

The Headlamp



A Message from the BC Camping Committee!

Hello BC Guiders

Well, another season of successful camping is behind us. Thank you to all those who contributed to making SOAR a success either by helping with the planning or by taking a girl to camp. We are now ready to begin another season of Guiding.

Fall is a beautiful time of the year to take girls in the outdoors. Take advantage of the season and do a fall camp or sleepover or by simply taking your girls on a hike.

In this issue of the Headlamp we have highlighted the BC Fall Camping Challenge and included a few fall crafts to help you incorporate the season into your program. Good luck with all things camping. Enjoy the season and enjoy your girls in the outdoors.

- Study nature, love nature, stay close to nature. It will never fail you. -

Frank Lloyd Wright



SOAR 2014



Opening Ceremonies



Upcoming Camps

- 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
- Rovent (R)- February 6 - 9, Cambie
Creek Nordic Area, Manning Park,
<http://www.rovent.ca/>
- Trex Rendezvous (Trex) - May 8-19,
Camp Jubilee, Deep Cove
- Yukon 101 (G P) - July 3 - 12, 2015
Whitehorse, Yukon
www.camp101yukon.weebly.com
- Island ROAM (G P) - July 11 - 19,
Vancouver Island
- OAL Adventure Module 8: Back-
packing (Guiders) - July 23-26
- Bowron Lakes Canoe Circuit -
August 4 -12

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

Meet Colleen Aven– Area Camping Adviser for Monashee Area



Colleen Aven - Monashee Area

Hometown and current district:
Oliver BC

Other hats in guiding:
Trainer, BC Safe Guide adviser,
Red Assessor

Favorite part of being an ACA:
ummmm - camping

Favorite place to camp in your area:
Camp Bonnet on Jewel Lake
near Greenwood - but this
remote location does not see

enough use within Girl Guides

Favorite place to camp with your family:
Rogers Pass

Something/somewhere in your area that everyone should do/go to and why:

Bike the KVR Myra Canyon trestles - they are an amazing part of the local railway history, and set in a beautiful location.

The best part of Girl Guide camp:
Playing in the outdoors

What is your 'signature thing' at camp?
"Brown mush" - dehydrated food always looks like this, but it is still tasty

If you had to pick one thing that you'd say you're an expert at, what would it be?
Navigation - I love to run around with a map, and know where I am.

Pumpkin Pie in A Pie Iron

INGREDIENTS

2 pkg crescent rolls
3/4 cup sugar
1 tsp ground cinnamon
1/2 tsp salt
1/2 tsp ground ginger
1/4 tsp ground cloves
2 large eggs
1 can (15 oz.) Pumpkin (not the mix)
1 can (12 fl. oz.) Evaporated Milk
1 package mini marshmallows

DIRECTIONS

1. Mix sugar, cinnamon, salt, ginger and cloves in small bowl. Beat eggs in large bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk.
2. Grease one side of the pie iron and put in 2 of the crescent roll dough, covering the whole half. Put about a 1/2 cup of the pumpkin mixture on the dough. Add 5-6 small marshmallows.
3. Cover the mixture with 2 more crescent roll dough, making sure to pinch all sides shut.
4. Grease the other half of the pie iron and connect it to the bottom portion. Put the pie iron in the hot coals for 4-6 minutes, flipping once. It is always good to check the progress before you flip the pie iron. You can top with whipped cream as well.



<http://50campfires.com/the-best-harvest-fall-camping-recipes/>

Camp in a Box: Sparks Go Wild All Year

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

Sparks love to celebrate anything, so what would be more fun than celebrating a whole year of holidays in one action-packed weekend?! You can start out the weekend by ringing in camp like it is the New Year, dress up for a Halloween ball and even wake up on Christmas morning!

Sparks are full of adventure, and love camps and sleepovers. Often it can be Spark parents that are more nervous about Sparks camping than the girls. This camp works wonderfully as a Spark and Mom residential weekend camp (two nights), but these activities can certainly be adjusted to be used for a one night camp, sleepover, or day camp.

In this package, you will find the program outline, and a variety of activities, games, and crafts to choose from. As well, there are menu and recipe suggestions, a campfire, Guides Own, kit list, and a parent information notice. Build your camp to suit your time of year, location, and number of girls. Pick the activities that work for you and your girls, and draw on the strengths and knowledge of your Guiders and parents! Keep in mind that because each Spark will have an adult with her, you are able to do crafts and activities that would usually be beyond a Sparks' ability level.

Try this craft from the Sparks Go Wild All Year Camp in a Box!

Diwali

Tin Can Lanterns

SUPPLIES

- Washed aluminum cans (one per lantern)
- Wire - 18-21 gauge
- Hammer
- Nails or Awl
- Pliers
- Sharpie

1. The night before, fill cans with water and freeze them.
2. Draw out the design on the can using a sharpie.
3. Using a hammer and an awl or nail, punch holes in the can to draw the design. When finished, run the can under hot water to melt the ice, and clean off any remaining ink from the can.
4. Snip a length of wire and attach it to the can through two holes punched on opposite sides near the rim. Use pliers to crimp the ends closed.



Camp in a Box: Brownie Magic Goes Exploring

Welcome to Brownie Magic Goes Exploring, a special event for Brownies. We hope the girls and adults will come, be active and have lots of fun exploring British Columbia.

In this camp package, you will find the program outline for a two-night event with 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, your accommodation — 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. Adapt this package to have fun exploring our province with the girls.

Try this activity from the Brownie Magic Goes Exploring Camp in a Box!

Snowshoe Races

You can make snowshoes at an activity station or make them ahead of time at a Unit meeting. (If you have access to the real thing by all means use them!)

Materials:

- poster board or cardboard (pop can flats would work well)
- duct tape
- hole punch
- string
- scissors

The snowshoes don't have to be huge but large enough for the girls to get the idea.

Cut cardboard in a basic snowshoe shape and, either punch holes around the edges and make "laces" with the string, or use duct tape to make straps. Set up a course and run team relays as well as individual races

Try this craft from the Brownie Magic Goes Exploring Camp in a Box!

Soap Carving

Materials:

- bar soap (Ivory brand is recommended)
- dish sponge pen or pencil
- sharp knife or jackknife

Method:

Run each bar of soap under warm water. Using a dish sponge, gently rub off the top layer of soap to get rid of the carved brand name. This will probably take a few minutes of gentle rubbing and provide a smooth, clean surface to work with. Let the soap dry out overnight. Using a soft pencil, gently draw the design on the soap. This will be your guide when you are carving. It's okay if the marks don't show up very well (it's kind of difficult to write on soap).

A slight indentation in the soap will work just fine as a guide.

Using a sharp knife start carving away the excess soap, leaving the design raised. Note: It is a good idea to give the girls a brief lesson in handling sharp knives. Note: Have the girls carve outside or on some newspaper for easy clean up.

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



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

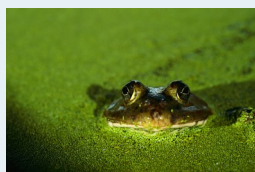


Hear The Lively Song

(source: this song is called "The Frogs" in "Jubilee Songbook", Girl Guides of Canada, 1971.)

(On the first line of the song, everyone is crouched on the floor like a frog. At the "Barrump", everyone jumps up in the air and claps their hands over their heads. Once everyone is familiar with the words and actions, split your singers into as many small groups as you'd like. Have each group start singing at slightly different times, and have them repeat the song as many times as you'd like. The overall effect is of a frog pond in spring with lots of frogs croaking!)

Hear the lively song of the frogs in yonder pond,
Crick, crick, crickety crick,
BARRRUMMP!



Know Your Area Camping Adviser

Fraser Skies Area:
Cindy McInnis

Kootenay Area:
Maryann Brock (Acting AC)

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:
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

Camp in a Box: Guiding Elements Fire

Welcome to our second Guiding Element "Camp in a Box" - Fire.

These four camps are based on the elements earth, fire, water and air. The elements are very dependent on each other - fire requires earth for the source (wood), air for oxygen and water for safety.

Fire is one of the most important highlights of camping for cooking, warmth and memorable campfires. In this camp package, you will find the program outline and a wide variety of activities, games and crafts to choose from. As well, there are menu and recipe suggestions, a campfire, Guides' Own and a kit list. Build your camp to suit your season of the year, building or campsite, number of girls and available time. Pick those activities that work the best for you and your girls and remember to be flexible. Adapt this package to have fun learning about fire.

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

Fire Starters (homemade and recycled) Supplies:

- wax
- cardboard egg cartons
- newspaper
- string
- large pot and large tin can (this will act like a double boiler)
- small twigs and pine cone

Melt the wax:

- Boil water in the large pot.
- Place wax in the large tin can and set in the pot of gently boiling water to melt. Old metal kettles found at flea markets make great vessels to melt wax with a pouring spout.

Egg Carton Fire Starters

- Tear off top of egg carton and tear into small pieces.
- Place twigs, small pinecones and the small pieces of carton in the egg holders.
- Pour the melted wax over the whole egg carton—avoid letting the wax pool in the cups.
- Let the wax cool and harden before breaking the egg cups into individual fire starters.
- Store in a covered metal container or several in a sealable plastic bag for hiking.

Newspaper Fire Starters

- Roll three double sheets of newspaper into a roll. Tie with string every 4 inches leaving ends untrimmed.
- Cut with scissors into 4 inch pieces. Holding string dip the pieces into wax and place on newspaper to dry. Store in metal covered container or several in a sealable plastic bag for hiking.



<https://www.girlguides.ca/Documents/BC/camping/2013GuidingElementsFireOct2013.pdf>

Meet Erin Debruin– Adventure Camp and Trex Coordinator

Currently Live in: Port Coquitlam Current
District: West Point Grey

What are you looking forward to during your term on the BC Camping Committee: Learn more about what great adventures the Trex groups are undertaking, support Guiders to become Adventure Facilitators & Expedition Leaders, & see more girls get out on more adventure camping trips and see the real beauty in BC.

Favourite place to camp in BC with your family: Cedar Beach Resort, Salt Spring Island

Favourite place to camp in BC with Girl Guides: Camp Olave (residential), Cathedral Park (backcountry)

What is your favorite memory of camping with girl guides? Attending Under the Open Skies, at Caddy Lake, MB. This was my first

opportunity to go to a large camp with 100 girls from Manitoba and 50 girls from 5 countries & all the provinces. The week was filled with campfire songs & traditions, challenging activities, and friendships that taught me the true meaning of the sisterhood of Guiding.

What would you say is the "Erin Signature" at camp? Gourmet backpacking food including quiche, crepes, & tofu jerky.



Erin Debruin

BC GIRL GUIDES

100KM HIKING CHALLENGE



"Boomers' Trefoil Guild Challenges All Other Trefoil Guilds"

The Boomers' Trefoil Guild, Pacific Shores Area, Nanaimo, BC accepted the BC Girl Guide 100km Hiking Challenge, in January 2014, wanting to be/stay active. Many "Boomers" walked on their own regularly but thought it

would be fun to see how quickly they could reach that goal of 100km. Wednesdays seemed to be the best day for many and Westwood Lake's 6.1km circle path was central to most; we varied between two to eight walkers at a time. Many had reached their 100km total by mid-April, but we decided to continue to the end of June allowing others to reach that magic number. Some of our members didn't keep record of their walks, just enjoying the camaraderie of walking with a group and enjoying the outdoors!

We submitted our forms as a group, but a few may still send in their forms separately. This challenge was much enjoyed by our Guild and we would like to challenge other Trefoil Guilds around the province to complete it as well!

<http://bc-girlguides.org/Documents/BC/HikingChallenge.pdf>



Camping App Review

Great Swim Guide app for up-to-date info on local beaches! Use it for planning your camps, outings, or day trips for your unit and/or family.

The Waterkeeper Swim Guide makes it easy to explore and enjoy the best beaches in Canada and the USA. You can list the beaches closest to you, browse the map, or search for a beach by name. Every beach is marked with a Green, Yellow, or Red icon so you know when a beach is open for swimming and when the water quality is poor.

With Swim Guide, finding the right beach for you and your family is easy:

- Find your closest beach
- Discover a wide variety of beaches, ranging from city parks to remote lakes ideal for camping
- Compare real-time and historical water quality information for many different beaches
- Get directions to the beach of your choice
- Bookmark beaches for easy access
- Report your pollution concerns
- Share your beach with friends on Facebook and Twitter

The Swim Guide gives you original descriptions with photographs of 5,000 different beaches so you can learn a bit of history and geography as you explore!

Available for free from   or on the web 

Boomers' Trefoil Guild



The Good, the Bad, and the Ugly: Tents

Did your tent make it through the storms of SOAR? Are you looking to replace your personal tent, or your district or area tents? Or are you just wanting more information for when you are ready to buy your next tent? The website is full of a vast amount of information on how to choose a tent and where and what to buy. Unfortunately, all of this information can be very overwhelming. I've tried to condense much of this information to just the basics.

Before buying any tent you need to determine:

- When you are going to use the tent - seasons and conditions
- How many people you wish to sleep - size and shape
- Where you want to go - weights and features
- What you have to spend - cost



Seasons & Conditions:

Tents are generally divided into two seasonal categories of three and four season tents. Three season tents (suitable from spring to fall) are lighter, cooler and cost less than the four season tents but are less able to withstand snow and heavy winds. For Guiding purposes a three season tent will generally be the best choice. However, many tents sold as three season tents are not. Before buying any tent check the tent material and features carefully. Bargain tents are very seldom a bargain.



Size and Shape:

Tents range in size from 1 - 8 man tents. The number only considers how many bed rolls (183 x 50 cm) can be laid down without touching. It does not mean that many people and their gear can be comfortable. You will need approximately 1.8 to 2.3 square meters per person. Avoid overly large tents as the girls will struggle putting them up.

The shape of the tent, vestibules, and height will also affect the camping comfort. Although girls are usually much more limber than their Guiders, they still seem to need to stand up to get dressed

Weights and Features:

Tent weight may be listed as maximum and minimum weights. Go by the maximum weight as it includes the stakes, guy lines and stuff sacks. You will also need to factor in the footprint or ground sheet weight and tarp weight if you haven't bought a tent with a full fly. A 4-person tent will weigh roughly 8-12 lbs.

Tent features - here's where it can become tricky. Tent materials, zippers, doors, poles, vestibules, ventilation, rainflies, and loops are all important and can literally make or break your tent. Tents are made from nylon or polyester or a combination of both. (Canopy of nylon and rainfly of polyester). Nylon is lighter and more abrasion resistant than polyester. Polyester is more water resistant. Nylon is sold in terms of its denier - the higher the number the stronger and heavier the fabric. 40D to 70D is common. The fabric may also be listed in terms of its waterproofing. These numbers will range between 1200-3000 mm. Again the higher the number the more waterproof but heavier it will be. Regardless of the fabric you will need some ventilation to prevent humidity accumulating in the tent. Mesh panels are usually inserted in the ceiling, doors and windows.

Two doors can increase set-up options and ease of access but also increase overall tent weight. Door zippers can also be a problem. Girls tend to go in and out of the tent multiple times a day thereby putting a huge strain on the tent's zippers. Be sure they open and close freely without binding on any of the fabric. Plastic and brass zippers won't corrode when wet but are not as strong as the steel or aluminum ones. Closing all zippers prior to staking out your tent will avoid adding extra strain to the zippers.

Rainflies come in all shapes and sizes from the tent top beanie to the full fly. I personally would never buy a tent without a full fly. A full fly is well worth the extra weight and in most cases eliminates the need to tarp your tent.

The Good



The Bad



The Ugly



Vestibules are covered floorless areas created by the rainfly and outside the main canopy of the tent. They allow you to have a cleaner more spacious tent interior and a place to store dirty, wet and often stinky boots and gear. If you have two doors you will likely have two vestibules. They are a huge advantage in small 2 and 3 man tents.

Tent poles can be hubbed (pre-connect 2 or more poles) or traditional. Hubbed poles are quick to set up, eliminate the need to keep track of poles but are harder to repair. Traditional poles are also easy to set up and are much easier to repair. Poles are usually made of aluminum, fiberglass or carbon fiber. Aluminum has the advantage of being strong and light. Fiberglass poles are heavier and susceptible to splintering. Carbon fiber is stronger than fiberglass but more expensive. Poles will either be shock-corded or fitted. Either way the canopy will attach to the poles either by clips, Velcro flaps or through a sleeve or a combination of two. Clips are easy to set up but sleeves are stronger.

Choosing a good tent can result in a long term investment. Cost often dictates the type of tent you can buy but remember to consider the cost per year factor. If you have to replace a tent every couple of years, you have not purchased a bargain. Any reputable dealer can and will help you when choosing a new tent. Don't be afraid to ask questions and look at many before you buy.

Happy Tenting!

Camp Exchange

Submitted by Patrice Schoepfner, Monashee Area

What is a camp exchange you ask?

Ever thought about wanting to camp in a different part of the BC but logistics of getting all the gear, equipment and the girls there is a logistic nightmare?

A Camp exchange would be perfect for you.

For instance if a unit from the Okanagan wanted to camp on the coast and there is a unit on the coast wanting to camp in the Okanagan why not do an exchange.

The Okanagan unit could supply all the equipment except for personal gear, plan all the meals and program, all the unit from the coast would need to do was to pack up their bedrolls and clothing and get to the camp location in the Okanagan and have fun. The unit from the coast would do the same and host the Okanagan group.

This would be such a fun way for the girls and guides to make new friends in Guiding and discover a new area in our beautiful province, you could also go BIG and do an exchange between provinces.

So I would like to start off this wonderful idea by doing an exchange with a unit of Pathfinders/Rangers (I have two units) in the Victoria Area. We are from the Kelowna and Lake Country and would love to show you our area.

For more information please email Headlamp.bc.ggc@gmail.com



Swim and Boat Tests



Did you know...

Swim and Boat test no require retesting. Once they have been entered into iMIS they are valid as a girl member or as an adult member. However, girl members who become adult members will need to be retested for the Boat test for the adult distance.

NEW Fall BC Camping Challenge

The BC Camping Committee has released the fifth part of the new BC Camping Challenge – a challenge for camping in the Fall!

The challenge includes learning about fire safety, breaking in and using your hiking boots, taking an alternative form of transportation to get to camp, and learning about animal safety at camp. 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 Outdoor Activities section of the Fall Fun Challenge is to go on a nature walk or hike why have fun with it and make it a rainbow hike (they have to find things that are the colours of the rainbow) or do a scavenger hunt while hiking.

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

http://www.girlguides.ca/Documents/BC/Camping/2014CampingChallenge_WholeCrest.pdf



Fall Corn - Hat Craft

Materials:

Chenille stems (pipe cleaners)
Safety Pin
assorted 6mm faceted beads (fall colors)
Tri beads (fall colors)
Tacky Glue
Paper Ribbon or paper twist or grocery bag paper (light brown)
Raffia – natural

Directions:

1. Cut a pipe cleaners into a 2 ½ inch piece of chenille. Glue one bead to the end of the chenille stem.
2. Have your children string 11 beads on the chenille stem in a random color pattern. Make sure the beads nest together and trim the chenille to ¼ inch.
3. Cut a 4 x 1 piece of paper and trimmed the ends (rounded bottom, slightly pointed top) as the corn husks. Glue the pipe cleaner with stringed beads to the paper by placing glue on the ¼ inch length of stem and pressing the paper ribbon around it.
4. Repeat steps 1 through 3 for as many individual ears of corn as you wish to make. (Three used to make a pin.)
5. Glue the three corn ears together at the neck. Cut three 14-inch lengths of raffia and tie a bow around them.
6. Glue a pin back on the back of the corn.



Lightning Safety and Camping

Submitted by Lyn Mainwaring, a Meteorologist with Environment Canada and a Pathfinder leader with the 1st Knox Mountains Pathfinders.

Each year lightning kills approximately 10 Canadians and injures approximately 100 to 150 others that we know of from stories in the media. So, how do you keep yourself, your family, and your Guiding friends safe when lightning strikes? Read the tips and information below and stay safe!

The first and most important thing to remember is that if you can hear thunder, you are within striking distance of lightning. Take shelter immediately, preferably in a house or all-metal automobile (not convertible top). If caught outside far from a safe shelter, stay away from tall objects, such as trees, poles, wires and fences. Take shelter in a low lying area.



Once indoors, stay away from electrical appliances and equipment, doors, windows, fireplaces, and anything else that will conduct electricity, such as sinks, tubs and showers. Avoid using a landline telephone.

If you are caught outside, don't stand near tall objects or anything made of metal, and avoid open water. Don't stand under a tree just because you don't want to get wet.

If caught on the water in a small boat with no cabin during thunder and lightning, quickly get to shore. Boats with cabins offer a safer environment, but it's still not ideal.

Remember, there is no safe place outdoors during a thunderstorm. Once in a safe location, remain there for 30 minutes after the last rumble of thunder is heard before resuming your outdoor activities.

Before going camping you might want to check out the [Camping and Lightning Safety page](#).

If caught outdoors:

- **Avoid putting yourself above the surrounding landscape.**

Seek shelter in low-lying areas such as valleys, ditches and depressions but be aware of flooding.

- **Stay away from water.** Don't go boating or swimming if a storm threatens, and get to land as quickly as possible if you are already on the water. Lightning can strike the water and travel a substantial distance from its point of contact.

- **Stay away from objects that conduct electricity,** such as tractors, golf carts, golf clubs, metal fences, motorcycles, lawnmowers and bicycles.

- **Avoid being the highest point in an open area.** Holding an umbrella or fishing rod can make you the tallest object and a target for lightning.

- **You are safe inside a car during lightning,** but be aware of downed power lines which may be touching your car. You are safe inside the car, but you may receive a shock if you step outside. The lightning charge will flow around the outside of the car and dissipates into the ground. It's not the tires that protect you.

- **In a forest,** seek shelter in a low-lying area under a thick growth of small trees or bushes. **Keep alert for flash floods,** sometimes caused by heavy rainfall, if seeking shelter in a ditch or low-lying area.

If you have any other questions about lightning and lightning safety, please refer to the [Lightning in Canada](#) page or email CLDN@ec.gc.ca.





SOAR - Enderby

Submitted by Dorey Gardiner

On Friday July 18th about 3pm, I was on my way to catch the bus that would take me to my first SOAR that was being held in Enderby BC. Travelling on the bus, you could just *feel* the excitement in

the air... but arriving on-site, the only word I could think to describe it was 'Wow'! We found our sub-camp and site, and off we went to get our gear. As we set up our tents I made sure to double-check that the fly was attached properly on all of our tents, remembering a learning experience at an OAL training when I was a new Guider. Next was to make sure that our shelter was storm lashed. I had heard a number of stories from experienced Guiders and this was one step I did NOT want to miss, just in case a strong wind would come up.

We were very fortunate that the weather decided to stay in the high 20's rather than the high 30's we had seen the week before. However, the talk around camp was the possibility of thundershowers.

By Wednesday morning, we could feel the difference in the air, as it was very muggy and no breeze. There were dark clouds gathering on the horizon, so we opted to secure our site while the girls were at Program. My co-Guider and I worked to make sure everything was pulled from the tent sides, just in case. There were some showers, but nothing alarming. After 1pm, there was a crowd gathering near the gate as Visitor's Day was getting ready to kick off. The rain got harder and harder... and suddenly, Security was alerting us that the girls and Guiders were being brought into the Curling Rink/Arena because of a severe risk of thunderstorm! The rain and wind had come fast and hard. The cracks of thunder over head were almost instant with the flash of lightning. The feeling inside the building was safe and positive. My co-Guider reported that our tents were dry and our shelter was exactly as we had left it. Our site had survived the first round.

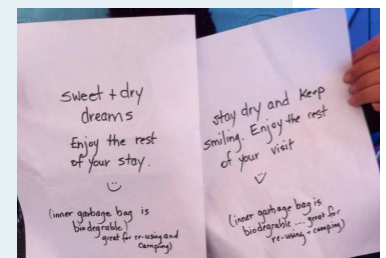
At 4pm we received word that a second storm was coming through, and the girls were once again gathering for safety. The girls were in good spirits but a couple of them were a bit shaken from the experience. The rain and hail came down so hard on the roof of the rink that it was deafening! At a break in the storm, one guider and 2 girls were allowed to go back quickly to get some food items and return to the rink as a third storm was headed our way. When they returned with food, they also reported that our equipment was still holding up well. Our site had survived the second storm!

By now, Patrols were really settling in for the long haul. The third storm was upon us and the rink even lost power for a few minutes. By 9pm things had been quiet for a bit, and we wanted to get back to our sites. At 9:30pm we were given the okay to go back to our sites. My co-Guider and I wondered ... "what would we be going back to"? As we approached our site, we could see all of our tents and shelter were still standing! Only one tent had leaked a little where poles had pulled the fly tight... but fortunately the instructions about "tarp covering sleeping bag to keep it dry" did not fall on deaf ears! As we got ready for bed, a few girls were nervous about sleeping in their tents after 3 severe thunderstorms. We had heard that there weren't supposed to be any more storms, so we reassured them that we would go back to the rink if there was another storm.

After midnight, I could hear my co-Guider calling me and, as I open my eyes I see a flash of lightning. No more words needed to be said over the next 3 minutes as we quickly layered up and put on our rain gear. No words could have been heard because the wind has picked up with such force that our tent swayed back and forth bending onto us. I retrieved items from under the shelter that we would need while my co-Guider gathered the girls who were ready to make the trek to the arena. This storm was further away in the mountains, but it didn't matter, the girls just wanted to feel safe inside the building! There were only 100 gathered this time, as most campers stayed in their tents.

In the morning, my co-Guider went back to the site to check out our gear. The shelter and all tents were standing but 4 beds were wet. Our Patrol was lucky in the amount of damage we avoided by careful setup and proper tent "etiquette". There were many around us that were dealing with damaged equipment and soaked bedrolls. But all 2400 of us were lucky because we were rescued by the amazing citizens of Enderby and Armstrong! They lined up at our gates to take our wet items into their homes to wash and dry and have back to us before bed time. Some bedrolls were even returned with heart-warming notes, and sometimes small keepsakes tucked inside!

I knew SOAR would be an experience like no other, and I knew that I would have memories aplenty. But more than that, my SOAR experience allowed me to use a number of skills and training I have received during the time I have been with Girl Guides. Thank you to the Trainers who share this valuable information with us. Also a big thank you to my fellow Guiders that I have had the opportunity to camp with over the years for sharing your stories! They have helped me to "Be Prepared" for what could happen (and actually DID happen at SOAR)! **And THANK YOU to the citizens of Enderby! You ARE the "Heart of the River".**



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

Brownies-

Compasses
Hike
Knots Training

Guides-

Compasses
Hike
Just Basic Knots
Trail Signs

Pathfinders-

Compasses
Hike
Survivor Uknknot
(You Can Not)

instant meetings:

Hiking: The hiking meeting plans are designed as a basic start guide to get you thinking about hiking and getting the girls outdoors during your meeting time. The hike could be around your neighbourhood or you could choose to meet somewhere special, like a local park/trail system, with your unit.

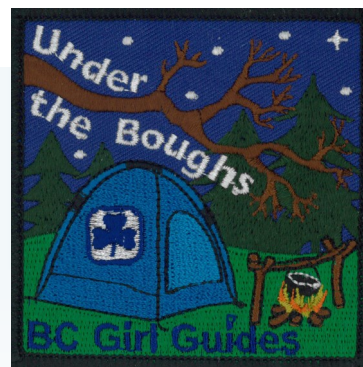
Remember to follow Safe Guide at all times. You may also want to adapt this meeting to a day activity or series of hikes

Compass for All Ages:

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.

Under the Boughs

Under the Boughs is a camp that can be hosted by Areas, Districts, or groups of units. The idea of the camp is primarily for Pathfinders, but it can certainly be adjusted for Rangers or even Guides. Under the Boughs is often done as a winter camp, but it can be a Spring, Fall, or Summer camp as well, anything that is hosted 'under the boughs'. The BC Camping Committee provides toques for order for Under the Boughs in a different style each year with the Under the Boughs logo printed on them. This year we would like the girls to have a choice in the style of toque we will be offering.



Pathfinders and Rangers who have an email address entered into iMIS will be receiving an email via inFormz in the next couple of weeks with the choices for this year. Guiders please encourage the girls to do the survey. Here is a preview of the toque that the Pathfinders and Rangers will be voting on.



Gray Slouch Toque



Brim Toque with Pom Poms



Blue Braid Toque with Pom Pom

Also new to this camp, is a brand new crest available for order now!

<http://www.girlguides.ca/Documents/BC/camping/undertheboughs2014.pdf>

New Girl Camping Record - BC307

A revised Girl Camping Record is now available on the BC Girl Guide website for members to use to track their camps. It is a great tool to use with all ages it is never too early to start tracking the camps that are being attended. With the younger members of Guiding the Leaders can help them fill out the record and older members can start keeping track for themselves. When the girls move onto the next level of Guiding the camping record would go with them. When possible it is a great idea for a copy to be sent to their new leaders so they know how much camping experience the girls have. This helps the new Guider understand what needs to be added to their planning for the year around teaching camping skills.

Keeping up to date records will also help the members when it comes time to apply for camps and events in the future. When members apply for Provincially and Nationally sponsored events they will have to submit camping records with their applications.

Below is a sample of the new column titles for the BC307 and a copy of the new BC307 has been sent out with Headlamp. It is important to fill in each of the columns using the information provided so that when passing on the records to the next leader or applying for a sponsored camp it is very clear what type of camping experience the member has.

Camp Dates	# of nights	Camp Name (event)	Location (site)	Type of Camp (cabin/hut/ platform tent/tent)	Cooking Style (patrol/unit/ QM)	Cooking Method (stove/camp stove/fire/etc.)	Responsible Guider
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http://www.girlguides.ca/BC/Camping/Camping_Tools_and_Resources/Camping_Resources.aspx