



Manitoba Council

Celebrate Spring Challenge



Introduction

This 3-part challenge is designed to get your unit outdoors and explore nature and our lovely seasons in Manitoba during the Guiding year. This challenge includes a multi-part crest which will be received in parts once each of the challenges are completed. Once the season's challenge is completed, submit a short description and pictures of what your unit did to complete the challenge. Please note that submissions may be posted on our social media platforms to show what units did to complete the challenge.

Challenge

There are 3 parts of this challenge with the last of this guiding year being the Celebrate Spring Challenge, from April 1st until June 30th. The other challenges include the Celebrate Fall Challenge and the Celebrate Winter challenge.

You do not have to have completed the Fall or Winter Challenge to participate in the Spring Challenge.

For the Celebrate Spring Challenge you are to complete Part A and 2 of the 3 other parts:

- Part A: Get outdoors and have a minimum of 3 meetings or spend at least 4 hours outdoors Complete 2 out of the 3 parts below.
- Part B: Get your chef and thinking hat on to branch out and explore various outdoor cooking skills. For this part you'll need to cook three different ways with one being a method you haven't tried before. Here are some method examples! Have a different idea? We can't wait to hear about it! See Appendix A for cooking method instructions.
 - Camp stove
 - Milk carton
 - Buddy burner
 - Tinfoil Box oven
 - Straw Box
 - Campfire
- Part C: Get outdoors and learn something new! Check out Appendix B for activity ideas.
 - Star Gazing
 - Identify Trees or Plants in your community or nearby park!
 - Build a Water Filtration System!
- Part D: Get ready for camping and outdoor adventures this spring with a DIY activity:
 - DIY Ditty bag
 - DIY Camp Cutlery Case
 - Bed roll
 - Fire starters
 - DIY Sit-upon
 - DIY Birdhouse
 - DIY Bird feeders

Submitting your Celebrate Spring Challenge:

- Write a short description / paragraph including the following:
 - How your unit engaged with the outdoors
 - Share what they participated in
 - Ensure to mention what your unit has learned and enjoyed throughout the process!
 - How many youth and adult members participated in the challenge
- Share 3 pictures from the challenge
 - Pictures may be posted to social media. Please ensure to follow GGC's Image Release Guidelines.

Submissions can be submitted through the online submission form that can be found on the [Manitoba Council Website](#) and in the Guidepost.

If your unit has any questions regarding the challenge, feel free to email us at: mb-camping@girlguides.ca and mb-camping1@girlguides.ca

Appendix A (part B)

Cooking methods

Method instructions provided by Girl Guiding members through the "In Or Out" That's What It's All About Recipe and Cooking Methods book, 1988.

There are many other recipes that can be cooked besides what is suggested below! Feel free to do your own recipe. If you do not know one of the suggestions below, feel free to ask mb-camping@girlguides.ca and we would be happy to provide further details!

Camp Stove

Using a propane camp cooking stove is likely one of the easiest forms of cooking while at camp. To use your stove, open the lid and secure it on either end to keep the lid open. Remove the fuel attachment and attach it into the side of the stove. Then attach your propane fuel to this same piece. Turn on the fuel by turning the dials and place a lit match over the burner to ignite the burner. Turn the dial for a larger or smaller flame.

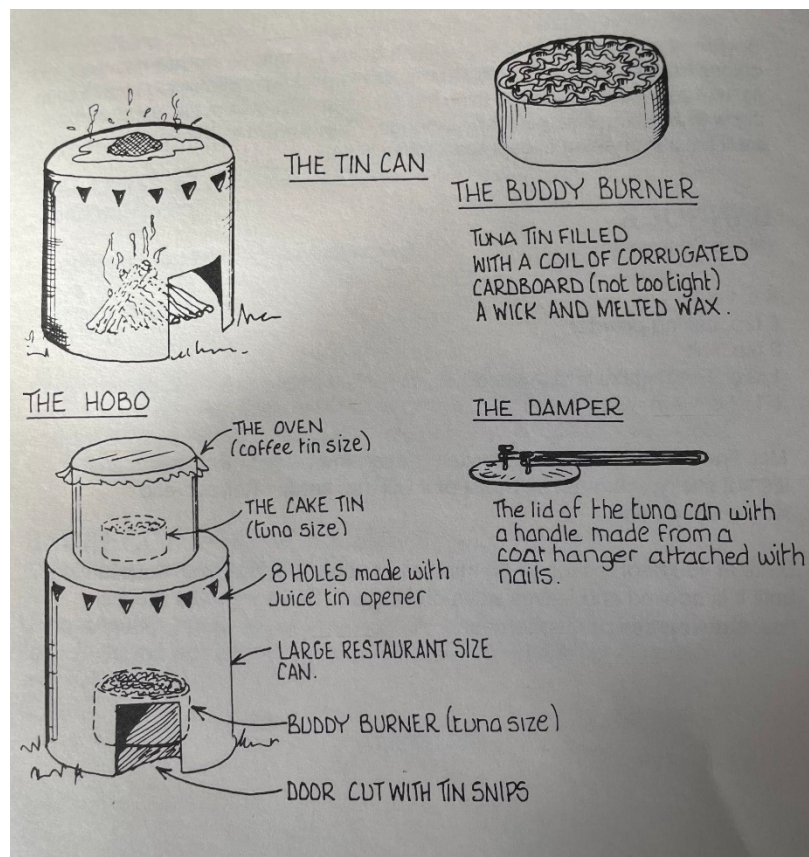
- COOKING EXAMPLES
 - This is like your stove at home! You can boil, fry, cook an endless amount using this method!

Note: When your stove is completely off, ensure to wipe the stove tray to keep it clean and prevent any animal attractions. Please ensure any empty propane tanks are properly disposed of. Many campgrounds have separate waste bins (they do not go directly in the regular waste bins)

Hot Dog in a Milk Carton

- Materials:
 - Newspaper
 - milk carton / juice carton (remove any plastic spouts)
 - hot dogs and tinfoil.
- Method:
 - Roll your hotdog(s) in tinfoil (shiny side up), making sure it is completely sealed.
 - Crumple a page of newspaper and stuff into the bottom of the milk carton.
 - Roll a piece of newspaper around your tinfoiled hot dog and place it in the milk carton.
 - Add 2-3 more crumpled pieces of newspaper around your hotdog in the milk carton.
 - Place your milk carton in a fire pit and rip some of the edges of the carton for an easier light.
 - Light your carton and the newspaper. Allow the carton to burn all the way down.
 - Use tongs to remove your tinfoiled hotdog from the fire pit. It will be very hot!
 - Serve in a bun with your condiments of choice!

Tin Can Stove and Buddy Burners



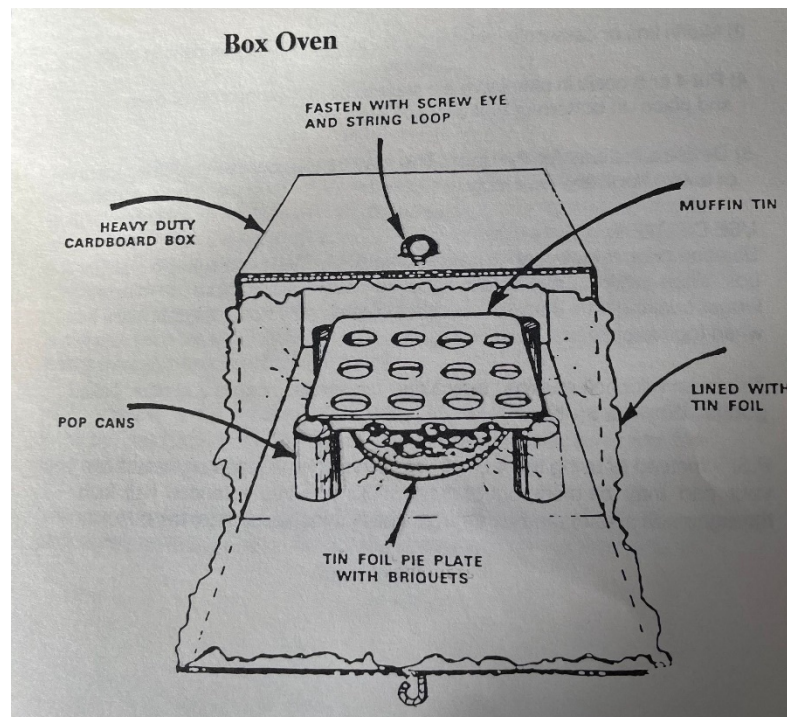
- A large empty tin can without the lid can make an excellent stove for frying! You can build a small wood fire underneath or use a buddy burner.
- Using a large coffee-type can, cut 8 holes around the top edge using a bottle opener. Light your buddy burner with a match and place the tin can over the lit buddy burner.
- To turn out the buddy burner flame, place the lid of the can over the flame or turn the large empty can upside down on the flame to cut the oxygen.

COOKING EXAMPLES:

- Grilled cheese
- French toast
- Quesadilla
- Fried egg

Place butter over the can between each use.

Tinfoil Box Oven



Box Size, the box should be a suitable size to hold the baking dish you are using. An air space is required around the dish to allow air to circulate. A 9 inch square pan requires a 15 inch square box with a depth of approximately 14 inches.

CONSTRUCTION

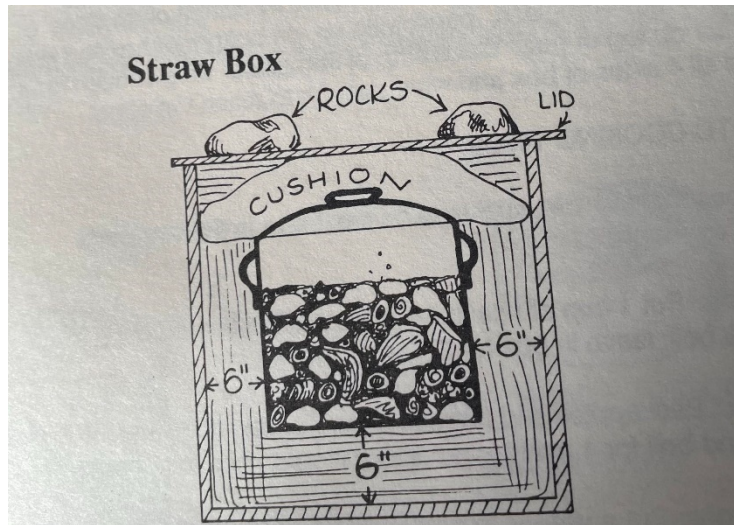
- Lay the box on one of the long sides. Cut around 3 sides of the box, leaving it attached on the long side on the bottom. This will be the door
- Cover the interior of the box with 2 layers of heavy-duty foil, shiny side exposed. Tape in place on the outside of the box. (do not let any tape be exposed on the inside).
- Muffin Tins or casserole can be supported on 4 empty tin cans in the oven.
- Put your coals on a pie plate outside the oven. Light the coals and wait until they turn white before placing in the oven. Use one briquet / coal for every 45 degrees required for your recipe.

- Devise a fastener for the door. This could be a string loop, wire hook or wire loop for example.

Note: Allow an additional 10 minutes longer cooking time than your recipe indicates. Remove Briquets from the box when cooked. This oven will cook muffins, cupcakes, casseroles, cakes and other baked goods.

Caution: DISPOSE OF COALS CAREFULLY. A cardboard box oven should not be used on a wooden picnic table or on dry grass as the heat from the coals could cause a fire.

Straw Box



CONSTRUCTION

- Take a large wooden or cardboard box and line it with several layers of newspaper.
- Line the bottom and sides of the box with straw and pack it very tightly to a depth of 6 inches.
- Fibreglass may also be used. Crumple and pack tightly 5 inches from the bottom of the box and set the pot in the middle of this. To cover the pot, use an old pillow case or sew a pad stuffed with tightly crumpled newspaper.
 - If using fibreglass, use 3 inches of fibreglass insulation on all sides of the pot. Place fibreglass paper side up on the bottom of the box and keep one piece on top of the pot. Cut a strip of fibreglass, long enough to fit around all 4 sides of the box and wide enough to reach the top of the pot.
- Pack the straw around a cooking pot to ensure a tight fit. It is necessary to use a pot with a tight-fitting lid.
- Make a pad or cushion filled with straw to place over the pot. This may be a square bag made from a piece of sacking, the same size as the top of the box.
- When the box is closed, set a flat piece of wood or rocks over it to prevent heat from escaping.

EXAMPLE COOKING TIMES:

- Rice: 1 cup rice and 4.5 cups of water and bring to a boil. Then, leave in the box for 2.5 hours.
- Boiled Bacon: Cook for half the usual time on the fire. Then place in the straw box overnight.
- Apples: Peel and remove the core of the apples, cover with water. Add sugar and boil for 1 minute. Put into the straw box for 7 hours
- Potatoes: Place potatoes in cold water, boil for 2 mins. Then leave in the box for 2 hours or more.

Hay or straw is a non-conductor of heat so when the partly cooked food in the pot is placed in the straw box, the heat escapes so slowly that the food continues to cook for hours.

Campfire

Building a fire:

- Collect your kindling (small sticks, easily flammable and dry brush), medium sticks and large logs.
- Form a log cabin (two sticks parallel to one another then place 2 additional sticks perpendicular to the two just placed. Continue this 4-5 times to have 4-5 layers of medium sticks. Place your small kindling in the middle of the cabin.

OR

- Form a tipi. Place your kindling in the center of your fire pit. Take 3-4 medium sized sticks and place them around the kindling, by having them lean on each other (forming a tipi or triangle configuration).
- Place any newspaper or a firestarter with you kindling for an easier ignition.
- Light your fire using a match! It is easiest to light directly on a newspaper or a firestarter.
a) If having difficulty keeping the fire going long enough for the medium sticks to ignite, keep slowly adding newspaper or dry flammable kindling to the fire.
- Once the fire is going (medium sticks have caught fire), add larger logs to the tipi or log cabin to keep your fire going.

COOKING EXAMPLES:

- Roasting marshmallows, Bannock, Hot dogs with a roasting stick
- Place a grill or rack over your fire and cook banana boats, orange peel muffins, Quesadillas, pizza, Tin can soup
- Place directly in the fire (in the coals / embers): Tinfoil Dinners

Orange peel Muffins:

- Cut off the top of your large orange- cut no more than a ¼ off, eat the inside of the orange keeping the peel intact.
- Prepare a muffin batter and fill the orange peel ½ way with muffin mix.
- Place the top of the orange you cut off back over the orange for the lid.
- Cover entirely in tinfoil. Place over a fire for 15-20 mins.

Tinfoil Dinner:

- Wet a piece of newspaper.
- Then place between two pieces of tinfoil (in layers) making sure no newspaper is visible.
- With your tinfoil shiny side in, place potatoes, carrots, corn, onion, onion or garlic powder and your meat of choice in the middle of the tinfoil.
- Lift both sides of the tinfoil and roll it down, then roll both ends of the tinfoil inwards.
- No newspaper should be showing and no food should be visible.
- Place your tinfoil dinner in the fire.

*NOTE: if meat using raw meat, this will take over an hour to cook. We recommend pre-cooking the meat and then cooking will take around 20 minutes in the fire (enough to heat through).

Appendix B (part C)

Star Gazing

Plan your own star gazing night

Tips and Tricks

- When picking a site for your sky gazing night, the darker it is, the more you will be able to see. Avoid areas with light pollution as much as possible. If you're struggling to find a dark location, spend time observing the moon instead.
- Unless your focus is on the moon, avoid hosting your event too close to a full moon. This is when the moon is at its brightest and makes it more difficult to observe the stars in the sky.
- It takes time to gaze at the sky, and it isn't very active. Dress appropriately and bundle up a little warmer than you usually need for the season, so you stay comfortable.
- It takes a long time for human eyes to fully adjust to the dark – up to half an hour! It's a shame to lose our night vision because we needed to go inside to the bathroom or look at your phone for the position of a planet. Try to prepare as much as possible before going outside. Using dim red lights will allow you to see safely without destroying your night vision, but it does take a little planning.

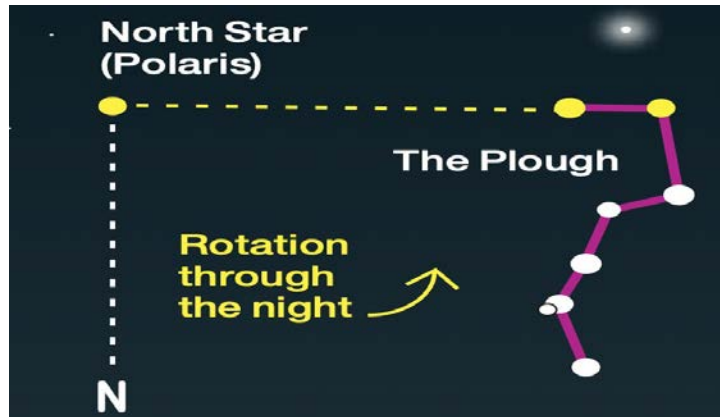
Some constellations to get you started

There are many apps and websites that can help identify constellations. This website can help identify constellations near you:

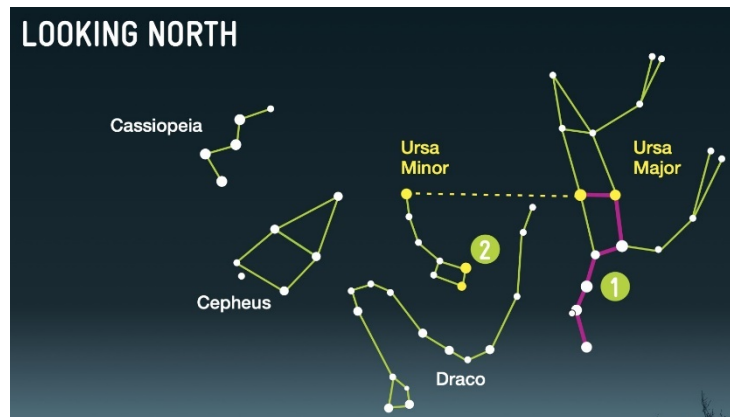
[Night Sky Map & Planets Visible Tonight in Winnipeg](#)

HOW TO FIND POLARIS

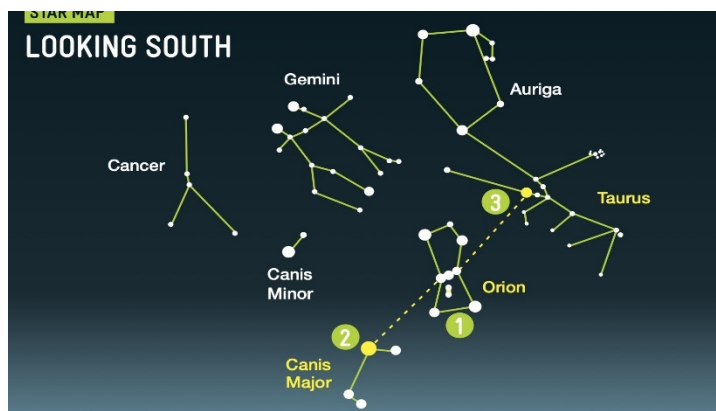
- Polaris (the North Star) is positioned above the North Pole, and so it seems to stay still in the night sky as the Earth rotates beneath it and the stars appear to rotate around it. As a result, it has been used for navigation for centuries.
- It's easy to spot as two stars in the "Plough" (More commonly known as the big dipper which is a part of Ursa Major) point directly towards it, as shown here. If you drop a vertical line from Polaris to the horizon, this is due north. If you are looking north, east is to your right, west is to your left and south is directly behind you.



- The big dipper (The Plough) is a part of a larger constellation called Ursa Major.
- Using the big dippers “pointer” stars to locate Polaris, the Pole Star which marks the end of the tail of Ursa Minor, The Little Bear. The other two stars at the other end of Ursa Minor (Kochab and Pherkad) are known as the Guardians of the pole.



- Look below Orion’s Belt for a “fuzzy star”. This is a stellar nebula where hundreds of young stars and exoplanets are forming
- Follow the line of Orion’s Belt left to find Sirius (the Dog Star) in the constellation Canis Major. This is the brightest star in the night sky. Although it looks like just one star, it’s actually, a system of two stars: Sirius and a fainter companion star.
- Look out for the V-shaped arrangement of stars with Aldebaran at one end. These are the brightest objects in the cluster of stars called the Hyades.



Phases of the cookie moon

Activity

What you will need:

- Cookie Moons resource (enough copies to share)
- Girl Guide classic vanilla cookies, four per person or pair plus a couple extra in case they break...or get eaten!
- Any cream cookie or other circular food can be used instead if needed, e.g. tortillas, rice cakes, bread cut into circles
- A butter knife, one per person or pair
- A plate or tray, one per person or pair
- Sheets of letter size paper and pencils, once sheet per person. You can also use chart paper and markers, one to two sheets and one marker total

What to do:

- Draw one way you've seen the moon in the sky.
 - Is it a big circle
 - A crescent shape
 - Somewhere in between
 - You can do this on your own or all together on a large sheet of chart paper
 - Look at everyone's drawings and go through the different phases of the moon that you have captured.
 - A phase of the moon is the way the moon looks as it orbits (circles) the Earth. It takes the moon about a month to orbit around the Earth, so it takes a month to see all the phases of the moon
- Open up your cookies so the cream is all on one side, if you need to you can use your butter knife to scrape it all onto one side. Try not to crack the cookies.
- Use the Cookie Moons resource for steps on how to make the eight phases. If you want you can take pictures of your cookies after you have carved them. You will notice that most of the phases just switch from left to right.
 - Phase 1: New Moon
 - Phase 2: Waxing Crescent
 - Phase 3: First Quarter
 - Phase 4: Waxing Gibbous
 - Phase 5: Full Moon
 - Phase 6: Waning Gibbous
 - Phase 7: Third Quarter
 - Phase 8: Waning Crescent
- After you have carved your moons and made and shared your creations, celebrate together with a cookie toast! (If only the moon really tasted that good!)

Activity: Phases of the Cookie Moon

Resource: Cookie Moons

Step 1: Carve your cookies

Start by opening up each of the four cookies as carefully as you can so all the cream ends up on one side. Then, follow the steps below to create eight different cookie faces:

Cookie #1:

Split your cookie apart so all the cream is on one side.
That's it for this one!



Cookie #2:

Carve a small crescent of cream off the left side of the full cookie face and put it on the left side of the empty cookie face.



Cookie #3:

Carve off half of the cream on the left side of the full cookie face and put it on the left side of the empty cookie face.



Cookie #4:

Carve a small crescent of cream off the right side of the full cookie face and put it on the right side of the empty cookie face.

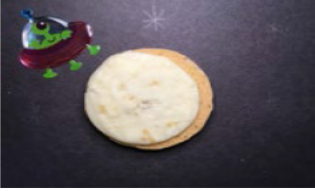
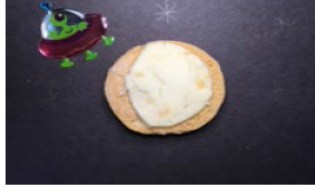








Activity: Phases of the Cookie Moon

Resource: Cookie Moons

Step 2: Put your cookies in order

Work together to get your cookies in the order below to show the phases of the moon.

	<p>Phase 1: Full Moon</p> <p>The whole cream circle looks like a full moon. A full moon happens when the sun and moon are lined up so the side facing the Earth is also facing the sun.</p>
	<p>Phase 2: Waxing Gibbous</p> <p>The cookie with a little cream missing from the right side looks like the waxing gibbous moon. Waxing means something is getting bigger. Gibbous describes the semi-circle shape in between the full moon and first quarter moon.</p>
	<p>Phase 3: First Quarter</p> <p>The cookie with the cream on the right half looks like the first quarter moon. It's called this because about a quarter (or one week) of the month has passed since the full moon when this moon is out. Sometimes this is called a half moon.</p>
	<p>Phase 4: Waxing Crescent</p> <p>The cookie with the small crescent on the right side looks like the waxing crescent moon. Have you noticed? The part of the cookie without cream is getting bigger.</p>
	<p>Phase 5: New Moon</p> <p>The cookie with no cream on it looks like a new moon. When there's a new moon, it almost looks like the moon has disappeared! It happens when the moon gets between the Earth and the sun and the sun is shining on the side of the moon we can't see.</p>
	<p>Phase 6: Waning Crescent</p> <p>The cookie with the small crescent on the left side looks like the waning crescent moon. Waning means something is getting smaller – the part of the cookie without cream will get smaller in the next two phases!</p>
	<p>Phase 7: Third Quarter</p> <p>The cookie with the cream on the left half looks like the third quarter moon. It's called the third quarter moon because about three quarters (or three weeks) of the month has passed since the full moon when this moon is out.</p>
	<p>Phase 8: Waning Gibbous</p> <p>The cookie with more cream, missing just the crescent shape on the right, looks like the waning gibbous moon.</p>

Tree Factory

In this game, learn about all the parts that form a tree and some of the animals that rely on them!

In this activity, each member acts out a different part of a huge imaginary tree. We begin by building the Heartwood at the center of the tree and learning about what it does for the tree. We then act out other parts of a tree, building one part of our imaginary giant tree at a time.

Read out each statement below and have a member or members act out each part of the tree.

- Part 1: Heart wood “I stand tall.”
 - Heartwood forms the central core of the tree. It is made up of dense dead wood and provides strength for the tree.
 - Have one member stand alone - this will be the tree's center
- Part 2: Sapwood “We pump, we pump.”
 - Sapwood, also called xylem (ZEYE-luhm,) brings water and nutrients up from the roots to the leaves. Older sapwood cells become part of the heartwood.
 - Have members hold hands in a circle around the Heartwood
- Part 3: Cambium “We make new cells.”
 - Cambium is a very thin layer of growing tissue in the tree. It makes cells that become new sapwood, inner bark, or cambium
 - Have members form a larger circle holding hands, around the Sapwood
- Part 4: Inner Bark “We bring sap around.”
 - The inner bark is also called phloem (FLOW-uhm.) It carries sap from the leaves to the rest of the tree. At certain times of the year, the inner bark may also move stored sugars from the roots up to the rest of the tree.
 - Have members form a larger circle around the cambium
- Part 5: Outer Bark “We protect, we protect.”
 - The outer bark protects the tree from injury caused by insects, animals, plants, diseases, and fire. Different types of trees have different types of bark.
 - Have members form an even larger circle around the Inner bark
- Part 6: Roots “We anchor the tree.”
 - Roots help anchor the tree in the ground. They also absorb water and nutrients from the soil.
 - Have some members act as roots at the bottom of the tree
- Part 7: Insect “I hide, I hide!”
 - The insect tries to find a place to hide in the bark of the tree.
 - one member
- Part 8: Woodpecker “I hunt for insects.”
 - The woodpecker drills holes in the outer bark to find insects to eat.
 - one member

Tree Detectives

- Step 1:
 - Find a wooded area that has different types of trees to conduct the activity. If no such stand exists near the place your group meets, consider planning a field trip to a nearby park.
- Step 2:
 - Ask participants, do you know how to tell one kind of tree from another?
 - Have them name different characteristics that can help them to identify trees. Brainstorm a list. With visual aids such as posters, or the accompanying handout

(Leaf and Bark Clues, below), explain the different parts of a tree and how needles, leaves, and bark can all vary from one tree to the next.

- What do trees need to survive?
- What kinds of things do they need in their habitat?
- Discuss with participants the idea that, like animals, trees have different habitats and need varying levels and/or types of sunlight, water, soil, and space.
- Step 3:
 - Tell participants that they are all going to become “tree detectives” and will have the opportunity to study different trees in detail. Make sure that at least one of the partners has a clipboard or other hard surface, copies of both the Leaf and The Whole Tree Clue sheets, and a pencil.
 - Tell participants that these worksheets are a part of their field notebook, in which they will carefully describe different tree characteristics.
- Step 4:
 - Begin by exploring leaves.
 - Ask the teams or small groups to find at least three leaves on the ground, and on the leaf worksheets, to write their best description of the colour(s), shape, texture, and size of each of the leaves.
 - If participants can see how the leaves are arranged on a twig (i.e., alternating, opposing, etc.; see Leaf and Bark Clues), have them note that as well.
- Step 5:
 - Once they have done this, ask all the participants to throw their leaves in a large pile and mix them up.
 - Then, ask them to look at their notes and try to locate their own leaves.
 - Encourage them to cite evidence in their notes, not just remember their leaf!
- Step 6:
 - Once all participants have located their leaves, have them use the “Manitoba Native Trees Document” to try to find out what kind of tree the leaves came from.
 - Encourage them to use several characteristics of the leaves to find their tree.
- Step 7:
 - After they have completed their leaf hunt, have partner groups find a single tree to study.
 - Using the Whole Tree Clue worksheet, have them take notes on every detail of the tree they can find, including the appearance of the leaves, flowers, fruits (including nuts and acorns), or needles and cones.
 - They should also consider the color, texture, and patterns in the bark, and the general size and shape of the tree.
 - Also ask them to consider the area in which the tree is growing.
 - Use the Manitoba Native Trees Document posted on the website (under the winter challenge) to aid in identifying your tree!

Manitoba Native Trees



**BALSAM
FIR**



**BLACK
SPRUCE**



**EASTERN WHITE
CEDAR**



**BUR
OAK**



COTTONWOOD



**GREEN
ASH**



**EASTERN WHITE
PINE**



**JACK
PINE**



**RED
PINE**



HACKBERRY



HOP-HORNBEAM



**LARGETOOTH
ASPEN**



TAMARACK



**WHITE
SPRUCE**



**AMERICAN
ELM**



**MANITOBA
MAPLE**



**PEACHLEAF
WILLOW**



**SHOWY
MOUNTAIN ASH**



**BALSAM
POPLAR**



BASSWOOD



**BLACK
ASH**



**TREMBLING
ASPEN**



**WHITE
BIRCH**



**WILD
PLUM**

LEAF AND BARK CLUES

Leaves:



Needles



Simple leaves



Compound leaves



Attached opposite



Attached alternating



Smooth edged leaves



Toothed edged leaves



Lobed leaves

Bark:



Smooth



Bumpy

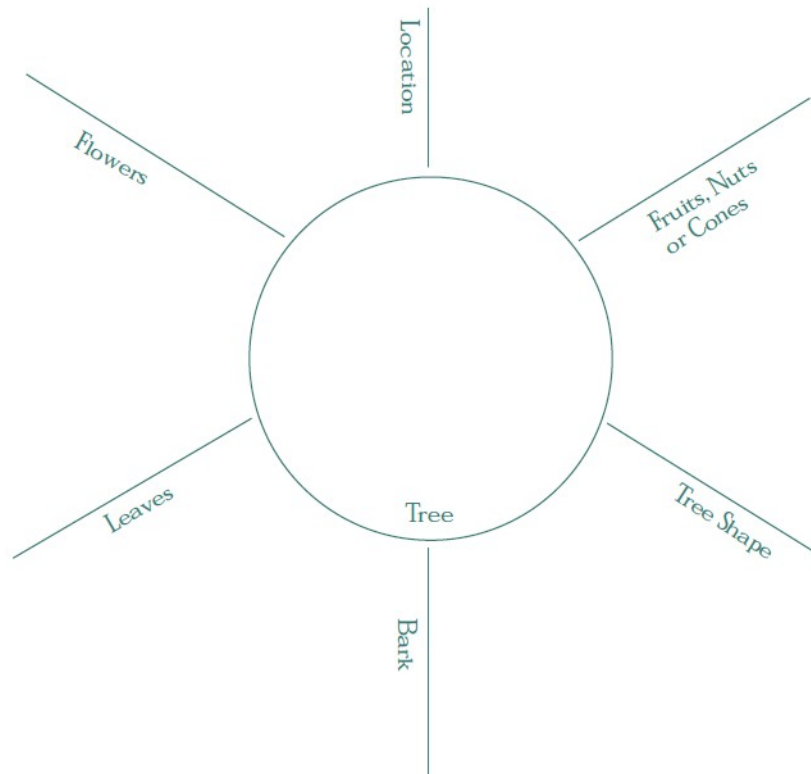


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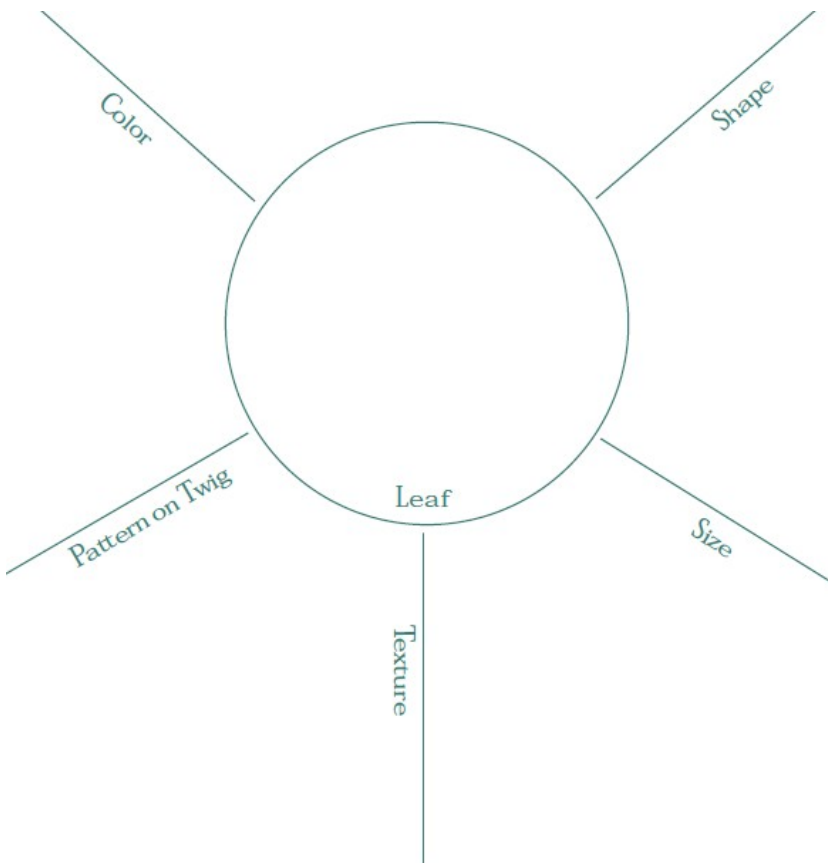


Scaly

The Whole Tree Worksheet



The Leaf Worksheet













Plant Identification

In this matching game, members will learn about different plants by matching plants to their names.

- Step 1:
 - Lay out 2 copies of each of the plant pictures face down (be sure to mix them up!)
- Step 2:
 - In groups of 3-4 or in partners, take turns flipping 2 cards per turn, trying to find a match. Keep the cards flipped up if you find a match. If they are not a match, flip them back over and the next player takes a turn.
- Step 3:
 - Repeat step 2 until all cards are face up.
- Step 4:
 - Take this activity one step further and head outside to a wooded area. Can you find any of the plants from the matching game?

This game can be adjusted by starting with less pairings to make it easier or all the pairings for more of a challenge.

				
Butterfly Milkweed	Maximilian Sunflower	Black Eyed Susan	Compass Plant	Cup Plant
				
Foxglove Beardtongue	Ohio Spiderwort	Grey-headed Coneflower	Pale Purple Coneflower	Purple Prairie Clover
				
Leadplant	Indian Blanketflower	Canada Goldenrod	Illinois Bundleflower	Showy Partidgepea

 Rattlesnake Master	 Western Ironweed	 Tall Boneset	 Upright Coneflower	 Lemon Mint
 Big Bluestem	 Indiangrass	 Switchgrass	 Canada Wildrye	 American Plum

Water Filtration Activity

Material List

- 1 Large plastic soda bottle
- 2 Cotton balls
- 1 Cup of sand
- 1 Cup of rock/gravel
- 1 Cup of activated charcoal
- 1 Pair of scissors
- 1 Plastic cup
- 1 Mallet and a plastic bag (optional)
- 1 Liter of muddy water (make your own by mixing dirt or mud into water)

Instructions

- Cut off the bottom of the plastic bottle with scissors (keep the cap on).
- Stuff cotton balls into the neck of the bottle.
- Crush the activated charcoal (optional, but it will work best this way).
- Pour it into the bottle.
- Next add the sand to the bottle.
- 6, Then add the gravel.
- Loosen the cap and set your water filtration system on top of the plastic cup
- Gently add muddy water into the top.
- Observe what happens as the muddy water is filtered.

Warning: Do not drink this water, it is not filtered enough for that.

Tip: Activated charcoal is available at pet stores or can be bought online.

Appendix C (Part D):

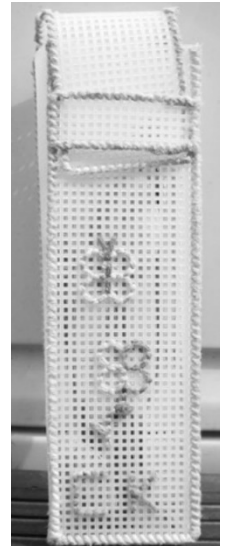
DIY Ditty bag

Supplies:

- Tea towel
- Thread
- Needle
- Optional: Sewing machine
- Shoelace or nylon cord (twice the width of the ditty bag)
- pins/safety pins

What to do:

- Place the fabric down on a flat surface, with the wrong side facing up.
- Begin pinning a 1-inch fold along the longest side of the tea towel. This is the channel where the drawstring will go.
- Sew the channel closed, along the edges into a pocket
- Fold your tea towel in half and with the right sides together. The drawstring channel will be at the top.
- Sew $\frac{1}{4}$ inch seam allowance all the way around the open sides of the bag. (Do not sew the drawstring channel together)
- Flip the bag right way around
- Insert your shoelace/nylon cord through the drawstring channel.
- Tie a knot at each end of your cord.



DIY Camp Cutlery Case

Materials Required:

- 1 sheet of plastic canvas
- 1 cross stitch needle or darning needle
- wool of choice

Instructions:

- Step 1: Cut Your plastic canvas
 - Front: Cut front 17 squares by 60 squares
 - Sides: Cut 2 sides 8 squares by 60 squares
 - Bottom: Cut 1 bottom 8 squares by 17 squares
 - Back: Cut plastic canvas 17 squares wide by the length of the longest side.

On the long side count down 20 squares and remove 1 square by 20 on both sides. You now have 15 by 20 squares for the top to fold in, with the rest of the length 17 squares wide.

Flap: Cut 1 flap 6 squares by 17 squares (When done fold over top part of back and slide under flap to close)

- Step 2: Embroider the front with flowers, letters or your choice of design. Make sure you don't stitch anything in the top 22 squares (The top flap will cover this)
- Step 3: Stitch side to front starting at the top being sure to add flap piece 7 squares from the top Step
- 4: Stitch second side on making sure you put the second side of the flap the same number of squares from the top.
- Step 5: Stitch the back to sides.
- Step 6: Then stitch the bottom.
- Step 7: Insert top into flap on the front to close.

DIY Bird Feeders

Bird Feeder Muffins

Ingredients:

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- ½ cup sunflower seeds
- ½ cup peanuts
- ¼ cup chopped bacon
- ½ cup raisins
- ½ cup dried cranberries
- 1 small apple
- 1 egg
- 2 T maple syrup or honey
- 3 T butter, melted
- 1 cup milk

Directions:

- Chop the seeds, nuts, fruit, and bacon very finely.
- Mix together with the flours, then stir in the wet ingredients.
- Pour the muffins into a greased mini muffin tin and bake at 400 for 15 minutes or until golden brown.
- Refrigerate or freeze any muffins you don't distribute right away.

These mini muffins can be set on window ledges, benches, tucked in crooks of trees, or set on porch railings.

Pine Cone Bird Feeders

Ingredients

- Pinecones—whatever size and shape you can find
- Twine
- 1 cup peanut butter
- 2 T shortening or butter
- 2-3 cups birdseed

Directions

- Tie 6-8 inches of twine to the tip of each pine cone.
- Melt your peanut butter and butter together until runny. If it's too hot for little fingers, allow it to cool slightly.
- Dip your pinecones in the mixture until they are completely covered.
- Roll the pinecones thoroughly in birdseed.
- Hang in nearby trees and bushes.

Birdseed Wreath Feeder

Ingredients

- 1/2 cup hot water
- 1 Tbsp unflavored gelatin
- 3/4 cup flour
- 3 Tbsp corn syrup
- 4 cups bird seed

Directions

- Stir together the hot water and gelatin until dissolved (this takes a bit of time and stirring!).
- Add the flour and corn syrup and mix together into a sticky paste, then add the birdseed.
- Using your hands or a wooden spoon, mix well and then press into a well-greased bundt or tube pan.
- Allow the feeder to dry for at least 24 hours. After a day, flip it out of the tube pan onto a drying rack to let it finish hardening.
- Tie a scrap of burlap around it and hang it out for the birds!

A note of caution: this feeder may not hold up well to rain



DIY Birdhouse

Option 1:

Popsicle stick House

- Make your own Glue:
 - Mix flour and water until it reaches a gooey consistency.
 - Add a small amount of salt to prevent mold.
 - Cook the mixture on low heat for a few minutes.
 - Let the mixture cool.
 - Store the glue in an airtight container.

Making the Birdhouse:

- Step 1: The roof. Line up 12 popsicle sticks in a row. Glue 1 popsicle stick about ½ a cm from the top across all the popsicle sticks. Glue another popsicle stick ½ a cm from the bottom across all the popsicle sticks.



- Step 2: Repeat step 1 for the other side of the roof. Set the 2 roofs aside.
- Step 3: Repeat step 1 a third time to form the bottom of the birdhouse.
- Step 4: Take what will be the bottom piece of your birdhouse. Have the side with the 2 horizontal popsicle sticks face up. Glue 1 popsicle stick attaching the two horizontal popsicle sticks together. Then glue another popsicle stick on the horizontal sticks from the other side.

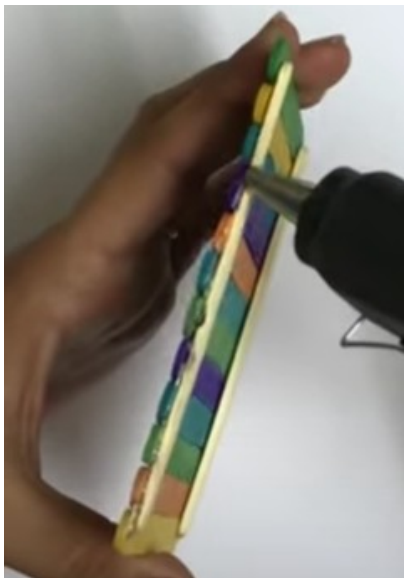


Celebrate Spring (Spring Challenge)

- Step 5: Take 2 more popsicle sticks. Glue 1 popsicle stick attaching the two new vertical popsicle sticks on one end. Take the second popsicle stick and attach it at the other end of the vertical popsicle sticks.



- Step 6: Repeat step 5 until the walls are as high as you would like your birdhouse to be. The final picture below used 18 popsicle sticks for the walls.
- Step 7: Set your bottom aside. Find your 2 roof pieces. Glue across the top of one of the rooves and place a popsicle stick against the glue. The popsicle stick should be straight while the roof is at a slight angle.

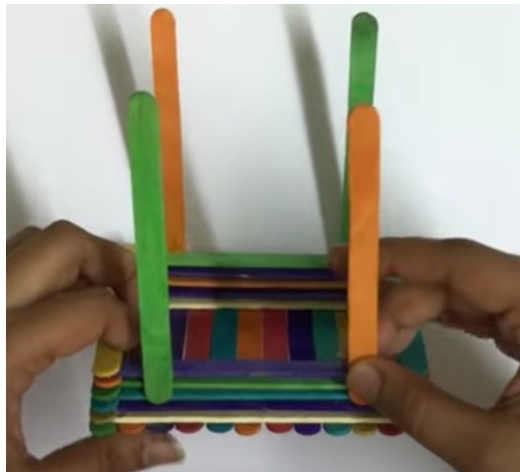


Celebrate Spring (Spring Challenge)

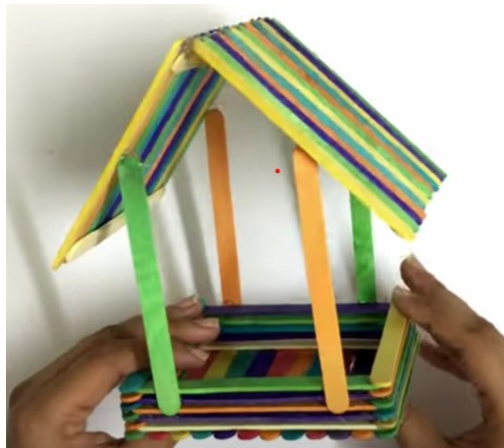
- Step 8: Glue the top side of the other roof and attach it to the same popsicle stick.



- Step 9: Take your bottom and glue 4 popsicle sticks ~1-2 cm in from each corner. Make sure 2 popsicle sticks are on the same side and 2 popsicle sticks are on the opposite side.



- Step 10: Glue the tips of the 4 popsicle sticks just glued on. Attach the roof to the 4 popsicle sticks



- Step 11: Glue one more popsicle stick between two other popsicle sticks of the bottom to create a ledge.



Option 2:

Build a Wooden Birdhouse

- DIY Birdhouse kits are available for purchase at some retail stores such as Michaels or Home Depot. Grab the kit and a hammer and nail away! Get creative and paint your bird house afterwards

Options 3:

Birdhouse

- Have an alternate way of building a birdhouse? We can't wait to hear about it! Please keep in mind what materials are being used. Choose materials that won't be harmful to the environment and are safe for animals.

DIY sit-upon

Option 1

Newspaper Sit-Upon

Supplies:

- Newspaper
- Durable plastic shopping bag or vinyl tablecloth
- Duct Tape

Instructions

- Tear full-size pages in half. (you will need 8 pieces)
- With each page, fold each page in half, lengthwise and continue folding in length wise.

Celebrate Spring (Spring Challenge)



- Lay a strip down. Put another beside it. Lay a third one perpendicular to the two, over one strip and under the other.



- Continue weaving the strips until you have four vertical and four horizontal, woven over and under.
- Now push the strips so that the edges are tight together. Beginning at one corner, fold the bottom of the strip up and press the crease. Fold down the top edge of that strip and tuck it into the horizontal strip it covers.



Celebrate Spring (Spring Challenge)

- Repeat this process for the side you're working on, rotating the mat and folding and tucking into the horizontal strips along the edges.



- Turn the mat over and do the same thing on the other side.



- Place the sit-upon in a bag or wrap the piece of table cloth around the sit-upon and then duct tape it closed.



Option 2: Bucket sit-upon

Supplies

- 5 gallon bucket
- Duct tape
- Foam/thick cardboard
- Optional: vinyl tablecloth

Instructions

- Cover the base of the pail with patterned (optional) duct tape or get creative with sharpies/markers and decorate it to your heart's content.
- Turn the top of the bucket upside down and trace the lid on the foam/cardboard.
- Cut the pattern and place on top of the lid
- Optional - Cut the vinyl tablecloth about 2 inches larger than the lid then cover the foam pad/cardboard with it. Secure it the the lid with duct tape.
- Tape the Sit-Up-on Pad down with duct tape working slowly and molding the ends to fit the curve.



Option 3: Recycled materials sit-upon

[Follow link](#)

Supplies

- Envelopes (9x10 or larger; 1 per sit-upon)
- Plastic zipper bags (large enough to fit the envelope inside; 1 per sit-upon)
- Old magazines or newspapers (5-10 pages per sit-upon)
- Optional: Scotch tape or glue (enough to share)
- Optional: Packing tape (enough to share)
- Optional: Permanent markers or crayons (enough to share)

Option 4: Duct tape tote sit-upon

[Follow Link](#)

Supplies

- Large reusable shopping bags (canvas or plastic; 1 per sit-upon)
- Thick cardboard (1 piece per sit-upon) - Girl Guide cookie cases work well.
- Duct tape (a variety of colours; enough to share)
- Optional: Scissors (enough to share)

Option 5: Sewn cushion sit-upon

[Follow Link](#)

Supplies

- Cushions (1 per sit-upon)
- You can make a cushion using old t-shirts, plastic shopping bags, foam, a thick newspaper, or a towel.
- Thick plastic tablecloths, more than double the length of the cushion.
- Yarn, string, or ribbon (1.5-2.5 m; 1 per sit-upon)
- Single-hole punches (enough to share)
- Scissors (enough to share)
- Rulers (enough to share)
- Pencils (1 per person)
- Optional: Duct tape (enough to share)
- Optional: Sewn Cushion Sit-Upon Instructions resource (enough copies to share)

Fire starters

Option 1: Waxed cardboard

Supplies

- Melted wax (paraffin wax or old candles work; at least 1 cup total)
- You'll need a microwave and bowl or a double boiler to melt the wax.
- Cardboard (about 5 cm x 10 cm; 1 piece per person)
- A cookie sheet or cooling rack
- Wax paper

Instructions

- Slowly melt the wax in a microwave or double boiler so it doesn't burn.
- Hold on to one end of the cardboard and dip it into the melted wax. (Don't dip your fingers!)
- Pull the cardboard out of the wax and let the extra wax drip off. Place the cardboard on the cookie sheet to cool.
- Once it's cool, dip the undipped part of the cardboard in the wax.
- Let the extra wax drip off and set it aside to dry on the cookie sheet.
- Repeat these steps for each piece of cardboard.

Option 2:

Candy-wrapped toilet tubes

Supplies

- Toilet tubes (1 per person)
- Dryer lint (enough to fill each toilet tube)
- Wax paper (1 piece per toilet tube) (The wax paper should be about 10 cm longer than the toilet tube in one direction and about 15 cm longer the other way)

Instructions

- Stuff the dryer lint into the toilet tube until it's full.
- Roll the toilet tube up in the wax paper.
- Pinch the wax paper at each end of the toilet tube and twist it up. It should look like a wrapped candy.

Option 3:

Dipped pine cones

Supplies

- Pine cones (1 per person)
- Melted wax (at least 3 cups total) - You'll need a microwave and bowl or a double boiler to melt the wax.
- Cotton string or twine (20 cm long; 1 piece per pine cone)
- A cookie sheet or cooling rack - Line it with wax paper.

Instructions

- Tie the string to the top of the pine cone.
- Slowly melt the wax in a microwave or double boiler so the wax doesn't burn.
- Dip the pine cone into the melted wax.
- Lift it up and let the extra wax drip off.
- Once the wax has cooled, dip it again.
- Dip your pine cone a third time, and then place it on the cookie sheet to harden.

Bed roll

Supplies

- Ground sheet (Tarp/Thick shower curtain)
- Sleeping pad
- Sleeping bag
- Pillow
- Extra blanket (optional)
- Stuffed animal (Optional)
- 12 ft non-slip rope

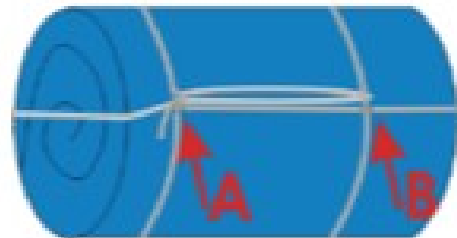
Instructions

- Lay out your ground sheet
- Place sleeping pad on ground sheet
- Place sleeping bag on sleeping pad
- Place pillow on sleeping bag at the top

- **Optional:** Place extra blanket on sleeping bag and stuffed animal near pillow
- Fold over each side of the ground sheet
- Now fold the ends of the ground sheet like a present tucking them towards the bed
- Starting from the pillow end, start rolling tightly, tucking the ends into the roll
- Make a packer's knot on one end of the rope and make a loop.
- Put the loop around the bedroom and pull tightly. (Side A)
- Pull the end of the rope across the bedroll and hold it at an arrow while you make another loop around the roll.
- Slide the new loop and pull tightly (Side B)
- Wrap the bedroll from end to end.
- Slip the end of the rope under the packer's knot on side A
- Tie it in place with another packer's knot.
- **Optional:** Extra rope can be wrapped around between A and B (packers knots) to make a handle.



Make a packer's knot in one end of the rope and make a loop. Put the loop around the bedroll. Pull tightly.



Extra rope can be wrapped around between A and B to make a handle.