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# CANADIAN *Guider*



## Dear Guiders . . .

One of the most meaningful things about being a Girl Guide is the connections we make. Countless members have told me not only of the importance of the lasting friendships they have found in Guiding, but also of how Guiding has helped them forge stronger connections with their communities and with the wider world.

In the centre of this issue of *Canadian Guider*, you will find our 2016 World Thinking Day (WTD) insert. With more hands-on activities than ever, it offers girls fun and engaging ways to explore connections to the people and places close to them and to Girl Guides and Girl Scouts around the globe. And, since nothing says “connected” more than social media, the insert includes great opportunities for members to share their WTD activities. Be sure to use our hashtag: **#WTD2016**

For me, part of creating connections that unite means ensuring that Girl Guides of Canada–Guides du Canada remains truly an inclusive organization. In the fall, we reaffirmed that we welcome all girls and women as members, with the release of *Guidelines for the Inclusion of Transgender Members*. You can read about it on pages 4-5. I was so impressed with the overwhelmingly positive response from our members to this resource! You embody the spirit of Guiding and are excellent role models for girls. Moreover, it made me very proud to see our organization recognized in both mainstream and social media for advancing inclusion and diversity.

### Also in this issue . . .

Gathering around a glowing, crackling campfire is the highlight of any camp. In an expanded Outdoor Guider section (pages 23-29), we offer steps and tips for creating the ultimate campfire – from planning your song list to building your fire, with practical instructions laid out deliciously with both sweet and healthy treats! Supporting the GGC National

Service Project (NSP), Words in Action, we present some fabulous recycled paper crafts for girls of all ages (pages 34-37). And for a great way to combine craft skills with cookie sales, check out the Cookie Concession Box on pages 16-17, where you will also discover that our cookie cartons are being put to good reuse as rescued small animal and bird carriers. How fantastic is that?!

Happy World Thinking Day!

Pamela Rice

P.S. Do you have a great Guiding story? Share it with *Canadian Guider*! We're always looking for great ideas for interesting articles from every corner of the country, particularly those we may not hear from as often as we would like. Send your submission ideas to: [CdnGuider@girlguides.ca](mailto:CdnGuider@girlguides.ca)



## All Females Welcome!

Girl Guides of Canada–Guides du Canada is proud to introduce a new inclusivity resource: *Guidelines for the Inclusion of Transgender Members*. Our announcement to the media in the fall resulted in immediate and thoughtful coverage from many news sources, including CBC Radio, Canadian Press, Global TV and the Globe and Mail. On pages 4-5 of this issue, you will find the details on this resource and how it will help you to better understand the complexities of gender identity and to ensure your unit welcomes everyone who identifies as female.

Cover photo by Lisa Goodlet

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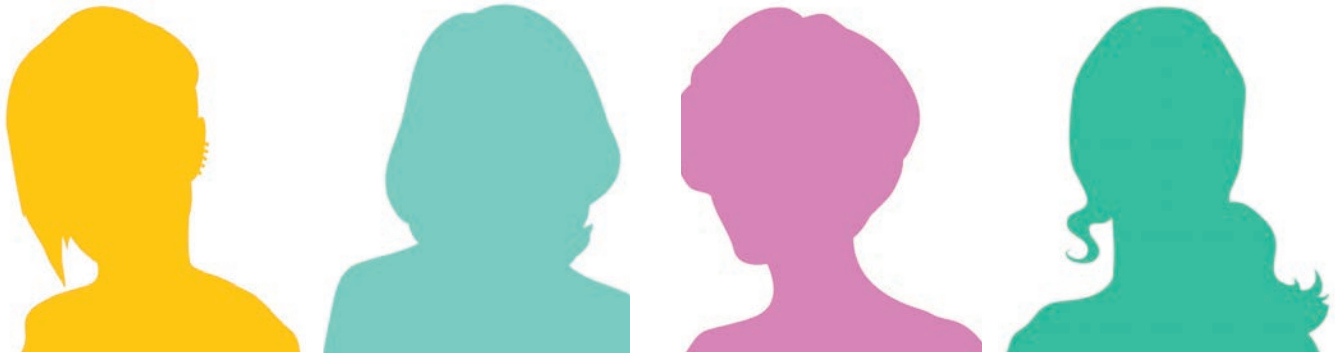
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*Canadian Guider*, Volume 86, No. 1, WINTER 2016 • ISSN 0300-435X Published three times annually (Winter, Spring, Fall) by Girl Guides of Canada–Guides du Canada, 50 Merton Street, Toronto, ON, M4S 1A3 416-487-5281 • 1-800-565-8111. Web site: [www.girlguides.ca](http://www.girlguides.ca) • E-mail: [cdnguiders@girlguides.ca](mailto:cdnguiders@girlguides.ca) • **Chief Commissioner:** Pamela Rice • **Patron:** Her Excellency Dr. Sharon Johnston, C.C. • **Chief Executive Officer:** Deborah Del Duca • **Publisher:** Girl Guides of Canada–Guides du Canada • **Chair, Editorial Committee:** Rachel Collins • **Manager, Marketing & Strategic Alliances:** Karen Cole • **Supervisor, Communications:** Catherine Campbell • **Communications Coordinator:** Mary Vincent • **Editor:** Sharon Jackson • **Art Director:** Geraldine Withey • **Associate Art Director:** Ross Woolford • Annual membership fee includes a subscription to *Canadian Guider*. It is sent free to all registered adult members and Rangers. If you are a member and have an address change please notify IMS in your provincial council office. If you are a paid subscriber and have an address change please notify the *Canadian Guider* directly, enclosing your *Canadian Guider* mailing label if possible. Send changes to *Canadian Guider*, Girl Guides of Canada–Guides du Canada, 50 Merton Street, Toronto, ON, M4S 1A3, Canada.

Girl Guides of Canada–Guides du Canada (GGC) recognizes and values the richness of human diversity in its many forms, and therefore strives to ensure environments where girls and women from all walks of life, identities, and lived experiences feel a sense of belonging and can participate fully. This commitment to inclusion means GGC's culture, programming, and practices encourage self-awareness and awareness of others; room for difference; and environments where girls and women feel safe, respected, supported, and inspired to reach their potential.

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# Always Welcome... One & All

## GGC's New Transgender Resource

Momentum is building for transgender rights, and Girl Guides of Canada—Guides du Canada (GGC) is proud to include trans girls and women in our organization. To support this inclusivity, we have created a new resource guide to ensure that all our members feel welcome and safe within the sisterhood of Guiding.

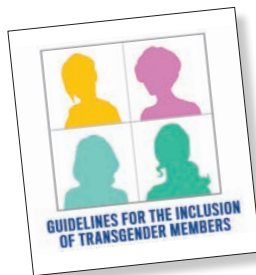
**G**GC is committed to supporting an environment in which all girls and women are accepted, respected and empowered. *Guidelines for the Inclusion of Transgender Members* is designed specifically to help Guiders welcome trans women and girls into their units, and work with transgender adult members and parents/guardians.

Welcoming transgender members is part of our rich tradition of embracing inclusivity and diversity. All girls should have the opportunity to benefit from Guiding – after all, it's our Mission to empower girls everywhere to be confident, resourceful and courageous, and to make a difference in the world.

Since January 2015, GGC staff and volunteers have worked with a gender identity expert to develop these guidelines and to offer practical advice to Guiders. Over the past few years, we have received questions from Guiders who have already welcomed trans girls in their units. We compiled these and other questions to create a Q&A in the document, which also lists definitions, resources for both Guiders and girls and links to GGC programming on inclusivity. This resource will also let parents know that every girl can be a Girl Guide if she wants to.

More information is available at: [girlguides.ca](http://girlguides.ca) >

**Inclusivity and Accessibility > Guidelines for the Inclusion of Transgender Members**



## Facts & Figures

### The Canadian Trans Youth Health Survey

**55%**

of trans youth reported being repeatedly teased, threatened, kicked, hit or excluded at school.

**60%**

of trans youth reported self-harm in the past year, and more than 30% had attempted suicide.

**70%**

of trans youth reported sexual harassment.

**60%**

of trans youth reported being discriminated against because of their gender identity.

Trans youth who had supportive adults both inside and outside their family were

**four times more likely** to report good or excellent mental health, and were far less likely to have considered suicide!

*“Transgender issues are only just starting to be recognized by our society. Ten years ago, when my father came out as transgender, I had no idea what that meant. Even though most people now recognize the terminology, there’s still a lot of misunderstanding surrounding it. I believe that helping to promote tolerance for our differences is best achieved through education.*

*This document answers some of the most commonly asked questions and addresses many of the concerns people may have in accommodating differences in gender expression. It promotes interactions that are respectful to everyone in the Guiding community – parents/guardians, leaders, girls – and directs members to further resources.*

*I believe this is a wonderful first step in creating a positive and welcoming atmosphere for transgender members in Guiding and I am very grateful for the time and energy that was put into creating it. It left me feeling very hopeful for the future we are trying to create for all our girls.*

– Kelly Quinnell, Guider

*“Like all our current and future members, transgender girls across Canada absolutely need what Guiding offers, and we are lucky to be able to provide that in their lives. Our adult members have an important role to play to make sure that all girls are able to discover their potential. Across the country, Guiders seek out training on a variety of topics, take time to research new program activities, and brainstorm ideas for supporting girls.*

*The same principles apply to being an ally to transgender members! Being the best possible ally requires an open mind and a willingness to learn. This new resource is a much-needed tool for our volunteers’ toolboxes, equipping them to be the positive role models and trusted sources of factual information that girls in their units (and beyond) will benefit from accessing.*

– Diamond Isinger, West Coast Area Commissioner

GGC is committed to providing a place in which all girls and women can develop and grow. We are proud to introduce *Guidelines for the Inclusion of Transgender Members* to help units throughout Canada provide a comfortable and nurturing space where trans members will be welcomed, supported and empowered. 🌈





# My Greatest Guider Ever!

## A Ranger's Story

BY REILLY CAREY

When I was in Sparks, I had great Guiders. Then halfway through the year, the greatest Guider ever joined our unit. That amazing Guider was my mom!

**I** am now in my second year of Rangers and my mom has been with me since that first year in Sparks. The Girl Guide memories we have forged together over the years will last a lifetime.

My mom, Tamara Carey, really knows how to have a fun time. She and her co-Guiders have always planned fantastic outings, including a visit to our local Community Safety Village, a sleepover in Toronto and a trip to Ottawa, to name just three. And we have gone to The Rolling Hills Area Camp (TRHAC) in New Lowell, Ontario, so many times I've lost count.

## Love, Respect and Admiration

But it's not just organizing outings and camps that makes my mom my greatest Guider. I have also seen her excel in the role of Administrative Community Leader (ACL), and watched her make lasting friendships with countless other Guiders over the years. I love, respect and admire her for her dedication to Guiding and all the hard work she puts into this great organization.

One of my most cherished Guiding memories is an international trip I went on with my Pathfinder unit and other Pathfinders from nearby townships in July 2014. My mom came up with the idea and put many, many hours into the meetings, the fundraising events, the travel logistics and the paperwork required to make that trip a reality. The result of her inspiration and effort was that our group of 19 girls and four attending Guiders spent 15 fun and educational days on the adventure of a lifetime in England, France, Italy and Switzerland.

## Mother-Daughter/Guider-Girl

Other great Guiding memories come from all those TRHAC camps I mentioned, where our mother-daughter relationship turned into a Guider-girl connection. At home, I never potted pinecones and made them into Christmas trees with my mom, but at Girl Guide camp I did.

Needless to say, all of my other Guiders have been a great help to me through the adventures, challenges, triumphs and terrific fun of growing up in Guiding. But my mom is my mom, and she has always been by my side, which makes her my greatest Guider ever! 🌟

*Reilly and Tamara Carey are still Guiding together in Aurora, Ontario.*

## Calling All Rangers

### What's Your Story?

If you have a Guiding story or idea you want to share with our readers, please contact us at: [cdnguider@girlguides.ca](mailto:cdnguider@girlguides.ca)



# Into the WILD

## The History of Trex

BY BOBBI HOADLEY

What do wilderness backpacking, canoe tripping, rock climbing, cycling, horseback riding, kayaking, white water rafting, dog sledding, spelunking, backwoods camping and environmental service have in common? Along with some other pretty fantastic outdoor adventures, they all belong to Trex!

In 1999, when 73 girls and 30 Guiders from Canada and the United Kingdom came together at Canadian Mosaic '99 (one of four national camps held in Canada that year, similar to the upcoming Guiding Mosaic 2016) near Whitehorse, Yukon, they knew they were going to enjoy great outdoor adventures. What they didn't

know was that CM '99 would quickly lead to Trex – a new unit concept that would make challenging outdoor adventures accessible to thousands of Girl Guides of Canada–Guides du Canada (GGC) members in the years to come.

CM '99 featured lightweight, no trace, backcountry activities, including canoeing the Yukon River, hiking the Chilkoot Trail, and horse packing in Kluane National Park. Excitement generated from that camp led a group of Guiders from across Canada to commit to ensuring that backcountry adventures were promoted and supported in Guiding throughout Canada.

Our goal was to ensure that girls were provided with increased outdoor adventure opportunities, that Guiders were qualified to lead them, and that risk management was systematically followed. This required changes in GGC camping procedures, including the introduction of the GGC Safe Guide, Outdoor Activity Leadership (OAL) training and an all-adventure program option for girls aged 12 to 17 – Trex.

All this was enthusiastically received by Guiders who wanted more support for camping and outdoor activities as GGC's membership was waning and camping was consistently mentioned by girls when asked what they loved most about Guiding. In 2000, we had pilot Trex units in Vancouver, British Columbia and Kitchener, Ontario, and there are now Trex units all across the country.

### How Trex Works

Each Trex unit develops its own character based on its members' interests. Some participants apply Trex activities to Pathfinder or Ranger program work, and towards their Canada Cords and Duke of Edinburgh Awards, but the main focus is to participate in challenging, exciting and bold outdoor adventures. Unit meetings tend to focus on planning and skills training for the next great outdoor adventure. And the girls and Guiders who join Trex share a determination to test their limits and challenge themselves physically, mentally and emotionally as they push to overcome obstacles and achieve new goals. 🏆

*Bobbi Hoadley is a Guider in Vancouver, British Columbia, and was Camp Director of CM'99, Yukon, and GGC National Camp Adviser from 1999-2000. She is currently a member of the Girls First Steering Committee and a Guider and Trainer in Vancouver, British Columbia.*

Photos (clockwise from top left): Shandy Bjorklund; Chloe Faught; Susan Zedel; Jocelyn White; Chloe Faught



# The Call of the WILD

## Trex Guiders

BY CHLOE FAUGHT

I have been involved in Trex for 14 years, starting shortly after my unit, the 1<sup>st</sup> Emily Carr Trex, was created in Victoria, British Columbia. Since then, the Trex program has drawn increasing numbers of girls and Guiders eager to answer “the call of the wild.” And our unit has done the same.

With more than 30 girls registered this year, we continue to explore the great outdoors, and are also piloting our Senior Trex program for girls who have been in the unit for a few years and now want more advanced skills. Our girls enjoy outdoor challenges several times a month in activities that otherwise might not be accessible to them individually, due to their high cost.

### Facilitating Adventure

Because Guiding is volunteer-based, we are able to facilitate exciting outdoor programs at a substantially lower cost than the adventure industry in general. And because we Trex Guiders are nature enthusiasts ourselves, we are able to provide much of the often time-consuming skills training that is needed for girls to participate in these adventures.

For example, for a backcountry canoe trip, we organize and conduct a skills course; take the girls canoeing many times;

Photos (clockwise from top left): Photo: Nancy Haynes; Kate Bourne; Laura Allgrove; Chloe Faught





Trex is perfect for girls who love to tackle challenges and get excited about trying new adventures outside their comfort zones. As an active outdoorswoman and a Guider, I love being able to take them on new and exciting ventures and I eagerly await each “Aha!” moment, when a girl’s face lights up with the ultimate confidence-boosting realization: “I did it!”

— Laura Allgrove, Trex Guider and Camping Adviser, Rivers North Area, British Columbia.



and teach them how to use lightweight stoves and water purification systems, how to manage their personal health and safety and how to read maps. We also plan routes, create menus, and help them to get in physical and mental shape for their paddling journey. This applies to all Trex activities, from snow camping to alpine backpacking to wilderness trekking, to whatever else we want to do. Different specific skills training may be required, but the planning and procedures are basically the same. All of this takes time that is not available in regular Pathfinder and Ranger units, where the focus is more on programming and badge/crest/challenge work.

### Flexibility and Choice

I love the flexibility of Trex. Girls can enrol in both Trex and Pathfinders or Rangers, or choose just Trex. Our participants’ age range is from 12 to 17, and many of our Trex “graduates” come back to lead. Currently six of our nine Guiders were Trex girls themselves.

Trex units can also steer their own courses. For example, do you plan to take a couple of big trips that will require you to do a “module” of learning and training for older girls, or are you going to do five to six smaller skills trips, because your unit age is younger? Do you want to train girls in first aid or orienteering, teach them how to paddle a sea kayak, challenge them to take on a wilderness trek, or help them tackle some environmental service work? These and so many other choices are at your unit’s doorstep.

### Anyone or Everyone

In our unit we like to say, “Trex is for anyone, but it may not be for everyone.” We know that not every girl will fit into our unit, but we welcome any girl, regardless of ability. To this end, we tailor our planning and programming, adjust activities, shorten or lengthen our routes and facilitate girls who have serious allergies, even on deep backcountry trips.

As a Guider, I also embrace the personal challenges and benefits I get out of Trex. I

have done many different outdoor activities that I never thought I would do when I started, including learning to safely shoot a firearm and taking girls to sleep in the snow. Over the years, my planning, risk management, and leadership skills have grown substantially. And I have benefited from the friendship of other like-minded outdoor-loving girls and women. One of our younger Guiders said to me recently, “I am thankful for Trex; I don’t have any friends outside of it who want to go hiking.”

Trex provides a safe way for girls and Guiders to challenge our minds, bodies and spirits – an opportunity that doesn’t often present itself in other facets of society. The experience of being out there on that mountain, climbing that rock wall, hiking that very challenging trail or cycling 100 kilometres in a weekend gives girls that thrill of “Wow! I can do this” and a life-lasting reward of “Isn’t the world amazing?!” 🌟

*Chloe Faight is a Trex Guider in South Vancouver Island Area, British Columbia.*

Photos (clockwise from top left): Photo: Kate Bourne; Susan Zedel; Chloe Faight

# Girl Guides Love Trees

## Planting for the Future

BY ROCHELLE STRAUSS


With the help of the TD Friends of the Environment Foundation (TD FEF) Tree Planting Grant Program, Girl Guides of Canada—Guides du Canada brings girls and nature closer together, as they make their communities greener and more livable. What could be better than that? Check out the amazing impact Girl Guides have had by planting for the future!



The best time to plant a tree was 20 years ago. The second best time is now!

— Chinese Proverb

Illustration: ©iStock/vanatchanan



*During the last two Guiding years 1,493 Sparks, Brownies, Guides, Pathfinders and Rangers; 472 Guiders; and 1,499 of their friends and family have planted 5,030 trees throughout their communities!*

*Trees are important habitats for many animal species, providing the food and shelter they need to survive.*

*Take a deep, deep breath! Trees (and other plants) produce the oxygen that makes life on Earth possible. One hectare of trees (one football field) produces enough oxygen each year for 18 people to breathe.*

*Those 5,030 trees have created habitat for animals such as birds, mammals, reptiles and amphibians, across Canada from coast to coast to coast!*

*Every minute, the equivalent of 36 football fields' worth of the world's forests is lost to deforestation and as a result of climate change.*

*In one year, those 5,030 trees will absorb nearly 110,660 kg of carbon from the atmosphere. They will also move more than 671,505,000 litres of water through the water cycle – enough to fill approximately 268 Olympic-sized swimming pools!*


*More than 50% of Canada's surface area is forest. Canadian forests account for approximately 10% of all the forests in the world. Canada is home to approximately 180 native tree species.*

*Tree canopies provide shade; keep moisture in the soil from evaporating too quickly; and reduce surface air temperature.*

*In 40 years, those same 5,030 trees will have absorbed approximately 5,000 tons of carbon dioxide – more than the weight of 800 male African elephants! They will also have moved (and cleaned!) more than 2.6 billion litres through the water cycle.*

## Get your unit involved!

### Plant trees for the future!

For more information about participating in a tree planting service project, and to learn more about the TD FEF Tree Planting Grant Program, check out: [www.girlguides.ca](http://www.girlguides.ca) > Programs > Specialized Programming 

*Rochelle Strauss, of Toronto, Ontario, is Manager, Programming, Girl Guides of Canada.*



TD Friends of the Environment Foundation

Resources and References: NC State University; Ontario Professional Foresters Association; Tree Canada; Urban Forestry Network; World Wildlife Fund; *Tree of Life: the Incredible Biodiversity of Life on Earth* by Rochelle Strauss; *One Well: the Story of Water on Earth*, by Rochelle Strauss

# Helping Hands

## Unit Service Projects

SUBMITTED BY HILARY FELDMAN

Do your girls want to put their “helping hands” to work on some really creative and fun service projects? Here are two that are tried-and-true, low cost and easy-to-do! Best of all, they are sure to delight both doggy and human recipients many times over.

## Canine Confections

SPCA-Approved  
Dog Biscuits

S B C P R

Girls of all ages can use this recipe to make dog biscuits to donate to your local animal rescue shelter. Recently, we had canine confection bake-offs with 120 girls at West Point Grey's District Camp, and 150 girls at West Coast Area's annual week-long camp, Holidayze. Needless to say, many, many doggies wagged their tails in delight!

The ingredients listed make enough dough for an average unit, and by using a little less or a little more liquid, you can mould it by hand or use a cookie cutter to make shapes, such as dog bones.

- 2 cups (500 ml) whole wheat flour
- 1 cup (250 ml) cornmeal
- 1 tbsp (15 ml) salt
- 1/3 cup (75 ml) vegetable oil
- 1 egg
- 1 cup (250 ml) water
- 1/2 cup (125 ml) grated cheese or bacon bits (optional)
- Mix together all the ingredients and make interesting shapes.
- Bake at 350°F for 15-20 minutes. The longer you bake them, the harder they get, which is great for dog treats!



Photo: ©iStock/yellowSarah



Photo: Hilary Feldman

## Brightening a Tray

### Meals on Wheels Suncatchers

S B G P R

Suncatchers are sure to delight Meals on Wheels and other food service delivery clients who are often isolated from their communities by being shut-in. These little gifts are welcome any time of year, but especially so during festive seasons.

#### What You Need

- clear plastic pony beads in a range of colours
- muffin trays or aluminum tart pans
- drill
- string, yarn or fishing line
- paper or card stock
- single hole-punch
- coloured markers or pencils



Photo: Jo Sears

#### What You Do

- 1 Arrange the pony beads in colours of your choice, seasonal colours or colours associated with a holiday or festival, in a single layer on the bottom of individual aluminum tart pans or muffin trays. Make a picture, play with colours, or just scatter them randomly.
- 2 Bake, with adult supervision, for 20 to 25 minutes at 450°F in a well-ventilated area, or use

a BBQ with the lid closed. Ensure the beads have melted completely before removing.

- 3 Allow to cool. The suncatchers will release from the trays quite easily.
- 4 Drill a hole in each suncatcher.
- 5 Cut a small note card for each suncatcher out of paper or card stock. Punch a hole in a corner.
- 6 Write a message from your unit on a card for each

meal recipient, and attach it to a suncatcher, using string, yarn or fishing line. (Perhaps have each girl do a personalized card or cards, using her first name.)

- 7 Deliver to your local Meals on Wheels or other community food service. 🚗

*Hilary Feldman is a Guider and District Commissioner in Vancouver, British Columbia, and a member of the Canadian Guider Editorial Committee.*



Photo: Hilary Feldman

*The suncatchers were a big hit! Our clients are always very happy to receive these types of gifts. I think it is also great when the gift is even more personal by including a card that tells these often isolated seniors about the girls who are creating these gifts for them – perhaps a handwritten tag that states the first name of the girl and why she made the craft the way that she did. I also think that giving the gifts around a major holiday is also impactful.*

— Meals on Wheels Representative

*Recently, I was given a collection of suncatchers to hand out to my Meals on Wheels clients. These suncatchers were donated from the Girl Guides of Canada. All of the clients were thrilled with their surprise gifts! Often the Meals on Wheels driver is the only person they may see in a day, and to receive an unexpected gesture such as this makes their day. One gentleman told me it was such a shame that he couldn't pass his thanks back, so I assured him I would do just that.*

— Jo Sears, Meals on Wheels Driver and Brownie Parent

# CELEBRATE CREATE CHANGE



## Sangam's World of Possibilities

Sangam, one of the five World Centres of the World Association of Girl Guides and Girl Scouts (WAGGGS), is celebrating its 50<sup>th</sup> anniversary. Under the slogan, "Celebrate, Create, Change," this milestone birthday is sure to bring many Girl Guides and Girl Scouts together to explore a world of possibilities.

**I**n the ancient language of Sanskrit, Sangam means "coming together" and for the last 50 years, thousands of Girl Guide and Girl Scouts from all over the globe have gathered there to work, learn and play together in harmony and friendship. The Centre is situated on nearly eight acres of land in Pune, Maharashtra, India. The location was chosen for its temperate climate, rich cultural history, strong tradition in education and proximity to Bombay (now Mumbai). The state of Maharashtra donated the site and more than 50 per cent of the construction funds were raised by WAGGGS members.

Visitors pass through Sangam's front doors for many reasons – as event and training participants, guests, campers, staff and volunteers. They also come to share their own experiences, and the culture and traditions of their homelands and their WAGGGS Associations.

Sangam has grown and changed as new amenities, buildings and equipment have been added. However, it is the voices, smiles and energy of visitors that give Sangam its spirit. Known and loved as a place for international friendship and understanding, this World Centre has never strayed from its purpose as a place for new experiences and new possibilities.

To find out more about joining in the 50<sup>th</sup> birthday celebrations and participating in an event at the World Centre, visit the Sangam website ([waggs.org/en/our-world/world-centres/sangam](http://waggs.org/en/our-world/world-centres/sangam)), Facebook page ([facebook.com/sangamworldcentre](https://facebook.com/sangamworldcentre)) and Twitter page (@Sangamwc).

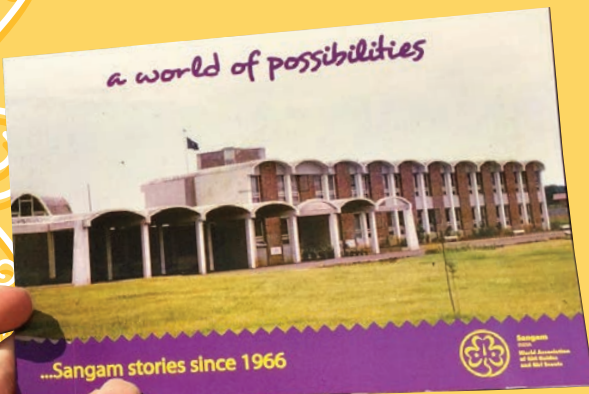


Photo: courtesy Sangam World Centre; Illustration: ©iStock/INDECraft



I was always told that I could change the world if I wanted to, but I never really knew what kind of change I wanted to make or how to go about it at all. Being at Sangam has truly taught me that “together we can change the world.” I feel like I know the world a little better now, but Sangam also showed me how much there is still to learn. I am humbled and much more thankful for what I have.

—Elizabeth Tuck, Ranger, Sangam 2015 National Trip

The children and teachers were so completely connected to the mural that we were painting and so openly thankful for our efforts. They watched us for hours as we painted, and were eager to help us out. Their parents were equally grateful for the colour we added to the room. I would encourage anyone and everyone to step outside their comfort zone and volunteer in a developing country. It is absolutely an amazing experience.

—Rene McDonald, Ranger, Sangam 2015 National Trip

## A DAY AT SANGAM

by Melissa Moor

- 7:00 A.M.** – Wake up to a golden sunrise and chattering birds. Head downstairs for early morning yoga.
- 8:25 A.M.** – Start the day with a WAGGGS flag raising ceremony.
- 8:30 A.M.** – Sit down to a breakfast of fresh papaya and omelettes. Swap stories about what it’s like to be a Guider in your home country.
- 9:00 A.M.** – Build your knowledge of global Guiding in a session on WAGGGS.
- 11:00 A.M.** – Take a break for morning tea with hot, spicy chai and treats brought by guests from around the world.
- 11:30 A.M.** – Learn about what Guiders in other countries are doing to help girls develop self-confidence, self-esteem and a healthy body image.
- 1:00 P.M.** – Eat a flavour-filled lunch of chapattis, jeera rice, vegetable kofta, mung dal and white pumpkin with mango pickle.
- 2:00 P.M.** – Enjoy a refreshing swim in Sangam’s beautiful pool.
- 3:00 P.M.** – Spend the afternoon with one of the Tare (volunteers who work with Sangam’s community partners), helping out at a women’s health organization. Your friends go with Tare to volunteer at local preschools, a women’s cooking cooperative and a school for girls who have visual impairments.
- 6:30 P.M.** – Sit down to dinner and learn about Sangam’s community partners.
- 7:30 P.M.** – Take a rickshaw ride to a bustling shopping area for the Laxmi Road Cultural Tour with your sister visitors and a volunteer.
- 7:45 P.M.** – Find custard apples at Phule market. Visit a Hindu temple on your way to shop for saris.
- 9:00 P.M.** – Enjoy the cool evening air with your team back at Sangam and prepare for tomorrow’s talent show.
- 10:30 P.M.** – Head to the dorms to sleep deeply and peacefully after a wonderful day! 🌙

Melissa Moor is a Guider in Montreal, Quebec, and a member of the Canadian Guider Editorial Committee. She was a volunteer at Sangam in 2013.

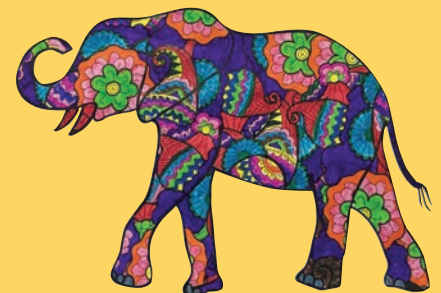


Illustration: Emma Rhiannon Page





# Get Your Girl Guide Cookies!

## Girl Guide Cookie Concession Box

G P R

BY SANDI (JELLYBEAN) DEWAR

The 1<sup>st</sup> Saugeen Shores Guides and Pathfinders loved using their Girl Guide Cookie Concession Box during our spring blitz, and we received so much positive feedback from their customers, we made two more concession boxes for our fall cookie blitz! Here's how your unit can make these for your own cookie sales.





1

Begin with a solidly constructed box that has reinforced carrying slots. My co-Guider and I volunteer with our school's book fair, so we were able to get a number of very good boxes from a publishing company. Grocery produce boxes work well too; just make sure they're clean and dry.



2

Using a sharp box cutter, remove the lid.

3

Cut a wide window along the front of the box that is low enough to show the top of the cookie boxes, but high enough to keep them from falling out. Use a ruler to maintain a clean, straight edge.



4

Decorate the front and sides of your concession box with clipart from the Asset Library of the GGC Brand Centre at [brandcentre.girlguides.ca](http://brandcentre.girlguides.ca). We used images from past Cookie All Stars certificates, cookie posters and everyone's favourite – Girl Guide cookie mascots! Keep the decorations simple and clutter-free, and be sure to include the Girl Guides of Canada Trefoil logo and the price for a box of cookies.



5

Add a GGC parade sash for another decorative touch and to help support the concession box while it is being carried. You can also use a blue badge sash or make one from an upcycled old bed sheet or other piece of fabric, and attach a few cookie crests or other GGC crests. The sash should be at least three inches wide, so it lies flat against the carrier's neck and shoulders. 🍪

*Sandi (JellyBean) Dewar is a Guider in Port Elgin, Ontario.*

## Cookie Cartons to the Rescue!

The Toronto Wildlife Centre loves Girl Guide Cookie cartons as much as their staff and volunteers love our cookies. They regularly use the cartons as carriers to transport birds and small animals they have rescued and rehabilitated back to their natural habitat. Now isn't that a sweet way to repurpose our cartons? 🍪



Photos: Sandi Dewar

Photo: courtesy Toronto Wildlife Centre



# Full STEM Ahead!



## Making the Program Connection

BY LIZ KNOWLES



What happens when a Guider who is pursuing a post-graduate degree in science communication combines her passion for science, technology, engineering and math (STEM) with her passion for Girl Guides? Unit Guiders can get some very useful insights into how to connect STEM activities with their girls' program.



**W**hen I transferred universities to Sudbury, Ontario, in the fall of 2014, I did what I always do when I move to a new city. I joined a Guiding unit. Eager to share my passion for STEM with some like-minded women, I told my new Guiding friends that I could easily put my science communication studies to work with the girls. I was surprised to hear that the unit had “already done science last year.”



### STEM and the Program

I have since realized how many Guiders feel that, because Guides is a three-year program, STEM need only be addressed once every three years, even though approximately a quarter of the Girl Guide program relates in some way to it. This puzzles me, because we do so many great activities regularly throughout the three-year Guide program. I see STEM as a great complement to all the other things we offer the girls, such as camping, arts and crafts, community service projects, WAGGGS activities, environmental stewardship and cookie sales.



### A Thesis and a Survey

This led me to integrate my passion for Guiding and STEM into a research project for my graduate diploma in science communication. I decided to create a survey to investigate whether Guiders feel prepared to include STEM in their units' programming; if they find some STEM activities easier than others; and what determines how much or how little of the STEM portions of the Girl Guide program they cover each year.



### Survey Responses

My thesis research advisor warned me that I would be lucky if I managed to receive 50 survey responses overall, but I was confident that Guiders would come through for me. And I was right; within a single day, I had more than 100 responses!

### Research Discoveries

I used various statistical methods to look for correlations between how STEM content and resources affect Guiders' readiness and ability to deliver science activities to girls in their units. My research resulted in three main discoveries.

**I** By looking at all of the badges and program areas, I noticed that science is found throughout, but that the technology, engineering and math portions of STEM are lacking. The computer science badge is out-dated and there is very little math in the program. The single engineering badge is a good start, but there could be so much more. Fortunately, program committees and individuals across the country have done an amazing job of creating challenges that do cover these portions of STEM, but fewer than five per cent of the Guiders I surveyed had used a STEM-based challenge



Photo: Wayne Eardly



## Programming Connections

### CHALLENGES

- Great Canadian Shoreline Cleanup

### BADGES

#### SPARKS

- Exploring and Experimenting Keeper

#### BROWNIES

- Key to STEM
- Exploring Space Interest Badge
- Information Technology “IT” Interest Badge
- Making Things Go Interest Badge

### GUIDES

- Beyond You Program Area – Try New Things #4
- Aeronautics Interest Badge
- Astronomy Interest Badge
- Body Works Interest Badge
- Chemistry Interest Badge
- Computer Skills Interest Badge
- Engineering Interest Badge
- Physics Interest Badge
- Plants and Animals Interest Badge
- Science Interest Badge
- Weather Interest Badge

### PATHFINDERS

- Exploring a Theme Program Area – Everything Comes from STEM Module

### RANGERS

- Environment, Outdoors and Camping Program Area – #18: Engineering and the Outdoors
- Explore Your Creativity Program Area – #28: The Science of Art

in the last year. By making more background resources available, we can provide the information necessary for a Guider who may not have previous experience in a particular domain to be able to run a meeting featuring a STEM-based challenge.

**2** Fifty-eight per cent of Guiders said they had never had a chance to take STEM-based Guider training but that they would be interested. Even for those who had the chance, the training didn’t affect how many science badges they actually covered. Training needs to point Guiders to challenges and to help them cover topics they are less comfortable with, such as physics and technology.

**3** Only 18 per cent of Guiders said they use the Guide program book when looking for STEM activity ideas. They say the book frequently proposes experiments or activities without suggesting what the results and answers might be. This works for girls, but is not ideal for Guiders who need background information to help their Guides understand what is occurring. Information found online is not always reliable, consistent or written at a basic level. There should be an accompanying book or resource for Guiders, with additional information directly related to the STEM activities proposed in the Guide program book.

### STEM and My New Unit

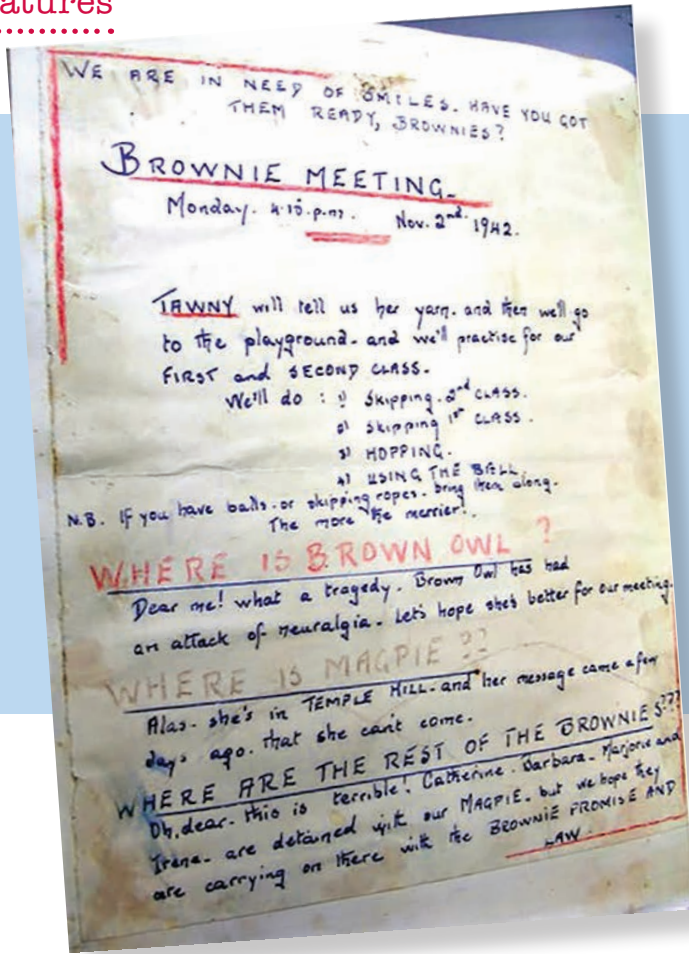
On a personal level, that first year with my new unit in Sudbury turned out to be excellent, with my sister Guiders now embracing STEM in the program. We did a meeting about inventors; created different items for National Engineering Month; looked at the chemistry of baking gummy candies into cookies; and studied friction, using homemade boxcars. I’m delighted to report that everyone, girls and Guiders included, had a great time! 🌟

*Liz Knowles, now living in Montreal, is a Guide and Pathfinder Guider and Deputy Program Adviser for Guides Quebec.*

### Get Engspired!

Engspire is a non-profit group that provides fun educational programs to encourage girls to consider careers in Engineering. In the last two years, they have conducted more than 100 Girl Guide unit workshops attended by 2,000 girls from Sparks to Rangers. For more information, visit: [engspire.org](http://engspire.org)

Photos: courtesy Janie Hampton and Tammy Proctor



# Courage and Spirit

## The Girl Guides of Chefoo, China

*We might have been shipped to Timbuktu.  
We might have been shipped to Kalamazoo.  
It's not repatriation; nor is it yet starvation.  
It's simply concentration in Chefoo!*

This haunting song was first performed at a concert on Christmas Day, 1944. The concert was held, not in a school assembly or community hall, but at an internment camp, during Japan's occupation of China in the Second World War. The singers were the Girl Guides of Chefoo.

The girls had been students in a boarding school at Chefoo, in the coastal province of Shandong, China. When Japanese troops invaded Chefoo, these children and their teachers were captured and taken to Weih sien Concentration Camp, in Weifang, Shandong Province. The largest of the Japanese internment camps in China, Weih sien housed 2,008 people, including 327 children, from 30 countries. Among them were the 150 American and British children from Chefoo.

When the Chefoo School teachers realized they were about to be interned, they quickly gathered books, papers and instruments from the school to take with them. And in a moment of inspiration, they included the uniforms and badges belonging to the Chefoo Brownies, Guides and Rangers. Internment camp prisoners had to build their own world from nothing, organizing kitchens, lavatories, hospitals and classrooms as best they could. The Chefoo prisoners also organized Girl Guides at the camp.



The presence of the Girl Guides had a remarkable impact on the adults in this camp, and the girls were said to have often kept them going in moments of great despair. They persevered through all hardships, singing songs, and insisting that everyone keep themselves washed and tidy as best they could. They worked steadfastly together to collect coal dust from the Japanese quarters. It was heavy and had to be mixed with mud dust and water and dried into balls of coal, which could then be used for much-needed fuel to cook and keep warm. The badges they earned for this provided a welcome distraction from the everyday difficulties of life in the camp.

### Order in Adversity

The Girl Guide leaders in the camp preserved a certain sense of order and childhood innocence for the girls under their care. It wasn't easy, by any means. One of the Guiders suffered a nervous breakdown. Many of them would pray long into the night to keep themselves going, then calmly lead camp songs and psalms the next morning to keep the girls' spirits up. The girls also sang songs of their own creation, including the now iconic "Concentration in Chefoo."

The Chefoo Girl Guides bravely carried on, smiling and singing under terrible hardship, until their rescue on August 17, 1945. Their story stands as a testament to the courage and spirit of the girls and leaders who carried on in the face of inhumane living conditions, debilitating hunger and constant uncertainty and fear. American author Ernest Hemmingway, himself no stranger to war, called courage "grace under pressure." The Chefoo Girl Guides exhibited this grace, this amazing courage, in the face of intense pressure and adversity each and every day they were at Weihhsien. 🇺🇸

*This story was originally aired as "Shipped to Timbuktu" on a Reply All podcast (<https://gimletmedia.com/episode/28-shipped-to-timbuktu>). Canadian Guider gratefully acknowledges the support and cooperation of Reply All in publishing this adaptation. We also gratefully acknowledge the contributions of Janie Hampton (How the Girl Guides Won the War, 2010) and Tammy Proctor (Scouting for Girls, 2009).*

### Carrying On

Just like today, the leaders were called Brown Owl and Tawny Owl. They carried on their meetings, keeping notes and journals as though they were any other Girl Guide unit, despite the terrible conditions around them. The girls were told, "It doesn't matter how disgusting the food is, we still want good table manners. It doesn't matter how hungry you are, you're not going to steal. And you are still going to do good deeds every day."

# A Tailor-Made Unit

## The Arethusa Rangers

BY VICKI FERGUSON

How do you facilitate a group of dedicated Rangers who want to stay in Guiding, but are just too busy to attend weekly meetings or get to camps? You give them a tailor-made unit, of course!

**T**he Arethusa Rangers in West Point Area, British Columbia, is a unit of vibrant girls who spend their time in Guiding making a real difference in other units and in their community. Each Ranger is a Girl Assistant in a Spark, Brownie or Guide unit, working with the girls there according to her availability and interests. She attends any of that unit's meetings, camps, events and service outings that fit into her busy schedule.

These Rangers meet monthly to discuss how things are going with the units they are helping, and to do Ranger program activities and projects together. Recently they decided to also work towards the Duke of Edinburgh's Award, and are planning more adventurous outdoor activities, such as canoe trips, to achieve this goal.

Arethusa Ranger meetings and activities are also open to any Rangers who are Girl Assistants in other units. As a result, our district benefits from a strong team of young leaders, with all Spark and Brownie units and some Guide units now having Girl Assistants. The Rangers also help at events such as our Rainbow Ball, our Spark and Mom Camp, and our Shoreline Cleanup outings. Tailoring a unit to meet the needs of these keen girl members has enhanced not only their lives, but the lives of all our members from Sparks to Guiders. 🌟



Photos: Vicki Ferguson

*Vicki Ferguson is Guider in Vancouver, British Columbia.*

# Catching Fire!

## THE ULTIMATE CAMPFIRE GUIDE

BY JENNI HALLADAY

Campfires are magical, but the “magic” requires planning and preparation. Here’s your guide to the ultimate campfire, from laying the fire to singing to creating that GGC favourite: The Edible Campfire!

Photo: Wayne Eardley

# GUIDES LOVE TO SING BEFORE MEALS, AS WE HIKE, AS WE SHOWER, AS WE WORK, EVEN AS WE LOOK FOR MISPLACED CAMP GEAR. MOST OF ALL, WE LOVE TO SING AROUND THE CAMPFIRE.

Have you ever watched how a good campfire has a beginning, a middle and an end? Starting from a tiny spark, the flames grow in intensity, reach their peak and then slowly die down again, until there are only embers. The songs sung around that campfire work best if they follow the same pattern. Begin with a slow, familiar song; gently build up speed and excitement with each subsequent song and activity as you reach the peak of your campfire; begin to wind down; then end with your unit's closing song or another quiet song that evokes gratitude to nature and a peaceful surrender to the night.



## The Campfire Structure



### 1 Opening Songs

Start out with a poem, a few words of greeting, some fun way of lighting your campfire or just jump right into an opening song or songs, such as "Fire's Burning" or "Tall Trees" or a unit opening song, such as "Sparks Jump Up."



### 2 Slow Songs

Your campfire is lit and flames are emerging. Fittingly, these songs will be slow and quiet, such as rounds, folk songs and ballads. Think: "My Paddle" or "Land of the Silver Birch."



### 3 Medium-Fast Songs

Your campfire is now building in intensity, so these songs will be faster-paced and a bit louder. Use silly songs, repeat-after-me songs and fun songs. Think: "Black Socks, Pink Pajamas" and "I Love the Mountains."



### 4 Rowdy Songs, Cheers, Chants and Yells

You have now reached the peak of your campfire, and cheers, chants, yells and lively stand-up action songs are appropriate. Think: "Old Lady Leary," "Button Factory," "Banana Song," and "Boom Chicka Boom."



### 5 Medium Fast Songs

Now your campfire is slowly winding down, so your songs once again should slow down. Think: "The Moose Song" ("Crazy Moose," "Fred the Moose" and "Moose on the Loose!"), "The Other Day" ("The Bear Song"), "The Littlest Worm" and "Herman the Worm."



### 6 Skits and Stories

Now that everyone is once again sitting down around the campfire, it's time to bring on the skits, improv games, stories and legends! You can opt for preplanned skits with props, as well as for impromptu fun. Younger girls will love seeing their leaders perform a skit, and older girls will love being in the spotlight! For a quick and easy skit activity, pick a number of random words. They can have a theme, or not. Give each group three to five words to incorporate into their skit, or have girls draw words from a hat. One idea is to give each group a similar set of words, such as: a food, an animal, a method of transportation, and something weird (spaghetti, penguin, hovercar, pickle juice). Give the girls 15 minutes during the day to prepare, and have them present







Photo: Cynthia Pugh

## Campfire Safety First!

**A**s with all GGC activities, campfire safety should always be put first! Your fire should be lit, fed and tended only by Pathfinders, Rangers and Guiders. Younger girls should be supervised at all times and warned about the dangers of going too close to the fire, especially if they are wearing loose clothing and/or have long hair. While you are at it, also give them a fun and musical indoor and outdoor fire safety lesson on Stop, Drop and Roll. The tune for the song below can be heard at: [songsforteaching.com/safetysongs/stopdroproll.htm](http://songsforteaching.com/safetysongs/stopdroproll.htm)

### Fire Safety: Stop, Drop and Roll

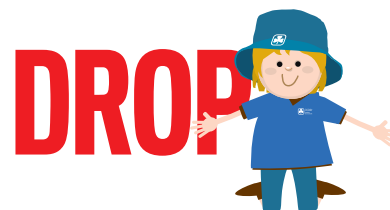
by John Buchanan

If your clothes catch on fire  
 Your clothes catch on fire  
 Then you stop drop and roll  
 If your clothes catch on fire  
 Your clothes catch on fire  
 Then you stop drop and roll

Stop drop and roll  
 Stop drop and roll  
 Stop drop and roll  
 Get yourself under control

If your clothes catch on fire  
 Your clothes catch on fire  
 Then you stop drop and roll  
 Stop! Drop! And Roll!

Printed with permission of John Buchanan



their skit during campfire. In the story department, for Sparks and Brownies, keep the stories light, but for Guides and Pathfinders, try “scary” stories that have a surprise funny ending. The girls love being scared, but no one will go to bed nervous.

### 7 Slow Songs

Your fire is settling down, so now your songs should follow suit. This is a great time for “On My Honour,” “It’s a Small World,” “Lu-La,” “Tzena,” or “Make New Friends.”

### 8 Quiet Songs

Your campfire is now down to embers. It is time for quiet songs, such as “Linger” and “Say Why.”

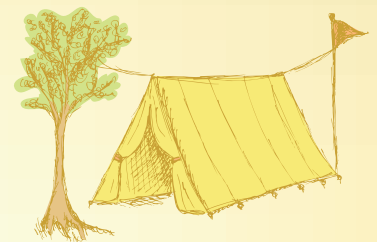
### 9 Closing Songs

Your campfire closing can include a poem, a saying or a farewell greeting, ending with your unit’s closing song or another gentle, reflective song. Stand to sing at this point, and respectfully take one step in and two steps back before leaving the campfire. Have an adult stay until the fire embers are cold. ♻️

# ▶ Conducting Your Campfire

- **Build the fire** a little larger than you think you will need, to avoid having to feed it during your campfire; but keep a bit of extra wood close by, just in case.
- **To ensure your fire lights** immediately, use fire starters and keep a few extra on hand. The campfire is a performance that you want to begin on time and continue according to your “script,” so spend a bit of time ensuring all your “staging” and “props” are in place and ready to go.
- **Make safety a priority**, checking fire regulations at your campsite, building your fire in a cleared area and keeping water nearby. Remind everyone of the safety rules to follow while in the campfire ring. When you are finished, make sure the fire is completely out and all the embers are cold.
- **Get everyone’s attention** before beginning your campfire activities.
- **Arrange for a girl**, a small group of girls or a Guider to be ready to lead each song. Make sure they are familiar with the tune and lyrics, so they will be comfortable leading the song.
- **For rounds**, have one strong singer for each section, so less confident singers can follow their lead.
- **Use both Guiding and non-Guiding songs.** Nursery rhymes and other simple children’s songs are good choices, because there is more chance that everyone will be familiar with their lyrics and tunes.

## The Safe Campfire



Place to sit  
so fire is never  
left unattended!

Flames under three feet (one metre) high



Water and shovel  
at the ready



Ten feet (three metres) of ground cleared  
of leaves, twigs, needles and grass

CAMPFIRE OVER?

- FIRE OUT
- NO SMOKE
- NO DRY SPOTS
- NO HISS

- **At the beginning**, set the mood with an announcement. Let the girls know that you might sing words that are a bit different than the version they know, and that's okay. (Otherwise you run the risk of being interrupted all night long with cries of, "That's not how we did it in Brownies!") Let the group know that this isn't a free-for-all sing-along. If you're going to take requests, let girls know they will be invited to make suggestions at a particular time. If you're not going to take requests, make sure they know that too!
- **If you are learning a new song**, have the lyrics printed out for Guides and older girls, and don't be afraid to turn it into a repeat-after-me song, especially for younger girls. (You sing a line and get everyone to repeat it.) Plan to teach only one or two new songs. Girls might lose interest, if you spend too much time singing songs they don't know!
- **Keep the momentum** going by moving directly from song to song or skit, so the girls don't get restless.
- **Have some easy cheers**, skits, improv games or stories printed out and on hand for contingencies. Even if the girls are creating their own skits, referring to your printed ideas will give them inspiration.
- **Have a spare** fire lighter and flashlight on hand.
- **Have fun** and enjoy the campfire glow! 🌟

*Jenni Halladay is a Guider in Williams Lake, British Columbia. This article is adapted from her GirlGuidesCanBlog post, "You Gotta Sing!" Check out Jenni's Campfire Planner at: [girlguidescanblog.files.wordpress.com/2015/05/campfire-planner.pdf](http://girlguidescanblog.files.wordpress.com/2015/05/campfire-planner.pdf)*

## Music on the Move

### The Sisterhood of the Travelling Campfire

BY BARB MUNSIE

Last year, members of the West Coast Area Training Committee in British Columbia launched a new initiative to get music on the move. Believing that singing is part of the fabric of Guiding, they organized The Sisterhood of the Travelling Campfire.

#### From a Spark to a Flame

Originally the plan was to visit districts for a campfire evening, at which we would teach everyone the same lyrics and tunes to songs appropriate for all age groups. But as soon as we put the word out in a newsletter, we received requests from individual units to come directly to their meetings. And so the spark we had struck quickly became a flame!

#### Hands-On Help

New Guiders in one unit weren't sure they were singing the opening and closing songs correctly. Others wanted help organizing bridging campfires and learning new songs. At a provincial international event, we ran a workshop for girls on how to plan and lead a proper campfire, and helped plan an international-themed campfire.

#### A Warm Reception

One of our members visited a unit in full camp-blanket-and-hat regalia, which was a huge hit with the girls! We have been delighted by the number of comments from people saying they think this is a wonderful initiative and the number of requests we receive. It's been great PR for our Training Team, and since it overlaps with both camping and program activities, we are combining our efforts to meet the demand.

#### Catching Fire!

Our biggest challenge now is to find enough Singing Sisters to fulfil all the requests we receive, especially volunteers who have the means to travel to the farthest reaches of our area. Being a Trainer is not a prerequisite – we just need members who want to share a love of singing, and we have stretched our search further, asking Ranger Guiders to find girls who are interested in helping out. If this idea catches fire and other GGC members join the Sisterhood, we may all be hearing much more music on the move throughout our area, our province and our country! 🌟

*Barb Munsie is West Coast Area Training Advisor and Mackenzie Heights District Guider in Vancouver, British Columbia.*



# The Edible Campfire

submitted by Hilary Feldman

## WHO DOESN'T LOVE THAT GIRL GUIDE FAVOURITE, THE EDIBLE CAMPFIRE?

Here are two versions: the traditional sweet treats and a healthy (but still delicious) alternative. Why not try both and see what your girls think? Whichever they prefer, they will get a good lesson in building the perfect campfire with each!



### Sweet Treats Edible Campfire (Nut-Free)

- napkin or small paper plate
- Swedish berries or red jujubes
- Smarties (M&Ms are not nut-free)
- breadsticks
- pretzel sticks
- cup of water
- dried cranberries
- spoon
- licorice ropes
- toothpicks
- red candy sprinkles

Photos: Hilary Feldman



## Healthy Treats Edible Campfire (Nut-Free)

- napkin or small paper plate
- raisins
- thin-cut cucumber sticks
- dried cranberries
- shredded carrots
- snipped red fruit leather
- red pepper or orange slices
- baby carrots
- cup of water
- spoon
- toothpicks

*Hilary Feldman is a Guider in Vancouver, British Columbia and a member of the Canadian Guider Editorial Committee.*

## Build Your Fire

- 1** Clear the area of debris 10 feet (three metres) around where the fire will be built. Make sure there are no overhanging branches. (Lay down the paper plate or open up the napkin and move any clutter away.)
- 2** Lay the fire ring. (Arrange Smarties/raisins in a wide circle greater than five inches [12 centimetres] in diameter.)
- 3** Fill a fire bucket and put a shovel nearby. (Put water in the cup and set the spoon nearby.)
- 4** Use kindling sticks to make an A-frame inside the fire ring. The open bottom of the "A" should face into the wind. (Lay down three pretzel/cucumber sticks to form an "A" with the crosspiece on top.)
- 5** Put a few fire starters in the centre of the A-frame. (Place three to five dried cranberries above and below the crosspiece of the "A.")
- 6** Add tinder. (Sprinkle snipped licorice/carrot shreds around the centre of the A-frame.)
- 7** Hold a match/toothpick under the crosspiece of the A-frame to light the fire starters. (If the fire has been built correctly, a leader adds sparks – red sprinkles or snipped fruit leather – to show that the fire has been lit.)
- 8** Add more kindling in a tent shape. (Add pretzels/cucumber sticks. Then add Swedish berries/ chopped peppers or orange slices to represent fire.)
- 9** When the kindling is burning well, add fuel. (Place breadsticks/baby carrots on top with room for air to circulate.)

Now comes the best part. Have fun eating your edible campfire! 🍷

# “Been There Done That”



## Guidance for Guiders

At one time or another, we’ve all needed to reach out for fresh ideas and encouraging suggestions. Whether we want to limit our unit’s camping eco footprint, keep our girls focused when things don’t go as planned, bring STEM to life, or calm a novice Guider’s jitters, sometimes a helping word can be as good as a “helping hand.”

With this in mind, we have gathered some words of wisdom on a number of subjects, issues and challenges from Unit Guiders across Canada, who have “been there and done that,” probably more times than they care to count. Our sources are the Girl Guides of Canada Facebook page ([facebook.com/GirlGuidesofCanada.GuidesduCanada](https://www.facebook.com/GirlGuidesofCanada.GuidesduCanada)) and GirlGuidesCANBlog ([girlguidescanblog.ca](http://girlguidescanblog.ca)), both of which are excellent and readily accessible resources for ideas and input on a wide variety of subjects of interest to us all.

## On Engagement . . .

*Say, “Welcome” and “Bonjour” with a postcard. A few years ago, I decided to start sending mail to my Brownies and Guides at the beginning of August in preparation for the next Guiding year. We often lose contact with the girls over the summer as they get into other fun activities, so I want to get them excited to come back for another year of great Guiding and welcome them into their new branches.*

— Kari-Anne McKellar, Guider

*We do a ton of things in our district . . . Our Thinking Day event is awesome! We gather in a large gym to celebrate and to see each unit give a presentation about a different WAGGGS country. Last year more than 550 Sparks, Brownies, Guides, Pathfinders, Rangers, Guiders and family members came!*

— Tania Sharman

## On Camping . . .

*Bring extra stuffies to camp. Our homesick girls get to snuggle with a special stuffy friend (the owl from our toadstool, or a leader's own stuffy!). This comforting friend reminds her that she is not alone.*

— Rachel Collins

*Act like an event planner. Outline what needs to be planned for your camp, and let the girls fill in the details.*

— Samantha Kurtzer

*For one of our camps, each patrol chose a country, researched a typical meal/menu from it, and prepared it for dinner. It made for a delicious round robin tasting on our international theme!*

— Leva Fraser

*We make our own granola bars and muffins before camping, so we don't bring anything that comes in individual disposable wrappers. And we don't use plastic bags for anything!*

— Cori Dandelion

*The best under pad to sleep on is an old wool blanket. It retains your heat and adds padding to your body-flattened sleeping bag.*

— Laura Jessop-Brockhurst

## On Being a New Guider . . .

*You don't have to learn and know everything at once.*

— Alli Miles

*Find other Guiders to help you get through the frustrating moments and to share the upbeat, memorable moments. The sisterhood of Guiding isn't just for the girls; you'll be surprised how much these people will mean to you.*

— Meg McKeever

*Bring your creative side to the table and always have fun!*

— Kelly Davis

*Go with the flow. Some of my favourite memories from being a Girl Guide aren't the perfectly-executed meetings and activities, but the crazy, spontaneous, on-the-spot adaptations.*

— Ali Peters

*Attend district meetings. They provide a great forum to share ideas, problems and challenges and to get advice.*

— Donna Hamilton

*Let the girls' interests lead you in your programming. There's no right way or wrong way to do things, if the girls are having a good time, feel secure, are bonding and are experiencing something new.*

— Sandra Magill

## On Science, Technology, Engineering and Math (STEM) . . .

*Working on STEM? Tell a story to capture the girls' imaginations and provide motivation! There's a huge difference between "Build the tallest tower you can" and "Pretend you're the evil witch and need to build a tall tower to trap a princess in, so the prince can't climb up to save her."*

— Rose Almond

*We are camping this weekend, and it will be all about science – tie-dying bandanas, starting fires with a battery and steel wool, making jelly in trees, using sunlight to heat pizza box s'mores, and holding balloon rocket races. This will be a jam-packed weekend! Should be a lot of STEM fun!*

— Maureen Taylor

*Our unit's theme this year is STEM. We have had meetings focused on famous women who have made their mark in STEM, on dinosaurs, and on space. Highlights included learning about wind energy, deciphering codes, conducting multiple science activities relating to water, pretending to be robots, and making sparkling lemonade!*

— Jill Ainsworth 🌍

# Girl Guides of Canada takes a stand against shoreline litter...

...partnering with the Great Canadian Shoreline Cleanup to be part of the solution in eliminating the harmful effects of shoreline litter on ecosystems, wildlife and people.

Spring 2015 - Sparks, Brownies, Guides, Pathfinders and Rangers participated in shoreline cleanups across the country - with impressive results. Bit by bit it all adds up... in a big way...



A CONSERVATION INITIATIVE OF



**4,193** girls, Guiders, family and friends participated.

**6,695** food wrappers and containers were picked up.  
That's the garbage you would create if you ate take-out food every meal, every day for the next 6 years.

**5,270 kg** was the total weight of items collected.  
That's the weight of 12 Canadian moose.

**3,775** beverage cans and plastic bottles were gathered.  
Stacked these would be 15 X the height of Niagara Falls.

**19,412** cigarette butts were collected.  
If you lined these up it would be the length of 25 blue whales.

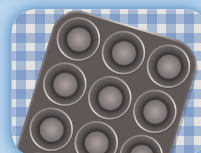
## Strange findings ....



Rainbow clown wig



Restaurant sign



Muffin tin



Computer monitor

For resources, including an instant meeting guide, go to [girlguides.ca](http://girlguides.ca) > Programs » Specialized Programming » Challenges » Great Canadian Shoreline Cleanup



# FALL 2015 PHOTO CONTEST WINNERS



**GRAND PRIZE WINNER:**  
Tamara Sweet-Letts



Tracy Gagnon



**RUNNER-UP  
CHOICES:**

Naomi Bell



Jenna Villemarie

WATCH FOR DETAILS OF FUTURE PHOTO CONTESTS.

# PLAYING WITH PAPER

## Words and Music in Action Crafts

BY SANDI DEWAR

Looking for an economical, creative and fun way to celebrate music and literature with your girls? Developed as part of a GGC National Service Project (NSP) Words in Action event last year these beautiful paper crafts require only recycled paper and a few simple craft items and tools.

### PAPER FEATHER

B G P R

#### What You Need

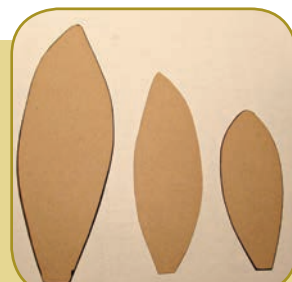
- recycled sheet music or book pages
- recycled cardboard or boxboard (cereal or cookie boxes work well)
- bamboo skewers, small sticks or plastic straws
- scissors
- craft glue or glue stick
- pencil

#### What You Do

- 1 Cut out a few feather templates in different sizes and shapes from the cardboard or boxboard.
- 2 Trace mirror-image feathers onto your book page or sheet music.
- 3 This example has been outlined in red so that you can see it, but you can use a pencil so you won't see the outline after cutting out your feathers.
- 4 Once the feathers have been cut out, measure your "quill" (using a bamboo skewer, small stick or plastic stir straw), so that it covers two-thirds the length of the feather.

- 5 Apply glue to the "wrong" sides of both feathers.
- 6 Place your quill onto one of the feathers and then stick the two feathers together.
- 7 Gently crease the paper down either side of the quill.
- 8 Carefully cut a fringe along both sides of your feather.
- 9 Run your fingers gently along the fringe to loosen it and create a more natural shape.

Have fun creating lots of feathers using different shapes, sizes, papers and quills! Want to create a unique keepsake as a thank you to your guests for participating in your Words in Action event? Use a GGC pencil as your quill... both functional and beautiful!



# PAPER ROSE

G P R A

## What You Need

- sheet music or book pages
- green or black chenille stems
- hot glue gun on low setting
- colourful ribbon (optional)
- pencils
- scissors

## What You Do

- 1** Cut rose petal shapes from recycled sheet pages. You will need:
  - 6 small petals
  - 5 medium petals
  - 4 large petals
  - 4 extra-large petals
- 2** Curl the curved edges of each petal, by wrapping them around a pencil. Don't curl the "straight edge" of the petal because this is the part that will be glued to the stem.
- 3** To begin forming the inside of the rose, apply a dab of hot glue to the base of a small petal and wrap it around the chenille stem.
- 4** Rotate the stem 120 degrees (1/3 of the way around) and repeat with a second small petal, pinching slightly to keep the stem wound tightly.
- 5** Continue to rotate the stem until all 6 small petals have been glued on.
- 6** Continue adding petals to the stem, gluing the medium petals next. Remember to rotate the stem 120 degrees after each petal is affixed, and pinch tightly at the stem. As you work, you may need to adjust the petals, so they bend and curve in a natural way.
- 7** As you begin to glue on the large and extra-large petals, look at your rose from different angles to find the best petal placement. At this point, you can always add in an extra petal or two, if needed.
- 8** Fold the chenille stem back onto itself, shaping it into a simple leaf. Depending on the length of your chenille stem, you may be able to create more than one leaf. Wrap the remaining end around the stem.
- 9** Tie or glue some pretty ribbon around the base of the rose to cover any glue bits from the petals and to add a dash of colour.

Have fun creating a whole bouquet of beautiful upcycled paper roses!





# PAPER DAISY

B G P R A

## What You Need

- recycled sheet music or book pages
- green chenille stems
- page fasteners
- scissors
- ruler
- pencil
- water colour paints (optional)
- buttons or foam stickers (optional)

## What You Do

- 1 Cut recycled sheet music or book pages into half-inch (1.25 cm) wide strips.
- 2 Cut some of your strips in half to make shorter centre petals.
- 3 Starting with the short strips, push a page fastener through the centre of each strip.
- 4 Continue adding short strips until you are satisfied with the “centre” of your daisy.
- 5 Add the long strips, pushing the fastener through the centre of each strip.
- 6 Continue adding long strips until you are satisfied with how many “petals” you have on your daisy.
- 7 Turn your daisy over and flatten it face-down on your work surface.
- 8 Fold a chenille stem; loop it around the page fastener and secure it to the daisy by flattening the ends of the page fastener over the stems.
- 9 Twist the two lengths of chenille stem together to create the stem.
- 10 Decorate your daisy using any or all of the following suggestions:
  - Fringe the inner petals.
  - Add water colours.
  - Curl the petals using a pencil.
  - Add leaves using another chenille stem or green paper.
  - Glue a button or foam sticker to the centre.





# MUSIC SHEET ENVELOPE

G P R A



## What You Need

- recycled sheet music or book pages
- recycled note card envelopes
- recycled cardboard or boxboard (cereal or cookie boxes work well)
- pencils
- rulers
- scissors
- craft glue or glue stick

## What You Do

- 1 Create a template by tracing a note card envelope (that has been opened out flat) onto the cardboard or boxboard.
- 2 Label the two side flaps "A" and the bottom flap "B." Trace the template onto sheet music or any book page that is large enough to fit the entire envelope.
- 3 Cut out the envelope and make sure the bottom of the envelope is at the bottom before folding.
- 4 To form the envelope, fold in both side "A" flaps; then fold up the bottom "B" flap.
- 5 Use a ruler while folding the flaps, to create a clean straight edge.
- 6 Run your fingernail or the side of the ruler along the folds to create a nice sharp edge.
- 7 Apply glue along the sides of the bottom "B" flap (see the pale purple in photo), but not along the centre part.
- 8 Fold the "B" flap back into place to secure the glue against the side "A" flaps.

Create some pretty note cards from coloured paper and enjoy sending messages to your friends! These also make great party invitations and thank you notes, especially for music and literature teachers.

*Sandi "JellyBean" Dewar is a Guider and NSP Literary Agent in Port Elgin, Ontario.*



## Earn your 2015-2016 Words in Action crest!

The second year of our National Service Project is in full swing with two new service activities – Make a Storysack and Book It Forward. Girls can earn the new crest by completing one of seven service activities. And don't forget to log your actions at [nsp.girlguides.ca](http://nsp.girlguides.ca) It's the perfect way to share the power of Guiding across Canada! 🌐



# Quick & Easy Does It!

## Scavenger Hunts **S** **B**

BY MELISSA MOOR

Indoors and outside, scavenger hunts are quick and easy activities that require little preparation or equipment, foster curiosity and teamwork, and help young girls become more aware of their surroundings. Best of all, they are a lot of fun! Try some of these hunts with your Sparks and Brownies.

Scavenger hunts can be done independently, in pairs or in groups. Give Sparks visual clues, for example, squares of construction paper in each colour they need to find in a colours/rainbow hunt, and small pieces of paper cut in the shapes to find in a shapes hunt. For more complicated hunts, a Guider or helper can work with each group. Brownies can be given written lists of items to find. In outdoor scavenger hunts, girls should not collect any finds, but keep a record by crossing them off a list, drawing pictures or taking photos.

### ABC Scavenger Hunt

Build on basic literacy skills by asking girls to find one thing that begins with each letter of the alphabet.

### Word Scavenger Hunt

This scavenger hunt helps girls become aware of print that appears around us on signs, billboards, posters and packaging. Ask them to find each of the letters in a certain word (for example, the word “Brownies”) in their environment. This hunt works best in a meeting space where signs, books or documents are visible. You can also ask girls to find the numbers zero to nine.

### Words in Action Scavenger Hunt

Try this literacy-based scavenger hunt along with some of the activities in the National Service Project, Words in Action. Give each girl or group a picture book and a list of things to find in the book. Ask Sparks to find letters or text features, such as the title and author. Ask Brownies to find two rhyming words, four words that start with the letter “b” or a sentence that ends with an exclamation mark.

### “Groups Of” Scavenger Hunt

When your unit is exploring numbers and math, have girls find things in pairs (shoes) and groups of three (leaves on the GGC Trefoil), four (legs on a table), five (five keys on a ring or five flowers in a bouquet), and so on. You can enhance this activity with simple multiplication and addition: if legs on a table come in groups of four, how many legs would two or three tables have in total?

### 2D / 3D Shapes Scavenger Hunt

Ask Sparks to search for a variety of 2D shapes (squares, triangles, rectangles and circles). Brownies can also search for 3D shapes (spheres, cubes and prisms).

### Symmetry Scavenger Hunt

Explain symmetry and give girls examples of symmetrical items. Ask them to find several more.

### Colours / Rainbow Scavenger Hunt

When exploring visual arts and the colour wheel, have girls find an item in each primary, secondary and tertiary colour. If you are learning about the rainbow or introducing a rainbow-themed craft, ask girls to find something for each colour of the rainbow.

### Art All Around Scavenger Hunt

Help girls identify different forms of art, including music, dance, drama and visual art (textile, painting, photography, sculpture). Ask girls to find examples of each type of art (photographs, murals, drawings, woven or printed fabrics, musical instruments, a stage, a book of plays, a pair of ballet or tap shoes and so on).

### Magazine Scavenger Hunt

Give girls a list of items to find in magazines or catalogues, such as a piece of clothing, a pet, a tree and so on. You can build this scavenger hunt around a theme, a season or a festive holiday, and ask girls to find a list of things associated with it. In a complementary craft activity, the girls can cut out the pictures and use them to make a collage.

### States of Matter Scavenger Hunt

Talk to the girls about the states of matter (solid, liquid, gas) and ask them to find several things that exist in each state.



### Nature Scavenger Hunt

A classic nature scavenger hunt is great for an outdoor meeting or camp. Remind girls not to touch or remove the items they find. You can modify and enhance a traditional nature scavenger hunt by adding specific things they should look for:

- Shapes in nature: find a circle, a square, a triangle, a star, etc.
- Patterns in nature: find a spiral, a repeating pattern, something with stripes, etc.
- Textures in nature: find something soft, rough, fuzzy, bumpy, prickly, smooth, etc.
- Sounds in nature: listen for the wind, a bird, an insect, an animal, etc.
- Signs of life: find an animal home, animal food, animal tracks, etc. 🐾

*Melissa Moor is a Guider in Montreal, Quebec, and a member of the Canadian Guider Editorial Committee.*

# Join in the Adventure!

## GUIDING MOSAIC 2016

Get ready for the next Girl Guides of Canada–Guides du Canada (GGC) Great Canadian Adventure! Guiding Mosaic (GM2016), our 13<sup>th</sup> national camp, is coming up in July. What a great time for us all to celebrate Guiding! Even if you can't come to the camp, you can still join in the adventure.

In September, we introduced our GM2016 Mascot, Aurora, a Rocky Mountain Bighorn Sheep who has come down from the mountains to visit us all, from our youngest Sparks to our wisest Brown Owls! Aurora will visit units across the country as she makes her way to the GM2016 campsite in July. You can find crafts, games and much more on her Fun Material for Units page under the Patrol tab on our website: [guidingmosaic.com](http://guidingmosaic.com) And when she visits your unit, share the fun on any of GM2016's social media, or Aurora's own Facebook, Twitter, Instagram and Tumblr pages.

There are other great ways you can participate in GM2016 online through the Patrol tab at [guidingmosaic.com](http://guidingmosaic.com) Try these:

- Go to Contests & Challenges. The GM2016 Challenge is open to everyone! Crests will be available on [thegirlguidestore.ca](http://thegirlguidestore.ca) after January 2016. The challenge ends August 2016.
- Go to GM2016 Camp Training. Our camp training can be used by anyone, and it comes with an accompanying video series on YouTube called "Doing it the Guiding Way": [youtube.com/guidingmosaic2016camp](http://youtube.com/guidingmosaic2016camp)
- The GM2016 e-store is now open! Go to our website under the About tab to browse and shop.



Illustration: Robert Johansen

### Follow us on the GM2016 Social Media

-  [instagram.com/guidingmosaic2016](https://www.instagram.com/guidingmosaic2016)
-  [twitter.com/guidingmosaic16](https://twitter.com/guidingmosaic16)
-  [guidingmosaic2016.tumblr.com](http://guidingmosaic2016.tumblr.com)
-  [facebook.com/GuidingMosaic2016](https://www.facebook.com/GuidingMosaic2016)



### Follow Aurora on Social Media

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Hashtags - #AuroraGM2016, #GM2016, #MosaicMemories, #Mosaic, #GuidingMosaic 🌐



# SAY NO TO VIOLENCE

## A New GGC Challenge

**D**id you know that in Canada, approximately 80 per cent of victims of dating violence are female, and only one in three Canadians understands what it means to give consent?

Violence against girls and women is a widespread issue in Canada and around the world. It happens in all cultures, religions, ethnicities and racial communities, and to all ages and income groups. It perpetuates inequalities and undermines women's/girls' social and economic status, physical and mental health, well-being and economic security.

Our new Say No to Violence Challenge is an opportunity for girls to gain a better understanding of gender-based violence and healthy and unhealthy relationships. The challenge will also encourage girls to take a stand on violence, particularly violence against women and girls. The challenge can be completed at any time of the year. All program materials are now available on [girlguides.ca](http://girlguides.ca) and crests can be purchased from [thegirlguidestore.ca](http://thegirlguidestore.ca) 



# Pssst!

## Have you heard about Free Being Me?

...It's a GLOBAL Guiding body confidence REVOLUTION!!

*"If I have body confidence, I will stand up and shine, and do what I love"*  
Erica, Rwanda

*"I really am perfect - just in my own way"*  
Brownie, 8, USA

The World Association of Girl Guides and Girl Scouts and the Dove Self Esteem Project have developed **Free Being Me**, a set of fun, exciting body confidence activities for girls aged 7-14.

Go to [www.free-being-me.com](http://www.free-being-me.com) to download the activities and find out more about the program.

Join the conversation [#FreeBeingMe](https://twitter.com/FreeBeingMe)

[free-being-me.com](http://free-being-me.com)

[waggs.org](http://waggs.org)



# Join Our Online Party!

## Girl Guides on Social Media



How can we take our activities beyond the same old? What's the best way to showcase your crests – camp blanket or poncho? How do we get girls' attention in a noisy unit meeting? (Hint: the Waterfall works! You just get the girls to sweep their hands from over their heads down to the floor and say, "Shhhhhhhh.") These are just a few of the lively conversations we've had on our Facebook page lately. We'd love to hear from you, too!



Looking for handy Guiding resources? Check out hashtag #GuiderTip on Twitter and follow us @girlguidesofcan so you never miss another one.



Hey . . . did you know that Girl Guides are super photogenic? Check out our smiles, our events and our cookie sales! See for yourself by following us @girlguidesofcanada on Instagram!



You can access all our "online party" channels through [girlguides.ca](http://girlguides.ca) 📱

Photo: Erin T. Hamanishi



## Camping at the Toronto Zoo



Leaders, are you looking for a location for your group to have an overnight experience?

The Toronto Zoo offers two safe and exciting overnight programs to choose from for groups of all ages.



### Serengeti Bush Camp

is an outdoor overnight program complete with campfire and tents. This program is open mid-May until the end of August.

### Toronto Zoo Pyjama Party

is an indoor overnight program including a guided tour of the Tundra Trek and Eurasia Wilds. This program is open weekends during the fall and spring.



For more information and prices, please visit [torontozoo.com](http://torontozoo.com) and navigate to the Education & Camps page.

# Supporting Special Interest Units

## The Sharron Callahan Chief Commissioner's Bursary

**A** Girl Guides of Canada–Guides du Canada (GGC) Chief Commissioner's Bursary has been created in honour of former Chief Commissioner (2012–2015) Sharron Callahan. Currently GGC's International Commissioner, Sharron has been honoured for her longstanding dedication to Guiding and Canadian girls and women.

An ardent advocate of our Mission of enabling girls to be confident, resourceful and courageous, and to make a difference in the world, Sharron has elected to have the bursary funding directed to special interest units that offer Guiding support to vulnerable girls and women in residential settings.

A social worker by profession, Sharron knows firsthand the impact of violence on girls and women – as well as the transformative power Guiding can have in their lives. "As a Guider who has volunteered in a unit based in a women's shelter in St. John's, NL, I know that the effects of violence against women and girls is all too real, and all too common," she said. "To see what it means for these girls to enjoy something as simple as playing games together or making a new craft in Girl Guides is very powerful."

Lacking access to the community resources accessible to most GGC units, special interest units are unable to deliver Guiding in



Photo: courtesy Sharron Callahan

traditional ways or to fundraise through cookie sales. Sharron's bursary funding is intended to provide support for the continued operation of these units. Information on how to access this funding will be available through Provincial Commissioners.

Thank you to all of those who donated to this bursary. 🙏



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## Heartfelt Thanks

### GGC 2015 Supporters

We send our heartfelt thanks to the many individuals, foundations and corporations who supported Girl Guides of Canada–Guides du Canada (GGC) in 2015. From coast to coast to coast, our supporters help GGC to empower girls to be confident, resourceful and courageous, and to make a difference in the world. We are deeply grateful for the generous contributions that make it possible for our organization to bring out the best in every girl and woman who experiences Guiding.

#### Individuals

- |   |                                   |
|---|-----------------------------------|
| Jennifer Ayotte                                 | Marie-Helene Fox                  |
| Tashia Batstone                                 | Marilyn Friesen                   |
| Susan Birnie                                    | Jeanne Fuller                     |
| Helen Gertrude Trewayne Boaz<br>(The Estate of) | Tara Gaertner                     |
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| Christopher Bryce                               | Susan Grow                        |
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| Christine Burton                                | Erin Hauser                       |
| Shirley Byrnes                                  | Elizabeth Hill                    |
| Sharron Callahan                                | Louise Hourston                   |
| Susan Cameron                                   | Bonnie Hunter                     |
| Jennifer Cessford                               | Margaret Jackson                  |
| Dianne Chandler                                 | Charmaine Jensen                  |
| Gayle Chiasson                                  | Nancy Kelly                       |
| Marian Clark                                    | Geraldine Kelter                  |
| Glena Clearwater                                | Isabel Kerr                       |
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| Barbara Cook                                    | Shelley Leahy                     |
| George Couser                                   | Donna Leonard Robb                |
| Linda Crawford                                  | Joel Levesque                     |
| Mary Catherine Crocker                          | Ann Lowe                          |
| Marnie Cumming                                  | Carla Lyon                        |
| Jane Dalgas                                     | Deirdre MacIntyre                 |
| Margaret Daugherty                              | Brenda Malcolm                    |
| Deborah Del Duca                                | Jan Mann                          |
| Lionel Downes                                   | Lyn Mariner                       |
| Shelly Downey                                   | Geoff Marr                        |
| Joan Ellis                                      | Alec Mason                        |
| Trinda Ernst                                    | Jan McCaghren                     |
| Christine Featherstone                          | Heather McCance                   |
| Wendy Fitch                                     | Sheelagh McCourt                  |
| Kathleen Ford                                   | Isabell McDorman                  |
| Audrey Forrest                                  | Alison McGregor                   |

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### Trefoil Guilds

1<sup>st</sup> Canadian Internet Trefoil Guild  
 1<sup>st</sup> Sheppard Trefoil Guild

We are also thankful for the contributions of those who have chosen to make their gifts anonymously. ☺



Photo: Wayne Eardly

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## Awards

### Fortitude

Heather Humphrys, ON  
Madison Humphrys, ON

## In Memoriam

### GGC Tributes

Girl Guides of Canada-Guides du Canada Members are frequently recognized in their communities for the wonderful work they have done during their Guiding lives. As many of them may be familiar to you, we thought we would share the following announcements (June 2015-October 2015) with you:

- |                       |                      |
|-----------------------|----------------------|
| Ethel Bennett, NL     | Beverly Moher, ON    |
| Alma Bird, ON         | Ruth Moore, QC       |
| Helen Boaz, ON        | Jo Radies, BC        |
| Phyllis Brickwood, QC | Jane Ribbans, ON     |
| Ruth Donaldson, NS    | Peggy Roettger, SK   |
| Keena Edwards, BC     | Julie Silzer, SK     |
| Brenda Fortune, NS    | Shirley Sitemant, BC |
| Betty Guinness, BC    | Audrey Straight, NB  |
| Win Heather, BC       | Isabel Temleton, NL  |
| Deana Hill, BC        | Cecille Tuttosi, SK  |
| Hazel Howarth, BC     | Cydney Weir, SK      |
| Deborah Kay, ON       | Katherine Woods, BC  |
| Edith Leach, ON       | Lois Zimmerman, BC   |
| Betty Marsh, BC       |                      |

## A Tribute Opportunity

### Supporting Scholarships

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

For more information, please email us at:

[sheelerm@girlguides.ca](mailto:sheelerm@girlguides.ca)

## Errata

*Canadian Guider* received the following note from Shannon Carson, correcting an error on page 7 of our Fall issue. "I was thrilled to see the article on Science Rendezvous and doubly thrilled to see my name mentioned. Unfortunately my name was incorrect - I was Community Guider Shannon Carson, not Guider Shannon Farclas. Thanks for supporting Science Rendezvous!" We apologize to Shannon for the mistake in her name.

Also in the Fall issue, a glitch at the end of production caused a few words to be dropped from the Lady B-P Spy Camp. With apologies to our readers, it was "Gray Seal" and "Pink Leopard" that the girls called each other at the bottom of page 12. And the first line on page 13 should read, "For a camp craft..." 🐾

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## Guideability

### A Guider Resource for Inclusivity

Just as the girls in your unit have different interests, they may also have various levels of ability. The Girl Guides of Canada–Guides du Canada (GGC) resource, *Guideability*, will help you remove accessibility barriers and provide support to empower every girl in your unit to participate in Guiding to the fullest of her abilities.

*Guideability* details what disabilities and chronic health conditions are; explains how to use inclusive language; provides tips on preparing your unit to accommodate a girl who has a disability; and offers information on additional resources. It

also contains a list of disabilities and chronic health conditions ranging from allergies to post-traumatic stress disorder to epilepsy to visual impairments; informs Guiders of possible signs and symptoms; and provides suggestions for modifying activities to facilitate girls who have these conditions.

As GGC works towards creating inclusive environments with resources such as *Guideability*, more girls will have the opportunity to benefit from Guiding and to participate in Girl Greatness!

Read more: [girlguides.ca](http://girlguides.ca) > **Inclusivity and Accessibility** > **Guideability** 🌐

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Resourcefulness



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