

All aboard the Cub Scout Express! Invite a buddy to join you in your journey through Cub Scouting as you ride the rails to adventure. Activities can include taking a trip to a train or rail museum, visiting a local train station, or inviting a model railroader to your pack meeting. Look up the history of trains at the library or on the Internet. Read about different train cars and engines. Use a large cardboard façade of a train for an induction ceremony for new families or presentation of awards. Play train relay games with your den or pack.

### PACK PLANNING

Welcome new families and all Cub Scouts to the beginning of another great Cub Scouting year. This meeting will focus on orienting the new and returning pack adults and getting the year off to a rousing start for boys. Appoint the following committees:

**Decorations Committee.** Many hobbyists are avid train collectors and would share their interest by bringing in and demonstrating their craft. Or, find pictures of trains and post them around the room. Use painter's masking tape to lay tracks on the floor that lead from outside the meeting place through the entrance.

**Program Committee.** September brings plenty of Bobcat recognition awards, recognition of completed summertime activities, and changes in adult leadership. Be sure to announce these and plan adequate time for recognition. This group will create props for ceremonies that may also serve as decorations, such as large parts of trains (a locomotive, car, or caboose).

**Recruitment Committee.** The first pack meeting of the year will bring many new and potential Cub Scout families. This group will ensure they are greeted and welcomed and shown the value and fun your pack will provide.

**Refreshment Committee.** Fellowship after this pack meeting will show new families that Cub Scouting is family oriented and a welcome place. Provide brownies and call them "Choo-Chooey Cub Scout Express Squares."

#### Some of the purposes of Cub Scouting developed through this month's theme include:

- **Character development.** Boys learn that character is a strong indicator of who they are.
- **Personal achievement.** The first den contribution to the pack meeting is a great way to start Cub Scouts on their trail of personal achievement through Scouting.

#### This theme is designed to promote character development by emphasizing these core values:

- **Compassion.** Building the railroads across our country was a hardship for many. Such difficulties can provide an opportunity for boys to consider compassion.
- **Faith.** Boys learn the Cub Scout Promise as the first part of their Bobcat requirements. The aspect of faith is an important part of that promise.

## Pack Meeting

### BEFORE THE MEETING

Set up display areas for Tiger Cub, Cub Scout, and Webelos Scout dens. Provide name tags shaped like engines or railroad cars. Allow space for den flags, den doodles, craft projects, photos, and other items from field trips, summer camps, and other activities.

Display basic Cub Scouting literature and fall roundup recruiting materials so that prospective adult leaders can look them over. A designated pack member will be available to answer questions and provide information.

Prepare finalized pack calendars for each pack member.

### GATHERING

Assign some adult leaders to act as "conductors" to welcome people at the door and encourage everyone to participate in the All Aboard gathering activity (2 SEP) by giving each person a prepared ticket booklet. Assign a knowledgeable person to serve as the Lead Conductor (4 SEP). Pay special attention to new and

prospective Cub Scouts and their families.

For costuming, use overalls, railroad engineer hats, and red scarves. Conductors wear a black suit and white shirt, and have a hole puncher for checking tickets.

### MAIN PART OF THE MEETING

#### Opening

Conduct the All Aboard opening ceremony (2 SEP) or choose a different ceremony from *Cub Scout Ceremonies for Dens and Packs*.

#### Prayer

A preselected Cub Scout reads the Cub Scout Express prayer (2 SEP). Invite all pack members to join in prayer, meditation, or silence, as is their custom.

#### Icebreaker

Recognize everyone who completed the gathering activity by doing an Applause (3 SEP) in their honor.

#### Welcome and Introductions

Welcome new families aboard the Cub Scout Express. Use the Express Train skit

(3 SEP) to introduce pack leaders. The Cubmaster should also emphasize the importance of den adult meetings and encourage parents to attend the meetings for their son's den.

When details are completed, everyone gives a resounding "All aboard!"

#### Song

The pack song leader leads the pack in "Down By the Station" (*Cub Scout Songbook*).

#### Den Demonstrations

Throughout the pack meeting, dens present theme-related skits and songs that they have been practicing during den meetings. Webelos dens demonstrate or report on current activity badge work and/or make a presentation on a Scouting experience.

#### Pack Adults' Meeting

During this meeting, adults will be seated in one part of the meeting room, and boys and siblings in another.

## Game

Divide the Cub Scouts into groups and play the Great Train Race (below). Make sure that all boys and siblings have a chance to participate. Additional games such as Cub Scout Express (3 SEP) and Baggage Car Relay (3 SEP) may also be used, or find more games in the *Cub Scout Leader How-To Book*.

## Recognition

Use the Train Advancement Ceremony (below) to present awards. Include National Summertime Pack Award recognitions and Cub Scout Outdoor Activity Awards that were earned over the summer. Or choose a different recognition ceremony from *Cub Scout Ceremonies for Dens and Packs*.

## Announcements

Parents will have received their pack calendar during the adults' meeting.

Point out details such as the next month's activities and any money-earning projects that are under way. A leader costumed as a farmer pushes out a wheelbarrow and announces plans for the "Down on the Farm" pack meeting next month.

## Cubmaster's Minute

Share Stay on the Right Track (3 SEP).

## Closing

Conduct the Down the Tracks closing ceremony (3 SEP) or choose another from *Cub Scout Ceremonies for Dens and Packs*.

## REFRESHMENTS

Provide refreshments and social time for families to mingle. Be sure to leave the meeting place cleaner than you found it.

## Cubmaster Corner

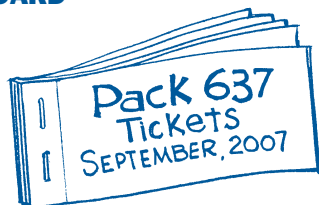
### NEWSLETTERS

Constant communication with Cub Scout families is important. Begin your year with an informative newsletter that you hand out to each family. Highlight in each newsletter:

- *Pack activities*, including locations and times
- *District activities*
- *Locations, dates*, and times of all Cub Scout training events
- *Any program* announcements regarding the Cub Scout program
- *Den news* about field trips, accomplishments, etc.

## Ceremonies, Games, Songs, Stunts

### GATHERING ACTIVITY: ALL ABOARD



Cut enough strips of plain paper ahead of time for each ticket book to contain about 20 tickets. Make a cover for the book that indicates the pack number and date. Staple together.

As people arrive, give each person a pencil and a ticket book. Direct them to go around the room and ask people to write their names in the book—only one name per ticket. Later, tell people that the names on the tickets are their destinations and that person is the conductor of that station. Now they must find those stations and give that person their ticket. Cheer those who redistribute their tickets the quickest.

### OPENING CEREMONY: ALL ABOARD

*Props:* Draw a train engine and cars on poster board and cut them out. Put the Cub Scout emblem on the engine; Bobcat, Tiger Cub, Wolf, Bear, and Webelos Scout emblems on five cars; and the Arrow of Light on the caboose. Or, create a train

from boxes as for the Great Train Race game (3 SEP) and then use them for both the game and this ceremony.

*Arrangement:* The engine comes out first; then train cars come out one by one, accompanied by boys from each rank.

**ENGINE (Cubmaster):** All aboard for Cub Scouting!

**BOBCAT CAR:** The first car to hook up is the Bobcat car.

**TIGER CUB CAR:** The next car to hook up is the Tiger Cub car.

**WOLF CAR:** The next car to hook up is the Wolf car.

**BEAR CAR:** After that it's the Bears.

**WEBELOS CAR (fourth-grade Webelos Scouts):** Then comes the Webelos badge.

**CABOOSE (fifth-grade Webelos Scouts):** And the Arrow of Light completes the Cub Scout Train!

**COMMITTEE CHAIR:** All aboard the Cub Scout Express for 2007!

### PRAYER: CUB SCOUT EXPRESS

We give thanks for our families as they help us through our Cub Scouting time and as we start down a new track for this school year. Amen.

### TRAIN ADVANCEMENT CEREMONY

*Props:* Train engine and cars cut out of poster board. Mark each car Bobcat, Tiger Cub, Wolf, Bear, Webelos,

and Arrow of Light. Attach awards on appropriate cars.

**CUBMASTER:** As your Cubmaster, I act as the Cub Scout Train's engineer—leading you on to do your best. Your den leaders are the train conductors, providing ideas and direction. Your parents are all the railroad workers, providing support and love. You Cub Scouts are the train cars. Together, we travel from one station to another as you advance through the Cub Scout ranks.

First we have the Bobcat recognitions. (*Calls boys and parents forward and present Bobcat badges.*) Next we have the Tiger Cubs. (*Presents awards to Tiger Cubs. Then proceed as needed through Wolf, Bear, and Webelos Scouts.*)

### ADVANCEMENT CEREMONY: TRAIN DELIVERY

If you have a model railroad display at your pack meeting, have awards delivered with a blow of a whistle. The Cubmaster takes the awards from train cars as they roll by.

## GAMES

### Great Train Race

Decorate boxes to look like train cars, engine, and caboose. Cut construction paper and add shapes of train parts to enhance the train cars: rectangle for a boiler, triangle for a cow catcher, square for the engineer's cabin, upside down tri-

angle for a funnel, circles for wheels. Add cotton on for smoke. Tape lines to the floor of the meeting room for the track.

Remove the bottoms of the boxes and add shoulder straps made out of heavy ribbon. Boys then walk/race, carrying their train cars on their backs. They must obey the signal flags on the track.

**Railroad Color Signal Flags.** Make flags using construction paper: red for “danger, or stop,” white for “safe, or go,” and green for “go slowly with caution.” Tape them onto chopsticks or staple them on straws. These are the colors used by railroads in England in the 19th century.

### Cub Scout Express

This is a game for eight or more players. Divide the group into teams, which line up for a relay. Establish a destination (turning point). The first Cub Scout in each line runs to the destination and comes back and touches the next player, who hitches onto the first player with his hands on the first player’s hips. Then they both run to the destination and return. The third boy hitches on, and so forth. The last player is the caboose.

### Baggage Car Relay

Before the game, lay out a winding course, similar to a train track, with a train station at one end and a depot stop at the other end. Divide the group into teams. Line the teams up at the train station. Provide each team with a suitcase that is packed with a man’s old trousers, shirt, jacket, or overcoat. On a signal, the first player in each team, carrying the suitcase, races along the train track to the depot stop. He puts on the clothing, picks up the suitcase, and races back along the track to the train station, where he removes the clothing and repacks it in the suitcase. Continue until all players have taken their turn.

### Tunnel Relay

Line up dens for a relay and have the players stand front to back with their feet apart, making a tunnel. The last boy in line crawls through the tunnel and then stands up with his feet apart. He yells, “All clear!” and the next player follows in succession. The first team back to its original order wins.

### CUBMASTER’S MINUTE: STAY ON THE RIGHT TRACK

There are many different kinds of trains—passenger trains that carry you

through this great country, freight trains that haul goods to consumers like you, and even tourist trains that show you what riding a train was like many years ago.

All of these trains are different, yet they have something in common—they all run on tracks. A train, as large and powerful as it is, can’t go anywhere without tracks to guide it.

Like these trains, we are all different. But we all need tracks to guide us, too. These tracks are faith, love, and service. This month, Cub Scouts, let’s pledge to do our best to stay on the right track. Show your faith by living religious or spiritual principles. Show your family and friends how much you love and appreciate them through your words and deeds. Give cheerful service to all you meet. Stay on the right track and you’ll go far!

### CLOSING CEREMONY: DOWN THE TRACKS

*Props:* Use the train cars from the All Aboard opening ceremony or create similar prop as needed.

COMMITTEE MEMBER: We have a train here; the train goes down the tracks of Scouting.

ADULT LEADER (holding engine): Today, I’m a Cub Scout leader; but when I was the age of these boys, I was a Cub Scout. I came on board as a leader, to pass on to these boys the same fun I had as a boy.

DEN CHIEF (holding next car): Today, I’m a Boy Scout, but before that I was a Cub Scout. Cub Scouting was fun, and it prepared me to be more independent and confident.

WEBELOS SCOUT (holding next car): Today, I’m a Webelos Scout. Before, I was a Wolf and Bear Cub Scout and learned to have fun with my family. Now I’m learning more fun things to do with my den.

CUB SCOUT (Wolf or Bear, holding next car): Today, I’m a Cub Scout. I came on board to have fun and do things with my family and friends.

TIGER CUB (holding caboose): Today, I’m a Tiger Cub, and my fun has just begun.

ALL: Thank you for joining us aboard the Cub Scout Express!

### APPLAUSES AND CHEERS

**Train Applause:** Divide the pack into two groups. Each group claps once when you point to them. Begin slowly, pointing alternately to each side. Gradu-

ally increase the speed as the “train” approaches. When the train is going fast, imitate a train whistle: “Whooo-whoo, whoo-whoo!”

**Train Cheer: Divide the pack into three groups.** The first group yells, “ALL ABOARD!” Then the second group yells, “CHUGGA, CHUGGA, CHUGGA, CHUGGA.” Finally, third group yells, “TOOT, TOOOOOOT!”

**Little Engine Cheer: Start “I think I can, I think I can...” slowing down gradually.** Then (reaching the summit), “YES! I KNEW I COULD, I KNEW I COULD!” (getting faster).

**Welcome Aboard Cheer: Make a welcoming motion with your hand and say “Welcome aboard!”**

### SKIT: EXPRESS TRAIN

Introduce pack leaders to parents by forming a train. Each den leader and those with responsibilities form a line behind the Cubmaster. Place the right hand on the shoulder of the person in front, bend the left arm and move in a circular motion together to resemble a train axle. Announce that there is more room in the middle for additional committee members, and highlight any unfilled positions. The committee chair is at the end of the line and announces his or her name and phone number for any volunteers to contact him or her.

### LEAD CONDUCTOR

Assign a committee member to be the Lead Conductor. Give him or her a sign to wear that says “Ask me!” This person stays near the information table to answer all questions about plans for the pack meetings, events, and Cub Scouting in general. The pack trainer would be a good choice as he/she can further encourage parents and leaders to attend upcoming training events.

### PACK ADULTS’ MEETING

The Cubmaster plans and conducts this meeting with help from the pack trainer and pack committee. Consult the *Cub Scout Leader Book*, Chapter 24, for an outline. This is a chance to discuss family responsibilities and the pack’s plans for the future.



## ACADEMICS AND SPORTS PROGRAM

### Academics

**Geography.** Railroads crisscross the country, across all terrains. While working on the Geography Academics belt loop or pin, Cub Scouts can explore the different geographic features that the railroads cross.

### Sports

**Soccer** is one of the major sports of the fall season. Boys who are experiencing the fun of the game can share it with the den and receive Sports program recognition for their endeavors.

### FAMILY ACTIVITY

The Cub Scout Express theme encourages parents to talk to their children about safety around railroad tracks. Other safety issues can be found in the “Being Prepared” section of *Cub Scouting’s BSA Family Activity Book*. The beginning of the school year is a good time to introduce this book and the family program recognition. Activities help family members develop character together, learn responsibility, strengthen family relationships, learn through fun and adventure, and handle difficult situations. After meeting the requirements, families may receive the BSA Family Award.

### DID YOU KNOW?



### Cub Scout Outdoor Activity Award

This pocket flap award recognizes boys who complete a list of age-related achievements. Boys can earn it every year by completing activities based on rank.

### GOOD TURN FOR AMERICA

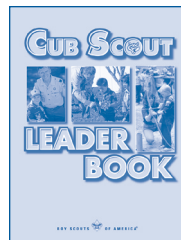
The third Sunday of each September is National Neighborhood Day. This year, it’s on September 16. As it says on the web site, “National Neighborhood Day seeks to expand community connectedness, increase social capital, and inspire community participation and volunteerism throughout the year



and throughout the United States.” It can be a day of simple gatherings, connecting neighbor to neighbor in fellowship and fun in a “design-it-yourself” event that encourages neighborhoods to create celebrations unique to their communities. Scouting units or individual Scouts are encouraged to coordinate a neighborhood service project, such as a neighborhood cleanup or safety event that benefits the entire community.

## BSA RESOURCES HIGHLIGHT

**Cub Scout Leader Book.** Start your year off right by seeing that each leader has this valuable tool. The foundation of Cub Scouting is included in this important resource book, starting with the outline of the overall Scouting program and detailing the makeup of each type of meeting.



## PACK LEADERS’ PLANNING MEETING

Pack leaders will meet one to two weeks before the pack meeting to check final details for this month’s meeting and start plans for the October meeting.

**Prepare awards.** National Summer-time Pack Awards and pins for youth will be given this month. Additionally, the Cub Scout Outdoor Activity Award will be available for boys who attended resident camp or day camp and completed all requirements.

**Plan a fun advancement ceremony this month.** Use one of the ceremonies given here or choose one from *Cub Scout Ceremonies for Dens and Packs*. Consider using a model train set. Find a community train club or model railroad association. Have them set up a large train and place the awards to be given on the train. Have the train stop in front of the Cubmaster to deliver announcements, awards, and a sample newsletter.

**Pack adults’ meeting.** During this fall meeting, all adults find out about the exciting pack plans for the year

ahead. After the summer’s annual pack planning conference, where the calendar of events was decided, prepare a written calendar to share with all pack members and prospective pack members. Assign someone to organize and conduct this meeting during the first pack meeting. Cub Scouts and siblings play games or learn a skit or song while parents meet in another area. When the youth return, they present what they have learned to the adults.

**Discuss plans for the October pack meeting.** Many activities will benefit from much parental involvement. Review the plans that each committee has developed so far.

The pack trainer leads Unit Leadership Enhancement No. 7, Membership (*Cub Scout Leader Book*). Review the membership growth plan the pack has outlined. Choose a topic for next month’s discussion.

## LOOKING AHEAD

Fall recruiting is a key activity this time of year. Be sure to contact your unit commissioner and attend your district’s Cub Scout leader roundtable to receive the latest support materials available. Set dates for and organize service projects that will be done during the next few months. Be sure to schedule one that will benefit your chartered organization.

## PACK TRAINER HIGHLIGHTS

Recruiting isn’t just for boys; parents are needed to serve as leaders. Plan to be an active participant in the pack adults’ meeting and encourage all adults to attend training in your district. Help recruit and orient new leaders by attending all recruitment activities this month.

## OUTDOOR IDEAS FOR EVERYONE

**Tiger Cubs.** Visit a park near a railroad track.

**Wolf Cub Scouts.** Walk along a shoreline or elsewhere to pick up litter.

**Bear Cub Scouts.** Play soccer outdoors.

**Webelos Scouts.** Take a day hike to see the fall colors.

# Cub Scout Express: Tiger Cub Den Meetings

Each Tiger Cub and his adult partner should attend all meetings as a team.

Dens may meet in the evenings or on weekends.

Full or partial credit may be received for the following advancement possibilities highlighted in this month's meeting plans.

WHEN	FIRST WEEK	SECOND WEEK	THIRD WEEK	FOURTH WEEK
The Tiger Cub den leader shares leadership with a Tiger Cub adult partner. This team should review plans before each meeting and check equipment needed.				
<b>BEFORE THE MEETING STARTS</b>	Prepare the words for "I'm a Little Tiger Cub" ( <i>Cub Scout Songbook</i> ) in large print for everyone to see easily. Have materials for Den Railroad Board Game (6 SEP) and Railroad Crossing Neckerchief Slide (6 SEP).	Prepare area for Train Run game (6 SEP). Have materials for Tiger Cub Express (6 SEP) and Den Train Boxes (6 SEP).	Call the Go See It destination to confirm arrangements, times, fees, etc.	Host team writes a thank-you note to the destination of last week's Go See It.
Den leader may collect dues. Den leader checks boys' books for completed advancement requirements and records them on Den Advancement Chart. Boys record own advancement on den doodle, if den has one.				
<b>GATHERING</b>	Start the meeting outdoors and play Runaway Cars (6 SEP).	Play Train Run outdoors if weather permits ( <i>Elective 35</i> ).		
<b>OPENING</b>	Sing "I'm a Little Tiger Cub."	Den leader calls names (e.g., "David Express"); each Tiger Cub comes in with partner holding onto the shoulder of the boy from behind.	GO SEE IT: Visit a train station and ride a train ( <i>Elective 48</i> ).	
<b>SHARE</b>	Boys and partners share something fun they did during the summer. Did they do anything related to trains?—a real train ride, a miniature train, a train movie, or books about trains?	Play Tell It Like It Isn't ( <i>Achievement 4D</i> ). Make up a silly sentence related to trains such as, "The train stopped because an alien ship from Mars landed on its track." Tiger Cubs and partners take turns sharing the photos they brought. Make Den Train Boxes.	OR Visit a train museum or park that has a train ride. OR Participate in a hike that crosses railroad tracks ( <i>Achievement 5G</i> ).	Participate in the monthly pack meeting by sharing the Den Railroad Board Game and information about the den's Go See It.
<b>DISCOVER</b>	Make and play Den Railroad Board Game. Make Railroad Crossing Neckerchief Slides.	Make and play with Tiger Cub Express.	At the end of the trip, lead a reflecting discussion with boys and adult partners about their outing.	Tiger Cubs and adult partners sign a thank-you note.
<b>SEARCH</b>	Plan a Go See It to a train station. If possible ride a train and have a picnic lunch. Ask boys to bring four family photos next week.	Finalize plans for next week's Go See It. Discuss good manners at the train station and on the train.	A totem bead may be presented for completion of <i>Achievement 5G</i> .	
<b>CLOSING</b>	Recite the Cub Scout motto. Boys give a giant roar between words.	Say the Cub Scout Promise in repeat-after-me fashion.		
This month's shared leadership team reviews the meeting. The den leader should meet briefly with the Tiger Cub and adult partner who will share leadership at the next den meeting.				
<b>AFTER THE MEETING</b>	Den leader files tour permit with local council service center for Go See It.	Talk to Tiger Cub team in charge of the next month. Offer resources or ideas as needed.	Den leader fills out den advancement report for the pack leaders' meeting.	Den leader mails the thank-you note.
CHECK WITH YOUR PACK TRAINER OR CUBMASTER FOR ROUNDTABLE DATES AND OTHER TRAINING OPPORTUNITIES.				

# Tiger Cub Den Activities

**Advancement possibilities highlighted in this month's meeting plans: Achievements 4D, 5G; Elective 4.**

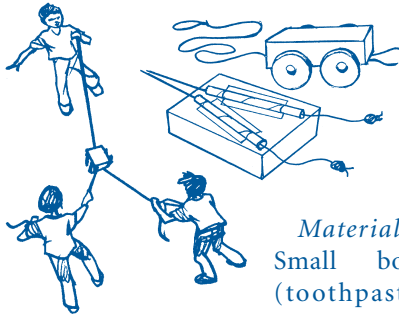
For most Tigers Cubs and adult partners, September is the first time to meet as a den. Games the boys will play are designed to emphasize cooperation and teamwork to help them get to know each other. Adult partners are also encouraged to work together and share with each other during the activities. Tiger Cubs will decorate a box like a train car so that they will have a special place to keep their "Tiger treasures." Memories are precious. Encourage boys to start a family scrapbook with items such as the train tickets collected on this month's Go See It. Plan to do Achievement 4F at home and have a family meal.

## GAMES

### Runaway Cars

This is a tag game. "It" is the locomotive, and all other players are runaway cars. When the locomotive tags a car, the boy tagged hooks onto the locomotive by holding on to his waist. The next boy tagged hooks onto the last car in line, and so on until the train is completed. Boys take turns being the locomotive.

### Tiger Cub Express



*Materials:* Small box (toothpaste box, toothpick box, etc.), drinking straw, duct tape, string, two pony beads

Cut the straw into two equal sections. The length of the straw piece doesn't matter although longer pieces give more stability to the train. Tape the straw pieces on the bottom of the box as shown. Tie a loop in the middle of the string and thread each end through a straw piece. Tie a bead on each end.

You may want to glue four circles on the box sides for train wheels, but take care that they don't interfere with the string's pull action.

*How to play:* An adult partner holds the center loop of the string. Keeping the string taut (so the train stays upright), a boy pulls the two ends apart to see the train travel on the track. This train can go uphill, downhill, or level.

*Variation:* Make the string long and have two Tiger Cubs operate the train as a team, with one being the engineer and the other the conductor. If they work well

as a team, the train can go a long way, even across the room! (They can chant, "We know we can, we know we can.")

### Train Run (Elective 35)

*Setup:* Preset a train course with a switchback (zigzag course around chairs or cones), a tunnel (under a table), a bridge (long piece of lumber to balance on), a train station (a marked place with one passenger waiting), a train yard to hitch another car (an adult), and a roundhouse.

Two Tiger Cubs maneuver the course, with one boy holding onto the waist of the leading boy. At the station, they will pick up a passenger, who will go between the two. At the train yard, they move backward to hitch another car. At the roundhouse, they need to all turn around as a unit.

### Den Railroad Board Game (Elective 3)

*Materials:* One cardboard section for each Tiger Cub, markers or crayons

Arrange the cardboard sections so they touch each other. Then draw a railroad track that goes over all the cardboard pieces. Give one cardboard piece to each Tiger Cub so he can embellish his piece with help from his partner. Here are some ideas:

- Draw ties on the track, 1 to 2 inches apart, where game pieces land.
- Draw two to three hazards or prizes, such as a landslide ("back up two spaces"), a bridge ("jump to the other side"), a station ("lose turn to wait for passengers to get on and off").
- Draw a cow on a track, signals, switches, shortcuts, or detours.
- Draw surrounding scenery.

Games pieces can be train-shaped beads, wood pieces, or bottle caps with train stickers or cutouts on them. You could also use mini craft sticks with a picture of a train on one side and the

Tiger Cub's name on the other. Play as in any board game using a die.

This can be one of the first items for the den chest of games. Bring it out once in a while as one of the den activities.

### RAILROAD CROSSING NECKERCHIEF SLIDE 1

*Materials:* Wooden circle (1½ to 2 in. in diameter), yellow paint, pencil, black permanent marker, ½-in. PVC pipe, glue



Paint the circle yellow. When the paint is dry, use a pencil to lightly draw the design shown. Then trace the design with a permanent marker. Glue a section of PVC pipe on the back.

### DEN TRAIN BOXES (Elective 4)

*Materials:* Shoebox, four photos of family members and pets, clear plastic (report cover, overhead projector sheet), bottle caps, string, paperclips, scissors, glue, scrap paper, markers, assorted boxes

Each Tiger Cub makes a passenger car, which is also a photo frame. He can use this train box to hold his *Tiger Cub Handbook*, neckerchief slides, and other items.

On each end of the box, make two small holes for string. These will be couplers. Cut window openings for pictures and then tape the pictures on the inside of the box. You may want to protect the pictures with clear plastic on the outside. Cover some of the writing on the box with scrap paper and write the Tiger Cub's name (e.g., "Richard Express"). Leave some of the writing and patterns on the box because real train cars have logos on the sides. Glue bottle caps on the sides for wheels.

As a den, make an engine with a shoebox and assorted small boxes. Connect all train cars with paperclips attached to the string. Display at the pack meeting.

# Cub Scout Express: Wolf Den Meetings

Dens may meet after school, in the evenings, or on weekends.

Review the theme pages before planning den meetings.

Full or partial credit may be received for the following advancement possibilities highlighted in this month's meeting plans.

WHEN	FIRST WEEK	SECOND WEEK	THIRD WEEK	FOURTH WEEK
Den leader, den chief, and denner review plans before each meeting and check equipment needed.				
<b>BEFORE THE MEETING STARTS</b>	Have Railroad Crossing Neckerchief Slide supplies (8 SEP).	Set up a 2-by-4 on a flat spot in a grassy area; have large piece of cardboard and paints for Skit Scenery (8 SEP).	Call the field trip destination to confirm arrangements, times, fees, etc.	If needed, denner writes thank-you to last week's destination. Set up materials for Feats of Skill activities ( <i>Achievement 1</i> ). Have supplies for Railroad Treats (8 SEP).
Den leader collects dues.				
<b>WHILE CUB SCOUTS GATHER</b>	Start the meeting outdoors. The den chief explains and leads Hitching Train Cars (8 SEP).	Start outside and have boys do <i>Achievement 1b</i> using the 2-by-4.	Collect permission slips.	Boys sign thank-you note or card. Boys do various Feats of Skill.
<b>OPENING</b>	Den chief leads a flag ceremony. Boys say the Pledge of Allegiance.	Cub Scouts form a circle and follow the den leader in the Law of the Pack.	Review safety precautions and expected behavior for the field trip.	Boys sing "The More We Get Together" ( <i>Cub Scout Songbook</i> ).
Den leader checks boys' books for completed achievements and electives and records them on Den Advancement Charts. Boys record own advancement on den doodle, if den has one.				
<b>BUSINESS ITEMS</b>	Discuss the Cub Scout Express theme and ask boys to share their experience with trains. Explain that the den will present a skit at this month's pack meeting and will practice it all month. Review the Bobcat requirements for any den members who have completed that rank.	Practice the Ticket Line Skit (8 SEP) for the pack meeting. Add extra lines or dialogue so all den members can participate.	Take a trip to a train station or museum that features trains.	Share plans for the pack meeting and practice the skit. Encourage boys to speak clearly and loudly.
<b>ACTIVITY</b>	Make Railroad Crossing Neckerchief Slides. Sing the "Train Song" ( <i>Wolf Handbook, Elective 11c</i> ).	Prepare skit scenery ( <i>Elective 2b</i> ). Play Back to Back (8 SEP).	OR Take a hike to a rural area that has train tracks running through it. Always use safe practices near train tracks and explain the importance of obeying all signals.	Finish Feats of Skill. Make and enjoy Railroad Treats.
<b>CLOSING</b>	Repeat the Cub Scout Promise using the repeat-after-me method. If permitted at your den meeting location, ask Cub Scouts to bring a pocketknife next week. Send home permission slips for field trip during third week.	Form a Living Circle and say the Law of the Pack.		Den leader conducts the Balance den leader's minute (8 SEP).
Denner supervises putting away equipment. Den leader, den chief, and denner review the meeting and check details for the next meeting.				
<b>AFTER THE MEETING</b>	Den leader files local tour permit with council service center for field trip planned for third week.		Den leader fills out den advancement report for the pack leaders' meeting. Discuss with the den chief plans for the Feats of Skill next week.	Den leader mails thank-you note.
CHECK WITH YOUR PACK TRAINER OR CUBMASTER FOR ROUNDTABLE DATES AND OTHER TRAINING OPPORTUNITIES.				



# Wolf Den Activities

**Advancement possibilities highlighted in this month's meeting plans: Achievement 1b; Electives 2b, 11c, 12d.**

Chugga, chugga, rolling down the track! The Cub Scout Express brings Cub Scout fun to Wolf Cub Scouts this month as they explore the world of trains and railroads. Boys will prepare their first skit of the year, complete with costuming ideas and background scenery, and will make a real impression on all the parents and other dens. More important, this will provide a good foundation for pack meeting contributions for the year ahead.

Encourage Cub Scout families to work on additional achievements and electives that support this theme such as:

- *Achievement 6, Start a Collection:* Cub Scouts may find an interest in memorabilia that relates to trains, or coins or stamps.
- *Achievement 9d, Be Safe at Home and on the Street:* This is a good chance for Cub Scouts to be reminded of safety around railroad tracks and the importance of heeding train signals.
- *Elective 5g, Spare Time Fun:* Boys can make a model railroad train to fulfill this requirement.
- *Elective 16, Family Alert:* Fall is a good time to set the stage for any emergency. Cub Scouts can learn how to respond in responsible and helpful ways.

## GAMES

### Hitching Train Cars

Divide the group into teams, which line up relay fashion. Establish a destination (turning point). The first Cub Scout in each line runs to the destination and returns and touches the next player, who hitches on to the first player by grabbing his waist. Then they both run to the destination and return. The third boy hitches on and so forth. The last player is the caboose.

### Back to Back

This game mimics the action of train cars hooking up. The den chief is "It" for the first round. He tags a boy, who hooks up to him by grabbing onto his waist. Other boys join as they are tagged.

### RAILROAD CROSSING NECK-ERCHIEF SLIDE 2

*Materials:* Two mini craft sticks cut into 2-in. lengths, white paint, black permanent marker, ½-in. PVC pipe



Paint the sticks white. When dry, glue them to make an X. With the permanent marker, write "RAIL-ROAD" on the bottom stick and "CROSSING" on the top stick. Glue a section of PVC pipe on the back.

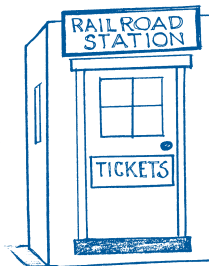
### SKITS AND SCENERY

*(Elective 12d)*

Skits are a good way for the den to have an activity to plan, practice, and perform. Planning will involve who does what, when, and where. Practice will

highlight speaking to the audience clearly and loudly. The performance will be followed by rave reviews from parents and pack members alike.

Enhance the skit with costumes (as simple as different shapes of hats) and background scenery stage. Use large cardboard boxes from appliance stores and paint them. They can then be cut into the needed shapes. For this month's Ticket Line skit, a simple building front with a door will suffice.



### DEN LEADER'S MINUTE: BALANCE

*(Related to Achievement 1b)*

Cub Scouts, when we started our meeting today, we began outside and everyone had the opportunity to walk along a 2-by-4, which is like a railroad tie. This took balance and perseverance. In our lives, we work hard to balance our chores and school work, our family time, and our fun time. Remember as you're balancing all these things to always do your best, and you'll do great.

### SKIT: THE TICKET LINE

*Setting:* Four boys standing in line, waiting to buy train tickets. (Use the number of boys in your den so all boys have a part.)

CUB SCOUT 1: Wow, I hear this train ride is great.

CUB SCOUT 2: I've been waiting six months to go on this train ride. I can't wait for it to start!

CUB SCOUT 3: I hope the tickets aren't all sold out.

CUB SCOUT 4: I wonder when the ticket window will open to sell tickets? I've been standing here for 20 minutes. *(CUB SCOUT 5 walks to the front of the line. The four others get upset.)*

CUB SCOUT 1: Hey, you can't break into line. We were here first!

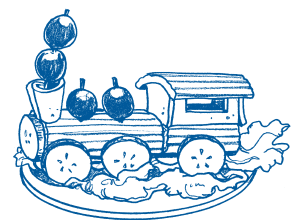
CUB SCOUT 2: Back to the end of the line, buddy!

CUB SCOUT 3: The nerve of some people!

CUB SCOUT 4: We were here first! *(They push him to the end of the line. CUB SCOUT 5 tries again and again, with the same result.)*

CUB SCOUT 5: I give up! They can get someone else to open this ticket window!

### RAILROAD TREATS



*Materials:* Celery pieces, cucumber slices, lettuce leaf, cheese slices, olives stacked on a toothpick

Lay the ingredients out to resemble a locomotive on a plate. Add some dipping salad dressing, and enjoy.

*Take the opportunity for each food activity to reinforce handwashing and food-handling safety.*



# Cub Scout Express: Bear Den Meetings

Dens may meet after school, in the evenings, or on weekends.  
Review the theme pages before planning den meetings.

Full or partial credit may be received for the following advancement possibilities highlighted in this month's meeting plans

WHEN	FIRST WEEK	SECOND WEEK	THIRD WEEK	FOURTH WEEK
Den leader, den chief, and denner review plans before each meeting and check equipment needed.				
<b>BEFORE THE MEETING STARTS</b>	Make copies of Railroad Word Search (10 SEP); have a ball for Silent Ball game (10 SEP).	Have wood for the Train Whistle (10 SEP)—check to make sure that pocketknives are allowed at the den meeting location. If not, please substitute another activity. Prepare poster on Railroad Color Signals and flags (10 SEP).	Call the destination of your outing to confirm arrangements, times, fees, etc.	If needed, denner writes thank-you note to last week's destination. Have items for signal flags. Bring materials for Tin Can Lantern ( <i>Cub Scout Leader How-To Book</i> ).
Den leader collects dues.				
<b>WHILE CUB SCOUTS GATHER</b>	Do the Railroad Word Search.	Collect permission slips. Review knife safety rules as boys arrive.	Collect permission slips.	Boys sign thank-you note. Den chief reviews the poster of Railroad Color Signals.
<b>OPENING</b>	Welcome new den members. Den leader leads the boys in the Cub Scout Promise and the Cub Scout handshake.	Cub Scouts perform a flag ceremony and say the Pledge of Allegiance ( <i>Achievement 3f</i> ).		Boys recite the Law of the Pack.
Den leader checks boys' books for completed achievements and electives and records them on Den Advancement Charts. Boys record own advancement on den doodle, if den has one.				
<b>BUSINESS ITEMS</b>	Discuss the Cub Scout Express theme. Talk to the boys about inviting a friend to join Cub Scouts ( <i>Achievement 24a</i> ). Practice "Down By the Station" ( <i>Cub Scout Songbook</i> ) for the pack meeting.	Discuss the railroad in your town, or somewhere nearby. How was it built? Who built it? When was it built? What trains run on it? Practice "Down By the Station" for the pack meeting.	Visit a train museum, railroad station, or nearby depot.	Boys finish the whittling project. Review and practice the song for the pack meeting. Encourage boys to face the audience and project their voices.
<b>ACTIVITY</b>	Start the Shavings and Chips achievement by reviewing knife safety rules ( <i>Achievement 19a</i> ) and earning the Whittling Chip card ( <i>Achievement 19d</i> ). Play Silent Ball.	Boys identify their "safety circle" ( <i>Achievement 19a</i> ) and start working on their Train Whistles. Go outside and play Where's the Whistle? (10 SEP).	OR Talk to a train conductor or engineer about his/her job. At the end of the trip, lead a reflecting discussion with boys about their trip.	Explain the use of lanterns in railroad history. Make Tin Can Lanterns that look like railroad lanterns.
<b>CLOSING</b>	Den leader files local tour permit with council service center for field trip planned for third week.	Sing "Cub Scouts Whistle While We Work" ( <i>Cub Scout Songbook</i> ).		Boys give the den yell.
Denner supervises putting away equipment. Den leader, den chief, and denner review the meeting and check details for the next meeting.				
<b>AFTER THE MEETING</b>	Den leader files local tour permit with council service center for field trip planned for third week.		Den leader fills out den advancement report for the pack leaders' meeting.	Den leader mails thank-you note.
CHECK WITH YOUR PACK TRAINER OR CUBMASTER FOR ROUNDTABLE DATES AND OTHER TRAINING OPPORTUNITIES.				

# Bear Den Activities

## Advancement possibilities highlighted in this month's meeting plans: Achievements 19, 24a.

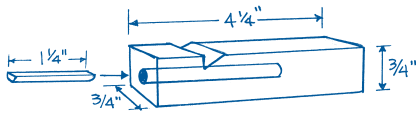
Whoop, whoop!...the Cub Scout Express is rolling down the track to great Cub Scout fun. The highlight of this month's activities is earning the Whittling Chip card and making a train whistle, much to the delight of railroad fans everywhere. As the den fun of the year begins, explain the denner system and expectations for behavior, and review the current den flag. Perhaps the boys will choose to create a new flag to be used during the time they are Bear Cub Scouts. Highlight the month with a trip to see a train or places where trains have traveled.

Encourage Cub Scout families to work on additional achievements and electives that support this theme such as:

- *Achievement 12b*, Family Outdoor Adventures: Go on a hike with your family. Walk along an old railroad track if there is one in your area.
- *Achievement 8e*, The Past Is Exciting and Important: Find out what trains used to run through your community—where they were heading, what they carried, and more.
- *Elective 11*, Photography: With adult supervision, take pictures of trains that go through your town.

## TRAIN WHISTLE

(Achievement 19c)



Shape of 1¼-inch long dowel/plug to insert in the pre-drilled hole.

**Materials:** ¾-by-¾-4¼ in. hardwood stock (such as poplar)

⅙-in. dowel, cut into 1 ¼-inch long pieces

Pre-drill the wood with a ⅙-in. hole through the center. Extend the hole 2 ½ in. deep. Boys whittle the block to make a notch for the whistle sound (see illustration). Cut the dowel so it is 1¼ in. long. Flatten one side of it with a file. Insert the flattened dowel through the center hole, flat side up. Test for sound. When the desired sound is found, glue the dowel in place.

## GAMES

### Where's the Whistle?

(Achievement 15b)

Play this game in an open area. Blindfold Cub Scouts and have them stand in a line at one end of the field. The den chief goes to the other end and blows a whistle every now and then. The blindfolded boys try to reach the whistle-blower and touch him. The den chief can stoop down, but he shouldn't move around. As soon as a boy touches the den chief, he slips off his blindfold and steps aside as an observer. The den chief should also make sure that the Cub Scouts don't run into anything—warning them if they are about to.

### Silent Ball

Boys form a circle (sitting in chairs or

standing) and throw a foam or rubber ball to another boy in the circle. They can't talk or use hand signals to tell who they are throwing to. A boy is out if his throw isn't directly to another boy, is too hard or too high, or if he makes noise of any kind.

In a follow-up reflection, remind boys that communication is important. In this game there were no communication signals. Discuss how this affects the game.

## AUDIENCE PARTICIPATION:

### CHOO-CHOO TRAIN

Practice this as an audience participation to share at the pack meeting.

**LEADER:** This is a choo-choo train (*bends arms at elbows*)

Puffing down the track (*rotates fore-arms in rhythm*)

Now it's going forward (*pushes arms forward; continues rotation motion*)

Now the whistle blows (*pulls whistle cord with closed fist*)

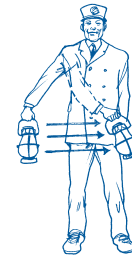
What a lot of noise it makes! (*cover ears with hands*)

## RAILROAD COLOR SIGNALS

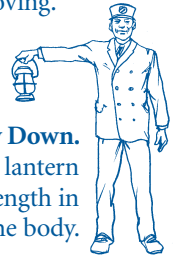
Different colors have had different meanings for railroad workers over the years. Before electricity, flags were colored to send messages. Some of the earliest colors were red for "caution, or stop," white for "safe, or go," and green for "go slowly with caution." Blue would stop a train for other traffic.

To make signal flags, use 12-inch dowel rods and construction paper. Tape or glue the construction paper to the dowel rod. On the back of the construction paper, the boys can write what their flag means. They can use their flags as a display at the next pack meeting.

## LANTERN SIGNALS



**Stop.** Swing the lantern across the tracks when the train is moving.



**Slow Down.** Hold the lantern at arm's length in front of the body.



**Go.** Raise the lantern up and down.



**Do Not Go.** Swing the lantern above your head back and forth.

## RAILROAD WORD SEARCH

Find the following words. They may go up, down, backwards, or diagonally.

Conductor	Engineer
Railroad	Tracks
Crossing	Lantern
Whistle	Caboose
Engine	Signal

C	O	N	D	U	C	T	O	R	G	T
N	R	E	T	N	A	L	J	L	R	D
W	T	N	C	T	B	H	H	A	G	A
S	H	G	R	T	O	N	C	Q	L	O
B	D	I	O	S	O	K	L	T	E	R
O	T	N	S	N	S	I	G	N	A	L
P	A	E	S	T	E	S	O	T	E	I
W	N	T	I	E	L	A	L	A	R	A
A	L	S	N	A	Q	E	T	Q	S	R
T	E	N	G	I	N	E	E	R	O	T