



Crazy about Camping!

It looks like winter is upon us and here to stay. Just because there's snow on the ground doesn't mean that camping season is over. What about a winter camp? You could camp in a residential setting with all kinds of winter activities available: snowshoeing, cross-country skiing, winter games, snow taffy, outdoor cooking - yes outdoor cooking. Did you know that the brightest constellations appear in the winter sky? It is a great opportunity to expose your girls to the delights of astronomy. It's also the perfect way to introduce camping to your girls. Begin teaching skills at a residential camp that can be applied to a tent camp in the spring or summer.

Here are some great ideas for your upcoming winter and spring camps!

Cooking

Straw or Hay Box

1. Use a large cardboard box (from a TV or Microwave).
2. Line the box with insulation, bottom, sides and top leaving a large enough hole in the center for your cooking pot. You can also use hay or straw because it is a non-conductor of heat, so when partially cooked food in a pot is placed in the hay box, the heat escapes so slowly that the food goes on cooking for hours.
3. Put heavy duty tinfoil over the hay or insulation.
4. Put a sleeping bag in so you can put your pot in it and cover it up when you have the contents boiling.

Make sure there are no cracks in the box or the lid through which the heat could escape.

Cooking time is three times the normal time.

Try these hay box recipes

Campfire Stew

- 2 lbs. ground beef
- 1 large onion, chopped
- 3 cans vegetable soup
- Salt, pepper and seasoning to taste

Make little balls of ground meat and fry with onions till brown. Pour off the excess fat and add the soup with 1 can of water to prevent sticking. Cover and bring to a full boil. Place in hay box and cover tightly. Serve with bread or crackers.

Hobo Stew

- 2 lbs. ground beef
- 4 1/2 cups water
- 2 pkg. dry onion soup mix
- 1 tsp. chili powder
- 2 cups cubed potatoes



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1 diced green pepper
2 cans kidney beans, drained
Salt, pepper and seasoning to taste

Brown the meat and drain. Mix onion soup mix, salt and pepper, and chili powder. Stir into the meat and add green pepper and potatoes. Cover and bring to a boil. Add corn and beans, bring to a boil and place in hay box.

Jungle Stew

2 lbs. ground beef
1 cup macaroni
1 onion, chopped
2 cans stewed tomatoes
3 cans kidney beans

Brown the meat and onion, drain. Boil the macaroni in a saucepan with water till tender. Drain. Combine with water till tender. Drain. Combine all ingredients and bring to a full boil. Place in hay box.

Meal in a Hole

4 lbs. roast beef
24 small potatoes
12 apples
12 carrots, sliced and seasoned

Wipe the roast dry, season and sear in Dutch oven. Peel potatoes, scrape and slice carrots and core the apples. Surround the roast with apples, carrots and potatoes and cover tightly. Be sure to cook in conventional oven for one hour before placing in the hay box.

Then cook in the hay box for 4-5 hours.

Pot of Gold

2 cans of tomato soup
2 cans water
1 pkg. prepared frozen biscuit dough
1/3 lb. cheddar cheese, cut into cubes

Heat the tomato soup and water to the boiling point. Cut dough into squares and wrap around a cube of cheese. Drop cubes into boiling soup and cover. Place in hay box.

Sloppy Joes

1/4 cup margarine
1 medium onion chopped
2 lbs. ground beef
1 pint barbeque sauce
12 hamburger buns

Melt margarine in pan; add onion and sauté till tender. Add meat and cook until the pinkness disappears. Blend in seasoning and barbeque sauce and heat till it is boiling. Place in hay box. To serve, spoon onto buns.

Savory Beans

1 pkg. smokies sausage
1 small onion, minced
2 cans corn, drained
3 cans baked beans

Brown the sausages with the onion. Cut into bite-size pieces and add corn and beans. Stir until well heated and bring to a boil.

Place in hay box.

Ice Cream in a Hay Box

1 can sweetened condensed milk
2 tsp. vanilla
2 1/2 cups sugar
1 cup graham cracker crumbs

Mix all ingredients in an empty coffee can with a lid. Seal tightly with duct tape. Find a bucket that is 4" deeper and 8" wider than your can and place the coffee can on 4" of ice and coarse pickling salt in the bucket. Surround the sides with ice and salt. Place in hay box. Takes 3 or more hours to freeze. Makes 1 quart. Don't try to double the recipe in one can, use 2 hay boxes.

Rice in My Sleeping Bag

If you are the adventurous sort, use your sleeping bag to make rice. Guaranteed, the rice will not be burnt. You will need: rice, water, pot with a lid and a sleeping bag.

Reduce the amount of water in the recipe by 1/4 cup. Bring the rice to a boil and cover quickly with a lid. Wrap in newspaper to keep any spillage away from your bag. Put the rice to bed and don't peek for at least 20 minutes.

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Ready, Set, Camp!

Are you a new Guider that hasn't camped before? Not sure if you feel ready to take your Unit to camp? Here is an easy checklist to see if you are ready.

Residential Camping:

Simply put a check mark beside each question you can answer yes to:

Have you:

- Camped regularly with your family?
- Served a meal to 12 or more people?
- Camped with friends and their children for the weekend?
- Planned inside or outdoor activities for children for a day (birthday party, church picnic, camping program)?
- Read one or more of the Girl Guides of Canada camping books?
- Worked with children daily as a teacher, day care or home care worker, or a camp counselor?

If you can check at least three boxes, you should feel confident to plan a residential weekend.

Tenting:

In addition to the above, if you can check at least

one of these, you are likely prepared to do a basic tent camp.

Have you:

- Obtained Gold Level Camping as a Pathfinder?
- Tent camped two weekends with children?
- Camped with other organizations?
- Pitched tents and used camp stoves?

This checklist is taken from the Spring 2003 issue of The Flame, a newsletter for Camp Advisers and Camp Trainers.

****Commissioners and Camp Advisers:**

If you are unsure about whether a Guider is ready to camp, go through this checklist with her. It is a great guideline to use. You will be pleased to discover that some leaders will be able to undertake at least a residential camp with their unit. Remember, as we state in our OAL presentations: "Girls have told us, loud and clear, that they want to camp and we need to offer camping to every girl. It's time to put the girl first and make that happen for them."

Taken from Nov/Dec 2003 issue of Saskatchewan's Prairie Lily with permission from Saskatchewan Council

Winter Scavenger Hunts

For Sparks and Brownies

Hide several white stuffed animals in a designated area. You could have a mixture of animals or have the girls hunt for families such as the rabbit family, the polar bear family.

For Guides and Pathfinders

Piece of white cloth or scarf
White plastic spoon
White yarn

White sock
Piece of paper
Cotton balls
Q-tips
White stuffed toy
String of white plastic paper clips
White broccoli elastics
White pencil
When you are finished share a snack of white hot chocolate and popcorn balls.

Learn how to make a camp poncho at www.girlguides.mb.ca



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Baffle Speak - Camping Jargon

Camping equipment and outdoor clothing have become high-tech and innovative. Can you match the words on the left with their correct description

- | | |
|------------------|--|
| Lexan _____ | A. 3M's 35% polyester/65% Olefin insulation |
| Denier _____ | B. synthetic fibre (polypropylene) that is hydrophobic |
| Gore-tex _____ | C. underarm zipper for ventilating torso |
| Ferrule _____ | D. pulling moisture and sweat away from the skin |
| Baffle _____ | E. abrasion resistant textured nylon fabric |
| Loft _____ | F. insulated tube used to stop draughts |
| Olefin _____ | G. lightweight, unbreakable, thermo heated plastic resin |
| Quallofil _____ | H. micro porous membrane laminated to an outer fabric |
| Cordura _____ | I. a piece of cloth that protects an opening |
| Rip Stop _____ | J. term used to describe thickness of insulation materials |
| Pit Zip _____ | K. short metal tube used for joint strengthening |
| Zedura _____ | L. a micro porous polyurethane coating applied to fabrics |
| Wicking _____ | M. 7 channel polyester made by Dupont, with a down like feel |
| Ultrax _____ | N. 100% recycled pile made from plastic pop bottles |
| Thinsulate _____ | O. double thread woven fabric first used in parachutes & sails |
| Stormflap _____ | P. measurement of fibre weight used to express thickness of a thread or yarn |

Lexan G; Denier P; Gore-tex H; Ferrule K; Baffle F; Loft J; Olefin B; Quallofil M; Cordura E; Rip Stop O; Pit Zip C; Zedura N; Wicking D; Ultrax L; Thinsulate A; Stormflap I.

Making Fire Starters

Egg cartons (cardboard) - Fill the egg carton with sawdust, lint from dryer, or cotton balls. Fill with wax. Add a loop of string if desired. To use, tear each section apart.

Rolled newspapers - Roll newspaper and tie with string. Soak in wax until saturated. Cut into smaller pieces.

Small candle stubs - Using small candle stubs, wrap in several layers of wax paper and twist both ends. Tie with string.

Pine cone starters - Using pine cones or spruce cones that are dry, dip into wax. (Add a few sparkles, place some in a clear wrapping and tie with curly ribbon. This makes an ideal gift for someone with a fireplace.)

Hunter's matches - Wrap a wooden match with soft string, (don't wrap the head of the match) and secure with a half hitch on the end. Dip into wax leaving the head of the match free.