

Camp Tecumseh YMCA

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Emergency Procedures

If you hear camp's siren (High, Low, High, Low tones), you should immediately go to the nearest storm shelter. This is the procedure for tornado/storm as well as any other emergency procedure. The ONLY time you would not proceed directly to storm shelters when you hear the sirens is if a director gives you alternate instructions right before the sirens go off.

Once you are in the storm shelter, take attendance of your cabin/clinic activity. A full-time staff member will come around to give you further instructions. You and all campers are to stay in the shelter until a director tells you otherwise.

River Village Storm Shelter Locations:

- Trader Jims (close the window shutters from inside)
- Basement of Health Center (close the window shutters from inside)
- Basement of River Village Lodge/Bradshaw Room (close the window shutters from inside)

Lake Village Storm Shelter Locations:

- Whitetail Basement (close the window shutters from inside)
- Equestrian Center Classroom (close the window shutters from inside)

In Case of Fire:

- Evacuate building as quickly and safely as possible
- Move all campers and staff a safe distance away
- Notify camp staff and/or emergency personnel via radio or 911
- If the fire is small enough, and you have been trained in use and feel comfortable with fire extinguisher, proceed with caution

In order to get in touch with a director via radio, camp radios are located:

- At the front desk of River Village Lodge (Kathy's Desk)
- River Village Cabinet Room (next to dining hall)
- Trader Jim's (mounted on wall inside door)
- Lake Village Cabinet Room (Kampen Lodge)
- Every Coordinator has a radio in his/her cabin as well

Cell Phone Numbers for Full-Time Directors:

Matt Radding (Summer Camp Director) - 248-330-5481

Joel Sieplinga (Associate Executive Director) - 765-237-9539

Julianne Yost (Lake Village Director) - 303-475-9097

Brad Hough (Lake Village Director) – 812-927-0524

Dayna Wiltgen (River Village Director) – 815-715-0757

Jordan Seeger (Day Camp Director)—765-413-8046

Meg Piechocki (Aquatics Director) – 765-201-2011

Joy McCauley (High Ropes Director) – 864-363-2775

Rob Hatter (Shooting Sports Director) – 574-870-7523

Keith Kalish (Brother Nature) – 618-610-1273

Mary Anne Hunsberger (Assistant EQ Director) – 765-714-9088

Amie Gleason (EQ Director) – 765-586-8515

When to Care vs When to Call (a nurse)

In an effort to help the nurses and alleviate some of their 600+ visits a day, please use the following guidelines as far as when to care for a camper's sickness/injury and when to call or go to the nurse.

Care	Call
For minor scrapes/cuts (anything where the blood can be stopped with a wad of Kleenex or toilet paper)—Control bleeding and apply Band-Aid from your first aid kit.	For major bleeding (anything where the blood is spurting and cannot easily be stopped by Kleenex or toilet paper)—Apply pressure and bring to the nurse
At the first sign/complaint of headache—make sure the camper has been drinking plenty of water, have him/her sit down, in the shade, ask questions as to how long they've had the headache	If the camper's headache continues—bring the camper to see the nurse during one of the regular med times (breakfast, dinner, evening meds). Try to do this before the nurses retire for the night, not at 2am.
Homesickness or any symptom of homesickness—Try to keep the camper's mind off of home, talk to him/her reassuringly, try to differentiate between sickness and homesickness.	Vomiting—bring to the nurses and make sure the "spill" is cleaned up using a spill kit or contacting a director/housekeeping

Care	Call
	Major illness/injury/incident (suspected neck injury, seizure, broken bone, etc.)—when possible do not move the camper. Notify a nurse/director immediately and keep the camper calm.

MEDICATIONS—It is extremely important to help your campers get their medications at the appropriate times—Breakfast, Dinner, Bedtime (8:00-9:00pm at River Village, 9:15-10:00pm at Lake Village). It is not just inconvenient but also inconsiderate to make the nurses return to the health center/lodge after they've just been there distributing meds.

Please make sure you get your night meds

Pool/Lake Whistles

- One Short Blast: To get the attention of a swimmer
- Two Short Blasts: To get the attention of another guard
- Three short blasts: To commence emergency action plan
- One Long Blast: To clear the aquatic area

Weekly Schedule

River Village *Sample Only – Refer to Weekly Cabin Schedule*

Monday-Thursday

- 7:45 Flagpole/Hoppers
8:00 Breakfast
8:45 Chapel
9:30-10:20 1st Clinic
10:30-11:20 2nd Clinic
11:30-12:20 3rd Clinic
12:30 Hoppers
12:45 Lunch
1:15 Rest Hour
2:45-4:00(MTR) Lake or Pool
2:45-4:00(W) *Village Game*
4:15-5:15(W) *Pool*
4:00-5:30 Cabin Activities
5:30-5:45 Flagpole/Hoppers
5:45-6:30 Dinner
6:30-7:15 Trading Post
8:15-9:00(M)..... Night Swim-BRAVES
9:00-9:45(W) Night Swim-BLAZERS
9:00 Last Activity Ends

Unscheduled afternoon
/evening time is for cabin
and unit activities

Friday

- 2:45-4:30 Pool/PL Time
5:15-5:30 Hoppers/Flagpole
5:45-6:30 Dress-up Dinner
6:30-7:15 Trading Post/Performances
8:00/7:45 Horse Parade
8:30-?? Campfire
?? Back to cabin

Counselors in their
cabins no later than:
12:30am—Sun-Thur
1:30am—Friday

Lake Village Sample Only – Refer to Weekly Schedule

Monday-Thursday

- 7:50 Flagpole/Hoppers
- 8:00 Breakfast
- 8:45 Chapel
- 9:30-10:20 1st Clinic
- 10:30-11:20 2nd Clinic
- 11:30-12:20 3rd Clinic
- 12:30 Hoppers
- 12:45 Lunch
- 1:15 Rest Hour
- 2:45-4:00(MTR) Pool/Lake
- 2:30-4:00(W) Village Game
- 4:15-5:30(W) Lake
- 4:00-5:15(MTR) Cabin Activities
- 5:30-7:30 Floating Dinner/TP (start no later than 7:00)
- 9:00-9:40(T) Night Swim-WARRIORS
- 9:00-9:40(M)..... Night Swim-PATHFINDERS
- 8:45-9:30(W) Pathfinder PowWow
- 8:15-9:00(T) Warrior Workshop
- 8:45-9:30(R)..... Songfest
- 9:30 Last Activity Ends

Unscheduled afternoon
/evening time is for cabin
and unit activities

Friday

- 2:45-4:30 Pool/PL Time
- 5:00-5:15 Hoppers/Flagpole
- 5:15-6:15 Dress-up Dinner
- 6:15-6:45 Clinic Performances
- 6:45-7:45 Trading Post
- 8:00 Horse Parade
- 8:30-?? Campfire
- ?? Pathfinder Pow Wow/Back to cabin

Counselors in their
cabins no later than:
12:30am—Sun-Thur
1:30am—Friday

Sunday Afternoon Essentials

In order to make sure that Sunday afternoon—from the staff meeting at 12:00pm through the end of check-in—goes smoothly, here are some pointers:

When you arrive at the Sunday afternoon meeting, you should:

- Be there at 12:00pm (Eastern Time) at Scheumann Lodge.
- RV Counselors – Try to carpool to LV as much as possible. If you have stayover campers, one counselor from your cabin needs to be ready to walk them back down to river. Cars should be parked in staff parking lot or in OT.
- LV Counselors – Have car parked in main LV parking lot, not in front of your cabin. You can move it back to your cabin after check-in. Use spots across from cabins as much as possible. No cars parked by Buffalo/Whitetail.
- Be wearing a clean staff shirt and be presentable.
- Be wearing presentable shorts/skirt/pants
- Be wearing your nametag
- We will have lunch served starting at 12pm, or bring a lunch with you.
- Make sure your cabin is clean and ready for parents and campers to arrive
- Be ready to meet with your partner(s)/day camp counselor and unit

After you leave the Sunday meeting, you should:

- Pick up any stayover campers at Kampen Lodge.
- Go directly to your cabin—the kids are on their way!

As campers are getting dropped off:

- At least one counselor should be outside, greeting the arriving campers/families
- There should not be any music playing inside or outside the cabin
- Make sure to introduce yourself to the camper and then to the parent. Give a strong handshake and a smile.
- Explain that you are going to do a head-check on the camper, just like you do for every camper before they enter the cabin
 - If you suspect lice, politely ask the camper and his/her family to wait on the porch while you contact a nurse or director. Try not to let the camper into the cabin.
- Ask adult to complete a special leave card and who will be picking up on Saturday.
- Help the camper bring their stuff into the cabin and select a bunk
- Introduce the new camper and family to other counselor(s), including Day Camp counselors
- Introduce the new camper to any other campers who have already arrived
- Ask the parent if they have any questions
- Try to engage the new camper in an activity/conversation with other campers/counselors as soon as possible
- Do not start the camp tour until 3:45 or when all of your campers have arrived
 - Please don't say "You're finally here" or something like that if a camper gets to your cabin at 3:00. Camp encourages families not to arrive right at 2:00 in order to cut down on the lines at check-in.

Sunday Night Unit Planning Meetings

What is it?

This is the meeting where you schedule afternoon and evening activities, for your cabin, for the entire week. Remember that your own campers will be spread between skill clinics in the mornings, but will come back to you for lunch each day.

Where and when do they take place?

BRAVES & BLAZERS – River Lodge directly after campfire

WARRIORS & PATHFINDERS – The Scheu, directly after campfire.

Who goes?

One counselor from each cabin. Usually you alternate from week to week.

Who runs it?

A Village Director

How long does it last?

It depends how attentive and focused everyone is, but usually 60-90 mins.

What's my responsibility?

- Come prepared with a list (5-10) of activities that your cabin would like to try and do during the week.
- Come directly to the meeting after campfire. The meeting can't be started until everyone is there. The later it starts, the later it will go.
- Stay focused and attentive to the process. Speak up when you need to. Stay quiet when you need to (this can be the harder of the two).
- Create a schedule for your kids, not for your own social circle.
- Inform your village director with any concerns with your own schedule.

Fundamentals of a well-rounded schedule

A diverse cabin schedule is a key to creating an experience that campers will never forget. A well-rounded schedule should include at least one activity from each of these categories. It will be helpful to refer to this during the unit planning meeting to make sure you are providing a well-rounded experience from week to week.

Adventure	Competition	Wacky/Camp	Relational
Night Hike Trust Hike High Ropes Float Trip Trail Ride Archery Giant Swing Zip Line	Ultimate Soccer Dodgeball Volleyball Water Polo Nuke' m Kickball Tennis Baseball Circle Rules	Mud Hike Black Hole Bullet FOTAY Packs Dominican Chaos Circle Rules	Bracelets Boating Trust Hike Night Hike Sleep-out Cookout

Character Development	Nature	Aquatic
Teams Course Optimist Challenge Wilderness Rescue Zip Line Sleep-out	Trail Ride Mini Farm Nature Center Hiking Mud Hike	Blob Rope Swing Water Slides Aqasize Float Trip

Be sure to visit www.tecumseh counselor.com for lots of other information and resources that is continually updated

Tips and tricks in creating an effective schedule

- Plan sufficient travel time.
 - Bear in mind where you are going from and to, and whether you have to take a pit stop in the cabin or pick up pop stop on the way.
- Try not to change villages too much.
 - Once or twice a day should become your norm. Any more than that and you'll all begin to feel it.
- Mix up which cabins you schedule activities with.
 - Be sure to push yourself outside your social circle, and the folks you are sitting next to at the meeting.
- Write in Pencil, things will change throughout the meeting.
- Plan at least one activity that is specifically designed to try and bring your cabin together as a group. Early in the week works well.
- Try to chat with folks a little before you arrive to see who you might schedule things with, based on your kid's desires.
- Be patient and cooperative, it will help the process a lot.

What happens if I don't get things my kids want to do?

It's important that you are able to get some of the big activities that your kids want to do on the schedule. If you notice that you miss out on your top two or three as they go around, please bring that to the attention of the Village Director running the meeting. You should be able to get six or seven of your kid's top 10. If not something should be addressed.

Who needs a copy?

Make a copy of your schedule for the following. Be sure to leave original copy with your village director before you leave.

- 1 copy to post in the cabin for your kids to refer to.
- 1 copy for your partner.
- 1 copy for your CILT/s (if you have any).
- 1 copy for your DC

Saturday Morning Essentials

Saturday mornings are check-out days. There is a lot to remember to do in order to make sure things run smoothly.

Before Breakfast

- You may need to wake up a little earlier than normal to get everything ready
- Counselors should wear their staff shirt and be presentable for parents/guardians.
- Help campers gather their belongings and put them all in their bags or on their beds
- Check the **PORCH, CLOTHESLINE** and **BATHROOM** for clothes, shoes, other items
- Make sure the cabin is picked up—nothing should be laying on the floor, anything on the porch should be yours and straightened up before parents start to arrive.
- Make sure that you've given out your cabin pictures and any 3rd year patches (these will be delivered to your mailbox by Friday)
- Have any campers who are staying over put any laundry in a laundry bag (these will be delivered to your mailbox by Friday)
 - Mark laundry bag in marker with the camper's name and cabin (both cabins if he/she is switching)
 - Camp Staff will be around starting at 7:00am to pick the laundry up at your cabin. Please be waiting outside your cabin with the laundry

After Chapel

- Check the benches by flagpole (in respective villages) for lost and found
- Do your shared responsibility
- Pick up any trash you see on the way back to the cabin
- Go back to your cabin and help the campers finish packing their things
- Help campers sweep out their bunk area-under mattress and storage area
- Double check clothesline and porch for items not yet claimed
- Say goodbye to campers
 - Make sure campers stay in or around your cabin until the designated parent picks them up
 - Any campers still at your cabin, including stayovers, at 11:00 should be brought to Mt. Wood (River Village) or the Scheumann porch (Lake Village) and checked-in with the director
- After all campers are gone, pick up any lost and found in or around your cabin
 - The only things on the clothesline or porch should be the counselors'
 - Put lost and found in the plastic bag your cabin's unit shirts came in
 - Write your cabin name and week # on the bag in marker
 - Deliver bag to cabinet room (for RV) or Scheumann Mail Room (LV)
- Take all trash to the curb in or next to a trash can
- Flip up mattresses of all empty beds so housekeeping can clean
- You are off until 12:00pm on Sunday, get some rest!

Parent Letters

Parent letters are due by the time you walk into the Sunday afternoon meeting at 12:00pm. They should not be worked on during this meeting.

In order to make sure that your parent letters are great and that you do not have to do a re-write, check the following things on each parent letter:

- Appropriate use of Mr./Ms./Mrs.?
- Parent names used/spelled correctly? (double check for last name different than camper)**
- Blue or black ink? (Must use same color throughout letter)
- Easily legible?
- Camper's name spelled correctly?
- Correct camper name throughout letter?***
- Spelling and grammar mistakes minimal?
- At least five personalized sentences that talk about the contributions and character of the camper?
- Shows relationship growth with other campers/counselors
- Negativity used to show growth or development only?***
- At least 1 ½ pages?

Items with a ** indicate an automatic re-write, even if you attempt to correct the error.

Appropriate greetings:

- For married parents: Dear Mr. and Mrs. Smith
- For single dads: Dear Mr. Smith
- For single moms: Dear Ms. Smith
- For unmarried or divorced parents: Dear Mr. Smith and Ms. Jones
- When in doubt: Dear John Smith and Peyton Jones

Commonly misspelled words:

- Counselor
- Definitely
- Through
- Rhythm
- Believe
- Tippecanoe
- Wet Willy's

Correct use of:

- ***Their***-showing ownership
"All the campers enjoyed their hike to Ghost Cabin"
- ***There***-Indicating a location
"The campers were so excited to get there."
- ***They're***-They are
"They're going to be best friends!"
- ***Its***-showing possession
"Sometimes the tractor has a mind of its own."
- ***It's***-It is
It's amazing to see the growth in Billy this past week!"
- ***Your***—showing possession
"We had a great week with your son."
- ***You're***—You are
"You're not going to believe the transformation in your son."

Rewrite Procedures:

Please have rewrites turned in by the end of your first night off of the week. They will be turned into the director on duty in Scheumann Lodge at check in.

Make sure to keep your first letter to ensure that the error was changed. If you have questions any full time director can help you!

Behavior Management

For better and worse, you will have campers whose behavior does not match the goals and norms that you have in your cabin. The goal for camper behavior management is not to create campers who have no personality and always walk in a straight line. The goal for behavior management is to help your cabin function at a high level and to help campers grow in Trust, Responsibility, Initiative, Friendship, Joy and Faith. We don't always know what type of background campers come from or what the norms are at their home and school. Our job is to help campers adjust to our norms and hopefully come out of the Camp Tecumseh Experience a better person.

Some "Absolutes"

- We do not tolerate bullying
 - Whether it's physical, verbal, social or emotional
 - Let campers know this at the start of the week
 - Let campers know that if they feel they are being bullied they should come to you or another safe adult right away
 - Bullying should be addressed by counselors right away by pulling the suspected bully aside, asking them what happened, explaining that this is bullying and we don't allow that, and explaining how they can correct that behavior
 - If bullying persists, contact a Director immediately
- We do not tolerate physical violence
 - Camp needs to be a safe place
 - In the case of physical violence, use your best judgement on whether to separate the campers and call a director right away

- We believe that every camper deserves love
 - Whether that camper is easy to love or not, they deserve love
 - Treat every camper with respect and expect the best out of them

Some tips as you dive into behavior management:

- Catch campers doing good things!
 - The more good things we point out and praise, the more campers are going to see what we are striving for
- Set your cabin rules and norms from the beginning
 - Sunday evening devotion is a great time to let your campers know what you expect and work together to set agreed-upon rules for the group
- Correct in private
 - The goal is to not to embarrass campers by calling them out in front of their friends
- Stay calm as you are talking to campers
 - While occasionally you may need to raise your voice (never yelling), it is usually more effective to lower your voice and speak in a calm, soft tone
- Don't use or threaten the nuclear bomb!
 - Threatening a camper with going home, calling their parents, etc. is not effective and puts you in a corner to follow-through.
 - These decisions are made with a director, don't jump the gun

Homesickness

While homesickness is most often seen in younger campers (Braves and Blazers) it can occur in campers, and staff, of all ages. Here are some tips for preventing and dealing with homesickness:

- Don't ignore child who has been to camp before.
- Help child adapt to camp environment and camp routine.
- Review schedule and tell camper what is happening next. Children thrive on routine.
- Check in with camper frequently.
- Acknowledge and validate the camper's feelings. Children need permission to express feelings.
- It is okay to talk about home, Mom and family. At end of discussion, bring child back to upcoming camp events.
- Encourage camper to socialize with others; facilitate friendship with another camper or buddy.
- Conduct a group discussion on the normal feelings everyone has when coming to camp.
- Have camper write home
- Get the camper involved in an enjoyable activity.
- Use the child's talents in the cabin, find something that only that child can do.
- Encourage the camper to take one day at a time.
- Do not ignore child's physical complaints and shrug them off. Refer child to the nurse with your suspicions of homesickness.
- Consult village director about the child who has adjustment problems and is very homesick. A plan can be worked out to help the child.
- Review this list before each new group of campers arrive!

Rainy Day Games

2 Truths and a Lie

Ask each person in the group to think of two true facts about themselves, and one lie.

Each person in the group takes a turn telling the group their three facts.

The group then has to agree on which fact they think is a lie. Once the group announces their decision, the speaker tells the group the correct answer. The group then can talk about any of the interesting things they just learned about the new person.

Ultimate Human

Have the group in a circle. Everyone starts out as an egg and places their hands above their head and together so that they look like an egg. When you say go each person will find another egg. Once they found that person they will then start (Rock, Paper, and Scissors). The loser stays an egg and the winner becomes a chicken, placing their arms as wings and making chicken noises. The chicken then looks for another chicken while the egg looks for another egg. When you win as a chicken you become a dinosaur, placing your hands out and roaring like a dinosaur. If you lose as a chicken you drop back down to an egg. Dinosaurs then find other dinosaurs, where they will play to become the ultimate people. Ultimate people put their hands over their heads like superman and look for others like them. If you lose as a dinosaur you go back to being a chicken, looking for other chickens. If the Ultimate person loses to another Ultimate person they go back to a dinosaur, and if they win they stay as ultimate people.

Chuck-A-Name Game

This activity starts off like the traditional name toss. In case you aren't aware, here are the common rules:

- 1) Arrange the group in a circle.
- 2) One person starts off by saying the name of someone else in the circle, and tossing the ball to them.
- 3) That person then in turn says the name of a different person, and tosses the ball to someone else who has not yet received the ball.
- 4) That continues until everyone in the circle has received the ball once.
- 5) Generally, the objective is to pass the ball around the circle without dropping it. If the ball is dropped, the group restarts until completed without dropping.
- 6) You can add a "thank-you, (name)" from the receiving person if you like...

For ADVANCED...

1) Once the group has accomplished the task as described above, add a second item (ball, rubber chicken, etc.) and instruct the group that it, too, must travel in the same pattern.

2) You can add more items as you see fit. For a more "team-building" type game, add 4-6 items, and hold the rules in place. For a more "ice breaker" type game, add as many items as possible, particularly goofy props, and you will see the group get sillier and sillier.

HA HA HA

Have everyone lie in a circle with each other's head's on each other's stomachs. On 'go', the first person will shout 'HA' and then it will be repeated one by one clock-wise around the circle. (When you do this everyone's heads bounce up on the person's stomachs). Then you shout two 'HA HA's' and go around. Continue doing this and increase the number of 'HA's!' See if you can get up to 10 HA HA's without everyone laughing!

Mafia

Everyone sits in a circle, and the narrator has everyone close their eyes. The narrator then chooses two mafia members and has them quietly look up at each other. They put their heads down, and the narrator chooses a stool-pigeon. The mafias raise their HANDS, and the stool-pigeon raises his/her head to see who the mafias are. Everyone else is an innocent townspeople. Each turn, everyone closes their eyes; the mafias then look up and choose one person to kill. The mafia then put their heads down and then the narrator has everyone look up. The narrator delivers the news of who they killed and how (creativity is a PLUS). The townspeople try to figure out who the mafia are and vote on whom to kill. Remember that the stool-pigeon knows who the mafias are, and they will try to lead the townspeople to the mafia. The goal of the game is for the townspeople and the stoolpigeon to kill the mafia while the mafia have to try and figure out who the stool pigeon is before they are killed. If the stool-pigeon is killed, the mafias win, if BOTH mafias are killed, the townspeople win!

Hand Game

Everyone must either lie on their stomachs with their hands in front of them or sit at table with their hands in front of them, in a circle. Either way, have your hands ready to slap a flat surface.

Once everyone places their hands directly on the table or ground in front of them, move your right hand in between both hands of the person to your right. This creates an alternating hand pattern. So, looking down onto the group the hands would look like this:

(From left to right) My LEFT hand, then the person on my left's RIGHT hand, then the person on my right's LEFT hand, then my RIGHT hand, and so on. Although it is hard to describe, it's a really simple set-up...

To start, one person calls out the tapping direction, either Left or Right, and starts slaps their hand once on the ground/table. The hand closest to the first slap, in the named direction, slaps the hand, then the next closest, and so on.

If hand A slaps, hand B can either single slap or double slap. A single slap keeps the slap going in the correct direction; a double slap sends the slap in the opposite direction.

If someone slaps out of turn, they must remove that hand. All other hands stay where they are. When both hands are out, that person is out of the game.

The game is over when there are two people left.

Try and go faster as the game progresses. If you make a mistake, then you leave the circle.

John Jacob Jingleheimer Schmidt

Game is similar to Hot-Cold. Have one person leave the room and as a group pick someone to be it. Then as you bring the volunteer back into the room start singing:

John Jacob Jingleheimer Schmidt
His name is my name too
And whenever we go out
The people always shout
There go John Jacob Jingleheimer Schmidt
NaNaNanaNa (Keep repeating)

As the volunteer gets closer to whoever was chosen as it sing louder and softer as they get further away

Killer Froggy

Everyone sits in a circle. One person is chosen to be the detective. He leaves the room or goes to a place where he cannot see or hear what is going on in the circle. Everyone in the circle closes their eyes. An adult or leader walks around the circle and taps someone's shoulder who now becomes the Killer Frog. But no one knows who the frog is at first. The detective comes back in. The frog sticks its tongue out at random people around the circle, trying not to be noticed by the detective. If the frog sticks its tongue out at you, you just lay down. The detective gets three tries to guess the killer frog's identity. If he succeeds, someone else is chosen for the next round. If he doesn't, then he is the detective again. It's okay if other players know who the frog is.

Shuffle Your Buns

Have everyone sit their chairs in a circle, as close together as they can while still being side by side. Pick one person to stand, which leaves an empty seat. The standing person must try to sit in the chair; however the person to the left of the chair is going to take it. That moves the empty chair; the new person to the left will sit in that chair, and so on around the circle.

If the leader calls "switch", the people sitting in the circle will switch directions and start taking the empty chair to the right. Remind the participants to only move if the chair next to them is empty. Remind them also not to put their hands down on the chair (as this can result in injury), only move their seat.

Big Chief

Have all players sit in a circle and then chose a person to be "it". The "it" is to leave so that "it" cannot see or hear the group. Choose one person to be the chief and he will act out short movements. Examples are clapping hands three time, stomping feet etc. All other players in the circle must do what the chief does. Have "it" return and give them three guesses to try and guess who the chief is.

Smile Toss

Players can sit in circle or through out the room as long as everyone can see each other. All players are to keep a straight somber face while one person that is chosen to be the Smile Tosser, smiles. The Smile Tosser will smile a big smile at all players trying to get them to crack a smile or laugh. If anyone smiles or laughs they are out of the game and they must be absolutely quiet while the game goes on. The Smile Tosser can wipe off his smile with his hand and throw it to another player if he wishes. The receiving player will put on the smile and be the new Smile Tosser. You can even set a time limit on how long your Smile Tosser is allowed to keep his role. Smile Toss is a great party game, holiday get together game, icebreaker game and youth group game.

Ah soh koh

Everyone sits in a circle, and learns the 3 commands and their movements.

- 1) Ah – the person says “Ah” loudly, and takes their left or right arm across their chest, pointing at the person next to them
- 2) Soh - the person says “Soh” loudly, and takes their left or right arm above their head, pointing at the person next to them
- 3) Koh – the person puts both arms together in front of them and point to someone else, anywhere in the circle.

The phrases must always go in that order, and each phrase needs its correct hand motion. You go when you are pointed at by someone next to you using “ah” or “soh,” or by someone across from you using “koh.” When you are “koh”ed at by someone you can either start again with “Ah” or put your hands up and say “nooooooo.” If you say “noooooooo” then the person who said “koh” has to start again with “Ah.” If you mess up, you step out of the circle and walk around the outside trying to confuse people by shouting random words.

Captain's Coming (Ship to Shore)

To begin the game explain the following motions:

Captain's coming- stand at attention and salute

At Ease- Only way for the campers to relax after "captain's coming" is called

Bow- run to the front of the 'boat'

Stern- run to the back of 'boat'

Port- run to the left side of the boat

Starboard- Run to the right side of the boat

Man Overboard- lie on back and swim

Man the lifeboats- Find a partner, sit together and row

Torpedoes- Lie on tummy with hands overhead to give a streamline look

The leader calls out the different actions as the campers run around performing them which can get very confusing. If someone mixes up the motions or does not listen to the leader then they are out. The idea of the game is to be the last one standing.

Village Games

River Village – Gold Rush

After Lunch announcements on Gold Rush Wednesdays, you may see one of the RV Directors hop on the mic to talk about gold rush.

Explaining to the kids that each cabin will become a family seeking gold during the 1848 Gold rush. The gold will be spread out in main field, day camp field and the OT. Campers AND Counselors need to be prepared with a buddy to stick with all game, a water bottle, their bathing suit on for pool time after Gold Rush, closed toed shoes and sunscreen.

During Lunch: If you are assigned to be a character, you will get into costume during clean up and and be part of the introduction to the game. Wait in the cabinet room for the signal from a village director to enter the dining hall.

After lunch: Counselors assigned to a station will head to the cabinet room to get supplies to set up their station, while the other counselor(s) head to the trading post to get mail, then to rest hour. Once your station is set up, check in with a village director to see if anything else needs to be done. Then you will head back to your cabin.

When your cabin is ready for the game to begin you **MUST** wait on your porch until you hear the bell ring. The bell usually rings at about 2:40 or 2:45. At this time, counselors assigned to a station can head to their locations while the counselor assigned to the homestead goes to the pool to find the cabins assigned crate.

When the bell rings, campers and their buddies can run to search for gold and pick up only **TWO** pieces at a time. Once campers have collected two pieces of gold, they can find their counselor in front of the pool to deposit their gold into a crate with their cabin name on it.

Campers can collect gold for as long as counselors decide. When your crate is getting pretty full tell your campers to stay with you at your crate. Search for gold should last for approximately 15 minutes max. When you have all of your campers, you may count all your gold. If the piece is bigger than a counselors fist it is worth \$100, if it is smaller, it is worth \$50. Once you have a final number, leave your crate where it is and you may take two campers with you up to the table in front of the pool to purchase a Deed! A Deed will cost you different prices. The more expensive a deed, the fewer activities you have to complete to survive, the less expensive your deed, the more activities you have to complete.

When you get your deed you can choose a location in main field as your family's "homestead". At this time, you can send pairs of campers to different activities to earn pegs. The pegs represent an activity that helps your family survive. The activities will be around the main field, pool, day camp field, and OT. As a family you can choose which of the survival challenges you want to complete to fill all of your Fire, Food, Shelter and Water needs. Once you have fulfilled the survival elements you can continue to complete extra challenges to earn additional wealth.

This game is a competition, with the family that earns the most wealth and able to survive as the winner. But more important than that is working together with your family (your cabin) to successfully survive life as a pioneer. We are teaching level 2 skills such as cooperation, communication, honesty, problem solving, decision making, it is your job to encourage these skills and not get too focused on the competitive side of the game.

The end of the game is signaled by ringing the bell once more. When you hear the bell, if you are at a station, try to clean up as much as you can and bring it to the cabinet room. Then meet your cabin in the CAC. If you are the counselor at the "homestead", wait for the rest of your cabin to meet you and then head to the CAC all together.

Once you arrive, you may keep your deed, collect your homestead tally sheet, a mystery envelope, and a village director will walk you through filling out the sheet. Once we dismiss from the CAC, head to the Trading post for Pop Stop then the Pool for WALK THE PLANK!

River Village – Compassion Carnival

After lunch announcements on Compassion Carnival Wednesdays, one of the RV Directors will hop on the mic to talk about Compassion Carnival.

Counselors with an assigned station will meet in the cabinet room after lunch dismissal to get supplies to set up their stations, while the other counselor stays with the cabin and collects mail then goes to rest hour.

Once you are done setting up your station, check in with a village director to see if any extra help is needed before heading back to your cabin for rest hour.

Counselors assigned to a station may need to leave rest hour early to get started, while the other counselor and campers will meet all together at flagpole at 2:40. Please make sure campers have sunscreen on, a water bottle, their bathing suits on, closed toed shoes and a buddy before heading to flagpole! One of the Village directors will be at flagpole to explain some rules. All activities will be found around the main loop. Campers need to be with a buddy ALWAYS!

The carnival is not a competition based game, it's for FUN! So whether you are assigned to a station or hanging out with your campers during the carnival, enjoy this time with the kids!.

Some of the activities include tractor rides, giant bananagrams, face painting, jump rope and snow cones! Because of limited supplies, snow cones will be one per camper. A DJ will announce which group

can go to receive snow cones one at a time. Ex: Brave girls, Blazer boys, etc.

The end of carnival will be signaled by a bell. If you are not assigned to clean up a station you should meet your cabin at flag pole, head to pop stop and then to the pool for walk the plank. If you were assigned to clean up a station, you will bring your supplies to either the Compassion Carnival trailer or the cabinet room. If you have questions, see a RV Director. Then join your cabin at the pool for **WALK THE PLANK!**

LV-Empire

The Lake Village is divided into 5 Kingdoms:

VALANOR (The Griffin//Wears Blue)

ELAETH (The Phoenix//wears red)

HURSTWIC (The Dragon//wears white)

QUINLIN (The Stallion//wears green)

THALION (The Lion//wears black)

Each Kingdom is clearly marked by flagging tape suspended on trees. The area not included in the Kingdoms is called No Man's Land. Inside each Kingdom is a castle which holds the Kingdom's treasure. In order to win, your Kingdom must collect the most treasure. Treasure can be collected from around No Man's Land. In addition, citizens (campers) can steal treasure from other Kingdoms by breaking into another Kingdom's castle. In order to break into a castle, a player must have a key or a card. The key must be the same color as the Kingdom you are trying to break into. A player must make it to the castle with the key or card without being tagged by a citizen from that Kingdom. Once the castle is touched, the player can take 10 pieces of treasure from the chest with a key. If the player is caught before making it to the castle, the player goes to jail - the jail is designated inside the Kingdom by the Noble. Players **MUST** give their key to the Noble after they have taken their prize. When the bell rings, the game is over. Only treasure **IN** the treasure chest at the time the bell rings will be counted. Treasure held by Kingdom members that is not in the treasure chest will **NOT** be counted. **Counselor Tip: Nobles should sit on their boxes when they hear the bell sound, so no more treasure may enter.**

CHARACTERS

NOBLES: Wear their team's color. Nobles are the Kingdom leaders, strategists, team inspiration. Nobles cannot leave their Kingdom, so that they can monitor transactions of treasure, settle disputes, and collect cards.

- If someone successfully raids a Kingdom, you take as much treasure from their chest as dictated by your method of entry (lockpick card = 5, key = 10, Empire key = 15)
- Keys and cards **MUST** be surrendered to the Noble after a successful raid.
- You are **NOT** limited in how many keys you take from a Kingdom. If a Kingdom has 10 keys, and you used a key to enter, you can take all 10 keys from them.
- The empire key is the **ONLY** method of entry that does not need to be surrendered to the nobles after use. It stays with you until it is taken by a Rogue, another team through a Thief card, or by being caught inside another Kingdom.
- When hoarding treasure, it **MUST** be stored in your treasure chest at all times. Treasure **CANNOT** be stored in your castle, or in your Kingdom to prevent theft.
- Counselor Tip: When settling disputes, be smart and safe. Playing one game of rock-paper-scissors can be an easy solution to settling quarrels.

REVOLUTIONARIES: Wear yellow. Look like Rogues. Act like Rogues. Patrol No Man's Land, but also hand out Power Cards.

- Revolutionaries act and play just like rogues when they are not handing out power cards. Just because you got a card from them, does not mean they won't steal your treasure.

ROGUES: Wear yellow. Rogues patrol No Man's Land, steal treasure and cards, and guard the Rogue boxes. Rogues cannot enter into Kingdoms.

- Invisibility cards do not work on Rogues. Ever. Emperor's Grace on the other hand keeps them at bay.
- If tagged by a Rogue, you must surrender your treasure to the Rogue, who will then place it in the nearest Rogue box.
- The Rogues guarding the Rogue boxes will NOT steal your treasure.
- Rogues cannot steal treasure from someone who is successfully returning to their Kingdom from a castle raid.
- Rogue boxes can be opened with a Lockpick card or a key. You must surrender the lockpick card or the key to the Rogue box after its been used. You can only take as much treasure as the key or lockpick card allow.

POWER CARDS

- **LOCKPICK:** Take 5 pieces of treasure from another Kingdom of any color.
- **INVISIBILITY:** If tagged inside of a Kingdom, give the card to the Noble and escape into No Man's Land.
- **JAILBREAK:** Everyone in a Kingdom's jail goes free. Step inside the Kingdom and yell, "Jailbreak!"
- **THIEF:** Steal an item from somebody in No Man's Land. Find the nearest counselor to verify. The counselor walks player back to their Kingdom.
- **EMPEROR'S GRACE:** Immune from Rogues while walking in No Man's Land.
- **LOCKSMITH'S PLIGHT:** Use any key on any Kingdom.
- **TROJAN HORSE:** Walk straight into any Kingdom without worrying about being tagged and take 2 treasures.
- **IMMACULATE DEFENSE:** If someone breaks into your castle, use this card to send them back to No Man's Land empty handed. This card trumps the Trojan Horse card.

EMPIRE KEY

The most powerful item in the game is the Empire Key. The Empire key unlocks every Kingdom's castle regardless of color. It yields 15 pieces of treasure when used and players do not have to give it to the noble after it is used.

KEYS / COINS FINAL VALUES

Empire Key = 50 points

Kingdom Keys = 30 points each

Coins = 5 points each

Meet at Kampen Lodge promptly at 2:30 PM. Have your kids wear the color of their Kingdom.

KEEP YOUR PLAYERS HEALTHY DURING THE GAME:

- Avoid running in precarious areas (lots of sticks, roots, rocks, or holes).
- No linking citizens together by holding hands or linking arms.
- Runners must have TENNIS SHOES!
- Have the kids make frequent stops to the "Sparking Unicorn" for some refreshing, hydrating water!

LV-Plunder

MEET THE CLANS & CREW

NEPTUNE (Blue), **POSEIDON** (Red), **TRITON** (Green),

URSULA (Black or Purple).

Each camper is assigned to a clan and given a Crew Role. Their crew job is designated on the name tags you will pass out before the start of the game. Have campers wear the color of their clan. **The Crew Roles are: Captains (Counselors ONLY), Quartermasters, Boatswains, Riggers, Coopers, Swabbies.**

Each crew member must carry 3 gold. To collect gold, campers must run to the assigned table (Skull Island). If at any point a camper has zero gold, they must go get more gold. You cannot play with zero gold.

Meet at Upper Pioneer promptly at 2:30 PM. Meet with your clan and make sure every camper has a role. The game starts when you hear the bell ring or music starts.

CLAIMING SHIPS

Each ship requires a different makeup of crew members. In order to claim an unclaimed ship, crew members must lob cannonballs into the ship's cargo bay (buckets) in the middle of the ship. The first clan to successfully lob a cannonball into the cargo bay has 60 seconds to assemble a crew and take the ship. If the crew fails to assemble, the process repeats. Once a ship is claimed, each crew member must pay ONE gold to board the ship (put all gold paid to the ship in the bucket). The captain raises a flag of the clan to show ownership. Once the ship has been successfully claimed, the ship can be manned by as few crew members as the clan decides. However, the ship may NOT be manned by any more than the crew quota. The Captain of the ship must stay with the ship. If a crew member uses their last piece of gold to board the ship, they MUST immediately disembark and collect more gold.

Counselor Tip: One game of rock-paper-scissors can be an easy solution to settling quarrels. If you are unsure who's ball made it in the bucket, just start over.

THE IMPERIAL TRADING COMPANY

The Imperial Trading Company takes ships possessed by clans. If captain is hit by dodgeball thrown by an ITC, the crew and captain immediately disembark the ship. If a crew member is hit with a dodgeball thrown by an ITC, the crew member is fine. No action is required. After the ship is taken, the Imperial Trading Company posts a bounty that all four clans must pay in order to put the ship back into play. The bounty grows with the number of times a ship has been taken by an ITC. If the Imperial Trading Company is in possession of more than 10 ships at the end of the game, the Imperial Trading Company wins.

COMMANDEERING SHIPS

Ships are commandeered with dodgeball rules. Only members of the ship's crew may be inside the ship. If a crew member is struck with a dodgeball on the ship, they must disembark the ship. To get back on the ship, they must pay ONE gold. If all the crew have abandoned ship, and the captain is hit, the ship is forfeited. If a crew member catches a cannonball thrown by someone outside the ship, the person whose cannonball was caught, must pay ONE gold to the ship. If the crew hits a person outside the ship with a dodgeball, that person must pay ONE gold to the ship. If you are in the open sea, you cannot hit another player in the open sea.

VICTORY AT SEA

The game ends when the bell rings. **Collect your ships and head to KAMPEN LODGE to count your points.** The clan with the most points at the end of the game wins. Points are accumulated by ending the game in possession of ships. Each ship's value is different according to its size and location. In addition, for every 10 gold in a ship's bucket, 1 point is added to that ship's value. NO extra gold is allowed to enter the ship once the game is over - whatever is in the bucket at the time of the bell is what will be counted. If the Imperial Trading Company has 10 ships, they win. If they have less than 10 ships, the team with the most points wins.

KEEP YOUR KIDS HEALTHY DURING THE GAME:

- Avoid running in precarious areas (lots of brush, trees, or holes).
- Runners must have on TENNIS SHOES!
- Have the kids make frequent stops to the "Beached Whale" for some refreshing, hydrating water!

CAMPER QUICK REVIEW

- How much gold can you carry? 3 Gold.
- What happens when you have zero gold? You must go to Skull Island for more.

- How do you take a ship? Throw the ball in the bucket and assemble the crew in 60 seconds or less.
- What happens when you get hit or someone catches a ball you threw? Disembark/pay 1 gold to the ship.
- If you are on a ship, and you hit somebody on another ship, what happens? They must disembark their ship AND pay your ship 1 gold.
- Anytime you get back on a ship, what must you do? Pay 1 gold. Every time. Pay 1 gold.
- What happens if a counselor gets hit by an itc? Everyone disembarks the ship and the ITC has claimed the ship. So protect your counselors!
- Are headshots allowed? NO!!
- How do you get a ship back if the ITC takes it? Rally all four teams and pay the bounty. To pay the bounty, go to Skull Island.

Camp Songs

Great for traveling, time-fillers, or just overall fun!

Welcome to the Family

Welcome to the family,
we're glad that you have come,
To share your lives with us, as we grow in love.
And may we always be to you, what God would us be,
A family always there, to be strong and truly...

Welcome to the family,
we're glad that you have come,
To share your lives with us, as we grow in love.
And may we always be to you, what God would us be,
A family always there, to be strong and truly loved.

May we learn to love each other,
more with each new day.
May words of love be on our lips,
in everything we say.
And may the Spirit melt our hearts
and teach us how to pray.
So that we might be, a true family.
(Repeat first verse.)

Tecumseh

Chorus:

Tecumseh, where the stars shine bright and the leaves are green
and I am Third.

Tecumseh, it's a special place where I understand
The meaning of the word... LOVE.

God is all around and I know that he cares.

He is most important to me.

And all of the other people, are second only to Him,
It's great to be Third and feel so free. (Chorus)

With a smile on your face, and not a worry in the world,
And a rainbow of colors in the sky.

You can be who you want to be, this is where you can live your
dream,

It doesn't matter if you laugh or cry. (Chorus)

But the greatest treasure of all, is the glow that we feel,
When a child reflects our love in his face.

A family we are, in the hands of the Lord,
We all feel His presence in this place. (Chorus)

Order of the Oar (Birthday Song)

(Sing in line on way to birthday boy/girl)

We are, we are, we are, (pause) the Order of the Oar!

We are, we are, we are, (pause) the Order of the Oar!

Each and every one of us is stickin' to the rest of us!

We are, we are, we are, (pause) the Order of the Oar!

(Repeat as needed, until you get to the birthday boy/girl)

(To Birthday boy/girl)

Is it YOUR birthday today? (yes)

Stand up, please!

On the chair, please!

How old are you? (twelve)

TWELVE!!!!!!

Bend over, please!

(Birthday boy/girl receives 12 gentle taps of the oar)

(after all taps completed, sing)

Happy birthday to you, Woo!

Happy birthday to you, Huh!

Happy birthday dear, Kyla!

Happy birthday to you!

Kings and Queens and Bishops too!

Want to wish the best to you!

So wish day, wash day, what do you say birthday! (pause)

Happy Birthday, huh!

To you, huh, huh!

There's music in the air, People singing everywhere!

Happy Birthday, huh!

Happy Birthday, huh!

Happy Birthday, huh!

To you, huh, huh!

The Princess Pat (*Repeat after me*)

The Princess Pat...Lived in a tree...
She sailed across...The seven seas...
She sailed across...The channel too...
And took with her...A Ricky Dan-Doo... (Chorus)

Chorus: (repeat after me)

A Ricky Dan-Doo...Now what is that?...
It's something made...By the Princess Pat...
It's red and gold...And purple too...
That's why it's called...A ricky Dan-Doo...

Now Captain Jack...Had a mighty fine crew...
He sailed across...The channel too...
But his ship sank...And your's will too...
If you don't take...A Ricky Dan-Doo... (Chorus)

Your Momma Don't Wear No Socks

Start of each verse:

Your momma don't wear no socks, a ding dong!

I saw her when she took em off, a ding dong!

She threw them...

Chorus:

A ding dong, dong, dong, dong. A ding dong, dong, dong, dong. A ding dong!!!!

1. on the fence, a ding dong! Haven't seen that mailman since...
2. in the sky, a ding dong! Superman refused to fly...
3. in the air, a ding dong! Now the birds need Medicare...
4. on the wall, a ding dong! Spiderman refused to crawl...
5. under the bed, a ding dong! Should have heard what the roaches said...
6. in the boat, a ding dong! That boat refused to float...
7. in the punch, a ding dong! Seven people lost their lunch...
8. in the can, a ding dong! That killed the tidy bowl man...
9. in the tree, a ding dong! That tree done lost its leaves...
10. in the hall, a ding dong! The paint peeled right off that wall...

Little Cabin in the Woods

Little cabin in the woods, little man by the window stood

Saw a rabbit hopping by, knocking at my door

"Help me, help me, help me", he cried, "For the hunter shoots my hide"

Little rabbit come inside, safely to abide.

Boom Chicka Boom

(Repeat after me. Add different styles.)

I said a boom chicka boom!...I said a boom chicka boom!...

I said a booma chicka rocka, chicka rocka chicka, boom!...

Uh huh!... Oh yah!... ONE more time...only this time...

M&M's

Let me tell you 'bout a treat that will blow your mind,
Of all the treats around it's the finest kind.
Of course I'm referring to delicious M & M's!
I won first prize at the spelling bee
When my teacher asked me how to spell ecstasy.
Her eyes popped out when I spelled it M & M's!

Chorus: M & M's that spells mmmmm, that's the sound that
you make when you eat 'em.

When I die, bury me in M & M's!

(Sing chorus TWICE between each verse)

Forget about your Reeses and your Hershey bar,
Just leave them on the shelf in the candy store And fill your bags,
to the top with M & M's.

Well, I hate liver and I hate Spam, But I eat them together if it's
part of the plan,

To have for dessert, a truck load of M & M's! *Chorus*

They got a lot of sugar and they make me fat,
But when they're in my mouth, I don't think about that,
I don't think about NOTHIN! When I'm eating M & M's!
Well, I went to the store to get my money back,
I was eatin' these things and had a heart attack!
I got too excited, from eatin M & M's! *Chorus*

Figured out why, they don't melt in my hands
Because they're in my mouth before they possibly can,
Make me smile! Give me lots of M & M's!

Plain or peanut, you can have your pick,

But don't eat the green ones or they'll make you sick!

Life is FUN when I'm eatin' M & M's! *Chorus*

Other Songs

- Squeegy Hunt
- Throw it out the window
- Singin' in the Rain
- Hole in the ground
- Oh-A-Day-Lay
- Alligator
- Grand Ole Duke of York
- Tarzan
- Baby Shark
- Silly Willy
- Shake Your Foot
- Pizza Man
- Head & Shoulders Baby
- '60s Beach Party
- Bubble Gum
- A Roosta Sha
- Let me see your Boog-a-loo
- Bessy the Heffer
- Banana Salute
- Going to Kentucky
- Purple Soup
- Red Wagon
- Chili Chili
- The Moose Song

Most of these song lyrics are available at
www.ultimatecampresource.com

Minute Mysteries

Great time-fillers or conversation starters. Counselor should read the clue, and then only answer Yes/No questions until the campers solve the riddle.

A man and his son are involved in a bad car accident. The father is killed instantly, but the boy is rushed to the operating room for emergency surgery... The surgeon walks in and says, "I cannot operate on this boy. He is my son." How can this be?

ANSWER: The surgeon is the boy's mother.

A man was driving home from work and saw all the lights were off in his apartment building. He immediately knew his father was dead. How?

ANSWER: The lights being out indicated a power failure. His father, who was staying in the apartment building, was dependent on a respirator to live.

John and Mary are lying dead in a pool of water on the floor. There is broken glass around them and the window is open 6 inches. The doors are locked.

ANSWER: John and Mary are goldfish. A cat got in through the open window, broke their fishbowl and they died.

A cab driver was going the wrong way down a one-way street. Two policemen saw him but didn't stop him.

ANSWER: The cab driver was walking.

A man lives on the 37th floor of a high rise apartment building. Every morning he takes the elevator down to the ground floor, then goes to work. Every night, he comes home, takes the elevator up to the 10th floor and walks the rest of the way up to the 37th floor. Why?

ANSWER: The man is short. He can easily reach the ground floor button in the mornings, but at night, he can only reach as high as the 10th floor button, and must therefore walk the rest of the way up.

Two burglars are lowering a safe out of a second story window above a busy city street. The chain supporting the safe is about to break. A man on the opposite street corner yells, "Look out below." The police immediately arrest him. Why?

ANSWER: The man who yelled makes his living by posing as a blind beggar. However, when he shouted the warning, the police knew he could really see and arrested him for fraud.

The man was afraid to go home, because the man with the mask was there.

ANSWER: The man with the mask was a catcher in a baseball game, the other man was a base runner.

A businessman told his night watchman that he was going away for a few days, and that the watchman was to take good care of things. When the business man returned, the night watchman said everything had gone fine, but that one night he had a dream that the business man had died. The businessman fired the watchman. Why?

ANSWER: The night watchman was sleeping on the job.

A man is sitting in bed. He makes a phone call, says nothing, then goes to sleep.

ANSWER: He is in a hotel, and is unable to sleep because the man in the adjacent room is snoring. He calls the room next door (from his own number he can easily figure out his neighbor's, and from the room number, the telephone number). The snorer wakes up, answers the phone. The first man hangs up without saying anything and goes to sleep before the snorer gets back to sleep and starts snoring again.

Joe leaves his house, wearing a mask and carrying an empty sack. An hour later he returns. The sack is now full. He goes into a room and turns out the lights.

ANSWER: Joe is a kid who goes trick-or-treating for Halloween.

As I drive to work on my motorcycle, there is one corner which I go around at a certain speed whether it's rainy or sunny. If it's cloudy but not raining, however, I usually go faster.

ANSWER: There's a car wash on that corner. On rainy days, the rain reduces traction. On sunny days, water from the car wash has the same effect. If rain is threatening, though, the car wash gets little business and thus doesn't make the road wet, so I can take the corner faster.

Cabin Devotions

Five Spiritual Goals for Campers:

1. Each camper should learn to communicate to God through personal silent prayer, perhaps even to feel comfortable in group prayer out loud.
2. Learn that our body is the temple of God; that the Lord has provided us with this marvelous body and that it is our responsibility to help it grow in a strong and healthy way.
3. To learn that nature and the environment are God's creation from which all our material needs of life are met. That it is our responsibility to not abuse the environment and to see in it the beauty and harmony God has created.
4. Each camper recognized that they should do unto others as they would have others do unto them, thus recognizing a need to grow in patience, love, kindness and honesty.
5. To learn through exposure in chapels and devotions that the Bible is the Word of God told through stories and letters that are interesting and meaningful.

Remember the two most important commandments that Jesus gave: "Love the Lord" and "Love others as you love yourself."

Topics to stay away from:

- Divorce and remarriage
- Cults and related subjects
- Abortion
- The end of the world and the anti-Christ
- Denominational differences/rights/wrongs
- Sexuality

Our goal in spiritual development is not necessarily to convert every camper who comes to Tecumseh, instead, our goal is to plant the seeds of God & Jesus and to show campers what a great, Christian man or woman looks like through counselor role models.

Steps to a Well Planned Devotion:

- Prepare ahead of time. Know your strategy and topic well. Think about what you are going to say ahead of time. Use silent, personal prayer to prepare yourself.
- Make sure all campers are settled down before you begin. Campers should be ready for bed, showered, teeth brushed, medications received.
- Have all campers sitting around in a circle on the floor or in some other setting where they are not distracted.
- You can have a candle in the middle of the circle as long as you have a drip pan under it. This can help to focus the campers and calm them down.
- Devotions should be a time of discussion & prayer. It's not a lecture.
- This is not a time for ghost or adventure stories. The only stories should be ones that lead into the devotion.
- Plan to spend at least 15 minutes for devotions.

Hook, Book, Look, Took

As you are setting up your devotion for your cabin, we recommend we use this method in order to get the campers' attention, relate an idea to the Bible, and help the campers go away with an application.

	Purpose	How To's	Examples
Hook	<ul style="list-style-type: none"> •To get attention. •To set a goal for discussion. •To act as a transition to the Bible discussion. 	<ul style="list-style-type: none"> •Should appeal to discussion. •Should be focused on the group's needs and/or interests. •Shouldn't necessarily be Biblical in nature but set the stage for it. •Should not be answerable with a Yes or No. •Should be simple and direct. 	<ul style="list-style-type: none"> •What makes people happy? •How do you get rich? •What are you living for? •What makes a good friend?
Book	<ul style="list-style-type: none"> •To lead the learner to discover Biblical truths. •To aid the learner in understanding the truths discovered. •Make observations. 	<ul style="list-style-type: none"> •Should relate to the Hook portion of your discussion. •Should help in the discovery of the facts, usually by beginning with, Who?, What?, How?, Why? •Should clarify and define the truths discovered. 	<ul style="list-style-type: none"> •What in the book of Philippians brings Paul joy or causes him to rejoice? •Who is talking to whom in this verse(s)? •Where did this take place?

			<ul style="list-style-type: none"> •Why do you think the passage(s) or verse(s) is here?
	Purpose	How To's	Examples
Look	<ul style="list-style-type: none"> •To guide the learner to formulate the truths into principles to which he can respond. •Sets the stage for application. 	<ul style="list-style-type: none"> •Should summarize the facts discovered and draw out the principles or truths. •Should help clarify and formulate the truth(s) so application can be made. 	<ul style="list-style-type: none"> •Why is Paul joyful even amidst adverse circumstances? •What can we learn from Paul about a joyful attitude? •How can you tell when a person is joyful?
Took	<ul style="list-style-type: none"> •To make personal, specific application of the Biblical truths discovered. •Desire specific, changed behavior. 	<ul style="list-style-type: none"> •Should bring the discovered truth to a level of practical, personal application. •Should help the individual see how the truth can be specifically applied to his life. •Should not be general and vague. Have group members write out their planned application and share it with the group. 	<ul style="list-style-type: none"> •How do you plan to demonstrate joy this week (Be Specific)? •In what specific situation do you plan to display joy this week? •Think of a situation at (Home, School, Work, etc.), where you have not been joyful but will trust the Lord to make you joyful.

Team-Building in a nutshell

Team-Building programs create situations that challenge the abilities of individuals and groups. These situations are metaphors for the problems and challenges faced by many individuals and groups during a typical day. By being part of such an event, participants learn skills that can be used in their daily activities. The learning is enhanced by discussing their performance after each activity.

Where do I start?

- Decide what you are trying to accomplish by putting your cabin through this experience.
- Think about the personalities that you have in your cabin, and the group dynamics that are present that you want to encourage or challenge.
- Pick activities that will suit both your goals and the people you have in your cabin.
- Pick the order of activities based on difficulty level (start easier and work your way up)
- Will you change any of the set up or rules slightly to fit your cabin and your goals?
- Write down some good open ended questions that might foster discussion in the areas you would like them to talk through.
- Bring that same pen and paper to jot your observations as they tackle each activity. This will be the base for your post activity debriefing.

What is your Role as the facilitator?

- To assist the group in discovering what they have experienced, NOT telling them what they have experienced. The learning is so much more effective if they can figure it out themselves.
- Clarify and focus the comments of the group, providing helpful information and calling attention to details that may be overlooked by the group.

- You should always look for opportunities for participants to understand how their behavior affects the performance of the group.
- To look for teachable moments, where guidance and support can encourage participants to be more than they thought possible, or to think in new ways, or to consider additional factors.
- You should encourage, support, and provide helpful assistance where possible, but you do not lead the group (your role is consultant, not chairman of the board). The performance of the group belongs to the group not the facilitator.

Symptoms of too much facilitation

- Providing too much information at the beginning of the activity so that participants have little left to discover for themselves.
- Talking more than listening
- Leading participants to the classic solution instead of allowing them to reach the goal in their own manner.
- Stopping the activity too frequently. Not waiting for a teachable moment.
- Encouraging the group to be creative and then restricting the creativity by unnecessary rules or guidelines.

Ground Rules for debriefing

Before conducting a processing or debriefing session after each activity, it is typically helpful to establish some basic rules for the group to consider when expressing their feelings during this portion of the challenge and adventure experience.

- **Circle Up.** Communication is at an optimum in this formation. Shoulder to shoulder. Nobody in front and nobody behind the circle – everyone has their place. Make this the first thing you do after an activity, before discussing what just happened.
- **Your comments are welcome here.** Participants must feel that their comments are valued, even if they feel the need to voice a concern or explore an issue that may be sensitive to the group.

- **Respect the comments of others.** In order to create an atmosphere where participants feel free to express themselves, they need to know their comments will be well received by the group.
- **Encourage participants to take ownership of their comments.** “I feel this way...”, “This is what I believe ...”, “The ball was dropped because I didn’t know what to do next.”

The Final Wrap up

It is important to let the participants know at the end of the program, that the goal wasn’t simply to get every last person through the spider web, the goal was to form a team that could meet that challenge. If you measure the success of a group by whether or not they completed a challenge successfully, you are likely to fall short in some areas of facilitating. Better for the group to realize that getting everyone through the web was not the goal, communication, teamwork, creative problem solving and other skills encountered during the day were.

Challenge by Choice

At Camp Tecumseh we follow a rule called **Challenge By Choice**. The participant chooses how much they will be challenged, they are never forced into a challenge they do not want to take. As the leader, you are responsible for the physical and mental safety of the participants. You can encourage students to give something new a try, but be sensitive to the individual and honor an earnest request to not participate in something.

Introduce ‘challenge by choice’ before any team-building program.

Spotters

If the facilitator does their job properly, no one should ever get hurt.

It is the facilitator's responsibility to train spotters, closely supervise spotters, assist with spotting, and to only allow participants and spotters to try situations that can be done safely. Think prevention. Always be alert. Be safe. **You are responsible for every participant, their body and their feelings.**

Leader Asks: **"What is spotting?"** (Spotting is being in position to support someone's head, neck, and upper body should they fall.

Spotting is not catching someone in mid-air.) **"A person is not spotting unless they are doing all three of these things: 1. Their hands are in the ready position. 2. Their feet are apart."**

(demonstrate) **"3. Their eyes are on the upper body of the person they are spotting, and they are in a position that would assist the faller.**

It is important to practice the technique together as a group to ensure competency is attained by the campers. Walking through the technique together, followed by partner trust falls helps achieve this. Staff should be constantly engaged and provide continual observation from positions that they can assist quickly as needed.

Accident/ Emergency

In case of an accident, remain calm, take command, and give clear instructions. Follow the Emergency Procedures. Do not move victim if there is any possibility of back or neck injury.

Course Maintenance

The camp program and maintenance staff are responsible for the upkeep of the challenge course. They check it regularly. Staff leading activities should do a safety check prior to each use. Report any maintenance issues to an Amin. Staff. Do not use any element needing repair.

Team-Building Activity Options

LV Teams Course (Not far in the woods from the LV roundabout)

All Aboard

Objective: To promote group cooperation, communication, trust and problem solving by attempting to get the entire group standing on the platform for a pre-determined amount of time.

Situation rules:

1. Everyone must be touching the top of the platform with at least one-foot.
2. No props i.e. belts, sticks, logs, etc. may be used
3. The group must be supported by the platform for a minimum of ___ seconds.
4. When the group is on the platform the facilitator can count out loud to the group or have them sing a verse from a song of their choice.

Safety rules:

1. Nobody can sit on anyone else's shoulders (everyone has to have one foot on the platform)
2. Facilitator must stop the group if s/he sees any dangerous ideas.
3. Facilitators must spot at critical moments.
4. Ask the group to let go of other people if they feel themselves falling as they could end up as one big pile of people on the ground, causing possible injury.

The Spider Web

Objective: To promote group cooperation and problem solving, planning, decision making, cooperation and trust. The group must try to get through the web without touching any of the web material (or the spider gets you). After a web opening is used by an individual, it is “closed” to further passage by anyone else until all members are safely through.

Situation Rules:

1. If a participant touches a section of the web during passage, anyone who has passed through at that point must start again.
2. If a helping individual touches the web the same penalty is incurred. Everyone must go back to the start.
3. Once a web opening is used, it cannot be used again until all other openings have also been used.

Safety Rules:

1. At least four spotters must be used for each individual at all times. Two on either side of the web.
2. Correct spotting must be used at all times. (When lifting someone through the web, ask them to stay as stiff as a board and pass them through feet first. Always have somebody supporting the head and neck. Facilitator must also back them up as they are passed through.)
3. Do not allow people to dive through the web. There is a distinct possibility of neck injury, cord burn or web destruction.

Whale Watch

The entire group must stand atop the platform as their distributed weight balances the element.

Example scenario: You are the crew of a whale-watching vessel off the coast of Alaska. Due to a capacity miscalculation and overbooking, too much weight on one side of the ship will sink it. To keep the boat afloat, your group must find a way to evenly balance the boat.

1. Everyone must be on the platform.
2. The ground cannot be used for any kind of support (i.e. no use of sticks as crutches).
3. No artificial weight (sticks, logs, rocks) can be brought onto the platform.
4. Only approach the platform from the sides, not the ends (The longer sections of the rectangle with raised sides).
5. Allowing the platform ends to touch ground means the ship has sunk (A penalty may be created by the facilitator for each sink or combination of sinks).

Variations

1. After the group has found the initial balance, ask participants to form two separate groups while keeping the platform from tipping. Establish a “no man’s land”, which could be the middle three or four boards. As participants venture further from the fulcrum, their movements and positions will have a greater impact on the platform’s stability.
2. Ask the group, after they have been divided in two, to switch sides while maintaining balance.
3. To further increase the challenge, consider blindfolds or muting members of the group.
4. Ask the group to enter and exit the platform while keeping balance.

Metro Link (Puzzle)

Complete the puzzle to recreate the metro map that has been destroyed. Each time you complete it another piece will be added as you visit larger and larger cities.

Your group has found themselves traveling the world and attempting to navigate metro systems in a variety of different cities. You thought you came prepared but in your travels your map has been destroyed and your group must work together in order to reconstruct the map and be able to navigate the public transit systems in each of the cities.

1. Each piece has a number on one side and a series of different color lines on the other side.
2. Start with pieces 1-3.
3. Your goal is to create a complete loop using one of the 3 colors, and ensure that the remaining two colors are always matching. This complete loop represents the metro map that you have been looking for!
4. Once you've completed that with pieces 1-3 add piece 4 and do the same thing.
5. The complete loop must be the color of the highest number on the back

Traffic Jam

Objective: To promote group cooperation and problem solving skills. Two groups will attempt to move past one another while following a set of given rules.

Situation Rules:

Two groups work together to exchange places on a line of squares that has one more place than the number of people total in both groups.



1. The team is divided into half.
2. Each half team stands in the open squares on their half of the ladder (representing cars lined up in traffic) and the two teams face one another.
3. Only one person per square is permitted.
4. The two halves need to switch sides and remain in the same order.
5. Only one person may be in a square at any time.
6. You may only move one square at a time.
7. You can only pass around one person at a time.
8. You can only pass around members of the opposite team.
9. You may not move backwards.
10. There is only one open space. The open space will change location throughout.
11. No one may step outside their square at any time, except to pass around someone else.
12. If any of the rules are broken, the teams must begin again from their starting positions.

Wild Woozie

Objective: To promote trust and problem solving skills by attempting to get any two participants of the group from the narrow end of the cable to the wide end of the cable. One person on each cable using only each other for balance.

Situation rules:

1. Touching the ground or relying on spotters for balance results in loss of that chance.
2. No belts, rope, sticks, or other props may be used for this initiative.
3. Everyone goes once unless there is an odd number. Then one person can go twice.

Safety Rules:

1. Four spotters for each individual must be used at all times, two on the inside of the cable and two on the outside of the cable.
NOTE: Falls tend to occur on the inside of the cable as participants move down the cable.
2. Correct spotting is critical in this activity. Dropping of hands or incorrect spotting will result in loss of that chance.

Mohawk Walk

Objective: To promote trust, cooperation and problem solving skills by attempting to get all of the team from one end of the wire to the other end without anyone touching the ground.

Situation rules:

1. If anyone steps down off the wire they must go back to the start.
2. Spotter cannot help people stay on the wire.

Safety rules:

1. Encourage people to step off the wire if they feel as if they are losing balance.
2. The facilitator and others should spot on both sides of the wire.
3. No belts, ropes, sticks or other props can be used for initiative.

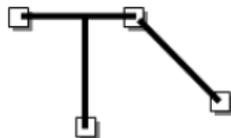
Acid River

The entire group must cross the Acid River without touching the ground. They may only use the wooden planks and cinder blocks. If a plank touches the ground more than three times, it is lost.

Example scenario: You are a group of explorers deep in the jungle. You have come to a river that you must traverse. The river is no ordinary river, though, it is an acid river. Anything that falls into the river is instantly disintegrated. There are several rocks situated throughout the river. Your team has three planks that may be used as bridges between these rocks.

- 1 If a plank is dropped more than three times in the river, it is taken away.
- 2 If anyone steps in the river, that person must start over.
- 3 The task is accomplished once every group member crosses to the last "rock".
- 4 The trick to this element is that the boards are too short to reach to the cinder blocks, so they must be placed in a "T" formation.

Do not tell this to the participants; figuring this out is the challenge to the group.



Activities @ LV Tennis Courts and RV Archery/ Riflery ranges

Ants on a log (Long beam next to Irving and near LV tennis courts)

Objective: Using cooperation individuals in a group standing on the beam must switch positions in the line without stepping off the beam.

Suggestion:

1. Have the individuals arrange on the beam in order of age
2. Don't allow talking

Situation rules:

1. Once someone steps off the whole group has to go back to the original order that they were standing.

Safety Rules:

1. Facilitator should spot anyone trying to move around somebody else.
2. Be sensitive to any knee injuries in the group (crouching)

Aqua-shoes/Trolleys

(Two long pieces of wood with numerous ropes through them)

Objective: To promote group cooperation and problem solving by having the whole group walk on two boards. The group must only use the boards and the ropes tied to them in order to move toward their goal.

Suggestion:

1. If someone steps off the aqua shoes, make him/her face the opposite direction; they remain facing that direction for the rest of the problem.
2. Every touch of the ground might also cost a time penalty.

Safety rules:

1. Facilitator should be around to spot throughout.
2. Ensure that no unsafe ideas are tried.

All Aboard (Square box on south side of tennis courts)

Objective: To promote group cooperation, communication, trust and problem solving by attempting to get the entire group standing on the platform for a pre-determined amount of time.

Situation rules:

1. Everyone must be touching the top of the platform with at least one-foot.
2. No props i.e. belts, sticks, logs, etc. may be used
3. The group must be supported by the platform for a minimum of ____ Seconds.
4. When the group is on the platform the facilitator can count out loud to the group or have them sing a verse from a song of their choice.

Safety rules:

1. Nobody can sit on anyone else's shoulders (everyone has to have one foot on the platform)
2. Facilitator must stop the group if s/he sees any dangerous ideas.
3. Facilitators must spot at critical moments.
4. Ask the group to let go of other people if they feel themselves falling as they could end up as one big pile of people on the ground, causing possible injury.

Traffic Jam (On path leading up to the tennis courts)

See page 60.

Portable challenges that can be done anywhere

Warp Speed

Objective: To promote initial group cooperation, brainstorming, decision making and openness by throwing a ball around.

Scenario: Ask your group to circle-up and include yourself in the circle. Announce that you are going to pass a ball to a person across the circle, and that person will then pass the ball to another person on the other side of the circle. Each person has to call out the name of the person they are passing it to. This passing continues until everyone in the circle has passed and caught the ball.

Emphasize that each person has to remember whom they passed the ball to and whom they received it from. To facilitate this throwing/receiving process, ask each person who has not yet received the ball to hold their hands up in a receiving position. Once the sequence is established, ask them to throw the ball through the established sequence for time.

After an initial time is established ask them to see if they can reduce the time by working more closely as a team. As they succeed set a goal for them of 5 seconds less than their shortest time. Allow time for spontaneous brainstorming. Don't be too strict with the "rules"; allow just about any idea that the group feels good about using.

These high-energy attempts will eventually reduce their time to less than 5 seconds. Strange and wonderful things can happen in warp speed.

Great Divide

Objective: To promote group planning, cooperation, problem solving and communication.

Scenario: Ask the group to stand in a line side by side and link arms. Next, ask them to position their feet so that they are touching the feet of the people on either side of them (outsides of the feet only). Let the group know that from this point forward in the activity that their arms and feet must remain linked and touching respectively.

The next thing to do is to delineate a clear start line (probably where they currently stand) and also a finish line, which should be roughly 20ft away (make sure it is very clear to the group). Once they are sure of all the rules, let them know that they can start whenever ready. Be sure to clamp down pretty hard if you see any of their feet come even very slightly apart, make them start over. This probably won't win you any friends but it will let them know that they are not going to be successful unless they stick to the rules. This will help both you and the group as you progress through the activities.

Note: This activity seems to be most effective when done early on in the schedule.

Buzz Rings

Objective: To promote communication and self-confidence. The group must get all five smaller rings spinning simultaneously and continuously. Once the rings are spinning it must be passed around the complete circle of people without them stopping.

Situation rules:

It is okay to show them how to get the rings spinning after they have tried for a bit. The objective is not as much how to figure that aspect out, as much as it is to keep them spinning and pass the big ring around the circle.

Human Knot

Objective: To promote group cooperation and problem solving by having the group unravel a knot composed of people holding hands.

Procedures:

1. Have a group of 8-12 participants (you must have an even number) face each other in a tight circle. Everyone sticks their right hand in and grasps the right hand of someone else across from them.
2. Then they stick in their left hands and grab the hand of someone else so that everyone is holding two different hands.
3. The group has to then untangle themselves from the knot.

Rules:

1. Hand contact cannot be broken to help unwind. Palms may pivot.
2. Set a time limit if it takes too long.

Blind Polygon/square

(A rope and blindfolds can usually be found in both cabinet rooms)

Objective: To promote problem solving, decision making and communication. While blindfolded the group will form a square or triangle configuration using the full length of rope to establish boundaries.

Situation rules:

1. The full length of rope must be used.
2. The rope is of undetermined length.
3. Every member of the team is blindfolded.
4. No one is allowed to let go of the rope or slide their hands along the rope.
5. The group must decide when they think the figure is correct, at which point they must remove their blindfolds.

Alternatives:

- For the blindfolded group to find the rope first.
- For the experienced group, divide the group in half and blindfold half of them and take away the ability to speak from the remainder.

Pipeline (Usually a set kept in each cabinet room)

Objective: To promote problem solving, communication and group planning. The group must use half-cut sections of PVC pipe to transfer a tennis ball/marble into a can using the following criteria.

Situation rules:

1. Everyone must have and use their own piece of pipe.
2. The group must stay behind the designated start line until the ball starts rolling on the first persons pipe.
3. When the ball is on your piece of pipe you may not move your feet. You may use your arms to raise, lower and tilt the pipe.
4. The ball must keep rolling in a forward direction at all times. If it stops, rolls backwards or falls off then the group must start again.
5. The ball must move freely without any interference.
6. The can may not be picked up or moved around in any way.

Alternatives:

- Ask the group how many times they think they can do it in a certain amount of time.
- Ask them how long they think it will take them to complete the task. (Opens up discussion about meeting deadlines).
- Mute people if they take control all the time.

Shelter Building (Ask a Village Director for newspaper and tape)

Objective: To promote group cooperation, planning and creativity.

With only newspaper and masking tape for materials, the groups must build a shelter that is big enough to house two people underneath it.

Situation rules:

1. Break down your group into teams of 5-6 and give them the materials (approx. 7ft masking tape and a handful of newspapers).
2. Each group will have 5 mins to plan what they are going to do without touching any materials.
3. Once the planning time is over then each group will have 25 minutes to construct their shelter without any talking. (No taping to anything but the floor.
4. At the end of the time each group must give a short presentation of their shelter to show why people should buy it.

Trust Hike

Objective: To build trust and encouragement within the group by removing their sight and taking them on a short hike.

Situation rules:

1. Provide a safe environment before you start the activity by talking about what trust is and how it is both gained and lost. It's important that they are in the right frame of mind before you try something like this.
2. Make sure that the hike is short. The longer it goes, the more likely that the group will struggle. E.g. If you want to hike them through the woods, don't blindfold them until you get to the woods. Use the walking time on the way to establish the correct atmosphere.
3. Make sure the hike is achievable. Hiking along a main trail in the woods is probably going to be enough.

4. Find an appropriate ending site to debrief the activity, where everyone can sit comfortably and comment on what they just experienced.

Optimist Challenge

Leader Says: **“The Optimist Challenge is a course designed to develop an optimistic ‘can do’ attitude in each participant. We are going to focus in on the development of self-confidence and trust.**

“The segments of the course have no meaning in themselves. It is not important in life to be able to walk across a cable or crawl through a tunnel. What is important in life is to develop a positive attitude about your ability to face new challenges.

“On the Optimist Challenge course, everyone will have the opportunity to be a success; but not on the basis of what you already know you can do. Today you will be a success because you will try new challenges and do some things you thought you couldn’t do.”

Safety note: Before each use check ropes, wires, bolts, and wood structures for signs of wear. If any concern, let your Village Director know immediately.

Demonstrate spotting by having one participant fall backwards toward you a distance of two to three feet. Before they actually fall, give spotting commands: **Person falling says: “Ready to spot?” Spotter: “Ready!” Person falling: “Falling!” Spotter: “Fall away!”** Then the person may fall back. “Catch” or support him/her by using your hands on his/her upper back area to keep him from falling and then place them back in an upright position. Ask the group what would have happened if you had grabbed his/her legs. (He/she would have toppled over.) Remind them that spotting is being in position to support a person’s head, neck, and upper body should he/she fall. Have everyone get a partner and practice this using the spotting commands.

Next, have the students practice their spotting skills by doing **“Wind in the Willows”**: Have the group stand in a circle shoulder to shoulder,

facing the center. Have one person standing in the center fall toward any part of the circle. Everyone around the circle is a spotter, so they should have their hands in the “ready position,” and their eyes on the person in the center. After the person has fallen and been supported a few times, have the group gently “pass” the leaning person around the circle from spotter to spotter. Give guidance and encouragement during the whole spotting training process. Carefully watch each person so you can determine attitudes and abilities. The group may not move on to any challenge until they spot seriously and well. When they are spotting, the participant is putting his/her well being in the hands of the spotters. This is not a game.

“There should be at least two active spotters for every participant on the course. It is very important that they stay attentive with their hands and eyes up ready to help as needed. The spotters do not “touch” the participant unless needed (i.e. the participant is about to or is falling). The instruction given to the blindfolded participant is strictly verbal.”

Once the first participant finishes, he/she becomes a spotter and one of the two spotters becomes the next participant.” If you had nine group members, and all are competent spotters, then three groups of three could use the course at one time. If you are unsure of the spotting abilities, assign 3 or 4 spotters per participant. Individual segments of the course can be used with each member of the small group doing that segment in turn before moving on to the next segment (for instance, everyone does the Wall Traverse or Mohawk Walk and then everyone moves to the next element). This is a useful way to do the course, especially if your small group members have little arm strength or are in weak physical condition. This approach is also good for keeping the attention and interest of everyone in the small group. Sometimes, when each participant does the whole course before being a spotter, they lose interest just spotting the rest

of the time. This is especially true if a whole group of eight is going through instead of in small groups.

Never put a participant in a situation where you think they probably will not succeed. Do not use the course to bring a “mouthy”, “boastful” or otherwise less likable person “down a notch or two”.

Use the course only in a positive, uplifting way.

The participant can start at any point on the course.

- Pirate’s Passage: Students climb up a cargo net to a tube slide. They climb in the slide headfirst and slide to the bottom.
- Balance Beams: Students walk across balance beams.
- Multi Line Traverse: Using the hanging ropes to balance, students walk across the wire.
- Traverse Wall: Using the foot and handholds, students make their way across the wall.
- Beam Walk: Students walk across the balance beam.
- Burma Bridge: Students walk across the rope bridge.
- Board Walk: Students walk across the wooden bridge.
- Log Walk: Students balance on the curved logs.
- Postman’s Walk: Using the top wire to hold on to for balance, students walk across lower wire.
- Mohawk Walk (RiverVillage only): **CAMPERS TAKE OFF THE BLINDFOLD** and walk along the wire from post to post.

Wilderness Rescue (Warriors)

This course was designed to be challenging and difficult. It is not intended for groups to make it through the entire course by the end of their time. The struggles and problems encountered will serve as a catalyst for growth and opportunity for communication and teamwork. Plan on taking notes, it will help you lead an effective debriefing session.

The rules are listed below and should never override the facilitator's responsibility to keep the activity safe. It is your responsibility to stop dangerous actions and or people.

Start at the course with everyone in a sharing circle. Ask the group to discuss the following as they pertain to teamwork:

- Leadership (A good leader helps others to be successful)
- Confidence (Believing that if you really try, you can achieve the task you face)
- Communication (Transferring ideas in an understandable way from one to the other)
- Problem solving (Finding the best solution to any given problem)
- Trust (Gaining others respect by acting towards them in an understandable way)

Objective: To get the group and the rescue litter from one end of the course to the other. As you do this you must follow certain requirements to succeed.

- You may only walk/ touch things that are not directly touching the ground. (show examples)
- The same rule applies to the rescue litter. It can also only touch anything not directly touching the ground.
- You may not jump a span more than 2 ½ feet. (That is what the boards are for.)
- Tell them how much time they have to work with.

If any of the rules are broken, the entire group must start back at the start or end of the previous element. (You decide what will be best for your group)

To help you maneuver your way through the course, you have been given three boards. They can be placed on poles to enable you to walk across gaps, but they too can only touch things that are not directly touching the ground. If a board touches the ground, on three times you will lose that board.

As you use the boards, watch out for the Slip, Flip, and Tip factors with the boards (demonstrate for them):

Slip – The boards are square, but the poles on the course are round. This increases the likelihood of them slipping off. Be sure they are solid before stepping on them.

Flip – As you pass the boards, sometimes you might need to turn around and the boards ‘flip’ around with you. Be careful not to clothesline your fellow team members.

Tip – As you place boards down to step on, sometimes they can hang out over the edge of the poles. If this is the case be careful to only step on the end if you know someone else is standing on the other end. Otherwise you are going to ‘tip’ the board straight up and fall off.

Debriefing Questions

Communication

- What were some effective forms of communication you used in completing this task? Ineffective forms of communication?
- How were the differences in opinion handled?
- In what ways could the group's process of communication be improved to enhance its problem solving skills?
- How do you know you communicated well? Did not?
- What did you learn about the way you communicate that will be helpful later?
- In what situations or with what persons in your life do you tend or tend not to communicate with? Why?

Trust and Support

- What did it feel like to have your physical safety entrusted to the group?
- What are the similarities and differences in the way you supported each other here and the way you support others back home or at school?
- What impact does trust have in your relationships with others at home and school?
- What was the self-talk inside you saying as the trust increased?
- At which places in your life do you think hearing this kind of self-talk make you trust more?
- How did your level of trust in someone increase today?

Leadership Roles

- Who assumed Leadership Roles during the activity?
- What were the behaviors that you would describe as demonstrating leadership?
- How did the group respond to these leadership behaviors?
- What is difficult to assume a leadership role in this group? Why?
- What are the characteristics and qualities of a good leader?
- What specific skills do you need to develop to become a more effective leader?

Following Others

- Do you consider yourself a good follower? Was this an important role during the activity?
- What type of leader was easiest to follow?
- What was difficult about being a follower?
- Why is the role of being a follower important within groups?

Closure Questions

- What did you learn about yourself?
- What did you learn about other group members?
- How can you use what you learned today in other situations this week? Back at home?
- What specific skill are you going to improve as a result of this experience?

Clean-Up or Tear Down

Before moving on from your team-building experience, please ensure that you clean up appropriately. Make sure supplies are returned to appropriate locations and activities are left in the appropriate manner if they can be moved or manipulated.

Please communicate any missing items or broken equipment to your village Director so that we can be sure to replace or fix things as soon as possible.

The IDEAL Team

Laying out the framework for an ideal team can be helpful in creating an example for your group to strive for, while giving them practical tips in the process. Consider introducing this after one or two activities, then using it to gauge how they are doing throughout the experience.

The five concepts, which spell IDEAL, are these:

Input: From all areas not just certain members. How do you create that atmosphere?

Determination: Every successful team in any field has to have a drive to succeed. How do you foster that within a team?

Encouragement: How do you feel when someone compliments you or comments positively on something you have done? How do you feel after someone has criticized you or put you down? Why don't we encourage each other more? It's baffling.

Attitude: The single most important aspect. Things will quickly go south if you have someone with a negative attitude. You will not accomplish as much.

Listening: This is usually the weaker part of communication. A lot of people know how to talk, but listening tends to be harder. What kinds of things can you do to focus in this area?

Hobo Dinner Cookouts

1. Coordinating a plan

Some time before your cookout, chat with the counselors from the other cabin you are cooking out with. Figure out who is working that night and at what time you should meet them at the dining hall to pick up supplies and head out to the site.

2. Preparation in the cabin.

Before you leave the cabin, make sure that you have:

- Made trips to the bathroom
- Water bottles
- All dressed appropriately
(closed toed shoes or hiking sandals)
- Applied bug spray outside the cabin
- Fire starting supplies
- Figured out who has dinner meds

3. Meeting at the dining hall.

While at the dining hall make sure that you:

- Find, check and take (only) your cookout supplies (look for your cookout site label on the crate)
- ensure that all kids with dinner meds go to the nurse and take them
- Take any last minute restroom pit stops
- Introduce cabins to each other
- Stay quiet and respectful during flagpole (if applicable)

4. Organizing and mobilizing two cabins.

- Divvy up responsibility of carrying the supplies between cabin members. Try to mix up some of the kids so that they start to get to know campers outside of their own cabin.
- Time is of the essence! The sooner you get there, the sooner you can start the fire, the sooner you can eat.

Cookout sites

Lake Village

See Sleep-outs section (beginning page 93) for directions to and information regarding:-

- South Pasture
- Gish Adventure Outpost
- Deep Woods Council Ring and Oak Point
- Woodpecker Alley and Great Oak
- Pine Forest (Thursdays only)

River Village

See map of Pine forest at the back of the manual for information regarding:-

- Middle Earth
- Elfenrod
- Hideout
- Muir Cabin
- Three House Tree House

Fire-building

Getting a good fire going as quickly as possible is essential to success on a cookout. For helpful tips on building and managing a fire see page 122

What should be in your cookout crates?

Food

- 1 hamburger or veggie patty per person
- 1 carrot / 2 people
- 1 potato / 2 people
- 1 onion (2 if small) / cabin
- 2 ketchups / person
- 1 mustard / person
- 1 salt / person
- 1 pepper / person
- 1 styrofoam cup of peanut butter / cabin
- 1 styrofoam cup of jelly / cabin
- 1 loaf of bread / cabin
- 1 bag of marshmallows / cabin
- 1 chocolate bar / 2 people
- 1 packages of graham crackers / person + 2 extra

Other Supplies

- 1 sheet of aluminum foil / person + 4 extra
- 1 plastic fork / person + 2 extra
- 4 plastic knives
- 1 styrofoam cup / person + 3 extra
- 2 trash bags / cabin
- 1 gallon of juice / cabin
- 1 gallon of water / cabin
- 5 peelers
- 2 pairing knives
- 4 rubber gloves/ cabin

Bo's back country Hobo recipe to success

Bo the Hobo is a legend of the Tecumseh woods. He has been seen in the past bobbing down the trails and sharing inspiring messages about life and the Lord. Bo is also the master of creating sumptuous dinners over the fire using minimal supplies. Here are a few of his secrets to success:

1. Once you have a good fire going add a good chunk of thicker branch size fuel that will take 10-20 mins to burn through. You are trying to build up your hot coal base which will ensure continuous heat for both of your cabins. Make sure that your fire fills up most of the fire pit as you will need all of that space to get 20+ dinners cooked.



Build up your hot coal base

2. While you have folks assigned to managing the fire with one counselor, divide the rest of the group up between making a pre-dinner PB&J snack, and prepping the veggies.



Peel or very thinly slice up the carrots, onions and potatoes.

Note: The thicker you slice things, the longer it will take to cook.

Tip: Bringing your own fresh garlic makes a tasty addition.

3. Constructing your Hobo dinner



With your tin foil SHINY SIDE OUT, add your ingredients

4. Once you have all your meat, carrots, onions and potatoes mixed together. Add some ketchup, mustard, salt, pepper and any other spices you scrounged from the kitchen staff. Bo likes to add a splash of water as the very last thing before packaging. This will help keep the moisture and flavor in.



5. Fold it length ways to start the packaging process.



6. Roll the join lengthways to create a good seal.



7. Roll the ends in the same way. Then spread the food out inside by flattening the whole thing. This will shorten the time it takes to cook.



Ready to cook

8. Spread them out on the fire. You will have to cook in shifts probably, but you should be able to fit at least ten on at a time.



Ask your group to make their packaged dinners look unique so that you can tell whose is whose

9. The dinners will need flipped to make sure they are cooked evenly. Find yourself two sticks to use as flipping tools.



One counselor manages the cooking process

10. The speed with which your dinners cook is going to depend on how hot the fire is, and how thick your ingredients and package are. If you have followed directions so far, it should take between 10-20 mins to cook. Don't be afraid to take it off and check, you can always put it back on if need be. Generally if the carrots and potatoes are soft you are done!



Cooked to perfection

11. Enjoy your meal with new friends from another cabin.

Discuss your feelings and any past experiences you might have had cooking over a fire and eating from tin foil.

Cleaning up after your perfect Hobo dinner

Adopt this saying as your mantra when leaving an area after you've used it.

“LEAVE ONLY FOOTPRINTS, TAKE ONLY MEMORIES”

1. Put all trash and food scraps on or around the picnic table in one of the trash bags provided. Please do a thorough job with this.
2. All kitchen utensils should go back inside the plastic Tupperware container and placed in a crate.
3. Any unopened food or unused materials can be gathered together and placed in the crate. **PLEASE NO TRASH IN THE CRATE.**



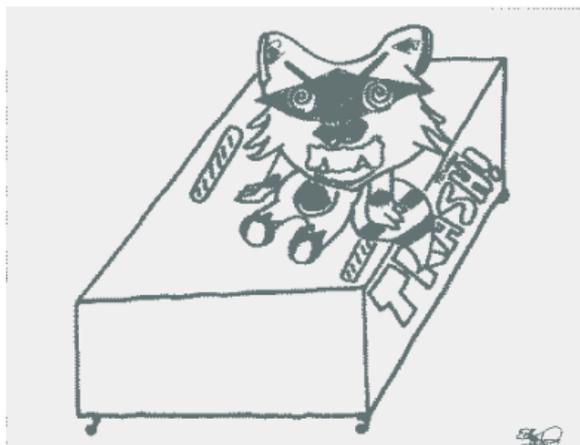
Points 2 and 3 – Only take utensils, containers and unopened ingredients back to the kitchen.

4. Ensure that the fire is completely extinguished by emptying the water cooler over it (this will also make it lighter carrying back). Spread the fire out and cover with soil or ash to aid in the process.
5. Divide responsibilities for carrying supplies back to the lodge.

6. You as the counselor, take one last glance around the site for any trash or belongings.
7. When you arrive back to the lodge ensure that all items are placed in correct locations, stacked neatly next to the “In Door” in both villages. Please make sure it is stacked so you are still able to open up the door.



8. Place trash bags in the Trash dumpster (not the recycling) behind the lodge. Ensure that the lids are completely closed with nothing sticking out to allow the rascal Raccoons to make a mess.



OH YES!



OH NO!

Sleep-Outs

Lake Village

South Pasture – Capacity: 2 cabins. Housing: Tents or Hammocks

MEDS – Pick up from nurses before you leave.

Hanging out among the young pines in a place not many know about, this setting is extremely cool and has lots of options for you and your cabin. To get the full experience you can head out there around dinner time with your cookout and sleep-out supplies, and stay there until the next morning. Eating, sleeping and playing, the South Pasture has it all.

South Pasture: Activities

There is lots of space up here to do a variety of activities.

Setup tents

Cookout, see page 81 for making a sumptuous Hobo dinner

Campfire, see page 122 to build and manage the perfect fire

Capture the Flag

Astronomy

Devotion

South Pasture: Supplies

- Tent supplies are kept out there at the South Pasture
- Duluth pack or two (for transporting pillows or sleeping bags)
- Fire starting supplies
- Devotional materials (include tarp if you want to have them circle up for devotion).
- Astronomy lessons and Lazer (western sky)

South Pasture: Directions

From LV: Go down the steps at the Bullet slide. Walk past the riflery range and follow the path as it veers left alongside Ghost Creek. Follow this path and cross the creek at the beam crossing. As you continue on keep your eyes peeled for a sign on the right side of the trail pointing you towards the South pasture. Follow the discrete trail to the bottom of the hill, and continue up the trail that is cut into the side of the hill. (Take a breather and enjoy the view looking up the ravine). You will notice the trail cut back on itself and continue all the way to the top. Once you reach the sunlit field with pine trees in it, you have arrived.

From RV: Take the Ghost Creek trail from the RV dumpster area and follow signs for Ghost Cabin. Stay on the trail almost all the way to Ghost Cabin (you'll be on the trail for 10-15 mins). Once you cross over Ghost creek at the beam crossing, take the path to the right on the other side (Ghost cabin goes left). Follow this path as it winds through the woods. Look out for a sign pointing to the South Pasture directing you left on a more discrete trail. (Note: If you reach the second beam crossing you have gone too far.) Follow the discrete trail to the bottom of the hill, and continue up the trail that is cut into the side of the hill. (Take a breather and enjoy the view looking up the ravine). You will notice the trail cut back on itself and continue all the way to the top. Once you reach the sunlit field with pine trees in it, you have arrived.

South Pasture: Setup

See Tent construction pictures on page 116

South Pasture: Emergency procedures

- Bathroom: Go in the woods or hold it. (Be sure to 'go' before you leave. Packing some toilet paper could be a good idea and remember to dig a hole and bury)
- Mild sickness: Counsel them through it and evaluate the severity. If your partner, DC counselor or counselor from the other cabin is present, you have an option to escort the camper to Lake Village or to a full time staff house by the pasture. The last resort would be to grab your bedding and head back to your cabin for help.
- Emergency: Immediately call for help on the radio, stating that you have an emergency situation at the South Pasture.
- Non-severe weather: Light to medium continuous rain should not be a problem for the tarp to keep you dry. Just ensure that the ground sheet is all the way inside the tent to avoid water running in from outside. If you have heavy rain, or notice that your tent is leaking or people are getting wet, consider packing your stuff up and heading to the riflery range for more solid cover to sleep or re-evaluate.
- Severe weather: If you hear the siren, stay calm, stay together and go directly to Whitetail basement or to the McCauley House Basement. Avoid running down the hill or there might be an emergency of a different kind. Leave your stuff there, in a storage box or under cover if possible.

South Pasture: Clean-up

While you are lying there in your tent and people begin to wake up, tell the tracker story (see page 108) to set up clean up.

As soon as you get up get your stuff out of the tent and onto a picnic table. Then pull out the ground sheet and lay it over something to allow it to dry. The cover tarp can be left hung up for the same reason (please leave the fly netting on the tarp). While they are drying, roll up the sleeping pads and put them back in the storage box. Then pack all of your bedding and other supplies up, before picking up anything that might leave a trace after you have gone.

Once the tarp and ground sheets are dry, fold them up neatly and put them in the storage containers ready for the next group to use. If any of the tarps or ground sheets are still wet and you need to head out, please leave them out to dry and let a Director know when you get up there for breakfast.

Gish Adventure Outpost

(Village: LV. Capacity: 2 cabins. Housing: Hammocks)

MEDS – Pick up from nurses before you leave.

Aside from being the furthest distance from the main part of camp, it is also maybe the highest point at camp. The view south across the Tippecanoe river to the south is very cool. The long hike is worthwhile, especially if you go all out and cook out, team-build, Star Gaze and sleep out.

Gish Adventure Outpost: Activities

Hiking

Cookout , see page 81 for making a sumptuous Hobo dinner

Astronomy (Check out Laser with Brother Nature)

Sleepout

Field Games

Gish Adventure Outpost: Supplies

- Pick up one bag of hammocks (per cabin) from the LV cabinet room (check to make sure there is enough cord. You will need two pieces per hammock).
- Put the hammocks and all bedding and other supplies in the trailer outside of Kampen Lodge. These supplies along with your cookout supplies will be transported out there for you.
- Radio from the Kampen Office (keep it on and close overnight, in case anyone is trying to contact you).
- Fire starting supplies (see page 122)
- Devotional materials (see page 51)

Note: There is a port-a-pot located just off the roundabout at the Gish.

Gish Adventure Outpost: Directions

Go down the steps at the Bullet slide. Walk past the riflery range and follow the path as it veers left alongside Ghost Creek. Follow this path, crossing the creek twice at both beam crossings. Once you have crossed the second crossing, follow the path straight until you just after the evaporation station educational board. Shortly after that board you will see a sign for GISH. Take the right hand turn and follow the path, once more crossing the creek (this crossing may require you to help each other over). Before too long you will wind around, ending walking right along the river edge. Enjoy this beautiful walk as you follow the path for some time along the river. Eventually you will be taken away from the edge of the river, when the hill on your right becomes less steep. Follow the path as it leads you up a steep switch back trail to the grassy knoll at the top. There are really three sections to the property. 1. The grassy knoll, where the Hammock Circle is off to the west side. 2. The wooded area around the pavilion, where you can also set up hammocks. 3. Another grassy open area where the open field and the port-a-pot are located.

Gish Adventure Outpost: Set up

In the open area south of the Pavilion is enough space for two cabins to set up hammocks.

For hammock setup refer to page 110.

Gish Adventure Outpost: Emergency procedures

- Mild sickness: Counsel them through it and evaluate the severity. If needed contact the nurse via the radio and let her know you are up at the Gish Adventure Outpost.
- Health Emergency: Immediately call for help on the radio, stating that you have an emergency situation at The Gish Adventure Outpost.
- Non-severe weather: Wait five minutes and see if it is temporary. Minimize moisture on sleeping bag by wrapping the hammock all the way around it (It is not waterproof, but will keep some off for a while). If you don't think it is going to stop, pack up your bedding as quick and head over to the pavilion to set up shop. Leave the hammocks set up (unless you can get them quickly) and let your Director know in the morning that they are still set up out there.
- Severe weather: If you hear the siren, stay calm, stay together and head under the pavilion. Expect a quick pick up and help out by being attentive to your radio.

Gish Adventure Outpost: Clean-up

While you are lying there in your hammocks and people begin to wake up, tell the tracker story (see page 108) to set up clean up.

One of the biggest challenges with the hammocks is to make sure that every hammock bag ends up with two pieces of cord in it, ready for the next cabin group to use. Taking down the hammocks together and emphasizing the cord dismantling is an effective way to ensure that the challenge does not become a frustration.

Please make sure that all trash has been picked up and there is little trace of your experience.

Gather together all of your sleepout, hammock and cookout supplies. Organize and neatly place all of these things on the pavilion ready for pickup.

Ensure that the telescope is correctly dismantled and stored in the lock box underneath the pavilion.

Upon return, place the radio back in its charger in the Kampen office and touch base with a village director regarding any supply issues.

Lookout Tower

MEDS

Capacity: 1 Cabin. Housing: Sleeping bags

Sleeping at the top of the lookout tower is a nice easy option for an overnight. There is no setup or travel time, so it works perfectly if you know you are going to have activities until dark.

Lookout Tower: Activities

Devotion, see page 51

Astronomy on the Lake Road (Northern and Western Sky)

Trust Hike, see page 72

Lookout Tower: Supplies

Devotional materials

Astronomy lesson supplies and Lazer

Lookout Tower: Directions

The top of the climbing wall in LV that you walk past every day.

Lookout Tower: Emergency Procedures

- Bathroom: Be sure to 'go' before you leave. If desperate, go to your cabin with a counselor and one other camper.
- Mild Sickness: Counsel them through it and evaluate the severity. Use the radio in the LV cabinet room to call for help if needed. If it is the middle of the night, try to not disturb the rest of the cabin.
- Emergency: Immediately call for help using the radio from the LV cabinet room (supply room in Kampen Lodge). State that you have an emergency situation at the Lookout Tower.
- Non-severe Weather: You are going to feel any kind of rain in this setting. If you think it is going to pass, you might stick it out, otherwise grab your stuff and head back to your cabin.
- Severe weather: If you hear the siren, stay calm, stay together and go directly to Whitetail basement.

Suspension Bridge

MEDS

Capacity: 2 cabins. Housing: Sleeping bag

This one is pretty unique. Sleeping on a moving bridge over a body of water is something that most kids have never done before. The uniqueness and the view of the stars are definitely the highlights here.

Suspension Bridge: Activities

Devotion, see page 51

Trust Hike, see page 72

Astronomy (Northern and Southern sky)

Suspension Bridge: Supplies

- Devotional materials
- Astronomy lesson supplies and Lazer
- Bedding

Suspension Bridge: Directions

It's not far. Follow the path from Buffalo 1 (Arapaho) and head North. Just past the campfire site on your right, you will arrive at the suspension bridge.

Suspension Bridge: Tips of the trade

For effective supervision, position one counselor at each end of the bridge with the campers in between. This will insure that you hear and feel any movement of campers trying to leave.

Suspension Bridge: Emergency procedures

- Bathroom: Be sure to 'go' before you leave. If desperate, go to Scheumann Lodge with a counselor and one other camper.
- Mild Sickness: Counsel them through it and evaluate the severity. Use the radio in the LV cabinet room to call for help if needed. If it is the middle of the night, try to not disturb the rest of the cabin.
- Emergency: Immediately call for help using the radio from the LV cabinet room (supply room in Kampen Lodge). State that you have an emergency situation at the suspension bridge.
- Non-severe Weather: You are going to feel any kind of rain in this setting. If you think it is going to pass, you might stick it out, otherwise grab your stuff and head back to your cabin.
- Severe weather: Stay calm, grab your stuff (so as not to trip over it) and go directly to Whitetail basement.

Deep Woods Council Ring

MEDS

Capacity: 2 cabins. Housing: Sleeping bags

This is a good option if you want to go to sleep gazing up at the stars.

The view is clear overhead and the circle of trees around it gives a cool effect as you look up.

Deep Woods Council Ring: Activities

Devotion, see page 51

Trust Hike, see page 72

Astronomy (Limited view)

Sleepout

Deep Woods Council Ring: Supplies

- Devotional materials

- Night Hike blindfolds

- Astronomy lesson supplies and Lazer (overhead)

- Bedding

Deep Woods Council Ring: Directions

From the roundabout at LV, follow the sign into the woods for the Deep Woods Council Ring. Once you reach the timber cruising educational board, turn right and your destination will be up ahead.

Deep Woods Council Ring: Tips of the trade

This is also a cookout spot. Be sure to get rid of food scraps that are in the area or you might have a visit in the night from Ricky Raccoon and his friends.

Deep Woods Council Ring: Emergency procedures

- Bathroom: Be sure to 'go' before you leave. If desperate, go to the Lakeview bathrooms (next to LV chapel) with a counselor and one other camper.
- Mild Sickness: Counsel them through it and evaluate the severity. Use the radio in the LV cabinet room to call for help if needed. If it is the middle of the night, try to not disturb the rest of the cabin.
- Emergency: Send someone to call for help using the radio in the LV cabinet room (supply room in Kampen Lodge). State that you have an emergency situation at the Deep Woods Council Ring.
- Non-severe Weather: You are going to feel any kind of rain in this setting. If you think it is going to pass, you might stick it out, otherwise grab your stuff and head back to your cabin.
- Severe weather: Stay calm and go directly to Whitetail basement.

Woodpecker Alley

MEDS

Capacity: 1 cabin. Housing: Lean-to shelters.

Nestled between villages, sleeping out at Woodpecker Alley is a good old traditional sleepout. Under a lean-to with no barriers to the world around, it doesn't get any more basic than that.

Woodpecker Alley: Activities

Devotion, see page 51

Trust Hike, see page 72

Woodpecker Alley: Supplies

- Devotional materials
- Night Hike blindfolds
- Bedding

Woodpecker Alley: Directions

Woodpecker Alley is located to the top of the lake hill leaving River Village. When you get to the top of the hill look right and you will see a sign post and the lean-to shelters in the distance.

Woodpecker Alley: Tips of the trade

This site is used quite frequently for cookouts so be sure to clear the area of any food scraps to avoid a meeting with Ricky Raccoon and his buddies.

Woodpecker Alley: Emergency procedures

- Bathroom: Be sure to 'go' before you leave. If desperate, go to the River Lodge (at bottom of hill) with a counselor and one other camper.
- Mild Sickness: Counsel them through it and evaluate the severity. If needed, take the camper down to the Nightingale for further assistance. If it is the middle of the night, try to not disturb the rest of the cabin.
- Health Emergency: Send someone to the Nightingale for help immediately.
- Non-severe Weather: The lean-to shelters will provide pretty good shelter from the rain, unless it is coming in from one side. Be attentive to folks on the edges to make sure they are not getting wet. If you have a tarp, you might try to create a barrier with it. If you are unable to keep everyone dry, grab your stuff and head back to your cabin.
- Severe weather: Stay calm and go directly to the Bradshaw Room in the basement of River Lodge. The quickest way to this room is to veer right past the recycling dumpsters at the bottom of the hill and down the last portion of ramp on the back side of River Lodge. The doors underneath are to the Bradshaw Room.

Whitetail basement and Two Sisters Library

Not a sleep out, it's a cop out!

River Village – Blazers

Pine Forest (*Elfenrod, Hideout or Middle Earth*)

MEDS

Capacity: 1 cabin. Housing: Lean-to shelters or Hammocks

This un-harvested Christmas tree farm is a great setting for an overnight in the woods. The close proximity of the trees to each other may be unhealthy from an environmental point of view, but it has become a great setting for sleeping in hammocks. You can really keep your cabin close with so many options for setup. There is something very cool about gazing up at the big white pines with a fire going at night.

Three House Tree House - Capacity: 2 cabins. Housing: Tree house floor

Built by alumni on an extreme makeover style weekend retreat, the tree house is a very unique spot to do your devotion and spend the night. Hopefully this fulfills a child's desire to sleep in a tree house

Pine Forest and Tree House: Activities

Trust Hike, see page 72

Devotions, see page 51

Cookout, see page 81

Astronomy (Day Camp Field)

Pine Forest and Tree House: Supplies

Hammock usage, see page 110

Astronomy info and lazer (northern and western sky)

Fire Building supplies, see page 122

Pine Forest and Tree House: Directions

Head past the swimming pools and over the Day Camp field towards Pine Forest in the distance.

See map of Pine forest on page 127 for specific sites within the forest.

Pine Forest and Tree House: Emergency procedures

- Mild sickness: Counsel them through it and evaluate the severity. If needed contact the nurse via the radio in one of the Oregon Territory cabins.
- Health Emergency: Immediately call for help on the radio, stating that you have an emergency situation in the Pine Forest or Tree House.
- Non-severe weather: Wait five minutes and see if it is temporary. Minimize moisture on sleeping bag by wrapping the hammock all the way around it (It is not waterproof, but will keep some off for a while). If you don't think it is going to stop, pack up your bedding and head over to Trader Jims for relief. Leave the hammocks set up (unless you can get them quickly) and let your Director know in the morning that they are still set up out there. If you are under the lean-to's or the Tree House, you may be okay to stay out depending on the direction of the rain. Wait for a few minutes to get an idea of what you are dealing with before deciding what to do.
- Severe weather: If you hear the siren, stay calm, stay together and head to Trader Jim's. This is a storm shelter. Be sure the windows are covered once you have everyone in there.

Braves

Inside the RV Loop

MEDS

(Fort Discovery, Nature Center). Capacity: 2 cabins. Housing: Sleeping bag.

Day Camp Pavilion Capacity: 2 cabins. Housing: Sleeping bag.

For the youngest campers sleeping outside of the cabin can be a major step outside of their comfort zone, so we have to set our sights a lot closer to home if we are going to have a successful experience.

Due to the close proximity to the cabin, the emergency procedures would be very similar to being in your cabin.

Day Camp Pavilion Activities:

Astronomy – Looking at the moon through the Telescope.

Telescope is stored in the metal box that takes a program key.

Leave no trace – Clean up story
"Leave Nothing but Footprints"

There was once a mountain man named Tracker, and he was one of the greatest trackers the mountains had ever seen! He could find any animal or any man on whatever mountain he searched. He knew the claw-less mark of the mountain lion, the backward look of the elk track, the heavy boot heel of the white man, and the marks left by various Indian tribal moccasins. He was so good that people were always asking for his help in tracking.

One morning, a message came from Colonel Mason, the white chief at the fort. It said that a group of men were coming to find the legendary Mountain Indians of Mt. Whitney, the highest mountain in California. These Indians had never been seen by white men before, and this group of scientists would pay a great deal to find them.

Tracker agreed to lead the men on their search, confident he could find the elusive people, but also aware of the fact he needed money to buy food and other supplies for the winter. When the men arrived, he led them into the high Sierras in search of the primitive Mountain Indians. For days he searched, finding many tracks, but never getting a glimpse of the people. Most often, he lost the trail because there were so many tracks. It looked as if the people were all over the mountain. He had never seen so many footprints in one area without finding people.

He searched for two weeks, found thousands of tracks, but never saw one of the mountain people. He became very frustrated, even beginning to believe the people were phantoms or ghosts and not real people. The group of scientists began to question his tracking ability, saying maybe he was getting too old.

Then, one morning just before dawn, someone touched his arm. Tracker jerked awake to find himself staring into the eyes of one of the Mountain Indians! The man said to him, "You are a great tracker and I am not. Yet, I found you and you could not find me."

"You are easy to find. You leave behind remains of fire, discarded food, worn-out clothes, wastes from your body, threads from your blanket, broken branches from your anger, and the trunks of trees cut for firewood. I leave nothing, nothing but footprints, and neither you nor anyone else will ever find me."

Then, the Mountain Indian slipped off into the gray morning. Quickly, Tracker told the men with him what had happened. They did not believe him. He was only dreaming, they said. They had concluded the mountain people did not exist and they left the mountain. Tracker stayed, though. For two whole years, he searched and searched and searched. He never saw another one of the Mountain Indians again, nor anything other than their footprints. He, too, began to believe he had only had a dream. The mountain people were not real. The Great Tracker decided that finding footprints without any litter or other signs of man meant that man truly did not live there. Thus, Tracker started down the mountain, convinced that he was the only person alive on Mt. Whitney.

Then, he saw it! Next to a footprint lay a note. He picked up the piece of paper and read these words, "Good-bye, Tracker. Remember to pick up your litter! A good Indian leaves nothing but footprints!"

Hammocks



**Each Hammock should have two loops of cord inside
Some locations have the cord already in place on posts.**



**Wrap one piece of cord around a tree at around shoulder height
and feed it back through itself**



Pull the cord tight



Use the S hook on one end of you hammock to attach it



Having the hammock stretched pretty tight between the two trees will increase the comfort of your experience. To do this you may have to tie an additional overhand knot on the cord



The overhand knot has created another point to hook your hammock into



Attach the S hook on the other end of your hammock to the new overhand knot you just created.

Note: Take it slow getting into the hammock. We want to avoid injuries and ripping the hammock.



Swing one leg over the hammock.



Spread the hammock out across your backside



Sit down VERY SLOWLY!

(Put pressure on the hammock gradually, not suddenly)



Spread the hammock out, lay back and chill.

A good sleeping bag (or some kind of padding underneath you) and pillow will make for a comfortable night sleep.



Please ensure that you wrap up both pieces of cord neatly and put them back in each hammock.

South Pasture Tent Management



Find the storage boxes and lay out the supplies. There are enough supplies for two tents. Each tent has 1 white ground sheet, 1 rope, 2 ground pegs, 1 cover tarp (with fly netting doors already attached) and 12 sleeping pads.



Lay out the ground sheet between the posts



**Feed the rope over both posts through the notches on top, and
peg it into the ground**



Use one of the rocks to knock the peg all the way in



Unwrap the tarp covering and hang it over the rope to make the peak of the tent.



Secure the tarp over the rope by placing the grommet hole over the screw sticking out of the post



Pull the tarp covering out to the side and fold the white ground sheet underneath the tarp (keeps moisture out). Place rocks along the edge of the tarp to hold it in place.



Ensure that the fly netting doors are attached correctly. Set a rock in the middle of both doors to keep them closed.

Note: Before you fold up the ground sheet and tarp, make sure they are dry by leaving them out for 10-15 mins while you clean up other things.



Fold up the tarp and ground sheet neatly once they are dry. Leave the fly netting doors attached as you fold.



Things go neatly back in the box the way they came out.



Storage boxes can be left out there. Please make sure they are closed and secure.



Place the rocks by the posts to keep track of them and so that they can mow the area.

Fire-building

Any fire that is lit needs to be inside the metal fire ring. Before actually lighting the fire you will need to collect the following materials.



TINDER – Look for thin dry combustibles like pine needles, scrunched up leaves, wood shavings, dry grass and bark. They will produce flames very easily from a match.



TINDER PILE – It is important to go overboard with the tinder. It burns easily, but doesn't last for long, so have plenty on hand.



KINDLING – Pencil size, dry twigs are what will catch light after a few minutes of flames. There should be kindling spread in throughout your fire when you build it.



FUEL – Logs and thicker branches that are going to burn for 15-30mins are what you are looking for here. If it's been a wet week, you can get some dry firewood from one of the wood bins. See a village director for a key.



TINDER, KINDLING and FUEL
The three ingredients of any good fire



Take some time to build a fire that you are very confident will light the first time of asking. It is important to have a pile of tinder inside at the bottom, remember heat rises. Kindling should be interspersed throughout and the fuel should be placed around and balancing on top. Spend a good 5-10mins building, once you have all the materials collected and resist the urge to light too soon, you'll regret it.



When lighting the fire, create an opening underneath the fire to get your match or small candle in, allowing the flames to spread.



Stay close with your extra tinder and kindling. When you notice the flame going down you can sprinkle some tinder lightly over the top and stick the odd piece of kindling into areas that need it

Note: Be sure to not put too much on at once or you might smother the fire. If you notice a lack of oxygen blowing lightly on the side can help.



Once you notice the fuel has caught all the way, you can stop with the tinder and just add fuel.

When you are all done and ready to leave, make sure that the fire is completely extinguished before heading out. You can do this by spreading it out, pouring water over it and smothering it with dirt repeatedly.

Pine Forest Map

