

Smoothies

Backpacker, Oct. 1998, p.32
Dorcas Miller

Hot Almond Smoothie (1 - 6 oz. Serving)

½	C	Powdered Milk
¼	C (2 oz.)	Almond Paste
1	Tbl	Sugar
½	C	Boiling Water

Hot Spiced Smoothie (1 - 8 oz. Serving)

½	C	Powdered Milk
1	Tbl	Butter Powder
1	Tbl	Potato Starch
2	tsp	Sugar
½	tsp	Ground Ginger
½	tsp	Ground Cinnamon
3	Pinches	Ground Cardamon
3	Pinches	Black Pepper
1	C	Boiling Water

Hot Chocolate Smoothie (1 - 8 oz. Serving)

4	tsp	Sugar
4	tsp	Cocoa Powder
¼	C	Powdered Milk
4	tsp	Potato Starch
1	C	Boiling Water

Cover and stand 5 min.

At Home

1. Combine dry ingredients in blender and mix well.
2. Store in double zip lock bags.

At Camp

3. Put ingredients in cup, add boiling water and stir.
4. Let stand 1-2 minutes (5 min for chocolate smoothie) and stir again to develop flavor.

Dale's Stew For a Crew

Dale Karweik

3	lb	Beef, 1" cubes
½	C	Flour
1	tsp	Salt
2	Cloves	Garlic, mashed or minced
2	Tbl	Olive Oil
1	C	Water
6	Med.	Carrots, 1" Pieces
2	Med.	Onion, very coarse chop
4	Med.	Potatoes, ½" cubes
1		Bay Leaf
1	Tbl	Parsley Flakes
Optional		
1	32 oz Can	Crushed Tomatoes
1	Tbl	Cider Vinegar

1. Mix salt and flour in a zip lock bag. Coat beef cubes in flour mixture.
2. Heat oil in Dutch Oven or Stew Pot, add garlic, and brown beef cubes.
3. Add water and scrap pan bottom. Cover and cook for 30 minutes.
4. Cook over low fire. Add water, as needed, to retain about 1" of liquid.
5. Add carrots, onions, optional tomatoes, and bay leaf and cook for 30 minutes.
6. Add potatoes and parsley and cook for 30 - 40 minutes or until potatoes are tender.
7. Add optional vinegar, mix thoroughly and heat through.
8. Serve with rolls or French Bread.

Serves - 8.

The Five Finger Prayer

Author Unknown

Your thumb is nearest to you. So begin your prayers by praying for those closest to you. They are the easiest to remember. To pray for our loved ones is, as C.S. Lewis once said, a "sweet duty."

The next finger is the pointing finger. Pray for those who teach, instruct and heal. This includes teachers, doctors, and ministers. They need support and wisdom in pointing others in the right direction. Keep them in your prayers.

The next finger is the tallest finger. It reminds us of our leaders. Pray for the president, leaders in business and industry, and all those in positions of authority. These people shape our nation and guide public opinion. They need God's guidance.

The fourth finger is our ring finger. Surprising to many is fact that this is our weakest finger; as any piano teacher will testify. It should remind us to pray for those who are weak, in trouble or in pain. They need your prayers day and night. You cannot pray too much for them.

And lastly comes our little finger; the smallest finger of all. Which is where we should place ourselves in relation to God and others. As the Bible says, "The least shall be the greatest among you." Your pinkie should remind you to pray for yourself.

By the time you have prayed for the other four groups, your own needs will be put into proper perspective and you will be able to pray for yourself more effectively.

A Time for Every Purpose

Irish Prayer

Michigan Education Journal

Take time for work - It is the price of success.

Take time to think - It is the source of power.

Take time to play - It is the secret of youth.

Take time to read - It is the fountain of wisdom.

Take time to be friendly - It is the road to happiness.

Take time to dream - It is hitching your wagon to a star.

Take time to love and be loved - It is the privilege of the gods.

Take time to look around - It is too short a day to be selfish.

Take time to laugh - It is the music of the soul.

Advice From an Astronaut

Alan Beam

Alan Beam was an astronaut on Apollo 12. When asked what he learned about success over the years, this was his answer:

The most important quality I have noticed in successful people is that they have a dream They think and work toward that dream every day.

I often ask people to tell me their dream. "What did you do today to move you closer to your dream?" Eighty five percent didn't do anything. They're planning to do something next week, they're just too busy today.

These 85% will probably never see their dream come true. So ask yourself the same question, "What have I done today to make my dreams come true?"

If the answer is "Nothing Specific", then you will never make it happen either unless you change your ways.

Mama's Soup Surprise

Various Pow Wow Books

Tune: Super Callifragilistic Expealidocious

Oh, When I was a little kid, I never liked to eat.
Mama'd put things on my plate, I'd dump them on her feet!
But then one day she made this soup, I ate it all in bed.
I asked her what she put in it, and this is what she said:

(Chorus)

Oh, Chicken lips and Lizard hips and Alligator eyes,
Monkey legs, Buzzard eggs and Salamander thighs,
Rabbit ears, Camel rears and Tasty toenail pies,
Stir them all together, It's Mama's soup surprise.

I went into the bathroom, And stood beside the sink,
I said "I'm feeling slightly ill; I think I'd like a drink."
Mama said, "I've just the thing, I'll get it in a wink,
It's full of lots of protein, and vitamins, I think."

(Chorus)

Oh, Chicken lips and Lizard hip and Alligator eyes,
Monkey legs, Buzzard eggs and Salamander thighs,
Rabbit ears, Camel rears and Tasty toenail pies,
Stir them all together, It's Mama's soup surprise.

I Have Lost My Underwear

Tune: Bye, Bye, Blackbird

I have lost my underwear,
I don't care,
I'll go bare.
Bye, Bye Long Johns.

They were always good to me,
Tickled me,
Tee Hee Hee
Bye, Bye Long Johns.

I have left my drop seat, far behind me.
It will never, never find me.

I have lost my underwear,
I don't care,
I'll go bare.
Long Johns, Bye, Bye.

The Firing Squad

MacScouter Big Book of Skits

Cast: Firing Squad, Leader, 3 Prisoners

Props: None needed, can use sticks or stave for guns.

Setup: Leader marches out and lines up firing squad on one side of fire in a straight line.

Skit:

L: I will now go and get the first prisoner to be executed for not cleaning up his Patrol gear. (Exits to get prisoner and returns, places prisoner to other side of fire.)

L: Firing Squad. Ready Aim

P1: Avalanche!!!! (Firing squad and leader duck down and prisoner escapes. Leader re-aligns firing squad.)

L: It is okay. We have another prisoner to execute for forgetting his extra socks. (Leader exits and returns with new prisoner who is placed as before.)

L: Firing Squad. Ready Aim

P2: Tornado!!!! (Firing squad and leader duck down and prisoner escapes. Leader re-aligns firing squad.)

L: It is okay. We have another prisoner to execute for volunteering to be an Assistant Scout master. (Leader exits and returns with new prisoner who is placed as before.)

L: Firing Squad. Ready Aim

P3: Fire!!! (Firing squad shoots and carries him out)

More prisoners can be added with additional natural disasters (flood, hail, hurricanes, earth quake, mail call, etc.) and the charges can be altered to fit recent campout or troop events.

Echo Skit 1

MacScouter Big Book of Skits

Cast: Group of campers, Leader and Echo

Props: None needed.

Setup: Group come hiking into camp fire circle, echo of stage and out of sight.

Skit:

L: This is where I found that great echo I was telling you about. Listen... HELLO!!!

Echo: Hello!

L: CHEESE!!!

Echo: Cheese!

L: LETTUCE!!!

Echo: Lettuce!

L: BOLOGNA!!!

Echo: (Silence)

L: I guess it's broken, but I never heard of that before. Let's go ask Mr. _____, our Scoutmaster. He'll know because he is the greatest leader in Scouting.

Echo: BOLOGNA!!!

(All leave)

Separate Scouts can take parts but do not extend too long. Make sure the leader to be named has a good sense of humor before doing skit.

Shawnee Blanket Game

M'lassa Pope

Snatch The Bacon

Various

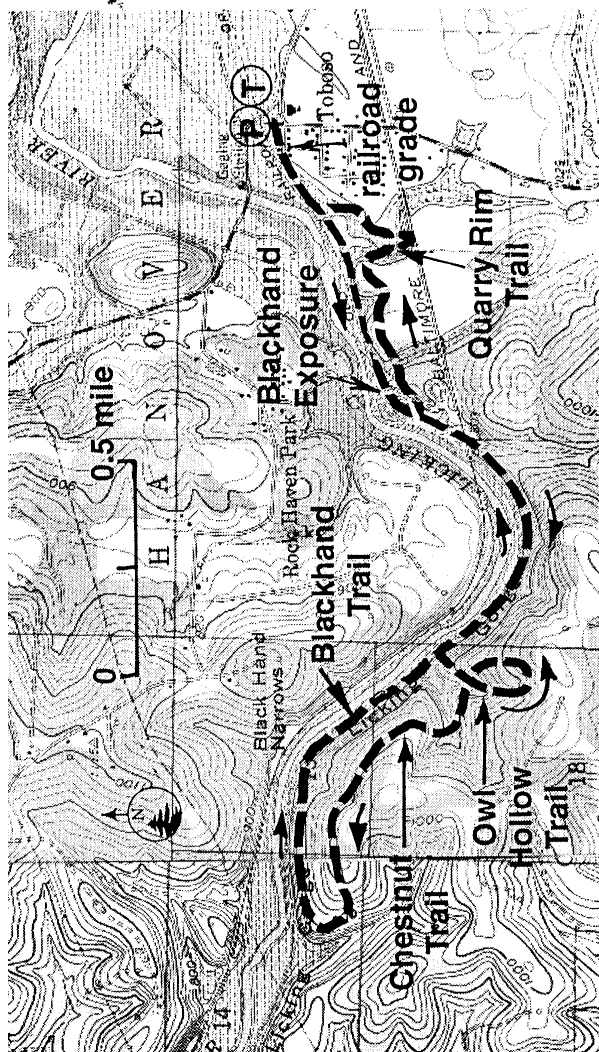
- Equipment:** Neckerchief, can or plastic bottle for bacon
- Setup:** Divide into two teams and have each team count off so each player has a number. Line up teams in numeric order in parallel lines equally distant from the bacon. A leader calls the numbers
- | | | |
|---|---|---|
| | L | |
| 1 | | 1 |
| 2 | | 2 |
| 3 | | 3 |
| 4 | B | 4 |
| 5 | | 5 |
| 6 | | 6 |
| 7 | | 7 |
- Play:** A number or combination of numbers is called. The player from each side with the number called comes to the middle and tries to grab the bacon and return it to his line before the other player can tag him. The bacon must be carried to the line and cannot be tossed. The bacon is returned to the center between each turn. Additional numbers can be called if the original pairs have a stalemate and neither tries to grab the bacon.
- Scoring:** If the player succeeds in getting the bacon to his line his team gets the point. If the other player tags him, then his team gets the point. The team with the most points wins.
- Options:** Can be played by restricting to one-hand, hopping only, crab racing only, etc.

- Equipment:** Blanket or Tarp.
- Setup:** Players form a circle around the blanket tightly holding hands. The blanket should fit inside the circle with some room to move around it.
- Play:** At the call of start, everyone tries to get the other players to step on the blanket by moving, pulling and deforming the circle. A player who steps on the blanket is eliminated from the circle, the circle closes up and play continues. Players may jump around or over the blanket and are eliminated only if they step on the blanket or break the circle by letting go.
- When the circle is too small to fit around the blanket, play stops and the blanket is folded in half. The circle is reformed and play quickly begins again.
- Scoring:** Play is continued until either one or two are left and they are declared the blanket hogs.
- Hints:** Speed, flexibility and ability to respond are better than force in playing the game. Players can push and pull, go with the flow or resist it. Action stops should be minimized to stay in the spirit of the game.

Black Hand Gorge Trail

Black hand Gorge State Nature Preserve

Length - 5 mi.



Follow the Nature Preserve entrance and parking lot.

Trail: **Black Hand Gorge Nature Trail**

Length: 6 miles Level: Easy

Location: Black Hand Gorge Nature Preserve

Toboso, OH

Sponsor: ODNR

Contact:

Fee: No Patch: No Segment: Medal:

Trail Notes: Hiking the trails as shown on the map gives the best experience and views. The Quarry Rim Trail no longer crosses the marsh on a board walk, follow the trail to the south to detour around the marsh.

Some of the Trail is a multi-use surface for biking and hiking, but the Owl Hollow, Chestnut and Quarry Rim Trails are off road. Note the dam along the Quarry Rim Trail from the new population of beaver. This version of the Trail does not cross the river over the Rail Road bridge.

Directions: Take SR 16 through and past Newark to SR 146. Turn right (south) and follow around the curve to CR 273 to Toboso. Follow the Nature Preserve entrance and parking lot. The trail is near to and nearly directly south of Camp Falling Rock

Directions: SR 16 through and east to SR 146. Turn right (south) and follow around the curve to CR 273 to Toboso.

Frnas Shore Trail

Length 6 miles
 Caesar Creek State Park
 3570 East SR 73
 Waynesville, Ohio 45068

the parking lot.

Trail: **Furnas Shore Trail**

Length: 6 miles Level: Moderate to easy

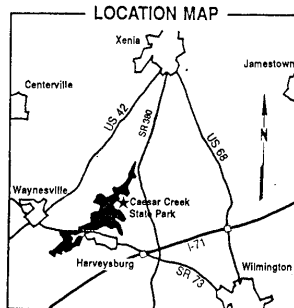
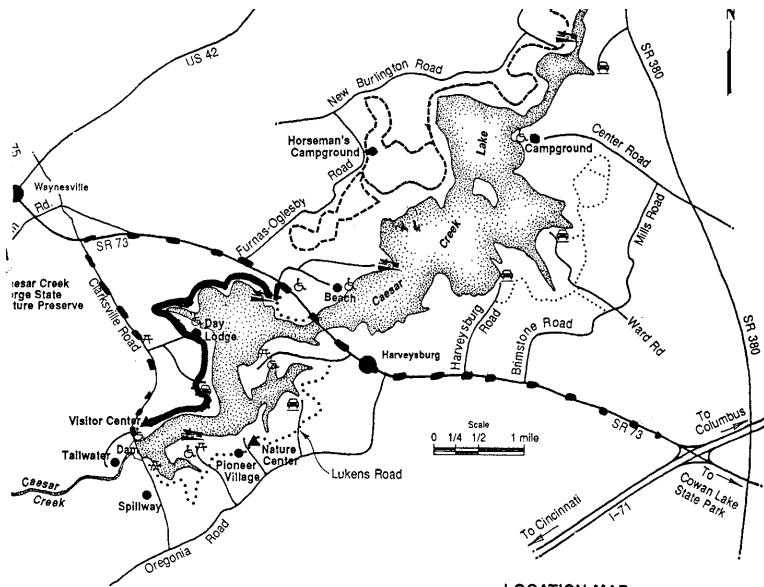
Location: Caesar Creek State Park

Sponsor: ODNR/ Buckeye Trail Assoc.

Contact: Caesar Creek park
 3570 East SR 73

Waynesville, OH 45068-9719

Fee: No Patch: No Segment: Medal:



TRAIL MILEAGE	
Hiking Trails	
Visitor Center to SR 73	7.2 miles
Dam to SR 73 (southern route)	4.3 miles
Bridle Trails (also open to hiking)	
Rosebriar	2.0 miles
Moonlit Vista	3.8 miles
Farmer's Trace	5.0 miles
Solidago Downs	20.0 miles
Mountain Bike Trail	5.0 miles

Trail Notes. Trail can be muddy in early spring and on warm winter days. It is 99% off -road. There is a day lodge with a covered porch and a few picnic tables that makes a great lunch stop (L). Don't miss the museum at the Trail's end.

You can continue the Trail around the lake to make it a longer loop, however the walking is fairly flat and not as scenic as the segment shown.

Camping is available at the Group Site near the public camping area and there is a mountain bike trail in the park for a dual activity weekend.

Directions: I-71 South to SR 73. Turn right on SR 73 and proceed to Furnas Creek Boat Ramp parking lot. Shuttle cars to trail end at Army Corps. Of Engineer's Visitor Cntr. By taking SR 73 to Clarksville Rd. and turning left. Go south to the parking lot.

Directions: I-71 South to SR 73. Turn right on SR 73 and proceed to Furnas Creek Boat Ramp parking lot. Shuttle cars to trail end at Army Corps. Of Engineer's Visitor Cntr. By taking SR 73 to Clarksville Rd. and turning left. Go south to