

# Headlamp

August 2019

BC Camping Committee



Photo Credit: Van Chau

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## A Message from the BC Camping Committee

Dear BC Guiders,

We hope that you are excited to get outdoors with your girls this new Guiding year. As you get your girls' input on what type of outdoor adventures they would like to go on, consider trying something new this year. Hike through a demonstration forest, bike along the seawall, do a high ropes course, go fishing at a trout hatchery, or try white water river rafting. Check some things off your unit's outdoor bucket list this year. Check out the new Program Area "Into the Outdoors" on the Girls First Platform for some ideas. Happy Camping!

# Upcoming Camping Events

Dates:	Camps:
August 23-25, 2019	OAL Module 8: Canoeing Christina Lake
August 23-25, 2019	Pacific Coast Experience (Whistler)
September 6-8, 2019	OAL Module 8: Kayaking Sechelt
September 20-22, 2019	Mix It Up (Mission)
October 11-13, 2019	Pathfinder Glamp Camp (Keats Island)
May 15-18, 2020	Guide Jubilee (Langley)
June 2020	Brownie Night Owl (Cranbrook)
July 24 – August 1, 2020	SOAR 2020 (Sooke)



## New Emails



BC Girl Guides have changed all their emails.  
A list of all the emails can be found at:  
[www.bc-girlguides.org/web/Volunteers](http://www.bc-girlguides.org/web/Volunteers) > Contact Us



### Position:

[BC Camping Adviser](#)

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# Camp Chatter Around the Province

In mid-July, Guiders from Pacific Shores Area gathered at Camp Creina for OAL (Outdoor Activity Leadership) Tent Training. The training was designed to empower Guiders, by giving them the useful tools and practical skills to feel comfortable and confident in taking their girls outdoors. Everyone had a fun time learning new camp skills by doing and sharing. They walked away with a better understanding of how to plan and engage girls in planning a camp.



Photo Credit: Pacific Shores Area GGC



Photo Credit: West Coast Area Girl Guides

West Coast Area held its classic More Seaside Fun at Camp Olave in Sechelt in late July. The girls and Guiders enjoyed swimming, exploring the beach, boating, crafting, singing around the campfire, learning new skills, trading crests and making new friends.

Fernie Trex and Kimberley Trex from Kootenay Area had an amazing July adventure in Cathedral Park, located between Princeton and Keremeos. They saw beautiful scenery and mountain goats! They hiked 27 km in two days, but managed to stop and take photos at the Rim, Smokey the Bear, the Giant Cleft and Devil's Wood Pile. They were also prepared to take shelter for the night in a tiny little "cave" on a ridge during intense fog, lightning, and a hail storm.



Photo Credit: Nycki Wannamaker



Photo Credit: West Coast Area Girl Guides

West Coast Area hosted Holidaze, its popular annual summer camp, at Camp Olave in Sechelt. This year's theme was "The Story Continues..." In late August, Brownies, Guides, Pathfinders, Rangers and Guiders gathered for a week of fun and friendship. FYI: The first annual Camp Holidaze was hosted in 2002!



# Did You Know ...



GUIDING AREA	GUIDING CAMP SITES	LOCATIONS
Fraser Skies Area	Camp McLanlin Ponder Park	Abbotsford Langley
Kootenay Area	Blue Point Camp Camp Rory Cranbrook Guide Hall Mountain View Camp	Creston Rossland Cranbrook Wycliffe
Lions Area	Camp Olave Phyl Munday Nature House	Sechelt West Vancouver
Lougheed Area	Camp Kanaka	Maple Ridge
Monashee Area	Camp Arbuckle Camp Tillicum	Lake Country Vernon
Pacific Shores Area	Camp Creina	Duncan
Rivers North Area	Camp Darnall Camp Ispah Camp Little Big Hill Nukko Lake Mis-Con-le Camp Tyee Lake Campsite	Montney Prince George Quesnel Prince George Dawson Creek b/w Quesnel and Williams Lake
South Vancouver Island Area	Camp Jubilee Kingswood Camp Milne's Landing Camp Bowker Hall	Shirley North Saanich Sooke Oak Bay
Thompson Nicola Area	Selhowtcan	Adams Lake
West Coast Area	Fraser Delta Guide House Woodward's Landing Hollyburn Chalet Camp Olave	Richmond Richmond West Vancouver Sechelt

# What's New



## Camping Committee Resources

We have compiled various camping resources for Guiders and girls. For example, Camping Recipes are now organized into individual documents according to meals: Breakfast, Lunch, Dinner and Desserts. Check out the updated Camping Committee Resources on the BC Girl Guide website: [www.bc-girlguides.org/web/](http://www.bc-girlguides.org/web/).

Girl Engagement > Camping > Camping Resources > Recipes

Girl Engagement > Camping > Camping Resources > Activities, Set-Up and Skills

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## Stories for Headlamp

The BC Camping Committee is looking for great camping stories to be featured in future Headlamp newsletters. We would love to hear about the great things that happen at camp around the province. Please share your wonderful and fun camp experiences. If your story is published, you will receive a BC Camping Committee crest for your contribution.



Send your story to: [bc-campingheadlamp@girlguides.ca](mailto:bc-campingheadlamp@girlguides.ca)



Photo Credit: Nycki Wannamaker

# Safe Guide Procedures for Camps

## Driving Girls and Vehicle Insurance

New information for volunteers driving girls and vehicle insurance is available on the Safe Guide page, in the "Resource Section". Guiders, parents/guardians, and/or volunteers who choose to use their own vehicles to transport girls other than their own are doing so as a private arrangement with the passengers' parents/guardians. Any physical damage to the vehicle, or liability resulting from its use during participation in or travel to and from a sanctioned activity is the responsibility of the vehicle owner.

## Minimum Supervision Ratios

	Green Activity		Yellow Activity		Red Activity	
	Min. # of Adult Women	Ratio	Min. # of Adult Women	Ratio	Min. # of Adult Women	Ratio
Sparks	2	1:8	2	1:5	2	1:5
Brownies	2	1:8	2	1:5	2	1:5
Guides	2	1:15	2	1:7	2	1:7
Pathfinders	1	1:15	1	1:7	1	1:7
Rangers	1	1:15	1	1:15	1	1:15

Green Level Activity Examples: unit meetings, picnic, fire hall, shoreline cleanup, tree planting, garbage pick-up, door-to-door cookie sales, skating in a public ice rink, unit activities in the community

Yellow Level Activity Examples: sleepover, residential camping, tent camping, stand up paddle boarding, canoeing, kayaking, horseback riding

Red Level Activity Examples: adventure camping, high-ropes course

\*\*Some activities will be a Yellow or a Red level activity depending on your location.\*\*

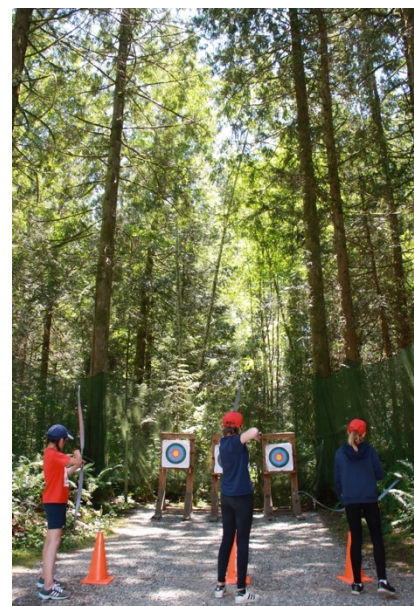


Photo Credit: Van Chau

# GiRLS FIRST

Introducing the new Guide Camping Awards to the Girls First Program. The popular set of badges (Basic Camper, Camp-Out and Experienced Camper) are transformed into camping awards. Head outside and connect with wilderness. Build your camping and outdoor survival skills while working toward these awesome awards.



Check out the new Program Area to the Girls First Program – [Into the Outdoors](#). Discover nature and the outdoors, from the flowers in the park to the squirrels in Canada’s national parks. Girls can explore things in nature, go camping, create their own adventures, and take action to help preserve this beautiful planet. Girls can plan their outdoor activities with the three Themes:

1. [Nature Discoveries](#)
2. [Camping Skills and Adventures](#)
3. [Our Shared Planet](#)



If you have questions, you can contact the Girls First Team at [girlsfirst@girlguides.ca](mailto:girlsfirst@girlguides.ca)





# SOAR 2020



## Spirit of Adventure Rendezvous (SOAR)

is a week-long provincial outdoor camp sponsored by BC Council. The Guiders and girls have the opportunity to do "back to basics" camping where they will do their own cooking. Each patrol lives in a designated 25' x 25' patrol site.

Both Patrol Guiders must apply in order for patrols to be accepted. All Patrol Guiders will be notified of acceptance by October 1, 2019.

Selection of successful Core Staff applicants will happen in late November 2019.

Date:	July 24 – August 1, 2020
Location:	Sooke, BC (SVI Area) Camp Barnard
Cost:	\$4,400 full patrol of 8 girls \$2,200 half Ranger patrol
Girls:	Guides born in 2008 and 2009 Pathfinders/Trex born in 2005-2007 Rangers/Trex born 2002-2004
Patrol Guider Registration:	April 15, 2019 – September 15, 2020
Girl Registration:	January 1, 2020
Core Staff Application:	April 15, 2019 – March 2020

For more information: [www.soarbc.com](http://www.soarbc.com)

Follow SOAR 2020 on Social Media:





# Trades Exploration Camp

Despite the many programs in schools, colleges and unions that seek to get more women to join the trades, the rates of women in trades have not changed since 2000. Anne Simonen, a Guider, was aware of these statistics, and reflecting on her own lack of exposure to such careers, organized a Trades Exploration Camp for Pathfinders at Camp Rory, outside of Rossland. This was her take on the “Girls Can” Camp-to-Go.



Photo Credit: Anne Simonen



Photo Credit: Anne Simonen

Pathfinders from Kelowna, Jaffray, Castlegar and Nelson attended the camp. On Friday, Dr. Marcia Braundy, one of the first women in BC’s Carpentry union, gave a talk about the challenges she faced pursuing a carpentry career, but who also gave valuable advice about being resilient and finding allies. After hearing her talk, Amelia from Castlegar said she was inspired, saying “Just because [people] don’t think we are capable doesn’t mean we can’t prove [them] wrong.” On Saturday, the Pathfinders completed hands-on projects relating to electrical, metalsmithing and carpentry trades. These were led by mostly women tradespeople in the Kootenay. The girls learned how to use the tools of each trade safely and about different career options. The camp had a journeyman cabinet maker, a welder, an engineering technologist, a construction carpenter, an electrician, two metalsmiths and an electrical engineer-in-training.

Not every attendee will pursue a trades career, but now they have met women role models in the trades, been empowered to look into non-traditional careers, and practiced working with construction tools – a valuable skill regardless of any future career. Changing the story of women in trades will take more than a single Girl Guide camp, but for attendees, it might be the first step in changing their own stories. For more information (eg. lessons learned, costs, camp schedule), contact Anne Simonen at [annetsimonen@gmail.com](mailto:annetsimonen@gmail.com).



Photo Credit: Anne Simonen

Submitted by: Anne Simonen (Kootenay Guider)

# Progression of Cooking Skills

*by branches*



## SPARKS

Sparks can do small tasks. Keep in mind that they have short attention spans.

- washing fruits and vegetables
- rolling and shaping dough
- cutting soft fruits and vegetables with a dull knife or butter knife
- using cookie cutters
- stirring and mixing batter
- frosting cupcakes
- spreading butter on bread
- mixing wet and dry ingredients
- washing dishes
- setting and clearing the table

## BROWNIES

Brownies can start using the stove and small knives.

- mixing cookie dough batter
- grating cheese with a grater
- peeling vegetables
- using a can opener and hand mixer
- flipping pancakes
- using small knives
- frying vegetables
- using measuring cups and spoons
- cracking and whisking eggs
- lighting stoves, using Buddy burners
- reading recipes
- greasing muffin tins and cake pans

## GUIDES

Guides can follow recipes and be comfortable using a knife.

- chopping and slicing vegetables
- taking food in and out of the oven
- kneading dough
- using liquid disposal pit
- using a stand mixer and blender
- using small and large knives
- stir frying vegetables
- finding ingredients in the fridge
- following a recipe
- using the oven

## PATHFINDERS AND TREX

Pathfinder-aged girls are capable of cooking with minimal supervision.

- chopping, dicing and mincing vegetables
- marinating meats
- grilling meat
- recognizing ingredients
- using most kitchen appliances
- dehydrating food
- using larger knives
- preparing entire meals
- grocery shopping

## RANGERS AND TREX

Ranger-aged girls are capable of cooking with minimal supervision.

- chopping, dicing and mincing vegetables
- marinating meats, fish and poultry

- grilling meat
- using food processor
- making creative presentations of food dishes
- planning entire meals
- preparing and cooking entire meals
- purifying and filtering water

# Camp Cooking Methods

Try some of the following camp cooking methods to complete the new BC Camping Skills Challenge released in the spring.

Cooking Over the Campfire			
Description	Food can be cooked over a campfire using a roasting stick or wrapped in aluminum foil and placed on the hot coals.		
Equipment	roasting sticks, wood, matches, aluminum foil		
Instructions	<ol style="list-style-type: none"> <li>1. Prepare a campfire using kindling, wood and matches.</li> <li>2. Place food on a roasting stick and cook over the campfire.</li> <li>3. Alternatively, place food wrapped in aluminium foil onto the hot coals to warm up.</li> </ol>		
Suggested Meals	<ul style="list-style-type: none"> <li>-cheese fondue</li> <li>-chocolate fondue</li> <li>-roasted apples</li> <li>-roasted marshmallow</li> <li>-strawberries</li> </ul>	<ul style="list-style-type: none"> <li>-octo-dog</li> <li>-banana boats</li> <li>-corn on the cob</li> <li>-orange muffins</li> </ul>	<ul style="list-style-type: none"> <li>-s' mores</li> <li>-bannock on a stick</li> <li>-campfire cones</li> </ul>
Tips	-Use the glowing hot coals to warm up the food. Do not place food directly into the flames as that will burn the food.		



Photo Credit: Van Chau

# Milk Carton Cooking

Description	A milk carton is burned to heat the food inside.		
Equipment	1-litre milk carton, newspaper, water, wash bin, heavy aluminum foil, lighter or matches		
Instructions	<ol style="list-style-type: none"> <li>1. Wrap the food in aluminum foil.</li> <li>2. Then wrap it in a layer of damp newspaper.</li> <li>3. Then wrap a second layer of aluminum foil.</li> <li>4. Repeat with wrapping it with another layer of damp newspaper.</li> <li>5. Finish with a third layer of aluminum foil.</li> <li>6. Place the wrapped food into a clean and empty milk carton.</li> <li>7. Place the milk carton on pavement or rocks.</li> <li>8. Set the milk carton on fire using a lighter or matches. Let it completely burn out.</li> <li>9. Remove the warmed food and enjoy.</li> </ol>		
Suggested Meals	-burritos -fajitas	-submarine sandwiches	-hot dogs -chili dogs
Tips	<ul style="list-style-type: none"> <li>-Make sure to wrap at least two layers of damp newspaper to prevent the food from burning.</li> <li>-To dampen newspaper, soak the newspaper in a tub of water.</li> <li>-It is best to use pre-cooked ingredients as this cooking method will only warm food, not cook it.</li> </ul>		



Photo Credit: Van Chau

# Milk Carton Barbeque

Description	Milk carton barbeque is used to cook simple food.	
Equipment	2-litre milk carton, scissors, aluminum foil, 6 briquettes, metal sticks, chimney starter	
Instructions	<ol style="list-style-type: none"> <li>1. Flatten the top of a 2-litre milk carton.</li> <li>2. Cut one side of the milk carton.</li> <li>3. Wrap the entire milk carton, inside and outside with heavy aluminum foil.</li> <li>4. Place six hot briquettes inside the milk carton.</li> <li>5. Place the food on a metal stick across the barbeque and roast the food.</li> </ol>	
Suggested Meals	-hot dogs -chicken kabobs	-satays -veggie kabobs
Tips	<ul style="list-style-type: none"> <li>-Make sure to use heavy aluminum foil to wrap the milk carton.</li> <li>-Place the milk carton on a fireproof surface such as pavement or gravel.</li> <li>-Use mature hot briquettes (white coals), not flaming briquettes (as these will burn the food).</li> <li>-Use a charcoal chimney starter to heat the charcoal briquettes.</li> </ul>	



Photo Credit: Cyndy Colantonio and Renee Stroud



Photo Credit: Cyndy Colantonio

# Buddy Burner and Tin Can Stove

Description	A buddy burner is a fuel source that is used with a tin can stove.			
Equipment	<p>Buddy Burner: tuna can, plain corrugated cardboard, candle wax or paraffin wax, large tin can, birthday candle</p> <p>Tin Can Stove: large tin can, tin snips, triangle punch can opener</p>			
Instructions	<p><b>Buddy Burner:</b></p> <ol style="list-style-type: none"> <li>1. To melt the paraffin wax, place the wax in a large tin can. Place the large tin can in a large pot of water. Bring water to a boil.</li> <li>2. Cut the cardboard into strips that are the height of the tuna can. Roll the cardboard strips into a compact coil and place inside the tuna can. Fill the tuna can with melted paraffin wax. Add a birthday candle in the centre of the tuna can.</li> <li>3. To use the buddy burner, light the candle.</li> </ol> <p><b>Tin Can Stove:</b></p> <ol style="list-style-type: none"> <li>1. Use a pair of tin snips to cut a door at the bottom of the large tin can. The door should be about 5 cm in width. Fold the flap inside.</li> <li>2. To create vent holes, punch 6-8 triangular holes on the top and bottom outside edge of the tin can.</li> </ol>			
Suggested Meals	<ul style="list-style-type: none"> <li>-grilled cheese sandwiches</li> <li>-sausage English muffins</li> </ul>	<ul style="list-style-type: none"> <li>-fried eggs</li> <li>-bacon strips</li> <li>-hash browns</li> <li>-hot cereal</li> </ul>	<ul style="list-style-type: none"> <li>-pancakes</li> <li>-hot soup</li> <li>-chocolate fondue</li> </ul>	<ul style="list-style-type: none"> <li>-steaks</li> <li>-burgers</li> <li>-seasoned rice</li> <li>-bannock</li> </ul>
Tips	<ul style="list-style-type: none"> <li>-To use a tin can stove, place a piece of aluminum foil on the top surface of the can. Place a buddy burner inside the tin can stove where the door is located.</li> <li>-To put out the buddy burner, turn the tin can stove upside down and place on top of the Buddy Burner to smother the flame.</li> <li>-The tin can stove gets very hot, use oven mitts and tongs.</li> </ul>			



Photo Credit: Annalisa Adam

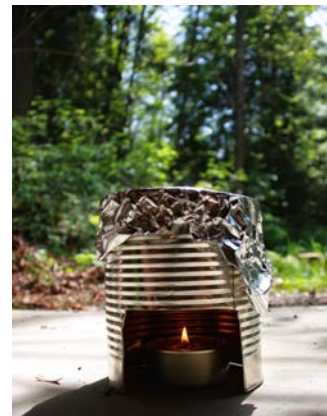


Photo Credit: Van Chau

# Waxed Burlap

Description	Waxed burlap is used to warm the food inside.		
Equipment	piece of burlap, paraffin wax, tongs, large tin can, large pot, hot water, stove, wax paper, lighter, matches		
Instructions	<ol style="list-style-type: none"> <li>1. To melt the paraffin wax, place the wax in a large tin can. Place the large tin can in a large pot of water. Bring the water to a steady boil.</li> <li>2. Dip strips of burlap into the melted wax until the entire burlap is covered. Place the burlap on wax paper and allow it to dry.</li> <li>3. Wrap the food in aluminum foil.</li> <li>4. Wrap it in a layer of damp newspaper.</li> <li>5. Wrap it in a second layer of aluminum foil.</li> <li>6. Repeat with wrapping it in another layer of damp newspaper.</li> <li>7. Wrap the burlap around the wrapped food.</li> <li>8. Place the waxed burlap on pavement or rocks and set it on fire with a lighter. Let it completely burn out.</li> <li>9. Unwrap the food and enjoy.</li> </ol>		
Suggested Meals	-sub sandwiches -hot dogs	-chicken wraps -chili dogs	-burritos -fajitas
Tips	<p>-Make sure to wrap at least two layers of damp newspaper to prevent the food from burning.</p> <p>-It is best to use pre-cooked ingredients as this cooking method will only warm food, not cook it.</p>		



Photo Credit: Van Chau

# Cardboard Box Oven / Tin Foil Oven

Description	A cardboard box oven can be used to bake food with charcoal briquettes.		
Equipment	cardboard box, aluminum foil, tape, two aluminum pie plate, baking rack, charcoal briquettes, four pop cans or soup cans, tongs		
Instructions	<ol style="list-style-type: none"> <li>1. Cover the box and lid of a cardboard box with heavy aluminum foil. Make sure to cover both the inside and outside in several layers of aluminum foil.</li> <li>2. Add some air holes by cutting a 5 cm square in one of the corners with two folded edges.</li> <li>3. Place an empty pie plate upside down as a base on the bottom to prevent burning through the bottom of the box.</li> <li>4. Use tongs to place hot charcoal briquettes on an empty pie plate and place at the bottom of the cardboard box oven.</li> <li>5. Place a can in each of the four corners of the box.</li> <li>6. Place a baking rack over the pie plate on top of the four pop or soup cans that will act as support pillars.</li> <li>7. Place the food to be baked on the baking rack.</li> </ol>		
Suggested Meals	-cookies -muffins	-cakes -scones	-biscuits
Tips	<ul style="list-style-type: none"> <li>-Use this oven only on a fireproof surface such as pavement or gravel.</li> <li>-Use oven mitts to take things out of the oven.</li> <li>-1 charcoal briquette = 35°F in box oven</li> <li>-10 charcoal briquette = 350°F in box oven</li> </ul>		



Photo Credit: Van Chau



Photo Credit: Van Chau



# Reflector Oven

Description	An aluminum oven can be used to bake with charcoal briquettes.		
Equipment	Oven Bottom and Top: flat cookie sheet Oven Four Sides: two large lasagne pans and two small cake pans Coils: round cake pan or square cake pan, but will be a tighter fit Support Pillars: soup cans or tin mint containers, 8 large binder clips		
Instructions	<ol style="list-style-type: none"> <li>1. Place a cookie sheet on the ground as the base of the oven.</li> <li>2. Stand two large lasagne pans up on the sides and two small cake pans on the ends of the cookie sheet. Use two large binder clips to attach the corners of the oven together.</li> <li>3. Place briquettes on the bottom cookie sheet.</li> <li>4. Place a soup can in each of the four corners of the cookie sheet.</li> <li>5. Place a baking rack on the four soup cans that will act as support pillars.</li> <li>6. Place the food to be baked on the baking rack.</li> <li>7. Place the lid (cookie sheet) on the top of the oven.</li> </ol>		
Suggested Meals	-cookies -muffins	-cakes -scones	-biscuits
Tips	<ul style="list-style-type: none"> <li>-Use this oven only on a fireproof surface such as pavement or gravel.</li> <li>-Use oven mitts to take things out of the oven.</li> <li>-1 charcoal briquette = 35°F in box oven</li> <li>-10 charcoal briquette = 350°F in box oven</li> </ul>		



Photo Credit: Annalisa Adam



Photo Credit: Patrice Schoepfner

# Flaming Pizza

Description	Make a pita pocket pizza with burlap and setting it on fire.
Equipment	squares of burlap paraffin wax, tongs, large tin can, large pot, hot water, stove, wax paper, lighter, matches
Instructions	<ol style="list-style-type: none"> <li>1. To melt the paraffin wax, place the wax in a large tin can. Place the large tin can in a large pot of water. Bring the water to a steady boil.</li> <li>2. Dip strips of burlap (15 cm x 30 cm) into the melted wax until the entire burlap is covered. Place the burlap on wax paper and allow it dry.</li> <li>3. Wrap the stuffed pita pocket pizza in aluminum foil.</li> <li>4. Then wrap it in a layer of wet newspaper.</li> <li>5. Then wrap a second layer of aluminum foil.</li> <li>6. Repeat with wrapping it a layer of wet newspaper.</li> <li>7. Finish with a third layer of aluminum foil.</li> <li>8. Wrap the burlap around the wrapped food.</li> <li>9. Place the waxed burlap on pavement or in a campfire pit. Support it with some rocks to allow burning to take place underneath. Set it on fire with a lighter. Let the burlap burn completely.</li> <li>10. Unwrap the pizza and enjoy.</li> </ol>
Suggested Meals	-flaming pizza sandwiches    -pita pocket pizza with English muffins
Tips	-It is best to use pre-cooked ingredients as this cooking method will only warm food, not cook it.

# Tin Foil Dinner / Hobo Dinner

Description	Meals are wrapped in aluminum foil and cooked in campfire briquettes or on a grate over the briquettes.
Equipment	charcoal briquettes, heavy duty aluminum foil, newspaper, tongs
Instructions	<ol style="list-style-type: none"> <li>1. Lay a square of aluminum foil with dull side down. Cover with two sheets of wet newspaper. Cover with another square of aluminum foil, shiny side up.</li> <li>2. Add all your meats (eg. chicken, beef, pork) and vegetables to a piece of aluminum foil. Add desired spices and seasonings (eg. salt, pepper, Worcestershire sauce, etc.).</li> <li>3. Seal the food by carefully folding the aluminum foil at the top. Make sure to leave some room for expansion.</li> <li>4. Place the tin foil package over a bed of glowing coals.</li> <li>5. Rotate the package about half-way through.</li> </ol>
Suggested Meals	-chicken and stir fry    -beef and vegetables    -salmon and herbs
Tips	<ul style="list-style-type: none"> <li>-Use mature hot briquettes (white coals), not flaming briquettes (as these will burn the food).</li> <li>-Double wrap the tin foil dinner with heavy duty aluminum foil.</li> <li>-Turn the tin foil dinner frequently.</li> </ul>



Photo Credit: Annalisa Adam



Photo Credit: Dora Turje

# Turkey on a Tripod

Description	Cook a turkey outdoors with flaming charcoal briquettes while the turkey is dangling from a chain from the centre of a tripod.
Equipment	tripod, chain, 3" three diameter bird cage (4" x 18" chicken wire mesh), thin gauge wire, four rebars (steel bar), charcoal briquettes, heavy aluminum foil, binder clips, chimney starter
Instructions	<p>Tripod:</p> <ol style="list-style-type: none"> <li>1. Set up a tripod on the ground. Dangle a chain from the centre of the tripod.</li> </ol> <p>Coal Towers:</p> <ol style="list-style-type: none"> <li>1. Hammer a rebar into the gravel ground. Form a square inside the perimeter of the tripod. The rebar will support the bird cage.</li> <li>2. Roll the piece of wire mesh into a tall cylinder. Secure the ends of the cylinder together by using thin gauge wire.</li> <li>3. Fill the bird cage up with charcoal briquettes.</li> <li>4. Hang the turkey from the chain that is dangling from the centre of the tripod.</li> <li>5. Wrap the bottom of the tripod leg with aluminum foil, with shiny side facing inside. Continue wrapping the entire tripod and bird cages with aluminum foil until the foil covers the entire height of the tripod. Secure the foil with aluminum clips. This entire apparatus acts like a reflector oven.</li> <li>6. Light the charcoal briquettes.</li> </ol>
Tips	-Use a chimney starter to light charcoal briquettes ahead of time.



Photo Credit: Fraser Skies Area Girl Guides

# Dutch Oven

Description	A Dutch oven is a heavy cast iron pot with feet and a lid. Dutch oven cooking can be done over an open fire or using charcoal briquettes on the lid or under the Dutch oven.			
Equipment	Dutch oven, charcoal briquettes, chimney starter, heavy leather gloves, long handle tongs, vegetable oil, wax paper			
Instructions	<ol style="list-style-type: none"> <li>1. Use a charcoal chimney starter to heat the charcoal briquettes. Pour charcoal into the top. Crumble up a small amount of newspaper and light it on fire. Place the chimney starter over the burning newspaper. Briquettes will be ready in 10-15 minutes.</li> <li>2. Place food into the Dutch oven. Place the lid on top. Add the hot charcoal on top of the lid or below the Dutch oven.</li> </ol>			
Suggested Meals	-stews -soups	-cobblers -cakes	-biscuits -roasts	-breads -vegetables
Tips	<ul style="list-style-type: none"> <li>-For baking, place 2/3 of the briquettes on the lid and 1/3 under the Dutch oven.</li> <li>-For simmering and stewing, place 1/3 of the briquettes on the lid and 2/3 under the Dutch oven.</li> <li>-For roasting, use an even distribution of briquettes on the lid and under the Dutch oven.</li> <li>-Briquettes placed under the Dutch oven should be arranged in a circular pattern about 1/2" from the outside edge of the oven.</li> <li>-Briquettes placed on the lid should be spread out in a checkered pattern. Avoid bunching the briquettes as this causes hot spots.</li> <li>-To prevent hot spots, lift the lid, rotate the Dutch oven by 90° clockwise and then put the lid back on so it is facing the same way it was when you lifted it. This should be done every 15 minutes.</li> <li>-Use plastic cooking utensils to prevent scratching the Dutch oven.</li> </ul>			



Photo Credit: Van Chau



Photo Credit: Van Chau

# Dutch Oven - Cast Iron Basics

A cast iron Dutch oven may be heavy, but with proper seasoning and care, it may be the best type of metal to cook in. You need to make sure that the Dutch oven is free from rust and well-seasoned to make it “stick-free”.

## Seasoning a Cast Iron Dutch Oven

1. Wash with warm water and dish soap. After seasoning, some people feel that cast iron should not be cleaned with soap again. Some disagree with this.
2. Heat your Dutch oven until it is warm to the touch, but not too hot to handle.
3. Smear Crisco or lard on all surfaces.
4. Place in 300°F oven, upside down for one hour.
5. Remove from the oven, wipe off excess oils, store with a paper towel between the pot and the lid to allow for air flow.

## Cleaning a Cast Iron Dutch Oven

1. Be sure all food is removed from the Dutch oven. Do it when the oven is warm.
2. Wash in hot water with mild soap.
3. Dry completely by placing the Dutch oven on a burner on low.

## Storing a Cast Iron Dutch Oven

1. A cast iron Dutch oven needs to be stored completely dry and free from any moisture or oil.
2. Place a paper towel inside the pot and place the lid on the pot.
3. Be sure to leave some of the paper towel hanging outside of the pot to help wick any moisture away.
4. Re-seasoning a cast iron Dutch oven should not be necessary after every use.

Temperature for 12-inch Dutch Oven		
Temperature (°F)	# of Briquettes on the Top	# of Briquettes on the Bottom
300	14	8
325	15	9
350	16	10
375	17	11
400	18	12
425	19	13
450	20	14

# “No Cooking Required” GGC Classics

Jello Tree	
Description	Bags full of colourful Jello hanging from a tree.
Equipment	medium Ziploc bags, mixing bowl, ladle, string, tree, scissors
Ingredients	Jello mix, hot water, cold water
Instructions	<ol style="list-style-type: none"> <li>1. Prepare Jello mixes according to the instructions on the Jello package.</li> <li>2. Pour liquid Jello mixes into a Ziploc bag. Seal tightly.</li> <li>3. Attach a long string to the top end of the Ziploc bag. Hang the bag from a tree branch and leave overnight. The Jello mix will solidify by the morning.</li> </ol>



Photo Credit: Van Chau



Photo Credit: Van Chau

Worms in Dirt	
Description	A tasty, creepily, crawly dessert for camp.
Equipment	spoon
Ingredients	chocolate pudding cup, gummy worms, chocolate GGC cookies
Instructions	<ol style="list-style-type: none"> <li>1. Crush the chocolate classic GGC cookies until they are crumbs.</li> <li>2. Add the crushed cookies on top of pudding so that it looks like a layer of dirt.</li> <li>3. Poke gummy worms into the dirt and pudding.</li> </ol>

## Ice Cream-in-a-Bag

Description	Make ice cream simply by shaking a bag.
Equipment	1 small freezer Ziploc bag, 1 large freezer Ziploc bag, spoon
Ingredients	½ cup half-and-half, 1 tablespoon sugar, 1/3 cup rock salt, 3 cups crushed ice, ½ teaspoon vanilla extract
Instructions	<ol style="list-style-type: none"> <li>1. Add the half-and-half, sugar, and vanilla extract to a small Ziploc bag. Seal the bag carefully, making sure it is completely closed.</li> <li>2. Put the crushed ice and rock salt in the larger bag and then add the filled smaller bag. Seal the large bag, making sure it is closed.</li> <li>3. Shake the bag until the ice cream thickens. Enjoy the ice cream.</li> </ol>



Photo Credit: Van Chau



Photo Credit: Van Chau

## Kick-the-Can Ice Cream

Description	Make ice cream just by kicking the can.
Equipment	1 large three-pound coffee can with a lid, 1 small one-pound coffee can with a lid, duct tape, mallet
Ingredients	1 cup milk, 1 cup sugar, ice, rock salt, ½ teaspoon vanilla extract, 1 cup whipping cream,
Instructions	<ol style="list-style-type: none"> <li>1. Pour milk, cream, sugar and vanilla into the small coffee can. Mix.</li> <li>2. Place the lid on the coffee can. Secure the lid with duct tape.</li> <li>3. Put the one-pound coffee can inside the three-pound coffee can.</li> <li>4. Pack ice and salt around the smaller coffee can.</li> <li>5. Place the lid tightly on the large coffee can. Kick the large coffee can around for 10-15 minutes. Enjoy the ice cream in the can.</li> </ol>



# Trex – Kayaking Sansum Narrows



In July, four Pathfinder-aged girls from 1st Island Trex headed out on an amazing kayaking adventure with two of their Trex leaders and a trained third-party kayaking guide. The kayaking specialist, who coincidentally was a Girl Guide leader, took us out of Maple Bay (near Duncan, BC) for three fabulous days of sea kayaking and two nights of adventure camping in the secluded Sansum Narrows Marine Park, that can only be accessed by water.



Photo Credit: Michelle LeBrun



Photo Credit: Michelle LeBrun

After brushing up on our wet water exits and emergency kayak rescue techniques, we were raring to go. High winds and stormy weather initially delayed our trip 24-hours, but the wait was certainly worth it when we finally set off in beautiful weather the next morning. The wet exit and emergency rescue trainings were also well worth it. One of our girls unexpectedly flipped her kayak in the strong ocean current and was grateful that she had practiced these techniques.

The paddling was amazing and provided some great opportunities to catch up and try some new things like hammock camping and survival techniques. Along with the seals, otters and herons that we expected to see, came the surprise viewing of four orca whales swimming in the inlet and a whale's baleen sitting on the beach.

It was an excellent trip and we would strongly encourage Guiders to consider this as an option for their units. Our third-party service provider was wonderful, and she took care of all the safety and logistics on the water, while our own Guiders took care of operations when the group arrived at camp. Using a TPSP is a great way to gain valuable experience and get some much-needed paddling nights under our belts and onto our adventure trip logs. Lots left to learn, and we look forward to doing this again. What a great finale to our Guiding Year!



Photo Credit: Michelle LeBrun

Submitted by: Michelle LeBrun and Dora Masters (1<sup>st</sup> Island Trex Leaders)

# Introducing Pacific Shores Area Camping Adviser – Kevin Breakey



Hometown	Nanaimo
Current District and Area	Nanaimo Piper District (Pacific Shores Area)
Other Hats in Guiding	District Commissioner, Pathfinder and Ranger Guider, Quartermaster, and Area Special Consultant

FAVOURITES	<p><b>Favourite part of being an Area Camping Adviser:</b> I get to spend time with girls and Guiders, whether it is camping with them or helping them prepare for camp, or being invited to join in on camping activities.</p>
	<p><b>Favourite place to camp with your family:</b> N/A</p>
	<p><b>Favourite place to camp in BC with Girl Guides:</b> Camp Creina in Duncan (Pacific Shores Area)</p>



**What is the best part of Girl Guide Camp?**  
Camping with girls and Guiders and watching their camp skills grow, and seeing all the smiles.

**What is your favourite memory of camping with Girl Guides?**  
I have too many to count. Each camp brings it's own favourites.

**If you had to pick one thing that you'd say you're an expert at, what would it be?**  
Teaching hands-on camping skills.

**What is your "signature thing" at camp?**  
Providing fun, challenges and good food for both girls and Guiders.

**What are you looking forward to doing during your term as the Area Camping Adviser?**  
I have just finished my second year as Area Camp Adviser. I would like to see more girls and Guiders out camping. I would like to provide them with support.

# LAND OF THE SILVER BIRCH

Land of the silver birch  
Home of the beaver  
Where still the mighty moose  
Wanders at will

Swift as a silver fish  
Canoe of birch bark  
By mighty waterways  
Carry me forth



Blue lake and rocky shore  
I will return once more  
Boom diddy boom boom  
Boom diddy boom boom  
Boom diddy boom boom, boom.

Blue lake and rocky shore  
I will return once more  
Boom diddy boom boom  
Boom diddy boom boom  
Boom diddy boom boom, boom.

My heart is sick for thee  
Here in the lowlands  
I will return to thee  
Hills of the north

There where the blue lake lies  
I'll set my wigwam  
Close to the water's edge  
Silent and still

Blue lake and rocky shore  
I will return once more  
Boom diddy boom boom  
Boom diddy boom boom  
Boom diddy boom boom, boom.

Blue lake and rocky shore  
I will return once more  
Boom diddy boom boom  
Boom diddy boom boom  
Boom diddy boom boom, boom.

## CANOE SONG

My paddle's keen and bright, flashing with silver.  
Follow the wild goose flight,  
Dip, dip and swing.  
Dip, dip and swing her back, flashing with silver.  
Swift as the wild goose flies,  
Dip, dip and swing.



Photo Credit: Van Chau

# Graces at Camps

Singing a grace before every meal at camp is a Guiding tradition. A grace is usually short, simple, and fun to sing. It is nice to thank those responsible for the food that we eat.



## Alphabet Grace

(to tune of the first lines of "The Alphabet Song")

A-B-C-D-E-F-G

Thank you, cooks for feeding me.

## Superman Grace

Thank the coook, for making us food,  
Thank the coook, for making us food,  
For the food we eat, and the friends we meet,  
Thank the coook, for making us food.  
Look's great!

## Addams Family Grace

(to tune of the "Addams Family")

Da duh da duh (snap fingers twice)  
Da duh da duh (snap fingers twice)  
Da duh da duh, Da duh da duh, Da duh  
da duh (snap fingers twice)

We're thirsty and we're hungry  
The food looks mighty yummy  
We want some in our tummies  
And so we thank the cook

Da duh da duh (snap fingers twice)  
Da duh da duh (snap fingers twice)  
Da duh da duh, Da duh da duh, Da duh  
da duh (snap fingers twice)

## Mmm Grace

(to the tune of "Linger")

Mmm – I am so thankful.

Mmm – that we're together.

Mmm – to share this food with each of you.

## A Mabel Lake Morning

We give thanks to our friends,  
We give thanks for our bread,  
We give thanks for the blessings,  
Of the day that lies ahead.

## Hand (Spoken)

Thank you for the hands that sow the grain.

Thank you for the hands that fish the sea.

Thank you for the sunshine and the rain.

Thank you for the hands that care for me.

Actions:

Sow the grain – throwing seeds from one hand onto the ground

Fish the sea – reel in the fish

Sunshine – arms up to represent the sun

Rain – rain falling like in itzy bitzy spider

Care for me – but hands to heart

## Boom Boom TA-RA-Ra

(to tune of the "Roll Out the Barrel")

Give thanks for good friends,  
We have a barrel of fun.  
Give thanks for good food,  
We won't waste one single crumb.  
Boom Boom Ta-Ra-Ra!  
Sing out a song of good cheer.  
Now's the time for us to give thanks.  
The food and friendship's here!

## Campfire Grace

(to the tune of "Fire's Burning")

We're thankful,  
We're thankful,  
For friendship,  
For friendship,  
And for good food,  
And for good food,  
And hands that prepare it.

## I'm a Knife, Fork, Spoon, Spatula

(to the tune of "If You're Happy and You Know It")

I'm a knife, fork, spoon, spatula  
Cha Cha Cha  
I'm a knife, fork, spoon, spatula  
Cha Cha Cha  
I'm a knife, fork, spoon  
I'm a knife, fork, spoon  
I'm a knife, fork, spoon, spatula

Actions:

Knife – clasp your hands together  
straight over your head  
Fork – hold your arms apart like a fork  
Spoon – arms over your head in a circle  
Spatula – hold your arms more square  
than you did for the fork  
Cha, cha, cha – wiggle your hips side to  
side and move down

## Food and Fun and Friendship

(to tune of the "Addams Family")

Da duh da duh (snap fingers twice)  
Da duh da duh (snap fingers twice)  
Da duh da duh, Da duh da duh, Da  
duh da duh (snap fingers twice)

We're thankful for the giving  
Of things we need for living  
Like food and fun and friendship,  
To get us through the day.

## Rumble Rumble

(to the tune of "Twinkle, Twinkle, Little Star")

Rumble, rumble tummy loud.  
It's now time to feed the crowd.  
As we share this grace and meal,  
Tell your neighbour how you feel.  
Thank you for the food we eat,  
Friends we make and those we keep.

## Eat, Eat, Eat Your Meal

(to the tune of "Row, Row, Row Your Boat")

Eat, eat, eat your meal  
The better you will feel  
The more you eat, the less you talk  
The better you will feel.

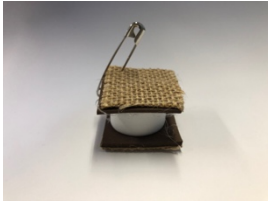
## Rub a Dub Dub

Rub a dub dub,  
Thanks for the grub.



# Trader's Corner – Hat Craft Ideas

## S'more



Materials: brown fun foam, burlap scrapbooking paper, white fun foam cylinder, hot glue

Instructions:

1. Cut out two square pieces of brown fun foam.
2. Cut out two square pieces of burlap scrapbook paper.
3. Glue the burlap paper to the fun foam.
4. Glue the white fun foam cylinder in between the brown fun foam.

## Canoe



Materials: brown fun foam, tan fun foam, white thread, needle, hot glue

Instructions:

1. Cut out brown fun foam in the shape of a canoe.
2. Cut out tan fun foam in the shape of a paddle.
3. Sew the two ends of the canoe together with thread.
5. Glue the paddle to the side of the canoe.

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# Wide Game

## Chariot Race

Materials: belt, ribbon or cloth

Instructions:

1. Divide the girls into groups of three.
2. Two girls will be the "horses". The two girls will link arms.
3. The third girl will be the "charioteer". This girl holds the belts of the two horses. The charioteer has a ribbon or cloth hanging on her belt at the back.
4. On a signal, teams move around.
5. The horses will try to snatch the ribbons from the belts of other charioteers, while twisting and turning to prevent their charioteer's ribbon from being snatched.
6. Any team that loses its ribbon, must drop out.
7. The winning team is either the last chariot or the chariot that captures the most ribbons.

Variation of the Game: Use two colours of ribbon. Teams with the same colour ribbon work together.

# Recipes

## Campfire S'more Cones (aka S'more Pedoes)

### Ingredients:

mini-marshmallows	strawberries	raspberries
mini-chocolate chips	waffle cones	bananas

### Equipment:

aluminum foil	tongs
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### Instructions:

1. Fill the waffle cone with diced fruits, mini-marshmallows and chocolate chips.
2. Wrap the waffle cone with aluminum foil.
3. Place on hot embers long enough to melt the chocolate and marshmallows. Do not place directly on an open fire because this will burn the cone.

## Banana Boats

### Ingredients:

1 banana	chocolate chips	mini-marshmallows
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### Equipment:

aluminum foil	knife	spoon
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### Instructions:

1. Slice the banana length-wise, but not all the way. Do not take off the peel.
2. Fill the banana with marshmallows and chocolate chips.
3. Wrap the banana in aluminum foil and cook over coals until the marshmallows and chocolate chips are melted.

## Armpit Fudge

### Ingredients:

½ cup powdered sugar	2 teaspoon cream cheese	vanilla extract
2 teaspoon cocoa	1 tablespoon butter	

### Equipment:

1 large Ziploc bag

### Instructions:

1. Add all the ingredients to the Ziploc bag. Seal the bag carefully.
2. Squish the contents of the bags under your armpit to warm and mix until smooth.

## Campfire Bannock

### Ingredients:

4 cups of flour                      8 tsp baking powder                      1 tsp salt  
3 cups cold water                      1 tsp sugar

### Equipment:

roasting sticks                      metal bowl  
wooden spoon



### Instructions:

1. Mix the dry ingredients and stir in enough water to make a thick batter.
2. Wrap the batter around the roasting stick. Cook on the fire until it is brown.

## Ranger Bars

### Ingredients:

½ cup chopped walnuts                      1 cup peanut butter  
1 ¼ cup chocolate chips                      1 teaspoon vanilla  
½ cup unrefined coconut oil                      ½ cup honey  
2 cups dry oats (not instant)                      1 cup shredded coconuts

### Equipment:

metal bowl                      wooden spoon                      9" x 13" pan



### Instructions:

1. Melt peanut butter, honey and coconut oil over medium-low heat.
2. Once melted, remove from heat and add oats, shredded coconut, chocolate chips and vanilla extract.
3. Stir until chocolate is entirely melted.
4. Pour into a 9" x13" pan and cool in the fridge.
5. When it's set, cut into bars and enjoy. Store in the fridge.

## Chocolate Eclairs

### Ingredients:

Pillsbury dough                      instant chocolate pudding

### Equipment:

roasting stick                      aluminum foil                      Pam spray

### Instructions:

1. Wrap the end of a roasting stick with aluminum foil.
2. Spray with Pam.
3. Wrap the dough on the roasting stick and roast over the fire until golden brown.
4. Remove from the dough from the roasting stick.
5. When the dough is cool enough to touch, fill it with the pudding mix.