

Backwoods Bulletin

Sleepy Creek Boys Camp Motto: Forming Successful Relationship Skills



This Bulletin's Focus: PLANS

Plan. Do. Evaluate.

Plans give direction.

achievable, or what the group's plan is for getting a job done correctly, he will go out and circle up with the group and point out his questions. Should any plans need to be changed, they will be cleared by supervisor. Once the week plans are made and approved, each boy will pick a day and write out a detailed view of how the day will go. An example of a day plan would be as follows: 6:30 am Chief will come around to each tent and wake us up. We all need to be up, dressed, have our bed made, tent swept, and on ready logs by 7:00 am so Chief can have devotions with us. By 7:30 am we will be done with campsite chores and will head to chuckwagon to eat a wonderful breakfast prepared by one of the cooks. We will be on ready logs at 7:45 am and a table setter will go in and set the table and get the food and drink trays ready. We make 2-3 small goals on ready logs for breakfast: stay tuned in to my group, and thank the cooks. 8:00 am the supervisor will call the rest of the group in for breakfast. We enjoy breakfast, and then at 8:45 am supervisor will

Here at camp we focus on daily, weekly, and six month plans. Plans give us a sense of direction for where we are heading and how we will get there. A solid plan is the foot work for building a secure and purpose-lead group.

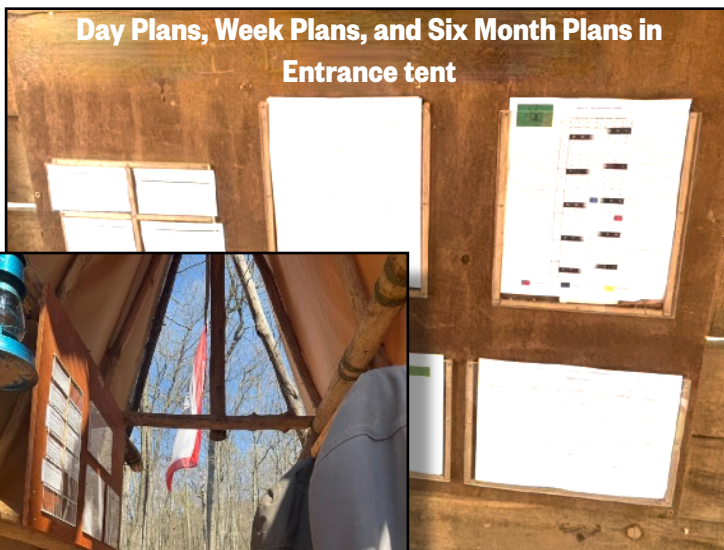
Plan It.

Each week the group sits down and plans the next week. They put on work goals for each day, meal times, and shower times, as well as wake up, siesta, and bed time. Once the week is planned, it is handed in to supervisor to get approved. If supervisor has questions on whether the work goals are

lead us in a discussion and singing time. 9:00 am we head outside and circle up to evaluate how breakfast went. Next, we head to campsite to brush teeth and start on our morning goal of cutting 12 wheelbarrow loads of wood. We finish up wood cutting around 11:30 am and head to tool shed to put our tools away and make it to ready logs for lunch at 12:15. Lunch is over at 1:30 pm and we head to campsite to brush teeth and have a 30 minute siesta. 2:30 pm siesta is over and we head down to toolshed to get our fishing gear and get in the bus. We head to Johnson's Mill to swim and fish for the afternoon. 4:30 pm Chief is telling us its time to head to the bus so we can be back to camp and be on ready logs for supper at 5:15 pm. We have a nice supper and some good singing afterward to put a great end to the afternoon. 6:30 pm supper is over, and we head down to shower house to get cleaned up and put fresh clothes on. 8:00 pm finds us back at camp getting ready for pow-wow and bed. We sit on ready logs for a while and tell stories. Some sing, someone is learning to play harmonica, Chief is whistling, and some are starting to nod off. 8:30 pm we head to pow-wow. Chief talks about the good

points of the day, areas we can improve on, and reads tomorrow's day plan. Chief leads us in a wonderful prayer to close the day. 9:30 pm Chief has come around to each tent, hugged each camper, and tucked them into bed. He steps outside and calls Ho-ya. That is the end to a successful day at camp.

Writing week plans and day plans is the heart for creating a safe and secure environment for campers to work on the problems they may face each day. Once the day plan is set, Stick to It! Should a plan need



Plans Continued...

WEEKLY PLAN							
Group <i>Sweetwater</i>						Date <i>5-15-21</i>	
Time	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
	<i>get up do chores get up do chores</i>	<i>get up do chores</i>	<i>get up do chores</i>	<i>get up do chores</i>	<i>get up do chores</i>	<i>get up do chores</i>	<i>get up do chores</i>
Breakfast and Requisitions							
	<i>put 2 trays on chuck tent</i>	<i>Six Square</i>	<i>Chapel</i>	<i>conv. trip plan</i>	<i>put side tarp on chuck tent</i>	<i>dry places wash tarp on chiefs tent</i>	<i>wash tarp on Three man</i>
Lunch and Siesta							
	<i>Trading Post</i>	<i>go swim at JM</i>	<i>letters</i>	<i>go swim at JM</i>	<i>week plans</i>	<i>retic tarp on chiefs tent</i>	<i>retic tarp on Three man</i>
Supper							
	<i>Bed</i>	<i>disc golf</i>	<i>write 20 med memos for conv. trip</i>	<i>Bed</i>	<i>ed night</i>	<i>Vespers</i>	<i>Bed</i>

Week Plans

changed it must be cleared by supervisor.

Do It.

The next step in Plan, Do, Evaluate is the Do It. The group's work goals must be achievable, and there should be a variety of work, education, and fun to keep it lively. Here at camp, (What we do we do together and with a good attitude) is how we approach our daily plan. Living, working, and having fun together is a sure way for all of us to work on something throughout each day. Some days we can work together well, other days Chief is calling a circle up to help us with an attitude. There is nothing more rewarding than a solid day plan, wrote with intention, and followed through with a good attitude to build group culture and motivation. Even on the days when we have a hiccup here or there for unseen problems, we can all go to bed feeling accomplished. The plan we had was achievable and we had fun doing it.

Evaluate It

The final step in Plan, Do, Evaluate is to Evaluate It. How did our day go? How was our attitude? Did we work well together? What areas of today need improvement? Overall, how well did we do? At the end of each and every day here at camp, we evaluate the day. Chief takes note of what went well, and who did well. He also helps those that were struggling or needed extra time to learn how to use a hand tool. The key to a good plan is to evaluate what went well, what didn't work so well, and to have a listening ear for the ones that struggled throughout the day. "Poor planning is one sure way to group frustration and stagnation."

As I sit here writing this article, my mind has started wondering if I can add this Plan, Do, Evaluate into my everyday Christian living? What would that look like? How much security and purpose would it bring to my relationship with God, with my spouse, with my family, and with my employees and co-workers? To often we get busy in our day to day life, and don't put much thought into our relationship and work balance. Then when things start to drift off, we are confused as to why they hadn't read our minds. We say things like, I thought you knew better, why did you do it that way, well that was ridiculous. When in reality we didn't have a plan. We did it, but no-one was on the same page which only brings uncertainty and frustration. Therefore, we couldn't evaluate it effectively because there was no plan. Do we get too busy with life to take the time to sit down with my spouse, my family? Do I have an achievable plan with my personal time for God? Do I carry it out? Do I evaluate it? What about for my spouse and family? Do they know what time I'll be in for supper? Can they count on me being happy after work? Did I take the time to explain to them the weekend plans? Or do I get frustrated because I wanted to leave at 9, and nobody was ready until 10. If the plan isn't communicated, how will they know? Are we causing ourselves our own consequences for not checking the bases with my spouse and family? How much security will it bring to my spouse and family to have a plan and to do it? That's not to say that we can figure our lives out and that we must figure them out. God has a plan for each one of us, and we must trust Him and take the first step in faith and follow through.

-Program Director

Menu				
Cookout Menu for <i>Trailblazers</i>				
Meal <i>Lunch</i> Date <i>5/15/21</i>				
Fill out the description first, then put each food item in the proper food group. Do your order last.				
Meal Description	Milk	Meat/Meat Alternative		
<i>Smoked Sausage</i>	<i>1 tubular can 14</i>	<i>1 Smoked Sausage</i>		
<i>Smoked Sausage</i>	<i>2</i>	<i>2</i>		
<i>Sweet Potato</i>	<i>3</i>	<i>3</i>		
	Fruits	Bread, Cereal, Grains		
	<i>1 Pineapple Juice</i>	<i>1 Free-Range Eggs</i>		
	<i>2 Bananas</i>	<i>2</i>		
	<i>3</i>	<i>3</i>		
No. of Campers	Vegetables			
<i>7</i>	<i>4</i>			
<i>2</i>	<i>2</i>			
<i>2</i>	<i>6</i>			
<i>2</i>	<i>7</i>			
Food Items	Unit Size	Unit Price	Quantity	Total Cost
<i>Smoked Sausage</i>	<i>10 pack</i>	<i>3.35</i>	<i>2</i>	<i>6.70</i>
<i>Free-Range Eggs</i>	<i>5 pack</i>	<i>1.38</i>	<i>2</i>	<i>2.76</i>
<i>Bananas</i>	<i>each</i>	<i>.25</i>	<i>12</i>	<i>3.00</i>
<i>Pineapple</i>	<i>each</i>	<i>.20</i>	<i>1</i>	<i>.20</i>
<i>Trailblazers</i>	<i>each</i>	<i>.29</i>	<i>1</i>	<i>.29</i>
<i>Smoked Sausage</i>	<i>10 pack</i>	<i>1.08</i>	<i>1</i>	<i>1.08</i>
<i>Sweet Potato</i>	<i>10 pack</i>	<i>1.62</i>	<i>1</i>	<i>1.62</i>
<i>Trailblazers</i>	<i>1 gallon</i>	<i>3.10</i>	<i>1</i>	<i>3.10</i>
Campers			Total Cost	22.48
Chief			Cost Per Person	3.21

Cookout Menu Plan



Trailblazers' Cook Tent Building

Trip Plans

Planing a Four-Day Backpacking Trip

Well, everyone is excited for trips, and a four-day backpacking trip? Ya buddy! Any trip is achievable by our group, but more than achievable, trips can be the best time you ever had! Life long memories will be made for sure. But the deciding factor in having a good trip comes down to one thing, PLANNING!

First of all, check through your essentials. Let's start with food. We will need twelve meals for this trip. Our meat/protein, will need to be dehydrated unless its shelf-stable food, which isn't quite as gourmet. Jerky is a great option because it's light, efficient, and very good if made properly. It can be made with ground beef or thinly sliced flank steak. Dehydrate it too long, and it will be so tough that your jaws will cramp. Dehydrate it too little, and you might just be eating bacteria-infested steak. Ground beef can also be dehydrated with bread crumbs to use in any dish like spaghetti, tacos, or whatever fits your taste. Fruit is very easy to dehydrate and is super tasty. Most veggies can be dehydrated or canned and will add to any meal.

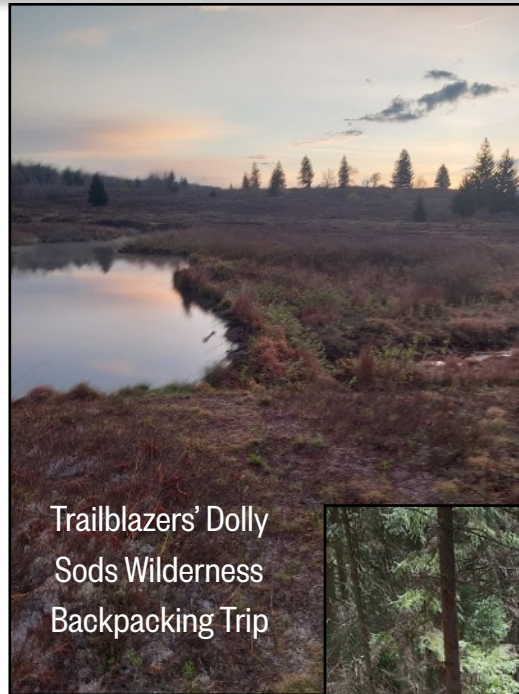
The next subject to focus on is commissary. Commissary consists of any tools that will be needed. This includes tools for gathering fuel for fires, cooking utensils, paper consumables, first aid, and, of course, our personal tent, sleeping bag, sleeping pad, and backpack. Because backpacking has everything on your back, packing unnecessary tools has a huge impact on the trip. Another thing to remember, is your personal gear. Pack as few pair of clothes as you can, and pack lightweight clothes if possible. Also, rain gear can be a game changer and keep you dry to conserve heat.

Itinerary is another important detail. According to the group, you have to decide how to split up the total miles by days using a good map. You can decipher what the terrain will be like to determine where to camp. Another main factor in deciding campsites, is to make sure it's by a dependable water source to filter drinking/cooking water.

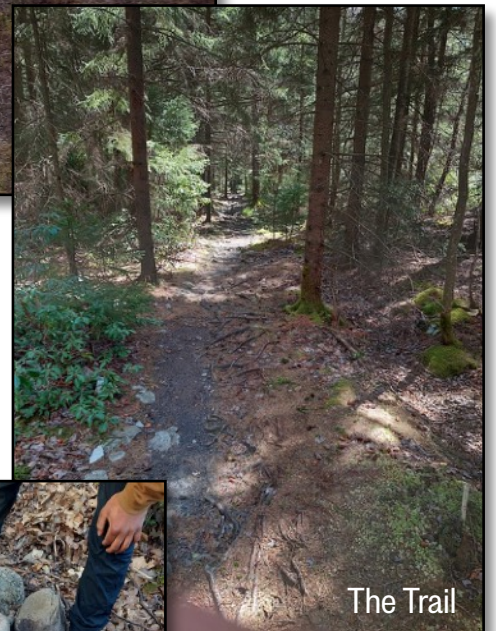
Now it's time to pack. To pack a backpack may seem elementary, but there's a lot that goes into it. Obviously pack according to when you need the item and also pack the bulk weight tight to your back and in the bottom. Another important thing is how your pack is adjusted. You want the majority of the weight on your hips, not your shoulders.

It's finally time to test your planning. Every problem you run into in the bush is an opportunity to learn, so have fun and stay safe.

-Trailblazer Camper



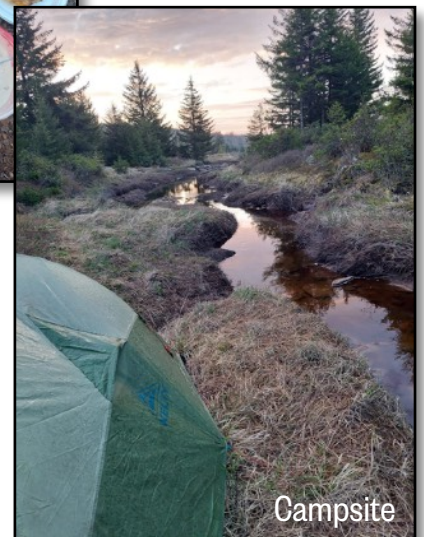
Trailblazers' Dolly
Sods Wilderness
Backpacking Trip



The Trail

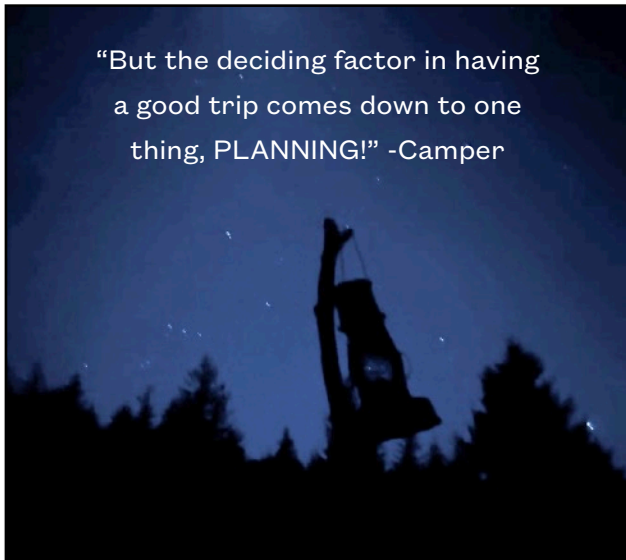


What's for Breakfast?



Campsite

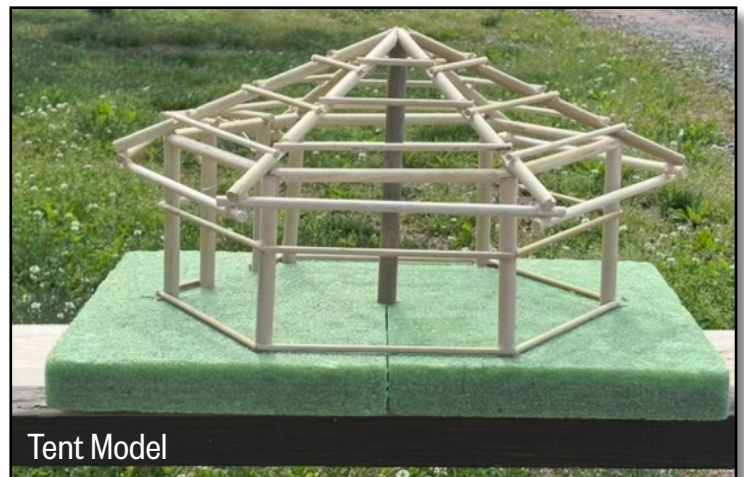
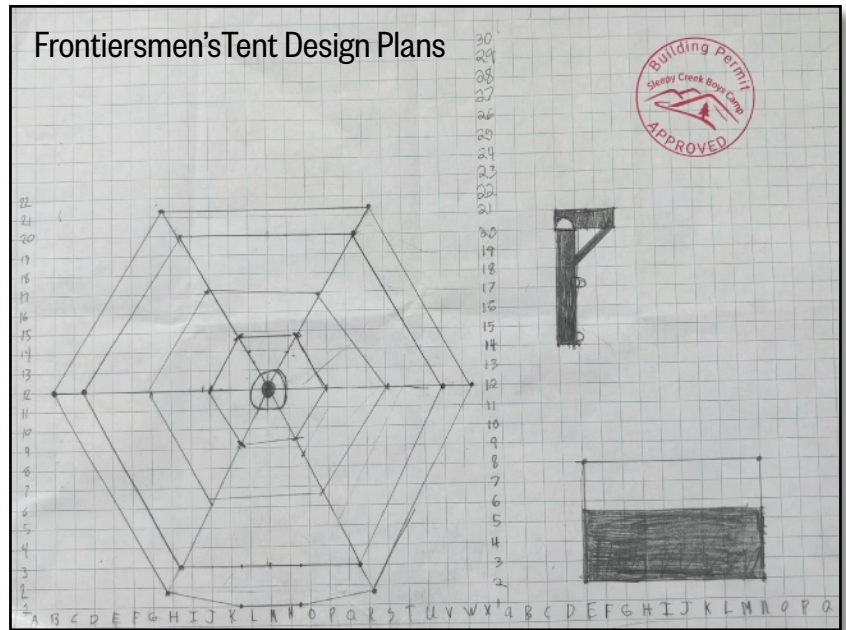
"But the deciding factor in having a good trip comes down to one thing, PLANNING!" -Camper



Tent Plans

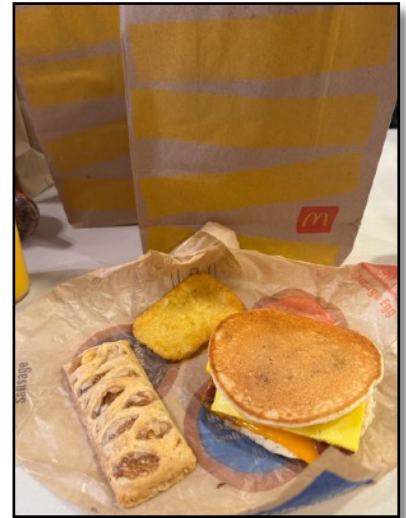
Tent Plans

To make tent plans, we start by brainstorming down in chuck tent with our supervisor. Next we draw an awesome design (like maybe a hexagon) using graph paper and making it perfectly to scale. Then it gets approved by some special people. After that is done, we make a cut list of the different lengths, sizes, and species of lumber we will need and want. Since the boring stuff is done, we can start building. First we make a cool model out of dowel rods that will turn out to look good even if the tent doesn't. Once done with that, we can pile in the bus and drive to Pennsylvania to get wood, because at camp, the right trees are few and far between. Next, posts go up, then the main beams, and finally the roof. We attach the side rails, and tarp both the model and the big tent. Once the outer layer is done, our handsome supervisor puts a stove in, and we stand in a little circle and put our hands in the middle. We yell "HOW" a bunch of times, and that's how you build a tent. I think you should build one in your backyard. -Frontiersmen Campers



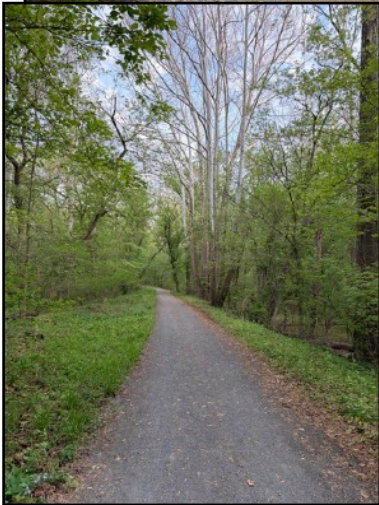
Fast Food Meals

This session the cooks let us choose a few of our favorite fast food restaurants and duplicated a meal for us.





The Trail



At 4:00 a.m., we woke up and did chores. Then we went up to the van and packed our food. After that, Chief Dave brought our breakfast burritos out, and we left right around 6:00 a.m. to drive for a little over an hour till we arrived at the Chesapeake and Ohio Canal around 7:15 a.m. After getting out and stretching our legs, we began our journey at 7:25 a.m. The scenery at Snyder's Landing was very pretty. There were quite a few caves in the first couple miles. We walked eight miles until we found Chief Dave's drink stand at 11:00 or 11:30 a.m. After getting refreshed, we set a goal of walking five miles before lunch, which would put us at thirteen miles. At 2:30-3:30 we stopped for an hour to have lunch and siesta, then we walked six miles to Chief Dave's second drink stand at 7:00 p.m. Somewhere between siesta and the second drink stand we stopped to catch a female black snake. I got to hold it for the first time. After the drink stand, we walked three miles to the van. We ended at 8:30 p.m. Overall, we saw a beaver and a bunch of caves, and caught a box turtle, a snapping turtle, and a black snake. -Frontiersmen Camper

Well, today is the day of the 2026 walkathon. At 6:00 a.m. we loaded into the bus for a drive to the C&O Canal walking trail. On the way there, we had breakfast in the bus and had a merry old time. When we arrived to the place we planned to start, we unloaded everything out of the bus and into the wagon which was coming with us. Once our stuff was ready to go, we circled up, and Chief showed us what our plan was. After much explaining and planning, Chief said that at eight miles in, there was going to be a coffee stand set up for us to get reenergized which sent everyone up in whoops and hollers. After the excitement died down, we set off on our 26-mile walkathon.

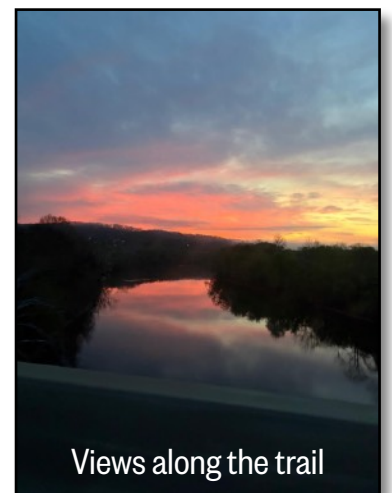
As we walked, everyone was in happy, jolly spirits. At eight miles, we saw a sign by trail that said, "Athenry coming up." After a wee bit more walking, we saw the wonderful coffee stand that had been set up by our amazing supervisor and ed director. When we arrived, we all ordered what we wanted and sat down to take a breather. After about ten minutes of sitting around and talking, we decided to head out for our next stand which was ten miles away. About halfway in between the stands, we stopped at a grassy area beside the river that had picnic tables. We ate lunch there and found some rubber ducks and 3D printed creatures of some sort. We took siesta, loaded the wagon, then continued on. There were a few folks starting to get wore out, but we pressed onward and forward. After a lot of walking, we finally arrived to our last stand which had some kind of red bull drinks at it. We sat there for a bit, then headed out on our final eight miles to the bus.

Right after we left the stand we came across a black snake lying on the trail which we caught and released. We walked a few more miles and realized that we weren't going to get back to the bus till 9:30 p.m., so we decided to jog for a few miles. After a lot of jogging and walking, we were about one and a half to two miles from the bus and that's when stuff got really interesting. One of the chiefs was leading us, and we were starting to walk across a bridge, when all of a sudden, there were bright flashlights shining and guys yelling like they had heard a ghost. Turns out, unlucky for us, we ran into four guys fishing off the bridge and having a beer party. Well, after getting called some unfamily friendly names, we decided to take the lower part of the bridge and hurry out of there. After getting through all that, we picked our pace up once again and cooked it for the bus. We walked a few more weary miles until we arrived at the bus and packed all of our stuff in it. We loaded up, had supper, and headed back to camp.

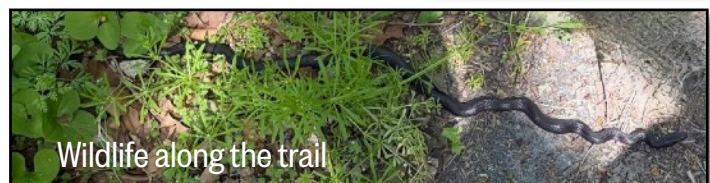
-Trailblazer Camper



The much anticipated drink stand



Views along the trail



Wildlife along the trail

New Property Update



Closing date for our new property:

July 24

Moving Day Goal:

May 1, 2027



Want to help with this project? Here is a link for New Property Donations or scan QR code: <https://www.zeffy.com/en-US/donation-form/new-property-donations>

Progress Report...



- *We have added two vehicles to our fleet – a CRV named Juniper and a golf cart named Gonzales.*
- *Thank you for our new shower house windows!!*
- *Guttering for our Shower House and one of the Family Worker's houses has been completed.*
- *Both groups have been planning their annual 3 week canoe trips.*
- *The Trailblazer Group finished their cook tent they have been building. Looks great, Trailblazers!*

- *The Frontiersmen have finished up their Chuck Tent. Great Work, Frontiersmen!*
- *The first part of June the Frontiersmen took a 2 day canoe trip on the Potomac.*
- *In April the Trailblazers took a 4 day hiking trip through Dolly Sods Wilderness.*



Welcome...

- *Welcome to our maintenance crew, Chief Ryan! He has come to replace Chief Travis.*
- *Welcome, Chief Matthew! He will be our third supervisor, replacing Chief Dave.*

Goodbye...

- *Goodbye Chief Travis! Thanks for all that you did on our maintenance team!*
- *Goodbye Chief Dave! Thank you for your two years here at camp, first being part of maintenance and then being our third Supervisor. We will miss having you around!*