



Guides



4
Girls
Helping Girls

6
Young
Guiders

28
Get Girls
Paddling

18
Outdoor Activity
Treats

40
Girl Guide
Collections

CANADIAN *Guiders*



In this issue . . .

We give so much of ourselves in our dedication to the girls and to this Movement, it's easy to take on too much. On page 10, we offer some realistic tips for avoiding Guider burnout. Specifically for young Guiders who are handling the pressures of work and family, ongoing education and their Guiding commitments, Brittany Anderson offers advice on how to manage this delicate balance on page 6.

Gearing up for prime camping season, it's great to have new ideas as we head into the wilderness. In *Outdoor Guider* on page 23, we offer a grab-and-go list of activities for running a pioneer camp. In our techno-savvy world, it's fun to see the girls take delight in camp activities and food from days gone by. Camping can also be a challenging experience for Guiders, especially when there are behavioural issues. On page 30, we offer tips for dealing with conflict between girls at camp, where the communal and intimate environment can intensify the effects of bullying behaviour.

I hope these and the many other articles in this issue will help you enjoy these next months with your girls. See you in the fall!

Sharron Callahan

Sharron Callahan

Dear Guiders . . .

Our members are nothing if not enthusiastic about Guiding. In fact, many are downright gaga for Guiding. It's obvious by the enthusiasm they bring to their weekly unit activities, the hours they put into planning camps and the wide smiles on their faces when they see their girls succeed. Guiding is as much about Guiders' memories as it is about girls' adventures.

Our members also take great pride in showcasing their love of Guiding, many of them wearing it, quite literally, on their sleeves. For example, the camp poncho has become an iconic showcase for many members' personal Guiding history. It doesn't take long to amass a collection of crests, badges and swaps — mementos of all the camps, sleepovers, parades, and activities they've attended. What better place to display them than on this functional and fun piece of camp gear that keeps us cozy in front of the campfire?

Some members also collect other Guiding memorabilia. Guider Rachel Shoup, a member of the *Canadian Guider* editorial committee, has amassed a collection of some 90 Guiding and Scouting publications from all around the world. "I love my collection because Guiding is important to me," she says. "It provides a fascinating way for me to study how our organization has progressed through time." Rachel shares her collection story on page 40 of this issue.

Photo: courtesy Laura Allgrove



Spring has Sprung!

With a nod to our northern sisters, who take winter in their stride (see Guiding in Iqaluit on page 20), most of us across the country have shivered, shovelled, slipped and huddled our way through what we consider the most miserable winter in decades. For us, spring couldn't have sprung soon enough! Fittingly, this issue of *Canadian Guider* includes some warm-weather offerings. Our Snack Action ideas (page 18) might inspire you to do a theme outing that combines tasty treats with nature adventures. In Ideas to Go (page 38) you'll find a trefoil mini kite to fly on a balmy breeze. On page 27 we have a Girl Guide "Stone Soup" story you can read while cooking over a campfire. And two outdoor service projects feature girls helping girls (page 4) and girls greening a community (page 16). Isn't that a great Girl Guide way to welcome spring!

Cover photo by Erin T. Hamanishi

Features

Submissions from across the country and around the world

- 4 Girls Helping Girls by Sharon O'Connor & the 2nd Kanata Rangers
- 8 Girl Guides Make the World's Longest Chain of Bracelets by Heidi Quinn
- 12 Global Guiding: Girl Guides Create Global Change by Hilary Clouston
- 16 LaSalle Girl Guides Take Action by Maureen Taylor
- 20 Guiding in Iqaluit by Sara Holzman & the 1st Iqaluit Pathfinders

Challenges

Challenges, contests and issues for Girl Guides today

- 6 Young Guiders by Brittany Anderson
- 10 Avoiding Guider Fatigue
- 30 Ask a Guider: Bullying at Camp by Rachel Shoup
- 31 GGC Photo Contest & Tips
- 34 Tips to Get Out of a Crafting Rut by Lee Ann Fraser
- 43 A Challenging Idea from Québec

Focus

The business of Girl Guides

- 28 Five Tips to Get Girls Paddling by Kaitlin Winter
- 32 Cookie Bits & Bites: A Dad, a Daughter & Girl Guide Cookies
- 45 fyi

Ideas

Ideas, thoughts and activities

- 18 Outdoor Activity Treats by Stephanie Bangarth
- 23 Outdoor Guider: Pioneer Camps by Laura Allgrove & Dana Weatherell
- 27 A Lesson in Cooperation – Girl Guide Stone Soup
- 36 Ideas to Go
- 42 Girl Guide Stuff Swap by Rachel Shoup

Voices

Guiders and girls

- 2 Chief's Message
- 14 Global Guiding: Adventure Kenya
- 22 A Guider and Her Girls – Gail Hains-Campbell
- 40 Girl Guide Collections by Rachel Shoup
- 44 Notes from a GGC Scholarship Recipient by Christina Noël

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Portage Over Poverty

Girls Helping Girls

BY SHARON O'CONNOR
& THE 2ND KANATA RANGERS



Photos: Garth Gullikson

Three years ago, the 2nd Kanata Rangers created a service project that has raised more than \$6,000 to date for the Canadian World Friendship Fund (CWFF) and for Guiding communities in northern Canada. It's called Portage Over Poverty, and it is growing in popularity every year.

Portage Over Poverty (POP) was born at a fall camp in 2010, when several girls and a Guider brainstormed the idea of organizing a one-day photo scavenger hunt in downtown Ottawa. The first POP took place in April 2011, and the event is now held annually in April. To participate, Guiding and Scouting teams of Pathfinders, Rangers, Trex, Venturers and Rovers collect a minimum of \$100 in pledges in advance of the event. Teams have come from far and wide throughout the National Capital region.

Fundraising Fun!

On the day, the teams arrive on Parliament Hill with their pledges, a camera and a homemade canoe! Once they have registered, they follow clues provided by the organizers to find and photograph locations, while also collecting donations during the day. The girls use a great deal of creativity designing their costumes and canoes, enjoy prizes at the end of the hunt, and best of all, have the deep satisfaction of raising thousands of dollars to support Guiding around the world and here at home.

In 2011, nine teams of girls raised \$1,600, and in 2012, 11 teams raised \$1,500. Last year, 16 teams raised more than \$2,500, and our Rangers did additional fundraising to bring that figure up to \$3,000. The girls specifically asked that the funds be used to help Guiding units in northern Canada, as well as the CWFF. The northern units supported are in Elliot Lake, Moosonee and Sault Ste. Marie, Ontario, and Iqaluit, Nunavut. Proceeds from POP 2014 will be used to establish a brand new Ontario Girl Guides scholarship, and the girls are thrilled!

Girl Get-Up-and-Go!

Except for booking the time on Parliament Hill and ordering the crests, from the beginning our Rangers have run this event on their own. Showing true Guiding get-up-and-go, they organize the teams and the finances, arrange for prizes, design the crests and get the word out for support from the Guiding and Scouting communities. Last year, they set up a Facebook page, started a Twitter account and made a POP promotional video. For this year's event, scheduled for April 27, they have also focused their efforts on a publicity campaign to increase public awareness and support for this terrific fundraising initiative. 📸

Sharon O'Connor is a Guider in Kanata, Ontario.



The Facebook Effect Maximizing Social Media

Social media is increasingly being maximized to promote Girl Guide initiatives, and the POP Facebook page is a great example of how effective it can be. Below are a few samples of POP posts from last year. For more information on POP and to contact the organizers for tips on creating a similar event, check out facebook.com/PortageOverPoverty. You can also follow them on twitter.com/POP_Ottawa.

19 October 2013:



Hey Portagers! This year, POP 2014 will have an amazing theme! Each week we'll be sending out clues as to what it is, so guess away! The team to figure out the correct answer gets a special advantage at POP, so get your brains ready.

30 October 2013:



The new Kanata Recreation Centre is due to open on December 7. They are collecting time capsules to be placed in the vault at the opening. The vault will be opened in 2063! Today, a POP time capsule was added. It contains the 3 crests, the "Keep Calm" sticker, a description of POP and several photos from last year's event. Everyone is invited to attend the grand opening this year and the opening of the vault in 2063.

14 November 2013:



We have some amazing news!!! From an administrative point of view, we are happy to report that our request to use Parliament Hill has been approved for April 27 - after mistakenly being booked for April 14 and then April 21! But the real exciting news is that POP will be highlighted in the Spring issue of *Canadian Guider*, complete with photos from POP 2013! We are thrilled!

28 November 2013:



Hi everyone! Great news! We received some beautiful, heartfelt thank you notes from one of the units in Northern Ontario that were recipients of a grant from POP 2013. Everyone who helped out last year should share in these thanks, so we've posted a picture of the letters for you. Thanks again!

Photo: Jessica Mills



A DELICATE BALANCE

Young Guiders

BY BRITTANY ANDERSON

Guiders all need to find balance in their lives. For young Guiders it can be a delicate balance, as they merge their new leadership roles with their other responsibilities, and also move from being girls to being leaders of girls! Here is how one young Guider has managed this transition.

Like all of you, I wear many different hats. I am a full-time university student. I am an employee. I have a personal life. And I am a Guider. Last year, I decided to fill the need for leadership in not one, but two, Pathfinder units in my community. I anticipated that taking on this new role in my already busy life would be challenging. I was right, but I was also in for a pleasant surprise!

What I didn't anticipate was how much being a Guider would help me become more organized. Balancing school, work, personal life and Guiding is not easy, but it is possible. I would like to share what I have learned from my experience, hoping it will help other young Guiders.

Manage Your Time

Managing time can be a struggle, especially when you have exams coming up. During extra busy periods, have the girls run their own meetings, invite a guest speaker, or plan a homework night. Explain why you are so busy and tie something from your studies into the girls' program work. Talking about what you are learning is a great way to test your own knowledge!

Establish Your Leadership

While being able to relate to the girls is a benefit, being mistaken for a girl is a challenge. Because I am "not a mom," as the girls say, I find they share with me very easily, and our relationship is less formal than mine was with my Guiders. What is important is to find a balance between being "one of the girls" and being their leader.

A young Guider is often treated more as an older sister than a leader, and while that can be great, you need to ensure you don't compromise your leadership control. Find that middle ground between the role of the young and "crazy" leader, and the leader the girls will listen to when necessary. Just don't be surprised when you unexpectedly discover your inner "mom voice," because I promise you, it will happen!

Know that Help is Available

I have sometimes been a bit lost and uncomfortable since becoming a Guider. I have felt really young. But this is part of the Guiding journey for members of any age. We have to empower and push ourselves to do things we didn't think we could. I have stumbled a few times, but the beautiful thing about Guiding is that there is always someone to offer help. I am deeply grateful to my former leaders for their mentorship, especially as I began working alongside them.

Use Your Youthfulness

As young Guiders, relatively close in age to our girls, we can often more easily talk about common everyday things. Discussions about boyfriends, music, fashion, movies, school and peer pressure afford us a unique and rewarding relationship with them. We can get a little "crazy" with them, and we can also teach them ways to study, how to manage their time wisely, and how to build strategic organizational skills. Most of all, we can use our own youthfulness to foster their youthful ideas. After all, the girls we work with today are the young Guiders of tomorrow! 🌍

Brittany Anderson is a young Guider in Ottawa, Ontario.

The Young Guider's "Law"

BE HONEST.

Admit to other Guiders and parents/guardians when you need a bit of help.

BE TRUSTWORTHY!

As a younger Guider, you are a very immediate role model to the girls. Be worthy of their trust. Lead by example.

USE YOUR RESOURCES TO HELP PREPARE YOU FOR THE UNEXPECTED.

Attend trainings, request advice from your co-workers, and ask questions of your girls.

RECOGNIZE YOUR TALENTS AND ABILITIES AND USE THEM TO YOUR BENEFIT!

Know your weaknesses and find opportunities to turn them into strengths.

RESPECT OUR COMMON ENVIRONMENT.

The world is ours to share. Respect it yourself and teach the girls to respect and celebrate our Guiding tradition of environmental stewardship.

LIVE WITH COURAGE!

Don't be afraid to take chances, to face challenges and to learn from mistakes. Grow with your unit.

SHARE IN THE SISTERHOOD OF GUIDING.

There is so much more to Guiding than weekly meetings! Join the greater Guiding community. Get involved in Link. Attend leadership events.

Go to community meetings. Join online discussions with sister Guiders throughout Canada and around the world.

For the Record

Girl Guides Make the World's Longest Chain of Bracelets!

BY HEIDI QUINN

Girl Guides New Brunswick-PEI holds a world record! Last summer, they made it into the Guinness Book of World Records for the longest chain of bracelets. Measuring more than 1,800 metres (6,000 feet), the chain contains almost 20,000 bracelets, which are destined to help support projects at Sangam, the WAGGGS World Centre in India. Here's how they did it.

In August, 2013, members from across the two provinces gathered at Snider Mountain Ranch for Bridging Friends Forever (BFF) 2013, a provincial all-ages camp. The BFF theme made this a perfect venue for an attempt to set the record for – what else? – a friendship bracelet.

Service for Sangam

Since we also include a service project at our provincial camp, we decided to make this a combination project. Our Guinness World Record challenge offered girls a terrific opportunity to be a part of something world-renowned and to also support Sangam in their call-out to all Girl Guiding and Girl Scouting members worldwide for friendship bracelets. The bracelets are sold in Yahdei, the Sangam Shop, priced at 10 rupees each, in the hope that the young members of Bharat Scouts and Guides, in particular, can afford to buy them. The funds help Sangam

Photo: Rebecca MacLean

Background Image: Laura Robinson; Photo: Cara Hicks



to run programs that support WAGGGS' Stop the Violence initiatives and Sangam's local community partners.

A Bracelet Bonanza!

New Brunswick-PEI girls and Guiders spent months making bracelets in anticipation of our record attempt. In early May, we received the shocking news that the record we were working towards (5,000 bracelets) had already been broken! In typical Girl Guide fashion, we stayed calm and simply upped our goal to 8,000 bracelets.

Thousands of bracelets kept coming in right up until the day of our record attempt. Even at the camp, girls attended program sessions during the week to make more bracelets. Many girls also made them in their spare time, which resulted in my pockets bulging with bracelets at the end of each day!

The Count Commences

August 16 marked our count commencement, when two witnesses and eight bracelet counters began to verify the numbers. As batches of 100 bracelets were counted out and verified, they were handed off to leaders waiting to disperse them among the girls, who immediately began linking them together.

As soon as they finished linking their bracelets, the girls raised their hands to indicate they were ready for more. The individual chains quickly grew longer and longer, and the girls began to arrange them for official measurement. Closer to the total bracelet count verification, we gathered the individual links and began joining them together. Eventually, we worked our way around a very large circle a total of nine-and-a-half times!

Patient Participation

Five hundred very patient participants spent more than three hours joining the links together and watching our friendship bracelet grow. The girls respectfully heeded their leaders warnings, "Walk around the bracelet, don't step on the bracelet!" We heard many comments of "Wow!" and "It's so colourful!" and "It's

huge!" and "I think I made this one!" When our camp mascot, Bridgit, arrived to help make the official announcement, everyone listened intently to the final record count: 19,953 bracelets measuring 1,829.29 metres (6,001 feet 7.15 inches)!

Waiting and Working

After the count, we had two more tasks ahead of us. We had waiting to do – for the official word to come from the Guinness organization. And we had work to do – beginning to untie all the links to prepare the bracelets for shipment to Sangam!

The Official Announcement

Finally, we got the word! "We are delighted to confirm that you have successfully achieved a new GUINNESS WORLD RECORDS title for longest chain of bracelets," the email message read. "We would like to congratulate you on your record-breaking achievement. You are OFFICIALLY AMAZING." (Of course, as Girl Guides, we already knew that.)

I know I can speak for all involved when I say that we are truly blessed to have been given this opportunity to not only break a fun and fabulous world record, but to break it so resoundingly, in true Girl Guide style!

Throughout the autumn months and into the New Year, friends, leaders, girls, and family were still working away, painstakingly untying the bracelets and sending them to me for shipment to Sangam. We are all proud to say this is yet another illustration of Girl Guide style! 🌈

Heidi Quinn is a Guider with the 4th Quispamsis Girl Guides in New Brunswick and an editor of the provincial newsletter, The Ebb & Flow. For information on the Sangam Friendship Bracelet Program, see: sangamworldcentre.org/en/friends/friendshipproject

Photo: Laura Robinson



Photo: Mary King

Fire's Burning – OUT!

Avoiding Guider Fatigue

Although Guiding is tremendously rewarding, it can also consume a great deal of our time and energy. So how do we avoid the risk of burning out as we pursue our passion for nurturing and leading girls?

Burnout can be caused by many of life's stresses and strains, especially if you feel you can't meet your everyday challenges. Signals that you might be headed towards burnout can include feeling less engaged, being overwhelmed by time constraints, having a hard time concentrating, or becoming disillusioned with the organization.

We all need to reflect on our needs and how we can balance the multiple roles we take on each day, in Guiding and in the rest of our lives. Here are some tips to help you avoid Guider fatigue and prevent your fire from burning out:

Slow down.

Schedule more time between activities and meetings; avoid making unit plans every weekend; and schedule time for yourself.

Ask for help.

Sometimes people don't realize others need help, until they ask. You work with amazing women who share in the spirit of Guiding, and they are there for you to lean on when you need support.

Break down tasks.

Set manageable goals with specific end dates. It's easy to feel that Guiding demands a continuous workload. Set aside time to create a schedule and keep a calendar to remind yourself when to work on specific Guiding responsibilities and when to focus your attention elsewhere.

Lessen your workload.

Remember that Guiding embraces and promotes shared leadership. Lessen your workload by looking into job sharing options. Delegating tasks to others can help jobs be done more quickly and efficiently, while also providing you with more free time.

Take a break.

If you feel overwhelmed, you may need some time off to recover. You needn't feel guilty, because once recovered, you will return refreshed and re-engaged.

Say "No" more often.

Saying "Yes" all the time will lead to a heavy work load and feelings of stress and even distress! Know your boundaries. Each task is best done if you have the time to focus on it.

Fanning the Flames Advice from Guiders

“They say if you want something done, ask a busy person.

That may be true for some, but not for most of us. Stay true to your capacity to contribute and do not overextend yourself. Share the load with other Guiders; join the Trefoil Guild for fun and friendship; laugh at funny happenings; and do girl things!”

— *Sharron Callahan, GGC Chief Commissioner
Newfoundland and Labrador*

“Set boundaries on your Guiding tasks. Assign specific times during the week when you take care of them, for example, communicating with parents and other Guiders, completing Safe Guide forms, planning, or ordering badges. Respect your boundaries!”

— *Ingrid Hamel, District Commissioner
Quebec*

“Know when to ask for help. As a leader who isn’t a mom, a rarity I know, I initially felt guilty about asking for help. But I do have a tight schedule, so when one of my sister leaders saw how harried I was, she told me to ask for help, and I’m happy to say I did and it worked out beautifully.”

— *Amy Harrison, Spark Guider
Ontario*

“Learn how to say NO. As dedicated as you are, there comes a point when you just have to say no to additional responsibilities. If things get really overwhelming, take a week or two off from your Guiding duties, and make sure your co-Guiders know what you are doing and why. Don’t feel guilty, because you will feel much better when you come back.”

— *Joanne Millette, Pathfinder Guider and Trainer
Quebec*

“Know your limits! Also, respect the limits of those around you. As a Ranger Guider I always stress to my girls that it is okay to limit their involvement in any project they undertake, but it is equally important to communicate this to others involved. I think that many of us have unrealistic ideas of what others expect of us.”

— *Tammy Sutherland, Ranger Guider
Saskatchewan*

“Rely on your Guiding friends. One of the amazing things about Guiding is the friendships you make, both as a girl and as an adult. On particularly bad days, I phone one of my Guiding friends and vent. The venting works both ways; they call me when they are also feeling overwhelmed and/or frustrated. Sometimes all I need is for an understanding person to listen to the problem of the day, and very often we come up with a solution together.”

— *Shannon Jaeger, Treasurer
Alberta*

Have fun!

Reflect on what you enjoy about Guiding: working with all the amazing girls and women. Celebrate each other’s accomplishments and set aside time for social gatherings.

These tips have been adapted from the GGC Time Management Enrichment Training Module and from Melina Condren, Training Resource Specialist, Volunteer Toronto. 🌱



After International Travel

Girl Guides Create Global Change

BY HILARY CLAUSON

International travel opens doors to countless opportunities for Guiding members to expand their experience, their awareness, their horizons and their impact on their communities and on the world. Our return home at the end of an international journey can also be the beginning of a new journey, if we use what we have learned to bring about global change.

The way that Girl Guide travel enables our members to use what they have experienced and learned to effect real change is clearly demonstrated in our commitment to the United Nations (UN) 2015 Millennium Development Goals (MDGs). For now, it looks as though the global community will fall short on some of the goals, including achieving gender equality, reducing maternal mortality, and arresting environmental degradation. Nevertheless, the MDGs have galvanized the world, led by the UN and supported by organizations such as ours, to set even more ambitious post-2015 goals.

Canadian Guiding and the UN MDGs

Canadian Girl Guides are up for this ambitious task. We have supported the MDGs through the World Association of Girl Guides and Girl Scouts (WAGGGS) Global Action Theme, *Girls worldwide say “together we can change our world,”* and MDGs-themed World Thinking Days. We have also been helping to achieve the MDGs through community projects, non-formal education programs and advocacy work. And who is better suited to these tasks than GGC members arriving home from world travels?

While some of what we do when travelling abroad may have an impact on the communities we visit, the greatest impacts come after our return to Canada. For example, in June 2012, Darlene Sly McKechnie and I joined a 25-member WAGGGS delegation to the Rio+20 UN Conference on Sustainable Development in Rio de Janeiro, Brazil. We proudly represented 100 million sisters worldwide by advocating for a sustainable planet on which girls and women can thrive. We wrote about this in *Advocacy in Action*, page 18 in the Winter 2013 issue of *Canadian Guider*.

Today, Darlene is Ontario International Adviser and I am a WAGGGS post-2015 Ambassador, actively responsible for helping Guiding members to get involved in the MDGs and the post-2015 process. Since arriving back from Rio, we have been actively taking action to change our world!



Photo: courtesy Hilary Clauson

The United Nations 2015 Millennium Development Goals:

 1 ERADICATE EXTREME POVERTY AND HUNGER	 2 ACHIEVE UNIVERSAL PRIMARY EDUCATION	 3 PROMOTE GENDER EQUALITY AND EMPOWER WOMEN	 4 REDUCE CHILD MORTALITY	 5 IMPROVE MATERNAL HEALTH	 6 COMBAT HIV/AIDS, MALARIA AND OTHER DISEASES	 7 ENSURE ENVIRONMENTAL SUSTAINABILITY	 8 A GLOBAL PARTNERSHIP FOR DEVELOPMENT
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WAGGGS' 100 Actions

For all of us who have had the privilege of travelling in Guiding, relating our experiences to other members and to the public at large will help to promote the UN's MDGs. However, whether or not you have travelled internationally, there are many things you can do individually and with your unit to generate change in the world. WAGGGS' 100 Actions for the MDG Rally Point has 100 ideas for our members who want to accelerate progress on the MDGs and have a vision for the world they want for girls. I have listed my favourite ideas on this page, but be sure to visit the WAGGGS website (waggs.org/en/take_action) for the full list.

Rally 100 people.

Work together to write 100 letters or emails to a local decision-maker, explaining why the MDGs need to be focused on again.

Create a photo blog.

Think of places in your local community that are relevant to the MDGs and take photos of yourself there expressing your desire for everyone to have access to that place and what it provides. For example, a school would represent MDG 2 and a hospital would represent MDGs 4 and 5.

Complete the MY World survey.

Visit: myworld2015.org/?partner=WAGGGS.

Tell the UN what you care about and what you want to be a priority for your future.

Set up a sharing event.

Ask your girls to invite friends from other cultures. Make it a fun evening, with stories, games and activities from various cultures. Include foods the girls want to share from their cultures, or have them research different foods and bring samples to the event. One custom pretty much every culture on this planet has in common is "breaking bread" together in peace, harmony and hospitality.

Use Skype.

During a meeting or your sharing event, go on Skype to connect with girls and young women all around the world.

Organize a flash mob.

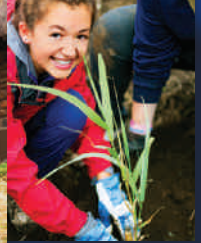
Dance to an empowering song by a strong female artist. Include leaflets and posters promoting the vision of the world we want for girls!

Please send me an email at hclauson@hotmail.com if you have any questions about how to get involved in the MDGs, the post-2015 process, and WAGGGS' advocacy, or to share how you have taken action to change our world! 🌍

Hilary Clauson, a Brownie Guider in Ottawa, Ontario, is a member of the GGC Board of Directors.



“So much in our media makes us think we are different, but we have so many more similarities than we think we do, even the girls and leaders on the trip. We are all part of one world.”



A PASSPORT TO DISCOVERY

Adventure Kenya

A Girl Guide travel experience is a passport to discovering more about ourselves and our world. Last August, 16 girls aged 15-17 from all across Canada made many personal and global discoveries on a Girl Guides of Canada nationally-sponsored, two-week adventure in Kenya.

The girls and their four Guiders lived with host families in a small, rural community, where they participated in a community service project planting trees. They also embraced many opportunities to exhibit their leadership skills and enhance their global awareness by engaging with local development agencies and by learning about Kenya's rich culture and unique biodiversity. Here is some of what they had to say about their experiences.

Photos: Erin T. Hamanishi

Alison Cane, Nova Scotia

“The Kikuyu tribe is one of the most westernized tribes in Kenya, and I was surprised and impressed by how much they still follow their traditions. While the younger people listen to pop music, drive motorcycles and wear jeans, they also cook traditional food in traditional ways, farm the way they have for years and speak their tribal language.”

Bailey Wooldridge, British Columbia

“One thing I learned on this trip is the importance of family and community. Everybody there was so humble and happy. When our host ‘Mom’ took us through the town, every person she introduced us to was her ‘best friend’ – and we met a great many people that day! It just showed how close everybody is there. In Swahili, they say *Upendo*, which means ‘love.’ I certainly did feel loved while I was there!”



“One thing I learned on this trip is the importance of family and community.”



Carly Checholik, Alberta

“I always thought of myself as a person who could adjust to anything and be comfortable anywhere. However, this trip marked the first time I have been forced out of my comfort zone. At first, I wasn't very comfortable without the things I depend on, such as running water, electricity and a corner store minutes away. However, after a couple of days of adjusting I was more than comfortable. This trip has convinced me that I want a career that will enable me to travel all around the world and possibly live in another country for a length of time. Going to Kenya made me more secure as a person and more confident of the skills I possess.”

Elizabeth Kuroyedov, British Columbia

“My homestay family was so caring and open to me and fed me so much, even though they could not afford running water and lived in a dirt floor home. I was so surprised that, every day, people could find the silver lining, the positivity and the joy in the simplicity of their lives, and share it so happily with us Canadians. It made me feel very welcome.”

Holly Dominato, Ontario

“In Canada, many of us take our education as a given. Even when school becomes too expensive, there are lots of other resources, like scholarships, to help students. In Kenya, many generations fall victim to the poverty cycle because they can't get the education to get better jobs. I learned how important education is to advancing a society, and how lucky many of us are in Canada to have such accessible higher education.”

Richelle Toews, Manitoba

“We are all more alike than we think we are. So much in our media makes us think we are different, but we have so many more similarities than we think we do, even the girls and leaders on the trip. We are all part of one world. I will always remember the girls, the leaders, Mama Jimmy (the woman I stayed with), the Kenya Girl Guides, the Kijabe Environment Volunteers (KENVO) members, the kids at school and the market people, who were so friendly. Everybody in Kenya was so accepting and wanted to know more about us. I loved being with them all!” 🌍

Greening a Community

LaSalle Girl Guides Take Action

BY MAUREEN TAYLOR

The 46th Girl Guides, in LaSalle, Ontario, have been busy greening their community with Guiding gusto! While enthusiastically embracing Operation Earth Action, GGC's National Service Project, the girls have been working in collaboration with town staff, local businesses, their parents and their Guiding sisters.

Taking advantage of the Tree Planting Grant offered by GGC in partnership with TD Friends of the Environment Foundation, we also partnered with the Essex Region Conservation Authority (ERCA), who matched our contributions. This enabled us to plant more than 100 trees in our town's park area, with help from some of the girls' mothers and fathers, as well as local Pathfinders.

Of course, in true Guiding fashion, the day was not all about work. We had a lot of fun planting together and then celebrating our achievement with a hot dog barbecue later in the afternoon.

Our unit has also volunteered to pick up litter, again in cooperation with the town of LaSalle and local businesses. And we have adopted a portion of the LaSalle Trail system, where our hikes always involve inspecting and cleaning the trails along the way. In recognition of these efforts, our mayor, Ken Antaya, has given us his official thanks.

Photo: Maureen Taylor



Support from Loblaw

We have also received support from the Loblaw Colleague Volunteer Grant Program, for which I am eligible as an employee of the company. We set these funds aside to support our Water for Tomorrow initiative this spring. We are painting yellow fish symbols on sewers throughout our town, in a public awareness campaign to stop people from pouring pollutants into their drains. Our town hall was happy to give us approval for this project.

Green Actions – Green Activities

In addition to our green actions, we also enjoy many green activities. Our January camp saw the girls making environmentally-friendly bath salts, soap and lip gloss, all from common household ingredients that contain no harmful chemicals. They also enjoyed making and decorating individual T-shirt tote bags (see below). As the girls worked on their tote bags, we discussed the negative effect the widespread use of plastic bags has on the environment, given how many of them end up in landfills. The girls had great fun making the bags that are uniquely theirs, and they use them all the time to shop or take various items from place to place.

I am happy to say, the 46th LaSalle Girl Guides' commitment to environmental stewardship is still going strong, as we continue to brainstorm ideas on other ways we can take action to help keep our community green. Girl Guides in LaSalle are really putting Operation Earth Action into action! 🌱

Maureen Taylor is a Guider in LaSalle, Ontario

For more information on how your unit can complete Operation Earth Action, visit: nsp.girlguides.ca



Take Action for Trees

GGC Tree Planting Grants

The GGC Tree Planting Grant program offers girls and young women a hands-on way to raise their awareness of environmental issues and to help transform green spaces in their communities. With funding provided by the TD Friends of the Environment Foundation, grant recipients receive \$500 to go towards their tree planting materials, a tree planting toolkit and other resources to help them organize, execute and report on their project.

Contact programs@girlguides.ca to see if grants are still available. Don't forget! When you do any two activities, your girls earn the NSP crest.

Illustration: ©iStock/mishkom



Make a T-Shirt Tote

An Easy Upcycling Idea

In addition to being environmentally friendly, these T-shirt totes provide a good use for those sleeveless T-shirts we ask girls not to wear at camp or on day trips, because they don't give enough protection against sunburn. The totes can also be made from old Guiding uniform T-shirts and are as simple to make as they are useful. Don't forget to log on to the National Service Project (nsp.girlguides.ca) to make your pledge for this Operation Earth Action upcycling/upstyling project. Just click on the Take Action button on Reusable Shopping Bags.

What you need:

- sleeveless T-shirts (or old Guiding uniform T-shirts with sleeves cut off)
- thread, needle, straight pins
- fabric paint and decorations of your choice
- sewing machine (optional)

What you do:

1. Turn the T-shirt inside out.
2. Using a sewing machine or stitching by hand, sew a strong seam along the bottom to close the shirt into a bag.
3. Turn right side out and – voila! – you have a tote, because the sleeveless straps become your handles.
4. Decorate according to your imagination.



Snack Action!

Outdoor Activity Treats

BY STEPHANIE BANGARTH

I love to coordinate theme food with outdoor learning adventures, both at camp and on meeting outings. Here are three of my favourite “snack action” suggestions that will help you go “full theme ahead” with delicious outdoor activity treats.

Photos: ©PhotoSpin; ©iStock/ Karen Wanderman



Stargazing Solar System Fruit Kebabs

Go stargazing on a cloudless night. Bring a blanket, lie on your backs, and enjoy looking at the constellations. To learn more, bring an astronomy book and a flashlight. And don't forget your solar system snack! For your fruit kebabs, you will need:

- spherical fruits (green or purple grapes, blueberries)
- melon and cantaloupe
- melon ballers
- bamboo skewers

Using an illustration of our solar system as a guide, organize melon and cantaloupe balls with grapes to represent the planets. This is a symbolic representation, so you don't have to be too exacting. As the girls assemble their kebabs, point out the different sizes of fruit, and discuss how different the terrestrial (Mercury, Venus, Earth and Mars) and Jovian (Jupiter, Saturn, Uranus and Neptune) planets are in size. You can also decide which planets are most similar in colour to the different fruits. Use the blueberries for the dwarf planets (Pluto, Ceres, Makemake, Eris, and Haumea).

Did you know that if you were to make the solar system to scale, the Earth would be the size of a blueberry and the Sun would be the size of the entire watermelon, which of course, you probably don't want to take on your stargazing adventure!



Butterfly/Bird-Watching Hike

Butterfly Snacks



Throughout summer, if you are lucky as you go hiking, you will see a variety of butterflies, but anywhere you go there will be birds, regardless of the season. Borrow books from the library to find out what kind of butterflies or birds you can expect to see in your area, or download and print information from the Internet.

Birds owe their evolutionary success to their ability to fly. Flight enables them to feed where other animals cannot, to escape enemies, and to migrate with the seasons. Birds are lovely to watch, and birds in flight are an especially beautiful sight! Take your binoculars and search for birds flying and resting. Here are a few things to look for:

1. size and type of bird
2. beak shapes (Different shapes have different purposes: long or hooked beaks can tear at prey; short and stout cone shapes can crack seeds.)
3. feet (Different shapes have different purposes: perching on twigs, running, clinging to trees, grasping prey, paddling in water.)
4. colour (Some colour is for camouflage and some is for show during mating.)
5. nests and eggs

For your snack, you will need:

- a medium zipper-lock bag per girl
- healthy snacks (grapes, crackers, nuts or dried fruit)
- wooden clothes pins (Coloured plastic pins are an option if you don't want to use paints.)
- googly eyes
- chenille stems
- craft paints and brushes



Design your butterfly bodies with paint, googly eyes and chenille stem antennae. Fill your zipper-lock bag with two different snack foods. Pinch the centre of the bag together, dividing the two snacks evenly, and attach the clothes pin to hold it. This will create wings on each side, containing the different snacks.



Hike in the Woods

Leaf Chips

Whether it's a lovely autumn day to observe the changing colours of the leaves or a warm spring day to celebrate the rebirth of nature, a hike in the woods is a great way to get your group enjoying the great outdoors. Add a great snack and you have a perfect outing. Leaf chips are a fun and easy snack to make that look pretty and taste great!

For your leaf chips, you will need:

- wonton wrappers
- leaf shaped cookie cutters
- salt, pepper, dried dill, sesame seeds, paprika, sugar, cinnamon, chocolate, and whatever else your girls would like
- olive or other vegetable oil
- beet or tomato juice (optional)
- parchment paper
- cookie sheet

Using the cookie cutters, cut out leaf shapes from the wonton wrappers. With your fingers or a light paint brush, spread a thin layer of oil over one side of each leaf. Quickly add your spices before the oil dries. For more vibrant colour, paint the leaves with beet juice or tomato juice. They both also add a nice, mild flavour. Place on a baking sheet lined with parchment paper in a 400 °F (200 °C) oven for four minutes or until crisp. Cool and place in paper or zipper lock plastic bags. Enjoy munching your leaves on your hike! 🍴

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

Photos: Sharon Jackson

Responsibility & Empowerment

Guiding in Iqaluit

BY SARA HOLZMAN & THE 1ST IQALUIT PATHFINDERS

Guiding in Nunavut blends Girl Guide activities that can be found anywhere in Canada with activities and projects that are unique to the Canadian north. For Pathfinders in Iqaluit, there is the added bonus of living in a community where they are given a lot of responsibility and empowerment to organize some really great Guiding events!

In Iqaluit, we have one unit each of Sparks, Brownies, Guides and Pathfinders. There are also units in Rankin Inlet and Kugluktuk, which means Guiding reaches across all three regions in Nunavut. We love Girl Guides here in the north, because we learn to be so close to each other. We are all truly like sisters.

Bridging, Role Modelling, Recruitment

Being Pathfinders in a small and remote community enables us to work closely with all age groups by hosting bridging events for younger girls. Last year, we planned the Thinking Day event for our Sparks, which included activities and games from Our Chalet in Switzerland and Pax Lodge in England. This year, we helped out with

We are all truly like sisters.

... all three regions in Nunavut

... tight-knit group

... sharing with the newer girls

... too cold to be outside for extended periods

... work at our local soup kitchen and food bank

... discuss tough and sensitive subjects

Guiding keeps our attitude positive.



Brownie meetings, teaching the girls their Brownie Promise and all about the history of Guiding. It's cool to be role models to the younger girls, and to encourage them to stay in Guiding as they grow older. Working with other branches also provides a great way for us to strengthen our organizational skills.

Our Pathfinders form a small, tight-knit group, both in Guiding and at school. A lot of us have been involved with Iqaluit Girl Guides since we were Sparks. Others are new this year, but are just as connected; the more experienced girls love sharing with the newer girls. We also invite our friends who are not Pathfinders to check out our meetings. Often they enjoy the Guiding experience so much, they choose to sign up the following year.



Activities with a Northern Twist

A lot of the activities we do are similar to those of all Guiding units, but with a northern twist. One unique activity focused on our territorial election last fall. A Guider who is a reporter with CBC helped organize a meeting where we talked about the uniqueness of the consensus-based Nunavut government, the election platforms, and our preferences for candidates (male or female, Inuk or non-Inuk, traditional or non-traditional, etc).

Because Iqaluit is a small town, the girls knew some of the candidates personally, which was very interesting. We later submitted a question about education in Nunavut for a candidates' debate and it was picked!

With our extremely cold winter temperatures, like most Nunavummiut, we reserve outdoor activities until March. We also sell cookies mostly indoors at craft sales and in public places, because it's too cold to be outside for extended periods.

In Guiding service, we work at our local soup kitchen, the food bank, and other community events. It's easy to get involved in activities here in Iqaluit because it's such a small town, so we always hear about volunteer opportunities.

We also organize fun activities during our meetings, including yoga sessions, career nights, and movie nights. We often bring crafts to work on while we're discussing other things. Last year, we worked on a truly northern "craft," making our very own sealskin mitts! The tradition of northern people is to use every part of an animal they kill for food, and sealskin provides wonderful insulation from the cold.

Unique Challenges

While living in the North is mostly awesome, the people in our communities face some difficult challenges, which we address in Pathfinders. We discuss tough and sensitive subjects, such as bullying, suicide, violence, and poverty. These are very real subjects for us, because we deal with them every day at school and at home. Guiding keeps our attitude positive as we face these challenges and help out around town wherever our community members need us.

The one area that we'd like to explore further involves all the great opportunities to travel with Girl Guides, both within Canada and internationally. The more we learn about other communities and countries, the more we want to visit them! Of course, the high travel costs make it more difficult to organize trips from Nunavut, but there are many great ways we can raise funds, and we can also request assistance from Girl Guides of Canada. We are grateful to be part of this wonderful organization! ❄️

Sara Holzman is a Guider with the 1st Iqaluit Pathfinders in Nunavut. She included a recipe for a tasty twist on bannock - Nunavut style. Check it out in the Outdoor Guider on page 26!

Thank You Canadian North!

Distributing cartons of cookies in the far north can be extremely challenging, but our Guiders and girls are determined to make cookie sales successful and, thankfully, we have some wonderful support! For example, for years, Canadian North has been shipping our cookies pro-bono to remote communities in Nunavut. This year, the company provided more than \$6,000 worth of complimentary shipping to Iqaluit, Kugluktuk and Rankin Inlet. As always, we are deeply grateful to Canadian North for this service. ❄️



Photo: courtesy Jane Sponagle



Passion and Challenge

A Guider and Her Girls

Gail Hains-Campbell joined Guiding as a young girl more than 60 years ago. Today, this rock-climbing enthusiast and outdoor adventure dynamo is still going strong, and her girls go with her all the way!

Anyone watching Gail in action, quickly realizes she puts her passion for Guiding into every challenge her girls take on. From encouraging even the youngest Brownies to conquer their fears on a rock-climbing wall or high-ropes course to helping a girl who has a physical disability hike up the Niagara Escarpment, she is there to encourage and celebrate each and every effort.

One of 60 Girl Guides of Canada recipients of the Queen Elizabeth II Diamond Jubilee Medal, Gail was described in a nomination letter as “an energetic and dedicated leader, who brings a love of active life to her work.” That active life is inspired by her passion for camping and the outdoors, which she enthusiastically shares with her girls. She always challenges them to explore their limits and to have fun, from hiking in a wheelchair to climbing ropes. “I especially love getting young girls interested in outdoor activities,” says Gail. “Many girls who graduate to Pathfinders and Rangers are the ones who have embraced camping, hiking and other adventures.”

An avid rock climber, Gail also organizes a climbing adventure each year at a local facility. Her passion for the sport and for her Brownies is clearly visible in her broad smile every time one of the girls makes it to the top of the wall.

When asked how she manages all the necessary planning details for these adventures, Gail says she finds Safe Guide to be a valuable resource. A Safe Guide trainer herself, she says, “I wish I had been able to refer to it years ago when I took a group of older girls to the Grand Canyon. I managed, but having guidelines written down as they are in the current Safe Guide would have been very helpful.”

The introduction of Safe Guide to help Unit Guiders plan activities is not the only new initiative Gail has seen in the organization over the decades. “I have seen a lot of changes,” she says, “But fundamentally, the organization stays the same, because the girls are still the girls and it’s all about them. They keep me young. They keep me going.” 🌟

Photos: Sheri McDougall

A Blast from the Past!



Pioneer Camps

COMPILED BY LAURA ALLGROVE
AND DANA WEATHERELL

Girl Guides and camp have been synonymous since the founding of our organization more than a century ago. A pioneer camp is a fun way to travel through time and introduce girls to traditional features of a Girl Guide camp.

Photo: Alison Thomas



Photo: Alison Thomas

Today's high-tech clothing and gear, pre-packaged dehydrated meals, cell phone and GPS technologies, and campsite plumbing facilities make camping a lot more accessible and attractive to the not-so-adventurous among us than it was in decades past. However, even the most comfort-oriented girls and Guiders can't help but be charmed by experiencing the good old-fashioned games, activities, crafts and foods from days gone by. Here are a few ideas to help you organize a blast-from-the-past camping experience for your unit.

•••••
Dress for the "Day"

Begin planning your pioneer camp with a clothing list that includes fashions of the times: straw hats, aprons and long simple dresses or skirts, most of which can be found at thrift stores. Older girls might enjoy making their own aprons and bonnets at a unit meeting before camp.

•••••
Adopt an Alias

Have groups and patrols adopt names reminiscent of pioneer days (homesteaders, explorers, trappers, gold rush prospectors); use the names of the groups of people who settled in early Canada (English, French, Scottish, Irish, Dutch, German); or create mini *seigneuries* (landed estates) and take names from New France (*habitants*, *filles du roi*, *seigneures*). Have the girls do some research on names.



Factor in Old-Fashioned Fun

- horseshoes
 - egg-on-a-spoon relay
 - hop-scotch
 - three-legged race
 - sack race
 - marbles
 - skipping
 - cat's cradle
 - hoop rolling
 - clothes peg drop*
 - graces*
 - whirligigs*
 - flapjack flipping relay*
- * Instructions for these games are on this page.

Clothes Peg Drop

- old fashioned clothes pegs (also called dolly pegs)
- empty containers

Players stand holding clothes pegs at nose level and drop them into the container. Players can also stand on a chair or stool, wear a blindfold and use progressively smaller containers.

Graces

- 1 hoop – 9 inches (23 cm) in diameter
 - ribbon
 - 4 pieces of dowel rods – 15-24 inches (40-60 cm) long
1. Wrap the ribbon around the hoop, tying the ends and leaving them hanging. You can use one ribbon and have one “tail” or alternate two ribbons and have two tails opposite each other.
 2. Two players hold a rod in each hand.
 3. One player places the hoop over both of her rods, letting it slide slightly down the rod and crossing the rods in an X shape. The hoop should be on the lower triangle of the X shape.
 4. She then pulls the rods apart, forcing the hoop to slide up and “fly” towards her partner, who catches it on her rods. The ribbon makes the hoop softer to touch, and the tail(s) slow it down during flight, making it easier to catch.

Whirligigs (Button Spinners)

- a large two-holed button
 - a long piece of string
1. Pass a piece of string through one hole of the button and then back through the other hole. Tie the ends of the string together.
 2. Slide the button to the middle of the string.
 3. Hold on to the loops at the ends of the string and swing the button round and round. The string will twist.
 4. When the string is tightly twisted, pull the ends apart. The string will unwind and the button will spin in the opposite direction. Move your hands together and apart in a smooth rhythm to keep the button spinning.

Flapjack Flipping Relay

- well-cooked (firm) flapjacks
 - frying pans
 - teams of at least 3 people each
1. The girls stand in line. The first girl in line has a frying pan and a flapjack. The second in line has an empty frying pan.
 2. The first girl runs across the room and back, flipping her flapjack.
 3. When she gets back to her team, she flips her flapjack into the empty frying pan of her teammate, hands her now empty frying pan to teammate next in line and moves to the back of the line.
 4. The new girl takes over running and flips the flapjack into the next teammate's empty frying pan.
 5. If a girl drops the flapjack, she must start over.

Try Traditional Crafts

- bees wax candles or dipped candles
 - cross-stitching
 - cardboard loom weaving
 - quilting
 - soap making
 - yarn, corn husk, paper or handkerchief dolls
 - button bobby pins*
 - lavender sachets*
- * Instructions for these crafts are below.

Button Bobby Pins

- assorted buttons
- bobby pins
- needle & thread
- glue gun

Attach the buttons to bobby pins with a few stitches and secured them in place with glue.

Lavender Sachets

- lace handkerchief or square of loose-weave fabric
 - dried or fresh lavender
 - ribbon
1. Put lavender in the centre of the handkerchief or fabric square.
 2. Pull the corners up to the center and tie with a ribbon.



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Taste Traditional Treats

Molasses Taffy

- 3 tbsp (45 ml) butter
- 2/3 cup (160 ml) white sugar
- 2 cups (500 ml) molasses

1. Melt the butter in a saucepan, tipping it to grease the sides.
2. Add the molasses and sugar, stirring until the sugar is well dissolved.
3. Bring the mixture to a boil, stirring constantly, and keep it at a low, rolling boil until the candy tests “hard ball” (a bit dropped into cold water becomes brittle).
4. Pour onto a well-greased platter to cool until you can handle it.
5. Grease hands, and pull taffy from hand to hand until it becomes firm and turns golden.
6. Draw out to a smooth band or twist into a rope. Cut into small pieces and wrap in waxed paper.

Vinegar Candy

- 2 cups (500 ml) white sugar
- ½ cup (125 ml) white vinegar
- 2 tbsp (30ml) butter

Follow the steps for Molasses Taffy.

Bottle Butter

- whipping cream
 - small clean glass jars and marbles
1. Pour whipping cream to the halfway point in a jar.
 2. Add a dash of salt (optional) and a clean marble and secure the lid.
 3. Shake the jar until the cream separates into butter and buttermilk.

Nunavut Fried Bannock

- 2 cups (500 ml) all-purpose flour
- 1 tbsp (15 ml) baking powder
- ½ tsp (2 ml) salt
- ½ cup (125 ml) milk
- ½ cup (125 ml) water
- vegetable oil (for frying)

1. In a bowl, whisk together the flour, baking powder and salt. Make a well; pour in the milk and water; and toss with a fork to make a soft, slightly sticky dough.
2. Place the dough on a floured surface and use floured hands to press into an 8-inch (20-cm) circle.
3. Pour oil to 1/2 an inch (1 cm) up the side of a heavy skillet; heat to medium.
4. Fry the dough, turning once, until it is puffed and golden, and the tip of a knife inserted in the centre comes out clean. Cut into pieces and serve. 🍴

Laura Allgrove is a Guider in Williams Lake, British Columbia and a former member of the Canadian Guider Editorial Committee. Dana Weatherell is a Guider in Milton, Ontario. Special thanks to Becky Vincent, of Richmond Hill, Ontario, who features Dana's 2001 booklet, Camp Themes, on her website: dragon.sleepdeprived.ca and to Sara Holzman, of Iqaluit, Nunavut, for the fried bannock recipe.

Photo: Alison Thomas



Stone Soup

A Lesson in Cooperation

Maureen Taylor, a Guider in LaSalle, Ontario, submitted an idea that works well at any camp, and especially at a pioneer camp. Her unit made “stone soup” in a traditional cooking pot over an open fire.

“The girls had a blast putting each of the ingredients into the pot, as one of the leaders read the folk story, *Stone Soup*,” she said. “And as the soup cooked, we discussed the values that are promoted in this tale of cooperation in the face of scarcity.”

The soup was the last meal of the camp, so many of the parents coming to pick the girls up got to taste it and hear the story. “Everyone loved it,” said Maureen. “And I loved the looks on the girls’ faces when I added crushed ‘stones’ to the water. Of course, I later admitted they were bits of bouillon cubes, so I didn’t need to fish them out of the soup before serving it!”

In “A Guider Makes Stone Soup” (see right) *Canadian Guider* has updated this classic tale, and thrown in a delicious Girl Guide twist at the end. Read it to your girls, whenever you decide to make your own stone soup at camp!

A Guider Makes Stone Soup

A Traditional Tale with a Tasty Twist

A weary Guider arrived at a campsite after a long trek. Although she had been prepared for her journey, alas, her last day’s food supply had been stolen by raccoons the night before. Having nothing left to eat, she hoped someone would be able to feed her. At the first tent, she asked a camper if she had a small bit of food to spare.

I have hiked so very far and last night, raccoons took my food supplies, she explained.

I’m very sorry, but I can barely feed the campers in my own tent, because most of our food was also taken, replied the camper.

So the Guider went to another tent and asked again. The answer was the same.

We have so little left, we have nothing for you.

The Guider went from tent to tent, and each time was turned away. Food was in very short supply in the entire campsite. It seems those rascally raccoons had been on a ravenous rampage!

Ever industrious, the Guider went to the campsite’s fire pit, built a fire, took a cooking pot from her bag, filled it with water, and dropped a few stones into the pot. As she boiled the water, a passing camper stopped and asked her what she was doing.

I’m making stone soup. Would you like to join me? responded the Guider.

Yes please, said the camper. *I have nothing left in my supplies except some dried carrots. Would they be good in stone soup?*

Absolutely, said the Guider, smiling.

The camper hurried off to get the carrots. Soon, another curious and hungry camper came by and was invited to join them. She had only dried potatoes left, and quickly fetched them for the pot.

In time, a crowd of campers gathered at the fire pit, with everyone offering what little they had left in their depleted supplies. Dehydrated squash, beans, mushrooms and meat soon filled the pot. Everyone seemed to have something to contribute, except for one unfortunate camper, who had nothing left at all. She was welcomed, anyway, and as the soup simmered, she remembered she had salt and pepper to season it. The last camper to join the group announced that she had nothing for the pot, but had managed to salvage a large package of instant hot chocolate mix and four boxes of Girl Guide Cookies!

When the soup was ready, the Guider fished out the stones and all the campers enjoyed a warm and nourishing meal – together! And in the morning, they shared hot chocolate and cookies, before happily heading home. 🌍

Terrific Tripping

Five Tips to Get Girls Paddling

BY KAITLIN WINTER

Taking girls on their first canoe trip can be intimidating – not just for them, but also for you! But it's always worth it. Here are five tips to help you get your girls paddling to perfection.



Photo: Nicola Paetkau

1 Keep it Short and Sweet

If you're like me, you've probably gone on many a canoe trip and you love being out there as long as possible. But remember that you're introducing new paddlers to something they have not experienced before. Limit that first trip to two or three nights. The girl who discovers she dislikes canoeing on the second day of a 10-day trip is not going to be a "happy camper." Your goal is to instill a passion for tripping. Keep it short and sweet, so you leave them wanting more!

2 Get in Gear

Hold a session on personal gear. Describe a typical tripping day and brainstorm what the girls will need for the day and for overnight. A lot of first-time trippers won't have all the optimum gear, but there are many alternatives. For instance, for quick-dry shorts, swim shorts and sports shorts work well, but many girls don't immediately think of them. Have the girls bring their gear to a meeting. This will help you to double check that those "hideous" yellow rain pants the girls tend to "forget" are, in the end, not forgotten. It will also empower you to suggest that a third cotton shirt isn't really necessary.

3 Easy Does It

One of my favourite parts of tripping is steering a canoe. Another is the feeling of achievement at the end of a long portage. Very likely, steering and portaging will not be the favourite parts of a trip for an inexperienced paddler. Plan an easy route and keep the paddling to no more than 10 kilometres a day. (My personal optimum for novice paddlers is seven kilometres.) Limit portages to one kilometre or less. Schedule time on site for the girls to relax and enjoy themselves, not just to eat and sleep.

4 Challenge It Up!

Tripping provides many opportunities for girls to discover just what they can do. Make sure every girl gets a chance to try paddling in the stern. If you or they are nervous about their steering abilities, just give them a short time, and put an experienced paddler in the bow as a contingency. Challenge them with map reading. Follow the girls even if they lead you in the wrong direction, and then help them to find their bearings and correct themselves. And don't forget the portage! With light canoes, encourage the girls to try solo portaging. Some may only take two steps, while others may discover they are adept portagers. For heavy canoes, double portaging offers a terrific teamwork challenge! Get the girls to organize a short portage. Carry only what they tell you to or carry nothing at all and let them see what they can do.

On site, let the girls set up tents and tarps, build the fire and organize a meal. If they don't know how to do these things, you can teach them on the first night, and then step back later. They can progress from helping you cook to following your instructions and recipes to cooking without instructions or recipes. Just make sure the food is edible. Hungry campers are not happy campers.



5 Fun, Fun, Fun!

Over the years I've been taught some great ways to have fun on trips. Last summer, it was theme days. One of my favourites is funny face hair theme. Bring several colours of face paint. After applying the morning sunscreen, paint beards, moutaches and goatees on everyone's face. The girls can also name their face-hair character and adopt that personality for the day. On trips, I always bring a group novel, selected by the girls in advance. We take turns reading it out loud during rest periods. For other fun activities on site, you can include cards, bracelet making supplies, paper, coloured pencils and markers, and whatever else you want in your bag of tripping tricks.

Happy paddling! 🐾

Kaitlin Winter is a Guider and paddling enthusiast in Montreal, Quebec.

For complete GGC risk management and safety information, please consult Safe Guide.

If you also had a great experience leading girls on a first-time adventure, please send your stories and photos to cdngdr@girlguides.ca



KEEP IT SAFE!

Five Essential Paddling Rules

1. All paddlers must wear a properly fitted and fully done up PFD at all times on the water.
2. To participate in overnight canoe tripping, girls must be Pathfinder-age or older.
3. The required Guider to girl ratio is 1:5.
4. All paddlers must have passed a boating swim test.
5. Guiders and girls must understand boating whistle signals. Review them before you set out.



Ask a Guider

Bullying at Camp

BY RACHEL SHOUP

Bullying is a concern in any setting, but at camp, where everyone lives in extended close contact, it can be even more challenging. Here are some tips on how to manage bullying situations at camp.

Q At my last camp, there was one girl who regularly bullied her campmates. What's the best way to handle this?

A There are a number of strategies you can use in-the-moment to deal with bullying.

- **Talk to the girl one-on-one.** Don't yell at her, especially in front of the group. Talk calmly and respectfully, and she will be more likely to respond in a mature way. Explain why her behaviour is inappropriate and talk about why she behaved the way she did. Explain the effects the behaviour has on the group as a whole and on individual members. Discuss how she should correct that and follow through with more discussion and suggestions, if the bullying behaviour continues.
- **Go forward positively.** Deal with bad behaviour in the moment, so girls will

know it's not tolerated, but don't dredge up the past. Reminding a girl of her past mistakes tells her you still see her as a bully. If you see her as a bully, she will follow suit and see herself that way.

- **Reward her for (and remind her of!) positive behaviour.** For example, "Sarah, it was so generous of you to share your extra flashlight with Ashley." This creates an opportunity for the girl to see herself differently. Instead of being labeled a bully, she can see herself as generous and kind.

Q How do I help a girl who is bullying at camp, but also protect the other girls from the bullying at the same time?

A It is our responsibility as Guiders to ensure the well-being of everyone at camp. If a girl is bullying, talk to her about how she is feeling and why she is acting out. Once you know what is truly bothering her, you can help her. If you are aware of her bullying tendencies prior to the camp, talk to her parents; if it only comes out at camp, talk to them when you get back. Parents might not always volunteer information, but if you ask them directly, they might give you some important insights into a girl's situation.

Q Camp can be an intimate and intense living environment. What is the appropriate way to let a girl know in advance she especially needs to watch her behaviour there?

A Camp presents a pressure-cooker environment, where girls are together for days and nights at a time. If you're noticing a girl constantly bullying at meetings, you might want to talk with her about her behaviour. If a girl is unable to behave at the meetings leading up to camp, talk to her parents or guardians to see if they can shed some light on her situation. Make sure she understands that what she is doing is wrong, and what strategies you might have to adopt if her behaviour continues. Encourage her to find more positive and appropriate ways to express herself and interact with the other girls.

Q Is camp the appropriate place to discuss bullying directly with the whole unit, if we think there is a potential problem?

A Whenever your unit faces a radical problem such as bullying, it needs to be addressed. If you identify bullying in advance of camp, consider a meeting on bullying, respect, friendship, team-building and communication. Once you've addressed these things as a group, you can refer back to the lessons learned. Work with the girls to come up with a unit code of conduct, both for meetings and at camp.

Remember, though, that starting a camp by talking about bullying might imply that you expect bullying to occur, so don't bring it up before it becomes an issue. If bullying is an issue, then it is absolutely appropriate to talk to the group about appropriate camp behaviour. Just be careful not to single anyone out!

Q If the bullying gets really out of hand, what recourse do we have as leaders?

A Explain why the girl's behaviour is inappropriate and the course of action that will be necessary if the behaviour continues; then move on. As Guiders, we are ultimately responsible for the group. If the presence of one girl is threatening the safety and well-being of the group, you might, in a worst-case scenario, have to make a call to the girl's home. ☹️

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

GGC Resources

Handling Bullying

Adult Member Support Module 5: Girl Misconduct and Bullying contains information on GGC's Code of Conduct, behaviour management, and what to do if the bullying gets out of hand. This document can be found in Program Resources on Member Zone.

Girls United provides activities that units can use to promote healthy relationships and prevent bullying. An enrichment training is also available to help Guiders recognize social aggression and take action. Look on girlguides.ca under Specialized Programming.

Calling All Shutterbugs

Get Ready for the 2014 GGC Photo Contest!



We're looking for great photos that showcase Guiding, and we want you to hit us with your best shots! Send us your finest, most dynamic and identifiable (featuring GGC T-shirts, scarves, badge sashes, hats, etc.) images of the fun, friendship and adventure of Girl Guides.

Photos must be submitted online via girlguides.ca

Photos must be submitted with your full name in the file name. During your submission, you will have to affirm that you have IR.1 (Image Release Permission) forms signed and on file.

Photos must be sent as a photo file that is between 1MB and 5MB.

- 1 Grand prize: New digital camera
- 5 First place choices: \$50 Chapters/Indigo gift card
- 5 Second place choices: \$25 Chapters/Indigo gift card

Deadline: October 1, 2014

Full contest details: girlguides.ca



Girl Guides
of Canada
Guides
du Canada

Hey Shutterbugs . . .

Here's How to Hit Us with Your Best Shots

- If possible, carry a camera and a spare memory card and battery on Guiding outings, so you don't miss out on those perfect photo ops. We know that many people use their mobile phones as cameras now, but phone images are only useful for print if they are high enough in resolution.
- When emailing us photos, please send at the highest resolution possible. Images printed in the magazine need to be much higher in resolution than images posted online.
- Take both vertical and horizontal shots to give us more layout options.
- Shoot outside as often as possible. Natural lighting is more flattering than artificial, especially overhead fluorescent lighting.
- Use your automatic flash. It will fill in with light where necessary, both indoors and outside.
- Unless you need background details to tell your photo's "story," move in as close as you can to your subject.
- Use different angles. Go above, go below, and even get down on the ground, especially with girls!
- Try for candid, active, spontaneous shots. Avoid shots of girls and Guiders standing in passive groups – we don't want it to look like a class photo!
- Use trees, tents, windows, doorways or anything else that frames your subject.
- Shoot, shoot, shoot and shoot again! It can take many so-so images to score that perfect publication shot!

These tips have been condensed from Marlene Graham's "Shutterbug Secrets – Ten Tips for Taking Great Photos," featured on pages 18-19 of the Fall 2012 issue of *Canadian Guider*.



A Family Affair

A Dad, a Daughter & Girl Guide Cookies

When it comes to Girl Guide cookie sales, where do the girls' parents and guardians fit into the picture? *Canadian Guider* went in search of answers. Here is what one parent, Matthew Redican, had to say about how he supports his daughter, Nayeli, a Guide in Brampton, Ontario. When she sold 81 cases last year, Nayeli, who was then a Brownie, was rewarded with a tablet as part of Cookie All Stars.

What role do you play in helping Nayeli to make sales?

When Nayeli sold cookies the first year, I used my own childhood experience from sales drives with my older brother to teach her about what to say when people came to the door and how to respond to their questions. I also taught her about the "art" of sidewalk sales, displaying her product but not being pushy. People generally love Girl Guide cookies, and appreciate not being approached aggressively. Nayeli knows that if they want some, they'll approach her, as long as she always makes eye contact and smiles.

Do you have other family members or friends who also help?

Yes, definitely. When Nayeli set her own goal of 80 cases last year, I notified everyone I knew, leveraging social media and email and taking orders in advance for fall and spring. Some people who were in retail or office environments ordered a couple of cases each to sell on her behalf. When the cookies arrived, we also did some serious door-knocking. We battled

cold weather, wind and rain outside, and on extremely cold days, we found places to sell indoors. When I wasn't available, Nayeli's mother pitched in and her older brother sometimes volunteered to pull her cookie wagon.

Do you think the Cookie All Stars incentives play a large part in Nayeli's motivation to sell?

As the season went on, Nayeli occasionally thought about calling it quits. Then she thought of the tablet she would earn for selling 80 cases, and she remembered how great she felt when she received a Cookie All Stars crest and a Cineplex gift card for selling 15 cases the previous year. She began asking me what the reward for the next level would be, then for the next and finally for the big reward – a tablet. (Hearing about the tablet, Nayeli's brother joked that he wanted to be Girl Guide!) Nayeli understood that selling 80 cases would not be easy, but she took it on. So, I guess it's fair to say the Cookie All Stars incentives inspired her to move from 15 cases in her first year to 80 cases in the



Nayeli remembered how great she felt when she received a **Cookie All Stars crest** and a Cineplex gift card for selling **15 cases** in her first year of Brownies.



second. What's really great is that the program has rewards at several attainable levels, giving girls a chance to set targets they can realistically reach.

What do you think Guiders can do to help parents with cookie selling?

Nayeli's Brownie Guider, Lee Crawford, couldn't have been more supportive. Any time we got low on inventory and ordered more cookies, she would load up 20 cases in her truck and drive them over to our house at her the first opportunity. She even had to scramble to get more at one point, so she "borrowed" from another unit and returned their inventory when she got hers.

So I'm not sure that Guiders really need to do more, at least from our experience. If Guiders are not already doing it, I would recommend they hold a couple of sessions

each year that focus on the approach, the tools on the website, the dangers, the satisfaction of selling cookies and the benefits to both the seller and the unit. And more experienced girls could share stories about their cookie sales challenges, pitfalls and successes, teaching the younger girls about "best practices."

What is the most important thing Nayeli experiences through cookie selling and in her other Guiding activities?

Whether she actually realizes it, every year in Guiding, Nayeli learns invaluable life lessons. When she goes camping, she learns outdoor survival skills. When she sells cookies, she learns a skill that can help her in selling anything in the future, including herself in job interviews. And in all her Guiding activities, including cookie

sales, she has learned that sticking with her goals through thick and thin can be very rewarding. She is very proud to have earned her tablet herself and uses it every day.

In regular meetings, whether doing crafts, taking part in activities or playing games, Nayeli learns about a world of history and culture beyond her own, and the importance of collaboration and teamwork. I highly recommend the Girl Guide experience to all girls who are not yet involved, and the rewards of cookie selling to those who are. 🍪

Editor's Note: Look for more parents' stories on Girl Guide cookie sales in the Fall 2014 issue of Canadian Guider. For more information on Cookie All Stars, visit: girlguides.ca and click on Cookie All Stars in the dropdown menu under the Cookies tab.

Photo: Matthew Redican

Cookie All Stars

Get Crafty!

Tips to Get Out of a Crafting Rut

BY LEE ANN FRASER

*Help! I need a craft for this week's meeting!
I can't find half of the items on the supply list!
I am not crafty! I am sick of doing the same old crafts!
I am just plain tired of organizing crafts!*

*Do these pleas sound all too familiar? Fear not!
There are ways to get out of a crafting rut.*



A craft can be as simple as folding a piece of paper into a card or as intricate as sewing an entire quilt. You have many choices, depending on the availability of supplies, your unit budget, the age of your girls, your enthusiasm for crafting and your skills. Remember, most girls really enjoy the creativity of crafting, and it's part of our job as their leaders to provide crafts in the program. This doesn't have to be an overwhelming task. In fact, it can be fun if we employ a little imagination and do a little research and preparation. Here are a few pointers to help you get crafty with your unit.

Before Deciding on a Craft

- Take inventory of your unit's supplies and your own junk drawer before making any new purchases. Use up items destined for the garbage or recycle bin whenever possible.
- Ask co-Guiders, parents/guardians, friends, your own family and the girls, if they have supplies you can use. For example, if you need 15 baby food jars for a craft, a family with a baby beginning to eat solid food can likely supply them.
- Check out your local stores and yard sales to see what supplies are available and if they fit within your budget.

Don't Procrastinate

I confess: like many of you, I have been guilty of the last-minute, frantic scurry to get supplies, because I just didn't get around to organizing a craft in time. Once you have gone through the steps above, decide and move on that decision. Those baby jars will need to be collected. You may need more of one thing you found in your junk drawer. Or those things you saw in a store or yard sale that fit your budget may go out of stock.

Get in the Craft Groove

Every time I go to a store or a yard sale, my mind gets into what I call my craft groove. In my craft groove, a bouquet of faux flowers turns into little fairies, battery-operated tea lights become snowmen or popsicle sticks become a treasure box. The possibilities are endless.

Do Your Research

- Search Pinterest and other craft sites on the Internet.
- Look through books and magazines on crafts. Look for local artisans and crafters who might volunteer their talents.
- Ask local Rangers and Pathfinders to share their Girl Guide craft experience and assist younger girls in making something.
- Ask the girls' parents if they have experience, too, that they want to share.
- Ask the girls if they have any craft ideas. One or more of them may want to introduce the rest of the unit to a craft she enjoys.

Photos: Lee Ann Fraser



Adapt and Update

You don't need to reinvent the wheel every time you do a craft. You can adapt old ideas by updating facts or adding modern supplies. Think back to the crafts you enjoyed as a girl and think of how you might make them relevant to today's girls with trendy colours and materials. For example, consider the folded paper craft, which is manipulated by one player's fingers to arrive at a section to be opened by another player to learn her fortune. This "fortune teller" craft can be used for many themes, including Guiding History, World Centres, or badge work. Use modern Guiding facts, new Guiding clipart and Guiding colours to update it.

Don't Sweat It!

Crafts are an important part of the Guiding program, but they shouldn't be a cause for anxiety and frustration, if you do some research and preparation. Make a sample in advance so the girls can get an idea of what they are creating. If it's complicated, get help. If you are inspired and prepared, you will have fun, and so will the girls. At the end of the Guiding year, when your unit budget might be running low, have a crazy craft night. Put out everything left over from the year's craft work and challenge the girls to create something wild, wacky and FUN! 🍷

Lee Ann Fraser is a Guider in Antigonish, Nova Scotia. Check out her blog at: owl-and-toadstool.blogspot.ca for great craft ideas!



Pinterest
Stick a Pin in It!
 There are hundreds of fun and fabulous Girl Guide craft ideas on Pinterest. Here are some of our favourite Pinners:
 Girl Guides of Canada: pinterest.com/girlguidesofcan
 Girl Scouts U.S.A.: pinterest.com/search/pins/?q=GSUSA
 Guider LeeAnn: pinterest.com/guiderleeann
 Girl Guide crafts and lore: pinterest.com/northowl/girl-guide-crafts-and-lore-love-it
 Camp themes, swaps, and more!: pinterest.com/cmpam

Spring



Show off
your
cruisin'
critters'
moves.

Crazy Caterpillar

She's Got the Moves!

S B G

Here's a craft that will help your girls really get their groove on. Once they make these crazy caterpillars, they can turn on some music and create routines to show off their cruisin' critters' moves. We bet you anything that everyone will soon be up and dancing, too!

What You Need

- various sizes and colours of pompoms (approximately seven per caterpillar)
- needle with a large eye
- string or embroidery floss
- feathers
- googly eyes
- white glue
- wooden stir sticks

What You Do

- Thread a needle with embroidery floss and knot it. String pompoms snugly together in the size and colour of your choice, until your caterpillar is the length you want.
- End with the largest pompom for the head and the smallest for the nose. Once the nose is attached, insert the needle back through it and up to the top of the head. Tie a knot.
- Glue feathers on the head and tail, covering the knot. To make the feathers super fluffy, comb them with your fingers several times to loosen the barbs.
- Glue googly eyes above the nose.
- Glue a stir stick to the tail and head. To make them secure, spread the pompom fibers, add the glue and position the stick, holding it for a few minutes until the glue sets. 🐛

This craft and the two on the facing page come from Lee Ann Fraser, who also contributed the "Get Crafty" article on page 34 of this issue. To see her crazy caterpillar showing off her moves, look for her 15 January 2014 post on: owl-and-toadstool.blogspot.ca

Fun!

Match Them Up!

Girl Guide Memory Game

S B G P

Quiet activities always come in handy for early birds arriving at weekly meetings and for rainy days at camp. Memory is a fun quiet game that also lends itself well to themes, such as camp gadgets, patrol emblems, careers, constellations, knots, trail signs and WAGGGS uniforms. Easy-access images for the cards include GGC keepers, badges and crests or any fun stickers the girls enjoy.

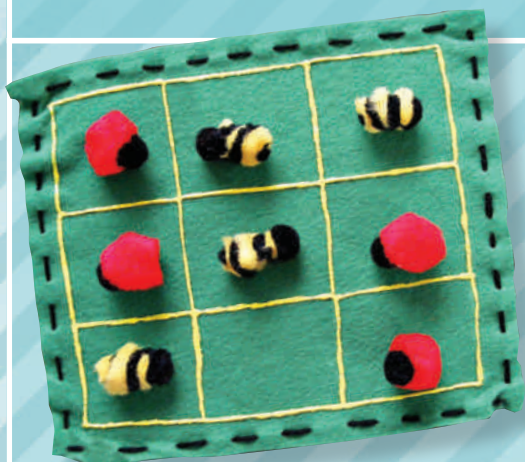
The traditional Memory game is played with a deck of cards, so the grid contains 13 sets of four cards, for a total of 52. This is a good template for Girl Guide Memory, but you can expand or condense your grid as you wish. To begin, a player turns over two cards. If they match, she removes them from the grid and continues until two cards don't match. Then the next player takes a turn. The trick is to remember the position of each card as it is turned over and back, and the game continues until all cards are matched and removed from the grid.



For a patrol emblem Memory game, I glued colour printouts of the Guide patrol emblems to the printed sides of cereal box cardboard, stamping the plain side with trefoils. I used a hand-carved eraser stamp for the trefoils, made before the border was added to the GGC trefoil logo. I also protected the cards with self-adhesive laminate.

Our unit also made a large-scale Memory game with a nature theme, using images from calendars and magazines placed inside upcycled file folders. With the file folders laid out in a grid on the floor, the girls played in two teams, taking turns to flip open two file folders. If they had a match, they took the two file folders from the grid and continued until they didn't find a matching pair, and the other team took over.

Other Memory games we have used in our unit have featured GGC 100th Anniversary stickers, GGC online clipart and pictures of marine animals cut from wrapping paper. The girls enjoy making games to play as a unit and individual versions to play with family and friends at home. ♻️



Tic Tac Toe!

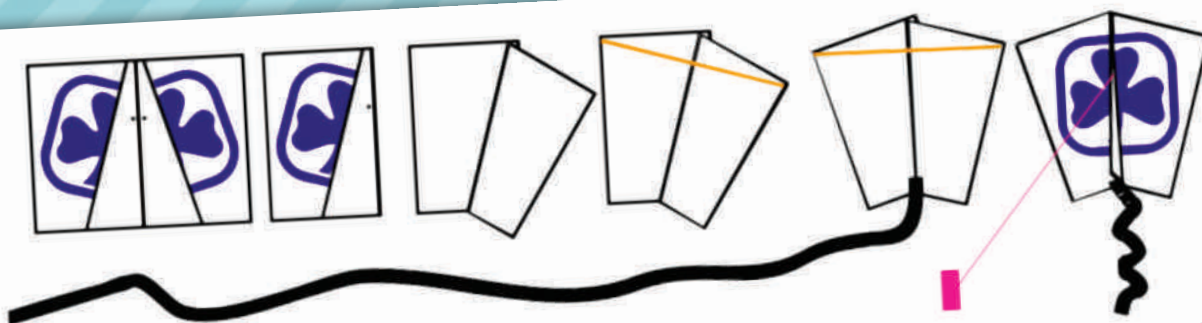
S B G

Another fun and easy craft is this felt drawstring tic tac toe game, featuring bee and ladybug playing pieces.

The bees are made by wrapping black chenille stems around yellow pompoms, and the ladybugs are made with red pompom bodies and smaller black pompom heads. You can add eyes, white fabric paint dots and antennae details if you wish.

Draw the playing grid with yellow fabric paint on a square of felt, and stitch the edges with yarn, tying the ends together to form a drawstring. When you are finished playing your tic tac toe game, draw the string until it forms a loose pouch, store the playing pieces inside, and secure the opening until you want to play another game. ♻️





Let's Go Fly a Kite!

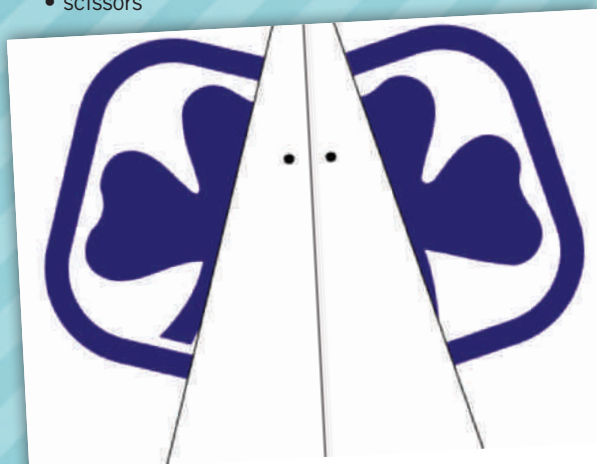
Girl Guide Trefoil Mini-Kite



Here's an idea that combines science, technology, engineering and math with crafts. This mini-kite lends itself to experimenting with aerodynamics and provides a great decoration for meetings, events and cookie sales venues.

What You Need

- letter-sized copy paper and colour printer
- *trefoil pattern template (see the image below for the URL to the template)
- two 8-inch (21 cm) bamboo shish-kabob sticks
- light-weight ribbon or surveyor's flagging tape
- 6 to 10 feet (2 to 3.5 metres) of string
- a 6-inch (15 cm) length of 1-inch x 3-inch (2.5 x 7.5 cm) doweling (wooden rod)
- hole punch
- tape
- scissors



*To download a PDF or Word file of these instructions and a template for the kite, look for Trefoil Kite Instructions and Trefoil Kite Template in Challenges/Activities under Programs on memberzone@girlguides.ca

What You Do

1. Print a colour copy from the *trefoil pattern template.
2. Lay the paper on a firm, flat surface in landscape (horizontal) format – trefoil image facing up.
3. Fold the paper in half, along the centre black line.
4. Fold the paper along the black diagonal line; turn over and repeat on the other side.
5. Turn the paper image side down and tape the spine, securing the two folds together.
6. Turn the paper image side up and punch a hole through the matching black dots.
7. Turn the paper image side down again, and tape the cross stick perpendicular to the spine, from corner to corner at the top.
8. With the image still facing down, tape the ribbon tail to the bottom of the kite.
9. Flip the kite to image side up and fold the spine back and forth.
10. Tie a string through the hole and secure the end to the doweling, wrapping the string around it.

Now, go fly your kite!

Bring your scissors, tape and extra string and ribbon with you, in case you need to cut knots and tangles or make a new tail. On windy days, a longer tail helps balance the kite. Experiment to see what works best. Remember to display your kites at Guiding events and Girl Guide cookie sales venues. 🌬️

Editor's Note: *If this is your idea, please let us know, so we can give you credit in the next issue of Canadian Guider. Write to: cdngdr@girlguides.ca*

A Sweet Accessory

Girl Guide Cookie Box Wallet

G P R

This idea is an adaptation of directions from Linda Calverly, a Guider in Bridgenorth, Ontario based on a *Girl Scout Cookie Box YouTube video.

What You Need

- 1 Girl Guide cookie box
- clear 2-inch (5-cm) width cellophane tape (the essential width for our purposes)
- scissors
- felt marker
- two self-adhesive Velcro dots for our purposes)

What You Do

* We suggest you also view the GSUSA video and use it as a reference as you proceed. You can find it by typing Girl Scout Cookie Box Wallet into the YouTube search engine.

1. Tape the top of the box closed, covering the entire surface. (This is essential for the folding you will need to do later.)
2. Cut the front of the box along both sides from bottom to top.
3. Tape the inside of the box top, covering the entire surface. (This is also essential for the folding to work.)
4. With the box open, cut one side, starting at the sealed box top and curving towards the back of the box, ending 2 inches (5 cm) from the top. Cut the side seam to meet your cut. Use the cut-out to mark the other side panel with the felt pen, and cut that side seam and marked line.
5. Pinch the box top and front together, forcing the sides inwards. Crease well.
6. Open, holding the box upside down (box top down). Measure up the back to 4 inches (10 cm) and cut. Fold the back into the box top. Crease well.
7. Close the wallet and bring the front of the box over the back of the box (inside front of the wallet). Trim the bottom of the wallet in the folded position, rounding the corners.
8. Cut a 2-inch (5-cm) strip from the remaining piece of the box front that includes the two cookies and the girl with the magnifying glass. Slide this on top of the inside wall of the wallet. If you cut it precisely it doesn't need glue or tape.
9. Peel and fix Velcro dots on the inside front flap, close to the corners you rounded off. Peel the other side of the dot and close the flap, pressing firmly to adhere the dot to the corresponding side. ☺



A Happy Hat Craft

Clothespin Caterpillars

S B G

If you love Lee Ann Fraser's crazy caterpillar craft on page 36, try these clothespin caterpillars, too. Your girls can clip them on their camp hats and then have fun dancing around with their stick puppet caterpillars. Thanks, Lee Ann, for yet another great idea to go!

What You Need

- wooden clothespins
- pompoms in various sizes and colours
- craft feathers
- googly eyes
- craft glue
- craft paint*
- foam strips*



What You Do

1. Glue a large pom-pom to the top front of a clothespin to form the caterpillar's head.
2. Glue decreasing sizes of pom-poms along the clothespin behind the head to form the body.
3. Glue googly eyes, a tiny pom-pom nose and a feather to the face and head.
4. Attach your caterpillar to the brim of your camp hat and have fun!

*If you want a coloured base, paint the wooden clothespin.

*You can also glue a foam strip to the bottom of the clothespins to give more height and stability to your caterpillars if you want to display them on a table, counter or windowsill. ☺

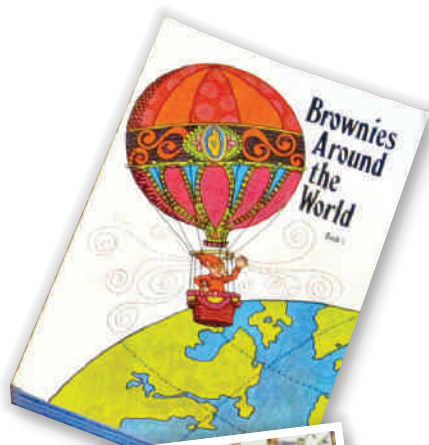
Photos: Lee Ann Fraser

Photo: Sharon Jackson

Girlhood Keepsakes

Girl Guide Collections

BY RACHEL SHOUP



A great way to introduce girls to the idea of earning a Collecting Badge is to have them bring in their keepsake collections. Here are some thoughts on this from a Guider who is herself an avid collector.

When I was 12, I collected everything from stones to drift glass and seashells, to stamps and stickers to Beanie Babies. Then one day at a rummage sale, I discovered *The Scouts How-To-Do-It Book*. In that moment my Guiding and Scouting collection was born.

My mom was a Brownie; my grandma was a Brown Owl; and my dad is a book collector and seller. So I guess it only seems natural that I have combined my love of Guiding and my enthusiasm for collecting. Today, my collection spans more than 90 Scouting and Guiding publications from all over the world, and while I prefer small publications such as pamphlets, leaflets, and a wide variety of ephemera, I also have a solid stack of hard-cover Girl Guide books that I love.

A Rich History

I love my collection because Guiding is important to me, and it provides a fascinating way for me to study how our organization has progressed through time. One of my favourite pieces is *Camp Prayers for Guides*, a relatively small book compiled by Caroline Sheelagh Tatham and published by The Girl Guides Association, London, 1948. Its title reflects Guiding in

Program It!

Program Connections for Girl Guide Collections

SPARKS

- Being Me – Spark Memory Book

BROWNIES

- Key to Me – Hobby Fair (Activity)
- Cool Collecting (Interest Badge)

GUIDES

- You and Others (Program Area) Collecting (Personal Growth Interest Badge)

PATHFINDERS

- My Music, My Movies, and More! (Program Area) – Join the Scrapbooking Craze (Module); Camera Craze (Module)
- Finding the Path (Program Area) – Cookies Rising #6

RANGERS

- Celebrate Guiding (Program Area) #15 The Guiding Movement; #30 Your Interests
- Community Connections (Program Area) #25 Oral History
- Environment, Outdoors and Camping (Program Area) #22 Hide and Seek

a different era, and like other older publications, its contents link the reader to Guiding's rich history. Another two favourites are my editions of *The Guide Handbook*, which I enjoy comparing. For example, the 1960s edition is 179 pages and features the "Guiding Salute," while the 382-page 1970s revised edition features our current "Sign and Handshake."

Perhaps the nicest thing about my collected set of historic Guiding publications is the connection they give me to those who had them before me. Many items in my collection have the names of individuals or units printed on the cover or inside the front, allowing me a small insight into the people who have read and enjoyed my collectables before me.

The Collecting Badge

Sharing my love of collections with the girls is always fun and productive. Brownies and Guides both have some version of a Collecting Badge, and it's easy to adapt to other branches and program areas. It makes for a fun and purposeful show-and-tell, gives the girls a chance to share something they value, and lets everyone practise speaking in front of a group. Best of all, no one is ever left out, because in my experience every kid collects something!

Today, my collections of drift glass, seashells, stamps, stickers and Beanie Babies are gone, or are sitting somewhere forgotten. However, my Guiding and Scouting book collection remains and will likely continue to grow year by year. 🐼

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



Every kid collects something!

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Girl Guide STUFF SWAP

An Environmental Awareness Idea to Go

BY RACHEL SHOUP

Something I really like doing with my girls is a stuff swap. It's a great activity for Earth Day (April 22) or any meeting or event focused on environmental awareness.



Ask your girls to bring in a few items that are in good shape, but that they no longer want to keep. For younger girls, this could be a board game, book, stuffed animal, or toy. For older girls, it might be a CD, book, piece of jewelry or article of clothing.

Get the girls to display all the items they have brought. Girls get to go from “shop to shop,” but instead of spending money, they may only trade (or barter) the items they have brought with them. A good rule is to ask the girls to bring a specific number of items (for example, three to five). A second good rule is that no one can take away more items than they brought.

A stuff swap is a fun way for girls to learn about alternative ways of reducing waste. Instead of buying new items, why not trade with friends, and reuse a product or item that we might otherwise throw away? The girls learn about thrift, practise communication skills as they discuss, reason and barter with each other, part with things they no longer need or want and come away with things they do want. At the end of the meeting, you can collect any items that have not been claimed, and donate them to a local thrift shop or rummage sale. ♻️

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

Program It!

Program Connections for Girl Guide Stuff Swap

SPARKS

- In My Community Keeper

BROWNIES

- Key to the Living World Terrific Trash Interest Badge

GUIDES

- Recycling Personal Growth Interest Badge
- Conservation Interest Badge

PATHFINDERS

- Exploring Your Creativity: #11 Chic but Cheap
- Environment, Outdoors and Camping: #2 Reduce, Reuse, Recycle

RANGERS

- Environment, Outdoors and Camping (Program Area): #2 Reduce, Reuse, Recycle

This activity can also be counted towards the “Transforming Trash to Treasure” activity which is a part of GGC’s National Service Project: Operation Earth Action.

For more information, check out:

nsp.girlguides.ca/treasure.aspx

Get Spinning!

A Challenging Idea from Québec

Guides Québec have created a great new challenge tool to enhance their program, their projects and their activities. It's called The Québec Spin, and it can be easily adapted by any unit across Canada.

From Sparks to Rangers, the girls decide what challenges they will take on and document their achievements, to inspire others by their efforts. Their Guiders support them in deciding on and carrying out each project or activity, but ultimately it is the girls who define the objectives and success of their challenges.

Guides Québec have produced a crest that their units can purchase to offer girls a fresh acknowledgement for traditional projects and activities, for which they may already have earned traditional badges. The Spin crest can also be used to recognize girl-planned events that don't lend themselves to other program acknowledgments.

A Spin information kit and four spinner rings to make a wheel can be downloaded from the Guides Québec website. Actions, activities, goals and impacts are represented in each of the rings respectively. The girls can use the spinner to suggest ideas, or they can come up with an idea of their own, and line up the other elements to facilitate it. The spinner elements can easily be customized by any unit to create similar challenges, or to use for assigning tasks at meetings and chores at camp.



For more information on this challenge, visit girlguides.ca/QC-EN and follow the links under the Programs tab. Spin stories can be found on the Guides Québec blog at guidesquebec.wordpress.com and a video explanation of Spin can be found by typing Quebec Spin Challenge into the search engine at youtube.com.

Take up the challenge and get your girls spinning, too! 🌀

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Photos: courtesy Christina Noël



Guiding Took Me There

Notes from a GGC Scholarship Recipient

BY CHRISTINA NOËL

The Girl Guides of Canada annual Scholarships provide our members with more than just money to pursue their post-secondary career studies. They open doors to new adventures. Take the case of Christina Noël, who received the 2010 GGC Col. Karen Ritchie Memorial Scholarship to study engineering. She has already gone places she once only dreamed of, and Guiding helped take her there!



After receiving my scholarship, I completed my first year in Engineering at Thompson Rivers University in Kamloops, B.C., before transferring into the Civil Engineering program at the University of British Columbia (UBC), in Vancouver. Finishing my third year last December, I entered my final work placement with Fisheries and Oceans Canada's Small Craft Harbour. The co-op program has given me invaluable opportunities

to expand my educational experience exponentially.

In my first two terms, I worked with the governing body of Canada's largest and most diversified port, Port Metro Vancouver, and at one of North America's largest open pit copper mines, Teck Resources' Highland Valley Copper. While the professional experience and technical knowledge I've gained will benefit me for the rest of my career, it's the memories I've made that will stay with me for a lifetime. Who wouldn't cherish the experience of sitting in the driver's seat of a giant cargo crane, learning how to maneuver donuts (tight circles) in a Harbour Master's boat, setting off a blast at Canada's largest open pit copper mine, or travelling up and down the beautiful, wild, west coast of Canada?

I love volunteering in my community, and trying new things. Currently, I am the Social Coordinator for the UBC Civil Engineering Club, editor of our faculty's monthly newsletter, and a member of the UBC student chapter of the Canadian Society of Civil Engineers. However, my absolute favourite volunteer pastime is being a Guider with the 82nd West Point Grey Brownies.

When I graduate as an Environmental Civil Engineer in May 2015, I hope to take on a term as a volunteer at one of the WAGGGS World Centres. I have already been to Our Chalet, Switzerland, where this past March, I participated in the Helen Storrow Seminar, focusing on the WAGGGS *girls worldwide say "we can save our planet"* initiative. Being a part of this organization has had a huge impact on my life, and as I pursue my chosen career in the waste management sector, I look forward to continuing to be an active and enthusiastic member of Girl Guides! 🌍

Christina Noël is a Guider in Vancouver, British Columbia.

fyn



GGC Tributes



Photo courtesy: Alison Cane

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 (December 2013 to March 2014) with you:

In Memoriam Recognition

- | | |
|-----------------------------|----------------------|
| Barbara Ambler, AB | Sylvia Henry, ON |
| Audrey Barden, ON | Sandra LaPierre, NS |
| Joan Conrad, ON | Margaret McCaig, ON |
| Doris Dunphy, ON | Daphne Moser, BC |
| Betty Farr, ON | Barbara Pfander, ON |
| Madeline (Billie) Glynn, ON | Bruna Trelle, ON |
| Bernice Graham, ON | Willa Uzick, BC |
| Kate Hall, BC | Gladys Zimmerman, BC |

A Tribute Opportunity

Supporting Scholarships

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

For more information, please email us at: colek@girlguides.ca



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Awards

Photo: Sandy Nicholson

Honorary Life

Nancy Shaw, Pointe-Claire, QC

Fortitude

Barbara Ambler, Edmonton, AB
Peggy Roettger, Regina, SK



Great Guider Recognition

A Note about Awards

Recognition is a great way to keep volunteers motivated, encouraged and feeling valued. There are a number of awards at both the provincial and national levels for which Guiders can nominate a sister Guider. Awards can be given at any time of the year and are an excellent opportunity to publically recognize a Guider for her contributions. Examples of GGC awards include:

Unit Guider Award – This provincial award is for Unit Guiders who provide girls with exciting programs and opportunities that help them achieve greatness. Depending on the level of experience of the recipient, bronze, silver and gold Unit Guider Awards are available.

Commissioner/ACL Award – This provincial award is for Commissioners/Administrative Community Leaders (ACLs) who excel at recruiting, retaining and mentoring members, and who uphold GGC values to lead effectively and gain the respect of their districts/communities.

Medal of Merit – This provincial award is presented for exceptional service to Guiding above and beyond the basic requirements for the position held.

Beaver – This national award is presented for exceptional service to Guiding at the provincial or national level, and is awarded to Guiders who already hold the Medal of Merit.

For a complete listing of award categories, take a look at Module 6 – Awards and Recognition. Most awards require the nominator to fill out an award application, collect two letters of support and send the package to the council or unit administrator as deemed by their province. If you would like to nominate a sister Guider, get your nomination in sooner rather than later to ensure adequate time for the approval. 🌐

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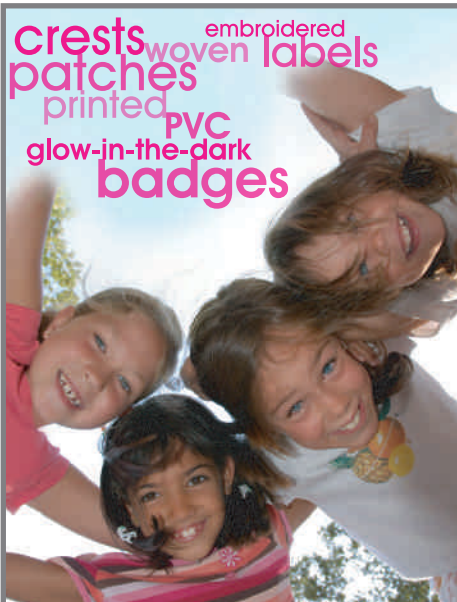


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