

TIMBERWOLF

HANDBOOK



This training manual is for use by the Baden-Powell Service Association US.
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Document compiled and organized by *David Atchley* from the original *Wolf Cub's Handbook* and *Tenderpad to Second Star*, written by Lord Baden-Powell, and other Traditional Scouting materials and resources. Special thanks to Inquiry.net (<http://inquiry.net>) and The Dump (<http://thedump.scoutscan.com>) for providing access to many of these Scouting resources.

Editors/Reviewers: *George Stecher, Scott Moore, Scott Hudson, Jeff Kopp*

BPSA would like to thank those Scouters and volunteers who spent time reviewing the handbook and submitted edits, changes and/or revisions. Their help improved the handbook immensely.



What is the Baden-Powell Service Association and Traditional Scouting?

The Baden-Powell Service Association (BPSA-US) was formed in 2006 as an independent and traditional-style Scouting Association. It perpetuates the principles and practices of Scouting laid down by Robert Baden-Powell in 1907 that had been developed and refined in Boy Scout associations around the world for over a century. These principles are so fundamentally sound and the practices so adaptable that Traditional Scouting goes on developing and can never be dated or unsuited to any community. Our aim is to promote good citizenship and wholesome physical, mental and moral development; and provide training in habits of observation, discipline, self-reliance, loyalty, and useful skills.

The BPSA is totally independent of, and not affiliated with, either the Boy Scouts of America or the Girls Scouts of the USA. We are members of the World Federation of Independent Scouts (WFIS) and, as such, are not in competition with other American Scouting Associations; we are only their brothers and sisters. We are affiliated with the Baden-Powell Scouts' Association of the UK.

The training scheme devised by Robert Baden-Powell is based on using the natural desires of young people as a guide to the activities that will attract and hold them. The appeal of true Scouting has always been to that element of the vagabond, pioneer and explorer, which is part of our nature, and is at its most evident in youth. Hence the significance of the opening sequence of Baden-Powell's "Explanation of Scouting" in *Scouting for Boys*:

"By the term 'scouting' is meant the work and attributes of backwoodsmen, explorers and frontiersmen."

Scouting is an outdoor movement and that is part of its character. To whatever degree conditions may, at times, force us indoors—such as weather, darkness, etc.—we must regard this as a second-best necessity and never as a satisfactory substitute for the real thing.

BPSA believes that everyone deserves a chance to participate in the movement which Baden-Powell started, and with that, we have crafted our policy of inclusion:

BPSA Scouting offers a choice for those with curiosity, energy and independence of spirit. We are committed to providing an appropriate alternative and community-oriented Scouting experience. BPSA welcomes everyone. Our mission is to provide a positive learning environment within the context of democratic participation and social justice. We foster the development of Scouts in an environment of mutual respect and cooperation.

This book is published with the object of providing boys and girls, when they join, full instruction on the tests they will be required to pass, up to their Second Star Badge in the Timberwolf program section. As it is not possible to pass all the tests in one day, and as it is sometimes difficult to remember which tests each individual has passed, a page is provided at the end of each chapter where each test can be signed off when passed. Additionally, there is a single page at the back to track the overall progress of the Timberwolf Scout.

Pack, Six & Community Information

To be filled in by the Timberwolf.

Name _____

Address & Phone # _____

Pack _____

Six _____

State / District _____

Local Association _____

Date of Birth _____

Date of Joining _____

Passed Tenderpad _____

Passed First Star _____

Passed Second Star _____

EMERGENCY ADDRESSES & PHONE NUMBERS.

Nearest Doctors & Phone #s _____

(Fill in two or three names in case one is out.)

Nearest Hospital & Phone # _____

Nearest Pharmacy & Phone # _____

Nearest Police Station & Phone # _____

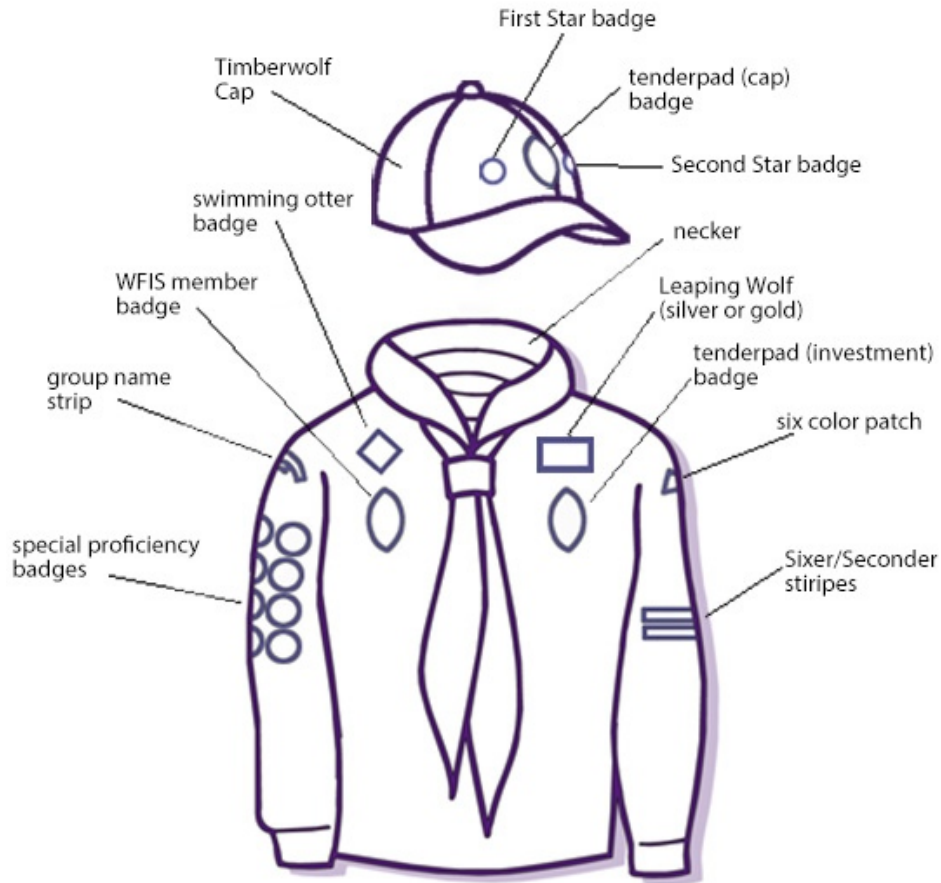
Nearest Fire Station & Phone # _____

Akela's Address & Phone # _____

Sixer's Address & Phone # _____

Second's Address & Phone # _____

Uniform and Badges for Timberwolves



Timberwolf Uniform Patch Guide

Headwear:	A navy blue baseball cap with the Timberwolf patch sewn on the front.
Necker & Woggle:	32" or 36" square neckerchief of approved group colors. Woggle (slide) of any pattern except Woodbead type.
Sweatshirt:	Long-sleeved in ash gray color.
-or-	
T-Shirt:	Long-sleeved cotton or cotton/poly tee in ash gray color.
Shorts or Pants:	Dark (navy) blue like hat. Khaki, green or gray is OK, too.
Stockings (optional):	Dark (navy) blue, khaki, green or gray, plain, for wearing with shorts. Green garter tabs may also be worn with shorts.
Tenderpad Badge:	Worn centered on the left breast when earned.
WFIS Badge:	Worn centered on the right breast.
Group flash:	Worn on the top of the right shoulder.
Proficiency Badges:	Worn in vertical rows on right sleeve.
Six Flash:	Worn at the top of the left sleeve, point up.

Your badges should be sewn on your uniform properly. They should not be glued on, nor should they be sewn with huge stitches. Take pride in your uniform.

Section I

Timberwolf Investiture

(The Tenderpad Test)

Coat of White Paint

The Test of the Zulu Boy

Before Zulu boys were allowed to become warriors they had to pass a pretty tough test. This is what they had to do.

When a boy was becoming old enough to be a warrior, he was taken and stripped of his clothing and was painted white all over. He was given a shield with which to protect himself and an assegai or small spear with which to kill animals or enemies. And then he was turned loose into the jungle.

If anyone saw him while he was still white they would hunt him down and kill him; and that white paint took about a month to wear off—it would not wash off.

So for a month the boy had to hide away in the jungle, and live the best he could.

He had to follow up the tracks of deer, and to creep up near enough to spear the animal in order to get food and clothing for himself. He had to make a fire to cook his food by rubbing two sticks together—he had no matches with him. He had no pockets to put them in if he had them. He had to be careful not to let his fire smoke too much, or it would catch the eye of Scouts on the lookout to hunt him.

He had to be able to run long distances, to climb trees, and to swim rivers in order to escape from his pursuers. He had to be brave, and stand up to a lion or any other wild animal that attacked him.

He had to know which plants were good to eat and which were poisonous, and how to cook them. He had, of course, to make his own cooking pots out of the bark of trees or of clay. He had to build himself a hut to live in, but well hidden.

He had to take care that, wherever he went, he left no foot tracks by which he could be followed. If he snored when he was asleep, it would give him away to a keen-eared enemy. So he learned to keep his mouth shut, and to breathe quietly through his nose.

For a month he had to live this life, sometimes in burning heat, sometimes in cold and rain.

When at last the white stain had worn off, he was able to return to his village, and then he was received with great joy, and was allowed to take his place among the young warriors of his tribe.

But you can imagine that a good many of these boys who went out did not get through their white period at all; some got killed by wild animals, some got killed by the hunters, and numbers of them died of starvation or of cold, or got drowned. It was only the good ones among them who got through successfully—and thereby proved that they really were warriors.

It was a pretty hard test, wasn't it? Your test is very easy compared to what the Zulu boys went through.

To become an invested Timberwolf, you have to pass the Tenderpad requirements listed below:

1. Recite from memory the Timberwolf Law. Explain its meaning in your own words.

The Timberwolf Law

The cub gives in to the Old Wolf.
The cub does not give in to himself.

In the jungle, the old wolf (Akela) is wise and knows what is best for successful hunting, so every Timberwolf obeys the old wolf immediately. Even when the old wolf is out of sight, the Timberwolf obeys their orders because it is the business of every Timberwolf in the pack to “play the game” honorably.

And so it is in the Timberwolf pack. The Timberwolf obeys the orders of their pack leader, sixer, father, mother or schoolteacher, whether they are there or not to see you do it. The smallest Timberwolf can always be trusted at all times to do their best to carry out what he or she knows the older people want.

When the young wolf is hunting a rabbit to get meat for themselves or for the pack, he or she may find that they are getting tired and want to stop; but if they are the right sort they will not give in to him or herself, they will “stick to it” and will keep pressing on with the task; they will do their best and try again. In the end they will find that the rabbit is just as tired as they are—and they will get their supper.

So, in the pack, a Timberwolf may be given a job to do, such as to ride a bike or learn how to swim. You may find it difficult or tiring, and if you had your way, you might want to stop. But a Timberwolf does not give in to him or herself, they will stick to it and give it another try; they will do their very best, and in the end they will succeed with their job.

2. Recite from memory the Timberwolf Promise. Explain its meaning in your own words.

Just like Pathfinders, before becoming a Timberwolf , you must make a promise. It is this:

The Timberwolf Promise

I promise to do my best
To do my duty to God¹ and my country,
To keep the Law of the Timberwolf Pack, and
To do a good turn to somebody every day.

Here is an alternate, Outlanders-style promise that the Timberwolf may make instead:

On my honor, I promise to do my best
To render service to my country.
To keep the Law of the Timberwolf Pack, and
To do a good turn to somebody every day.

3. Recite the Timberwolf Motto from memory. Explain its meaning in your own words.

The Timberwolf Motto

“Do Your Best”

The motto is a guide to how a Timberwolf should live. No one expects a Timberwolf to achieve perfection, only to do his or her best to get there. It is natural for a Timberwolf to make mistakes along the way.

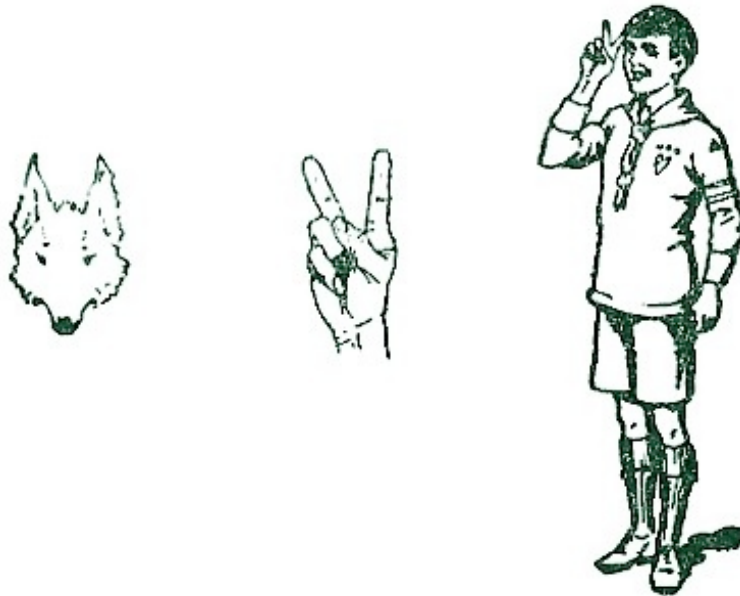
¹ Timberwolves may substitute the words “*to my conscience*” in place of the words “*to God.*”

4. Demonstrate the Timberwolf Salute.

Timberwolves must also learn the salute that they will use when greeting their Akelas, other Timberwolves, and Pathfinders.

As a Timberwolf, you will also learn the Grand Salute, which you will use when doing the Grand Howl to an old wolf, but if you meet Akela or speak to him or her at any time, you should use the ordinary salute.

The Timberwolf salute looks like a Wolf's head with their ears cocked up. The two fingers in the salute are the two ears of the Wolf.



5. Show Akela that you know how to do the Grand Howl.

The Grand Howl

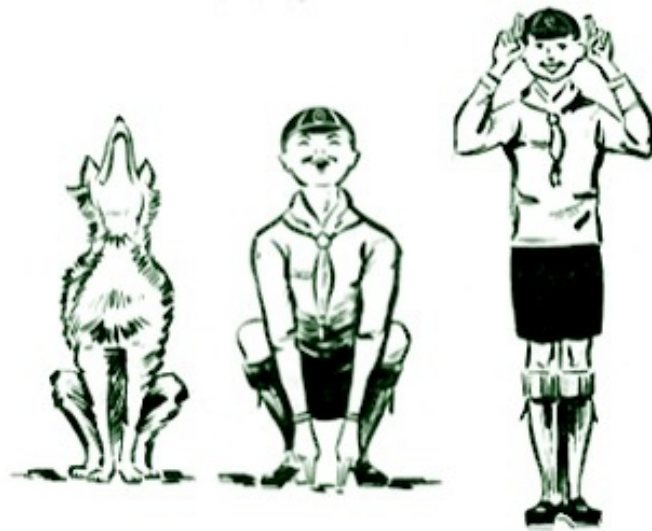
The wolves all sat around the council rock in a circle, and when Akela, the old wolf, the head of the pack, took his or her place on the rock, they all threw up their heads and howled their welcome to Akela.

When Akela comes to the meeting, the Timberwolves salute him or her by squatting around in a circle as young wolves do and by giving Akela the Timberwolf Grand Howl.

To do the Grand Howl, you should squat down on your heels with both of your hands on the ground between your feet, knees out to either side.

Then when the Old Wolf (Akela) comes to the pack, the Timberwolves throw up their heads and howl. But the howl means something more. The Grand Howl is meant to not only welcome Akela, but at the same time to show that you are ready to obey their command.

The call of the pack all over the world is “We’ll do our best,” so, when Akela comes into the circle, you should throw up your chins and, all together, howl out—making each word a long yowl: “Ah-kay-la! – We-e-e’ll do-o-o-o-o-o-o-o-o-o o-o-o-u-u-r BEST!” Yell the word “best” sharp, short and loud and all together, and at the same time spring to your feet with two fingers of each hand pointing upwards at each side of the head, to look like two wolf’s ears.



Now what does it all mean?

It means that you will do your best with BOTH hands—not merely with one like most people, who only use their right or left hand. As a Timberwolf, your best will be twice as good as any ordinary young person’s. “Do your best” is the Timberwolf motto.

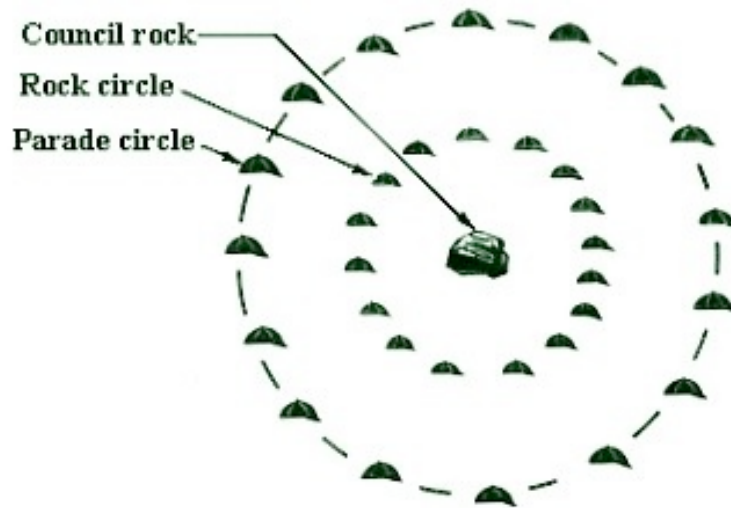
Keep two hands up while the duty sixer calls to the pack, loudly: “Dyb—dyb—dyb—dyb!” (pronounced “dib”... meaning “Do Your Best”).

After the fourth “dyb,” each Timberwolf drops their left hand smartly to their side and keeps the right hand at the salute, with two fingers up, but now spread out making the salute.

Then the whole pack yells: “We-e-e’ll dob—dob—dob—dob!” (meaning “We’ll Do Our Best”). After the fourth “dob,” each Timberwolf drops their right hand to their side and stands at the alert and waits for orders.

The Council Circle

When the wolf pack met in the jungle, Akela, the great gray Old Wolf, stood on a great rock and the pack sat in a circle around it. When the Timberwolf Pack is formed in the Council Circle, Akela will give the command, “Form parade circle,” and each Timberwolf holds hands with Timberwolves on either side and pulls outwards to extend and form a larger circle.



The circle is used for the Grand Howl and other ceremonies.

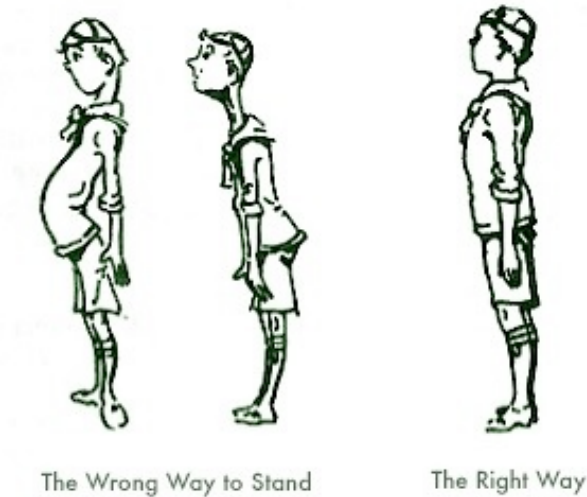
The Jungle Meeting

Whatever the Timberwolves may be doing, the moment that they hear the call of “Pack—pack—pack,” every Timberwolf at once answers by yelling “Pack!” and by running at once to form the Parade Circle round Akela. If Akela only calls “Pack!” once, it means silence, and every one (including leaders) must stop what they are doing and listen.

Nobody is allowed to call “Pack!” except the pack leader or Akela. A sixer may call their six together by calling their six color.

The Alert!

Remember, when ordered to be “Alert” the Timberwolf stands straight up like a soldier, with heels together, hands down by their sides, head up, shoulders back, and eyes looking straight ahead—nowhere else.



When Akela gives the command to “Stand at Ease,” they stand with their feet apart and hands clasp behind the back, and they then may look about as much as they please, but still pay attention to Akela.

6. Explain the terms DYB and DOB in your own words.

What do you think “Do Your Best” and “Do Our Best” mean? The motto is a guide to living. Nobody expects a Timberwolf to achieve perfection, only to do his or her best to achieve their goals. It is natural for a Timberwolf to make mistakes along the way. It is natural for the Timberwolf leader (Akela) to show a better way forward.

7. Know the story of how Mowgli entered the Pack.

The Story of Mowgli

Condensed from *The Jungle Book* by Rudyard Kipling

Once upon a time, far away in India, a great, big tiger was prowling about in the jungle trying to find food. He soon came to a place where a wood-cutter and his family were camped, and he thought it would be a grand thing to get hold of a sleeping man or, better still, a fat child, for his supper.

Although he was a great, strong animal, he was not very brave, and he did not want to face an armed man in the open.

So he crept up close to the campfire, but in gazing at his prey he did not look carefully where he was putting his feet, and in crawling forward he stepped on some hot embers. The pain made him howl, which woke everyone up, and he had to go limping away, hungry.

One small boy ran off into the bushes to hide, and there he met a great gray wolf. But the wolf was a brave and kindly animal and, seeing that the child was not afraid of him, picked him up gently in his mouth as a dog does a puppy, and carried him into its cave close by.

Here, the mother wolf, Raksha, took care of the child and put it among her family of cubs. Shortly afterwards, Tabaqui, the jackal, came to the tiger, whose name was Shere Khan, and said to him, "Mr. Tiger, I know where that small boy has gone to, and if you will kill him, you might give me a nice little bit of him to eat as a reward for my telling you where to find him. He is in that little cave under the rock."

A jackal is a nasty, sneaking kind of animal who lets other animals do the hunting and killing, while he loafs about picking up the scraps. So, Shere Khan went to the mouth of the cave, and though he could put his head inside, the opening was too small for his great body to get through, and the gray wolf inside knew this and defied him.

The father wolf told him to go away and hunt for his food, and not to go trying to steal what other animals had captured; he must not break the Law of the Jungle, which says no animal shall kill a human being because it causes more men to come to the place to hunt out the murderer, and this brings trouble on all the animals in that jungle.

Shere Khan roared with anger, and wanted to bully the wolf with threats of what he would do to him, when Raksha suddenly joined in and told him to go about his business; that she would take care of the boy, and that some day the boy would grow up and kill Shere Khan if he was not careful.

So the boy remained with the wolves and grew up as one of the family. They called him

Mowgli—and they taught him all the tricks of the jungle—how to run and how to hunt his game.

In this way he became brave and strong. Then they also took him to the Council meeting of the pack for all the wolves, which was held at a certain rock.

As a young wolf, he had lots to learn.

In *Northern Trails*, by W. J. Long, you can read how a Timberwolf learns his hunting lessons from his parents. The first lesson is to make him quick and active, and for this he is allowed to hunt grasshoppers—to leap and snap, and twist and pounce after them. Then he is not given any food, but is shown that if he wants it he must go and hunt it for himself.

He tries his pouncing and rushing dodges on birds, but very soon finds that these do not pay. If he wants to kill, he must creep and crawl and stalk, and lie in wait. If he does not learn to do the business properly, he will starve to death. His dinner depends on himself.

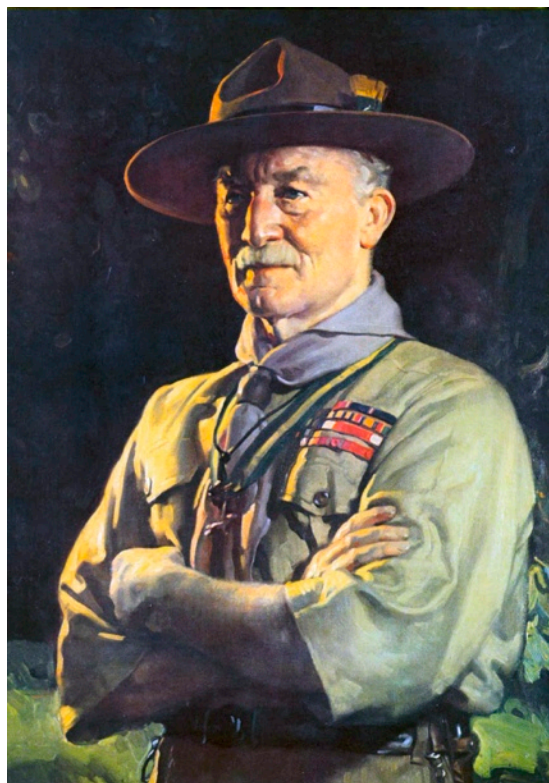
It is just the same with a boy or girl who wants to become a Pathfinder. They must first of all learn all the Scouting dodges and duties from old Pathfinders, who can teach them. They, too, must make themselves active and strong by games and exercises; they, too, must make their own way in life, but games will not do this for them. If they want to succeed they must go about it carefully, learning all they can that will help them in whatever profession they take up. Their success will depend on themselves, not on their schoolteachers or parents.

So make up your mind to be like a real Timberwolf, and win your own success for yourself. Later on when you are a Pathfinder you will learn how to do it when you are grown up.

8. Know the story of B-P.

The Story of Lord Baden-Powell of Gilwell

As a Timberwolf Cub, you should know about the man who started Timberwolves and Pathfinders. This man was Lord Baden-Powell of Gilwell, who was often called “B-P.”



B-P was born Robert Stephenson Smyth Powell, or more familiarly as Stephe Powell, and he was the son of the Rev. Professor Baden and Henrietta Grace Powell. He was born in London, England, on February 22, 1857, and when he was only three years old his father died. After his father's death in 1860, his family changed their surname to Baden-Powell in his memory. His mother was left with seven children, all under 14 years of age.

As a boy, B-P loved the outdoors and with his four brothers he did lots of camping, hiking, and boating. At school, he was not a very smart student, but he was good at sports, acting, music, and sketching.

He was ambidextrous, a big word meaning that he could use both hands equally well, and was known to make two different drawings at the same time, one with each hand.

He became a soldier and rose in rank very quickly until he became a Lieutenant-General. He had many adventures as a soldier, but the most famous was his defense of the city of Mafeking in South Africa during the Boer War. He was trapped at Mafeking for 217 days, from October 13, 1899 to May 18, 1900, and, with a small band of soldiers, he held out against a much larger force of Boers that besieged the town. During the siege, he was impressed by the courage and composure shown by the Mafeking Cadet Corps, which consisted of boys of the town below fighting age, being used to stand guard, act as messengers, first aiders, and for other jobs, freeing grown men to fight. From this experience he developed a lot of ideas for Scouting. He became a great hero for his defense of Mafeking and was promoted to Major-General.

As a result of his experiences both in Africa and India, he wrote a book called *Aids to Scouting*, which was used for training soldiers. When he came back to England, he found that his book was being used in schools there.

B-P wanted to do something to make boys dependable and self reliant, so he developed a program of activities which he called “Scouting for Boys.” In August of 1907, to try this

program, he held a camp on Brownsea Island off the English coast, and this camp is today recognized as the very first Boy Scout camp in history.

Having tested his program, B-P wrote a book, also called *Scouting for Boys*. As a result, patrols and troops of boys calling themselves “Boy Scouts” sprang up all over England.

It grew by leaps and bounds and crossed the seas throughout the Commonwealth, and to other countries. King Edward VII was very interested in Scouting, and suggested that B-P give up his army career and devote his time to Scouting, which he did. B-P soon discovered that, at early Scout rallies, hundreds of very young boys turned up and insisted on being Scouts. To help these boys, B-P started a new program called “Wolf Cubs,” on which our Timberwolf program is based. This program is based upon *The Jungle Book*.

Also after the publication of *Scouting for Boys*, small groups of girls, undaunted by the book’s title, started Scout activities, too. In 1909, a group of girls “gatecrashed” the first Boy Scout Rally at Crystal Palace, attracting B-P’s attention. They asked him to “offer something for girls, too.” Therefore, in 1910, the Girl Guides Association was formed—a separate Scouting organization for girls—led by Agnes Baden-Powell, Robert’s sister. In 1914, a junior section for girls under the age of 11 was formed, called “Rosebuds” (renamed “Brownies” in 1915). Girl Guides acted as messengers of confidential information for Marconi Wireless Telegraph from 1914 through 1918. And, in 1918, Robert’s wife, Olave Baden-Powell, as appointed Chief Guide.

Scouting has continued to grow and grow for both boys and girls until today, where it is active in nearly every country in the world. There are over 25 million members worldwide.

B-P became one of the best known and most beloved men in the world, over which he travelled constantly until he became a very old man. Then he settled down in Kenya in Africa, where he died on January 8, 1941, at the age of 83.

As a Timberwolf Cub, you should always be grateful for the life of Lord Baden-Powell, who gave Cubbing and Scouting to the world, and you should always try to remember his birthday—February 22.

Further Reading on Baden-Powell:

Baden Powell of Mafeking, J.S. Fletcher, 1900
<http://www.thedump.scoutscan.com/bpofmafeking.pdf>

Biography of Baden-Powell, R.H. Kiernan, 1939
<http://www.thedump.scoutscan.com/bp1939.pdf>

The Young Baden-Powell, Arthur Catherall, 1961
<http://www.thedump.scoutscan.com/youngbp.pdf>

The Baden-Powell Story, 1965, Graphic Novel
<http://www.thedump.scoutscan.com/bpstory.pdf>

9. Know in a very simple form the legend of St. George, the patron saint of Scouting.



The Story of St. George

Saint George is the patron saint of Scouting. St. George's Day is April 23 and Scouts have parades on, or near, that date. His emblem is a red cross on a white field.

In *Scouting for Boys*, Baden-Powell wrote of chivalry and the knights of old. He tried to show Scouts a new path to chivalry and honor. Saint George was the patron saint of England, and of the Knights of the Garter, the oldest order of chivalry in Europe. They were familiar subjects to most English boys when B-P was writing. Here is what he wrote:

They (the knights of the Round Table) had as their patron saint St. George, because he was the only one of all the saints who was a horseman. He is the patron saint of cavalry from which the word "chivalry" is derived, and the special saint of England.

He is also the Patron Saint of Scouts everywhere. Therefore, all Scouts should know his story.

St. George was born in the Middle East in the late third century. He enlisted as a cavalry soldier in the Roman army when he was seventeen, and soon became renowned for his bravery.

On one occasion he came to a city named Silene, near which lived a dragon who had to be fed daily with one of the citizens, drawn by lottery.

The day St. George came there, the lot had fallen upon the king's daughter, Cleolinda. St.

George resolved that she should not die, and so he went out and attacked the dragon, who lived in a pond close by, and killed him.

When he was faced by a difficulty or danger, however great it appeared—even in the shape of a dragon—he did not avoid it or fear it, but went at it with all the power he could put into himself and his horse. Although inadequately armed for such an encounter, having merely a spear, he charged in, did his best, and finally succeeded in overcoming a difficulty that nobody had dared to tackle.

That is exactly the way in which a Scout should face a difficulty or danger, no matter how great or terrifying it may appear to him or how ill-equipped he may be for the struggle.

He should go at it boldly and confidently, using every power that he can to try to overcome it, and the probability is that he will succeed.

St. George's Day is April 23, and on that day all Scouts remind themselves of their Promise and of the Scout Law. Not that a Scout ever forgets either, but on St. George's Day he makes a special point of thinking about them. Remember this when April 23 comes round again.

10. Take part in a pack activity.

Go hiking or camping with your new Timberwolf pack! Learn some new skills, like how to pack a backpack, how to read a map, orient it with a compass, start a campfire without matches, and how to dress for the outdoors. You should also be thinking about some community-service activities you can do with your pack.

Scouting is based on the idea of learning in small groups, at each level. Timberwolf sixes work best when at about six to eight and no more than eight Timberwolves. While it is encouraged that the pack go on outings together as a unit, it is recommended that you split up into your sixes on the trail or campground, and follow the lead of your duty sixer and/or the adult leader for your six.

11. Be invested as a Timberwolf.

This is the ceremony when you become a Timberwolf, make your Promise and are officially welcomed into the pack.

The pack will be in Parade Circle and you will be called in front of Akela. You may be escorted by your sixer or by an assistant Timberwolf pack leader (Raksha, Bagheera, or Baloo).

AKELA will ask you: **“Do you know the Law and Promise of the Timberwolf pack, the Grand Howl and the Salute?”**

YOU will answer: **“Yes, Akela, I do.”**

AKELA: **“What is the Law?”**

YOU: **“The cub gives in to the Old Wolf. The cub does not give in to him (her) self.”**

AKELA: **“Are you ready to make the solemn Promise of the Timberwolf?”**

YOU: **“Yes, Akela, I am.”** (At this point Akela requests the whole pack to stand and Salute—invested members only.)

YOU: (Repeating, phrase by phrase after Akela): **“I promise to do my best, to do my duty to God¹ and my country, to keep the Law of the Timberwolf pack, and to do a good turn to somebody every day.”**

AKELA: **“I trust you to do your best and to keep this Promise. You are now a Timberwolf and one of the Great Worldwide Brotherhood of Scouts.”**

Akela then gives you your badges and your cap, which you put on yourself, and shakes you by the left hand. You change your badges into your left hand and salute Akela with your right hand. You then turn around and salute the pack. You pause for a moment at the ALERT while the pack returns the salute as a welcome into the pack. You then rejoin your six. The ceremony ends with the Grand Howl in which you are able to take part for the first time.

Congratulations on becoming a Timberwolf!

Make sure that Akela, or another registered adult leader, has signed all your requirements off on the following Requirement Sheet.

¹ Timberwolves may substitute the words “to my conscience” in place of the words “to God.”

Tenderpad Requirement Sheet



Requirement	Completed
Recite from memory the Timberwolf Law. Explain its meaning in your own words.	Akela _____ Date _____
Recite from memory the Timberwolf Promise. Explain its meaning in your own words.	Akela _____ Date _____
Recite the Timberwolf Motto from memory. Explain its meaning in your own words.	Akela _____ Date _____
Demonstrate the Timberwolf Salute.	Akela _____ Date _____
Show Akela that you know how to do the Grand Howl.	Akela _____ Date _____
Explain the story of how Mowgli entered the pack.	Akela _____ Date _____
Know the Story of B-P.	Akela _____ Date _____
Know, in a very simple form, the legend of St. George, the patron saint of Scouting.	Akela _____ Date _____
Take part in a pack activity.	Akela _____ Date _____
Be invested as a Timberwolf.	Akela _____ Date _____

** Akela, Raksha, Bagheera, or Baloo should initial and date each requirement as completed.*

Date Awarded Tenderpad: _____

Section II

General Proficiency Badges

(The Star Tests)

The First Star Requirements

1. Know the history and composition of the American Flag, the right way to fly and fold the flag; and, with your six, be able to recite “The Star-Spangled Banner” and the Pledge of Allegiance.

On January 1, 1776, the Continental Army was reorganized in accordance with a Congressional resolution that placed American forces under George Washington’s control. On that New Year’s Day, the Continental Army was laying siege to Boston, which had been taken over by the British Army. Washington ordered the Grand Union flag hoisted above his base at Prospect Hill. It had 13 alternating red and white stripes and the British Union Jack in the upper left-hand corner (the canton). In May of 1776, Betsy Ross reported that she had sewn the first American flag.

On June 14, 1777, in order to establish an official flag for the new nation, the Continental Congress passed the first Flag Act: “Resolved, That the flag of the United States be made of thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new Constellation.”

Between 1777 and 1960, Congress passed several acts that changed the shape, design and arrangement of the flag and allowed for additional stars and stripes to be added to reflect the admission of each new state to the Union.

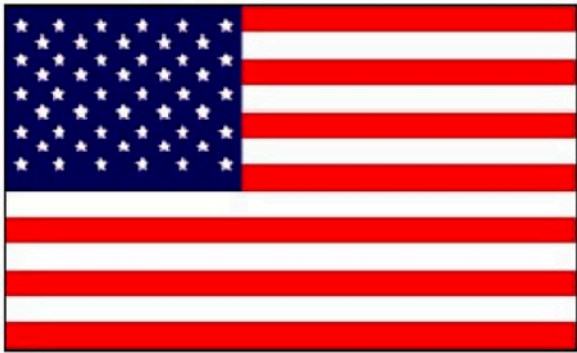
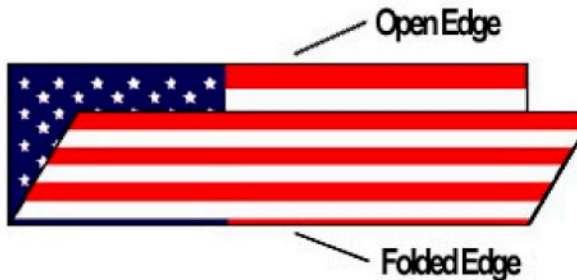
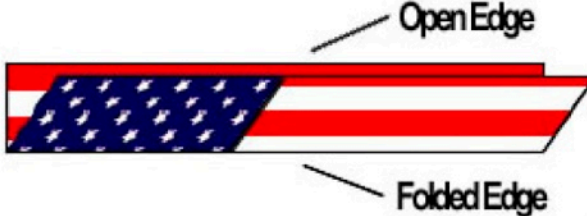
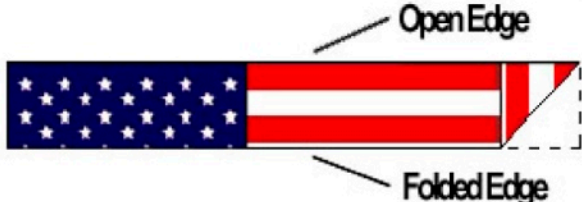
1. Act of January 13, 1794 – provided for 15 stripes and 15 stars after May 1795.
2. Act of April 4, 1818 – provided for 13 stripes and one star for each state, to be added to the flag on the 4th of July following the admission of each new state, signed by President Monroe.
3. Executive Order of President Taft dated June 24, 1912 – established proportions of the flag and provided for arrangement of the stars in six horizontal rows of eight each, a single point of each star to be upward.
4. Executive Order of President Eisenhower dated January 3, 1959 – provided for the
5. arrangement of the stars in seven rows of seven stars each, staggered horizontally and vertically.
6. Executive Order of President Eisenhower dated August 21, 1959 – provided for the arrangement of the stars in nine rows of stars staggered horizontally and eleven rows of stars staggered vertically.

Today the flag consists of thirteen horizontal stripes, seven red alternating with six white. The stripes represent the original 13 colonies; the stars represent the 50 states of the Union. The colors of the flag are symbolic as well: Red symbolizes Hardiness and Valor, White symbolizes Purity and Innocence, and Blue represents Vigilance, Perseverance, and Justice.




Folding the Flag

The U.S. flag should be folded in a military fold and put away when not in use. The procedure for folding the flag:

Correct Method of Folding the United States Flag

Start		
Step 1		Fold the lower striped section of the flag over the blue field.
Step 2		Folded edge is then folded over to meet the open edge.
Step 3		A triangular fold is then started by bringing the striped corner of the folded edge to the open edge.

(continued on next page)

Step 4		Outer point is then turned inward parallel with the open edge to form a second triangle.
Step 5		Triangular folding is continued until the entire length of the flag is folded in the triangular shape with only the blue field visible.
Completed		

The Star-Spangled Banner

“The Star-Spangled Banner” is the national anthem of the United States of America. The lyrics come from a poem written in 1814 by Francis Scott Key, a then 35-year-old amateur poet who wrote “Defense of Fort McHenry” after seeing the bombardment of Fort McHenry at Baltimore, Maryland, by Royal Navy ships in Chesapeake Bay during the War of 1812.

“The Star-Spangled Banner” was recognized for official use by the Navy in 1889 and the President in 1916, and was made the national anthem by a congressional resolution on March 3, 1931 (46 Stat. 1508, codified at 36 U.S.C. § 301), which was signed by President Herbert Hoover.

*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 and 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.
Oh, say does that star-spangled banner yet wave
O'er the land of the free and the home of the brave?*

The Pledge of Allegiance

The Pledge of Allegiance to the United States flag is an oath of loyalty to the country. It is recited at many public events. Congressional sessions open with the recitation of the Pledge.

The Pledge of Allegiance to the Flag reads as follows:

"I pledge allegiance to the Flag of the United States of America, and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all."

It should be recited by standing at attention facing the flag with the right hand over the heart. When not in uniform, men should remove any non-religious headdress with their right hand and hold it at the left shoulder, the hand being over the heart. Scouts in uniform should remain silent, face the flag, and render the salute.

2. Be able to tie a Reef Knot (Square Knot) and a Sheet Bend, and know their uses.

The **Reef Knot** is for tying up parcels and bandages. The reef knot is a flat knot for tying up ends of light line or cord. It is also used for tying bandages because it does not dig into the patient. It is used to tie two ropes together, however, if safety is an issue, then this is not a knot that should be used.



The **Sheet Bend** is a good knot for tying ropes together. It is more reliable than the reef knot. It may be used to tie ropes of unequal thickness.



3a. Be able to turn a somersault;

3b. Be able to leapfrog over another Timberwolf of the same size;

3c. Hop (using each foot for half the distance) around a figure-eight course of approximately 25 yards;

3d. Throw a ball six times (using either hand) so that a Timberwolf ten yards away can catch it. Then, catch a ball, both hands together, thrown to you from a distance of ten yards, four times out of six.

Somersaults

To turn a somersault, you roll head over heels on the ground or floor. Squat down, then bend forwards and put the back of your head and your shoulders on the ground. Then let yourself go over. Keep your shoulders rounded and your chin tucked in. It might take you several tries before you get it right. Keep on practicing until you can do it without using your hands to help you.



Leapfrog

The most important thing to remember in leapfrog is to land on your toes. Don't press heavily on the other boy or girl's back. Make your jump springy and just touch the back of the other Timberwolf with your hands to guide you over.

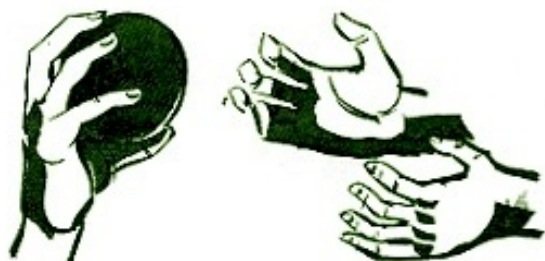
Hopping

To hop well takes a lot of practice. Hop on the ball of the foot and not with the foot flat. Sometimes it helps to keep your hands on your hips. When hopping on one foot, keep your knees slightly bent to maintain your balance.

Throwing and Catching a Ball

Probably one of the first things you played with as a very small child was a ball, so this test should not be difficult. Here, again, practice makes perfect.

To catch a ball, keep your hands close together in a cup shape. You'll never be able to catch if you keep your hands wide apart. When you catch the ball, bring your hands back quickly so the ball will not bounce out again.



4. Demonstrate good posture by walking upright with good carriage, carrying a solid article, such as a book, on your head without using your hands for a distance of 10 yards. Then, turn around and go back to the start.

For this requirement, you may use a book or piece of wood weighing about 2 pounds. See how far you can walk with it flat on your head. You may wear your Timberwolf cap if you wish. The real trick to this is to walk completely upright, with your shoulders straight and your chin slightly up. Don't be disappointed if you don't do it the first time. A little bit of practice and you'll be able to do it for a much greater distance than 10 yards. Again, as mentioned with hopping, keeping your knees slightly bent helps your balance by lowering your center of gravity. Also, try walking with each step going from heel to toe, rolling your step.

5. Know why and how to keep your hands, nails, and teeth clean, and why to breathe through your nose. Carry these things out in practice.

Before you eat or touch food and after every time you use the bathroom, WASH YOUR HANDS. Make sure you rub your hands briskly, using soap and warm water, for at least 20 seconds. Keep your nails short using a nail clipper, and use a nail brush to remove the dirt out from under them.

Keep your teeth clean by flossing and brushing them thoroughly. Try to keep your teeth sound and strong by brushing them at least twice a day. Ask your dentist the best way to brush.

Breathe through your nose, not your mouth. Why? Because dust and germs are filtered and the air is warmed before it reaches your lungs.

Common courtesy is to sneeze or cough into the bend of your elbow. Or, if for some reason that's not possible, cover your mouth and turn away from those around you. If you carry one, you can use a handkerchief when you blow your nose, sneeze or cough. This stops your germs passing to other people. Let's declare war on those nasty, little germs!

Find out other ways you can defend yourself against germs.

Eat good, healthy food and get plenty of sleep (10–11 hours per day).

6. Be able to tell time by an analog clock.

There are two kinds of clocks—the type where two hands move around the clock (analog) and the type that displays the time as a row of numbers (digital).

Every Timberwolf knows there are 24 hours in a day. Here is a clock face, showing the 12 hour markings (in red) and the 60 little divisions around the edges for minutes (0–59 below). There are two hands, one larger than the other. The big hand moves faster than the smaller hand, and goes completely around the clock in one hour, or sixty minutes. The small hand just moves from one figure to the next in one hour.



The clock with the row of numbers is often called a digital clock. You can see an example of this on your computer screen (usually appearing in one of the right-hand corners). Can you tell what time it says? Remember that if the first part of the time is more than 12 you have to deduct 12 to get the correct time. This is called a 24-hour clock and is used internationally to prevent confusion between the morning and the afternoon (A.M. vs. P.M.). Once you can tell the time you will never be late again!

7. Show how to clean a pair of shoes or boots, and fold your clothes neatly and satisfy Akela that you are doing your best to keep your pack den and your own room tidy.

It is important to keep your footwear clean and dry. This keeps you feet healthy.

The first thing to do is to use a damp sponge to scrape or wash off any excess mud from your shoes or boots. Then ensure they are dry. If for any reason they have gotten wet, stuff them with newspaper and leave them to dry in a warm but not hot place.

Spread some newspaper on the ground or table and take a stiff brush and brush away any remaining mud. It's best to do this outside, if possible.

If your shoes are leather, you should then apply polish with a clean cloth or towell and then buff it into the leather using a larger brush. Use a soft cloth to polish.

If you are cleaning sneakers, it is usually only necessary to wash them with a sponge and allow them to dry but sometimes the laces could do with a wash in the washing machine. Ask your parent(s) to help you with this. Never wash sneakers in a washing machine except with a very cool gentle wash with no spin and no detergent.

8. Show that you understand the Highway Safety Rules of your state in regards to pedestrians and bicycling.

The Highway Code and Bicycle Safety

Clothing. You should always wear:

- A bicycle helmet that conforms to current regulations.
- Appropriate clothes for bicycling. Avoid clothes that may get tangled in the chain, in a wheel, or that may obscure your lights.
- Light-colored or fluorescent clothing that helps other road users see you in daylight as

well as low-light conditions (such as fog).

- Reflective clothing and/or accessories (belt, arm or ankle bands) in the dark.

At night, your bike **MUST** have front and rear lights lit. It **MUST** also be fitted with a red rear reflector. White front reflectors and spoke reflectors will also help you to be seen.

You **SHOULD**:

- Keep both hands on the handlebars except when signaling or changing gears
- Keep both feet on the pedals
- Not ride more than two abreast
- Ride in single file on narrow or busy roads
- Not ride close behind another vehicle
- Not carry anything that will affect your balance or may get tangled up with your wheels or chain
- Be considerate of other road users, particularly blind and partially sighted pedestrians. Let them know you are there when necessary, for example by ringing your bell.
- Look all around before moving away from the curb, turning or maneuvering, to make sure it is safe to do so. Give a clear signal to show other road users what you intend to do.
- Look well ahead for obstructions in the road, such as rocks, broken pavement, drains, pot holes, and parked vehicles, so that you do not have to swerve suddenly to avoid them. Leave plenty of room when passing parked vehicles and watch out for doors being opened into your path.
- Take extra care near road bumps.

You **MUST NOT**:

- Carry a passenger on your bicycle.
- Hold on to a moving vehicle or trailer.
- Ride in a dangerous, careless, or inconsiderate manner.

You **SHOULD NOT**:

- Cycle on a sidewalk if it is marked as “No bicycles” or is otherwise safe to cycle in the street.

Do not leave your bicycle where it would endanger or obstruct road users or pedestrians, for example, lying on the pavement. Use bicycle parking facilities where provided, secured by a padlock and chain.

9. Ask your parents, teacher, Akela or a librarian to help you make up a list of books and read at least two of them. Tell a story or a part of a story that you have read to your pack or six.

There are few ways in which a Timberwolf can learn more about the wonderful world in which we live than through reading. Before the invention of printing, very few people could read or write. It is impossible to remember everything you hear, but when you read, knowledge is impressed more clearly in your mind and you can always look it up if you forget.

Reading, too, is one of the finest of hobbies, and in the years ahead of you, you will get a great deal of pleasure from your reading.

Get your parents, your teacher, Akela or a librarian to help you select good books from which you will get both pleasure and knowledge.

You are asked to tell a story from your reading to your pack, six, or parents, because it will help you remember in an orderly way, what you have read and will give them entertainment as well. Lastly, books should be properly cared for, so make a dust cover to keep it clean (as long as it is not a library book), and learn how to open a new book properly so that you will not damage it the very first time you open it.

We hope this requirement will encourage you to build a bookshelf and a collection of books of your very own.

10. Have at least three months satisfactory service as a Timberwolf.

To be part of the Timberwolf pack, you need to attend the meetings and outings regularly and with enthusiasm. You will, of course, make mistakes and you will need Akela or another adult leader to show you the right path. The time will seem to fly by and in no time you will have earned your First Star.

However, we do realize that little things can seem like mountains to a young Timberwolf. Maybe you are finding things difficult or perhaps you are getting upset by what others are saying or doing to you. Do tell Akela or another adult leader so we can ensure you are happy.

11. Re-pass the Tenderpad Tests (this to be the last test).

It could be some months ago that you became a Timberwolf, so your final task to get your First Star is to show Akela that you remember what you learned before you joined the pack at your investiture.

Congratulations! You now have your First Star!!!

Make sure that Akela, or another registered adult leader, has signed all your requirements off on the following Requirement Sheet.

First Star Requirement Sheet



Requirement	Completed
Know the history, composition of, and how to fly and fold the American Flag. Be able to recite the Pledge of Allegiance and sing The National Anthem.	Akela _____ Date _____
Be able to tie a Square Knot and Sheet Bend and know their uses.	Akela _____ Date _____
Be able to turn a somersault.	Akela _____ Date _____
Be able to leapfrog over another Timberwolf of the same size.	Akela _____ Date _____
Be able to hop (using each foot for half the distance) around a figure eight course of approximately 25 yards.	Akela _____ Date _____
Throw a ball six times (using either hand) so that a Timberwolf ten yards away can catch it. Catch a ball, both hands together, thrown to you from a distance of ten yards, four times out of six.	Akela _____ Date _____
Walk upright, balancing a weighted item on head, for 10 yards.	Akela _____ Date _____
Understand why and how to keep hands, feet, nails, and teeth clean; and why and how to breathe through your nose.	Akela _____ Date _____
Know how to tell time using an analog clock.	Akela _____ Date _____
Know how to clean and polish a pair of boots or shoes and how to fold clothes neatly and keep tidy.	Akela _____ Date _____

Requirement	Completed
Know the Highway Safety Rules for pedestrians and cycling.	Akela _____ Date _____
Make a list of books and read two of them; tell a story to your parents, pack, or six.	Akela _____ Date _____
Have 3 months satisfactory service as a Timberwolf.	Akela _____ Date _____
Repass the Tenderpad tests.	Akela _____ Date _____

** Akela, Raksha, Bagheera, or Baloo should initial and date each requirement as completed.*

Date Awarded First Star: _____

Let's hike on to your Second Star!!

Second Star Requirements

1. Know the alphabet in Semaphore, Morse Code or American Sign Language (ASL) and be able to send and receive simple words slowly.

Now we come to a subject Timberwolves really like—signaling. Now, whether you signal by Semaphore, Morse Code or ASL, the most important thing to remember is to do everything so clearly that the other Timberwolf who is receiving your message can read it easily. This means that you must send your message so that there can be no mistake as to what you mean when you are sending a letter.

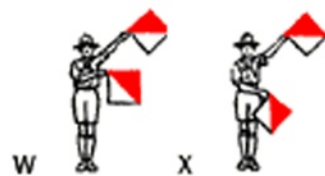
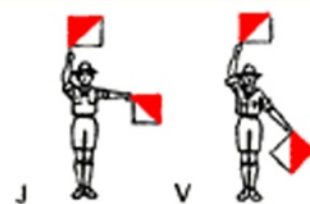
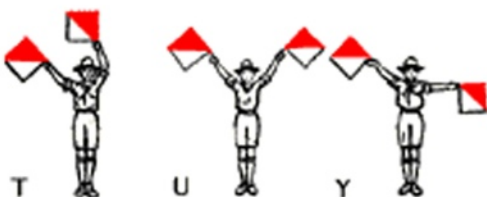
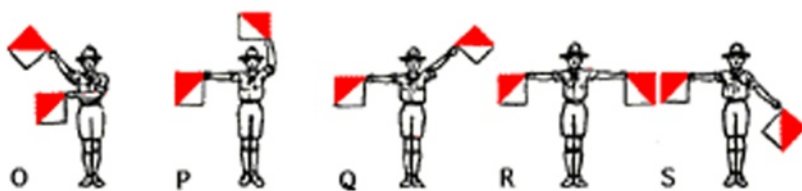
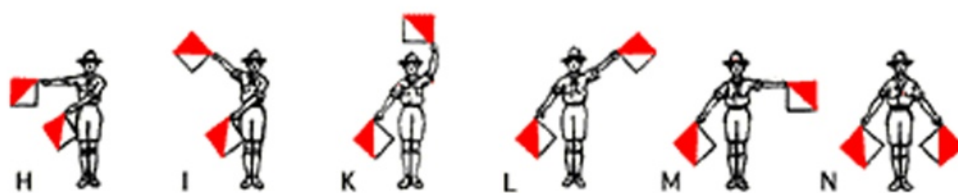
You will notice that you have the choice of either Semaphore, Morse or ASL. The advantage of Semaphore is that you do not need any equipment. You can use just your arms. In Morse, you must have flags, a buzzer, a keypad, or a light. Morse has the advantage of being usable at any time, in daylight or after dark. It can also be sent over greater distances. On the other hand, ASL is a useful language used throughout the world to communicate with people who are deaf or who have impaired hearing.

Semaphore

Before you start signaling at all, remember that you are sending a message to someone who is out of reach of your voice. Your job is to send it so clearly with your arms or flags that the person who is receiving can understand it easily.

1. First, you must learn to stand correctly, with your feet a little apart, facing the receiver squarely.
2. If you are using flags, grasp the sticks firmly right down near the flag itself, with your first finger pointing along the flag, and the stick running up your arm. This helps you to keep your arms perfectly straight.
3. Always keep the arms quite stiff, and do not let them bend or allow your sticks to wobble.
4. Know the seven different positions at which the flags can be used singly, and be able to make the movements smoothly and correctly.
5. In practice, the movements are clockwise, that is they start with the right hand and move around.

Learn the alphabet by circles. The first circle is A to G. A to D is done with your right hand, and E to G with your left. When you can do these letters perfectly, try words that are made up of letters in this circle such as Age, Bag, Fad, Cage, Feed, Deaf, and so on. When you have completely mastered the first circle, go on to the next.



The second circle—H to N—(with *J* left out), requires the use of both arms, and this is where you have to be even more careful that your angles are absolutely right. In this circle, your right arm is kept at the “A” position throughout, and only the left arm is moved. Now look over the Semaphore Chart and learn the third, fourth, fifth, sixth and seventh circles. When you have learned them thoroughly, you will have no difficulty either in sending or receiving simple words slowly.

Morse Code

Morse Code can be sent in many ways, including flags, flashlight, buzzer, keypad, or even with a whistle, if you wish.

In Morse Code, the letters are formed by dots and dashes and the length of the dash is three times that of the dot.

A dot looks like this: •

A dash looks like this: —

There is no shortcut to learning Morse Code.

There are several ways a Timberwolf can go about this, but perhaps the best is to start by learning four or five letters very thoroughly, and then going on to learn four or five more, until you have mastered the whole alphabet. Take your time, memorizing every letter thoroughly, and once you learn it, you will never forget it.

International Morse Code

1. The length of a dot is one unit.
2. A dash is three units.
3. The space between parts of the same letter is one unit.
4. The space between letters is three units.
5. The space between words is seven units.

A	• —	U	• • —
B	— • • •	V	• • • —
C	— • — •	W	• — —
D	— • •	X	— • • —
E	•	Y	— • — —
F	• • — •	Z	— — • •
G	— — •		
H	• • • •		
I	• •		
J	• — — —	1	• — — — —
K	— • —	2	• • — — —
L	• — • •	3	• • • — —
M	— —	4	• • • • —
N	— •	5	• • • • •
O	— — —	6	— • • • •
P	• — — •	7	— — • • •
Q	— • — —	8	— — — • •
R	• — •	9	— — — — •
S	• • •	0	— — — — —
T	—		

American Sign Language

American Sign Language (ASL) is a beautiful and expressive means of communication.

ASL is the fourth most used language in the United States. It is a common way to communicate with people who are deaf or hearing impaired. There are approximately 38 million hearing-impaired people in the United States. Over 2 million of these people are classified as being deaf. Those who are born deaf are referred to as *congenitally deaf*, while those who became deaf as a

result of an accident or illness are referred to as *adventitiously deaf*. American Sign Language evolves and changes as many language do. Some signs may also have some regional differences.

The first free school for deaf people was founded in 1755 by Abbe Charles Michael de L'Epee of Paris. He believed that deaf people could develop a common language to communicate with each other and the hearing community. He believed that this could be done through gestures, hand signs, and fingerspelling. He developed this language by observing signs that were already being used by a group of deaf people in Paris.

Thomas Hopkins Gallaudet wanted to help his deaf neighbor's daughter, Alice Cogswell. He traveled to Europe in 1815 to study methods of communicating with deaf people. After months of studying in a school for the deaf he returned to the United States with Laurent Clerc, an instructor from the Paris school.

In 1817 Gallaudet founded the nation's first school for deaf people in Hartford, Connecticut, and Clerc became the United States' first deaf sign language teacher. By 1863, twenty-two schools had been established throughout the United States.



Learning the basic signs for the letters in the ASL alphabet should be a fairly straightforward lesson in memorization. Try practicing with a few letters at a time, until you can recall them from memory, then move on to the next few letters. Once you've done this, you can try doing the entire alphabet in sequence. With some perseverance, a Timberwolf can pick up the alphabet without trouble. Once you learn it, start using it form simple words, perhaps by spelling your name or naming items around your home. Pretty soon, you'll be putting together entire sentences. There is much more to American Sign Language than just the alphabet, though. ASL is an entire system of signing, which includes signs for whole words and a grammar all its own. You might want to do some research at your local library or look online to learn more about ASL.

Here are the ASL signs for the numbers, too.

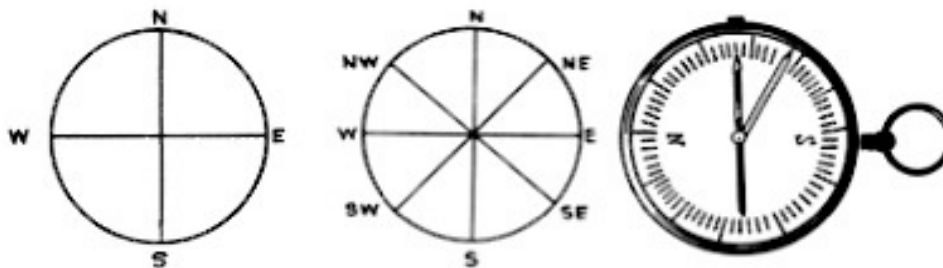


2. Use a compass to show a knowledge of the 8 principle points.

When you become a Timberwolf, it is likely that you will go on many hikes. No matter how good your outdoor skills are, you can still get lost, so a good Scout always carries a compass with them, so they can find their direction.

The compass has been used for nearly five thousand years. The Chinese are said to have used it as early as 2634 BCE. It is an instrument with a circular face like a clock, divided into 360 divisions called degrees. However, you do not need to learn about them just now.

You have only to learn the eight principal points.



In the far north of Canada there is what is known as the North Magnetic Pole on the Boothia Peninsula. The needle on a compass is magnetized and always points to this North Magnetic

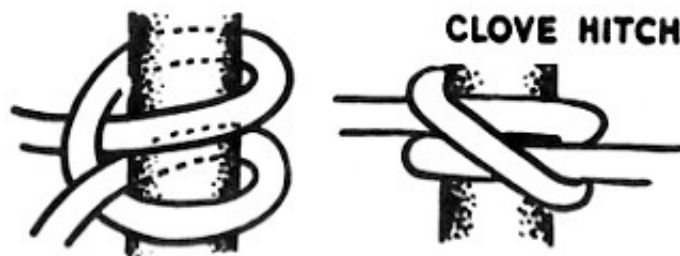
Pole. The principal point of the compass is North. If you are facing North and point with your right arm, you will be pointing East; and if you point with your left arm, you will be pointing West. Immediately behind you will, of course, would be South.

Those are the four major points. Midway between these points are other points. For instance, between North and East, there is Northeast; between North and West, Northwest: between South and East, Southeast, and between South and West, Southwest. Those are the eight principal points of the compass you have to learn. But it is not much use knowing them if you don't know how to use them. So get a compass and turn it until the needle is pointing to North on the dial of the compass. Now you are facing North.

3. Be able to tie a Bowline and a Clove Hitch. Know their uses.

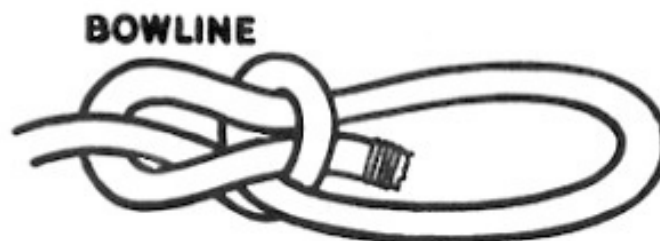
Here are two more knots that will come in handy for many purposes. The diagrams will help you tie them, but better still, get Akela or another adult leader to show you how. You'll pick them up quicker that way.

The Clove Hitch. This is one of the most used of all knots, and it is easy to tie. Its main use is for tying a rope to a pole, as in the illustration. Either end will stand a strain without slipping, either lengthwise or downwards. Learn a couple of ways to tie it, and don't be satisfied that you know it well enough until you can tie it blindfolded or behind your back.



The Bowline: This is a very good knot to know because it forms a loop that will not slip. It is the sort of knot you tie on a rope if you were throwing it to a person in trouble in the water.

Again, it is better to have Akela or another leader show you how to do it, but perhaps you can follow these directions. First, make a loop towards you, part way up the rope, according to the size of loop you want. Next, take the end of your rope, push it up through the loop, put it around the back of your standing rope, and then down through the loop where you went up at first. Read this and look at the illustration and you will soon see how it is done.



4. Understand the meaning of THRIFT in all things and start carrying it out in practice. Show evidence of the care of your Timberwolf uniform.

To be thrifty is a good thing for a Timberwolf. It means spending your money wisely and not wasting it. For example, don't take all your pocket money and spend it on candy today and have nothing for tomorrow, so save a little for the days ahead, before you can expect some more money. Why take the bus or go by car if you can walk?

Always keep your money and property safe.

Make a chart showing your income for two weeks and what you spend it on. Decide where you can save money and show how you did it the following week.

Now take a look at your uniform. When you get home, do you take it off and throw it on the floor for someone else to pick up or do you fold it up and put it away ready to wear next time? Do you put it out for washing and is it nicely pressed and tidy when you arrive at a pack meeting? Ask your parents or other adults to tell Akela how you look after your clothes, uniform, and property.

5. Produce a satisfactory model or useful article, made entirely by yourself in wood, metal, cardboard, clay, or other similar substance. It may also be woven or carved. Or, by yourself, draw eight sketches of boats, flowers, animals, aircraft, your house, etc., and have your name clearly written on them.

Producing a Model or Useful Article

Because girls and boys of Timberwolf age like to do many different things, this requirement has been set to give you a wide choice, such as making a model, bird house, knitting, carving, or painting/drawing.

Make up your mind about what kind of work you want to do. If you are fond of nature and you can draw, perhaps sketches of flowers or animals will appeal to you. On the other hand, if you are handy at making things, you'll likely want to make a model or build a bird feeder.

Perhaps a little sister or cousin would like to have a big doll's house made of wood or cardboard for Christmas or for a birthday. Thumb through a magazine until you see a house that appeals to you, and then make a model as close to scale as possible.

Or perhaps you are handy with knitting needles, or would like to be. Why not ask a parent or other adult to show you how to knit a scarf, or even a pair of garters for your Timberwolf stockings? Knitted garters are very comfortable and they last for years. Many old sailors were very proficient with knitting needles.

Sketching

To start off, all you need is some drawing paper (why not get a sketchbook just for lessons and practice?) and a pencil.

Use a page of your sketchbook and start scribbling! Try round, loopy marks, zig-zags, light lines, and heavy, dark lines. Try shading from light to dark and back again. Try all of your pencils and pens. Make some different marks and then drag your eraser across them. Which pencils erase well? Which smudge? It can be handy to make a note of which pencil makes which mark.

Experimenting with materials is something all artists do—you'll get to know how each medium behaves when it's just on a piece of sketch paper, not halfway through a major piece—and happy accidents are often the inspiration for great works of art.

Remember: Whatever you decide to do must be your own work entirely. There's no harm in your parent(s) showing you how to do it, but you should do all the actual work yourself. Modeling or sketching—all will come in handy later on.

6. Lay and light a fire out of doors. Boil water over it. Make hot chocolate with it if you wish. Clean up afterwards to a "Leave No Trace" standard to the satisfaction of your examiner.

You can cook anything out of doors and it's great fun. Try sausages, hot dogs, veggie patties, or twists of flour and water dough wrapped around a peeled green stick.

As a Timberwolf, you should not light fires without an adult present. Choose a safe area on open ground. Pile your wood on the windward side of the fire. Find out which kinds of wood are best to use.

To start a fire, you need tinder... bark, dry grass, dead leaves, wood shavings, etc. Make sure all are really dry. To get the fire growing you need kindling... small, dry twigs and sticks—and lots of it.

To provide heat and keep the fire burning steadily you need large sticks and logs. Light the tinder from the windward side.

A good Timberwolf can light a fire with one match. Build up the fire with kindling. Never poke at the fire with sticks. Wait until there is a glowing bed of red embers to cook on.

Clear up thoroughly afterwards after first ensuring the fire is out and cold.

Leave No Trace is a national and international program designed to assist outdoor enthusiasts with their decisions about how to reduce their environmental impacts when they hike, camp, picnic, snowshoe, run, bike, hunt, paddle, ride horses, fish, ski or climb. The program strives to educate all those who enjoy the outdoors about the nature of their recreational impacts as well as techniques to prevent and minimize such impacts. Leave No Trace is best understood as an educational and ethical program, not as a set of rules and regulations.

For more information on the Leave No Trace program, please refer to:

<http://lnt.org/learn/7-principles>

7. Run or cycle with a verbal message of at least 15 words. Go by a specific route and deliver it correctly.

No Timberwolf wants to be like the characters in a comic strip, who are sent to the store to bring home a pound of butter and come back with a cabbage and a watermelon. No sir, a Timberwolf wants to do the job right the very first time.

The first thing is to pay strict attention to whomever is giving you the message. Say it over after them, and repeat it back just to make sure you know it. Then it is a good idea to keep on repeating it as you go on your journey so that you won't forget it. If you practice this now, you'll be surprised just how it improves your memorization skills as you grow older.

It is more important to get the message there correctly than it is to get it there fast, but best of all, to get it there both correctly *and* fast.

If you have to pass the message on to another party to pass along again, make sure the other party has it correctly, and make them repeat it over to make sure.

8. Be able to use a public telephone or cell phone, and know where and how to seek help in an emergency.

Every Timberwolf should know that in a real emergency, you should call 911. When you call, clearly state whether you are calling to report a fire, ask for emergency rescue, police, or an ambulance. Remember to stay calm and speak slowly. Tell the 911 call taker exactly what's wrong and where you need help. Give the address if you know it. If necessary, shout for help as well, so passersby hear you.

9a. In the event of an accident or other emergency, understand the importance and necessity of summoning an adult.

There will be times when you will need an adult to help you with an emergency. You must realize that, until you are a lot older, there are some things that you cannot do by yourself.

9b. Show how to clean and dress a cut finger and cover a burn or scald.

Cuts and Scrapes: Let the wound bleed a little; the flowing blood will carry any dirt or other foreign matter out of the wound. Wash the wound with mild soap and a washcloth under running water. Then use antiseptic wipes, stroking from the wound outward, using a clean section of the wipe for each stroke.

After the wound is clean, blot it dry with sterile gauze or a clean cloth. Put a sterile, absorbent dressing or cloth directly on the cut and apply gentle pressure. Once bleeding has stopped, apply a bandage or tape to hold the dressing in place. In addition to protecting the wound from contaminants, the dressing will minimize drying; cells regenerate more rapidly and produce less scarring when kept slightly moist.

Burns and Scalds: Somebody touches a hot stove—result, an ordinary burn. A person spills boiling water over their foot—result, a scald.

Whether the burn or scald is large or small, your first priority is to cool the burned area by any convenient method available to you. Immersion in cool water is ideal. This will quickly lessen the pain, inhibit further damage, and promote healing.

The treatment for the three specific types of burns is as follows:

First-degree burn: In minor burns and scalds, the skin turns red and may include some swelling. Treat immediately with cool water. Do not apply ice or ice water to any burn. Ice and ice water can cause the body to lose heat rapidly and ice water can cause the body to lose heat

rapidly and further damages body tissues. Keep the burn under the water until there is little or no pain. Cover the burn with an antibiotic ointment or aloe vera cream if available. Then apply a moist, sterile dressing, and bandage loosely. Where water is not available, apply a clean, dry dressing. Do not touch a burn with anything except a clean covering.

Second-degree burn: If blisters and large swelling form, the burn is more serious. Do not break the blisters—this will compound the injury by causing an open wound. If the blisters are not open, soak the burn in cool water for 15 minutes, apply an antibiotic cream, and cover with a nonstick dressing (hold it in place with gauze or tape). Change the dressing daily (after making sure your hands are clean). Watch for signs of infection (redness, swelling, pus, worse pain) and don't break any blisters that form. As the burn heals, it may itch. Don't scratch.

Third-degree burns: In the most severe burns, the skin may be burnt away. Some flesh will be charred. If many nerve endings are damaged, there may be little pain. Do not apply creams, ointments, or sprays on a severe burn. Do not remove pieces of clothing that stick to the burned area. Do not try to clean a severe burn. Wrap a clean sheet around the victim and, if the weather is cool, cover them with blankets. Find a phone and call 911 as soon as possible. Take steps to minimize shock. Keep the person from getting chilled or overheated. Comfort and reassure the person. The victim should be rushed to hospital because their life is at stake. Emergency treatment is essential to prevent dehydration and shock.

Sunburn: This is much easier to prevent than cure. Considerable evidence has linked exposure to the sun with skin cancer. The days of taking your shirt off to get a good tan are long gone. Covering up and using protective sun-block creams is now the norm. A good protective cream with an SPF of at least 30 should be used on all exposed skin during all outdoor activities. Ways to prevent/lessen sunburn: hats, long sleeve shirts, staying in the shade during the hottest part of the day, etc.

However, sunburn continues to be a common ailment among outdoor enthusiasts. Most cases of sunburn simply require toughing it out. A sunburn-relief spray or aloe vera cream can be used to relieve some of the soreness and itching that will occur.

The application of vinegar will also take the sting out of a sunburn.

9c. Understand the danger of dirt in a scratch or wound.

All scratches, scrapes, and cuts must be cleaned with soap and water as soon as possible to prevent infection. Most of the time, when someone gets a cut, it's not a big problem. But that's not always the case. Cuts can become infected. Cuts also may not heal the way they're supposed to and may require stitching.

If the wound begins to drain greenish fluid (pus) or if the skin around the wound becomes red, warm, swollen, or increasingly painful, a wound infection may be present and medical care should be sought.

Any red streaking of the skin around the wound may indicate an infection in the system that drains fluid from the tissues, called the lymph system. This infection (*lymphangitis*) can be serious, especially if it is accompanied by a fever. Prompt medical care should be sought if streaking redness from a wound is noticed.

9d. Know how to stop a nosebleed.

A nosebleed looks bad but is usually not very serious. Most nosebleeds usually stop themselves in a few minutes.

Have the victim sit up and lean slightly forward to prevent the blood from draining into their throat. Pinch the bridge of the nose. Apply a cool, wet cloth to the nose and face.

If the bleeding does not stop within 20 minutes, have the victim see a doctor.

9e. Know the simple treatment for shock (*not electric*).

Treat every accident victim for shock, even if there are no definite symptoms. Since shock is sometimes a delayed reaction to an accident, prompt treatment may prevent it from occurring at all. Be especially alert when rescuers arrive, since the relief a victim feels may give shock a chance to take hold.

Keep the person lying down. Unless there are head or spinal injuries, elevate the legs slightly to increase the flow of blood to the head. Put an insulated pad underneath, and wrap the person in a sleeping bag, jackets, or rescue blanket for warmth. Be sure you have correctly treated any wounds. If the victim vomits, turn the head to one side so they will not choke, and keep the air passage open. Call 911 and obtain a doctor's care as soon as possible.

10. In the woods or at a park, observe and point out three birds, three trees, and three other natural things, the choice to made by the Timberwolf.

Birds

You must point out, in the outdoors, three birds, not domestic. Domestic means tame, so, of course, your three birds must not include such things as hens, turkeys, or geese that are kept on farms. No matter where you live in the United States, you'll have no difficulty finding three

different kinds of birds.

Some birds are common in different areas of the United States. For instance, in the Eastern United States, there are Bobwhite Quail, King Rail, Henslow's Sparrow, Brown Thrasher, Golden Winged Warbler and American Woodcocks, among others. In the Western United States, there are birds such as the Broad-tailed Hummingbird, Cassin's Finch, Prairie Falcon, Rock Wren, White-throated Swift, Black-billed Magpie and more.

Perhaps Akela can point out these birds to you on your outings, or maybe your parents or schoolteacher can show you how to recognize them. You'll have to get to know them by their size, their color, and their habits. Of course, no Timberwolf is going to stop when he or she has learned to recognize three birds—you should keep on until you can identify every bird that is common in your community.

Trees

If you live in an area where there are lots of woods, it won't take you long to learn about three trees. However, if you live on the prairies, this might be a bit more difficult. But wherever you live, there are three kinds of trees that will be common to your part of the country. Here, again, Akela or your parents or teacher will be able to help you.

There are coniferous trees (evergreens) and deciduous trees in nearly every part of the North American continent. Identifying trees can be done by various means, including looking at the types of leaves they produce, their bark, and their various sizes, shapes, and locations.

11. Have at least 12 months satisfactory service as a Timberwolf.

12. Re-pass the First Star tests (this to be done last).

Specifically, requirements 1–9, 11, and 12. The idea here is that you can assure Akela that you have thoroughly learned all the skills a Timberwolf should know on your path towards becoming a Pathfinder.

Congratulations! You now have your Second Star!!!

Make sure that Akela, or another registered adult leader, has signed all your requirements off on the following Requirement Sheet.

Second Star Requirement Sheet

Requirement	Completed
Know the alphabet in Semaphore, Morse, or American Sign Language and be able to send/read simple messages slowly.	Akela _____ Date _____
Use a compass to show the knowledge of the eight principle points.	Akela _____ Date _____
Be able to tie a bowline and clove hitch and explain their usage.	Akela _____ Date _____
Understand the meaning of thrift in all things and show you are carrying these out in practice.	Akela _____ Date _____
Produce a satisfactory model made by yourself; or a set of at least eight sketches.	Akela _____ Date _____
Know how to lay and light a fire out of doors and boil water over it. Understand "Leave No Trace."	Akela _____ Date _____
Run or cycle with a verbal message of at least 15 words by a certain route and deliver it correctly.	Akela _____ Date _____
Be able to use a phone and know how to seek assistance in an emergency.	Akela _____ Date _____
Understand the necessity of summoning adult help; clean and dress a cut; cover a scald or burn; understand danger of dirt in a wound; know the simple treatment for shock.	Akela _____ Date _____
Observe and point out three birds, three trees, and three other natural things.	Akela _____ Date _____
Have at least 12 months satisfactory service as a Timberwolf.	Akela _____ Date _____
Repass the Tenderpad and First Star tests.	Akela _____ Date _____

** Akela, Raksha, Bagheera, or Baloo should initial and date each requirement as completed.*

Date Awarded Second Star: _____

Leaping Wolf Requirements (optional)

Though not part of the 1938 PO&R, local Scout groups can elect to provide the Leaping Wolf Silver and Gold badges for Timberwolves. The Leaping Wolf – Silver (also known as the Creeping Wolf) is a means of showing good service as a Timberwolf. The Leaping Wolf – Gold is a transitional badge and requires that the Timberwolf already have their Second Star and Leaping Wolf – Silver badges, hold four or more Special Proficiency Badges (*see next section*) as well as a number of other requirements, which include many of the Pathfinder Tenderfoot requirements.

The Leaping Wolf – Gold badge, once earned by a Timberwolf, can then be presented to him or her during the investiture ceremony as a Pathfinder and worn on the Pathfinder uniform until they pass their First Class tests. It should be worn above the right breast pocket on the Pathfinder uniform.

For information on the Tenderfoot requirements listed, please refer to the BPSA's *Pathfinder Handbook*, which contains the appropriate chapters and references.

The Scout Law

1. A Scout's honor is to be trusted.
2. A Scout is loyal to his country, his Scouters, his parents, his employers, and to those under him.
3. A Scout's duty is to be useful and to help others.
4. A Scout is a friend to all and a brother or sister to every other Scout.
5. A Scout is courteous.
6. A Scout is a friend to animals.
7. A Scout obeys orders of his parents, patrol leader, or Scoutmaster without question.
8. A Scout smiles and whistles under all difficulties.
9. A Scout is thrifty.
10. A Scout is clean in thought, word, and deed.

The Scout's Promise

“On my honor, I promise that I will do my best
To do my duty to God² and my country.
To help other people at all times.
To obey the Scout Law.”

This is the original promise as devised by Baden-Powell and used by traditional Scouting programs around the world. The BPSA (*see footnote*) also allows for replacing the word “God” in the promise with the words “my conscience” for those Scouts and adults that are secular and might not hold to a religious creed.

According to tradition, Baden-Powell wrote an alternate oath called the “Outlander’s Promise” for Scouts who could not, for reasons of conscience, recognize a duty to a King (the norm in the UK), for individuals or members of religions that do not worship a deity (such as Buddhism, Taoism, and others), and for members of orthodox religions that do not use the name of God in secular settings. Any Scout, patrol, section, or group in the BPSA may make the traditional Outlander’s Scout Promise as an alternate oath.

The **Outlander’s Scout Promise** is as follows:

“On my honor, I promise that I will do my best
To render service to my country,
To help other people at all times,
To obey the Scout Law.”

Tenderfoot Test Knots

The knots to learn for Tenderfoot are the square knot (*reef knot*), sheet bend, clove hitch, bowline, round turn and two half hitches, and sheepshank, and to know their respective uses.

² Timberwolves may substitute the words “*to my conscience*” in place of the words “*to God*,” or another agreed upon phrase determined through discussions with their parents and leader. The Outlander’s Promise is another alternative.

Leaping Wolf – Silver Requirement Sheet



Requirement	Completed
Be a Two-Star Timberwolf.	Akela _____ Date _____
Hold four of the Special Proficiency Badges. One of which must be: Guide or House Orderly.	Akela _____ Date _____
Have camped as a Timberwolf no less than 14 nights.	Akela _____ Date _____
Have participated, as a Timberwolf, on at least 12 day hikes and six night hikes.	Akela _____ Date _____
Hold the Timberwolf First Aider Badge.	Akela _____ Date _____

** Akela, Raksha, Bagheera, or Baloo should initial and date each requirement as completed.*

Date Awarded Leaping Wolf – Silver: _____

Leaping Wolf – Gold Requirement Sheet



Requirement	Completed
Have taken part in a Pathfinder Patrol or Troop activity.	Akela _____ Date _____
Know the Scout Law and Promise.	Akela _____ Date _____
Know the Scout Salute, Sign, and Motto.	Akela _____ Date _____
Know the composition of the American Flag and how to fold and fly it.	Akela _____ Date _____
Know the Pathfinder Tenderfoot knots and a common whipping of a rope.	Akela _____ Date _____
Know the Pathfinder Woodcraft/Trail Signs.	Akela _____ Date _____

** Akela, Raksha, Bagheera, or Baloo should initial and date each requirement as completed.*

Date Awarded Leaping Wolf – Gold: _____

Section III

Special Proficiency Badges

The object of the proficiency badges is to help to develop character and physical health. They should not, however, be regarded in the same way as the Star tests. Badges are activities that individual Timberwolves can take up in order that they may progress further along the Timberwolf path; they should be encouraged to take them up with a view to self-development but not at the expense of their ordinary work with the pack.

They will start on some of these activities for themselves, in many cases before they have earned their Second Stars. *A Timberwolf is allowed, if he or she wishes, to earn and wear not more than two Proficiency Badges after they have gained their First Star*, but they should at the same time be continuing to work towards their Second Star tests.

Timberwolf proficiency badges are divided into five groups, namely:

1. Character
2. Handicraft
3. Service for Others
4. Physical Health
5. Outdoor Living

Proficiency badges are granted on the recommendation of a qualified and independent examiner, someone who has background, experience, or knowledge of the skills or area of knowledge involved in a particular badge. This only applies to “special proficiency badges,” where adult leaders or other youth should not be signing off on requirements. These badges are worn on the right arm in parallel rows between the shoulder and elbow.

Character

Collector

1. Must do ONE of the following:
 - a. Must make a collection of one group of objects, neatly and systematically arranged, for a period of at least three months, and show an intelligent interest about them. The nature of the collection should be chosen by the Timberwolf. Suggestions include sports cards, match boxes, stamps, coins, feathers, leaves, or flowers.
 - b. Must keep a scrapbook, diary, or journal of events, etc., for a period of at least three months.



Observer

1. Must do ONE of the following:
 - a. Have observed the appearance, and know something of the habits, of either:
 - i. Six animals, or
 - ii. Six birds
 - b. Know the names and appearance of either:
 - i. Six spring flowers, six summer flowers, and six autumn flowers, or
 - ii. Twelve trees or shrubs
3. Find their way to an unknown spot, not more than 300 yards away, by following directions given to them by the examiner (*either compass directions, or signs made on the ground, or landmarks, or a combination of these*).
4. Must be able to play Kim's Game, nine objects out of twelve. (*It is preferable to select variations of this game that are not used in the pack.*)



Gardener

1. Must care for a patch of garden of at least 16 square feet for at least three months.
2. Must be able to name at least four of the following common growing specimens:
 - a. Trees or shrubs, or
 - b. Flowers or vegetables.
3. Distinguish and name four common weeds, and be able to use the following tools: Spade, fork, hoe, trowel, and rake.
4. With the help of catalogs, magazines, or Internet resources,



make a scrapbook of not more than six pages, one page for each month, of either flowers or vegetables planted or flowering in that month. A minimum of twelve subjects is to be shown.

In the case of the Timberwolf living in towns or cities where not enough land is available for gardening, the following alternative requirements can be taken in place of (1) and (4).

1. Must do one of the following:
 - a. Must care for a window box for three months, or
 - b. Must care for two or more perennial plants in pots for three months.
2. Must grow two of the following:
 - a. A bulb in water, peat moss, sand, or soil.
 - b. A chestnut or acorn in water, sand, peat moss, or soil.
 - c. Mustard and cress, peas, or beans on a washcloth.

Signaler

1. Do one of the following:
 - a. Send and receive in Morse Code, by buzzer or other sound device, a complete message of not less than 10 words, at a rate of not less than 15 letters per minute.
 - b. Send and receive by Semaphore Code, using signaling flags, a complete message of not less than 10 words at the rate of not less than 15 letters per minute.
 - c. Send and receive using American Sign Language a complete sentence of not less than 10 words at the rate of not less than 10 letters per minute. Or, using American Sign Language word signs, no less than 10 words per minute.
2. Discuss briefly some various other codes and methods of signaling that are in common use.



Handicraft

Artist

1. Must draw with pencil, brush, pen, marker, or crayon an original illustration of any incident, scene, or character in a simple story (*size not less than 7 by 5 inches*).
2. In addition, do one of the following:
 - a. Draw from life or memory, in pen and ink or pencil, any animal or human being you have seen.
 - b. Draw from nature a landscape or still-life group.
 - c. Keep a sketchbook for a period of three months.
 - d. Illustrate a story by means of matchstick figures in a series of no fewer than four pictures.
 - e. Make a simple greeting card, using pencil, brush, pen, marker, or crayon.



Modeler

1. Using odds and ends, such as pinecones, clothes pins, popsicle sticks, etc., make one of the following:
 - a. a toy or model of reasonable size, such as a boat, car, airplane, etc.
 - b. a dynamic model such as a model rocket, working boat, or water vessel.
2. Make and paint a paper mache mask.
3. Make and display a wooden toy.



The Timberwolf should, as always, work closely with an adult or other certified person when putting together models that require engines, carving wood with a knife, or using other related tools that come with building and working with materials. Safety first.

Homecraft

1. Must be able to thread a needle, sew a button, and carry out any TWO of the following:
 - a. Knit a useful article.
 - b. Make a piece of netting (*to put over seeds, for a bag, etc.*)
 - c. Work a design in cross-stitch on canvas.
 - d. Make a rug or mat on canvas or hessian.
 - e. Darn a hole in a shirt or sock, or mend a tear.
 - f. Wash and iron your neckerchief.
 - g. Make a basket.

House Orderly

1. Work with your parent(s) and set up a chore list to help out around the house, keep up with the chores for a period of three months, and have a satisfactory report on your timeliness and performance from your parent(s).
2. Help plan, prepare, and cook at least three meals at your home.
3. Be able to fry, poach, or scramble an egg.
4. Be able to peel potatoes and boil them.
5. Clean windows or brass work.
6. Sweep and dust a room (*vacuuming for carpeted areas*).
7. Wash a load of dishes, either by hand or using a dishwasher (*understanding how to operate it*) and, when done, put those dishes away neatly.

Knotter

1. Must be able to tie a square knot, sheet bend, clove hitch and bowline, as required by First Star and Second Star; and explain their uses.
2. Be able to also tie the following knots and explain their uses:
 - a. Sheep Shank
 - b. Two Half-hitches
 - c. Taut Line
3. Understand how to do a round lashing and use it to make a tripod for use in camp.
4. Know how to whip the end of a frayed rope.
5. Help someone else—another Timberwolf, friend, or parent—learn any one of the knots required for First or Second Star.



Service for Others

First Aider

1. Show that you know the meaning of “First Aid” and the need for summoning help.
2. Show how to dress minor cuts and grazes and know the importance of cleanliness in treatment.
3. Know how to treat sprains, apply a triangular bandage to a sprained ankle, and put on a large arm sling.
4. Know the common causes of burns and scalds and their prevention; how to extinguish flames if your clothes catch fire; and the simple treatment for burns and scalds.
5. Know how to treat a nosebleed.
6. Understand and know the simple treatment for shock (*not electric*).



Guide

1. Be able to give clear and concise directions, well expressed and clearly spoken to the examiner, and do so politely and promptly. Be aware of the dangers of speaking to or being approached by strangers.
2. Know the location of the nearest police station, doctor's office, pharmacy, firehouse, railway or bus station, gas station, and hotel, if there are such places nearby.
3. Know how to call for police, fire, ambulance, and poison control.
4. Be able to:
 - a. (*in towns*) Know the number, if any, and at least two places each way on the route of the local buses, light rail, or subway, up to a maximum of four routes.
 - b. (*in country*) Know the route of the local bus or buses if commuter bus service exists where you live.



Conservationist

1. Take part in an environmental stewardship or conservation project working party, e.g. cleaning up a stream bed, clearing waste or trash along a road or trail, or any other approved conservation project.
2. Do one of the following:
 - a. Make a bird feeder or nesting box.
 - b. Grow flowers from seeds.
 - c. Grow a tree from seeds indoors.
3. Find out about the SPCA and the World Wildlife Fund and talk about their work with your pack, six, or family.
4. Find out about one animal in your area and one in the world at large that is in danger of extinction; draw a picture, and write about their feeding habits and environment.
5. Understand the principles behind the “Leave No Trace” policies in regards to the outdoors and camping.
6. Complete one of the following:
 - a. Visit a zoo or farm, learn about one of the animals, and write about it.
 - b. Observe how a plant grows, or how a butterfly or frog develops, and record it in a log book.
 - c. Find out about some example of pollution in your area and write about it.



Physical Health

Athlete

These tests are divided into two classes, A and B. Class A is for Timberwolves 8 and 9 years old; class B for those 10 and 11 years old. The tests are of the same nature in both classes, but the standards are different.

1. Be able to sprint...
 - a. 50 yards in 10 seconds
 - b. 60 yards in 10 seconds
2. Be able to high jump...
 - a. 2 ft. 6 in.
 - b. 2 ft. 8 in.
3. Be able to long jump...
 - a. 6 ft.
 - b. 7 ft. 6 in.



4. Be able to climb a tree or rope...
 - a. at least 15 ft. for tree, or 10 ft. for a rope
 - b. at least 15 ft. for a tree, or 10 ft. for a rope
5. Be able to...
 - a. throw a ball (baseball size) 20 yards, and catch one thrown from 10 yards.
 - b. throw a ball (baseball size) 30 yards, and catch one thrown from 15 yards.

Swimmer

1. Must be able to swim 25 yards (*any stroke*).
2. Be able to float on your back for 60 seconds in salt water or 30 seconds in fresh water; or tread water two minutes in salt water or one minute in fresh water.
3. Swim on your back for 15 yards.
4. Be able to “duck dive” (*i.e., dive while standing in the water or swimming*); *or (as an alternative)*, perform a “honey-pot” or “cannonball” (*i.e., jump with arms clasped around knees*) from a board, bank, or boat.



Cyclist

1. Be able to understand and explain the Highway Safety Rules.
2. Own or have the regular use of a bicycle (including a helmet) of proper size, know how to properly size a bicycle for yourself or others.
3. Be able to mount and dismount the bicycle properly.
4. Be able to clean and oil a bicycle and pump the tires properly. Understand the need for keeping the bicycle in road-worthy condition.
5. Under observation, go for a short ride on a specified course, showing knowledge of the proper use of signals and rules for bicycling.



Team Player

Must be a regular playing member of a properly organized team of baseball, softball, basketball, hockey, volleyball, soccer, or other organized team sport of a similar nature. Must have played in at least six games or matches and must be specially recommended by the team captain, coach or other responsible person for the team as being a keen, sportsmanlike player.



Outdoor Living

Camper

1. Have camped as a Timberwolf for six nights (not consecutive).
2. Know what personal equipment to take camping.
3. Know how to properly pack and unpack a small tent (1- or 2-person capacity) and set it up properly, as well as how to keep it clean and waterproof.
4. Know the proper way of dressing for the outdoors in all seasons.
5. On a campout, boil water and cook hot dogs for members of your pack, six or family,
6. Show proper campfire safety and perform the cleanup of any cookware used.



Hiker

1. As a Timberwolf, take part in at least six day hikes.
2. Be able to explain the difference between an external and internal frame backpack and show how to properly pack a backpack for hiking.
3. Explain what to do if you become lost on a hike in the wilderness.
4. Know, and make a list of, the equipment you would need for both a day hike and a night hike (after dark).



Angler

1. Know which fish can be caught in your local streams, rivers, and lakes and any other wildlife fishery rules that may apply.
2. Know what kinds of bait attract local fish.
3. Demonstrate the correct method of landing a fish.
4. Know the difference between flies and lures.
5. Be able to identify three different types of fish.
6. Demonstrate the correct method of tying on a fish hook.



Map Reader

1. Understand the main symbols and signs used on a topographical map of your locality.
2. Pinpoint your home, school, and other locations on it and explain how well-known local features are shown on the map.
3. Make a scale model of a hill, showing contour lines at regular intervals.
4. Know how to use a map and compass and be able to “orient” or align a map using a compass.
5. Show that you can use six-figure grid references.
6. Along a five-mile stretch of road selected by the Examiner, on a topographical map, describe what you would see. Make a simple sketch of this topographical map.



Section IV

Lone Timberwolf Program

Can a youth become a Timberwolf Scout and join the Baden-Powell Service Association in the US without becoming a member of a local Scout group and pack? You bet! As the program is growing and interest picks up, there are a number of boys and girls, along with their families, who understand the need for Scouting and want to share that experience; but, for any number of reasons, they may not be able to join a local Scout group with a Timberwolf Pack. These might include living arrangements, disabilities and other issues that might prevent a boy or girl from attending a local Scout group's pack meetings—not to mention, there just might not be a BPSA Scout group near you and your family.

The Lone Timberwolf program is a way for boys and girls age 8 to 11 (grades 3 through 5) to become registered Timberwolves with the Baden-Powell Service Association in the United States and participate in the game of Scouting. All you need to do is register your youth with the BPSA Lone Timberwolf Section and at least one other adult (*18 or over*) as a Lone Rover to act as a Timberwolf examiner. This registered adult will act as the Examiner for each of the general proficiency badges in this handbook and can sign off on all the requirements as their Timberwolf proceeds through the program.

For the special proficiency badges, the registered adult examiner is encouraged to find someone in the Timberwolf's local community who would be qualified to teach or talk about the subject. This ensures that the lone Timberwolf gets proper instruction in the more specialized areas that those badges cover. Even Timberwolf Packs need to bring in experts and specialists to help with these badges.

In general, a lone Timberwolf and their Examiner should follow all the requirements laid out in this handbook as closely as possible. In those instances where a requirement is stated as needing to be done with the Timberwolf's six or pack, the examiner may replace that with "family," "school teacher," "minister," or any other individual or group with which the Timberwolf has interaction.

With all this in mind, any boy or girl wanting to join in the game of Scouting can do so with the help of an adult family member, friend, or other individual who is willing to register as their official examiner.

Individual Timberwolf Progress Tracking Sheet

General Proficiency Badges

	Examiner	Date Earned	Date Awarded
Tenderpad	_____	_____	_____
First Star	_____	_____	_____
Second Star	_____	_____	_____
Leaping Wolf – Silver	_____	_____	_____
Leaping Wolf – Gold	_____	_____	_____

Special Proficiency Badges

	Examiner	Date Earned	Date Awarded
Character			
Collector	_____	_____	_____
Observer	_____	_____	_____
Gardener	_____	_____	_____
Signaler	_____	_____	_____
Handicraft			
Artist	_____	_____	_____
Modeler	_____	_____	_____
Homecraft	_____	_____	_____
House Orderly	_____	_____	_____
Knotter	_____	_____	_____
Service			
First Aider	_____	_____	_____
Guide	_____	_____	_____
Conservationist	_____	_____	_____
Physical Health			
Athlete	_____	_____	_____
Swimmer	_____	_____	_____
Cyclist	_____	_____	_____
Team Player	_____	_____	_____

	Examiner	Date Earned	Date Awarded
Outdoor Living			
Camper			
Hiker			
Angler			
Map Reader			