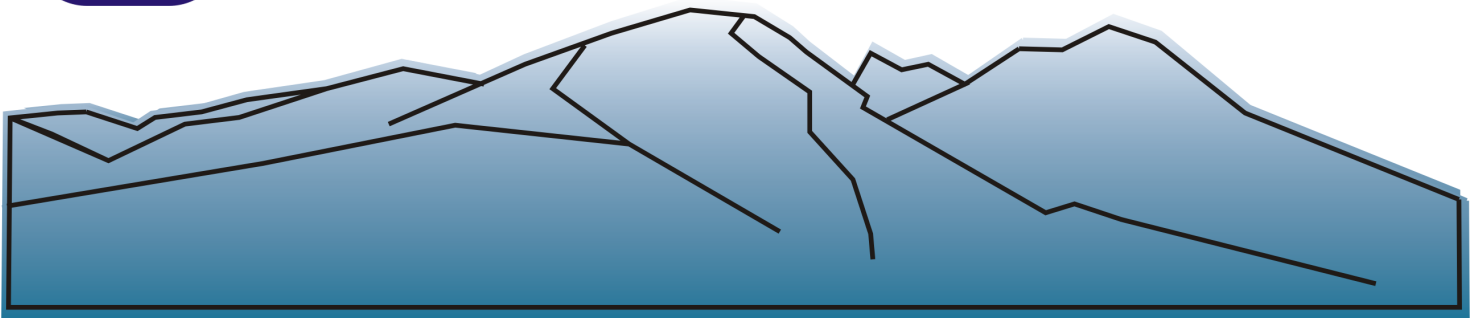




SOAR 2017



Program Options

for Guides and Pathfinders

Welcome to Spirit of Adventure Rendezvous (SOAR) 2017. We have many program options for you to choose from. We will do our best to match you with one of your top three choices of activity in each section, however, due to heavy demand in some activities, we cannot guarantee this. Be prepared to have a positive attitude and lots of fun, no matter what sessions you participate in at camp.

Read the program descriptions and program selection sheet instructions carefully, then fill in your program choices and return the selection sheet to your patrol Guider by:

February 3, 2017

This will allow your patrol Guider to enter your choices in the electronic registration form by her deadline date.

When you arrive at SOAR in Smithers, you will receive your own personal program schedule.

NOTE: Your program will be chosen FOR you if you do not respond by the deadline!

Remember, if you do not complete the appropriate waivers, or complete the required swim or boat tests, you can not be considered for the program choices that require them!



100 Active Recreation

101 Archery

Archery is cool, just like in the Hunger Games. Choose this session to learn the basics of archery. Learn how to use the equipment safely plus how to improve your concentration so you can hit the target, maybe even a bulls eye!

102 Catch A Poacher*

Is sleuthing your thing? Your mission is to find the poacher's campsite, then solve the unique clues and challenges to crack the criminal poaching ring. Be careful! The poachers will be returning and your presence can't be detected. After you solve the clues, radio the park ranger to save the animals. Will you accept the challenge? **Pathfinders only!*

103 Cosmic Bowling

Enjoy 5-pin bowling at Smithers Bowl, including Cosmic Bowling, the ultimate in cool bowling experiences, with the music cranked up and the laser lights on for a bowling adventure that's out of this world!

104 Cycle Touring

Cycle along the scenic Perimeter Trail surrounding Smithers, then test your skills on the BMX track before returning to camp. This ride is suitable for all cyclists.

105 Frisbee Golf

Enjoy a game of frisbee golf at Ranger Park, a beautiful course in the pines. This incredible sport uses Frisbees thrown at a target or 'hole'. Lots of fun!

106 Fly Fishing

Spend some peaceful time by the river learning the art of fly fishing. You will learn how to properly use rods, reels, lines and tackle. Learn proper casting techniques, proper fish handling, plus safety and fishing regulations. You might even catch a fish! Please note, we will be doing catch and release – we will not keep the fish. We will release them back into the water.

107 Hike to Malkow Lookout

Malkow Lookout Trail travels through farmer's fields, along grassy meadows and among sub-alpine forest trees leading up to an old forestry lookout providing views of the beautiful Bulkley Valley, the Town of Smithers and the Telkwa Mountain Range.

Please choose the Twin Falls Hike if you want to go at a more leisurely pace.

108 Horseback Riding*



Do you love horses? Whether you have never ridden a horse or you are an experienced rider, this session is for you. You will learn about horses, how to care for them, and about western tack. You will also be able to go for a horse ride, with help if you want it. **Pathfinders only!*

109 Martial Arts/Self Defense



This martial arts class will teach you the basics of self-defence and can help you develop some of the mental and physical skills you need to defend yourself against attacks. This entry-level class is designed for girls at all skill levels.

110 Riflery



There's a lot more to firing a rifle than just pulling the trigger. Learn the fundamentals of riflery, how to handle a rifle safely, how to steady your aim and fire at the target.

111 Skateboarding*



Want to learn some ollies and nollies? In this skateboard session you will learn the basics of balance and proper foot positioning plus a variety of really good beginner skateboard tricks.

**Pathfinders only!*

112 Squash & Wallyball

Get hooked on Squash, one of the fastest sports around. Learn the fundamentals of the sport, swinging a racquet and making the shot. Then, have a wild game of Wallyball where the ball is never out of bounds!

113 Twin Falls Hike

Bring your camera for this one! Hike to see the spectacular Twin Falls which flow from the Lake Kathlyn Glacier. Trails are flat and hard packed with gravel for easy accessibility. Your observation skills will be tested to add a challenge while you're hiking.

114 Wall Climbing



An introduction to climbing at the BV Rec Centre's indoor facility. Learn the basic climbing techniques, lingo, and knot tying. While having a fantastic time scaling walls, you will be building muscle strength, improving coordination and having fun!

200 Crafts

201 Felt Creatures

Make your own felt stuffed creatures. To make these creatures you will be using patterns, cutting out felt, and hand sewing them. Multiple patterns (Including a Cute red fox) will be provided to have fun with.

202 String Art Creations

String art is a great way to express your creativity. Coloured thread is wound around a grid of nails hammered into a wooden board or plaque to form patterns or designs such as hearts or a mountain. There will be patterns provided or you can create your own design the options are endless.

203 Pillow Case Art

Exploring different methods of fabric dyeing and embellishments. Some types of dyeing that we will be using include sun bleaching, reverse dyeing, batik, and tie dyeing. Embellishments include but not limited to fabric paint, buttons, lace, and ribbon. Express yourself in a creative way.

204 Mosaics Fun

Upcycled art using old CD's and DVD's to create either a picture frame or mirror. Then you will be able to make give the creation your own touch by decorating it with a variety of accent When finished the sun will shine on it creating a beautiful rainbow light show that changes depending on where the sun hits it.

205 Memory Boxes

Create a memory box using different types of materials as decorations including wood burning and/or carving. You can either use templates provided or a free form design that you have created yourself. Each box will also include a pop out photo book made of paper.

206 Creative Jewelry

Explore making jewelry using a multitude of amazing supplies. Create necklaces, bracelets, bangles, rings, and/or pins, using washers, beads, wire, ribbon, embroidery floss, and leather.

207 Beaded Wind Chimes

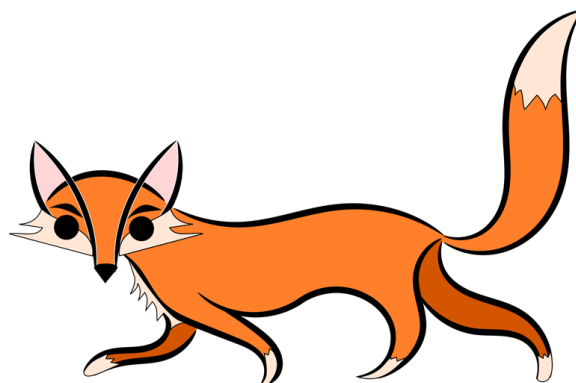
Create magical movement and musical sounds with your own imagination by using beads, feathers, tin, wood, glass, and other eye catching materials to make a memorable wind chime.

208 Picture Album/Scrapbook

Upcycling old CD cases into a picture album, scrapbook, or smashbook. With all the amazing coloured paper, stickers, and embellishments provided you will be able to use your unlimited imagination to decide how these will look.

209 Homemade Blissful Relaxation Crafts

Bath bombs, lip balms, bath salts, and other self-care products. You will be customizing your relaxation items with your own fragrances and colours.



300 Day Trips

Your entire sub-camp will enjoy a fun-filled and active day, exploring part of BC! Bring along your sense of adventure as you step back in time to experience the history of the area. Each trip will include a stop at a swimming pool.

NOTE: Your entire patrol must choose one of the trips as you will be travelling with your patrol for the day.

301 K'san Historic Village and Museum

Travel to beautiful Hazelton to tour K'san village, a replicated ancient village and First Nations World Heritage Site. Learn the history of the Gitksan people and their culture. The K'san village showcases seven long houses and several totem poles. The museum has a large collection of native artifacts, preserving the history and culture of the Gitksan First Nation people. You will also tour the small Village of Old Hazelton, The village was founded in 1866. Uncover its unique history with the help of the Historic Hazelton walking guide. Hazelton has a population of approximately 300 people and is located at the junction of the Bulkley and Skeena Rivers.

303 Houston Hodgepodge

Take part in a walking tour of the Town of Houston (it ain't Texas!). Houston is a forestry, mining and tourism town (population 3200). Stroll through Steelhead Park where you will see the world's largest fly fishing rod, Houston's only totem pole, and The Houston Museum Society's "Walk through History". Houston is also known as the Steelhead (ocean going fish) capital of the world. Visit the park's Steelhead fountain "Coming Home". At the Visitor's Center you will get a close up view of the Hungry Hill Grizzly Bear display! Your Houston Hodgepodge also includes a trip to the bowling alley where you might just get a strike and a visit to the local movie theater!

302 Medieval Mayhem



Hear ye, oh hear ye, fair ladies of SOAR,... the honour of your presence is requested at the Shire of Tir Bannog Medieval Village

located midway between Smithers and Houston. You will be welcomed at the village gate by the "Inn Keeper" who will take you on a village tour, where medieval history will be brought back to life. Imagine yourself back in time when you play games at the Red Wolf Inn, or when walking through Shrew's Alley, Wif's Court and other village places. Experience throwing medieval weapons (in a safe environment!!). Take photos while trying on medieval garb at the Shrew'd Apparel Shop. Walk the gangplank on to the shipwreck and climb down the stairs into the main hold. Here you will discover and create medieval crafts. Waivers are required for this trip.



400 Environment

401 Salmon Seekers

Channel your inner fish...Enhance your knowledge of salmon and their importance to British Columbia. Meet the fish, be the fish, feed the fish– at the Toboggan Creek Hatchery.

402 Fantastic Flora and Fauna

Can you hear the call of the wild? We are all connected on planet Earth. Find out just how much while exploring biodiversity in the Bulkley Valley.

403 LNT Amazing Race

Back for a second year, teams compete to finish a series of challenges related to Leave No Trace camping principles. On your mark, get set... GO!

404 Tree Talkers

Who speaks for the trees? You will after you plant a special SOAR-grown tree seedling in this exploration of the Smithers Harvest Demonstration Forest.

405 Ecosystem Avengers

We're all downstream! Explore the effects of human activity and water usage on the environment. Take and test water samples to solve the pollution mystery.

406 Dig This

Archaeology or anthropology? Participate in a camp-based dig to uncover artifacts and analyze them to determine how people lived and camped in the past.

407 Weather Wizards

"When thunder roars, go indoors." Learn how to make a forecast, read a weather map, test for wind speed and UV rays, as well as expose some wild weather myths in this perfect storm weather bonanza. No umbrellas needed.

408 Wetland Wonders

Be a critter detective and explore life in the watery habitats of a local wetland area. Pond dipping nets and petri dishes will be provided!

409 Be a Locavore

Do brown cows make chocolate milk? How does wheat become bread? How does your garden grow? Tour a local family run farm to find out how our food gets from farm to table.

410 Power Down

What do you do when the power goes out? Enjoy the challenge of building working models of alternative energy sources and testing their powers.

411 Ancient Ways in Modern Days

Learn from local First Nations their traditional ecological knowledge and how to apply it in today's world.



500 Fine Arts

501 Acrylic Painting a la "Paint Night"

Getting together to create a specified acrylic painting in a couple of hours with one's friends has become a popular outing for many. Often held in a pub or bar, but sometimes as a fundraiser in a community hall or school gym, participants are given step by step instruction to create a finished painting, ready to take home in a relatively short amount of time. Girls will make a 9"x12" painting on stretched canvas.

502 Manga Girls

Manga are comics created in Japan, or by creators in the Japanese language, conforming to a style developed in Japan in the late 19th century. Not content just to follow the adventures of their favourite futuristic Japanese cartoon heroes, Canadian teenagers are learning how to draw "manga" comics themselves. Participants will receive instruction in the "manga" style of drawing and have the opportunity to create their own Girl Guide manga character or cartoon.

503 Theatre Around the Campfire

What could be more fun than writing and performing a great Campfire Skit, using play-writing methods? In small groups, participants of each session will create and practice a skit, using the form and structure necessary for a good play, and then perform it for each other.

504 Capturing the Little Things

A photography session, giving participants the opportunity and instruction to take effective and artistic macro photos of small objects or details in the world around us – something more creative than the usual scenery/people shots. The photos taken by the participants will be made available to Girl Guides of Canada for future PR purposes.

505 Aurora Borealis at Your Fingertips

One of the breath-taking sights in the north is the Aurora Borealis dancing through the night sky. Participants will learn a creative technique to make beautiful portrayals of our Northern lights, using pastels and blending.

506 Trip the Light Fantastic

Hip Hop, Jazz Dancing, Belly Dancing, and Creative Dance have all become popular with today's girls... Here is an opportunity to expand their dance horizons by venturing into the popular dances of yesteryear! Participants will get a taste of the art of old-style dances, including jive, waltz, Charleston, schottische, polka, and square dance! Come prepared to m.o.v.e. !

507 Letting the Inside Out

Michelangelo said, " Every block of stone has a statue inside it and it is the task of the sculptor to discover it." Participants will have the pleasure of removing everything that "isn't" the statue and create their own piece of 3-D art.

508 Piping in the Campfire

Music adds so much to our campfire circles. Recorders are inexpensive, easily found and easily learned instruments which can add to the sing-a-longs and campfire programs everywhere. Girls will receive user-friendly instruction to learn to play a few popular and well-known campfire tunes and will take away a pocket sized music book so that they can continue to play these songs when they return home.

509 Frozen in Time

Working in pairs, create a hand/forearm sculpture, using plastic wrap and packing tape, which may be used as a jewelry holder, scarf holder, bird feeder or whatever your imagination comes up with.

510 Squirt Gun Painting

What could be more fun than creating a unique and creative piece of art? Creating it using paint and squirt guns! Participants will have the opportunity to try out this fun activity, painting their own masterpiece to take home! Come prepared to get messy!



600 Service

All camp participants will participate in a Service activity. All girls will be assigned to a service activity. No preference selection is available.

Horse Ring Reno

Clean and paint the horse arenas to freshen up the site of prancing feet and horsey high jumps.

Plank Jump Painting

At the Fairgrounds, you will be painting these structures for the horses and their owners to use in competition.

Picnic Table Décor

New picnic tables need protection from the elements. This task requires a coat of paint, and maybe a chance to design.

Tenant Starter Kit

Put together kits for first-time home owners. Most of these tenants have been homeless or very poor and so have little to bring to their new houses. You will be helping Smithers Community Services by making up kits for them to collect when they move in. Each patrol will be asked to bring some of the items for you to sort and pack into totes.

Fish On Drains

Join staff from the Town of Smithers to spray fish shapes in yellow paint near drains located throughout the town. It has been many years since Guides from Smithers initially painted these symbols and they need to be revitalized.

Hygiene Bags

Patrols will be asked to bring toothbrushes, toothpaste and new undergarments. You will sort these items into bags which will be given to children and mothers escaping domestic abuse. These bags will go to Smithers Transition House.

Horseshoe Pit Art

The Village of Telkwa Seniors need you to construct and paint the backboards for their horseshoe pits. You will need carpentry skills and creativity as you make the boards and paint them with style.

Fire Hydrant Makeover

The Village of Telkwa will be working with you to freshen up the fire hydrants that dot the community. This gives you the opportunity to explore this small community only 20 kms down the road.

Rock Garden Planting

Telkwa's Ark Day Care would like to create and plant a rock garden. They need your gardening skills as the new garden will face the highway and be seen by all who drive by. Your creativity in this project is greatly encouraged.

Round Lake Hall CleanUp

The Hall has been the site of many a Girl Guide camp in the past. It was rebuilt a few years ago and just needs some tuning up such as cleaning windows and walls and the kitchen. Outside you will be pruning and weeding as well as doing some trail maintenance. There is also wood for the woodstove that needs to come in.



700 STEM

701 Cool Chemistry

Exciting experiments that will explode (your mind)! Take chemistry beyond the basic volcano in this hands-on session which examines the world of chemical reactions.

702 Fabulous Forensics

Crack the DNA code and unravel the double helix. Use your new-found detective skills to compare fiber samples, use ink chromatography and analyze blood spatter!

703 Minerals Rock

Are diamonds really a girl's best friend? Dig into the world of geology and discover the many uses of rocks and minerals. Find out what goes into and out of a mine in this explorative session!

704 Brain Boosters

Expand the power of your brain exponentially as you solve puzzles, codes, and riddles.

705 Rockets and Robots

What kinds of things can a robot do? How far can your rocket go? Can these two things work together? Mission: Ready to Launch!

706 Tech Wizards

Stretch your tech-speritise and creativity with coding, game development, and graphic design.

707 Electric Avenue

Keep those electrons moving as you create and connect circuits, motors, batteries and more. It's positively electrifying!

708 Eggstraordinary Experimenting

What came first: the chicken or the egg? All the amazing things you can learn about and do with eggs!

709 Inspector Gadget

Create some super structures and gadgets with a variety of materials, then test their strength and accuracy. Do your engineering skills measure up?

710 Physics Playground

Create fun and funky simple machines while exploring force and motion. The challenge will be, how slow can it go?



STEM Science, Technology,
Engineering, Mathematics



800 Water Activities

Participants will require must have either a Boating Swim Test or a Swim Test recorded in iMIS by March 1, 2017. The Swim Test has higher expectations allowing it to cover both swimming and boating. The Boating Swim Test will only cover your participation in the boating program. 801 Beach Break is provided for non-swimmers.

801 Beach Break

Build sand sculptures, play field games and enjoy the sunshine. This is an activity for those who have not completed their Girl Guide Swim or Boating test.

802 Raft Building



Gadget making on a grand scale! Come do a team challenge and see if you can build a raft. Use your creativity, imagination and



knot skills to build a unique raft that can get your team out into the water the fastest and the furthest.

803 Snorkeling



Learn how to snorkel like a pro! Spend time searching for hidden treasure, going through obstacles and enjoying the natural lake life.

804 Paddle Boarding



Do you have the balance it takes? Come paddle along peaceful Lake Tyhee on a stand-up paddle board and find out!



805 Canoeing



Come on a canoeing adventure. Learn to paddle, steer, and maneuver your canoe.



Beginners to Intermediate canoeists welcome!

806 Mermaid Swim



Don your mermaid tail and learn to swim like a majestic mermaid. Search for hidden jewels and find the long lost treasures.

807 Obstacle Course



Calling all adventurers! Come race along our inflatable obstacle course. Challenge yourself and see if you can make it across our wobbly, floating track!

808 River Rafting



Jump on our river raft and paddle your way down the gentle Bulkely River that runs right through



Smithers! You are in for a wild ride!

809 Pool Swim








Relax and spend your time enjoying the local Smithers Pool. Dip into the hot tub or splash into the pool. It's time to relax and enjoy the water.



Selection Sheet

Return this sheet to your patrol Guider by Feb 3, 2017.

100 Active Rec

- 101
- 102^P
- 103
- 104
- 105
- 106
- 107
- 108^{PW} 
- 109^W 
- 110^W 
- 111^{PW} 
- 112
- 113
- 114^W 

200 Crafts

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- 202
- 203
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400 Environment

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- 411

Name: _____

Birthdate: _____
Month Day Year

Please refer to the program descriptions and carefully make your choices.

Record your preferences for each activity, numbering from your top choice (1, 2, 3...) in each category. You must put a number in every box.

*If you absolutely can NOT do one of the activities listed, please make a note for your Guider here:


T-shirt Size

My shirt size:

See sizing chart on soarbc.com.

P = Pathfinders only

S = Swim Test Required 

B = Boat Test Required (if you have a swim test, you don't need a boat test) 

W = Additional Waiver Required 














500 Fine Arts

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- 502
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- 508
- 509
- 510


700 STEM

- 701
- 702
- 703
- 704
- 705
- 706
- 707
- 708
- 709
- 710

800 Water

- 801
- 802^{BS}  
- 803^S 
- 804^{BS}  
- 805^{BS}  
- 806^S 
- 807^S 
- 808^{BSW}   
- 809^S 

300 Day Trips

- 301
- 302^W 
- 303

You will be travelling with your patrol for the day trip. Your entire patrol must rank the trips in the same order.

600 Service

You will be assigned a service activity.

Important Note About Waivers

Waivers MUST be printed from ePACT and signed by a parent/guardian, then scanned and uploaded to the ePACT website. We will digitally collect waivers with medical / health information on ePACT.

