



West Virginia 4-H Clubs Monthly Program Guide

W. Va. 4-H Camping—The Finest in the Land!

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Warm-ups

Here are several ideas for “early arriving” 4-H members!

1. Duplicate the “4-H Camp Word Search” and have a parent or teen leader distribute it.
2. If you have very young 4-H’ers, distribute the attached “totem pole” coloring sheet. You will need colored pencils or crayons.
3. Have a teen leader or parent lead camp songs and/or have 4-H members get up before the group and lead their favorite camp song.

Monthly Theme

W.Va. 4-H Camping—The Finest in the Land!

Your 4-H club can use this monthly program guide to introduce West Virginia 4-H camping to club members, leaders, and parents. West Virginia 4-H is very proud of its excellent camping tradition. More than 11,000 West Virginia 4-H’ers go to camp each summer!

As you read through this “guide,” decide which sections you can use with your 4-H club to promote 4-H camp attendance! You may want to use the materials for several meetings. Please read through this guide several weeks before your meeting to make adequate plans.

Answer the Roll

Ask each member to answer the roll by telling his/her favorite part of the daily camp schedule, favorite camp song, or favorite camp class. Noncampers could answer with the name of their favorite West Virginia wild animal (raccoon, deer, possum, owl, etc.) or favorite West Virginia wildflower or native tree.

Program

Include in the program as many club leaders, parents, camp counselors, and teen leaders as possible. Ask former club members to help also. Singing has always played a major role in 4-H camping. Ask a group of parents/members/teens to prepare a list of eight to ten 4-H camp songs (fast, slow, patriotic, silly, etc.). Also, ask parents, leaders, and teens to prepare 2- to 3-minute “commercials” to promote:

1. State 4-H camps at WVU Jackson’s Mill
2. County 4-H camp
3. The West Virginia tribal traditions, and
4. The fact that camp counselors have fun too! Urge those making the “commercials” to use “props” and to “play the role”!

Start the program with a song or two, then introduce a commercial, then another song or two, etc. At the end of the program, ask for each to tell the group a new “class” he/she would like to take at 4-H camp.

The adult in charge of this program will need to plan ahead and ask people to prepare songs and “commercials” at least a week before the meeting.

This is an excellent program in which to involve 4-H All Stars, 4-H alumni, and former 4-H club members.

Recreation for the Club

“Mock” council circles are a good way to have fun while teaching the concepts of camping. Such a campfire program is not expected to be just like county camp. If your group is small, use only one or two tribes. (Maybe you could use some tribe other than the traditional ones. Shawnees were important in West Virginia history). Consider combining with other clubs to make a larger group. Items to consider:

- Appoint a “big chief” (a lively older 4-H'er or adult who can motivate your group) and a song leader.
- Appoint tribal chiefs ahead of time so they can plan songs and skits.
- Arrange for a council circle—either use the county camp or build one (blocks and boards or hay bales) that is easily accessible; or do it inside.
- Appoint an ishkatay who can build a good, safe fire.
- Use the fire for refreshments (hot dogs, s'mores, toasted marshmallows); remember to bring tables.
- Have water available to put out the fire.
- Have a committee to clean up afterwards.
- Make backup plans in case of rain.

Nutritious Snacks

Muffin or Cake a la Orange

Ingredients:

large oranges
package of muffin mix or cake mix (light colored)

Instructions:

Cut orange in half horizontally. Remove fruit from peels, keeping peels intact. Prepare mix according to directions. Fill orange-peel cup $\frac{3}{4}$ full with batter. Put filled cup in center of a 10-inch square of heavy-duty aluminum foil. Bring sides together above the food and twist, leaving enough space above batter for muffins to rise. Place on coals and cook 10-15 minutes. Remove from coals to serve with orange slices or juice made from the orange removed from the peeling cups.

Billie Frye

WVU Extension Service, Lincoln County

Banana Pops

Ingredients:

2 bananas
4 Popsicle sticks
1/2 cup peanut butter

1/2 cup wheat germ,
graham cracker crumbs, or pecans

Instructions:

1. Cut peeled bananas in half crosswise.
2. Insert a stick in end of each half.
3. Freeze banana halves until firm.
4. Melt peanut butter by microwaving for 45 seconds.
5. Dip bananas in melted peanut butter and roll in wheat germ.

Serves 4.

Karen Smith

WVU Extension Service, Mercer County

S'More Gorp

Equipment:

medium paper sack or plastic bag
measuring cups

Ingredients:

2 cups honey graham cereal
1 cup tiny marshmallows
1 cup peanuts
1/2 cup semisweet chocolate pieces
1/2 cup raisins

Instructions:

In a medium paper sack or a large plastic bag combine cereal, marshmallows, peanuts, chocolate pieces, and raisins. Close the end of the bag and shake well. Store the mixture in a closed plastic bag or a tightly covered container. Makes about 5 cups.

Yummy S'Mores

Equipment:

paper towel or napkin

Ingredients:

2 graham crackers
1 piece milk chocolate bar
1 large marshmallow

Instructions:

Place graham cracker square on a paper towel or napkin. Top with chocolate bar and marshmallow. Microwave for 15 to 20 seconds on **High** until marshmallow puffs. Top with graham cracker square and let stand 1 minute until chocolate melts. Makes 1 serving.

Something More S'Mores

Equipment:

paper towel or napkin
table knife

Ingredients:

2 graham cracker squares
1 piece milk chocolate bar
4 thin slices of banana
1 large marshmallow, cut in half

Instructions:

Place graham cracker square on paper towel or napkin. Top 1 cracker with chocolate, banana slices, marshmallow, and remaining cracker. Place in microwave oven; cook on **High** power for 10 to 15 seconds. Let stand 30 to 60 seconds. Makes 1.

Nutty S'Mores

Equipment:

paper towel or napkin
table knife

Ingredients:

2 graham cracker squares
2 tsp. crunchy peanut butter
1 piece of milk chocolate bar
1 large marshmallow, cut in half

Instructions:

Spread 1 cracker with peanut butter and place on paper towel or napkin. Add chocolate, marshmallow, and remaining cracker. Do not cover. Place in microwave oven; cook on **High** power for 10 to 15 seconds. Let stand 30 to 60 seconds. Makes 1.

Moon Pies-Peanut Butter Balls

Ingredients:

2 sticks margarine
2 tsp. vanilla flavoring
Dipping chocolate

2 pounds confectioners sugar
2 cups peanut butter
** If you don't like a lot of peanut butter,
you can reduce it to 1 cup or 1½ cups.*

Instructions:

1. Melt margarine; add confectioners sugar and vanilla; mix.
2. Add peanut butter; mix well.
3. Melt dipping chocolate in double boiler or in microwave.
4. Make peanut butter mixture into small balls. Dip in chocolate. Place on wax paper until set.
5. The dipping chocolate comes in a variety of colors, but has the same taste as chocolate.

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*This is a good activity for
club meetings around Easter.*

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continue

Appendix A

4-H Camp Word Search

G Y T I N U M M O C A B I N M
 E R U T A N P P G A R G N I M
 L I S G D S M Y N P S H B Y S
 C N E N E I A D I S W I I P T
 R K B E L E C A M P I N G P N
 I O I R A E H E C A M C C A U
 C C R S W E H H H N M E H H T
 L H T L A E H 4 H T I R I P S
 I E R O R G H H H N N I E M I
 C R I D E A E E O E G L F U N
 N O B W N A R A T W A E C R G
 U K E D S T R O P S H R S P I
 O E S E N E C A H M A O T I N
 C E N U T A N H O F E D W R G
 O P S N O I T A T I D E M I T

Find the following words in the puzzle:

- | | | | | |
|----------------|-------------|----------|----------|-----------|
| Big Chief | Cabin | Camping | Cherokee | Community |
| Council Circle | Craft | Delaware | 4-H | Fun |
| Hands | Happy | Head | Health | Heart |
| How How | Meditations | Mingo | Nature | Seneca |
| Singing | Spirit | Sports | Stunts | Swimming |
| Tribes | | | | |

Appendix B

Totem Pole Outlines

