

The Headlamp



A Message from the BC Camping Committee!

Dear BC Guiders,

Many of us look back fondly at our camping experiences as it's often the first time we were given the opportunity to take responsibility, rise to the occasion and try activities that were outside of our norm and come home to tell the tale that we survived whatever the weather. Hopefully you've spent the dreary months planning all of the great adventures that you can do in the outdoors now that things are warming up. If not, it's a perfect time to review the Progression of Camp Skills (<http://www.bc-girlguides.org/WEB/Documents/BC/camping/Progression-of-Camp-Skills.pdf>) or Progression of Camp Cooking (pg 15 in Winter 2015 Pipeline) to see if you can get additional ideas about what to accomplish during the upcoming camping season.

For those needing ideas, the Camps to Go are set up with everything to get you started including menu ideas, program ideas and kit lists. Remember to look to Safe Guide and your local resources (Camping Advisers, District Commissioners and fellow Guiders) to help you plan all the exciting activities in a safe and enjoyable manner.

Happy Camping!



Picture provided by Laura Allgrove

The Area Camping Advisers joined the BC Camping Committee at our latest meeting in March where they had input into some of the future provincial events for both girls and Guiders. Thank you ACA's for sharing the great camping adventures your different areas are planning to do or have already participated in through out the year.

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

- Kootenay Area Nite Trek (P R)
May 1-3, Camp Stone, Kimberley
- Trex Rendezvous (Trex) - May 8-10, Camp Jubilee, Deep Cove
- Skeeter (R) - May 15-18, Nanaimo
<http://www.skeeter.ca/>
- Yukon 101 (G P) - July 3 - 12, 2015
Whitehorse, Yukon
www.camp101yukon.weebly.com
- Island ROAM (G P) - July 11 - 19, Vancouver Island
- OAL Adventure Module 8: Backpacking (Guiders) - July 23-26, Revelstoke National Park and Strathcona Provincial Park
- More Seaside Fun (B G P)
July 26-August 2, Camp Olave
<http://www.campolave.com>
- Bowron Lakes Canoe Circuit - August 4-12
- Camp Hoidaze (B G P R A) - Aug 16-22, Camp Olave
<http://www.hoidaze.ca>
- Mix it Up (G P) - Sept 25-27, Squamish, BC



1st Campbell River Guides and 1st Maple Guides
ice creations for their Winter Challenge

Solo Mountain Bars
from Valerie Clark
(Adapted from the original
recipe from Roni Carson)

INGREDIENTS

3 eggs
½ cup brown sugar
½ cup white sugar
1 ½ tsp vanilla
2 tsp baking soda
1 cup margarine or butter
(room temperature)
1 1/3 cup peanut butter
4 ½ cups oats
1 cup sunflower seeds
1 cup shredded coconut
1 cup chocolate chips
1 cup slivered almonds

DIRECTIONS

1. Mix all ingredients in the order given (It's easier to mix this way)
2. Split batch into 2 9x12 pans (unless you like really thick bars)
3. Bake at 350° for about 20mins

(Add in whatever mix you'd like –
such as Craisins, white chocolate or
other dried fruit)



1st Maple Guides working on their Spring
Challenge by making emergency shelters

Girl Guide camping chatter around the province:

- ◆ Shout out to Gwen Walwyn and Debbie Jestin for joining us as Area Camping Advisors
- ◆ Way to go Rivers North area for hosting an OAL Residential and Tenting training!
- ◆ Congratulation to 1st Campbell River Guides and 1st Maple Guides for completing the Winter BC Camping Challenge! What a great idea to join together to work on this challenge.
- ◆ Wow! Fraser Skies had 49 members come out to their Under the Boughs snow camp in Manning Park in March.

Super Spring BC Camping Challenge

The BC Camping Committee has released another part of the new BC Camping Challenge – a challenge for camping in the Spring!

The 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 stoping 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

Instant Meetings: Leave No Trace

Leave No Trace is a national and international program designed to assist outdoor enthusiasts with their decisions about how to reduce their impacts when they hike, camp, picnic, snowshoe, run, bike, hunt, paddle, ride horses, fish, ski or climb. The program strives to educate all those who enjoy the outdoors about the nature of their recreational impacts as well as techniques to prevent and minimize such impacts. Leave No Trace is best understood as an educational and ethical program, not as a set of rules and regulations. The Guide and Pathfinder Leave No Trace Amazing Race was developed for the Environment Program at SOAR 2014. It incorporates the 7 principles of Leave No Trace through experiential and engaging challenges. The Race takes approximately 2 hours to complete depending on the age of girls. It was designed for Guides, Pathfinders, and Rangers but could be adapted for a bridging event with Brownies.

For more information on these principles visit: www.leavenotrace.ca

Many of these activities have come from the Nevada Outdoor School and are used with permission (<http://www.nevadaoutdoorschool.org/OutdoorEthicsLessons.htm>)

Program Connections Sparks

Going Outside Keeper
-Active Game, Additional Activity
In My Community Keeper
-Additional Activity
Going Camping Keeper
-Campfire song, Additional Activity

Program Connections Brownies

Key to Active Living:
2. Outdoor Action (active game)
Key to the Living World:
1. Wondrous Walks
4. Celebrate Earth Day
Key to Camping:
5. Sing and Shout
Interest Badges:
Go For It
Saving Our Plants & Animals
Key to the Living World
Special Interest Badge
Super Crafts

Program Connections Guides

You and Others: Learn About
Leadership in a Group
2. Explore how groups work together.
Discovering You: Understand How to
Be Responsible
6. Activity to demonstrate how to be
responsible.
Beyond You: Explore the Outdoors
and Nature
1. Outdoor activity –find five things in
nature (photos).
2. Practice using a camp stove.
4. Practice outdoor skills (gadget/
lashing).
Beyond You: Learn About Our
Environment
2. Learn about an organization that
promotes a healthy environment.
6. Environment activity of choice.
Related Interest Badges: Conserva-
tion, Hiking, Naturalist, Outdoor
Adventures, Outdoor Cooking

Program Connections Pathfinders

Creating Your Future: We're a Team!
2. Build a gadget in a team.
5. Web obstacle course.
Let's Take it Outside:
Outdoor Know-How
1. Plan a trip away from civilization.
6. Find out how to make food
animal-proof.
7. Learn Leave No Trace principles.
Let's Take it Outside: Knots, Knives
and Outdoor Lore
5. Use sticks & rope -make a gadget.
Let's Take it Outside: Up Close and
Personal with Nature
1. Examine (photos) a fallen log.
2. Explore plant & animal life.
Let's Take it Outside: Camping, Here
We Come!
Basic camp skills: use outdoor stove
My Music, My Movies and More!:
Camera Crazy
3. Have a photo shoot.

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

Brownies-

Compasses
Hike
Knots Training
Leave No Trace

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

Teamwork tent pole game:

Teams of 5/6 people

Equipment

Several old sets of tent poles (one for each team)

Each set should be at least 6 sections long, with the interconnecting bungee cord removed so they can fall apart.

Basic round

- Team assemble the tent pole
- Balance the tent pole horizontally on their index fingers (no holding) at chest height
- As a group, all fingers always touching, the team will lower their pole till their hands touch the ground, stand up again, raise the pole above their head (of the shortest person) and return the pole to chest height.

- Disassemble the pole

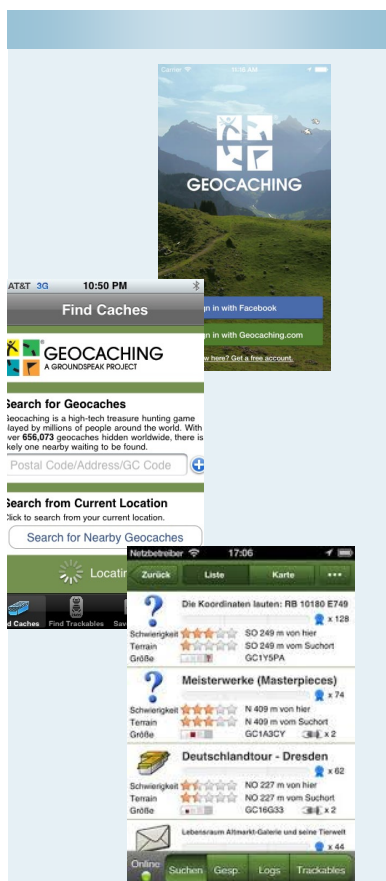
Other "rules"

- Each member of the team must lead the round for the group once.

Some variations/modifications:

- No talking, or only the leader can talk
- Blindfolded, or everyone but the leader is blindfolded
- If someone can't touch the ground, lower to a table top or knee level





Know Your Area Camping Adviser

Fraser Skies Area:
Cindy McInnis

Kootenay Area:
Tamara McIaeen

Lions Area:
Gwen Walwyn

Lougheed Area:
Julie Ramsey

Monashee Area:
Colleen Aven & Patrice Schoepfner

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

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Geocaching App Review

Geocaching is a game that reveals a world beyond the everyday, where the possibility of a new discovery hides under park benches, in the forest, and probably a short walk from where you are right now. The adventure begins by searching for cleverly hidden containers called geocaches.

There are millions of geocaches waiting to be found, scattered throughout more than 185 countries around the world.

This FREE app guides you through the adventure of finding your first few geocaches. There are tips, hints and instructions for geocaching as well as using the app. It is a great app to use to see if you like Geocaching.

Features:

- App picks recommended geocaches for beginners
- In addition to recommended geocaches, the app allows you to see and find nearby geocaches
- Tips and instructions guide you through finding a geocache and what to do when you find it
- "Live Search" continuously updates nearby geocaches as you move

You also have the option to Supercharge your geocaching adventures with the official, full-featured Geocaching App for \$9.99. This app has everything you need to find every kind of geocache and take your geocaching game to the next level.

Features include:

- Access to every type of geocache, including Multi-Caches, Mystery Caches and more.
- Advanced Search tools including Offline Lists, search filters and sorting abilities.
- Search for and log trackables.
- Navigate with preferred maps.
- Upgrade to Geocaching Premium within the app to get access to Geocaching Premium features like Premium-Only geocaches and Pocket Queries.

Available for free from



or on the web



Meet Erlene Amero: Area Camping Adviser for SVI

Hometown and current district:

I am originally from Delta, BC. I now live in Victoria in Lakes District. I'm also a Pathfinder leader with Bay to Bay District while the Responsible Guider is on maternity leave. I started Guiding in Ontario while I lived there for four years.

Other hats in guiding:

Camp Jubilee Secretary, Leader with 4th Bay to Bay Pathfinders, Lakes District Guider and Area Camping Adviser.

Favorite part of being and ACA:

Encouraging people from all eleven Districts in SVI to go camping.

Favorite place to camp in your area:

Camp Jubilee is one of my favorite Girl Guide properties. I like it so much I joined the committee.

What should the province know about camping in your area?

There is a lot more to Victoria than downtown.

Favorite place to camp with your family/friends:

Any national park in Canada.

The best part of Girl Guide camp:

When a girl does something with confidence she was afraid of when she arrived at camp.

Something/somewhere in your area that everyone should do/go to and why:

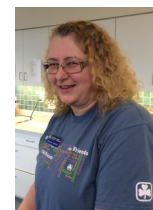
There is so much to do and see in the Greater Victoria area it is hard to choose just one. First I think everyone should try camping at Jubilee, because when you cross the first footbridge and pass a large hemlock at the entrance to Kirby site it is like stepping into a hidden world. Second I would recommend visiting Fisgard Lighthouse National Historic Park because where else in the entire country can you not only walk to a working lighthouse and go inside the former keepers house? The other thing I wouldn't miss in Victoria is a whale watching tour in a RIB. Bouncing across the waves at high speed with a group of Guides screaming in excitement is one of my favorite all time memories in Girl Guides.

What is your 'signature thing' at camp?

Building fires is what I'm really good at although everyone thinks it is identifying invasive species and forest reclamation because I talk about it so much.

If you had to pick one thing that you'd say you're an expert at, what would it be?

Forgetting something at the last minute that would have made camp a whole lot more comfortable.



Flag Etiquette



In Guiding, you will often hear the terms *colours*, *colour ceremony* and *colour party*. Colours means the Flags. The colour ceremony is the ceremony of raising or lowering the Flag and the colour party is the group of girls who perform the ceremony.

During a ceremony, meeting or special event (Camp)

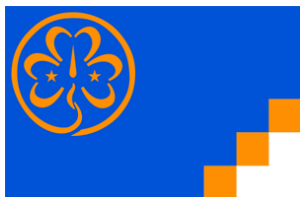
- When the Canadian Flag is displayed on a staff placed on a platform stage or dais, it should be to the right of the speaker.
- When the Colours (flags) are used in the Guide horseshoe, the Canadian Flag is always on the Guider's right, the World Flag on her left as she faces into the horseshoe.
- When displayed in places of worship or on a speaker's platform the Canadian Flag should be displayed flat (hung horizontally) against the wall or on a staff on the celebrant's right or speaker's right as she faces the audience or congregation.
- When used in the body of an auditorium the Canadian Flag should be on the right of the congregation or audience.
- If the Canadian Flag is displayed vertically, the top point of the maple leaf should be to the left and the stem to the right, as seen by spectators.
- There is no limit to the number of flags that may be displayed at one time. However, if a purely decorative effect is desired without the involvement of precedence for each flag, it is better to confine the display to Guiding flags.
- The Canadian Flag should not be used to cover the speaker's table or draped in front of the platform nor should it be allowed to touch the floor.
- When displayed with another flag with crossed staffs against a wall, the Canadian Flag should be on the observer's left with its staff in front of the other staff.
- If a number of flags are carried in a procession or parade, the Canadian Flag should be in the position of honour at the marching right or at the centre front.
- Everyone should stand at attention when the Canadian Flag is carried past and when the National Anthem is played or sung.



Order of Precedence

1. National Flag of Canada
2. Flags of other sovereign nations (in alphabetical order)
3. Flags of Canadian Provinces, then Flags of the Territories (precedence is determined by date of entry in Confederation, first the Provinces, and then the Territories)
4. World Flag (WAGGGS)
5. Guides Canada Flag
6. Brownie Flag
7. Spark Flag

When any of the above are not present, continue with the next flag in order of precedence.



Order of Canadian Flags

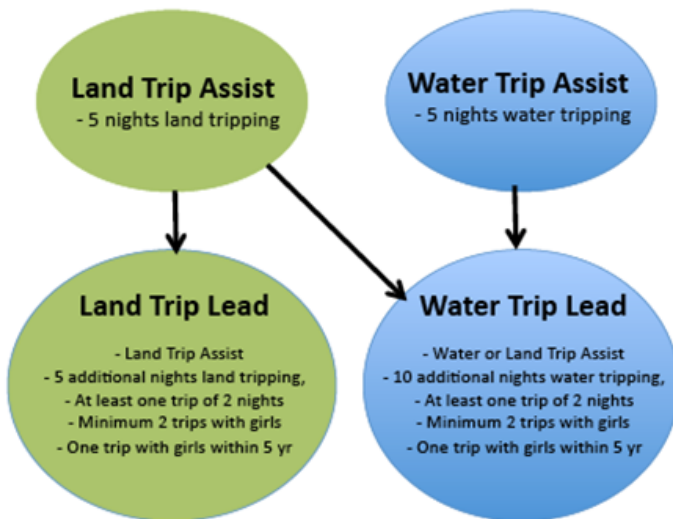
Ontario (1867), Quebec (1867), Nova Scotia (1867), New Brunswick (1867), Manitoba (1870), British Columbia (1871), Prince Edward Island (1873), Saskatchewan (1905), Alberta (1905), Newfoundland (1949), Northwest Territories (1870), Yukon (1898), Nunavut (1999)

For more specific information on Flag Etiquette, please check the [Government of Canada website!](http://www.government.gc.ca)



So you want to go Adventure Camping?

As with all the activities we do in Guiding, the current Safe Guide lays out the groundwork for taking girls out Adventure Camping. The overarching premise is that at least one of the activity leaders should have experience and qualifications equal or higher than the activity requires. This means that the Guiders should have at least done the activity, and has experience in organization and management related to the activity. For boating activities, the required experience and qualifications is spelled out in the Boating Planning Guide (pg. 106-127).



Changes to the Safe Guide 2014 version added two key terms (pg 9-10) to make it more accessible to get girls out doing adventurous activities. *Adventure Camping* is an adventure activity where participants are camping at a **stationary base camp** that is only accessible by an adventurous activity. This activity must follow the Adventure Activity requirements.

Adventure Tripping: an adventure activity where girls are **camping at multiple campsites that are accessed by an adventurous activity**. This activity must follow the Adventure Activity requirements as well as the Trip Lead and Trip Assist requirements (see below) or be led by a third party service provider.

This means many of the overnight trips to get girls started with adventurous activities may be considered Adventure Camping. For those wanting to do moving trips that fall under Adventure Tripping, the most important tool used by assessors to evaluate your experience & qualifications is your trip log to document your nights out and previous experience (which can include trips considered adventure camping). Here is a summary of the requirement for Trip Lead/Assist for land (pg 28) and water (pg 121).

Things to keep in mind that will influence your adventurous activity

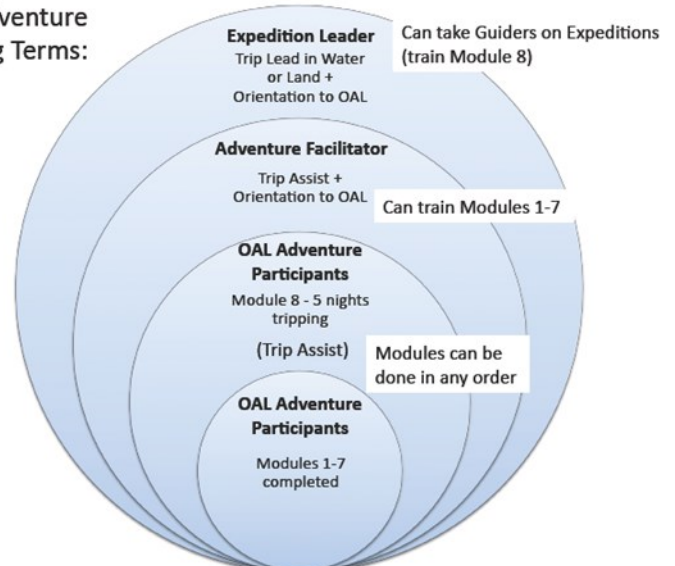
What is your EMS time when at the furthest point out on your trip as this will change the requirements for first aid qualifications (pg 32-33)

Are you staying in one location or doing a moving camp as this will depend on whether you are Adventure Camping or Adventure Tripping (pg.9-10)

We're excited to have Guiders interested about the OAL Adventure camping training, but have found there has been lots of confusion about how it applies to them. The OAL Adventure camping training provides an opportunity to Guiders to gain valuable adventure camping knowledge, skills and experience. For Guiders who are just starting to do adventure camping, this training is highly recommended and successful completion of the Expedition Module (Module 8) will provide participants with the experience required of a Safe Guide Trip Assist. However if you have previous training through previous Guiding trips, Wilderness Leadership Modules, or personal experience, then these could all count towards your Trip Lead & Trip Assist experience. As a result, Modules 1-8 are not the only way to become a Trip Lead/Trip Assist. The OAL Participant Skills Checklist provides a learning plan by which Guiders can acquire adventure camping knowledge, skills and experience including a template for the Trip Log.

Please note: All of the references for Safe Guide in this article refer to the 2014 edition. Guiders are responsible for verifying that this information is still valid in the current version of Safe Guide.

OAL Adventure Training Terms:



Did You Know.....

Safe Guide:

- There are only 11 activities that are not permitted to do listed on pg. 8 of Safe Guide. This means that if it isn't part of this list, the activity is insured and we can do it with the right planning.
- All swimming activities require a swim test. This includes Green level, such as swimming in a public pool. Don't have a swim test? You can still go swimming, with a PDF.
- Having Standard First Aid qualifications means that you can do all level activities that have an EMS response of less than 4 hours.
- That ropes courses such as tree-top adventures, ziplines, canopy walks, or challenge courses are an adventurous activity (pg 9).
- An Emergency Response Plan (SG.4) should be prepared for every activity you do, including unit meetings. This is what allows us to always Be Prepared!
- Paperwork can be sent in before the deadline. Assessors are happy to begin looking at your paperwork early so that they can help you plan safe activities. This is especially helpful for large events such as District Camps.
- Your DC and Camping Adviser would love to hear about the fabulous things that you are planning and are both resources for you to help you in the process if needed.
- The Safe Guide Assessors are a Provincial Committee and therefore you can send your paperwork in for assessment to any of the Guiders on the list.

iMIS:

- Not all camps are to be entered - any camp that is a District, Area, Provincial or International should be. Weekend Unit Camps are not to be entered - week long Unit camps can be to reflect 6 nights camping. They are entered under Event and type as Camp - needs to be done by your iMIS Adviser. Sheralynne Muirhead, Provincial iMIS Adviser

Lets Camp S'more

WELCOME TO LET'S CAMP S'MORE

The Let's Camp S'more program objective is to introduce and teach basic camping skills to newer guides and their guiders, to help to motivate them to want to camp in tents, and to increase their interest to camp more often while having fun in a camping environment. Basic camping skills include activities such as outdoor cooking, fire building, tent care, shelter and tarp erecting, trail marking, dish washing, basic compass, bedroll and gear packing, outdoor dressing, kit list developing, and running Guides Own. Please note, these activities are suggestions. Not all activities must be done. The primary objective of this camp is to give Guides a chance to sleep in a tent for the first time and learn how to help in the preparation and cooking of their food. Please give them the opportunity to work on these skills and just step in to assist where necessary. To this end, we are making this a very simple camp where patrols will have lots of time to set up their tents and cook and clean up after their meals.



In this package you will find the program outline with a round robin of camping skills, games and crafts. As well, there are menu and recipe suggestions, and a kit list. As mentioned, this camp is very basic. If your campers are more experienced, you can introduce more or different activities to build on the skills they already have. Plan your camp to suit your girls and your 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 the basic camping skills to keep you and your girls happy in learning to camp in a tent setting.



<https://www.girlguides.ca/Documents/BC/camping/Let%27sCampS%27More.pdf>

Duct Tape Lanyard

Summer is coming and all the kids can use a lanyard. What is more fun than creating your own out of your favorite duct tape pattern?

Supplies

- Duct tape
- Scissors
- Key Ring
- Lanyard Hook

Instructions

1. Cut a 30" piece of duct tape. Fold in half lengthwise. You might find it easier to cut three 10" pieces and join them with small pieces of duct tape after folding.
2. Slide on a key ring.
3. Attach ends together with a small piece of duct tape.
4. Fold near the key ring.
5. Cut a piece of 2" duct tape to 1/4" wide.
6. Wrap it around the folded lanyard near the key ring.
7. Hook on a lanyard



OAL Adventure Training Module 8: Backpacking Trip

Where: Mount Robson

Date: June 23-27, 2015

Why: To complete the Outdoor Activities Leadership adventure camping training Module 8, Guiders must complete at least five nights (over two trips) of expedition tripping facilitated by an expedition leader(s). Adventure Modules can be completed in any order, so why not start off the journey with Colleen Aven?

Participants: 7 Guiders

Cost: \$85 per participant - Participants will need to provide their own backpack, boots and may be asked to help supply group gear. Travel to & from Mt. Robson is the participants' responsibility.

Qualifications:

- All participants must be 19 years old prior to the event.
- Ability to adapt, work co-operatively and cope with daily camp activities.
- Physically fit.
- Completed one or more of the OAL Adventure Modules 1-8

or

- Completed OAL Tenting with some camping experience within or outside of Guiding.

Application Details

Complete applications includes each of the following

- ◇ Expression of Interest form
- ◇ Health Form Guider - H.2
- ◇ \$85 – Cheques payable to Girl Guides of Canada – Rivers North Area

All completed application forms are to be returned to the following address by **May 1, 2015**.

c/o Laura Allgrove
560 Watrous Street
Prince George, BC V2M 2B9

If you need more information about this event, please contact Laura Allgrove
canadatrex@hotmail.com

Get out there, Go Camping, & Have fun!
Laura Allgrove

<http://www.riversnorthareagirlguides.ca/documents/OALModule8-MtRobson2015.pdf>



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



New Brunswick Camping Resources

Developed by the New Brunswick Provincial Camping Committee

Have you ever done one of the other provinces Camping Challenges?

The New Brunswick Camping Challenge is designed to encourage girls and Guiders to experience the fun of camp. In order to earn the challenge crest, you must complete the following number of challenges in your section. Take the opportunity to try new ideas and challenges while encouraging familiar experiences.

To earn the **New Brunswick Challenge Crest**, you must perform the required items in each specific branch:

Sparks – 5
Brownies – 10
Guides – 15
Pathfinders – 20
Senior Branches - 20
Guiders – 20



Sparks and Brownies may choose from their section which includes activities such as:

- Building a birdhouse or birdfeeder
- Learn a new outdoor game
- Go on a hike.

Guides, Pathfinders, Senior Branches and Guiders may choose from their section which includes activities such as:

- Demonstrate how to pack your bag for camp so that it is easy to find things and your belongings stay dry.
- Participate in various camp duties.
- Keep a diary of your activities at all your camps
- Light a fire without using matches or a lighter.
- Build a dining shelter.

When the required number of items have been completed to earn the New Brunswick Camp Challenge, send the completed form and a cheque payable to Girl Guides of Canada for the crests to the New Brunswick [Guide Shop](#). (Website information below)

<http://www.girlguides.nb.ca/english/View.asp?t=&x=253&mp=22>



Advise from a Tree By Ilan Shamir

Stand tall and proud,
Sink your roots deeply into
the earth,
Reflect the light of your true
nature,
Think long term,
Go out on a limb,
Remember your place among
all living beings,
Embrace with joy the chang-
ing seasons,
The energy and birth of
spring,
The growth and contentment
of summer,
The wisdom to let go the
leaves in the fall,
The rest and quiet renewal of
winter,

Feel the wind and the sun,
And delight in their presence,
Look up at the moon that
shines down upon you,
And the mystery of the stars
at night,
Seek nourishment from the
good things in life,
Simple pleasures,
Earth, fresh air, light,
Be content with your natural
beauty,
Drink plenty of water,
Let your limbs sway and dance
in the breezes,
Be flexible,
Remember your roots,
Enjoy the view!