

Alberta Conference of Seventh-day Adventists office@albertasdaedu.org

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Parent / Student Handbook

For since the **creation** of the world **God's invisible qualities** — his eternal power and divine nature—**have been clearly seen**, being understood **from what has been made**, so that men are without excuse.

Romans 1:20 NIV



to the PARENT

We at the Education Department are excited about the upcoming annual Outdoor School. This handbook explains the intent of the program. We ask that you look it over as you help your child plan for this adventure. This learning experience will provide a practical, hands-on approach to our curriculum- enhancing not only the student's interest in learning, but also allowing them to see the outdoors as God's lesson book.

We anticipate that this program will not only benefit your child, but also provide your child's teacher with valuable training and resources. They, in turn, can improve the variety of learning experiences that the students at your school will receive.

Thank-you for your support of Adventist

Christian Education as we train young people to

develop a relationship with Jesus.



This handbook has been written for you, the student. You will soon be leaving the four walls of your indoor classroom to attend school in the out-of-doors. The week you will spend at Outdoor School will give you a chance to learn about our natural resources and also learn outdoor recreation skills, which will help you to appreciate those resources.

You and your parents need to read this handbook carefully so that you will be prepared for your Outdoor School experience. Discuss the handbook with your parents and teacher. If you follow the suggestions in this book, it will help you feel more at home at Outdoor School and make your time there more valuable.



Janet Griffith
Education Superintendent



First Day

4:45 – 5:45	Registration
5:45 – 6:45	Supper *
6:45 – 8:15	General Assembly and Ice Breakers
8:15 – 9:15	Evening Activity – Live Auction
9:30 – 10:00	Campfire
	Lights out is 15 minutes after



* Parents and drivers who are not staying overnight are welcome to purchase a meal ticket for the evening meal.

Daily Schedule

Daily Schoolic	
7:00 a.m.	Rise and Shine
7:30	Breakfast
8:00	Chores
8:50 – 9:20	General Assembly
9:30 – 12:00	Morning Field Study
12:00 p.m.	Lunch
12:45 – 1:00	Group Time with cabin counselor
1:15 – 2:30	1st afternoon Field Study
2:45 – 4:00	2 nd afternoon Field Study
4:00	Organized Recreation
5:00	Supper
6:00 – 7:00	Debriefing with Teacher
7:15 – 8:30	Evening Activity
8:45 – 9:30	Campfire
	Lights out 15 minutes after or
	as announced.



Last Day

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7:00 a.m.	Rise and Shine
7:30	Breakfast
8:00	Chores/Packing
8:50 - 9:20	General Assembly
9:30 - 12:00	Morning Field Study
12:00 p.m.	Lunch
12:45 – 1:00	Group Time with cabin counselor
1:15 – 2:30	1st afternoon Field Study
2:45 - 4:00	2 nd afternoon Field Study
4:30-5:00	Float-a-Boat Finale
5:15 – 5:45	Supper
	Have a safe trip home!





Tuesday

Morning Field Study	Group	1 ST Afternoon Field Study	Group	2 nd Afternoon Field Study	Group
Trading Post	Crocs	Wired	Crocs	Wired	Snapping Turtles
	Snakes	Bubbleology	Snakes	Bubbleology	Crocs
River Rush	Dragonflies	Float-a-Boat	Dragonflies	Float-a-Boat	Snakes
	Diving Beetles	Follow the Clues	Diving Beetles	Follow the Clues	Dragonflies
Marsh Monsters	Leaping Lizards	Manufacturing Inc.	Leaping Lizards	Manufacturing Inc.	Diving Beetles
	Snapping Turtles	L.O.G.	Snapping Turtles	L.O.G.	Leaping Lizards

Wednesday

Morning Field Study	Group	1 ST Afternoon Field Study	Group	2 nd Afternoon Field Study	Group
Trading Post	Leaping Lizards	Wired	Leaping Lizards	Wired	Diving Beetles
	Snapping Turtles	Bubbleology	Snapping Turtles	Bubbleology	Leaping Lizards
River Rush	Crocs	Float-a-Boat	Crocs	Float-a-Boat	Snapping Turtles
	Snakes	Follow the Clues	Snakes	Follow the Clues	Crocs
Marsh Monsters	Dragonflies	Manufacturing Inc.	Dragonflies	Manufacturing Inc.	Snakes
	Diving Beetles	L.O.G.	Diving Beetles	L.O.G.	Dragonflies

Thursday

Morning Field Study	Group	1 ST Afternoon Field Study	Group	2 nd Afternoon Field Study	Group
Trading Post	Dragonflies	Wired	Dragonflies	Wired	Snakes
	Diving Beetles	Bubbleology	Diving Beetles	Bubbleology	Dragonflies
River Rush	Leaping Lizards	Float-a-Boat	Leaping Lizards	Float-a-Boat	Diving Beetles
	Snapping Turtles	Follow the Clues	Snapping Turtles	Follow the Clues	Leaping Lizards
Marsh Monsters	Crocs	Manufacturing Inc.	Crocs	Manufacturing Inc.	Snapping Turtles
	Snakes	L.O.G.	Snakes	L.O.G.	Crocs

Morning Field Studies will meet directly after the Morning Assembly Afternoon Field Studies will meet at the "Swamp", field area in front of the cabins.



The Outdoor School Site

Since the Outdoor School is intended to let you study the outdoors, an effort has been made to move your class to a place where you can live comfortably right next to your

outdoor laboratory.
Foothills Camp, near
Bowden, Alberta,
provides the
perfect site for
this. You will have
cabins to live in,
with shower and
wash facilities for
your personal

cleanliness, a dining room and a large meeting room right near by.

During the week, you will be using the outof-doors as your classroom. This outdoor classroom will be quite different from the one that you are accustomed to. For one thing, it is much larger. You will find forested areas, open meadows, a variety of plant and animal life, different types of soil, a river, and a pond. Here, assisted by Outdoor School staff, your class will discover much about God's wonderful creations.



The Outdoor School Staff

School in the out-of-doors requires a great many people working together. Many of the people you will get to know during this week are teachers from schools in Alberta and student/parent volunteers. Mrs. Janet Griffith, our Conference Education Superintendent, Mrs. Janet Hall, our Associate Education Superintendent, Mr. Kevin Kiers, Foothills Camp Director, and Mr. Scott Sackett, a teacher from

Strathmore, have planned this year's Outdoor School program once again. They will be happy to answer any questions that you may have. We also have the skills of our Alberta Conference grade 5/6 classroom teachers and parent volunteers to bring education to life. All teachers and volunteers are there to see that you enjoy your week of Outdoor School and learn as much as possible.



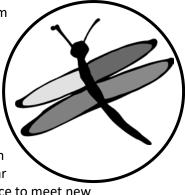
Living at Outdoor School

Outdoor School is a great place to spend time with the friends you already have and to make new ones. Different activities call for different groupings, so you will work with a number of groups at Outdoor School. You will have a cabin group, a field study group, your class from school, and the whole Outdoor School group.

You and a couple of your classmates will join students from other schools to form a cabin group. You will live and eat with this group during your stay. While at first it may seem that school groupings would make good cabin groups, we've found that a

mixture of students from various schools helps kids break down barriers and make friends from all over the province. Each student will have one or two of their own classmates in their cabin so that there is a familiar

face as well as the chance to meet new people. Each group has an adult cabin leader who is there to help you with anything during your stay at Outdoor School.



Everyone will eat in the cafeteria that is located in the lodge. The kitchen staff prepares all meals served at the Outdoor School and a special effort is made to see that the meals are well balanced. All meals will be vegetarian, which will be a new experience for some. Even though there may be some things you do not like, we encourage you to be adventurous and try everything.

Good table manners are encouraged at Outdoor School. Many people will be eating at the same time so it is important to remember that conversations should be quiet and manners should be like those of a guest. Don't forget PLEASE and THANK YOU when asking for articles at the table or in the serving line.

Each day you will perform a small share of the chores, which are important for the successful operation of the school. Chores will be done with the members of your cabin group and supervised by your cabin leader. In addition to the general school chores, it is the responsibility of each of you to see that your bed areas and cabin are in good shape.

Much of your personal enjoyment during this week will come from meeting and making friends with students from other classes. Your enjoyment depends on you using co-operation and common sense while at Outdoor School. This will ensure a good, safe time.

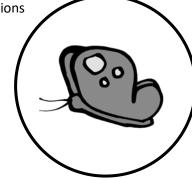


Studying Together at Outdoor School

Each morning from 9:30-12:00 and afternoon from 1:15-4:00, you will go to your outdoor classroom. Since you will be in the out-of-doors, surrounded by nature, you will be concentrating on natural science, ecology, conservation and recreation. However, your other school subjects will not be neglected; they will simply be presented to you in new and different ways and will become a part of your study in the outdoors. You will find that you will be working in small groups sometimes, and larger groups other times. You will be doing things that will help you to learn about and understand the out-ofdoors by using all subjects such as reading, writing and mathematics. This type of

study where all subjects are taught using one topic such as Pond Ecology is called integration. In a typical Pond Ecology Study, you might be hiking to the pond area (recreation), dissecting a log and writing down your observations (science / language arts), measuring and

calculating populations (science / mathematics), and discussing the changes in wetland environments including global change influences (science / socials).





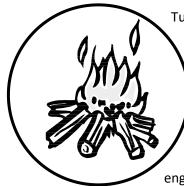
Recreation at Outdoor School

Monday and Tuesday from 4:00-5:00 there is recreation period in which all students will participate. These recreation periods will include sports that will be organized by the teachers and volunteers. It is a time for

students to relax from their schoolwork and burn off some energy before supper.



Evening Programs



Tuesday & Wednesday
between 6:00-7:00
p.m. you will spend
one hour with
your classroom
teacher writing in
your journal,
discussing the day's
activities, and
engaging in discussion

topics relating to what you have learned.

At 7:15, the evening activity will begin in a specified area. These evening activities or games will differ from night to night. One night it could be capture the flag in the woods; other nights, it could be a spy game

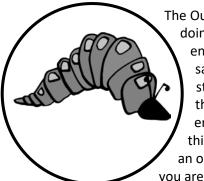
with TOP SECRET envelopes. It's a chance for all students to get to know each other and make new friends.

Campfire is next with stories and songs. Our Outdoor School pastor will provide a spiritual focus as we end our busy day.

At Outdoor School, lights-out is 15 minutes after the last activity and each evening a teacher or staff will be at your cabin for the night. At no time are you left unsupervised at Outdoor School, which is for your safety and enjoyment.



Discipline



The Outdoor School is a doing place. To ensure everyone's safety and to help students learn in the outdoor environment, things must run in an orderly manner. If you are not co-operating,

you will lose privileges. For example, on field studies, you may be asked to step out

and wait while others go in the river to collect samples. In extreme disciplinary situations where you are continually being spoken to and/or putting yourself or others at risk, the Outdoor School Leader will call your own principal and your parents. Your parents will be requested to come to Outdoor School to take you home. This situation should happen very rarely because using co-operation and common sense is really easy.



Personal Cleanliness

Your personal hygiene is, of course, your responsibility. Adequate time is provided daily for you to maintain good health practices. Changing clothing daily, washing

hands before meals and after using the washroom, brushing teeth, combing your hair, and showering, are a big part of healthful living in the out-of-doors.

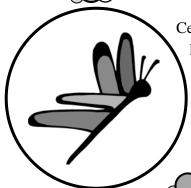


Health and Safety

If you are injured in any way, or if you do not feel well, you must report this immediately to your teacher or other staff member who will see to it that you are taken care of. There are teachers who are trained in first aid that will help you and want you to enjoy your stay at the Outdoor School. Teachers will help you call your parents if it is needed.

NOTE: Any medication that you bring to the Outdoor School must be turned over to your teacher. Make sure that your name and prescribed dosage is written clearly on the container. That teacher is responsible to see that your medication is given to you as required – please make it easy for your teacher and approach him/her at the appropriate time.

Telephone Use



Cellphones are not permitted in Outdoor school. Since activities are run outside and we don't

have a secretary to take calls, parents should avoid calling the camp. In an emergency, parents should call the principal/teacher who will know of the best way to get in touch with students

Getting Ready for Outdoor School

All personal items and equipment should have your name and the name of your school clearly marked on them. It is recommended that you use a felt pen, sewn-on nametags or embroidery, to mark all items. It would also be to your benefit to make out a checklist of what you take along to the Outdoor School and recheck it carefully before returning home. You are responsible for your own luggage so everything should be packed with this in

mind. You will find a list of suggested supplies in this book. It is there to help you as you decide what to pack.

If you bring anything that is not permitted at Outdoor School, it <u>will be confiscated</u>. Your teacher will discuss what to do with a confiscated item. Electronic devices are usually returned to your parents; junk food, etc., which attracts mice, will probably not be returned.



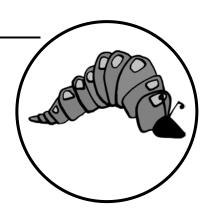
Departing for Outdoor School

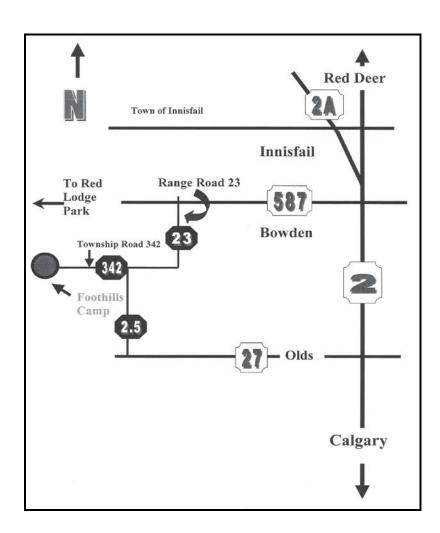
Your teacher will arrange for rides to Outdoor school. If it's a bus or if you carpool, it is recommended that you double-check to see that you have not forgotten anything.



Arriving at Outdoor School

When you arrive at the Outdoor school site, check in at the lodge in the cafeteria where there will be staff to direct you to your cabins. Once you find your cabin, you may choose a bed that you can claim as yours for the week and get settled in by making your bed and putting away personal equipment (usually under the bed is a good spot). Make your way back to the cafeteria for supper, which starts at 5:45 pm.







The following is a suggested list of items you will need. Please do not put your family to needless expense, but rather bring older clothing and equipment that you might already have around your home or that you can borrow from friends and family. The main thing you want to consider is whether you will be dressed warmly enough and can keep dry in case of rainy weather. It is a good idea to label all of these items with your name.

Sleeping Gear

- □ Warm Sleeping Bag (extra blanket if sleeping bag is light-weight)*
- Pillow

Clothing

- □ Shirts (3 or 4)
- Warm Jacket*
- Sweater
- □ Socks (4-5 pairs)
- □ Underwear (4-5 changes)
- Pajamas
- Hat
- □ Pants (3 pairs)
- Raincoat*
- Waterproof Head Covering*
- □ Waterproof (Rubber) Boots*
- Walking Shoes
- Sandals or Water Shoes (not just flip flops)
- These are essential)

Toilet Kit

- Towel
- Washcloth
- Soap and Container
- Comb/Hairbrush
- Toothbrush/Toothpaste
- Sunscreen
- Insect Repellent
- Medication (if needed)
- □ Lip Salve (optional)
- Tissues (optional)

Equipment

- Pen
- 3 Pencils
- THIS BOOK
- Water Bottle*
- Flashlight

- Camera (optional)

Bible Clipboard (optional) Binoculars (optional)

DO NOT BRING: Money, Knives, Jewelry, Music Machines (CD, MP3, iPods, tape, record players, 8-tracks, etc.), Electronic Games (Gameboy, PSP, Game Cube, etc.), Movie Machines (DVD, iPod, etc.), or Junk Food/Candy/Gum. Yes, you will live without this stuff for 4 days.





The following rules are designed to help Outdoor School run smoothly and to make sure everyone can enjoy their time here. Besides following your school rules for field trips, here are some specific Outdoor School rules. As you're out and about, remember the keys: **Co-operation & Common Sense**

- 1. Be where you are supposed to be! Stay within the Outdoor School boundaries (as explained in the General Assembly) unless under the direction of a teacher.
- 2. **Respect.** Your school's rules for how to treat others are to be followed at Outdoor School.
- 3. **Respect.** Treat animals and plants with care. If it is necessary to collect specimens for observation, return them to their original habitat after the study.
- 4. Remember that your cabin is your home for the time that you are at Outdoor School and others share it with you and will use it after you leave. Treat it with respect and never go into anyone else's cabin.
- Between lights-out and rise-and-shine, there should be no noise.
 Students must remain in their cabins, with the exception of using the washroom facilities.
- 6. All Recreation activities are to be supervised by a teacher. It is important to follow directions.
- 7. Report sickness or accidents to a teacher. Persons seriously ill or injured should not be moved. Teachers should be called to them.
- 8. Do not light fires or carry matches.
- 9. Leave unnecessary items (see clothing & equipment page) at home.
- 10. Abide by your school's dress regulations and please leave all jewelry at home.



Activity 1 (DO NOT write anything here until it's time!)

Drove more than 2 hours to get here	Has touched a snake	Rode a bike to school this year	Has seen a bald eagle	Went to summer camp last summer
Has held a bug	Has a caught a fish	Camped in a tent last summer	Has been to another province	Made a snowman this winter
Has been out of Canada	Has been to Outdoor School before	Hugged someone this week	Has seen a bear in the wild	Has been in a canoe before
Has gone swimming in a river before	Can find the North Star	Has never been to Outdoor School	Has been farther north than Edmonton in Alberta	Has seen a moose in the wild
Has never camped in a tent	Has caught a frog before	Has seen a butterfly emerge from a chrysalis	Has hiked for more than 2 hours before	Has been to an ocean before

Activity 2

ACROSTIC POEM: An acrostic poem uses the letters of a word to start each line describing that word. Here is a sample:

B others you forever U ntil you go nuts

G onna run away fast

Now it's your turn. Write two acrostic poems. Use the word wetlands for the first one, then think up a good Outdoor School word to write a poem about.













Now you make up an acrostic poem of your own.



Write **2 descriptive paragraphs** on the lines provided. Think carefully about the descriptive words that you use so that they are not just basic words – like "good / bad" or "nice / not nice." Use the topic sentences provided and add at least 5 more sentences to write the paragraph.

The vast forest before me is a sample of God's great love to me
The place in nature that I can most relax is like no other place in the world



Use your Bible to fill in the blanks.

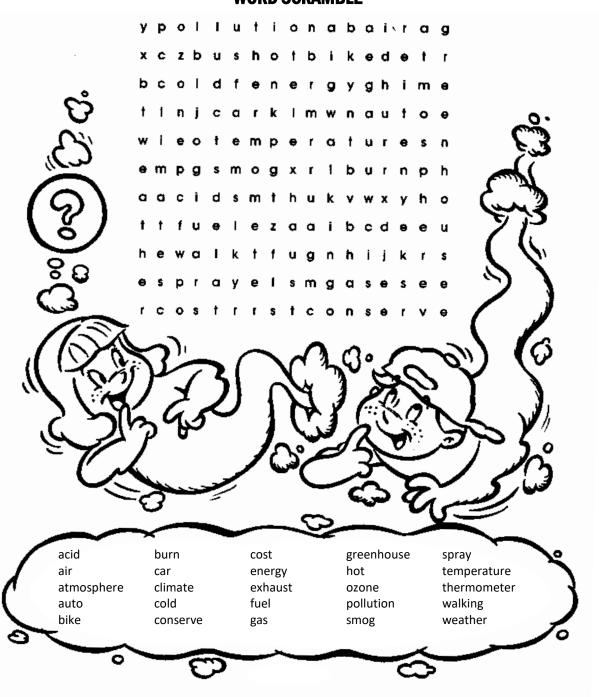
1. Moses' mother hid him in the	to save his life. Exodus 2:3
2. Zacchaeus climbed a	tree in order to see Jesus. Luke 19:4
3. "Consider the neither do they spin." Matthew 6:28	of the field, how they grow; they toil not,
4. Deborah was buried under an	tree. Genesis 35:8
5. The prodigal was tempted to eat country. Luke 15:16	as he worked in a far
6. The disciples plucked ears of	on the Sabbath. Matthew 12:1
7. The children of Israel hung their harps while in Babylonian captivity. Psalms	on the trees as they wept 137:2
8. The Lord said that faith as a grain of miracles. Luke 17:6	seed could accomplish
9. Christ cursed the because it produced no fruit. Matthew	tree which represented the Jewish nation 21:19
10. A was Mark 15:17	placed on Jesus' head before his crucifixion.
11. "I am the; ye a	re the" John 15:5
12. Jacob buried the earrings that members tree. Genesis 35	
13. Grapes, figs, andCanaan by the spies. Numbers 13:23	were brought back from the Land of
14. "I am the" Song of S	of Sharon and the of the Solomon 2:1
15. After fleeing for his life, Elijah sat dow that he might die. 1 Kings 19:4	n under atree and requested
16. The rod that budded, bloomed and bore tabernacle, was from the	fruit all in one night as it was placed in the tree. Numbers 1:8



WORDS IN THIN AIR

Find the following words in the word scramble below. Circle the words as you find them. The words are presented left to right or top to bottom.

WORD SCRAMBLE





Weather Log

Record the weather each day your at Outdoor School. How well did the weather match forecasts that you heard for the week?

Monday	Date: _	Time:	
Temperature:	Current: _	High:	Low:
Air Pressure:		Change in A.P.:	Humidity:
Wind Speed: _		Wind Direction (from):	Precipitation:
Tuesday	Date: _	Time:	
Temperature:	Current: _	High:	Low:
Air Pressure: _		Change in A.P.:	_ Humidity:
Wind Speed: _		Wind Direction (from):	Precipitation:
Wednesday	Date: _	Time:	
) Date: _	Time: High:	
Temperature:	Current: _		Low:
Temperature: Air Pressure:	Current: _	High:	Low: _ Humidity:
Temperature: Air Pressure:	Current: _	High: Change in A.P.:	Low: _ Humidity:
Temperature: Air Pressure:	Current:	High: Change in A.P.:	Low: Humidity: Precipitation:
Temperature: Air Pressure: Wind Speed:	Current:	High: Change in A.P.: Wind Direction (from):	Low: Humidity: Precipitation:
Temperature: Air Pressure: Wind Speed:	Current:	High: Change in A.P.: Wind Direction (from): Time: High:	Low: Humidity: Precipitation: Low:

Name

How much water is flowing past, where we are standing?

77 Mis			it actually takes for a ball to cover the 30 meters. For ball five times and then calculate the average.
PREDICTION How much time do you think it, will take for a ball to	Trial 1 Trial 2 Trial 3 Trial 4		AVERAGE TIME Total : Number = Aveerage Time
travel 30 meters in this river?	Trial 5	sec.	Total Time ÷ 5



To find the volume, you need measurements for length, depth, and width. The length is set at 30 meters. You need to find the average depth and the average width of this section of the river.

WIDTH	DEPTH
Measure the width of the river in 3 places.	Measure the depth of the river in 9 places.
#1m	#1m #4m #7m
#2 m	#2 m #5 m #8 m
#3m	#3
Total m	Totalm
Total Width + 3 = Average Width	Total Depth + 9 = 4 of Measurements Average Depth
CALCULATING VOLUME	-

Multiply length x average width x average depth to find the volume of this section of the river.





Now we can use the average time and the volume to find out how much water flows past us in one second. Use the formula below to calculate how many cubic meters flow by per second.

FORMULA

Volume (m3) Time (s)

Second Meter Flow (m3/s)



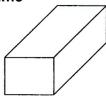
Average Time



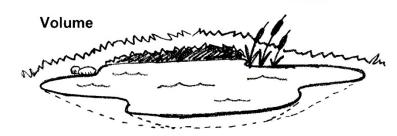
How Many Bathtubs! Measuring Pond Volume

Volume – the amount of space an object takes up; measured in m³ (cubic meters)

Volume



length x width x height



average length x average width x average height

Measuring the volume of a rectangular prism is easy. You simply multiply the length by the width and by the height. Measuring the volume of a pond is a bit trickier because the measurements vary, or change, from place to place. How deep a pond is depends on where you measure it. To solve this problem, we take a few measurements of the depth and find the average. After that, it's a piece of cake!

LENGTH

Measure the length of the pond in 2 places. Then add them up to average them out.

Total
$$m \div 2 =$$

WIDTH

Measure the width of the pond in 3 places. Then add them up to average them out.

Total
$$m \div 3 =$$

DEPTH

Measure the depth of the pond in 15 places. Then add them up to average them out.

Total
$$m \div 15 =$$

VOLUME

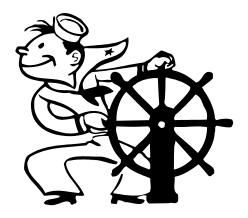
Now multiply the average length, average width, and average depth.

How many bathtubs is that?

FLOAT-A-BOAT AQUATIC DERBY

After the auction, you will construct a raft with the materials provided to ferry one person and cargo across the pond. Maximum points come from the person and cargo arriving in tact and dry.

- Each construction team shall design and build its own raft without any help from anyone outside the team.
- Teams may only use the provided materials, though they do not have to use everything they purchase
- No alterations may be made once the raft is in the water for the race.
- Rafts should be designed to carry one of your team members and two shipping containers.
- All raft passengers must wear life jackets.
- The cargo boxes may not be altered in any way. The lids must remain on both.
- Only the pilot may propel/steer the raft and only the paddle may be used in the water (no part of the passenger's body may be placed in the water to propel/steer the raft).
- Only one crossing of the pond will be permitted.
- Intentional interference with the building of or pond crossing of another team will result in disqualification from this event.



L.O.G. - Dissecting the Forest

As you see different organisms, Record the following:

- a) Picture of it
- b) Name of it (be specific) if possiblec) Describe it color, shape, etc.

1	NAME: DESCRIPTION:
2	NAME: DESCRIPTION:
3	NAME: DESCRIPTION:
4	NAME: DESCRIPTION:

-ELECTRICITY-JUNCTION LIGHT BOX PLUG-IN LIGHT SWITCH

JUNCTION BOX . . . you must always hide wires that are joined together inside of an electrical box. Here, the junction box does this with the plug-in wire and the 14-2 electrical wire. The round cover is for safety.

PLUG-IN . . . the black wire (POWER IN) attaches to the gold screw, white wire (POWER OUT) to the metalic screw. The ground wire to the blue/green screw and to the metal box screw for safety.

LIGHT . . . the black wire (POWER IN) attaches to the gold screw, white wire (POWER OUT) to the metalic screw. The ground wire only attaches to the metal box.

LIGHT SWITCH . . . your Outdoor School Leader will show you how this works - how the switch controls the electricity flow so the light turns on and off.

Rule of Thumb:

The black wire bring the power (N. The white wire is power out (you must have this). The ground wire is for safety and must be attached to the box to be properly grounded.

On the ELECTRICAL BOXES pictured Now turn: above, draw the wires and show the flow of electricity with arrows. Here's an simple example using batteries:





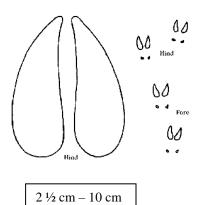
Use the scientific method to decide which kind of dish soap makes the biggest bubbles. At each station, you need to blow bubbles, measure them, and record your information. Then you will need to calculate the average size bubble for each soap.

	Soap A	Soap B	Soap C	Soap D
Type of Soap				
Bubble I (diameter)				
Bubble 2 (diameter)				
Bubble 3 (diameter)				
Bubble 4 (diameter)				
Bubble 5 (diameter)				
Total (Add all Bubbles)				
Average Bubble (Total ÷ 5)				

Conclusion Statement:	Write a complete sentence telling what kind of soap makes the biggest bubbles.

Follow the Clues

Whitetail Deer Beaver





Coyote





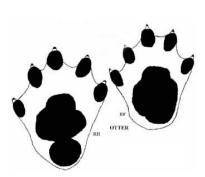
Rabbit



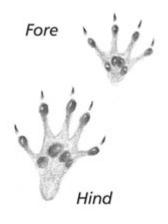




Otter



Squirrel



MARSH MONSTERS!

Water Flea

Pink or orange in colour, it moves up and down in short hops and feeds on algae and bacteria. About this long

Copepod

Often called 'Cyclops', due to its single eye spot. Moves with a constant, jerky, swimming motion, eats dead plants and animals and is very tiny.

Water Mite

Usually red, this tiny spider relative feeds on larvae and plankton and swims by wildly beating its 8 legs. About this long

Sideswimmer

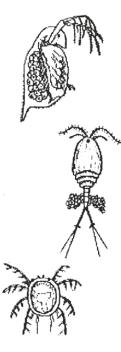
A freshwater shrimp that is grayish in colour and swims on its side by beating its many legs. A scavenger about this long

Mosquito Larva

"Little black sticks" that float under the surface and feed on algae and protozoa. Wiggles wildly when disturbed. About this long

Mosquito Pupa

A tiny black "comma" floating just under the surface. It breathes through hollow tubes that stick out of the top of its head. About this long









Water Boatmen

Black with fine yellow bars, it swims by paddling with its oar-like legs. Eats algae and dead plants and animals. About this long



Phantom Midge Larva

Called a Phantom midge because this worm-like animal is transparent (see through). It moves by suddenly flicking its body Eats plankton and is about this long



Backswimmer

Black and white in colour, with big red eyes. It swims along on its back by using its legs as oars. Preys on insects and small fish. About this long



Water Strider

With long skinny legs, it runs on the surface of the water and feeds on small insects. About this long



Damselfly Nymph

Usually found on the bottom or on underwater plants. Notice the 3 leaf-like gills on the end of its body. Eats insects and plankton. About this long



Mayfly Nymph

Similar to the damselfly nymph except that the projections at the end of its body are finer and more feather or hair-like. Eats algae and plant material. About this long



MARSH MONSTERS!

Dragonfly Nymph

Brown in colour, it usually walks slowly on the bottom or among the vegetation. Eats plankton, worms and insects. About this long



Caddisfly Larva

Builds a tubular home using bits of plants, sand grains or even old snail shells. Walks slowly along the bottom and eats algae and small aquatic animals. About this long



Giant Water Bug

A large, flat, brown bug usually found among plants. Swims by kicking its hind legs. Eats a variety of aquatic animals. This drawing is about life size.



Whirligig Beetle

A small, shiny black beetle usually seen zooming around on the surface of the water. Feeds on small insects and is about this long



Predacious Diving Beetle

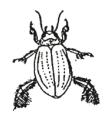
(larva) Also called a water tiger due to its voracious appetite for insects, minnows and tadpoles. Swims by 'dog paddling' with its legs. About this long



Predacious Diving Beetle

(Adult) A shiny black beetle sometimes marked with dull yellow or green. Swims by paddling with oar-like legs. Eats a variety of aquatic animals.

About this long



Snails

Move around slowly on a muscular foot that extends out of a spiral or orb shell. Use a rough 'tongue' to scrape up algae and dead plant material. Size varies



Seed Shrimp

A tiny clam-like animal that is greenish in colour and motors about using its legs and antennae. Filters bacteria and dead plant material out of the water. About the same size as the water flea.



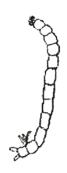
Leech

A flat-bodied, dark-coloured worm with a sucker at each end of its body. Moves along like an inchworm or swims in a ribbonlike fashion. Eats snails, insect larvae, worms and some suck blood. Size varies



Bloodworm

A dark red, segmented worm that spends its time moving about in the muck at the bottom of the marsh. Eats algae, tiny plants and other dead things on the bottom. About this long





the Javenture of our Lives



It was a shepherd boy that killed the giant,
the difference was the **stone**And three hundred men beat a hundred thousand
by the **light** they'd shone

And we have joined that army too, **the Lion is our King He is our Rock**, **He is our Light**, **He is our Victory!**

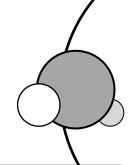
Join us on the adventure of the cross, to **seek the lost**Following the One who bears the scars, who paid the cost

Don't look back, **it's all for One**, it's time to do or die

As He leads us on the **adventure of our lives**.

We do not fight mere human powers and fortresses of stone
We daily battle evil hosts with a **power not our own**And you can join this army too, **the Lion is our King**He is our Rock, He is our Light, He is our Victory!

Don't look back, it's all for One, it's time to do or die Live for Jesus on the adventure of our lives



Power Text:

God is our refuge and strength;

An ever present help in trouble!

Psalm 46: 1