



Quider



12
WAGGGS World
Conference

6
Accessibility
& Inclusivity

4
Community
Contracts

34
Enrolment
Ideas

37
Girls
First



Dear Guiders . . .

*We are the Girl Guides
The mighty, mighty Girl Guides!*

As we get ready to sail into the fall season, I want to welcome everyone back and to give a special welcome to our new members. We are, indeed, the mighty, mighty Girl Guides and, as Guiders, we can all help girls become the kind of leaders they want to be.

Every week, we empower girls to take action on issues that matter to them. From being a patrol leader to helping pick camp activities to supporting each other in badge work to tidying up the unit meeting space, they experience practical and enriching leadership opportunities.

Of course, you may be wondering how you are going to get everything in order, to kick start your unit's year. There are meetings to plan, program work to map out and events, camps and cookie sales to schedule. That's why we've packed this issue of *Canadian Guider* with articles that will help you set your course and move ahead full speed.

In this issue

One of the highlights of our fall calendar is the enrolment ceremony. This can be as simple as inviting parents to your meeting night or as elaborate as a scuba diving adventure. On page 34, we highlight some exciting enrolment ideas from across the country.

Shortly after you start your unit up, you can be sure the girls will ask, "When are we going to camp?" The idea of planning a fall camp when you are still getting to know your girls and their parents and are organizing your schedule can seem daunting. But there

are tried-and-true ideas for planning a successful fall camp. On page 23, *Outdoor Guider* features a detailed outline that will take much of the stress out of planning your first camp, so you can look forward with confidence to roasting marshmallows and singing around the campfire!

One of the best parts of Guiding is the friendships we form. There is nothing like the bond of the Girl Guide sisterhood. On page 4, we offer tips on how your girls can create community contracts with each other, so they can take true ownership of a supportive Girl Guide environment for everyone. For Guiders, sisterhood requires that we create collaborative relationships, regardless of our differences. On page 10, *Ask a Guider* offers some suggestions to help you connect with your co-Guiders, even when you sometimes just don't seem to click.

Here's to smooth sailing into another mighty, mighty Girl Guiding year!

Sharron Callahan

Sharron Callahan

Welcome to a New Guiding Year

Fall is fast approaching, and with it comes the excitement of a brand new Guiding year. After more than a century, Girl Guides of Canada is still at the forefront in the promotion of self-esteem, self-reliance and community service in girls and young women everywhere. The primary role of *Canadian Guider* is to help you, as a Unit Guider, to bring the best programming possible to your girls. We are always looking for ideas, stories and photos to make your magazine the best that it can be. If you have anything to share, please let us know (cdnguider@girlguides.ca). We welcome your contributions and your feedback. Happy Guiding New Year!

Cover photo by Van Chau

Illustration: Marcos Chin



Features

Submissions from across the country
and around the world

- 8 153rd St. Boniface Guides Lend a Hand *by Marla Haring*
- 12 Global Guiding: A Young Guider's View of the WAGGGS World Conference *by Lauren Patrick*
- 16 How I Became an Author *by Caroline Fernandez*
- 27 GGC 2014 Scholarship Recipients
- 42 GGC 2014 Girl Greatness Awards

Challenges

Challenges, contests and issues
for Girl Guides today

- 6 Unit Accessibility & Inclusivity *by Alex Beaudoin*
- 10 Ask a Guider: When Co-Guiders Don't Click *by Barb Wilson*
- 20 National Service Project – Nurturing the Urban Forest *by Van Chau*
- 22 National Service Project – The Value of Reflection
- 30 Email Etiquette

Focus

The business of Girl Guides

- 4 Creating Community Contracts *by Rachel Shoup*
- 14 Ramping Up for Camp – Guiding Mosaic 2016
- 32 Cookie Bits & Bites: Parental Support for Cookie Sales
- 44 GGC's Chief Commissioner-Elect
- 45 fyi
- 47 Streamlining Police Record Checks

Ideas

Ideas, thoughts and activities

- 18 Games for Anywhere and Anytime *compiled by Stephanie Bangarth*
- 23 Outdoor Guider: Planning a Fall Camp *by Heather Martin*
- 34 Enrolment Ideas
- 38 Ideas to Go

Voices

Guiders and girls

- 2 Chief's Message
- 29 Scholarship Recipients Write About Guiding
- 31 GGC and TD Bank Group Promote Financial Literacy *by Deanna White*
- 37 Girl Guides Puts Girls First

Canadian Guider, Volume 84, No. 3, FALL 2014 • ISSN 0300-435X Published three times annually (Winter, Spring, Fall) by Girl Guides of Canada-Guides du Canada, 50 Merton Street, Toronto, ON, M4S 1A3 416-487-5281 • 1-800-565-8111. Web site: www.girlguides.ca • E-mail: cdnguider@girlguides.ca • **Chief Commissioner:** Sharron Callahan • **Patron:** Her Excellency Dr. Sharon Johnston, C.C. • **Chief Executive Officer:** Deborah Del Duca • **Publisher:** Girl Guides of Canada-Guides du Canada • **Chairwoman, Editorial Committee:** Stephanie Bangarth • **Manager, Marketing & Strategic Alliances:** Karen Cole • **Supervisor, Communications:** Catherine Campbell • **Communications Coordinator:** Mary Vincent • **Editor:** Sharon Jackson • **Art Director:** Geraldine Withey • **Associate Art Director:** Ross Woolford • Annual membership fee includes a subscription to *Canadian Guider*. It is sent free to all registered adult members and Rangers. If you are a member and have an address change please notify iMIS in your provincial council office. If you are a paid subscriber and have an address change please notify the *Canadian Guider* directly, enclosing your *Canadian Guider* mailing label if possible. Send changes to *Canadian Guider*, Girl Guides of Canada-Guides du Canada, 50 Merton Street, Toronto, ON, M4S 1A3, Canada.

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

SUBSCRIPTIONS RATES: \$12 per year inside Canada, \$15 to USA, \$20 overseas. Single copies \$4.25 each. Canadian Publications Mail Product. Sales Agreement No. 40065172. With the exception of our own merchandise, Girl Guides of Canada-Guides du Canada does not endorse the advertisers found in this magazine, or their products or services. All submissions to the magazine become the property of the Girl Guides of Canada-Guides du Canada unless other arrangements are made prior to publication. Most articles and artwork in this magazine are owned by Girl Guides of Canada-Guides du Canada.



Share the POWER

Creating Community Contracts

BY RACHEL SHOUP

Girl-centred programs are the foundation of Girl Guides of Canada. We create and maintain activities that are specific and relevant to girls today, routinely empowering them to share their ideas with us about what they enjoy doing. Now let's go one step further by sharing the power.

Photos: Rachel Shoup

One way to put girl empowerment into action is to start the Guiding year off by creating a community contract. Our unit does this at the first meeting of the year. A community contract is a set of rules or guidelines that are determined by the community. In our case, the community is our unit, and the rules are developed by consensus, with the group as a whole evaluating the merit of each one.

When organizing this meeting, Guiders act not as leaders, but as facilitators. Rather than using the meeting to present a list of unit dos and don'ts, this is the time to spark discussion and to ensure that everyone has the opportunity to contribute, Guiders and girls alike!

Build Consensus

Explain that you will work as a group to determine the rules for the year. Ask for suggestions and record each one. This will ensure they are all addressed and also demonstrate that you take each and every girl's opinion seriously. Once all ideas are exhausted, read the list aloud, and invite the girls to comment on any rules they want to modify or eliminate. Once the list is finalized, record it on a piece of poster board. After one last group review, have all members of the unit sign it. This is now your unit community contract. Post it in your meeting place, and when a rule is broken, refer everyone to it as a reminder of what you all agreed to at the beginning of the year.

Scale it Up, Scale it Down

The beauty of this activity is that it works at all levels:

- For Sparks, simplify and brainstorm your "Spark Rules."
- For Brownies and Guides, discuss what the words "community" and "contract" mean, and think of ways to create a happy community.
- For Pathfinders and Rangers, discuss topical issues such as cell phone use at meetings. This is a great way to build negotiation and cooperation skills. For example, one girl might say yes to cell phones, and another might say no. Help the girls find common ground. One possibility might be to have a 15-minute "technology break" in the middle of the meeting.

Give the Girls a Stake

In the traditional "top-down" approach to group leadership, adults dictate the rules, for example the school rules of "no gum, no running, no talking, no hats" and home rules such as "clean your room, clear the table and eat your vegetables." The community contract model flips the rule-making process on its head by changing dictates to discussions, effectively sharing the power among the Guiders and the girls. The process gives the girls a stake in the unit discipline, makes them equals in the rule-making, and validates their input. When someone violates the contract, they have not disobeyed an adult-imposed rule; they have acted against the consensus of the entire group.

Put the "Power" in Empowerment

Inviting the girls to set the expectations for the year gives them a sense of power that will nurture confidence, maturity and responsibility. You can enhance this empowerment by assigning each girl one rule to oversee. Explain that this does not imply they should report a broken rule to the leaders; it directs them to question each other when they overstep the community contract. By having the power to take action and demonstrate self-leadership, they become empowered to create a positive and respectful community. Best of all, they gain the confidence that comes from knowing they did it themselves. 🌟

Rachel Shoup is a Guider in Guelph, Ontario, and a member of the Canadian Guider Editorial Committee.



Tips for Success

Break it down:

While you're brainstorming, take the time to turn general concepts into specific examples. Instead of "Show respect," try "Respect other people's space, belongings, feelings and ideas."

Draw connections:

One of the most important aspects of this activity is explaining why you're doing it and why it's important that everyone agrees on the rules. Discuss what signing a contract means, and ensure the girls understand that they are promising to follow the rules they have had a part in creating.

Be positive:

Frame your rules as dos more than don'ts. Try "Respect other people's space and ideas by sharing and listening," rather than, "Don't interrupt or ignore others."

Be consistent:

Refer back to the community contract periodically. When someone breaks a rule, use the contract to help them understand what actions they can take to improve their behaviour. If any behaviour becomes a problem, talk as a group about fair consequences. (You may be surprised by what the girls think is a fair punishment!)



Photos: Alex Beaudoin

Welcome All

Unit Accessibility & Inclusivity

BY ALEX BEAUDOIN

Welcoming all girls in a unit is a fundamental part of Guiding. Making a unit accessible and inclusive to those who have special needs also provides an immensely rewarding and fulfilling experience for Guiders, girls and parents alike.

Last year at our opening meeting, 14 excited little Brownies rushed into the room. The 15th arrived in a wheelchair, accompanied by her mom, who is our Sparkle Owl. The Brownie's name is Marisol, and, although she is in a wheelchair and also non-verbal, she has no difficulty communicating what she wants and how she is feeling. It was clear to us at the start that she was as excited to be there as any of the other girls.

Questions and Answers

Prior to that first unit meeting, we met with Marisol and her mom, so we knew they were comfortable when questions were asked about her. And questions there were! "Does she have autism? My neighbour does," said one girl. Sparkle Owl immediately explained Marisol's diagnosis to the girls. She was completely open to questions and clear with her answers, which helped the girls to understand Marisol's attributes and accomplishments, as well as her challenges.

Buddies

As the year progressed, the girls loved taking turns being Marisol's buddy, so we never had a shortage of volunteers to help her with activities. Everyone wanted to push her wheelchair, and when we played running games, Marisol was delighted to be pushed – and the faster the better!



Accessible Venues

Outside our meeting space, we learned to find venues that were also wheelchair accessible. Booking our first sleepover was a challenge, because not every facility had the ramps, bathrooms, and space we required, at a price and date that fit our schedule. However, we finally found the perfect space, booked it, and enjoyed a terrific sleepover!

We also found a cooking school that could accommodate wheelchairs and had no trouble arranging a father/daughter Valentine's Day party and a mother/daughter craft night that could accommodate Marisol's needs. We even managed to navigate her chair through some pretty challenging mud when we visited a sugar bush. The girls loved the maple syrup, especially Marisol.

Inclusive Adventures

One of our inclusivity triumphs of the year was sledding with Marisol. Because the snow was too deep for her wheelchair, Sparkle Owl worried about how we were going to manage, so she offered to keep her at home that evening. We simply told her we would make it happen, and to bundle Marisol up and be at the hill for 6:30 p.m.

We had already accommodated Marisol on a sled at our sleepover, by having another Brownie hold her while we pulled them around our snow forts. We figured we could use this strategy again. With my sturdy sled from childhood in tow, we brought the girls to the hill and got ready for Marisol's next adventure. When

we asked for a buddy, 14 mittens instantly shot up in the air. The first volunteer sat on the sled and held her, while we pulled them up the hill and sent them sliding down.

Marisol and Sparkle Owl were thrilled! So we brought Marisol back up the hill, changed buddies and down she went again. Of course, we had a line-up of girls eager to go down with her, and thanks to a couple of dad volunteers, we got Marisol up and down that hill more than 30 times that night.

Another accessibility triumph was our trip to Camp Woolsey, where we camped in the open. Marisol slept in a tent with her mom, and was thrilled again!

Rewards

Marisol was among the first of our girls to register for this Guiding year. The word is getting out in our community that our unit is totally inclusive, and girls are seeking us out, whether they have accessibility challenges or not. It takes extra planning on our part to make sure our games, activities, crafts and outings accommodate everyone, but the rewards make the extra effort more than worth it. Last year, each week Marisol rolled into our meeting space she gave us all huge hugs – the finest form of thanks we could imagine. We look forward to many more hugs this year. 🐻

Alex Beaudoin is a Guider in Ottawa, Ontario.

Keeping Beavers at Bay



153rd St. Boniface Guides Lend a Hand

BY MARLA HARING

Always eager to lend a helping hand, the 153rd St. Boniface Guides in Winnipeg, Manitoba, teamed up with Save Our Seine (SOS), a local conservation group that protects trees from Canada's favourite rodent friend — the beaver! The girls volunteered to support a project on the Seine River, home to Winnipeg's largest beaver population.

Living in harmony with our natural environment is something Girl Guides have always understood and promoted. However, this harmony is sometimes challenged when we share urban environments with wildlife species that attack the trees we are nurturing along our river banks and in our parks and backyards. This is especially true of our beaver friends, given the extent of the damage they can do with their voracious appetites for wood, not just for food, but for building their homes.

Protecting Trees and Beavers

By living in close proximity to these furry neighbours, we humans pose a threat to their lives, especially when their search for wood brings them onto our roads. Installing tree trunk cages along the river bank prevents beavers from damaging the trees and also coaxes them away from the urban area and further into the wilderness again. This ultimately keeps our urban trees alive and our wildlife living where they are safer – in the wild.

Learning on the Job

Sporting rubber boots, work gloves and safety goggles, the girls got some on-the-job training in how to construct tree cages from two SOS volunteers and a City of Winnipeg conservation officer. The SOS team had already marked out the trees in John Bruce Park. The City of Winnipeg Naturalist Services Department provided the safety goggles and work gloves, as well as tape measures and wire cutters for us to use. The girls measured the diameter of each tree, calculated the length of chicken wire required, and learned to use the wire cutters to cut the cages. Then they worked in pairs to install the cages around the trees. In total our unit helped protect 25 trees, and the girls had a fabulous time! 🐾

Marla Haring is a Guider in Winnipeg, Manitoba.





Program It!

Program Connections for Environmental Stewardship

SPARKS

- Going Outside

BROWNIES

- Key to the Living World

GUIDES

- Beyond You - Learn About Our Environment and "Forestry" (Interest Badge)

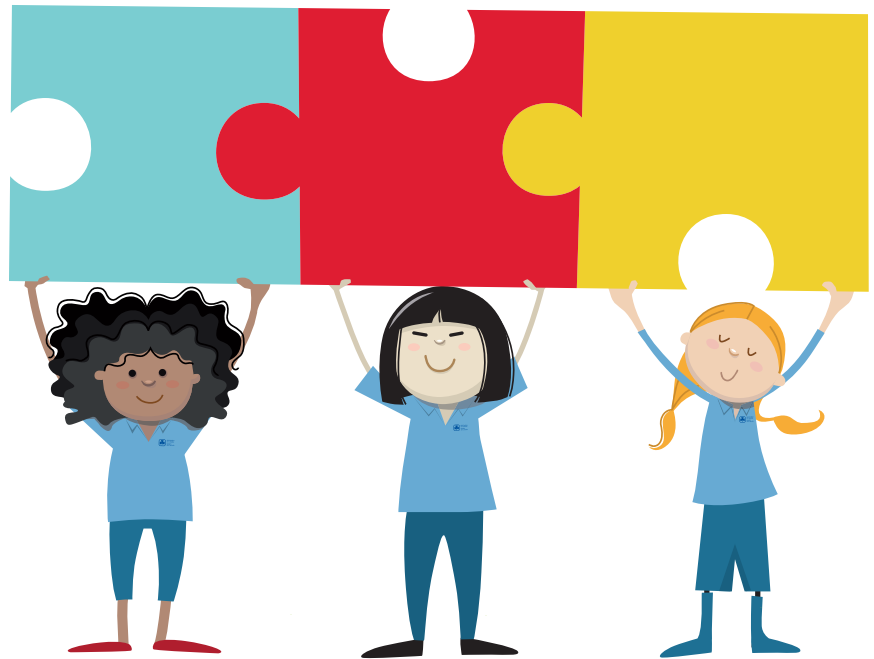
PATHFINDERS

- Exploring a Theme - Our Environment

RANGERS

- Environment, Outdoors and Camping

Photos: Marla Haring



Odd Woman Out?

When Co-Guiders Don't Click

BY BARB WILSON

It doesn't matter if you are new to Guiding or have years of experience. This can happen to you. You begin a new Guiding year discovering one or more of your co-Guiders have different ideas, different ways of doing meetings, different strategies for dealing with girls, or all of the above. Suddenly, you feel like the odd woman out!

Guiders will always have different visions of how a unit should look and be run, so there is no universal solution to the puzzle of working together in a unit, especially when we just don't seem to click as leaders. However, there are some tried-and-true tips that can help you work out the kinks and differences in your attitudes and approaches to unit leadership. If you are that "odd woman out," you may also be the woman to effect the necessary change. Here are a few answers to that difficult question, "How do I fit in?"

Use Your Words

We regularly tell young children to use their words in conflict situations, but do we follow our own advice? Voice your feelings and/or concerns in a calm, receptive manner that makes it clear your genuine intention is to resolve the differences. Most Guiders want what you want—girls and leaders who are happy being together.

Keep the Human Touch

Communicate in person. Rarely can an email convey intent or hope as effectively as can a face-to-face conversation. Even a phone call is not as effective, because body language and the nuances of facial expressions are not visible. The most tentative smile or conciliatory nod during a sensitive conversation can convey even challenging comments in a more positive light.

Become a Willow

During stormy weather, the willow bends where the oak may break. Yes, we all have a moral centre we need to honour, but in Guiding as in life, we sometimes have to compromise. Be self-aware enough to know whether something you disagree with is actually worth pursuing. If it is, use your words temperately; if it isn't, let it go gracefully.

Take Time

Time is your friend. When something doesn't go your way, take time to reflect. Try to look at the issue from all the possible angles. Be receptive to opening a dialogue rather than fueling your personal reaction. Time also allows us to get to know and understand one another. First impressions can often be misleading. Your co-Guiders may need some time to get to know you and you them.

Find Your Niche

Find out what will make you an indispensable part of the team. Perhaps your co-Guiders hate paperwork or preparing craft materials, which you handle with ease. When unit tasks are in your comfort zone, become the go-to person for them.

Invite Improvement

Rather than focusing on problems, ask questions and invite answers, offering suggestions that will help to improve the situation for everyone.

Be Pragmatic

Even with our best intentions and efforts, we may have to admit defeat in our efforts to fit in. We all have a right to be happy in our Guiding lives and, if even with your best efforts you don't feel like you are making progress, ask your District Commissioner or Administrative Community Leader for advice. A mediator may be able to facilitate a resolution.

Don't Take it Personally

Feeling like the odd woman out can cause you to ask, "What's wrong with me?" Step back from that personal feeling and look at the whole picture. There may be any number of reasons that have nothing to do with you that cause your co-Guiders to seem less inclusive of you. Try to figure them out before you second-guess yourself. Find a way to make Guiding work for you. Employ courage and confidence to speak up, patience to get to know your co-Guiders and resourcefulness to find strategies to resolve differences. Whatever it takes, ultimately, it will be a learning experience, strengthening you as a Guider and as a person. 🌟

Barb Wilson is a Guider in Kelowna, British Columbia.



Horseshoes? Circles? Toadstools? Patrols?

Welcoming a New Guider

by Alison Chan

New Guiders who have no previous experience in Guiding can often find themselves overwhelmed with our unique traditions. From horseshoe formations to Brownie circles to toadstools to patrols, new Guiders should be introduced to our traditions at the beginning of the year. Even those who were in Guiding as girls may need a refresher course to remind them.

Allow a new Guider a few meetings to get the hang of leading the girls. Once she becomes comfortable with her new role, delegate more responsibilities to her. With your support, she will soon lead the girls on her own and may want to plan a meeting herself.

Some new Guiders may be mothers joining the unit with their daughters, who often tend to cling to them. Encourage a mom-Guider to interact with other girls in the unit while her daughter explores friendships within the unit on her own, away from that "mother-comfort" zone. 🌟

Alison Chan is a Guider with the 12th Toronto Brownies.





Photos: Lauren Patrick

Photos: courtesy WAGGGS



Photo: courtesy Lauren Patrick

Involvement & Empowerment

A Young Guider's View of the WAGGGS World Conference

BY LAUREN PATRICK

The involvement of young women in WAGGGS governance was high on the agenda of the 35th World Conference, held in Hong Kong this July. It had already been a subject of discussion during the 34th World Conference, held in Edinburgh, Scotland in 2011, and as a consequence, a special event for young women was held the day before the Hong Kong conference officially began.

As the Under 30 Girl Guides of Canada delegate, I participated in this all-day event, which helped us to prepare for what was to come at the conference, and also included a leadership challenge held out in the city. This event provided a great opportunity for young delegates to make connections; we formed a wonderful network to support each other for the duration of the conference and beyond! The bond of sisterhood that is created during international events is strong and lasting, and it became clear to all of us that young women's involvement and empowerment will be a focus in WAGGGS governance from now on.

World Conference Business

At the conference, five associations became full MOs: the Association Nationale des Guides de Guinée, the Association des Guides du Cameroun, the Girl Scout Association of Mongolia, the Girl Guides Association Cook Islands and the National Union of Girl Guides and Girl Scouts of Armenia. The Myanmar Girl Guides became an associate MO and will be working towards full membership, hopefully by the next World Conference.

Les Scouts Tunisiens were successful in their bid for the 36th World Conference in 2017, and a Tunisian candidate was elected to the World Board. Other members elected to the World Board include delegates from Australia, the United States, Peru, Switzerland and Burundi, with delegates from Finland and Malta elected as substitutes.

Canadians in WAGGGS

GGC member Jill Zelmanovits has three years left on the World Board, to which she was first elected in 2011. Elaine Paterson, a former GGC Chief Commissioner, past World Board member and current chair of the WAGGGS Fund Development Committee, received the WAGGGS medal, a prestigious award, acknowledging her many years of service to the Guiding Movement.

International Experience

This conference really opened my eyes to the impact of global Guiding. It also reinforced how lucky I feel to be a part of GGC and of WAGGGS. It was inspiring to be in the presence of so many change-makers and influencers. And it was empowering to see how girls and women are effecting real changes in the world. 🌍

Lauren Patrick recently graduated from the Mechanical Engineering program at the University of Guelph, Ontario. While studying for her degree, she volunteered as a Spark Guider in Guelph and in Vancouver, British Columbia.

What It All Means

A World Conference Glossary

Associate Members:

Organizations who are in the process of developing their programs sufficiently to be given full membership within WAGGGS. Have limited voting powers. Ratified at World Conferences.

Bylaws:

The document that contains the rules that govern the functions of the organization.

Constitution:

The document that describes the organization and its purposes.

Full Members:

Organizations who have met the conditions of membership within WAGGGS. Have full voting powers. Ratified at World Conferences.

Governance: The manner of governing WAGGGS, as set out in the constitution and bylaws.

MO:

Member Organization. There are currently two types of MOs within WAGGGS: associate members and full members.

Quota:

The fee that each MO pays to remain a part of WAGGGS.

Regions:

The geographical area containing a set of MOs. There are five regions: Africa, Arab, Asia Pacific, Europe and Western

Hemisphere. GGC is a part of the Western Hemisphere region.

Strategic Plan:

The document that outlines the vision, mission and goals for the upcoming triennium (three-year period) until the next World Conference. Written by the World Board.

Triennial Report:

The document that outlines what has been done during the last triennium (three-year period). Written by the World Board.

WAGGGS:

World Association of Girl Guides and Girl Scouts. The governing organization of all the MOs.

World Board:

The elected members who oversee WAGGGS and make decisions on behalf of the MOs between World Conferences. There are 17 members of the World Board, including six continuing board members, six new board members and five regional board members (one for each region). Board members are elected at each World Conference and serve for a total of six years. There is currently one Canadian Guider on the World Board: Jill Zelmanovits.

World Conference:

The triennial (every three years) conference for the MOs to make decisions on the future of the organization. Run by the World Board of WAGGGS.

GUIDING MOSAIC 2016

Ramping up for Camp

Guiding Mosaic 2016 (GM2016) will be here before you know it! Plans are in full swing, and we are bringing you this update, so you and your girls can start ramping up for this terrific camp!

GM2016 will be held at Camp Woods on Sylvan Lake, near Red Deer, approximately 160 kilometres from Edmonton, Alberta. This Scouts Canada campsite boasts a **beautiful, fully-equipped waterfront** and **fabulous trails**, as well as **plentiful cabins** and **tenting sites, play** and **program facilities**, and an array of **fire pits**. The days in this part of Canada are longer, which means our daylight activities can extend until almost 10:00 p.m.



Photo: Craig Cooper

Amenities

Last summer, Camp Woods hosted the Scouts Canada Jamboree, which former Ranger Megan Lamothe attended. Currently a Guider with the 64th Edmonton Pathfinders, she is thrilled that GM2016 will also be at Camp Woods. "It's a great piece of land," she said. "You get a feel for all parts of Alberta, from the flat farm fields outside the camp gates to the tall trees that fill the site to the beautiful lake nearby. I thoroughly enjoyed my time there last year, and I can't wait to go again with Girl Guides."

Camp Heritage, Adventures and Outings

GM2016 is the 13th national camp we have held since 1927, and will feature a celebration of our great camping heritage. There will be plenty of canoeing, kayaking and sailing, and possibly a regatta. Rangers will have the opportunity to participate in a three-day off-site adventure camping experience, hiking, backpacking, paddling or horseback riding in some of the most beautiful settings in Canada. And patrols will have the option of excursions to the Calgary Stampede, Lake Louise or Banff National Park.

An International Experience

A highlight of our national camps has always been the opportunity to welcome and spend time with girl and adult members from our sister organizations around the world. Invitations have already been extended to the 145 WAGGGS Member Organizations, and a great deal of interest was generated at the World Conference in Hong Kong in July. We hope to have as many as 250 international guests, which will make for a very exciting International Showcase evening.

GM2016 promises to be a spectacular event: spectacular setting, spectacular activities and spectacular girls and women sharing in the sisterhood of Guiding! Stay tuned for further updates. 🌟

Camp Facts at a Glance

When: Saturday July 6 to Sunday July 17, 2016

Where: Camp Woods, Sylvan Lake, Alberta

Cost: \$1,050, plus HST

Online Registration: Opens late 2014

Contact: GM2016@girlguides.ca

Who: GM2016 will host **2,300 Pathfinders** and **Rangers**, including girls entering Pathfinders in the fall of 2016, and Rangers who complete the program in the spring of 2016. Normally, attendees will include girls who are aged 12-18 by June 30, 2016. International girls must be at least 12 years of age and under 18 as of June 30, 2016.

Five hundred adult members will also attend, and a team of **350 volunteers** will plan, organize and operate the camp. Look for position postings on girlguides.ca and in the *GuidePost* newsletter.

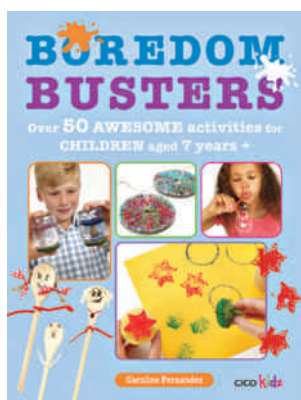
GM Volunteer Team Leaders

- **Brigitte Trau, Camp Director:** Brigitte is from Ottawa and has held a wide range of Guiding positions since 1992. She has extensive camp experience and was a senior level leader at Guiding Mosaic 2010. She was also a Guider in Charge on two trips to England.
- **Edie Jubenville, Senior Program Team Lead:** Edie is from Calgary and has also been involved in Guiding since 1992. She has chaired numerous committees and volunteered at various levels in the organization, most recently as National Program Adviser. Having previously camped at Camp Woods, she is excited to return to this great site, which is close to her home.
- **Deborah Suddard, Senior Communication Team Lead:** Joining Guiding in 1987, Deborah has a great deal of camp experience, including being a member of the Security Team for Guiding Mosaic 2010. She is an avid social media user and has experience in design, communications, writing and photography, and has hit the ground running for GM2016.
- **Holly Hunter, Senior Team Lead, Operations:** Holly says returning to Guiding four years ago is one of the best decisions she has made. A teacher in Winnipeg, Manitoba, she is a Spark Guider, an Area Communications Coordinator and a past member of the Program Stewardship Communications Committee.
- **Julie Hamilton, Senior Team Lead, Infrastructure:** A science instructor from Toronto, Ontario, Julie has been a Guider since 2008. Having more than 25 years of camping experience, she was a key member of the Guiding Mosaic 2010 team. She is eager to put her great passion for camping to work for GM2016.

From Brownie to Boredom Buster

How I Became an Author

BY CAROLINE FERNANDEZ



Caroline Fernandez shares family-friendly activities and tips on her website parentclub.ca (Twitter: @ParentClub). Her book, *Boredom Busters*, (© CICO Books 2014) is now available in stores.



Photo: Ali Martell

When I was Brownie and a Girl Guide, I loved making crafts. I especially remember sewing and working with felt. It was such fun to learn something new, to do creative projects and to earn a badge or two in the process.

Although there were times when I didn't feel like attending my weekly Guide meeting, I was lucky to have parents who taught me to follow through on any commitments I made. I was also lucky to have great Guiding role models and mentors in two aunts, one of whom had earned her All Round Cord and another of whom was – and still is – a Guider, in addition to two cousins, who each earned their Canada Cords. Looking up to these family members, I wanted to follow their lead in my commitment to Guiding. I am very glad I did.

Brownies and Girl Guides provided me the opportunity to make new and lasting friendships. Many of my friends were in Guides, in my unit and in other units. We enjoyed being part of this all-girl community. My years in Guiding also taught me to accept challenges and overcome my fears. My first Brownie overnight terrified me! I had never slept away from home before. However, I overcame my fear, largely due to the kindness and patience of a Guider who understood how I felt and made me feel comfortable and safe.

Ultimately, Guiding helped me become an author. My first book, *Boredom Busters*, was published last February, and my second is due out in 2015. Looking back, I see four key things from my Guiding days that contributed to getting me published.

- **I learned to channel my creativity** into something attractive and useful to others.
- **I learned to be reliable** in meeting my publisher's deadlines.
- **I learned to maintain friendships**, and many of those friends encouraged me as I was pitching my book.
- **I learned to persevere to overcome challenges**, even when I received a rejection letter or two.

In Guiding, girls learn how to set goals and work to achieve them. I now know this to be true, because I have achieved my goal of being a published author! 🌟

Duct Tape Lanyard

A Boredom Busting Craft

Reprinted with permission from *Boredom Busters*, by Caroline Fernandez © 2014, CICO Books, \$19.95; cicobooks.co.uk

What You Need

- duct tape (look for colourful or patterned tapes in craft or office supply stores)
- scissors
- hole punch
- binder ring
- ruler



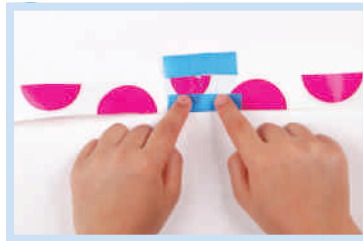
What You Do

1 Cut two strips of duct tape 18 inches (46 cm) long. Place the duct tape strips upside down (sticky side up; otherwise they will stick to your work surface).



2 Fold the duct tape strips in half lengthwise, sticky surface on the inside and coloured surface on the outside. You now have two equal duct tape “ribbons” for your lanyard.

3 Cut two pieces of duct tape two inches (5 cm) long. The tape can be the same or a different colour or pattern. Place the small pieces of duct tape sticky side up on your work surface.



4 Place the two long, folded pieces of duct tape on the sticky side of one small piece with their ends together.

5 Wrap the smaller piece of duct tape around the ends to make one long piece.



6 Lay the two open ends on top of each other on the second piece of small tape and wrap it around them to make a loop.



7 Trim off any rough edges. Punch one hole in the center of the flat end, half an inch (1.5 cm) from the tip.

8 Hook the binder ring through the hole and your duct tape lanyard is done! 🎉

Just for Fun!



Games for Anywhere and Anytime

COMPILED BY
STEPHANIE BANGARTH

Are you looking for games that can be played anywhere and anytime, without a lot of pre-planning and equipment, and are just for fun? Look no further!

Four Corners

Players try to not be in the wrong place at the wrong time in this game!

1. A “picker” stands blindfolded in the middle of a playing area that has designated corners numbered one to four.
2. Players have 30 seconds to go to one of the four corners.
3. The picker calls out one of the numbers. Players in that corner are eliminated.
4. Players then have 30 seconds to select a new corner or to stay put. Again, the picker calls out a number, and the elimination process continues until there is only one player left.

Note: On a hot day at camp or at your outdoor meeting site, you can cool off your girls by squirting those who have been eliminated with water from sports bottles!

Rock/Paper/Scissors Baseball

In this baseball game, players make it around the bases by winning rounds of rock/paper/scissors.

1. Set up baseball bases and divide the girls into two teams.
2. Each team sends their first player from home base going in opposite directions, walking heel-to-toe.
3. When the players meet, they face off for a round of rock/paper/scissors.
4. The winner keeps walking around the bases heel-to-toe and the loser runs back to the end of her team’s line, so the next player can begin walking heel-to-toe towards the opposing player, until the two meet and play another round of rock/paper/scissors.
5. When a player from either team reaches home, that team scores a point. The team that tallies up the most points after all girls have played wins.

Rock/Paper/Scissors Cheering Squad

Opponents turn into cheering squads in this game.

1. Divide the girls into pairs to play rounds of rock/paper/scissors. The winner goes on to meet a new opponent. The loser follows the winner and serves as her cheering squad.
2. With each successive round of rock/paper/scissors, the winning team absorbs the loser, who then cheers for that team.
3. When all the losing players have been absorbed into two teams, a final round of rock/paper/scissors determines the winning team.

Human Etch-A-Sketch

Working in teams, the girls compete to form the best shapes in this game.

1. Divide the girls into teams of four or five players.
2. One neutral judge calls out an object (e.g., sailboat, bicycle, table and chairs, etc.).
3. The girls on each team must work together to depict that object with their bodies.
4. The judge decides which team is first to depict the object accurately, declaring that team winner of the round.

Plant a Stick

In this game of balance, the girls strive to plant a stick in earth or sand as far as possible from where they are standing.

1. Give each girl a stick that can reasonably be "planted" in earth or sand.
2. Standing behind the line, one by one, the girls lean out to plant their sticks. They may place one hand on the ground for balance while they are planting their stick, but they must return to a standing position without touching the ground again.
3. The player who plants her stick the farthest wins.

Note: The tallest girl with the longest arms does not necessarily have the advantage in this game. Players who use their dominant hand for balance and their non-dominant hand to plant the stick usually do best at this game, no matter how tall or short they are.

Stealing Sticks

In this game, the object is to steal each other's sticks.

1. You will need 20 sticks.
2. Create a playing area with boundaries and mark a centre line across the playing area.
3. Divide the players into two even teams, one on each side of the line.
4. Give each team 10 sticks.
5. The players place their team's sticks as far away from the other team as possible within the playing area.
6. The object is for players to cross the centre line, steal a stick and take it to their team's side without being tagged by someone on the other team.
7. Players may steal only one stick at a time, and may not "guard" their sticks.
8. A player who is tagged while holding a stick must return it to the other team's pile.
9. Players who make it back untagged, may add their stolen stick to their team's pile.
10. The team successfully stealing all the sticks wins.

Note: You can substitute bean bags, balls or any other handy items for sticks, as long as you have 10 for each team. 🍀

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

Calling all GGC Shutterbugs!

GGC 2014 Photo Contest
We're looking for great photos that show Girl Guides at its best! Send us your best photo(s) that illustrate Guiding fun, friendship and adventure.

- We are looking for photos that show GGC insignia (girls wearing uniforms, scarves, camp hats or sashes), and GGC members doing active and fun things (not just standing or sitting in a group).
- Photos must be submitted online at girlguides.ca Click on Media, and then on Photo Contest
- Be sure to complete and send a photo submission form for each photo.
- Photos must be between 1MB and 5MB.

1 Grand prize: Digital camera

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

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

Deadline: November 3, 2014

Full contest details: girlguides.ca



Girl Guides
of Canada
Guides
du Canada

**Girl Greatness
starts here.**



Photo: Yan Chau



A Tremendous Time!

Nurturing the Urban Forest

BY VAN CHAU

As a fitting finish to their National Service Project – Operation Earth Action activities this past year, the 1st Telegraph Trail Sparks and 6th Telegraph Trail Brownies, in Langley, British Columbia, took action to enhance and nurture their urban forest. The girls had been looking forward to this event for months, and they were not disappointed. It was definitely one of the highlights of the year, and a truly “tremendous” time was had by all!



With financial support from a GGCTD FEF Tree Planting Grant, we worked with the Langley Environmental Partner Society (LEPS) to organize the event in Derby Hills Park, in the Walnut Grove neighbourhood where all the girls live. Ten Sparks, 13 Brownies, eight Guiders, 13 parents and two siblings spent an hour and a half fully and enthusiastically engaged in this environmental stewardship project.

Our LEPS contact explained to the girls what invasive plant species are and how they compete with native plants, often with negative impacts on the ecosystem. For example, she pointed out that Himalayan blackberry bushes are invasive to Derby Hills Park and had the girls remove all of them before replacing them with native trees. She went over how to plant trees step-by-step, demonstrating the proper procedures for digging a hole, removing the new trees and shrubs from the planters and positioning them in the ground so their roots will grow properly.

Energy and Enthusiasm

The girls had fun getting their hands dirty as each of them planted her very own tree. It was wonderful to be outdoors working on a service project that had a positive impact on the community the girls live in and the ecosystem around them. There was definitely a lot of positive energy and excitement in the air that afternoon.

Learning by Doing

Planting trees introduced our Sparks and Brownies to many different things. They learned what a service project is, how they can contribute positively to their community, what sustainable practices and environmental issues are, and how great it feels to do something meaningful to protect the environment so future generations will enjoy this beautiful planet of ours. It also gave them the opportunity to connect with nature and work as a team to enhance a green space that everyone in the Walnut Grove community will enjoy for years to come.

Taking Action

At the end of this event, the Sparks and Brownies clearly had a deeper understanding of the importance of environmental stewardship and a greater appreciation for the natural world and the things they can do to protect it. Some asked if they could plant trees again next year. Others said they were going to come back every year with their families and check on how their particular trees are doing. Most importantly, they also asked how they can continue to take action to help sustain Planet Earth. 🌍

Van Chau is a Guider in Langley, B.C.



Thank You

Girl Guides of Canada is grateful to our partners in our National Service Project initiatives. We thank the following sponsors for their ongoing support for our environmental stewardship projects:



Presenting Sponsor



TD Friends of the Environment Foundation

Learning *by* Thinking

The Value of Reflection



Reflection is a vital step in a girl's journey to becoming a lifelong eco-citizen. By thinking about the impact of her actions, each girl in your unit will be able to transform environmental service into a valuable and lasting learning experience.

Reflecting on environmental stewardship also helps girls to develop critical thinking and communication skills and to brainstorm ideas on other ways to take action to keep their community green. Through reflection, they can both look back at their accomplishments and look forward to their future actions.

With a jam-packed program schedule, it can be all too easy to skip the reflection and discussion at the end of your

tree planting, trash to treasure or other environmental stewardship activities. However, by including a reflection activity, you will help girls to connect the dots between what they do to help the environment on a day-to-day basis (for example, turning off taps when they brush their teeth or using reusable shopping bags) and the bigger picture of being proactive eco-citizens.

Passive Reflection

You can get your girls to reflect on an activity by asking three simple questions:

- 1. What?** What did we do today?
What surprised you about the experience?
Describe an event that stood out to you.
- 2. So what?** How did our service address the social issue? What did you learn from the experience? How did the experience challenge your expectations or assumptions?
- 3. Now what?** What else could be done to address the social issue? What are the root causes? Where do we go from here? What are your next steps to take away from today?

Active Reflection

You can also encourage girls to reflect by using some fun activities:

- Write some reflection questions on a beach ball. Have the girls take turns tossing it to each other, answering a question when they catch it.
- Have the girls depict what they have accomplished in graffiti-style doodles and words on large blank sheets of paper. When they are finished, they can describe and discuss the meaning of each other's graffiti images.
- Divide the girls into groups of three or four. Have them create and perform raps or rhymes about the service project and discuss each group's performance.
- Have one girl take a pose depicting her involvement in the project, followed by the other girls, one by one joining her in a "living snap-shot" of poses that depict their involvement. 📷

Yes You Can!

Planning a Fall Camp

BY HEATHER MARTIN

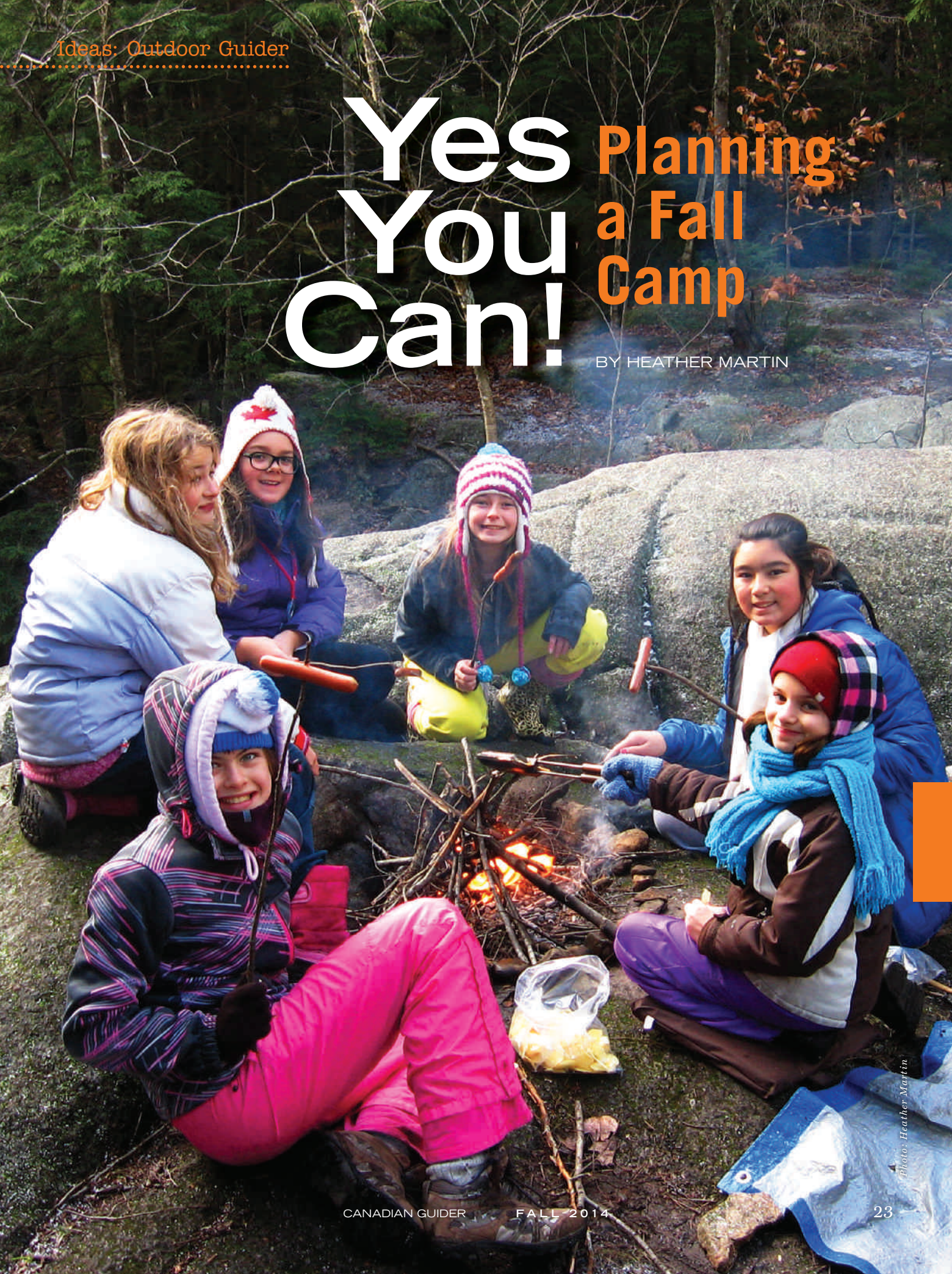


Photo: Heather Martin

Planning a Fall Camp

Beginning your Guiding year with a fall camp enables everyone to get to know each other. This is especially useful for girls who have moved up from another branch or girls, parents and leaders who may be new to Guiding. But can you plan a camp this early in the year? Yes, you can – and in just four meetings!

Fall camp provides an opportunity to lay the groundwork and set the tone for a great Guiding year. Of course, you already have a pretty full plate, getting yourself, your co-leaders, your girls and their parents oriented and organizing meeting activities and other events. But planning a camp at the same time is not only possible, it can be quite easy, especially when you get the girls' input and assistance from the start. Here's how you can do it.



Photo: Freda Smit-McKie

#1 MEETING

Who, When, Where and What

Always remember that the girls' input is the key to success. Whether you plan a day camp in a local park or a weekend adventure in the woods, working as a unit will enable your girls to be directly involved in the planning and decision making.

Decide who is going.

Be sure you have a leadership team that will meet Safe Guide requirements and support the number of girls who will be participating in the camp and the program activities you will develop with them.

Decide when you are going.

Pick the most convenient time for leaders, girls and parent volunteers. Guiders who have their own children and parent volunteers can help identify in advance any potential conflicts with fall sports tournaments, school fairs and other activities.

Decide where you are going.

Ask your girls for their thoughts. If they want to camp in tents, shelters or lean-tos, you will need to make additional preparations for equipment and gear that you won't need if they opt for a lodge or other indoor facility. Perhaps a Mom and Me overnight or a morning



#2 MEETING

Schedule, Menus and Programs

To prepare for this meeting, identify the structure of your event. What time are you arriving? Are meal times set or flexible? Do you know what program options are available at the facility or site?

Decide on a schedule.

Remember that camp is not school! Today's

to evening day-camp will be preferable for girls who are new to Guiding or who have anxieties about camping. Girls who would enjoy being together overnight to socialize as a group may prefer to sleep in a lodge rather than in individual tents or shelters. Others may be eager for a tent or lightweight shelter adventure.

My preference for fall camping with any branch is to sleep at an indoor facility, where we can chat around a "campfire" together rather than being divided into tent groups and worrying whether sleeping bags will be warm enough on a cold night. Some great deals on lodges can be had during the off season – late October into November. Many managers will welcome shorter-term bookings and smaller groups than they will facilitate during their peak season.

Decide what you want to do.

Get the creative juices flowing! The girls can brainstorm ideas for the year, as well as for the camp. Get them to make a preliminary list, a number of drawings or some notes from their discussions. This information will give you a good base to prepare for Meeting #2.

Leadership Team To-Do List

- Book the campsite.
- Submit the Safe Guide forms.
- Prepare budget.
- Prepare parent information.

Note: An experienced Guider needs to take on the Responsible Guider role and submit the necessary Safe Guide forms for assessment and prepare the parent information, camp budget and other details.

girls live in a world filled with organized extracurricular activities and technological distractions. Giving them control over their camp schedule can help them slow down a bit and enjoy just being girls. Do they really have to be up at 7:00 a.m., or would an extra 30 minutes of sleep after enjoying a campfire the night before make for happier campers (and leaders, too)?

Guiders or older girls can create a template, setting some basic parameters, such as meal times, indoor and outdoor activity blocks and lights-out time. In smaller units, everyone can work together; in larger units, girls and Guiders can split into groups to work on copies of the template. Regardless, everyone helps fill in the blanks. At this stage, keep your planning broad enough to enable the girls to work on a more detailed program later. Both girls and Guiders can lead the discussions and take votes as needed. Don't worry if the group goes in several directions at this stage. This is a brainstorming session, giving you a collection of ideas you can revisit later.

Note: Schedule in non-programmed time. For girls who don't share a room at home, learning how to fit into a communal space with other girls is in itself a valuable learning experience. Also, some of the best campfire skits and spontaneous fun result from free time.

Decide on your menus.

First, decide if you want to cook for yourselves or to have catered meals. Doing your own cooking allows you flexibility with timing and menus and opportunities for your girls to learn how to manage camp cuisine. Catering provided by your camp facility or by experienced Guiders, mothers or Rangers, leaves you with more time for other activities. Now, brainstorm meals with the girls. Find out about any food allergies, dietary requirements or cultural restrictions the girls may have, as well as their general likes and dislikes.

Brainstorm program ideas.

Discuss what the focus of the weekend/overnight/day camp will be. Is there a specific key, badge or program area the girls need to or want to work on, or was there an activity they have tried previously that they want to further develop? Start the discussion and let the ideas develop from there. Formulate a plan you can work with. Keep it simple. Just exploring the camp property is an activity that puts the girls in the driver's seat. For younger branches, decide who will work with each group of girls, who will bring the equipment the girls are requesting, and what extra resources you will bring to enable their program to take shape. (I often bring a sealable plastic resource box, filled with knot ropes, story books, song books and other supplies.)

Note: Don't be deterred by your lack of knowledge. For example, if no one in your leadership team is comfortable cooking over a fire, one or more of your girls may be experienced enough to teach you, or a Ranger or experienced Guider may volunteer.



#4 MEETING

The Girls Take the Lead

Have the girls plan the outline of the activities, equipment list, responsibilities, basic timing and who will lead what. Depending on the time available, this can take place over two to three meetings. Ideally the extra meeting or two will give the girls more opportunity to develop their ideas, to try things out, and to learn and review skills that will make leading easier.

Note: If time and maturity permits, the girls can fit their activities into the unit planning chart, and the final camp schedule can be brought back to them for their approval.

#3 MEETING The Girls Make the Plan

Photos: Heather Martin

In this meeting, you will use all that brainstorming information to create your unit's camp plan.

Divide the girls into small groups each with a program block or area of responsibility. For younger or less experienced girls, a Guider acting as an adviser can help keep things on track.

Have the girls think of ideas for their block. What fun activities have they seen at other camps or events? What will they do? How will they do it?

Connect the girls' ideas to their program objectives. For example, if your Brownies suggest making artwork using nature objects on the camp beach, and you challenge them to use five different colours or shades in their art work, you will meet the objective of Wondrous Walks part D. Or, if your Pathfinders want to help Guides learn about tracking by using different pre-fabricated tracks to create a story in the mud on the camp road, you can suggest some research and discussion to help connect this activity to the objective of Up Close with Nature #11.



At Camp at Last!

Finally the girls get to run the show at camp! This includes setting up, making introductions, answering questions, leading activities and cleaning up. It also includes some evaluating

and planning for your next camp. What happens if an activity takes too long, runs too short, or just flops? Do they want to play a game? Can they finish something in another time block? Can they adjust their program?

Note: A good leader knows when to ask for help. A good helper knows not to take over. This applies to girls and Guiders alike!

A fall camp effectively kick starts the Guiding year, throwing your unit into high gear. We quickly learn each other's habits, likes, dislikes and interests. Who likes to eat and who doesn't, who is a night owl and who is the early bird, who likes crafts and who likes outdoor play, who likes to keep the place tidy and whose stuff will be left behind all year?

These and many other things become clear in the close-knit environment of a camp. For Guiders, learning about the girls this way helps us better meet their needs, not only at camp, but at all unit meetings and events to follow. 🌍

Heather Martin is a Guider in Pointe-Claire, Quebec.

A Helping Hand








The GGC National Scholarship Program

The Girl Guides of Canada–Guides du Canada (GGC) National Scholarship program extends a helping hand by offering financial assistance ranging from \$1,000 to \$2,000 to members pursuing post-secondary education. Each year, GGC’s scholarships support members heading to college, university or a trades program, whether in their first year of studies, later in their degree, or on a full-time or part-time basis. In 2014, GGC awarded 28 scholarships.

Girl Guides of Canada–Guides du Canada

SCHOLARSHIPS

Congratulations to the 2014 GGC Scholarship recipients:

							
Bayer Inc. Science Education Scholarship	CIBC Scholarships			Dare Foods Limited Scholarships			
Jenelle Y. Post Grad, Geographic Information Systems	Holly D. First Year, Nursing	Terri R. Post Grad, Women & Gender Studies	Samantha S. First Year, Child, Youth & Family Studies	Hannah C. First Year, Theatre	Chloe G. First Year, Science	Breanna H. First Year, Culinary Arts	Erin W. First Year, Interior Design

				
The Masonic Foundation of Ontario Scholarships				
Lauren J. First Year, Sociology	Amy F. First Year, Biology & Math	Lauren P. First Year, International Food Business	Ashley V. First Year, History	Melody V. First Year, Medical Science

National Scholarships							
Cairistiona C. Fourth Year, English & Environmental Studies	Melissa C. Post Grad, History of Science	Melinda D. Post Grad, Social Work	Jenna G. First Year, Arts	Madeleine L. First Year, Commerce	Hannah S. Second Year, English	Sarah T. First Year, Animal Bioscience	Rebecca W. Third Year, Behavioural Neuroscience

Norma Osler Education Scholarship	Col. Karen Ritchie Memorial Scholarships			The Equitable Life Insurance Company of Canada Scholarship	Humber Glen Trefoil Guild Scholarship (In Memory of Bernice Graham)	Dr. Roberta Bondar Scholarship
Kirsten J. Post Grad, Early Childhood Education	Patricia B. First Year, Civil Engineering	Kshamina G. First Year, Software Engineering	Isabella M. First Year, Biomedical Engineering	Carissa K. First Year, Global Stewardship	Rowan L. First Year, Science	Elizabeth K. Post Grad, Science Communication



SCHOLARSHIPS 2015

Let Guiding support you as you follow your dreams!

Applications open early in 2015 on girlguides.ca/scholarships
Application deadline is April 1, 2015





Girl Guides
of Canada
Guides
du Canada

Girl Greatness starts here.

girlguides.ca

Girl Guides Has Given Me...

Scholarship Recipients Write About Guiding

The GGC Scholarship program provides an opportunity for applicants to voice their personal impressions of the impact that Guiding has had on their lives. Here are some of those insights from four of this year's recipients.



National Scholarship

Melissa C.
Post Grad,
History of Science

“I have been involved with Girl Guides of Canada since I was in Sparks, where I learned to share and be a friend. As I progressed through the various Guiding branches, I continued to learn new things, such as how to pitch a tent as a Guide and to cross-country ski for a Duke of Edinburgh expedition as a Ranger. Thanks in part to Guiding, I also learned to love the outdoors, a passion that I continue to cultivate during my formal education.”



Col. Karen Ritchie Memorial Scholarship

Kshamina G.
First Year,
Software Engineering

“Since a very young age, I have benefitted greatly from the role models provided by my Guiding leaders. They have taught me to be an independent thinker, and to be unafraid to face challenges or explore and take different paths. Traditionally, not a lot of women venture into engineering and technology careers; but with this scholarship, I will be pursuing a career in software engineering with a minor in business and marketing. I hope someday to be a role model to other young women, encouraging them to appreciate and pursue higher education and to become leaders, themselves.”



Norma Osler Education Scholarship

Kirsten J.
Post Grad,
Early Childhood Education

“I have been involved in Guiding for 19 years and the experiences and opportunities that I have had have helped me to become the person that I am. I have learned confidence, leadership and responsibility. It was also through my involvement in Guiding that I knew for sure that I wanted to become a teacher. Through my work with a Brownie unit I developed a love of working with kids and an understanding of the enjoyment that I get from being with them. These Guiding experiences convinced me that Early Childhood Education was what I wanted to pursue.”



Dare Foods Limited Scholarship

Erin W.
First Year,
Interior Design

“Being a part of Girl Guides of Canada for the past nine years, I have learned important lessons, forged lifelong friendships and made memories that will stay with me forever. From the beginning, Guiding has taught me how to be a friend. I have also gained many skills and had educational experiences, but the lessons on how to be a friend, to encourage one another, and to value each and every person have always had the most impact on me. I know I will take these lessons with me in life, and put them to use as I start my newest chapter in post-secondary education.”

Thank you Scholarship Supporters!

For their generous support, we wish to thank the individuals, families, Guiding Units, Trefoil Guilds, companies and foundations who supported our 2014 scholarships.

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



Would you like to support GGC's National Scholarship Program to help girls and women pursue their educational goals and reach their full potential? To find out how you can contribute, email scholarship@girlguides.ca or call 416-487-5281 ext. 242.

Email Etiquette

Protecting Each Other Online

Nothing can beat email as a quick and easy tool to get the word out about upcoming events, to remind parents about next week's sleepover, or to fire off a quick question to a District Commissioner or Administrative Community Leader. However, careless email habits can create problems for ourselves and for the people in our address books.

The beginning of the Guiding year is a good time to review how we use email and whether we are protecting each others' privacy online. Before you click "Send" on that next email, take this quick refresher course on email etiquette:

1 Avoid sharing addresses when sending an email to a group, for example to the parents of the girls in your unit. Put your address only in the "To" line, leave the "Cc" line blank, and put their addresses in the "Bcc" (blind copy) line.

2 Include a clear and concise subject line in the header that explains the purpose of your message. This is also a good way to ensure the recipient opens the message instead of clicking "Delete" or sending it to the "Junk" folder.

3 Make it clear who the email is from. The recipient should see your name rather than an unidentifiable user name, and should know who you are, your position in GGC and your contact details.

4 Do not share parents' or members' email addresses with others without their prior consent.

5 Always use a mailing list that is up to date. Do not use old lists that you've been hanging onto. Otherwise, you risk emailing individuals who are no longer members of our organization and whom we should no longer be contacting.

6 Do not email girls under the age of 14. Email their parents instead. Adults should avoid engaging in private conversations with youth online.

7 If you receive an email from a girl member that causes you concern, forward it to your District Commissioner or Administrative Community Leader. For more information, please refer to our Girl Protection Procedures.

8 Only use members' email addresses for matters dealing directly with GGC business. Do not use them for personal business, charitable, religious or political causes, outside organizations, or other non-GGC-related solicitations.


9 Think about and review the content of any message that you send. Ensure that you use appropriate language and try not to include any words or phrases that could be misinterpreted. When sending an email about a frustrating situation, leave it for a few minutes, or send it to your "Drafts" folder for a longer while, and then review it with a fresh mind before hitting "Send."

10 Make sure any images you send are appropriate.

11 If you include external hyperlinks, check that they do not lead to inappropriate content.

P.S. A Note on Canada's Anti-Spam Law

On July 1, 2014, the Canadian Anti-Spam Law (CASL) came into effect. In broad terms, this law prohibits the sending of Commercial Electronic Messages (CEMs) to those who have not consented to receive them.

As a charity and membership-based organization, GGC is exempt from certain aspects of this law. (For example, under the law, we have "implied consent" to contact anyone who has been a member of, donated to, or volunteered with GGC in the last two years.) Emails from Guiders updating families on typical unit activities should not be impacted by this law. For more information, check out our CASL Overview and Best Practices at: bit.ly/1xNWeux 



Girls Count

GGC and TD Bank Group Promote Financial Literacy

BY DEANNA WHITE

A new partnership between Girl Guides of Canada and TD Bank Group has produced Girls Count, an exciting initiative that will roll out this fall, just in time for the 2014-15 Guiding year. In line with TD's continuing focus on promoting financial literacy, the program will put industry professionals directly in touch with Guiding units, to work with girls of all ages across Canada. We need volunteers to count themselves in!

I am a TD Bank Group professional and a unit Guider. Last year, a TD colleague and I provided a session of the Girls Count pilot program to my Guides, introducing the girls to the basics of financial literacy and to the career roles available in the banking industry. I eagerly embraced this opportunity, because I know first-hand how important it is for girls and young women to be educated and mentored in financial planning.

Young Entrepreneurs

When I was 15, I made a tidy profit in the summer, by designing and selling neon shorts at a shop near a local beach. My success resulted in a new challenge. What should I do with my money? Fast forward 25 years and I see there are countless new entrepreneurial opportuni-

ties for girls today, from developing iPad apps to making rainbow loom jewelry to any number of other ways they can generate income. But they still face the same challenge I did. What do they do with their money?

Knowledge, Access and Control

Thirteen out of the 18 girls in my unit have developed successful income-generating products or services, and they all have bank accounts, opened for them by a family member. However, very few have the knowledge, access or control to manage those accounts or their financial goals.

Girls Count taught the girls in my Guide unit about credit, spending and payment tools, debit and credit card differences and cheque writing and cashing. It also took them through the process of opening a mock bank account. Of course, the activities in the Girls Count program are adapted for all branch levels, from Sparks all the way up to Rangers.

Count Your Unit In!

To arrange for a volunteer to facilitate Girls Count in your unit, look for details on girlguides.ca and in *GuidePost* this fall. Requests will be accepted online from September 5-19. Sessions are limited, so reserve yours early to count your unit in! 📅

Deanna White, a Guider in London, Ontario, is a member of the TD Bank Group Technology Move Management Team.



Photo: Audra Brown, CityNews.ca



Persuading the Parents

Support for Cookie Sales

In the last issue of *Canadian Guider*, we featured comments on cookie sales from the father of a Guide. Continuing our quest to find tips for involving parents in the cookie selling process, we also asked Nancy Navkar, of Toronto, Ontario, to share her experience and ideas with us from the point of view of a unit Guider.

What challenges do you face in getting parents involved in cookie sales?

My biggest challenge initially was not asking for enough help from the parents, or if I did ask, not being specific enough about how they could contribute. I have since learned that parents often want to be involved, but don't know how to offer. I now identify every task related to cookies, and ask for volunteers. Our parents volunteer with distribution on delivery day, accompany us on door-to-door and retail location selling ventures, bring more cookies to teams whenever supplies run low, and book and organize selling venues. They also take part in our Cookie College program, in which girls teach other girls safe, effective and fun cookie selling practices. Last year, for our Cookie Day, one of our parents who is a marketing analyst led a brainstorming session with the girls to plan the event and the advertising campaign.

What do you suggest as a strategy if parents are unable or unwilling to help?

If the parents are not initially willing or able to help, I encourage the girl to sell with other girls in the same situation by providing supervision myself. I also make a point of telling the parents (and congratulating the girls) whenever I notice new-found confidence, skill, enthusiasm, initiative and creativity in the girls related to the cookie selling program. As the parents begin to realize the value of the program for their daughter's growth, their support tends to increase.

How do you keep the girls' and their parents' morale up during difficult selling periods?

In Cookie College we talk about the down times, the refusals, standing in the cold, wind, rain and snow, and other set-backs to sales. The girls often come up with strategies themselves to overcome these challenges. They have great ideas: they make up a song or a dance; set a goal of selling a certain number of boxes in 30 minutes; or play games, such as guessing the hair colour of the next person to open a door – anything fun to keep their spirits up.

We also encourage the parents and girls to take breaks every two to three hours at cookie selling events, and to facilitate this by having an additional girl and adult

present, so they can rotate the responsibility for staffing the post and watching the cookies and money. While we don't encourage girls or parents to eat or drink while they interact with customers, we do recommend that they have a water bottle or thermos and a snack with them for breaks.

Does the Cookie All Stars program have any effect on parents' involvement?

Most of the girls who participate in the Cookie All Stars program are motivated in part by the recognition and/or reward, and generally surpass the goals they set for themselves. However, their parents are often horrified when initially asked to pick up 30 or 40 cartons of cookies, so I encourage the girls to take fewer cartons, with a promise that they can come back when those are sold to get more. I also speak to the parents separately to reassure them that they can pick up cookies as needed throughout the campaign period, and that we can support them with selling aids and advice as their daughters work on their goals. I also try to make it as easy as possible for the parents to get more cookies when the girls need them.

Outside the Cookie All Stars incentives, for each carton they sell, we give the girls credit for a portion of the profits earned by the unit, which they can direct to help cover camp fees, an outing or a special



event. This helps the girls whose families may struggle to find extra cash for such events to feel that they are contributing. We tell each parent that cost alone should not be a barrier to any girl's participation in an event or activity and that we want to ensure that she will be included. This approach seems to make both the girls and their families feel better about accepting a subsidy if they need one.

What is your top tip for other Guiders who want to get parents more involved?

Ask for help. Be specific and imaginative about the ways you can use parents' assistance. Share the girls' goals with them and the things they achieve in your unit. Attribute the success of your cookie campaigns to teamwork, which requires the joint efforts of girls, Guiders and parents alike. And, of course, thank them and thank them again! 🌟

Photo: courtesy New Brunswick Council

emblemtek

Mention this ad before Nov. 30, 2014 and Receive 10% OFF

Badges, Woven Labels, Crests, Patches, Emblems
PVC, Embroidered, Glow-In-The-Dark

800-267-9385
emblemtek.com
info@emblemtek.com

Fast Delivery
Low Prices
Quality Service
Extremely Low Minimums

Glow In-The-Dark!!!



Photo: Helen Samson

I Promise...

Enrolment Ideas

A Sparkling Celebration

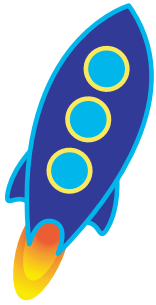
For the past 14 years, our unit's annual enrolment has been a sparkling celebration, designed to keep it majestic and enchanting. Family members are always invited to attend, and invariably, paparazzi moms and dads capture the special moment when the girls stand on the stage and make their Promise to share and be a friend. (We put a pink dot on the back of each Spark's left hand to remind her which is for signing and which is for shaking.)

Our District Commissioner reigns over the ceremony and our Sparks are presented with a pink blanket to organize their keepers and badges. Following the official enrolment, the girls perform an unrehearsed, impromptu and ad-libbed sketch highlighting the Spark Promise, much to the delight of the audience. We then enjoy "champagne" (sparkling pink fruit juice) and a cake, lovingly adorned with pink roses – one for each Spark!

Heather Walker, North Vancouver, BC



Photo: Heather Walker



Rocket into Brownies!

Our incoming girls love to “rocket” into Brownies, and our returning girls love to help them! Here’s how we organize this enrolment ceremony:

What You Need

- Stars/planets on sticks – Cut out stars and planets from cardboard, cover in tinfoil or colour and affix to a stick. Make enough for your group.
- A rocket ship – Cut out a large rocket ship from two pieces of Bristol board. Make sure it has handles. Tape red streamers or ribbons to the fuselage to simulate rocket fuel.

What You Do

- Have your returning Brownies form two lines to make a corridor. Give each one a star and/or a planet.
- Have Guiders at one end of the corridor and the incoming Brownies at the other end. Have each new girl “rocket into Brownies” by holding the rocket ship and running down the corridor, while the other girls wave their stars and planets to welcome her.

This can also be used as an advancement ceremony, with your outgoing girls “rocketing” into Guides!

Stephanie Bangarth, Cambridge, ON



Photo: Jim Hildebrand

A Girl Guides Anniversary Enrolment

On December 13, 1933, the 1st Twillingate Guide Company was registered. Eighty years later, on December 13, 2013, the Twillingate Guiding community celebrated their anniversary with an enrolment ceremony attended by past and current members from all branches. Fitting the anniversary theme, a cake was cut by former Brown Owl, Guide Leader and Commissioner Bessie Marie Stuckless, the oldest member in attendance and also our guest speaker, joined by our youngest Spark, Anastasia. It was a wonderful celebration of Guiding in our community!

Ashley Whitt, Twillingate, NL

MARKETEX
 MARKETEX ENTERPRISES INC. 905.503.3655
 SALES@MARKETEX.CA MARKETEX.CA

EMBROIDERED CRESTS • WOVEN LABELS
 PROMOTIONAL PRODUCTS • SPORTSWEAR
 EMBROIDERY • SCREEN PRINTING • AWARDS
 TROPHIES • PLAQUES • NAME BADGES

Pathfinder Enrolment Challenge

The BC Program Committee featured a variety of enrolment ideas in the Fall 2013 issue of their newsletter, *FunFinder*. One of our popular Pathfinder enrolment ceremonies features a challenge course. It works especially well at a fall camp. Here's how to set it up:

Pick a location with lots of room and have your second- and third-year girls set up an obstacle course or a ropes course. Divide the girls into teams and encourage them to work together to get to the end of the course. Here are a few suggested challenges:

Bridge: Between two trees, build a rope bridge with railings. Every member of the team needs to make it from one end of the bridge to the other without touching the ground.

Spider's Web: Tie rope between two trees like a spider's web. The easiest method is to tie a rope across at the top and another at the bottom. Then tie one rope down each side from top to bottom before creating a random pattern in the middle for your web. All team members try to get through the web without touching the sides.

Tightrope: Stretch a rope tightly between two trees approximately eight inches (20 cm) off the ground. Using a pole as their only aid for balance, the girls try to walk on the rope from one end to the other. At least half of the team members need to cross successfully.

At the end of the course, the girls are met and enrolled by their Guider, who can also discuss how teamwork is a fundamental part of Guiding.

Julie Thomson, Vancouver, BC

For more enrolment ceremony ideas from this newsletter, visit: www.bc-girlguides.org Click on: Volunteers, Guider Resources, Publications, *FunFinder*, and October 2013.

Diving into Rangers

The motto of the 1st Peninsula Rangers is "Try anything once." The girls consistently challenge themselves to expand their experiences, both mentally and physically. So, it's only fitting that our enrolment ceremonies are both new and challenging experiences, too. Having enjoyed an invigorating zip-lining enrolment the year before, we looked for something different, but equally as challenging, for last year's ceremony. And we found it: we enrolled the new girls underwater!

Before the ceremony could take place, each girl had to learn how to breathe evenly through her mouth regulator, how to take her mask off and put it back on underwater without it filling with water, and how not to panic if her regulator is dislodged underwater. It only took a few minutes for the girls to become comfortable in their new underwater environment.

Very quickly they were swimming around like fish, flipping and spinning, and having a great time.

For the ceremony itself, the girls swam into formation, and two second-



year Rangers enrolled five first-year girls by presenting them with laminated certificates and pins. And, of course, they also included an underwater Girl Guide handshake and salute!

The girls agreed this was the best enrolment they have yet experienced, and

several decided to work on attaining their PADI (Professional Association of Diving Instructors) certification in the near future. 🌊

Jenny Hall, White Rock, BC, and Helen Samson, Surrey, BC

Photo: Jenny Hall

Hearing Your Voices

Girl Guides Puts Girls First

This June, 97 girls and 120 adults met in Vancouver to share their perspectives on Girl Guides today, and their vision of Girl Guides in the future. The girls, their parents and Guiders, and other adult members took part in consultations to provide background to the Girl Guides of Canada (GGC) Girls First project. As one B.C. Ranger put it, “It was great to have our voices heard!”

Coinciding with the GGC Annual General Meeting, two Girls First sessions were held concurrently, one with Sparks through Rangers, and one with adults. Coming from a range of communities throughout British Columbia, participants took part in a number of activities designed to stimulate ideas for making Guiding even better. These activities included:

- identifying the key skills and attributes of Guiders
- designing a badge or program of the future
- sharing their likes and dislikes in Guiding and their choice of things that GGC might change to ensure we continue to put girls first.

The lively discussions in each of the consultation sessions generated some excellent ideas and considerations for change, and both girl and adult participants talked about how grateful they were for an opportunity to voice their opinions. The Ranger participants made an interesting point about aligning programs and activities to the concerns that are especially important to them at this stage in their lives. For example, they discussed how useful it would be to have opportunities through GGC to learn more about different professions, to help them make decisions about their education and careers.

Additional consultations and surveys in the coming months will broaden the scope of girl and adult input into the Girls First project throughout Canada.

For more information on this project and the Vancouver consultations, please contact: girlsfirst@girlguides.ca We look forward to hearing your voices! 🗣️

GIRLS FIRST



Photo: Sandy Nicholson

FALL FUN!

Catching the Light Wax Paper and Crayon Leaves

S B G

To prepare for this craft, take your girls for a hike in your neighbourhood and study the trees there. Some will be deciduous and others will be coniferous. Collect fallen leaves to trace leaf shapes on wax paper when you make this craft. With younger girls, discuss how trees “go to sleep” for the winter, and explain that deciduous trees drop their leaves in the process, while coniferous trees do not.

What You Need

- old crayon pieces
- iron
- (orange, red, yellow, deep purple and green)
- paper towel
- small plates, bowls or plastic containers (one for each colour of crayon)
- old towels or rags
- needle and clear nylon thread
- grater
- wire hanger (optional)
- wax paper
- fallen leaves (collected from your hike)

What You Do

1. Grate the crayons into their containers.
2. Lay a large sheet of wax paper on paper towel on top of towels or rags. Sprinkle grated crayon over the wax paper. A little will go a long way, so don't overdo the amount of gratings you use.
3. Lay another piece of wax paper on top, cover with a layer of paper towel and then another towel or rag. Iron gently (older girls and Guiders should handle this for Sparks and Brownies). The colours will melt very quickly and spread into wonderful patterns. If any melted crayon seeps out, the towels and rags will soak it up for easy clean-up.
4. Once the wax paper has cooled, use your gathered leaves to trace leaf patterns, and carefully cut out your wax paper and crayon leaves.
5. String your leaves with the needle and nylon thread, cutting a variety of lengths.
6. Hang your individual leaf sun-catchers in a window or create a mobile by attaching them all to the wire hanger.

Adapted, with permission, from “Autumn Sun Catchers” by Brianna Willis, craftthyme.com



Photo: Arianna Willis • Background photo: PhotoSpin



Grassy Pet

A Great Green Thumb Idea

S B G

Create a unique pet that requires only light, water, and the occasional haircut.

What You Need

- nylon sock (knee high)
- 16-oz (480 ml) plastic cup
- 9-oz (266 ml) plastic cup or other small, sturdy container (vase, jar, etc.), approximately 2 3/8" to 2 3/4" (6 to 7 cm) in diameter
- 1 to 2 tablespoons (15 - 30 ml) shade tolerant grass seed
- ribbon or string
- 16 oz (480 ml) potting soil
- craft supplies (googly eyes, pipe cleaners, foam shapes, pompoms of various sizes, feathers, buttons, jewels, etc.)
- glue gun
- spray bottle
- plastic sandwich bag

What You Do

1. Place the sock over the opening of the large cup.
2. Add the grass seed first, to make sure it sprouts at the top of your pet's head!
3. Add the soil, pushing it down firmly into the sock.
4. Remove the sock from the cup and, holding it closed with the soil packed down, tie it into a tight ball, leaving a tail.
5. Massage the sock gently to spread the grass seed evenly on top of your pet's head.
6. Select craft items to give your pet a personality. Attach them with a glue gun (adult supervision is recommended). Keep in mind that your pet will need to sit in a container.
7. Place your pet in the smaller cup or other container of your choice, half full of water.
8. Spray your pet lightly with water and cover with the plastic sandwich bag to keep it moist.
9. Put your pet in a warm location.
10. Keep the container cup half filled, with the tail touching the water to act as a wick. Do not let the water touch the soil directly.
11. Keep the bag over your pet until the grass seeds sprout. Remove it when the grass is visible.
12. Display your pet in a bright location, near a window and cut and style its hair as you wish.

Submitted by Jane Pepper, a Guider in Mississauga, Ontario.

Photo: PhotoSpin



“Loomy” Creations Girl Guide Cookie Bracelet

B G P

Are your girls fans of rubber band loom bracelets? So many girls love making and trading them, and here's a way for them to enjoy the fun of this craft craze while showcasing Girl Guide cookies! This design is based on the Girl Scout cookie loom bracelet created by Made by Mommy, whose step-by-step instruction video can be viewed at: [youtube.com/watch?v=BNgcZbDchNw](https://www.youtube.com/watch?v=BNgcZbDchNw)

With thanks to Made by Mommy for permission to adapt her design, here's how to make the Girl Guide cookie version.



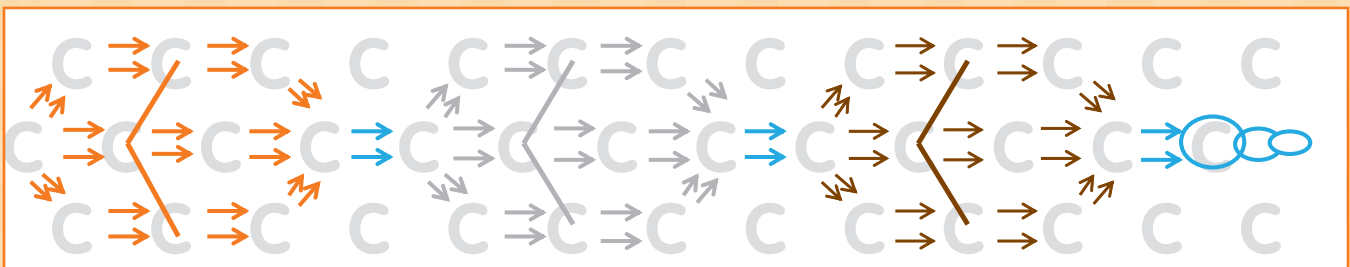
Photo: Megan Gilchrist

What You Need

- 23 dark brown rubber bands (for the chocolatey mint cookie)
- 23 white or light tan rubber bands (for the classic vanilla sandwich cookie)
- 23 light brown or dark tan rubber bands (for the classic chocolate sandwich cookie)
- 15-30 blue rubber bands (for the bracelet band)
- 1 C-clip
- 1 rubber band loom (Rainbow, Banda, Crazy or Wonder looms all work)
- 1 rubber band loom hook
- Girl Guide Cookie Bracelet pattern (see below)

What You Do

1. Place the cookie bands on the loom, following the pattern.
2. Create the first side of the bracelet by making a single chain with your blue bands. To make an adult-sized bracelet, use the bands doubled (two at a time – 16 per side). You can adjust this to fit your wrist.



Camp Comfort

Girl Guide Blanket Poncho

G P R

This practical poncho keeps girls warm on chilly days and evenings at camp, serves as an extra blanket on cold nights, and provides ample space for displaying all those badges, crests and pins they love to collect.

What You Need

- 36-inch by 48-inch (90-cm by 120-cm) piece of old blanket or new fleece material
- 24-inch (60-cm) piece of drawstring (heavy skate lace or thick cord)
- scissors
- thread
- pins
- large safety pin
- sewing machine
- pattern illustrations for reference: cindyroy.com/tag/girl-guide-poncho

What You Do

1. Make a square for the main body of the poncho by folding the fabric diagonally and cutting off the excess strip. Save the strip for the poncho hood.
2. Cut a neck opening in the centre of the fold, approximately 11 inches (27 cm) wide. Be careful not to make the opening too big!
3. From the leftover strip of fabric, cut a piece large enough to form a hood, approximately 12 inches by 24 inches (30 cm by 60 cm). Fold it in half and sew along the fold to form the top of the hood.
4. Sew a casing around the front edge of the hood.
5. Sew the bottom edge of the hood to the neck opening, being careful not to sew the casing shut.
6. Attach the safety pin to one end of the drawstring and work it through the hood casing. Undo the safety pin and tie knots in both ends of the drawstring.
7. Finish the poncho edges by cutting fringes (a good choice for fleece fabric) or by blanket stitching or hemming (good for fabrics that might unravel).
8. Use leftover fabric to add pockets.
9. Sew on badges and crests and attach pins as you collect them.

Submitted by Cindy Roy, mother of a Girl Guide in Winnipeg, Manitoba.

3. Once your chain is long enough, attach it to your loom. (This will act as your cap band at one end.)
4. Once your chain is attached, you can begin hooking your bracelet. (For detailed instructions, watch the Girl Scout Cookie Bracelet tutorial mentioned on the facing page.)
5. When the whole bracelet has been hooked, slide your hook through the centre of the last peg (where you finished hooking) and pull two blue bands up through the centre peg. Loop the blue bands over the hook again, so the end of the bracelet is not attached to your hook.
6. Remove the cookie bracelet from the loom, and use the remaining blue bands to make a single chain band, matching the length to the first chain you created. When you are happy with the length, attach a C-clip, remove from the hook, and attach the C-clip to the other side of the bracelet.
7. You can modify the colours as you wish. How about an all-chocolate or all-vanilla bracelet? You can also attach several bracelets together and make a Girl Guide cookie necklace!

Posted on GirlGuidesCANBlog.ca by Megan GiiIchrist, a Guider in St. Davids, Ontario.



Photo: Cindy Roy

Five Great Girls!



The GGC 2014 Girl Greatness Awards

Canadian Guider congratulates all the recipients of the 2014 Girl Greatness Award, five of whom we have chosen to profile here. Check out girlguides.ca/girl-greatness-awards for the full list and profiles of this year's winners!



Resourcefulness

Shayla L. — Sparks

Shayla was nominated by her big sister because she is always using her imagination – and reusable items – to create games, toys and clothes for her favourite stuffed toy. Her sister said, “Shayla is really resourceful; she loves to go through my parent’s recycling bin to reuse the items to make new things to give them a longer life before they go into recycling.” Her sister is certain that Shayla will continue to be resourceful as she grows older. “I think that the older that she gets, the more resourceful she will be,” she said. “When she is able to get hold of more things and do more things, she will be able to handle situations with new ideas and different points of view.”

Making a Difference

Alexandra W. — Brownies

Alexandra makes a big difference in her community! In addition to collecting toys for Ronald McDonald House, participating in a spring clean-up at a park by her house, and volunteering with her local food bank and community retirement centre, Alexandra hosts a charity basketball game each year. “Every, year my uncle and I host a basketball game for a charity for autism,” she said. “We stay up all night playing basketball, because the game lasts for 24 hours! People make pledges, and the money we raise all goes to the charity. So far, we’ve raised more than \$50,000.”



Courageous

Cheyenne H. — Guides

Guiding helped Cheyenne build her self-confidence. Before enrolling in Guides, Cheyenne was bullied, and the experience caused her to be shy and withdrawn. Guiding brought her out of her shell. “One of the first things Guides encouraged me to do was to run for patrol leader,” she explained. “But in order to do that I had to write a speech and read it to the unit. I was so scared and I didn’t think I could do it. But after talking to my parents and my leaders, I decided to give it a shot. I read my speech and everyone clapped and told me how good my speech was. They elected me as a patrol leader, and I was so proud! Although it would take a little bit more time to become confident, the day I gave the speech was the day I started coming out of my shell.”



Courageous

Emily D. — Pathfinders

As role models to their units, girl assistants take on new leadership roles and experiences that may be outside their comfort zone. Emily is a girl assistant to a unit that her younger sister is in. She is always trying new things to provide the best experience for her unit. Her sister said, “Emily doesn’t like heights, but we had some girls younger than I was who weren’t sure about doing the high ropes, so she showed them that if she could try, so could they. She is always full of courage.”

Confidence

Serena S. — Rangers

As a Ranger, Serena is gaining more and more confidence each day. At the beginning, she was nervous trying new experiences, such as speaking in front of people, selling cookies and staying over at camp in a different city. However, after three years of Guiding, her confidence is improving. She said, “Now, everything has changed. Today I’m a much more confident person. I help my Guider organize events, I represent my unit without hesitation when asked, and I am a role model to the younger girls.” Serena is taking this new confidence and using it outside of Guiding, as well, becoming an active volunteer in her community, involving herself more at school and playing on a sports team. 🇨🇦



www.zonewest.ca

Crests • Pins • Clothing • Woven Labels
Silk-screening • Direct Embroidery



SAVVY SHOPPERS know: Our price beat guarantee means you can purchase with confidence without compromising quality, service or delivery.



- CRESTS**
- Low 50 minimum
 - 20 working day delivery
 - 3 to 1 week RUSH orders available *Call for details
 - Irregular shapes are no extra cost!
 - Your own layout, stock art or have us design for you.
 - 7 threads, background fabric plus the border for 9 colours total, no extra charge.



Like us on Facebook
Follow us @ZoneWestCanada

#104-20145 Stewart Cres. Maple Ridge, BC V2X 0T6 Email: zonewest@zonewest.ca

Toll free phone: 1-888-912-7378 Phone: 604-460-2828 / Toll free fax: 1-866-797-2824 Fax: 604-460-2006



Photo: Connie Morgenstern

Welcome Pamela Rice

GGC's Chief Commissioner-Elect

Pamela Rice was elected Chief Commissioner-Elect of Girl Guides of Canada–Guides du Canada (GGC) at the Annual General Meeting, on June 7, 2014, in Vancouver, British Columbia. Active in Guiding since she was a girl, Pamela has since taken on many adult roles, including Guide, Pathfinder and Ranger Guider, District Commissioner, Adviser (in a variety of capacities), Safe Guide Assessor and Quebec Council member and Finance Advisory Committee Chair. Most recently, she was a member of the GGC Board of Directors (2007–2010), and Quebec Provincial Commissioner (2011–2014).

Pamela is a passionate advocate for the positive impact GGC has on the lives of girls. She says her Guide leader, Jean Youngson, afforded her excellent leadership opportunities, taught her about resourcefulness, and helped her acquire the confidence to give back to her community and to challenge the status quo for girls and women. Pamela believes that Girl Guides of Canada's Mission to help girls become confident, resourceful and courageous, and to take action for a better world encapsulates the essence of the Guiding Movement and its potential to empower girls and women everywhere.

In 2015, Pamela will take over from current Chief Commissioner Sharron Callahan, who also succeeds Chris Burton in the role of GGC International Commissioner.

We are also pleased to welcome the following new members to the Girl Guides of Canada–Guides du Canada Board of Directors:

- Deputy Chief Commissioner–Provincial **Holly Thompson**, New Minas, NS
- Director of the Board **Karen Bozynski**, Toronto, ON
- Director of the Board **Janet Mann**, Whitehorse, YT 🇨🇦

ONTARIO SCIENCE CENTRE
Sleepovers
2015

Grab your sleeping bag for a special night of **Physics in Action** planned for Girl Guides.

Badge Activities

MORE INFORMATION:
www.OntarioScienceCentre.ca/Sleepovers

CONTACT:
 416.696.3256
RecreationalPrograms@OntarioScienceCentre.ca

OUR PREMIER PARTNER
HONDA

YOUR CURIOUS BELONGS HERE

ONTARIO SCIENCE CENTRE
 An agency of the Government of Ontario



Photo: courtesy Newfoundland and Labrador Council

Awards

Honorary Life

Cheryl Ali, Lethbridge, AB
 Cheryl Anderson, Alma, NB
 Marlene Aschenbrenner, Lloydminster, AB
 Esme Boyle, Calgary, AB
 Lorie Coghill, Red Deer, AB
 Christine Collins, Pickering, ON
 Cathy Daneliuk, Flin Flon, MB
 Jo Claire Dunsmore, Calgary, AB
 Sue Fortunka, Calgary, AB
 Karen Frontain, Riverview, NB
 Anita Gerlinsky, Edmonton, AB
 Lynn Glenn, Orleans, ON
 Debra Halligan, Winnipeg, MB
 Pat Istead, Calgary, AB
 Nicola Jardine, Warwick Settlement, NB
 Nancy Keith-Amero, Boyle, AB
 Jane Kivisto, Sudbury, ON
 Karen MacDonald, Edmonton, AB
 Joan MacDonnell, Enfield, NS

Jan McCaghren, Calgary, AB
 Julia Mountford, Kanata, ON
 Mary Murray, Wainwright, AB
 Rosemarie Schlekewy, Lloydminster, AB
 Beverly Simpson-Headon, Edmonton, AB
 Holly Thompson, New Minas, NS
 Beverly Wahl, Calgary, AB
 Norma Wood, Harvey, NB
 Patricia Yim, Edmonton, AB

Fortitude

Donna Bareham, Lethbridge, AB
 Crystal Beach, Regina, SK
 Judy Cottreau, Comox, BC
 Kay Dubie, Kanata, ON
 Sandra McDonald, Pickering, ON
 Erin Shelton, Dartmouth, NS
 Beverly Witham, Sylvan Lake, AB

Beaver

Elizabeth Buffet, Sydney River, NS
 Dawn Coffey, Montreal, QC
 Pam Godfrey, Kirkland, QC

Joan Lax, Pierrefonds, QC
 Pat McWilliams, Calgary, AB
 Carol Moeller, Calgary, AB
 Doreen Pattie, Winnipeg, MB
 Pamela Rice, Beaconsfield, QC
 Susan Sarrason, Calgary, AB
 Anita Scott, Pierrefonds, QC

Gold Maple Leaf

Marnie Cumming, Fort Frances, ON
 Betty Slater, Cochrane, AB
 Margaret Utgoff, Edmonton, AB

Bronze Valour

Haley Saunders, London, ON

Commissioner

Chris Burton, Lethbridge, AB

Silver Merit

Tamara Jones, Toronto, ON

Label their belongings for school!

FREE Shipping! Cool, durable, waterproof labels.

SAVE 20%

with promo code **GGUIDES**

Ends September 30, 2014





Shop EmilyPress.com

1-866-742-0777

(Cannot be combined with other promos. Some exceptions apply.)





GGC Tributes

Girl Guides of Canada—Guides du Canada Members are frequently recognized in their communities for the wonderful work they have done during their Guiding lives. As many of them may be familiar to you, we thought we would share the following announcements (March 2014 to July 2014) with you:

In Memoriam Recognition

- Sharon Atkinson, ON
- Jean Bannerman, BC
- Nancy Barton, AB
- Dora Bateson, NS
- Mary Belshaw, NS
- Merle Brennan, ON
- Marilyn Burke, ON
- Lynn Clark, ON
- Mildred Corley, BC
- Judy Cottreau, BC
- Valerie Dawson, ON
- Eileen Ferguson, BC
- Janice Fidler, BC
- Stephanie Figueroa, ON
- Frances Grant, NS
- Loretta Hadcock, BC
- Nancy Harrison, ON
- Joan Irwin, ON
- Madeline James, ON
- Margaret LaFond, BC
- Lillian Langley, ON
- Doris Minler, BC
- Marjorie Parrott, BC
- Alana Raymond, ON
- Joan Segger, BC
- Lorna Smith, AB
- Jessie Toope, NL

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: barkleyh@girlguides.ca



Photo: courtesy WAGGGS

A GLOWing Initiative! New WAGGGS Online Resource Program

The World Association of Girl Guides and Girl Scouts (WAGGGS) has just launched GLOW, a new online initiative designed to provide non-formal programming to a wide and unified audience around the globe. It will provide WAGGGS members (and non-members) open access to resources to help improve leadership skills.

GLOW enables participants to easily access the training in a safe learning environment that features technology tools and facilitators to protect them. It also provides the valuable opportunity for WAGGGS members all around the world to connect, discuss and learn from each other.

Try out some of the GLOW modules at: glow.wagggs.org You can create a profile, earn online badges and track your progress! WAGGGS will continue to post new content on the site as it becomes available. Some of the modules that may be of interest to GGC members include:

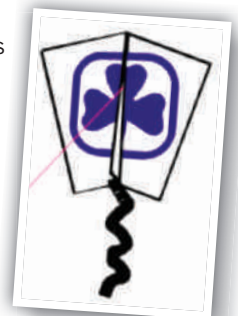
- Leadership Online: an intensive and interactive leadership course of four stages.
- WAGGGS introduction course: an overview of WAGGGS and its work.



Credit Where Credit is Due

In the last issue of *Canadian Guider* (Spring 2014, page 38), we searched high, low, far and wide – tagging all of our contacts in the process – to find the author of the wonderful Girl Guide Trefoil Mini-Kite. Happily, we can now give credit where credit is due. The idea came from Julie Thomson, BC Provincial Program Adviser. She had previously published it in the June 2013 issue of the BC *FunFinder*. Type *FunFinder* into the search engine at bc-girlguides.org click on the June 2013 issue, and go to page 25.

Thank you, Julie, for getting in touch and setting the record straight!



BackCheck

Streamlining Police Record Checks

GGC is now partnering with BackCheck to facilitate Police Records Checks (PRCs) and new members' reference checks.

For current members, this means that:

- GGC will pay for your PRC
- PRCs are now ordered securely online
- your PRC will be completed in one day.

For those of you who have not heard of BackCheck, here are some FAQs for quick reference.

What is BackCheck?

BackCheck is the leading and largest provider of background checks in North America. Their system allows users to apply for PRCs and to provide secure reference information online. Some of our provincial councils have been using BackCheck for a number of years. The level of satisfaction with this service among both GGC members and

employees gives us confidence in all aspects of this service provider.

Why are we using BackCheck?

The availability of quick and easy access to PRCs has varied considerably across the country. BackCheck will allow GGC to screen adults quickly, so they can support girls in Guiding. BackCheck's staff provides consistency, to ensure the process is the same for everyone.

Because their services are available across the country, BackCheck provides universal access to screening volunteers on behalf of GGC.

What does this mean for new members?

New members' reference checks and PRCs will be

done much more quickly and efficiently through BackCheck. This is important, because PRCs and reference checks must be completed before a new member can work with her new unit.

In most cases the new member's interview, orientation to Guiding and review of accessible customer service will be completed by her Commissioner/Administrative Community Leader and/or her screeners.

For the reference checks to go smoothly, new members must notify their references in advance to:

- watch for an email from BackCheck
- quickly complete the reference questionnaire; otherwise the link will expire.

What does this mean for our current members?

When current members are due to renew their PRCs, they will be sent a link to a GGC BackCheck webpage to set up their account and complete the background questionnaire. They will also

confirm their identity using an electronic verification process.

Can non-member volunteers use BackCheck to renew their PRC?

Yes. Non-members can use BackCheck as well; however, at their own expense, unless otherwise indicated by their provincial office. They should only use it when directed by a GGC staff member or volunteer who administers BackCheck and who can ensure they are registered in iMIS.

May I share the BackCheck link with other members, parents or other non-member volunteers?

No. BackCheck is only administered by delegated staff or volunteers who have been trained in the system.

I have a PRC from BackCheck already. May I use that one for GGC?

Yes. If the PRC meets the standards of GGC's screening policy and is less than a year old, it will be accepted. 🇨🇦

Custom Embroidered Crests

Enamelled Pins • Woven Patches



SERVING THE GIRL GUIDES

Best Service Low Price High Quality On-Time Delivery

CHAMPION EMBLEM & NOVELTY CO., LTD.

Toll-free: 1-888-826-4711 • P.O. Box 39056, Point Grey, Vancouver, BC V6R 4P1

Tel: 604-874-0632 Fax: 604-874-0522 • E-mail: sales@championemblem.com • champion@telus.net • www.championemblem.com

READY, SET, REWARDS!

Get ready for a new Guiding year and a new opportunity for your unit and girls to earn...

★ Cookie All Stars ★ REWARDS ★

Where did 1,200 cases of Girl Guide cookies take the 1st Pathfinders of Thunder Bay?

When the 1st Pathfinders of Thunder Bay set their sights on an international trip they amped up their cookie-selling efforts in a big way by selling 1,200 cases. "We have always tried to use cookies as our main fundraiser for camps and were successful in selling what we thought were a lot. Needless to say, selling 1,200 cases was something we had never thought we would do," said Guider Yvonne Debruyne. "Using the Cookie All Stars program as an incentive to earn great rewards, and of course earn money toward the trip, was an excellent way to get the girls and their families involved." Their plans became a reality in July 2012 when 18 girls and three Guiders headed to Europe for three weeks. Their travels took them to Switzerland, Italy, France and England, and included stays at Our Chalet and Pax Lodge.

"I'm hoping to travel with the unit again," said Yvonne, "and will promote Cookie All Stars to the girls and their families as a great way to raise funds for the trip."



For more information visit
girlguides.ca/cookieallstars



Canadian Guider
is printed with
vegetable-based inks.