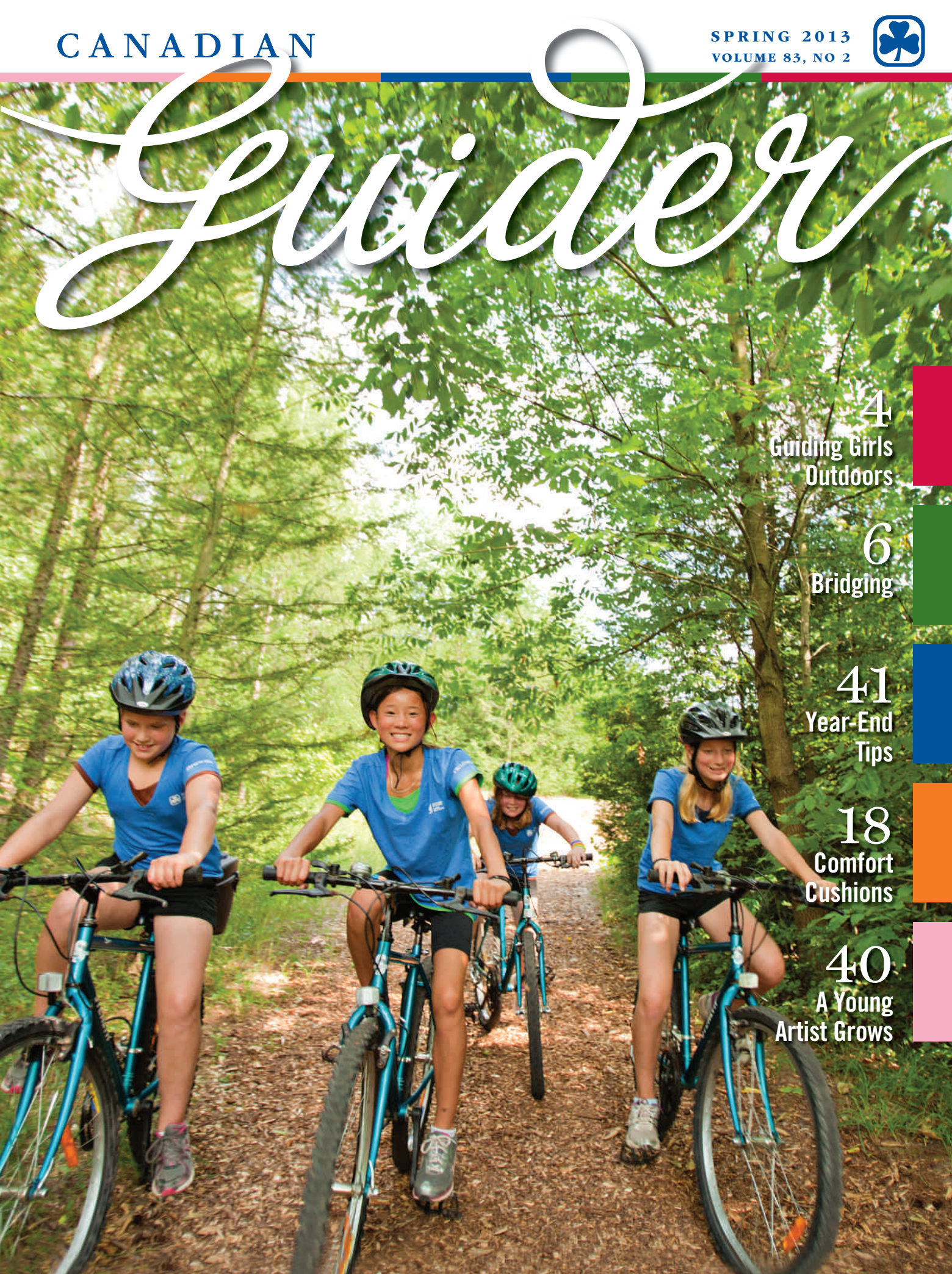




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Artist Grows

Inset Photo: courtesy Sharron Callahan • Photo: David Lussier



Take it Outside!

When it comes to programs and opportunities for girls and young women, Guiding's camping and outdoor experiences truly set our organization apart. For more than a century, Guiders have understood that activities such as hiking, canoeing and rock climbing can have an extraordinary impact on a girl's life, from improving her physical fitness to increasing her ability to focus at school to facing life's challenges by setting achievable goals.

Guiders have also always known that the more time girls spend in nature, the more inspired and committed they become to protecting it as adults. Every time we encourage today's "ultra-wired" girls to connect with nature, we enable them to take a break from the Internet and experience first-hand what the great outdoors has to offer.

Of course, planning and running a weekend or week-long camp for your girls can sometimes feel as daunting as trying to set up a tent in the rain when you've forgotten the pegs. But every Girl Guide deserves a chance to explore the outdoors, and we are here to help you "take it outside!"

In this issue . . .

This issue of *Canadian Guider* features several articles that will help you to plan engaging and innovative outdoor programming. If large multi-branch camps are on your agenda, see pages 28-29 for tips from veteran Girl Guide camper Evelyn Edwards, who has spent more than a decade running camps for more than 100 girls, aged eight to 14. To enhance your camp culinary skills, turn to pages 23-25 for a handy "how-to" on dehydrated foods. If you've got the camping travel bug, turn to pages 12-13 for a peek into an international Guiding camp in Ireland. And to enjoy well-deserved kudos on the positive impact your commitment to exploring nature has on your girls, check out pages 4-5. There, Guider and researcher Laura Bennett shares what she learned while preparing a university thesis on the benefits girls receive through Guiding's outdoor programming.

To support other program areas, we have also included another in our series of craft packages from our Artzooka contributors (pages 36-39), and a terrific service project idea from two Ottawa Trefoil Guilds, who have provided five simple steps to make comfort cushions for hospital patients (pages 18-19). And, as we move towards the end of another Guiding year, we've compiled ideas and tips for wrapping up your unit's business, courtesy of a number of Guiders across the country (page 41).

Best wishes for fun and adventure in the rest of this Guiding year and for many years to come!

Yours in Guiding,

Sharron Callahan



Guiding Outdoors

Spring has sprung! And with it comes the promise of new growth. Personal growth is a fundamental part of the Guiding program at any time of the year, but the coming months enable us to take so much more of that program into the great outdoors. In this issue's lead article on pages 4-5, longtime GGC member Laura Bennett notes, "The Guiding program not only provides girls with experiences in the outdoors, it prompts a change in their focus and attitude towards the environment." Guiding outdoors offers girls something that is all-too-often lacking in their technology-focussed lives – room to grow and flourish in nature!

Cover photo by Craig Cooper

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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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Room to GROW

Guiding Girls in the Great Outdoors

BY LAURA BENNETT

In her last year at Trent University in Peterborough, Ontario, Laura Bennett had the opportunity to complete an undergraduate thesis on a subject of her choice. She puzzled over what she wanted to do, until someone advised her to research something for which she has a true passion. Laura is passionate about Guiding and about getting girls outdoors. Here is what she learned during her thesis work.

Photo: Michael Cooper

I joined Girl Guides as a Spark, and continued non-stop through all the branches, finally becoming the Guider I am today. During those years, my passion for this organization strengthened and expanded. That passion, and my concern over the diminishing time Canadian children are spending in the outdoors, led me to my thesis goal: I would investigate how Girl Guides of Canada reconnects girls with nature.

Guiding and Nature Deficit Disorder

I began with the concept of Nature Deficit Disorder (NDD), a term journalist, author and nature lover Richard Louv coined in his book, *The Last Child in the Woods: Saving our Children from Nature Deficit Disorder*. Louv argues that the alarming decrease in the time children spend outdoors results in behavioral problems, including depression, attention deficit disorder (ADD) and anxiety.

My thesis focused on how the Girl Guide program addresses the issues regarding NDD and outdoor education. To research it, I conducted in-depth interviews with 30 Guiders, 10 each from Peterborough, Oshawa and Toronto. The results were overwhelming! These women had independently recognized symptoms of what Louv calls NDD in many of their girls, and reported seeing those symptoms lessened throughout their involvement in their units' outdoor programming.

The Technology Threat

The Guiders most frequently felt the cause of children not spending time outdoors is the influence of technology. The majority considered video games to be a principal concern, because they over-stimulate chil-

dren's minds. By comparison, children begin to consider the outdoors as "boring," because it lacks the constant "entertainment value" of video games.

The Fear Factor

Many Guiders also mentioned parental fear and over-protectiveness as a factor in keeping their children inside. In my own unit, more than a few of the girls' parents are afraid of wild animals attacking us at camp! The Guiders I interviewed agreed with me that this unfounded fear and over-protectiveness can prevent children from growing, learning, and experiencing things on their own, especially when it keeps them from exploring nature.

The Anxiety Antidote

Many Guiders cited obesity, asthma and ADD as challenges in their units, with anxiety being a common problem among the girls. In direct contrast, they noticed that outdoor activities provide an antidote to girls' anxiety and stress. "Nature provides a stress-free zone, where we are free to just enjoy the world around us," said one Guider. "Being indoors simply doesn't allow kids to let out their energy, explore the world around them and breathe in the fresh air that we all so badly need."

In every branch, Girl Guide programming incorporates time in nature through camping, hiking and other outdoor activities. "Even in Sparks, learning outdoor skills is a large part of the program," said another Guider. This is continued through the development in interest badges and the core program in Brownies, Guides and Pathfinders. "I took my Pathfinders tobogganing and it was a blast," said another Guider. "It is sometimes the simple,

active outdoor activities that are the most exhilarating, even for the older girls."

The Well-Rounded Program

The results of my interviews resoundingly indicated that the Girl Guide program is very well rounded. "From Sparks to Rangers, the Guiding program challenges leaders and girls to embrace all outdoor activities from nature studies to outdoor survival," said one Guider. "It provides girls with experiences and skills they may not be getting in the school system."

Overall, the Guiders I interviewed said that the Guiding program not only provides girls with experiences in the outdoors, it prompts a change in their focus and attitude towards the environment. They become more eager to go outside and feel more comfortable in the outdoors. Connecting with nature also inspires girls to be more aware of their surroundings and can help improve their social skills. Another Guider commented, "Once they experience nature, the girls begin to have much more enthusiasm for hiking, camping, exploring and just enjoying the pleasures of the great outdoors."

Support and Insight

The support I received from other Guiders as I researched my thesis was amazing. They all showed a keen interest in my project, and gave me insight into things that I didn't necessarily see in my Spark unit at the time. I am grateful to them for helping me discover more great things about the organization that has been such an important part of my life for so long. 🌍

Laura Bennett is a Guider in Toronto, Ontario.

MOVIN' ON

Bridging the Branches of Guiding

BY LISA DONNELLY

As the Guiding year winds down, it can be difficult to consider starting all over again in September, especially when it comes to retaining girls. However, retention is part of the challenge of every Guider leading a unit, and it's up to us to bridge the gaps between our branches.

Whether they're continuing in the same branch or moving up to a new one, girls (and their parents and guardians) sometimes need a little help to understand the benefits of staying in Guiding. Moving to a new branch can be scary. Here are some ways you can help girls to see how much fun making their way to Brownies, advancing to Guides or navigating the route to Pathfinders can be.

- **Every year, plan a bridging event.** Invite younger girls, from the branch feeding



Photo: Martine Graham

your unit and older girls, from the branch your unit is feeding. If you run a Brownie unit, this means visits to or from both Sparks and Guides. Use a theme such as friendship and make friendship bracelets, cards or pins and sing songs such as *Make New Friends*.

- **Organize pen pals with girls in other local branches.** Have the girls write letters, make cards or send emails back and forth during the year, and then arrange to have them meet face-to-face. Imagine the kinship that will develop over the course of a whole year!
- **For older girls, start a girl mentoring program.** Pair Rangers with Pathfinders to hold résumé-writing workshops, or have them volunteer together at a soup kitchen.
- **Take advancing girls to visit the next branch.** They'll get the opportunity to see those girls in their "natural habitat." Exposure to the structure of meetings, expectations and activities can make the transition a lot less daunting. If you take only advancing girls on this outing, you make it a special treat for them, giving them a sense of achievement and anticipation. Get them to talk to the younger girls in your unit about what they learned on this special outing, to build anticipation in them, too!
- **Mix it up!** Invite Pathfinders to lead events for Sparks, or Rangers to conduct a service project with Guides. Younger girls will begin thinking about all the opportunities that await them as they grow in Guiding, and older girls will polish their leadership skills.
- **Plan girl events with multiple branches.** There is nothing quite like a whole gaggle of girls of different ages gathering around a campfire, planting trees or selling cookies together.
- **Take advantage of multi-unit ceremonies.** For example, during Thinking Day and advancement ceremonies, have each group summarize some of the fun things they did this year. Include family members, so they can see all the branches of Guiding in action.
- **Talk about the benefits of long-term Guiding.** One of my Brownie parents surprised me by inquiring about GGC scholarships and international trips; then I realized she was already thinking ahead about the value Girl Guides could bring to her daughter. If you were once a girl member, talk to parents about why you stayed or came back to become a Guider. You might just recruit a new leader in the process!

- **Host a learn-by-doing meeting,** Have older girls bring in their program books, the crafts they made, their pictures or scrapbooks of events they've attended, and their spare uniform pieces. Many badges and program activities require girls to investigate the uniform and program of the next branch. Younger girls might love to see how they will look in the uniform of the next branch.
- **Get creative.** Start the girls on projects that can continue throughout their Guiding career. My Brownies begin their camp blankets in their first year, and by the time they move to Guides, they can't wait to start collecting more challenge and camp crests! Beginning a Guiding scrapbook is also a great idea.
- **Expand your bridging opportunities.** Include units from nearby communities, provinces, or even countries. Every year, girls from western Ontario participate in an International River Crossing, where they bridge with Girl Scouts from the USA across the St. Clair River. What an amazing opportunity to meet,



exchange "swaps" and experience first-hand "Guiding without borders." Above all, remember that recruiting new girls is just one way to grow Guiding. Explore ways to hang on to the girls in whom you have already invested so much time and energy. Challenge yourself to come up with creative and convincing ways to inspire them to join units at other levels. We will all reap the rewards for years to come. 🌱

Lisa Donnelly is a Guider in Toronto, and a member of the Canadian Guider Editorial Committee.

Photo: Andrea Cowen

Guiding Beyond Borders

GFSC in California

BY JENNA EVANS

Girls for Safer Communities (GFSC) is a Girl Guide initiative that is close to my heart. I loved working on a GFSC pilot project here in Canada. But when that ended, my passion for the project did not. Happily, shortly after, I found another place to introduce this fabulous program. I took GFSC to California!

Illustrations: robertjohannsen.com

For several months, I worked with another Guider, Patricia Muir, to bring the GFSC program to life for Pathfinders in Ontario. We trained more than 40 girls, helping them to understand their leadership style, to enhance their communication skills, and to view their communities in new ways. A crowning achievement in this initiative was a letter sent by one

of our units, the 191st Mississauga Pathfinders, to their local city councillor, advocating for a safer crosswalk in front of the school where they hold their weekly meetings. In response, Mississauga's Traffic Safety Council agreed to do a site inspection to assess the need for a crossing guard.

Maintaining the Momentum

As our training sessions came to an end and the girls moved on to new projects and challenges, I experienced what I can only describe as GFSC withdrawal. I missed working with girls on leadership and community safety, and I still had pins and booklets left over from the pilot project. I kept wondering what I could do with the extra materials and with my knowledge and passion for the subject matter, and how I could maintain, and even expand, the momentum of the program. So last September, when I visited my family in Bakersfield, California, I took GFSC with me.

Photo: Jenna Evans



I conducted the training sessions in the Al-Farooq Islamic Center, focusing on Muslim girls. We booked a space within the mosque, and through word-of-mouth alone, we registered 15 girls, ranging in age from 10 to 18 and having cultural roots in Yemen, India and Somalia.

Tailoring the Program

I tailored my presentation to incorporate themes, images and examples to which the girls could easily relate. Fortunately for me, the GFSC booklet already portrayed a girl wearing the *hijab* (headscarf). Mosque officials and parents were very receptive and enthusiastic. “We have never offered a program like this to our girls before” said one mosque leader. A mother of three said, “Our girls need to be empowered to be more active and visible in the community, especially at this age, when they are beginning to question their identity and their role in society.”

Promoting Personal Development

Another parent was interested to learn that Girl Guides and Girl Scouts promote and nurture leadership and personal development. As a result of the success of the program, the mosque is now considering its own development of ongoing leadership and personal development seminars for both girls and boys.

As a Girl Guide, a former Girl Scout, and a Muslim, I try to live by my commitment to “take action for a better world.” I can’t imagine a better way to take action than by bringing a Canadian Girl Guide program to a small group of enthusiastic American-Muslim girls in California. As everyone began gathering their belongings at the end of the training, one girl in the front row sat still and said, “I don’t want it to be over.” Smiling at her, I responded. “Neither do I.”

I left that meeting confident that GFSC has made a strong and positive impact on the Muslim community in Bakersfield, which hopefully will expand further into other American communities. 🌟

Jenna Evans is a Guider in Mississauga, Ontario.



Photo: courtesy Jenna Evans

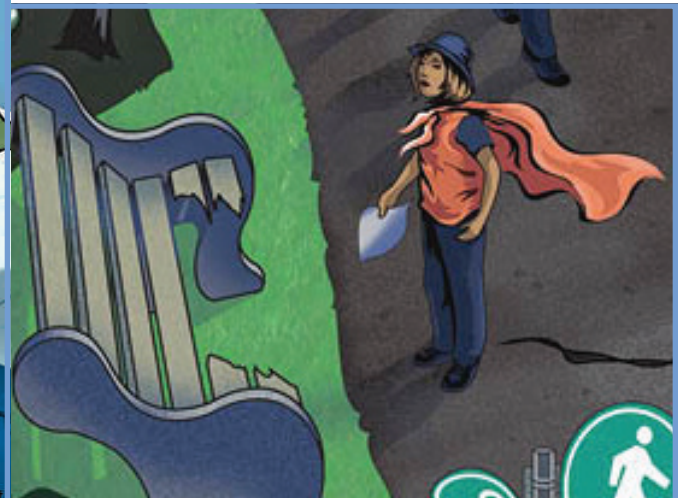
Leaving Their Mark

Celebrating a Safer Community

The 191st Mississauga Pathfinders devoted countless hours to the GFSC program and learned to take responsibility for their community, to exercise their rights in a local democracy, and to make their voices heard by individuals in positions of power. To celebrate the girls’ success, we partnered with Safe City Mississauga, to arrange for them to receive two hours of self-defence training from Ontario Martial Arts, and to listen to Constable Julia Osborne talk about youth crime, the justice system, and her work with the Peel Regional Police.

As the girls received their GFSC pins, a slideshow of their activities ran to the words in Lady Antebellum’s *I Was Here*: “I’ll be leaving my mark like initials carved in an old oak tree, you wait and see.” These girls have left a mark on their community, and Patricia and I have no doubt it will be the first of many.

Learn how to participate in GFSC at the Programs Specialized Programming section of girlguides.ca 🌟



Shhhhs

Silent Meetings

BY MELISSA MOOR

Once a year, our Brownie unit holds a silent meeting. The girls do not sing. They do not chat. They do not discuss the challenge they are working on. They do not ask each other to pass on markers or glue. In short, they do not speak at all!

In this meeting, we use silent activities to help girls develop skills in teamwork, problem solving and communication. At the outset, we explain how the meeting will work, and suggest ways the girls can communicate without talking (gestures, body language, writing). And then we, too, join in the silence.

“Speaking” and “Listening”

For the girls, a silent meeting not only involves building cooperation and collaboration, it opens them to a new understanding of diversity. As they express themselves without talking, they learn that oral language is not the only way to communicate.

We want our girls to be strong communicators. This involves being good listeners, as well as speakers, and includes “listening” to those who don’t communicate the same way they do. Silent meetings can help girls learn that it doesn’t matter if someone talks, signs, writes or uses a speech enhancement device – each person has something worthwhile to say.

In an environment that is usually filled with the sounds of girls chatting, a silent meeting also reminds leaders to pay attention to the non-auditory clues that alert them to what the girls feel, like and dislike, and to ways they might improve the meeting experience.

Share the “Shhhhs”

In Guiding, we strive to help girls understand that what they have to say is valuable, no matter how they say it. A silent meeting offers a unique opportunity to put that commitment into practice. If you want to share some “shhhhs” with your unit, consider the following ideas we have come up with in facilitating our unit’s silent meetings.

Have the girls line up in alphabetical order by name, in chronological order by age, or in gradual order by height, without talking.

Learn the GGC Promise in American Sign Language (ASL). The Ontario Newsletter, September 2002, featured the Promise in ASL. For a copy of the file, contact cdnguider@girlguides.ca

mmm!

Pair the girls and give one partner a series of written instructions that describe a task. She needs to communicate those instructions to her partner without talking or writing. The difficulty of the tasks can vary with the age of the girls. For example, Brownies may have to get their partners to take off their scarves and re-tie them. Pathfinders might have to get their partners to find a piece of paper and a marker of certain colours, fold the paper in a certain way and write something on it.

Play silent charades, in which the girls guessing the answers have to write instead of speaking.

Have a puzzle treasure hunt. Before the meeting, write down a series of words, each on a different colour of paper. Cut out each letter and hide it in your meeting place. Make sure there is one letter per girl. Each girl finds one letter, then finds the other girls who have the same colour paper. Together, and without talking, they need to determine the word their letters spell.

Perform and rehearse silent skits on a topic that is relevant to communication and inclusion. Topics might include, bullying, Thinking Day or lending a hand.

Use Alternative and Augmentative Communication tools such as communication boards. For example, provide one girl with a message, such as, "I want to eat breakfast now. I would like cereal, a banana and orange juice." Have the girl communicate this message to a partner by pointing to either pictures or letters on a communication board. The complexity of the messages can vary, according to the age of the girls. For sample communication boards with letters or pictures, including Picture Exchange Communication System (PECS), visit: nationalautismresources.com and type PECS into their search engine.

Schedule a Silent Meeting . . .

- . . . at the beginning of the Guiding year, when the girls are just getting to know each other.
- . . . during Bullying Awareness Week, the third week of November.
- . . . on Thinking Day, February 22.
- . . . on Anti-Bullying Day, the last Wednesday in February.

A recent graduate of Queen's University, Melissa Moor is currently taking part in the Parliamentary Internship Program in Ottawa, where she is a Guider with the 5th Ottawa Brownies.



CEAD MILE FAILTE

Celebrating a Century of Guiding in Ireland

BY DESTINY MURTAUGH

The Irish called it “savage.” We Canadians called it “t-eh-riffic!” It was Camp 101, commemorating the start of the new century in Irish Guiding, and each and every camper arriving was greeted with *Cead mile failte* – a hundred thousand welcomes!

A total of 1,600 of us, representing 13 countries and all regions of the World Association of Girl Guides and Girl Scouts (WAGGGS), gathered at Lough Key Forest and Activity Park last July to share in the magic of the Emerald Isle.

Ireland is a breathtakingly beautiful place, with its luscious green landscape, rugged rocks and ancient castles. Lough Key

Forest and Activity Park is a stunning manicured property boasting hundreds of years of history on its grounds. It is now also home to a Boda Borg, one of only a few such facilities in the world. (See the sidebar on page 13.)

For Camp 101, each international unit was paired with a unit from Ireland, whose members provided the camping necessities, including delicious meals. Our Irish sisters made us feel so much at home that even the non-stop rain couldn't dampen our spirits or hinder our activities.

The Camp 101 theme was “Together We Can Change Our World,” divided into four working categories:

- **Together** (teamwork challenges in the Boda Borg, backwoods cooking, photo scavenger hunts, pioneering, medi-aid)
- **We Can** (high ropes/zip line course, night survival wilderness sleepover, girl power, pamper us, fun on the water)
- **Change** (mural art, building accessible routes, video projects, broadcasting on camp radio, caring for the elderly, inspiring others)
- **Our World** (exploration of the uniqueness, issues and similarities of each WAGGGS region)

The evening entertainment was fabulous! At the opening ceremonies, Cadence, a local Scouting boy band, was hugely popu-

Photos: courtesy Irish Girl Guides



lar and exciting. The Heathers, a dynamic Irish female duo, who were Guiding members during their youth, wowed us with their tunes on another evening. Later in the week, Rory Malone, who is considered New Zealand's Justin Bieber, sang his heart out to our enthusiastic fan-screams. And one evening, we became performers ourselves, singing loudly and very much off-key to each and every song, as we watched the movie version of *Mama Mia*.

We also enjoyed the Lough Key Idol contest. Each sub-camp held its own talent night to select their best entertainer to complete in the finals. On that night, we were treated to dances from India, Mexico and South Africa, national songs from New Zealand, a sign language song and a very funny and positive "I Want to Dance" skit from United States, and a terrific variety of Irish songs and dances. My group did Canada proud, presenting a song/skit titled, "I'm a Lumberjack!" The campers from India won, with their traditional, yet very upbeat dance, which received a much-deserved standing ovation.

Before Camp 101, I had never travelled to Europe, so the trip to Ireland alone was exciting for me. Attending the camp and meeting other Girl Guides and Girl Scouts from so many countries was a huge honour. I now have friends all over the world, especially in Mexico, Australia and Ireland. I am not ashamed to admit that I cried long and hard when we left Ireland. It was very hard to realize that I may never see these girls again. They are my sisters through Guiding and I will always hold them close to my heart.

Did I mention that the Canadian delegation to Camp 101 numbered exactly 101, and I was deeply honoured to be among them? I truly had the time of my life, as I am sure everyone else did. Our Irish sisters met us with *cead mile failte*, and we left that ancient land, taking home a hundred thousand memories of fun, friendship, teamwork, sisterhood, laughter and love. 🇨🇦

Destiny Murtaugh is a Ranger in Port Colborne, Ontario.

● Teamwork, Trial and Error and Tenacity

● Welcome to the Boda Borg

Boda Borg is a unique game facility and concept, designed in Sweden. Often described as a computer game requiring physical participation, it puts body and mind to the test, as participants work together to complete a series of different quests, each with its own separate puzzle that demands teamwork, trial and error and tenacity – along with the occasional spark of genius!

The first Boda Borg to be established outside of Sweden is at Lough Key Forest and Activity Park in Boyle, County Roscommon, Ireland. Boda Borg quests incorporate sports, lasers, timing, balance and many other physical and mental challenges, with the emphasis always on teamwork and group accomplishment. For a glimpse at what we experienced at the Lough Key Boda Borg, visit:

● loughkey.ie/boda-borg/introduction.html

In Recognition

The Chris Burton Chief Commissioner's Bursary



Photo: courtesy Charlotte Galbraith

Charlotte Galbraith

A Ranger in Sydney, B.C., Charlotte spent two years raising funds for a service trip to help build a school in Ecuador with Free the Children. She was awarded \$2,000 from the bursary to support her participation in this project. She has also started a Me to We group in her school, and is currently raising money to help a community in Africa to dig a well and build a school. When she graduates from high school, she intends to volunteer at a WAGGGS World Centre. Charlotte believes young people can make a huge difference in the world and she wants to prove it!

"This recognition means a lot to me," she said. "I have been in Guiding since Sparks, and to be recognized for things I am doing outside the organization feels very special. I will bring back all the amazing experiences of this trip to share with other members, as well as sharing my Guiding skills with the people I will meet along the way."



Photo: courtesy Chris Burton

In recognition of Chris Burton's contributions during her term as Chief Commissioner, Girl Guides of Canada-Guides du Canada established a bursary for the 2012-2013 Guiding year, funded by GGC member donations.

The selected candidates have been awarded bursary funds for participation in World Association of Girl Guides and Girl Scouts (WAGGGS) events, international service projects and educational pursuits. Funds were also allocated to the GGC Mutual Aid program.

Canadian Guider is pleased to present the three recipients of this bursary.

Girl Guides of Canada Scholarships

Don't forget that Guiding supports members in full- and part-time studies through our annual Scholarship Program. Look for application details in our Fall and Winter issues.

Where are they now?

Did you receive a GGC scholarship? Do you know a past scholarship recipient who has gone on to do amazing things in Guiding or her community? If so, drop us a line at: CdnGuider@girlguides.ca



Photo: courtesy Katherine Istead

Katherine (Kate) Istead

A Guider in Calgary, Alberta, Kate plans to enrol in an International Organizations MBA program at the University of Geneva, in Switzerland. The program is designed to educate and empower a new generation of change-makers, who will play leading roles in the international community's responses to social and economic challenges. She was awarded \$3,000 towards tuition.

Kate has vast experience volunteering at home and abroad. On her return to Canada she intends to work with non-governmental agencies, contributing to social development by finding collaborative resolutions to the world's economic, social and environmental problems. She also intends to contribute to GGC by introducing girls and women to international experiences that will empower them to take action on global issues within their communities.

"Girl Guides has been a part of my life for as long as I can remember, so the fact that the organization would continue to support me long into adulthood means an incredible amount to me," she said. "I started my involvement with WAGGGS, while living in Switzerland as a child, and going back there to earn my MBA is an educational opportunity that will enable me to give back to the organization that inspired my sense of global commitment in the first place."



Photo: courtesy Tashina Matilpi

Tashina Matilpi

A Ranger from Williams Lake, B.C., Tashina sold more than 165 cases of Girl Guide cookies to help fund an independent service trip to Kenya, where she will help dig irrigation ditches to bring clean water to a village this coming summer. She was awarded \$2,000 towards her trip.

Tashina knows she cannot change the world by herself, but she wants to make a difference a little bit at a time. When she returns from Kenya, she intends to encourage other Guiding members to go on trips that challenge them. She also wants to use this experience to encourage others to join Guiding and see what it has to offer them. Tashina feels Guiding has helped her look forward to all of life's challenges and to accept them with ease.

"Girl Guides has enabled me to participate in amazing adventures and to share my ideas and energy with my community, my country and other countries," she said. "This includes my participation in a service project in Honduras, and in the upcoming project in Kenya. The Chief Commissioner's Bursary award is making it possible for me to continue to give back some of what has been given to me, and I am very grateful."

Mutual Aid to Ivory Coast

The remaining \$2,300 in the Chris Burton Chief Commissioner's Bursary has been allocated to a GGC Mutual Aid project, supporting the Girl Scouts of the Ivory Coast. The funds will be used to help create units of Brownies, Girl Scouts and Rangers in a rural area. This funding will provide uniforms and training equipment for young women who are illiterate and do not attend school. It will give them the opportunity for literacy and learning on the job, enabling them to be citizens of the world, conscious of their responsibilities and able to speak loudly and have their voices heard. These young women are ready and eager to move forward, and this Mutual Aid project will help them do just that!



Putting It

GGC Professional Development

BY LISA DONNELLY

Recently, the Guiders in my community did some brainstorming on strategies to increase attendance at trainings. We decided that the problem wasn't the trainings we offer, but rather the way we sometimes present them to members. So, we started marketing them differently – as professional development sessions.

In any field, training helps us to implement standardized programs, to increase our comfort with an organization's processes, and to learn new things. In Guiding, we have mandatory and admittedly "dry" trainings, in things such as Safe Guide, where we learn to keep our girls safe by adhering to the organization's risk management policies. However, we also have trainings that can be wonderfully fun and engaging, for example, our bias awareness, team building and event planning sessions, all of which relate to aspects of our lives outside of Guiding.

Our marketing strategy really worked, because Guiders quickly realized that the knowledge, skills and abilities they gain through training are directly applicable to their personal and professional lives. Here are some examples:

- **GGC offers enrichment trainings with modules that include communication, team building, conflict resolution, time management and volunteer administration.**

What a treasure trove of trainings we can put to effective use in our personal lives, our workplaces and our voluntary service!

- **Trainings provide a terrific networking opportunity.**
Guiders come from all walks of life and all different backgrounds. Just consider a training session as a networking social event, and see what happens! You will soon be exchanging business cards and adding people to your Facebook page and LinkedIn network.
- **You can learn a lot about yourself in a Guiding training.**
For example, in Outdoor Activity Leadership (OAL) training, you will discover many valuable things about your attitudes, habits and abilities, as you work with other women to learn camp skills, survival techniques and outdoor education strategies.
- **Trainings help you to step out of your comfort zone.**
Sign up for a training that is not on a topic you naturally gravitate towards, and you may discover a whole new skill set you weren't aware you had. Take dramatic arts, international Guiding or a unit leadership module for a branch that isn't your own (for example, "About the Girl" for Rangers).

Illustration: ©iStock (with GGC training pins)



to Work!

- **GGC training modules are available in different formats.**

Some require face-to-face interaction to be really effective; others work well online. For many, you have a choice of format, so you can select one that is best for you and your busy schedule.

- **Did you know we offer online Girl Guide cookie training?**

The entire module, including a facilitator's guide, PowerPoint slides and a participant handout, is available on the "Training" page on Member Zone at girlguides.ca. It even includes tips on developing a media plan for selling cookies, and pictures of cookie "drive-thrus" and cookie vending machines (you can make one out of a refrigerator box).

- **We also offer training pins.**

Our national Training and Enrichment for Adult Members (TEAM) program has a rainbow of pins you can earn by completing training modules.

Professional development is not only valuable, it is fun, and you can easily incorporate a light-hearted GGC training session into a Guiding sisterhood event. Find out which sessions are currently being offered in your area. If one you want isn't listed, ask for it! Many training sessions are made available because Guiders take the time to inquire about them. For more information, check out the "Training" page on Member Zone, or contact your local Training Adviser. 🌐

Lisa Donnelly is a Guider in Toronto, and a member of the Canadian Guider Editorial Committee.



Do You Have Something to Share?

Become a Trainer

Do you have specific knowledge, skills and abilities that would make you a great facilitator of professional development sessions? Do you have a keen interest in teaching others, and enjoy being in a room full of adult learners? Consider becoming a trainer for GGC!

The process of becoming a trainer involves commitment to a series of courses and tasks. Often, a mentor trainer is appointed to help a new trainer develop her skills. Trainers are schooled in topics that include adult education principles and the design and delivery of training and facilitation. They also learn the strategy and structure of GGC's national training modules. You can specialize in one type of training and consistently offer training in that area, or you can choose to train Guiders on a wide spectrum of topics. Interested? Contact your Training Adviser for more details.

Photo: Emma Smallbone

Photo: ©iStock/Michal Strzelecki • Illustrations: ©iStock Andry Cook

It's Sew Easy!

Hospital Comfort Cushions

It's amazing what girls and women in Guiding can do with bits of fabric. And it's amazing just how much comfort they can bring to others, when they turn those bits of fabric into colourful cushions!

During the past five years, the 1st Ottawa Trefoil Guild and the 1st West Ottawa Wanderers (WOW) Trefoil Guild have made more than 2,500 comfort cushions for patients at the Ottawa General Hospital. They limit the cost of the cushions to a maximum of two dollars each, by using donated fabric or by buying it on sale; and they make them in the five simple steps you will find on these pages. The result is an inexpensive and accessible service project, suitable for both girls and adults in Guiding units.

Comfort Cushion Materials

- 100% cotton fabric
- polyester batting
- loose polyester fiber fill
- matching thread
- straight pins
- needle
- scissors
- ruler
- sewing machine

Create a Cushion in Five Simple Steps

Step 1

To make an 8" x 10" (20 cm x 25 cm) cushion, cut one 9" x 21" (24 cm x 54 cm) piece each of fabric and batting.

Step 2

Place the batting on the wrong side of the fabric. Fold the fabric in half, right sides together, with the batting on the outside. Pin in place.

Originally intended for mastectomy patients, the cushions donated by the Ottawa Guilds have since found many other uses, including arm supports for intravenous treatments and padding under hard plastic drainage tube connectors. They bring comfort to the patients undergoing these treatments, who then take them home when they leave.

Warm Appreciation

The Guild members always receive a warm welcome when they deliver the cushions to the hospital. "I would like to encourage other Trefoil Guilds and Guiding units to make these cushions for their local hospitals," says 1st Ottawa Trefoil Guild President Debi Gribbon. "It is such a fun and worthwhile service project, and it has certainly found its niche at the Ottawa General Hospital."

Sisterhood in Action

As well as giving patients much needed and appreciated comfort, the project enables Trefoil Guild members to connect with each other in an informal and productive environment. "We hold old-fashioned sewing bees, turning our kitchens and dining rooms into our workspaces," says WOW Trefoil Guild President Joanne Gullekson. "As we cut and sew each cushion, we share Guiding stories and talk about events in our lives. This project provides the perfect atmosphere to enjoy the sisterhood of Guiding." 🌸

Program Connections

Comfort cushions also provide a great opportunity for girls in each branch to complete parts of their programs.

Sparks

In My Community Keeper

Brownies

#6 Sewing Magic; Key to I Can
Community Counts Interest Badge; Key to My Community

Guides

#3 Be Involved in Your Community; You in Guiding Program Area
#2 Discover Your Creativity; Discovering You Program Area
Needlework Skills Interest Badge

Pathfinders

Lending a Hand Module; Creating Your Future Program Area
Be a Model Citizen Module; Creating Your Future Program Area
Skills Around the Home Module; On My Own Program Area

Rangers

#19 Being Crafty; Explore Your Creativity Program Area
#23 Sharing and Supporting Each Other; Community Connections
Program Area

Be a show off!

We want your ideas

Canadian Guider is always looking for service projects to share with our readers. Tell us what you're up to! Email vincentm@girlguides.ca with a brief description of your unit's activities, and you might find it featured in the magazine!

Step 3
Stitch the side seams together, leaving the top edge open.

Step 4
Trim the corners from the seam allowance to create a sharper corner. Turn the cushion inside out. Stuff with the loose fiber fill, until the cushion is 2" (5 cm) thick.

Step 5
Fold in the open end and hand-sew to close.

Are You a Smart Cookie?

Photo: Marlene Graham



Try our Tasty Cookie Quiz

Every year, you flex your cookie-selling muscles, helping girls with their cookie campaigns. But how much do you know about these tasty treats? Test your Girl Guide cookie smarts with our Girl Guide cookie quiz.



1. Where were the first Girl Guide cookies sold?

- a) Regina
- b) Halifax
- c) Winnipeg

2. When they were first introduced, in 1927, what was the price of a box of Girl Guide cookies?

- a) 50 cents
- b) 10 cents
- c) 25 cents

3. During the Gulf War in 1991, every Canadian soldier was given a box of GGC cookies upon arrival in Saudi Arabia.

- a) true
- b) false

4. When did units across Canada start selling chocolatey mint cookies?

- a) 1990
- b) 1995
- c) 2000

5. Which of the following has never been a flavour of Girl Guide cookies?

- a) maple cream
- b) vanilla cream
- c) chocolate chip

6. Which Canadian astronaut juggled Girl Guide cookies in space?

- a) Julie Payette
- b) Chris Hadfield
- c) Roberta Bondar

7. How many cases of cookies can you fit in the back of a minivan?

- a) It depends – are you stacking them vertically or horizontally?
- b) 20, but 40 if you fold the van's seats down
- c) Not sure, but you should see how many I can get in the back of my Toyota Matrix!
- d) All of the above

8. What will you NOT find in the classic vanilla and chocolate Girl Guide cookies?

- a) peanuts
- b) transfats
- c) calories (Everyone knows that the calories are cancelled out by the good deeds you perform.)
- d) all of the above

5. c 6. c 7. d 8. d
1. a 2. b 3. a 4. b
Answers



How do you like them cookies?

What does your cookie eating style say about your personality?

You like to pull classic cookies apart and lick the icing.

You're a kid at heart, so obviously you are one awesome Guider!

You like to eat one chocolate, then one vanilla, one chocolate, then one vanilla.

You are very organized and methodical – so you're probably a whiz at Safe Guide paperwork.

You like to dunk them in milk.

While you like a sweet treat once in a while, you also like to make sure you're eating a balanced diet. No doubt you're famous for your cinnamon campfire quesadillas.

Girl Guide Cookies are the “Tops”!

Cookie Cliff in the Kootenays

Last summer, the South Monashee Area Trex unit, in British Columbia, enjoyed a week-long adventure and put Girl Guide cookies on the map in the Kootenay Rockies! With help from David Lussier of Summit Mountain Guides, eight girls hiked for five hours up to Mount Carlyle Lodge, a heli-ski lodge located at 2,225 metres (7,300 feet).

The next day, after two meadow hikes, they embarked on a rock climbing adventure at a site selected by David on the previous weekend. Knowing the girls were keen to attempt the summit, he carried in his hammer drill to set up a safe climb. This enabled the South Monashee Area Trexers to be the first to climb that site!

When David announced that the girls’ success gave them the right to help name the site, they had a fun time tossing around possible names. However, when they returned home, it was David who came up with the perfect name. The site is now known as “Cookie Cliff” in honour of the Trex unit, but mainly because David loved the four boxes of Girl Guide cookies they had sent as a thank you for the climb!

“The name of the site is now officially used at Mount Carlyle Lodge and by Summit Mountain Guides for all other climbers visiting,” said South Monashee Area Trex Guider Penni King. “The girls think it’s a pretty cool name for a great climb, and we are grateful to David and his cookie-loving taste buds!” 🍪

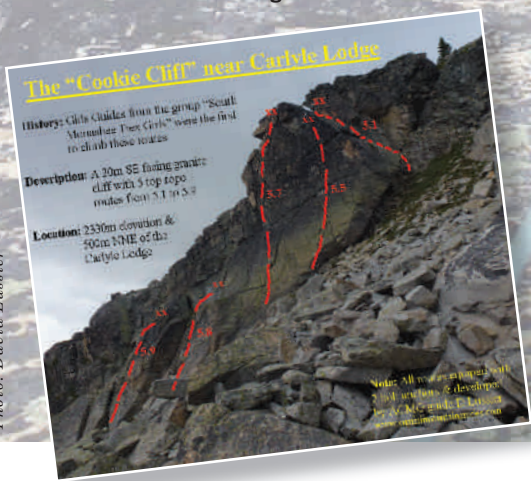


Photo: David Lussier

Beyond Beef Jerky

Delicious Dehydrated Dining

BY STEPHANIE BANGARTH
AND MELINDA HANNESON

If you think even the best beef jerky and the tastiest trail mix can get kind of dull after a few days in the backwoods, have no fear. Dehydrated foods make it possible to dine deliciously in the great outdoors, without weighing down your backpack.



You can easily create a wide variety of dehydrated meals and snacks at home that are supercharged with flavour and nutrients, and easy to rehydrate with water. First, you need to learn a few tips and tricks of the “dehydrating” trade.

1. You can dehydrate anything that contains water – even tofu and angel food cake with icing. And, once you’ve made your own dehydrated food, you won’t go back!
2. The time it takes to dehydrate food depends on a number of factors, including the water and sugar content and the quantity and denseness of the food. Also, different foods require different drying temperatures:
 - meats and fish – 145° F/63° C and above
 - stews, chili, fruits and vegetables – 130° F/54° C to 140° F/60° C
 - herbs and flowers – 100° F/38° C to 110° F/43° C
3. Dried foods have a more concentrated taste and may be darker in colour than their fresh counterparts. Homemade dehydrated foods can last a long time, but we recommend you use them up within a year or shortly after.
4. Dehydrating food does not have to be expensive. Farmer’s markets, food co-ops and produce stands often offer the freshest food at the lowest prices. Bargains on dehydrators can often be found on Craigslist, Freecycle and eBay. The Excalibur brand is considered to be top of the line, but many other brands are also good. And you can always find directions online for making your own dehydrator from scratch.
5. If you don’t want to do the “dehydration dance” yourself, there are some great commercial products you can buy. We like the Mountain House brand, especially the grilled chicken with mashed potatoes and the meat lasagna. Both sell for between \$7.50 and \$9.25 at retailers such as Mountain Equipment Co-op and Canadian Tire. They promise a seven-year shelf life when unopened, and come in convenient re-sealable packages that you can roll up and pack out for disposal when you get home. And they are quite economical; for example, we found one package of lasagna to be enough to feed one adult and two children!

Camp Cuisine

A Meal on the March

Convenient and Comforting Camp Chili

Here’s a tried-and-true dehydrated chili recipe, for a quick and convenient comfort-food meal at the end of a day’s trek in the backcountry. It yields approximately five cups of dried chili mix, is easy to make, and dehydrates well on parchment paper-lined dehydrator trays (which we prefer), or on parchment paper-lined cookie trays in your oven.

Ingredients

- 1¼ pounds/550 grams lean ground beef or turkey
- ½ cup/125 ml bread crumbs, finely ground
- 1 large onion, chopped
- 2 to 3 cloves garlic, minced
- 3 to 4 Tbsp/45 to 60 ml chili powder (depending on how spicy you like your chili)
- 2 tsp/10 ml ground cumin
- 1 small can tomato purée
- 1 large can diced tomatoes
- 1 large can kidney beans or black beans, drained
- 1 cup/250 ml fresh or frozen corn (optional)
- 1 cup/250 ml diced seasonal vegetables: red or green peppers, zucchini, carrots, green beans, etc. (optional)

To Make

- 1 Work breadcrumbs into the ground meat and set aside. Breadcrumbs absorb and lock in more of the chili flavour and also help dehydrated meat rehydrate more effectively.
- 2 Sauté onions and garlic in a little olive oil, using just enough to coat the pan. (It really helps to use a non-stick pan.)
- 3 Add the ground meat/breadcrumbs mixture and cook until browned, stirring continuously.
- 4 Add chili powder and cumin and cook for one minute more, stirring continuously.
- 5 Add tomato purée and diced tomatoes, and stir until well blended.
- 6 Bring to a boil; reduce heat; and simmer for 45 minutes.
- 7 Add beans, corn and other optional vegetables; simmer 15 minutes more.
- 8 Taste; correct seasoning with salt, pepper and additional chili powder, if you wish.
- 9 Cool and, if you have time, refrigerate overnight to enhance the flavour.



Photos: Melinda Hanneson



To Dehydrate

- 1** Spread chili evenly on dehydrator trays lined with parchment paper.
- 2** Dehydrate at 130° F (54° C) for eight to 10 hours or longer, if necessary. At the four- or five-hour mark, using a spoon, fork or your fingers, break up any meat pieces and beans that are stuck together, so the air can circulate evenly around them. Your chili is dehydrated and ready for packaging once it is evenly crumbly and dry to the touch.
- 3** Divide dehydrated chili into one cup or larger servings and pack in plastic zipper-lock bags.

To Rehydrate

- 1** Combine one cup dried chili with one cup water and let sit for anywhere from five minutes to an hour. If you are cooking a larger serving, add an equal part of water to your dried chili.
- 2** On your camp stove, bring to a boil and heat for one minute.
- 3** Stir and eat with bread, crackers or tortilla chips. We also sometimes pack quick-cook rice and cook it and the chili in the same saucepan. (This facilitates less washing up, and we need to bring only one pot.) ♻️



Photos: Melinda Hanneson

You can also dehydrate chili in an oven. Spread the chili evenly on cookie sheets lined with parchment paper. Set your oven to the lowest heat possible and wedge the door open very slightly, to allow the moisture to escape. Note that it will take longer to dehydrate the chili this way, and will use up more electricity, which is why we prefer to use a dehydrator.



Photo: David Lussier

Photos: Geraldine Withey; PhotoSpin



A Tasty Trail Treat

Fruit Leather

Fruit leather is a popular, nutritious and delicious energy booster, perfect for hiking and backcountry treks. A little goes a long way as a snack!

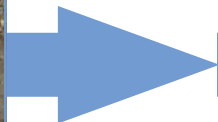
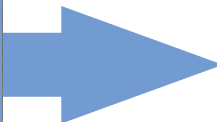
Ingredients

- fresh fruit (apricots, peaches, plums, berries, apples, pears, grapes, mangos, cherries)
- water
- lemon juice
- sugar (optional)
- spices such as cinnamon and nutmeg (optional)

To Make

- 1 Rinse, de-stem, pit, peel, core and chop the fruit.
- 2 In a large pot, place the fruit and a half cup (125 ml) of water for every four cups (1000 ml) of chopped fruit.
- 3 Bring to a simmer; cover and let cook on a low heat for 10 to 15 minutes, or until the fruit is cooked through. Uncover and stir.
- 4 Mash up the fruit with a potato masher. Taste. If it is too tart, add sugar in small amounts until you have the desired sweetness. Also add lemon juice in small amounts to intensify the flavour. Finally, add a pinch or two of cinnamon, nutmeg, or other spices to further enhance the flavour.
- 5 Simmer for five to 10 minutes more, stirring until any added sugar is completely dissolved and the fruit mixture has thickened.
- 6 Put the mixture through a food mill or purée it in a blender or food processor, until it is consistently smooth.
- 7 Line a rimmed baking sheet with sturdy plastic wrap (the kind that is microwave safe). Pour out the purée into the lined baking sheet to a thickness of $\frac{1}{8}$ inch (3 mm) to $\frac{1}{4}$ inch (6 mm).
- 8 Place the baking sheet in the oven, making sure the plastic wrap does not touch the sides of the oven or the oven racks. Heat the oven to 140° F (60° C). If you have a convection setting, it will speed up the process and help dry out the purée. Let dry in the oven like this for as long as it takes, generally eight to 12 hours. The fruit leather is ready when it is no longer sticky, and has a smooth surface. If you have a food dehydrator, the process will take approximately six to eight hours.
- 9 When the fruit leather is ready, you can easily peel it up from the plastic wrap. To preserve it until your next outdoor adventure, roll it in its plastic wrap, put it in an airtight container and store in the refrigerator or freezer. ❄️

Stephanie Bangarth, of Cambridge, Ontario, is Chair of the Canadian Guider Editorial Committee. Melinda Hanneson is a Guider in Mississauga, Ontario.



Don't Get Lost!

Teaching Trail Signs G,P,R

BY LAURA ALLGROVE

Girls love having the chance to go off on their own, so trail marking is a perfect opportunity for them to learn as they explore. At the beginning, discuss the boundaries and the time they must return. Send them out in patrols to mark a trail using the methods suggested below:

- Sticks can be arranged in an arrow shape that points toward the next trail sign.
- Two rocks can be piled on top of each other with a third rock on the side showing which way to go.
- Small stones can be arranged into arrows.
- A forked stick can be put into the ground and another stick leaned into the fork to point the direction.
- Crossed sticks or a row of stones blocking a path can keep hikers from entering the wrong fork in a road.
- Small pebbles can be arranged in a V, with the point acting as an arrow.
- Grass stalks can be tied with yarn or fabric to bend the stalks to one side or the other.

Remind the girls to look back to their previous signs periodically, to make sure they are following their own directions. When the girls regroup, have patrols see if they can follow each other's trail signs. 🌲

Laura Allgrove is a Guider in Williams Lake, B.C., and a member of the Canadian Guider Editorial Committee.



Trail Signs Hat Craft

Materials

- mini wood sign – blank
- jewellery craft pins
- glue gun
- brown paint and markers
- tiny sticks or pebbles
- name/unit tags

To Make

1. Rub brown paint into mini signs to make them look more rustic.
2. Glue on twigs or pebbles.
3. Using the marker, print the words "THIS WAY" above and below the arrow stem.
4. Glue a pin on the back and add a name/unit tag for "swaps."



Planning Preparation Participation

Meeting the Challenge of Large Camps

BY LAURA ALLGROVE

Held every year at Camp Olave, on B.C.'s Sunshine Coast, More Seaside Fun attracts some 100 girls between the ages of eight and 14. How does one even begin to organize a camp of this size?

For Evelyn Edwards, it's a matter of planning, preparation and participation. She has been the Responsible Guider for More Seaside Fun for the past 13 years. Here's how she manages this huge and very popular camp.

Photos: Laura Allgrove

Confirm the Camp Staff

- Site Coordinator – Responsible for the day-to-day running of a site and for liaison with Patrol Guiders and Core Staff.
- Patrol Guiders – Supervise a patrol of girls during all activities, including patrol duties. Also act as liaison with Site Coordinator, other Patrol Guiders and Core Staff.
- Core Staff (Program Leaders) – Lead camp participants in specific camp activities. Also act as liaison with Site Coordinator, Patrol Guiders and other Core Staff.

Get Ready for the Girls

- Mix Brownies, Guides and Pathfinders on each site. The younger campers love learning from the older girls.
- Try to group girls who have allergies together (gluten-free participants on one site, vegetarians, vegans on another, etc.). The entire camp is nut-free.
- Organize patrols with girls from all levels (for example, two Brownies, three Guides, two Pathfinders). Patrols do all camp activities together, including duties.

Settle the Sleeping Arrangements

- Have the girls sleep with their appropriate groups: Brownies together, Guides together, Pathfinders together, Patrol Guiders and Site Coordinators together.

Create a Camp Booklet

At the More Seaside Fun camp, Site Coordinators, Core Staff and Patrol Guiders receive this “camp bible” at the beginning of camp. It includes:

- welcome to camp
- information on how to use the booklet
- patrol groups with girls' and leaders' names
- which campsites patrols are staying on



Three Things to Think About

- 1 Never be afraid to say, “Sorry” or “I made a mistake.”
- 2 Acknowledge all people for the work they have done.
- 3 Don’t micromanage. Everyone has their own way of doing things. It doesn’t have to be your way to be the right way.

- patrol activity schedule for the week
- patrol duty schedule for the week
- camp challenge
- camp map

Make a Menu

Learn quantities. Campers usually eat more at camp, especially if it is food they really like. Also keep in mind 30 Guides and Pathfinders will eat more than 30 Brownies and Guides. (One year, Evelyn bought 48 servings of scalloped potatoes for 36 people, and not a single leader got scalloped potatoes.)

Communicate Consistently

Communication is crucial. Camp runs more smoothly when everyone is on the same page with regards to expectations, menus and scheduling. Meet with Site Coordinators every morning to cover matters such as problem solving, housekeeping items and issues, how a meal went, what leftovers there are, etc. After lights-out, your Site Coordinators should meet with their Patrol Guiders to cover matters such as the next day’s meals, what needs to be done, special programs or out trips, etc.

Set the Schedule

- Don’t schedule any activity only once. Sometimes it takes a few attempts for a girl to “get” things. Archery is a good example of this. It is hard to hit the target the first time you try. Girls love getting a chance to try something again.

- Include 15 minutes between activities. That extra time allows participants to use the washroom and still get to the next activity on time. It also gives the session leader(s) time to clean up or organize for the next group and use the washroom, themselves.
- Provide opportunities for campers to mingle at campfires, dance parties, tailgate gatherings and “swaps” exchanges.
- Don’t forget to take advantage of campsite amenities. Camp Olave is on the ocean, so we make sure to schedule a water activity every day for the girls.

- For Pathfinders and Rangers, schedule something special, such as voyageur canoeing or zip-lining. This is a great way to keep the older girls coming to camp.
- Take notes. Listen to what people have to say. Take that information into consideration when planning your next camp.



Recruit Rangers

These young adults usually have come up through one or more of the other Girl Guide branches. They know the camp rules; they have worked with the younger

girls; they remember the games, songs and plays; they are flexible; and they know how to have fun. Rangers inject youthfulness into camp. At More Seaside Fun, the Rangers run the craft sessions, the Amazing Race course, and the geocaching activity. Remember these girls are at camp to participate and have fun, too, so schedule them some down-time when they can just hang out with each other. 🌸

Laura Allgrove is a Guider in Williams Lake, B.C., and a member of the Canadian Guider Editorial Committee.



Facing the Fear Factor

Easing Parents' Worries

BY STEPHANIE BANGARTH

Sometimes parents and guardians, especially those who know little or nothing about what we do at unit meetings, are understandably worried as they entrust their girls to us. Leaving a child in the care of a group of strangers can be very stressful. How do we help them overcome the fear factor?

We can do a lot to alleviate the concerns of parents and guardians simply by communicating with them. To feel at ease, they need to know who we are. They need to feel welcome and involved. And they need to know their girls are going to be safe with us.

Offer Introductions

We spend so much time with their daughters, it's only reasonable that parents should know who we are, what we do, and why we do it. Hand out a letter of introduction at your first meeting, or shortly after by e-mail. Introduce yourself and your co-leaders, and tell them the Guiding names you go by with the girls. Share a bit of your personal history in Guiding, for example, when and why you joined, why you volunteer your time and energy, and what you enjoy most in Guiding – perhaps something fun like your favourite campfire song. And, don't forget to let them know you welcome questions and feedback and to tell them how they can reach you.

Extend Invitations

From time to time, invite parents to your meetings or on your excursions. This is a great way to cover your adult/girl ratio and to potentially recruit new leaders down the road. At the very least, it is a great public relations tool to help parents feel confident about their decision to register their daughters in Guiding. We often speak about the inclusivity of Guiding. Involving parents in a variety of ways is a tangible example of how we reach out to, and embrace, everyone in our communities. (Just remember that unscreened adults can never be left alone with the girls.)

Emphasize Safety

Parents might worry about how safe their daughters are going to be with you in your unit. Inform them that at least one leader has official first aid training, and that there is a first aid kit on hand at every meeting and on every outing. Describe the safety protocols you have designed for your unit's physical meeting space, and explain the adult/child ratio that is required for all activities – in your meeting place, on outings and at camps and events. Also assure them that you need to be informed of, and will take seriously, any allergies or

other health issues their daughters may have. This can be a particularly worrisome concern, so advise them that Girl Guides of Canada has policies and procedures for protecting girls who have food or other allergies.

Maintain Communication

Information can go a long way in calming the concerns of parents and guardians. With good, two-way communication, even the most nervous of them will soon see that this organization always puts the girls' safety, security and well-being first. When everyone is happy and confident with their Guiding experience, including rookie Guiders, new girl members, and their parents and guardians, we make our organization more inclusive and welcoming and our programs and activities more fun! 🌟

Stephanie Bangarth is a Guider in Cambridge, Ontario, and Chair of the Canadian Guider Editorial Committee. This was the third in her series of tips for facing the fear factor in both girls and adults. Check out also: Opening Night Jitters, Surviving Your First Guiding Year (Fall 2012) and Jettison Those Jitters, Helping New Girls (Winter 2013).

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Ideas to GO

Felt Ribbon Badge & Pin Organizer S,B,G

When it was time to plan our advancement ceremony last year, we needed a better way to organize all the badges and pins we were presenting to the girls, and to make sure those badges and pins made it safely home with them!

We were giving each girl a “Sparks Sparkle” badge, as a celebration of the great year we had. Our first-year girls were also receiving a year-one pin and a second-year Spark badge to get ready for next year, and our second-year girls were receiving their year-two pin and their “Brownies and Beyond” badge, in anticipation of Brownies. We needed a way to keep everything straight (and looking fresh) on the night of the ceremony.

Our Solution

We cut out ribbons of felt in pink for returning Sparks and orange for girls advancing to Brownies, and printed out name tags for each girl, which we attached to the felt with their year-one or year-two pins. We then used a single stitch to sew each badge to the felt below the name tags. This ensured the girls received the correct badges and pins secured together and without safety pins to fiddle with during the ceremony. The girls left the meeting with everything secured on their ribbons until they got home, where they could quickly and easily undo the stitches to separate them.

It was so much easier to present each girl with a single felt ribbon holding everything, and the bright ribbons added to the sense of ceremony and celebration. 🌟

Angela Grant Buechner, Toronto, ON



Photo: Angela Grant Buechner



Egg Carton Badge & Pin Organizer **S,B,G**

Wondering how to keep those badges and pins sorted – especially the ones the girls have done together as a unit?

Egg cartons make terrific sorting tools – they can be used individually or in combination, according to the number of girls in a unit. Last year, our unit had 18 girls, so I used one of the dozen-and-a-half egg cartons, which provided exactly one egg cup for each girl.

Sorting and keeping track of badges and pins is easy with this system. Badges earned by girls as a unit go into every egg hole, and the girls’ names can be added, so their “egg holes” can also hold whatever badges they earn individually.

I find this system really helps me contain the badges on my dining room table, and because it is portable, I can present the badges (if there aren’t very many) to each of the girls straight from the egg carton. However, at the end of the last Guiding year, we did one order of badges to save money on shipping costs, so I transferred each girl’s badges to a zipper-lock bag and enclosed a paper with her name and a list of the badges. This “badge-baggy” system works very well for multiple badges, pins and crests (which are too large for the egg holes) and makes year-end presentations very quick and simple. 🌟

Julie Hellam, Burlington, ON.

Got a Great Organization Idea?

We want to see anything and everything that will help other Guiders organize their meetings, their camps and events, their units and their girls. Please send your ideas to CdnGuider@girlguides.ca and include photos, illustrations and online references.

Clean Candles for Clean Air



An NSP - Operation Earth Action Idea

Did you know that many candles are made with paraffin wax, a potentially hazardous and non-renewable product from the petroleum industry? Did you know you and your girls can make your own candles from healthier, renewable resources?



When paraffin wax candles burn, they may emit formaldehyde, benzene, lead, acetone and mercury. Many scented and slow-burning candles also have lead in their wicks. These wicks are banned in the Canadian candle manufacturing industry, but many imported candles still contain leaded wicks. You can tell if lead is in a wick by looking for shiny metal in the wick core.

Clean-Air Candle Alternatives

Non-paraffin wax candles that have cotton wicks are the healthier choice. Three readily available clean alternatives are candles made from palm, soy or bees wax. Palm wax is the least desirable, because importing it from plantations in Southeast Asia creates a sizeable carbon footprint. Soy and bees wax are both produced here in Canada. Of the two, bees wax not only burns longer, it gives off a lovely, natural fragrance in the process. However, soy wax is less expensive and can be perfumed with essential oils.

The following eco-friendly candle recipe from David Suzuki's "Queen of Green" website provides a fun National Service Project – Operation Earth Action candle-making activity you can easily do in your unit. Stock up on healthy candles for the coming camping season; use them as gifts; or take them home for use there. However you use them, everyone will be breathing cleaner air.

Materials

(Most items can be found in hobby or craft stores.)

- soybean or beeswax flakes (grated)
- braided cotton wick (or pre-made wicks)
- metal wick disc
- stick to set up the wick (chopstick, pencil, etc.)
- candle container (glass jar, metal tin, seashell, etc.)
- scissors
- food thermometer
- glass measuring cup
- newspaper for work area
- essential oil (for soy wax - optional)

To Make

1 Melt Wax

- Measure the wax according to the package directions. One cup will melt down to ½ cup (125 ml) of pourable wax.
- Melt the wax in the microwave or on top of a double boiler. Heat wax to 66-82° C (150-180° F) or follow the package instructions.
- In a microwave, heat in one-minute increments, stirring between melts. (Do NOT microwave your thermometer!). Let wax cool to 52° C (125° F).

2 Make Wick

- Measure a length of cotton wick that will allow you to tie the top around a pencil or chopstick. Thread it through a metal disc; tie a knot in the bottom; and pinch the sides of the disc to hold the cotton wick in place. (Alternatively, craft stores also sell ready-made wicks.)

3 Secure Wick

- Pour a dab of melted wax in the centre of the bottom of the container. Press the metal disc (with the wick tied on) into the wax puddle.

4 Centre Wick

- When the wax around the disc has hardened, tie the wick to a chopstick or pencil; centre it and brace it across the top of the container.

5 Pour Wax

- When the wax has cooled to 52° C (125° F), for a soy wax candle, add 10 to 15 drops of essential oil and stir.
- Pour more melted wax into your container slowly, to avoid air pockets or bubbles. Leave room at the top for the wax to melt when the candle is burning.

6 Cool Wax

- Let the candle cool. If there is a sunken area of wax around the wick, do a second pour.

7 Trim Wick

- When the wax has hardened, trim the wick to ¼ inch (6 mm) for optimal burning.

For step-by-step PDF or video instructions, key in "Candles" on the search engine at: davidsuzuki.org/what-you-can-do/queen-of-green/ While you're on the website, check out all the other "green" ideas, too! 🌱

Photo: ©iStock/Donall O'Leirigh

THE



ArtZooka!

HEY SPARKS & BROWNIES!

Let's welcome Spring with Sunshine Shakers!



WHAT YOU NEED:

- 2 paper plates
- yellow paint and a paint brush
- macaroni, buttons, bottle caps (anything that rattles!)
- yellow tissue paper or construction paper
- googley eyes, crayons, glitter... to decorate

- Paint the backside of both plates yellow.
- Wait for the paint to dry.
- Fill one plate with recycled items that make noise when shaken together.



- Tear up pieces of tissue paper and glue around the inside edge of the back plate. These will be the sun's rays!



- Seal the front plate on top by gluing around the edges.
- Wait at least an hour for the glue to dry completely.
- Decorate your sun with crayons, markers & glitter.
- Shake or tap like a tambourine and ring in spring!



GIRL GUIDE CHALLENGE

To all you Guides...

Design your own Planter & Create an herb garden!



WHAT YOU NEED:

- terracotta or plastic planter
- white glue (Make sure it dries clear.)
- 1 paintbrush
- scissors
- tissue paper, magazines, photos, gift wrap

- Glue layers of coloured tissue paper on the outside of your pot.
- Coat the tissue paper in a thin layer of glue. (This technique is called 'decoupage'.)



- Cover the entire pot with layers of tissue and pictures.
- Make sure everything is completely coated with a thin layer of glue. (This will ensure the pot is waterproof and long-lasting.)
- Ask for help filling it with soil and planting seeds.
- Put it outside or on your window sill; water it and watch it grow!



Watch ARTzooka! on Kids' CBC

www.artzooka.com

What will you Artzooka! today?



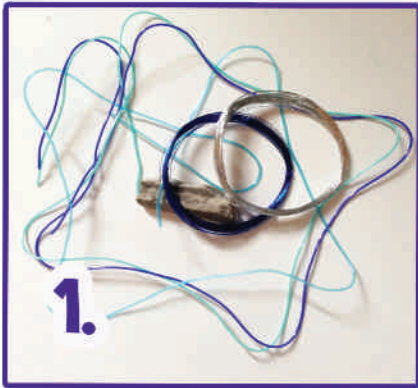
THE



Artzooka!

To All Pathfinders!

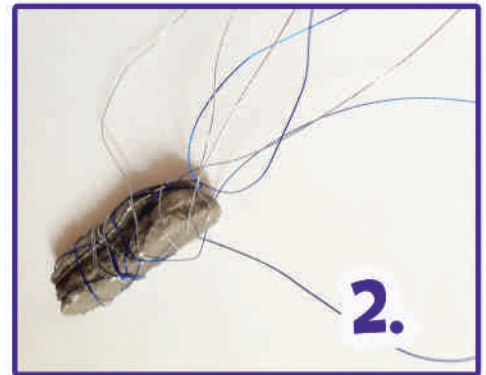
**Turn an Ordinary Garden Rock into
a Unique Piece of Jewelry!**



WHAT YOU NEED:

- **1 medium to large rock**
- **coloured cord (leather, plastic, string)**
- **coloured wire (Make sure it is thin so you can easily bend it.)**

- **Cut 2 long strands of wire (We used two different colours.)**
- **Cross the wires at the bottom of the rock and start twisting them over and under each other as you work your way up the rock. (This part can be tricky, so make sure you are pulling the wires taut to create a tight 'cage' around the rock.)**



- **When you have encased the rock completely, create a loop at the top and coil the wire ends tightly around the base of the loop.**
- **Clip off any excess wire.**
- **Now thread the cord of your choice through the loop and -Voila! - you have a very cool, handmade necklace!**

GIRL GUIDE CHALLENGE

Hello RANGERS!

Let's Turn old thread spools into
Photo Displays or Cool Place-setting holders!

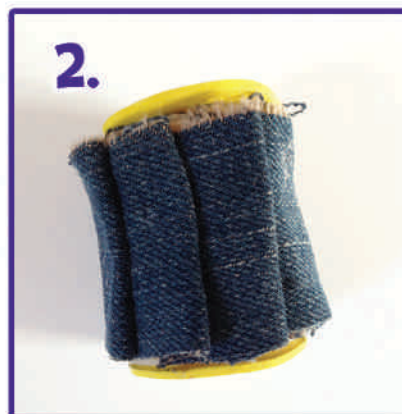


1.

WHAT YOU NEED:

- thread spools
- scraps of colourful fabric, felt and embroidery thread
- stiff wire
- scissors
- white glue

- This is the part where you use your imagination to cover your spool with fabric.
- Cut a strip of fabric (we used old jeans) and wrap it around the spool, gluing the folds down.
- Cut two circles and glue them over the top and bottom of the spool.



2.



3.

- Make a loop with the wire and poke both ends through the bottom and up through the top of the spool.
- Twist the wire into two tight loops.
- Add the finishing touches to your spool. (We used string and a fabric bow.)
- Pinch in a photo between the wire loops - or make cardboard name settings for a birthday party.

Watch ARTzooka! on Kids' CBC

www.artzooka.com

What will you Artzooka! today?





Sparking a Flame

A Young Artist Grows in Guiding

BY RAMONA ABRAHAM

Like most Sparks, Emily was shy as she took her first steps into our meeting room in September, 2011. And, because she had been home-schooled, I knew her first Guiding year would be very special. What I didn't know immediately was that it would also spark a special flame of girl greatness in her.

All our Sparks were hungry for knowledge and for friendship, and they developed new skills and confidence very quickly during the year. Emily came to us with a skill that was already developing – her art. As she participated in Sparks, she meshed her talent in painting with a growing awareness of nature, and quickly became involved in environmental care through both Girl Guides of Canada and the Young Naturalist Club.

In 2012, Emily participated in the Chilliwack Exhibitions art competition. She had entries in the abstract, scenery and animal picture categories and took first place in all three. She also took the best overall award in the animal category.

Witnessing Emily's passion for nature develop, and her self-confidence flourish at meetings and on outings, made me realize how much the Guiding program can influence the growth of a girl. Her mother, Alena, who encouraged her to enter the art competition, as she had encouraged her to join Sparks, told me that her involvement in our unit helped give her the inspiration and confidence to create and submit her art.

Now in her first year of Brownies, Emily has become a very open-minded, caring and knowledgeable young lady. All our Sparks are special and, as Guiders, we are able to recognize and nurture their unique talents and strengths. Emily came to Guiding with a special talent, and through Guiding, she has developed her strengths as a young environmentalist and a budding artist. 🌿



Photos: Alena Goodman

Ramona Abraham is a Guider in Chilliwack, British Columbia.

Wrap it up!

Tips to Tidy up Your Year-End

At the end of the Guiding year, things can get kind of hectic. There are badges and pins to hand out, enrollment ceremonies to plan and craft supplies to store over the summer. Is it any wonder that many Guiders find their year-end tasks a bit daunting?

We did a call-out to Guiders to get their tips for wrapping up unit business for the summer, so they can be ready and raring to go again in the fall. Here is some great advice from five Guiders in the field that we hope will help you with your unit's year-end organization.

Keep on top of things throughout the season. *Try to remain organized and up-to-date with records, program, badges, and meeting minutes all the time, so things don't come crashing around you in May/June when you are wrapping up. Then, whatever else needs to be done, do it now! When September comes around, you will not remember all the details from the three months prior, and things will likely slip through the cracks.*

Do an end-of-year cleanup. *Get rid of things you do not need; update records, program notes, badges and awards, so you can close it all up for the summer, and know that in September everything will be ready for you to start fresh.*

— Ingrid Hamel, Guide and Ranger Guider, St-Bruno, QC

Have a “What do you want to do next year?” meeting with the girls. *If you do this in May or June, you can plan some awesome activities and hit the ground running with them in September. This strategy can also help with retention, because in your discussions, you can recap the activities the girls enjoyed the most during the year, and generate great expectations for the year to come.*

— Dawn Coffey, Guide Guider, Montreal, QC

Compile an inventory list of your unit's supplies. *If you list everything as you put it all away, at the beginning of the new Guiding year you will know exactly what you have on hand, without having to look through everything. This is also a good failsafe in the event that you have a change of leadership in your unit. The list can simply be handed over to the incoming leaders.*

Hold a craft swap. *Trade materials with other Guiding members in your district or region. This will enable you to gang together those pieces of fun foam that everyone is left with at the end of the year, so at least one unit can put them to good use in future crafts.*

— Tracy Burton, Alberta Program Adviser, Spark/Brownie Guider, Pincher Creek, AB

Hold a June treasurer's meeting. *Make sure you “close the books” effectively, in case you will have a new unit treasurer in the fall.*

— Patty McCann, Ranger Guider, Dorval, QC

Generate excitement! *Create momentum for the year to come.*

Invite, entice and encourage Guiders to continue with your unit in September as you thank them for a great year. Involve and motivate the girls who are changing branches; this transition time is where we lose most of our members. Tell them about the exciting things the units they can move to will be doing. Identify the girls returning to your unit. Acknowledge and validate their seniority; they will be your unit's new “girl leaders.”

Surf the Web. *Take advantage of those sweltering summer days, when you want to hide from the sun, or of that seventh in a series of rainy days, to surf the web for fun and exciting new ideas and activities and order materials that you will need in the upcoming year.*

Take on summer challenges. *Create goals for yourself. If you will be asking girls to try new challenges, try some yourself first. Even if you don't succeed with all your personal challenges or meet all your goals, you will have tried your best, which makes you a better role model for the girls.*

Let go of last year's troubles. *Forget about problems that occurred, and look forward to a new and exciting year with new girls, new Guiders, new adventures, and new things to discover, to explore and to create!*

— Janice Bechamp, Spark/Brownie/ Guide Guider, New Hamburg, ON



A Dynamic

Putting Strategic Priorities to Work

We all need an action plan to move forward, and Girl Guides of Canada's 2013-2015 dynamic new action plan will help us do just that! It defines our strategic priorities and ensures we focus on them together, using our resources effectively to meet the needs and interests of today's dynamic girls and women.

It's amazing how even relatively small but significant individual actions can have a huge impact on an organization. Our Strategic Plan will help us work together to ensure we remain a fresh and vibrant organization – the organization of choice for Canadian girls and women.

So... how does each Guider put this comprehensive action plan to work? Take a look at the following 2013-2015 strategic priorities and see how you fit into the picture.



Action Plan

Strategic Priorities 2013-2015

Dynamic Programming for Girl Greatness

Programming is the heart of everything we do, the essential part of how members and families experience Guiding.

- At the start of the Guiding year, take the pulse of your unit. Are these girls who really love active games more than crafts? Do they like wilderness camping, or do they prefer urban hikes? Tweak your plans for the year to ensure you're offering what your particular group of girls wants, while also challenging them with new activities.
- Invite guests to spice things up at your unit meetings. Not only does it reduce the burden on you, it also introduces the girls to new skills and ideas. Ask parents at the beginning of the year if they have a special skill to offer, whether it's working with tools, international cuisine, a new dance style, or a unique field of work.
- We all have our tried-and-true activities, but don't be afraid to mix things up, especially when one of your old standbys starts

to seem less exciting. Chances are if an activity is boring for you, the girls will find it boring, too.

- When you do try a new activity, be sure to check in with the girls to see whether they liked it, if they want to do it again, and what they might do differently.
- Remember to ask younger girls for their opinions too, not just Pathfinders and Rangers. A fun and active way to get opinions from Sparks, Brownies and Guides is by playing corners: each corner of the room represents one option, and you ask the girls to run to whichever corner they want to vote for.

Strong and Growing Membership

Let's give more Canadian girls and women access to their unique and memorable Guiding experience.

- If non-member volunteers help regularly in your unit, invite them to become members. Many of them may not have been asked before.
- Be sure your girls and their parents know about the dates for online registration. Check your unit roster regularly to see who

hasn't signed up yet, and send them a friendly reminder.

- Mom and Me events are a great way to show women not only how much fun their daughters have in Guiding, but also how much fun they can have, too!
- Nominate an awesome Guider for an award. (You likely know more than a few who deserve one.) It's great to feel valued and to receive recognition when you go above and beyond in providing great programming for girls.
- Hold a bring-a-friend night, where girls in your neighbourhood can experience firsthand what Guiding is all about.
- Make sure the girls in your unit know all about the great scholarship and international travel opportunities Guiding offers. Their parents will be impressed with this value-added component of their daughter's membership.

Advocacy

Chances are, you're already helping girls make a difference on issues that matter to them.

- Have your girls decide on which two activities they want to do to earn their challenge crests for the National Service Project – Operation Earth Action.
- Girls love badges, so be sure to see how your regular service activities will help them complete badge requirements.
- Partner with another unit or branch on your service projects to double your fun – and double your impact!
- Don't be afraid to talk about hot-button issues with your girls,

for example, online bullying, negative peer pressure or personal stress. Chances are, they are already thinking about these things and will appreciate the safe space Guiding offers them to explore solutions.

- The World Association of Girl Guides and Girl Scouts website (wagggsworld.org) offers excellent resources for you to explore global issue with your girls. Their Stop the Violence campaign is a good example.

Effective and Efficient Organization

It's no secret that Guiders are experts at using resources wisely and getting the job done.

- If you just can't get enough of Guiding and you know you have more to offer, become a volunteer at the provincial or national level. There's a myth out there that decisions on the future of Guiding are made in a big fancy office, by people who aren't connected to real Guiding – not true! Members from all over Canada are shaping the future of Guiding every day, by piloting new badge ideas, taking part in committees and task groups and determining new, forward-looking policies.
- Help strengthen our image by using posters, images, and ads from our Brand Centre.
- Keep the conversation going! Follow us on Facebook, Twitter, Pinterest and all our social media channels.
- Find new ways to increase girl and young adult participation in your local decision-making. 📷

Calling GGC Shutterbugs!



Girl Guides
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Guides
du Canada

**Get your photo
submissions ready
for our 2013 photo
contest!**

We're looking for great photos that showcase Guiding at its best! Send us your finest, most dynamic shots of the fun, friendship and adventure of Girl Guides.

- Photos must be submitted online via girlguides.ca
- Photos must be submitted with your full name in the file name. During your submission, you will have to affirm that you have IR.1 (Image Release Permission) forms signed and on file.
- Photos must be sent as a photo file that is between 1MB and 5MB.

1 Grand prize: New digital camera

5 First place choices

\$50 Chapters/Indigo gift card

5 Second place choices

\$25 Chapters/Indigo gift card

Deadline: October 1, 2013

Full contest details: girlguides.ca

fyi

Canadian Guider Wants You!

JOIN OUR READER PANEL

We're looking for savvy readers willing to share their ideas and opinions and help keep this magazine fresh and full of info that will help Guiders offer amazing programming to girls. If you join our Reader Panel, from time to time we will contact you by email for feedback on stories we have published and to request ideas for upcoming issues.

This is your chance to share your views, interests and opinions, and to tell us what's important to you and what improvements you think would make *Canadian Guider* the best that it can be! To participate, please send your name, town/province, the branch you work with, and/or the position(s) you hold in Guiding to: vincentm@girlguides.ca



Photo: Emma Smallbone

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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 (December 2012 to February 2013) with you:

In Memoriam Recognition

- Margaret Austin, ON
- Mavis Brown, AB
- Gloria Cousins, ON
- Ella Dong, BC
- Elaine Fisher, SK
- Florence "Pat" Frantsi, ON
- Jillian Keck, ON
- Norah Knight, BC
- Ruth Knight, ON
- Marjorie Lafortune, SK
- Margaret Weir, ON

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 any of these women, we would be delighted and grateful to accept contributions by any of the following methods:

Telephone:

Julia Haggerty, (416) 487-5281 x 288 (credit card donations only).

Online:

On the GGC website: girlguides.ca click on Support Us, select Ways of Giving and then click on CanadaHelps.org under one-time gifts.

Mail:

Please send the honouree's name and address (or next of kin information) along with your cheque, payable to Girl Guides of Canada, 50 Merton Street, Toronto, ON M4S 1A3 and we will ensure the honouree and/or family is aware of your generosity.

Tax receipts will be issued for donations of \$10.00 or more.





Awards

Fortitude

Michelle Berthiaume-Faerber, Windsor, ON

Honorary Life

Kathy Breadner, Quesnel, BC

Holly Sweeney, Calgary, AB

Team

Ethel Abiera, Vancouver, BC

Kimberly Arseneault, Fredericton, NB

Colleen Aven, Oliver, BC

Catalina Bandur, Toronto, ON

P.J. Borghardt, Port Coquitlam, BC

Adele Cooshek, Port Coquitlam, BC

Linda Crawford, Toronto, ON

Mary Catherine Crocker, Toronto, ON

Elaine Cullingham, Winnipeg, MB

Arthur Doucet, Toronto, ON

Cathie Drinkwater, Saskatoon, SK

Fennie Fraser, St. Albert, AB

Maira French, Toronto, ON

Brenda Gartner, Regina, SK

Sharon Gosse, Torbay, NL

Debra Halligan, Winnipeg, MB

Brenda Harvey, Valley, NS

Gayle Hurd, Regina, SK

Barbara Ishibashi, Hamilton, ON

Tammy Leclair, Brossard, QC

Patty Lowe, Vancouver, BC

Miriam MacDonald, Dartmouth, NS

Daphne MacGregor-Greer, Victoria, BC

Maricel Magtalas, Toronto, ON

Lily Mak, Toronto, ON

Brenda Malcolm, Quispamsis, NB

Anne McRuer, Toronto, ON

Rosemary Meech, Burnaby, BC

Sharon Moran, Toronto, ON

Heather Neufeld, Regina, SK

Terry Newell, Courtenay, BC

Rebecca Purver, Verdun, QC

Brenda Quenneville, LaSalle, QC

Gail Routley, Kirkland, QC

Betty Slater, Cochrane, AB

Kathleen Somers, Middle Sackville, NS

Monika Theissen, Winnipeg, MB

Holly Thompson, New Minas, NS

Velma Trowbridge, Vancouver, BC

Susan Welsh, Saint-Laurent, QC

Jill White, Torbay, NL

Barbara Wilson, Toronto, ON

Marilyn Worth, Markham, ON

Virginia Wylde-Cornford, Toronto, ON

Diamond Jubilee Medal

As submitted by the provinces, the following GGC members have received the Diamond Jubilee Medal from other organizations, in recognition of their work in Guiding. This list may not be complete and we apologize for any omissions. **Congratulations to all recipients!**

Catherine Allen, ON

Irene Biscaro, ON

Mary Briggs, ON

Chris Burton, AB

Helen Cashman, AB

Cindy Chiasson, AB

Jessie Donaghy, NB

Josephine Eisenhauer, NS

June Greig, AB

Leslie Hall, BC

Marion Hamilton, AB

Elizabeth Harpur, ON

Sharry Hodgkinson, AB

Melanie Kerr, BC

Bobbi LaFond, BC

Janet Mann, YT

Carol Moeller, AB

Jean Nelson, BC

Helen Perry, AB

Jocelyn Remus, ON

Twyla Ross, BC

Alana Rossong, MB

Susan Sarrasin, AB

Kerri Scholz, YT

Beverly Simpson Headon, AB

Claire Sokoloski, BC

Enid Tait, YT

Natalie Taylor, YT

Margaret Utgoff, AB

Claudette Vague, AB

Debbie Wright, BC

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MAKE YOUR ACTIONS COUNT

Be part of something bigger. Log your National Service Project actions at nationalserviceproject.ca to see how Guiding is turning Canada green!

Go to [national serviceproject.ca](http://nationalserviceproject.ca) and click on the icon of the activity you did. You will see a link for reporting your unit's activities.



Pledge to use reusable water bottles and/or shopping bags



Map your meal



Make your own green products



Plant a tree



Be an energy detective

SHARE YOUR PROJECT ONLINE. IT'S EASY!

Take three pictures of your unit as you pledge and do one of the suggested activities.



1 Take a pledge picture.



2 Take a photo during your activity.



3 Take a picture of your accomplishment.

Email your photos to programs@girlguides.ca and for details see

nationalserviceproject.ca



Girl Guides of Canada
Guides du Canada



Canadian Guide is printed with vegetable-based inks.

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