

# Youth Forum Newsletter



For Guiding in Alberta, Northwest Territories and Yukon

## Winter 2022

Hello from the Youth Forum and welcome to our winter newsletter! The Alberta Council Youth Forum is a team of Rangers from Alberta, Northwest Territories, and Yukon that are very passionate about Guiding. Within the Youth Forum, we represent girl members' opinions and we speak on their behalf. We help plan events and camps, and create fun projects and activities for other members of Guiding.

### Quick reminders:

You can still submit your pen pal requests to [any-youthforumgroup@girlguides.ca](mailto:any-youthforumgroup@girlguides.ca) to complete our challenge. We're working hard to pair girls up!

Did you know we have an Alberta Council Youth Forum Challenge? Check it out on the [Alberta Council website](#).



## Activities

### Winter Activity Bingo

Not sure what to do this winter season?

Try some Winter Bingo, and see how many winter activities you can complete!

### Instructions

On the bingo card there are 16 different activities to be completed. Once you finish an activity, make an x in the box of the activity that you have completed and move on to the next one. The goal is to do as many activities as you can. Have fun and enjoy!

Bingo template is on the next page

# Winter Activity Bingo!!!

Build a snow man	Enjoy a cup of hot cocoa	Make some paper snowflakes	make snow angels
Have a snowball fight	Try catching snowflakes on your tongue	Curl up in a blanket and read a book	Build a snow fort
Go ice skating	Go snowshoeing	Bake some cookies	Learn to knit a scarf or some mittens
Go sledding	Go stargazing	Cozy up around a fire	Take a wintry hike

## Recipes

Looking for a cozy snack to enjoy during winter meetings? Try out these quick and easy mug cakes!

### Chocolate Mug Cake

#### Ingredients

- ¼ cup all-purpose flour
- ¼ cup white sugar
- 2 tablespoons unsweetened cocoa powder
- ⅛ teaspoon baking soda
- ⅛ teaspoon salt
- 3 tablespoons milk
- 2 tablespoons canola oil
- 1 tablespoon water
- ¼ teaspoon vanilla extract

#### Optional Toppings

- Whipped Cream
- Powdered Sugar
- Strawberries, raspberries, blueberries and other fruit
- Chocolate Chips

## Directions

1. Mix flour, sugar, cocoa powder, baking soda, and salt in a large microwave-safe mug; stir in milk, canola oil, water, and vanilla extract.
2. Cook in microwave until cake is done in the middle, about 1 minute 45 seconds.



Image source: [Here](#)

## Gluten and Dairy Free Mug Cake

### Ingredients

- 1/4 cup almond flour
- 2 tbsp cacao powder
- 2 tbsp maple syrup
- 1 tsp coconut oil
- 1 tsp vanilla extract
- 1 large egg

### Optional Toppings

- Whipped Cream
- Powdered Sugar
- Strawberries, raspberries, blueberries and other fruit
- Chocolate Chips

### Directions

1. Whisk all of the ingredients together in a measuring cup.
2. Pour the batter into your mug and microwave for 1-2 minutes, or until the cake is cooked through.

## Crafts

### Paper Snowflakes

Try this cool twist on classic paper snowflakes with your unit!



More detailed instructions [here](#)

#### Materials

- 6 square pieces of paper (any colour; normal paper or origami works best; 6 x 6 inches is decent size)
- Scissors
- Stapler or double-sided tape
- Clear tape

#### Instructions

1. Fold one square in half diagonally, making a triangle.
2. Fold the triangle in half, making another smaller triangle. (You should have 2 sides that open, 1 side that is a fold)
3. Cut 2-3 slits in the new smaller triangle through the folded side. (Must be consistent number of cuts for the whole snowflake!) Cut parallel to one of the open sides of the triangle, and cut almost all the way through. Try to keep the same distance between the 3 cuts.



4. Fully unfold the slitted triangle back into a square. Position it like a diamond in front of you, with the slits opening out to the right and left (look at picture below for reference).
5. Take the innermost triangles from both sides and tape them together.



6. Flip the diamond over and grab the next innermost triangles and tape them together



7. Continue flipping over the diamond and taping the next innermost triangles together until you have taped them all.
8. Complete steps 1-7 for the remaining 5 paper squares.
9. Arrange 3 snowflake branches into a half snowflake shape (refer to picture below). Staple where their points meet in what would be the middle of the snowflake. Do this twice, making 2 half-snowflakes.



10. Join the 2 half-snowflakes together, making a whole snowflake. Staple the 2 halves together in the center of the snowflake.



11. Staple the snowflake branches together where the outermost triangle bubbles touch (refer to photo below)



Image Sources [Here](#)

## Guiding Mittens Crochet Pattern

Winter is here, and with it, lots of snow. You can be prepared for the cold by making these Guiding themed mittens to warm you up! This pattern is good for intermediate crocheters.



### Materials

- 5.50mm crochet hook
- Two balls of super bulky yarn: one in color A, one in color B (I used Bernat Blanket Brights in royal blue and busy blue)
- Scissors
- Yarn needle

### Abbreviations Used

**St** - stitch

**Ch** - chain

**Sl st** - slip stitch

**Sc** - single crochet

**Fpdc** - front post double crochet

**Bpdc** - back post double crochet

**Dc** - double crochet

**Sk** - skip

**Sc2tog** – single crochet two together

**Sc3tog** - single crochet three together

**RND** - Round

## Instructions

### Right Mitten

**RND 1:** In color A, ch 18, sl st into first ch

**RND 2:** sc all around (18)

**RND 3-4:** \*fpdc, bpdc\* repeat from \* to \* around (18)

**RND 5:** \*2 sc, dc\* repeat from \* to \* around (24)

**RND 6:** 18 sc, dc, sc, dc, 3 sc (26)

**RND 7:** 7 sc, dc, 10 sc, dc, 3 sc, dc, 3 sc (29)

**RND 8-9:** sc around (29)

**RND 10:** 17 sc, ch 2, sk 9 sts, 3 sc (22)

**RND 11-12:** 12 sc, change to color B, sc, change to color A, 9 sc (22)

**RND 13:** 10 sc, change to color B, 5 sc, change to color A, 7 sc (22)

**RND 14:** 11 sc, change to color B, 3 sc, change to color A, 8 sc (22)

**RND 15-16:** sc around (22)

**RND 17:** \*sc2tog, 2 sc\* repeat from \* to \* around, sc2tog (16)

**RND 18:** sc around (16)

**RND 19:** \*sc2tog, 2 sc\* repeat from \* to \* around, sc (11)

**RND 20:** sc2tog around, sc (6)

**RND 21:** sc2tog around (3)

Finish off

## Thumb

**RND 1:** Pick up yarn at the first ch from earlier, sc3tog, 7 sc, sc3tog, place 2 sc (11)

**RND 2-4:** sc around (11)

**RND 5:** \*sc2tog, 2 sc\* repeat from \* to \* around, sc2tog, sc (8)

**RND 6:** sc2tog around (4)

Finish off

## Left Mitten

Same as right up to round 10

**RND 11-12:** 2 sc, change to color B, sc, change to color A, 19 sc (22)

**RND 13:** change to color B, 5 sc, change to color A, 17 sc (22)

**RND 14:** sc, change to color B, 3 sc, change to color A, 19 sc (22)

**RND 15-16:** sc around (22)

**RND 17:** \*sc2tog, 2 sc\* repeat from \* to \* around, sc2tog (16)

**RND 18:** sc around (16)

**RND 19:** \*sc2tog, 2 sc\* repeat from \* to \* around, sc (11)

**RND 20:** sc2tog around, sc (6)

**RND 21:** sc2tog around (3)

Finish off

Share your pictures and stories with us! Email us at [any-youthforumgroup@girlguides.ca](mailto:any-youthforumgroup@girlguides.ca), or dm us or tag us on Instagram [@albertacouncilyouthforum](https://www.instagram.com/albertacouncilyouthforum). We can't wait to see what you made!

