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Dear Rangers & Guiders...

Girl Guides of Canada–Guides du Canada’s Mission inspires everything we do as an organization and as volunteers in Guiding. We enable girls to be confident, courageous and resourceful, and to make a difference in the world. In 2017, what could be a better fit with our Mission than providing girls with a positive foundation for mental health resiliency?

This winter, we’re thrilled to be launching *Mighty Minds*, our comprehensive new mental health programming for girls of every branch. (For details, turn to page 4 of this issue of *Canadian Guider*.) At the heart of Guiding is developing programming that not only reflects girls’ interests but also addresses the challenges and opportunities they encounter in an increasingly complex world. *Mighty Minds* is all about helping girls develop the skills to deal with the stresses of everyday life – whether that’s at school, at home or with their friends – so that they are well placed to take advantages of all the opportunities that come their way. It’s as simple and as fundamental as that.

No doubt, exploring this topic with girls may feel daunting to some. But the age-appropriate activities and girl-friendly language in the *Mighty Minds* resources will support Unit Guiders every step of the way, as they promote positive mental health skills in girls, while addressing the stigma that exists around mental illness in our society. Moreover, *Mighty Minds* was developed in consultation with the experts at Kids Help Phone and The Psychology Foundation of Canada, ensuring the program materials offer a solid foundation in this important area of youth development.

Happy World Thinking Day!

Every year on February 22, Girl Guides throughout Canada and around the world celebrate the global sisterhood of Guiding, as we mark World Thinking Day. This year’s WAGGGS’ programming theme is “Grow.” Check out the back page of this issue for ways you can take part with your unit. **#LetsGrow** Guiding together!

Also in this issue of *Canadian Guider*:

- Check out our tips for camping with confidence in winter on page 23.
- If the weather keeps your unit indoors, try the activities on page 28.
- Meet Guider Tegan Canada, dedicated RCMP officer and Pathfinder Guider on page 39.

Yours in Guiding,

Pamela Rice

Pamela Rice
Chief Commissioner

Jill Zelmanovits

Jill Zelmanovits
Chief Executive Officer

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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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MIGHTY MINDS

A New GGC Mental Health Challenge

BY KAYLA BERNARD



Growing up isn't easy. For girls struggling with thoughts, feelings, emotions and how their minds are working, it gets even more complex. Guiding nurtures girls in every aspect of their lives, offering them tools to embrace both opportunities and challenges that come their way. To better support Guiders in this task, Girl Guides of Canada—Guides du Canada (GGC) is launching Mighty Minds, a new challenge focused on mental health.

Created with input from The Psychology Foundation of Canada and Kids Help Phone, Mighty Minds was developed to help girls learn about mental health while addressing the stigma that still surrounds mental health and mental illness in society. Programming materials provide a range of activity options for all branches to explore three themes – general mental health, resiliency and stigma. The challenge strives to open the lines of communication and build essential positive mental health skills in girls and young women, so they can confidently and courageously embrace all that life has to offer.

Mental Health and the Unit Guider

In my units, we commit at least one meeting each year to learning about mental health, and last year, my Pathfinders spent three meetings on this subject. So, I was very excited to learn of the new GGC Mighty Minds Challenge, because as I tell my girls, everyone needs to work towards maintaining good mental health. And, as with maintaining physical health, some people have to work a little harder.

Mental health issues and mental illness are common and there is no need to treat them as a secret. It's pretty simple – we all have mental health, and we need to care for it. As a Brownie I know once said, “Your brain gets sick, and then you have to make it better.” Like many people, I have family members who have struggled with mental health issues. Likewise, girls in any given unit have experienced or will experience this struggle at some point in their lives.

My advice for all units throughout Canada is to take on the Mighty Minds Challenge – and to take your time with it. Allow the girls to ask questions and explore different parts of their own mental health. Bring in people from your community, and share stories. Normalize the language describing mental health. This is a big issue for my Pathfinders. They hear so many terms and words being thrown around without truly understanding them, and have used some of the terms themselves without realizing the impact they could have on people who are suffering from mental illness.

Getting rid of the taboos surrounding mental stress and illness will help girls know that it's okay that sometimes a person's mental health isn't the best, and that there is no reason to be scared or to hide. And most importantly, providing a space to relax, breathe and be themselves will make the girls in your unit feel safe. At our unit meetings, I always tell my Pathfinders that I want to hear about their week, including the bad as well as the good. I am here to help them problem solve and discover and explore different perspectives on the things that trouble them. And if I do not immediately know the answer to a question or a solution to a problem, I will try to find it for them or find someone else who may have better skills and experience to help them.

Every year that I have told parents and guardians that my units will be covering mental health issues I've received numerous thank you emails. Mental health is something they recognize is important for their girls and they understand that we Guiders can help open the door for positive dialogues. This is what Mighty Minds is all about. So take the Mighty Minds Challenge and help your girls learn to care for their mental health. 🌍

Kayla Bernard works with Pathfinders and Guides in Halifax, and is Nova Scotia Provincial Arts Coordinator.



“There’s a wonderful and powerful window of time developmentally where those working with girls can make a lifelong difference in helping them to grow up to be **emotionally healthy and well**. It’s an opportunity to **help girls learn problem solving and stress management skills and become more self-aware** — and this is a gift that can help them today and for the rest of their lives.”

– Robin C. Alter, Ph.D.,
Child Psychologist,
The Psychology Foundation
of Canada Trustee.



As the only 24/7 national help line for youth in Canada, Kids Help Phone connects daily with hundreds of young people. We know first-hand the value of **inspiring and encouraging girls** to start a conversation about mental health. As a **charity that believes in the power of talking**, we fully support the Girl Guides of Canada Mighty Minds Challenge.

RANGERS GET REAL

GGC Inclusivity

COMPILED BY TAYLOR BALL

Guiding is all about creating a space where all girls and women feel accepted, respected and empowered. With this in mind, we asked Rangers from across the country what makes Guiding the ultimate safe space for teen girls. Here's what they had to say.



RISHI ILANGOMARAN

“My Guiders and sister Rangers totally make GGC a safe and welcome place for me. Coming into Guiding as a third-year Pathfinder, it was quite difficult to learn the customs and history behind the organization, in addition to trying to make friends in the unit. However, the members of Guiding in my area helped me make this transition easily by being understanding and inclusive. I see this support offered to all members of Guiding from Sparks to new Guiders.”



NERISSA
KASSIS

“As someone who's openly gay, seeing Girl Guides at events such as the Pride parade and having Guiders who help facilitate discussions in our unit about queer visibility and inclusivity, have helped me feel safe and welcomed in Guiding. Having Guiders who have been willing to bring in guest speakers from our local queer community centre when I asked, and

who have been more than happy to help me lead discussions about how to make Guiding more accessible for queer and trans folk has really helped me feel safe and included in Guiding.

By acknowledging different types of discrimination – for example homophobia, transphobia, sexism, fat-phobia and racism, among many others – the girls have seen in their communities, you can begin to make your unit, and Guiding as a whole, a safer place that is free of discrimination for everyone.”



DEANNA
MCPHEE

“Units and Guiders can provide a safe, judgement-free zone and be accepting of all people's differences.”



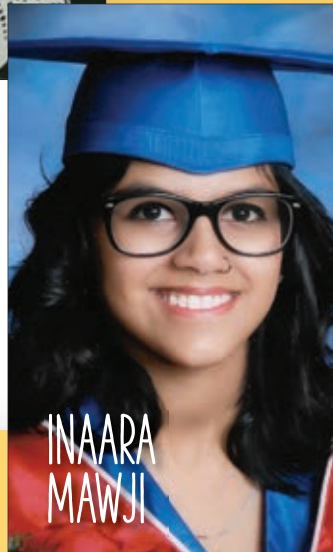
OLIVIA TRIVETT

“Hearing girls’ thoughts and opinions really helps to create a positive environment. I love it when Guiders make an effort to get to know their girls and take an interest in what they have to say and how they want the meetings to go, and just have an overall mutual respect.”



OLIVIA ANTHONY-KACHUR

“Guiding is a safe and positive place for me. It has always allowed me to be independent and to follow my own beliefs. Girl Guides has been a safe haven in the fact that I can trust my leaders with things, as well as trust my sister unit members. The positive impacts have empowered me to be who I am and to respect and love myself. Guiding has also given me the opportunity to learn so much about myself.”



INAARA MAWJI

“The environment is inclusive and nobody judges you for being you. The fun, friendship and experiences are amazing! I also love what Guiding stands for and what it teaches to the young women and leaders of tomorrow.

I gain different valuable life lessons with every activity we take part in through Guiding. By serving the homeless or simply sorting out clothing at the shelter, it reminds us of how fortunate we are. Cleaning up homes in High

River, AB, during the floods in 2013 humbled me to be grateful and cherish what I have, for material things can be taken away in a split second. There was also the kayaking expedition up the Indian Arm on Vancouver Island. I left home with second thoughts, wondering if I had the ability to face the challenges. It turns out, I am stronger than I anticipated. Not only did I survive a week in the wilderness but I also kept myself afloat in the kayak and learned a few tricks. I also discovered that I love nature and hiking! Through Guiding, I have come to know myself and to find my true potential.”



BREANNE ESAU

“Guiders should make sure they are allowing everyone’s voice to be heard and no one’s ideas are being put down or neglected. It is also important to act upon each girl’s individual strengths and try to guide them into situations where they can demonstrate

those strengths and be successful. I feel it is also key that Guiders are easy to reach outside of the meeting place, for example via email or phone, so that if we have a problem we can speak to them privately.”

Taylor Ball is a Ranger in Vancouver, BC, and a member of the Canadian Guider Editorial Committee.

Transforming Our World

The 2016 Juliette Low Seminar

BY MARY-MAY HUBERT AND SHELBY KENNEDY

The Juliette Low Seminar (JLS) is held each year for young Guiders from around the world. Last May, Girl Guides of Canada—Guides du Canada (GGC) sent two delegates to Transforming Our World, the 2016 JLS, held at Kusafiri World Centre in Accra, the capital of Ghana. Here are some of their impressions.

Each day at the JLS conference was awesome! Early risers got up in time to do some yoga. Those who preferred to sleep in a bit more met the early risers at breakfast – always enjoying the amazing fruit we were served each morning. All of us also hit the showers, because it was so hot! Morning sessions included games and activities encouraging and supporting leadership skills and, of course, many opportunities for sharing ideas, having fun and creating friendships. After a lunch of traditional Ghanaian food (lots of rice!) we continued with other great developmental activities in the afternoon. After dinner, we celebrated Guiding around the world at an international night of cultural exchanges!

Transformation

One of the really cool things that we got to experience at the conference was a simulation game in which we role-played refugees. We were all assigned identities, families and a country of origin, and challenged to escape that country and seek a new home elsewhere in the world. The people in charge of the simulation played their own roles very well, including anything from police officers to military personnel who spoke no English. This helped us to better understand what refugees go through and emphasized the importance of supporting them as WAGGGS members working to transform our world.

Of course our host families made sure that we got to have some fun and experience Ghanaian culture during our stay. We were fortunate to be able to visit community partners in Accra and to learn about different skills such as cooking and sewing from the Ghanaian perspective and experience. We also attended a very interesting African play and did some shopping in local markets. We



Photo: courtesy WAGGGS



Photo: courtesy WAGGGS



Photo: courtesy WAGGGS

had many other life-enhancing experiences before leaving Ghana, and also made sure to stop at another WAGGGS World Centre, Pax Lodge, in London, England, while en route home.

Guiding gives young women from around the world so many amazing opportunities, and attending a JLS is just one of them! Not only did we get the chance to share histories, experiences, cultures and perspectives with many Guiding sisters from around the world, we got to do it at the fifth WAGGGS World Centre, in Africa, and as representatives of our own great organization, GGC! If you are a GGC member aged 20 to 30, we hope that our experience might inspire you to take one of these opportunities and make it your own! The next amazing international Guiding adventure could transform your world!

The WAGGGS Leadership Development Programs

The Juliette Low Seminar and Helen Storrow Seminar are WAGGGS' two flagship leadership development programs. Both provide opportunities for young women to develop leadership and interpersonal skills in a creative, supportive and inspirational international environment.

Juliette Low Seminar (JLS)

Offering annual personal development opportunities to young women aged 20 to 30 since 1932, the JLS is named for Juliette Gordon Low (October 31, 1860 – January 17, 1927), who was the founder of Girl Scouts of the USA, with help from the Scouting/Guiding Movement's Founder, Sir Robert Baden-Powell. Juliette Low and Baden-Powell shared a love of travel and support of the Girl Guides. Juliette formed a group of Girl Guides in Scotland in 1911, and the first American Girl Guide troop in 1912. In 1915 the United States' Girl Guides became known as the Girl Scouts, now Girl Scouts USA (GSUSA), and Juliette Low became the first president. She stayed active until her death in 1927. Her birthday is commemorated as "Founder's Day" by GSUSA.

Helen Storrow Seminar (HSS)

Named in honour of Helen Osborne Storrow (September 22, 1864 – November 12, 1944), this program has been offering leadership development opportunities to women aged 18 to 25 since 1986. Held annually at the WAGGGS World Centre, Our Chalet, in Adelboden, Switzerland, the HSS explores current environmental issues and focuses on ways to raise awareness and use practical skills to create sustainable change. Helen Storrow was a prominent American philanthropist, early Girl Scout leader, and chair of the WAGGGS World Committee for eight years. She founded the First National Girl Scout Leaders' Training in Long Pond, Massachusetts; headed the leaders' training camp at Foxlease, UK; and donated the first of the WAGGGS World Centres, Our Chalet. Helen was married to James J. Storrow, a prominent banker and the second National President of the Boy Scouts of America. 🌐

Mary-May Hubert is a Pathfinder/Ranger Guider in Montreal, QC. Shelby Kennedy is a Brownie Guider in Chilliwack, BC.



Photo: courtesy WAGGGS



Photo: courtesy Mary-May Hubert and Shelby Kennedy



Photo: courtesy WAGGGS



Photo: courtesy Mary-May Hubert and Shelby Kennedy

A Sweet History

The Girl Guide Cookie

On the 90th anniversary of Girl Guide cookies, we remember Christina (Chris) Riespman, a Guider in Regina, SK. In 1927, to fund a camping trip for Newlands Own Girl Guide Company #4, she decided to bake and sell cookies. And so our now iconic fundraiser was born.

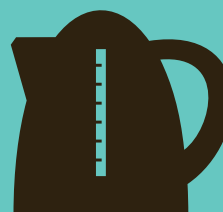
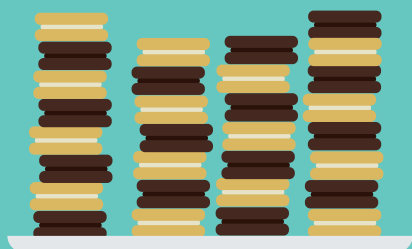


Illustration: ©iStock/Lyudinka (edited)/InnaBodrova; Photos: GGC Archives

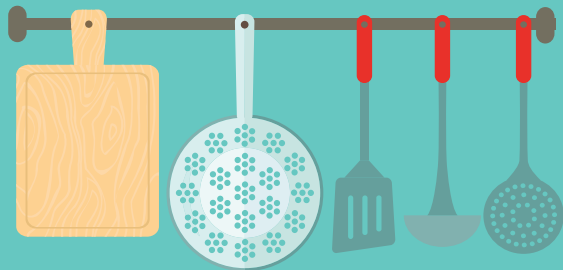
Born in The Netherlands, Chris had brought her favourite family recipes to Canada with her in 1912, and often baked Dutch cookies for special occasions. Little did she know how her new cookie venture would take hold or how much baking she would be doing that summer! She could hardly keep up with the demand as she packaged cookies by the dozen for girls to sell for 10 cents a bag. Before long, her girls had raised enough money to cover all their travel expenses and camp fees.

Always a Guide at heart, Chris was deeply committed to helping others. During the turbulent years of the Second World War, she opened her home in Regina to visiting Dutch airmen, and to the many Dutch war brides who arrived after the war. She was also a great lover of the outdoors. Indeed, one reason she and her daughter became involved in Guiding was because Chris wanted her little girl to learn to “see and recognize beauty everywhere.” Camping remained an important part of their lives.

As word of the success of Chris' simple fundraising project spread, she baked up an even bigger storm, which would ultimately lead to an enormously successful Guiding tradition. By 1936, her idea had spread, and the Regina Girl Guide office asked the national council for permission to allow cookie sales throughout the city.

Over the next years, sales spread nationwide, and a succession of commercial bakers were hired and many flavour variations were tried, from plain to maple to peanut butter. In 1953, Girl Guides of Canada introduced the first chocolate and vanilla sandwich cookies, which sold for 35 cents a box. Forty years later, in 1993, we launched our newest variation, the chocolate mint cookie.

Today, Girl Guides of Canada sells 5.3 million boxes of cookies annually, making cookie sales our most important source of funding. The money raised is used to provide diverse and exciting programs and activities; to maintain Girl Guide properties; to offer training and



support for Guiders; and to subsidize travel to Guiding events locally, nationally and internationally.

From its beginnings in a Guider's kitchen, the Girl Guide cookie has grown into a full-scale fundraiser. And, thanks to the revenue generated each year, girls across Canada get the chance to camp, travel and learn to "see and recognize beauty everywhere," just as Chris Riespman wanted her own daughter to when she baked those first Girl Guide cookies in 1927.

Chris died in 1963 and, in addition to the important role she played in the development of Girl Guide cookies, she left behind her legacy of love for the outdoors and service to others. She had been a Guider for decades at the time of her death and, since then, her daughter, granddaughter, and great-granddaughters have all embraced the Guiding Movement. 🌍



THE ORIGINAL 1927 GIRL GUIDE COOKIE RECIPE

- 1 cup/250 ml butter
- 1 cup/250 ml sugar
- 3 eggs
- 2 tablespoons/30 ml cream
- pinch of salt
- 1 teaspoon/5 ml baking soda
- 2 teaspoons/10 ml baking powder
- ½ teaspoon/2.5 ml ground cardamom
- 3 cups/750 ml or more flour to make soft dough

1. Cream butter and sugar.
2. Beat in eggs and cream.
3. Combine salt, baking soda, baking powder, cardamom and flour.
4. Sift dry into wet ingredients and mix into dough.
5. Roll and cut, using a small floured glass or cookie cutter and sprinkle with sugar.
6. Bake at moderate heat (325 °F) until done.



A TASTE OF HISTORY

Girl Guide Cookie Activity **S B G P R**

adapted from *Cookies Rising: Blast from the Past Instant Meeting*, BC Girl Guides

What You Need

- Christina Riespman's 1927 Girl Guide Cookie recipe, ingredients and baking supplies
- vanilla crème cookies
- maple cream cookies
- shortbread cookies
- vanilla and chocolate sandwich cookies
- chocolatey mint cookies

What You Do

1 Gather all supplies and ingredients necessary to bake cookies.

2 Purchase cookies that represent those formerly sold by Girl Guides (they can be any brand of cookies). If you don't have Girl Guide cookies from the last campaign, purchase something representative from the grocery store. Be aware of allergies.

3 Divide the girls into groups to bake batches of the original Girl Guide cookies. Sparks and Brownies should

be able to help with mixing and rolling, with older girls or Guiders handling the oven. This may be easier in shifts, depending on your unit's size.

4 As the cookies are baking, read out the story of Christina Riespman's original cookies (page 10).

5 Once the cookies are baked and cooled, read the Girl Guide Cookie Timeline (below).

6 Beginning with the 1927 cookies, as you get to the year each new Girl Guide cookie was introduced, have the girls sample the representative cookies. (You may want to cut the cookies in pieces for this.)

7 Discuss what changed over the years. Ask the girls which cookies they liked best.



1927

The first Girl Guide cookies are sold in Regina, SK.

1929

Girl Guides of Canada begins selling cookies as the official fundraising activity for the organization.

1946

Vanilla crème, maple cream and shortbread cookies are introduced.

1953

Classic chocolate and vanilla cookies make their first appearance.

1960

A special box commemorates the 50th anniversary of GGC.

1966

The classic vanilla and chocolate cookies are back!

1967

GGC centennial cookies are sold.

1991

During the Gulf War, every Canadian soldier is given a box of GGC cookies upon arrival in Saudi Arabia.

1992

Former Girl Guide and Canadian astronaut Roberta Bondar juggles Girl Guide cookies in space.

BE A SMART COOKIE

Girl Guide Cookie Selling Secrets

BY LAURA RIGGS

Want to boost your Girl Guide cookie sales? From one smart cookie another, here are some tips to help you move those cases like crazy!

Go for Volume

Get out there! Grocery stores, farmers' markets and local events are the best places to move large volumes of cookies in a short period of time. And your presence at these places will also let everyone know that Girl Guides are in their community.

Cookie Crunch

There's nothing like the rush of customers at a grocery store or shopping centre on the day before a long

weekend closure. This provides a crucial crunch time to maximize your sales.

Follow Your Fan Base

Visit locations that have been successful for you in the past. Customers will be happy to see you again – and eager to buy more cookies!

Promote the Program

Tell customers where the money is going. Talk about the girls' program and

activities. Will the funds raised also help you get your girls to a special camp or on a fantastic trip? Tell them about it! Cookie customers like to know they are making a difference for your girls, while also enjoying their sweet treats.

Double Up

Pathfinders and Rangers – do you find it hard to sell cookies on your own? Team up with a Spark or Brownie unit, and double your profits! 🍪



Laura Riggs is a Guider in Ottawa, ON.



1995

Chocolatey mint cookies are sold in all provinces across Canada.

2003

All classic chocolate and vanilla and chocolatey mint cookies are produced in a nut-free and peanut-free bakery.

2009

GGC launches reduced trans fats in the chocolatey mint cookies.

2009

GGC launches first national cookie-selling rewards initiative. Cookie All Stars.

2010

A special 100th anniversary commemorative box is produced. The classic chocolate and vanilla cookies are now 0 g trans fat per serving.

2011

Girl Guide Cookies gets its own Twitter account, @girlguidecookie

2012

The Girl Guide cookie box gets a new look, featuring fun illustrations tracing the journey from Sparks to Rangers.

2014

Girl Guide classic chocolate and vanilla cookies are certified as Kosher.

IDEAS TO GO

Photo: Laura Litvack



POSITIVITY MIRRORS B G P

submitted by Laura Litvack, Pierrefonds, QC

Our unit did this craft at the end of the Guiding year as a Brownie Key to Me activity. The girls were thrilled with the results and couldn't wait to show their Positivity Mirrors to their parents. This was definitely a positive experience for everyone!

What You Need

- sheets of paper
- coloured pens/markers/pencils
- blank painting canvasses
- craft paints and brushes
- scissors
- craft glue
- glue sticks
- dollar store locker mirrors or other inexpensive flat mirrors in lightweight plastic frames
- newspapers or plastic drop cloths to protect tables/floor space

What You Do

1 As the girls arrive and wait for the meeting to begin, give them each a sheet of paper and a pen/marker/pencil and have them print their name on it and write down one positive word beginning with each letter in their name. The girls will likely get quite creative, especially those who have “x,” “y” and “z” in their names!

2 Once you have done your meeting opening, introduce the topic of self-esteem, by asking the girls if they are familiar with the term. If you

are doing this with Brownies, and even young Guides, most girls may not yet have heard of self-esteem. Once you explain it, talk about ways self-esteem can be nurtured and then explain the positivity mirror craft/activity. Show the girls a sample positivity mirror that you have made in advance.

3 Have the girls begin on their own positivity mirrors by painting a canvas. Tell them to be as creative as they wish. While the canvasses dry, have them cut out the words they wrote on their sheets of paper.



4 Once the canvasses are dry, have the girls each glue a mirror to the top portion.

5 Now you have two options. You can decide which option to take, or let the girls decide by vote or consensus.

- a) Have the girls paste the slips of paper they have cut up onto their canvas.
- b) Combine all the slips of paper in one collective pile and have the girls choose words they think describe their positive attributes from that pile.

Note: You can also have pre-selected slips of positive attribute words in different fonts on hand to add to the girls' words, for more variety. 🌟



MODGE PODGE BADGE BOX S B C P

submitted by Rebecca Sadler, Toronto, ON

These decorative boxes are the perfect place for girls to keep all their program badges and challenge crests before attaching them to a sash or camp blanket. If you make them at the beginning of the year, the girls will never have a badge or crest go astray!

What You Need

- small square papier mâché boxes (one per girl)
- Modge Podge (original)
- images of your Guiding level's program badges (you can find images at: thegirlguidestore.ca)
- scissors and/or one-inch circle punch
- plastic cups
- paint brushes
- paint (optional)
- plastic table cloths

What You Do

- 1** Before the meeting cut/punch out program badge images. This is a little time consuming for the Guider but makes all the difference when doing the craft with the girls.
- 2** Set up a craft space with a small cup of Modge Podge and a paint brush for each girl. This craft can get messy, so be sure to use plastic table cloths.
- 3** Starting with the lid of the box, show the girls how to paint on a thin layer of Modge Podge, stick the

paper badge down and cover it with another thin layer of Modge Podge.

4 Have the girls continue to add paper badges one at a time, overlapping the new badges on parts of the previous badges.

5 The girls can choose to decorate the whole box with badges or just the lid. Another option is to paint the main part of the box and use the Modge Podge technique on the lid.

Tips and Tricks

- When printing and cutting out the program badge images, size the badges to fit a one-inch (2.5-cm) circle punch. This will save a good deal of time.
- Girls may need reminders to cover the badges with just thin layers of the Modge Podge. Otherwise the badge boxes will take a long while to dry.
- Print the girls' names on the inside of their box lids and bottom of their boxes. They tend to look very similar once finished. 🌟

FRIENDSHIP FLAGS

S B G P R

submitted by Abby Wilson, Nelson, BC

We made these flags in all Girl Guide branch colours as part of a compass activity.

At camp, we cached them in the woods and challenged the girls to follow a compass course to find and collect one representing each of the branches.

What You Need

- pink, orange, blue, green and red fabric
- stencils cut out of cardboard or transparent plastic in the designs representing each GGC branch: rainbow (Sparks), toadstool (Brownies), Trefoil (Guides), tent (Pathfinders) and campfire (Rangers)
- white acrylic craft paint
- sponges
- string
- stapler



Photo: Abby Wilson

GIRL GUIDE COOKIE EARBUD HOLDER

G P R

submitted by Emma Timmins, Kitchener, ON

Here is a fun and useful craft to help your girls organize their earbuds in great Girl Guide style. These cookie earbud holders are small, cute and perfect for a purse or backpack. After all, who doesn't love Girl Guide cookies?

What You Need

- a circular perler bead pegboard
- high-performance craft adhesive, such as E6000 or Gorilla Glue
- perler beads (60 light brown, 188 tan, 122 white)
- iron
- ironing paper



Photos: Emma Timmins

What You Do

1 Prepare the fabric. Older girls can cut or rip it into six-inch (15-cm) by seven-inch (18-cm) rectangles. For younger girls, prepare the rectangles in advance.

2 Make the stencils, using your own designs or templates you can download from: <http://bit.ly/2cXshqp>. Older girls can cut their own. Prepare them in advance for younger girls.

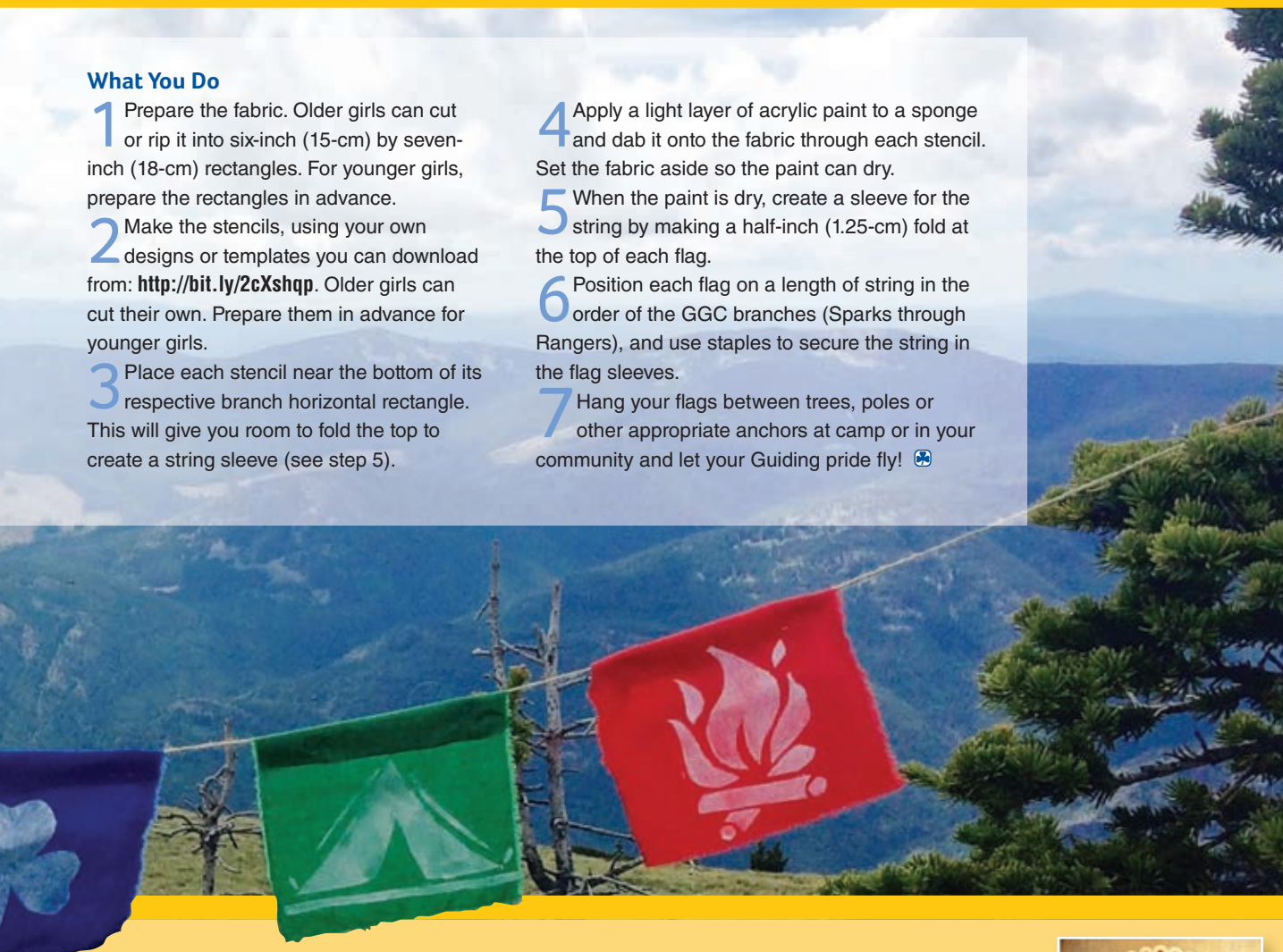
3 Place each stencil near the bottom of its respective branch horizontal rectangle. This will give you room to fold the top to create a string sleeve (see step 5).

4 Apply a light layer of acrylic paint to a sponge and dab it onto the fabric through each stencil. Set the fabric aside so the paint can dry.

5 When the paint is dry, create a sleeve for the string by making a half-inch (1.25-cm) fold at the top of each flag.

6 Position each flag on a length of string in the order of the GGC branches (Sparks through Rangers), and use staples to secure the string in the flag sleeves.

7 Hang your flags between trees, poles or other appropriate anchors at camp or in your community and let your Guiding pride fly! 🌍



What You Do

1 Notice that there is one straight line of pegs on the perler bead pegboard. Use that as your middle, vertical line, so you can accurately create the pattern.

2 Using the light brown beads, create a Trefoil on the pegboard and fill in the background with tan beads, leaving the outermost ring empty.

3 Fuse the beads by covering them with ironing paper and pass a preheated iron over the design in circular motions for 10-20 seconds. Let cool; remove from the pegboard; and flip and fuse the other side. Keep your iron moving to ensure you don't over-melt any beads.

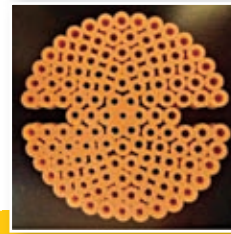
4 Create a circle of white beads on the pegboard, leaving the three outermost rings empty. Fuse as per Step 3. Repeat, so you have two white circle fillings for your cookie.

5 Using tan beads, create a circle on the pegboard, leaving the outermost ring empty. Find the straight middle line and remove three pegs from each end. These slots will hold your earbuds in place. Fuse the beads together as per Step 3.

6 Using high-performance adhesive, glue the four pieces together into a cookie; apply pressure as the glue sets.

7 To use, place the earbud jack into one of the slots created on the bottom of the cookie. Wrap the wire around the middle section. Secure the earbuds in the other slot and, volia, you have earbud organization at its Girl Guide sweetest!

Note: If needed, you can find a perler bead tutorial on YouTube or on the perler bead website at perler.com 🌍



Videos & Swaps

21st Century Pen Pals

The traditional letter-writing concept of pen pals has long been a staple of Guiding, providing an opportunity for our members to stay in touch with friends, to meet new people, and to learn about different cities, countries and cultures. And now as technology has opened up other avenues of communication, we have exciting new ways to correspond with our pals around the globe.

Here are two interesting and innovative ways to bring your pen pal projects into the 21st Century.



Photo: Rachel Collins

Video Pen Pals

BY RACHEL COLLINS

Our Brownie unit has become pen pals with a group of Brownies from Connecticut, USA. The first year of this unit project, we made a surprising discovery: sustaining pen pals can be challenging! The girls had a hard time making “small talk” in writing; the process took up a big part of our meetings; mailing letters back and forth took a long time and was quite costly; and the logistics became more difficult with an imbalance in numbers, particularly when a girl was absent during a letter-writing meeting.

This led us to pursue an alternative the following year by creating video pen pals. To kick things off, we filmed a short video inviting the American Brownies to “write” to us, introduce themselves, and tell us a bit about Girl Scouts USA (GSUSA).

From there, the leaders of our respective groups connected to create a timeline for future videos. We planned to have a number of them, each touching on a pre-determined topic, such as field trips, cookies, songs, and service. For example, we taught our GSUSA counterparts the words to “Land of the Silver Birch” while they sent us a video from their trip to a wolf preserve.

Each time we received a video, we set it up with a small set of speakers and played it at the next meeting. We also built in a physical trade. The GSUSA girls made our girls sock caterpillars, and our girls made them sock snowmen.

Video pen pals is far less expensive and faster than letter-writing, makes it much easier for the girls to connect, and doesn't require the groups to be of equal size. The girls really become engaged, because they love making the videos and watching their pen pals and themselves on screen!

We did this activity with Brownies, but it could easily be used in any branch of Guiding. Older girls can take on more responsibility by filming, editing or scripting their videos in advance. So... ready, set, action... get your girls rolling and create your unit's own pen pal videos! 📺

Rachel Collins is a Guider in Guelph, ON, and Chair of the Canadian Guider Editorial Committee.



Photo: Alexandra Dalgleish

“The “rule of the game” for pen pal swaps is to do the exchange equally, so every girl in each unit benefits.”

Pen Pal Swaps

BY ALEXANDRA DALGLEISH

The 115th Montreal Brownies have ventured into the wonderful world of swaps with our pen pals around the globe, and the Internet really makes this easy and fun! Since becoming an active member of a Facebook community of traders, I have been amazed at the number of swaps that have arrived: sand samples from North and South Carolina, mini-license plates from West Virginia, mini-bed rolls from New Jersey, mini-birthday cakes and marshmallows from BC, wheat samples from Illinois, mini-flags from New Zealand, origami cranes from Japan, and coal samples from Utah, along with countless mini-duct tape purses, girl power pins and friendship bracelets!

The “rule of the game” for pen pal swaps is to do the exchange equally, so every girl in each unit benefits. When we do pen pal letters, along with ensuring the privacy and safety of all of our girls by screening the letters and keeping the girls’ last names, images and addresses private, we also organize the swaps numbers. I ask the Guiders in our pen pal units how many girls, leaders and

helpers they have, and give them that information for our unit. Last year, I combined two units I was co-leading for the final total number of swaps, and we sent out mini-winter toques in all the branch colours.

Postage for overseas, U.S.A and even Canada is quite costly, but sometimes I can get a reduced rate from Canada Post. The cost per unit swaps package ranges from approximately \$5 to \$15.

I exchange email addresses with the Guiders in the pen pal units and also keep in touch through online forums, such as Facebook and Yahoo. My favorites are the WAGGGS unofficial Facebook page and unofficial Pen Friends for Members, also on Facebook.

At our annual advancement, each Brownie is given one of the many swaps we have received to take to a camp or another special event. In conjunction with the “Round the World” activity, this is a great learning experience, and the girls are challenged to see how far around the globe they can reach with the exchanges. 🌐

Alexandra Dalgleish is a Guider with the 115th Montreal Brownies, Monklands District.

Better Together

Growing Up in a Multi-Branch Unit

BY KATHRYN LYONS

Photos: Kathryn Lyons



In 2016, the multi-branch 12th Ottawa Guiding Group reached a milestone. Nine years ago, when new Guiders invited members of the community to join Guiding, they registered a handful of Sparks and Brownies and two first-year Guides. The unit has grown exponentially since then, with 82 girls registered to date. And as it's grown bigger, it's also grown up!

As one of the unit's Guiders, I have been enriched by the diversity of our unit, including the girls and my sister Guiders. But my growth is nothing compared to what I've watched, as the eldest of these girls leave childhood behind and stand ready to become Guiders themselves.

This year, Hayden Fontaine, one of our original Guides, will complete Rangers. Hayden and our other third-year Rangers are the unit's trailblazers. Indeed, it was they who asked us to add Pathfinders and Rangers to our unit in the first place. Celeste Cassidy is another Ranger, who joined our unit as a Pathfinder, after she completed Guides. Here is what Hayden and Celeste have shared about growing up in a multi-branch unit.

How did you come to join the 12th Ottawa Guiding Group?

Hayden: “When I arrived at 12th Ottawa, there wasn’t even supposed to be a Guide group. But the Guiders decided to give it a try.”

Celeste: “When I finished Guides, a lot of my friends were dropping out of Guiding. I already knew Hayden, and I came to a bring-a-friend meeting. It was just easier to be downtown and with friends.”

Why did you ask for Pathfinders and Rangers to be added to the unit?

Hayden: “I remember the third-year Guides did a song at advancement and at the end, we sang our proposal, ‘If I were not a Girl Guide, a Pathfinder I would be,’ as a question. We wanted to stay with the unit, and so it just made sense. At the end of Pathfinders, I did go to another Ranger unit with a Guider to try it out. But it didn’t feel right.”

Celeste: “And it was on a different night, so I couldn’t even go to the other Ranger meeting because of my other activities!”

What are some of the advantages of being in a multi-branch unit?

Celeste: “It makes the Pathfinder and Ranger program so much easier to complete. So much of it requires being with younger girls, and with this unit, they are always right there. It’s also great for doing volunteer hours for school.”

Hayden: “Program work is so much easier when the younger girls are right next door,

and we already know each other. And I almost left Guiding in Pathfinders. Those years were rough, with all the transitions and being busy with school and life. But having stability and familiarity with the unit made it easier to stay.”

What else would you want to say about being in a multi-branch unit?

Celeste: “Multi-branch units would solve the retention problem. At the back of the program books, it says, ‘what’s next?’ but it can be hard to imagine. With this unit, it’s a thousand times clearer because you see what’s next at every single meeting.”

Hayden: “When people talk about the Guiding community, this unit is what they are talking about. We are all together.”

What is next in your Guiding life?

Celeste: “I’ve done so much with Guiding already. There are so many opportunities that I can’t imagine not being involved. I’d like to be a Spark or Brownie Guider and be involved at the national level.”

Hayden: “I want to be a Guider. I don’t want to stop. I’m into Guiding too deep! I plan to go away for university, and when I’m back at the end of March, I am going to be a Guider with 12th Ottawa!” 📧

Kathryn Lyons is a Brownie Guider with the 12th Ottawa Guiding Group. She thanks Morgan Kenny and Allison Sephton, 12th Ottawa Ranger Guiders for their assistance.

Looking Up Brownies’ Thoughts on a Multi-Branch Unit

When I asked our Brownies how they liked being in a multi-branch unit, here is what three of them shared:

Edith, 2nd year Brownie, first time member:

“I thought the unit was going to be just Sparks and Brownies. I was a little surprised to see the older girls. But now I know them, and I am not surprised.”

Lara, 1st year Brownie, three years as a member:

“At first I felt scared about being a Brownie. But then I found I could make friends and there were people I knew, and I feel like I fit in with everyone now.”

Mia, 2nd year Brownie, four years as a member:

“When I was a Spark, I wanted to be a Brownie. And now Guides comes next! This unit is fun!”

When I asked them if they view Rangers as kids or adults, they all responded: **“The Rangers are grown-ups.”**



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Winter Camping

BY TAYLOR BALL
HILARY FELDMAN
AND TAMMY TROMBA

Just because it's cold, the wind is howling or the ground is covered with a blanket of snow, you don't have to stop camping. Cooler temperatures offer wonderful opportunities to get outside and do winter activities. You don't have to sweat it; you just need to be prepared!

Photo: courtesy Diamond Isinger



If you're a winter camping newbie, try cabin camping first. Having an indoor base alleviates concerns about cold night bathroom trips, cooking options and sleeping arrangements. Cabin camping also enables you to alternate outdoor and indoor time. Outdoor activities can include snowshoeing, skating, orienteering, sledding, stargazing and making snow sculptures. Then you and the girls can go indoors to warm up, relax and make crafts. Sparks and Brownies love to explore and play in the snow or — for our West Coast members — splash in puddles, but also appreciate a warm and cozy cabin to eat and sleep in after their outdoor activities. Lots of camp themes lend themselves to a winter camp, from “Frozen” to “Snowflake Ball” to “Survivor” to “Olympics.” Indoor crafts can be matched to your theme, or you can simply celebrate winter by making snowflakes, snow people or snow globes.

Our bodies burn more fat and calories to stay warm in winter conditions, so for winter camping you need to plan for larger appetites and provide plenty of food, especially if you will be spending a lot of time on outdoor activities. A cabin kitchen enables you to easily include food favourites, such as pancakes, spaghetti, individual pizza muffins with soup, and other hearty dishes. For more on winter camp cuisine, see [Fueling Up](#) on this page.

Moving Out

Once your girls have experienced a winter camp in cabins, they may feel ready for the challenge of moving outside. Try tent camping, complete with cooking outside and creating snow shelters, quinzhees (snow mounds) or igloos. Make sure to include an information session before the camp, as preparation is key to everyone's comfort and enjoyment, especially in cold conditions. Talk to the girls and their parents/guardians about appropriate clothing and gear. (There is no such thing as bad weather, just poor choices in gear and clothing.) Also discuss basic cold weather tips, such as the importance of staying dry and hydrated.

Make sure to be familiar with the site before you head out, checking the layout, toilet facilities, shelters/heating options, and access to water. Once at camp, before pitching your tents, take time to get your snowy base ready, following these guidelines:

- 1 Avoid areas under trees, where snow can collect and fall off boughs.
- 2 Create a wind break with tarps or a small snow wall.
- 3 Dig down several feet and pack the snow firmly.
- 4 Use snow stakes or bury guy lines.
- 5 Once your tent is pitched and secured, make the inside cozy by putting a space blanket or silver-lined tarp on the floor to hold in body heat, with one – or even two – sleeping pads, a warm sleeping bag and a fleece or silk liner, which can preserve a significant amount of body heat.

Building Snow Shelters

The next winter camp challenge is building snow shelters. Depending on your location, these can be

snow caves, igloos made from compacted snow blocks, quinzhees or snow trenches. Girls really enjoy making these structures and trying them out to see how much shelter they provide. (They are generally warmer than tents.) And the more adventurous girls will likely embrace the opportunity to sleep in a snow shelter instead of a tent.

Keeping it Active

Most winter camps focus on outside activity, with the options of doing snow sports and building snow sculptures. You can add challenges such as orienteering or identifying animal tracks in the snow. For fun, add in some mystery prints, using cardboard shapes to pique the girls' curiosity and sense of adventure. (Could those tracks be from a reindeer, a woolly mammoth, a sasquatch?!) Tackle a winter photography challenge. Spot bird nests in leafless trees. Make *tire d'érable* (maple syrup taffy). Engage in a snowball battle. Go on a scavenger hunt. Play games in the snow. And, of course, see who can make the most perfect snow angel!

Fueling Up

When tent or shelter camping, choose quick one-pot comfort meals. As a rule of thumb, aim for a balance of 50 per cent carbohydrates, 30 per cent fats and oils, and 20 per cent proteins. Advance food preparation helps reduce cooking time, so try to pre-cook meat with spices and pre-slice veggies and cheese before leaving home. Remember that everything will be frozen, so find ways to make meals easy once you're at camp. Bring lots of snacks to keep your energy up. It's great to both start and end the day with hot meals, but light lunches will enable you to get back to activities quickly and avoid cooling down. You can also fuel up during the day by taking a number of short snack breaks and

nibbling on the move. Here are some menu suggestions:

- For breakfast, offer a hot drink and a choice of instant oatmeal, a bagel with nut butter or a granola bar.
- Lunch on the go could include cheese and crackers, tofu or meat jerky, dried fruit, trail mix, protein bars and other portable munchies.
- Dinner is your chance to fuel up for the cold evening ahead, so think about hearty fare such as macaroni and cheese, chili, curry and rice, burritos and soups. Freeze-dried meals save time and store well. And, if you have access to a dehydrator, you can tailor the menu to your group while cutting costs compared to purchasing dehydrated meals.

Note: As always, when planning menus, check for nut and other food allergies among all your campers!



Photo: Yan Chau

Keeping Safe and Comfortable

Here are some tips to help keep everyone healthy and happy in winter conditions:

- Drink lots of water. If you add powdered lemonade or another flavour powder, your drink will freeze at a lower temperature. Don't eat snow as it can cool down your body temperature and lead to hypothermia.
- To ward off the chills, have lots of hot drink and soup packets on hand, as well as chemical heat packs.
- Don't let girls sleep in the same clothes they've worn all day. It may be easier and quicker to just slip into bed, but changing to dry, fresh clothes will help the girls keep warm and cozy all night.
- Pack clothes made of wool, fleece and synthetic materials that will wick moisture away from the skin. Do not use cotton, which retains moisture and ends up being cold and damp.
- For cooking, white gas stoves are the best option in cold weather. Wrap the fuel canister with duct tape for insulation and to protect your hands, and place the stove on a pad to avoid melting the snow underneath.
- Store water bottles upside down. (As water freezes, ice forms at the surface, so inverting your bottle will provide unfrozen water at the top when you want to drink.)
- Keep a protein snack in your sleeping bag for convenient late-night refuelling.



Winter Activities and Games

Snowshoe Olympics

Wearing snowshoes, set up a few different events such as a backward race, obstacle course and snowball target toss.

Sled Slide

Divide into teams, each with a toboggan and a tow rope. Set up a simple course. The first girl pulls the next girl around the course; then she goes to the back of the line. Repeat until each girl has both pulled someone and been pulled around the course.

Snow Snakes

This traditional First Nations game is played with sticks and a long straight trough in the snow. Teams take turns sliding a stick (snake) along the trough. One point goes to the longest "slide" each round.

Reflector Race

For this nighttime game, set your race boundaries, and place laminated white cards (with reflective tape on the back) around the area. Divide into two teams, each with a flashlight. Have them race to find the cards. Add a puzzle challenge by writing messages to be decoded when the cards are found (e.g., Guiding Promise, coordinates of a prize stash, etc.).

Photo: Yan Chau

Photo: courtesy Hillary Feldman



Comfy Camp Cuisine

Freezer-Bag Omelette

Before camp, mix two eggs and milk in a freezer bag, along with optional extras such as chopped ham, onions, and/or cheese. Freeze. At camp, place bag in boiling water until cooked.

Beef Burgoo

Before camp, fry ground beef, onion, and garlic; cool, place in a freezer bag, and freeze. At camp, mix this with instant rice, cheese cubes, and spices for a tasty one-pot meal.

Sausage and Mash

Before camp, slice and pre-cook sausages. Freeze or refrigerate, depending

on how far in advance you have prepped them. At camp, boil water and add sausage slices until hot. Add instant mashed potatoes and optional onion flakes.

Freezer-Bag Pudding

Before camp, combine instant pudding mix and chopped mint Girl Guide cookies in a freezer bag. Add powdered milk according to the package recipe. At camp, add water and seal the bag. Shake to mix, place on snow and allow pudding to set.

Hot Chocolate

Dissolve hot chocolate

powder in boiling water. Add a dollop of butter, melt and stir. The added fat makes it richer and will keep you warm all night.

Hot Chocolate Alternative

Dissolve lemonade powder in boiling water. Add a dollop of coconut oil and a cinnamon stick. This works as a hot chocolate for anyone with lactose and/or chocolate intolerance. ☹

Taylor Ball is a Ranger and Hillary Feldman is a Guider in Vancouver, BC. They are members of the Canadian Guider Editorial Committee. Tammy Tromba is a Guider, also living in Vancouver, BC.

Winter Crafts

Snow Globe

What You Need

- clean, empty clear pill bottle with lid
- tiny hanging ornament that fits into the bottle (e.g., tree, snowman, bird)
- fake snow and/or confetti
- silver glitter (optional)
- safety pin
- 8 cm piece of yarn
- glue gun or craft glue
- metal skewer or small screwdriver

What You Do

- 1 Put two pinches of fake snow/confetti and one pinch of glitter in the bottle.
- 2 Poke a hole in the centre of the lid.
- 3 Loop the yarn through the safety pin.
- 4 Push the yarn ends through the hole, so the safety pin is on the outside and loose yarn on the inside. Tie the ornament to the yarn and trim the ends.
- 5 Glue the lid onto the bottle with a glue gun or other strong craft glue. Wait until dry before shaking the snow globe. Hang it on your camp hat.

Snow Painting

What You Need

- recycled shampoo or dishwashing detergent bottles, filled with water coloured with food colouring or jelly powders

What You Do

Use your imagination to draw snow pictures, decorate snow sculptures, personalize your igloo, or create a game or snowball target.



Photo: courtesy Hillary Feldman

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When It's Just Too Cold Outside

Winter Indoor Activities

COMPILED BY
HILARY FELDMAN AND MELISSA MOOR

Winter Tableau B G P

What You Need

- pieces of paper with winter sports, activities or scenes written on them (playing hockey, building a snow fort, making a snow family, tobogganing, etc.)

What You Do

- 1 Divide the girls into groups of three or four.
- 2 Give each group one or more pieces of paper.
- 3 Ask each group to create a tableau (a dramatic portrayal of a scene or activity in which all of the people are frozen in one position) to represent the activity or scene on their piece of paper.
- 4 Have each group show off their tableau and have the other girls guess what each tableau represents.

Beach Party Sleepover

B G

The 5th Vancouver Brownies, BC, had fun with this indoor activity.

Girls and Guiders arrived in beach clothing (summer dresses, tropical print shirts, sarongs) and brought beach blankets. They played musical beach blankets and did limbo dancing to music, including Beach Boys songs, light reggae, and Disney songs such as “Under the Sea.” The girls made a decorated flip flop hat craft. Before bed, they watched *Lilo and Stitch*, and munched popcorn. In the morning, their breakfast included a fancy tropical fruit platter, complete with little umbrella garnishes.

S B G Snowball Relay Race

What You Need

- soup spoons
- pairs of kids' gloves or mittens
- small balls of white wool that are the right size to sit in the spoons

What You Do

- 1 Divide the girls into equal teams.
- 2 Have each team line up at one end of your meeting space, giving each team a spoon, a pair of gloves and a ball of wool. Set a finish line at the other end.
- 3 Wearing gloves or mittens, a girl from each team balances a ball of wool in a spoon and walks to the finish line and back without dropping the snowball. She then passes the spoon, snowball and gloves to the next girl in line, without dropping the snowball.
- 4 Each girl has a turn until the whole team has completed the relay.



Slumber Party G P

The 34th Vancouver Guides, BC, enjoyed a fun night, while also doing some practical work on their camp blankets.

Girls and Guiders came in pyjamas (with uniform shirt), slippers, and dressing gowns, and brought their camp blankets and loose crests. The unit provided fleece blankets as well as needles and thread. Everyone sewed their crests onto scarves or camp blankets, with most girls making their camp blankets for the first time! While they sewed, they also watched a movie and ate a delicious snack of licorice strings and fruity loops (to practise threading a needle).

Hilary Feldman is a Guider in Vancouver, BC. Melissa Moor is a Guider in Metcalfe, ON. Both are members of the Canadian Guider Editorial Committee.



Book Party S

The 12th Vancouver Sparks, BC, did this activity as part of the NSP literacy challenge.

Girls and Guiders came dressed as book characters, and brought gently used books to swap. They shared their favourite books in small groups, did a colouring page (a black and white template with "Sparks Read!"), and made bookmarks. At the end, the girls "shopped" the book swap and chose a book to take home. All the remaining books were donated to a local charity (Books for Me!) that distributes books to children in inner city schools. While this event didn't include food, you could include food in an *Alice in Wonderland* Mad Hatter tea party.

Dressing for Winter Relay Race Poster B G

What You Need

- winter clothing cut out of construction paper: a scarf, mittens, a hat, boots (one of each for each group)
- butcher paper
- glue sticks
- crayons or colouring pencils

What You Do

- 1 Discuss the importance of dressing appropriately for winter.
- 2 Divide the girls into equal groups.
- 3 Have each team line up at one end of your meeting space. Place all the cut-out pieces of winter clothing in a pile at the other end of your meeting space. Each team needs to get a complete set of the winter clothing items from the pile.
- 4 One girl at a time goes from her line to the other end of the meeting space and collects one item of winter clothing. Ask the girls to pretend that they are stalking on their way to and from collecting a piece of winter clothing.
- 5 When the teams each have a full set of winter clothing, give each team a piece of butcher paper, crayons or colouring pencils and glue sticks.
- 6 Have the teams glue their winter clothing pieces on to the butcher paper to make a person.
- 7 Have each team colour in their person and draw other important pieces of winter clothing, such as a winter coat. 🌨

A Balancing Act



Budgeting Your Time

BY KRIS MCGEE

We budget money for our unit programs, for special events, for camps, for service projects and for community activities. But what about budgeting our time? A master multitasker shares her tips for ensuring you don't stretch yourself too thin.

Illustration: © Girl Guides of Canada



Our time is one of our most valuable resources. So we need to keep our time accounts in the black the same way we do our financial accounts. What time allocations are taking their toll on us daily, weekly or over the course of the Guiding year? How can we budget in terms of time allotted in our calendars and day timers? If we think of our time resources in terms of expenses and revenues, we can better allocate those resources for each meeting, camp and event, and hopefully close the Guiding year with a balanced time budget and perhaps even a small surplus saved for contingencies.



Expenses

Ask yourself some questions to determine the validity of requests and demands on your time:

- What will this activity cost me in terms of time (a couple of hours, a weekend, a number of meetings over the next year, etc.)?
- What will this activity cost me in terms of effort? Can I pull this one off in my sleep? Can I fly by the seat of my pants on this one? Will I need help? Will I need to learn new skills or brush up on my existing skills?
- What will this activity cost me in terms of my relationships? Will I miss another of my child's soccer games? Will my husband, partner or BFF roll their eyes yet again, when they hear I have accepted yet another demand on my time?



Revenues

Ask yourself some questions to determine the benefit to yourself and others around you:

- How will I grow or gain from my involvement in this activity? Will I gain new skills or experience? Will I feel a sense of pride and accomplishment? Will I experience something new? Will it make me smile?
- How will my co-Guiders grow or gain from my involvement in this activity? Will they grow from our friendships? Will they get to shine? Will they recognize their own value? Will our team become stronger?
- How will the girls grow or gain from my involvement in this activity? Will they discover more about the world around them? Will they blossom? Will they motivate others?



Win-Win!

Sometimes it takes some creative “banking” to meet all of the needs and expectations of our Guiding roles. I am a firm believer in the power of multi-tasking; it’s the same as having a joint bank account, offering you more opportunity for deposits and great returns on your investment.

I have two units that meet on the same evening and at the same place, which enables me to lead and support 30 Pathfinders and Rangers in one time frame. I sit on the property committee for a Girl Guide camp, at which I run large events that benefit hundreds of Guiders and girls, and to which I enjoy taking my two units. Financially, this also supports GGC through our local bookings. In other words, when I organize a large event for girls at the GGC camp, I support my organization; I get some camp property tasks accomplished; I ensure both my units make it to the camp; and I facilitate camping/mentoring opportunities for other units and new Guiders. It’s a win-win scenario!



When “No” is the Way to Go

As Guiders we need to remember that we can’t properly function when our time account is in arrears. There is nothing wrong with saying “no.” We need to ensure that we have enough time in our lives to care for ourselves; otherwise, we will eventually run out of energy to help anyone else. Our enthusiasm, talents and time are investments in this organization, and are truly appreciated, especially by our sisters-in-Guiding. Like so many of you, I am also a busy mother and Guider, and I am well aware of the need to budget my time. Likewise, you should budget yours. As you go through the Guiding year, make sure to take time for yourself; you are your own best investment. And as we all learn to budget our time effectively, we can ensure that we continue to run our units, our organization and our own lives in a successful balancing act. ☺

Kris McGee, of Kitchener, ON, is Deputy Provincial Commissioner, Administration, at the Ontario Council.

The Graceful “No” The Art of Declining

Whether to friends, colleagues or sister Guiders, saying “no” can be awkward. Here are some ways you can decline requests that you simply don’t have time to fulfill:

- This really isn’t my strong suit, but I may be able to connect you with someone better qualified.
- I’d like to help out, but I really don’t have time to give that project the attention it deserves.
- I’m sorry, I can’t right now but please contact me in a few months for a future opportunity, if you still need help.
- Thank you for your interest, but I have so much on my plate right now, I would not be able to do justice to this project, and I don’t know off-hand of anyone who might be able to take it on. I do hope you can find someone else to help you.



Photo: Marg Wheeler

Lifetime Friendships

The Spirit of Trefoil Guilds

BY KAY DUBIE

I would like to introduce you to a unique group in Girl Guides of Canada—Guides du Canada (GGC). Our members range in age from 30 to 103 years. Our Guiding histories range from long-time girl and adult members to women who have never been members. Our motto is “Keeping the Spirit Alive!” And we have all made lifetime friendships in Guiding.



Trefoil Guild members have a wide array of Guiding backgrounds, such as administration, unit leadership, training, mentorship and general assistance. Our skills are too many to list. And to describe the enjoyment and satisfaction we gain by being members would take far too many words.

Membership

There are 296 Trefoil Guilds in Canada, with a total membership of 3,392. Each of the provinces and territories has active Trefoil Guilds with as few as five to as many as 40 members. We also have an Internet Trefoil Guild. This includes members from all over Canada as well as the UK and New Zealand, who connect monthly on the Internet to conduct business and exchange ideas.

A Guider for more than 50 years, I have also been a member of a Trefoil Guild in each of the cities I have lived in. Each Guild I have encountered offers an instant friendship circle of like-minded people, with whom I am immediately comfortable. Trefoil Guild membership empowers me to continue to be part of this organization that is so dear to my heart. As with all of our members, it enables me to be involved at a level of my choice, whether it is working with girls on a project, or sharing an activity with my Trefoil Guild sisters in a group that includes a wide age-range, which I really enjoy.

Activities

Trefoil Guild activities are as varied as you can imagine. Some Guilds are exclusively social, particularly if there are more senior members involved. They meet for lunches, theatre outings or just tea, but at the heart of their activities is the fact that they all look out for each other, while



Photo: courtesy STARS Guild

enjoying a common camaraderie. If a member needs assistance or is unwell, there will be someone who contacts her to make sure she is okay. And whenever a Girl Guide banquet or special ceremony is organized, these members are invited to share their stories and be part of the whole organization, if only for one evening.

Some Trefoil Guilds are very active, and get involved directly with the girls. My own Guild presents or participates with the units, generally around Thinking Day, organizing an international activity. This offers Unit Guiders a break, because all they have to do is bring their girls to the event. Other Guilds will run a weekend camp for the girls, or may organize the end of the year dinner for the Guiders, girls and families. Quite a few Trefoil Guilds also provide programming to units, teaching girls camp skills, presenting on international topics, and leading songs and games.

Service

Trefoil Guild members also help out when Unit Guiders need assistance if they are short-handed, or if they need help with cookie sales. We also support our girls and young women as they move on in their lives, by providing money for various scholarships, and camping events through our own cookies sales revenues and with personal donations.

Trefoil Guilds also do a good deal of community service as part of their program. We prepare goodie bags for people confined to their homes or living in seniors' residences and write cards to our service personnel overseas at Christmas. We have sent craft supplies to members in northern and more isolated communities. And we volunteer to help at community events.

Fun

Of course, there is also a very strong fun side to Trefoil Guilds. Lunches and dinners offer us a pleasant time to catch up. Many of us have camping week/weekend events. Nothing touches our hearts better than a campfire and the best of friends to share it with. Travel is also part of our agenda. My Guild travels each spring for a weekend to some part of Ontario or the USA. Other Guilds travel the world, usually including a stop at one or more of the World Association of Girl Guides and Girl Scouts (WAGGGS) World Centres.

Network

Each province and territory has a Trefoil Adviser. So, as the GGC National Trefoil Liaison, I am provided with a contact network throughout Canada. We use telephone and email to discuss what is going on and what is coming up. Each Adviser usually also arranges a Provincial Gathering. Some do this twice a year, others annually, and others every three years. This is always an exciting time, because many of us do not otherwise see each other between events.

Every three years there is a National Gathering, held in a different province each time. This is an exciting gathering, as well. Picture 300 or more women, all dressed in purple, talking and laughing for four days! Amazing is the only word I can find to describe the experience.

Friendship

My Trefoil Guild friendships make my life infinitely richer and fuller. Our diverse ages and backgrounds do not matter. We are just a group of women who like to work and play for the good of all and to "Keep the Spirit Alive" because we are all Girl Guides at heart. 🌍

Kay Dubie, of Ottawa, ON, is the GGC National Trefoil Liaison.

Join Us!

Trefoil Guild membership may be just the thing for you. Check out the typical Trefoil Guild member's characteristics list below.

You will fit right in if:

- you are 30 years and older
- you like to assist others
- you like to share your knowledge
- you like to make new friends
- you like to explore new adventures
- you like to laugh (a lot)
- you like keeping the spirit of Guiding alive
- you enjoy the companionship of old and new friends
- you enjoy activities where you can challenge yourself with friends
- you love what Girl Guiding is all about
- you still love being a Girl Guide and the sense of belonging that Guiding offers
- you want to help and have fun with girl members
- you want to enjoy new experiences with other adult women
- you love to have fun
- you enjoy sharing meals, whether a hot dog, or a fish filet
- you enjoy a campfire, even in the snow
- you enjoy life!



Purple Heads East

The 2016 Trefoil Guild National Gathering

BY MARG WHEELER

Last June, 350 Trefoil Guild members from Canada, Australia, Great Britain and the USA arrived at Memorial University in St. John's, NL, for Purple Heads East, our 2016 National Gathering. We were all eagerly looking forward to making and renewing friendships, sharing experiences and keeping the spirit of Guiding alive!



I loved seeing so many Trefoil Guild sisters, some of whom I had met and trained with previously and others who were new to me. I also loved meeting with members of the 1st Canadian Internet Trefoil Guild, with whom I had communicated online over the years, but never had the opportunity to meet face-to-face.

Committee Kudos

I was really impressed with the National Gathering's organizing committee. They worked non-stop to support all participants and had obviously worked very hard prior to the event to make it run so smoothly. They handled every question and request we had without exception, and often charmed us with their Newfoundlander humour.

Because I have allergies, I was worried about possible food issues during meals. However, I need not have been concerned in the slightest. The organizing committee had worked very hard with the kitchen managers and chefs, and came up with a menu that certainly gave me no trouble. And the food was delicious! Speaking of delicious food, the committee also organized a high tea for us, complete with fascinators in a wide variety of styles and colours. Many participants also wore them at our banquet.

Sensational Sessions

I was delighted at the variety of the sessions that were available to us, and enjoyed them all very much. My choices went from knitting (which overlapped with one of the service projects) to Facebook, to whale watching. While we didn't see a lot of whales, we did see a seal, a lot of outstanding scenery, and many beautiful little puffins. On a personal note, on the boat I was reminded that I am not a good sailor. Several people commented about the different shades of green I turned. Nevertheless, I wouldn't have missed that boat ride for anything.

Location and Venue

I was also impressed with the university campus location and venue. Everything was within walking distance, which I greatly enjoyed. The campus was very clean and great care was taken to keep it that way. I loved the

layout, with its plentiful green spaces offering places for us to sit and enjoy a chat or some quiet time alone for rest and reflection.

Trefoil Guild Service

Of course, our agenda included service projects, two of which I think are very close to all Trefoil Guild members' hearts. One involved the knitting session I mentioned earlier, in which we each knitted squares to be collected and sewn into blankets for patients undergoing cancer treatments. The second was our school supply project for the local Association for New Canadians. We each brought a wide variety of back-to-school items to the gathering, and every time I walked past the organizing committee's workroom, the pile of backpacks, pencils, crayons, markers, notebooks and other school items was visibly bigger. Thousands of items covered several tables and even the space beneath them. It was a definite pleasure to be a part of this project, helping families new to Canada to send their children to school with these essential learning supplies.

Entertainment

Another highlight of the gathering was the music of Sheila Williams, a well-known and much-loved Newfoundland entertainer. A member of the group, Spirit of Newfoundland, Sheila is very talented and also very funny. Every toe in the room was busy tapping while she was on stage. Sheila and her group generated such strong feelings of fun and friendship, we could have all sat there listening to them for hours and hours. The presentations put on by the provinces at our banquet also provided excellent entertainment. It was so much fun to sit back, relax, listen and get to know our table mates a bit more that evening.

After such a wonderful experience at this event, I am very much looking forward to the next Trefoil Guild National Gathering in Sudbury, Ontario in 2019. 🌍

Marg Wheeler is a Guider and Trefoil Guild member in Thunder Bay, ON.

Lending Many Hands

GM2016 Service Projects

COMPILED BY
EDIE JUBENVILLE

In true Guiding tradition, participants at Guiding Mosaic 2016 (GM2016) enthusiastically undertook a wide variety of service projects to lend their hands to their host province, Alberta, and to others around the world. Here is a brief rundown of their contributions.



Animal Assistance

Campers assisted with feeding, cleaning and caring for the smaller animals sheltered at Klassic Kennels, and constructed cat toys at the Red Deer and District SPCA.



Days for Girls

Around the world, girls and women without access to sanitary pads use rags, mattress stuffing, banana leaves, feathers, and cow dung to manage their menstruation. In India, one in four girls drops out of school, when she starts menstruating. Days for Girls kits help girls stay active and engaged during menstruation. For example, after distribution of the kits, school absence rates dropped from 36 per cent to eight per cent in Uganda and from 25 per cent to three per cent in Kenya. GM2016 campers put together 540 Days for Girls kits, 205 of which are destined for delivery to Sangam World Centre in India, and the rest of which will go to Dominica and other developing countries.



Storm Drain Stencilling

In the first two days of program campers stencilled 100 storm drains, covering a wide radius around the community center. On the third day, they raked algae and twigs and picked up garbage to help the parks department clean a large section of beach near the water park. On the following two days, they pulled out noxious weeds around the local library and a strip of the lakeshore drive.



Camp Sherbino Legacy Project

Campers built and stained seven picnic tables and cleared their Guides Own area and the paths leading to it, lining it with some 30 garden stones. The project and the campers' names were commemorated on a decorative sign hung in the reflection area.

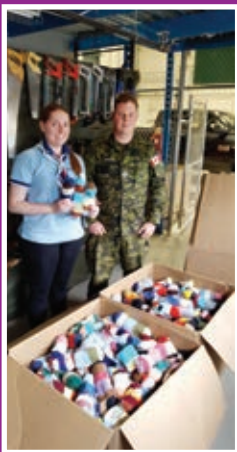
Photos: courtesy Edie Jubenville



Project Linus

• Where's My Blanket?

During GM2016, 24 double-sided fleece blankets were completed and sent to Project Linus in Calgary, and 250 T-shirt bags were created and decorated by the girls for donation to the Red Deer Food Bank.



• Izzy Dolls

Also for Project Linus, campers made Izzy Dolls, in honour of Master Corporal Mark Robert Isfeld, who was killed in 1994, while removing landmines during his third tour of UN peacekeeping duty in Croatia. During his tours, Mark's mother, Carol Isfeld, crocheted little woollen dolls wearing blue berets for him to give to the children he met. The Canadian Forces Engineers named them Izzy Dolls, and Carol continued to crochet them until her own death in 2007. By the end of GM2016, two large boxes containing 420 Izzys made by girl campers and 542 made by Core Crew and Patrol Guiders were delivered to the Canadian Armed Forces for distribution, and 2,968 "flat" Izzys were taken home by Guiders to be completed as service projects in their units and Trefoil Guilds.



Community Connections

Campers visited a seniors' lodge to help celebrate a resident's 97th birthday, by socializing, doing puzzles and serving cake. At Bethany Seniors Assisted Living, they paired with residents to help them with the numbers called out in an exciting round of bingo, during which the caller graciously accepted some gentle and good-natured heckling.

One group also visited the kcs Association (Early Learning, Special Needs and Family Support), where they played parachute games and did a reptile craft with young children.

A crisis call from the town of Sylvan resulted in campers going door-to-door to hand out flyers informing the community that their waste water reservoir was close to capacity, and suggesting ways for citizens to reduce their water waste. Later, the mayor stopped by to thank the girls. ♻️



Shoreline Clean-Up

GM2016 participants did an amazing job of cleaning up local shorelines. In a five-day period, they collected 70 kilograms of garbage, 6.5 kilograms of recyclable materials and 11,549 cigarette butts.

Edie Jubenville is a Guider in Calgary, AB.



Fun and Easy Public Engagement

The GGC Community Event Kit

Community events such as local fairs, parades and festivals are so much fun! They're filled with bright colours, lively music and enthusiastic participants. For Girl Guides of Canada (GGC) members, participating in community events also provides an excellent opportunity for us to promote Guiding to the public. And with the new GGC Community Event Kit, engaging in events is easier than ever!

The Community Event Kit is a great resource to refer to when you're thinking about participating in a community event or have already signed up for one. This kit contains information on:

- how to promote your presence at the event
- who to contact to help spread the word
- how to set up a booth to attract and engage event-goers.

The kit also offers guidelines for the most cost-effective ways to stand out in the crowd and draw in media attention during and/or prior to the event. Other units may be participating in the same event, which means you'll not only have the option to pool your resources, you'll also be able to make new friends from other branches and learn all about what they do, too! You can exchange ideas and activities you've done in the past, which can help change your units' weekly meetings.

Getting out to community events provides many opportunities for you to connect with people one-on-one or in small groups, which makes the interaction more memorable. Make the event your stage and tell the audience about your favourite Girl Guide stories, adventures and activities, and what you're looking forward to in future Guiding years! Not only is it beneficial for the community to learn about Guiding, it's also a great way for you and the girls to do something stimulating and learn something new. You can also work towards earning badges and fun crests or sell your cookies to a whole new market segment!

You will find this great new resource at: **Member Zone > Communications > Community Event Kit**. Using it to prepare in advance of the actual day will enable you to focus on event-goers, to work on improving skills such as public speaking and, of course, to sell lots of cookies. Most of all, by being prepared, you and your girls will be able to relax and have more fun! 🍪



Photo: Krysta Coyle



Photo: Hilary Feldman



Photo: Hilary Feldman



Photo: Diamond Isinger



Photo: Hilary Feldman



Photo: Diamond Isinger



Photo: Krysta Coyle



Photo: Hilary Feldman



Photo: Hilary Feldman



To Serve and to Guide

Tegan Canada

At the end of her work day, Tegan Canada swaps her Royal Canadian Mounted Police (RCMP) constable uniform for her Girl Guides of Canada—Guides du Canada (GGC) shirt. Meet this Pathfinder Guider from Thompson, MB, who is as dedicated to Guiding as she is to upholding the law.

When Tegan was first stationed in Manitoba as a new RCMP officer, it was only natural for her to also become a Guider. “Ever since I was a Brownie, I’ve tried to incorporate honesty, integrity and loyalty into my life,” she says. “That goes for my work in community policing and my volunteering life.”

Tegan first joined GGC as a girl in Sackville, NB, where her mother was her Brownie Guider. “I have so many fond memories of my early Guiding adventures, including eating fireside dinners out of a tin can and looking for snakes in the grass at camp,” she recalls. She went on to earn a Canada Cord and the Chief Commissioner’s Gold and Duke of Edinburgh awards.

Today, Tegan works with a growing Pathfinder unit in Thompson, MB, a community that serves as a hub for many northern and First

Nations communities in the province. “I love Pathfinders because the girls do a lot of the planning themselves,” she says. “They love connecting with girls their own age as they discuss current issues and topics – but they still like games, too. The girls in my unit are so thoughtful and so insightful.”

Tegan enjoys the balance that Girl Guides brings to her life. “Guiding is one of the ways I get to decompress,” she explains. “In my work, I’ve seen a lot of horrific things and investigated a lot of heart-breaking things. But for those two hours at Pathfinders, I don’t have to worry about how my career is going or all that is happening in the world. I can focus on the girls. It’s my way of coming back to reality.”

Tegan adds that the support of her sister Guiders makes it a lot easier for her to balance her work and volunteer lives. “I work with an amazing group of women,” she says. “When I’m called away or I’m late due to work, they always step in and cover for me.”

Tegan was recently recognized with an award by the RCMP for her volunteerism and dedication to Guiding, especially her role in organizing large-scale Thinking Day, Twinning and camp events. 🇨🇦



Photos: courtesy Royal Canadian Mounted Police



ON THE JOB

Meet the GGC Programming Team

BY ROCHELLE STRAUSS

Ever wonder who is responsible for all the activities, challenges and other program elements we offer girls throughout Canada? Let us introduce the Girl Guides of Canada (GGC) programming team.

Photo: Frances Chin

What does the Programming department do?

We develop and evaluate new programs, of course! The GGC programming team creates dynamic, engaging and outcomes-based programming that reflects the current interests of Canadian girls. We support Unit Guiders in the delivery of core programs and develop special programs and activities for challenges, Make a Difference Days, and National Service Projects. We are also involved in developing the new programming for the Girls First project.

How do you decide what goes into new Girl Guide programming, such as a new challenge?

We regularly evaluate and assess our programming in order to identify gaps and needs. In addition, we pay attention to the interests of girls through girl and Guider feedback, as well as by monitoring news, media and social conversations. We also do research in youth programming. These steps help us to identify trends and stories that impact girls.

Additionally, we connect with subject matter experts (SMEs) to identify important topics for girls. These experts help ensure that our programming is relevant and research-based. For example, over a year ago, we identified a need for programming around mental health. We did extensive research and collaborated with The

Psychology Foundation of Canada and Kids Help Phone to develop Mighty Minds, our new program designed to help support girls' mental health. (See Mighty Minds on page 4.)

What's the best part about working at Girl Guides of Canada?

Where to start?! We love the people, the rich history, the collaboration and, of course, the cookies. But most of all we love being part of a network of like-minded girls and women, a sisterhood dedicated to empowering girls and helping them to be confident, courageous, and resourceful, and to make a difference in the world. We also love hearing stories of how girls and Guiders are bringing programming to life – it's those success stories that are our inspiration, showing us first-hand the impact Guiding has on girls.

What's something that Guiders might not know about the Programming team?

We are a quirky, eclectic, creative and fun-loving group who can often be found with our sleeves rolled up testing games, crafts and activities! Though we come from different backgrounds and experiences, at our core, each of us believes in the strength of Girl Guides to impact and empower girls – so much so that most of us are also members and Unit Guiders. 🌟

Rochelle Strauss is Manager, Programming at Girl Guides of Canada-Guides du Canada.

Your opinion matters (Really, it does!)

by Ashley Pamerter

Here's how we use your feedback to design great programming for girls, and to better support our adult members.

When I was given the opportunity to develop and write Be You, our new self-esteem programming, I was thrilled! There were so many directions that could have been taken, so many themes that could be explored, and so many possible activities. I felt like this programming could change the world, one action at a time.

In order to be true to the girls and reflect what they were looking for, I sat down with the 2014 Love Yourself survey results. Armed with a cup of tea and a yellow highlighter, I carefully analyzed the Guider feedback, focusing on the moments that meant the most to the girls. From there, we restructured the challenge to incorporate their suggestions for adding media awareness components and giving girls the chance to build not only their own self-confidence but that of those around them. All this feedback helped create Be You – a challenge built on the strengths of Love Yourself and that better reflected the needs of girls in a changing world.

Guider and girl feedback through surveys and other forms of evaluation plays a huge role in the work of the programming team. It informs program content and design as well as giving the entire Guiding community a chance to track their impact. With Guider and girl feedback, we can better shape and develop our programming to meet girls' needs, as well as tracking the extent to which girls are making a difference.

For the 2016 – 2017 Guiding year, we'll be surveying Guiders on their experiences running the new Be You and Mighty Minds challenges. Survey links will be available on girlguides.ca and we hope you will take part. 🌟

Ashley Pamerter is a Coordinator in the GGC Programming Department.



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Online Connections

GGC Social Media

Photos: courtesy Girl Guides of Canada



Care to Share?

Here at Girl Guides, the “Share” button might just be our favourite Facebook feature. It’s social and it’s fun! If you manage a Facebook page for your unit, area or district, we bet you use this feature regularly to share news and photos from other Facebook pages.

But did you know there’s a simple trick that will make your shared posts more effective and useful to your audience? **Add your own words!** Just choose “Share...” instead of “Share Now,” then type in your own thoughts, helpful links and/or hashtags.

Check out the example on this page: BC Girl Guides shared a post about a service project from Rivers North Area’s Facebook page, adding their own text and a link to other service project ideas. So helpful!

Do you have questions about using social media for Guiding? Post them right on the Girl Guides of Canada Facebook page.



Capture the Fun!

Calling all Pathfinders, Rangers and their Guiders! We know these branches are having a blast with unit meetings, service projects, camping trips and hikes (and paint fights!), and we’d love to feature more of them on our social media. Share photos with us on Facebook (“Girl Guides of Canada”), Twitter (@girlguidesofcan) or on Instagram (@girlguidesofcanada) with #girlguidesofcanada or email high-resolution photos to marketing1@girlguides.ca



Jill Zelmanovits is Tweeting ...

Girl Guides of Canada–Guides du Canada CEO Jill Zelmanovits is on Twitter. Follow her at @jillzelmanovits to get the inside scoop on leading us into the future.



fyni



Illustrations: © Girl Guides of Canada

Awards (July to October, 2016)

Honorary Life

Brigitte Trau, ON

Fortitude

Rondie Collins, BC
Fiona Marshall-White, BC

Team

Jean Audet, ON
Catalina Bandur, ON
Darlene Banks, NS
Kelly Batten Hender, NL
Mavis Bedford, ON
Ming Berka, BC
Allison Burry, AB
Sharron Callahan, NL
Catherine Campbell, ON
Frances Chin, ON

Lori Coghill, AB
Myrtle Corkum, NS
Cheryll Corness, ON
Linda Crawford, ON
Marnie Cumming, ON
Denise Davy, ON
Deborah Del Duca, ON
Leo Delfin, ON
Maria delos Reyes, ON
Rachel Dixon, ON
Arthur Doucet, ON
Rebecca Ellis, ON
Susan Finbow, ON
Sarah Govan-Sisk, ON
Heather Green, ON
Julie Hamilton, ON
Caralle Hicks, ON
Edmund Ho, ON
Shannen Hoffman, AB

Leslie Horton, AB
Pat Johnston, ON
Joy Jones, ON
Edie Jubenville, AB
Corrine Kennedy, ON
Ashley Kimber, ON
Kari Kim-Gallately, ON
Urszula Kociolek, ON
Stephanie Lewis, ON
Lynn Liu, ON
Carla Lyon, ON
Deb Maber, NB
Maricel Magtalas, ON
Liz Maki, AB
Janet Mann, YT
Dorothea Masters, BC
Corrinne McClure, ON
Leisa McKenzie, ON
Anne McRuer, ON

Rose Mercado, ON
Catherine Miller-Mort, ON
Jennifer Mills, NL
Margaret Morton, ON
Catherine Nasije, ON
Pat Nykor, ON
Kara O'Brien, ON
Heather Palm, ON
Henrieta Paukov, ON
Alexandria Petit-Thorne, NB
Jennifer Pierce, NS
Carrie Pluck, ON
Lisa Pretty, NS
Claire Proulx, ON
Pamela Rice, QC
Deborah Roy, BC
Vernon Russell, ON

Angela Scott, ON
Allison Sephton, ON
Mike Sheeler, ON
Brian Smith, ON
Susan Smith, NB
Deborah Suddard, ON
Holly Thompson, NS
Michelle Thompson, ON
Elena Toomey, ON
Lisa Tougas, ON
Brigitte Trau, ON
Mary Vincent, ON
Peggy Vink, ON
Julia Von Flotow, ON
Linda Voyame, ON
Ruth Wass, ON
Tonya Wolfe, AB
Paul Wong, ON



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 and navigate to the Education & Camps page.






In Memoriam

GGC Tributes (July to October, 2016)

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 in memoriam announcements:

- | | |
|------------------------|----------------------|
| Dola Callan, NL | Muriel Murray, BC |
| Erva Campbell, ON | Fiona Odam, BC |
| Stephanie Di Ianni, MB | Anne Pritchard, ON |
| Eileen Gunning, BC | Patricia Russell, NL |
| Lois McCrady, BC | Joy Smillie, ON |
| Peggy McKeever, BC | Sandra Van Nes, SK |
| Maureen Mills, BC | Joyce Voghel, NS |

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: dixonr@girlguides.ca

AGM Invitation

PLEASE JOIN
GIRL GUIDES OF CANADA—GUIDES DU CANADA
BOARD OF DIRECTORS

FOR OUR 2017 ANNUAL GENERAL MEETING AND BANQUET
SATURDAY JUNE 24, 2017
5:00 P.M.

THE DELTA FREDERICTON
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FREDERICTON, NB E3B 2H8
ANNUAL GENERAL MEETING: 5:00 P.M.
BANQUET: 6:30 P.M.

FOR MORE INFORMATION ON
HOW TO OBTAIN A BANQUET TICKET,
PLEASE CONTACT HELEN CULBERT AT
CULBERTH@GIRLGUIDES.CA OR 416-487-5281 EXT. 293



Girl Guides
of Canada
Guides
du Canada

Farewell and Thank You

Melissa Charenko finished her term on the *Canadian Guider* Editorial Committee in September. We bid Melissa a fond farewell and thank her for her excellent contributions to the magazine.



Photo: courtesy Melissa Charenko

BETTER LATE THAN NEVER!
Read the previously untold story of a remarkable mother and her daughter who empowered one another as leaders of the early Guiding Movement in Canada. As told by Alison Sanders, the granddaughter/daughter of this remarkably dynamic duo.

IDEAL FOR GIFT-GIVING:
Help strengthen and unify fellow Guiders as we all aspire to be every bit as courageous, determined and loyal as our predecessors.

Order your copy for just \$20 plus \$8 shipping:
Alison Sanders
20 Berkley Road, Suite 702
Cambridge, ON N1S 4S8
asandersgg@gmail.com
519 622-7309

This book is independently and privately sponsored and published and is not sponsored, endorsed or authorized by Girl Guides of Canada.



A Century of Guiding

GGC Receives Heritage Plaque

On October 26, 2016, Girl Guides of Canada—Guides du Canada (GGC) received a heritage plaque from the Government of Canada, recognizing our impact on girls and women during the past century. The presentation was celebrated with Parks Canada at the GGC national office in Toronto. Among those in attendance were several past Chief Commissioners, girl members, Unit Guiders, current Chief Commissioner Pamela Rice, CEO Jill Zelmanovits and GGC lifetime member and astronaut Dr. Roberta Bondar. Addressing the gathering, Dr. Bondar said the Brownie wings she earned as a girl travelled with her on the NASA Discovery mission. Also speaking during the ceremony was Ranger and Girl Assistant Andrea Chakma, who said, “Guiding has taught me and thousands of other girls that we can do anything we set our minds to.” 🌐

Photos: Lindsey Ecanoff

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WORLD ASSOCIATION
OF GIRL GUIDES
AND GIRL SCOUTS

Grow

World Thinking Day

February 22, 2017

From a small seed a mighty trunk may grow.
-Aeschylus

This year World Thinking Day celebrates growth as we explore how we can share the sisterhood of Guiding with our family and friends here at home and around the world. Check out the WAGGGS activity pack. It's full of great ideas that will encourage girls to reflect on what Guiding means to them - and how we can create a world where all girls and young women are empowered to grow and discover their full potential.

Download the World Thinking Day Activity Pack 2017
at worldthinkingday.org

#LetsGrow Guiding together!



Girl Guides of Canada-Guides du Canada,
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