

DIRECTIONS

From Nanaimo

At Bench Road traffic light just past the Golf Course south of Duncan turn

RIGHT and proceed 1.8 km until the road intersects with Koksilah Road

RIGHT onto Koksilah Road and proceed .5 km under railway overpass and over Koksilah River bridge

LEFT* onto Riverside Road (just past the bridge) and proceed **1.3 km**

LEFT onto Shaw Road (gravel road by large group of mail boxes)

Proceed cautiously - just room for two vehicles to pass.
The road will crest at the top of a blind hill and become single lane.
Proceed to the right at the Camp Creina sign, down the hill into the main field and park in the clearing on the right.

From Victoria

At the Koksilah Road traffic light south of Duncan turn

LEFT and proceed under railway overpass and over Koksilah River bridge

Proceed as above*

Google Map: Shaw Rd, Duncan, BC

***CAMP CREINA IS A VERY SPECIAL POSSESSION OF THE
PACIFIC SHORES AREA, GIRL GUIDES OF CANADA AND WE
WELCOME YOU TO USE THE CAMPSITE.***

***AS A COURTESY TO OTHERS, PLEASE LEAVE THE CAMP IN
BETTER CONDITION THAN WHEN YOU CAME.***

HAVE A GREAT TIME

Any suggestions for revisions to this booklet gratefully received.
Send them to the Camp Creina Committee c/o the Booking Secretary

CAMP CREINA BOOKLET



**Pacific Shores Area
2013**



Girl Guides
of Canada
Guides
du Canada

CAMP CREINA HISTORY

Miss Norah Creina Denny, who founded Queen Margaret's School in Duncan and who had 70 years of Guiding to her credit, made the purchase of the property possible with an interest-free loan in the mid sixties. The original ownership by the Girl Guides of the Cowichan Valley and Stuart Channel Divisions was turned over to Mid Island Area in 1981.

Miss Denny's influence on the Guiding life of Cowichan Valley Division (Vancouver Island) was stupendous. In the newspaper records of the early years, she is mentioned as addressing meetings in the interest of Guiding many times—to help form new Companies, parent groups, etc. Over the many years, it had been almost unknown for Miss Denny to miss a Guide event—her attendance and support always there as the power behind the wheel, helping and encouraging. A great many people look back with fond memories of the large camps organized by this able Leader.

There are not many people who were enrolled by the Chief Scout, Lord Baden-Powell and remained as active in Guiding as this lady. Miss Denny was active in England for 5 years before coming to Canada in 1919. She was District Commissioner for Cowichan from October 1920 until 1935, when she was appointed Division Commissioner for Cowichan Valley. She remained in this job until October 1957. Miss Denny was Captain of the 1st Cowichan Company from 1920 until starting a company at the school in 1930, a position she held for 34 years.

Many annual meetings have been held at Queen Margaret's School. Also numerous District and Division meetings, rallies and Guide International Service Training Camps. She was co-hostess at the school for many VIP's to name a few: Lady Baden-Powell, Mrs. Peplar, Miss Bridget Ransden, Miss MacMahon, Miss Milne, Miss Close, Miss Simmons, Miss Hannah, and Miss Illingworth, all from England. Miss Roff from Quebec and Miss Dorothy Ayre from Newfoundland.

In 1946 Lady Baden-Powell presented Miss Denny with the "Beaver", Canadian Guiding's highest award. In 1958 the Cowichan Valley Division, in appreciation of her many years of devoted service, presented a Life Membership in her name to the National Council.

Camp Creina (appropriately named after Miss Denny) was officially opened on June 3, 1962 with Provincial Camping Commissioner Mrs. RA Thompson and Provincial Camp Advisor Miss B Henson in attendance. Miss Denny addressed the many visitors and officially opened the camp.

Miss Denny passed away in October 1983. Sadly missed, but forever remembered.

EQUIPMENT IN CUPBOARDS

Lodges:* Maple, Kakaleetza
Tenting
Sites: ** Khenipsen, Sail-o-Quas, Hecate, McBryan, Naomona, Lamalcha

Air horn (DO NOT SHAKE)
 Axe/hatchet
 Bowls -12 metal (5 sizes)
 Brooms
 Brooms - lat
 Brooms - push *
 Brooms - whisk **
 Coffee pot
 Coffee maker (12 cup) *
 Colander
 Dish pans - square plastic
 Dish rack *
 Dust pan *
 Fire extinguisher
 Garbage can
 Griddle
 Grill Cleaner * (brick)
 Hose
 Juice jugs
 Kettle
 Kettle -electric *
 Lanterns **
 Lat bucket & brush
 Measuring cups - liquid
 Mugs *
 Pans - metal *
 Pot - hot water dipper
 Pots - cooking
 Pots - hot water
 Propane distribution tree **
 Propane hoses **
 Propane tanks -10# lanterns **
 Propane tanks - 20# stoves **
 Shovel
 Stoves - 2 x 2 burner **
 Toaster *
 Tea pot *
 Trays *
 Wash basins - round plastic

Utensils

Can opener
 Flint lighter-spare flints in handle
 Flippers
 Grater
 Ice cream scoop
 Knives - large & paring
 Ladle
 Measuring spoons
 Meat fork
 Potato masher
 Potato peelers
 Scissors
 Spaghetti lifter
 Spatulas
 Spoons - serving
 Spoons - slotted
 Spoons - mixing
 Tongs
 Whisk

ITEMS NOT PROVIDED

Salt & pepper
 Drinking water container(s)
 Cutting boards
 Frying pan
 Foil pans
 Soap: detergent, hand, cleaning
 Bleach
 Stainless pot scrubbers / SOS
 Grapefruit juice (great grill cleaner)
 Rubber gloves
 Dish cloths
 Tea / hand Towels
 Pot holders / oven mitts
 Floor mops
 Matches (strike anywhere)
 Clothes pegs / rope
 String
 First Aid Kit
 Tent repair
 Wrench (adjustable)
 Pliers
 Hammer
 Toilet paper
 Kleenex
 Paper towels
 Paper bags for sanitary product disposal

CLEAN UP (continued)

| | |
|----------------------|---|
| STOVE-PROPANE | -clean as per posted instructions - DO NOT use abrasives or steel wool on stainless steel as it scratches the finish -cleaning brick provided for cleaning the grill -grapefruit juice works well to clean warm grill -make sure grill is spotless and leave a coating of vegetable oil on it to prevent rust -empty grease from drip pan and take home for disposable -propane turned off as per instructions and propane storage cupboards outside securely locked |
| STOVES-WOOD | - contents of wood stoves to be burned to ash before leaving camp. Do not leave large chunks of wood or unburned garbage (it attracts vermin) in stoves. |
| TABLES | -repair any tears in the plastic covers with duct tape |
| TENT PADS | -pick up all garbage bits & pieces; rake level |
| WINDOWS | closed |
| WOOD SHEDS | replenish as much wood as possible especially the kindling |



CAMP CREINA

PACIFIC SHORES AREA CAMP GIRL GUIDES OF CANADA

This Girl Guide campsite is located near the Koksilah River, 12km south of Duncan, BC. It has 47 wooded acres with accommodation for 200 campers on 6 cleared campsites and 2 residential buildings.

Activities at Camp Creina are governed by current Girl Guides of Canada Guiding Essentials and by Government health, fire safety and camping rules.

Guiding groups must complete their paperwork according to the Safe Guide and have contacted the Yellow Assessor prior to their camp.

RESIDENTIAL BUILDINGS:

KAKALEETZA: kitchen with wood & propane stoves
refrigerator electricity
dining area sleeping area (floor)
fireplace fire pit/campfire circle

MAPLE LODGE: bunkhouse for 30 participants & 4 Guiders attached thru breezeway
kitchen with wood and propane stoves
refrigerator electricity
dining area flag pole / playing field
showers available in bunkhouse area
Hot water available for the bunkhouse area **ONLY**

TENTING SITES (6)

kitchen shelters equipment cupboards wood stoves
covered area with tables for eating and activities
open areas for games cement fire rings flagpoles
gravel tent pads (6-9 pads) on 4 of the sites
raised wooden platforms and tents on 2 sites (Naomona and Khenipsen)

WILDERNESS SITE: Kaatza

GENERAL AMENITIES:

water taps on each site
refrigerators and freezer in cooler room
permanent outdoor latrines at each site
telephone on outside wall of equipment storage shed near parking lot
obstacle course **ADULT SUPERVISION REQUIRED**
nature trails; nature display cupboard
chapel (non-denominational, inspirational setting in woods created by the BP Guild)
swimming in river / **LIFEGUARD REQUIRED** as per Guiding Essentials / shoes must be worn when in or out of the water

CAMPING FEES:

Committee / Unit Meeting: \$5.00 flat fee (advise Booking Secretary by phone / e-mail)

Day or Unit outing:
(<12 hours) \$1.00 per person / Guiding
\$2.00 per person / non-Guiding

Guiding, Pacific Shores Area: 6.00 per person / per night

Maple Lodge & Bunkhouse \$10.00 per person / per night*

Other Guiding: \$8.00 per person/ per night

Non-Guiding: \$10.00 per person/per night

*these rates apply to ALL, Guiding and non-Guiding participants

BOOKING: Form required for ALL uses, except Committee / Unit meetings

Forms available from: Morgan Darbyshire
Camp Creina Booking Secretary
2044 Cathers Drive
Nanaimo, BC V9R 6R9
Phone & Fax (250) 591-4595

Website: www.gqcpacificshores.ca

All Applications processed commencing November 1st for the following year.

- prior to January 1st preference to Pacific Shores Area Guiding
- after January 1st any group (1st come, 1st served)

TWO cheques MUST be sent with each booking:

1st cheque: **\$10** non-refundable administration fee at time of booking
2nd cheque: **\$100** clean-up/damage fee **post-dated to "1st choice"**
date of arrival**

To avoid paying this extra fee, the campsite/building/cupboards **must be left clean and tidy and the equipment clean & **dry**. *A portion of this fee will be kept according to the amount of time needed to pay someone to complete clean-up.*

MAKE ALL CHEQUES PAYABLE TO: GIRL GUIDES OF CANADA

Unit/Individual name and phone number to appear on the cheque

CLEAN UP (continued)

GARBAGE

-burn all paper products when fire regulations permit
-TAKE HOME ALL OTHER GARBAGE including compost, foil, jars, lids, cans (remove lids & labels, wash, & squash)

-DO NOT DIG REFUSE PIT

- empty and wash out garbage cans; turn upside down i

LIQUID DISPOSAL PIT

-burn cloth
-be sure food particles or leaves are not blocking the drain
rock
-clean wire mesh at residential sites

Leave **NOTHING** for someone else to get rid of (e.g. bags, boxes, bottles, cans, sit-upons, newspapers, empty containers, ice-cream pails, leftover food)

LATRINES

-clean as per instructions posted in latrines
-take home toilet paper so mice won't turn it into confetti!

LITTER

-do a "litter sweep" at the end of camp—line up all campers on one side of site and walk to the other side picking up any garbage along the way

LOST & FOUND

-take all unclaimed articles home
-advise booking secretary

PROPANE TANKS (portable)

-if empty, tie with survey tape located in cupboard

REFRIGERATOR/ FREEZER

-remove all of your food items
- wipe clean—**Would you want to find warm fuzzies from the last group when you arrived at camp?**
- DO NOT UNPLUG

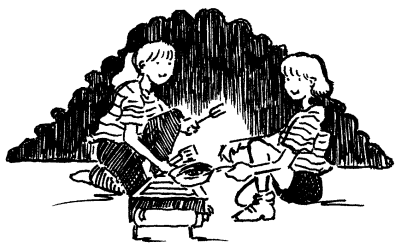
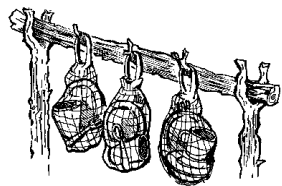
STOVES-CAMP

-must be thoroughly cleaned, inside & out, before returning to cupboard

CLEAN UP

REFER TO CHECK LIST

- CLOTHES LINES** unless permanent, take down
- COUNTERS/SINKS** clean and dry thoroughly to prevent mould and mildew
-small amount of bleach in the rinse water helps
- CUPBOARDS** wipe clean and return all equipment
-to prevent mould and mildew be sure everything is clean,
DRY and stored upside down
-lock doors
- EQUIPMENT** **AS A COURTESY TO THE NEXT GROUP, ALL BORROWED EQUIPMENT MUST BE STORED CLEAN, DRY, AND UPSIDE-DOWN IN ITS PROPER PLACE—NO EXCEPTIONS! PLEASE**
-make notation if something needs replacing or repair
- FLOORS**
-wash up spills as they occur (mops **not** provided)
-sweep floors (dampen with sprinkled water if very dusty)
-return borrowed brooms to cupboard or equipment room
-shake mats outside
- FURNITURE**
-all site tables (including picnic) and benches returned to original place
-building furniture stored inside with table tops and chairs stacked against the walls
-benches put upside down on top of big tables
- GADGET WOOD** -at the end of camp, dismantle gadgets and recycle by burning string and placing wood in wood sheds for use by next campers



CAMP CREINA SITES

The individual sites were carved out of the bush by various Guide Groups and Districts, who often adopted the following names, many of which are First Nation.

- RESIDENTIAL** KAKALEETZA temporary house
MAPLE LODGE named after the huge Maple tree near by
- CAMPSITES** KHENIPSEN little home in the woods / Green point
SAIL-O-QUAS Chemainus River
HECATE HMS Hecate was the first Admiralty ship to come into Cowichan Bay 1862
MCBRYAN Guider Margaret McBryan's home away from home
NAOMONA small
LAMALCHA water's end or water runs out This used to be the furthest limit of the camp's water system.
KAATZA Lake Cowichan (wilderness site)



ABC'S OF CAMP CREINA

- ADDRESS** Camp Creina
2365 Shaw Road
Duncan, BC
V9L 6N1
- AIRHORNS** **EMERGENCY USE ONLY**
-on each site with designated codes and directions posted
- ANIMALS** Pets are **NOT** permitted at camp
-dogs at camp tend to attract wild animals and therefore are best left at home.
-should they come into camp with day-visitors, the owners must keep them on a leash and clean up after them.
- CHAPEL** located between Sail-O-Quas and the main field
-with benches and a podium
-non-denominational, inspirational setting in the woods created by the local BP Guild
- CHURCH** nearest church is St John's Anglican Church, located in Cobble Hill-3295 Cobble Hill Road.
- CRESTS**
- | | |
|--|--------|
| Creina Trader Crest (trillium) | \$2.00 |
| Creina Trader Crest (diamond shape) | \$2.00 |
| Creina Crest (forest) | \$2.00 |
- is special and is intended for each person who camps at Camp Creina / entitled to one per lifetime (losses excepted)
- Supply is kept in equipment storage shed, near parking lot (key in telephone cupboard)
- Send payment after camp with fees

DISHWASHING as required by Provincial Camping and Health Regulation

Use 3 basins of **HOT** water
Scrape dishes to eliminate food scraps in water

SOAP CLEAR RINSE BLEACH IN RINSE

Rubber gloves and tongs are helpful in moving dishes from basin to basin. Don't forget to put a little cold water in basin **first** so you don't burn the bottom out of the basin with hot water. Place clean dishes in a mesh bag and hang to dry.

-pour water down permanent liquid disposal pit



TELEPHONE

(250) 746-7998

- located in cupboard attached to equipment/storage shed near parking lot
- incoming calls will not be heard due to distance from sites
- girls may use **WITH ADULT SUPERVISION ONLY**
- all long distance calls must be collect or on calling card
- recommend **adults only** bring cell phone(s) to camp for emergency use; reception at Camp Creina is very sketchy.

TEETHBRUSHING

use permanent liquid disposal pit

TRAILS

- WALKING ONLY** on pathways and trails
- closed-toe shoes must be worn at all times due to uneven terrain
- keep trails clear and smooth

WATER



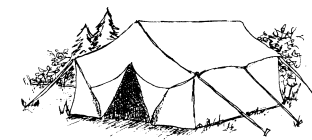
- Camp Creina water has a high iron content which may affect its color and taste, It has been tested by VIHA and contains NO bacteria, and is potable.
- Please bring drinking water if it is a concern.
- tap located on every site and inside two residential buildings
- hot water is available (but must be turned on by the caretaker) in the bunkhouse for showers and personal washing; please DO NOT use it for dishwashing.
- during winter months water is available outside Maple Lodge only

WOOD

- located in the sheds—**please use it wisely**
- replenish, especially the kindling supply, as a courtesy to the next group
- DO NOT CHOP DOWN GROWING TREES**
- cut only windfalls and use as many downed branches as you can to keep the trails clean and make the wood supply last a bit longer
- at the end of camp, recycle gadget wood by dismantling and placing in wood sheds for use by next camp

WORK PARTIES

- Camp Creina Committee hold two events per year (usually late March and October)
- check on our website: www.ggcpacificshores.ca, The Log Jam (Area Newsletter), your Camp Creina rep, and/or your District Camp Adviser for dates—bring your family, Unit, or any interested individual(s) that you know, to help with wood cutting, building and general maintenance



PLACES OF INTEREST

Check out **Cowichan Valley Regional District's** website www.cvrld.bc.ca for information on where and what to do in the area

- Bright Angel Park** 1.5 miles west on Old Koksilah Rd
great day hike
picnic shelter, playground, swinging bridge
www.vancouverisland.com/parks/?id=420
- Aquannis Pool** Cowichan Community Centre
2685 James Street, Duncan (250) 746-0450
- B C Forest Discovery Centre** 2892 Drinkwater Road (250) 715-1113
Trans Canada Hwy north of Duncan
picnic site, train rides, gift shop, forest museum, group rates available www.bcforestmuseum.com
- Pacific Northwest Raptors** 1877 Herd Rd (250) 746-0372
east off Trans Canada Hwy north of Duncan
birds of prey demos, guided tours, hawk walks, group rates www.pnwraptors.com
- Quw'utsun Cultural Centre** 200 Cowichan Way (250) 746-8119
west off Trans Canada Hwy - Cowichan River bridge
living history museum Northwest Coast Indian culture-
demos carving, basket weaving, interpretive dance
www.quwutsun.ca
- Freshwater Eco-Centre** 1080 Wharnccliffe (250) 746-6722
Guided tours, girls can work on WAGGGS Water
Badge www.qofishbc.com/fec.htm

REFRIGERATION

-refrigerator in both Maple Lodge and Kakaleetza
-two upright commercial refrigerators and a small freezer
in building near parking lot directly behind the workshop
-shared by **ALL** in camp; identify food items with campsite
name
-date leftovers for food handling safety
-large plastic containers available for your use
-when your camp is over refrigerators must be empty of
your items and **wiped clean**.

SWIMMING

-current Guiding Essentials swimming rules must be strictly
adhered to
-arrange for qualified waterfront personnel **BEFORE CAMP**
-the lifeguard is in complete charge of the river/swimming
area and is responsible for the enforcement of all regula-
tions for the river
-when more than one group in camp, use time-sharing so all
can enjoy swimming



EMERGENCY SERVICES 911 AMBULANCE POLICE FIRE

(Duncan) Hospital/Poison Control (250) 746-4141
Forest Fire 1-800-663-5555
-telephone on outside wall of equipment storage shed near
parking lot
-recommend **adults only** bring cell phone(s) to camp for
emergency use

EQUIPMENT

equipment available in each site will be advised with book-
ing confirmation

FIRES

BC Forest Service fire regulations must be observed at all
times. If in doubt, please contact them before coming to
Camp regarding the use of open fires.
-a Fire Permit will be obtained by the Creina committee
annually but will be void if other regulations set by the local
Fire Warden are released.
-failure to obey the Fire Safety Regulations could result in
the cancellation of your camp or the possibility of your
group being unable to use Camp Creina again

FIRE SAFETY

CONDUCT A FIRE DRILL ON DAY OF ARRIVAL AT CAMP

Residential



-locate and become familiar with operation of fire extin-
guishers and emergency exits
-read and follow kitchen stove operation instructions care-
fully
-conserve fuel by using wood stoves and fireplaces wisely
-fireplace in Kakaleetza must be attended when lit
-contents of wood stoves to be burned to ash before leaving
camp. Do not leave large chunks of wood or unburned gar-
bage (it attracts vermin) in stoves

Campsites:



due to the peaty nature of the soil, there is a danger of un-
derground fires.
-campfires to be built in cement rings ONLY
-patrol fires must be in brake drums placed on stones/
concrete slabs
-sand and water buckets must be at all fire sites
-garden hose must be connected at each residential and
camp site
-keep fire water barrels (if available) filled
-conserve fuel by using wood stoves wisely
-contents of wood stoves to be burned to ash before leaving
camp. Do not leave large chunks of wood or unburned gar-
bage (it attracts vermin) in stoves.

FIRST AID -each group is to provide qualified personnel as per Guiding Essentials
-provide your own First Aid supplies and equipment

HOSPITAL: located in Duncan at 3045 Gibbins Rd. Cowichan District Hospital is approximately a 20-minute drive. Phone ahead to 250-737-2030. Be sure to take the person's Health Form with you.

WALK-IN CLINIC: located in Valley View Center, open daily with a doctor on duty

FOOD SAFETY Keep cold food in fridges in cooler room; dry foods should be stored securely in tubs or in a car overnight. Garbage must be securely covered against rodents. Be aware that you are sharing the woods with wildlife!

FUEL store any fuel (gas, propane, etc) in the shade away from open flames, cooking, and sleeping areas
-ALL PROPANE BOTTLES (used or unused) MUST BE TAKEN HOME FOR DISPOSAL

GADGET WOOD if returned by previous campers, it will be located in the wood shed

GARBAGE burn all paper products when fire regulations permit
-keep open garbage bags covered during the day and securely tied and put in a safe place during the night
-no food/garbage in or near tents (any animal around will love your garbage)
-use installed **liquid** disposal pits—cover with J-cloth or cheesecloth to collect food scraps from liquid
-burn used cloth as required (at least daily) and replace with a new one
-take home all other garbage: bio-degradable, foil, jars, lids, cans (remove lids & labels, wash, & squash)



DO NOT DIG REFUSE PIT

GATE -off-site camp caretaker will unlock gate before event
-gate may be closed but always keep unlocked for emergency access

GROCERIES

| | | |
|-----------------|------------------------|----------------|
| Country Grocer | Cobble Hill | (250) 743-5639 |
| Old Farm Market | Trans Cda Hwy S Duncan | (250) 748-7141 |
| Thrifty's | Beverly St Duncan | (250) 715-2630 |
| Superstore | Trans Cda Hwy Duncan | |
| Safeway | Trans Cda Hwy Duncan | (250) 746-3993 |

KEYS -off-site caretaker maintains keys and will unlock main gate, telephone, and kitchen cupboards,
-equipment storage shed key in telephone cupboard
-nature cupboard key inside cooler room hanging on left side of door

LAUNDROMAT -located in the Valley View Centre near Country Grocer

LATRINES



FOLLOW POSTED INSTRUCTIONS

-provide **white** toilet paper, sanitary item bags with bucket & lid
-CLEAN AT LEAST TWICE A DAY
-sweep floor, wash seats and wipe dry,
-replenish toilet paper and sanitary bags
-burn used sanitary bags and paper garbage

LIQUID DISPOSAL PITS Use permanent pits
-cover with J-cloth or cheesecloth to collect food scraps from liquid
-burn used cloth as required (at least daily) and replace with a new one

LOST & FOUND -take all unclaimed articles home
-advise booking secretary if any items missing (or found)

NATURE CUPBOARD - a display of items found in Camp Creina on outside wall of cooler room (key inside cooler room hanging on left side of door)

NATURE TRAILS **1.** Joyce Lonsdale trail begins behind the McBryan shelter and winds its way through the woods to the Kaatza site
2. across road from Sail-O-Quas through the woods to main field parking lot

NATURE WALKS Nature walks, if your unit would like a nature walk please contact natural history interpreter, Genevieve Singleton, 250-746-8052 or twinflower@telus.net. She can also assist you with environment and science badge work.

OBSTACLE/FITNESS COURSE - Challenging physical course for all ages
TO BE USED UNDER ADULT SUPERVISION

PARKING -vehicles may be driven to site to off-load equipment
-one vehicle permitted per campsite for emergency use only (park off main road)—**back** into space for safety.
- all other vehicles to be parked in the designated area to the right of the flagpole in the main field