

# PAGAN Moonbeams

Vol. 1 Issue 12  
July, 2008

## THIS ISSUE

### *Homeschooling Quick Take*

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Pagan Calendar  
Parent Section

Want to see something else? Let us know! [paganmoonbeams@yahoo.com](mailto:paganmoonbeams@yahoo.com)

## Welcome the Harvest!

By: Mandi Aumann

Throughout the Wheel of the Year, we celebrate the vital circle of life around us. The pagan year starts with the symbolisms of death and the promise of rebirth at Yule and seems to quickly move to the celebrations of light in Spring. Before we know it, Midsummer is here and the year is half over! As the darkness gives way to light and rebirth, so must the light now come to an end and the darkness grow.

Lughnasadh, also known as Lammas, August Eve, and First Festival of Harvest, is the first of the harvest celebrations and is celebrated on August 1st or 2nd, depending on your tradition. It marks the coming of the end of summer and the beginning of the decay of the crops. One great way to decorate for Lughnasadh is to make a corn dollie. Corn dollies are typically made from wheat or corn husks. For detailed instructions on this, check out <http://www.earthwitchery.com/cornhusk.html>.

## Follow the "White Rabbit"

By: Mandi Aumann

As Pagans, we learn to pay attention to signs and symbols around us. We watch the skies for changes in the seasons. We watch the trees and plants and honor the life cycle they live. We recognize the yearly cycles our local animals show as they live in harmony with their environment.

We also learn to watch for signs and symbols in the people around us. Many times, we notice other people wearing symbols that have meaning for us, such as ankhs, labyrinths, Celtic knots, and crescent moon pendants. It makes us wonder if they know the power that symbol can hold. It makes us wonder if they are pagan, too. So how do we find out?

In the story of Alice in Wonderland, Alice fell down the rabbit hole following the White Rabbit. She was driven by the need to know why he was in such a hurry. She found the answer by asking questions. We can ask questions to find our answers, too.

A great way to start a conversation with an acquaintance about their symbol is to ask them if they know what it means. Some people will know what it means even if they aren't pagans, but many people may not know about their symbol. If they don't know what it means, you might like to share what you know about the history of the symbol. If they do know, you may just have found a new pagan friend. If the conversation still feels comfortable, feel free to ask them what they believe in. Or share a little about what you believe in.

Above all else, remember to be respectful of the other person's right to privacy and their own beliefs. It is okay to be curious and ask questions about the world we live in. But it is not our place to judge others for their values and beliefs.

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# News Spin



## Quick Clips

By: P. Nichols

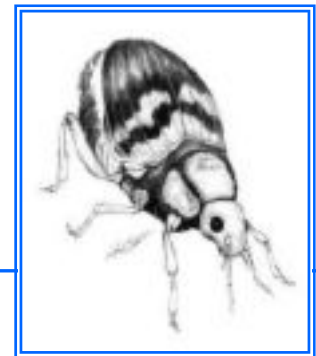


### Left, Right Brained Bees?

It is common knowledge that the right and left sides of our brain perform different tasks. What is lesser known is that it is not unique to humans; fish, amphibians, birds and mammals also share this trait with us. Now it has been shown for the first time that bees also have a left and right difference suggesting that most, or all, insects have this difference too.

### Poison Rays by Beetles

The bombardier beetle common to Asia, Africa and parts of South America protects itself by combining a tiny amount of hydroquinone with hydrogen peroxide inside a chamber in its body. The resulting chemical reaction produces a hot mixture of water and noxious irritant benzaquinone. The heat caused by this reaction vaporizes the water and the pressure opens a natural valve allowing the mixture to spray out up to 8 inches (20 cm.). This cycle repeats about 500 times per second to produce a steady stream.



*Adding the symbol and it's meaning would be a great addition to your journal !*

## Simple Symbols

By: Petra Lucas

### The Triskele

This is a common symbol in the Celtic world. Made up of three spirals it is a symbol of life and rebirth.

The triskele combines the spiral (symbol of rejuvenation) and the number three which is known as the unbreakable number, as well as representing the three phases of the Goddess.

There are many variants on the triskele from a very simple three single lined spirals to complicated knotwork ones, but they are basically the same.

## More information

For a quick introduction see:

[http://en.wikipedia.org/wiki/Triple\\_spiral](http://en.wikipedia.org/wiki/Triple_spiral)

For a good introduction to the meanings within the triskele go here:

<http://www.whats-your-sign.com/triskelion-celtic-symbol-meaning.html>



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## Pagan Moonbeams Changes

By: TristÅ

With this issue of Pagan Moonbeams, the newsletter has reached the end of it's first year. We have grown so much and have enjoyed learning and growing with all our readers.

August will start a new year and we plan to start it with a bang by improving things all around. Here is a few things you can expect to see starting up:

New look and design  
Monthly topic covered by many sections  
Book reviews & activities to make units  
Book classes  
More in-depth look at God/Goddess  
Subject specific Pagan Material  
Overhaul of the Little Pagans Section  
Coloring, puzzles, and more fun added  
Improved teen section  
Revamped Take 10 section

\* If there is something you would like to see added to the newsletter drop a line to let us know - [paganmoonbeams@yahoo.com](mailto:paganmoonbeams@yahoo.com)



*Wind Park in California*

## New Staff Members

By: TristÅ

Pagan Moonbeams now has two new members of the already excellent staff. Allow me to introduce

**Mandi Aumann**, from the US who will be writing and helping in administration. You will see some of her work in this issue.

**Jenn L.S**, prior UK now US who will be writing, illustrating, and helping with website images. She will be adding to the newsletter starting August.

**Raven Moonshadow**, from the US who will be editing and helping with administration. She began working with this issue.

*Thanks to the two of you for volunteering your time to aid the Pagan community through Pagan Moonbeams!!*

## Wind Power

By: TristÅ

I am sure you have seen small white towers that look like a large pinwheel in the middle of a field somewhere. Usually they are seen in a line and connected together. They are commonly known as wind parks and seem to be growing throughout the world.

There are articles daily concerning new findings with these wind farms. It seems that wind is channeled and used to produce energy by blowing through the wind parks. It is believed that the largest and most powerful wind parks are those located right off the shore, but they may be expensive to build.

In the past it was believed that because the wind was not predictable it couldn't be a permanent electric source. New studies show that it can be if several wind parks are close together and each contain a small amount of reserve.

Keep an eye on the news about wind parks and the electricity they produce!!

## Great Pagan Resource



A cute cat with a black hat named Pooka is the symbol of another great Pagan kid resources.

### Pooka Pages

This site offers printable coloring books, online stories, divination, recipes, songs, crafts and about anything else you can think of. Pooka's Sandbox, a great newsletter sent out with each turn of the Wheel of the Year is a must. You can sign up to receive it in your email box free at the site!

[http://www.elsieandpooka.com/pooka\\_pages.htm](http://www.elsieandpooka.com/pooka_pages.htm)

***Be sure to check it out !!***

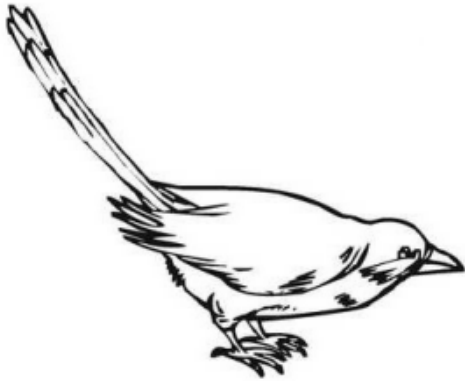
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## Monthly Unit: Birds

By: Petra Lucas

In the summer, we see lots of birds and we hear them in the trees. Birds are everywhere. They come in different shapes and sizes.

We see different birds depending on the season we are in. Some birds actually move home to find nicer weather at different times of the year! These kinds of birds are called migratory birds. Depending on where



**Take a bird tour.** Write down a list of birds, with your parents, that are common to your area and then go in search of birds at your local park.

Sit in your garden and see what comes to visit

Become a **Wildlife Explorer** with the RSPB in the UK. There are lots of activities and things to do. The activity sheets can be used everywhere!

<http://www.rspb.org.uk/wildsquare/index.asp>



### Make a speedy bird cake

Make this quick and easy cake with your parents to keep the birds happy.

Good quality bird seed; raisins; peanuts; grated cheese; suet or lard; yoghurt pots; string; mixing bowl; scissors

#### Instructions

Carefully make a small hole in the bottom of a yoghurt pot. Thread string through the hole and tie a knot on the inside. Leave enough string so that you can tie the pot to a tree or your bird table.

Allow the lard to warm up to room temperature, but don't melt it. Then cut it up into small pieces and put it in the mixing bowl.

Add the other ingredients to the bowl and mix them together with your finger tips. Keep adding the seed/raisin/cheese mixture and squidding it until the fat holds it all together.

Fill your yoghurt pots with bird cake mixture and put them in the fridge to set for an hour or so.

Hang your speedy bird cakes from trees or your bird table. Watch for greenfinches, tits and possibly even great spotted woodpeckers.

Recipe from: RSPB kids at <http://www.rspb.org.uk/youth/>



Bird images taken from:  
[http://kidscrafts.suite101.com/article.cfm/birds\\_coloring\\_sheet](http://kidscrafts.suite101.com/article.cfm/birds_coloring_sheet)

# Monthly Unit:

## Birds

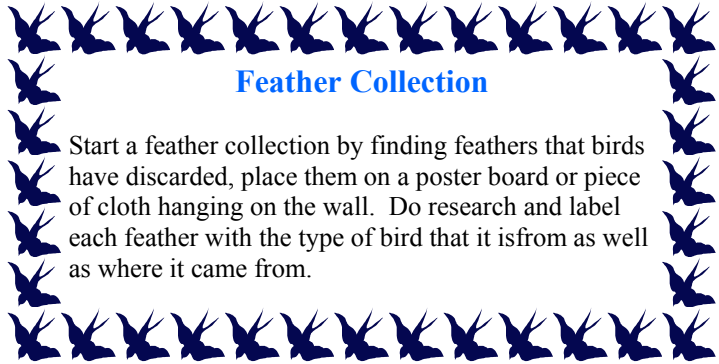
By: TristA

### Bird Flying Hunt

Go on a bird flying hunt in your area or in several areas to compare the findings from them. Make your own checklist like the one below and keep tally marks as to the number of birds you find doing each kind of flying.

- Gliding on the Wind
- Flapping Widely
- Flapping Every Few Minutes
- Using at Least Two Different Flying Forms
- Flying with Feet Down
- Flying with Feet Hidden
- Flying with Feet Directly Behind
- Flying in a Formation
- Flying in Pairs

You can also make notes of, or draw, the different kind of birds that regularly fit these categories. From your list see if you can figure out the type of bird you saw and/or why they chose to fly in that manner.



### Feather Collection

Start a feather collection by finding feathers that birds have discarded, place them on a poster board or piece of cloth hanging on the wall. Do research and label each feather with the type of bird that it is from as well as where it came from.

### I Fly—You Don't

All birds have feathers, but not all of them fly. There are many reasons for this. Use the clues below to explain why some birds can not fly.

Keel  
Type of Feather  
Size of Bird

|  |
|--|
| Why do you think the nature god/goddess' gave them wings without the gift of flight? |
|--|

### The Beak of Things

Draw a beak in each box using the description below them. When done do some research to see which birds in your area have beaks like each of them.

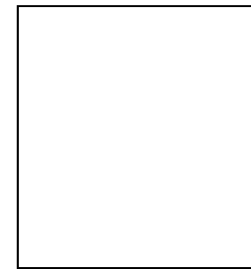
Top sharp hooked beak used for tearing bones & flesh.



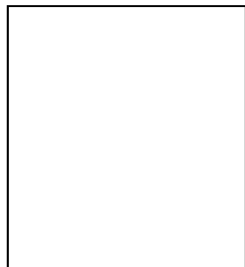
Short, flat, and wide at base used to catch bugs.



Flat and wide used to strain plants & seeds.

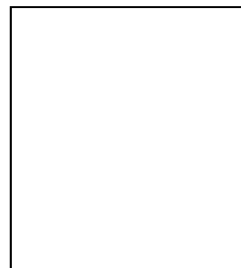


Long, thin, with small hook on the end to hold fish tightly when flying.

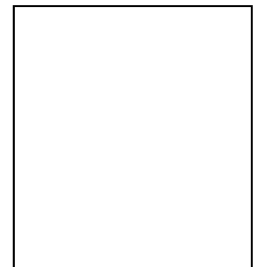


Long tubular beak used to get nectar from flowers.

Thin slender beak used to crack seeds & twigs.



Medium length, strong, that forms a chisel to drill holes in wood.



Coned shaped bill used to crack seeds.

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## Lughnasadh

(Continued from pg. 1)

By: Mandi Aumann

### Correspondences

- Herbs:** cornstalks, fenugreek, heather, oak leaves, sunflower, wheat
- Incense:** aloes, rose, sandalwood
- Gemstones:** citrine, peridot, sardonyx
- Deities:** Lugh (Druid), John Barleycorn, Demeter, Ceres, Corn Mother, any agricultural gods or goddesses
- Candle colors:** golden yellow, orange, green, light brown
- Foods:** homemade breads, barley cakes, nuts, wild berries, apples, rice, and wines or teas from the current harvest

For more information, try *Everyday Wicca: Magical Spells Throughout the Year* by Gerina Dunwich

This celebration is all about food. It is traditionally the biggest feast of the year. The focus tends to be on grains because our ancestors discovered a long time ago that we can sustain on grains alone, if necessary. Grains that are native to your area should be the primary focus of your festival feast. Wheat and oats were most widely grown in Europe, while corn was the primary grain in North America, and rice is primary to Asia.

Consider starting your canning and freezing at this time. If produce prices are relatively low, stock up and prepare the yield for the freezer. Blanche green beans and tomatoes before bagging for the freezer. Freeze fruits whole to enjoy during the winter. Try making your own jellies or preserves.

You can also take nature walks and look for wild berries. Raspberries and blackberries are common throughout North America, as well as mulberry trees and apple trees. You might want to take some time to learn about edible wild plants in your region and, with thanks, harvest them for enjoyment through the year.

### Make Your Own Lammast Bread

- 1/2 C. warm milk
- 3 T. butter or margarine
- 3 T. honey
- 1 t. salt
- 1 1/2 C. warm water
- 2 1/2 t. or one package active dry yeast
- 1 C. cooked oatmeal
- 6-7 C. all-purpose flour

Warm the milk, butter, honey and salt over medium heat until the butter is melted. Remove from heat and let stand, stirring occasionally, until cool enough to put your finger in. Meanwhile, pour the warm water into a large mixing bowl and sprinkle the yeast over it. Let stand about 5 min, until bubbles begin to form. Once the milk mixture is cool enough and the yeast has started to bubble, slowly pour the milk into the yeast mix. Add the oatmeal and 4-1/2 cups of flour. With clean hands, start mixing and massaging the mixture. It will be sticky and clingy. Keep mixing until the flour is mixed in well. You may continue working in the bowl or dump it out onto a floured table or counter at this point. Continue kneading the bread while a helper sprinkles 1/2 cup of flour at a time on your dough. Use this time to meditate on the bounty of the earth and thanksgiving for family and feasting.

Once all of the flour has been added, continue kneading and meditating another 7 minutes. It's now time for the first rising—let the dough rest while you wash your hands. Then, in another large bowl, pour 1-2 tablespoons of vegetable oil. Plop the dough into the oil and swish around, then flip, so all sides of the dough are coated in oil. Cover the bowl with a towel and let rise in a warm place for about an hour—an electric oven with the light on or a gas oven with a pilot light is perfect. It should be no warmer than about 80 degrees.

After the first rising, punch down the dough and shape your bread. Here's where you can get creative. Divide the dough in half. You can make any shapes you like. You might like two traditional shaped loaves. You can make them long "baseball bat" shapes. You can divide each half into 12 pieces and shape them in balls for rolls, or other shapes like knots or clovers. The internet has many suggestions for this ([http://www.pillsburybaking.com/bakers\\_corner/how\\_to\\_shape\\_dinner\\_rolls.aspx](http://www.pillsburybaking.com/bakers_corner/how_to_shape_dinner_rolls.aspx)).

Once your rolls or loaves are shaped, let rise another 30-45 minutes. Then bake at 350° for about 30 minutes, until the bread is golden on top and sounds hollow when you tap the bottom. Be sure to bless it if you're using it for ritual. Enjoy!

Total prep time: 3 hours. Yield: 2 loaves or 24 rolls.

## Herb Focus: Basil



**Colour:** Mid green, with oval shaped leaves.

**Location:** India, Europe and the U.S.

**Planet:** Mars

**Element:** Fire

**Healing Properties:** Basil has calming qualities so will help relieve anxiety. It is also antiseptic so will help cleanse your body. It can also help relieve aches and pains.

**Magickal attributes:** Basil flavoured foods create loving feelings. Basil can also be used for protection if you visualize yourself being surrounded by the steam from Basil flavoured foods while eating it.

### Basil Foot Bath

Ingredients

2 cups of Fresh Basil

2 Litres of Hot Water

Drop the Basil into the hot water and allow to cool.

When it is cool enough for your skin to bear, soak your feet and ankles

N.B. You can also crush the leaves and massage them into your heels.

### Love Food for You

Either make (with help) or find a Pesto sauce with basil in it (also with Pine Nuts unless there is a nut allergy).

Make some noodles (or spaghetti).

Pour the Pesto sauce over the noodles.

Eat while thinking of those you love and who love you.

*\*\* As with all natural medicinal items and purposes, be sure to check with a parent before using.*

## Mineral Focus: Jasper



**Colour:** Opaque, multi-coloured, also single colours of yellow, orange, red, brown, green and black.

**Chakra:** Various

**Element:** Various

**Healing Properties:** When held over the stomach, Jasper can aid digestion.

**Magickal Properties:** Used since the earliest times, Jasper is generally used to promote mental clarity and restrain hazardous impulses. Each colour of the stone carries its own properties as well.

**Care:** A fairly hardy stone, you can cleanse this stone with water, smoke and earth. Would not recommend fire.



**Red Jasper**  
(Element: Fire)

This a good protective stone as it sends back negativity to the sender. Also in healing, it can be used to cool fevers. It is traditionally worn to promote beauty and grace.

**Green Jasper**  
(Element: Earth)

This stone is very good for healing. It promotes restful sleep (always needed when healing) and helps you become more in tune with other people's emotions and thoughts.

Ring a green candle with green Jasper to help speed healing.

*\*\* Crystal Healing is an acquired art and shouldn't be practiced without parental permission and/or guidance.*

## - Correspondence Journal -

By: Petra Lucas

### Animal Messengers

The Ancient Civilisations believed that the Natural world held many messages for us. If they had a question they needed answering, they would go out into the wilderness and meditate. The first things they saw when they opened their eyes afterwards would hold a message.

We see animals everyday, in the garden, in the street. Are they telling us something? When you are out and about, does a particular animal catch your eye? If so, perhaps they have a message for you.

When we dream, we are given messages from our mind about what is going on in our life. Often, animals will appear in our dreams and meditations. At these times, we should listen to what their message is. Keep a notebook for writing your dreams in. Look up the meanings of the different things that appear. However, always remember, it is what the animal means to you that really matters. These are just a guide.



**Ant** - Group minded, perseverance, self-discipline, group effort, teamwork, industriousness, orderliness, virtue. Strength, stamina, honor.

**Badger** - Supernatural power, mischief, playful. Other world, wisdom, caring.

**Bat** - Guardian of the night, cleaner, obscurity, messenger, double nature, happiness, good luck, longevity, peace; also - hypocrisy, melancholy, revenge, wisdom.

**Bee** - Immortality, rebirth, industry, order, purity, soul, chastity, messengers between worlds, secret wisdom, Mother and priestesses. Community.



**Birds** - The soul, transcendence, spirits of air, ascent, communication, freedom, sight.



**Bear** - Primal power, mother, cunning, healer, gentle strength, dreaming, sovereignty, intuition married with instinct. Nurturing, protective.

**Blackbird** - Enchantment, the Gateway, the inner call. Guide, illumination.

**Bull** - Wealth, potency, beneficence, generative force, male procreative strength, kingship, taming of the masculine and animal nature. Destructive force.



**Butterfly** - Metamorphosis, carefree, transformer, immortality, rebirth, resurrection. Grace, light, soul.



**Cat** - Guardianship, detachment, sensuality, stealth, desire, liberty, pleasure, magic, lust, pride, vanity.

**Cow** - Nourishment, motherhood, power of Earth, plenty, procreation, gentleness, nurturing.

**Coyote** - Prankster, insight, playful. The coyote symbolizes duality and the ability to present both sides of an issue. Clowning and humor, perhaps sarcastic.



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## - Correspondence Journal -

By: Petra Lucas

### Animal Messengers: Continued



**Crow** - Messenger, death, wisdom, communication, the underworld.

**Deer** - Love, gentleness, kindness, gracefulness, sensitivity, purity of purpose, walking in the light, swift, nimble, meek, gentle, meditation, love, longevity, wealth.

**Dog** - Guidance, protection, loyalty, fidelity, faithfulness, watchfulness, the Hunt.

**Dragonfly** - Flighty, carefree, swift, activity, shamanistic, supernatural powers.



**Eagle** - Divine spirit, air, the sun, power in battle, protection from evil, clear vision, success, prosperity, wealth, intelligence, renewal, courage.



**Fox** - Cunning, provider, intelligence, feminine magic, diplomacy, wildness.

**Frog** - Power of water, sensitivity, medicine, hidden beauty, power.

**Goose** - Guardian, watchful, wind, the sun, war, inspiration, swift, happiness, providence.

**Hare** - rebirth, rejuvenation, resurrection, intuition, balance, fertility, fire, madness, transformation.

**Hawk** - Nobility, recollection, cleansing, messenger, observer, Solar, clarity, discrimination, inspiration, the soul.

**Heron** - Vigilance, quiet, power of water, the underworld, tact, delicacy, renewal, life, transformation.



**Horse** - Stamina, mobility, strength and power, coping under difficult circumstances, love, devotion, loyalty, the land, travel. Life and death symbol, intellect, wisdom, power, nobility, energy, freedom, wildness, divination, prophecy, fertility.

**Lizard** - Conservation, agility, promotes dreaming.

**Moose** - Headstrong, unstoppable, longevity, value, integrity.

**Otter** - Laughter, curiosity, mischievous, feminine power, grace, empathy, joy, play, helpfulness.

**Owl** - Wisdom, truth, patience, darkness, a death messenger, divination, solitude, detachment, wisdom, change, totem of clairvoyants and mystics.



**Raven** - Trickster, teacher, hoarder, healing, initiation, protection, shaman's power, transformation, change in consciousness, mark of a shape shifter.



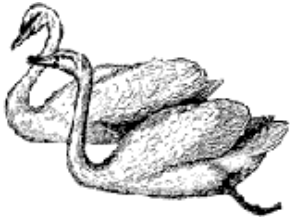
**Salmon** - Instinct, persistence, determination, wisdom, inspiration, rejuvenation.

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## - Correspondence Journal -

By: Petra Lucas

### Animal Messengers: Continued



**Snake** - Shrewdness, transformation, life, death and rebirth, rain, fertility.

**Spider** - Creative, pattern of life, connects the past with the future, creating possibilities.

**Stag** - Pride, independence, purification.

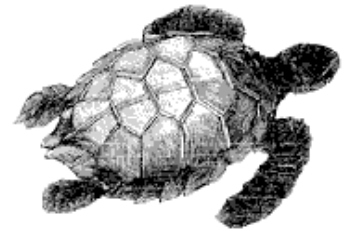
**Swan** - Grace, balance, innocence, faithfulness, solitude, retreat, poetry, sincerity.

**Turtle** - Self contained, creative source, Earth, informed decisions, planning, adaptability.

**Wolf** - Loyalty, success, perseverance, stability, thought, pathfinder, teacher, intuition, learning, the shadow.

**Woodpecker** - Prophecy, magic, power, guardian of trees, Heralds rain and storms.

**Wren** - Spirit, witchcraft, the Oak King.



#### **A Simple Meditation for Seeking Answers from Nature**

This easy to do meditations is good for finding answers to questions that are bothering you. It can also be done to connect you to nature or to find guidance in your life. Any time life is getting to you, it can help. Remember to talk to your parents about it first and see what you can learn.

1. Go into the forest or somewhere you find calming.
2. Sit down with your back to a tree
3. Close your eyes and empty your mind
4. Either focus on a question or just relax
5. When it feels right, open your eyes and look around.
6. Note what animals and birds you see.
7. Look up the meanings to find your answers

**Draw a picture of the first animal or bird you see on your Pagan Camp!**

This list of correspondences comes from sources all over the world. Specific cultures have their own correspondences. Which of these animals are you most likely to see every day? Which might turn up in your dreams?

Go through the list. Do you agree with what they say? Some cultures believe cats to be lucky, some believe they are unlucky. What do *you* believe?

What animals might you see on your Pagan Camp?

There are lots of sites on the web that tell you about animals and their meanings. Here are a few:

Princeton online has a good list including those from different cultures:

<http://www.princetonol.com/groups/iad/lessons/middle/animals2.htm>

Here is a list of Native American Totems:

<http://www.legendsofamerica.com/NA-Totems.html>

Here is a list of Celtic Animals:

<http://www.joellessacredgrove.com/Celtic/animalallies.html>

For a good book on the meanings and messages of animals read:

**Animal Speak: The Spiritual & Magical Powers of Creatures Great & Small** by Ted Andrews.

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## Ages of Pages

By: TristÅ

*Enjoy this small section of the newsletter in preparation of the upcoming book class; Young Foundations.*

### Cinderella

#### Story History

Cinderella is the most recognized story around the world. There is no definite way of telling how many versions there are but it falls somewhere between 340-1500. The earliest told version that we know of is The Girl with the Rose-Red Slippers dating back to 570-526 B.C. The earliest recorded version dates in the middle of the ninth century from China.

#### The Little Glass Slipper

Revised from *Andrew Lang's* version  
found in the Blue Fairy Book

Once there was a gentleman who married for the second time the proudest and most haughty woman that was ever seen. She had two daughters of her own and they were a mirror of their mother. He also had a daughter of his own which was a mirror of her mother who was considered the best creature in the world.

As soon as the marriage had took it's place the mother-in-law showed her colors. She could not bear the good qualities of the beautiful girl and how her goodness showed how wretched her own daughters were. Because of all her jealousy and anger she gave all the meanest house-work to this girl who never seemed to have a break. The girl bore all patiently, and did not tell her father of her step-mothers doing because the woman had began to run her father as well. When work was done, the girl would go to a special place in the chimney-corner that she liked. Her step-sisters gave her a nickname of Cinderwench, the younger of the sisters was not as cruel so she used the name of Cinderella to call the girl.

The King's son gave a ball and invited all persons to come to it. Cinderella spent many days aiding in the preparation of her step-sisters to attend the ball. She calmly took their teasing and persecution as she made their attire it's best. The day came for them to go to the ball and Cinderella watched them until they were out site before she fell to the floor and weeped. Her godmother, who was a fairy, saw her crying and asked her why she was doing this. Cinderella informed her that she wanted so to go to the ball. Her godmother informed her that she could go if she did as she was told, Cinderella agreed and did so.

Together Cinderella and her godmother prepared Cinderella for the ball. The pumpkin she carefully chose became a great coach with gold trim, the mice she found near a trap turned into horses to pull the carriage, lizards from the garden became hinchmen, and even the rat was turned to a coachman like Cinderella suggested. The last touch by her godmother was to touch Cinderella with her wand and give her the best of clothes topped with the best jewels and a pair of glass slippers. As Cinderella drove away to go to the ball Cinderella was told to leave by midnight and she promised that she would obey.

The King's son was warned an unknown and great princess would be coming, watched for her, and grasp her hand the minute she arrived. Immediately they were connected as he led her from her carriage to the dance floor. The king even took notice of how pretty she was and how his son was fond of her. Everyone at the ball was envious of her looks and dress. The kings son took her to honored seats and had her served as a queen and he, himself, couldn't even eat because he was entranced by her beauty and couldn't take his eyes off of her. Cinderella took some of her fine foods and sat with and shared them with her sisters, who had no idea who she really was. While with them the clock struck eleven forty-five so she quickly said her good-byes and hasted from the ball. She went home and thanked her godmother and let her know how the King's son was interested in her so she desired to go to the ball tomorrow as well. Her step-sisters returned home and bragged about the girl that had been at the ball and raved on about how the king's son was entranced by her.

The next day was similar to the one before it and everyone went to the ball, even Cinderella more beautiful than the day before. The king's son, once again was entranced by her and never left her side. She was so involved in the great compliments and attention that she was not so vigil with the time and ran from the ball as the clock was striking midnight. The prince followed her and even questioned the guards if they had seen her, but all they had seen was a girl in rags leave the ball. He was given a slipper she lost as she fled from the ball and decided to find the owner of it, so he could find her again.

The time came for Cinderella's step-sisters to fit the shoe, which they couldn't. Cinderella laughed and teasingly was allowed to try the shoe on which fit like a glove. Cinderella pulled out the other shoe from her apron pocket. At this time, as everyone was surprised and speechless, her godmother appeared and touched her with her wand making her clothes more beautiful than ever. At this point it was apparent that she was the princess that was at the ball the days before. At that moment Cinderella forgave her sisters and embraced them as she told them she forgave them. Cinderella was taken to the palace and the prince married her. She gave her two step-sisters lodging in the palace and even found them with Lords of the Court as husbands for them as well.

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## Ages of Pages

By: TristÅ

### Cinderella story review:

The story of Cinderella is of a girl that lacks things other's have automatically. She has become a slave within her own area and is expected to do nothing but serve. She is diligent and obedient even though things for her are not what she wishes they would be. In the end she is given a new life that will be more full than those around her as a reward for her tribulations.

Read different versions of the story and compare them to the time they were written. See if you can figure out how the story changed due to geographical area, cultures, and religions stressed during the time of that versions writing.

### Different Book Versions

Here is a small list of books that you can look for at your local library of Cinderella stories around the world. While at the library look for other versions.

Russia - Baba Yaga and Vasilisa the Brave by: Marianna Mayer

Norway - Boots and the Glass Mountain by Claire Martin

Philippine - Abadeha, the Philippine Cinderella by Myrna J. de la Paz

Japan - Lily and the Wooden Bowl by Alan Schroeder

Zimbabwe - Mufaro's Beautiful Daughters: An African Tale by John Steptoe

Zulu - Nomi and the Magic Fish: a Story from Africa by Phumla

Algonquin Indian - The Rough-Face Girl by Rafe Martin

Russia - Vasalisa and her Magic Doll by Rita Grauer

China - Wishbones: A Folktale from China by Barbara Ker Wilson

Egypt - The Egyptian Cinderella by Shirley Climo



### Research Paper Ideals

It has been said that the story of Cinderella supports different negative topics and by telling younger children these stories they have been pushed onto them because of this. This might also be another form of supporting the 'politically correct' view many are taking today. Write a persuasive or aggressive third person essay using one of the topics below.

- Outlining gender roles
- Supports lashing within the feminine gender
- Glorifies Cruelty
- Supports disrespect for the parental roles
- Steriotype the Step parent and child
- Glorifies misery
- Downplays the father's position within the family unit

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## Ages of Pages

By: TristÅ

In the past there were many versions of Cinderella. There are many different reasons why new versions of Cinderella came into being. Some of these reasons were:

- Modern stories came into being and it was easier to relate to a more modern version
- Offense and/or not acceptable aspects within the story to a religion, culture, social or activist group, etc... so things within the story would be changed not to offend or to be acceptable
- Individual views about certain aspects within the story did not fit so an author would take it upon him or her self to alter things to fit their personal views.

Go back through the versions that you have read already and decide what reason caused each of them to be different. Another fun thing to do would be to rewrite the story in your own words three times, once for each of the reasons listed above. A guideline of ideas for this project is listed below:

Modern stories relate better - a story on Princess Diana up to the marriage would be a good example of this

Offense or unacceptable material - a story where the step-family was not so mean towards her

Individual views - tell the story how you would tell it using your own twist



### Cinderella on Screen

Today you can find many versions of the story of Cinderella, and most show Pagan traits or roots within them. Take a look or read about some of them and compare them with the past versions of this story. See if you can find traces of it's Pagan roots or Pagan cues in it.

Walt Disney version of Cinderella

The Princess Diaries

Ever After

Glass Slipper

The Slipper and the Rose



### The Future

As with all things of today it is predicted that all writings will become 'politically correct' meaning that it will be altered in a way that it will not offend anyone or any situation. Try to tell this month's chosen fairy tale, your favorite version, making adjustments to make the story politically correct.

*\* According to your version you may not use all of the following suggestions and/or you may have to change some of your own.*

Mean or evil stepmother or stepsister- strict or stern

Ugly stepmother or stepsisters - with only inner beauty

Fairy God Mother - Fairy God Person

Horse drawn carriage or cart - horse-slaved

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## Ages of Pages

By: TristA



### Join the Pagan Cinderella Contest Sponsored by: Ancient Light

In the past it is believed that a lot of Pagan aspects like magick, ritual, and such have been fantasized to become acceptable to the masses. Some believe that this is not a fact anymore, as the Pagan religion is more acceptable by most. This contest will be taking the fantasy out of Cinderella and making it a more realistic story.

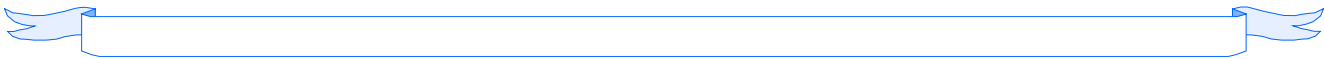
**Who:** kids age 5 - 17 ; entries will be graded fairly as to age and ability, if an exception needs to be considered please state so in entry email.

**What:** Rewrite Cinderella in a Pagan view by adjusting some of the magical and Pagan things within the story to be more realistic. (animals should not be made to do things, they are willed etc...)

**When:** Entries need to be in by July 20. Email to [Paganmoonbeams@yahoo.com](mailto:Paganmoonbeams@yahoo.com) in text or attachment. All entries must contain the child's age and state and it stated that if determined the winner their story will be permitted to be printed in Pagan Moonbeams newsletter. Parents email address will also need to be included for safe redeeming of prizes, if received.

**Winners:** Winners and their work will appear in the August issue of Pagan Moonbeams along with a lesson plan for other kids to enjoy. The winner will also receive a \$50 gift certificate to Ancient Light via email to begin or add to their altar supplies.

**Also:** Top 3 contenders and their work will be posted on Pagan Moonbeams & Ancient Light's website (if permission is granted). If many entries are received consolidation prizes will be awarded as well.



Color the word Cinderella below in rainbow colors to represent the different version there are.

CINDERELLA

## Symbol Sudoku

### Travel Information Symbols

(as used by traveling religions like Gypsies, Irish Tinkers, Roma, etc...)


































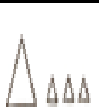





By: TristÅ

#### Symbol Key



The symbols of the month are listed to the side of the Sudoku puzzle. Make your own flash cards or artistic designs using them within the month to aid you in remembering them.

*Answers in next issue*

|   |   |   |   |   |   |   |   |   |
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#### Expand The Puzzle

These symbols were viewed as important messages. When new travelers came in the area they would look for these signs as well as others to let them know what to expect of the area and warn them if needed. Use these symbols appropriately as you draw a map of your neighborhood, town, or portion of the city. You can also take a walk in your local area looking closely for these symbols. Around train tracks and on the outskirts are good places.

## Celtic Corner

By: TristÅ

### Local Land Spirits

The land was alive to the ancient Celts because everything in it was full of life and contained a soul. Connecting to the land was so important that it became a requirement for most other aspects of life. Considering how long they lived in harmony with nature and how successful they were, it does appear the views they had may be something we, too, need to look more in depth at.

In ancient times the Celts would not move to an area unless the land spirits were pleased with it. The head of the group would be expected to marry the water Goddess and dedicate his life to the local spirits before any moving in activities would take place.

Connecting to the land for modern followers of the Celtic ways will be much different than they were for our ancestors. What is possible in today's world is to repeat the major points that the ancient Celts worked hard to achieve; let the spirits know that we acknowledge and respect them, understand and meet the needs of the local land and the land spirits, and have the land and it's spirits to accept us to a point that they want to live and work with us. Looking at each of these goals or tasks individually will help in understanding better.

- Introducing yourself - Many local land spirits have given up on the world of today. They are not used to people acknowledging them. This isn't saying that they don't want to be noticed, they are always eager to take their place in hearts and Pagan paths that is rightly theirs. Spend some time just sitting in local land areas; your yard, your park, your community water source; while there, observe the great things it shows you. As you are there they will take notice and start to watch you more. Do not stop letting them know you are there once you feel their presence or energy. Keep the relationship of connecting alive by periodically spending time with them.
- Acknowledge both land spirits and those that are connected with them - Most people don't actually see the land spirits, however some claim to, they appear to us more in an energy form. Because of this it is best that we talk both physically and mentally to the spirits. Ask their aid in problems or dilemmas and wait for the results to come. Take notice of the condition of it's physical home by caring for the plant life there and/or adding visual pleasing items (flowers, fountains, gardens, etc...).
- Show Respect to the Gods and land spirits - Each section of the land is connected to a God or Goddess. Get to know which ones each of the things locally are connected to. Hold rituals, give offerings, or other activity that shows respect to them. Local land spirits appreciate you showing respect to those they belong to as well as the one's that belong to them. Leave offerings for those supported by the land spirits like berries, feed, fruits, vegetables, etc...

Just as important as getting to know the land spirits; is keeping the relationship alive. Once you have reached a good rapport, continue all things you did on a regular basis. Staying consistent will not only keep the doors between you and the local land spirits alive, it will assure them that you are serious and dedicated to them. If for some reason you are going away try to make arrangements for someone to leave the regular offerings and/or let the land spirits know in advance that you are leaving and when you will return. Remember that even though these spirits are in the land, they are one of the sprits still close to you, just as they were for your Celtic ancestors.



### On the Move

Although the land spirits of each area do not go far, you do. When you visit places for an extended amount of time or make a permanent move you will be encountering new land spirits. Be sure to inform the spirits of your moving plans and show them great respect and give thanks before you leave.

When getting to the new place remember the things that were used when attempting to connect with the land spirits in the last area. These will be used for reference only because each area's land spirits have their own likes, dislikes, and ways. If connecting to the new ones are not as easy, don't worry, with persistence and trying various ways you will achieve it!



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# Middle Magic

By: Petra Lucas

## Connecting to the Gods

Paganism for many people is about connecting to a Goddess or God through nature. Different people are attracted to different Gods. When one says Gods, it could mean any deity regardless of whether they are male or female.

So, the question is: how do we find that connection?

### Where do we find the Gods?

Well, simply put, in us. We are part of the universe, and the universe is part of the divine or deity. It can be hard to think of the universe like that but look around you at all the different creatures and colours. Where did that all come from?

Each and every one of us has a little part of that great design in us. We are all part of the divine.

### The God and Goddess

In Wicca, there is the concept of the God and Goddess (also known as the Lord and Lady). The God and Goddess are archetypes. This means that they are the ideal example of a type. The God is the archetypal Male. This means he represents all the male characteristics you can think of. He is strong, protective, aggressive, a hunter, etc. The Goddess is the archetypal Female. This means she represent all the female characteristics.

Wiccans and many pagans call to the God and Goddess instead of specific Gods as this, to them, is a better way of accessing the divine. They will sometimes call to aspects or characteristics of the God and Goddess that they want as well.

### What about Nature, then?

Nature is the simplest way of seeing the Divine after looking at pantheons.

Going back to the idea that the Divine is in everything. Connecting with Nature means that we are connecting with the Divine outside of ourselves. Looking after Nature means looking after the Divine.

When we go out into Nature, we are reminded that we are animals and that we need to fit into Nature. We are part of the cycle of life that we see in the animals, birds, trees and plants around us. Connecting to Nature, helps us to connect to us.

### So, why all the different pantheons?

We have all seen the different Gods that make up what we know as a group called the Greek Gods, Celtic Gods or the Egyptian Gods.

They each represent qualities and ideas about how people should act. Following a God means that you are taking on those qualities as your own. The Gods are a way of breaking down the complex universe into accessible chunks.

Choosing a pantheon and then Gods to follow can be as complicated or simple as you like. If you follow a certain path, there will be a pantheon suggested to you. Druids, for example, follow the Celtic Gods. If you have yet to choose a path, your choice of pantheon can influence that path.

Choosing a pantheon can be as simple as looking through them all briefly and seeing which ones attract you the most. What kind of myths and legends do you like to read? What pantheon is related to them?

Is there any pantheon or God that catches your attention time after time? If so, read up on that pantheon. See if it feels right to you.

That is the key to choosing the right pantheon for you. If it feels right, it probably is right. Listen to your instincts.

For more information on the different pantheons, go to any library and you will find books about them. Each culture has their own pantheon.

For a simple index of the pantheons and their Gods see here: <http://web.raex.com/~obsidian/PanIndex.html>

For more information on Gods, pantheons and mythologies. Go to the Encyclopaedia Mythica at: <http://www.pantheon.org/>

**Glossary:** *Deity* - a God or Goddess, also the essential nature of being a God. *Divine* - Something sacred, also the nature of being a deity. *Pantheon* - A group of Gods.

# YOUNG PAGANS

By: Petra Lucas

## Working with Adults

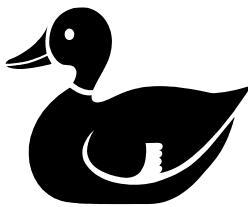
Working with adults may seem a strange idea sometimes, but if you can work with the adults in your life well, then life becomes a lot easier. While you are finding out about who you are and where you are going, it is easy to think that adults are holding you back. Nobody likes being told what to do but sometimes we need to negotiate about what we really want and let some other things slide.

Think about it. It's Saturday night, and you want to go out with your friends. Your parents tell you that you have to do your chores first. Suddenly you are in the middle of a huge argument, and are grounded so you can't go out at all. You wind up sitting in your room bored and resentful. Sound familiar?

Well, look at it from your parent's viewpoint. They make what they think is a reasonable request. You know you have chores to do, they are just asking you to do them. Then they are faced with someone who is yelling and shouting. What would you do in that situation? What if someone responded to a request that way?

The key to working with adults is actually very simple. Think about how you want to be treated. Then think about how you would react to someone else asking for this. This will give you a clue how to go about getting what you want.

Finally, be calm. Centre yourself when you feel your temper start to rise. Be prepared to negotiate. If you haven't got time to do the chore before leaving, agree to do it when you come in or the following day. Then, and this is vital, do what you have said you will do. If your parents, or any adult, know they can trust you, they will be more apt to agree to your request, then things will most likely get easier.



KayBee's Duck!

In honour of the person who started this section, I have decided to make KayBee's duck the page Mascot!

Now all we need is a name and a motto.

Drop me a line with your suggestions to:

[petra@paganmoonbeams.com](mailto:petra@paganmoonbeams.com)

### Some dos and don't's to think about:

Do: Remain calm! This is important. If you remain calm, you will be seen as mature.

Do: Think about things from the adults point-of-view. You not only will see a different way of doing things but will be able to spot any arguments and answer them.

Do: Be respectful about how you act towards adults. If you give respect, you will start to receive it.

Don't: Over-react to comments. If things do blow up, remember that people will say things they don't really mean in anger.

Do: Talk to your parents. Find out how they want things to be. Then you can negotiate.

Do: Remember that things take time to change. It may take a few times before things start to change for the better.

## QUOTE

Families are like fudge - mostly sweet with a few nuts.

*Author Unknown*

## Simple Happy Tip

Swap "I can't" for "I can".

If we use negative words about ourselves, we end up being negative.

# YOUNG PAGANS

By: Petra Lucas

## Some useful sites

Parents and Teens: The Old Battle Explored

[http://www.wholefamily.com/aboutteensnow/relationships\\_family/parents\\_and\\_family/ptbattle.html](http://www.wholefamily.com/aboutteensnow/relationships_family/parents_and_family/ptbattle.html)

6 Ways to Get Along Better With Your Parents

<http://www.bellaonline.com/articles/art44000.asp>

Adolescents Trying to Communicate Effectively With Their Parents

<http://homepages.wmich.edu/~c3bush/Adolescent%25252520Topic.html>

## MUSIC LIST

Alexian  
Emerald Rose  
Laura Powers

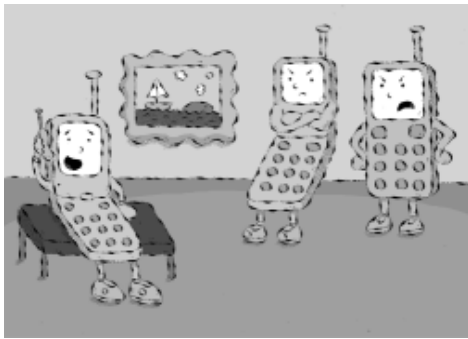


Image from: <http://mikeherrod.com/if/communication.html>

## ~ONLY ONE EARTH~

### Packaging

It's everywhere and on practically everything. We throw it away without a second thought. The little plastic wrap on your new CD and the plastic bag you carry it home in. Packaging accounts for a large part of the waste that goes into landfills.

### What you can do:

Collect it all together. Make sure food packaging like yoghurt pots are clean and find out where to recycle it all. Maybe your parents have a special bin for plastics and packaging. If not, negotiate for one. Be more conscious of what you throw away.

## Book of the Month

*Yes, Your Parents are Crazy!: A Teen Survival Guide*

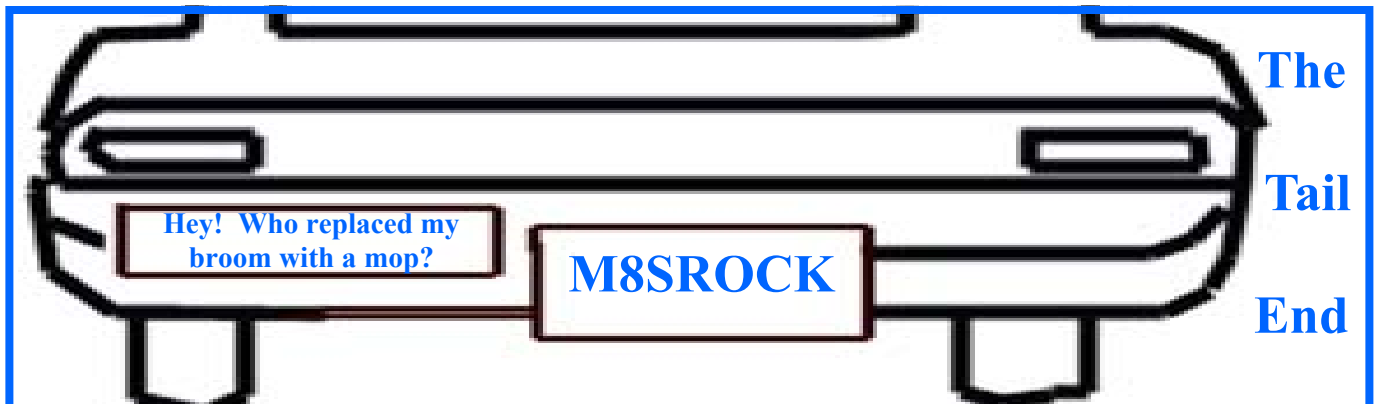
By Michael J. Bradley

A no nonsense guide to living with your parents. It touches on many topics and gives some very good advice on how to 'deal' with parents.

### AGES

Young Adult  
(12 years and over)

Available from Amazon.com  
and Amazon.co.uk



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# Simply Crystals

By: Petra Lucas

## Crystal Shapes for Meditation

Last issue, we looked at using crystals for healing and the different crystals that can be used for healing. We also briefly mentioned meditating with crystals.

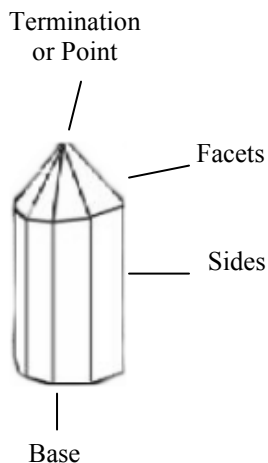
Different shapes of crystals can be used for different purposes within meditation. The different facets of the crystal can help you focus your mind on specific things. For meditating with crystals, choose a crystal that suits your purpose along the lines of the descriptions given last issue, or use a Quartz Crystal.

Quartz crystals come in many different shapes and sizes and are best for beginning meditation. It is like a blank page in a book, versatile in that you can put whatever you want on it and how you do it is up to you as well. You choose the strength and complexity of your method.

### A Simple Crystal Meditation

1. Select the shape you want to use from the descriptions given, and if possible, have two or three to choose from of that shape.
2. Hold your writing hand (also called your dominant or sending hand) over the crystals and feel which one you should choose. Go with your instincts.
3. Having selected your crystal, either sit with the crystal before you on a surface or with it in your hand.
4. Get comfortable.
5. Take three deep breaths and let your eyes fasten on the crystal.
6. Empty your mind of everything except the crystal and your purpose.
7. Open your mind's eye and see what happens.
8. After a while, when you feel ready, relax your gaze and take three deep breaths. Let the world seep into your awareness again.
9. Get up and do something mundane and ordinary to ground yourself to the world around you.

This simple method can be used for a variety of focused meditations, using things like candle flames.



### Simple Terminology of Crystals

Crystals have many sides and facets so it can be hard to tell what someone means when they tell you a crystal has seven sides and one facet, or 2 seven sided facets.

Looking at a crystal, the sides are the long straight(ish) parts while the facets generally slope to a point. The point is also known as a termination. Simply put, where the facets join up to a finish.

Naturally, the base is the side where the crystal will stand most securely or is opposite the point.

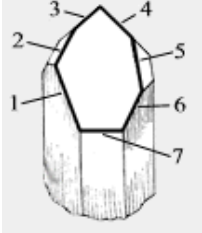
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# Simply Crystals

By: Petra Lucas

## Crystal Shapes for Meditation

### Channelling Crystal



This is one of the most common shapes for use in meditation. It comes in many different sizes and bigger does not necessarily mean better. If a crystal attracts your attention, use it.

This shape is the best for use with the above meditation. It can be used for general meditation as well as focused meditation.

It can also be used for sending energy elsewhere. Used with a “Record Keeper” crystal it can be used to access information held within.

### “Record Keeper” Crystal

Similar to the channelling crystal, this crystal will have triangles either naturally within the crystal, or have one etched on.

It can be used to access higher knowledge of yourself and to open up to your full potential.



### Elestial Quartz



This is the shape we are most used to seeing in the shops usually labelled as ‘Rough’. This simply means it hasn’t been put through a tumbling machine to make it smooth.

This shape with its variety of grooves and small points (also called terminations) is great for healing and clearing out the muddle that we sometimes get ourselves into. It helps to set you on your life path and deal with emotions that are holding you back.

Image from: <http://www.neatstuff.net>

### Cathedral Quartz

This shape is tall rising to a point or points like a Cathedral. Meditating with this shape helps you to attune yourself to a higher level of awareness. It can be used to focus on making a better world for yourself and everyone else.

Image from: <http://www.majestic-quartz.com/>



### Window Quartz



This crystal has a diamond or rectangular shape in the body of the crystal. It does not have to be symmetrical but it will be a definite diamond or rectangle.

To use this crystal shape, go through the basic meditation given on the previous page and when gazing at the crystal, look into the “window” of the diamond. Close your eyes and mentally project anything you feel needs a bigger picture onto the window. In your mind’s eye, images will form in the window. Take a closer look and note down later anything that stands out to you.

This crystal can also be used to see the auric field around someone. Your auric field, or aura, is made up of electrical impulses and magnetic fields that emanate from our bodies. On a magical level, they have different colours that can be interpreted similarly to colour messages.

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## July 2008 Pagan Calendar

By: TristA

|    |                                      |    |                              |
|----|--------------------------------------|----|------------------------------|
| 1  | Kalends of July                      | 14 | Runic Half-month of Ur       |
| 3  | New Moon                             |    | Commences                    |
|    | Dog Days Begin                       | 15 | Ides of July                 |
|    | Loki's Brand                         |    | Olympic New Year             |
| 5  | Birthday of Guru Hargobind           |    | Rowana                       |
| 6  | Julian the Blessed                   |    | St. Swithin                  |
|    |                                      |    | Egyptian Day                 |
| 7  | The Consualia Caprotina              | 18 | Full Moon                    |
|    | Feriae Ancillarunm                   |    | John Doe Birthday            |
|    | Nones of July                        |    | Asala/Dharma Day             |
|    | Celtic Tree Month of Duir Ends       | 19 | Adonia                       |
| 8  | St. Sunniva                          | 21 | Dama                         |
|    | Celtic Tree Month of Tinne Commences |    | Egyptian Day                 |
| 9  | Egyptian Day                         | 23 | Neptunalia and Salacia       |
|    | Martyrdom of the Bab                 |    | Aegir and Ran                |
| 10 | First Quarter Moon                   |    | Birthday of Guru Har         |
|    | Holda                                |    | Krishen                      |
|    | Hela                                 |    | Birthday of Haile Selassie I |
|    | Skadi                                | 25 | Last Quarter Moon            |
|    | Lady Godiva                          |    | Furrinalia                   |
|    | Knut the Reaper                      | 26 | Sleipnir                     |
|    | Goddess Month Rosea Ends             |    | Khordad Sal (Qadimi)         |
| 11 | Theano                               | 27 | St. Pantaleone               |
|    | Goddess Month of Kerea Commences     | 28 | Domhnach Chrom Dubh          |
|    |                                      | 29 | St. Olaf                     |
|    |                                      |    | Thor                         |
|    |                                      |    | Runic Half-month of Thorn    |
|    |                                      |    | Commences                    |
|    |                                      | 31 | Lammas Eve                   |
|    |                                      |    | Loki and Sigyn               |

**This month** is named after Julius Caesar. He is credited for reorganizing the Roman calendar with Alexandrian sages to make the Julian Calendar that we use today.



FLOWER



STONE

UK friends, the best Pagan calendar for your area can be found @: <http://www.pagancalendar.co.uk/>

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## U.S. Holidays 4 Month

By: TristÅ

### Moon Day

July 20 has been labeled Moon Day due to it being the date Neil A. Armstrong stepping on the moon that day and placing a U.S. flag on it. As for the landing on the moon and that faithful step on the moon in today's world is questionable, the moon is not. The moon is there for us no matter what goes on here on earth.

Do more than learn the phases and dates as they come about. Spend some time outside observing it, feeling it's energy, and showing respect to the moon. Start or update your own moon journal. Each night do ritual with the moon see what comes in the form of images on it's surface it shares with you, draw the codes or images on the circles here. Do some meditating with it and see if it sends you messages.

*Even though this day has been singled out for Luna, show respect and spend time with the moon on a regular basis.*

## U.K. Holidays 4 Month

By: Petra Lucas

### National Archeology Week

Saturday 12th July to Sunday 20th July 2008

The idea of this event is to get everyone to visit archeological sites and museums to get people connecting to their history. You can see archeology in action and take part in activities at the sites.

Run by the Council for British Archeology, this nine day event is run every year, and once registered, activities are advertised in their brochure or online at the following website:  
<http://www.nationalarchaeologyweek.org.uk/>



### National Parks Week - Your Countryside on a Plate

28th July to 3rd August

Get involved with how your food gets to your plate! Join the National Park Authority in celebrating how our countryside contributes to what we eat.

Take part in hands on farming events, picnics, and other outdoor activities.

The National Parks are large areas of woodlands and green spaces throughout England. Go to their website to find out information and facts about a National Park near you. The Brecon Beacons, the Peak District, and Snowdonia are just three of the parks.

Learn about local recipes and produce while having lots of fun.

For more information go to their website at:

<http://www.nationalparks.gov.uk/index>

### Summer Fayre Season

July is the month when the communities around us start having their Summer Fayres and Fetes. Look in your local newspaper for details about your village fetes and school fayres. Get to know your community by going along and helping out or just buying to support local causes.

# Before Camping Crafts

By: TristÅ

## Salt Dough Bag Pins

### Needed:

|                              |              |
|------------------------------|--------------|
| Bright Acrylic paint         | Scissors     |
| Toothpicks                   | Black Marker |
| Paintbrush                   | Flour        |
| Keychain or backpack clips   | Salt         |
| String or clear jewelry cord | Water        |
| Cookie Sheet                 |              |

### Directions:

Preheat oven to 250° F (121°C). Lay cookie sheet on counter to use later. Next prepare the salt dough, 4 table-spoons of flour and 2 tablespoons of water and salt for each set of 10-12 pieces. Shape the dough into desired shapes (baseball, smiley face, pentagram, etc...). Use the toothpick to draw delicate lines that may be desired on certain shapes. When your shape is as you want it to be use the toothpick to make a hole going all the way through the place you want it to hang from (make sure the hole is large enough to easily pull the string or jewelry cord you chose to hang it with). Place all pieces on an oiled cookie sheet for 2 to 2 1/2 hours. Remove and allow to cool completely. Once they are cooled paint them as desired and allow paint to dry. Use markers to label them or draw small details on your designs. Thread the string or cord through the hole and tie a knot close to the piece. Tie the other end of the cord or string to the clip you chose and trim excess cord or string.

### Use:

These can be tied to your camping bags for easy identification or as cheerful decoration for your belt loop when you are camping or running around the town.

## Emergency Tags

### Needed:

|                           |          |
|---------------------------|----------|
| Disposable Aluminum Pan   | Brads    |
| Pen or Sharpened Pencil   | Scissors |
| Small Picture of Yourself | String   |

### Directions:

Draw the desired shape for your ID necklace using the aluminum pan (it is wise not to make it too big). When done have an adult cut out two shapes like yours; one will be a slight bit larger then the original on all sides. Use the rest of the pan to practice writing on it, making an emboss without going through (this will be finding the correct pressure to put on it). When done put a design on the smaller piece cut earlier. On the larger piece put all your emergency info, (e.g. cell phone #, Full name, blood type, any medical information needed for emergency care, etc...) being careful not to use up any more space as the smaller piece won't cover. Next you will cut your picture, being sure your face shows, to the same size as the smaller piece. You will turn the larger piece face down, place your picture on top of it with picture facing out then put the smaller piece on top of that. Have an adult fold over the access from the bottom piece using pliers or preferred tool. Lastly make a hole on the top using the scissors going all the way through all pieces and thread a string through it to comprise a necklace.

### Use:

Wear this emergency tag throughout your camping experience preferably tucked inside your shirt or dress to keep dry.

## Portable Sketchbook

### Needed:

|  |                         |
|--|-------------------------|
| Single thickness of corrugated cardboard, 10" x 4" | String or jute          |
| Pieces of paper, cut to pieces 9 1/2" x 4"         | Empty toilet paper tube |
| Pencil or Pen                                      |                         |

### Directions:

Fold cardboard piece in half and roll it up. Fold the paper in half. Place the paper inside the cardboard to make a booklet. Poke 2 or 3 holes in the cardboard going through the paper and the other side of the cardboard (making a place to secure the booklet). Put string or jute through the holes you made, tie them tightly, and cut (not too close in case you need to secure them again later due to fraying or coming loose). Tightly roll the scrapbook up so it will fit into the paper tube. The pen or pencil can be secured to the side of the tube, attached with string, or pushed into the middle of the rolled up scrapbook. Decorate the outside tube if you want to make it more appealing with any medium or supplies you have on hand.

### Use:

This sketch/notebook can be carried around your neck or attached to your belt loop or backpack. It can be used any place and time because the cardboard will act as a backing.



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# Before Camping Activities

By: TristÅ

## Camping Comic Book

Before going on this camping trip take the time to make your own camping comic book. You can make it in private and switch with other family members for an entertaining ride to or from the campgrounds or even spend the time in the car making it. Choose from the sayings below and add pictures or come up with your own fun camping humor. You can use a three-ring binder, journal, or even a wipe off board taking turns.

- Make an effort to carry no more than one third of your body weight
- Stay put when lost.
- Never purchase poorly made camping equipment.
- Eat before you're hungry and drink before you're thirsty.
- Never make assumptions in the wild.
- Try and take action against blisters before they take action on you.
- Wax your equipment zippers to make them work easier.
- Air out your tent before going to the campsite.
- Never hike with your hands in your pockets.
- Set-up your tent before going camping to make sure it is all there.
- Never use a river as a restroom.
- Don't camp on lowland when it is raining.
- Always wear your lifejacket when canoeing.
- Never hike the same trail over and over again.
- Don't camp under rocks or branches that might fall.
- Never dig trenches around your tent.
- Never use green wood for the fire.
- Remember to practice good hygiene when camping.
- If cleaning fish, do it down wind and away from camp.
- Be sure to properly secure your tent.
- Watch for ant hills when setting up your tent.
- Never use your compass next to metal objects.
- Be sure that you don't simply carry a map and compass, but make sure you know how to use them as well.
- Keep in mind that one pound on your feet is the same as five pounds on your back.
- Never use a camp stove in a tent.
- Never carve pulling the knife towards yourself.
- Watch out for bee hives and wasp nests when setting up camp.
- Never underestimate the stomping ability of a moose.
- When eating nature's berries be sure they aren't poisonous.
- Never leave food in uncovered containers when in bear country.
- Never try to out-climb a bear.
- When exploring always know your way back to camp.
- Never sleep with food.
- Do not believe that humans can eat what animals eat.
- Always keep your camping gear dry.
- Never put soap in the food bag.
- Never go canoeing without an extra paddle.

## Visit The Library

There are several books that will prepare you for the upcoming camping trip. Here are a few that we felt worth mentioning:

### **Crinkleroot's Guide to Walking in Wild Places**

By: Jim Arnosky

### **Outdoor Adventures Hiking**

By: David Armentrout

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## While the Cat's away...

By: Petra Lucas

So, you are off to Pagan Camp. You are all ready to go but the cat or the dog is looking at you with that heart-breaking expression. It's time to take them to the boarding kennels or cattery, or introduce them to your sitter. The question is: which one to choose?

There are several options to choose from in each category and it can get confusing. So what are your options?



Image from: <http://www.856-dogs.com/boardingcatsdogs.html>

### First things first...

There are three basic options:

- Ask a member of the family, friend or neighbour to look in on your pet
- Employ a house sitter or pet sitter
- Boarding kennels or cattery.

When considering your options, think about what pets you have and their personalities. If your cat is shy and won't come out of her hiding place, a boarding kennel is not the best option. If your pet has never been outside, check that any sitter or boarding kennel is suitable.

#### Ask a Friend

Asking a friend is a good idea if you are on a tight budget, however, you should still consider everything you would want from an employed house or pet sitter.

You need to be sure that you have asked the right person and that you trust them with your pet.

Make sure they know how to look after a pet like yours. You may have known them for years but have you ever seen them with a pet other than yours? Think about how your pets get on with your friend.

Again, make sure they know all the little things your pet likes or dislikes. Nothing sours a friendship faster than being faced with a miserable cat on your return.

Make sure they know where everything is and what to do in an emergency. Give them your vet's phone number and any out-of-hours numbers they might need. Finally, give them any contact details for you. If they aren't sure about something, they can always get in touch.

Ideally, a friend should only look after your pet for short periods like a weekend. For longer periods, a pet sitter or boarding kennel might well be best.

#### A House or Pet Sitter

This is what it says on the tin. You employ someone to come into your home to see to your pets.

A house sitter will watch the house, feed, play with your pets and possibly even water your plants.

A pet sitter will come into your home at feeding time and occasionally through the day to check up on your pets, and make sure they are fine. This leaves your pets alone for quite a while. If they are used to a full house and constant companionship, this may not be a good idea.

To pick a good house or pet sitter, you need to remember that they will be coming into your home. Meet them first and get references. Do you feel you can trust them? Compare their prices with other sitters. Ask them about providing food, for the pets and the sitter. If for any reason the sitter seems reluctant to answer reasonable questions, don't use them.

In either case, be sure to tell your sitter your pet's routine. Tell them where to find the litter (it may seem in an obvious place to you, but the sitter won't know your house). Be specific about how much food you give your pets daily. Tell them what treats you allow and about any allergies or problems your pet has. If the cat will only eat cat biscuits in the morning, tell the sitter. If the dog insists on a morning walk before anything else, the sitter will need to know. It will save a lot of distress on all sides.

Finally, even if your pet is giving you the big sad eyes, you know you have done your best to provide for them while you are gone.

For a series of short videos on holiday care see: [http://www.expertvillage.com/video-series/1073\\_pet-boarding.htm](http://www.expertvillage.com/video-series/1073_pet-boarding.htm)

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## While the Cat's away... continued

By: Petra Lucas

### A boarding kennel or cattery

The first thing to consider is how well does your pet react to new environments? If they are shy and nervous, then it is probably best to go with a sitter. If they adapt easily, then a boarding kennel or cattery can be a good way to go.

Before choosing a boarding for your pets, check that your pets inoculations are all up to date. Many boarding kennels won't accept pets without them. This is to protect your pet and other people's pets.

Then shop around. Ask to visit the kennels where your pet will be staying. Look at the pets already there. Check that they are:

- Clean
- Have access to clean water and food
- Are in a clean area
- Have enough room to move about or are exercised regularly
- Are the staff friendly? How do the pets already there react to the staff?
- Pay attention to your initial impressions.

Ask how ill pets are looked after and what vet arrangements they have there. Ask to see where infectious or ill pets are looked after.

Ask the staff what the food arrangements are. Most boarding kennels will provide standard food. If your pet needs a special diet, be prepared to provide the diet food.

Ask about bringing in your pet's toys and blankets. A good kennel will welcome this as it helps your pet settle in faster.

Talk to the staff about any specific behaviour your pets have. If you know they will hide and refuse to come out for other people, tell the staff. If the cat won't eat her food unless it is off the floor then tell the staff or if she takes it out the bowl and drops it on the floor to eat. If the dog has a habit of chewing through leashes, the staff need to know this as well. If they have any allergies or problems, you need to let the staff know before any agreements are made.

Preparing your pet for the kennel or cattery is vital. Get them used to the carry basket or crate if they need one. Make sure they are used to being around strangers and being handled by strangers. If you can, teach them to come when called or sit and wait for food to be put down to avoid any worries about your pet running out of the kennel.

### Arrangements for Caged Pets

In many respects, organising holiday care for caged pets is much simpler. If you have the transport, you can carefully transport the pet to a friend's and save a lot of hassle and bills.

However, many of the same problems apply. Check that your friend has taken into account the noise and disruption to routine involved. If you have birds, your friend may not know that in the evening or first thing, your bird joins in with the bird chorus outside.

If your pet has a habit of throwing bedding everywhere, your friend needs to know.

Always make sure your sitter knows how to contact you in emergencies especially if you are out of your vet's area.

### Arrangements for Aquariums

For fish, going away can be fairly simple. You can ask a friend to drop in and feed them as and when they need it. If you are going away for a long time. Clean out the tank. If you use a filter, try and make sure it has a fresh cartridge in it. This will make the water stay clearer longer.

If you have a heater for your tank be sure it is clear of algae and operating correctly. Check the bulb is still working and that there is enough power to sustain it.

Make sure your friend knows the routine. And leave an emergency number just in case.

If it is a simple tank, then you may be able to take to a friend's home. However, if it is a large powered tank, it will be less traumatic for the fish to stay home and have someone come in.



Image from: <http://www.st-ives-vet.co.uk/board.html>

For a series of short videos on holiday care see: [http://www.expertvillage.com/video-series/1073\\_pet-boarding.htm](http://www.expertvillage.com/video-series/1073_pet-boarding.htm)

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# Pagan Camping

By: TristÅ

## It's Here

Finally it is time for Pagan camp. Pagan Moonbeams staff have been working hard the last few months behind the scenes to bring you an easy, good quality, fun, learning camp. We are hoping that everyone in the family participates and has a great time!!

**Make your camping trip everything it can be by adding in the following things!**

### Adventures

An adventure consists of several activities all focusing on one topic. When making your itinerary try to include at least 3 activities for each adventure. Take at least one at night.

### Games

Play some games or pull in a little extra physical activities in the form of games.

### Crafts

Do some outside or nature focused crafts in the comfort of your own camp area.

### Activities

Activities are individual hands-on type things you can do to learn, prepare for upcoming adventures, or just have fun.

### Cool Additions

Meal blessings, affirmations, and other things so you can continue your regular Pagan routines.

### Special Camps

Special camps will give ideas for those days where the weather or location will not allow the regular camping activities.

### Lessons

Pack in some very Pagan lessons while in the great outdoors. This is a great chance to get in touch with the Bard in you.

### Chants/Songs

Chants and songs for a Pagan touch and to get those Bard juices flowing.

### Recipes

Cook in different manners, kids do the cooking, and use very easy, light ingredient recipes. Things to stir up your regular camp cooking menu.

## Camp Set-Up

1. Make an itinerary that will fit your families lifestyle. Use pre-made ones that have been made use the link below, or if none fit you can write your own.
2. Fill in your itinerary with things that fit your family or situation, use our suggestions using the link below and copy paste the things of your choice.

<http://paganmoonbeams.com/Camp/Campind.html>

3. Focus on gathering supplies you don't already have, packing, making a route, etc...

# You are done! Go have fun!

# On-the-Way Activities

By: TristÅ

## Preschool Car Activities

There are many activities that preschoolers can play in the car. Although these won't be the only games played in the car, it would be nice to add these in occasionally; everyone can join in.

**Color Hunt** - See how many objects of one color can be found. As things are spotted be sure to totally announce them; "I see an \_color\_ \_\_Object\_\_". The game can end when 10 items have been successfully identified.

**Alphabet Hunt** - Watch out the window to find road signs with the alphabet on them. Try and start with A and go all the way to Z.

**Number Hunt** - Watch out the window for numbers from 1 to 9 in order.

**Scavenger Hunt** - Make a list for things that can be found along the roadside or in certain areas, if child can not read, drawing them would be better. Give cards or lists to everyone to see who can complete their list first.

**Color Car** - Start by calling out a color. All players will try and find a car that color. The first one that locates that color car will choose the next color to look for.

## Hotel Questionnaire Game

If going on a long trip and staying at the hotel on the way it can be a great time for everyone to stretch their legs and do something other than sit straight. Hitting the pool, if the hotel has one, is the first and best idea to use some of the stored up energy. When the pool dies out, resort to a game of the hotel questionnaire. Write the following things on a piece of paper along with any that you can think of to add. Have each player go through the hotel to answer them. The winner of the game can be either the first one to finish or the one who got every question correct.

1. Name 3 items the hotel sells at the front counter.
2. How many ice machines are there?
3. How many exit signs are there?
4. What is the lowest number on a room door?
5. What is the highest number on a room door?
6. How many soda machines are there?
7. How many snack machines are there?
8. What is the name of one of the counter attendants?
9. How many 'Do Not Disturb' signs are on doors?

## Odometer Timed Games

Play any Olympic type game desired using the odometer as a timer. Decide before play how many numbers will turn over before game is over. The driver will be in charge of starting and stopping the game. See how far you can count, sing a certain song, etc...

## Vehicle Search

Make a list of all the different types of vehicles (pick-up truck, van, RV, Semi, etc...) and/or traveling devices (construction equipment, cement truck, utility truck, etc...) with wheels. See how many of them can be found while traveling. It might surprise you how many things you are unaware of. Having an adult comprise the list is best, since they probably are more familiar with things.

## Send Postcards

When stopping to gas up or sight see let someone (a good friend or family member) know about it. Get a postcard or draw a picture and write a few lines about where you are on paper and mail it. If you have mailed it to yourself you will get it when you come home and it would help a lot when making your scrapbook about your camping trip.

## Mileage Bags

Determine how many miles you will be traveling and divide it up into segments of miles (the younger the child the more division will be needed). Double your segment number. Get as many large shopping paper bags as you have numbers. Decorate them with crayons, paints, or markers. When done write the number of miles in one segment on it.

Ex: We will be going 100 miles, divided up it will be 25 miles for each segment. I would write 25 miles on one bag, 50 on the next, then 75, and on the last bag I would write 100. I would do this twice (once for on the way there and once for on the way back).

Fill the bags with your favorite toys, games, snacks, etc... Parents might add in some surprises when you aren't looking. When traveling and the odometer shows that the goal of the next mileage bag is met each child participating will receive a bag to keep him/her busy until next bag time.

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# Cool Camping Tips

By: TristÅ

## Weather Proof TP

Make your TP roll weather proof and portable by sealing one roll in a half-gallon resealable container. Cut a slit in the bottom and pull the end of the TP out of it. Poke two holes, one on each side of the bag and run string or rope into it, cut it the desired length and tie it in a knot.

When camping you can carry the bag, hang it over a limb, on a stall handle, etc...

## Food Life

There are various foods that will last for a long time. Here are some tips on different foods that will last at least a week without refrigeration if kept in a shaded area open to air.

Potatoes, Carrots, Sweet Potatoes, Onions, Parsnips, Turnips, Rutabagas, Winter Squash, Garlic, Radishes, Apples, Oranges, Lemons, Limes, Cheese (as long as it doesn't have 60% water content), Celery (dried will come back to life if cut and put in stews, etc...), Bell Peppers, Iceberg Lettuce (3-4 days), Summer Squash, Tortillas, and Bagels.

## Dressing Room

For those camping in groups and/or the 'after shower' times where water could be dripped all over bedding a dressing room could come in handy.

To make a simple one at the camp simply turn an umbrella upside down and suspend it fairly high from a tree. Use two shower curtains (hooks closed and fastened) to slide over the bare ends of the spokes of the umbrella.

## Camping Dishes

Doing dishes at the campsite can seem difficult to do correctly. Here is an easy and fool proof way to do camp dishes.

1. Have everyone scrape and rinse their own dishes directly after they use them. When washing do each piece one at a time.
2. Fill a tub with water that has been warmed and add soap detergent. Wash the dishes in this tub.
3. Fill a jug with water or use a gallon water container. Use it to pour over the dishes to rinse them.
4. Next lay it on a dry rock or place in a net bag and hang it on a clothesline or strung rope.

## Nature's Bathroom

If you find yourself out where you can not find any bathrooms and you aren't able to wait Nature will have to be your bathroom. The suggested way to use the restroom in these cases is to dig a hole in a bare spot away from trails and other inappropriate choices to use as your open outhouse. When you have completed your task simply fill the hole back up with the soil around.

Please keep in mind that this procedure should only be used in an emergency because it will disturb nature. Also be kind and take with you eco-friendly TP.

## Grill Heat Settings

It is easy to set the temperature of the heat coming from a grill by controlling the number of briquettes you use.

Low - briquettes are a few inches apart from one another.

Medium - briquettes are in checkerboard pattern

High - briquettes are touching one another.

\* If cooking several items you can divide the grill into sections and arrange the briquettes in each section for a different setting.

## Rainy Day Advice

Even if there is no sign of rain it is good to keep in mind that rain might visit. Some ways to prepare for those days are:

- Do not set up camp in a low or valley area.
- Use a ground cloth.
- Put a tarp which overhangs the tent itself in all directions.

If you are camping and the rain comes, there are a few things you might want to keep in mind.

- A tent is waterproof, however, it does not mean you don't have to take care when in it during the rain. Try not to touch the sides (or anything to lean on it) because it may make the insides wet.
- If moving the tent use the ground cloth as much as possible.

*\* After a rain day at camp remember to never store equipment while it is still wet to prevent mildew.*

# Camping With the Pooch

By: TristA

## Games & Playing

- If at the beach show your dog how to dig (lightly) around you and eventually you will be covered with sand.
- If no kids are around and there is a park at the campsite, play with your dog on the jungle gym.
- Follow the leader while you walk, crawl, or other going down a path or hanging out in camp.
- Tell your dogs stories
- Relax and take naps curled up with your dog sometimes, both could feel more secure.
- Doggy photo shoot; some natural (different backgrounds) and/or some with props.
- In water, play fetch and/or have a dog paddle race.
- Have a foot race on a rather short track.
- Play Frisbee or ball ; you could even add some fun by timing how long it takes to have it returned.
- Keep away (not too high above the dog's head).

## Safety

Keep an eye on the heat, dogs get more heated than people (give them lots of water.)

Running free anywhere when camping could mean lost or hurt doggy.

Watch out for undertow, riptides and strong currents in water.

Eating wild vegetation could end with bad results. It is best to only allow them to eat what they normally do at home.

## Doggy Sleeping

Be sure to keep your dog safe at night.

- If at a campsite it should be ok tied to a tree with a long cord, but if it barks be sure to check its safety
- If in the wilderness it is better to put your dog in the tent with you. Tying it to a tree would not give it a fair chance in case a wild animal confronts it.

Riddle answer: **A Pup Tent**

## Car Doggy Advice

1. Never leave your dog in a hot car. Tie pooch up to a nearby tree or other thing in the shade if you must.
2. Keep the window cracked just a little, not enough for him/her to stick their head out or possibly jump out.
3. Use a doggy seatbelt or at least a harness to keep your dog just as safe as you are.
4. Be sure to bring plenty of water.
5. Feed your doggy when on the road. If your dog is not used to going on the road it is wise to feed them almost half of their regular diet so they don't get car sick and throw-up.

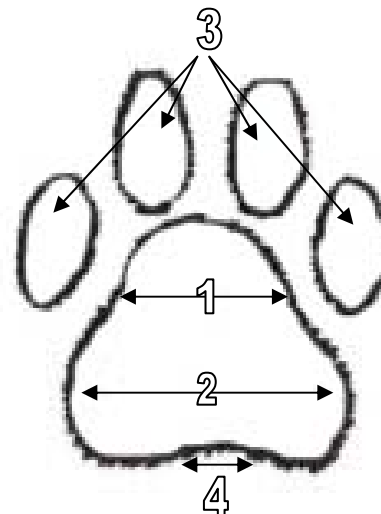
## Dog Camping Riddle

What does a dog sleep in when camping?

## Paw Reading

You can read your pooches paws, this may take you all day to do since it is not the nature of the dog to sit still. Short specific area checks are recommended.

Use the chart below as a guide:



1. Heart Pad - how much love he has for humans
2. Health Line - how many vet visits dogs will have / each break in the line will mean a visit to the vet.
3. Intelligence - longer the pad the more smart.
4. Life Line - Strength and life, longer better

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# To The Parent

By: Mandi Aumann

## 5 Rules of Organization

In today's world, it's so easy to be overwhelmed by all our responsibilities. Being organized is a great way to keep stress levels low and stay on top of things. Here are the 5 rules of getting, and staying, organized.

1. **Write everything down.** Whether you use a planner, a steno notebook, a plain old spiral notebook, your computer, or whatever, write everything down. Just because it's written down doesn't mean it has to get done. But, if you write everything down, you don't have to remember it anymore. Another key component of this is that your note-taking place has to be bound so you are not driven by a stack of loose papers.
2. **Break projects down into manageable tasks.** Be sure, in your planning, that you separate projects from tasks. A project is anything that requires more than one action to complete. Even changing a light bulb can be a project if you don't know if you have light bulbs hiding in the laundry room. A task is a one action job. Projects are made up of these and these are what you fill your day with. Even homeschooling and ritual planning can be broken down this way.
3. **Set aside time everyday to plan.** Some people like to plan their day when they get up in the morning. Some people like to plan at night so they don't have to think about it while they're trying to sleep. The important thing is that you take time everyday to plan your activities.
4. **Learn to use a calendar.** Calendars aren't just for birthdays, holidays, and doctor's appointments. Anything that is date specific should be on your calendar. Are you planning a family Full Moon celebration? Put it on the calendar. In charge of your coven's Divination Dinner? Put it on the calendar. Use the calendar for deadlines. Set deadlines for your projects and put those on the calendar, too. You can also set milestones for your projects and put those on the calendar. Oh, and be sure to only use one calendar. I hang a desk-pad sized calendar on the wall and use it for everything.
5. **Make a weekly appointment to check-up on yourself.** It's also important to set aside time each weekend to review what worked for you over the past week and plan what projects you need to tackle in the coming week. Start by writing down everything you can think of that needs to be addressed. Next, check the calendar for any deadlines coming up, and add any related tasks to your list. Then, review your list and decide what needs to be addressed, and what can wait. Finally, come up with a general plan of what you want to accomplish this week.

Don't feel overwhelmed from the start. Be confident that you are taking actions to improve. You might want to start your organization process by writing some affirmations or meditating on what it means to be organized. As you start to get these little pesky thoughts out of your head and into your organizational system, you will feel better and be able to address the things that bug you.

Also, learn to trust your system. You have been trusting your memory for a long time, so it will take some practice for your brain to catch up and trust that you have included everything in your notebook. If you religiously write things down and review your lists at least once a day, your brain will eventually be able to let go and focus on bigger things.

For some great online resources on getting organized check out these websites:

- D\*I\*Y Planner ([www.diyplanner.com](http://www.diyplanner.com))
- OrganizedHome ([www.organizedhome.com](http://www.organizedhome.com))
- FlyLady ([www.flylady.com](http://www.flylady.com))

### Organization Affirmations

I am a calm, confident, organized pagan parent. I make and keep appointments with myself. I break large projects down into smaller tasks. I write everything down and trust my lists.

Worldly Wisdom: **Never guide the enemy to what he has to do** —

*Opinions and views vary so yours will not fit on another.*



# Craft Camping Box

By: TristÅ

When camping it is hard to keep up with loose paints and other mediums that may be needed. It is suggested that instead of carrying around these items that you make a craft camping box filled with supplies and make them as needed. This may mean a little more work at the campsite, but the mess and hassle you will avoid may be worth it.



## Craft Box Ingredients



Fill your craft box with the following items. Then cut out or write up the recipe cards to add.

Small Containers: to be used to put mixed items in. Empty pill bottles, film canisters, pill containers, Styrofoam egg cartons, squeeze bottles etc... will work great for this. You need only take a few because they can be reused.



Cornstarch

Salt

Food Coloring

Vegetable Oil

Cold Cream

Clear Dish Washing Detergent

White Vinegar

Flour

Corn Syrup



### FINGER PAINT

- 2 Cups Flour
- 2 Cups Warm Water
- Food Coloring

Mix flour and water together, when smooth divide and add food coloring.

### SALT DOUGH

- 1 Cup Salt
- 2 Cups Flour
- 1 Cup Water (add food coloring here if desired)
- 1/2 Teaspoon Alum
- 1 Teaspoon Vegetable Oil

Mix, knead, and shape. Air dry. Once dry can be painted if desired.

### PAINT

- 1 Teaspoon Water
- 1 Teaspoon Clear Dish Detergent
- 1/2 Teaspoon food coloring

Mix all together and have fun painting using a brush.

### PLAYDOUGH

- 4 Cups Flour
- 1 Cup Salt
- 2 Tablespoons Vegetable Oil
- 1 - 1 1/2 Cups Cool Water
- Food Coloring

Mix flour, salt and oil. Add coloring to water then add to mixture. Knead and store in zip lock bag.

# Craft Camping Box

By: TristA

## PUFFY PAINT

- 1 Cup Salt
- 1 Cup Water
- Food Coloring

Mix Salt and Water together then add coloring. Put in squeeze bottle for use on paper.

## NATURAL PAINT

- Base (rock, dirt, stones, clay, etc...)
- Water
- Medium (corn starch, corn syrup, crushed egg shells, etc...)

Prepare base as fine as possible (banging or mortar & pestle). Add two drops water mix then add medium and stir until desired consistency. When using do not mix colors.

## FACE PAINT

- 1 Teaspoon Corn Starch
- 1/2 Teaspoon Cold Cream
- 1/2 Teaspoon Water
- Food Coloring

Mix corn starch and cold cream together. Add water and stir until smooth. Slowly (1 drip at a time) add food coloring and stir well.

## GLUE

- 2/3 Cup Water
- 2 Tablespoons Corn Syrup
- 1 Teaspoon White Vinegar
- 2 Tablespoons Cornstarch
- 3/4 Cup Cold Water

Bring to a boil corn syrup, vinegar, and water. Mix in bowl cornstarch with cold water. Add cold mixture to hot slowly, stirring constantly. Allow to return to boil for 1 minute. Remove put in different container. Use after sitting overnight. Keep cool when not in use.



*Symbol Sudoku answers from last month*

## Sacred Places

Each month a Sacred place will be listed for you to research on your own. If you would like to share an article, picture you have drawn, small report, or anything else about it with readers or staff feel free to send it in with your first name, age, and let us know if you want it placed in the next issue of Pagan Moonbeams.

Email: [PaganMoonbeams@yahoo.com](mailto:PaganMoonbeams@yahoo.com)

This Month's Sacred Place:

**Lake Baikal**

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# Toddler Camping

By: TristÅ

If your family consists of mainly the little tykes, the camping adventure might be a little different. You will be able to find a few things in the regular listings that a young child can do. I am sure more will be needed, especially with their interests changing so much. Below are some activities, games, and tips that might come in handy when camping with a toddler.

## Changing Things Up

Attention spans are very low at this stage but don't feel that you can only do an activity only once. Toddlers love and enjoy repeating certain things because they can perfect, learn, and build up confidence with each 'new time' it is introduced.

Remember that it is just as important to not 'bore' them with a certain activity. A good rule of thumb would be for a one week camping trip do the same activity no more than 3 times and skip a day in between. You may want to adjust the time spent on the activity to reflect smaller amounts.

## Hide N Zip

Playing hide-n-go seek is easy with a toddler and you can even add some education to it. You must always be the one to find them (unless another adult is around for safety reasons). Direct them to hide in the tent and use the things inside to secure themselves (zippers, ties, etc.).

## Animal Lunch

If your toddler is alone or if there aren't others their own age it might be a good idea to hold a lunch with some of their stuffed animal buddies. Be sure to pull out everything with it, like the walk to the 'picnic' spot, the blanket to spread out, and extra plates for the fuzzy friends.

You could add more fun by making 'animal' focused snacks (ants on log = peanut butter spread on celery with raisins on top, etc...) that they can help prepare for the event.

If your child is really imaginative you may want to add some extra fun activities with this trip. Encourage the kids to come up with some ideas.

## Search N Tell

Give your toddler a magnifying glass and show them how to use it. Have them go on a walk with you to search and tell you about the things they find along the way. The younger ones will be telling you what each item is and taking a close look at it. The older children will be looking closely first then telling you about it in detail (there is a tear in the leaf because a bug ate it, there is a drop of water in the middle, etc...).

## Senses Walk

Take a small walk concentrating more on what your senses find around the area. Smell plants and flowers, touch different texture items (rocks, grass, water, etc...), and things that offer feeling like wind across the face. Point out the item and talk about the effect it has on them. This is a great way for them to learn that there are words for feelings, even if they can only grasp one from a walk.

Allow the child to determine when to stop by watching them. Be sure that you don't just stop the first time they become distracted, try to intervene by directing them to other things and/or sense. When it is apparent there is no way to keep them focused, it will be time to stop. If you are really in tune with the child you will notice when you should turn around or take a path going back to the starting point. If that happens simply choose another activity to play on the walk back.

## Single Bug Hunt

Pick a single bug that there are many of in your camping area. Show your child the bug and have them attempt them to say it back to you. Tell them quick information on it (name, what you do if you see it, etc...). When done have them go on a search to find more. Each time they find one make it a big deal with clapping or whatever makes them realize they have done a good job.

This can be played over and over again but with different bugs. As a closing game you could add in a walk where they point out different bugs and tell you what they are.

## Staying on the Path

It is important for even the smaller kids to learn to stay on the path when in the wilderness, but for a different reason. They aren't aware of the dangers getting off the path can mean for them. You can do many things to teach them this, but this 2 part game might be the best way.

1. Play find the path allowing them to point out where the paths are before you go onto them
2. Play a modified chase game where you run on the path a little ways with them chasing you and then you turn around and chase them back to the starting point being sure to stress to them about not getting off the path which will stop play and fun for them.

# Toddler Camping

By: TristA

## Following Ants

Lay out a crumb away from the campsite and not too close to an unsafe area for your child. After some time (or when you know the time is right) take your child to that area and let them see the ants on it. Explain that the ant is hungry and it is taking the food back to its house to eat one bite at a time. Have them follow the ants path with their finger or by accompanying them on a walk. Point out the ants house when you see it and teach them the proper name for it is ant hill.

**Allow your** child time to walk around on different surfaces in their bare feet, staying safe of course. It is very educational for them while they also learn coordination.



## Washing Rocks

This is a simple and fun activity for all young kids, and it allows them to get wet with permission. You can use several buckets for them to transfer the rocks and water into or a rag so they can be washed like dishes; any way you do it will be fun.

## Scribbler

Help your child find a rock. Show them how to draw in the ground or sand with it. Show them how to fix or 'erase' their creations to begin again.

## Blowing Games

Any loose lightweight item you have or can be found laying around in the area can become the playing piece for this simple game. Place the item in their hand and allow them to blow it off their hand. You can add in a little competition ( toddler level where no winner is found) by you and them blowing it at the same time and running to pick it up once it lands.

## Burying It

Bury small items in small safe bushes, the sand, or other places. Allow your toddler to find it. You can start off easy or just show them how to find noticeable signs of disruptions in nature so they can find things more quickly.

## Bird Hunting

Go on a bird hunt. You can have them finding birds for different reasons; counting, colors, actions (flying sitting, etc...), or simply just seeing them. Be sure to have them say 'Bird' when they find one, which you may have to demonstrate at the beginning of play.

## Night Hunt

Sit in a secluded area (camping area or a little into the wilderness). Use the flashlight and point out things that they know the name of (tree, leaf, flower, bird, etc...). Have them tell you what they have found and praise them if correct.

Once this play has died out allow them to find things for you to guess or simply play with the flashlight. If they get up the game stops and they are asked to sit down. Once sitting down doesn't happen anymore they are bored and the game will end.

## Treasure Hunt

Go on a walk and allow them to find any of nature's discarded items that they consider treasure and put them in a container, basket, or bag that you have brought with you. When you are done or taking a break every now and then allow them to play with their treasures by taking them in and out of their holder.

## Water Attack

Playing with water guns may not be on your agenda of fun for your young one, so why not allow them to use other items to have water fun. A squirt bottle, small plastic milk carton with holes in the bottom, or just a cup filled with water can become the focal point of a fun new game for them.

## Ribbon Collector

Tie colored ribbon, streamer, or paper around the bottom of trees lightly. Point out the trees then allow your child to go to them. You can have them untie and bring the ribbon back or operate the game like a 'do as I say' game by telling them what color of ribbon to go to.

**Toddler Safety** is very important. Use your parenting instincts and common sense at all times when with your toddler outside. Be sure to always expect the worst when measuring the level of danger because as mischievous as kids are at this age, there is always a good chance of something happening.

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# Parent Camping Safety Measures

By: TristA

**Safety measures** should be taken when doing camping of any kind. As a parent, worries and responsibilities are much different and have a heavier weight. Here are some things to think about and to prepare you for those times that call for a level head and remaining calm..

## Lost !

Being in an unfamiliar place can turn into a tragedy quicker than you can blink an eye. This is not only true when camping, but anytime, and is something all parents have to take into consideration.

Camping does add a factor to this fear because the area is full of so many dangers, even ones that are not that familiar. There are lots of things that you can do to prepare both you and your child in case one finds themselves lost. A few of these are listed below.

- Make a piece of aluminum foil the size of everyone's shoes. Have all members gather the shoes or boots they will wear when out make a strong footprint on the foil. These can be hung by tents or carefully placed somewhere for less of a chance to be toyed with and easy accessibility.
- Carry shrill whistles and compact rain ponchos for protection and warning in case of an emergency.
- Be sure that all members of the camping party are well aware of the north star as well as the rising and setting directions of the sun and moon. Use those as directional knowledge as well as where the physical location of the camping ground is.
- When walking together be sure to point out natural markers as well as the direction you are going with them (camp was in the same direction the water in this stream is flowing, that beehive is to the left of our path, etc...). This will be a sure help in finding the way back when needed.
- Find certain 'main markers' along the path while walking or in the area. These will be pointed out several times and if someone gets lost and find those places they will sit and wait to be found. If someone gets lost be sure to check these places often, many times they will be used more than other forms of location.
- Be sure to discuss getting lost with your children in advance. Tell them that no matter what happens you will come and look for them. The worse thing they can do if lost is to panic, although it is inevitable, you can make it less severe by preparing them for it. Letting them know that this is possible will also make them pay more attention to where you are going and deter them from straying.
- If in a heavy tree area or very busy place where finding them may prove to be very hard tell them to find a clear spot and attach their poncho to a stick to make a flag to aid for aerial hunts for them.
- Be sure to tell them that most animals will not attack for no reason but if they feel that they are in danger or hear a strange noise to blow their whistle. The noise will startle and scare the animal and it will run away.

## Emergency Treatments

There is always a slim chance that some accident can happen and emergency treatment will be needed. Whether you use natural medicines when you return to camp or head to a hospital emergency room, treatment may be needed right away. The most common are listed below:

**Stings** - check for the stinger and carefully pull it out being careful not to squeeze it because you could release more venom. Wash it and apply rubbing alcohol to ease the sting.

**Ticks** - Pour rubbing alcohol on the tick and wait for it to release from the skin then carefully pull it out with tweezers. Watch for bull's-eye-like rash around the tick bite appears (3 to 30 days after tick is removed), fatigue, fever, and headaches. These are signs of lyme disease and be sure to get proper care.

**Spider & Scorpion Bites** - Be familiar with the most dangerous and poisonous of them (black widows, brown recluse, bark scorpion). If bitten by a spider apply ice if possible and if swelling occurs swallow an aspirin and head to the nearest hospital. If a scorpion stings you treat as any other sting unless it is a bark scorpion in which case tingling, involuntary muscle twitching, rapid pulse, and soaring blood pressure comes with it. In this case you would apply ice and go to nearest hospital.

**Poisonous Snakes** - There are fewer than 15 percent of fatal snake bites so don't panic. Keep the wounded limb below heart level and drive to a hospital.

## Trouble In The Wild

If you find yourself in trouble and there isn't an actual 'professional' or exact equipment around, there are a few things you can do to aid the situation:

- Stay calm and level headed.
- Focus on the child's fears and aid them. This could range from soothing them with song to hiding a large wound from them.
- Assess the situation and try to find the quickest and safest path to the help that is needed.

# Parent Camping Advice

By: TristA

## Baby Advice

Taking the baby camping may bring different requirements to your camping trip. Although you are well aware of the extra things to do and pack, here are a few tips you might want to consider.

- Diapers can present a problem. If you are using cloth it may be an inconvenience to wash but they are lightweight and earth-friendly. Disposable diapers create more weight and a trash issue as well. The best place to throw or store used diapers is in a closed plastic bag inside a backpack. To lower the odor problem you can add an ammonia-soaked sponge in the same place you are carrying the diapers.
- Bottles will need to be cleaned (sterilizing will prove difficult to do with limited resources) before use. The most convenient way would be to carry one thoroughly washed bottle concealed in a releasable bag with plastic inserts. You will need to carry bottled water to go with it, this can be in the form of bottles or in a canteen. If you need to heat the bottle it is best to use a tin can with the liner in it on an individual burner to heat the water before adding the powdered formula.
- Formula should never be mixed in advance, heat and the outdoors will make a wonderful residence for bacteria and diseases.
- Just because you are away from home does not mean your child's diet should change. Introducing them to new foods in a new place could result in a sick baby having no fun and putting a damper on other's fun as well.
- When hiking use a back carrier so they can go with you. It is nice for them to get out in the air and it will start their familiarity with nature and the outdoors. When in the carrier remember to be careful when sitting down and walking so you don't bring danger to the baby on your back.
- Be sure to involve the baby when possible in the activities going on. If it is inappropriate for them to participate in what is going on give them an alternate activity so they can see others having fun and be occupied at the same time.

## Before Bed Checklist

- Make sure all food is safe from animals
- Assure the fire is completely out
- Put all food and food items in an area safe from weather that could turn bad while sleeping.
- Double check the path to the toilet is clear.

## Hiking With Kid Tips

- Walking sticks could come in handy for everyone. They can look for drop-offs when going through water, act as a holder for backpacks when resting, and give younger children a sense of security allowing for more independence.
- Keep a stride that is comfortable for all members of the family. If the hike is painful, it will be something they don't want to do again.
- Be sure that you keep a slightly slower pace going uphill, and the same slow pace going downhill. If you are demonstrating the correct speed they will follow, for some you may need to explain why the pace has changed.
- Like crossing a street make sure each child looks for trouble signs (fallen logs, large rocks, etc...) before crossing streams. Also point out that if an alternate form of crossing (large log, rock hopping, etc..) can be found it is safer to use it.
- Let your children know that the path is bare land, and has been walked on so much that all plant life does not grow there and all animal life that passes it is in danger. As a Pagan it is important to do your best to preserve all of nature, so staying on the path would be a way to do this.
- Resting is important for children. It is best to make these stops as short as possible but allow enough for everyone to catch their breathe. When taking these breaks make it a 'do-it-all' stop and the times when everyone gets a drink, goes to the restroom if needed, and gets a snack (even if they are eating it on the go, they dig it out now). This will help kids concentrate more on the walk and cut down on complaining.
- If hiking with smaller kids and they become bored with the hiking make up a routine with rest stops, quiet walking, and moving games. Moving games can be as simple as finding things that you call out to I spy. You can also adjust the fun to games that all can play or alternate skill levels. Singing songs can also be very effective.
- When going over rough spots or climbing while on the trail allow everyone to do it, even if the little ones can only do a portion and you aid during the rest. This will spark their interest and keep the adventure in them alive.
- Try not to carry your child unless you need to. With a toddler it is wise to use a backpack type child carrier.
- For safety there should always be an adult in the front of the hiking line and another one at the end. If only one adult is present the oldest child should be at the end.

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# Home Camping

By: TristÅ

**Camping from home** has some extra demands than going camping. Even though many things done will not change, it needs to be different enough to seem like a camping adventure. To help you achieve this some ideas are listed below.

## The Physical House

A good way to add to the camping adventure is to do away with some of the modern conveniences of being at home. Consider some of these options:

- In preparation of camp rearrange things a little in the house. Move as much furniture as possible to the walls.
- Move potted plants around the house to different and unusual places for the week. Smells and nature itself being moved will set off a feeling of adventure and add nature energy to the camping experience.
- Don't use the beds during camp, making tents is more adventurous. If there is room put all the tents in the same room to add to the 'unity' of the camping adventure.
- Designate a certain 'eating space' for all the meals. This can be as elaborate or simple as you desire (in the yard, the spare bathroom not in use during camp full of plants and the shower running, a blanket spread on the side of one of the tents, etc...).
- Fire is important to a Pagan camp. If you aren't able to make a fire outside then make a special area to burn candles (the more the better) and use it as a 'fire side' area during certain times of the night.
- If possible leave windows open and allow the house to get the smell of the outdoors (even if this is only done during the day).
- Camp sounds are hard to imitate but they are definitely needed. It is possible that a window will provide these for you, however, if they don't then you may want to provide pre-recorded or bought nature music. These same recordings can be used in some of the games and activities where certain sounds are required.

## Traveling

Traveling at home camp is different, however, doesn't have to take away from the camping adventure; it can add to it.

**Getting there:** Do a foot hike, take a bike ride, go for a run. If you must go in the car leave the windows down whenever possible.

**Where to go:** Parks (ones with fields or wilderness), game preserves, lakes, rivers, farms (permission is best to get first), bare lots (check ownership), friends' large yards, or even safe abandoned areas (you may want to gain permission first)

## Home Camping Tips

1. **Prepare** for camp the same as if you were going to a campground. Allow your child to pack clothes, first-aid kit, personal hygiene items, etc... on their own and use the normal packing items to put them in (backpacks, zip-lock bags, etc...). Don't forget to hand out an old pillow case to operate as a dirty clothes bag.
2. **Arriving** at camp should contain a tour of the different areas of camp (fire area, tent area, bathroom to be used, eating area, etc...). You should also go over camp rules because they will be slightly different than home rules. Be sure to lift some of your home rules to add to the fun. Make the rules more 'camp related' for instance; no kids allowed in the kitchen could become no kids allowed past this line; it is bear territory (if they disobey it they will have to sleep in the bear's den instead of camp that night).
3. **Set-up** should not be much different than it would elsewhere. Bags will need to be unpacked, tents set-up, group camp supplies should be strategically placed throughout the camp area (this should be a group event), etc...
4. **Chow** should be changed as well. Try to use easy or 'kid-friendly' recipes and allow them to do most of the cooking. Cooking on a grill, fire, or other would be best, but this may not be available either. In June's issue were many cooking ideas for home use. You may be able to use some of them. If you have a gas stove use it as a fire by taking the grill off or using different cooking pots. No matter the way of cooking, you could have your child prepare food in an odd spot (like on a towel spread outside their tent door) and bring it to the cooking area.
5. **Hygiene** needs to take on a different look as well. It is best to have them take turns and only use one bathroom. Allow them to handle their own toiletry and personal items from zip-lock bags and to totally clean-up as they leave.



***Tailor most activities to camping using home as a base!***

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## Take 10

By: Petra Lucas

### Rosemary Essential Oil (Rosmarinus Officinalis)

**Properties:**

Analgesic, antioxidant, antiseptic, astringent, digestive, diuretic, fungicidal and parasiticide.

**Uses:**

Muscle fatigue, colds, aches and pains and mental fatigue.

Rosemary is also used for treatment of disorders such as arteriosclerosis, fluid retention, gout, muscular pains, palpitations, poor circulation, rheumatism and for the treatment of skin conditions such as acne, dandruff, dermatitis, eczema, and greasy hair.

Other uses are as an insect repellent, for promoting hair growth, and for the treatment of scabies, scalp stimulation, lice and varicose veins.

**Hi there!**

**Let me know what you want on this page.**

**Do you have a trick or hint for making the day go easier? Do you have a short story you enjoy? Let us know your favourite book or tape.**

**What ever makes your day go better, share with the readers here.**

**Email me at:**

**[petra@paganmoonbeams.com](mailto:petra@paganmoonbeams.com)**

**Looking forward to hearing from you!**

### Take 10 This Summer!

Summer time is not the most restful time for parents. If the kids are homeschooled, they don't want to learn because the Sun is here and so are their friends who go to school. If they go to School, they are home all day with no real idea what to do to fill their time.

This makes for some tense situations and stress filled days. So what can you do to minimise it all?

Try using some simple methods to restore calm to the house. These methods will be different depending on your child but in general they can be altered to fit the age of your child or children.

Most arguments occur because people are hot and sticky which makes us grumpy. If a situation does spring up, tell your children (or partner or who ever) that you are not in a place to handle it. Suggest a 10 minute break to cool off mentally (and physically) and then you both will be able to talk more calmly.

If the argument is a long standing one, like tidying bedrooms, suggest they do it early in the morning or later on in the evening when the temperature outside is cooler. Let's face it. No-one wants to do housework in the middle of a hot day.

Most importantly, find ways of relaxing as a family and an individual. Have a family picnic where everyone makes a dish. Find somewhere shady and get the kids to dish up. They will love that you trust them to do it and you will get a break.

Lastly, don't forget to Take 10! At the end of the day, relax and prepare your mind for rest. This will help you sleep better and be more ready for the coming day.

### Relaxation

**Rest**

**Excitement to find rest!**

**Leaving worries behind!**

**All the world slips away!**

**Xaltment**

**Angelic vibrations**

**Totally at Peace**

**In and Out, slow deep breaths.**

**Outside of body**

**Night-time before bedtime, best time to perform this.**

Written by Rebecca Lang.

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There is no need to go to India or anywhere else to find peace. You will find that deep place of silence right in your room, your garden or even your bathtub.

**Elisabeth Kubler**



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## Book Classes Coming Next Month

By: TristA

### Book Classes Coming

All book classes and their information will be placed within the parents section of the newsletter which will allow you, the adult, to decide what portions of the lesson to use and not cause conflict if it is your choice to not participate. When deciding to participate with your child in the individual classes please read descriptions in detail and consider the age or stage of your child. It is also recommended that you review the book and its contents yourself.

Two classes will start in the August issue. Information for them are below:

#### Young Foundations

##### Materials Needed:

1. Textbooks: The Fairy Books by: Andrew Lang (all 12) or access to: <http://www.mythfolklore.net/andrewlang/> or other free online source offering access to all books in the series.
2. Regular crafts & activity items found around the house or in stock for home schooling.

##### Ages:

Class A = PreK to Early Elementary

Class B = Early Elementary to Later Elementary

##### Schedule :

This class will be a complete year program or as long as you feel interest is held.



##### Information:

Classes for both A & B will be presented each month with two stories covered, which are to be read two times each. Crafts, worksheets, and activities will be offered for each month to supplement the stories and enforce the lessons they teach. Each portion of this class can be used as a 'stand alone' class giving you freedom to tailor the class to your child/ren or situation.

#### Tools Of The Trade

##### Materials Needed:

1. Textbooks: The Magick Toolbox by: Carl Neal
2. The Internet
3. Notebook & Pen or Pencil

*\* Each section will offer opportunity for you to acquire or make different things, the supplies or objects will be specific to your likes; therefore not listed here.*

##### Ages:

Class A = Middle School and possibly Upper Elementary

Class B = Teen and possibly Middle School

##### Schedule :

Month 1 - Intro, Acquiring Tools, Altar Review, Tool Boxes

Month 2 - Bell, Besom, Cauldron, Honorables

Month 3 - Pentacle, BOS/Journal, Staff, Wand

Month 4 - Incense & Censors, Candles, Candleholders

Month 5 - Other Tools, Chalice, Athame, Pipe



##### Information:

Lessons for both A & B will be presented each month with one class per topic and is designed to be done at students desired pace. Most material will be found in the textbook, online, or printable sheets through Pagan Moonbeams as well as any information that is felt necessary to add in or to fit the student, family, or situations.

Starting the fourth month's lesson classes will consist of debatable topics; feel free to pick and choose them or to end the class at will. Because of these topics and the possibility of the class ending early a conclusion class will be added to the third month of lessons, it is to be the last class.