

The Headlamp



A Message from the BC Camping Committee!

Dear BC Guiders,



We hope that everyone had a busy spring camping season and will be getting out to enjoy the wonderful weather we are having this summer.

We recently had the opportunity to spend some time at Camp Olave on the Sunshine Coast and one of the evenings we took advantage of the wonderful scenery from our Kayaks right at sunset. The views were spectacular and reminded us how lucky we are here in BC to experience so many different types of environments. From the oceans, lakes, rivers, and to the mountains. We hope that you are able to get out there this summer to explore and camp in all of BC's amazing outdoors.

Happy Camping!



The BC Camping Committee enjoying the wonderful sights at Camp Olave on the Sunshine Coast.

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

- Yukon 101 (G P) - July 3 - 12, 2015
Whitehorse, Yukon
www.camp101yukon.weebly.com
- Island ROAM (G P) - July 11 - 19,
Vancouver Island
- Amazing Arts Three (B G P R)
July 12-18, Camp Olave
<http://www.campolave.com>
- OAL Adventure Module 8: Back-
packing (Guiders) - July 23-26,
Revelstoke National Park and
Strathcona Provincial Park
- More Seaside Fun (B G P)
July 26-August 2, Camp Olave
<http://www.campolave.com>
- Bowron Lakes Canoe Circuit -
August 4 -12
- Camp Hoidaze (B G P R A) -
Aug 16-22, Camp Olave
<http://www.holidaze.ca>
- Mix it Up (G P) - Sept 25-27 ,
Squamish, BC



New bunk houses at Camp Olave

Comforting Campfire Hash-

Ingredients:

- 2 shredded potatoes
- 1 small onion chopped
- 1 small green pepper chopped
- 6 eggs or equivalent in silken tofu
- 1 cup shredded cheese or vegan cheese
- olive oil, salt, pepper and other spices of your choice

Directions:

1. Coat the bottom of a heavy skillet with olive oil and sauté shredded potatoes, onion and pepper until lightly browned.
2. Add salt, pepper and seasonings.
3. Beat eggs or tofu and pour over ingredients.
4. Add cheese/vegan cheese on top.
5. Cover with lid and cook until set.

If wanted you can always add more items such as mushrooms and tomatoes.



Girl Guide camping chatter around the province:

- ◆ Shout out to the Lougheed and West Coast Area's for hosting a Kayaking OAL Adventure Module 8
- ◆ Way to go Rivers North area for hosting an OAL Adventure Backpacking Module 8.
- ◆ Congratulation to Camp Olave for building the new bunk houses at the Kutawa.
- ◆ Wow! The whole Campbell River District took up the challenge to complete the Hiking Challenge as a District.
- ◆ Thank you, West Coast and Monashee area Pathfinder, Ranger, and Trex Guiders for organizing canoe trainings for the girls.

Contributions to Headlamp from around BC:

Mama Bear Picnic for Mother's Day

The 9th Vancouver Pathfinders have just returned from a camp they'll never forget. We had enjoyed a very peaceful weekend at Camp Olave swimming, kayaking, and painting flower pots for Mother's Day. After cleaning out the cabin, packing our lunches for the ferry, and lining our packs up on the patio we headed down to the beach to celebrate Guides' Own. Our plan was to stop by the cabin, pick up our bags, and then catch the bus to the ferry. But when we rounded the corner we were shocked to see two little bear cubs pawing through our backpacks, enjoying the sandwiches we had so carefully prepared for lunch!

Not knowing where Mama Bear was lurking we ran quickly back up the trail and ushered the girls to the bus stop. Two brave leaders stayed behind to contact the caretaker and attempt to scare away the Mama Bear and two cubs who were making quite the feast out of our little picnic. They must have liked ham sandwiches because they took a good deal of convincing to move along. After the bear family wandered off into the woods the leaders did their best to pack the gear and associated mess into our vehicle to meet the girls at the ferry. The girls were thrilled by our "Yogi Bear Moment" as many had "souvenirs" to take home - torn day packs, gnawed water bottles, and even a diary covered in bear cub slobber!

While we certainly hadn't planned it that way, it turned out to be a great Bear Awareness lesson for everyone - never turn your back on your picnic, even for just a moment.

Erin Rennie

Hiking Challenge

"It's a long and winding road." The whole District was challenged. Participating was easy. It didn't cost anything but time. From Campbell River to Mexico and Utah to Hawaii. From walking a track to hiking a national monument, everyone had a different method of accomplishing the Hiking Challenge. Others walked around their neighbourhoods, walked to get their groceries or walked around the deck of a cruise ship, 9 people in the Campbell River District succeeded in finishing the goal. One special duo was a grandmother and granddaughter (who is a first year spark) that worked together to reach their goal.

Patti Aspden, Campbell River District



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

Instant Meetings: Compasses

Working with compasses provides girls with many learning experiences. Age appropriate activities allow them to develop their navigational skills while being challenged, but still having fun. The key to success in this area is explaining the basic concepts clearly, and repeating them often with a variety of games and activities

Program Connections Sparks

Going Camping Keeper
-Additional activity
Being Healthy Keeper
-Move to the Beat

Program Connections Brownies

Key to Camping:
Which Way? Interest badge
Key to the Living World:
1. Wondrous Walks

Program Connections Guides

Beyond You: Explore the Outdoors and Nature
3. Demonstrate that you know how to use a compass.
6. Outdoor activity.
Related Interest Badges
Exploring (compass activity),
Hiking (compass activity),
Outdoor
Adventures (follow a trail)

Program Connections Pathfinder

Let's Take it Outside:
Finding Your Way
4. Use a compass
Let's Take it Outside: Out on the Trails
Compass navigation skills
Exploring a Theme: Secret Agent 007
4. Make a trail of signs or clues.

What to do with your Safe Guide forms after the activity?

Well that's easy! Follow the document retention schedule! Simply place your forms in an 8 ½ x 11 manila envelope immediately after each activity (do not save them up), attach an envelope label (and fill it out), and physically turn it over to your Commissioner. You are responsible for the forms until you hand the envelope to your commissioner or her designate. Your Commissioner will get the envelope to the Provincial Guide House for storage. *Remember that you need to delete electronic copies from your computer and destroy copies as well.* Leaders are not to keep anything with personal information on it past the event it was created for.

Information you will need to fill out the envelope label.

- Responsible Guiders Name (Leader who did the paperwork)
- Date of activity
- Unit/District/Area name (example 1st Town Sparks, City District, Wide Area)
- iMIS # of the organizing group
- Description of event (example *Rainbow Camp – weekend camp*)
- How many of each form you are putting into the envelop

Forms that go in your envelope. Not all activities will require all these forms – so if you use the form then send it in.

- SG.1 Activity Plan
- SG.2 Parent/Guardian Permission for Non- Regular unit Activities
- SG.3 Activity Notification or Authorization
- SG.4 Emergency Response Plan
- SG.5 Release of Liability, Waiver of Claims, Assumption of Risk and Indemnity Agreement
- SG.6 Adventure Camping/Triping Plan
- SG.7 Third Party Service Provider Interview Checklist
- SG.8 Travel Preauthorization
- H.3 Medication Plan and Administration Record
- H.4 First Aid Treatment Record
- H.5 Wellness Statement
- H.6 First Aid Examination Checklist for Wilderness Out-Trips
- WA.1 Water Activity Plan

** After referring to Safe Guide you are still not sure which forms you require for your activity? Check with your Commissioner or Safe Guide Assessor. Or Camping advisor*

Forms that do not go in your envelope.

- H.1 and H.2 Personal Health Forms 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.
- If you have other types of forms (example are training, membership, or financial) for retention, please check with your commissioner.

Need more info or the envelope label? Check out the BC Girl Guide Website – Volunteer tab – Guider Resources and scroll down to Document Retention.

http://www.bc-girlguides.org/BC/Volunteers/Guider_Resources/Forms/BC/Volunteers/Guider_Resources/Forms.aspx

Instant Meetings

New 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
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

BC Council									
Forms envelope label									
Please affix this label with tape to the outside of the envelope									
Responsible Guider					Date of event/activity				
Unit, district or area name (eg. 1 st Vancouver Brownies)									
Unit, district, or area iMIS number									
Description of event/activity, or function of forms inside									
Please indicate the number of forms of each type									
INS.01	WA.2	STG.1	H.7	BCC311	BCC3				
SG.1	WA.3	STG.2	BCCP504	BCC312	A.5				
SG.2	GS.3	STA.1	BCCP504A	BCC402	A.5R				
SG.3	IT.2	STA.2	BCC500F	BCC403	R.3				
SG.4	IT.3	STS.1	BCC700A	BCC404					
SG.5	IT.4	STS.2	BCC305	BCC406					
SG.6	IT.5	H.3	BCC307			A.1, A.7, S.1, S.2 & S.3 – submit in an envelope, marked 'Screening Records'			
SG.7	IT.6	H.4	BCC308						
SG.8	IT.7	H.5	BCC309			IR.1 – submit in an envelope marked 'IR.1' – are retained indefinitely.			
WA.1	IT.8	H.6	BCC310			Financial & accounting records must be retained at the level where they were created.			
OFFICE USE ONLY Retention period Destruction date									



Merlin Bird ID App Review

What's that bird? Merlin Bird ID helps you solve the mystery. First, Merlin asks you a few simple questions. Then, almost like magic, it reveals the list of birds that best match your description. Pick your bird, then delve into more photos, sounds, and ID tips about your bird!

Merlin is fun and easy to use—whether you're curious about a bird you've seen once or you're hoping to identify every bird that comes to your feeder. The answers are waiting for you with this free app from the renowned Cornell Lab of Ornithology.

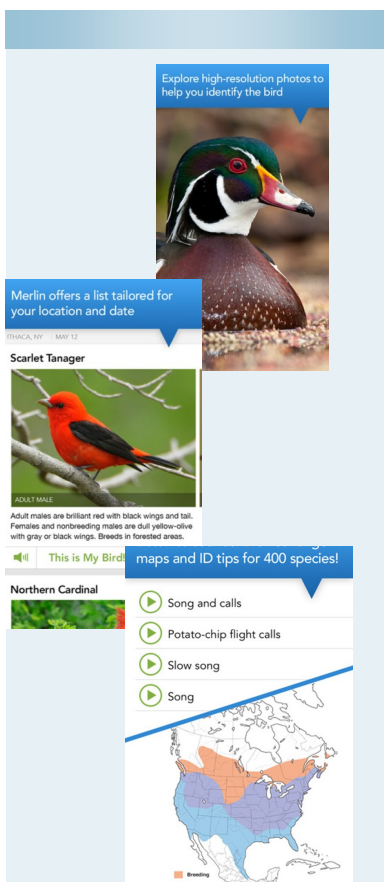
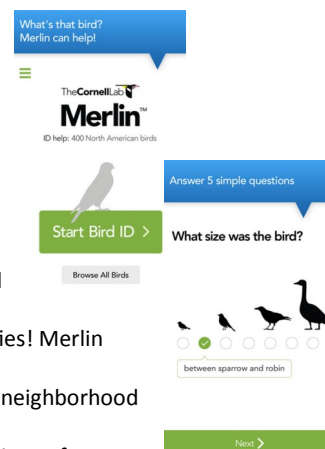
Features

- Created for beginning and intermediate bird watchers, Merlin identifies the 400 most common bird species in the United States and Canada (excluding Hawaii).
- Intelligent results. No more scanning through hundreds of possibilities! Merlin shows the birds near you that fit your description.
- Customized location and date tools generate best answers for your neighborhood and time of year.
- Powered by eBird to deliver the most accurate results based on millions of sightings from bird watchers across North America.
- Enjoy more than 1,000 photos of birds, including males, females, and juveniles.
- Learn ID tips from Cornell Lab of Ornithology experts.
- Listen to beautiful bird songs and calls from the Cornell Lab's Macaulay Library.
- It's all free! The Cornell Lab of Ornithology's goal is to help you and millions of others to learn about birds.

Available from



or on the web



Know Your Area Camping Adviser

Fraser Skies Area:
Cindy McInnis

Kootenay Area:
Tamara McIaeen

Lions Area:
Gwen Walwyn

Lougheed Area:
Julie Ramsey

Monashee Area:
Catherine Hardy

Pacific Shores Area:
Wendy Jackson

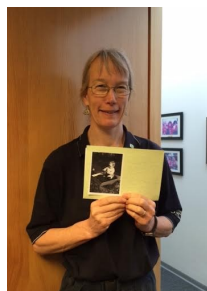
Rivers North Area:
Laura Allgrove

SVI Area:
Erlene Amero

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 Gwen Walwyn: Area Camping Adviser for Lions Area

I have been volunteering with Girl Guides of Canada for about 14 years now. I have worked with most levels, except Rangers, and

have spent most time as a Sparks Leader. I'm currently a Unit Leader with Pathfinders, and will have a Sparks Unit again in the Fall. I was our District Commissioner until we merged with the other Sunshine Coast Districts to become Tetrahedron District. Now I'm District Secretary & Training rep, and a very new Lions Area Camping Adviser.

As a Guide in England I have many fond memories of camp, (and some not so fond ... cleaning off the burnt porridge pot is one) travelling in a truck full of heavy canvas tents with the tail gate up and us loose in the back. I still like the scent of canvas

tents, and remember how pink the world looked when you crawled out of the green bell tent!

I do a lot of walking and hiking with my dog, but don't get many opportunities to camp with my real family. Guiding to the rescue! I'm working towards my Adventure OAL so I can take my girls out safely and challenge all of us to try new things. Several of my Pathfinders began with me as Sparks, and I know they have tons of Residential camp experience and are ready to stretch their wings a bit more. We have so many excellent campsites and places to explore on the Sunshine Coast we could be busy for a while.

Best known for at camp? Probably asking "who wants to go for a walk?" I'm like my dog, a walk a day and I'm generally happy. Oh and being a tea drinker (preferably Earl Grey).

Guide's Own

Guide's Own comes from "Scouts' Own, which was introduced at the Crystal Place Rally in 1909. Guide's Own is a special interdenominational ceremony and is an encouraged quiet time of reflection at the end of a camp or activity. It can also be used in special celebrations such as enrolment and advancement.

Guide's Own is made up for four parts

- The opening song
- Readings
- Reflections
- The closing song

The opening song is a song that calls everyone to the ceremony and welcomes them to share their experiences. Examples are *Let Us Sing Together*, *Make New Friends*, or *This Little Guiding Light of Mine* for a campfire or the unit opening song for a celebration. By the end of the song, everyone should be arranged/seated as needed for Guide's Own.

A few girls or leaders can pick a couple readings about friendship, sisterhood, or anything that reflects on the activity that is happening (such as camping or the theme of the celebration). The length of the readings and number of readings can depend on the length of your Guide's Own.

After the readings comes the reflections. Girls and leaders share their experiences from the camp/event and this can be done numerous ways, depending on your group size and time allotted. You can choose a few girls to share or you could go around the circle, ensuring that everyone gets a turn. My personal favorite is "2 Stars and a Wish", where girls (and leaders too!) share two things they liked about camp and 1 thing they wish could have been different.

Should you have presentations to make during your Guide's Own, you would want to do it after the reflections. This might include awards from camp, program badges, or enrolment pins at enrolment.

The closing song should always be a song of friendship or parting. Examples are *On My Honor*, *Say Why*, *Go Well and Safety*, and *Taps*.

Did You Know.....

Safe Guide:

- Guiders should put their Area Commissioner as the Provincial emergency contact number. (this is for unit, district and area events) The process is that the Area Commissioner will know the provincial person on call for the weekend - Guiders are not expected to know who is on call at the provincial level, and assessors will confirm with the RG that the person listed is the Area Commissioner.

Swim Tests:

- Any one (girl and adult) who wants to swim without a personal floatation device (PFD) must successfully complete the swim test. This includes non-members.
- "Participants who can show proof of completion of Red Cross Swim Kids 5, Lifesaving Society Swimmer 4 or the equivalent may be exempt from the swim test."
- Swim tests do not need to be re-tested. However, Swim test for Boating completed as a girl member will need to be retested for the adult distance when they become adult members.



Examples of Guide's Own songs:

Let us sing together

Let us sing together,
let us sing together,
one and all our joyous song.
Let us sing together,
one and all our joyous song.

Let us sing again and again,
let us sing again and again,
let us sing again and again,
one and all our joyous song.

Go Well and Safely

Go well and safely,
go well and safely,
go well and safely,
the Lord be ever with you.

Stay well and safely,
stay well and safely,
stay well and safely,
the Lord be ever with you.

Live well and safely,
live well and safely,
live well and safely,
the Lord be ever with you.

Note: "the Lord" is sometimes replaced with "may peace"

SENSATIONAL SUMMER BC Camping Challenge

The Sensational Summer challenge includes learning about tin foil ovens or buddy burners, make ice cream in a Ziploc bag or tin can, lash a washing station (see pictures on the left), learn new campfire songs, go on a scavenger hunt, go swimming, canoeing, or kayaking, learn about laying and follow trail signs, and learn what to do if you are lost.



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.

One of the choices in the Camp Cooking section of the Sensational Summer Challenge is to learn how to make ice cream in a bag or tin can. Try this recipe:

Homemade Ice Cream...in a Bag!

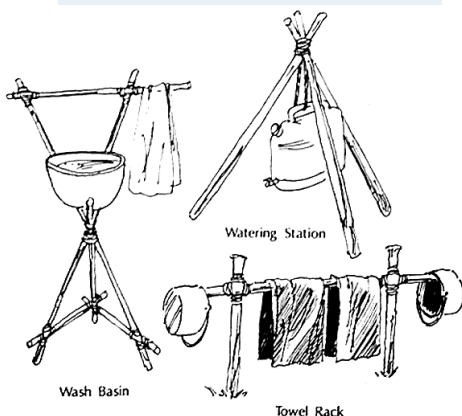
Ingredients

- ½ cup half-and-half
- 1 tablespoon sugar
- ¼ teaspoon vanilla
- 1 sandwich ziploc bag
- 1 gallon ziploc bag
- 3 cups crushed ice
- ⅓ cup rock salt

Directions

1. Put first 3 ingredients in the smaller Ziplock bag and seal bag (Make sure it is tightly closed!). Put ice and rock salt in the larger bag and then add the filled small bag. Seal the large bag.
2. Squeeze bag until ice cream is thickened, about 10-15 minutes.
3. Remove small bag, unseal, and eat with spoon.
4. No need to even dirty a bowl

Crest order form can be found here: http://bc-girlguides.org/Documents/BC/BC_Crests_InteractiveForm-May2014.xls



The Good, the Bad and the Ugly of Backpacks

Selecting a pack is somewhat easier when you know what type of trip you are taking. Are you primarily doing day trips? A weekend trip, or are you off to do a multi day expedition to enjoy the wonders of nature? The type of trip will also decide how much gear you're carrying, so it is best to start with the pile of gear that you need to carry, and select the appropriate model to carry that gear. Here are the general guidelines for the size you'll need based on trip length.

- ◇ Day pack & overnight (35-50L)
- ◇ Weekend (2-5 days) (50-80L)
- ◇ Multi-day (5+ days) (80L+)

Once you know the size, then the trick is finding a pack that fits you right. These tips are primarily for selecting the larger packs where as with boots, you will not be happy out on the trail if your pack doesn't fit right.

Fit

Each company has their own proprietary way of measuring torso length but are all based on a measurement from your iliac crest (top of your pelvic bone) to your C7 (the bony bone in the back of your neck). This will allow you to fit within the range of sizes available. Many pack designs will have an adjustable suspension, which will allow you to tailor the fit even more. The adjustable suspension is especially important to have in packs for girls when they are still growing, so that the pack can grow with them (to a point).

Having a comfortable hip belt is very important, as this is where you should be carrying 80% of the weight. Most packs have enough adjustment built in to fit a variety of weight sizes, but some companies specialize in packs that can be changed out to accommodate very narrow or wide waists.

Women specific packs tend to have a shorter torso, narrower shoulder widths, and curved waist belts, all of which can make a pack more comfortable. That doesn't mean that you can't get a great fit out of a unisex or men's backpack.

The right fit is one that is the appropriate size for your torso length so that have the shoulder straps being able to wrap around your & will have a comfortably snug grip on your hips. Remember that a pack will feel very different with weight in it, so try the pack out with some weight to feel how it distributes across these two points.

Design

There are so many styles and design features, as well as sport specific packs that the options are almost endless, Here are some basic categories of features that are worth considering during your selection

- **Suspension:** Most packs come with internal frames and other load support mechanisms to transfer the weight to your hips. Other features built into the suspension include ventilation and different levels of padding.
- **Material Construction:** Most traditional packs are made with durable fabric to stand the wear and tare. For ultralight packs, the materials used are often less durable and will come with less options to minimize weight.
- **Access:** Top-loading packs are the most common, but you can also find packs with side-access zippers, zippered front panel, a sleeping-bag compartment that will allow you to more easily access the things deeper in your pack
- **Hydration:** Many packs will come with some type of hydration bladder compatible system or pockets for carrying water bottles on the side depending on your preference.
- **Pockets:** There are a wide variety of pocket designs that include elasticized side pockets, hip belt pockets, front pocket, which can help you organize your gear.
- **Attachment straps:** Shovel straps, side straps, gear loops, lash on points are available on various models to give you other ways to carry gear than inside your pack.

Continued on the next page....



The Good, the Bad and the Ugly of Backpacks continued....

Packing your pack

When packing your backpack you want to be able to have a balanced centre of gravity.

- The bottom of your pack is a great place to put the things that you won't need until you stop for camp, namely your sleeping bag & sleeping clothes.
- The center of your pack is where the heaviest items should go. This includes your camp kitchen (pots, stove etc.) your food, and water supply. Remember to fill in empty spaces to maximize your space. For example, fill your pot set with dish kit, spices or other food items. Your tent and clothes can then be packed around these items so that they don't shift while you're hiking. Stuff sacks of Ziploc bags can be used to organize these further.
- The top lid and outside pockets are perfect for those frequently used items such as snacks, headlamp, bug spray, first aid kit, pack cover etc.
- Items that fit well on the outside of your pack include sleeping pad, tent poles, trekking poles, which can be added to the sides of your pack or between the lid and the body of your pack. Just remember that the more that you have hanging out of your pack, the harder it will be to balance in tough terrain.

As you build experience in backpacking, you will gain an understanding about how much you actually need and the ideal placement for your typical items you will bring on the trail with you.

Like most camping gear, a good backpack can last you 10 years or more if they are taken care of, so while cost is always an issue, remember to keep in mind the cost per year when factoring in your decision. As you build your hiking skills, most people will find that they will own 3 different capacities to cover the full range of load carrying: a 60+ liter pack for multi-day trips in the backcountry, a 35-40 liter pack for most day or gear intensive trips, and a 20 liter or less pack for half-day adventures, side hikes, or carrying on routes.

Happy trails!

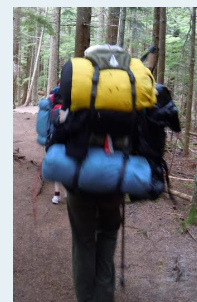
Camp in a Box: Guiding Elements Water

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.



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



The Good



The Bad

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.



SWAMP Game:

Divide girls into groups.

Each group has pen and paper.

Each letter in the word SWAMP stands for another word that describes something in nature.

S- STARS
W- WEATHER
A- ANIMALS
M- MINERALS
P- PLANTS

1. On "GO" each team writes down as many words they can think of that relate to the word STARS.
2. The only stipulation is they must be able to see what they write down from where they are. e.g. sky - is where stars are seen; clouds - they cover up stars on a cloudy night.
3. Each team has 5 minutes to write down as many words as possible for STARS then 5 minutes for WEATHER and so on.
4. At the end of the writing session each group goes over the words to see how many match and who has come up with something different.

How vivid are their imaginations?

Trex Rendezvous 2015

Trex Rendezvous was back with a great success in May! Nine patrols of girl and Guiders from seven Trex units representing eight of the ten Areas in BC met at Deep Cove to take the exciting boat journey up Indian Arm to the beautiful Camp Jubilee.

We enjoyed a weekend of 'glamping' with the staff cooking our meals AND doing our dishes, which left lots of time for fabulous adventure activities. The girls and Guiders had a chance to enjoy rock climbing, sea kayaking across Indian Arm, voyageur canoeing, archery, hiking, high ropes, low ropes, team building exercises, fun new games and lots of new friends. The girl and Guiders were able to bond and learn more about how these extraordinary units operate across the province, and took some time to think about adventures that they might like to go on in the future.



The Camping Committee would like to extend a BIG thank you to all of the Trex Guiders who made it possible for their girls to attend this camp, many of which needed to take the Friday off from school and/or work to travel to camp, as well as another big thank you to the staff at Camp Jubilee. The camp was a wonderful setting for an adventurous weekend, and the staff were so helpful and fun that the girls couldn't help but enjoy challenging themselves to try the 'corkscrew' high ropes element, climbing all three paths up the rock wall (for those who had time), and kayaking to the power station. We look forward to seeing you again in the future, and are hoping to be able to make Trex Rendezvous a more regular event than it has been in the past few years.



Pictures provided by Laura Allgrove

Camp Olave

Submitted by Annalisa Adam- Lions Area

Camp Olave.....the Guiding Jewel of the Pacific. Come and experience the magic of the enchanted forest, the twinkling stars at night, and the glistening ocean.

Camp Olave is located in the middle of the Tetrahedron District on the Sunshine Coast. The Camp Olave Management Committee oversees our camp, which is owned by West Coast and Lions Areas. To get here you need to take a ferry from West Vancouver to Gibsons and then drive or rent a bus for the 15 minutes' drive. The local grocery store can deliver your groceries and you can hire the cleaning company to clean up afterwards, making your trip here less stressful.

Camp Olave has something to offer every age group, from a cozy cabin for sparks, huts for brownies, established canvas tents for Guides, or a site to pitch your own tent and lash a shelter for pathfinders and rangers. Why not make it a bridging camp or bring your district? You can use the recreation hall for crafts, the field for large games, and the friendship fire for a great big sing-a-long.



Panabode Cabin – sleeps 3
Tipi Waken Cabin – sleeps 4
Gingerbread Cabin – sleeps 8
Galalina Cottage – sleeps 10
Ranger Cabin – sleeps 16
Brownies Hideaway Cabin – sleeps 26
Brock Cabin – sleeps 28
Nawilak Cabin – sleep 26 in winter & 8 outside in canvas tents in summer
Kwi Kwa Cabin – sleeps 32
Galalina Huts – sleeps 30
Hi-Yu-Win – Huts – Sleeps 48
Ah-Ah-Wah-Kie- Canvas tents – sleeps 48
Si-Yay-Lum – Canvas Tents – Sleeps 36
Kutawa – bring your own tents – sleeps 48
Pioneer – bring your own tents – sleeps 30
Tee Cseh- bring your own tents – sleeps 28

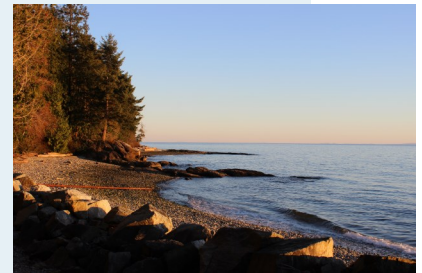
Be sure to check out the site comparison sheet and read up on what each site has for amenities as they all vary. Each site has a manger who will provide you with helpful handouts and an orientation to make sure that your camp is successful. Each site has their own unique crest to purchase, so make sure to try a different site each time you come to visit.

Camp Olave has summer staff (May –August) each year of 2 lifeguards. They live on site and can help to make camp a lot less work for you. They offer swimming (be sure to bring a copy showing your unit has done their swim test to make things go a lot easier), sea kayaking, they will instruct the unit leaders on how to lead archery for your unit, and they can lead lots of other fun activities such as beach exploration, raft building, and games around the camp.

In the office you will find multiple pre-planned grab bags full of great activities for your unit. Why not try Camp Olave's version of Jeopardy, become an Insect Investigator, and learn about Wonderful Wildflowers. Stretch your legs on some of the hiking or activity trails. For rainy days you can visit the Nature House. And don't forget to follow the yellow brink stone in the Enchanted Forest. Don't forget to do a good deed while at camp. There is enough activities to do at Camp Olave that you could come here for the weekend and you would only need to bring your food.

Did you know that other groups (Quilting groups, Cops for Cancer, Search and Rescue) can rent a building at Camp Olave. Camp Olave has also been the ideal spot for several weddings. Additional rental steps must be taken for non-Guiding groups. So why not plan your next family holiday by the beach.

More information, including the booking forms, can be found on the website at <http://www.campolave.com/>





BC Big Tree Registry:

Submitted by: **Nycki Wannamaker**

Fernie Girl Guides were informed that even though the ancient cotton woods heritage site is known for being the oldest known cottonwood tree stand in the world, its big trees had never been registered in the BC Big Tree registry! We quickly corrected that with the help of a parent of one of our guides who works in forestry. We measured several trees and learned a lot about them thanks to the interpretative trail signage. It was a hot but rainy day and the girls had a blast measuring and learning. This entry has not yet been updated at bcbigtree.ca but will be very soon

BC BigTree Website

To identify, describe, monitor and conserve the largest trees of each species within British Columbia, and to educate and enlist the help of its citizens in this task.

Mandate

To identify, describe, monitor, and conserve the largest trees of each species within British Columbia, and to educate and enlist the help of its citizens in this task.

History

The original registry of big trees in BC was initiated by Randy Stoltmann. Many of the registry records are published in his book *Guide to the Record Trees of British Columbia* (Stoltmann 1993). The registry was established in 1986 by the B.C. Forestry Association, which became Forest Education B.C. and most recently FORED BC. Randy Stoltmann died in a tragic ski-mountaineering accident in May of 1994. FORED BC stopped maintaining the register after Randy's death and sadly the registry files and all the maps and the photographs went missing. Shortly before his death, Randy copied most of the registry records into a report for the B.C. Conservation Data Centre (CDC). Using these records, the CDC became the new custodian of the registry until 2009, when it was transferred to the Ministry of Forests and Range. In the Fall of 2010, the BC BigTree Registry found its final home in the Faculty of Forestry at the University of British Columbia.

It has been a tall order to transform the old paper records into the new online Registry. We are striving to correct any errors in the database and appreciate having these pointed out.

Nominating a tree

Anyone can nominate a tree to the BC BigTree Registry.

The first step is to register as a nominator and create your user profile, login and password. To become a nominator, select 'Become a Nominator' from the Log in menu.

After registering as a nominator, the next step is to login to the registry. Once logged in, you can nominate a new tree to the registry or submit a re-measurement for an existing tree.

For more information on nominating and measuring trees, visit the BC BigTree Website or download the [BC BigTree Field Package](#).

CWF's Great Canadian Campout

CWF's Great Canadian Campout is a perfect opportunity to get outside with family and friends this summer. Whether you're an experienced camper or a newbie, join the fun! Commit to camp in 2015 and be one of the thousands of other Canadians camping across Canada. Our goal? To get one million Canadians camping by 2017 – just in time for Canada's 150th birthday!

You can camp in your backyard, at a local campsite or in our incredible provincial or national parks – and July 18, 2015 happens to be Parks Day! Not sure how to start, where to camp or what to do? We've got you covered with information and tools to get your family and friends outside and connected with nature. This website is full of ideas and activities suited to any experience level.

Join CWF's Great Canadian Campout for FREE today:

1. Commit to camp: Let us know you plan to camp by completing the commit to camp form. Just by sharing your commitment, you will receive a FREE guide on the best hikes in Canada and be automatically entered for a chance to win CWF's Ultimate Camping Gear Prize Pack.
2. Share with your friends: Let everyone know about CWF's Great Canadian Campout through social media, email or at your next gathering. It's free, it's easy and the best part is you get to enjoy our beautiful country.
3. Use **#GreatCanadianCampout** when posting about your camping experiences this summer and join the movement.
4. Join us July 18th. The Great Canadian Campout goes all summer long. We encourage you to be camping July 18th, our commitment to camp on National Parks Day.

Remember to click the commit to camp icon to pledge your plan to camp! We'll be tracking the use of **#GreatCanadianCampout** on all the social media platforms, so start the conversation and share your plans!