

Rio Grande Council



October 29, 2022

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2022 Cub Scout Spooktacular

Saturday, October 29, 2022

Registration

Lions - WEBELOS (scout, sibling, tag-a-long)

Includes: All camp activities and healthy snack (Includes Patch Only While supplies last)

\$20 per youth

\$10 per adult

Lunch & Dinner (Saturday Only) \$10.00

T-shirts (Youth S- Adult XXXL) \$15.00

T-shirts only available for early registration

* Staff member registration is free – (Meals & shirt are not included, but are available for purchase.
Patches only available while supplies last.)

***Early registration ends Saturday, October 8th**

(T-shirts will no longer be available. Patches will be issued at a first come first serve basis.)

Last day to register is Saturday, October 24th

***Registration on sight on the day of the event only includes activities.
Patch, t-shirt and meals will no longer be available. ***

***Pumpkin Carving Contest (Bring a carved pumpkin from home to be judged during lunch time. Results will be given at Campfire. Halloween costumes are encouraged for all during Campfire and Spookytrail.)**

Itinerary

Friday October 28, 2022

5:00PM – 7:00 PM Check-In & Camp Set Up

- Troops & Crews
- Pack Cubmasters/Assist. Cubmasters & Pack BALOO trained Leaders

7:00PM – 8:00PM Leaders Meet & Greet / Camp Information Q&A

11:00PM Lights out

Saturday October 29, 2022

7:00AM – 8:30AM Receive Scouts – Camp Set Up

- Turn in all necessary forms
- Pack-In to your assigned Camp Site (assistance available)

8:45AM – 9:00AM Opening Flag Ceremony

9:00AM – 12:00PM Scout Activities

- By Rank (Color)
 - ★ Lions & Tigers (Red)
 - ★ Wolf & Bear (Blue)
 - ★ Webelos I & II (Green)
 - ★ Tag-a-Longs/Siblings will receive the color associated with their age

11:00PM – 1:00PM Lunch

- By Rank (Color)

1:00PM – 5:00PM Continue Scout Activities

- By Rank (Color)

5:30PM – 5:45PM Flag Retreat Ceremony

5:45PM – 7:00PM Dinner

7:00PM – 8:15PM Interfaith Service/ Campfire Program

9:00PM – 11:00PM Spooky Trail

11:00PM Return to Camp Site (Lights out 11:00PM)

Sunday, October 30, 2022

8:00 AM Breakfast at Camp site

9:00 AM Break & Clean Camp / Final Camp Assignments

Check-In

Each participating unit must be prepared with all their paperwork, please be ready with the following:

- **Proof of Current YPT for all adults**
- **Medical Forms for all youth and adults**
- **Check in Forms**
- **Have all Medical forms, check in forms (Covid forms) in a binder or folder**

Camp Procedures

All packs and troops must check in upon arrival. During check in each scout leader must submit a roster of all scouts attending and medical form A, B1 & B2, as well as check in forms in a binder or folder. All pack and troop leaders may check in on Friday, October 28th, 2022 beginning at 5:00PM. All leaders are encouraged to attend the meet and greet Friday evening to meet other leaders at camp, Camp Ranger, and a brief meeting of the weekend events. Upon check in, all scouts will receive a lanyard with camp map & itinerary. The lanyard will be color coded to the scout's rank; Lions & Tigers: **Red**, Wolves & Bears: **Blue**, and Webelos I & II: **Green**. Siblings and tag-a-longs will receive a colored lanyard aligned to their age. As the scouts move from station to station completing the days' activities the color of their lanyard will confirm they are at the correct station to ensure age appropriate activities. **Adult partners are required to accompany each Lion and Tiger scout. An adult leader must accompany all wolf, bear, and Webelos scouts to each camp activity. All adult leaders/partners must have current youth protection training completed.** When accompanying the scouts, adult leaders must maintain their scouts as per the scout law and scout oath ensuring scouts obey all camp rules and procedures and stopping to give all camp leaders and volunteers attention when required. During check in, each pack and troop will be given a camp assignment. These assignments can be cleaning up a section of the camp Sunday before departing or a continuous task Saturday as we use and enjoy the camp. Assignments will be chosen on a first come first serve basis or assigned. Scouting starts with the family, your den, your pack, to our entire RGV community. To make this weekend a great experience for our families and kids please pitch in and do your part.

Scout Necessities

Day Camp, Saturday

- Outdoor Shoes for Athletic Activities (Extra Socks)
- Full Scout Uniform with pack/troop shirt underneath
- Reusable water cup/container
- Bug/Mosquito/Tick Repellant
- Sun Block
- Snack food items
- Folding chair

Overnight Campout

- All items for day camp
- Tent
- Sleeping items (sleeping bag, blankets, pillow)
- Personal Hygiene items
- Food items for lunch & dinner (if not registered for meals)
- Items needed to cook/prepare food items

Camp Activities

Station 1 - Health and Fitness Center

Teamwork – Rules – Sportsmanship – Referees

- What does it mean to be “physically fit”? (Scout Law)
- Stretching (Warming Up – Cooling Down)
- Kangaroo Hop – Wheelbarrow – Crab Crawl – Leap Frog Relay
- Obstacle Course (roll, zigzag run, jump, crawl)

Station 2 - Shooting Sports

Weapon Safety – Weapon Handling – Range Commands

- Station 2 will be broken into multiple stations before entering either range.
- BB Gun: (Away from Range) Weapon Safety, Handling, & Range Commands
- Archery: (Away from Range) Weapon Safety, Handling, & Range Commands
- Slingshot: (Away from Range) Weapon Safety, Handling, & Range Commands

Station 3 - Dining Hall (Outside)

Nutrition – Health – Healthy Food Choices

- Nutrition Talk Balanced Plate-Meal
- Build a plate (toy foods or coloring)
- Create healthy trail food (make your own trail mix)
- Good Food Choices Game
- Service Project – Clean the Dining Hall (WEBELOS)

Station 4- Flag Pole

Hike – Essential 6 – Outdoor Code

- Essential 6 items for a hike
- Outdoor Code - Trek Lightly
- (Lions: SAW: Stay, Answer, Whistle)
- Hike – Identify plants and, signs of insects, animals, reptiles, birds etc.

Station 5 – Dock

- Fishing Basics

Station 6 Bowl Camp Fire

- Announce Winner for Pumpkin Carving Contest
- Campfire skits
- Spooky Trail

Lunch

Hotdog (All Beef w/Whole Grain Bun)

Fruit Cup

Fresh Garden Salad Mix

Variety Chips

Tea – Lemonade - Water

Dinner

Spaghetti with Meat Sauce

Fresh Garden Salad Mix

Garlic Bread

Fruit Cup

Tea – Lemonade - Water

Schedule By Rank

Lions & Tigers

Color: Red

8:45AM - 9:00AM	Opening Flag Ceremony
9:00AM - 10:00AM	Station 4 Flagpole (Hike)
10:00AM - 11:00AM	Station 1 Health & Fitness
11:00AM - 1:00PM	Lunch
1:00PM - 3:00PM	Station 2 Shooting Sports
3:00PM - 4:00PM	Station 5 Dock
4:00PM - 5:00PM	Station 3 Dining Hall (Outside)
5:45PM - 7:00PM	Dinner
7:00PM - 8:15PM	Camp Fire Program
9:00PM - 11:00PM	Spooky Trail
11:00PM	Camp Site (Lights Out)

Wolf & Bear

Color: Blue

8:45AM - 9:00AM	Opening Flag Ceremony
9:00AM - 10:00AM	Station 1 Health & Fitness
10:00AM - 11:30AM	Station 4 Flagpole (Hike)
11:30AM - 1:00PM	Lunch
1:00PM - 2:00PM	Station 3 Dining Hall (Outside)
2:00PM - 3:00PM	Station 5 Dock
3:00PM - 5:00PM	Station 2 Shooting Sports
5:45PM - 7:00PM	Dinner
7:00PM - 8:15PM	Camp Fire Program
9:00PM - 11:00PM	Spooky Trail
11:00PM	Camp Site (Lights Out)

Webelos I & II

Color: Green

8:45AM - 9:00AM	Opening Flag Ceremony
9:00AM - 11:00AM	Station 2 Shooting Sports
11:00AM - 12:00PM	Station 1 Health & Fitness
12:00PM - 1:00PM	Lunch
1:00PM - 2:00PM	Station 4 Flagpole (Hike)
2:00PM - 4:00PM	Station 3 Dining Hall (Outside)
4:00PM - 5:00PM	Station 5 Dock
5:45PM - 7:00PM	Dinner
7:00PM - 8:15PM	Camp Fire Program
9:00PM - 11:00PM	Spooky Trail
11:00PM	Camp Site (Lights Out)



Schedule by Station

Station 1 - Health and Fitness

9:00 AM – 10:00 AM	Wolf & Bear
10:00 AM – 11:00 AM	Lion & Tiger
11:00 AM – 12:00 AM	Webelos

Station 2 - Shooting Sports

9:00 AM – 11:00 AM	Webelos
1:00 PM – 3:00 PM	Lion & Tiger
3:00 PM – 5:00 PM	Wolf & Bear

Station 3 - Nutrition

1:00 PM – 2:00 PM	Wolf & Bear
2:00 PM – 4:00PM	Webelos
4:00 PM – 5:00 PM	Lion & Tiger

Station 4 - Outdoor Hike

9:00 AM – 10:00 AM	Lion & Tiger
10:00 AM – 11:30 AM	Wolf & Bear
1:00 PM – 2:00 PM	Webelos

Station 5 - Fishing

2:00 PM – 3:00 PM	Wolf & Bear
3:00 PM – 4:00 PM	Lion & Tiger
4:00 PM – 5:00 PM	Webelos

Lunch

11:00 AM – 1:00 PM	Lion & Tiger
11:30 AM – 1:00 PM	Wolf & Bear
12:00 PM – 1:00 PM	Webelos

Camp Maps

North Camp Sites



South Camp Sites



***Not all of the targeted Adventures and Electives will be 100% completed at camp.
Each Adventure or Elective needs to be reviewed and completed by the scout.**

Lions

Fun on the Run

- 1. Learn and demonstrate three exercises you can do each day.**
- 2. Have Lions make a nutritious snack for the den.**
- 3. Understand the importance of rest.**
- 4. Participate as a den in Jungle Field Day.**

Mountain Lion

- 1. Gather the outdoor items you need to have with you when you go on an outdoor adventure and understand how they are used. Also understand and commit to practicing the buddy system.**
- 2. Learn what SAW (Stay, Answer, Whistle) means. Demonstrate what you can do to stay safe if you become separated from the group when you are outdoors.**
- 3. Demonstrate an understanding of respect for animals and nature when participating in a learning hike.**

Tigers

Games Tigers Play

Complete Requirements 1 and 2 plus at least two others.

1. Do the following:
 - A. Play two initiative or team-building games with the members of your den.**
 - B. Listen carefully to your leader while the rules are being explained and follow directions when playing.**
 - C. At the end of the game, talk with the leader about what you learned when you played the game. Tell how you helped the den by playing your part.
- 2. Talk with your den or family about why good nutrition helps you to be strong and active. Bring a nutritious snack to a den meeting. Share why you picked it and what makes it a good snack choice.**
3. Make up a game with the members of your den and play it with den members. After playing the game, talk with your den about the experience.
4. Make up a new game and play it with your family or members of your den or pack. Then talk with the group about the experience.
5. Do the following:
 - A. Attend a sporting event with your den or family.
 - B. Before or after the event, talk with a coach or athlete about what it is like to participate in the sport. OR Find out more about the sport and share what you've learned with your den or family members before or after the event.

Tigers in the Wild

Complete Requirements 1-3 plus at least one other.

- 1. With your parent, guardian, or other caring adult, name and collect the Cub Scout Six Essentials you need for a hike. Tell your den leader what you would need to add to your list to prepare for rain.**
- 2. Go for a short hike with your den or family and carry your own gear. Show you know how to get ready for this hike.**
- 3. Do the following:**
 - A. Listen while your leader reads the Outdoor Code. Talk about how you can be clean in your outdoor manners.**
 - B. Listen while your leader reads the Leave No Trace Principles for Kids. Discuss why you should "Trash Your Trash."**
 - C. Apply the Outdoor Code and Leave No Trace Principles for Kids on your Tiger den and pack outings. After one outing, share what you did to demonstrate the principles you discussed.**
- 4. While on the hike, find three different kinds of plants, animals, or signs that animals have been on the trail. List what you saw in your Tiger Handbook.**
- 5. Participate in an outdoor pack meeting or pack campfire. Sing a song or act out a skit with your Tiger den as part of the program.**
- 6. Find two different trees and two different types of plants that grow in your area. Write their names in your Tiger Handbook.**
- 7. Visit a nature center, zoo, or another outside place with your family or den. Learn more about two animals and write down two interesting things about them in your Tiger Handbook.**

My Tiger Jungle (Backyard Jungle)

Complete Requirement 1 plus at least two others.

- 1. With your parent/guardian or other caring adult (referred to in the handbook as "your adult partner"), go for a walk outside, and pick out two or more sights or sounds of "nature" around you. Discuss with your partner or den.**
- 2. Take a 1-foot hike. Make a list of the living things you find on your 1-foot hike. Discuss these plants or animals with your parent/guardian, other caring adult, or your den.**
- 3. Point out two different kinds of birds that live in your area. With your parent/guardian, other caring adult, or den, find out more about one of these birds.**
- 4. Be helpful to nature by planting a plant, shrub, or tree. Learn more about the needs and growth of the item you've planted.**
- 5. Build and hang a birdhouse.**

Tiger Bites

Complete Requirements 1 and 2 plus at least two others.

- 1. With your parent, guardian, other caring adult, or den, find out about good food choices and not-so-good choices. Identify three foods that you think would be good choices and three foods that would not be good choices.**
- 2. Explain the importance of hand washing before a meal and clean-up after a meal. Then show how you would do each.**
3. Show that you know the difference between a fruit and a vegetable. Eat one of each.
4. With your parent, guardian, or other caring adult, pick a job to help your family at mealtime. Do it for at least four meals.
5. Talk with your parent, guardian, or other caring adult about what foods you can eat with your fingers. Practice your manners when eating them.
- 6. With your parent, guardian, or other caring adult, plan and make a good snack choice or other nutritious food to share with your den.**

Wolf

Call of the Wild

Complete Requirements 1-4 plus at least one other.

1. Attend one of the following:
 - A. A pack or family campout**
 - B. An outdoor activity with your den or pack**
 - C. Day camp**
 - D. Resident camp
- 2. With your family or den, make a list of possible weather changes that could happen during your outing according to the time of year you are outside. Tell how you will be prepared for each one.**
3. Do the following:
 - A. Recite the Outdoor Code with your leader.**
 - B. Recite the Leave No Trace Principles for Kids with your leader. Talk about how these principles support the Outdoor Code.**
 - C. After your outdoor activity or campout, list the ways you demonstrated being careful with fire or other dangers.
4. Show or demonstrate what to do:
 - A. In case of a natural disaster such as an earthquake or flood.
 - B. To keep from spreading your germs.
 - C. Show how to tie an overhand knot and a square knot.
 - D. While on a den or family outing, identify four different types of animals you see or explain evidence of their presence. Tell how you identified them.**

Paws on the Path

Complete Requirements 1-5. Requirements 6 and 7 are optional.

- 1. Show you are prepared to hike safely in any outdoor setting by putting together the Cub Scout Six Essentials to take along on your hike.**
- 2. Tell what the buddy system is and why we always use it in Cub Scouts. Describe what you should do if you get separated from your group while hiking.**
- 3. Choose the appropriate clothing to wear on your hike based on the expected weather.**
- 4. Before hiking, recite the Outdoor Code and the Leave No Trace Principles for Kids with your leader. (This may be combined with Requirement 3 of The Call of the Wild Adventure.) After hiking, discuss how you showed respect for wildlife.**
- 5. Go on a 1-mile hike with your den or family. Find two interesting things that you've never seen before and discuss with your den or family.**
- 6. Name two birds, two insects, and/or two other animals that live in your area. Explain how you identified them.**
- 7. Draw a map of an area near where you live using common map symbols. Show which direction is north on your map.**

Running with the Pack

Complete each of the following Requirements.

- 1. Play catch with someone in your den or family who is standing 5 steps away from you. Play until you can throw and catch successfully at this distance. Take a step back and see if you can improve your throwing and catching skills.**
- 2. Practice balancing as you walk forward, backward, and sideways.**
- 3. Practice flexibility and balance by doing a front roll, a back roll, and a frog stand.**
- 4. Play a sport or game with your den or family, and show good sportsmanship.**
- 5. Do at least two of the following: frog leap, inchworm walk, kangaroo hop, or crab walk.**
- 6. Demonstrate what it means to eat a balanced diet by helping to plan a healthy menu for a meal for your den or family. Make a shopping list of the food used to prepare the meal.**

Paws of Skill

Complete at least Requirements 1-4. Requirements 5-7 are optional.

- 1. Talk with your family or den about what it means to be physically fit. Share ideas of what you can do to stay in shape.**
- 2. With your family or den, talk about why it is important to stretch before and after exercising. Demonstrate proper warm-up movements and stretches before and after each activity you do that**

involves action.

3. Select at least two physical fitness skills and practice them daily for two weeks. See if you can improve during that time.
4. With your family or your den, talk about what it means to be a member of a team. Working together, make a list of team sports, and talk about how the team works together to be successful. Choose one and play for 30 minutes.
5. With your den, develop an obstacle course that involves five different movements. Run the course two times and see if your time improves.
6. With your den, talk about sportsmanship and what it means to be a good sport while playing a game or a sport. Share with your den how you were a good sport or demonstrated good sportsmanship in requirement 4.
7. Visit a sporting event with your family or your den. Look for ways the team works together. Share your visit with your den.

Bear

Bear Necessities

Complete Requirements 1 - 4. Requirements 5 and 6 are optional.

1. While working on your Bear badge, attend one of the following: **a. A daytime or overnight campout with your pack or family**
 - b. An outdoor activity with your den or pack
 - c. Day camp
 - d. Resident camp
2. Make a list of items you should take along on the activity selected in Requirement 1.
3. Make a list of equipment that the group should bring along in addition to each Scout's personal gear for the activity selected in Requirement 1.
- 4. Help set up a tent. Determine a good spot for the tent, and explain to your den leader why you picked it.**
5. Demonstrate how to tie two half hitches and explain what the hitch is used for.
6. Learn how to read a thermometer and a barometer. Keep track of the temperature and barometric pressure readings and the actual weather at the same time every day for seven days.

Fur, Feathers, and Ferns

Complete Requirement 1 and three others.

- 1. While hiking or walking for one mile, identify six signs that any mammals, birds, insects, reptiles, or plants are living near the place where you choose to hike or walk.**
2. Visit one of the following: zoo, wildlife refuge, nature center, aviary, game preserve, local conservation area, wildlife rescue group, or fish hatchery. Describe what you learned during your visit.
3. Name one animal that has become extinct in the last 100 years and one animal that is currently endangered. Explain what caused their declines.
- 4. Observe wildlife from a distance. Describe what you saw. 5. Use a magnifying glass to examine plants more closely. Describe what you saw through the magnifying glass that you could not see without it.**

6. Learn about composting and how vegetable waste can be turned into fertilizer for plants.
7. Plant a vegetable or herb garden.

Bear Picnic Basket

Complete at least three of the following.

1. Create your own Bear cookbook using at least five recipes you might cook or prepare either on your own or with some adult help. Include at least one recipe each for breakfast, lunch, dinner, and a nutritious snack.
- 2. With a family member or den leader, prepare for cooking by explaining the importance of planning, tool selection, sanitation, and cooking safety.**
- 3. Select and prepare two nutritious snacks for yourself, your family, or your den.**
4. With the help of an adult, select a recipe to prepare in a kitchen for your den or your family. Help to select the needed ingredients, perhaps from a garden, grocery store, or farmers' market. Cook and serve your planned meal. Clean up after the preparation and cooking.
5. With the help of an adult, select a recipe to prepare in the outdoors for your family or den. Help to select the needed ingredients, perhaps from a garden, grocery store, or farmers' market. Cook and serve your planned meal. Clean up after the preparation and cooking.

A Bear Goes Fishing

Complete at least three of the following.

1. Discover and learn about three types of fish in your area. Draw a color picture of each fish, record what each one likes to eat, and describe what sort of habitat each one likes.
- 2. Learn about your local fishing regulations with your den leader or a parent or guardian. List three of the regulations you learn about and one reason each regulation exists.**
3. Learn about fishing equipment, and make a simple fishing pole. Practice casting at a target.
- 4. Go on a fishing adventure, and spend a minimum of one hour trying to catch a fish. Put into practice the things you have learned about fish and fishing equipment.**

WEBELOS

Stronger Faster Higher

Complete Requirements 1-3 and at least one other.

- 1. Understand and explain why you should warm up before exercising and cool down afterward. Demonstrate the proper way to warm up and cool down.**
- 2. Do these activities and record your results:**

- a. **20-yard dash**
 - b. **Vertical jump**
 - c. **Lifting a 5-pound weight**
 - d. **Push-ups**
 - e. **Curls**
 - f. **Jumping rope**
3. Make an exercise plan that includes at least three physical activities. Carry out your plan for 30 days and write down your progress each week.
 4. Try a new sport that you have never tried before.
 - 5. With your den, prepare a fitness course or series of games that includes jumping, avoiding obstacles, weightlifting, and running. Time yourself going through the course and try to improve your time over a two week period.**
 6. With adult guidance, help younger Scouts by leading them in a fitness game or games.

WEBELOS Walkabout

Complete Requirements 1-4 and at least one other.

- 1. Plan a hike or outdoor activity.**
- 2. Assemble a first aid kit suitable for your hike or activity.**
- 3. Recite the Outdoor Code and the Leave No Trace Principles for Kids from memory. Talk about how you can demonstrate them on your Webelos adventures.**
4. With your Webelos den or with a family member, hike 3 miles. Before your hike, plan and prepare a nutritious lunch or snack. Enjoy it on your hike and clean up afterward.
- 5. Describe and identify from photos any poisonous plants and dangerous animals and insects you might encounter on your hike or activity.**
6. Perform one of the following leadership roles during your hike: trail leader, first aid leader, or lunch or snack leader.

Outdoor Adventurer

Complete Option A or Option B.

Option A:

1. With the help of your den leader or family, plan and participate in a campout.
- 2. On arrival at the campout, with your den and den leader or family, determine where to set up your tent. Demonstrate knowledge of what makes a good tent site and what makes a bad one. Set up your tent without help from an adult.**
- 3. Once your tents are set up, discuss with your den or family what actions you should take in the case of the following extreme weather**

events which could require you to evacuate:

- a. Severe rainstorms causing flooding**
- b. Severe thunderstorm with lightning or tornadoes.**
- c. Fire, earthquake, or other disaster that will require evacuation. Discuss what you have done to minimize as much danger as possible.**

4. Show how to tie a bowline. Explain when this knot should be used and why. Teach it to another Scout who is not a Webelos Scout.

5. Recite the Outdoor Code and the Leave No Trace Principles for Kids from memory. Talk about how you can demonstrate them while you are working on your Arrow of Light. After one outing, list the things you did to follow the Outdoor Code and Leave No Trace.

Option B:

1. With the help of your den leader or family, plan and participate in an outdoor activity.
2. Discuss with your den or family what actions you should take in the case of the following extreme weather events:
 - a. Severe rainstorms causing flooding
 - b. Severe thunderstorm with lightning or tornadoes.
 - c. Fire, earthquake, or other disaster that will require evacuation.

Discuss what you have done to minimize as much danger as possible.

3. Show how to tie a bowline. Explain when this knot should be used and why. Teach it to another Scout who is not a Webelos Scout.

4. Recite the Outdoor Code and the Leave No Trace Principles for Kids from memory. Talk about how you can demonstrate them while you are working on your Arrow of Light. After one outing, list the things you did to follow the Outdoor Code and Leave No Trace.

Sportsman

Complete all Requirements.

- 1. Show the signals used by officials in one of these sports: football, basketball, baseball, soccer, or hockey.**
- 2. Participate in two sports, either as an individual or part of a team.**
- 3. Complete the following requirements:**
 - A. Explain what good sportsmanship means.**
 - B. Role-play a situation that demonstrates good sportsmanship.**
 - C. Give an example of a time when you experienced or saw someone showing good sportsmanship.**

Into the Woods

Complete at least Requirements 1-4 and one other.

- 1. Identify two different groups of trees and the parts of a**

- tree.**
- 2. Identify four trees common to the area where you live. Tell whether they are native to your area. Tell how both wildlife and humans use them.**
 - 3. Identify four plants common to the area where you live. Tell which animals use them and for what purpose.**
 4. Develop a plan to care for and then plant at least one plant or tree, either indoors in a pot or outdoors. Tell how this plant or tree helps the environment in which it is planted and what the plant or tree will be used for.
 5. Make a list of items in your home that are made from wood and share it with your den. OR: With your den, take a walk and identify useful things made from wood.
 6. Explain how the growth rings of a tree trunk tell its life story. Describe different types of tree bark and explain what the bark does for the tree.
 7. Visit a nature center, nursery, tree farm, or park, and speak with someone knowledgeable about trees and plants that are native to your area. Explain how plants and trees are important to our ecosystem and how they improve our environment.

Cast Iron Chef

Complete at least Requirements 1 and 2 below.

1. Plan a menu for a balanced meal for your den or family. Determine the budget for the meal. If possible, shop for the items on your menu. Stay within your budget.
- 2. Prepare a balanced meal for your den or family. If possible, use one of these methods for preparation of part of the meal: camp stove, Dutch oven, box oven, solar oven, open campfire, or charcoal grill. Demonstrate an understanding of food safety practices while preparing the meal.**
3. Use tinder, kindling, and fuel wood to demonstrate how to build a fire in an appropriate outdoor location. If circumstances permit and there is no local restriction on fires, show how to safely light the fire, under the supervision of an adult. After allowing the fire to burn safely, safely extinguish the flames with minimal impact to the fire site.