

National Pike District Cub Scout Roundtable
May 4, 2020

May Point of the Scout Law: Obedient
May Supplemental Theme: Rocks! Are You Diggin' It?

Interest Topic: Internet Safety

Registration – Add your Pack number and position to your Zoom name

- Opening*
- Welcome New Leaders*
- “Big Rock” or Interest Topic*
- Split Sessions*
 - Lion, Tiger, Wolf and Bear Leaders –*
 - Webelos and AOL Leaders –*
 - Cubmasters –*
 - Pack Committee –*

- Presentation*
- Fun Time*
- Closing Activities*

Notes:



Coming Events

Due to the COVID-19 quarantine, all “in-person” Scouting events have been postponed. Watch for e-mail announcements for alternative on-line activities or new dates for events, when they are available.

Next Online Roundtable: June 1, 2020
June Point of the Scout Law: Courteous
following Theme: Shipwrecked



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Visit the National Pike District web page at <http://nationalpike.org>
and the Baltimore Area Council web page at <http://www.baltimorebsa.org>

“The Junk Drawer”

Some of the most useful things in our homes find their way into the junk drawer.

Advancement — Cub Scouts

Q: May parents sign off on Webelos and Arrow of Light requirements?

Yes. Through July 31, 2020, parents and other adults in the Cub Scout’s family, may sign off on Webelos and Arrow of Light requirements. We strongly encourage that parents use the Scouting App or ScoutBook to record completion of their child’s requirements.

Q: If my den is behind in advancement due to COVID-19, can my Cub Scout continue to work on advancement through the summer?

Yes. Cub Scouts can continue to work on their current den’s advancement through July 31, 2020. This is to provide any additional time a Cub Scout needs to complete their badge of rank; if they earn their badge of rank prior to July 31, 2020, they may advance to the next rank.

♦ Q: Can the Arrow of Light (fifth-grade dens) requirements fulfill the requirement to visit a troop or attend a troop outing to function as a patrol?

Yes. Two things to keep in mind, the standard of completion for Cub Scout advancement is “Do Your Best,” so given the circumstances, we want to look at the purpose behind the requirements. Remember that doing nothing is never doing your best.

Dens can visit a virtual troop meeting to see the patrol method and youth leadership in action. Since the den cannot attend a troop campout or outing, the idea is for the den to function as a patrol while attending the virtual troop meeting. During this time, a virtual den meeting where the den functions as a patrol can be done. Elect a patrol leader, pick a patrol name, play a virtual game together as a patrol. Plenty of opportunities to Do Your Best to meet the intention of the requirement. Remember to maintain all youth protection standards online.

In-Person Unit Activities

Q: Should we hold in-person Scouting meetings, outings, or activities?

With safety in mind and based on guidance from national health officials, the Boy Scouts of America (BSA) is strongly advising that in-person meetings, activities, events and gatherings be suspended through the end of April. This applies to youth and adults out of an abundance of caution. Please also follow any restrictions outlined by your state and local health department or other local officials.

Q: What do we do about Scouts’ fundraising activities?

The BSA is strongly advising that in-person activities be suspended through the end of April so any in-person fundraising should be postponed. If fundraising activities can be facilitated using digital methods while still adhering to applicable rules, then those activities may continue. For plans beyond that date, the BSA will continue to monitor the guidance as the COVID-19 pandemic evolves and will further update guidance accordingly.

Q: What is BSA’s policy on social distancing in a tenting environment when camping?

With safety in mind and based on guidance from national health officials, the Boy Scouts of America (BSA) is strongly advising that in-person meetings, activities, events and gatherings be suspended through the end of April. This applies to youth and adults out of an abundance of caution. Please also follow any restrictions outlined by your state and local health department or other state and local authorities.

Beyond this timeframe, tent buddies should not participate if ill. There is no formal policy on social distancing in tents, just as there is no prohibition on tenting alone if logistics can accommodate that request.

Q: If council and district events are cancelled, how should units decide whether to cancel or postpone their own events?

With safety in mind and based on guidance from national health officials, the Boy Scouts of America (BSA) is strongly advising that in-person meetings, activities, events and gatherings suspended through the end of April. If you council has cancelled events based upon local restrictions, then units should follow that guidance.

Q: What are the refund policies if I have already paid for an event that has been cancelled?

Event organizers typically set refund or cancellation policies. Please reach out directly to those organizers. In the case of attendance at a national high adventure base, contact them directly about your crew.

May 2020 Theme – Rocks! Are you Diggin' It?

From the Philmont Cub Scout Roundtable Planning Guide

◆ Opening Ceremony

The flag ceremony is led by preassigned Scouters.

They will present the colors and lead the pack in the Pledge of Allegiance.

Preassigned Scouters perform the opening skit.

Opening Ceremony: Gifts of Scouting

Props: flashlights or unlit candles or small battery-operated candles.

Cub 1. This is my Scouting light. It is my enthusiasm. As light brings out the sparkle in diamonds, enthusiasm brings out the sparkle in Scouting.

Cub 2. This is my Scouting light. It represents what I know I can do. And I'll do my best to do my duty to G-d and my country.

Cub 3. This is my Scouting light. As we face each other tonight, let us look at the light and silently being thankful for the Scouting fellowship we share here tonight.

Cub 4. This is my Scouting light. I shall pass this way but once, so if there is any good that I can do, let me do it now, for I shall not pass this way again.

Cub 5. This is my Scouting light. Let each one of us take time to look back at where we've been and have pride in that past. Let us look forward to where we're going and have hope for that future. Would you please stand and join us in the Pledge of Allegiance?

◆ Opening Prayer (macscouter.com)

O Lord, this solemn prayer comes from deep desire,
May our lives be as pure as candle fire.
Let our every breath dispel the world's gloom,
Let our spirit glow so brightly that darkness meets its doom.
May our life enhance our country's glory
As the flower enhances the garden's splendid revelry.
May we be as faithfully drawn to learning
As the moth is drawn to the candle's burning.
May our lives be devoted to serving the needy
And to loving a sorrowful, ever suffering humanity.
Lead us away from the path of temptation.
O Lord, let truth alone be our destination. Amen.

◆ Welcome and Introductions

The Roundtable Commissioner or Assistant Roundtable Commissioner - New Member Coordinator welcomes new Scouters, visitors, and special guests by introducing them to the district. If you aren't sure what a New Member Coordinator is, check out: <http://scoutingwire.org/marketing-and-membership-hub/new-unit-development/commissioners/>

◆ Applauses and Cheers! (retiredscouter.com)

Rocky Mountain "Pebbles! Stones! Rocks! Look out below!" This cheer can also be done by three groups with everyone yelling the last phrase together.

Dinosaur Watermelon Pick up melon, toss in the air, eat in one bite, swallow.

Tyrannosaurus Stand up, make your hands into a 2-fingered claw held in front of your chest. Stamp your feet alternately, left, right, left, right, left, right. Roar LOUDLY while clapping? claws.?

Tyrannosaurus Rex Put arms up curled with claws, growl ferociously, then say, "I'll have a king-sized burger and large fries, please."

Volcano Twirl hands while making a rumbling sound in your throat. At the end, throw hands up and go "Barroom!"

Volcano Put your hands together in front of you, push them up together until they're over your head and have them "spill lava" while you make a rumbling sound.

Run-Ons (retiredscouter.com)

Geologists and Music

Cub 1. Are geologists music lovers?

Cub 2. Sure. They dig rock.

Rocks in The Great Lakes

Cub 1: Can you tell me what kind of rocks are in the Great Lakes?

Cub 2: Wet ones.

Rock Music

Cub 1: Hey, why are you carrying that rock so close to your ear?

Cub 2: Because I'm listening to rock music!

Cub 1. Hey, why are you banging those rocks together?

Cub 2. Because I'm playing rock music!

The Geologist

Scout 1: What did the piece of limestone say to the geologist?

Scout 2: You just keep taking me for granite!

Scout 1: But what does a geologist do?

Scout 2: Oh, he's just a fault-finder.

Giving Up This Work

Gold Miner No. 1: I'm giving up this work.

Gold Miner No. 2: Why? You can do it!

Gold Miner No. 1: Not anymore. It's all in vein.

Gold Miner No. 2: Guess you're disappointed it didn't pan out.

Gold Miner No. 1: I just don't want to strain myself any longer.

Gold Miner No. 2: What about all the gold that remains?

Gold Miner No. 1: Oh, never mined.

Gold Soup

Cub 1. How do you make gold soup?

Cub 2. You start with fourteen carrots (carats).

SONGS:

Dinosaur Songs

Tune: Are You Sleeping?

Apat-o-saur-us,

Apat-o-saur-us

In the tarpit, in the tarpit
strong

He was very tall

But his brain was small

Apat-o-saur-us, Apat-o-saur-us. All-o-sau-rus, All-o-sau-rus.

Trusty Tommy (Scout Law Song)

Tune: Yankee Doodle

Trusty Tommy was a Scout

Loyal to his mother,

Helpful to the folks about,

And Friendly to his brother.

Courteous to the friends he knew,

Kind unto his rabbit,

Obedient to his father, too,

and Cheerful in his habits.

Thrifty saving for a need,

Brave, but not a faker,

Clean in thought and word and deed,

And Reverent to his Maker.

Rock Sample Neckerchief Slide

Supplies: Small rocks or gems 1 to 1 ½ inches, ¾” PVC pipe cut into ½” rounds, E6000 adhesive

Attach the rocks to the PVC with the E6000 and let the adhesive set.

Note: Lightweight rocks may be better for this slide.



Game: Pass the Rock (GSLC Pow Wow Book, 2013)

Have two groups of Scouts sit down on opposite sides of a table, facing each other. One group has their hands under the table as they pass a rock back and forth to their teammates.

When someone says, “Stop!”, have everyone put their hands on the table in fists. The other group gets three chances to guess who has the rock hidden in their fist. If they guess right, they get a turn passing and hiding the rock.

◆ Audience Participation (PackOFun Magazine)

Sit Down Hike

The leader says, “We are going to take a hike. You are going to do what I do and say what I say. Repeat the words with me and do all the actions.”

Leader: “Do you want to go on a hike in the mountains?”

Group repeats: Do you want to go on a hike in the mountains?

Leader: “Alright, let’s go.”

Group repeats: Alright, let’s go.

Leader: “Let’s start walking. “(make walking sounds with feet on the floor.)

Group repeats words and actions for the rest of the story.

Leader: “We’ll have to cross a bridge.” (hit palms on thighs to sound like feet on a bridge.) “Here we are across the bridge, and the horses are waiting to take us up the steepest part of the mountain.” (hold reins with hands, bounce up and down on chair, while making clucking sounds with tongue against roof of mouth to sound like hoofbeats.

“This is the end of the horse trail. We’ll hike from here to the glacier.” (walking sounds with feet on floor.)

“Oh dear, we’ve run into a swarm of mosquitos.” (walking sounds speeded up; start slapping face, neck, scratching here and there.)

“Let’s walk faster and get away from these mosquitos.” (walking sounds speeded up).

“Look over there. There’s our glacier.” (shade eye with one hand and point with the other).

“Let’s run. (running rhythm, slapping palms on thighs.)

“And now for the fun! We’ll slide down the glacier.” (give a ‘Whooshing’ sound, ending with “wheeeeeee!”)

“We came down a lot faster than we went up. Keep tramping. We will soon be back home. (walking sounds gradually become softer, and finally stop.)

◆ STEM Minute Rocks and Mineral Hardness

Testing the hardness of rocks and minerals with the scratch test.

Materials: A collection of rocks, nails of various sizes, a magnifying lens (optional). For more testing have a copper penny, a pocket knife, a piece of glass plate.

Procedure:

Have a collection of rocks on a table.

Have the scouts try to scratch the rock or mineral with their fingernail. If the rock scratches, the hardness is about 2 on Mohs Hardness Scale. Very soft. Talc is very soft.

Have the scouts take a copper penny and see if they can scratch the rock. If it does, the hardness is about 3 on Mohs Scale.

Have the Scouts take a nail and see if they can scratch the rock. If they see a scratch, a line, or dust, this means that the nail is harder than the rock. If they see a silver line on their rock, this means that their rock is harder than their nail. If the nail scratches, the rock is softer than a 4 on the scale and if it does not scratch, it is harder than a 4 on the scale. Put the rocks into two piles: those that can and cannot be scratched.

More testing:

Take the harder rocks and see if a pocket knife (steel) can scratch the rock. That is a hardness of 5-6.

Quartz will scratch glass and it has a hardness of 7.

The Story of Stone Soup



Once upon a time, there was a great famine (which means there wasn't enough food to go around). The people in one small village didn't have enough to eat, and definitely not enough to store away for the winter. People were afraid their families would go hungry, so they hid the small amounts of food they did have. They even hid their food from their friends and neighbors. One day a wandering soldier came into the village. He asked the different people he met about finding a place to eat and sleep for the night.

"There's not a bite to eat in the whole county," they told him. "You better keep moving on."

"Oh, I have everything I need," he said. "In fact, I would like to make some stone soup to share with all of you." He pulled a big black cooking pot from his wagon. He filled it with water and built a fire under it. Then, he reached slowly into his knapsack and, while several villagers watched, he pulled a plain gray stone from a cloth bag and dropped it into the water.

By now, hearing about the magic stone, most of the villagers were surrounding the soldier and his cooking pot. As the soldier sniffed the stone soup and licked his lips, the villagers began to overcome their lack of trust.

"Ahh," the soldier said aloud to himself, "I do like a tasty stone soup. Of course, stone soup with *cabbage* is even better."

Soon a villager ran from his house into the village square, holding a cabbage. "I have this cabbage from my garden," he said as he held it out for the soldier.

"Fantastic!" cried the soldier. The soldier cut up the cabbage and added it to the pot. "You know, I once had stone soup with cabbage and a bit of beef, and it was delicious."

The butcher said he thought he could find some beef scraps. As he ran back to his shop, other villagers offered bits of vegetables from their own gardens--potatoes, onions, carrots, celery. Soon the big black pot was bubbling and steaming. When the soup was ready, everyone in the village ate a bowl of soup, and it was delicious.

The villagers offered the soldier money and other treasures for the magic stone, but he refused to sell it. He had many offers for a cot to sleep on that night. The next day he traveled on his way.

(Adapted from the classic folktale from the Aarne-Thompson folktale system)

Homemade Rock Candy

- Total: 60 mins
- Prep: 60 mins
- Cook: 0 mins
- Forming: 6 hrs
- Yield: 4 candies (4 servings)

Rock candy is easy to make at home, it tastes great, and it's a fun recipe to do with kids. Better yet, it doubles as a science experiment because you get to watch the sugar crystals grow. The color and flavoring combinations you can create are endless, so it's also an excellent opportunity to get creative in the kitchen.

This is one of the simplest sugar candies you can make, though it does require patience. While you should start to see changes within the first few hours, it may take up to a week for the rock candy to form.

Keep in mind that the exact quantity of sugar syrup you will need depends on the size of jars you're using and how many rock candy strings you want. For example, the recipe's measurements work for four 12-ounce jars or one quart-sized Mason jar. You can easily double or triple the recipe and make more rock candy s

- Ingredients**
- 2 cups water
 - 4 cups sugar (white granulated)
 - Optional: 2 drops [food coloring](#)
 - Optional: 1/2 to 1 teaspoon flavoring extract or oil

Steps to Make It

Note: While there are multiple steps to this recipe, this homemade rock candy is broken down into workable categories to help you better plan for preparation.

Prepare Your Materials

1. Clean the glass jars thoroughly with hot water.
2. For each jar, cut a length of thick cotton thread a few inches longer than the height of the jar and tape it to a pencil. Place the pencil across the lip of the jar and wind it until the thread is hanging about 1 inch from the bottom of the jar. Attaching a paper clip to the bottom of the thread will weigh it down and help it hang straight.
3. As an alternative, you can use a wooden skewer instead of the string. Use clothespins balanced across the top of the jar to clip it into place.

Make Your Rock Candy

1. Gather the ingredients.
2. Wet each thread or wooden skewer with water and roll it in granulated sugar. This base layer gives the sugar crystals something to grab when they start forming. Set these aside to dry while you prepare the sugar syrup.

3. Place the water in a medium-sized pan and bring it to a boil. Begin adding the sugar, 1 cup at a time, stirring after each addition. You will notice that it takes longer for the sugar to dissolve after each cup you add. Continue to stir and boil the syrup until all of the sugar has been added, and it is completely dissolved. Remove the pan from the heat.
4. If you are using colors or flavorings, add them at this point. When using an extract, add 1 teaspoon of the extract; for flavoring oils, only add 1/2 teaspoon. Make sure you don't stand right in front of the pan because the scent can be very strong as it rises in the steam. Add 2 to 3 drops of food coloring and stir it in to ensure an even, smooth color.
5. Allow the sugar syrup to cool for approximately 10 minutes, then pour it into the prepared jars. Lower one sugared string or skewer into each jar until it hangs about 1 inch from the bottom.
6. Carefully place your jar in a cool place, away from harsh lights, where it can sit undisturbed. Cover the top loosely with plastic wrap or a paper towel.
7. You should start to see sugar crystals forming within 2 to 4 hours. If you see no change after 24 hours, try boiling the sugar syrup again and dissolve another cup of sugar into it. Then pour it back into the jar and insert the string or skewer again.
8. Allow the rock candy to grow until it is the size you want. Don't let it grow too large; otherwise, it might start growing onto the sides of your jar. Once it has reached the desired size, remove it and allow it to dry for a few minutes, then enjoy or wrap in plastic wrap to save for later.
9. Serve and enjoy.

..... From www.thespruceeats.com

Dirt Dessert

Ingredients

- 1 package (8 ounces) cream cheese, softened
- 1/4 cup butter, softened
- 1 cup confectioners' sugar
- 3-1/2 cups cold 2% milk
- 2 packages (3.4 ounces each) instant vanilla pudding mix
- 1 carton (12 ounces) frozen whipped topping, thawed
- 1 package (15-1/2 ounces) Oreo cookies, crushed
- Shaved white chocolate, optional

Directions

- In a large bowl, beat the cream cheese, butter and confectioners' sugar until smooth. In a large bowl, whisk milk and pudding mixes for 2 minutes; let stand for 2 minutes or until soft-set. Gradually stir into cream cheese mixture. Fold in whipped topping.
- Spread 1-1/3 cups of crushed cookies into an ungreased 13-in. x 9-in. dish. Layer with half of the pudding mixture and half of the remaining cookies. Repeat layers. Refrigerate for at least 1 hour before serving. Serve with shaved white chocolate if desired.

Nutrition Facts

1/2 cup: 278 calories, 13g fat (7g saturated fat), 16mg cholesterol, 316mg sodium, 38g carbohydrate (26g sugars, 1g fiber), 3g protein.

A video of the preparation is at <https://www.tasteofhome.com/recipes/dirt-dessert/?jwsourc=cl>

Why Rock Collecting Is Good for Kids

Why Collecting Is Good For Kids

Your child's rock collection may just look like a pile of stones to you. But it's doing more than gathering dust. "When a child collects things, it teaches the child important skills that they use throughout their life, including how to organize and interact with others," says Desmond Kelly, a developmental-behavioral pediatrician at All Kinds of Minds in Chapel Hill, North Carolina. The institute, affiliated with the University of North Carolina, is dedicated to studying how people learn.

Here's a look at what kids who collect gather along the way:

Personal Responsibility:

When it comes to a child's prized collection, you're likely to see some impressive "care and feeding." Kids often become interested in collecting around age 5, with many becoming completely intrigued with a particular collectible — be it rocks or stickers — between ages 6 and 8. It's pretty common for kids to spend hours arranging their collection and reading about the items, as well as talking about them with friends and family.

Organization Skills:

That heap of stuffed animal puppies or kittens sitting atop your child's bed got there because somewhere along the way he decided: Okay, I'm putting all the dogs and cats on the bed. That stuffed iguana that Grandma gave him? It might end up on a desk all by itself because, well, it doesn't quite fit in with the other animals. So not only is the child organizing, they are categorizing.

Mathematical Smarts:

Whether your child is collecting baseball cards or rocks, it's a pretty good bet that they know the exact number in their collection. They spend a lot of time grouping them into various categories: years and teams or sizes and shapes. This requires counting, tabulating, and sorting.

Reading Skills:

A child with a passion for collecting rocks will also want to know when and how a rock got created, and whether Amethyst is in the same group of rocks as quartz. And that means trips to the library and an active interest in studying and learning.

Social skills:

While your child is negotiating a baseball card trade or informing a classmate about the new addition to his rock collection, they are inspired to interact with other children. A collection can be a great way to boost self-esteem, as well as serve as a smooth entry into friendships. If your child is new to a school or neighborhood, discussing their rock collection can be a great ice-breaker. Meeting kids who share a similar interest could mean he's also found new buddies.

Budgeting skills:

"Collectibles are a great way for kids to learn how to manage money," says Janet Bodnar, executive editor of Kiplinger's Personal Finance magazine and author of Dollars & Sense for Kids. "If children are expected to pay for some or all of their collectibles out of their allowance, they have to make decisions about how much they're going to spend — they're learning how to budget their money."

Great Fun for the Whole Family:

Collecting is also all about fun and play. It's a good idea to let your child figure out on his own how he's going to "play" the collecting game — of course, parents should still make a point to show they care. Casually asking about his organizing scheme with a question such as, "I see you've divided up all your rocks into different groups". How did you decide which rocks go in which group?" By describing his reasoning, he reinforces the learning he's done all by himself.

Children who collect rocks will want to go out hiking and looking for rocks which is, of course, not only a health activity for the child but is fun for mom and dad too, planning your next hike, helping to find that next pretty rock and the fun of discovering a really cool rock together. There are local rock and mineral clubs all over the country that have regular events to go rock hounding, there are pay to dig mines where you can plan a trip and find valuable specimens and many families have fun together tumbling and polishing rocks and making jewelry and other decorative things from rocks and minerals.

Mohs Scale of Mineral Hardness

| Mohs hardness | Mineral | Chemical formula | Absolute hardness | Image |
|---------------|-------------------------------------|---------------------------------|-------------------|---|
| 1 | Talc | $Mg_3Si_4O_{10}(OH)_2$ | 1 |  |
| 2 | Gypsum | $CaSO_4 \cdot 2H_2O$ | 2 |  |
| 3 | Calcite | $CaCO_3$ | 14 |  |
| 4 | Fluorite | CaF_2 | 21 |  |
| 5 | Apatite | $Ca_5(PO_4)_3(OH^-, Cl^-, F^-)$ | 48 |  |
| 6 | Orthoclase feldspar | $KAlSi_3O_8$ | 72 |  |
| 7 | Quartz | SiO_2 | 100 |  |
| 8 | Topaz | $Al_2SiO_4(OH^-, F^-)_2$ | 200 |  |
| 9 | Corundum | Al_2O_3 | 400 |  |
| 10 | Diamond | C | 1500 |  |

On the Mohs scale, a streak plate (unglazed porcelain) has a hardness of approximately 7.0. Using these ordinary materials of known hardness can be a simple way to approximate the position of a mineral on the scale.

Closing Ceremonies

Fool's Gold

Preparation: Paint a large rock gold.

Many people have followed their dream of finding gold. The life of a prospector was not an easy one. They suffered many hardships in their quest for gold. Some people, hoping to take the easy way out, were tricked by people who sold them digging rights where gold was guaranteed to be located. (Hold up the painted rock.) Rocks would be painted, or rocks that looked like gold, called pyrite, or 'fool's gold,' would be placed on the land to convince people that gold would be easily found. They wanted an easy way to achieve their goal and were fooled by appearances. Don't let your badges and awards be fool's gold. Work hard to obtain your goal. Do all the requirements and take pride in your accomplishments.

Dinosaur Closing Thought

Do you ever pause to think about how helpful the dinosaurs of yesterday were? They provide oil for today. They are an exhibit in a museum that many have to lean their heads back to get a good look. Many sets of eyes have opened a little wider by the wonders of Dinosaurs. They were on this Earth before us. No matter how high a man rises, he needs something to look up to.

Dinosaurs of Long Ago

Narrator reads actions while Cub Scouts lead the audience.

Dinosaurs lived long ago,

And walked like this, and that, *(Slow, heavy walking movement.)*

Some were large *(stretch hands upwards)*

And some were small *(crouch down)*

Some liked water *(swimming motions)*

And some just walked on land *(stomp feet)*

Some had wings, that flapped and flapped *(flap arms)*

Some had long necks, that stretched and stretched. *(Hand on neck stretching upward).*

The meanest, rudest of all was ferocious Tyrannosaurus Rex

(feet apart, hands clawlike, scowl and growl)

These were the dinosaurs of long ago.

Goodness gracious, where did they go?



ZOOM meeting hint:

For large Zoom meetings, participants should mute their microphones. On a computer, this can be done by several methods. You can click the microphone icon in the lower left corner of the screen. A diagonal red line over the icon indicates the microphone is silenced. You can also achieve this by pressing Alt-A on the keyboard.

Once the microphone is muted, you can use the space bar as a press to talk button. Hold the space bar down while talking. Releasing the space bar returns you to muted.