Join Cape Elizabeth Community Services

as we celebrate

National Parks & Recreation Month

Maine Backyard

CAMPOUT



FAMILY FUN IN YOUR OWN BACKYARD OR LIVING ROOM

REGISTER & SHARE PHOTOS TO WIN PRIZES

REGISTER FOR FREE AT WWW.CAPECOMMUNITYSERVICES.ORG
TO RECEIVE UPDATES AND ACTIVITIES

SHARE PHOTOS TO WIN PRIZES USING #MAINEBACKYARDCAMPOUT21 AND
#KEEPINGCAPEACTIVE







Dear Campers,

Congratulations — you are part of something special! The Maine Recreation and Park Association, along with approximately 35 Parks and Recreation Departments throughout the state, have planned the "Maine Backyard Campout", taking place the second weekend of July.

This weekend was chosen to celebrate National Parks and Recreation Month, which is held annually during the month of July. Every day, in communities across the country, those who work in parks and recreation are providing essential services and making their communities better places to live, work and play. The mission of this event is to encourage families to get outdoors and enjoy a camping experience in their own backyard. Included in this packet is a backyard camping checklist, ideas for fun activities, tips on campfire safety, s'more recipes and information on the tent decorating contest.

We look forward to seeing your photos and posts on our Facebook and Instagram pages.

We are excited you have decided to join in on the fun.

Happy Camping! Be safe and have fun! Cape Elizabeth Community Services

Backyard Camping Tips

Camping is an awesome summertime adventure! Kids love the novelty – sleeping in bags, watching the stars, hearing the nighttime sounds up close, using flashlights and eating s'mores! You may not have the time or money to spend on an official campground, or maybe your summer schedule is just too jam-packed to squeeze in another trip. Guess what? You can still have all the fun of camping right in your own backyard. Maybe you're a backyard camping pro, or maybe you've always wanted to try it – whatever the case here are some tips for backyard camping that will really take your event to the next level!

- 1. Don't forget the comforts of home. True, you're only a few steps away from the house, but this tip's important, particularly if you're camping with younger kids or if this is their first time in a tent. The outdoors can get a bit intimidating, with unrecognizable sounds, unfamiliar surroundings and DARK, so make sure the kids get to bring a few favorite stuffed animals and blankets to sleep with. Take a battery operated night light or lantern if the kids are used to keeping a light on at night. Try to remember anything that will make your kids less anxious ahead of time, so you won't be making tons of trips back inside.
- 2. Only take essentials. There are lots of camping packing checklists you can find online, but for backyard camping, you really only need the essentials. Don't get bogged down in minutia. BUT, on the flip side, don't forget necessities like sunblock or bug spray, even if you're only in the backyard. You'll need a tent, some sort of light, sleeping bags, bug spray and sunscreen and really that's it. You'll also want a tarp if you live in a wet area and an extra warm blanket if it tends to get cold at night. Kids will need some comforting items, as well, and if you want to eat while on your campout, you'll want to plan ahead for meals. What you don't need? Extra clothes for everyone, toiletries and personal items, air mattresses (unless you really need them), specialized camping gear/accessories (like gps or a compass). If you discover you DO need one of these items you can always run back inside for them. But you probably won't.
- 3. Plan lots of fun activities. Make sure you've got ideas for before dinner and after, including some fun games you can play in the dark. If you don't have kids, plan a fun romantic dinner and play some music for dancing! Or make it a sleepover with your good friends and play charades. If you have kids, keep them entertained, have a ton of fun and encourage them to try this camping thing again! Take a nature hike around the neighborhood with a list for scavenger hunt items, play outdoor games like tag and Ghost in the Graveyard, pick leaves and make leaf rubbings with paper and crayon. You can even go bird watching with binoculars or star gazing (with or without a telescope). Hide all the makings for s'mores in the yard and make a treasure hunt to find them! With toddlers and young kids, play "Grab the Flashlight" shine the flashlight around the yard and have them chase and try to catch the light.
- 4. Set up together. Part of the fun of camping is setting everything up. Have the kids help pick a spot for every station tents, fire, eating, crafts, games. Then let them put up the tent with guidance, gather wood for the fire and put all the fire necessities by the campfire spot, set out the cooler and picnic blanket, etc. They can also fill the tent with their sleeping bags and other items and set up their beds.

- 5. Invest in an Easy Up tent. This goes hand in hand with number four. If you're going on short camping trips, doing overnight camps in the backyard or have kids that love to help, you'll probably want to invest in a simple tent one that's easy to set up and takes minimal time. Don't have any camping gear??? That's ok! See Tip #10!
- 6. Try a neighborhood hike. To set the tone for the evening and encourage a love of nature, try starting with a neighborhood hike. You can try identifying different types of trees you come across, try checking things out through binoculars, catch a frog or two, or look for gross bugs under rocks!

 Consider keeping a list or taking photos of all the nature treasures you find!
- 7. Make a fire for authenticity. Every campsite needs a fire, it's an unspoken rule! If you live in the country or rural area, this shouldn't be an issue as long as you follow fire safety rules. Maybe you have a fire pit already in your backyard, or are considering making one. This is an awesome way to cook all of your food during your campout! Plan lots of different campfire dinners, lunches and sweet treats to keep everyone happy! If a full campfire isn't an option for you; consider creating a "mini fire pit." And if you're still concerned about fire around your little ones, you could DIY an awesome no-fire campfire out of felt or paper! Camping indoors? And if you're still concerned about fire around your little ones, you could DIY an awesome no-fire campfire out of felt or paper!
- 8. Break out the glow sticks. Kids love glow in the dark toys! Not only will they have a blast playing with sticks and making bracelets and crowns, but it'll help them forget to be afraid of the dark! They can use them outside for glow-in-the-dark tag and take them into the tent with them later.
- 9. Don't be a stickler for curfew. If you and your kids thrive on a schedule, this might not work for you, but consider forgoing bedtime just for a night. Kids will likely not easily fall asleep while lying in close quarters with the excitement of camping outside anyway. Instead of getting irritated and enforcing a "quiet/no talking" rule, let the kids giggle and wear themselves out. They'll get tired eventually, and no doubt they'll remember the fun of staying up late for a long time to come! Who knows, you might be happy when you overhear some of the secrets they share with each other!
- 10. No camping gear? Trying to save money? That's no problem! There are many ideas online about how to create an indoor camping night on a budget. Use sheets to make a tent, blow up an air mattress and put on the floor with lots of pillows and blankets. Hang holiday lights up or string over your sheet tent. Lay down a blanket to eat dinner on the floor pic-nic style. Pretend you are really camping and shut off the lights, turn off the tv and put away the smart devices.





Maine Backyard CAMPOUT

JULY 9TH & 10TH

Tent Decorating Photo Contest



Maine Recreation & Park Association **Contest Prize**

www.merpa.org

Two Nights Lodging and White Water Rafting Trip for Four on the Kennebec River



Youth Adventures



www.capecommunityservices.org Handcrafted Birdhouse Gift Basket





SHARE PHOTOS ON FACEBOOK/INSTAGRAM WITH THE HASHTAG #MAINEBACKYARDCAMPOUT21 AND **#KEEPINGCAPEACTIVE** NO LATER THAN JULY 12TH TO ENTER. WINNERS ANNOUNCED JULY 16TH.

THE ULTIMATE BACKYARD CAMPING

CHECKLIST

CAMP LIFE Set up a tent Water play (sprinklers) Backyard or card games Campfire stories/songs Flashlights/shadow puppets Backyard movie Fire pit

FOOD
Make s'mores
Make foil packet dinners
Drink hot chocolate
Trail mix
Breakfast sandwich
Popcorn
Fruit

Nature scavenger hunt Go on a hike or walk Bird watching Stargazing Identify scat Stick hunt Virtual Jr. Ranger activity



Smokey Bear's Campfire Safety Guide



Keep your campfire from becoming a wildfire!

REFORE ...

- Choose a spot that's protected from wind gusts and at least 15 feet from your tent, gear, and anything flammable.
- Clear a 10-foot diameter area around your campfire spot by removing leaves, grass, and anything burnable down to the dirt.
- Don't build your campfire near plants or under tree limbs or other flammable material hanging overhead.
- If allowed, dig a pit for your campfire, about 1-foot deep, in the center of the cleared area.
- Build a fire ring around the pit with rocks to create a barrier.
- Don't use any type of flammable liquid to start your fire.
- Gather three types of wood to build your campfire and add them in this order:



Tinder - small twigs, dry leaves or grass, dry needles.



Kindling - dry sticks smaller than 1" around.



Firewood – larger, dry pieces of wood up to about 10" around.

DURING ...

- Keep your fire small.
- Always keep water and a shovel nearby and know how to use them to put out your campfire.
- Be sure an adult is always watching the fire.
- Keep an eye on the weather! Sudden wind gusts can blow sparks into vegetation outside your cleared area, causing unexpected fires.

AFTER ...

- If possible, allow your campfire to burn out completely to ashes.
- Drown the campfire ashes with lots of water.
- Use a shovel to stir the ashes and water into a "mud pie." Be sure to scrape around the edges of the fire to get all the ashes mixed in.
- Drown the ashes with water again.
- Check that your campfire is cold before leaving. Hold your bare hand just above the wet ashes, especially around the edges of the fire. DO NOT touch the ashes or you might burn yourself.
- If you feel heat, stir more water into the ashes.
- When the ashes are cold, disassemble your fire ring and scatter the rocks.
- If you built your campfire in a fire pit, be sure it's filled in with wet dirt.









10 MOUTH-WATERING VARIATIONS

CAMPFIRE S'MORES RECIPES

CampingForFoodies.com

WILD FOR CHOCOLATE: ROASTED MARSHMALLOW + DARK CHOCOLATE CANDY BAR + CHOCOLATE GRAHAM CRACKERS

TROPICAL THERAPY: ROASTED MARSHMALLOW + WHITE CHOCOLATE COCONUT CANDY BAR + GRAHAM CRACKERS

CRAZY FOR BACON: ROASTED MARSHMALLOW + SALTED CARAMEL CHOCOLATE CANDY BAR + CRISPY BACON + GRAHAM CRACKERS

CHOCOLATE COVERED STRAWBERRY: ROASTED

MARSHMALLOW + SLICED STRAWBERRY + DARK CHOCOLATE

CANDY BAR + GRAHAM CRACKERS

SWEET AND SALTY: ROASTED MARSHMALLOW + MILK.
CHOCOLATE CANDY BAR + PRETZEL CRISPS

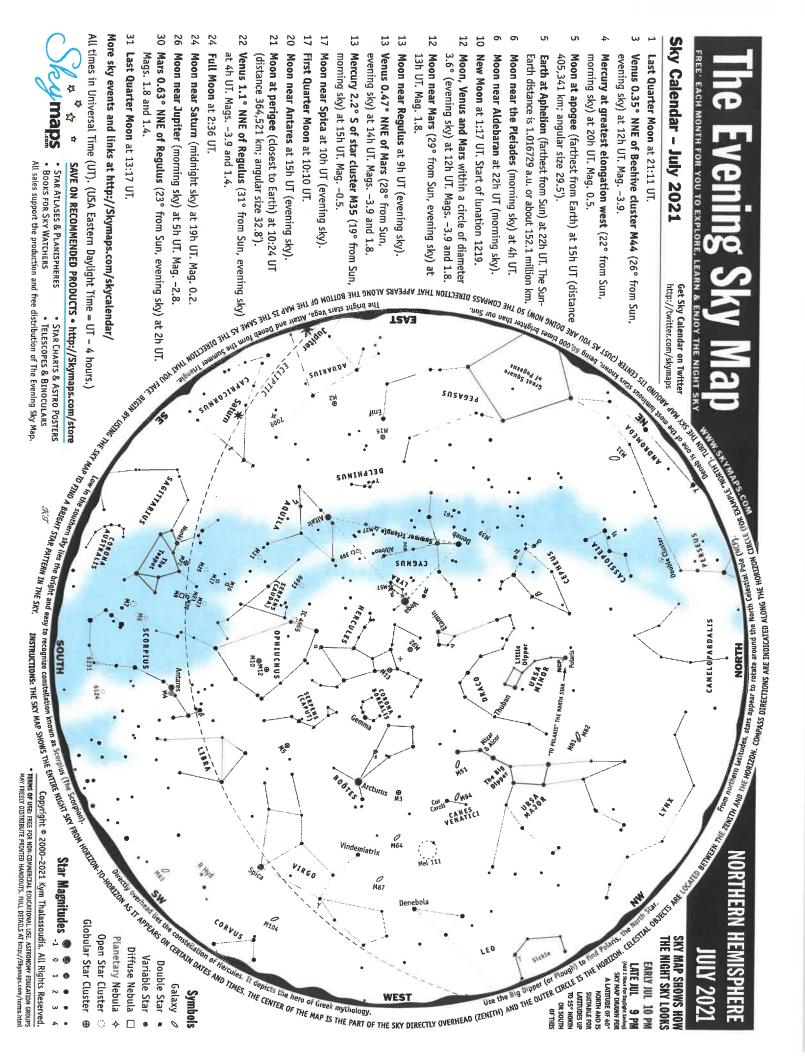
AMAZING ANDES: ROASTED MARSHMALLOW + ANDES MINT AND CHOCOLATE CANDY + CHOCOLATE GRAHAM CRACKERS

SHORTBREAD SENSATION: ROASTED MARSHMALLOW + MILK CHOCOLATE CANDY BAR + SHORTBREAD COOKIES

NUTS OVER NUTELLA: ROASTED MARSHMALLOW + NUTELLA SPREAD + GRAHAM CRACKERS

REMARKABLE REESE'S: ROASTED MARSHMALLOW + REESE'S PEANUT BUTTER CUP + GRAHAM CRACKERS

COZY AND CLASSIC: ROASTED MARSHMALLOW + MILK CHOCOLATE CANDY BAR + GRAHAM CRACKERS



About the Celestial Objects

groupped. Into three categories. Those that can be easily seen with the naked eye (that appear more impressive when viewed through a telescope or very large visible in the evening sky this month (refer to the monthly sky map). The objects are the optical equipment that may be available to the star gazer. binoculars. They are grouped in this way to highlight objects that can be seen using telescope to be appreciated. Note, all of the objects (except single stars) will is, without optical aid), those easily seen with binoculars, and those requiring a Listed on this page are several of the brighter, more interesting celestial objects

Tips for Observing the Night Sky

away from the light pollution that surrounds many of today's large cities. When observing the night sky, and in particular deep-sky objects such as star clusters light from street lights and other sources. If possible observe from a dark location nebulae, and galaxies, it's always best to observe from a dark location. Avoid direct

map, cover the light bulb with red cellophane. This will preserve your dark vision. 20 minutes after you go outside. Also, if you need to use a torch to view the sky You will see more stars after your eyes adapt to the darkness—usually about 10 to

moonless nights around either New Moon or Last Quarter. the fainter objects very difficult to see. So try to observe the evening sky on through a telescope, its light is so bright that it brightens the sky and makes many of Finally, even though the Moon is one of the most stunning objects to view

Astronomical Glossary

angular separation as viewed from Earth. Conjunction - An alignment of two celestial bodies such that they present the least

Constellation - A defined area of the sky containing a star pattern.

Diffuse Nebula - A cloud of gas illuminated by nearby stars.

gravity so that they orbit each other (binary star) or lying at different distances from Earth (optical double). Apparent separation of stars is given in seconds of arc ("). **Double Star** – Two stars that appear close to each other in the sky; either linked by

Ecliptic – The path of the Sun's center on the celestial sphere as seen from Earth.

the greatest elongation occurs when they are at their most angular distance from the Sun as viewed from Earth. **Elongation** — The angular separation of two celestial bodies. For Mercury and Venus

Galaxy - A mass of up to several billion stars held together by gravity.

Globular Star Cluster - A ball-shaped group of several thousand old stars

Light Year (ly) - The distance a beam of light travels at 300,000 km/sec in one year.

Magnitude - The brightness of a celestial object as it appears in the sky.

Open Star Cluster - A group of tens or hundreds of relatively young stars

Opposition - When a celestial body is opposite the Sun in the sky.

Planetary Nebula – The remnants of a shell of gas blown off by a star.

Variable Star – A star that changes brightness over a period of time. Mean Time. USA Eastern Standard Time (for example, New York) is 5 hours behind UT. Universal Time (UT) - A time system used by astronomers. Also known as Greenwich

JULY 2021

Easily Seen with the Naked Eye

tair rcturus	Boo Aql	• •	Brightest star in Aquila. Name means "the flying eagle". Dist=16.7 ly. Orange, giant K star. Name means "bear watcher". Dist=36.7 ly.
Cephei	Сер	ø	Cepheid prototype. Mag varies between 3.5 & 4.4 over 5.366 days. Mag 6 companion.
eneb	Cyg	•	Brightest star in Cygnus. One of the greatest known supergiants. Dist-1,400±200 ly.
Herculis	Her	ø	Semi-regular variable. Magnitude varies between 3.1 & 3.9 over 90 days. Mag 5.4 companion.
ga	Lyr	•	The 5th brightest star in the sky. A blue-white star, Dist=25.0 ly.
ntares	Sco	•	Red, supergiant star. Name means "rival of Mars". Dist-135.9 ty.
blaris	UMi	•	The North Pole Star. A telescope reveals an unrelated mag 8 companion star. Dist=433 ly.
oica	Vir	•	Latin name means "ear of wheat" and shown held in Virgo's left hand. Dist-250 ly.
asily	Seen	₹.	asily Seen with Binoculars

Edolly o	g	1	
η Aquilae	Aql	•	Bright Cepheid variable. Mag varies between 3.6 & 4.5 over 7.166 days. Dist=1,200 ly.
M3	CVn	•	Easy to find in binoculars. Might be glimpsed with the naked eye.
µ Cephei	Сер	•	Herschel's Garnet Star. One of the reddest stars. Mag 3.4 to 5.1 over 730 days.
Mei 111	Com	0	Coma Berenices. 80 mag 5-6 stars in 5 deg. Dist=283 ly. Age=400 million years.
x Cygni	Çyg	•	Long period pulsating red giant. Magnitude varies between 3.3 & 14.2 over 407 days.
M39	Çyg	0	May be visible to the naked eye under good conditions. Dist=900 ly.
v Draconis	Dra		Wide pair of white stars. One of the finest binocular pairs in the sky. Dist=100 ly.
M13	Her	•	Best globular in northern skies. Discovered by Halley in 1714. Dist=23,000 ly.
M92	Her	0	Fainter and smaller than M13. Use a telescope to resolve its stars.
ε Lyrae	Lyr		Famous Double Double. Binoculars show a double star. High power reveals each a double.
R Lyrae	Ļ	•	Semi-regular variable. Magnitude varies between 3.9 & 5.0 over 46.0 days.
M12	Oph	•	Close to the brighter M10. Dist*18,000 ly.
M10	0ph	•	3 degrees from the fainter M12. Both may be glimpsed in binoculars. Dist=14,000 ly.
IC 4665	Oph	0	Large, scattered open cluster. Visible with binoculars.
6633	Oph	0	Scattered open cluster. Visible with binoculars.
M15	Peg	0	Only globular known to contain a planetary nebula (Mag 14, d=1"). Dist=30,000 ly.
M8	Sgr		Lagoon Nebula. Bright nebula bisected by a dark lane. Dist=5,200 ly.
M25	Sgr	O	Bright cluster located about 6 deg N of "teapot's" lid. Dist=1,900 ly.
M22	Sgr	0	A spectacular globular star cluster. Telescope will show stars. Dist=10,000 ly.
M4	Sco	•	A close globular. May just be visible without optical aid. Dist., 7,000 ly.
M6	Sco	0	Butterfly Cluster. 30+ stars in 7x binoculars. Dist-1,960 ly.
M7	Sco	O	Superb open cluster. Visible to the naked eye. Age=260 million years. Dist=780 ly.
M5	Ser	•	Fine globular star cluster. Telescope will reveal individual stars. Dist=25,000 ly.
Mizar & Alcor	UMa	٠	Good eyesight or binoculars reveals 2 stars. Not a binary. Mizar has a mag 4 companion.
Cr 399	Ϋ́L	O	Coathanger asterism or "Brocchi's Cluster". Not a true star cluster. Dist=218 to 1,140 ly.
Telesconic Objects	3. 5.	<u> </u>	

ELESTIAL OBJECT

-
O.
92
<u>G</u>
Q
0
0
7
0
-
2
0
Ö
S

				1	7														
M2/	M87	M82	M81	M16	M11	M17	M21	M20	M23	M57	β Lyrae	y Delphini	61 Cygni	Albireo	M64	M51	M94	e Boötis	
Nu.	¥.	UMa	UMa	Ser	Sct	Sgr	Sgr	Sgr	Sgr	Lyr	Lуг	Del	Суg	Çyg	Com	3	CVn	Boo	•
¢	0	0	0		0		О		٥	÷	۹	•		•	0	0	0		
Dumbbell Nebula. Large, twin-lobed shape. Most spectacular planetary. Dist=9/5 ly.	Supergiant galaxy with supermassive black hole at its core. Dist=53.5 million ly.	Close to M81 but much fainter and smaller.	Beautiful spiral galaxy visible with binoculars. Easy to see in a telescope.	Eagle Nebula. Requires a telescope of large aperture. Dist=8,150 ly.	Wild Duck Cluster. Resembles a globular through binoculars. V-shaped. Dist-5,600 ly.	Omega Nebula. Contains the star cluster NGC 6618. Dist=4,900 ly.	A fine and impressive cluster. Dist=4,200 ty.	Trifid Nebula. A telescope shows 3 dust lanes trisecting nebula. Dist=5,200 ly.	Elongated star cluster. Telescope required to show stars. Dist=2,100 ly.	Ring Nebula. Magnificent object. Smoke-ring shape. Dist=4,100 ly.	Eclipsing binary. Mag varies between 3.3 & 4.3 over 12.940 days. Fainter mag 7.2 blue star.	Appear yellow & white. Mags 4.3 & 5.2. Dist=100 ly. Struve 2725 double in same field.	Attractive double star. Mags 5.2 & 6.1 orange dwarfs. Dist=11.4 ly. Sep=28.4".	Beautiful double star. Contrasting colours of orange and blue-green. Sep=34.4".	Black-Eye Galaxy. Discovered by J.E. Bode in 1775 - "a small, nebulous star".	Whirlpool Galaxy. First recognised to have spiral structure. Dist=25 million ly.	Compact nearly face-on spiral galaxy. Dist=15 million ly.	Red giant star (mag 2.5) with a blue-green mag 4.9 companion. Sep=2.8". Difficult to split.	

The Evening Sky Map (ISSN 1839-7735) Copyright © 2000–2021 Kym Thalassoudis. All Rights Reserved

BACKYARD SCAVENGER HUNT

FIND: a white rock
3 different leaves
a flower petal
something soft
a bug
3 blades of grass
something round
a crooked stick
2 pieces of bark
a seed or berry
2 pebbles
something bumpy
a pinecone
something you like

