

ORG4 2020

Virtual

Camp

Hello all,

Welcome to this special Org 4 e-newsletter for all campers; bringing a bit of camp magic to wherever you are. We are all missing camp life - the feel of soggy waterproofs, singing round a campfire, giggling with our friends, cooking dampers - so this edition is full of activities you can try at home to help nurture that camp spirit. We hope you enjoy, and I look forward to seeing you in a field soon. We will be back.

Best wishes and blue skies

**Jess McQuail
Chair of FSC**

A virtual camp would be nothing without a

CAMP AVATAR!

An avatar is an image used to represent us online. Since we are unable to meet in the grassy fields this year, let us meet through these digital pages instead ^-^

This image can be made in any way you like, a drawing, a collage or a plasticine sculpture. It can also be a digital image if you have any apps for making images creatively - please use anything at your disposal, its all good.

What Represents Me?

Some campers and staff talk about how camp gives them the space to grow, experiment and play with how they see themselves, how they relate to nature and influences how they make friends. You can think about these things when imagining your camp avatar

What does the image say about me?

Are there any words being spoken?

Do the colours or textures have any special meaning to you?

Is there anything you are holding?

Photograph, scan or export your avatars to

org4.camper.feedback@fsc.org.uk

They will be displayed in the autumn edition later this year

The Howells Jacks crew
take you on a guided
audio tour of the
Cefn Gweiriog site > >



FSC 2020 Quilt

Quilt making is a form of storytelling. Communities all over the world have different traditions and practices, including patchwork piecing, embroidery, applique, painting and embellishment. As well as being made for domestic use, there are long traditions of military quilts, community quilting groups and quilting in prison.

Quilting can be an act of reflection. Thinking about 2020, what would you capture in a quilt piece? Without the opportunity for us to come together as a lodge, connecting in a field, we can join together in creating a quilt to capture our thoughts, feelings, and memories of 2020.

We are looking to collect as many quilt pieces as possible. Please stitch, paint, and decorate your quilt piece thinking about Forest School Camps. What is your favourite part of camp? What did you do instead of camp? Favourite camp meal, favourite camp activity, favourite hike? What would you like to remember from this year?

Please make your quilt piece 20cm by 20 cm. Leave a 1 cm boarder around the edge, to allow for us to stitch them all together. The design and materials are your choice.

Ask an adult to help you find suitable materials. Old tea towels, or worn out reusable bags, or clothes that no longer fit are a great place to start. Using glue, stitching, painting and drawing tell us a story within your square.



Once you have finished your piece please label it with your name and what group you would have been in this year. Please send it to the ORG4 team at 20 Vane Close, London, NW3 5UN.



*Save the Rainforest
recorded by Joby Waldman*



Send your messages to the
lodge using a talking stick,
a smartphone or microphone.

org4.camper.feedback@fsc.org.uk



ARIES

You're behaving like a whittled stick, sharp and pokey. Soften up, like a marshmallow .

Your camp replacement activity:
Chop up 24 onions

TAURUS

Just like a refresher lolly left in a waterproof pocket, you're in a sticky mess. Clean up your act!

Your camp replacement activity:
Fill the bath with slimy mud and cold water and get in for a swim

GEMINI

Two tents are better than one. Until you've got to carry them! Lighten up.

Your camp replacement activity:
Swap clothes with everyone in your house and go to dinner in fancy dress

CANCER

You're a fire starter. A twisted fire starter.

Your camp replacement activity:
Hide all of the knives and forks in the house, eat lunch with only spoons

LEO

You've got the compass, you've got the map, but you are still feeling lost. Pick a path and hope it's not too muddy.

Your camp replacement activity:
Pay for your weekly shop with dried peas

VIRGO

It's like you've climbed every tree in the wood but still can't get high enough. Stop comparing yourself to squirrels.

Your camp replacement activity:
Make your socks damp by drying the dishes on them and then wear them for 3 days

CAMP HOROSCOPES

LIBRA

Everything feels like it's piling up? You need a store tent, and a tidy one at that.

Your camp replacement activity:
Shout petrol everytime you see a car

SCORPIO

Just because you are the best at clan doesn't mean everyone needs to know about it. Get in the woodpile and chop that ego in half.

Your camp replacement activity:
Tie three sticks together. Tie a bin bag to them. Put it in the middle of your room and fill it with lost socks and sweet wrappers.

SAGITTARIUS

Camp fires burning, camp fires burning, draw nearer, draw nearer. Keep your friends close. And your enemies closer.

Your camp replacement activity:
Put your plates and cutlery in canvas bags and hang them on a tree outside your house.

CAPRICORN

Every flint needs a steel. Spark up a conversation with someone you like today.

Your camp replacement activity:
Raining outside? Leave your waterproofs in a soggy pile, cut three holes in a bin bag and wear it as a replacement.

AQUARIUS

You are taking a battering like a lat pole on a windy day. But you are strong, stand tall little lat pole!

Your camp replacement activity:
Walk confidently into the kitchen. Make yourself a sugar sandwich. Act like that is totally normal behaviour.

PISCES

Just because banoffee pie is delicious, doesn't mean you need three helpings. You've bitten off more than you can chew and now you are left with the washing up.

Your camp replacement activity:
Send someone a letter.

CRAFT ~~CAMP~~

As we cannot meet at camp and share craft skills with you, Craft Camp Collective have got a few activities for you ...try teaching them to a friend or family member.

We would love to see photos, please email photos of your crafts in. Or show us something you've made in lockdown that you'd like to make on camp.

Look out for Craft Camp 2021 for two weeks of fun, making and learning new crafts.



Draw and Send a Postcard

Drawing can be a great way of taking some time to really observe and connect with your environment. Pick a spot, whether that's the view from your window or the view from your favorite spot that you would like a rally circle and try one or a few of these activities.

- Get a piece of card
Standard postcard size is 14.5cm x 10.5cm
- Try some of these ideas for drawing
 - Draw the horizon in one line
 - Look at the view you are drawing for a few minutes and then try drawing it without looking at it
 - Try drawing it upside down
 - Draw using found objects
- Take a photo of your postcard and send it to us
- Send your postcard off to a friend

Drinks Can Lanterns

Warning- involves sharp objects

- Cut the top off a drinks can with scissors or a craft knife.
- You can bend the sharp edge down with pliers, or stick a few layers of sticky tape over the edge to make it less deadly
- Use a nail, biro, big needle or other pointy object to punch holes in the tin.
- Punch holes close together in lines or shapes to create a design - the light will come out through the holes
- Alternatively, snip down into the tin to create strips, which can then be curled down towards the base.
- Light a tea light and carefully lower it into your lantern.

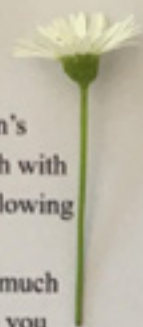


For many of us camp is a staple in our year. It acts as a punctuation mark, separating summer from the rest of the year, becoming its own precious collection of moments. You meet or re-meet joyful humans and have two weeks or 10 days of mayhem-heaven.

Since we can't all go camping and enjoy the beautiful sites, ~FSC vibes~ and each other's company, in lockdown I turned to books and lived the FSC outdoorsy way vicariously through them, to ground me and make me happy even when I couldn't get my normal dosage of lovely FSC people and times. Here's a little list of some of the best Nature related/ FSC ethos / brilliant books I have read and recommend. PS. they may add to camp nostalgia

The Salt Path - Raynor Winn

This is one the best books I have ever read. Winn's memoir tells the story of walking the coastal path with her husband because they have no other plan following a lawsuit which leaves them homeless and the diagnosis of her husband's terminal illness. It is much more life affirming than it sounds and will make you want to pack a backpack and go off somewhere. It is so thoughtfully written and Winn has a kind, loving and sensitive voice. Prepare yourself for some sudden homelessness statistics. It's a beautiful book.



Deep Country - Neil Ansell

In researching these sort of books, I've found that often, returning to nature is a way of grounding yourself, recovering from trauma or overcoming grief (eg the film 'Wild' with Reese Witherspoon or 'H is for Hawk'). 'Deep Country' is a beautiful book partly because it doesn't do any of this. In this true story he never fully contextualises or explains why he decides to live in a cottage, with very little human interaction for 5 years, and no gas, electric, or running water. His entire book is a cataloguing of animal and plant behaviour, but each interaction is a small story within itself. You become involved in the life of a raven couple, and then pulled away from them, as if you don't have the right to fully know what happens to them, because no one really does. You constantly expect this book to tell you why he decided to live this life, or provide some introspective realisations he had amidst the Welsh wood. He never does and it's amazing because of that.

Circe - Madeline Miller

This novel is the most 'fiction-y' light reading book on this list- its a retelling of a female character in the Odyssey (feminist twist - yum) and very easy to read. Circe's cultivates a beautiful garden and in doing so creates her own space in the world. (CW: sexual assault p.261)

Feral - George Monbiot

This is a super accessible environmental non-fiction book. Monbiot talks about the process of rewilding the UK's landscape and how ecological degradation has been sustained and normalised. Often what we now view as a 'natural countryside' actually has very little biodiversity, having been progressively destroyed over generations. Fair warning - he calls sheep the 'white plague' and you will never be able to look at them or heather (sorry Farndale site) the same way again. Would recommend skipping to chapter 3, finish the book and then returning to read the first two chapters. For me, the first two were a little bit too 'man-must-kill-fish-and-eat-it' - not that that's not a useful ideology, but I just found him way more likeable when I didn't read the book chronologically.

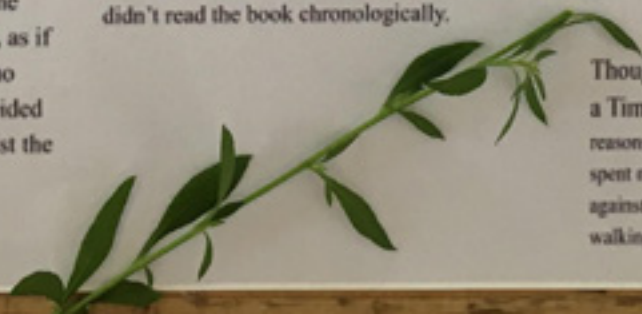
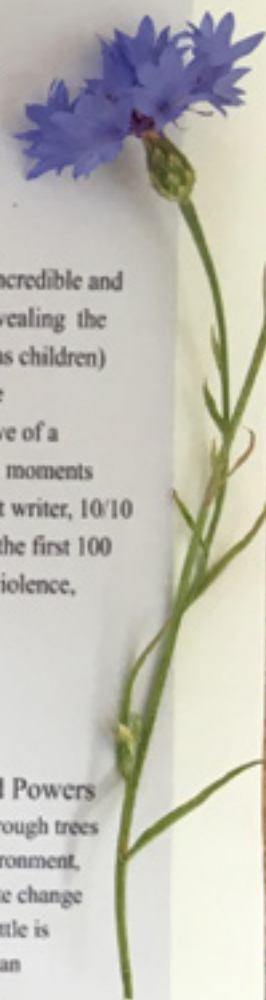
The God of Small Things - Arundhati Roy

This is my favourite book. Her language and imagery is incredible and its on this list not because of its (amazing) plot (slowly revealing the reason the protagonists, Rahel and Estha, were separated as children) but because of the way that Roy talks about nature and the environment: these things occupy the space and perspective of a character. Minute details where a spider witnesses crucial moments become intrinsic to the telling of the story. She's a brilliant writer, 10/10 will recommend for the rest of my life. Word of warning: the first 100 pages are dense, push through, it's worth it. (CW. sexual violence, violence, colorism, racism, incest),

Overstory - Richard Powers

This book links lives through trees and is all about the environment, and knowing that climate change is a problem, but very little is being done. Might start an XR-themed fire in you.

Thoughts TBC: Planetwalker: How to Change the World One Step at a Time' by John Francis, is on its way to me. Francis tells of his journeys and reasons for travelling around America entirely on foot following an oil spill. He spent much of 17 years alone, and silent, choosing not to speak to anyone and was so against using fossil fuels that when he got hit by a car, he refused an ambulance ride, walking to the hospital. Sounds like a bit of an enigma.





*A visit to North Cotswolds site
recorded by Andy Freedman
and May MacKeith*

CREATIVE WRITING EXERCISE

CHARACTER QUESTIONNAIRE (10 MIN)

CHOOSE A CHARACTER AND ANSWER THE FOLLOWING ABOUT THEM:

- 1. WHAT IS THE CHARACTER'S NAME?**
- 2. THEIR AGE?**
- 3. TELL ME ABOUT THEIR MOTHER.**
- 4. THEIR FATHER.**
- 5. ANY SIBLINGS?**
- 6. WHAT DOES THEIR HOUSE LOOK LIKE?**
- 7. WHAT IS THEIR EARLIEST MEMORY?**
- 8. WHO WAS THEIR FIRST LOVE?**
- 9. WHAT IS THEIR CURRENT JOB?**
- 10. WHAT DO THEY SEE OUT OF THEIR BEDROOM WINDOW?**
- 11. ARE THEY RELIGIOUS?**
- 12. WHAT MAKES THEM LAUGH?**
- 13. ARE THEY A LEADER OR A FOLLOWER?**
- 14. WHO IS THE PERSON WHO KNOWS THEM BEST IN THE WORLD?**
- 15. WHAT IS THEIR ONE SECRET, THAT EVEN THE PERSON WHO KNOWS THEM BEST DOESN'T KNOW?**
- 16. DO THEY TELL LIES?**
- 17. WHAT IS THEIR GREATEST FEAR?**
- 18. WHAT IS THEIR ONE REGRET?**
- 19. WHAT'S IN THEIR FRIDGE?**
- 20. WHAT DID THEY DO FOR THEIR LAST BIRTHDAY?**
- 21. IS THERE SOMETHING THAT THEY WANT RIGHT NOW?**

THINGS TO DO WITH NATURE AT HOME



BIRD FEEDER



- Toilet roll tube
- Crunchy peanut butter
- String
- Seeds



1. Slather the PB on the outside of tube.
2. Roll in, on or sprinkle tube with seeds.
3. Thread string through and hang on favourite branch.

MEET A BIRD. Your new bird feeder should attract some birds. Which song is your favourite? Sing it back. Draw what you think it is.



- Four sticks
- String

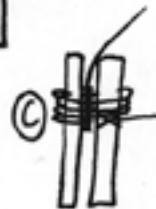
1. Find four sticks of equal length.
2. Take two and tie the ends together.

SHEAR LASHING

- A) Knot string onto one stick, leave long end.
- B) Wrap long end around both ends of sticks 5/6x.




- C) Wind end between two sticks, x2/3.
- D) Tie end onto top of one stick.
- E) Split 'legs' apart to make L.



3. Repeat to make frame.
4. Go out to garden or park and capture beautiful things.



A large bonfire of logs is the central focus, with a bouquet of yellow and purple flowers placed on top. The logs are stacked in a circular pattern. In the background, several people are sitting on the grass, watching the scene. The text is overlaid on the image in a yellow, bold font.

We are all saddened by the fact we have missed out on our time in the fields this year, but perhaps none so much as our last year Pathfinders. The ceremony at lodge common council would usually provide an opportunity to reflect on your time as a 'child' within the lodge and mark a transition for you. Take time to look back at your years with FSC, the experience you've had, skills you've learned, obstacles you've overcome, and remember that you have reached both an ending and a beginning with the organisation. Know that the lodge has not forgotten you and that we will be ready to welcome you with open arms at Haddenham for Staff Training once circumstances permit.

Ingredients

175g/6oz butter, softened, plus extra for greasing

100g/3½oz golden syrup

125g/4½oz golden caster sugar

1 unwaxed lemon, zest only

3 free-range eggs, lightly beaten

175g/6oz self-raising flour

To serve

custard

Method

Generously butter the inside of a 1.2 litre/2 pint pudding basin, and cut a circle about two times larger than the pudding basin diameter, of baking paper and kitchen foil.

Spoon 50g/2oz of the golden syrup into the base of the pudding basin and set aside.

Beat the remaining 50g/2oz golden syrup, butter, sugar and lemon zest with an electric whisk until light and fluffy. Whisk in half of the eggs followed by half of the flour. Whisk in the remaining beaten eggs and flour. The mixture should be a just dropping consistency. (Add a splash of milk if the mixture is very thick.)

Spoon the mixture into the pudding basin and smooth the surface.

Pleat the baking paper by folding over an inch of paper in the centre. Repeat with the foil. This allows for expansion of the pudding as it cooks.

Cover the basin with the circle of baking paper, with the pleat in the centre of the pudding. Cover the paper with the circle of kitchen foil, again with the pleat in the centre. Tie the pudding very tightly around the rim with string. Create a carrying handle by tying the excess string across the top of the basin and tying it under the string on the opposite side – this will help you lift the pudding out of the pan once it's cooked. Trim any excess paper and foil, leaving a 2.5cm/1in border, and turn the edges in on themselves to seal.

Put an upturned heatproof saucer or small trivet in a large, deep saucepan, and place the pudding basin on top. Add enough just-boiled water to the pan to come halfway up the sides of the basin. Cover the pan with a tight-fitting lid and place over a low heat. Allow to steam in the gently simmering water for 1½ hours, adding more water to the pan if necessary. (Make sure the pan does not boil dry.)

The pudding is done when a skewer inserted into the centre of the pudding (through the kitchen foil and baking paper) comes out clean. When done, turn off the heat and carefully lift the basin from the water. Leave to stand for 5 minutes.

Cut the string from the basin and discard the kitchen foil and paper. Run a knife around the edge of the pudding to loosen the sides, carefully turn out onto a deep plate and remove the basin.

To serve cut into generous wedges and serve with custard.

HOW TO MAKE A STEAM PUDDING

Recipe from The Hairy Bikers

LODGE COMMON SURVEY

IT'S YOUR FSC: TELL US WHAT YOU THINK

We know you brilliant people are missing camp badly this year. You're probably especially missing Lodge Common Council: the beautiful ceremonial fire, the lush singing, the tears, the laughter, and the chance to tell us all what you think about camp.

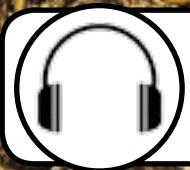
But all is not lost. We still want to know what you think about FSC so we can plan for happier years to come. So pick up your talking stick [pen, random piece of wood, ice lolly or other handy object] and get into the Lodge Common spirit by filling out our first ever FSC Lodge Common Survey.

[**Click to take survey**](#)

*A red star means you have to fill that bit in. Everything else is up to you

This survey is aimed at Woodlings who have camped at least once and all other age groups including Waywardens and people who would have staffed for the first time this year.

Glee
Recordings by Rose Music



Angels Watching over Me



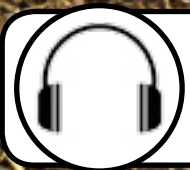
Mango Tree



Baby Cares For



Sally free and Easy



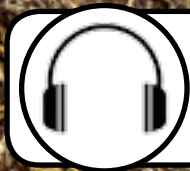
I Like the Flowers - Goodnight Sweetheart



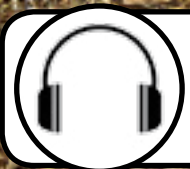
Sam Hall



I will Rock my Heart



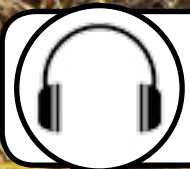
Sinner man - Chariots



Lay me Low



Solid Ground



Lay me Low (bass part)



We shall go singing



Yellow Roses