

The Headlamp



A Message from the BC Camping Committee!

Dear BC Guiders,

We hope that everyone has had a wonderful start to their Guiding year.

While you all are getting your camp planning committees together to start planning for many of the fun and adventurous camps we see happening around our beautiful province of BC for this year remember to be clear with instructions on who is planning/organizing what for the camp and don't try to do everything.

That's not my job

This is a story about four people named Everybody, Somebody, Anybody and Nobody.

There was an important job to be done, and Everybody thought Somebody would do it. Anybody could have done it, but Nobody did. Somebody got angry at that because it was Everybody's job.

Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done!

Anonyms

Happy Camping!

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

Upcoming Camps

- OAL Adventure Module 8: Snowshoeing Expedition (Guiders) - Feb 10-13, 2017
- Rovent (R)- February 2017, Cambie Creek Nordic Area, Manning Park, <http://www.rovent.ca/>
- SOAR July 22-29, 2017 Smithers BC
- Mix it Up Canada (G-P) - Sept 22-24 2017, Fraser River Heritage Park



MIU - USA "Bring Out the Animal in You"

Photo by: Van Chau



Girl Guide camping chatter around the province:

- ◆ Way to go Kootenay Guiders who had their first District meeting of the year hiking in the Bugaboos
- ◆ Thank you all the District Advisers who are working through their council changes and learning creative ways to continue the great work they do in the districts
- ◆ Thank you to all those Guiders who braved the fall storms and still took their girls out camping
- ◆ Thank you to all the Pathfinders, Trex, and Rangers who participated in the Under the Boughs Toques survey
- ◆ Shout out to the Lions Area for hosting its first ever OAL Adventure training in October and to the 21 Leaders who participated
- ◆ Big Thank you from the Lions Area to the OAL Adventure Trainers who trained at their OAL weekend. You have empowered the leaders to go further with their adventure camping.

Recipe – Muffins in Orange Shells



Ingredients

6 oranges
Muffin mix

Preparation

Making muffins in orange shells takes a little work, but the wow factor is high for kids. All you need is six oranges and one just-add-water bag of muffin mix. Slice the top off each orange and scrape out the fruit without breaking the rind. Fill the oranges 2/3 full with muffin mix, and then wrap the bottom of the orange in heavy-duty aluminum foil. Set it gently in coals, using gloves or tongs to avoid burns, and let bake for 10 to 15 minutes. Once finished, you can eat right out of the rind with a fork or fingers. Top it with fresh fruit for an extra boost of nutrients.

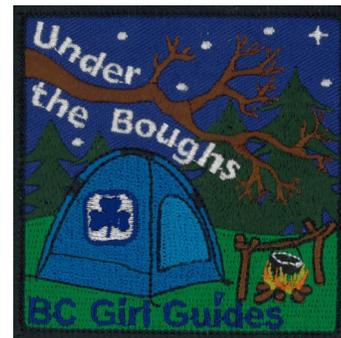
Stories for Headlamp



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: Headlamp.bc.ggc@gmail.com

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 Navy 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 officeclerk@bc-girlguides.org and then phone 604-714-6636 extension 123 or toll free 1-800-565-8111 (during office hours)



Events Coordinator- BC Camping Committee

Great Guiding Opportunity!

The BC Camping Committee is looking for an enthusiastic Guider to join us in helping to create camps, events, resources and tools to continue to make it easier for girls and Guiders to get outside and to get camping!

Camping Committee member wanted!

The BC Camping committee will sadly soon be losing its Events Coordinator and is looking to fill this very important position.

Events Coordinator

The Events Coordinator is a key member of the team. Although our committee works as a team, her main role is to:

- Oversee the organization of workshops and conferences
- Oversee communications and arrangements for interprovincial camps
- Coordinate the organization and execution of events put on by the camping committee



Within this role she works with the Residential/Tenting Coordinator to organize the bi-annual events Mix It Up Canada and Guide Jubilee and with the Adventure/Trex Coordinator to help organize Trex Rendezvous every three years.

Our Events Coordinator also liaises with the Responsible Guiders of individual provincial selection events to ensure they receive appropriate support from the Camping committee. She also leads the committee to ensure the adult events such as workshops, conferences and trainings are organized and executed.

Much of this work is done with the help and support of the provincial office however skills in computer programs such as excel are needed to carry out the specific duties of each event. These may include:

- setting a timeline for the event planning
- organizing registration/application/confirmation/evaluation forms, schedules, hand outs, etc.
- coordinating with Guide House staff to communicate with participants/ applicants, organize paperwork, mechanics requests, etc.
- booking venues, third party service providers, vendors, etc.
- finding core staff to plan and execute program offerings
- ensuring that crests and clothing items are designed, approved, and ordered as appropriate

Although this sounds daunting, we really do have fun and we really do love camping!



“New” Camp to Go - “Oh the Thinks You Can Think” crest available

“NEW” Camp to Go ‘Oh The Thinks You Can Think’ is a fun camp for all ages. It is a wonderful theme that can be used for a Unit camp all the way to a District Camp. Oh what fun you will have discovering twirlers, creating truffula trees, and concocting crazy hairdos. This Camp to Go would also be a great indoor winter camp.

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 > Camps to go). Instructions on how to order the crests are provided on the form.



Know Your Area Camping Adviser

Fraser Skies Area:
Cindy McInnis

Kootenay Area:
Tamara Mclean

Lions Area:
Gwen Walwyn

Lougheed Area:
Lorraine Pogue

Monashee Area:
Catherine Hardy

Pacific Shores Area:
Wendy Jackson

Rivers North Area:
Laura Allgrove

SVI Area:
Araina Golding

Thompson Nicola Area:
Debbie Jestin

West Coast Area:
Tammy Tromba

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 our BC Camping Committee Resource Coordinator: Terri Lynn Day

Hometown and current district:

Kamloops in The Thompson Nicola Area.

What made you want to be a part of the BC Camping Committee:

I love seeing the positive impact camping and the outdoors can have on people.

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

Creating new resources to help Guiders engage in new experiences with the girls outdoor.

Favourite place to camp in BC with your family:

Porteau Cove

Favourite place to camp in BC with Girl Guides:

Camp Selhowtkan

What is your favorite memory of camping with girl guides?

Watching my Brownie Leader, Bobbi put a hot rock from the fire into her sleeping bag to stay warm at night.

What would you say is the "Terri Lynn Signature" at camp?

Gear Girl



Meet one of our BC Camping Committee Residential and Tenting Coordinators: Danova Collins Turner

September 2016 starts my 13th year as a guider in Monashee Area. In this capacity I have been involved in all levels with the exception of Sparks. I will be

starting my seventh year as a pathfinder guider and my 6th year as a ranger leader.

My involvement in guiding did not start as a adult member, but as a girl. I still remember some of the things I did as a brownie and guide.

Returning to guiding as an adult gave me a whole different perspective of the organization and commitment made by so many people. It has been a privilege to meet so many wonderful people, guiders, and girls. It is wonderful to be a part of their guiding experiences.

I enjoy taking the girls out camping, but the thing that I have found to be the most fulfilling is the look that someone gets when they are positive that they just "can not do that" and seeing them prove themselves wrong. Additionally seeing some of the girls that I had in my units over the years starting out as guiders and continuing on friendships that started in brownies or guides makes me feel that I have had a positive impact in their lives.

I am fortunate that my husband has always supported the time I spend on guiding, especially now that our daughter is an adult member.

I hope that in my time with the BC Camping Committee I can continue to meet and work with many of the people involved in this exceptional organization and help to make a difference in the lives of others as guiding has made a difference in my life.

MIX IT UP 2017 - Save the Date

Come One Come All - Join the Circus



Girl Scouts.

15th Annual Girl Guide & Girl Scout Camp

September 22 – September 24, 2017

For Guides, Pathfinders, Girl Scout Juniors and Cadettes

EVENT LOCATION: Fraser River Heritage Park

COST: \$400.00 plus 5% GST (Canadian funds) per patrol (8 girls and 2 adults)
\$200.00 plus 5% GST (Canadian funds) per half patrol (4 girls and 1 adult) Half patrols will be paired with another half patrol.

ACTIVITIES: Come join us and explore the amazing world of the CIRCUS! We will be engaging in crafts, outdoor skills, challenges, games, and so much more. Come and make some new friends!

FEE INCLUDES: Two nights camping, all activities on site, t-shirt and crest/patch, Friday night mug up and Sunday morning breakfast. This is a tent camping event appropriate for experienced campers.
Patrols must provide their own food and equipment, including tents and cooking gear.

ARRIVAL AT CAMP: Friday, September 22nd between 6:00pm and 9:00pm



CLOSING: Sunday, September 24th by noon

REGISTRATION: Watch for more information via iFormz and the BC Girl Guide Website (www.bc-girlguides.org; select Camping > Provincial Camping Opportunities).

Did you know...

Safe Guide Health Forms

- The H3 Medication Plan and Treatment Record is not to remain with the girl at the end of the activity or event. The H.3 form along with the other health treatment forms (H.4, H.5, H.6, H.7) should be retained by Girl Guides as part of the Safe Guide package. It provides members with documentation that Guiders have followed the parent/guardian's instructions for giving the child medication (pg. 46 of Safe Guide).
- The Girl Health Form (H.1) and Adult Health Form (H.2) are to be securely destroyed or given to the parent of the girl or the adult member concerned, at the end of the Guiding year or after the event for which it was provided.
- The Adult Health Form (H.2) must be completed by all adults for overnight activities when supervising girls, and for all Red level activities (pg.30 of Safe Guide). For adult-only activities, it is recommended as a method to share emergency contact information and pertinent information detailing health concerns of which someone should be aware. It may be handed to the event organizer or can be reviewed with the event organizer with the information of where it is stored, should it be needed (pg 156 of Sage Guide).





Girl Scouts of Western Washington –
Whatcom County Girl Scouts Hosted
MIX IT UP 2016



Bring out the Animal in You

14th Annual Girl Scout & Girl Guide Encampment

September 23 – September 25, 2016

For Girl Scout Juniors and Cadettes, Guides and Pathfinders

MIU 2016 - Suma Washington

Submitted by 2nd Telegraph Trail Guides (Langley)



Photos by: Van Chau

Madison H.

I loved Mix It Up this year because it was so much fun sleeping in our own tent with our friends. This was real camping. It was so cool that we got to go to the USA with our patrol and meet the Girl Scouts and other Girl Guides from around the province.

My favourite parts of Mix It Up was probably cooking the Challenge Dinner with the Girl Scout unit who camped next to us. We worked well with the other girls to make dinner for our two groups. Before we ate dinner, we taught the Girl Scout unit one of our favourite graces called Brown Cow. In return, the Girl Scouts taught us the “Order of the Fork”! That is going to be a new camping tradition for us! Another thing that I really like about big camps like this is trading hat crafts and crests. This is

definitely a highlight because I got a Girl Scout crest! I really enjoyed building duck houses and learning about animal tracks and scats from a Ranger. Thank you Girl Scouts of America for planning such a great camp and for the memorable experience!

Laila V.

The highlights of Mix It Up 2016 were learning about animal scat and tracks. I also like learning about how animals need to survive in the wild. We got to find out our spirit animal at one of our sessions and dissect an owl pellet to find out what the owl ate before it died. This was really cool. Other parts of this camp that I really LOVED was trading hat crafts and crests. I liked learning some new songs from other Girl Guides and Girl Scouts. When we did bridging and partnered up with a USA Girls scout and it was a lot of fun to do the Challenge Dinner together. This was such a great experience.



Anna M.

I really liked Mix It Up. One of the really fun things about this event was setting up camp. We got to put up our own tent and our leader's tent. We helped with the easy up and setting up the kitchen. We got to make dinner with the Girl Scout unit and it was so much fun. We were given a bunch of ingredients and we decided as a group what meal to make. I thought we worked well together. I absolutely loved trading hat crafts and crests with everyone. I got three American crests. It was amazing opportunity to go and meet other girls from another country. It was a super fun camp.



Olivia J.

I really enjoyed my first time at Mix It Up. I had loads of fun experiences. My favourite things were:

1. trading hat crafts and crests with the Girl Scouts and other Girl Guides
2. figuring out which animals made which tracks
3. dissecting owl pellets to see what an owl ate
4. making bat houses
5. cooking the Challenge Dinner with the Girl Scout unit
6. sleeping in a tent all weekend

Guider Van

This was such an amazing experience for our Guides to have. Mix It Up 2016 gave our girls the opportunity to build their camp skills as they tented for three days in Sumas, Washington. From a Guider's perspective, I think the highlight of the entire weekend was the Challenge Dinner on Saturday night. Everything came together for our two units. Our Guides got to cook dinner with the Girl Scout Troop from Whidbey Island. The girls did exceptionally well in planning out what they were going to do with the box of ingredients that they were given. They broke up into little cooking groups, each taking on a specific task to cook the meal and the dessert. They came up with a salad, a pasta dish, a stew and pudding as dessert. The leaders stood back and witnessed collaboration and teamwork in action! Before eating dinner, our Guides taught the Girl Scouts one of their favourite camp games, "Brown Cow". There were a lot of laughs and smiles with this one. In exchange, the Girl Scouts taught our Guides one of their favourite camping traditions called the "Order of the Fork". Our girls were ecstatic with this!!!! A friendship was formed between the 2nd Telegraph Trail Guides and Troop 42183 from Whidbey Island because of this wonderful camping experience. The leaders exchanged emails and photos after the event. We plan to send Troop 42183 a package containing: a box of Chocolatey Mint Cookies, a box of Classic Cookies, some BC Girl Guide crests, some Canada pins, some BC pins, and three different hat crafts. In exchange, they will be sending us some of their cookies in the Spring along with some patches and swaps. THANK YOU Girl Scouts of Western Washington Camping Committee and the BC Camping Committee for providing our girls with the opportunity to camp and bridge with other girls from around the province and the USA. We really appreciate all the time that you have put into planning and carrying out this event for our girls!



Playing Order of the Fork
Photo by: Van Chau

The "Order of the Fork" was introduced to my Girl Guides by the Girl Scout Troop from Whidbey Island.

A group of girls pick up clean forks. They start chanting the words (shown in pink below). The actions are in italics. As a group, the girls walk in a line toward a girl whom they have selected ahead of time to initiate. Once the girl has been initiated, she will join the group the next time when they pick another person to initiate.

Lyrics:

The order of the fork [A group of girls holding forks march to a chosen girl who they are going to initiate]

The order of the fork

The order of, the order of, the order of the fork

Stand Up [All the girls in the group stop in front of the "chosen girl" and point their forks at the girl. They do an upward motion with their forks to signal to the girl that she should stand up.]

2, 4, 6, 8 Who Do We Initiate? [Girls hold their forks up in front of them.]

You [Girls point to the chosen girl again]

Bing! [Girls pretend to tap the chosen girl on the head with their forks]

The Girl Scout Group first came over to do the "Order of the Fork" on one of my Guides, she was beside herself. She was so EXCITED and had the biggest smile on her face. This was one of the most memorable moments from Mix It Up. Since Mix It Up, our 5 girls have gone back to teach the rest of the girls in our unit the Order of the Fork at our fall unit camp. All the girls LOVE it!

Guider Van





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

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.



Photos: Under the Boughs Monashee Area

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

In 2014 the whole BC Camping Committee was in attendance at SOAR. Next summer the Spirit of Adventure Rendezvous is being held July 22-29, 2017 in Smithers! www.soarbc.com

We would love to see all of you there in 2017.

Applications are open for:

CORE STAFF - No deadline. Apply at anytime to be apart of Core Staff.

You can also follow SOAR 2017 on Social Media:



Facebook



Twitter



Instagram



YouTube

The Good, the Bad and the Ugly of Snow Shoes



Snowshoeing is one of the most accessible ways to enjoy the outdoors in the winter, as the saying goes “If you can walk, you can snowshoe” which also makes it a great way for avid hikers to continue hiking year round. As with any piece of gear, it’s important to select your snowshoes to reflect the type of trails and snow that you’re going to be out in, and how fast you want to do it.

For those eager to tackle flat terrain and soft snow or groomed trails, then the recreational style snowshoes that you can pick up at Costco are an inexpensive way to get into the sport. This type of snowshoe often has tubular frames, will have simple web-based bindings that are simple to use, and less aggressive traction systems. This often means a single crampon under the ball of your foot, however this makes it difficult to tackle icy or alpine trails.



For those that are eager to take their backpacking into the snow, you need to select snowshoes that are wider & longer to be able to provide the extra flotation necessary to take the additional weight of you and your pack. Traction is the second most important feature to be able to move confidently in alpine or icy advanced terrain. Additional teeth on the outer frame or crampons beneath the heel all help to increase your grip as you climb up and down your favorite mountain trail. Finally, having bindings that are easy to use, even with gloves on and are constructed of durable materials are important to when you may be a long way from replacement parts. For those that do a lot of alpine trails, a heel lift bar that can be put in place when going up hill to put your foot in a more neutral position, can be a lifesaver to prevent calf muscle & tendon strain.



On groomed or hard packed trails, the size of your frames isn’t as important to get good flotation, as it is if you’re going into deep or light snow. You need to take into account your weight as well as any gear you will take with you when determining the appropriate length and model width of snowshoes. Each model will have a range of weight loads that will provide the ideal flotation and stability. Petite women will benefit from the women’s style frames, which will often be narrower with tapered tails and are designed for smaller feet. Men’s sizing will have wider frames & longer tails to accommodate wider strides and larger boots that will benefit many women depending on their size.



Thankfully, there are many types of footwear that will work with snowshoes depending on the bindings including waterproof hiking boots, winter boots, mountaineering boots and even snowboarding boots. As with any footwear, you want to make sure that the compatibility will give you the right fit and stability to keep you comfortable.

Introducing a new crest for Camp in a Box: Sparks Go Wild at the Palace

Welcome to **Sparks Go Wild at the Palace**, a day or overnight camp. We hope the girls and adults will come, be active and have lots of fun moving about and going royally wild!

In this camp package, you will find the program outline for a day or overnight event and a wide variety of activities, games, and crafts to choose from. As well, there are suggestions for a menu and recipes, a campfire, Guides' Own and a kit list. Build your camp to suit the season, whether you are staying in a 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.

Flowers for the Queen's Visit

Materials:

- 6 sheets of colored tissue paper per flower (14" x 20" for a large flower or 7" by 10" for a small flower)
- Three pipe cleaners per flower

Method:

- Place the sheets of tissue paper one on top of the other.
- Fold the layers together like a fan, starting at the narrow end.
- Tie the "fan" together with a pipe cleaner at the center.
- Carefully pull the layers apart to form the flower.
- Tie the bottom of the flower together with the second pipe cleaner.
- Attach the last pipe cleaner to make a stem for your flower.

The flowers can be all one color or an assortment of colors to make a rainbow flower.

Royal Kim's Game

For Sparks, try playing this game by arranging the objects on a tray and having the girls observe them. Then remove one object and have them tell you what is missing. Use objects that fit the theme such as jewels, cup and saucer, stuffed horse, plastic crown, picture of a castle, a princess figure, etc.

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 > Camps to go). Instructions on how to order the crests are provided on the form.



Pathfinder Paddles 2016

Who: 8 Pathfinders and 2 Guiders

When: July 21-28, 2016

Where: In the warm waters off the Sunshine Coast & Desolation Sound.

Pathfinder Paddles was an opportunity for the girls to gain adventure camping experience and sea kayak in a world-renowned kayaking destination. To develop kayaking, expedition, and navigation skills. Learn more about some of the palaces in beautiful BC and view marine life in its natural habitat. Create lifelong memories and make new friends.

Highlights for five of the Pathfinders:

- **Julia** was over the moon about this trip. Julia had such an absolutely amazing time that she even wrote a song about the trip.
- **Rory** said the trip was a great experience; she loved kayaking for hours every day and seeing the amazing stars at night. She said, "it was a once in a lifetime experience!"
- **Samantha** said that the trip was really fun. "It was really cool that we got to kayak that far; my favourite part was getting to swim [in our life jackets]."
- **Ayesha** loved how we could really see the stars at night and the beauty of Desolation Sound.
- **Kaytlin** really enjoyed being out in the kayak. She raved about how much she loved the Curme Island campsite. She loved that she got along with all of the girls and enjoyed the opportunity to meet other Guiding members. She said everything went really well.



Pedal Haida Gwaii 2016

Who: 10 Pathfinders/Rangers and 3 Guiders

When: August 18-26, 2016

Where: Graham Island of Haida Gwaii.

Pedal Haida Gwaii was an opportunity for BC girls and Guiders to explore on bikes ancient temperate rainforests, quaint villages, secluded inlets, and Haida culture.



OAL Adventure Module 8

Canoeing Main Lake, Quadra Island

August 4-7, 2016



Tips for Organizing a Canoe Trip

- Start early: Give yourself several months' lead time. It gets tricky organizing canoe rental, ferry scheduling, group gear selection, SG forms, etc.
- Get together: If you are taking girls, have everyone get together to go over gear, supplies, route, expectations, etc. Then get together closer to the trip to actually SEE everyone's gear.



Ideas For Meals

Consider: dehydrated ingredients, time to cook for a group

- Mediterranean Stew with cinnamon couscous (see recipe to the right)
- Chili sauce over pasta
- Beef Stroganoff
- Veggie chili and cornbread
- Pancakes with berry compote/maple syrup
- Cheesy Potatoes, green onions/bacon
- Yam Bark porridge
- Eggs with peppers, onions, cheese and fried potatoes
- Key lime pie, Brownies, Fig pie



Canoeing Terms:

The following are some terms used in canoeing. Have fun looking them up before going out!

Sculling stroke, thwart, pivot, freeboard, access point, bow, portage, high brace, capsize, drag, abeam, shaft, gunnel, throwline, wake, power face, swamp, brace, aground, stern, trip leader, shaft, waterline, trim, grip, feather, pry stroke, blade, strokes, yoke, recovery stroke, afloat, bearing, gear, flatwater, bail, shoal, throat...



Mediterranean Chicken Stew with Cinnamon Couscous

for chicken stew

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 1 clove garlic, minced
- 2 teaspoons dried oregano
- 1 (28-ounce) can crushed tomatoes, in puree
- 1 (15-ounce) can chickpeas, rinsed and drained
- 1 cup low sodium chicken broth
- 2 bay leaves
- Pepper, to taste
- 1 rotisserie chicken, cut into bite sized pieces, skin removed
- 1/2 cup pitted Kalamata olives, coarsely chopped
- 1 tablespoon freshly squeezed lemon juice

for cinnamon couscous

- 2 cups low sodium chicken broth
 - 1 tablespoon olive oil
 - 1/2 teaspoon salt
 - 1 (10-ounce) box plain, quick-cooking couscous
 - 1/3 cup raisins
 - 2 teaspoons ground cinnamon
 - 2 tablespoons orange juice
- Heat olive oil in a heavy bottomed pot or dutch oven over medium heat. Add onion and cook until softened, about 5-8 minutes. Add garlic and oregano, cook for one minute while stirring. Pour in crushed tomatoes, chickpeas, chicken broth, bay leaves, and pepper. Bring to a boil and cook 5 minutes. Add chicken, lower heat and simmer, uncovered, for 10 minutes.

For couscous, heat chicken broth, oil, and salt until boiling. Add couscous and raisins, stir, remove from heat and cover. Let rest until all liquid has been absorbed, about 5 minutes. Fluff couscous with a fork, add cinnamon and orange juice. Use fork to mix until combined. Set aside. Remove stew from heat. Add olives and lemon juice. Serve hot over couscous.

Notes:

- Remove chicken meat from bones while the chicken is still warm and you won't need a knife -- the meat comes off easily using just your fingers.
- Add other dried fruits to the couscous like chopped dried apricot, currants, and finish with sliced toasted almonds.

OAL Adventure Module 8

Canoeing Main Lake, Quadra Island

August 4-7, 2016

