

Akela Newsletter

Volume II, Issue 7

March, 2010

Blue and Gold Banquet

Thank you to all who volunteered and helped at the Blue and Gold Banquet. It was a wonderful time to watch our scouts advance in rank and cross over to Boy Scouts. Here are some pictures from the event:



Tiger Dens



Wolf Den

If you would like a copy of the pictures taken at the Blue and Gold Banquet, please let Gary Miller know before the Pack Meeting on March 24th. A CD with 124 pictures will be available. A small donation would be appreciated to cover the cost of the CD.



Bear Den



Webelos I Den



Upcoming Topics

- BSA Family Award
- Belt Loops and Pins
- Lincoln Pilgrimage

Candy Bar Fundraiser

We will be starting our Candy Bar Fundraiser at the Pack Meeting next month. We will be selling \$1 candy bars through the month of April. Each scout will receive a box of candy bars at the Pack Meeting. Each candy earns 30 cents in profit. The scout will receive 25% of the profit for the candy bars he sells. Please contact Kelly Dahm (kellydahm@yahoo.com) for more information.

District Pinewood Derby

Mark your calendar and get ready for racing. That is Pinewood Derby racing. The top four from each den will move on to the Cahokia Mounds District race March 20, 2010. This will be a fun year for the District race with it being the 100th year of Scouting. Even better news is that it will be in your back yard with Pack 43 hosting it right here in Highland.

Even if you are not in the top four from your den, come and see the race cars, old time scouting items and check out a race or two. **Cheer on boys in your Den!**

We are planning for the event and if you would like to help make this historic event a great one for the boys' then email daniel@dugancompany.com to be on the committee. We will need help in all kinds of areas. Help with phone calls, setting up the track, and the concession stand. There are many different ways to help, so just let us know any great ideas you have to make this a special event for the boys.

District Derby Poster Display

Not in the District Race! You can still participate and get one of the collectors' medals that will be awarded. Make a banner/poster with a Racing and 100 year theme and bring it to the March Pack meeting and you will be awarded the Participation Medal for the District Derby. Please talk to Kris Nagel for more information.

Pack Surveys

Please take some time to go online to the pack web site at www.highlandpack43.org and take the pack survey. We will use the information gathered to make changes to our program and make the Cub Scouting program better for our boys. We need your input as parents and for your scouts.

Pack Committee Needs YOU!!

We are lining up the leaders for next year and need your help!! The Pack Committee is looking for several individuals to help fill the following roles:

Secretary
Public Relations Chair
Friends of Scouting Chair
Pack Committee Chair

Most of these roles only require a couple hours per month, plus attending the Pack Committee Meeting. The meeting is currently on the third Friday of every month. If you are interested in one of these roles, please see Gary Miller.

Contact Us

Daniel Dugan, Cubmaster, 654-1867
Gary Miller, Committee Chair, 792-0180

www.highlandpack43.org

Focus on Scout Achievements/Awards

Year of Celebration Award

<http://scouting.org/100years/100years/AYearOfCelebration.aspx>



For 100 years, the Boy Scouts of America has created a strong foundation of leadership, service, and community for millions of America's youth. Through *A Year of Celebration, A Century of Making a Difference*, we will demonstrate the incredible impact of a century of living the Scout Law.

Program participants will earn recognition for making a difference in their communities due to their dedication to five of Scouting's core values: Leadership, Character, Community Service, Achievement, and

the Outdoors. Through that commitment, participants can earn each of five award ribbons to display from our 100th Anniversary commemorative patch.

A Year of Celebration will take place from September 1, 2009 through December 31, 2010. The program is open to all Cub Scouts, Boy Scouts, Venturers, adult leaders, and Scouting alumni.

Program Objectives

- Provide every Scout, leader, and alumnus a fun and meaningful way to participate in the 100th Anniversary and earn recognition!
- Increase awareness of Scouting's value to the nation by promoting *A Year of Celebration* activities and by sharing the participation outcomes.
- Engage individuals in fun activities and reward their contributions to Scouting—helping improve both Scout and volunteer retention.
- Spark conversations about Scouting's values, history, and programs—for both positive public awareness and Scout and volunteer recruitment. The more people talk about Scouting, the more they will want to join in!
- Increase overall participation in our 100th Anniversary Celebration by working closely with other national engagement programs.
- Help build stronger local council and unit ties through an exciting and easy-to-use celebration program.

Last month we covered the Community Service recognition portion of the award. This month we will review the Leadership recognition.

OUTDOORS

From campouts to High Adventure, Scouting happens outdoors. Since its inception, Scouting has centered on teaching values through working and playing outside, and fostering respect and understanding of one's natural surroundings.

The Year of Celebration Outdoors Award is geared toward getting individuals active in nature. The recipients must participate in outdoor activities and show growth in personal outdoor skills. They must also demonstrate increased knowledge of nature. Scouts must show understanding of the impact humans can have on ecosystems and why one must Leave No Trace when experiencing the outdoors. Adults and alumni are encouraged to share their outdoor Scouting experiences with Scouts, as well as non-Scouts of all ages. The Award centers on principles of stewardship, discovery, and personal fitness.

Complete three of the five requirements in each category to earn that award.

Cub Scouts

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.).

Adult Leaders

1. Participate in a unit, district, or council outdoor event.
2. Assist a unit in an outdoor conservation project.
3. Attend camp with a unit (Cub Scout day camp, summer camp, Venturer camp, etc.).
4. Attend a professional (major or minor league) baseball game, or another public event, in uniform with a unit.
5. Visit the —Get in the Game Geocaching page on the 100th Anniversary Web site www.Scouting.org/100years and participate in a BSA 100th Anniversary geocaching activity.

When you have finished the requirements for this recognition, please contact the Committee Chair.

Monthly Belt Loop and Pin



Nutrition Belt Loop and Pin

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 partner's permission, see <http://www.mypyramid.gov>).

Academic 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.
Make a list of diseases that can be caused by a diet that is poor in nutrition.
3. Talk with your school cafeteria manager about the role nutrition plays in the meals your school serves.
4. With an adult, plan a balanced menu of breakfasts, lunches, and dinners for your family for a week.
5. Make a list of healthy snack foods. Demonstrate how to prepare two healthy snacks.
6. With an adult, go grocery shopping. Report to your den or other family members what you learned about choosing good foods to eat.
7. Demonstrate how to safely prepare food for three meals.

8. Demonstrate how to store leftover food to prevent spoilage or contamination.
9. Help with a garden. Report to your den or family about what is growing in the garden and how you helped.
10. Show a picture of or bring an item harvested from your garden.
11. Visit a farm or ranch. Talk with the owner about how the farm or ranch produces food for families.
12. Explain how physical exercise works with nutrition in helping people be fit and healthy. Demonstrate three examples of good physical activity.

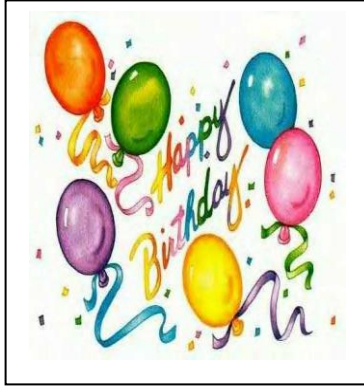
When you are finished with the belt loop and pin, please inform your den leader so they can update the system.

Pack Calendar of Events

- March 4 – Pack Meeting, EVUCC
Games start at 6:30, meeting at 7:00
- March 26 – Pack Committee Meeting, EVUCC
Starts at 7:00 p.m.
- April 16-18 – Dads and Lads Campout at Camp Warren Levis
- April 17 – Silver Lake Shoreline Cleanup
- April 23-25 – Lincoln Pilgrimage in Springfield, IL
- June 4-6 – ScoutQuest at Forest Park
- June 7-9 – Cahokia Mounds District Day Camp
- June 28-30 – Cahokia Mounds District Day Camp

Pack Committee Meeting

Our monthly Pack Committee Meeting will be held on March 26th at the EVUCC Fellowship starting at 7:00 p.m. Parents are welcomed to attend this meeting and help us make the program better for the boys. If you have any questions, please contact Gary Miller.



**Dad & Lad
presents the
“100th Birthday Party”**



For 2010

Party will commence

Friday, April 16 – Sunday, April 18

Camp Warren Levis

Cost \$90.00 (Dad & Lad) By April 1, 2010

\$20.00 Each Additional Son

After April 1, 2010 additional late fee of \$15.00

Registration begins at 6:00PM Friday night

No dinner will be offered Friday

So please eat before you come to camp

Check out will be 10:00 AM Sunday Morning

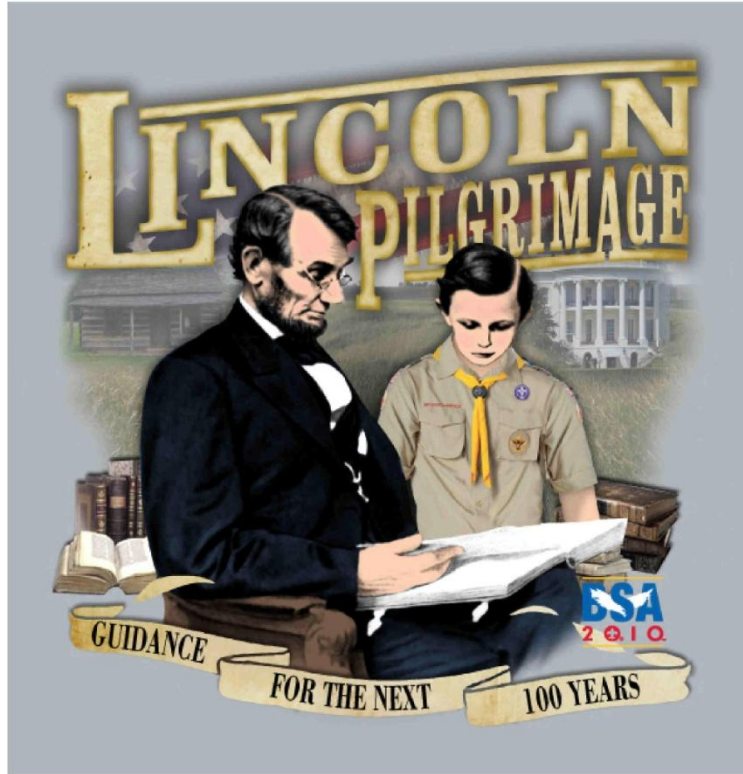
2010 Lincoln Pilgrimage "Guidance for the Next 100 Years"

The Lincoln Pilgrimage, we believe, is the largest, one day, annual Scouting event in the country. The next Pilgrimage will be held on April 25th at Oak Ridge Cemetery in Springfield, IL. Additional activities have been added over the years, leading to a full weekend of paying tribute to our greatest president and namesake, Mr. Lincoln.

Other activities during the weekend include:

- Pioneer Days, at the Illinois State Fairgrounds
- Camping at one of three locations (New Salem State Historic Site, IL State Fair-grounds or Camp Illinek)
- Hiking the Lincoln Trail (the first historic trail in the country to be recognized by the Boy Scouts of America)
- Visiting the Abraham Lincoln Presidential Library and Museum
- Hiking the Heritage Trail
- Navigating the Oak Ridge Cemetery Trails
- Visiting more than a dozen local museums

Other than the Pilgrimage and Pioneer Days, the other activities are available year round.



[2010 Lincoln Pilgrimage Registration Form](#)

Pilgrimage Weekend Events April 23-25, 2010

[Camping](#)

Friday, April 23-Sunday, April 25

Campers arrive and check in at New Salem, Illinois State Fair Grounds, and Camp Illinek.

[Heritage Trail](#)

[Lincoln Trail](#)

Saturday, April 24
6:00-10:00 am: Check-in and start of the Lincoln Trail Hike (south end of visitors' parking lot at New Salem)

[Oak Ridge Cemetery Trails](#)

[Museum Quest](#) (to be posted)

[Museum Trail](#) (to be posted)

[Pioneer Days](#) (to be posted)
Saturday, April 24
8:00 am-2:00 pm: Check-in for Pioneer Days at the Illinois State Fair Grounds
9:00 am: Pioneer Days activities begin.

[Pilgrimage Parade](#)

Sunday, April 25
10:00 am: Wreath-laying ceremonies begin at WWII, Korean, and Vietnam War Memorials in Oak Ridge.
10:30 am: ALC Eagle Scout Honor Guard posts colors and begins standing guard in Lincoln's Tomb.
11:45 am: All Pilgrimage participants gather at Lincoln's Tomb
11:55 am: All American flag bearers assemble on Tomb steps.
12:10 pm: Wreath-laying ceremony
12:15 pm: Program begins.
1:00 pm: Procession to the Old State Capitol begins.

2nd Annual Silver Lake Shoreline Cleanup



Please join us again this year as we celebrate Earth Day and conservation by cleaning and maintaining the shoreline surrounding Silver Lake. Hop aboard a boat and enjoy the endless water resources of Silver Lake or walk the trail and take in the great outdoors with friends and family. Food and Beverages, donated by local businesses will be served following the cleanup at the Jaycee Pavilion.

Where: Silver Lake Park, Pavilion #5
When: Saturday April 17, 2010
Time: 9:00 am – 12:00 pm

Please R.S.V.P. group numbers by March 1st, so we can plan for food, t-shirts, etc. If you have any questions or ideas, please contact me at anytime. We hope to see you on the 17th. Thank you for another successful cleanup!!

Sincerely,

Ryan Hummert
Natural Resource Manager
618-654-6071
rhummert@highlandil.gov

