GUIDE BOOK

Troop 103
Arcadia, CA

www.Troop103.net



NAME:_____
_

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TROOP 103 CODE OF CONDUCT

1. Safety First
2. Always use the buddy system
3. Be Kind
4. Use appropriate words ?
5. Keep hands to yourself ?
6. Follow the Outdoor Code and Leave No Trace
7. In case of emergency or first aid, locate a leader
8. Fire Safety: Fireman Chit is required to handle fire
9. Knife Safety: Totin Chit is required to handle a knife
10. Quiet hours when camping:10pm to 6:30am



SCOUT ESSENTIALS

SCOUT OATH

On my honor,
I will do my best
To do my duty to God and
my country, and to obey
the Scout Law;
To help other people at all times;
To keep myself physically
strong, mentally awake
and morally straight.

SCOUT LAW

A Scout is...

Trustworthy Loyal Helpful
Friendly Courteous Kind

Obedient	Cheerful	Thrifty
Brave	Clean	Reverent

OUTDOOR CODE

As an American, I will do my best to
Be clean in my outdoor manners,
Be careful with fire,
Be considerate in the outdoors, and
Be conservation-minded

Scout Slogan "Do a Good Turn Daily"
Scout Motto "Be Prepared"

EDGE METHOD

E Explain how it is done
D Demonstrate the steps
G Guide learners as they practice
E Enable them to succeed on their own

TEN ESSENTIALS

1. First-aid kit
2. Trail food
3. Water bottle
4. Sun protection (hat, sunscreen & sunglasses)
5. Extra clothing
6. Flashlight/headlamp
7. Firestarter
8. Pocketknife
9. Rain gear

10. Map and compass

CAMPING CHECKLIST

Ten Essentials and Scoutbook w/ pen

1. Daypack & backpack
2. Sleeping Gear – Tent, sleeping bag & pad
3. Appropriate Clothing: Shirts, pants, underwear, socks
    a. Class B and C Uniform
    b. Warm jacket & gloves (if needed)
    c. Swimsuit & rash guard (if needed)
4. 2 towels (Swim & Shower)
5. Tennis shoes, flip flops and water shoes (if needed)
6. Toiletry Kit (Deodorant, chapstick, etc.)
7. Watch
8. Camp chair
9. Water filtration (if needed)
10. Eating/Cooking Kit: Mess kit and stove w/ fuel (if needed)

FLAG CEREMONY

Have the color guard in the back, ready holding the flags. The US Flag is on the right, then State flag, then Troop flag on the left.

Leader: "Color Guard, Attention!"

Leader: "Audience, Please Rise!"

Leader: "Scout Salute! Those not in uniform, please place your right hand over your heart."

Leader: "Color Guard, Forward March!"

Leader: "Color Guard, Halt!"

Leader: "Color Guard, Cross the Colors!"
State & Troop flags stop. US Flag crosses in front of other flags to left-most side (viewed from the audience), then State flag advances, then Troop flag. Flag bearers move to flag pole.

Leader: "Color Guard, Post the Flag of the United States of America! "

Leader: "Color Guard, Post the Flag of the Great State of California "

Leader: "Please recite the Pledge of Allegiance!"

Leader: "TWO!" Everyone drops salute.

Leader: "Scout Sign!"
Everyone raises right hand making the Scout sign.

Leader: "Please join us in reciting the Scout Law, Scout Oath, and Outdoor Code"

Leader: "TWO!" Everyone drops Scout sign.

BASIC KNOTS

Fifteen Basic Knots



Bowline Knot



Double Carrick Bend



Double Overhand Knot



Double Sheet Bend



Figure Eight Knot



Fisherman's Knot



Granny Knot



Overhand Knot



Running Knot



Sheepshank



Sheet Bend Knot



Square Knot



Stevedore Knot



Tiller's Hitch



Two Half Hitches

PATRIOTIC SONGS

America the Beautiful

O beautiful for spacious skies,
For amber waves of grain,
For purple mountain majesties
Above the fruited plain!
America! America!
God shed His grace on thee
And crown thy good with brotherhood
From sea to shining sea!

Star-Spangled Banner

O say, can you see, by the dawn's early light,
What so proudly we hailed at the twilight's last gleaming?
Whose broad stripes & bright stars through the perilous fight
O'er the ramparts we watched, were so gallantly streaming?
And the rockets' red glare, the bombs bursting in air,
Gave proof through the night that our flag was still there;
O say does that star-spangled banner yet wave,
O'er the land of the free and the home of the brave?

God Bless America

God bless America, land that I love.
Stand beside her and guide her
Through the night with the light from above.

From the mountains to the prairies,
To the oceans white with foam,
God bless America, my home sweet home,
God bless America, my home sweet home.

America: My County, ‘tis of Thee

My country, 'tis of thee,
sweet land of liberty,
of thee I sing:
land where my fathers died,
land of the pilgrims' pride,
from every mountainside
let freedom ring!

This Land is Your Land

This land is your land, and this land is my land
From California to the New York Island
From the Redwood Forest to the Gulf Stream Waters
This land was made for you and me

As I went walking that ribbon of highway
And I saw above me that endless skyway
I saw below me that golden valley
This land was made for you and me

You’re a Grand Old Flag

You're a grand old flag,
You're a high-flying flag,
And forever in peace may you wave.

You're the emblem of the land I love,
The home of the free and the brave.
Ev'ry heart beats true
'Neath the Red, White and Blue,
Where there's never a boast or brag.
But should auld acquaintance be forgot,
Keep your eye on the grand old flag.

California Here I Come

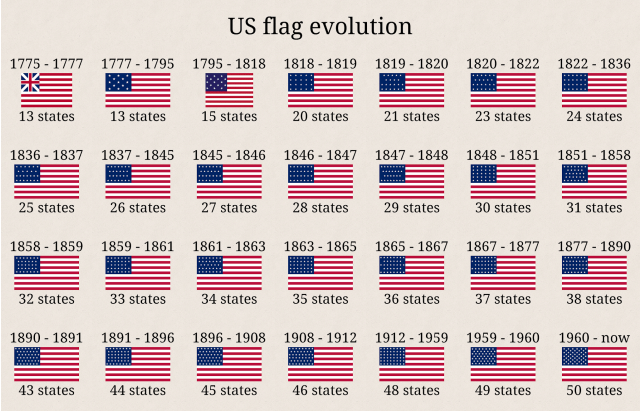
California, Here I Come
Right back where I started from
Where bowers of flowers
Bloom in the spring
Each morning at dawning
Birdies sing at everything
A sunkissed miss said, "Don't be late!"
That's why I can hardly wait
Open up that golden gate
California, Here I Come

Home on the Range

Oh give me a home where the buffalo roam,
Where the deer and the antelope play,
Where seldom is heard a discouraging word,
And the skies are not cloudy all day.

Home, home on the range,
Where the deer and the antelope play,

Where seldom is heard a discouraging word,
And the skies are not cloudy all day.



SCOUT SONGS

Philmont Hymn

Silver on the sage,
Starlit skies above,
Aspen covered hills,
Country that I love.
Philmont, here's to thee,
Scouting Paradise,
Out in God's country, tonight.

Wind in whispering pines,
Eagles soaring high,
Purple mountains rise,
Against an azure sky.
Philmont, here's to thee,
Scouting Paradise,
Out in God's country Tonight.



Scout Vespers

Softly falls the light of day,
While our campfire fades away.
Silently each scout should ask,
"Have I done my daily task?
Have I kept my honor bright?
Can I guiltless sleep tonight?
Have I done and have I dared
Everything to be prepared?

Listen Lord, oh listen Lord,
As I whisper soft and low.
Bless my mom and bless my dad,
These are things that they should know.
I will keep my honor bright,
The Oath and Law will be my guide.

And Mom and Dad this you should know,
Deep in my heart I love you so.

Quietly we now will part,
Pledging ever in our heart,
To strive to do our best each day,
As we travel down life's way.
Happiness we'll try to give,
Trying a better life to live.
'Til all the world be joined in love,
Living in peace under skies above.

FUN SONGS

Scout Vesper - Funny Version

Softly falls the rain today
As our campsite floats away,
Silently each Scout should ask,
"Have I brought my scuba mask?
Have I tied my tent flaps down,
Learned to swim so I don't drown,
Have I done and will I try,
Everything to keep me dry?"

Boom Chica Boom! *This is a "repeat after me" song.*

I Said A Boom Chica Boom! (repeat)
I Said A Boom Chica Boom! (repeat)
I Said A Boom Chica Rocka Chica Rocka Chica Boom! (repeat)

U-HUH (repeat)
OH-YEA (repeat)
One More Time (repeat)

Underwater Style
(Wiggle your fingers over your lips while singing)

Motorcycle Style (Make a driving action)
Vroom-Chick-A-Vroom
Vroom-Chick-A-Rocka-Chick-A-Rocka-Chick-A-Vroom

Janitor Style (Make a sweeping action)
Broom-Push-A-Broom
Broom-Push-A-Mop-A-Push-A-Mop-A-Push a Broom

Do Your Ears Hang Low?

Do Your Ears Hang Low?
Do They Wobble to and Fro?
Can You Tie Them in a Knot?
Can You Tie Them in a Bow?
Can You Throw Them Over Your Shoulder Like a Continental Soldier? Do Your Ears Hang Low?

Do Your Ears Hang Low?
Do Your Ears Hang High?
Do They Reach Up to the Sky?
Do The Droop When They're Wet?
Do They Stiffen When They're Dry?
Can You Semaphore Your Neighbor with a
Minimum of Labor? Do Your Ears Hang High?

Do Your Ears Hang High?
Do Your Ears Hang Wide?
Do They Flap From Side to Side?
Do They Wave in the Breeze?
From the Slightest Little Sneeze?
Can You Soar Above the Nation with a Feeling of
Elation? Do Your Ears Hang Wide?

Do Your Ears Hang Wide?
Do Your Ears Fall Off?
When You Give a Great Big Cough?
Do They Lie There on the Ground?
Or Bounce Up at Every Sound?
Can You Stick Them in Your Pocket Just Like Little
Davy Crockett? Do Your Ears Fall Off?



I Met a Bear *This is a "repeat after me" song.*

The other day, (repeat)
I met a bear, (repeat)

Out in the woods, (repeat)
Oh way out there. (repeat)

The other day, (altogether)
I met a bear,
Out in the woods,
Oh way out there.

He looked at me, (repeat)
I looked at him, (repeat)
He sized up me, (repeat)
I sized up him. (repeat)

He said to me, (repeat)
"Why don't you run? (repeat)
I see you ain't, (repeat)
Got any gun." (repeat)

And so I ran, (repeat)
Away from there, (repeat)
But right behind me, (repeat)
Was that bear. (repeat)

But up ahead, (repeat)
Of me, I see, (repeat)
A great big tree, (repeat)
Oh lucky me.(repeat)

And so I jumped, (repeat)
Into the air, (repeat)
But I missed that branch, (repeat)
A way up there. (repeat)

Now don't you fret, (repeat)
And don't you frown, (repeat)
I Caught that branch, (repeat)
On the way back down! (repeat)

This is the end, (repeat)
There aint no more, (repeat)
Unless I see, (repeat)
That bear once more. (repeat)

Waddely-Atcha

Wally acha, wally wacha, (Slap, then cross hands.)

Doodley do, doodley do. (Touch nose & ear with opposite hands.)

Wally acha, wally acha, (Slap, then cross hands.)

Doodley do, doodley do. (Touch nose and ear.)

It's a simple little song there's not much to it,(Slap, then cross hands.)

All you've got to do is doodley do it. (Touch nose and ear.)

I like the rest, but the part I like best goes…

Doodley, doodley do. Poo poo! (Pull ears.)

Alligator

Start with making a big alligator mouth with arms. At the beginning sing very slowly & loudly. Slowly progress down with each verse to eventually using your hands as the alligator's mouth and whispering.

This is a "repeat after me" song. This is a do as I do song.

Al-li-ga-tor (Repeat)

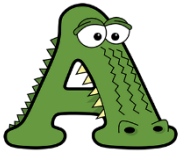
Al-li-ga-tor (Repeat)

Al-li-ga-tor is my friend, (Repeat)

He can be your friend too. (Repeat)

If only you would understand(Repeat)

Al-li-ga-tors have feelings too. (Repeat)



On Top of Spaghetti

On top of spaghetti, all covered with cheese,
I lost my poor meatball, when somebody sneezed.

It rolled off the table, and on to the floor,
And then my poor meatball, rolled out of the door.

It rolled in the garden, and under a bush,
And then my poor meatball, was nothing but mush.

The mush was as tasty as tasty could be,
And then the next summer, it grew into a tree.

The tree was all covered with beautiful moss,
It grew meatballs, with tomato sauce.

So if you eat spaghetti, all covered with cheese,
Hold on to your meatball and don't ever sneeze.



Tarzan *This is a repeat after me song.*

TARZAN!
Was swinging on a rubber band
Smashed into a frying pan
Now Tarzan's got a tan

JANE!
Was flying in an aeroplane
Smashed into a freeway lane
Now Jane's got a pain
Now Tarzan's got a tan

CHEETA!
Was walkin' down the streeta
Groovin' to the beata
Now Cheeta is veleeta

SHAMU!
Was swimmin' in the ocean blue
Smashed into a big canoe
Now Shamu's gonna sue

Now Cheeta is velveeta
Now Jane's got a pain
Now Tarzan's got a tan

SQUIRREL!
Was ridin' on the tilt a whirl
Crashed into a little girl
Now Squirrel's gonna hurl
Now Shamu's gonna sue
Now Cheeta is velveeta
Now Jane's got a pain
Now Tarzan's got a tan

MONKEY!
Was swingin' from tree to tree
Got stung by a bumblebee
Now Monkey is so funky

ROGER!
Was pitchin' for the Dodgers
Hit someone larger
Now Roger's not a Dodger

KING TUT!
Doin' the Egyptian strut
Fell into a rut
Now Tut's on his butt

CHARLIE!
Was ridin' on his Harley
Crashed into Bob Marley
Now Charlie's not so gnarly

RHONDA!
Was drivin' in her Honda
Drove into a pond-a
Now Rhonda has no Honda



Head, Shoulders, Knees and Toes

Head, shoulders, knees and toes,
knees and toes
Head, shoulders, knees and toes,
knees and toes
And eyes and ears and mouth and nose
Head, shoulders, knees and toes,
knees and toes.

Each verse is repeated, with one word being omitted each time, just touching their body parts, without actually saying the word. For example:

Verse 2 : ----, shoulders, knees and toes
Verse 3 : ----, ----, knees and toes
Verse 4 : ----, ----, ----, and toes

Verse 5: ----, ----, ----, and ----



I Love the Mountains

I love the mountains,
I love the rolling hills.
I love the flowers
I love the daffodils.
I love the fireside
When all the lights are low.

Boom-de-ah-da, Boom-de-ah-da.
Boom-de-ah-da, Boom-de-ah-da, Boom!

Frogs Go Pop **(Not BSA Approved)**

We all know frogs go
POP in the microwave,
POP in the microwave,
POP in the microwave,
We all know frogs go
POP in the microwave,
When you turn it on.

We all know frogs go
SQUISH when you step on 'em,
SQUISH when you step on 'em,
SQUISH when you step on 'em,
We all know frogs go

SQUISH when you step on 'em,
So better wipe your shoes.

We all know frogs go
WHIZZzzz in the blender,
WHIZZzzz in the blender,
WHIZZzzz in the blender,
We all know frogs go
WHIZZzzz in the blender,
When you turn it on!

The Hokey Pokey

You put your right arm in, take your right arm out.
You put your right arm in, and you shake it all about.
You do the Hokey Pokey and you turn yourself around, that's what it's all about!

Continue with...

Left Foot
Right Hand
Left Hand

Right Side
Left Side
Top
Bottom
Whole Self

Chorus: Do the Hokey Pokey, Do the Hokey Pokey, Do the Hokey Pokey, that's what it's all about!

There are No Bananas in the Sky

There are no bananas in the sky, in the sky!
There's a sun...
And a moon...
And a coconut cream pie...
But there are no bananas in the sky, in the sky!

Each verse is repeated, with one word being omitted each time, without actually saying the word.

For example:
Verse 2 - There are (hand motion a cross) bananas in the sky, in the sky!

Actions:

No: hand motion a cross
Bananas: peel a banana
In the sky: point upward on sky (each time)
Sun: gesture a round object in the sky
Moon: another round object on the other side
Coconut cream pie: gesture a fluffy cloud

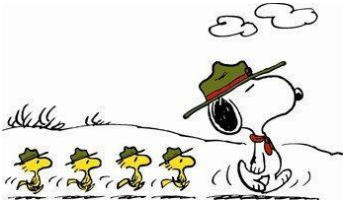


If I were Not a Boy Scout

If I were not a Boy Scout, something else I'd rather be…If I were not a Boy Scout, a _____ I would be…

1. Plumber - Plunge it, flush it, overflow, Plunge it, flush it, look out below!
2. Lawyer - Guilty - Innocent - (Pause ---) I don't really care!
3. Pizza maker - Toss it, turn it, throw it in the air (make motions, turn around) Toss it, turn it, - got it in my hair
4. Lighthouse- Turn on headlamp-spin in a circle
5. Bus driver - Turn it, swerve it, push it to the floor
6. Farmer - Here's a cow, there's a cow, Mooooooooo!
7. Garbage Collector - Pile that garbage, pile that garbage, pile it to the sky!
8. A Statute - Strike a pose as a statue
9. A Lumberjack - Chop the tree, chop the tree, I hate Ecology
10. Carpenter - Two by Four - nail it to the floor, bang bang bang
11. A gym teacher- Push ups, Sit ups, Run another lap!
12. A doctor -Take a pill; pay my bill! I'm going golfing!
13. A hippie- Peace! Love! Hey Man!
14. A mermaid -Bloop, bloop, bloop, bloop, bloop, bloop!
15. A DJ -Miles of smiles on the radio dial
16. A cashier -Twenty nine, forty nine, here is your change, sir!
17. Politician -Raise the taxes, lower the pay, vote for me!!
18. A cyclist -Peddle, peddle, peddle, peddle; ring, ring, ring!
19. A storm - Thunder, lightning, very very frightening!
20. A house cleaner - Ooh, a bug; squish it in the rug!
21. A teacher - Sit down, be quiet, throw away your gum!

22.A Scoutmaster - Do this, do that, Hmmm, I think I'll take a nap



GRACES

Beneath These Tall Green Trees Grace

Beneath these tall green trees we stand,
Asking blessings from Thy hand.
Thanks we give to thee above,
For Thy help and strength and love.

Philmont Grace

For food, for raiment,
For life, for opportunity,
For friendship and fellowship,
We thank Thee, O Lord. Amen.

Northern Tier Prayer

For food, for raiment,
For life and opportunity,
For sun and rain,
For water and portage trails,
For friendship and fellowship,

We thank thee, oh Lord.
Amen

Order of the Arrow (OA) Grace

For night alone that rests our thought
For quiet dawn that lights our trail
For evening fire that warms and cheers
For each repast that fuels our work
We give thanks, O Lord

Sea Base Meal Prayer

Bless the creatures of the sea,
Bless this person I call me,
Bless these Keys,
You make so grand,
Bless the sun that warms this land,
Bless the fellowship we feel,
As we gather for this meal.
Amen

Summit Grace

For this time and this place,
For Your goodness and grace,
For each friend we embrace,
We thank Thee, Oh Lord.

We Give Thanks – *Please repeat after me*

The eagles give thanks to the mountains
(Hands over head to make a mountain)
The fish give thanks to the sea
(Show waves with one hand)
We give thanks for our blessings,
(Both hands in front, palms up)
And what we are about to receive.
(Bring palms to your chest)

World Hunger Grace

For food in a world where many walk in hunger
For faith in a world where many walk in fear
For friends in a world where many walk alone
We give three humble thanks, Oh Lord

INTERFAITH PRAYERS

Arrowmen's Grace 

Let us be thankful for the food and drinks we are about to receive before us.
Let us be thankful for the shelter that protects us while we sleep at night.
Let us be thankful for the water that rejuvenates our mind, body & soul.
Let us be thankful for the earth we walk on and the air we breathe.
Let us be thankful for the fire that keeps us warm and gives us light.
Let us be thankful for natural surroundings that give the earth beauty and life.
Let us be thankful for the family and friends that

are helpful when we need them the most.
Let us be thankful for the staff and leaders that lead us on our way.
Amen.

Baha'i Writings

Blessed is the spot, and the house, and the place, and the city, and the heart, and the mountain, and the refuge, and the cave, and the valley, and the land, and the sea, and the island, and the meadow where mention of God hath been made and His praise glorified.

Buddhist Prayer

May all beings have happiness and the causes of happiness; this is immeasurable loving kindness;
May all things be liberated from suffering and the causes of suffering; this is immeasurable compassion;
May all beings be free of suffering and always stay happy; this is immeasurable joy;
May all things be free of grasping and aversion toward others, and develop faith in the equality of all beings; this is immeasurable equanimity.
-The Four Immeasurable Vows, Tantric Buddhism

Fiddler on the Roof Sabbath Prayer

May the Lord protect and defend you.
May He always shield you from shame.
May you come to be…In Israel a shining name.
May you be like Ruth and like Esther.
May you be deserving of praise.
Strengthen them, Oh Lord,
And keep them from the strangers' ways.

May God bless you and grant you long lives.
May the Lord fulfill our Sabbath prayer for you.
May God make you good mothers and wives.
May He send you husbands who will care for you.
May the Lord protect and defend you.
May the Lord preserve you from pain.
Favor them, Oh Lord, with happiness and peace.
Oh, hear our Sabbath prayer. Amen

Gaelic Prayer

Be Thou a bright flame before me,
Be Thou a guiding star above me,
Be Thou a smooth path below me,
And be a kindly shepherd behind me,
Today, tonight and forever.

Great Spirit

O Great Spirit! Watch over us as we begin this day. Protect us as we live in your care. Give us bounty and hold us from harm. We are your children and wish only to please you. We hold our Mother

Earth close to our hearts and wish her goodness.
We thank You for your love. —American Indian

Native American Indian Prayer

O Great Spirit!
Watch over us as we begin this day.
Protect us as we live in you care.
Give us bounty and hold us from harm.
We are your children and wish only to please you.
We hold our Mother Earth close to our hearts and wish her goodness.
We thank You for your love.

A Navajo Prayer

Before me peaceful
Behind me peaceful
Under me peaceful
Over me peaceful
Around me peaceful

An Old Irish Blessing

May the road rise to meet you,
May the wind always be at your back,
May the sun shine warm upon your face,

The rain fall soft upon your fields,
And until we meet again,
May god hold you in the palm of his hand.



Sanskrit proverb

Look to this day,
For it is life,
The very life of life.
In its brief course lies all
The realities and verities of existence,
The bliss of growth,
The splendor of action,
The glory of power.
For yesterday is but a dream,

And tomorrow is only a vision.
But today, well lived,
Makes every yesterday
A dream of happiness
And every tomorrow
A vision of hope.
Look well, therefore,
To this day.
Amen

Serenity Prayer

God grant me the serenity to accept the things I cannot change,
The courage to change the things I can,
And the wisdom to know the difference.

World Scouting Prayer

Let us each now say a silent prayer for our brother on our right....For our brother on our left...And now for our brother Scouts around the world.

LEADERSHIP

John Wooden's Pyramid of Success





HOW TO PLAN AN ACTIVITY



Questions to Ask:

1. Who: Who is involoved? Who will help you?
2. What: What will you do? What will it cost?
3. When: When will you do it?
4. Where: Where will you do it?
5. Why: Why are you doing it?

INSPIRATIONAL QUOTES

- Do unto others as you would have them do unto you. The Golden Rule
- "Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time." —Thomas Edison
- "Strength does not come from physical capacity. It comes from an indomitable will." —Mahatma Gandhi
- "The journey of a thousand miles begins with one step." —Lao Tzu
- "The secret of getting ahead is getting started." —Mark Twain

- “It does not matter how slowly you go as long as you do not stop.” —Confucius

- “Successful men and women keep moving. They make mistakes, but they don’t quit.” —Conrad Hilton

- The strength of the team is each individual member. The strength of each member is the team. - Phil Jackson

- If you want to go fast, go alone. If you want to go far, go together. – African Proverb

- None of us is as smart as all of us. - Ken Blanchard

- Many hands make light work. –John Heywood

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