

NATIONAL CUB CHALLENGE 2010

To: APC's Cub Programme (for action)
Pack Scouters (for action)
Provincial Commissioner's (for info)
Provincial Manager's (for info)
National Commissioner Scout Programme (for info)
Chief Scout (for info)



"SLIP, SLOP, SLAP"

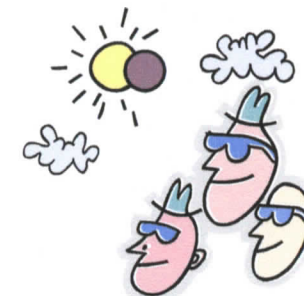
Sunny South Africa – how lucky we are that we can enjoy sunny skies for most part of the year, but exposure to too much sunshine can be dangerous. We need to protect ourselves during the summer months by slipping on sunglasses, slopping on a high-factor sunscreen and slapping on a wide brimmed hat. Ultraviolet radiation, through over exposure to sunlight, is the cause of most skin cancers. So, before taking part in this year's challenge, make sure you are well prepared for some fun in the sun.

"FUN IN THE SUN"

There is nothing better than getting out and having fun in the sun with a bunch of friends. During this part of the challenge, take the Pack out and have fun taking part in different ball games. Yes, we have the usual ball games – cricket, soccer, rugby but what about trying basket ball, bowls (why should just the old folk enjoy this game), table tennis, ten pin bowling – the list is endless.

"SLIDE ON YOUR SUNNIES"

Don't forget to wear your sun glasses and special sun hats to take part in the special pack meeting.



"SHARE YOUR SUNSHINE"

There are a lot of children who cannot have fun in the sun like our Cubs can. Children who are suffering or recovering from illnesses and cannot get out and about. There are a number of organizations (CHOC, Hospice, Reach for a Dream, The Sunflower Fund, to name but a few) who do remarkable work for these children. How can we assist them to meet the needs of these children and bring a little sunshine back into their lives?

IMPORTANT POINTS FOR PACK SCOUTERS TO NOTE

To qualify for the certificate and badge you need to take part in either section 1 (*"Fun in the Sun"*) OR section 2 (*"Slide on your Sunnies"*). Section 3 (*"Share your Sunshine"*) is a must for all. Due the delay in this year's challenge, the closing date will be 19 November 2010. All entries must be submitted to your Assistant Provincial Commissioner Cub Programme before 30 November 2010. Don't forget to send in any media articles and photographs.

Don't forget to "slip, slop and slap" before you go out in the sun. Have fun now!

Yours in Cubbing

Jeanette Angus
National Commissioner - Cub Programme

