

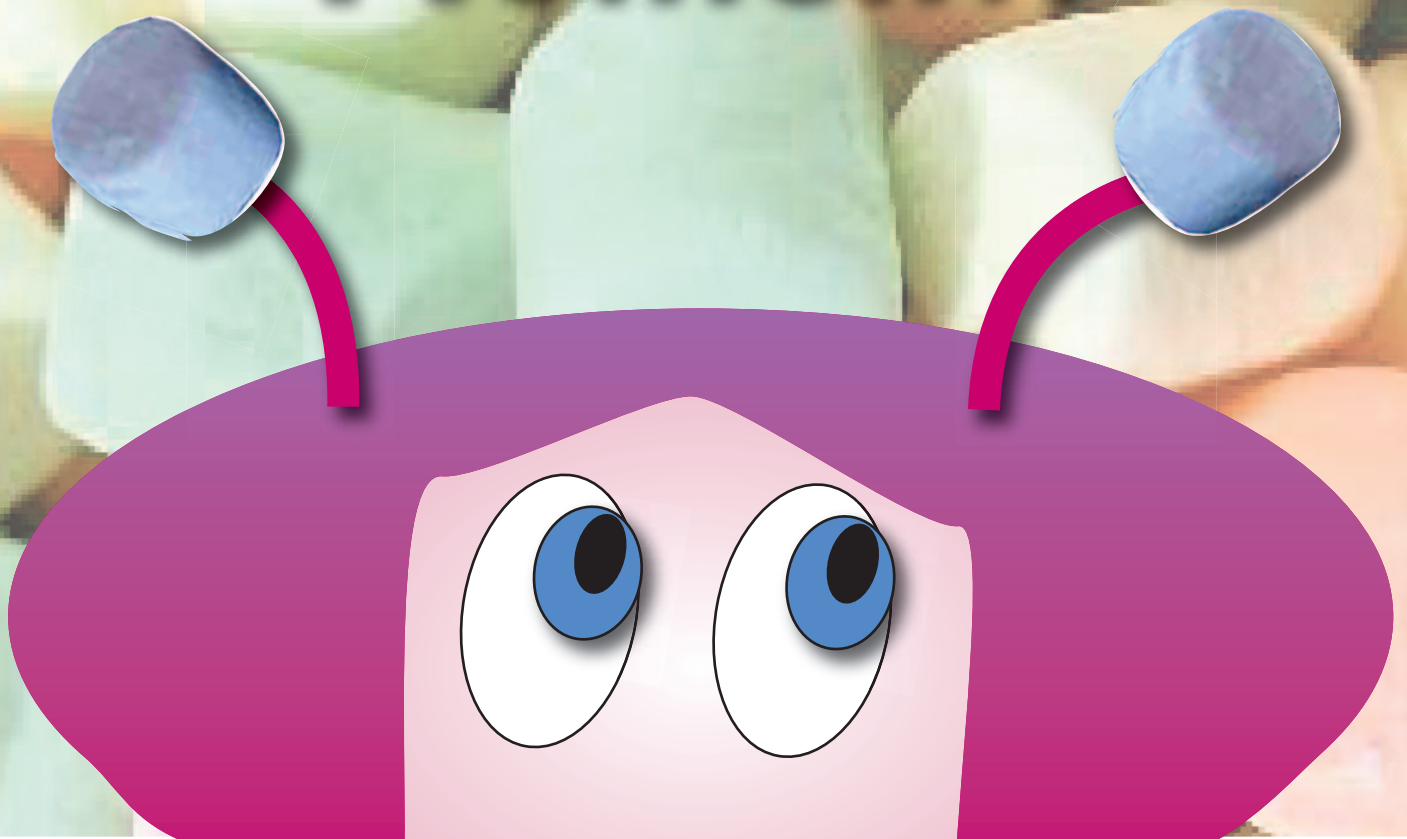


Girlguiding Bedfordshire

2010 2010 2010

VISION

Mad Marshmallow Moment!

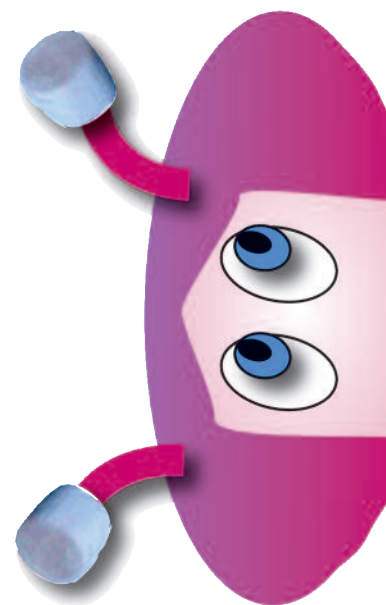


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Droopy Deeley
Boppers!**



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Marshmallow Moment

The grand finale of the Centenary approaches and in the best Girlguiding tradition, what better way to celebrate than with a MARSHMALLOW!

At 2010:2010:2010 you will all be ready for a big cheer having completed your MARSHMALLOW CHALLENGES.

To get the Marshmallow rolling, here are some ideas to help your night to become one of the most memorable!

Did you know that...

Marshmallows originated in ancient Egypt. It was a honey sweet that was flavoured and thickened with Marsh-Mallow plant sap.

The Marsh-Mallow plant was harvested from salt marshes and on banks near large bodies of water. According to Viable Herbal Solutions :

"Nineteenth century doctors extracted juice from the Marsh Mallow plant's roots and cooked it with egg whites and sugar, then whipped the mixture into a foamy meringue that later hardened, creating a medicinal sweet used to soothe children's sore throats. Eventually, advanced manufacturing processes and improved texturing agents eliminated the need for the gooey root juice altogether. Unfortunately, that eliminated the confection's healing properties as a cough suppressant, immune system booster and wound healer."

Until the mid 1800's, Marshmallows were made using the sap of the Marsh-Mallow plant. Gelatine replaces the sap in the modern recipes. Today's Marshmallows are a mixture of corn syrup or sugar, gelatine, gum arabic and flavouring.

The confectionery makers needed to find a new, faster way of making Marshmallows and as a result, the "starch mogul" system was developed in the late 1800's. Rather than making Marshmallows by hand, the new system let confectioners create Marshmallows in moulds made of modified cornstarch (like jelly beans and gums are made today). At about the same time, Mallow root was replaced by gelatine, providing Marshmallows with their "stable" form.

In 1948, Alex Doumak, a Marshmallow manufacturer, began experimenting with different methods of Marshmallow making. Doumak was looking for ways to speed up production and discovered the "extrusion process", which revolutionized Marshmallow production. Now, Marshmallows can be made by piping the fluffy mixture through long tubes and cutting its tubular shape into equal pieces and providing great enjoyment to Girl Guides everywhere.



Manic Marshmallows

TELL EVERYONE A MARSHMALLOW JOKE!

Q: Did you hear about the Guide at camp who dreamed she was eating a Marshmallow?

A: Well, when she woke up her pillow was gone!

Q: Why did the elephant stand on the Marshmallow?

A: Because he didn't want to fall into the hot chocolate.

Q: What did the Marshmallow say to the Girl Guide

A: Stick with me and I'll give you a good time!

Q: Why do Girl Guides eat Marshmallows?

A: Because cotton wool balls get stuck in their teeth!

MAKE UP YOUR OWN MARSHMALLOW JOKES:

Q: Why did the Marshmallow cross the road?

A:

Q: What's the difference between a Marshmallow and a powder puff?

A:

Q: What weighs most - a kilo of cotton wool or a kilo of Marshmallows?

A:

Q: What did the Marshmallow say to the cotton wool ball?

A:

Did you know that...

In the USA you can buy Marshmallow Hamburgers - YUM!

Do you think they are called McFluffies?

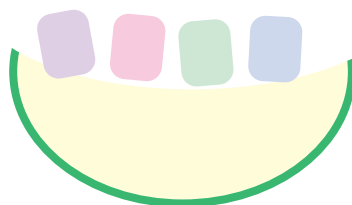


Send your best jokes to Beds Buzz and we will print our favourites!

Marshmallow Magic

Marshmallows are Girl Guides' favourite recipe ingredient. Here are some easy ways that Marshmallows can be used:

- 1 Pop mini-Marshmallows into your hot chocolate for a sweet topping!
- 2 Give everyone a paper plate, colourful icing, and a bag of Marshmallows. (Several bags of Marshmallows that offer different sizes would be ideal). You can create an artistic design using the Marshmallows and icing!
- 3 Make a Marshmallow Star. Push six miniature Marshmallows onto one cocktail stick, leaving one pointed end sticking out. Do the same for five others, so that there are six altogether. Push the pointed ends of these cocktail sticks into a large Marshmallow to form a star.
- 4 How about a Marshmallow Candle Holder? Be careful, however, with candles!!
- 5 Use Marshmallows for cupcake frosting. Pop a large Marshmallow on top of each of your cupcakes about a minute before they come out of the oven. An instant gooey frosting that everyone will love!
- 6 Make a batch of Apple Smiles. Spread smooth peanut butter* onto one side of an apple wedge. Using miniature Marshmallows, position the "teeth" in place onto one of the apple wedges. Top with another apple wedge so that the peanut butter acts as a cement for the Marshmallow dentures. **If anyone has a nut allergy, use a substitute such as chocolate spread*
- 7 Toast your Marshmallows the traditional way on a long stick over a campfire - delicious! (You can also toast them over a candle!)



MARSHMALLOW SQUARES

Ingredients: (please note this recipe contains raw egg)

1 packet miniature coloured Marshmallows

113 grams butter

170 grams chocolate chips

130 grams icing sugar

A teaspoon vanilla essence/flavouring

*58 grams chopped nuts **Omit if anyone has a nut allergy*

75-113 grams desiccated coconut (depends on size of baking tin)

1 egg, beaten

Method:

Melt butter and chocolate chips, do not cook. When cool, add the beaten egg, vanilla, icing sugar, nuts and Marshmallows and mix well. Grease a rectangular pan about 17.5cm by 28cm and sprinkle half the coconut in the bottom. Spread chocolate mixture on coconut and smooth with a spatula. Add rest of coconut on top. Refrigerate and when firm cut into squares.



Marshmallow Magic

FRUIT FLUFF

A retro favourite of families everywhere, this easy fruit fluff is not only colourful, but delicious too! Sweet pineapple, mandarin oranges, mini coloured Marshmallows and coconut, all mixed with sour cream. Sweet memories!

You will need:

567 grams can pineapple chunks, drained
425 grams can mandarin oranges, drained
454 grams sour cream
284 grams bag mini Marshmallows
114 grams desiccated coconut

How To Make Fruit Fluff:

Put drained pineapple and mandarin oranges into a large bowl and mix with sour cream. Fold in Marshmallows and coconut. Pour mixture into a pretty dish and refrigerate for at least 1 hour before serving.

MARSHMALLOW JEWELS

Thread a mixture of large and small Marshmallows onto liquorice boot laces to make necklaces and bracelets - and of course, you can eat them afterwards!



Marshmallow Magic

SMORES

This is an American campfire tradition. You just need your toasted Marshmallow, once it is getting a bit gooey sandwich it between two chocolate digestive biscuits and enjoy your campfire sandwich!

BANANA SPLITS

Slice open a banana, add goodies such as Marshmallows, chocolate buttons or chocolate chips. Wrap in foil and sit in the campfire embers for a short while to let everything melt together into the banana.

MARSHMALLOW KRISPIES

Set out an equal weight of Marshmallows, toffees and butter. Melt together in a large pan and when smooth, add Rice Krispies, cornflakes or a crispy breakfast cereal and mix until coated. Spoon into paper cake cases or into mounds on a baking tray and allow to set.

ROCKY MARSHMALLOW ROAD

THIS VOLUME IS MORE LIKE A MOTORWAY BUT RECIPE CAN BE HALVED!

- 1.4kg Milk Chocolate
- 8 Bars of Snickers, Mars Bar or similar - chopped into small pieces
- 100g Mini Marshmallows
- 180g Maltesers
- 100g Raisins
- 100g Glace Cherries
- 100g Cornflakes or Rice Krispies
- 100g Chocolate Vermicelli (for sprinkling)

Melt the chocolate, then add everything except the chocolate vermicelli. Mix well and spread out on to a large baking tray. Sprinkle the chocolate vermicelli over the mixture and allow to set. Cut into squares and serve.



Marshmallow Mayhem

MARSHMALLOW MONUMENTS

A game everyone will enjoy playing. Split into teams and give every team a large bag of Marshmallows and a packet of cocktail sticks. You will also need half a large potato for each team.

The Rules: Using the potato as a base the object of the game is to build the tallest structure possible using the Marshmallows and cocktail sticks. Winner is the team with the tallest structure (that stays together)!

A variation of this theme is to build the biggest tower that they can, but it must be able to hold a plastic beaker of water for more than 10 seconds. And you can eat it afterwards!

MARSHMALLOW WORD SQUARE

Find these hidden words in the word square.

CAMPFIRETREATS
DECORATIONS
IRRESISTABLE
MINIMALLOWS
ROUND
TEMPTING
YUMMY

CELEBRATION
GAMES
MADNESS
PINK
SOFT
TWENTYTENXTHREE
MORE

CENTENARY
HOTCHOCOLATE
MARSHMALLOWS
RECIPE
SPONGY
WHITE

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

Marshmallow Mayhem

MARSHMALLOW KICK-THROW-BLOW

A silly game everyone will enjoy playing. Give each girl three large Marshmallows.

Kick the first Marshmallow as far as possible and measure the distance.

Throw next, throw a Marshmallow as far as possible and measure the distance.

Blow finally, using a straw they get five blows to get their Marshmallow as far as possible. Measure this last distance and add up the distances. Winner is the one with the largest measurement.

MARSHMALLOW FLINGERS

Put a zing in the marshy fling. This is a game for 4 or more players. To play, you need Marshmallows, some plastic spoons, and some small bags. Brown paper lunch bags work best.

Players split into teams of two. Each team has a Marshmallow flinger and a Marshmallow catcher.

Your playing field should be about 15 feet wide. Tape a long strip of masking tape on the floor. This is the flinging line. Then, make two two-foot squares on the floor out of masking tape, each 10 feet from the flinging line. These are the boxes that the Marshmallow catchers stand in.

The Marshmallow flinger has to use the plastic spoon to fling Marshmallows to her team mate, the catcher.

The catcher catches her Marshmallows in her paper bag, but she can't leave her masking tape box. First team to catch 10 Marshmallows in their bag wins.

MARSHMALLOW WORD GAME

Make as many words as possible with 3 or more letters from the word MARSHMALLOW - The winner is the one with the most.

MARSHMALLOW MEMORY GAME

Put a row of Marshmallows in a colour sequence on a tray. Cover with a tea towel and then ask the girls to remember the sequence. Keep adding more to the line to make it harder. You can also mix large and small Marshmallows to make it even harder!

Marshmallow Games

TOSS THE MARSHMALLOW

Lay out a clean white sheet and place paper cups on it randomly. Define a standing line and let them toss the Marshmallows aiming to get them in the paper cups. If they get one in a cup they are allowed to eat it. You can make the game harder by defining areas. ie 3 feet away, 1 Marshmallow, 6 feet, 2 Marshmallows etc.

MARSHMALLOW MOMENT

How long can you make a Marshmallow last in your mouth. Have girls standing up, give out 1 Marshmallow to each girl, give the word to put it in their mouths, ask them to sit down when it's gone, last one standing with some still in her mouth wins.

VISIT THE WEB AND WATCH GREAT MARSHMALLOW TEST!

A group of four-year olds were given a Marshmallow and promised another, only if they could wait 20 minutes before eating the first one. Check this out on You Tube

www.funny-jokes.tv/videos/marshmallow-experiment-128.html

Now try your own Marshmallow test - how long can you resist this soft, squidgy, sweet mouthwatering moment!

VISIT THE WEB FOR THIS ENTERTAINING CARTOON!

Watch You Tube Marshmallow Murder!

<http://jokesprank.com/blog/marshmallow-murder/>



Make Marshmallow Mad Things!

DEBBIE'S DROOPY DEELEY BOPPERS!

Great fun and very simple

Materials required:

Thin hard plastic hair band for each girl - supply or they can bring from home, Cotton wool balls, Pipe cleaners , PVA glue - optional

Method:

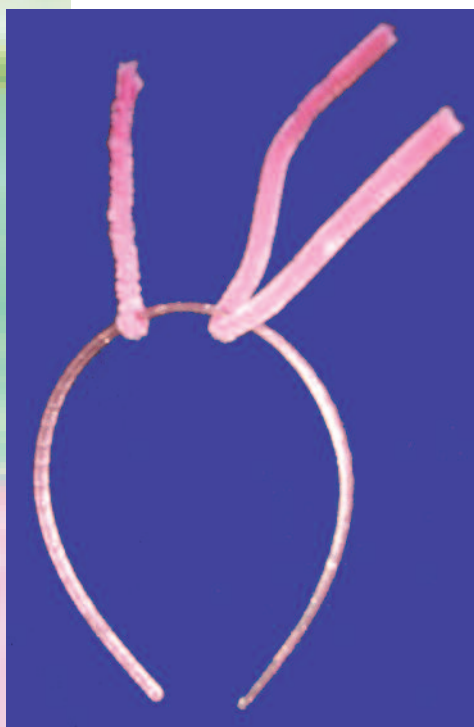
Fold pipe cleaner in half, put folded end over the hair band and then twist both halves of the pipe cleaner together very tightly so it is secure on the hair band. Repeat with a second pipe cleaner.

Unroll a cotton wool ball into a long strip and then roll it back up again over the end of the pipecleaner twist. You can secure with a dot of PVA glue but this isn't really necessary. Repeat, then gently shape into a Marshmallow and they are then ready to wear.

Want to do more - You can use the same idea to make earrings, pendants etc. Have fun.

Top tip - Using real Marshmallows is not recommended they are very sticky!!! But hey - we are Girl Guides!

These will be the all important headgear to wear at 20:10 20:10 2010!



Make Marshmallow Mad Things!

MARSHMALLOW MASCOTS

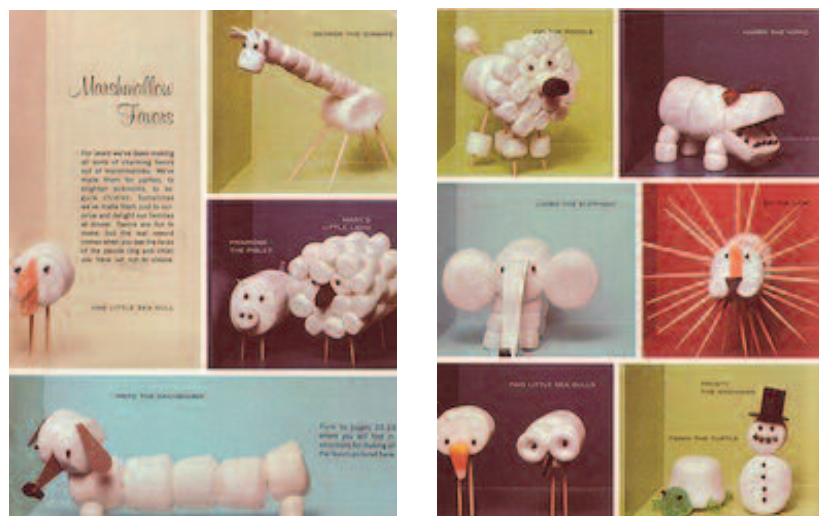
Use Marshmallows and cocktail sticks to see how many things you can build. Think about adding in items like fruit gums, fruit pastilles, dolly mixtures, liquorice allsorts, or biscuits. Mix up Regulars, Minis, and Flavoured. A snowman makes an excellent first project.



MARSHMALLOW FAVOURS

<http://kitchenretro.wordpress.com/2008/04/13/marshmallow-favors/>

Once you have worked out the basics and want to be a bit more adventurous, visit this website and learn how to make these fantastic animals



Make Marshmallow Mad Things!

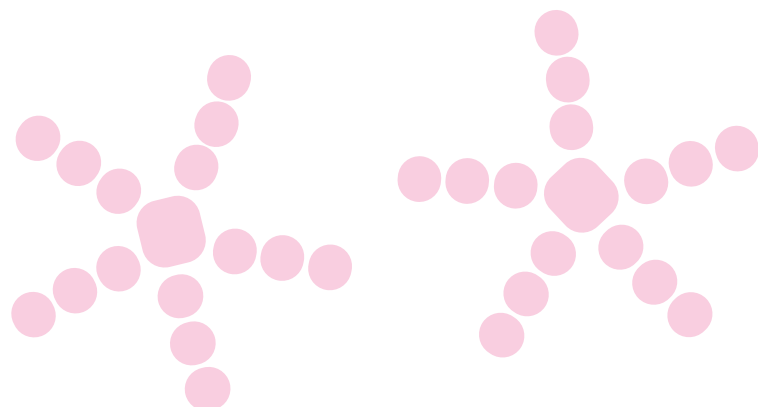
www.countryliving.com/cooking/about-food/spring-centerpiece-0406



Visit the Country Living website to find out how to make this happy farmyard using Marshmallows, food colouring, coconut and jelly beans.

MARSHMALLOW SUPER STARS

Marshmallows of both the large and miniature varieties will be needed for this project, as well as cocktail sticks to provide a foundation for the shape. Push six miniature Marshmallows onto one cocktail stick, leaving a pointed end sticking out. Do the same for four others, so that there are five altogether. Push the pointed ends of these cocktail sticks into a large Marshmallow - in equal distances from each other - to form a star. When finished, the girls can continue to create them until they either reach their designated allowable limit, or until the materials are used up. When allowed to sit in the open air for a few days, the Marshmallows will dry and become hard, making a perfect Christmas tree or party decoration (simply push a hook through one of the smaller Marshmallows to attach each star to the tree).



Make Marshmallow Mad Things!

MARSHMALLOW NAME PLATE

This is a great project for kids, and only requires some oblong white card, large Marshmallows, white icing and sprinkles or silver balls. Using a card rectangle as the base, have girls count out enough Marshmallows for each letter in their first name (e.g., Mary = 4 letters, so you'll need 4 Marshmallows).

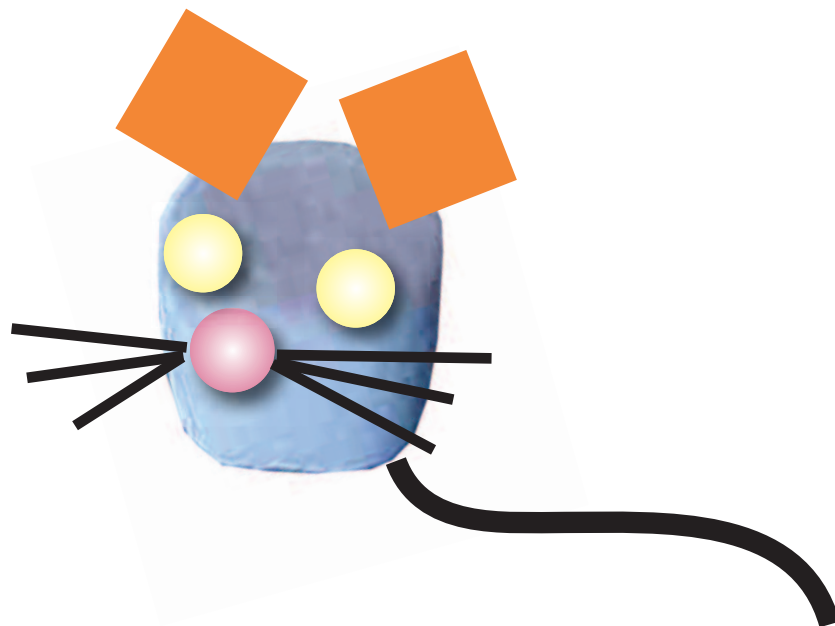
Let the girls coat one of the flat sides of each Marshmallow with some white icing and stick them onto the base, so that they're touching sides.

With that done, it's time to paint the letters of their names on the Marshmallow surfaces. Do this with icing on a brush so that each one contains a single letter. In other words, the four Marshmallows that are used to make the name "Mary" should have the "M" on the first Marshmallow, "A" on the second Marshmallow, and so forth, until the name is completed. Dust with sprinkles or stick on silver balls and allow to dry. Then shake off excess sprinkles. The result is an attractive nameplate that they can use at Guides or at home.

MARSHMALLOW MOUSE

This is an easy project suitable for the youngest members of Girl Guiding.

You will need large Marshmallows, liquorice bootlaces and some small dolly mixtures or liquorice allsorts. Help the Rainbows to make a hole with a cocktail stick to insert the liquorice tail, then add eyes, nose, ears etc using various sweets and icing to stick them on.



Marshmallow Mad Things!

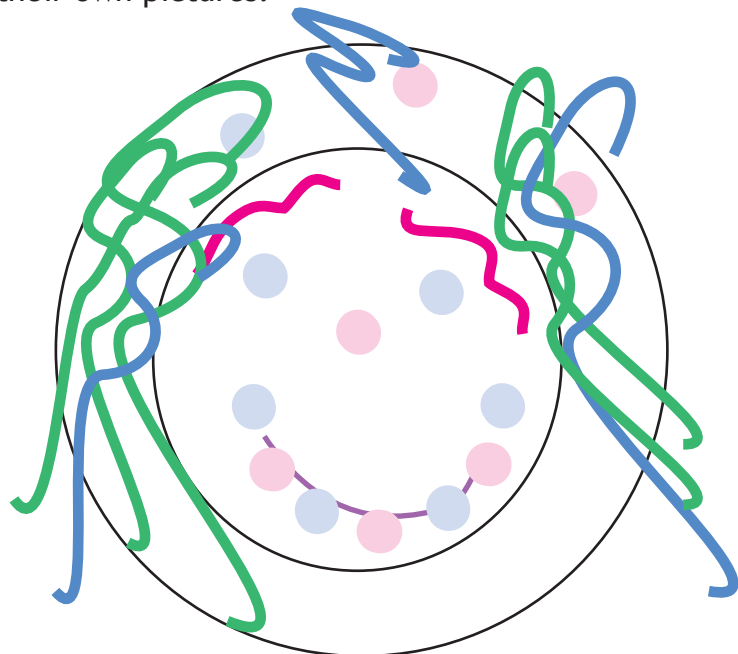
MARSHMALLOW BUNNY

Here's a great craft idea for kids that's perfect for some indoor fun. You'll need large and miniature Marshmallows, 8" pieces of thin ribbon (any colour), white icing, thin liquorice boot laces and fruit flavoured jelly decorations (small and round). For each bunny, have the children put enough white icing on one of the flat sides of a large Marshmallow to cover it, then place another large Marshmallow on top of it, so that the two attach in an upright stack. Once the two are firmly in place, they can tie an 8" piece of ribbon around the middle, covering up the line that divides them (this will be the bunny's bow tie). Next, have them put a small amount of icing on each of five miniature Marshmallows - four will be used for arms and legs, and the fifth will be used as the bunny tail. Instruct them to push two miniature Marshmallows onto the front side of the upper part of the bunny (top Marshmallow), far enough apart to resemble arms. Have them repeat the process for the bottom half of the bunny, to resemble legs. For the fifth, youngsters should place it on the lower half of the backside of the bunny, to be used as the tail.

Cut the remaining large Marshmallow into quarters and, using icing, coat one end of two of the pieces so that they can be pushed onto the top of the bunny to resemble ears. When all of the bunny pieces have been put into position, colourful little sweets can be used to create facial features. Icing will need to be applied so that they'll stick to the bunny's face. Short lengths of liquorice boot laces can be pushed into the top Marshmallow to create whiskers.

MARSHMALLOW ART

Rather than a structured project, you can give younger children a paper plate, miniature Marshmallows and colourful icing, and encourage them to make their own pictures.



Marshmallow Limericks

Send in your best Marshmallow Limericks to the PR Team C/O
diane@collingwood-design.co.uk The best ones in each section will be
printed in the next Beds Buzz

A Guider was dreaming at camp
about eating Marshmallows quite damp
in the dark she awoke
and felt like a dope
for she'd eaten her soap on a rope!

A bouncing young Brownie from Barton
painted her Marshmallows tartan
she said "some of them spilt,
but they go with my kilt
and I now have a new one to start on.

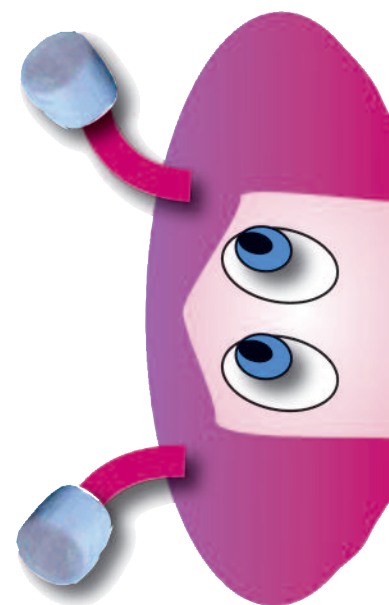
A Guider from Luton in Beds
put Marshmallow spots on her legs
when asked why she did it
she said "If I fidget
they'll stick to the sheets on the beds!

A daring Young Ranger from Dunstable
threw a Marshmallow blob at a constable
He said " 'ello, 'ello
if you must have a go
throw another, I find them quite munchable".

A Marshmallow fairy called Ida
thought she'd have fun with a Guider
her wonderful spell
made her Marshmallows swell
'till they took on the size of a glider.

Whilst eating her hundredth Marshmallow
a Rainbow went three shades of jello!
and then she went green,
lilac, blue in between
then violet, indigo, yellow!

There was a young Guider from Blunham
whose Marshmallow tricks used to stun 'em.
She could twiddle them round
without touching the ground
and do splits and high kicks whilst she spun them!



Marshmallow Solutions

Here is the answer to the Marshmallow word square from page 6

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

Marshmallow Magic Moments

Share your special Marshmallow moment with the PR Team

Email Diane Butler Editor Beds Buzz diane@collingwood-design.co.uk
or Sue Champkins Web Site Editor sue.champkins@cool-icon.com

There will be a prize awarded for the best Marshmallow moment story and best use of Marshmallows in each section.

Mad Marshmallow Moment has been produced for
Bedfordshire Girlguiding by the Bedfordshire County PR Team
June 2010

Other counties wishing to use this pack may do so with the
permission of Bedfordshire's County Commissioner



Mad Marshmallow Moment!

Badge order form

Keep a lasting memory of Mad Marshmallow Moment by presenting a commemorative embroidered badge to each member of your unit. Badges cost £1.00 each and have been designed by Diane Butler Acting County P R Adviser and County Ambassador.

Cheques must accompany all orders and should be made payable to: Bedfordshire Guide Association.

Unit:

No of badges: @ £1.00 each =

Plus £1.00 for postage and packing Total Enclosed £.....

Guider's name:

Address:

.....

.....

.....

Post Code

Contact Telephone Number

Please send your order form and cheque to:

Mrs Carina Wallace, 132 Nelson Road, Leighton Buzzard LU7 3EG

Badge orders received before 18th September will be posted out to units in time for the week starting 11th October. Due to manufacturing time at the badge makers, orders received after 18th September may arrive after 20:10 20:10 2010

