



ERC NSW UPDATE

Hello Eddie Ricers! Welcome to the first ever edition of Eddie Rice News!!! This year hasn't quite turned out as we hoped it would, but we know things will be back to normal soon enough.

While we can't camp at the moment, we thought we'd like to bring a bit of the Eddie Rice Camp Spirit home. There have been lots of changes happening at the camps office and it is really exciting to introduce the brand new team – turn over for details. Woohoo!



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BOAC #1

Read all about our first BOAC – Big Outdoor Adventure Camp – of 2020!
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A WEEK OF CAMP ACTIVITIES

Our incredible volunteers have put together a whole camp's worth of fun activities to do at home – thanks Kelly, Isla, Tom C, Tom S, Jake, Meg, Anna, Keelie & Josh!!
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FIND-A-WORD'S, SUDOKUS, RECIPES

Try out a sudoku, bake some biscuits, finish a camps find-a-word in record time – we've got your holidays covered!
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COLOURING-IN COMPETITION

You'll see the Camps balloon is missing a bit of colour on the back page... well, that's where you come in! We want to see your best, most creative designs.
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INTRODUCING THE NEW TEAM



I'm Bonnie, the new Executive Officer at ERCNSW. I joined the team in December last year. I can't wait to meet you all and be a part of the magic of camp!

Here's a bit more about me:

Pets: I have a dog called Fonzy & a cat called Pablo.

Hobbies: Eating, cooking, swimming, singing & spending time with my family & friends.

Favourite food: So hard to choose – I love most foods. My family is from Italy so I LOVE pasta. I also love dumplings. YUM!

Super power of choice: I would love to breathe under water!

BONNIE



I'm Dan, the Programs Officer here at ERCNSW. I've been around for eleven years now, so I'm really old! A lot of you awesome folks already know me, and I can't wait to reunite soon on another camp.

Pets: I don't have pets where I live, but my brother has a dog named George & Mum & Dad have a dog called Louis.

Hobbies: Watching movies, listening to music, playing guitar, reading, board games, seeing my family & friends.

Favourite food: A really good lasagna, or... burritos? It's so hard to choose!

Super power of choice: I think I'd love to be super strong, or be able to run really fast like the Flash.



DAN





BOAC AT LANE COVE

Our first time in Lane Cove brought with it a bunch of rain, but you wouldn't have known it with such an awesome team!! Seventeen of us descended on the new location in early March to have an amazing, memorable weekend together – even if some of our things got wet!

We had so many unique challenges, from the rain postponing our cricket and bushwalks, to being mindful of new hygiene practices and working out how to watch the Incredibles 2 on Dan's laptop. The team did so many things that made the whole weekend go smoothly – cooking on barbecues, getting up early to make sure tents were secure in the wind, cleaning up everything, transporting all our food and drinks – and doing it all with a big smile, a few jokes, and a willingness to help others. It was so amazing, and is all down to that awesome BOAC spirit!!

Cooking Mexican Fajitas on the Barbecue!



Playing a Group Game of MAFIA!



The Whole Team at the End of Camp!



These weekend camps run during school terms for teenagers from 12-15 years. Because we're out doing real camping, everyone – teens, volunteers, and staff – take on extra responsibility. Chipping in to help and looking after each other means every BOAC is something special.

Hanging out in Dan's Office!



Name: _____

Date: _____

CAMPS

X	O	Q	U	L	V	T	C	M	W	B	S	Z	E	H	L	N	E
O	G	K	A	D	Q	F	R	T	H	U	H	V	D	J	E	U	M
U	J	A	M	P	S	R	O	K	X	S	I	E	D	U	A	S	L
T	Q	P	M	Y	P	I	C	E	C	H	R	F	I	D	D	U	G
D	B	A	U	E	G	E	O	F	S	W	T	Q	E	A	E	N	E
O	B	I	L	J	S	N	D	Q	V	A	S	C	Y	N	R	N	H
O	E	N	G	B	N	D	I	I	Q	L	F	I	D	C	S	Y	U
R	W	T	O	T	P	S	L	Z	C	K	Z	E	P	I	P	I	O
S	E	I	A	E	F	H	E	C	A	I	F	P	V	N	D	D	O
Z	E	N	W	A	U	I	J	W	M	N	H	J	A	G	T	Y	I
Z	K	G	F	M	N	P	D	K	P	G	H	M	N	G	C	Q	T
F	B	A	R	B	E	C	U	E	A	C	T	I	V	I	T	Y	X

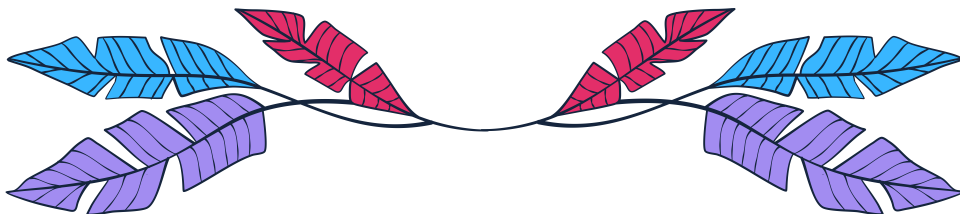
Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

ACTIVITY
BARBECUE
BUSHWALKING
CAMP
CROCODILE
DANCING
EDDIE

FRIENDSHIP
FUN
GAMES
LEADERS
MULGOA
OUTDOORS
PAINTING

SAFE
SHIRTS
SUNNY
TEAM
VAN
WEEK



Created using Word Search Generator on
Super Teacher Worksheets (www.superteacherworksheets.com)



Prevent the spread of COVID-19 in **7 STEPS**

- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose and mouth
- 03** Cover your cough using the bend of your elbow or a tissue
- 04** Avoid crowded places and close contact with anyone that has fever or cough
- 05** Stay at home if you feel unwell
- 06** If you have a fever, cough and difficulty breathing, seek medical care early — but call first
- 07** Get information from trusted sources



SOURCE: WORLD HEALTH ORGANIZATION

MONDAY

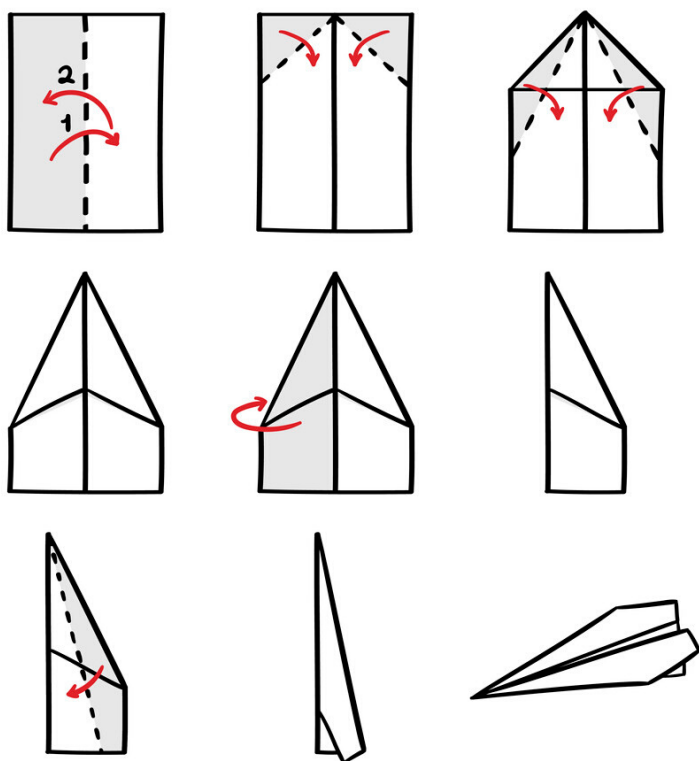
MINUTE TO WIN IT

This game will even challenge the best of us! Place a plastic/paper cup on your head and try to sit down and stand up without letting it fall off your head. It sounds simple, but it can be REALLY tough!

Two simple rules: Try again if the cup falls, and no hands allowed. Try and time yourself to see how fast you can do it. Can you sit down and stand up in under a minute? What about 30 seconds? Give it a go and challenge the people around you!

JOY JAR

Find a clear jar, cup, or bottle around the house. Grab some paper, and each day for the rest of the week, write down something that made you **happy** or **joyful** that day. You might want to keep this in your room and do it just before bedtime.



TUESDAY

PAPER PLANE COMPETITION

Follow the Instructions on the left to build your own paper plane. Challenge someone to a competition – see who has the better plane! Even better, **experiment** with designs once you've worked out the simple one! You can get instructions and new designs online if you want to.

SCAVENGER HUNT

Go on a walk outside – maybe to a local park, around the block, or in your backyard. Find three **items from nature** that catch your eye and sketch them on a piece of paper. This will help your drawing skills! You could also do an alphabet scavenger hunt! Try to find something for each letter of the alphabet – apple, bench, car... it can be super tough!

WEDNESDAY

SHADOW DRAWING

First, lay down some paper in a sunny spot outside. Stand a toy on the side of the paper that the sun is, so the object casts a shadow across your paper. **Trace around the outline** of the shadow on your paper, making sure you do it so the shadow doesn't move. Once you're done, colour and decorate as much as you want.

FINGER KNITTING

Have you got some wool at home? All you need are two **different colours** to make your own friendship bracelet! While you can find some good instructions online, the best way to make bracelets is how we do it on camps – can you remember? Do you still have one from camp?



THURSDAY

IRON MAN HOME WORKOUT

Trying to find fun ways to exercise and stay healthy, but can't work out what you want to do? Thursday will be all about getting strong, and having fun too! The best part about it is you can be outdoors, but you don't need a lot of space.



Pushups

To start, try to do as many as you can before you want to stop. You can do it as a plank, or with your knees on the ground too! Once you know how many you can do, try to do half that number three times. So, if you got to 20, do ten pushups three times. This makes it easier for you to do more!



Squats

Once you've done those, try some squats to help your legs! Stand with your feet about the width of your shoulders. Sit back like you might be sitting down on a chair, keeping your back straight. Once your bum gets near the level of your knees, move back up to a standing position. Try to do this three times, and aim for 20 squats each.



Jumps

Do you know there are a lot of different ways to jump to help you with exercise? Try out your favourites from this list, doing at least 10 at a time:

Star Jumps: jump and stretch out your arms and legs like a starfish!

Tuck Jumps: bend knees and lift heels high while jumping!

Hurdle Hops: jump side-to-side or front-to-back over a pretend hurdle!

One-Foot Hops: lift one knee and jump on standing leg – then change over!

Criss-Cross Feet: jump straight up, then cross one foot in front of the other!



FRIDAY

EASTER BUNNY CRAFT

What you'll need:

- Egg Carton
- Black sharpie/marker
- Pink paint (or a texta/marker pen)
- White paint (or a texta/marker pen)
- Scissors (you may need help for this)



Start by cutting out just one little egg carton cup... you will need to trim around the edges so it sits flat. Then cut a square from the carton to make the ears. Cut out two bunny ears and put some white paint in the middle. Draw on the bunny's face with a black sharpie/marker and paint the nose with pink paint! Once the ears are dry, glue them to the back of the egg carton then paint on some white whiskers! Taa-daa!



The page is framed by a decorative border featuring stylized leaves in blue, green, and orange, along with illustrations of hands in various poses.

Why I Practise Gratitude

As busy as life can seem to be,
I try to stop, to watch and see,
The beauty of life that's all around,
Maybe a sight, or maybe a sound?

Maybe a person, or maybe a thing?
It sounds simple, but makes my heart sing!
And even though it's harder to do,
I can find the good in challenges, too.

When I'm sad, or not at my best,
I try to be grateful and feel refreshed.
Being thankful feels good inside,
Like love and hugs; like joy and pride.

So I try to take some time each day,
To think, to feel, to write, to say,
Why I'm grateful for all I've got,
And also grateful for what I've not!



Cheesy Scones

Ingredients

- 2 cups self-raising flour
- 1/2 teaspoon salt
- 50g butter, plus 1/4 teaspoon for greasing pan
- 1/3 cup cheddar cheese, finely grated
- 3/4 cup whole milk, plus 1 tablespoon more for brushing



Method

1. Preheat oven to 200°C. Lightly grease a baking sheet using the 1/4 teaspoon butter, and set aside.
2. In a mixing bowl, mix flour, and salt together. Place butter in the mixture and using your fingertips rub the butter together with the flour until you have a mixture resembling coarse breadcrumbs. Mix in the milk and almost all the cheese, reserving about 1 tablespoon.
3. Once it's loosely combined, turned out the mixture onto a clean kitchen bench and knead together until the mixture takes a dough form – avoid over-working the dough as this will make for heavy scones.
4. Knead for about 1 minute gently and form a 20cm diameter round about 2 cm thick. Cut 5-6cm circles out using either a knife or a round cookie cutter.
5. Place the cut circles touching side by side on the baking sheet and bake for ten minutes.
6. Remove from oven and then sprinkle the remaining cheese over the top. Put back in the oven for another 2-3 minutes until they are nicely golden. Serve immediately.

ANZAC Biscuits

Ingredients

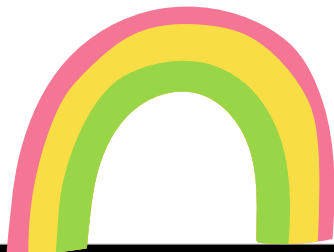
- 1 1/4 cups (110g) rolled oats
- 1 1/4 cups (110g) desiccated coconut
- 1 cup (150g) plain flour
- 150g unsalted butter
- 1/4 cup (90g) golden syrup
- 1 cup (220g) raw sugar
- 1/2 tsp bicarbonate of soda



Method

1. Preheat oven to 180°C. Combine the oats, coconut, flour and a pinch of salt in a bowl. Set aside. Place the butter, golden syrup and sugar in a saucepan over medium heat, stirring until butter melts. Bring to a simmer and cook for a further 1-2 minutes until sugar dissolves. Remove from heat, cool slightly, then add the bicarb soda and 1 tbs water. Stir to combine, then pour over the oat mixture.
2. Using a wooden spoon, combine butter and oat mixture. Using 1 tbs mixture each, roll into 24 equal-sized balls. Divide between two baking paper-lined baking trays, leaving 3cm between each.
3. Flatten biscuits slightly, then bake for 10-12 minutes until the top tray is slightly golden. Swap trays and cook for a further 6-8 minutes until all biscuits are golden. Remove from oven and cool completely on a wire rack.





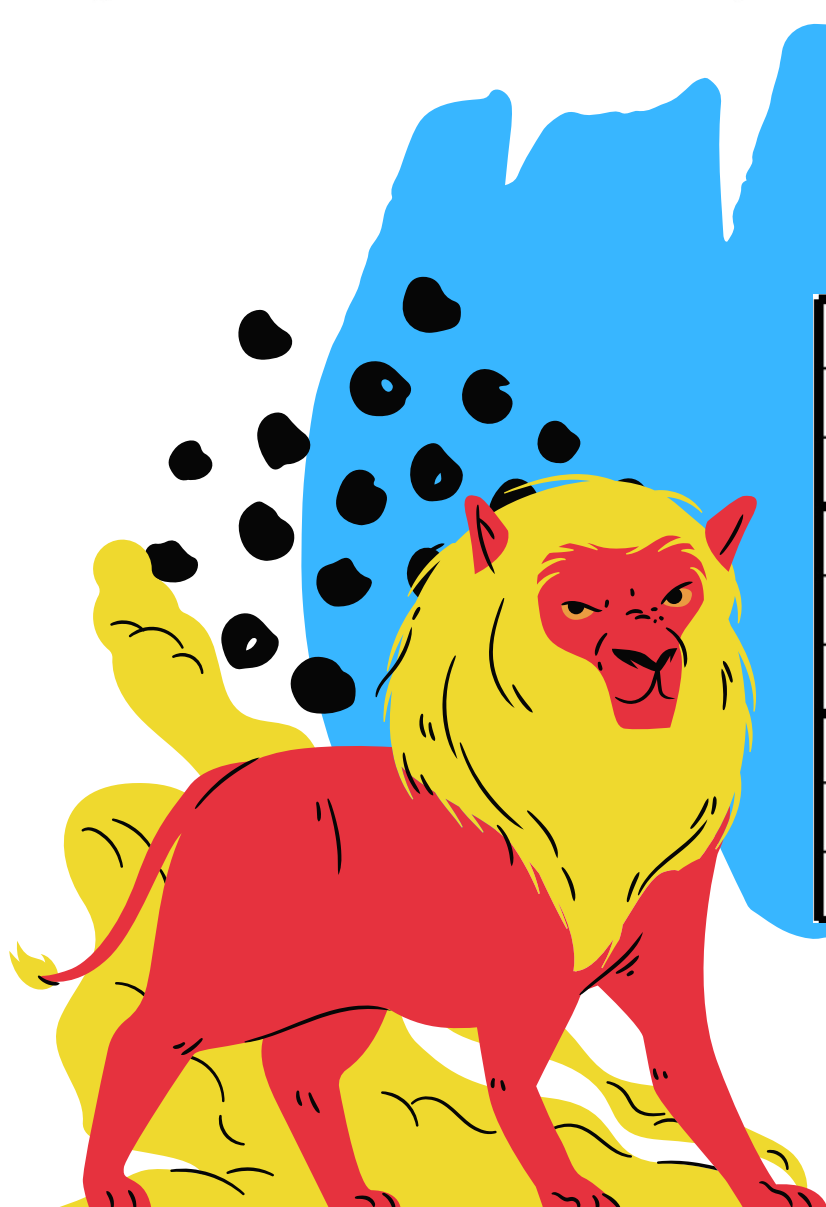
2		4			8	6		
			6			4		3
1		6				5		
	2		1	5				
	5		3	9	6		4	
				2	4		3	
		2				9		8
9		1			5			
		8	7			2		6

What is Sudoku?

A classic Sudoku game involves a grid of 81 squares, like the ones here. The grid is divided into nine blocks, each containing nine squares.

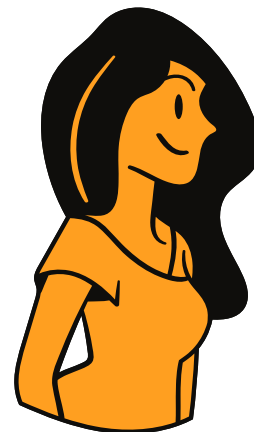
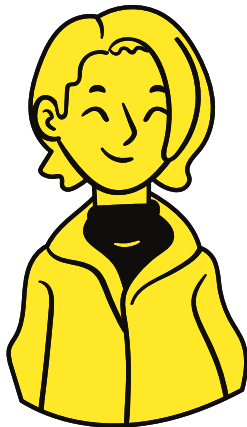
The rules of the game are simple: each of the nine blocks has to contain **all the numbers from 1-9** within its squares. Each number can only appear once in a **row**, **column** or **box**.

This makes it difficult to solve, because it means every puzzle can only have one correct solution!



	6			8				
	2				1	3		5
9	1						8	
	4	8	5	6				
7			1	3	4			8
				9	8	4	5	
	5						2	6
3		1	7				4	
				4			1	





COLOURING-IN COMPETITION

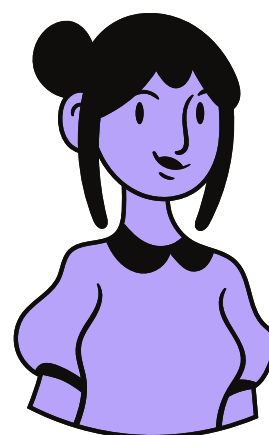
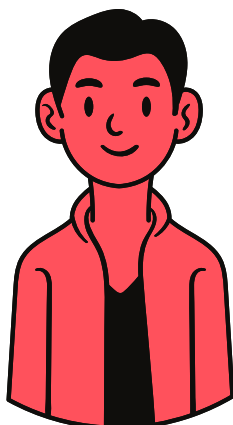
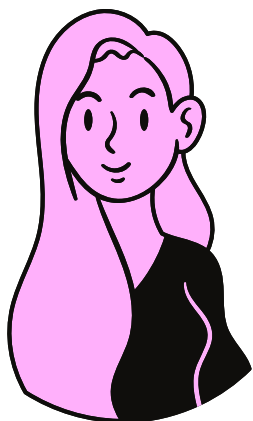
We love our balloon here at Eddie Rice Camps, but sometimes we want to know it would look like with different colours: Would it look cool in **blue**? Awesome in **green**? What if there was more **yellow**? Could you do the whole balloon in **rainbow**?

One thing we definitely know is how fun it can be to change things up every now and then. We were thinking about the **most creative** people we knew, but we didn't have to think too long –

We realised it's you!!!

Then we knew we had to run a colouring-in competition.

So grab some **pencils**, **textas**, **crayons**, or anything you can find, then turn over the page and start designing!

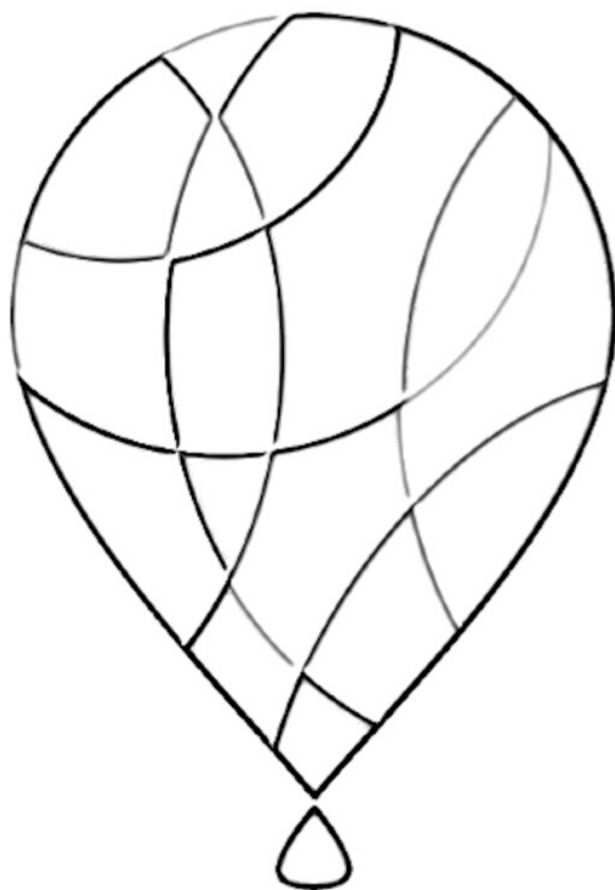


Send a picture of your design to:

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Camps