

SPARKS GO WILD AT THE PALACE

A SPARK AND CARGIVER CAMP TO GO
FROM THE BC CAMPING COMMITTEE



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INTRODUCTION



Welcome to Sparks GO Wild At The Palace. Being a princess and going royally wild should entertain any Spark.

Sparks are full of adventure, and love camps and sleepovers. Often it can be Spark caregivers that are more nervous about Sparks camping than the youth. This camp works wonderfully as a Spark and caregiver indoor weekend camp (two nights), but these activities can certainly be adjusted to be used for a one night camp, sleepover, or day camp.

In this package, you will find the program outline, and a variety of activities, games, and crafts to choose from. As well, there are menu and recipe suggestions, a campfire, Guides Own, kit list, and a caregiver information notice. Build your camp to suit your time of year, location, and number of girls. Pick the activities that work for you and your girls, and draw on the strengths and knowledge of your Guiders and caregivers! Keep in mind that because each Spark will have an adult with her, you are able to do crafts and activities that would usually be beyond a Sparks' ability level. Special thanks to the West Point Grey District Sparks Guiders for their expertise and activity ideas.

Remember to use the most recent Safe Guide forms keeping in mind that Moms are also camp participants, and will need Adult Health Forms (H2s), the same way your Guiders do (<http://forms.girlguides.ca/SitePages/Home.aspx>). Be sure to inform your Camping Advisor and District Commissioner of your camping plans, and draw on the resources available to you within your district (Camping, Music, Program Advisers, local trainers, etc.).

Crests order forms are available on the provincial website at www.bc-girlguides.org, and crests are \$1.00 each for units from BC. There is also an evaluation form at the end of this package, and we would love to hear feedback from you regarding this camp. We love receiving pictures, so please send photos from camp (making sure that everyone in them has image releases in iMIS) and feedback to the BC Camping Committee at camp@bc-girlguides.org.

The BC Camping Committee has two rules in addition to Safe Guide that we ask you follow at each and every camp:

1. Be a No Trace Camper – Take only pictures, leave only footprints
2. Have FUN!!

PROGRAM SCHEDULE

Friday

- 6:30pm** Campers arrive at camp.
Divide girls into 3 groups with suitable names. Set up beds in cabins, decorate cabins.
Assemble the girls' backpacks at the "Castle".
Hand out and have girls colour their backpack name tag and placemats
Hand out the group royal hat.
- 7:30pm** Opening Ceremonies
- Welcome girls
 - Introductions – Guiders, First Aider, Quarter Master, Sparks, Moms
 - Go over camp rules and tour the camp area
- 8:00pm** Mug Up
- 8:30pm** Get ready for bed, bed time story
Lights out for girls
Snacks and social time for adults
- Fill in moms on expectations for camp, etc.

Saturday

- 7:00am** Girls who wake early are allowed to colour
Morning wash up
- 8:30am** Breakfast
Clean up
- 10:00am** – Round Robin
12:00 noon
- 3 stations for 30 minutes each (two crafts and one game)
 - incorporate a snack into station 2
- 12:00pm** High Tea Lunch/chores - Tiaras or hats required
- provide small magnifying glasses to those girls who finish early so they can see "up close" items around the area
- 1:00pm** – Flat Happy/Quiet Time
- 2:00pm** – Round robin
3:30pm
- 3 stations for 30 minutes each (two crafts and one game)
- 3:30pm** Afternoon Snack
- 4:00pm** Free Time
- 4:30 pm** Dinner preparation (Have girls bring "dress-up" clothes for royal dinner)

- 5:00pm** Dinner/Chores
- Dressed up photo op
 - chores
- 7:00pm** Campfire/Knighting Ceremony
- 8:00pm** Mug Up
- 8:30pm** Ready for bed, Bedtime Story
- Lights out for girls
- Guiders prepare for the morning with the girls' crafts, crests, picture frames, treats, etc.

Sunday

- 7:00am** Girls allowed to get up; pack up before breakfast
- Have a craft or quiet activity ready for girls who are ready quickly
- 8:30am** Breakfast/Chores
- 9:45am** Wide game, Scavenger Hunt, and/or outdoor clean-up for girls while moms and Guiders clean the cabin for check-out
- 10:45am** Closing ceremonies/Guides Own/Reflection
- Final Photo Op
 - Girls collect crafts and backpacks
 - Hand out goodie bags and crests
 - Goodbyes & Thank Yous
- 11:15am** Depart camp
- 11:30am** Guiders do a final sweep of camp for garbage, etc.



PROGRAM WORKSHEET

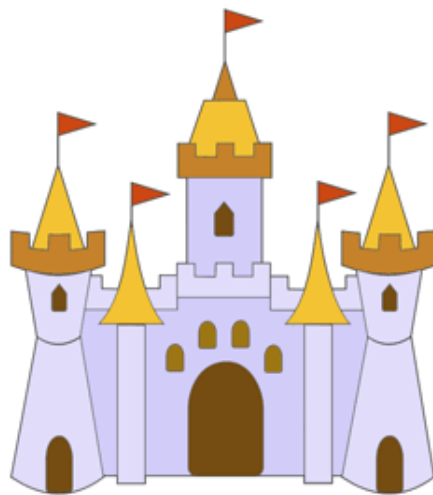
Friday

Time	Activity	Responsible Guider	Equipment Needed
6:30pm	Greet Campers		
	Organize cabin assignments		
	Backpack tags		
7:30pm	Opening		
8:00pm	Mug Up		
8:30pm	Bed		

Saturday

Time	Activity	Responsible Guider	Equipment Needed
7:00am	Colouring pages		
8:30am	Breakfast		
10:00am – 12:00	Station 1		
	Station 2		
	Snack		
	Station 3		
12:00pm	Lunch		
	Chores		
2:00pm –	Station 4		

3:30pm			
	Station 5		
	Station 6		
3:30pm	Afternoon High Tea		
4:00pm	Free Time		
4:30pm	Dinner Prep		
5:00pm	Dinner Photo		
8:00pm	Mug Up		
	Knighting Ceremony		
8:30pm	Bedtime Story		
9:00pm	Prep for Sunday		



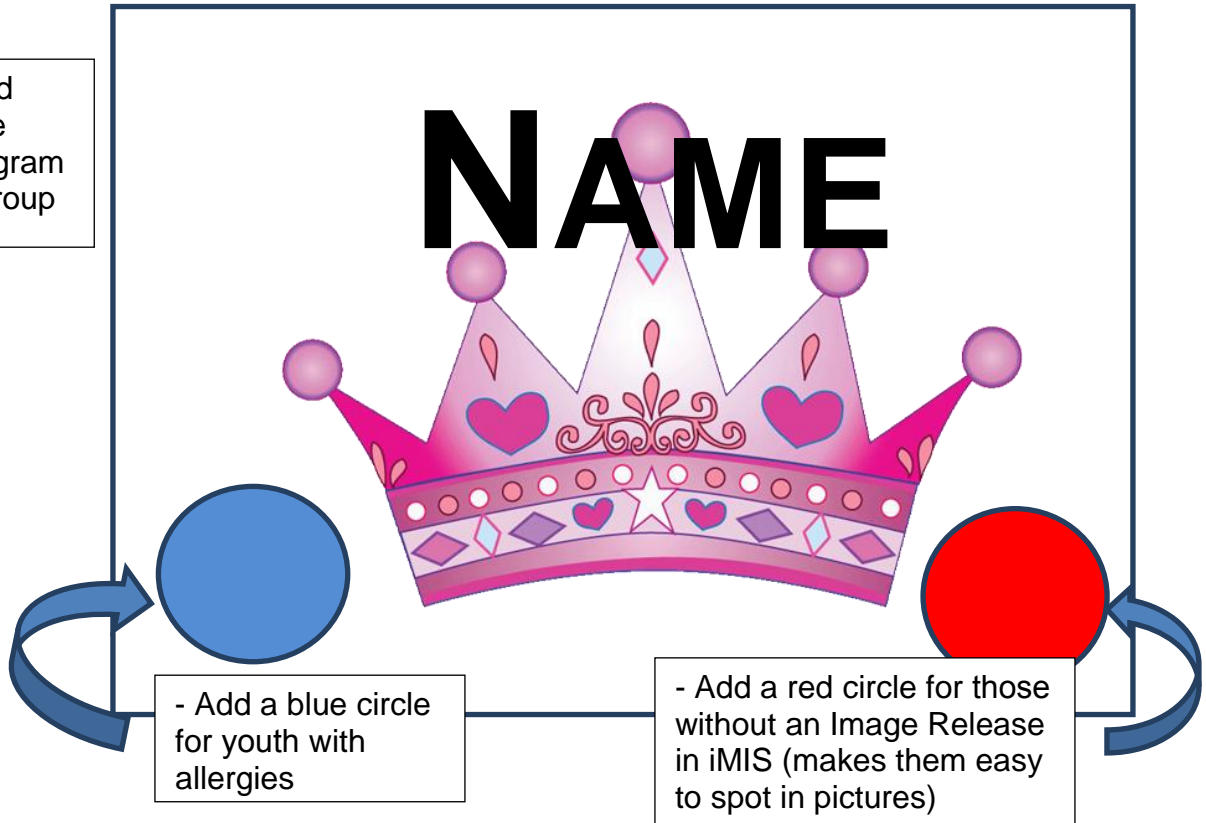
Sunday

Time	Activity	Responsible Guider	Equipment Needed
7:00am	Pack up		
8:30am	Breakfast		
9:45am	Wide game /Scavenger Hunt		
10:45am	Guides Own		
11:15am	Depart camp		

SAMPLE NAME TAG

A printable name tag template can be found on the last page of this document.

- Background colour/shape denotes program and chore group



- Add a blue circle for youth with allergies

- Add a red circle for those without an Image Release in iMIS (makes them easy to spot in pictures)

TIPS & HINTS

Patrol Duties/Chores

Duties should include: helping with meal preparation, setting and clearing the table, dishes, sweeping the floors, tidying washrooms, etc. You know your girls and your camp location best, so your team can decide how and where the girls can be most helpful.

NOTE: Often the girls aren't terribly helpful, but it is important for them to get used to helping with chores at camp. Try to find jobs at each station that the girls can help with: washing and cutting fruit, flipping one pancake, ripping lettuce for salad are all great ways the girls can help in the kitchen.

Sample Chore Chart

Time	Meal prep & setting tables	Wiping tables, sweeping floors	Lats	Dishes
Saturday Breakfast	Group A	Group B	Group C	Group D
Saturday Lunch	Group D	Group A	Group B	Group C
Saturday Dinner	Group C	Group D	Group A	Group B
Sunday Breakfast	Group B	Group C	Group D	Group A

Designating Boundaries

For Sparks and Embers you can use "Mr. Happy" and "Mr. Grumpy" faces cut out of fluorescent poster board. Use a plate to trace then cut out 9 per page. Use bright pink and lime green colours. Draw happy faces on the pink ones and grumpy faces on the green ones then post them around the camp to establish boundaries. If you have Guides or Pathfinders attending the camp with Sparks and Embers they love to put these up for you. At the end of camp take them down and give them to the girls to take home.



NOTES AND TRICKS FOR CAMPING WITH Caregivers AND Youth

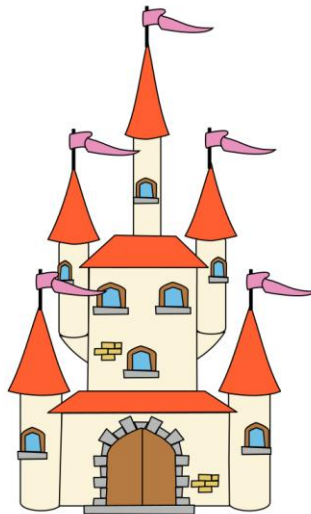
What if a child doesn't have a caregiver? An aunt, grandma, family friend, cousin, or older sister can all be options as camp companions. Flexibility is key in situations such as these; you may decide to allow a dad to come to camp, in which case, pay close attention to the most recent version of Safe Guide, as there are a number of rules that need to be followed for males to stay the night at camp.

It can be helpful to give caregivers lots of notice about the dates of camp itself, especially for families with shared custody agreements. Caregivers may need to make sure that they have appropriate time off work, childcare for other children, or that it is their weekend with their Spark, so giving them idea of what you have in the works is important early on.

It is important to keep in mind that many caregivers will have a hard time not doing everything for their Spark. It is worth reminding caregivers that you are training the girls for camping without them, so they shouldn't be clearing plates, etc. Let the Sparks do things for themselves (and their caregivers) as much as possible!

Putting the moms into chore groups as well as the Sparks often works well, because Spark and Caregiver camps can tend to have one of two types of dynamics: 1. Every caregiver wants to help with every meal, and the Quarter Master/Guiders are constantly having to shoo them away, or 2. None of the caregivers are ever around to help, and the QM/Guiders are constantly having to hunt someone down for help. Having caregivers in duty patrols means that you always have a few caregivers who know they are supposed to help, and where.

From page 20 of the July 2013 version of Safe Guide (the most current version at the time this was released): *For sleepovers and camps, when youth are coming with their female caregiver each youth will be under the care of this person and a PRC is not required.*



PROGRAM NOTES

Place mats: very simple to make, and can be terribly useful! Sparks and caregivers can decorate pieces of construction or other coloured paper, which can be ‘mack-tacked’, laminated with a laminator or packing tape, or simply put into a large Ziploc freezer bag. Place-mats allow you to manipulate where the campers sit for each meal, which can help with encouraging the girls to make new friends and the caregiver to both mix themselves amongst the girls and give their daughters some time on their own.

Name tags can be made in advance or made/decorated at camp. Different shapes or pictures for program groups of Spark and Caregiver pairs can be used, and you can use name tags to help identify girls with an Image Release “No”, food allergies, or other health concerns. There is a sample name tag on page 8.

Program group suggestions: Empress, Princess, Archduchess, Grand Duchess, Duchess, Marchioness, Countess, Viscountess, Baroness, Lady, Dame

Decorations: ideas for ways to really GO WILD for the day!

Prior to the event build a cardboard castle, have the girls paint it and take your group photo in front of it at camp. Check out your local dollar stores for inexpensive jewels, crowns, etc.

- Have tapes or CDs with marching ballroom music.
- Have a stable area for the hobby horses.
- Present flowers to the Queen as a thank you for coming. Have the girls make a few extra when you do this craft.
- Check out your library for books about princesses and palaces.
- Look for fabric decorated with princesses to make scarves for each group. Boas in different colours would also add elegance.

Ideas for Goodie Bags:

mini notebooks

- magnifying glasses (can also be used after lunch)
- gold wrapped candy
- pencil or pen
- mini compass
- princess jewelry from a dollar store

Group Photo(s)

Gather your Sparks for a group photo at campfire and/or dinner to see them in their finery. Don't forget some fancy gloves and crowns.

To use this camp for Embers: it's also fairly simple, have a weekend camp without caregivers. If you are having an overnight camp a two-night camp and give the participants time to make the hobby horses, lots of flowers for decorations as well as more elaborate jewelry. You can also expand the race course and add more deportment tasks, making it a little more challenging.

GAMES, CRAFTS, ACTIVITIES

Tiaras

Materials:

- metallic silver pipe cleaners (at least five per person)
- sparkly cut glass or plastic beads (20-50 per person depending on bead size)

Method:

- Make a base for the tiara by threading beads onto one pipe cleaner. Space the beads evenly and curve the pipe cleaner into a U shape to fit the girl's head. This is the base.
- Thread beads onto the remaining pipe cleaners and add to the tiara by twisting the end of each pipe cleaner onto the base.
- Make a tiny, tasteful princess-sized tiara or a flashy big one.

Elbow Length Gloves for Tea

Materials:

- one pair of knee high stockings for each participant (preferably black)

Method:

- Snip off one corner of the toe to make a thumb hole.
- Make a larger opening for the fingers. This can also be done by snipping off the stitching
- Start small—it's easy to enlarge the hole but it's not easy to make the hole smaller. Have extra stocking on hand in case they're needed.

Jewels

Materials:

- sewing elastic (available at most fabric stores)
- sequins
- glass beads
- anything sparkly
- glue gun with glue or needles and thread

Method:

- measure a length of elastic to fit around the wrist or neck (plus a little bit)
- staple or sew the elastic together (an adult will need to do this, may be done ahead of time)
- sew or glue gun (adults to do this or closely supervise) sequins, glass beads, etc to elastic

Note: The gloves look really fabulous with shiny bracelets made of sequins and sparkles! You can also make wonderful necklaces, which will make "High Tea" very fancy! Check out the glass beads available at your favorite craft store for more options. After all, you can never have too much sparkly jewelry!

Hats

Have the girls make hats for "High Tea" in the garden. Use paper plates and decorate with flowers, bows, ribbons etc.

Flowers for the Queen's Visit

Materials:

- 6 sheets of colored tissue paper per flower (14" x 20" for a large flower or 7" by 10" for a small flower)

- three pipe cleaners per flower

Method:

- Place the sheets of tissue paper one on top of the other.
- Fold the layers together like a fan, starting at the narrow end.
- Tie the “fan” together with a pipe cleaner at the center.
- Carefully pull the layers apart to form the flower.
- Tie the bottom of the flower together with the second pipe cleaner.
- Attach the last pipe cleaner to make a stem for your flower.

The flowers can be all one color or an assortment of colors to make a rainbow flower!

Hobby Horse #1

This is a really simple hobby horse for the girls to make.

Materials:

- brown paper lunch bag
- string or ribbon
- construction paper
- felt markers
- decorations for each hobby horse
- craft sticks—tape or glue several together to make a “stick” for the hobby horse

Method:

- Open the paper bag and stuff with tissue paper or newspaper to make the horse’s head.
- Insert the “stick” in the end of the paper bag.
- Gather the ends of the bag around the stick, and tape or tie the end of the paper bag together.
- Cut ears, eyes, mouth, nostrils and bridle. Glue them on or colour them with felt markers.
- Add yarn, shredded paper for a mane or colour with felt markers.

Note:

If something more challenging is needed for Embers search the internet or check at your local library; there are many variations available.

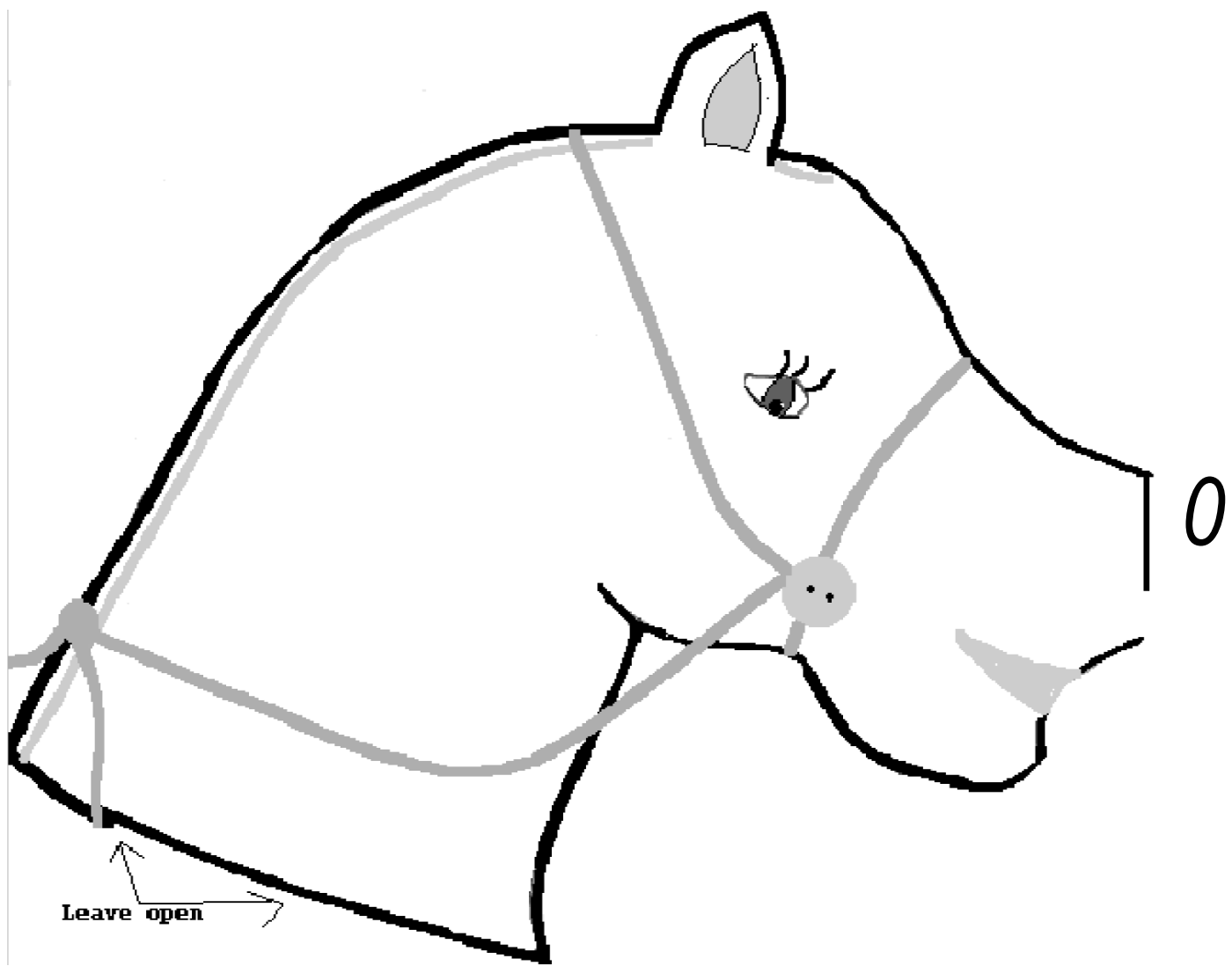
Hobby Horse #2**Material:**

- hobby horse template
- heavy construction paper or poster board
- length of dowel material for stick (approximately 1” x 36” long, depending on the size of the girls)
- yarn or shredded paper
- newspaper or tissue paper for head
- glue
- glue gun (optional) for dowel

Method:

- Enlarge the included template to the size you want and then calculate how large a piece of construction paper/poster board is needed for each horse.
- Trace out the pattern, cut and glue the two sides together leaving an opening in the neck of the horse to insert the dowel.
- Decorate the pony by colouring eyes, nostrils, mouth and ears.
- Add a mane by gluing on yarn or shredded paper.
- Stuff the head with newspaper or tissue paper to give it some dimension.

- Use white craft glue to attach the dowel inside the two sides of the head and let dry.



Paper Bag Princess Puppet

Material:

- lunch bag size paper bags (at least one per youth)
- crayons
- scissors
- construction paper
- glue
- anything else that catches your imagination

Method:

- Each participant gets one paper bag.
- Lay it flat on the table with the “flap” part facing up.
- The “mouth” should be where the flap of the bag is.
- Colour, glue, etc to the paper bag



Note: Make sure you can put your hand inside the bag to make the “mouth” work. Don’t forget to put each girls’ name on their princess.

Placemats (if staying overnight)

Here are a couple examples of what you could put on a placemat. Other ideas are available on the internet. Give the girls some crayons and let them colour their own. Write each girl’s name on her place mat.

Note: If you use an 8 ½ x 11 sheet of paper the placemat can be slipped into a plastic page protector for easy cleaning after meals.



Princess Cone Hat

Materials:

- construction paper
- scissors
- glue
- string
- pencil
- ruler
- scotch tape
- stapler
- crepe paper or any sheer paper/fabric
- other things to decorate the hat: ribbons, fabric, boas, sequins, stickers, rhinestones, glitter glue, paper cut-outs, craft foam shapes, etc.



Method:

- Draw a quarter circle with a radius of about 14 to 16 inches using a pencil tied to a string. It will be helpful to tape the string to the pivot point.
- Practice first with newspaper to ensure that the quarter circle makes a cone hat that fits well on the girl's head.
- Cut out the quarter circle.
- Trim off a little bit from the tip or pivot point of your quarter circle.
- A princess cone hat usually has a trailing veil or streamers at the tip. To make one for your hat, you can use any of these materials:

Trailing streamers: cut 5 to 6 long strips (approximately 1 to 1.5 inches wide) of crepe paper. Gather the streamers on one end, and twist to compact that end.

Dainty veil: cut specialty tissue paper or any sheer fabric into a rectangular piece (approximately 20" x 30").

Fold lengthwise and pinch one third of the way along the folded edge. Hold up the material by the pinched end and arrange the folds of the flowing material;

- Twist or tape the paper/fabric at the pinched end.
- Tape the trailing veil or streamers onto the tip of your quarter circle.
- Roll the quarter circle into a cone and staple at the base.
- Glue or tape along the seams.
- Add a chin strap if you like. Punch opposite holes along the bottom edge of the hat and attach an elastic string.



Let the girls have fun and express their creative flair by providing them with lots of materials to work with such as ribbons, boas, sequins, stickers, rhinestones, glitter glue, fabric scraps, craft foam, etc. This could be done at a meeting prior to the camp.

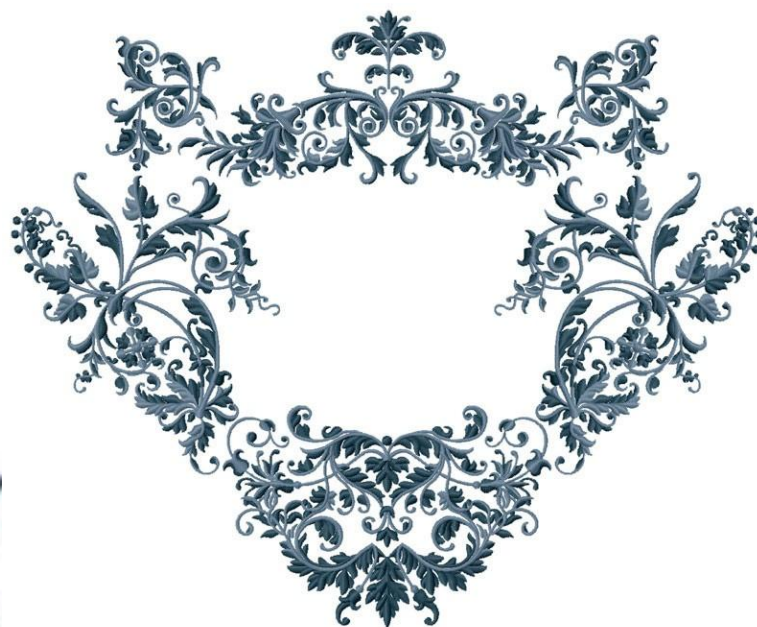
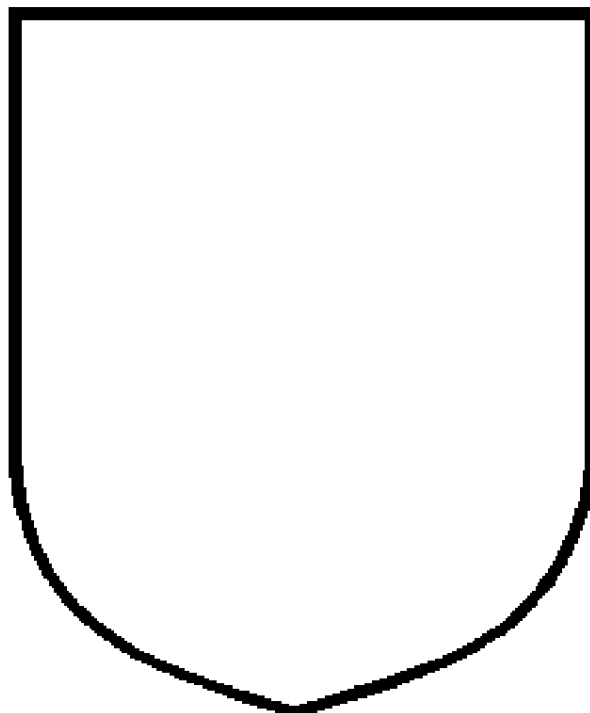
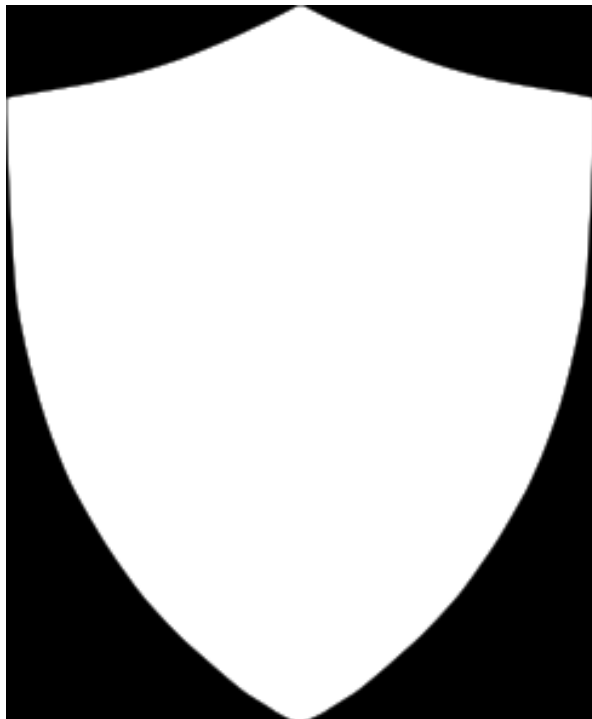
Picture Frame

Use a picture that has been taken of each participant in her Spark uniform prior to camp to make a "royal" picture. Or take a picture of each participant in her royal finery at camp and frame it as a gift for later or the end of the year or just as a keepsake of the camp.

(continued on next page)

Shield

Use the outline of a shield and have each participant create and colour her own crest on a shield.



Off to the Races with the Hobby Horses

Set up an obstacle course to include a water hazard that must be “jumped”. Use pylons for the girls to weave in and out of. Set up several fences for “jumping”, include a figure eight and then a straight run to the finish. The girls can ride their mounts through the course in teams for a relay. You can make hobby horses at one of the activity stations if everything is pre-cut, or plan to make them at a meeting before camp. If you choose not to make the hobby horses, the girls can be the “ponies”.

Department Races

A lady always walks tall! Set up a course that includes walking in a straight line, sitting on a chair, bending at the knee to pick up an object off the ground and then turning around and coming back to their teammates, all with a book/pillow etc. on their head! If the object falls off, they must start over.

Make the Guards Smile

In the grand tradition of Buckingham Palace, the guards never smile. Choose one group to be the guards and the others to be the “tourists” trying to make the guards smile or better yet, laugh! Jokes, funny faces and antics are all fair game but no touching! Make sure everyone gets a turn to be a guard.

For the Good of the People

We all know that the Royal Family like to help people so in order to carry on this tradition, plan a service project that the girls can do in about a half hour. This could be a litter chase around the area of your event, planting flowers/bulbs/seeds in the garden at a nearby meeting place, seniors home, etc., decorating place mats for a “Meals on Wheels” program or... Check out the possibilities in your community or at your camp. For their hard work and effort, the Sparks will be knighted!

Royal Kim's Game

For Sparks, try playing this game by arranging the objects on a tray and having the girls observe them. Then remove one object and have them tell you what is missing. Use objects that fit the theme such as jewels, cup and saucer, stuffed horse, plastic crown, picture of a castle, a princess figure, etc.



Knighting Ceremony—the Dubbing of a Knight

Have a leader or another adult dress up as the Queen for the ceremony. You can knight each participant individually if you have a small number or if you have a large group of girls plan to knight them in the groups they have been in for the day.

The Queen's assistant says:

Your Majesty, I ask that you bestow the title of knight on (insert girl's name or this special group of Sparks)
for doing good deeds in the community of (insert name of campsite or town.)

Queen says:

Is it your noble judgment that (insert name) is/are worthy of the honour?

Assistant says:

It is, your Majesty.

Queen says:

Call forward (insert name) to be knighted.

Assistant calls forward the



Spark/Sparks. Queen says:

In recognition of your good service in your community I hereby proclaim you to be a knight (or Knights) of this royal palace.

Assistant hands out crests (or something else if staying overnight and crests are to be handed out as part of the closing ceremony) to the new knights.

When all the Sparks have received their crests, the Queen asks them to say the Spark Promise.

I packed my suitcase—for a visit to the palace

(Campfire Activities, p. 151)

- Sit in a circle. Have the first player say: "I packed my suitcase and in it I put..." She should complete the sentence with something she would bring along.
- The next player says, "I packed my suitcase and in it I put [first person's object] and ..." and she adds her own item.
- Each person has a turn naming all the items that came before hers and adding one of her own.

It might go something like this:

- First person: "I packed my suitcase and in it I put a comb."
- Second person: "I packed my suitcase and in it I put a comb and a crown."
- Third person: "I packed my suitcase and in it I put a comb, a crown and a pair of dancing shoes."
- Continue until everyone has had a turn.

Rindercella as told by Archie Campbell

(Read the following story. You might want to read this through a few times before reading it out loud.) Once upon a time in a corn foundry there lived a geautiful birl and her name was

Rindercella. Now

Rindercella lived with her mugly other and two sad blisters. Also in this same corn foundry there lived a pransome hince.

This pransome hince was going to have a bancy fall and he invited people for riles around, especially the pich reople. Now Rindercella's mugly other and her two sad blisters went to town to buy some dancy fesses for the bancy fall, but Rindercella couldn't go cause all she had to wear were some old ruddy dags.

Finally the night of the bancy fall arrived and Rindercella couldn't go so she just crank down and shried. And she was sitting there shrieing when all of a sudden there appeared before her, her gay mudfather and he touched her with his wagic mand and there appeared before her a kig bulch and hix white sorces to take her to the bancy fall.

He said – "Rindercella, be sure to be home before midnight or I'll purn you into a tumpkin!"

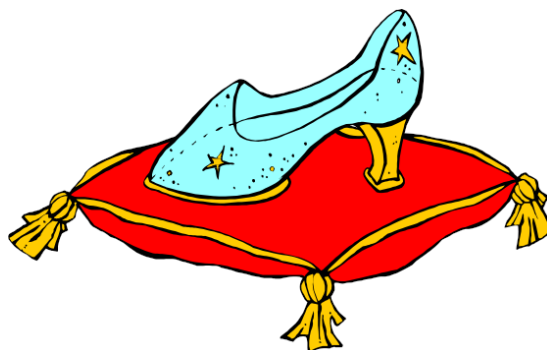
When Rindercella arrived at the bancy fall the pransome hince met her at the door because he'd been watching behind a wooden hindow. Rindercella and the pransome hince manced all night until midnight and they lell in fove. But finally the midclock struck night. Rindercella spaced down the rairs and just as she beached the rottom she slopped her dripper!

The next day, the pransome hince went all over this corn foundry looking for the geautiful birl who had slopped her dripper. They finally came to Rindercella's house, and he tried it on the mugly other and it fidn't dit. Then he tried it on the two sisty uglers and it fidn't dit. Then he tried it on Rindercella and it fid dit! It was exactly the sight rize!

And so they were married and lived heavenly after happily.

Now the storall of the mory is: If you go to a bancy fall and you want a pransome hince to lell in fove with you

– don't forget to slop your dripper!



MENU & RECIPES

Friday Mug Up	English Royal Shortbread cookies
	Shortbread cookies can be served in fancy cupcake cups
Saturday Breakfast	Royal Pancakes
	Crown shaped pancakes, fruit, bacon,
Saturday Snack	Crackers and cheese
Saturday Lunch	High Tea
	<p>Fancy sandwiches, Veggies & Dip</p> <p>Scones with strawberry jam</p> <p>Cucumber Sandwiches</p> <ul style="list-style-type: none"> • English cucumbers • white bread • whipped cream cheese or softened butter • salt <p>Peel cucumbers, slice very thin, sprinkle with salt and lay on paper towel to drain. Spread a little cream cheese or butter on bread slice and layer on cucumbers.</p> <p>Cut off crusts and cut sandwiches into squares, triangles or use cookie cutters for fun shapes.</p> <p>Other sandwich ideas :chicken salad, tuna salad, egg salad, cheese, tomato, peanut butter</p> <p>Scones</p> <ul style="list-style-type: none"> • 2 cups flour • 1 tbsp. baking powder • 2 tbsp. sugar • ½ tsp. salt • 6 tbsp. butter • ½ cup buttermilk • lightly beaten egg <p>Mix dry ingredients, cut in butter until it resembles cornmeal. Make a well in the centre and pour in buttermilk. Mix until a soft dough is formed. Then roll out in to a circle approximately 1” thick. Score the dough with a knife into 8 wedges, and brush with egg. Bake at 425°F for 10 to 20 minutes or until lightly brown. (As an alternative, pick up ready-made scones at a bakery!)</p> <p>Serve High Tea (or high hot chocolate), in real tea cups if possible</p>

<p>Saturday Afternoon Snack</p>	<p>Crown Jewels Allergy Free Trail mix - smarties, pretzels, fruit loops for colour, etc.</p>
<p>Saturday Dinner</p>	<p>Coronation Dinner (Pheasant Under Glass) Chicken nuggets,veggies and dip, potato wedges, fruit or angel food cake with mock Devonshire cream</p> <p>Chicken nuggets Coat chicken strips with “shake ‘n bake” or make your own coating.</p> <p>Potato Wedges</p> <ul style="list-style-type: none"> • 4 potatoes (determine how many by the number of people you are feeding) • 1 tbsp (15 ml) vegetable oil • ½ tsp (2 ml) paprika • ¼ tsp (1 ml) each salt and pepper <p>Scrub potatoes; cut into 6 wedges each and place in large bowl. Add oil, paprika, salt and pepper; with wooden spoon, toss to coat. Spread on rimmed baking sheet. Bake in bottom third of 450°F (230°C) oven, turning once, until tender, about 25 minutes</p> <p style="text-align: center;">Mock Devonshire Cream</p> <ul style="list-style-type: none"> • ½ cup of heavy cream or 8 oz. of softened cream cheese • 2 tbsp. confectioner’s sugar • ½ cup sour cream <p>In a chilled bowl, beat cream until medium-stiff peaks form, adding sugar in the last couple of minutes. (If you are using cream cheese, just stir together with sugar). Fold in the sour cream and blend.</p> <p>Note: If your location allows for it, set the tables with tablecloths, cloth napkins and a vase of flowers for a special touch! Everyone wears their tiaras and diamonds of course!</p>
<p>Saturday Mug Up</p>	<p>Hot chocolate, Lady Finger cookies</p>
<p>Sunday Breakfast</p>	<p>Yogurt, fruit, toast bar, cereal</p> <p><i>Toast Bar:</i> Toast can be an exciting breakfast for Sparks, with little clean-up for adults!</p> <p>Prepare slices of toast and let the girls choose their toppings. Topping suggestions: butter, a few different kinds of jam including something that the girls likely haven’t tried (strawberry rhubarb jam?), peanut butter (if the allergies of your group allows), nutella, cinnamon sugar, bananas, powdered sugar, cheese whiz, anything you think might be fun to try!</p>

CAMPFIRE



Spark meeting opening song

Can You Hear the Bells

Jennie Jenkins

If You Should Meet An Elephant

Hey, hey, hey, Jubilee Hey

My Bonnie Lies Over the Ocean

Thorn Rosa

Buddies and Pals

Silver & Gold

On My Honour

Spark Closing

Taps



“The Queen of England lives in Westminster. Can you hear the bells?”

The Little Bells of Westminster (Sing a Song with Sparks and Embers, p. 14) The little bells of Westminster
Go ding, dong, ding, dong, dong.

“What would you wear to meet a Queen? Jenny Jenkins could not decide when she was asked.”

Jennie Jenkins (Songs to Sing and Sing Again, p. 28)

Will you wear white, oh my dear, oh my dear?
Will you wear white, Jennie Jenkins?
No, I won't wear white for the color's too bright
I'll buy me a fol-de-rol-dy, til-de-tol-dy
Seek-a-double, use-a-cause-a, roll-a-find-me
Roll, Jennie Jenkins, roll.

Will you wear blue, oh my dear, oh my dear?
Will you wear blue, Jennie Jenkins?
No, I won't wear blue 'cause blue won't do
I'll buy me a fol-de-rol-dy, til-de-tol-dy
Seek-a-double, use-a-cause-a, roll-a-find-me
Roll, Jennie Jenkins, roll.

Will you wear red, oh my dear, oh my dear?
 Will you wear red, Jennie Jenkins?
 No, I won't wear red, it's the color of my head
 I'll buy me a fol-de-rol-dy, til-de-tol-dy
 Seek-a-double, use-a-cause-a, roll-a-find-me
 Roll, Jennie Jenkins, roll.

Will you wear pink, oh my dear, oh my dear?
 Will you wear pink, Jennie Jenkins?
 No, I won't wear pink, I'd rather drink ink
 I'll buy me a fol-de-rol-dy, til-de-tol-dy
 Seek-a-double, use-a-cause-a, roll-a-find-me
 Roll, Jennie Jenkins, roll.

Will you wear green, oh my dear, oh my dear?
 Will you wear green, Jennie Jenkins?
 No, I won't wear green, it's the color of a bean
 I'll buy me a fol-de-rol-dy, til-de-tol-dy
 Seek-a-double, use-a-cause-a, roll-a-find-me
 Roll, Jennie Jenkins, roll.

Will you wear rose, oh my dear, oh my dear? Will
 you wear rose, Jennie Jenkins?
 No, I won't wear rose, it's the color of my nose
 I'll buy me a fol-de-rol-dy, til-de-tol-dy
 Seek-a-double, use-a-cause-a, roll-a-find-me
 Roll, Jennie Jenkins, roll.

**“You must be on your best behavior when you are introduced to a Queen.
 Perhaps there are some hints in this song about meeting someone.”**

If you should meet an elephant (Sing a Song with Sparks and Embers p. 26)

If you should meet an elephant, on a summer's day
 What would you do? What would you say?
 I'd say, “Good morning
 elephant, how do you do? I'm
 glad to meet you elephant
 I'd like to dance with you”.

Try adding a verse

“If you should meet a queen, on a summer's day...”

“The Queen celebrated her Diamond Jubilee in 2012. She was crowned over 60 years ago!”

Hey, hey, hey, Jubilee Hey action song (Our Cabana, p. 66)

Hey, hey, hey! Jubilee
 hey! Hey, hey, hey!
 Jubilee hey!
 Ju-ba-ju ba-ko, ju-ba-ju ba-ko
 Ju-ba-ju ba-ko, ba-ko, ju-ba ju ba-ko hey!

“We will to travel across the ocean to visit the Queen’s palace. Do you know who lies over the ocean.”

My Bonnie Lies over the Ocean (Campfire Activities p. 118)

My Bonnie lies over the ocean; my Bonnie lies over the sea
 My Bonnie lies over the ocean; oh bring back my Bonnie to me.

Refrain: Bring back, bring back; bring back my Bonnie to me, to me
 Bring back, bring back; bring back my Bonnie to me.

Last night as I lay on my pillow; last night as I lay on my bed
 Last night as I lay on my pillow; I dreamt that my Bonnie was dead.

Refrain

Oh blow the winds o'er the ocean; and blow the winds o'er the sea
 Oh blow the winds o'er the ocean; and bring back my Bonnie to me.

Refrain

The winds have blown over the ocean; the winds have blown over the sea
 The winds have blown over the ocean; and brought back my Bonnie to me.

Refrain

“There was a princess a long time ago and her name was Thorn Rosa.”

Thorn Rosa (Sing a Song with Sparks and Embers, p. 18)

Thorn Rosa was a princess fair, princess fair, princess fair.
 Thorn Rosa was a princess fair. Long, long ago.

Stand in a circle, comb hair.

She lived up in a castle high, castle high, castle high
 She lived up in a castle high. Long, long ago.

Raise hands over head and touch fingers together.

A wicked witch put a spell on her, spell on her, spell on her.
 A wicked witch put a spell on her. Long, long ago.

Flick out fingers, casting a spell.

Thorn Rosa slept 100 years, 100 years, 100 years
 Thorn Rosa slept 100 years. Long, long ago
 Everyone put hands on their head

The briar hedge grew oh so high, oh so high, oh so high.
 The briar hedge grew oh so high. Long, long ago.
 Everyone join hands and raise them up slowly.

A handsome prince came riding by, riding by, riding by.
 A handsome prince came riding by. Long, long ago.
 Gallop in a circle, clockwise.

The princess wakened at his touch, at his touch, at his touch.
 The princess wakened at his touch. Long, long ago.
 Rub eyes and stretch, waking up.

The prince and princess rode away, rode away, rode away.
 The prince and princess rode away. Long, long ago.
 Gallop in a circle, counter-clockwise.

“If you got to know a princess really well you might even become Buddies and Pals.”

Buddies and Pals

You and me we're gonna be partners
 You and me we're gonna be pals
 You and me we're gonna be partners,
 Buddies and pals.

You and me we started as strangers
 You and me we came from afar
 You and me we started as strangers
 Now we are pals.

From now on we're going to be partners
 From now on we're going to be pals
 From now on we're going to be partners
 Buddies and pals.

Actions

You and me: point at others in the circle on "you", and at yourself on "me".
 Partners: put hands around each others' shoulders.

Buddies and pals: put hands around each others' shoulders, sway back and forth.

GUIDES OWN & REFLECTIONS

Guide's Own is a special ceremony. It can be used at a camp or any event for personal reflection. It can also be used as a time to give thanks for all we have and our special guiding friends. Guide's Own can be adapted for use with girls of all ages.

A Guide's Own ceremony can be as simple or as complex as you would like to make it – but keep in mind the age of your girls. Also keep in mind the dynamics of your group. Some are much more introspective than others. As the girls get older this is an activity that they can participate in and eventually plan, similar to a campfire.

A Guide's Own can consist of a quiet time, some reflective poems depicting the theme of your camp, a reading of some sort, a song, a short story, or any combination of these.

Simple Thank you to Camp

Ask the campers, as they are helping to pack and clean up, to pick up a rock, twig, or other piece of nature (not living) that is special to them. At your Guide's Own ceremony, ask the campers to come forward, one at a time, and place their rock/twig/etc. in the middle of the circle, and think of something at camp that they are thankful for or they will take away from camp. Campers don't need to share what it is they are thinking of or thankful for; it can be a silent reflection of camp, and a thank you to the camp itself.

A Star and a Wish

This is a good one to use for Sparks since it involves the girls but in a relatively easy way. Each participant takes a turn to say one thing they really liked about the camp (the star) and something that they might not have liked so much or something that they would have liked to do but didn't or something similar to that (the wish). You can incorporate that into the closing and not have a formal Guide's Own scheduled for a separate time.



Go Well and Safely – (Departing Song)

Go well and safely,
go well and safely,
go well and safely,
may peace be ever with you.

Stay well and safely,
stay well and safely,
stay well and safely,
may peace be ever with you.

Live well and safely,
live well and safely,
live well and safely,
may peace be ever with you.

GUIDER EQUIPMENT LIST

Items not listed under Crafts, Games or Activities. Check with the camp to see what is provided.

- Tarps, blankets or tables to do crafts on
- Extra blankets for “cold” girls
- First Aid kit
- Whistle
- Watch or clock
- Camera for group photo & other pictures
- Camp Crests (Optional)
- Safe Guide forms: Girls' and Leaders' Health forms (H.1 & H.2), SG.3, SG.4, H.3, H.4
- Available phone if not provided (cell phone)
- Camp menus & food
- Camp tools- hatchet if needed for campfire, shovel for dirt for campfire safety
- Marshmallow sticks, if desired
- Matches, lighter, newspaper (for starting a fire)
- Duct tape
- Cooler
- Camp stove with extra fuel (propane canister if small or white gas if using this type of stove)
- Lantern with necessary hoses
- Cooking utensils & cookware

Suggested items: pots, fry pan, can opener, knives, spoons, spatula, juice jug, water jug, bowls, coffee pot, kettle, pot holder, cutting boards, grater, measuring cups/spoons, toaster.

Other kitchen items: coffee, salt, pepper, baking soda (in case of grease fires), tin foil, paper towels, kitchen towel, wipes, non-stick cooking spray or oil, tablecloths, napkins, rubber gloves, garbage bags, food handling gloves, zip-lock bags, rope for clothes line & clothes pins

Dish washing – 3 pans, biodegradable soap, clothes and towels, bleach, scrubbies,

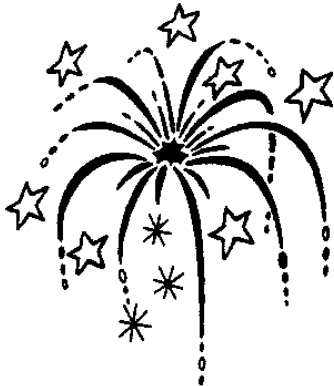
- Hand sanitizer if using biffies – hand soap if not
- Water jug
- Buckets, - water, fire safety

Caregiver **INFORMATION NOTICE**

Sparks Go Wild At The Palace Spark & caregiver Camp

Friday, _____ to Sunday, _____

Sparks and their caregivers are invited to join us for a weekend of camping fun as we celebrate a royal celebration at the palace.



<Insert information about the camp location>

For the caregivers it will be a chance to spend some quality time with your Spark, meet the other Sparks and caregivers, and learn more about Guiding and what it is we do as Sparks! For the Sparks, it will be a chance to spend one-on-one time with their caregiver, get to know their fellow Sparks, practice their camping skills, and hopefully gain the confidence they need to attend camp by themselves later in the year.

When: Friday, Day Month, Year
Arrive at camp at 6:30pm
to
Sunday, Day Month, Year
Departure from camp at 11:15am

Where: Location

How Much: The cost for the weekend will be \$XX per Spark and caregiver

pair What To Bring: See Kit List attached.

If you and your child would like to attend, please return your forms and payment by

_____.

If you have any questions or concerns, please do not hesitate to contact _____.

We would like to have as many participants as possible, and we will do whatever we can to ensure that you and your child have an extra special weekend!

CAMPING KIT LIST

BED ROLL:

- Sleeping bag & small pillow (bunk beds have mattresses)

CLOTHING:

- Spark t-shirt (girls should travel to camp in it)
- 2 pairs of long pants
- 2 long sleeved shirts
- 3 changes of underwear
- 4 pairs of socks
- Warm pajamas
- Warm sweater/sweatshirt
- Warm hat (toque)
- Gloves or mitts
- Rain gear (water-proof jacket & pants)
- Rain boots
- Outside shoes for dry weather
- Indoor shoes or slippers



OTHER:

Costume for the Ball
Flashlight & extra batteries
Water bottle
Toothbrush/paste, soap, and other toiletries
Brush/comb
Small towel & wash cloth

OPTIONAL:

- 1 Small stuffed animal for bedtime
- Camera
- Book/quiet time activities
- Camp blanket

REMINDERS:

We will be going outside rain or shine, so please make sure you have the appropriate clothing for the weather.

Girls are expected to wear hats at all times when outside at camp. Cargiver should help us set a good example.

Remember **“a warm camper is a happy camper”** and that wool, fleece and synthetic materials are warmer than cotton for ANY clothing items!

Please ensure that ALL of your items are clearly labeled with names (including bags for sleeping bags)!

TENT CAMPING KIT LIST

(or without bunks/mattresses)

BED ROLL:

- 1 warm sleeping bag
- 1 sleeping mat – nothing that has to be blown up with a pump, please!
- 1 small pillow (or pillow case to stuff with clothes)
- 1 small tarp
- rope for tying bed roll



CLOTHING:

- Spark t-shirt (girls should travel to camp in it)
- 2 pairs of long pants
- 2 long sleeved shirts
- 3 changes of underwear
- 4 pairs of socks
- Warm pajamas
- Warm sweater/sweatshirt
- Warm hat (toque)
- Gloves or mitts
- Rain gear (water-proof jacket & pants)
- Rain boots
- Outside shoes for dry weather
- Indoor shoes or slippers

OPTIONAL:

- 1 Small stuffed animal for bedtime
- Camera
- Book/quiet time activities
- Camp blanket

OTHER:

Costume for the Ball
Flashlight & extra batteries
Water bottle
Toothbrush/paste, soap, and other toiletries
Brush/comb
Small towel & wash cloth

REMINDERS:

We will be going outside rain or shine, so please make sure you have the appropriate clothing for the weather.

Youth are expected to wear hats at all times when outside at camp. Caregivers should help us set a good example.

Remember “**a warm camper is a happy camper**” and that wool, fleece and synthetic materials are warmer than cotton for ANY clothing items!

Please ensure that ALL of your items are clearly labeled with names!

EVALUATION FORM

Please share with us what you liked about this Camp to Go, and any things that we could improve on for next time! Thanks for your input, and Happy Camping!

WHAT DID YOU LIKE BEST?

WHAT WORKED/DIDN'T WORK FOR YOU?

WHAT COULD WE IMPROVE ON FOR NEXT TIME?

COMMENTS

Please return to:
BC Camping Committee
1476 West 8th Ave.
Vancouver, BC V6H 1E1

or e-mail to:
camp@bc-girlguides.org

