



Festi-Guides - a huge success!

Québec Girl Guides put their leadership skills to the test

Bravo to the 350+ participants who took part at Festi-Guides last Sunday, May 5 at Parc Michel-Chartrand in Longueuil. It was a celebration of Guiding in Québec and an opportunity to showcase the variety of activities Guiding has to offer.

Festi-Guides
May 2013



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Both members and non-members alike spent a wonderful day of leadership development through adventure and discovery.

See page 2 for a round up of all the activities!

Some words from our members:

The bus conversation home was all about how each kiosk was well planned, well placed and the activities offered were very nice... a good reflection of diversity and a good reflection of what makes Guiding special in QC... I was proud to walk around with my unit and accompanying families.

My district and I would like to thank everyone who worked so hard making the Adventure Trek a success. We had a great time on Sunday. Congratulations on a well planned event!

Well done everyone it was a fantastic day. A lot of great booths full of exciting stuff.

Check out our **BLOG** for more about the day,

and you'll find a full gallery of photos on our **Facebook** page!

Highlights:

- [Festi-Guides program key](#)
- [CWFF Pizza Challenge winners](#)
- [Mille Iles Girl Guide author!](#)
- [Lennoxville's QC Spin](#)
- [Tweet to Triumph winner](#)

Inside this issue:

Festi-Guides!	1-2
AGM 2013	3
International News	4
Training News	5
Awards	6
Camping	7
Québec Spin Stories	8
Unit Stories	9
Girl Greatness	10
Cookies	11
Property Committee	11
Upcoming Events	11
Treasurers' Trove	12
News from the Office	13
GGC-QC 2013 Calendar	19



Thanks to the effort, dedication and energy of an amazing group of Guiders, Youth Members and many helpers, it was

so much more than a Day in the Park!



Girl Guide Program is all around us and our event, enjoyed by well over 300 Guiding members and friends on May 5, added up to **Guiding Gold** in tracking girl program. Here's a summary so you can recall and reward all that we did! If your girl record keeper wasn't there, or girls went with their families, just ask them about all the wonderful things they shared!

	<p>Geocaching: Allez chercher de nombreuses caches - rejoindre les experts pour rechercher des caches partout autour du parc. - Go searching for the hidden caches and join expert Geocachers to search the park for hidden caches.</p>	<p>Navigation, orientation Finding your way A start to the AB or BC Geocaching challenge!</p>
	<p>Mosaïque: Démontrer vos talents d'artisan en laissant votre empreinte sur la mosaïque. - Let your crafty juices flow by leaving your mark on this community craft.</p>	<p>Handcraft, new medium, community service</p>
	<p>Zumba: Soyez actifs et danser dans l'une de nos séances de Zumba. Be active and dance in one of our Zumba sessions.</p>	<p>Active living, rhythm, new dance</p>
	<p>Camping: Mettez vos connaissances et compétences de camping à l'épreuve. - Test your camping knowledge and skills.</p>	<p>Outdoor skills & camp experiences</p>
	<p>STEM: Découvrez la science et la technologie. - Learn about Science and Technology</p>	<p>All programs</p>
	<p>Exploration: Explorer le parc et découvrir la faune qui y habite. - Explore the park further and discover what kind of wildlife calls this place home.</p>	<p>Nature study, observation games, hiking, field guides, preparedness, habitats, animal encounters, WAGGGS Biodiversity Challenge</p>
	<p>Zone des P'tits: Venez participer à une grande variété de jeux pour tous les âges. - Come and have a chance to participate in a wide variety of games for all ages.</p>	<p>Teamwork, active living, bridging</p>
	<p>Leadership avec nos ambassadrices - Leadership activities with our Brand Ambassadors</p>	<p>Views and values, choices and having your say</p>
	<p>International: Renseignez-vous sur les centres mondiaux de guidisme et toutes les possibilités de voyages internationaux. - Learn about the World Centres and all the international travel opportunities Guiding has to offer.</p>	<p>WAGGGS, cultural experiences, world centres, travel in GGC</p>
	<p>Operation Earth Action - Opération Terre Action Participez à notre projet de service national et découvrez plusieurs façons de vivre « plus vert ». - Participate in our National Service Project and discover more ways to be green.</p>	<p>National Service Project – pledge & activities, environment, WAGGGS Climate Change</p>
	<p>Walking in balance - Marcher en harmonie Découvrez comment trouver le bon équilibre dans votre vie. - Discover how to find the proper balance in your life.</p>	<p>Self-esteem, self-awareness, native culture</p>



And of course all this completes a Spin of the Québec Spin Challenge!

Discover - With the whole province! - Share it - Guiding Sisterhood!

No Dozing... 119 Attendees!

Our AGM, which took place on May 2, 2013, offered the opportunity for the 119 attendees to connect, re-connect, talk and 'strut their stuff' (unit and district-wise) and inspire.

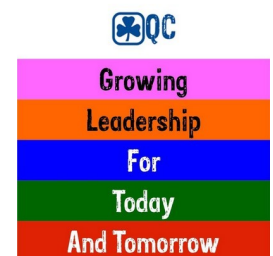
Our theme was 'Growing Leadership for Today and Tomorrow'. Tania Tautkus and Debbie Frail, two of our Brand Ambassadors, and

Daphne Sauv , a Ranger from Valois-Dorval, all spoke about how Guiding has had a major impact on their lives. All attendees received their 'Showing Your GGC Pride' kits and the DCs who attended collected the kits for their district.

Rounding off the evening, we focused on the year ahead – how Guiding will rock in 2013-2014, provincially speaking.



Date/Month	Event or Activity
May 11	Young Women's Forum
July 7-27	Wonderful Weeks at Wa-Thik-Ane summer camp
September	French Program Books – Printed and priced the same as English books
October 5	Fall Camp Day
October 6	Camp Clean-Up Day
October 19	Impact Soccer Day
November 22-24	Eastern Regional Trainers Conference
January 18, 2014 (tentative)	2014 Guider Symposium
May 1, 2014	2014 AGM
Early May (date TBD)	2014 Festi-Guides-Adventure Trek – Northern Lights (Rosem�re)
May (date TBD)	2014 Young Women's Forum
May 10	Camp Opening Up Day



New developments for 2013/2014:

- * **Taste of Qu bec** Programming – Bient t   l'affiche!
 - ⇒ Nouvelle programmation   la saveur du Qu bec
 - ⇒ New programming to reflect the culture of Qu bec
- * Check out our new [website](#), [blog](#) and [Facebook](#)
- * Make [spinning](#) part of your programming



Thank you to all those who attended the AGM and we look forward to seeing you next year!

Pamela, Elaine and Amber—on behalf of Qu bec Council

CANADIAN WORLD FRIENDSHIP FUND PIZZA CHALLENGE

Thank you to the three groups who submitted their entries for the Pizza Challenge. We will try again next year, so the rest of you can start planning!

The winners of a \$100 pizza party are:

Most money per member: **1st Mount Bruno Pathfinders**

They raised \$11.82 per member selling leftover cookies and collecting district toonies!

Most original idea: **2nd Strathmore and 1st Valois Guides**

They held a nickel arcade and invited units from other districts!



Valois-Dorval Girl Guides at their nickel arcade fundraiser for the Canadian World Friendship Fund

Upcoming training session! Still room for more!

A session on ADULT LEARNING - *'Understanding the Adult Learner'*

When: **June 7, 2013, 6:30 p.m.—9:30 p.m.**

Where: **Summerlea United Church**
225 - 50e avenue, Lachine

This session provides an introduction and insight into:

- Principles of adult learning
- Learning styles and preferences
- The role of a learning facilitator
- How to evaluate learning



Understanding the adult learner is the key to success in effectively sharing skills and information. We will examine the basic principles of adult learning, how we learn and what helps us to learn.

Who can benefit from this training?

- * **Guiders** with skills to share with other adults (both inside and outside of Guiding)
- * **District Commissioners** (recognized under Enrichment or Admin)
- * **New Trainers** (a pre-requisite to other training topics)

REGISTRATION

Please send an **email** to training.formation@guidesquebec.ca
with the information below:

Subject: Understanding the Adult Learner

Name _____ iMIS # _____ (if available)

Spark

Brownie

Guide

Pathfinder

District _____

Telephone number: _____

email address: _____

Have you honored a fellow Guider or Girl Member with an award lately?

Here's how to proceed:

- Request an iMIS profile for the person you are nominating (imis@guidesquebec.ca).
- Complete the R.3P form available on the [Forms page](#) of the national website.
- Obtain the necessary letter(s) of recommendation and attach the letters and the profile to the R.3P form.
- Forward these to your Commissioner or to the Awards Team (awards.reconnaissance@guidesquebec.ca) for approval.
- These can be read at a meeting, by telephone poll or by e-mail vote. Each member of the district or Awards Team votes to approve or not approve the award. (You must have a majority vote.)
- If approved, the signature of the Commissioner is required along with the NAME OF THE COUNCIL.
- Send the R.3P to the provincial office for input into iMIS. Purchase the award.
- If the presentation date on the form differs from the actual presentation date, it is the responsibility of the Guider who signed the R.3P form to advise the provincial office of the change.
- Upon presentation of the award, the recipient can be given the letters of recommendation.
- The iMIS profile must be destroyed.
- For Adult Awards, letters of recommendation must contain the following “buzz” words:

Quebec Award – Distinctive / Medal of Merit – Exceptional
Gold – Outstanding
Silver – Excellent / Bronze – Dedicated / Thanks – Good

Reminders:



- **Tip of the Hat** awards are year-round. Looking for a way to salute a Guider for the work she does? Why not give her a *Tip of the Hat*? Send the Guider's name, mailing address, your name, and a short yet detailed description of why she is special to: awards.reconnaissance@guidesquebec.ca

- **Provincial Scholarship applications** are due **June 1, 2013**

- For more details on awards, consult the [Awards page](#) of our website and under Member Zone, consult [Unit Support Resources](#)

- For further questions on awards and scholarships, feel free to contact your Provincial Awards Specialist at awards.reconnaissance@guidesquebec.ca

Camping Weather Is Here!

Maybe try some new foods at camp!

Here are some **non-perishable food recipe ideas**:

Peanut Butter Balls

- 1/4 cup honey
- 1/3 cup peanut butter
(or other nut butter)
- 1/2 cup powdered milk
- 1/3 cup coconut (optional)

Mix ingredients together.

Shape into balls and enjoy!

Nice and sweet but also nutritious.

This recipe can easily be doubled if you are feeding a crowd!

Campfire Supper

- 28oz can diced tomatoes
- 19oz can kidney beans
- 19oz can pork and beans
- Pepper

Heat and add pepper to taste

A can of ham or chicken (or store bought BBQ chicken is also a nice addition to the recipe)

Serve with crusty bread or biscuits

Beet slaw

When you're tired of canned vegetables, soup and beans, here's something a little crunchy and different to hit the spot.

- 19oz can of sliced beets
- 19oz can of sauerkraut
- 1/2 cup beet juice (from can)
- 1/2 cup white vinegar
- 2 table spoons of brown sugar

Drain 1/2 cup of beet juice into a bowl. Cut beets into quarters and add to juice. Add the sauerkraut, but discard its juice. Mix in remaining ingredients. Let stand for an hour or more. After slaw has had a chance to sit, add more beet juice, brown sugar or vinegar to taste.



Going back to chilly February for this refreshing story from:

Lennoxville and their District Winter Camp

Rachel, Michelle and Rashmini from the 1st Lasalle Guides/Pathfinders joined us. We managed to complete a few Québec Spin Challenges...

First off, we all helped build a quinzee for the Pathfinders and 3rd year Guides to sleep in. The girls decided this was: **Outdoors**, **Another Branch**, **Photo Album** and **Sisterhood**.



Then, the Guides cooked lunch for everyone (I was going to suggest this to them before camp, but they beat me to it!) and chose: **Take the Lead** (very appropriate), **Same Branch**, **Share It** and **Learning**.

In the afternoon, the Guides headed out on snowshoes. They tracked a dog and a fox, tried running and jumping in snowshoes, and then even climbed Skull Rock! The next morning,

a bunch of Brownies went out and did the same. The girls opted for: **Outdoors**, **Guiders**, **Blog/Photo Album** and **Learning**.

The blog post should be up in about a week since two of the girls want to write it together. Our blog: 1stLennoxvilleGuides.blogspot.ca.

As for the photos, click [here](#) to visit the gallery!

My Guide unit has also been working on other challenges. Last month, they created their own Feel Good Boxes and then shared their creations and some of what's important to them with the Brownies. This challenge took the form of: **Invent**, **Unit**, **Share It** and **Personal Growth**.

Finally, they have written a short play about Lord and Lady Baden-Powell and the beginning of Girl Guides and will present it to our district at next Monday's Thinking Day Guide's Own. This challenge is: **Invent**, **Unit**, **Speak Out** and **Entertainment**.



Submitted by Esther Keller

Thank you Esther Keller – way to spin that SPIN Lennoxville District!

On behalf of the 2nd Riverdale Girl Guides...

We would like to thank Medtronic CryoCath LP for giving us the opportunity to share with our Girl Guides the exciting world of Engineering and Science.

Four wonderfully talented women engineers, Melanie Leroux, Edlyne Beaugé, Joelle Prophete, and Teresa Mihalik, took time out of their busy schedules and family life to share with 20 Girl Guides the importance of education, health, and science.



The girls took part in four different activities, each one aimed at introducing some fun into science, which in the end helped them to earn their Engineering and Science & Technology badges. The girls left the event in high spirits and greeted their parents with excitement with stories of what they learned... and that they want to be engineers when they grow up!

We are very grateful for the experience, and we hope to be able to bring some girls back again next year!

Submitted by Lisa Labelle, Anna Sadzynska, and Katie Harris



Earth Day

with the 2nd Northwood Brownies

Zoe, with the help of her sister Leah, gave a water conservation presentation for Earth Day.

Zoe researched water conservation on the internet and with the aid of Eco-quartier (Environmental Action Program of Montreal) she demonstrated how we can all save water by using water conservation tools in our homes.

Eco-quartier loaned the tools for the presentation and provided information booklets on water conservation for all the girls.

By Dora Hemsworth
Photos by Daisy Owl

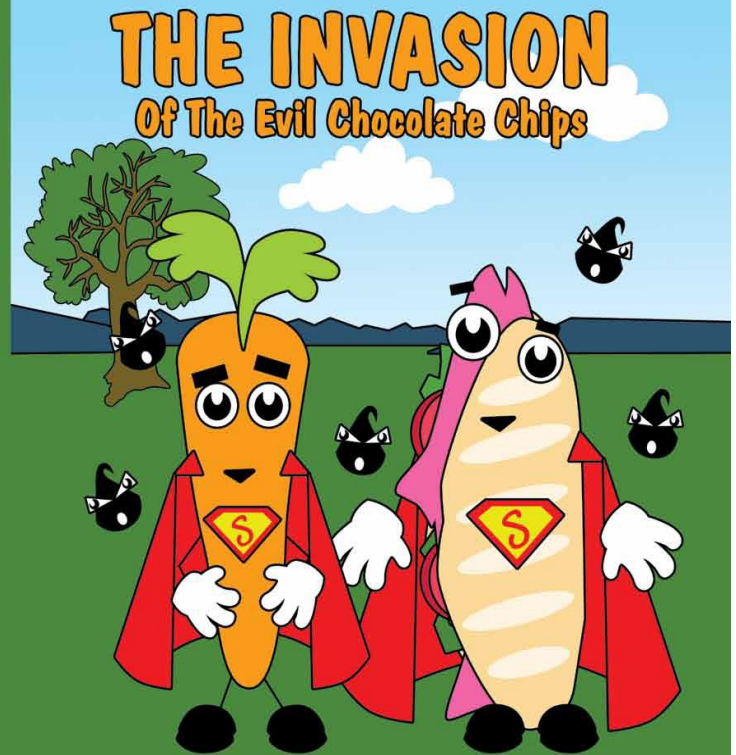
We have a famous writer in the Mille Lles District...

Girl Guide Maria wrote and published a children's book!

You can order yourself a copy on line with [amazon!](https://www.amazon.com)

Plus try and catch Maria's upcoming interview with CTV!

PublishAmerica is proud to announce the release of Maria's new book:



Here's what the book is about:

Mr. Sprinkles and Popcorn Popper are plotting to take over our fridges and pantries - using their army of evil chocolate chips and the allure of junk food, tempting us from everywhere. Will there be someone determined enough to stop them, before they make us all sick? Can Super Salmon Sandwich and his friend Crunchy Carrot stop the villains and help us make healthy food choices?

For more *Girl Greatness* stories, don't forget to visit our [blog!](#)

From the **Girl Guides of Canada Blog**:

What do you get when you introduce one of Canada's best loved foods to some of Canada's favourite chefs?

You get *Cookie Recipes for Girl Greatness* of course!

Check out these delicious recipes, and click [here](#) to read the full blog with ideas on how you can use these recipes to promote cookie sales.



- * [No-Bake Chai Cheesecake – Bal Arneson](#), Food Network's *Spice Goddess*
- * [Girl Guide Minted Chocolate Salame – Massimo Capra](#), regular on City TV's *Cityline*
- * [Girl Guide Brownie Cupcakes – The Cupcake Girls](#), Heather White and Lori Joyce
- * [Minty Hot Chocolate – Kary Osmond](#), former host of CBC's *Best Recipes Ever*
- * [Girl Guide Vanilla Banana Trifle – Petite and Sweet](#), Elle Daftarian and Caspar Haydar
- * [Chocolate Vanilla Coffee Cake – Emily Richards](#), home economist and cookbook author

From the Property Committee...

Wa-Thik-Ane Weekend Positions Available:

Camp Wa-Thik-Ane needs to fill some key weekend positions. Weekend rental groups are entitled to a resident Guider-in-Charge as well as lifeguards and boating specialists in season. Interested individuals can apply for as many or as few weekends as they are available. These are paid positions. If you would like a job description and more information please contact the Property Committee at: qcpropertycommittee@gmail.com.



The **Young Women's Forum** is set for this Saturday, May 11! All Pathfinders, Rangers and Guiders aged 18-35 are invited. If you haven't yet registered and wish to attend, please email ywf.ggc@gmail.com



Attention Pathfinder and Trex! The International Congress of Acoustics and the Acoustical Society of America will be hosting a workshop for Pathfinder-aged Girl Guides in Montreal on June 5. Email info@guidesquebec.ca for more details and to register.

Mid-Year Reviews

The Guiding year is winding to a close, and while most of you will have a break from doing Guiding books over the summer, there is one job left before you can relax! The time for the mid-year report has come.

All Treasurers should balance their books at this time in preparation for the fall. Your mid-year report will cover the period from January 1, 2012 to the spring "end" of the Guiding year, the exact date of which will vary depending on your unit or council, usually in May or June. Doing this now will help you to close your books at the end of December, as everything should balance and make sense for the first half of the year, and it will be done while you still remember what happened!

Unit and Trefoil Guild financial books should be collected by the District Treasurers, who should check that everything balances, is reasonable and clearly explained.

District Treasurers should have someone else look over their books. This can be another signing officer, so long as it is not the person responsible for keeping the books. Please print and send a copy of the Monthly Report to date (i.e. January 1, 2012 to the end of the season) and a completed Financial Review Checklist to the provincial office. Please include some explanation of major variations from your budget, given that the budget is for the full year.

It would be greatly appreciated if reports were received at the office as soon as possible after the end of your season, preferably by the end of June.

We will randomly select a few districts for complete review, in which case you will have to send in all documents as at year-end in January.

Once you have had your books reviewed, simply carry on from where you left off. Remember that you will have to submit your books, receipts, etc. for the *entire year* when you submit your books for the Annual Financial Review in January.

For **Units and Districts** where the treasurer is changing over the summer, a full independent review must be done now.

If you have questions, I can be reached at finances-support@guidesquebec.ca

Dawn Coffey

Treasurer Support Specialist



1st Mount Bruno Pathfinders at their Cookie Drive Thru fundraising event

News from the Provincial Office

Tweet to Triumph! ...And the winner is...

@ShannonJackso39

...& congrats to runner-up...

@MsValzoom



Contact pr.rp@guidesquebec.ca to claim your prize!

A huge thank you to all who participated!

Follow us on Twitter at [@GuidesQuebec](https://twitter.com/GuidesQuebec)

Welcome back, Emily! Emily Koehler-Lemaire has returned from her maternity leave and is back in the office as Coordinator—Membership Growth, Marketing and Public Relations.

Thank you, Nina! Many thanks to Nina-Marie Bournival for her dedication and varied contributions to the office over the past few months during Emily's absence.

FAQ for May - *My daughter should be returning to Sparks (for example) next year, but the online registration system will only allow me to register her for Brownies. What do I do?*

Register her for a Brownie Unit, then contact imis@guidesquebec.ca and request that she be moved to the desired Spark Unit. (The online registration system places girls in a branch according to their birth year.)

ARTICLE: A new direction for Girl Guides of Canada—Embracing and managing differently abled girls

At the 2013 Guider Symposium last January, our guest speakers included Lori Rubin, a Behaviour Management Specialist for the English Montreal School Board. Lori wrote up an article on the event that was featured in *Inspirations*—a newsletter published for the Montreal special needs community. Click [here](#) to read the article (on page 26).



Spring re-registration Incentive for Districts

Districts with 1-10 re-registrations for 2012-2013 Guiding year (Your DC has your 2012- 2013 number) – **Grow by 5** more re-registrations compared to 2012-2013 and receive **\$50** to put towards a girl event

Districts with 11- 40 re-registrations for 2012-2013 Guiding year (Your DC has your 2012-2013 number) - **Grow by 10** or more re-registrations compared to 2012-2013 and receive **\$75** to put towards a girl event

Districts with 41+ re-registrations for 2012-2013 Guiding year (Your DC has your 2012-2013 number) - **Grow by 12** or more re-registrations compared to 2012-2013 and receive **\$100** to put towards a girl event

Incentive ends June 1, 2013



GGC-QC 2013 Calendar

May 11	Young Women's Forum
May 11	Wa-Thik-Ane Camp Opening and Clean-Up
May 28	DC/Adviser/Council Meeting (Tuesday, 6 p.m. - 10 p.m.)
June 1	Deadline for GGC Québec Council Scholarship applications
June 5	Science workshop for Pathfinders, Palais des congrès, Montréal
July 7-27	Wonderful Weeks at Wa-Thik-Ane Summer Camp, Morin Heights
October 5	Provincial Day Camp, Wa-Thik-Ane, Morin Heights
October 6	Wa-Thik-Ane Camp Clean-Up Day
October 19	Montreal Impact Soccer Day
November 22-24	Eastern Regional Trainers Conference

Did you get yours?



Showing Your GGC Pride

Elaine, Amber and I would like to thank you for your dedicated efforts on behalf of the girls this Guiding year. Summertime sometimes offers us a great opportunity to spread the word about Guiding. We may be out and about at the local pool, soccer field, or community corn roast. These occasions might provide a situation where we can casually help to promote GGC.

In your 'Growing Guiding' membership growth 'pack' you will find a collapsible water bottle with the GGC logo and the words, "Ask Me" and "Demandez-moi". Also, there are two types of business-sized cards. One is promoting Guiding in general, giving a simple take-away and the other is for those special women you meet who would make a 'great role model' for girls (AKA Guiders).

So this summer when you have the opportunity to show your GGC and help spread the word about our great organization, please do!

Have a relaxing summer and see you in the fall.

Pamela, Amber and Elaine