

The Headlamp



A Message from the BC Camping Committee!

Hello BC Guiders,

With the Guiding year end fast approaching and spring upon us many groups will be off to camp. We all know camp is one of the biggest reasons girls join Guiding, stay in Guiding, and fondly recall as adults. We all have our favorite parts of camp, from trying out new cooking methods and recipes, to exploring a new camp site or trail, to witnessing girls eyes light up with joy when they succeed at something new, and watching friendships grow. One of my favorite parts of camp is the time spent around the campfire, whether we were cooking something yummy in the coals, singing our hearts out, or just spending time with friends. Below is one of my favorite songs.... We used to sign this a lot as we often found ourselves camping in the rain!

We came together to camp in the sun but it rained,
 Uh huh! It rained, and it rained
 It rained into our porridge and it rained into our stew,
 It rained into our boats 'til our socks were soggy too
 We came together to camp in the sun but it rained,
 Uh huh! It rained and it rained and it rained!
Repeat this song changing the word "camp" to "play" and "sing"

Happy Camping!

Annalisa Adam - Committee Resource Coordinator

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
- Skeeter (R) - May 20-23, Nanaimo <http://www.skeeter.ca/>
- Pathfinder Paddles (Girls Born Sept 2001-Aug 2004) - July 21 - 28, 2016 , Sunshine Coast/Desolation Sound
- More Seaside Fun (B G P) July 31-August 6, Camp Olave <http://www.campolave.com>
- 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
- Camp Hoidaze (B G P R A) - Aug 14-20, Camp Olave <http://www.hoidaze.ca>
- Mix it Up (G P) - Sept 23-25 , USA



Golden Guides

Girl Guide camping chatter around the province:

- ◆ Way to go - Golden Guides for participating in the “Pitch in Clean Up” event.
- ◆ Thank you to the District and Area Camping Advisors that will be finishing their term this Guiding year.
- ◆ Shout out to Katrina and her team at Pipeline for all their help putting together our camping pull out section for the Winter Pipeline.
- ◆ Thank you Leslie Rossi for all your help as the Committee Assistant we wish you the best in your new position.
- ◆ Welcome to Jonathan Dagostino as he takes on a new role as the Committee Assistant at BC Guide House.

Recipe – Pineapple Upside Down Doughnuts



Ingredients (per person):

- 1 regular cake doughnut
- 1 pineapple slice
- butter
- brown sugar
- cherry (optional)

Directions:

1. Take the doughnut and slice it in half crossways (like a bagel).
2. Place one ring of pineapple between the slices (sandwich style).
3. Place the whole thing on a piece of tinfoil.
4. In the middle hole put 1 tsp. butter, 1 tbsp. brown sugar, and a cherry (optional).
5. Wrap securely in the foil and place on a buddy burner or in the coats until the butter sizzles (about 5 minutes).
6. Unwrap and eat!

Did You Know.....



In 2014 the whole BC Camping Committee was in attendance at SOAR. Next summer the Spirit of Adventure Rendezvous is being held July 22-29, 2017 in Smithers! www.soarbc.com

We would love to see all of you there in 2017.

Applications are open for:

PROGRAM DEPARTMENT HEADS - Still looking for Day Trips & Ranger Out Trip Department Heads.

CORE STAFF - No deadline. Apply by Oct 15 to be selected in November.

PATROL GUIDERS- Deadline September 2016.



You can also follow SOAR 2017 on Social Media:



Facebook



Twitter



Instagram



YouTube

Thank you...

The BC Camping Committee would like to send a big thank you to Annalisa Adam for her wonderful job as our Committee Resource Coordinator she was always willing to help her fellow committee members. She showed dedication and determination while putting her best into all tasks no matter how big or small. We will miss you and are sad to see you go. Wishing you all the best in your future Girl Guide roles.



Soon to be retired.....

Camp to Go: Sparks Gold Rush



**Limited time left to get your "Sparks Gold Rush" crests!
Get your "Sparks Gold Rush" before they are all gone!**

Howdy partners! Welcome to the era of the Gold Rush! Take your Sparks back to the exciting times of hunting for gold in the back of beyond with this easy to follow Sparks Gold Rush day camp. Have fun learning about life and prospecting in the past century.

In this camp package, you will find the program outline for a day camp and a wide variety of activities, games and crafts to choose from. As well, there are suggestions for a menu and recipes, a campfire, Guides' Own and a kit list. Build your camp to suit the season, whether you are staying in a building or campsite, the number of girls and the available time. Pick those activities that work best for you and your girls and remember to be flexible.



Try this activity from the Sparks Gold Rush Camp to Go!

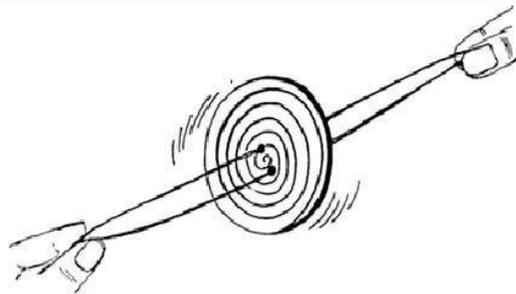
Whirligig

Materials:

- stiff cardboard (the thicker the better)
- scissors
- crayons or felt pens
- awl
- string

Method:

1. Draw a 4-inch (10 cm) circle on stiff cardboard.
2. Cut out the circle and colour it as desired.
3. Using the Awl punch out 2 small, diagonal holes in the circle, each about 3/8 inch (9mm) from the center of the circle.
4. Thread about 2½ feet (60 cm) of string through the holes and tie the ends together.
5. Hold the string between the thumb and index fingers of both hands, twirl the circle until the string is taut, then stretch it out and pull hard to make the whirligig spin!



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



Go Camping Pin - Guider recognition for camping with Girls



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

Pre-requisite: Completion of or equivalency in OAL residential, tent or adventure camping modules.

Purpose: To recognize Guiders for giving girls the experience of an overnight residential, tenting or adventure camping experience

Requirements:

Residential, tent or adventure camping: Four nights as an adult supervisor at a girl residential, tent or adventure camp. These do not need to be consecutive. Two of the nights must be as the Responsible Guider who coordinates the leading, planning and execution of the camp, including Safe Guide procedures.

Frequently Asked Question - Go camping pin

1. How can I get equivalency for the OAL Go camping pin?

-A Guider cannot be granted equivalency for the OAL Go camping pin.

In order to earn the OAL Go camping pin, a Guider must coordinate the leading, planning and execution of the camp, including Safe Guide procedures.

2. If, as a non-member I helped out at an overnight Girl Guide camp, does this count towards my OAL Go camping pin?

-Yes, up to two of the nights could count if your camp was in the last two years.

3. Can the nights that I spend at camp for my tenting or adventure training count towards one of the nights for my OAL Go camping pin?

-No. These trainings are adult-only training sessions. The OAL Go camping pin is given to Guiders who plan and take girls to camp.

4. Can the OAL Go camping pin only be earned by planning an overnight tent camp?

-No. Guiders who fulfill the requirements and take Girls camping in a residential, tent or adventure camping setting may earn the OAL Go camping pin.

5. Can I earn two OAL Go camping pins –one for taking the girls to a residential camp, one for taking girls to a tenting or adventure camp?

-No. Guiders can only earn one OAL Go camping pin for either a residential, tenting or adventure camp.



6th Vancouver Pathfinders and the 2nd West Coast Area Trex

SENSATIONAL SUMMER

BC Camping Challenge

The Sensational Summer challenge includes learning about tin foil ovens or buddy burners, make ice cream in a Ziploc bag or tin can, lash a washing station (see pictures on the left), learn new campfire songs, go on a scavenger hunt, go swimming, canoeing, or kayaking, learn about laying and follow trail signs, and learn what to do if you are lost.

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 Camp Cooking section of the Sensational Summer Challenge is to learn how to make ice cream in a bag or tin can.

Try this recipe:

Homemade Ice Cream...in a Bag!

Ingredients

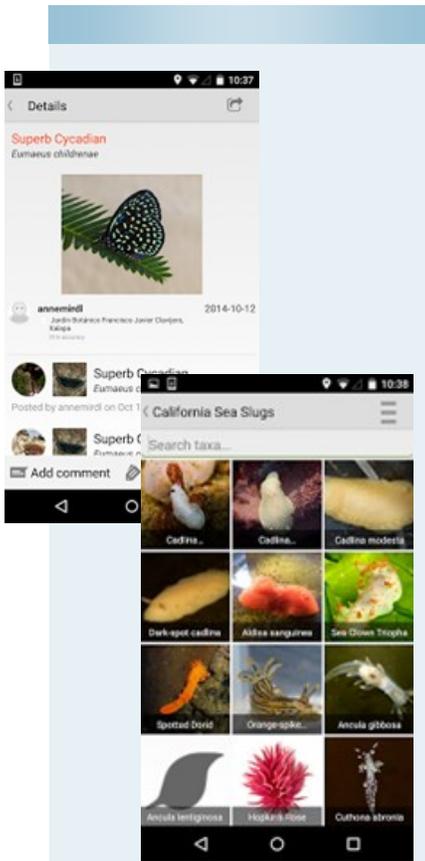
- $\frac{1}{2}$ cup half-and-half
- 1 tablespoon sugar
- $\frac{1}{4}$ teaspoon vanilla
- 1 sandwich ziploc bag
- 1 gallon ziploc bag
- 3 cups crushed ice
- $\frac{1}{3}$ cup rock salt

Directions

- 1.Put first 3 ingredients in the smaller Ziplock bag and seal bag (Make sure it is tightly closed!). Put ice and rock salt in the larger bag and then add the filled small bag. Seal the large bag.
- 2.Squeeze bag until ice cream is thickened, about 10-15 minutes.
- 3.Remove small bag, unseal, and eat with spoon.
- 4.No need to even dirty a bowl



When you have fulfilled the requirements, complete the **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.



iNaturalist- App Review

By iNaturalist, LLC



iNaturalist.ca

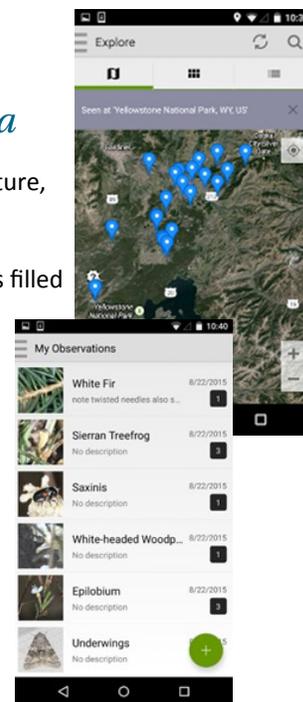
iNaturalist is a place where you can record what you see in nature, meet other nature lovers, and learn about the natural world.

From hikers to hunters, birders to beach-combers, the world is filled with naturalists, and many of us record what we find. What if all those observations could be shared online? You might discover someone who finds beautiful wildflowers at your favorite birding spot, or learn about the birds you see on the way to work. If enough people recorded their observations, it would be like a living record of life on Earth that scientists and land managers could use to monitor changes in biodiversity, and that anyone could use to learn more about nature.

- * record observations with photos and GPS locations
- * explore observations from around the world
- * keep track of updates from people you follow

That's the vision behind iNaturalist.ca. So if you like recording your findings from the outdoors, or if you just like learning about life, join us!

Available from  and via 



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

OAL ADVENTURE CAMPING TRAINING INFORMATION

'Save the Date!' - September 23 to 25, 2016

Registration Deadline is June 15th, 2016

If you already love sleeping in a tent and you want to take your skills and knowledge to the next level..... Adventure Camping could be for you!

What will be covered over the weekend?

All seven knowledge-based modules will be covered over this one weekend.

These modules include...

- Trip Design & Structure
- Risk Assessment & Management
- Leadership Styles & Group Dynamics
- Campsite Management
- Adventure Camping Gear
- Adventure Camping Food
- Navigation

Who? This training weekend is open to all is now open to all Guiders who have previous tent camping experience and have completed or been granted equivalency for the OAL Tent Camping Enrichment (*Adult Camp Skills*)...

When? OAL Adventure Training Dates! Fri. Sept. 23 - 7:00 pm to Sun. Sept. 25 - 4:30 pm

Where? CAMP OLAVE - Si Yay Lum Site

Fees? \$100 per participant (*Please ask your DC if there is financial support*)

Questions about registration contact Alison Speirs, Lions Area Training Advisor at lionsareatraining@gmail.com. Registration is based on a (qualified) first come first served basis... contact asap as there is limited space available.

Meet Cathy Cook: Co-Responsible Guider SOAR 2017

How long have you been involved in Guiding?

28 years

What branches of Guiding have you worked with? Sparks, Guides, Pathfinders, Rangers

What positions have you held in Guiding?

District Secretary, District Commissioner, Guide Guider, Ranger Adviser, Area Camp Advisor, Provincial Training Committee, Area Trainer, currently Trefoil Guild member and Co-Responsible Guider for SOAR 2017

What community do you live in and what part of the province is it in?

Langley – Lower Mainland/Fraser Valley

What Girl Guide district and area is it a part of? Part of Fraser Skies Area

What do you do outside of Guiding? (Job and/or personally)

Executive Director of a non-profit association that works to keep Municipal workers safe on the job. Volunteer with Critter Care Wildlife Society, a non-profit organization that takes in, cares for and releases, native wild mammals. Volunteer with Pacific International Kayak Association currently as their communications person, and kayak throughout the year with this club, including several week long or longer wilderness adventures.

How many SOAR's have you participated in?

All but Prince George

In what capacity?

Sub-Camp Co-RG (Ranger Site), Sooke, Trail; Program Co-Director, Merritt, Parksville, Agassiz. Co RG, Enderby

What are some of the most interesting, enjoyable activities you have participated in at SOAR?

Activities? There are activities at SOAR? (kidding). I've always been in positions at SOAR where there is very little opportunity to participate in activities. I think I managed to Zumba once in Agassiz!

What are most looking forward to at SOAR 2017?

Welcoming everyone as they get off the buses at the start of camp.

What is your most memorable moment (or two) In Guiding? So, so many memorable moments so I'll give one from SOAR: When the storms hit in Enderby, and the community stepped up to make sure everyone had their gear and clothes dried within just a few hours. The way the patrols dealt with the emergency, and then the community stepped up, made my heart sing.



Meet Deb Oakley: Co-Responsible Guider SOAR 2017

How long have you been involved in Guiding?

Girl: 0 Adult: 15 years

What branches of Guiding have you worked with? Brownies, Guides, Pathfinders, Rangers.

What positions have you held in Guiding?

Brownie Guider, Guide Guider, Pathfinder Guider, Ranger Guider, Division Co-Commissioner, District Commissioner, District Deputy Commissioner, Area PR Adviser, Area Co-Events Coordinator, Okanagan Gems Trefoil Guild Secretary, SOAR 2014 Co Responsible Guider and now SOAR 2017 Co-Responsible Guider

What community do you live in? Peachland, BC

Where in the province is it? Central Okanagan

What district and area is it in? Kelowna, BC, Sunvalley Orchards District, Monashee Area

What do you do outside of Guiding?

Work full time as an Administrative Assistant for the Organizational Development Learning and Work Re-Integration and Accommodation departments at UBC Okanagan. I have been employed there 5 years and do a lot of health promotion event and staff and faculty training workshop logistics.

Job and/or personally?

For pleasure I am on a women's dragon boat team, Dragon In the Drink and also on the Kelowna Spirit dragon boat team practicing to attend a dragon boat festival in Ireland in

September 2016. I love spending time with my family and enjoy being outdoors, camping, hiking and exploring.

How many SOAR's have you participated in?

Four

In which capacity? 2004 -Responsible Guider, Guide Patrol, 2007 -Responsible Guider, Pathfinder Patrol, 2011 -Co Deputy Responsible Guider; 2014 Co-Responsible Guider

What are some of the most interesting, enjoyable activities you have participated in at SOAR?

Horseback riding, dragon boating, hiking, enjoying time spent with the girls. At SOAR 2014 Cathy Cook, my co-Responsible Guider, and I were able to get out and have dinner on the sub camps and meet some of the girls...until the storms came anyhow! Meeting the girls and hearing about their experiences brings back into focus why I have volunteered to help organize this amazing camp!

What is your most memorable moment (or two) in Guiding?

So many with the girls they are the reason I have stayed involved in Guiding. If I have to list a couple of the most memorable it would be travelling internationally with Pathfinders and Rangers to Japan in 2005 and the UK in 2008. Organizing and hosting events in Kelowna for Girl and Boy Scouts visiting from Kasugai Japan in 2007, 2011 and 2015.



Tent Care



Tent Care in the Field:

1. **Select a good tent site:** a small, smooth level site with nothing that could rip or poke holes in your tent. Follow the leave No Trace principles: "Good campsites are found, not made".
2. **Use a groundsheet:** Footprints (custom-cut ground cloth) are best but not the only thing that works. Any groundsheet will help protect the floor and help keep water from collecting under the tent. Be sure all excess material is tucked under the tent.
3. **Pitch the tent correctly:** Keep the guylines taut and the fly away from the top and sides of the tent
4. **Leave boots outside:** Dirt and debris tracked inside the tent will encourage wear
5. **Avoid the sunshine:** Camp in the shade if possible and use the tent's fly to protect from the ultra violet rays
6. **Protect your poles:** Don't whip the poles around or leave them where they will be stepped on.
7. **Strike the tent correctly:** Shake out dirt, remove stakes and put them in the bag, separate poles with shock cords in the middle rather than starting at the end and fold you tent differently each time.



Tent Care at Home:

1. **Set it up at home first:** If you have a new tent be sure all the parts are included. Become familiar with the set up. Pitch your tent at the start of each season to ensure it is in good repair
2. **Store it properly:** Be absolutely sure your tent is dry. If you have space store it loosely in its stuff sack. Avoid damp or hot storage spots.
3. **Cleaning a tent:** Use a soft sponge, cold water and a non-detergent, non-bleach, non-perfumed soap. Because these are hard to find purchase a tent cleaning product from a good gear store. Any cleaning will reduce the water repellency of your tent so consider any cleaning carefully. Never use a machine wash!
4. **Seams and waterproofing:** Well worn tents will need to need to have the waterproofing retreated and will often need the seams re-sealed. Water should bead on the outer surface of your tent. If the walls or fly begin to sag due to rain or dew, you will know it is time. Use products sold especially for tent care.



Camp to Go: Brownie Magic

Welcome to Brownie Magic, the first camp-in-a-box developed by the BC Camping Committee. Many Units have used this package since its debut in 2002. We hope the girls and adults will come, be active, and have lots of fun being magical.

In the Brownie Magic camp to go package, you will find the program outline for a two night event 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 a fun and magical time with the girls!

Try this craft from the Brownie Magic Camp to Go!

Magic Wands

Materials:

- Wooden dowels or other wand material cut to a length of approximately 12"
- Ribbon
- Paint, glitter, stars, stickers, fabric, other decorations
- Glow in the dark materials if available
- Tacky Glue and/or glue guns
- Scissors
- Plastic table cloths and drop sheets to protect the floor from glitter

Method:

1. Decorate the dowels with the rest of the materials above.
2. In the afternoon, have the girls practice writing in the air using their wands. If you used glow-in-the-dark materials, turn out the lights for extra magic.

Try this magic trick from the Brownie Magic Camp to Go!

Coin Trick

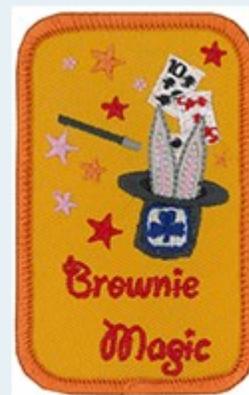
Materials:

- paper or plastic cup
- paper towel
- a coin
- a hard surface



Method:

1. Place the cup over the coin and cover the cup up with the paper towel
2. Lift up the cup and make the audience concentrate on the coin while they are not looking drop the cup on your lap still holding the paper towel (which should be in the shape of the cup) place it back on the table.
3. When you have the audience's attention smash down the cup and drop the cup from your lap and show the audience that there is no hole in the table and the coin is still there.



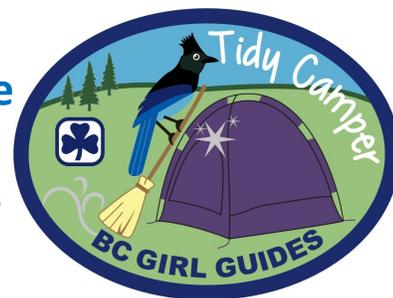
Brownie Magic



When you have fulfilled the requirements, complete the **BC Crests Order Form** found on the BC Girl Guides website <http://www.bc-girlguides.org/> (click on Camping > Camps to go). Instructions on how to order the crests are provided on the form.



New “Tidy Camper” Challenge



Objectives of the new challenge are to encourage girls to be neat, tidy, look after their belongings, and help at camp. The challenge crest can be earned by the group or worked on individually by girls.

Challenge Requirements:

To earn the Tidy Camper Challenge each girl needs to complete the required number of challenges per branch, with a minimum of 1 per category and the required 2 core challenges.

Sparks – 4 challenges

Brownies – 5 challenge

Guides – 6 challenges

Pathfinders/Rangers -7 challenges

Categories:

Personal Belongings

At Camp

Core Challenges

Below are example challenges that can be found in each category and the core challenges-

Personal Belongings:

- ◇ Make luggage tags and put them on your luggage. You could incorporate your camp's theme on your name tag.
- ◇ Bring your bedding to camp in a bedroll and take it home in a bedroll.
- ◇ Make a bedroll sack (Guides/Pathfinders/Rangers).

At Camp:

- ◇ Make your bed for a bunk/tent inspection every morning.
- ◇ Perform a good deed for the camp/campsite. This could be a litter chase, stacking wood, weeding, raking leaves, clearing paths. Check with the caretaker or campsite manager to see how you can lend a hand.
- ◇ Build and use a solar or other outdoor shower

CORE Challenges:

- ◇ Be a helping member of a patrol/team and take part in the camps' duty chart. Help with at least 3 of the following chores:
 - Sweeping/vacuuming/washing the floor
 - Cleaning the bathroom/outhouse
 - Kitchen clean up (put away leftover food, wash cooking dishes, clean counters, etc.)
 - Preparing and/or cooking a meal
 - Collecting wood and/or water
 - Use a liquid disposal pit or (grey water or LDP)
 - Taking out the garbage and/or recycling
 - Proper lighting & maintenance of campfire and disposal of campfire ashes
 - Bear/critter caching
 - Ensure all food & scented items are kept outside of sleeping huts and tents
- ◇ Be a No Trace Camper. Leave your campsite in better condition than you found it!

When you have fulfilled the requirements, complete the **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.

1st Alouette Trex

Submitted by Joy Bernardo

Last year was our first year as 1st Alouette Trex in Maple Ridge and what a year we had! We only met to plan our camps and outings and the girls planned a great year!

- River rafting and a hike up the Chief
- A day camp with rock climbing at the Richmond Oval, the Escape Room and dinner
- Kayaking and a hike in Harrison and Hicks Lake
- Skiing at Manning Park
- And the grand wrap up with Surfing, hiking and a shoreline clean up in Tofino

This year has been off to a great start as well and we will send in a summary soon!

Looking forward to hearing about all your adventures as we are always looking for new ideas!



TREX makes a comeback!!

Rivers and Peaks Trex (Thompson Nicola Area)

Submitted by Tanya Wilcox

Trex in the Thompson Nicola Area was renewed two years ago. After a thorough debriefing and encouragement from the previous Trex Guider, two new guiders took the helm and the unit underwent a complete roster change. In 2014/2015 four girls (all first year Pathfinders) signed up. It was a logistical challenge to find cost-effective activities that could be done with such a small group. Sometimes we invited another Pathfinder group along, and in return we were invited to their camps too.

The 2015/2016 year brought a welcome surprise when we maxed out at 14 girls. The theme for this year was backpacking and most of our unit activities were designed around the 10 Essentials or other foundational outdoor skills. For instance, one of the 10 Essentials is "illumination" and we chose to do a nighttime snowshoe trek at our local cross-country ski/snowshoe area. For "navigation" we discussed how to find the topographic map of your chosen area, how to read the landmarks and contour lines, how to measure the length of a squiggly trail, and how to approximate the amount of time a hike will take.

By far, the best thing to happen to Rivers and Peaks Trex is the purchase of backcountry gear which will make so many more trips possible. We approached each district and the area level and were rewarded with a significant donation. Coupled with the staff discount of a guider who works at an outdoor store, we outfitted our unit with quality lightweight tents, tarps, backcountry stoves and pots, and water filters. The girls had a great time at our first camp in September where we got to try out all the new equipment at Camp Selhowtka. They were leery of drinking (filtered) lake water the first time, but by the next day it was already the new normal.

One of the challenges we will face as the years go on is how to balance older and younger girls, and different skill levels. We hope to expand our unit with more girls and more guiders. This will allow us the option to split the group for certain activities so that everyone is challenged according to their abilities. We look forward to more regular Headlamp contributions from other Trex units and learning from their experiences!

NightHike 2016

1st Emily Carr Trex Unit

Submitted by Corina Fischer



NightHike 2016

It's midnight.....

The forest around you is black as pitch, but the glow from flashlights behind stretch your shadow out in front of you like the image of some tall nightmarish humanoid. You hear snatches of chatter and the occasional verse of song, and the constant plodding of many feet behind you. Your feet have begun to ache and you dream about your warm cozy bed at home. Yet still, you walk on, straining your eyes searching for a distant glow through the trees that will mean food, fire, and rest...at least for a little while.

Congratulations, you're nearly halfway through the NiteHike.

NiteHike is an event run by Scouting that takes place annually at Pacific Spirit Park in UBC. It is an all-night event, beginning at 7PM and ending 6AM, which takes teams all over the park and has them complete various activities and challenges that more or less play off the year's theme. This year's theme was "NiteHike avoids getting lost in the woods" and featured challenges such as lightless obstacle courses focused on teamwork, and activities that tested the camping and survival knowledge of participants, such as knowing the ten camping essentials. This year, between scouts, guides, and leaders, NiteHike had almost 1000 participants, though many younger groups do not complete the whole 20 station course, and stop between 12 and 2 AM. Teams (up to seven kids and two leaders on each) are scored on various station components such as teamwork, speed, and accuracy, but there are also points given for a song or cheer (and the occasional skit) at each station, and final scores are weighted based on the average age of a team, so all age groups are considered fairly.



Emily Carr Trex
Wild Wild West Camp

Now, if you're thinking "Why on earth would anyone want to do this? It sounds exhausting!" you're right, it is exhausting. Your feet will hurt. If you are a leader, you'll be using half your energy just to encourage your girls to get up and walk to the next station when all they want to do is go to sleep. If you are a girl, your feet are going to ache and it is going to be way past your bedtime and you'll really just want to go to sleep. But dig a little deeper into yourself and you'll find that there is something really magical about NiteHike. Look up, and see the stars glimmering above you as a bat swoops across the evening sky. Across the water, the lights of North Vancouver, reflecting off the sea. Pause for just a moment, dim your lights, and take in the stillness of the night forest and the distant croaking of frogs. At around 4 AM the birds will start to sing to foretell the coming of dawn, and a mist will roll in as you walk across an empty golf course, which might be spooky save for your sisters in guiding walking by your side. And when the sun finally rises, and you lay your weary head to rest at the UBC 24 hour MacDonald's, you'll think "We made it, I did it." Fifteen kilometers and eleven hours after it began, the seemingly endless dark trek of NiteHike is over, and despite your aching feet and heavy eyelids, you find yourself wondering what the theme will be next year.



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For more information, visit www.nitehike.org



Dietitian Services – HealthLink BC

HealthLink BC

HealthLink BC provides access to non-emergency health information and advice in British Columbia. Information and advice is available on our website or by calling 8-1-1. For more information visit: www.healthlinkbc.ca

Dietitian Services at HealthLink BC

Our registered dietitians offer telephone, email, and web-based based nutrition services to support the nutrition information, education, and counselling needs of B.C. residents and health professionals.

Hours of Operation 9am – 5pm Monday to Friday



Call 8-1-1 to speak with a registered dietitian. Translation services are available in over 130 languages.



Email a HealthLinkBC Dietitian your questions about food and nutrition: www.healthlinkbc.ca/emaildietitian

Visit our website to learn about making healthy eating and lifestyle choices: www.healthlinkbc.ca/healthyeating



Request referral forms. Health care providers can call 8-1-1 for telephone nutrition counselling referral forms.



Specialized Programs and Services

Eating and Activity Program for Kids: supports children, teens and their families to reach healthy weights and improve their overall health and quality of life.

Oncology Nutrition Service: supports the nutrition needs of people living with cancer before, during, and after cancer treatment.

Pediatric Nutrition Service: supports parents, caregivers, children, and health professionals to manage nutrition issues such as picky eating and feeding problems, failure to thrive, vitamin and mineral supplementation, and nutrition concerns among children with special health needs.

Allergy Nutrition Service: supports the nutrition needs of infants, children and adults with food allergy. Advanced practice consultation is offered to health professionals seeking to serve the nutrition needs of clients with food allergy in their community.

Provincial Food Policy Service: provides nutrition and food science expertise to the food services industry, health professionals, and public. Supports provincial food regulations, policies, and best practices for a healthier food supply and healthy eating promotion.

Resource Management: creates, translates, and distributes evidence-based food and nutrition guidelines and resources to help guide professional practice and support healthy lifestyle choices for the public.

