



# Scavenger



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## CANADIAN *Guider*

# Dear Guiders . . .

**T**o some, fall means the end of the lazy, hazy days of summer. But to me, it brings a feeling of excitement and anticipation, because fall is all about a new beginning – the beginning of another Guiding year. From the fun of that first Unit meeting, when girls and Guiders get to see each other again, to welcome new girls and to map out all the exciting activities

they'll do for the year, fall presents us with a blank Guiding canvas. And whatever and however we choose to paint on that canvas, it always leads to a masterpiece in the end.

As you gear up for another great Guiding year, you'll notice that this issue of *Canadian Guider* offers you more tips and ideas for working with girls of every age. In our recent readership survey (see Ask a Guider on page 38), you told us you wanted more hands-on, grab-and-go ideas for your Units.

So, we've packed this issue with what we think you want, from how-to tips for planning an international trip (page 10) to advice on getting involved in Girls for Safer Communities (page 40) to ideas from girls and Guiders who've done individual and Unit service projects (page 6). In future issues, we plan to implement other suggestions from the survey, making the magazine even more of a must-read for busy Guiders and Rangers.

I'm also excited to note that we're starting this Guiding year with a new Chief Commissioner-Elect, Sharron Callahan, who will become Chief Commissioner in June 2012. Sharron knows first-hand

the impact Guiding can have on helping girls and women discover their skills, their talents and their voices. Active in Guiding since Brownies, she has been a Unit Guider and has held numerous provincial and national positions. She is also active with her local Trefoil Guild (see page 15). Sharron is committed to ensuring that Girl Guides of Canada-Guides du Canada remains focused on girl empowerment, the development of girl leadership, and the support of Guiders who mentor those girls.

Here's to another great Guiding year!

Chris Burton  
Chief Commissioner

P.S. Have you checked out our fantastic blog, [GirlGuidesCANBlog.ca](http://GirlGuidesCANBlog.ca) yet? I visit it a few times each week. You never know what kind of great discussion or funny story you'll read. You can also have new blog postings automatically sent to your inbox by clicking on the "Sign me up" button on the home page.



Photo: Andrea Cowen



# In This Issue

Welcome to the first themeless issue of *Canadian Guider*. It's just one of the changes we've made as we reorganize the magazine to offer you the best we can in stories and ideas that are relevant and useful to you. We want to give you what you want and need, without also factoring in a thematic element, and we hope you'll continue to share not only your feedback, but your own stories and ideas with us. We need you to help us make the magazine the best it can be!

Cover photo by Chris Bush, Nanaimo News Bulletin ([nanaimobulletin.com](http://nanaimobulletin.com))

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# The “Motherhood” of Guiding

## Being a “Mom-Guider”

BY PAT WILLIAMS

One of the hardest challenges for a Guider is learning how to be both a leader and a mother. After four years of being a “Mom-Guider,” trust me, I know! I also know it’s very possible to balance the two roles, as long as you remember the fundamental rule: in Guiding, there are no moms!

I was recruited into Guiding by a friend who was helping with her daughter’s Spark Unit. She knew my older daughter was already in Guiding and suggested that I volunteer as my younger daughter’s Spark leader. I signed on for what she joked would be, “just an hour a week,” and while both laughing, we knew I was in for some interesting challenges.

### Following the “No-Moms” Rule

My friend was very strict about the rule of no moms in Guiding and, happily for me, my daughter understood, quickly learning to call me by my Guider name and to consider me her leader and not her mother during meetings and events. My friend also stepped in for me if my daughter needed extra help, encouragement or discipline, and I did the same for her daughter.

I made it a practice not to sit beside my daughter, not to call upon her in Circle, not to use her work as an example for others, and not to indulge in any “special” treatment. I also kept our meeting plans secret. In my experience, if an activity is new to everyone, each girl has the same amount of time to get involved, to become a team player and to learn with her peers.

At camp, my daughter knew she was expected to live and work in partnership with the other girls, sleeping in a tent away from me, rolling her own bedding, carry-

Photo: Andrea Cowen





ing her own kit and equipment, and helping with general chores. And on hikes, she knew I'd be walking beside other girls, listening to their observations and answering their questions, each in turn.

### Learning How to Lead

In my role as a Spark Guider, I soon discovered that not all children my daughter's age were doing the same things she did. For example, she could readily cut paper into smithereens, whereas another Spark didn't know which way to hold the scissors. I quickly learned to choose crafts that could be modified according to each child's ability.

Later, as a Brownie leader, I learned another fundamental "Mom-Guider" rule: don't do badge-testing on your own child! Have another Guider take that on, so your daughter is challenged



Photo: Carmen Zayac

to be organized and explain her work to someone who has never seen it, and so the other girls don't feel she's getting special treatment. Believe me, Brownies notice who is doing what! Of course, at home you can be a mom again, offering guidance about anything she needs to do to complete a badge.

### Managing the Extra Time

Daughters of Guiders generally have to spend at least a half hour longer than the other girls before and after meetings. We organized a gathering activity that our daughters could initiate and continue as the other girls arrived, and also had balls and skipping ropes on hand. After the meeting, they helped tidy up and then played together while we had brief consultations with each other and with parents/guardians.

### Role Modelling Opportunities

My younger daughter learned how to work in "Mom-Guider" Units very well, and in later years, along with her sister, began helping me with subsequent Units. As they got older, the girls often accompanied me to Spark or Brownie meetings, when their father was out of town, and I would arrange age-appropriate tasks for them to help with the younger girls. One of their favourites even today is teaching Sparks how birds eat by tossing popcorn from chopsticks for them to try to catch in their mouths. They've also taught songs and helped with science experiments. Over the years, their work with younger girls has provided such a fun learning experience for them, they often ask to accompany me, and also help me at home, preparing the program for upcoming meetings. They embrace the opportunity to be role models and I appreciate their assistance with the setting up and tidying up tasks at the beginning and end of meetings.

My daughters are in Pathfinders and Guides now, and I'm very proud of all they've learned and contributed. And I'm grateful for the wonderful opportunities they've had and the amazing women and girls they've met, and continue to meet, through their Guiding adventures. 🌟

*Pat Williams is a Brownie  
"Mom-Guider" in  
Peterborough, Ontario.*



# At Home and Abroad

## Girl Guides Lend a Hand

### Wigs for Kids

#### Guides Donate Their Hair

Jazzlyn Markowsky (photos on right), a third-year Guide in British Columbia, made a very personal service choice recently, when working towards her Lady Baden-Powell Challenge. Activity 6 in the challenge calls on girls to: *Take part in a community activity that involves doing something for someone else... This type of service project is different from community service – it is more like a random act of kindness... for no reason other than to make people happier.*

Jazzlyn decided to donate her hair to Wigs for Kids through the BC Children's Hospital. "The thought of some other girl losing her hair as a result of having cancer, makes me feel very sad," she said.

"So, I thought it would be a good idea to donate my long hair to Wigs for Kids, so that at least I have made another girl happier by having a wig made with my hair. I would like to challenge all other Guides with long hair to do the same. I can make a difference for one girl, but together we can make a difference for a lot of other girls."

Ten-year-old Emily Soames (photo on left), a Guide in Surrey British Columbia, also decided to donate her hair to help cancer patients. Cancer has touched the lives of many of her family members, including her father, grandmothers, great-grandmother, grandfather and several cousins, aunts, uncles and friends – most of whom are survivors.

Emily has been in Guiding for six years, enthusiastically working on badges, completing projects and promoting the Guiding Movement. She plans to continue through Pathfinders and on in Guiding for years to come. Having never cut her hair before this, she was able to donate a full 16 inches (40 centimetres) for wigs.



Photo: Brenda Soames



Photos: courtesy Jazzlyn Markowsky





Photo: courtesy Me to We

## Storm Drain Stenciling

### Brownies Make Local News

Last May, the **148<sup>th</sup> Toronto Brownies** were joined by Free the Children and Me to We founder Craig Kielburger to film a report for local news channel CP24 on socially conscious living tips. Kielburger chose Girl Guides to draw attention to the importance of volunteers who share their knowledge, skills and talent with youth.

Co-Guiders Lisa Donnelly and Melissa Martin have run the 148<sup>th</sup> Brownies for more than six years and were joined by first-year Guider Erika MacNeill, to lead the Brownies in a Yellow Fish Road project in their neighbourhood. A very popular activity throughout the Guiding community, Yellow Fish Road is a nation-wide storm drain stenciling environmental education program, created by Trout Unlimited Canada. The program's goal is to increase awareness and understanding of the impact pollutants entering storm drains have on our rivers, lakes and streams.

After learning about their local water supply, the Brownies donned reflective safety jackets and headed out onto the sidewalks to paint yellow fish near storm drains as reminders that materials going down these drains directly affect water quality and aquatic habitat. The girls also left yellow fish shaped information pamphlets on doors in the neighbourhood to inform residents of why the storm drain stencils have appeared on their streets.

## "New York or Bust!"

### Rangers in the Big Apple

When the **3<sup>rd</sup> Saskatoon Rangers** travelled to New York this summer, they packed more than just their passports. They also took some comfort to women in crisis, by collecting bras to be donated to both Saskatoon's YWCA Crisis Shelter and a shelter in New York City.

"Bras are not something a lot of people think to donate, but they are no less important than other clothing items," said 16-year old Jessica Baxter-Jones. "For a woman in crisis, it could be the one thing that makes a bad situation just a little bit better." Added another Ranger, Alexa Wallace, "As a girl-centred organization, Girl Guides is in a unique position to help provide these particular items of comfort to women in need, and to raise awareness that such things are sometimes overlooked as important."

The Rangers met their goal of collecting one bra for every kilometre of their 2,784-kilometre journey by setting up collection bins in seven area businesses.

Have you found a unique way to combine travel and service? Let us know! Email us at: [cdnguider@girlguides.ca](mailto:cdnguider@girlguides.ca)



Photo: Tammy Sutherland



Photo: courtesy Audrey Lummis

## Pitching In . . .

### Guides Clean Up

For the 11<sup>th</sup> year in a row, during Earth Week last April, the **17<sup>th</sup> Cornwall Guides** joined the Pitch-In Canada 2011 campaign by de-littering Terry Fox Park and the surrounding neighbourhood. During the event, the Unit won the City of Cornwall Spring Clean-Up Challenge 2011 draw. Each girl and Guider received a white spruce seedling, and the Unit received a backyard composter, a blue recycling box and a plaque from the city's waste management supervisor, Neil Dixon.



## Filling a Food Bank's Closet

### A Pathfinder Collects Clothing

Last autumn, while investigating ways to help homeless and disadvantaged people in her community, Nanaimo Pathfinder Kassidy Pedersen discovered her local food bank's clothing room was nearly empty. So she launched a clothing campaign, sending out press releases, which resulted in an announcement in the *Nanaimo News Bulletin* and an appearance on CHEK TV News Island 30, during which she asked for donations from the public to be dropped off at two local businesses. She also asked the Nanaimo District Secondary School Student Council to encourage other students to help out.

In a two-month period, Kassidy collected, sorted, cleaned and mended more than 30 large bags of clothing, filling the clothing room, to the delight of food bank volunteers. She now regularly encourages people everywhere to make a habit of dropping their unwanted clothing, outerwear, shoes and accessories at a local food bank or charity throughout the year.

## A Sock Hop Success

### Guiders Use Facebook

In honour of GGC's Centenary, Guiders in Clinton, Ontario, made their annual sock hop part of the 2010 Clinton Christmas Parade. At their traditional sock hops, each of their girls brings a new pair of socks to donate to the Huron County Christmas Bureau. Expanding on this idea, they set a goal to collect 100 pairs of new socks along the parade route.

When their local paper failed to publish a photo and announcement about their project, the Guiders turned to their Facebook friends and quickly had more than 400 invitations issued by parade time. Local radio station My FM also kicked in to get the word out to the general public, and by the time the parade was over, the Guiders and their girls, wearing trefoil "poodle" skirts, collected more than 200 pairs of socks, some of which were even delivered to their regular sock hop by people who couldn't make it to the parade!



Photo: Lisa Currah

## Friendship Pins for Japan

### A Brownie Raises Funds

Concerned about the plight of the earthquake and tsunami victims in Japan, a Brownie named Faith decided to make her own friendship pins to raise funds for them. "When I heard Japan had a tsunami, I knew I had to help, so I thought about friendship pins I could sell," she said. "I made some at home, and sold them for 25 cents each, first to my Brownie friends and then at my school and tae kwon do club. I raised more than \$23 to donate."

Looking for a way to support our sister Girl Scouts in Japan? Make a contribution to the Canadian World Friendship Fund (CWFF) by sending a cheque made payable to Girl Guides of Canada, with CWFF/Japan in the memo line, to:

Girl Guides of Canada-Guides du Canada  
50 Merton Street  
Toronto, ON M4S 1A3



Photo: Erin Stratton



# Lest We Forget . . .

## Girl Guides Honour Remembrance Day



Photo: Marlene Graham

In British Columbia, the **23<sup>rd</sup> Kahoutek Brownies** made crosses with poppies for their 2010 Remembrance Day ceremony in Ladner. They wanted to “plant” them beside the Ladner Epitaph, but finding there was no appropriate spot, they placed them around a nearby tree. Later, they found a closer spot in the epitaph garden, where the girls carefully lined the crosses up, row upon row. The Brownies also gave thank you cards to the veterans in attendance. The veterans, who hadn’t expected this personal tribute, were deeply touched by the girls’ thoughtfulness and their thankfulness for their sacrifices on our country’s behalf.

Last year, the **2<sup>nd</sup> Alliston Sparks**, in Ontario, dedicated a meeting to Remembrance Day, inviting nearby Canadian Forces Base (CFB) Borden to send someone to talk about why observing November 11 in honour of veterans is so important to Canadian troops both at home and overseas. Warrant Officer Bliss Winick joined the Unit for the meeting, reading aloud a book on Remembrance Day and opening a pack full of military gear. Explaining what the gear is used for, she invited the girls and leaders to try it on. The Unit has since decided to make a visit from CFB Borden representatives a permanent feature in their annual Remembrance Day program. 🇨🇦

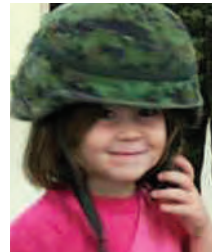


Photo: Nicky Wyszynski

## Valentines for Veterans

### Another Way to Remember

Many GGC Members also remember to thank our veterans each year on February 14, by participating in the Veterans Affairs Canada (VAC) Valentines for Vets program. The program invites Canadian schools, individuals and organizations to make valentine cards, which VAC distributes to veterans in long-term care facilities across the country.

Now in its 15<sup>th</sup> year, last year the program ensured that thousands of veterans in more than 2,000 long-term care facilities received cards on Valentine’s Day. For more information, and to get your Unit involved in Valentines for Vets this year, visit the Veterans Affairs Canada website at [veterans.gc.ca](http://veterans.gc.ca) and search for “Valentines for Vets.” 🇨🇦



Photo: Marlene Graham

# Ready Set GO...



## Planning International Adventures

BY BONNIE-LYNN MURPHY

Do you long to take girls on a Guiding adventure outside Canada, but feel daunted by the amount of work involved? International travel can be immensely rewarding for both girls and Guiders, so don't let your qualms get in the way. Read on for some "how-to" tips, and then get ready, get set and get going!

**F**irst and foremost, begin planning at least 18 months prior to your trip. This will give you adequate time to consider destinations for viability, budget and availability of service providers, as well as to seek commitment from parents/guardians and to fundraise.

### Getting Started

Do your research to consolidate trip objectives, age group, budget, desired time frame and, of course, destination(s) and opportunities for learning and service. Consult the GGC Safe Guide International Travel Planner to make sure you've got all the pieces in place, and continue to use it as you go through your planning process. Give the girls ownership of the process by presenting options for their consideration.

In my experience, a group of 12 participants, including nine girls and three Guiders, is ideal; however this may vary, depending on your trip destination and duration. The Safe Guide ratio requires two leaders for this many girls, but I recommend a third to ensure flexibility in unforeseen circumstances.

If enough girls show interest and enthusiasm (also consider approaching other

Units), design a brochure for parents/guardians outlining the destination, activities, learning opportunities, timing and cost estimates; then host a parent meeting inviting everyone interested to be briefed on the trip and to ask questions. This will help ensure girls don't commit to the trip spontaneously and then back out later, and will enable you to secure more economical airfares (group bookings). You will also need to submit a trip pre-approval application to your International Safe Guide Assessor.

### Planning and Organizing

List the activities and actions that need to take place before your departure date and during your trip, and attach completion dates for each. Divide the workload to keep everyone involved and to avoid having anyone feeling overwhelmed. Complete the following pre-trip tasks early, to minimize surprises late in the planning process, and to allow time to react to any additional needs that may crop up:

- Begin fundraising early to maximize the number of events you can hold (and thereby increase the dollars you raise). I've found that, where girls are active par-



Illustrations: iStock/MightyIsland



ticipants in the fundraising efforts, their appreciation of the trip grows as they build camaraderie, excitement and anticipation.

- Complete Safe Guide paperwork requirements as early as possible, using advice from your International Assessor where you have questions. Pay special attention to Guider Standard First Aid certification, waivers, Third Party Service Provider approvals, and other unique requirements you need to meet for specialty activities.
- Finalize your program itinerary early to ensure your preferred lodging, desired dates, planned activities and special dietary or other requirements can be met.
- Periodically update parents/guardians on payment instalments, passport deadlines, immunizations and other travel requirements. Four to six weeks prior to departure, hold another parent/guardian meeting to collect paperwork, to outline all trip details, and to review kit lists. If possible, have a Notary Public (in Quebec, a Commissioner of Oaths) available to notarize permission documents within a month of your departure date.
- Set clear roles and responsibilities for Guiders, identifying a designated first aider, someone to handle money matters, and someone responsible for the itinerary. The first aider should review all health forms well in advance and stock the first aid kit with appropriate supplies.
- Have the girls design personal journals for the trip.
- Keep copies of all trip receipts, and submit them soon after your return to secure a timely refund.

## Celebrating and Sharing

Upon your return, take time to celebrate your adventures and achievements. Everyone will have memories they cherish and moments they consider highlights of the trip. Help the girls to organize their impressions and recollections so they can share them with each other and with a wider audience. Collect pictures from everyone and create a visual journal, burning CD copies for everyone. Host a reunion party to share and reflect on your experiences, and to view the visual journal as a group. Invite the girls to discuss what they learned and how this trip has affected their outlook on the world, and encourage them to share their experiences later with other Units. 🌐



*Bonnie-Lynn Murphy is a Guider in Richmond Hill, Ontario. In March, 2011, she and two other leaders took nine girls aged 13 to 15 on a trip to Costa Rica and Panama. Check out an account of their trip on page 12 of this issue of Canadian Guider.*



*GGC international trips contain a service component, such as a 2009 Me to We partnership school-building project in Ecuador, in which a group of visiting girl Members from across Canada took part.*





Photos: courtesy Bonnie-Lynn Murphy

# Adventure, Learning and Service

## Pathfinders Visit Costa Rica and Panama

Last March, nine Pathfinders living in Richmond Hill, Ontario, enjoyed the experience of a lifetime on an international trip to Costa Rica and Panama. Their adventure was written up for their local newspaper, *The Liberal*, by Stacey Ramelson, a Grade 11 co-op student at Westmount Collegiate Institute in nearby Thornhill. With the paper's permission, we're publishing an edited version of Stacey's story here.

**T**he girls were led by Guiders Patty Carlson, Dina Karababas and Bonnie-Lynn Murphy on a series of learning and service activities that included helping to save endangered species, zip lining through a rain forest, mastering the art of showering with just a bucket of water, and experiencing different cultures.

Grade 9 student Robyn Thomson was one of the participants, saying she especially enjoyed helping turtles lay their eggs. "Helping a Leatherback sea turtle lay eggs, feeding manatees and watching them eat and spending time with a native Costa Rican tribe, the Bribris, were just a few of the things that we did that were so fun," she said. "Doing all of this with great friends made it even better!"

### Eco-Touring

The girls and leaders started off in Costa Rica, which is similar to Canada in that it





is bounded by oceans on east and west. However, they quickly discovered how different the weather is from Canada – mostly hot and sticky. Costa Rican guides were provided through tour group Eco Teach – a company specializing in ecological and educational tours.

The tour began in the Veragua Rain Forest National Park, where the girls visited a butterfly conservatory and nocturnal creatures exhibit. Staff entomologists explained how bugs are baked in a low-heat oven for four days to preserve them, then took the girls on a night bug hunt to find spiders, snakes, stick bugs and a scorpion. Costa Rican scorpions are not fatally poisonous, but a bite does cause sickness.

The group also visited a two-room school, where 16 students put on a show for them. In return, using their guide as an interpreter, the girls taught the children about Canada.

### Manatees and Mangroves

Heading to Panama, the girls volunteered at the Humedal San San Pond Sak research station, learning how to find and offer food to the manatees that live there. They spent hours in the mangrove forest on a makeshift viewing platform to help collect data, such as what the manatees ate, and how many times they dived and at what time of day. They also collected mangrove seeds to take to a pasture that was being replanted and naturalized.

### Hiking to See the Bribri

Back in Costa Rica, another adventure was a hike to visit the Bribri tribe. The group crossed three rivers, often up to their knees in water, wearing lifejackets and backpacks. Many got wet because the rocks were slippery and they fell in.

### Leatherback Sea Turtles

Venturing further north on the Caribbean coast, the group visited a turtle sanctuary, and watched Leatherback sea turtles lay eggs on the beach. At laying time, each turtle is tagged, or if it is tagged already, the tag number is recorded. Its length and width are measured, as are the distances from the shore to the nest and the nest to vegetation. The eggs are then collected, the majority of which are fertile, and brought to the hatchery and reburied there for protection and monitoring. It takes two months for the hatchlings to emerge.

Leatherbacks are critically endangered. Four turtles were recorded the first night the girls visited, but they weren't as lucky the next night, when no turtles came up the beach.

### Zip Lining and White Water Rafting

On one of last days before their return to Canada, the girls and Guiders tried zip lining and white water rafting. Pathfinder Samirah Ajward enjoyed both activities. “The highlights of my trip were white water rafting, zip lining, hiking to see the Bribri tribe, visiting the elementary school, and going to the beach and the turtle project,” she said.

### Costa Rican Ecology and Culture

The girls learned many different things about Costa Rica, its culture and the life of Costa Ricans.

“We learned a lot about bananas, coffee and other plants,” said Robyn. “We learned about protecting wildlife and the environment. And we learned about Costa Rican culture, traditions and communities.”

Robyn also said she definitely does not take what she has for granted now. “After staying in buildings with no air conditioning or windows and doors like we are used to, and even no running water, I am grateful for what I have on a daily basis,” she admitted. “While sleeping under bug nets and taking a shower with a bucket of water was an experience, I’m glad that I don’t have to do that every day.” 🌿

Photos: iStock

Photo: courtesy Rachel Singleton-Polster



# Advocating for Access and Equality

## Girl Guides at the UN

BY MARY VINCENT

**T**his past February, Rachel Singleton-Polster of Duncan, British Columbia, attended the 55<sup>th</sup> Commission on the Status of Women at the United Nations, as the only Canadian on the WAGGGS delegation. Talk about bringing to life GGC's Mission – to make a difference in the world!

While at the UN, Rachel was among hundreds of global delegates tackling such topics as girls' access to education, women's participation in science and technology, and eliminating discrimination and violence against girls. Rachel described the opportunity as a "whirlwind of getting to know my co-delegates and sisters in Guiding from around the world and learning about – and doing – advocacy at the UN." She added, "It is so great to see young women really making an impact on such a global scale!"

Rachel is particularly passionate about promoting the global importance of non-formal education for girls and women. And the UN event reminded her that WAGGGS is the world's largest

provider of non-formal education for girls. "Young people are strongly influenced by what they are learning through non-formal education about topics like HIV/AIDS prevention," she said. "One reason for this is because, instead of a parent or teacher telling a teenager what to do, often in Guiding and Scouting there is peer-to-peer discussion."

Among the highlights of this event for Rachel was meeting with two international figures she admires – Michel Sidibé, the head of UNAIDS, and Michelle Bachelet, the head of UN Women.

Currently studying Geography and Aboriginal Perspectives at Mount Allison University in New Brunswick, Rachel is originally from Vancouver Island, British Columbia, and has been in Guiding for more than 15 years as a girl Member and Junior Leader. 🌐

*Rachel originally wrote about her trip for GGC's blog – [GirlGuidesCANblog.ca](http://GirlGuidesCANblog.ca) Check out the blog for great discussions about what's happening in Guiding.*





# Helping Hands *from* Coast to Coast

## Birthday Party Baskets

BY SHARRON CALLAHAN

Illustration: iStock/Smokeyjo

In April 2010, BC Girl Guides' *Pipeline* published an article entitled "Do Service – Eradicate Hunger and Poverty." It featured a project undertaken by Tsawwassen District to collect supplies for birthday party baskets for needy families who have young children. Newfoundland and Labrador's Fireside Friends Trefoil Guild borrowed the idea and ran with it.

**W**e were able to get our project going quickly and efficiently, thanks to Sharon Guilford and Tsawwassen District, who shared their birthday basket lists with us and gave us advice on getting started.

### Gathering the Goodies

We began work on our project last September, and by our annual Christmas Gathering on December 9, we had assembled 12 baskets, suitable for a wide range of ages, and the majority of which had themes, including dinosaurs, Toy Story, princesses, hockey and Dora the Explorer. Working in pairs or groups of three, our Guild Members had a great time picking out supplies at dollar stores and assembling their baskets at a Member's house.



Photo: courtesy Sharron Callahan

### Arranging Distribution

Before we got the project underway, one of our Members contacted the Food Sharing Association, who were delighted to arrange the distribution of the baskets to local food banks. They also weighed each basket and told us that the total amounted to 127.5 pounds, which we entered into the data collected on the GGC national website's National Service Project: Eradicating Hunger and Poverty Challenge.

### Spreading the Idea

The Food Sharing Association is now advertising for children's birthday party supplies. There is a true need for this kind of service in our community, and we are proud to have helped with identifying it and doing something to help out. We are also grateful to our sister Guiders in British Columbia for coming up with this great idea, as are the families who received birthday baskets here in Newfoundland and Labrador.

Isn't it fabulous when an innovative idea can make its way so quickly and successfully from one coast of our vast country to the other? We encourage Trefoil Guilds and other Guiding Members everywhere between to consider taking up this project on behalf of families and children in need in their own communities. 🍀

*Girl Guides of Canada-Guides du Canada Chief Commissioner-Elect Sharron Callahan is a Member of the Fireside Friends Trefoil Guild in St. John's, Newfoundland and Labrador.*

# Walk a While in Her Shoes

## Teaching Inclusivity

BY MARY VINCENT

### Inclusion *noun*

1. the action of creating an environment in which girls and women from all walks of life, identities and experiences feel a sense of belonging and can participate fully.
2. the action of offering programming in which girls and women feel safe, respected, supported and inspired to reach their potential.
3. what Guiding is all about.

**W**e all want to help girls understand the value of respecting differences and considering other points of view. But how exactly do we do that? How do we give girls an awareness of the diversity in our community, in our society and in our world?

One way is to offer girls a chance to experience what it might be like to have different types of abilities than their own. It's easy enough to *tell* girls we need to be inclusive and supportive of others. But for the message to really sink in, it's better to let girls *experience* what it's like to have different levels of ability.

*Photos: Mary Vincent*



The 3<sup>rd</sup> Ottawa Guides recently did just that. At a Unit meeting, the girls rotated through a round robin of different stations, taking on everyday tasks – but with different levels of ability. The girls were challenged to open a juice box or peel an orange with the use of one hand, or to try to get dressed without the ability to use both of their legs.

“These activities are a good way for girls to come to their own realization that individuals are not disabled, but are differently-abled,” said their Guider, Sarah Govan. “While those with disabilities might have a different way of doing things, the girls need to realize that we all share similarities. And they need to understand that we will all face obstacles as we move towards our hopes and dreams, but if we work to overcome them, we can all come out on top.”

And what did the girls think of the activities? “It was definitely hard to peel an orange with just one hand,” said Margaret. “Other girls should try these activities – they’re really fun, and you can walk a while in someone else’s shoes to see how they feel.” 🌻

*Mary Vincent is Communications Coordinator at the National Office.*





## Physical Inclusivity

### A Round Robin

All activities are done with partners.

#### Station One Lower Limb-Impaired

Tape a metre stick to your dominant leg. If you're right-handed, tape your right leg, and if you're left-handed, tape your left leg. While standing up, and without help, try to get dressed using the clothing in the pile.

Then, try to:

- walk
- go up and down stairs
- sit down on a chair
- sit cross-legged
- kneel
- pick up an object from the floor

Switch with your partner and try this station again.

#### Station Two Upper Limb-Impaired

Using a sling, tie your dominant arm to your body. If you're right-handed, tape your right arm, and if you're left-handed, tape your left arm.

While standing up, and without help, try to:

- get the straw off the juice box
- poke the straw into the juice box
- pour the juice into a glass and drink it
- wash the glass with soap, dry it and put it away
- peel the orange and eat it

Switch with your partner and try this station again.

#### Station Three Sight-Impaired

Many visually-challenged people use white canes to ensure they can walk around without encountering obstacles. A visually-challenged person moves their white cane from right to left in front of them, and taps on the floor once on each side. (It should sound like "slide-tap-slide-tap.")

Put on a blindfold, and take the metre stick in your hand. Have your partner spin you around three times. With your partner watching out for you, try to:

- walk around the room once, using the stick to guide you
- draw a picture with the blindfold on, using your partner's commands

Switch with your partner and try this station again.

#### Station Four Hard-of-Hearing/ Non-Verbal

With your partner, try to put up a tent without talking or making any noise. Once you're done, practise your finger spelling skills from the American Sign Language (ASL) charts provided. Try to get your partner to figure out what word you are spelling.

Switch with your partner and try the finger spelling skills again.

#### Station Five Mobility-Impaired

Try to manoeuvre a wheelchair around an obstacle course, without any help.

(Note: many church halls have wheel chairs – but they can also be rented from some shopping malls, if you speak with management.)

Switch with your partner and try this station again.



Photos: courtesy Alison Korn

# Moments of Discovery

## A Champion Remembers

BY MARNIE CUMMING

Last year, Olympic medalist and world champion rower Alison Korn wrote an e-mail to Ontario Girl Guides, expressing her gratitude for a camp experience she had enjoyed with her daughter that summer. They had attended a Sparks Mom and Me program at Camp Woolsey. Here, in her own words, is what Alison had to say about her experience in this “amazing program.”

**I**t was funny. My six-year-old daughter, Clara, always insisted, “I don’t like camp” (only because she didn’t know what it was). Then, surprisingly she told me, “You can sign me up for Mom and Me camp anytime.”

The Mom and Me program was at Camp Woolsey, the same campsite I attended as a Brownie, Guide and Pathfinder in the late 70s and early 80s. And when I went back to camp there, pieces of my life suddenly came together and made perfect sense.

I remembered it was at canoe camp that I realized for the first time that I was physically a fairly strong girl, and it occurred to me how that was a neat thing. We went on a one-night canoe trip – probably in reality a short distance, but one that seemed huge to us



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*Guider*  
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**Photos!**  
**Deadline:**  
**October 1, 2011**

Once again, our next contest is going to be very simple. No branch categories. No specific theme. Just any and all the great Guiding photos you want to send in. So, keep your cameras close at hand and shoot, shoot, shoot! Just please keep the following in mind:

- We need clean focus and **high resolution!** For non-digital shots, make sure the print you submit is sharp and clear. For digital shots, program your camera to its highest resolution.
- An Image Submission Form must be included with each entry. The form is available in the Forms section of our website at [girlguides.ca](http://girlguides.ca). Do not write on, staple or paper clip your prints. For digital submissions, label your JPEGs with your full name, before any other identifying information. For all photos, please confirm that you have IR.1 (Image Release Permission) forms signed and on file.
- If you're submitting a photo or photos on behalf of a girl Member, please include her name and branch, as well your own contact information.

Send prints to *Canadian Guider* Photo Contest, 50 Merton Street, Toronto, Ontario, M4S 1A3, or **high-resolution** digital photos to: [cdnguider@girlguides.ca](mailto:cdnguider@girlguides.ca). Winners will be published in the Winter 2012 issue of *Canadian Guider*.

**Prizes:**  
**Indigo Books & Music Inc.**  
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**Honourable Mentions - \$15**



at the time. That trip was a formative experience. Controlling a full, heavy canoe from the stern, I learned how much I loved boats, water, swimming, athletic challenges and the outdoors. And I still do today.

Little did I know then that I would end up becoming a two-time pairs world champion and an Olympic rower, winning medals at the 1996 Atlanta Olympics and 2000 Sydney Olympics! And I didn't really make the direct connection with my Girl Guide experiences until returning to Camp Woolsey last July. It just happened as I was walking down to the waterfront with the girls and other moms and I had a flashback of being 10 years old and walking down that same path to that same waterfront.

I have two vivid memories of my girlhood years at Camp Woolsey. First, because I was tall for my age and, therefore, heavier than the other girls, I was the only one wearing a lifejacket for 90+ pounds. This made me feel conspicuous at first, but nobody made a big deal of it. What a relief that was! In Girl Guides, it was okay to be different!

My second memory is of another girl squeezing my bicep as we walked along and saying, "Wow, you're really strong!" Again, I felt conspicuous, but it also felt good to be noticed for that kind of difference.

Both these memories were obviously important moments of discovery in my life, because 30 years later, it suddenly hit me that camp was where I learned that I liked being strong and where I learned that I could be self-confident. Today, as a mother and as a Guider, I wish the same moments of discovery for our next generation of Girl Guides. You never know where those moments will take you...

Thank you Girl Guides of Canada and Camp Woolsey, for my memories and my moments of discovery! 🌟



Alison Korn, of Nepean, Ontario, is now a Guider with the 44<sup>th</sup> Nepean Sparks. Marnie Cumming, of Fort Frances, Ontario, is a Member of the GGC National Board of Directors.

# Mentorship Ops

## The Duke of Edinburgh's Award

BY STEPHANIE BANGARTH

In the last issue of *Canadian Guider* (Spring 2011, pg. 29), we published an account by a recent Duke of Edinburgh's (DofE) Award recipient, Alexandra Power. We also told you about the terrific mentorship opportunity this program offers to Guiders, and promised you more information and tips from three Unit Guiders in Ontario, who are also experienced DofE mentors.

**B**arb Pepin and Patty Carlson are Guiders with the 1<sup>st</sup> York South Rangers. Melissa Wyseman is a Brownie Guider in Oak Ridges, who received her Gold DofE Award in 2003. Here is what they had to say about the benefits of becoming a DofE mentor and how they mesh the Guiding and DofE programs in their Units.

### Becoming a DofE Mentor

As a DofE mentor, you should be familiar with the requirements of the award, but you don't have to have completed it yourself. Once you have girls signed up with the program, you apply to become an Award Leader through your provincial DofE organization. For each section of the program, if you have the appropriate skills, you can act as an assessor; if you don't, you can help to match the girls with others who do. "Being a mentor doesn't require a huge time investment for an established Unit Guider," said Melissa. "And the reward of helping your mentees towards achieving the award is a great dividend in your Guiding work."

Photos: courtesy Melissa Wyseman



## Managing your Mentees

Patty and Barb are careful to ensure that the girls take the initiative to sign up for the program. “Mentors need to make sure this is something the girls are driving, rather than Guiders driving it for them,” they said. “The girls can begin the program at 14 and must have completed it by age 25, so your mentoring job may involve nudging them along from time to time, as well as helping them with ideas.”

You will also need to sign paperwork verifying your mentees have completed tasks, and help them to fill in logs and collect other necessary signatures. “Sometimes you’ll need to get them off the beaten track,” said Patty. “And, if you have more than one girl in your Unit pursuing the award, you can encourage them to work together.” Melissa added that it’s also important to have a support network of other people in the program to keep motivated.

## Meshing the DofE with Unit Activities

Patty and Barb keep in mind that all girls in their Ranger Unit may not be interested in pursuing the DofE. To that end, they try to identify where the DofE can fit into their existing Unit activities, so all girls benefit.

For example, in the Physical Recreation section of the award, Guiding can expose girls to new activities, such as fencing, trampolining, and scuba diving, all of which the 1<sup>st</sup> York South Rangers have done at one time or another. For Skill Development, the key is to discover opportunities that support both the Guiding and the DofE programs, and enrich the Unit as a whole. One girl in their Unit is learning how to cook. Each week she finds a new recipe, makes it and shares it with the other girls.

Community Service requires a certain amount of volunteer activity. As a Ranger who worked in a Unit, Melissa completed the required service hours in a short period of time. “But, even for girls who do not participate in a Unit on a regular basis, service



opportunities can easily be found in Guiding,” she said. “From planting trees for Earth Day to cooking at a soup kitchen for community outreach to baby sitting at a Guider training day, the possibilities are endless.”

The Adventurous Journey part of the DofE recognizes the outdoor enthusiast. Since the Pathfinder and Ranger programs both incorporate outdoor adventure, especially in Trex activities, Guiders are perfectly positioned to help girls learn and practise camping skills and to nurture their enthusiasm for nature.

## Promoting the DofE Award

In their already busy lives, pursuing the DofE Award may be off the radar for many girls. However, as a Guider and DofE mentor, you can introduce the program to them and to their parents/guardians, as an opportunity to excel simultaneously in two highly-respected programs, both of which will enrich the girls’ lives and stand out as excellent extracurricular achievements on a résumé.

Achieving the DofE Award is an experience that youth Members and young Guiders will carry with them throughout their lives, just as they will always remember your mentorship in helping them attain this standard of personal excellence. For more information on the DofE Award, visit: [dukeofed.org](http://dukeofed.org) 🌐

*Stephanie Bangarth is a Guider in Cambridge, Ontario, and Chair of the Canadian Guider Editorial Committee.*

Photo: Carolyn Eastwood



# A Royal Encounter

## A Ranger Meets Will and Kate

BY MARY VINCENT

**W**hen the Duke and Duchess of Cambridge wanted to showcase how young Canadians have given back to their communities, their country and the world through exceptional service, it was only natural that Girl Guides of Canada-Guides du Canada would be invited to be part of the action, and GGC Member Justine Eastwood was there to enjoy a Royal encounter.

In honour of Their Royal Highnesses' arrival in Canada last July, a reception for youth was hosted at Rideau Hall, the Governor General's residence in Ottawa. Justine was among a select group of young Canadians invited to attend.

### A Guiding Family

The 17-year-old Ranger and Spark leader from Gatineau, Quebec, has earned her Canada Cord, all three levels of the Chief Commissioner's Award and the Youth Commitment Award. She is currently working on the Duke of Edinburgh's (DofE) Gold Award. Her mother, Carolyn, is a Guider who is helping to mentor her in DofE activities, and her sister, Victoria, is following in her footsteps, entering her second year of Rangers, and working on her DofE Silver Award. The DofE Award was created by Prince William's grandfather, HRH Prince Phillip.

### Chatting with the Royals

At Rideau Hall, Justine chatted with Prince William about her service work through Guiding, including a 14-day trip spent building schools in the Dominican Republic. She found the Royal Couple

very interested in the work of Canadian youth and noted that the Prince even took some time to joke with her, saying, "I have great respect for Girl Guides and I love their cookies." She also heard Kate saying, "I remember being in Girl Guides."

### An Ultimate Reward

Of her invitation to the event, Justine said, "Out of so many girls in Guiding who have done so much service, it was surprising and really cool that I was selected. I wish everyone could have met them like I did. You do what you love – Guiding, service, good grades in school – so that you can be rewarded in the end. I'm only 17 and I feel like I've had my ultimate reward." 🌟

*Mary Vincent is Coordinator, Marketing & Communications, at the National Office.*





Photo: Shannon Tiffin/BCLocalNews.com

# Food for All

## Vegan/Vegetarian Camp Cooking

COMPILED BY STEPHANIE BANGARTH  
AND PATTY CARLSON

Girl Guides of Canada-Guides du Canada is committed to inclusivity in everything we do. This is clearly demonstrated in the prevailing attitudes and actions of our Members, girls and adults alike. However, being inclusive at camp sometimes involves going a step further than in many other parts of our programming, especially where camp vegan/vegetarian menus are concerned.

Food photos: PhotoSpin



**M**any Guiders aren't aware of the extra requirements involved in including religious or vegan vegetarians in camp activities. For example, in some cases, separate plates, pots and utensils may be necessary. While non-vegetarians/vegans may not think it's a big deal if a utensil is used for both animal product and non-animal product meals, it certainly is to some religious believers and strict vegans. Our lack of attention to this reality can result in these girls being excluded from some camps.

One challenge that Guiders face when trying to facilitate vegetarians is that nuts are a big part of their diet and GGC has to also consider the risk to the health – and, in extreme cases, the lives – of girls who have nut and nut-product allergies. However in Guiding we strive to be prepared for anything, and to prepare for vegetarians/vegans, we just need to be a little more creative in our planning.

## Creative Cuisine

While many packaged snacks have dairy and animal ingredients, there are still options for vegans/vegetarians. For example, vegan margarine can substitute for butter or regular margarine on popcorn, and while traditional Rice Krispie® squares contain marshmallows made with animal gelatin, there are numerous vegetarian/vegan options that substitute corn syrup or maple syrup or use vegan marshmallows or marshmallow sauce. And for those Girl Guide campfire favourites, S'mores, vegan graham wafers and marshmallows do the trick!

For mealtimes, soy or rice milk are good substitutes for dairy milk, especially on hot or cold cereals. (Almond milk is also a great substitute, as long as you keep in mind that it can't be included in any camps where there are participants who have nut allergies.) And there are many vegetarian/vegan alternatives that will appeal to all girls, even those who do eat meat and dairy. One of our favourites (and girls' favourites, too) is pasta and tomato sauce made with veggies and tofu. You can make it ahead and freeze it, or make it from scratch at camp. We always use rice pasta with a sauce made with tomatoes, onions, green peppers, celery and carrots, also including chopped spinach or kale and tofu, which we cube and sauté first with a bit of onion and garlic. Add cheese for meat-eaters and vegetarians; leave the cheese out for vegans. It's that simple!

The following are some of our other favourite camp recipes, suitable for vegans, vegetarians and anyone else who just likes great food!



### Comforting Campfire Hash

*Servings: 5-6*

- 2 shredded potatoes, fresh or frozen
- 1 small onion, chopped
- 1 small green pepper, chopped
- 6 eggs or equivalent in silken tofu
- 1 cup/250 ml shredded cheese or vegan cheese
- olive oil, salt and pepper to taste and/or spices (e.g., paprika, thyme, oregano, etc.)

Coat the bottom of a heavy skillet with olive oil and sauté shredded potatoes, onion and green pepper until lightly browned. Add salt, pepper and seasonings. Beat eggs or tofu and pour over ingredients. Add cheese/vegan cheese on top. Cover with lid, cook until set. This recipe can include other ingredients, for example chopped mushrooms, tomatoes or red peppers, which makes it great for using up leftovers on the last day of camp.

### Variable Vegetable Stew

*Servings: 5-6*

- 1 28-oz (800-ml) tin crushed tomatoes
- 2 cups/500 ml frozen mixed vegetables of your choice (corn, carrots, peas, beans, limas, etc.)
- 2 cups/500 ml canned black beans other canned beans
- 4 fresh garlic cloves, minced (more to taste)
- vegetable broth or water to taste and to thin as needed
- basil, cumin, oregano, whatever you like – to taste

Place in a pot and cook for 10 to 15 minutes. Adjust flavour and add more ingredients or liquid as desired.





Photo: Becky Vincent

## Heavenly Hobo Pie

*Serving: 1*

- 2 corn tortillas
- 1 tsp/5 ml vegetable oil
- refried beans, chopped onions and tomatoes
- shredded cheese or vegan cheese
- 1 tsp/5 ml dried coriander or 2 tsp/10 ml fresh cilantro
- salt and pepper to taste
- campfire pie iron

Coat the insides of the pie iron with vegetable oil. Place a tortilla in each section of the pie iron. (You may need to slice the end off one tortilla to create a flat edge for the hinged side.) Fill one side with refried beans, onions, tomato pieces, cilantro (fresh or dried coriander), and shredded cheese. Close the pie iron and heat each side over a flame for a few minutes. Check it periodically. When each side is browned, cut the burnt edges off with a knife, hit each side, and flip it onto a plate. Your tortilla should be crispy and delicious!

You can also substitute filling ingredients such as mashed potatoes and vegetarian chili or anything else!

## Quick Kale and Kidney Bean Soup

*Servings: 5-6*

- 4 cups/1000 ml vegetable stock
- 1 14-oz (400-ml) can white kidney beans, rinsed and drained
- 1 bunch kale, washed and chopped
- 2 carrots, peeled and cut in bite size pieces
- 2 celery stalks, chopped
- 2 small onions, diced
- 1 clove garlic, minced or finely diced
- pepper to taste

Bring all ingredients to boil in a large pot, and simmer for 15 minutes.

## Best Banana Muffins

*Servings: 12 medium muffins*

- 4 large bananas
- 3/4 cup/175 ml sugar or Splenda® (for diabetics) or agave nectar (a healthier substitute for sugar)
- 1/3 cup/75 ml melted margarine or vegan margarine
- 1 egg or equivalent egg substitute (for vegans)
- 1 tsp/5 ml baking soda
- 1 tsp/5 ml baking powder
- 1/2 tsp/2 ml unbleached sea salt
- 1 1/2 cups/375 ml all purpose flour or a combination of 1/2 cup/125 ml corn flour, 1/2 cup/125 ml quinoa flour and 1/2 cup/125 ml almond flour

Mash bananas. Add sugar/Splenda®/agave and egg or egg substitute. Add the melted margarine or vegan margarine. Add the dry ingredients, stir lightly, and bake at 375°F (175°C) for 20 minutes. 🌱

*Stephanie Bangarth, of Cambridge, Ontario, is Chair of the Canadian Guider Editorial Committee. Patty Carlson is a Ranger Guider in Richmond Hill, Ontario.*

# Fun with Food

## Camp Cuisine Favourites

COMPILED BY  
LAURA ALLGROVE

For those times when all your campers eat meat and have no food allergies, here are some fun camp recipes that will tickle the taste buds of girls and Guiders alike.

### One-Pan Taco Dinner

*Servings: 8*

- 2 lbs/1 kg lean ground beef
- 2 packages powdered taco seasoning mix
- 4 cups/1000 ml water
- 4 cups/1000 ml Minute Rice®, uncooked
- 2 cups/500 ml shredded cheddar cheese
- 4 cups/1000 ml shredded lettuce
- 2 large tomatoes, chopped
- cooking oil or non-stick cooking spray

Spray large skillet with non-stick cooking spray or coat bottom with cooking oil. Add meat and brown over medium-high heat; drain off excess fat. Add seasoning mix and water; stir. Bring to a boil. Stir in rice. Sprinkle with cheese; cover. Reduce heat to low; simmer five minutes. Top with lettuce and tomato just before serving. Serve with salsa and use tortilla chips instead of forks.

### Camp Chili

*Servings: 6*

- 1 to 1 1/2 pounds/500 to 750 grams ground turkey or chicken or beef
- 1 medium onion, chopped
- 2 28-oz (800-ml) cans Mexican flavoured stewed tomatoes
- 2 14-oz (400-ml) cans red kidney beans (or black beans)
- 2 14-oz (400-ml) cans corn, drained
- 1 large green pepper (optional)
- 1 to 2 cans condensed tomato soup (to taste)
- 2 tsp/10 ml chili powder
- 1 tsp/5 ml cumin

Brown ground meat with onions. Add all other ingredients. Bring to a boil; simmer for 10 minutes.

### Corn Fritters

*Servings: 12 fritters*

- 2 cups/500 ml corn bread mix
- 1/2 cup/125 ml water
- 1/2 cup/125 ml canned corn, drained
- 1/4 cup/60 ml cooking oil

Put the corn bread mix in a bowl. Gradually add the water, using a fork to blend. Add the drained corn. Put a quarter of the oil in a skillet and heat. Ladle the batter into the hot oil and fry for two minutes, turning once. Serve at breakfast with syrup, honey, jam and butter, or at dinner with Camp Chili (recipe above).

### Cinnamon Doughnut on a Stick

*Servings: 8*

- 1 can refrigerated biscuit dough
- 1/2 cup/125 ml white sugar
- 1/4 tsp/2 ml ground cinnamon
- 3 Tbsp/45 ml melted butter

Cut the biscuit dough into eight pieces and roll each out like a snake. Wrap the dough around a roasting stick and cook over campfire until golden brown. Roll cooked dough in butter and cinnamon sugar.

### Campfire Candied Apples

*Serving: 1*

- 1 apple
- brown sugar
- cinnamon candy hearts
- heavy aluminum foil

Core the apple and fill with the brown sugar and a few cinnamon hearts. Wrap in a piece of foil. Place in the coals of a campfire and let cook for five to 10 minutes, until softened. Remove from fire with tongs, unwrap, and eat. The cinnamon candy hearts give it a "candy apple" taste.

### Applesauce Doughnuts

*Serving: 1*

- 1 large cinnamon sugar doughnut
- applesauce
- heavy aluminum foil

Slice the doughnut in half like a sandwich. Cover one half of the doughnut with apple sauce; place the other half of the doughnut on top. Wrap in foil; heat in campfire coals for 10 to 15 minutes. 🍷

*Laura Allgrove, a Trex Guider in Prince George, British Columbia, is a member of the Canadian Guider Editorial Committee.*



Photo: iStock



# GOTGo . . . (Girls on the Go . . .)

## A Girl Guide Camping Unit

BY LORI THWAITES

What part of Guiding do your girls like best? Is it friendship, fun, singing, service, badge work, or perhaps, camping? For our Guides, it's definitely camping – so much so that we have created a Unit dedicated to camping and outdoor adventure.

**T**wo years ago, while sitting around a craft table at a Guide camp, two veteran Guiders and a Junior Leader were chatting about Girl Guide camps in general. Before long, they found themselves discussing ideas and themes with such enthusiasm that the girls who were there doing crafts at the time soon began to interject ideas of their own. From this impromptu brainstorming session, the GOTGo... (Girls on the Go...) Unit was born.

We eagerly presented the idea for this Unit to the Ontario Girl Guides' Community 10 administrator. As soon as she gave the green light, four Guiders and two very energetic Junior Leaders began planning a year of camping based specifically on what the girls wanted.

### A Unique Unit

This is a unique Unit in Girl Guides. Our program is geared to Guide-age girls. We camp from September to April, in all kinds of weather and in both residential (indoor) and tent settings. There are no weekly meetings; rather, we spend our time with the girls sharing actively in the planning and leadership of our monthly camps.

All our camps are very busy, with late nights and usually early mornings. We have a lot to cover in a short time frame so we use our time wisely. We understand that some girls may have trou-

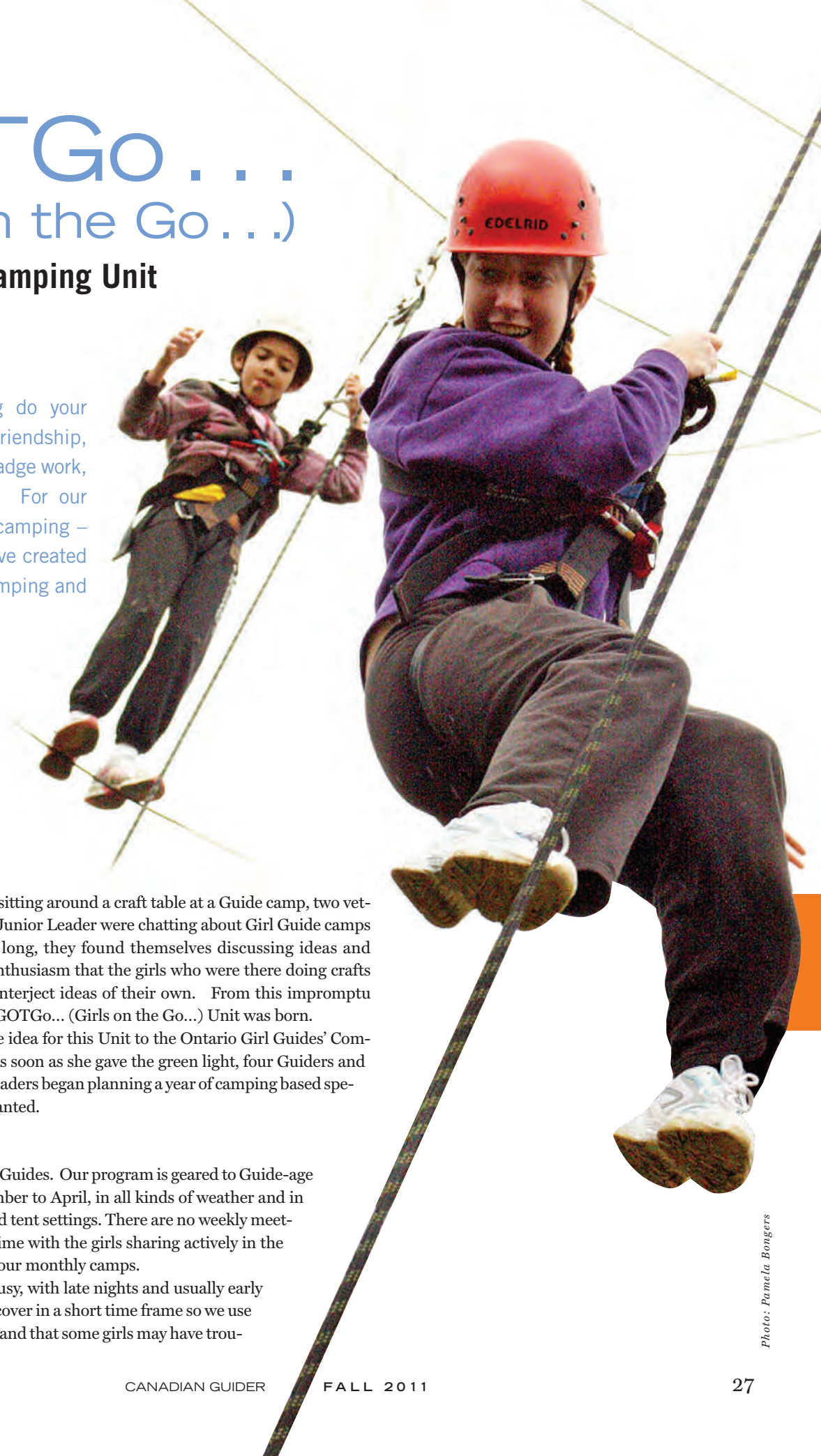


Photo: Pamela Bongers



ble with the schedule and the “go-to” type of program, so this Unit is not for everyone. But for those who embrace active adventures, in both urban and wilderness settings, it’s a terrific success!

### Variety is GOTGo’s Spice

To date, our Guides have completed 13 different camps in just two years. The themes are as varied as the 11 girls we have in the Unit. We have been princesses walking down the church aisle in a bridal procession, and have run up, down and around Clifton Hill in Niagara Falls on an Amazing Race. Camping skills have been put to the test, as the girls storm lashed their tents in order to sleep through rain and snow storms with high winds.

The Unit has travelled back in time to pioneer days, ventured into the future, and travelled around the world with GGC’s rambling “ambassador,” Zoe. Everyone survived at survival camp and the girls even became super spies out in the woods. We have ridden horses, flown plane simulators and hitched up a tractor for a wagon ride, in addition to cooking, baking, sewing, swimming and canoeing. Somewhere, we also found time to hold our own Olympics, trick or treat around a rural community, and perform as rock stars, à la Hannah Montana.

### Ownership and Participation

The girls take ownership of the camps by helping to choose each camp’s theme, to plan the activities and games (that correspond with some of the requirements for Guiding badge work), and, of course, to plan and prepare the meals. We have cooked on everything from buddy burners to propane stoves to camp fires to stoves in a fully outfitted kitchen, complete with a dishwasher.

Our Unit celebrated GGC’s 100<sup>th</sup> anniversary by attending the big party at Casa Loma, Toronto, in January 2010, and have bridged with all levels of Guiding by inviting various groups to join us at different camps during the year. And the girls’ families have also shared in parts of our camps, sometimes finding it a bit challenging to keep up with the girls’ busy and late-night schedules!

The GOTGo... Camping Unit requires girls to be mature and responsible enough to cook over propane stoves and campfires, to pitch and strike tents, to organize activities for other Guiding groups, to run a camp themselves, and to canoe and hike for long distances. For this reason we have to be selective, making sure all participants listen and know what is expected of them for their own and their campmates’ safety.

We expect quite a bit from these Guide-age girls, but our expectations have been met with an enthusiastic response and strong commitment from the girls. It looks like GOTGo... is here to stay.

Check us out at: [gotgo.weebly.com](http://gotgo.weebly.com) 

*Lori Thwaites is a GOTGo... Guider in St. Catharines Ontario. Her daughter, Candice, who is one of the leaders who developed the concept for this Unit, is also a 2011 GGC National Scholarship recipient (see page 33 of this issue of Canadian Guider).*



# Cookies and the Environment

## The Palm Oil Dilemma

BY NISHA LEWIS

In the interest of health, a few years ago Girl Guide cookies were reformulated to reduce trans fats. To facilitate this, we had to incorporate a blend of canola and palm oils. Recently, the production of palm oil has been the focus of significant negative media attention. We are addressing this dilemma with our suppliers.

**W**e are always looking for ingredients that will improve our cookies and are more responsive to consumer needs and wants. That's why we are currently working with our baker, Dare Foods Ltd., to reduce the sodium content and why we eliminated all trans fat in our classic sandwich cookies and reduced it by 90 per cent in our chocolate mint cookies.

This was only made possible by including a small portion of palm oil in the recipe. Palm oil is currently used in a wide variety of food and household products, which is why there is ongoing debate about the negative impact its production is having on the habitats of a number of endangered or threatened species.

### Sustainability and Responsibility

GGC and our baker, Dare Foods Ltd., are concerned about the environmental impact of palm oil production and we have addressed this issue with our suppliers. Our fat and oil suppliers are members of the Roundtable of Sustainable Palm Oil (RSPO), an inter-



Photo: courtesy 4<sup>th</sup> Barrie Brownies

national organization, established in association with the World Wildlife Fund in 2004. The goal of this organization is to promote environmentally sustainable and socially beneficial practices in the production of palm oil. RSPO suppliers are committed to conserving resources, preserving bio-diversity and sustainable agricultural practices, and providing safe and socially-responsible conditions for workers and the surrounding communities.

For example, Cargill, a large international food ingredient supplier and RSPO member, has made a commitment to work towards sustainable palm oil production. They do not plant in high-conservation-value forests, or develop new plantations on deep peat land or land whose biodiversity could be threatened. They also enforce a strict no-burn policy for land preparation. Additionally, they have partnered with Fauna and Flora International, to help protect orangutan populations and preserve the natural habitat of other native species, and with World Wildlife Fund (WWF) to assess the progress of Indonesian palm oil suppliers in implementing RSPO standards.

### In Search of Substitutes

Currently, there is no acceptable substitute for palm oil on the market. Some companies are developing new crops, for example soybeans yielding oils with higher levels of saturated fats that will function well in bakery products. However, these oils are still several years away from being readily available.

The funds raised through Girl Guide Cookie sales are essential to helping us provide innovative programs and leadership opportunities for girls and women. They are also fundamental to helping Guiding Units across Canada attain their programming, community service, travel and special event goals. We will continue to work diligently to find solutions to any and all health and environmental concerns surrounding their production. 🌱

*Nisha Lewis is Supervisor, Marketing & Media Relations, at the National Office.*

Photo: iStock/GeorgeManga

# EmPOWERing Girls

## Partnerships

Partnerships are integral to the mission and programs of Girl Guides of Canada-Guides du Canada, and this is especially true for our 2011 National Service Project: EmPOWERing Girls. To enrich the learning experience of girls, and to encourage them to take action, GGC has formed two exciting partnerships with organizations that are also committed to gender equality and women's empowerment.



### Plan Canada – Because I am a Girl

Plan Canada's Because I am a Girl initiative is a social movement encouraging girls and women here at home and abroad to claim a brighter future for girls in the developing world. Celebrating the power of girls and women to effect positive change, this campaign is a valuable resource for GGC girl Members to learn about the power of girls worldwide, and to speak out and take action for gender equality.

*We learned how important education is for girls all around the world and how in some places it is very difficult for girls to go to school due to lack of money, other priorities, no local schools, no family support, and so on. In the end, the girls were convinced that, although sometimes they don't want to go to school, it is a privilege and they are grateful for that!*

– 11<sup>th</sup> Burlington Guides

### Dove Movement for Self-Esteem

The Dove Movement for Self-Esteem envisions a world in which women everywhere can take positive action to inspire and help each other and the girls in their lives to reach their full potential. To further equip girls with the tools for building self-esteem at a young age, this initiative has provided GGC girl Members with numerous activities and resources to build self-confidence and to experience empowerment.

*We learned about the importance of loving ourselves for who we are. We also compared pictures of women with enhanced pictures from magazines. We talked about real beauty and how we are all beautiful in our own way.*

– 1<sup>st</sup> Espanola Pathfinders

For more information on EmPOWERing Girls, and to learn how you and your girls can take action, visit:

[nationalserviceproject.ca](http://nationalserviceproject.ca) 



# Investing in Girls

## The Norma Osler Education Scholarship

Photo: courtesy Osler family



The ongoing support of individual donors plays an vital role in helping Girl Guides of Canada to accomplish our mission, and GGC scholarships clearly demonstrate the direct impact of our donors' commitment and generosity. The Norma Osler Education Scholarship is the most recent example of this individual investment in our girls. The Osler family has established this scholarship in memory of Norma's passion for education, youth, nature, faith and Guiding.

A strong advocate for excellence in education and the advancement of female educators, Norma was an English and History teacher in Montreal area high schools, later becoming a vice-principal in an era where these jobs were most commonly held by men. Her roles in Guiding were many and varied. She worked with groups of Girl Guides and Sea Rangers, trained many leaders, and was heavily involved with the Girl Guide camp at Morin Heights, Quebec. At the international level, she led a team of young women to Bermuda, and represented GGC on trips around the world, including South Africa and Australia.

In her later years, Norma joined the Trefoil Guild, volunteered in the Quebec Provincial Office archives and led a special Unit at Montreal's Mackay Centre for Deaf and Disabled Children. In recognition of her lifelong commitment to Guiding, she was inducted into the Olave Baden Powell Society, received the Beaver Award and was made an Honourary Life Member.

Following her example, Norma's nieces, Roberta and Marilyn, were both active in Guiding as girls, and her nephews, John and Andrew, enjoyed Scouting. As adults all have been volunteers with community organizations. Marilyn is currently

a Brownie Guider in Toronto, and her twin daughters, Allison and Melissa, are Brownie and Guide leaders. With a very busy life as both a professional and a volunteer, Norma always made time to do things with her nieces and nephews. She was especially interested in what her nieces and great-nieces did within Guiding.

Marilyn fondly remembers being in awe of the girls in her aunt's Guide Unit, and as she attended more Guiding events, realizing how many girls and women were mentored by Norma. When she became a Guider herself, she enjoyed the craft ideas and Guiding stories her aunt shared with her.

Allison remembers her great-aunt's keen interest in the activities she was doing to earn her badges, and how much she enjoyed learning about Norma's travels to the World Centres. Both Allison and Melissa cherish memories of the dolls Norma gave them, always adding new doll uniforms as the girls, and their dolls, progressed through the Guiding branches.

The Norma Osler Education Scholarship will be awarded annually to a registered Member pursuing a post-secondary degree in the field of education. The Osler family hope that successful applicants will also follow Norma's lead as ongoing Girl Guides of Canada Members. 🍀

Girl Guides of Canada-Guides du Canada

# Scholarships

Congratulations to the recipients  
of the following 2011 Scholarships

The Girl Guides of Canada Scholarship is available to any registered GGC Member who has either been accepted to, or is continuing her education at, a college or university on a full-time or part-time basis.

**Norma Osler  
Education  
Scholarship**



**Taylor Gail Losier, NB**  
First Year, English

**Dr. Roberta Bondar  
Scholarship**



**Claire McNeil, NS**  
Post Graduate Studies,  
Medicine

**Masonic  
Foundation  
(Ontario)  
Scholarship**



**Erin Shropshire, ON**  
First Year, Web Design &  
Animation

**Humber Glen  
Trefoil Guild  
(Ontario)  
Scholarship**



**Julia Barber, ON**  
First Year, Commerce

**Estate of  
Joan Reid  
Scholarship**



**Kaitlin Winter, ON**  
First Year, Science

**Energizer Canada Now That's Positivenergy  
National Science Scholarships**



**Shelby Lynne Wagstaff  
Clark, ON**  
First Year, Education



**Belinda Li, BC**  
Post Graduate Studies,  
Engineering



**Sylvia Rowat, BC**  
First Year, Science



**Lori Burns, NS**  
First Year, Science

**Dare Scholarships**



**Emily King, NB**  
First Year, Psychology



### CIBC Scholarships



**Kaitlyn Catry, ON**  
First Year, Political Science



**Emily D'Aoust, NB**  
First Year, English



**Amanda Fitzpatrick, PE**  
First Year, Nursing



**Jessica Jane, BC**  
First Year, Education



**Dana Zaumseil, ON**  
First Year, English Literature

### GGC National Scholarships – Full Time-Studies



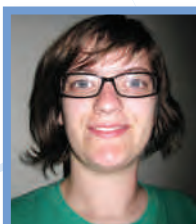
**Julia Baum, BC**  
Second Year, Physiology



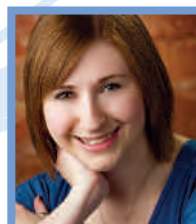
**Janelle Mary Boudreau, NS**  
First Year, Nursing



**Delaney Boyd, AB**  
Post Graduate Studies,  
Environmental Design



**Melissa Gartner, SK**  
Fourth Year, Education



**Eva Gorny, AB**  
Fourth Year, Science/  
Education



**Devaney Horner, SK**  
Third Year, Social Work



**Allison Keating, AB**  
Post Graduate Studies,  
Business Administration



**Michelle Neville, ON**  
Post Graduate Studies,  
Nursing/Education



**Michelle Steeves, BC**  
First Year, Science



**Candice Thwaites, ON**  
Second Year, Education

GGC National Scholarships – Part-Time Studies



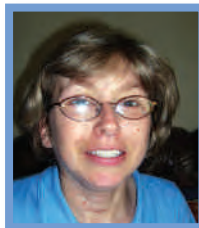
**Michelle Everingham, ON**  
First Year, Early Childhood Education



**Andrea Korpel, NL**  
Post Graduate Studies, Information Management



**Amber LeBrun, QC**  
Fourth Year, Journalism



**Renata Miklavcic, ON**  
Second Year, Library & Information Technician

## Thank You Scholarship Supporters!

For their generous support, we wish to thank the individuals, families, Guiding Units, Trefoil Guilds, companies and foundations who have supported these scholarships.



For what matters.



**Katie Pallen, BC**  
Post Graduate Studies, Education



**Sarah Sones, ON**  
Second Year, Gerontology



**Suzanne Vienneau, ON**  
Third Year, Autism Behavioural Science

For scholarship information, including the application process, please visit: [girlguides.ca/scholarships](http://girlguides.ca/scholarships)

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# What Guiding Has Meant to Them . . .

For this issue of *Canadian Guider*, we are also sharing the comments of three 2011 Scholarship recipients who described the impact Guiding has had on their lives.



## Col. Karen Ritchie Memorial Scholarship

**Rachel Gullage, NS**

First Year, Engineering

*Guiding was the one place I could go to escape the pressure and bullying that I was facing in school, and where I could just be myself. Guiding was the place I could explore and develop skills and traits, and not feel as though it was stepping too far outside the box that I was supposed to conform to.*

*Guiding is watching one of my Guides go from sitting on her own every meeting to being a lively, energetic young woman who is not only participating, but initiating her own ideas.*

*Guiding is being able to make connections with girls from all over and know that, no matter what the distance may be, you*

*have sisters who are there for you. Guiding not only instills the drive to be the best you can be and the realization that your dreams are always within reach, it also offers the range of opportunities that help me and thousands of other girls and women around the world to become the leaders of today and of tomorrow.*



## You're My Hero Scholarship

**Hannah Quinn, QC**

Second Year, International Development and Anthropology

*As a girl, weekly meetings were a place to become acquainted with myself and others, to develop new skills, to try new things and to challenge myself. Now, as a young leader, I am able to pass on my appreciation for this organization to a new generation of girls.*

*I see my weekly Sparks meetings as an opportunity to teach these wide-eyed, enthusiastic girls how to respect themselves and others and to be proud to be girls in*

*today's world. I am so proud to see them overcome their shyness and apprehensiveness and to emerge as an eager group of friends. I have been given the opportunity to be part of a community of like-minded and empowered women, and for that I am extremely grateful.*

*My experience within Guiding has been nothing but influential and positive. The skills I have acquired have allowed me to be independent enough to travel alone, to be organized enough to plan events for the social justice club, to be confident enough to sit as chair of numerous school board committees, and to be socially aware and determined to graduate from McGill in International Development Studies.*



## GGC National Scholarship – Part-time Studies

**Joy Geizer, NS**

Second Year, Science/Health Promotion

*I remember how proud I was to earn my Thrift Badge. I recall how much work I put into that particular badge and how it related to the values I was supposed to uphold in Guiding – directly linked to using my resources wisely. This badge has been the most influential in my adult life, and the one I think about most. I learned value, responsible use of resources and to not take anything for granted.*

*In Guiding, I hope to leave a legacy. I want girls to remember something important and meaningful about their time spent in*

*this sisterhood. Guiding has taught me to work with different types of people with tact and grace, and to appreciate differing opinions. I have learned planning skills and to be prepared which has been an incredible asset at work and in my other volunteer positions.*

*And, in Guiding, I have met my best friends – my lifelong friends! 🌟*

# Ideas to Go

## Trefoil Fascinator (All)

This fabulous fascinator was inspired by the huge popularity of those worn by some of the guests at the wedding of the Duke and Duchess of Cambridge.

### Materials

- blue construction paper (or pipe cleaners)
- glue or tape
- single hole punch
- scissors
- string or blue ribbon
- trefoil stencil (for tracing)

Fold a piece of construction paper in half. Cut out an oval from one mid-point fold of the paper to the other. This will create the oval headpiece. Punch two holes on either side of the oval's shorter sides.

Cut out long strips of construction paper. Tape two strips perpendicular to the oval shape to create the trefoil stem. Secure the stem by adding tape between the two pieces of construction paper.

Following the stencil trefoil shape, add more strips of construction paper as you move along. Slightly bend the middle of each leaf to achieve the trefoil shape.

Add tape at the centre of the trefoil to keep the shape.

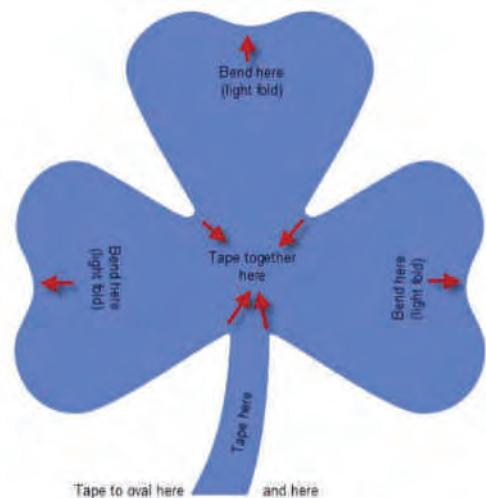
Alternatively, shape the trefoil out of pipe cleaners, bending the ends into "feet" and taping them to the oval base. (This is easier for younger girls to do.)

Insert a piece of string or ribbon through each of the holes on the oval and knot. These will tie beneath the chin to secure the fascinator to your head. You can also use hair clips to fasten it to your head.

Andrea Cowen, Toronto, ON



Photo: Nisha Lewis







## Edible Campfire (All)

This is a fun and yummy way to teach fire building and fire safety to sweet-lovers of all ages.

### Materials

- paper plates
- spoons
- forks
- cups of water or clear pop
- raisins
- red candies
- shredded coconut
- pretzel sticks
- black licorice pieces

1. The plate is the fire site, the fork is a rake, the spoon is a shovel, and the cup is a bucket of water.
2. Build the fire ring using raisins.
3. The coconut is for the tinder (the smallest wood used to start the fire).
4. The pretzel sticks are the kindling (medium-sized wood).
5. The licorice is the fuel (the large pieces that are added last).
6. The red candies are the embers.

Once the girls have built their fires, it's time to snack!

*Laura Allgrove, Prince George, BC*

## Bashful Betty Bow

(G,P,R)

She looks a little bashful, doesn't she? A great craft for older girls to make for their younger Guiding sisters, or even for themselves.

### Materials

- 10-12 cm (4-5 inches) rope
- string
- pompom
- acorn cap
- yarn
- googly eyes
- felt scraps
- glue

1. Whip each end of the rope with a piece of string, to keep the rope from unravelling and to form Betty Bow's socks.
2. Tie a bowline knot with another piece of string to hold it in place.
3. Place the pompom on the bend in the rope.
4. Glue on googly eyes, felt mouth and the acorn hat.

*Guider Rosemary, Stratford, ON (Adapted from What-Knots by D. Rousseau, published in Guide Stuff, Fall 1986)*



Photo: Geraldine Withey

## Cup and Ball (S,B,G)

This inexpensive craft turns into a great game that can challenge girls for hours. Fabulous for camp, especially on rainy days!



Photo: courtesy Guider Lisa

### Materials

- paper cups
- string
- aluminum foil
- markers
- pencil

1. With the pencil, poke a small hole in the bottom of the cup.
2. Run a piece of string approximately 40 cm (15 inches) long through the hole and tie a knot inside the cup.
3. Fold a piece of aluminum foil around the end of the string and crumble into a ball, making sure the ball will fit inside the cup.
4. Decorate and personalize the cup as desired. Try to flip the ball into the cup. It's not easy!

*Guider Lisa, Calgary, AB*

# We Asked You Responded We'll Deliver

## The *Canadian Guider* Readership Survey

BY MARGARET VALOIS

Thank you to all the Guiders and Rangers across the country who responded to our recent readership survey. The information, ideas and inspiration we received from your responses will be tremendously helpful in ensuring we continue to deliver the best possible magazine about Guiding in Canada.

**W**hile the existing format of *Canadian Guider* fared well in terms of content, design, writing and photos, we received many requests for more plentiful and relevant program and craft ideas. The Outdoor Guider section remains a hands-down favourite with almost all our readers, and you provided us with myriad suggestions for topics for future editions.

We also heard loud and clear that the majority of you wish to continue receiving *Canadian Guider* by mail. However, a large number of readers also indicated a preference to view the publication online. So, beginning with the Winter 2012 issue, we will ask our subscribers how they prefer to read the magazine. Whether you want to receive it in print, online, or via a mobile device, we will accommodate every individual request.

Here are some of the challenging questions and interesting ideas you presented in your responses to the survey:

**Q** We seldom see articles or information about Trefoil Guild. We are an active, useful and vibrant branch of Guiding. Why have we been forgotten in *Canadian Guider*?

**A** We agree. The Trefoil Guild is a vibrant and active part of Guiding, and we have not shared enough information about the tremendous work these GGC Members continue to do in support of our organization. Going forward, we will attempt to include information about all branches, from Sparks to Trefoil Guild in each issue of *Canadian Guider*. For starters, be sure to read the article on page 15 of this issue.

**Q** Can you provide more articles about program ideas, especially for new Guiders, and also provide activities that are suitable for each branch?

**A** This question was asked numerous times, so we have discussed ways of implementing changes to the magazine that will allow us to provide as many programming and craft ideas as possible in each issue. In future issues, you will see more articles





providing hands-on advice and suggestions, and you will find an extended section of craft ideas, all aligned with the branch ages of our girls.

**Q** *Almost all of the advertising is only relevant to Ontario, and to those who live in big cities. Can this be changed?*

**A** We do our best to ensure content, including the advertising, is reflective of the entire country. We are always seeking new advertisers for *Canadian Guider*, and our rates are reasonable. We welcome any ideas and suggestions you might have for potential advertisers from within your region.

**Q** *Do you consider the environment when selecting the paper on which Canadian Guider is printed?*

**A** Protecting the environment and conserving natural resources has always been our priority, and for years we printed the magazine on paper with the highest ratio of post consumer and post commercial waste we could afford. Last year we began printing it on paper that has received Forest Stewardship Council (FSC) approval, meaning the paper is produced from well-managed forests and other controlled sources. The mission of the FSC is to promote environmentally appropriate, socially beneficial and economically viable management of the world's forests. We also print our magazine using vegetable-based inks. Furthermore, by providing the option of delivering the magazine online to select Members, we will further reduce *Canadian Guider's* carbon footprint.

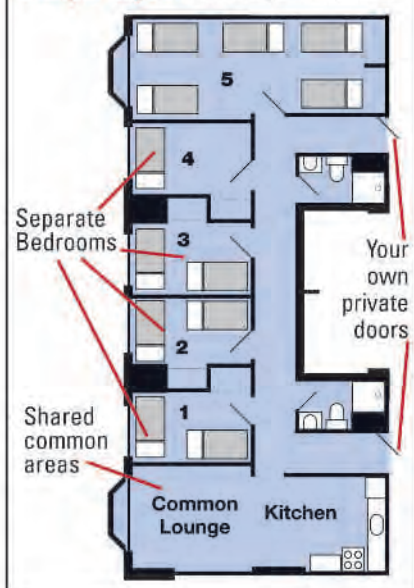
**Q** *Can you include more articles written by girls?*

**A** We are always looking for content for *Canadian Guider*, and who better to provide that than the girls who are involved in Guiding activities and adventures? Stories about individual Units and the projects they undertake, their trips, community outreach activities and profiles of achievements are always welcome. Please send your submissions and photos to [cdnguides@girlguides.ca](mailto:cdnguides@girlguides.ca) 📧

*Margaret Valois is Manager, Marketing & Communications, at the National Office.*

# Downtown Toronto

**Sample Layout - other layouts available**



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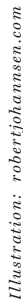
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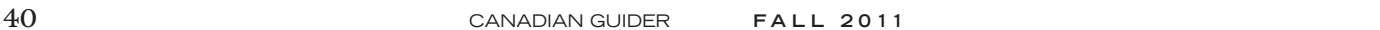
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## BY MARY VINCENT

## How GFSC works

- personal safety precautions
- leadership styles
- team building
- assertive communication techniques
- public speaking
- facilitation
- turning ideas into social action





After the workshop, the Pathfinders and Rangers can lead younger girls in conducting their own community safety audits. They'll work together with members of the community to make recommendations and create action plans that will improve safety for everyone.

### What is a community safety audit?

A safety audit is a tool for assessing how safe your neighbourhood is. Girls walk around the area using a checklist to assess safety features such as lighting, traffic and signage. They then determine what action to take to improve safety. Through this audit, girls also become more aware of factors affecting their personal safety, while working together to make their community safer.

### Ready to get started?

**Pathfinder and Ranger Guiders:** Facilitate a GFSC training with your Unit. GFSC information and materials will be available on the GGC Member Zone.

**Spark/Brownie/Guide Guiders:** Welcome a Pathfinder/Ranger safety audit leader to your Unit. She'll lead your girls in a community safety audit and in creating their own action plans to improve safety. 🌐

*Mary Vincent is Communications Coordinator at the National Office.*

## GFSC Participants are Saying...

*GFSC will bring out leadership skills you never knew you had, and it's a lot of fun, too! This program has made me more conscious of what's safe and what needs improvement. The steps to social action were useful – we're now trying to fix some things around our Unit meeting place that we discovered weren't safe when we did our audit.*

— Katherine Dornian, 1<sup>st</sup> Creekside Pathfinders, Kelowna, BC

*Not only do the girls become the teachers – learning how to pursue an outcome along the way – but Units doing safety audits get to learn from older girls, many of whom were wearing the same uniform just a few years ago.*

— Elizabeth Hardy, 1<sup>st</sup> Creekside Pathfinders, Kelowna, BC

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<sup>2</sup> Business days – most emblem types.  
<sup>3</sup> On most emblem types.



# Learning and Acting

## EmPOWERing Girls

BY MIKE BOYLAN



The GGC 2011 National Service Project (NSP) offers Guiders a unique opportunity to EmPOWER the girls in their Units through learning about gender equality, while also EmPOWERing girls and women in their communities through service action.

Since the NSP launched in February, Units throughout Canada have logged thousands of valuable community service hours, explored the realities of girls' lives around the world through Plan Canada's Because I am a Girl campaign, and advocated for gender equality by creating thought bubbles on Thinking Day.

Now that the ball is rolling, we anticipate even more great service projects this coming fall. To obtain ideas and gain inspiration for your Girl EmPOWER projects, check out the NSP website ([nationalserviceproject.ca](http://nationalserviceproject.ca)) for themes and activities you can explore with your Unit. When you visit the site, you'll be inspired by the incredible work already done by Units; you'll find resources to support each theme; and you'll be invited and encouraged to post your own EmPOWERing ideas and outcomes.

Here are some sample themes and activity suggestions:

### September: Girls and Women Around the World

- **Learn:** Take part in the WAGGGS 2011 World Thinking Day Program. Check out the Because I am a Girl campaign.
- **Act:** Sign the online petition for International Day of the Girl. Raise money for the Canadian World Friendship Fund (CWFF).

### October: Women in Careers and Women's Rights

- **Learn:** Celebrate Persons Day, observed annually on October 18. Participate in a Dove Self-Esteem Weekend.
- **Act:** Put on a play to teach others about a woman who has advanced the status of women, for example, one of the Famous Five. Create thought bubbles focused on women in careers.

### November: Bullying Awareness

- **Learn:** Complete either the Girls Unit or the Love Yourself challenges.
- **Act:** Create a buddy system for girls to learn how to stand up for each other, rather than being silent bystanders. Do a kindness campaign.

### December: Healthy Relationships

- **Learn:** Participate in the National Day of Remembrance and Action on Violence Against Women, observed annually on December 6.
- **Act:** Find out what supplies your local women's shelter needs and work together in interesting ways to provide those items. Create an awareness campaign around dating violence. 🌐

*Mike Boylan is Coordinator, Community & Global Awareness at the National Office.*



# fyn

## Awards

### Beaver Award

Louise Goegan, *Mississauga, ON*  
Christine Haydon, *Calgary, AB*  
Margaret Stewart, *Weyburn, SK*

### Fortitude Award

Jo Swinemer, *Mount Uniacke, NS*  
Sheila Tonks, *Lethbridge, AB*

### Honourary Life Award

Janet Allcock, *Spruce Grove, AB*  
Donna Bareham, *Lethbridge, AB*  
Dorothy Boras, *Pincher Creek, AB*  
Marnie Cumming, *Fort Frances, ON*  
Kathy Disher, *Nanaimo, BC*  
Leslie Horton, *Calgary, AB*  
Susan Sarrasin, *Calgary, AB*  
Michele Snyder, *Cardston, AB*  
Patricia van Ryssel, *Winnipeg, MB*  
Patti Walker, *Spruce Grove, AB*  
Frances Wright, *Oshawa, ON*



## GGC Receives Olave Award

Every three years, the World Association of Girl Guides and Girl Scouts (WAGGGS) presents the prestigious Olave Award to four local Girl Guide or Girl Scout groups/Units in recognition of their outstanding community service work.

For the 2009-2011 Triennium, The Olave Award was presented in July to GGC Chief Commissioner Chris Burton at the WAGGGS 34<sup>th</sup> World Conference in Edinburgh, Scotland, to honour the 1<sup>st</sup> Olds Girl Guides (Alberta) garden project.

Now in the 7<sup>th</sup> year of this project, the girls plant an organic garden each spring; cultivate it through the summer; and harvest their crop of root vegetables in the fall. To date, the Guides have donated 4,000 pounds (1,800 kgs) of vegetables to the Mountain View Food Bank Society. Carolyn Johnston, President of the Society said, "The Girl Guides do an incredible job with their garden and the Food Bank relies on their donation of fresh produce each fall."



Photo: courtesy 1<sup>st</sup> Olds Girl Guides



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## New GGC Directors

Several dynamic Members were elected to key national leadership roles at GGC's Annual General Meeting in June, 2011.

### Chief Commissioner – Elect



**Sharron Callahan**, from St. John's, NL, will assume the role of Chief Commissioner in June 2012. An active Unit Guider who's held numerous provincial and national positions, Sharron is committed to ensuring that Girl Guides of Canada remains focused on girl empowerment and the development of girl leadership, and supporting the Guiders who mentor Canadian girls.

### Deputy Chief Commissioner-Provincial

**Betty Slater** is the former Provincial Commissioner of Alberta, and has experience in all levels of GGC, from Unit Guider to serving at the national level on the former Management Board and Provincial Committee.

### Two Directors of the Board

**Marnie Cumming** is the outgoing Provincial Commissioner for Ontario and has experience in all levels of GGC from Unit Guider to serving on the national Provincial Committee.

**Tamara Jones**, from Toronto, is a Senior Manager of Audit and Strategic Initiatives at Price Waterhouse Coopers.



## Cookie All Stars

GGC is pleased to announce the top five Cookie All Stars for the 2010-2011 Guiding year:

Jayla, Lethbridge, AB  
Jessica, Scarborough, ON  
Katlyn, Orono, ON  
Sarah Ann, Thunder Bay, ON  
Tashina, Williams Lake, BC

And the top Cookie All Star Unit in Canada is the 1<sup>st</sup> Europe 2011 Independent Unit, hailing from Thunder Bay, Ontario. This is a special Unit made up of girls from different Thunder Bay Units, created to fundraise for a trip to Europe in 2012. Three girls in the 1<sup>st</sup> Europe Unit rank in the top 10 of our Cookie All Stars.



### Stats for the 2010-2011 Cookie Season

- 2010 Chocolatey Mint Cookies  
Total sales: 184,400 cases  
(2,212,800 boxes)
- 2011 Classic Cookies  
Total sales: 244,152 cases  
(2,929,824 boxes)

Congratulations to all of our girls for flexing their entrepreneurial muscles and selling 5,142,624 boxes of cookies! That's one for the record books! In all, 84 Members earned the top Cookie All-Stars prize of an Asus net-book.



# GGC Tributes

## In Memoriam Recognition

(March 2011 to July 2011)

Mildred Best, BC  
Barbara Brush, ON  
Rea Clarke, ON  
Natalie DeBiasio, AB  
M. Joan Fletcher, ON  
Rosemarie Harding, SK  
M.J. Hart, ON  
Barbara Hill, ON  
Helen McLaughlin, ON

Anne Mills, NB  
Orla Murray, ON  
Helen Page, NB  
Kathleen Robinson, BC  
Margaret Schneider, BC  
Verna Steele, ON  
Nancy Yorke, ON

## 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 any of the women recognized above, we would be delighted and grateful to accept contributions by any of the following methods:

- Telephone:** Julia Haggerty, (416) 487-5281 x 288 (credit card donations only)
- Online:** on the GGC website: [girlguides.ca](http://girlguides.ca) click on Support Us, select Ways of Giving and then click on [CanadaHelps.org](http://CanadaHelps.org) under one-time gifts.
- Mail:** please send the honouree's name and address (or next of kin information) along with your cheque, payable to Girl Guides of Canada, 50 Merton Street, Toronto, ON M4S 1A3 and we will ensure the honouree and/or family is aware of your generosity.

Tax receipts will be issued for donations of \$10.00 or more.

## ATTENTION Advancing Rangers

Our Adult Members can attest that Guiding does not end after you advance from Rangers! Contact your Provincial Council to find out what exciting new opportunities await you through the Link Activity and Adult Membership. Also, check out our Link Connections newsletter to find out more about the Link Activity and how you can connect with other Guiders in your age group.

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## Online registration is here!

Registering girls for Guiding has never been easier. Parents/guardians in Manitoba, New Brunswick, Newfoundland and Labrador, Nova Scotia, Quebec and Saskatchewan can now sign their girls up for all the fun and adventure of Guiding with the click of a mouse. Among the benefits of online registration are less paperwork for Guiders, more accurate and up-to-date iMIS data, and convenience for parents/guardians. So far, parents/guardians are thrilled! In an online survey, 81 per cent of parents rated the experience with the system as excellent or good.

And parents/guardians aren't the only ones who love our new online registration system. GGC was recently recognized by software manufacturer Advanced Solutions International (ASI) with the iMIS "Great Things 2011" award. GGC hopes to introduce online registration to the remaining provinces in 2012.

## No Login or Password Required ...

Newly updated versions of Safe Guide, Orientation to Guiding, Guiding Essentials and other important resource documents for Guiders are now located conveniently on the public website, which is accessible without a password or login. Check them out by visiting: [girlguides.ca/newsletters](http://girlguides.ca/newsletters)

We've also made it easier to read our newsletters and publications. *Guiding Matters*, *The Guidepost*, *Trefoil Guild News*, *Taking the Lead*, and even *Canadian Guider*, can now be viewed on the public website, without a password or login at [girlguides.ca/newsletters](http://girlguides.ca/newsletters)

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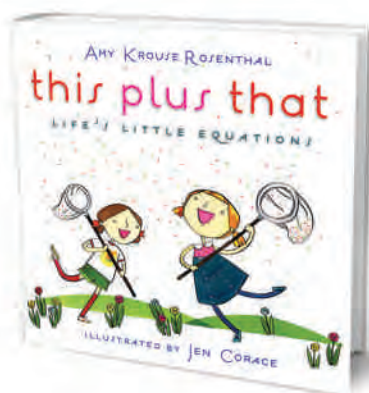




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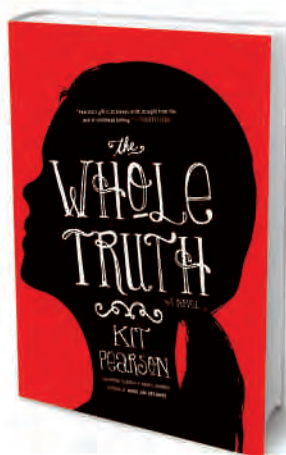
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