

Saturday March 2, 2024

Early Bird Sessions – 9 – 10am (1 hr)
(4 session options – pick one)

Plan Your Entire Year Using Technology

***60 minutes**

This session is about reducing what can be a stressful and overwhelming task of your year and weekly meeting planning, using resources and technology available.

Dive into the world of innovative meeting planning using technology. Uncover the potential of ChatGPT (or other AI models) to generate creative ideas and streamline communication, enhancing the overall experience for our girls. Join us as we explore the tech-savvy tools that will make our Unit Meetings engaging and impactful. Please feel free to bring your own laptop or tablet to start building your own meeting plans, however this is completely optional and not a requirement.

Looking forward to a dynamic and enriching training together!

Camp Themes!

***60 minutes**

Themes add so much to an activity or camp! A theme glues the separate bits together and provides the magic and sparkle! A theme can take your camp from pretty great to awesome and fantastic!!

Here is a chance to learn about some amazing 'tried and true' camp themes as well as to share your own successful themes! A theme applies to 'everything' including the menu, group or leader names, activities and chores...EVERYTHING can be built into the theme!

Effective Meetings

***60 minutes**

Bring your challenges and questions to this session where we will be sharing tips and techniques for chairing effective meetings. Whether it is a meeting with the girls in your Unit or with other adult Guiders, there are many easy and simple things that can make your meetings more effective!

We will share best practices for using a standard agenda, how to get the participation and follow up you need and ensuring your meetings make the Guiding experience better for everyone.

Service & Appreciation Crafts

***60 minutes**

Giving service to others is one of the cornerstones of our Guiding program and opportunities to give service are everywhere!

Creating a handmade craft that can be added as a 'tray favour' can be a cheery moment of pleasure for someone who can't get out easily!

Crafts provide lots of service opportunities for the girls to show their appreciation to a house bound relative or neighbour OR can add a small bit of brightness to leave behind after a visit to a care home OR as a small thank you to someone after a community visit.

10:30 – 12:45pm Sessions ***(4 session options – pick one)***

Dramatic Arts

***2 hours**

The Dramatic Arts help to bring meetings alive!

Unleash your creative side with a puppet show, skits, imagination games, costumes, acting out a scenario, telling stories, games with mime, movement and dance as well as many other ideas! Take Program to a whole new level through the use of Dramatic Arts!

Tents

***2 hours**

This session on 'Tents' is part of the OAL 2 Tent Camping Stream and is just one of several 'Outdoor Skills Trainings' offered by our Camp Trainers during the year...

Learn about the different types of tents as well as how to pitch, strike, repair, care for and re-waterproof your tent. We will also discuss optimum tent camp layout, storm lashing and how to stay warm and dry in your tent during those rainy cold camps.

Sleeping in a tent for the first time is often one of the 'big' memories from childhood!

Campsite Management (Module 7 of the OAL 3 Adventure Stream)

***2 hours**

****Prerequisite – OAL 2 Tent Camping***

This module focuses on different site selection criteria, campsite set up and management, personal hygiene, as well as how to make yourself at home in the wilderness while minimizing your impact on the flora, fauna, and other campers by adhering to the 'Leave No Trace' principles.

Secularism in the Guiding Context

Diversity, Equity & Inclusion

***2 hours**

This session is offered by a specialist from the DEI Facilitator Team

This session will provide helpful tips and tricks to create a unit space that is welcoming and celebratory of all cultures, and a Guiding space that is inclusive of people of all faiths and none.

Lunch

Swap & Shop

Guiders are collectors...and we collect *all* the leftover bits and pieces of life!

A googly-eye, a piece of ribbon, a ball of wool, some assorted buttons, craft or song books that we no longer look at, swaps, crests, felt or fun foam pieces that are too big to throw away...

We will be holding a 'Swap & Shop' during the SATURDAY lunch break (from 12:45 pm to 1:45 pm) and you are invited to bring your collection of 'treasures' to either give away, trade or maybe even sell?

Be sure to label things whether 'free to a good home' or for sale (with the price) *and* be there to swap! Please bring your own bag.

The Swap & Shop 'market' can be set up in the morning when you have a free moment and will stay open until after the afternoon break - but then please come and take home whatever is left over to add to your new collection of treasures!

Afternoon Sessions

Pick sessions that will fit into the 3 hour time frame

Trip Planning - International (or National)

***3 hours**

Are you and your girls looking into the future and ready for your next challenge?
It could be that planning an International (or National) trip is your next big step...
Are you wondering how and where to get started?

Trip Planning follows a progression of skills...

- Experiences that help you gain confidence in trip planning and facilitation
- Getting started on the planning process
- Overview of financial planning
- The actual trip and follow up responsibilities – plus resources to help along the way!

Your journey begins with this session hosted by Shelagh Weightman, who has traveled all over the world with girls!

Getting Outside

***3 hours**

This is an Outdoor Activity Leadership (OAL) module which is part of the OAL-1 Foundation Stream. This session is ideal for both new and newer Guiders and includes activity ideas and skills for planning safe outdoor fun with the girls including games, orienteering and nature walks. While exploring nearby local landmarks (possible scavenger hunt), you will learn how to adjust to the age group, weather and events.

While we are out and about, you will experience the thrill of a modern-day treasure hunt using GPS! This session will unlock the secrets of **GEOCACHING** and is another outdoor opportunity to share with your girls! This session will mainly be outside so please dress for the weather of the day! (rain or shine)

Guiding is all about having fun with the girls in the outdoors while always being safe, warm and comfortable. Come and join us for some outdoor fun!

Red Level Safe Guide (Beyond Yellow Paperwork)

***90 minutes**

To Infinity and Beyond – Planning the extraordinary within Safe Guide...

Are you and your girls ready for new opportunities but the fear of Safe Guide paperwork is preventing you from having fun? This session will demystify water and red level Safe Guide paperwork and give you tips & tricks for what assessors are looking for when they review your paperwork. Bring your questions or paperwork that you are currently working on...

ABC's of Adventure Camping

***90 minutes**

Are you ready for adventure camping but not sure where to start? Do you need ideas to help you and your girls transition from established car camping to adventure camping and adventure tripping? Join us as we explore the amazing opportunities that unfold with Adventure Camping and go home with tips and tricks from our OAL Adventure experts...

Cultural Appropriation vs. Appreciation

Diversity, Equity & Inclusion

***2 hours**

This session is offered by a specialist from the DEI Facilitator Team

In this session, you will learn how to define cultural appropriation, how to recognize it and how to practice cultural appreciation instead.

International – Guiding Around the World

***60 minutes**

We belong to an international organization that is called WAGGGS (World Association of Girl Guides & Girl Scouts and we are found all over the world!

Join us and discover a multitude of games, songs, crafts and food ideas to take to your next meeting!

Musical Fun for Sparks & Embers

***60 minutes**

Learning and singing songs together is one of the first steps in developing teamwork. Singing songs can make us feel like we are part of something special. We can sing while we craft...or do chores...or while we are hiking through the forest together. Singing just makes everything better and happy, playful girls are having FUN! If you ask someone what their favourite camp memory was...most often it was sitting around a campfire and singing with their friends. This session is where it all begins!

Delivering a Fun Program through Crafts!

***60 minutes**

The pride of making it yourself! This session will introduce a myriad of 'crafting' opportunities that can satisfy the creative urge but will also deliver program. Crafting materials can be found in nature, recycled or re-purposed materials and can also be edible. Crafts can be used for service, to try something new or as part of your theme...

Come and let's get crafting!

Getting to Know Guide House

***30 minutes**

We are so lucky to have BC Guide House located right in the middle of Lions Area!

Are you planning a sleepover sometime soon or maybe you want to use it for one of your Unit meetings?

Take a tour and learn all of the ins and outs such as where the garbage goes or how to use the coffee machines or who to call if you arrive and can't get the fob to work or if you find a water leak on site.

Sunday March 3, 2024

Early Bird Session – 8:30-9:30am

Guider Urban Walk

Join us for an organized Guider 'Urban Walk' led by members of the NSEW Trefoil enthusiastic walking group.

This is a 2.0 km walk through the lower Lonsdale area and includes nearby parks. Walking at a comfortable pace, participants will explore the neighborhood and enjoy unique public art along the way.

What – Urban Walk with like-minded Guiders

Where – BC Guide House #107 252 West Esplanade, North Vancouver and around lower Lonsdale

When – SUNDAY, March 3 – 8:30 am start to 9:25 am (*meet outside main entrance at 8:25 am*)

**Upon our return, you will be on-time to check-in for your Sunday session choices*

Benefit – meet other Guiders, enjoy an easy, casual walk and get some exercise!

Dress for the weather of the day (rain or shine) and wear comfortable walking shoes.

Morning Sessions

Pick one 2 hr Session

OR

Pick two 1 hr Sessions

Challenges

***2 hours**

Our Challenge forecast is that the sky is the limit!

There are a host of challenges available above and beyond the many program challenges.

Learn more about where to find them and experience some of the cool activities.

See the crests that everyone wants and must have!

Have you heard of the Chocolate Challenge?

Food & Menus at Camp

***2 hours**

Camp food is the best and somehow tastes better after a fun day spent in the outdoors!

When planning the menu for a Unit Camp (or bigger event) there are lots of things to consider in addition to providing well balanced and nutritious meals.

Budgeting, storage, refrigeration, food safety and portion control are just some of the things we need to consider...

We will also talk about menu planning with sensitivities, life threatening food allergies as well as lifestyle choices in mind.

Unified Banking

***2 hours**

Lions Area Guiders Only

This practical session is offered by our new Area Treasurer, Shelagh Weightman and is perfect for both Unit and District Treasurers!

We will include the following...

- Review of the Treasurer Handbook
- Basics of the Unified Banking platform including helpful reports
- GST implications and process
- National spending guidelines

Guiders should bring a laptop or other device and have access to a Unified Banking account for a hands-on experience.

First Aid Kits & Forms

***60 minutes**

Have you ever wondered if your first aid kit is as complete and organized as it could be if you ever need to use it? This session is full of when and how to use the H Series of Health/First Aid forms as well as ePact and Incident Reporting. We will include tips on First Aid kit organization & content so that you can find the right materials at the right time!

You are invited to bring your current first aid kit with you...

Girl Guide History

***60 minutes**

Join us as we take a stroll down memory lane...

Have you ever wondered how Guiding got started?

Or what the story is behind our Promise and Law?

Why do we use our left hand to shake hands and our right hand to make our sign?

What do the fingers making the 'sign' (2 for Sparks, 3 for everyone else) mean?

Have you ever wondered about the roots of our organization and why we have been passionate about preserving the environment, taking action for a better world, the importance of self-reliance, our worldwide sisterhood AND values such as honesty and respect for ourselves and others for more than 110 YEARS!

As the song asks... 'who are these swinging along the road...with a pack on their back, a song in their hearts to ease the load...'

This could be the best hour that you will ever spend!

Games for Fun & Program Delivery

***60 minutes**

As the song goes... 'Girls just want to have FUN!'

So...if it isn't fun, it isn't Guiding!

Games will lift and refresh, challenge, refocus and deliver program with memorable and active fun! Games fit anywhere and at any time!

Games can be active, quiet, interactive and transitional...and can change 'chaos to calm' in a heartbeat!

Some games need props that need to be available but others need no equipment or preparation. We all need a few 'at the drop of a hat' type games that we can pull out of our back pocket when the girls need a change of pace or while waiting for 'what's next'...!

Come and play some games!

Caring for Mental Health

***60 minutes**

In our post-COVID world, we all know how important and how delicate our mental health can be. We will talk about what we can do as Guiders to create an environment of safety and inclusion, where girls feel valued, heard and seen.

This session will dive into some warning signs to watch for in both girls and adults that could indicate mental health struggles.

And remember - we are not mental health professionals!

We will also share resources and advice on what to do if you have concerns about the mental health of anyone in your life.

Lunch

Afternoon Session

Off site @ Cates Park

Outdoor Camping Skills

***4 hours**

This session on 'Shelters, Outdoor Cooking and Fires' are skills that are part of the OAL 2 Tent Camping Stream and are some of the 'Outdoor Skills Trainings' offered by our Camp Trainers during the year.

This session will be held outdoors at Cates Park in Deep Cove and will cover a trifecta of essential outdoor camping skills.

Shelters – learn the basics of making a tarp shelter. This includes learning the taut line hitch, the truckers hitch and storm lashing. Find out about other types of creative shelters.

Outdoor Cooking – learn how to make and cook with box ovens, buddy burners, waxed burlap and a Dutch oven. Learn about interesting camp recipes and try a homemade dehydrated meal.

Fires – learn how to teach girls to safely light a match, set and light a fire and extinguish a fire. Learn how to use a flint to light a fire as well as make homemade fire starters. Finish off with an easy meal cooked over the fire.