



Camp to Kamp

Summer 2018 Curriculum

PARTNERSHIP BETWEEN CBM/ABW AND CBAC SUMMER CAMPS



CANADIAN BAPTISTS
of ATLANTIC CANADA
Joining God in Our Neighbourhoods



CBM

embracing a broken world
through word & deed

Dear Camp Missions Leader,

Welcome to a brand new curriculum specifically for your middle school and high school camps this summer! We're so glad you'll be using this curriculum, and we hope that you find it engaging and insightful as you lead campers in meaningful discussions about poverty, and injustice, and help campers raise much needed funds for Kamp Tumaini in Kenya.

This generation is globally connected. The Imaginative Hope report states that, *"This generation is more aware of global issues than any previous generation. We, the Church, can play a pivotal role in coming alongside young people in connecting their desire for justice with a deep biblical understanding of how to meaningfully engage locally and globally in a broken world."* (p.20) You have the opportunity to make a difference through education/awareness and fundraising this summer. We suggest you start early and read through the resources and then gather your staff team to brainstorm how to make this the most successful summer missions program ever! We're praying for you!

WHY KAMP TUMAINI

How do pronounce hope? In Kenya, they say tumaini (too-my-ee-nee). **Kamp Tumaini** started in 2015 as a summer camp in Kenya offering hope for children who were impacted by HIV and AIDS. The camp was created in response to the approximately 160,000 children in Kenya who are HIV-positive, and the thousands more who have lost a parent to the disease. These kids often experience stigma, isolation, fear and loneliness. Participating in Kamp Tumaini is a way for Canadian churches to offer the gift of love and friendship to these vulnerable children and remind them that they are not forgotten or alone.

Due to the success of Kamp Tumaini in Kenya, it is expanding to other countries! In June 2019, we will be launching Kamp Tumaini - Bolivia with a camp for Prison Kids – children who have an incarcerated parent. For kids who are stigmatized by having a parent in prison or must live with them there, it's an opportunity to enjoy time away with friends in a safe and caring environment.

In July 2019, we be launching Kamp Tumaini - Thailand for youth in the Golden Triangle region of Asia who will experience the love of Christ while learning English. Many of these young people are at risk of being drawn into the wide spread drug trade in the area. Participating in camp may be their first time being part of a loving Christian community.

Every Kamp Tumaini, no matter the location, is created to bring pronounce hope, blessing kids and youth with a camp experience that gives them a safe place to enjoy just being a child. Thank you for supporting Kamp Tumaini and bringing hope and transformation to children everywhere in the name of Jesus.



HOW TO USE THIS CURRICULUM



You will be provided with material for the mission program at your camp; this material is called **Kids Care**. The theme for **Kids Care 2018** is *It's not fair!* and the five lessons are about inequality and injustice as they relate to food, health care, economics, environment, and education.

Please make use of this material for the **younger campers**, and have fun with it!

FOR OLDER CAMPERS

For the **older campers** (middle school and high school) we hope that you will find this curriculum engaging. We recognize that each of the CBAC camps have different schedules and resources, and so we've tried to provide enough material to suit your programming needs. Please use what you feel will enhance your camp program and engage your campers in missions.

CURRICULUM



As previously mentioned, we recognize that each camp operates on a different schedule, and therefore the missions component at each camp looks different.

For camps that run their missions program each day, we recommend using a new curriculum called **The JustUs Project**. This is a 5 session, video-based curriculum that will give your campers knowledge, tools and a biblical perspective on engaging in topics around poverty and justice. The website for **The JustUs Project** is <http://www.thereisjustus.com>. For \$15 you can purchase and download everything you need (The 5 videos, a facilitators guide, and field guides for the campers that can be printed). You'll just need to review all the sessions and read through the guide. You may want to have other camp staff help facilitate discussion groups as well, depending on the size of your group. Please note that the purchase of the curriculum allows 5 users, so please feel free to share the cost of the curriculum with other camps.

You may want to use all of the videos, or just some of the videos with your campers. These could also be used as cabin devotions, or during a staff devotion or staff training session.

CAMP TO KAMP 2018 FUNDRAISING PROJECT

This year, all CBAC camps will be raising funds for ***Kamp Tumaini*** in Kenya.

WHAT IS KAMP TUMAINI?

- Kamp Tumaini ('hope' in Swahili) is a 2 week camp in Kenya, through CBM's *Guardians of Hope* program.
- Canadian & Kenyan Christian youth volunteer together to give children impacted by HIV and AIDS a camp experience filled with hope.
- Consists of activities that include time for play, learning crafts and skills, connecting with each other, and Bible studies.

WHAT IS GUARDIANS OF HOPE?

- CBM's *Guardians of Hope* program aims at HIV and AIDS prevention & support for those who are infected and their families.
- The program helps overcome stigma through education, assists with community development projects, and provides resources to help communities respond to needs of orphans.
- It has been operating in Kenya for over 10 years, to bring dignity, hope and transformation in the name of Jesus.

WHO IS INVITED TO KAMP TUMAINI?

- Kenyan children between the ages of 9 - 16, who are part of *Guardians of Hope*.



FUNDRAISING

As noted above, this year's project is to raise money for ***Kamp Tumaini*** in Kenya. Many camps already have their proven methods of engaging campers with raising funds for the CBM mission projects- thank you! Whether it's a pie in the face competition or a Tuck Challenge, we encourage you to continue to raise funds in whatever way you are most comfortable and successful.

This summer we will be providing you with a website to track your fundraising, and also track the fundraising of other CBAC camps. We hope that a little healthy competition will help engage both campers and staff as we raise much needed funds to help Kenyan children and youth experience Kamp Tumaini.

We hope you will make use of the Kamp Tumaini website that contains information about the camp, as well as a link to your camps fundraising page.

Please direct supporters to this page where they can donate online, and you can watch your camp meet their goal!



Camp Sunrise is so excited to partner with Kamp Tumaini. At Sunrise we believe that kids should have the option of a great camp experience where ever they live. A week at camp, whether in Canada or Kenya, is a fantastic way to introduce children of all ages and backgrounds to the Good News of Jesus Christ. That's why we're proud as a camp to be raising \$1000 to help send kids affected by HIV and AIDS to Kamp Tumaini. Please give generously to help us reach our goal by the end of the summer!

Help Us Reach Our Goal

All donations towards our goal of \$1000 will help send kids to Kamp Tumaini. So what are you waiting for? Enter an amount and click Give!

Share This Campaign



Camp Programming Elements

Summer camps provide one of the most unique opportunities for teaching and engaging students. Campers and staff get to live life together for a whole week, and that means there are plenty of creative teaching moments. We hope that you will consider using some of these ideas to make Kamp Tumaini a focus this summer.

MEALS

Here are 3 options for using your meal time as an opportunity to engage campers with the missions program

1. Have a Kenyan themed dinner at one of your regular meal times. Use the recipes below (making sure to give your cooks lots of notice so they have all the ingredients!).
2. Host a Hunger Banquet at one of your meal times. The Canadian Food Grains Bank (a partner with CBM) have a resource you can use called A Global Banquet available online at <https://foodgrainsbank.ca/product/a-global-banquet/>
3. For camps that offer outdoor cooking, or can have a camp fire, try this recipe with your campers:

Anjera (or Injera)

Anjera is a common staple food among the Somalis/Oromo/Borana who live in Kenya. Many are refugees who fled conflict in their home country. Anjera is like a fermented crepe. To eat it, people tear off a piece and use it to pick up chunks of meat or vegetables, in a delicious, spicy sauce. Try this easy version.

Ingredients:

All-purpose flour -- 1 1/2 cups
Whole wheat flour -- 1/2 cup
Baking powder -- 1 tablespoon
Salt -- 1/2 teaspoon
Club soda -- 2 to 2 1/2 cups
Lemons, juice only -- 2 each

MEALS (CONT.)

Directions:

1. Preheat a large cast-iron skillet over a medium flame. Mix the all-purpose flour, whole-wheat flour, baking powder and salt together in a large bowl. Stir in the club soda and mix to a smooth batter. It should have the thin consistency of a pancake batter.
2. Wipe the skillet with a little oil using a paper towel. Ladle about 1/2 cup of the batter into the skillet and spread it with a spatula to make a large crepe. Let bake in the skillet until all the bubbles on top burst and begin to dry out, about 2 or 3 minutes.
3. Carefully turn over and cook on second side another minute or two. Try not to brown it too much.
4. Remove to a warm platter and repeat with the rest of the batter, wiping the skillet clean with an oiled paper towel each time.
5. After the batter is used up, use a pastry brush to brush each with the lemon juice. Serve immediately or hold covered in a warm oven.

Source: whats4eats.com

Kenyan Recipes supplied by CBM field staff Aaron & Erica Kenny in Kenya:

Ugali

Ingredients:

- 1-1/2 cups water
- 1 tablespoon margarine
- ½ teaspoon salt
- 1 cup white cornmeal

Directions:

1. Heat water, margarine and salt to boiling.
2. Add cornmeal while stirring briskly to prevent lumping.
3. Cook over medium heat until mixture is very thick and dry, about 10-15 mins, stirring frequently to prevent burning.
4. Transfer mixture to bowl and invert over plate. Cut in wedges and serve immediately with a stew, etc.

MEALS (CONT.)

Chapatis

Ingredients:

2 cups flour (white, whole wheat, or a mixture of both)
½ teaspoon salt
1 tablespoon shortening
7/8 cup very warm water

Directions:

1. Mix flour and salt.
2. Cut in shortening and mix in warm water.
3. Dough should be soft. Knead on floured, cloth covered board for 5 mins. Cover dough and allow to rest for 30 mins.
4. Divide dough into 16 pieces. Roll each piece into an 8 inch circle and cook on hot griddle until browned on both sides.
5. The griddle can be greased or not as preferred. The chapatis can be buttered when removed from the griddle, if desired.
6. Cover with a cloth and keep warm until ready to serve.

Kenyan Stew

Ingredients:

| | |
|--|---------------------------------------|
| 1/2 kg beef, cut into bite sizes | 2 carrots, diced |
| 1 cup of water | 5 small potatoes, diced |
| 4 tablespoons vegetable or olive oil | 3 Bay leaves |
| 1 big red onion or 2 small ones, diced | ½ teaspoon paprika powder |
| 5 garlic cloves, minced | ½ teaspoon curry powder |
| 1-inch fresh ginger, minced | Salt and fresh ground pepper to taste |
| 3-4 fresh tomatoes, diced | Fresh coriander for garnishing |
| 1 teaspoon tomato paste | |

MEALS (CONT.)

Directions:

1. In a saucepan, place meat, ginger, garlic and 1 cup of water.
2. Boil the meat for roughly 30 minutes on medium heat.
3. Separate meat from broth and set aside (you'll need the broth later for the stew). In a separate saucepan, heat vegetable oil on medium heat, fry onions until soft.
4. Add beef and fry till it starts to brown.
5. Add tomatoes and tomato paste and cook till the fresh tomatoes have softened.
6. Add the spices; curry powder and paprika and mix well. Let the mixture simmer for a minute or two for the spices to mix well with the beef.
7. Add carrots and potatoes and stir well, again let the mixture simmer about five minutes stirring each minute to avoid sticking in the pan. Once everything has mixed in well add the broth you had set aside earlier.
8. Add bay leaves, lower the heat to low and Simmer for about 45 minutes or until the meat is tender stirring from time to time. Season with salt and pepper. Garnish with fresh coriander and serve hot with rice, ugali or chapati.

Mandazis

Ingredients:

2 cups flour
2 teaspoons baking powder
3 tablespoons sugar
½ teaspoon salt
2 eggs
1-1/2 cups milk

Directions:

1. Mix dry ingredients.
2. Add eggs and milk and mix well.
3. Drop by rounded tablespoons into hot oil and fry until golden, turning when lower side is brown.

MEALS (CONT.)

Kenyan Potato Chips

Ingredients:

1 large bag (400gram) potato chips
½ package taco seasoning
salt

Directions:

1. Spread chips on large cookie sheet.
2. Sprinkle with taco mix and toss gently.
3. Add salt if desired.
4. Place in 300-degree oven for 15-20 mins.
5. Drain on paper towel and cool.
6. Keep in airtight container.

GAMES

Here are some games that are played by the campers at Kamp Tumaini. Incorporate these into your recreation time or host a special Kenyan game event! You could divide your campers into teams and have them compete tournament style. Make Kenyan flags, tie-dye team t-shirts, and have the winning team take a trophy or the camp mascot for the day!

Soccer- is the most popular game played at Kamp Tumaini. Have a camp wide tournament and play for the mascot!

Ricky-Ticky-Tacky- Campers find a partner and goes to opposite ends of the playing area and face each other. The ‘caller’ yells out two body parts (for example, ‘knee to hand’ and the partners run toward the middle to connect those parts. The last pair to connect in the middle is out. When the caller yells “ricky-ticky-tacky” the partners meet in the middle back to back and sit down. The game continues until one pair is left and they are the winners.

Capture the Flag - Campers are divided into two teams and each have a flag (or other marker) and the objective is to capture the other team's flag, located at the team's base, and bring it safely back to their own base. The playing area is divided in half and well marked (with a rope or pylons for example). Players on the opposite team can be tagged by players once they cross the line. There are a variety of ways to play the game, and the tagged players these players are then either: out of the game, members of the opposite team, sent back to their own territory, frozen in place until freed by a member of their own team, or in jail. The game ends when the flag is captured.

Blanket Volleyball - You will need a volleyball net (or a rope with a sheet draped over it), a ball, and enough blankets for each pair of campers. One pair of campers hold each end of the blanket and toss the ball over the net to the other team, who attempts to catch it in the blanket and toss it back. It's also fun to play this game with water balloons and catch/throw the balloons in beach towels.

MASCOT



Each week at ***Kamp Tumaini*** features a camp mascot! A stuffed animal such as a bear or giraffe is used.

We encourage you to find a camp mascot for the summer and have fun with it by documenting the mascot's adventures in daily camp life (we'd love to see photos!), rewarding a cabin with the opportunity to have the mascot sit at their table during a meal, or a night in the cabin, etc.

Be sure to give your mascot a name and a personality.

CRAFTS

Dyeing Silk Scarves

An important skill and source of income for women who are part of Kenya's Self-Help Groups often includes dyeing beautiful silk scarves and selling them.

An easy activity to do with kids using Kool-Aid, this activity also doubles as a great fundraiser idea. Campers could make these and have them available for purchase when parents arrive to pick up their children.

Materials: Kool-Aid (Different colors), glass bowl - one per color, white vinegar, a colander, a microwave

Instructions:

1. Based on the colors you want, assemble your Kool-Aid packs. You can reference the handy chart at the bottom to determine which color combinations you want.
2. Place silk scarves in a pot of hot water with 2 tablespoons of vinegar for 30 minutes to help the fibers absorb the colors.
3. Remove one scarf at a time to dye.
4. In a glass bowl, pour 2 cups of water, 1/2 cup of vinegar, and Kool-Aid packs. Dissolve thoroughly.
5. Place the scarf in the glass bowl and cover with plastic wrap. Microwave on high for three minutes and allow to sit for three more.
6. Allow scarf to cool. Over a colander, begin to rinse/wring your scarf until water runs clear.
7. Set your scarves to dry in the sun

Color Combinations:

Pink - 3 Pink Lemonade, **Red** - 2 Cherry + 2 Jamaica, **Orange** - 3 Orange

Yellow - 3 Lemonade, **Green** - 4 Lemon Lime + 1 Blueberry, **Lime Green** - 3 Lemon Lime

Blue - 4 Blueberry + 1 Grape, **Sky blue** - 3 Blueberry

Here is a link to a website where you can purchase the scarves to dye:

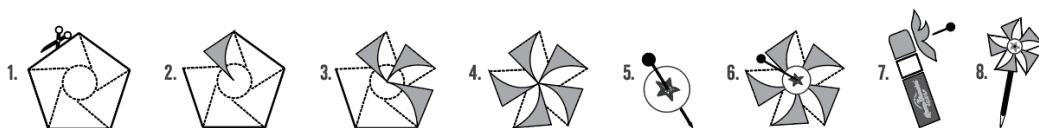
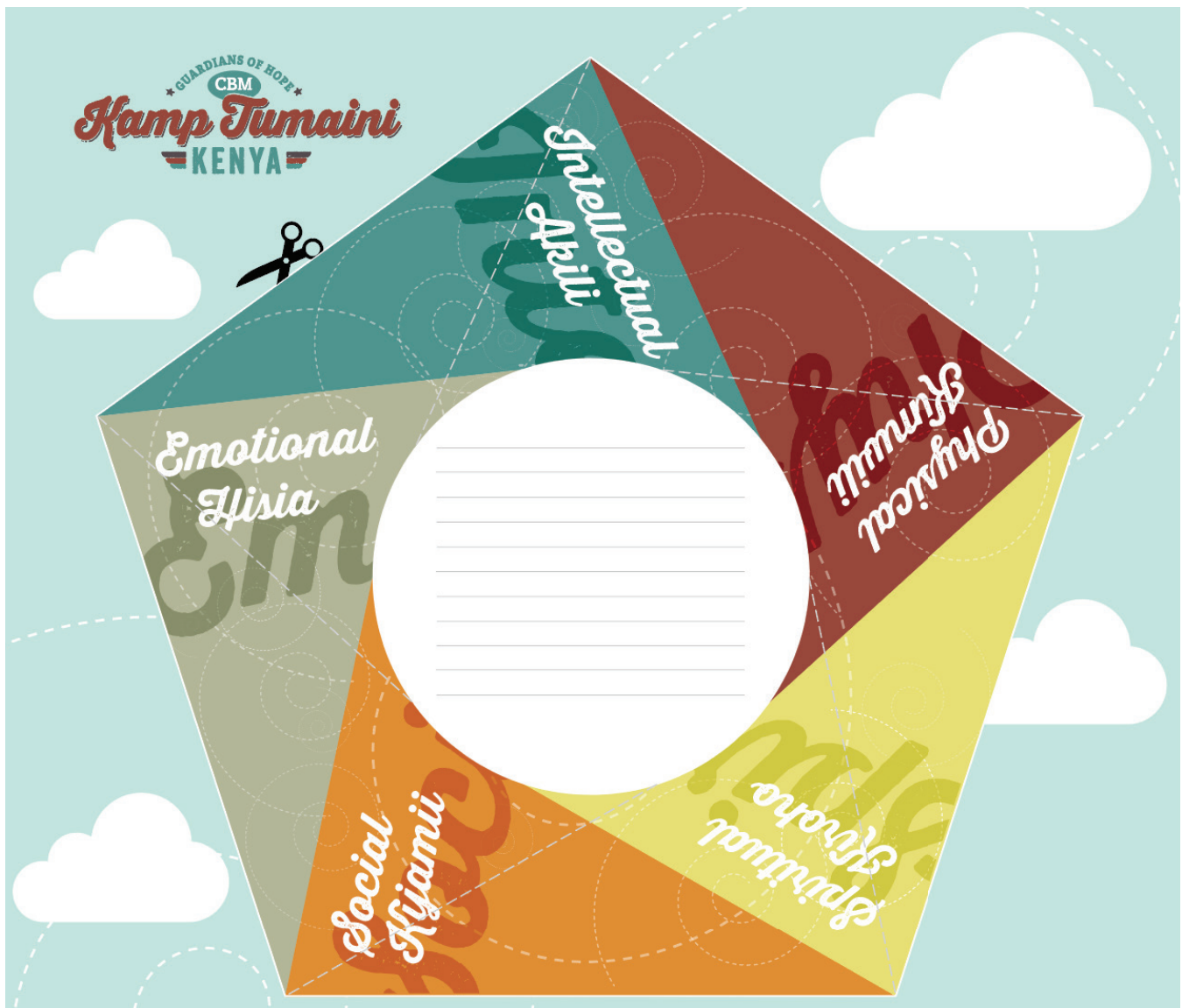
https://www.dharmatrading.com/scarves/silk/habotai-scarves-8mm.html?Inav=scarves_silk.html

Source: www.triedandtrueblog.com

CRAFTS

Kamp Tumaini Pinwheel

Write a prayer for the kids of Kamp Tumaini, then cut it out to create a pinwheel. Please follow the instruction on how to fold your pinwheel.



Interactive Lessons on Stigma,

Use one, or both of these interactive lessons to talk about stigma and discrimination. One of reasons why Kamp Tumaini is so important is that campers are free from stigma and discrimination at camp. Use these lessons to help your campers understand more about what that's like.

INTERACTIVE LESSONS

Lesson 1

CROSSING THE LINE: UNDERSTANDING STIGMA AND DISCRIMINATION

Purpose: To learn about the stigma and discrimination related to many kinds of differences, including HIV and AIDS, so that students learn how to treat others with acceptance, respect, and care.

Introduce the objectives of the activity to the campers.

You could start by saying: *Sometimes individuals are treated unfairly because they are different in some way. Myths and understandings of those differences can stir up fear and hate. These individuals may experience stigma and discrimination from others because of differences such as physical, intellectual, or economic differences; gender; race; ethnic background; religion; sexuality; or HIV status.*

Ask: *Does anybody know what stigma is?*

Stigma is viewing people negatively and not valuing them. Stigma creates or reinforces inequalities among individuals and usually leads to discrimination.

Ask: *Does anybody know what discrimination is?*

Discrimination is any type of action based on stigma that violates individuals' rights. With HIV and AIDS, there have been many myths over many years that have led to stigma and discrimination. As a result, many persons who have HIV or have parents with HIV do not get the services and support that they need and deserve. Individuals may feel rejected by others. They also may be denied their rights to things like education, employment, and involvement in the community.

Ask campers if they have any questions. Then ask them to give examples of stigma and discrimination that they have experienced or heard about.

Describe what it feels like to be stigmatized and discriminated against.

LESSON 1

Explain to the campers that the purpose of this exercise is to help people understand stigma and discrimination by breaking down barriers between them that are based on differences, such as physical, intellectual, or economic differences; gender; race; ethnic background; religion; sexuality; or HIV status. When barriers are broken down, people feel more connection with each other.

Place a piece of colored tape on the wall or floor to divide the room in half and ask all students to stand on one side of the room.

Ask the group some or all of the questions listed below one at a time. You can also make up other questions that are appropriate for your group of campers. However, do not use questions that involve revealing something very personal that campers might not want to reveal. After you ask a question, campers to whom the question applies must walk across the line to the other side of the room.

Some sample questions to ask:

1. Have you ever been teased or bullied for:
 - * Getting poor grades
 - * Working hard in school and getting good grades
2. Have you ever been teased or bullied for:
 - * Being poor
 - * Being rich
3. Have you ever been teased or bullied for being different because of your ethnic background, or
4. Have you ever been teased or bullied for practicing your religion?
5. (To ask the girls) Have you ever been teased or bullied for acting differently from most girls?
6. (To ask the boys) Have you ever been teased or bullied for acting differently from most boys?

Debriefing:

LESSON 1

1. Ask the students how they felt doing this exercise.
2. Ask them who in their day to day lives are the people who are stigmatized and discriminated against.
3. Talk about ways to help those who are discriminated.
Pray for those groups of people you've just discussed.

Ask campers how what they experienced made them feel. Be sure to emphasize that this exercise is completely voluntary and that campers can opt out of it at any time. No campers should be put in a position where they have to reveal something they do not want to reveal.

This exercise helps those who crossed the line see that they are not alone in their experiences, and that they will be accepted by others despite what they have gone through. It also helps those who have not had the experience to understand what it feels like to have it and to convey caring and support to those who have gone through it. The exercise also helps dispel myths that some people are bad or unacceptable because of what they have gone through. It may even bring some people to ask directly for acceptance for who they are and bring others to apologize for things they have said or done.

(source: http://download.ei-ie.org/Docs/WebDepot/EFAIDS_ClassroomExerciseBook_eng_final_web.pdf)

Lesson 2

LESSON 2

CHILDREN'S REVOLUTION GAME

Set up chairs beforehand in a circle around the room. Allocate a role to each person, in the circle alternately Orphan, Street child, Child living with HIV/AIDS, Teenage Girl, Teenage Boy. Continue until everyone has been assigned a role.

Then explain how the game works:

I am the caller and I do not have a chair. When I call out two roles Orphans and Street children, all the "Orphans" and "Street children" have to stand up and run to find a new chair. I will try to grab a chair. The person left without a chair becomes the caller - and the game continues. The CALLER may also shout "CHILDRENS REVOLUTION" - and when this happens, everyone has to stand up and run to find a new chair.

Begin the game by shouting "Orphans" and "Street children" and get the Orphans and Street children to run to a new chair and this starts the game. Carry on until everyone is wide-awake and energized! End the game once each group has been called a few times.

Debriefing:

Ask: How did it feel to be called an Orphan or Street child or Child Living with HIV?

Rotational Brainstorm

Divide into five groups based on the roles assigned for the first game. Ask each group to go to a flipchart station or large piece of paper. Hand out markers and ask each group to write on the flipchart all the things people say about those in the group. After two minutes, shout CHANGE or blow a whistle and ask groups to rotate. Continue until groups have contributed to all five flipcharts and end up back at their original flipchart.

Report back Gallery Review

Walk as a group around the room looking at each of the flipcharts.

At each flipchart discuss:

LESSON 2

Are any of these points true?

Why are attitudes so strongly against certain groups of children? How do these attitudes affect children and youth?

How would you feel if you were called these names? (*Ask those who were assigned this label to react to these names.*)

Ask the students to think about a group of people they know who are discriminated against, and even a person/group of people they personally have discriminated against.

Read Matt 22:34-40 to the group and ask them how this verse applies.

³⁴ Hearing that Jesus had silenced the Sadducees, the Pharisees got together.³⁵ One of them, an expert in the law, tested him with this question: ³⁶ “Teacher, which is the greatest commandment in the Law?”

³⁷ Jesus replied: “‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ ³⁸ This is the first and greatest commandment. ³⁹ And the second is like it: ‘Love your neighbor as yourself.’ ⁴⁰ All the Law and the Prophets hang on these two commandments.”

End the lesson with prayer