

# Welcome to Two Sentinels Girl Scout Camp!

## MISSION STATEMENT



### *A message from the Directors:*

This manual contains useful information on rules, regulations, what to do at camp, and how to do it. Please scan the **entire** manual. For **new staff**, please pay particular attention to camp rules, personnel policies, daily schedules, and the campers' first day schedule. For **returning staff**, please brush up on personnel policies and camp rules.

Please have a working knowledge of basic rules before coming to camp!

Remember to be flexible! Bright ideas may strike at any moment, and that may result in changes.

**If we haven't said it enough before, we say it now: thanks for your continuing commitment to girls and Girl Scouting!**



Welcome!

# How to Use this Manual

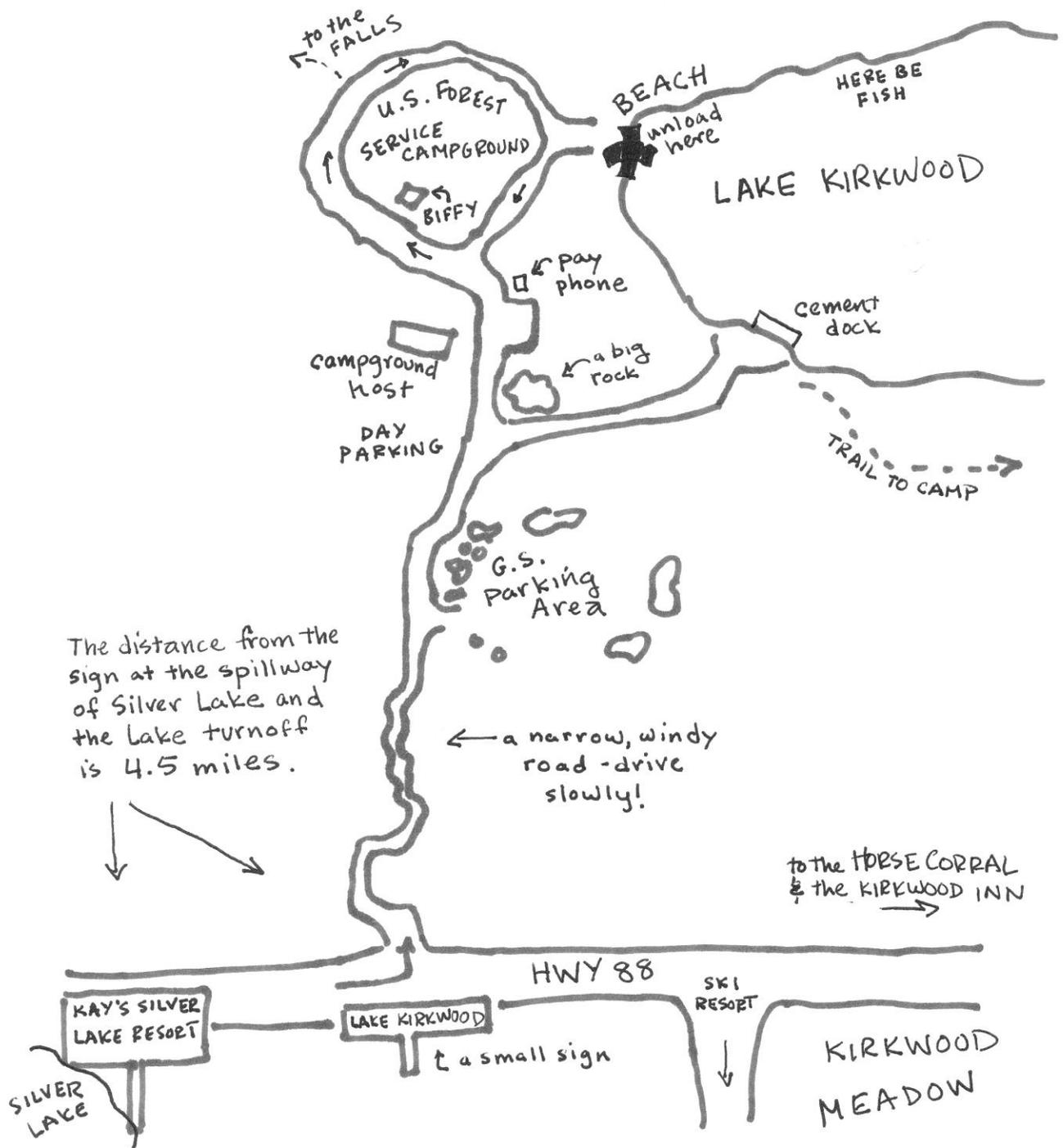
Wait! Don't panic! Take a deep breath!

There's a lot of information in here, but don't worry! This manual is not made to be memorized – it's meant to be a **reference book**. It's a tool to help everyone stay on the same page, as it were. If you're a new staff member, the information may be overwhelming, but almost every piece of information in this manual will be told to you during training and throughout the week. There probably isn't a single staff member who knows (or remembers!) every piece of information in here – so don't worry about sounding ignorant or asking questions.

If you're a returning staff member, there's probably some things in here you never knew before (or at least forgot). We've tried to compile an extensive **index** to help get right to the answer of whatever question you have. If it's not in here, then ask someone! We're glad you're here helping out, and we want to help solve whatever quandary you have.

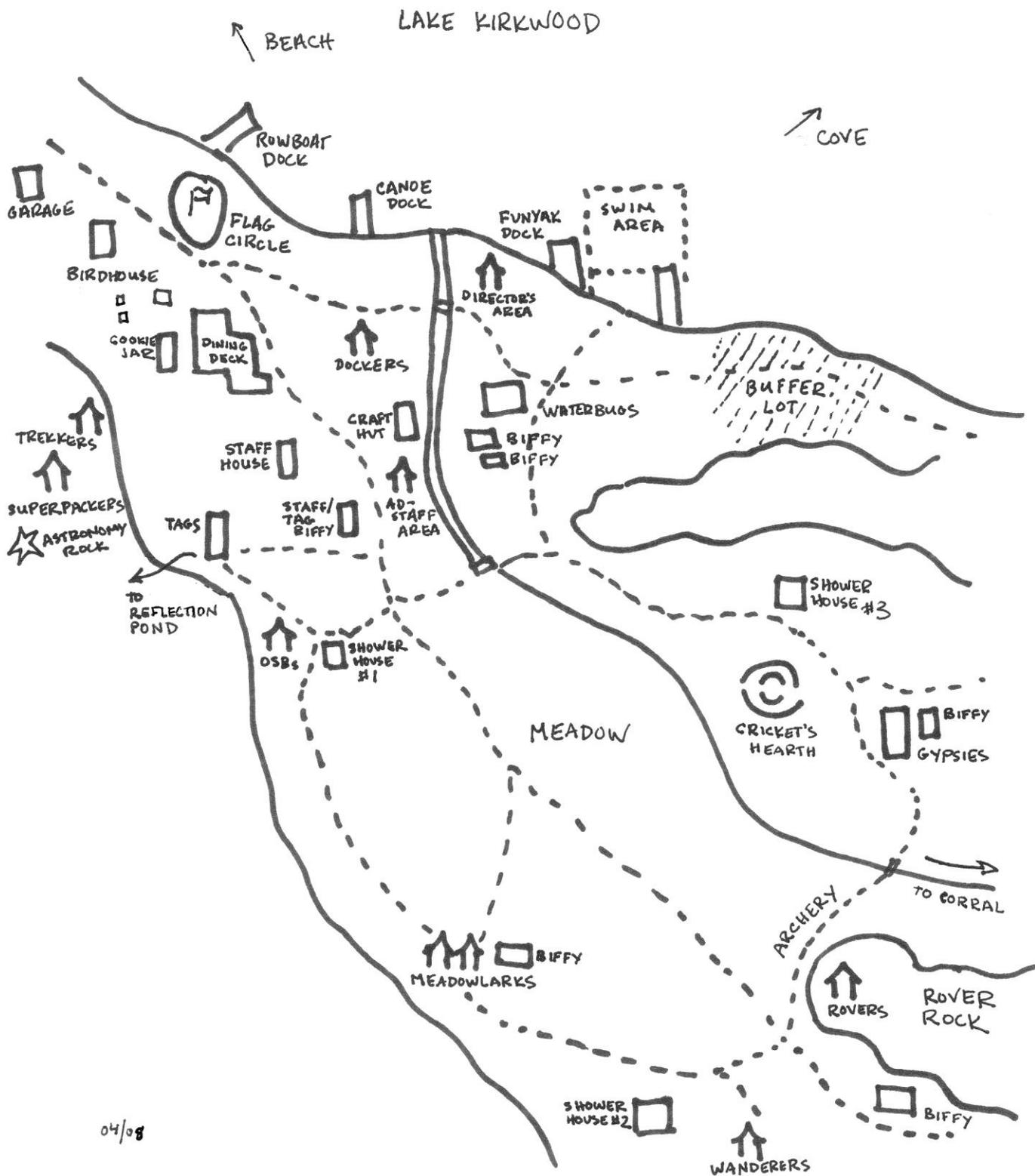
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# How to Find Us:



1. Unload your gear at the BEACH. (The Cement Dock *may* be used for unloading but is not encouraged as turning around is very difficult.) Rowboats will be going back and forth to get your gear in. Do NOT park in the "G.S. Camp Parking Area."
2. Drive your car down Highway 88 to the Kirkwood Inn and park at the far end of the parking lot. There should be a van there that will shuttle you back to the Cement Dock.
3. Hike in to camp.
4. Sign in, drink, eat, drink, drink, get your gear, meet & greet, drink some more!

# Here We Are!



04/08

# Two Sentinels Songs

## We're From Two Sentinels

Oh, we're from Two Sentinels  
 Our camp is a good one  
 We fight the mosquitoes  
 They're seven feet tall  
 Mosquitoes may eat us  
 But they'll never beat us  
 'Cause we're from Two Sentinels  
 And we're on the ball!

## Camp Two Sentinels

(2-part round)

Camp Two Sentinels  
 Camp Two Sentinels  
 Camp Two Sentinels  
 Camp Two Sentinels camp...

Some call it fun, and some just call it madness  
 So come on along and wipe away your sadness  
 Happy campers are we having fun 'neath the trees  
 And when we are gone, we'll remember our song  
 Cause we're from Camp Two Sentinels camp...

## Hurry Back Home

F (bar chords, or capo +3, play D, G, A)      Bb

Hurry hur-ry back home now - Hurry back to Camp Two Sentinels Through the

C      F

mountains and the valleys - Hur-ry hur-ry back home

Bb      F      C      F

We know we know You have to go Please hurry back home friend We'll miss you so -

Detailed description: The image shows three staves of musical notation for the song 'Hurry Back Home'. The first staff begins with a treble clef, a key signature of one flat (Bb), and a common time signature (C). The melody consists of quarter and eighth notes. Chord symbols 'F (bar chords, or capo +3, play D, G, A)' and 'Bb' are placed above the staff. The lyrics 'Hurry hur-ry back home now - Hurry back to Camp Two Sentinels Through the' are written below the notes. The second staff continues the melody with a 'C' chord symbol above and lyrics 'mountains and the valleys - Hur-ry hur-ry back home'. The third staff concludes the piece with 'Bb', 'F', 'C', and 'F' chord symbols above and lyrics 'We know we know You have to go Please hurry back home friend We'll miss you so -'. The notation includes various note values, rests, and a double bar line at the end.



Welcome!

# Two Sentinels Camp Song

By Alan & Mary Wuertenberger, 1986

*Chorus:*           C           F                   C  
And Two Sentinels will be my home  
                          F                           C  
Makes no difference how far away I roam  
                  Em                           Dm7  
Just to leave here can make you cry  
                  C                   G7           C  
Where the stars light up the sky

1. We'll go hiking down the trail in the morning  
With my best friend I've only known awhile  
And together we'll climb a mountain  
Just to make each other smile

2. We'll stay up until the early hours of morning  
We'll tell stories, and think of songs to sing  
Then we'll be dreaming in peaceful slumber  
'Till the bell begins to ring

3. We'll go swimming in the cool, clear water  
Then let the high sierra sun warm our skin  
In the evening, we'll sit by the fire  
And we'll sing our song again

4. From the first time we row across the water  
'Till the last time we drive across the pass  
There'll be memories we'll always treasure  
And the love will always last



# The History of Two Sentinels

The history of the area surrounding our camp is quite interesting. Carson Pass, leading up to Kirkwood, was named after the famous explorer, Kit Carson. It was the most significant overland route through the Sierras during the California Gold Rush (the 1840s). Carson and the expedition of 2nd Lt. John C. Frémont were returning from a trek from the Pacific coast of Oregon, when they decided to turn south. As they made their way down the eastern Sierras, they discovered Pyramid Lake and the Truckee River, which they named "Salmon Trout River". On January 31, 1844, the expedition was encamped at what is now Carson Valley. Carson suggested that they head west to Sutter's Fort.

The local Washoe Indians told them about a route through the mountains, but warned them that it would be dangerous to proceed in the middle of winter. The group went anyway, and the trek was terrible; it snowed constantly and they were unable to find food or game. On February 14, Frémont and Charles Preuss made it up Red Lake Peak and became the first white men to see Lake Tahoe in the distance. On February 21, they made it through the pass, located just west of Red Lake, which now bears Carson's name. On March 6, the entire expedition arrived at Sutter's Fort. California Historical Landmark #315, where Carson carved his name into a tree, is located at the summit of the pass to the east.

Five years later, a group of Mormons built a wagon trail from Sly Park through the Carson Pass all the way to Carson Valley. This route then became known as the Carson Trail and would later be known as the Mormon Emigrant Trail. It was a popular wagon train route for the gold miners. Later the road would be extended through the Carson Spur around the north shore of Silver Lake, and southwest to Jackson. State Route 88 now goes through the pass just north of where Carson himself traveled, and follows this southern route.

One of the first settlers coming over the pass in a wagon found a gold mine in Caples Meadow, the area now occupied by Twin Lakes. This fellow moved on with his wagon train, fully intending to return and lay claim to his strike. He never returned and the location of the gold remains a mystery.

Two historical landmarks can be observed along the highway to Kirkwood. Maiden's Grave is the burial spot of Rachel Welton, who died while crossing the Carson Pass in 1850; its story is carved on the headstone. Even today, one may find flowers placed on the grave by passersby.

The other landmark, known as Tragedy Spring, located 150 feet off Highway 88 just west of Carson Pass, is the burial spot for a group of three white men killed by Indians. The three men were members of a larger group of Mormons who were trying to find a pass through the mountains; they had gone on to scout out a trail, and when they didn't return, the main group of settlers went to try to find a pass themselves, and hopefully find the missing men. Eventually they located a rushing mountain spring, with evidence of a recent campfire beside it. Nearby was a large mound of freshly-laid dirt, and closer inspection revealed evidence of a recent battle, likely between Indians and the men. The next morning, they dug up the dirt and found the grave of their missing companions. Nobody knows what caused the Indians to kill the men, and whether it was justified or not. The bodies were reburied, with rocks on top of and around the grave to keep away animals. The spot was named Tragedy Spring, as it is still known today.

## Welcome!

Kirkwood's, the original Kirkwood Inn, was opened in 1863 by a cattle rancher named Zack Kirkwood who had settled in the area. The opening was prompted by the opening of the Amador/Nevada Wagon Toll Road, which was the primary route through the Sierra Nevada Mountains. The following year, Alpine County was created, and the ensuing redrawing of the county borders placed the inn at the convergence of Alpine, El Dorado, and Amador counties. The borders have since been changed, and the inn is no longer in El Dorado County; however, the original signpost that marked the intersection of the three is still located in the building. With time, the inn became a fashionable summer resort. After the founder's death, the inn remained family owned and operated until 1966, when it was bought by an investment group. The inn was then converted to the present-day Kirkwood Mountain Resort. The original building is registered as California Historical Landmark #40.

When the forest service released the land for public use, Pop Herly was the first builder on the lake itself in 1933. He described it as "a paradise with no disturbing influences other than Nature herself."

How the volcanic rock formations behind Kirkwood were finally named is questionable. Mrs. Herly is said to have called them the "Sentinels" and Mrs. Rolla Watt is also given credit for the name. Formerly they were called the "Haystacks," the "Three Sentinels," and finally "Two Sentinels."

In 1936, the first camp was built upon this site, founded by Mrs. Watt, called Vireo. It was finished in 21 days, and the campers arrived the following day. Mrs. Phelan was the original director. Miss McCully, whose camp name was Cricket, was director for the next three years; the main campfire ring, Cricket's Hearth, is named in her honor.

In 1947, the camp was remodeled into the basis for Two Sentinels Girl Scout Camp as it is today. The old dining hall was made into the crafts area. The kitchen became a counselor's lodge. The original first unit became the kitchen, with the addition of a dining platform. Units were moved around, and new ones were built. The swamp was turned into a meadow. In 1948, the flag pole was dedicated to Paula Watt, who first envisioned our camp on this site.

In the winter of 1982, a tree fell on the kitchen, rendering it completely unusable. For that year (1983), Two Sentinels was moved entirely to a different camp located in Mendocino. That summer, instead of Two Sentinels the camp was called "Tree Sentinels." Over that summer, a new kitchen was built, which is the one that still stands today.

In 1994, new federal laws came into effect regarding the quality of water for children. The water system at Two Sentinels did not meet the new standards; the camp was notified by the San Francisco Bay Girl Scout Council that it would cost \$50,000 to have a line put in across the ridge to the Kirkwood Water Line, located between the horse corral and the Kirkwood Inn; the council office also notified the camp that they wouldn't pay the money. Instead, Roy Bell and Don Mayo worked with the people from the utilities department, other agencies, and the Girl Scouts and set up the new system. The majority of the new line was put in over a weekend, and the new water line was finished the following weekend. It ended up costing a fraction of what the council said it would cost, closer to \$10,000. Through the dedication of the volunteers of Two Sentinels, camp stayed open. A plaque is now mounted on the wall in the Staff House in honor of Roy Bell & Don Mayo and their families.

# A Code of Ethics for Volunteers

**As a volunteer, I realize that I am subject to ethics similar to that which bind the professions in the fields in which I work.** Like them, I assume certain responsibilities and expect to account for what I do in terms of what I am expected to do:

1. I will keep confidential matters confidential. I will be careful what secrets I accept.
2. I interpret “volunteer” to mean that I have agreed to work without compensation in money, but having been accepted as a worker, I expect to do my work according to standards as paid staff expect to do their work.
3. I promise to take to my work an attitude of open-mindedness; to be willing to be trained for it; to bring to it interest and attention.
4. I realize that I may have assets that my co-workers may not have and that I should use these to enrich the project at which we are working together.
5. I realize that I may also lack assets that my co-workers have, but I will not let this make me feel inadequate, but will endeavor to assist in developing good teamwork.
6. I plan to find out how I can best serve the activity for which I have volunteered, and to offer as much as I am sure I can give, but no more.
7. I realize that I must live up to my promise and therefore will be careful that my agreement is so simple and clear that it cannot be misunderstood.
8. I believe that my attitude toward volunteer work should be professional. I believe that I have an obligation to my work, to those who direct it, to my colleagues, to those for whom it is done, and to the public.



Xvxn though my typxwritxr is an old modxl, it works quitx wxll xxcxpt for onx of thx kxys. I wishxd many timxs that it workxd pxrfxctly. It is trux that thxrx arx forty onx kxys that function wxll xnough, but just onx kxy not working makxs all thx diffxrxncx. Somxtimxs it sxxms to mx that a camp is somxwhat likx my typxwritxr...not all thx pxoplx arx working propxrlly.

You may say to yoursxlf, “Wxll, I am only onx pxrson, I won’t makx or brxak a program.” But it doxs makx a diffxrxncx bxcausx any program, to bx xffxctivx, nxxds thx activx participation of vxxy mxmbxr. So thx nxxt timx you think you arx only onx pxrson and that your xfforts arx not nxxdx, rxmxmbxr my typxwritxr and say to yoursxlf...

I AM A KXY PXRSON AND I AM NXXDXD VXRY MUCH!

## Personnel Policies

The principals and beliefs of the Girl Scouts U.S.A. govern the actions of all camp staff participating in the camp program of the Girl Scouts of Northern California. The Girl Scout camp program is open to all girls without regard to race, religion, color, or national origin. Camp staff are expected to adhere to the provisions of these policies while in camp and cooperate with the Camp Director in all matters. Camp staff members are expected to adjust personal actions to the customs, personnel practices, and goals of the camp and to conduct themselves both in camp and away from camp in a manner that is a credit to the Girl Scout organization.

### **CAMPER WELFARE:**

The first responsibility of each and every staff member is the health and welfare of the campers. Each staff member is expected to take every care to protect the privacy and person of each camper. Physical punishment or any sexual contact between staff and campers is not permitted. Caution should be taken any time a staff member is alone with a camper outside of the view of other staff members. This is for the protection of both the camper and the staff member, as well as the camp.

### **FACILITIES:**

All staff are responsible for care of the camp's buildings, tents, and equipment. Unauthorized use of camp gasoline, tools, equipment, or supplies is prohibited. Office phones are for camp business only.

### **DRINKING AND DRUGS:**

**Do not** possess or use alcohol or illegal drugs on camp property. In addition, staff is not to return to camp under the influence of any of these substances.

### **SEXUAL CONDUCT:**

Sexual conduct on camp premises is not permitted. Actions displaying friendship and/or fellowship during camp operation shall be in good taste and in no way offensive to any campers, staff members, or parents.

### **SMOKING:**

Smoking is **NOT ALLOWED** at **any** time on Girl Scout property.

### **BREAK TIME:**

Everyone is required to take a two hour break per day. Breaks should be arranged among the unit staff each day. Please use the sign-out sheet if you leave camp property and check with a director if possible.

### **TRAINING:**

Two Sentinels training is a **REQUIRED** part of your staffing obligation. To meet Girl Scout and American Camping Association requirements, you must complete 16 hours of in-town training and two days of on-site pre-camp training.

### **COMMUNITY RELATIONS:**

Staff are asked to be sensitive to the lake homeowners, people in the campground, and in the communities near the camp. Each staff member represents the camp in his or her dealings with members of the local communities and with their behavior off the camp grounds.

**PETS:**

No pets are allowed on Girl Scout property.

**HEALTH SERVICES:**

A qualified health professional is on-duty at camp and staff members have access to his/her services as needed.

**GRIEVANCES:**

Should there be a disagreement over the interpretation of camp policies or a grievance related to one's duties or relationships with fellow staff members, it should be reported to the supervisor promptly. Should the supervisor be the source of the grievance, the staff member may report the grievance to the Camp Directors.

**CONTRACTS:**

You may not work at camp without a signed contract.

**I UNDERSTAND THAT VIOLATION OF ANY OF THESE POLICIES IS GROUNDS FOR DISMISSAL FROM CAMP AS INDICATED IN THE STAFF CONTRACT.**

**ACKNOWLEDGEMENT:**

- I acknowledge receipt of the Two Sentinels Personnel Policies and understand that this document supersedes all prior documents and any other verbal or written agreements. I have read and understand the camp policies.
- I shall endeavor to understand and faithfully interpret the camp philosophy, objectives, and goals in my relationship with campers and all staff.
- I shall conduct myself in an exemplary manner, recognizing that I am an adult role model for my campers. By my behavior, I will always try to demonstrate high moral values. I recognize that my conduct when I am away from the camp premises also reflects on the camp.
- I shall always seek to be truthful, honest, and fair in my communication and interaction with campers and all staff, including directors.
- I accept the challenge of helping my campers increase their awareness of and responsibility to others and to the world of nature, of helping them gain in self-confidence and self-concept, and of teaching them new skills.
- I shall refrain from abusive language and any form of corporal punishment or embarrassment in my dealings with campers and other staff.
- I shall be accepting of the diverse facial, national, religious, and cultural background of my campers, and not seek to impose my own particular views.

**This contract is signed by each staff member *before* arriving at camp.**

## Heads Up, Staff!

### More Important Things You Need to Know

**Clothing. Tank Tops and Closed-Toe Shoes.** The Girl Scouts of Northern California has requested that, due to increasing concerns about sun exposure, **no tank tops are allowed!!** However, sleeveless tops with a shoulder area of at least 1 inch and no bra straps showing are allowed. Open-toed shoes are not allowed.

**Telephone.** The camp phone is off-limits to campers and staff. A mountain pay-phone is located ¼ mile out of camp. Messages can be relayed via the Emergency Contact out of camp; the camp staff calls the Emergency Contact twice daily. Emergency calls may be made by staff with approval of the Directors. **Cell phones do not work at camp.** You will be allowed to make one phone call home upon arrival – please bring a phone card.

**Health & Safety.** Each volunteer must submit a completed Health Form signed by a physician before camp. While at camp, attempt to maintain hours and habits which enable you to perform your job and maintain good physical condition. You are expected to modify all actions and behavior to comply with the safety standards for campers and staff. **We adhere to Girl Scout Safety-Wise guidelines.**

**Membership.** We encourage volunteers to be a currently registered member of the Girl Scouts of Northern California. The registration fee is \$10.

**Mail.** US Mail is picked up and delivered each day from town and will be passed out during the day, BEFORE dinner. **There is no UPS or FedEx service to Kirkwood!**

**Fluid Intake.** Encourage campers (and staff) to drink plenty of fluids. Punch, iced tea, and lemonade are always available on the Dining Deck. Punch from the kitchen is available for the units after lunch.

**Unit Changes.** There will be no changing of campers from one unit to another while camp is in session. Great care was made in their original placement. If problems arise regarding a camper's placement, please contact a Director.

**Medicines.** Staff must turn in **all** medication (including over-the-counter painkillers and antihistamines) to the camp nurse. You will have access to it at any time.

**Transportation.** Transportation to and from camp is the combined responsibility of the staff member and Camp Director. Parking at camp is limited; therefore carpools are strongly encouraged and will be arranged at the in-town training. Camp drivers must be 18 years of age or older. Cars not needed for transportation will be parked at the Kirkwood Inn.

**Valuables.** The Council and Camp cannot be responsible for any valuables or items of clothing lost, stolen, or damaged while at camp.

**Car Keys & Wallets.** During pre-camp, all staff will be required to turn in their car keys and wallets to the camp. These will be stored in the Birdhouse, and you will have access to them at any time.

**Visitors.** It is **not possible** to have visitors while at camp.

**Leaving Camp.** A sign-out sheet will be posted at the Birdhouse. Anyone leaving camp (individual or group) must sign out and in, note times, and state their destination.

# Camp Names (and Why We Use Them)

“Camp Names” are names which staff go by at camp. They can be names of birds, animals, cartoon characters, or nicknames given to them during childhood or previous camp experiences. Camp names are useful for a number of reasons:

- They help campers converse more easily with staff members they may ordinarily call by last names. This helps form an immediate rapport, which is essential to making every camper feel comfortable at Two Sentinels!
- They help campers recognize younger staff members as part of the “Staff” as a whole, not just a new best friend. This helps younger staff members retain respect and attention of campers.
- They help staff members re-create themselves for camp. It helps them leave behind all of their worries and responsibilities from “Down-the-Hill” and focus all of their energies on the session ahead of them.

Besides those useful reasons, of course, they’re just plain fun!

## A Counselor's Yardstick

- Am I having fun being a counselor?
- Do I keep in mind that camp is for the campers?
- Do I give every camper an equal chance?
- Do I try to understand the camper who seems “difficult”?
- Do I have the camper's respect as merited by my actions?
- Am I enthusiastic?
- Am I willing to admit I don't know all the answers?
- Are people willing to depend on me?
- Do I remember to tell people what they've done really well?
- Do I see what needs to be done and do it - even if it's cleaning the biffies?
- Do I take the initiative to learn the things I don't know?
- Do I keep my sense of humor operating at all times?
- Am I taking my breaks?
- Do I make the decision that I think is the best for everyone, even if it's not popular?
- Am I willing to accept that my idea is not always the best one?
- Am I willing to take criticism as the basis for growth?

Probably not everyone could honestly say “yes” to all of these at any one time during the week, but remember that the more “yesses” you can give means the more fun you and your campers will have!



# JOB DESCRIPTIONS

## UNIT STAFF VS. AD-STAFF



There are many different staff positions available at Two Sentinels. Unit staff is responsible for their group of campers at all times (except when on break!) They oversee the daily routine and make sure the unit functions smoothly. “Ad-staff” stands for “additional staff”; this includes anyone involved in running camp who is not actually in charge of a unit. Archery, nature, crafts, dining deck, program, waterfront, and maintenance are all examples of ad-staff positions. Rather than being responsible for a single unit, these counselors are in charge of running key parts of the all-camp program. They have their own sleeping area, usually near Dockers, and they are the only ones (besides Tags!) allowed to use the Tag biffy.

## UNIT STAFF

The Unit Staff is responsible to the Unit Leader and the Camp Directors. She is responsible for:

- ⓐ Sharing in the leadership responsibilities of the unit as delegated.
- ⓐ Assisting in keeping records, making reports and caring for supplies.
- ⓐ Leading and guiding program activities under supervision of leader and/or program specialist working with the unit.
- ⓐ Assuming leadership of unit in the absence of the Unit Leader as assigned (*unless* under 18 years of age.)
- ⓐ Assisting the Unit Leader as necessary.
- ⓐ Attending all training sessions.
- ⓐ The development, happiness and safety of all campers in her unit.
- ⓐ Providing a relaxed atmosphere in which the girls can have fun.
- ⓐ Helping the girls choose and manage their own daily program, accomplishing this by using the patrol system if possible.
- ⓐ The care of supplies and equipment issued and allotted to her for the operation of her unit – she must see that it is returned in clean, useable condition, or if damaged, that it is tagged for repairs and reported to the Directors.
- ⓐ Being in attendance the entire camp session.

## STAFF TIES

All Staff are designated by their **red staff ties**, tied with a friendship knot (pg. 98) and fastened with a painted bark pin with their camp name on it. These pins have been painted by talented staff volunteers for years! New staff receive their ties and pins the night before the campers arrive.

**Yellow ties** are worn by OSBs (pg. 35). They receive these ties the first night of camp. They receive their red ties the following year. The yellow and red ties are thereafter worn together.

**Blue ties** are worn by Pioneers.

## UNIT LEADERS

The Unit Leader is supervised by and responsible to the Camp Directors. She shares the same responsibilities as Unit Staff in addition to:

- ⓐ Attending (or sending a delegated assistant to) all Unit Leader meetings during camp.
- ⓐ Working with the unit staff and One Step Beyond (OSB) girls in her unit to delegate jobs and arrange a schedule of responsibilities fair to all.
- ⓐ Coordinating the unit program with all-camp programs.
- ⓐ Seeing that the unit sanitation and safety practices are handled as outlined at training.
- ⓐ Planning with each staff in her unit for breaks, free time, responsibilities, etc. *It is important that the Unit Leader and her staff have an opportunity for two hours of free time daily. These two hour breaks are to be away from the unit and free from any responsibility for the campers.*
- ⓐ Making sure that the unit is always properly supervised. (Remember: one ADULT [18 years] MUST be with the unit *at all times.*)
- ⓐ Requesting supplies and materials for crafts and snacks at least 24 hours in advance.

## SITE DIRECTOR

One of the three three-session, paid positions is Site Director. This position is filled through the Girl Scouts of Northern California. The Site Director:

- ensures the safety and security of the site.
- makes sure policies are adhered to.
- serves as a camp-council liaison.

## CAMP DIRECTOR

What don't the directors do? The most time-intensive volunteer position, the directors meet all year long to evaluate the previous year and set up the next year. They help open and close camp, recruit campers and volunteers, attend extensive training conferences, plan and execute staff training, design and publish brochures and fliers, order t-shirts and patches, book bus companies, plan reunions for staff and campers, keep in touch with the Kirkwood cabin owner's association, keep track of applications and health forms, field phone calls, make phone calls, order food and propane, and solve imminent catastrophes that may close camp down – all before July!



While at camp, the directors:

- train staff members and answer questions
- deal with all “human resources” issues that may evolve between staff or campers
- track down lost luggage
- ensure deliveries are made on time
- organize driving schedules
- deal with any emergencies that arise
- fill in for those who are unable to perform their jobs
- ensure the security of the site and campers
- are exceedingly good sports and put up with (and perpetrate) any number of pranks

Give your director a hug and a warm fuzzy today!



## MAINTENANCE

One of the three three-session, paid positions, Maintenance is in charge of the physical camp. In addition to loading and unloading camper luggage at the beginning and end of the session, every day Maintenance:

- rows out garbage and drives it to the dumpster near the Corral
- performs any repairs as noted on the **clipboard** next to the kitchen door (if you see anything that needs fixing write it here!)
- checks and replaces propane tanks for the generator and each showerhouse
- helps unload deliveries of food and dairy products
- reports to the site director and camp directors





## WATERFRONT DIRECTOR

Waterfront is one of the three paid positions at camp. The Waterfront Director is in charge of the overall security and safety of the waterfront area. S/he sets up the swimming area, surveys the docks, makes sure the boats are seaworthy, and runs the swim tests. S/he runs additional training for all lifeguards during pre-camp. S/he may also instruct campers in watercraft skills and accompany units on day hikes that require lifeguards.

## PROGRAM DIRECTOR

The Program Director is in charge of planning and instigating any all-camp program activities for the duration of the session. This includes:

- **All-Camp Events:** Campfires, Day 7, other evening programs (i.e. the first night), Staff Night
- **Dinner Activities:** Setting up for theme dinners, plotting and initiating games (i.e. bingo), celebrating in-camp birthdays
- **Miscellaneous Song Leading:** Nighttime serenading, before/after meals
- **Obtaining Volunteers:** People to help with the Polar Bear Swim, during Day 7 activities, units to set up the deck for on-deck programs (and to put things back together afterwards)

Program is also in charge of obtaining, sorting, and tracking mail and warm fuzzies, procuring certificates for lost teeth and other achievements, and tracking Polar Bear Swim counts. As Ad-Staff, they also help out when needed doing dishes, being lifeguards, and generally “floating” where needed.



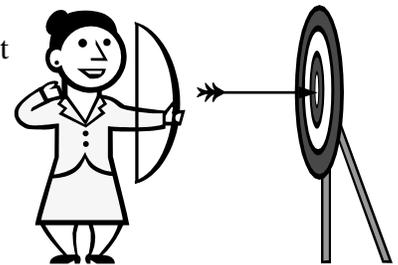
## CRAFTS

The Craft Ladies are in charge of the Craft Hut (pg. 36). They organize and plan crafts for different units, in addition to preparing an all-camp craft every year.

They start planning at Staff Training and purchase new materials under the auspices of the Camp Directors. They also prepare the Unit Boxes for each session and hand out lanyard string as needed. If you have an idea, the Craft Ladies can help make it happen! Follow their rules, and clean up after you're done!

## ARCHERY

The Archery instructor teaches campers the basics of archery: how to select a bow and the correct-sized arrows, proper form for shooting, and, above all else, safety. The archery rangemaster emphasizes primarily being safe and having fun. Archery sessions will be scheduled during pre-camp, and every unit is encouraged to try it at least once! As Ad-Staff, Archery helps out when needed around camp.



## NATURE



Nature is here to help open campers' eyes to the wonders of nature around them! You can sign up to learn all sorts of skills and facts, from knots to astronomy to orienteering.

Invite Nature along with you on a hike to Reflection Pond or The Meadow! When Nature's not busy, s/he can be found helping out around camp.

## HEAD COOK

The Head Cook works with the Directors to make sure the Kitchen runs smoothly. The Head Cook is in charge of the Kitchen and organizes food preparation. S/he makes sure equipment is functioning properly and that all the food is safe and healthy for campers and staff. Make sure to keep on their good side, and mind the Kitchen Rules (pg. 33)!



## COOK

They are the reason the rest of us can get up in the morning! The Cooks are in charge of making sure our meals are cooked beautifully and on time. They heat up the water for our tea and coffee, and breakfast is hardly over before they begin preparing the trays for pack-out lunches. Dinner prep begins before an afternoon break, but they're soon back putting out snacks and getting dinner ready. It's an honor to do dishes for them – (and you get to, when your unit hops! Staff members do dishes inside the kitchen). It's quite a feat to make 3 meals a day for 140 people – send them a warm fuzzy and a foot massage!

## DINING DECK

The Dining Deck Director helps meals run smoothly – not an easy task when you consider 140 people eat at once! S/he communicates with the cooks to see how many tables need to be set and what flatware and utensils are needed for the meal. S/he directs the hoppers before the meal to make sure the tables are clean and set, and writes the menu on the chalkboard. S/he hands the food to the hoppers once the meal has started, and makes announcements during the meal if need be. Before the meal is over, it's time to fill up the washbins! S/he orchestrates the dishwashing and the cleanup of the Dining Deck. During the day, s/he mops the kitchen and hoses down the mats. Whew! That's a lot of work. Don't forget to send them a warm fuzzy!



## NURSE

The nurse is why so many of us sleep easy at night – we know if anything goes wrong, she'll wake up and take care of us! She sleeps in the Birdhouse. She holds all the Health Forms for everyone on site and advises staff members about specific conditions of campers. After giving every camper a brief check-up and lecture on high-altitude health on the first day, she collects medications. She has regular office hours (page 31) to take care of regular medications and first aid, but remains around camp for more moderate to severe emergencies. If she's not there, she has a chalkboard that shows where she is, and always carries a walkie-talkie. She also gives out toiletries and feminine products to those who forgot or lost them, and watches over sick campers. She's the one person in camp who's happy to not see you - but she still enjoys hanging around campers during meals and around camp!





# LIFEGUARDS



To be counted as a “lifeguard” at camp you must be 18 and have Red Cross certification or equivalent turned in to the directors before camp. In addition, you will receive some training during pre-camp before your session. All lifeguards must attend this training. You may be expected to run the swim test in your unit, so make sure to pay attention during the staff swim test during pre-camp.

## Lifeguard Whistle Blasts

- |                  |   |
|------------------|---|
| 1 short whistle  | Stop, look, & listen for instruction.   |
| 1 long whistle   | Clear water, report to designated area; sit down and close mouth.   |
| 2 short whistles | Buddy Check! Stop, close mouth, grab buddy, go to shallow end or dock area.   |
| 3 short whistles | <b>Lost Swimmer.</b> All available staff report to waterfront. Institute a bottom sweep or diving search. Lifeguard with medical staff start first aid support. Removal of non-essential campers and staff from waterfront. Administration prepare to start notification process. |



REMEMBER: REACH · THROW · ROW · GO

If you are a lifeguard and hear a repetition of 3 short whistles, proceed immediately to the waterfront. All available staff (don't abandon your campers) should also immediately proceed to the waterfront.



LIFEGUARDING ON THE TRAIL...see page 68



## A NOTE ON POLAR BEAR SWIMS

- The Lifeguard for each unit should be at the waterfront *even if their girls are not swimming*. Extra lifeguards should volunteer to be spotters on the docks or rowboats.
- Each group of 8 campers must have a lifeguard swim with them. If the lifeguard for that unit does not wish to swim with the campers, another lifeguard may take her place. **No lifeguard should be forced to take the polar bear swim.** There are often lifeguards willing to swim twice.
- Have girls remove their watershoes – these weigh them down! Also encourage a noodle, kickboard, or lifejacket.
- Keep an eye out for hypothermia (pg. 86) and struggling swimmers. **Even strong swimmers** have difficulties adjusting to altitude and water temperature at camp.
- Have girls bring sweatshirts to the waterfront, and have them remove the top of their wet bathing suit underneath the dry sweatshirt. This goes a long way to warming the girls up. Also immediately put on a warm hat.
- Girls who do not stop shivering should take a **warm** (NOT HOT) shower and drink **warm** (NOT HOT) liquids. There will be a fire in the Staff House available to campers before breakfast.

# The Importance of Mixing Staff of All Ages & Experience Levels

One of the many things that makes Two Sentinels so great is the variety of staff we have at camp. We have lots of staff members that have been coming up for *years*. There's a good assortment of new staff every year too, many of whom come back for years to come! It's important to appreciate the mix of newer and more experienced staff members in every unit during each session. The experienced staff bring just that to the mix: a plethora of familiarity with the workings of camp. Experienced staff know their way around camp, know all the camp rules and routines like the backs of their hands, remember what's worked in the past to keep things lively in a unit, and have knowledge of the routes of different hikes. However, new staff bring fresh ideas. Newer staff might know more games to help break the ice between campers, be aware of different crafts and other activities for use during down time, and have a fresh perspective on how to handle difficulties with or between campers.

Camp also has a strong mix of younger staff and more seasoned staff. Many of the younger staff members went to Two Sentinels as campers for years before completing the OSB program and graduating to full staff. Many of the more seasoned staff members have also been there for years, with or without children as campers. Occasionally some tension can rise between staff due to age, but here again it should be remembered that staff of all ages are an important part of camp. Oftentimes older campers can identify more strongly with the younger staff, who don't seem quite as far removed from them. The younger campers, too, enjoy the energy of the younger staff. On the other hand, more seasoned staff members have more experience with life and in dealing with children, and that experience is invaluable when working with campers. Plus, everybody needs a parent, and many campers, younger and older, need to have a parent figure while at camp, even if most of them won't admit to it!

So... if you ever feel that you're stuck working with people who are too young to effectively deal with children or too old to understand what campers are thinking, remember that everyone brings different experience and ideas, and every single staff person is a vital part of camp!



# There's an OSB in My Unit!

OSB: One Step Beyond (page 35)

During Session I, the OSBs will spend time in each unit. At this time, they are there to learn what each unit is about and how girls of that age act, and to help the unit staff some as needed. The OSBs are still technically campers at this time, although in reality they are somewhere in between campers and staff.

During Session II & III, if you have an OSB in your unit they are, for all intents and purposes, staff. They share in all normal staff responsibilities. Please do not treat your Session II or III OSB like a camper! Remember that they have undergone extensive training to prepare them for the responsibility of staffing in a unit. They are not there to do the grunt work or to be bossed around. They are there to be staff. For those of you used to Diablo Day Camp, we reiterate that OSBs are *not Elves*...they should be treated as *counselors*.

However, it is important to note that if your OSB is under the age of 18, or if you have any staff under the age of 18, there are a few things they are not allowed to do by virtue of their age:

- They absolutely cannot be alone with any group of campers. They can escort campers between locations (i.e. from the unit to archery or crafts or the showerhouse), but otherwise there must be a staff member over the age of 18 present.
- They cannot handle bleach. This means that they can't mop the biffies, nor can they handle the bleach-water portions of dishwashing.



## What to Do if a Problem Arises in the Unit

If there is some sort of problem within the unit, whether a serious one between campers, a camper who isn't responding to staff, or issues between the staff member themselves, don't ignore it and hope it will go away! Everyone must work together at camp, and if you are having problems, there is always someone to talk to. If the issue is with one or more of your campers, talk with the rest of your unit staff to try to brainstorm solutions to the problem. If necessary, talk to one of the directors, and they will help find a solution to the problem. If the problem is between staff members, try to talk to the other person directly; don't gossip about the other staff, and don't complain without trying to create change. If you have a hard time resolving the problem, bring the matter before a director.

Remember that it is the job of everyone to keep camp running smoothly! Problems don't resolve themselves, but all staff should always be willing to work toward a solution.

# Breaks!

Every counselor **MUST** have a **two hour** break each day, spent **AWAY** from the unit and free from all responsibilities for campers. Talk with your fellow counselors to figure out break preferences, and arrange a fair schedule so that you each have free time every day.

**Breaks are absolutely essential! Without them, you will start to look like this:**



**And you will want to do this:**



By making sure you take your break every day, you are helping everyone; you, your campers, and your fellow counselors will all be much happier if you have some down time!

## How long should my break be?

Each counselor should have a full two hours worth of break every day. If scheduling won't allow for a single two hour chunk, then two one-hour breaks are acceptable.

## What can I do on my break?

There are many possibilities for break time activities: relax in the staff house, take a shower, try your hand at archery, or work on some crafts. You may also hike to the pay phone at the campground, just remember to sign out (and in!) and be back before sunset. You can even go for a swim, as long as you enlist the help of a friendly lifeguard! (Never swim alone, even if you are a lifeguard yourself.) If you want to hike up to Reflection Pond or Around the Lake, you should have a buddy.

## What should I NOT do on my break?

You should not spend your break in ANY unit, yours or otherwise. This is time for you to relax and recharge, away from campers. Also try to avoid napping on your cot if your campers are in the unit - even if they know you are on break, they might be tempted to talk to you or try to get your attention. You should also not do or say anything that might be considered inappropriate if seen or heard by campers.

## What about soda ("counselor juice") and snacks?

Counselors have "privileged access" to what is commonly known as "counselor juice". A variety of sodas are stocked in the Bird House for you to enjoy; these drinks are for counselors **ONLY!** Make sure you pour the soda into your mug so campers will not see the can. Don't forget to crush and recycle it before leaving! There are also snacks set aside in the kitchen for counselors, including GORP and leftover food from meals. If you enter the kitchen through the sliding door on the lake side, available snacks will be on the counter in front of the first window. **IMPORTANT:** like soda, these snacks are for counselors only! They should not be shared with campers. (Don't worry, they get their own snacks!)

## Anything else I should know?

Just to reiterate, **PLEASE** do not forget to take your breaks! Unit leaders need to make sure that everyone (including themselves) gets down time. It might be tempting (especially early in the week) to cut short your break or skip it altogether - don't do it! Even if you start out strong, it is hard to maintain a high energy level throughout the week; take advantage of the opportunity to recharge. If you have questions about appropriate/inappropriate break activities or anything else, ask your unit leader.

**Follow these simple guidelines, and you will make it through the week looking like this:**



## The Top Ten



### Beliefs Of Successful Staff

In a recent Gallup study, over one million employees in business, health care and education were interviewed. Based on the results, researchers identified factors which trigger improved performance and motivation to provide service. They cited ten worker beliefs that create a profitable, productive workplace.

“Bringing Out the Best in Your Staff” + Cal-West Camping Conference, April 4, 2003

- 1 I know what is expected of me at work.
- 2 I have the materials and equipment I need to do my work right.
- 3 At work, I have opportunities to do what I do best every day.
- 4 In the last week, I have received recognition or praise for doing good work.
- 5 My supervisor seems to care about me as a person.
- 6 In the last two months, someone at work has talked to me about my progress.
- 7 At work, my opinions seem to count
- 8 The mission and purpose of my organization makes me feel my job is important.
- 9 I have a good friend at work.
- 10 My teammates are committed to doing quality work.



## STAFF KIDS AT CAMP

We understand that a main reason a lot of you come to camp is because your daughters (and sons!) have such an amazing time. You love being there to see the smiles on their faces and hear the laughter in their voice as they tell you all about their day. While we appreciate this, we have some strict policies that experience has shown to help make a better week for you, your camper, and everyone else:

**DO NOT** visit your daughter’s unit at any time. If you have a Tag, you may visit for Tag Tuck-In each night as dictated by the counselors. Otherwise, they are off-limits! You of course may wave and say “hi” to your child if they are passing by, but please avoid singling your child out. If you wish to give them a hug, offer free hugs to anyone around! (This is a great way to squeeze lots of extra hugs in.) If you are concerned for your daughter for any reason, please talk to their staff. That’s what they’re there for...other mothers trust you with their daughters, please trust them with yours.

**DO** catch up with them at meals! This is a perfect way to meet their new friends and hear about their day. Be sure to include everyone at the table in the conversation.

Try to discourage the term “mom” – we like to say there are no moms at camp! Trust us – many campers enjoy calling you by your camp name instead of “mom” – it usually catches on back home!

# What Campers Expect from their Camp Counselors

Just as you may expect certain things of campers, they may expect you, as their counselor, to show certain qualities and act in certain ways. You are a model for them; here are some of the things that campers look for in their camp counselors:

## 🕒 Recognition and Acceptance

Campers look up to their counselors. They need to know that you consider each of them as an important person. They can survive a poor cookout or an activity that flops, but *they cannot endure being ignored or rejected.*

Recognize acts of trying as well as instances of clear success. *Emphasize the positive qualities that make each girl worthy and unique.* Be generous with encouragement and stingy with rebuke. Help campers find ways to show acceptance and support for one another.

## 🕒 Fairness

*Campers are sensitive to injustice.* They forgive mistakes if they are sure that you try to be fair. They look for fairness in the ways responsibilities are shared, in the handling of disagreements, in responses to performance and accomplishment.

*Consult campers as to what they think is fair before decisions are made.* Explain your reasoning and show why you did something. Be willing to apologize if it is needed. Try to see that the chances for feeling important as well as responsibilities are equally divided. Help campers explore and decide for themselves the fair ways of solving problems, carrying out activities, and looking at behavior and accomplishment.

## 🕒 Trust

*Campers need your belief in them and your support when they try new things.* They must be sure that you will not betray a confidence. Show campers that you trust them to think for themselves and use their own judgment. Help them make the important decisions in the unit. Help them correct their own mistakes. Help campers give and show trust toward one another. Help them see how trust can be built and strengthened.

## 🕒 Open Communication

Campers want someone who will listen seriously to what they think and feel and want to do. They like someone they can talk to about important things, including some that might not seem important to adults.

*Listen to campers. Respond with both words and action.* Speak your mind openly when you are happy or concerned about anything, and encourage campers to do the same. Leave the door open for campers to seek advice, share ideas and feelings, propose plans or improvements. Help campers see how open communication can result in action, discovery, better understanding of self and others, and a more comfortable climate for fun and accomplishment.

## The Seven Absolutes of Camp Counseling

- 1** Never assume your playful sarcasm, especially use of nicknames, will be taken as you intend it.
- 2** Always follow through on what you say you'll do. Never promise what you can't deliver.
- 3** Always intervene when you hear campers put each other down. Never believe a camper who says, "It doesn't bother me."
- 4** Check in with *every one* of your campers every day, and make certain to ask the right questions.
- 5** Make something special out of unstructured time - especially bedtimes. Many of the best camper-counselor moments happen during unstructured times like free play, rest hour, and bedtimes.
- 6** When in doubt, don't!
- 7** It is always better to be thought of as a great counselor by your director, than to be thought of as a cool one by your campers.

Jeffrey Leiken, M.A. Originally published in *Camping Magazine*, May/June 2006

## CONSTRUCTIVE CONFRONTATION

Sometimes problems or conflicts arise between individuals at camp. When there is an issue that must be addressed, approach the situation with a positive attitude and attempt to resolve the conflict in a constructive manner. Below are some general guidelines for a "constructive confrontation":

### **1 Define the problem**

- Never ignore a problem or issue!
- Get the facts out.
- Identify the cause of the problem.

### **2 Evaluate current actions**

- Acknowledge emotions and feelings, but then move beyond them to real performance.
- Get the person to evaluate his or her performance.
- Focus on the present.
- Don't accept excuses.
- Don't punish or threaten, but point out natural consequences.

### **3 Negotiate a plan**

- Both parties must own responsibility for the plan, so it is truly a negotiation. (A win/win situation!)
- It must be specific and measurable.
- Don't give up!

### **4 Commit to getting results**

- Clarify the kind of result that is needed.
- Set a specific time frame.
- Follow up to make sure a change is made.

## Camp Rules

All campers and unit staff should follow these rules. See postable copy in FORMS.

- Someone should know where the campers are at all times. Remind girls to tell their unit counselor where they are going if leaving unit or activity area.
- Buddy system: Campers are never to go anywhere out of their unit alone. If a camper needs to get up at night to go to the biffy, remind her to take a buddy.
- No running in camp! Always walk.
- Closed-toe shoes and socks must be worn at all times.
- Do not go through dish-washing areas or across the Dining Deck. Please go around on the path below the Dining Deck. This is especially important to remember when going to the Birdhouse as med times often coincide with pre-meal set-up.
- Stay off of the rocks.
- Stay on the *camp* side of the trail (this includes all boat docks!) unless with a lifeguard.

### BUDDY SYSTEM

Two Sentinels enforces a strict buddy system rule. Campers should not go ANYWHERE without a buddy, and they should always tell a counselor where and with whom they are going. Counselors do not need a buddy within the camp boundaries but require one for going any farther than the day phone in the campground parking lot (this includes Around the Lake and Reflection Pond).



4/08

### B.I.F.F.Y.

stands for “**Bathroom In Forest For You**”, and they are some of **Two Sentinels’ most charming features.**

...well, maybe not...

Always put the lid down! Leaving it up does NOT “air out” the smell, it makes it worse.

Three things are allowed down the biffy hole: TP, pee pee, and poo poo. It sounds silly, but really emphasize this point – anything else will not decompose correctly! There will be a small garbage can in the stall for all other trash.

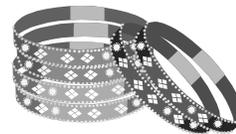
The Tag Biffy is for Tags and Ad-Staff only! Dockers and everyone else should use the Waterbug biffy instead.

## SECURITY PROCEDURES AT CAMP

THE FOLLOWING POLICIES ARE THE CURRENT SECURITY PROCEDURES AT TWO SENTINELS. IT IS **VERY IMPORTANT** TO FOLLOW THESE PROCEDURES.

### Bracelets:

Every year at camp we have a specially made identifier bracelet. Every camper and every staff member must wear these **at all times**. Each unit should have a bracelet check several times a day. Younger units have found that wearing the bracelets as anklets helps keep them from falling off.



Staff should always wear their staff tie (pg. 14) around and out of camp to help identify you as related to camp.

### Guests:

Visitors (those who come to see individuals at camp) are prohibited (pg. 12), but some guests are allowed. These may include parents picking up or dropping off campers, council employees, or honored guests invited by the directors. Each guest **must** sign in to the **Security Log** in the **Birdhouse** and acquire a name tag. They should be immediately introduced to the directors.

### Strangers:

- Any person(s) you do not recognize should be immediately engaged. “Can I help you?” is an excellent non-confrontational opening.
- If they are a cabin-owner, they will identify themselves by cabin number, i.e. “I’m cabin 4.” These are our neighbors! They do not need to be escorted out of camp, but you should let a director know if they seem to just be “wandering around” and not progressing through.
- If they say they are “just looking” or “out walking”, you can further, “Did you know this is a scout camp? I’m going to have to ask you to leave the property, but I’d be happy to show you to the public trail.” The public trail was re-routed just a few years ago (the round-the-lake trail used to go through camp) so some regular campers may be confused.
- Be sure to escort all strangers out of camp.

**ALL** (we repeat, **ALL**) observations of strangers should be **immediately** recorded in the Security Log in the **ROCK** packs. You should record

- your name
- the time
- a description of the encounter.

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## ONE-ON-ONE

**For your own safety**, you should **never** be one-on-one with a camper, *especially* in an enclosed space. If you must talk to a camper one-on-one, be sure to be in an open space within eyesight of other people. If you need to accompany a camper somewhere, it is best if she has a buddy also.

# What To Do When You Arrive...



Once you turn off the highway onto the curvy road, you've almost made it to Two Sentinels! Counselors should try to arrive in the early afternoon (2-ish) on the appropriate day. When you get to the campground, there will be a small parking lot to your right next to the lake (see map on page 3). You may pull in here or further on at the Beach (large cars are not easy to turn around at the Cement Dock) to unload your gear and have your heavier bags rowed over to camp. Once your stuff is unloaded, someone will be there to help coordinate moving cars over to the parking lot at the Kirkwood Inn. To get into camp, follow the path from the lakeside parking lot up through the rocks.

Proceed directly to the Dining Deck to check in, drink some juice (hydration is essential to avoid altitude sickness!), and get any necessary announcements about on-site training. Any campers or Tags with you are still your responsibility, so make sure you keep an eye on them!

Bring your gear to your unit, then track down a cot and a mattress (for counselors only!) Before Session 1, these are usually in and around the Staff House, but you can also check behind the Craft Hut. For other sessions, you might have to go on a treasure hunt! If you want to put your cot in a tent rather than outside, make sure you get some wood blocks to put under the legs so the metal won't rip the tent fabric or sink into the ground. If you have campers with you, **they must sleep with you** the first night of pre-camp either in your area or in their unit, but the second night they will need to move their gear to their unit to be supervised by their unit counselors.

You are also allowed to make one phone call home from the camp phone in the kitchen to let someone know you made the trip safely (this phone is for camp business, so you must hike to the pay phone *which does not take coins* for any other personal calls). **Remember to bring and use a phone card!**

## • The Grand Tour •

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Two Sentinels is its own little world, its buildings and paths nestled in the beautiful alpine landscape next to Lake Kirkwood. Each place in camp, from the kitchen to the canoe dock, has its own unique history, rules, procedures and traditions. The following is a "virtual tour" of Two Sentinels, starting at the waterfront and proceeding in a logical manner around the main paths of camp.

### THE WATERFRONT

Our first stop on this tour is the Two Sentinels waterfront. Lake Kirkwood is a chilly (but beautiful!) place to enjoy a variety of water activities including canoeing, funyaking, and swimming.

## The Swimming Area

The swimming area, right across from the Waterbug unit, is a great place to enjoy splashing around in the waters of Lake Kirkwood. Two floating docks anchor buoy lines that cordon off a fairly large swimming section, and there is a small metal dock extending from the shore. The swim area is also the location of a number of exciting events throughout the week, including the polar bear swims, the water races, and the Wishboat ceremony.



- NO ONE should be in the water until the lifeguard is ready and has given the go-ahead.
- If a camper did not pass the swim test (given on the first day of camp), they can still go in the water but they **MUST** wear a life vest at all times.
- Campers should not swim outside of the roped off area.
- If the lifeguard gives permission, they are allowed to jump off the floating docks, but only into the swimming area.
- **Diving** is NOT ALLOWED in the swim area, even from the docks.

### THE SWIM TEST

All campers and staff must pass this test to swim in the red-buoyed swim area (or anywhere else around the lake) without a life vest. The swim test is very basic: you must swim from one side of the area to the other (any stroke or style) without touching the bottom, and then tread water for 2 minutes. Staff and Tags will take this test during pre-camp, staff children will take it with the rest of their units. Any campers who do not pass the swim test may only be in a boat with a lifeguard.

### THE TIPPY-CANOE TEST

All campers and staff must pass this test to use any of the camp's boats. Staff must only pass this once; campers must pass it each year. After you take the swim test, you will put on a life vest and with several other people get in a canoe. A lifeguard will lead you into deeper water, rock the boat and count "1-2-3." On 3, everyone jumps sideways out of the canoe. You then get back into the submerged canoe and paddle with your hands "back to shore." You empty out the canoe by flipping it over your head.

## The Funyak Dock



Next to the swimming area is the funyak dock, which holds Two Sentinels' brightly colored fleet of funyaks. These small boats resemble kayaks, and are often one of the campers' favorite activities. If your unit is going funyaking, first have everyone put on a life vest that fits (it should be the appropriate size for the boater's weight and tied securely enough that if the shoulders are pulled vertically, the vest does not come up and choke the wearer) and grab a paddle from the rack by the dock. Your lifeguard should be the first one in a funyak to supervise the girls once they are on the water, while the other counselors should remain on the dock to help campers into the boats. Once everyone is on the water, try to stay together as a group so the lifeguard can effectively supervise everyone.

- General waterfront rules apply.
- Funyaks should be tied to the dock using a bowline or a tautline hitch (see page 97-98 for instructions).
- Life vests and paddles should be returned to the appropriate rack.
- For more specific funyaking skills, see page 92.

## The Canoe Dock



Canoeing is another fun boating activity for campers. Procedures for the canoe dock are similar to those of the funyak dock. Begin by making sure everyone has a life vest that fits and the correct size paddle (with the end on the ground, the handle should come approximately to the armpit). When helping campers into the canoes, put the strongest paddler in the back, and make sure they stay low as they climb through the boat. Once everyone is on the water, try to stay together as a group so the lifeguard can effectively supervise everyone.

- General waterfront rules apply.
- Canoes should be tied to the dock using a bowline knot (see page 97).
- Life vests and paddles should be returned to the appropriate rack.
- For more specific canoeing skills see page 94.

### EVENING CANOE

Older units (Wanderers on up) have a prescheduled **Evening Canoe** some time during the week. Your unit will be excused early from dinner, whereupon you proceed to the canoe dock and have a gorgeous evening on the water! By lake rules you must be off the lake at sunset, so be sure to leave yourself enough light to tie up all the boats!



## The Boat Dock

The boat dock is right next to the flag circle, and is the home of the camp rowboats and several “marshmallows” (small boats that attach to the rowboat and are used to haul equipment). Everything that comes into camp must either be hiked or rowed in. During pre-camp and throughout the week, all kinds of supplies will be hauled in the marshmallows from the beach or the parking lot to the boat dock. If you are on hand when a load arrives, please lend a hand and help carry supplies to the necessary location. When campers arrive, some of their heavier luggage will be rowed in and should be picked up from the flag circle. *Note: Counselors generally do not use the rowboat, but if there is a need, please ask a director for permission.*

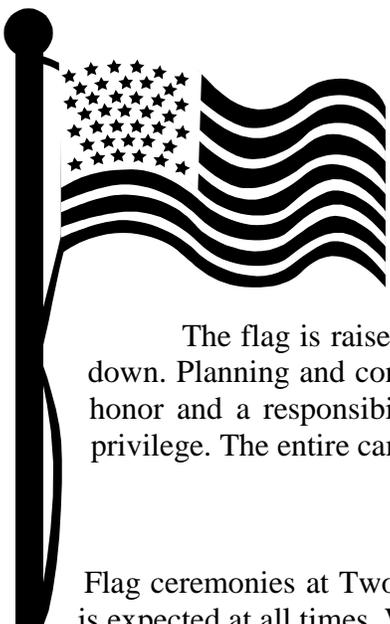


- General waterfront rules apply to this area.
- Anyone in a rowboat should be wearing a life vest.
- For specific rowing skills, see page 93.



### **A NOTE ON BOATING LIFEGUARDS:**

- Lifeguards do not need to wear a life vest, but they must have a **red lifeguard tube**.
- Only one lifeguard per group should have a red tube, and only one should be officially “in charge” at any given time.



## The Flag Circle

Next we have the Flag Circle, located right by the Rowboat Dock. This area is central to camp life: each morning and evening everyone gathers here for flag ceremonies and announcements. On the first day of camp, heavy luggage is dropped here after being rowed across the lake. The Flag Circle is also the designated meeting area in case of a fire or other emergency.

The flag is raised in the morning and lowered at sunset. In case of rain it is always taken down. Planning and conducting a ceremony or acting as a member of the color guard is both an honor and a responsibility. These duties are rotated so that every unit in camp can share the privilege. The entire camp usually assembles for colors.

### FLAG ETIQUETTE

Flag ceremonies at Two Sentinels follow general Girl Scout guidelines and proper flag etiquette is expected at all times. When your unit arrives at the Flag Circle in the morning or in the evening, please move as far as possible towards the bottom of the ring (in single file) in order to make room for everyone.

- Remind your campers not to stand on the rocks, and instruct them to remove their hats and to set down anything they have in their hands. Everyone should stand quiet and at attention during the flag ceremony.
- Hands go over the heart when the first clip is attached to the flag, and removed after saying the Pledge of Allegiance. In the evening, hands go over hearts as soon as the caller's hands touch the rope and are dropped after singing Taps.

SEE PAGE 81 FOR MORE INFORMATION ON FLAG CEREMONIES.

### The Garage\*

The Garage at camp is like yours at home – no car, but lots of useful stuff! Maintenance's tools are here, as well as the backpacking food for all three sessions - *please don't touch these*. There are also lots of **plastic tarps** along the back wall you may freely use in your unit – please sweep and fold before you return them! Campers are not allowed in the garage.

### Backpacking Area

Between the Generator and the Kitchen is the **Backpacking Area**. Here is where all the backpacking equipment lives: the backpacks for the Meadowlarks, the biffy shovels, stoves, #10 cans, scale, sorted cooking equipment, etc. This is where the backpacking units pack all group equipment and fit packs before leaving on the trail.

**Please do not take any equipment without explicit permission from a director!**

### Garbage Shed\*



Any full garbage bags should be put in the LATCHED garbage shed between the generator and the Birdhouse. It is very important to latch the door!

**It is important that all unit garbage is emptied BEFORE DINNER.**

Try to reduce waste: all garbage must be rowed across the lake, then driven to the dumpster near the Corral every few days.

\* Rodents often inhabit these areas. Please be cautious when extracting equipment and wash your hands thoroughly after entering these areas.

## Nurse's Notes from the Birdhouse

At Two Sentinels, the nurse's station is called the **Birdhouse**, located between the Cookie Jar and the Garage. A licensed medical worker will be on-site for the duration of camp. The camp nurse can usually be found at the Birdhouse; if the nurse is not there, the sign out front will indicate their location.

Routine medical care is available at the Birdhouse during the following time periods:

- from 7:40 AM until flag
- until one hour after breakfast
- from 5:40 PM until flag
- 8:30 PM until 9:00 PM



Come to the Birdhouse during these times to acquire band-aids or have bandages changed, or to get antacids, throat lozenges, cough syrup, decongestants, pain medication, Vaseline for chapped lips, or female menstrual products. These are also the proper times for staff and campers to receive routine medication that has been brought from home. Most medications must be taken before meals or before bed; if you have a camper that requires medication **AFTER** meals, please talk with the nurse. ALL medication must be brought to the camp nurse during the camp tour; staff will turn in medications during pre-camp. **No one may keep medication of any form in unit with their personal belongings.**

**Medical care will be given by the nurse at all hours at the discretion of the CAMP NURSE.**

Common medical problems that occur at camp include (see pages 85-86 for more information):

- **Headaches.** These are most common during the first day or two due to high altitude. To prevent altitude sickness, consume a large volume of liquid and sweets; fruit punch and cookies are served to all campers upon arriving at camp. Be aware that campers may need to take it easy during the first few days at camp.
- **Homesickness.** This is best solved by getting campers involved in group activities.
- **Cuts and Abrasions.** Cleaned and covered with band aid by staff.
- **Mosquito Bites.** Remind campers to use insect repellent frequently! (And remind them to wash their hands after applying.) If bites occur, the nurse will treat with an anti-itch product.
- **Chapped Lips/Skin.** This is caused by high altitude, low humidity, and cool air. Encourage frequent use of hand lotion and chapstick (and *discourage* borrowing chapstick from others). The nurse may have extra chapstick or lotion if campers lose theirs or come unprepared.
- **Constipation.** Some girls do not like sitting too long in the biffies, and this may result in constipation and stomach aches. Encourage girls to drink liquids and eat fruit. Ask for raisins or prunes if necessary.
- **Stomach Aches.** Treated with medication as indicated and provided by the nurse.
- **Colds, Sore Throats.** Treated with cough syrup/lozenges, and other cold medication as necessary. At the first sign of sore throats, remind campers to drink plenty of liquids.

Make sure campers are dressed warmly and sleep warm at night. There are a few extra blankets and sleeping bags in the Birdhouse. Wearing warm hats help keep heads warm at night. **Make sure campers change socks before going to bed. Many will be reluctant, but socks worn all day have sweat in them and will make the camper very cold all night if not changed.**

# The Dining Deck

## DRAMATIS PERSONAE

### The Hopper

The hopper is the lifeline of the table. After singing grace, she brings the food to the head and the drinks to the foot at the beginning of each meal. She is served first, because if the table runs out of anything it is her job to “hop” up and ask the heads of every other table for leftovers before she asks the kitchen for more. When the meal is over, she brings the scraped dishes to the benches behind the kitchen and washes the dishes.

### The Head

The head serves the food. She starts with the **hopper** (directly to her right) who must often leave her meal to get food for the rest of the table. The **foot** is served next, and then the campers to the left and right of the foot, and so on back up to the head. The head should encourage each camper to eat, but by no means should force a camper to do so. If you notice a camper not eating, *please* let one of their staff members know.

### The Foot

The foot serves the drinks, starting with the hopper, then with the campers to your immediate left and right, and so on up to the head. **Note that the Head and Foot should each bring her own cup** (there’s a rack by the kitchen door for storage). The foot also scrapes the dishes at the end of the meal.

The Dining Deck is the realm of the Dining Deck Director. He or she asks that you:

- Do not cross the Dining Deck or dishwashing area (behind the kitchen) to get from one side of camp to the other, even during the day.
- If you rearrange the tables and benches during the day, please put them back.
- Be on time to hop!
- Do not leave your things on the Dining Deck!
- Do leave the Deck when the hoppers show up.
- Do not wear hats on the Deck unless it is extremely cold.
- Do not get up from your seat during a meal unless you are a hopper or there is an emergency.
- If you must use the biffy during a meal, use the Waterbug biffy and take a buddy.
- Do not read during meals.
- Do not do lanyard during meals.
- Do not shout or throw things.
- Do pay attention to anyone trying to get the deck’s attention during a meal.
- Do enjoy yourself!

## A NOTE ON EXCELLENT SCRAPING:

It is the **Foot’s** job to get the food off of the dishes for the dishwashers. The dishwasher does not get changed while dishwashing, so imagine 140 plates from spaghetti night – that can be gross! Luckily, the foot wields a rubber spatula.

A good scraper:

- Scrapes the tops *and* bottoms of dirty plates and bowls that might have been stacked.
- Reminds every diner to *lick* their silverware before depositing them in the blue bin.
- Carefully scrapes the serving dishes, including gravy pitchers, salad bowls, and oatmeal bowls.
- Discourages campers from using napkins to wipe off dishes or silverware, but doesn’t mind them licking their plates clean. ☺

Your hopper thanks you!

# The Kitchen



The kitchen is inarguably one of the most important places at camp. Two Sentinels' wonderful cooks rise very early in the morning and work hard all day to make sure campers and staff have tasty, nutritious meals and snacks to enjoy.

Because the cooks have a lot of work to do in a small area, it is important to follow the rules listed below so the kitchen can run smoothly.

## Kitchen Rules

- Ⓢ No one except kitchen staff is allowed in the kitchen 30 minutes before each meal. No coffee or tea will be served at that time. Get available coffee from pumper pots by the door or on the table near the Staff House. If they are empty, inform the kitchen staff, but be aware that they may not be able to fill them at that time if other kitchen needs dictate.
- Ⓢ Do not walk in between the center island and the ovens/stoves. Walk around by the sinks.
- Ⓢ Only kitchen staff is allowed in the walk-in refrigerator.
- Ⓢ No personal gear is to be put or left in the kitchen.
- Ⓢ Packout orders should be filled out in full and placed in the outside envelope at least 24 hours ahead of time. Remember – a snack will be provided for campers each afternoon; it should be picked up between 3:30 and 4:30. Please do not allow campers to snack after 5:00 PM as it ruins their appetite for dinner.
- Ⓢ If you are planning to cook out in your unit, orders are to be in the kitchen **48 hours** in advance for proper menu planning. Please list **everything** that you will need (salt, pepper, etc.) Refer to the pack out request sheet in your staff binder. Additional forms will be available at camp. Remember, the kitchen can only supply what they have on hand.
- Ⓢ Days 3-6, bring your unit to the dining deck between 10:30 and 11:00 to make their pack-out lunches; PLEASE be on time as a courtesy to the kitchen and the Dining Deck supervisor. Staff may use additional items in the kitchen window. Also, if your unit is in charge of hopping, staff members are responsible for cleaning the serving dishes used for pack out lunches.
- Ⓢ **VEGETARIANS/VEGANS:** If a staff or camper has *noted on their health form* that they are vegetarian or vegan, they should wait at their tables until the “Stop for Cookies!” sign is placed in the window. They are allowed to get up and go to the window to get their main course. They are encouraged to eat whatever side dishes they can from the menu. [Backpackers – fear not! There are vegetarian/vegan alternatives for those *who specified on their health forms*. Do NOT dive into other session’s backpacking food!!!!]
- Ⓢ Staff should remind their hoppers to check with other tables before coming to the kitchen for seconds. Also, check the chalkboard for what food is returnable and what must be thrown out.
- Ⓢ Your table must be cleaned off before dessert will be served.
- Ⓢ The nurse should pick up patient meals before the main meal. Contact the kitchen up to an hour ahead of a meal for proper planning.
- Ⓢ Staff snacks are available on the small racks to the left of the screens in the Kitchen. If you brought food with you, you may keep it LABELED in the “Staff Food” bins. Please **do not** take any food off the shelves.
- Ⓢ If units wish evening popcorn, leaders will pop their own popcorn and CLEAN UP afterwards.

## The Cookie Jar



The Cookie Jar, named for our beloved Cookie (who retired from camp in 2005), is the home of our fabulous cooks! It contains one shower unit, which is reserved for the cooks *only*. They ask that we be quiet in the vicinity after dark, since they need a good night's sleep and must get up before you in the morning!

The Directors' office is also located in the Cookie Jar. Please do not go in without permission.

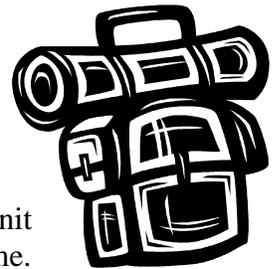
## Staff House

The Staff House is located close to the Dining Deck. This is one of the primary destinations of staff members on their daily breaks; inside is a fireplace, tables and chairs, a cot or two to nap on, books, and other fun things. This is also where Program stores much of its resources and the mail is sorted. Staff Night is held here later in the session. Try to not leave any of your personal belongings lying around. People may move your things to access chairs/tables, etc. Campers are only allowed in the Staff House on two occasions: when cleaning it as their daily Kaper (see page 41), or after either of the two Polar Bear Swims before breakfast, when a fire is built to help warm them up. Otherwise, it's **Staff Only!**



## Superpackers

The Superpacker unit completes an 11-day, 10-night backpacking trip, traversing the trails of the Sierra Nevada wilderness. This trip is for experienced backpackers going into the tenth through twelfth grades only; girls must weigh a minimum of 100 pounds and provide their own backpack and boots. Superpackers is a two-session unit, offered during first and second sessions only. While in camp, the Superpackers reside among the rocks above the Dining Deck. In this fun, exciting unit campers hike, swim, cook, sing, and make new friends and memories to last a lifetime. This is a great experience in feeling independent, responsible, and resourceful.



## Trekkers



The Trekker unit completes a 7-day, 6-night backpacking trek. This is a two-session unit, offered only during second and third session, so there is plenty of time to experience camp life both before you leave and after you come back. This trip is for experienced backpackers going into the ninth to twelfth grades only; girls must weigh a minimum of 90 pounds and provide their own backpack and boots. In this popular unit, campers will cook, swim, hike, sing, and share jokes while building a strong camaraderie. While in camp, the Trekkers make camp in the rocks above the Dining Deck.

## Astronomy Rock



Located above the Dining Deck and beyond the area where the Superpackers and Trekkers stay while in-camp is Astronomy Rock. This large, flat rock provides the perfect setting for evening stargazing! Few things in life are as pleasant as stargazing on a summer night. Units may arrange an astronomy session with the Nature staff, or unit staff may take the girls up on their own! Please take a walk up during the day to refresh your memory of the trail. Discover stars, tell stories of the constellations, and make up a few new ones. Be sure to dress warm though; it can get very cold on Astronomy Rock at night!

## Staff/Tag Biffy



The Tag Biffy is located midway between the Tag unit and the Staff House; this biffy is intended for Tags, male staff, and Ad-Staff. When in camp, Trekkers and Superpackers use it as well. All others are expected to use their own biffy. If you or a camper must go while in the central camp area, please use the Waterbug biffy.

Since this biffy is used by so many people, cleaning it is an all-camp Kaper (see page 41).

## Tags



The Tag (short for tag-a-long) unit is located a short walk from the Dining Deck. This unit is for children of staff members: girls too young to be in a regular unit and boys generally up to age twelve. The Tags participate in all of the fun things the older campers do: crafts (usually every day!), archery, canoeing, swimming, and hiking, among other things. The Tags also get a good deal of in-unit time, as they are younger and need it (as do their staff!). Fact: This unit used to be called Mosquitoes, but eventually evolved into Tags. Their home is Chinquapin, meaning shrub or “little nut.”



## OSBs (One Step Beyond)

Our councilor-in-training program is called One-Step-Beyond, or OSBs. For most girls, this is the climax of being a camper at Two Sentinels. In an intensive but still fun atmosphere, girls are trained to be counselors. This is a two-session unit for girls going into the 11<sup>th</sup> or 12<sup>th</sup> grade; all OSBs attend first session, where they chose camp names and are trained in leadership, conflict resolution, and camper-counselor relationships. They spend a portion of most days helping out in various units, getting a feel for campers of each age group and how being a counselor actually feels. Then they return during either second or third session and are placed in a unit, acting as regular counselors! During this time, they are acting as a full staff member in every way, and are treated with the same responsibility and respect accorded to any other staff member. OSBs can be identified by their yellow staff ties (all full-staff wear a red tie, and previous OSBs wear both the yellow and red ties).

## Crafts

Our beloved little Craft Hut is stuffed to the rafters with supplies and ideas. On site of the original Dining Hall, Crafts provides many happy hours of fun for campers – and staff! – during each session. The Craft Ladies work extra hard each year to have crafts that are exciting and unleash your creativity! There are many crafts available for all skill levels from lanyard to leatherworking. The Craft Ladies also prepare the UNIT BOXES for each unit at the beginning of the session. These boxes contain craft and skill supplies, including song and badge books. Please keep these clean and in order – it makes closing up the Craft Hut at the end of each session that much easier!



The special craft of Day 2 is always **silk-screening**, where we take specially-cut fabric stencils and push ink through them onto a t-shirt, pillowcase, or other clean, blank fabric item that *you bring with you* (see Packing List in FORMS).

### Some Notes on Lanyard (boondoggle):

- Girls are not allowed to cut their own lanyard.
- Please ask a Craft Lady if it's an okay time to cut lanyard.
- You must show a completed lanyard before getting strands cut for a new lanyard.
- Only *one strand* of the “special” lanyards (top row) per camper *per session*.



## Nature

Nature moves around each year, but tends to be tucked around the back side of Crafts or on the Dining Deck.

## Ad-Staff Area

Next to Crafts is the Ad-Staff Area, where the staff who run Crafts, Program, Dining Deck, Archery, and Nature bed down for the night. This area is off-limits to campers.

### Some Guidelines for the Craft Hut:

- Please be on time to your scheduled session!
- Please send staff with your campers. The Craft Ladies are busy explaining the craft and fixing problems – they are not in charge of watching your girls!
- **DO NOT enter the Craft Hut without permission!**
- If you want to split your campers between Crafts and Archery, make sure you sign up for **two sessions in a row**. There is not enough time to finish a craft in half the time!
- If your unit wants to “drop in” to crafts, please check the sign-up chart on the Dining Deck to make sure no one else is signed up. Then check with the Craft Ladies if it's okay – they may be otherwise occupied.
- If the “Crafts” sign is flipped to “Closed”, Crafts is closed – even if you can see the Craft Ladies. They need their breaks too!
- When in Crafts, use the Waterbug biffy. Do not walk across the creek bed!

### **AD-STAFF ARE NOT BABYSITTERS!**

If you want to coordinate breaks while your unit is at CRAFTS, ARCHERY, or NATURE, that is fine, but at least one unit staff member must be present and responsible for your campers at that location.

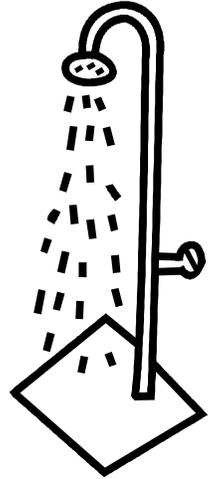


## Showerhouse 1

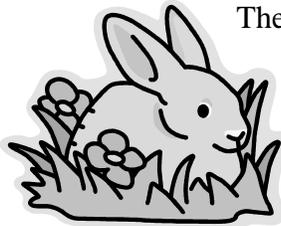
The first of the showerhouses is located close to the Tags unit. Many of the different units in camp use this showerhouse, and it is also the only one for male staff to use.

### SOME GUIDELINES REGARDING THE SHOWERHOUSES AT CAMP:

- As hot water is limited, it is recommended that staff members time their campers' showers. Generally, a 3-5 minute shower is best.
- Campers are specifically told not to bring any personal care products that are scented like fruit or food, but it still comes up anyway. Any smelly lotions, shampoos, chapsticks, or other personal care products **must** be stored in the showerhouses.
- While campers are showering, staff members are not allowed inside the showerhouse. This means that staff can't shower while the girls are showering, nor can they enter for any other reason (i.e. to help a camper with something). This is to protect both campers and staff. However, a staff member **MUST** be present **OUTSIDE** to supervise.
- Staff members should shower either on their breaks, early in the morning while campers are still sleeping, or in the evening after campers have gone to bed. Staff members should also try to take as short of showers as possible. If possible, check with the units who are scheduled for that showerhouse that day.
- When any unit is done with a showerhouse, it is their responsibility to clean it before they leave. This includes making sure everything inside is neat, clearing the drains of hair, and mopping the floor after all campers are done. Camp dust + wet floors from showers = muddy footprints everywhere!



## The Meadow



The Meadow is a wonderful swathe of wildflowers and tall grass in July. Originally used for baseball, archery, and volleyball, the Meadow is now generally off-limits in order to preserve the environment which we came close to losing due to overuse! The Meadow is a wonderful place to sit and watch the wildlife, with everything from the male mosquitoes feeding on flower nectar to wild rabbits to deer and the occasional snake!

## Meadowlarks

Formally known as the Swamprats, the unit was renamed in honor of Meadowlark in 2002. Set up above the Meadow, the Meadowlarks (girls entering the sixth grade) live in tents and have a perfect view of sunrises and sunset colors hitting the trees. (Their old unit house was "Dom la su" – reputed to mean "home in the hill" in some dialect of French, though there is some confusion surrounding it.) They have their own biffy and share Showerhouse 2 with the Wanderers and Rovers. The Meadowlarks spend most of the week enjoying short hikes, the lake, crafts, and archery. The highlight, however, is a day trip to nearby Caples Lake, carrying frame backpacks full of food and cooking equipment. They cook a lunch consisting of a regular backpacking menu. No experience is necessary, and all equipment is provided!



## Wanderers

Tucked in a grove behind Meadowlarks, Wanderers are cozily situated. They share their biffy with the Rovers and Showerhouse 2 with the Meadowlarks and Rovers. They adventure on the trail for 3 days and 2 nights. Wanderers are beginning backpackers entering the seventh through tenth grades, but they also participate in all the in-camp activities offered. No experience is necessary, but girls are expected to bring their own equipment.



## Wandovers

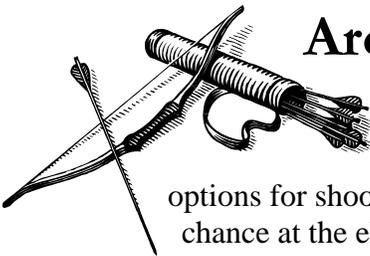
Occasionally offered for logistical reasons, Wandovers are (as the name suggests) a combination of Wanderers and Rovers.

## Showerhouse 2

Showerhouse 2 is located between Wanderers and Meadowlarks, shared between the two units and Rovers.

## Rovers

Up past the Meadow, Rovers sit on Rover Rock, their home originally known as “Luegeta” – “lookout” in Swiss. Beginner or experienced backpackers entering the eighth through twelfth grades are welcome to enjoy a more difficult trail over a longer period of time than the Wanderers, for four days and three nights. Rovers enjoy all in-camp activities, including Evening Canoe! They share a biffy with Wanderers and Showerhouse 2 with Meadowlarks and Wanderers. Girls are expected to bring their own equipment.

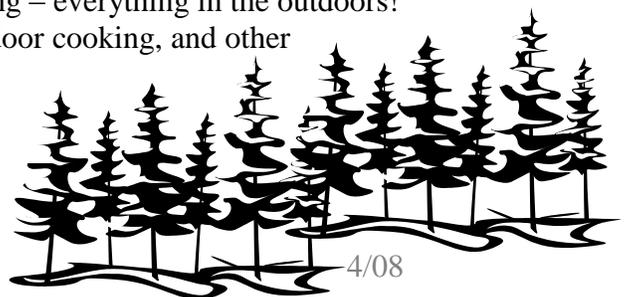


## Archery

Located out by Rover Rock, the Archery area is where campers go to learn how to shoot a bow and arrow. There are three targets and multiple options for shooting distance, to ensure that every camper can give it a try and have a chance at the elusive bulls eye! While in the Archery area, all campers are to follow the archery rules of safety, keeping well back from campers who are shooting and following all whistle commands. As this is a secure area and archery could be going on at any given moment, don't forget to stop outside to receive permission from the Archery instructor before entering.

## Pioneers

Pioneers is the unit for girls entering the ninth through twelfth grade. This unit is designed for the outdoor-skill loving camper who loves learning – and doing – everything in the outdoors! This unit is all about camp ceremonies, song-leading, outdoor cooking, and other skills. This unit is a must for the future OSB! Pioneers is tucked behind Gypsies, sharing their biffy and Showerhouse 3.



## Gypsies

Backpacking isn't for everyone, so Gypsies is a perfect unit for the older girl who likes to camp but not backpack. Gypsies, for girls going into seventh through tenth grades, do all in-camp activities, as well as a day-long Mystery Trip. Gypsies also traditionally do some sort of lunch cookout in their unit, inviting ad-staff to share in the fun! The Gypsies unit house, Bonnie Wee Huse (Scottish), is a good walk from the main part of camp, located past the meadow and just beyond Cricket's Hearth.



### Showerhouse 3

This showerhouse is located close to Cricket's Hearth, midway between Gypsies and Waterbugs. This showerhouse was rebuilt in recent years, and boasts a linoleum floor and colorful shower curtains. All standard showerhouse guidelines apply.

## Cricket's Hearth

Located just over the bridge beyond the meadow, Cricket's Hearth is the main campfire circle of Two Sentinels, big enough to hold the entire camp at once! It was named for one of our first directors, a woman whose camp name was Cricket. Generally, each session hosts two all-camp campfires around this ring. This is also where the Gypsies hold their luncheon. Keeping the campfire area clean is part of the Trails kaper, though building the fire is part of the Cricket's Hearth kaper.



### Waterbugs

The youngest unit of regular campers is the Waterbugs, girls entering fourth and fifth grades. Waterbugs spend their week participating in a myriad of activities at Two Sentinels: astronomy, crafts, swimming, canoeing, funyaking, hiking, etc. Many Waterbugs have never been camping without their families before, and this is a great new experience for them - many of them have never even been away from home for an entire week! It's a great unit for girls who have been camping before with their families as well. Waterbugs is a great way for girls to be initiated into the Two Sentinels experience. Their unit house is called "Meer Hut," which is Dutch for "House by the Water."



### The Director's Area

The Directors sleep on the waterfront-side of the trail next to Waterbugs. This is strictly off-limits to campers. Staff are not advised to enter, as the Directors know where *you* sleep, too 😊.



## Dockers

Designed by Sunflower in 1996 for her Gold Award, the Docker unit gives an opportunity for older girls entering the eighth through twelfth grades to gain more extensive water skills. Dockers have priority using funyaks and canoes and spend much of the day on the water, but still find time to enjoy crafts, archery, and other activities. They share a biffy with the Waterbugs and Showerhouse 1 with the Tags and OSBs.



## BUFFER LOTS

A **Buffer Lot** is a parcel of land set aside on each side of the camp to help be better neighbors to the cabin-owners at Lake Kirkwood. They are not official camp property and should not be entered. You'll find these lots next to Waterbugs and Gypsies.



## Keeping Camp Neat and Tidy



With so many campers and so much gear in such a small area, it is sometimes hard to keep your unit clean and tidy. Things get mixed up, people lose belongings, and general grumpiness can ensue if camp is messy. Below are some helpful hints for keeping your unit clean:

- Ⓢ Set aside time each morning to tidy up the unit. Have campers organize their gear, collect any stray items, and neaten up their sleeping area. If necessary have someone sweep out the unit house or tent.
- Ⓢ Remove all dry items from the clothesline and consolidate damp clothes to free up space.
- Ⓢ Have girls walk around the unit to pick up any trash or lost items on the ground and make sure the rocks lining the path are in place.
- Ⓢ Make sure any shoes left outside a tent are lined up neatly on a tarp.
- Ⓢ For those who are sleeping outside: burrito-wrap your sleeping bags to keep your bed neat and potential rain from soaking your stuff!

### How to Hang a Clothesline

Take a long length of strong, thin rope. Attach one end to a tree *above neck height* using a bowline knot, then stretch it taut and tie the other end to another tree with a tautline hitch. The line might sag with heavy, wet towels on it, and you may need to retighten it throughout the week.

### How to Burrito Wrap a Sleeping Bag

Take an extra tarp and spread it over your sleeping bag. Tuck the sides, then the ends under your mattress so that any rain will run off under the cot rather than into your sleeping bag. If you are sleeping on the ground, tuck the sides and ends of your ground cloth over your sleeping bag, then wrap another tarp over the bag and under your ground cloth. Find a few heavy stones to put on top of your burrito wrap to keep the wind from blowing away your tarp.

## In-Unit Kapers

Straighten **trails**. Sweep **unit house**. **Garbage** must be taken to the garbage shed before dinner every night. The unit's **campfire circle** should be straightened and woodpile stocked every day. Each unit's **biffies** should be cleaned *every day*. (For units who share biffies, arrange to switch off.) Campers may sweep biffies and restock toilet paper, but only staff may empty garbage and handle bleach solutions. Straighten all nest areas.

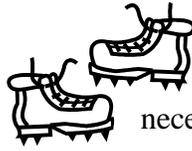


### How to Clean a Biffy:

**Sweep** biffies and remove **garbage bags**. Restock with **toilet paper** and new garbage bags. Restock gloves, TP, and bags. **Mop** biffy floors and seats with a solution of 1 tablespoon bleach to 1 quart of water. The floors and seats should remain wet for 2 minutes for the bleach to be effective. Remember that a staff person, not a camper, must do the scrubbing and mopping! **Do not put water down the hole**. Spread the bleach solution on the ground away from trails – the water evaporates and the bleach turns to salt. **Do not put any other substance down the hole!**

## All-Camp Kapers

(you will receive a chart during pre-camp training for your session assignments)



**Trails:** Clear all trails of rock and debris throughout camp. Straighten the flag circle if necessary. Pick up any litter along camp trails.



**Hopping:** It is crucial for your unit (including staff) to arrive to the Dining Deck **ON TIME** before meals:

**7:30am – Breakfast**

**11:30am – Lunch**

**5:30pm – Dinner**

*A Note on Efficiency: All campers and staff members should listen and respond to Dining Deck. Chaos often ensues when everyone tries to help at once!*

Before the meal, the girls wash and set the tables and pick a grace. During the meal, **one** girl from the unit will be the hopper at each table. **Staff members** are to serve tea and coffee to the heads and feet *if no coffee was available beforehand*.

After the meal, the hopper takes the scraped dishes to the proper place on the benches behind the kitchen. When the tables are cleared, the girls begin to wash the dishes. The staff members of the unit wash the kitchen dishes inside. **Staff members are responsible for the lunch dishes in the kitchen – even for days with pack-out lunches!**

The Dining Deck Director may have your girls sweep the Dining Deck. Please check with the Dining Deck Director to make sure you are done before you leave.

**Staff House and Staff Biffy:** Sweep out staff house and straighten tables and chairs. Clean out fireplace and rebuild fire. Restock wood pile inside staff house. Remove all garbage and replace garbage bag. Clean Tag/Staff Biffy.



**Flag:** Flag goes up at 7:50am, down at 5:50pm. Pick up the flag in the Birdhouse in the morning and return it folded in the evening.

**Cricket's Hearth:** Clean out fire circle, and remove ashes. Rebuild fire. Hose down area if dusty.



# Where Can I Find It?

(also known as “Where Can I Return It?”)



**BATTERIES FOR LANTERNS:** Ask the Directors.

**BLEACH:** behind the kitchen  
– please don’t leave in the sun!



**COUNSELOR JUICE (AKA SODA):**  
Birdhouse...pour into staff cup, crush and recycle  
can *before* leaving!



**BLANK CERTIFICATE PAPER AND OTHER UNIT AWARD**

**MATERIALS:** Staff House. Please ask Program Directors before taking!



**FLAG:** Birdhouse



**LARGE GARBAGE BAGS:**

kitchen, below coffee pots



**LANTERN MANTLES AND**

**PROPANE:** Birdhouse

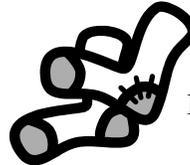


**LIQUID SOAP:**

behind kitchen



**MATCHES:** Birdhouse (take only  
what you need, please!)



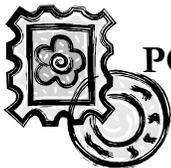
**LOST AND FOUND:**

Dining Deck – near the mailbox



**MARSHMALLOW ROASTING STICKS:**

Staff House...please clean before returning! (Burn marshmallow off in  
coals before washing.)



**POSTAGE STAMPS:** Don’t worry! Put your  
letter in the box and we’ll add the stamps!

**COMPLETED PACK -OUT**

**ORDERS:** kitchen pantry area

**PLASTIC TARPS:** back wall of the Garage



**TOILET PAPER:**

go in the door behind Craft Hut



**TOILETRIES:** Birdhouse. Take only what you  
need, please!



**WARM FUZZIES:** Staff House  
– take only what you need, please!

## WARM FUZZIES

Want to tell someone at camp you think they're awesome and appreciate all their hard work? Send them a warm fuzzy! Pick up blank warm fuzzies (see attached for an example) at the Staff House, bring them back to your unit for you and your campers to write, and then drop any finished notes into the box on the staff house steps to be sorted and distributed with the regular mail. Make sure the recipient's name and unit/position are clearly written on the outside. Remind your campers that "cold pricklies" are NOT allowed under any circumstances, and that any abuse of the inter-camp mail system will not be tolerated. Try to make sure that all of your campers get some warm fuzzies throughout the week, and remind them that people who give a lot of warm fuzzies often get lots in return.

### MAIL



The camp address is:

Name, Unit, Session #  
Two Sentinels Girl  
Scout Camp  
Kirkwood, CA 95646

### MAIL DOES MANAGE TO MAKE IT UP THE HILL TO TWO SENTINELS DURING THE WEEK! BUT REMEMBER: NO UPS OR FEDEX DELIVERIES!!

Remind your friends and family to start writing early because it usually takes about three days for mail to get to camp. It's possible to send letters home as well; in fact, everyone (campers and staff!) MUST write at least one letter or postcard in order to get on the dining deck for dinner on one of the first nights (Program will let you know)! Program will make sure that all letters in the mailbox are stamped and mailed **THIS NIGHT ONLY**. Put all outgoing mail in the large white mailbox, which is usually somewhere on the Dining Deck. Pick up your unit's mail everyday from the appropriate slot in the staff house (check above for packages as well). Make sure all mail is passed out to campers BEFORE dinner – receiving news from home in the evening frequently leads to severe bouts of homesickness. Also, try to monitor the amount of mail campers receive. If someone gets very few letters, try to make sure they get extra warm fuzzies, and if a camper gets a large amount of mail, try to space it out over the week.

### THE POLAR BEAR SWIM IS ONE OF TWO SENTINELS GREATEST (AND CHILLIEST!) TRADITIONS.

General guidelines: Take a head count of participants the night before – make sure campers do NOT sleep in their bathing suits. Campers will swim in small groups accompanied by staff members and at least one lifeguard (lifeguards are generally needed (but not required) to swim, so be prepared!) There will be other staff members on the floating docks and in boats to help supervise. The polar bear swim is not a race! Make sure your group stays together the entire time. When you get back to shore, get your campers into dry clothes as soon as possible to prevent hypothermia. Have them dry off, put on a sweatshirt and hat and pull down the top of their bathing suit underneath it. Hot cocoa and soup will be served to anyone who swims, so make sure campers get something warm inside them as well. There will be a fire in the Staff House for anyone who needs additional warmth. Lifeguards, see page 18.

### POLAR BEAR SWIM



- Who:* You! (And your campers)  
*What:* A brisk swim across the lake and back  
*When:* Day 3 and Day 7 at 7:00 in the morning  
*Where:* Lake Kirkwood, starts at the swim area  
*Why:* Why not? Also, you can get cool recognitions:  
**1 swim – a certificate**  
**5 swims – a pin**  
**10 swims – a patch**



## Campfires (see also pages 88-89)

There are generally two all-camp campfires in each session, usually coordinated by the Program Director; however, any unit is welcome to have an in-unit campfire at any time during the session! Most units have their own small campfire ring, and the ones that don't can use Cricket's Hearth. A unit campfire is a great chance for the girls to lead songs, learn new ones, and make éclairs or s'mores (which isn't done at either of the all-camp campfires). You might also consider inviting a different unit to the campfire; this way, your unit can get to know other campers better.

When planning any campfire, it is a good idea to have a basic format laid out before you begin, to avoid spending too much time thinking about what to do or sing next. A good basic format for an hour-long campfire is:

- Fast Songs: 5-10, depending on the length of the songs and how many you are teaching.
- Transition Song: 1, not quite a fast song and not quite a slow song. Possible transition songs are *Ezekiel*, *White Coral Bells*, *Suitors*, or *Edelweiss*.
- Slow Songs: 2-5, depending on the length of the songs and how many you are teaching.

If you are having éclairs or s'mores, it's best to make them somewhere in the midst of the fast songs; make sure to cut down on the total number of songs sung. Be careful also to not sing too many sad-type songs, especially if it is early in the session; if you have campers who are prone to homesickness, this may trigger feelings of loneliness, which you definitely want to avoid if possible.

Another campfire tradition is the sharing of **ashes** from past campfires. For generations, people have saved ashes from their campfires, added them to the flames of a new fire, only to be saved again, along with a record of all the places all over the world where those ashes have been. If you or someone else in the unit has ashes saved from a past campfire, sprinkle them in the flames of your unit campfire (or one of the all-camp campfires). In the morning, when the ashes are cold, collect new bags or film canisters of these ashes; be sure to have a copy of the record of where the ashes have been, with Two Sentinels added to the bottom, for every camper who wants it! (Our record is on the Two Sentinels website – click on the photo of Cricket's Hearth under "Virtual Tour.")

### REMINDERS FOR IN-UNIT MEALS

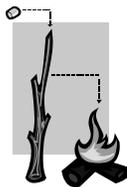
#### **PACK-OUT REQUESTS**

You must submit a pack-out request form to the kitchen at least 24 hours (preferably **48**) in advance! This way, they can make sure to have your supplies ready and waiting for you.

#### **LET OTHERS KNOW**

Be sure to notify others of your plan:

- Kitchen Staff, so they don't cook for your unit
- Dining Deck, so they don't set tables for your unit
- Program Director, for various reasons



### **Cookouts**

For a fun in-unit activity, you might try a cookout! See pages 90-91 for ideas, suggestions, and directions.

### **Jungle Breakfast**

While not directly related to campfires, a Jungle Breakfast is a great way for your campers to start their morning. Campers sleep in and miss flag. Early on, while the girls are still asleep, send a staff member to the kitchen to pick up pre-arranged breakfast foods, generally things like cereal, fruit, hot coco packets, and Tang drink pouches. Hide these food items around the unit in trees, in bushes, and behind rocks. When you do wake your girls up, they get to hunt for their food like jungle animals! Each girl must find one of each item before everyone eats together.

## Serenading



Another beautiful tradition at camp is nighttime serenading. A couple of times per week, usually two to four, a group of staff meets in the Staff House. The days and exact times are arranged by Program, and it's helpful if Program also comes up with a rough list of quiet songs to be sung that night. From the Staff House, the staff make a loop around camp, stopping near and between units to sing a few songs to help the campers go to sleep. Serenading is a wonderful way to end an eventful day at camp, both for the singers and the campers and staff listening. As a common courtesy, please make sure your campers are quiet while the serenaders are around.

## TRADITIONS

### Day 7



The last full day of camp is a day of games and fun for all campers and staff. The day begins with the second Polar Bear Swim of the session, just before breakfast. A few hours after breakfast, there are water games, in which girls from different units team up in friendly competition. These games vary from year to year, and culminate in an across-the-lake-and-back race canoeing, funyaking, and swimming. There is a fabulous carnival-style lunch followed by a counselor hunt. The rest of the afternoon of Day 7 has evolved throughout the years; it used to be a carnival day, with fun games and crafts for all. It eventually evolved into the Skills Fair, where different staff members showcase their talents and try to teach the campers a new thing or two. Recently, a new approach has been taken to turn Day 7 into something of a challenge, where girls can try new things and show off all the new abilities and skills they've learned during the session. After dinner, there is an all-camp campfire, where generally all units are invited to sing a song or perform a skit. After campfire, the last night ends with the Wishboat Ceremony.

## Wishboat Ceremony



The final evening of Two Sentinels culminates in the Wishboat Ceremony, a beautiful ritual that deeply touches everyone who watches it. Every unit builds a wishboat: a piece of wood that floats and is decorated by the campers with sticks, leaves, moss, rocks, and other *natural* things from around the woods. Candles are then placed on each wishboat, one for every camper and staff member in the unit. These wishboats are turned in to the Program Director. Each unit also chooses a quiet song to sing and selects a wish related to Two Sentinels.

After campfire on Day 7, the campers are slowly dismissed to the swimming area; they walk in silence, and are greeted by a chorus of staff quietly singing. Once all the campers have arrived, the ceremony begins. One by one, the candles on each unit's wishboat are lit, while a camper reads the unit's wish. The boat is sent out upon the lake as the entire camp sings that unit's chosen song. Interspersed among unit wishes and songs are other pretty songs and sometimes writings about camp.

Words don't really do this ritual justice; it's hard to describe; to understand and appreciate it, you simply have to experience it for yourself. The Wishboat Ceremony is a moving end to a great session at camp. It is beautiful to watch our wishes float upon our beloved lake under the countless stars, and to think upon the wishes of past generations of campers.

## Our Neighbors, the Bears



We have had in the past a family of resident bears near camp. Fondly named Candace, Snickers, and Baby Ruth, these bears have *occasionally* been seen in camp, generally at night. Usually, the bears are interested in unsecured garbage or greasy towels someone forgot to put back in the kitchen before going to bed. We have a special orientation the first night for all the campers and staff members to educate them on what to do if they see a bear. Usually the encounters are made by staff who happen to be up late or early when the bears have been around.

### DON'T

- Shine a light in their eyes or give them direct eye contact – the light hurts them and direct eye contact is like issuing a challenge.
- Run away. They think it's a game of tag!
- Scream or shout. This not only panics the bear, it panics all campers nearby!

### DO

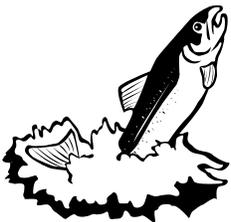
- Make yourself big. Don't wave your arms wildly, but spread them out.
- Make deep, low noises. Bears' hearing is much better than their eyesight, and so this lets them know where you are.
- Calmly let anyone around who may be up know. Notify a director when and where you encountered the bear. Have a cup of cocoa to settle your nerves!

Chances are you startled the bear just as much as it startled you. Once the bears know the camp is inhabited, they rarely come around unless they smell something *really* good. This is why it is important to:

- Make sure all **garbage** is out of the unit and into the *latched* garbage shed before dinner.
- Put all **scented lotions, soaps, and shampoos** in a showerhouse.
- Roll the bear doors closed if you are the last person leaving the **kitchen** at night.

Some girls (and staff members!) are truly uncomfortable about the bear situation, so you should *not* spread rumors or talk about bear encounters with your campers. They are instructed what to do in a bear encounter and do not need to know if one has occurred.

## Our Breakfast, the Fish



Well, not *our* breakfast really. That is unless you catch one! Adults over 16 must have a license, and you must work out with fellow staff members to take an early break to watch the sun rise over the lake and try your line with the brook trout stocked in the lake. If you do catch one, you can clean it in a garbage can, and you can cook it **AT THE COOK'S DISCRETION**. Be sure to clean up *everything* when you're done!

SEE PAGE 96 FOR MORE INFORMATION ON ANIMALS IN THE AREA!

## Fire Safety

Camp is all about fun for the girls, but our most basic and important priority is their safety. Our beautiful high Sierra camp is blessed with a climate which is generally warm and dry during the summer months. This idyllic weather is great for our favorite activities of hiking, swimming, and boating, but can also mean that our surroundings are vulnerable to fire.

Our best defense against fire is, of course, **prevention**. We all know to only build campfires in designated, approved areas, keeping fires small and always having a bucket of water nearby. When the singing and s'mores are over, we make sure to thoroughly douse the fire, until the embers are sufficiently cool enough to place your hand on them (see page 89).

We do have other, unavoidable potential sources of fire on our site, such as propane lanterns. And, of course, others in nearby wilderness or populated areas may not always be as careful as we are.

As a staff member, your focus is to get your campers to safety as quickly as possible. We have a **fire drill** within the first 24 hours the campers are on-site to practice how we would gather in the event of an emergency, account for everyone, and receive further safety and/or evacuation instructions (See the postable sheet in Forms).

**The following items should be kept together near each camper's nest. Do not spend excessive amounts of time gathering these if the campers can't gather them quickly.**

- |                 |                       |
|-----------------|-----------------------|
| ✓ towel         | ✓ coat, if accessible |
| ✓ 104 (bandana) | ✓ flashlight          |
| ✓ shoes         | ✓ water bottle        |

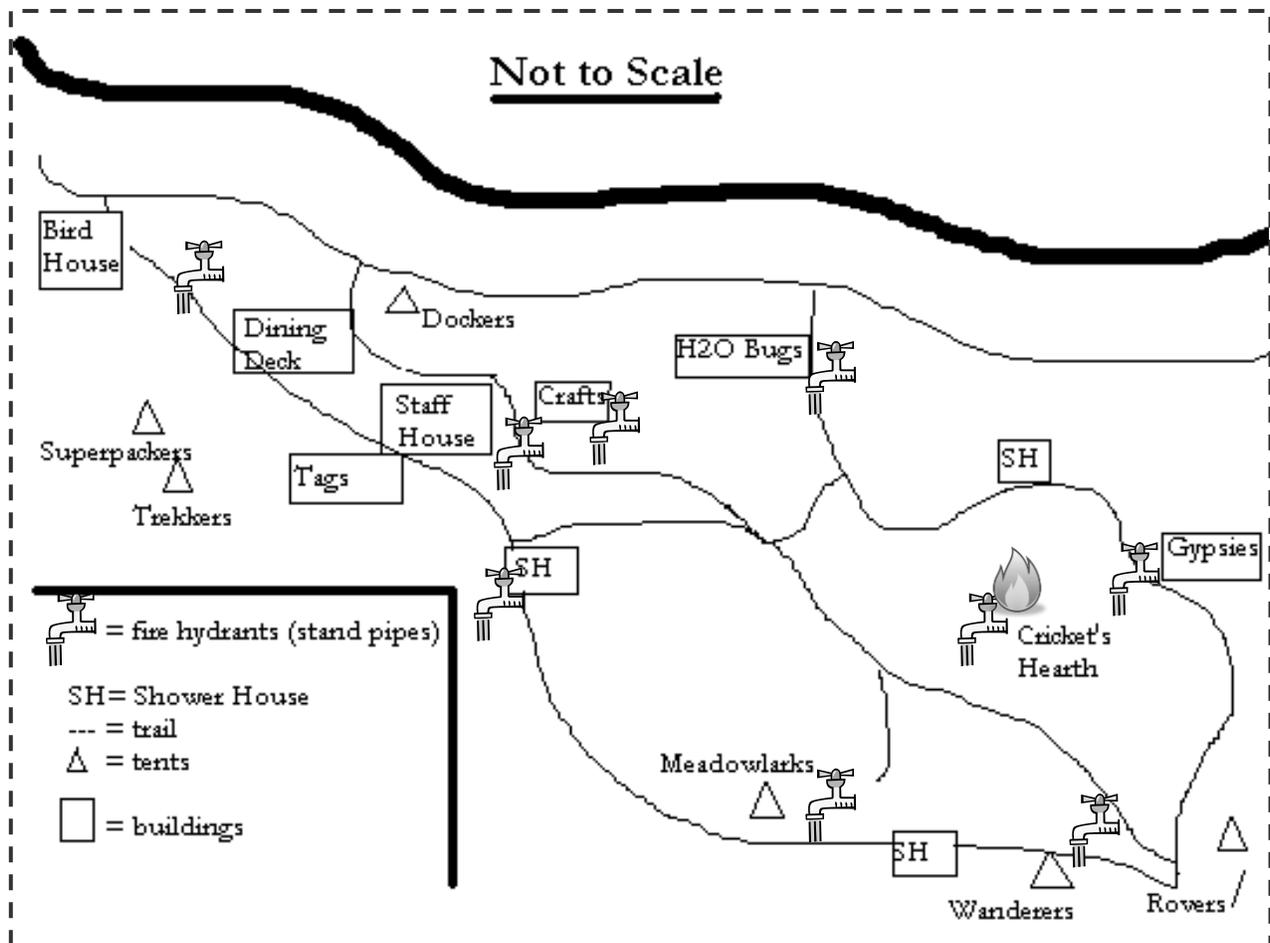
What if you should find yourself faced with a fire in your immediate area? What tools are available to help you do what you need to keep you and your campers safe, to allow you to safely deal with this situation? Two Sentinels has three different fire abatement systems. As a staff member, it is your responsibility to familiarize yourself with all three of these in your unit area:

1. **Fire extinguishers.** Every building and every unit site at Two Sentinels has a fire extinguisher.
  - In buildings, it will be mounted on a wall or platform (for platform tents) and will usually have a red and white sign identifying its location.
  - In tent units, it should be near the staff tent/sleeping area.
2. **Fire buckets.** Every unit and showerhouse, as well as in various other areas around camp, has a large 33-gallon gray plastic fire bucket. These buckets are filled with water which are for emergency fire use only. This water is not to be used to fill your metal safety bucket for your campfire, or to douse your campfire at the end of the evening. Please fill your metal fire buckets at the nearest water trough.
  - At showerhouses, it is close to the propane tanks.
  - In unit areas, it will be near the fire circle or, if there is no fire circle, somewhere in the central area of the unit.
3. **Stand pipes with fire hoses attached.** "Stand pipes" are vertical pipes with a round handle and a faucet on top. The pipes are painted orange and are located throughout the Two Sentinels site. Each one has an attached hose which is coiled up on the ground beneath. Using the map and attached list, find the closest one to your unit and locate it when you return to your unit today.

Please note that it is **NOT** your responsibility to put out a significant fire. These tools are here to help you get you and your campers safely out of harm's way and to the designated gathering point.

## STAND PIPE LOCATION BY UNIT

- **Tags:** In front of the old Tag Biffy.
- **Waterbugs:** Just past the unit house, on the left side of the sleeping/nest area.
- **Meadowlarks:** Between your unit and Showerhouse #2, on the left side of the path that goes from your trough to the showerhouse.
- **Gypsies:** 20 yards in front of the unit house, in on the Cricket's Hearth side of the trail.
- **Dockers:** In front of the old Tag biffy.
- **Wanderers & Rovers:** On the trail between Showerhouse #2 and Rovers, on the right side coming from Rovers.
- **Superpackers & Trekkers:** Either in front of the old Tag biffy or just towards Crafts from the Staff House.
- **Other locations in camp:**
  - Behind Showerhouse #1
  - By the Flag Circle
  - Near Cricket's Hearth (not an orange stand pipe, just a gray pipe on the right side towards the back).



## EMERGENCIES

We don't like to think of anything going wrong at camp, but it is vitally important to be prepared!

The repeated sounding of the air horn off of the Dining Deck could mark a fire or any other significant emergency. When the horn goes off:

- If you are in your unit, tell your girls to grab their pre-gathered equipment (see page 47). If this equipment is scattered, **do not look for them**. Assemble girls in a single file line, make sure everyone is there, and **walk** quickly and quietly to the Flag Circle.
- If you are around camp, stop your activity immediately and proceed to the Flag Circle. If you are in Archery or on the Waterfront, follow the directions of the instructor or lifeguard until you leave the area. **Do not return to the unit**, even if it's on the way to the Flag Circle.
- If your girls are in the shower, tell them to get out immediately and wrap on a towel. Do not wait to dry off or dress. Gather clothes, towels, and shoes, and proceed to the Flag Circle. **Do not return to the unit**, even if it's on the way to the Flag Circle.
- If you and your girls are separated, (i.e. you are on break) you should proceed to the Flag Circle and meet your unit there. **Do not return to the unit**. If there is a pair of campers at Crafts or the Birdhouse, they should proceed to the Flag Circle and meet the unit there. If one of your campers is in the Birdhouse, she is under the Nurse's charge.
- If you are out of camp but can hear the horn (such as at the Beach, the Cove, or Reflection Pond), immediately return to camp. Do this as quickly and as carefully as possible. Fasten boats quickly, do not worry about returning paddles and lifejackets to their racks. **Do not return to the unit**.
- If you are Ad Staff, you still may be responsible for bringing supplies to the Flag Circle if they are at hand. See the postable Rules/Fire Drill sheet in Forms. **If there are campers with you**, make sure they are in the care of their staff member. If no staff member is present, the campers are in your charge and you must take them to the Flag Circle. **Do not let them return to their unit**.

**When arriving at the Flag Circle, keep the unit in single file, radiating outward. The unit must remain standing until everyone in the unit is present and accounted for. When everyone is there, the unit should sit down. This signals to the directors that you are not waiting for anyone.**

Speed and silence is crucial when responding to a serious emergency. Oftentimes in such a stressful situation we tend to clam up and speak sharply to campers. It is important to remember to communicate **confidently** and **directly** to campers – show them that you know what ought to be done. Tell them what you expect them to do:

- "We are going to walk silently in single file to the Flag Circle. It is incredibly important that you remain quiet."
- "Girls! Listen to me! You are going to get into a canoe with the buddies you came to the Beach with. You are going to paddle to the Canoe Dock. Bon Bon will help you get out carefully and calmly and tie up your canoe. You will wait for the whole unit. It is very important that you remain as calm and quiet as possible. Let's go!"

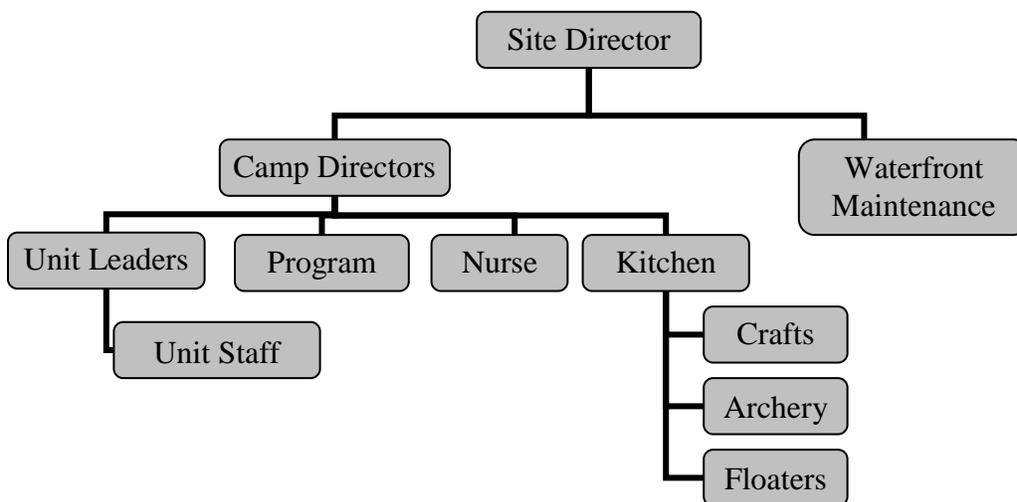
**It is also important for only one person to take charge at a time. Unit Staff should acquiesce to the Unit Leader, and the Unit Leader should follow the direction of the Archery Instructor or Lifeguard if they are in Archery or on the water.**

## Two Sentinels Communication Tree:

### Who Should I Report to in an Emergency?

This is the general command set up for the operation of camp. In addition to day to day events, this chain of command is set in place to handle any crises that may arise. A crisis is an incident of a serious nature causing disruption or potentially causing disruption to the operation of the camp.

The camp crisis plan will be activated anytime a serious incident occurs. You will already have been contacted if you are on the team. Otherwise, use this chart as a guideline *should an emergency occur*:



## Emergencies: The Emergency Contact



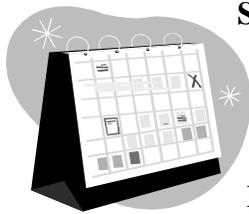
Two Sentinels employs the system of having an Emergency Contact “down-the-hill” during each session. This system works to control miscommunication and chaos during an emergency. The Emergency Contact fields calls from parents and relays messages to camp, thus keeping the phone line free for emergencies. If an emergency were to occur at camp, the Emergency Contact would be notified and they would be able to relay the information to the concerned parties at home, thus keeping the Directors and other staff members available to deal with the emergency instead of making or fielding phone calls. NO ONE but the directors or crisis team may call this contact and NO ONE but the directors or their delegates may use the phone during an emergency.

When things get crazy, schedules get packed, and stress starts to build up, it's important to keep in mind exactly why we are doing what we are doing: for the girls. Everything we do, we do for our campers. We plan the sessions out so that they'll have fun, we offer variety so they won't get bored, we provide delicious food so they'll have adequate fuel, and we take every precaution to keep them safe. We enjoy the camp experience too, but our desires take a backseat to those of the campers.

Remember: we are here for the girls!

## Before the Campers Arrive

During pre-camp before the campers arrive, there are many things that must be taken care of to prepare staff for the rest of the session. As well as additional training, unit staff are in charge of:



**Scheduling.** At the beginning of pre-camp, most of the session is still a blank slate. Some things are determined in advance by the Directors (camp kapers, who gets which showerhouse when, evening canoe). Some things are determined early on by Program (theme meals, games, etc).

Everything else is determined by the unit staff! Every unit gets a laminated calendar to post in their unit which will list everything the campers are doing on the eight days of camp. Activities are scheduled during pre-camp in an organized fashion, with everyone taking turns to sign up for one thing at a time. This is how times for crafts, archery, nature, waterfront activities, and hikes are decided. While taking turns signing up for these activities, unit staff also schedule in showers on their designated days, plan appropriately for flag, hopping, and trails, and make certain to schedule in down time (to relax) daily. You can always schedule extra activities during the week – just be sure to let the appropriate people know!

*Backpacking units get some priority for in-camp activities, as they have fewer overall days in camp.*

**Health Forms and Information Sheets.** At some point during pre-camp, the staff of every unit will be given time to review the health forms and information sheets of all their campers that session. This is important for many reasons. These health forms and information sheets will not only list legitimate health issues, but also have room where parents can note anything they feel might be important for staff to know. **ALL INFORMATION IS STRICTLY CONFIDENTIAL!!!** Things learned from this form may include:

- Food Allergies & Special Dietary Needs
- Possibility of homesickness or other fears
- Problems at Home (i.e. recent family deaths or divorce)
- Daily Medications: what & when



**Tidying the Unit & Cleaning the Biffy.** During pre-camp, different staff (and possibly their children) may have been sleeping in or around your unit, so it is important to make sure everything is spic and span when the campers arrive! If you have any staff children in your unit, they will become your responsibility the night before Day 1, so enlist their help in neatening up the trails, sweeping the unit house (or platform), making sure there's no trash lying around, and putting all personal belongings (including dirty laundry!) where they belong. Also be sure to clean the biffies; campers can sweep the dust out and make sure there's no loose toilet paper floating around, and staff can take a mop and bleach to the floors. We want to make a good impression on all the campers, especially the ones who are new to camp, so get cleaning!

## Camper Arrival



This is what you've all been waiting for – the campers have finally arrived! After making a **sack lunch**, *everyone* will hike out to the highway to greet the buses wearing their **new camp t-shirts**. Staff children should hike with their unit counselors and help greet fellow campers coming on the bus; bring your **unit sign** with you so arriving campers can locate the right group. Once the campers arrive, general chaos ensues – move away from the buses and find a spot to gather your girls. Once you have your ENTIRE unit, have them pick up a small piece or two of **luggage** to carry into camp. Remind them it DOES NOT have to belong to them; all luggage (including heavier items rowed across the lake) will be taken to the Flag Circle to be claimed. Lead your campers into camp, drop extraneous bags at the Flag Circle, and then go immediately to the Dining Deck, where **cookies, punch and lemonade** will be served. **Make sure your campers drink** LOTS of fluids **and eat** a snack, as this will help prevent altitude sickness. After everyone has made it into camp, the directors and program staff will welcome the campers and make general announcements before dismissing groups to collect luggage and go to their units. Before you leave the Dining Deck, make sure you **collect any food** the campers might have with them – there is a special box labeled “camper food” in the kitchen to store anything they want to save (they get it back at the end of the week.)

The following need to be completed on Day 1, according to the schedule arranged during pre-camp:

**Check-up with the Nurse at the Bird House.** Girls should bring ALL medications with them to turn in. They will get their wristband and t-shirt here.

**Unit picture.**

**Camp tour.**

**Swim test** (may also be scheduled for Day 2).

Back in your unit, set aside some time for girls to get to know each other (and you!) in the unit. (See pg. 59 for games.) It is **crucial** to establish a sense of group unity as early as possible. If possible, try to have all your campers sleep in the same area; do not allow one or two campers to isolate themselves away from the group even if they claim to prefer this. If space is limited, store luggage in a separate tent and limit the number of groups to as few as possible.

Starting now, continue to remind your girls that “you only get out of camp what you put into it” and encourage them to participate fully and enthusiastically in all activities.

There will be an all camp program on deck the first evening after dinner to introduce the campers to all staff and maybe a few other goodies. Plan accordingly. Younger camp units should have nests fully made up before coming up on deck.

### MANDATORY REPORTING

**BY LAW**, IF A CAMPER TELLS YOU S/HE HAS BEEN ABUSED, WHETHER AT CAMP OR AT HOME, YOU **MUST REPORT IT** TO A CAMP DIRECTOR. IF YOU HAVE STRONG SUSPICIONS OF ABUSE, YOU MUST ALSO REPORT THIS.

## Beginnings

The first few hours with your group set the standard for all future group or individual relationships with your campers, so make sure you have a good start! Here are a few tips for establishing an early, smooth relationship:

- Learn the names and nicknames of campers. Younger units appreciate games involving name learning. Older girls may find this frivolous, but may appreciate some more informal “getting to know each other” time. They don’t think they mind until it’s bedtime, when it’s very reassuring to have someone know their name when they say “goodnight”!
- Show a friendly spirit and interest in each camper (a genuine, not assumed interest). This is difficult in very large units. Do your best.
- Be patient and understanding (especially with the slower ones).
- Remember criticizing in front of others will build up pressure against you and holding a grudge is a sure way of losing friendships.
- Try to see the camper’s point of view.
- Children like a good sense of humor. Humor is not sarcasm or horseplay; both can be easily misunderstood.
- Being a good listener is a prerequisite to friendship.
- Children like fairness, honesty, and frankness.



## The First Night

The first night can be a thrilling *or chilling* experience for campers.

- Ⓢ Stay close to the unit (some will be frightened after dark). This is NOT a good time to plan for staff time off. After the first one or two nights that is alright, but not tonight.
- Ⓢ Be visible in the unit until they quiet down. Don’t plan on it being too early.
- Ⓢ Try a quiet (but not sad!) song – by the counselors – for each tent and cabin, or a bedtime story for the whole unit (even older girls like these!).
- Ⓢ Some campers cannot adjust quickly to the strange environment and woodland noises. Make sure they know where the staff will be sleeping.
- Ⓢ Be patient: remember your own first experience away from home.

Remember that it gets cold. Take the time to make sure your campers have their sleeping pads out and appropriate bags and blankets. If a camper has inadequate sleeping gear, please come to the Bird House. We have a few blankets and extra sleeping bags. Do not wait until your camper gets sick. **Remind them to change into dry socks. Also, REMIND THEM TO GO TO THE BIFFY BEFORE GETTING IN BED – it’s much easier to go before going to sleep than it is in the middle of the night.** If they do have to go during the night, remind them to take a buddy or wake a counselor.

### DAILY SCHEDULE

.....

7:00 AM · morning bell rings  
7:30 AM · hopper bell rings  
7:50 AM · flag  
8:00 AM · breakfast  
8:45 AM · kapers  
10:30 AM · pack-out lunch  
3:30 PM · snack on deck  
5:30 PM · hopper bell rings  
5:50 PM · flag  
6:00 PM · dinner  
10:00 PM · lights out

Backpackers operate like other units while in camp.

### A NOTE ON PRANKS

We know camp is about having FUN! And part of a very long and great tradition of camp fun are pranks. We can't say we're strictly *against* pranks, but please remember you (and your girls) should NOT:

- go through, remove, replace, or *touch* people's personal belongings.
- seek to embarrass or single out individuals.
- vandalize, litter, or demean camp property.
- lie (this includes fake warm fuzzies), cheat (this includes water races and counselor hunts), or steal (see note above).
- target a unit younger than yourselves or a unit which does not wish to "participate." Staff is responsible for seeking approval *prior* to the application of the prank.

There are many fun pranks to pull, like redecorating unit houses or "kidnapping" units for a marshmallow roast. Have fun, and get sneaky!



### AFFIRMATIONS



It's always nice to have someone tell you you're doing a good job – everyone wants to feel that their efforts are noticed and appreciated. Even more, affirmations are the key to helping each other successfully deal with challenging situations. Whether it's coping with being away from home for the first time, adjusting to a new social environment, or trying new activities that might at first seem scary or difficult, campers (and counselors!) at Two Sentinels depend on the encouragement of others to move beyond their comfort zones and learn and grow through new experiences. Here are some positive affirmations to use with campers and fellow counselors:

That's right. · That's good. · You are very good at that. · GOOD WORK! · I knew you could do it. · I'm happy to see you working like that. · Now you have it. · You are really working hard today. · WOW! · That's quite an improvement. · You make it look easy. · You've figured it out. · Couldn't have done it better myself. · You really make my job fun. · Nothing can stop you now. · Way to go. · Now that's what I call a fine job. · SUPERB! · Keep it up. · I'm very proud of you. · That's really nice. · MARVELOUS! · Never seen anyone do it better. · It's a pleasure to work with you. · Now you've got the hang of it. · You've just about mastered that. · FANTASTIC! · That's coming along nicely. · You're doing a good job. · Good for you! · GREAT! · That's much better. · You did it. · You're learning fast. · CONGRATULATIONS! · That's the way! · Nice going. · SENSATIONAL! · That's the best ever. · EXCELLENT! · You did very well. · You must have practiced. · RIGHT ON! · Look at you go! · Good thinking. · That's using your head. · I like that. · Good going! · AWESOME!

## Some campers are more challenging than others...

### Cliques

Some of the most common camper problems involve cliques, whether campers are Waterbugs or Superpackers. These “super-tight” groups draw boundaries between themselves and others within the group. Help prevent them if you can!

- Have all the girls sleep together in one area.
- Assign buddies/patrols and rotate them daily.
- Have daily “getting-to-know-you” games in the unit.

### Bed-Wetting

You might be surprised that this happens outside of Tags – don’t be! Many factors could be involved, but the important thing is to *not isolate the camper*. Tell the campers “We’re going to air out our sleeping bags!” and put everyone’s bags on the line. Have a counselor get a spare sleeping bag from the Birdhouse. If this happens in the middle of the night, there is no need to mention it in the morning. If other girls notice the new bag, you can just say “It got spilled on!” The camper might be embarrassed and stop drinking to prevent it from happening again – watch out for this and encourage her to keep hydrated!

### Homesickness

*Everyone* gets a little homesick – even staff. It often occurs at the beginning or end of the week, especially near bedtime. If a camper is homesick before bed, go over in detail the schedule for the next day and how much fun it’s going to be. Tell her she’s going to be okay, and that if she needs you in the middle of the night you’re there for her. Some campers, however, seem to be *permanently* homesick. They are constantly miserable, despite overtures from staff and fellow campers. Don’t give up on this camper! Send her warm fuzzies and constantly try to engage her in activities. Don’t ignore her, but don’t let her get you down.

### ADD/ADHD

If you see this on a health form, don’t panic. Many children with ADD/ADHD might have some issues focusing on or completing tasks or remembering things, but they are often extremely creative, outside-the-box thinkers with wonderful personalities. They may be forgetful, but they are not stupid. Their behavior might ostracize them from fellow campers, so try to be understanding and attentive. Many who have ADD/ADHD are really trying very hard to “behave” or “be good,” *even* if it seems like they’re not. Patience is the key! Give these campers clear expectations and goals. Don’t draw attention to them if you can help it – as with any behavior issues, talk to the camper in private.

### The “I can’t-er”

This camper has convinced herself she can’t (or won’t!) do things. From finding her shoes to setting a table to paddling a canoe, she constantly claims incompetence.

- Don’t argue with her
- Try saying, “Uh-oh! Here comes an I-can’t! Let’s get them all out!” Have her list all her “I can’ts” and the reasons she can’t. LISTEN! Maybe she really can’t and you can help. If you can help, DO. If she’s just frustrated or stuck, after you’ve listened, try saying “If you could, what would it be like?”
  - Always respond to an “I can’t er” with: your ATTENTION, “If you could”, and help her see the alternatives!

### The Shy Camper

It’s not your fault if someone is shy...it’s okay to be a bit timid, especially if it’s her first time at Two Sentinels or if she doesn’t have any friends with her from home. Some girls are just quiet by nature – not everyone is a jumping jelly bean! However, it’s good to encourage camaraderie within the unit.

- Assign buddies, and rotate them every day.
- Have “getting to know you” games in the unit every day.

## Campers: Why We Do What We Do

### The “Do-it-for-me” camper

This camper wants you to do everything for her. She might ask because she thinks you can do it better or faster than she can. It’s important to not let her lose out on the camp experience by obliging her!

- Use the affirmations on page 54 to encourage her to do things herself.
- For a unit activity, have everyone write down what things at camp they want to be able to do for themselves. Set aside some time each day to work on these skills.

### The Overwhelmer

An overwheeler jumps up and down! She waves her hands in front of your nose and shouts! Try to figure out why she is doing this – does she have too much energy? Is she craving attention? Is she realizing she’s doing this? Can she control it? Some overwhelmers try hard to control themselves but just can’t.

- As staff, set “personal space” boundaries for campers.
- Come up with a special “unit signal” for getting attention: is it a finger on a nose while standing on one foot? Is it making “moose ears” while saying “chocolate bunny”?
- Be kind, calm, and firm.
- Try to not lose your temper.

### The Negative camper

This camper is quite definitive about *not* wanting to do things. A lot of times this happens because she feels forced – either to be at camp in the first place, or in that particular activity. The negative mood of this camper travels quickly – try to keep as positive an outlook as you can yourself!

- Try to find ways to create choices for the unit. Ask yourself, “Is this what *they* want to do or what *I* want them to do?”
- Try saying, “I’m willing to do something else. What will it be? Let’s change moods first!”

### The Apathetic camper

This camper “doesn’t care” about camp and isn’t necessarily combative, but tends to shrug her shoulders when activities are suggested. Try to get her involved!

- Ask her about her interests.
- As a unit, go around and ask each person, “If you could do anything at camp, what would it be?”
- Be as enthusiastic as you can (but don’t fake it!)
- Notice little things throughout the day and point them out – a frog in the Meadow, a really good s’more, the little whirlpools that trail after your paddle in the lake. Hopefully this enthusiasm will spread!

### The Physical camper

Physical campers just can’t get enough activity. This can cause friction if some of the unit is *not* active!

- Send “active” campers on errands (with a buddy!)
- Have them help clean up the unit: straighten trails, sweep unit house or biffy.
- Go somewhere that can accommodate both halves of the unit: the Beach is a wonderful place because some girls can sit and read or talk while others swim and boat in the water.

### The Ostracized camper

An ostracized camper can be any type of girl...an overwheeler to a shy girl. It is very important to stop this as early as possible...once a girl is ostracized by the group, it is very difficult to integrate her again. You will run into opposition by the group and defensiveness by the girl.

- Try to keep every camper involved and active.
- Rotate assigned buddies.
- Grab a stack of warm fuzzies. Have every camper write a warm fuzzy to every other camper in the unit with something positive about the recipient.

## REMEMBER:

56 “You only get out of camp what you put into it!”

# Ideas and Brainstorms

# Camper Development

	5-7 Years	8-10 Years	11-13 Years	12-14 Years
<b>Social</b>	<p>Peers become increasingly important, but adults remain primary source of guidelines and support.</p> <p>Less boy-girl interaction.</p> <p>Teacher affection and approval are important for achievement.</p>	<p>Parental guidelines and support are major influence on school achievement.</p> <p>Sex difference in interest is less pronounced.</p> <p>Cliques of the same sex are well formed.</p> <p>Continuing need for teacher approval and affection.</p>	<p>Parent influence on child's behavior outside the home is diminishing.</p> <p>Conforms to role assigned by peer group, sometimes rigidly.</p> <p>Crushes and hero-worship common, for same and opposite sex.</p> <p>Begin to question and oppose school authority.</p>	<p>Overt expression of independence requires parental acceptance and facilitation.</p> <p>Have a few close friends of both sexes; friendships last longer.</p> <p>Peer group influences greatly intensified.</p> <p>Plans for and investigates career choices.</p>
<b>Self</b>	<p>Adult reassurance of competence and worth essential.</p> <p>Achieving independence in physical self-care.</p> <p>Learning to forego immediate reward for delayed gratification.</p> <p>Frequent assurance of being loved is important.</p>	<p>Sensitive to criticism and ridicule.</p> <p>Seeks a warm, friendly relationship with adults.</p> <p>Conforms to sex role.</p> <p>Achieving personal independence.</p> <p>Aware of the importance of belonging.</p>	<p>Tends to lack self-confidence; may be shy, self-conscious.</p> <p>Physical changes result in great emotional stress.</p> <p>Beginning to be aware of and discuss social issues.</p>	<p>Confides more in friends than in parents.</p> <p>Worries about physical appearance, attractiveness, and physical development.</p> <p>Achieving independence from parents.</p> <p>Achieving new and more mature relationships with age-mates of both sexes.</p>
<b>Thinking &amp; Language</b>	<p>Memory good for concrete sequences (numbers, letters, etc.).</p> <p>Understanding of language greater than ability to use language.</p>	<p>Beginning to understand relationship between cause and effect.</p> <p>Using language to exchange ideas; much discussion.</p>	<p>Emergence of independent, critical thinking.</p> <p>Should have adequate command of spoken and written language.</p>	<p>Makes fine conceptual distinctions.</p> <p>Increased capacity for planning; considers long-range purpose.</p>
<b>Physical</b>	<p>Girls ahead of boys in physical development and physical achievement.</p> <p>Physical skills beginning to be important in influencing status among peers.</p> <p>Continued high energy level. Masters physical skills necessary for game-playing.</p>	<p>Physical skills are gaining more importance in influencing status and self-concept.</p> <p>Girls begin adolescent growth spurt.</p> <p>Able to take responsibility for personal hygiene.</p> <p>High energy level; opportunities for physical activity important.</p>	<p>Adolescent growth spurt at peak for girls; may result in awkwardness in handling a rapidly-changing body.</p> <p>Early physical maturing is related to a more positive self-concept.</p>	<p>Adolescent growth spurt at a peak for boys.</p> <p>Early or late physical maturing has less impact on girls than on boys, especially in regard to self-concept.</p>

## GAMES TO PLAY

### NAME GAMES

Everyone picks an Animal or Adjective that starts with the same letter of her name. The first person says:

"I'm Furble the Fabulous!"

The second person says her pairing, plus the first person's:

"I'm Fondue the Fierce, and that's Furble the Fabulous!"

You go around the circle (counselors included!) and finish with the first person going entirely around the circle. You can pass a bag of candy around, and each person gets to take a piece when it's her turn.

Name Games are extremely important to play the first day of camp! The fact that counselors can remember campers' names when it is bedtime can be extremely comforting to campers.

For more ideas, see  
<http://www.group-games.com/>

### THIS IS A ROCK!

The first person picks up a [rock]. She turns to the right and hands the 2nd person the item and says "This is a [rock]."

#2 then asks "A what?"

and #1 says "A [rock]!"

And #2 says, "OH! A [rock]!"

#2 then turns to #3 and says "This is a [rock]."

#3 asks "a what?"

#2 must then turn back to #1 and ask "A what?"

and #1 says, "A [rock]."

#2 then turns to #3 and says "a [rock]."

#3: "Oh! A [rock]!"

And so on, lengthening the conversation with each person.

To make it INTERESTING, #1 picks up a DIFFERENT item, and starts it to the LEFT ("This is a [spoon]"). Person #1 needs to know what she's doing - and it gets really funny when one person ends up with both items!

### COUNT TO 10

A relatively simple game - but really hard! The group (larger than 10) must count to 10 as a group. Only one number may be said by each girl, and you cannot talk or communicate in any way. Girls should face away from each other. If two girls speak at once, you must begin again! This might be a fun game to do in the dark before bed. If the group is 10 or below, the number must be BELOW the total number of girls.

### CAPTAIN'S COMING!

An exceedingly fun and rambunctious version of Simon Says. When teaching girls who don't know how to play, start with one instruction at a time, and build up the entire game before eliminating girls. This game works best with a large group.

The basic call of this game is "Captain's Coming!" At this command, everyone must **immediately** stop what they are doing, face the caller, and salute. You **must stay in this position** until the caller says "At Ease." (This is the 'Simon Says' bit.)

The next four calls are **port** (turn and walk to the left), **starboard** (turn and walk to the right), **bow** (walk forward), and **stern** (turn around and walk to the back). **All actions are continued until the next call.**

The following calls all involve girls forming themselves into different sized groups.

**Captain's Ball** = get a **partner** and ballroom dance

**Lifeboat** = groups of **three** line up facing one direction and use their arms to "row"

**Captain's Mess** = groups of **four** get down on one knee, facing each other, and pretending to eat

**Starfish** = groups of **five** with one hand in the center, walking in a circle

**Sea Anemone** = groups of **six** huddle together waving their arms in the air

**Jellyfish** = groups of **seven** link arms over shoulders bobbing up and down like a gelatinous blob

**Octopus** = groups of **eight** hold hands in the center and wave one leg around behind them.

Once all the calls are established, the caller mixes up the calls. At any time when she says "**Captain's Coming**," people must freeze and salute. If she gives another call without saying "**At Ease!**" That person is out! If the caller gives a call and there is a person not included, that person is out. If there is a group without enough or too many members, they are out!

The goal is to be the last person remaining in the game.

## Things to Do Around the Unit

**Learn New Songs.** One of the very best parts about camp is learning new songs to sing. Have the campers teach each other new songs, or have the staff teach the campers songs that they've heard but don't know that well. This can provide endless entertainment for everyone. Each Unit Box should have a copy of Melody's Melodies. If yours doesn't have one, check the Staff House for an extra copy! New campers really feel left out if the returning campers don't make an effort to teach songs and skills they previously learned.

**Tell Stories.** Anybody know any good stories? Fairy tales others may not have heard before, fables, legends, and myths are a great way to keep campers quiet for awhile while keeping them entertained. **Read from a book** or tell them from memory, or have the girls tell them to each other (campers of all ages love being read to)! Generally try to avoid stories about home and families, as this has a chance of inciting homesickness. Also try to curb ghost stories, especially the first half of the week. Some girls get really scared!

### OTHER IDEAS:

- Play **games** (pg. 59)
- Have a **cookout**, (pg. 90)
- Have a Jungle Breakfast, (pg. 44)
- Build your **wishboat**, (pg. 45)



**Trust Walks.** A trust walk is a team-building activity which gives campers a chance to improve upon their leadership and inspires your girls to develop trust in each other. Find a good location in your unit with some obstacles, but nothing dangerous (i.e. some rocks, sticks or small logs on the ground, steps, etc.). Have the girls form up into pairs; if there is an un-even number, one of the staff should participate to even it out. One partner is the navigator or guide, while the other is blindfolded. When the blindfolded partner is ready, the guide spins them around a few times, so that they don't know which direction they are facing or heading. The navigator then leads the blindfolded partner around. For a more advanced version, the navigator does not touch the other camper at all; instead, they rely solely on verbal cues ("about five steps ahead, there is a small rock; step over it slowly") to guide their partner from the starting location to a designated end point. The guide is responsible for helping their partner safely avoid obstacles. This teaches great lessons about teamwork: the guide learns about the responsibility of caring for another's well-being, while the blindfolded partner learns to trust and rely on their guide. At the end, switch roles!

**Skits.** A skit is a short theatrical sketch or act (3-10 minutes long), usually intended to be comical in nature. Many campers know skits and are thrilled at the possibility of teaching them to or creating them with their new friends. Have your campers split into groups to learn or create new skits, and then perform for each other. If the girls ever want to perform a skit for the rest of camp, there are usually opportunities, either at a Talent Show or during one of the campfires.

### GENERAL RULES for SKITS:

- When deciding on a skit, make sure everyone listens to everyone else's ideas, thoughts, and input.
- NEVER make fun of anybody or anything, without their EXPLICIT permission.
- Make sure the performers speak LOUDLY and CLEARLY.
- Try to make the lines as short and easy-to-memorize as possible. Encourage ad-libbing, and remind the performers to be flexible.
- Never force anyone to be in the skit. If one of your campers really doesn't want to perform, maybe they can help with scenery, props, or holding flashlights as "footlights."
- To give older girls a challenge, give them a box with an assortment of objects in it and tell them that they have to create a skit using all of the objects.

## What To Do If It Rains...



- DON'T: overwhelm Crafts
- DON'T: waste warm fuzzies
- DON'T: think that there's nothing to do when it rains!



- DO be creative!
- DO have a positive attitude!
- DO keep an eye out for girls that may be scared of thunder!
- DO make regular checks of tents and gear – are they dry?

### SKILL SHARPENERS

- A perfect time to make a **topo map** (see pg. 103)!
- Practice making an **emergency shelter** with spare tarp and rope.
- Practice **first aid** by using bandanas to splint and bandage each other. Can they fully immobilize their unit leader?
- Practice your **orienting**! Split the unit into two groups. Each group goes around camp writing down headings to send the other group on a **treasure hunt**. Reward everyone with popcorn or a snack.
- **Lash** together a **raft** that you can later test in the water. Will it float?! How many of you will it hold up? (See pg. 99-102)



### GAMES

- “**Once upon a time...**” Each camper says one sentence in a story. For a really fun version, each camper must finish mid-sentence.
- Teach or learn the **cup game**.
- Play **charades**! Many girls may never have played.
- Play a **game** from the Staff House. Make sure to not lose any pieces and put it back when you’re done!
- A perfect time for **card games**.
- Ask the girls to **teach YOU** a game!

### CRAFT PROJECTS

- If they're not too busy, you can ask the Craft Ladies for a craft to bring to the Dining Deck. Make sure to clean up when you're done! Good rainy-day crafts include **Dingle Balls** (the spandex-covered Styrofoam balls) or **beading**. **Watercolors** are also a perfect rainy-day activity!
- Pick a unit to surprise with a **giant warm fuzzy**, or a large “friendship rock” tied with ribbon and a tag attached. Or, you could make **paper chains** and decorate someone else’s unit house!
- Work on your unit's **wishboat**.
- Have a **puppet show**! Make puppets out of brown paper lunch bags and supplies from your Unit Box.
- Use a roll of duct tape brought by a counselor to make **duct tape wallets**. Remember to clean up when you’re done!

### ENERGY USERS

- **Walk** around camp trying to find the driest places. Can you fit into them?
- Have a **sing-off**! The girls split into two groups (or even better - compete with another unit!) Alternate singing the chorus to every camp song you can think of at the top of your lungs!
- Use a broom handle and do the **limbo**! Can you get a **conga line** started through camp?
- Create a **skit**! Quickly gather together a box of props. Give the girls a scenario and a setting, and tell them they must use every prop in the box!

## Earning Badges

Every Unit Box should contain the manuals that correspond to the age level of the unit's girls. If you are familiar with the Girl Scout program, we encourage you to look at badges related to your unit's planned activities. Even if your goal is not to earn a complete badge or focus on badgework, some counselors keep track of requirements completed to send to each camper after the session is over, letting them know how much of each badge she has completed. This can be a great incentive for some girls to finish certain activities or learn certain skills, and they love hearing from their counselors after camp is over! Not all campers are active Girl Scouts, but camp is a great adventure that lead many to join a troop. Earning badges gives many campers a great sense of competence!

*Speaking of badges...*



The **Two Sentinels Skills and Outdoor Activities Patch (SOAP)** was designed by Gecko in 1996 for her Gold Award. This patch is unique to Two Sentinels! The first time a camper earns the patch, she gets the patch and a rocker for the year she completed it. Each following year she completes the requirements she gets an additional rocker! The requirements are unit-based and cover 9 areas of outdoor skills. Girls are only required to complete SIX of the NINE skills for their age level. Each manual should have a copy of the SOAP requirements, and each Unit Box also has one. Even non-Girl Scouts (**and Staff!**) can earn and display this patch!

The Unit Leader should furnish the Director with a list of camper's (and staff's) names and whether they need a patch in addition to the rocker by dinner Day 7 at the latest.

## What to Do When It's Time to Go Home

The last day of camp has arrived – you made it through the week! You probably can't wait to get home to a long shower, a flush toilet, and a comfortable bed, but there are still a lot of things that need to be done before heading home. **Remember, this is a bittersweet time for most campers.** They are excited to go home, but they (hopefully!) have had a lot of fun and made many new friends. Encourage your campers to keep in touch with each other using the contact information in their memory books. **On Day 8:**

- Ⓢ IMMEDIATELY after breakfast, pick up your unit's medications from the nurse.
- Ⓢ Back in the unit, supervise campers as they finish packing. Luggage **MUST** be tagged (with the appropriate color ribbon) and dropped at the flag circle by 10:30 am. **NO EXCEPTIONS!** Have your campers fill water bottles on deck after depositing luggage. *Note: Campers who are leaving with staff but NOT taking the bus should put luggage on the Dining Deck. Last names will be posted around the deck to help keep luggage separate.*
- Ⓢ If you have a child as a camper, do NOT PACK for them (unless they are a Tag)! You should stay out of your child's unit until after the buses leave.
- Ⓢ Clean your unit houses and areas around your unit. Pick up scraps and garbage from the ground. Please help the next session by cleaning the unit house well and restocking all unit supplies: TP, paper bags, liquid soap, and plastic bags. Turn in Unit Box to the Craft Hut to be restocked (preferably Day 7). Check your showerhouse – is there something you can do to help clean up? Once the unit is clean and all luggage has been taken to the Flag Circle or the Dining Deck, proceed to Cricket's Hearth and pass out Memory Books for girls to sign. These are little booklets with campers' contact information so they can keep in touch; there are also blank pages to write notes to each other. They also have this year's camp patch! **DO NOT** give memory books to campers until they have finished all other tasks.
- Ⓢ At 11:30 am, **bus riding campers only** pick up sack lunches at Cricket's Hearth, and then everyone – **including two-session campers and all staff** - leaves to walk out to the buses. All campers should help to carry smaller gear. Meds not picked up at breakfast, as well as Dramamine for campers who get motion sickness, will be distributed here.
- Ⓢ Encourage campers to return next year – remind them to **REGISTER EARLY**. Also remind girls that the camp reunion will be scheduled around mid-January at Twin Canyons in Lafayette.

After the campers are on their way, lunch will be served back in camp and a closing session will take place on deck. Before you leave, make sure the following tasks have been completed and you have checked with a Director for unit inspection:

- The unit is neat, tidy, and ready for the next session.
- The biffies are clean, with one roll of toilet paper in each stall.
- Your Unit Box has been returned to Crafts for inventory.
- You have picked up your wallet and keys from the Bird House.

**We try to enable staff to be out of camp by 3PM, weather permitting. There will be someone on the dock to row your luggage. Rides to parked cars will be arranged. Camp rules regarding water safety are still in effect, including weather restrictions. We know it is hard to clean and pack your own stuff when everyone else is packing and leaving, but please help the next session by leaving camp as nice as when you got there.**

## Two-Session Campers and Staff

### CAMPERS

Those two-session campers who are not out on the trail in between sessions are relocated into a central-camp unit, generally Dockers. Special staff who have signed up for in-between sessions arrive and supervise these campers, doing crafts, going swimming, and resting. Two-session campers are expected to pack up all their equipment on Day 8 like their fellow campers, but instead of taking their luggage to the Flag Circle it goes to the designated inter-session unit. **All campers hike out to the bus** the morning of Day 8.

### STAFF

Two-session staff should exit camp for the 24-hour period between the time staff is scheduled to leave for one session and arrive for the next session. Many choose to go into South Lake Tahoe together. You may move some gear to your new unit and leave it, but you yourself **are strongly encouraged to leave the premises**. Staff often choose to visit **Grover Hot Springs** (see below) or the Kirkwood Inn on the way out of camp.

### A NOTE ON LAUNDRY



Two-session campers who are not Trekkers or Superpackers receive white garbage bags for their **laundry**. These must be labeled (with their first and last name and 2<sup>nd</sup> session unit) and left at the Birdhouse at the same time one-session campers' luggage is at the flag pole, generally around 10 or 10:30. **Staff** is expected to wash their own laundry over their 24-hour break, and those Superpackers or Trekkers who have laundry send it down the hill in between sessions.

All other laundry must be done by hand during camp. Showerhouse 1 contains some washboards, and each showerhouse has sizeable sinks. Please hang all **clotheslines** above head height for safety reasons.



### GROVER HOT SPRINGS

The hot springs pool complex is generally open every day from June through August, although they may be closed occasionally, usually due to storms and the threat of lightning. The pool is also open throughout most of the winter. The water in the hot pool is about 104 degrees, wonderfully soothing and great for getting off all that stubborn camp dirt. There is also a cold pool nearby. Remember to leave out your suits and toiletries! The entrance fee for the hot springs is \$5 per adult **cash only** (subject to change ☺). It is **45-60 minutes** from Lake Kirkwood. Grover Hot Springs is a state park, located four miles west of Markleeville at the end of Hot Springs Road. To get there:

- Drive up and out of camp; turn left onto CA-88. Drive for approximately 20 miles.
- Turn right onto CA-89. Drive for approximately 6 miles.
- Turn right on Montgomery Street. Drive for less than .1 mile.
- Continue on Hot Springs Road, which will branch off on the left. Drive for just under 4 miles.

You can get gas in Markleeville with a credit-card only.

## The R.O.C.K. (Red Out of Camp Kit)



The **ROCK** should be taken with you whenever your unit leaves camp. If someone is injured on the trail, apply the appropriate treatment using the first-aid kit in the ROCK. Make sure you record the injury on the enclosed form! This is important for record-keeping in general and for inventory purposes. If you use up any supplies, be sure to replenish them upon arrival. The ROCK is a red backpack that contains the following items:

- **Walkie Talkie with extra batteries**
- **First Aid/Med Unit treatment log and pencil**
- **Small First Aid Container:** 4x4's in plastic bag · tweezers and scissors and needle · ace wrap · anti-itch cream or liquid · bandaids · moleskin · saline eye wash · moist towelettes · antibiotic cream · Betadine swabs or wipes · plastic ziplock as garbage bag · instant ice packs · sanitary napkin/one tampon · nitrile or latex exam gloves · Aquaphor or Vaseline · tongue depressor with duct tape or cloth tape · pencil
- **LED flashlight (doesn't need batteries)**
- **Emergency blankets**
- **Water purification tablets (with directions)**
- **Strike anywhere matches in waterproof container**
- **Leatherman-type tool**
- **Emergency procedures card or book**
- **Whistle**
- **Maps and compass**
- **Medication baggie (units can pick up at Birdhouse when leaving camp)**
- **Pain relief tablets, antihistamine tablets, acid reducer**

## Signing In and Out



When leaving camp for any reason (a day hike, a walk to the phone, boating on the lake, etc.), you **MUST** sign out in the log book at the Birdhouse. Write your name/unit name, your destination, the number of campers/staff, time out, and the estimated time back. When you get back to camp, make sure you sign back in by recording the time of your return. Signing in and out is very important because it allows the directors to keep tabs on all of the units that are out of camp in case of an emergency.

## Scheduling Hikes Which Require Drivers



While many hikes can be accessed simply by walking out of camp, there are other exciting places to go where the trailhead is located a short drive away. If you wish to take your unit on one of these hikes, drivers are available! There are many staff members, many of whom are ad-staff, who are designated to help drive campers to and from locations. There are also a handful of designated vehicles for transportation. Some days drivers may be unavailable as they are scheduled to drive the backpacking units to and from their trailheads. Speak with a Director, who will help you to arrange an appropriate day and as many vehicles and drivers as necessary to transport your unit.

# NOTES FROM THE TRAIL

Even day hikes might introduce unexpected situations! Here's some information that might help avoid uncomfortable or dangerous situations.



## HOW TO BIFF IN THE WOODS

**Make sure to go over this with campers before leaving camp. While this can be an awkward topic for some girls, it's important to go over!**

### THINGS TO BRING

The SOAP patch covers the "10 essentials" to bring whenever hiking out of camp. These items are generally included in the ROCK packs, but it is *strongly encouraged* that every camper bring:

- A flashlight
- Long sleeves
- Spare socks
- Adequate (1-2 quarts) of water
- A full lunch
- Sunscreen and Hat
- Bandana (104)
- Whistle

In addition to the above, at least one staff member should carry:

- Compass
- Map of the area
- Extra water (2 quarts)
- Garbage bag, spare Ziploc bags in a brown lunch or opaque drawstring bag
- Biffy shovel (found in the backpacking area - please return when you're done!)
- T.P.
- Hand sanitizer, if available

**At least one staff member must have experience on the trail you are hiking.**

### WATCHING THE WEATHER

The weather can change quickly in the mountains! Keep an eye on the sky. If it does start to rain, don't panic! Spare garbage bags can be made into make-shift ponchos by cutting holes for arms and head. Be extra careful when hiking in the rain as rocks are extra slippery! If lightning or thunder occurs, seek shelter immediately. See page 87 for **lightning safety guidelines**.

If you need to go to the bathroom on the trail, you must take notify a staff member, take a buddy, and go:

- 75 yards from the trail (uphill!)
- 100 yards from any water source

If you need to "do #2," you need to dig a **6" hole** and fill it back in when you're done. 6" is the height of the blade on the biffy shovel.

**LEAVE NO TRACE!** This means you pack out all garbage, *including used toilet paper*. Take a Ziploc bag with you when you go to do your business, and deposit it in the designated garbage bag. If no bags are available, use *limited* toilet paper and bury it at the bottom of a **6" hole**. Feminine products *must be hiked out* and can be wrapped in a small piece of aluminum foil to prevent odor.

## PURIFYING WATER

Day hikers should take adequate water with them. Crystal-clear mountain water often harbors parasites and bacteria that can really ruin your week...or month!

If you are cooking or need extra water, remember that it must be purified either with

- **iodine crystals:** pour 4 caps full of iodine solution in a full #10 can; refill the iodine bottle and shake; add 4 more capfulls and let sit for **30 minutes** (or more depending on the temperature of the water). *Always refill the iodine bottle!*

or by

- **boiling** for 20 minutes.

If a different method is provided, be sure to understand the instructions and practice before leaving camp!

# COOKING A MEAL ON THE TRAIL

## EACH PATROL

Unpack Equipment and Food

Purify water in 2 full #10 cans.

Let sit 30 minutes to purify

Read directions! **Use empty pouches as pans** whenever possible. Divide kapers.

Set up burner in a clear and flat space.  
(Build wind barrier if needed.)

Measure enough purified water for all hot entrees plus 2 cups more for evaporation.

Heat as directed. **One hiker must remain with lit stove at all times.** Prepare entrees, allowing proper time for food rehydration.

While eating, heat more purified water for dishwashing or hot beverage.

Enjoy meal! Share food with other patrols.

Scrape dishes/pans well.  
Dispose of leftovers → do not bury food!

**DISHWASHING**  
 1 #10 cold, purified pre-rinse  
 1 #10 warm, purified, soapy wash  
 1 or 2 #10 hot, purified rinse  
 allow to drain or hand dry

dispose of dishwater  
100' from campsite - 100' from trail - 100' from water

repack dry equipment, balancing packs

Prepare cold beverages or cold entrees as directed.

If there is an empty #10 can, purify more water for later hot beverage or dishwater.

Purify more water if needed for remainder of hike.





## LIFEGUARDS

When going to the **beach** or **cove**, lifeguards should take:

- their whistle
- a rescue bag (with rope)
- red floatation device
- mask or goggles if available.

For a **lost camper** or **major medical emergency**, remove unnecessary campers and staff from the area, and signal camp with continuous blasts until visual signal from camp is seen. Send a runner to the boat dock with detailed information (problem, victim name, whether lost or injured, if injured, what has been done). Lifeguard should start lost swimmer procedures immediately with staff available.

When **backpacking** or on a **day hike**, lifeguards should pack:

- their whistle
- CPR mask
- rescue bag (or rope tied to empty gallon milk jugs)
- first aid kit
- goggles if possible

**Before campers enter the water**, the lifeguard carefully checks the swimming area and determines boundary of swimming area. Prepare the rescue “jug” by *partially* filling it with water. The lifeguard reviews the boundaries and whistle commands with campers, then allows them in the water. **At least one other staff member should remain as a spotter.**



## FOOT CARE

**HAPPY FEET MAKE HAPPY CAMPERS!**

- Always wear appropriate shoes with ankle support.
- Make sure every hiker wears **clean socks** every day!
- For serious hiking, you should wear 2 pairs of socks (thin inners and thick outers) to prevent blisters.
- Stop the **moment** you feel a “hot spot” (which is exactly what it sounds like: a hot or enflamed patch of skin) and tell a counselor.
- The counselor should immediately remove the shoe and put moleskin or duct tape **DIRECTLY** on the hot spot. *Do not remove* the tape until it comes off on its own, unless you can “soap-n-soak” it off.
- **DO NOT** pop a blister: clean it, dry it, and put moleskin/duct tape directly on it.
- Moleskin comes off sooner than duct tape due to natural moisture – if you’re day hiking, use moleskin. If you’re backpacking, try duct tape (it lasts longer and won’t have to be reapplied).
- If treating blisters anywhere other than the feet (such as the hips), use moleskin.



## BEAR BAGGING

...see page 106

# Backpacking Skill Goals by Unit

Historically, Two Sentinels has been focused on introducing girls to the wonders of nature through backpacking. Girls are encouraged to learn a variety of skills related to the Leave No Trace philosophy and wilderness survival. If you are staffing one of these units, please make sure every camper feels comfortable performing these skills and activities. Encourage the girls to become accomplished in these skills - many of them are requirements of the SOAP patch!

	<b>Meadowlarks</b>	<b>Wanderers</b>	<b>Rovers</b>	<b>Trekkers &amp; Superpackers</b>
<b>Equipment</b>	<ol style="list-style-type: none"> <li>Knows basics of a backpack: <ul style="list-style-type: none"> <li>How to use it</li> <li>How it should fit</li> <li>10 essentials</li> </ul> </li> </ol>	<ol style="list-style-type: none"> <li>Knows how to pack with some supervision &amp; guidance</li> <li>Clothing: <ul style="list-style-type: none"> <li>understands layering</li> <li>breathable/warm when wet</li> <li>no cotton</li> </ul> </li> </ol>	<ol style="list-style-type: none"> <li>Able to pack with minimal assistance</li> <li>Can adjust and care for own backpack</li> </ol>	<ol style="list-style-type: none"> <li>Can pack completely independently</li> <li>Can help others with proper gear, pack adjustments</li> </ol>
<b>Kitchen</b>	<ol style="list-style-type: none"> <li>Knows dishwashing set up</li> <li>Observes &amp; helps with: <ul style="list-style-type: none"> <li>set up &amp; lighting of stove</li> <li>Water purification</li> <li>Preparation of food</li> </ul> </li> </ol>	<ol style="list-style-type: none"> <li>Purify water at least once: read thermometer, measure iodine, treat, and time</li> <li>Stoves: close location, set up stove, feel comfortable lighting</li> <li>Be in charge (with patrol) of cooking at least one meal, with counselor guidance &amp; help as needed</li> </ol>	<ol style="list-style-type: none"> <li>Can make meal without direct counselor help: <ul style="list-style-type: none"> <li>Set up stove</li> <li>Purify water</li> <li>Prepare pre-packaged menu</li> </ul> </li> </ol>	<ol style="list-style-type: none"> <li>Can fully manage kitchen tasks with no counselor supervision: <ul style="list-style-type: none"> <li>Purify water</li> <li>Prepare meal in its entirety</li> <li>Clean up</li> </ul> </li> </ol>
<b>Personal</b>	<ol style="list-style-type: none"> <li>Buffy: <ul style="list-style-type: none"> <li>Where: away from trail, water source, camp</li> <li>How: cat hole, 6" deep, or collect TP</li> </ul> </li> <li>Understands interdependence of unit members/team</li> </ol>	<ol style="list-style-type: none"> <li>Foot care: hot spots – treat with moleskin or duct tape, applied smoothly</li> <li>Drinking: understands dehydration, heat and cold protection</li> </ol>	<ol style="list-style-type: none"> <li>First Aid <ul style="list-style-type: none"> <li>Hypothermia</li> <li>Hyperthermia</li> <li>Altitude Illness</li> <li>Spine precautions</li> <li>Splinting</li> </ul> </li> </ol>	<ol style="list-style-type: none"> <li>Survival techniques</li> <li>Evacuation procedures</li> <li>Permits</li> </ol>
<b>Maps</b>	<ol style="list-style-type: none"> <li>Is shown route on map</li> <li>Understands cardinal directions on map</li> </ol>	<ol style="list-style-type: none"> <li>Understands contour lines</li> <li>Observe how to orient map</li> </ol>	<ol style="list-style-type: none"> <li>Can orient map, including declination</li> </ol>	<ol style="list-style-type: none"> <li>Can follow map, lead group on trail</li> <li>Learn to and practice taking bearings</li> <li>If opportunity on trip, hike cross-country using bearings</li> </ol>
<b>Misc.</b>	<ol style="list-style-type: none"> <li>Understands zero impact, leave no trace</li> </ol>	<ol style="list-style-type: none"> <li>Bear bagging: <ul style="list-style-type: none"> <li>Learn how to choose a tree</li> <li>Practice knots used</li> </ul> </li> </ol>	<ol style="list-style-type: none"> <li>Bear bagging: <ul style="list-style-type: none"> <li>Select a tree</li> <li>Pack bags</li> <li>Raise bags</li> <li>Retrieve bags in a.m.</li> </ul> </li> </ol>	<ol style="list-style-type: none"> <li>Bear bagging: <ul style="list-style-type: none"> <li>Coordinate &amp; execute independently</li> </ul> </li> </ol>

## Wilderness Evacuation: Who Stays, Who Leaves, and How

There is no 911 in the wilderness. A first aid provider with a group must be prepared to make decisions regarding ill or injured group members. Does the person need to leave the hike, or can they continue with reasonable care? If they need to leave, can they hike out, or do they require evacuation? Medical evacuation is expensive and time consuming, but sometimes vital.

### **Immobilize and CALL FOR EVACUATION for any:**

- Spinal injury with:
  - Altered consciousness
  - Numbness or decreased function in arms, legs
  - Pain in the neck or back with palpation or movement
  - A distracting injury (so severe that the person does not notice neck pain)
- Head Injury with:
  - Loss of consciousness more than 30 seconds (2 minutes to normal)
  - Altered level of consciousness, changes in coordination
  - “raccoon eyes”, bruise behind ear, clear fluid from nose or ear
  - problems with speech or vision
  - persistent nausea or vomiting
  - debilitating or worsening headache
- Major Trauma
  - multiple trauma
  - open fractures, fracture or dislocation of thigh, hip
  - major bleeding
  - abdominal trauma with increasing pain, signs of shock
- Burns
  - greater than 15% of body area in 2<sup>nd</sup> or 3<sup>rd</sup> degree
  - 2<sup>nd</sup> or 3<sup>rd</sup> degree facial burns
- High Altitude Illness: pulmonary or cerebral edema, or worsening
- Hypothermia (profound or prolonged)
- Progressive deterioration
  - Any signs of shock, altered level of consciousness, increasing pain, increasing difficulty breathing
- Anyone unable to be walked or reasonably assisted out who requires urgent medical care

## **MUST LEAVE:** (some may be walked out, others may require evacuation)

- Deep or contaminated wounds or wounds requiring cosmetic closure or functional repair
- Fractures, dislocations, severe or unstable sprains
- Victims of true hypothermia, even when corrected
- Victims near drowning (required resuscitation)
- Victims of lightning strike
- Snake bite
- Bites from potentially rabid animals
- Allergic reactions with breathing difficulty or shock, even if controlled
- New onset seizures
- Worsening abdominal pain, persistent vomiting
- Bleeding from mouth or rectum unless obvious minor cause
- Infections which are worsening despite treatment
- Debilitating pain
- Inability to sustain reasonable pace due to medical problems
- Development of a dysfunctional psychological status

## **POTENTIALLY CAN CONTINUE:**

- Minor, clean wounds and burns
- Minor sprains
- Digit injuries
- Minor illness which is improving
- Controlled and improving asthma attack
- Allergic reactions which do not require epinephrine and are adequately controlled
- Brief seizure in person with known seizures, if cause is known and corrected
- Migraine headache in known sufferer if it can be controlled
- Corrected hypothermia or heat exhaustion
- Minor altitude illness if no ascent until symptoms resolve



**All the above are rough guidelines.  
When in doubt, select the higher level of care!!!**

See page 85 for details on common camp ailments.

### **EMERGENCY PHONE NUMBERS**

Camp Office 866-872-2671  
Kirkwood Fire 209-258-4444  
Amador Ranger 209-258-7217  
Amador Sheriff 209-223-6500  
Barton Hospital 530-541-3420  
GS Council 510-562-8470

## Trips By Distance



### REFLECTION POND

This is an ideal little hike, perfect as a lunch destination or for a short afternoon hike. The trail for this hike starts out behind the Tag unit house. Walk behind the building and past the fire circle, and head up toward the rocks. There is a fairly narrow trail over and through the rocks. Follow this up the hill and over. Eventually the area will become more wooded and somewhat less rocky; you will come to a pond set amidst the rocks. Keep going! This is not Reflection Pond, although it is still a beautiful place to stop if you don't wish to continue. Keep on past the first pond, and the trail will eventually lead you to the true Reflection Pond, so named because on a clear day, the trees and sky itself are mirrored perfectly in the water. When you are there, eat lunch if desired. This area is *not* for swimming, as the lake is mucky and the rocks can be slippery, although the girls can wade a little so long as a lifeguard is present. This is also an exciting destination for those interested in nature; the area around the lake is dense with foliage, and Reflection Pond itself is full of fascinating little bugs, tadpoles, fishes, and even (harmless) water snakes! Come here to work on various parts of the SOAP patch, to have group bonding/discussions, or just to have some quiet time. **The hike takes 10-20 minutes**, depending on the age and hiking ability of your unit.



### THE BEACH

The Beach is a popular camp destination; most units go at least once during the session. It can be accessed by either canoeing or funyaking (straight across the lake at a diagonal) or by hiking. To hike there, leave camp by the method most staff come in, and walk through the campground parking lot, curving around the lake clockwise until you reach the beach. Your campers will want to have bathing suits, towels, sunscreen, and possibly books or lanyards if they don't wish to swim. Most units head here as a lunch trip; once there, eat lunch before doing anything else. Once the lifeguard is ready, the girls can entertain themselves for a long time just by swimming around here. Take note that the beach has one of the best easily-accessible views of the Sentinels, so many people like taking pictures. **The hike takes 15-20 minutes**, depending on the age and hiking ability of your unit. NOTE: There is a **biffy** in the campground near the campground host.



### THE COVE

If you're looking for a beautiful spot to eat lunch, enjoy the alpine scenery, and splash around in the water for a bit, then load your unit into some canoes or funyaks and head to the Cove! The Cove is a small, sheltered area in the northeast corner of Lake Kirkwood. A giant rock island sticks up in the middle of this sheltered area, and is the perfect place for eating lunch and enjoying the warm sun (don't forget lots of sunscreen)! Campers often enjoy swimming and splashing around in the cove and maneuvering their boats around the fallen logs and reeds that fill a lot of the water. There are a number of animals that make their home in the Cove, including a family of ducks that has been there for a few years – make sure your girls are careful to respect the wildlife at all times. Remember that lifeguarding rules apply, all campers must stay within sight of the counselors, and that everyone **MUST** wear life vests when in a boat. **The trip takes 10-15 minutes** paddling over – don't forget to tie up the boats with paddles inside!



### AROUND THE LAKE

There is a trail that winds all the way around Lake Kirkwood; you take part of it when you decide to hike to the beach. The trail continues past the beach, through the trees and past the homeowners' cabins, around the cove, and eventually brings you back to camp near the Waterbug unit.

Due to recent security issues, a new section of the trail has been developed that doesn't pass through Two Sentinels itself, and if so desired, you can take your unit on this part of the trail too. This hike is simple and easy, making it great for any time of the week when you just want to get out and walk. If desired as a lunchtime hike, the beach is an excellent place to stop and savor. If done early in the session, hiking around the lake is a good time to play more getting-to-know-you-type games, and a good time for your campers to begin bonding. Also keep an eye out for exciting flora & fauna; this is a good all-around nature hike. **The hike takes 30-60 minutes**, depending on the age and hiking ability of your unit, and how many (and how long of) breaks you take.



### THE FALLS

One of the most popular day hike destinations, The Falls can be seen from high above on HWY 88 when approaching camp. **You must have a staff member who has been on this hike before.** This hike is not long but is more vertical and rocky than most. To get there, hike out of camp past the Birdhouse as if you were going to the Beach. Walk through the campground; you may wish to stop and use the **biffy** – it's the last one available. Walk along the one-way circle until you reach the last campsite in the northwest corner. Walk alongside (not through!) the campsite and you will see a trail through the rocks and brush. This trail is often marked by ducks – stones stacked as trail markers (see page 105). The trail snakes through brush and down rocky outcrops – long pants are recommended! The trail itself is only about a ½ mile, but it is best to go slowly and help those behind you. Soon you will hear the roar of the falls! The rocks around the falls are large and smooth. After taking the unit's picture in front of the falls, find a good place to sit down and eat lunch. Arriving takes **45-60 minutes**.

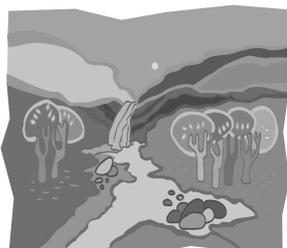
**Swimming at the Falls:** Lifeguards, as always, have the ultimate say about swimming (unless of course a director has already said the falls are too high for swimming). The falls fluctuate year to year, and some years the current is just too fast. If swimming or wading is determined to be safe, lifeguards need to find a somewhat secluded pool and make sure spotters are placed slightly downstream. The Falls are **VERY COLD**, but feel great to cool off those tired feet!

**Coming back from the Falls:** You must have a staff member who has hiked the trail before. You can (a) go straight back the way you came, (b) go up above the falls, or (c) go down below them. If you go up **above the falls**, you follow the trail that appears alongside the creek. You continue through meadows, woodland, and over rocks. After about ½ mile, you turn inland at the spot where an arrow is made out of rocks on the ground. You then make your way up over the granite outcrop: again, the trail is short, but vertical. You climb up and over the rocks (follow the ducks!), and come down through the brush at the back of the campground. To go **below the falls**, you follow the creek downstream (without crossing it) and find the trail that will lead back up to the windy road that leads down to the campground. Coming home takes **45-80 minutes**.



### THE MEADOW

“The Meadow” is Kirkwood Meadows, right across the highway from camp. This is a great destination especially for younger units, although older girls may enjoy it as well. The quiet stream winds around the meadows and has many twists and turns to explore and many interesting plants and creatures to discover. Ask the Nature counselor for some nets, grab your water shoes and head out to the meadow for a creek walk! To get to Kirkwood Meadows, hike out of camp from Gypsies towards the Corral. Then CAREFULLY cross the freeway and walk down the dirt road towards the Kirkwood Resort, until you see an opening in the fence surrounding the meadow on your left. If there are horses in the meadow, it is important to stay away from them, as tempted as you may be! As usual, make sure you take ALL of your trash and belongings with you when you leave. Also remind girls that there are no biffies at the meadow, so they will either have to get some experience digging a biffy hole or wait until they back into camp. At a medium pace, it takes **30-45 minutes** to get to the creek in the Meadow.



### CAPLES CREEK

Caples Creek is actually not located at the spillway of Caples Lake. Hike up Highway 88 from the Kirkwood Inn and take the Lake Margaret trailhead. Hike for about 15 minutes; the creek is on the left in a large meadow. Keep your eyes open and when the trees open up. You can either have lunch here or continue exploring the creek. If you hit Lake Margaret, you’ve gone too far! There are no biffies available. It takes about **30-45 minutes** to get to the creek. This is an excellent alternative to Caples Lake for the Meadowlark day hike.



### CAPLES LAKE

The regular destination of the Meadowlarks on their day hike, Caples Lake is the large reservoir down the highway that feeds the creek that eventually turns into the Falls. To get here, you must leave camp through Gypsies in the direction of the Corral. When you reach the horse trail (recognizable by the wide and dusty trail), instead of going down to the Corral you will go up to the left. Continue on the trail (keep a lookout for horses – they have the right-of-way). You will end up at the far end of the Kirkwood Inn parking lot. From here you should walk single-file along the highway until you reach a suitable place to cross the whole line at once. Continue on to the Caples Lake parking lot. You may wish to stop and use the **biffy** – it’s the last one available. Continue on up the side of the dam and on the trail around the lake. Most units walk about a mile until they find a nice flattish area that is safe for the stoves and near a good swimming location. The entire hike should take **60-90 minutes**, or perhaps a bit longer depending on the amount of breaks taken. Lifeguards should take extra care to survey the swimming area, removing any trash or lost fishing lines.



### LAKE MARGARET

Lake Margaret is a beautiful spot located northwest of Lake Kirkwood. This hike is not generally recommended for younger units because it is fairly long (about 5 miles round trip) and moderately difficult. To get to the trailhead, hike out of camp towards the Corral, turning uphill at the dirt road before you go down to the highway. Follow the trail until you get to the parking lot at the Kirkwood Inn, then head east along Highway 88 on the north side of the road until you reach the Lake Margaret sign on your left. The trail may be hard to follow at some points due to overgrown foliage or fallen trees, so be careful not to get off track. Follow the blazes and ducks to find your way (see pg. 105). Though the trip may be more strenuous than other day hikes, Lake Margaret is a great destination for girls who are looking for a challenge and a little bit of adventure. *Note: There are no biffies at Lake Margaret! Also, make sure you leave enough time to get back to Two Sentinels in time for flag and dinner – it always takes longer to hike out because everyone will be tired and hungry.* On the way home, be sure to follow the ducks – don't leave sight of the one you are at until you can see the next one! It takes **60-90 minutes** to arrive at and **90-120 minutes** to return from the lake.



### THE SENTINELS – DRIVE REQUIRED

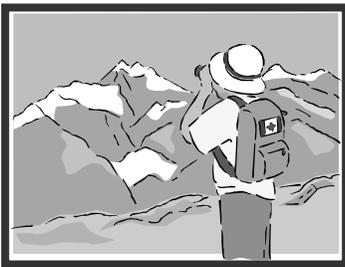
The hike to The Sentinels is one of the longer hikes, and it requires being driven to the trailhead (and possibly being picked up after the hike, if you're not feeling up to the adventurous route back). Your unit will likely want to head out just after packing lunch. Have campers bring all the usual hiking gear, and make sure one of the staff brings a mirror (this will be explained shortly). You will be driven to the beginning of the hike, a small wooded parking lot at Carson Spur. Here is where the trail begins. Now, the sentinels are pretty high up there, so one might easily imagine it will be a steep and difficult hike. While there is a lot of altitude to be gained, the trail is not exceptionally steep; instead, it relies on switchbacks, so your unit will more or less zigzag their way up the side of the mountain. Be sure everyone drinks plenty of water, and take as many breaks as are necessary for your campers. Once at the top, eat lunches, marvel at the actual size of our Two Sentinels, and admire the view of camp (you can see the Dining Deck tarp clearly!). If someone brought a mirror, try to catch the sun and signal people back at the Beach; hopefully someone down below will be watching out for it and you may get signaled back! This area is an excellent photo opportunity. There are great shots of camp, of the Sierra Nevada area, and, of course, shots of campers standing in front of the sentinels are priceless! (There is no shade at the Sentinels – bring hats and sunscreen!)

When it is time to head back, you can simply go back the way you came, and have arrangements to get picked up again. Or, if you're feeling adventurous, you can go down the other side of the mountain. Returning this way is a wholeheartedly cross-country trip, so it is not recommended if you either don't have someone in the unit who has gone that route before or if you don't have any experienced hikers or navigators who can steer you correctly. Eventually you will end up in the streets of Kirkwood, amidst the residential and the shops surrounding the resort. From there, head across the highway and hike back into camp via the horse corral where the camper busses came in. It takes about **45-60 minutes** to arrive at the Sentinels, and going back cross-country takes **60-90 minutes**.



### THE ICE CAVES

Located at the base of Sunset Mountain above the highway, the Ice Caves are actually a series of ravines created by water erosion among the lava beds, with pockets in the rock that hold ice year-round. It's a level hike until you leave the highway and start upwards. There's a great deal of scampering over the rocks once you get to the ravine. The one-way hike is about 1- 1½ miles and takes **30-45 minutes**. Some campers might like to wander around the rocks – be sure to keep an eye on everybody! To help keep yourself on track, stay on Highway 88 until you get to the stone marker across the road. Cross the highway and head straight upward...*don't* follow the trail around Sunset Mountain.



### SUNSET MOUNTAIN

An excellent hike for an older unit with an unreal view. Start as if for the Ice Caves, but follow the trail to the right. Stay on the trail until it starts to go back toward Kirkwood and you start to leave the face of Sunset Mountain. Then cross-country your way up to the stone outcropping. This hike requires some pretty cool rock climbing, brief and easy, but loads of fun. A great spot for an afternoon away! This hike takes up to **90 minutes** each way.



# GENERAL SKILLS

## APPENDIX

These skills are not "required knowledge," but might be found useful around camp. Many of these tidbits are useful for completing the SOAP patch for each unit. Other bits of information may satisfy your own curiosity or inspire activities for you and your campers during your week. Further information may be found in books in the Staff House.

**You are encouraged to share skills with your campers! Many of them are as eager to learn a new knot as a new card game.**

Remember, there is more than one way to pitch a tent! Many "outdoor skills" are taught many different ways and have many nuances. Ask questions, share ideas, and enjoy the outdoors!

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## Graces: A List of Possibilities

Since we sing a grace before every sit-down meal at camp, it is important to have a variety so we don't sing the same ones all session! Here is a list of some of the graces we use at Two Sentinels. If you're interested in one and don't know the words or melody, consult one of the many songbooks floating around, or ask other staff members to help you out.

### Adams Family Grace

Da na na na \*snap, snap\*  
 Da na na na \*snap, snap\*  
 Da na na na, da na na na,  
 Da na na na \*snap, snap\*

We thank you lord for giving  
 The food we need for living  
 The food, the fun, the friendships  
 Two Sentinels family

Da na na na \*snap, snap\*  
 Da na na na \*snap, snap\*  
 Da na na na, da na na na,  
 Da na na na \*snap, snap\*

### Alphabet Grace

A, B, C, D, E, F, G  
 Thank you god for feeding me.

### Animals, Vegetables,

#### Minerals Grace

Thank you for this food, this food  
 This glorious, glorious food  
 And the animals  
 And the vegetables  
 And the minerals  
 That made it possible

### Back of the Bread

In back of the bread is the flour  
 In back of the flour is the mill  
 In back of the mill  
         is the sun and the rain  
 And the father's will



### Bless Our Friends

(melody: Edelweiss)  
 Bless our friends,  
 Bless our food  
 Come, O lord, and sit with us  
 May we talk, glow of peace  
 Bring your love to surround us

Friendship and peace,  
 May we bloom and grow  
 Bloom and grow forever  
 Bless our friends, bless our food  
 Bless our dear home forever

### Bless Us Everyone

(melody: Jingle Bells)  
 Bless this day, bless this food  
 Bless us everyone  
 Guide us as we go our way  
 And fill our day with fun

### Bon Appetit

Bona, bona, bon appetit.

### Cheerios Grace

(melody: Edelweiss)  
 Cheerios, cheerios  
 Every morning you greet me  
 Small and round, toasty brown  
 You look happy to meet me

Bowls of milk make you  
 float and sink  
 Float and sink forever  
 Cheerios, cheerios  
 Bless my breakfast forever

### Eagle Grace

The eagle is thankful for the mountain  
 The fish is thankful for the sea  
 We are thankful for the  
         wind and the rain  
 And for what we're about to receive

### For Health and Strength

For health and strength and daily bread  
 We praise thy name, o lord

French:

Pour ee repas pour toute  
 joie nous te luons, Seigneur

Spanish:

Nos damos gracias, O Señor  
 por nuestra pan de hoy

### Give Thanks to the Lord

Give thanks to the lord always  
 Again, I say give thanks (clap clap)  
 (repeat)

Give thanks, give thanks  
 Again, I say give thanks (clap clap)  
 (repeat)

### God Is Great

God is great, God is good  
 And we thank Him for our food  
 We're gonna thank Him in the  
 morning, noon and night  
 We're gonna thank our God 'cause  
 He's out of sight  
 Amen ch ch chh ch ch chh ch ch chh  
 Amen ch ch chh ch ch chh ch ch chh  
 Amen

Hark to the Chimes

Hark to the chimes,  
Come bow your head.  
We thank thee Lord  
For this good bread.

Johnny Appleseed

The lord is good to me  
And so I thank the lord  
For giving me the things I need  
The sun and the rain\* and the appleseed  
The lord is good to me

And every seed that grows  
Will grow into a tree  
And one day soon,  
          there'll be apples there  
For every one in the world to share  
The lord is good to me

I wake up every morn  
As happy as can be  
Because I know that with his care  
My apple seed will still be there  
The lord is good to me

*Dios se acordó de mi,  
Y a El le agradezco  
Porque me dio un corazón  
Y así amar su creación  
Dios se acordó de mi*

\*often sung with a CLAP to replace the word "rain." If this song is sung with "rain", it will rain in the next week or two!

Madeline Grace

We love our bread,  
We love our butter  
But most of all  
We love each other!

'Neath These Tall Green Trees

'Neath these tall green trees we stand  
Asking blessings from thy hand  
Thanks we give to thee above  
For thy help and strength and love

Old Scottish Grace

Some hae meat  
And cae na eat  
And some hae nay that want it

But we hae meat  
And we cae eat  
And so the Lord be thanket.

Sangam Grace

Bless this house,  
Bless this food.  
Help us use it  
For thy good.

Superman Grace

Thank you Lord,  
for giving us food!  
Thank you Lord,  
for giving us food!  
For the food we eat  
And the friends we meet  
Thank you Lord,  
for giving us food!

Traveler's Grace

We thank thee for  
our daily bread  
We thank thee for all our  
friends so true  
For fields and flowers  
and mountains high  
The endless space of  
the sky so blue

We thank thee for  
all the winding roads  
We thank thee for  
all the stars so bright  
For desert sands  
and forests green  
The campfire's glow  
in the lovely night

Wayfarer's Grace

For all the glory of the way  
For thy protection night & day  
For rooftop, fire, bed & board  
For friends and home  
We thank thee Lord

We Are Thankful

(melody: Frere Jaques)  
We are thankful  
We are thankful  
For our food  
For our food  
And our many blessings  
And our many blessings  
Amen  
Amen

World Hunger Grace

For food in a world  
Where many walk in hunger  
Fro faith in a world  
Where many walk in fear  
For friends in a world  
Where many walk alone  
We give you humble thanks  
O Lord

*Merci*

*Eυχαριστώ*

*Gracias*

## How to Light a Lantern

Two Sentinels uses Coleman propane lanterns to light the units at night. Lighting them can be a little tricky, but with some practice you should have no problem. Here's how you do it:



1. Attach the propane canister to the bottom of the lantern.
2. Set the lantern in the detached base so it will stay upright or have someone hold it from the base.
3. Turn the gas knob lightly to the open position.
4. Light matches, put it up to one of the holes at the base of the glass globe, and hold it there until the mantles ignite. Once lit adjust the gas flow for the brightness you desire.

Voila! You have successfully lit your lantern. To turn it off, rotate the gas knob into the closed position. Here are a couple of guidelines for safe lantern use:

- In the unit, lanterns may NOT be set on any flat surface, they must be hung from a tree using the appropriate mounting equipment (ask the directors where to find this at camp), and **no one** may walk around carrying a lantern..
- Lanterns should be extinguished at lights out and should not be left on during the night or when no one is in your unit.
- Campers should NOT be allowed to touch or light the lanterns.
- If you are the last person to leave the **Staff House** at night, please **TURN OFF** the lantern! **Never** assume someone else is coming – even if they told you they were!

**Spare propane canisters and mantles are available in the Birdhouse.**



## Archery: Whistle Commands

**REMEMBER: NEVER ENTER ARCHERY WITHOUT PERMISSION FROM INSTRUCTOR.**

2 Whistle Blasts = Advance to the ready line/shooting line, pick up bow.

1 Whistle Blast = Start shooting.

3 Whistle Blasts = Retrieve your arrows.

4 Whistle Blasts = Emergency on the range! Stop shooting immediately, wait for instructions.



## Flag Ceremonies (Basic Calls)

We have two flag ceremonies daily at camp: one before breakfast and one before dinner. Flag is a daily camp kaper; every unit must perform flag ceremonies for one day during the session. It is generally recommended to split your unit in half so that each camper gets an opportunity to be a part of the flag ceremony once during the day; if you have a smaller unit, each camper may get to be in both the flag raising and the flag lowering ceremony.

For each ceremony, you will need:

- 1 caller, who gives commands to the Color Guard and the rest of camp.
- 1 camper to handle the halyard (ropes) and do the actual raising or lowering of the flag. This can also be part of the caller's job, if the unit has fewer campers.
- A Color Guard, consisting of 4-8 campers to unfold/fold the American flag and 2-4 campers to unfold/fold the Two Sentinels flag. The amount of campers in the Color Guard can be adjusted to accommodate the number of campers in the unit. Also included in the Color Guard is 1-2 flag bearers; one girl can hold both flags, or each can hold one flag.

### The Color Guard

The bearer comes first, holding the triangularly folded flag on her hands and forearms, with the point forward, and the guards follow behind her in pairs. If red sashes are worn, the bearer's goes over her right shoulder and is tied with a square knot under the left arm at the waist. The guards wear theirs around the waist tied on the left side.

### The Ceremony Itself

The most important part of the ceremony is the raising or lowering of the flag. The rest of the ceremony honoring the flag always takes place after the flag has been raised or before it is lowered. The guards stand at attention during the ceremony and do not join in the singing, speaking, or saluting, since their part in the ceremony is the actual handling and guarding of the flag with utmost care and reverence.

### Flag Raising Ceremony

(For both Raising and Lowering, **call attendance** by unit (including ad-staff!). You may feel free to start on time, regardless if everyone is there or not.)

#### **Camper, attention.**

This is to signal to all of camp that the flag ceremony is about to begin. With this command, everyone should become quiet.

#### **Color Guard, attention.**

The Color Guard should already be quiet and paying attention, but if they aren't already, this command signals them to become so. They stand quietly at the edge of the flag circle, separated into two lines.

#### **Color Guard, advance.**

The Color Guard walks through the flag circle, toward the flag pole.

#### **Color Guard, halt.** (optional)

[This command is not official.] The Color Guard halts just before the flag pole.

#### **Color Guard, post the colors.**

The Color Guard prepares to raise the flags. They separate into two groups; the larger one unfolds the American flag, while the smaller one unfolds the Two Sentinels flag. The camper handling the halyard unwinds it from around the cleat, and makes sure that the clips are down

## Appendix

at the bottom. The flags are then attached to the clips, with the American flag on top. The flags are then raised *quickly*. Once the flags are raised, the Color Guard reforms into lines.

### **Please join me in the Pledge of Allegiance.**

This is given just after the flags begin to be raised. The entire camp recites the Pledge together *except the Color Guard*.

### **Please join me in [insert patriotic song here]. (optional)**

If so desired, you can sing a patriotic song.

### **Color Guard, retreat.**

The Color Guard retreats back to the edge of the flag circle. The two lines should step away from each other, and the campers at the front of the lines should pass between the rest of the two lines, followed by the campers behind them, and so forth. Essentially, the Color Guard should walk back to the edge of the flag circle in the same order they walked in. (They should *not* simply turn around and walk back with the campers who began at the rear of the line leading the way back.) When you reach the opening of the circle, the front two should stop and turn leaving the middle aisle clear for those behind them to walk through, turn and stop facing the flagpole.

### **Does anyone have anything to say?**

This signals that the flag ceremony is pretty much over, but since everyone is gathered together and quiet, it is a good time for announcements, if any. Do not, however, say the word ‘announcements;’ it brings on a long-winded song.

### **Dismissal**

Dismiss hoppers first, then staff, then campers by unit. The unit doing flag is last.

## Flag Lowering Ceremony

### **Roll Call.**

### **Camper, attention.**

### **Color Guard, attention.**

### **Color Guard, advance.**

### **Color Guard, halt. ((optional))**

### **Color Guard, please retire the colors.**

The camper handling the halyard unwinds it from around the cleat and begins to lower the flags *slowly and reverently*.

### **Please join me in Taps.**

The entirety of camp sings Taps. This is done while the flags are still being lowered. Once the flags are lowered, they are removed from the clips one at a time and given to portions of the Color Guard to be folded. See below for help on folding the flag properly. Once the flags are folded, they are given to the flag bearer(s), and the Color Guard reforms into lines.

### **Color Guard, retreat.**

### **Does anyone have anything to say?**

### **Dismissal**

## HOW TO FOLD THE FLAG



1



Fold in half, length wise

2



Fold in half again, length wise

3



Fold into triangle

4



5



Stars up, carry with point up, tucked under your arm.

6

# The Flag Retirement Ceremony

When the United States flag becomes worn, torn, faded or badly soiled, it is time to replace it with a new flag. The old flag should be retired with all the dignity and respect befitting our nation's flag. The traditional method of retirement is to incinerate the flag, but this does not mean that one should simply drop the entire flag, intact, into a fire. A flag ceases to be a flag when it is cut into pieces. In addition, it is easier to completely incinerate the flag, if it is cut into smaller pieces. A flag should never be torn up like an old bed sheet. It should be cut up with scissors or shears in a methodical manner. The corners of the flag should be stretched out over a table top and someone should cut the flag stripe by stripe. Below is a solemn, respectful flag burning ceremony suitable for any unit to perform during a campfire. Remember that, like all ceremonies, it can be altered as desired, so long as the spirit remains.

Some things to note:

- It is important that the fire used be sizable, preferably having burnt down to a bed of red hot coals to avoid bits of the flag being carried off by a roaring fire, yet be of sufficient intensity to ensure complete burning of the flag.
- Nylon flags ignite fast! If the flag you are retiring is of nylon, caution your campers to move away from the fire immediately after they place their part.
- This is a solemn ceremony; remind all attending to remain silent for the duration.
- As in any flag ceremony, at no time should any part of the flag touch the ground.
- On the day following the ceremony, the ashes are generally buried, in an unmarked grave.

**Leader:** When an American Flag is faded and worn, no longer in a condition fit for display as our national colors, it should not be cast aside or treated in any way that might be viewed as disrespectful but should be buried or destroyed by fire.

*The Color Guard brings forward the old flag carried taut horizontally, with the stars at the Flag Bearer's left shoulder. If desired, you may ask those assembled to join the Pledge of Allegiance.*

**Leader:**

I am Old Glory. For more than 200 years I have been the banner of hope and freedom for generations of Americans. I am the symbol of a country that has grown from a little group of 13 colonies to a united nation of 50 sovereign states.

Planted firmly on the high pinnacle of American faith, my gently fluttering folds have proved an inspiration to untold millions. Men and women have followed me into battle with unwavering courage. They have looked upon me as a symbol of national unity. They have prayed that they and their fellow citizens might continue to enjoy life, liberty and the pursuit of happiness, which have been granted to every American as the heritage of free men.

So long as men and women love liberty more than life itself; so long as they treasure the priceless privileges bought with the blood of our forefathers; so long as the principles of truth, justice and freedom for all remain deeply rooted in human hearts, I shall continue to be the enduring banner of the United States of America.

## Appendix

*In complete silence, the flag is cut apart. One member of the Color Guard cuts the blue field of stars from the flag and hands it to another. Then the first cuts the stripes apart, passing each as it is released. Generally, the stripes will be placed on the fire one at a time, each one by a different girl in the unit. If desired, the campers can each have a designated line to say while each stripe is lowered onto the fire:*

1 - The 13 stripes stand for the original 13 colonies which are; Massachusetts, Virginia, Pennsylvania, New York, Connecticut, Rhode Island, New Hampshire, Delaware, Maryland, North Carolina, South Carolina, Georgia, and New Jersey.

2 - The white stands for purity.

3 - The red stands for courage.

4 - Give me liberty or give me death.

5 - One if by land, two if the sea.

6 - We the people of the United States, in order to form a more perfect union, establish justice, insure domestic tranquility, provide for the common defense, promote the general welfare, and secure the blessings of liberty to ourselves and our posterity, do ordain and establish this Constitution of the United States of America.

7 - We hold these truths to be self evident that all men are created equal. They are endowed by their creator with certain inalienable rights. Among these are life, liberty, and the pursuit of happiness.

8 - Congress shall make no law respecting an establishment of religion or prohibiting the free exercise thereof.

9 - Congress shall make no law abridging the freedom of speech or press.

10 - Four score and seven years ago, our fathers brought forth to this continent a new nation.

11 - The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any state on account of sex.

12 - Ask not what your country can do for you, but what you can do for your country.

13 - One small step for man, one giant leap for mankind.

*When they are almost consumed, the field of stars is slowly lowered onto the fire; this can be done by one person, two people, or four people (with one holding each corner).*

**Leader:** Each state is being represented by a star on a field of blue, which signifies a new constellation being formed. As we place it in the fire, let it burn brightly and remind us how truly our flag represents our country.

*If desired, ask those assembled to join in the singing of Taps, or have a single person sing it, or have someone play the melody on a musical instrument. Have all join in a moment of silence. Close by thanking everyone for attending the ceremony.*

Alternately, you can state the name of each of the 13 colonies and when it officially joined the union:

Delaware: Dec. 7, 1787  
Pennsylvania: Dec. 12, 1787  
New Jersey: Dec. 18, 1787  
Georgia: Jan. 2, 1788  
Connecticut: Jan. 9, 1788  
Massachusetts: Feb. 6, 1788  
Maryland: Apr. 28, 1788  
South Carolina: May 23, 1788  
New Hampshire: June 21, 1788  
Virginia: June 25, 1788  
New York: July 26, 1788  
North Carolina: Nov. 21, 1789  
Rhode Island: May 29, 1790

## Common Camp Ailments

These are all common ailments at camp in their mild to moderate forms. Remember to be on the lookout for them! Emotional and physical stress can aid the development of any of these ailments even in those who were not previously susceptible or are physically fit.

### Acute Mountain Sickness (Altitude Sickness)

- **Mild** (May occur at 7000-8000 feet)
  - Headache relieved by rest and medication
  - Nausea, vomiting, anorexia
  - Insomnia, bizarre dreams

→ Do not go up until the symptoms go down! Hydration and a high (70%) carb diet combined with *light* exercise.
- **Moderate**
  - Headache unrelieved by medication and rest
  - Persistent or increasing vomiting
  - Shortness of breath
  - Weakness, fatigue at rest

→ Descend until symptoms abate. Apply rest, hydration, and good nutrition.
- **Severe** (High altitude pulmonary edema, cerebral edema)
  - Can happen at 10,000 ft – unlikely under 14,000 ft
  - ATAXIA and altered level of consciousness
  - Shortness of breath at rest, pallor, cyanosis
  - Wet cough, rales (rattles in chest)

→ Immediate descent. Apply oxygen and emergency medical care where available.

### **PREVENTION:**

- Ascend slowly, especially over 10,000 ft.
- Climb high, sleep low (1,000-2,000 ft gain in sleeping elevation per day)
- Hydration – lots of it!
- High carbohydrate diet
- Avoid alcohol or sedatives
- Certain people are more susceptible, and fitness does not prevent it
- Children are probably more susceptible





## Hypothermia

- **Mild to Moderate**

- The camper still shivers (signaling the body can still produce heat).
- The camper has the “umbles”: grumbles, mumbles, stumbles, fumbles, tumbles
  - Apathy, impaired abilities, clumsiness

→ Change the environment – get victim warm and dry, hydrate with **warm** (NOT HOT) liquids.

- **Severe**

- Altered level of consciousness, ataxia, coma
- There is no shivering: the body cannot produce heat

→ The camper needs immediate, gentle evacuation if on trail. “Package” the camper to prevent more heat loss – make sure all wet garments (such as swimsuits) are removed, place camper in sleeping bag. Try to keep awake. Try to hydrate with **warm** (NOT HOT) liquids.

### **PREVENTION**

- Be aware: *expect* hypothermia. Hypothermia can occur at 50°F and does not require the victim to be wet. Remember, even strong swimmers can acquire hypothermia quickly!
- Heat is lost through radiation, evaporation, convection (wind chill) and conduction (cold ground, metal). Make sure you are insulated from ground, water, and wind!
- Stay DRY
- Wear appropriate clothing! Wicking, synthetic or wool fabric is best – NOT COTTON! Make sure warm hats are worn and that FRESH SOCKS are worn every night.
- Hydration and calories.

## Heat Exhaustion/Heatstroke (a.k.a. Hyperthermia)

- **Mild (Heat Exhaustion)**

- Minor sweating with cool, clammy, or flushed skin
- Nausea, dizziness, fatigue (feels like the flu)

→ Remove from heat, sun. Rehydrate, offer some salty food to encourage drinking. Rest until symptoms resolve.

- **Severe (Sunstroke/Heatstroke)**

- No sweating: the body cannot cool itself and rises to over 105°F
- Altered level of consciousness
- This is a medical emergency with a 10-50% mortality rate

→ COOL RAPIDLY: douse, fan, use ice or snow, massage limbs to return cooled blood Watch for relapse. EVACUATE even if symptoms abate.



### **PREVENTION:**

- Avoid intense heat, rest often, and acclimatize
- Hydrate, hydrate, hydrate!
- Wear protective clothing: hat, long sleeves, doused bandana
- Some medications or medical conditions exacerbate heatstroke susceptibility.

## The 4 A's of Lightning Safety

**ANTICIPATE** – If it looks like lightning, do not put the unit in a dangerous situation. Mountain thunderstorms usually occur in the afternoon. Plan alternate activities ahead of time in case lightning does strike when the unit is ready for an outing.

**ASSESS** – If you are caught in a lightning storm, you can use the *Flash/Bang Principle* to figure out how far away the storm is.

- a. *Flash/Bang Principle*: Once you see the flash of lightning, start timing. Stop timing when you hear the thunder. Divide the number of seconds by 5. This is how many miles away the storm is from you. For example, if the flash and bang is 15 seconds apart, divide 15 by 5 and you know the storm is 3 miles away. Lightning usually strikes within a 3-5 mile radius of the storm.

**ACT** – You need to take a different plan of action depending on your circumstances. If you are:

- a. Out in the open - seek a more sheltered location. A cave can offer protection if it is deep. If shelter is not available, get low. Squat with your head tucked in until there is a break in the storm. Do not lie down and do not stand close to others. The unit needs to spread out and remain at least 15 feet away from each other.
- b. Near isolated, tall objects – **do not** seek refuge under a lone tree. The highest objects attract the stroke of lightning. If a lone tree is your only place of refuge, move away from it and find the lowest ground available, then follow the tips for being out in the open. Find groups of trees or shrubs of similar height if possible. If you are on top of an exposed ridge or peak, try and climb down as quickly and as safely as possible. If you are near rolling hills, seek refuge in a low spot.
- c. Near water – move away. If you're in the water, get out. If your unit is out canoeing or kayaking paddle to the nearest shore and get out of the boats. **Do not** have the unit try to reach camp.
- d. Near, wearing, or holding metal objects – get as far away from metal objects as possible. This is one reason why being in a canoe out on the lake in a lightning storm is one of the most dangerous places to be. If you are backpacking, have your unit drop their packs. If you are near tents staked with metal pegs, get away from the tent.
- e. FEELING A TINGLING SENSATION OR HEARING A BUZZING NOISE!! – You are in danger! Move immediately and as fast as you can. A tingling sensation on your scalp, hair, or arms is an indication that electricity is moving around you, probably from the ground up to a thunder cloud. Although you can't see it, once the electricity from the ground meets a stroke of lightning from a cloud above, it will become a visible lightning bolt. This is bad. A loud buzzing noise or the smell of ozone also means you're about to become fried bacon. Also hair sticking up and a bluish glow around rocks OR CAMPERS means you need to move, NOW.
- f. Wait 30 minutes – Experts advise waiting at least 30 minutes after the last clap of thunder before going outside or resuming activities.

**AID** – If someone is hit by lightning, the first thing you need to do is **Assess** and **Act**. Do not make more casualties. Look for a quick way to get the rest of the unit to refuge before aiding someone who has been hit. The victim cannot zap you if you are giving them aid. The only way you can be zapped is by another stroke of lightning, so you should prevent that by moving the unit to safety. If you are within a few miles of camp, send a pair or small group to get help. Then try to give aid.

- a. If the victim appears unconscious: check for the ABCs of first aid (Airway, Breathing, Circulation). If you can't detect breathing or circulation, begin CPR.
- b. Move the victim if lightning is still a threat. You can move the victim unless they have suffered a fall after being hit by the lightning. Simply being struck by lightning does not break bones or cause major bleeding. If there is no evidence of breathing or circulation, administer two breaths and then move the victim.
- c. Treat for hypothermia if it is raining and/or victim is wet. Put a protective layer between the victim and the ground to lessen the chance of hypothermia and cover the victim with any available clothing to keep warm.

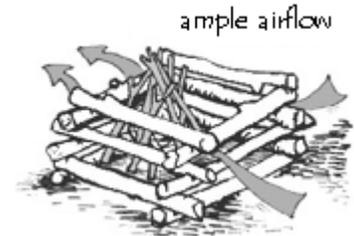
# Building a Campfire

No summer camp is complete without a campfire, but not everyone knows the basics of how to build a good one. For a campfire to burn properly, it requires three things: heat (ignition), fuel, and oxygen. Remember this when you are trying to build your campfire! The three main styles of campfire are the log cabin, the teepee, and the a-frame. For either type, you will need three kinds of fuel:

- **Tinder**, which consists of small things that will burn easily. Small sticks/twigs, slivers of wood, paper, dry leaves, grass, or pine needles. We generally try not to use the green moss found commonly around Two Sentinels as tinder, as the smoke it emits is not good to breathe. The most common mistake is not having enough tinder and putting to large pieces of kindling on not enough tinder. You cannot light a log with a twig!
- **Kindling**, which consists of larger sticks 1-2 inches in diameter, and broken to fit properly inside the fire pit. Be sure kindling is dry; do not take any small sticks from living trees!
- **Fuel**, consisting of larger pieces of wood that will burn longer.

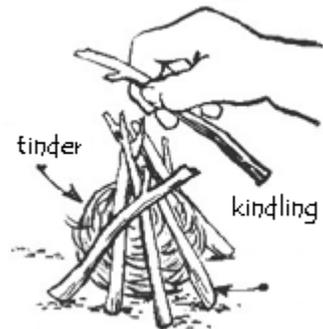
## The Log Cabin

Create a small, loose pile of tinder in the center of your campfire ring, making sure to leave room for air to feed the fire. Stack the kindling around the tinder in a box shape; lay two parallel pieces of wood with the tinder in between, then two more on top to form a box shape. Continue layering wood until you reach your desired size, being sure to leave enough space for air to flow. Light the tinder, which will in turn light the kindling. Once your fire starts to get going, slowly add fuel of gently increasing diameter until the flames reach your desired height. Continue adding fuel as necessary.



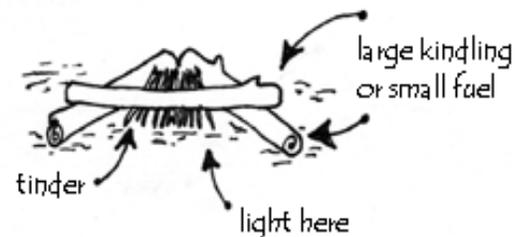
## The Teepee

Create a small, loose pile of tinder in the center of your campfire ring, making sure to leave room for air to feed the fire. Begin stacking the kindling around the tinder in the shape of a teepee or tent, propping sticks up against each other until they can hold the shape on their own. Once the tinder has been lit and the fire starts to catch, add a bit of kindling and eventually fuel, until you build the fire up to your desired size. Continue adding fuel as necessary.



## A-Frame

Create a letter 'A' in the center of your campfire ring. The sides of the 'A' can rest directly on the floor of the fire pit; while the 'crossbar' should rest on top of the sides. Place your tinder inside the top triangle of the 'A' so that one end of each twig sits on the ground and all the twigs are leaning against the crossbar. The result should resemble a sort of miniature fence or lean-to of twigs. Be sure to leave room for air to feed the fire! Light the tinder, then slowly add small, then larger kindling and then fuel until your fire reaches your desired size. Continue adding fuel as necessary.



## Some Notes on Campfire Safety

- Whenever you light a campfire, make sure you always have a bucket of water within reach just in case and a shovel close by. Even if you don't need it during the duration of the campfire, you will likely want it when it comes time to put the fire out. Be sure to place a long stick in the water, poking out past the top of bucket; sometimes critters want to get a drink, and if they fall in they need a means of escape! Know where the nearest source of water is.
- Campers can build campfires, but the actual fire tending should be done by a staff member.
- During the fire, keep campers a sensible distance away from the flames. Many campfire circles have a smaller ring of rocks around the actual fire area; campers should not cross this ring while a fire is burning!
- Remember to tie back hair, tuck in staff ties and bandanas, and roll up long sleeves.
- It's OKAY to have campers practice lighting matches and small fires. Just getting tinder going is a good achievement and a good way for campers to overcome fear of fire. Fire building does not have to be saved for nighttime!

## Further Fire Notes:

### Putting Out a Campfire

When the campfire starts winding down, stop adding larger pieces of fuel, so that the fire can begin burning itself out. Once the campers have left, the best way to put out a fire is to deprive it of heat, fuel, and oxygen, the things it needs. Do this by spreading the fire around, depriving the actively burning parts of fuel. Sprinkle water on it (do not dump the bucket!) to help extinguish the heat. Stir the embers up with the water and the dirt beneath to cut off air supply. Keep stirring and sprinkling water until the fire is completely out, and the remains are cool enough that you could place your hand in it.

### When to Fan Fires

Fanning fires is a tricky business. Now, if you remember the three key elements of fires (heat, fuel, and oxygen), oxygen is one of the trickiest to maintain. While fires need oxygen, too much oxygen will put the fire out. Fan the fire when there are already embers there, and they just don't see to be catching the other wood on fire. When you do fan fires, use a flat piece of wood (NOT your sweatshirt, bandana, or hat), that's not too large and won't create a huge gust of wind. Blowing is also an option, but you have to be careful not to inhale smoke while you blow.

### How to Deal with Smoke

Generally, fires smoke because a) there isn't enough fuel (or the fuel is too big for the fire), b) the fuel is damp, or c) the fuel is a type that just smokes. If the fuel is damp, (it doesn't need to be sopping wet for it to make the fire smoke), replace it. Do this by nudging the damp fuel to the edge of the fire ring, then carefully place dry fuel on the fire. Some fuel, like pine needles, moss, and grass, just smokes a lot when it burns. Try to stick to dry wood and bark when making wood fires.

#### **Moss at camp gives off toxic smoke.**

Sometimes the smoke seems to "follow" you. This is because it does! Your body stops the air flow through the fire. It is best to try to balance out where the campers are around the fire circle. If the fire just insists on remaining smoky, use bandanas to cover your mouth when you have to be near the fire. Have a spray bottle on hand in case the smoke gets in someone's eyes: a quick spray can really help alleviate the sting of smoke.

## Outdoor Cooking

A cookout is a perfect complement to a campfire! If you plan on having a cookout –whether a meal or snack – make sure to fill out a **pack-out request** and give the kitchen plenty of notice. Also notify the kitchen if your unit will be **missing a meal**. If you are cooking dinner, make sure to start early enough to cook, eat, and clean up (you must wash all of your own dishes!) before it gets dark! **Outdoor Cooking** is also a part of earning the **SOAP patch** for each unit.

### TIPS:

- To help alleviate dishwashing difficulties, line pans, Dutch ovens, and pots with heavy-duty aluminum foil that can be thrown away. This way, if food burns, it won't be stuck to the pan and you won't be stuck cleaning it.
- Start the coals needed for cooking 30-40 minutes ahead of time.
- It is also useful to have a spray-bottle near the fire to cool you off, and in case smoke gets in your eyes (spray your eyes to flush the smoke out).
- **Remember that you are at a higher elevation.** Everything takes longer to cook as water boils at a lower temperature and the cooking process takes longer.

### Stick Cooking      éclairs - s'mores – Toast – Hot Dogs

Stick Cooking is probably the simplest form of outdoor cooking. Start your fire in your firepit, and let it burn down so that the embers are hot and the flames are small. Then simply put your food on the end of a wooden dowel (DON'T just pick up any old stick off of the ground) and hold it over the coals, rotating until it's done. The sticks used to roast marshmallows should be cleaned first by burning all the sugar off in the coals, then washed like a normal dish.



### Open Fire Cooking      Soup – Fish – Pancakes – Hamburgers

Set up a grill or sturdy cookie rack on two rocks or cinder blocks that sandwich your open fire. You can either put your pot or pan directly on the grill or hang them from above – but don't be hasty! Be wary of burning your food. You can also practice your **lashing** and hang your pot over the fire.

### Dutch Oven      Cobbler – Casserole – Cake – Beans – Stew

The possibilities are virtually endless with the Dutch Oven. First, start your charcoal in your fire pit and let them get grey and glowing. Then, line the Dutch oven with some heavy-duty aluminum foil. Follow your recipe and pour it into the lined pot and cover it with the lid. Put your oven on a ring of coals, leaving enough coals to ring the top as well.



**Box Oven** Muffins – Brownies – Pizza – Casseroles – Cake

Clear a piece of flat ground AWAY FROM TRAFFIC. Place a large piece of heavy-duty aluminum foil on the ground as a base. Make the box oven (see below). Start the coals in a pile on the foil between two bricks the same height. Balance a grill or cookie rack on the bricks when the coals get hot. Put your pan on the rack or grill, and place the box oven over it. REMEMBER: prop one corner of the box up with a stone or stick so the oven can ventilate. THIS IS VERY IMPORTANT. Also, frequent checking of the oven results in a slower bake time. When checking food, get down on the ground so you are eye-level with the grill/cookie rack. Lift the oven STRAIGHT UP, and only lift it just enough to check the food. If you lift the oven all the way off, you lose all of your heat.

**TO MAKE BOX OVEN:**

Get a cardboard box large enough so that your pan has plenty of air circulation around it when in use. Line the box with heavy-duty aluminum foil (it really honestly does not matter which side goes out), and secure the foil on the OUTSIDE of the box with masking tape or duct tape. If you put the tape on the inside of the box, it will melt or even burn, causing major problems (which means you probably wouldn't get lunch and everyone would be very grumpy). If you want to practice, using an old shoe box is perfect.

**Briquette Requirements**

FOR BOX OVEN COOKING:	
Temperature:	# of briquettes:
325°F	8-10
350°F	10-12
375-400°F	12-14
425-450°F	14-15
Using more coals than recommended can result in burned food.	

FOR DUTCH OVEN COOKING:		
Size of Oven	# briquettes under	# briquettes on top
8"	4-6	6-8
10"	6-8	8-10
12"	8-10	10-12
14"	10-12	12-16
16"	12-16	16-18

Briquettes are ready to be used when they turn an ashen color.

**Remember to allow yourself time to clean everything before the kitchen closes!**

Don't underestimate your campers' desire for outdoor cooking, or their competence! Start with basic recipes so you don't have to spend all day preparing and cleaning up, but let the girls learn by doing it themselves. It takes a LOT of time, so plan for it! Plan a "wilderness skills" day, and give the unit a scenario about being alone (as a group!) in the wilderness. Are they on a quest to rescue an injured comrade? Following a treasure map? Early explorers? With relatively little effort, you can incorporate orienteering, lashing, first aid, knot tying, fire-building, and outdoor cooking in one afternoon with plenty of time for play and entertainment.

# Paddling Watercraft

FUNYAKS · ROWBOATS · CANOES



## FUNYAKING

YOUR SHORTS WILL GET WET!

✓ wear a lifejacket!

If you fall out of or tip the funyak over, do not try to re-enter from the side. Move to the front and grasp the foot of the seat-well. Pull yourself up and straddle the bow while continuing to lean forward. When you are close enough, grab the edges of the seat-well, lifting yourself over the foot of the seat-well while turning your upper body - not too fast. You only need one of your hips to land in the seat well - from there you can center your balance and settle back in.

The double-bladed paddle is similar to a kayak's. You alternate sides to go straight, pushing with the upper arm and pulling with the lower arm.

To turn, "back paddle" on the side of the desired direction by starting at the rear of the craft and pulling it towards the front.

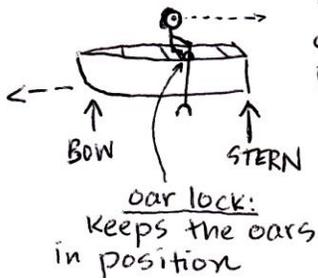
Funyak paddles float - but don't let them float away!

Please "drain" your funyak before tying them up!

# ROWING

✓ wear a lifejacket

A NOTE: canoes have PADDLES,  
Rowboats have OARS.



In a rowboat, you sit facing the STERN (the opposite direction you are going). To help keep you going in a straight line, keep your eyes focused on something directly opposite your destination.

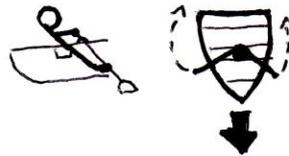
EVEN THOUGH ROWBOATS SEEM STABLE,  
**NEVER STAND IN OR ROCK**

A ROWBOAT... they do not float when submerged!

## To Row:

1. You lean forward and dip the flat end of the oar perpendicular to the boat

2. Pull your arms as you lean back and stretch your legs



3. Push your arms down and forward to bring the oars out of the water and back behind you. Your arms should be moving in circles.

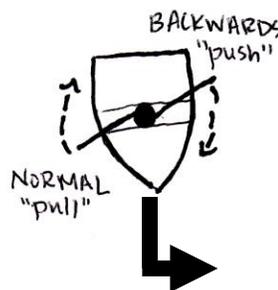
You can, of course, "push" yourself by rowing backwards and progress in the direction of the stern.



★ Please talk to a director if you want to use a Rowbat.

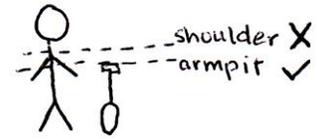
## TURNING

To turn the bow **RIGHT**, row normally with just the left oar, leaving the Right oar suspended. To make a sharp turn, row "backwards" simultaneously with the Right oar. Thus your left arm will be pulling and your right arm pushing. Your back should remain relatively straight and vertical.



# CANOEING

- ✓ wear a lifejacket
- ✓ have a properly fitted paddle:



## Entering A Canoe:



\* Someone should hold the untied canoe firmly against the dock by sitting on the edge and holding it with their legs inside.



\* The person who will be in the STERN should enter by sitting on the edge of the dock and sliding in. They should crouch and crawl to the stern.



\* The BOWMAN should enter next.

\* Finally, any PASSENGERS or GEAR should be placed in the center.

SITTING on the seats or crossbars of a canoe is a bad idea... you are more likely to TIP because your center of gravity is further above the water. KNEELING and resting your weight on the edge of the seat is not only more stable, it gives you more power when paddling.

## NEVER STAND IN A CANOE!

### TIPPING & SUBMERGED CANOES:

If you realize your canoe is TIPPING, launch yourself from the canoe by kicking it away from you with your legs.



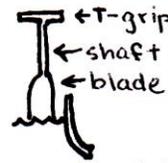
SUBMERGED CANOES FLOAT at or just below the surface. Your paddles should float. Gather your paddles and "get back in" your canoe. Use your paddles or arms to paddle your way to shore.



TO DRAIN your canoe, grasp the far gunnel (or edge) with your right hand. Crouch down as you rotate the canoe over your head on the surface of the water. Grab the other gunnel with your left hand. On the count of 3, STAND and THROW the canoe to a predetermined side.



## PADDLING:



Grasp the T-grip with the hand opposite the side you are paddling on.

Lean over, pushing the blade down perpendicular to the canoe. Continue pushing back towards the stern, PULLING with the hand that is grasping the shaft as you lean back to get the longest stroke possible.



Lift the paddle, lean forward, and re-start the stroke.

FRONT STROKE: Bow and stern paddle forward on opposite sides.

BACK STROKE: The reverse of the front stroke.

SWEEP STROKE: Bow and stern paddle on same side, reaching far out from the canoe. Makes a gradual turn.

SHARP TURN: The Bow paddles straight and the Stern does a back stroke on the side they wish to turn. ONLY the stern back strokes!

PUSH-OVER STROKE      DRAW STROKE      J-STROKE

The STERN is the captain of the canoe and the one in charge. The Bow should not change sides unless told to!

# Flora and Fauna

## FLORA

### TREES:

**Lodgepole or Tamarack Pine** – a two-needle pine that looks like a stiff bristle brush. It grows little, almost spherical cones and has smooth bark. Lodgepole seeds are released for germination through the intense heat of forest fires that also clear out the understory vegetation. Seedlings flourish when exposed to intense sunlight. The bark resembles grey/yellow cornflakes.

**Mountain Hemlock** – thin and square-cracked or furrowed bark, gray in color. It's needles are soft and blunt-tipped, and its cones are small but cylindrical, dark purple (immature) to red-brown (5-7 months after pollination). Grows 20-40 meters tall with trunk up to 2 meters in diameter. The tree is not very shade tolerant and prefers to grow in full light. It needs heavy winter snow that protects the soil from freezing and to provide a steady source of meltwater through spring and summer. The tree profile droops like a night-cap.

**Red Fir** – the blue-green needles curve upwards, with upright yellow-green cones 9-21 cm long which release winged seeds in the fall. The bark on young trees is smooth and gray, whereas mature trees become orange-red and rough. From below, the branches look skeletal with lots of space between the needles.

**Western White Pine** – a five-needle pine. The needles are finely serrated, and the cones are long and slender (12-32 cm long and 3-4 cm wide when closed) with thin and flexible scales.

**Sierra Juniper** – A tree 12-26 m high with trunk up to 3 m in diameter. It's needles are bunched three together and are very short and stubbly. The cones are berry-like, blue-brown and waxy with the appearance of most Juniper berries.

Many tidbits gleaned from wikipedia.org.



### FLOWERS:

Too many to list here! There are many nature guides in the **Staff House**.

## FAUNA

In addition to **bears**, Two Sentinels is the home of a plethora of critters and animal neighbors.

### Around Camp

- **Chipmunks** have stripes that stretch from their tails to their noses and love to sneak around the Dining Deck and garbage cans. They don't mind going bottoms-up into your cups or chewing through your backpacks or sleeping bags for leftover lunches. They may be bold – but don't pet them! Chipmunks in the Sierra Nevada have been known to carry serious diseases. **Golden-Mantled Ground Squirrels** may look like chipmunks, but they're a tad bigger and have golden fur on their heads instead of stripes. They, too, like to gnaw towards food and live under the Dining Deck, among other places. The **Douglas squirrel** is probably the squirrel you'll see in the trees (he has little ear tufts!), chattering away. The **Stellar jay**, **crows**, and different **woodpeckers** greet you in the morning as you wake up, as do the **mosquitoes**!

### In the Meadow

- The **yellow-bellied marmot** is a large rodent that likes woodpiles. They have been seen occasionally near Gypsies or up on the Sentinels. Wild **rabbits** have been seen in the Meadow, and if you look carefully, sometimes you can find small **frogs** as well. At dusk, you can often see male **mosquitoes** filling up with wildflower nectar in the Meadow (only female mosquitoes bite). There are local **bees** that pollinate all the wildflowers for us...if you see a nest near a unit, please let the directors know!

### Around the Lake

- **Mule deer** have occasionally been seen around Lake Kirkwood. **Bald Eagles** have been nesting in the area for the past few years, and you can often see them fishing for the **brook trout** that live in the lake. The lake is also a breeding ground for the **blue ringtail damselflies** (not dragonflies!). There is also often a family of **mallard ducks** around – keep a lookout for them!

### A Note on Snakes

- **Rattlesnakes** are extremely rare at this altitude, but not unheard of. Remember to be on the lookout! On a rare occasion, people have found the **rubber boa** sliding through the grass in the Meadow. The rubber boa is one of the only boas native to the U.S., and is one of the most docile boas known to man. They are generally nocturnal and move very slowly. There are also harmless **water snakes** occasionally seen among the more reedy sections of the lake (especially near the Cove). If you do see a snake, make sure to NOT MAKE A BIG DEAL out of it. Calmly try to guide campers away from the area. If a boa is stretched out over a path, consider gently nudging it with a stick to send it back into the undergrowth.

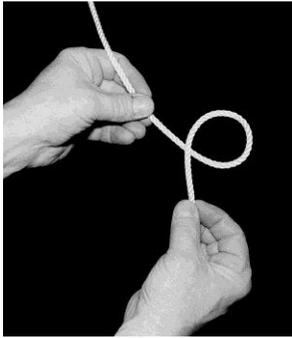


There are plenty of nature guides in the Nature area and the Staff House.

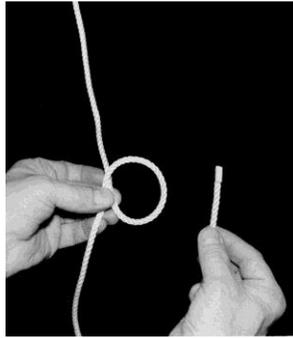


# Basic Knots

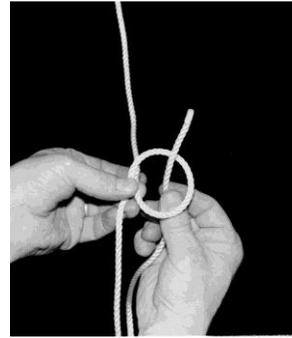
## BOWLINE



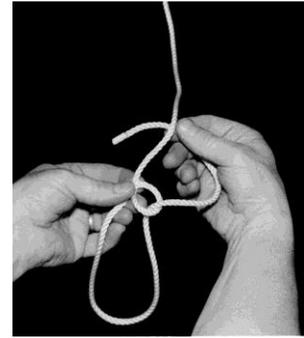
Make a small loop and be sure that the string in the right hand is **ON TOP OF** the other string.



Hold the loop in your left hand.



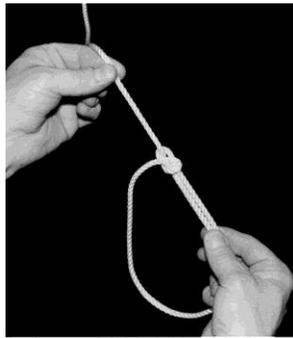
Place the end of the string (often referred to as the “rabbit”) **UP** through the loop...



...around the **BACK** of the end of the string (often called the “tree”), making another loop.



Push the end **BACK THROUGH** the loop,



hold on to both the piece that went **OUT** of the hole and the one that went back **INTO** the hole and **PULL**.

This is a knot that comes directly from sailing. This knot is used to tie the bow of the ship to something. As ropes on ships are called “lines,” this knot became known as the bow – line, or bowline. This knot will **NEVER** slip, and is always easy to untie no matter how tightly the rope has been pulled. Good knot to know. (The large loop that you form is the loop that is tied around something, whether a dock, a tree, or yourself. )

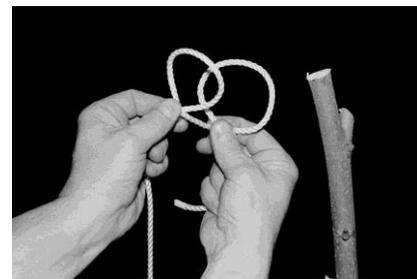
All photos courtesy of Mr. Twinkle Toes (Sir)

## CLOVE HITCH (Over-the-End)



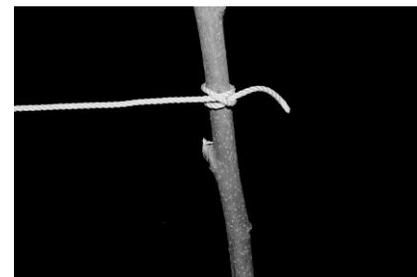
1. Make a loop with the right-hand string on top.

3. Put the left hand loop **OVER** the right-hand loop.

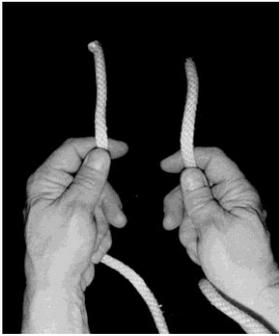


2. With the same end, make another loop, this time with the loose end in the **BACK**

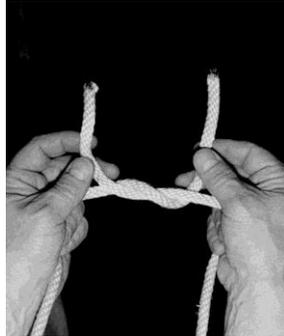
4. Slip the loops over the stick, pole, etc. and pull.



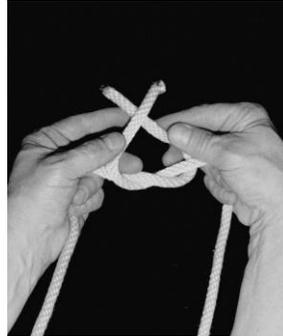
Appendix  
SQUARE



Holding two ends of the same rope or different ropes...



Wind the right end over-and-under the left end.



Then, with the new left end, go over-and-under the right end.



Hold and pull. This knot is good when you want to tie something and keep it tied.

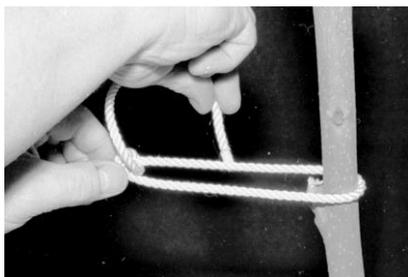
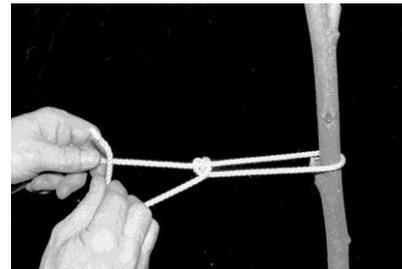
Once you tighten this knot, it is very hard to untie. This is not a good knot for clotheslines or other lines where there will be fluctuation in tension: the knot tightens and provides slack along the length of the rope.

TAUTLINE HITCH



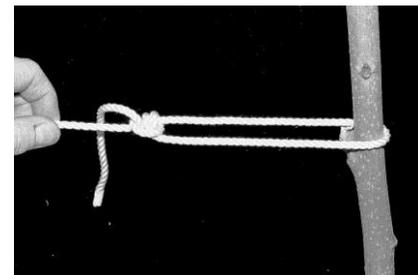
1. Hold the rope with the left hand and the end that is looped around the stick/ tree/etc. with the right hand. Wrap the end behind the rope and down through the loop.

3. Do the same thing again, this time on the outside of the first wrap.

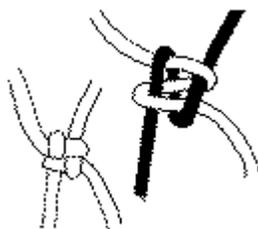


2. Wind the end behind and down through again, staying on the inside of the previous wrap.

4. Pull to tighten the knot. You can adjust the tension on purpose without the knot slipping accidentally.

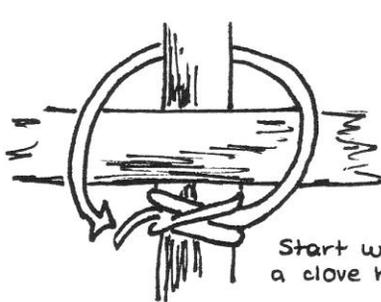


FRIENDSHIP KNOT – How to tie your Staff Tie

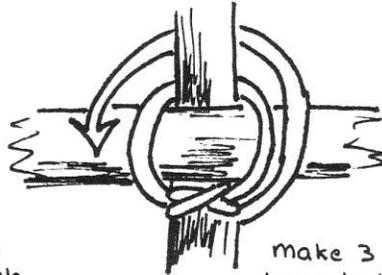


# Lashing

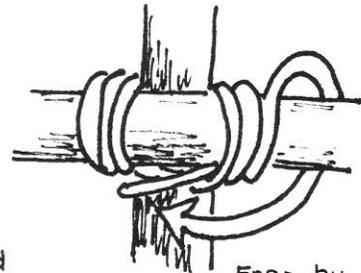
(courtesy of Staar)



Start with a clove hitch

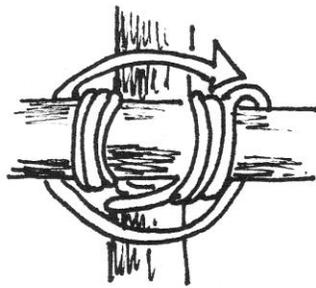


Make 3 turns to hold pieces together

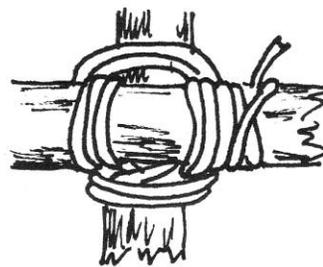


Frapping by pulling the twine tightly around the wraps between the pieces

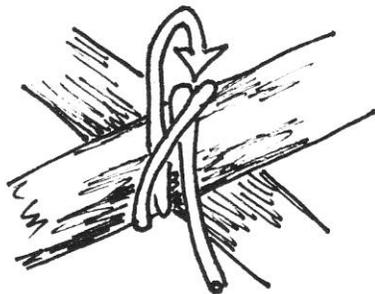
## Square Lashing



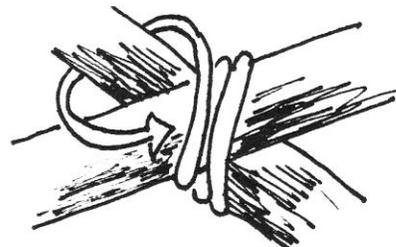
Frapping twice Pull tightly



Finish with a clove hitch, two half hitches, or a square knot (use the starting end for a square knot)

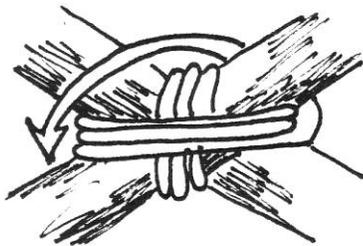


start with a clove hitch



Wrap around 3 times then wrap across 3 times

## Diagonal Lashing

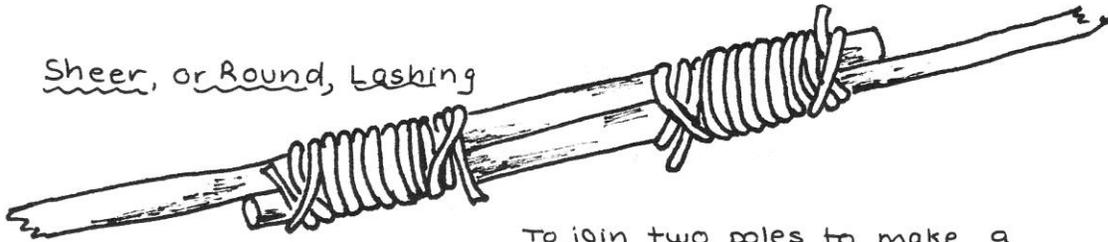


Frapping twice Pull tightly

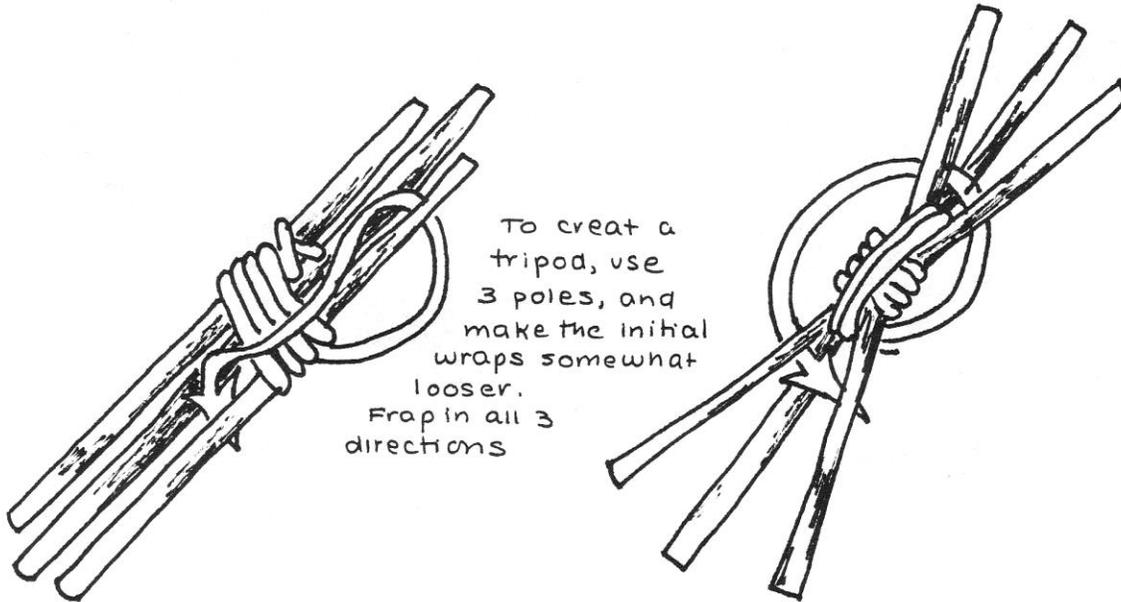


Finish with a clove hitch

Sheer, or Round, Lashing



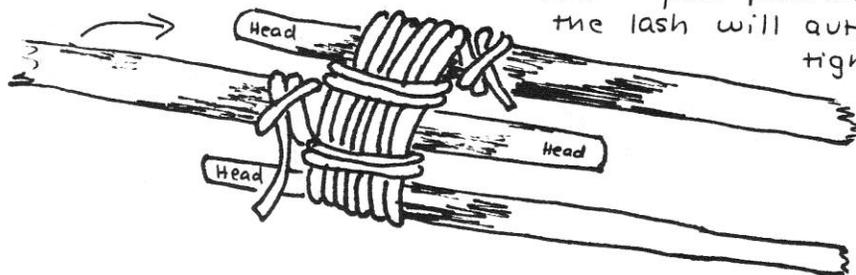
To join two poles to make a longer pole (flagpole) use simple round lashing without frapping. make the wraps very tight and use several turns. Begin and end with a clove hitch. At least two lashings are needed to prevent the poles from twisting apart.



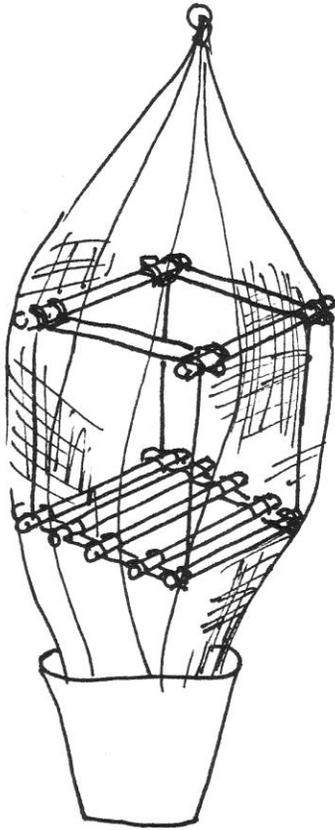
To create a tripod, use 3 poles, and make the initial wraps somewhat looser. Frap in all 3 directions

As an alternative tripod method, lay the poles side by side with the middle pole opposite the outer poles (head to foot, if you will) and make the wraps loose. Frap loosely as well. Rotate the middle pole

into tripod position and the lash will automatically tighten



## The Camp Kitchen

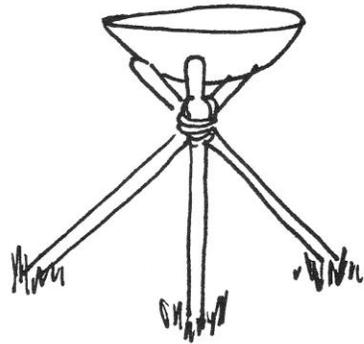


The Cooler

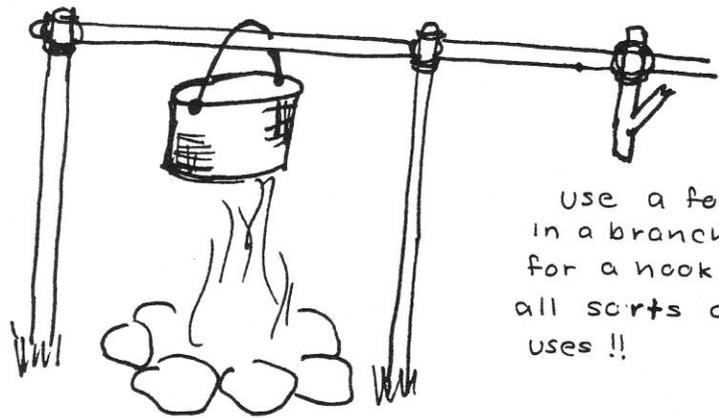
Cheesecloth covering the hanging frames wicks water and keeps foods cooler



This is the hook which should be holding that pot up!



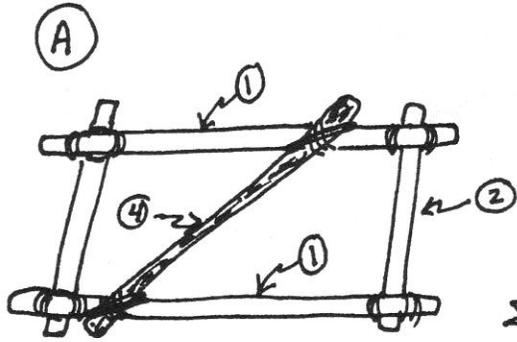
The tripod is a good support for a washbasin. Two tripods can also support a cross piece for a lean-to shelter



Use a fork in a branch for a hook - all sorts of uses !!

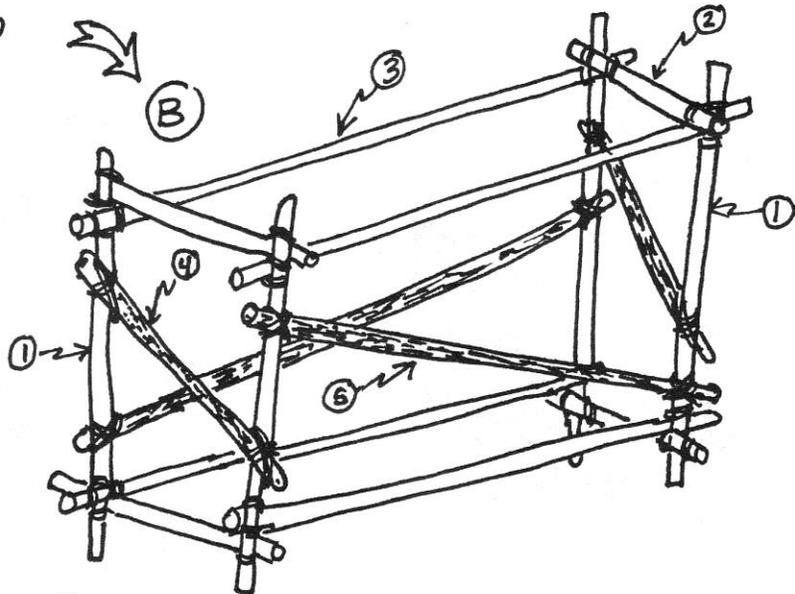
If the ground is soft enough, uprights can be pushed into the soil, and square lashing used fasten the cross piece

The camp table

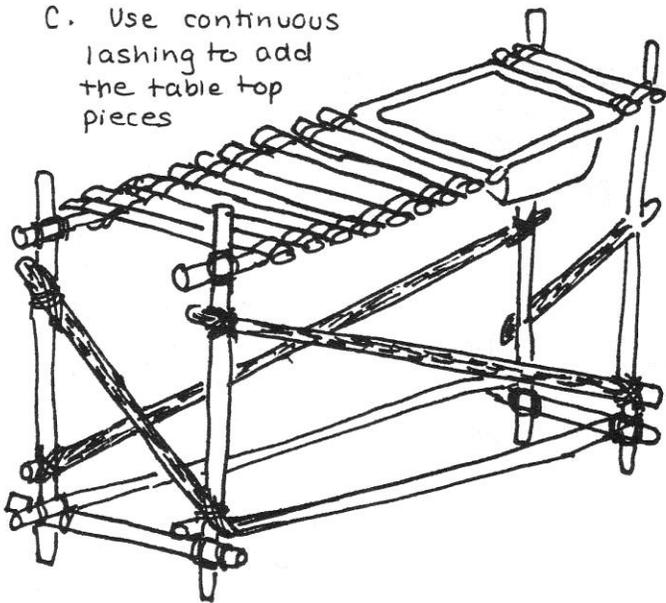


A. make the two ends first  
 Square lash the cross pieces (2)  
 to the uprights (1).  
 Diagonals add strength (4)  
 Use diagonal lashing here (of course !!)

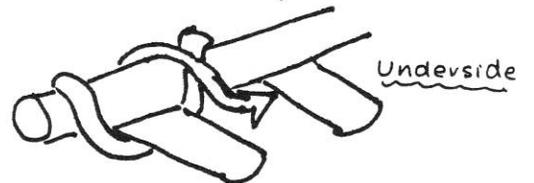
B. Form the table  
 frame by lashing on  
 the side rails (3) - again  
 using square lashing  
 Add the diagonals (5)  
 with - guess what?!  
 diagonal lashing



C. Use continuous  
 lashing to add  
 the table top  
 pieces



In continuous lashing, a double  
 twine is used. The twine goes  
 over each cross piece,



then comes under the side  
 rail and crosses, then emerges  
 to go over the next cross piece

# Orienteering

Orienteering is how one places oneself in their surroundings – *orienting* oneself – using a map and a compass.

A compass is used to take a *bearing*.



If you want to know the direction you are walking, you hold the compass in front of you and put ‘Ned in the Shed’; you turn the wheel (the *compass dial*) of the compass so that NED (n = needle = north) goes home to his SHED (the outline of an arrow on the *baseplate*). The reading – the degree number aligned with the direction-of-travel (DOT) arrow on the baseplate – is the *bearing*.

To use a map to find a bearing, you align the edge of the compass along the direction you wish to go. You then turn the compass dial to true north – marked by *declination lines* on most topo maps – ignoring “Ned.” You then can read the bearing you must have as your DOT.

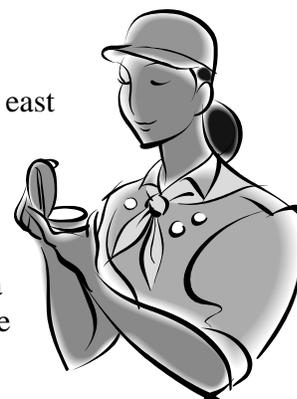
Because *magnetic north* is not *true north*, and maps are oriented to true north, many topo maps have declination lines to adjust to the difference between the Earth’s angle of axis and magnetic pole. To check the declination for your area, look in the night sky for the North Star, or **Polaris** (see the next page). Turn the compass dial until “N” shows as the DOT and point it directly at Polaris, then measure the number of degrees between the N and the direction “Ned” is pointing. Knowing the declination angle can help you adjust the bearings you take on your compass to the actual direction of landmarks



A topo or *topography* map shows the change in elevation of an area. This is incredibly useful to hikers because they can prepare themselves for difficult hiking and help place themselves in their location through use of landmarks.

To help campers understand what particular patterns on a topo map signify, you can try this activity. Each camper forms one of their hands into a fist. Set the fist and arm down on a table, so that the knuckles appear like mountain ridges and the curled fingers like slopes. Have a partner use a ruler and a washable marker to draw concentric circles around the fist at every ½ - or 1 inch interval in height, starting from the table. When the hand is then flattened palm-down, you can identify the patterns that might signify mountain peaks, sharp valleys, and gentle slopes!

Another fun activity for finding direction: We all know that the sun rises in the east and sets in the west, but really the sun only rises and sets due true east or west two days a year, at the equinoxes. To find the cardinal points based on the sun during the rest of the year, use any vertical stick, pole, or tree to mark a shadow at any time during the day. A little while later, again mark where the shadow lies (the larger the time interval the more accurate the bearing). Draw a straight line through these two marks: this is true east/west. Because we are in the Northern Hemisphere, the sun will be on the *southern* side of the line.



# Astronomy

One of the amazing natural wonders at camp is often overlooked – the night sky! Because there is very little light pollution and the air is thinner (on account of the elevation), thousands and thousands of stars twinkle and shine every night. While you can see many of these stars down in camp, taking the short walk up to **Astronomy Rock** makes a world of difference. You can lay on your back and take in the amazing sight.

The brighter streak of sky is – as the name suggests - **The Milky Way**. You can see many constellations, including the Big Dipper and the Little Dipper. **The Little Dipper**'s endpoint is **Polaris**, known as the North Star, and is a “celestial pole.” All stars in the northern hemisphere appear to rotate around this one fixed point. In reality, it is the Earth that is turning, and the Earth's axis is pointing towards the North Star. The North Star can also be found by finding the two stars that form the end of the spoon of the **Big Dipper** and moving the eyes five times the distance between these two stars in the direction the dipper is “pouring.” Polaris is halfway between the bowl of the Big Dipper and **Cassiopeia**. Not only does the “North Star” show true north, finding it with a compass can show the magnetic declination of the area (see previous page).

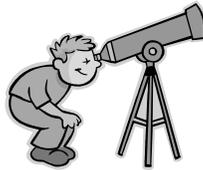
**Shooting stars** can be seen during camp as there is often a meteor shower in early August. Shooting stars can be distinguished from **satellites** because they shoot across the sky and fade, whereas satellites move at a slow and constant pace. Take along some **binoculars** for an even better view!

Some fun activities to do while having an astronomy night include covering everyone's flashlight with a **square of red cellophane and a rubber band**. Red light does not affect night vision while other light does. If you use your new “red” lights to walk up to Astronomy Rock, your eyes will be adjusted when you get there! FUN FACT: Pirates sometimes used patches over one good eye in order to preserve their night vision in that eye. When boarding ships at night, they simply moved the patch to the other eye and could instantly “see in the dark.”

Another is to gather stars together into your own constellation and create your own **myths** about them! This is a perfect activity for campers of all ages, especially if they start to get restless.

Plan ahead! If you're up late stargazing, you might want to sleep in and do a Jungle Breakfast the next morning!

**There should be astronomy books in the Staff House that include different constellations and stories about them.**



**CASSIOPEIA**



The Queen **Cassiopeia**, wife of King Cepheus of the mythological Phoenician realm of Ethiopia, was beautiful but also arrogant and vain. The boast of Cassiopeia was that both she and her daughter Andromeda were more beautiful than all the Nereids, the nymph-daughters of the sea god Nereus. This brought the wrath of Poseidon, ruling god of the sea, upon the kingdom of Ethiopia.

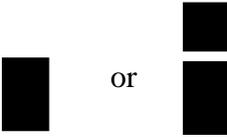
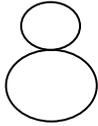
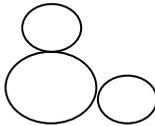
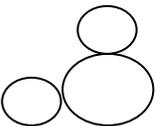
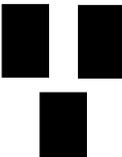
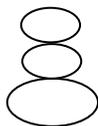
Accounts differ as to whether Poseidon decided to flood the whole country or direct the sea monster Cetus to destroy it. In either case, trying to save their kingdom, Cepheus and Cassiopeia consulted a wise oracle, who told them that the only way to appease the sea gods was to sacrifice their daughter.

Accordingly, Andromeda was chained to a rock at the sea's edge and left there to helplessly await her fate at the hands of Cetus. But the hero Perseus arrived in time, saved Andromeda, and ultimately became her husband. Since Poseidon thought that Cassiopeia should not escape punishment, he placed her in the heavens in such a position that, as she circles the celestial pole, she is upside-down for half the time.

# Trail Signs

Blazes (hence, *trail blazing*) are used in wooded areas, and consist of rectangular cutting or painting of tree bark about six feet high. Ducks or Cairns are often used above the tree line or in rock-dominated areas. All kinds of trail signs are used by different people for different reasons, and they vary in appearance and meaning. Many are made by hikers as aides to themselves or fellow hikers, and many are made by Forest Service personnel as part of trail upkeep.

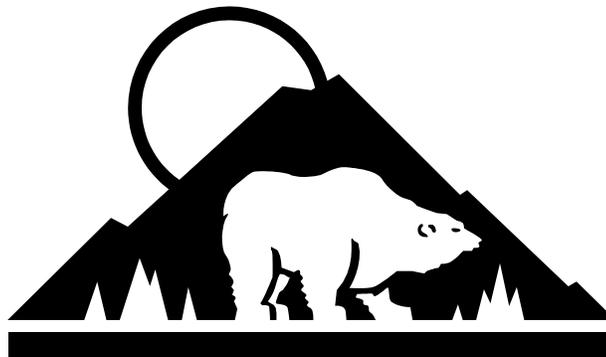
Generally, the following associations are made with certain arrangements of blazes or ducks:

	Blazes	Ducks
Keep Going Straight		
Turn Right		
Turn Left		
Start of Trail		
End of Trail		
Adjoining Trail		
Danger		

**REMEMBER: SIGNAL DANGER OR TROUBLE WITH GROUPS OF 3.**

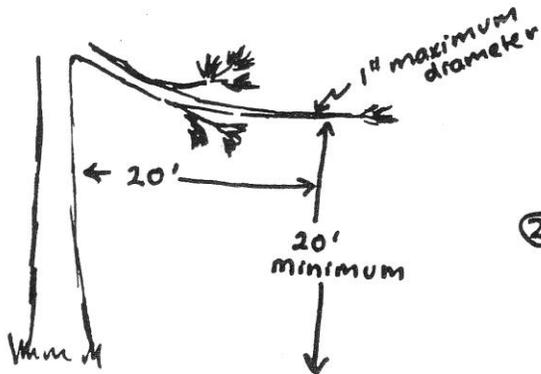
## Bear Bagging (courtesy of Staar)

- 1) REMEMBER! Bear bagging will not stop a good bear – especially one with Yosemite grade practice. It WILL slow them down enough for you to wake up and begin scare tactics. It is also pretty good for small critters like raccoons, marmots, and mice.
- 2) Choice of the right tree is crucial. Always have the bear bagging patrol go out early to select a tree and hang the rope – just be sure that you can find it again!
- 3) If you can find enough trees, hanging several small caches is much better than one large one. They are easier to hoist, and while the bear is dining on the first prize, you can be guarding the others! (Also remember that smaller bags can use smaller branches!)
- 4) Use dark rope and bags. While bears locate food primarily by smell, they have learned to recognize white rope and bags (much like they recognize coolers in the backs of cars!) You might be able to partially “hide” your already smell-free food – again, just be sure that YOU can find it.
- 5) Try hanging light-colored ropes and “dummy” bags – encountering too many dead ends just might discourage the bruin (then there is always the “now we have time to get up and bang the pots” advantage.)
- 6) Equipment:
  - i. a 50’ rope (one for each cache) – at least 1/8” wide
  - ii. a smaller 50’ rope – can be parachute chord or similar
  - iii. a rock tied WELL on the rope
  - iv. two bags – sleeping bag stuff bags are great – they will show some wear!
  - v. A small, lightweight carabiner is useful for ease of counter-balancing
- 7) Safety: Be sure that all the girls are well out of range during the rock throw! Arrange the rope in loose loops on the ground so it will play out easily AND so it doesn’t tangle around the throwers’ feet. Also consider putting a rock in an old sock to ease tying and to prevent random rock projectiles.
- 8) In REAL bear country (Little Yosemite, Lyell Canyon) over 50% of bear baggers lose their food to bears – consider a canister!



# Bear Bagging 101

## ① Find the Right tree

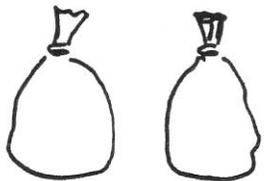


## ② Throw the Rope

wind mill style is good, if you don't have a softball star

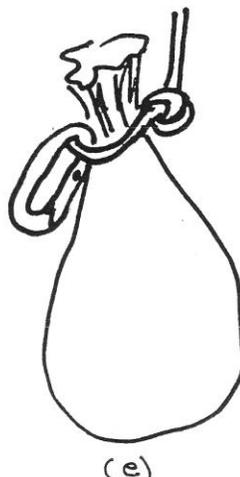
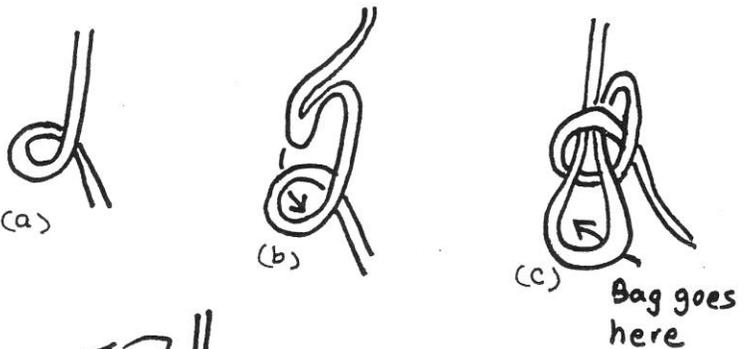


## ③ Fill 2 bags to equal weight



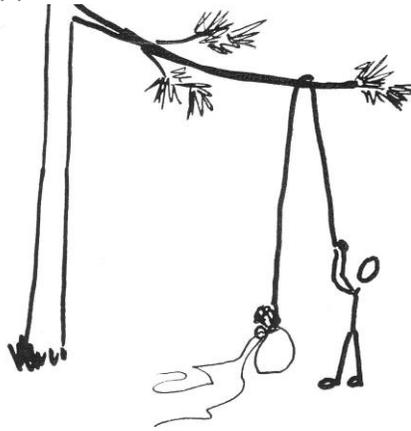
maximum 10# each

## ④ Tie on the first bag

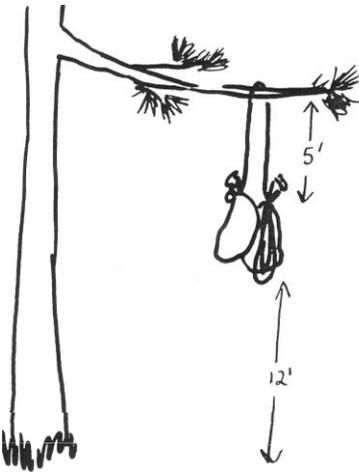


Slipping (clipping)  
a small carabiner will help with hoist ropes later!

## CLASSIC COUNTERBALANCE



2. Pull the first bag right up to the branch. Tie the second bag on as high as possible. This is a 2-3 person job!



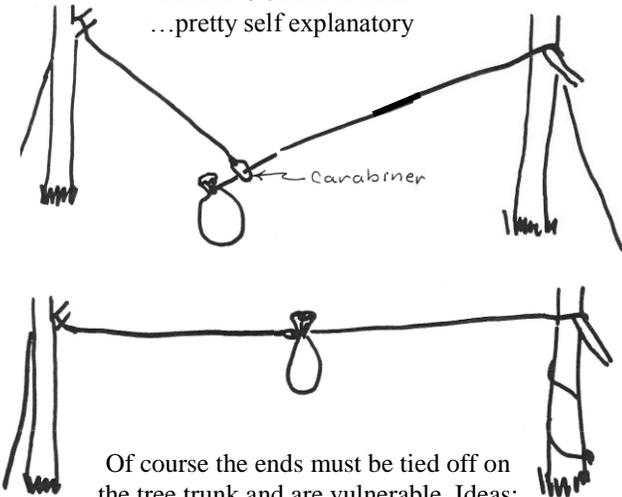
3. Using the smaller rope run through the carabiner, pull the first bag down (the second, of course, will go up) until the two bags are even. Loop the loose end of the rope over the second bag. The "haul rope" through the carabiner can be pulled out (just be sure you can reach the first rope with a stick or pole), or the two ends can be loosely draped over a few widely spaced bushes.



## OTHER OPTIONS . . .

### THE DOUBLE TREE

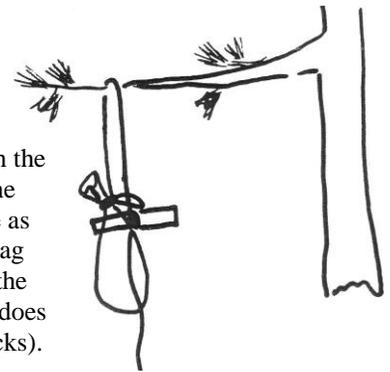
...pretty self explanatory



Of course the ends must be tied off on the tree trunk and are vulnerable. Ideas: "dummy extra lines, very dark cord - using light cable for the last 5-6'.

### SINGLE BAG

Run the bag-bearing rope through the carabiner. Pull the bag up to the branch and tie a stick in the line as high as you can - then let the bag down until the stick catches in the carabiner (theoretically, the bear does not understand about untying sticks).



### OR . . .

One could pack in LOTS of food, and SHARE with the bear...

