



# Quiver



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Patrol

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Camp

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Free  
Being Me



# CANADIAN *Guiders*

## Dear Guiders . . .

In Guiding, we enjoy countless unique opportunities for personal connections that often last a lifetime. We each share our individual voice in a sisterhood of 10 million voices in 145 countries throughout the world. As members of the World Association of Girl Guides and Girl Scouts (WAGGGS), we also speak in one united voice, making us a dynamic force, empowering the lives of girls and women everywhere.

Each year, on February 22, all WAGGGS members recognize World Thinking Day (WTD) as a time to celebrate our sisterhood.

For WTD 2015, we have created a special pull-out Friendship Flyer insert in the centre of this issue of *Canadian Guider*, to help you get your girls talking about inclusivity and diversity, two of the things that make Canadian Guiding so meaningful.

Girl Guides of Canada (GGC) has a strong tradition of twinning with WAGGGS Member Organizations (MOs). Twinning helps girls become engaged global citizens, while sharing specific cross-cultural learning with their sisters in Girl Guiding and Girl Scouting. At the launch of our Twinning 2020 initiative last fall, I met with Guiding members from our 2014-2016 partner countries: Chile (Ontario), El Salvador (Alberta), Guyana (Manitoba/Saskatchewan), Peru (British Columbia/Quebec) and St. Vincent and the Grenadines (Nova Scotia/New Brunswick/Prince Edward Island/Newfoundland and

Labrador) and with members and staff of the Western Hemisphere Regional Committee (WHRC) and of WAGGGS. This initiative will be an extraordinary adventure for GGC members, as we work together with WHRC members to develop a model for Twinning that can be used in WAGGGS communities around the world.

### In this issue . . .

Food allergies have been an increasing topic of concern, especially among those of us planning group menus. In *Outdoor Guider* (pages 23-26), you will find tips for menu planning, grocery shopping and food preparation, so your unit can ensure that girls who have allergies can fully participate in unit activities, especially camps. Speaking of “taking part,” have you heard about Guideability? It’s our commitment to making all of our units inclusive and accessible, and you can find answers to many questions about it in *Ask a Guider* (pages 4-5).

Of course, Guiding is also about fun, even in the coldest days of winter, so we have included some great indoor games (pages 20-22). And, because we know girls just can’t seem to “Let it Go” when it comes to their fascination with the movie *Frozen*, we offer activities, recipes and games to create a winter theme camp featuring Girl Guide “Frozen Fun” (pages 18-19).

Finally, Guiding is very much about service, and we are delighted to bring you an article about a Sandwich Patrol service project (pages 12-13) that we are sure will warm your hearts this winter!

*Sharron Callahan*

Sharron Callahan



Photo: courtesy Sharron Callahan



# Happy World Thinking Day!

February 22 is still two months away, but we know many of you will be planning your unit's World Thinking Day (WTD) celebrations soon. With this in mind, you will find a WTD Friendship Flyer insert in the middle of this issue of *Canadian Guider*. It detaches from the magazine easily, so you can use it to inspire unit discussions and activities. You can also post it on windows or walls to promote this special celebration of the international sisterhood of Girl Guiding and Girl Scouting.

Cover photo by Robyn McDonald

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

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# Guideability

## Accommodating All Girls

BY MELISSA MOOR

As Guiders, we welcome all girls and women, including those who have disabilities and chronic health conditions or other challenges. We are committed to “Guideability,” which means making all of our units inclusive and accessible. Here are some common questions and answers about how to accommodate girls of all abilities in your unit’s activities and events.

**Q** *My unit has a number of girls who have a variety of disabilities and chronic health conditions. How can I make our meetings fun, accessible and inclusive for everyone?*

**A** Learn about the interests and abilities of each girl, so you can plan meetings to be inclusive and accessible from the outset. During the meetings, be open to modifications if an activity turns out not to accommodate everyone.



**Q** *A new girl will be joining our unit. Her parents have told us that she has a disability. What can I do to help welcome her to our unit?*

**A** Speak with the girl and her parents. Learn to what degree her disability is likely to impact her participation in Guiding. Ask how you can best support her during meetings and at camps and events. Remember that accessibility is not just about the removal of physical barriers. Encourage inclusive behaviour for the whole unit and support for the new girl as she makes friends. Throughout the year, check in with the girl and her parents to see how she is doing and to ensure that the accommodations your unit has made are effectively making Guiding accessible for her.

Illustration: ©iStock/laziesVisa; ankomando (edited)

**Q** Where can I find additional support and resources on inclusivity and accessibility?

**A** There are a number of resources that can help you make your meetings inclusive and accessible.

- A new GGC resource, *Guideability*, provides information on creating an inclusive space and programming, as well as tip sheets on accommodating members who have specific disabilities and chronic health conditions. To find the guide, type **Guideability** into the search engine at **girlguides.ca**
- The GGC National Inclusivity and Diversity Specialist is available to answer questions and to help you access training on inclusivity. Contact her at **inclusivity@girlguides.ca**
- Your Administrative Community Leader (ACL) or District Commissioner may be able to connect you to expertise and resources in your Guiding community or district.

**Q** What can I do when I discover during a meeting that an activity we had planned may not be accessible for all of the girls in the unit?

**A** Each girl knows best what works for her. If you suddenly realize that an activity may not be accessible for one of your girls, explain the activity to her and ask how she would like to participate. Try the ideas she suggests, and use your past experiences in modifying other activities for her. Remember that many modifications can be made in the moment (providing individual support during a craft, changing the distance covered in an active game, allowing girls to draw an idea or answer to a question instead of writing). If you can't find a way to make an activity accessible, work with your co-leaders and the girls to come up with an alternative activity that will accommodate everyone. 🌐

**Q** How can I make the crafts and games that we use during our meetings accessible to girls who have physical or intellectual disabilities?

**A** Each girl is unique, and it is important to know what works best for everyone. When planning a craft or game, here are some key considerations:

- Present instructions in multiple ways (orally, in writing, in pictures, through demonstration).
- Arrange the game or craft to be physically accessible to everyone.
- Use materials that are accessible (a bigger ball, craft supplies that the girl can handle easily).
- Provide an appropriate amount of time for everyone to complete the activity.
- Offer options for all girls, such as having two similar crafts to choose from, each featuring a lesser or greater level of complexity.

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

Photo: Anne Whelan



*Los lazos de amistades creados quedarán grabados para siempre en nuestros corazones.*

*(The friendships we made will be engraved forever in our hearts.)*

# Guiding Onboard

## Adventure and Service on the Sea of Cortez

BY ANNE WHELAN

SEA OF  
CORTEZ

BAJA  
CALIFORNIA SUR

LA PAZ

**O**ur Promise and Law require us to use our resources wisely, to be respectful of others and of ourselves, to protect our common world and to share in the sisterhood of Guiding. For nine days last July, eight girls and two leaders from Girl Guides of Canada truly “lived” the Promise and Law while sailing on the spectacular Sea of Cortez off the coast of Mexico.

A diverse group, with GGC members from Alberta, Manitoba, New Brunswick, Newfoundland and Labrador, Northwest Territories, Nova Scotia, Ontario and Quebec, we were warmly welcomed

in La Paz, Mexico, by our leader from Panterra Expeditions, Lela Sankarelli, and members of Girl Scouts of La Paz. Within an hour of that greeting, we found ourselves onboard the MV Adventure, a 110-foot ship, sailing away with our Mexican Girl Scouts sisters and a mix of Mexican, Argentinean and Canadian crew members, led by our ship’s captain, Martin.

That night, we were lulled gently to sleep on the calm sea, awaking early the next morning to our first day of adventure and learning. Each day began early with a quiet get together on the main deck,



Photo: courtesy Girl Guides of Canada / Scouts de México



Sorting dental supplies



Packing school supplies



Delivering bags to be distributed

where Martin and Lela outlined the day's plan, taking into consideration weather and sea conditions. The sea was kind to us on this visit, giving us calm waters each day, so we could carry out our expeditions as planned, ferried to and from shore in "pangas" – boats that were towed behind the ship.

### Adventures in Paradise

One exploration took us to sea lion habitats, where many species of birds, including pelicans and blue-footed boobies, cohabitate in harmony with newly born sea lion pups and their mothers relaxing on the rocks. We logged our discoveries and impressions, taking many pictures but also being mindful not to disturb the pristine habitats. No two days were alike as we visited different parts of this vast ocean paradise, but each day, the incredible beauty of this protected region made us acutely aware of the importance of working to make our planet a safe haven for all to live in harmony.

### Service on the Sea

An important part of the mission of Panterra Expeditions is to help communities in remote locations in the Sea of Cortez, the inhabitants of which have come to count on visits made by groups such as ours. We delivered gifts of food, powdered milk, school supplies and hygiene products to these communities. These basic supplies that we take for granted at home make a big difference in the quality of life for these people.

Combining our gifts with those of the Girl Scouts from La Paz, we were warmly greeted by some 40 villagers in Ensenada de Cortez, which is accessible by boat only. We distributed many supplies to the residents and left bags with the local priest asking him to distribute the remainder. While the girls

## An important part of our mission was to help communities in remote locations in the Sea of Cortez.

enjoyed a game of volleyball, I conversed with the village elder, practising my Spanish and learning some new words. We also took advantage of the opportunity to buy the villagers' handmade souvenirs.

### Recreation and Observation

Our discoveries continued on many hikes, snorkeling expeditions, bird watching outings and explorations on the Baja Peninsula. We also honed our sea kayaking skills around the islands and at some snorkeling destinations. The Sea of Cortez is stunningly different from one area to the next, and we embraced every chance to make new geological observations.

### Songs and Bonds

Onboard our ship each evening, stunning sunsets provided the backdrop to our campfires on the upper deck, where the sounds of our Canadian Guiding songs and the Mexican Girl Scouts action and animated songs resonated across the water. Our Mexican sisters teased us that we sang so quietly "like angels," but were duly impressed when we broke out with a rousing rendition of our "Bananas" song!

Prior to the trip, we communicated with our Mexican shipmates through Facebook and email, and we continue to keep in touch online, wanting to strengthen the bonds created by this joint adventure. Each of us learned something new about ourselves

during this adventure. I was proud of our girls throughout, and feel privileged to have shared this experience with them. 🌊

*Anne Whelan, is a Guider in Pointe Claire, Quebec.*



## Tying Things Up

### An Onboard Video

During our preparations for this trip, many of the girls said they couldn't find a person or resource to demonstrate the proper way to tie their international scarves. I went through it with them when we met in Calgary en route to Mexico. Onboard the MV Adventure one lovely evening, my co-Guider, Candice Lys, the girls and I decided to make an instructional video to "tie things up." You can view the result at: [youtube.com/watch?v=sCKNKVZEmtI](https://www.youtube.com/watch?v=sCKNKVZEmtI)

Photos: courtesy Girl Guides of Canada / Scouts de Mexico

# Quiet Please!

## Getting Girls to Listen

BY CARA HICKS

Getting girls to quiet down when you need them to listen can be a daunting, but not impossible, challenge. Here are some strategies that will help you get their attention, without losing your voice – or your cool!

A number of skillful and experienced Guiders I know have come up with some creative ways to get the girls to pay attention and listen. These “quiet” strategies are now included in our unit’s game, “Brown Owl’s Rules,” which my unit created a few years ago (with the assistance of my Brownie Meeting Ideas blog readers) to show new girls the ropes. The game can also be used as a review of the rules at camp and events throughout the year.

Of course, the traditional strategy of a Guider silently keeping her hand raised until everyone quiets down can work. However, the strategies I’ve seen these Guiders employ provide an element of fun and are very effective.

**1** Snowy Owl Danielle Stewart, from the 194<sup>th</sup> Nepean Brownies, amazed me by getting 50 girls to shush in seconds at the beginning of a big campfire. She shouted, “Waterfall!” Everyone put their hands up over their heads and swept them down to the ground to mimic a waterfall, while saying “Shhhhh.” And suddenly, we had silence!

**2** Guiders Julie Barnabe and Katherine Krause, from the 41<sup>st</sup> Nepean Guides, use another strategy that takes a little longer and is similar to the traditional raising of the hand for silence, but with a fun twist. The Guider who wants attention speaks in a normal voice. “If you can hear me, touch your nose,” and touches her own nose. She follows with, “If you can hear me, touch your ear. If you can hear me, touch your mouth. If you can hear me, touch your neck,” and so on, until all the girls are following along, and she has the group’s complete attention.

**3** Guider Lisa Pretty, Provincial Camp Adviser in Nova Scotia, uses her normal voice and calls, “If you can hear me, clap once.” She follows with, “If you can hear me, clap twice. If you can hear me, clap three times,” and so on. The clapping gets the girls’ interest and involvement, and eventually everyone pays attention to Lisa.





**4** Other ideas from “Brown Owl’s Rules” include having a Guider call out, “Someone screamed!” The girls then put their fingers to their mouths and make a “Shhhh” sound, until everyone is silent. Or, just like in school, a Guider can say, “Hands on top” and the girls put their hands on their heads and reply, “That means stop.”

Based on the traditional game, “Captain’s Coming,” here are some other commands that we use to get the girls to settle down and listen:

- “Buddy Up!” – Girls catch hands with a partner.
- “Brownies, Brownies, Where are you?” – Girls respond “Here we are, Here we are, How do you do?” and run to whoever said the command.
- “Make New Friends” – Girls make the Brownie sign and shake left hands with the friends around them.
- “Circle Time” – Each girl finds two others and they hold hands and make a small circle.
- “Attention!” – Each girl stands at attention. You can also add the salute to this command.
- “Hug a Tree” – Two girls of different heights pair up and the shorter hugs the taller.
- “Day is Done/Taps” – Girls come together in one large circle and hold hands quietly.
- “Campfire” – Groups of three to four girls sit together in small circles.
- “Fire’s Burning” – Girls move quietly into a large campfire circle.
- “Whistle!” (Call out the command or use a real whistle.) – The girls quietly line up ready for evacuation or another command.

We also have “Brown Owl’s Rules” for getting the girls into some active fun:

- “Go for a Hike” – Groups of three to four girls hold hands and skip around in a clockwise circle.
- “North! South! East! West!” – At each command, the girls run to a designated point in the corresponding direction.
- “Going Camping” – The girls find a partner, face each other, hold arms high and touch hands to make a tent shape.
- “S’mores” – Each girl rubs a hand across her stomach to show how good it was, and then rubs both hands over her face to wipe off the chocolate and sticky marshmallow. The girls keep doing this until the Guider’s next command.
- “Paddle Your Canoe” – Two girls sit on the floor facing each other with their legs extended open and feet touching. A third girl kneels or sits on the floor between the legs and pretends to paddle the “canoe.”

Add commands as you wish, randomly and just for fun. One of our unit’s favourites is the “Captain’s Coming” game command, “Rats on Board!” at which the girls hop, jump and stomp around the room. 🐭

*Cara Hicks is a Guider in Ottawa, Ontario. The information here was adapted, with permission, from her blog, [Brownie Meeting Ideas: browniesmeet.wordpress.com](http://Brownie Meeting Ideas: browniesmeet.wordpress.com)*

# A Fitting Recognition

## Elaine Paterson Receives the WAGGGS Medal

Former Chief Commissioner Elaine Paterson was awarded the World Association of Girl Guides and Girl Scouts (WAGGGS) Bronze Medal at the 35<sup>th</sup> World Conference held in Hong Kong in July 2014.

“... best of all are the amazing women I have met along my Guiding journey from Brownie to Chief Commissioner to member of the World Board.”

Council meeting, Elaine developed and honed a keen ability to engage people in constructive dialogues and to inspire them to work together towards solutions to common challenges and tasks. Likewise she honed exceptional skills in fund development and partnership enterprise.

Upon completion of her term as our Chief Commissioner, Elaine found time to take on the role of Chair of the North York Hospital Foundation Board, in Toronto, Ontario. She credited the skills she developed in Guiding with her success in this new role.

When serving on the Board of the Olave Baden-Powell Society, Elaine was asked to spearhead the WAGGGS Fund Development team. Under her leadership, the team reached the first campaign goal of £10 million (UK) a full year ahead of schedule. The team's knowledge and expertise is now shared with many WAGGGS Member Organizations (MOs) to ensure they can retain the viability of their own operations for many years to come.

Having led several GGC delegations to Western Hemisphere Region and World Conference events, Elaine quickly developed an understanding of the global impact of WAGGGS and the important role Canadian Guiding plays in it. While honoured with this WAGGGS recognition, she contends, “... best of all are the amazing women I have met along my Guiding journey from Brownie to Chief Commissioner to member of the World Board.” 🌐

**T**he WAGGGS Medal is given to express gratitude to individuals within the Guiding Movement who have given remarkable service of an exceptional nature at both national and world levels to, and for the benefit of the World Association of Girl Guides and Girl Scouts.

Elaine's commitment to the advancement of Guiding in Canada and internationally has never wavered in her 49 years as a member of Girl Guides of Canada-Guides du Canada (GGC). As a youth member, she developed her lifelong passion for the outdoors, especially for canoeing. Moving from girl to adult member, she immediately began engaging many generations of girls to embrace challenges and to strive to achieve their highest goals.

Living by the same standards she set for girls, Elaine accepted the challenge of GGC's highest office as Chief Commissioner from 1997 to 2000. As comfortable in a canoe paddling with members as she was leading a National



Elaine Paterson (centre) with sister WAGGGS World Board Members Jill Zelmanovits, also of Canada (right), and Camilla Lindquist, of Sweden (left).

Photo: Sapreet Saluja



# Ninety Years of Service

## A GGC First!

BY REBECCA PURVER

The 2014 Quebec Council Annual General Meeting was a momentous occasion! We presented 99-year-old Honorary Life Member Daphne Sebag-Montefiore with the very first Girl Guides of Canada (GGC) 90-year service pin, which was specially minted for her!

**M**aking the meeting even more special was the attendance of eight of Daphne's former Rangers, who appeared by her side as she was honoured for her nine decades of dedication and service to Guiding.

"Guide House was the official headquarters in Québec, but Daphne's Sainte Adèle homes were the real hub of activity," recalled one of her sister trainers, Beryl Ball. With two homes in the Laurentians, Daphne opened her doors to Guides, Cadets

and Rangers, who often stayed over, sometimes camping on the grounds in the winter. She also regularly hosted provincial and inter-provincial trainers' weekends, herself holding prominent roles as a trainer. In fact, she attained the "Blue Cord" diploma, which was then the highest level of trainer in the country.

Not only active in local Guiding, Daphne was also a great Girl Guide traveler, leading many national patrols abroad, including the Canadian contingent of Rangers at the Swedish Tent Camp in 1954. Upon her return from any of these travels, she enthusiastically shared stories from her experiences with Guiding members at home.

Shortly after the Swedish Tent Camp, Guiders from around the province, as far away as the Saguenay, Harricana, Quebec City and Noranda divisions, gathered for an annual training project in North Hatley, which was promoted in the Montreal Gazette on September 23, 1954:

"The international aspect is the drawing card for a large number attending, as Miss Norma Osler, who has just returned from South Africa, and Miss Daphne Montefiore, who was in charge of the Canadian Contingent of Rangers who attended

As her former sister trainer, Beryl, so aptly said, "Daphne befriended everyone. She exemplified the Guiding Promise and Law."

the Swedish Tent Camp, will show their films and movies and speak at the supper hour on Saturday."

Outside of Guiding, Daphne contributed to her community in numerous ways, including as Commandant of the Transport Section of the Montreal Red Cross Corps, and as a longtime volunteer with Tel-Aide, a crisis phone line, for which she often worked the overnight shift.

Active in Guiding until well into her 70s, Daphne demonstrated a commitment to our organization that inspired countless GGC members throughout Quebec and beyond. As her former sister trainer, Beryl, so aptly said, "Daphne befriended everyone. She exemplified the Guiding Promise and Law." 🌟

*Rebecca Purver, of Montreal, is Communications and PR Coordinator for Quebec Council. She wrote this tribute to Daphne with help from Beryl Ball and Ellen Gauthier, who are both members of the West Island Trefoil Guild, also in Montreal.*



Illustration: Abby Wilson

## Pathfinders Feed the Homeless

BY MEGHAN VELLA

Last spring, the 1<sup>st</sup> Woodbridge Pathfinders undertook a unique hands-on approach to community service. Their project was warmly received, and had a profound effect on everyone in the unit.

The 1<sup>st</sup> Woodbridge Pathfinders have learned a valuable life lesson: we should always be grateful for what we have. On May 12, along with our leaders, Karen and Vilma, we went on a sandwich patrol in downtown Toronto. Each of us prepared six or seven lunch bags, which included a sandwich, a juice box or water bottle, and a granola bar. We wanted to distribute them personally to less fortunate people and to learn what we could do about homelessness in a big city.

When the idea was brought up at a meeting, the whole unit agreed that it was a worthwhile project. Once we planned the details and set a date, we could hardly contain our enthusiasm.

### Mixed Emotions

In the weeks leading up to the outing, many emotions went through our minds, including excitement, worry, anxiety and curiosity. When the day finally arrived, 15 girls, three parents, and our two Guiders arrived at Yorkdale Subway Station in Toronto's west end. Each of us carried a backpack containing sandwiches we had made, being careful to follow the rules for handling food as outlined in GGC's Safe Guide. From there, we took the TTC downtown, eager to get started.

Once we got downtown, it was clear to us that what we were doing was greatly needed and appreciated. Within 10 minutes of walking, we stopped at the Salvation Army, where we met and spoke to many amazing men and women. They were openly grateful for the meal, and we all realized that we have never seen anyone so happy to receive something as small as a sandwich.

### A Memorial and a Memorable Meeting

During our trek through the downtown area, we stopped to look at a memorial outside Holy Trinity Church, beside the Eaton Centre. The memorial is a tribute to the more than 700 homeless people who have died on the streets of Toronto over many, many years. While we congregated outside of the church, a man named "Q" approached us to talk about the memorial. He told us many fascinating stories about people he knew who had died, and whose names were on the board.

"Q" also told us that the people he knew weren't born homeless. The slide into homelessness happened simply, and sadly, due to difficult and unexpected circumstances. Hardships with money, illness, and sometimes overconfidence and dangerous life choices are the cause of most homelessness. "Q's" words moved us and his message

inspired us. We all feel that we have truly become more aware, more understanding and more compassionate after having that spontaneous encounter with this man.

By the end of the night, we handed out more than 100 lunch bags to people who really needed and appreciated them. Along the way, we heard other amazing and inspiring stories told by people from all walks of life.

### Making a Difference

This service project enabled us to share in something that I'm sure none of us will ever forget. Before heading back home, we stopped and reflected on the experience and how we felt about it. We were proud of ourselves, of each other and of the impact we made, even briefly, on the lives of some of the less fortunate among us.

For girls between the ages of 12 and 14, it's sometimes hard to imagine what we can do personally to make a difference in people's lives. It's now obvious to all of us that we can make a difference and that even small actions matter. That night, it also became clear to us that we take



Photo: Karen Overdyk

so much in our lives for granted. Not everyone has as much as everyone else, and the only time you should look into someone else's bowl is to see if they have enough. We truly believe that we had a positive impact on other people's lives that night, and we hope to do it again soon. 🌟

*Meghan Vella is a Pathfinder in Woodbridge, Ontario. Her Guider, Karen Overdyk, submitted this story to us.*

*Editor's Note: For guidelines on handling food, see Safe Guide pages 38 and 39: Food and Water*



Photo: Pat Guillemaud

# After the Flood

## Girl Guides at the Calgary Stampede

BY PAT GUILLEMAUD

During the massive flood of June 2013, Calgary and Southern Alberta were deluged, with streets, public buildings, homes and businesses submerged in water, including the grounds of the world-famous Calgary Stampede. Volunteers from all walks of life immediately donned rubber boots and masks to help friends, neighbours and strangers clean up the muddy, smelly mess throughout the city and surrounding areas. And Calgary Girl Guides sprang into action.



With just two weeks to go to the kick-off of “Stampede 101,” one of the largest clean-up tasks to be completed in a very short timeframe was at Stampede Park. Calgary Stampede President Bob Thompson issued a statement saying, “We are sensitive to the extreme grief and difficulties... but our job is to move forward, because the Stampede has always been a beacon of light in Calgary.” And move forward they did, including Guiding members who distributed Girl Guide cookies and provided meals and homemade baked goods to clean-up crews. And so, “come hell or high water,” the 2013 Calgary Stampede kicked off in grand style.

For the past 15 years, between 34 and 40 Pathfinders and Rangers from Calgary Area Girl Guides have been invited by the Stampede Parade Committee to carry banners in front of winning parade entrants along the five-kilometre parade route. Those banners were all lost to the flood waters. Turning a negative to a positive, the parade committee invited not just the usual contingent of girls, but all Guiding members to join in, saying, “bring all the girls and we will fit them in.”

### A New Parade Banner

A major portion of the 2013 parade was a salute to all those who helped out during and after the crisis, from

Photo: Gavin Young, Calgary Herald



first responders to clean-up volunteers. Girl Guides carried a new banner proclaiming: “The Spirit of our City and Province Cannot be Washed Away” and “Thank You” in front of a large contingent of police, fire, EMS, and search and rescue professionals and clean-up volunteers. The crowd’s reaction as they passed by was electric, and the widespread local and national media coverage featured Girl Guides proudly carrying the lead banner, with that year’s Parade Marshall, Canadian astronaut Chris Hadfield, tipping his Stampede Stetson towards them as he rode by.

For the 2014 parade, Girl Guides were once again at the forefront, carrying banners for the winning parade entrants. Each year, they attend a pre-parade meeting to go over what will be required of them on the day and wear their full GGC uniform, complemented by white hats, white gloves and blue jackets for cool or rainy weather. In 2012, many of our girls wore heritage uniforms in honour of the Calgary Stampede’s centennial celebration.

On Parade Day, the girls gather at Fort Calgary by 7:15 a.m., to meet and mingle with other participants at the famous Calgary Stampede pancake breakfast. Our members carry banners for the winning entrants in various parade categories. The banner for the Quebec Carnival float is carried by our bilingual members, who are always invited to carry it again the following year. The Stampede Queens and Princesses alumni also request that Girl Guides carry their banner, and each year, former Stampede Queens and Princesses have a reunion tea party, at which Girl Guide cookies are served.

### Visitors Welcome

Like Girl Guides, the Calgary Stampede is a volunteer-based organization, with 47 committees and more than 2,300 year-round volunteers, as well as many others who help out during the 10-day event. Many GGC members are also Stampede volunteers. Over the years, Girl Guide members visiting Calgary have asked to be included

among the girls carrying parade banners, including a Pathfinder unit from Ontario, a Guider from England and a Pathfinder unit visiting from Lac La Biche, Alberta. These sister members are always welcome.

### Girl Guides at Kids’ Day

The Stampede Parade is not the only event that includes Girl Guides. Kids’ Day at Stampede Park draws thousands of parents and children who enjoy playing with Calgary Area mascot Otter’B Guiding, and joining in activities with many Girl Guide members. Apart from being a lot of fun, Kids’ Day provides a Guiding PR opportunity that no amount of money could buy!

Parade organizers are always given Girl Guide cookies as a thank you for inviting our members to participate. Apart from the very obvious publicity Calgary Girl Guides receives, participation in the Stampede Parade has proven to be one of our best retention tools for Pathfinders and Rangers, many of whom have participated for years. Often, the girls ask if they can continue to participate when they turn 18. The answer is, of course, if they are still GGC members. Many have gone on to become adult members. 🍪

*Former GGC National PR Adviser Pat Guillemaud is a Guider and Calgary Stampede volunteer.*

# Marching Into History

## The Hamilton Guide/Scout Parade

BY NORINE JONES

May 2014 marked the finale of a beloved tradition in Hamilton, Ontario, when members of Guiding and Scouting gathered to march along the city streets for the last time. One year after its 75<sup>th</sup> anniversary, the Hamilton Guide/Scout Parade, one of the largest youth parades in North America, came to an end.



Originally sponsored by Eaton's and featuring Boy Scouts only, the parade began in 1939. When Girl Guides joined in, a long-standing Hamilton tradition was born. For weeks, our units practised marching in the parking lots behind our meeting places. The girls worked diligently, to achieve tight turns, proper pacing and precise formations. They also learned how to listen for the command that would tell them when to acknowledge the Provincial Commissioner and all the other dignitaries on the reviewing stand.

At one time there were so many Guiding and Scouting members parading, our assembly in the Hamilton Armoury parade square had to be done in shifts. During the parade itself, Hamiltonians witnessed thousands of boys, girls and adults marching together to demonstrate their pride in our organizations.

### Joining the Parade

My first direct experience of the parade was when my oldest daughter became a Brownie. I was one of those parents who inevitably showed up looking for my daughter's leader and, when asked what her name was, matter-of-factly responded, "Brown Owl." And, when asked where she went to weekly meetings, (so they could help me find her unit, since I obviously had no idea of its name, either), I gave the usual uninformed parent's response, "At the church." Yet, somehow, those patient Guiders managed to get us all where we needed to go.

For several years following, I took my daughter to the parade, rain or shine and watched from the sidelines. Then, ten years ago, I became a Guider myself, and an admitted parade enthusiast, asking anyone who would listen to join me in supporting it. During that time, I began doing live television commentary, greatly enjoying being a "voice of the parade." I also became a member of the parade organizing committee.





## The Demise of a Tradition

A year or two into my time on the committee, unfortunately, we lost our major sponsor. We also saw a change in city support; to be fiscally responsible, Hamilton officials had to begin downloading expenses to the parade that they had been able to waive in the past. Road closures for construction posed another problem, and our costs for the parade began to increase significantly. Our committee members worked valiantly to find alternative support, but eventually we had to recognize the writing on the wall.

Leading up to our 76<sup>th</sup> year, we did a cost/benefit analysis, reaching some necessary, if unwanted, conclusions. The girls, so busy in today's world, did not have time to support the parade as they once did, and our peak showing of thousands of members had downsized to hundreds. Shopkeepers and residents in the area where we traditionally marched now claimed the parade was interrupting their routines and, sadly, the general public no longer lined the sidewalks in as large numbers to see us march by. With the cost each year nearing \$20,000, as great as the history of the Hamilton Parade was, and as large a role as it played in our community for three-quarters of a century, we understood that the benefits to Guiding and to the city were simply outweighed by the money we needed to run it. In traditional Girl Guide fashion, we decided it would be a wiser use of our resources to bring the parade to a dignified end.

And so, proudly and with a flourish, our Guides and Scouts marched for one more time last May. It was a sad day, because something that meant so much to so many people was now ending. It was also a happy day, as our members had a terrific time in fabulous weather conditions, and loyal Hamiltonians awarded us their fond farewell from the sidelines. 🍷

*Norine Jones is a Guider in Hamilton, Ontario.*

## The Life of a Unit Guider on Parade

- Weeks before the day, fine-tune plans, find props and have the girls make items to represent the parade theme.
- One week before the day, remind everyone of where and when to gather, and to arrive in full uniform and with food bank donations.
- At the last meeting before the day, check flags, holsters and banners.
- Parade day at dawn, drag yourself out of bed, drink caffeine and eat anything that will sustain you for the hours to come.
- Shortly after dawn, head downtown to locate your unit members in the sea of uniformed girls, parents and onlookers.
- While searching for your girls, remember that your own food donation is still sitting on your doorstep. Make a note to take it to the food bank.
- As the parade begins, relax and enjoy marching with your sisters in fabulous Girl Guide formation and in a fantastic Girl Guide tradition!

# Frozen Fun

## A Winter Theme Camp

BY RACHEL COLLINS

With Disney's hit movie capturing the hearts of girls everywhere, try a *Frozen* theme camp for your girls this winter. Borrow the character's names, such as Anna, Elsa, Sven and Olaf for leader's names or for girls' teams, and enjoy some wintery, snowy, icy *Frozen* activities, games, crafts and foods.

As girls arrive at camp, have them help create an indoor "frozen" landscape. Put out paper in shades of blue and white and have the girls make paper snowflakes and paper chains! Then get them moving with the following activities:



Photo: courtesy Burnaby Mountain District

Photo: ©iStock/princessdigi; Photo: ©PhotosSpin



### Frozen Relay **B G P**

This relay is a fun way to prepare for outside activities, and to learn something new, too! In groups, research Guiding in "frozen" parts of the world (Canada's northern territories, Iceland, Greenland, Norway, Sweden, Finland or Alaska). Put your knowledge to the test with a freezing cold trivia relay.

#### Supplies (one set per team)

- wool socks, snow pants, boots, coat, hat, mittens, scarf

A girl from each team runs across the room and answers a trivia question based on what the unit has learned about Guiding in cold climates. If she answers successfully, she can bring a piece of clothing from the pile back to her team. If she doesn't know the answer, she can run back and seek help from her teammates. When girls have brought all the items back, they must dress one member of their team for the cold. The first team to finish dressing wins the relay! (For more challenge, hide some inappropriate items in the pile, such as cotton jeans, sandals, a baseball cap, or a sundress.)

## Frozen Campfire

S B G P R

Sing along to the girls' favourite songs from *Frozen* ("Do You Want to Build a Snowman?" and "Let it Go!"). Follow with other winter-themed camp songs:

- "I Like the Mountains"
- "Edelweiss"
- "Pink Pajamas"
- "Forty Years on an Iceberg"
- "Penguin Song"
- "If All the Raindrops"

Just for fun, end your singing session with "Frostina the Snowwoman," challenging the girls to fit those two extra syllables into the melody of "Frosty the Snowman"!



Photo: Elizabeth Knowles

## Frozen Crafts

Frigid Frames S B G P

**Caution:** This activity involves melting plastic. Ensure the area is well ventilated and keep girls away during the baking process. (Go on outside and build a snowman!)

Give the girls one foil dish each and have them place blue and white non-toxic, meltable beads around the edges (three or so deep), leaving the middle space open. Carefully place the dishes in an oven, and bake at 400 °F (205 °C) for approximately 20 minutes. The time needed may vary, based on the heat of your oven and the size of beads you use. Once cooled, pop the frames out of the foil dish.

You can also make sun catchers, pendants or snowflake hat crafts in the same way. Sparks and Brownies can fill foil muffin tins to make flat suncatchers; Guides and Pathfinders can take the time to create elaborate patterns for their frames or pendants.

Crystal Creations G P R

For detailed instructions and photographs for making borax crystal creations, see page 38 of the Winter 2014 issue of *Canadian Guider*. Begin this project on Friday night or early Saturday morning, because the crystals need a day to form. Explain how the magic works. When the borax dissolves in the water, it creates a saturated solution. The hotter the water, the more borax can be dissolved and the more the solution is saturated. When the solution cools, the excess borax cannot remain in solution, so it precipitates out, forming crystals on anything inside the container. The girls can peek in on their progress, but cannot touch the jars. Even bumping them gently can keep the magic from happening!

## Frozen Food S B G P R

For breakfast, make breakfast banana splits, with bananas, other fruits, granola, and frozen yogurt. Girls will love having this chilly dessert to begin their day.

For lunch, do make-your-own sandwiches and soup. As Anna and Hans say in the film, "We finish each other's... sandwiches!"

For dinner, add a fun activity to the menu. Bang on a pot to "freeze" the room. One of the leaders can play Elsa, freezing everyone in their tracks! At her command, the girls must stop whatever they are doing, whether they have food or drinks partway to their mouths or are chewing or swallowing. Anyone who laughs or moves forfeits a utensil! This will be a silly meal full of fun, especially if the Guiders and other adult helpers play along, too!

For snacks? Snowballs, of course. Make old fashioned popcorn balls.

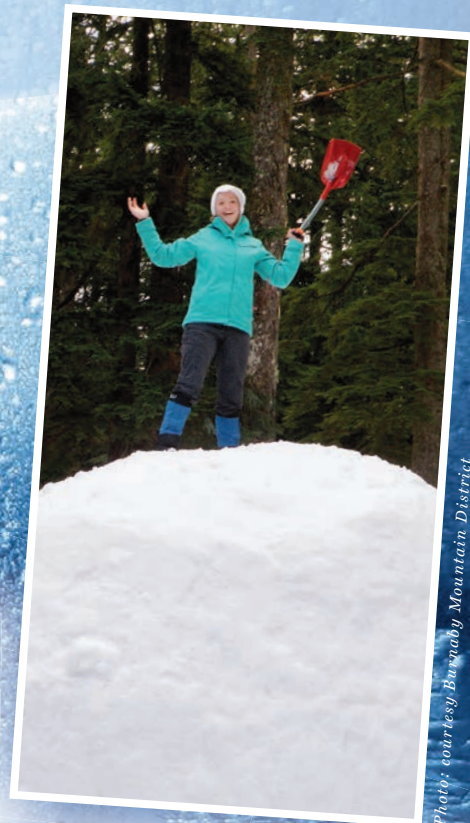


Photo: courtesy Burnaby Mountain District

## Frozen Fun Outdoors S B G

Keep it simple. Have the girls bring toboggans and go sledding; hold a snowman building competition; create snow forts; and make snow paintings with biodegradable vegetable dye in spray bottles. Think of the snow as your canvas and go wild! ❄️

*Rachel Collins (formerly Rachel Shoup) is a Guider in Guelph, Ontario, and Chair of the Canadian Guider Editorial Committee.*

# Active Indoor

# FUN

## Games to Beat the Winter Blues

COMPILED BY MELISSA CHARENKO

Looking for some quick games that will help you and your girls to break the blahs and beat the blues and on those dull winter days? Well, look no further than these fun and simple games that will have your girls laughing and moving in no time. You'll want to (and should) play along, too!

### Wax Museum S B G

1. One girl begins as the first museum curator. She closes her eyes and counts to 10 while all the other girls strike poses and become statues.
2. The curator starts to examine the statues in her museum. She can reposition them as she wishes. She can also make faces at them to try to get them to laugh. A statue whom the curator catches laughing or breaking her pose (other than when she is being repositioned) becomes a curator and joins in the work of repositioning the other statues.
3. The remaining statues can reposition themselves whenever the curators aren't looking, and the game continues until only one statue is left.

### Elephant, Eagle, Giraffe B G P

1. Ask the girls to stand in a circle, with one girl in the middle.
2. The girl in the middle points to one of the girls in the ring and says either "elephant," "eagle," or "giraffe." The girl being pointed at becomes the head of each animal and must make an elephant trunk, an eagle beak, or a giraffe's long neck with her hands and body. The girls to the left and right of the head must make an elephant's ear, an eagle's wing, or a giraffe's leg with their bodies. Practise this a few times with the different animals.
3. Once the practice rounds are over, the girl in the threesome who is slowest or who makes an incorrect animal part must sit down. Game play continues, but as more and more girls sit down, the ears, wings, or legs might be farther and farther from the head.
4. Play until only three girls remain.



Illustrations: ©iStock/minimil; ©iStock/lianella (edited)



## \*Robots **B G P**

1. Girls form pairs with one partner directly behind the other. The girl in front is a robot and the girl behind is her programmer, and must steer her, using the following simple touch commands:
  - a tap in the centre of the back for “Go”
  - another tap in the same spot for “Stop”
  - a tap on the right shoulder to turn the robot 90 degrees to the right
  - a tap on the left shoulder to turn the robot 90 degrees to the left.
2. Mark off a designated playing area. Line up all the robots and their programmers around the edges of this area. At your command, all the programmers turn on their robots and attempt to steer them through the playing area without colliding with any other robots or programmers.
3. A robot who is about to run into another player may wave her arms and shout, “Danger! Danger!” However, she may not stop or turn on her own until her programmer gives her the appropriate command.
4. Halfway through your playing time, have the girls change roles.

## Broken Telephone Pictionary **G P R**

1. Have the girls sit in a circle, each with a piece of paper and a pen, pencil, crayon or marker.
2. Ask each girl to write a sentence at the top of her page, which she does not share with the other players.
3. Once they have finished their sentences, the girls pass their papers to the players on their left. The girls then read the sentence, draw a small picture to illustrate it, and fold the paper to hide the text.
4. The girls again pass their papers to the players on their left, who write a sentence to describe the picture, fold the papers to hide the picture and pass the papers again to the left.
5. Players draw a picture to illustrate the sentence, fold the paper and pass it along again to the left.
6. Continue this pattern of writing a sentence, folding and passing the paper, drawing a picture and folding and passing the paper until the girls run out of space on the paper. Then have the girls unfold the pages and pass them back to the right so they can see how the pictures and sentences changed with each pass. The results are usually fun and funny!





## Keep the Beat **G P R**

1. The girls lie down in a circle on their stomachs with both arms out in front of them. Ask each girl to place her left arm over top of the arm of the girl to her left.
2. Once everyone's arms are properly crossed, explain that you will be passing a beat to the left. Hit your left hand on the floor. The next hand to the left must then hit the floor, followed by the next hand to the left and so on and so on until all the girls have chance to hit both their hands on the floor. This is not a simple command, because of the way the girls' arms are crossed, which involves them hitting both their left and their right hands eventually. The challenge is to know when it's time for each hand to hit the floor.
3. Once the girls have mastered passing the single beat in turn, you can introduce a bigger challenge. Each girl can now choose to hit the floor once or twice. If she hits once, the beat continues in the direction it was going, but if she hits twice, the beat changes direction.
4. Have the group practise steps 2 and 3 until they are comfortable. Then the real challenge begins!
5. A girl begins by indicating the direction she will be passing the beat and she hits her hand on the floor, followed by the next hand, which can hit the ground once to keep the same direction or twice to change the direction of the beat.
6. The beat continues until someone's hand makes a mistake (hitting out of turn, raising a hand out of turn, going too slowly). That hand is out of play and must be placed beside the girl's stomach.
7. The girl whose one hand is out now gets the chance to start the beat and indicate the direction it will travel. Once again girls can change the direction of the beat by hitting twice or may continue until someone's hand makes a mistake and goes out of play. A girl who makes mistakes disqualifying both her hands leaves the circle, but can begin a new circle and play the game again, as more girls have both hands out of play from the first circle.
8. Each circle of girls continues steps 6 and 7 until only two girls remain. 🌐

Illustrations: ©iStock/minimil; ©iStock/Itanella (edited)

*Melissa Charenko is a Guider in Toronto, Ontario, and a member of the Canadian Guider Editorial Committee. \*Special thanks to Becky Vincent ([dragon.sleepdeprived.ca](http://dragon.sleepdeprived.ca)) for sharing her Robots game.*



# Allergy Alert!

## Planning, Precaution and Preparedness at Camp

BY LIZ PATON

As a Guider, I am always aware of the good intentions we leaders bring to volunteering with Guiding. As the mother of a girl who has life-threatening allergies to peanuts and tree nuts, I am also aware that when it comes to preventing anaphylaxis, good intentions alone are not enough. We leaders need a solid understanding of the extensive danger posed by allergies, and of both prevention and emergency assistance. This is especially true when we take girls to camp.

I am very fortunate that our unit's leaders, parents and the girls themselves have demonstrated a sincere willingness to accommodate my daughter. Their determination to keep her safe has meant that, instead of excluding her from the fun, friendship and adventure of Guiding, we enable her to fully embrace and explore her potential with her peers during meetings, on outings and even at camp. I hope that the tips I've included in the following pages of *Outdoor Guider*, will help other Guiders and units to accommodate girls who have allergies, too.





## Learning and Doing

From the beginning, my Spark and Brownie co-leaders decided that it was no sacrifice to learn about peanut and tree nut allergies and to make sure that all of the food at our meetings was safe for my daughter. They patiently called 1-800 information numbers, baked in my nut-free kitchen, called me to check whenever they were unsure of something, and eagerly sought out creative solutions to all unit dietary conflicts. By example, they taught the girls about cooperation, respect and support. Best of all, they demonstrated that it is very possible to make room for girls who have serious allergies in all of their meetings, events and outings, including camp.

When my daughter was first diagnosed with her life-threatening allergy at the age of six, I was initially overwhelmed and afraid of every new situation, especially because even trace amounts of peanuts or tree nuts can kill her. Three years later, I have learned to manage her allergies. I have also learned that there are life-threatening allergies to many other foods, as well as to insect bites and stings and other environmental elements. While the tips below relate specifically to my daughter's condition, I hope they invite a conversation about managing all allergies in Guiding units.

## At the beginning of the Guiding year:

- Check your roster for any and all girls in your unit who have allergies.
- Ask their parents or guardians about the allergies in detail:
  - How severe are the allergies?
  - Does the girl have two EpiPens (in case one misfires, or if it takes more than 15 minutes for an ambulance to arrive)?

- Where will the EpiPens be stored?
  - What craft materials could be problematic (birdseed/ latex, etc.)?
  - What are the girl's typical signs of an allergic reaction and what is the emergency plan for her?
- Take the free, online course offered through Anaphylaxis Canada. Titled, "Anaphylaxis in Schools: What Educators Need to Know," it can be accessed through [allergyaware.ca](http://allergyaware.ca)

## During the first few meetings:

- If the allergic girl is comfortable, invite her to tell the other girls about her allergy. Show the EpiPen and explain to the others where it will be stored and how it works.
- Emphasize how important it is that the girls never bring anything containing the allergic substances to meetings, and that if they eat or handle them prior to a meeting, they must wash their hands thoroughly.
- If the allergy is life-threatening, do not include that food, craft item or substance at meetings.
- If the allergy is to insect bites or stings, be alert to them, especially at camp and during outdoor activities.

## Before camp:

- Obtain a photo of the girl and a full description of her allergies and details of her emergency plan.
- Call the camp and find the location of the closest hospital. Call the hospital and confirm that there is a 24-hour emergency room service; not all hospitals have this service.
- Inform the girl's parents about what's on the menu and how it will be prepared. They may have some good suggestions to ensure it will not adversely affect their girl.







### When shopping for camp food:

- Invite parents of girls who have allergies to get involved in food shopping and preparation. They will be able to recognize safe products more easily than somebody less knowledgeable about the allergy.
- Be aware that you cannot shop at bulk food stores when dealing with peanut or tree-nut allergies.
- Remember that a “May contain” note on a label means, “Don’t buy it.” Even a trace amount of the allergen can be fatal!
- Be flexible. If a girl has a life-threatening allergy to kiwis, strawberries or potatoes, be willing to buy something else.
- Remind other parents not to send any treats with their children’s camp gear.



### At camp:

- Check any food that might arrive with the girls, regardless of your request not to have treats sent.
- Bring paper plates and plastic cutlery for the allergic girl.
- Have the allergic girl wear one EpiPen and keep the second in a zipper-lock bag safely in the camp kitchen with the girl’s photo, allergy information and location of the EpiPen posted on the fridge.
- Have younger girls wear Medic Alert or Allermates bracelets. These girls won’t necessarily tell every adult repeatedly about their allergies, thinking that once they have told one adult, everybody will be informed. 🙏



## Deadly Decisions

### How and Why Things Can Go Wrong

Because my daughter’s allergy is so severe, I have first-hand understanding of the potentially deadly consequences of not taking appropriate precautions for her. Of course, parents of girls whose potential reaction to an allergen is not as severe will tolerate different levels of exposure. However, especially when we are taking girls away from home on camping trips, the wisest course of action is to put the required effort into planning for the most severe allergy cases, to avoid something going terribly wrong. Here are some examples of how decisions can be potentially deadly and things can, indeed, go terribly wrong:

- A Guider interprets the warning, “May contain” as just a legal term, and offers a girl a “May contain peanuts and nuts” cupcake, even though her forms clearly indicate the allergy and the girl’s parent has warned that Guider in person about its life-threatening severity.
- The leaders of a Spark unit forget which girls have allergies while planning a camp. They do not take this into consideration during the meal planning before the trip or while shopping for the food, and keep forgetting at mealtime which girls can’t eat what.
- A parent purchases some banana chips and candy-covered chocolates from a bulk food store and sends them in a zipper-lock bag for her daughter to have as treats. Sometime after eating the treats, the girl does a bead craft without washing her hands, which contaminates all the craft materials.

## A Nutty Connection

### Peanut vs Tree Nuts

Regardless of its name, the peanut is not a true nut. It is a legume, in the same family as peas and lentils. However, the proteins in peanuts are similar in structure to those in tree nuts. For this reason, people who are allergic to peanuts also can be allergic to almonds, Brazil nuts, walnuts, hazelnuts, macadamias, pistachios, pecans and cashews. The reason peanuts are the cause of so many allergic reactions is that they can be found in trace to large amounts in so many food products. For example, even if a product baked in non-nut-free facility does not contain nuts, it may still have traces of nuts from other products baked in the same facility, and in some commercial stews and chili recipes, ground peanuts are used as a thickener. This is why it is so important to read all labels very carefully when shopping for girls who have peanut allergies.



## Cautious Camp Cuisine

### Proactive Menu Management

Managing food selection for groups can be challenging at the best of times. Add allergy concerns into the mix, and it can seem downright daunting. However, with advance planning and communication, it is possible to pull everything together to safeguard any girls who have allergies. For life-threatening allergies, shopping with a knowledgeable person is key to getting it right. Proactive menu management requires Guiders and parents to work together to ensure they cover all the camp cuisine bases!

For peanut and tree nut allergies, which are my concern for my daughter, there are two cardinal rules to follow when shopping:

- Select products that have North American labels. There are different laws for labeling food in other countries.
- Check that the labels say both “peanut safe” and “tree nut safe.” Peanut safe items might contain tree nuts, and vice versa.

Of course, a girl who has allergies can always bring her own food and eating utensils to ensure she will know what she will be consuming. However, knowing that those around her are not eating foods that can endanger her will give her a greater sense of security, and will empower the other girls with a sense of understanding, cooperation and support for a sister Girl Guide. 🌱

Photo: Marlene Graham

### Peanut- and Tree Nut-Free Camp Menu

Here is a sample menu for a camp for Sparks or Brownies that could suit a child with a peanut or tree nut allergy. Please note that this menu is not appropriate for a girl who has a severe dairy allergy, or other allergies.

#### Friday Bus Ride

- water bottles (bring an indelible marker to write names on them)
- nut-free muffins baked at “safe” house
- apples or bananas

#### Friday Dinner

- pizza (picked up en route from a reliable “nut-free” pizza supplier)
- pre-washed and cut celery and carrots / dip
- water

#### Saturday Breakfast

- cereal (read labels)
- milk
- pancakes / syrup
- eggs
- bananas / cantaloupe
- apple juice / orange juice / water

#### Saturday Morning Snack

- peanut- and tree nut-free granola bars or muffins
- yogurt tubes
- apples

#### Saturday Lunch

- chicken noodle soup
- grilled cheese sandwiches
- carrots / celery / broccoli and dip

#### Saturday Afternoon Snack

- chocolate chip cookies – or at winter camp, snowmen made with marshmallows, pretzels and chocolate chips, or pita cut into snowflake patterns, fried and covered with icing sugar (remember: do not purchase from a bulk store)
- milk

#### Saturday Dinner

- spaghetti with choice of butter, tomato sauce or meat sauce
- caesar salad
- garlic bread
- veggies and dip
- milk or water

#### Sunday Breakfast

- finish off Saturday breakfast food

#### Sunday Morning Snack

- finish off muffins/ granola bars
- apples
- cheese strings

#### Sunday Lunch (minimal clean up required)

- hot dogs
- chips
- water or juice

*Liz (Elizabeth) Paton is a Guider in Toronto, Ontario. Her daughter has a life-threatening allergy to peanuts and tree nuts.*

Photo: Jodi Paulgaard



# Advancement Extravaganza

## A District Celebration

BY JODI PAULGAARD

Each year on the first Wednesday in May, Goldenfields District, in Alberta, puts on an advancement extravaganza. For this multi-unit, multi-branch celebration, there is no detail left unattended, right down to wrist corsages for each and every girl advancing.

**T**wo or three months prior to the event, we form a committee whose members decide when, where and what time the celebrations will occur. We generally book a local school gymnasium that has bleachers to accommodate guests. The committee also collects photos from Guiders, depicting their unit's activities during the year, and creates a slide show with music to present at the celebration.

### Corsages and a Colour Party

Once the units have announced the number of girls who will be advancing, a group of volunteers makes silk flower wrist corsages in branch colours. These can be turned into camp hat decorations later. At the event, the girls go to their units' tables along the gym walls, to receive their corsages and to wait for the ceremony to begin. We open with a colour party, with a flag bearer for each unit. After we sing "O Canada," our District Commissioner welcomes family and friends, and introduces the slide show. Then, we begin advancing the girls, branch-by-branch and unit-by-unit.

### A Bridge for a Bridging Event

Our Sparks start off, standing on one side of a small, wooden bridge and are called across it, one-by-one by a corresponding number of Brownies. This provides an ideal opportunity for parents and friends to take photos. The newly advanced girls sit with the girls they crossed to. Once the Sparks have all advanced, we repeat the ceremony through all the branches, ending with Rangers. Most of our Rangers have gone through all the branches of Guiding, so emotions can run high for all of us, as they cross over.

We close the ceremony with a Spark or a Brownie song, so even the youngest girls can join in. At the end, there are more photo ops, and Guiders hand out year-end certificates and badges. And, of course there is much socializing, as the girls say hello to the leaders and members of their new units. 🍀

*Jodi Paulgaard is a Guider in Airdrie, Alberta.*






## SCHOLARSHIPS 2015

# Let Guiding support you as you follow your dreams!

Applications open early in 2015 on [girlguides.ca/scholarships](http://girlguides.ca/scholarships)  
Application deadline is April 1, 2015



Girl Guides of Canada  
Guides du Canada

Girl Greatness starts here.

[girlguides.ca](http://girlguides.ca)



Photo: Marlene Graham

# Onwards and UP

## Your Advancement “To Do” List

BY CARA HICKS

One of the most satisfying pleasures of being a Guider is helping girls move onwards and up through the Guiding branches. However, whether you join a Guiding community celebration, or organize a unit event, there is a lot that needs to be done to prepare for your girls’ advancement ceremonies. You can make the task less stressful by beginning now.

**Y**es, we are only at the midway point in the Guiding year, but if you start preparing now, you will be able to truly enjoy a well-planned and smoothly-executed celebration with your advancing girls. Follow the steps in this “to do” list and you will be very glad you did when the big day arrives.

**1 Purchase the advancement insignia** for your girls who are moving up. Visit [girlguides.ca](http://girlguides.ca) to find all the pins and certificates you will need. Purchase them early, to keep shipping costs to a minimum and to avoid any chance of a delayed shipment leaving you stranded on the day. My unit places the order in March of each year.

**2 Prepare a welcome token from your unit** to give to girls joining you from the unit below. These should not be expensive (just a “token”), but should have a card or note attached with your unit information and contact details. Here are some welcome tokens we have used:

- As part of our advancement preparation Brownie Memories meeting, we make friendship bracelets from twisted crochet cotton to be given as welcome tokens to Sparks who are coming up to Brownies. They’re stapled to a small card that says “We can’t wait to be your friend.” These cost us nearly nothing, because we use supplies we already have on hand. Yarn, crochet cotton or embroidery floss all work very well.
- Guides in our area usually give advancing Brownies a flower, purchased in inexpensive bouquets from a local grocery store.
- Pathfinders in our area have given advancing Guides a green squishy toy each, purchased at a dollar store.
- Hat crafts and small traders make great tokens. The girls can make them any time during the year and you can store them until you need them.

**3 Make or purchase goodbye gifts** to give to your advancing girls as they leave. Don’t spend too much money (I’ve seen units spend upwards of \$10 per girl, but we usually make ours for approximately \$3 each.) Regardless of what you can manage in your budget, if you shop early, you will avoid the stress of rushing around at the last moment trying to locate everything you need. You will likely save money, too. Here are some ideas for your gift list:

- Give a gift of words. Sometimes a heartfelt letter is the best gift of all. If in doubt, go to [girlguidescanblog.ca](http://girlguidescanblog.ca) and check out the June 8, 2012 posting, “When Guiders Make Moms Cry.”
- Look through Gifts and Apparel at [thegirlguidestore.ca](http://thegirlguidestore.ca). Our Spark unit gave girls mugs from the store. Also look through Fun Crests and Pins at [thegirlguidestore.ca](http://thegirlguidestore.ca) or check out other suppliers for patches, pins and crests.

- My mother and I have made ditty bags for our advancing girls every year for eight years, so they move up to Guides with good-looking bags, and also so we have something to hold any crests, certificates and badges we need to give them. We attach the Brownie Pin on the outside.

**4 Pay attention to packaging.** After you hand the girls their insignia, gift, crests, badges and certificate, they’re going to go on to the next person who will want to shake their hand and share the full Brownie sign. This is difficult to do with your hands full. Things are less likely to go astray if they’re already in a bag with handles the girls can slip over their arms. Provide a dollar store gift bag or a ditty bag for each girl.

**5 Plan the ceremony.** If you are joining in a district/neighbourhood or multi-unit event, share the details with the other units and make sure you get the overall event plan. Practise with your girls so they know what to expect. (We once didn’t follow this step, which was a mistake!) If the other units need to bring things, let them know. Share your gift ideas, to ensure every girl will receive one, not just the girls in your unit.

**6 Discuss food treats and consider possibly not having them.** Food treats may seem like a good idea for any celebration. However, some venues don’t allow food or drink indoors, so you may have to do without. Other factors that can work against having treats include: sugary snacks before bed aren’t generally appreciated by parents; allergies can weigh in; and parents may want or need to get home quickly following the ceremony.

**7 At the event, go with the flow.** You should have an idea of what is going to happen, but expect the unexpected. Things do have a way of happening, despite our best laid plans. As we say in Guiding, “Keep calm and carry on.” 🌪️

*Cara Hicks is a Guider in Ottawa, Ontario. The information here was adapted, with permission, from her blog, Brownie Meeting Ideas: [browniesmeet.wordpress.com](http://browniesmeet.wordpress.com)*

Photos: Mae Lefrançois



# Climbing UP

## A Unique Enrolment Ceremony

BY MAE LEFRANÇOIS

In Guiding, enrolment and advancement are about “moving up.” In Nova Scotia, some GGC members do more than just move up to the next branch. They climb up!

For the past three years, girls have enjoyed “climbing up” to join the 1<sup>st</sup> Micmac Rangers, in Dartmouth, Nova Scotia. The unit books three or four lines (sections of the climbing wall) for two hours on a Monday evening at our local indoor rock climbing gym, Ground Zero, in Dartmouth. During the first hour, the girls climb as they like for fun.

### Guidance and Support

At the beginning of the second hour, we all change into our uniforms and do our enrolment. The belayers, who hold the rope for the harnessed rock climbers, are Guiders or experienced Rangers, signifying their guidance and support in helping the girls to develop and grow. A girl being

enrolled (enrolee) determines the pace and height of the climb. Climbing beside her on her left is a second- or third-year Ranger. Climbing beside her on her right is most often our Responsible Guider or one of the other unit Guiders.

## Challenge and Trust

After climbing together at the pace and to the height with which the enrolee feels comfortable, the three climbers stop. The enrolee makes or renews her Promise to the Guider on her right, while also making the Guide sign, which requires her to secure her hold on the wall with only one hand. Her Guider welcomes her to the unit and affixes her Ranger enrolment pin to her uniform. This challenges the Guider to climb sideways on the wall to get closer to the enrolee, and to release both her handholds from the wall completely, trusting her sister Guiders and Rangers below to belay her securely, as she no longer has a hold on the wall!

## A Delicate Balance

This enrolment ceremony quite literally creates a delicate balance for everyone concerned. It takes some work for the Guider to hold her position on the wall with her legs (as she is dangling from the rope now) and to avoid poking the enrolee with the Ranger enrolment pin! The same applies to the second- or third-year Ranger on the left of the enrolee, as she plays her role in the ceremony. Once “pinned” by her Guider, the enrolee turns to that Ranger, who also moves sideways on the wall to get closer and releases both her handholds to tie the Ranger scarf around the enrolee’s neck. Of course, she also has to trust the Guiders and Rangers below to belay her. As the new Ranger is welcomed into the unit, the Guiders and girls below cheer and take photos. Once the three climb down together, the enrolment of the new Ranger is complete, and this exercise in teamwork, trust and balance begins for the next enrolee.

## Symbolism and Significance

The Rangers and Guiders really enjoy this rock-climbing enrolment for its challenge, its camaraderie and its rich symbolism and significance to our Guiding sensibilities. The wall is the “mountain” the girls must climb to learn and to grow, and the enrolee’s sister climbers signify the ever-present support of older peers and leaders whom girls can count on in Guiding. The pace and height of the climb are representative of the empowerment given to each girl to challenge herself to her limits within her level of comfort. And the belaying team below signifies how each of us in Guiding can count on our sisters to “hold the ropes” when we attempt new and sometimes daunting challenges as part of our growth.

Our district has also conducted this enrolment ceremony for our Pathfinders and, last year, two Guiders who are afraid of heights challenged themselves to reach the top of the wall. At the top of the climb, one of them was enrolled as a Ranger Guider. A Guider’s enrolment ceremony in our unit involves the active participation of our Responsible Guider and our District Commissioner (yes, we even make our DCs climb!). All in all, the rock-climbing enrolment ceremony is a huge hit and gives a great boost in self-esteem to Guiders and girls alike. It’s also true Guiding fun! 🧗

*Mae Lefrançois (a.k.a. Guider Stormy) works with the 1<sup>st</sup> Micmac Pathfinders and Rangers in Dartmouth, Nova Scotia.*





Photo: Sandi Dewar

As a Guide, Meghan spent eight hours selling cookies during Pumpkinfest.

# More Than a Laptop

## Cookie All Stars Rewards

In the last two issues of *Canadian Guider*, we brought you impressions and advice from a parent and a Guider, both of whom are big supporters of the Girl Guides of Canada Cookie All Stars (CAS) program. In this issue, we offer some personal insights and tips from an “all star” herself – Meghan Dewar, a first-year Pathfinder in Port Elgin, Ontario.

**W**hen I was in my first year of Brownies, the Cookie All Stars program was brand new. I was excited about the rewards, so I jumped right in, wanting to sell 80 cases. My parents wisely suggested that I try for a less ambitious goal as a start, so I sold 15 cases that year, earning my first CAS crest, which I wore with great pride.

The next year, I set my sights on the Chapters/Indigo gift card reward, and earned it by selling 30 cases. In my first year of Guides, after completing cookie selling training, I decided to set a really big goal: to buy myself a laptop before high school. That year, I sold 40 cases of cookies and earned a \$125



Future Shop gift card. The next year, while I didn't think I could sell 80 cases, I was determined to sell more than the previous year. I sold 52 cases, earning another \$125 Future Shop gift card.

### My Own Laptop

Finally, as a third-year Guide, I decided this was the year I was going to be a true CAS "star," by reaching the top level of the program. I spent many, many evenings and weekends selling door-to-door. Despite quite a few "No thank-you" responses, I did reach the top, earning a \$250 Future Shop card. I almost couldn't believe that I had accomplished my goal of selling 80 cases, and I now had enough money in gift cards to purchase my very own laptop!

It wasn't just the number of door-bells I rang that enabled me sell all those cookies. It was my newfound self-confidence as well as my perseverance. I used to be so shy that every time I knocked on a door, I would hope nobody was home! As I persevered in selling door-to-door, I became increasingly independent and gained the courage to talk comfortably with people I didn't know.

### My Personal Rewards

I really love selling Girl Guide cookies. It's such a fun thing to do! Selling cookies has taught me both social and money handling skills, and has improved my public speaking skills and my reliance upon myself. I think cookie selling is good for girls because it teaches goal setting and life skills we will need when we get older. It can also give us a huge sense of personal accomplishment.

Girl Guides makes me feel better about myself. I think it's pretty amazing that, not only have I helped my unit and local camps, but the entire Guiding community across Canada, just by selling cookies. And now I see that this past summer, I have achieved more than even the highest Cookie All Stars goal. I have also gained a sense of self-worth that I will carry with me for the rest of my life. And that reward really is more than a laptop. 🍪

Originally posted on [GirlGuidesCANBlog.ca](http://GirlGuidesCANBlog.ca)

I have also gained a sense of self-worth that I will carry with me for the rest of my life.

Photo: Rob Dewar



As a Brownie, Meghan (shown with her mother, Sandi, who is also a Guider) sold cookies at a neighbourhood yard sale on a Victoria Day long weekend.

## My Personal Tips for Would-Be Cookie All Stars

As I progressed through the Cookie All Stars levels, I learned some simple strategies to get a more positive reaction at the door and to sell more efficiently. Here is what worked for me:

- **Always wear your uniform.** People love seeing your badges, hat crafts and pins, especially if their daughters were in Girl Guides. Some people will even buy cookies just because they love that you're wearing your uniform!
- **Talk to teachers, family and friends.** Ask your teachers and principals if they would like to buy some cookies. Lots of teachers will buy cookies to have on their desks to munch on themselves, and also to treat their students. It's the same with family and friends. Plus, family and friends will buy even more cookies just to support you.

- **Leave "Sorry I Missed You" cards.** If you're going door-to-door and someone doesn't answer, leave a "Sorry I Missed You" card in the door. You can print them off of the Girl Guide website and insert your first name and your Guider's phone number. You'll be surprised at the number of people who may follow up and call you to buy cookies.
- **Never forget your manners.** Manners make a huge difference! People love Girl Guides who say please and thank you, even if they don't want to buy your cookies. If they say no thanks, just smile and thank them for their time. And if they do buy some, always remember to thank them for supporting Girl Guides. Remember that you are representing Guiding every time you go out in your uniform!



Photos: Anne Whelan

# Light Colour Texture



Photo: ©PhotoSpin

## Faux Stained Glass Trefoils **S B G P R**

Stained glass is all about playing with light, colours and textures. This faux stained glass craft can be done with girls of all ages, from Sparks to Rangers, and is a great bridging activity, with older girls helping the younger ones. Try putting one together before getting the girls to do it.

### What You Need

- two pattern templates, available at: **Trefoil Stained Glass Pattern and Trefoil Stained Glass Cut-Outs in Challenges/Activities under Program Resources on Member Zone.**
- black Bristol board or blue fun foam (much easier for younger girls to cut out)
- glue stick
- scissors
- utility knife
- tissue paper in Guiding colours: pink, orange, blue, green and red and any other bright light colours (Reuse any tissue paper you have saved; the crumples add a textured look.)
- clear plastic wrap with printed designs, used by florists to wrap fresh flowers. (Cellophane wrap purchased in dollar stores or craft shops is much too thin and very frustrating to work with.)
- string
- clothes pins or paper clips

### What You Do

Depending on the age group, steps 1 and 2 may need to be done ahead of time. Adults or older girls can use the utility knife to do the cutting.

1. Download and print the two pattern templates from Member Zone.
2. Using the trefoil template, cut out the main stencil and trace outlines on black Bristol board. Cut out pieces.
3. Use this stencil to mark other Bristol board or fun foam for each girl. Mark the simple trefoil for Sparks and Brownies and the full pattern for Guides, Pathfinders and Rangers.
4. Use the traced-out Bristol board or the fun foam to cut out the pieces from 1 to 10 with a utility knife or scissors where indicated. These empty spaces will receive coloured tissue paper.
5. Cut out the pieces of the stained glass template. Use these to trace onto the coloured tissue paper. For Sparks and Brownies, trace pieces 1, 2 and 3. For Guides, Pathfinders and Rangers, trace pieces 1 through 10.
6. Cut out the coloured tissue paper as per the traced-out pieces in Guiding colours, either all one colour (e.g., pink for Sparks) or mix them up to represent different levels in Guiding.
7. Flip over and work on the reverse side of the trefoil or full piece. Run glue stick around each opening to stick in place precut pieces of coloured paper.
8. Glue on a second Bristol board cut-out, to give a uniform look both front and back.
9. Use a pen or pencil to punch one hole for the simple trefoil and two holes for the full stained glass piece.
10. Insert a piece of string for hanging.

If time and space allow, turn off your room's main lights and run a line of string in front of a window or backlit area, attaching all the finished trefoils with clothes pins or paper clips. Enjoy the play of light, colour and texture you have created! 🌟

*Anne Whelan, Dorval, QC (Editor's Note: Anne is a professional stained glass artist and teacher, as well as a Guider. To learn more about her passion for stained glass and to see some of her creations, visit: [vidriAna.ca](http://vidriAna.ca))*

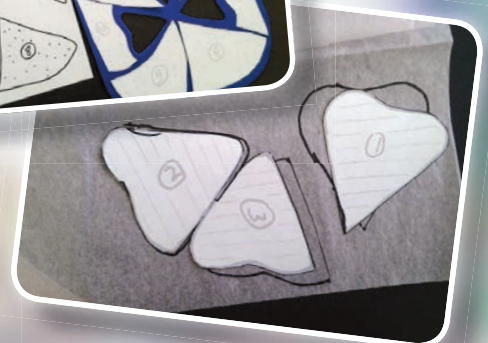
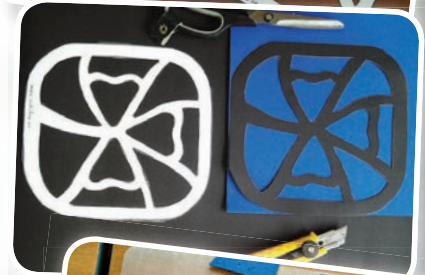
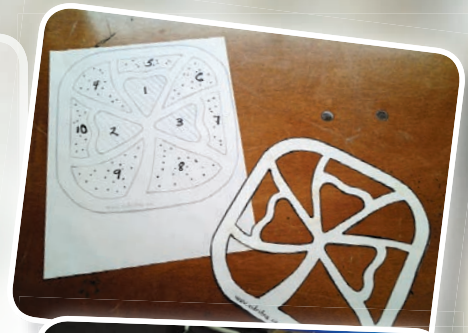




Photo: Sharon Jackson

# Hearts and Trefoils

## Valentine's and World Thinking Day Stamps S B G

Here are two upcycled crafts that are especially fun for younger girls. Get everyone in your unit to save toilet paper rolls, so you can have a supply on hand for Valentine's Day and World Thinking Day fun!

### What You Need

- toilet paper rolls
- sticky tape
- glue or glue gun
- craft paint (red and blue)
- small paint brush

### What You Do

#### Heart Stamp

1. Flatten the toilet paper tube to create a crease on each side.
2. Form a heart shape and tape around the tube near both ends.
3. Dip in red craft paint and gently press and rock the stamp on paper, card stock or anything you want to decorate. Use a paint brush to fill in the heart, if you wish.
4. Write your Valentine's Day message. Don't forget that our veterans love receiving homemade cards from Girl Guides!

### Trefoil Stamp

1. Make three heart-shaped stamps.
2. With a glue gun or craft glue (better for young girls), attach one tube to another, being careful to align the tips and stamp edges. Repeat with the third tube.
3. Tape your stamp together near both ends, for extra strength.
4. Dip in blue craft paint and stamp on paper or card stock. (Gently rock the stamp in all directions to make sure you get a full trefoil shape.)
5. Paint a blue stem at the bottom of your trefoil, and fill in the trefoil, if you want.
6. Write a friendship message and send your card to a friend for World Thinking Day, February 22! 🌐



## Valentines for Vets



Show Veterans your gratitude for their sacrifices and achievements in serving our country. Create a hand-made valentine and help bring joy to a Canadian Veteran this Valentine's Day.

Each year, Veterans Affairs Canada (VAC) invites Canadian schools, individuals and organizations to make Valentines for Vets. VAC, then, distributes the valentines to Veterans in long-term care facilities across the country in time for February 14. For more information, visit: [veterans.gc.ca/eng/remembrance/get-involved/valentines-for-veterans](http://veterans.gc.ca/eng/remembrance/get-involved/valentines-for-veterans)



Photo: Lee Ann Fraser



# Terrific Trefoil Tin

## A Felt Craft Container S B G P R

This metal storage container is great for your girls to use as a memory keeper, and for Guiders to hold items for meetings and camp, names of girls for draws, dues, or anything else you can think of. It also works as a handy coin holder at on-location cookie sale blitzes. You can make this with any coffee tin, but the one shown here features the 311 gram (half size) tin of Maxwell House ground coffee. I like the squatter size and the blue lid that is on all Maxwell House coffee tins.

### What You Need

- coffee tin
- blue felt (sold by the metre)
- white felt (squares or by the metre)
- trefoil cookie cutter
- glue gun
- tacky glue

### What You Do

1. Cut a piece of blue felt to fit the circumference and height of the tin.
2. Hot glue (on low temperature) a thick bead of glue on the edges and the two joining ends of the felt to adhere it securely to the tin.
3. Cut out a square each of white and blue felt, slightly larger than the background of the trefoil cookie cutter, and shorter than the full height of the coffee tin.
4. Cut out the centre of the blue felt to create a border. Adhere it to the white square with tacky glue.
5. Use the cookie cutter to outline a trefoil shape and cut it from the leftover piece of blue used for the border. Tacky-gue it to the centre of the white, bordered square.
6. Tacky-gue the white and blue logo square to the tin, over the seam. 🍪

Lee Ann Fraser, Antigonish, NS,  
[owl-and-toadstool.blogspot.ca](http://owl-and-toadstool.blogspot.ca)

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# 2014

# PHOTO CONTEST WINNERS



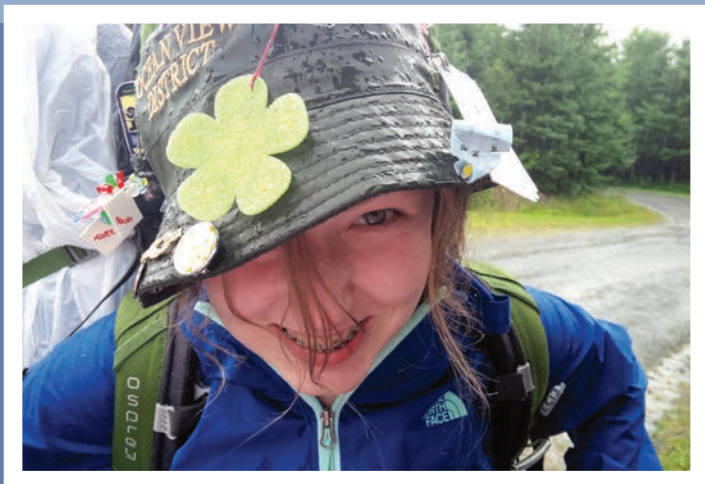
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2014 PHOTO CONTEST

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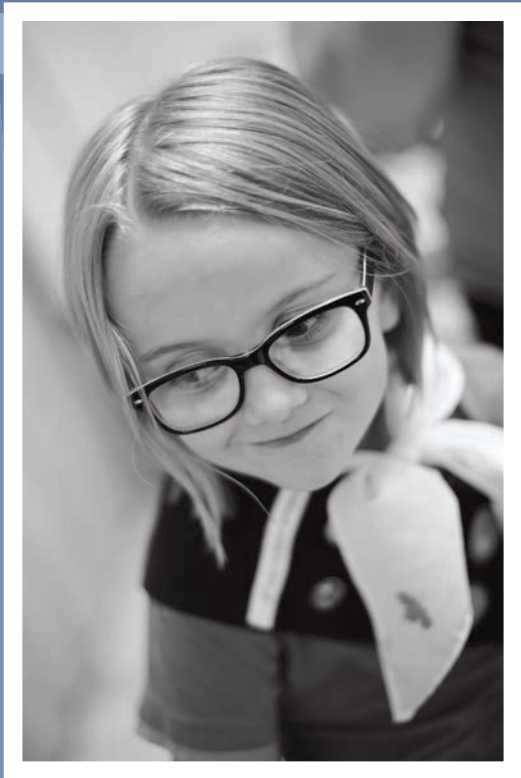
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Van Chau

2014 PHOTO CONTEST

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Susan Haskell



Erica Wheeler



Paula Sanderson



# 2015 Photo Contests!

## Ready, Aim, Click!



Girl Guides of Canada  
Guides du Canada

This year, Girl Guides of Canada is holding three photo contests, with winning images published throughout the year at [girlguides.ca](http://girlguides.ca) and in *Canadian Guider*. Look for details in upcoming issues of *Guidepost* and *Canadian Guider*.

Hit us with your best shots!

Photo: Erin T. Hamanishi



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Photo: Craig Cooper



Photo: Craig Cooper



Photo: Michael Cooper

# Hey Shutterbugs . . .

## Here's How to Hit Us with Your Best Shots

- Carry a camera and a spare memory card and battery on Guiding outings, so you can grab great shots as you see them. If you use the camera in your mobile phone, be aware that phone images are only useful for print if they are high enough in resolution.
- Grab 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!
- Try to have girls and Guiders in uniform for your photos. We need images that support the Girl Guides of Canada brand by featuring our insignia prominently.
- Shoot outside as often as possible. Natural lighting is more flattering than artificial (especially overhead fluorescent) lighting.
- Take both vertical and horizontal shots to give us more layout options.
- Use different angles. Go above, go below, and even get down on the ground, especially with girls!
- 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 trees, tents, windows, doorways or anything else that frames your subject.
- Shoot, shoot and shoot again! It can take many so-so images to score that perfect publication shot!
- When emailing us images, please send the highest resolution possible. Images printed in the magazine need to be much higher in resolution than images posted online.

*Adapted from "Shutterbug Secrets, Ten Tips for Taking Great Photos" (Fall 2012, page 18), by Marlene Graham, a Guider in Delta, British Columbia. Canadian Guider has published many of Marlene's photos over the years.*

# Thank You for Your Support in 2014!

We would like to thank the many individuals, foundations and corporations that support Girl Guides of Canada-Guides du Canada (GGC) from coast to coast to coast. Our supporters help GGC to enable girls to be confident, resourceful and courageous, and to make a difference in the world. We are deeply grateful for the generous contributions that make it possible for GGC to bring out the best in every girl and woman who experiences Guiding.

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## GGC Trefoil Guilds

1<sup>st</sup> Canadian Internet Trefoil Guild  
 1<sup>st</sup> Cedar Bluffs Trefoil Guild  
 1<sup>st</sup> Halton Trefoil Guild  
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# Free Being Me

## WAGGGS Activities for Units

Can you imagine a world in which physical appearances alone do not define who we are? The World Association of Girl Guides and Girl Scouts (WAGGGS) is working in partnership with Dove, a global personal care brand, to help make this dream a reality. And you can join in!

Through a unique activity program called Free Being Me, WAGGGS aims to provide 3.5 million girls and young women with self-esteem and body confidence activities that will make a real difference in their lives. This exciting, one-of-a-kind program is available to every member of WAGGGS — so that means you!

Through fun, interactive activities, girls aged 7 to 14 can learn that body confidence and self-esteem come from valuing



ourselves for who we are, standing up to social pressures, and supporting others to be more body confident. Already, hundreds of groups from all over Canada have taken part, along with more than half a million girls and young women worldwide. The program is free to download

from [free-being-me.com](http://free-being-me.com) where you'll also find inspiring stories and ideas. Each WAGGGS participant can be rewarded with a crest, available at: [waggs-shop.org](http://waggs-shop.org)

For more information, visit: [girlguides.ca](http://girlguides.ca)»Programs»Specialized Programming»Dove Free Being Me Activity

**Pssst!**  
**Have you heard about Free Being Me?**

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

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

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

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

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

Join the conversation **#FreeBeingMe** [free-being-me.com](http://free-being-me.com) [waggs.org](http://waggs.org)



## Awards

### Fortitude

Irene Blakely, Miramichi, NB  
Pauline Kuiack, Manotick, ON

### Honorary Life

Jane Devine, Calgary, AB  
Patricia Lam, Nepean, ON  
Louise Triggs, Hemmingford, QC

### Valour – Silver

Genevieve Lesperance,  
Kingston, ON  
Jennifer Morrissey, Bath, ON

### Gold Thanks

Tanya Brazeau, Wyoming, ON  
Lynda Dycke-Castonguay, St. Albert, AB  
Holly Fleming, Calgary, AB  
Jess Fleury, Nepean, ON  
Ashley Geddes, Saskatoon, SK  
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Shannon Lemm, Rosemere, QC  
Karen MacLean, Val-des-Monts, QC  
Melissa Moor, Metcalfe, ON  
Paula Reid, Happy Valley-Goose Bay, NL  
Joanne Schmidt, Sundridge, ON  
Dawn Sephton, Bedford, NS  
Sophie Streleoff, Castlegar, BC  
Genell Tonge, Montreal, QC  
Megan Van Buskirk, Saskatoon, SK

## GGC Tributes

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

### In Memoriam Recognition

Shirley Amos, ON	Toni Kazakoff, BC
Leslee Jean Arnet, BC	Isabel Kerr, ON
Marilyn Burke, ON	Margaret Kinch, BC
Donna Clarke, NS	Evelyn King, NS
Edna Fawcett, BC	Pat Morris, ON
Lena Ferguson, NS	Shirley Parkinson, SK
Yvonne Fitzgerald, ON	Margaret Patterson, NS
Dorothy Graham, NS	Mary Randell, NL
Norma Johnson, ON	Pauline Taggart, ON
Winnifred Johnson, ON	Anne Treacy, 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:  
[barkleyh@girlguides.ca](mailto:barkleyh@girlguides.ca)

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## New National Service Project

### Words in Action

Service has been a long and proud tradition in Guiding. In celebration of our 100<sup>th</sup> anniversary in 2010, GGC launched our first National Service Project (NSP). This nationwide challenge focuses on providing service and giving members an opportunity to collectively make a difference in the world.

From January 2015 to August 2016, our fourth annual NSP, Words in Action, will focus on the **United Nations Millennium Development Goal (MDG) 2 - Achieve universal primary education through the theme of "Literacy."** Inspired by the 3<sup>rd</sup> Yellowknife Girl Guides, the title "Words in Action" embodies the spirit of service by putting girls in action, promoting the importance of literacy and increasing access to books and school supplies across Canada. This can be done through service activities such as hosting a community book or backpack drive, conducting a book exchange, volunteering to read at a library or setting up a multi-branch reading activity.

Games and activities will be available at [nsp.girlguides.ca](http://nsp.girlguides.ca) to give your girls a chance to learn more about literacy before they begin their service activity.

Once your unit has completed the service activity, visit the NSP Service page at [nsp.girlguides.ca](http://nsp.girlguides.ca) to log your actions and number of participants. This allows GGC to track the impact we have had across the country. ☘

Photo: courtesy Stephanie Bangarth



Photo: courtesy Rachel Collins



# CANADIAN *Guider*

## Thank you Stephanie Bangarth

Canadian Guider bids a fond farewell to our outgoing Chair, Stephanie Bangarth.

Stephanie's vast knowledge of Guiding and her passion for the organization and especially for outdoor adventures with the girls has been hugely helpful to the magazine, as has her leadership of our wonderful committee. We thank her and warn her we will still be asking for her written contributions from time to time.

## Welcome Rachel Collins

Please join us in welcoming our new Chair, Rachel Collins. Already well into her new role in leading our editorial committee, Rachel has also contributed several excellent articles to the magazine, including her fabulous *Frozen*-themed camp ideas, which you will likely have already discovered on pages 18-19 of this issue.



Photo: Mark Nichol

## Credit Where Credit is Due

### Cookie Box Image

On page 32 of our Fall 2014 issue, we published an image featuring the yummy chocolatey mint cookies "marching" around their box. This image was created for the Southern Vancouver Island (SVI) Area website, by Mark Nichol. Canadian Guider thanks Mark for permission to use his clever image, and SVI Area webmaster Jeannie Cosgrove, for letting us know.



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# Tell Your Girls About Our Girl Greatness Awards

Help the girls in your unit celebrate each other and the amazing things they do in their lives and in their communities. Encourage girls to nominate themselves or a friend in Guiding for a Girl Greatness Award (GGA).

Use our meeting guide to discuss these award categories:



Information on the 2015 GGA's will be available online in January 2015

20 Girl Guide members will receive the beautiful Girl Greatness Award Pin.



Award recipients also receive a certificate signed by the Chief Commissioner.

Visit [girlguides.ca](http://girlguides.ca)



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