



## Keep Calm and Camp On (With Mom!)

By Gigi Ferrigno

This past summer at Wa-Thik-Ane I heard about an awesome opportunity to be part of a Provincial Spark event. Fast forward to the new Guiding year and we had a team of amazing women coming together to do some dreaming and planning. Headed by Guider extraordinaire Charyl Hyndman, our committee put together a day full of camping activities and learning experiences for both Sparks and Moms (with a few Dads too).



The girls had their pictures taken in front of our "outdoor" campsite, with little Spark raccoons and even a campfire as they arrived and with new friends at the end of the day. The morning started off with a science experiment after running into circle, where the girls learned how different pairs of pants stay dry or wet. And then it was snack time, where the girls found themselves building edible campfires to learn how a fire is made. I think their favourite part of that

was eating the yummy chips and candy!

The story continues on [page 9](#).

Photos by Charyl Hyndman and Valerie Zaloum

## Celebrating Girl Greatness in Pointe-Claire



The 2015 Girl Recognition Event took place November 22nd, 2015, in Pointe-Claire.

It celebrated girl members who had completed their Lady Baden-Powell, Canada Cord, or Chief Commissioner's

Award in the 2014-2015 Guiding Year.

Some Rangers were also presented with their Youth Commitment Award, for completing 10 years of membership with GGC. Many thanks to Pointe-Claire District for hosting such a great event! See the list of recipients on [page 2](#).

[www.guidesquebec.ca](http://www.guidesquebec.ca)  
[guidesquebec.wordpress.com](http://guidesquebec.wordpress.com)

100 Alexis-Nihon, Suite 270  
Saint-Laurent, Québec  
H4M 2N7  
(t) 514-933-5839  
(f) 514-933-7591  
[guides-quebec@bellnet.ca](mailto:guides-quebec@bellnet.ca)

.....  
**Highlights:**

- [Register now for Symposium](#)
- [Info on Wa-Thik-Ane Rentals](#)
- [Winter Camping Is Cool!](#)
- And more!

**Inside this issue:**

<a href="#">Girl Recognition Event</a>	2
<a href="#">Symposium 2016</a>	3
<a href="#">From the Property Committee</a>	5
<a href="#">WTA Job Opportunities</a>	6
<a href="#">Winter Camps</a>	7
<a href="#">Program News</a>	7
<a href="#">Cookie News</a>	8
<a href="#">Treasurer's Trove</a>	8
<a href="#">International News</a>	9
<a href="#">Camping Wee Will Go!</a>	9
<a href="#">Safe Guide News</a>	10
<a href="#">First Aid News</a>	11
<a href="#">A Call-out to Rangers</a>	11
<a href="#">District Stories</a>	12
<a href="#">GGC-QC Event Calendar</a>	13

# Girl Recognition Event



The Pointe-Claire district hosted the 2015 Girl Recognition Event with a Hollywood red-carpet themed event!

Girls' names in bold indicate those who attended the November 22nd ceremony.

## Canada Cord

**Elizabeth Barnes**

**Eileen Blackman**

Caroline Firtl

Julie Firtl

Ashley Hum

**Daisy Oki-Gillan**

Amanda Page

Madison Page

Jacynthe Poupart Miller

**Arielle Séguin**

**Leah Suissa**

**Jessica Totarella**

## Chief Commissioner's Bronze Award

Kelly Johnson

Nicole Waldie

## Chief Commissioner's Silver Award

Madison Perras

## Chief Commissioner's Gold Award

Katie Murphy

Daphne Sauvé

## Medal of Fortitude

**Anne Varvarikos**

## Lady Baden Powell

**Alisha Baillargé**

Fiordalisa Barbone Scandiuzzi

Mégan Bergeron

**Alexia Brausewetter-Day**

Emma Bray

Jasmine Brett

Alayna Côté

Elora Di Blasio

Gwendolyn Fecteau

Jenna Ganis

**Cassandra Gillen**

**Christina Hynes-Rooney**

**Mariah Katz**

Cassandra Lacoste

Mikayla Landi

Alicia Marsh

**Maria McAndrew**

Ashley McCarthy

Megan Melo-Pereira

Kelsey Moore

**Ava Nadeau-McMorran**

Amy Partington

**Kiva Richer**

Kristin Rodney

Dylan Sanchez McMillan

Cynthia Sawicz

**Ariana Silvi**

## **Anika Singh**

Olivia Spensieri

Elisa Vitovszki

Annie Wang

**Amanda Watson**

## Youth Commitment Award

**Elizabeth Barnes**

**Eileen Blackman**

LeeAnne Blouin Cookman

Julie Demanins

Caroline Firtl

Julie Firtl

Georgeanne Johnson

Sophie McCafferty

**Daisy Oki-Gillan**

Madison Page

Amanda Page

**Piper Pinkerton-Kock**

**Kaitlynn Rodney**

Brenda Sabbatino

**Arielle Séguin**

*Congratulations girls!*



# Symposium 2016



Symposium is our annual get-together of adult members and Ranger-aged girls from across the province. The event is sponsored by Québec Council, is free for members and everyone is invited!

**Date:** Saturday, January 16th, 2016, 9:00 am—4:00 pm

**Location:** Champlain College, Saint Lambert, 900 Riverside Drive, J4P 3P2

We know the song! *We Challenge Ourselves*.... and our Symposium theme for 2016 is **Challenge**.

It might be the challenge to do things beyond our comfort zone, something new or adventurous, or something we never thought we could do – those are the personal challenges. Guiding asks those of us, for our own satisfaction, or to encourage and role model the “*Yes I can*” to our girl members!

That’s where we **RISE** – to the challenge, to the occasion – but the **RISE** makes us show, stand up and take things up to the next level.

When we lead girls through the challenges of our program, we teach them pride in their abilities and accomplishments – we make them **SHINE**! Some may need a bit more buffing than others, but when they do things together they are positively radiant!

And there’s that final key: **#ensemble**, together, in whatever language you choose to SHINE! When we do things as a team, **#ensemble**, that **SHINE** can be seen from all around – in our communities, and all across our Guiding sisterhood! Symposium will be our day to **RISE** up, and **SHINE**...  
**#ensemble!**

The day includes learning, social and sharing sessions, lunch, and the unveiling of your 2016 event bling. There will be presentations and a variety of opportunities and challenges offered throughout the day, including workshop sessions in topics of your choice. [Click here](#) to review the descriptions of these workshops.

register now!

Don’t forget! What symbolizes the **SHINE** in your district? Get your district together and wear that shining symbol on Symposium day!





# Symposium Workshops

1.	<b>Communication and Team Building:</b> For our girls, communication is very important as it is their everyday life. Working in teams is the base of good relationships for their future. During the training, many activities will be provided to develop those two aspects as a way of empowering our girls.
2.	<b>Shared Leadership and Cross-Generational Team Building:</b> Shared leadership can be a challenge at anytime but throw in big gaps in age and experience and there can be some unforeseen issues....but oh what positive possibilities these combinations present! Join us to explore and practice leadership across the ages.
3.	<b>Gender and Gender Identity:</b> A session to inform and sensitize Guiders to transgender issues and touch on other experiences of the gender spectrum that we encounter in our Guiding activities. Creating an inclusive and respect-promoting atmosphere in Guiding has always been our goal. A modern understanding of gender encourages us to respond to the needs of members, their families and Guiders.
4.	<b>Camp Challenges:</b> Come discover the multitude of ways camp challenges can enhance a camping experience. They are easily adaptable to each branch, are perfect for filling in spare time and are a great way to offer more to those intrepid girls who always want to go further! If you are keen to learn more about this exciting tool and how it would work best for your unit, come join us at the Camp Challenges session.
5.	<b>Québec Challenges:</b> Need some suggestions for filling in the holes in programming? Challenges can be a creative and fun way to add to programming and camp time. Join us as we explore the Québec Challenges.
6.	<b>Teaching Games:</b> Play some games that will challenge the girls to learn new skills, complete program work, be active and HAVE FUN.
7.	<b>Technology and Today's Girl:</b> This session hopes to answer the question: How to talk to girls and Guiders about Internet safety. How much is too much, what to include, and what to leave to parents. We will also have a sharing session about what is out there for Guiders to use. From Facebook and Twitter, to emails and calendars, how to bring your unit into the techno age.
8.	<b>Trefoil Guild Gathering:</b> There will be a short business meeting, followed by a demonstration of a fabric project that needs scissors and very little sewing. The making of Hugs for Hope blankets, distributed through Montréal hospitals, inspires and supports people facing a huge challenge in their lives. Chemotherapy patients feel chill, even on hot summer days – so the warmth of this blanket reminds patients fighting cancer that they aren't alone on their journey.  This is a Bring a Friend opportunity for Trefoil members and other Guiders may choose this option if they wish.
9.	<b>Just for DC's:</b> Rise up! Exclusive session for District Commissioners. Do what makes you shine power session. This is a platform for you. Help us customize a workshop that meets your needs. A survey will follow in order to answer any questions you may have on your mind. Show your em😊is as we roll out the emoji project as a new way that will help make a girl's program a success.

Questions can be directed to the provincial office: [admin@guidesquebec.ca](mailto:admin@guidesquebec.ca) or 514-933-5839



# Wa-Thik-Ane Reservations 2016

The rental procedures for [Camp Wa-Thik-Ane](#) have changed to optimize the reservation process with a positive revenue stream for our Provincial Camp! If you haven't already consulted with parents for best weekends to get their commitment, it's a good idea to do it now. Don't wait for January!

***The first weekend available for reservation is May 14, 2016***

## First reservations of the season

- Reservation forms for 2016 will be received starting on January 4, 2016. Only reservations received with a 25% deposit will be considered now and throughout the year. [Camp Wa-Thik-Ane Reservation Form](#).
- All reservation forms must have 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> choices indicated. **Something New!**
- Site minimum charges are now in place = 75% of the site capacity charge for nights booked.
- There is also a new space on the reservation form for site sharing. (when you do not have enough people to fit the site capacity)
- With Exception - For the first reservations of the 2016, all forms and deposits received by January 15, 2016 will be logged.

*The reservations will be placed in order of receipt and all Responsible Guiders will be contacted in the following week (Jan 18-Jan 22) to acknowledge receipt of the reservation request and be advised if there is any conflict or contention with the reservation request.*

- Please remember we are trying to not to repeat the cancellation deluge of the 2015 reservations.

## Please note the following changes: [Camp Wa-Thik-Ane Rental Rates](#)

- The classification of dates has been changed - **no more 'In or Out' of season.**
- The rental rates have increased and are the same for the rental season weekends May through September.

Type of Rental	Guiding	Guiding
	1 night only	2 nights or more
Site Rental	\$25.00/pp	\$15.00 pp 2 nights or more
Lodge Rental	\$350.00	\$315.00 pn
Pioneer Sites	\$10.00 pp	\$10.00 pp/pn
pn= per night    pp= per person		

- There will be site minimum charges imposed. (ex: Huron has a capacity of 40 people. If you are booking for 20 people and if this is what you really want, you will have to pay for 75% of the 40 person capacity. Not just for 20 people.
- In these type of cases we are offering a site sharing option when and where applicable.



Property Committee | [labouchette@guidesquebec.ca](mailto:labouchette@guidesquebec.ca)



# WTA Job Opportunities

Position	Qualifications	Responsibilities
<p><b>Site Manager</b> (1 position)</p> <p>-Weekends Fri eve, Sat. &amp; Sun afternoon from May 13 to September 23 for booked weekends.            May/June/Aug/Sept 11+ Weekends            July - Possibility of July Wonderful Weeks at Wa-Thik-Ane 3 weeks</p>	<ul style="list-style-type: none"> <li>- Min 21 years of age at time of employment</li> <li>- Good people skills, communicator, organized and problem solver</li> <li>- Bilingual</li> </ul>	<ul style="list-style-type: none"> <li>- Represent the Camping and Property committee at the camp</li> <li>- Meet and greet guests, assist with luggage, solve minor problems and seek assistance for larger issues</li> <li>- Full list of duties available upon request</li> <li>- Reside at camp</li> <li>- Responsible for own transportation</li> </ul>
<p><b>Waterfront Director</b> (1 position)</p> <p>Weekends Fri eve, Sat. &amp; Sun afternoon            May 2 or 3 weekend            June 4 weekends            July - Possibility of July Wonderful Weeks at Wa-Thik-Ane 3-4 weeks            August – on call            September - 4 weekends</p>	<ul style="list-style-type: none"> <li>- Min 18 years of age at time of employment</li> <li>- Must hold a valid/current National Lifeguard Certification from the “<b>Société de Sauvetage</b>” (Lifesaving Society)</li> <li>- A waterfront specialty is preferred</li> <li>- Current Standard First Aid and CPR</li> <li>- Previous experience and references as a waterfront director</li> <li>- Must demonstrate knowledge and understanding of Safe Guide (GGC Risk Management)</li> </ul>	<ul style="list-style-type: none"> <li>- Supervision of all aquatic personnel and activities</li> <li>- Defining the roles and responsibilities of all aquatic personnel</li> <li>- Ensuring the waterfront equip. and management conforms to the Life Saving Society Waterfront Guidelines</li> <li>- Ensuring the emergency response plan is effective and the general safety of all waterfront activities</li> <li>- Full list of duties available upon request</li> <li>- Reside at Camp</li> <li>- Responsible for own transportation</li> </ul>
<p><b>Lifeguard</b> (1 to 3 positions)</p> <p>Weekends Fri eve, Sat. &amp; Sun afternoon.            May - 2 or 3 weekends            June - 4 weekends            July - Possibility of July Wonderful Weeks at Wa-Thik-Ane 3-4 weeks            August – on call            September - 4 weekends</p>	<ul style="list-style-type: none"> <li>- Min 16 years of age at time of employment. Preferably 18 years of age</li> <li>- Must hold a valid/current National Lifeguard Certification from the “<b>Société de Sauvetage</b>” (Lifesaving Society)</li> <li>- Waterfront specialty is preferred</li> <li>- Current Standard First Aid is an asset</li> <li>- Must demonstrate a knowledge and understanding of Safe Guide procedures (GGC Risk Management) for water activities</li> </ul>	<ul style="list-style-type: none"> <li>- Ensure that campers for whom you are responsible are well supervised in a safe and healthy manner at all times</li> <li>- Prevention of emergency situations and where this fails the timely and effective resolution of emergencies</li> <li>-Reside at camp</li> <li>-Responsible for own transportation</li> </ul>
<p><b>Lifesaver</b></p> <p>July - Possibility of July Wonderful Weeks at Wa-Thik-Ane 3-4 weeks</p>	<ul style="list-style-type: none"> <li>- 16 years of age, Hold a current Bronze Cross and Emergency First Aid</li> </ul>	<ul style="list-style-type: none"> <li>- Assist Lifeguard and Waterfront Director</li> </ul>
<p><b>Boating Specialist</b> (1-2 positions)</p> <p>Weekends Fri eve, Sat. &amp; Sun afternoon            May - 2 or 3 weekends            June - 4 weekends            September – 2-4 weekends</p>	<ul style="list-style-type: none"> <li>-Min 18 years of age at time of employment</li> <li>- Must hold a valid/current certification from the <b>Fédération québécoise du canot et du kayak Flat Water Level 2</b></li> <li>-Must demonstrate a knowledge &amp; understanding of Safe Guide procedures for water activities</li> </ul>	<ul style="list-style-type: none"> <li>- Ensure that campers for whom you are responsible are well supervised in a safe and healthy manner at all times</li> <li>- Prevention of emergency situations &amp; where this fails the timely &amp; effective resolution of emergencies</li> <li>-Reside at camp</li> <li>-Responsible for own transportation</li> </ul>

Interested candidates should forward CVs to: [dir-operations@guidesquebec.ca](mailto:dir-operations@guidesquebec.ca). Qualified candidates will be called for an interview.

# Winter Camping in 2016

## January 29-31, 2016: Winter Guide Camp

- Try winter camping with girls from across the province! Challenge yourself to try something different and make new friends! For all Guides, all levels of camping experience. Cost: \$75 per girl
- Two nights at Centre de Plein Air L'Estacade, St-Paul-de-l'Île-aux-Noix, QC
- Click here for the [girl registration forms](#). The deadline to register is December



## February 5-7, 2016 : Winter Carnaval Adventure in Québec City



- Experience Winter Carnaval in Québec City with other **Pathfinder** and **Ranger** Units!
- Two nights at Holy Trinity Cathedral, downtown Québec City.
- Cost \$175, which includes transportation (coach bus), sleeping accommodation, meals and snacks, Carnaval “Effigy” (admission to Carnaval activities), visit to the Ice Hotel, Cabane à Sucre supper on the way home and all taxes. Guiders must register their unit, [click here](#) for the registration forms.

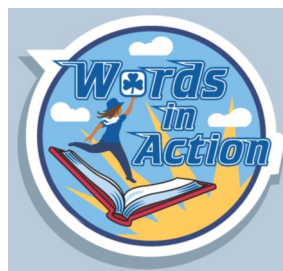
Angie Kruller, Camping Adviser | [camping@guidesquebec.ca](mailto:camping@guidesquebec.ca)

## Program News

### FAMILY LITERACY DAY – JANUARY 27, 2016

This [nationally celebrated day](#) aims to increase awareness on the value of reading and engaging in literacy-related activities as a family. Families are encouraged to take time each day to engage in literacy-related activities – even just 15 minutes a day can dramatically improve the literacy skills of both children and parents.

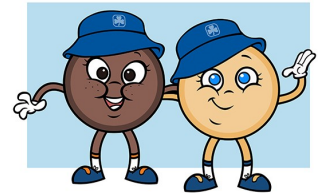
There are lots of ways to integrate it into your unit’s program, from the Spark and Brownie stories to hosting [your own reading tent](#), and don’t forget the National Service Project [Words in Action!](#)



Charyl Hyndman, Program Adviser ; Lizzie Knowles, Deputy Program Adviser | [programme@guidesquebec.ca](mailto:programme@guidesquebec.ca)

It's Classic Cookie ordering time!

DCs/Cookie Advisers – you will be asked to submit your District Cookie orders to the office by **Friday, January 15<sup>th</sup>**



Our cookie delivery window will be March 17th to 24th, 2016.

Guiders – you know your girls can sell cookies! No need to make a special trip to the office to pick up extra cases, order them directly to your district. Please keep in mind the special order cookies that are appropriate for approved travel opportunities in their Districts, or travelers to GM. Take some time to discuss [cookie selling techniques](#) with your girls, be **RESOURCEFUL** and involve them in the number of cases your unit should order. Let's make a **DIFFERENCE** as a province, our Mint/Fall cookie order was low, and everyone sold out! The funds from cookies support so many of our activities, from the unit level to girls travelling internationally.

**CHALLENGE** yourselves, have the **CONFIDENCE** to order more!

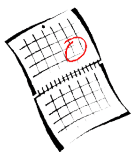
Let me hear you... **“MISSION** accepted.”

Helena Green, Cookie Adviser, Kelly Vandzura, Deputy Cookie Adviser | [cookies-biscuits@guidesquebec.ca](mailto:cookies-biscuits@guidesquebec.ca)

---

## Treasurer's Trove

**Year-end:** Year-end is Dec 31, which is coming soon, so make sure your books are up to date before the holiday rush! That will make it easier to wind things up for Dec 31, when they must be closed for review.



**Financial Reviews:** Don't forget to use the new [Financial Review Checklist](#) this year.

Unit books should be reviewed within the district, as long as those doing the review meet the requirements for independent reviewers as outlined in the Handbooks. District Treasurers should send the Annual Financial Reports and copies of the Financial Review Checklists for each unit to the Provincial Office.

District books will be reviewed by the District Treasurers at a Book Review day again this year. Please send all documentation (see list on the Annual Financial Report) to the office by **Jan 31, 2016**.



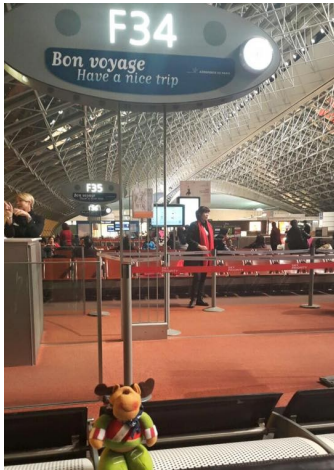
We will probably meet in February, at the same time as the DCs, but I'll let you know.

Trefoil Guild books of Guilds with their own bank accounts should also be reviewed at year-end. They should be treated as Unit books and reviewed within the District.

As always, if you have any financial questions, e-mail me! ☺

Dawn Coffey | District Treasurer Support Specialist | [finances-support@guidesquebec.ca](mailto:finances-support@guidesquebec.ca)





Fred the Moose has been sharing about Twinning at the International Guiding and Scouting Friends, [Fun, Freedom, Future Forum](#) in Oman! Here he is waiting for his connection in France (left) and meeting other friends, like Valarie from Sri Lanka (right).

-[Twinning 2020 Perù Canada Facebook Page](#)



## Camping on with Mom!



Continued from [page 1](#)

The little Sparks were full of giggles and smiles as Nancy and Susan taught them and their parents about Hug-a-Tree with some Spark demonstrators who just couldn't keep a straight face. One of the girls had a hard time trying to keep yelling for help and was very much in agreement that a whistle was an easier way to keep making noise. The girls enjoyed decorating their CDs after the story and receiving their Hug-a-Tree colouring books and were already making new Guiding friends.

After breaking for lunch, parents and Sparks were split and divided by patrols for round robins, where Moms and Dads had some firsthand experience with bedrolls, what not to bring to camp and what kind of bags are camper friendly! Parents had a good time and shared some laughs over the ripping garbage bag in the camp bag relay and while learning how to make bedrolls! The Sparks giggled like crazy as they played parachute games outside and made some beautiful placemats and napkin holders for our service project to donate to Meals on Wheels. And who wouldn't enjoy dressing up a Guider as the girls helped Holli and Jessica figure out what was appropriate winter camp or summer camp attire.



Afternoon snack was a s'more on a stick and the girls absolutely loved it! Thank goodness we had enough for seconds! Our day ended with a joint activity for Mum (or Dad) to do with their Spark that involved making a sleeping bag hat craft before campfire. At campfire, the girls learned some new songs and sang some favourites, including Herman the Worm (what Spark doesn't love that one?) and the Banana Song 2.0, taught to us by our lovely Provincial Commissioner, Valerie! It was a beautiful experience from start to finish with many new friends made, smiles had and fond memories for all involved. I look forward to our next event and hopefully seeing some new faces at Wa-Thik-Ane this summer!

[Click here](#) for more photos from the day!

Gigi Ferrigno is a Guider with the 7th Lachine Brownies and Contact Guider with the 1st Dorval S Sparks and 9th Montréal Brownies.



Guiders must document all incidents, whether minor or serious, that occur during a GGC-sanctioned activity. An incident is an out of the ordinary, unusual or unexpected occurrence, during a GGC activity/event. Both minor and serious incidents need to be documented.

## Minor incident

- Illness/injury
- Discipline problem
- Conflict (member and/or parent)
- Frightening situation
- A **minor incident** is less likely to have future repercussions, but still needs to be documented.

## Serious Incident

- Assistance from authorities (fire, police, ambulance, etc)
- Participants who are emotionally distressed
- Widespread illness
- A stay in a hospital
- Life-threatening illness etc.
- See pg 36
- More likely to have future repercussions

The adult at or closest to the incident must complete an Incident Report Form (**INS-01**). The Responsible Guider must ensure that the **INS.01** is sent in a sealed envelope, faxed or emailed **immediately** to the national office at the address below **and** to the Québec provincial office.

	National Office	Québec Provincial Office
By email:	<a href="mailto:incidents@girlguides.ca">incidents@girlguides.ca</a>	<a href="mailto:admin@guidesquebec.ca">admin@guidesquebec.ca</a>
By fax:	416-487-5570	514-933-7591
By mail to:	Girl Guides of Canada Attn: Finance and Administration Department 50 Merton Street Toronto, ON M4S 1A3	Girl Guides of Canada -Québec Council 100, boul Alexis-Nihon suite 270 Saint-Laurent, QC H4M 2N7

The purpose of the Incident Report (**INS.01**) is to ensure GGC has details of the incident should questions arise. It is a tool to protect and support both the Guiders and the organization. A blank copy should be on hand during unit activities. **For more details please consult your Safe Guide page 36-37.**

Information on the Incident Report (**INS.01**) is confidential and anyone with whom it is discussed is notified that this is so. Incidents are only discussed with:

- Parent/Guardian of a girl participant for whom the incident is reported
- Those who are involved in its resolution or the care of the participant





# First Aid Courses



## Red Cross First Aid Courses from Pulse Aide Inc.



Tailored to the needs of GGC as per Safe Guide July 2015

Complete details of First Aid Requirements for Safe Guide Activity Levels are found in the Safe Guide document, **July 2015 update**, found on the Girl Guides of Canada national website.

Pages of interest in Safe Guide 2015 relating to First Aid include, but are not limited to, pages 9 - 13 and 29 - 33.

<http://forms.girlguides.ca/SafeGuide/SitePages/Home.aspx>

**N.B. All First Aid Qualifications must be entered into iMIS before your Safe Guide Activity!**

### Recertification Courses for Emergency and Standard First Aid (8 hours)

**Pre-requisite:** All Participants must have a current (not expired) Red Cross Certification at the time of the course, must bring their own First Aid & CPR Manual, 2011 edition, to the course, and must review all material before the course.

**8 hours – 3 year cert - \$85 with Own manual      Saturday January 9, 2016      Laval**

**Full Emergency or Standard First Aid Course required** if you have no certification or one that has already expired.

**Upon completion, GGC–Quebec Council will reimburse 2/3 of the course cost for active Guiders**

For details and to register, or to book a course for your own District or Guiding community, please email Joan Lax at [pulseaideinc@gmail.com](mailto:pulseaideinc@gmail.com)

**\*** If you or Guiders in your district need to certify in First Aid, please let us know as soon as possible so that we can set up the 2016 course schedule to best serve your needs.

Joan Lax | First Aid Specialist | [pulseaid@gmail.com](mailto:pulseaid@gmail.com)

## A Call Out to Rangers!

*Canadian Guider* is looking for feedback from a Ranger unit or Ranger Guiders who might want to offer some tips for getting girls to listen, engage and behave in unit meetings (or camp, etc.) for an article in the Spring 2016 issue.

Hilary Feldman of the Editorial Committee is looking for contributions from many Ranger units across the country.

Any interested Guiders or Rangers are to contact Hilary Feldman at [wpgdistrict@gmail.com](mailto:wpgdistrict@gmail.com).







“Northern Lights Pathfinders, spent the evening cooking for Meals on Wheels last night. Moroccan Chicken with mashed potatoes, chocolate cookies, and macaroni with veggies and meat sauce. Lots of tears peeling thirty onions and lots of fun was had by all! *Great job girls!*”

From RoseAnna Cirino, DC Northern Lights, GGC-GduC Facebook group

## Pathfinder & Ranger Self Esteem Workshops



Two Human Relations students at Concordia University lead three wonderful workshops for Québec Pathfinders and Rangers in early November. Girls learned about self-esteem, healthy communication, girls in the media and

following their dreams through discussions, videos, crafts and skits. They completed many portions of their program and earned the Dove -Free Being Me crest. Why not try the [Dove](#) program with your unit?

- Lizzie Knowles, 33rd Montréal Pathfinders, 1st Milton Park Guides



*Dream on!*



The 1st Ormstown Guides volunteered their time sorting and packing food donations that the Ormstown Lion Club collected.

-Renee Sabetta-Cavers, 1st Ormstown Guides



## PLANNERS & DREAMERS IN ACTION!

The first Planners & Dreamers night was held November 23rd in Lachine! A group of determined members brainstormed new ideas, activities and events for provincial projects!



# GGC-QC Events Calendar

December 15	Deadline for Winter Guide Camp Registrations
December 18	Deadline for Pathfinder Carnival Registrations
December 21- January 4, 2016	Provincial Office Closed
January 8	<a href="#">Symposium Registration</a> Deadline
January 15	Deadline to order Spring Cookies
January 16	<a href="#">Symposium</a>
January 27	Family Literacy Day
January 29-31	Winter Guide Camp Weekend
February 5-7	Pathfinder Carnival Weekend
February 22	World Thinking Day
February	Provincial Brownie Twinning Event
March 8	Make a Difference Day: <a href="#">International Women's Day</a>
March 17-24	Spring Cookie Deliveries
April 30	Festi-Guides, Lachine
May 2-8	Make a Difference Day: <a href="#">National Mental Health Week</a>
May 5	GGC-QC Annual General Meeting
May 7	Camp Opening Weekend

## Message from the PC, DPCs



*Wishing everyone a safe and happy  
holiday season!*

*See you at Symposium!*

*-Valerie, Pam & Stacie*