



Scouter



4
Fifth World
Centre

8
Changing
Age Groups

40
Scholarship
Recipients

28
Sock Monkey
Service

44
Unit
Bloggers

Inset Photo: courtesy Sharron Callahan • Photo: courtesy Erin Eacott



Dear Guiders . . .

This summer, I was lucky to combine two of my favourite things – Guiding and seeing more of Canada. I joined my Trefoil Guild sisters from all across Canada at the National Trefoil Gathering in Regina. It is incredible to see the tremendous passion, service and dedication Trefoil Guild members give to Guiding in their communities.

I also had the good fortune to visit many units, districts, and areas in British Columbia and Saskatchewan in my role as Chief Commissioner. I met so many awesome girls and dedicated Guiders everywhere I visited! I enjoyed great adventures, camping with girls, hiking along the Capilano Trail, reuniting with a Guider who home-stayed with me 25 years ago, riding on a Guiding float in a May Day parade, flying in a float plane, doing an inspection at the RCMP Training Depot, and so much more. Now that I am home, I'm raring to go with plans for the fall Guiding season.

While January marks the beginning of the Canadian New Year, September is the beginning of the Guiding year. I know many of you have been working throughout the summer on plans for your upcoming unit meetings, while others may be feeling the crunch of gearing up to work with a new unit or branch of girls. Whatever role you're taking on in Guiding this year, we've got some great resources to help you.

In this issue . . .

The start of the Guiding season can bring the enjoyment of seeing how much the girls have changed over the summer. For Guiders joining new units or branches, it can also bring on a case of the butterflies, as we dive head-first into working with a new age group. Do not hit the panic button! Turn to Ask a Guider on pages 8-9 for tips that will help you ease into your new role.

A short time after you start your fall meetings, your girls will begin selling the chocolatey mint Girl Guide cookies. Whether you live in a suburban or rural setting, your community offers unique selling opportunities. On pages 20-21, two Guiders offer their perspectives on the advantages and challenges of selling cookies in their respective communities.

Finally, for more great resources to help you kick-start the Guiding year, check out our interviews with three unit bloggers on pages 44-45. You'll also find links to each of their blogs, where you can discover first-hand the great ideas and tips they have to offer!

Happy Guiding New Year!

Sharron Callahan

Sharron Callahan



Happy (Guiding) New Year!

As Fall approaches, so does another great Guiding year. In her message on page 2, Chief Commissioner Sharron Callahan has told you about some of the items in this issue designed to help you begin the year with confidence and vitality. We have also included ideas to introduce your girls to legislative institutions (pages 10-11), to raise funds for travel (pages 14-15), to get your unit singing (pages 18-19), to combine sewing skills with service (pages 28-29) and to encourage your girls to go green in the great outdoors (pages 32-33). As Sharron has already said, Happy Guiding New Year, everyone!

Cover photo by Michael Cooper

Features

Submissions from across the country and around the world

- 4 Global Guiding: The Fifth World Centre and “Stop the Violence” *by Sarah Govan*
- 10 Introducing your Unit to Legislative Institutions *by Melissa Moor*
- 14 Raising Money for GGC Travel *by Aynsley Smith*
- 16 A Pathfinder’s Fundraising Story
- 27 The 2013 National Trefoil Guild Gathering *by Joyce Perrie*

Challenges

Challenges, contests and issues for Girl Guides today

- 6 Tips from a Professional Organizer *by Elizabeth Voce*
- 8 Ask a Guider: Changing Age Groups *by Stephanie Bangarth*
- 18 Face the Music with Confidence *by Ingrid Barnes*
- 30 NSP Environmental Service Projects
- 32 Camping with Care *by Kirsten Davison*

Focus

The business of Girl Guides

- 17 Extraordinary Travel Experiences *by Henny Smit-Nielson*
- 20 Cookie Bits & Bites: Suburban vs. Rural Sales
- 22 Cookie Bits & Bites: Girl Guide Cookies in the Far North *by Anna Mariani*
- 40 GGC 2013 Scholarship Recipients
- 46 fyi

Ideas

Ideas, thoughts and activities

- 23 Outdoor Guider: Managing Meals at Camp *by Jaime Myslik*
- 28 Ideas to Go: Sock Monkeys
- 36 Artzooka Crafts

Voices

Guiders and girls

- 2 Chief’s Message
- 12 Adventures Around the World *by Ashley Morgan*
- 34 The GGC Girl Greatness Awards
- 44 Unit Bloggers

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A Week in Rwanda

The Fifth World Centre and “Stop the Violence”

BY SARAH GOVAN

The World Association of Girl Guides and Girl Scouts (WAGGGS) is completing a two-year pilot project to bring a World Centre experience to Africa. For a week in Kigali, Rwanda, WAGGGS delegates took part in the pilot project and also participated in the first-ever “Stop the Violence” campaign training event.

Stepping off the plane in Kigali, I thought I was ready for whatever the week ahead was going to throw at me. What I hadn't counted on was that I should have packed my dancing shoes! While I knew that my co-delegate, GGC member Olivia Kaehn, and I had been selected by WAGGGS to take part in the Fifth World Centre pilot and the “Stop the Violence” campaign training, I didn't know we would end each day's work dancing – often long into the night!

More than 50 delegates from 29 countries assembled at the week-long event in Kigali. Together, we worked, shared stories, cultures and insights, and gained deep inspiration from the “Stop the Violence” initiative.

We also had the opportunity to witness the work undertaken by Guides du Rwanda to implement the campaign in a country still healing from the effects of the 1994 genocide, and to be a part of the exciting and innovative Fifth World Centre pilot project.



The Fifth World Centre Pilot Project

Unlike Our Cabaña, Our Chalet, Pax Lodge and Sangam, the Fifth World Centre does not have a fixed site; rather it changes locations for every event. This gives participants the chance to experience different African cultures, while WAGGGS members from African nations have the chance to take part in international Guiding events – an experience that is frequently restricted by political or financial barriers. Recommendations on the future of the centre will be made at the 35th World Conference, in 2014.

STOP THE VIOLENCE

Speak out for girls' rights

“Stop the Violence”

WAGGGS members the world over have repeatedly highlighted violence against girls and women as an area on which they most want our global organization to focus. The “Stop the Violence” campaign aims to educate WAGGGS members on violence, and to empower girls to speak out and to take action. “Throughout our stay, Guides du Rwanda showed us many ways in which their organization is helping to empower girls and women, and to educate them, as well as men, about violence,” said Olivia. “For instance, we visited the Guide Centre in Kigali where, in addition to Guiding activities, they offer young women information on violence prevention and sexual protection, at no cost.”

Community partners also offer free services at the centre, including HIV testing, trauma assistance, medical advice and overall support to help victimized women get back on their feet.

“It was amazing to see what the Guides du Rwanda have done for women in such a short time, while launching the campaign,” said Olivia.

Dancing at the End of the Day


While our work in Kigali focused on serious goals, Guides du Rwanda made sure we also took time to have some fun. From dressing up in mushananas (the traditional ceremonial dress of Rwandan women, consisting of a wrapped skirt bunched at the hips and a sash draped over one shoulder, typically worn over a tank top) to sampling local foods to exploring the local craft markets to seeing the sights, our Rwandan sisters ensured that we had a wonderful and eye-opening week.

If you ever visit Guides du Rwanda, make sure you take your dancing shoes! It seems these very energetic and hard-working women love to mark the end of each day with a dance party! What we thought was a novelty on our first evening was in fact a nightly ritual – sometimes lasting well into the early hours of the morning. It was great to kick back after work, and celebrate not only the vibrant Rwandan culture, but the culture of sisterhood that is the foundation of our amazing worldwide organization!



Spreading the Word

Now that we're back in Canada, Olivia and I are working to spread the word on the “Stop the Violence” campaign. In the coming months, you'll be hearing more about this vital campaign, and how all members of Girl Guides of Canada can take part.

Olivia best summed up our week and our intention to move forward in spreading the word. “Having the opportunity to be part of the training session in Rwanda allowed me to not only fully appreciate the absolute resilience of the people of Rwanda, but also the strength of women within WAGGGS,” she said. “It gave me proof that if we work together, we really can do anything.” 

Sarah Govan is a Guider in Ottawa, Ontario, and a former GGC Board member.

Get Your Ducks in a Row

Tips from a Professional Organizer

BY ELIZABETH VOCE

Plan Ahead

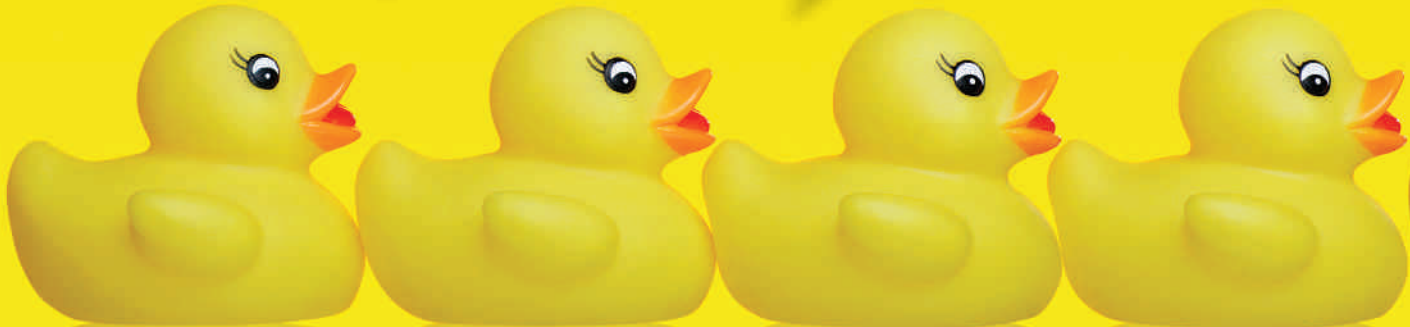
With a little additional effort, we can avoid much of the frustration caused by our own disorganization. For example, our unit's leaders meet three times a year to create a plan, including who will do what over the course of the next few months. Planning ahead ultimately saves us all a lot of time and energy.

Delegate

If you are taking on more than you can handle, speak up. Sometimes people simply need to be asked to share the load, if they don't feel comfortable volunteering, themselves. And don't just rely on your sister Guiders. Parents/guardians are often willing to help out. At your planning meetings, discuss what tasks they might take on, determine who you think are the best candidates, and ask them for help.

Prepare Project Materials

Once we've gone through the program a couple of times, we can really get into a Guiding groove – that is, until the program changes. Being in the groove has sometimes caused me to become lax in my preparation, when I figure I can just show up, and wing it. While it's true that some meetings might require less planning than others, it is wise to at least check your materials in advance. What if the glue sticks you need for a craft have dried up, or the seeds you need for a planting project are not yet available in your area? (I speak from experience here.) Make sure you're not so comfortable in your Guiding groove that you forget to prepare.



On Guiding nights, do you rush from work to home, gulp down a quick meal, and hurry off to your unit meeting, feeling less than prepared? Are you one of those amazing Guiders I know, who further challenge their organizational skills by working with several units? Every Guider knows our motto is Be Prepared. But preparation can be challenging, given all the other tasks and commitments we take on each day.

If you find it difficult to get on top of your Guiding life, read on. There is light at the end of the organizational tunnel! Getting our Guiding ducks in a row can be daunting, but there are things we can do to make our lives at least somewhat less chaotic. 🌍

Elizabeth (Liz) Voce is a Guider and a professional organizer in Toronto, Ontario.

Keep on Top of Records

As with parent communications, keeping on top of your records can be simplified by computers. Set up simple spreadsheets to track receipt of permission forms, dues, cookie sale revenues and other records. If none of the leaders in your unit has the skill to set this system up, see if a parent does, or go to a computer savvy friend to help you. Once you have a system in place, update it weekly, to avoid a backlog, which can turn into a mountain of paperwork at the end of the Guiding year!

Pare Down Paper

Some years ago, our unit started using email for all correspondence with our parents, including permission forms. We opened an email account, to which all our leaders have access. This is a great way to avoid those “I lost my form” and “I never got that form” conversations. This simple changeover has made my Guiding life much easier. Of course, we still offer paper forms to parents who don't have access to a printer, but for the most part, very few have asked for the paper option.

Declutter Your Space

Let's face it, Guiders tend to collect a lot of stuff. We've got crates of craft supplies dating back into the last century, bundles of books on songs, camping, old crafts and Guiding heritage, and file folders full of old photos, not to mention that old toadstool we are sure will come in handy again one day.

We are all reluctant to see anything go to waste, but we can reassess how many craft supplies, photos, books and other materials we need to keep on hand. Old photos can be scanned into computer files, and multiple copies of old books and newsletters can be eliminated. And a little creative research can result in craft ideas that will use up those stockpiled materials.

Send Home Clutter-Free Crafts

Crafts encourage fine motor skills and creative thinking, and are fun for the girls to take home. However, looking at them from the parents' point of view, I now lean towards crafts that are useful, too. For example, sun catchers, mugs, pen holders, vases and crystal snowflake ornaments serve more of a purpose than do tissue paper flowers. Other great clutter-free craft ideas include brownie and cake mixes, tote bags made from T-shirts and plant pots made from toilet paper rolls.

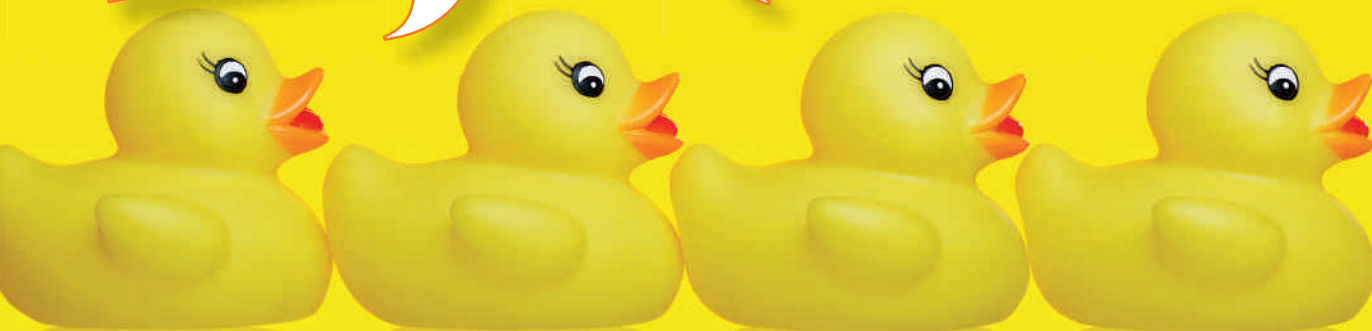




Photo: Sandy Nicholson

NEW Branch NEW Challenges

Changing Age Groups

BY STEPHANIE BANGARTH

So you're thinking about making the jump to a new branch? Way to go! Whatever change in age group you plan to make, for example from Guides to Pathfinders, Brownies to Sparks or Rangers to Guides, there will be challenges. However, you will find taking them on well worth the effort.

This year, I will be working with Guides, which is a new branch for me, and I am eager to engage this new age group. As a Guider, like any of you, I want to "Be Prepared" for my new challenge. Here are some of the things to do that I think are helpful to all Guiders who are preparing to change branches.

TRAIN

To acquire a really broad understanding of your new branch, training is a great way to get started. The Unit Guider Foundation Modules: About the Girl, Programming for the Girl, and Quick Start trainings are invaluable. They provide information about planning activities for each branch, and may include links to age-appropriate activities to assist Guiders in working through a branch-specific program.

READ

Another way to get familiar with a new branch is to purchase or borrow branch-specific handbooks. I recommend getting the Guider books that are available for the Spark and Brownie programs, as well as the girl books, so you can review the program from the vantage points of both adult and girl members. I also recommend you start by reading the Core Programming section of the Girl Guides of Canada website: girlguides.ca

TALK

Ask around. Do you know someone who has worked, or currently works with, your new branch? If so, contact them and make time for a chat. Get all their tips, tricks and advice. Guiders are only too happy to help each other.

OBSERVE

Attend a unit meeting. This is a great way to learn the songs, routines, and general organization of your new branch. I'm hoping to do that in the fall before my own unit starts up. Despite my best efforts, I have only a very vague recollection of the march that goes with the Girl Guide Marching Song.

SURF

Investigate the Internet. Not surprisingly, YouTube reveals a great number of videos of Guiding songs, such as that Girl Guide Marching Song I just mentioned. Use these as easy primers on the basic melodies you need to know. (Editor's Note: Be sure to check out the article, "Let Your Heart Sing" on page 18 for tips on getting your unit to break into song.)

Of course, there are also a great number of websites of interest to unit Guiders, especially those of us who want help moving to a new branch. In addition to the unit blogs featured on pages 44-45, Becky's (Dragon's) Guiding Resource Centre (dragon.sleepdeprived.ca), and the national blog, GirlGuidesCANBlog (girlguidescanblog.ca), are good resources for age-appropriate activities, ideas, and advice from Guiders working in the field and in each of the branches.

Good luck, and have fun in your new branch! I'll be rooting for you. 🍀

Stephanie Bangarth is Chair of the Canadian Guider Editorial Committee and lives in Cambridge, Ontario. She has been a Spark, Brownie, Pathfinder and Ranger Guider, and soon will be a Guide Guider!

Girls and Government

Introducing your Unit to Legislative Institutions

BY MELISSA MOOR

In Guiding, we help girls acquire the knowledge and confidence they need to contribute to society. Understanding how governments work is a part of this process. A visit to a legislative institution or a presentation from an elected representative at a unit meeting enables girls to make informed connections between their lives and the political process that governs them.

Thirty sets of little footsteps quickened ahead of me, the girls pointing to carved wooden doors, asking which Prime Minister was in that portrait, and gently tracing their fingers over the fossils in the limestone walls. “Welcome,” our tour guide announced. “Today we’re going to learn about what happens here and why it matters to you.” Our Brownie unit was about to explore the Parliament of Canada.

They found the statue of Queen Victoria in the Library of Parliament, and looked up at the Senate’s intricate ceiling. They enjoyed a spectacular aerial view of Ottawa from the Peace Tower. They learned about the Speaker of the House (“who is like the referee in my soccer games,” one Brownie told me, “except referees don’t wear robes”). And they asked some pretty sharp questions: “What happens when there is a tie in the vote? Who chooses the Prime Minister? What can you do if you don’t end up liking the person you voted for?”

The Legislative Process

No matter where you live, you can introduce your girls to government. Bringing your unit to your city or town hall, to your provincial or territorial legislature or to a local courthouse can all offer girls first-hand experience of what government is all about. On Parliament Hill, we visited the Senate, the Peace Tower, the Library and the House of Commons. At a city or town hall, you might visit the council chamber, administrative offices and municipal archives. In either place the girls will experience a taste of history and of the present-day legislative process.



Photo: Sandy Nicholson • Background photo: ©iStock/Keith Binns

A Brownie House in Session

At our Brownie meeting a few days after our tour of Parliament, the girls registered to vote in the first 5th Ottawa Brownies general election. We talked about why you need to put an X on the ballot, rather than checkmark or a happy face, and then the voting began. When the results were announced, deciding which issue we would debate, the Brownie versions of the House of Commons and the Senate were teeming with energy. The Brownie House was in session!

As they developed arguments, asked questions and presented their cases, the girls became more and more excited – about having a choice, about sharing their thoughts and about that big stone building they had just visited. Above all, they were excited to discover that learning about government institutions can be fun!

Engaging Politicians

When girls engage with government institutions and elected officials, they learn to participate as citizens of their community and of their country. If a visit to an institution isn't feasible, invite an elected representative to speak to the girls at your meeting. Guest speakers can include your mayor or reeve, a local councillor, your provincial or territorial representative, your Member of Parliament or a Senator from your region.

Whether we bring our girls to Parliament Hill, to our provincial legislature or to our city or town hall, we are introducing them to active citizenship and to public policy. Whatever the venue, the girls will begin to learn what it means to debate, to engage and to participate.

Tips for Introducing Girls to Government . . .

When visiting a government institution:

- Learn about the place you are visiting before you go.
- Find out how much the girls already know and plan activities that will help them learn more and get excited about the visit.
- Communicate with the institution before your visit. Make sure they are aware of the needs and interests of your unit.
- Invite parents and guardians. This is a great opportunity for them to learn about the political process, too.
- Plan post-visit activities to review what the girls learned and how it is relevant to them.

When inviting an elected representative to your meeting:

- Talk to your unit about the guest speaker in advance.
- Help the girls think of questions to ask.
- Provide your guest with information about your unit. Include the ages of the girls, their interests and their level of knowledge.
- Consider something more than just a presentation followed by questions. Plan engaging activities that will increase the interaction between the girls and your guest. 🌐

Melissa Moor is a Guider in Ottawa, Ontario, who recently participated in the Canadian Political Science Association's Parliamentary Internship Program.



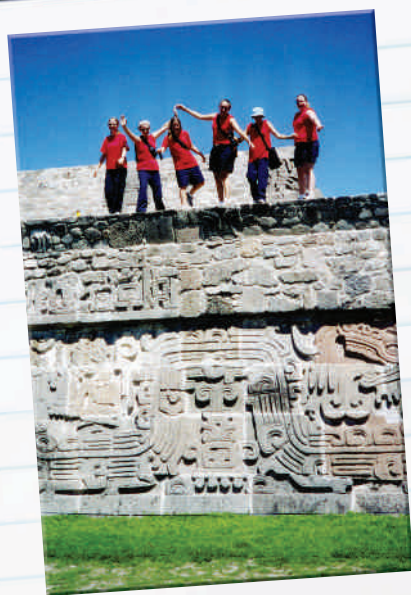
From Brownie to Travel Consultant

Adventures Around the World

BY ASHLEY MORGAN

From the time I joined Brownies, I was intrigued by what I learned about the WAGGGS World Centres and international travel with Girl Guides. I was determined to visit these places myself one day. Little did I know that this determination would turn into my future career!

Today, as a professional travel consultant, I love helping other people, especially women, make their travel dreams come true. I believe my visits to the World Centres helped me gain unique insights and skills to do this work.



Our Cabaña, Mexico

My first Guiding trip, to Our Cabaña, was everything I had hoped for. I learned so much about Mexican culture, and loved cooking local dishes, bargaining for fruit and souvenirs at the market, and best of all, helping out at an orphanage, where my favourite activity was playing with the children.



Our Chalet, Switzerland

On my next trip, to Our Chalet, I found myself on a mountain hike that had me climbing a vertical rock wall, sliding my feet inch by inch along a ledge while holding onto a chain and trying not to look down, then climbing further up a narrow path with wooden stairs that finally led to the top. Sitting there, absolutely exhausted, feet dangling over the beautiful Engstlige Valley below me, I realized I had accomplished something life-changing.



Sangam, India

Next came Sangam, and a whole new adventure in learning and living. Riding in a rickshaw, sharing a meal with a local family and just experiencing the sights and sounds of a busy Indian city were eye-opening, but my most memorable experience was watching the sun rise over the spectacular Taj Mahal! I was truly hooked on travel.

Pax Lodge and Beyond!

My next Guiding travel adventure will be to Pax Lodge in England. I have now travelled across Canada twice, planted trees in a Costa Rican rain forest, lived with a family in Japan, and backpacked throughout Australia and Southeast Asia. Along the way, I compiled a list of travel tips for planning international trips and for women travelling alone:

International Trips for Adults

- Begin at least one year in advance, and plan specifically for your chosen trip. For example, a World Center visit, a camping event, a service trip to Africa or a cultural trip in Europe each require unique planning.
- If you'd like to apply for a travel opportunity, be sure to check provincial websites and the international section of girlguides.ca. Many of the World Centres also post opportunities on their websites.
- Research and plan in advance for a variety of cultural, social, educational and adventurous activities.
- Consult a travel professional regarding flights, visas and other documentation, currency exchange rates and departure taxes.

- Consult a travel health clinic for required and optional immunizations and medications.
- Ensure your passport is valid for six months after your return date, and that your airline ticket exactly matches the name on it.
- Purchase emergency medical, trip cancellation/interruption and baggage insurance.
- Budget for unexpected expenses, such as flight increases, add-on taxes, ground transportation, hotel booking/meal glitches and other contingencies.
- Check international advisories at: travel.gc.ca/travelling/advisories for political events or issues that might prove dangerous.

Travelling Alone

- Research the culture, language, currency, time zone, temperatures, and local customs of your destination.
- Give a copy of your itinerary to family and/or friends.
- Photocopy your passport identification page, credit/debit cards, tickets and insurance details. Leave one set with a contact at home and carry a second set with you, separate from your originals.
- If possible, register with the Canadian embassy or consulate when you arrive.



Sitting there, absolutely exhausted, feet dangling over the beautiful Engstlige Valley below me, I realized I had accomplished something life-changing.

- Keep valuables, passport and money with you at all times. Do not leave these in your hotel room or in your suitcase while in transit. Do not trust a new "friend" to watch your personal items as you go for a swim! Store your passport, credit cards, and travel documents in a money belt under your clothing.
- Carry a mobile phone with an international SIM card. Record ICE (In Case of Emergency) contacts in it and keep it charged.
- Dress with respect for local customs. Have a shirt to cover your shoulders, a scarf to cover your head and shoes that are easy to slip off before you enter religious sites. Carry your shoes to prevent theft.
- Carry a card with the address and phone number of where you are staying, written in the local language.
- Prepare for inappropriate whistling, cat calls, hissing, gestures or comments. Act confidently and avoid direct eye contact.
- In certain developing countries, do not trust tap or fountain water. Carry pre-sealed bottled water.
- Never transport a parcel for someone you don't know and trust completely! 🚫

Ashley Morgan is a Guider and travel consultant in London, Ontario.

Photos: courtesy Ashley Morgan

Fundraising Fun!

Raising Money for GGC Travel

BY AYSLEY SMITH

When our unit decided we wanted to visit all four World Association of Girl Guides and Girl Scouts (WAGGGS) World Centres, we set ourselves up for a huge fundraising challenge! It was at our planning meeting in September 2011, and as we discussed this ambitious project, we decided our first visit would be to Our Cabaña in Mexico in two years time.

Shortly after that meeting, as I reviewed the necessary trip forms, reality set in. We needed to raise more than \$15,000! And so began our challenge to find fun and profitable ways to raise our travel funds.

My first thought was that \$15,000 would require selling a mountain of Girl Guide cookies — not that we didn't make good use of cookie revenues as a significant part of our fundraising plan. However, we also looked for other projects that encouraged the girls to use their talents and leadership skills, and to have fun in the process. The girls' parents and our community in general were very supportive of all of our efforts.



Santa's Elves

Each year, the employer of one of our Guiders throws a Christmas party for the staff's children. We asked if we could run the event for a reasonable profit. The girls organized everything. They put up a recyclable craft table, brought in some professional entertainers, including a clown to make balloon animals, served hotdogs, cookies and drinks, and played Santa's elves. They had a lot of fun cooking the hotdogs and interacting with the kids, gaining Girl Guides some great public relations in the process. Our unit hosted this party for two years, raising more than \$1,000.

\$1,000 (Two-year Total)

An Evening with Charles Dickens

We also organized a Victorian Christmas event, at which our MLA, MP and a local television reporter (all women) each read a chapter from *A Christmas Carol*. The girls made scones and apple cider to serve at intermission. We made \$300 at this fundraiser, and will definitely repeat it, next time with the girls showcasing their own musical and artistic talents in brief interludes between the readings.

\$300 (One-year Total)

Food for Fundraising

Happily, many restaurants promote fundraising programs. We chose Applebee's for a pancake breakfast. They provided the location, a ticket template, pancakes, bacon, drinks and a manager and kitchen staff. Our Pathfinders took on the hosting, serving and table-clearing services. The tickets were easy to sell, and 70 per cent of the event's profits (\$320) went straight into our travel fund!

We also organized a perogie and sausage supper, for which the girls bought and cooked perogies and garlic sausages. Each girl and Guider donated sour cream, onions or cupcakes, as well as finding items for a silent auction. The girls decorated the cupcakes, served the meals, and helped with the set up and clean up. It was a wonderfully successful event, with our earnings amounting to more than \$550.

\$870 (One-year Total)

Photo: Aynsley Smith



Photo: courtesy Aynsley Smith

Recycling Electronics

Another fundraiser involved recycling electronics, such as cell phones, through the Think Recycle program. This project provided a practical and fun way for our Pathfinders to generate funding for travel, to help protect the environment and to promote green initiatives in our community. Think Recycle gives participants a minimum of 50 cents per electronic device collected and offers great support. Each spring the organization also holds an Earth Day recycling contest, at which participants can earn extra cash for their efforts. Last year, we earned \$750, and this year, we earned \$1,200 and placed first, for a prize of an additional \$1,000!

Think Recycle is an Ontario-based world leader in the collection and recycling of e-waste items, such as cell phones, laptops and ink/toner cartridges. They cover the cost of shipping, and the program can be accessed anywhere in Canada that UPS serves. For more information, check out thinkrecycle.com and greentec.com

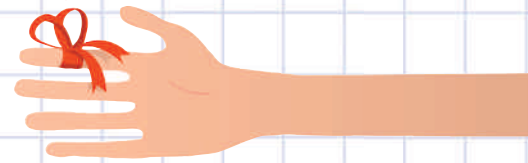
\$2,950 (Two-year Total)

A Fabulous Trip!

The girls had a fabulous trip to Mexico, experiencing the culture, seeing Our Cabaña and meeting new sisters in Guiding. Now we are working on trip number two: Pax Lodge in 2014. Three times the number of girls want to participate this time, and we expect our fundraising projects will provide three times the fun! 🇺🇸

Aynsley Smith is a Guider in Winnipeg, Manitoba.

Don't forget...



Prior to commencing any fundraising activities for a trip, you must obtain approval to travel from the appropriate Safe Guide or International Assessor. All Safe Guide procedures for food preparation and storage, as well as all relevant government regulations, must be followed when food is being prepared, served and sold by members.

Illustration: ©iStock

Sales, Sales, Sales

Throughout the two years leading up to our trip, we raised thousands of dollars by selling products including poinsettia plants, candles, and, of course, Girl Guide cookies! We are lucky to have a connection with a downtown Winnipeg mall that has an office tower attached. Every spring, we sell cookies during lunch hours at the food court there, averaging 60 cases each year.

\$ \$ \$ \$ \$ (Grand Total!)

Cookies Got Me to England!



A Pathfinder's Fundraising Story

Kristen Johnson, a 13-year-old member of the 84th Pickering Pathfinders, in Ontario, knows very well the value of fundraising for trips with Girl Guide cookies. "Last year my Pathfinder leader asked if I wanted to join the group that was going to England," she said. "My best friend was going and I really wanted to go, too, but the trip was expensive. The only way I would be able to go was if I fundraised. So, I asked for lots and lots of cookies cases, and got selling. With my unit, I sold door-to-door, in grocery and department stores and at the local shopping mall, for many weekends."

By the time she was done selling cookies, Kristen had considerably reduced the cost of her trip. "I felt proud and grateful to have raised this money," she said. "I would never have had this chance if not for my Pathfinder leader, who encouraged all of us to sell Girl Guide cookies!" 🌐

Photo: Anna Mariani

A Sweet Fundraiser

Girl Guide Cookies

For decades, Girl Guide cookies have been a fundraising success story for all units throughout Canada. They provide funds that are essential to sustaining and building Guiding, while supporting program resources for girls in their units, Guider training, camps, events, travel and so much more. Selling cookies also helps girls develop some great public relations skills and gain self-confidence and personal empowerment in the process.

Given the importance of cookie sales to sustaining and growing Guiding, a minimum of

25 per cent of the total amount units fundraise for trips, events and activities must be done through cookie sales. While our girls and Guiders are already stars in the cookie-selling universe, provincial councils are currently reviewing strategies and resources to assist units in achieving this 25 per cent minimum. Members will be advised as soon as these support initiatives are available.

Please continue to contact your council to seek approval for any fundraising above and beyond the sale of Girl Guide cookies. 🌐

Girls go Global!

Extraordinary Travel Experiences

BY HENNY SMIT-NIELSEN

A Girl Guide trip is about more than girls just sightseeing. It's about girls seeing the world – and themselves – in a whole new way. It's about extraordinary experiences.

When girls embark on a Guiding trip, the possibilities are limitless. Whether they take a nationally- or provincially-sponsored trip, or travel independently with their unit, girls will discover new things about themselves. They will explore new places and cultures, meet new people, learn new things and be challenged by new ideas in a way that's above and beyond an ordinary travel experience.

Experiential Learning

Earlier this year, the Girl Guides of Canada Board passed a motion reaffirming the learning objectives of all sponsored or independent travel experiences. Guiding trips should offer girls opportunities to increase their understanding of global issues, to gain a stronger awareness of their own identity as they experience new cultures and communities, and to develop a sense of belonging to the global sisterhood of Guiding.

Girl Guide travel must not focus simply on destination; it must have a purpose and provide learning opportunities. Before planning a trip, make sure you are clear about its purpose and about what the girls will learn from it. For example, while a cruise, resort or amusement park trip will not be authorized, a trip to a leadership session at Pax Lodge with a side trip to Paris to visit the Louvre and a day spent at Euro Disney will be authorized. This authorization rule also applies to trips of 72 hours or more within Canada.

Every year, a network of International Advisers from each province works with the national Programming Department to offer amazing travel experiences to members. For example, this past summer, girls and Guiders had the chance to complete a research project while staying at the Churchill Northern Studies Centre in Manitoba, where they learned first-hand about scientific research, local First Nations communities and the value of meaningful service.

Whether it involves hiking in Switzerland, working on an eco-project in Costa Rica or attending a Girl Scout camp in Washington State, travel is a great way for our girls to meet other remarkable girls, to promote cross-cultural understanding and to gain a new perspective on global issues that will inspire them to take action for a better world. This is what takes Girl Guide travel experiences from the ordinary to the extraordinary! 🌍

Henny Smit-Nielsen of Airdrie, Alberta, is the National International Adviser, and has led both interprovincial and international trips.



Improving trails in Costa Rica

Photo: Chloe Faught



Building a school in Ecuador

Photo: Judith Oldfield

Let Your Heart *Sing!*

Face the Music with Confidence

BY INGRID BARNES

Not everyone can sing like Taylor, Beyoncé or Adele, but that doesn't matter. Whether we sing in the shower, in a car, into a hair brush "microphone" or gathered together around a campfire, the most important thing is that we enjoy it.



Illustration: ©iStock/laziesYisa

Singing at camp, in meetings or during an enrolment ceremony enhances the cohesiveness of all that we create together in Guiding. It can instill an emotional response that remains long after we put out the campfire or return home from a meeting or an event.

That said, introducing songs into the program can be daunting, especially for Guiders who do not have a musical background. Here are a few tips to help you and your girls lift up your voices and let your hearts sing!

Face the music with confidence. Present singing as you would any other challenge. Don't transmit your own doubts about your voice or ability to teach songs. As we always say in Girl Guides, just do your best. The girls will respond with respect and enthusiasm.

Use Guiding resources. Call in a music trainer (your DC or ACL can help you find one) to begin the process. Have her begin with a couple of songs that the girls like and may already know, and then follow with a challenge, such as Sing Ontario Sing (see sidebar). Order the relevant crests in advance, so your trainer can acknowledge the girls' achievement, by awarding them on the spot.

Use CDs. Select a song you want to teach and have a CD or iPOD playing it on repeat as the girls arrive and get ready for your meeting. They will begin to become familiar with the tune and lyrics as the song is repeated. Later in the meeting, take out your songbooks and sing along with the recording a number of times, before giving it a try alone. It is amazing how quickly we can pick up tunes and words just by hearing them repeatedly as we go about other business.

Use online resources. Discuss what songs your unit would like to learn and ask the girls to work in groups of four or five to find them online. Give each group a few weeks to learn one of the songs, which they can teach to the rest of the unit at a future meeting.

Host a Guiding Idol night. Have the girls choose a song they would like to sing (or play on an instrument) and rehearse it for a few weeks before the event. Invite parents/guardians and friends to the show and serve snacks and drinks following the performances. Award each participant with a "Guiding Idol" certificate.

Sing while you hike. Have a Guider start off with a song the girls know. The Guide Marching Song is a good choice. Follow with other songs, suggested by the Guiders and girls. After each song, the leader in front drops back to the end and the next girl or Guider leads a song of her choice.

Make a recording. When you have mastered a half a dozen songs, arrange a visit to a local college that has a recording studio. Many colleges see this as a way of promoting their programs, and your girls will have a chance to see how music is made and recorded. Ask if they will help you record one or more of the songs you have learned. The college students may choose to use this as a course project. Make CDs or MP3s for each girl. The girls can take them away to play for family and friends, which will further boost their confidence and also promote the fun and learning of Guiding to other girls.

Host a multi-unit campfire. Often we get nervous singing on our own, especially if our unit has not had much experience. Set a date and time, and invite several units. Ask each unit to be responsible for leading three Guiding songs at the campfire. This is a great opportunity to meet new sisters in Guiding and to learn new songs. Make it an annual event! 🎵



Sing Ontario Sing!

This challenge is a long-standing tradition in Ontario. Each year a unit in Ontario is selected to develop a theme, song selection and the challenge criteria. Members are encouraged to learn some new songs and share in the songs of Guiding sisterhood!



Ingrid Barnes, a Guider in London, Ontario, received the Queen Elizabeth II Diamond Jubilee Medal, in honour of her many Guiding accomplishments. A highlight of these was her role in the GGC 100th Anniversary Campfire at the Molson Amphitheatre in Toronto, where she and co-organizer Laura Potter led 11,000 participants in a Girl Guide sing-along!

Photo: Laura Potter



SUBURBAN: Leslie Horton

What is your current role in Guiding?

I have many roles, but to me the most important is as a unit Guider for Pathfinders and Rangers.

What is the make-up of your “cookie-selling” community?

I live in a suburb of Calgary, Alberta. My community consists mostly of houses, served only by two 7-Eleven convenience stores. There are no malls or large grocery or department stores nearby.

What challenges do your girls face in selling cookies in your community?

The biggest challenge is that we have a large immigrant population, and many of those residents are not familiar with Girl Guide cookies or even Girl Guides as an organization. When the girls have difficulty selling because of this, they can become less motivated to sell. Also, Girl Guide cookies used to be one of the only regular fundraisers in our community, and now there are many others with which we have to compete.

What advantages do you have selling cookies where you live?

Selling cookies helps to make the community at large aware of Girl Guides. When the girls sell cookies close to home, they don't just get a customer to purchase a product. They also see how their connection with the customer inspires a desire to support their activities and Guiding in general.

What are some of the more innovative cookie-selling ideas you've heard about or tried?

Drive-by cookie selling, cookie dispensers and cookie costumes.

What are your top tips for selling cookies in your type of community?

- Sell with other members and keep safe.
- Wear your uniform.
- Smile and remember to say thank you.
- Explain the benefit of cookies to the members of our organization, so they can relay that information to their cookie customers. Better yet, establish a fundraising goal and let customers know that their cookie purchases will contribute to making it a reality!
- Knock on every door. Be visible!
- If you sell at a mall, bring a table cloth and signs.
- Have fun!



Cookies and Communities

Suburban vs. Rural Sales

Do the advantages and challenges of selling Girl Guide Cookies differ from suburban to rural communities? *Canadian Guider* asked two Guiders (one from a suburb of a large city and the other from a small town) to shed some light on their cookie-selling experiences. Here is what we found out.



RURAL: Leah Allard

What is your current role in Guiding?

I am a Guide Guider in Tide Head, a small community that sits approximately 10 kilometers outside Campbellton, New Brunswick.

What is the make-up of your “cookie-selling” community?

Within my cookie-selling area there are approximately 9,000 people, plus a few others living in some very small villages on the outskirts. Housing ranges from subdivisions with houses close together to outlying properties with houses acres apart.

What challenges do your girls face in selling cookies in your community?

In the last 20 years we have lost a lot of industry, which has affected many jobs. Our local Zellers store also recently closed, leaving a gap in our retail community. We are now limited to door-to-door sales and a few community events.

What advantages do you have selling cookies where you live?

In a small community, everyone knows everyone, so we receive a lot of community support, including buying cookies. Our girls are active in the community, and their activities often appear in our community paper, which keeps Guiding visible. In the last three years, none of our girls have had to pay for camp. In addition to covering badges, day camps, hikes and other activities, cookie revenues enable us to rent and supply a cottage for camp, because we don't have access to a Guide or Scout camp.

What are some of the more innovative cookie-selling ideas you've heard about or tried?

We tried a cookie rally. After the girls sold a certain number of cookies, they could open envelopes containing challenges to complete before selling more cookies. They had great time and were eager to complete the challenges so they could keep selling.

What are your top tips for selling cookies in your type of community?

- Announce on the radio when you will be out selling cookies, alerting people who usually pay with debit cards to have some cash on hand for cookies.
- Inform the girls' parents of the importance of cookies sales.
- In cold weather, wear the tie and badge sash on top of coats, so uniforms are still visible.
- Smile, and say thank-you, even if you don't sell any cookies.
- If someone has no money available on the first visit, but invites you to come back, be sure to revisit within a day or two.
- Have the girls tell customers that profits go back into the community when they camp locally, as well as covering provincial, national and international camps. 🌍

Calling All Campers!

NEW Cookie All Stars Camp Credit!

Do you love to camp?
Do you plan to attend GM 2016?
Check out the new reward level just added to the Cookie All Stars incentive program.

Beginning this Guiding year, we have a new camp credit option available to girls who reach the top two reward levels of Cookie All Stars. Any girl who sells between 40 and 79 cases of cookies over two campaigns can choose a \$125 Future Shop gift card or a \$150 camp credit towards GM 2016 registration. For girls selling more than 80 cases, the options will be a \$300 camp credit or a \$250 Future Shop gift card (or technology item to be announced).

The new Cookie All Stars camp credit for GM 2016 will be available until June 2016. For more information, visit the GGC Cookie All Stars page at girlguides.ca



Planes, Trains, and Automobiles

Girl Guide Cookies in the Far North

BY ANNA MARIANI

In Ontario and Nunavut, we believe that arranging for Girl Guide cookies to be delivered is a priority, no matter what the challenge. Whether it is by planes, trains or automobiles, we supply cookies to all of our communities, including those in remote regions. The girls know that to support their plans for travel, for camp, for outings, for crafts and for national or international travel, Girl Guide Cookies are their first and best fundraising resource!

Photo: Lynette Thomas

Lynette Thomas, a Guider with the 1st Iqaluit Girl Guides, says her girls enjoy selling cookies because people get excited when they see them arrive. “The community is very supportive of Girl Guides and our cookies tend to go very quickly here,” she says. “Our Guide group of 12 girls ordered 60 cases of classic cookies this spring, and every box was sold within two weeks!”

There are no department stores in Iqaluit, but the girls sell cookies at Northmart, their local grocery store, as well as door-to-door. “The weather can be a bit cold in November, when we are selling chocolatey mint cookies so we usually book a table at Northmart,” says Lynette. “By May, the weather is nicer, so for the classic cookie campaign we do a big door-to-door cookie blitz.”

The girls especially enjoy selling cookies at Northmart because customers are so happy to see them. “It’s neat when former Girl Guide members see the girls in uniform selling cookies, and come over to tell us they used to be in Girl Guides,” says Lynette. “Sometimes they tell us stories about their own cookie-selling adventures. Girl Guide cookies go a long way to supporting Guiding in Iqaluit.” 🌟

Anna Mariani, of Pickering, Ontario, is Provincial Cookie Adviser for Ontario and Nunavut.



CANADIAN NORTH
seriously northern

Thank You Canadian North!

Distributing cartons of cookies in the far north can be extremely challenging, but our Guiders and girls are determined to make cookie sales successful and, thankfully, we have some wonderful support! For example, for years, Canadian North has been shipping our cookies pro-bono to remote communities in Nunavut. This year, the company provided more than \$6,000 worth of complimentary shipping to Iqaluit, Kugluktuk and Rankin Inlet. As always, we are deeply grateful to Canadian North for this service. 🌟

Food for Thought

Managing Meals at Camp

BY JAIME MYSLIK

Camping is all about trying new and interesting things, and the same goes for camp cuisine. Sometimes it's the odd and interesting meals that are the biggest hits. However, camp cuisine can be challenging if you need to factor in girls who have food allergies and girls who are just plain picky eaters.





Veteran Ontario Guiders and Trefoil Guild members Dianne Greenwood and Judy Pavlis are experienced camp organizers and menu planners. Dianne has a long history in all levels of Guiding, and Judy is currently a leader with the 23rd Guelph Brownies. Between them, they have developed some very helpful strategies to overcome food issues and menu challenges and to plan nutritious and delicious girl-friendly camp meals. *Canadian Guider* recently asked them to share their insights.

Meals Girls Will Eat

Dianne and Judy agree that it's essential to ask for your campers' input, even with girls as young as Sparks. This gives the girls a chance to be involved in the decision making and to speak up if they don't like any suggested meal options. If they don't give their input at this point, they should understand that they will have very little traction with the complaints department, when they get to mealtime at camp.

Dianne and Judy also say that Guiders need to listen carefully to the girls' comments and suggestions, and work whichever of them they reasonably can into the meal-planning process. This gives your campers peace of mind, because they'll know what to expect on the camp menu. It also means they won't have an excuse for being surprised by a meal option.

Nut Allergies

Nut allergies have long been an issue at camps. In dealing with this challenge, Dianne and Judy emphasize the importance of keeping your policy consistent. Judy says, “We enforce a zero nut policy, just to be safe.” This “nut-free” strategy supports not only campers who are allergic, but also any adults who have contact with the site and may also have nut allergies. By keeping this policy consistent, campers will be less likely to violate it, and the chances of an allergy crisis are acutely decreased, if not completely eliminated. (Of course, Dianne and Judy also check that girls and adults who have any form of anaphylactic threat have EpiPens at the ready.)



Other Food Allergies

Dealing with so many different campers, you are bound to come across a variety of food allergies and intolerances. The important thing to do when addressing these issues is to fully understand the extent of the allergy or intolerance.

Dianne remembers a time when a camper said she was allergic to peaches. She and the other leaders carefully planned the menu to ensure there were no peaches on site. However, partway through camp, the same girl asked why they were not serving peach yogurt. When Dianne mentioned the allergy, the girl said she was only allergic if a whole peach had contact with her skin and that she regularly ate peach yogurt. Dianne now clarifies what an allergy or intolerance actually entails, before needlessly rearranging her supplies and complicating her menus.

For milk allergies it is simple to buy premixed foods, for example pancake mixes, that don't contain milk products. Take a look at ingredients when planning your meals and be as milk-allergy-friendly as you can. Encourage girls who have this allergy to bring their own lactose-free substitutes to drink and use with cereal. Because a milk allergy is generally triggered only when a milk product is ingested, not by touch or inhalation of trace amounts, you can safely have milk products on site for the other girls.

For girls who have gluten allergies, it is now quite simple to stock alternatives that are gluten-free. Judy says that, as with all Guiding activities, inclusion is important to the girls. Be careful not to segregate a camper because of an allergy. For example, providing gluten-free bread will allow these girls to feel included if all of the other girls are having sandwiches.

Note: For all allergy issues, check with the girls' parents before making final decisions on your menu options.

Vegetarian Alternatives

Dianne says that in her experience so far, providing for vegetarian girls is not that common an issue. She also says she quite easily provides alternatives such as vegetarian patties and hotdogs. Both Dianne and Judy agree that it's essential to have cheese on hand as a protein alternative to meat in a camp environment. Plus, most girls love cheese, so those who need it for vegetarian requirements won't feel necessarily segregated from the rest of the girls.

Satisfying Sweet Cravings

Of course, most girls have serious sweet cravings, so how do you restrict the amount of sweets ingested over the course of a camp? Judy says the best way to do this is to restrict sweets to one meal a day, most likely at dinner, and to monitor portions. This way you can control the amount of sugar each girl gets, while still satisfying her sweet tooth. For snacks, healthier options, such as granola bars made with honey, can provide nutrition as well as a sweet treat. This strategy also applies to other “junk” foods, such as potato chips. Serve them occasionally as a treat, but use healthier options when planning camp menus, to ensure that all dietary needs are met.



Food for All

Vegan/Vegetarian Camp Cooking

The Outdoor Guider section of the Fall 2011 issue of *Canadian Guider* featured vegan and vegetarian camp cuisine. Check it out for some excellent tips from camping enthusiasts Stephanie Bangarth and Patty Carlson, along with a selection of their favourite, tried-and-true recipes!

Camp Cuisine

Dianne and Judy share some of their favourite camp recipes for breakfast, lunch and dinner.

EGGS-in-a-BAG

While some people claim that this breakfast food tastes good but looks “gross,” Judy and Dianne advise you not to let this deter you. They like to use eggs-in-a-bag for those finicky eaters they just don’t know what to do with, and also for the last day of camp. The finicky eaters get to design their own meals, which encourages them to eat. And for that last day, you can use up leftovers, and have the added bonus of no pots or plates to wash up.

- 1 milk bag per camper
- 1-2 eggs per camper
- a splash of milk (optional, so girls who have milk allergies can opt not to include it)
- chopped leftover vegetables and/or meat

- 1 Have each camper fill her bag with eggs, milk and her desired ingredients.
- 2 Massage and shake the bag until all the ingredients are well mixed.
- 3 Fold over and secure the top of the bag tightly with a clothes pin.
- 4 Put the bags in a pot of boiling water until the eggs are cooked. (Ensure they float freely and do not rise over the edge of the pot, or the bags may melt. One way to secure them is to clip several together with clothes pins.)
- 5 Remove from the water, let cool and enjoy!

WALKING TACOS

Judy says that walking tacos are one of the biggest hits at her camps. The girls have fun putting them together and eating them without the inevitable mess of regular tacos.

- 1 snack-sized bag of nacho chips for each of your campers
- 2 or 3 family-sized bags of nacho chips
- ground beef
- cheese, lentils, hummus, beans or other vegetarian options
- salsa
- taco toppings of the girls’ choice

- 1 Cook and season the ground beef as you would for regular tacos.
- 2 Give the girls a bag of nachos, and have them crush the nachos inside.
- 3 Add the ground beef. Vegetarians can use an extra serving of cheese, lentils, hummus, beans or other vegetarian options.
- 4 Have the girls add cheese and salsa, and whatever toppings they would like.
- 5 Have them mix everything up and enjoy! Judy says to let the girls go back for more nacho chips (from the family-sized bags) and more toppings. There are rarely any toppings left over!

GARBAGE CAN TURKEY

This is one of Dianne’s favourite camp meals and she says it is always a big hit. You can give the campers a healthy turkey dinner, cooked by the coals from the fire. Judy says, “There is nothing that smells better than this turkey at camp.”

- 1 turkey – maximum 10-lb (4.5-kg)
- aluminum foil
- aluminum can large enough to fit over the turkey (this can should be used exclusively for the turkey)
- 20 or more charcoal briquettes
- 1 clean aluminum garbage can, approximately 9-litre (9-quart) size

- 1 Lay enough tin foil on the ground to cover the opening of the aluminum garbage can.
- 2 Prop the uncooked turkey up on the aluminum foil.
- 3 Put the small aluminum pail over the turkey. This acts as the oven.
- 4 Put hot coals on top of this pail.
- 5 Cover this pail with the garbage can.
- 6 Put some coals under this garbage can as well as on top and around it. There should be 10 coals used at a time. Judy says that 10 briquettes will provide heat equivalent to a 175 °C (350 °F) oven. Because the turkey should be cooked consistently



at this temperature, you need to monitor the temperature and replenish the briquettes every 30 to 45 minutes. Cook the turkey as you would in a regular oven. It is done when the juices are clear. To be certain, use a meat thermometer to check it.

7 Include all of the turkey trimmings to create a festive and fun meal!

SANDWICH PIES

This is a novel way to make sandwiches when you have a campfire. Dianne says you make your sandwich on regular bread and put it in a pie iron to heat it up. This allows the girls to customize both the topping on their sandwich and the amount it is cooked, adding to the fun and encouraging those finicky eaters to enjoy the meal. 🍴

Jaime Myslik, of Toronto, Ontario, is a member of the Canadian Guider Editorial Committee.

Soar Into the Future

The 2013 National Trefoil Guild Gathering

BY JOYCE PERRIE

Photo: Lynda Hunter



In June, 250 women met at the University of Regina, to “Soar Into the Future” at the 8th National Trefoil Guild Gathering. Participants from New Zealand and the United Kingdom joined Canadian Trefoil Guild members to share Guiding experiences, to sing, to play, and to renew old friendships and begin new ones.

Soar Into the Future featured presentations by participants from the guest countries and from the Canadian provinces/territories, as well as a wide selection of workshop sessions and a choice of tours. I greatly enjoyed a tour to the RCMP Training Centre.

Our Sister to Sister service project was well supported by donations and the auction of aprons that were made and “modelled” by the organizing committee. We owe Bev Drummond and her committee a big thank you for a job well done! I look forward to seeing everyone again in Newfoundland for the 9th Trefoil Guild Gathering, June 15 to 19, 2016. 🌐

Joyce Perrie, of Merritt, B.C., is the National Trefoil Guild Specialist.



Photo: courtesy Lynda Hunter

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SEWING AND SERVICE



Sock Monkeys

BY LISA DONNELLY

Do you remember the sock monkey? This iconic toy began to gain popularity in 1932, when the Nelson Knitting Company added the red heel to the seamless grey socks they had been making since 1890. Today, that still-popular sock monkey with the red mouth and grey body has been joined by hundreds of cousins, made from socks of endlessly different colours and designs.



Photo: Lisa Donnelly • Illustrations: Geraldine Withey

Sock monkeys are hugely popular with the girls in the 47th Toronto Guides, and they appear to be widely popular elsewhere, too. The girls in this unit decided to focus their enthusiasm for these monkeys on a combined sewing and service project. They collected new socks and sewed many, many monkeys to donate to Toronto's Red Door Shelter, a charity that assists families, refugees and women and children who are fleeing violence. While they were at it, they decided to collect more socks for residents at the shelter to wear, too!

These adorable toys are easy and inexpensive to make and never fail to delight both children and adults alike. Why not make a monkey or more for a family shelter or children's hospital in your community? Your girls will love this project! 🧶

Lisa Donnelly, of Toronto, Ontario, is a member of the Canadian Guider Editorial Committee.



MONKEY BUSINESS

How to Make a Sock Monkey

Materials

- a new pair of large, colourful long socks for each monkey (one for the body and legs, and the other for arms, ears, mouth and tail)
- polyester filling
- sewing machine
- needle and thread / embroidery floss and needle (optional)
- scissors
- straight pins
- permanent marker
- two buttons or felt pieces for each monkey's eyes

To Make

- 1 Turn first sock inside out and flatten with heel up. Mark two stitching lines for legs, 1 cm (1/2 inch) apart, starting 3 cm (1.25 in) from heel, and curving at ends to form the foot on each leg.
- 2 Pin and sew, then cut between the seams up to 2.5 cm (1 inch) from the heel.
- 3 Turn right side out, stuff firmly to create head, body and legs of the monkey, and hand-stitch the opening between the legs closed.
- 4 Turn second sock inside out and flatten with heel to one side. Mark cutting lines for tail, ears, mouth and arms. The tail should be approximately 2.5 cm (1 inch) wide and taper towards the end. Mark sewing lines for arms on either side of cutting line, curving at ends to form the hand on each arm.
- 5 Cut across the sock just above the heel, to separate the arm section. Pin and sew on the two sewing lines. Cut apart, turn right side out, stuff,

then fold raw edges to inside and hand-stitch closed to form two arms.

6 Pin and sew the tail then cut it out. Turn inside out, stuff, then fold raw edges to inside and hand-stitch the opening closed.

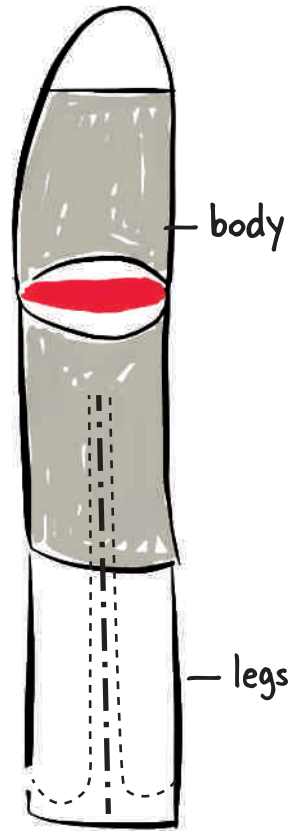
7 Cut out two pairs of ears. Sew around curved edges, leaving bottom open. Turn right side out, stuff, fold bottom raw edges to inside, and hand-stitch closed. To shape the ear, sew or embroider parallel to curved edge, approximately 1 cm (1/2 inch) from the edge.

8 To make the mouth, cut the heel from the sock, fold in the raw edges, and fasten it to the lower part of the monkey's face, by whip-stitching it in place along the bottom. Stuff the mouth and continue whip-stitching it to the face the rest of the way around.

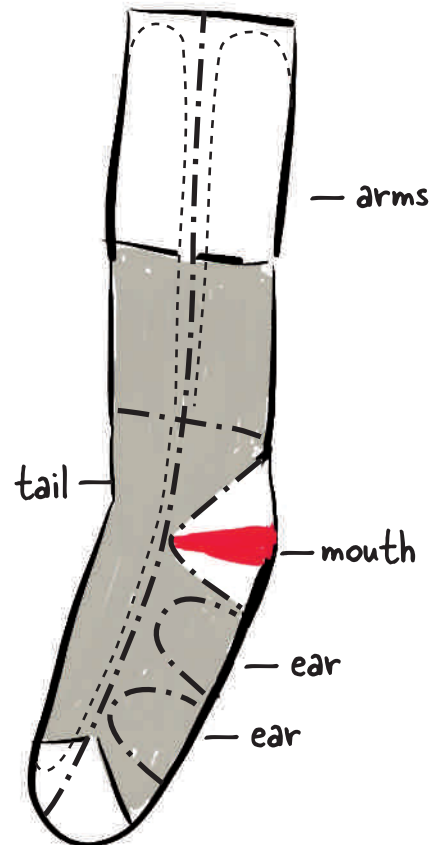
9 Sew the arms, tail and ears in place on the body, using a whip-stitch.

10 Embroider a line across the centre of the mouth to define the lips. Sew on button eyes. (If your monkey is a gift for a small child, use felt or embroidery.)

SOCK #1



SOCK #2



Going Green – Staying Green!

NSP Environmental Service Projects



Girl Guides of Canada members are always ready to lend a hand in their communities. When lending that hand to people, girls can easily see who, how and why they are helping. But when lending a hand to Mother Nature, are the *who*, *how* and *why* as obvious?

Our girl members clearly love being outdoors and are interested in exploring and enjoying all that Mother Nature has to offer. How they can help to protect the environment may not always be as clear to them. It's up to us as their Guiders to ensure they understand the context and impact of environmental service projects and how their contributions are vital to the health of the natural world around them.

Small Actions – Lasting Impacts

Our girls know that our water, land, animals, plants, trees and air all need nurturing and protecting to stay healthy. But how can they actually make a difference and how can they see that difference? Put simply, girls can start small. Every small action can have a lasting impact and every green choice will make a difference. By completing simple activities and actions, we not only improve conditions at that moment in time, we begin to integrate long-term changes to our actions and behaviours for larger, sustainable improvements to the environment.

Operation Earth Action

Improving and maintaining the environment requires our dedication to going green now and to staying green for the future. The National Service Project, Operation Earth Action is a great example of this. For the 2013-2014 Guiding year, girls can continue to take those vital small actions outlined in last year's NSP.

You can make pledges to use reusable water bottles and bags, to map your meals, to make homemade cleaning and personal care products, to plant trees and to conduct energy audits. You can also take on two new NSP challenges – transforming trash to treasure and supporting animal habitats – to enhance the girls' service to the environment in simple but meaningful ways.

For more details on all of the activities that girls can do to go green and stay green, check out the National Service Project, Operation Earth Action website at: nsp.girlguides.ca There's no better time to get your girls going green for the future than right now!



Trash to Treasure/ Supporting Animal Habitats

Hummingbird Feeders

Convert trash to treasure and support animal habitats by making these simple feeders and decorating them in the colours of the flowers that attract hummingbirds: red, orange and purple. These tiny birds hover to feed, so there is no need to attach a landing post. Simply place your feeders in locations that have nearby trees and bushes to give them a secure place to land, hide and rest between visits to the feeder.

Materials

- glass jars or plastic bottles
- waterproof glue
- 1/8-inch (3-mm) nails
- hammer
- paint
- plastic drinking straws
- string
- hummingbird nectar*
- tape
- wire
- red cardboard or plastic



To Make

Glass Jar:

- 1 Use the hammer and a nail to make a 1/8-inch (3-mm) hole in the lid of a clean food jar.
- 2 Fill the jar with hummingbird nectar* and screw on the lid.
- 3 Add red paint or tape around the hole.
- 4 Attach wire around the lid to hang the feeder. Top up the nectar when it gets too low for the birds to reach it.





Plastic Bottle:

- 1 Make a hole in a clean plastic bottle, halfway between the bottom and the cap.
- 2 Push a plastic straw through the hole.
- 3 Fill the bottle with water, turn it upside down, and adjust the straw until water fills it up without spilling out.
- 4 Empty the bottle and glue the straw in place with waterproof glue.
- 5 Refill the bottle with hummingbird nectar and tie a string around the neck to hang it.
- 6 Add a circle of red cardboard or plastic around the straw.



***To make hummingbird nectar:** Mix half a cup (125 ml) of sugar and one cup (250 ml) of hot water. Stir until the sugar dissolves then add one cup (250 ml) of cold water. This mixture will spoil quickly in summer heat so be sure to drain, clean and refill your feeders every few days. You can keep unused nectar in the refrigerator for up to two weeks.

Frisbee Feeder

You can also make a hummingbird feeder by turning a red Frisbee upside down and filling it with nectar. Poke holes at the top of the rim and attach a wire to hang it, or simply set it on a table. Fill it with nectar and wait for your tiny feathered friends to discover it.

Hummingbird Garden

To attract hummingbirds to your yard, fill a flower pot, window box, or garden patch with red, orange and purple tube-shaped flowers that contain lots of nectar. They don't need to be fragrant, because hummingbirds don't have an acute sense of smell. Fuschia, nasturtiums, scarlet runner beans, red, pink or orange impatiens and cardinal flowers are good choices for hummingbirds. 🌸

Photo, information and ideas courtesy National Wildlife Federation. For more information and strategies to help protect hummingbird and other wildlife habitats, check out: nwf.org

Going Green Together

A Girl Guides—TD FEF Partnership

As presenting sponsor of our National Service Project (NSP), the TD Friends of the Environment Foundation (TD FEF) is helping girls and Guiders make Canada greener. For more than two decades, TD FEF has worked to help protect the environment and to help green communities nationwide.

Much like Girl Guides of Canada's NSP, TD FEF's flagship volunteer program, TD Tree Days, has both national reach and local impact. This fall, Girl Guides across the country will participate in TD Tree Days. The program offers units a turnkey opportunity to work towards their NSP pledges. To find out more about TD Tree Days and how your unit can participate, go to tdtreedays.com

Thanks to TD FEF's continued support, we will be offering 90 tree planting grants to units – twice the number we offered last year. Units wishing to help neighbourhoods go green should apply for a GGC TD FEF Tree Planting Grant. For more information, visit nationalserviceproject.ca and look for the "tree" icon.





Girls go Green!

Camping with Care

BY KIRSTEN DAVISON

One of my favourite things to do with my unit is to take the girls outside. Happily, getting outside is one of their favourite things, as well. Even more happily, they are learning to “go green” and to camp with care in the great outdoors.

If I made a list of everything my unit has done in the great outdoors, I’d need this whole issue of *Canadian Guider*! Instead I polled the girls and asked them to come up with their favourite outdoor activities. Their top four choices were camping, tree planting, clean up of McNab’s Island (an island in the Halifax Harbour) and storm drain stenciling. While camping is a given, I was delighted to see that their three other choices involved environmental stewardship.

Going Green at Camp

GGC members love to camp, at every branch level, in all seasons and in all parts of Canada. I know my girls always get excited about upcoming camps, and enjoy themselves pretty much regardless of the weather conditions or what unforeseen circumstances arise. Their enthusiasm provides terrific opportunities for me to teach and reinforce healthy environmental attitudes and practices that

Photo: courtesy Kirsten Davison

I hope they will embrace for the rest of their lives. Here are the top five “go-green” rules we live by at camp:

1 Never pick live flowers, plants or leaves.

You might think this is a given, but even though the girls know it very well, they can also forget it when they get excited. To remind them of the importance of this rule, I compare picking a leaf from a tree to pulling out a hair, and breaking off a branch to removing an arm. This comparison resonates in a way that makes them much less likely to forget how fragile ecosystems can be.

2 Never forget fire safety.

This should also be a given, but if everyone remembered to practise it all the time, our forests would not be set alight by careless campers. I designate one girl to get the water bucket ready before the fire is even lit, and another to take charge of putting the fire out. With each campfire, I rotate these duties from girl to girl, so they will all experience a direct sense of responsibility for the safety of the campground and their sister campers.

3 Reuse items at camp.

We reduce the number of things we have to haul out as garbage by getting creative and planning ahead. Sure, you can use that old cookie box to start a fire, but you can also use it to create an obstacle course, as a storage container, a box oven, a mini shelter for something you want to protect from rain or snow, or anything else you or the girls can think of. Instead of hauling in an item for every activity, build your activities around items that you’ll be using earlier in the camp anyway. When you’re fully done with that item, move on to rule number four.

4 Sort your trash.

Set up three or four bins, label them, and have a leader stand watch after meals and snacks. The number of bins will depend on what kind of waste removal service you have in your municipality. Here in Halifax, we have garbage, recyclables, refundables and compostables (green bin). So we bring four bins to camp, and make sure the girls use them. If and when they test our patience by asking repeatedly which items go in which bins, we consider this an ideal opportunity to teach them good waste management practices and encourage them to follow them when they get home, too.

5 “If it’s yellow, let it mellow. If it’s brown, flush it down.”

This little rhyme may be a bit graphic, but it works! The girls love it for the humour and they remember it well. We love it, because it encourages them to conserve water and to think about good water conservation practices in a wider context. If you’ve never used this practice with your girls, try it. You will be surprised at how they adopt it, without squeamishness.

Of course, these five rules are well-known by experienced campers, but we find it very worthwhile to reinforce them every time we venture into the great outdoors. Going green is a lifetime commitment, and we think every small action we take now with the girls in our unit will result in lasting impacts, as they learn to be the environmental stewards of the future. 🌱

Kirsten Davison is a Guider in Halifax, Nova Scotia.

Five Tips for Going Even Greener at Camp

- 1 Use biodegradable soap and cleaning supplies.
- 2 Choose LED lanterns and flashlights with rechargeable batteries.
- 3 Bring washable dish towels rather than paper towels.
- 4 Choose reusable cutlery and dishes over disposables.
- 5 Use organic sunscreens and bug sprays, especially if you intend to swim.

Five Great Girls!

The GGC Girl Greatness Awards



Canadian Guider congratulates all recipients of this year's Girl Greatness Award, five of whom are profiled below. Check out girlguides.ca for the full list and profiles of this year's winners!



Presley MacNeil, Spark

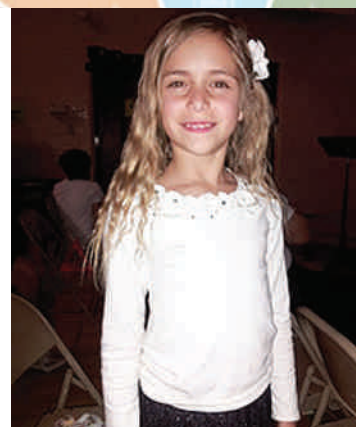
Making a Difference Award

Presley was nominated by a Spark friend she has known since pre-school, who was inspired by how she shares with others in a "big way!" For example, for the past two years, Presley has asked that donations be made to charities in lieu of birthday gifts for herself. On her fifth birthday, she asked friends to bring items for the animals at the SPCA. She personally delivered the gifts and her mother arranged a field trip to the SPCA for her classmates, who enjoyed visiting with the animals there. For her sixth birthday, she chose to collect toys for the children's ward at her local hospital, which she and her little brother delivered together. "I just want to do what I can to make a difference in my community," she says. "I think this is part of being a good Spark."

Solène McCracken, Brownie

Courageous Award

Solène has a disorder called selective mutism. For years, she was not able to speak to anyone outside her immediate family. "I couldn't even call for help if I was in danger," she says. "I used to think I would grow up never speaking." After visiting a specialist last year, she began to set daily goals to move towards speaking. "I had to fight really hard against my worries," she says. "But finally, I spoke to a friend. I can now speak with my grandparents, friends, strangers, classmates and the girls in my Brownie unit. I also read better. Brownies lend a hand, so I am helping another little girl at my school who also has selective mutism. I want her see that when we learn how to do hard and scary things, life is so much more fun!"



Trinity Chartier, Guide

Resourceful Award

As a third-year Guide, Trinity completed all four program areas, all three camping levels and all three service levels, and earned her Lady Baden-Powell Challenge award, along with many interest badges and extra challenges. "In Guiding I have learned to set and achieve goals and gained valuable skills at things like building outdoor shelters, making fires and doing first aid," she says. "Our unit does patrol cooking and, being experienced in the kitchen, I help teach the other girls." When the girls work in groups, Trinity finds ways to make sure everyone's ideas are heard. For example, she says, "At camp, when we were asked to come up with a skit and everyone was shouting ideas, I got them to take turns sharing their ideas, so everyone could contribute."



Robyn Davy, Pathfinder

Confidence Award

Robyn's sister says she is her Guiding role model, because she is very confident and always willing to help others. Regardless of the activity, Robyn will lend a hand, from helping clean up a local creek to collecting and sorting food for the food bank to teaching songs, games and crafts at a Spark or Brownie meeting to preparing meals, reading stories and comforting homesick younger girls at camp. Her self-confidence enabled her to give a speech at a Girl Guides Ontario event, where she shared with the audience of several thousand the many reasons she likes being a member of Guiding. "I especially like the cookies," she joked, which made everyone laugh delightedly.

Maura Brennan, Ranger

Courageous Award

Maura has been bullied by girls outside of Guiding for many of the 11 years she has been a member. "I was bullied about Guiding because I was so into it, but it was where I was the happiest," she says. "This past year, I had a dislocated knee six times and needed surgery. Guiding motivated me to get better so I could be with the other girls and go to camp." Maura also attributes most of the lessons she has learned in life to Guiding. "I have faced and overcome obstacles through the guidance of my leaders," she says. "As I grow and become a woman in society, I am able to apply these lessons, such as how to be independent but also be a friend and work with different people, and how to cook, clean and be responsible." For Maura, Guiding is a second home. "It is where I strive for success and where I learn to be my best," she says. "Guiding is my life and I don't know what I would do without it." ☹️

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THE ArtZooka!

SPARKS & BROWNIES!



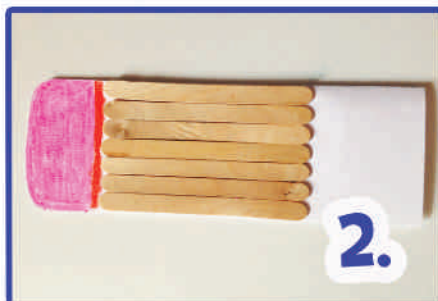
Let's make a Back-to-School Door hanger!

Hang this on your Doorknob to let your family know when it's homework time.



Here's what you need:

- cardboard
- safety scissors
- Popsicle sticks
- white glue
- construction paper
- paint or markers
- ribbon or string



- Cut a piece of thin cardboard or Bristol board in the shape of a large rectangle.
- Glue four or more Popsicle sticks (depending on their size) horizontally in a row in the middle of the rectangle.
- Use scissors to round the left corners of the cardboard, shaping it like an eraser.
- Paint or colour the "eraser" pink.



- Cut the cardboard on the right of the Popsicle sticks to a point to form the pencil.
- Paint the body of the "pencil" cream/ light brown and the "tip" black to create the lead point.

- Glue the ends of a piece of ribbon or string to the backside of your finished pencil to create a loop.
- We also used markers to write a message on top of the Popsicle sticks.
- Wait for it to dry and hang it on your door handle and your family will know you are doing your homework!



GIRL GUIDE CHALLENGE

HEY GUIDES!

Don't know what to do with all of your pens, pencils and markers?

Make an awesome organizer out of recycled toilet paper tubes!



Here's what you need:

- a shoe box
- toilet paper tubes
- paint
- white glue

- Paint the inside of the toilet paper tubes a variety of colours, and the outside of the tubes white. (These colours are just a reference. Use whatever combination of colours you like.)
- Wait for the paint to dry.
- Glue the base of each toilet paper tube to the inside of the shoebox. (Make sure to use lots of glue to keep the tubes secure.)



- Arrange your pens and pencils in the tubes to keep everything organized and easy to find.

Watch ARTzooka! on Kids' CBC

www.artzooka.com

What will you Artzooka! today?



CMF

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kids'CBC

THE ArtZooka!

PATHFINDERS!



**Tired of your Basic Bookmarks?
Make a Page Corner Pet!**

Here's what you need:

- construction paper or heavier paper for the bookmark
- scrap paper (we chose newspaper and scraps of gift wrap)
- ruler
- pencil
- glue
- scissors
- glitter, buttons, beads, any other decorations

- Using your ruler and pencil, draw a square (approximately 2.5 inches or 5 cm) on the construction paper. This will be the basis of your bookmark.
- Draw two additional squares of the same size that each share a line with your original square, so you end up with an L shape of three squares.
- Draw a diagonal line down each of the two outside squares and scribble out the outside triangles.



- Cut out all parts of the shape that have not been scribbled out.
- Cut a square of your favourite paper that is slightly smaller than the square on your bookmark and glue it to the square portion of your bookmark.
- Fold one triangle inwards so it covers half of the square and apply glue to the top of this piece.
- Fold the other triangle on top of the one with the glue on it and press to seal them together.
- Use your favourite paper, buttons, string and glitter to create your page corner pet.

GIRL GUIDE CHALLENGE

RANGERS!

Use Decoupage to Personalize your notebooks!



Here's what you need:

- a spiral ring notebook with a cardboard cover
- magazines, photos, coloured paper
- scissors
- white glue
- paint brush

- Cut out your favourite images from old magazines or photos.
- Arrange the cut-outs on the front of your notebook, making sure you cover all the spaces.



- Create a decoupage mixture by stirring together equal parts of white glue and water.
- Paint the mixture on the backside of your cut-out and place it on the front of your notebook.
- Continue to stick the images on your notebook, using your imagination to design the layout.
- Cover the entire collage with a layer of the decoupage mixture. Allow to dry.
- Take your personalized notebook to class, and take notes in style!

Watch ARTzooka! on Kids' CBC

www.artzooka.com

What will you Artzooka! today?



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A Helping Hand

The GGC National Scholarship Program

The Girl Guides of Canada-Guides du Canada National Scholarship program extends a helping hand with financial assistance ranging from \$1,000 to \$2,000 to members pursuing post-secondary education. Each year, GGC's scholarships support members heading to college, university or a trades program, whether in their first-year of studies, later in their degree, or on a full-time or part-time basis. In 2013, GGC awarded 36 scholarships to women selected from a total of 641 applicants.

Girl Guides of Canada-Guides du Canada

SCHOLARSHIPS

The 2013 GGC Scholarship Recipients

Bayer Inc. Science Education Scholarship

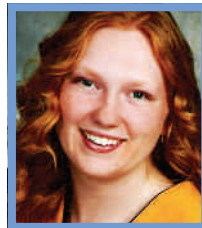


**Robin-Ann
Robinson**
First Year, Civil
Engineering Technology

CIBC Scholarships



Caitlin Aldridge
First Year, Life Sciences



Shannon Anderson
First Year, Science



Helen Varga
First Year,
Library Technician

Dare Foods Limited Scholarships



Kaitlin Endres
First Year,
Medical Science



Christie Lo
First Year, Global
Business & Digital Arts



Ella Misfeldt
Post Grad, MBA,
Executive Management



**Amanda (Mandy)
Wuth**
First Year,
Forensic Science

The Masonic Foundation of Ontario Scholarships



**Laurel Ashick-
Stinson**
First Year,
Civil Engineering



Amanda Daigle
First Year,
Radiation Therapy



Laura Gemmel
First Year, Education &
Integrated Studies



Emily Patenaude
Recreation & Leisure
Services

My Guiding Life

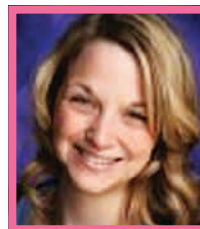
National Scholarship (Full-Time)



Charlotte Courage
Post Grad, Social Work

Guiding has been so much a part of who I am, it is hard to determine where its impact begins and ends. When I moved to Labrador as a child protection social worker, I knew it was going to be challenging to find my place in this remote community. I also knew immediately that this community needed Guiding. Thinking back to the first time my new Brownies there put on their uniforms still makes me shiver with emotion and excitement. Guiding empowered me to find my place in this community.

National Scholarship (Full-Time)



Tina Di Fronzo
Second Year, Social Work

No matter what city and province my family moved to or what circumstances took place at any given time, one constant in my life was being a part of Girl Guides. It provided the calm, welcoming place I could go to on a weekly basis and find the confidence and courage to be myself. In Guiding, I learned that there are opportunities and challenges that I can take part in to make a difference in myself, in others and in the world. Girl Guides has been my home base. It has given me the qualities and skills I needed to get to this point in my life.

National Scholarships (Full-Time)



Brianne Arnold
Second Year, Early
Childhood Education



Samantha Bennett
First Year, Civil
Engineering



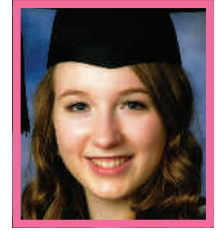
Danita Duguay
Fourth Year, Commerce
- Tourism Marketing &
Management



Rachel Henderson
Third Year,
Environmental Science



Sarah Houle
First Year, Recreation



**Jessica Lake-
Crossley**
First Year, Recreation
Management &
Environmental
Sustainability Studies



Erica Osterried
First Year, General Arts
& Science



Emma Pitman
Fifth Year, Anthropology



Antalya Popatia
First Year,
Global Studies



Vanessa Schell
Post Grad, Clinical
Psychology



Allison Wornell
First Year, International
Relations

My Guiding Life

Dr. Roberta Bondar Scholarship



Esther Keller
Post Grad, Applied Geomatics

Girl Guides provided me with a safe haven when I was a child. Attending school was not easy for me, so when Thursday came around, I was eager for my Girl Guide meeting, because it gave me a place where I felt comfortable being myself. As I grew older and moved from high school to college to university, I was able to bring that “self” into all spheres of my life. Guiding helped me to become resourceful, enthusiastic, and confident, to enjoy challenges and adventures, and to believe in every person’s power to make a difference in our world.

The Masonic Foundation of Ontario Scholarship



Nisha Malhotra
First Year, Social Sciences

When I was in Grade 6, I was being bullied at school. My parents noticed that I had become increasingly shy and reserved, and so encouraged me to join Girl Guides. In Guiding, I developed a strong network of mentors, role models and peers who gave me the confidence to be the outgoing person I am today. I was also able to connect and interact with like-minded girls within my community and abroad, and to develop long-lasting friendships. Girl Guides has helped me to become a mature, responsible, self-motivated young woman who is dedicated to academic excellence.

**National
Scholarship
(Part-Time)**



Miranda Vass
Graduate Diploma,
Therapeutic Recreation

**Col. Karen
Ritchie Memorial
Scholarship**



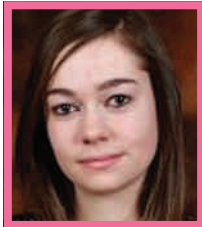
Michaela Tai
First Year, Industrial
Engineering

**The Equitable Life
Insurance Company of
Canada Scholarship**



Erin Edward
First Year, Mathematics

**Energizer Canada Inc.
Now That's Positivenergy Science Scholarships**



Lindsay DeMelo
First Year, Applied
Science



Hayley Freeman
First Year, Biochemistry



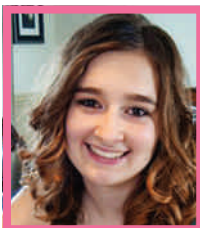
Catia Pereira
First Year, Science

**Pinchin
Environmental Ltd.
Scholarship**



Kate MacDonald
First Year, Science

**Humber Glen
Trefoil Guild
Scholarship**



Sarah Biggs
First Year, General Arts

**Norma Osler
Education
Scholarship**



Taylor Hill
Second Year, Education,
French & Music

**Thank you
Scholarship Supporters!**

For their generous support, we wish to thank the individuals, families, Guiding units, Trefoil Guilds, companies and foundations who supported our 2013 scholarships.

- Bayer Inc.
- CIBC
- Dare Foods Limited
- Energizer Canada Inc.
- The Equitable Life Insurance Company of Canada
- Humber Glen Trefoil Guild
- The Masonic Foundation of Ontario
- Pinchin Environmental Ltd.
- The Family of Norma Osler
- Supporters of the Col. Karen Ritchie Scholarship



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SCHOLARSHIPS 2014



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as you follow
your dreams!

2014 applications will be available at girlguides.ca/scholarships
Application deadline is April 1, 2014



Spreading the Word

Unit Bloggers

The Internet has made it a whole lot easier for Guiders to share their tips, triumphs and advice. Blogging is an especially effective way for unit Guiders to help each other keep up to date and on top of the latest and greatest Guiding news and ideas from across the country. *Canadian Guider* asked three seasoned Guiding bloggers to tell us how they spread the word to other Guiders.

Brownie Meeting Ideas



Cara Hicks

A Brown Owl for the 119th Ottawa Brownies, Cara also squeezes into her busy schedule a job in IT, and her favourite pastimes – knitting, camping and sitting on the dock with a book.

Why did you start your blog?
I wanted a searchable record of our meetings, so that when I wanted to repeat some programming, we'd just consult the blog to remind us what we did the last time. It turns out there are lots of busy Guiders looking for ideas, too. Now the blog gets hits from Guiders around the world. I'm floored by the response.

What's on your blog?
It's all about what happens at our Brownie meetings. I know there are so many different ways for a Brownie meeting to happen, but new Guiders, or those who are so busy they have to plan their Tuesday meeting on their Monday lunch break, can find tried-and-true ideas that the girls will love,

and that will usually have a supply list attached.

What are your popular posts?
One of my first big hits was a post explaining flag ceremonies. It still gets hits every day. My series on camping that provides a step-by-step "how to" on planning a camp is pretty popular, too.

What are your blogging tips?
It's surprisingly easy. I use WordPress.com, but there are other programs – and many are free. Even if the site doesn't become popular, there is huge value in having a centralized and searchable place to keep your own meeting notes.

Read Cara's blog at:
browniesmeet.wordpress.com

Bluenose Guider

Cathy Langille

Cathy is a Guider with the 4th Hammonds Plains Guides in Nova Scotia, and has a daughter in Guiding. By day, she is a chemical engineer.





Why did you start your blog?

I get a lot of my ideas online, but I'm always frustrated when they give the basic outline but suggest you come up with the details on your own. I wanted to have everything a Guider would need for the activity. A creative person could adapt it as she needed, but someone else could just use the activity as is.

What's on your blog?

My blog is about planning fun activities that Guides enjoy and that also completes programming. My posts are step-by-step meeting plans.

What are your popular posts?

My posts on the Curuçao Twinning Challenge that we tied to the Travel badge and the Cultural Awareness badge. I know my Guides really enjoyed those meetings!

What are your blogging tips?

Use pictures; they really make a blog look more interesting. Also, if you're taking ideas from another website, always remember to link back and give credit for the original idea.

Read Cathy's blog at:
blunoseguider.blogspot.ca

Owl & Toadstool

Lee Ann Fraser

Lee Ann is a Guider with the 1st Antigonish Guides in Nova Scotia. She shares the rest of her life with her husband, whom she says deserves an "honorary behind-the-scenes" Girl Guide badge.

Why did you start your blog?

I gravitated towards reading blogs about decorating, gardening, crafting and Guiding. So I decided to check out the process of setting up my own blog. I taught myself how to design a blog and found it easier to use and less time-consuming than a website.



I wanted to blog about aspects of Guiding that I found interesting and useful to share with the Guiding community.

What's on your blog?

Girl Guide 'stuff'! It has evolved from a bulletin board for parents to sharing meeting ideas, program activities, collections and my experiences as a Guider. If I find something interesting, fun, or useful pertaining to Guiding, I'll blog about it.

What are your popular posts?

Readers generally respond well to ideas that are new and different, even if they're

completely unfamiliar with them. Guiders also like fun, easy, affordable, ready-made ideas that save them time.

What are your blogging tips?

Blog about what interests you. Offer photos; be sure girls have a signed image release. Provide sources and links whenever possible.

Read Lee Ann's blog at:
owl-and-toadstool.blogspot.ca

You CANBlog, Too!

The Official GGC Blog

The heart of our online community, GirlGuidesCANBlog.ca informs, entertains and connects our members, volunteers, parents and supporters through personal stories and experiences related to girls and Girl Guiding. To join in and receive notifications of new posts, just go to the blog, enter your email address and click "Sign me up!"



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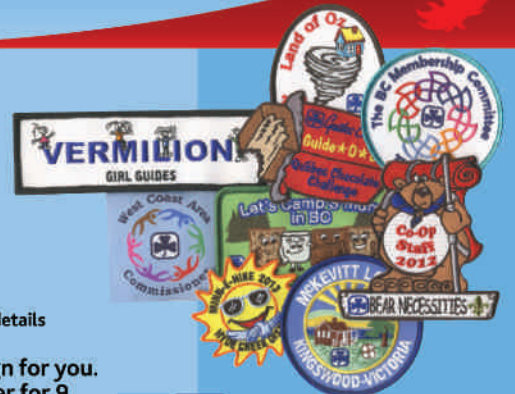


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Awards

Honourary Life Membership

Audrey Brown, Campbellton, NB
 Juliann Donaldson, Pickering, ON
 Darlene Dunsing, Leduc, AB
 Helen Earnshaw, Calgary, AB
 Irene Gallant, Charlottetown, PE
 Karen Gehring, Lethbridge, AB
 Lorraine Green, Kitchener, ON
 Faye Greenslade, Edmonton, AB
 Doreen Gyorkos, Lethbridge, AB
 Kathy Hayden, Brandon, MB
 Donna Hunnewell, St. George, NB
 Annette Jaenen, Calgary, AB
 Marion Joan Hawkins, Edmonton, AB
 Eileen Johansen, Calgary, AB
 Lyn Koltutsky, Calgary, AB
 Kirstin MacLaren, Edmonton, AB
 Pauline McLaughlin, Edmonton, AB
 Carolyn Oleniuk, Saskatoon, SK
 Kathy Palmer, Saskatoon, SK
 Kristine Searle, Devon, AB
 Patricia Smith, Burton, NB
 Sue Smith, Saint John, NB
 Henny Smit-Nielsen, Airdrie, AB
 Donna Thomas, Rosedale, AB
 Louise Willans, Vimy, AB

Beaver

Barbara French, Napanee, ON
 Marion Weir, Langley, BC
 Marie Wetmore, Rothesay, NB

Fortitude

Jean Branwell, Glace Bay, NS
 Paxton Cole, Kensington, PE
 Jayme Hall, White Rock, BC
 Denise Kerr, Edmonton, AB
 Gillian Olver, Pefferlaw, ON
 Brande Samson, Cranbrook, BC
 Ruth Strandberg, Edmonton, AB
 Karen Tremblay, Richmond, ON
 Hilda Wahl, Brownfield, AB

Bronze Merit

Hilary Clauson, Ottawa, ON

Medal of Merit

Tashia Batstone, Torbay, NL

Photo: Sandy Nicholson



Calling all GGC Shutterbugs!



Girl Guides
of Canada
Guides
du Canada

We're looking for great photos that show Girl Guides at its best! Send us your best photo(s) that illustrate Guiding fun, friendship and adventure.

- Photos must be submitted by email to photo@girlguides.ca.
- Be sure to complete and send a photo submission form for each photo.
- Submit each photo with your full name included in the file name
- Be sure that Image Release Permission (IR.1) forms are signed and on file.
- Photos must be between 1MB and 5MB.

1 Grand prize: Digital camera

5 First place choices:
\$50 Chapters/Indigo gift card

5 Second place choices:
\$25 Chapters/Indigo gift card

Deadline: November 1, 2013

Full contest details: girlguides.ca

GGC Tributes

Girl Guides of Canada-Guides du Canada Members are frequently recognized in their communities for the wonderful work they have done during their Guiding lives. As many of them may be familiar to you, we thought we would share the following announcements (March 2013 to July 2013) with you:

In Memoriam Recognition

- Mary Anne Barry, BC
- Ruth Bass, ON
- Priscilla Earle, NL
- Charlene Green, NS
- Irene Hurford, BC
- Claire Jenkins, QC
- Joan MacDonnell, NS
- Janice McClenaghan, ON
- Mary Nichols, ON
- Sandra Sharp, BC
- Jean Squires, NL
- Jessie Stoneman, ON
- Jill Szilagy, ON
- Eleanor Teed, NS
- Karen Tremblay, ON
- Hilda Wahl, AB
- Muriel Young, AB

A Tribute Opportunity

Supporting Scholarships

If you, or your unit or your Trefoil Guild would like to make a donation to the GGC National Scholarship Fund in honour of these women, we would be grateful to accept contributions.

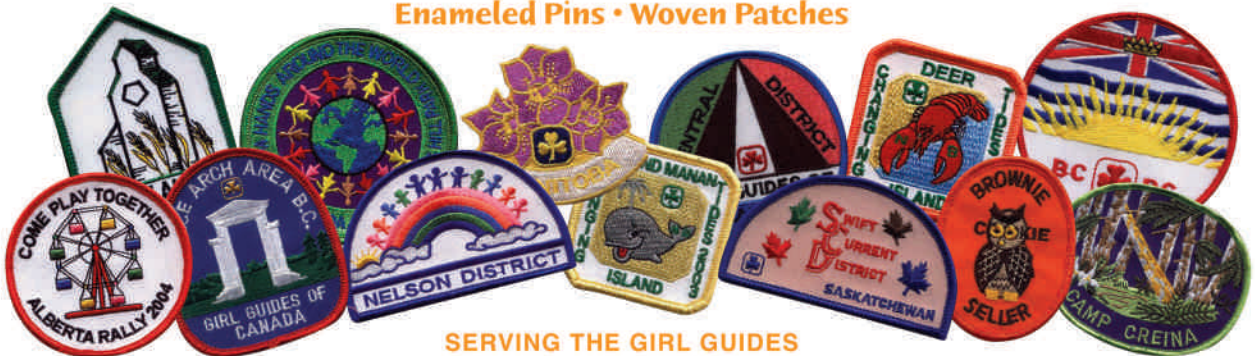
For more information, please email us at: colek@girlguides.ca



Photo: Standy Nicholson

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