

WELCOME TO
BROWNIE MAGIC “GOES EXPLORING”



Thanks to all of you for requesting our 3rd Brownie “Camp in a Box”! We hope you will enjoy the “Exploring BC” theme we have put together for you.

Included you will find the program, program notes, crafts, games, a campfire outline, menu, kit list, and an order form for crests. We have not included all of the camp forms for your event as we want to make sure you have the most current information possible. Please refer to the National web site and/or your Commissioner and Camp Adviser for the latest, most up to date camp forms and Safe Guide information.

Once again, Zone West designed our great crest. Thanks to BC Council, there is NO CHARGE for the crests for BC girls and Guiders. Please forward your order to the address on the form, and be sure to print clearly and include all the required information. Please allow a minimum of 4 weeks delivery time. The artwork for the crest will be posted on the Provincial web site. It is in a jpg format and can be downloaded so that you can use it for your camp.

We have also included an evaluation form for you to send back after your camp. We really appreciated the Guiders who took the time to return the evaluation after our 2nd “Camp in a Box”. The suggestions and comments were very helpful in the creation our 3rd package. One of the challenges of providing this camp outline is the diversity of regions of the province, time of year that the camps will take place, the number of participants at each camp and the many different residential facilities that will be used! So please, send us your feedback!

The most important thing, flexibility! If we have included something that you feel won't work for your unit or facility, change it! We tried to keep things simple but fun and “magical” for the girls. Please use *your* wonderful creativity as required!

Most of all - have fun at camp! Thank you for sharing in Brownie Magic “Goes Exploring” 2004.

BC Camping Committee

BROWNIE MAGIC “GOES EXPLORING”

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BROWNIE MAGIC “GOES EXPLORING”

PROGRAM OUTLINE

Friday Evening

Arrive at camp
Set Up/Decorate
Go over rules for the weekend
Divide Brownies into Circles
Make name tags
Sing-a-long
Mug Up
Bedtime – hopefully by 9:30 !

Saturday

7:30
Breakfast
Lend a Hand Duties

9:00 Round Robin
Craft Stations

10:30
Snack on the run

10:30 Round Robin
Active Games

12:00
Lunch
Lend A Hand Duties

1:30
Story Time / Quiet Time

2:00
Hike/Off Site Adventure

3:30
Active Games/Skit Planning

4:15
Free Time

5:30
Dinner
Lend A Hand Duties

7:00
Square Dance

7:30
Campfire
Mug Up
Night Game/Star Gazing

9:30
Bedtime

Sunday

7:30
Breakfast
Lend a Hand Duties
Girls pack up gear

10:00
Brownie Guide's Own

10:30
Closing - present certificates, crests, take group photo!

We have included lunch for Sunday on the menu in case you are staying longer!

** Please see following pages for the Program details!

BROWNIE MAGIC “GOES EXPLORING”

PROGRAM DETAIL

You can mix and match the activities from the two options as you need to. We have allowed ½ hour for each station; but you can stretch them out and do the other round robin in the afternoon if you plan to stay on site.

Saturday Morning

Pioneer Crafts in a Round Robin Format (if you have a heritage society in your community, invite resource people in to teach the girls)

Candle Making

If you have a resource person to teach the “old fashioned” method – great! Otherwise, here is a safe, simple way to make fun candles. Making candles will require lots of adult supervision. You can buy fancy candle making supplies at most craft stores but simple ingredients work just fine.

You will need: paraffin wax, wick, small jars or cans as molds, double boiler to melt the wax, oil spray for molds, wooden spoon for stirring the wax, scissors to cut wick, pencil as a wick holder, scent (optional) such as peppermint or vanilla, coloring (optional).

Melt the wax in the top of a double boiler, gently stirring. Spray the molds and set aside. Once the wax has melted, add your scent if using. Using oven mitts, pour melted wax into molds leaving a one inch space at the top. As the wax is hardening, cut a piece of wick to the appropriate length and tie one end to the pencil, slowly drop the free end of the wick into the wax and rest the pencil on top of the mold. It will take several hours for the wax to completely harden and then you can slide the candle out of the mold.

Butter Making

The Brownies can make their own butter and use it on the bannock they will make at lunch!

You will need: a clear glass jar with a tight fitting lid, a bowl, a wooden spoon, and heavy cream (4% butterfat) at room temperature.

Pour cream into jar, only half full, put the lid on and make sure it's tight! Shake the jar up and down but not too fast. When your arm gets tired switch off with a buddy. The cream will start to get thick and coat the side of the jar, continue shaking. As the cream turns to butter it will form clumps and come off the sides of the jar. You will know it's ready when you have a yellow clump and some liquid. Pour the butter and the buttermilk into the bowl and press the butter up against the side of the bowl with the wooden spoon to squeeze out the remaining buttermilk. You can add a pinch of salt for flavour if you like. Enjoy!

Bark Rubbings

You will need: paper, crayons and a tree!

Take the paper wrapper off of the crayons. Take paper and crayons outside and choose the tree(s) you want to rub. Hold the paper with one hand and gently run

the long side of the crayon over the bark. Try different colours and textures to see how many different looks you can get. Use your paper to create an autograph/memory book of your camp.

Saturday Morning

Pioneer Activities in a Round Robin Format

Map & Compass Games

These are some simple compass drawings. They can be done outside using popsicle sticks to mark each point and coloured wool to “draw” the pictures, or, if you wish to do this inside either use tape to secure the wool at each point or draw it on graph paper with markers. Guiders: you may wish to draw them on paper first so you know where the girls should be going.

A Trefoil: (each number represents a step or a square)

1NE, 3N, 1NW, 2W, 1NE, 1N, 2NW, 3W, 2SW, 1S, 1SE, 2W, 1SW, 3S,
1SE, 1E, 1NE, 2E, 3S, 2W, 1NW, 2W, 2S, 1SE, 9E, 1NE, 2N, 2W, 1SW,
2W, 2N, 2E, 1SE, 1E.

A Toadstool:

7N, 2SW, 3W, 1NW, 2N, 4NE, 6E, 4SE, 2S, 1SW, 3W, 2NW, 7S, 1SE, 4W,
1NE.

A Sailboat:

6S, 6E, 6NW, 6SW, 6E, 1S, 6W, 2SE, 10E, 2NE, 8W.

Try making your own designs. If you have older Brownies, challenge them to make some too.

Snowshoe Races

You can make snowshoes at an activity station or make them ahead of time at a unit meeting. (Of course, if you have access to the real thing, by all means use them!)

Materials:

Poster Board or Cardboard (pop can flats would work well)

Duct Tape

Hole Punch and String

Scissors

Your snowshoes don't have to be huge but large enough for the girls to get the idea. Cut cardboard in a basic snowshoe shape and, either punch holes around the edges and make “laces” with the string, or use duct tape to make straps.

Set up a course and run team relays as well as individual races!

Gold Panning

You can make gold pans out of tin pie plates with holes punched in the bottom and small pea gravel for the riverbed. Set up several gold panning sites using large basins or containers to hold the water and gravel. You can paint small rocks gold or use shiny new pennies for the gold nuggets. Mix into the gravel well. Give each girl a time limit on her panning. You could also set it up as a team event and see which prospecting team finds the most nuggets.

Saturday Afternoon

Check out your local library for a story about one of the great explorers or get a copy of the autobiography of the great Guiding adventurer, Phyl Munday.

Hike or Off-Site Adventure

Have the girls pack up their afternoon snack and water bottle and go on a hike. Pretend to be gold miners on their way to the Klondike or... for even more of a challenge, have them dress in long skirts just the way the women who came and settled BC would have done! Check out your local thrift store for possibilities.

If you are fortunate enough to live or camp near one of the many wonderful historic landmarks in our Province, plan to visit it this afternoon. Most communities have a museum rich in the history of your local area and people who would be happy to share “pioneering” tales.

Active Games/Skit Planning/Free Time

Be flexible here as you may have just arrived back from your hike and the girls would rather have a break! If they are not into more running around, use this time to have them plan skits for campfire based on the exploring theme, or just have some free time.

In addition to the suggestions below, there are many great outdoor games in “Project Wild” for you to check out.

Stew’s Boiling Over (page 11, Fun Outdoors – GGC)

Pioneers (page 91 – 92, Let’s Try It, Vol. 3)

You can adapt #4 and leave out the making a fire and cooking a meal)

Heritage Scavenger Hunt (page 92 – 93, Let’s Try It, Vol. 3)

If you are in a rural area, go out ahead of time and create a list that suits your area.

Simon Fraser “says”...

Play this traditional game using “explorer” terms such as Simon Fraser says “paddle the canoe”, dig for gold with an axe, follow the stars by night, build that railway, climb that mountain pass, etc.

“Snap Apple”

Hang an apple from a string and suspend from a length of string. Make the apple swing back and forth while the Brownie tries to get a bite without using her hands.

Saturday Evening

Square Dancing

How about an old fashioned square dance? Again, reach out into your community and bring in resource people.

Firefly – Night Game

Materials: three or four flashlights

To Play: Gather all the girls in one spot. Send three or four girls out into the play area with their flashlights. These are the "fireflies". These girls can either walk around the play area or stay in one spot, but either way they must flick their flashlight on-off, on-off, like a firefly. The rest of the girls must try and catch a firefly by stalking up to her. If one of the fireflies sees or hears a stalker, she may stop flashing her light for 30 seconds. Once all the fireflies have been captured, the game is repeated with new girls as fireflies.

Navigate by the Stars

If you have a clear night and minimal light pollution, take the girls outside and look at the stars and talk a little bit about how the explorers navigated by the stars. Use star charts to help find constellations.

Astronomy (page 11 – 19, Let’s Try It, Vol.1)

You can also get star charts for your specific part of the province. Go to:
hrmacmillanspacecentre.com or skyandtelescope.com

Campfire - attached

Sunday

Brownie Guide’s Own

Brownie/Guides Own is made more special if it is held in a location away from the areas that are being heavily used during your camp. Try to find a quiet spot that is just a little “off the beaten track” where the girls can sit.

Have the girls sit in a circle, and each say a few words about what they are thankful for.

Alternative suggestion is “Nature and I” – page 46 Campfire Activities

Closing

Present certificates and crests and take one more group photo!

BROWNIE MAGIC “GOES EXPLORING” PROGRAM NOTES

Circle Names: (suggestions)

Fraser	Thompson
Mackenzie	Cook
Vancouver	Quadra

Do some research on the history of your part of the Province and see who the early explorers were in your area.

Name Tags:

Cut fun foam in the shape of our province, a tall ship, covered wagon, etc. and have the girls decorate by adding a compass, rivers, trees, mountains, trail signs, etc. Provide dried beans and glue to make their name or use felt pens

Scarves:

Cut inexpensive cotton into squares for scarves. Stitch or use pinking shears on the edges to prevent fraying. Use “bandana” fabric in a different colour for each Circle. Girls could sign and date their scarf as a keepsake!

Lend a Hand Duties:

Duties could include: helping with meal preparation, setting and clearing the table, dishes, sweeping the floors, tidying washrooms, etc. You know your girls and your camp location best, so your team can decide how helpful the Brownies can be!

Sing-a-long/Campfire:

Friday evening sing-along is an informal time to sing your unit’s favourite songs and perhaps learn some new ones for Saturday’s campfire. Please see attached Campfire outline.

Decorate:

If you can get a canvass tent you could decorate your venue to look like a pioneer camp or perhaps a gold miner’s camp. Look for tin plates and mugs to serve meals on.

How about having the girls dress up as gold miners, pioneer women or explorers for campfire on Saturday night?

Please keep in mind that “Brownie Magic” will take place in a wide variety of venues, anytime of the year, with varying numbers of girls and adults at each camp. You may need to make adjustments for your specific situation. If we have included something in the program that you find won’t work for your unit or location, be creative! The important thing is to make it work for you and your Brownies! If you think you’ll need more outdoor games than crafts because the weather is perfect, substitute. If you know it’s going to be below freezing or a downpour all weekend, plan for more craft time. Be flexible!

Note about grocery shopping!

There is a Camping Resource book available from Scouts Canada that can be downloaded at no charge. There is a great section on “quantities” to help with planning the grocery shopping. Or check the web for other sites dealing with quantity cooking. While I tried to include quantities, I have found that groups using this package range from 12 to over 100! We are trying not to “re-invent the wheel”, so please use available resources.

Using this package for Sparks:

You can take portions of the program and adapt it for a day camp. While you might not want to tackle making candles with Sparks, they would love making butter! The compass games might be a little difficult but you could have them follow a “treasure map” to the gold mine and pan for gold.

Using this package for Guides:

While most of the activities would be suitable for Guide-age girls, you may want to make the games more challenging. If you plan to do patrol cooking, allow more time for preparation, cooking, eating and cleanup!

If you have lots of time before your camp, check out resources in your local library for information on the explorers and pioneers of British Columbia. You may want to focus on a specific event in our history such as Captain Cook and his meeting with the First Nations in Nootka Sound or perhaps the Gold Rush era.



BROWNIE MAGIC “GOES EXPLORING”

CAMPFIRE

“Our opening must have been written about British Columbia.”

Tall trees (p.41 Jubilee)

“Explorers are the first people to arrive.”

When I first came to this land (p.54 Musical Fun with the Brownie Pack)

“Often you have to explore on foot.”

Happy Wanderer (p.23 Jubilee)

“In B.C. it usually ends up raining sometime.”

Raindrop round (p.38 Celebrate with Song)

“Of course, explorers camp out.”

B.C. Camping song (p.29 Jubilee)

“You might even have to hunt for your food.”

Looking for lions—Going on a Lion Hunt (p.79 Campfire Activities)

“Sometimes, you travel by canoe.”

Canoe song....My Paddle.. (p.4 Songs for Canadian Girl Guides)

“There are many different places that Brownies live in British Columbia.”

For this is British Columbia (p.70 Celebrate with Song)

“The best thing about exploring is going home.”

Land of the Silver Birch (p.15 Jubilee)

Brownie Closing

Instead of going on a lion hunt, you can challenge your patrols to create a skit (2-3 minutes maximum) that includes one mode of transportation (eg. canoe, train, wagon, ship, snowshoes), one animal (eg. bear, moose, cougar, eagle, marmot) and one object (eg. hammer, pillow, shoe, fork, broom). Have the girls perform between songs in the middle (high point) of your campfire;

Or try using the British Columbia campfire included in the Arts to Go Toolbox;

Or include these songs from the Arts to Go Toolbox: Sing a Song of Canada, Mabel Lake Morning, My Brownie Windows.

BROWNIE MAGIC “GOES EXPLORING”

KIT LIST

Please keep in mind that some items may need to be added or deleted from this kit list depending on the facility, time of year, and the area of British Columbia where your camp is being held!

Sleeping Bag

Blanket

Pillow

Densi-Foam or Mattress (depending on your facility)

Warm Jacket

Rain Gear

Toque & Gloves

Hat (a must)

Boots & Runners

Pants (2 pair)

Shorts (1 pair)

T-shirts (2)

Sweatshirt (1)

Underwear & Socks (3 pair)

2 piece p.j.'s (1 pair)

Towel, facecloth, soap, toothpaste, toothbrush, hair ties, brush

Flashlight

Day Pack and Water Bottle for Hike

Book for quiet time and a small stuffed friend

All personal belongings must fit in one bag and be clearly labeled with the Brownie's name! All bedroll items must be labeled as well.

Please do not send money, candy/food, personal music systems or any other valuables to camp.

Any required medication should be clearly labeled and placed in a zip-lock bag to be handed to the Camp First Aider upon arrival.

BROWNIE MAGIC “GOES EXPLORING”

MENU

Friday

Mug Up: Johnny Cake & Hot Chocolate

Saturday

Breakfast: Oatmeal, Muffins & Fruit

Snack: Trail Mix

Lunch: Chicken Noodle Soup, Hot Dogs, S'Mores

Snack: Fruit Leather and/or Beef Jerky

Dinner: Stew, Bannock, Salad and Mud Apples

Mug Up: Edible Campfire, Popcorn and Apple Juice (cold or hot)

Sunday

Breakfast: Pancakes & Sausages

Lunch: Sandwiches, Carrot & Celery Sticks & Chips

Graces: Mable Lake Morning and Give Thanks (Arts to Go Box)
Western Grace (p.131, Celebrate With Song)
Simple Blessings (p. 130, Celebrate With Song)
Morning is Here (Sing a Song with Sparks & Brownies)

Listen to the CD from the Arts to Go Toolbox and you can hear what they should sound like!

BROWNIE MAGIC “GOES EXPLORING”

RECIPES

Johnny Cake

1 cup cornmeal (white or yellow), 1 tsp salt, 1 cup boiling water, 1/2 cup milk

Grease skillet or griddle, set on medium heat.

Mix cornmeal and salt, add water gradually, stirring constantly until smooth (will be thick).

Add milk and stir.

Drop spoonfuls of batter onto frying surface; cook, flipping when browned (just like a pancake)

Serve warm with butter and jam.

Oatmeal

Use quick cooking oats or instant as you prefer. Don't forget the brown sugar. You might want to have “cold” cereal for those girls who don't eat oatmeal.

Make your favorite muffins before camp. Plan on 1 1/2 per girl.

Tip: Serve fresh fruit already cut up. They'll be more likely to eat it!

Trail Mix

Give each girl a small zip-lock bag and put out a selection of ingredients so they can choose their own mixture.

Raisins, dried fruit, sunflower seeds, nuts, cereal, pretzels, chocolate chips, etc.

Soup & Hot Dogs 1- 2 per girl

1 package of dry soup will feed 4 - 5

If possible, have the girls cook the hotdogs over a fire and use the coals for making dessert.

S'Mores 1 – 2 per girl

Graham cracker, marshmallows and plain chocolate bars broken into squares

Roast marshmallow over the coals, place a square of chocolate on a graham cracker, toasted marshmallow and top with second graham cracker.

Fruit Leather/Beef Jerky

You can purchase these ready made or if you know someone with a dehydrator you can make them ahead of time. Tell the girls that when supplies were low on the trail, jerky was sometimes the only food the explorers had!

Beef Stew – serves 4 -6

You may have your own tried & true recipe but if not, here is a simple, filling stew

- 1 1/2 lbs stew beef, cut in cubes
- 4 medium potatoes, peeled & cubed
- 4 carrots, peeled & sliced
- 3 stalks celery, sliced on the diagonal
- 2 – 3 cups of water
- 3 – 4 tbsp. flour, salt & pepper combined
- 2 tbsp. oil

Heat the oil in large dutch oven, coat the meat in flour mixture and brown on all sides. Add potatoes, vegetables and water. Reduce heat, cover and simmer until meat is tender and vegetables are cooked but not mushy.

Take 1 cup of stew broth out of pot, combine with 3 tbsp. of flour, stir until smooth and add back into stew to thicken your gravy. Season with salt & pepper to taste.

Bannock – a staple of a pioneer diet

- 4 cups flour
- 4 tsp. baking powder
- 1 tsp. salt
- 4 tbsp. oil

Mix ingredients and add water until you have a dough. Knead 10 minutes.

Grease and heat frying pan, form dough into cakes about 1/2 inch” thick, put in frying pan, flip when bottom surface has formed a crust. Cook 12 – 15 minutes.

To cook over the fire, reduce the amount of water to make a thicker dough. Roll the dough out into a long snake about 1” wide. Wind around a green hardwood stick and cook over the fire, turning until bannock is cooked.

Bannock #2 – serves 15

- 4-5 cups flour
- 1/4 pound lard
- 3 tbsp. baking powder
- 2 1/2 cups water or milk
- 1 tsp. salt

Combine flour, baking powder, salt and lard and mix with your hands to crumble. Add water or milk to form dough.

Grease a 9x13 pan and put the dough in pan and knead it to fit. Bake at 350 for 30 – 40 minutes.

Salad

Have the Brownies help prepare a Green Salad while the stew is simmering

Mud Apples

The girls will like this one!

1 apple per person
bucket of mud

Coat the apples with 1" of mud on all sides, making sure the mud is thick! When the fire has burned down enough to make coals, scoop coals to one side and bury the apples in the coals for approximately 45 minutes. Knock the dried mud off the apples and discard the skins. Serve the steamy pulp with ice cream if you like!

Homemade Ice Cream – makes 1/2 gallon

4 eggs
1 can sweetened condensed milk
1 cup sugar
2 tbsp. vanilla
5 – 6 cups whole milk

Mix ingredients and beat well. Pour into a one gallon ice cream maker. Pack ice and ice cream salt around the container and turn handle until set. Leave for 20 – 45 minutes depending on the ice/salt mixture.

Or

Tin Can Ice Cream

Ingredients & Directions

3 3/4 oz. pkg. instant pudding mix
2 (6 oz.) or 1 (13 oz.) can evaporated milk
milk
1 (1 lb.) coffee can
1 (3 lb.) or No. 10 can
crushed ice & rock salt

Place pudding mix and evaporated milk in a clean one pound coffee can. Add enough regular milk to fill the can three quarters full. Mix well. Cover with plastic lid. Tape on lid securely with duct tape so can is air tight. Place the 1 pound can in a 3 pound or a No. 10 can. Add layers of crushed ice and rock salt around the smaller can until it is surrounded by ice and salt on all sides. Put lid on larger can. Tape with duct tape. Roll the can back and forth on a table or the ground for

20 to 25 minutes. The kids can form two lines to do this, rolling it back and forth to each other. Carefully untape the large can and remove smaller one to check ice cream. Wipe off all salt before removing lid from smaller can. Scrape ice cream from insides of can. Put lid back, tape securely. Place smaller can in large can, add more ice and salt. Tape lid on can, continue rolling, approximately 10 minutes. By then, ice cream should be ready to eat.

Edible Campfire

There are many versions of this fun snack!

You need napkins, Cheerios, shredded coconut, pretzels, cheezies, cinnamon hearts and a toothpick. You can also provide a paper cup with water in case the “fire” gets too big!

Each girl makes 3 piles of firewood, coconut for the tinder, pretzels for the kindling and cheezies for the logs.

Lay an A or V of logs, lay the tinder against the crossbar of the A or in the cross of the V. The toothpick is the match and the cinnamon hearts are added to show the fire is burning. Add more kindling and then logs as the “fire” gets going. Eat and enjoy!

Sandwiches

Ask the girls ahead of time for suggestions on type of bread and fillings.

Remember to include milk, juice and water at all meals and have water available throughout the day as needed.

Be Alert! Always check for food allergies and watch your labels.

BROWNIE MAGIC “GOES EXPLORING”

Order Form for Crests

Note: BC Girls and Guiders only

Name of Brownie Unit _____

Unit Contact Guider _____

Mailing Address _____

_____ Postal Code _____

Telephone # Daytime _____ Evening _____

of Crests _____

Please allow 4 weeks for delivery!

Forward your order to:

BC Camping Committee
1476 West 8th Avenue
Vancouver BC
V6H 1E1

Fax: 604-714-6645

Or e-mail to: camp@be-girlguides.org (be sure to include all of the above information in your e-mail)



BROWNIE MAGIC “GOES EXPLORING”

EVALUATION FORM

Please share with us what you liked about this “Camp in a Box” and anything that we could improve on for next time! Thanks for your input!

WHAT DID YOU LIKE BEST?

WHAT WORKED / DIDN'T WORK FOR YOU?

WHAT COULD WE IMPROVE ON FOR NEXT TIME?

COMMENTS!

Please return to:
BC Camping Committee
1476 West 8th Ave.
Vancouver, BC V6H 1E1

or e-mail to:
camp@bc-girlguides.org
Fax : 604-714-6645