

The Headlamp



A Message from the BC Camping Committee!

Hello BC Guiders

Spring will be upon us soon and while planning your spring camps with your girls consider some Community Service while at camp, either a shoreline clean up, planting some trees or even pulling some weeds, and remember to leave no trace while leaving camp.

I am part of Nature.

I am part of everything that lives.

I am bound together with all living things in air, in land, in water

My life depends on Nature-upon its balance, upon its resources, and upon the continuity of both

To destroy them is to destroy myself.

As a member of the human race, I am responsible for its survival. I am of Nature.

I will not destroy it.

From Campfire Activities

from Scouting Magazine (U.K.), as cited in *The Leader*, May 1988



OAL Adventure Training - Picture provided by Laura Allgrove

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

- 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



1st Chase River Sparks at their Sparks go Wild Mom and Me camp

Red Cabbage & Apple Casserole – Serves 6

INGREDIENTS

- 1 ½ lbs red cabbage
- 3 onions, chopped
- 2 fennel bulbs, roughly chopped
- 2 tbsp caraway seeds
- 3 large, tart eating apples or 1 large cooking apple
- 1 ¼ cups plain yogurt
- 1 tbsp creamed horseradish
- Salt and pepper

DIRECTIONS

1. Preheat the oven to 300° F. Shred the cabbage finely, discarding any tough stalks. Mix with the onions, fennel and caraway seeds in a large bowl. Peel, core & chop the apples, then stir them into the cabbage mixture. Transfer the mixture to a casserole dish.
2. Mix the yogurt with the creamed horseradish. Stir the yogurt and horseradish mixture into the casserole, season with salt and pepper & cover tightly.
3. Bake for 1 ½ hours, stirring
4. Stir once or twice during cooking. Serve hot.



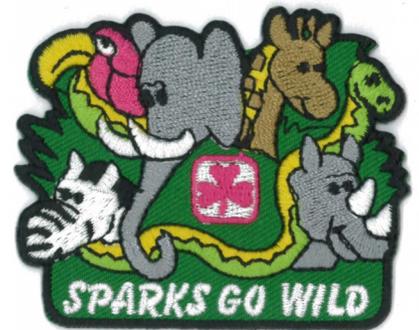
Girl Guide camping chatter around the province:

- ◆ Way to go SVI area for hosting an OAL Adventure Camping training!
- ◆ Shout out to Tammy Tromba for joining us as an Area Camping Advisor
- ◆ Great job Rivers North in hosting a Ranger Rendezvous in Smithers October 17th - 19th
- ◆ Congratulation to 1st Chase River Sparks for participating in a Camps to Go! They did a “Sparks go Wild – All Year Around” Mom and Me camp in November what a fun way to get your families involved.

Camps to go (previously Camp in a Box): Sparks Go Wild in the Jungle

Welcome to Sparks Go Wild in the Jungle! (a day or overnight camp). Swing into action with this jungle-themed camp and keep your girls and leaders jumping with all the exciting things we have planned for you.

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 the activities that work for you and your girls, and draw on the strengths and knowledge of your Guides 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 one of these games from the Sparks Go Wild in the Jungle Camps to Go!

Wild Animal Safari

Materials

- plastic jungle animals
- plastic berry/tomato baskets

Method

- Hide the plastic jungle animals throughout the room or area and give each girl a plastic berry/tomato basket to use as a cage to capture her escaped creatures.
- Give each girl a set time limit or let them all go at it at the same time.

Safari Hunter Says

Played like “Simon Says.” Some examples:

- Safari Hunter says swing your arms like an elephant trunk
- Safari Hunter says roar like a lion

Do several using “Safari Hunter says,” then throw in one without saying “Safari Hunter says.” If you have enough girls, play this with two groups at the same time; when someone is “out,” they can join in the other group so no one is left sitting out.

Instant Meetings: Hike

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

Try out the Instant Meetings for hiking each one comes with sections for:

Meeting Plan, Meeting Supplies, Gathering (activity), What is a hike?, Preparation and Safety, Hike, Ways to spice up your hike, and a Day Hike Gear List.

The Guide and Pathfinder instant meetings also includes: Ready to try something longer?, Want to challenge the older girls?, and Looking for an Outdoor Community Service Project?

Program Connections Sparks

Going Camping

Keeper Twenty Minute Hike

Program Connections Guides

Beyond You: Explore the Outdoors and Nature

1. Outdoor activity.

Beyond You: Learn About Our Environment

1. Explore the environment.

Related Interest Badges

Exploring, Hiking, Outdoor Adventures

Program Connections Brownies

Key to Camping:

4. Lost and Found Outdoors!

Happy Hiking interest badge

Key to the Living World:

1. Wondrous Walks

Program Connections Pathfinders

Let's Take it Outside: Survivor Girl – Prepared for the Outdoors!

Let's Take it Outside: Out on the Trails

Let's Take it Outside: Up Close and Personal with Nature

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)

OAL Adventure Training - October



OAL Adventure Training in October went splendidly! We had 50 Guiders who participated in up to five of the seven modules each. The BC Camping Committee would like to extend a special thank you to our fabulous team of Adventure Facilitators PJ Borghardt, Colleen Aven, Jill Bower, Adele Cooshek, Agnes d'Entremont, and Tammy Tromba, as well as Karen Griffiths for lending her fabulous

Quartermaster skills, and Lougheed Area Commissioner Darlene Kent for making the trip out to visit us at the beautiful Camp Kanaka!

We hope to see these ladies getting out and completing their training by going on Module 8 trips and adventures!

Adventure Camping Survey

We're so excited about the buzz surrounding the new Adventure Camping training, from what it's all about and to how do Guiders complete it! As a result, we've created this survey to get your feedback on your interest in and preference towards how you would like to participate in the OAL Adventure Camping Training. Not only that, we want to know more about the fabulous adventure camping experiences that Guiders in BC are already doing!

This information will be shared with Area Training & Camping Advisors, the BC Camping Committee, and OAL Adventure Training Team (OAL Expedition Leaders & Activity Facilitators) to help us plan and support future adventure camping training opportunities so we can have Guiders getting girls going adventure camping!

Click here to complete the survey! <http://goo.gl/ZbF8zp>



Pictures provided by: Laura Allgrove and Tammy Tromba



Camping App Review

Welcome to the Go Camping BC App! Discover Our Parks!

Go Camping BC – This Provincial Parks Visitor’s Guide App is here to help you plan your next camping vacation or recreational adventure in BC Provincial Parks. With over 200 locations featured, the Go Camping BC App provides updated and comprehensive information and continues to be your go-to travel companion when visiting BC Provincial Parks.

Features Include:

- *British Columbia Provincial Park locations
- *Park locations on maps
- *Driving directions to the parks
- *View and search amenities & activities available for each park
- *Reservation information
- *Park service icons definitions
- *Park Facility Operator information
- *Loaded with "Must Knows" to help your camping experience

The Go Camping BC App is your “Must Have” app to locate beautiful British Columbia Provincial Parks. Learn valuable information about the parks and what each has to offer.

Once you have decided on your destination, utilize the mapping feature to get turn by turn driving directions through Maps. If you not sure where you would like to go, explore the park listings with our app search feature. Select the region(s), the types of amenities, types of activities and see a list of parks that match your search criteria.

The Go Camping BC App is loaded with useful information on how to make reservations, renting yurts and cabins and helpful Must Knows to make your camping experience enjoyable and safe!

Having questions about a park? Utilize the Park Facility Operators directory for contact information to get your answers.

See the handy Park Service Icons directory to learn what the icons represent.

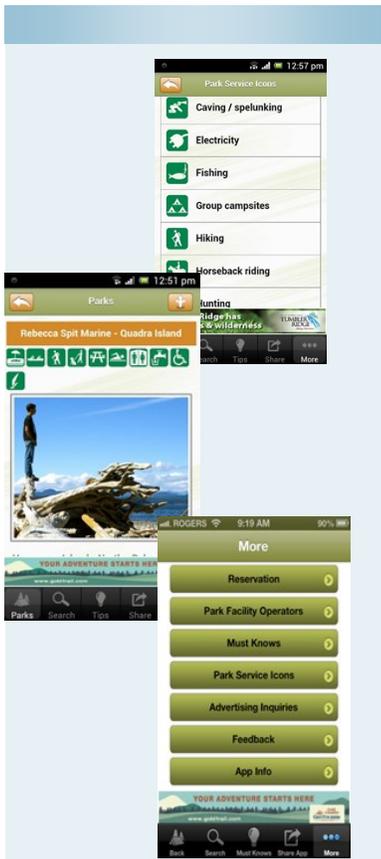
Share our app with friends by email, text, Facebook and Twitter so they too can enjoy the wealth of information included in this app.

Download the Go Camping BC App now and go camping in BC today!

The Go Camping BC App is a production of BP Society of Park Facility Operators developed in cooperation with Accelerate Communications Group Inc.

****Given the remote location of many BC Parks, coordinates to park entrances may not always be completely accurate. When you are in the area please watch for signage****

Available for free from  or on the web 



Know Your Area Camping Adviser

Fraser Skies Area:
Cindy McInnis

Kootenay Area:
Tamara McIlae

Lions Area:
Currently Vacant

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:
Currently Vacant

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 Tammy Tromba: Area Camping Adviser for West Coast Area

Hometown and current district:
Vancouver, West Point Grey District,
West Coast Area

Other hats in guiding:
Unit Guider 58th Pathfinders & Orion Rangers,
West Point Grey District

Favorite part of being and ACA:
Providing girls and guiders with the support, training and opportunities to get out camping. Especially to challenge themselves to try new things like Snow Camping, Wilderness Camping or awesome themed camps.

Favorite place to camp in your area:
Muskrat Meadows, Deas Island Regional Park

Something/somewhere in your area that everyone should do/go to and why:
Geocaching in Pacific Spirit Park in Vancouver. There are close to 100 caches on over 50km of trails from the beach to dense forest of towering redwoods.

What should the province know about camping in your area?
We have tons of opportunities for adventure and camping right on our door step as we are surrounded by mountains and water. One could go Snowshoeing on the North Shore Mountains, Kayaking in English Bay and Cycling on the dyke in Richmond.

Favorite place to camp with your family/friends:
Beautiful Camp Olave on the Sunshine Coast.

The best part of Girl Guide camp:
Campfire sing-along outdoors by fire light with s'mores. Getting to sing old favorites and learning new songs.

What is your 'signature thing' at camp?
Playing night games with the girls.

If you had to pick one thing that you'd say you're an expert at, what would it be?
Knots & Lashing

Graces at camp:

Singing a grace before a meal at camp is a tradition that has lost popularity over the years, but it is still nice to thank those responsible for your food before eating it. Singing grace doesn't have to be involved in religion at all, try some of these graces out for example:

Modified Superman Grace (to the tune of the Superman theme)

Thank the cooooook, for making us food,
Thank the cooooook, for making us food,
For the food we eat, and the friends we meet,
Thanks the cooooook, for making us food
Looks great!

Modified Adams Family Grace (to the tune of the Adams Family theme song)

Da duh da duh <snap><snap>
Da duh da duh <snap><snap>
Da duh <snap> <snap>
We're thirsty and we're hungry
The food looks mighty yummy
We want some in our tummies
And so we thank the cook
Da duh da duh <snap><snap>
Da duh da duh <snap><snap>
Da duh <snap> <snap>

Fork Knife Spoon Spatula

I'm a fork, knife, spoon, spatula
Cha Cha Cha
I'm a fork, knife, spoon, spatula
Cha Cha Cha
I'm a fork, knife, spoon, I'm a spoon, knife
fork, I'm a fork, knife, spoon, spatula
Cha Cha Cha
Actions: put your arms above your head and mimic the shapes of a knife, fork, spoon and spatula, and wave your arms back and forth for the Cha Cha Cha

A Mabel Lake Morning

We give thanks to our friends,
We give thanks for our bread,
We give thanks for the blessings,
Of the day that lies ahead.

MMM Grace (Tune: Linger)

Mmm - I am so thankful
Mmm - that we're together
Mmm - to share this food with each of you
To the tune of Twinkle Twinkle Little Star
Rumble, rumble tummy loud
It's now time to feed the crowd
As we share this grace and meal
Tell your neighbour how you feel
Thank you for this food we eat
Friends we make and those we keep.

Campfire Grace (Campfire's Burning)

We're thankful,
We're thankful,
For friendship,
For friendship,
And for good food,
And for good food,
And hands that prepared it.

Hand (Spoken)

Thank you for the hands that sow the grain.
Thank you for the hands that fish the sea.
Thank you for the sunshine and the rain.
Thank you for the hands that care for me.

Boom Boom TA-RA-RA (Tune: Roll Out the Barrel)

Give thanks for good friends,
We have a barrel of fun.
Give thanks for good food,
We won't waste one single crumb.
Boom Boom Ta-Ra-Ra!
Sing out a song of good cheer.
Now's the time for us to give thanks,
The food and friendship's here!

Food and Fun and Friendship (Tune: The Addams Family)

Da-da-da-dum (snap, snap)
Da-da-da-dum (snap, snap)
Da-da-da-dum, Da-da-da-dum
Da-da-da-dum (snap, snap)
We're thankful for the giving
Of things we need for living
Like food and fun and friendship,
To get us through the day.



Great campfire songs:

Thunderation

Thunder, thunder, thunderation,
We are the Girl Guides' -
Association!

When we work with -
determination
We create a - sensation

(repeat over and over again,
getting louder each time, until
last time round)

Thunder, thunder, thunderation,
We are the Girl Guides' -
Association!

When we work with -
determination
We create a - sensation -
THUNDER!!

Flicker

The flicker of the campfire, the
wind in the pines
The moon in the heavens, the
stars that shine
A place where people gather
making friends of all kinds
A place where all man's troubles
are always left behind.

So give me the light of the
campfire, warm and bright
And give me some friends to sing
with, I'll be there all night.
Love is for those who find it, I've
found mine right here,
Just you and me and the
campfire, and the songs we love
to hear.

The Good, the Bad, and the Ugly: Boots THE BUYING AND WEARING OF IT ALL



"Oh, the happy trails we've traveled!"

There are very few things as wonderful as a really good pair of boots. There are various boots for various different situations but you won't be happy with any of them if they don't fit properly. If you are not confident in your knowledge of buying boots, be sure to go to a store that has the knowledge and is willing to take the time to help you. Some things to consider in the whole process are: the fit, your intended use and what you are able to spend.

Before considering the boot fit, think about what you want the boots to do. There are 4 general types of hiking boots. These are only guidelines as some boots are more multipurpose than others. Individual hiking style will determine what boot works best for you. A rule of thumb is, if you generally carry light loads, go for a lighter boot.

1. Light hiking shoes: a kind of burly running shoe; low cut with flexible midsoles. Good for day hiking.
2. Hiking boots: mid- or high cut; often flex easily and require little break-in time. Good for day hikes or weekend backpacking with light loads. Lack the support and durability of heavier backpacking boots.
3. Backpacking boots: stiffer midsoles are designed to carry heavier loads. Good for on or off trail on multiday trips.
4. Mountaineering boots: stiff midsoles designed to for heavier loads and crampons.

Boot construction is worth considering. The cut of the boot and the material it is made from vary. Personal preference and use will determine what is best for you.

Boot cut:

- Low-cut - fine for lightweight travel on maintained trails. Not a good choice if you are prone to ankle problems.
- Mid-cut - wrap around the ankles. Good for shorter multiday trips and moderate loads.
- High-cut - improve balance and ankle support on rough terrain. Recommended if you carry 40+ pounds or hike off-trail. Longer break-in period needed.

Boot materials:

- Full-grain leather - excellent durability and water resistance when properly treated. Often used in backpacking boots. Not as light or breathable as other choices.
- Split-grain leather - Usually paired with nylon. Here the rougher inner part of the cowhide is split away from the smooth exterior. Less expensive but less resistant to water and abrasion.
- Synthetics - Polyester, nylon and "synthetic leather". Lighter, quicker break-in, faster drying and usually less expensive but show wear sooner.
- Waterproof linings - uppers constructed with waterproof/breathable membranes such as Gore-Tex or eVent. These keep the feet dry but are never as "breathable" as advertised and may cause feet to sweat on hot days.
- Mid-soles - sandwiched between the outer sole that gives you traction and what your foot touches. This provides cushioning, shock resistance and boot stiffness. What you need is largely determined by use. Talk to your seller about the mid- and outsole.

The Good, the Bad, and the Ugly: Boots continued:

Once you think you have determined what type of boot you want it comes time for the fitting. When fitting boots you need to consider the length, width and bulk of your foot. Your toes should wiggle easily inside the boot but your feet should not slide from side to side or be squished from the sides or the top. A good fit is necessary to avoid your heel slipping or your toes banging into the front of your boots. When going through the fitting process consider the following:

1. Shop in person. Never buy online unless you know exactly what you are buying.
2. Bring socks of the same weight and thickness you normally would use when hiking.
3. Ask questions
 - a. What do you recommend? Honestly let them know your ability and hiking intention
 - b. What cut should I choose?
 - c. How stiff should the sole be? And what should I look for in the outsole?
 - d. Do I need a waterproof boot?
 - e. How do I tell if the boots fit properly?
 - f. What can I do to modify the fit if needed?
 - g. How should I break in my new boots?
4. Pick out 3 pairs you like and spend time in each boot. Walk around in the store, up and down stairs and inclines. Many good quality stores will have simulated rocky terrain - use it.
5. Once you pick out a boot you like, take it home and continue to wear it around your home (inside where it is clean, please) for several hours. If it continues to feel good, you've made a good choice.

On the trail help yourself by looking after your feet. Clip your toenails prior to heading out, buy and wear good quality hiking socks, carry moleskin or some other blister protection and apply it at the first sign of blisters and, look after your boots. Baby them and they will continue to baby your feet for many wonderful hikes.

Camping with Sidney

I was just sitting here watching the news when I saw a Timbits hockey commercial with Sidney Crosby. The last line of the commercial is something close to, "When you start with fun, it can last a life time." Although this commercial is about hockey it can be equally true of camping with Girl Guides.



Off hand, I can remember exactly 4 things about my Guiding girl years. We did semaphore with both flags and flash lights. (I always picked cabbage because I never learned any letters past "g"). We made whistle lanyards. (It took us the entire Guiding season so if you want a long term craft....). We played floor hockey with a teddy bear for a puck on a regular basis. And, we went camping – a lot.

I don't think I am alone in remembering my camping years as the best times I had in Guiding. My Guide leaders allowed us to truly experience camping as it should be. We had fun. This doesn't mean that we didn't work. We put up our own old heavy canvas ridge-pole tents, we cooked our own meals over fires, we cleaned biffies and our tenting area for inspection and we even chopped wood. But we were shown how to do these things and we were encouraged to do them ourselves. We were allowed to make mistakes but we were never chastised for honest errors. In fact, we often were allowed to really enjoy our mistakes. I can remember laughing until our bellies ached and our cheeks hurt over someone's tent falling down.

My Guide leaders made a huge contribution to my youth. They showed by example and by skill development how to live in the outdoors. They taught us to deal with adversity in constructive ways. They encouraged us to work as a team. And most importantly, they allowed us to have fun. Because my Guide leaders started my camping career with fun, I have enjoyed the outdoors for a life time.



Instant Snowman Hat Craft

Materials Needed:

- 2 mini black beads
- black fun foam or mini top hat
- orange fun foam
- white glitter
- mini zip lock bags
- scissors
- safety Pin
- tag
- black marker

Directions:

Cut a 1/2" piece of black craft foam into a hat shape or use a mini top hat. Cut out a small piece of orange craft foam into a long triangle carrot shape. Add both pieces to mini zip lock bag with black beads and a small scoop of white glitter. Make a tag that reads "Instant Snowman -- just add water." Pin to camp hat

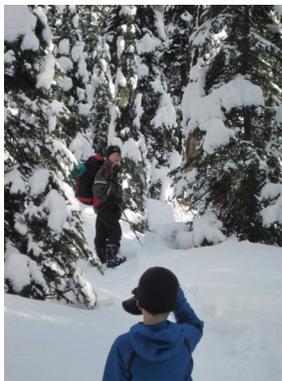


Snowshoeing Tips

We, like many other places in the province, just got a big dump of snow. This makes for great skiing (all types) and snowshoeing.

Here are a few tips to help you get the most out of your snowshoeing adventures.

- stretch leg muscles before heading out
- on level terrain, walk with a normal, rolling gait
- on moderate uphill, point the tips slightly outward and herringbone up
- on steep hills, go straight up, keeping our weight over the crampons
- when traversing a slope, kick our snowshoes on the uphill side into the snow, forming a stable shelf -traversing is hard on the ankles. Sometimes it's better to go straight up and traverse on a level spot.
 - on downhill, bend your knees and keep the snowshoes parallel to the ground, using all points of contact.
 - take turns breaking trail
 - use adjustable trekking poles - shorten in the uphill and lengthen on the downhill
 - don't try to walk backwards. Do a small circle shuffle to reverse direction
 - bindings should be snug but not too tight
 - step over rocks and other obstacles to avoid damaging frames and decks
- know your limits!
- Make every snowshoeing trip enjoyable and safe.



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

Alberta Camping Resources

Developed by the Alberta Provincial Camping Committee

Did you see that Alberta has two camp in a box resources on their website? You can find the Fit to be a Spark and Creaking Bones (Brownies) Camp in a Box at: http://www.girlguides.ca/AB/Camping/Camping_Resources/AB/More/Camping-Resources.aspx

Fit To Be A Spark

Welcome to Fit to Be a Spark, a program designed for a day camp.

Share the fun of learning how to live a healthy lifestyle, learn new physical activities, and promote outdoor skills and learning at the same time. Included in this camp package is a program outline, a wide variety of activities, games and crafts to choose from. There are menu and recipe suggestions, a campfire, games and activities, craft ideas, Guides Own and a kit list. Design the day camp to suit the season, the facility, whether it's held in a green space, campsite or building, and the number of girls. Choose the activities that work best for you and the girls and feel free to change or adapt the activities to suit your needs.

I Like Sparks! (Fruit Basket)

Have the girls sit in a circle. Start with one girl and begin naming the girls as Bananas, Grapes, Apples, Oranges, Kiwi. There should be an equal number of each fruit. One girl is chosen to start as a Caller. Caller will shout out one of the names of the fruit. Eg. Bananas! All the bananas jump up and run to another spot that is now empty. The Caller will try to take one of those spots and the girl without a place now becomes the Caller. Occasionally, I Like Sparks! or Fruit Basket will be called and everyone gets up and tries to get another spot. Last one becomes the Caller and play resumes.

Creaking Bones (Brownies)

Welcome to Creaking Bones, a program designed for a day camp. Share the fun of learning about prehistoric animals and promote outdoor skills and learning at the same time. Included in this camp package is a program outline, a wide variety of activities, games and crafts to choose from. There are menu and recipe suggestions, a campfire, games and activities, craft ideas, and a kit list.

Design the day camp to suit the season, the facility, whether it's held in a green space, campsite or building, and the number of girls. Choose the activities that work best for you and the girls and feel free to change or adapt the activities to suit your needs

Shell and Stone Necklaces

- Beading elastic
- Shells with pre-made holes
- Beads
- Twigs, leaves, and other natural materials

Choose a selection of natural materials, beads and shells and attach or thread onto beading elastic. Tie the ends together so everything stays in place.



The crests can be ordered from:
GGC-Alberta Council
11055 107 Street
Edmonton AB T5H 2Z6
officeclerk@albertagirlguides.com
phone: 780-424-5510



Crests for this camp in the box are available to order directly through e-patches.com. An order form is included in the camp in the box package.

Hula Hoop Game

Materials needed:

Hula Hoop

Directions

1. Everyone stands in a circle
2. Slip a hula hoop onto one persons arm
3. Have everyone join hands
4. Move the hula hoop all the way around the circle without letting go of each others hands.

Large groups:

Use more than one hula hoop. One hula hoop tries to chase and catch up with the second

Heads or Tails

Materials needed:

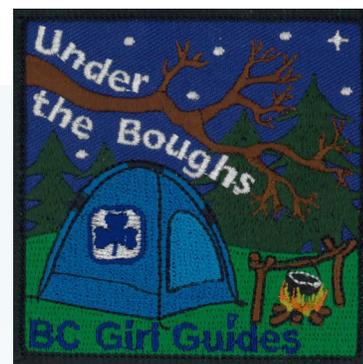
Coin

Directions

1. STAND - Everyone who is playing stand up.
2. GUESS - Everyone chooses Heads or Tails - indicating their guess by placing their hands on their "heads" or "tails"
3. FLIP, STAND or SIT - One person flips the coin and calls out if it is "Heads" or "Tails". All that choose correctly stay standing others sit
4. GUESS - continue.... Players may change their guess before the coin is flipped. The play continues until only one person remains standing.

Under the Boughs

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



This year the Pathfinders and Rangers have voted on which toque style they would like to see. The results are in from the survey and they have chosen the Blue Braid Toque with Pom Pom.

Under the Boughs toques (\$8.00) and Under the Boughs crests (\$1.00 BC Units. \$1.50 outside BC plus \$5.00 shipping) can be ordered from the BC Girl Guides website. Toques can be provided in advance, but please allow four weeks for delivery.

To place an order:

·By check: include a check made out to BC Girl Guides -BC Council and mail the check and order form to:

Girl Guides of Canada-BC Council
Attention: Under the Boughs Toques
1476 W 8th Ave.
Vancouver, BC V6H 1E1.

·By credit card: email the completed order to officeclerk@bc-girlguides.org and then phone 604-714-6636 extension 123 or toll free 1-800-565-8111 (during office hours) and give your order and credit card information.

Dippy Bags

Tired of your cheap dippy bags falling apart?

Or tired of your cutlery falling out?

Did you know you can purchase a great quality Dippy Bag through Guiding for only \$4?

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