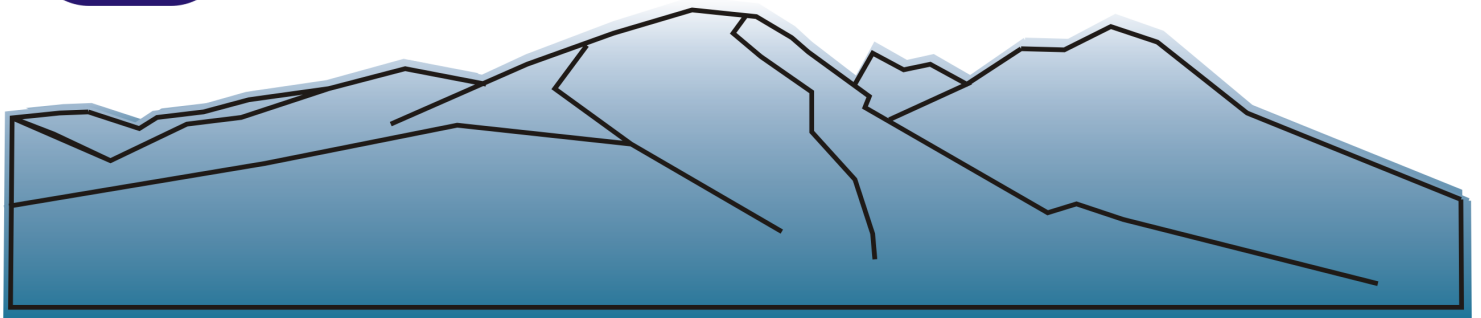




SOAR 2017



Program Options

for **Rangers**

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?

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.

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.

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

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.

210 Fabric Bowls

Creating fabric bowls using clothes line, fabric strips, and hand sewing them into a wonderful shaped bowl or mat. You are going to build a bowl or mat by coiling the clothesline around itself while sewing the thread around two coils connecting each coil to the previous coil.

211 Dream Catchers

Catch all your bad dreams by constructing a Dream catcher using a spider web design on a hoop. Decorate your Dream catcher with flowing ribbons and objects such as feathers and beads.



400 Environment

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

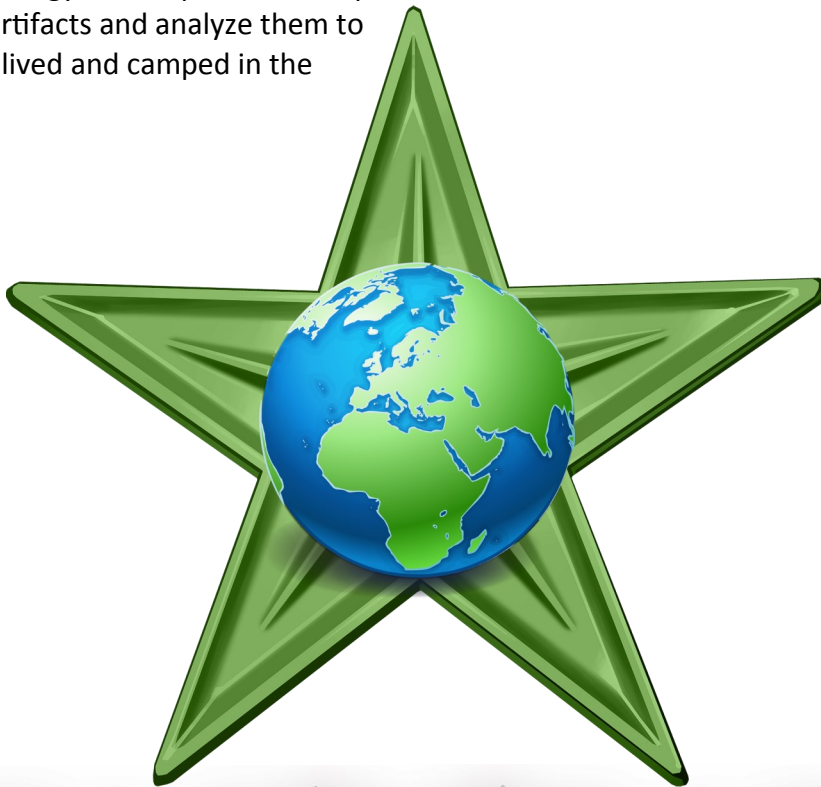
"When thunder roars, go indoors." Learn how to make a forecast, read a weather map, test for wind speed and UV rays, as well as expose some wild weather myths in this perfect storm weather bonanza. No umbrellas needed.

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.



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.



900 Ranger Out Trips

After you receive confirmation of your out-trip acceptance, you will receive additional information about how to prepare for your trip, and to learn what you need to bring. You will also have the opportunity to ask questions closer to the camp dates.

Some activities will require additional specialized equipment (e.g., backpack for backpacking); participants will be notified prior to camp of equipment needs and kit lists as necessary. For each of these out-trips, you will be sleeping in tents, and be off the main campsite for two nights.

901 Backpacking - Standing Camp

Enjoy the stunning glacier-fed lakes, rugged peaks and sub-alpine meadows throughout Babine Mountains Provincial Park. You'll setup a wilderness camp to become your backcountry home for two nights, and spend your days venturing from base camp throughout the area. **Carry a 16 kg personal backpack.**

902 Backpacking - Moving Camp

Like the Standing Camp, you'll trek into the Babine Mountains Provincial Park, an area offering some of the finest hiking opportunities in west-central British Columbia. In addition, you'll setup camp each night at a different location, checking out even more of the 31,000 hectare landscape! **Carry a 16 kg personal backpack.**

903 Mountain Biking



The Bulkley Valley is prime mountain biking country, surrounded by forested hillsides, stunning alpine meadows and rugged mountain peaks. **Must have bike riding experience, be physically fit, and able to pedal up to 40 km/day.**

904 Horseback Riding



Check out all the various terrain the Bulkley Valley has to offer, all on horseback! Immerse yourself in all things equine over a 3-day trail ride.

905 Rafting



Enjoy the balance of both meandering down the river, and experiencing white-water! You'll even get the chance to learn guiding



techniques and river rescues, where you'll be in control of the raft! **Must weigh at least 40 kg.**

906 Fishing/Archery/Riflery/Slingshot



Join the Bulkley Valley Rod and Gun Club to fish, arch and shoot! Whether you're brand new and have never picked up a rod or bow, or are looking to refine your skills, this out-trip is packed with activity choices to keep you busy.

907 Orienteering/Geocaching/GPS

Enjoy a self-powered back country experience where you work as a team to navigate the bush with map and compass, test out GPS systems, and even see what treasures you can uncover in the caches!

908 Canoeing



Paddle in the beauty of the BC wilderness! Enjoy three days of canoeing and portaging throughout a flat water environment.



909 Culinary - From Field to Fork

This hands-on experience will take you into the fields to harvest your ingredients, back to your outdoor Guiding kitchen to prepare gourmet food, and time to devour your creations. This will be a tasty adventure that will also include camping on the farm. Experience food from the fields to your meals. **Must have propane stove experience and enjoy cooking.**

910 Pottery/Ceramics

Hand build 3-dimensional works in clay using a variety of hand-building techniques, and learn the fundamentals of throwing on a potter's wheel. A variety of surface treatments on damp clay will be explored, as well as glaze techniques on fired pieces using brushwork and stencils.

911 Musical Theatre

Enjoy a fun combination of dance, singing, dialogue, and acting! The lyrics and stories will come from popular musicals; this is a triple-threat activity!

912 Museum






Enjoy the rich history of the Bulkley Valley area by immersing yourself in artifacts and archives of the museum!



Selection Sheet

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

100 Active Rec

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

200 Crafts

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400 Environment

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- 410

600 Service

You will be assigned a service activity.

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.


T-shirt Size

My shirt size:










See sizing chart on soarbc.com.

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 

900 Ranger Out Trips

- 901
- 902
- 903^S 
- 904^W 
- 905^{BSW}   
- 906^W 
- 907
- 908^{BSW}   
- 909
- 910
- 911
- 912

500 Fine Arts

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- 502
- 503
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- 509
- 510

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

Important Note About Waivers

Waivers MUST be printed 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.

