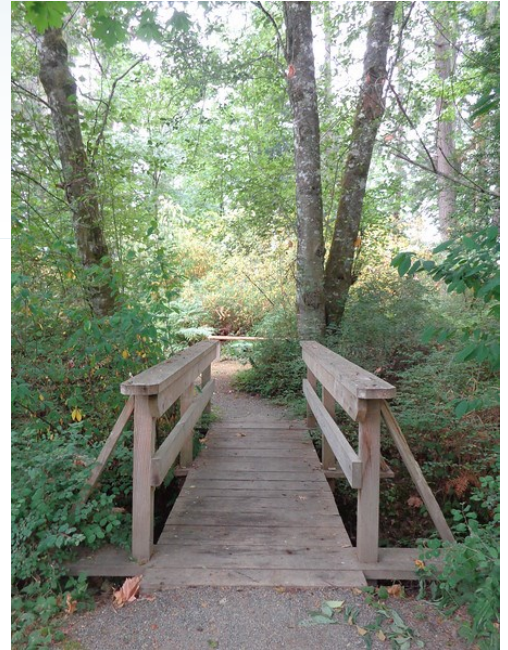


The Headlamp



A Message from the BC Camping Committee!

Hello BC Guiders,

We would like to wish all of you a very happy Thinking Day, a time when we can all celebrate the sisterhood of Guiding. But, please remember that being part of this sisterhood does not mean we all have to be the same.

I was recently part of a conversation where a long term Guider felt she should "walk away for the better of the girls". Although she has a happy, active unit, she feared she was not giving them what they "should" have. This after she had just taken them to an Under the Boughs camp! Remember if ever you feel under qualified, there are many others just like you. Reach out to a commissioner, a trainer, a camping adviser, a sister in Guiding.

We are individuals and as long as our camps and our unit activities are fun and safe, we are doing our job. Praise yourself and each other for jobs well done. This Thinking Day recognize and celebrate our many, many successes.

Joy Andersen, Provincial Camping Advisor

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

- Guide Jubilee (G) - May 20-23 , Kingswood Camp, Victoria
- Pathfinder Paddles (Girls Born Sept 2001-Aug 2004) - July 21 - 28, 2016 , Sunshine Coast/Desolation Sound
- OAL Adventure Module 8: Quadra Canoe Expedition (Guiders) - Aug 4-7, 2016
- Pedal Haida Gwaii (Girls Born Sept 1997-Aug 2001) - Aug 18-26, 2016 Haida Gwaii



Girl Guide camping chatter around the province:

- ◆ Way to go - 2nd Alaska Highway unit from the Rivers North Area for holding a "Winter is Great" camp.
- ◆ Thank you to the Lions Area Guiders who helped out the Emily Carr TREX unit from SVI Area with transportation to Hollyburn.
- ◆ Way to go Loughheed Area for the number of camps you are planning to host in the spring . We can not wait to hear about them.
- ◆ Shout out to the West Coast Area for hosting an OAL Adventure training event.
- ◆ Shout out to Maddie and Robyn of 1st Winfield Rangers for planning the Layer Cake Mountain Guide, Pathfinder and Ranger tubing event at Big White.

Recipe – Bubble Up Pizza



Ingredients:

1 pkg Pillsbury Country Biscuits

¾ cup Spaghetti sauce or Pizza sauce

1 ½ cup shredded cheese

1 clove garlic (optional)

Optional ingredients:

Onion, ham, mushrooms, olives, green peppers, cooked bacon etc

Directions:

Separate biscuits and cut into quarters. In a bowl add ½ biscuits and ½ cup sauce. Stir. Add remaining biscuits and 1 cup cheese. Stir. Add remaining ingredients. Stir. Place and spread out in greased 9x 13 pan and pour remaining sauce over. Sprinkle remaining cheese over.

Bake 25 minutes @375.
Cool 5 minutes. Serve.

Did You Know.....



Girl Guides
of Canada
Guides
du Canada

BC COUNCIL STANDARDS

BC Council Standards are policies that are initiated by BC Council and are in addition to the National Policies. This includes Safe Guide.

Recently Safe Guide changed the wording for overnight supervision by dropping the requirement that Guiders stay in the same type of accommodation as the girls. Safe Guide now only requires that Guiders must be "nearby". However, this requirement has not been dropped from the BC Council Standards. These standards state, "Guiders who are counted as adult ratio are to sleep in the same type of accommodation as the girls." The rationale around this requirement is to ensure Guiders responsible for the health and safety of girls, experience the same living conditions as the girls at camp. For example, Guiders sleeping in a motor home would have no appreciation of the cold or damp weather being experienced by the girls. These requirements only pertain to the girl/adult ratio and Guiders above the girl/adult ratio are excluded from the procedure. The Responsible Guider does not necessarily need to be counted in the girl/adult ratio. In this way we can welcome and include all adult members of Guiding.

Please, familiarize yourself with BC Council Standards as well as the most recent copy of Safe Guide. In this way you will be most prepared to give your girls the best Guiding experience.

http://www.girlguides.ca/WEB/Documents/BC/BCCouncilStandards_May2015.pdf

Instant Meetings Sparks and Brownies: Camping

Preparing for camp is an essential part of the camping experience. Girls who have had the chance to practice and prepare for camp will have a better idea of what to expect. Hopefully, they will then be able to approach the camping experience with confidence.

Getting Ready for Camp (Sparks)

Program Connections Sparks:

Going Camping Keeper:
Camping Story
Campfire
Going Outside Keeper:
Additional Activity (clothing)
In My Community Keeper:
Be Prepared Kit
Being Healthy Keeper:
Band-Aids
Additional Activity (menu)

Things We'll Need for Camp (Brownies)

Program Connections Brownies:

Key to Camping:
2. Camping Know How
3. Dress Right
5. Sing and Shout

Special Interest Badge
Going Camping
Winter Outside
Team Together



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

Join the BC Camping Committee

We like to think that camping is the very best part of Guiding! So... do you like to camp? Would you like to help us get girls and Guiders out camping more?

Come join us and help us to create tools and events to get girls and Guiders outside! Committee members wanted!! Can't commit to weekly meetings but still would like to be more involved? Well this might be the way! The BC camping committee is looking for enthusiastic Guiders to join us. If you are interested in joining the committee, please contact camp@bc-girlguides.org for more information.

We are currently looking for a Guider to fill the following position:

Committee Resource Coordinator

Have you had experience taking minutes? Are your minutes concise, comprehensive, and detailed? Do you have experience working with fillable forms in either Microsoft Word or Adobe Acrobat? Are you well organized and able to help with creating new Camp to Go? Do you enjoy being a part of creating Guiding challenges? Are interested in being a part of an amazing team who works towards getting our girls and Guiders camping?

If this type of position interests you, and you would like to apply to become a member of the BC camping committee please fill out the application on the BC Girl Guide website and send to camp@bc-girlguides.org. Application deadline March 9th, 2016.

http://www.girlguides.ca/web/BC/Volunteers/Guider_Resources/

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
Leave No Trace
Getting Ready for Camp

Brownies-

Compasses
Hike
Knots Training
Leave No Trace
Trail Signs
Things we need at camp

Guides-

Compasses
Hike
Just Basic Knots
Trail Signs
Fire
Leave No Trace -
Amazing Race

Pathfinders-

Compasses
Hike
Survivor Uknknot
(You Can Not)
Leave No Trace -
Amazing Race



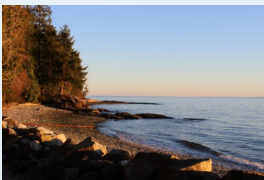
Some of the wonderful Girl Guides of Canada campsites and properties around BC:

Camp Arbuckle



Check out the Camp Arbuckle page on the Monashee Area website <http://monasheegirlguides.com/camping/camp-arbuckle/> or email the booking agent at arbuckle@monasheegirlguides.com.

Camp Olave



More information, including the booking forms, can be found on the website at <http://www.campolave.com/>

NEW “Camp Around BC” camping challenge



The goal of the Camp Around BC Challenge is to get girls camping at the different campsites and properties owned by Girl Guides of Canada around BC.

The requirements are the same for all members and will need to be completed at several events and possibly over several Guiding years.

We encourage every group to submit pictures, and possibly a write-up of their camp(s) to the BC Camping Committee to be used in our Headlamp newsletter. Please email them to headlamp.bc.ggc@gmail.com

Challenge Requirements

- 1) Visit and camp (overnight) at 3 or more of our beautiful BC Girl Guide campsites and properties. Try to visit one new-to-you campsite/property and preferably one located outside of your area.
- 2) Keep track of the camps completed by using the Girls Camp Record (BC307). Older girls can maintain their own record sheet.
- 3) At each camp, try something new (i.e. Archery at Camp Olave, trying ethnic food while visiting Richmond Guide House, canoeing while at Camp Arbuckle).

The complete challenge and **BC Crests Order Form** found on the BC Girl Guides website <http://www.bc-girlguides.org/> (click on Program > Challenges & Activities > Provincial Challenges). Instructions on how to order the crests are provided on the form.

Nukko Lake Campsite





BC Geocaching Challenge - 2nd Edition

The BC Girl Guide Geocaching challenge is designed to get girls & Guiders to learn about geocaching and GPS technology in a fun way.

To get you started, there is some information included about the history of Geocaching, types of geocaches and how to set up your own geocache or send out a trackable.

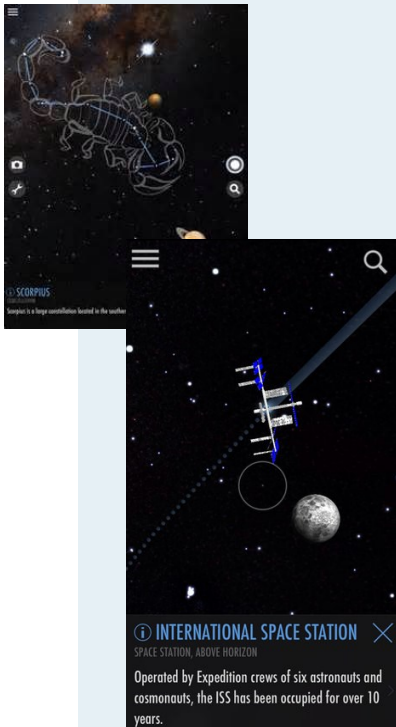
CHALLENGE REQUIREMENTS

To earn the geocaching challenge crest, complete all sections of the challenge for your branch

Note: Caches set up for a geocache hunt meeting can be temporarily set up without being logged.

Branch	Section A	Section B
Sparks	Learn about geocaching When did it begin? Where is the very first geocache located?	Go Geocaching... Find a geocache in your neighbourhood and log your finds onto www.geocaching.com .
Brownies & Guides	Learn about geocaching & GPS units When did it begin? Who created the term geocaching? Where is the very first geocache located? How do GPS work?	Go Geocaching... *Find two different types or sizes of caches in your neighbourhood. Log each of your finds onto www.geocaching.com . *Learn how to create and maintain a geocache or Learn about a trackable (geocoin or travel bug) using www.geocaching.com , look at the history to follow where it has traveled, what are its goals, if possible find a trackable in your area and move it to a new location. *OPTIONAL: Send out your own trackable item or create your own geocache.
Pathfinders	Learn about geocaching & GPS units When did it begin? What is Selective Availability and why was getting rid of it important to geocaching? Where is the very first geocache located? How do GPS's work?	Go Geocaching... *Find at least three different types or sizes of caches in your neighbourhood. Log each of your finds onto www.geocaching.com . *Learn about a trackable including its goals and where it has traveled, if possible find a trackable in your area and move it to a new location *Create a geocache with your Unit and post it OR send out a trackable into the world and track its progress on www.geocaching.com .
Rangers & Adults	Learn about geocaching & GPS units When did it begin? What is Selective Availability and why was getting rid of it important to geocaching? Where is the very first geocache located? How do GPS's work?	Go Geocaching... *Find at least three different types or sizes of caches in your neighbourhood. Log each of your finds onto www.geocaching.com . *Create a geocache with your Unit and post it OR send out a trackable into the world and track its progress on www.geocaching.com . *Create a geocache hunt meeting for a local Spark, Brownie, or Guide or Pathfinder Unit.

The complete challenge and **BC Crests Order Form** are found on the BC Girl Guides website <http://www.bc-girlguides.org/> (click on Program > Challenges & Activities > Provincial Challenges). Instructions on how to order the crests are provided on the form.



Know Your Area Camping Adviser

Fraser Skies Area:
Cindy McInnis

Kootenay Area:
Tamara Mclean

Lions Area:
Gwen Walwyn

Lougheed Area:
Julie Ramsey

Monashee Area:
Catherine Hardy

Pacific Shores Area:
Wendy Jackson

Rivers North Area:
Laura Allgrove

SVI Area:
Erlene Amero

Thompson Nicola Area:
Debbie Jestin

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](mailto:camp@bc-girlguides.org)



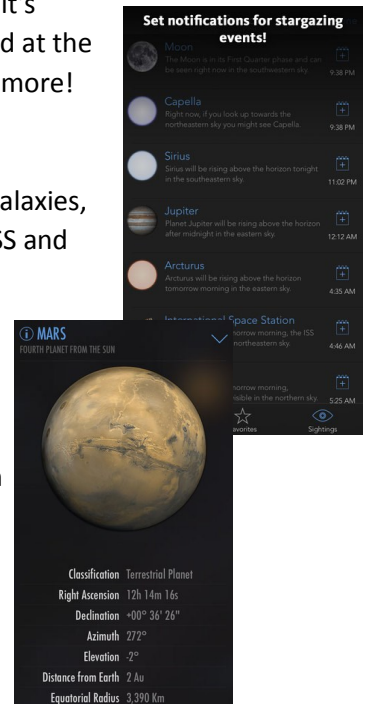
SkyView® Free - Explore the Universe App Review

By Terminal Eleven LL

SkyView® Free brings stargazing to everyone, and it's totally free! Simply point your iPhone, iPad, or iPod at the sky to identify stars, constellations, satellites, and more!

Features:

- Simple: Point your device at the sky to identify galaxies, stars, constellations and satellites (including the ISS and Hubble) passing overhead at your location.
- Sightings: set reminders for celestial events and plan an evening stargazing & spotting satellites.
- Augmented Reality (AR): Use your camera to spot objects in the sky, day or night.
- Sky Paths: Follow the daily sky tracks for the Sun and Moon to see their exact locations in the sky on any date & time.
- Time Travel: Jump to the future or the past and see the sky on different dates and times.
- Social: Capture and share beautiful images with friends and family on social networks.
- Mobile: WiFi is NOT required (does not require a data signal or GPS to function). Take it camping, boating, or even flying!
- Supports Space Navigator™ binoculars, spotting scope, and telescopes.



What a fun way to teach yourself, your children, your students, or your friends about our wonderful universe!

Games, Games, Games....

- TWO FEET, TWO HANDS - Play this in groups of 3. The challenge is for the group to get themselves from one end of the room to the other, with only one pair of hands and one pair of feet touching the floor.
- Beast, Bird or Fish - players sit in a circle, with one person in the middle. This middle person holds a soft ball or sponge which she throws as unexpectedly as possible at one of the circle players while simultaneously calling either "beast" or "bird" or "fish". Then she immediately counts to ten. The person holding the ball must yell out a type of animal in the category named, before the count is completed. No words can be duplicated. If the player cannot name an animal, she must change places with the player in the middle.
- Stalking Games - Various different games all based on the same principle of 1 person blindfolded and others trying to steal whatever they are guarding. Example: Pirate guarding gold, squirrel guarding nuts, etc. "Thieves try to sneak up and grab the goodies before the one blindfolded can point and call "got you" or whatever you choose.

Webinar: Menu Planning with Allergies and Special Diets

Do you have a Girl or Guider in your unit with a special diet and don't know what to feed her? Are you confused about the differences between allergies & intolerance? Do you know about the hidden sources of allergens that you have to stay away from?

If you fit any of these scenarios or are looking for direction in how to be more inclusive when menu planning for camp, please join us for our 2hr training **Feeding Everyone Safely at Camp: Inclusive Menu Planning with Allergies & Special Diets**, being hosted as a webinar Wednesday, April 13, 2016 at 7:00 pm PDT. Topics covered in the training include: rationale for inclusion of special diets at camp; vocabulary of allergies, intolerance & special diets; label reading tips; menu ideas & resources for planning for special diets; and question & answer period

Further details about the webinar will be sent out closer to the date. If you would like more information about this training or want to RSVP, please contact Erin DeBruin adventure.trex@bc-girlguides.org.

Super Spring BC Camping Challenge

The Super Spring challenge includes learning about practicing to making a bedroll, learning to play a game using knots you would use at camp, assemble a small personal First Aid Kit, cook a tin foil dinner, organize and raise the colours at camp, and make an emergency shelter even sleep in it if possible.

To earn each seasonal Challenge Crest the girls need to have an overnight camping experience, and complete the required number of challenges from each section. Sparks can camp for one or two nights; Brownies, Guides, Pathfinders and Rangers all need to camp for two nights.

To complete a challenge and earn a crest please carry out the minimum number of challenges from each of the four sections as follows:

Sparks & Brownies: 2 from each of Camp Preparation, Camp Cooking & Camp Skills, 1 Outdoor Activity

Guides, Pathfinders, Rangers: 3- 5 from each of Camp Preparation, Camp Cooking & Camp Skills, 2 Outdoor Activities

Guiders do the same number of challenges as the girls they are working with.

One of the choices in the Outdoor Activities section of the Super Spring Challenge is to learn how to dress appropriately for a hike in the rain. After learning how to dress for the weather, you'll have to put it into practice by going for a hike in the rain. While out, you can complete at least two more of the outdoor activities section by singing a song along the way and stopping to draw or photograph a tree in blossom then identify the tree.

Crest order form can be found here: http://www.bc-girlguides.org/BC/Volunteers/Guider_Resources/Forms/BC/Volunteers/Guider_Resources/Forms.aspx



Photo's by Hilary Feldman



1st Emily Carr Trex Unit

Advice and Challenges from one of the oldest Trex Units in BC

Submitted by Chloe Faught



(Photo's from TREX Rendezvous 2015)



Hi! I'm one of several leaders for the 1st Emily Carr (EC) Trex Unit which is currently a unit of 32 girls (!) and 10 leaders. We meet every second Tuesday all year. Our girls are 12-18 years of age, and are as diverse in personality, ability and interests as they are in age. This year we're trying out a new Senior option to help challenge our older girls. Created in 2000, our unit was once a small new unit grappling with how to structure and create a Trex program that would excite our girls, develop a strong outdoor leadership curriculum AND not get totally overwhelmed by the cost, logistics, skill requirements and paperwork of running such an adventurous unit. We've learned some thing along the way that we'd like to share to help you. As well, we are still faced with new challenges. Through this article we hope to create a dialogue between our unit and yours so we can make Trex even more awesome!

EC Trex's 5 Tips for Organizing, Managing and Planning an awesome Trex Unit

1. Plan the year in advance: Once the initial welcome meeting is over and see your potential unit, get together with ALL leaders and sketch out as detailed a schedule as possible for the whole year. Make the Fall schedule more detailed but get the big picture for the year. This will help girls, leaders and parents prepare and choose what level of involvement in advance. We let girls participate in part modules or in the whole year so we like to give everyone a heads up.

2. Plan with Leader skills and time commitment in mind: Don't plan a Summer trip if no one will be available! Make sure what you plan aligns with the interests, time and skills of your leadership team, otherwise the activity just won't happen. I think Trex Guiders want a challenge, but we don't want to get too over-committed—each major trip is a huge undertaking!

3. Plan with some girl input. We always start our year with a girl planning meeting. We've learned from our many years of receiving feedback that wasn't helpful to make sure the questions and input we ask of girls is **very specific**. Using ranking to see top choices helps, limiting choice (as some girls will choose every option otherwise) and not giving out options that the leaders don't think they can provide (IE don't let them pick a whitewater canoe trip if you don't think leaders, time or TPSP can make it happen this year).

4. Provide “scaffolding” to teach basic skills –EVERY YEAR & for EVERY TRIP: as repetitious as it may seem to me after ~10 years of Trex, girls need to learn appropriate clothing for trips and basic gear maintenance and use at the start of each year (stove care and lighting a huge issue). As well, each trip type you will need to build specific skills. For example a cycle trip might include: a pre-trip expectation meeting with girls and parents, a fitness log, several skill building practice rides where you teach skills on the way and build endurance, a bike mechanics workshop, and a gear meeting to talk about loading and panniers.

5. Provide diversity and leadership opportunities. Plan shorter non-trip activities and activities for winter (we like hiking and indoor rock-climbing and hooking up with the local orienteering club), environmental service to give back, opportunities to promote Trex and twin with local units, and opportunities for older/experienced girls to take a lead on an activity. As a newer unit you won't be able to do all of these activities at once; however, we've found that activity diversity helps to hold the interest of a more diverse range of girls as well as grow our numbers!

(continued...)

Snapshot of two “average” years of our unit (from 2015-16 and 2011-12)

2015-2016 Activities	Level/Purpose	2011-2012 Activities*	Level/Purpose**
Newcastle Kayak/ Geocaching/Orienteering Camp	All levels- get to know you camp	Saltspring Island Cycling Trip	Medium level—all interested in cycling
Halloween Orienteering	Skill Building/Night	Halloween Orienteering	Orienteering skills
Skill Building Night	Beginner-outdoor session	Environmental Service- invasive species	3 sessions
Standard First Aid Camp	Residential	Hollyburn Residential Camp	X-country Skiing, All levels
Hollyburn Camp	X-country skiing	Outdoor Snow Camp in Strathcona	More advanced-preparatory program
Environmental Service	X 3 activities in year	Rock-climbing Unit	All levels
Rock-climbing Unit	3 sessions in Feb	Kayak Skills Course	Preparation for Trip
UBC Scout Nite-hike	Overnight wake-over	Weekend Ocean Kayak Trip- Portland Island	More advanced-Preparatory Program
Rifley and horseback riding camp	All levels-non-moving outdoor camp	Trex Tea- CWFF fundraiser	In Guiding Service & Fundraiser & Trex Ed
Juan de Fuca Backpacking Trip	3 nights, for ALL who have completed preparatory program	* NB in this year we did 2 more advanced trips which required more preparation	** we had a smaller unit this year
August Senior Trex Backpacking Trip	Advanced Alpine Hike for experienced Girls		

Current Challenges & how we are trying to deal with them

1. Many girls with a huge diversity of skills and abilities: when we set our year plan, we make sure we always provide a diversity of activities and challenge levels so kids with different skills and levels can participate. We make sure a lot of the program is tailored to help teach the beginner, has some camps and activities that a girl with anxiety or disability could participate and some activities that encompass training leading to a larger challenge (see our snapshot of our year table for details).

2. Creating a cohesive unit without too many social issues: a challenge with a large unit – we have started to have issues with negative comments towards newer or differently abled girls. We reduce this pressure by doing a large amount of team-building and expectation talking at the start of the year, by providing ongoing team-building activities at most meetings and infuse role-playing and Promise and Law activities to help enforce these ideals.

3. Variety in leader knowledge, ability and expectations: An issue with our large leader base which often consists of a lot of younger Guiders. This year we have created a Trex Standards document which outlines some of our major expectations, and a trip log to help with reviewing our trips and with planning the future. More experienced Guiders are working hard to help mentor newer Guiders and challenge them appropriately with planning and leadership (often starting as trip assistants or First Aiders rather than taking on RG at first). We're also starting to discuss common ethical issues scenarios at leader meetings to review how we handle situations.

4. Complicated logistics: some of our trips require pickups at different points, driving in between, logging roads, mountain passes... Many of our leaders do not have full drivers licences or regular access to their own car. We don't have an easy solution for these but in recent years we have: started relying on finding a core group of parents willing to drive or assist, renting a van to cut down on carpooling, using public transit (even all the way to UBC and back!), and planning FAR in advance.

5. Balancing complicated leader schedules to provide a complete, year round program: This is always a challenge and the reason we have so many leaders in our unit. We are all skilled in different ways but most of us are busy in other aspects of our lives as students, parents, shift or on-call workers and high level professionals. The nature of this diversity means some leaders are not available on many weekends or at certain times of the year. This year we're trying two things: to be even more organized with our trip planning and allotting trips and roles to specific teams and Responsible Guiders early and to always have a backup leader ready in the wings to take over in case an illness, unscheduled conference or co-op job opportunity comes up for those leading a trip.

We hope you find some of this information useful, something you can draw on. Have any further questions or comments?

Please contact us. 1stectrex@gmail.com



OAL Adventure Module 8 - Quadra Canoe Expedition

When: August 4-7, 2016

Who: 8 Guiders who have started their OAL Adventure Camping training

What: Explore the largest freshwater waterway in the Gulf Islands while learning the necessary skills to lead a canoe adventure trip, including portaging. On this Module 8 expedition, Guiders will be able to gain 3 nights in a moving camp toward completion of the Outdoor Activities Leadership Adventure Camping training while canoeing the quiet lakes found in Main Lakes Provincial Park. In addition, Guiders will also earn their RCABC Canoe Tripping Paddler certification.

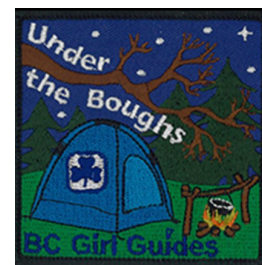
Prerequisites:

- Paddle Canada Intro Tandem Flatwater or RCABC Lakewater Level 1 Basic Tandem canoe training completed before the trip
- Current swim/boat test in iMIS prior to the event
- Completed at least 3 other OAL Adventure Modules

Registration deadline is **March 4, 2016**. http://www.girlguides.ca/WEB/BC/Camping/Provincial_Camps/BC/Camping/Provincial_Camping_Opportunities.aspx

Under the Boughs– Kootenay Pathfinders

Submitted by Tracy McGuire



Kootenay Pathfinders had their winter camp last weekend, Under the Boughs, from Friday, Jan 22 to Sunday Jan 24 at the Wycliff Girl Guide camp. Girls attended from: Golden, Beaver Valley, Sparwood, Fernie, Creston, Kimberley and Cranbrook. They participated in activities including snowshoeing, winter shelter building (some girls even slept in these overnight), crafts and songs and games. Great fun was had by everyone.

Camps to Go: Guiding Elements Air



Air is all around us, but did you know that air pushes against you all the time? You cannot feel the air pushing in on you because your body pushes outwards with the same force as the air. Without air we could not live. We cannot see it or smell it, but we can feel it when it moves - which is the wind. Just like water, air has many uses. Sailing boats have large sails which catch the wind to push them through the water. Windmills harness the power of the wind to grind wheat into flour or make electricity.

In this package you will find the program outline and a wide variety of activities, games and crafts to choose from. As well, there are menu and recipe suggestions, a campfire, Guides Own and a kit list. Build your camp to suit your season of the year, building or campsite, number of girls and available time. Pick those activities that work the best for you and your girls and remember to be flexible. Adapt this package to have fun learning about the Air all around us.

Complete Camp to Go available at:

http://www.girlguides.ca/WEB/BC/Camping/Camp_In_a_Box/BC/Camping/Camps_To_Go.aspx