



# The Log Jam

Pacific Shores Area

A Publication of the Girl Guides of Canada

April  
2012

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## Submissions

Submit your articles  
anytime at:

[www.ggcpacificshores.ca/  
/contact](http://www.ggcpacificshores.ca/contact)

### Deadlines:

Jul 4, 2012 Oct 3, 2012  
Jan 3, 2013 Apr 4, 2013

## Camp Creina Crest Competition

Submitted by: Marion Davies

The Camp Creina Committee circulated a crest competition for new crests with the new area- Pacific Shores Area - printed on them. We received many entries that were terrific so we chose four winners, each showing a different part of our beautiful camp.



**Tent Camping**

Natalie Morelan,  
Shawnigan Lake Guides.



**Campfire Circle**

Kathryn Schertzer,  
Shawnigan Lake Guides



**Diversity of Camping -  
from Bunkhouse to Tent**

Connie Paradis, Adult  
Member



**The Marshmallow Roast**

McKenna Stein, 2nd  
Shawnigan Lake Brownies

Photos by Iris Symon

The Camp Creina Committee appreciates the creativity and artwork by these Members. The crests are now available for purchase at the camp. While at camp, Guiders can complete the invoice and pick up the crests at the end of a camp. Thank you to all artists who entered!

Now come camping at Camp Creina and collect all four designs!



# Camp Creina Clean-up

Photos by Iris Symon





# Awards

Submitted by: Lee-Ann Knight

## Bursaries

### **Edith Duncan (Krebs) Memorial Bursary**

Congratulations to Emily Becker from Kwalikum Secondary School!! She is a member of 1st Arrowsmith Rangers and will be attending Vancouver Island University taking her Bachelor of Arts.

### **Pacific Shores Area Bursaries (\$500 each)**

Congratulations to Sarah Kwasinski from 1st Nanaimo Piper Rangers, Jenna Keen & Jenelle Lepage from Chase River Rangers and Emily Becker from 1st Arrowsmith Rangers. These young ladies are proud members of Girl Guides of Canada and their future career plans include: Pharmacology, Dentistry, Veterinary and Marketing. Good luck in your future endeavors.

## Award Road Show

Mark your calendars. Coming soon to an Area near you!!  
The Award Road Show.

Saturday October 13th 2012. A wonderful presentation  
by our Provincial Awards Advisor Dianne Prokuda.  
Watch for more details coming soon.

## Qualities worth Awarding!

**Dedicated:** Makes a consistent time commitment, values the organization, is focused, consistently goes above & beyond, stand out amongst her peers.

**Excellence:** Skilled, exceptional, thinks outside the box, creative, gives it her all, self motivated, has strive & drive.

**Exceptional:** Responsibilities are don well, extraordinary, always goes beyond what is expected or even anticipated.

**Extraordinary:** Far beyond what is usual or ordinary, exceptional, remarkable.

**Good:** Fun, reliable, safe, enthusiastic, organized, communicates well.

**Outstanding:** Committed, goes over & above what her peers are doing, it shows to any and everyone, she gives from the heart, adds additional tasks to her Guiding job.



## Area Awards Committee

### **Ever wonder what we do?**

Is there anyone you would like to reward? If so, the Area Awards Committee is here to provide and assist with application forms for all Adult awards, recognition of service, and Youth/Adult scholarships and bursaries.

- We review all applications for Adult awards and recognition of service received by the Pacific Shores Area Awards Committee. (Noting Rangers are eligible for Gold Thanks or Team Awards under certain circumstances) We liaise with nominators to provide support and further information as needed. Suggestions may be provided as to the appropriateness of the award.
- We forward to the Provincial Awards Committee, with appropriate comments and required documentation, all applications requiring Provincial or National approval.
- We serve as a selections Committee for the Edith Duncan (Krebs) and Pacific Shores Area Bursary.

We encourage you to reach out to your District Awards Contact or the Area Awards Advisor if there is someone deserving of an Award.

## Contact Lee-Ann

For information about Awards please contact Lee-Ann Knight Area Awards Adviser [lee-ann.knight@shaw.ca](mailto:lee-ann.knight@shaw.ca) 250 756-3856

## Formal Awards

The following is a list of awards, their description, time to process, and councils involved. Please keep all these factors in mind as you make your nominations for this year. If an award requires an R3, it must accompany the application.

### BC GUIDER APPRECIATION AWARD

Measurable service beyond the expectations of a position held in Guiding.

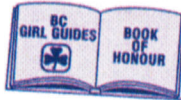
Councils: Unit/District/Area  
Lead Time: up to 2 months  
Requires: minimum 2 support letters



### BOOK OF HONOUR

For a Special Guiding Member.

Councils: Area/Province  
Lead Time: 1-2 months  
Requires: 225 word write up, photo of recipient & minimum \$100 donation which supports the Bursary of Honour



### COMMISSIONER / ACL AWARD

For Commissioners who lead by example.

Councils: District/Area (Approval)  
Lead Time: up to 2 months  
Requires: minimum 2 support letters



### FORTITUDE AWARD

For a Member who has endured suffering with courage

Councils: Area/Province/ National  
Lead Time: Minimum of 3 months  
Requires: minimum 2 detailed support letters



### GOLD THANKS PIN

Good Service to Guiding.

Councils: District (approval)  
Lead Time: up to 1 month  
Requires: letter describing service to Guiding



### HONORARY LIFE AWARD

For an Extraordinary Member.

Councils: Area/Provincial/National  
Lead Time: up to 3 months  
Requires: minimum 2 detailed support letters, \$500 (National fee) & approximately \$150 (pin & courier costs)



### MEDAL OF MERIT AWARD

For Exceptional Service to Guiding. A minimum of two supporting letters are required.

Councils: Area/Provincial (Approval)  
Lead Time: 2-3 months  
Requires: Minimum 2 support letters



### MERIT AWARDS

- For "Dedicated" Service to Guiding
- For "Excellent" Service to Guiding
- For "Outstanding" Service to Guiding

Councils: District/Area  
Lead Time: 2 months  
Requires: Minimum 2 support letters



### PROVINCIAL LETTER OF COMMENDATION

For a Member who has made significant contributions.

Councils: Area(Approval)/Province  
Lead Time: 2-3 months  
Requires: a detailed support letter

### TEAM AWARD

For Extraordinary Teamwork.

Councils: Unit/District/ Area Recommendation  
Lead Time: 2-3 months  
Requires: minimum 2 support letters from members not part of the recognized team



### UNIT GUIDER AWARDS

- BRONZE (1-3 years):
- SILVER (4-10 years):
- GOLD (11+ years):

This award is presented to Unit Guiders who help Girls achieve greatness. The years of experience are cumulative, a bronze can be received by a Unit Guider in her first year.

Council: Unit / District / Area Recommendation  
Lead Time: Up to 2 months  
Requires: minimum 2 support letters



### VALOUR AWARD (Bronze/Silver/Gold)

Member who has risked her life to save another

Councils: Area/Province/ National  
Lead Time: 3 months  
Requires: Minimum 2 detailed support letters



### FOR NON-MEMBERS

#### SILVER THANKS PIN

Given to Friends of Guiding in appreciation for help given to Guiding

Requires: support letter, council approval & up to 1 month lead time





# Amazing Student, Amazing Ranger, Amazing Kid

Submitted by: Jamie Lawlor



Noreen Keen, Michaela King, Colleen Cooper - teaching them how to light the candle safely, of course!

She was joined at the presentation of her \$1000 cheque by her family and her Guiding leaders. "We are all so proud of Michaela and she truly deserves this recognition because she freely donates her time and effort to help make Guiding in Nanaimo Arbutus District a fun place to be," says Ranger leader Jamie Lawlor.

To view the Save on Foods presentation: <http://www.ctv-vancouverisland.ca/2012/03/save-on-foods-amazing-kids-michaela-king/>

On March 29, 2012, Michaela King received the Save-on-Foods Amazing Kid award. Michaela is a very active member of the Chase River Rangers in Nanaimo and it's no wonder she was nominated and chosen as an Amazing Kid.

Michaela has been in Guiding for 12 years and has participated in hundreds of events. From Camp S'more to Camp SOAR, she's done it all. Now she's moving from attending the Nanaimo Arbutus District Snowflake Ball to organizing them with her fellow Rangers. As Ranger leader, Noreen Keen, says, "Michaela excels at leadership." She's always one of the first to volunteer to share her knowledge, skills, and experience with the younger Guiders. After teaching a young group of Guides the art of putting up and taking down a tent, they all celebrated with cupcakes and candles



Photography by Jamie Lawlor

## District News

### Nanaimo Arbutus District collects donations for Haven Society

Submitted by: Jamie Lawlor

On February 12, 126 Girl Guides in the Nanaimo Arbutus District celebrated their 12th annual Snowflake Ball. The girls ages 5 - 17 along with their leaders arrived at the Moose Hall dolled up in their finest dresses, tiaras, and bling to dance the afternoon away. The Rangers (15-17-year-old Girl Guides) took the lead in hosting the event. They were responsible for music selection, decorations, set up and take down, snacks, and craft station.

This event is not only an opportunity for all the girls and leaders to interact and come together as a district, it is also a chance for the girls to collect donations for a local community organization. Donations were collected to benefit the kids who access Haven Society's programs and services in times of need. This year's event collected an estimated \$500 worth of diapers, baby food, toys, and clothing to help the kids at Haven Society. Angela West-Roots, Haven Society Board member, commented, "Donations like baby formula, food, and diapers, etc., are very much-needed items and we are always grateful when the community remembers the little ones in need."

# Unit News

## Coastal Rainforest Rangers

Submitted by: Rhonda Borton



On Wednesday, March 21 four Rangers from Coastal Rainforest District, along with one Link member and myself enjoyed the hike to Ammonite Falls near Nanaimo.

It was a challenge to find the correct trail leading to the falls, but eventually we could hear the water so knew we were going in the right direction. The last slope down to view the falls was steep and slippery, but the ropes helped us descend safely. After exploring a little and having the photos taken, we climbed back up using the ropes again. We took a different trail back which was shorter and steeper, but we avoided the rain until the last few steps. There was lots of mud on the clothes, shoes and hands of the hikers, but we all had a good time and would recommend this hike to others, perhaps when it is a little drier.

## Joyce Lonsdale Rangers

Submitted by: Lea Read

Spring has been busy this year for the Rangers...some great activities and time spent with the other units in our district. Lots of plans for the rest of the year are developing too.

We had a great cooking class with the Worldly Gourmet here in Ladysmith..learned to make Thai Chicken and then we got to eat it! Yummm!!! Our big trip was to Mt Washington for a fun weekend of Tubing, playing in the snow and together time. So much fun!! We learned the importance of taking care of ourselves with a great Yoga night. The Pathfinders and the Rangers met Kim Leduc, a local yoga instructor, at St Joe's school and took part in an introductory lesson. We had a good time bending, balancing and breathing!

Thinking Day Campfire for all the units in Ladysmith was a great time. We sang songs, visited with other units and enjoyed Birthday cake. We also had fun at the District Swim Party! Spring Cookies have arrived and we are busy selling our cases to raise money to go to Skeeter and for our Year End camping trip to the Horne Lake Caves.



# New

[Sparks Go Wild at the palace](#) and [Sparks Go Wild in the Jungle](#)

Check out the info at <http://www.bc-girlguides.org/resources/camping/camping-tools/> and save the new versions to your computer!!

# Camp Creina

## From inside the BUNKHOUSE!!

**It is here and ready for indoor campers!** It all began in 2007, and yes, there are still more projects to make the facility complete but, at this time, it is ready for campers. Better lighting, ceiling fans, coat hooks, shoe shelves, mattresses and sanding/staining the bunks are all cosmetic projects that await volunteer help. This building was created in answer to the call from our Guiders! They wanted a newer accommodation with indoor plumbing, hot water and heat! After a lot of consultation with our Guiders it was decided to build in phases. Phase One being the bunkhouse and Phase Two the renovations on the original building making it the kitchen, dining/activity area. A Project Manager is needed before Phase Two will begin.

**Now offering diverse camping opportunities to both Guiding and non-Guiding groups.** We can accommodate the rugged campers who wish to hang a hammock to those who must have the amenities of home! It's like travelling in an RV or staying in hotels...the accommodation is there and the cost is according to your choice! Of course, the cost of staying in the bunkhouse is more than the tenting sites because what you get does not equal each other!

**What are the costs of adding such services to our camp?** We could have installed hot water tanks that are heated continuously at an ongoing cost for the energy to keep them heated or we could install a hot water on-demand system that is turned on and off as needed. We chose the latter so we were not burning energy (Guiding dollars!!) when no one was in the building. The bunkhouse is one large room (20 beds) and one small room (8 beds). Both rooms are heated with electric heaters. As soon as the heat is turned on more Guiding dollars are burned. The electric lights, ceiling fans and septic system also cost more dollars to run. Hence, the additional cost to staying in the bunkhouse!

**Camp Creina is YOUR camp!!** It is legally owned by Girl Guides of Canada but controlled by Pacific Shores Area. Therefore, EVERY Guider and girl in our area has a responsibility to our camp. We encourage all Members to visit the camp to learn about outdoor camping and what your camp offers before coming to camp to stay. It will make your stay more comfortable and help you plan what to bring or do while at camp.

**Use it or lose it!** We have read about Girl Guide camps in Ontario and how Girl Guides of Canada have sold more than half their camps because units were not using the camps...choosing to camp in private camps at higher costs because they 'got more!' Recently I attended a Properties Workshop for Guiding properties in BC. Camp Creina has one of the lowest rates for Guiding groups in our province! Girl Guides of Canada insist that each Guiding property must pay for itself from the fees it charges. So please consider Camp Creina for your 2012 unit/district camp! Your camp committee has worked hard to make it the preferred destination to camp.

Happy Camping,  
Marian Davies, Camp Creina Chairperson  
[edlines@shaw.ca](mailto:edlines@shaw.ca)

### Updated Booking Form

Check out the Updated Booking Form at <http://ggcpacificshores.ca/content/camping>. Please note the change in address for booking forms as Morgan Darbyshire has moved to Nanaimo.

# Camping Newsletter

Submitted by: Colleen Cooper

## *Happy Spring!*

I know this is a busy time for all Guiders. I hope that you are planning some terrific camps and outings for your units. Please contact me if you have any questions or concerns or if you have things that you want to share. [Colleen513@shaw.ca](mailto:Colleen513@shaw.ca)

## *Pacific Shores Ideas for Sharing*

Speaking of sharing, I attended a BC Camping Committee meeting in Vancouver recently with my Area counterparts from around BC and we were asked to bring some ideas to share. I put the call out to Guiders in Pacific Shores to help me with some things that you love and I received 2 responses. I have included these great ideas here, I hope that you enjoy them and can use them in your own camping and program areas. Thank you to Suzanne and Lynne

### **Program Level:**

**Guides** (but could be any that have this component in their program)

As part of the Guides and diversity we had the cross-country ski guides, who guide folks with disabilities, do a session with us in the snow on our skis. They taught us different techniques for how to guide folks as well as let us try out some of the equipment. It was a great addition to our winter camp and followed up on our regular meeting time where we had a chance to meet a Guide dog and its owner.

Suzanne Turnbull, 1st Lantzville Girl Guides

### **Craft: All levels**

Girls get to decorate a rock with their name on it and personalize it. Paint, glue or do whatever you fancy. Find fancy velvet bag or special container to keep the rocks. Whenever we are dividing up into teams/working buddies/skit groups/etc., we draw the rocks from the bag. This keeps everything random and fair - sometimes friends work together, sometimes they don't! We can also use this method to decide who goes first, second, etc. when it's that type of activity.

Lynne Macara, 1st Maple Pathfinders

### **Recipe: All Levels**



One of the favorite recipes for our Pathfinder group is s'mortillas. Each girl gets a flour tortilla, and can fill it with any combination of peanut butter, mini-marshmallows, banana slices, chocolate chips (or whatever else you fancy). You then roll them up and can either wrap them in tinfoil and place in the fire (they cook quickly), or place them in a box oven, or we have even warmed them up in a fry pan on a camp stove.





## *Planning a camp or unit adventure?*

Need to send your Safe Guide paperwork to an assessor?



We are encouraging Guiders to look on the BC website for an up to date assessor list. This is the easiest way to keep it up to date. So, from the [www.bc-girlguides.org](http://www.bc-girlguides.org) website:

1. go to the Resources tab
2. on the left side click on the Assessors BC list
3. you will be asked for a password  
(for privacy of information)
4. type in the 4 numbers of the BC Guide House street address -1476-and hit submit  
(The nice part of using the street address... if (or when) you forget the password, you can easily find it on the "contact us" page on the website)

The BC assessors are a provincial team and you are welcome to choose an assessor in your Area or somewhere else close by. Please note that at this time, there are more assessors in the interior and on Vancouver island. Any of them would be able to help with your assessment, and they often have a slightly lower workload.



## *Just for Giggles!*

This is Noreen, from Chase River Pathfinders and Rangers, she has arrived for dinner at camp and has realized she has forgotten her dishes (once again) But because she is a Girl Guide and is always prepared, creative and uses her resources wisely she can use just about anything. Quesadillas in a mixing bowl and the big knife from the camp supply bucket work just fine!

Do you have any funny stories about camp mishaps you would like to share? Send them to me and we can have a laugh!

## *Did you know?*

- **There is a form to keep track of girls camping record.**  
It is called BC307 and is available from the BC website/Camping/Camping resources. It is a valuable tool to help you keep track of nights spent camping and other information. If your girls are planning on taking advantage of opportunities that are presented (like applying for Provincial or Interprovincial camps-Mix it Up maybe) this is very important information that might be needed on applications.
- **Alberni Outpost**  
Hey all you Waters Edge District Guiders, Alberni Outpost is opening a new store in Duncan April 1, 2012.  
108-109 Trans Canada Hwy in the Village Shopping Centre
- **Members Needed**  
BC Camping Committee is looking for 2 new Members at this time, one to head up submissions to the BC Guiding Website and the Pipeline and the other one is for Inter-Provincial trips. Please contact [camp@bc-girlguides.org](mailto:camp@bc-girlguides.org) if you or someone you know might be interested in one of these positions.

## *Calendar of Awesome Events*

### July 29-Aug. 5, 2012

#### More Seaside Fun

This is the classic seaside holiday camp at Camp Olave. For more information go to <http://campolave.com/msf2012info.pdf> this is open to Girls and Guiders from all over. Come by yourself, with a friend or as a patrol. Deadline to apply is April 30, 2012.

### Oct. 12 - 14, 2012

#### Camping Workshop

This will be held at Camp Kanaka. Each Area will be able to send 5 delegates to this workshop. If you are interested in attending with me let me know. There will be more information coming closer to the date but know that you will come away from it with loads of information and enthusiasm about camping and outdoor activities. [Colleen513@shaw.ca](mailto:Colleen513@shaw.ca)

## *Do you know a great place to hold SOAR 2014?*

**SOAR 2014** - BC Council passed a motion at its February 2012 meeting indicating that it will support holding a Spirit Of Adventure Rendezvous event in 2014. This will enable planning to begin in 2013. Area Commissioners were asked to look within their areas for locations that could host a SOAR event, preferably in an area that has not hosted a previous SOAR event.

Please forward any suggestions.



# Pacific Shores Council

Area Commissioner	Dawnette Humphrey	<a href="mailto:dhumphrey@islandnet.com">dhumphrey@islandnet.com</a>
Dep. Area Commissioner	Deanie Patten	<a href="mailto:dppatten@shaw.ca">dppatten@shaw.ca</a>
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Area Training Adviser	Dalyce Knight	<a href="mailto:dalyce.knight@shaw.ca">dalyce.knight@shaw.ca</a>

## District Commissioners

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*Thank you all for your submissions.*

*The deadline for the next issue is April 4, 2012 but please send your submissions in any time at:*

[www.ggcpacificshores.ca/contact](http://www.ggcpacificshores.ca/contact).

*Trina Lambert, Editor*