

Aides iN Training ANTS Resource Manual



Leadership Development & Program Aide Training

Arequipa Day Camp, Fairfax, California
Girl Scouts of Northern California

update by Chickadee, Scooter, Honey and Periwinkle

Based on Arequipa Aide in Training Program developed by Bandaaid and Emeigh P, Goldie and Kuta, and many others,
and the model curriculum developed by the San Francisco Bay Girl Scout Council



Dear Arequipa Program Aide iN Training:



Welcome to the Arequipa ANTs program! Program Aide Training is designed to educate girls about how to be a successful Program Aide at Arequipa and to gain valuable leadership skills.

The transition from camper to leader is a huge one. You're moving into a position of creating the magic camp program for younger girls, and gaining the privileges and responsibilities of being a leader.

The ANT year is unique- you'll spend all week learning all the basics of running a camp unit and practice lots of outdoor cooking. You are being initiated into the club!

Unfortunately, in the ANT unit we cannot learn everything and also participate in all the usual fun program of camp- all the crafts, swimming, archery, and special program.

We try to include some of it, and encourage you to stay for the overnight, as this is the ANT opportunity for archery and some other activities.

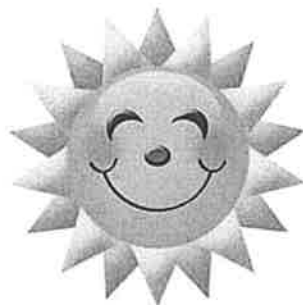
We hope you will find this week long training to be interesting and fun as well as educational!



Thumper



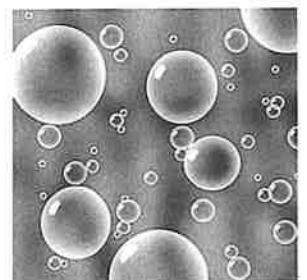
Baloo



Kiki Kola



Flame



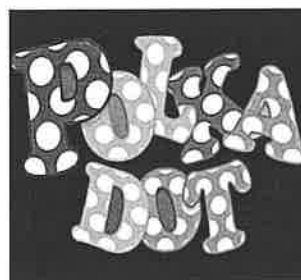
Bubbles



Waffles



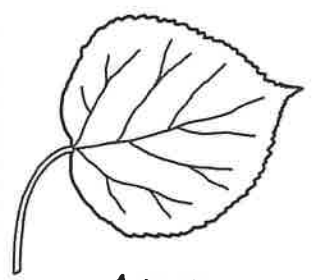
Sugar Plum



Polka Dot



Waterlily



Aspen

Table of Contents

Welcome! & Table of Contents	page 1-2
Section 1 Program Aides and ANTs in Day Camp Job Description, Rights and Responsibilities Essential Skills, Evaluations	page 3-6
Section 2 Girl Scouts at Arequipa Rules and Safety, First Aid, Who does what at camp Girl Scout Basics & Traditions, Kapers, SWAPs Camp map, Arequipa history	page 7-13
Section 3 Working with Girls, Peers and Adults Creating a Positive Environment Understanding Age Levels, Learning Styles and Special Needs Assertiveness, Handling Difficult Behaviors, Resolving Conflicts	page 15-20
Section 4 Leadership Leadership qualities, styles, skills, self-assessment	page 21-25
Section 5 Teaching Younger Girls Planning	page 27-28
Section 6 Areas of Specialty Archery and Leather Hiking- tips, safety, maps, trail signs Songs- tips, songs Games- tips, games Knots and Lanyards Campfires (inc. edible) Cooking- cooking methods, recipes Flag Ceremonies	page 29 page 30-32 page 33, A-Z page 35 page 37-40 page 41-2 page 43-69 page 71-73
Section 7 Forms Food & equipment, ice cream "Cooking tomorrow," friendship salad	

Program Aides and ANTs in Day Camp



Job Description
Rights and Responsibilities
Essential Skills
Evaluations

Section 1

Pages 3-6

Cadette Program Aide

Program Aides are a valuable and essential part of the team leading a unit of campers. Little girls love PAs; ULs appreciate and depend upon PAs for their experience, knowledge, and unique relationship with campers. Program Aides are under the supervision of Unit Leaders and Directors, and have time to consult with directors during a brief daily lunch meeting.

The Girl Scout Program Aide is the first in five levels of leadership opportunities for Cadette and Senior Girl Scouts: Program Aide (PA), Junior Unit Leader (JUL) also known as Unit Leader in Training (ULIT), Program Specialist, Director in Training (DIT), and Director.

Qualifications

A Program Aide must have the personal qualities enabling her to live by the Girl Scout Promise and Law, and a sincere interest in working with younger girls with various needs, interests, and cultural backgrounds. She should be able to put aside her personal desires for group needs. A PA demonstrates her willingness and readiness to assume leadership responsibilities, take training to develop her skills, and work together in an adult/girl partnership.

Training

In order to become a Program Aide, a registered Girl Scout who has completed 6th grade must complete a Council approved training program, including at least of 6 hours of core program (leadership, working with younger girls, etc.) and at least 3 hours of specialty training (songs, games, outdoor skills, etc.) The Arequipa ANT training is a weeklong training program with an emphasis on outdoor cooking proficiency. On the last day, ANTs complete an obstacle course testing their skills, participate in an evaluation of themselves, and earn their camp names and PA pin.



Program Aide pin

The first year as an Arequipa PA qualifies as the 25 hour internship required to become a full Program Aide and receive the PA patch. Girls may also complete this internship in a leadership position outside camp with younger girls in a troop.



Bill of Rights

Program Aides are an important part of the leadership team. A PA deserves to know what is expected of her, know which adults supervise her and to whom she can go for help. She should be informed of and help evaluate program and encouraged to share her ideas and be given the opportunity to teach and share her particular skills. A PA is to be treated as an individual with respect and appreciation. She should have time to take a break and to be with other PAs. (You have lunch off!) She should be consulted regularly to ensure her responsibilities match her skills and afford her the opportunity to develop skills.

Essential Program Aide Skills

Program Aides should be prepared to:

Have a positive attitude and serve as a role model for younger girls
Have an understanding of different ages of girls and appropriate activities
Understand about different learning styles and character traits, and accept diversity

Be able to lead songs and teach them to younger girls
Be ready to lead various games- a get-acquainted game, an active game, a quiet game
Know how to organize and conduct a count-off
Know ways to create and run a buddy system
Know how to make a kaper chart, what to include, and how to change kapers daily
Know how to start a charcoal chimney and a campfire and be able to teach fire skills
Be able to recommend a few good outdoor cooking meals and instruct ice cream making
Be familiar with the various cooking methods and safety rules and supervise younger girls

Know how to start a lanyard and the four basic knots
Have basic first aid knowledge
Know how to supervise girls at stations- leather, archery, pool, etc
Be able organize girls and teach a flag ceremony
Demonstrate good manners in the outdoors- respect property, leave it cleaner

Make suggestions to ULs, offer to help, interact as a team
Be aware of possible conflicts in the unit and help resolve them with ULs
Be able to communicate with ULs and or director when things aren't working

Program Aide Evaluations

At the end of your week as a Program Aide, your ULs will evaluate the job you have done, including your strengths- your ability to lead, to take initiative and teach songs and games, to take an interest in all the girls, and to set aside personal desires for the group needs, and any areas to work on to become an even better PA.

Aides in Training (ANTs) Evaluation

The goal of the ANTs Program is to prepare girls for leadership roles in their following summers at Girl Scout Day Camp. This evaluation contains honest and constructive feedback in order to help the ANTs return to Arequipa as effective leaders.

You did it!

Name of ANT: _____

Strengths:

A+

Did she take initiative within the ANT unit? _____

Did she have a positive attitude and learn the skills taught? _____

Did she work well with others? _____

Was she helpful? _____

Did she help with a younger unit? _____

Notes from visiting unit:

What areas do you think this Aide needs to work on to become a strong leader of girls and others in the future?

Is this ANT prepared to become a Program Aide next summer?

ANT Trainers: Chickadee, Scooter, Thumper, Ladybug and Bubbles

Real Names: Kristi Carey, Judy King, Rebecca Gawronski, Elise Etcheverry, and Cristina Etcheverry

*We are proud
of you!*

Program Aide Self-Evaluation
Arequipa Girl Scout Day Camp
ANTS

Real Name: _____ Date: _____

Camp Name: _____ Session # _____

Number of years you have attended Arequipa _____
_____ Cadette Program Aide Specialty Area: _____

What was your favorite activity? _____

What did you like most about the training? _____

What did you like the least about training? _____

Suggestions to improve Program Aide training: _____

What else would you like to learn? _____

What activity did you teach when you went to the younger girl unit? _____

Did you think the activity was successful? _____

Do you feel prepared to be a Program Aide next summer? _____ yes _____ no

Anything else you would like us to know? _____

What ages or specialty area would you like to work with next summer? _____

Thank you for your time and leadership this week at Arequipa!

Girl Scouts At Arequipa



Rules and Safety
Who Does What at Camp
Girl Scout Basics and Traditions
Kapers and SWAPs
History and Maps

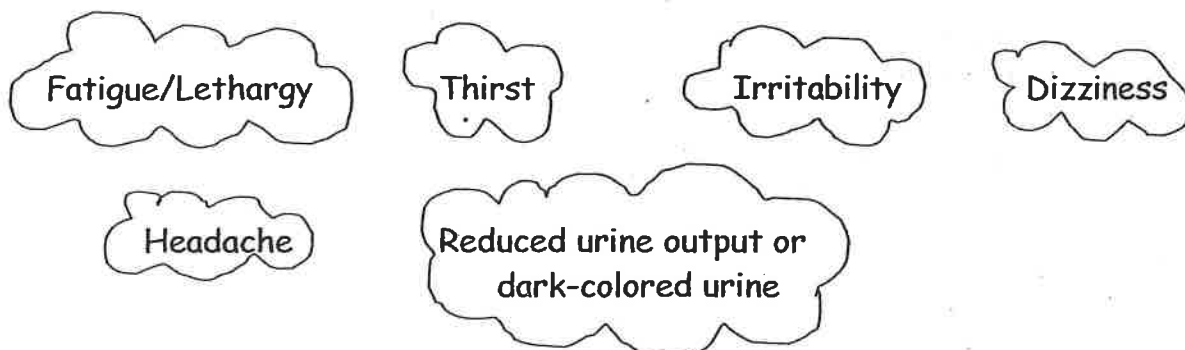
Camp Rules

- Buddy System - always! Girls must use the buddy system wherever they go... the bathroom (BIFFY), shed, nurse (send 3!). Make it fun and switch buddies each day of camp so the girls can make new friends!
- No running. Most injuries at camp occur while running.
- Closed-toed shoes - no sandals!
- Drink lots of water. Keep hydrated - have girls bring reusable water bottles each day.
- Be a sister to every Girl Scout! Respect each other. Use conflict resolution skills to resolve problems. Communicate any problems to adult Unit Leader or Camp Director.
- Have fun! It's summer camp!

Basic Safety

- All injuries and illnesses must be seen by the nurse. Check with nurse on minor injuries (band-aids) to see if a report is necessary.
- Be aware of campers with allergies!
- Bees are attracted to water. Check unit to minimize sources that attract bees. If a bee stings a camper, alert an adult to remove stinger and escort to nurse.
- Be able to identify poison oak and alert your campers to its presence.
- Get help if you find a snake. Do not freak out! Signal is "Rake & Hoe."

6 Signs of Dehydration



First Aid

Tick Removal

- Grab tick as close to the head as possible and pull, do not twist
- Clean the bite location

Cuts and Scrapes

- Apply pressure to stop the bleeding
- Clean the wound
- Apply antibacterial ointment and cover wound

Snakebites

- Stay calm and keep heart rate low
- Seek professional medical attention
- Do not ice, or attempt to remove venom

Burns

1st degree- Cool with water
-Apply antibiotic ointment
-Cover with nonstick gauze
2nd and 3rd degree- Seek medical attention, do not submerge in water

Fractures and Broken Bones

- Stop bleeding
- Do not attempt to realign the bone
- Apply a splint if you know how to properly
- Seek medical attention

Nosebleeds

Lean forward and pinch under the bridge

Bee Sting

Scrape or flick the stinger out, do not squeeze it! It causes more venom to enter the body.

Allergic Reactions

Call 911 and use EpiPen

Sprained Limbs

Rest
Ice
Compression
Elevation

Heat Exhaustion

- Drink cool water or beverage
- Get out of the sun and lie down with elevated feet
- Loosen clothing, fan, or cool with water

Who Does What at Arequipa?

ADMINISTRATOR: Takes charge of the year-round planning and administration of day camp. Develops an operations committee, a calendar of work, and promotion, registration, staff recruitment, transportation, equipment, etc. Appoints and supervises Site Directors. Develops budget and accounts for all monies collected and spent. Files reports and records required by the council. Assists in evaluation of camp. Who is this? _____

DIRECTOR: Takes charge of the operation on the site. Delegates responsibilities: provides training, direction and supervision to the staff. Conducts staff meetings and handles emergencies. Sees that records are kept and reports are filed. Conducts evaluation of camp. Determines the framework for program in the camp. Schedules program activities and provides the necessary consultants. Makes suggestions to Unit Leaders for unit activities. Who is this? _____

BUSINESS/EQUIPMENT MANAGER ("Shed"): Assists the Director in managing the business aspects of the camp. Accounts for and keeps receipts for all monies spent during the camp. Monitors the use of equipment and supplies. Takes inventory at the beginning and end of camp and makes recommendations for replacement or repair of equipment. Checks supplies out and in and sees that it is kept in good condition. Works with ULs to fill supply and equipment requests. Receives menu forms and fills orders. Shops for food and supplies. Supervises the packing and storage of equipment and supplies. Stocks unit boxes that go out to units daily. Who is this? _____

HEALTH SUPERVISOR/NURSE: Instructs staff on basic health and safety practices and sees that all health and sanitation standards are enforced. Collects and reviews Health Histories. Collects the daily attendance. Administers first aid and keeps medical log recording all treatment given. Packs medical supplies for storage at the end of camp. Must be Registered Nurse, Physician, E.M.T., or an adult qualified as a G.S.U.S.A. Level II first aider including both adult and infant-child CPR. Who is this?

UNIT LEADER (UL): Is responsible for a troop-size unit of girls assigned to her for the session. Works with her unit staff to help girls in activities, teaches them skills for outdoor living, keeps records of attendance. Utilizes Cadette and/or Senior Program Aides appropriately and helps evaluate their performance.

JUNIOR UNIT LEADER/ UNIT LEADER IN TRAINING (JUL/ULIT) : Works under the direction of the Unit Leader to provide a positive camping experience for the girls in their care. Applies skills and knowledge to activities carried out in the unit.

PROGRAM SPECIALISTS: Share special skills and knowledge with girls in unit setting or in workshops, depending on the program framework of the camp. Some examples: Archery, Leather, Arts and Crafts, Knots.

PROGRAM AIDES (PAs): Cadette and Senior age girls assigned to assist adult staff in carrying out camp program. They must have training and on-the-job supervision. Their performance must be documented if they are to receive credit for older-girl recognitions for leadership or service.

AIDES IN TRAINING (ANTs): Trained in a separate unit in the camp setting under their own Unit Leader. In charge of learning skills necessary to be a good Program Aide and leader to younger girls. At the end of a successful week of training, the ANT "graduates" and is able to come back to camp the following year as a Program Aide.

Parts of the descriptions taken from "Who does what in Girl Scout Day Camp?" from San Francisco Bay Girl Scout Council.

Girl Scout Basics

The Mission of Girl Scouts is: "To inspire all girls through Girl Scouting to the highest ideals of self-worth and dignity, that they may become caring, capable and competent young women; and to expose girls to diverse experiences that they may recognize and appreciate the pluralistic nature of society."

The Girl Scout Sign

You show the Girl Scout sign or the salute by raising the middle three fingers on the right hand with the little finger held down by the thumb. This sign is used whenever Girl Scouts recite the Promise.

The Girl Scout Promise

On my honor, I will try!
To serve God and my country,
To help people at all times,
And to live by the Girl Scout Law.

The Girl Scout Law

I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring
courageous and strong, and
responsible for what I say and do,
and to
respect myself and others,
respect authority,
use resources wisely,
make the world a better place, and
be a sister to every Girl Scout.

The Friendship Circle

Girl Scouts often form a friendship circle in a meeting or at a campsite. Everyone stands in a circle, and each person crosses her right arm over her left, clasp hands with her friends on both sides. Each person is silent as a friendship squeeze is passed from hand to hand. When the squeeze has been passed all around the circle, the person who started it says, " " and everyone turns around simultaneously, twisting to the outside of the circle. The friendship circle stands for an unbroken chain of friendship with Girl Scouts around the world.

The Girl Scout Slogan and Motto

Girl Scouts everywhere have the same slogan and motto. The slogan, "Do a Good Turn Daily," has been in use since 1912. Girl Scouts of that era were to tie a knot in their neckerchiefs. The knot could not be untied until a good deed was accomplished. Before they went to sleep at night, girls were to think of the good deed they did that day. Today, the slogan is a reminder of the many ways, both large and small, that girls can contribute to the lives of others. The motto, "Be Prepared," has also been in use since the early days of Girl Scouting. Girl Scouts during the early twentieth century learned skills not just for fun and satisfaction, but because they might need to cope with emergencies of that era.

Kapers at Arequipa

One important job of an Arequipa PA is making and implementing a kaper chart in each unit. Kapers are jobs that need to be completed; they help give girls important roles, involve them in the program and ensure the unit works as a team and shares the tasks to be completed. These are some jobs to include on a kaper chart at camp:

Essential Jobs, 2 girls per job:

Unit Box (4 girls in younger units)

Shed Runner (walks to the shed if anything is needed)

Attendance (takes attendance to nurse)

Otter Pops (fetches otter pos from shed)

Sanitation Brigade (takes trash to dumpster in afternoon)

Jobs to Include depending on number of girls in unit, 1-2 girls per job:

Leader helper (helps with random needs)

Snack Server (serves snack)

Water watcher (reminds girls to "drink!")

Site Inspector (checks that unit is trash free)

Safety Coordinator (reminds girls to "walk!")

SWAPS Keepsakes for Girl Scouts

SWAPS, "Special Whatchamacallits Affectionately Pinned Somewhere," are part of a Girl Scout tradition of exchanging keepsakes, which started long ago when Girl Scouts and Girl Guides first gathered for fun, song, and making new friends. Each one is a memory of a special event or Girl Scout Sister.

SWAPS should relate to the unit or an aspect of life at camp. They should be inexpensive and/or made with things already in the shed. They need to be at the skill level of the girls in the unit, so that each girl can make about ten to put into a community pot and trade on Friday.

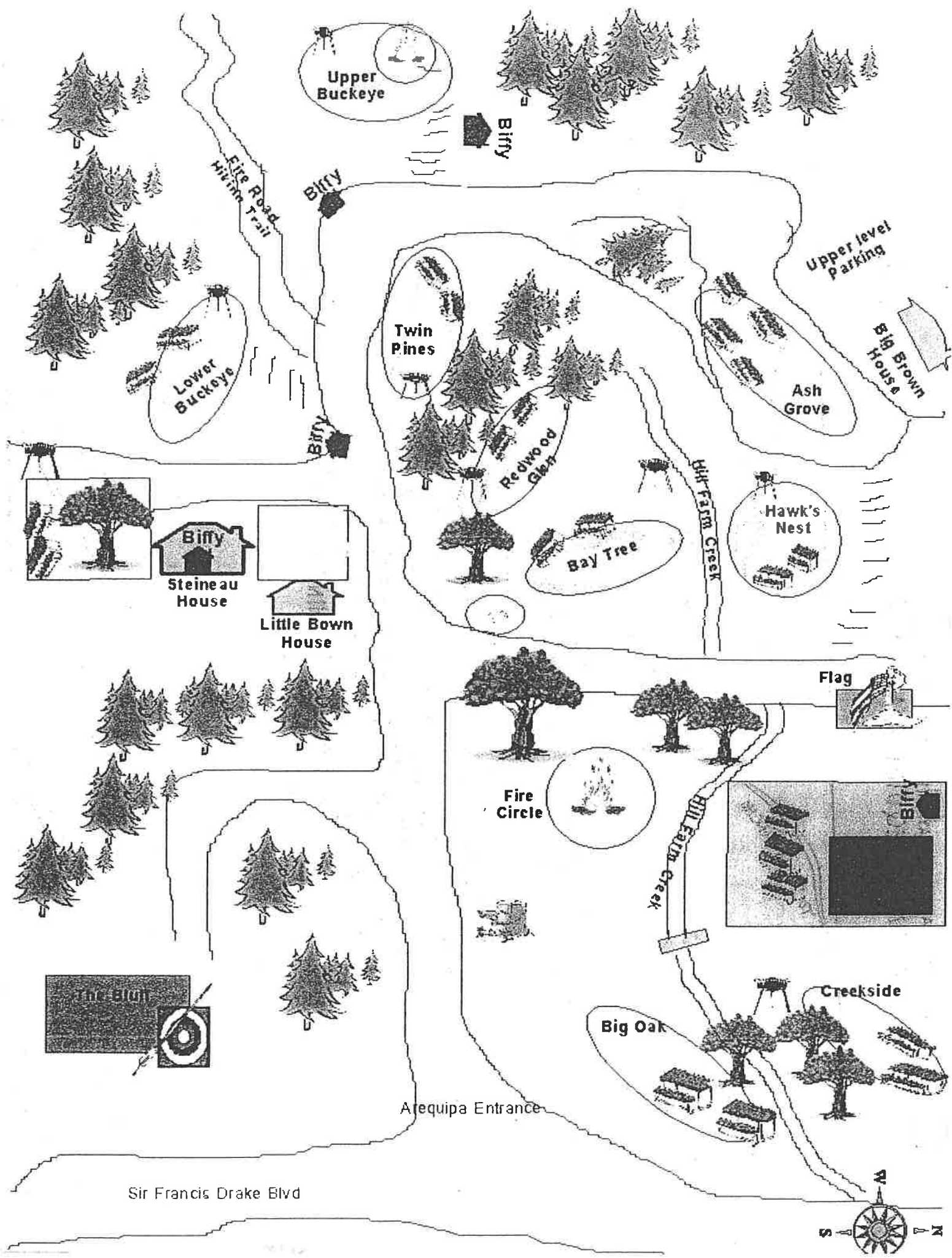
SWAPS Etiquette

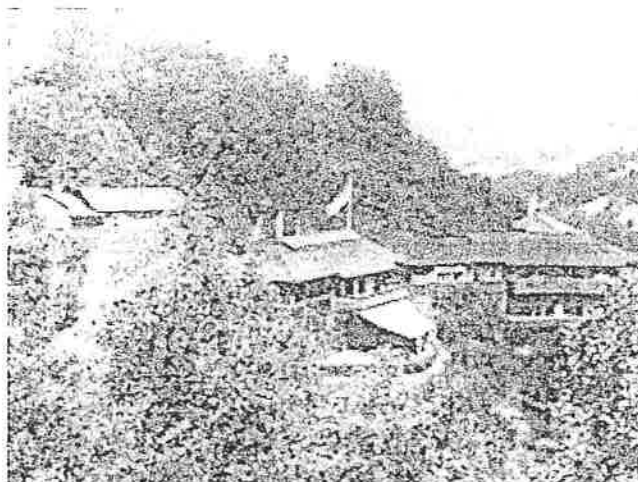
SWAPS are part of the Girl Scout camp tradition and culture, intended to enhance the memory of friendships and events. They should be a "feel good" part of camp. This can be done by setting up appropriate expectations for SWAPS, such as:

SWAPS are a cooperative, not a competitive activity. SWAPS are made together by campers and shared by their Unit (as PAs you may also have individual SWAPS)

There will be a limited number and varying quality of SWAPS

When girls exchange SWAPS, they need to be gracious. It is OK for a camper to say that she already has a particular SWAP, so that she does not wish to exchange; however campers must be consistent.





HISTORY

CAMP AREQUIPA, once known as Hill Farm, has a rich history that has always included young women. Once a tuberculosis sanitarium for women after the 1906 San Francisco earthquake, Arequipa was a haven from the dust and debris in the air that was making so many women sick. It was the dream of

Elizabeth Ashe, a socialite who wanted to help others, and the money and property of Henry Bothin, which prompted them to find a place in the "fresh air and sunshine" for these women. On September 11, 1911, the sanitarium, named Arequipa, meaning "a place of rest," was opened.

In the 45 years it existed, Arequipa treated patients from almost every state in the United States and even some foreign countries. To encourage therapeutic and marketable pursuits for the working class women who were patients at Arequipa, the founders encouraged them to make pottery. The distinctive pottery created there has been sold and treasured worldwide. In 1956 the sanitarium was closed due to advancements and successful treatment of tuberculosis. Four years later Marin County Girl Scout Council acquired use of the land and started Marin County Day Camp. In 1961 the Girl Scouts took over the 47-acre site for a 20 year lease at \$1 per year. The property continued to be leased at a fee of \$1 per year until 1989 when the Bothin Foundation generously transferred title of the acreage to Girl Scouts of the San Francisco Bay Area.



In the true spirit of Girl Scouting there couldn't be a better acknowledgment that that which was stated in the Independent Journal's editorial of November 8, 1961, regarding the dedication of Arequipa, "What more fitting thing could be done with it (Arequipa) than to rededicate it to our future, the women of tomorrow? What better use for it than to train the girls to be better women and citizens of tomorrow?"

Also see

ArequipaHistory.com, a website put together by Lindsay Chan as a Gold Award Project: Girl Scouts of San Francisco Bay Area, Richardson Bay Association, 2006

Synopsis by

Angela Atkinson



Bibliography

Suzanne Baizerman, Lynn Downey and John Toki, *Fired By Ideals: Arequipa Pottery and the Arts & Crafts Movement*, Pomegranate Communications, 2000

Lynn A. Downey, *Philip King Brown and the Arequipa Sanitarium Historical Summary of Henry Bothin Center and the History of Girl Scouting in Marin County 1924-1963*, courtesy of Janet Smith

Working with Girls, Peers, and Adults



Understanding Age Levels
Learning Styles and Special Needs
Handling Difficult Behaviors and
Resolving Conflicts

Section 3

Pages 15-20

Working with Girls, Peers, and Adults

Working with Younger Girls

Some of the most important aspects of being a good PA are to:

Be kind and friendly and pay attention to younger girls

Establish the rules and let them know what you expect

Present yourself as a respectable and lovable leader and a role model

Call anyone on inappropriate behavior- right away!

Treat everyone as an individual, and respect each person

Try to pay attention to everyone and avoid showing favoritism

Consult your UL with any problems

😊 Creating a Positive Environment 😊

As a PA, you will be uniquely qualified to create a positive environment in your Unit, and at camp. You are old enough to understand safety concerns, and you are young enough to know what girls will find most fun. Campers will look to you as role models so it is essential that you consistently remain positive, enthusiastic and supportive of all camp activities. You will be needed to make all girls feel welcome, and help all girls to get along. Unit Leaders may rely on you to be familiar with camp activities and traditions, as you will often have been at camp for more years.

Day Camp is a special place where girls learn and try things they might not be able to other places. Girls stretch themselves, and parts of day camp can be a challenge for some. One task of Unit Leaders and Program Aides is to encourage girls to try new things and feel good about themselves for the skills they develop. Think about:

- How would you encourage girls to try new things?
- How do you help girls feel competent?
- How do you congratulate someone on doing a good job?

Accepting Individual Differences

An essential skill in leadership is the recognition and acceptance of individual differences. People vary by age, learning and personality styles.

Understanding Age Levels

The ages of your campers will affect what you do with them and how you interact, since girls of different ages have such different skill levels, attention spans, and developmental needs. All girls should be encouraged to do as much as they can, to try new things, and to share their skills and help others in a teaching role.

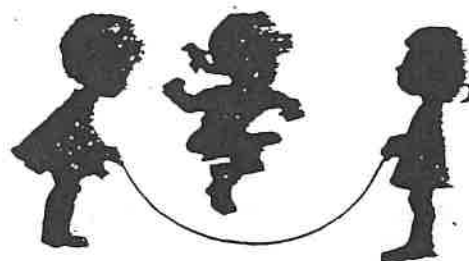
Brownie, Junior and Cadette Age Level Characteristics



How convenient it would be to devise a formula or a timetable on the growth of a child. But nature has made more complex than clear cut the characteristics of any girl at any particular age. We find a wide variety among individual girls. We can, however, see general characteristics within age groups:

BROWNIES

- have a lively curiosity
- are at the height of their creative ability
- they love makebelieve and magic due to their active imaginations
- are discovering themselves
- real need is being needed; they want to help
- they run, dance, play, and do; they are energetic, but need frequent rest periods
- are aware of right and wrong; can accept rules they help make



JUNIORS



- want to do more things themselves
- have a great zest for collecting things
- make special pals, and collect in groups, but the groups don't last; they need to belong to a lasting group
- are realistic
- interests are broadening and they are eager to learn new skills
- can now accept more responsibility

CADETTES

- are becoming more aware of themselves as individuals and have a strong need for independence
- are concerned with the future and what it holds for them
- want to take part in a wider social relationship - with boys, with girls from other schools, etc.
- are mature ladies one moment, and children the next
- tire easily due to rapid bodily changes of the adolescent
- are searching for their own sets of values; have a broad exposure to the social scene of drugs, sex, etc.

Progression of Skills

Progression of outdoor, camping, leadership and other skills is an essential part of Day Camp:

	Brownie	Junior	Cadette
Fire Safety	- Light a match	-Light a candle -with supervision, use a chimney (to start a charcoal fire), build and light a campfire	- Prepare and use charcoal fires and campfires in a variety of settings
Cooking	-with supervision, read and follow recipes	-independently select, read, and follow recipes	- plan meals, shop for groceries, and prepare meals
Knife Safety	- Learn knife skills – how to pass knives, carry knives, store knives - Use (plastic?) serrated knives to cut mushrooms, tomatoes, and more with supervision	-with supervision, use knives to cut a variety of fruits, vegetables and other food - Learn knife skills – how to wash knives, keep cutting boards clean, etc.	- Use knives safely in a variety of settings – choose the appropriate knife for the job, use it safely, and return it clean to storage
Lanyards and similar crafts	- Braid with lanyard string or pipe cleaners - Make a zipper - Continue a box stitch lanyard	-Continue lanyards, including box stitch, circle stitch and others with 2 or more colors -Weave friendship bracelets	-Start most lanyards, including box stitch, circle stitch and others with 2 or more colors
Environmentalist	-Identify and sort recyclables from garbage	- Set up recycling containers so that garbage and recycling are not mixed -Identify recyclable, compostable, and other waste categories	-Plan activities that create less waste -Integrate “reduce/reuse/recycle” into all activities

Understanding Learning Styles

When teaching younger girls, it is important to remember that people learn in different ways. You may have heard of multiple intelligences- visual, auditory, kinesthetic, mathematical, interpersonal, intrapersonal, environmental, etc. Basically, people take in their world in different ways. Visual learners learn best by seeing things, auditory learners learn best by hearing things, and kinesthetic learners do best by doing things. Most people will learn best with a combination of methods, and it is especially important to remember to have girls practice doing things themselves when you are teaching.

Girl Scouts with Special Needs

Girls Scouts welcomes girls with special needs, and today one in ten American children has a disability that may affect his or her ability to walk, talk, see, hear, learn, etc. Since many important points in interacting with a person with a disability focus on treating people as individuals, with respect, many of them apply to interacting with anyone as well.

Remember that girls with disabilities are much like everyone else, except for their disabilities. We have more in common than we have different. Show each girl she is appreciated for herself, not because of (or in spite of) her disabilities.

Talk directly to each girl, and help her feel she is an important part of the group. Focus on what she can do, not what she can't do, give her jobs, and encourage her to join in. Feel free to ask her what is the best way for her to do things, and modify the situation as needed. Encourage her independence, and offer help only when she needs and wants it.

Help others increase their sensitivity to differences and disabilities through your modeling and direct requests. Encourage a girl with disabilities to request any help she needs from her fellow campers, not just you.

Assertiveness!

The way you interact with others is important to your well-being and success in life. Assertiveness is an essential life skill, and, as a PA, it is important that you speak up and take initiative. You have valuable ideas and your ULs will be depending on you for the expertise you have gained in your years as a camper and your ANT training. If your UL doesn't think of something that is important, it will be helpful for you to bring it up! Assertiveness benefits all your relationships, raises your self esteem, and adds your voice to the group.

We are not necessarily taught to speak up and may have been trained to be passive, or avoid conflict, or just be a little shy, so being assertive may take some practice. Sometimes it could be hard or scary to express yourself. Sometimes you might end up being more forceful than you intended to be. The hardest time to be assertive is usually when there is a conflict or difference of opinion. Be patient with yourself and keep working on your assertiveness skills. The more you do it, the easier it gets and the better you present yourself.

Sending appropriately assertive messages starts with using “I” statements to express how you feel and what you would like. Avoid “you” statements as they can be blaming and put others on the defensive. Be specific (I am angry about... when...) and avoid “always” and “never.” Let others know you care about their feelings and your relationship; that’s part of why you want to work things out! Speaking up for yourself in an assertive, respectful way is important.

Handling Difficult Behavior at Camp

Girls tend to be at their best at camp. Sometimes, though, you may run into difficult behaviors which you will need to address. Talk with your teammates- ULs and PAs- to agree on how to handle any difficult situations.

Draw out shy or silent girls. Include girls who are on the fringes.

Limit girls who go on toooo long, monopolize conversations, or try to get tooo much attention. Refocus girls who interrupt, talk when they should listen, or have side conversations during group time.

Challenge negativity.

Redirect bossiness into helpfulness and leadership that is respectful.

Address any mean behavior publicly and have a private conversation if necessary.

Interrupt rumors and set them straight with the group involved. Stop gossip.

In general, establish the limits and expectations right away, let girls know you are paying attention, reinforce desirable behaviors through comments or other attention rewards, and address and stop any negative behavior right away.

Resolving Conflicts

Essential in resolving conflicts is an understanding of your own response to conflict. Do you tend to avoid conflict? Give in too easily? Make a joke of it? Get scared or angry? Try to help? Figure out what’s wrong and listen? Try to understand the other person’s perspective? Get an adult to help if needed?

WITHDRAW

I hold in my feelings, keep quiet and do not share my ideas. I basically avoid, dodge, ignore, or retreat from other people and undesirable situations.

TAKE CHARGE

I take control of the situation. I feel that it is important to deal with the issue as soon as possible. I first make a decision on my own and then later draw others into a discussion.

GIVE IN

I give in to others to keep peace. I get involved with the conversation and outwardly agree with others though inside I disagree. I want to save the relationship even if it hurts me most.

MEDIATE

I confront the conflict and voice my opinion. I feel it is important to hear everyone's view. I believe in the group process and will push to get everyone involved in resolution.

One good model for resolving conflicts comes from SFBay Girl Scout Trainer Katie Kramer and is set up to be effective with all ages, Daisies to adults, and any degree of conflict.

LET'S T.A.L.K. IT OUT



- T** - Two Sides (There are at least two sides to every conflict)
- A** - Agree (A decision of what the conflict is and a commitment to solve it)
- L** - Listen (A systematic approach to getting all the information on the table)
- K** - "K"ompromise (A solution that has something in it for all sides)

Model Explanation:

Two Sides: The first step to resolution is to acknowledge a difference of perception, or different "sides" of an issue. Sometimes there are more than two sides to a conflict.

Agree: This is a key, yet many times forgotten, step to resolution. Two different levels of agreement must be obtained before the group can move on. First, all parties must agree that there is a conflict. Sometimes one party does not realize or will not accept that there is anything "wrong". Secondly, all parties must agree that they want to resolve the conflict at this point in time. If these two agreements are not obtained, no progress can be made toward resolution and an alternative method may be needed to deal with the situation (such as effective discipline).

Listen: A systematic system toward obtaining all of the information is necessary to assure that all parties are given equal opportunities to tell their side of the story. I-messages should be recommended. Give one person a chance to speak. Do not allow any interrupting. The other person will have a chance to speak when it is his/her turn. After they have finished, repeat back to them what they have said and ask them to clarify any misinformation. Now give the next party a chance to speak using the same procedure. After each person has had a chance to speak, ask if anyone has anything else to add using the same techniques as before. By the end of this "cycling" you should have all of the information on the table without further conflict.

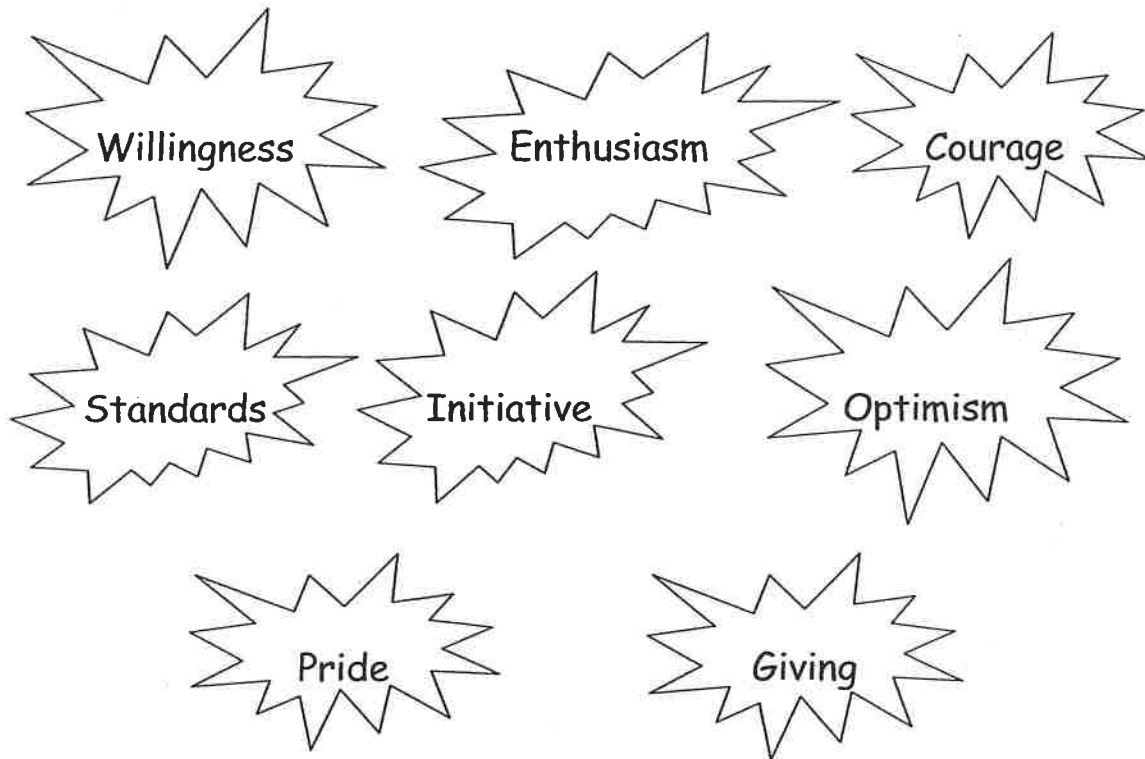
"K"ompromise: The goal here is to come to a solution that has something in it for each side so that everyone walks away with a "win/win" situation. The first question to ask here is: do we need to come to a compromise right now? Sometimes at this point in the process emotions will be high and people may need some time to digest all that has been said before they move on. If this is the case, agree to take a break arranging a time when everyone will get back together. Once everyone is ready to move on, ask each party what they are willing to do to make this a better situation. Make sure they focus on what they will do and not what the other can do. Is this solution realistic and obtainable? Once everyone has agreed to their part of the solution set up a time to "check back in" to make sure that the resolution is getting everyone where they want to be.

Leadership Development



About Leadership
Function & Skills
The Successful Leader

Admirable Leadership Qualities



The Dos and Don'ts of Leadership

DO	DON'T
<ul style="list-style-type: none">• Be on time and keep your commitments• Allow adults to make mistakes and learn from them• Set a good example in personal habits, language, and attention to safety	<ul style="list-style-type: none">• Be afraid to share your knowledge• Let problems or misunderstandings between the adults and yourself go. Address problems openly and honestly

Characteristics of a Good Leader

Good leaders are:	Which enables them to:
<ul style="list-style-type: none"> • Committed • Considerate • Creative • Determined • Enthusiastic and Positive • Fair-minded • Flexible • Good-humored • Honest • Kind • Organized • Respectful • Tolerant • Trustworthy 	<ul style="list-style-type: none"> • Identify workable solutions • Help the group set goals, make decisions, and evaluate progress • Guide, direct, and help others cooperate • Teach, support, empower • Inspire • Organize, keep track of time, and keep the group focused • Keep the peace • Help others develop their own leadership skills

Leadership is as much about qualities as it is about actions.

Good Leaders also:

- | | |
|---|---|
| <ul style="list-style-type: none"> • Ask for help • Avoid Procrastination • Have fun • Have integrity and standards • Know when to be a follower or a leader • Listen carefully • Make decisions | <ul style="list-style-type: none"> • Manage time well • Resolve conflicts and problems • Take charge • Serve as role models • Teach others • Take responsibility • Take criticism well |
|---|---|

Information from:
Girl Scout Research Institute (GSRI)
Exploring Girls' Leadership

Skills of a Leader

Developed by Lord Baden-Powell, Founder of Scouting

Communicating - You must be able to both get and give information well. Ask questions, get feedback, and discuss things with others.

Understanding Needs - Each scout has unique needs, strengths, and weaknesses. By understanding each scout's individual needs, everybody benefits.

Representing the Group - Ensure all members of the group are represented, or heard. Engage with all members of the group so everyone feels she has a part in group decisions.

Controlling the Group - A controlled group can do its job and be happy while doing it. Controlling the group sometimes requires stopping certain behaviors, and asking others to help you.

Sharing Leadership - Share the role as leader by sharing in decision making, but keep your responsibility as the leader for the welfare of the group.

Effective Teaching - Remember that not everybody learns in the same way. Be open to giving extra help and using different methods.

Leadership

(n.) the capacity or ability to show the way; to cause others to follow you

Being a leader is getting a group to do something. If a group hasn't been very active, it's up to you to get it moving. Start with ideas of things your group can do. First use ideas that you can help maybe a few; then involve the whole group.

The Functions of Leadership

Every leader has just two functions: one, get the job done, and two, keep your group together. "The job" is whatever the group is organized to do. For PA's it's to make camp a great experience for younger scouts and be a role model for them. It doesn't have to be work; it could be a game or a contest. Sometimes a skilled leader can make a game out of work itself.

Ex. With good leadership, a PA will be able to get the group to clean their campsite. With great leadership, the girls will have fun doing it.

Five Styles of Leadership

Telling - Check alternatives, and select what it is the best thing to do for the group and tells others.

Persuading - Decide what to do, and sell the group on your choice by pointing out the benefits

Delegating - State the problems and the rules or limitations within it is to be solved. Accept and support the group's solution, as long as it falls within the rules.

Consulting - Encourage group members to participate in decisions, plans, and guidelines. Make suggestions, but be sensitive to the group's response. The leader should make decisions which reflect the consensus of the group.

Joining - Agree in advance to abide by the group's decision. Take part in the discussion like any other group member, but retain your role as leader.

Each of these styles has a time and place that it is appropriate and are used depending on the situation.

Self Assessment Questionnaire for Program Aides

1. List the strengths you bring to the group.
2. List the strengths you bring to a group of younger girls.
3. What type of program aide would you like to be?

THINGS A LEADER DOES	IN THE PAST LEADERSHIP SITUATIONS I HAVE DONE THIS:	I PLAN TO WORK ON THIS:	NOTES I HAVE:
Supports and encourages			
Helps the group make decisions			
Suggests solutions and ways of getting things done			
Guides the work and efforts of others toward their goals			
Helps others develop their skills as leaders			
Observes and evaluates leadership skills of everyone			
Helps resolve differences, and keeps morale up			
Helps or gives directions in emergencies			
Follows instructions and completes assigned tasks			
Knows how to make changes and supports the group decision			
Makes good suggestions in constructive ways			

Teaching Younger Girls



Planning
Teaching

Planning to Teach a Skill

How to plan a lesson:

1. Decide what you are going to teach:

Something you know and are enthusiastic about

Something appropriate to the group and situation/site

2. Think through how you will teach it.

Do I have the materials, or can I get them without too much cost?

Will I have space or facilities I need?

3. Make a list of each step and what materials are needed, beginning with PREPARATION through CLEAN-UP.

Include directions you will be giving; comments you might make

4. Gather materials

Enough for the group and yourself

Remember that you need to practice and demonstrate

5. Practice teaching your lesson

6. Revise the list you made of the steps you will go through and the list of materials you need as necessary.

7. Pack everything you need together; in order of use, if possible.

8. On site: Set up if your lesson requires it.

Demonstrate and teach.

Give every girl a chance to practice by herself.

Find something well done to praise before you point out and errors. For example, "Great job cutting up the fruit, but be careful with the knife!"

Be sure the girls get a chance to use the skill they have learned. There is no satisfaction in knowing how to lay and light a fire if you never get to cook over one.

Clean up.

Planning to Teach a Skill (con't)

9. Evaluate

- ☐ Was I well-prepared?
- ☐ Were my directions clear and easy to follow?
- ☐ Did I have enough materials for the group?
- ☐ Was the equipment I used (if any) in good condition?
- ☐ Was my lesson appropriate for the age level it was taught to?
- ☐ Was my lesson appropriate to the group I taught it to?
- ☐ Did I keep my pace moving and not waste time?
- ☐ Did I show patience and willingness to "go over it again?"
- ☐ Did I show an encouraging attitude?
- ☐ Did the group enjoy the lesson?

So remember:

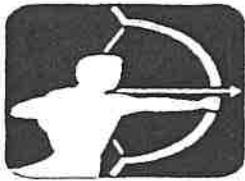
Idea!	What will you teach?
Plan	Consider ages, supplies
Practice	Any changes needed?
Teach!!	And have fun!
Evaluate	How did it go?
	Would you do anything different next time?

CONGRATULATIONS!

Areas of Speciality



Archery and Leather
Hiking- tips and maps
Song Leading-tips and songs
Leading Games
Knots and Lanyards
Campfires (inc. edible)
Outdoor Cooking and Recipes
Flag Ceremonies



ARCHERY AT AREQUIPA

Instructions from Flaming Arrow (aka Bev Tanem) 5/98rev.

HERE'S THE GAME PLAN!!!

1. Girls and leaders are instructed on the safe use and care of all equipment by the archery instructor.
2. Each unit is allotted an hour shooting schedule. Split your unit so only half of the girls are practicing for the first 1/2 hour and the other half during the second 1/2 hour. They can come up to the range together or staggered if you have 2 leaders. Leaders must be present with the unit and are welcome to join in! Please send Program Aides with the Unit to assist and be included in practice!
3. Please have the girls bring a handicraft to work on while they are waiting: lanyards, knot tying practice, SWAP making, or whittling practice... some fun way to wait.
4. The first session is very instructional(safety, equipment, and technique).
5. There will be 2 girls shooting per target. They shoot 3 arrows per round. Depending on age and Unit size, each girl will usually have 3 to 6 rounds.
6. The Pixie/Tag Unit will also do Archery with their Unit. They will have one-on-one assistance by the Instructor, Unit Leaders and Program Aides.



Safety Points to Remember

1. Archery Range is out-of-bounds to campers and Aides unless with the Unit or the Archery Instructor is present.
2. No food or beverages in activity area. (Water bottles are OK.)
3. Archers remove bulky sweaters or sweat shirts before shooting.
4. Name tag necklaces and friendship ties need to be removed or put around on back.

Leather at Arequipa

as don't do leather with the unit. Your opportunity to do leather is on the overnight. With the unit, PAs walk around and help the younger girls, and then waterproof the pieces, rubbing waterproofing onto pieces and slapping it out of the holes. Help girls appreciate their work and be creative or accepting with "mistakes"- the sideways letters and jumping images. Remind them to wet leather thoroughly to minimize the latter.

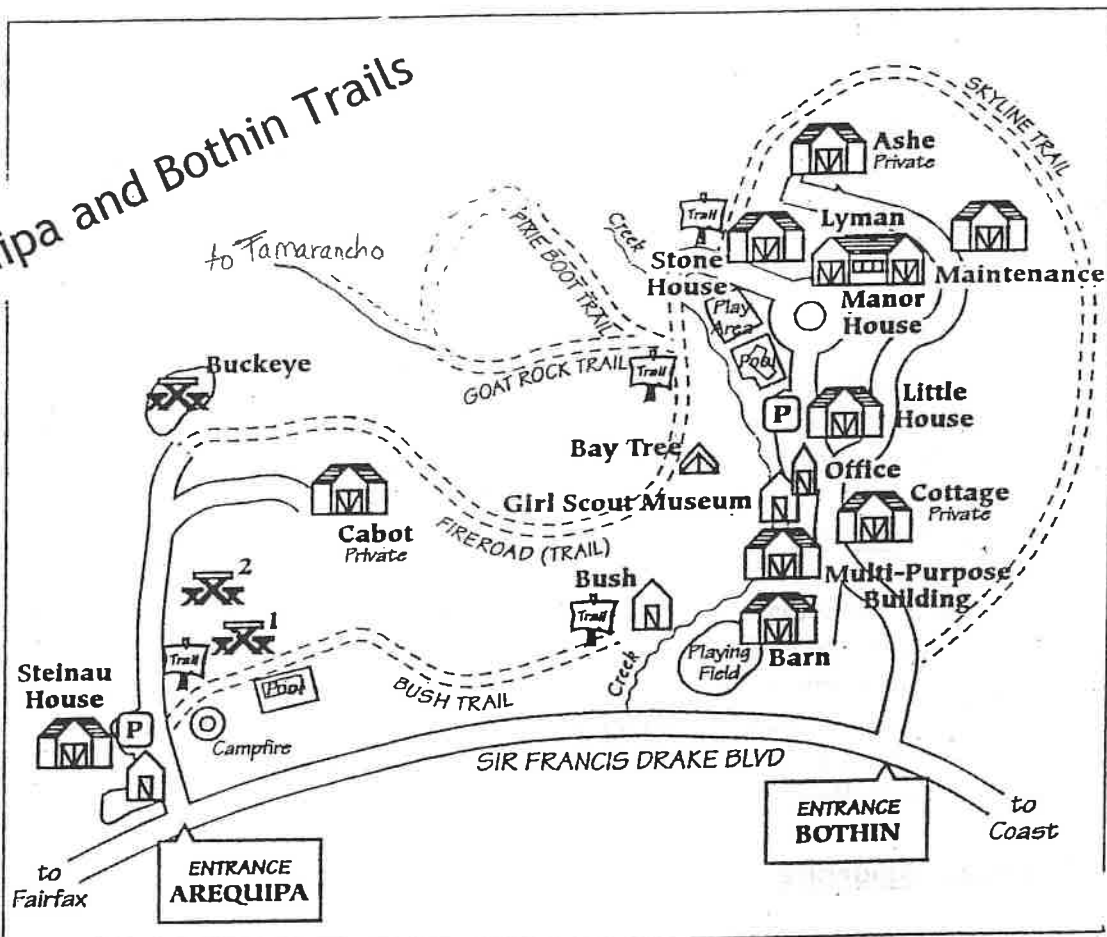


- Know the trail and allow PLENTY of time!
- Know the weather forecast
- Wear appropriate clothes. Layer!
 - Light colors are best in the heat because they reflect the sun's rays. Dark colors are effective in the cold because they absorb heat.
 - Wear clothing that allows for freedom of movement during strenuous activity.
 - In the cold, a hat helps to retain as much as 40 percent of body heat, and in very sunny weather it protects against the rays of the sun.
 - Clothing that covers the arms and legs will provide protection from biting insects, ticks, poisonous plants and sunburn. It also helps guard against bruises and scrapes.
 - Wear proper footwear - sturdy, well-fitted shoes with non-slip soles will protect feet on rugged rocky terrain.
- Don't hike alone. Leave your itinerary and expected time to return with the nurse or director.
- On every outing there should be an adult trained in first aid.
- Take water, a first aid kit, matches and have a plan for emergencies. Make sure everyone is drinking water - hydrate!
- Don't put your feet down without knowing where they will hit the ground. Similarly don't put your hands down without looking first.
- Know what terrain to expect. If hiking becomes more difficult than you expected, return to camp because it will probably become even more difficult.
- Make it FUN! Tell stories about the creatures that live there and lore about the plants. Pay attention to your surroundings- birds and cicadas, different ferns. Take lots of water breaks. Play a game along the way. Engage any girls that may be getting left out.

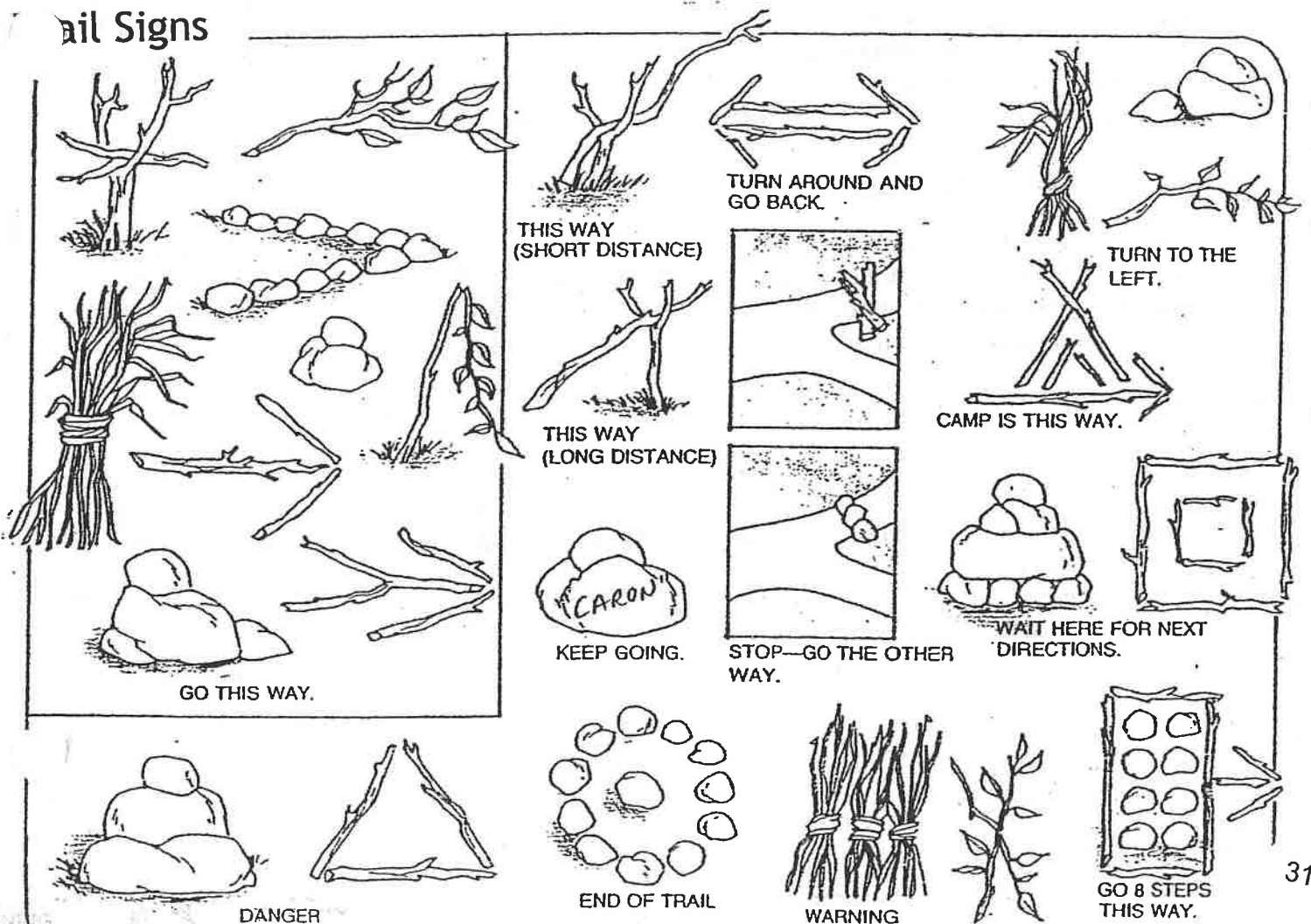
Protect Yourself from Ticks

1. Wear light colored, long sleeved shirts and long pants when hiking. Tuck pants leg inside of socks or boot tops.
2. Stay on trails and out of tall grass
3. Always check your body for ticks when you come back from hiking. Make sure to check armpits and waist. Have some check your back. Remind campers to have an adult check them again at home.

Arequipa and Bothin Trails



Trail Signs



GIRL SCOUTS OF SAN FRANCISCO BAY AREA

CAMP BOTHIN AND AREQUIPA TRAILS

Camp **Bothin/Arequipa** is located next to Marin Open Space that abounds with various trails and fire roads. These are good hiking trails but must be hiked with the knowledge and approval of adults. During hot weather, hikers should take water and dress appropriately.

BUSH TRAIL: Easy.

This trail connects Arequipa and Bothin. From Arequipa, it begins next to the swimming pool, and from Bothin, it starts at Bush Unit. The trail is easy but narrow. At places hikers can only go in single file. (20 – 30 minutes.)

FIRE ROAD TRAIL: Moderate.

This trail also connects Arequipa and Bothin, but is longer and is higher up the hill. It is wide and easy to follow. Stay on the main road coming in to Camp Arequipa. The trail starts where the asphalt ends. Camp or fire department vehicles sometimes use this road. From the trail, you can look down at Camp Bothin as the trail turns and heads towards the creek and waterfall. During the rainy season, the waterfall carries lots of water that flows through the camp and eventually empties into San Francisco Bay. (40 – 60 minutes.)

***GOAT ROCK TRAIL:** Moderate

From Fire Road Trail, you will pass the trail marker for Goat Rock Trail and Pixie Boot Trail. Both trails are wide and easy to follow. They go up the hill in different directions and continue on land belonging to Marin Open Space. The scenic views are breathtaking. The trails continue for extensive distances. Return to Camp Bothin by turning around when you are ready to do so. (45 – 90 minutes.)

***PIXIE BOOT TRAIL:** Moderate

Trail goes parallel to the creek that eventually runs through camp. There is a wonderful picnic area along the trail that was used for group camping many years ago. Stay clear of the creek bed nearby since ground may be loose. Continue on the trail. When ready to return to camp, simply turn around and follow the trail back to camp. (45 – 90 minutes.)

SKYLINE TRAIL: Difficult, (not recommended for girls less than ten years of age).

Begin next to Stone House and go up the hill behind Ashe House (this is a private residence-do not enter). The trail is a healthy climb providing beautiful views of the hills and surrounding area. It loops behind the camp and connects with Marin Open Space property and then meets a wide trail/road that eventually leads to Camp Bothin's main road near the entrance to the camp. (60 to 90 minutes.)

*Duration of hikes on these two trails varies depending on distance traveled before turning back.

Leading Songs



Show enthusiasm! Leading songs is fun!

Helpful Hints:

- Start with a smile. Let the girls know this is going to be fun!
- Coordinate with other PAs to decide who will lead, choose the next song, or how to organize the song.
 - Designate an organizer to keep you taking turns and keep the songs going
- Pick a song to suit the occasion and the mood. Let the girls warm up if they're low energy
- Always introduce a song
- Snap and clap with the song to keep the beat
- Sing *with* the girls, not *at* them
- Use easy-to-follow hand movements to indicate start, faster, slower, softer, louder, ect.
- Run through the song and words for practice or do "repeat after me" to teach songs. Remember not everybody knows all of the songs you do!
- Start with lighter, fun songs and move into inspirational songs
- Keep a balance of traditional songs and camp songs

Why Do We Sing in Girl Scouts?

1. For the pure joy of it!
2. To promote a shared experience
3. To quiet or rest the girls when they have been doing something vigorous or when they are too excited or giggly.
4. To help girls know and appreciate music of their own and other countries
5. To accompany other activities such as dramatics, dancing, hiking, or camping
6. It's fun!

**LIST YOUR FAVORITE SONGS BY
CATEGORY!**

ROUND

MY FAVORITE!

GIRL SCOUT SONGS

CAMPFIRE FAVORITES

PATRIOTIC (Good for flag ceremony)

SILLY

REPEAT

ACTION

ALICE THE CAMEL

ALICE THE CAMEL HAS 5 HUMPS
ALICE THE CAMEL HAS 5 HUMPS
ALICE THE CAMEL HAS 5 HUMPS
SO GO SALLY GO
BOOM BOOM BOOM

4 HUMPS
3 HUMPS
2 HUMPS
1 HUMP

NO HUMPS ...CUZ ALICE IS A HORSE

ALIVE ALERT AWAKE

I'M ALIVE AWAKE, ALERT, ENTHUSIASTIC
I'M ALIVE AWAKE, ALERT, ENTHUSIASTIC
I'M ALIVE AWAKE, ALERT
I'M ALERT AWAKE ALIVE
I'M ALIVE AWAKE ALERT ENTHUSIASTIC
(MOVEMENTS - ALIVE=HEAD, AWAKE=SHOULDERS,
ALERT=KNEES, ENTHUSIASTIC=TOES)

AMERICA THE BEAUTIFUL

O BEAUTIFUL FOR SPACIOUS SKIES
FOR AMBER WAVES OF GRAIN
FOR PURPLE MOUNTAIN MAJESTIES
ABOVE THE FRUITED PLAIN
AMERICA AMERICA
GOD SHED HIS GRACE ON THEE
AND CROWN THY GOOD
WITH BROTHERHOOD
FROM SEA TO SHINING SEA

AMERICA (My country tis of thee)

MY COUNTRY 'TIS OF THEE,
SWEET LAND OF LIBERTY
OF THEE I SING
LAND WHERE BY FATHERS DIED
LAND OF THE PILGRIM'S PRIDE
FROM EV'RY MOUNTAIN SIDE
LET FREEDOM RING.

AN AUSTRIAN WENT YODELING

OH AN AUSTRIAN WENT YODELING
ON A MOUNTAIN TOP HIGH
WHEN ALONG CAME A "MOCKING BIRD"
INTERRUPTING HIS CRY

OH LADY,
HODA LOCKA KEYA
HODA LOCKA "COO COO COO COO"

HODA LOCKA KEYA
HODA LOCKA "COO COO COO COO"

HODA LOCKA KEYA
HODA LOCKA "COO COO COO COO"
HODA LOCKA KEYA OH

(ADDING ONE EACH TIME)
AVALANCHE SWISH
GRIZZLY BEAR GRRRR
ST. BERNARD (PANT PANT)
PRETTY MAID KISS KISS

ANN MARIE/JOHN PIERRE

ANN MARIE LOVES JOHN PIERRE,
IT'S WRITTEN ON THE CAFÉ SIDEWALKS
EVERYWHERE

JOHN PIERRE LOVES ANN MARIE,
IT'S WRITTEN ON A HEART THAT'S CARVED UPON A
TREE

ANN MARIE SHE SAID ONE DAY,
"I LOVE YOU VERY MUCH SO LET US RUN AWAY"
JOHN PIERRE HE SAID,

"WEE-WEE" AND WENT TO TELL HIS FRIENDS
HE MARRIED ANN MARIE

THEY WERE STROLLING THROUGH THE PARK,
BUT THEY WERE GETTING HUNGRY
AND IT WAS GETTING DARK
THEY GOT HOME, BEFORE TOO LATE,
FOR ANN MARIE WAS SEVEN
AND JOHN PIERRE WAS EIGHT

ANTS GO MARCHING

THE ANTS GO MARCHING ONE BY ONE
HURRAH HURRAH
THE ANTS GO MARCHING ONE BY ONE
HURRAH HURRAH
THE ANTS GO MARCHING ONE BY ONE
THE LITTLE ONE STOPS TO CHEW SOME GUM
AND THEY ALL GO MARCHING DOWN IN THE
GROUND
TO GET OUT OF THE RAIN
BOOM BOOM BOOM

(SUBSTITUTE IN FOR ALL PRECEDING VERSES)

TWO BY TWO	TIE HIS SHOE
THREE BY THREE	CLIMB A TREE
FOUR BY FOUR	SHUT THE DOOR
FIVE BY FIVE	TAKE A DIVE
SIX BY SIX	PICK UP STICKS
SEVEN BY SEVEN	TO LOOK TO HEAVEN
EIGHT BY EIGHT	SHUT THE GATE
NINE BY NINE	TO DRINK AND DINE
TEN BY TEN	SAY "THE END!"

ARAM SAM SAM

A RAM SAM SAM, A RAM SAM SAM
GOOLI GOOLI GOOLI GOOLI GOOLI RAM SAM SAM
A RAM SAM SAM, A RAM SAM SAM
GOOLI GOOLI GOOLI GOOLI GOOLI RAM SAM SAM

A RAFI A RAFI
GOOLI GOOLI GOOLI GOOLI GOOLI RAM SAM SAM
A RAFI A RAFI
GOOLI GOOLI GOOLI GOOLI GOOLI RAM SAM SAM

BARGES

OUT OF MY WINDOW LOOKING IN THE NIGHT
I CAN SEE THOSE BARGES FLICKERING LIGHT
SILENTLY FLOWS THE RIVER TO THE SEA
AND THE BARGES TOO GO SILENTLY

CHORUS

BARGES, I WOULD LIKE TO GO WITH YOU
I WOULD LIKE TO SAIL THE OCEAN BLUE
BARGES HAVE YOU TREASURES IN YOUR HOLD
DO YOU FIGHT WITH PIRATES BRAVE AND BOLD?

2.

OUT OF MY WINDOW LOOKING IN THE NIGHT
I CAN SEE THOSE BARGES FLICKERING LIGHT
STARBOARD SHINES GREEN AND PORT IS
GLOWING RED
YOU CAN SEE THE BARGES FAR AHEAD

CHORUS

3.

OUT OF MY WINDOW LOOKING IN THE NIGHT
I CAN SEE THOSE BARGES FLICKERING LIGHT
BOATING DOWN RIVER OVER SEA AND FOAM
THE BARGES DO GO SAILING HOME

CHORUS

4.

OUT OF MY WINDOW LOOKING IN THE NIGHT
I CAN SEE THOSE BARGES FLICKERING LIGHT
CARRYING CARGO FAR ACROSS THE SEA
OH I WISH THAT SOME DAY THEY'D TAKE ME

CHORUS

5.
HOW MY HEART LONGS TO SAIL AWAY WITH YOU
AS YOU SAIL ACROSS THE OCEAN BLUE
BUT I MUST STAY BESIDE BY WINDOW DEAR
AS I WATCH YOU SAIL AWAY FROM HERE.

CHORUS

THE BEAR SONG

THE OTHER DAY, (THE OTHER DAY)
I SAW A BEAR (I SAW A BEAR)
A GREAT BIG BEAR (A GREAT BIG BEAR)
A WAY UP THERE (A WAY UP THERE)
THE OTHER DAY I SAW A BEAR
A GREAT BIG BEAR A WAY UP THERE

I LOOKED AT HIM
HE LOOKED AT ME
I SIZED UP HIM
HE SIZED UP ME
I LOOKED AT HIM HE LOOKED AT ME
I SIZED UP HIM HE SIZED UP ME

HE SAID TO ME
WHY DON'T YOU RUN?
I SEE YOU AIN'T
GOT ANY GUN
HE SAID TO ME WHY DON'T YOU RUN?
I SEE YOU AIN'T GOT ANY GUN

AND SO I RAN
AWAY FROM THERE
BUT RIGHT BEHIND ME
WAS THAT BEAR
AND SO I RAN AWAY FROM THERE
BUT RIGHT BEHIND ME WAS THAT BEAR

AND THEN I SAW
AHEAD OF ME
A GREAT BIG TREE
OH GLORY BE!
AND THEN I SAW, AHEAD OF ME, A GREAT BIG
TREE, OH GLORY BE

THE NEAREST BRANCH
WAS TEN FEET UP
I HAD TO JUMP
AND TRUST MY LUCK
THE NEAREST BRANCH WAS TEN FEET UP
I HAD TO JUMP AND TRUST MY LUCK

AND SO I JUMPED
INTO THE AIR
BUT I MISSED THAT BRANCH
OH WAY UP THERE
AND SO I JUMPED INTO THE AIR
BUT I MISSED THAT BRANCH OH WAY UP THERE

NOW DON'T YOU FRET
NOW DON'T YOU FROWN
CAUSE I CAUGHT THAT BRANCH
ON THE WAY BACK DOWN
NOW DON'T YOU FRET NOW DON'T YOU FROWN
CAUSE I CAUGHT THAT BRANCH ON THE WAY
BACK DOWN

THAT'S ALL THERE IS
THERE AIN'T NO MORE
UNLESS I MEET
THAT BEAR ONCE MORE
THAT'S ALL THERE IS THEIR AIN'T NO MORE
UNLESS I MEET THAT BEAR ONCE MORE

THE BEAR WENT OVER THE MOUNTAIN

THE BEAR WENT OVER THE MOUNTAIN
THE BEAR WENT OVER THE MOUNTAIN
THE BEAR WENT OVER THE MOUNTAIN
TO SEE WHAT HE COULD SEE,
AND ALL THAT HE COULD SEE
WAS THE OTHER SIDE OF THE MOUNTAIN
THE OTHER SIDE OF THE MOUNTAIN,
THE OTHER SIDE OF THE MOUNTAIN
WAS ALL THAT HE COULD SEE

BEETLES AND THE BEDBUGS

I WOKE UP SUNDAY MORNING
I LOOKED UP ON MY WALL
THE BEETLES AND THE BEDBUGS
WERE HAVING A GAME OF BALL

CHORUS
SINGING EENY MEENY AND A
MINEY MO MO MO MO
CATCH A STRIP-ED TIGER
BY THE TOE AND IF HE
HOLLERS HOLLERS
LET HIM GO I'M SINGING
EENY MEENY AND A MINEY MO

THE SCORE WAS SIX TO NOTHING
THE BEETLES WERE AHEAD
THE BEDBUGS HIT A HOMERUN
AND KNOCKED ME OUT OF BED

BINGO

THERE WAS A FARMER HAD A DOG
AND BINGO WAS HIS NAME-O
B-I-N-G-O B-I-N-G-O B-I-N-G-O
AND BINGO WAS HIS NAME-O
(DROP THE FIRST LETTER AND CONTINUE)

BLACK SOCKS (round)

BLACK SOCKS THEY NEVER GET DIRTY
THE LONGER YOU WEAR THEM
THE BLACKER THEY GET
SOME DAY I THINK I SHALL WASH THEM
SOMETHING INSIDE ME SAY NO NOT YET
NOT YET NOT YET

BLOWIN' IN THE WIND

HOW MANY ROADS MUST A MAN WALK DOWN?
BEFORE YOU CAN CALL HIM A MAN?
HOW MANY SEAS MUST A WHITE DOVE SAIL
BEFORE SHE SLEEPS IN THE SAND?
HOW MANY TIMES MUST CANNON BALLS FLY
BEFORE THEY'RE FOREVER BANNED?
THE ANSWER MY FRIEND IS BLOWIN' IN THE WIND
THE ANSWER IS BLOWIN' IN THE WIND

HOW MANY YEARS CAN A MOUNTAIN EXIST
BEFORE IT'S WASHED TO THE SEA?
HOW MANY YEARS CAN SOME PEOPLE EXIST
BEFORE THEY'RE ALLOWED TO BE FREE?
HOW MANY TIMES CAN A MAN TURN HIS HEAD
PRETENDING HE JUST DOESN'T SEE
THE ANSWER MY FRIEND IS BLOWN' IN THE WIND
THE ANSWER IS BLOWIN' IN THE WIND

HOW MANY TIMES MUST A MAN LOOK UP
BEFORE HE CAN SEE THE SKY?
HOW MANY EARS MUST ONE MAN HAVE
BEFORE HE CAN HEAR PEOPLE CRY?
HOW MANY DEATHS WILL IT TAKE 'TIL HE KNOWS
THAT TOO MANY PEOPLE HAVE DIED?
THE ANSWER MY FRIEND IS BLOWIN' IN THE WIND
THE ANSWER IS BLOWIN' IN THE WIND

BOOM CHICKA BOOM

I SAID A BOOM CHICKA BOOM
I SAID A BOOM CHICKA BOOM
I SAID A BOOM CHICKA ROCKA CHICKA BOOM
AHA OH YEAH ONE MORE TIME

____ STYLE

COUNTRY
UNDERWATER
BABY
ROBOT
GRANNY
MOTHER
SURFER
VALLEY GIRL
LOUD
QUIET

BOTTLES OF POP

ONE BOTTLE OF POP, TWO BOTTLES OF POP
THREE BOTTLES OF POP, FOUR BOTTLES OF POP
FIVE BOTTLES OF POP, SIX BOTTLES OF POP
SEVEN BOTTLES OF POP. POP!

FISH AND CHIPS AND VINEGAR VINEGAR VINEGAR
FISH AND CHIPS AND VINEGAR PEPPER PEPPER
PEPPER PEPPER SALT
DON'T PUT YOUR TRASH IN MY BACKYARD
MY BACKYARD MY BACKYARD
DON'T PUT YOUR TRASH IN MY BACKYARD
MY BACKYARD'S FULL

FISH & CHIP

BOW LEGGED CHICKEN

I'M A BOW-LEGGED CHICKEN, I'M A KNOCK-KNEED
HEN
NEVER BEEN SO HAPPY SINCE I DON'T KNOW
WHEN
I WALK WITH A WIGGLE & A GIGGLE & A SQUAWK
DOIN' THE TENNESSEE WIGGLE WALK

PUT YOUR HEELS TOGETHER AND YOUR KNEES
APART
SNAP YOUR FINGERS, READY? START!
FLAP YOUR WINGS JUST FOR LUCK
AND YOU'LL WIGGLE & YOU'LL WADDLE LIKE A
BABY DUCK

COME AND DANCE WITH ME BABY KEEP YOUR
TOES IN TIME
HAVEN'T BEEN SO HAPPY IN A LONG LONG TIME
I WALK WITH A WIGGLE & A GIGGLE & A SQUAWK
DOIN' THE TENNESSEE WIGGLE WALK!

BOY AND A GIRL IN A LITTLE CANOE

JUST A BOY AND A GIRL IN A LITTLE CANOE
WITH THE MOON SHINING ALL AROUND
THEY PADDED AND PADDED
SOOO YOU COULDN'T EVEN HEAR A SOUND
WELL THEY TALKED AND THEY TALKED
'TIL THE MOON GREW DIM
HE SAID "YOU BETTER KISS ME OR
GET OUT AND SWIM"
SO WHAT YOU GONNA DO IN A LITTLE CANOE
WITH THE MOON SHININ' ALL A
GIRL PADDLIN' ALL A
BOY SWIMMING ALL AROUND

BROWNIE SMILE SONG

I'VE GOT SOMETHING IN MY POCKET
THAT BELONGS ACROSS MY FACE
I KEEP IT VERY CLOSE TOME
IN THE MOST CONVENIENT PLACE
I'M SURE YOU'LL NEVER GUESS IT
IF YOU GUESS A LONG LONG WHILE
SO I'LL TAKE IT OUT AND PUT IT ON
IT'S A GREAT BIG BROWNIE SMILE!

BUBBLE GUM

Bubble Gum! Bazooka Zooka Zooka Bubble Gum

My mom, she gave me a nickel
And told me to buy a pickle
I did not buy a pickle
Instead I bought some bubble gum!

My mom, she game me a dime
And told me to buy a lime
I did not buy a lime Instead I bought some bubble gum

My mom, she gave me a quarter
And told me to tip the porter
I did not tip the porter
Instead I bought some bubble gum

My mom, she gave me a dollar
And told me to press my collar
I did not press my collar Instead I bought some bubble
gum

My Mom, she gave me a five
And told me to stay alive
I did not stay alive - Instead I choked on bubble gum

BUDDIES AND PALS

You and me, we're gonna be partners
You and me, we're gonna be pals
You and me, we're gonna be partners, buddies and pals

From now on, we're gonna be partners
From now on, we're gonna be pals
From now on, we're gonna be partners, buddies and pals

BUTTON FACTORY

HII MY NAME IS JOE
AND I WORK IN A BUTTON FACTORY
ONE DAY, MY BOSS SAID TO ME
ARE YOU BUSY JOE?
AND I SAID NO!
THEN PUSH THIS BUTTON LIKE THIS
(Rt Hand, Left Hand, Rt Leg, Left Leg, Head, Tongue,)

LAST VERSE: ...RE YOU BUSY JOE? & I SAID YES!

CALAMINE LOTION

Flee...Flee Fly... Flee Fly Flo...Vista!
Cumala Cumala Cumala Vista
Oh no no no not the vista
Eeeny meeeny deci meeeny oo ah oo alameeeny
Xameeeny zolameeeny oo ah oo ah
Beep billy oten boten bo bob a deeten baten

Flea.. Flea Fly... Flea fly mosquito....lotion
Calamine Calamine Calamine lotion
Oh no no not the lotion
Itchie itchie scratchie scratchie
Ooo I got one on my backie
Beat that big bad bug with the bug spray. SHHHHHHH

CAMP LIFE

THE _____ AT AREQUIPA
THEY SAY ARE MIGHTY FINE
BUT

OH, I DON'T WANT NO MORE OF THIS CAMP LIFE
GEE MOM I WANT TO GO
BUT THEY WON'T LET ME GO
GEE MOM I WANT TO GO HOME.

1. BISCUITS/ONE ROLLED OFF THE TABLE AND
SQUASHED A FRIEND OF MINE
2. WATER/ WHEN YOU GO TO DRINK IT TASTES
LIKE TURPENTINE
3. BOYS/ THEY'RE EITHER UNDER SEVEN OR
OVER NINETY-NINE
4. NURSES/ WHEN YOU BREAK A FINGER THEY
BREAK THE OTHER NINE
5. POOL/ 5 CUPS OF WATER AND 7 CUPS OF
SLIME
6. COUNSELORS / WHEN THEY TAKE OFF THEIR
MAKEUP THEY LOOK LIKE FRANKENSTEIN
7. SPAGHETTI/ SOME JUMPED OFF THE TABLE
AND STRANGLED A FRIEND OF MINE
8. HOT DOGS/ SOME JUMPED OFF THE TABLE
AND BIT A FRIEND OF MINE
9. COFFEE/ IT'S GOOD FOR CUTS AND BRUISES
IT TASTES LIKE IODINE
10. BUSSES/ BUT WHEN THEY TURN THE
CORNER THEY LEAVE THE WHEELS BEHIND

CITY GIRLS

CITY GIRLS THEY WEAR THOSE
COUNTRY GIRLS THEY WEAR THE SAME
MOUNTAIN GIRLS JUST
BUT THEY GET THERE JUST THE SAME
YEE HAW!

Chorus:

ALL AROUND THE MOUNTAIN FARMER BETSY!
ALL AROUND THE MOUNTAIN LORA LEE,
IF I EVER SEE HER AGAIN
MAY THE GOOD LORD REMEMBER ME
YEE-HAW

1. HIGH HEEL SHOES / WEAR OLD HIKING BOOTS
2. LONG SILK SKIRTS / WEAR OLD OVERALLS
3. FRENCH PERFUMES/ GO AU NATURAL
4. FANCY BRUSHES / WEAR AN OLD BANDANA
5. FLUSH TOILETS / FIND A FRIENDLY BUSH

CLEMENTINE

In a cavern, in a canyon, excavating for a mine
Lived a miner, forty-niner & his daughter Clementine

Chorus:

Oh, my darling, oh my darling, oh, my darling Clementine
You are lost and gone forever, dreadful sorry Clementine!

Light she was and, like a fairy
And her shoes were number nine;
Herring boxes, without topes
Sandals were for Clementine
Chorus

Drove she ducklings to the water,
Every morning just at nine;
Hit her foot against a splinter
Fell into the foaming brine.
Chorus

Ruby lips above the water
Blowing bubbles soft and fine;
But alas I was no swimmer,
So I lost my Clementine.
Chorus

In a churchyard, near the canyon
Where the myrtle does entwine
There grow roses, other posies
Fertilized by Clementine
Chorus

Then the miner, 49-er,
Soon began to peak and pine
Thought he oughter join his daughter,
Now he's with his Clementine
Chorus

In my dreams she still does haunt me,
Robed in garments soaked with brine
Tho' in life I used to hug her
Now she's dead, I draw the line
Chorus

Oh ye campers, heed this warning
To this tragic tale of mine
CPR, it would have saved her,
Oh my darling Clementine

DESPERADO FROM CRIPPLE CREEK

There was a Desperado from the wild and wooly west
He rode into Chicago just to give the west a rest
He wore a big sombrero and two pistols by his side
And everywhere he went his gave his war whoop!

Chorus:

Now what a big bold man was this Desperado
From Cripple Creek right out to Colorado
And he horsed around like a big tor-a-nado
And everywhere he went he gave his war whoop

He went to Coney Island just to check out all the sights
He saw the Hoochy Coochies and the girls all dressed in
tights

It got him so excited that he shot out all the lights
And everywhere he went he gave his war whoop

A great big old policeman came a walking down the
street

He saw that Desperado just a thinking he was neat
He took him by the collar and he took him by his seat
And threw him where he couldn't give his war whoop!

DONA NOBIS PACEM

DONA NOBIS PACEM PACEM
DONA NOBIS PACEM

DONA NOBIS PACEM
DONA NOBIS PACEM

DONA NOBIS PACEM
DONA NOBIS PACEM

DONUT SHOP

WELL I RAN AROUND THE CORNER
AND I RAN AROUND THE BLOCK
AND I RAN RIGHT INTO THE DONUT SHOP
AND I PICKED UP A DONUT
RIGHT OUT OF THE GREASE
AND I HANDED THE LADY A FIVE-CENT PIECE

WELL SHE LOOKED AT THE NICKEL
AND SHE LOOKED AT ME
AND SHE SAID THIS MONEY IS NO GOOD YOU SEE
THERE'S A HOLE IN THE MIDDLE
AND IT GOES RIGHT THROUGH
AND I SAID THERE'S A HOLE IN THE DONUT TOO
THANKS FOR THE DONUT
BYE-BYE

DOWN BY THE BANKS

DOWN BY THE BANKS OF THE HANKIE PANKIE
WHERE THE BULLFROGS JUMP FROM BANK TO
BANKIE
WITH A HIP-HOP SKIP SKOP
3 QUACKADOODLES AND A KERFLOP

DOWN BY THE BAY

DOWN BY THE BAY
WHERE THE WATERMELONS GROW
BACK TO MY HOME
I DARE NOT GO
FOR IF I DO, MY MOTHER WILL SAY

DOWN BY THE BAY

1. HAVE YOU EVER SEEN A GOOSE
KISSING A MOOSE

2. HAVE YOU EVER SEEN A WHALE
WITH A POLKA DOTTED TAIL

3. HAVE YOU EVER SEEN A FLY
WEARING A TIE

4. HAVE YOU EVER SEEN A BEAR
COMBING HIS HAIR

5. HAVE YOU EVER SEEN A LLAMA
WEARING HIS PAJAMAS

6. HAVE YOU EVER SEEN AN OCTOPUS
DANCING WITH A PLATYPUS

7. HAVE YOU EVER HAD A TIME
WHEN YOU COULDN'T MAKE A RHYME

DOWN BY THE RIVERSIDE

I'M GONNA LAY DOWN MY SWORD AND SHIELD
DOWN BY THE RIVERSIDE, DOWN BY THE
RIVERSIDE
DOWN BY THE RIVERSIDE
I'M GONNA LAY DOWN MY SWORD AND SHIELD
DOWN BY THE RIVERSIDE, STUDY WAR NO MORE

CHORUS:

I AIN'T GONNA STUDY WAR NO MORE
AIN'T GONNA STUDY WAR NO MORE,
AIN'T GONNA STUDY WAR NO MORE
I AIN'T GONNA STUDY WAR NO MORE
AIN'T GONNA STUDY WAR NO MORE,
AIN'T GONNA STUDY WAR NO MORE.

I'M GONNA JOIN HANDS WITH EVERYONE
DOWN BY THE RIVERSIDE, DOWN BY THE
RIVERSIDE

DOWN BY THE RIVERSIDE

I'M GONNA JOIN HANDS WITH EVERYONE
AND STUDY WAR NO MORE
CHORUS

FLICKER

THE FLICKER OF THE CAMPFIRE, THE WIND IN THE PINES
THE MOON IN THE HEAVENS, THE STARS THAT SHINE
A PLACE WHERE PEOPLE GATHER
TO MAKE FRIENDS OF ALL KINDS
A PLACE WHERE ALL OUR TROUBLES
ARE ALWAYS LEFT BEHIND

SO GIVE ME THE LIGHT OF A CAMPFIRE
WARM AND BRIGHT
AND GIVE ME SOME FRIENDS TO SING WITH
I'LL BE HERE ALL NIGHT
LOVE IS FOR THOSE WHO FIND IT
I FOUND MINE RIGHT HERE
JUST YOU AND ME AND THE CAMPFIRE
AND THE SONGS WE LOVE TO HEAR

INTERLUDE: DO-DO, DO-DO, DO-DO, DO-DO, DO-DO

FROGGY (repeat song)

DOG! DOG
DOG, CAT! DOG, CAT!
DOG, CAT, MOUSE DOG, CAT, MOUSE
FROGGY! FROGGY!
ITSY-BITSY, TEEN-WEENY, LITTLE FROGGY!
JUMP, JUMP, JUMP, JUMP A LITTLE FROGGY!
Eating All The Teeny-Weeny Worms & Spiders
BUGS AND FLEAS – SCRUMDIDDLYUMPCIOUS
RIBBIT, RIBBIT, RIBBIT, RIBBIT, RIBBIT, RIBBIT,
CROAK!

G FOR GENEROSITY

SHE WEARS A G FOR GENEROSITY.
SHE WEARS AND I FOR INTEREST TOO
SHE WEARS AN R FOR REAL GOOD
SPORTSMANSHIP
SHE WEARS AN L FOR LOYALTY
SHE WEARS AN S FOR HER SINCERITY
SHE WEARS A C FOR COUR-TE-S-Y
SHE WEARS AN O-U-T FOR OUTDOOR LIFE,
OUTDOOR LIFE
AND THAT GIRL SCOUT IS ME
(BELIEVE IT OR NOT)

GIRL SCOUT SPIRIT

I'VE GOT THAT GIRL SCOUT SPIRIT
UP IN MY HEAD, UP IN MY HEAD UP IN MY HEAD
I'VE GOT THAT GIRL SCOUT SPIRIT
UP IN MY HEAD, UP IN MY HEAD TO STAY

2. DOWN IN MY FEET
3. DEEP IN MY HEART
4. ALL OVER ME

I'VE GOT THAT GIRL SCOUT SPIRIT
UP IN MY HEAD, DOWN IN MY FEET, DEEP IN MY
HEART
I'VE GOT THAT GIRL SCOUT SPIRIT
ALL OVER ME, ALL OVER ME TO STAY

GIRL SCOUTS TOGETHER

GIRL SCOUTS TOGETHER THAT IS OUR SONG
WINDING THE OLD TRAILS ROCKY AND LONG
LEARNING OUR MOTTO, LIVING OUR CREED
GIRL SCOUTS TOGETHER IN EVERY GOOD DEED.

GIRL SCOUTS TOGETHER HAPPY ARE WE.
FRIENDLY TO NEIGHBORS FAR O'ER THE SEA
FAITHFUL TO COUNTRY, LOYAL TO HOME
KNOWN AS TRUE GIRL SCOUTS WHEREVER WE
ROAM.

GIRL SCOUTS TOGETHER ONWARD WE GO
JOINING AS SISTER STRONGER WE GROW
MOTHERS AND LAWYERS, WOMEN IN SPACE
WE KNOW NO BOUNDARIES; THE FUTURE'S OUR
PLACE

GOD BLESS AMERICA

GOD BLESS AMERICA
LAND THAT I LOVE
STAND BESIDE HER AND GUIDE HER
THROUGH THE NIGHT WITH THE LIGHT FROM
ABOVE
FROM THE MOUNTAINS TO THE PRAIRIES
TO THE OCEANS WHITE WITH FOAM
GOD BLESS AMERICA MY HOME SWEET HOME
GOD BLESS AMERICA MY HOME SWEET HOME

GOODNIGHT IRENE

Chorus:

IRENE, GOODNIGHT, IRENE GOODNIGHT
GOODNIGHT IRENE, GOODNIGHT IRENE, I'LL SEE
YOU IN MY DREAMS

FOXES SLEEP IN THE FOREST, LIONS SLEEP IN
THEIR DENS

GOATS SLEEP ON THE MOUNTAINSIDE & PIGGIES
SLEEP IN PENS

Chorus

WHALES SLEEP IN THE OCEAN, ZEBRAS SLEEP ON
LAND,

HIPPOS SLEEP BY THE RIVERSIDE & CAMELS
SLEEP ON SAND

Chorus

COYOTE SLEEPS IN THE CANYON, A BIRDIE
SLEEPS IN A TREE,
AND WHEN IT'S TIME FOR ME TO REST, MY TENT'S
THE PLACE FOR ME

Chorus

HAPPY TRAILS

HAPPY TRAILS TO YOU, UNTIL WE MEET AGAIN
HAPPY TRAILS TO YOU, KEEP SMILIN' UNTIL THEN
WHO CARES ABOUT THE CLOUDS WHEN WE'RE
TOGETHER?
JUST SING A SONG AND BRING THE SUNNY
WEATHER.
HAPPY TRAILS TO YOU 'TILL WE MEET AGAIN.

HERMAN THE WORMIN'

SITTIN' ON THE FENCE POST, CHEWIN' MY BUBBLE
GUM

PLAYIN' WITH MY YO-YO
AND ALONG COMES HERMAN THE WORMIN'
HE WAS THIS BIG.

HOW BIG?

THIS BIG!

AND I SAID, "YO HERMAN! WHAT'S HAPPENING?"
AND HE SAID, "I ATE MY DOG"

NEXT VERSES: SISTER, BROTHER, MOM, DAD

HELLO! HELLO! HELLO! HELLO!

HELLO! HELLO! HELLO! HELLO!
WE ARE GLAD TO MEET YOU, WE ARE GLAD TO
GREET YOU
HELLO! HELLO! HELLO! HELLO!

HOME ON THE RANGE

Oh give me a home where the buffalo roam
And the deer and the antelope play
Where seldom is heard a discouraging word
And the sky is not cloudy all day

Home home on the range
Where the deer and the antelope play
Where seldom is heard a discouraging word
And the sky is not cloudy all day

HUMPTY DUMPTY

Chorus:

HUMP-TY DUMP HUMP HUMP -TY DUMPTY DUMPTY
HUMP-TY DUMP HUMP HUMP -TY DUMPTY DUMPTY

HUMPTY DUMPTY SAT ON A WALL
HUMPTY DUMPTY HAD A GREAT FALL
ALL THE KING'S HORSE & ALL THE KING'S MEN
SAID

WHOO! AIN'T THAT FUNKY NOW (CHORUS)

LITTLE MISS MUFFET SAT ON HER TUFFET
EATING HER CURDS AND WHEY
ALONG CAME A SPIDER

IT SAD DOWN BESIDE HER AND SAID.

WHOO! AIN'T THAT FUNKY NOW (CHORUS)

JACK AND JILL WENT UP A HILL
TO FETCH A PAIL OF WATER
JACK FELL DOWN

AND BROKE HIS CROWN AND JILL SAID
WHOO! AIN'T THAT FUNKY NOW (CHORUS)

LITTLE JACK HORNER SAT IN THE CORNER
EATING HIS CHRISTMAS PIE
HE PUT IN HIS THUMB AND PULLED OUT A PLUM
AND SAID

WHOO! AIN'T THAT FUNKY NOW

GEORGIE PORGIE PUDDING AND PIE
KISSED THE GIRLS AND MADE THEM CRY
WHEN THE GIRLS CAME OUT TO PLAY
GEORGIE PORGIE RAN AWAY AND SAID
WHOO! AIN'T THAT FUNKY NOW?

I LOVE THE FLOWERS

I LOVE THE FLOWERS
I LOVE THE DAFFODILS
I LOVE THE MOUNTAINS
I LOVE THE ROLLING HILLS
I LOVE THE FIRESIDE
WHEN ALL THE LIGHTS ARE LOW

BOOM DE AH DA BOOM DE AH DA
BOOM DE AH DA BOOM DE AH DA

IF I HAD A HAMMER

If I had a hammer, I'd hammer in the morning
I'd hammer in the evening, all over this land
I'd hammer out danger, I'd hammer out a warning
I'd hammer out love between my brothers and my sisters
All over this land

If I had bell, I'd ring it in the morning
(continue)

If I had a song, I'd sing it in the morning
(continue)

Well I have a hammer and I've got a bell
And I've got a song to sing, all over this land
It's the hammer of justice
It's the bell of freedom
It's the song about love between my brothers and my sisters
All over this land

I'M A NUT

I'M A LITTLE ACORN ROUND,
SITTING ON THE COLD COLD GROUND
EVERYBODY STEPS ON ME,
THAT IS WHY I'M CRACKED YOU SEE
I'm a nut, I'm a nut, I'm a nut, I'm a nut!

CALLED MYSELF ON THE TELEPHONE
JUST TO SEE IF I WAS HOME
ASKED MYSELF OUT ON A DATE,
PICKED ME UP AT HALF PAST EIGHT

TOOK MYSELF TO THE PICTURE SHOW,
SAT MYSELF IN THE VERY FIRST ROW
WRAPPED MY ARMS AROUND MY WAIST,
GOT SO FRESH I SLAPPED MY FACE

COCA COLA CAME TO TOWN,
PEPSI COLA SHOT'EM DOWN
DR. PEPPER FIXED HIM UP,
NOW WE ALL DRINK 7-UP

7-UP GOT THE FLU,
NOW WE ALL DRINK MT. DEW
MT. DEW WENT TO JAIL,
NOW WE ALL DRINK GINGER ALE.

IN A CABIN

In a cabin in the woods
A little old man by the window stood
Saw a rabbit hopping by, knocking at my door
"Help me, help me help me" he said
"Fore the hunter shoots me dead."
"Come little rabbit, come inside
Safely you'll abide"

IT'S A SMALL WORLD

IT'S A WORLD OF LAUGHTER
A WORLD OF TEARS
IT'S A WORLD OF HOPES
AND A WORLD OF FEARS
THERE'S SO MUCH THAT WE SHARE
THAT IT'S TIME WE'RE AWARE
IT'S A SMALL WORLD AFTER ALL

CHORUS

IT'S A SMALL WORLD AFTER ALL
IT'S A SMALL WORLD AFTER ALL
IT'S A SMALL WORLD AFTER ALL
IT'S A SMALL SMALL WORLD

THERE IS JUST ONE MOON AND ONE GOLDEN SUN
AND A SMILE MEANS FRIENDSHIP TO EVERYONE
THOUGH THE MOUNTAINS DIVIDE
AND THE OCEANS ARE WIDE
IT'S A SMALL WORLD AFTER ALL

I'VE BEEN WORKING ON THE RAILROAD

I'VE BEEN WORKING ON THE RAILROAD,
ALL THE LIVE LONG DAY
I'VE BEEN WORKING ON THE RAILROAD J
UST TO PASS THE TIME AWAY
CAN'T YOU HEAR THE WHISTLE BLOWIN'
RISE UP SO EARLY IN THE MORN
CAN'T YOU HEAR THE CAPTAIN SHOUTIN'
"DINAH BLOW YOUR HORN!"

DINAH, WON'T YOU BLOW,
DINAH WON'T YOU BLOW,
DINAH WON'T YOU BLOW YOUR HORN?
DINAH WON'T YOU BLOW,
DINAH WON'T YOU BLOW,
DINAH WON'T YOU BLOW YOUR HORN?

SOMEONE'S IN THE KITCHEN WITH DINAH,
SOMEONE'S IN THE KITCHEN I KNOW
SOMEONE'S IN THE KITCHEN WITH DINAH,
STRUMMIN' ON THE OLD BANJO AND SINGIN'
FEE, FI, FIDDLE-EE-I-O, FEE, FI FIDDLE-EE-IO,
FEE, FI FIDDLE-EE-IO, STRUMMIN' ON THE OLD
BANJO

JAWS (repeat)

THERE WAS A STORY DOO DOO DOO DOO

ABOUT JAWS

MAMA JAWS

PAPA JAWS

BABY JAWS

GRANDPA JAWS

BUT THERE WAS JAWS

THERE WAS A MAN DEE DEE DEE DEE

A WIMPY MAN DEE DEE DEE DEE

HE SAID "COME EVERYBODY COME SWIM WITH ME"

BUT THERE WAS JAWS DOO DOO DOO DOO

SHARK ATTACK

THERE WAS A LADY

A MUSCLE LADY

SHE SAID "I'LL SAVE YOU"

FOR FIFTY BUCKS

BUT THERE WAS JAWS

SO WHAT'S NEXT?

SO WHAT'S NEXT?

JAWS 2

AND JAWS 3

JOHN JACOB JINGLEHEIMERSCHMIDT

JOHN JACOB JINGLEHEIMERSCHMIDT

THAT'S MY NAME TOO

WHEN EVER I GO OUT

THE PEOPLE ALWAYS SHOUT

THERE GOES JOHN JACOB JINGLEHEIMERSCHMIDT

DA DA DA DA DA DA DA

KOOKABURRA

KOOKABURRA SITS IN THE OLD GUM TREE
MERRY MERRY KING OF THE BUSH IS HE
LAUGH KOOKABURRA LAGH KOOKABURRA
GAY YOUR LIFE MUST BE

KOOKABURRA SITS I THE OLD GUM TREE
EATING ALL THE GUM DROPS HE CAN SEE
STOP KOOKABURRA STOP KOOKABURRA
LEAVE SOME THERE FOR ME

KOOKABURRA SITS ON A WOODEN RAIL
PULLING MANY SPLINTERS OUT OF HIS TAIL
CRY KOOKABURRA CRY KOOKABURRA
SORE YOUR TAIL MUST BE

LAND OF THE SILVER BIRCH

Land of the silver birch, home of the beaver
And where the mighty moose wanders at will

Chorus:

BLUE LAKES AND ROCKY SHORES,
I WILL RETURN ONCE MORE
BOOM-DID-DY-UM-BUM-BUM-BUM
BOOM-DID-DY-UM-BUM-BUM-BUM

High on a rocky ledge, I'll build my wigwam
Close by the water's edge silent and still.

Down in the forest glade, deep in the lowlands
My heart cries out for thee, Hills of the North

LINGER

MMM I want to linger
MMM A little longer
MMM A little longer here with you

MMM It's such a perfect night
MMM It doesn't seem quite right
MMM that this should be our last with you

MMM When come September
MMM We will remember
MMM Our camping days and friendships too

MMM And as the years go by
MMM We'll think of you and sign
MMM this is good night and not good bye

MMM I want to linger
MMM A little longer
MMM A little longer here with you

LITTLE BIRDS

WAY UP IN THE SKY
THE LITTLE BIRDS FLYWHILE DOWN IN THEIR NEST
THE LITTLE BIRDS REST
WITH A WING ON THE LEFT
AND A WING ON THE RIGHT
THE LITTLE BIRDS SLEEP
ALL THROUGH THE NIGHT
SHHHH THEY'RE SLEEPING!
THE BRIGHT SUN COME SUP
THE DEW FALLS AWAY
GOOD MORNING! GOOD MORNING!
THE LITTLE BIRDS SAY

LITTLE GREEN FROG

(or Mm-at instead of barrump)
Barrump went the little green frog one day
Barrump went the little green frog
Barrump went the little green frog one day
And his eyes went Gack Gack Gung

All the other frogs went Fro-dee-oh-dee-oh-dee-oh
Fro-dee-oh-dee-oh-dee-oh Fro-dee-oh-dee-oh-dee-oh
All the other frogs went Fro-dee-oh-dee-oh-dee-oh
And the little green frog went Gack Gung (or M-at, m-at,
mat-at)

Honk-honk went the big bad bus one day
Squish-squish went the little green frog
And his did got m-at anymore
Cause they all got eaten by a dog **Arf Arf!**

Oh Tommy Toad, Oh Tommy Toad
Why did you jump into the road?
Repeat

You used to be so big and fat
And now you are so red and flat
Oh Tom the Toad Oh Tom the Toad
Why did you jump into the road?

LORDY CAN'T YOU SMELL HER

OH LORDY CAN'T YOU SMELL HER
SHE'S DOWN THERE IN THE CELLAR
COOKING CANNED BEANS ON A DIRTY STOVE
SHE'S PICKING OFF HER LICE*
AND PUTTING IN THE RICE*
AND THE (--SSNNUUUUFF--)
GOES DOWN HER NOSE

CHORUS:

DOWN HER NOSE, DOWN HER NOSE
AND THE (--SSNNUUUUFF--)
GOES DOWN HER NOSE

*FLEAS	PEAS
SCABS	CRABS
ZITS	GRITS
PIMPLES	PICKLES

MAKE NEW FRIENDS

MAKE NEW FRIENDS
BUT KEEP THE OLD
ONE IS SILVER
AND THE OTHERS GOLD

A CIRCLE'S ROUND
IT HAS NO END
THAT'S HOW LONG
I WANT TO BE YOUR FRIEND

I HAVE A HAND
AND YOU HAVE ANOTHER
PUT THEM TOGETHER
AND WE HAVE EACH OTHER

A FIRE BURNS BRIGHT
IT WARMS OUR HEART
WE'VE BEEN FRIENDS
FROM THE VERY START

MILK

Chorus:

DON'T WANT NO POP, NO POP
DON'T WANT NO TEA, NO TEA
JUST GIVE ME SOME MILK,
MOO, MOO, MOO, MOO, MOO
WISCONSIN MILK
MOO, MOO, MOO, MOO, MOO

GIVE ME A BIG M
GIVE ME A LITTLE M

GIVE ME A BIG I
GIVE ME A LITTLE I

GIVE ME A BIG L
GIVE ME A LITTLE L

GIVE ME A BIG K
GIVE ME A LITTLE K

GIVE ME A BIG MILK
GIVE ME A LITTLE MILK

MOOSE SONG (repeat)

THERE WAS A GREAT BIG MOOSE
HE LIKE TO DRINK A LOT OF JUICE
THERE WAS A GREAT BIG MOOSE
HE LIKE TO DRINK A LOT OF JUICE.

SINGIN OH-WAY-OH
WAY-OH-WAY-OH-WAY OH
WAY-OH-WAY-OH
WAY-OH-WAY-OH-WAY-OH

THE MOOSE'S NAME WAS FRED
HE LIKED TO DRINK HIS JUICE IN BED

HE DRANK HIS JUICE WITH CARE
UNTIL HE SPILLED SOME ON HIS HAIR

NOW HE'S A STICKY MOOSE

CUZ HE'S A MOOSE COVERED IN JUUUUUICE!

MY AUNT CAME BACK

MY AUNT CAME BACK

FROM _____
AND BROUGHT WITH HER _____

THE NEW YORK FAIR - A ROCKING CHAIR

OLD JAPAN - AN OLD HAND FAN

HONOLULU - HULA HOOP

OLD ALGIERS - A PAIR OF SHEARS

HOLLAND TOO - A WOODEN SHOE

TIMBUKTU - SOME GUM TO CHEW

HOLLOW TREE - AN ITCHY FLEA

THE BROOKLYN ZOO - A NUT LIKE YOU

MY BONNIE LIES OVER THE OCEAN

My Bonnie lies over the ocean

My Bonnie lies over the sea

My Bonnie lies over the ocean

So Bring Back my Bonnie to me

Bring Back Bring Back

Oh Bring Back my Bonnie to me to me

Bring Back Bring Back

Oh Bring Back my Bonnie to me to me

MY COUNTRY TIS OF THEE

MY COUNTRY TIS OF THEE

SWEET LAND OF LIBERTY

OF THEE I SING

LAND WHERE MY FATHERS DIED

LAND OF THE PILGRIMS PRIDE

FROM EVERY MOUNTAIN SIDE

LET FREEDOM RING

MY OLD DAD'S A SAILOR

MY OLD MAN'S A SAILOR

NOW WHAT DO YOU THINK OF THAT

HE WEARS A SAILORS COLLAR

HE WEARS A SAILORS HAT

HE WEARS A SAILORS RAINCOAT

HE WEARS A SAILORS SHOES

AND EVERY SATURDAY EVENING

HE READS THE SAILORS NEWS

AND SOME DAY IF I CAN

I'M GONNA BE A SAILOR

JUST LIKE MY OLD MAN

(use other occupations)

MOO MOO

HAVE YOU EVER SEEN A MOO MOO COME TO TEA?

TAKE A LOOK AT ME, A MOO MOO YOU WILL SEE!

MOO MOO, ATTENTION! MOO MOO, BEGIN

RIGHT ARM.....

Next verses: Left arm, right leg, left leg, nod your head,
turn around, sit down!

NOBLE DUKE OF YORK

The noble duke of York

He had ten thousand men

He marched them up the hill

And then he marched them down again

When your up your up

And when your down your down

And when your only half way up

Your neither up nor down

O CHESTER

O CHESTER HAVE YOU
HEARD ABOUT HARRY
JUST GOT BACK FROM THE ARMY
I HEARD HE KNOWS
HOW TO WEAR A ROSE
HIP HIP HURRAY FOR THE ARMY

OLD McDONALD

OLD McDONALD HAD A FAR,
E-I-E-I-O
AND ON HIS FARM HE HAD A _____

1. **TREE** - WELL, THEY CHOPPED DOWN THE OLD
PINE TREE TIMBER! AND THEY HAULED IT AWAY TO
THE MILL TRA LA LA LA
2. **HOME** - HOME HOME ON THE RANGE
3. **DOG** - OH WHERE OH WHERE HAS MY LITTLE
DOG GONE OH WHERE OH WHERE CAN HE
BE.... HE'S HOME
4. **SWEETHEART** - LET ME CALL YOU
SWEETHEART. I'M IN LOVE WITH YOU. LET ME
WHISPER IN YOUR EAR.. (OH WHERE)
5. **SKUNK** - WELL I STUCK MY HEAD IN A LITTLE
SKUNK HOLE AND THE SAID SKUNK SAID TO ME...
(LET ME CALL)
6. **END** - E-I-E-I-O

ON MY HONOR

Chorus:

ON MY HONOR I WILL TRY
THERE'S A DUTY TO BE DONE AND I SAY AYE
THERE'S A REASON HERE AND A REASON UP ABOVE
MY HONOR IS TO TRY AND MY DUTY IS TO LOVE

PEOPLE DON'T NEED TO KNOW MY NAME,
IF I DO ANY HARM THEN I'M TO BLAME,
IF I'VE HELPED ANOTHER THAN I'VE HELPED ME
IF I'VE OPENED UP MY EYES TO SEE

I'VE TUCKED AWAY A SONG OR TWO
IF YOU'RE FEELING LOW THERE'S ONE FOR YOU
IF YOU NEED A FRIEND THEN I WILL COME
AND THERE'S MANY MORE WHERE I COME FROM

CHORUS

COME WITH ME WHERE A FIRE BURNS BRIGHT
WE CAN EVEN SEE BETTER IN A CANDLES' LIGHT
AND WE FIND MORE MEANING IN A CAMPFIRE'S
GLOW

THAN WE'D EVER LEARN IN A YEAR OR SO

WE'VE MADE A PROMISE TO ALWAYS KEEP
AND PRAY SOFTLY FALLS BEFORE WE SLEEP
WE'LL BE GIRL SCOUTS TOGETHER AND WHEN
WERE GONE

WE'LL STILL BE TRYING AND SINGING THIS SONG
CHORUS

ON TOP OF SPAGHETTI

ON TOP OF SPAGHETTI, ALL COVERED WITH
CHEESE,
I LOST MY POOR MEATBALL WHEN SOMEBODY
SNEEZED

IT ROLLED OFF THE TABLE AND ONTO THE FLOOR
AND THEN MY POOR MEATBALL, ROLLED OUT OF
THE DOOR.

IT ROLLED IN THE GARDEN, AND UNDER A BUSH
AND THEN MY POOR MEATBALL, WAS NOTHING
BUT MUSH

THE MUST WAS A TASTY AS TASTY COULD BE,
AND EARLY NEXT SUMMER, IT GREW INTO A TREE

THE TREE WAS ALL COVERED WITH BEAUTIFUL
MOSS,
IT GREW LOVELY MEATBALLS AND TOMATO
SAUCE.

SO IF YOU EAT SPAGHETTI ALL COVERED WITH
CHEESE
HOLD ONTO YOUR MEATBALLS, AND DON'T EVER
SNEEZE
ACHOO!

OUR CHALET SONG

HIGH UP, HIGH ON THE MOUNTAIN
WE'VE FOUNDED OUR CHA-LET.
HIGH UP, HIGH UP ON A MOUNTAIN
WE FOUNDED OUR CHALET.
IT'S SLOPING ROOD AND WIDE SHALL SHEL-TER
US WITH-OUT A CARE
AND EACH GIRL SCOUT AND GUIDE SHALL FIND A
WEL-COME THERE.

OUR CABANA SONG

'NEATH THE GRAND SI-ER-RA MA-DRE
ON A PLAIN IN MEX-I-CO
LIES OUR BEAU-TI-FUL CA-BA-NA
WHERE GIRL SCOUTS AND GUIDES GO
OH, COME THEN TO SEE THE MOUN-TAINS,
THE CAC-TUS AND SUN-NY SKIES.
HEAR THE CRICK-ET IN THE EV-NING
AND SEE THE WHITE MOON A-RISE.

EN LA BELLA CUERNAVACA
EN UN VALLE EN MEXICO
SE ENCUENTRA NUESTRA CABANA
UN LUGAR LLENO DE SOL
VAMOS A NUESTRA CABANA
GOZAREMOS AL LLEGAR
DE AMISTD Y DE ALEGRIN
Y DE BELLEZA SIN PAR

PEACE

PEACE I ASK OF THEE O RIVER
PEACE PEACE PEACE
WHEN I LEARN TO LIVE SERENELY CARES WILL
CEASE
FROM THE HILLS I GATHER COURAGE
VISION OF THE DAY TO BE
STRENGTH TO LEAD AND FAITH TO FOLLOW
ALL ARE GIVEN UNTO ME
PEACH I ASK OF THEE O RIVER
PEACE PEACE PEACE

PINK PAJAMAS

I WEAR MY PINK PAJAMAS
IN THE SUMMER WHEN IT'S HOT
I WEAR MY FLANNEL NIGHTIE IN THE WINTER
WHEN IT'S NOT
AND SOMETIMES IN THE SPRINGTIME
AND SOMETIMES IN THE FALL
I JUMP BETWEEN THE SHEETS
WITH NOTHING ON AT ALL

GLORY GLORY HALLELUJAH
GLORY GLORY WHAT'S IT TO YA
MA -- THE BEEZE IS BLOWING THOUGH YA
WITH NOTHING ON AT ALL!

PEANUT BUTTER

CHORUS:
PEANUTS PEANUT BUTTER AND JELLY
PEANUTS PEANUT BUTTER AND JELLY

FIRST YOU TAKE THE PEANUTS A
AND YOU SMASH 'EM SMASH 'EM
FIRST YOU TAKE THE PEANUTS A
AND YOU SMASH 'EM SMASH 'EM

NEXT YOU TAKE THE GRAPES
AND YOU SQUISH 'EM SQUISH 'EM
NEXT YOU TAKE THE GRAPES
AND YOU SQUISH 'EM SQUISH 'EM

NEXT YOU TAKE THE BREAD
AND YOU SPREAD IT SPREAD IT
NEXT YOU TAKE THE BREAD
AND YOU SPREAD IT SPREAD IT

THEN YOU TAKE YOUR SANDWICH
AND YOU EAT IT EAT IT
THEN YOU TAKE YOUR SANDWICH
AND YOU EAT IT EAT IT

PRINCESS PAT

THE PRINCESS PAT
LIVED IN A TREE
SHE SAILED ACROSS
THE 7 SEAS
SHE SAILED ACROSS
THE CHANNEL 2
AND TOOK WITH HER
THE RICKA DANDOO

CHORUS:

THE RICKA DANDOO
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
THE RICKA DANDOO

NOW CAPTAIN JACK
HAD A MIGHTY FINE CREW
HE SAILED ACROSS
THE CHANNEL 2
BUT HIS SHIP SANK
AND YOURS WILL TOO
IF YOU FORGET
THE RICKA DANDOO

PUFF THE MAGIC DRAGON

Chorus:

Puff the magic dragon, lived by the sea
And frolicked in the autumn mist in a land called Hanalee
Little Jackie Paper loved that rascal Puff
And brought him strings and ceiling wax and other fancy
stuff

Oh Puff the Magic Dragon lived by the sea
And frolicked in the autumn mist in a land called Hanalee.

Together they would travel on a boat with billowed sail.
Jackie kept a lookout perched on Puff's gigantic tail
Noble kings and princes would bow whenever they came
And pirate ships would lower their flags when Puff roared
out his name. (chorus)

A dragon lives forever, but not so little boys
Painted wings and giant rings make way for other toys
One gray night it happened, Jackie Paper came no more
And Puff that mighty dragon he ceased his fearless roar
His head was bent in sorrow, green scales fell like rain
Puff no longer went to play along the cherry lane
Without his lifelong friend, Puff could not be so brave
So Puff that mighty dragon sadly slipped into his cave
(Chorus)

RAM SAM SAM

A RAM SAM SAM A RAM SAM SAM
GULI GULI GULI GULI GULI RAM SAM SAM
A RAFI A RAFI GULI GULI GULI GULI RAM SAM
SAM
A RAFI A RAFI GULI GULI GULI GULI RAM SAM
SAM

RAM = both hands palms down swoop up

SAM = clap clap

GULI = elbows bent hands in circular motion hand over hand

RAFI = left hand on right elbow right hand in circular motion

A Pizza Hut A Pizza Hut

Kentucky Fried Chicken and a Pizza Hut

A Pizza Hut A Pizza Hut

Kentucky Fried Chicken and a Pizza Hut

McDonald McDonalds Kentucky Fried Chicken and a Pizza Hut

McDonald McDonalds Kentucky Fried Chicken and a Pizza Hut

A Taco Bell A Taco Bell

Jack in the Box and a Taco Bell

A Taco Bell A Taco Bell

Jack in the Box and a Taco Bell

Burger King Burger King

Jack in the Box and a Taco Bell

Burger King Burger King

Jack in the Box and a Taco Bell

RISE UP O FLAME

RISE UP O FLAME BY THY LIGHTS GLOWING
SHOW TO US BEAUTY, VISIONS AND JOY

ROCK ROCK

ROCK ROCK WHERE DO YOU WANDER
FROM ONE HAND INTO THE OTHER
IS IT FAIR? IS IT FAIR?
TO KEEP POOR ____ SITTING THERE

ROOSTASHA

Sing chorus over and over increasing 1 action at a time.
English accent.

AROOSTASHA ROOSTASHA ROOSTASHA SHA
AROOSTASHA ROOSTASHA ROOSTASHA SHA

THUMBS UP

WRISTS TOGETHER

ELBOWS IN

CHEST OUT

RUMP OUT

KNEES TOGETHER

TOES TOGETHER

TONGUE OUT

TURN AROUND

SERASPONDA

*Serasponda Serasponda Serasponda Ret Set Set
Serasponda Serasponda Serasponda Ret Set Set
A Door Ay Oh A Door Ay Boom De Oh
A Door Ay Boom De Ret Set Set Ah Say Pa Say Oh

BOOMDA BOOMDA BOOMDA BOOMDA BOOMDA
BOOMDA BOOMDA
*BOOMDA BOOMDA BOOMDA BOOMDA BOOMDA
BOOMDA BOOMDA
BOOMDA BOOMDA BOOMDA BOOMDA BOOMDA
BOOMDA BOOMDA

SIMPLE GIFTS

'Tis a gift to be simple, 'tis a gift to be free
'Tis a gift to come down where we ought to be
And when we find ourselves in the place just right,
'twill be in the valley of love and delight.
When true simplicity is gained
To bow and to bend we won't be ashamed.
To turn, turn, will be our delight, 'till by turning and turning
we come around right.

SIPPIN' CIDER

(Repeat)

The cutest boy *the cutest boy*
I ever saw *I ever saw*
Was sippin' ci- *was sippin' ci-*
-der through a straw *-der through a straw*

The cutest boy I ever saw was sippin cider through a
straw

I asked him if
He'd show me how
To sip some ci-
-der through a straw

He said of course
He'd show me how
To sip my ci-
-ce through a straw

First cheek to cheek
Then jaw to jaw
We'd sip our ci-
-der through a straw

Then all at once
That darn straw slipped
And we sipped ci-
-der lip to lip

that's how I got
my mother in law
and 49 kids
to call me ma

the moral of
this story is
don't you ever sip ci-
der through a straw

The moral of
This story is
Don't you ever sip ci-
-der through a straw DRINK COKE!

SISTER SISTER

Sister Sister sing with me
I'll sing with you if you sing with me
I'll sing with you if you sing with me
Sister won't you sing come sing with me

Replace sing with talk, camp, eat, walk, etc.)

Sister sister, remember me
I'll Remember you if you remember me
I'll remember you if you remember
Sister don't forget don't you forget me

SNAP CRACKLE POP

SNAP NOW, SNAP NOW, SNAPS THE SOUND
YOU GOTTA HAVE SNAP OR THE WORLD'S NOT
ROUND

I SNAP, YOU SNAP, WE SNAP THEY SNAP
SNAP * * MAKES THE WORLD GO ROUND

I SAY CRACKLE IS A CRISPY SOUND
YOU GOTTA HAVE CRACKLE OR THE CLOCSKS NOT
WOUND
GEESE CACKLE, FEATHERS TICKLE, BOYS ARE
FICKLE, HAVE A PICKLE
* CRACKLE * MAKES THE WORLD GO ROUND

POP NOW, POP NO POPS THE SOUND
THE BEST IS MISSING IF THE POPS NOT AROUND
ORANGE POP, GRAPE POP, LEMON POP, LIME POP
* * POP MAKES THE WORLD GO ROUND

SKUNK SONG

WELL--- I STUCK MY HEAD IN A LITTLE SKUNK'S
HOLE AND THE LITTLE SKUNK SAID WELL BLESS
MY SOUL! TAKE IT OUT, TAKE IT OUT, TAKE IT OUT,
TAKE IT OUT REMOVE IT!

WELL- I DIDN'T TAKE IT OUT AND THE LITTLE
SKUNK SAID IF YOU DON'T TAKE IT OUT,
YOU WILL WISH YOU DID. TAKE IT OUT, TAKE IT
OUT, TAKE IT OUT, TAKE IT OUT, REMOVE IT!!

PSSSSSST! I REMOVED IT ---- TOO LATE!

STAR SPANGLE BANNER

OH SAY CAN YOU SEE
BY THE DAWNS EARLY LIGHT
WHAT SO PROUDLY WE HAILED
AT THE TWILIGHT'S LAST GLEAMING
WHOSE BROAD STRIPES AND BRIGHT STARS
THROUGH THE PERILOUS FIGHT

O'ER THE RAMPARTS WE WATCH'D
WERE SO GALLANTLY STREAMING
AND THE ROCKETS RED GLARE
THE BOMBS BURSTING IN AIR
GAVE PROOF THROUGH THE NIGHT
THAT OUR FLAG WAS STILL THERE

OH SAY DOES THAT STAR SPANGLED BANNER YET
WAVE

O'ER THE LAND OF THE FREE
AND THE HOME OF THE BRAVE

SWIMMING

SWIMMING, SWIMMING IN A SWIMMING HOLE
SOME DAYS ARE HOT, SOME DAYS ARE COLD IN A
SWIMMING HOLE
BREAST STROKE, SIDE STROKE, FANCY DIVING
TOO! O DON'T YOU WISH YOU DIDN'T HAVE
ANYTHING ELSE TO DO?

SWINGING ON A STAR

Chorus:

Would you like to swing on a star
Carry moonbeams home in a jar
And be better off than you are
Or would you rather be a mule

A mule is an animal with short funny ears
He kicks up at anything he hears
His back is bráwny but his brain is weak
He's just plain stupid with a stubborn streak
And by the way if you hate to go to school
You may grow up to be a mule

A pig is an animal with dirt on his face
His shoes are a terrible disgrace
He's got no manners when he eats his food
He's fat and lazy and extremely rude
But if you don't care a feather or a fig
You may grow up to be a pig

A fish is an animal that swims in a brook
He can't write his name or read a book
To fool the people is his only thought
And though he's slippery he still gets caught
If that type of life is what you wish
You may grow up to be a fish

TAPS

DAY IS DONE GONE THE SUN
FROM THE LAKES FROM THE HILLS FROM THE SKY
ALL IS WELL. SAFELY REST, GOD IS NIGH

TAPS – ANOTHER VERSION

Day is done, day is done, day is done
Gone the sun, gone the sun, gone the sun
From the lakes, from the hills, from the sky
All is well, all is well, all is well
Safely rest, safely rest, safely rest
God is nigh, God is nigh God is nigh

TARZAN

TARZAN
SWINGING ON A RUBBER BAND
TARZAN
FELL INTO A FRYING PAN
OOH THAT'S HOT!
NOW TARZAN HAS A TAN

JANE
FLYING IN HER AIRPLANE
JANE
CRASHED INTO A FREEWAY LANE
OOH! THAT HURT!
NOW JANE HAS A PAIN
AND TARZAN HAS A TAN
CHEETAH
ROCKIN' TO THE BEETAH
CHEETAH
GOT EATEN BY AN AMOEBA
NOW CHEETAH IS VELVEETA
AND JANE HAS A PAIN
AND TARZAN HAS A TAN

THIS LAND IS YOUR LAND

Chorus:

THIS LAND IS YOUR LAND, THIS LAND IS MY LAND
FROM CALIFORNIA TO THE NEW YORK ISLAND
FROM THE REDWOOD FOREST TO THE GULF
STREAM WATERS
THIS LAND WAS MADE FOR YOU AND ME.

AS I WAS WALKING THAT RIBBON OF HIGHWAY
I SAW ABOVE ME THAT ENDLESS SKYWAY
I SAW BELOW ME THAT GOLDEN VALLEY
THIS LAND WAS MADE FOR YOU AND ME

I'VE ROAMED AND RAMBLED AND FOLLOWED MY
FOOTSTEPS
TO THE SPARKLING SAND OF HER DIAMOND
DESERTS
AND ALL AROUND ME A VOICE CAME SOUNDING
THIS LAND WAS MADE FOR YOU AND ME

WHEN THE SUN COMES SHINING AND I WAS
STROLLING
THE WHEAT FIELDS WAVING AND THE DUST
CLOUDS ROLLING
THE FOG WAS LIFTING, A VOICE WAS SINGING
THIS LAND WAS MADE FOR YOU AND ME.

THIS OLD MAN

THIS OLD MAN, HE PLAYED ONE,
HE PLAYED KNICK-KNACK ON MY THUMB,
WITH A KNICK-KNACK PADDY-WHACK
GIVE A DOG A BONE, THIS OLD MAN CAME ROLLING
HOME.

TWO	ON MY SHOE
THREE	ON MY KNEE
FOUR	ON MY DOOR
FIVE	ON MY HIVE
SIX	ON MY STICKS
SEVEN	UP TO HEAVEN
EIGHT	ON MY GATE
NINE	ON MY VINE
TEN	OVER AGAIN

THREE CHARTREUSE BUZZARDS or THREE SHARP-TOOTHED BUZZARDS

THREE SHARP TOOTHED BUZZARDS
THREE SHARP TOOTHED BUZZARDS
THREE SHARP TOOTHED BUZZARDS SITTING IN A
DEAD TREE SITTING IN A DEAD TREE
OH LOOK! 1 HAS FLOWN AWAY, WHAT A SHAME

REPEAT WITH 2, 1,

NO SHARP TOOTHED BUZZARDS
NO SHARP TOOTHED BUZZARDS
NO SHARP TOOTHED BUZZARDS SITTING IN A
DEAD TREE SITTING IN A DEAD TREE
OH LOOK! ONE HAS RETURNED, LET US REJOICE!

REPEAT WITH 1, 2

THREE SHARP TOOTHED BUZZARDS
THREE SHARP TOOTHED BUZZARDS
THREE SHARP TOOTHED BUZZARDS SITTING IN A
DEAD TREE SITTING IN A DEAD TREE
OH LOOK! THIS IS THE END, LET US REJOICE!

THREE LITTLE ANGELS

Three little angels all dressed in white
Trying to get to heaven on the end of a kite
But the kite string broke and down they all fell
Instead of going to heaven they all went to

Two little angels all dressed white
Trying to get to heaven on the end of a kite
But the kite string broke and down they all fell
Instead of going to heaven they all went to

One little angel al dressed in white
Trying to get to heaven on the end of a kite
But the kite string broke and down they all fell
Instead of going to heaven they all went to

Three little devils all dressed in red
Trying to get to heaven n the end of a thread
But the thread string broke and down they all fell
Instead of going to heaven they all went to

Two little devils
One little devil

Three little martians all dressed in green
Tried to get to heaven on the end of a string
But the string broke and down they all fell
Instead of going to heaven they all went to

Two little Martians....
One little Martian....

Don't get excited, don't lose get misled
Instead of going to heaven, they all went to bed.

WADALEEEACHA

WADALEEEACHA WADALEEEACHA
DOO DA LEE DO DOO DA LEE DO
WADALEEEACHA WADALEEEACHA
DOO DA LE DO DOO DA LEE DO

SIMPLEST THING THERE ISN'T MUCH TO IT
ALL YOU GOT TO DO IS DOO DA LEE DO IT
I LIKE THE REST BUT THE PART I LIKE BEST GOES
DOO DA LEE DOO DA LEE DOO BOOP BOOP

WALTZING MATILDA

Once a jolly swagman camped by a billabong
Under the shade of a coolibah tree
And he sang as he watched and waited till his billy boiled
You'll come a waltzing Matilda with me!

Waltzing Matilda, waltzing Matilda
You'll come a waltzing Matilda with me.
And he sang as he watched and waited till his billy boiled
You'll come a waltzing Matilda with me!

Down came a jumbuck to drink a the billabong,
Up jumped the swagman and grabbed him with glee
And he sang as he stowed that jumbuck in his tucker bag
"You'll come a waltzing Matilda with me!"

Up rode the squatter, mounted on this thoroughbred.
Down came the troopers, one, two, three
"Where's that jolly jumbuck you've got in your tucker bag?"
"You'll come a waltzing Matilda with me!"

Up jumped the swagman, sprang into the billabong.
"You'll never catch me alive," said he
And his ghost may be heard as you pass by that billabong,
"You'll come a waltzing Matilda with me!"

WAY UP N THE SKY

Way up in the sky, the little birds fly
While down in the nest the little birds rest
With a wing on the left and a wing on the right
The little birds sleep, all through the night
Shhhhhhhhh! THEY'RE SLEEPING!

The bright sun comes up, the dew falls away
Good morning, good morning, the little birds say...

WE CHANGE THE WORLD

Chorus:

Change the world come with me
Time to let our dreams fly free
And it comes so easily that is our way
Every moment we're alive
It's our love that will survive

In Girl Scouts together We change the world

Sisters of every color
Friends from everywhere
We all make the difference
When we show the world we care
The Girl Scouts are our family
And they show us what we can be
And I believe together we change the world

Chorus

In America we have so much to give
To our sister 'round the world
Who are struggling just to live
Light the light and do our share
Reach out your hand and someone's there
And I believe together we change the world.

WE LOVE YOU

We love you ____
Oh yes we do
We love you ____
And we'll be true
When you're not with us, we're blue
Oh ____ we love you

WHEN'E'RE YOU MAKE A PROMISE

When-e're you make a prom-ise
Con-sid-er well it's im-port-ance
And when made, en-grave it upon your heart

WHERE HAVE ALL THE FLOWERS GONE

WHERE HAVE ALL THE ____ GONE?
LONG TIME PASSING
WHERE HAVE ALL THE ____ GONE?
LONG TIME AGO
WHERE HAVE ALL THE ____ GONE?
GONE TO ____ EVERYONE
WHEN WILL THEY EVER LEARN?
WHEN WILL THEY EVER LEARN?

FLOWERS	YOUNG GIRLS
YOUNG GIRLS	YOUNG MEN
YOUNG MEN	SOLDIERS
SOLDIERS	GRAVE YARDS
GRAVE YARDS	FLOWERS
FLOWERS	YOUNG GIRLS

WHITE CORAL BELLS

WHITE CORAL BELLS UPON A SLENDER STALK
LILIES OF THE VALLEY DECK MY GARDEN WALK
OH DON'T YOU WISH THAT YOU COULD HEAR THEM
RING
THAT WILL HAPPEN ONLY WHEN THE FAIRIES SING

YANKEE DOODLE DANDY

I'M A YANKEE DOODLE DANDY
YANKEE DOODLE DO OR DIE
A REAL LIVE NEPHEW OF MY UNCLE SAM
BORN ON THE FOURTH OF JULY
I'VE GOT A YANKEE DOODLE SWEETHEAR
SHE'S MY YANKEE DOODLE JOY
YANKEE DOODLE CAME TO LONDON
JUST TO RIDE THE PONIES
I AM A YANKEE DOODLE BOY

YOU ARE MY SUNSHINE

THE OTHER NIGHT DEAR AS I LAY SLEEPING
I DREAMED I HELD YOU IN MY ARMS
WHEN I AWOKE DEAR, I WAS MISTAKEN
AND I HUNG MY HEAD AND CRIED

YOU ARE MY SUNSHINE, MY ONLY SUNSHINE
YOU MAKE ME HAPPY WHEN SKIES ARE GRAY
YOU'LL NEVER KNOW DEAR, HOW MUCH I LOVE
YOU
PLEASE DON'T TAKE MY SUNSHINE AWAY

I ALWAYS LOVE YOU AND MAKE YOU HAPPY.
IF YOU WILL ONLY SAY THE SAME
BUT IF YOU LEAVE ME TO LOVE ANOTHER
YOU'LL REGRET IT ALL SOME DAY

YOU TOLD ME ONCE DEAR YOU REALLY LOVED ME
AND NO ONE ELSE COULD COME BETWEEN
BUT NOW YOU'VE LEFT ME AND LOVE ANOTHER
YOU HAVE SHATTERED ALL MY DREAMS

YOU'RE A GRAND OLD FLAG

YOU'RE A GRAND OLD FLAG
YOU'RE A HIGH FLYING FLAG
AND FOREVER IN PEACE MAY YOU WAVE
YOU'RE THE EMBLEM OF THE LAND I LOVE
THE HOME OF THE FREE AND THE BRAVE
EVERY HEART BEATS TRUE
FOR THE RED WHITE AND BLUE
AND YOU'RE NEVER A BOAST OR BRAG
SHOULD ALL ACQUAINTANCE BE FORGOT
KEEP YOU EYE ON THE GRAND OLD FLAG

CAN AN WOMAN?

(Tune: Should Be Coming Round the Mountain)
Words by Iris Hirsch of GS Central Maryland

- * Can a woman fly an airplane?
- * Yes she can, yes she can!
- * Can a woman build a building?
- * Yes she can, yes she can!
- *
- * Can a woman fight a fire?
- * Can a woman change a tire?
- * Can a woman lead a choir?
- * Yes she can, yes she can!
- *
- * Can a woman be a lawyer?
- * Yes she can, yes she can!
- * Can a woman fix an engine?
- * Yes she can, yes she can!
- *
- * Can a woman be a drummer?
- * Can a woman be a plumber?
- * Can she play ball in the summer?
- * Yes she can, yes she can!
- *
- * Can a woman be a doctor?
- * Yes she can, yes she can!
- * Can a woman drive a tractor?
- * Yes she can, yes she can!
- *
- * Can a woman lead a nation?
- * Can she run a TV station?
- * Can she head a corporation?
- * Yes she can, yes she can!
- *
- * Just you wait until we're older, then you'll see
- * We'll be women in tomorrow's history!
- *
- * As we grow up through the years
- * We'll sing out loud and clear
- * Can we start the process here?

FROG SONG

(Tune: Brownie Smile Song)

I've got something in my pocket
that I found behind a log,
My leader said to put it back,
but I want to keep this frog.
It's cool and green and slimy,
and it wiggles in my hand.
I've also got a woolly worm
and a pocket full of sand.

Baby Bumble Bee

I'm bringing home my baby bumble bee
Won't my mommy be so proud of me
I'm bringing home my baby bumble bee
Ouch, it stung me!

I'm squishing up my baby bumblebee
Won't my mommy be so proud of me
I'm squishing up my baby bumblebee
ew, what a mess

I'm licking up my baby bumblebee
Won't my mommy be so proud of me
I'm licking up my baby bumblebee
Ew, I feel sick!

I'm barfing up my baby bumblebee
Won't my mommy be so proud of me
I'm barfing up my baby bumblebee
EW, what a mess!

I'm mopping up my baby bumblebee
Won't my mommy be so proud of me
I'm mopping up my baby bumblebee
No my mommy's proud of me!

Once an Austrian

Oh an Austrian went yodeling
on a mountain so high
When along came a cuckoo bird
interrupting his cry.

CHORUS: O-lee-o, O-lee-ah-kee-kee-o
O-lee-ah cuckoo, cuckoo,
O-lee-ah-kee-kee-o, o-lee-ah-cukoo-cukoo
O-lee-ah-kee-kee-o, o-lee-ah-cukoo-cukoo
O-lee-ah-kee-kee-o-o.

2. St. Bernard -- arf! arf!
3. Grizzly bear -- grrr!
4. Squishy cow -- squish! squish!
5. Kissing maid -- (blow kiss)
6. Girl Scout -- On my honor
7. Bigga man -- pow! pow!
8. Dinosaur -- Ahhh!

9. Avalanche --ENDING HIS CRY!

C B E

I KNOW A PLACE

I KNOW A PLACE WHERE NO ONE EVER GOES.
THERE'S PEACE AND QUIET, BEAUTY AND REPOSE
IT'S HIDDEN IN A VALLEY BESIDE A MOUNTAIN STREAM
AND LYING THERE BESIDE THE STREAM I FIND THAT I CAN
DREAM

ONLY OF THINGS OF BEAUTY TO THE EYE
SNOW-PEAKED MOUNTAINS A TOW'RING TO THE SKY
NOW I KNOW THAT GOD MADE THIS PLACE FOR ME.

ONE CAN IMAGINE ONESELF, AS IN A DREAM
CLIMBING A MOUNTAIN, OR DOWN A SMALL RAVINE
THE MAGIC OF THE PEACE AND QUIET ALWAYS WILL STAY
TO MAKE THIS PLACE A HAVEN EACH AND EVERY DAY
OH, HOW I WISH I'D NEVER HAVE TO LEAVE
AND ALL MY LIFE SUCH BEAUTY COULD RECEIVE
NOW I KNOW THAT GOD MADE THIS WORLD FOR ME

TODAY

TODAY WHILE THE BLOSSOMS STILL CLING TO THE VINE
I'LL TASTE YOUR STRAWBERRIES
I'LL DRINK YOUR SWEET WINE
A MILLION TOMORROWS SHALL ALL PASS AWAY
ERE I'LL FORGET ALL THE JOYS THAT ARE MINE TODAY

I'LL BE YOUR DANDY AND I'LL BE YOUR ROVER
YOU'LL KNOW WHO I AM BY THE SONGS THAT I SING
I'LL FEAST AT YOUR TABLE I'LL SLEEP IN YOUR CLOVER
WHO CARES WHAT TOMORROW MAY BRING

I CAN'T BE CONTENTED WITH YESTERDAY'S GLORY
I CAN'T LIVE ON PROMISES WINTER TO SPRING
TODAY IS MY MOMENT AND THIS IS MY STORY
I'LL LAUGH AND I'LL AND I'LL SING

MUSIC ALONE SHALL LIVE

ALL THINGS SHALL PERISH FROM UNDER THE SKY
MUSIC ALONE SHALL LIVE, MUSIC ALONE SHALL LIVE,
MUSIC ALONE SHALL LIVE, NEVER TO DIE

FLEA (echo song)

Flea
Flea fly
Flea fly flo

Vista

Cumalatta, cumalatta, cumalatta, vista
Oh, no, no, no de vista
Eenie, meenie, deca-meenie, oo-walla-walla-meenie
Esta-meenie, salla-meenie, oo-walla-wall
A bee billy oaten doten, bo-bop ba deetin dotin SHHHH!

Cannibal King

The cannibal king with the big nose ring
Fell in love with the pretty young ma-a-aid
And every night by the pale moon light
Across the lake he came
With a hug and a kiss for his pretty little miss
Under the bamboo tree-e-e
And every night by the pale moon light,
it sounded like this to me-e-e
BA-DUMP (kissing sound) (kissing sound)
BA-DUMP (kissing sound) (kissing sound)
BA-DUMP-A-DE-A-DE-A-A-A
BA-DUMP (kissing sound) (kissing sound)
BA-DUMP (kissing sound) (kissing sound)
BA-DUMP-A-DE-A-DE-A-A-A

I'll build a bungalow big enough for two, big enough for two,
my darling, big enough for two
And when we're married, happy we'll be, under the bamboo,
under the bamboo tree

If you'll be M-I-N-E mine

I'll be T-H-I-N-E thine

And I'll L-O-V-E love you for all T-I-M-E time

You are the B-E-S-T best of all the R-E-S-T rest

And I'll L-O-V-E love you for all T-I-M-E time

Break The Ice

Camp Ice Breakers for All Ages

- 20 Questions (or a shorter version)
- Name Game (state a theme, have people state name and word that starts with the same letter as their name)
- Pick and State (Pick objects [such as jellybeans or beads] and have each person tell things about themselves, one for each item they pick)
- Pose (say your name and make a pose, then have the group repeat the name and the pose)
- Let's Shop (or other variations) (I'm Melinda and I'm buying Marshmallows, second says her name and item as well as the ones before her)

Selecting Games

- Be sure the games are appropriate (think age, experience and physical condition)
- Be familiar with games that are quickly learned, and then move to more complex games
- Avoid games that offend other people's beliefs or customs
- Provide opportunities for girls to participate in a variety of games

Leading Games (Pointers to follow)

- Be interested and enthusiastic about the game yourself
- Know the game well, indentify safety hazards, anticipate difficulties, adapt as needed
- Establish lines and boundaries, be prepared, devise method to organize teams, etc.
- When announcing game gather group closely and explain game giving basic rules
- Ask for questions and decide on a starting signal
- Stop the game when enthusiasm is high, don't let it die down
- Arrange for everyone to participate, devise a plan for rotation
- Establish a happy atmosphere
- Encourage girls to do their best and to participate
- Be patient and be fair in judgments
- Encourage fair play and safety at all times
- Be flexible and prepared to vary or change the game
- Emphasize cooperation and playing for fun instead of winning

Games!

GAME	AGE LEVEL	EXPLANATION (if necessary)
1. Big Booty	All Ages	
2. Ninja	All Ages	Gather in a circle, yell ninja and move hands. Try to slap others hands to get them out
3. Honey If You Love Me	All Ages	
4. Silent Birthday Line Up	Juniors and Cadettes	
5. Group Knot	All Ages	
6. Prui	Brownies and Juniors	All close eyes except Prui. Try to find Prui by going around and asking Prui?
7. Umbrella Game	Juniors and Cadettes	Object of the game is to join in. Play with a few people and wait until they catch on the UM theme
8. Two Truths and a Lie	All Ages	
9. What's the Same	All Ages	Someone changes 3 things about them and then comes back. People guess what has changed
10. Heads Up 7 Up	Brownies and Juniors	
11. Loop the Hoop	All Ages	Stand in a circle and join hands. Pass hula hoop through the circle by stepping through
12. 20 Questions	All Ages	
13. I Spy	Brownies	
14. Duck, Duck, Goose	Brownies	
15. Simon Says	All Ages	
16. Mother May I?	Brownies	
17. What time is it Mr. Fox?	Brownies	
18. Ships and Sailors	All ages	Have one Caller. Group Game, people must get in groups, # depends on what is called. 2- Man overboard 3- 3 girls eating 4- 4 girls rowing Ships (go right) Sailors (left) Captains Waiting (freeze) At ease(Move)



Tie Knots

Knots are used for tying bedrolls, doing macramé, and putting up a tent. Learn the basic knots shown here. Then challenge yourself to learn even more!

What You Need

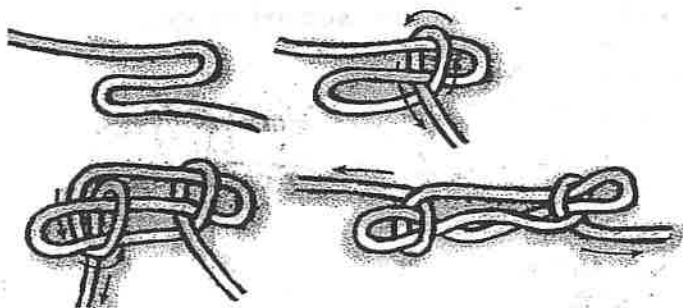
- 2 pieces of clothesline or lightweight rope about 18 inches* long
- Bright-colored plastic tape

Tape the ends of the rope with the plastic tape to keep them from fraying.

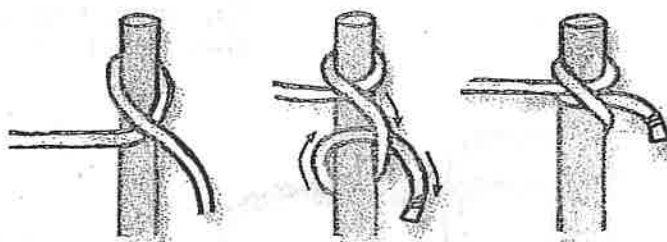
Test Yourself

Decide which knot you would use to do each of the following.

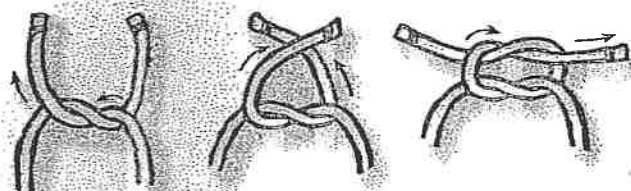
- Anchoring a tent to a tent stake
- Tying a boat to a dock
- Shortening a clothesline
- Tying a rope to a leather dog leash



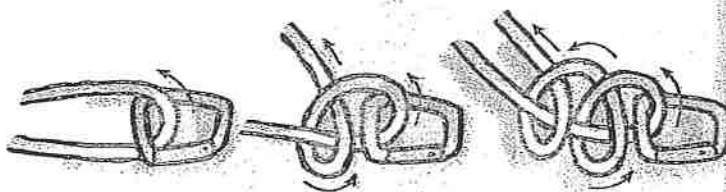
Sheepshank
To shorten a rope



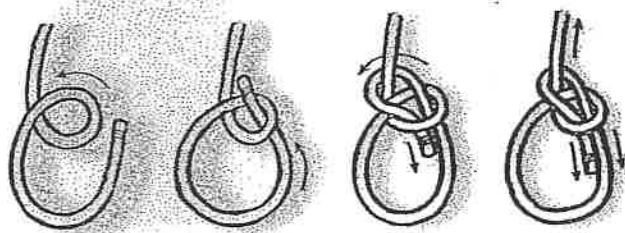
Clove Hitch
To fasten one end of a rope to a tree or post



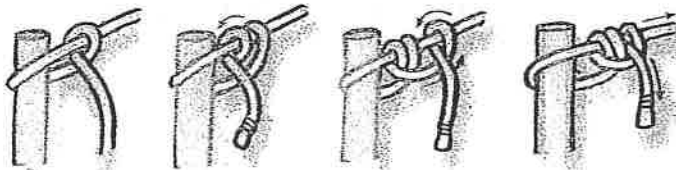
Square Knot
To join two cords of the same thickness



Half Hitch
To fasten a rope to a ring or tent stake

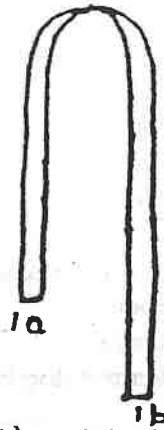


Bowline
To make a loop that won't slip

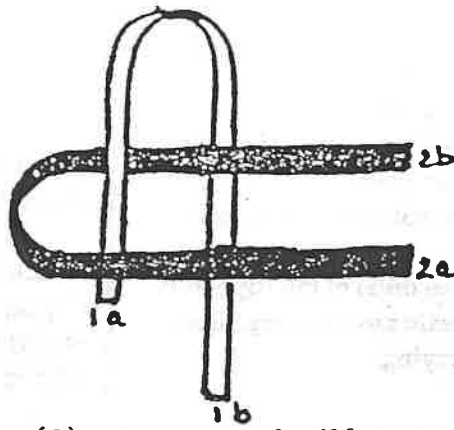


Tautline hitch
To make a loop that will slip when you want it to

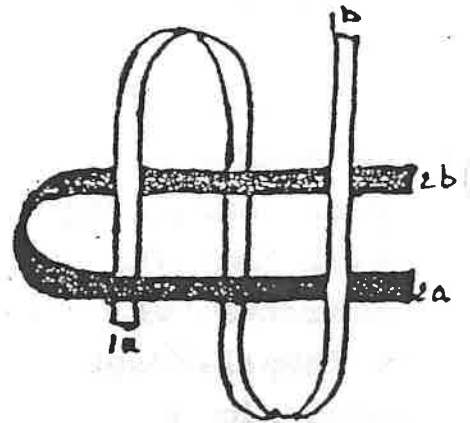
How to Start a Lanyard



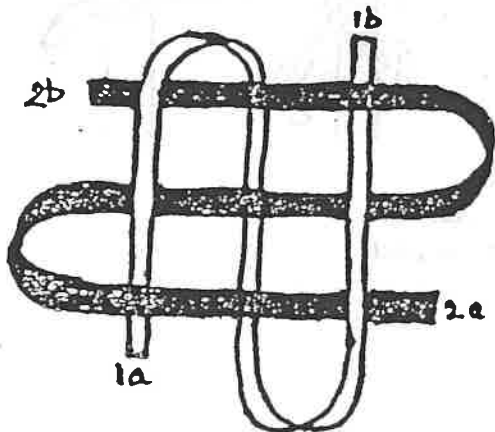
(1) With first ribbon, make a loop with the back end, 1b, longer than the front 1a.



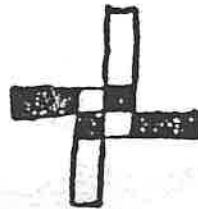
(2) Lay second ribbon across top part, 1a, of first ribbon. Loop end under top part, 1a, and across bottom part, 1b. This end, 2b, should be parallel to & above part 2a.



(3) Bring end of first ribbon, 1b, up over both parts (2a, 2b) of second ribbon



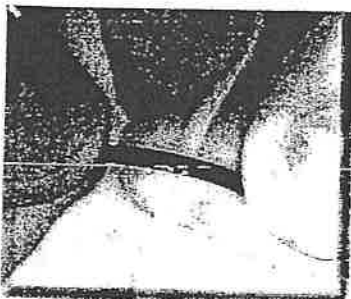
(4) Bring end 2b back over ribbon 1b and under 1a.



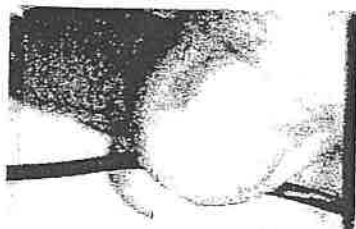
(5) Pull ends taut.

from www.boondoggelman.com:

Before you begin, you'll need to FIND THE CENTERS of these strands...



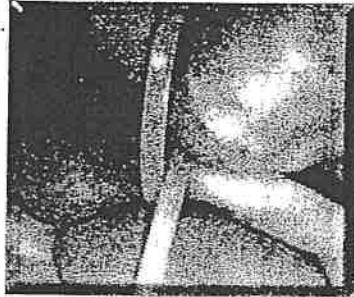
Holding the strands at their centers, turn one of the strands, so that it crosses the other strand...



Hold this cross with your thumb to free up your other hand...



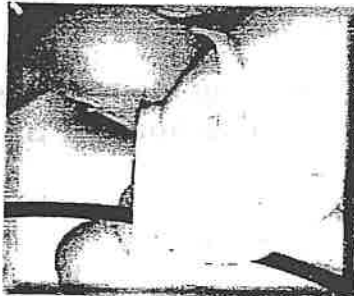
Take one of the strands and flip it up and over the crossing strand...



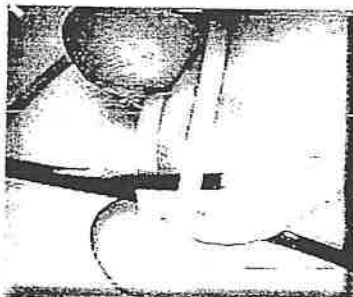
This will create your first LOOP, and should look like the left...



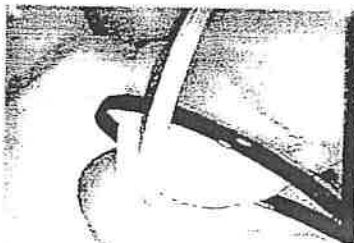
Now grab the other end of this strand and flip it up and over from the other direction...



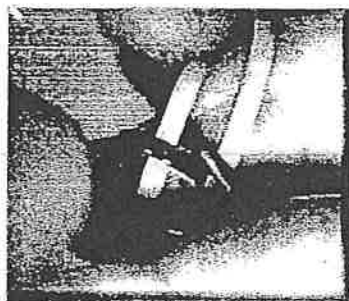
This creates your second LOOP, and should look similar to the left...



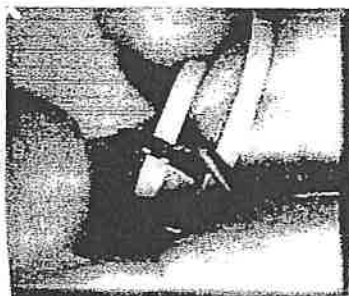
Now comes the WEAVE. Take the strand at your LEFT and place it OVER the first LOOP and UNDER the SECOND loop...



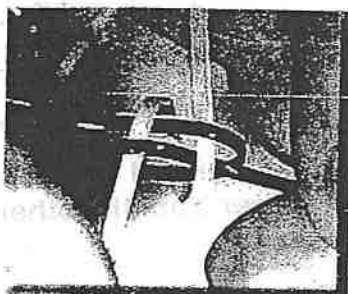
Which should look something like the left...



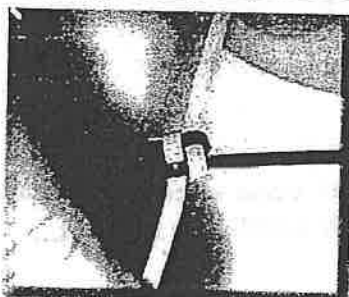
We're almost done! Take the strand at your **RIGHT**, pass it **OVER** the first **LOOP** and **UNDER** the **SECOND** loop...



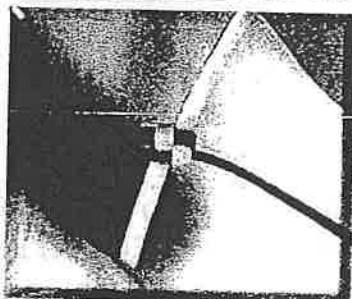
Sorta like this...



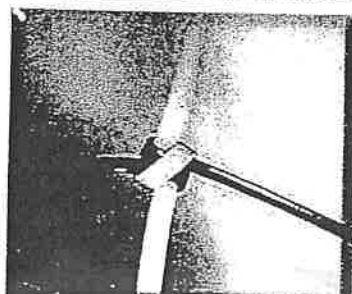
Now comes the **PULLING**! Slowly begin to **PULL** the strands to create the first stitch!



Pull them **TIGHT**, but not **TOO** tight! If you pull them too tightly, you may **SNAP** the strands...



Here's what the finished opening stitch should look like...

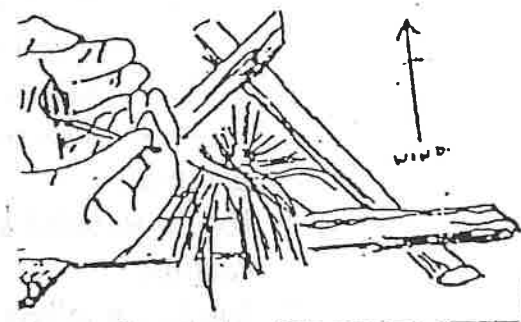


...and if you turn it over, you'll notice the **BOTTOM** of the opening stitch looks like this!

Campfires!

Build a campfire in a clear area, on bare dirt, sand, or rocks, or in a fire ring. Make sure there are no closely overhanging trees and that area is free of leaves, grass, moss or any flammable materials for at least five feet around the fire area.

If there is a breeze, build with the wind at your back so the smoke blows away as you begin the fire and also creates a draft through your fire.



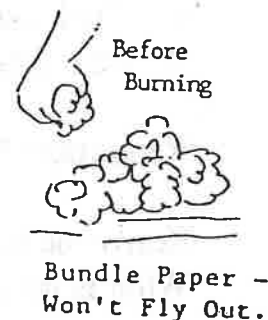
Every fire needs:

Fuel

- Tinder is the stuff that catches first: newspaper, thin twigs, wood shavings
- Kindling- little sticks, pencil to thumb thickness
- Logs- larger pieces of DRY wood that keep the fire going

Heat

Air



Fire Safety

Tie back long hair, roll up sleeves and anything that hangs- including nametags!

Have fire control equipment nearby: buckets of water (2), a pinecone to sprinkle the water (works better than dumping water on a fire!), a shovel to stir coals, smother fire with ashes, and spread ashes.

Be sure it's all out! After sprinkling coals with water, spread coals. Can you hold your hand over the coals and feel no heat?



Sprinkle Water
or Dirt and Stir.

Edible Campfires

This edible campfire is a fun and yummy way to teach campfire building and fire safety. It also serves as a tasty snack.

Have the girls tie back their hair and remove any objects that might fall into the fire area when bending over. (Friendship ties, name tags or bandanna)

1. To represent the clear fire area use: (Napkin or paper plate) Graham cracker. Never build a fire under or near a tree.
2. Have a cup with water near to put out the fire.
3. Have a spoon to represent a shovel also to use to put out the fire. Use a fork to represent a rake. Rake all leaves and debris from area down to bare ground.
4. Rocks to build a fire circle ring. (Use M&M, small marshmallows, raisins)
5. Tinder: smallest twigs that should start to burn as soon as it is touched by a match. (Coconut flakes, Shredded wheat)
6. Kindling: Small firewood pieces (Thin pretzels)
7. Fuel: Logs to keep fire going (Thicker pretzels, carrot pieces, celery)
8. Fire lighter (Red hots candy, red M&M's)

Remember fires needs fuel, heat and air to burn.

Know the fire regulations for the area in which you want to build a fire. What is the purpose of the fire? To keep warm, cook food, set up smoke signals, burn rubbish, or gather around in the evening.

Discuss the different styles of fires to build and their use.

"A" Frame: good for campfires.

Teepee: for boiling.

Criss cross: to burn for coals for longer cooking.

Keep the fire small. Build it only large enough to serve its purpose.

The fire must be supervised the whole time that it is burning. Never leave a fire unattended! Do not start fires in windy weather.

To put out the fire sprinkle water or dirt. Be sure it is out! Can you put your hand on it?

Outdoor Cooking

Cooking in camp is part of the unique outdoor camp experience and encourages exploration, independence, and competence. It's usually somewhat of an experiment. To keep it mildly challenging and most successful, choose recipes that closely match the skill and experience level of campers and leaders (PAs and ULs). Younger girls enjoy and learn from all the chopping and prep, and having a number of these tasks keeps everyone involved. There will inevitably be lag time where you'll need a game or activity. Older girls and PAs and ULs with more experience are encouraged to undertake some of the more challenging and interesting recipes.

Menu Planning

When choosing recipes, check with your campers regarding dietary restrictions of the group- nut, gluten or other allergies, vegetarians, religious beliefs, or any other considerations. Cook something everyone can eat.

Encourage campers to try things they don't always eat- sometimes they are surprised by liking something they thought they couldn't eat.

Preparing to Cook

****As soon as you bring your supplies and ingredients back to your unit from the shed, check your inventory to be sure you have everything you need, and send your shed runner back for any missing items asap!**

Find a level site, clear of overhanging branches, and store wood, matches, charcoal, paper, etc. away from the fire area.

Clear fire area of any burnable materials - such as rotted logs, dry grass, leaves, litter, duff or pine needles.

Roll up long sleeves, tie back long hair, and take off name tags or turn around to back.

Gather firefighting equipment, including 2 buckets of water, pinecone, and a shovel.

Review fire safety, how to put a fire out, and emergency procedures.

Go over knife safety. Use long-handled cooking utensils and pot holders or insulated gloves to protect hands. Don't overfill cooking pots.

Go over health issues: importance of keeping utensils, food preparation surfaces, and hands clean; cooking meats thoroughly; refrigerating food that might spoil; and using clean water when preparing food. No licking spoons. Don't eat undercooked food containing eggs or meat.

Everyone washes hands before handling food and again when dirty (sneezing etc.).

Using a Charcoal Chimney

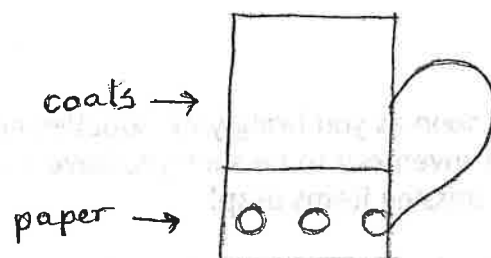
You'll need a chimney for all the outdoor cooking recipes that use cooking, except the buddy burner recipes. Liquid fuels are not allowed in Girl Scouts, and although propane is legal, we don't use it during Day Camp at Arequipa.

Every girl, even the littlest one in Unit 1, can light a match, but no one has to. Practice over a large fire pit before starting to cook. Teach how to light a match safely. Help campers if needed, and remind them to drop the match in the safe area if they become worried.

Time your chimney lighting to coincide with your food being ready to cook so that your coals are hot. Expect them to be ready about 20 minutes after being lit, when the top $\frac{1}{2}$ to $\frac{2}{3}$ are glowing. Make more coals than you expect to need in case food prep takes longer than expected. A higher number of older coals is equal to a smaller number of fresh hot coals.

Put several wadded sheets of newspaper into bottom of chimney, making sure no paper sticks out. Place 20-30 briquettes into top, and light from the circular holes in the bottom. Check to be sure that matches and newspaper are not sitting near chimney!

Do not leave any fire or charcoal chimney unattended. Watch for flying sparks and put them out immediately.

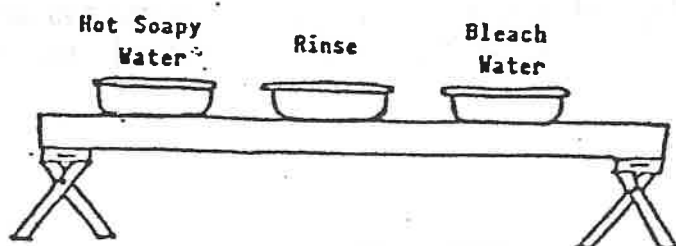


After Cooking

Put out the fire: Before leaving the site, check that the fire is completely out: Use a pine cone dipped in the water bucket to sprinkle the coals with water or smother it with earth or sand. Chop any remaining briquettes into small pieces with the shovel, stir; then sprinkle or smother again. Finally, hold hands over coals, ashes, or partially burned wood for one minute. It should be cool. Spread coals and ashes with a stick or shovel.

Dishwashing

A dishwashing station includes a hot soapy dish bin, a hot rinse dish bin, and a warm sterilizing bin (1 tablespoon bleach per gallon water). It is essential to have girls scrape plates thoroughly before washing. A long handled sponge with dish soap in the handle is very helpful. Dunk bags are handy to hold all clean dishes and can be hung to dry.



Outdoor Cooking

Method of Cooking	Recipes	Dessert Recipes
"No Cook" and Solar cooking	Sun tea Friendship Fruit Salad Ants on a log Ticks on a Toilet	Pass Around Fudge Instant Pudding Ice Cream
"Grill"-Using charcoal briquettes and a chimney – cooking directly on a barbecue grill, or in a pan or pot on the grill	Kabobs Hot Dogs Burritos One pot Meals	Grilled Peaches
Sticks over campfire or charcoal briquettes	Hot Dogs Rolls on a stick/Doughboys Pigs in a Blanket	S'Mores Eclairs
Foil Cooking – food is placed in foil packets, then on or within charcoal briquettes	Individual pizzas – Boboli or English muffin base Foil packets with any combination of the following (with or without teriyaki or other sauce): Sausages Chicken or Shrimp Vegetables	Banana Boats
"Buddy Burner" – a using charcoal briquettes with a coffee can as a small griddle	Quesadillas Grilled Cheese Sandwiches	Tortillas with Cinnamon Sugar
Dutch Oven	Tamale Pie Chili Stone Soup Stew	Fruit Cobbler Dump Cake Cinnamon Biscuits Apple Crisp
Box Oven (most simple oven recipes can be used with a box oven)	Pigs in a Blanket Ham and Cheese in a Biscuit Chicken Pot Pie Empanadas Mini pizza	Brownies or cupcakes Pineapple Upside Down or most other type of cake Chocolate Éclairs Turnovers/Dessert empanadas Cinnamon Biscuits Goofballs

Box Oven Cooking

Supplies needed for each box oven:

Heavy cardboard box a couple inches larger than baking rack
Heavy duty aluminum foil and duck or masking tape
2 bricks or 4 #10 cans full of rocks, labels removed
cake rack approximately same size as baking pan
tongs and potholders
rock or brick for vent

Line entire inside of box with foil, leaving no cardboard showing, and place tape ONLY on outside of box (or it would melt).

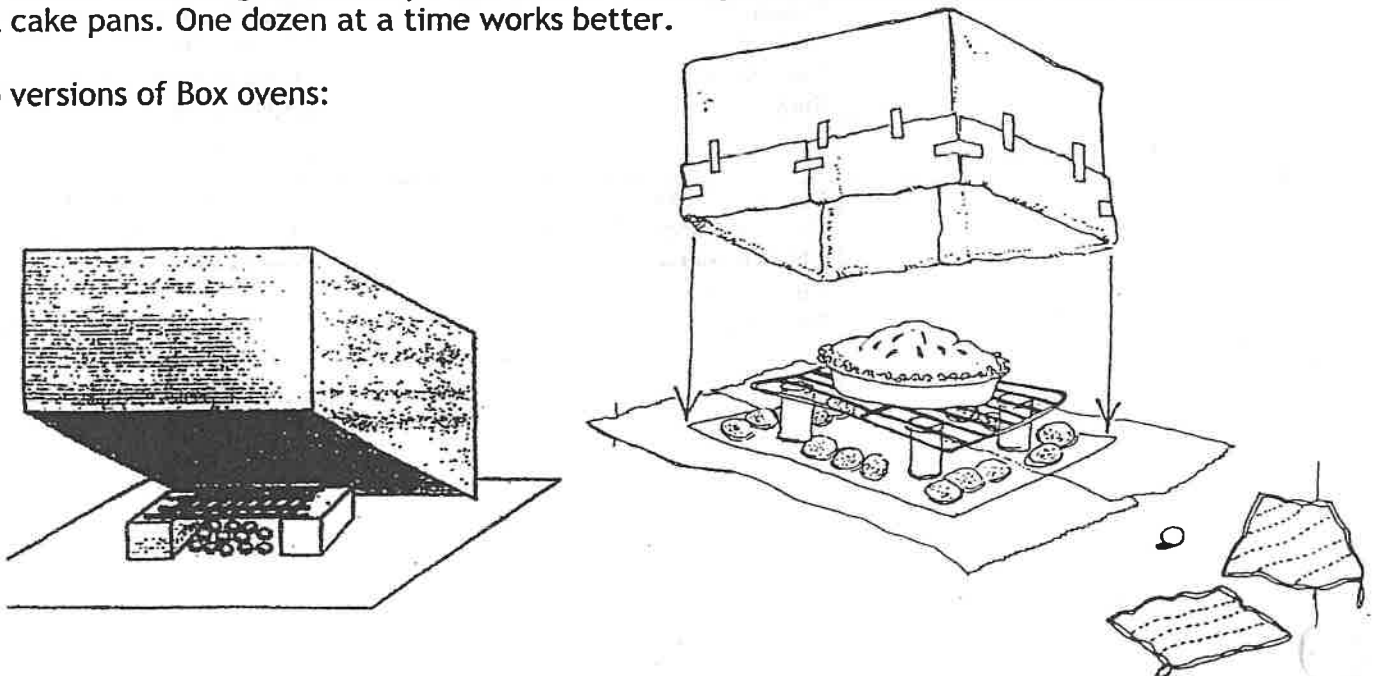
Clear area and line with foil, shiny side up, unless surface is hard dirt. Or use an aluminum pan that fits inside the bricks to hold the briquettes. Place rack on cans or bricks. (Place bricks with narrow side vertical to elevate rack more and minimize burning food.) The area over the bricks will not be nearly as hot as the area directly above the coals. Set box oven where it will go and mark the spot in the dirt or on the foil.

Place briquettes inside area in one evenly spaced layer to avoid hot spots. 8-10 briquettes should create 350 degrees, 10-12 should create 400*, but if coals have been burning more than 20 minutes, increase the number so you have a layer of coals about 1 inch high. A recipe that cooks for longer than 45 minutes will need a second batch of charcoal.

Place box oven in place, making sure no briquettes touch it. Put rock vent in place.

Check food after the same cooking time as it would take in a home oven, and expect that it may take a little longer. Muffin pans will cook baked good much more easily and successfully than cake pans. One dozen at a time works better.

Two versions of Box ovens:



Dutch Oven Cooking

A cast iron Dutch oven cooks with hot coals in a campfire ring or another clear space. The flat lid will hold coals in place. To bake in a 12" Dutch oven, 7 or 8 hot, fresh coals underneath and 16-21 on the lid should create a 350 degree oven. Increase the number if coals are old and partly burned. The coals under the oven should be evenly spaced in a circle at least ½ inch smaller than the Dutch oven so they are inside its edge. If oven has no legs, use several rocks to elevate it so coals aren't smothered. Coals on top should be spread so they do not cause hot spots. The general rule of thumb is 3x as many coals on top as underneath.

For frying, stewing, or simmering, all the coals should be on the bottom.

Dutch oven heat varies according to the conditions- weather, cooking surface, and heat of briquettes, so check to see how your food is cooking, but not too often!

Use tongs whenever lifting the lid- it will be HOT! Take care not to tilt the lid so ashes fall into your meal.

For easier clean up when baking, line the inside of the Dutch oven with foil. Take care not to tear the foil when stirring or serving food.

Dutch ovens should be cleaned with water and the least scrubbing necessary. Soaking may be helpful. If a regular sponge doesn't take food off, use a scrubby. **DON'T USE SOAP!** The point is to keep the shiny finish on the cast iron. It must be thoroughly dried- in the sun or heat of the day, or with fire in cool weather. If the finish is rough or dry, it should be lightly rubbed with cooking oil before being returned to the shed and stored. Complete instructions are on every storage bag.

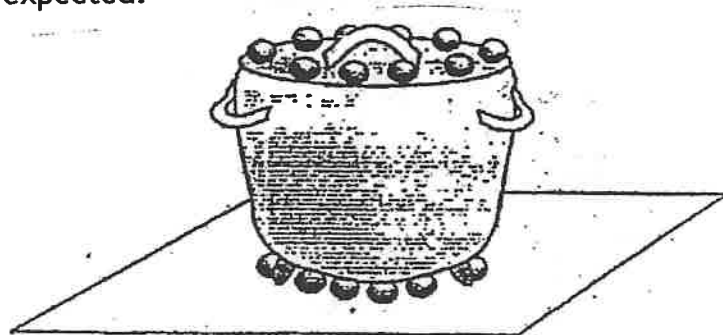
Supplies needed:

Dutch oven- with FLAT lid with lip around edge if possible
heavy duty foil

tongs

hot mitts or pliers to lift lid

Dutch oven cooking is easier and less likely to burn food than box oven cooking, but it also takes longer and may be best for Juniors and older girls with patience. Recipes sometimes take longer than expected.



Dutch Oven

Foil Cooking

Supplies needed:

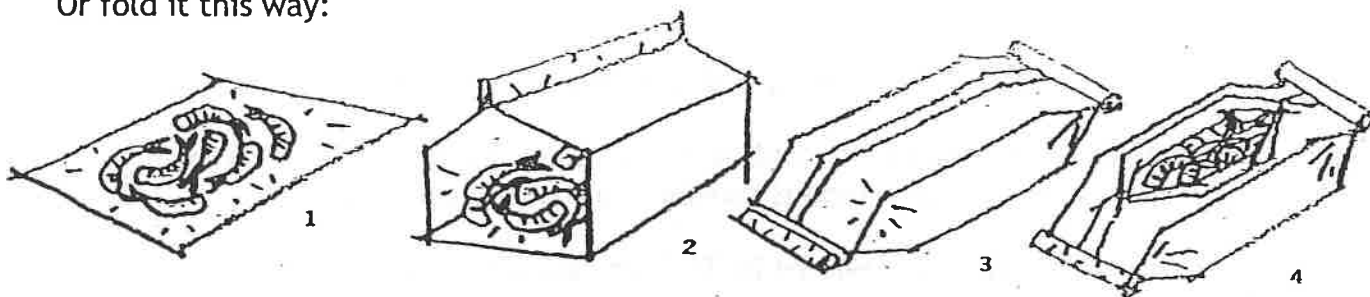
Heavy duty aluminum foil

Tongs

Cooking mitts

Place food on foil and seal all edges tightly. Place on coals or on rack on coals.

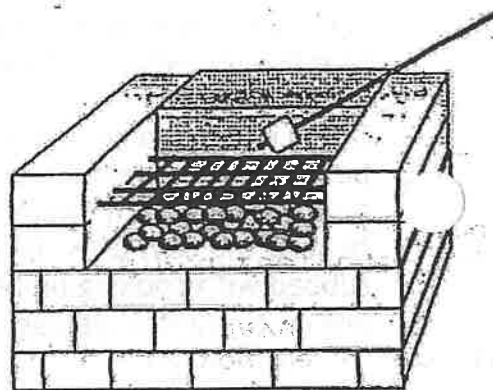
Or fold it this way:



Stick Cooking/ Grilling

Supplies needed:

Skewers- metal in shed or presoak bamboo 20 minutes



Stick Cooking

Buddy Burner Cooking

Supplies needed:

Fuel cans

Big cans ("vagabond stove")

Cooking mitts

matches

After cooking, extinguish buddy burner by turning large can upside down onto tuna can to deprive fire of air.

Cooking Out-of-Doors

HOW TO MAKE A BUDDY BURNER

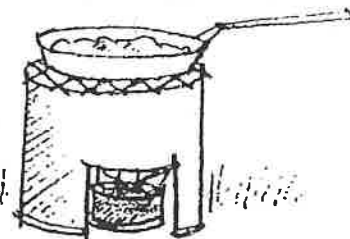


1. Select an empty tuna can.

2. Roll a corrugated cardboard strip into a coil that fits loosely into the can. Cardboard should be $\frac{1}{4}$ in. wider than the depth of can.



3. Pour hot paraffin to fill the tuna can and let it harden.



4. Place under tin-can stove.

Outdoor Cooking Recipes

No Cooking Recipes

- ❖ Pass Around Fudge
- ❖ Ants on a Log
- ❖ Ticks on a Toilet
- ❖ Friendship Fruit Salad
- ❖ Sun Tea
- ❖ Ice Cream

Box Oven Cooking Recipes

- ❖ Muffin Pizza
- ❖ Cinnamon Rolls
- ❖ Pigs in a Blanket
- ❖ Ham and Cheese Biscuits
- ❖ Empanadas
- ❖ Dessert Empanadas
- ❖ Pineapple Upside Down Cake(s)
- ❖ Goofballs
- ❖ Brownies or Cupcakes

Dutch Oven Recipes

- ❖ Molly Pie
- ❖ Tamale Pie
- ❖ Dutch Oven Potatoes
- ❖ Lasagna
- ❖ Brownies
- ❖ Pineapple Upside Down Cake
- ❖ Dump Cake
- ❖ Apple Crisp
- ❖ Fruit Cobbler

Coal Cooking Recipes- Foil and One Pot

- ❖ Foil Packets
- ❖ One Pot Meals
- ❖ Amigos Chili
- ❖ Camp Stew
- ❖ Pizza
- ❖ Burritos

Coal Cooking Recipes- Stick

- ❖ Pigs in a Blanket
- ❖ Veggie Kabobs
- ❖ Dough Girls
- ❖ S'mores
- ❖ Eclairs

Buddy Burner Recipes

- ❖ Grilled Cheese Sandwiches
- ❖ Quesadillas

No Cooking Required!

PASS AROUND FUDGE

(No cooking involved - GOOD FOR ALL AGES)

You'll Need:

½ cup unsweetened baking cocoa
1 box powdered sugar (3& ½ cups)
½ cup butter (1 stick)
3 ounces cream cheese (softened)
1 teaspoon vanilla
Marshmallows, nuts, M&M's, etc. (optional)

Equipment:

2 large Ziploc baggies
Paper plate

Add first 5 ingredients to one Ziploc bag. Squeeze ALL the air out of the baggie and seal. Put it in the second Ziploc bag. Squeeze ALL the air out of the second baggie and seal. Then just pass it around the campfire or circle and let the girls squeeze the bag for about 20 minutes. This should mix the ingredients very nicely and produce a wonderful fudge. Add nuts, marshmallows or M&M's, etc. after fudge is thoroughly mixed. When done, turn onto a paper plate, cut and serve.

You'll now have everyone's favorite fudge.

ANTS ON A LOG

(No cooking involved - GOOD FOR ALL AGES)

You'll Need:

Celery
Peanut butter +/- cream cheese
Raisins

Cut celery into bite-size pieces. Spread peanut butter on celery pieces. Add raisins.

TICKS ON A TOILET

(No cooking involved - GOOD FOR ALL AGES)

You'll Need:

Apples
Peanut butter +/- cream cheese
Raisins

Equipment:

Apple corer
knives- cutting and spreading
chopping blocks

Core apples with apple corer, and slice apples into ¼" to ½" slices. Spread peanut butter on slices. Add raisins.

FRIENDSHIP FRUIT SALAD

(No cooking involved - GOOD FOR ALL AGES)

Friendship Fruit Salad is a Girl Scout tradition representing sharing and the community spirit. The day before, ask each girl to bring some kind of fruit to contribute. Forms to send home are in the back of this manual; distribute them at lunch and have campers put them in their lunch boxes where a parent is sure to find them. You might talk about which fruits will travel well and the girls enjoy. ULs and PAs who drive might bring a frozen fruit which will be welcome on a hot afternoon. Assembly is simple- cut fruit if necessary and mix.

SUN TEA

(No cooking involved - GOOD FOR ALL AGES)

Another sharing recipe, using the sun to cook your tea. The day before, ask each girl to bring a bag of her favorite tea. Leaders bring large plastic jars (Costco's mayonnaise jars work well). Use one bag per cup of water in jars and have the girls find the hottest, sunniest spot nearby. Start tea before you begin your other cooking as it requires an hour or two to brew.

ICE CREAM

(No cooking involved - GOOD FOR ALL AGES)



The recipe for ice cream is on the order form, but decrease the sugar from 4 cups to 2&1/2 or less- really! One recipe makes 18 small servings, so you might want to make two batches in two ice cream machines. Be moderate with toppings- have campers agree on two or three.

Place all ingredients in the inner cannister and then place the canister in wooden bucket, fitting it into the nook and centering the thread and lid so the crank will be able to turn. Shut the keeper on the crank and check to see that it's turning. THEN add, in layers, the ice and rock salt (which slows the melting) keeping one foot on the canister to hold it in place so it doesn't shift and become unable to turn.

Keys to making ice cream that is more solid than soupy are to maintain cranking- have your crankers lined up before they switch, and to not crank too slowly. If you still have soupy ice cream, it can be put in the freezer in Steinau.

Allow an hour.

Box Oven Cooking

MUFFIN PIZZA

(Box Oven Cooking (can also be made over coals with foil)- Brownies and Older)

You'll Need:

English muffins or mini Bobolis
Pizza sauce +/- pesto
Pepperoni
Mozzarella cheese, shredded
Cheddar cheese, shredded
Any other pizza toppings you like

Equipment:

Box oven
Cookie sheet

Cut English muffins in half. Place muffins on a cookie sheet. Add pizza sauce and toppings. Bake in box oven until cheese is melted, about 15 minutes.

CINNAMON ROLLS

(Box Oven Cooking - Brownies and Older)

You'll Need:

Refrigerator rolls (biscuit type)
1 cube butter
2 tablespoons cinnamon
1 cup granulated sugar

Equipment:

Box oven
Metal pie pan

Melt butter over coals in pie pan. Mix sugar with cinnamon (add more/less cinnamon to taste). Open rolls and separate.

Dip refrigerator biscuits in melted butter (until well covered) and then dredge them in cinnamon-sugar mixture. Place biscuits in a pie pan, forming a circle and slightly overlapping edges. Place 2 or 3 in the center of the circle. Pour any unused melted butter over biscuits.

Bake in box oven at 350 degrees until firm (approximately 25 minutes).

PIGS IN A BLANKET

(Box Oven Cooking - Brownies and Older)

You'll Need:

Crescent refrigerator dinner rolls
Hot dogs
Mustard
Ketchup

Equipment:

Box oven
Baking sheet

Open refrigerator rolls and separate triangles. Place hot dog on larger end of the triangle and roll the dough around the hot dog. Place on baking sheet.

Bake in box oven until crescent rolls are brown and crispy.

Use mustard and ketchup for dipping.

HAM & CHEESE BISCUITS

(Box Oven Cooking - Brownies and Older)

Recipe tested by 2010 ANTS Chai, M&M, Feline and Coco Puffs

You'll Need:

Refrigerator rolls (½ roll per biscuit)
Pre-cooked and sliced ham (1 slice per biscuit)
Pre-sliced cheese (½ slice per biscuit)
Non-stick Cooking Spray

Equipment:

Box oven
Cupcake tins or cookie sheet

Cut each refrigerator roll into quarters, flatten out each quarter to fit in muffin cup. Cut ham and cheese into 2" squares to fit the muffin cups.

Put one piece of roll on bottom of each muffin cup or use a cookie sheet. Layer ham and cheese on top, and then another layer of ham and cheese, and one last ham layer, and place a second piece of the roll on top of the ham and cheese.

Cook in box oven for 15-20 minutes.

PINEAPPLE UPSIDE DOWN CAKE(S)

(Box Oven Cooking (and can also be found in Dutch oven recipes)- Brownies and Older)

You'll Need:

1 can sliced pineapples, drained (reserve juice)
½ cup butter
2/3 cup brown sugar
Maraschino cherries
1 package yellow cake mix (type with pudding added to mix works best)
Eggs, oil and other ingredients listed on cake mix

Equipment:

Box oven
lasagna sized baking pan
serving and mixing spoons

Melt butter in bottom of lasagna pan. Add brown sugar and mix with butter until evenly melted, and spread over bottom of oven. Drain pineapple (reserve juice for later). Arrange pineapple slices on sugar-butter mixture, placing a cherry half in the middle of each slice.

In a bowl, prepare cake mix according to package instructions, substituting reserved pineapple juice for equal amount of water. Carefully pour cake mix into oven, being careful not to disturb pineapple slices, etc.

Bake in box oven for 30-45 minutes, or until done.

OR, for individual pineapple cakes:

Use small cans, tuna type, to make individual pineapple cakes. Spray each tuna can with non-stick cooking spray. Place a teaspoon of butter on bottom of each can, along with 2 teaspoons of brown sugar.

Drain pineapple (reserve juice for another use). Place a slice of pineapple in the bottom of each can. Place a cherry in the center of each slice of pineapple.

Make cake according to package direction, replacing reserved juice for equal amounts of water. Pour cake batter into cans, filling each 2/3 full.

Bake in box oven for 20-25 minutes, or until done. Cool for 5 minutes, then turn each cake onto plate.

GOOFBALLS

(Box Oven Cooking - Brownies and Older)

You'll Need:

Refrigerator rolls (biscuit type)
Hershey kisses
Mini marshmallows
2 tablespoons cinnamon
1 cup granulated sugar

Equipment:

Box oven
baking pan

Flatten each biscuit roll around a Hersey kiss and 2 mini marshmallows. Pinch tightly and roll in cinnamon sugar. Bake on pan.

BROWNIES OR CUPCAKES

(Box Oven Cooking (see also in Dutch oven recipes)- Juniors and Older)

You'll Need:

1 package Brownie or cake mix
(plus ingredients on box)

Equipment:

mixing bowl and spoons
muffin pans
measuring cup
cutting knife and serving spatula

Mix Brownie mix according to directions on box. Pour into muffin pan lined with cupcake papers. Brownies and cupcakes can also be made in a baking pan but are easier to cook thoroughly in muffin pans. Cook one batch at a time in box oven.

Bake according to package directions, or until brownies are done.

EMPANADAS

(Box Oven Cooking - Juniors and Older)

You'll Need:

1 pound ground beef
Onions (3 minced or 1 bag frozen)
1 (15 oz) can tomato sauce
½ cup raisins
Salt & pepper, to taste
2 ½ teaspoons Spanish-type seasoning
1 teaspoon cumin powder
1 egg, beaten
1 refrigerator pie dough
Non-stick cooking spray

Equipment:

Box oven
Parchment paper
Aluminum foil
Pastry brush
Cookie sheet
Skillet

Brown beef and onions together. Add tomato sauce, raisins and seasonings.

Press out pie dough on parchment paper. Put meat filling on one side, fold over, and seal edges well. Brush tops with beaten egg and pierce with fork to allow steam to escape. Place on cookie sheet.

Bake for 15-25 minutes, or until brown. Serves 4.

Easy Version: Cut pie dough into halves and fill with any combination of sliced precooked sausage, small cut veggies- broccoli, onions, peas, zucchini, mushrooms, peppers, +/-or shredded cheese. Each pie dough half will serve two, so let two campers who want the same ingredients work on each empanada. Cook as above. Slice and serve.

DESSERT EMPANADAS

(Box Oven Cooking - Juniors and Older)

You'll Need: (per person)

canned pie filling (apple or cherry)
OR ½ cup fresh or frozen fruit
refrigerator pie dough- ¼ per person
Cinnamon (optional)
Powdered sugar (optional)
egg, beaten (optional)

Equipment:

Box oven
pot
Parchment paper
Aluminum foil
Pastry brush
Cookie sheet

Cover cookie sheet with aluminum foil and spray with non-stick cooking spray. (Juices will run out of these and be tough to clean.)

Cut dough into 1/4ths and press out onto parchment paper, pressing out any cracks. Spoon filling on one side (if using apple, sprinkle with cinnamon). If using fresh or frozen fruit, for example, 4 slices of peaches and a half dozen blackberries with fit. Fold over and seal edges well. Brush tops with beaten egg. Place on cookie sheet. Bake for 20 minutes, or until brown. Sprinkle with powdered sugar, if desired.

Dutch Oven Recipes

MOLLY PIE

(Dutch Oven Cooking - Juniors and Older)

You'll Need:

1 (15 ounces) can creamed corn
1 (10 ounces) jar enchilada sauce
1 (4 ounces) can sliced black olives
Tamales (1 or 2 cans of tamales or 4-5 Donna's-type tamales, sliced)
1 ½ - 2 cups grated cheese (jack or cheddar)
Frito corn chips (6 ounces)
Optional Sour cream and Salsa

Equipment:

Dutch oven (fully lined with foil)
can opener
serving spoon

Mix corn, enchilada sauce, olives, tamales and cheese in a pre-heated Dutch oven and sprinkle crunched Fritos on top. Place lid on oven, with coals both under and on top of oven. Bake at 350 degrees for 20 minutes (until warmed through and cheese is melted). Top with sour cream and/salsa, if desired.

Serves 6-8. Use two Dutch ovens when doubling recipe!

TAMALE PIE

(Dutch Oven Cooking - Juniors and Older)

1 ½ lbs ground beef
1 large onion, chopped
1 small red or green pepper, chopped
2 cloves garlic, minced
1 can diced tomatoes (15 oz.)
1 can whole kernel corn, drained (15 oz.)
1 tsp. cumin
2 tsp. chili powder
optional garnishes: sliced olives, grated cheese
Corn Muffin Mix (for 1 dozen)
ingredients to bake as listed on package- egg, milk, oil?

Equipment:

Dutch Oven supplies
can opener
cooking spatula
mixing bowl and spoon
knives
measuring spoons
serving spoon

In Dutch oven, saute ground beef, onions, pepper, and garlic until onions are softened and golden. Drain grease with spoon; add tomatoes, corn, cumin, chili powder, salt & pepper and heat 'til bubbly. Prepare corn muffin mix per package directions and spread over meat and vegetables (do not mix in). Put on lid, cover dutch oven with coals and bake for 25 minutes or until bread is done. Serve with garnishes.

Serves 8. Use two Dutch ovens when doubling recipe!

Vegetarian version: Omit beef. Sauté onion in oil, add 1 15 oz. can pinto beans and proceed. Top with guacamole if desired.

DUTCH OVEN POTATOES

(Dutch Oven Cooking - Juniors and Older)

You'll Need:

1 pound bacon, diced
2 onions, diced
2 green peppers, diced
12 medium potatoes, peeled and sliced (dollar size)
1 pound, Sharp Cheddar cheese, grated
¼ pound Swiss cheese, grated
Salt, pepper
Italian (or other) seasoning (optional)
Mushrooms (optional)

Equipment:

Dutch oven (fully lined with foil)

If using a 12-inch Dutch oven, put 8 coals under the oven and 14 on the lid.

Fry bacon until crisp. Add onions, peppers (and mushrooms) and sauté. Pour part of the bacon grease off and add potatoes. Add salt, pepper, and seasoning to taste. Mix together [DO NOT STIR WHILE COOKING.] This will allow all the potatoes to cook uniformly without stirring. Cook approximately 45 minutes. Check with fork. When done, sprinkle cheeses evenly over the top of the potatoes and replace the hot lid. The cheese will melt down through the potatoes.

They are ready to eat.

LASAGNA

(Dutch Oven Cooking - Juniors and Older)

You'll Need:

1 ½ pounds lean ground beef
1 jar (23 oz) spaghetti sauce
1 package (9 oz) Mozzarella cheese, shredded
3 eggs
2 ¼ cup cottage cheese, or ricotta cheese
¼ cup Parmesan cheese
13 lasagna noodles
1 ½ teaspoons oregano
¾ cup hot water

Equipment:

Dutch oven (fully lined with foil)
Bowls (2)

Pre-heat the Dutch oven over coals (12 coals under the oven and 12 on lid).

Brown the ground beef. Remove the beef to a large mixing bowl. Add the spaghetti sauce to the beef and mix well. In another bowl, combine the cottage cheese or ricotta cheese, Parmesan cheese, Mozzarella cheese (reserve a few ounces for later), eggs, and oregano, and mix well.

Place the layers in the over in the following order:

Break up four lasagna noodles into the bottom of the oven.
Spread about 1/3 of the beef mixture over the noodles.
Spread ½ of the cheese mixture over the meat mixture.
Break up five noodles and place over the top of the preceding mixtures.
Spread ½ of the remaining meat mixture over the noodles.
Spread the remaining cheese mixture over the meat mixture.
Break up the remaining noodles and place over the cheese mixture.
Spread the remaining meat mixture over the noodles.
Pour the hot water all around the edges of the Dutch oven.
Place the lid on the oven, and bake 1 hour, or until done.

Serves 12.

(Note: This recipe converts easily to Vegetarian Lasagna by using 1 ½ pounds mixed frozen vegetables instead of the beef (mis the uncooked frozen vegetables with the spaghetti sauce and spray the warmed oven with cooking spray.)

BROWNIES

(Dutch Oven Cooking (see also in Box Oven recipes)- Juniors and Older)

You'll Need:

1 package Brownie mix
(plus ingredients on box)

Equipment:

Dutch oven
8" X 8" square baking pan
mixing bowl and spoon
cutting knife and serving spatula

Mix Brownie mix according to directions on box. Pour into baking pan.

Put several small stones on the inside of the Dutch oven so that the air will circulate under the baking pan. Put the baking pan on the stones.

Bake according to package directions, or until brownies are done.

Cut into squares.

APPLE CRISP

(Dutch Oven Cooking Juniors and Older)

You'll Need:

4 medium sized apples, chopped
½ pound fresh or frozen blueberries (optional) foil
2/3 cup brown sugar
½ cup flour
½ cup oats (baby or "instant")
¾ tsp cinnamon
½ tsp nutmeg
5 Tbsp softened butter (one stick = 8 Tbsp)

Equipment:

Dutch oven equipment
mixing bowl
mixing spoon
serving spoon
slicing knives
chopping blocks

Line Dutch oven with foil.

Wash and chop apples, removing core, and place in Dutch oven. Sprinkle blueberries on top and stir in gently, taking care not to tear foil.

In mixing bowl, mix together butter and sugar and add in remaining ingredients. Distribute evenly on top of fruit.

Start with 12 hot fresh coals under, 21 on top, and bake about 45 minutes. Serves 8.

For **PEAR CRISP** substitute 6 pears, cored and chopped, and use blueberries.

PINEAPPLE UPSIDE DOWN CAKE

(Dutch Oven Cooking (can also be made as Box Oven Recipe)- Juniors and Older)

You'll Need:

1 can sliced pineapples, drained (reserve juice)
½ cup butter
2/3 cup brown sugar
Maraschino cherries
Pecan Halves- if no nut allergy issues in unit!
1 package yellow cake mix (type with pudding added to mix works best)
Eggs, oil and other ingredients listed on cake mix

Equipment:

Dutch oven (fully lined with foil)
Bowl
Plates

Line Dutch oven with foil.

For a 10" Dutch oven, use 8 coals under the oven and 12 over the oven.

Melt butter in bottom of oven. Add brown sugar and mix with butter until evenly melted, and spread over bottom of oven. Arrange pineapple slices on sugar-butter mixture, placing a cherry half in the middle of each slice. Arrange pecan slices on pineapple.

In a bowl, prepare cake mix according to package instructions, substituting reserved pineapple juice for equal amount of water. Carefully pour cake mix into oven, being careful not to disturb pineapple slices, etc. Cook until done. When done baking, you can keep the cake warm by removing the oven from the coals and placing 3 coals on top of the oven.

DUMP CAKE

(Dutch Oven Cooking- Brownies and Older)

You'll Need:

1 can peaches (28 oz.)
OR 4 fresh sliced peaches
1 can crushed pineapple (20oz.) (including juices)
1 box of yellow cake mix (just the dry powder)
1/2 cup butter, softened

Equipment:

can opener
slicing knives

"Dump," in order, cutting butter into chunks to "dot" the top, into a foil lined dutch oven and bake about 45 minutes, until cake is firm and moist.

FRUIT COBBLER

(Dutch Oven Cooking - Juniors and Older)

You'll Need:

Blueberry Filling:

4 cups fresh blueberries
5 tablespoons sugar
 $\frac{3}{4}$ cup orange juice

OR:

Peach Filling:

4 large cans (28oz) sliced peaches, drained
1 can crushed pineapple, drained
1 tsp cornstarch
 $\frac{1}{2}$ cup granulated sugar

Equipment:

Dutch oven and foil
2 mixing bowls
2 mixing spoons
serving spoon

can opener

Topping:

1 cup unbleached all-purpose flour
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{8}$ teaspoon salt
1 cup (2 sticks) unsalted butter, softened in a warm spot
1 cup sugar
1 egg, well-beaten
 $\frac{1}{2}$ teaspoon vanilla extract

1 teaspoon cinnamon and 1 teaspoon sugar (for sprinkling on top)

Line dutch oven with foil.

Combine either set of filling ingredients and pour into a 12" Dutch oven. Heat over coals until juice bubbles. [Start baking with 18 coals on top and 6 on bottom.]

Make the topping: Mix the butter and the 1 cup of sugar until well blended. Stir in egg and vanilla; then stir in flour, baking powder, and salt. Use tongs to remove Dutch oven lid, taking care not to drop coal ashes into pot, and drop topping by the tablespoonful on top of fruit mixture. Sprinkle cinnamon and sugar over top.

Replace lid and bake until topping is golden brown and skewer/toothpick inserted comes out clean (approximately 30 minutes). Cool slightly before serving.

Serves 8-10.

Cooking on Coals- Foil, Pot

FOIL PACKETS

(Foil Cooking - Brownies and Older)

You'll Need (per packet):

2 slices bacon, cut in half, or 1 Tbsp olive oil
1 Precooked sausage, sliced
¾ cup precooked rice (available frozen)
(OR use ½ cup instant rice plus ¼ cup water)
3 inches of zucchini, sliced
3 Tbs Teriyaki or soy sauce, or water
Onion, diced (optional)

Equipment:

heavy duty foil
Parchment paper (optional)
rack (optional)

(Vegetarians can substitute cheese for bacon or oil and sausage.)

Cut pieces of foil and parchment paper into 18" lengths, taking care throughout not to tear or puncture foil. Place parchment on top of the foil, and carefully fold in half and crease, then reopen. Place ingredients, in order, onto one half of foil, leaving border empty. Fold 3 edges in several times to seal. Write names on packets with sharpie marker. Place on coals or rack. Cook for about 20 minutes, rotating after 10 minutes.

MUFFIN PIZZA

(Foil Cooking (can also be made in a box oven)- Brownies and Older)

You'll Need:

English muffins or mini Bobolis
Pizza sauce +/- pesto
Pepperoni
Mozzarella cheese, shredded
Cheddar cheese, shredded
Any other pizza toppings you like

Equipment:

Heavy duty foil
rack for over coals

Cut English muffins in half. Assemble on foil, adding pizza sauce and toppings. Be sure to "tent" the foil up so it won't stick to the cheese! Rotate packets after 5-7 minutes, and check after another 5 minutes.

BURRITOS

(Coal Cooking - Brownies and Older)

You'll Need:

2 & 1/2 pounds ground beef
4 cans refried beans
4 bags frozen rice
1-2 heads baby romaine lettuce
3 tomatoes
olives
salsa
cheese
guacamole
sour cream
onions
tortillas
chips

Equipment:

large skillet
pot to heat beans
chopping blocks
slicing knives
cooking mitts
2 stirring spatulas
serving spoons

Brown meat in skillet over coals. Heat beans. Slice and prep other ingredients and assemble in tortillas. Serves 25.

ONE POT MEALS

A variety of one pot meals can be made in either a dutch oven or a large pot, over coals: chilis, stews, soups, nearly anything you would make on a stovetop at home.

A basic one pot meal begins with ground meat, omitted for vegetarian versions, diced onions (browned in olive oil for vegetarian versions), and herbs such as basil, oregano, and cumin. Then be creative, considering a starch: potatoes, noodles, or rice; beans, canned tomatoes, frozen corn, peas, etc.

AMIGOS CHILI

(Coal Cooking - Juniors and Older)

You'll Need:

2 pounds ground beef
1 cup onion, chopped
1 tablespoon garlic, minced
¼ cup chili powder
1 tablespoon ground cumin
1 (28 oz) can tomatoes, crushed w/puree
1 ½ cups beef stock, or canned beef broth
2 cups corn kernels, fresh or frozen
1 (15 ¼ oz) can kidney beans, drained
¼ cup fresh cilantro, chopped
½ bunch green onions, sliced
Corn or tortilla chips or whole tortillas

Equipment:

Dutch oven or large pot
cooking spatula
serving spoon
slicing knives

In Dutch oven, cook ground beef over medium heat until brown, crumbling with spatula, until no longer red. Add onion, garlic, chili powder, and cumin, and cook until onions are soft and golden, stirring frequently. Mix in crushed tomatoes, beef stock, corn, and kidney beans, and bring to a boil. Reduce heat by removing some of the coals both above and below the Dutch oven, and simmer until thickened, stirring occasionally, about 30 minutes.

Serve with corn or tortilla chips or whole tortillas. Garnish with cilantro and green onions.

CAMP STEW

(Coal Cooking - Juniors and Older)

You'll Need:

2 pounds ground beef
1 (28 oz) can stewed tomatoes
1 (15 ¼ oz) can corn
8 ounces elbow macaroni
½ cup onion, chopped
1 cup water
¼ pound Longhorn Cheddar cheese
Worcestershire sauce
Salt, pepper

Equipment:

Dutch oven or large pot

Heat Dutch oven and brown beef. Drain fat. Stir in tomatoes, corn, macaroni, onion, and water. Cook until done. Just before serving, add cheese.

Serves 8-10.

Cooking on Coals- Stick

KABOBS

(Stick Cooking - Brownies and Older)

You'll Need:

Precooked meatballs or sausage, sliced
Pearl onions, peeled
Mushrooms
Bell peppers, cut into chunks
Zucchini, thick slices
Italian salad dressing

Equipment:

Skewers
Ziploc baggie

Put veggies into a Ziploc baggie. Add some Italian salad dressing to coat veggies. Marinate briefly. Use masking tape to label skewers with each camper's name, and put veggies and meat on skewers.

Cook over hot coals until veggies soften and brown.

PIGS IN A BLANKET

(Stick Cooking - Brownies and Older)

You'll Need:

Pre-made refrigerator-type rolls
Pre-cooked sausage/links/ little smokies
Mustard and ketchup

Equipment:

Skewers

Pinch off small piece of dough and flatten to strips or elongated patties. Cut hot dogs or sausages as necessary so that they are barely longer than dough pieces.

Use masking tape to label skewers with each camper's name. Wrap each sausage link in a strip of dough. Knead sides of dough together so that the sausage is completely covered.

Cook on a skewer over coals until dough is browned.

DOUGH GIRLS

(Stick Cooking - Brownies and Older)

You'll Need:

Refrigerator biscuits
Cinnamon
Granulated sugar

Equipment:

Skewers

Wrap a refrigerator biscuit around the end of a dowel to form an oval. Cook over warm coals for approximately 15-20 minutes, turning frequently. When golden brown, slip the roll off the stick into a mixture of cinnamon and sugar.

CRESCENT ROLLS ON A STICK

(Stick Cooking - Brownies and Older)

You'll Need:

Refrigerator Crescent rolls
Butter, or margarine
Jam, jelly, or honey

Equipment:

Skewers

Wrap a crescent roll spiral fashion around the end of a skewer. Leave space with the spiral for the heat to reach all of the dough. Press the ends of the dough to the skewer. Hold the skewer over coals for 15-20 minutes, turning frequently. When golden brown, slip the roll off the skewer and spread the crescent roll with butter, margarine, jam, jelly, or honey.

Plan for 1 to 3 rolls per girl.

SMORES

(Stick Cooking - Brownies and Older)

You'll Need:

Marshmallows
Hershey's Chocolate Bars
Graham crackers

Equipment:

Skewers

Put marshmallow(s) on a skewer (number of marshmallows is optional. Place over hot coals, turning frequently as you salivate. Brown marshmallow(s).

Place one marshmallow on a graham cracker with a piece of chocolate on top of the *hot* marshmallow. Place a second graham cracker on top to form a sandwich.

Best served after 8 p.m.

***As a tasty alternative, use a Reese's Peanut Butter Cup instead of chocolate bar.**

ECLAIRS

(Stick Cooking (can also be made in a box oven) - Brownies and Older)

You'll Need:

Refrigerated crescent roll dough (1 tube)
Instant Pudding - vanilla or other flavor
Other ingredients required on package
Chocolate frosting -ready to spread can or other variety

Equipment:

precut dowels from shed
foil
mixing bowl
mixing spoon
Zipper bag for piping pudding
scissors
Spreading knife or spatula (frosting)

Prepare pudding according to package directions in a zipper bag, taking care not to get ingredients into the zipper part.

Cover dowels with foil. Open "tube" of dough, unroll and flatten. Wrap dough around dowels, closing off one end. Toast over the charcoal or campfire, browning all sides of the "biscuit." Slide off dowel onto plate to cool.

Cut small corner off zipper bag and pipe pudding into center hole. Top with chocolate frosting.

Buddy Burner Recipes

These are very simple recipes use the same ingredients you'd use at home. The fun is the unusual cooking method. Don't forget your cooking mitts!

QUESADILLAS
GRILLED CHEESE
TORTILLAS WITH CINNAMON SUGAR

*Outdoor Cooking based on Silver Award project by Lark, Buttercup, Cricket and Little Bear, SF BayGS
Camping Training, "Box Ovens by Thistle" and previous AIT manuals.*

FLAG CEREMONY



The most important thing to remember is that when you fly the American flag in the United States, you always give it the position of honor. You put it either to the right of other flags, in front of other flags, or higher than other flags.

When and How to Salute

Girl Scouts use the Citizen Salute. They place their right hand over their heart.

You stand at attention and salute:

- When the flag is being lowered/ raised
- When the national anthem is played

Note: When doing the Flag Ceremony the flag is either in the shed by the flag pole, or the Little Brown House. Inside the Flag Bag is the flag, the instructions, and the sashes.

Flag Ceremony

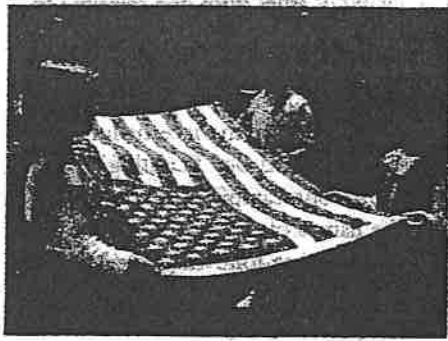
1. Audience stands in horseshoe formation. The Color Guard is in position and all stand at attention.
2. Caller calls the audience to attention and then the Color Guard. The Color Guard moves forward and advances either to or with the flag. They then salute the colors. They then turn together to faces the troop while audience stands at attention.
3. Caller says " Girl Scouts please join me in saying the Pledge of Allegiance as our flag is being raised." Note: Flag ceremony differs slightly if the flag is being lowered for the night. This may be followed by songs, poems, verses, or announcements.
4. Caller dismisses Color Guard, then Girl Scouts.

Jobs

Caller- Calls the Girl Scouts and Color Guard to Order. Stands in front of the flag and leads ceremony. Choose about two callers. Have a PA stand with callers to assist with raising/ lowering flag, etc.

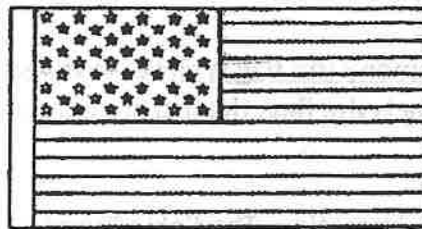
Bridge of Silence- The purpose of the Bridge of Silence is to silence everyone for the flag ceremony. The Bridge of Silence is made by girls joining hands with the adjacent girl to form a bridge. This can be formed with as many girls as possible.

Color Guard- The Color Guard present the colors and folds/ unfolds the flag. They also salute the flag, only when the caller tells them to. The Color Guard must remain silent. The Color Guard is usually composed of 4-8 girls.

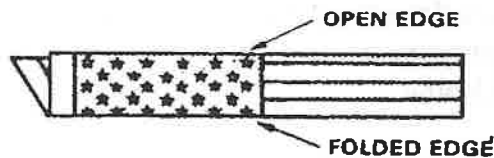
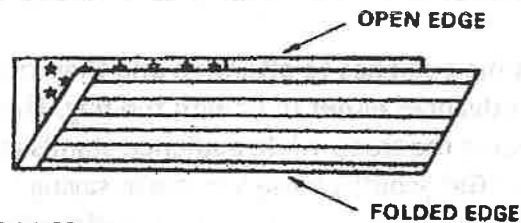


FOLDING THE FLAG

The flag is held by the color guard with the blue field area nearest the flagstaff. The flag is folded in half and then lengthwise in half again with the blue field always on the outside. The guards at the stripe end of the flag begin folding it in a triangle toward the blue field. They continue to fold until they reach the next pair of guards.

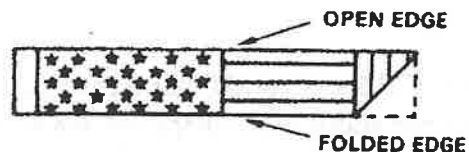


FOLD THE LOWER STRIPED SECTION OF THE FLAG OVER THE BLUE FIELD.



FOLD THE FOLDED EDGE OVER TO MEET THE OPEN EDGE.

START A TRIANGULAR FOLD BY BRINGING THE STRIPED CORNER OF THE FOLDED EDGE TO THE OPEN EDGE.



FOLD THE OUTER POINT INWARD PARALLEL WITH THE OPEN EDGE TO FORM A SECOND TRIANGLE.



CONTINUE FOLDING UNTIL THE ENTIRE LENGTH OF THE FLAG IS FOLDED INTO A TRIANGLE WITH ONLY THE BLUE FIELD AND MARGIN SHOWING.



TUCK THE REMAINING MARGIN INTO THE POCKET FORMED BY THE FOLDS AT THE BLUE FIELD EDGE OF THE FLAG.



THE PROPERLY FOLDED FLAG SHOULD RESEMBLE A COCKED HAT.



Flag Retirement Ceremony

The flag retirement is the solemn ceremonial burning for a flag that has become worn or touched the ground. For an evening ceremony, flashlights will be needed for readers, and good sharp scissors are essential. The flag grommets should be retrieved from the ashes the next morning and returned to the owner of the flag or given to persons who would like to carry them as a symbol of good luck. The ashes of the flag are often ceremonially buried.

The girls in the **Color Guard** hold the flag, cut the stripes, and lay the stripes on the fire. At least 4 girls are needed to hold the flag plus one to cut it. With a larger flag many more girls are needed to hold the flag, and several girls may take turns cutting it.

The **Caller(s)** reads the ceremony. Several girls may take turns reading.

The ceremony begins with a **Caller**: "Girl Scouts, please stand"
"Color Guard, Advance"

The **Color Guard** advances, carrying the folded flag, unfolds it, and holds the edges.

Caller: "Please join me in the Pledge of Allegiance"

Caller: When the flag of our country has become worn or damaged, the proper way to dispose of it is through burning and burial. We are here to pay our last respects to this particular flag with reverence. Each part of this flag has meaning and represents something. The red of the flag denotes courage and sacrifice. The white symbolizes liberty, and the blue represents faith and strength. Each stripe represents one of the thirteen colonies, and each state is represented by a star on a field of blue.

Caller: "As the color guard cuts each stripe and lays it on the fire, I will name the thirteen original colonies in the order in which they joined the union..."

Color guard girls take turns cutting the stripes, starting at the bottom with a long stripe. (It cuts more easily if the flag is pulled taut at the top and bottom edges.) When a stripe is entirely cut, two of the color guard gently lay it onto the fire. With a very large flag, girls can go on opposite sides of the fire and lay first the center of the stripe on and then carefully fold the stripe onto the fire. The stripe should NOT be wadded!!

Caller: "Delaware.....Pennsylvania..... New Jersey..... Georgia..... Connecticut...
Massachusetts..... Maryland..... South Carolina..... New Hampshire..... Virginia... New
York..... North Carolina..... And Rhode Island."

Caller: The field of blue with white stars, representing the heavens and the 50 sovereign states unified as one, is burned last."

Four **color guards**, each holding a corner, lay gently it on the fire.

Caller: "Let's sing God Bless America" (or another traditional patriotic song)

Caller: "Let's sing Taps."

Forms



Food and Equipment
Ice Cream
"Cooking Tomorrow"
Friendship Fruit Salad

AREQUIPA DAY CAMP FOOD ORDER FORM

Please complete this form for your outdoor cooking supplies

Please use one form for each meal

UNIT NAME & NUMBER:

UNIT LEADER:

DAY YOUR ARE COOKING:

NUMBER IN UNIT:

Menu:

		Shed Use			Shed Use
Ingredients	Qty	Pkd	Ingredients	Qty	Pkd

		Shed Use			Shed Use
EQUIPMENT					
Utensils	Qty	Pkd	Pots & Pans	Qty	Pkd
Lg. Serving Spoon			Lg. Fry Pan		
Lg. BBQ Fork			Sm. Fry Pan		
Lg. BBQ Spatula			Lg. Pot		
Lg. Chopping Knife			Sm. Pot		
Sm. Paring Knife			Baking Sheet		
Peeler			Griddle		
Can Opener			Dutch Oven		
Wisk			Other:		
Ladle					
Serving/Stirring Spoons					
BBQ Tongs					
Pine cone					

		Shed Use			Shed Use
Prep Equip.	Qty	Pkd	BBQ Equip.	Qty	Pkd
Lg. Bowl			Charcoal		
Med. Bowl			Charcoal Chimney		
Sm. Bowl			News. Paper		
Cutting Board			Matches		
Pot Holders			Buckets (2 minimum)		
Paper Towels			Shovel/Rake		
Hand Wipes			Griddle Brush		
Other:			Other:		

ALL EQUIPMENT MUST BE COMPLETELY CLEANED BEFORE RETURNING ITEMS TO THE SHED

AREQUIPA DAY CAMP ICE CREAM ORDER FORM

UNIT NAME/NUMBER:

UNIT LEADER:

NUMBER IN UNIT:

DAY NEEDED:

Recipe 8 cups Half & Half (1/2 gal.)
 2 tsp Vanilla
 1 tsp Salt
 2½Cups Sugar

Single recipe _____

Double recipe _____

Ingredients		shed Pkd
Vanilla	1 sm btl	
1/2 & 1/2	1/2 gal	
Sugar	1 lg baggie	
Salt	1 sm btl	

Equipment/Materials		shed Pkd
Ice Cream Freezer	1	
Rock Salt	1 gal. bag full	
Large Mixing Bowl	1	
Ice	1 lg. bag	
Large Stirring Spoon	1	
Hand Wipes	1 bag	

Toppings		shed pkd
Fruit		
Sprinkles		
Syrup		
Other		

Other		Qty	shed Pkd
Cups/bowls			
Spoons			
Ice Cream Scoop	1		
Measuring Cups	1 set		
Measuring Spoons	1 set		
Paper towels	1 roll		

Instructions:

Mix all ingredients in a large mixing bowl and set aside

Assemble Ice Cream Maker

Place a layer of ice and sprinkle with rock salt, repeat until bucket around cylinder is full

Pour ice cream from bowl into cylinder

Crank until ice cream is done - add ice and/or rock salt as needed

ALL EQUIPMENT MUST BE COMPLETELY CLEANED BEFORE RETURNING ITEMS TO THE SHED

Dear Parents:

We will be cooking tomorrow. Please send the following eating utensils with your camper: unbreakable cup, plate or bowl, knife, fork, and spoon. Please also send a plastic bag for your camper to bring his/her eating utensils home in. Do not send a bag lunch.

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