

The Headlamp



A Message from the BC Camping Committee!

Hello BC Guiders,

Did you know that every member of the BC Camping Committee will be at SOAR?

Joy Anderson can be found at the Skookumchuck, Logjam Program Headquarters

Patrice Schoepfner can be found at SS Red Star with her Ranger Patrol

Jeannie Crivea can be found at SS Fortune's Landing and in the Program area at the craft tents

Annalisa Adam can be found at SS Lady Duffern with her Guide and Pathfinder Patrol

Vicki Ferguson can be found at SS Spalumcheen with her Guide and Pathfinder Patrol



We look forward to making new friends, reconnecting with old friends, creating memories, and experiencing new things. Can't wait to see you and Brooke the Bear at SOAR!



Guide House in Vancouver

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

All of our crests can be ordered from the Provincial Office by using this order form: http://bc-girlguides.org/Documents/BC_Camp-in-a-Box-Crests_InteractiveForm-Feb2013.xls



Upcoming Camps

- SOAR (G P R) - July 19-26
Enderby
<http://www.soarbc.com/>
- More Seaside Fun (B G P)
August 3-9, Camp Olave
<http://www.campolave.com/msf2014info.pdf>
- Mix it Up (G P) - Sept 19-21
Sumas, Washington
- Mardi Gras (R)- Sept 25 - 28
Camp Byng, Sunshine Coast
<http://www.mgcamp.com/camp-info/>
- OAL Adventure Training (Guiders) - October 17-19
Camp Kanaka, Maple Ridge
- Rainbucket (R)- November 21 - 23,
Fraser Valley, www.rainbucket.org
- Yukon 101 (G P) - July 3 - 12, 2015
Whitehorse, Yukon
www.camp101yukon.weebly.com

Meet Wendy Jackson– Area Camping Adviser for Pacific Shores



Wendy Jackson - Pacific Shores

Hometown and current District:
Courtenay, Comox Valley District

Other hats in Guiding:
Guide and Pathfinder Guider

Favourite part of being ACA:
Exposing girls and Guiders to camping

Favourite place to camp in your Area:
Miracle Beach Provincial Park

Something/somewhere in your Area that everyone should do/go to and why:
There are too many wonderful things to do in PSA. Putting your feet in the Pacific Ocean and surfing in Tofino, whale watching from Campbell River and Telegraph Cove, hiking at Cape Scott, snowshoeing at Mt. Washington, the murals at Chemainus, camping at the Living Forest in Nanaimo. The list goes on.

What should the Province know about camping in your Area:

There's so much to do and see and the variety of camps that can be done throughout the Area is extensive.

Favourite place to camp with your family:
Stamp River Provincial Park, Port Alberni.

The best part of Girl Guide camp:
Seeing the excitement in the girls faces when they flip their own pancakes and through the years see them develop their skills.

What is your signature thing at camp:
Promoting different ways of cooking

If you had to pick one thing that you'd say you're an expert at, what would it be:
Presenting a program that is flexible.



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.

<https://www.girlguides.ca/Documents/Sparks-Go-Wild-at-the-Palace-Feb.-2012-final-3.pdf>

Try this song from the SOAR music list:

The Paddle Song

Our paddles keen and bright,
Flashing like silver;
Swift as the wild goose flight,
Dip, dip, and swing.

Dip, dip, and swing them back,
Flashing like silver;
Swift as the wild goose flight,
Dip, dip and swing.

Repeat

<http://soarbc.com/soar-2014-music/>

Camp in a Box: Brownie Magic Under the Big Top

Welcome to the newest "Camp in a Box" "**Brownie Magic Under the Big Top**". We hope the girls and adults will be active and have lots of fun in a circus environment.

In this camp package, you will find the program outline for a two night event and a wide variety of activities, games and crafts to choose from. As well, there are menu and recipe suggestions, a campfire, Guides Own and a kit list. Build your camp to suit your season of the year, 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 pretending to join the circus!

Try this activity from the Brownie Magic Under the Big Top Camp in a Box!

Circus Charades and Parade

Girls form a circle. One person is chosen to be the leader. The leader calls the name of a girl and names an animal or circus performer or have each girl draw a paper from a bag with an animal or circus performer written on it. The girl does an imitation of the movements of the animal or person named.

After the Charades all girls form a line for a "Circus Parade" led by the leader.

The group moves around the room, each imitating the animal/person she represents...

Variations: Play a round with sound imitations only---or a combination of sounds and movements...

Circus Characters: Ring Master, Tight Rope Walker, Jester, Food vendors, Elephant, Tiger, Dog, Seal, Lion, Lion Tamer, Fire Eater, Clown, etc.



<http://www.bc-girlguides.org/Documents/BC/camping/BrownieMagicUndertheBigTop2014.pdf>

Join the BC Camping Committee

We like to think that camping is the very best part of Guiding! So... do you like to camp? Would you like to help us get girls and Guiders out camping more?

Come join us and help us to create tools and events to get girls and Guiders outside! Committee members wanted!! Can't commit to weekly meetings but still would like to be more involved? Well this might be the way! The BC camping committee is looking for enthusiastic Guiders to join us. If you are interested in joining the committee, please contact camp@bc-girlguides.org for more information.

We are currently looking for a Guider to fill the following position:
Adventure Camping and Trex Coordinator.

Do you have an interest and some experience with adventure-type camps? Are you well organized and able to plan camps such as Adrenalin Rush, Adventure OAL tripping expeditions and trainings, In Motion camps and Tech skills trainings? Are you interested in expanding these types of opportunities for our girls and Guiders? Are you also interested in liaising with BC's Trex Guiders? If this type of camping interests you, you could definitely help BC Adventure Camping and Trex units by becoming a member of the BC camping committee.



http://www.girlguides.ca/BC/Camping/Camping_Tools_and_Resources/Camping_Resources/BC/Camping/Camping_Tools_and_Resources/Camping_Resources.aspx

BC GIRL GUIDES

100KM HIKING CHALLENGE



CHALLENGE:

Hike or walk 100km to celebrate Girl Guides of Canada! Take the challenge with a friend, incorporate the challenge into your unit's activities, or challenge the other leaders in your district/area. Once you have hiked or walked 100km mail your tracking sheet to **"Girl Guides of Canada – BC Hiking Challenge, 1476 West 8th Avenue, Vancouver, BC, V6H 1E1"** to get your crest(s). Crests are \$1 each for BC Units/Members and \$1.50 for all Non-BC Units/Members.

Name: _____
 Number of Crest: _____
 District: _____
 Area: _____

Phone Number: _____
 E-Mail: _____
 Mailing Address: _____

Tracking Sheet

Date	Location	Distance	Date	Location	Distance
				TOTAL KM	

Guiders Hike



Strathcona Prov. Park

There are some excellent sites on the web to help select your hikes. Just a few that may be of interest are:

Mountain Guru: www.mountainguru.com

BC Government Parks: www.env.gov.bc.ca/bcparks/recreational/hiking/

Trails: www.trails.com

British Columbia: www.britishcolumbia.com

You may also want to look at the Epic hikes article in the spring 2014 issue of the British Columbia magazine. Even if you can't go hiking this year, there are worse ways to spend a rainy day than looking at the beauty our province has to offer.

Each year the BC Camping Committee puts forward a project proposal to support a BC Guider's hike by supplying them with a \$200 subsidy to assist with group essentials for the hike. Traditionally this has helped to provide communication through a satellite phone rental but this is not the only way the money can be used. Think about a hike you and a few fellow Guiders would like to take, plan it, advertise it in the Pipeline, Headlamp or through Informz mail outs, and then **Go**.

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

Have you considered organizing a Guider's hike? You and a number of other BC Guiders could go to Cathedral Parks, set up a base camp and do day hikes. Or, you could hike the West Coast or Cape Scott trail. Or hike in one of BC's beautiful Provincial Parks. Another idea would be to combine a coastal hike with a wildlife viewing of orcas or spirit bears. Plan a northern hike to see our caribou or a hike in the interior of BC to see salmon spawning. BC is famous for the hiking opportunities available here. Many come from around the world to hike and view what we have in our own back yards.



Cathedral Prov. Park



Monkman Provincial Park

For more information on the BC Guider's Hike please email Joy, the BC Camping Adviser, at camp@bc-girlguides.org



Elk, Moose, or Cow Lips

Ingredients:

1 red apple Marshmallows
Peanut Butter or Carmel Dip Choco-
late Chips
Mini Marshmallows

Directions:

1. Cut the apple into sections, removing the seeds.
2. Spread the inside of the apple with the dip or peanut butter.
3. Add mini marshmallows on top of the dip.
4. Place two sections together and you have Elk lips.

Know Your Area Camping Adviser

Fraser Skies Area:
Currently Vacant

Kootenay Area:
Currently Vacant

Lions Area:
Moneira Khan

Lougheed Area:
Julie Ramsey

Monashee Area:
Colleen Aven & Patrice Schoepfner

Pacific Shores Area:
Wendy Jackson

Rivers North Area:
Laura Allgrove

SVI Area:
Erlene Amero

Thompson Nicola Area:
Joy Gregorash

West Coast Area:
Cindy Parkin

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

Camp in a Box: Guiding Elements Earth

Welcome to the first Guiding Elements "Camp in a Box" – Earth

The earth is our home. As the third planet from the sun, it is the only known habitable world in our solar system. The more we learn about the world around us the better we will be able to help take care of it and become better stewards of our home.

In this camp package, you will find the program outline and a wide variety of activities, games and crafts to choose from. As well, there are menu and recipe suggestions, a campfire, Guides' Own and a kit list. Build your camp to suit 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 the earth all around us.

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

Make Your Own Quick Sand

Quick sand is a fascinating substance. Here's how to make your own

What you'll need:

- 1 cup of corn flour
- Half a cup of water
- A large plastic container
- A spoon

Instructions:

Mix the corn flour and water thoroughly in the container.

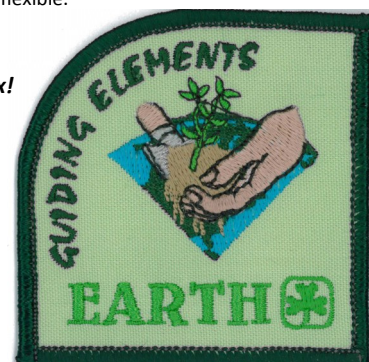
When showing other people, stir it slowly and drip the quick sand to show it is a liquid.

Stirring it quickly will make it hard and allow you to punch or poke it quickly (this works best if you do it fast rather than hard). Remember that quick sand is messy, so use it outside and don't forget to stir just before you use it. Always stir instant quicksand just before you use it!

What's happening?

If you add just the right amount of water to corn flour it becomes very thick when you stir it quickly. This happens because the corn flour grains are mixed up and can't slide over each other due to the lack of water between them. Stirring slowly allows more water between the corn flour grains, letting them slide over each other much easier. Note: Poking it quickly makes the substance very hard. If you poke it slowly it doesn't mix up the mixture in the same way, leaving it runny. It works in much the same way as real quick sand.

<https://www.girlguides.ca/Documents/BC/camping/2013GuidingElementsEarthOct2013.pdf>



Meet Jeannie Crivea – Communications Coordinator

Home community and current area :
Campbell River, Pacific Shores Area

What are you looking forward to during your term on the BC Camping Committee:
Helping Guiders get the girls out camping and help them to discover what BC has to offer our Guiding community. I look forward to meeting new people and making life long memories.

Favourite place to camp in BC with your family: Growing up we loved to camp at Provincial Parks through out BC. We would pack up the truck and camp for most of August. My family loves to try new campsites and have not found just one that is our favourite yet.

Favourite place to camp in BC with Girl Guides: As a girl in guiding I loved camping on Texada Island with my Pathfinder unit. As a adult member of Guiding I am having a hard time choosing one spot as have enjoyed all of them.

What is your favorite memory of camping with girl guides?

I don't think I can pinpoint just one favorite memory of camping with girl guides. Each and every time I go camping I go home with a new memory that will stay with me for a life time. Whether it is having the fire brigade come pump the water from our campsite because it has rained so hard, or having the girls cook me their favorite meal as a thank you for taking them to camp, or being selected as a Pathfinder to attend a provincial camp at Tsoona, just meeting someone new.

What would you say is the "Jeannie Signature" at camp?

My family likes to call me the "Cruise director" and I always love a good "theme" at camp even if the theme is just "Camping".



Jeannie Crivea and her niece Alrya



An O-what?

Submitted by Erlene Amero - SVI Area

Ask most Guiding members what they did on a visit to Victoria and they will usually tell you they stayed at Guide House and visited the Royal BC Museum. What most don't realize is Victoria has a great deal to offer outside the downtown core for those who wish to camp, hike or cycle.

Southern Vancouver Island Area (SVI) maintains three campsites each with its own unique camping experience.

Kingswood Camp is located on Elk Lake with an extensive park trail system easily accessed from the property. Milne's Landing in Sooke is a stone's throw from the Galloping Goose, a sixty kilometer bicycle and hiking trail that begins near the Swartz Bay Ferry terminal and passes through urban, rural and semi wilderness landscapes. Camp Jubilee is a semi wilderness site located on West Coast Road not far from the Juan de Fuca Marine Trail.

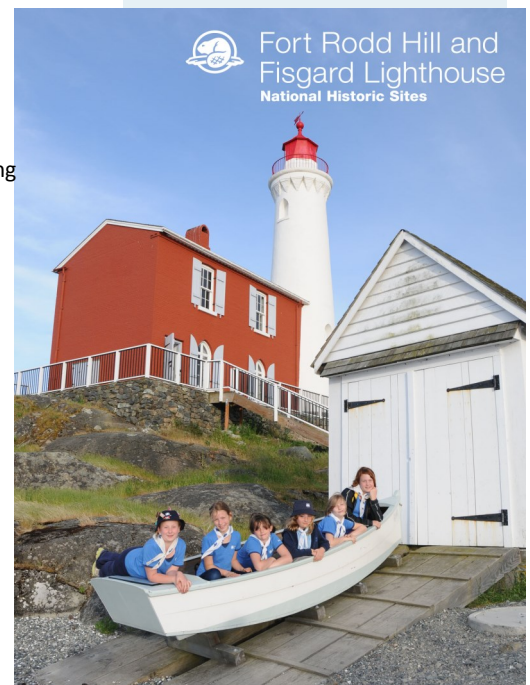
New to the Southern Vancouver Island camping repertoire is the oTENTik "glam camping" that opened last year at Fort Rodd Hill and Fisgard Lighthouse National Historic Site. oTENTik is a park hosted cabin camping experience in its third year at National Parks across Canada and its second at Fort Rodd Hill. There are five tent/cabins located on the footprint of the World War II barracks. All tents have heat, wifi, six large bunks, table, chairs, camp lanterns, a fire pit and one is fully wheel chair accessible. Flush toilets are in a nearby building. The oTENTik are a few minutes' walk to Fisgard Lighthouse, the oldest lighthouse on Canada's west coast.

The oTENTik program at Fort Rodd Hill and Fisgard Lighthouse have a unique Guiding connection. Purple Shores Trefoil member Shauna Francis was attending a historical reenactment last fall when she spotted the new oTENTik. She made inquiries with site Manager Matt Payne if she could bring a Brownie unit to sleep over off-season. Matt who is a former Scouts Canada member thought it was a great idea but had to do some juggling of staff to make the sleepover possible. A few weeks later 2nd Sangster Brownies had their first oTENTik experience. "It was a fantastic experience having the girls on site," Matt commented. "It was wonderful to see them building connections with our national heritage and enjoying the site. They are the next generation who will help preserve our national parks." The other campers and staff on site were impressed with the girls. The Brownies were taken with the local wildlife, which roams freely in the park.

Post camp Shauna designed a crest for the unit with a lighthouse, deer and raccoon that reflected the girls' experience. Parks Canada staff was so taken with the crest it has been adopted for the new off-season overnight group program. Starting this year oTENTik will be available to youth groups from September 2 to November 15, 2014 and February 15 to May 16, 2015 at a reduced rate. Currently the high season rate is \$120/night/cabin booked through the Parks Canada web site. Off-season rates are tentatively \$90/night/cabin pending final approval from Ottawa. Units may contact the site office directly at 250-478-5849 to book off-season. Officially the cabins sleep six, but can accommodate up to eight girls as the sleeping area is large with mattresses placed side by side. Groups receive one crest per cabin. That will most likely change as Parks staff refine their plans for the program and obtain approval and funding for crest sales. Continental breakfast has been discontinued from the 2013 program as seventy-five percent of food was discarded.

In May this year the park held an open house for Guiding and Scouting to introduce oTENTik and the Guide heritage badge program developed by Parks staff. Guides who attended are now featured on two Parks Canada brochures. A similar off-season program is being considered at Fort Langley National Historic Site. A Guiding heritage program is under development at Fort Langley. oTENTik are available at Banff and Jasper National Parks during the summer camping season. Units may arrange a service project at all parks with staff at time of booking.

With nineteen national historic sites, regional parks, beaches, trails and five Girl Guide properties in Southern Vancouver Island there is never a lack of things to do and places to visit that fit well with the program for every age group. It's easy to forget British Columbia and Victoria are world-class tourist destinations with much more to see than the standard tourist fare right in our own backyards.

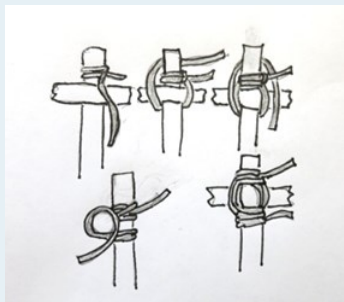


Lashing for making gadgets

Methods of lashings differ according to the position of the components. These techniques are invaluable in making all gadgets.

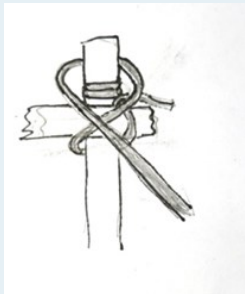
Square Lashings

Used for joining sticks at right angles. Make a clove hitch to start at the top. Bring the working end down over the horizontal stick and behind the vertical stick. After 3 or 4 circuits go around, under the horizontal stick (frapping). Tie off your end with a clove hitch or a reef knot.



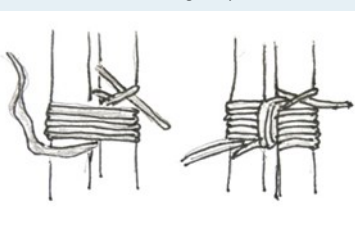
Diagonal Lashings

Used when the spars (sticks) do not cross at right angles or when spars need to be pulled towards one another for tying. Begin with a timber hitch or clove hitch. Lash in the same method as the square lashing except that you move diagonally over the centre. Start with a clove hitch on the top spar. Go over the centre then wrap it under the bottom spar. You will be making a cross on the top spar. After 3 or 4 rounds, wrap in a circular motion between the two sticks.



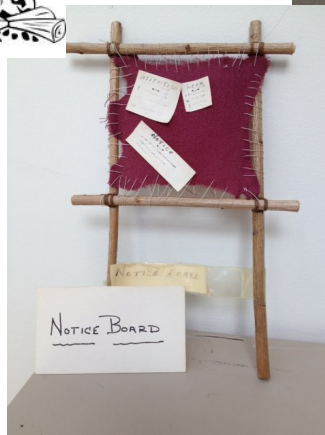
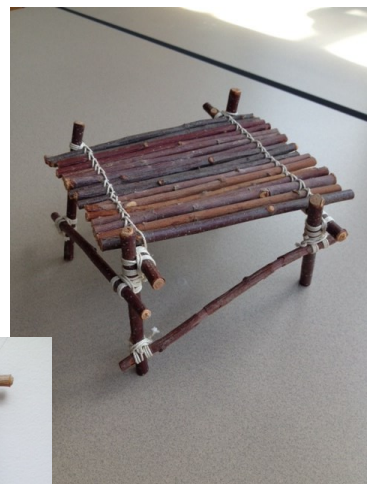
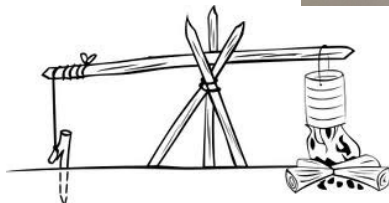
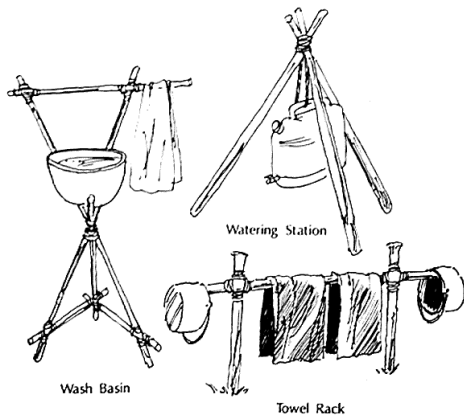
Shear Lashing

Use shear lashing to tie two or more poles together in a parallel fashion. For example, you may need a long pole but have only short ones. Shear lash them. Lay the poles beside each other as shown. Start with a clove hitch on one pole. Wind the cord around both poles tightly for about 10 cm (or more, depending on the size of the poles). Frap and end with a clove hitch on one pole. Tuck the end in. This can also be used in making a tripod.



Gadget Ideas

Put your knot tying skills to use to make a variety of gadgets around your campsite. Various forms of lashing are used for the basis of most gadgets.



Camp Arbuckle

Submitted by Patrice Schoepfner - Monashee Area



Camp Arbuckle is located in Lake Country, BC on Okanagan Lake in Monashee Area. It is an ideal residential camp that sleeps approximately 60 in the dorm building in bunk beds that have mattresses. The dorm building has female, male, and handicap washrooms with two showers and a tub.

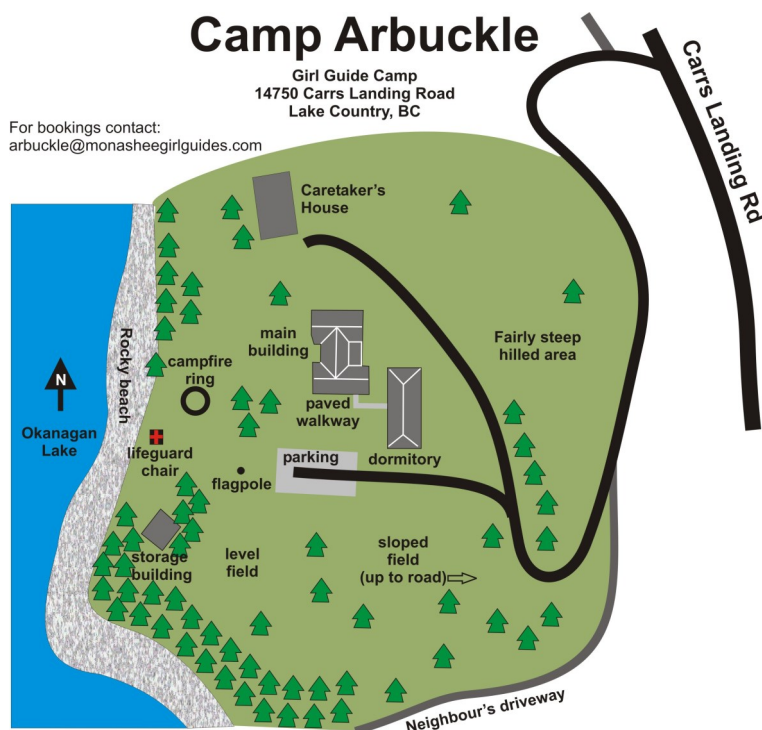
The main building includes everything that you will need to cook and serve your meals just add food. Along with a large mess hall for serving you meals. In the colder months you could relax by the fire place in the activity room or do an indoor campfire.

There is lots of room for tenting but no established sites with fire rings. You would need to use the washrooms in the building as there is no outhouses on site.

A large campfire area with bleacher benches for having a great campfire or sing-a-long.

Bring along a Life Guard and you can go swimming at Camp Arbuckle or take advantage of the six canoes available to Girl Guides.

Arbuckle is within walking distances to Kopje Regional Park. The walk to the park would take you north along the lake (watch for the poison ivy). Contact the Regional District of Central Okanagan to set up a tour of the Gibson Heritage House while you are at the park. (www.regionaldistrict.com/services/parks-services/regional-parks/kopje-regional-park.aspx)



Check out the Camp Arbuckle page on the Monashee Area website <http://monasheegirlguides.com/camping/camp-arbuckle/> or email the booking agent at arbuckle@monasheegirlguides.com.

Flashlight camp hat trader



Supplies:

- Coloured golf tee
- Pony bead or Clear rhinestone gem (to fit top golf tee)
- Small white or tan fun foam rectangle; 1/2 inch
- Sharpie marker
- Hot glue
- Flat back pin

Instructions:

1. Glue the pony bead or gem in the indent at the end of the tee.
2. Draw an arrow on the piece of fun foam to turn it into a switch. Glue on the 'switch'.
3. Glue the pin on opposite side of the tee.



Gluten-Free Campfire Pizza

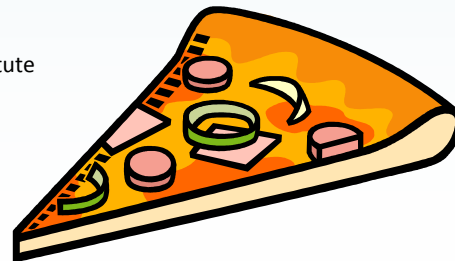
Submitted by Julie Ramsay - Lougheed Area Camping Advisor

Ingredients:

- | | |
|--|--|
| 1 cup | Bob's Red Mill Gluten-Free Biscuit Mix |
| ½ tsp | Oregano |
| ½ tsp | Basil |
| 1 cup | Water |
| Pizza sauce or pesto | |
| Your choice of meat or meat substitute | |
| Your choice of veggies | |
| Your choice of cheese or cheese substitute | |

Equipment:

- Cast-iron frying pan
- Metal flipper
- Heavy-Duty aluminum foil
- Grate or rack over your coals



Instructions:

- Fire should be reduced to hot coals.
- Lightly oil your frying pan, and wipe out with paper towel
- Combine the biscuit mix, oregano and basil in a bowl, and mix with a fork to distribute herbs.
- Add ½ cup of water at a time to biscuit mix, and stir with fork between additions. Mixture should be smooth enough to spread, not pour, in the frying pan – add more water if necessary.
- Spread mixture in frying pan, to create one large pizza base.
- Place frying pan on fire grate, and cook underside of pizza base until golden. Remove from fire.
- Carefully flip pizza base over with flipper, and dress your pizza with your toppings. Cover the frying pan with foil.
- Return frying pan to hot coals and bake until underside of pizza base is golden, and cheese is melted.
- Enjoy your campfire pizza!

Planning Campfire

