

TROOP PROGRAM IDEAS

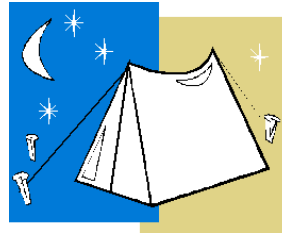
June
2010

Things to celebrate in June

- June 11 Corn on the Cob Day
- June 14 Flag Day
- June 20 Father's Day
- June 21 First Day of Summer
- June 24 Go Fly a Kite Day

Things to celebrate in July

- July 1 Canada Day
- July 4 Independence Day
- July 7 National Strawberry Sundae Day
- July 21 National Tug-of-War Day



Join the National Wildlife Federation's Great American Campout on Saturday, June 26 in your backyard, parks, campground or even your balcony! No site is too big or too small to spend a night sleeping under the stars. Sign up your campsite and join thousands of people across the country who are making a statement that the outdoors rock. Also you will have access to free activities tips, songs, stories and recipes that will make your Backyard Campout a night to remember. For more information or to register go to www.backyardcampout.org.

Celebrate National Tug-of-War Day!

A team test of strength and cunning, Tug-of-War might be just the right party game for a bunch of rowdy children on the back lawn. But the key to a good game of tug of war is to make certain that the rope used is strong enough to handle the number and size of players. Using of a rope made of natural fibers is highly recommended.



To play Tug-of-War a field is laid out. Two parallel lines are painted about 20 feet apart on the grass or drawn in the dirt. The rope is laid perpendicular to these lines. A cloth flag is tied to the middle of the rope. Two teams of relatively equal weight are chosen. They are required to position themselves along the rope on either side of one of the lines leaving the center area (or no man's land) empty. The referee holds onto the rope at the point of the flag as the rope is gradually made taught. He makes certain the flag is positioned precisely mid-way between the two lines. On his own command, he releases the flag and shouts, "Go!". Both teams then pull on their end of the rope. The object is to pull the flag over the team's goal line.

History: Tug-of-War is actually a competitive team sport in England, Scotland, Sweden and many other countries with a sea-faring tradition. For that is where the game (or rather sport) of Tug-of-War comes from. It originated in the great days of sail when teams of men were required to tug on lines to adjust sails while ships were underway or even in combat. The first land competitions are thought to have been held in India after British Army officers observed seamen at this sport during their free time at sea. The officers thought it would be a good way to keep their own men fit during the long sea voyage from England to India. They enjoyed it so much that they continued the competitions on reaching their destination.

Shortbread

Ingredients

- 1/2 cup sugar
- 2 sticks of butter
(not margarine)
- 1/2 cup corn starch
- 1 cup flour

Directions

Mix ingredients together and put into a 9" X 13" baking pan.

Bake at 200 degrees for approximately one hour or until light brown.

Sprinkle with sugar and cut while still hot.

Healthy ideas for the summer

The Incredible Adventures of the Amazing Food Detective

<https://members.kaiserpermanente.org/redirects/landingpages/afd/>

Calling all junior food detectives! There has been a mysterious outbreak of unhealthy habits hitting too many boys and girls. If we don't solve these cases, and fast, kids might not make the right food and exercise choices as they grow, and that could be trouble!

All junior food detectives will get secret training on how to eat right and exercise. You can investigate fun games like Whack A Snack, Soccer, and Zap the TV. Plus you can print out classified clues on ways to be healthy, then share them with your parents, teachers, and pals. Are you up for the assignment? Good! Together, we'll unravel the mystery!

Free Field Trips to H-E-B

Teaches kids to become Healthy Buddies at H-E-B using hands-on curriculum. Students from K-6 will learn about nutrition, portion size, fitness and meal planning. Call or go online to plan your free H-E-B field trip. Ask about other field trips in your area also: 1-800-987-6409 or www.fieldtripfactory.com/HEB

Green Project

Battery Recycling Bin

It's recycling on top of recycling
Turn your recycled plastic 2-liter bottle into a battery recycling collection bin.

IT'S E-A-S-Y! Here's how:

Remove the label from and rinse a 2-liter bottle.

Have an adult cut a small hole near the top (a bit larger than a D-cell battery)

DECORATE!

Fill with dead, used batteries.

When full, drop off batteries at a recycling center near you. (i.e. Radio Shack.)

For further information on reduce, reuse and recycle, visit your local library this summer or surf the internet with your parents. You might start at this informative site: <http://42explore.com/recycle.htm>



The Twelve Months of Girl Scouts

Girl Scouting is not just during school months, it is all year long. To help your troop remember, teach them this song that goes to the tune of "12 Days of Christmas."

In the first month of Girl Scouts, my leaders gave to me:

A Girl Scout Registration Form

In the second month of Girl Scouts, my leaders gave to me:

Two badges earned and a Girl Scout Registration form

In the third month of Girl Scouts, my leaders gave to me:

Three permission slips, two badges earned, and a Girl Scout Registration form

In the fourth month of Girl Scouts, my leaders gave to me:

Four service projects, three permission slips, two badges earned, and a Girl Scout Registration form

In the fifth month of Girl Scouts my leaders gave to me:

five DELICIOUS s'mores, four service projects, three permission slips, two badges earned, and a Girl Scout Registration form.

In the sixth month of Girl Scouts, my leader gave to me:

Six patrol members, five DELICIOUS s'mores, four service projects, three permission slips, two badges earned, and a Girl Scout Registration form.

In the seventh month of Girl Scouts, my leader gave to me:

Seven new songs to sing, six patrol members, five DELICIOUS s'mores, four service projects, three permission slips, two badges earned, and a Girl Scout Registration form.

In the eighth month of Girl Scouts, my leaders gave to me:

Eight Daisies to entertain, ETC...

In the ninth month of Girl Scouts, my leaders gave to me

nine cases of cookies, ETC...

In the tenth month of Girl Scouts, my leaders gave to me:

Ten bridging Brownies, ETC...

In the Eleventh Month of Girl Scouts, my leaders gave to me:

Eleven patches to sew on, ETC...

In the Twelfth Month of Girl Scouts, my leaders gave to me:

twelve days to register again for next year, ETC...