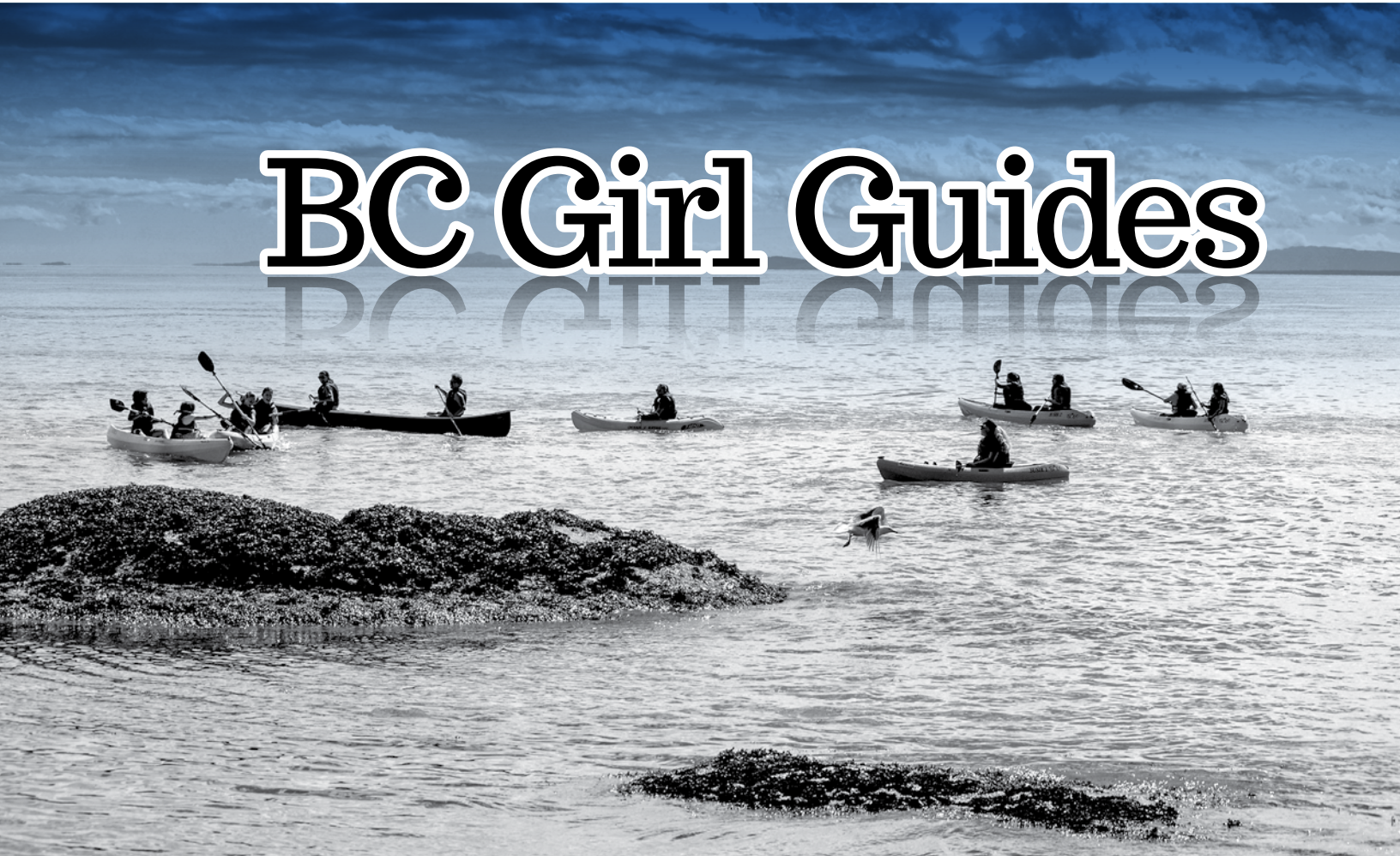


PIPELINE

www.bc-girlguides.org

BC Girl Guides





Editorial

Editor's Note

As another Guiding year draws to a close, my time as provincial publications coordinator and *Pipeline* editor also nears its conclusion. I'm pleased to welcome Robyn So, a Guider in West Coast Area, as the incoming publications coordinator. Robyn has both Guiding and editorial experience, and I hope she enjoys her new position as much as I have! I want to thank all the Guiders and girls who have shared their photos and stories through *Pipeline* over the past five years. I've loved hearing about your adventures, service projects, success and challenges. And I look forward to continuing to enjoy *Pipeline*, now as a loyal reader!

Cover photo credits:

Denise Holliday (top), Jamie McAllister (bottom left), Taylor B. (bottom right)

CANADIAN PUBLICATION AGREEMENT No. 40681574

Pipeline is published four times a year.
Deadlines for submission of articles:
 March 1, July 1, October 1, December 1.

Copyright 2017 by Girl Guides of Canada – BC Council, 1476 West 8th Avenue, Vancouver V6H 1E1. Unless otherwise indicated in the text, reproduction of material in *Pipeline* is authorized for non-profit Guiding use, provided that each copy contains full acknowledgment of the source. Any other reproduction in whole or in part without prior written consent of BC Council is prohibited. *Pipeline* receives ideas and activities from various sources. The original creator is not always made known to us. If we have failed to credit a correct source we ask to be informed. Members submitting photographs for publication must ensure that all members pictured have image release forms on file with Girl Guides of Canada. Submissions are accepted up to the deadline and are published at the discretion of the editor. Submissions may be edited in the interest of conformity and style, taking into consideration the space available.

BC Council Contact and Information

1476 West 8th Avenue
 Vancouver, BC V6H 1E1

Phone: Membership/Events/
 General Information 604-714-6636

Fax: 604-714-6645

PC Office: 604-714-6643

E-mail: info@bc-girlguides.org

Check out the BC Guiding website at www.bc-girlguides.org

Send your comments to website@bc-girlguides.org

- E-mail addresses:
- awards@bc-girlguides.org
 - bcgglogo@bc-girlguides.org
 - bcsg@bc-girlguides.org (Safe Guide)
 - camp@bc-girlguides.org
 - conflictcoach@bc-girlguides.org
 - cookies@bc-girlguides.org
 - crests@bc-girlguides.org
 - girlengagement@bc-girlguides.org
 - inclusivity-diversity@bc-girlguides.org
 - imis@bc-girlguides.org
 - international@bc-girlguides.org
 - link@bc-girlguides.org
 - lones@bc-girlguides.org
 - memberservices@bc-girlguides.org
 - membership@bc-girlguides.org
 - mentoring@bc-girlguides.org
 - pipeline@bc-girlguides.org
 - program@bc-girlguides.org
 - publicrelations@bc-girlguides.org
 - properties@bc-girlguides.org
 - rangers@bc-girlguides.org
 - riskcompliance@bc-girlguides.org
 - soar@bc-girlguides.org
 - training@bc-girlguides.org
 - trefoilguild@bc-girlguides.org
 - treasurer@bc-girlguides.org
 - website@bc-girlguides.org
 - youthforum@bc-girlguides.org

PIPELINE

Editor: Katrina Petrik

E-mail: pipeline@bc-girlguides.org

Editorial Team:

Ming Berka, Linda Hodgkin,
 Ruth Seabloom, Robyn So, Helen Varga

Layout: Phoenix Graphic Design

Printer: MET Fine Printers



This newsletter is printed on 100% recycled paper.

Table of Contents

PC's Page.....3

Upcoming Events4

In Memoriam, Gone Home5

New BC Emergency Contact Number6

What's Next for Rangers.....7

What Is This?.....7

More than Just a Lunch ... Taking Action with One Word: "Welcome" 8–9

Introducing the BC Youth Forum9

A–Z of Diversity10–13

Sovereign's Medal for Volunteers..... 13

Information about SOAR14–15

New Camp to Go: Just Gotta Camp!16–17

Girls Can! A New Camp to Go for Pathfinders and Rangers..... 17

Birthday Boxes for National Service Project, Action on Poverty.....18–19

BC to Peru 2016 20–21

Logo Use Approval.....21

Awards21

Peru 2016 Travel Recap..... 22–23

BC Guiders' OAL Module 8 Snowshoeing Expeditions 24–26

Around BC27–31



PC'S PAGE

by Leslie Bush, *Provincial Commissioner*



By the time you read this edition of *Pipeline*, spring will be here and another Guiding year will soon be coming to a close. This year has flown by, as it seems like only a few weeks ago that I was welcoming you back to Guiding in the fall. Judging by the reports I have read from our area commissioners, elected members, girl engagement coordinator and provincial

advisers, I know that your year has been action packed as well. I am pleased to report that we once again have increased our membership of both girls and adults. As of our January 31, 2017, membership count, we have 17,570 members in BC!

I expect many of you are currently winding up your Guiding year, planning end-of-season activities, ceremonies and camps—and a lot of you are busy preparing for SOAR 2017 in Smithers, BC. There are 182 Guide/Pathfinder patrols, 37 and a half Ranger patrols and 250 core staff registered for SOAR this year. We will be welcoming international patrols from Australia, New Zealand, Japan, Peru, the United Kingdom and the United States (from Washington and Oregon). Patrols from every province will be attending, as well. All members of the current Provincial Commissioner Team will be at SOAR for at least part of the event, and our Chief Commissioner, Pamela Rice, is also planning on attending. I know our BC patrols will be welcoming hosts to all our visitors, and I look forward to seeing all of the campers there!

I wonder how many of us have paused over the last year and thought, however

briefly, “Why am I here?” I think it happens to all of us, at some time or another. It could be when you are juggling family or life commitments with unit meetings, council meetings or event planning. Or perhaps when you have had one of those meetings where nothing has gone the way it was planned. Or perhaps you are re-evaluating your role and volunteer commitments. I want you to know that I value and appreciate all you do. The girls you work with, the Guiders who work with you and BC Council are all so glad you have chosen to share your interests, skills, experiences and valuable time with us. As an organization, we are committed to giving every girl and woman in Guiding the skills to make a difference in her community. As Guiders, we turn that vision into action. We could not do it without you! As an organization, we owe you a debt of gratitude for your contribution of time and talents. As a province, we are grateful that you continue to choose to join with us.

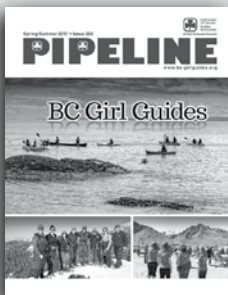
As we look forward to summer, I hope that each of you has the opportunity to take the time to rejuvenate your Guiding spirit. Have a safe and relaxing summer, and we will see you in the fall!





Upcoming Events

DATE	WHAT	WHO	WHERE	NOTES
May 13	BC Council AGM	All Guiders	<i>Vancouver</i>	
May 13–14	GUEST on the Island	SVI and Pacific Shores Guide patrols	<i>Victoria</i>	
May 20	BC Girl Guides at the Vancouver Whitecaps	All members and family members	<i>BC Place, Vancouver</i>	Special \$27 pricing available to all members and their families, plus one friend per member. Includes a custom crest to all members in uniform. Visit website to order tickets: www.whitecapsfc.com/girlguides
June 11	Hands Across the Border	All Guiding members	<i>Peace Arch border crossing, Surrey</i>	Visit http://www.handsacrosstheborder.info/ for more information. Registration now open.
July 22–29	SOAR	Guides, Pathfinders, Rangers and Guiders	<i>Smithers</i>	Application deadline has passed. Visit soarbc.com for more information.
August 19–27	Me to We Take Action Academy	Four selected girls ages 14–17	<i>Bethany Hills, Ontario</i>	Application deadline has passed.
September 22–24	Mix It Up Canada	Guide and Pathfinder patrols and US patrols	<i>Fraser River Heritage Park, Mission</i>	Application deadline has passed.
October 27–29	Presentation and Communication Skills Workshop	Trainer candidates, Guiders wanting to improve these skills	<i>Vancouver</i>	More info to come.
November 4–5	Training Advisers' Workshop	Area training advisers	<i>Vancouver</i>	More info to come.



Pipeline is available **online!**

A limited number of past issues of *Pipeline* are now available at www.bc-girlguides.org; select *Volunteers > Guider Resources > Publications > Pipeline*. Note: Issues are available as PDF files and are about 10 MB in size.



In Memoriam

Kathy Franks

Thompson-Nicola Area Trefoil Guild member Pat Haggard shared the following memory of her fellow Trefoil Guild member Kathy Franks, who passed away in October 2016. It is a wonderful reminder of the dedication that so many members show to Guiding, and of the important place the organization fills in our hearts.

Kathy lived in Cache Creek. She had been a member of Guiding for 44 years, as a Brown Owl, a Pathfinder leader, a district and division commissioner and as a Trefoil Guild member. And up until recently, she had volunteered to help out at Nite Trek, an area event during which girls go out in small groups, with a compass, and find their way from station to station—in the dark! The stations are run by Guiders, who may end up staying up all night. (The event is held on private property, so the girls are safe!)

Every year, our Trefoil Guild holds one meeting in Cache Creek so the local members can meet in their own town. Kathy was unable to attend

our April 2016 meeting, as she was on oxygen by then. But she sent us two cheques, one for \$50 for the Canadian World Friendship Fund, and one for \$15, to be put toward the girls' travel fund. The next morning, when I went to deposit the cheques, I read the numerals on the "\$15" one—it said, one, five, zero, zero, dot zero, zero. I was stunned, thinking it was a mistake. I phoned Kathy to ask, as I was sure it was meant to say \$15.00! She said in no uncertain terms, "Pat, \$15 wouldn't get a girl very far! Yes, it is \$1,500. This will be the last thing I can do for our Girl Guides!"

What a lady! Kathy passed away on October 9, 2016. She was quite a character.

GONE



HOME

Winifred Argue, Comox

Betty Jane Denison, Vernon

Brooklyn Flores, Langley (a girl member)

Sheila Flynn, Chemainus

Kathy Franks, Cache Creek

Nichole Sanders, Langley



1-888-884-2711

New BC Emergency Contact Number



Girl Guides of Canada – BC Council has implemented a single provincial emergency contact number, 1-888-884-2711. It is active immediately.

This number will be monitored 24 hours a day, 365 days of the year. It is ONLY for emergencies. Any non-urgent situations are to go through your area commissioner.

The emergency number will be answered by a monitoring/dispatch company. You will be asked about the nature of the emergency and, based on your information, the call will be handled in one of two ways:

- You will be held on the line and patched through to the on-call Provincial Commissioner Team member for immediate action, or
- Your information and situation will be forwarded to the on-call team member, who will respond in a timely way.

Benefits to the provincial emergency contact number:

- The emergency number is accessible all over the world—so this number is THE number to use whether the emergency is at a unit meeting or camp or on an international trip.
- The emergency number will be answered by a real person 100% of the time.
- This is the only number to be used (and the only number accepted) on the Safe Guide SG4 page 2 for Provincial Emergency Contact for GGC, so will streamline the process.

Definition of Emergency/Crisis (per the SG4 page 4):

Any incident or situation that may potentially cause or has caused harm to an individual or group.

Examples of a crisis/emergency can be found on the SG4 on page 4 or, for area commissioners, in the Emergency Response Manual Section 2.2. These situations may include but are not limited to:

- Any accident/natural disaster resulting in death, injury to participant(s) or where participants are in immediate danger
- Any travel incident that results in people not continuing with the group or group unable to continue, or significant delay of trip
- Girl protection issues—sexual misconduct or impropriety between girl and adult member or parent; abuse or negligence of a child
- Misuse of Guiding funds
- Criminal charges against a member
- Charges of discrimination or human rights violation
- Any situation where media is involved or could be involved in crisis issue

The emergency contact number will be posted in a variety of places for easy access. Your commissioner will have it, it will be noted on the SG Assessor page on the BC website and it will be listed in the next edition of Safe Guide under contacts (due out in June).

Provincial emergency contact for GGC	1-888-884-2711
---	-----------------------

Identify Your Membership Number

Five membership numbers are randomly drawn from the iMIS database for each issue of Pipeline. If your number is listed below, you are eligible to receive a gift from the provincial PR Committee. To receive your gift, send an email, identifying your number, to pipeline@bc-girlguides.org by May 30, 2017.

85508 | 43811 | 37895 | 110573 | 40630



What's Next for Rangers?

Carissa Konesky, BC Program Committee Youth Member/Girl Program Specialist

If you are in your last year of Rangers, you may be wondering what the next steps are in Guiding. There are so many exciting opportunities available to adult members to expand your experiences in Guiding and the skills that you are learning. No matter how much time you have, there is an opportunity for you to stay in the organization.

Becoming a Transitioning Member

Once you graduate from high school, and until you turn 19, you will be a Transitioning member. Transitioning members can develop their leadership skills by helping Guiders as unit assistants in various capacities. You may also choose to be a girl member at large and stay involved with your own Ranger unit. If you are 18, you can also become involved in Link. Transitioning members can participate in Guider training.

Becoming a Guider

Once you turn 19 years old, you can become a Guider. This is one of the most popular ways that Rangers choose to stay in Guiding. It is an amazing opportunity, as you are now able to plan the programming and make a difference for girls around

the province. Guiders are also able to become more involved in their districts and give input on what happens at the district level. Another cool opportunity is getting to participate in TEAM (Training and Enrichment for Adult Members). TEAM allows Guiders to develop their skills in areas such as programming, camping and administration. These are skills that can be used not only in Guiding, but for many other jobs and opportunities as well.

If you are too busy to be a full-time Guider, but still want to work with the girls, you can become a district Guider. District Guiders are often called upon to fill in for leaders who aren't able to make meetings. They also help out at district events.

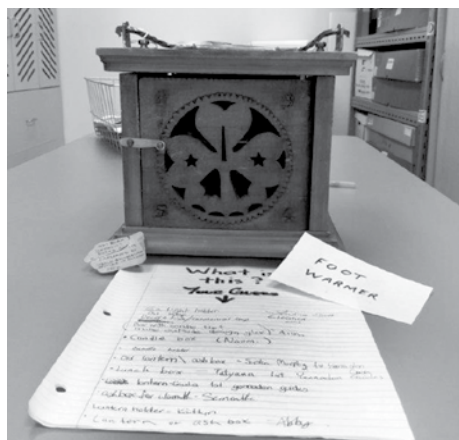
Joining Link

If you are not interested in becoming a Guider, or are too busy to do so right away, Link might be a good option for you. Link are young members aged 18–30 who want to stay involved in Guiding. Many Link groups hold meetings where members have the opportunity to socialize, undertake volunteer projects and connect with other women who share the same interests as them. Some Link groups also choose to go camping or provide support for activities that other units are undertaking. Link

members can apply for Guiding scholarships and travel opportunities, so it is a great way to stay involved while you are in university or working! Many Link members also hold other positions in Guiding, such as unit Guider or committee member. For more information, you can contact the provincial Link adviser, Melissa Curatolo, at link@bc-girlguides.org.

Joining a Provincial Committee
Did you know that BC Girl Guides has numerous committees, in areas such as Public Relations, Camping, Training and Programming? Guiding members from all over the province sit on these committees and make a difference in BC Guiding! Openings on these committees are often sent to adult members by email, so keep an eye out for them and apply!

If you have any questions about how to stay involved in Guiding after you finish Rangers, please contact Carissa Konesky and Elizabeth Hardy, youth member/girl program specialists, at bc.rangerprogram@gmail.com.



What Is This?

At the World Thinking Day open house at Guide House in Vancouver, the Archives/Museum Committee asked visitors to guess what this box was used for. Guesses included tea light holder, lantern, ash box or lunch box.

It's a foot warmer!



More than Just a Lunch ... **Taking Action with One Word: “Welcome”**

Gerry Koepke, BC Membership Adviser

The benefits of Guiding are far-reaching for our girl and adult members. By doing our best, being true to ourselves, our beliefs and Canada and taking action for a better world, we work toward our mission of enabling girls to be confident, resourceful and courageous. Every September, as we begin a new Guiding year, we speak to our girls about our Promise and Mission. We then try to espouse these values in our programs as we plan meetings, events, camps and opportunities with the girls. Our members, families and communities all benefit.

In June 2016, Burnaby Mountain District made Welcome to Canada cards for families new to Canada as a service project at a district camp. The Guiders were impressed by the level of compassion and caring the girls exhibited while they were making the cards. Girls from Sparks to Rangers asked

where the cards would be going and why the families were coming to Canada. Where the cards were going had an answer: contact had been made with Immigrant Services Society (ISS) of BC, an organization that helps with the settlement and integration of newcomers to Canada. They had confirmed that they would be happy to pass the cards on to their newest clients, which at that time were primarily refugees. The answer to why the families may have immigrated sparked lively

discussions where girls imagined why new immigrants may start long and perhaps difficult resettlements to a new country, a timely discussion as the settlement of refugees was in the news in the weeks prior to camp. The reasons discussed may have been varied, but the overwhelming sentiment was the hope that the families would feel welcome and that one day some of the girls may become members of Girl Guides of Canada!

Shortly after camp, I and another Burnaby Mountain Guider arranged to bring the cards to a Vancouver resettlement office, where we met with an ISS staff member and were given a tour of the facilities. Hearing stories of girls who had spent their entire lives—in one case 14 years—in a refugee camp, we were amazed at the resilience and positive attitude that prevailed as their stories unfolded. It was obvious these were people with resourcefulness and courage.

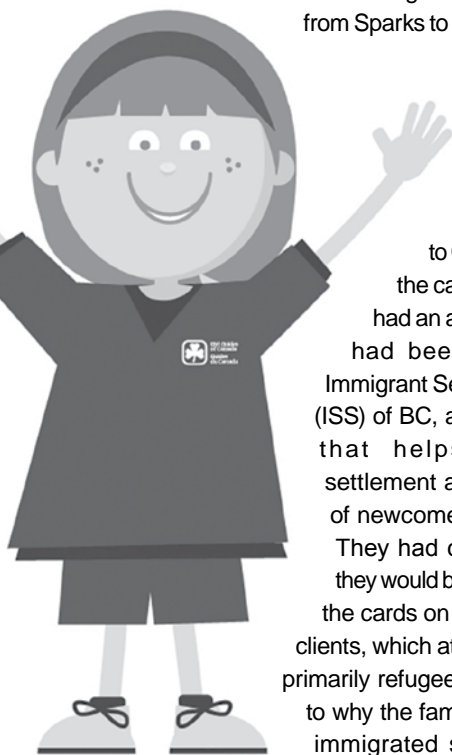
As a Guider and BC membership adviser, I asked a perhaps obvious question: “Is there a way Girl Guides can help these girls feel welcome and comfortable in our organization?” The answer was yes, and over the next few months we started a conversation about what some of the possible barriers to newcomers might be. Special consideration would have to be given to limited English language skills, financial hardship and cultural sensitivities. We decided to try integration with a small group of new immigrants in the Burnaby community where the welcome cards had been made. After more discussion, we invited five new immigrant families to our district Thinking Day celebration, where we would host a Welcome to Canada luncheon. ISS would reach out to the families and provide an interpreter; we would provide lunch, entertainment and goodwill. Weeks later, the World

Association of Girl Guides and Girl Scouts (WAGGGS) World Thinking Day theme was announced as “growth”—what a perfect fit!

The district sent out invitations to our member families and planned a lunch menu and decorations; units planned and practised presentations. Donations for a gift basket for each family poured in, and we all started to look forward to a special Thinking Day.

On February 25, 2017, after five months of planning, five refugee families, involving 26 individuals, and the ISS interpreter joined an estimated 110 members and their families to be welcomed to Canada. The units performed short presentations that showcased Guiding traditions. Girls were introduced as a group with the Guide Marching Song, and the district commissioner led a lively campfire demonstrating the universal language of song. Of particular interest were songs with exaggerated movements, where some of the VIP guests joined in.

I was happy to join the district commissioner after the formal celebration as we sat down to chat with the immigrant families with help from the interpreter. We answered basic questions about Guiding, such as what Guiding is and about branches, program and events. We gave information on the registration process, registration fees and subsidies for fees. We spoke about language barriers and how we may be able to help parents stay informed. We addressed procedures such as the screening that Girl Guides of Canada has in place to keep their daughters safe. We stressed fun and friendship. When we mentioned camping, one of the girls, of Pathfinder age, decided on the spot that she was ready to register. Mom and Dad thought





Guiding was a wonderful way for their daughter to make new friends in a safe environment. We are now in the process of registering her.

The day was a giant success.

I would like to thank the Guiders and families of Burnaby Mountain for embracing this project and for all their work on making it such a success.

Tips on welcoming new families to Guiding:

- Be aware of registration procedures. Information can be found under Membership Building on the BC website (www.bc-girlguides.org; select *Volunteers > Guider Resources > Membership Building*).
- Become familiar with your district and area procedures regarding subsidies for registration fees.
- Have some gently used uniforms and camping supplies such as sleeping bags and backpacks on hand and ready to donate to new families with financial limitations.
- Ask families in your units and districts if they are able and willing to translate for you. If they are willing, share their names with the district commissioner so you can contact them if needed.
- Be willing to work with new-to-Canada families to help with their first cookie campaign. Remember these families are unlikely to have a network of friends or co-workers to sell to, and the concept of door-to-door sales may be uncomfortable for them. Perhaps help set up a blitz sale.
- Work with an agency such as ISS or SUCCESS to determine if there are pockets of newcomers in your neighbourhood. Find a way to include them in your membership growth plans.

Introducing the BC Youth Forum



In February 2017, the BC Youth Forum held its first meeting at Guide House. This meeting included Anastasia P. from West Coast Area, Darcy D. from Pacific Shores Area, Samantha W. from Fraser Skies Area, Sophie K. from Lions Area and Lisa Wechzelberger (BC Council Youth Forum Chair). We are a group of Rangers and a Transitioning member whose goal it is to represent the youth voice throughout British Columbia.

Our goals this year are to:

- Connect with girl members in our communities
- Reconnect the Transitioning members to the program
- Recruit new members
- Host and plan a province-wide event
- Bring youth input to BC Council

To contact us, please email youthforum@bc-girlguides.org.



A-Z of Diversity

Fiona Rogan, BC Program Committee Inclusivity-Diversity Specialist

This is the third in a series of articles by the BC Program Committee to explain some commonly used terms regarding inclusivity and diversity. Previous articles in the series can be found in issues 378 (Fall/Winter 2016) and 379 (Winter/Spring 2017).

If you have any questions about inclusivity and diversity in Guiding or need help finding resources, please contact Inclusivity-Diversity Specialist Fiona Rogan at inclusivity-diversity@bc-girlguides.org.

G

Gender

Can be defined in two different ways: gender identity and gender role (or expression). Neither is descriptive of a person's sex as ascribed at birth.

Gender identity is each person's internal and individual experience of gender. It is their sense of being a woman, a man, both, neither or anywhere along the gender spectrum. A person's gender identity may be the same as or different from their birth-assigned sex. Gender identity is fundamentally different from a person's sexual orientation.

Gender expression is how a person publicly presents their gender. This can include behaviour and outward appearance such as dress, hair, make-up, body language and voice. A person's chosen name and pronoun are also common ways of expressing gender.

"Transgender" refers to a male or female who undergoes reassignment surgery and/or chooses to live as a person of the gender contrary to that assigned by birth. Girl Guides of Canada welcomes transgender girls and women as members and Guiders, and the

organization has policies in place to support them as they transition.

As an organization, we are aware of the challenges these women and girls face. We must also be considerate of such challenges at a unit level and be very conscious of language we use, activities we select and the relationships between the members we supervise and lead. Depending on the level of Guiding involved, the language used to discuss this issue will vary considerably.

For more information, please see *Canadian Guider* magazine – Winter edition (page 4) or the online resource: girlguides.ca > *Inclusivity and Accessibility* > *Guidelines for the Inclusion of Transgender Members*.

H

Hard of Hearing: see Deaf in issue 379 (Winter/Spring 2017)

Hindu(ism)

Refers to any person who regards themselves as culturally, ethnically or religiously adhering to aspects of Hinduism. It has historically been used as a geographical, cultural or religious identifier for people indigenous to South Asia.

While Hinduism covers a range of beliefs, the principal ideology is a belief in One Supreme Reality (Brahman) manifested in many gods and goddesses. Reincarnation is based on karma (in other words, living well reaps rewards in a future life). Traditional Hindu practices include yoga, meditation, worship, devotion to a god or goddess, pilgrimage to holy cities and living according to one's dharma or purpose. Main holidays are Holi, Diwali and Mahashivratri.

Hypoglycemia

A situation in which the body's blood glucose level is lower than normal. Not consuming the required amount of glucose can lead to a decrease in the level of glucose in one's blood. A low blood glucose level can result in health complications like coma, seizures and impairment of body functions. Girls with diabetes are especially prone to this, and their sugar intake should be carefully monitored.

I

Identity

The way in which a girl relates to herself, her peers, her body, her culture and heritage and/or other group. It also relates to a person's perception of their gender (see above).

Self-identity can be positive or negative. A negative self-identity can be very destructive, leading to eating disorders, body dysmorphia or self-esteem issues.

Guiders should be alert for any dramatic changes in a girl's appearance, interactions with others or mannerisms. Withdrawal from social situations, lack of participation or refusal to eat at camp should be considered warning signs and should be addressed quickly (for example, by speaking with the girl's parent/guardian).

Immigrant

An individual or family who has come from another country to Canada under certain visa requirements and status designations. Refugees are also welcome in Canada and will be included in the next article on diversity. In Canada, we have the fortune of living with, next to and among people from wide-ranging backgrounds.

As Guiders, we can celebrate the diversity

that members of different cultures bring to our organization and provide opportunities for every member to express her cultural or national heritage.

Girl Guides of Canada does not require members to divulge their immigration status. All girls and women are invited to be part of the organization.

Islam

A single-theology religion, which professes that Allah is the only god and that Muhammad is the last messenger of god. It is the world's second-largest religion and the fastest-growing major religion in the world, with over 1.7 billion followers known as Muslims. Eid Al-Fitr and Eid Al-Adha are two holidays of Islam.

Practices of Islamic faith include greeting others with "as-salamu alaykum" ("peace be unto you"), saying "bismillah" ("in the name of God") before meals and using only the right hand for eating and drinking. Prohibited foods include pork products, blood, carrion and alcohol. All meat must come from an herbivorous animal slaughtered in the name of God by a Muslim, Jew or Christian, except for game that one has hunted or fished for oneself. Food permissible for Muslims is known as halal food. Members who observe these Islamic dietary laws must be permitted to bring properly prepared food to camp or other events where food is provided, unless they have the facilities and knowledge to prepare it for themselves when required.

J

Jewish

Describes Jews, or the Jewish people—an ethnoreligious group originating from the Israelites, or Hebrews, of the Ancient Near East. Jewish ethnicity, nationhood

and religion are strongly interrelated, as Judaism is the traditional faith of the Jewish nation, while its observance varies from strict observance to complete non-observance.

Judaism

Encompasses the religion, philosophy, culture and way of life of the Jewish people. Judaism is an ancient monotheistic religion, with the Torah as its foundational text. The two best-known holidays are Passover and Shabbat.

The Jewish dietary laws are known as kashrut. Food prepared in accordance with these laws is termed kosher. Many of the laws apply to animal-based foods. For example, in order to be considered kosher, mammals must have split hooves and chew their cud. Jewish law also forbids the consumption of meat and dairy products together. The waiting period between eating meat and eating dairy varies by the order in which they are consumed and by community, and can extend for up to six hours. Utensils that have been used to prepare non-kosher food, or dishes that have held meat and are then used for dairy products, render the food unacceptable under certain conditions. The food preparation requirements for members who observe kashrut should be considered carefully and undertaken appropriately in consultation with the member and her family.

K

Kwanzaa

A week-long celebration honouring African heritage which is observed from December 26 to January 1, culminating in a feast and gift giving. Kwanzaa has seven core principles (Nguzo Saba). It

was created by Maulana Karenga and was first celebrated in 1966–67.

A Kwanzaa ceremony may include drumming and musical selections, readings and food. The greeting for each day of Kwanzaa is "Habari Gani?" which is Swahili for "How are you?" Today, many families celebrate Kwanzaa along with Christmas and New Year. Frequently, both Christmas trees and kinaras, the traditional candleholder symbolic of African roots, share space in Kwanzaa-celebrating households. For people who celebrate both holidays, Kwanzaa is an opportunity to incorporate elements of their particular ethnic heritage into holiday observances and celebrations of Christmas.

L

Learning Disabilities

A category of disability that includes central auditory processing disorder, dyslexia, dyscalculia, dysgraphia, dyspraxia, visual processing disorder, attention deficit disorder (ADD) and attention deficit hyperactive disorder (ADHD).

Central auditory processing disorder (CAPD) affects a child's ability to understand spoken information. Instructions (for crafts, etc.) should be provided in short bursts, preferably with pictorial back-up.

Dyslexia is a neurological disorder that affects one's ability to read or comprehend language. For girls with this condition, instructions should be provided orally, and important messages relayed to a parent for clarification.

Dyscalculia affects the processing of numbers. Girls may have difficulty counting change, reading maps or using

continued on next page ➡



R

X

H

P

B

calendars, in addition to experiencing difficulty with math. Important dates should be shared with parents, and girls with dyscalculia should be supervised during cookie sales.

Dysgraphia limits written output. Girls should be permitted to provide reports and badge work, etc., in visual or oral form or another manner that better suits their abilities.

Dyspraxia restricts motor skills, including the ability to move freely, write clearly, follow reason or be organized. Adaptations may include providing a checklist of needed items or supplies for regular meetings, special events and camps. Following a routine at meetings will also assist members in staying on task and understanding activities.

Visual processing disorder (VPD) affects vision. Girls may be unable to perceive correctly the depth, size or distance of an object. Girls and women may trip and fall often; as such, meeting areas should be screened for potential hazards. Games that rely heavily on the recognition and memorization of pictures will be challenging and should be avoided. Scavenger hunts may also be difficult. Water activities and other dangerous sports such as horse riding and skiing should be undertaken with extreme caution and with one-on-one supervision. Cooking, using tools and lighting campfires are also activities of concern and require one-on-one supervision.

For information about attention deficit disorder (ADD) and attention deficit hyperactive disorder (ADHD), see issue 378 (Fall/Winter 2016).

M

Multiple Sclerosis (MS)

A disease of the central nervous system. The nervous system is affected by the body's immune response. MS is three times more common in women than men. There is currently no cure. Symptoms may start with fatigue, dizziness and numbness; over

time, the disease will cause the nervous system to shut down, affecting every facet of the individual's life. Members with a MS diagnosis may need emotional support, as well as a physical support person to attend meetings with them.

Muscular Dystrophy (MD)

A hereditary disease characterized by progressive muscle weakness. Muscular dystrophy is a genetic disorder caused by a defective gene.

The signs and symptoms of MD vary. Each type of MD differs in the body part affected, age of onset and progression of the disease. Some of the common symptoms are muscle weakness, apparent lack of coordination, obesity, progressive muscle wasting, weakness and loss of function, joint contractures, frontal baldness, cataracts, drooping eyelids and mental impairment.

While there is no cure, treatment can slow the speed of degeneration. Therapies may ease joint stiffness, reduce contractures and allow for greater movement for a longer period of time.

Members with MD may demonstrate no symptoms initially, degenerating over time until ultimately requiring full support and use of an electric wheelchair.

Mute

A condition in which one is unable to speak due to medical issues or selectively does not speak because of a psychological concern. Members with mutism are still fully able to hear and comprehend language and may actively participate in unit meetings and events without ever speaking.

Selective mutism may ease once a member is more comfortable with a group. Physically mute members may use sign language or alternative communication device.

N

Non-verbal

Similar to mutism, meaning someone

who does not speak. However, a person who is non-verbal is unable to speak due to a cognitive issue. Non-verbal girls may communicate using sign language, alternative communication devices or be accompanied by a support person.

O

Obsessive Compulsive Disorder (OCD)

A common, chronic and long-lasting disorder in which a person has uncontrollable, reoccurring thoughts (obsessions) and behaviours (compulsions) that he or she feels the urge to repeat over and over. This may present itself as frequent hand-washing, repetitive checking of locks, strict adherence to a specific number (for example, tapping a toothbrush four times on the sink edge) or another trait. It may also be seen as over-attention to an activity (sweeping a floor, being clean, arranging books alphabetically, etc.).

A girl with obsessive compulsive disorder can be encouraged to use her focus to benefit the group as a whole. For example, a girl who is fastidious about neatness might be given the responsibility for maintaining patrol boxes. Conversely, Guiders should be aware of and sensitive towards the unique challenges faced by members with compulsive tendencies.

P

Parkinson's Disease

A degenerative disorder that affects the central nervous system, characterized by impaired muscular coordination and tremors. It is a neurodegenerative disorder that is chronic and progressive, affecting the part of the brain that controls the movement of muscles. Some of the characteristic symptoms of Parkinson's disease are tremors; bradykinesia, or slowing down of movement; rigidity; difficulty in walking, known as Parkinsonian gait; and poor balance.

Girls and leaders with Parkinson's may



H

M

K

D

need support when moving around the meeting space, particularly in unfamiliar locations or over uneven territory.

Passover: see Judaism above

Phobia

Refers to an extreme fear or aversion. Fears may be rational or irrational, may stem from a traumatic event or be based on a perceived threat. Girls with phobias should be treated respectfully, without ridicule and in accordance with GGC's vision and values.

Post-Traumatic Stress Disorder (PTSD)

A mental illness that is often connected to exposure to trauma from a single event that involved death, the threat of death or serious injury. PTSD may

also be linked to ongoing emotional trauma, such as abuse in a relationship. It is common among recently arrived refugees who have escaped war and threats on their lives.

PTSD causes intrusive symptoms such as re-experiencing the traumatic event. Many people have vivid nightmares, flashbacks or thoughts of the event that seem to come from nowhere. They often avoid things that remind them of the event—for example, someone who was hurt in a car crash might avoid driving.

Girls with PTSD may feel very nervous or "on edge" all the time; they may startle easily, have a hard time concentrating, feel irritable or have problems sleeping well. They may often feel like something

terrible is about to happen, even when they are safe. Girls may feel very numb and detached or feel like things around them aren't real, feel disconnected from their body or thoughts or have a hard time feeling emotions. Guiders should be attuned to such anxieties and be conscious of language used and activities undertaken. A piece of music, a smell or a sound may initiate an automatic response, whether conscious or otherwise, and may incite a girl to flee a situation.

PLEASE NOTE: All Guiders should have received an email recently regarding an update to the Accessible Customer Service policy. Please ensure you have read this important information.

Sovereign's Medal for Volunteers

BC Awards Committee

The Sovereign's Medal for Volunteers recognizes the exceptional volunteer achievements of Canadians from across the country in a wide range of fields.

As an official Canadian honour, the Medal for Volunteers incorporates and replaces the Governor General's Caring Canadian Award. The medal builds on the legacy and spirit of the Caring Canadian Award by honouring the dedication and commitment of volunteers.

Girl Guides of Canada has become a Trusted Partner in the Sovereign's Medal Program with a goal of recognizing 20 outstanding Guiding members from

across the country each year. The medal is a highly prestigious honour and recognizes exceptional volunteers who have made the most significant impact on Guiding through their dedication and/or leadership.

BC Girl Guides have been allocated three nominations each year. In January 2017, the provincial commissioner and the provincial awards adviser forwarded three names from nominations received from area commissioners to the national office.

Ask your area commissioner how you can nominate an outstanding Guider in your area for next year's medal. Tell us about a Guiding member who inspires

and motivates you and deserves to be recognized. The Sovereign's Medal for Volunteers – Girl Guides of Canada Nomination Form link will be available on the provincial awards website (go to www.bc-girlguides.org; select *Program > Awards & Recognition*).





SOAR 2017 in

SOAR 2017

Tour Day

Wednesday, July 26,
1 p.m. to 4 p.m.

Hi, I'm Felicity Fox, the mascot for SOAR 2017 in Smithers. Do you want to know what a camp with nearly 2,400 Guiding members looks like and how we manage to provide food, wellness, security, program and FUN for the girls? This is your opportunity to see the SOAR site and the program in action!

All Guiding members, parents and families are welcome to visit camp on tour day. Everyone needs to be aware that contact with campers is not possible, as the girls will be involved in program (and some will even be offsite that day).

I hope to see many people travel to this beautiful part of our province and visit us at SOAR 2017!



Spirit of the Mountains

Here's our SOAR 2017 crest, recognizing the majestic mountains that surround the Bulkley Valley, as well as the forests and a couple of the animals that inhabit them. Our theme, "Spirit of the Mountains," is reflected in names of all the sub-camps, and every department and location within camp is named along the theme or in honour of our mascot, the red fox.



SOAR 2017 in



Look Who's Coming to SOAR

Girl Guides of Peru (Asociación Nacional de Guías Scouts del Perú) are sending four girls and two Guiders to SOAR this summer. They will be our guests and were invited as a result of Quebec and BC's recent twinning partnership with Peru. If you have done the Instant Meeting for Peru, you will have shared some information about the culture and location of Peru with the girls in your units. For those who have not, here is some information you can share with your unit:

- Peru is a country in South America.
- Girl Guiding/Girl Scouting has existed in Peru since 1916.

- The age levels are *Girasoles* (ages 4 to 6), *Haditas* (ages 7 to 10), *Guías de Luz* (ages 10 to 13), *Guías de Sol* (ages 13 to 17) and *Guías de Servicio* (ages 17 to 25).

- While the main language of the Peruvian people is Spanish, several members of the group coming to SOAR speak English, so language won't be a problem.

When you see these girls at SOAR, stop and talk to them. What a great opportunity to connect with Guiding members from one of GGC's twinning countries!

Reminder about SOAR Service Projects

If patrols can squeeze a few extra things into their cargo, we will be collecting for a couple of worthwhile local projects.

Tenants' Package

For first-time apartment dwellers who are down on their luck, we will be collecting dishes, sheets, towels, basic toiletries, basic cleaning supplies and basic tool kits.

Transition House

Children who are forced to leave their homes due to violence and abuse usually arrive at the transition house with nothing, so toothbrushes, toothpaste and (new) underwear would really help. A small stuffed animal would also be appreciated!

Alternatively, cash donations can be made by individuals, but patrols are reminded that you should not use fundraised or Guiding money for this purpose.



NEW Camp to Go: Just Gotta Camp!

BC Camping Committee



The **Just Gotta Camp** series will include a Camp to Go for Sparks, Brownies, Guides and Pathfinders, with a corresponding crest in each branch colour. Each of these camps is based on the progression of camp skills for each of the branch levels. We hope the girls and adults will be active and have lots of fun moving about while enjoying learning camping skills and the fun of camping.

Find the Just Gotta Camp Camps to Go on the BC Girl Guide website (www.bc-girlguides.org); select *Camping > Camps to Go*).

In **Sparks, Brownies and Guides Just Gotta Camp**, girls learn a combination of what to wear, how to pack, maps, compasses, cooking at camp, basic first aid, taking care of nature, knots and leaving no trace. Each package includes a program outline for a one- or two-night camp with a wide variety of activities, games and crafts to choose from. There are menu and recipe suggestions, a campfire, Guides' Own and a kit list. Build your camp to suit the season, your accommodation (building or campsite), the number of girls and the available time. Pick those activities that work best for you and your girls and remember to be **flexible**. Adapt this package to have fun while learning to camp!

Try out the following sample activities.

Sparks Just Gotta Camp

Reef Knot Hat Craft

Materials:

- small pieces of cardstock
- 2 different colours of knotting cord
- scissors
- glue
- safety pins

Prepare ahead of time:

Print the following rhyme on cardstock, either filling one side (if attaching the knot to the other side), or leaving space to glue the knot on the same side:

*Right over left and left over right
Makes the knot neat and tidy and tight.*

Directions:

1. Tie a reef knot using the two colours of knotting cord.
2. Cut the ends off the cords so they are not too long, but not too short that the knot comes apart.
3. Glue the knot to the cardstock.
4. Add a pin so you can attach it to your camp hat.

Brownies Just Gotta Camp

Nature Craft Prints

Materials:

- watercolour paint
- old toothbrushes
- screens
- paint shirts
- paper

Directions:

1. Have each girl take a few minutes to

gather material from nature (pine cones, sticks, leaves, etc.).

2. Girls can arrange the materials of choice on the paper and spatter-paint their pictures. The spatter-painting can be done in stages to layer the colours.

Guides Just Gotta Camp

Making a List and Checking It Twice

Materials:

- paper
- wide selection of felt pens

Method:

1. Create a scenario for a camp (for example, summer Guide camp at the lake, Mix It Up camp in September, Night Trek in early May).
2. Have each girl create a kit list for the camp. Use felt pens to make it as decorative as possible.
3. At the end of the session, read out what they should have included. Make it FUN!

In **Pathfinders Just Gotta Camp**, you find a program outline for a two-night event with a wide variety of activities, games and crafts to choose from to teach the girls about the 10 essentials needed for survival in outdoor adventure. There are recipe suggestions, a campfire, Guides' Own and a kit list. This resource is designed to be used by girls and Guiders, so that all are involved with the camp planning process. Build your camp to suit the season, the number of girls and the available time. Pick those activities that work best for you and the girls and remember to be **flexible**.



Further themes that fit these activities include Survivor, Hunger Games and Off to Neverland. Adapt this package to have fun while learning to camp!

The 10 essentials for any outdoor adventure:

- navigational tools (map and compass)
- signalling device
- sun protection
- illumination
- nutrition and hydration

- fire-making kit
- knife
- insulation (extra clothing)
- first aid kit
- emergency shelter

Try this activity from the Navigation section of the Pathfinder Just Gotta Camp:

Topographical Maps

Get a topographical map for the area you're camping in. Find out the following details about your map:

- What is the map number for the area in which you would like to paddle/hike?
- What do the colours mean?
- What is the scale of the map?
- What is the average declination of the map?
- How much has that declination changed since the map was printed?
- What is the highest peak on the map?
- What are the coordinates for your campsite?

Girls Can! A NEW Camp to Go for Pathfinders and Rangers

BC Camping Committee

Girls Can was the idea of a Monashee Ranger unit and Guider to teach girls about the various opportunities open to them in the trades. The Camping Committee has expanded this to include a wide variety of employment opportunities and life skills for young women.

Although much has been done to make girls more aware of alternate employment opportunities, many girls are still unfamiliar with or intimidated by what were once considered male positions. This may vary from community to community. Girls Can is a resource to help organize a camp or overnight to help facilitate educating girls about these opportunities.

Although this resource is geared toward Pathfinders and Rangers, it can be adjusted for any branch within Guiding. **Sparks, Brownies and Guides also CAN!**

In the Camp to Go package, you will find a planning timeline and a variety of suggestions for running the program for this camp. A suggested agenda,

program tips, helpful links, a kit list and an evaluation form are all included. Please remember to be flexible, as planning will very much depend on your chosen program.

The overall program is designed to explore “alternate” employment and life skills opportunities, encourage the girls to think outside the box and actively participate in as many activities as they can. You will decide whether the girls will visit a resource site or have the qualified resource person come to your site. Many of these activities could be done during an “awake over” where girls visit sites throughout the night. We suggest that as many hands-on opportunities as possible be available and that as many of the resource people as possible be female to provide positive female role models. The object is for the girls to learn about and try new things. **The activities in the resource are suggestions and are meant to start the girls thinking about all they can do!**



Find the Girls Can Camp to Go on the BC Girl Guide website (www.bc-girlguides.org; select *Camping > Camps to Go*).

Give one of the activities suggested in Girls Can a try:

Do some research and find out what course(s) are needed to become a heavy equipment, forklift or transport vehicle operator. Then, if possible, visit a trucking company, sit in a semi-transport truck, and even see if you can take a ride.



Birthday Boxes for National Service Project, **Action on Poverty**

Van Chau, Telegraph Trail District, Fraser Skies Area

Our Guides had so much fun putting together birthday boxes for the National Service Project, Action on Poverty, that we will probably be doing this again next year. It took one meeting to plan the project and one meeting to put everything together. We donated the boxes to the Langley Food Bank.

Food banks often collect birthday box donations to give to families with children who have upcoming birthdays. The boxes include all the ingredients to have a special birthday party.

How to Put Together a Birthday Box

MEETING #1

1. Brainstorm: As a unit, the girls brainstormed what items they wanted to see in a birthday box. They came up with a list of 16 items: plates, cups, napkins, cutlery (forks, knives and spoons), birthday candles or sparklers, birthday invitations, plastic tablecloths, streamers, balloons, birthday bags or wrapping paper,

Birthday Box - Service Project

Donated by 2nd Telegraph Trail Guides (Langley, BC)
Red Rose Patrol: Madison, Anna, Mollie, Jayla



Girl Guides of Canada Guides du Canada

This Birthday Box has the following items for a Birthday Party:

- | | |
|-------------------------------|-------------------------------------|
| 1. Birthday Invitations | 9. Plates |
| 2. Birthday Candles | 10. Cups |
| 3. Balloons | 11. Napkins |
| 4. Party Hats | 12. Cutlery (Spoons, Forks, Knives) |
| 5. Party Horn Blowers | 13. Gift Bags/Wrapping Paper |
| 6. Streamers | 14. Goody Bags |
| 7. Plastic Table Cloth | 15. Cake Mix |
| 8. Little Toys for Goody Bags | 16. Playing Cards/Game |





party bags, party horns/masks, party hats, streamers, small toys/gifts and cake mix. They made a master list of all these items. This list could include more items (for example, tub of icing, cupcake liners), depending on the size of the unit.

2. Pick a theme: The girls then dispersed into their Guide patrols. They picked a theme for the birthday, chose whether the birthday box was for a girl or a boy and decided which Guide was responsible for purchasing specific items for the birthday box.

Since there were 16 items and four girls in each patrol, each girl was responsible for buying four items. Two of the patrols chose a Star Wars theme, while the remaining two patrols chose a Disney princess theme and a fairy theme.

3. Make a list: The girls made a list of the birthday box items and placed their names beside each item. Each patrol handed in a master list to the

leaders. Each girl went home with a list of the four items that she was going to bring to the next meeting.

MEETING #2

4. Decorate the birthday box: The girls used scrapbooking paper, decorative cut-outs and stickers to embellish white paper boxes. They wrote fun messages on the boxes with felts. They glued a title card on the lid and the two ends of the boxes to complete the look.

5. Pack the boxes: Each patrol stuffed their birthday boxes with the 16 themed items that they bought. Each box had a list of the items included in each box.

6. Donate to the Food Bank: The birthday boxes were given to the Langley Food Bank. Within a week, we heard that one of our birthday boxes (the fairy birthday box) was given to a seven-year-old girl. The mom who received the birthday box was so grateful for this act of kindness.

BC to Peru 2016

Maryann Brock, Monashee Area Guider

January 2016: I have been waiting for what seems like FOREVER! Last November, I applied for a provincially sponsored independent trip to Peru ("BC to Peru"). My references keep asking me if I've heard anything yet! I still haven't heard ... Just as I'm thinking that I obviously didn't make the cut ... I hear that I have an interview with two ladies from the selections team!

February 10: I'm in! I've been selected! I call my references to say "thank you" and add the International Briefing to my calendar (April), as well as the approximate trip dates! Within hours, I have connected (via Facebook) with one of the other Guiders selected—somebody I've never met, but of course we have a mutual friend (it is Guiding after all). By email we introduce ourselves to our alternate Guider.

Over the next month or so we get to work! We begin connecting with the girls (they got their notification at the same time we did), and we provide our input into the trip. We had lots of support from the provincial International Committee!

April: The International Briefing is held at Guide House, in Vancouver. When you are selected for a trip like this (provincially or nationally sponsored), your way is paid—even for the briefing! On Friday night, Rachel, Stephanie (our alternate) and I meet with our support person from the International Committee. What an awesome team. I am so excited! We get to work on the trip.

July: Show time!

Our first night: a hotel near the Vancouver airport. Our first order of business: to get to know each other, build a sense of "team" and cover the emergency protocols for the trip. The girls are so willing to participate; we are off to a great start!

After an early morning, we are heading to Toronto and then on to Peru! A couple

of flight changes later, we arrive in Cusco at about 5 a.m.—lucky for us, we have a ride arranged to take us to our hotel. The girls decide that a 10 a.m. wake-up would be appropriate (we just don't want to miss ANYTHING).

The next couple of days are a whirlwind of activity. We explore the city of Cusco and have a wonderful tour that explains the culture, religions, history of the city and country in general. What a super grounding to set us up for a great trip! Cusco is at a fairly high altitude, and even though we all have medication with us to help us adjust, a few in the group are finding themselves a little "breathless." The archaeological sites are amazing! We are all so impressed with the architecture of the Inca times and equally impressed by our chocolate-making workshop!

Machu Picchu is one of the trip highlights! Before we left Canada, we all decided we would hike up the mountain above the ancient city. By the time we arrive, there are two of our group unable to do the hike safely—one girl and one Guider. As we have an experienced guide with us, the majority of the group can continue with the original plan and do the climb. Meanwhile, the second Guider and girl do an alternate scenic walk at the site. After the hike, we meet up again and tour the historical site—we wish we could have an extra day here, there is so much to see in such a short time! This day we wear our red international shirts, because we know that some of the pictures could be awesome. Everywhere we go, people approach us. They recognize Guiding. On the climb up the mountain, we are even asked if we have any cookies! What a great opportunity to thank them all for their support of cookie sales and to let them know that this trip is subsidized from cookie profits! While taking the "iconic pictures," we are approached by a group

of Girl Scouts from the US. They recognize us and request that we take pictures with them. We would never have recognized them as they were not in uniform/group gear at all!

Next we head towards Lake Titicaca, stopping along the route to visit other small communities—each community is so individual! One specializes in making bricks, another in pottery, one is even famous for grilled guinea pig on a stick! The traditional clothing is all slightly different from town to town, too.

Lake Titicaca is the highest lake in the world, and we are about to visit the floating islands—yes, they actually do float; they are made of reeds. We get to see how they are created and how the inhabitants live. We also visit the island of Taquile, a small island that houses five different villages spread out over the hillsides, where there are no vehicles at all. Everything is done on foot (mostly without shoes). This island is a United Nations World Heritage site, and the male residents have been recognized as producing the best knitted products in the world. We are introduced to their very unique cultures.

Needless to say, everywhere we go, we are visiting markets. We shop mostly for souvenirs, but we are still looking for a few basics for one of the girls whose luggage did not arrive with us! This type of shopping is the most interesting because it is "real life," so we have to go to the same markets as the locals.

Moving on to Arequipa, we stop en route at Colca Canyon. It is super windy here at the edge of the canyon, and we see enormous condors soaring and floating on the air currents. As we travel through the country, we see remote homesteads and communities that all seem to be quite distinct, each identifiable by their clothing, housing styles and hats. As we enter the big city, we see a huge contrast in economic



status; it is almost in “rings” surrounding the city. We pass through the outer part of the city where there are squatters who have no water/power/sanitation; life is pretty bleak for these newcomers. The next ring maybe has water, the next ring water and power and so on. In all of this, you can often tell which part of the country the residents moved from by looking at their hats. This is mostly true for the older people—the younger generation does not wear the traditional clothing as much.

Doing our best to try as many different types of potatoes as possible (potatoes are in/on or with almost everything we eat), we discover that we will likely never try them all. In Peru they grow over 1,200 different types of potatoes!

We travel by bus to the coastal town of Paracas, where we ride on dune buggies over miles and miles of sand dunes, and then we go sandboarding! This is a highlight for most of us. From here, we head back to Lima to stay at the Peru Girl Guide centre.

Castellana is a quiet, walled compound in one of the neighbourhoods in Lima. We are welcomed by our Guiding sisters. A GOLD team from England are there also; this group of six young Guiders has a goal to assist and encourage the Peruvian girls to help lead their own programs. We watch the Canadian and Peruvian girls working together, socializing and getting to know each other. They bond over music and apps on their phones! Together, we visit a military challenge course, and our wonderful girls, who have been exposed to more adventurous activities, are so encouraging to their sisters, helping them through the course.

Our last morning in Peru is spent in downtown Lima exploring the city, visiting the local markets, trying some unusual fruits, stocking up on some traditional candies (ostensibly to share when putting on presentations), gathering a few last-minute souvenirs and watching the many locals chasing around the parks with their noses in their phones playing Pokemon Go!

A late-night flight and our trip is over. It seems surreal! We all arrive home with memories and new friends to last a lifetime.

**DESIGNING A T-SHIRT OR
MAKING A CREST?**

Use the Trefoil!

Make
Guiding
Visible!



Encourage
Brand
Recognition!

Get approval for use of the Trefoil on crests and event merchandise—it’s quick and easy!

Visit www.bc-girlguides.org; select **Volunteers > Guider Resources > PR Resources > Logo Use**

Email bccglogo@bc-girlguides.org



AWARDS

Honorary Life

Donna Samson	<i>Kamloops</i>
--------------	-----------------

Bronze Merit

Samantha Adams	<i>Penticton</i>
Dawn Boothe	<i>Summerland</i>
Maggie Bowling	<i>Penticton</i>
Brandie Empey	<i>Summerland</i>
Karen Hooper	<i>Summerland</i>

Note: The awards list is created from the iMIS database. If an award was presented but not entered in iMIS before the Pipeline submission date, it will not be included here.



Taylor B., West Coast Area

Peru 2016 Travel Recap

My Experience as Group Translator in a Foreign Country

I recently went on a two-week-long provincial Guiding trip to Peru. We toured over a dozen towns in Southern Peru as well as coastal cities such as Lima and Paracas. The trip was educational, engaging and exciting. We did everything from hiking Machu Picchu and visiting the floating islands on Lake Titicaca to visiting animal sanctuaries and sacred temples. We even went sandboarding in the desert!

As the only Spanish speaker on our trip, I had a slightly different experience from the rest of the group. Right from the start, it became clear I was the unofficial group translator. A daunting role for even the most experienced.

I started taking Spanish at school in grade 8. I absolutely loved it, so I continued learning the language all through high school. My Spanish teacher was a big promoter of practicality. She taught

us about topics we would need when travelling abroad. I don't think I can thank her enough. Thanks to her, I can easily talk about my hobbies, ask directions, go shopping and the like. She also taught me an extensive food vocabulary—although, as a vegetarian, I didn't bother learning any words for meat products. To anyone wanting to learn a language: I would not recommend doing this!

During my trip, I put my language skills to the test. It was exciting, and I was able to practise and improve my Spanish with local speakers. At times, this proved to be a challenge. The local speakers used different accents and terms from what I was accustomed to. They spoke casually or with slang. It was very different from the structured sentences we had learned in class.

The most challenging part of the trip was

ordering food. Given tourism is such a large Peruvian industry, I had assumed the menus would be bilingual or that the waiters would speak English, but on both accounts, I was wrong. We ordered off a set group menu at a different restaurant each night. The menu often had three appetizers and four entrees with a dessert option. And it was all in Spanish! Now, that is a lot of translating!

It took us forever to order because I would work my way through each item on the menu, translating it word for word. Now, food was never my strong suit in Spanish class, so often I would guess a word's meaning from the waiter's hints.

"So our first option is chicken with some sort of vegetable and a side of rice. Our next option, I think is a type of fish—not sure what type—with another local vegetable. Finally, our third option is some



sort of animal. It could be steak or pork or even alpaca. But the waiter says it's good."

It was a painstakingly long process but every meal was a surprise and usually a delicious one!

For future travellers to foreign countries, I have a few pieces of advice:

1. Create and keep a list of keywords written phonetically and in the language.

Be sure to write down any allergies or food restrictions you may have. It would also be helpful to print out a list of common foods in the country you're visiting, as well as phrases such as "only with," "without," "what's in this," etc. Finally, I recommend learning a few basic greetings and questions, such as "How much does this cost?" "How are you?" and so on.

2. Download a translating app.

The apps often work without wifi, but you should check in advance. One girl in our group had the app SpanishDict, which we used. If no one in your group speaks the language, use Google translate! It's

incredible. You can even use it to take a picture of a sign, and it will translate the words on it for you. Although it will require wifi or data, it may be something your group will want to invest in.

3. Carry a notebook and pencil.

By having a notebook, not only can you write down the new vocabulary you're learning, but you can also use it to draw pictures or write numbers. This can simplify communication and help overcome language barriers.

4. Speak up!

This may seem obvious, but one of the best ways to learn a language is to speak it! Before turning to your group translator, consult your handy phrasebook or dictionary and start talking. You'll probably make a few mistakes or mispronounce a word or two, but chances are, you will get your message across. By conversing with locals, you'll get experience, improve your vocabulary and have someone who can correct your grammar. So, give it a try!

If you put in the effort to communicate with locals in their language, they will be understanding if you make a few mistakes or forget a word or two. The locals will try their best to help you. We visited the rural man-made floating islands on Lake Titicaca, the highest navigable lake in the world. The islanders didn't speak any English but sold beautiful handmade tapestries. Some of the girls in my group tried asking how much one of the blankets cost. There was a moment of confusion as the local tried to show the cost using her fingers. Eventually, the girl selling them pulled a twig from the ground and scratched the cost onto her skin. Despite the language barrier, we were still able to communicate in our own unique way.

I was so proud of my fellow GGC girls who were incredibly eager to learn Spanish. At times, I played a few tricks on them. At the start of our trip, we went to a dinner and watched a cultural dance. A few girls danced with some of the boys in the show as part of the finale. When they were packing up to leave, two of my friends turned to me and asked "How do you say 'goodbye'?" I quickly said "Novios!" And they shouted it to the boys who, in return, gave them confused looks. Afterwards, Rachel, our leader, said "Given 'adios' is goodbye, I want to know what 'novios' means." I told the group they had just yelled "Boyfriends! Boyfriends!" to the dancers as they left! After that, I think the group was more eager to learn the basics so as not to risk another prank. By the end of the trip, they had a few words and phrases they were able to use with confidence!





BC Guiders' OAL Module 8

Snowshoeing Expeditions

In February, two groups of Guiders participated in Outdoor Activity Leadership Adventure Camping training, enjoying snowshoeing expeditions at Mount Seymour in North Vancouver and Apex Mountain near Penticton.



Mount Seymour *Jamie McAllister, Rivers North Area*

It was a rainy Friday morning in Vancouver as we hit the road to Squamish. As we gathered to get ready to hit the trail, the rain started to let up and we decided to give the Elfin Lakes road a try. After a very icy road and a quick lesson in how to put on tire chains, we found ourselves back at a coffee shop. With the group decision that adding an extra 16 km of backpacking to our trip wasn't reasonable, we were on to Plan C. Side note #1: Always have multiple back-up plans.

Regrouping in North Vancouver, it was cold, the wind was blowing and wet snow was falling; saying the visibility was poor would be an understatement. Trusting that the weather report was correct and the weather was supposed to clear soon, we found ourselves taking the time to go over the all-important Safe Guide paperwork. As many of us had never planned a backpacking expedition before, we found it very useful to discuss procedures that are occasionally overlooked. Side note #2: Additional important procedures to include on the SG.4 are vehicular malfunction, weather, hyper/hypothermia, avalanche and snow safety.

The precipitation had slowed, the fog was beginning to lift and up to Mount Seymour

we went. Elevation changes will get you; it was still cold, windy and snowing, and the fog had not lifted very far. With sunset approaching, we donned our avalanche beacons and snowshoes, ready to hit the trail. Side note #3: When hiking in poor visibility, the terrain is easily skewed; always have a well-marked map to follow.

We made it to camping location number one. Big trees, freshly falling snow, the perfect pre-made snow cave just big enough to fit six out of eight ladies, and a half-built snow shelter that, with some team effort and the help from an igloo maker and a tarp, was quickly turned into a dining room and kitchen with a counter and seating to boot. Side note #4: Carrying an igloo maker when winter camping is highly recommended.

Finally, the weather cleared. The snow really did stop. The fog really did lift. The stars were shining brightly. A night hike to Dinkey Peak was quickly in the works, though when we got to the top, some of the bright city lights were still blocked by the low-lying fog; the view was still worth the adventure.

The next day, we ventured to the Search and Rescue Cabin for lunch with a view, catching glimpses of the city through the

cloud cover and of other people taking advantage of the snow-covered hill. Later that afternoon, we split up; half of our group went down to the lodge to refill our water supply and half of the group stayed to begin building our very own igloo. Side note #5: You've got to have water to make water; snow alone will burn. Add a little water to the snow before heating up the pot.

As the sun began to set and group dinners were on the stove, the weather took a turn for the worse. I don't know what you would call the precipitation that began to fall on us, but it was wet, and it was cold, and we all found ourselves huddled in the kitchen shelter with a fire on the snow hearth to keep us warm. We sang songs, old and new. We ate dehydrated foods—store-bought and homemade.

Sunday was a glorious day; the sun was shining brightly, and the snow was melting off the trees. Unfortunately, it was decision-making time. When actively participating in a team environment, taking care of yourself is just as important as taking care of your team members. Knowing where your own physical and mental limitations are and being accepting and understanding of these limitations is a number one priority. A



hard, but very important part about being a Guider is constantly reassessing the group of people you are with and making decisions that will be best for the entire group. So, for the good of the group, we eliminated the trekking portion of our trip. We took advantage of the marvelous sunshine, put our snowshoes back on and hit the trail again, this time exploring the First Lake Loop and Dog Mountain. We had lunch and enjoyed the views atop the scenic bluffs before heading down to the lodge for a break to warm ourselves and dry off because, since it was 11 degrees and sunny out, the snow was

melting off the trees as if it was pouring rain. Side note #6: Always have a full-body change of dry clothing, especially when winter camping.

On the last day, after we packed up all our gear, it was time to put our avalanche beacons to work. Statistics say that if you are found within the first 15 minutes of an avalanche, your chances of survival are good. Any longer than that and the odds will no longer be in your favour. So, we practised finding the beacons buried in the snow—in dry bags and not attached to humans, of course. Then, we got the stopwatch out, broke into teams,

assigned a leader with a group of finders and created a quick, fun competition out of the activity. Congratulations to both teams for finding all the beacons within 10 minutes.

And just like that, with planes, trains and ferry boats to catch, it was time to go home.

We'd like to take the time to thank GGC and the BC Council for these learning opportunities—we are proud to be a part of an organization that is committed to developing skills from childhood through adulthood and beyond.



Apex Mountain *Tanya Wilcox, Thompson Nicola Area*

Is there such a thing as too much snow for a snowshoe trip? I never thought that would be the case, but the week leading up to our OAL Module 8 Snowshoe Expedition saw intense snowfalls all around the province ... and it seriously

impeded travel plans for the participants. We started on Friday about six hours behind schedule and one participant short due to the weather. The initial hike was also changed to accommodate our fading daylight, but finally we were on our way!

After learning how to prepare the tent sites by stamping down the snow with our snowshoes, we figured out how to use snow pegs to anchor the guy lines. Some of us began digging out the kitchen, *continued on next page* ➡



and we were shown how to create a comfortable area to cook and store food. The full moon was so bright that we didn't even need headlamps to get around.

The next morning we began our big 5.8 km hike to our second camping spot. Initially, we estimated about three hours of snowshoeing, but the trail conditions deteriorated (depending on your point of view) about halfway through the day. Official trail markers were virtually non-existent and we tried hard to distinguish between all the flagging tape. The trail climbed uphill and by the time we got to a clearing with a beautiful vista, we had been breaking through deep powder snow for

about 90 minutes. To lessen the effort, we traded out the front leaders with whoever was feeling strongest. It was 5:30 p.m. by the time we arrived at our intended camping spot, but it was totally worth it! There was a fairly large open spot off the trail—near an outhouse!—and we set up our tents in the shelter of the trees. Again, it was a team effort to get tents erected, the “deluxe” kitchen constructed and dinner ready at dusk. With full tummies and tired muscles, we crawled into our sleeping bags by 9:30 p.m.

On Sunday morning, we awoke to blue skies and sunshine (again), and we were happy that we could leave our tents in

place. We were learning about avalanche safety and rescue and map skills. We took turns locating an avalanche beacon, which was a lot of fun, despite the serious nature of the skill. In the afternoon, we set out to see if we could find an unmarked trail. After one false start, we were able to locate it, but there was not enough time to follow it to the end before we had to turn around and head back. While those on kitchen duty began melting snow for water and for dinner, others began digging out a firepit area or gathering firewood. It was counterintuitive to build the fire on a pedestal of snow instead of in a pit, but these are the kinds of things we were there to learn! Dinner was enjoyed around the warmth of the fire, and we chatted well into darkness. The stars and planets were so bright out in the middle of nowhere!

Monday was a perfect winter day, except for the fact that we had to pack up and go home. It was only 55 minutes back to the parking lot, which left plenty of time for gear sorting, a group debriefing and repacking gear and people into vehicles for the drive to Penticton. There we congregated for lunch and reviewed our individual skills checklists before saying goodbye.

I think the biggest achievement of the weekend is that we started the expedition mystified about how to successfully camp in the snow. Three days later, we had gained essential skills, great memories and valuable connections with other Guiders.





AROUND BC



The Ottergrove **District Pathfinders** and Rangers attended the Fraser Skies Area winter camp and enjoyed a weekend of snow-filled activities including snow painting and snowshoeing!

Photos: Deb Shaw

Guiding members in Granby District, Kootenay Area, combined community service and fun in their Thinking Day event. They had made quilts to donate to victim support services, with every girl and Guider designing a square with fabric paints that was then sewn into colourful quilts by a Guider. Three quilts were presented to a representative from victim support services at the event. The day's activities included snowshoeing and games. The girls enjoyed the opportunity to try 12 different international crafts. Parents joined the girls for tea and cake and were entertained by some Guiding skits. Guiders were presented with Guiding awards and everyone received a Canada 150 crest.





A R O U N D B C



Tetrahedron District members in Lions Area celebrated World Thinking Day. They played games and planted tree saplings that were donated by the local forestry community in celebration of Thinking Day. (The photo on the right shows the girls learning about planting from environmental consultant Kelly Hatful.) *Photos: Denise Holliday*



The 2nd Gibsons Guides, Lions Area, learned about STEM (science, technology, engineering and math) while working on the Chemistry badge.
Photo: Denise Holliday



The 1st and 2nd Panther Pathfinders, Lions Area, held a Be Prepared camp in January. They earned Emergency First Aid certification, learned about fire prevention with the Pender Harbour Fire Department and visited the Royal Canadian Marine Search and Rescue Vessel.

Photos: Annalisa Adam





A R O U N D B C



The 22nd Burnaby Mountain Guides, West Coast Area, took a trip to Victoria. They visited the harbour and the provincial legislature.
Photos: Chelsea Koepke





The 1st Shawnigan Lake Guides, **Pacific Shores Area**, visited the Mill Bay Fire Hall in February to earn their Fire Safety interest badge. The girls got to tour the fire trucks and go inside them. They also participated in a firefighters' obstacle course where they had to complete challenges just like real firefighters! We loved watching one of the firefighters climb to the top of the ladder on the big fire truck.

Photos: Caitlin Morris



The 1st Cumberland Pathfinders, Pacific Shores Area, participated in a wonderful holiday service project. Breanna, a third-year Pathfinder, came up with the idea. She created an angel tree for seniors in our community who live in care homes and wouldn't otherwise get a gift for Christmas. She put up a tree in a local business and hung tags for each senior listing gifts they would like. Members of the community could come and choose a tag and bring back a wrapped gift for a specific person. On December 23, six girls and two leaders delivered the gifts to more than 60 seniors in two homes. It was an amazing and rewarding experience to see the joy brought to these seniors' faces as they were given an unexpected gift. The unit intends to carry on this service project next year and hopefully beyond! They encourage other units to consider setting up a similar project in their community.

Photo: Liz Friis



The 3rd Willoughby Guides, Fraser Skies Area, went to the local pool to take their swim and boat tests. Here are the girls holding themselves in the HELP position for one minute. The girls had no trouble supporting each other, arm in arm, like true sisters in Guiding.

Photo: Tracy Fenner



The 1st Terrace Sparks, Rivers North Area, held a fairyland sleepover and claimed this Snow Mountain as their own! *Photo: Stella Vallee*



The Pender Harbour Sparks, Lions Area, made blueberry and chocolate chip muffins at a meeting in February. They wanted to eat all the delicious muffins themselves, but they took a few home to their families!

Photo: Gwen Walwyn



Girl Guides
of Canada
Guides
du Canada

British Columbia Council

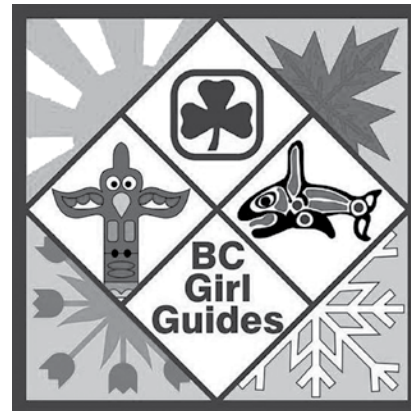
CANADA		POSTES
POST		CANADA
Postage paid		Port payé
Publications Mail		Poste-publications
40681574		40681574

Return undeliverable Canadian addresses to:

Girl Guides of Canada - BC Council
1476 West 8th Avenue, Vancouver, BC V6H 1E1
Tel: (604) 714-6636 • Fax: (604) 714-6645

Are you travelling this summer? Need traders for SOAR?

Remember that a BC Girl Guide crest
and pin are available!



BC Guiding members may purchase the BC crest for \$1.00 and the BC pin for \$2.00. Shipping charges are included for BC members living in BC.

Non-BC members may purchase the crest for \$1.50 and the pin for \$3.00, plus \$5.00 for shipping.

Visit the BC Girl Guide website to order! (www.bc-girlguides.org;
select *Program > Challenges & Activities > Provincial Challenges*)