Your Week Away from the Clubhouse

Dinner (and After Dinner)

9. The Dowsing Committee is in charge of activity assignments and they will be working two weeks in advance. Check with the adults in your canopy area and ask them to write down your assigned activities. Activities are performed at a satisfactory level, you may need to skip a week before you return. Each week, the Dowsing Committee will have a list of new assignments. Lights out are at 9:00 p.m. Before you go to bed, it would be a good idea to dowsing the question, "Am I ok?" to check on your status.

When Morning Laundry is Completed...

2. Your Energizer Solar Folding LED Lantern will need at least 5 hours of sun to re-charge the solar panels. If you want light in the clubhouse after dark, you will need to charge the lantern. Ask an adult to tape “Clubhouse” on the lantern—so your light does not get confused with any other light. If one of the outer walls of the clubhouse has a lot of sun, use an “S” hook to hang the lantern while it is charging (one reviewer set it up on the hood of his car during a camping trip). You may need to find a flat surface.

3. Each morning, you should have about 3 hours of activity time. Adults assigned to teach you games and crafts will look for you in the clubhouse. Plan to meet members of the clubhouse around Noon — to prepare lunch.

Walk the Animals

4. If you have activities assigned after lunch (adults can tell you what is assigned), you will only have time for a short walk. If you do not have an assigned activity, take the animals on a longer walk after lunch. Animals eat twice a day, but they can have a pet treat at lunch (pet treats should be stored with pet food). Dowse who walks the dog and who walks each cat. Try to take them out for at least 20 minutes. Note: Pet treats are used to coax cats on their walks. Do not give any of the animals more than 4 treats. Feed the animals their 2nd meal (with baked eggs and Thyme drops in their water dish) around 6:00 p.m. Bake their eggs when you heat up your food. Animals (and all biologicals) need animal protein. Pay attention to your daily protein consumption—snacking on yogurt and cottage cheese (76% usable protein) to reach your daily goals. Note: Sally Fallon’s coconut pudding tastes very good with plain yogurt (it’s naturally sweet—see Baby Food Style Sheet). Dowse pet daily protein requirements—small to medium sized eggs (90% usable protein) are about 5 grams—many pets need as much as 10 grams per day. Canned pet food contains meat, poultry and fish that is only 15-20% usable.

Setup for Lunch

5. Lunches are usually planned in the clubhouse with steps that are very similar to breakfast. Occasionally, adults plan “Family Suppers” (at lunchtime) at Panera. These are planned in advance. Amy’s pizza, hot dogs and chicken strips are the easiest foods for young people to prepare at lunch (See: Food Extras, Recipes Style Sheet for directions). Each of these foods should be in your refrigerator with related food items such as hot dog buns, ketchup, and mustard. Ezekiel buns are a healthy alternative to plain buns made with plain white dough. If two people in the clubhouse are eating, plan to cut an Ezekiel bun in half (the Coleman hot dogs are smaller than other hot dogs). If two young people are eating pizza, you may need to cut the pizza in half. Note: Chicken strips should be served on small plates. Ranch dip can be made with a mix from Simply Organic. If you decide to try chicken strips and ranch dip, you will need 16 ounces of plain yogurt (Ervan yogurt is in an 8 ounce container and Brown Cow is in a 6 ounce container—estimate if you want to use Brown Cow). Spoon the ranch dip into ramekins for dipping.

6. You will need to set up the tables, chairs and place settings—similar to breakfast. Be sure to wipe your hands with a vinegar washcloth before handling food. Pay attention to these clothes because Earth is heavily infected with parasites. Keep two (in snack-size Ziplocs) in the wire basket at all times—and wash the clothes. Use parchment paper on a baking sheet to warm the food you select. Follow the directions on the Food Extras Recipes Style Sheet. Follow a similar set of steps using oven mits, and a trivet. Cleanup will be similar to breakfast (with less dishes).

7. Lunch would be a good time to decide what you would like to eat for dinner. Although clubhouse members eat with adults in the canopy area, you will need to prepare your own food. Occasionally, adult food managers may organize a food that is shared and you may be invited. Each week, learn the name of the clubhouse food manager (an assigned task) and ask if there is any dish you could help prepare for everyone. You could also volunteer to pick up ice cream for everyone (using the Ozark insulated bag and some blue ice—be sure to return the blue ice to the main freezer).

Lunch Cleanup

8. Review the steps for breakfast cleanup to re-familiarize yourself with steps for cleaning up at lunch.

Afternoon Activities

9. The Dowsing Committee is in charge of activity assignments and they will be working two weeks in advance. Check with the adults in your canopy area and ask them to write down your assigned activities. Activities are organized in groups and this information will help you to plan in advance. When not in use, messenger bags should be hung on your wooden hanger in your assigned section of the Black Beauty racks. When you go to your activity, you may need to take your messenger bag (to carry a snack from the adult canopy area, your water bottle, your hoodie, or any materials you need for your activity).

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10. By 5:00, you should begin completing your work on your assigned activity and heading back to the clubhouse. Meal preparation is similar and you will need to carry your equipment to the umbrella table area (or dining area in the canopy tent) and set up. Cleanup is also similar after each meal. Remember to watch the time because lights out is at 9:00 p.m. If you have time, you can plan to watch television, or play a game. Remember to set your clubhouse alarm for 6:00 a.m.

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11. Continue your daily routine with fellow club members during your week away from the clubhouse. The canopy areas have similar equipment and supplies for you to share meals and wash clothes as a group. If you are not presently assigned sleeping areas together, dowsing and ask if you can find an area where you can continue your clubhouse routines away from the clubhouse. If a “Yes” is returned, dowsing areas close to the adult canopy where you can set up cots and practice your daily routine.