

Headlamp

October 2019

BC Camping Committee



Photo Credit: Sarah Bishop

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A Message from the BC Camping Committee

Dear BC Guiders,

We would like to share some amazing camping trips that took Guiders and girls to different parts of BC and Canada. We hope you will be inspired by these wonderful experiences and apply for future camping trips and training. Thank you BC Council for supporting these wonderful camping adventures!

Upcoming Camping Events

Dates:	Camps:
May 15–18, 2020	Guide Jubilee (Langley)
May 29–31, 2020	Brownie Night Owls (Cranbrook)
July 24 – August 1, 2020	SOAR 2020 (Sooke)



Emails



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



Position:	Email:
BC Camping Adviser	bc-camping@girlguides.ca
BC Adventure Trex	bc-adventuretrex@girlguides.ca
BC Camping Events	bc-campingevents@girlguides.ca
BC Camping Headlamp	bc-campingheadlamp@girlguides.ca

Stories for Headlamp

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



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



Camp Chatter Around the Province

Fraser Skies Area kicked off the Guiding year in September with its popular annual Paddle Day for Guides, Pathfinders and Rangers. The girls learned water safety and paddling skills in canoes at Brae Island in Fort Langley. Ridge Wilderness a TPSP, ran a Paddle Canada intro to tandem canoe course program for the girls. Guides had the opportunity to paddle voyageur canoes.



Photo Credit: Robyn McDonald



Photo Credit: Jody-Lee Hudson

Fraser Skies Area hosted its annual Camping Cook-Off at Hazelmere Campground in Surrey. At the end of September, seventy girls participants cooked up a storm with this year's candy theme. Eight Novice Teams created dishes with chocolate chips and mint candies as the mystery ingredients. Three Intermediate Teams incorporated licorice and caramel into their dishes. Nine Veteran Teams took the challenge of making delicious creations with pop rocks and maple syrup. The girls wowed their judges with their creativity.

Pacific Shores Area had a fantastic Cook-Off – Chopped Style at Camp Creina in Duncan. Patrols of four Pathfinders and Rangers took on the challenge of assembling a three-course culinary masterpiece. Each patrol was given a selection of ingredients. The girls were judged on taste, presentation, and creativity. Patrols were also awarded prizes for team work and having the “best dressed cooking area”. The girls competed for the ultimate award of bragging rights for Culinary Supremacy. The judges were really impressed with the girls’ enthusiasm and team work.



Photo Credit: Pacific Shores Girl Guides



Photo Credit: Tammy Tromba

West Coast Area organized the OAL Tent Camp Training at Woodward's Landing. The training was for Guiders who have completed the OAL Residential Camp Training and wanted to expand their skills to a tent setting. The hands-on training included 5 modules: Planning and Packing; Tents and Tarps; Outdoor Kitchens and Cooking; Outdoor Activities and Program; and Sleeping Overnight in a tent.



SOAR 2020

This will be the biggest SOAR yet. Please consider applying for Core Staff to help make it amazing for the girls! Applications will remain open until March 2020. Initial selection of successful Core Staff applicants will happen in late November.



For more information: www.soarbc.com

Follow SOAR 2020 on Social Media:



Voila Quebec



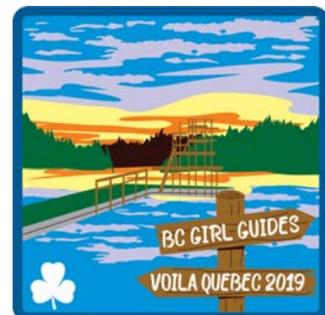
Where	Camp Wa-Thik-Ane in Morin Heights, Quebec and Montreal, Quebec
When	August 1-13, 2019
Who	8 Pathfinders and 2 Guiders



Photo Credit: Quebec Girl Guides

Voila Quebec was planned by Quebec Provincial Council. Girls and Guiders experienced Quebec culture, language and heritage with 120 Guiding sisters.

Wa-Thik-Ane (pronounced wa-tick-a-knee) is the camp of peaceful waters. It is located an hour north of Montreal, situated on Lac Bouchette. It is Quebec's provincial camp.



Some Guiding campsites hold a special place in your heart – for many of us, it’s Camp Olave on the Sunshine Coast, and for Quebec Girl Guides, it’s Camp Wa-Thik-Ane in the Laurentian Mountains north of Montreal. The 93-year old property, one of GGC’s oldest, was the perfect venue for the Voila Quebec 2019 Inter-Provincial Camp. Patrols from BC, Alberta, Saskatchewan, Manitoba, Quebec and New Brunswick gathered on the shores of Lac Bouchette in August, for a week of camp memories and fun.

Our patrol consisted of eight Pathfinders and two Guiders, selected from around BC, and eager for new adventures and friendships. We were picked up at the Montreal airport by local Guiders, and were fed and hosted for the night in a nearby church basement, with the patrols from Quebec and New Brunswick. This was a great way to start making connections with the other patrols, and we were grateful for the warm hospitality. The next morning, chartered buses picked us up, and our camping adventure at Wa-Thik-Ane began!



Photo Credit: Julie Ramsay

The patrols were spread out across 3 sites – Huron, Iroquois and Algonquin – each equipped with platform tents and a covered kitchen and dining shelter called a marquee. This allowed the three Quebec patrols to mingle with the patrols from the other provinces. Participants on each site were mixed into patrols for duties, which gave everyone more opportunities to get to know each other.

Camp life at Wa-Thik-Ane is based on many traditions, including morning dip in Lac Bouchette, sunrise hikes to the Bluff, campfire and water activities. These were some of the highlights for many of the participants in our BC patrol, even if it meant getting up at 4:30am for the morning hike, and 6:30am for morning dip. Daily activities were based on choices made by the participants, where they learned about Quebec cuisines, crafts, songs, in addition to swimming and boating. Evening highlights included site-wide campfires by the water, astronomy, a traditional Cabane-A-Sucre meal, and Provincial Night where each patrol presented songs and skits.



Photo Credit: Julie Ramsay

The most memorable days of camp were the out-trips to the nearby waterslides at Mont St-Sauveur, and the TyroParc and Via Ferrata near Mont Tremblant. TyroParc has Quebec’s longest and highest ziplines, and so for most participants, it was the most physical and adrenaline-charged activity they had ever done. Nearly everyone said it was their favourite part of the trip, as it allowed them to overcome fears and challenge themselves physically and mentally.

Some of the best Guiding memories are the friendships we make at camp, and we were lucky to have such an amazing team of Guiders at Wa-Thik-Ane, and on Huron site. Core Staff rotated through the sites for meals, which gave us a chance to get to know them in a relaxed setting, and each site also had a Quartermaster and a Site Guider. We shared many laughs with these ladies, and the girls also shared many laughs with their new friends.

After Voila Quebec, our BC patrol spent a few days touring around Montreal, and stayed at the HI Montreal. Equipped with our 3-day transit passes, we easily got around the city on the Metro underground trains, and it even included the shuttle bus from the city to the airport. Our first evening in Montreal, we climbed the 400 steps (after an uphill walk from the hostel to the base of the stairs!) up Mont Royal for a panoramic view of Montreal from the lookout. We ran into the patrol from Northern Alberta while we were up there! The next day, we took a guided bike tour of the Plateau, Mile-End and Little Italy neighborhoods, where we learned about the history, architecture, murals, demographics and food of these neighborhoods. Highlights included stops at the amazing Jean Talon market, St Viateur bagels, green alleys and murals. Montreal's bike lanes make it very easy to explore the city, and see more than you would on a bus tour. On our last day in the city, we took a guided walking tour of Old Montreal, where we learned more about the history and architecture of this more touristy part of the city. We capped off the day with a team-building activity at the SOS Labyrinthe at the Old Port, where the girls had to work together to find 4 stations within the labyrinth, before finding their way out.

After nearly two weeks away, it was time to say Au Revoir and A La Prochaine to Montreal and to each other. Paths will certainly cross again at SOAR next summer, and the memories will last a lifetime!



Photo Credit: Julie Ramsay

LEAP Ontario



Where	Doe Lake Camp in Sprucedale, Ontario and Toronto, Ontario
When	August 2-14, 2019
Who	16 Pathfinders/Rangers and 4 Guiders



Photo Credit: Michelle LeBrun



LEAP was planned by Ontario Council. Girls and Guiders experienced camp life with approximately 1200 friends from all over Canada. This included 435 Guiders, 267 Pathfinders, 53 Rangers, 210 Patrol Guiders and 150 LEAP Crew.



Doe Lake Camp in Sprucedale, Ontario had an amazing waterfront and trail system.



Photo Credit: BC Girl Guides

What an amazing and memorable adventure this interprovincial trip was for 16 girls and 4 leaders. The two BC LEAP patrols had Pathfinders and Rangers selected from all around the province. The trip started in North Vancouver on August 2 where everyone came together at the provincial Guide House for a night to get to know each other before flying out to Toronto the next morning. The girls serenaded the passengers on their flight to Toronto with Girl Guide songs.

One of 19 coach buses transported the BC patrols to Doe Lake Girl Guide Camp where their adventures began. Every patrol was assigned to a neighbourhood for the week. There were six neighbourhoods at LEAP: Wagona Woods, Good Neighbours Grange, Bella Coola, Ashgrove Pines, Birchcliff Point and Green Acres Grove. There were five sites for the girls and their Guiders and one site for the LEAP Crew. The BC Patrols #101 and #105 were at Wagona Woods Neighbourhood. Once the patrols arrived at camp, they unpacked their gear and pitched their tents that were purchased by Ontario Council for LEAP. Girls and Guiders then completed their swim/boat test in the lake. The girl-led Opening Ceremonies was hosted by the Ontario and Nunavut Youth Forum who got everyone excited with the song "Alive, Alert, Awake and Enthusiastic". They then brought out a special keynote speaker, Olympic athlete Sarah Wells. Sarah is the Founder of the Believe Initiative and was a participant on the Amazing Race Canada. She inspired everyone with her motivational life stories about resilience and pursuing your dreams. She told girls to believe in themselves and amazing things will happen.

The different provinces definitely had talent! Various patrols from the different provinces showed what they got in the LEAP talent show. The BC Patrols sang the song "This is British Columbia". One Alberta patrol from Calgary did a skit about the Calgary Stampede and the other patrol from Edmonton sang a song about the Edmonton Eskimos, their football team. Then both Alberta patrols did a line dance to the song Cadillac Ranch.

LEAP participants had meals that were catered by North Gower Foodies. They used biodegradable dishware (plates, bowls, and cutlery) all week and all the garbage was sorted to minimize the ecological footprint.



Photo Credit: Michelle LeBrun

Many of the girls loved the LEAP Boutique where they got to shop for LEAP clothing (eg. hoodies, shirts, PJ pants, etc.) and accessories (eg. lanterns, scrunchies, water bottles, etc.). Some also bought bags of SWAPS from the LEAP Emporium for trading. The BC patrol's LEAP crest were well sought after because of its unique and stunning design.

Throughout the week, the girls participated in a variety of program activities that included: painting a mini canoe paddle, etching a glass mug, making stain glass loons, sewing pajama pants, making macramé jewelry, writing camp stories for the daily LEAP newsletter, learning about drone flying, building mini-flashlights, making blankets for Project Linus, making Izzy Dolls for children around the world, experimenting with UV detectors, solving puzzles and riddles for the Survivor Escape Room, and learning about the Turtle Island Conservation Program. Active Recreation included some of the girls' favourite activities like low ropes, high ropes, climbing wall, axe throwing, archery, bubble ball games and slack lining. The girls thoroughly enjoyed their waterfront activities from stand up paddle boarding to canoeing to windsurfing. Others simply took advantage of the inflatable water-park for some bouncing, climbing and sliding fun.

Closing Ceremonies ended LEAP with a high-energy music video dance party. The girls were sad that camp was over, but was excited for the next chapter in their trip.

Photo Credit: Michelle LeBrun



After camp, the girls travelled to Toronto and stayed in the Downtown Toronto HI Hostel. The girls visited Ripley's Aquarium where they got to see numerous exhibits featuring the freshwater flora and fauna of the Great Lakes. They really enjoyed spending time just looking at the colourful species of fish in the Rainbow Reef and the beautiful array of jellies. The next day was filled with a tour of the Tower where they got to see the city of Toronto from the top of the CN tower. The view was amazing! Some of the girls chose to see a Jr. Jays Game and enjoy a relaxing afternoon in the stands.

The girls had so much fun participating in an Escape Room at Casa Loma. There were actors on site who acted out their roles to give the girls a completely different experience in trying to solve the puzzles. The Escape Room was definitely a hit with the girls. An entire day was spent touring Toronto by Hop-On-Hop-Off where different landmarks were visited.

The group had a tour of the beautiful iconic Niagara Falls. The sight was breathtaking and everyone just wanted to enjoy the time at various vantage points to soak everything in. The girls and Guiders had rain ponchos on to protect themselves from the fall's mist.

LEAP and Toronto was an unforgettable experience. The girls now have friends from all over the province. They look forward to reuniting with each other at SOAR 2020. Thank you BC Council for supporting this wonderful adventure!



Photo Credit: Michelle LeBrun

DAWN Newfoundland and Labrador



Where	Gros Morne National Park and Newfoundland
When	July 27 - August 7, 2019
Who	16 Rangers and 4 Guiders



Photo Credit: Newfoundland and Labrador Girl Guides

DAWN (Discovery! Adventure! Wonder! Nature!) was planned by Newfoundland and Labrador Provincial Council.

Gros Morne National Park is a UNESCO World Heritage Site. Its beauty lies in its towering cliffs, stunning fjords, majestic mountains and breathtaking valleys.



DAWN was a true basic camping experience involving tenting and patrol cooking in their sub-camp. Camp opened with "Erklaere Leiren Apen" – the Norse declaration to officially open DAWN. Camping adventures included water activities, arts, crafts, sports, and exploring the western part of the island of Newfoundland. There was nightly entertainment for the sea of girls and Guiders in their green DAWN camp shirts.

DAWN from the Perspective of Rangers

Ranger #1 - Girl Guides has made my world so much bigger. I have learned so much through the program work. The trip was amazing that I would go back to DAWN again and explore the same and new stuff. Some of the exciting activities the group got to experience included: sea kayaking, Irish step dancing, ziplining, adventure overnight out trip, medicine walk, inventing Quebectobaland, going to Insectarium, extracting DNA, going brain boosters, making cheese in kitchen chemistry, going to Bonne Bay Marine out trip, swimming, going to the theatre, open mic night, and canoeing. St. John's was our next stop after camp and was a big town to explore also. So many things to do there!



Photo Credit: Joy Anderson



Photo Credit: Joy Anderson

Ranger #2 - DAWN was a spectacular experience. I made so many incredible friendships and learned so much about Canada's diverse history. I'm so thankful we got to experience Gros Morne National Park and St. John's with Girl Guides. Camp was so much fun! I loved the service work and the out trip to Corner Brook. St. John's was such an amazing, eclectic city. I hope to visit again someday soon.

Ranger #3 - Our out trip to Corner Brook was such an eye-opening experience for me. We not only got to visit another city in Newfoundland, but we also got to stay at Memorial University on the Grenfell Campus. For a student going into grade 12 who is trying to pick a career and study path, getting to know the campus and the programs first hand was so helpful. We had time to talk to actual professors and this let us ask about subjects that mattered to us. I mean, did you know Memorial University has the lowest tuition rates in Canada? They also have small, workable class sizes! It was such an insightful few days packed with so much knowledge and I loved absolutely every second of it. From using telescopes to stare at the sun to learning how to program simple code we did it all. Even taste tested Amaranth. That was definitely an adventure in itself. I would love to thank BC Girl Guides for this opportunity and also encourage them to pursue more university-based options. They make a world of difference.

33 Rangers and 7 Guiders took an Urban Adventure trip to Corner Brook. They visited the Grenfell campus of Memorial University where they participated in a variety of STEM activities. They learned about coding, mapping and navigating the stars and tasted amaranth. They had a tour of Corner Brook, visited a museum and learned about the Beothuk people. They saw thousands of plants on the roof of City Hall.



Photo Credit: Erin DeBruin



Photo Credit: DAWN Newfoundland

Twelve Rangers and three Guiders completed a challenging 16 km overnight hike. They started near Trout River, a small fishing community, and hiked the Green Gardens trail in Gros Morne National Park. During low tide, the group climbed over exposed sea rocks and tide pools to go sea caving. They cooled their feet at a seaside waterfall. The group managed to find two geocaches and made a geocache for future hikers to find.



Photo Credit: Erin DeBruin

Viking Tales

Safe Guide Updates for Pathfinders and Rangers

Multiple Yellow Activities in One Set of Paperwork

Pathfinder and Ranger aged girls can plan a series of Yellow Level activities within a 2-month period with a single set of paperwork! This will allow some spontaneity in the planning of activities that they want to do that like a hiking series where the EMS is between 30 minutes to 1 hour; camp skills training that includes cooking on a camp stove or campfire; or a multi-meeting construction project that uses specialized equipment like power tools. Overnight and water activities (except boating training) are excluded. See p. 22 of Safe Guide 2019 for more information on how you can apply this to your unit plans!

Expanded Swimming Supervision Options for Rangers and Pathfinders

Swimming with a lifesaver (ie. Bronze Cross certification within the last 2 years) has been expanded for Pathfinders and Rangers to include backyard pools and small pools such as in a hotel as well as at a non-established waterfront with gentle conditions adventure camping/tripping.

To successfully complete the Advanced Swim Test (found on p. 104), the swimmer must:

1. swim 200 m
2. tread water for five minutes without a break after swimming 200 m

Equivalency for the Advanced Swim Test: Lifesaving Bronze Star or Bronze Medallion; Red Swim Kids 10; YMCA Star 7 or higher.

Details of how to implement the new supervision options in planning your swimming adventures can be found on p. 108-109 in Safe Guide 2019. There is a new WA.2 Form (2019) to accommodate for the Advanced Swim Test. Swim test results are recorded on the WA.2 Form (Swim Test and Boating PFD Check Verification Form). The Responsible Guider will need to submit the WA.2 Form to their Area iMIS adviser so that the girl's information will be updated in the iMIS database.



Photo Credit: Van Chau

A Taste of Adventure

Where	Crooked Lake Recreation Area (Williams Lake, BC)
When	July 21-July 26, 2019
Who	18 Pathfinders and 4 Guiders

A Taste of Adventure introduced the girls to rescue procedures, water safety and paddling techniques before heading off on an overnight canoe trip down Crooked Lake. During the overnight backpacking trip, on the Eureka Peak Trail, the girls learned about safety in the backcountry, using an InReach, cooked on backpacking stoves, and how to “go” in the woods.



Photo Credit: Laura Allgrove

Thanks to Third Party Service Providers (TPSP) Rick from Backwater Paddling, Dimps from Watch Lake Lodge and Randy from Adventure Charter and Rentals.



Photo Credit: Laura Allgrove



Photo Credit: Laura Allgrove

OAL Module 8: Cycling Kettle Valley Railway

Where	Kettle Valley Railway (Okanagan)
When	July 5-8, 2019
Who	6 Guiders

Six Guiders gained three nights of bike riding experience as they rode through the historic Kettle Valley Railway. They loaded their bikes with pannier bags, put on their daypacks and strapped on their helmets. They had an unforgettable journey through the scenic route of the Okanagan.



Photo Credit: Danova Collins



Photo Credit: Danova Collins



Photo Credit: Danova Collins



Photo Credit: Danova Collins

OAL Module 8: Backpacking Strathcona

Where	Strathcona Provincial Park (Vancouver Island)
When	July 11-14, 2019
Who	9 Guiders

Nine Guiders gained 3 nights experience as they practiced their backpack tripping skills in the Forbidden Plateau in Strathcona Provincial Park. They made their way to Hairtrigger Lake, Helen MacKenzie Lake, Circlet Lake and Forbidden Plateau.



Photo Credit: Sara Bishop



Photo Credit: Corrie Nichols



Photo Credit: Tricia Lang



Photo Credit: Carrie Chattel

GiRLS FIRST

Girl Guides
at a glance

Our program paves the way for a better world, by girls.

She will

- Develop her sense of self
- Feel a sense of belonging
- Connect with her community

HOW? Through our girl-driven approach, we:

- Create Safe Space**
girls can share experiences and talk about what matters to them
- Motivate Growth Mindset**
girls step out of their comfort zones and challenge themselves in new ways
- Encourage Positive Identity**
girls explore who they are, challenge stereotypes and discover new abilities and passions
- Share Leadership**
girls work in partnership with volunteers to create a fun, meaningful Guiding experience
- Engage Community**
girls get involved in causes they care about

She will

She will have fun, earn badges and experience new things with new friends.

- Build leadership skills
- Get hands-on while learning to fix things and DIY
- Connect with nature and care for the planet
- Explore local and global communities
- Have fun outdoors learning camping and survival skills
- Experiment with STEM
- Discover ways to feel her best in mind and body
- Turn ideas into action to make a difference

And she can take on more challenges and adventures along her journey!

- Awards
- Special Events
- Travel
- Leadership Opportunities
- Camping

Girl Guides
girlguides.ca
1.800.565.8111

GUIDE TOGETHER THEMES Our Story Spirit of Guiding Global Guiding	INTO THE OUTDOORS THEMES Nature Discoveries Camping Skills and Adventures Our Shared Planet	BUILD SKILLS THEMES Money Sense Life Stuff How To	EXPLORE IDENTITIES THEMES Being You Different Together Gender Power
EXPERIMENT AND CREATE THEMES Science Lab Design Space Art Studio	BE WELL THEMES My Mighty Mind My Physical Self My Healthy Relationships	CONNECT AND QUESTION THEMES Local Communities Canadian Connections World Stage	TAKE ACTION THEMES Your Choice Your Voice Your Action



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



Mix It Up 2019 – Through the Years



Photo Credit: Van Chau

This year marked the last year for the annual Mix It Up – a Girl Guide and Girl Scout Camp. Mix It Up ran from 2004 to 2019 and was an integral part of the Girl Guide experience. The theme this year was “Through the Years” and was a celebration of all the previous 15 Mix It Up camps. The camp was held at the beautiful and historical Fraser River Heritage Park in Mission, BC.

There was a total of 37 patrols from BC Girl Guides and Western Washington Girl Scouts. There were also many Core Staff Guiders and Rangers who helped out with camp. Thank you to the patrol Guiders for bringing your girls out for a fun weekend of tenting and giving the girls the opportunity to cook on propane camp stoves. Without you the camp would not have taken place.



Photo Credit: Van Chau



Photo Credit: Van Chau

We had beautiful sunshine on Friday and Saturday. The girls enjoyed mini-cupcakes and hot chocolate for Friday Mug Up. The Rangers did a great job at leading campfire on Saturday night for everyone. On Sunday morning a local Elk group provided a delicious pancake breakfast for everyone. Despite heavy rain on Sunday to finish up the camp, it did not dampen our spirits.

This year the BC Camping Committee decided to change up the programming to provide a Girls First experience. In the past the girls moved around to stations in patrols and had a specific amount of time at each activity. This year the girls had the opportunity to choose which activities they went to and how long they stayed at each station. Each of the activities were chosen based on past feedback from the girls.

The program activities included:

- Bag Decorating
- Olympic Games
- Medieval Theatre Skits
- Hunger Games – Archery
- Under the Big Top – Circus Activities
- The Amazing Race – Leave No Trace
- International Mystery – CSI Challenge
- Escape to Neverland – Tattoos Pirates
- Through the Looking Glass – Photo Booth
- Sea to Sky Adventures – Clay Animal Crafts
- Games Through the Years – Life Size Games (eg. Battleship, Jenga, Connect 4, Checkers)
- Bring Out the Animal in You – Painted Wooden Crafts



Photo Credit: Van Chau



Photo Credit: Van Chau

All of the patrols participated in a service project to help beautify the Heritage River Park. The girls either moved soil to fill in holes in the grass or painted river stones to be placed around the park. Two years ago at the last Mix It Up, Girl Guide members painted garbage cans for the park. These beautiful pieces of art are still in use today and are a shining reminder of what Girl Guides can do.

For the past 15 years BC Girl Guides and Girl Scouts of Western Washington have rotated this annual camp between British Columbia and Washington State. Over the past few years there has been a drop in numbers from Washington Girl Scouts and currently members of Girl Guides of Canada cannot travel to the USA. At this time there are no plans to offer Mix It Up in the future as a Provincial Camping opportunity. The BC Girl Guide Camping Committee will continue to plan and run new camping opportunities for Girl Guides throughout BC.



Photo Credit: Van Chau

Submitted by: Lisa Wechselberger (Peninsula District Guider)

FOR THIS IS BRITISH COLUMBIA

From the grandeur of the Rockies to the green Vancouver Isle
We're proud of our province, ev'ry inch and ev'ry mile
Her rolling hills and jagged peaks and rivers running free
A gift of Mother Nature for one and all to see



For this is British Columbia
We got so much if we can only see
A land that is still young with a future just begun
Where we can live in peace and harmony

You can walk along a sandy beach and hear the seagulls cry
Or marvel at the Douglas Fir that reaches to the sky
You can travel to the Cariboo where horse and cattle roam
Or stand beside the Fraser as her mighty waters foam



Photo Credit: Van Chau

For this is British Columbia
We got so much if we can only see
A land that is still young with a future just begun
Where we can live in peace and harmony

Composers: Greg Davidson and Richard Margison

NOTE: *Let's Sing!* provides the sheet music, lyrics and audio to For This is British Columbia so girls and adults can download to learn the song.

Thank You

The BC Camping Committee would like to thank Annalisa Adam for her time and dedication to the committee. Annalisa has made a significant impact on camping in BC. Her enthusiasm, passion, energy and thoughtfulness will be greatly missed. We wish Annalisa all the best with her other Guiding roles as a Ranger, Pathfinder, and Guide leader, a Lions Area trainer and the SOAR 2020 Lions Area Liaison.



BC Camping Committee Members

Nycki Wannamaker



Hometown	Fernie
Current Area	Kootenay Area
BC Camping Committee Role	Trex Coordinator
Other Hats in Guiding	Trex Guider
Favourite Outdoor Activities	Backpacking, Wilderness Camping, and Dirt Biking
Favourite Places to Hike and Camp	Deep in the woods or beside secluded lakes

Janice Bold



Hometown	Surrey
Current Area	Fraser Skies Area
BC Camping Committee Role	Residential Camping Coordinator
Other Hats in Guiding	Pathfinder Guider
Favourite Outdoor Activities	Swimming, Camping, Cooking and Reading
Favourite Places to Hike and Camp	Anywhere without a lot of hills

Van Chau



Hometown	Langley
Current Area	Fraser Skies Area
BC Camping Committee Role	Headlamp Newsletter and Communications Coordinator
Other Hats in Guiding	Pathfinder Guider and Fraser Skies Area Awards Specialist
Favourite Outdoor Activities	Kayaking, Hiking and Snowshoeing
Favourite Places to Hike and Camp	Garibaldi Lake and the West Coast Trail

Trex – Making a Splash in Squamish



Photo Credit: Julie Ramsay

The 3rd Mundy Lake Trex from Coquitlam kicked off the year with a white-water rafting camp in September. Squamish Rafting Company offered two options, depending on the girls' age, size and comfort level: the Class 1-2 Cheakamus River or the Class 3-4 Elaho River. They also picked us up in shuttle buses from the Mtn Fun Basecamp, where we were spending the night. Going with a TPSP made planning much easier and allowed everyone to fully enjoy the experience without worrying about how to get from the campsite to the rapids.

Our unit is new and consists of mostly first and second-year girls, and it worked out that the 17 girls and 3 Guiders were divided between the two adventures. At first, some of the girls in the Cheakamus group were disappointed because they were too young for the Elaho adventure, but they soon found out how exhilarating Class 1 and 2 rapids can be. Dressed in wetsuits, booties life jackets and helmets, they hardly noticed the rain, as they rushed down the rivers, marvelling at the wildlife and scenery they passed. Some girls even jumped into the water when the rafting guides gave them the opportunity! The Elaho adventure had that group's adrenaline pumping, as they were churned and tossed through the rapids and were thoroughly soaked by the end.



Photo Credit: Julie Ramsay



Photo Credit: Julie Ramsay

After a day on the water, the girls convinced the Guiders to go for a short hike up a hill in the campground. They were rewarded with a panoramic view of the Squamish Valley and Howe Sound. This was a great way for us to kick off our Guiding year. Squamish Rafting Company and their rafting guides provided our girls with a very memorable day on the water. Our unit has 21 girls, who mostly joined because they wanted to remain in Guiding with their friends. They wanted a variety of experiences.

Submitted by: Julie Ramsay (3rd Mundy Lake Trex Guider)

Trader's Corner – Hat Craft Idea

Cowgirl Hat



Materials: fun foam, pony bead, string, bottle cap, hole punch, hot glue, hot glue gun, scissors, safety pin

Instructions:

1. Cut out a circle with the fun foam.
2. Punch two small holes in the fun foam, right on the inside of the bottle cap.
3. Feed the two ends of the string through the two holes.
4. Put the ends of the strings together and feed a pony bead through it. Tie the string off with a knot.
5. Glue the bottle cap onto the fun foam so it is in the centre.
6. Glue the two sides of the fun foam onto the opposite end of the bottle cap.
7. Attach a safety pin to the end.

Wide Game

Zombie Apocalypse

Materials: different colour handkerchiefs for Zombies, Survivors and Helpers

Instructions:

1. Divide the girls into three teams. One team will be the "Zombies", the second team will be the "Survivors" and the third team will be the "Helpers".
2. The goal of the game is for the Survivors to make it back to the starting line without being captured by the Zombies.
3. Choose a Starting Point on the field. This will be where the Zombies and Helpers start off.
4. The Survivors will start off by running to a spot where they think it is safe enough for the Zombies to not tag them. This is where the Survivors will hide.
5. After a minute, the Zombies will get to go and look for the Survivors.
6. After another minute, the Helpers will be released. The Helpers need to guide The Survivors back to the Starting Point without being tagged by the Zombies. The Helpers themselves cannot be tagged by the Zombies, only the Survivors.
7. Some strategies that Helpers can use to help the Survivors:
Helpers can form a circle around Survivors and safely take them back to the Starting Point.
They can also run behind the Survivors.
8. If a Survivor gets tagged by a Zombie, then that Survivor becomes a Zombie too.
9. The Survivors who make it back to the Starting Point wins.

Under the Boughs

In September, Ranger and Pathfinders from Alcan District in Rivers North Area completed the Under the Boughs Camping Challenge at Camp Darnell. At the start of the weekend, Guider Kayla showed some girls how to start a fire so that they could cook lunch while others enjoyed some free time exploring the woods. Lunch was cooking hot dogs over an open campfire and chicken noodle soup. Guider Kayla showed different types knots and shelters we could make. One shelter was triangular shaped and it was built with a tarp slung over a rope that was tied between two trees. Another was diamond shaped and built around a tree. We then had the opportunity to build our own. My group chose to build the triangular shelter. We built it through a lot of redesigning, teamwork and laughs.



Photo Credit: Kurstann Mast



Photo Credit: Kurstann Mast

Next, we did a series of stations targeting outdoor survival. Guider Corinna taught us different knots, including the reef, packers and bowline. Then, Guider Katie taught us about dehydrating food. Examples of dehydrated food are apple chips, oatmeal and hot chocolate. We made dehydrated sweet potato pie. Lastly, Guider Tena showed us how to make a bear cache (using a Ranger as a tree) before letting us go out into the woods and trying it for ourselves. After a few failed attempts, we were able to get the cache into the tree. We hung out in our shelters and did some hat crafts before indulging in our taco-in-a-bag dinner. Afterwards we planned campfire with classic songs like "Barges" and "If I were not a Girl Guide".

For mug up, we had some hot chocolate and our now re-hydrated sweet potato pie. We had a quick jam session to "Dancing Queen" and "We Will Rock You" before we headed out to our shelters to sleep for the night. I am proud to say that not only did our shelter stay up but we stayed nice and toasty. After a breakfast of eggs-in-a-bag, we took down our shelters and cleaned the camp before going our separate ways. Overall, camp was a success because we made new friends, had some good laughs and learned some new skills. Can't wait to do it again next year.



Photo Credit: Kurstann Mast

Submitted by: Kurstann Mast (Rivers North Area Ranger)

Recipe

Dehydrated Sweet Potato Pie

(Source: Kurstann Mast)

Ingredients:

5 lbs sweet potatoes	3 tablespoons graham cracker crumbs
whipped cream	pumpkin spice
boiling water	

Materials:

potato masher	dehydrator	mixing bowl
wooden spoon	spatula	bowl

Instructions:

TO DEHYDRATE:

1. Mash 5 pounds of sweet potatoes.
2. Pour mixture onto the dehydrator trays or baking sheets.
3. Spread out the sweet potato mixture with a wooden spoon or a spatula.
4. Place in the dehydrator for 8-12 hours. This will depend on the thickness. Or bake in the oven for 8 hours at 170 °F with the door propped open.
5. Remove and put in a plastic bag to eat later.

TO REHYDRATE:

1. Pour 40 g of the sweet potato mixture into a bowl.
2. Add boiling water and mix until it thickens to the desired texture.
3. Add graham cracker crumbs and pumpkin spice to the mixture. Mix well.
4. Add whipped cream and mix in.
5. Recipe makes 21 servings.



Photo Credit: Kurstann Mast



Photo Credit: Kurstann Mast

Clarifying the Vegetarian Request

The following is a list of different levels of vegetarian and what they require.

Terms	Meaning
No Beef (usually a religious restriction)	Will eat all other meats.
No Pork (usually a religious restriction)	Will eat all other meats.
No Red Meat	Will not eat beef, pork, lamb, goat, and turkey.
Polo-Vegetarian	Will not eat any red meat, but will eat chicken usually will also eat fish.
Pesco-Vegetarian	Will not eat any meat including chicken, but will eat fish.
Ovo-Lacto Vegetarian	Will not eat any meat or fish, but will eat eggs and dairy.
Ovo Only Vegetarian	Will eat eggs, but no dairy.
Lacto Only Vegetarian	Will eat dairy, but no eggs.
Strict Vegetarian	No animal products or by-products as food.
Vegan	No animal products at all, usually avoid honey.
Vegan-Fruitarian	Eats fruits and seeds in raw form only.
Vegan-Raw/Living Foodist	Eats at least 75% uncooked, unprocessed, organic fruit and vegetables.
Flexitarian or Semi-Vegetarian	Eats "less meat" but term is vague.

These are all Personal Choice Restrictions. While some do fall under allergy restrictions (eg. pork), this list is only to clarify the most common terms people use. There are many more.

Compiled by: Patrice Schoepfner and Maureen Mackay