day camp opportunities in the Great Salt Lake Council include: Tiger Cub Family Activity Days, several 2-day Cub Scout programs (Cub Country), Webelos Scout Programs (Quest and Aquanaut), and Twilight Camps. The camps are age-appropriate to the boy (Tiger, Wolf, Bear, or Webelos). Adult leadership guidelines for each age group need to be followed. There are day camp opportunities offered year-round. A current health form and permission slip for each person is required.

WEBELOS SCOUT OVERNIGHT CAMPS

Webelos Scout overnighters introduce the boy and his parent or guardian to the basics of the Boy Scout camping program. The pack, the district, or the council may sponsor these camps. Usually it begins mid to late afternoon and ends after breakfast. Everyone will probably prepare their own dinner with items provided. Each Webelos Scout will be under the supervision of a parent or guardian. BSA health and safety and Youth Protection guidelines apply.

WEBELOS SCOUT RESIDENT CAMPS

Webelos Scout resident camping is a council-organized theme-oriented camping program. It runs for three days and two nights and is conducted under certified leadership. Scouts sleep in tents or cabins and function as a den under adult supervision. Resident camping typically includes the following outdoor program areas: showmanship, sportsmanship, craftsmanship, waterfront, fitness, camp craft, and nature.

COUNCIL ORGANIZED FAMILY CAMPS

Council-organized family camps are three-day two-night events for Cub Scouts or Cub Leaders and their whole family. The council provides staffing, program, and food services. The camp is held at an approved site and is nationally accredited. In addition to family-based activities, there are supervised program areas structured on an age-appropriate basis for all family members.

Family outings that include camping do not qualify as "Scout camp." However, these outings do provide opportunities for the Scouts and their families to put into practice the skills learned in the den and to explore the outdoors.

(CAMPING & OUTDOORS CONT.)

PACK CAMPS

Pack overnighters, supplemental to council and district camping opportunities, are pack-organized events involving more than one family from a single pack, focused on age-appropriate Cub Scout activities, and conducted at council-approved locations. If siblings participate, the event must be structured to accommodate them. BSA health and safety and Youth Protection guidelines apply. Each youth must be supervised..

Pack camping should **not** include shooting sports (archery and/or BB gun shooting). These activities are to be conducted **only** at council-sponsored camps under national guidelines.

Adults providing leadership in a pack overnighter must complete BALOO *(Basic Adult Leader Outdoor Orientation)* to understand program intent. They should also be aware of Youth Protection guidelines, health and safety, site selection, age-appropriate activities, and should have sufficient adult participation. Packs use the Local Tour Permit Application. Use form No.34426B found in the back of the Cub Scout Leader Handbook to apply. Check with your district or council for information about BALOO training.

THE OUTDOOR CODE

As an American, I will do my best to--

Be clean in my outdoor manners,

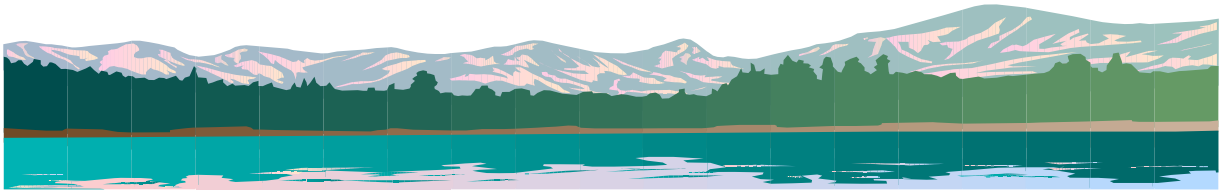
Be careful with fire,

Be considerate in the outdoors, and

Be conservation minded.

CREDITS

Cub Scout Leader Handbook chapters 32 & 33
BALOO Training Handout
GSLC Cub Scout Awards, Activity Patches, and Policies
Fun Field Trip Ideas Guide for Cub Scout Leaders



LEAVE NO TRACE

FRONTCOUNTRY GUIDELINES

As more people use parks and recreation facilities, LEAVE NO TRACE guidelines become even more important for outdoor visitors.

Leave No Trace is a plan that helps people to be more concerned about their environment and to help them protect it for future generations. Leave No Trace applies in a backyard or local park (frontcountry) as much as it does in the wilderness (backcountry).

We should practice Leave No Trace in our attitude and actions--wherever we go. Understanding nature strengthens our respect toward the environment. One person with thoughtless behavior or one shortcut on a trail can spoil the outdoor experience for others.

Help protect the environment by remembering that while you are there, you are a visitor. When you visit the outdoors, take special care of the area. Leave everything just as you find it.

Hiking and camping without a trace are signs of a considerate outdoorsman who cares for the environment. Travel lightly on the land.

Six Leave No Trace Guidelines for Cub Scouts

PLAN AHEAD

Watch for hazards and follow all rules of the outdoor facility. Remember proper clothing, sunscreen, hats, first aid kits, and plenty of drinking water. Use the buddy system. Make sure you carry your family's name, phone number, and address.

STICK TO TRAILS

Stay on marked trails whenever possible. Short-cutting trails packs and erodes soil, which eventually kills all vegetation and takes years to recover. Stick to Trails!

MANAGE YOUR PET

Managing your pet will keep people, dogs, livestock, and wildlife from being threatened. Your pet should be on a leash and controlled at all times. Do not let your pet approach or chase wildlife. When animals are chased or disturbed, they change eating patterns. This may result in poor health or death. Take a small scoop and bag to pick up your pet's wastet, then dispose in a trash can.

LEAVE WHAT YOU FIND

Try to leave any outdoor area the same as you found it. The less impact we each make, the longer we will enjoy what we have.
Use established restrooms. Graffiti and vandalism have no place anywhere and spoil it for others. Leave your mark by doing an approved conservation project.

RESPECT OTHER VISITORS

Be courteous and make room for others. Control your speed when biking or running. Pass with care and let others know before you pass. Avoid making noise or playing loud music. Respect "No Trespassing" signs. If property boundaries are unclear, do not enter the area.

TRASH YOUR TRASH

Make sure all trash is put in a bag or trash can. Trash is unsightly and ruins everyone' s outdoor experience. Trash can kill wildlife. Even such things as orange peels, apple cores, and food scraps take years to break down and often attract unwanted pests that could become a problem.

\

Cub Scouting's Leave No Trace Awareness Award

Tiger Cub, Cub Scout, Webelos Scout

1. Discuss with your leader or parent/guardian the importance of the Leave No Trace frontcountry guidelines.
2. On three separate outings, practice the frontcountry guidelines of Leave No Trace.
3. Tiger Cubs do Ach. 5, Let's Go Outdoors; Wolfs do Req. 7 Your Living World; Bears do Req. 12 Family Outdoor Adventures; Webelos earn Outdoorsman Badge.
4. Participate in a Leave No Trace-related service project.
5. Promise to practice the Leave No Trace frontcountry guidelines by signing the Cub Scout Leave No Trace Pledge.
6. Draw a poster to illustrate the Leave No Trace frontcountry guidelines and display it at a pack meeting.

Cub Scout Leader

1. Discuss with your leader or parent/guardian the importance of the Leave No Trace frontcountry guidelines.
2. On three separate outings, practice the frontcountry guidelines of Leave No Trace.
3. Participate in presenting a den, pack, district, or council awareness session on Leave No Trace frontcountry guidelines..
4. Participate in a Leave No Trace-related service project.
5. Commit yourself to the Leave No Trace frontcountry guidelines by signing the Cub Scout Leave No Trace Pledge.
6. Assist at least three boys in earning Cub Scouting's Leave No Trace Awareness Award..

Want To Do More? Take The Pledge!

You can take the pledge to practice the Leave No Trace frontcountry guidelines Wherever you go. Just review the guide-Lines once more and sign the pledge. Carry it with you as a reminder of your Promise.

CUB SCOUT

Leave No Trace Pledge

I promise to practice the Leave No Trace frontcountry guide-lines wherever I go:

1. Plan ahead.
2. Stick to trails.
3. Manage your pet.
4. Leave what you find.
5. Respect other visitors.
6. Trash your trash.

Signed: _____

(Camping & Outdoors cont.)

CUB CONSERVATION & SERVICE PROJECTS

Over the years, Scouting has been associated with good turns because of the many major and national Good Turn events that have been performed. Service has always been a big part of Scouting and it was William Boyce's experience with a selfless young Scout that started in motion the creation of the Boy Scouts of America.

In 1909, William Boyce was lost in a dense, London fog. A young Scout approached and asked if he could help Mr. Boyce find his way. The young man took Boyce to his destination, but refused a tip, explaining it was the Scout philosophy of doing a good turn daily. Boyce had a meeting to attend, but asked if the Scout could wait for him, and then take him to meet Lord Robert Baden-Powell, the founder of the Scouting movement. William Boyce was so impressed with Baden-Powell and the organization he had put together, he decided to bring the Scouting program to the United States and the rest, they say, is history - but not the end of the story. Cub Scouts should do their part performing meaningful service projects.

STEPS TO SUCCESSFUL SERVICE PROJECTS

- Research Your Project. What Does Your Community Need? Choose an issue that concerns you, and then come up with project related to that issue. Consider these questions:
- *What would I like to do?* Look around you. What do you not like about your community (however you choose to define it)? What needs fixing, cleaning, or improving? Is there trash in the streets?
- *What would benefit the most people?* Are there people who could use some help, such as the elderly, homeless, or the sick? Who seems needy or unhappy?
- *What might make the biggest difference?*
- *What can I afford (in terms of time, money, etc.)?*
- *What is really possible for me to do?* Think globally - act locally! You may not be able to feed the world, but maybe you can feed some hungry people in your town.
- *What are you most interested in?* Of all the projects, which one interests you the most? Interest is important, because it keeps you motivated. It is easier to devote the necessary time and effort to a project you care about. Think about things that can be improved in your community.
- *What sort of permission do I need before I start my project?* Do you need approval from local businesses, governments, property owners, etc? Just because you have a good idea does not mean you have the authority to carry it out.
- *What _____?* (Write your own question.)

As you go about your daily life, keep your eyes and ears open for things to do. Write down everything you would like to do something about. At this point, the sky is the limit.

(Camping & Outdoors cont.)

PROJECT IDEAS

- Build and set out birdhouses, feeding stations, birdbaths in backyard or park.
- Make litter bags for family and neighbor's cars or boats. (Put your pack # on the front)
- Make Outdoor Code posters to put up at school and explain what the code is to others.
- Hold a neighborhood bicycle safety fair/bike rodeo.
- Hold a book drive and donate collected books and magazines to homeless shelters.
- Distribute 'Have You Seen Me' posters for missing kids.
- Fingerprint the kids in your neighborhood.
- Collect toiletries, baby clothes, diapers, formula, etc. for local Women's' Shelters.
- Participate in 'Quarters for Christmas'.
- Collect food for the Utah Food Bank; participate in the Scouting for Food Project each March.
- Collect old prescription glasses. Give them to an eye care center that then forwards the to needy people around the world.
- Create 'New Neighbor On the Block' information packets. Give addresses, maps and phone numbers of schools, banks, stores, parks, churches, utilities, and emergency services like medical clinics, police, fire department, and ambulances.
- Distribute information packets on what to do in case of natural disaster such as earthquakes, fires, floods, power outages, recycling, etc.

SERVICE PROJECT RESOURCES

Below are a few book titles, and websites that identify numerous conservation and service projects.

BOOKS WITH SERVICE PROJECTS

- 160 Ways to Help the World
- The Big Help book - 365 Ways You Can Make a Difference
- The Kid's Guide to Service Projects

WEBSITES

- www.americaspromise.org
- www.colgate.com
- www.treelink.org/treeutah
- www.servenet.org
- www.volunteerinsaltlake.org

(Camping & Outdoors cont.)

HIKES, FIELD TRIPS,CUB SCOUT AWARDS, ACTIVITY PATCHES AND POLICIES

Neighborhood Hikes

There is nothing as exciting to a boy as the world around him. Leaders need to take advantage of each boy's natural curiosity of nature and her wonders by spending as much time in the out of doors as possible. Some suggested hikes are listed below.

Mini-Hike - Give each boy a magnifying glass and have him hike on his knees. They can look up close and personal at the inside of flowers, spider webs, seeds, grass, etc.

Alien Hike - Before the boys start to hike, you must prepare the area. You will need about 10 sites for them discover as if they were on another planet. Examples: put a pinecone on an azalea bush, a rose in an apple tree, a large maple leaf in a fir tree, etc.

Infant Hike - Make a list of all early developments in nature - buds, leaves, birds hatching, baby bugs, etc.

Man-Made Hike - Give each boy a garbage bag and have him collect all the things that are man-made, i.e. LITTER! You may want to provide disposable gloves if you are in an area that the public frequents. Please remind the boys not to pick up any used or unused drug paraphernalia (i.e., needles, medicine bottles, etc.).

Safari Animals Hike - Make a bug collecting jar or screen and have the boys collect one of each insect they see. Be sure the collected insects have access to plants and water. Dip a cotton ball in water so they can drink. Also encourage the boys to let the bugs loose at the end of the day. Even insects want to go home at night.

Treasure Hike - Follow a trail laid out to find a treasure at the end.

Tracking and Trailing - One den stalks another.

Historical - Hike to a historical place.

Coin Toss Hike - Toss a coin every time you come to a crossroads (this could be at neighborhood street, stripes painted in a gym or recreation hall, or playground stripes at a local elementary). If heads, go left. If tails, go right.

Shadow Hike - Walk only in the shadow of the person if front of you. Plan this for late afternoon or early morning.

Obstacle Course - Lay out an obstacle course at the park or back yard.

Smell and Sound Hike - Write down all the odors you smell and sounds you hear as you walk around the park, school, block, etc.

Stop, Look, and Listen Hike - This is a variation of the Smell and Sound Hike mentioned above. Every 100 steps, stop and write down all that you see and hear. This is fun in the city or in the country.

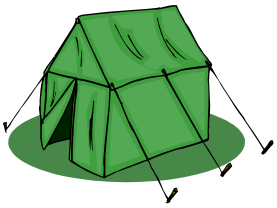
Animal Track Hike - This hike can be done for all seasons of the year. Think of the fun of finding tracks in the snow! If you do not have an area nearby, then fake it. Get copies of tracks and put them all over your yard. Have the boys determine which animals made the tracks. Be sure to have some of those Nike and Reebok animals. It sure is fun to see which boy is which by the print of his shoe.

(Camping & Outdoors cont.)

HIKING RESOURCES:

1. Fun Field Trip Ideas, (printed by the Great Salt Lake Council and available at any Scout Shop) is a handy reference guide and lists fun field trips from A to Z. Information includes phone numbers for appointments, addresses, hours of operation, and whether there is an admission fee.
2. Cub Scout Awards, Activity Patches, and Policies
This is another essential publication, which is also available at any Scout Shop. As stated in the booklet, "the following awards and patches provide opportunities for a Cub Scout to have several fun learning experiences as he discovers the Great Salt Lake Council. Some patches have similar requirements so that one activity may meet the requirements for more than one patch; however, service projects are an important part of Cub Scouting. Please do not limit your opportunities for giving service. The policies are to help with running your pack and dens, from Bobcats to Webelos and also to leaders."

Campfire Programs



THE PURPOSES OF CAMPFIRES

- **Entertainment**- Most people look forward to a campfire as a time to be entertained. Make sure the program is well planned and includes plenty of audience participation.
- **Fellowship** - The magic of the campfire's dancing flames always seems to bring people together. The sharing of talents, experiences, and stories can strengthen relationships.
- **Adventure** - Your campfire program should be an adventure from start to finish. The opening ceremony, songs, skits, stories, and closing ceremony should reflect a sense of adventure.
- **Inspiration** - Inspiration is essential to a successful campfire. As the embers die, an inspiring story or thought could be shared. A quiet song might be nice as the group leaves.
- **Fun! Fun! Fun!**- Above all, make sure that the campfire is fun, fun, and fun for everyone.

INGREDIENTS OF A GOOD CAMPFIRE

- **Opening Ceremony** - The formal opening can be built around an impressive firelighting ceremony, perhaps based on a camp legend or a special or appropriate theme. The opening ceremony sets the tone for the whole program, so it must be good!
- **Songs** - Scouting, action, quiet, novelty, and special occasion songs can all be used. The liveliest songs should occur early in the program, with the quiet songs saved until towards the end.
- **Run-ons, Stunts, and Skits** - No campfire program is complete without stunts and skits. They are primarily for fun and entertainment, but they can also include physical, mental, and educational stunts.

(Camping & Outdoors cont.)

- **Cheers and Yells** - Appropriate recognition for performance(s) gives the audience a chance to participate. These can be spontaneous or directed.
- **Ceremonies** - Recognition ceremonies should be a part of every campfire. The closing ceremony should be quiet, inspirational, and challenging.
- **Stories** - A story can be the high point of the campfire and make it something to remember. Storytelling is an art that almost anyone can acquire with practice. All you need is a good imagination, an appreciation for good stories, a knack for showmanship, and some experience.
- **Closing** - Quiet Songs and a quiet thought (Cubmaster Minute) are effective in a closing ceremony - sending the audience back to their campsites in silence prolongs the mood created by the campfire.
- **A Word About Showmanship.** Showmanship is the art of attractive presentation. Without it, the campfire leader and all the songs, stunts, and stories may fall flat. Showmanship is the indispensable ingredient that puts sparkle and life into a campfire program.

STORYTELLING

Stories are fun to listen to and fun to tell. Whether they are funny, or even inspiring, kids and adults will listen. Here are some suggestions to help you become a Master Storyteller.

Selecting a Story

- Gear your story to the age of your audience.
- The length of the story should match the attention span of your group. Five to ten minutes is a good length for Cub Scouts.
- What is the purpose of the story? It can have a moral or message, or it can just be fun.
- Your story should go along with the theme or event.

Getting Familiar

- Read the story several times to get the facts straight.
- Know the story's main characters and major events.
- Run through the story in your mind and tell it to yourself.
- Avoid reading the story if you can.

Changing the Story

- As a storyteller, feel free to change the story to suit the situation, mood, or location.
- The mood should be right. A fun story should be told at the beginning or middle of the meeting. A serious story is more effective near the end.
- Avoid distractions.
- Give the audience a point of focus: the campfire, a prop you are using, or you, the storyteller.

Delivery

- Get involved in your story and use hands, feet, head, and body to tell the story. Acting out the story and even costumes and props can make the story come alive.
- Describe the characters and locations so your audience can visualize them.
- Make sure important details in the story are covered.

Lead to the conclusion. With experience, you will be able to capture and keep the audience.

CHARACTER DEVELOPMENT

BACKGROUND:

A person's character is manifested by his behavior. That persons behavior is based upon his feelings. Those feelings are based upon his perceptions and expectations with respect to current and previous experiences. Those perceptions and expectations are based upon his values and standards. A persons values and standards are learned.

MISSION AND PURPOSE OF THE BOY SCOUTS OF AMERICA:

"It is the mission of the Boy Scouts of America to serve others, to instill VALUES in young people and, in other ways, prepare them to make ETHICAL CHOICES during their lifetime in achieving their full potential. The VALUES we strive to instill are those found in the Scout Oath and Law."

"It is the purpose of the Boy Scouts of America to:
'...provide an EDUCATIONAL PROGRAM for boys and young adults to build desirable qualities of CHARACTER, to train in the responsibilities of participating CITIZENSHIP, and to develop PERSONAL FITNESS'"

CHARACTER DEVELOPMENT

The goal of character development is to teach children to

- Be **CAPABLE** of considering the **MORAL** elements of all situations
- **APPLY** the correct **MORAL** principles
- **Be CAPABLE** of acting according to the COURAGE of their convictions.

Character is developed through

- Instruction
- Reasoning
- Practice

(Character Development continued)

CORE VALUES

The Boy Scouts of America has adopted the following core values to help promote character in the Cub Scouting Program.

1.	Citizenship	7.	Honesty
2.	Compassion	8.	Perseverance
3.	Cooperation	9.	Positive Attitude
4.	Courage	10.	Resourcefulness
5.	Faith	11.	Respect
6.	Health and Fitness	12.	Responsibility

TEACHING RESPONSIBILITY AND ENVIRONMENT

It is the responsibility of the parents and the adult leaders to teach the core values of Cub Scouting.

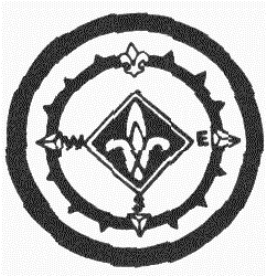
Values can be best taught in a positive environment.

- "Cub Scouting is fun!!!'"
- "Scouting is a game with a purpose" - Lord Baden-Powell

Guidelines

- Five Guidelines for a Positive Place - Cub Scout Leader Book pg 3-1
- Cub Scouting activities should reflect the aims of Scouting: character development, citizenship training, and personal fitness.
- Cheers, songs, skits, stunts, stories, games, and ceremonies should be positive, help boys build self-confidence and self-esteem, and be appropriate for Cub Scout-age boys.
- To encourage citizenship and respect for patriotic ideals, the lyrics to the following patriotic songs should not be changed:
  - "America"
  - "America, the Beautiful"
  - "God Bless America"
  - "The Star-Spangled Banner"

- Name calling, put downs, hazing, ridiculing, and physical harm *are not permitted* among den members or leaders
- During any Cub Scouting activity or presentation, derogatory references to ethnic or cultural background, economic situation, and disability are not acceptable.



Adoption of Values

Knowing of and understanding a value does not guarantee adoption of the value.

Adoption of the value requires the following steps:

Know
Commit
Practice

(Character Development continued)

QUIZ

Find the 12 core values in the Cub Scout Promise and the Law of the Pack

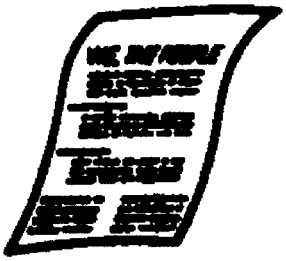
The Cub Scout Promise:
I, (your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.

The Law of the Pack:
The Cub Scout follows Akela.
The Cub Scout helps the pack go.
The pack helps the Cub Scout grow.
The Cub Scout gives goodwill.

SAMPLE TOPICS FOR EACH VALUE

Citizenship

- "True citizenship requires obeying the law, paying taxes, and serving your country." Paraphrase of a statement by Dallin Oakes - Former Utah Supreme Court Justice
- Cub Scouts can demonstrate citizenship by wearing their uniforms properly and by their actions while participating in flag ceremonies
- What is the difference between retiring the flag of the United States and desecrating it? Both involve burning the flag of the United States?



Compassion

- Compassion is caring for all mankind, because we are all brothers and sisters, and their suffering.
- We can show compassion for others by performing service projects for those less fortunate than ourselves.

Cooperation

- A football team decided that the quarterback was being too bossy during the championship game. The score was tied. There were six seconds remaining on the clock. Should the linemen let the other team sack the quarterback or protect him while he passed the ball to their best receiver?

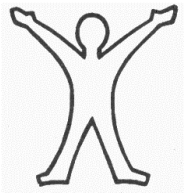
Courage

- Courage is based on correct principles.
- Courage is exhibited when we do the "right" thing regardless of the consequences.
- What is "Phony Courage"?
- Compare the actions of the main individuals on September 11, 2001. The New York firemen and the hijackers. Both groups put themselves in danger of being killed.

(Character Development continued)

Faith

- Having inner strength or trust in a higher power - Cub Scout Leader Book, pg 4-3
- We can develop faith by learning about others who have overcome adversity with the assistance of a higher power.
- We can develop inner strength by knowing who we are and our relationship with the higher power.



Health and Fitness

- It is more fun being healthy than it is being sick.
- It is more fun being able to play games well.
- Like it or not, illegal drags, tobacco and alcohol will destroy your body.

Honesty

- Honesty is telling the truth regardless of the situation.
- Example: A computer users program crashed. The technician asked "what did you do?" The user said: "nothing, it just stopped working". The technician then asked "what program were you in?" The line of questioning continued until the user finally admitted that his foot had kicked the power cord. The technician was then able to fix the computer.

Perseverance

- Perseverance is staying with the task at hand until it is done no matter how hard it is..
- The English Channel is 28 miles across. There was a swimmer that attempted to swim across and set a record. He swam 25 miles and felt exhausted, so he swam back the 25 miles.

Positive Attitude

- Look for the best in every situation.
- A cheerful person is more fun to be around than to be with a grouch. A cheerful person looks for ways to make things better.

Resourcefulness

- It has been said that a resourceful person can do more with a rusty screwdriver than a lazy person with a complete set of tools.
- Recognize that others have talents that you don't have.
- Recognize that you can develop talents that you don't now have.

Respect

- To respect others means that you consider them of great worth. This includes yourself. You are of great worth.
- A simple rule to follow: "If it is not yours, leave it alone."
- The best rule of all: "Do unto others as you would like them to do unto you."

Responsibility

- Recognize that you have a duty to do, and do it.
- Do it, regardless of what the situation is.
- You have a duty to yourself to do what is right wherever you are, at home, at school, at church, or at play

DERBIES

SPACE DERBY

SPACE DERBY CONTESTS

Speed - First rocket to reach the finish line wins

Endurance - Last rocket to reach the finish line wins

Relay - Use two or more guidelines. Boys form teams of twos. The first boy releases his rocket, and as soon as it reaches the other end of the line, his teammate removes it, rewinds it, puts it back on the guideline, and releases it. The first rocket to return wins.

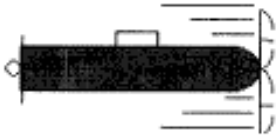
Altitude - String a guideline that is about 12 inches from the ground at the starting line and 5 feet at the finish line. Gradually, raise the high end of the line until all rockets have been eliminated. The one that climbed the highest wins.

Distance - Make the track long. See who can go the farthest, without breaking any rubber bands.

Just For Fun - Have rockets break balloons at the finish line. Do this by inserting several straight pins through a piece of cardboard. Suspend the cardboard from the finish line and place a balloon in front of the pins. The rocket will drive the balloon into the pins.

Accuracy - Have an extra line above the track, where pictures of planets can be attached. Fly from the earth to the moon, but not into the sun. Or, use a balloon for a target. The winner is the one with the propeller closest to the center of the balloon.

No winner - This can be used with any of the above types of races. Just make it a race between the boy and his rocket. Watch how he improves with each race. Give out noveltv awards. and everyone a ribbon or a certificate of participation.



SOLUTIONS TO COMMON PROBLEMS

One of the most common problems that found in a space derby competition is the breaking of rubber bands. This can be avoided by using a lubricant, pre-working the rubber bands, watching how many times you wind them, and making sure the little plastic tube is around the wire.

Many people run the race in a manner that, if you break a rubber band and do not make it for your next heat, you miss that heat and it is counted as a loss. So, having extra rubber bands ready and having your rocket so you can readily change them really helps. The way you install the wire and have the nose fit can really affect the time it takes to change a rubber band.

Using a drill to help wind is another way to break lots of rubber bands, unless you have some kind of counter. Some races restrict you to only the 4 rubber bands that came with the kit. Others have no restrictions, but missing a race when you need to be there isn't fun.

(Space Derby continued)

TIPS FOR ROCKET BUILDERS

Reduce air friction or "drag' by making all surfaces as smooth as possible. A blunt, rounded rocket nose causes less drag than a sharp nose. A good design has all leading edges rounded and trailing edges tapered to reduce the drag.

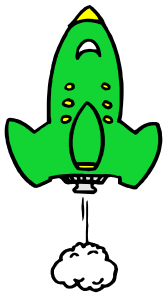
Rubber bands should be lubricated before the race. They are the "motor" and must be strong and flexible. Use a sharp knife for cutting the grooves for the hanger fitting and fins. A dull knife will crush and splinter the balsa wood. When you start to carve, remember that the end with the small hose is the rocket nose.

A potato peeler is good for carving the shape. To help increase the rocket's speed, reduce the wall thickness to a minimum of 1/8 inch. Do not weaken the area around the hanger (carrier) or carve away the nose button circle. Do not apply too much paint to the outside unless you sand between each coat.

Be careful not to get glue on the plastic carrier, especially in the holes through which the monofilament line runs. Glue can interfere with smooth operation.

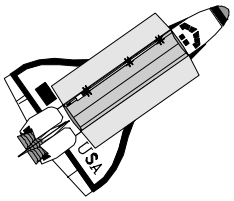
Make the propeller shaft as short as possible by bending it close to the prop. Cut off the excess wire with wire cutters. Test the rocket's balance by hanging it from a string through the hole of the hanger fitting. If the rocket is nose-heavy, carve or sand a little wood off the end. It it's tail-heavy, remove wood from the tail area. Dens may wish to secure a 100-foot length of 50-pound monofilament fishing line for test runs in the backyard before the derby. Tie the line to a tree or post and string the rocket carrier on it. Tie the other end to a tree about 100 feet away. Make the line as tight as possible.

See more helps in the *Cub Scout How To Book.*



FAST ROCKETS

1. Propeller is balanced. Sand if necessary.
2. Propeller wire is as short as possible. Notch on propeller engages propeller wire securely.
3. Rocket body is shaped as small as possible. FAST ROCKETS HAVE A MINIMUM PROFILE.
4. Inside of body is hollowed out to reduce weight. If possible, select the lightest body you can obtain. LIGHTER ROCKETS GO FASTER.
5. Plastic hanger is fastened securely to body.
6. Groove for rear dowel is deep enough so dowel does not twist when rubber motor is wound tight.



7. Rubber bands have been tested to select the most powerful. Lubricate rubber bands in castor oil or a glycerin/soap mixture.
8. Propeller nose button is lubricated with graphite.
9. Rocket body is waxed to a high gloss to decrease wind resistance.
10. Fins are accurately aligned so rocket flies straight.
11. Rocket is balanced fore and aft when a pin is inserted in rocket carrier hole.

(Space Derby continued)

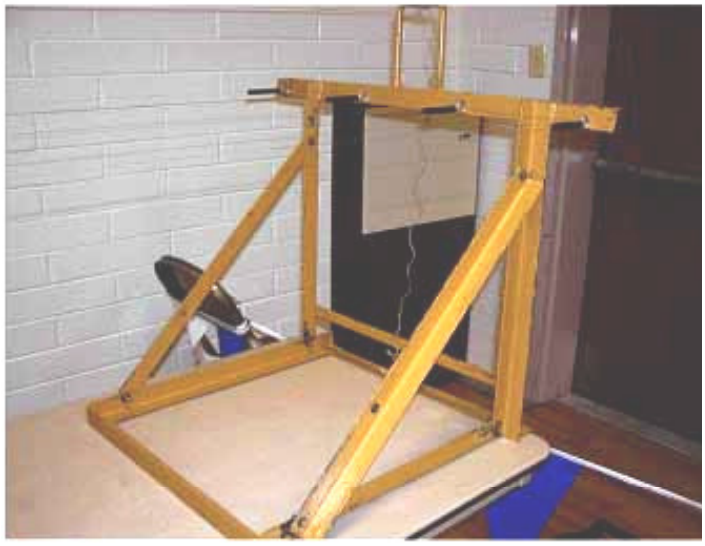
OUR TRACK

Our track is made of light 1.5 angle iron. All pieces except the top are cut at 2 feet long. The bottom rear piece is inverted so it will fit over the end of a table. It is clamped down.

The launcher is made of 1" PVC pipe, drilled for 1/8" dowels to hold the propellers and held in place with rubber bands.

The monofilament line is strung continuously with a weight to help keep it tight. A little tug on the table also helps keep the line tight. The loop on top attaches it; a target is where the rockets stop.

It takes about 20 minutes for two people to put the track up and be ready for the race.



This design was one I found at the Great Salt Lake Council's Scout-o-Rama. I took photos of it and built it. Someone else deserves the credit for the design.

The way we like to run a space derby is the "accuracy type". We put a balloon on a string on top of the track, and have the boys try to stop their propellers even with the center of the balloon.

We usually encourage the pack to have a 'fun night', not a race against each other. We let the boys know it is a race between their rocket and themselves. They each get to run on every lane, which gives them four runs. If we notice a rocket not flying right, we will stop things to find out why and try to help, so everyone has a fun time.

For competition, use pieces of yarn on the top line near the balloon. Mark 3' (with a piece of yarn) on each side of the balloon, and only worry about the rockets that stop in that zone. Put a piece of yarn where the propeller stopped. The *boy* has to keep track of where it stopped. If another gets closer, we let the other boys know what position they are in. The boys have to wind up their rockets, so they know how many winds they will need to get to the balloon target.

A note: So you don't have a track? Most buildings have volleyball stands. Two launchers and some line makes up two lanes, one going each direction, for any style of race quickly.

(Derbies continued)

PINEWOOD DERBY IDEAS

Have you ever seen a pinewood derby where the adults seem to get too emotionally involved? Here are a few idea's to try to prevent that from happening.

The biggest problem is that people do not know the rules. Make sure everyone has a copy of the rules. If you change from BSA rules, let everyone know.

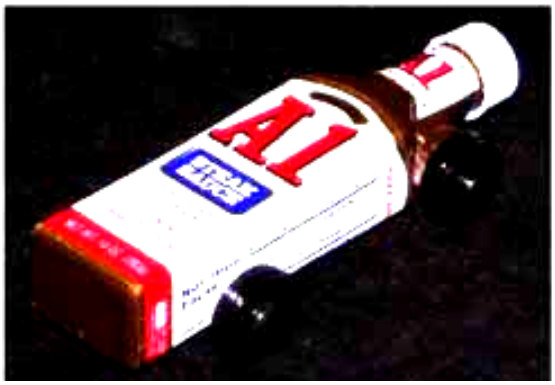
Always have your check-in well ahead of the derby, and, after check in, the cars do not leave. Boys and parents get very upset when you disqualify their car because the wheels have been modified too much, or parts other than what came in the kit were used. Put this note on each set of instructions: "Remember, we are not trying to teach our cub Scouts to cheat." It is amazing how that helps.

"Dad put 40 coats of paint on Junior's car. All the cars weight was fine. Last year, two father's almost came to blows over whose car should receive 'best paint award'. This year, when they come to the derby, there will be two long rain gutters up on the table and going down to the floor, with water in the gutters on the floor. The cars will start and will race into the water. The winner is the car that will float the farthest, or it could be who makes it to the finish line first. Any way you want to run it, the boys will love it.

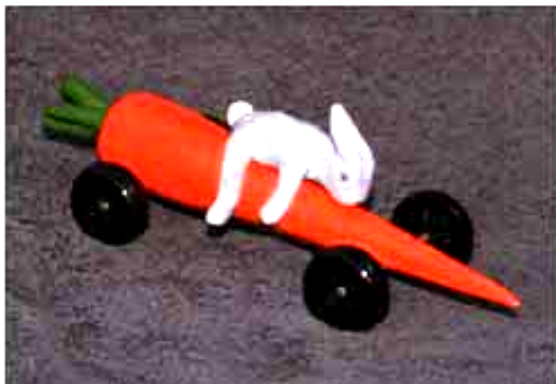
Another way is to set up a course in your meeting place and, using hockey sticks, golf clubs, or brooms, play a round of golf with the cars as the balls. Again, the boys will have a blast.

I heard of one race that was a riot for everyone in attendance. The Cubmaster made a Skeeball set of rings, a little larger than the normal size. He made them of wood, but cardboard would work, too. He made a ramp that would launch the pinewood cars up into the air, then into the rings. He made a slingshot out of surgical tubing to launch the cars down the track. When the cars hit the rings, wheels, axles, and other parts went everywhere. The boys had a blast. With the wheels gone, it just took a little more effort on the part of the slingshot. The score was kept as if it were Skeeball. The boy with the most points at the end won, not the fastest car.

Now that pack doesn't know what to think each year. Only the Cubmaster knows if they are having a *normal* derby or not. Rules are sent out, weight is normal, and everyone just waits to see what race day will bring. *Note: If cars might be damaged, let the parents & boys know ahead of time so they won't spend a lot of time decorating cars.*



PINE WOOD CARS?



(Derbies continued)

PINEWOOD DERBY AWARDS

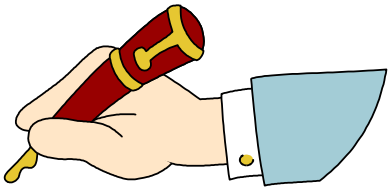
It is important to create a sense of pride in each of the Cub Scouts. One way of doing this is by having every child feel like a winner. One way to have each Scout win is by having a different award for each participant.

Some of these awards are: **Best Paint Job, Shiniest Paint Job, Best Use Of Color, Most Colorful, Fastest Car In The Pack, Fastest Car In The Den, Most Original Design, Sportiest Looking, Best Workmanship, Best Use of Imagination, Most Aerodynamic Car, Best Detail, Most Unusual Car, Most Humorous Car, Fastest Looking Car, Most Decals, Most Realistic-Looking Car, Smoothest Finish, Strangest Shape, Most Futuristic, Most Patriotic, Funniest, Best Wedge-Shape, Best Driver In the Car, Best Vehicle Not A Car, Best Racer, Best Design, Most Unique, Judge's Favorite, Best of Show, Most Creative, Most Artistic, Sportiest, Most Creative Use of Material, or any other idea** that you may have. Have award printed on a plaque or certificate.

PRE-RACE CHECKLIST

1. Check local rules carefully!
2. Car body should be cut to a very thin shape. The front and rear should be rounded like an airplane wing. FAST CARS HAVE A THIN SHAPE.
3. Wheel base (distance between axles) is as long as rules allow. This will improve stability, tracking and speed. LONG WHEELBASE CARS GO FASTER.
4. Car weight is right on the maximum (usually 5 oz.) - not a gram over or under. HEAVIER CARS GO FASTER.
5. Car weight is placed in the rear so the fore/aft balance point is about 1-1/4" in front of the rear axles. This applies to both long and stock wheel base cars. REAR WEIGHTED CARS GO FASTER.
6. The axles have been sanded and polished until smooth - mirror like. FRICTION IS THE ENEMY OF SPEED.
7. The axles have been glued into the body slots with epoxy to keep them from slipping out. It's not necessary to glue axles into the axle hole. Allow about 1/8" clearance between wheel and body.
8. Wheels, axles and the side of the body should be well lubricated with Graphite.

(Derbies continued)



SCORING THE RACE

Round-Robin Method

The idea of this system is to schedule the races so that cars race in different lanes and against different opponents as much as possible. Points are assigned to each car based on how it placed in each of its races (1st = 3 points, 2nd = 2 points, 3rd = 1 point), A runoff racetwo can be used to break ties, or both entrants can receive the same award. The most points win.

The obvious advantages of round-robin races are accommodation of fast and/or slow lanes on a track, and not matching the fastest (or for that matter, the slowest) cars against the same opponents repeatedly. Interest is maintained because each car's races are generally distributed throughout the event, and each race matches new opponents against each other. s, and still finish the event in the same amount of time.

Round-robin races can be scheduled or unscheduled. In a scheduled round-robin race, the schedule of who races against whom is known in advance. Unscheduled round-robin races look chaotic by comparison. Each boy is given a race token. The tokens are numbered 1 through**?.** Boys line up, arranging themselves however they want. The boys at the head of the line turn in their 1st race token and race their cars. Once everyone has used their 1st race token, others can use their 2nd race token. Multiple tracks and refreshments will help keep entrants and spectators occupied. You can either have race officials keep track of race results, or you can place stickers on the cars themselves (blue=lst, red=2nd, etc.).

RULES FOR RACE SCHEDULING

- Rule 1: Never schedule a car in more than one lane of the same race.
- Rule 2: Schedule cars for the same number of races each.
- Rule 3: Schedule cars against different opponents as much as possible.
- Rule 4: Schedule cars in different lanes as much as possible.
- Rule 5: Avoid scheduling cars in two consecutive races. (This helps the event run smoothly, because you avoid having to rush a car from the finish line to the starting gate.)
- Rule 6: Give preference to cars that have been scheduled for fewer races so far. (This helps spread a car's races throughout the derby event.)

(Derbies continued)

RAINGUTTER REGATTA

Raingutter Regatta Boat Specifications:

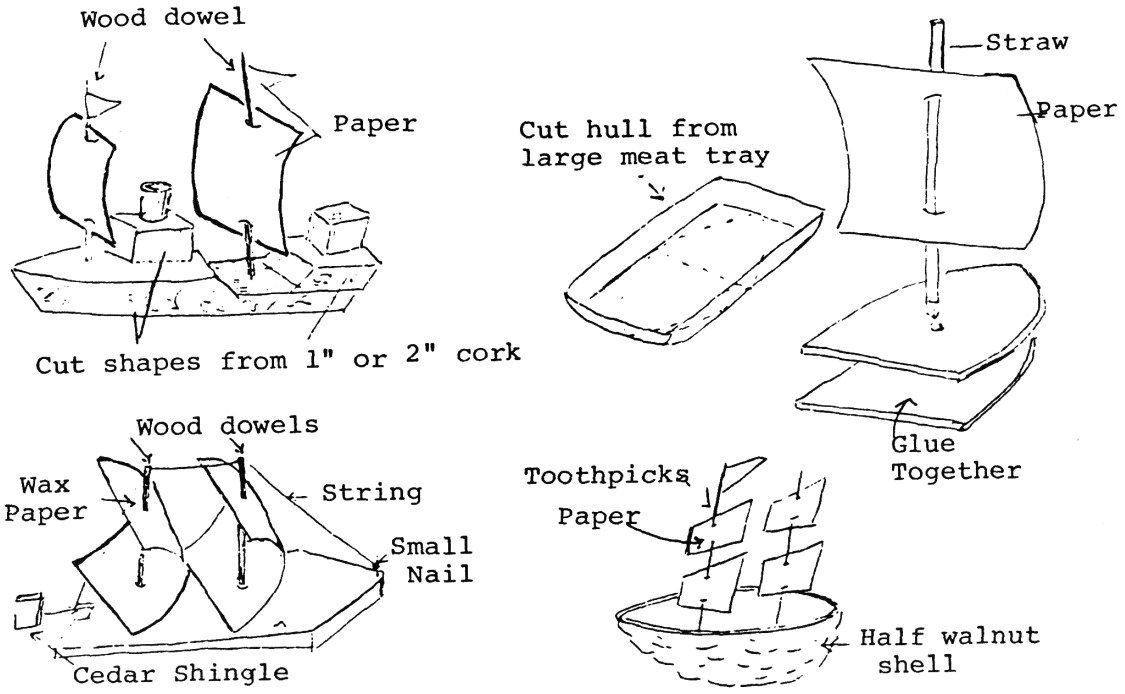
Hull:	No longer than 7” or shorter than 6 1/2”
Mast:	6 1/2” from deck to top
Keel:	Supplied in kit
Rudder:	Supplied in kit
Sail:	Supplied in kit

The Raingutter Regatta is similar to the Pinewood Derby except that the models are miniature sailboats. Although the seas are only 10-foot lengths of rain gutter filled with water, and the ships a mere 7 inches long, the race is a very exciting event. Each boy will build his own boat with supervision and advice from parents or leaders. He also provides the wind for the sail.

The race will involve two lanes of “rain gutters”. The boys are to blow air on the boats in order to advance them through the water. Hands are only to be used to upright a turned-over ship and are not to be used to advance the boat. In addition, boys should not use their faces, lips, hats, nose, or other bodily parts to move the boat - just the air!

The regatta boat kit, available from the Scout Shop, has a pre-shaped balsa hull, metal keel and plastic sail. The hulls are sanded and shaped, then colorfully painted. Hull and sail are decorated with decal kits (also available at the Scout Shop). The boats race in pairs on rain gutter courses propelled by the boys blowing into the sails. Other ways to propel a boat include blowing through a drinking straw, using a fan, or squeezing a 'turkey baster'.

"SIMPLE BOATS"



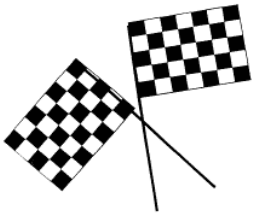
(Derbies continued)

TIPS FOR RAINGUTTER REGATTA:

1. The bottom edge of the sail needs to be 1/2 inch above the deck of the boat. If the sail is too low, the corners rub; too high, and the boat becomes top heavy and tends to tip over.
2. The boats sail best with more weight to the rear. This elevates the bow, or front, of the boat. Then, when they are blown, they run evenly.
3. The keels need to be placed about 3/4 of an inch behind the mast.
4. The rudder should be placed touching the keel.
5. If a straw is used, blow evenly about 1 inch from the bottom of the sail. Blowing down the edge of the gutter rather than back and forth seems to be the fastest.
6. Use "Krylon" spray paint -- it dries in about one minute on the balsa wood hulls.
7. Make double elimination brackets for odd numbers of boats before the race.
8. Don't have the race on a 100^0 day.
9. Have fun!!

RAINGUTTER REGATTA RULES

1. The Cub Scout must make all boats; however, parental advice and suggestions are welcome.
2. All boats must use original kit parts (no substitutions, or additions other than decorations)
3. All boys will use the method pre-determined to propel his boat down the track. No hands may touch the boat during the race, except to right a sunken or tipped boat.
4. If the sailboat tips over, the boy may right the boat and place it in the exact spot it tipped over, not ahead. If this is not followed, out of fairness to the rest of the boats, the boat will be disqualified.
5. Judges have the right to run questionable races again.
6. Judges will have the final say. Remember this is not life or death! They are just volunteers. Have fun, and do it with grace!
7. The first boat to the opposite end is the winner in each heat



RACE COURSE

The course depends on the facilities available. A wading pool, regular swimming pool, pond, lake or even a puddle can be used . The most commonly used course is made of two standard rain gutters (see below). Allow space for both participants and spectators. With gutters in place, put a little water into each to make sure they are level, make adjustments, then fill to about 1/2" from top.

MATERIAL FOR A DOUBLE RACEWAY

- Two 10 foot lengths of 5" diameter half round gutter
- Four end caps for gutter rivets or bolts to end
- Two trough supports (1" X 4" X 36") cut so gutter will fit
- Two end braces (1" X 4" X 23")
- Two diagonal braces (1" X 2" X 72")
- Four legs (2" X 2" X 34")
- Several - 1 1/2" #10 flat-head wood screws for all fastenings

(This will make a frame to support two 10' lengths of rain gutter filled with 8 gallons of water. It can be assembled and disassembled.)