



Photo Credit: Van Chau

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A Message from the BC Camping Committee

Dear BC Guiders,

We like to believe that camping is the favourite part of Guiding. We hope your units had some exciting outdoor adventures this year, whether it was a hike, camping in a hut or tenting under the stars. To those Guiders and girls who are going on some BC sponsored camping trips this summer, have fun and enjoy the experience with your new friends. Happy Camping!

Upcoming Camping Events

Dates:

July 5-8, 2019

July 11-14, 2019

July 21-26, 2019

July 27-August 8, 2019

August 1-14, 2019

August 2-14, 2019

August 23-25, 2019

August 23-28, 2019

September 6-8, 2019

September 20-22, 2019

October 11-13, 2019

Camps:

OAL Module 8: Cycling Kettle Valley

OAL Module 8: Backpacking Strathcona

Taste of Adventure (Williams Lake)

DAWN Newfoundland

Voila Quebec

LEAP Ontario

OAL Module 8: Canoeing Christina Lake

Pacific Coast Experience (Whistler)

OAL Module 8: Kayaking Sechelt

Mix It Up (Mission)

Pathfinder Glamp Camp (Keats Island)



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 > Contact Us



Position:

BC Camping Adviser

BC Trex

BC Camping Events

BC Camping Headlamp

Email:

bc-camping@girlguides.ca

bc-adventuretrex@girlguides.ca

bc-campingevents@girlguides.ca

bc-campingheadlamp@girlguides.ca

Camp Chatter Around the Province

Fraser Skies Area and West Coast Area hosted **Paddle, Pedal and Pack** for Pathfinders over the May long weekend. The girls had the chance to camp at Honeymoon Bay, cycle to Cultus Lake for ice cream, paddle a voyageur canoe, hike up Teapot Hill and Seven Sisters, and learn from Chilliwack Search and Rescue.



Photo Credit: Van Chau

Brownies from Pacific Shores Area and South Vancouver Island Area gathered at Camp Creina in May for **Brownie Night Owl Camp**. Some of the girls slept in cabins while the rest toughed it out in platform tents. It was a beautiful weekend to make sit-upons, learn first aid, practice making their bedroll, play wide games and sing campfire songs with friends.



Photo Credit: Jenny Hall

The 2nd Fraser Skies Area Trex canoed to Widgeon Creek and went on a hike to Widgeon Lake to see waterfalls in April. The girls also had the exciting opportunity to learn surfing for two days in Tofino in May. The girls ended off the Guiding year with camping in Manning Park.

West Coast Area hosted a **Just Gotta Camp** at Woodward's Landing for Sparks and Brownies. The girls enjoyed camp cooking, making crafts, learning camp skills and singing around the campfire.

Lions Area hosted their **25th Annual Camp Skills Day** in April. The girls learned all the camping basics like fire safety, lighting a stove, cooking outdoors, and putting up shelter.




Photo Credit: Lions Area Girl Guides

Did You Know ...


LAST CALL!

Once these items are sold out, they will no longer be available.

Geocoin




BC Camping Challenge




NEW!

Hot off the presses. These crests are now available for ordering.


Let's Camp S'more



Fairies and Friends



Sparks Go Wild at the Palace




Stories for Headlamp

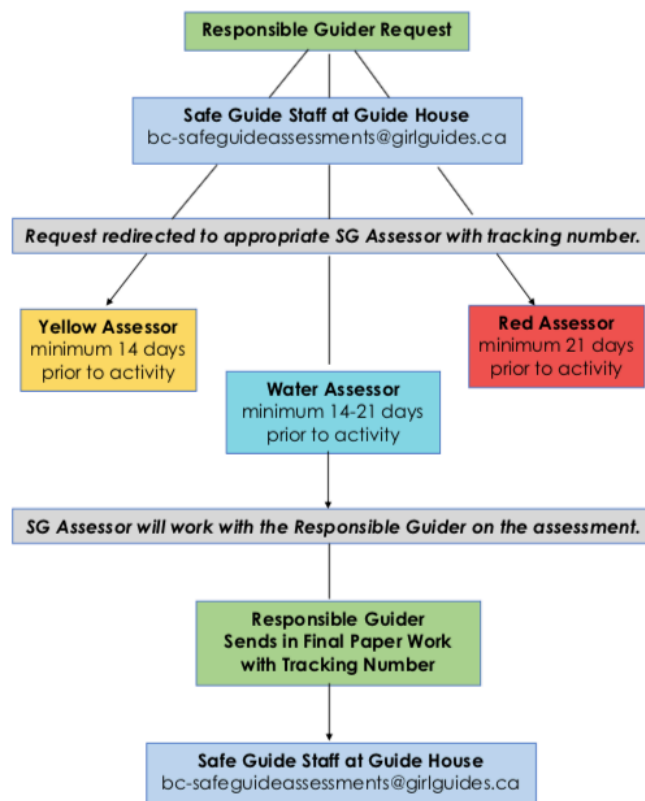
The BC Camping Committee is looking for great camping stories to be featured in future Headlamp newsletters. We would love to hear about the great things that happen at camp around the province. Please share your wonderful and fun camp experiences. If your story is published, you will receive a BC Camping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

Send your story to: bc-campingheadlamp@girlguides.ca



Safe Guide Procedures for Camps

1. Complete all **Safe Guide Forms** (eg. **SG1, SG2, SG3 and SG4**) for camp. Additional SG Forms (eg. **SG5** and **SG7**) may be required for activities.
2. **Provincial Emergency Contact for GGC** on the SG4 Form is: **1-888-884-2711**
3. Email all the SG Forms and information to:
bc-safeguideassessments@girlguides.ca
This email is only monitored during office hours at Guide House. 
4. BC Girl Guides will forward your paper work, with a **tracking number**, to a **Safe Guide Assessor** to assess your camp for acknowledgement or approval. Yellow activity is acknowledged and red is approved. Please follow up with the SG Assessor directly if you have not heard from her within 48 hours.
5. The Safe Guide Assessor will be in contact with the Responsible Guider.
6. Once camp is over, all SG Forms with the tracking number are to be sent electronically to: **bc-safeguideassessments@girlguides.ca**
7. After all forms are accepted by the provincial office, all forms should be shredded or destroyed.



GiRLS FIRST

Introducing the new **Program Area** to the Girls First Program – **Into the Outdoors**. It celebrates all that Girl Guides do outside, from camping to outdoor survivor skills and protecting our ecosystems.

There are three **Themes** for Into the Outdoors:

1. **Nature Discoveries**
2. **Camping Skills and Adventures**
3. **Our Shared Planet**



Explore all the fun new activities and challenges the new themes have to offer. Share your favourite outdoor activities, instant meetings and challenges with other Guiders across Canada. Drive your own Guiding experience. Track your unit's Guiding adventures and achievements. Let the girls take the lead by having them fill out the branch record sheets for Girls First. Go to the "Program Delivery" section in Member Zone.



If you have questions, you can contact the Girls First Team at girlsfirst@girlguides.ca





SOAR 2020



Photo Credit: 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.

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 born in 2005-2007 Rangers 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

Follow SOAR 2020 on Social Media:



BC CAMPING SKILLS CHALLENGE

The new **BC Camping Skills Challenge** has different challenges for each of the branches in Guiding. This allows girls to build their camping skills and become confident campers. There are four categories for the activities:

Leave No Trace – mandatory

Camping Experiences – complete 5 activities

Camp Cooking – complete 3 activities

Overnight – mandatory

Here is a sneak peek of the six challenges.



	<p>SPARKS</p> <p>Be a No Trace Camper -Leave your campsite in better condition than you found it.</p> <p>Camp Experiences -Learn about being safe outside (Hug-a-Tree Program). -Play a compass game to learn the cardinal directions.</p> <p>Camp Cooking -Roast hot dogs, s'mores, etc. -Mix batters, peel carrots/apples, etc.</p> <p>Overnight -Participate in a day camp in an outdoor environment.</p>
	<p>BROWNIES</p> <p>Be a No Trace Camper -Leave your campsite in better condition that you found it.</p> <p>Camp Experiences -Pack your own gear for camp and carry it to your sleeping area. -Set up, light, and safely extinguish a campfire.</p> <p>Camp Cooking -Cook on Buddy Burners or flower pot BBQ. -Participate in creative cooking ("kick the can" ice cream, armpit fudge, pie iron cooking).</p> <p>Overnight -Sleep over for a minimum of 2 nights in any accommodation.</p>



GUIDES

Be a No Trace Camper

-Leave your campsite in better condition that you found it.

Camping Experiences

-Put up a tent, take down and pack up a tent.
-Prepare your camp duty roster including which activities need doing (cooking, cleaning, latrines, wood/water).

Camp Cooking

-Cook using a different method (camp stove, buddy burner, campfire, etc.).
-Light a propane or white gas stove and lantern.

Overnight

-Sleep over for a minimum of 2 nights in a tent.



PATHFINDERS

Be a No Trace Camper

-Leave your campsite in better condition that you found it.

Camping Experiences

-Learn about camping equipment repairs.
-Pitch a tent when the use of pegs is not possible.

Camp Cooking

-Dehydrate and hydrate food.
-Try more difficult creative cooking such as flaming burlap pizza.

Overnight

-Go Adventure Camping or Tripping for a minimum of 2 consecutive nights.





RANGERS

Be a No Trace Camper

-Explain the principles of No Trace Camping to someone.

Camp Experience

-Complete the Safe Guide forms for camp.

-Use a tech device such as SPOT, InReach, etc.

Camp Cooking

-Plan and carry out a camp using food for lightweight camping.

-Lots of people have food allergies. Try making your entire camp allergy free and have everyone eat that diet (such as gluten free, vegetarian, dairy free, etc.).

Overnight

-Go Adventure Camping or Tripping for a minimum of 2 consecutive nights.



TREX

Be a No Trace Camper

-Explain the principles of No Trace Camping to someone.

Camping Experiences

-Demonstrate how to properly pack a kayak, canoe, bicycle or trekking horse.

-Learn about campsite selection in relation to cooking, water, biffies, bear caches, environment, etc.

Camp Cooking

-Cook your entire meal on a fire, where/when regulations permit.

-Learn about and practice water purification methods and hydration needs.

Overnight

-Go Adventure Camping or Adventure Tripping for a minimum of 2 consecutive nights sleeping in a tent, an emergency shelter, a hammock or under the stars.



Trex – Nite Trek 2019



Photo Credit: Nycki Wannamaker

The annual **East Kootenay Nite Trek** was amazing this year thanks to the hard work of several people. Kimberley and Fernie Trex took on the organization and implementation of this popular event for the past few years. The girls from the Trex unit played a huge role in leading this huge co-ed, multi-unit event. This year, the event took place on May 4, 2019 to highlight the theme "May the Fourth Be with You". Patrols came dressed up and decorated their sites with space themes. Stations had space-themed activities like light saber fights, mind tricks and even a cantina for the food station.



The trail was 13.5 km, consisting of hiking and town paths. All the teams competed throughout the night and the last team came in just before 6:00am. The Awards Ceremony included funny stories from participants and inspiring success stories. One girl shared that she was suffering from PTSD after a recent battle with brain cancer. She was sure she would not finish and was concerned that someone would have to bring her back to camp when she was ready to quit. Through the support and encouragement of her team and camp staff, she was able to finish the entire course and beamed with pride that she did it! Based on all the positive feedback, this may have been the best Nite Trek yet.

Submitted by: Nycki Wannamaker (Fernie Trex Leader)

Introducing the Provincial Camping Adviser – Cindy McInnis



Hometown	Surrey
Current District and Area	Clover Ridge (Fraser Skies Area)
Other Hats in Guiding	Fraser Skies Area Events Team

FAVOURITES	Favourite part of being a Provincial Camping Adviser: I really like creating camping experiences for the girls. I also love working with all the amazing ladies on the BC Camping Committee.
	Favourite place to camp with your family: Okanagan
	Favourite Place to Camp in BC with Girl Guides: Camp McLanlin in Abbotsford (Fraser Skies Area)



What is the best part of Girl Guide Camp?

I like watching the girls plan and run campfire.

What is your favourite memory of camping with Girl Guides?

The girls snuck into my platform tent and filled it with balloons. I discovered the balloons when I went back to my tent. As I climbed onto my cot, balloons started popping one by one.

If you had to pick one thing that you'd say you're an expert at, what would it be?

I always find the silver lining in every situation.

What is your "signature thing" at camp?

Toaster 9000 (sleeping bag)

What are you looking forward to doing during your term on the BC Camping Committee?

I am looking forward to making more fun opportunities for the girls to keep them involved in Guiding.

Introducing the Area Camp Advisers

AREA	CAMPING ADVISER
Lions Area	Maureen Rennie
Kootenay Area	Cheri Poznikoff
Lougheed Area	Lorraine Pogue
Monashee Area	Danova Collins Turner
Fraser Skies Area	Stephanie Gallant
West Coast Area	Carrole Cooledge
Rivers North Area	Colleen Mahonay
Pacific Shores Area	Kevin Breakey and Teresa Marshall
Thompson Nicola Area	Jessica Loughton
South Vancouver Island Area	Araina Golding



For information on how to contact your Area Camping Adviser, ask your District Commissioner or Area Commissioner or email Cindy McInnis, the BC Camping Adviser at: bc-camping@girlguides.ca



TALL TREES

Tall trees the reach the sky
 Mountains and lakes nearby
 Draw near, my friends
 Come sing, my friends
 Our campfire time is nigh.

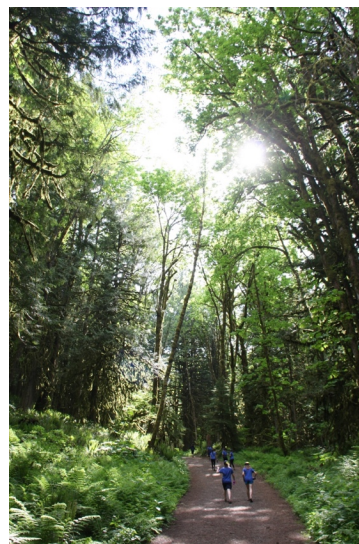


Photo Credit: Van Chau

Trader's Corner – Hat Craft Ideas

Knots Kit



Materials: small plastic bag, rope, knot cards, safety pin

Instructions:

1. Cut two pieces of rope (20 cm in length) and place them in a small plastic bag.
2. Create some knot cards with simple diagrams of how to tie the knot. Knots could include: reef knot, bowline, sheet bend, figure eight, clove hitch, etc.
3. Assemble the knot cards into a mini-booklet and fasten with a safety pin.

Water Canteen



Materials: 2 plastic bottle caps, white pony bead, blue electrician tape, blue cord, safety pin, hot glue

Instructions:

1. Glue 2 plastic bottle caps together.
2. Attach the blue cord on the sides of the bottle cap.
3. Wrap electrician tape around the bottle caps.
4. Glue the white pony bead to the front of the bottle caps.

Wide Game

Jail Break

Materials: different colour handkerchiefs for cops and jailor

Instructions:

1. There are two “cops” and one “jailor”. Give the cops and jailor each a handkerchief to wear around their necks to help identify them.
2. The rest of the girls are “robbers”.
3. Pick a central open location to be the “jail”. This could be a picnic table.
4. The robbers will have one minute to go hide before the cops go out to find and try to catch them.
5. If a robber is tagged by a cop, she has to go to jail.
6. Other robbers can try to free the captured robber by trying to make a “jail break”. They can do this by sneaking up to the jail, without being tagged by the jailor, and tagging the robber. This robber gets a free walk home to the safe zone.

Recipe

Candy Sushi

Ingredients:

Rice Krispies cereal
butter

Swedish fish
gummy worms

mini-marshmallows
sprinkles

Fruit roll up

Instructions:

1. Add 2 tbsp of butter to a pot. Stir until the butter is melted.
2. Add 2 cups of marshmallows to the pot. Stir the mixture until the marshmallows are melted.
3. Add 3 cups of Rice Krispies cereal to the pot until it is completely covered in the marshmallow mixture.
4. Press the Rice Krispies into a non-stick baking pan lined with wax paper.
5. Place some gummy worms and mini-marshmallows on the edge of the Rice Krispies mixture.
6. Use the wax paper to help roll the Rice Krispies mixture around the mini-marshmallows and gummy worms to form a log.
7. Use a knife to cut the log into 3 cm-thick round chunks.
8. Wrap a strip of Fruit roll-up around the Rice Krispies round.
9. Add some sprinkles to the rounds that are not wrapped in Fruit roll-up.
10. To make "nigiri", cut the Rice Krispies into small rectangular logs. Add a Swedish fish on top and then wrap a thin strip of Fruit roll-up around the nigiri.



Photo Credit: Van Chau

BC Camping Committee



Photo Credit: Erin DeBruin

BC Camping Committee (from left to right): Van Chau, Dora Masters, Julie Ramsay, Jeannie Crivea, Cindy McInnis, Annalisa Adam, Janice Bold, Erin DeBruin and Nycki Wannamaker

Thank You

The BC Camping Committee would like to thank **Erin DeBruin** for her time and dedication to the committee for the past five years. Erin has made a huge impact on camping in BC as the **Adventure Camping and Trex Coordinator**. Her enthusiasm and energy will be greatly missed. We wish Erin all the best with her new role as the BC Safe Guide Adviser. The BC Camping Committee looks forward to collaborating with her in this capacity on future projects.

