GSNWGL Camp Patch Program
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- We would love to hear what you think of these patches! Share pictures of your troop working on the activities, we might use them in an upcoming Council publication! Email to property@gsnwgl.org

Any questions? Contact the property department at 888.747.6945 or property@gsnwgl.org
Activity 1: Observe Animals in Nature

Camp Birch Trails is home to many animals! Keep a list going of all the animals you see while you are there. Not sure what something is? Look it up in the field guides that are provided. Remember to be respectful of nature and give the animals their space. Do not approach, tease, or feed any of the wild animals here.

The observation deck near the bog is a great place to see some wildlife, if you are up for a hike.

Activity 2: Spend the Night in a Yurt

Spend the night in a yurt and do some stargazing through the skylight. Not staying in a yurt? Head outside when it is dark and check out those beautiful stars! Use the star chart to see if you can identify any constellations.

Activity 3: Take a Hike

Take a hike around camp. Visit Chuck, George, and the Mermaid under their bridges, take a look at the low ropes course, find the archery range, and find the gaga pit.
Activity 4: Complete a Service Project

Complete a camp service project description: A Girl Scout always leaves a place better than she found it – take some time and complete a service project to make camp even better.

**Supplies Needed:**

- Refer to each project for a list of required supplies

**How to Complete:**

1. Before you arrive, contact the Property Manager for a list of current projects or refer to the list of general camp projects listed below.

2. Pick a project that is right for your troop – consider age of participants, time available, and level of independence of participants.

3. Complete the service project.

4. When you get home, please let us know about the project you completed in your property use survey. The survey is emailed to the person who made the reservation.

**General Project List:**

- Clean interior of building (windows, floors, dusting, etc.)
- Clean and reorganize kitchen cabinets.
- Inventory kitchen cabinet contents.
- Replenish firewood storage area.
- Clean up, rearrange stones, and rake around fire circle to ensure it is safe for campfires.
- Clean up area (pick up garbage, sticks, stones, etc.)
- Rake leaves around the building/site.
- Clean exterior surface of building (knock down cobwebs, nests, etc.)
- Other – Tasks suggested by troop must be approved by the Property Manager.

Thank you so much for your help in making our camps great!
Activity 5: Try Geocaching

Test your navigational skills while hunting for the Camp Birch Trails Geocache!

There is a geocache located at this camp. Once found, you must leave an item to take an item. Please follow these very simple guidelines so that all may enjoy the fun of this activity.

What is geocaching? Check out this article for more information about Geocaching: 
[gsnw.gl/howtogo](gsnw.gl/howtogo)

I’m the newest building on camp – named after the girl who was the President of her Brownie troop back in the 50s. (Graebel)

1,2,3,4,5 – Hatchet Haven to Pep and all cabins in between. (Outlook Ridge)

You could take me as a shortcut across the water to the ropes course – don’t cross me as I need an authorized instructor present. (New Bridge)

Are you hungry? I can feed up to 150 people at the same time. Are you dining inside or outside. (Dining Hall)

Raise the flag and ring the bell. (Flagpole & dinner bell)

Is the troll charging a toll today? Cross with care. (Double bridge near Path of Truth) “Peace” (Peace pole before the Path of Truth)

Caring to honest and everything in between. (Signs on Path of Truth)

How Tack(y) is that? (Tack House)

Ring, Ring – the phone is for you. (Phone box at Waterfront)

Hungry for pancakes? Put some of this on them. (Maple)

How much of this can a woodchuck chuck? (wood pile at Maple)

Many people sing around this. (fire circle at Maple)

I was huge many years ago, before someone downed me. Now I’m home to a secret treasure. (Geocache in old stump)

N45 degrees 18.005’
W089 degrees 43.191’

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- We would love to hear what you think of these patches! Share pictures of your troop working on the activities, we might use them in an upcoming Council publication! Email to property@gsnwgl.org

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Activity 1: Go on a hike

1. Did you know that Camp Cuesta’s field is home to the Hines Emerald Dragonfly that makes Camp Cuesta’s dolomite ridge a part of its home. The largest breeding population known to occur on the planet is in Door County, Wisconsin. The only other known populations occur at small sites in northern Michigan, northeastern Illinois, and a recently discovered site in Missouri. Review the info on the enclosed fact sheet from the United States Fish and Wildlife Service.

For even more info, check outhinesdragonfly.org

Then—go on a hike and see if you can spot the Hines Emerald Dragonfly, making sure to not disturb it, just observing with your eyes.

**Supplies Needed:**
- Walking shoes
- Quiet voices
- Listening and observation skills
- Map of Camp Cuesta

**How to Complete:**
1. Look at the map of Camp Cuesta and make a plan of where to hike.
2. Using the map, take a hike around camp.
3. Look for animals and insects. What do you see? Do you spot the Hines Emerald Dragonfly?
4. Listen to the sounds of the forest. What do you hear?

Activity 2: Camp Service Project

**Description:** A Girl Scout always leaves a place better than she found it – take some time and complete a service project to make camp even better.

**Supplies Needed:**
- Refer to each project for a list of required supplies.

**How to Complete:**
1. Before you arrive, contact property@gsnwgl.org for a list of current projects or refer to the list of general camp projects listed below.
2. Pick a project that is right for your troop – consider age of participants, time available, and level of independence of participants.
3. Complete the service project.
4. When you get home, please let us know about the project you completed in your property use survey. The survey is emailed to the person who made the reservation. Send us pictures, too! You can reach us at property@gsnwgl.org

**General Project List:**

- Clean interior of building (windows, floors, dusting, etc.)
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- Inventory kitchen cabinet contents.
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- Other – Tasks suggested by troop must be approved by the Property Manager.

Thank you so much for your help in making our camps great!

**Activity 3: Go Geocaching**

Once found, you must leave an item to take an item. Please follow these very simple guidelines so that all may enjoy the fun of this activity. What is geocaching? [http://familysponge.com/play/family-adventures/geocaching-with-kids/](http://familysponge.com/play/family-adventures/geocaching-with-kids/)

1. From the Troop House trek past the latrines & storage shed to the grassy field.
2. Turn left when you get to the grassy field. Look for the Dolomite and lime stone ledge view. Find the trail that goes to Kangaroo Lake.
3. Enjoy the view, be very careful not to harm any vegetation as our ridge is critical to the survival of the Hine’s Emerald dragonfly. You will find the geocache near the beginning of the trail. Look along the trail's edge to your left.

N 45 degrees 03.408'
W 087 degrees 10.156'
**Activity 4: Visit the State Park**

Door County is well known for its beautiful State Park- Peninsula State Park
dnr.wi.gov/topic/parks/name/peninsula/

Go and explore!

Activities could include:
- Bike around Peninsula State Park
- Go for a nature hike
- Visit the beaches as well as the nature center

The park often hosts educational presentations throughout the summer. Visit dnr.wi.gov/topic/parks/name/peninsula/ then click Get Outdoors and filter down to Peninsula State Park to see if any are happening while you are visiting!

**Activity 5: Girl’s Choice**

Use Camp Cuesta as a basecamp and then head out on an adventure! Choose from a large variety of fun things to do in the Door County area, such as ice cream eating, biking, hiking, visiting a cherry farm and more! The visitors center is the best place to start, for some ideas http://www.doorcounty.com/

Family section of website: http://www.doorcounty.com/family-fun/

The activity picked should be voted on by the girls before you get to Cuesta, or once you are here!

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Activity #1: Parking Lot Games

Description: Park the vehicles off to the side of the parking lot and discover the games painted on the parking lot surface.

**Supplies Needed:**
- Playground ball
- Rock or pebble

**4 Square**

**Objective of Game:** The object of the game of four square is to eliminate players in higher squares so that you can advance to the highest square yourself. Four square is played with a rubber playground ball on a square court with four players, each occupying a quarter of the court. The ball is bounced between players in squares until someone makes an error and is eliminated. Eliminated players leave the court, all players advance to fill the empty squares, and a new player joins at the lowest ranked square.

**How to Play:**
- The ball is always served from the highest ranked square to the lowest square. Squares one and four are positioned diagonally across the court. The server must drop the ball and serve from the bounce. The ball must be allowed to bounce once in the receiving square, then the receiving player must hit the ball into another square of his or her choice.
- Each time the ball bounces in a square, the owner of that square must hit the ball into another square. No exceptions.
- Once the ball touches down in a square, ONLY the owner of the square can touch the ball next. If she does not, then she is out. If she hits it poorly or out of bounds, she is out. If another player hits the ball before she does, at any time, the other player is out.
- Once that player hits the ball once then any other player may hit it next. This means it is not necessary to let the ball bounce again before another player hits it. The next player to touch the ball is subject to all the normal rules.
- Each time a player is eliminated, that player leaves the court and all players advance to the higher numbered square squares. The lowest ranked square is then filled with a new player. All eliminated players leave the court and wait for their next turn to join in the lowest square.
- **These situations represent all the ways in which a player may be eliminated from the court. Players are eliminated for:**
  - Failing to hit the ball into another square
  - Allowing the ball to bounce more than once in their own square
  - Hitting the ball out of bounds or onto an inside line
  - Hitting the ball incorrectly, such as holding, catching or carrying
  - Hitting the ball with a part of the body that are not hands
  - Hitting the ball out of turn (poaching)
**Hopscotch**

**Objective of Game:** The first player to finish one full course for each numbered square is the winner, careful not to step on any lines!

**How to Play:**
- A hopscotch course typically looks like a series of numbered squares.
- The first player tosses a marker (rock, coin) into the first square; it must land within the confines of the square without bouncing out or touching a line.
- The player then hops through the course, making sure to skip the square with the marker in it.
- Players hop in single squares with one foot (either foot is fine), and use two feet for the side by side squares, one in each square.
- Upon completion of the hop sequence, the player continues her turn, tossing the marker into square number two, and repeating the pattern.
- Loss of turn occurs when a player:
  - Steps on a line
  - Misses a square with her marker toss
  - Loses balance
  - Players begin their next turn where they last left off.

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**Checkers**

**Objective of Game:** Use your pieces to capture all of your opponent's pieces.

**How to Play:**
- Checkers is played by two players. Each player begins the game with 12 colored discs. (Typically, one set of pieces is black and the other red.)
- The board consists of 64 squares, alternating between 32 dark and 32 light squares. It is positioned so that each player has a light square on the right side corner closest to him or her.
- Each player places his or her pieces on the 12 dark squares closest to him or her.
- Black moves first. Players then alternate moves.
- Moves are allowed only on the dark squares, so pieces always move diagonally. Single pieces are always limited to forward moves (toward the opponent).
- A piece making a non-capturing move (not involving a jump) may move only one square.
- A piece making a capturing move (a jump) leaps over one of the opponent's pieces, landing in a straight diagonal line on the other side. Only one piece may be captured in a single jump; however, multiple jumps are allowed on a single turn.
- When a piece is captured, it is removed from the board.
- If a player is able to make a capture, there is no option — the jump must be made. If more than one capture is available, the player is free to choose whichever he or she prefers.
- When a piece reaches the furthest row from the player who controls that piece, it is crowned and becomes a king. One of the pieces which had been captured is placed on top of the king so that it is twice as high as a single piece.
- Kings are limited to moving diagonally, but may move both forward and backward. (Remember that single pieces, i.e. non-kings, are limited to forward moves.)
• Kings may combine jumps in several directions — forward and backward — on the same turn. Single pieces may shift direction diagonally during a multiple capture turn, but must always jump forward (toward the opponent).
• A player wins the game when the opponent cannot make a move. In most cases, this is because all of the opponent's pieces have been captured, but it could also be because all of his pieces are blocked in.

Activity #2: Take a Hike

Description: Explore Camp Del O'Claire on foot. Hike along the river, through the woods, and over the hills. Watch for forest creatures and birds and listen to the sounds of the forest.

Supplies Needed:
• Walking Shoes
• Quiet Voices
• Listening and Observation Skills
• Map of Camp Del O’Claire

How to Complete:
1. Look at the map of Camp Del O’Claire and make a plan of where to hike.
2. Using the map, take a hike around camp.
3. Look for animals. What do you see?
4. Listen to the sounds of the forest. What do you hear?
5. Explore the shoreline of the river. What river runs through camp?

Activity #3: Disc Golf

Description: Disc golf is a popular activity in parks and can be played by people of all ages and abilities. Located just a short hike from Camp Del O’Claire in Yellow Banks Park is a 9-hole disc golf course. Grab a disc and challenge your friends to a round of golf! (Corner of Camp Phillips Road and Northwestern Avenue)

Supplies Needed:
• One disc per person
• Walking shoes
• Water bottles

Objective of the Game: Disc Golf is played like traditional ball golf, but with flying discs instead of balls and clubs. One point (stroke) is counted each time the disc is thrown and when a penalty is incurred. The goal is to play each hole in the fewest strokes possible. The player with the lowest total strokes for the entire course wins.

Safety First: Never throw when players or park users are within range. Be aware of your surroundings and environment.
**How to Play:**

1. Each hole begins with a tee throw. Tee throws must be completed within or behind the designated tee area.
2. The player with the least amount of strokes on the previous hole is the first to tee off on the next hole. After teeing off, the player whose disc is farthest from the hole always throws first.
3. The lie is the spot where the player’s previous throw has landed. The player’s subsequent throw is made from directly behind the marked lie.
4. A disc that comes to rest in the basket or chains constitutes successful completion of that hole.
5. Any disc that comes to rest above the ground (in a tree) is considered unplayable. Once the disc is retrieved, the disc must be thrown from the ground directly underneath the spot it landed.

**Course Courtesy:**

- Remain quiet and avoid unnecessary movements while others are throwing.
- Stand behind the player who is throwing until throw is complete.
- Remove disc from basket after completing the hole.
- Allow faster groups to play through when possible.
- Pick up trash and put in proper receptacles.
- Do not alter the course (trees, bushes, etc.) in any way.

**Remember the most important rule:**
The one who has the most fun wins!

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**Activity #4: Camp Songs & Games**

**Description:** Camp is not camp without some singing and camp games. Learn at least one new camp game and sing at least one camp song. If you are feeling creative, make up a new game or song!

**Supplies Needed:**
- Directions for Games
- Song Lyrics

**Games:**

**Frogger**

**How to Play:** Girls sit in a large circle. One girl is chosen to be the Detective and must leave the room temporarily. While the Detective is out of the room, the girls in the circle (who should be considered Flies) must close their eyes and put their heads down. This is when the Frog is chosen (someone must walk around the circle and tap whoever she chooses to be the Frog on the head).

When the Frog has been chosen and all the girls are ready, call the Detective back in. The Detective must stand or sit in the middle of the circle. Meanwhile, the Frog is trying to catch Flies, without being seen by the Detective.
In order to catch Flies, the Frog must make eye contact with a Fly and stick her tongue out. When a Fly sees someone stick her tongue out directly at her, she must pretend to get caught. All caught Flies must lie down so the Detective knows they’ve been caught.

The Detective gets three guesses to figure out who is the Frog. Once the round is over, pick two new people to be the Detective and the Frog, and play again!

**Moose (10-15 minutes)**

**How to Play:** Girls sit in a large circle. Go around the circle and have each girl pick a different animal. There can be no repeats and no one can be a moose! Go around and say everyone’s animal a few times, girls need to remember the other animals as best they can.

After everyone has an animal assigned to them, pick one person to be the Moose. They will stand in the middle of the circle. Play starts with one person saying the name of their animal and then the name of an animal sitting around the circle.

This continues until the Moose can tap an animal on her head before she can say the name of another animal, or someone yells “Moose!”

Anyone can call Moose at any time that they are having trouble thinking of another animal. If MOOSE is called, everyone in the circle must stand up and find a new seat, including the Moose. The last person sitting is the new Moose.

**Uncle Sam (10 minutes)**

**How to Play:** Have girls line up shoulder to shoulder, all facing same direction. Designate an end point (somewhere opposite of where the girls are currently standing, so they can run to it). Have one girl be Uncle Sam and stand in the middle of the two points.

The object of the game is to get across the square safely, either because you were allowed by Uncle Sam or because you didn’t get tagged. There is a short dialogue that occurs before any crossing:

Group (shouting): “Uncle Sam, Uncle Sam, may we cross your private land?”

Uncle Sam (shouting): “Only if you’re wearing a certain color!”

Group (shouting): “What’s that?”

Uncle Sam yells out a color. The girls who are WEARING that color may approach Uncle Sam and show her where they are wearing that color; Uncle Sam will then permit them to cross. After everyone wearing that color has crossed, there will be girls still waiting on the original side. At that point, Uncle Sam will yell “Go!” and the rest of the girls will run to the other side. Anyone who gets tagged will join Uncle Sam in the middle. Repeat the process until there’s only one girl left.

**Human Knot (15-20 minutes)**

**How to Play:** Stand in a circle. Raise your right hands. Grab someone else’s right hand, but not the person’s next to you. If there is a leftover right hand, don’t worry yet. All together, raise your left hands. Grab someone else’s left hand, but not the person’s next to you. If there is a leftover left hand, grab the “leftover” right hand.
Before you move at all, remember: you are allowed to change grips, but not let go of hands; if something hurts, stop immediately and let the leader help you; if you are uncomfortable at any time, please say so right away.

Now, untangle yourselves while holding hands at all times. Do not let go. Be careful and have fun.

**Two Truths and a Lie (5-10 minutes)**

**How to Play:** Each girl takes a turn saying three things about herself – two of which are true and one of which is false. After each girl says her three things, the rest of the group tries to figure out which one is the lie. If necessary, they may ask questions, but they can only be yes or no questions.

**Songs:**

**Little Pile of Tin**
I’m a little pile of tin
Nobody knows what shape I’m in
Got four wheels and a runnin’ board
I’m a four door, I’m a Ford

Chorus:
Honk honk, rattle rattle rattle, crash beep beep
(Repeat line 4 times)

(Repeat faster and faster each time)

**Make New Friends**
Make new friends, but keep the old,
One is silver, and the other gold.
A circle’s round, it has no end,
That’s how long, I want to be your friend.

**Penguins Attention**
Penguins attention, penguins begin
Have you ever seen a penguin drinking tea?
Take a look at me, a penguin you will see.

Penguins attention, penguins begin
Right arm... (repeat verse)
Right arm, left arm...
Right arm, left arm, right foot...
Right arm, left arm, right foot, left foot...
Right arm, left arm, right foot left foot, turn around...
Right arm, left arm, right foot, left foot, turn around, stick out your tongue...

Penguins attention, penguins stop!

**The Moose Song**
(This is a repeat after me song)
There was a great big moose
Who liked to drink a lot of juice
(Repeat)

Chorus:
Say wao wao.
Wao wayo wayo wayo
Waayoo waayo.
Wayo wayo wayo wayo

You know his name was Fred.
He liked to drink his juice in bed
(Repeat)

Chorus

He drank his juice with care,
But he spilled it down his hair
(Repeat)

Chorus

Now he’s a sticky moose
A moose covered in juice
And he’s on the La-oooooose!
**Crocodile Song**
Oh, she sailed away on a bright and sunny day
On the back of a crocodile
“You see,” said she, “He’s as tame as tame can be;
I’ll ride him down the Nile”
But the croc winked his eye as she waved them
All goodbye, wearing a happy smile
At the end of the ride, the lady was inside, and the
smile was on the crocodile!
(clap clap)

**Brownie Smile**
I’ve got something in my pocket it belongs across
my face
I keep it very close at hand in a most convenient
place
I’m sure you couldn’t guess it if you guessed a
long, long while
So I’ll take it out and put it on, it’s a great big
Brownie smile

**Baby Bumble Bee**
I’m bringing home a baby bumble bee
Won’t my mommy be so proud of me
I’m bringing home a baby bumble bee
Ouch, he stung me

I’m squashing up my baby bumble bee
Won’t my mommy be so proud of me
I’m squashing up my baby bumble bee
Oh, I’m all sticky

I’m licking up my baby bumble bee
Won’t my mommy be so proud of me
I’m licking up my baby bumble bee
Oh, I don’t feel so good

I’m spitting up my baby bumble bee
Won’t my mommy be so proud of me
I’m spitting up my baby bumble bee
Oh, what a mess

I’m sweeping up my baby bumble bee
Won’t my mommy be so proud of me
I’m sweeping up my baby bumble bee
Oh, how sad

**Froggie Song**
Um aht went the little green frog one day
Um aht went the little green frog
Um aht went the little green frog one day
And his eyes went um aht too
Honk honk went the big Mack truck one day
Split splat went the little green frog
And his eyes didn’t go um aht anymore
Cause he got licked up by a dog woof woof

---

**Activity #5: Camp Service Project**

**Description:** A Girl Scout always leaves a place better than she found it –
take some time and complete a service project to make camp even better.

**Supplies Needed:**
- Refer to each project for a list of required supplies.
**How to Complete:**

1. Before you arrive, contact property@gsnwgl.org for a list of current projects or refer to the list of general camp projects listed below.
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**General Project List:**

- Clean interior of building (windows, floors, dusting, etc.)
- Clean and reorganize kitchen cabinets.
- Inventory kitchen cabinet contents.
- Replenish firewood storage area.
- Clean up, rearrange stones, and rake around fire circle to ensure it is safe for campfires.
- Clean up area (pick up garbage, sticks, stones, etc.)
- Rake leaves around the building/site.
- Clean exterior surface of building (knock down cobwebs, nests, etc.)
- Other – Tasks suggested by troop must be approved by the Property Manager.

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Activity 1: Hike to Baldy Mountain

Elevation 1,284 feet. This is a Girl Scout Camp tradition here at Camp Nawakwa. To get to Baldy Mountain you go past MEM and take a right to the Lake. Prior to the lake on the left is a sign directing you. Follow the path and bypass the Ice Age Trail which goes up to the left. Just after that turn is another spot to go left and scramble up a trail to a field. Then follow the tree line to the right. It is tricky to find the path up to Baldy as it is not marked. Walk along the fence line and there will be a break in the fence and trees. This path to Baldy is made possible by private land owners so we must be very respectful and not abuse the privilege of this path. There is a primitive path up the hill to Baldy Mountain which is amazing once you are there. It is a huge field where you feel on top of the world. If a Camp Host is on site they are very knowledgeable regarding the Hike.

Activity 2: Complete a Service Project

Description: A Girl Scout always leaves a place better than she found it – take some time and complete a service project to make camp even better.

Supplies Needed:
- Refer to each project for a list of required supplies.

How to Complete:
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• Other – Tasks suggested by troop must be approved by the Property Manager.

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Activity 3: Bingo Nawakwa

Play Bingo to Learn about Camp Nawakwa History

The story of Girl Scouting really begins with the life of one amazing woman: Juliette Gordon Low. In a time when women were expected to stay close to home and fill traditional roles, Juliette – or Daisy, as she was known to her friends and family – was willing to challenge convention, take risks, and make grand things happen. Daisy appreciated the traditional role of women at home with their families, but she was eager to use her many talents to explore other, less conventional pursuits. She was an accomplished artist who also wanted to learn to make complicated knots and forge iron. She even learned to drive a car, which was quite unusual for women in that era.

Daisy believed that women could do anything – and she found the Girl Scouts of the USA to give girls opportunities to do just that. Daisy Low was a remarkable and talented woman, but she was not immune to problems. Although Daisy was mostly deaf, she never let it prevent her from pursuing her interests. She and her husband, William Low, moved to England after their marriage. The Low’s did not have any children and William died in 1905. While still living in England, Juliette discovered that her friend Robert Baden-Powell had started a fascinating movement called Scouting. The original organization was for boys and Baden-Powell had encouraged his sister Agnes, to start Girl Guides. As Daisy began to head up troops of Girl Guides, she found a place to channel her passions. And she had an idea that changed the world – to found the Girl Scouts of the USA.

On January 6, 1912 she sailed back to the United States. Sir Robert Baden-Powell was on the same ship. He was on his way to visit Boy Scouts around the world. Daisy was thinking about bringing Girl Guides to the United States. The more she thought about it, the more she liked the idea. She discussed her plans with Sir Robert and he was enthusiastic. At age 51, the one thing uppermost in her mind was to start Girl Guiding in America. And she wanted to start it in her home city of Savannah. She was deaf and frail, yet when Daisy wanted to do something, nobody could stop her. As soon as Daisy arrived in Savannah, she phoned her friend and distant cousin, Nina Anderson Pape, who was the headmistress of a girls’ school. “Come right over,” Daisy said. “I’ve got something for the girls of America and all the world, and we’re going to start it tonight!”
On March 12, 1912, 18 girls twelve or older became the first officially registered Girl Guides in the United States. Two Girl Guide patrols were formed. The patrols were called the “Pink Carnation” and the “White Rose.” Each girl had with her a notebook, a pencil, and a yard of cord to practice knot tying. After the first year the name was changed to Girl Scouts of the USA. Juliette Gordon Low died from breast cancer in Savannah on January 17, 1927. According to her wishes, she was buried in her Girl Scout uniform with decorations of honor – the Silver Fish of the English Girl Guides and the jeweled Thanks Badge of the Girl Scouts of the USA. Folded in the breast pocket, where Daisy had placed it, was a telegram from the National Board saying, “You are not only the first Girl Scout but the best Girl Scout of them all.”

Activity 4: Camp Nawakwa Cookout

Use some Outdoor Cooking Equipment to share a feast!

PLEASE NOTE: The Outdoor Cooking Activity should only be completed if you are accompanied by a trained Outdoor Education Volunteer. If you need to take the training contact, 888.747.6945 and we can help.

Description
You can cook anything over the fire that you can at home. Try your skills at one or more of the many different ways to cook over the fire. Below are several methods of cooking and then recipes for your troop to try. Enjoy your feast!

Stick Cooking
It’s the most common way for kids to cook food. It’s easy to poke simple food onto a stick in order to warm it up over a fire. Marshmallows, hotdogs and bannock work great.

Foil Cooking
This is an easy method because again, tools and materials are minimal. Plus, everyone gets their very own, individualized meal. All you have to do is pick what you want, wrap it in foil, place it in the coals around the fire, and wait a few minutes. Food usually requires some preparation—like chopping vegetables or pre-cooking noodles, rice or meat. Stir-fry, hobo stew and banana boats are foil cooking favorites.

Pudgy Pie Makers (PPMs)
Using Pudgy Pie Makers is another way of cooking in which everyone gets exactly what they want. Line insides of PPMs with tin foil to minimize clean up. Place the food you want inside the PPM and close it—make sure to use latch to keep it closed. Place in hot coals and wait. About halfway through the time you think is necessary, flip it over and wait a little more. Be sure to only touch handles of the PPMs, as the metal parts will be very hot! Have an adult help you remove the food from the PPM once it’s done cooking and enjoy! Mini-pizzas and mini-fruit turnovers work very well with this method. To clean, use cooking oil, salt and newspaper.
**Grilling**
Grilling over a fire is the same as if you were using an actual grill. Just place food directly on grill and watch it cook! Make sure you use proper utensils (tongs, flippers, etc) so you don't burn yourself. This is probably the best way to cook hamburgers, chicken breasts and shish kabobs.

**Pot (one or more)**
Use the same grill from above as if it were a stove in a kitchen. Simply stoke the fire underneath the grill to keep your cooking area hot, and place pots (or pans) directly on top of grill. This is the best way to boil water (for rice and noodles, as well as dishwater), and to cook one-pot meals. Also use this method if you want to use a frying pan for anything, like pancakes or scrambled eggs.

**Box Oven**
A fantastic method if you wanted to bake something at your cook out. See “How to Make a Box Oven” on page 6.

**Dutch Oven**
This is a fantastic way to cook at a campfire. It’s really hard to mess up! You can use a Dutch Oven to cook anything that you could cook in your oven at home—lasagna, casseroles, baked desserts, etc. Just put your ingredients in the Dutch Oven and then nestle it amongst the hot coals to cook. It takes a little while, but it definitely worth the wait. Be sure to line the Dutch Oven (including lid) with tin foil to minimize clean up, and also, always use the special tool to lift the lid, as the metal will be extremely hot. To clean, use cooking oil, salt and newspaper.

**Camp Stove**
This is a very easy method to use at a cookout. Stoves require setup and fuel. Use exactly like a stove at home, as it has two burners with individual controls.
How to Make a Box Oven

Items needed:
- Sturdy box
- Heavy-duty tin foil
- Cooling rack to fit easily under the box
- 4 small juice cans
- Charcoal

Keep one long end open and cover the entire box (inside and out) with tin foil.

**TIP:** To determine the amount of charcoal, figure 40° for each piece of charcoal. Look at the recipe’s baking temperature and calculate the pieces needed. Then add one more.

To use:
1. Place the desired amount of charcoal in a fire to get hot (until almost white).
2. Lay a long piece of tin foil down on the ground.
3. You may also place the charcoal chimney in the center of this foil and stuff it full with crushed newspaper, put the charcoal at the top and light the paper through the holes at the bottom of the chimney. When the coals are almost white proceed with the following steps.
4. Spread the white charcoal in the center of the tin foil.
5. Set the small cans on the foil at the corners of your cooling rack.
6. Place the filled pan on the rack.
7. Put the foiled box over the top and prop up one short side with a small rock or stick for ventilation.

**TIP:** Make sure the box is placed on level ground. Set it up so the wind will blow in the direction of the closed end.

Time according to package directions and DO NOT PEEK UNTIL TIME IS UP.
How to Make a Buddy Burner

**Items needed:**
- Empty large tuna can (is best) or cat/dog food can
- Corrugated cardboard
- Scissors
- Wax or paraffin
- Can or pot to melt wax

**TIP:** Melt the wax while you are preparing the burner.

1. Remove the label from the can.

2. Cut the cardboard 1/4" wider than the depth of the can.

3. Roll the cardboard strip unto a coil that fits loosely into the can, it must fill the can.

4. Pour the hot wax into the tuna can until it is full. Set aside to harden.

5. To use, light the cardboard, then set the stove over the burner.

6. Place your pan on top and begin cooking!
How to Make a Vagabond Stove

**Items needed:**
- #10 coffee can (large size)
- Tin cutter
- Can opener – with pointed end

**TIP:** Use a mess kit pan to cook (they are usually lighter weight and heat up faster)

1. Set the can with closed end up.

2. Face the can so the seam is on the left or right side.

3. Use the can opener to punch 3 holes at the top edge of the can.

4. Turn the can to the opposite side of the holes (so the closed end is down).

5. At the open end, use tin cutters to cut 2” or 3” up the side of the can. Make the cuts about 3” apart.

6. Gently bend the flap upward. This allows a natural draft for air flow.
Recipes for Outdoor Cooking

Honey BBQ Chicken pudgy pie

- 1 can shredded precooked chicken (drained)
- 1 teaspoon brown sugar
- 1 teaspoon honey
- 1/4 cup of your favorite barbecue sauce
- 1 tablespoon water
- 2 slices bread
- softened butter

Mix all ingredients except bread in bowl. Place 2 tablespoons mixture on 1 slice of bread, buttered side down in pie cooker. Cover with remaining slice of bread, buttered side up. Close cooker and grill until hot.

Add a slice of hot pepper cheese for an extra kick!

Recipe from Pie Iron™ Recipes, page 18

Pasta Salad

- 2 cups rotini pasta, uncooked
- 2 cups broccoli florets
- 1 cup halved cherry tomatoes
- 1/4 cup pitted ripe olive slices (optional)
- 1/3 cup Italian dressing
- 1/4 cup grated Parmesan cheese

Cook pasta according to package directions, adding broccoli to pasta during last 2 minutes. Drain. Place in medium bowl. Add remaining ingredients. Mix lightly and cover. Refrigerate. Serve chilled.

Recipe modified from www.kraftfoods.com

Baked Apples (foil)

- 1 apple per camper
- 1 cup raisins
- 1 teaspoon cinnamon
- softened butter

Wash and dry apples. Remove core, but do not cut all the way through the bottom of the apple. In a bowl, combine raisins, cinnamon. Divide filling among the apples. Using your fingers, stuff the apples with filling. Use aluminum foil to wrap the apple, placing a pat of butter within the foil. Place wrapped apples in hot coals. Bake until hot.

Ingredients from Field Guide to Dutch Oven Cooking, page 25
**Better Baked Ziti** *(Dutch oven)*

1 32 ounce carton ricotta cheese
24 ounces shredded mozzarella cheese, divided
1 pound ziti, cooked according to package directions
6 cups spaghetti sauce
1 cup grated Parmesan cheese

In a large bowl, combine ricotta and 1/2 of the mozzarella cheese. Carefully stir in the cooked ziti. Lightly grease a 14 inch Dutch oven. Place 1/2 of the spaghetti sauce in the bottom of the oven. Spoon the ziti mixture over the sauce. Cover ziti with remaining spaghetti sauce. Sprinkle top with Parmesan cheese and remaining mozzarella cheese. Place lid on pot. Cook with 7-8 coals on the bottom and 20 on the lid. Cook for 50-60 minutes or until cheese is melted and lightly golden. Serves 16.

*Recipe from Field Guide to Dutch Oven Cooking, page 41*

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**Garlic Bread** *(foil)*

1 large loaf French Bread
softened butter
2 tablespoons garlic, minced or 2 tablespoons garlic salt
1 tablespoon oregano


Add some shredded mozzarella cheese to turn it into Cheesy Garlic Bread!
**Apple Crisp (Dutch oven)**

Apple mixture:
- 10 cups apples, peeled and sliced
- 1/4 cup lemon juice
- 1 tablespoon lemon zest
- 3/4 cup sugar
- 1/2 cup golden raisins (optional)

Topping:
- 1 1/2 cups brown sugar
- 1 1/2 cups oats
- 1 1/4 cups flour
- 3/4 cup butter
- 2 tablespoons lemon zest
- 1 tablespoon cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon cardamom

Spread apple mixture in bottom of 12 inch Dutch oven. Top with topping. Bake at 350°F for 25-30 minutes, using 8 coals under and 16 on lid. Continue cooking until apples are cooked and topping is brown. Serve warm with ice cream or whipped cream. Serves 8-10.

**Banana Boats (foil)**

- 1 banana per camper
- 1 handful mini marshmallows per camper
- 1 handful chocolate chips per camper

Things to Add to Your Banana Boat:
- caramel sauce
- bite-sized candy bars
- peanuts

Slice banana in half longways. Place in aluminum foil, but don’t wrap it up yet. Stuff mini marshmallows and chocolate chips between the banana slices. Add anything else you may like. Wrap the aluminum foil around the entire thing. Place in hot coals. Bake until hot.
Eggs-in-a-Bag

- 2 eggs per camper
- 1 teaspoon water per camper
- 1 baggie that zips per camper
- 1 large of pot of boiling water

Things to Add to Your Eggs-in-a-Bag:
- cheddar cheese
- green or red pepper
- onion
- mushroom
- tomato
- cubed ham or spam

Fill pot with water and bring to a boil. Crack eggs into baggie. Add water. Scramble! Add anything else you may like and scramble again. Zip the bag. Really make sure it’s sealed! Place into pot of boiling water. Let it cook until it becomes a solid. Use tongs to remove bag. Enjoy!

Hash Browns (foil)

- 1 medium-sized red potato per camper
- garlic salt
- onion powder
- black pepper
- chopped onion (optional)
- softened butter

Chop potatoes into bite-sized chunks. Place on aluminum foil. Sprinkle garlic salt, onion powder and black pepper over potatoes. Add chopped onion if you wish. Place a pat of softened butter on top of seasoned potatoes. Wrap aluminum foil around potatoes so it becomes a flat foil envelope. Place in hot coals. Bake until hot. (Potatoes will be soft when they’re done cooking).
**Cornbread (box oven)**

Cornbread mix

Mix and bake according to directions on package. Use a box oven.

Remember: 1 briquette = 40 degrees of heat (add 1 more briquette/40 more degrees to required temperature)

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**Fruit Turnovers (pudgy pie)**

2 slices of bread  
softened butter  
1-2 tablespoons canned pie filling (pick your favorite flavor)  
sprinkle of powdered sugar

Using 2 pieces of bread, butter 1 side of each slice. Place 1 slice of bread, buttered side down, into the bottom of the pie iron cavity. Form the bread into the cavity with your fingers and then add 1 or 2 tablespoons of your favorite canned pie filling.

Top with the second slice of bread, buttered side up, close your pie iron and snap the handles together. Trim off the excess bread crust, or just let it burn off in the fire.

Cook for 3 or 4 minutes on each side—or until the bread is golden brown.
Remove your fruit pie from the cooker, let it cool for a few minutes, and then sprinkle with sugar.

*Recipe from Pie Iron™ Recipes, page 23*
Activity 5: Hike Picnic Lake

Hike around Picnic Lake. This includes a section of the nationally recognized Ice Age Trail.

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Activity #1: Go Geocaching

**Description:** Become modern day pirates as you search for hidden treasure in the woods of Camp Pow Low. Use a GPS device to guide you to your destination.

**Supplies Needed:**
- Map of Camp Pow Low
- GPS Unit
- Directions for Geo-cache

**What is Geocaching:** Geocaching is a real-world, outdoor treasure hunting game using GPS-enabled devices. Participants navigate to a specific set of GPS coordinates and then attempt to find the geocache (container) hidden at that location.

**How to Geocache:**
- Enter the coordinates of the geocache into your GPS Device.
- Use your GPS device to assist you in finding the hidden geocache.
- Sign the logbook and return the geocache to its original location.
- If you take something from the geocache, leave something of equal or greater value.
- Leave the cache exactly where you found it, so future groups can find it.
- Camp Pow Low Geocache Coordinates:
  - N46 degrees 16.425'
  - W087 degrees 22.555'

**Hints:**
- Starting at the lodge, head towards the area where camp songs are sung and s’mores are made.
- Look for the Dickinson tree.
- Once you have found the tree, search low by a former tree to find your cache!
Activity #2: Take a Hike

Description: Explore Camp Pow Low on foot. Hike along the shore, through the woods, and over the hills. Watch for forest creatures and birds and listen to the sounds of the forest.

Supplies Needed:
- Walking Shoes
- Quiet Voices
- Listening and Observation Skills
- Map of Camp Pow Low

How to Complete:
1. Look at the map of Camp Pow Low and make a plan of where to hike.
2. Using the map, take a hike around camp.
3. Look for animals. What do you see?
4. Listen to the sounds of the forest. What do you hear?
5. What animal habitats do you see on the shoreline?

What can you spot?
- Listen for or spot a loon on Mehl Lake
- Listen for a coyote call in the evening
- Watch for an eagle, duck, or pileated woodpecker
- Hike the sandy trails and look for deer tracks
- Listen for or spot an owl
- Find a couple of squirrels or chipmunks

Activity #3: Camp Skits

Description: Share stories by acting them out with your friends.

Supplies Needed:
- Props you find around camp
- A stage area
- An audience

How to Play:
- Work with your troop to write a skit, it can be about anything (your favorite thing at camp, a dream trip you want to take with your troop, something funny that happened in Girl Scouts) – use your imagination!
- Practice the skit.
- Gather any props you will need.
- Perform the skit for an audience.
- Skits can include the whole troop or just a few girls. Be creative! Be silly!
Activity #4: Camp Songs

Description: Camp is not camp without some singing. Learn the history of the song “On My Honor” and why it is important to Camp Pow Low. Sing “On My Honor” with your friends. If you are feeling creative, make up a new song!

Supplies Needed:
• History of “On My Honor”
• Song Lyrics

On My Honor
Cindy Dasch wrote On My Honor in May 1971 and sang it for an International Scout Rally in Illinois in July of that year. Her song has touch the hearts of Girl Scouts and Girl Guides around the world. Cindy worked for Michigan Waterways Girl Scout Council from 1974 to 1976 and was a member of the staff of Girl Scouts of Peninsula Waters (Legacy Council) from Sept. 1976 through June 1983. Cindy was also Summer Thing Camp Director for PWGSC and wrote the “Summer Thing” song. She went on to work for Silver Sage Girl Scout Council in Idaho and Oregon. Cindy earned a Master's Degree in Counseling Psychology at the University of Minnesota St. Cloud and has worked in mental health in emergency rooms and college campuses for 28 years before retiring to Bayfield, WI in October 2016. She is a forever Girl Scout who looks forward to writing more songs. Cindy is a special part of our legacy to girls.

Song Lyrics:
Refrain: (or chorus)
On my honor I will try,
There’s a duty to be done and I say I.
There’s a reason here for a reason above.
My honor is to try and my duty is love.

Verse 1:
People don’t need to know my name,
If I do any harm, then I’m to blame.
When I help another I help me,
If I’ve opened up my eyes to see.

Verse 2:
I’ve tucked away a song or two.
If you’re feeling low, there’s one for you.
When you need a friend, then I will come.
There are many more where I come from.

Verse 3:
Come with me where a fire burns bright.
We can even see better in a candles light.
But we find more meaning in a campfires glow,
Than we’d ever learn in a year or so.

Verse 4:
We’ve made a promise to always keep.
And the day is done before we sleep.
We’ll be Girl Scouts together and when we’re gone,
We’ll still be trying and singing this song.

Refrain: (or chorus)
Capo at 2nd fret

ON MY HONOR
by Cindy Dasch

Guitar:

\[ G \quad C \quad D7 \quad G \]

refrain

\[ G \quad C \quad D \quad G \]

On my honor I will try, There's a duty to be done and I say I. There's a reason here for a reason above, My honor is to try and my duty is love.

( last time only )

My honor is to try and my duty is love

1. People don't need to know my name. If I do any harm, then
2. I've tucked away a song or two. If you're feeling low, there's
3. Come with me where a fire burns bright. We can even see better in a
4. We've made a promise to always keep. And the day is done be-

\[ G \quad C \quad D \]

I'm to blame. When I help another I help me. If I've
one for you. When you need a friend, then I will come. There are

candles light. But we find more meaning in a camp-fires glow Than we'd
fore we sleep. We'll be Girl Scouts together, and when we're gone, We'll

\[ D7 \quad G \]

opened up my eyes to see,
many more where I come from... (refrain)
ever learn in a year or so...
still be trying and singing this song... (refrain)

Copyright 1981 Cindy Dasch
Activity #5: Camp Service Project

**Description:** A Girl Scout always leaves a place better than she found it – take some time and complete a service project to make camp even better.

**Supplies Needed:**
- Refer to each project for a list of required supplies.

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- Visit www.gsnwgl.org/who-we-are/properties-facilities to make reservations for properties and keep earning those patches!
- We would love to hear what you think of these patches! Share pictures of your troop working on the activities, we might use them in an upcoming Council publication!

Email to property@gsnwgl.org

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Activity #1: Take a Hike

Hike the 1.2 mile trail around Camp Sacajawea. Whatever the season—look for signs of animal, tracks in the snow, animal homes, and animals.
The Story of Sacajawea

Many years ago, a small Native American girl lived with her people in the Rocky Mountains. The name of their tribe was Shoshonee and they were always afraid of coming across enemy tribes as they searched for food. The children hunted for roots and berries to eat. One day while the little girl and her playmates were wandering by themselves they were captured by enemy Native Americans called the Minatarees.

A Native American brave named Red Arrow took the little girl on his pony and started the long journey east to his home. When they arrived there after many miles of riding, Red Arrow’s wife welcomed the little girl and was kind to her. In the days that followed Red Arrow’s wife taught the girl all of the things that Native American women know. It was here that the girl received the name Sacajawea, which means Bird Woman. As she grew older, Sacajawea developed a love of birds. She could call them, feed them, and for long hours she lived in the woods with them where they made their homes. Later, this knowledge she gained by her outdoor experiences became very important.

Sacajawea’s life then took a turn for the worst. Red Arrow gambled with a visiting Frenchman whose name was Charbonneau, and lost almost everything he had. The last thing he gambled was Sacajawea. And when he lost, both he and his wife were crushed. When she was older, Sacajawea married Charbonneau and lived in the Mandan Native American village.

One day, two white men came exploring the wilderness to find out what lay beyond the Missouri River in the great northwest part of our country. Their names were Lewis and Clark and they had been sent by President Thomas Jefferson. They were looking for a guide to the west but they first planned to stay with the friendly Mandans during the long hard winter. In the spring they expected to continue west. Sacajawea and Charbonneau offered to go as guides. Sacajawea’s home had been in the west, and she was anxious to find her people again.

Before the time came to depart, many things happened. The white men built a fort in which to live while they waited, and preparations were made for the long trip. Sacajawea had a baby boy named Baptiste. In the winter days of planning, Sacajawea helped the men with her knowledge of the woods and the trails west. She was very interested in the journal they were keeping, which told of all they had seen and heard. She busied herself with making a basket of skins for her papoose, while she dreamed of the day she might see her old home. She helped the white men to pack presents for the Native Americans with whom they would befriend as they traveled west.

The log of the trip tells another story. Sometimes everything was pleasant, and the trip was easy. Once, the boats overturned and it was mainly by Sacajawea’s quick skill that the
precious maps and records were saved. At other times, it was very difficult to get food, and again Sacajawea knew how to find food and prepare it. The white men were pleased and grateful for all of the help she gave them. She knew how to build fires, care for the food on the journey, cure snake bites and illnesses, and always did her share and more of the work. Once when she became ill, all were very anxious until she recovered.

At last there came a day when Sacajawea knew she was very near home. Lewis and Clark needed to befriend the tribe of Native Americans who were Sacajawea's people in order to rest, buy horses and learn the trail ahead. They took presents and after communicating with members of the tribe, they arrived at the tent where the Chief was waiting for them. When Lewis and Clark spoke to the Chief, they asked Sacajawea to be their interpreter. Imagine her joy when she entered the tent and found the Chief to be her brother, Cameahwait!

In this village the group purchased everything they would need for the mountain journey, and Sacajawea's brother gave them a guide who knew the way. It was a hard trip, as they had been told by the Native Americans. They finally reached the land beyond the Rocky Mountains, and here they prepared to make the rest of the way by canoes. They had left one of their canoes with Sacajawea's people, so it was necessary to stop and build new ones. When this was done, they let the horses run in the mountains until they would return. They made a cache for the saddles and other supplies. The Native Americans had helped them to draw maps for the trip to the ocean.

They camped with friendly tribes who were relieved to find a Native American woman and her papoose travelling with the explorers. They knew they had nothing to fear. Although the sound of the white men's guns shooting game birds filled them with terror. Then came the day they could see the ocean. Captain Clark wrote in his journal that the journey of so many miles had come to a successful end.

The return trip was not so easy. Food was scarce and they had given most of their presents away, so it was difficult to bargain for food with the Native Americans. Clothing and supplies were wearing out. Some of the guides were impatient to return to their homes. It was necessary to divide the party in two groups for part of the way. This gave the group bad feelings after they had travelled together so long. One half travelled by horseback, the other with canoes. When they finally came together again, everyone was happy. Sacajawea, Charbonneau, and the baby returned to the Mandan Village that was their home, and Lewis and Clark returned to St. Louis.

Many years have passed, but Sacajawea is not forgotten. Her name was found in Clark's journal time and again and always with thanks for all of the help she had been on the hard trip. Years later, when the 100th Anniversary of this trip was celebrated, a statue of Sacajawea and her papoose was placed in Portland, Oregon in Washington Park. There is also a statue in Bismarck, South Dakota on the State Capitol grounds. This is the spot where Fort Mandan once stood.

We are very proud to have our camp named after this remarkable woman. She embodied the spirit of Girl Scouting long before Girl Scouting began!
NATURE SCAVENGER HUNT

Collect only things you can return safely without damage. The rest simply ✓ off. Remember the “to be honest” part of the Girl Scout Law.

GROUP NAME: _______________________

THINGS TO SEE

_____ A Feather
_____ Den Tree
_____ Bird Nest
_____ Red or Yellow Leaf
_____ Tree Bud
_____ Inch Worm
_____ Bird Flying
_____ Small Bird Going Down A Tree Head First
_____ Insect Cacoons
_____ Spider Web
_____ Dragon Fly

THINGS TO HEAR

_____ Buzzing Insect
_____ Calling Crow
_____ Wind Through Trees
_____ A Woodpecker
_____ Jay Jay
_____ Dry Leaves Under Feet
_____ A Chipmunk

THINGS TO FEEL

_____ A Web
_____ Wet Mud
_____ Wind On A Hill
_____ Mosquito Bite
_____ Rain Drops
_____ Rotten Wood
_____ Last Years Leaves

THINGS TO SMELL

_____ Mud
_____ Blooming Flower
_____ Green Grass
_____ Old Leaves
_____ Hole In The Ground

THINGS HAPPENING

_____ An Ant Moving Something
_____ A Spider Web With A Bug In It
_____ A Leaf Falling
_____ An Insect Eating
Activity #3: Complete a Service Project

**Description:** A Girl Scout always leaves a place better than she found it – take some time and complete a service project to make camp even better.

**Supplies Needed:**
- Refer to each project for a list of required supplies.

**How to Complete:**
1. Before you arrive, contact property@gsnwgl.org for a list of current projects or refer to the list of general camp projects listed below.
2. Pick a project that is right for your troop – consider age of participants, time available, and level of independence of participants.
3. Complete the service project.
4. When you get home, please let us know about the project you completed in your property use survey. The survey is emailed to the person who made the reservation. Send us pictures, too! You can reach us at property@gsnwgl.org

**General Project List:**
- Clean interior of building (windows, floors, dusting, etc.)
- Clean and reorganize kitchen cabinets.
- Inventory kitchen cabinet contents.
- Replenish firewood storage area.
- Clean up, rearrange stones, and rake around fire circle to ensure it is safe for campfires.
- Clean up area (pick up garbage, sticks, stones, etc.)
- Rake leaves around the building/site.
- Clean exterior surface of building (knock down cobwebs, nests, etc.)
- Other – Tasks suggested by troop must be approved by the Property Manager.

Thank you so much for your help in making our camps great!

Activity #4: Red Arrow Lodge

Visit the Red Arrow Lodge. This was the first building built in camp in 1939. In the early years girls did all of their camp activities in here. Do an art or nature activity of your choice in here.
**Activity 5: Perform a Song or Skit**

Be a STAR! Perform a skit or song at the amphitheater.
*compiled with input from Precious, Sparkle and Fruitcake

**Songs**

**The Princess Pat** - this is a repeat song

The Princess Pat,  
Lived in a tree,  
She sailed across,  
The seven seas,  
She sailed across,  
The Channel Two,  
And she took with her,  
A Rigabamboo.  
A Rigabamboo,  
Now what is that?  
It's something made,  
By the Princess Pat,  
It's red and gold,  
And purple too,  
Thats why it's called,  
A Rigabamboo.  
Now Captain Jack,  
Had a mighty fine crew,  
He sailed across,  
The Channel Two,  
But his ship sank,  
And yours will too,  
If you don't take,  
A Rigabamboo.  
A Rigabamboo,  
Now what is that?  
It's something made,  
By the Princess Pat,  
It's red and gold,  
And purple too,  
Thats why it's called,  
A Rigabamboo.  
Now Captian Kurk,  
He was no jerk,  
And Mr. Spock,  
He was no jock,  
But their ship flew,  
And yours will too,  
If you just take,  
A Rigabamboo.  
A Rigabamboo,  
Now what is that?  
It's something made,  
By the Princess Pat,  
It's red and gold,  
And purple too,  
Thats why it's caaaaalled,  
A Rigabamboo.

**The Bear Song** - this is a repeat song

The other day,  
I met a bear,  
Out in the woods,  
A way out there.  
The other day I met a bear,  
Out in the woods a way out there.  
He looked at me,  
I looked at him,  
He sized up me,  
I sized up him.  
He looked at me I looked at him,  
He sized up me I sized up him,  
He said to me,  
Why don't you run,  
I see you ain't,  
Got any gun,  
He said to me why don't you run?  
I see you ain't got any gun.  
And so I ran,  
Away from there,  
But right behind,  
Me was that bear.  
And so I ran right out of there,  
But right behind me was that bear.  
Ahead of me,  
There was a tree,  
A great big tree,  
Oh, glory me.  
Ahead of me there was a tree,  
A great big tree oh glory me.  
The lowest branch,  
Was ten feet up,  
I'd have to jump,  
And trust my luck.  
The lowest branch was ten feet up,  
I'd have to jump and trust my luck.  
And so I jumped,  
Into the air,  
But I missed that branch,  
Away up there.  
And so I jumped into the air,  
But I missed that branch away up there.  
Now don't you fret,
Now don't you frown,
Cause I caught that branch,
On the way back down.
Now don't you frown,
Cause I caught that branch on the way back down.
I heard a crack,
I heard a crunch,
And I became,
That big bear's lunch.
I heard a crack I heard a crunch,
And I became that big bear's lunch.
The moral of,
The story be,
Don't meet a bear,
With out a tree.
The moral of the story be,
Don't meet a bear without a tree.

Bubble Gum

My mommy gave me a penny
She told me to buy Good and Plenty
But I didn't buy Good and Plenty
INSTEAD
I bought bubble-gum.

Chorus:
Ba umpa umpa bubble gum,
Ba umpa umpa bubble gum

My mommy gave me a nickel
She told me to buy a pickle
But I didn't buy a pickle
INSTEAD
I bought bubble gum
Chorus

My mommy gave me a dime
She told me to buy a lime
But I didn't buy a lime
INSTEAD
I bought bubble-gum
Chorus

My mommy gave me a quarter
She told me to buy spring water
But I didn't buy spring water
INSTEAD
I bought bubble-gum
Chorus

My mommy gave me a dollar
She told me to buy a collar
But I didn't buy a collar
INSTEAD
I bought bubble-gum
Chorus

My mommy gave me a large sum
She told me to buy some bubble-gum
AND-SO
I bought bubble-gum!

Brown Squirrel

Brown squirrel brown squirrel
Shake your bushy tail
Brown squirrel brown squirrel
Shake your bushy tail

Crinkle up your little nose
Stick a nut between your toes
Brown squirrel brown squirrel
Shake your bushy tail

Contact property@gnswgl.org or 888.747.6945 to get in touch with the property manager.
GSNWGL Camp Patch Program
Welcome!

Girl Scouts of the Northwestern Great Lakes is excited to debut the NEW Property Patch program! This program is a great way to take in all our camps have to offer on your own. Renting a GSNWGL camp gives girls a unique opportunity to explore camp with their friends.

Our camps are situated on some of the most beautiful land in Wisconsin and the Upper Peninsula of Michigan. From lakeside to prairie, meadows to pine forests, a unique GSNWGL camp awaits you.

At each of our seven camps, we have five activities troops can work together to complete. Once all five activities are completed, troops can purchase the property patch through our shops.

Some notes:
- Patch activities can be completed at one property visit, or over a series of multiple property visits.
- Properties that have patches are: Cuesta, Del O’Claire, Birch Trails, Nawakwa, Sacajawea, Winnecomac, and Pow Low.
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Activity #1: 1000 Islands Hike

Description:
Hike to 1000 Islands Environmental Center—take a tour of the nature center. Learn two new things about the area around Camp Winnecomac.

Supplies Needed:
- Map of Camp Winnecomac
- Map of 1000 Islands Nature Preserve
- Walking Shoes
- Water bottle

General Information:
The Center is open 8 a.m. - 4 p.m. weekdays, and 10 a.m. - 3:30 p.m. Saturdays and Sundays.

How to Complete:
1. Look at the map of Camp Winnecomac and make a plan of what trails will lead you to the 1000 Islands Nature Preserve.
2. Using the map, take a hike through camp to the nature center.
3. Look for animals. What do you see?
4. Listen to the sounds of the forest. What do you hear?
5. Take a tour of the nature center (if it is open).
   a. Learn two new things about the area surrounding camp.

Activity #2: Play Gaga in the Watering Hole

Description:
The watering hole at Camp Winnecomac is our play field, you can play all sorts of games—baseball, kickball, soccer, volleyball, tag, hide and seek and more. Our newest game at camp is Gaga! See the rules below and hang out in our octagon Gaga Pit for the afternoon!

Supplies Needed:
- Playground Ball
How to Play:
It’s super simple. Basically, we throw a bunch of players and a ball in a pit. Turn up the music, everyone for him/herself; if the ball touches you below the knee, you’re out. The last one in the pit wins. Then, everyone hops back in for the next round.
• All players start with one hand touching a wall of the pit.
• The game begins with a referee throwing the ball into the center of the pit.
• When the ball enters the pit, the players scream ‘GA’ for the first two bounces, and ‘GO’ on the third bounce, after which the ball is in action.
• Once the ball is in play, any player can hit the ball with an open or closed hand.
• If a ball touches a player below the knee (even if the player hits themself) they are out and leave the pit. If a player is hit above the knees, the play continues.
• If a ball is caught on a fly, the player who hit the ball is out.
• Using the walls of the octagon to aid in jumping is legal as long as the player does not permanently sit on the ledge of the octagon.
• Players cannot hold the ball.
• If needed, a second ball can be thrown in the pit to expedite the end of the game. The last player standing is the winner of that round.

Activity #3: Outdoor Cooking

Use some Outdoor Cooking Equipment to share a feast!
PLEASE NOTE: The Outdoor Cooking Activity should only be completed if you are accompanied by a trained Outdoor Education Volunteer. If you need to take the training contact, 888.747.6945 and we can help.

Description
You can cook anything over the fire that you can at home. Try your skills at one or more of the many different ways to cook over the fire. Below are several methods of cooking and then recipes for your troop to try. Enjoy your feast!

Stick Cooking
It’s the most common way for kids to cook food. It’s easy to poke simple food onto a stick in order to warm it up over a fire. Marshmallows, hotdogs and bannock work great.

Foil Cooking
This is an easy method because again, tools and materials are minimal. Plus, everyone gets their very own, individualized meal. All you have to do is pick what you want, wrap it in foil, place it in the coals around the fire, and wait a few minutes. Food usually requires some preparation—like chopping vegetables or pre-cooking noodles, rice or meat. Stir-fry, hobo stew and banana boats are foil cooking favorites.
**Pudgy Pie Makers (PPMs)**
Using Pudgy Pie Makers is another way of cooking in which everyone gets exactly what they want. Line insides of PPMs with tin foil to minimize clean up. Place the food you want inside the PPM and close it—make sure to use latch to keep it closed. Place in hot coals and wait. About halfway through the time you think is necessary, flip it over and wait a little more. Be sure to only touch handles of the PPMs, as the metal parts will be very hot! Have an adult help you remove the food from the PPM once it’s done cooking and enjoy! Mini-pizzas and mini-fruit turnovers work very well with this method. To clean, use cooking oil, salt and newspaper.

**Grilling**
Grilling over a fire is the same as if you were using an actual grill. Just place food directly on grill and watch it cook! Make sure you use proper utensils (tongs, flippers, etc) so you don’t burn yourself. This is probably the best way to cook hamburgers, chicken breasts and shish kabobs.

**Pot (one or more)**
Use the same grill from above as if it were a stove in a kitchen. Simply stoke the fire underneath the grill to keep your cooking area hot, and place pots (or pans) directly on top of grill. This is the best way to boil water (for rice and noodles, as well as dishwater), and to cook one-pot meals. Also use this method if you want to use a frying pan for anything, like pancakes or scrambled eggs.

**Box Oven**
A fantastic method if you wanted to bake something at your cook out. See “How to Make a Box Oven” on page 5.

**Dutch Oven**
This is a fantastic way to cook at a campfire. It’s really hard to mess up! You can use a Dutch Oven to cook anything that you could cook in your oven at home—lasagna, casseroles, baked desserts, etc. Just put your ingredients in the Dutch Oven and then nestle it amongst the hot coals to cook. It takes a little while, but it definitely worth the wait. Be sure to line the Dutch Oven (including lid) with tin foil to minimize clean up, and also, always use the special tool to lift the lid, as the metal will be extremely hot. To clean, use cooking oil, salt and newspaper.

**Camp Stove**
This is a very easy method to use at a cookout. Stoves require setup and fuel. Use exactly like a stove at home, as it has two burners with individual controls.
How to Make a Box Oven

Items needed:
- Sturdy box
- Heavy-duty tin foil
- Cooling rack to fit easily under the box
- 4 small juice cans
- Charcoal

Keep one long end open and cover the entire box (inside and out) with tin foil.

TIP: To determine the amount of charcoal, figure 40° for each piece of charcoal. Look at the recipe’s baking temperature and calculate the pieces needed. Then add one more.

To use:
1. Place the desired amount of charcoal in a fire to get hot (until almost white).
2. Lay a long piece of tin foil down on the ground.
** You may also place the charcoal chimney in the center of this foil and stuff it full with crushed newspaper, put the charcoal at the top and light the paper through the holes at the bottom of the chimney. When the coals are almost white proceed with the following steps.
3. Spread the white charcoal in the center of the tin foil.
4. Set the small cans on the foil at the corners of your cooling rack.
5. Place the filled pan on the rack.
6. Put the foiled box over the top and prop up one short side with a small rock or stick for ventilation.

TIP: Make sure the box is placed on level ground. Set it up so the wind will blow in the direction of the closed end.

ions and DO NOT PEEK UNTIL TIME IS UP.
Recipes for Outdoor Cooking

Honey BBQ Chicken pudgy pie

- 1 can shredded precooked chicken (drained)
- 1 teaspoon brown sugar
- 1 teaspoon honey
- 1/4 cup of your favorite barbecue sauce
- 1 tablespoon water
- 2 slices bread
- softened butter

Mix all ingredients except bread in bowl. Place 2 tablespoons mixture on 1 slice of bread, buttered side down in pie cooker. Cover with remaining slice of bread, buttered side up. Close cooker and grill until hot.

Add a slice of hot pepper cheese for an extra kick!

Recipe from Pie Iron ™ Recipes, page 18

Pasta Salad

- 2 cups rotini pasta, uncooked
- 2 cups broccoli florets
- 1 cup halved cherry tomatoes
- 1/4 cup pitted ripe olive slices (optional)
- 1/3 cup Italian dressing
- 1/4 cup grated Parmesan cheese

Cook pasta according to package directions, adding broccoli to pasta during last 2 minutes. Drain. Place in medium bowl. Add remaining ingredients. Mix lightly and cover. Refrigerate. Serve chilled.

Recipe modified from www.kraftfoods.com

Baked Apples (foil)

- 1 apple per camper
- 1 cup raisins
- 1 teaspoon cinnamon
- softened butter

Wash and dry apples. Remove core, but do not cut all the way through the bottom of the apple. In a bowl, combine raisins, cinnamon. Divide filling among the apples. Using your fingers, stuff the apples with filling. Use aluminum foil to wrap the apple, placing a pat of butter within the foil. Place wrapped apples in hot coals. Bake until hot.

Ingredients from Field Guide to Dutch Oven Cooking, page 25
**Better Baked Ziti (Dutch oven)**

1 32 ounce carton ricotta cheese  
24 ounces shredded mozzarella cheese, divided  
1 pound ziti, cooked according to package directions  
6 cups spaghetti sauce  
1 cup grated Parmesan cheese

In a large bowl, combine ricotta and 1/2 of the mozzarella cheese. Carefully stir in the cooked ziti. Lightly grease a 14 inch Dutch oven. Place 1/2 of the spaghetti sauce in the bottom of the oven. Spoon the ziti mixture over the sauce. Cover ziti with remaining spaghetti sauce. Sprinkle top with Parmesan cheese and remaining mozzarella cheese. Place lid on pot. Cook with 7-8 coals on the bottom and 20 on the lid. Cook for 50-60 minutes or until cheese is melted and lightly golden. Serves 16.  
*Recipe from Field Guide to Dutch Oven Cooking, page 41*

**Garlic Bread (foil)**

1 large loaf French Bread  
softened butter  
2 tablespoons garlic, minced or 2 tablespoons garlic salt  
1 tablespoon oregano


Add some shredded mozzarella cheese to turn it into Cheesy Garlic Bread!
**Apple Crisp (Dutch oven)**

Apple mixture:
- 10 cups apples, peeled and sliced
- 1/4 cup lemon juice
- 1 tablespoon lemon zest
- 3/4 cup sugar
- 1/2 cup golden raisins (optional)

Topping:
- 1 1/2 cups brown sugar
- 1 1/2 cups oats
- 1 1/4 cups flour
- 3/4 cup butter
- 2 tablespoons lemon zest
- 1 tablespoon cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon cardamom

Spread apple mixture in bottom of 12 inch Dutch oven. Top with topping. Bake at 350°F for 25-30 minutes, using 8 coals under and 16 on lid. Continue cooking until apples are cooked and topping is brown. Serve warm with ice cream or whipped cream. Serves 8-10.

**Banana Boats (foil)**

1 banana per camper
- 1 handful mini marshmallows per camper
- 1 handful chocolate chips per camper

Things to Add to Your Banana Boat:
- caramel sauce
- bite-sized candy bars
- peanuts

Slice banana in half longways. Place in aluminum foil, but don’t wrap it up yet. Stuff mini marshmallows and chocolate chips between the banana slices. Add anything else you may like. Wrap the aluminum foil around the entire thing. Place in hot coals. Bake until hot.
**Eggs-in-a-Bag**

2 eggs per camper  
1 teaspoon water per camper  
1 baggie that zips per camper  
1 large of pot of boiling water  

Things to Add to Your Eggs-in-a-Bag:
- cheddar cheese  
- green or red pepper  
- onion  
- mushroom  
- tomato  
- cubed ham or spam

Fill pot with water and bring to a boil. Crack eggs into baggie. Add water. Scramble! Add anything else you may like and scramble again. Zip the bag. Really make sure it’s sealed! Place into pot of boiling water. Let it cook until it becomes a solid. Use tongs to remove bag. Enjoy!

**Hash Browns (foil)**

1 medium-sized red potato per camper  
garlic salt  
onion powder  
black pepper  
chopped onion (optional)  
softened butter

Chop potatoes into bite-sized chunks. Place on aluminum foil. Sprinkle garlic salt, onion powder and black pepper over potatoes. Add chopped onion if you wish. Place a pat of softened butter on top of seasoned potatoes. Wrap aluminum foil around potatoes so it becomes a flat foil envelope. Place in hot coals. Bake until hot. (Potatoes will be soft when they’re done cooking).
**Cornbread (box oven)**

Cornbread mix

Mix and bake according to directions on package. Use a box oven.

Remember: 1 briquette = 40 degrees of heat (add 1 more briquette/40 more degrees to required temperature)

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**Fruit Turnovers (pudgy pie)**

2 slices of bread  
softened butter  
1-2 tablespoons canned pie filling (pick your favorite flavor)  
sprinkle of powdered sugar

Using 2 pieces of bread, butter 1 side of each slice. Place 1 slice of bread, buttered side down, into the bottom of the pie iron cavity. Form the bread into the cavity with your fingers and then add 1 or 2 tablespoons of your favorite canned pie filling.

Top with the second slice of bread, buttered side up, close your pie iron and snap the handles together. Trim off the excess bread crust, or just let it burn off in the fire.

Cook for 3 or 4 minutes on each side—or until the bread is golden brown. Remove your fruit pie from the cooker, let it cool for a few minutes, and then sprinkle with sugar.

*Recipe from Pie Iron™ Recipes, page 23*
Activity #4: Sleep in a Yurt

Description:
Spend the night hanging out in one of the Yurts at camp. Listen to the animal and nature noises outside. What kinds of things do you hear? Once it’s dark enough look out through the skylight or step into the Watering-hole to watch the sky. What constellations do you see, use the ‘Make A Star Wheel’ to find some constellations in the night sky.

Supplies Needed:
• Each activity requires different supplies, see the activity descriptions below.

Science Night Activities:
• Citric acid demonstration: You will need orange peels and candle – squirt juice from the orange peel toward candle’s flame (do NOT do this indoors)
• Flour demonstration: You will need flour, paper plate, straw, candle – put medium pile of flour on paper plate; blow at the base of the flour pile (through straw) toward candle’s flame. The blowing should create a cloud that becomes flammable when held near a candle flame. (do NOT do this indoors)
• Wintergreen mints: You will need wintergreen mints and kids who will eat them – give each girl a wintergreen mint and tell her to turn to a buddy and crunch it between her molars; the mints should spark – this is caused by friction and the stearic acid in the mint

Use A Star Wheel:
To use the Star Wheel, align the desired date with the desired time. This example is set for 10 p.m. (daylight-saving time) on June 15th.

Pick the date and hour you want to observe, and set the Star Wheel so this date (on the rim of the circular disk) matches the time indicated along the edge of the outer sleeve. Use white hours when standard time is in effect and orange hours when clocks are set for daylight-saving (summer) time.

The Star Wheel’s large oval shows the whole sky, and the oval’s curved edge represents the horizon you’re facing. Once outside, hold the Star Wheel out in front of you and look at the yellow “Facing” labels around the oval. Turn the entire wheel so that the yellow label for the direction you’re facing is on the bottom, with the lettering right-side up. If you’re unsure of your directions, just remember where the Sun sets; that’s west.
Now the stars above the map’s horizon should match the real stars in front of you. Remember that star patterns will look much larger in the sky than they do on the map. The farther up from the edge of the oval the stars appear, the higher up they’ll be shining in your sky. Stars in the center of the oval will appear directly overhead.

This Star Wheel is usable for northern latitudes between 30° and 50°, which covers virtually all of the continental U.S., southern Canada, and Europe. It includes the names of the brightest stars and the most prominent constellations. Depending on how dark the sky is in your area, there may be more stars overhead than are shown on the map. Everyone’s sky looks a little different. If there are fewer stars visible to you than appear on the Star Wheel, try to find an observing site that is not flooded by house or streetlight. Also, the longer you’re outside, the better the chance that your eyes will adapt to the darkness and the more stars you’ll be able to see.

By drawing a line through the ‘pointer’ stars at the end of the Big Dipper’s bowl, you can easily find the North Star.

Stars in the northern sky do not rise or set — instead, throughout the night they seem to slowly turn counterclockwise around Polaris, the North Star, which seems to stay in the same place in the sky no matter what time of night or season of the year. So let’s find the North Star!

Begin by locating the Big Dipper. This giant spoon is actually part of a larger constellation called Ursa Major, the Great Bear. Find the two end stars in the Dipper’s bowl — look opposite the handle. They’re known as the “pointers.” Why? Because a line drawn between them and extended away from the bottom of the bowl leads you to Polaris, the North Star. Now that you know how find Polaris, you also know how to find due north no matter where you are in the Northern Hemisphere!

Planets aren’t plotted on the Star Wheel, but they travel across the sky along an imaginary line called the ecliptic.

The Moon and planets aren’t shown on the map because their day-to-day movements are more involved than the motions of the stars. However, the curved line coursing across the map is called the ecliptic. It represents the path in the sky that brightest planets follow. If you see a bright “star” shining with a steady glow on or near this curved line, and the object isn’t plotted on the Star Wheel, you’re looking at a planet. The Moon likewise travels very near the ecliptic in its orbit around Earth.
Activity #5: Camp Service Project

**Description:** A Girl Scout always leaves a place better than she found it – take some time and complete a service project to make camp even better.

**Supplies Needed:**
- Refer to each project for a list of required supplies.

**How to Complete:**
1. Before you arrive, contact property@gsnwgl.org for a list of current projects or refer to the list of general camp projects listed below.
2. Pick a project that is right for your troop – consider age of participants, time available, and level of independence of participants.
3. Complete the service project.
4. When you get home, please let us know about the project you completed in your property use survey. The survey is emailed to the person who made the reservation. Send us pictures, too! You can reach us at property@gsnwgl.org

**General Project List:**
- Clean interior of building (windows, floors, dusting, etc.)
- Clean and reorganize kitchen cabinets.
- Inventory kitchen cabinet contents.
- Replenish firewood storage area.
- Clean up, rearrange stones, and rake around fire circle to ensure it is safe for campfires.
- Clean up area (pick up garbage, sticks, stones, etc.)
- Rake leaves around the building/site.
- Clean exterior surface of building (knock down cobwebs, nests, etc.)
- Other – Tasks suggested by troop must be approved by the Property Manager.

**Thank you so much for your help in making our camps great!**

Contact property@gsnwgl.org or 888.747.6945 to get in touch with the property manager.