

The Headlamp



A Message from the BC Camping Committee!

Committee members wanted!!

Dear BC Guiders,

We like to think that camping is the very best part of Guiding! So... do you like to camp? Would you like to help us get girls and Guiders out camping more? Come join us and help us to create tools and events to get girls and Guiders outside! The BC camping committee is looking for enthusiastic Guiders to join us.

- ◆ Are you interested in being a part of an amazing team who works towards getting our girls and Guiders camping?
- ◆ Are you well organized and able to help with creating new Camp to Go?
- ◆ Do you enjoy being a part of creating Guiding challenges?
- ◆ Are you well organized and like to help create camping related resources?
- ◆ Do you enjoy helping to organize larger events?
- ◆ Do you like to be a part of and help with organization of larger events such as Mix It Up and Guide Jubilee?
- ◆ Would you like to help encourage and support Area's to host residential and tenting events?
- ◆ Are you interested in being a part of an amazing team who works towards getting our girls and Guiders camping?

If any of these types of activities interests you, and you would like to apply to become a member of the BC Camping Committee please fill out the [application form](#) on the BC Girl Guide website and send to camp@bc-girlguides.org.



Upcoming Camps

- Rovent (R)- February 2018, Cambie Creek Nordic Area, Manning Park, <http://www.rovent.ca/>
- Guide Jubilee (G) - May 18-21, 2018 Camp McLean - Langley, B.C
- Skeeter (R) - Nanaimo <http://www.skeeter.ca/>
- ROAM 2018 (P)- Follow the Gold Rush Trail July 5-15, 2018
- Pathfinder Paddles (P) July 14-21, 2018 Murtle Lake
- Mount Assiniboine - Backpacking (R) July 19-26, 2018
- More Seaside Fun (B G P) August 2018, Camp Olave <http://www.campolave.com>
- Trex Rendezvous (T) October 5-8, 2018 Camp Jubilee, Deep Cove



Nelson Guides go exploring

Girl Guide camping chatter around the province:

- ◆ Thank you the SOAR Committee and all the Core Staff that put on an incredible camp. The adventure will be remembered for years to come.
- ◆ Shout out to all the Patrol Guiders who took time out of their summers to bring Guides, Pathfinders, and Rangers to SOAR.
- ◆ All the behind the scenes people who made SOAR possible.
- ◆ Thank you to all the Guiders & Troop Leaders who brought their girls to MIU. To all the Rangers who volunteered as core staff at MIU.
- ◆ Congratulations to the Lions Area for organizing a Wilderness First Aid weekend at Camp Olave for Guiders in September.
- ◆ Thank you to our amazing Area Camping advisors that finished their terms and welcome to the new advisors stepping into these positions.
- ◆ Shout out to all the participants for going on the Module 8 Canoeing in August and taking that next step in their OAL Adventure training. Thank you to Erin Debruin for making it possible for these Guiders to move forward in their OAL training.
- ◆ Way to go to all the Girls and Adults who have lent a hand at all Fall work parties to keep our camps/properties in ship-shape condition
- ◆ To the unit guiders who are using the “Camps to Go” and “Camping Challenges” to plan fun camps and adventures
- ◆ Thank you to all the Girl and Adult members who do such an amazing job selling cookies so that we can support Provincial Camping Opportunities for everyone around BC
- ◆ Way to go West Coast Area and Pacific Shores Area for providing their Pathfinders and Rangers wonderful Iron Chef competitions.
- ◆ Wow, the Lions Area Training Committee put on a Pathfinder and Ranger "Challenge Spectacular" in October. It was a day of challenges/stations where they earned points and prizes based on their camp skills.

Know Your Area Camping Adviser

Fraser Skies Area:
Stephanie Gallant

Kootney Area:
Tamara Mclean

Lions Area:
Karley Mathieson

Lougheed Area:
Lorraine Pogue

Monashee Area:
Kelly Shearing

Pacific Shores Area:
Kevin Breakey and Skip Marshall

Rivers North Area:
Laura Allgrove

SVI Area:
Araina Golding

Thompson Nicola Area:
Debbie Jestin

West Coast Area:
Carol Coolegde

For information on how to contact
your Area Camping Adviser, ask
your District/Area Commissioner



Stories for Headlamp

Headlamp is looking for great camping stories to be featured in future newsletters. We would love to hear about the great things that happen to everyone while they are at camp. Please share your wonderful and your not so wonderful stories with Headlamp it could be something funny, how you incorporated a great theme, how you survived a week of rain, or anything you want to share. If your story is published you will receive a prize.

Please send your stories to: camping.headlamp@bc-girlguides.org

“NEW” Sun Down To Sun Up Challenge

The goal of the Sun Down to Sun Up Challenge is to get girls experiencing the wonders of the night. Ideally this challenge will be done in a sleepover or camp setting.

To complete the challenge each girl is required to complete the following number of challenges according to her branch level. There are 6 different categories and they need to complete a minimum of 1 per category.

- Sparks – 6 challenges
- Brownies – 7 challenge
- Guides – 8 challenges
- Pathfinders/Rangers -9 challenges

Try some of the following fun examples of the 6 different categories:

ARTS: Plan and lead a campfire for your camp/event
Play 2 different night games.

FOOD: Hold a gourmet s'mores bake off.
Find an overnight recipe such as cinnamon buns or a breakfast casserole and make it, have fun all night long.

SCIENCE: Make your own glow sticks / glow bottles.
Learn about the sun and moon.

COMMUNITY: Do a service project (care bags, blankets, coat/mitt drive) for those that use our emergency services at night.

NATURE: Invite in a local astronomy club to help you explore the night sky.

OUTDOOR SKILLS: Build an emergency shelter from minimal supplies and sleep in it if you can or learn how to navigate by moonlight.

Under the Boughs

Under the Boughs is a camp that can be hosted by Areas, Districts, or groups of units. The idea of the camp is primarily for Pathfinders, but it can certainly be adjusted for Rangers or even Guides. Under the Boughs is often done as a winter camp, but it can be a Spring, Fall, or Summer camp as well, anything that is hosted 'under the boughs'. The BC Camping Committee provides toques for order for Under the Boughs in a different style each year with the Under the Boughs logo printed on them.

This year the Pathfinders, Rangers, and Trex have voted on which toque style they would like to see. The results are in from the survey and they have chosen the White, Grey, and Black Toque this year.

Under the Boughs toques (\$8.00 BC) and Under the Boughs crests (\$1.00 BC units. \$1.50 outside BC plus \$5.00 shipping) can be ordered from the BC Girl Guides website. Toques can be provided in advance, but please allow five to six weeks for delivery.

To place an order:

·By check: include a check made out to BC Girl Guides -BC Council and mail the check and order form to:

Girl Guides of Canada-BC Council
Attention: Under the Boughs Toques
1476 W 8th Ave.
Vancouver, BC V6H 1E1.

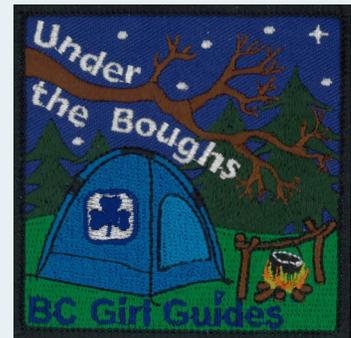
·By credit card: email the completed order to crests@bc-girlguides.org and then phone 604-714-6636 extension 123 or toll free 1-800-565-8111 (during office hours) and give your order and credit card information.



Glow in the Dark



Shutterstock



BC Camping Opportunities:



Guide Jubilee

Guide Jubilee is an opportunity for Guides and their Guiders from around BC to come together and enhance their tent camping and leadership skills. Guide Jubilee is a bi-annual event that is hosted by the BC Camping Committee at locations throughout BC.

When: May 18-21, 2018

Where: Camp McLean - Langley, B.C.

Who: This event is open to Guides, to come as a Patrol of four (4) girls and one (1) leader

Cost: \$315 per patrol including GST (4 girls and 1 Guider). Event fee includes transportation, food, program and supplies, t-shirt, and crest.

Patrol expressions of interest were accepted until 7:00pm on **Monday, October 30th, 2017.**

PLEASE NOTE:

Space is limited to 25 patrols

Patrols are to be selected based on one from each Area in a random draw
Once these are drawn, the remaining expressions will be placed in a random draw for the next set of patrols to attend

If more than 25 expressions are received, the wait list order was also determined randomly from remaining expressions for up to 10 patrols

Successful and wait listed patrols can expect to be contacted with more information by **November 20th, 2017**, including information on payment.

Pathfinder Paddles – Murtle Lake

When: July 14-21, 2018

Who: 8 girls born in 2003-2005

What: 8 lucky Pathfinders will be selected for explore Murtle Lake, largest canoe-only lake in North America. Set in a pristine mountain valley, Murtle lake has almost 100km of shoreline to explore with sandy beaches and fabulous mountain views. Come join us for this majestic paddle!

Prerequisites:

- Current swim/boat test in iMIS prior to the event
- Tent camping experience
- Physical fitness

An informational webinar will be hosted November 30th at 8pm. To join the session please use the following link:

<http://girlguides.adobeconnect.com/rugh5m55awh8/>

Application deadline: **January 10th 2018**



Mount Assiniboine Backpacking

When: July 19-26, 2018

Who: 10 Rangers born between September 1999 and August 2003.

What: Explore the beautiful Mount Assiniboine World Heritage Site Park. This trip will begin with a flight to Calgary followed by a bus ride to Banff. After one night in Banff the group will backpack through the spectacular beauty of the park. Proposed stops would include Porcupine Campsite, Og Lake, Naiset Huts and Marvel Campground. The final day will include a trip back to Calgary and the flight home. For more information on the park see: www.env.gov.bc.ca/bcparks/explore/parkpgs/mt_assiniboine/

Cost: \$400/girl. This includes all transportation to and from home, meals and accommodations. Girls may want some incidental spending money while in Banff.

Prerequisites:

- Good physical condition and able to hike 16 km with a pack
- Five consecutive or non-consecutive nights tenting with Girl Guides of Canada
- Ability to adapt and work co-operatively
- Ability to cope with daily camp activities

An informational webinar will be hosted November 23rd at 8pm. To join the session please use the following link: <http://girlguides.adobeconnect.com/r9s3gp1kkpv8/>

Application deadline: **January 10th 2018**

ROAM 2018- FOLLOW THE GOLD RUSH

Murder, mayhem and mystery were all part of BC's gold rush. Come explore the beautifully scenic gold rush trail from New Westminster to Barkerville with your sisters in Guiding. Everyone will gather at Richmond Guide House to begin our exploration of the adventure of the gold rush. We will travel to the original capital of BC and then head north following the trail used by gold seekers over a 100 years ago through the Caribou region. The possible activities are endless including visits to museums, cultural and heritage sites, and walking tours. We will have plenty of opportunity to enjoy outdoor adventures, such as white water rafting, horseback riding in between our geo caching and having fun. Be sure to pack your camera, as this trip will be filled with great Kodak moments.

Who: 12 girls - Pathfinders at the time of the trip.

When: July 5th – 15th, 2018

What: A 10-day event travelling and exploring from the lower mainland north through the Caribou. Arrival and departure from Vancouver

Event fee: \$500 per girl. This includes all transportation to and from home, meals and accommodations. Girls may want some incidental spending money while on the trip.

Girl Prerequisites:

- 4 nights of Girl Guide camping (minimum of 2 nights in a row)
- Swim or Boat test completed and entered in to iMIS (by May 1, 2018)

Application deadline: **January 10th 2018**

BC Camping Opportunities:



* Barkerville

Mix It Up - Under the Big Top September 22-24, 2017



Mix It Up – Under the Big Top took place at the Fraser River Heritage Park in Mission this year. The annual Girl Guide and Girl Scout Encampment was organized by the BC Camping Committee for Guides, Pathfinders, Girl Scout Juniors, and Cadets. Some Canadian units came from as far as Vancouver Island and Golden, while some American troops came all the way from Edmonds in Snohomish County, Washington. The fun-filled weekend was definitely worth the long drive.

When patrols arrived on Friday night, they received their cool red tech shirts for the event and nametags with individualized schedules. The patrols were then directed to their designated 25' x 25' spot, where they pitched their tents for the weekend.

As the night sky filled with stars, the Canadian units and American troops gathered in a circle for the Opening Ceremony. The BC Camping Committee gave a warm welcome to the girls and their leaders. In the spirit of the weekend camp theme, the camping committee and core staff all dressed in circus attire to show their enthusiasm. The Rangers were the “lions” and wore cute headbands with lion ears and a lion mane made from tulle. The evening ended with Mug Up served by the Rangers.

Saturday morning started bright and early with program activities for the girls. There were twelve stations that the girls rotated through for the day.

Station #1: Art of Juggling

The girls learned how to juggle three colourful silk dance scarves and rubber balls. Most mastered the skill by the end of this session.

Station #2: Flower Power

The girls had the chance to learn how to use two hand sticks to do some cool tricks with a devil stick. They balanced the stick on their arms, allowed it to roll down their arms, and then passed it to their partner. They also got to fool around with plate spinning. Trying to spin a plate in the air on a stick was quite the challenge.

Station #3: Staying a Balance

The girls had the opportunity to build the tallest human pyramid, make a human tabletop, form a totem pole, and give piggyback rides to their partner. Lots of laughs and giggles were at this station as the girls took on these fun activities.

Station #4: Acrobatic Fun

The girls played some team building circus games, where they worked cooperatively to obtain different goals.

Mix It Up - Under the Big Top continued....

Station #5: Circus Games

Hula hoops were used for a variety of different relay games. The girls played in teams to show off their hula hoop skills.



Stations #6 and #7: Beautifying the Circus Grounds

The girls wandered to different parts of the Fraser Valley Heritage Park to participate in a variety of service projects. Gardening gloves, shovels, rakes, and buckets were used to beautify the park

grounds. One group of girls and leaders started at the front entrance of the park with pulling weeds from two flower beds, then covering the beds with bark mulch. Teamwork was key to getting these tasks done by early morning. Another group cleaned up a different section of the park by raking fallen leaves and bagging them into large paper bags. They then shoveled bark mulch into pails, dumped the bark mulch onto the newly cleared flowerbeds and spread them nicely over the ground. The rest of the groups had the fun job of painting picnic tables and metal garbage cans. The girls had fun coming up with different designs for each of the garbage cans.



Station #8: Circus Creations

Creativity, imagination and talent really shone when the girls were given the opportunity to create circus people with wooden clothespins. The attention to detail was amazing. Some meticulously painted expression for faces and made beautiful hair out of wool. Some got really creative and used pipe cleaners to

make a unicycle and used metal wires and pompoms to depict a juggler throwing balls into the air.

Station #9: Pack Your Bags and Join the Circus

At this tent, the girls got to decorate white canvas bags using paint. Some sprayed the paint onto their bags, while others painted the bags using a variety of stencils. The bags were hung to dry on clotheslines and were picked up by the end of the day.



Mix It Up - Under the Big Top continued....



Station #10: Carnies and More

At this station, there were hundreds of tattoo designs to choose from. The toughest part was deciding on what temporary tattoo to pick and what part of the body to apply the tattoo to.

Station #11: Capture the Magic of the Circus

A variety of colourful boas, crazy hats, beaded necklaces, funky sunglasses, and cool props were available for this station. The girls were so excited to put on the crazy props and take tons of pictures with their friends in the white photo booth. As souvenirs, they were given fun photographs with four different poses to take home.



Station #12: Raptors Ranch

Two birds were the highlights of this station. The girls had an informative session on these amazing animals.

At the end of the action-packed day, the girls still had a ton of energy to trade hat crafts and crests/patches with other Girl Guides and Girl Scouts. For those girls with a sweet tooth, they got their fix at the Tuck Shop with some popcorn and candy. As the sun set, the girls and leaders gathered for Campfire. The Rangers did a fantastic job at running and leading campfire Saturday night. They picked a variety of repeat-after-me songs, action songs, and classic guiding songs to entertain their audience.

Sunday morning started with a hot breakfast served by Elks of Canada. The Elks made pancakes, eggs and sausages for all the girls and leaders. There was also coffee, which was greatly appreciated by the leaders. Once everyone was done eating their delicious breakfast, they headed back to their site to pack up their



bags and strike their tents. At the Closing Ceremony, Joy thanked everyone for coming and passed on the baton to the Girl Scouts of Western Washington, who we hope will be able to host next year's Mix It Up in Washington.

Thank you to all the Core Staff for all the time and effort that went into planning, organizing and running such an awesome Mix It Up!

Thank you to the leaders for taking their girls camping.



Mix It Up - Under the Big Top Rangers Core Staff - Rachel

Helping as a Ranger at Mix It Up was an awesome experience. It gave me a chance to participate in some fun activities, as well as help with the younger girls. While I was at camp I got to meet other Rangers from around BC who were also helping, and I made some great friends. I loved how the other Rangers and I got to lead campfire along with other activities. It was really important for the Rangers at camp to be able to help the other leaders and to share our skills, which I think all of us did very well. It was amazing to be a part of such a great event.



Under the Big Top
Thank you
MIU 2017
Girl Guides

Patrice Lauren Allison Emma Petra
Lisa Matta Michelle Araina Shelagh Fiona
Lucy Debbie
Walterman Cynthia Marissa Amelia
Mary Janice Alyra Alannah Rachel



Introducing Hiking to Sparks and Brownies

Begin well to continue forever.



Kootenay Sparks having some fun



Gerry Koepke's Sparks at Camp Olave

Plan Together - Get the girls involved with the planning. Help them decide where you can go, when would be the best time, what everyone should wear and what extra clothing is needed, and what snacks would be best. When girls are involved in the planning they become more invested in the project.

Keep it Easy and Interesting - You want all the girls to be successful on their first hikes. Choose a hike that is easy enough for all to complete. Try to incorporate a number of interesting features for them to look at. Features such as water (lake, stream, creek or waterfall), historical items, rocks, a cave, interesting tree or a beach all help to keep girl's interest and to break up the hike.

Make it Exciting - Call your hike an adventure. Highlight what they will see not how far they will have to go.

Bring Food and Fluid - If it's not fun and there's not food, it's not Guiding. Remember trail food can be nutritious and good! Keeping hydrated is important in hot and cool weather. Be sure everyone is drinking enough.

It's More the Journey than the Destination - Be flexible with your hike. If possible have a circular route with alternate return loops. The girls should not feel they "failed" the hike if they don't get to some end spot. If something catches their interest and they spend most of the hike in one place, the hike has been successful. They will have been outdoors and interested and will be eager to go again.

Make it Fun for All - Rotate leaders. Sing a song or be "goofy" if needed. Allow for investigation and conversation about what they are seeing.

Plan for Lots of Time - Remember the girls may travel at a much slower pace than you. Stop as often as needed and go at the pace of the slowest girl - sort of. This does call for some judgment on your part. Build rest and explore time into your hike schedule.

Dress for Success - Talk about what to wear with the girls as part of your hike plan. Send home a kit list for the hike. Introduce layering and how important it is to staying warm, or cool, and dry. Mention proper foot wear (socks and shoes) and proper rain and sun protection.

Prepare for Emergencies - Know the area you are hiking. Research possible dangers and prepare for them. Do the necessary Safe Guide paperwork. Carry a First Aid kit and Emergency kits. Create rules of the trail with the girls as part of the hike plan.

Leave no Trace - Introduce the Leave No Trace principles with the girls and be sure to practice them during the hike. By talking about some of the animals that live in the area they are hiking and mentioning the girls will be visiting the animal's home will help them understand why we practice LNT.

Remember first experiences can be lasting. If the girls enjoy their first hikes they will want to continue going on hikes. Make it fun! Have fun yourself!

FALL FUN and SPLENDID SLEEPOVER

BC Camping Challenge

The Fall Fun challenge includes learning about fire safety, breaking in and using your hiking boots, taking an alternative form of transportation to get to camp, and learning about animal safety at camp. To earn each seasonal Challenge Crest the girls need to have an overnight camping experience, and complete the required number of challenges from each section. Sparks can camp for one or two nights; Brownies, Guides, Pathfinders and Rangers all need to camp for two nights.

The Splendid Sleepover challenge is written with Sparks, Brownies, and younger Guides in mind; Pathfinders, Rangers, and older Guides may choose to complete this challenge by organizing and running a sleepover for girls in a younger branch. The Sleepover challenge includes learning to pack your own bag, sleep in a tent inside or outside, make a owl craft, go for a nature walk, and try some new foods.

To complete a challenge and earn a crest please carry out the minimum number of challenges from each of the four sections as follows:

Sparks & Brownies: 2 from each of Camp Preparation, Camp Cooking & Camp Skills, 1 Outdoor Activity

Guides, Pathfinders, Rangers: 3- 5 from each of Camp Preparation, Camp Cooking & Camp Skills, 2 Outdoor Activities

Guiders do the same number of challenges as the girls they are working with.

FALL FUN:

One of the choices in the Outdoor Activities section of the Fall Fun Challenge is to go on a nature walk or hike why not have fun with it have and make it a rainbow hike (they have to find things that are the colours of the rainbow) or do a scavenger hunt while hiking.

SPLENDID SLEEPOVER

One of the choices in the Camp Cooking section of the Splendid Sleepover Challenge is to learn plan your meals using the Canada Food Guide there are many ways incorporate it in your planning process. Here is a link to the Canada Food Guide online: <http://hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

Completing the whole BC Camping Challenge :

Want to earn the complete set of 5 BC Camping crests? Simply complete the other challenges: Wonderful Winter, Super Spring, Sensational Summer, Fall Fun and Splendid Sleepover.



When you have fulfilled the requirements, complete the **BC Crests Order Form** found on the BC Girl Guides website <http://www.bc-girlguides.org/> (click on Program > Challenges & Activities > Provincial Challenges). Instructions on how to order the crests are provided on the form.

SOAR 2017 - From the view of the BC Camping Committee

Ranger Sub-camp Core Staff

Joy Andersen

I had the pleasure of being the RG for the Rangers' Kispiox Subcamp at SOAR 2017.

Right from the beginning, when we first chose the Ranger site, I knew we were going to have a really good camp. What could be more beautiful than where we were camped? We had lawn to pitch our tents on, room to spread, privacy from the other campers, clean biffies, a party tent for not 1 but 2, parties, and a great bunch of girls and Guiders to camp with. Sharon, Jeanette, Vicki and I were a very lucky subcamp team.

We arrived at camp 4 days before the main influx of girls. We used this time to lay out a grid for the tents, put up the showers and generally get organized. On Friday and Saturday when everyone arrived we helped the others settle in. From then on it was camp as usual. We attended and held meetings to keep everyone informed. On Monday we waved goodbye to the first group of Ranger outings, put on a party for those remaining, watched the younger girls come and go from archery and generally had fun. On Wednesday, we said goodbye to the next group of Rangers, welcomed those returning and held another party. We laughed with the girls, thanked the guys for the cleanest biffies in town and rationed the toilet paper. Throughout camp we joined the fun of opening, International night, movie night, campfire and closing.

If my job at SOAR 2017 wasn't the best one I've had at SOAR it was a close second. I count myself lucky to have been a part of this experience for the girls and Guiders on the Kispiox Ranger site.



Craft Program Core Staff

Jeannie Crivea

For SOAR 2017 I was fortunate to work with the extraordinary Program team as the Craft Program Head. I had a wonderful group of 9 ladies as my Core Staff team who helped present fun crafts for all the girls. It was amazing to see what brilliant crafts that the girls were able to create with the supplies that were provided. From tie-dyed pillow cases to wooden memory boxes it was extremely enjoyable to see the how no two were alike.

SOAR allowed me to meet up with many old friends, including ones from my childhood home. I was able to make new friends that I also plan to keep for a long time. Like all Girl Guide events that I have had the pleasure of attending I have come away from SOAR with so many positive new memories. I can not express how grateful I feel to have had the opportunity to be apart of such a memorable event. I can't wait until SOAR 2020 to see everyone again.



SOAR cont...

Ranger Out Trip

Erin Debruin

I had the astounding opportunity to lead two groups of Rangers from near and far through the Babine Mountain Provincial Park for a 2 night backpacking trip up the Silver King Trail. While it meant that I missed the excitement of the fabulous activities on site, I loved the opportunity to watch these girls dig into their inner strength and challenge themselves on the 8km hike and for many of them climb higher than the highest peaks in their home town. As we cleared the forest into the alpine area, we all appreciated the breathtaking part of the country that we would never have seen without the opportunity provided by Girl Guides. The first group had fun hiking up to “Sunny Rock” where we had seen the mountain goats the day before, building a snowman and bonding while soaking our feet in the creek. The second group challenged themselves to hike further into the alpine despite the weather and made friends with the locals around the fire in the cabin as we dried out. The trip was made even better with the exceptional Guiders that shared the load and hope we get the opportunity to hike together again.



Ranger Patrol Guider

Annalisa Adam

Well I think SOAR as a Ranger Guider is the easiest thing ever! I was blessed to take a 1/2 patrol of Rangers to SOAR. These 4 Rangers had been to SOAR 2014 and I have taken them on lots of camps so they work well together. We were paired up with another 1/2 patrol and instantly the girls were friends. So not only did I have an easy camp life because the girls cooked everything and did the dishes (with only a little bit of nagging on our part as leaders) but I was able to participate in the River Rafting Out-trip. My favourite SOAR memory would be the 8 girls on our site, sitting around munching on snacks on night, talking about the next SOAR and which Core-staff roles the girls would be signing up for as young leaders. I look forward to SOAR 2020 and seeing this fantastic ladies taking on leadership roles.



Photos by: Lee Halliday



Photo from Smugmug

Just Gotta Camp for all Branches

Just Gotta Camps are available for each branch of Guiding. In the camp packages, you will find the program outlines for a one or two-night event with a wide variety of activities, games and crafts to choose from. As well, there are menu and recipe suggestions, a campfire, Guides' Own and a kit list. Build your camp to suit the season, your accommodation — building or campsite, the number of girls and the available time. Pick those activities that work best for you and your girls and remember to be **flexible**. Adapt this package to have fun while learning to camp!

SPARKS and BROWNIES

Sparks and Brownies Just Gotta Camp will include What to Wear and How to Pack it, Maps and Compass, Learning to Cook, Basic First Aid, Taking Care of Nature, Knots, Games, Crafts, and Menu ideas with Recipes.

GUIDES

The Guide Just Gotta Camp includes activities for What to Wear and How to Pack it, Maps and Compass, Learning to Cook, Campsite Management, Taking Care of Nature and Leave No Trace Camping, Knots and Where to Use Them, Fire Styles, Games, Tarps, Crafts, and Menu ideas with Recipes.

PATHFINDERS and RANGERS

The Pathfinders and Ranger Just Gotta Camps is a great resource for having lots of fun taking their camping skills to a new level and enjoy learning the basic skills and fun of adventure camping.

In the Pathfinder and Ranger Just Gotta Camp you will find a program outline for a two-night event with a wide variety of activities, games and crafts to choose from to teach the girls about the 10 essentials needed for survival in outdoor adventure. As well, there are menu and recipe suggestions, a campfire, Guides' Own and a kit list. This resource is designed to be used by girls and Guiders alike to be involved with the camp planning process. Build your camp to suit the season, the number of girls and the available time. Pick those activities that work best for you and your girls and remember to be **flexible**. Further themes that fit these activities include Survivor, Hunger Games, Off to Neverland etc. Adapt this package to have fun while learning to camp!

To order all Camp to Go crests, complete the **BC Crests Order Form** found on the BC Girl Guides website <http://www.bc-girlguides.org/> (click on Camping > Camps to go). Instructions on how to order the crests are provided on the form.





“NEW” BC Camping Geocoin

Have you ever wanted to see where your geocaching traders go? Have you picked up a geocaching trackable, logged it and followed its travels on line? Well now you can get your own BC Girl Guide Camping Geocoin.

The long awaited Camping Geocoin is now available at the Guide House for \$7.00 This geocoin can be used in conjunction with the Geocaching Challenge or separately on its own. Once you receive your geocoin you need only obtain the activation code and follow through with the activation at Geocaching.com You can then place and begin tracking your coin.

Watch the BC Girl Guide website for ordering instructions.

Wonderful Winter BC Camping Challenge



The Wonderful Winter challenge includes learning about building and lighting a fire in the snow, preventing Hyperthermia and Hypothermia, and how to properly fit snow shoes.

To earn each seasonal Challenge Crest the girls need to have an overnight camping experience, and complete the required number of challenges from each section. Sparks can camp for one or two nights; Brownies, Guides, Pathfinders and Rangers all need to camp for two nights.

To complete a challenge and earn a crest please carry out the minimum number of challenges from each of the four sections as follows:

Sparks & Brownies: 2 from each of Camp Preparation, Camp Cooking & Camp Skills, 1 Outdoor Activity

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Guiders do the same number of challenges as the girls they are working with.



Instant Meetings

Instant meetings are now available on the Provincial website for teaching camping skills to the different branches of Girl Guides.

Sparks-

- Compasses
- Hike
- Leave No Trace
- Getting Ready for Camp

Brownies-

- Compasses
- Hike
- Knots Training
- Leave No Trace
- Trail Signs
- Things we need at camp

Guides-

- Compasses
- Hike
- Just Basic Knots
- Trail Signs
- Fire
- Leave No Trace - Amazing Race

Pathfinders-

- Compasses
- Hike
- Survivor Uknknot (You Can Not)
- Leave No Trace - Amazing Race

When you have fulfilled the requirements, complete the **BC Crests Order Form** found on the BC Girl Guides website <http://www.bc-girlguides.org/> (click on Camping > Challenges). Instructions on how to order the crests are provided on the form.

Traders Corner

Bedroll Camp Hat Craft

Supplies

blue fun foam - 5x11 cm
green felt - 10x10 cm
plastic sandwich bags, split at the seams to become 2 squares
string

How to make:

1. Lay out plastic "groundsheet"
2. Place your blue foam "mattress" in the center
3. Fold a piece of felt in half (sleeping bag) and place on foam
4. Make a packers knot in one end of your string so you are ready to tie your bedroll when rolled
5. Fold groundsheet over the top of the sleeping bag and then into the center from both sides
6. Starting from the top, tightly roll the bag making sure to keep the sides of the ground sheet tucked in as you roll
7. When you get to the bottom use a V-fold to tuck in the end of the ground sheet so no loose ends are showing.
8. Secure the bedroll with your string the same as you would a real bedroll



If you need information or have ideas for Provincial Camping activities, please feel free to email the BC Camping Committee (camp@bc-girlguides.org)

From the BC Girl Guide Website: Progression of Camp Cooking

Sparks

- Help plan the camp menu
- Helping set tables
- Mixing batters
- Lighting matches
- Roasting Hot Dogs, S'Mores, etc.
- Washing own dishes using 3 sink method

Brownies

- Help plan the camp menu using Canada's Food Guide
- Mixing batter
- Flipping pancakes, etc.
- Knife safety - Cutting vegetables
- Buddy Burners, flower pot BBQ with supervision
- Lighting stoves
- Washing own dishes using 3 sink method
- Creative cooking: Kick the can ice cream, armpit fudge, pie iron cooking

Guides

- Plan menu for camp using Canada's Food Guide
- Preparing all meals & clean up in Patrols supervised by their Guider; Residential and Tent Camping
- Liquid disposal pit
- Baking in a Tin Foil Oven
- Cooking over fire: Tin Foil Dinners, Boiling water/one pot meals over campfire,
- Making gadgets for basins for hand washing

Pathfinders

- Planning and Budgeting menu using Canada's Food Guide
- Assisting Guider with grocery shopping
- Preparing all meals in Patrols and clean up with little supervision from Guider
- Learn how to use light weight camping stoves
- Dehydrating food
- Creative cooking – Flaming burlap pizzas

Rangers

- Planning and Budgeting menu using Canada's Food Guide
- Shopping for groceries using the budget
- Dehydration
- Using dehydrated foods for back packing and camping
- Packing food for lightweight hiking and camping
- Creative cooking – Tripod roasted turkey
- Water purification



Who is the BC Camping Committee:

The Provincial Camping Committee supports and promotes camping in BC. This includes but not limited to: liaising with Provincial and National Committees, organizing provincial camping events, maintain contact with Camping Advisers across BC, creating and maintaining Provincial resources and tools, publish Headlamp - BC Camping newsletter for all Guiders, upload resources and tools to the BC website, and provide webinars on camping.

Provincial Camping Advisor - Joy Andersen
Adventure Camp & Trex Coordinator - Erin Debruin
Communications Coordinator - Jeannie Crivea
Committee Resource Coordinator - Vacant
Residential & Tenting Coordinator - Vacant
Training Coordinator - Annalisa Adam