

Agenda and Notes: Roadrunner District Roundtable

Meeting purpose To provide leaders with program ideas; information on policy and events; and training opportunities through a forum for sharing experiences and enjoying fun and fellowship with other Scout leaders.

Meeting date, time, and place Date: Thursday, April 4, 2019
 Time: 7:30 pm to 9:00 pm
 Place: The Church of Jesus Christ of Latter Day Saints
 4401 NE Loop 820, North Richland Hills, TX 76180
 (817) 284-0559

Pre-Opening The table below identifies the activities, responsible leaders, and allotted time.

| Begin | Time Allotted | Activity | Person Responsible |
|---------|---------------|--|-------------------------------------|
| 6:00 pm | 30 minutes | Setup: May include setup details such as: <ul style="list-style-type: none"> • Unlocking and locking up facility • Setting up tables and chairs Secure American flag | Tom Rogers Dave Thilges |
| 6:30 pm | 30 minutes | Commissioners Meeting LIVE YPT: till 8:30 | Robert Spence Dr. Sandra Terrell |
| 7:00 pm | 30 minutes | • Registration/Sign-In | Dave |

General Session This is the main part of the Roundtable in which all levels of the scouting program participate.

| Time | Time Allotted | Activity | Person Responsible |
|---------|---------------|--|--------------------|
| 7:30 pm | 1 minute | Welcome and Introduction | Dave |
| 7:31 pm | 3 minute | Opening Ceremony | OA |
| 7:34 pm | 1 minute | Opening Prayer | TBD |
| 7:35 pm | 10 minutes | Announcements | Dave |
| 7:45 pm | 10 minutes | Big Rock Topic (If Time Allows) James E West Fellowship Award | Dave |
| 7:55 pm | 5 minutes | Travel to Breakout Sessions/Training | All |

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Agenda and Notes: Roadrunner District Roundtable, Continued

Cub Scout Pack Leader Session This is the time that activities are directed to the specific scouting programs.

| Time | Time Allotted | Activity | Person Responsible |
|---------|---------------|---|--------------------|
| 8:00 pm | 45 minutes | Summer Program | RTC |
| 8:45 pm | 5 minutes | Q&A | RTC |
| 8:50 pm | 1 minute | Closing/Commissioner's Minute | RTC |
| 8:51 pm | 9 minutes | After the meeting fellowship and/or cleanup | All |
| 9:00 pm | | End meeting | |

Boy Scout Troop Session This is the time that activities are directed to the specific scouting programs.

| Time | Time Allotted | Activity | Person Responsible |
|---------|---------------|--|--------------------|
| 8:00 pm | 10 minutes | Ceremony/Skit/Song/Game First Aid Baseball | RTC |
| 8:10 pm | 5 minutes | Tips for Meetings: Scout Cafe | RTC |
| 8:15 pm | 10 minutes | Interest Topic: New ILST | RTC |
| 8:25 pm | 20 minutes | Program Feature: Cooking | RTC |
| 8:45 pm | 5 minutes | Q&A | All |
| 8:50 pm | 3 minutes | Closing/Commissioner's Minute: The Bullfrog | RTC |
| 8:53 pm | | End meeting | |

Boy Scout Breakout Meeting

**Skit/Song/
Ceremony**
5 min

This part of the program helps provide ideas for skits, songs, or ceremonies that can be used during troop meetings or outdoor activities like campouts or hikes.

First Aid Baseball

- Materials: ten numbered cards (1 through 10: card 2 is a double, card 6 is a triple, card 10 is a home run, all other cards are singles), list of questions based on Tenderfoot, Second and First Class first aid requirements
- Method: A miniature baseball diamond is marked out on the floor. The first patrol lines up behind home plate. The “umpire” (game leader) holds the cards in their hands. In turn, each Scout in that patrol tries to answer a question given to him by the umpire. If the Scout gives the correct answer, they draw a card. They score whatever hit is indicated on the card and become a base runner as in regular baseball. If they do not answer the question correctly, they’re out. After three outs, the next patrol comes to bat.
- Scoring: The patrol with the most runs after two innings is the winner.

| Questions | Answers |
|--|---|
| How should you treat simple cuts and scrapes? | <ol style="list-style-type: none"> 1. Wash with soap and water 2. Antibiotic ointment 3. Bandage |
| How can you prevent blisters? | <ol style="list-style-type: none"> 1. Wear shoes that fit well and are broken in. 2. Change socks if they become wet |
| How should you treat a nosebleed? | <ol style="list-style-type: none"> 1. Sit and lean forward 2. Pinch nose firmly but gently 3. Apply pressure to upper lip, just below the nose 4. Apply cold compress |
| What acronym is used for treating strains and sprains? | RICE: Rest, Ice, Compression, Elevation |
| How do you remove a tick? | Pull head gently with tweasers |
| What should you wear to protect eyes when using power tools? | Goggles or safety glasses |
| How do you remove a bee stinger? | Scrape it out with a knife blade. |
| What do you do for someone bitten by a brown recluse spider? | Treat for shock and get them to a doctor |

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Boy Scout Breakout Meeting, Continued

**Skit/Song/
Ceremony**
5 min

| Questions | Answers |
|---|--|
| How do you treat something in the eye? | <ol style="list-style-type: none"> 1. Blink rapidly 2. Flush with running water 3. Still not out? Cover and get to a doctor |
| How do you remove a fish hook from a finger? | <ol style="list-style-type: none"> 1. Tie a 3' length to the shank and wrap around your finger 2. Gently press down on shank to free barb from injured tissue 3. While maintaining pressure, give the line a quick jerk |
| What is one sign of dehydration? | <ol style="list-style-type: none"> 1. Severe thirst 2. Dark urine 3. Tiredness or weakness 4. Dry skin and lips 5. Decreased sweating 6. Nausea, fainting or loss of appetite 7. Headache, body aches, muscle cramps 8. Confusion, dizziness |
| How do you treat hyperventilation? | Talk to them calmly |
| How to treat first-degree burn? | Hold under cold water |
| What is a sign of hypothermia? | <ol style="list-style-type: none"> 1. Feel cold and numb 2. Tired and can't think straight 3. Shiver uncontrollably 4. Make poor decisions 5. Become irritable 6. Stumble, fall, lose consciousness |
| What are the steps for treating no breathing/no heartbeat hurry cases? | A,B,C,D: Airway, Breathing, Circulation, Defibrillation |
| What is the number for the poison control center? | 1-800-222-1222 |
| What are the steps used for the first aid method used to address most serious illnesses and injuries? | <ol style="list-style-type: none"> 1) Check the scene, 2) Call for help, 3) Approach safely, 4) Provide urgent treatment, 5) Protect from further injury, 6) Treat every accident victim for shock, 7) Make a thorough examination, 8) Plan a course of action |

Boy Scout Breakout Meeting, Continued

Tips for Troop
Meetings
5 min

Boy Scout Cafe

This activity requires teamwork and planning but usually results in some positive life lessons for the boys. Split the troop into the following work groups and discuss their responsibilities:

Café decoration and design: This group makes decisions about the theme of the café, sets up physical seating and tables, and creates a menu design to go along with the theme.

Kitchen staff: These boys will consult with the previous group to plan menu items based on theme, then they will prep and prepare the food.

Serving staff: This group sets the tables, serves the food from the kitchen and assists diners.

Assign one boy to be “manager” and oversee the front of the house, including decoration and serving. Assign another scout to be “chef” and oversee the kitchen. Establish a budget, assisting the various groups in their responsibilities. If finances are an issue, use your café as a fundraiser. If it’s not, use it as a service project to feed the needy or the elderly. Review the following tips before beginning this project:

- Keep everything simple. Use disposable dishes and tablecloths, if possible.
- Contact a local catering or rental company to see if they will loan you tables, chairs, tablecloths, etc.
- Spaghetti, tacos and casseroles make excellent menu items. If you want to offer choices, allow two or three entrée choices only, and use recipes that can easily be made ahead of time, allowing the kitchen staff to only have to plate the food during service time. Simply listing the courses, with no options, and drink choices on the menu works fine.
- If you create the café in a nursing home or shelter, you may be able to use their cooking facilities. Local churches with kitchens are another option. Many restaurants are closed on Sundays or Mondays, and a generous owner may allow you to use his kitchen and dining room. Check with local family-owned restaurants, as restaurant chains have greater concerns about legalities.
- Menus become a Boy Scout craft idea and can be created on the computer using card stock.
- Everyone is on the clean-up staff.

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Boy Scout Breakout Meeting, Continued

Boy Scout
Interest Topics
10 min

New Intro to Leadership Skills for Troop Training (ILST)

Introduce the updated Introduction to Leadership Skills for Troops syllabus.

- Ask the attendees by show of hands if they have used ILST to train the youth leaders in their Troops.
- Ask the attendees by show of hands if they know that a new edition of the ILST syllabus is available online, and encourage them to start using it right away.
- If there are attendees who have not used any of the previous editions of the ILST syllabus, encourage them to begin using the new one to train their youth leaders.
- *How has the new edition improved the syllabus?* The new edition of the syllabus was developed to remove obsolete material, add new material, and change the format to make it easier to use.
- Icons have been added to the left margin in Modules 1-3, including “ ” for “say this”, a key for “key teaching points”, a head with a brain for “reflection”, etc. These icons help the presenter visualize the purpose of each part of the course, and serve to avoid a full page of text.
- Text bars have been added before sample questions, key teaching points, etc., for the same reasons.

What does the ILST syllabus cover?

- Module One, Troop Organization, includes a description of each leadership position in the troop, including roles and responsibilities, troop organization, & introduces concepts of vision & servant leadership.
- Module Two, Tools of Leadership, includes core skill sets to help the Scout lead, including communicating, planning, and teaching.
- Module Three, Leadership and Teamwork, incorporates additional leadership tools including discussions of teams and team characteristics, the stages of team and leadership development, inclusion/using your team, a more in-depth review of vision, and ethics and values of a leader.
- Since the SPL is intended to play a key role in conducting the course, pages 10 and 11 of the syllabus give the Scoutmaster important tips for preparing the SPL.
- Each module contains one or more group games that reinforce the key points in the module, since “Scouting is a game with a purpose.” The games also allow Scouts to move around so they are less likely to get bored.

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Boy Scout Breakout Meeting, Continued

**Boy Scout
Interest Topics
10 min**

Why use the ILST syllabus?

- It is the Scoutmaster's responsibility to make sure each Scout with a leadership position has all the necessary tools and to coach and mentor the Scout to be successful.
- Training Scout BSAs members to be leaders is an ongoing process that begins immediately when a Scout accepts a leadership position.
- Leadership experiences can be frustrating and disappointing for a Scout who is not given the knowledge, skills, and encouragement that he must have to fulfill his leadership assignment.
- One purpose of the ILST course is to enable Scoutmasters and their SPLs to teach Scouts with leadership positions about their new roles, and the organizational and leadership skills needed to most effectively reach success in those roles.
- Two other key purposes of the ILST course are: the establishment of personal goals for each youth leader and the effective formation of the leadership team. Both of these purposes are best achieved if all Scouts with troop leadership positions do this together.
- Completion of ILST is a prerequisite for Scout BSA members to participate in the more advanced leadership Twin Arrows and the National Advanced Youth Leadership Experience (NAYLE).

Who should participate in ILST training sessions?

- The course is for every Scout in the troop who holds a leadership position, including all elected positions and any appointed positions at the discretion of the senior patrol leader. In some smaller troops, this might mean that the course is for every Scout!
- In some cases, it can benefit the troop if youth who are likely to become troop leaders also participate in the course.
- It is beneficial for all the Scouts with leadership positions to go through this course together, even if only some of them are new leaders.
- It is strongly preferred that all Scouts with troop leadership positions participate in the course at the start of each term of office, even if they have participated before, or are filling the same leadership position.
- In order to keep experienced youth leaders who have been through the course before from becoming bored or perhaps not wanting to participate again, the troop should consider having them serve as trainers for some of the segments or as facilitators for some of the games and challenges in this course.

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Boy Scout Breakout Meeting, Continued

**Boy Scout
Interest Topics
10 min**

How do you conduct ILST?

- ILST may be conducted in a variety of ways and formats. The best way for ILST to be presented is in a troop setting by the Scoutmaster, the SPL, previously trained Scouts, and other trained adult leaders.
- Regardless of format, it is important that the troop leadership is participating, being trained, and being built as a team. While ILST does benefit individual Scouts, a very important goal of the training is building the troop leadership team.
- Three recommended formats are:
 - Conduct it over three different days, one module at a time, perhaps before three regular troop meetings that incorporate some of the optional games.
 - Conduct it in one session. If this single-day format is used, it is important to include several breaks for two reasons. Without breaks, participants will become overloaded and lose attention. Participants often benefit from being able to immediately spend some time thinking about, discussing, and applying their newly learned leadership skills to their positions, perhaps by writing goals or brainstorming about new activity ideas.
 - Spread the course over a weekend activity with meals, camping, or other activities interspersed between the modules. Make the ILST experience a fun event for the entire troop to look forward to.
- It is preferred that ILST not be presented as part of a district or council day of training, University of Scouting, or other such events, since the troop would not be conducting the event, and many of the new youth leaders from a unit might not be in attendance so that troop-based team-building activities led by the unit's SM or SPL wouldn't happen in the intended manner.
- District or Council ILST training is not preferred, but may be necessary in certain circumstances.
- Pages 6-8 of the new ILST syllabus offer suggestions on how best to conduct a district or council ILST event.
- The purpose is to train the troop leadership, so it would be inappropriate to conduct an ILST training where youth can come as individuals.

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Boy Scout Breakout Meeting, Continued

**Program
Feature:
Cooking**

The material for this section of the program is available at [cooking/](#). Share this with the attendees.

Cooking Safety – Cooking requires attention to several key safety concerns.

- Avoiding burns and fires should be a major focus. Be careful to keep any items that could catch fire (paper towel rolls, dish towels, pot holders) away from the heat source. Be sure to use dry pads or hot-pot tongs to handle heated pans. Hot liquids or grease might also cause burns, so be sure to avoid spills and splatters. Keep a fire extinguisher and first-aid supplies on hand in case they are needed.
- Cuts are always a risk when using knives, so be careful and follow safe practices.
- Proper food storage and handling are of prime importance. Be sure that all foods requiring refrigeration are kept in an ice chest or refrigerator, and do the same with leftovers after a meal. Always cook meats and fish at the proper temperature to avoid making someone sick from food poisoning.
- Clean as you go and wash hands, with soap, prior to preparing foods and after handling raw meat or any foreign substance. Also, clean utensils as you go.
- Be aware of any food-related allergies or intolerances among those who will be eating the meal. See the Cooking merit badge pamphlet for more details.

Nutrition – Planning well-balanced meals requires a bit of effort, but the result is well worth it. Guidelines provided by the U.S. Department of Agriculture at www.choosemyplate.gov will help you balance these five types of foods:

- Fruits (fresh, canned, frozen, or dried; fruit juice)
- Vegetables (fresh, canned, frozen, or dried; vegetable juice)
- Grains (bread, cereal, pasta)
- Proteins (meat, poultry, seafood, eggs, nuts)
- Dairy (milk, cheese, yogurt, ice cream) Not included are fats and oils, which should be used sparingly.

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Boy Scout Breakout Meeting, Continued

**Program
Feature:
Cooking**
(continued)

Spice up your cooking – Salt and pepper are popular seasonings, but you should also try chili powder, garlic powder, Italian seasoning, and cumin. Other options include bouillon, soy sauce, hot sauce, tamarind, mint, basil, cilantro, and ginger. Go easy with seasonings during the cooking; you can always add more flavor at the table.

Cooking Methods

- **Bake** – To cook by dry heat as in a conventional oven, in a Dutch oven, or in aluminum foil. Cookies, cakes, pies, and roasts are typically baked.
- **Broil** – To cook using a direct heat source such as over or under an open fire. Meats such as steaks, ribs, or chops are typically broiled. Constant attention is needed to avoid overcooking.
- **Boil** – To cook in water or other liquid hot enough to bubble (212° for water at sea level), such as boiling water for oatmeal. Boiling water is the first step in cooking items like rice, spaghetti, or noodles.
- **Pan-fry** – To cook using a hot skillet and a small spoonful of cooking oil. Meats and vegetables are typically panfried. You can panfry potatoes or fish you have caught over an open fire in the outdoors.
- **Stir-fry** – Usually done in a wok or a large skillet with a small amount of cooking oil. Vegetables like celery, carrots, peppers, onions, cabbage, pea pods, and tomatoes are often stir-fried with thinly sliced cuts of pork, chicken, or steak and served with rice. Shrimp is another good ingredient but check for shellfish allergies. Food can be seasoned to taste while stir-frying.
- **Deep-fry** – Cooking that requires a deep pan and immersion in very hot oil (more than 300°). Care must be taken to prevent splatter and burns. Common foods for deep-frying are french fries, chicken nuggets, hush puppies, doughnuts, and fish.
- **Roast** – A method of cooking a larger portion of meat, pork, chicken, or turkey in a Dutch oven over hot coals or in a regular oven (using a roasting bag makes cleanup a snap). The key to success lies in timing the cooking, carefully adjusting the temperature based on the weight of the item.

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Boy Scout Breakout Meeting, Continued

**Program
Feature:
Cooking**
(continued)

- **Simmer** – To cook over reduced heat in liquid just barely at the boiling point. Simmering makes the sauce richer and more flavorful the longer it stays on the heat source.
- **Steam** – To place food on a rack or special device over boiling or simmering water in a covered pan. A basket or strainer is held over the water, and the resulting steam cooks the items. Steaming is most commonly used to cook vegetables.
- **Stew** – To cook slowly over low heat or slow boiling. Beef is one of the most common meats for stewing
- **Microwave** – This is the most common indoor cooking method used by Scouts. A microwave oven heats food by radiation. Care must be taken to use microwavable dishes and NO metal objects, including aluminum foil.

Special Cooking Events – In addition to cooking at every campout, here are some ways to make cooking more fun for your group.

- **Family Day** – Have patrols invite their families to a full meal cooked by the Scouts.
- **Dutch Oven Instruction/Competition** – Spend a day learning to cook in Dutch ovens, then put your skills to the test.
- **Food Field Trip** – Take a tour of a food manufacturing plant, farm, bakery, or cannery. Learn how the facility prepares, processes, and packages food and what safety measures they take.
- **Fundraising Cooking Event** – Hold a fundraiser that involves serving a breakfast or supper that you have prepared. Typical options include pancakes or a spaghetti and meatball dinner.
- **Advancement and Cooking Merit Badge Day** – Recruit a merit badge counselor and other instructors to help Scouts complete advancement requirements related to cooking.

Cooking Competitions – Challenging your peers to a cooking competition is fun at any age. In recent years there have been countless TV shows dedicated to such contests. While the exact rules and procedures may vary, the competitions all provide an opportunity to showcase culinary skills.

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Boy Scout Breakout Meeting, Continued

**Program
Feature:
Cooking**
(continued)

LEADERSHIP PLANNING: As a leadership team, you may want to discuss the following items when choosing cooking as your program feature during your planning meetings.

- Will the four meetings support a weekend dedicated to cooking or a one-day event to further skills and work on advancement?
- How can this month's program teach cooking skills required for Tenderfoot, Second Class, and First Class ranks?
- How can this month's program help Scouts earn the Cooking merit badge?
- Which of our youth leaders have the necessary cooking skills to lead instruction during the next four weeks?
- Who else could provide instruction?
- Where can we obtain stoves and other equipment the unit doesn't have?
- What changes should we make to the sample meeting plans that would fit our needs better?

PREOPENING IDEAS

- As Scouts arrive, ask them what was the worst camp meal they have ever eaten. Ask why they didn't like it and how it could have been made better. Make a list to use during the opening session.
- Test the Scouts' handwashing skills as they arrive. Have early arrivers spread a teaspoon of washable paint over their hands (including between the fingers) and then wash their hands with their eyes closed or while blindfolded. This exercise will demonstrate how well or poorly they do at handwashing.
- Develop several recipes with obvious errors, such as missing food group items, mismatched cooking resources, or missing ingredients. Have Scouts review the recipes and see if they can identify the errors.
- As Scouts arrive, have an array of cookbooks available with both camping and home recipes. Preview several cooking websites to make sure the content is appropriate, and have computers or tablets set up to display those websites. Encourage the Scouts to browse and look for new recipes to try during the main event.

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Boy Scout Breakout Meeting, Continued

Program
Feature:
Cooking
(continued)

GROUP INSTRUCTION IDEAS

Introduction to Cooking: Review the list from the preopening. Ask Scouts why those meals were so bad. (Were meals cooked improperly? Were the ingredients substandard?) Explain that this month's meetings will help them learn to be better cooks and to be proud of their meals.

Health and Safety: Show a food safety video from the USDA

Planning for Success: Present the basics of menu planning. Review the principle of balancing food groups, matching the menu to planned activities and cooking resources.

Cooking Basics: Explain that Scouts will rotate in 10-minute intervals to observe four different cooking methods at separate stations: 1) camp stoves, 2) foil packs, 3) backpacking stoves, and 4) Dutch ovens.

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Boy Scout Breakout Meeting, Continued

Program
Feature:
Cooking
(continued)

SKILLS INSTRUCTION IDEAS [The following presents just one of the four categories of skills instruction ideas. See the web site for a complete listing]

Introduction to Cooking

-  • Explain that there are six essentials to cooking a good meal: time, ingredients, recipes, cookware, heat sources, and technique.
- Give each patrol a complete dinner menu. Then give them 25 minutes to plan what they need for the six essentials and who will take each role in the preparation.
- For the balance of the time, have a review board evaluate the groups' plans and then help in reviewing them.
-  • Have these Scouts serve as the review board for the Essential activity. They do the same planning as the Essential group but then serve as the review board
-  • This group prepares the dessert from the menu described above to be served during the last 10 minutes of the session.

Health & Safety

-  • Present the importance of safety while cooking.
-  • Discuss the risk of burns and how to minimize burn incidents. Also discuss other possible cooking injuries, primarily cuts, and how to prevent them.
-  • Explain proper treatment for burns, cuts, etc.
-  • Introduce proper food handling procedures to prevent foodborne illnesses.
- Emphasize the need to follow safe handling practices including cleanliness and proper food storage.
- Discuss the need to be aware of allergies and food intolerances among those who will eat the meal you are cooking.

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Boy Scout Breakout Meeting, Continued

**Program
Feature:
Cooking
(continued)**

- ◆ Present nutritional guidelines based on the USDA's MyPlate model.
- Explain the balance needed from the food groups and how the proper mix may vary depending on activities and the age and size of those for whom you are cooking.

Planning for Success

- Form multiple groups, each including some Scouts who are more experienced than the others. Have the experienced Scouts teach by example how to develop a full menu plan for a weekend trip. Include two breakfasts, two lunches, and two dinners. Focus on:
 - ◆ — Planning complete, tasty meals
 - ◆ — Developing a complete food list
 - Making plans to prepare and cook the food
 - Determining the costs and how the food items will be purchased

Cooking Basics

- Scouts will move by patrol in a round robin to get basic instruction on the four different styles of cooking, focusing on the benefits of each style and how to use them effectively. (If possible, real cooking demonstrations would be good, but instruction can be given without food.)
- Scouts with some cooking experience should run the first two stations, demonstrating how to cook with camp stoves and foil cooking.
- ◆ Scouts with the most cooking experience should run the instruction for Dutch ovens and backpacking stoves.

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Boy Scout Breakout Meeting, Continued

**Program
Feature:
Cooking
(continued)**

BREAKOUT GROUP IDEAS

Getting Ready for the Main Event

- Plan a menu using camp stoves for breakfast, lunch, and dinner on a campout.
- Plan a dinner menu incorporating the MyPlate nutritional basics.
- Plan a camp menu that includes breakfast, lunch, and dinner and can be cooked without utensils. All meals must use a heat source, and at least one must use a technique other than foil cooking.
- Duty Roster Planning
- Equipment check

GAME AND CHALLENGE IDEAS

Potato Peel Relay

– Materials: A potato for each Scout, a potato peeler and bag or bucket for each patrol.

– Method: Place the equipment on a table at one end of the room and have teams line up relay-style at the other end. On command, the first Scout on each team runs to the table and completely removes the skin from a single potato. The player then returns and tags the next in line. The relay continues until all have participated.

– Scoring: Scoring is based on time and completeness (quality) of the peeled potatoes.

– Note: The potatoes should be cooked and eaten after the game.

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Boy Scout Breakout Meeting, Continued

Comm Minute
3 min

The Bullfrog

Once there was a very large green bullfrog who lived in a modest sized pond. Even though many other animals and fish lived around this pond the bullfrog didn't have any friends. You see, the friends he once had were gone. They were tired of his boasting and tried to stay out of his way.

This situation changed when the geese began to migrate through the area. Two geese actually became his friends. They spent many a long day visiting, swimming and doing the things friends do. Then one day the two geese told the frog it was time for them to continue their migration. The frog was sad and asked if they could take him with them. He suggested that they let him climb on one of their backs and hang onto their neck. Both geese agreed that he was entirely too fat for one goose to carry.

Further saddened, the frog began to think and finally came up with an idea. "Listen," he said, "how about we take a string and each of you take hold of a end with your mouth and bite down hard, then I will bite in the middle of the string and you can fly me between you." The geese pondered the idea and decided to give it a try.

All were ready and the geese began to flap and run. The frog hopped along with the string in his mouth until he was lifted from the ground and was airborne. "Oh, what a feeling!" thought the frog. Onward they flew for days on end until they flew over a farmer out in his field.

The farmer looked up and upon seeing the geese and frog remarked, "My, my, a flying frog! I wonder who taught those geese to fly such a big frog?" Hearing this the frog said, "I DID!!!" That night the farmer feasted on very large succulent frog legs.

We should check our ego, and not let it get so far out of control that we lose our friends or worse yet, end up on someone's dinner plate.
