



Old Baldy Council PACK 730 SCOUT NEWS



November 2005 Issue

www.pack730.us

Diamond Bar, California

My Family Tree



Is your family Irish or Chinese, Hispanic or Greek? Learn where your ancestors came from and trace your family's heritage. Find out what they did and what their customs were. Every family is different, and everyone has something special to offer.

"If you don't know [your family's] history, then you don't know anything. You are a leaf that doesn't know it is part of a tree."

- Michael Chrichton

Operation Christmas Child

Operation Christmas Child brings joy and hope to children in desperate situations around the world through gift-filled shoe boxes and the Good News of God's love. This program of Samaritan's Purse provides an opportunity for people of all ages to be involved in a simple, hands-on missions project while focusing on the true meaning of Christmas—Jesus Christ, God's greatest gift. Along with shoe box gifts, millions of children are given Gospel booklets in their own language. In 2004, we collected over 7 million shoe box gifts worldwide and distributed them to children in 95 countries.



Thanksgiving

Does the turkey make you sleepy after eating a big Thanksgiving turkey dinner?

So, even though the mass media, CNN and Fox like to hype it and blame post holiday meal sleepiness on the turkey dinner... that's just a catchy sound-bite.. not the reality. The tryptophan isn't to blame for the sudden drowsiness that hits right after the meal when the football games come on, and the dishes are waiting!

It's more likely due to overeating - not just turkey, but also mashed potatoes, ham, creamed onions, cranberries, sweet potatoes, peas, stuffing (or dressing, if you prefer), carrots, bread, pies, and whipped cream, all of which have the effect of pulling the blood away from your brain to help your digestive tract do it's work, and the sugar/insulin effect.

Did You Know...

That a typical Thanksgiving meal contains more than 2500 calories and 130 grams of fat? That's the equivalent of five Big Macs or 14 brownies.

So enjoy Thanksgiving with family and friends, but do it in moderation. Because then there will be "room" for those great turkey sandwiches!



**Happy
Thanksgiving**

Next Pack Meeting

Theme: Faith, Hope & Charity

This time of year is packed with family faiths, hopes for the future, duty to God, and charity to all. Service projects are a way to give thanks while helping those in need in our neighborhoods and in our schools. Share family or historic traditions with your den. Celebrate the holiday season with foods and crafts that are appropriate to the various faiths. Build a glove or mitten tree during a den meeting or organize a food collection where everyone brings something to share with the needy.

What's Going On?

Each of the Den's current and upcoming activities:

Webelos

Golden Eagles:

We are still working on the Engineer activity badge. As part of this activity, we will finish making our own miniature catapult and testing them at our next den meeting.

The scouts have the opportunity this month to go overnight camping with the boy scouts from troop 777. This will give them some idea of what to look forward to when they bridge over to boy scouts later this year.

Lightning Bolts:

The Lightning Bolts have been very busy working on their requirements for the Webelos Badge. Since the last pack meeting, the boys have been focusing on earning their Fitness, and Showman badges. The boys will start working on their Citizen badge requirements after the Thanksgiving Holiday's.

Bears

The Bears have been working mostly on their achievements. We have completed: Ways that Make American Special, Tall Tales, Be Ready, and Building Muscles. We have recently begun working on "Law Enforcement is a Big Job". At our last meeting we practiced lighting one cub on fire (not literally) and having another cub rescue him by wrapping him in a blanket and rolling. It was a lot of fun and an important exercise for the boys to practice. We also fingerprinted all our cubs.

Later this month we will be going to the Norwalk Sheriff's station as the guest of Jacob's dad, Brian Doyle, who works as a sheriff there.

Wolves

The boys have been learning about how to make phone calls when in an emergency. Saying their name and giving their address and knowing what the emergency is. We have talked about what to do when they are alone and

someone calls or comes to the door. We started an emergency phone list that was to be completed at home for them to keep close to the phone in times of need. Also, for those who were eligible, we just completed the final requirements for earning the 75th anniversary patch for scouts.

Tigers

The second "wave" of flyers was handed out at the schools with the emphasis towards recruiting more Tiger age boys. We are seeing interest from this latest recruiting effort and will soon have more Tiger scouts joining our pack.

Pack Calendar

Nov 16 Committee Meeting

7:30 PM It's a Grind

Dec 8 Roundtable

7:00 PM Westmont United
Methodist Church

Dec 19 Cub Leader Specific Training

9 AM – 3PM LDS Stake Center

Dec 16 Christmas Caroling

Time, Place TBA

Dec 19 Pack Meeting

7:30 PM Mt. Calvary

Dec 21 Committee Meeting

7:30 PM It's a Grind

Cubmaster Final Thought

Each of us is a combination of our ancestors. Some of us have blue eyes, some have brown, and others have green. Some of us have hair that is red, brown, blond, or black. The color of our eyes or hair can be linked to our parents, our grandparents, even our great-grandparents. Each of us has talents and abilities. We may play the piano or draw or play sports well.

These could have been passed down to us from our ancestors. Maybe we had someone in our family long ago who was a talented musician, artist, or athlete. Even though each of us is different in many ways, we are also very much alike. For example, we all wear the same Cub Scout uniform. We all promise to obey the Law of the Pack and to do our best in our activities.

