

The Headlamp



A Message from the BC Camping Committee!

Hello BC Guiders,

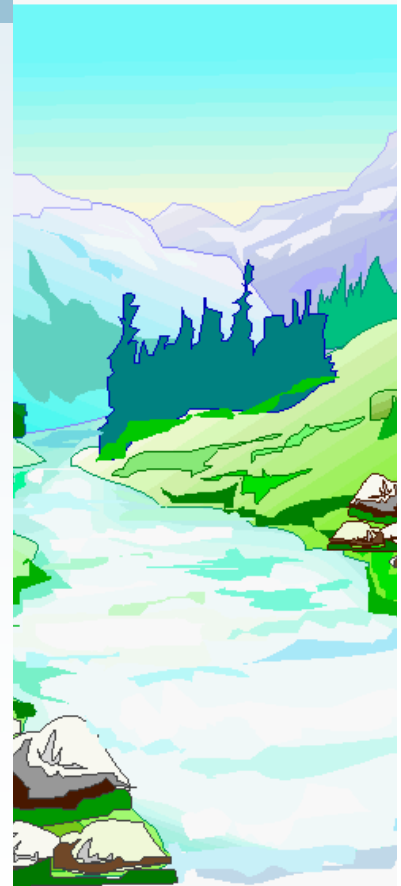
The Area Camping Advisers joined the BC Camping Committee at our latest meeting in March where they had input into some of the future provincial events for both girls and Guiders. Thank you ACA's for sharing the great camping adventures your different areas are planning to do or have already participated in through out the year.



If you ever need more information on, or ideas for Provincial Camping activities, ect., please feel free to send Joy an email (camp@bc-girlguides.org).

All of our crests can be ordered from the Provincial Office by using this order form:

http://bc-girlguides.org/Documents/BC_Camp-in-a-Box-Crests_InteractiveForm-Feb2013.xls



Upcoming Camps

- Nite Hike (G P R) - April 12
Pacific Spirit Park, Vancouver
<http://www.nitehike.com/>
- Kootenay Area Nite Trek (P R)
May 2-4,
Camp Stone, Kimberley
- Skeeter (R) - May 16-19
Nanaimo
<http://www.skeeter.ca/>
- SOAR (G P R) - July 19-26
Enderby
<http://www.soarbc.com/>
- More Seaside Fun (B G P)
August 3-9, Camp Olave
<http://www.campolave.com/msf2014info.pdf>
- Mix it Up (G P) - Sept 19-21
Sumas, Washington
- OAL Adventure Training
(Guiders) - October 17-19
Camp Kanaka, Maple Ridge

Meet Laura Allgrove– Area Camping Adviser for Rivers



Laura Allgrove - Rivers North

Hometown and current district:
Prince George, Chilco District

Other hats in Guiding:
PR - Rivers North Area Website & Facebook
Admin, Too-Many-Hats Trefoil Guild

Favourite part of being an ACA:
My favourite part is seeing the girls having a great time during an event or camp.

Favourite place to camp in your area:
So many great camps in my area but I will have to say Camp Ispah because that is where I camped as a girl.

Something/somewhere in your area that everyone should do/go to and why:
Paddle the Bowron Lake canoe circuit in Bowron Lake Provincial Park. This wilderness area situated in the Cariboo Mountain Range has breathtaking views and wildlife is everywhere - moose, black bears, grizzly bears, wolf, fox, beaver, muskrat, marten, birds...

What should the province know about camping in your area?
If you want to experience rustic camping, we have rustic camping.

Favourite place to camp with your family:
Recreation Sites in the middle of nowhere.

The best part of Girl Guide camp:
The best part of Girl Guide camp is being at Girl Guide camp.

What is your 'signature thing' at camp?
I always have a hike planned at camp, always!

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



Camp in a Box: Sparks Go Wild Out There

Welcome to **Sparks Go Wild Out There**, this camp in a box can be done in a variety of settings and formats. The Sparks can be taken out camping, for a sleepover, or a day-camp. Sparks love trying new things, like sleeping in a tent, and while this can be a daunting undertaking for Sparks, Spark Guiders (and Spark parents), why not have a sleepover in tents indoors?!

In this camp package, you will find the program outline and 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 your season of the year, building or campsite, number of girls and available time. Pick those activities that work the best for you and your girls and remember to be flexible. Adapt this package to have fun learning about the world of nature.

Some of the big hits with the 2nd Vancouver Sparks, when we did this camp recently were Paper Bag Owls and Nutty Boats:

Paper Bag Owls

Materials: Small brown paper lunch bags, construction paper (in different colours), scissors, glue, markers and/or crayons

Instructions:

The paper bag is the body of your owl. The flat is its face.
Cut out eyes, beak, feet, and feathers from construction paper. Use whatever colors you like.
Glue the owl pieces onto the bag in the appropriate places.
Add finishing touches with crayon or markers.



Nutty Boats - Hold a regatta on your tabletop with these simple walnut ships. Some of these boats will float, depending on the amount and placement of clay.

Materials: Walnut shells, leaves, twigs, model clay or Plasticine (in lieu of leaves and twigs, we used construction paper and toothpicks)

Instructions:

1. For each, you'll need an intact half of a walnut shell
2. Thread a leaf onto a twig for a mast and a sail. Secure the mast to the inside of the shell with a small ball of clay.



We Came Together to Camp in the Sun

(source: "Campfire Activities", Girl Guides of Canada, 1993.)

We came together to camp in the sun but it rained,

Uh huh! It rained, and it rained

It rained into our porridge and it rained into our stew,

It rained into our wellies 'til our socks were soggy too

We came together to camp in the sun but it rained,

Uh huh! It rained and it rained and it rained!

(Repeat this song changing the word "camp" to "play" and "sing")

Spicy Pea Soup

TESTED FOR YUMMINESS

This recipe can be prepared salt free for those requiring a sodium reduced diet. If you leave out the salt be sure to use the cayenne pepper to add flavour. This is a great hardy soup with a kick to dispel the winter blahs. This recipe is presented as a vegetarian soup, but you could add chopped ham to the onions while they are cooking or use bacon bits as a garnish (naturally smoked of course).

2 cups dried green split peas
6 cups of water
1 to 1 1/2 cups steamed white rice (no salt or seasoning added)
4 cups chopped onion
4 large garlic cloves minced
2 tbsp olive oil
4 bay leaves
2 tsp ground cumin seeds
1 tsp cinnamon
1/2 tsp cayenne (leave out for a less spicy version)
1 tsp ground cardamon
4 cups vegetable stock (homemade or prepared from bouillon cubes)*
1 tbsp + 1 tsp freshly squeezed lemon juice
salt and pepper to taste
1 cup chopped parsley.

Directions:

Rinse the dried peas with cold tap water. Place in a large soup pot with 6 cups water and bring to a boil. Reduce heat and simmer for approximately 1 hour or until peas are soft.

Meanwhile prepare rice. **Do not add salt or seasoning to the rice.**

Once the peas are soft, mince the onion and saute in olive oil. When the onions are almost cooked, add the garlic and spices. Heating the spices will release the flavour. Cooking garlic for only a short period will prevent bitterness. Cook the onions with spices and garlic for 5 mins over medium heat, stirring constantly to prevent burning.

Add the onion mixture to the cooked peas, add the vegetable stock, lemon juice and cooked rice. Season to taste. If the soup is lumpy puree the soup in a food processor for a smoother texture. Add the parsley just before serving and mix through. Optionally, you may wish to add the parsley as a garnish. Either method is fine.

* Always check package information for ingredients. Organic vegetable bouillon is best, but if there is any question as to ingredients or reactivity, take the extra time to make vegetable bouillon from scratch. It can be made in a large amount and stored in containers in the freezer.

Submitted by Erlene Amero - SVI Area

Camp in a Box: Brownie Magic

Welcome to Brownie Magic, the first camp-in-a-box developed by the BC camping committee. Many Units have used this camp-in-a-box since its debut in 2002. We hope the girls and adults will come be active and have lots of fun being magical.

In this camp package, you will find the program outline for a two –night-event and 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 your season of the year, your accommodation building or campsite, number of girls and available time. Pick those activities that work the best for you and your girls and remember to be flexible. Adapt this package to have a fun and magical time with the girls!

Try this magic trick from the Brownie Magic Camp in a Box!

Magic Coin Trick

Materials:

Paper or plastic cup – either works fine
Paper towel
A coin
A hard surface

Method:

Place the cup over the coin and cover the cup up with the paper towel. Lift up the cup and make the audience concentrate on the coin while they are not looking drop the cup on your lap still holding the paper towel (which should be in the shape of the cup) place it back on the table.

When you have the audience's attention smash down the cup and drop the cup from your lap and show the audience that there is no hole in the table and the coin is still there. The audience is on the opposite side of the table from the magician who is sitting.

Milk Carton Bird Feeder:



- Cut a rectangle out of one side of the carton about half way down.
- Poke a hole through the carton, below the cut out that comes out on the opposite side.
- Slide a stick through for a perch for the birds and fill with bird seed.
- Don't make the opening too close to the bottom.
- Poke a hole in the top of the carton for your string.

Submitted by Joanne Loney - Fraser Skies Area





From Guiding Elements Water

Soup Can Fondue:

Materials (for each girl or pair of girls):

- 1 empty, clean soup can with the bottom still on
- 1 can piercer
- 1 tea light candle
- 1 large foil tart shell
- wooden skewers
- chocolate chips
- small pieces of fruit (nuts, cookie, etc.) for fondueing

To Make:

1. Pierce a ring of holes on the sides, just up from the bottom and just down from the top of the soup can to allow air in and out. Set the tea light in the bottom of the can, light with a long match or lighter. Or place the tin over the lit candle, with the bottom up.
2. Place the tart shell over the open top end of the soup can, once the candle is lit, or on the flat bottom of the upturned can.
3. Put a few chocolate chips into the shell to start melting with the heat coming up from the candle. Add more until there is a nice "puddle" of chocolate.
4. Put pieces of fruit, nuts, cookie or whatever you would like, onto a skewer and dip into the chocolate fondue. Enjoy!

Camp in a Box: Guiding Elements Water

Every living thing on earth depends on water to stay alive. Through Guiding, we can promote a strong sense of stewardship of this limited natural resource. In Canada, we are rich in rivers, streams, lakes and waterways, but there are many parts of the world where water is scarce and needs to be carefully hoarded and monitored. Keeping our own waterways clean and useable is the responsibility of each one of us.

In this camp package, you will find the program outline and a wide variety of activities, games, projects 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, building or campsite, number of girls and available time. Pick those activities that work the best for you and your girls and remember to be flexible. Adapt this package to have fun learning about our watery world.

Try this activity from the Guiding Elements Water Camp in a Box!

Cloud in a Bottle

Making a cloud in a bottle is an easy water activity that takes two steps. Whether it's a rainy or sunny day, you can bring a part of the sky inside.

What you need:

- empty soda bottle
- candle
- matches

What to do:

1. Hold the narrow-mouth of the bottle upside down over a candle flame for a few seconds.
- Then blow out the candle.
2. Wipe the rim of the bottle and quickly blow into it. The warm moisture in your breath will condense and turn into a cloud in the bottle.



<https://www.girlguides.ca/Documents/BC/camping/2013GuidingElementsWaterOct2013.pdf>



Camp Site Work Parties -

With spring just sprung, all of our camp management committees are hard at work preparing our girl guide campsites for the spring and summer season. Everything from raking, weeding, painting, washing, and restocking will happen thanks to our wonderful volunteers. You too can volunteer your services and help to keep the magic of our girl guide camps alive for the girls. If possible, take your Guides, Pathfinders, and Rangers to lend a hand as well. This may be a great father/daughter activity.



If you can't attend or don't live close enough for a day trip, how about making bird/bat houses to donate to the camp or finding another project you can complete to donate to the camp. Keep in mind that other little jobs need to be done in between work parties such as maintaining gardens and trails. Always check with your campsite manager/caretaker first to see what service projects you and your unit can complete during your next camp.

Pictures: top left is Margaret (stacking wood) and bottom left is Michelle (pick up debris) from the 1st Pender Harbour Pathfinders at the Camp Olave Spring work party, March 29/14.

The New BC Camping Challenge

The new **BC Camping Challenge** contains four categories: **Camp Preparation, Camp Cooking, Camp Skills, and Outdoor Activities**. 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

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.

All Branches: Complete the mandatory, "Be a No Trace Camper – leave your campsite in better condition than you found it."

Splendid Sleepover: Introducing the **new Sleepover Challenge** from the **BC Camping Challenge** to get the girls started. The 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.

One of the choices in the Outdoor Activities section of the Splendid Sleepover is to play a flashlight game.

Try this flashlight game!

Flashlight Relay Game : This is a simple relay race game that's easy for players to pick up. Group players into teams and have them line up, single file. Give the first person in each line a flashlight, and pick a target destination a short distance away—a wall, fence, tree, etc. At "Go!" the first player must turn on the flashlight, shine it at the target, run to the target and touch it, then run to the back of his line, switching off the flashlight and handing it to the next person in line as he passes. Repeat for each player in the line.

Sensational Summer: One of the choices in the Camp Cooking section of Sensational Summer is to make ice cream in either a Ziploc bag or tin can.

Try this recipe for Ziploc bag ice cream!

What you'll need:

Ice cubes (enough to fill the gallon-size bag about half full)

1 cup half and half

1/2 cup salt (Kosher or rock salt works best)

2 tablespoons sugar

1/2 teaspoon vanilla extract

1 pint-size Ziploc bag & 1 gallon-size Ziploc bag

Chocolate chips, cereal pieces, or fresh fruit.

How to make it: Combine the sugar, half and half, and vanilla extract in the pint-size bag and seal it tightly. Place the salt and ice in the gallon-size bag, then place the sealed smaller bag inside as well. Seal the larger bag. Shake the bags until the mixture hardens (about 5 minutes). Feel the small bag to determine when it's done. Take the smaller bag out of the larger one, add mix-ins, and eat the ice cream right out of the bag. Easy cleanup too!

Crest order form can be found here: http://www.bc-girlguides.org/BC/Volunteers/Guider_Resources/Forms/BC/Volunteers/Guider_Resources/Forms.aspx

The new crest series will be released as stock of existing crests is depleted. Summer and Sleepover are available now.

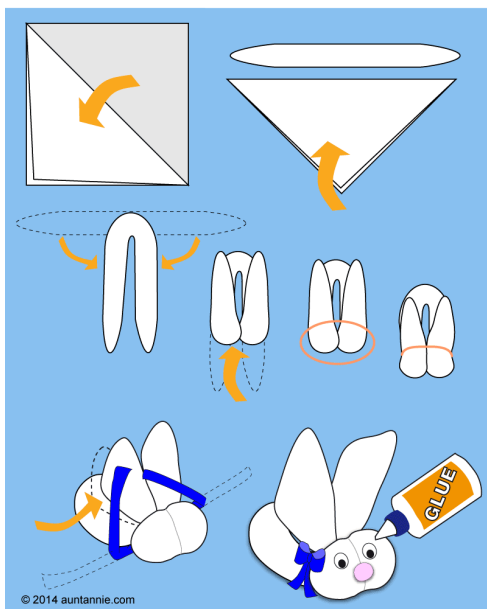
http://www.bc-girlguides.org/Documents/BC/camping/Summer_Sleepover_2014.pdf



2014 Sleepover Challenge Crest



2014 Summer Challenge Crest



Wash Cloth Bunnies

Here's what you need:

Washcloth
Rubber band
Ribbon
Wiggly eyes
Small pom-poms
Glue
Scissors (to cut ribbon)

1. Project Preparation - If you are doing this craft with a group of children, pre-cut the ribbon and make a supply bag for each child.
2. Roll Washcloth - Fold the washcloth in half on the diagonal to form a triangle. Tightly roll the folded washcloth from the open corner to the long side.
3. Fold Washcloth - Fold the rolled washcloth in half. Next, fold the



washcloth in half again, turning the loose ends back towards the first fold.

4. Form Head - Place a rubber band around the washcloth about 2" (4 cm) from the second fold. Cut a 12" to 14" length of ribbon, wrap it over the rubber band, and make a bow. Pull the bunny ears into place and fluff them out a bit.
5. Add Eyes and Nose - Glue the wiggly eyes and pom-pom nose on the bunny's head to make a cute little face.

www.auntannie.com

Know Your Area Camping Adviser

Fraser Skies Area:
Currently Vacant

Kootenay Area:
Currently Vacant

Lions Area:
Moneira Khan

Lougheed Area:
Julie Ramsay

Monashee Area:
Colleen Aven & Patrice Schoepfner

Pacific Shores Area:
Wendy Jackson

Rivers North Area:
Laura Allgrove

SVI Area:
Erlene Amero

Thompson Nicola Area:
Joy Gregorash

West Coast Area:
Cindy Parkin

For information on how to contact your Area Camping Adviser, ask your District/Area Commissioner or email Joy, the BC Camping Adviser, at camp@bc-girlguides.org

Meet Julie Ramsay – Area Camping Adviser for Lougheed Area

Hi there, my name is Julie Ramsay, and I am the Camp Advisor for Lougheed Area.

My Guiding life began in Pointe Claire, Québec, 35 years ago, from Brownies to Rangers, and then as a Guider through most of the sections. Guiding has been a constant throughout my life; when I moved to BC in 1996, when I moved to Sydney Australia in 1998, and when I returned in 2002. When it was time for my daughter Laura to join Sparks, I made the switch from Ranger Guider to Spark Guider, and I'm currently Brown Owl for her unit, and Camp Advisor for Mundy Lake District.

My favourite part of being Area Camp Advisor is meeting other Guiders who love to camp, sharing our knowledge with each other, and helping us offer more camping fun to the girls and Guiders in our area. We are lucky to have beautiful Camp Kanaka in Lougheed Area, which is close to Whonnock Lake, where the girls can enjoy kayaking and canoeing, or just cool off with a dip in the lake. The trails of nearby Kanaka Creek Regional Park offer lots of hiking and geocaching opportunities too.

Closer to home, in Coquitlam, one of my favourite activities to do with kids is hike the Jug Island Trail in Belcarra, and the trail around Sasamat Lake in Anmore. They offer a bit of a challenge, are very scenic, and if you are keen, you can cool off in the ocean or the lake at the end of the hike!

As a family, we camp as often as we can, and Laura's first camping trip was when she was 6 months old, in Tofino. Whether it's Girl Guide camp, or family camping, you can't beat falling asleep to the sounds of nature in a tent! Last summer, Laura, our dog Santa and I, drove and tent-camped our way across Canada and the USA, to Montreal and back. It was an amazing experience, and we saw some beautiful parts of the country - the Rockies, Lake Superior, and Montana were my highlights. It also provided some special bonding time with my daughter, and opportunities to share some camp skills with her. She can proudly help put up the tent, and build the campfire! I can't wait to do it all over again this summer!

One of my signature things to do at camp is surprise people with what you can cook on a fire: pizza, cheese biscuits on top of chili, fresh bread, brownies and fruit crumbles are a few of my favourites! All you need is a cast-iron frypan, some foil, and you can make anything! Does that make me an expert camp cook? I don't know, but it's always fun to try new recipes on the fire.

I look forward to camping with you soon!

Julie





Lets Camp S'more

Looking for great ideas for your Pre-SOAR camp?

Why not use Lets Camp S'more.

WELCOME TO LET'S CAMP S'MORE

The Let's Camp S'more program objective is to introduce and teach basic camping skills to newer guides and their guiders, to help to motivate them to want to camp in tents, and to increase their interest to camp more often while having fun in a camping environment. Basic camping skills include activities such as outdoor cooking, fire building, tent care, shelter and tarp erecting, trail marking, dish washing, basic compass, bedroll and gear packing, outdoor dressing, kit list developing, and running Guides Own. Please note, these activities are suggestions. Not all activities must be done. The primary objective of this camp is to give Guides a chance to sleep in a tent for the first time and learn how to help in the preparation and cooking of their food.

Please give them the opportunity to work on these skills and just step in to assist where necessary. Too this end, we are making this a very simple camp where patrols will have lots of time to set up their tents and cook and clean up after their meals.

In this package you will find the program outline with a round robin of camping skills, games and crafts. As well, there are menu and recipe suggestions, and a kit list. As mentioned, this camp is very basic. If your campers are more experienced, you can introduce more or different activities to build on the skills they already have. Plan your camp to suit your girls and your available time. Pick those activities that work the best for you and your girls and remember to be flexible. Adapt this package to have fun learning the basic camping skills to keep you and your girls happy in learning to camp in a tent setting.

Try this game from the Lets Camp S'more camp in a box!

BARNYARD BEDLAM

Spread a large number of acorns (or similar item) over the playing area.

Each patrol is assigned an animal and they pick a farmer.

Patrols go in search of the nuts.

When they find one, they stand next to it making the appropriate noise (mooing, clucking, etc.) until the farmer comes to them.

Sometimes there may be multiple "animals" at the same nut at any given time.

The nuts can be counted and a winner declared but forgoing a count and awarding everyone a treat is a great way to encourage great "camping spirit"

<https://www.girlguides.ca/Documents/BC/camping/Let%27sCampS%27More.pdf>



Bedroll Camp Hat Craft

Supplies

blue fun foam - 5x11 cm

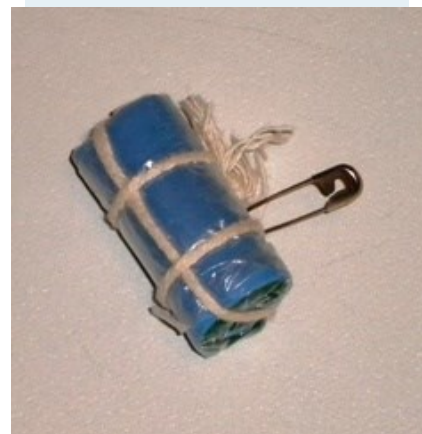
green felt - 10x10 cm

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 centre
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 centre 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



MEC scavenger hunt:

While at our BC Camping Meeting with the Area Camping Advisers we went on a fun and informative scavenger hunt at Mountain Equipment Co-Op.

Are you looking for new ways to help your unit learn about camping and camping equipment. Why not take your girls on a scavenger hunt at your local camping supplies store. It is a fun way to learn new things and find out what is available in your community.

Scavenger Hunt clue ideas:

- Find something to wear in the winter
- A sleeping bag that is rated for -10%
- Tent with a vestibule
- Something shinny
- Something to see at night
- You use this to store your personal gear



Wendy Jackson and Joanne Loney



Julie Ramsay



Wendy Jackson testing out the sleeping bags while on the scavenger hunt.

Fun Game for at camp

Rock Paper Scissors Ladder

The idea of the game is the basic Rock Paper Scissors but you have levels.

Bottom level – egg - everyone begins as an egg (squatting close to the ground). Everyone finds a partner and then competes in Rock Paper Scissors until one person wins. The loser remains an egg and goes off to find another egg to compete against.

The winner becomes a rooster and stands up and uses their hand with fingers spread to make a rooster comb. They must find another rooster to compete against. When a pair of rooster competes, the loser goes back to being an egg and must find another egg to go against.

The winner becomes an alligator. They use their arms to make an alligator mouth snapping open and close. They find another alligator and compete. The loser goes back to being a rooster .

The winner becomes a princess. A princess is with their arms at their side (holding their skirts up so they do not trip). Once again they must find another princess to go against. The loser goes back to being an alligator and the winner remains a princess.

This game will go on forever if you let it. We announce final round and you can start again.

This can be modified to any time of year or idea.
Christmas: present, elf, tree/reindeer and Santa
Halloween: pumpkin, ghost, Frankenstein, witch Etc:

Submitted by Joanne Loney - Fraser Skies Area





Buddy Burners

Materials needed to make a buddy burner:

Plain corrugated cardboard (not printed with bright inks or coated with wax or plastic)
Flat tuna cans, and/or flat pineapple cans with their lids (Pineapple cans work best because they are a little taller)
#10 cans (the large institutional size)
Candle wax or paraffin

Tools needed to make a buddy burner:

Rotary can opener
Punch type can opener
Tin Snips
Concrete block or bricks
Matches

Procedure:

Step 1)

Cut the cardboard in strips whose width is the height of the tuna or pineapple can you are using - across the corrugations, so that the holes in the corrugated cardboard show. Roll the strips until the cardboard roll fits snugly into the can. You want a very tight fit.

Step 2)

Melt the wax. It is great if you have an old pan you can use just for melting wax. It is best to use a double boiler, because if the wax gets too hot, it can burst into flame. You can improvise a double boiler by putting water in a large pan, and then setting a smaller pan (or even a large clean empty tin can (vegetable size) with the wax, into the water. Each tuna can will take about 4 ounces of wax.

Step 3)

When the wax is melted, slowly pour it into the buddy burner so that it runs down into the holes and saturates the corrugated cardboard and fill the can to the rim. You can put a small piece of cardboard sticking up or a candle wick in the middle to help start it, but this isn't required. Let it cool and harden. Your burner is ready to go.

Step 4)

Cut out one end of the #10 can. Use the tin snips to cut a 3" high and 4" wide "door" on one side of the can at the open end. Cut across the top of the door. Bend this flap of metal so the door is "open". Take the punch-type can opener, and make 3 or 4 holes on the other side of the can at the top (this is your chimney). Gather the rest of your supplies for cooking and you are all set.

To light your buddy burner:

To light it, set it on a brick or concrete block. Put a lighted match in the middle of the can or light the wick. The flame will spread across the top of the can; that's OK, that's what it's supposed to do.

To use for cooking:

Place the #10 can over the Buddy Burner and place a pan with whatever you want to cook on top of the #10 can.