

**Powahay District—CT Yankee Council BSA
2012 Cub Scout Polar Bear**



**Native American Winter Games
& The Legend of Powahay**
Saturday, Feb. 4, 2012
Cub Scout Leaders Packet



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Powahay District—CT Yankee Council BSA
2012 Cub Scout Polar Bear
Native American Winter Games
& The Legend of Powahay
Saturday, Feb. 4, 2012



The Powahay District Cub Scout Activities Committee invites you and your Cubs to the Annual Cub Scout Polar Bear, with this year's theme – **Winter Games & the Legend of Powahay** – based on Native American local history, customs and games. Join us for games, crafts, earn a belt loop and winter fun! Lunch included.

When: Saturday, February 4, 2012
Where: St. Mark's Episcopal Church,
 111 Oenoke Ridge (Route 124) New Canaan
Who: All Cub Scouts and their families.
Time: 10:00 a.m. to 2 p.m.
Fees: \$10.00 per Youth/Adult
Includes Lunch, Craft, Patch, Supplies, Facility use.



◆ **Advance Registration Required by January 25** to ensure we have enough food for lunch, patches, craft kits and other supplies. Those that sign up after Jan. 25, the fee will remain at \$10/person but we will not be able to provide a lunch ticket and we cannot guarantee a patch.

Contact:
 ◆ Registration: David Rennie, 203.876.6868, Ext. 238, drennie@bsamail.org
 ◆ Program information:
John Hanks District Commissioner 203-325-9077 at johnwhanks@hotmail.com or Mark Greene District Vice-Chairman of Program at greenemark@optonline.net.

Fun for the Entire Family
 Great Patch — and sure to be a collector item.
 A very cool “glow in the dark” Arrowhead and Bear Claw Craft Kit.
 Close by with indoor warming area & indoor/outdoor activities
 Eight action stations including:
 • Sling Shots
 • LaCrosse Relay
 • Indian Corn Cob Dart Game
 • Klondike Sled Race
 • Snow Shoes/Snow Sculpture,
 • Earn the Conservation and Wildlife Belt Loop
 • A Chief Ponus Scavenger Hunt,
 • The Legend of Powahay and Craft Station
 Lunch included!!!
 All for only \$10.00 per Youth/Adult
 Get your payment in by Jan. 25.

POWAHAY CUB SCOUT POLAR BEAR REGISTRATION FORM | Saturday, Feb. 4, 2012

Mail to: Connecticut Yankee Council, Attn: Dave Rennie, PO Box 32, Milford, CT. 06460

PLEASE SUBMIT ONE REGISTRATION PER PACK NO LATER THAN JANUARY 25*

*(NO lunch ticket and we cannot guarantee a patch for registrations after Jan. 25. Fees remain at \$10 per scout/adult.)

Pack _____ **Cubmaster / Contact** _____

E-mail _____ **Phone** _____

of Cub Scouts _____ @ \$10.00 = _____
 # of siblings/other youth* _____ @ \$10.00 = _____ *participating in activities
 # of adults _____ @ \$10.00 = _____

Total Fees Enclosed \$ _____

Method of Payment: Check MasterCard VISA AMEX Unit Account

Account No# _____ Expiration Date _____

Signature _____ Name on Card _____

Mail to: Connecticut Yankee Council, Attn: Dave Rennie, PO Box 32, Milford, CT. 06460

Activity Acct No#: 1-6801-181-20

Cub Scout Polar Bear— Saturday, February 4, 2012

Native American Winter Games & The Legend of Powahay — Program Notes

Polar Bear Schedule		
10 to 10:30	Gathering	Indoors
	Leaders Check In Activities & cartoons	
10:30-10:40	Opening	Indoors
10:40-11:00	Station	
11:00-11:20	Station	
11:20-11:40	Station	
11:40-12:20	Lunch	Indoor
	Lunch served during this time only	
12:20-12:40	Station	
12:40-1:00	Station	
1:00-1:20	Station	
1:20-1:40	Station	
1:40-2:00	Station	
2:00	Closing	Indoors

**Polar Bear Staff/Assignments:
Program:**

- John Hanks, Mark Greene and Missy West
- Patch Design: John Hanks
- Station Assignments, Communications, forms and flyers: John Hanks
- Station Rotations, map etc. Missy West

Registration/check in:

- David Rennie

First Aid/Health and Safety:

- Steve Coe

Lunch:









- Craig Orr and Pack 11 Stamford

Stations Assignments:

- Station 1: Pack 55 Darien
- Station 2: John Hanks & Troop 5 Stamford
- Station 3: Pack 70 New Canaan
- Station 4: Pack 61 Norwalk
- Station 5: Troop 70 New Canaan
- Station 7: Pack 95 New Canaan
- Station 8: Need Someone

District Support:

- Mike Kraus
- Kevin Smith
- Chet Wickett

Native American Winter Games & The Legend of Powahay Eight Action Stations	
1	 <p>Slingshot Station — The Native American toys of the young boys were usually things like mini bow and arrow sets, slingshots, and fishing spears and equipment. At first these would be made for them by their fathers and then they learned to make their own and started hunting small animals such as rabbits and squirrels. — Run by Pack 55 Darien</p>
2	 <p>The Legend of Powahay and Craft Station (indoor): Have you ever wondered about the origin of the name of our district Powahay? Learn about the Legend of Powahay and make a very cool “glow in the dark” Arrowhead and Bear Claw Craft Kit. — Run by John Hanks & Troop 5 Stamford</p>
3	 <p>Chief Ponus Treasure Hunt & Winter First Aid: The hunt will follow the pattern of the actual treasure search sponsored by Chief Ponus in 1640 when he called upon the youth of his tribe to find his son, who became lost in the woods. Ponus ordered his braves to distribute treasure all over the territory and announced that the treasure would be theirs, if they searched woods. The Indian boys, under the leadership of young braves, gleefully romped through the woods to recover the treasure and in turn found Chief Ponus lost son. — Run by Pack 70 New Canaan</p>
4	 <p>Conservation & Wildlife Belt Loop Station (indoor): This station will cover the Conservation and Wildlife Belt Loop Requirements. The actual Belt Loop will not be provided and must be purchased and presented on a pack level. — Run by Pack 61 Norwalk</p>
5	 <p>Klondike Sled Race Station: A traditional fun and challenging Klondike Derby sled race. — Run by Boy Scout Troop 70 New Canaan</p>
6	 <p>Corn Cob Dart Game —Native Americans developed various types of games both to have fun and to teach basic survival skills. Many tribes engaged in some version of the corncob dart games which was most often played with a ring and corncobs pierced with arrows. — Run by Pack 66 Norwalk</p>
7	 <p>LaCrosse Relay — The game of lacrosse was invented by the Native American tribes. Some called the sport “the little brother of war” because it was considered excellent military training. Others called their version of the game “baggataway” or “tewaraathon”. — Run By Pack 95 New Canaan</p>
8	 <p>Snow Shoe Race and Snow Sculpture Station: Cub Scouts will learn like Native American did on how to walk on top of snow and have fun making snow sculptures. —</p>

Powahay District 2012 Cub Scout Polar Bear — Leaders Guide

The following information and guidelines will assist in making Cub Scout Polar Bear fun for our Cub Scouts and their Cub Families; as well as assisting the Cub Scout Activities Staff to provide a great day for all with as little stress as possible. Thank you for your anticipated cooperation.



Webelos 2 at Polar Bear

This will be the final district event for our Webelos 2 and we would like to do a brief and special recognition for them at the closing ceremony and have them serve as the honor guard for the opening/closing ceremonies.

American Indian Awareness in Scouting Activities

Cub Scout leaders need to be mindful that a positive and respectful attitude toward all people and cultures must be conveyed to all Cub Scouts at all times, thus fulfilling one of the aims of Scouting (building character). In dealing with American Indian culture, Cub Scout leaders should be mindful of the following:

- As in all aspects of Scouting, teach respect for all people, no matter how they talk, look, or act; what they eat, or how and where they live. Teach Cub Scouts that people are not so different from themselves, and they should respect everyone they meet.
- Keep skits, cheers, and yells positive and never use derogatory phrases and demeaning undertones. It is entirely possible to have fun and yet stay within policies and guidelines.
- The best way to teach a Cub Scout is by example; after all, you can't lead anyone anywhere if you're not going that way too! See the Cub Scout Leader Book for more on "American Indian Emphasis in Cub Scouting."

Advance Registration Required by January 25

This allows us to make sure we have enough food for lunch, patches, craft kits and other supplies. Also helps us to establish rotation teams that are equal in numbers. Those that sign up after Jan. 25, the fee will remain at \$10/person but we may not be able to provide a lunch ticket and we cannot guarantee a patch or craft kit.

Gathering Activity — Arrive by 10 AM!

We are working on gathering activities and will have movie or cartoons to entertain Cub Scouts and siblings while leaders registered their Packs during the 10 to 10:30 Gathering period.

CHECK IN will occur in the hallway of the Church at 10 to 10:15 SHARP:

- To speed up the registration process and ensure that the activities begin on time - we ask that you please designate only one person from your unit to check in at the registration table. No one other than that person should approach the registration table. When this happens it confuses staff and delays the check-in process.
 - Full Roster required at check in.
- A second person from your unit that families can report to while a leader is checking in your pack is highly recommended. Also make sure that members know their Pack Number - believe it or not there are still people out there that do not know their Pack's Number.

Native American Winter Games & The Legend of Powahay

- Packs attending are divided into groups named for various Indian Tribes. Each station lasts 20 minutes. All stations are crewed by volunteers - please follow their instructions; stay on schedule; and thank them for their time.
- An air horn will announce the time to move on to the next activity. Please move quickly and orderly to the next station.
- Please remember ... Doing one's best is most important. HAVE FUN!!!! If at the end of the day we have smiling Cub Scouts because they enjoyed the spirit of the day, then we will have true winners!
- **Weather hot-line.** This is a Rain/Snow/Shine event. However, in the event of **severe** weather that would lead to event cancellation – Dave Rennie will leave a message on his voicemail back at Council. To avoid tying up the line, please have your designated check-in person to call and check, then utilize a phone tree within your Pack. The number is 203-876-6868 Ext. 238. Since it is a Saturday, there will not be a receptionist, so it is important to dial the extension. We will do our best to reschedule the event.

Guidelines — Please share with all participants:

- No refunds for no shows.
- Lunch will only be served during the 11:40-12:20 period. We cannot accommodate lunch for late arrivals.
- To minimize the impact on the church and so that they can be ready for Sunday services, porta-johns will be available outside. Church use is limited to the main Hallway and Morrill Hall.
- This is still an outdoor event and boys and parents should dress appropriately for the day. The church is available for warming, first aid, lunch and two stations will take place indoors.
- When arriving at and departing from St. Mark's please drive slowly as there will be lots of children in and around the area so extra care must be taken.
- Please be careful of outside conditions, ice and snow.
- Snow ball fights are NOT permitted and can cause serious injuries. Please review with your Scouts and help us enforce this guideline.
- Car Pooling is always a good idea.

Pack and Den Activities to Prepare for The Polar Bear Native American Winter Games

Do you know who lived where you live 500 years ago? Use your Pack and Den Meetings to learn about the American Indian tribes that previously lived in your community. Make a poster of local Native American History and have your Cubs share their new knowledge at the Polar Bear. The Following are ideas and suggestions to do at Pack or Den Meetings from the American Nations Cub Scout Program Theme:

For Tiger Cubs — Indian Skills Relay: This is a relay game. Different adult partners are at each stop to help Tiger Cubs. (Assign one relay task to each adult partner to share the preparations.)

- Stop 1: Crossing the River. Make 5 to 10 stones out of cardboard. Space these 1 to 2 feet apart. Tiger Cubs must crossover without stepping off or they will need to start over and try again.
- Stop 2: Hunting for Dinner. Have target cutouts. Give each Tiger Cub three straws with the wrappers still on them. Have them blow the wrappers at the targets.
- Stop 3: Hitching Your Horse. Tie the “horse” to the post with an overhand knot. (Have a stick horse or just the rope close to a horizontal pole.)
- Stop 4: Stacking Firewood. Have pieces of wood in a heap. Have boys stack the wood in teepee style. Then knock over to put out the fire.
- Stop 5: Making a Bedroll. Tiger Cubs take the time to unroll a sleeping bag, climb inside, get out, and then roll it back up.

Talking Stick Craft

Materials: Stick or dowel rod approximately ½ by 24 in., yarn, small scrap of fur or felt, jingle bells, leather or suede cord, pony beads, feathers, shells, craft glue, scissors



Cut a piece of fur 1 by 2 in. Wrap it around the end of the stick and glue it. Spread a little glue at the end of the dowel or stick near the fur. Wrap yarn tightly around the stick, adding more glue as needed. Cover about 5 in. of the stick, changing the color if desired. Tie suede lace near the bottom of the yarn wrap. Thread the lace through bells, beads, feathers, or shells—however boys want to decorate it—and knot again.

Talking Stick Legend

Whoever holds the talking stick has within his hands the sacred power of words. Only he can speak while he holds the stick; the others must remain silent. Feathers tied to the talking stick give him the courage and wisdom to speak truthfully and wisely. Rabbit fur on the end of the stick reminds him that his words must come from his heart and that they must be soft and warm. The speaker should not forget that he carries within him a sacred spark of the Great Spirit, and therefore he is also sacred. If he feels he cannot honor the talking stick with his words, he should refrain from speaking so he will not dishonor himself. When he is again in control of his words, the stick will be returned to him.

For Wolf and Bears

Leg Wrestling: Two boys lie side by side on their backs with their heads in opposite directions. They hook right elbows. When the leader counts “one,” they raise their right legs and touch them together. At count “two,” they do this again. At “three,” they hook their right knees and try to turn each other over.



Lakota Relay Race: Divide the den into groups. Set cones out in the playing area with a designation that the cone represents trees, river, or mountain. The first boy in each line races past one cone (racing through trees), hops over the second cone (hopping across a river), and runs around the third cone (runs around a mountain). Return the same way and tag the next player in line.

Stick Dice: Materials: Three craft sticks per boy, red and black markers



Some American Indians used Stick Dice, which are two sided pieces of decorated wood, bone, or horn. Decorate yours with the markers, using all black on one side, and all red on the other. Play the game. Two players take turns throwing the dice. The first player tosses the dice on the floor. The score depends on how the dice fall. Players continue taking turns until one has 20 points. Sample Scoring — Three

black sides up = 3 points, Three red sides up = 2 points, Two black and one red = 1 point Two red and one black = 0 points.

Navajo Fry Bread: Ingredients: 3 C. sifted flour, 3 t. baking powder, 1 t. salt, 1 heaping t. sugar, 1 C. lukewarm water, vegetable oil Add baking powder, salt, and sugar to sifted flour. Mix well, adding water to form dough. Roll out ½ in. thick. Cut into squares and cut slits in each square. Fry in hot oil until golden. Remove, let cool; serves 10.

Cubmaster Minute: Chief Seattle, a leader of the Suquamish tribe in what is now the state of Washington, gave a speech in 1854. What he said was not recorded, but today we attribute these words to him: If all the beasts were gone, Man would die from loneliness of spirit, For whatever happens to the beast, Happens to man. All things are connected. Whatever befalls the earth, Befalls the sons of the earth.



Directions:

St. Mark's Episcopal Church, 111 Oenoke Ridge (Route 124) New Canaan, CT 06840

From the Merritt Parkway

- Driving south on the Merritt Parkway: Take Exit 37 and turn left on South Avenue (Route 124). Continue on South Avenue for 1.9 miles to Cherry Street (at the Gulf Station). Turn right on Cherry (Route 124) and proceed one block to Main Street. Turn left on Main (Route 124) and drive through town. After passing Town Hall on the left and the fire station on the right, go up the hill, curving to your right at the Peace Cross and passing St. Michael's Lutheran Church on your right. After a sharp curve to your right, continue for about 200 feet. You will see St. Mark's on your right.
- Driving north on the Merritt Parkway: Take Exit 37 and take your first left at the sign to New Canaan, which puts you on South Avenue (Route 124). Follow the directions given above for those driving south on the Merritt.

From the Connecticut Turnpike (I-95):

- Driving south on the Connecticut Turnpike: Take Exit 13 and turn left on Boston Post Road (U.S. 1). Go 0.9 mile to Mansfield Avenue (Route 124) in Darien (Post Corner Pizza). Turn right on Mansfield and continue for 5.1 miles across the Merritt Parkway and into New Canaan. (Mansfield Avenue becomes South Avenue.) Follow the directions given above for driving south on the Merritt Parkway.
- Driving north on the Connecticut Turnpike: Take Exit 11 and turn left on the Boston Post Road (U.S. 1). Go 0.4 mile through Darien, under the turnpike bridge and the railroad bridge, to Mansfield Avenue (Post Corner Pizza). Turn left on Mansfield and follow the directions given above for those driving south on the Turnpike.