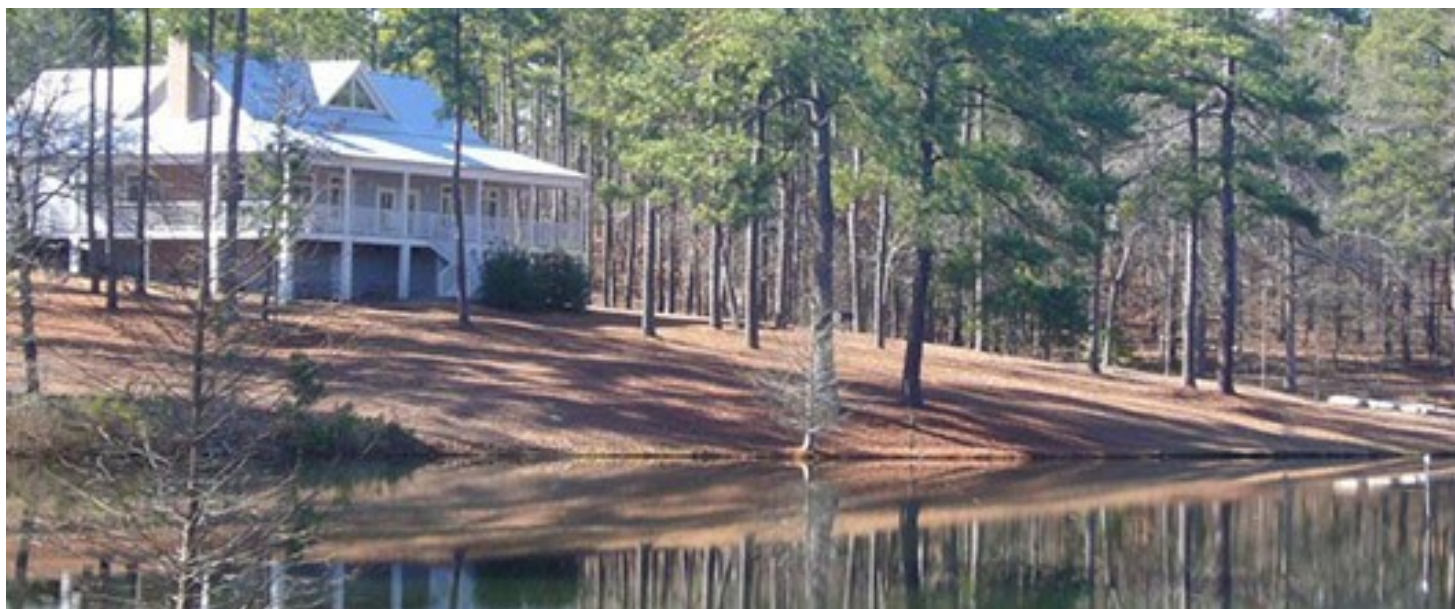


The G.I.R.L.'s Guide to **CAMP** *Mu-Sha-Ni*



Nature and Property Activities for Troops and Groups



and so the adventure begins

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Welcome to Camp Mu-Sha-Ni! We are so excited that your group is taking a trip to our hidden gem in Richmond County. The G.I.R.L.'s Guide to Camp Mu-Sha-Ni has lots of helpful information for planning your trip, activity suggestions, and helpful reminders. This information is here to help you start planning your trip, so feel free to use it as a starting point and expand on the ideas in the pages to come.

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

Our property is home to a world of nature – take a hike and look for sundews by the pond, brown-headed nuthatches in the trees, and lightning strike in the woods. If water activities are more your speed, our pond offers opportunities for canoeing and swimming when the weather conditions allow. The archery range is perfect for beginning or experienced archers, with moveable targets that can help to increase the level of difficulty. There are a variety of hiking trails that can be used to explore the woods surrounding camp. In fact, Camp Mu-Sha-Ni has the most hiking trails of all of our properties, plus two types of carnivorous plants, and a beaver pond you can walk out on. And to top it off, with two weatherized building there are plenty of opportunities for winter camping adventures.

We can't wait for you to come to Camp Mu-Sha-Ni and explore all that it has to offer. If you have any questions, please feel free to reach out to us using the contact information below.

Happy Camping!

Camp & Outdoor Program Team

outdoorprogram@nccoastalpines.org

1-800-284-4475

Camp Mu-Sha-Ni Ranger

910-783-5753



Certification Activities

At Camp Mu-Sha-Ni, there are several activities that will require a certified instructor for your girls to participate. This is a brief overview of the certification requirements – please be sure to refer to Safety Activity Checkpoints for full requirements and recommendations. To request activity instructors/facilitators, please submit the following online form: <https://gsnccp.wufoo.com/forms/q111j6uo0txy011/>.

Outdoor Skills Training:

Each troop staying overnight or cooking outdoors at Camp Mu-Sha-Ni must have a volunteer who has completed the Let's Go Camping course, including the online and in-person portions. For day use at Camp Mu-Sha-Ni, it is recommended that each troop has a volunteer who has completed the online trainings Let's Go Outside and Let's Go Exploring.

Watercraft:

The waterfront must be reserved separately for your group to participate in watercraft activities.

- Canoeing – Must have a certified facilitator with American Red Cross Small Craft Safety Canoe/Kayak. Required ratio of certified facilitators to participants is 1:12, plus an additional adult watcher/helper.

Fishing:

The preferred fishing area is McBride's Pond which is stocked with bream and catfish. Fishing is allowed at the waterfront as long as there are no canoeing or swimming activities taking place at the same time.

- Must have a certified instructor with American Red Cross Basic Water Rescue. Required ratio of certified instructors to participants is 1:10.

Swimming:

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

- Swimming in the pond is allowed as long as the water temperature is 70 degrees or higher. There must be certified lifeguards with waterfront certification and watchers to follow the ratio chart below.

Number of Swimmers	Lifeguards	Watchers
1–10	1 adult (see exception for pools above)	1*
11–25	1 adult (see exception for pools above)	2*
26–35	2 persons, at least 1 is an adult; others may be 16 years of age or older.	3*
36–50	2 persons, at least 1 is an adult; others may be 16 years of age or older.	4*

Archery:

The archery range must be reserved separately for your group to participate in archery.

- Must have an instructor certified by USA Archery with a minimum Level 1 certification. Required ratio of facilitators to participants is 1:10.



Nature Hike

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

Here's one of our favorite routes:

Follow the Orange Trail past the large toilet/shower building and through the parking lot field.

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



Did You Know?

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

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

Sensory Nature Scavenger Hunt

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



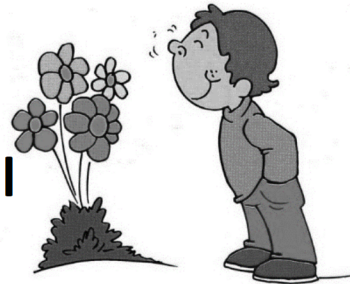
Touch

- ? Something smooth
- ? Something squishy
- ? Something heavy
- ? Something wet
- ? Something spikey
- ? Something cold



Hear

- ? Bird
- ? Wind
- ? Insect
- ? Something made by humans
- ? Something loud
- ? Something quiet



Smell

- ? Dirt
- ? Grass
- ? Pine Trees
- ? Something pretty
- ? Something musty
- ? Something stinky



See

- ? Something tall
- ? Something colorful
- ? Something with holes
- ? Something the blends in
- ? Something bright
- ? Something that is trash

Longleaf Pine Activities

Activity Length: 40 minutes

Materials: tape measure (or ruler and string)

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

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

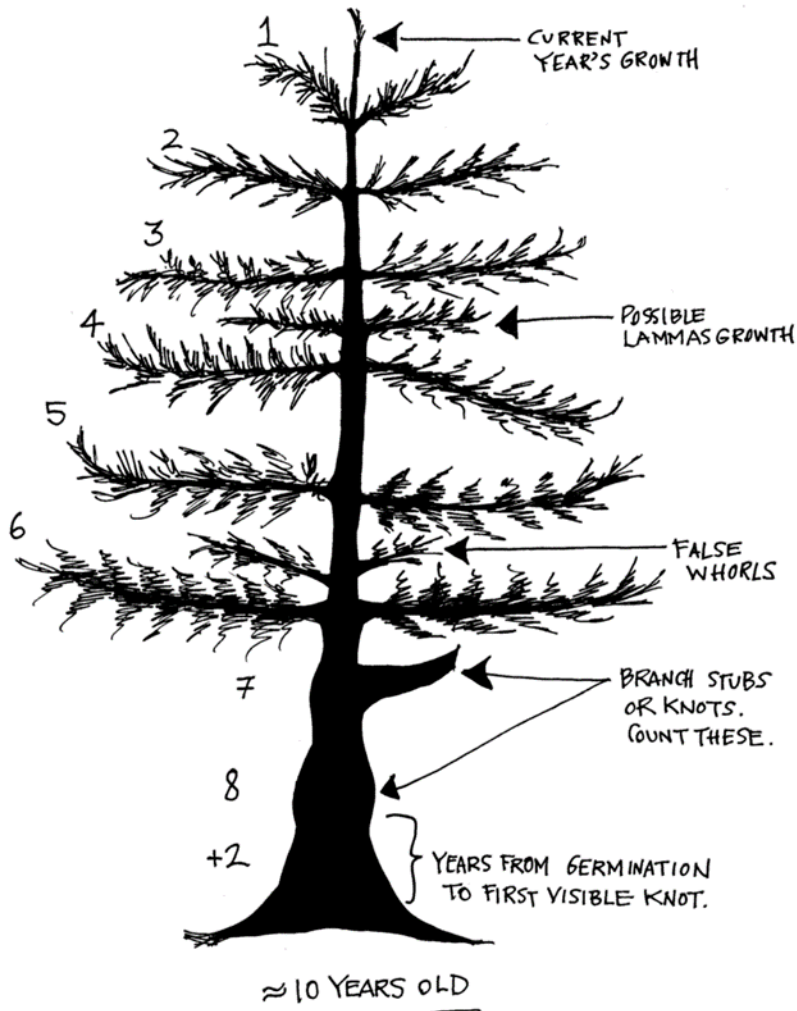
- ⇒ What are some ways we can guess how old people are? (size, birthdays, appearance, etc)
- ⇒ What are some ways we might tell if a tree is old or young? (height, width, loss of limbs, scars, etc)

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

Another way to guess the age of a tree is to take some measurements:

1. Find a pine tree to measure.
2. Using a measuring tape, measure 4.5 feet up from the bottom of the tree (or use a ruler to measure 4.5 feet of string and use that). Have a girl use her finger to mark that height on the tree trunk.
3. Measure the circumference of the tree by measuring all the way around the trunk at that height.
4. Now you need to calculate the diameter (the length of the straight line through the center of the tree) by using the formula $D=C/\pi$ (diameter = circumference divided by 3.14)
5. Multiple the diameter by 5. The number 5 is the average growth factor for pines, determined by the International Society of Arboriculture. This number comes from a formula that accounts for the rapid growth in early years followed by a slower growth rate as the tree ages. If your diameter is 8, your tree would be approximately 40 years old ($8 \times 5 = 40$)
6. Now you have an estimated age of your tree! How accurate do you think this guess is?
7. You can also estimate the age of a pine tree by counting the number of whorls it has. A whorl is the circle of branches at the same level that wraps around the tree. A pine tree gains a new whorl level approximately every year. You'll need to add 2 years to your number to account for the years before the tree was big enough to start forming whorls. You can use the image on the next page to help guide your counting.
8. Practice counting the whorl levels on pine trees that are smaller and not very tall.
9. Look at a tall pine tree – if you look closely at the trunk, can you see signs that lower levels of whorls may have fallen off? This is because pine trees easily lose lower branches as they get older. Don't forget to count the levels that are missing into the age of the taller trees!
10. Give the girls different ages to try to find ask you look at the Longleaf Pines. Can they find a tree as old as they are? As old as an adult with the group?

Tree Rings



Using Whorls to Determine Age



GO PLAY!

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

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

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

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

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



Group & Field Games

Sing Down

Teams are created of anywhere from three to ten in a group. The leader will give the groups a word (i.e. love, boy, dance, etc.), and then give the teams one minute to think of as many songs as they can think of with that word in it. Once the minute has passed, one team begins by singing part of the song with the word in it. All team members must sing the song. The other team responds with a song from their list. NO SONGS MAY BE REPEATED. The group who has the most songs wins. The process can then be completed with another word.

Look but Don't Take Scavenger Hunt

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



You're Only Safe If (a variation of Tag)

This is a variation of the game tag. The rules of the game are as follows:

1. The facilitator calls out various things in the landscape by saying "You're only safe if..." and then call on a specific herb, rock, tree or other feature on the landscape. The idea is to encourage them to learn to recognize various things by name, such as big-leaf maple, dandelion, raccoon track, white clover and so forth.
2. Give all the players a moment of time – generally a few seconds – to locate the item in question. The more experienced the player, the less time they get to find the item.
3. Then, the facilitator chases the players with the intent of tagging them before they touch the item in question.
4. If the players touch the item before they are tagged, they are safe. If not, they become one of the "its." As another tagger they can assist you in chasing the rest of the group.

The game tends to end quickly when more and more people get tagged and become its. It can be helpful to restart the game before everyone has become a tagger.

Depending on the age and experience level of the children present, certain aspects of the game can be adjusted. If for instance, none of the children are familiar with the particular tree or herb you call out as the instructor it helps to introduce some of them to the kids ahead of time. It is helpful to play in relatively open areas such as woodland edges, fields and open forests. Be mindful of hazards such as poison ivy or bramble patches or whatever other hazards might exist in your area.



Campfire & Songs

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

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

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

ONCE A GIRL SCOUT WENT TO CAMP

Once a Girl Scout went to camp
 Went to Camp
 Went to camp without a lamp
 Without a lamp
 Saw a spider in her bed
 This is what the Girl Scout said, Girl Scout said
 Spider, spider go away
 Go away
 You are not allowed to stay
 Allowed to stay
 No two bodies in one bed
 This is what my counselor said, Counselor said
 Once a Boy Scout went to camp
 Went to camp without a lamp
 Without a lamp
 Saw a spider in his bed
 This is what the Boy Scout said
 Boy Scout said
 AAHHHHHHHHH!

ALLIGATOR

(Chorus):
 Alligator
 Alligator
 Can be your friend
 Can be your friend
 Can be your friend TOO
 An alligator's always glad
 He never sings the blues
 I'd rather have him as my friend
 Than wear him on my shoes
 (Chorus)
 The alligator is my friend
 He likes to sing and dance
 I'd rather have him as my friend
 Than wear him on my pants
 (Chorus)
 An alligator ate my friend
 He can eat your friend too
 But what you have to understand
 Is he needs dinner too

THE PRINCESS PAT

(repeat song)
 The Princess Pat
 Lived in a tree
 she sailed across
 The seven seas
 she sailed across
 The channel too
 And brought with her
 A Rig-A- Bamboo
 CHORUS:
 A Rig-A-Bamboo
 Now what is that?
 it's something made
 By the Princess Pat
 it's red and gold
 And purple too
 That's why its called
 A Rig-a-Bamboo

Now Captain Jack
 Had a mighty fine crew
 He sailed across
 The channel too
 His ship did sink
 And yours will too
 Unless you take
 A Rig-A-Bamboo
 CHORUS
 Now the Princess Pat
 Saw Captain Jack
 She reeled him in
 She brought him back
 She saved his life
 And his crew too
 Do you know how?
 With a Rig-A-Bamboo



Legend of the Yellow Feather

The Legend of the Yellow Feather tells us about one of the first camporees at Camp Mu-Sha-Ni. An old Native American shared the secrets of the beaver hiding places, wild flowers, trees, and other animal homes with the girls. As a token of friendship, the Native American gave them each a yellow feather.

It is tradition to wear a yellow feather at Camp Mu-Sha-Ni. Sometimes during evening campfires the Native American can be seen walking in the distance visiting Camp Mu-Sha-Ni to be sure Girl Scouts are taking good care of the land and the animals that live there.

THE LEGEND OF THE YELLOW FEATHER

In the early days of Camp Mu-Sha-Ni, there was a council-wide Cadette/Senior Camporee. The girls were out hiking and picking wild blueberries when they were startled by an old Native American sitting by the beaver dam near Drowning Creek. As they joined him by the pond, he shared with them some of the things you can see at Camp Mu-Sha-Ni, like where the beavers hide when “Girl Scouts abound!” As the girls began to leave, this wise and very friendly old Native American gave them, as a token of friendship, a Yellow Feather.

The girls ran to get their baskets of blueberries to give to the old Native American. When they turned around ... he was gone. Upon returning to camp, the girls wondered to themselves if they had really seen a Native American. At campfire that night, they shared their story with the other Girl Scouts, and each in her own way expressed what she felt that night about the weekend, the old Native American, and being part of the first Cadette/Senior Camporee at Camp Mu-Sha-Ni. Out of the ashes of that campfire came the Legend of the Yellow Feather.



Flag Ceremony

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

There is no one way to do a flag ceremony.

Things that can be included:

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

Flag Ceremony Etiquette:

- Red sashes can be used, but are not necessary. If used, tie on the left side in a square knot.
- Remove items from your hands
- It is not required to remove hats and other head wear
- Girls should make a horseshoe around the flag pole
- Silence is maintained during the ceremony
- Take the flag down before sunset
- Above all, a flag ceremony shows respect for the flag and our country. If you're showing respect, then you are doing it correctly.



Flag Ceremony Calls:

Opening Flag Ceremony

- Girl Scouts, Attention (This signals everyone to stand.)
- Color Guard, Advance (This signals the color guard to advance with the flags.)
- Color Guard, Post the Colors (The Flag Bearer attaches the flag to the rope and quickly hoist the flag; the American flag is raised first.)
- Color Guard, Honor your Colors (The Color Guard salutes the Flag and then returns to attention.)
- Please join me in the Pledge of Allegiance. . .
- Please join me in the Girl Scout Promise. . .
- Color Guard Dismissed (The Color Guard walks away from flagpole.)
- Girl scouts dismissed

Closing Flag Ceremony

- Girl Scouts, Attention (This signals everyone to stand.)
- Color Guard, Advance (This signals the color bearers and guards to advance to the flags.)
- Color Guard, Honor your Colors (The Color Guard salutes the Flag and then returns to attention.)
- Color Guard, Retrieve the Colors (The Flag Bearer lowers the flag slowly and with dignity. The Color Bearers fold the flag.)
- Color Guard Dismissed (The Color Guard carries the folded flag to an appropriate place.)

Pine Cone Fairies

Time: 30-60 minutes

Materials:

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



Instructions:

- Step 1: Make fairy heads – they look tricky, but they are not. And they have the benefit (over wooden beads), that you can easily glue them onto the pine cone with PVA glue (and they are light). Take two pieces of cotton wool and place them inside two layers of tights. Wrap the tights round to form a ball. Secure with a little thread and trim.
- Step 2: Make the hair and hat- cut some strands of wool. Glue them over the nobbly bit of your hat with plenty of PVA (may be a little messy). Add lots of glue inside your acorn beret and squeeze on top of the “knobbly” end of your head to hide it all.
- Step 3: Make the pinecone body- take your pinecones and see which ones stand upright best. Bend down the top few “needles” (you may have to break them a little to create a platform for the head). Add lots of glue to the bottom of the head and squeeze on.
- Step 4: Decide on fairy wing shape – the wings in the example picture are butterfly-esque. Glue pieces in place and then with a big dollop of PVA squeeze into your pinecone “needles”. If need be, push into place with a craft stick or a pair of scissors.
- Step 5: Let it dry- check on your fairy every so often and make sure that the head is still in the right position.

Recycled Cardboard Owls

Time: 30-45 minutes

Materials:

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



Instructions:

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

Triangle Dreamcatcher



Time: 30-60 minutes

Materials:

- 3 sticks that are similar in size
- Wax coated string
- 5 beads
- 5 feathers- 1 large size, 2 medium size and 2 small
- Clear adhesive glue
- Scissors

Instructions:

- Step 1: Take two sticks and tie about two-three feet of string around the ends of the sticks, attaching them at a 45 degree angle. Once this is done connect the other stick to the two that you have just combined, creating a triangular shape.
- Step 2: Now we begin to weave the dreamcatcher in the center of the triangle. Begin by cutting a strand of string that will be long enough to fill the entire space of your triangle, I cut mine at about 7 feet. Then tie a knot close to one of the corners of the triangle.
- Step 3: To make this part simple, it may be a good idea to wrap the string around itself or a piece of paper to keep it together while you begin to weave. To start, have the string hanging under the stick and towards the center of the triangle. Take the string around the stick about an inch away from where you tied it, and pull it through the center of the loop you just made. Repeat this step again along the rest of the triangle.
- Step 4: Once you have begun to reach the end of the space you can use on the sticks themselves, leave a half-inch gap before the end of the space on the stick and complete the same steps as cited in step 3, and use string ahead as the new place for the string in hand to loop around.
- Step 5: Once you have completed the dreamcatcher weave, simply tie a knot at the end to keep everything in place (this is where waxed string can come in handy since it will be sure to keep everything in place once you tie it off).
- Step 6: To add detail, at the bottom of the dreamcatcher, tie another shorter piece of string to each end of the bottom stick. Be sure to give it some slack to allow the feathers that will be added the ability to hang at various levels.
- Step 7: Tie five short strands of string along the string you tied at the bottom. Be sure to have one in the middle and two on either side of that piece equally spaced along the string
- Step 8: Now add a single bead on the pieces of dangling string. There will be no need for a knot here to hold this bead in place; instead, when you add the feathers to the center of the bead, use glue to hold the bead and feather in place. To do this add glue to the ends of the feathers and push it into the bead, being sure to touch the string as well. (the feathers should be longest in the center, then medium, then small at the ends).

Congratulations! You have finished making your own dreamcatcher!



Questions and Assistance

For questions or assistance with the resources provided in this guide, please email the Camp Program and Outdoor Education Team at outdoorprogram@nccoastalpines.org. We hope that you enjoy your time in the outdoors at Camp Mu-Sha-Ni!