

Eagle Point Nature News

Adventure Awaits....

www.epbrparkscouncil.org



May 14, 2020



The Camping Issue

*K.Schwengler, Education & Outreach Coordinator,
EPBR ParksCouncil*

Have you ever slept under the stars? Do you still remember how special (or maybe scary) it was?

Many campsites are closed, but a backyard camp-out is something many kids can plan for and look forward to! Kids are creative! Let them design their own makeshift shelter! It can be as simple as a blanket fort or as complex as a lean-to or tipi! If you prefer they use a tent, let the kids figure out how to set it up. Don't forget to bring out plenty of blankets, a comfortable pillow and mat to sleep on! And of course, a flashlight with fresh batteries for a shadow puppet show and some campfire ghost stories!!

This issue is a tribute to May long weekend - everything from shelter building to outdoor cooking to trail stewardship activities, star gazing apps and campfire ghost stories!

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GOOD STUFF TO DO WITH YOUR KIDS - Part 5

Activity 1. Design & Build a Backyard Shelter & Spend the Night in It!

"Now I see the secret of making the best person: it is to grow in the open air and to eat and sleep with the Earth." Walt Whitman

*** LEAN-TO:** Got the space and the resources? Build a lean-to like the one on this issue's cover! You'll need two sturdy standing trees, a cross beam and lots of deadfall.

*** BLANKET FORT:** Good for limited space and rain free nights! Stretch a rope between two points and drape a blanket or tarp over them. Tie each corner of your blanket or tarp to a stake to provide lots of room for sleeping! Use additional blankets as end walls. Get as creative as you like!

*** ROUND LODGE, WICKIUP or TIPI:** Wickiups are smaller, more domed shelters often built with branches as cross beams and sticks and boughs as walls. Tipis use vertical poles and a cover. Round lodges are a hybrid. Creative kids can use these as a basis to come up with their own design!

*** TENT:** If the mosquitoes are biting, tents are the answer! Make sure the kids help with the set up - just stand back and provide guidance!

*** COVERED DECK:** On warm summer nights, all the kids need is a mosquito net mounted from the ceiling of a covered deck, a mattress pad, a sleeping bag and a good book!

More details: <https://www.epbrparkscouncil.org/backyard-shelters/>

A backyard shelter should be rain and wind resistant. At least three walls or a sloped ceiling is ideal. Make sure your shelter is safe by tying all the poles securely!



Check out TSM
Adventures to see
this Wickiup Build

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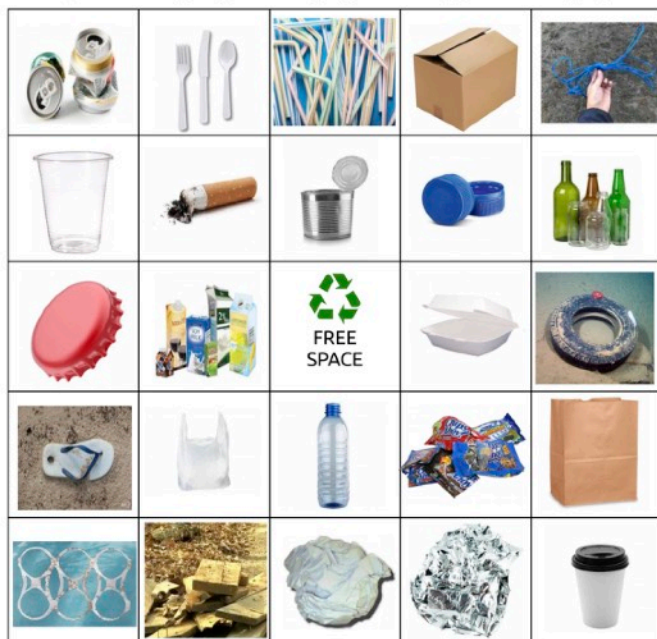
Activity II. Trail Stewardship

That first spring camping trip is always a treat! Birds are back, frogs are croaking, there are cool bugs and the snow is gone! Sadly, we also find a lot of last year's garbage on the trails and in the parks we visit, previously hidden under the snow. Instead of ignoring the garbage, involve your family in an act of stewardship by collecting it and putting it where it belongs (garbage or recycle bin). Make it fun with some games borrowed from World Scouts Trash the Trash Day.

 **Kids can make their own Trash Bingo or Trash Scavenger Hunt Cards, too!**



T R A S H



Trash Pick-up Scavenger Hunt



Try to find these items during your trash pick-up

- | | |
|---|--|
| <input type="checkbox"/> Soda can | <input type="checkbox"/> Clothing |
| <input type="checkbox"/> Glass Bottle | <input type="checkbox"/> Toy |
| <input type="checkbox"/> Tire | <input type="checkbox"/> Paper |
| <input type="checkbox"/> Plastic Bag | <input type="checkbox"/> Styrofoam |
| <input type="checkbox"/> Plastic Bottle | <input type="checkbox"/> CD |
| <input type="checkbox"/> Rope/string | <input type="checkbox"/> Paper bag |
| <input type="checkbox"/> Cardboard | <input type="checkbox"/> Fast food wrapper |
| <input type="checkbox"/> Cup | <input type="checkbox"/> Hub cap |
| <input type="checkbox"/> Electronics | <input type="checkbox"/> Water bottle |
| <input type="checkbox"/> Beer can | <input type="checkbox"/> Stuffed animal |
| <input type="checkbox"/> Cigarette butt | <input type="checkbox"/> Part of a car |
| <input type="checkbox"/> Battery | <input type="checkbox"/> Candy wrapper |
| <input type="checkbox"/> Bottle Cap | <input type="checkbox"/> Chunk of metal |



CHECK THIS OUT - CBC KIDS: HOW LONG DOES YOUR TRASH LAST?

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III. Campfire Cooking

Bannock on a Stick

- 3 cups flour
- 2 TBsp baking powder
- 1/2 tsp salt
- 1/4 cup lard or butter (cubed)
- 3/4 to 1 cup water

Mix dry ingredient together, then cut in the lard or butter until the mixture is coarse with small lumps. You can bag this mix and finish it at the campground!

At the campground, add in water a little at a time until the mix comes together. Knead until soft. You should be able to handle the dough without it feeling too sticky.

Now take a palm full of dough (about 1/2 c), flatten it and wrap it around the peeled end of a clean stick. (Peel off about 10" of bark from one end of the stick. The stick should be at least 1/2" round. A hot dog stick is too slim).

Cook it over hot embers for about 10 minutes, rotating it frequently. The outside should be golden brown and it should be cooked all the way through. Serve with butter and jam!

* You can add 1 tsp sugar, cinnamon, dried currants or cranberries to the dough before you cook it for a sweeter treat!

*You can bake your bannock in an oven when a campfire isn't allowed. Put the dough in a greased 9x9 pan and bake at 450 for 15 to 20 minutes.

Links & Learning

Spending the Night in the Great Outdoors

☞ Before you build a fire, check for Fire Bans at www.albertafirebans.ca

Shelter Ideas: www.epbrparkscouncil.org/backyard-shelters

[World Scouts Trash the Trash Day Games](#)

Star Gazing App - **Star Walk 2 - Night Sky Map** <https://starwalk.space>

[Kid Friendly Campfire Ghost Stories](#)

Audubon www.audubon.org/birding

Recipes:

Bannock www.epbrparkscouncil.org/bannock

Little Family Adventure [Camping Food on a Stick](#)

Fishing Info: <http://www.albertaregulations.ca/fishingregs/>

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Questions or Suggestions?

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Facebook page!

Eagle Point-Blue Rapids Parks Council thanks our supporters for their continued support during this challenging time!



Our featured supporter of the week is Drayton Valley Servus Credit Union



IV. Track of the Week!

This is a tough one! We found this track in Eagle Point Provincial Park! It's like a deer but bigger!

- A. Elk
- B. Pronghorn
- C. Black Bear
- D. Ostrich

Last issue's track was a Raven