

Epiphany Explorers January Newsletter

Our school activity today, Jan. 15, was a review of finding your way in the outdoors and not getting lost. We had a basic survival kit for kids. They practiced what to do if they get lost or confused as to where they are. The rest of the activities for the year are coming together. Check the web site (www.otariinae.net/Explorers) frequently for the latest pictures and information.

Saturday, January 26, 2008: Boat Blast and Picnic at Lake Montgomery

We will have a rowboat, kayaks, and a canoe for kids to try out. We will set up at the boat ramp on Baya Avenue from 10 am until 3 PM. Bring your own picnic or snacks and life jackets, if you have them. The Lyon family will bring the boats, paddles and their supply of life jackets. *This is a "close to home", easy outing for your family. Be sure to call (719-6902) or e-mail (swl25@cornell.edu) by 8 PM Friday, January 25, if you plan to come. We will gladly be there the entire time, or can even stay later to accommodate as many families as possible. If we have no response, we will not set this up.*

Tuesday, February 12th from 2:45- 3:30: School meeting.

Dr. Cindy Higgins, 4-H Agent, will do a program on recycling. We hope to set up plastic and metal recycling as part of the daily school lunch clean up.

There will be no planned outing in February.

We are still firming up a date for fishing at Alligator Lake for either March or April. We are also planning a day of fishing, boating, hiking, and bird watching at Suwannee Lake.

Friday evening through Sunday morning, May 16-18: Camping Trip/Explorer Open House.

We have reserved cabin #5 at Stephen Foster State Park in White Springs for Friday afternoon through Sunday morning May 16-18. The cabin will be our base for biking, kayaking and hiking. We will have cookouts and campfires each night. This fully equipped and accessible cabin sleeps six and has a large screened porch overlooking the river. It is at the top of the canoe launch and the Florida Trail goes right past the front porch. Families will have the option of staying in the cabin and sharing the facilities with the group during the day, camping in either tents or RVs in the nearby campground, or coming in for the day and/or evening. Please, mark your calendar, you can firm up your plans closer to the event.

What Should Parents Do To Prepare Children

- Instruct children never to go with strangers. Never accept any gifts from strangers. Some people can be very persuasive. This needs to be reinforced.
- Children should be taught to use the phone to call for help. This can be done at a very young age. 0 for operator or 9-1-1 are very easy to learn. You may practice by calling the operator and having him/her ask questions of the child. (note: don't do this with 9-1-1)
- Children should know their parents names, address and phone number.
- Children should be given a whistle that can be used to draw attention to themselves if they're lost or in trouble. The child need to carry the whistle at all times.
- Children should be told they won't be punished if they get lost. Some children have hidden from rescuers in fear of their parents being angry with them.
- Children and parents should come up with a prearranged password that a child will respond to if an unfamiliar person needs to pick them up from school or a ballgame. Searchers can use this password when calling for a lost child. It needs to be impressed upon a child that the password needs to be kept secret.

Plan Ahead

What Do I Do Before I Leave Home?

- 1) I will get training in outdoor survival.
- 2) I will tell a responsible person:
 - a) where I am going and when I will return.
 - b) who to call if I do not return when expected.
- 3) I will know what the weather forecast is going to be for the length of my trip and beyond.
- 4) I will wear the appropriate clothing and be prepared for changing weather. I will wear layered clothing that can be added on or shed as I warm and cool. My clothing will be bright, especially during hunting season, so I won't be mistaken for hunted game.

To Avoid Getting Lost, I will...

- 1) Travel in groups or two or more and stay with my group.
- 2) Stay on designated trails and not take short cuts.
- 3) Watch where I am going and where I have been. Look for landmarks or leave signs.
- 4) Have a plan for my trip.
- 5) Not travel after dark.
- 6) Use caution in treacherous and unfamiliar terrain.
- 7) Carry my survival kit and know how to use it.

If I Get Lost, I Will...

- 1) Stay calm. I will keep control.
- 2) Stay put. It is hard to locate someone who keeps moving.
- 3) Make myself visible. Display something bright.
- 4) Take shelter and remain warm and dry.
- 5) Blow my whistle to attract attention.
- 6) Talk to myself to keep myself company.

Prepare yourself and your child

Make A Survival Kit In A Fanny Pack

Large Ziplock Plastic Bag
High Energy Snack
Whistle
Signal Flag or Bandana
Reflector
Large Garbage or Leaf Bag
ID card with parent's names, address, home & cell phone numbers.
Bottle of water
Small flashlight (&/or chemical light stick)

Practice Survival Skills With Your Child

Stay together
Wear your fanny pack
Stay calm and stay in one place
Keep warm
Find a cozy waiting place
Look bigger to searchers
Do not lie on the bare ground
Do not eat anything you are not sure of
Stay away from large bodies of water

What Parents Should Know

Weight of my child _____ Date _____

Hair Color _____

Height of my child _____ Date _____

Right or Left Handed _____

Birthmarks are located _____

Scars are located _____

Moles or freckles are located _____

Does your child know your phone number? _____

Does your child know your address? _____

Does your child know how to make a collect call? _____

Does your child know the phone number of a friend or relative? _____

If so, who? _____

Shoe size _____ Date _____

Was your child fingerprinted? Date _____ Where _____

Do you have a video of your child? _____ Date _____

Take a photo of your child and attach it to this sheet! Date _____

Note

Don't let your child wear clothing with his or her name on it.

Make sure your child knows to scream and run if approached by anyone.

Never leave a child alone in a car or truck.

Do not leave a child unattended while shopping.

Make sure your child checks with you before going anywhere with anyone.