

Activity Guide for **Camp Mu-Sha-Ni**



girl scouts 
north carolina
coastal pines

**Nature and Property
Activities
for Troops and Groups**

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About Camp Mu-Sha-Ni

Welcome to Camp Mu-Sha-Ni! We are so excited that your troop (group) is taking a trip to our hidden gem in Richmond County! This camp activity guide has lots of helpful information for planning your trip, activity suggestions, and helpful reminders. This information is here to help you start planning your trip, so feel free to use it as a starting point and expand upon the ideas in the pages to come.

Camp Mu-Sha-Ni sits on 843 acres of fields, forest, ponds, and wetlands. It's the only camp property that is available for troop and service unit usage year-round. From fishing on McBride's Pond to hiking to the beaver dam, Camp Mu-Sha-Ni has something for everyone!

Our property is home to a world of nature- take a hike and look for sundew by the pond, brown-headed nuthatches in the trees, and lightning strikes in the woods. If water activities are more your speed, our pond offers opportunities for canoeing and swimming when weather conditions allow. The target sports areas (archery, axe, BB gun, and slingshot ranges) are great for Girl Scouts of all levels and experiences. A variety of hiking trails that can be used to explore the woods surrounding the camp. In fact, MSN has the most hiking trails of all our camp properties, plus two types of carnivorous plants, and a beaver pond you can walk out on. To top it all off, with two weatherized buildings there are plenty of opportunities for winter camping adventures.

We can't wait for you to come to Camp Mu-Sha-Ni and explore all it has to offer!

Certified Activity Areas



At Camp Mu-Sha-Ni, several activity areas will require certified instructors for troop/group participation. Below is a brief overview of each area and the certification needed. Additionally, we have certified volunteers who may be available to assist your group in these activity areas by request. To make this request, reserve the activity using the reservation system and complete our Campsite Usage and Activity Request form found in the Campsite Confirmation Packet.

Outdoor Adventures Training

At least one outdoor certified adult volunteer to accompany a troop camping trip.

- To take Girl Scouts camping at one of our GS-NCCP camp properties, in pre-existing structures, at least one volunteer must complete Outdoor Adventures: Basic Camping Skills.
- To take Girl Scouts camping off GS-NCCP camp property and/or camp in tents and other temporary structures, at least one volunteer must be certified in Outdoor Adventures: Basic and Extended Camping Skills. Outdoor Adventure certifications are valid for five years.

Target Sports

We offer a variety of Target Sport Activities, which have a variety of requirements. For usage, reservations are required.

- **Archery**- Girl Scout Brownies and up, facilitator with USA Archery Level 1 or higher
- **Axes**- Girl Scout Cadettes and up, facilitator trained in GSNCCP Axe Throwing
- **BB Guns**- Girl Scout Brownie and up, facilitator certified as an RSO.
- **Slingshots**- Girl Scout Daisy and up, facilitator trained in Slingshot safety, form, etc.

Swimming

The pool or waterfront must be reserved separately for your group to participate in swimming.

- Swimming at the lake is available in the designated area of the H-Dock as long as the water temperature is above 70 degrees. There must be a certified lifeguard in waterfront lifeguarding and more may be needed based on the number of participants.

Watercraft

The waterfront must be reserved separately for your group to participate in Watercraft Activities. At Camp Mu-Sha-Ni, we offer canoeing. Instructors must be certified in the GSNCCP Watercraft Council Properties Training, and watchers are required.



Note: Please always check the most recent version of Safety Activity Checkpoints at www.nccoastalpines.org for current guidelines.

Explore Nature

We want to encourage girls to play with nature, not just in nature. Creating opportunities for unstructured play will allow girls direct access to real nature while allowing girls to explore, discover, and create their own activity. Check out these ideas for unstructured nature play as well as group games. These ideas are sure to get your girls up, outside, and having fun in the outdoors!



Build shelters, fairy or gnome houses, bridges, castles, mazes, and art pieces out of natural materials



Create your own games, run through fields and grassy areas or lay down and cloud watch



Pretend to be animals and make up stories and act them out.

We want to be stewards of our environment, so we encourage girls to only use nonliving materials found on the ground. Be sure to check areas for safety hazards prior to allowing girls to use the space for free play. Once play is finished, remember to Leave No Trace by returning all materials to their original locations.

Did You Know?

Red-cockaded woodpeckers are named for the line of red feathers sported by males between their black caps and white cheeks. When the birds were given a name about two centuries ago, cockades-ribbons or ornaments worn in hats-were quite popular, and the decorative feathers on the male were reminiscent of one. The red cockade is one of the only features that distinguishes a male from a female. Both males and females have grayish-white bellies and black-and-white striped backs.



Nature Hike

Whether you choose to hike to the beaver dam or search for pitcher plants, the trails at Camp Mu-Sha-Ni have exciting things to discover around every corner. Each of the trails start at the end of the dam at the well shelter. To explore the beaver dam and fishpond, follow the Yellow Trail. To stay close to main camp, choose the Orange or Green Trail. We've included information about the Orange Trail below.

Here's one of our favorite routes:

- Follow the Orange Trail past the large toilet/shower building and through the parking lot field.
- While in the sandy parking field, look for different animal tracks in the sand; then follow the orange signs to the fire line, which is the boundary of Mu-Sha-Ni and the NC Wildlife Game Lands.
- As soon as you come to the camp boundary and the Wildlife boundary, you can look over onto the Wildlife boundary and see some abandoned red cockaded woodpecker cavity trees. This is the federally protected woodpecker that lives in the longleaf pine forest of the Sandhills. They are the only animals that make a cavity in a living tree. As you travel down the boundary trail, watch the different animal tracks. Animals also like to travel to old roadbeds and fire lines in the woodlot. Look for a fox squirrel or one of their nests, usually high on the treetop.
- Notice the large longleaf pines corner tree where the boundary makes a right turn. It's a foot straight line to Drowning Creek from this corner. As you travel down this trail and come to the end where the vegetation becomes thick, you are looking into a small stream. On the right side of the fire line and close to the stream, there is an old lightning still that was destroyed by the ATF in the 1950s. If you are quiet and listen closely, you can hear the water rippling through the stream bed.
- Just after you make the left turn off the boundary/fire line trail; there are a few patches of pitcher plants. They are a carnivorous plant that attracts and digest insects that are attracted and trapped in the pitcher or tube parts of the plant. Be careful not to step on or destroy these rare plants. As you walk through the open longleaf pines notice how thick the grass is where the sunlight is able to penetrate the tree canopy and reach the ground.



Use the Sensory Scavenger Hunt on the next page to see how many items you can find along the trail!

Sensory Nature Scavenger Hunt

Sensory Nature Scavenger Hunt

This scavenger hunt requires more than just your eyes! Challenge yourself to the ultimate sensory nature hunt.
How many items can you find?

Touch



- ? Something smooth
- ? Something squishy
- ? Something heavy

- ? Something wet
- ? Something spikey
- ? Something cold



Hear

- ? Bird
- ? Wind
- ? Insect

- ? Something made by humans
- ? Something loud
- ? Something quiet

Smell



- ? Dirt
- ? Grass
- ? Pine Trees

- ? Something pretty
- ? Something musty
- ? Something stinky



See

- ? Something tall
- ? Something colorful
- ? Something with holes

- ? Something the blends in
- ? Something bright
- ? Something that is trash

Longleaf Pine Activities

Activity Length: 40 minutes

Materials: tape measure (or ruler and string)

Camp Mu-Sha-Ni is home to many Longleaf Pine Trees, the state tree of North Carolina. This species once covered approximately 90 million acres of land in the Southeastern United States, ranging from Virginia to Texas, and covered nearly all of North Carolina's upper coastal plain and lower piedmont. Today, only a few thousand acres of longleaf pines remain, and many organizations work hard to make increasing longleaf pine forest acreage a priority. Before your visit to Camp Mu-Sha-Ni, do some research with your girls about the Longleaf Pine Tree. You can often check tree guides out of the library to help you with identification during your visit. You can also touch base with the ranger when you arrive at camp and ask to have a few Longleaf Pines pointed out to you.

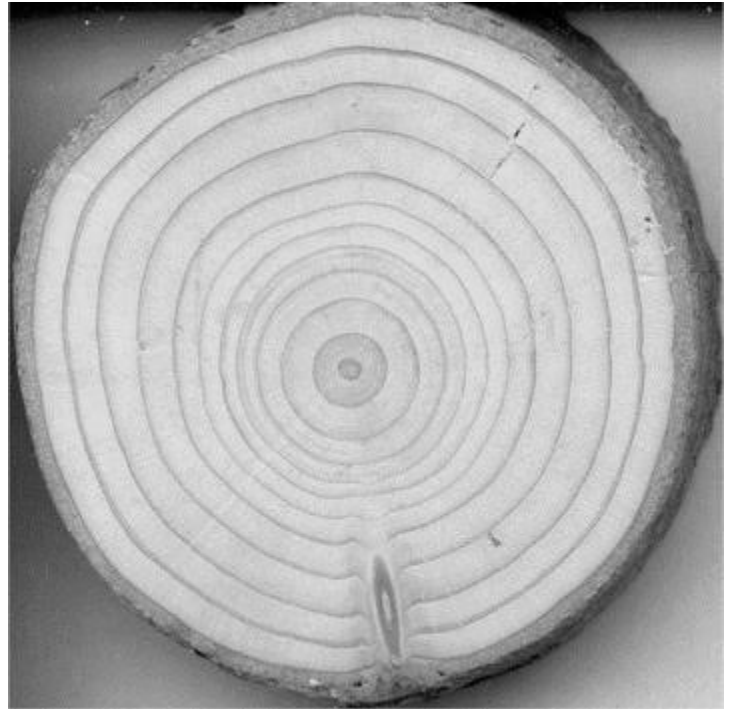


Figure 1: Tree Rings

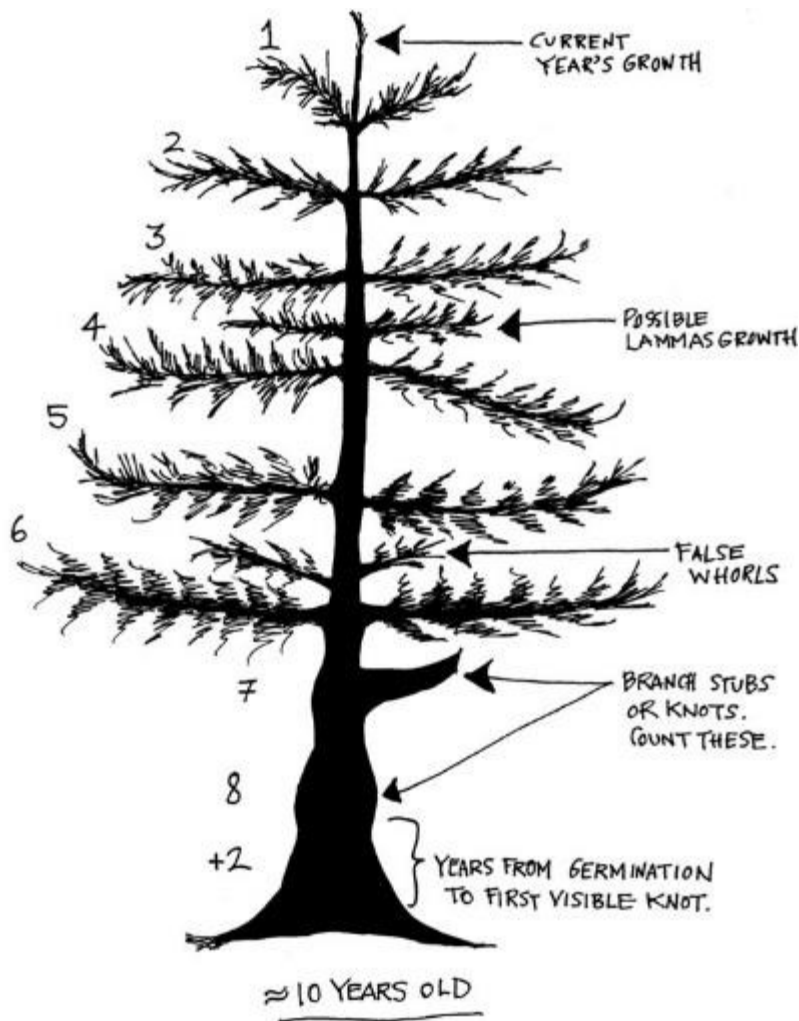
Tell your group that you are going to be tree scientists today (they're called dendrologists!) and you will try to figure out how old some of the Longleaf Pines are. Ask the girls:

- ⇒ What are some ways we can guess how old people are? (size, birthdays, appearance, etc.)
- ⇒ What are some ways we might tell if a tree is old or young? (height, width, loss of limbs, scars, etc.)

Trees don't have birthday parties, but every year, a tree gets a little bigger and forms a new ring in its trunk. (See next page for a photo) We can't count those rings ourselves while the tree is still growing, but we can count them on a stump or a tree that has been cut down. These rings can tell scientists a lot about a tree - how old it is, whether it was a rainy or cold year, and more! If you see any tree stumps today, stop and count the rings. Can you find a tree that is younger than 50? Older?

1. Another way to guess the age of a tree is to take some measurements:
2. Find a pine tree to measure.
3. Using a measuring tape, measure 4.5 feet up from the bottom of the tree (or use a ruler to measure 4.5 feet of string and use that). Have a girl use her finger to mark that height on the tree trunk.
4. Measure the circumference of the tree by measuring all the way around the trunk at that height.
5. Now you need to calculate the diameter (the length of the straight line through the center of the tree) by using the formula $D=C/\pi$ (diameter= circumference divided by 3.14)

6. Multiple the diameter by 5. The number 5 is the average growth factor for pines, determined by the International Society of Arboriculture. This number comes from a formula that accounts for the rapid growth in early years followed by a slower growth rate as the tree ages. If your diameter is 8, your tree would be approximately 40 years old ($8 \times 5 = 40$)
7. Now you have an estimated age of your tree! How accurate do you think this guess is?
8. You can also estimate the age of a pine tree by counting the number of whorls it has. A whorl is the circle of branches at the same level that wraps around the tree. A pine tree gains a new whorl level approximately every year. You'll need to add 2 years to your number to account for the years before the tree was big enough to start forming whorls. You can use the image on the next page to help guide your counting.
9. Practice counting the whorl levels on pine trees that are smaller and not very tall.
10. Look at a tall pine tree - if you look closely at the trunk, can you see signs that lower levels of whorls may have fallen off? This is because pine trees easily lose lower branches as they get older. Don't forget to count the levels that are missing into the age of the taller trees!
11. Give the girls different ages to try to find ask you look at the Longleaf Pines. Can they find a tree as old as they are? As old as an adult with the group?



Leave No Trace Principles

GIRL SCOUTS LEAVE NO TRACE

Learn and be prepared to use the Leave No Trace Seven Principles to help protect the environment on your trip:



Plan ahead so you leave nothing behind. Get to know the area you'll visit. Repackage and store food in reusable containers.



Travel and camp on durable surfaces. Walk only on existing trails and camp on surfaces that are already impacted or are durable enough to withstand repeated trampling.



Dispose of waste properly: Carry out what you carry in—never dump anything on a campsite or into a water source.



Minimize campfire impacts: Instead of using firewood and building campfires, pack a lightweight cooking stove and lantern.



Respect wildlife by checking them out at a distance. Never approach, feed, or follow them.



Be considerate of other visitors. Remember you're not alone in the wilderness. Keep your voices down and let nature be the loudest sounds you hear.

Group and Field Games

Sing Down

The leader splits all of the participants into smaller groups (3-10). Each group gets paper and a pen.



The leader tells the groups that they will be given a word, such as “love,” and that they must think of as many songs as they can with the word “love” in them. It doesn’t have to be in the title of the song, just somewhere in the lyrics. The leader then instructs them to write down as many songs as they can think of on their piece of paper.

After 1-2 minutes of brainstorming, the leader will stop the groups and tell one group to perform a line with “love” in it from one of their songs. If a group takes the song your group was going to perform, your group will have to perform a different one. The leader tells the groups that they can perform the song however they like, but that he or she is judging them, so they should be creative. The participants can sing more than one line, but they must sing the line with the word in it.

You can keep going through the groups until everyone has run out of songs, and the last group standing wins (or wins a point).

Look but Don’t Take Scavenger Hunt

Break participants into groups and give them things to look for (i.e., things of a specific color, things that are flat, things that start with A or D.) Who can find 5 things first? With teams of five to six, each player can be responsible for remembering one thing and saying that thing to the leader/group.

You’re Only Safe If (a variation of tag)

In the tag variant “You’re only safe if...”, the person who is “it” calls out an object or feature, like a specific tree or a “blue object”. Other players must race to touch that designated safe item before being tagged by the person who is “it”. Players who successfully touch the item before being tagged are safe, while those who are tagged become new “taggers” or join the game as the new “it”.

- **Designate a Tagger:** Choose one player to be “it” to start the game.
- **Set Boundaries:** Establish a playing area and define its boundaries to ensure everyone stays within a manageable space.
- **Call Out a Safe Item:** The person who is “it” will then call out a specific object in the playing area, such as “You’re only safe if you find a **tall tree**” or “You’re only safe if you find something **blue**”.
- **Race to the Item:** All other players must run and touch the identified item as quickly as possible.
- **Tag or Be Safe:**
 - If a player touches the designated item before being tagged, they are safe.
 - If a player is tagged before touching the item, they become the new “it” or a new new tagger and join the game with the previous “it”.
- **Continue Play:** The game continues with new taggers (or the same group) until everyone is tagged or a set condition, like a time limit, is met.

Campfire and Songs

No camping trip would be complete without a campfire! Campfires can include songs, skits, poems, performances, ceremonies, or any variety of activities. Of course, don't forget the s'mores!

At Camp Mu-Sha-Ni there are fire circles by each group of platform tents and around the main shelter. Additionally, there is a large fire circle located by the Chalfant Shelter, as well as, near the stage by the pond. At each fire circle, make sure there is a water bucket full of water, a rake or shovel, and an appropriate amount of firewood. These items should be checked in the daylight.

Some campfires have a set flow, while others are free-flowing. The most important thing is to give girls the opportunity to participate in some way. With larger groups, it is a good idea to have a sign-up for songs and skits to help manage the group, allowing everyone who wants to perform the opportunity to do so. It works well to start with loud, exciting songs and skits at the beginning, and work to quieter songs and skits at the end.

Once a Girl Scout Went to Camp

Once a Girl Scout went to camp, went to camp,
Went to camp without her lamp, without her lamp,
And there she saw a spider in her bed, in her bed,
This is what the Girl Scout said, Girl Scout said:
'Spider spider, go away, go away,
You are not allowed to stay, allowed to stay.
This is what my worthy leader said,
"No two bodies in one bed, in one bed."'
Once a Boy Scout went to camp, went to camp,
Went to camp without his lamp, without his lamp,
And there he saw a spider in his bed, in his bed,
This is what the Boy Scout said, Boy Scout said:
"Aaaaaauughhhhhh!"

Alligator

(Chorus) Alligator, alligator
Can be your friend,
can be your friend,
can be your friend, too!

An alligator's always glad
He never sings the blues
I'd rather have him as my friend
Than wear him as my shoes
(Chorus)

The alligator is my friend
He likes to sing and dance



I'd rather have him as my friend
Than where him on my pants
(Chorus)

An alligator ate my friend
He can eat your friend too
But what you have to understand
Is he needs dinner too!

The Princess Pat

The Princess Pat (repeat) (Egyptian pose)
...lived in a tree (repeat) (lock hands overhead to form a tree)

She sailed across (repeat) (wave motion in front of body, with one hand)
...the seven seas (repeat) (hold up 7 fingers, then make a C with one hand)

She sailed across (repeat) (wave motion in front of body, with one hand)
...the channel too (repeat) (2 hands tracing a channel, then hold up 2 fingers)

And she took with her (repeat) (throw sack over your shoulder)
...a rig-a bamboo (repeat) (trace a wavy figure in front of you going down squatting as you go)

A rig-a bamboo (repeat) (trace a wavy figure in front of you going down squatting as you go)
...now what is that? (repeat) (hold out one hand, then the other)

It's something made (repeat) (bang one fist on top of the other)
...By the Princess Pat (repeat) (Egyptian pose)

It's red and gold (repeat) (twirl one arm down by your hip)
...and purple too (repeat) (hold up 2 fingers)

That's why it's called (repeat) (cup hands in front of mouth and shout)
...a rig-a bamboo (repeat)

Now Captain Jack (repeat) (salute)
...had a mighty fine crew (repeat) (salute several times)

They sailed across (repeat) (wave motion in front of body, with one hand)
... the channel too (repeat) (2 hands tracing a channel, then hold up 2 fingers)

But his ship sank (repeat) (hold nose with 1 hand, other hand waving overhead, squat)
...and yours will too (repeat) (point to others in group)

If you forget
(repeat) (tap forehead with index finger, then wave it away)

... a rig-a bamboo
(repeat) (trace a wavy figure in front of you, going down, squatting as you go)

A rig-a bamboo (repeat) (trace a wavy figure in front of you, going down, squatting as you go) ...now what is that? (repeat) (hold out one hand, then the other)

It's something made (repeat) (bang one fist on top of the other)
...by the Princess Pat (repeat) (Egyptian pose)

It's red and gold (repeat) (twirl one arm down by your hip)
... and purple too (repeat) (hold up 2 fingers)

That's why it's called (repeat) (cup hands in front of mouth and shout)
... a rig- a bamboo (repeat) (trace a wavy figure in front of you, going



Taps

Day is done,
Gone the sun,
From the lake,
From the hills,
From the sky,
All is well,
Safely rest,
God is nigh.

Green Tress

Green trees around us,
Bright stars above,
Friends all around us
In a world filled with love.
Taps sounding softly,
Hearts beating true,
As we are saying,
Good night to you.

Flag Ceremony

The flagpole at Camp Mu-Sha-Ni is located in the middle of the large encampment field near the main shelter. There is a mailbox next to the pool with a flag and sashes. Flag ceremonies are a wonderful way to incorporate a long-held tradition in your camping trip to signify the start and close of the day.

There is no one way to do a flag ceremony.

Some things that can be included are:

- Pledge of Allegiance
- Girl Scout Promise
- Girl Scout Law
- A Girl Scout Song or Poem



Flag Ceremony Etiquette:

- Red sashes can be used but are not required. If used, tied on the left side with a square knot.
- Remove items from your hands.
- It is not required to remove hats or other headwear.
- Participants should make a horseshoe around the flagpole.
- Flag ceremonies are quiet, solemn occasions.
- Take down the flag before sunset.
- No disrespect of any kind should be shown to the flag of the United States. It should be kept clean.

Flag Trivia:

- How many stripes are on the American flag? (answer: 13)
- When grouped with other flags, where should the American Flag be placed? (answer: at the center and at the highest point of the group)
- When is the American Flag posted in a stand it is always posted before other flags? True or False (Answer: False. it is posted last and is taken out first during the closing ceremony to make sure it is always at the highest point)
- When the American Flag is displayed in a public auditorium what side of the speaker is it placed on? (Answer: to the speaker's right as he faces the audience. Any other flag should be placed on the left of the speaker)
- The flag should be lowered and brought in at dusk if not illuminated. True or False? (Answer: True)
- At what pace should the flag be raised? (Answer: briskly/quickly and lowered slowly)
- When a flag is old and tattered and needs replacement, what should be done with it? (Answer: the flag should be retired in a dignified manner, burned)

Bonus Question: How many American Flags have been placed on the moon? (Answer: 6)

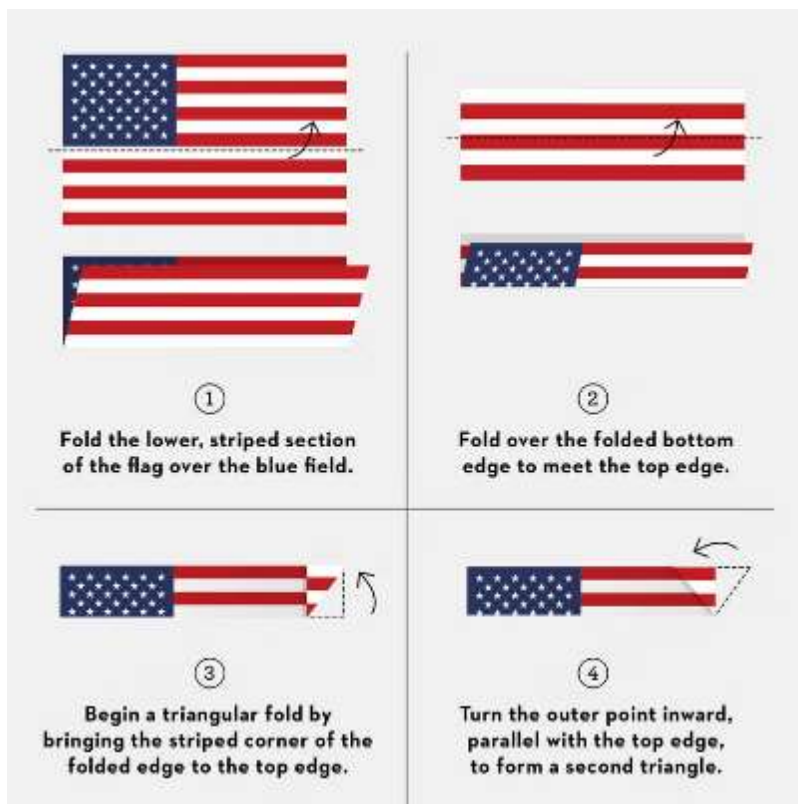
Terms Used in Flag Ceremonies

- The **color bearer (or flag bearer)** is the person who carries the flag. There is one color bearer for each flag used in the ceremony.
- The **color guard** is a team that guards the flags. Any even number of guards may be used, but usually four or six girls are sufficient.
- The **Girl Scout in charge (or caller)** is a designated Girl Scout who announces or calls each part of the ceremony.

Possible Commands for a Flag Ceremony:

- **"Girl Scouts, attention."** Used to announce that the flag ceremony is to begin.
- **"Color guard, advance."** Signals the color guard to advance with the flags, or advance to pick up the flags.
- **"Color guard, post the colors."** Directs the color guard to place the flag in flag standards or to attach the grommets to a flagpole rope.
- **"Color guard, honor your flag."** or **"Color guard, salute your colors."** Signals the color guard to salute the American flag.
- **"Please join us in saying the Pledge of Allegiance."** (Followed by an appropriate song, quotation, or poem, if so desired.)
- **"Color guard, retire the colors."** Prompts the color guard to remove the flag from standards or to lower the flag, detach it from the rope, and fold it prior to being dismissed.
- **"Color guard, dismissed."** Prompts the color guard to leave in formation, with or without the flag.
- **"Girl Scouts, dismissed."** Indicates girls may leave in formation or be at ease were they have been standing.

How to Fold a Flag



Flag Ceremony Calls

Flag Raising Script



- **Caller:** “Girl Scouts, attention.”
- **Caller:** “Color guard, attention.”
- **Caller:** “Color guard, advance.” Color guard starts forward at a uniform pace with their left foot walking in a straight line to the pole. Pace should be moderate but dignified. At the pole the leader of the guard (if there is no leader, the person to the left) will say quietly so only the guard can hear: “Color guard, halt”. This is on the right foot. They should step with their left foot, then stop.
- **Caller:** “Color guard, post the colors.” The color guard raises the flag. Again, the pace should be moderate but dignified.
- When the flag reaches the top and the rope is secured:
- **Caller:** “Color guard, honor the flag The guard salutes for three seconds.
- **Caller:** “Please join us in saying the Pledge of Allegiance and the Girl Scout Promise.” Troops and audience repeat pledge and promise. Color guard stands at attention but does not say the pledge or promise.
- **Caller:** “Color guard, retreat. “They walk slower than before back to base (where they started from).

Once there:

- **Caller:** “Color guard, dismissed.”
- **Caller:** “Girl Scouts, dismissed.” This signals to the attendees that the ceremony is over and they may now exit.

Flag Lowering Script

- **Caller:** “Girl Scouts, attention!” Everyone comes to an attention stance.
- **Caller:** “Color guard, attention!”
- **Caller:** “Color guard, advance!” Color guard marches forward at a uniform pace with uniform steps, starting with the left foot in a straight line to the pole. Do not halt until given the command.
- **Caller:** “Color guard, salute the colors!” The guard salutes for three seconds.
- **Caller:** “Color guard, retire the colors. “The color guard lowers the flag. If flag is at half-staff, the pole runner should quickly raise the flag to full staff before lowering. Pole runner then slowly lowers the flag. When the flag is in reach, one person in the color guard steps out of line to grab the striped end of the flag to ensure that it does not touch the ground. When flag is completely lowered, third person unclips the flag from the bottom up and they move to the side to fold the flag properly while pole runner secures the flagpole. When pole runner is finished securing the flagpole, they move over to support the middle of the flag to ensure that it does not touch the ground and to that the flag is folded as tightly as possible. After the flag is folded the color guard returns to line, facing the flagpole, with the flag bearer in the center.
- **Caller:** “Please join us in singing Taps.” Troop and audience sing Taps. Color guard stands at attention but does not sing.
- **Caller:** “Color guard, dismissed!” Color guard turns in a clockwise rotation to face the caller in one swift movement color guard once again marches forward at a uniform pace with uniform steps starting with the left foot until they are given the next command.
- **Caller:** “Girl Scouts, dismissed.” Everyone is dismissed.

Arts and Crafts Projects

Pinecone Fairies

Time: 30-60 minutes

Materials:

- Old tights
- Cotton wool and a little thread
- Wool for hair
- Acorn caps for a beret
- Felt for wings.
- PVA glue
- Longleaf Pinecone



Instructions:

Step 1: Make fairy heads - they look tricky, but they are not. And they have the benefit (over wooden beads), that you can easily glue them onto the pinecone with PVA glue (and they are light). Take two pieces of cotton wool and place them inside two layers of tights. Wrap the tights round to form a ball. Secure with a little thread and trim.

Step 2: Make the hair and hat- cut some strands of wool. Glue them over the nobbly bit of your hat with plenty of PVA (may be a little messy). Add lots of glue inside your acorn beret and squeeze on top of the "knobbly" end of your head to hide it all.

Step 3: Make the pinecone body- take your pinecones and see which ones stand upright best. Bend down the top few "needles" (you may have to break them a little to create a platform for the head. Add lots of glue to the bottom of the head and squeeze on.

Step 4: Decide on fairy wing shape - the wings in the example picture are butterfly-esque. Glue pieces in place and then with a big dollop of PVA squeeze into your pinecone "needles". If need be, push it into place with a craft stick or a pair of scissors.

Step 5: Let it dry- check on your fairy every so often and make sure that the head is still in the right position.

Recycled Cardboard Owls

Time: 30-45 minutes

Materials:

- Cardboard Boxes
- Magazines
- Buttons
- Paint
- PVC Glue

Instructions:

- Have girls create the canvas. Cut out a large oval shape from the cardboard, making the 'head' area slightly larger than the bottom. This will become the owl's body.
- Decorate the body of the owl, either with paint or pieces of magazine, or both! In the example pictures, girls selected a variety of colorful pages with interesting patterns and textures from the magazine and cut out small oval shapes and triangles. You could tear the paper, scrunch it up as well as use tissue paper, sequins or even bubble wrap to decorate the owls.
- Next, add wings and eyes. Cut the wings from cardboard, paper or fabric and attach them on top of your owl securing the wings with PVA glue. For the eyes, use buttons, bottle caps, cut shapes from magazine paper, or make them out of cardboard. Secure with PVC glue.
- Continue decorating, sticking and painting the owls until the girls feel that their owls are complete.



Nature Suncatcher

Time: 30-40 minutes

Materials:

- Paper Plate
- Scissors
- Clear Contact Paper
- Hole puncher
- Flower/leaves (whatever is in season)
 - Take hike to gather supplies
- Yarn

Instructions:

- Cut out the middle circle area of the paper plate.
- Trace a circle that is about an inch wider than the circle from the paper plate onto a piece of clear Contact Paper (I used a salad bowl to trace this circle.) Do this a second time so that you have two circles of Contact Paper.
- Flip the paper plate “wheel” upside down so that it curves upward. Next, carefully put one of the Contact Paper pieces in the middle of the paper plate.
- Carefully flip the plate to its original position.
- Arrange your gathered nature supplies on the “sticky” side of the contact paper.
- Once you’re happy with your arrangement of nature (and maybe glitter, too), carefully put the other piece of Contact Paper over the pieces of tissue paper, and press your fingers around the edges so that you have a nice seal.
- Using your hole puncher, make a hole somewhere in the white edge of the plate (where there is no Contact Paper).
- Slip a piece of yarn through the hole and tie it.
- Hang your beautiful suncatcher in a window to remind you of the light and wisdom



The Legend of Yellow Feather

The Legend of the Yellow Feather tells us about one of the first camporees at Camp Mu-Sha-Ni. During that special camping weekend, it is said that an old Native American shared the secrets of the beaver hiding places, wildflowers, trees, and other animal homes with the campers. As a token of friendship, the man gave the campers a yellow feather.

To honor that special exchange, it is a tradition to wear a yellow feather or yellow shirt or bandana at Camp Mu-Sha-Ni during evening campfires. It has been said that at times Camp Mu-Sha-Ni visitors have seen a burning torch moving in the distance. Many believe it is the old Native American man reminding new generations of Girl Scouts of their responsibility to take care of the land and animals that live there – in the same way that the original inhabitants of the lands did centuries ago.

THE LEGEND OF THE YELLOW FEATHER

In the early days of Camp Mu-Sha-Ni, there was a council-wide “Cadette Camporee.” Legend says that as some of the Girl Scouts were out hiking and picking wild berries, they came across an old Native American man sitting by the beaver dam near Drowning Creek. Although startled by the group, he beckoned them over to sit with him by the pond. The girls gathered around as he shared with them his rich knowledge of the land. He shared with them some of the wonders of Camp Mu-Sha-Ni, like where the beavers hide when “Girl Scouts abound.” The girls soaked in his wisdom and as they began to leave, he extended a token of friendship, a Yellow Feather.

Moved by his actions, the girls ran to pick up their baskets of blueberries. He had given them so much and they wanted to give him something back in return. Imagine their surprise and awe, when they turned around only to find he was gone.

The girls walked back to the campgrounds in a daze. Whispering among themselves, they wondered if they’d imagined the whole thing. Gathered around the campfire that evening with the rest of the campers, they shared their story with the other Girl Scouts. One by one, they shared what the weekend meant to them. All of them were honored at being part of the first Cadette Camporee at Camp Mu-Sha-Ni. Those who had met the wise and friendly Native American man shared the lessons he had taught them.

As the night quieted down and the roaring fire turned to ashes, the Legend of the Yellow Feather was born. Through this legend, it is told that this encounter and camporee experience sparked their commitment to honoring and stewarding the land which remains important to today’s campers and those who visit Camp Mu-Sha-Ni.

If you’d like to more about the history of the original stewards and caretakers in your area, visit <https://native-land.ca/>.

(Adapted Legend of the Yellow Feather from the 1978 Cadette Camporee at Camp Mu-Sha-Ni)



Map of Camp Mu-Sha-Ni

