

Spring/Summer 2019 • Issue 388



Pipeline

British Columbia Council

Farewell
Page From
Leslie Bush

**Trademark,
Copyright, Brand
Protection**

What's the Story?

Let's Sing!
A New Web Resource

BC Girl Guide Crest
Contest Winner

Knit Your Own Toque
for SOAR 2020

Food on the Go:
Making Dehydration Work



Editorial

This is a timely issue. Following the recent reminder from National that trademark rights and copyright law must be respected, members have had many questions for the PR Committee about the appropriate use of Girl Guide branding and the lawful use of other organizations' branding. In response, the PR Committee provides accurate, plainly written information in its PR column to help Guiders understand some of the issues related to the use and protection of creative works. We also brainstormed a few brand-appropriate event names. Of course, girls and Guiders will come up with innumerable other ideas for event names.

For more information, GGC's merchandise and graphic guidelines, two separate documents, are available on the BC Girl Guide website. Select *Member Services* > *Public Relations* > *Brand Standards*. You will also find information on the website about logo approval and designing crests. Select *Member Services* > *Public Relations* > *PR Resources/Logo Use*.

Cover Photo Credits:

Front: *Does this crown fit? A Spark princess at the palace.* Heather Walker

Back: *Over 1,000 tickets sold to Guiding members. Let the game begin!*

Gerry Koepke

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.

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PIPELINE

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Design: Phoenix Graphic Design

Printer: Mitchell Press



*This newsletter is
printed on 30%
recycled paper.*



PC's PAGE

by Leslie Bush,
Provincial Commissioner



Spring is a time of new beginnings. In May, at this year's Annual General Meeting, a new provincial commissioner (PC) for British Columbia, Diamond Isinger, will be appointed and will begin working with her team to lead BC for the next three years. Diamond is passionate about Guiding and is an active and vocal promoter of meaningful girl engagement and girls' voices. I know you will welcome her as the twenty-first PC for British Columbia.

These past three years as your twentieth BC provincial commissioner have stretched and strengthened me as an individual with new experiences, new friendships and a continuing deep appreciation for everyone who commits their time, energies and passion to be catalysts for girls, this organization and what it stands for. I am so proud of what we have accomplished together, and I am honoured to have had this opportunity to be your PC.

It takes a strong team of dedicated volunteers to keep Girl Guides of Canada growing and viable in our province. I want to thank my deputies: Colleen Kellner and Darlene Kent, who have been deputies for three years, and Tara Decker, who has been a deputy for two years. They brought their skills, strengths and insights to our PC team. I thank them for their unflagging energy, loyalty and

commitment, and especially for the way they cheerfully tackled every challenge and opportunity put to them! I thank the dedicated women of BC Council who have served as members during my term. These amazing women have stepped in and stepped up to make us better. Their focus on doing the best for BC Guiding has never wavered. To the Operations Committee (coordinators and advisers), I thank all of you for your commitment, creativity and focus on not only producing amazing experiences for our members, but also on working through the growing pains of defining the committee as a force in our provincial structure. There were some challenging times over the past three years, but our organization is stronger for it, as are the girls and young women who benefit.

Our members are supported by our provincial staff, who provide continuity for the work as the volunteers move through their terms. I thank all of them for their work on our behalf, their patience and tenacity, and their commitment. I especially thank the management team for their support to the PC team and myself.

Girl Guides is an amazing organization of girls and young women supported by other women. We are here because we believe that this is a good place for girls to learn what they want to learn.

Girls and women members are two vital parts that make one whole; each part cannot exist without the other. Without our women volunteers, we do not have a program to offer to girls. Without the girls, there is no need for the women volunteers. Together we do amazing things, because we are a safe space for all members to experience, experiment and grow.

During my term, Girl Guides of Canada—Guides du Canada has restructured our organization and redefined our Vision and Mission. Our Vision—A better world, by girls—is supported by the Mission—To be a catalyst for girls empowering girls. We have completed one year of our aggressive strategic plan that positions us to ensure we remain a relevant choice and continue to grow as an organization into the future. What an exciting time to be a member!

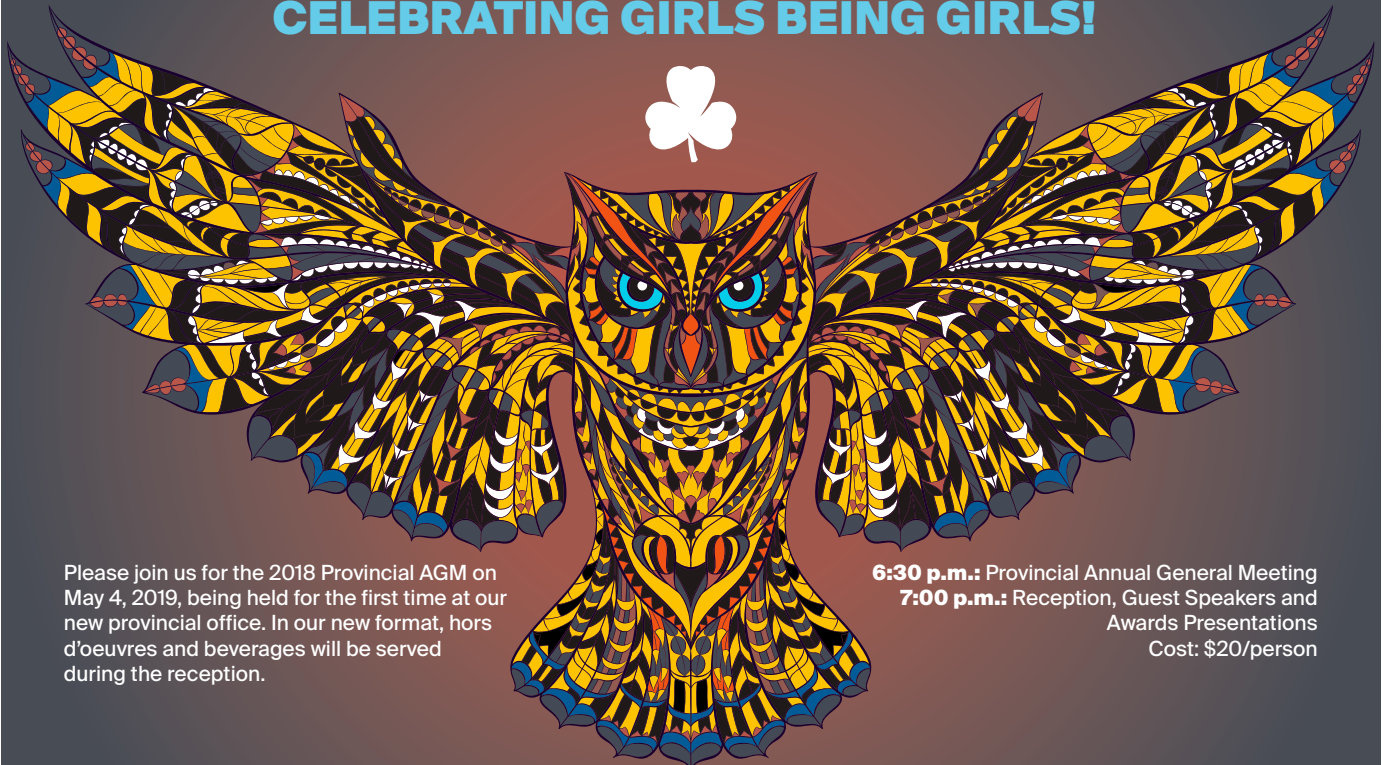
You are all essential pieces of our Guiding organization. I thank each and every one of you for the support you have given me during my term and for everything you do, every day, to make us great.

To paraphrase the last line of *Linger*, "This is farewell and not goodbye."

Leslie

Girl Guides of Canada—Guides du Canada
BC Council 2018 Annual General Meeting

CELEBRATING GIRLS BEING GIRLS!



Please join us for the 2018 Provincial AGM on May 4, 2019, being held for the first time at our new provincial office. In our new format, hors d'oeuvres and beverages will be served during the reception.

6:30 p.m.: Provincial Annual General Meeting
7:00 p.m.: Reception, Guest Speakers and Awards Presentations
Cost: \$20/person

Vector Designed By ascowasd from pngtree.com

Space is limited, so please contact the provincial office to confirm your attendance:

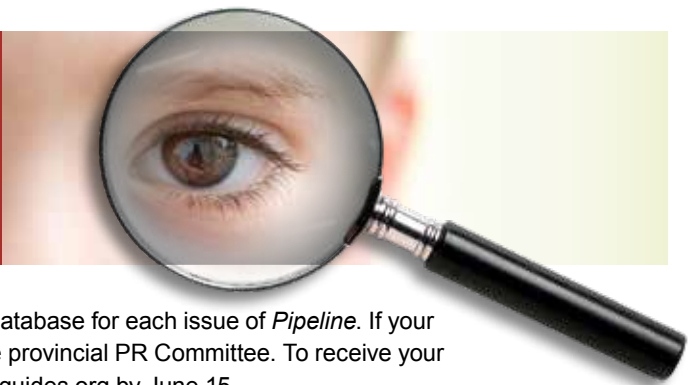
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"Courage, sacrifice, determination, commitment, toughness, heart, talent, guts. That's what little girls are made of, the heck with sugar and spice."

- Bethany Hamilton

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 June 15.

1474778 | **120224** | **37348** | **44190** | **78571**

Upcoming Events

DATE	WHAT	WHO	WHERE	NOTES
April 26–28	BC Trefoil Guild Rendezvous	All Trefoil Guild members		Registration deadline has passed.
April 27	International Briefing	Selected participants of nationally sponsored trips and Guiders of provincially sponsored trips	<i>Guide House, North Vancouver</i>	More information to come by email to participants.
May 4	BC Council Annual General Meeting	All adult Guiding members	<i>Guide House, North Vancouver</i>	RSVP to provincial office by April 25.
May 10–12	Roving Brownie Camp	SVI and Pacific Shores Areas Brownie patrols	<i>Camp Creina, Duncan</i>	More information to come by email, or contact camp@bc-girlguides.org .
May 10–12	safeTALK and Mental Health Workshop	Guiders	<i>Guide House, North Vancouver</i>	For Guide, Pathfinder and Ranger Guiders who want to learn how to talk to girls about suicide and suicidal thoughts, learn to recognize the signs and learn to take care of their personal mental health. For information, contact training@bc-girlguides.org . Application deadline has passed.
May 26	Rally on the Shores	All Guiding members	<i>Beban Park, Nanaimo</i>	Registration is closed.
June 1–2	GUEST in the Interior	Thompson Nicola, Monashee and Kootenay Area Guide patrols	<i>Thompson Rivers University</i>	For Guides who want to learn about STEM in a university setting. For more information, contact program@bc-girlguides.org .
June 29–July 15	Costa Rica—Adventures in the Wild	Selected girls and Guiders	<i>Costa Rica</i>	Application deadline has passed.
July 21–26	A Taste of Adventure	Selected girls and Guiders	<i>Crooked Lake Recreation Area, near Williams Lake</i>	Application deadline has passed.
July 27–August 8	DAWN Newfoundland and Labrador Interprovincial Camp	Selected girls and Guiders	<i>Gros Morne National Park, Newfoundland</i>	Application deadline has passed.
August 11–17	Me to We Take Action Academy	Selected girls	<i>Bethany Hills, Ontario</i>	Application deadline has passed.
July 28–August 13	Kenya 2019	Selected girls and Guiders	<i>Kenya</i>	Application deadline has passed.
August 2–14	Voilà Québec! Quebec Council provincial camp	Selected girls and Guiders	<i>Quebec</i>	Application deadline has passed.
August 3–14	LEAP 2019, Ontario Council provincial camp	Selected girls and Guiders	<i>Doe Lake Camp, Ontario</i>	Application deadline has passed.
August 17–24	Amazing BC Race	Selected girls and Guiders	<i>Various locations in BC</i>	Application deadline has passed.
August 23–25	AC/DC Workshop	First- and second-year area and district commissioners	<i>Guide House, North Vancouver</i>	More information to come by email, or contact training@bc-girlguides.org .
August 23–29	Pacific Coast Experience	Youth, transitioning and Link members and Link-aged Guiders (born in 1989–2003)	<i>Whistler</i>	Application deadline has passed.
September 20–22	Mix It Up	Guide, Pathfinder and Girl Scout patrols	<i>Fraser River Heritage Park, Mission</i>	Application deadline has passed.
September 27–29	Road to Dynamic Presentations	Guiders	<i>Guide House, North Vancouver</i>	For adults wanting to improve their presentation skills or who may be interested in becoming trainers. More information to come by email, or contact training@bc-girlguides.org .
October 6	Girl Guides at the 'Caps	All Guiding members, their families and friends	<i>BC Place, Vancouver</i>	Tickets available now. For more information, see ad on p.11.
October 11–14	Island Adventure Pathfinder Weekend 2019	Pathfinders	<i>Keats Island</i>	More information to come by email, or contact camping.events@bc-girlguides.org .
October 18–20	IGNITE 2019	Pathfinders, Rangers and transitioning members	<i>Executive Inn, Richmond</i>	Expression of interest forms were emailed in mid-March. For more information, contact program@bc-girlguides.org .
November 1–3	ATA Workshop	Area training advisers	<i>Guide House, North Vancouver</i>	More information to come by email, or contact training@bc-girlguides.org .

Public Relations Station

Trademark, Copyright, Brand Protection—**What's the Story?**

You may have seen a recent email from the BC public relations and communications adviser regarding the use of brands protected by copyright on Girl Guides of Canada merchandise, and you may be wondering how this applies to you. We're here to help you decipher the policy.

First, let's review the content of the email mentioned above. It applies to the use of branding, imagery or other intellectual property—such as Disney characters, the LEGO logo or TV show names—on documents or merchandise produced by or for Girl Guides of Canada, such as a crest for a Disney-themed camp or program materials for a Survivor-themed meeting. Cartoon characters and the names of TV shows are protected by laws that limit their use by other individuals or organizations. Girl Guides of Canada has directed that we “exercise strong judgement in [enforcing] the national brand standards [to be] sure items are appropriate [and] legal.”

Understanding the Law

What is “appropriate” and “legal”? Trademark and copyright law both come into play here.

- **“Trademarks** may be one or a combination of words, sounds or designs used to distinguish the goods or services of one person or organization from those of others.”
- **“Copyright** provides protection for literary, artistic, dramatic or musical works (including computer programs) and other subject matter.”

(Canadian Intellectual Property Office, Government of Canada)

The name of a TV show, for example, can be trademarked. Trademark protection prevents others from using the name of the show on merchandise. An image of a cartoon character in a TV show, for example, is protected by copyright. This means that the *right to copy* the image rests with the copyright holder, who, in the case of a TV show cartoon character, may be the TV production company. Other people cannot produce copies of the cartoon character image without the permission of the copyright holder.

Although images of cartoon characters, TV show logos and other company branding elements are widely available online, this does not mean that the images can be freely used.

You can think about trademark, copyright and the issue of brand protection with regard to the Girl Guide logo. We have a logo approval process, as well as Merchandise Standards, because Girl Guides of Canada wants to protect the way our brand is used. If you want to use the Trefoil on a crest or shirt, you have to seek permission through the BC logo approval process. We don't allow unauthorized companies to use the Girl Guide logo on their merchandise—and we can't expect to use others' logos on our items without permission, either.

Ideas aren't protected by trademark or copyright. For example, a recipe for chocolate cake in a particular cookbook *is* protected by copyright, but the idea of assembling ingredients to bake a chocolate cake isn't. You can't photocopy the book's recipe and share it with others or republish it on your blog, but you can create your own

chocolate cake recipe that uses a different ingredients list and/or method. The *idea* of a cooking challenge isn't protected by trademark or copyright, but the TV show name “Iron Chef” is.

So, What Does This Mean for Us?

You can still plan camps and events with themes using pop culture references. But you need to either (a) ask for permission to use others' intellectual property on any items you produce, or (b) get creative and plan themes that represent an *homage* to the source material.

Seeking Permission

Let's say you want to hold a camp with a theme of a popular TV show. Before you produce any materials related to the theme, such as crests or documents, you can contact the TV show's owner to request permission to use the show's name and/or logo on a crest and camp documents. Search online to find contact information for the show's production company. Send them an email explaining that Girl Guides of Canada is a non-profit, volunteer organization, and that you would like to use their trademark/logo/imagery for a non-profit use. Explain exactly how you intend to use their intellectual property (for example, using the logo on a crest distributed to 30 participants). Wait to hear from the company before producing any material using their intellectual property. If you do not hear from them or if they respond that the use is not permitted, then don't proceed with production of the items—instead, you will need to modify the theme of your camp.

Creating an Homage

For trademark purposes, a permissible homage or tribute event would not

reproduce or recreate any logos attributed to the brand or directly mention the names of trademarked characters. References to the brand should be indirect and implicit. A tribute or inspiration would evoke the spirit of the brand by providing hints to its themes but should not make direct and overt use of its trademarks that may imply an association—EXCEPT in the case where express permission from the brand has already been obtained.

For example, the following graphics—created using fonts available online that are permitted for use in commercial contexts (because fonts are intellectual property too)—refer implicitly to pop culture, without infringement.

NITETREK

STARCAMP

THE CAMPiest PLACE ON EARTH

This presents a great opportunity to test your creativity. Councils at all levels of Guiding will need new titles for their events inspired by the Amazing Race TV series and the Iron Chef cooking competition shows, for example. Ask the girls in your unit for ideas! Send their suggestions to pipeline@bc-girlguides.org before the July 1 submission deadline, and we'll publish some in the Summer/Fall issue.

The infographic on this page summarizes the copyright and trademark dos and don'ts discussed in this column. Feel free to print it and keep it near your desk for quick reference or to share it on social media.

Please note that the members of the BC PR Committee are not intellectual property lawyers, and this column should not be taken as legal advice. This explanation constitutes our interpretation, as laypeople, of Canadian intellectual property laws.

UNDERSTANDING COPYRIGHT

Copyright or Copy Wrong?

TM

WHAT IS A TRADEMARK?

A trademark may be one or a combination of words, sounds or designs used to distinguish the goods or services of one person or organization from those of others.

WHAT IS COPYRIGHT?

Copyright provides protection for literary, artistic, dramatic or musical works (including computer programs) and other subject matter.





AN IDEA CAN'T BE TRADEMARKED

Ideas aren't protected by trademark or copyright. For example, a recipe for chocolate cake in a particular cookbook is protected by copyright, but the idea of assembling ingredients to bake a chocolate cake isn't.

GET PERMISSION

Want to hold an event based on a popular tv show, book or character? Ask permission first! Get permission from the trademark owners before using any images, likenesses or other copyrighted materials.



NITETREK

BE CREATIVE

Create an event that pays tribute to the original brand without infringing on their trademark. An event inspired by a movie or book is a great way to engage your girls' imagination! An homage may make reference to the brand without implying an association to the brand.

SOURCE:

Canadian Intellectual Property Office, Government of Canada

Tribute to Barb McLintock, Former SVI Guider

Our community lost a wonderful volunteer when Barb McLintock passed away suddenly on December 29, 2018, from complications related to thyroid cancer. Although she was not active with Girl Guides at the time of her passing, her service to our organization was longstanding.

Barb began her Guiding career in Victoria, in 1977, as a Tawny Owl, and over her 31 years with SVI Area she was a leader at all levels and in several branches of Guiding, including five years with the first Trex unit in Victoria. She was an active member of the SVI House Committee for nine years and with the International Committee for eight years, and she was a Lansdowne District co-commissioner for two years. Her camping events included Echo Valley International Camp 1988, SOAR 2004 and several week-long nature camps at Tsoona in the 1990s. At the national level, she was editor of DC Digest for two years.

Barb was a trailblazer for female journalists, both in BC and in Canada. In 1972, she was hired by

the *Province* newspaper and became the second female member of the Legislature press gallery. She was also a highly regarded researcher. Her publications include *Smoke Free*, about the city of Victoria's implementation of anti-smoking regulations, and her fine piece of investigative journalism *Anorexia's Fallen Angel*. Until February 2018, she was also the public face of the BC Coroners Service.

Barb was an avid birder. She also loved horses—riding them, collecting juvenile fiction about them and volunteering at horse shows. Last May she volunteered with the Royal Windsor Horse Show for the second year. Collecting and identifying local mushrooms was another hobby.

She and I travelled in North and Central America every year on birdwatching tours. Travelling with Barb was an adventure. For her, organizing words was easy but organizing herself, not so much. Her sense of direction was not good at all, her suitcase frequently needed repacking and she always had to have a copy of the local newspaper to read, along with a Diet Coke or Mountain Dew. And she could fall asleep before the plane left the runway!

To quote one of her former Pathfinders, "She had everything in the back of her car. It was often a total mess, but somehow, at a Guiding event if you forgot something, she'd say 'Hang on, I think I have it.'" Yes, she had everything in her car, including a bag with four rubber chickens named Ed, Fred, Ned and Ted for creative, cooperative games!

Her passion for the health and safety of her community, especially for its young people, made her an excellent leader, not only as a volunteer with Girl Guides but also as a director with the Boys and Girls Club of Victoria. In 2002, Barb was named an honorary citizen of Victoria for her volunteer work with community groups that assist children and youth.

Several Guiders and former Pathfinders who attended her standing-room-only celebration of life in January heard many Barb stories and much laughter, all befitting a lady who gave so much of herself. She is remembered for her humanity and professionalism and for making a better world in her community.



Barb McLintock birding in Maine and braving the mosquitoes, June 2018. Photo: Ann Scarfe



GONE HOME

**Carol Bradshaw (deceased
in 2016), Victoria**

Elenor Hurst, Nanaimo

Kristina Larson, Prince George

Leslie Matthews, Sooke

Helen Merwin, Dawson Creek

Festivals and Celebrations Challenge Resource

The BC Program and International Committees have teamed up to produce a new and exciting resource for BC girls and Guiders. The goal of this resource is to help units incorporate international Guiding into weekly meetings or camps. The challenge should take several meetings, camps or events to complete.

The Festivals and Celebrations Challenge consists of five comprehensive booklets, each featuring three countries from one of the five regions of the World Association of Girl Guides and Girl Scouts (WAGGGS):

1. **Asia Pacific Region** – Japan, India and Australia
2. **Europe Region** – England, Switzerland and Netherlands
3. **Western Hemisphere Region** – Mexico, Peru and Canada
4. **Arab Region** – Egypt, Jordan and Israel
5. **Africa Region** – Senegal, Kenya and Uganda

Each resource booklet includes the following information for each country: Guiding emblem, promise, law, branches, motto, languages and phrases, flag, traditional garments, festivals and celebrations, food, recipes, games, songs, dances, crafts and activities.

CHALLENGE CATEGORIES

Recipes – Make some common food from each of the countries to try. Let your taste buds go wild.

Activity example: Make fairy bread from Australia or pakora from India.

Games – Have fun and get moving with some active games in your meeting place or out in an open field at camp.

Activity example: Play Carboneros, Carpenteros and Cardinales from Mexico or British Bulldogs from England.

Songs – Sit around a campfire with your friends and try out some songs sung in different countries. You might learn some new words.

Activity example: Sing Tzena from Israel or the Dutch Fire Opening from the Netherlands.

Dances – Show off your moves with some fun dances. Pick a partner and start moving.



Activity example: Try Funga Alafia with some Western African music and learn some cool greetings along the way.

Crafts – Get creative and crafty.

Activity example: Use stones or paper to create Australian Aboriginal dot painting. Tell a story with the image that you create.

Activities – Explore traditions from other countries' cultural celebrations.

Activity example: Learn about some of the intricate henna designs used in India and try drawing some of your own patterns on your hands.

The complete challenge can be found on the BC Girl Guides website at www.bc-girlguides.org; select *Girl Engagement* > *Program* > *Program Challenges* > *Festivals and Celebrations Challenge*. When you have completed some of the activities for each country, please fill out the BC Crest Order Form available on the BC Girl Guide website. Instructions on how to order the crests are provided on the form.

IGNITE Your Guiding Passions

Brand New Event! *BC Program Committee*

Pathfinders, Rangers and transitioning members will be getting together from all over the province to meet new people, try new experiences and build new Guiding passions!

Event: IGNITE 2019

Who: Pathfinders, Rangers and transitioning members

Date: October 18–20, 2019

Location: Executive Inn, Richmond

Expression of interest forms will be emailed out soon. Keep an eye on your email to take advantage of this new opportunity!

Email us at program@bc-girlguides.org for more information!

BC International Committee

Independent Group Trips!!

The committee wants everyone to know all the wonderful places our girls and Guiders will be exploring on independent group trips over the next few years!

2019: Italy, Mexico, Mauritius, Madagascar, Greece, Switzerland, India, England, Ireland and Scotland

2020: India, Nepal, England, Switzerland, France, Italy, Mexico, Kenya, Tanzania and Japan

2021: Germany, England, Switzerland, France, Italy, Ireland, Scotland, Mexico and Chile

NEW BC Camping Challenge Coming!

The BC Camping Committee is excited to release a new camping challenge in 2019 with a focus on building camp skills while in a camp setting. The challenge is branch specific with a special crest for each branch, including Trex! To earn this challenge, girls complete activities in four categories: Leave

No Trace, Camp Experiences, Camp Cooking and Overnight. Crests will be available to order through Guide House.

Please note that our current BC Camping Challenge crests (Fall, Winter, Spring, Summer, Sleepover) will be discontinued this year—so order yours today.

Pipeline is Available Online!

Issues of Pipeline from 2016 to the present are available at www.bc-girlguides.org; select *Volunteers > Guider Resources > Pipeline*.

Note: Issues are available as PDF files and are about 10 MB in size.



Hands Across the Border

Sunday, June 9, 2019

Join the BC International Committee and 1,500 Girl Guides, Girl Scouts, Scouts Canada and Scouts of America friends in celebration at Peace Arch Park, in White Rock. Don't forget to bring swaps, wear your uniform and dress for the weather. This outside event can be hot and sunny, very windy or even rainy.

The International Committee is tasked with finding and outfitting a colour party to lead the parade through the arch every year. Our committee has a collection of almost 150 flags, representing almost every World Association of Girl Guides and Girl Scouts member country. Although we don't bring the whole collection, we usually have an impressive 75 flags, which means we need 75 girls to march in the colour party. To participate in the colour party, girls must be in uniform and have a signed image release. They will receive a special Hands Across the Border crest for their participation.



Registration, which includes a goodie bag, is US\$15 per person. For more information and to register, check out the website, handsacrosstheborder.info. We hope to see you there!

Kick Off the 2019-20 Guiding Year with the 'Caps

Vancouver Whitecaps
vs. Real Salt Lake

Sunday, October 6, 2019, 1 p.m.
BC PLACE

- Special price: \$27 per ticket
- First 250 members in uniform receive a crest
- Merchandise draws

Early bird special: Purchase your ticket before August 15 to get a free custom beach ball (limit of 1 ball per girl member).

Group incentive: First 75 members to sign up as groups of 10 or more will be invited to the field to hold the giant flag for the opening. For group tickets, contact Kurtis Briggs (contact information below).

Purchase your tickets online at www.whitecapsfc.com/girlguides and use promo code GIRLGUIDES or email Kurtis Briggs at kbriggs@whitecapsfc.com.





Let's Sing!

A New Resource on the BC Girl Guide Website

Singing is a fun Guiding tradition and it still fits right into our new Girls First program. Looking for new badge connections? Singing is included in the Guide Together program area—in both the Spirit of Guiding and Camping and Outdoors themes.


Take this opportunity to expand your unit's Guiding song repertoire with a new music resource on the BC Girl Guide website. Let's Sing! provides the tools so girls and adults can search for new songs or harmonies. Go to the BC Girl Guide website, bc-girlguides.org; select *Girl Engagement > Program > Program Resources > Let's Sing*. And keep checking back. This online resource is a work in progress, and we are always adding new songs.

It's easy to search for songs, find lyrics and even hear the tunes. Let's Sing! offers four features to support learning:

1. **Sheet Music:** Each song is a stand-alone PDF, so you can view it online or print it. If you play an instrument, the font and format are easy to read.
2. **Audio Support:** Vocal recordings are provided when available. Piano notes are provided if no vocal recording is available. Audio files are still being uploaded, and we hope to add improved versions soon.
3. **Lyrics:** Each song is available in a Word file, to view online or to create a songbook customized for your group.
4. **Song Index:** The index lists the main songbook source for each song, as well as information such as theme, type of song, country of origin or composer and whether it can be sung as a round or in parts, etc.

Girl Guides of Canada is committed to inclusivity. This song resource provides both traditional and alternate wording for some songs. While the original wording is included to maintain a song's historical context, Guiders are encouraged to teach and use secular versions so no member is excluded.

Looking for a song, and it's not in the Let's Sing! song index? Some classic Guiding songs are copyrighted, such as *On My Honour*, *I Am One Voice*, *Wandering Wind* and *Witchcraft*. These songs



used to appear in print, but in recent years musicians have been educating the public on the importance of respecting copyright. We've done careful research and obtained permission or copyright clearance for all the songs currently on the Let's Sing! site. We apologize if any copyright has been accidentally infringed—please inform us so we can obtain the necessary permission.

It takes a lot of time and detective work to locate the owners of songs, but it's necessary to ask permission to use their material. To help grow this resource, units and individual members can make donations to help fund the permission costs for their favourite songs. Note that permission to reproduce some songs may need additional donations over time, depending on the copyright terms. Cheques can be made out to GGC-BC Council, and note "Let's Sing" on the memo line. Tax receipts will be issued upon request.

For more information or to support the growth of this resource, contact LetsSingBC@gmail.com.

Ming Berka (Lions Area) has been assisted in this project by Christine MacDonald (Fraser Skies Area), Dorothy Lind (Monashee Area), Julie Hamilton (Ontario), Mary Hatcher (Alberta) and Tanya Virani (West Coast Area).

SINGING CIRCLES

Are you in the Lower Mainland sometimes? Join us at Guide House to sing some familiar songs and learn some new ones. Request a song or lead the group in a favourite—there's no fixed agenda. Come as often as you like. Each session will be unique. Uniform is not required.

Dates: April 20, May 25, October 19, November 9 (Saturdays)

April 21, May 26, October 20, November 10 (Sundays)

Times: 1:30 to 2:15 p.m. for Sparks, Brownies and adults

2:30 to 3:30 p.m. for Guides, Pathfinders, Rangers and adults

Place: Guide House, 107-252 Esplanade W., North Vancouver, BC V7M 0E9

To register: Email LetsSingBC@gmail.com with one contact name and phone number, the number of adults participating and the number of girls in each branch participating (e.g., Sparks,

Guides). Girls can come without leaders. Parents and guardians are welcome to stay or may leave as long as they have received a reply that ratio has been met.

COAST 2019

Come On and Sing Together (COAST) is a residential Singing Circle for **adult** members.

Date and time: Wednesday, April 24 at 2 p.m. to Friday, April 26, after lunch

Place: Camp Kanaka, in Maple Ridge

Cost: \$75, includes food and accommodation

To register: For a registration form, email LetsSingBC@gmail.com. Note: Although COAST usually takes place before a Trefoil Guild Rendezvous, *it is a separate event*. Please contact Lets Sing BC, not the Trefoil Guild Rendezvous Committee, to register.



The Big Reveal

—New BC Girl Guide Crest!

The BC PR Committee is pleased to announce the winner of the design contest for the new provincial crest.

Christine (Poppy) Barnard is a Guider with 3rd Naitaka Guides and 1st Westbank Sparks, in West Kelowna, Monashee Area. A girl member in Saskatchewan, Christine re-entered the Guiding world, in BC, when her oldest daughter started Sparks. When the Guides in Christine's unit were given the opportunity to participate in the BC crest contest, she challenged herself to create a design too. The shape of a salmon, an animal found throughout BC, represents coming home. When Christine stayed at Camp Olave, on the Sunshine Coast, she

was reminded how much she loves that BC has the Pacific Ocean, majestic mountains, rainforests and a sky of many colours. BC also has the great privilege of being home to orcas and Kermode bears. This crest represents some of Christine's favourite things about BC. She's thrilled that her design was chosen and hopes you enjoy it!

The crest features glow-in-the-dark lettering and a glow-in-the-dark spirit bear and will be available in mid-May. Price per crest is \$2.

To order, visit the BC Girl Guide website; select *Girl Engagement* > *Camping* > *Camping Challenges* and click on the order form.



HATS OFF!

Summer 2019 Camp Adventure Selections

Congratulations to the girls and Guiders who have been selected for the following provincially sponsored camping events this summer.

A Taste of Adventure

Girls

Arawyn, Lougheed
Bryanna, Rivers North
Ella, Thompson Nicola
Else, West Coast
Hanna, Pacific Shores
Hannah, West Coast
Kiera, Pacific Shores
Lindsay, Rivers North
Madeleine, Pacific Shores
Mara, Monashee
Mollie, Fraser Skies
Paige, Fraser Skies
Paige, SVI
Rhiannon, Lions
Rhi-Ella, West Coast
Ryleigh, Fraser Skies
Sarah, Lions
Sarah, West Coast
Sophie, West Coast
Tessa, Rivers North

Guiders

Laura Allgrove, Rivers North
Susan Allgrove, Rivers North
Kimberly Ingram, SVI
Victoria Macdonald, Rivers North
Dora Masters, Pacific Shores
Heather Rolston, Rivers North
Shahin Jones, SVI (*alternate*)
Carol Turner, Lions (*alternate*)

Voilà, Québec!

Girls

Claire, Rivers North
Daniele, Lougheed

J'Naya, SVI
Lucie, Lions
Mackenzie, Fraser Skies
Meredith, Lions
Riley, Lougheed
Sarah, Fraser Skies
Hailey, Lions (*alternate*)
Kaylee, Thompson Nicola (*alternate*)

Guiders

Shelagh Peterson, Rivers North
Julie Ramsey, Lougheed
Van Chau, Lougheed (*alternate*)

LEAP, Ontario

Girls

Abigail, Monashee
Amy, Rivers North
Aurora, Kootenay
Aurora, Pacific Shores
Bea Theresa, West Coast
Crystal, West Coast
Elena, Pacific Shores
Isabella Amelia, West Coast
Katiana, Pacific Shores
Lyric, Monashee
Madison, Fraser Skies
Maggie, Thompson Nicola
Natasha, Thompson Nicola
Randi, Rivers North
Sealynn, Lions
Taanika, Pacific Shores
Kendra, Thompson Nicola (*alternate*)
Melody, Rivers North (*alternate*)

Guiders

Annalisa Adam, Lions
Jeannie Crivea, Pacific Shores

Michelle LeBrun, Pacific Shores
Sharie Schwab, Monashee
Nycki Wannamaker, Kootenay
(*alternate*)

DAWN Newfoundland and Labrador Interprovincial Camp

Girls

Alexa, West Coast
Ally, Pacific Shores
Anthea, Thompson Nicola
Elenora, Lougheed
Eliza, Fraser Skies
Haileight, Pacific Shores
Jenna, Pacific Shores
Jillian, Thompson Nicola
Katelyn, Fraser Skies
Mary, West Coast
Mary-Anne, Fraser Skies
Morgan, Pacific Shores
Nyomi, Fraser Skies
Rory-Lynn, Pacific Shores
Sarah, West Coast
Skye Geneva, Lions
Kyla, Rivers North (*alternate*)
Julia, Monashee (*alternate*)
Sheila, Kootenay (*alternate*)

Guiders

Joy Andersen, Kootenay
Erin DeBruin, West Coast
Amanda Malthus, SVI
Tamara McLean, Kootenay
Isabella Lee, SVI (*alternate*)

HATS OFF!

Summer 2019 Travel Adventure Selections

Congratulations to the girls and Guiders who have been selected for the following provincial and international events this summer.

Provincially Sponsored Trips

KENYA

Girls

Ainsley, Lions
Alexandria, Kootenay
Amelia, SVI
Caitlin, West Coast
Georgia, West Coast
Kaitlin, West Coast
Karter, West Coast
Kaylee, Fraser Skies
Paige, Fraser Skies
Rachel, West Coast
Rory, Thompson Nicola
Rosalie, West Coast
Jocelyn, SVI (*alternate*)

Guiders

Joy Gregorash, Thompson Nicola
Tanya Virani, West Coast
Heather McKinnon, Fraser Skies (*alternate*)

COSTA RICA

Girls

Alexa, Monashee
Alice, Rivers North
Amy, SVI
Brenna, Lions
Emma, Rivers North
Keegan, Kootenay
Natalie, SVI
Natasha, Fraser Skies
Piper, SVI
Saja, Lions
Isadora, West Coast
Maxime, West Coast

Guiders

Stefanie Donneck, Fraser Skies
Jackie Hoffer, Lions
Shelagh Weightman, Lions

AMAZING BC RACE

Girls

Alexandria, Rivers North
Annie, Lougheed
Emily, Monashee
Emma, West Coast
Fin, SVI

Hanna, SVI
Hillary, Monashee
Josie, Thompson Nicola
Katie, Lions
Keeley, Thompson Nicola
Lily, Lions
Marissa, West Coast
Rebecca, Lougheed
Sophia, West Coast

Guiders

Nancy Haynes, West Coast
Janet Haworth-Lee, Lougheed
Colleen Kellner, Lions
Lee Halliday, Lions
Linda Funk, SVI
Tena Middleton, Rivers North

Nationally Sponsored Trips

JOURNEY THROUGH LONDON

Girls

Alayna, Pacific Shores
Alicia, West Coast
Quinna, SVI

Guiders

Christine Harrison, West Coast (*alternate*)

OLD QUEBEC CITY AND OLD MONTREAL

Girls

Daisy, West Coast
Gwynnevere, Pacific Shores
Kaitlyn, Thompson Nicola
Emily, SVI (*alternate*)
Cecily, SVI (*alternate*)

Guiders

Pam Deane, Lions
Alannah Olah, Lougheed

ROME AND PARIS, A EUROPEAN ESCAPE

Girls

Alaina, Rivers North
Amelia, SVI
Andrijana, Fraser Skies
Kendall, Rivers North
Paige, Lougheed

Guiders

Sarah Grierson-Bishop, Lions (*alternate*)

SWISS EXPERIENCE

Girls

Fiona, Pacific Shores
Kyla, Rivers North (*alternate*)
Lindsay, Thompson Nicola
Sarah, West Coast

Guiders

Kayla Eicher, Rivers North
Tasha Rissling, Pacific Shores (*alternate*)

VENTURE TO THE ANDES AND THE AMAZON

Girls

Amelia, Lions
Dorothea, Kootenay
Emma, Kootenay
Emma, Lions
Gabriella, Pacific Shores
Misty, Pacific Shores
Nikita, Lougheed
Jenna, Pacific Shores (*alternate*)

Guiders

Colleen McKenna, SVI (*alternate*)

MAARSNA JAMBORETTE, NETHERLANDS

Girls

Alison, Fraser Skies
Genevieve, SVI
Louisa, Lions
Michelle, Lions
Nilah, Monashee
Rebekah, Lougheed
Shealynn, Thompson Nicola

Guiders

Rowan Laird, West Coast

DISCOVERING NEWFOUNDLAND AND LABRADOR

Girls

Alanna, West Coast
Autumn, West Coast
Iris, West Coast
Loralie, Pacific Shores

Guiders

Meaghan Playle, SVI (*alternate*)

Nycki Wannamaker, Elk Valley District Trex Guider, Kootenay Area

Trex Rendezvous



Our group on the dock. Photos: Nycki Wannamaker

This past Thanksgiving, Fernie and Kimberley Trex units, Kootenay Area, took part in their favourite event yet—Trex Rendezvous. The girls are still talking about the adventures they had, new skills they learned, new friends they met and the gorgeous scenery of Camp Jubilee. We boarded a plane in the tiny city of Cranbrook and flew to Vancouver. We then navigated transit to Deep Cove, which was an adventure in itself. Once at Deep Cove there were boat shuttles to bring all the Rendezvous participants to Camp Jubilee. The girls were already meeting new friends, and we weren't even there yet!

Once at the camp, girls were assigned to cabins. Cabins are a rare treat for us as we usually have our tents in our packs when we are exploring new places, so this was a luxury!

The three days were jam packed with adventurous activities. At archery we had to gain points for our dinner cutlery. Some did not get enough points for forks, so eating dinner was interesting for them.

Watching rock climbing as a leader was fun. Many girls who insisted they couldn't do it were so proud of themselves for getting to the top of the natural rock wall—so proud, in fact, that they did it again and again, trying to be faster each time.

I think high ropes may have been a highlight for many girls. A certain Trex leader and Camping Committee member (ahem, Erin) had been defeated by a difficult course at the last Rendezvous and was confident she would not walk away this time without completing the course. The girls were so excited for her that they cheered and

clapped as she made her way to the top. I'm sure their enthusiasm is what pushed her to conquer Susie's Ladder. It was so



Water taxi.

awesome to be part of that—the kids encouraging the adults. It really was a beautiful thing.

Sea kayaking brought animal sightings that land-locked folk rarely get to see—otters playing, jellyfish swimming. So beautiful!

And if that wasn't enough, we went canoeing and then took part in aquatic studies, where I saw my first-ever sea star.

The girls participated in shelter building using nothing but the natural forest around them and worked on teamwork skills at the low ropes course.

There were Trex-oriented crafts like paracord bracelet making in their free time (What free time?!?) and group activities and quizzes. The Camp Jubilee staff put on an amazing campfire, where we learned some new songs. The food was absolutely amazing and catered to the many varied diets on site.

The highlight was the Amazing Race Trex-style. The girls got to go back to their units for this one and have a good old unit competition. They worked together to complete wilderness challenges at stations spread out around the camp. These included bear-caching with a pulley system, Morse code signalling, fire building, blind tent assembly and more. It was beautiful seeing the girls working together as a team.

While waiting for the results of the race, my girls held hands at their table and told each other how proud they were of their performances. I actually saw a few tears. Our unit did not win, but they definitely felt like winners.

The end of camp was surprisingly sad. It's not often we get together with so many other like-minded girls and leaders who truly understand all that is Trex. We don't have meetings or follow a program—we get out there and climb mountains or paddle or build a snow shelter to camp in for a weekend. Trex do not sit still, and this camp was very busy—some girls slept on the boats back to Deep Cove.



Canoeing on Indian Arm, Buntzen Powerhouse in the background.

Trex Rendezvous must have taken an immense amount of planning, and for that I'm truly grateful. The girls are still talking about it and will hold that memory for their lives. We cannot wait for Trex Rendezvous to come around again. Thank you, BC Camping Committee, for your dedication to camping and especially to Trex. This is exactly what so many girls need.



High ropes.



Kayaks.



Sea star sightings!



Natasha, Ana Laura, Manyito and Elizabeth.

Pax Lodge Adventure

My Experience Volunteering at London's World Centre

Elizabeth Tilley, Peninsula District ♦ *Photos: Elizabeth Tilley*

Who knew the impact a small dream could have on a young woman's life? From September 2018 to January 2019, I had the wonderful opportunity to volunteer at Pax Lodge, the World Association of Girl Guides and Girl Scouts' World Centre in London, England. I grew up hearing and learning about the World Centres and was fascinated by the stories my mother told about visiting Our Chalet while leading a nationally sponsored trip in the mid-1980s. In 2011, I had the chance to travel on an independent trip to Europe, which included a visit to Pax

Lodge. The memory of that visit and the lovely volunteers stayed with me. Several years later, when I was in the midst of my bachelor's degree and starting to look at what I wanted to do after I graduated, I knew I wanted to travel. I had heard about another young Guider from my area who volunteered at Pax Lodge and that sparked my interest. I sent off my application in December 2017 and settled in to wait. I was offered a video interview just after Thinking Day 2018 and was ecstatic to be offered a position several days later.

I was joined during my time at Pax Lodge

by Natasha (from Australia), Ana Laura (from Mexico) and Manyito (from Zambia). Since there is some overlap between groups of volunteers, I also met and worked with women from Ireland, New Zealand, Mexico and Ontario—truly an international crowd. Natasha, Ana Laura, Manyito and I soon became close, and I count myself lucky to have had an amazing group of fellow volunteers.

Our tasks were varied, as Pax Lodge also operates as a hostel and conference space in the quieter months, when we don't get as many overnight Guiding visitors. We were



Manyito, Ana Laura, Natasha and Elizabeth.

responsible for anything from planning and leading programs for visiting Guiding groups to setting out and monitoring daily breakfast service and supporting conferences with set up or tea and coffee service, as well as keeping on top of the requisite laundry. Those of us living onsite (the volunteers, as well as several long-term staff) celebrated holidays together and had many social outings. We carved pumpkins for Halloween and made gingerbread houses (new

experiences for several people), made and cracked open piñatas, watched the Great British Bake Off, watched Bonfire Night fireworks on nearby Hampstead Heath, celebrated Dios de los Muertos and had movie and spa nights. Some of my best memories, though, come from time spent in our kitchen over food.

Two very special moments stand out as once-in-a-lifetime opportunities. The first was when the four of us, along with Tadeja,

the program manager at the time, took a day trip to visit Crystal Palace. Now a lovely park, there is a hedge maze celebrating the centenary of Guiding, located near where the Scouting Rally was held. To be at the site where a group of girls demanded equality for themselves from Lord Baden-Powell was moving.

The second was meeting HRH Princess Benedikte of Denmark. She was visiting Pax Lodge in November for a meeting, and the volunteers were invited to be presented to her. There was much preparation to look our best, for sure!

Having a base in London also allowed me many opportunities to really explore the city, visit many museums and galleries and take in several theatre productions in the West End.

I feel that I really grew as a person, both personally and as a Guider. I will forever cherish the memories and friendships I made. Through my time there I also gained a better understanding of the impact that Guiding has internationally and how much we have in common with members from other countries. I would highly recommend volunteering at any of the World Centres; positions that last from three to six months are available.



Making a brass rubbing at the Crystal Palace maze.



At Vancouver International Airport.

Gerry Koepke, West Coast Area

Girl Guides at the Canucks 2019



On January 20, 2019, 1,005 Girl Guide members and their friends and families invaded Rogers Arena to cheer on the Vancouver Canucks, who won their game against the Detroit Red Wings. It was great to meet new and returning participant members from as far away as Ucluelet, Courtenay, Prince George, Castlegar, Nanaimo, Sechelt and Victoria.

The fun started long before the puck dropped. From the moment the doors opened, a lineup formed to receive this year's custom crest and be entered in the member-only prize draws of an official Canucks jersey, a signed hockey stick and two pairs of tickets to an upcoming game. Those who visited the membership table were excited to meet one of the deputy provincial commissioners, Darlene Kent, and to receive her crest. Our girls were flag-bearers on the ice for the singing of the national anthem, and members were thrilled to see the girls projected on the giant scoreboard. Girl Guides were everywhere! Cookies were even available for sale in the arena.

Community events are great for promoting the fun and spirit of Guiding. There are many areas and districts throughout the province that do similar events with local sports teams. Talk to your area council to ask what may be available or how you could plan a similar event in your community.



Girl Guides on the ice as the flag-bearers!



Kira, winner of the autographed stick!



Marj, all smiles with the jersey she won!

Sparks Go Wild at the Palace!



Confident princess pose!



Princess games.



My first year as a Spark princess.



Colour my castle princess pink.

In early February, Spark princesses from Grouse, Seymour, West Vancouver, Lynn Valley and Tetrahedron Districts made their way to Gleneagles Castle, in West Vancouver.

Royalty was the theme, and bejewelled princesses rotated between stations where they played polo, pinned the crown on the frog (and each other), coaxed smiles from the palace guards in their house and

carefully coloured their palaces.

High tea was an elaborate affair, declared to be the “the best lunch I’ve ever had!”

The princesses were thrilled to be visited by the Queen herself, who declared that Prince Charles would have to wait to be king, because she wasn’t going anywhere any time soon!! She was overjoyed by the generosity of her royal Sparks, who had collected food items to be shared

with local food banks. Each princess was awarded a crest acknowledging her kind and good deeds.

Many thanks to the Spark leaders, for bringing the girls and for their noble assistance, and to the majestic Pathfinders and their leaders who ran the stations, helped serve the food and kept the magic alive for 135 very excited Spark princesses.



A-t-t-e-n-t-i-o-n!



The creative minds behind the palace theme.



A table set for a queen ... and her princesses.



Knit Your Own Toque or Slouchie

Be Ready for SOAR 2020!

Before SOAR 2017, in Smithers, I had the bright idea to knit a toque for the camp. Like many people who knit, I dug some wool out of my collection of leftovers and created a couple of hats by putting a bunch of different patterns together. So many people at camp asked about my toques that I decided to write out the pattern for SOAR 2020. The pattern is for an intermediate knitter. This is a fairly loose knit, as the camp takes place in the summertime. Here on the West Coast, we often have cool early morning temperatures even when the days are hot. Feel free to choose your own colours and number of stripes. When making a lot of hats (e.g., for a patrol), using stripes lets you get more hats from two balls of yarn. I hope you enjoy the pattern and have a great camp.

Abbreviations

CC	contrasting colour
K	knit
K2tog	knit two stitches together
MC	main colour
P	purl
Sts	stitches

* after the first time, repeat the instruction following the asterisk the number of times specified

Materials (for either hat)

Yarn: any medium weight (“4”) worsted yarn; 1/2 ball in main colour, 1/2 ball in contrasting colour (Hats in photos were made with Loops and Threads Impeccable acrylic yarn.)

Needles: 5 mm 16” (40 cm) circular knitting needle; 5 mm double-pointed needles (optional)

Notion: stitch marker; tapestry needle

Tension: 20 sts = 5 inches; 20 rows = 4 inches



TOQUE

This pattern fits an average adult. To make the toque larger, add 2 rows after the grid pattern (chart) is completed. To make the toque smaller, change to 4.5 mm needles. Do not decrease the number of stitches.

Cast on 76 stitches in MC and join in round. Place stitch marker at beginning of round.

Rows 1–12: *K1, P1; repeat from * to end.

Rows 13–16: Knit.

Rows 17–29: Join in CC and follow chart for 12 rows, repeating chart twice. It will spell out SOAR – SOAR.

Variation: The second chart spells out 2020. You may choose to spell out SOAR – 2020.

Once chart is completed, to knit a larger toque insert 2 knit rows here.

Rows 30–35: Change to MC; Knit.

Row 36: * K6, K2tog; repeat from * 9 times—4 sts remaining. K4.

Row 37: Knit.

Row 38: * K5, K2tog; repeat from * 9 times—4 sts remaining. K4.

Row 39: Knit.

Knit crown of hat as follows, changing to

double-pointed needles if preferred.

Row 40: *K4, K2tog; repeat from * 9 times—4 sts remaining. K4.

Row 41: Knit.

Row 42: *K3, K2tog; repeat from * 9 times—4 sts remaining. K4.

Row 43: Knit.

Row 44: *K2, K2tog; repeat from * to end.

Row 45: Knit.

Row 46: *K1, K2tog; repeat from * to end.

Row 47: Knit.

Row 48: *K2tog; repeat from * to end.

Row 49: Knit.

Row 50: *K2tog; repeat until there are 5 stitches remaining. Break yarn; with tapestry needle, thread end through remaining stitches, pull tight and tie off.

Weave ends in, adjusting any loose knots.



SLOUCHIE

This pattern fits a medium to large adult. For a very small head, use a 4.5 mm needle. Do not change the number of stitches.

Cast on 76 stitches in MC and join in round. Place stitch marker at beginning of round.

Rows 1–6: *K1, P1; repeat from * to end.

Rows 7–10: Change to CC. *K1, P1; repeat from * to end.

Rows 11–16: Change to MC. *K1, P1; repeat from * to end.

Rows 17–20: Knit.

Rows 21–32: Join in CC and follow chart for 12 rows, repeating chart twice. It will spell out SOAR – SOAR.

Variation: The second chart spells out 2020. You may choose to spell out SOAR – 2020.

Rows 33–42: Change to MC. Knit.

Rows 43–47: Change to CC. Knit.

Rows 48–52: Change to MC. Knit.

Rows 53–58: Change to CC. Knit.

Rows 59–61: Change to MC. Knit.

Row 62: *K6, K2tog; repeat from * 9 times—4 sts remaining. K4.

Row 63: Knit.

Row 64: Change to CC. *K5, K2tog; repeat from * 9 times—4 sts remaining. K4.

Row 65: Knit.

Knit crown of hat as follows, changing to double-pointed needles if preferred.

Row 66: *K4, K2tog; repeat from * 9 times—4 sts remaining. K4.

Row 67: Knit.

Row 68: *K3, K2tog; repeat from * 9

times—4 sts remaining. K4.

Row 69: Change to MC. Knit.

Row 70: *K2, K2tog; repeat from * to end.

Row 71: Knit.

Row 72: *K1, K2tog; repeat from * to end.

Row 73: Knit.

Row 74: Change to CC. *K2tog; repeat from * to end.

Row 75: Knit.

Row 76: *K2tog; repeat from * until there are 5 sts remaining. Break yarn; with tapestry needle, thread end through remaining stitches, pull tight and tie off.

Weave ends in, adjusting any loose knots.



SOAR 2020

BC Girl Guides

When: July 24 to August 1, 2020

Where: Camp Barnard in Sooke, BC

Who: Patrols of eight girls (*born in 2009 or earlier*) and two Guiders
(*Rangers may come with four girls and one Guider*)

Fee: \$4,400 per BC patrol (\$5,500 per out-of-province patrol)

Applications for Core Staff and Patrol Guiders open April 15, 2019.

Girl registrations begin January 1, 2020.

Applications and more information available at [soarbc.com](https://www.soarbc.com).



<https://www.facebook.com/soarbc/>



<https://twitter.com/GGCSOARBC>



<https://www.instagram.com/ggcsoarbc/>



<https://www.youtube.com/c/SOARBC>

Thinking Day Celebrations with Tetrahedron District



Guides, Pathfinders and Rangers from Tetrahedron District, along with their Guiders, travelled from the Sunshine Coast to North Vancouver for a district-wide event to celebrate Thinking Day.

The first leg of the weekend was a service project at Harvest Project, a community-based urban relief organization (harvestproject.org). Extending a hand, not a hand out, Harvest Project helps more than 1,000 people each month through one-on-one client-care coaching, emergency drop-in visits, the Clothes for Change thrift shop and appointments at Harvest Project's grocery depot.

After a quick lunch and orientation with





Joe McGuinness, Harvest Project's community engagement coordinator.



Harvest Project staff, we were split into two groups. Each group sorted food donations coming into Harvest Project; some of the food donations had been collected by other Lions Area Girl Guides as part of their Hike for Hunger event! After we sorted, the groups were given tours of the thrift shop, grocery store, warehouse and commercial kitchen.

After completing our service project, groups did a quick scavenger hunt nearby before travelling by public transit to our sleepover destination, Highlands Church gym. After dinner, our group travelled by school bus to Karen Magnussen Wave Pool—girls loved that we had the whole pool to ourselves!



Feasthouse elder.



The next morning under bluebird skies, we travelled the short school bus ride to the base of Grouse Mountain. We were greeted by friendly Grouse Mountain staff, who took our group up the mountain. Our group was joined by Sparks and Brownies.

After playing in the snow, we travelled to the hiwus Feasthouse, an authentic Pacific Northwest Longhouse, where an elder from Squamish Nation told stories and songs, and we learned about this First Nation's traditional way of life.

Finishing off the day with snowshoeing, older girls helped younger ones and learned that sometimes a Spark decides she has had enough snowshoeing and now making snow angels is what she needs.

It was a great weekend for both girls and Guiders!

Carissa Konesky, BC Program Committee

Rainbows and Toadstools 2019



What do you get when you bring a bunch of Spark and Brownie Guiders from across the province together for the weekend to play games, sing songs, share new ideas and learn in fun sessions? You get a whole weekend of fun, laughter and friendship!

In March, the Spark and Brownie Guider workshop Rainbows and Toadstools took place at Guide House, in North Vancouver. Guiders came from all areas of the province to make new friends, learn new ideas and have fun!

The weekend started with an energetic opening by Alison and Katie that got everybody up on their feet and laughing. Vancouver TheatreSports League did a fun conference kick-off session for us! We finished Friday night sitting around a campfire and singing songs.

Guiders spent most of Saturday in fun sessions that covered topics from cybersecurity and sustainability to cookies and Safe Guide. We even had sessions on magic tricks and on the World Centres! We took a break to celebrate the 30th birthday of Sparks with a huge party! Guiders got to decorate cupcakes, make balloon animals, make chocolates and learn how to make giant bubbles! They also made ice cream by playing Kick the Can and showed off their artistic sides with sidewalk chalk.

After a delicious dinner cooked by our wonderful quartermasters, we ended Saturday evening with two share sessions, one for Spark Guiders and one for Brownie Guiders. We also had a special guest from the Vancouver Aquarium's mobile outreach program. She brought her AquaKits, which can be shipped to Girl Guide units



Opening session led by Alison and Katie.

anywhere in the province!

We spent Sunday morning on STEM, astronomy and community engagement activities and learned new 10-minute games to play with units! The weekend

ended with a keynote speech by Elyse from Dolphin Kids.

Thank you very much to all the Spark and Brownie Guiders who made this such a fun and memorable weekend!

Sarah, with 8th Vancouver Rangers, West Coast Area

New Guider Season

Stories from Renfrew District

The September air was sweeter than usual in Renfrew District. The beginning of the Guiding year brought 19 new Guiders taking time out of their busy lives to aid in the development of young girls and to make a positive impact. Inspired by the larger-than-usual influx of new members, the 8th Vancouver Rangers decided to look into what had attracted so many new volunteers to the district. What started out as some scheduled interviews turned into much more with each half-hour that passed. If I didn't know before, I'm certain now that I will step up as a leader when I turn 19.

Having grown up with the same Guiders throughout my Guiding life, I could easily name their favourite camp foods, the countries they have visited and their second cousin's boyfriend's mom's sis—well, you get the point. Yet here I was talking to Guiders whose names I'd never heard before. Their stories enchanted me as much as those of my own Guiders, and I am so grateful to have been given an opportunity to share them with you.

Over three weeks, our Rangers met with three of the district's newcomers: Cassia Johnson, Kirsten Dougans and Chris Vriesema-Magnuson. Our primary questions

revolved around their reasons for choosing Girl Guides and Renfrew District. Why us? Of course, their answers varied and any Guider you talk to will have a unique backstory.

Cassia Johnson is perhaps one of our freshest faces, being new to Guiding. She had just started volunteering as an assistant Guider in Toronto, Ontario, before her relocation. Driven by her passion for girls' rights and unfazed by the reality of life's twists and turns, she moved to Vancouver for a job opportunity and took up Guiding in a completely new setting. This geologist loves being able to bring the sciences to the 11th Vancouver Guides with a variety of hands-on activities and enriching learning experiences.

Kirsten Dougans is a Spark leader with the 11th Vancouver Sparks unit. Preceding her current position, Kirsten was a Guider in West Point Grey District. They were understanding when she switched to Renfrew District after her recent move to a home in East Vancouver. Unlike Cassia, Kirsten grew up in the Girl Guide program, starting as a Brownie when she was in the first grade. As of 2019, she has been a Spark leader for 13 years—longer than she was a girl member! She describes the Spark meetings as being a nice break from

her day job. That's something the majority of Guiders do need to consider—leading a group of girls doesn't start when you get to the meeting, and it doesn't end when you say goodbye to the last Spark. Leading requires planning and communication every other day as well, sometimes making work-life balance difficult. Luckily for Kirsten, she appreciates the change in scenery. Small five-year-old girls are a nice way to calm down after a busy week at work.

Chris Vriesema-Magnuson made a slightly more dramatic transition, moving from Girl Scouts in the United States to Girl Guides here in Vancouver. It was UBC grad school that brought them up north, and it's no surprise that spare hours for volunteer work were slim. When their schedule began to open up, they got back into Guiding and joined the 50th Vancouver Pathfinders, which was short of leaders. It didn't take long to get back into the swing of Guiding life, even if there are some significant differences between Girl Scouts and Girl Guides. After a long conversation with them, I can't bring myself to leave out the fact that Chris has a hobby of sword fighting. It just goes to show that Girl Guides is a magnet for cool people. Trust me, I would know.

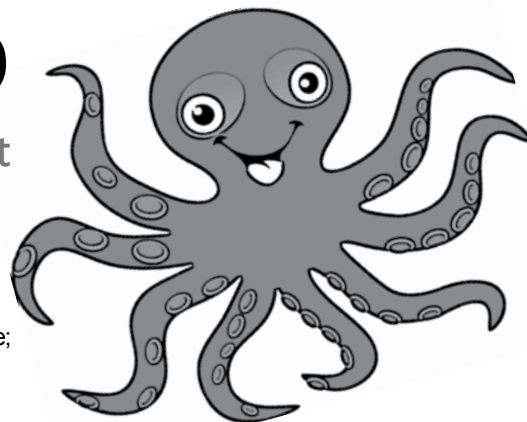
More Seaside Fun 2019

Camp Olave, on the beautiful Sunshine Coast

July 28–August 3, 2019

- for girls ages 8–14
- older girls may apply to be site assistants
- applications for girls, older youth and Guiders now available on Camp Olave website; go to <http://www.campolave.com/moreseaside.html> and follow the links

For more information, please contact seasidefun2017@gmail.com.





Food on the Go: Making Dehydration Work

Love to get outside? Maybe you're a keen backpacker or your unit likes travelling camps, but camp menus are always a struggle. From dietary needs to picky eaters, those handy dehydrated meals don't work for everyone. They are also pricy, offer limited variety, and you can't tweak serving sizes. Why not try dehydrating your own foods? It may sound daunting, but there are plenty of benefits to tackling this technique.

seeds, sour cream, green onions, cheese, milk, vanilla protein powder and so on. Every meal can be different just by tweaking the additional ingredients.

► Meals can be customized to your group size and individual needs.

Plan to bring enough for everyone in the group plus a couple of extra servings, just in case people are really hungry. By measuring before and after dehydrating, you won't have to carry unnecessary leftovers. You can cater to any dietary needs through offering options, or just leave out problematic ingredients for the whole group.

► You know exactly what you're eating.

One option is to prepare a full dish ahead of time and dehydrate it. Bring some variety by using fresh or frozen produce; fruits like apples, peaches, strawberries, grapes, pears and bananas dehydrate well, or cook them first to create custom fruit leathers.

Need some handy energy boosters? Buy some items in powder form: milk, protein, coconut, peanut butter, etc., to keep it simple. Meat and tofu make classic jerky for an additional energy boost and ingredient option. Flaked tuna and chicken also dehydrate easily for quick lunch preparation.

► Each participant can manage her portion size to match hunger and timing.

Instead of using a group pot, breakfast and lunch can be personalized and prepared in individual mugs. For instance, soups dehydrate well and are compact. Provide several different soup choices, so each person just scoops a few tablespoons of dried soup into a camp mug and adds boiling water for an easy lunch on the go. Add extras like crackers and other nibbles on the side.

► It's much cheaper than commercial dehydrated meals.

You can make vast amounts of food for the same price as a store-bought package. Cook and dehydrate batches of curry, stew, soup or sauces, so you can enjoy tasty meals for a fraction of the price.



Chicken for a group in one small bag.



Dehydrated sour cream.



Fresh yogurt.



Dehydrated yogurt.

► Dehydrated food is lightweight and less perishable than fresh food.

Avoid lugging fresh produce around, only to have it bruise and spoil. Instead, you can dehydrate and pack your food in plastic containers and freezer bags. Kept dry, dehydrated food will keep far longer than the equivalent fresh ingredients. It also cuts down on your meal prep time and equipment needs.

► You can use the same ingredients in multiple recipes.

Plan to use some things for several meals for efficiency. Items like green onions, sour cream, cherry tomatoes, red peppers, apples and yogurt work in many different recipes. You can focus on a few core ingredients and then provide flavour options to add variety. For instance, breakfast could be oatmeal or instant potatoes; offer supplements like trail mix, cinnamon, apples, peaches, yogurt, chia



Fruit leather.

Need some inspiration? Start with a few links like these:

- <https://www.backpackingchef.com/dehydrated-food-recipes.html>
- <https://www.backpacker.com/skills/cheat-sheet-diy-trail-food>
- <https://www.trail.recipes/recipe-collection/dehydrated-backpacking-meals/>



Photo: Laurie Mast



Photo: Jacquelyn Bouwmeester

Girl Guides and Scouts Together

Corinna Pratt-Wintersgill, Alcan District Commissioner

Alcan District Girl Guides of Rivers North Area and 1st Fort St. John Scouts of Cascadia Council joined together to do a presentation about Girl Guides and Scouts for the Fort St. John mayor and city council. The mayor signed a proclamation declaring February 18–22, 2019, to be Thinking and Founder Week in Fort St. John. The Girl Guides of Canada and Scouts Canada flags were flown at City Hall for the week. On February 19, we held a joint Thinking Day and Lord Baden-

Powell event with 52 Girl Guides, 15 Guiders, 37 Scouts and 7 Scouters. We had a potluck dinner and a special cake along with a group photo and campfire with Girl Guide and Scout songs. This was the first bridging event for our local Girl Guides and Scouts in many years.

Corinna is a district commissioner in Fort St. John and her husband, Ken, is the group commissioner for Scouts. Their daughter, Paige, is a Pathfinder, and their son, Noah, is a Cub Scout.

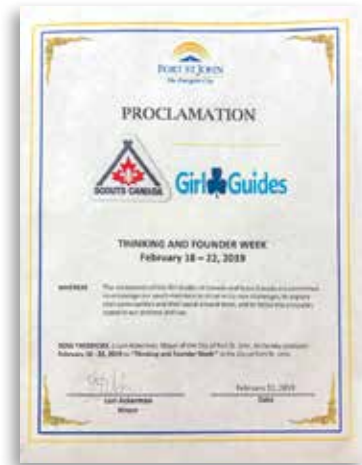


Photo: Corinna Pratt-Wintersgill

1st Ottergrove Pathfinders, **Fraser Skies Area**, braved the freezing weather to take transit to Vancouver's Chinatown, where they watched the Chinese New Year parade. Despite the freezing wind and snow, after the parade they walked through the Downtown Eastside, handing out care packages and sandwiches to the many in need on the street. The packages of wool socks, tissues, hand warmers, lip balm, toothbrush, toothpaste, comb, juice box, granola bar, packaged cookies and, in some, feminine hygiene products, were much appreciated. The Pathfinders had made 30 sandwiches and only wished they had brought more. They plan to go back and bring tons more sandwiches, juice boxes and care packages.



A snowy end to a rewarding day. Photo: Deborah Shaw



Abby (left) and Emma (right), 1st Elphinstone Rangers, **Lions Area**, had a blast learning to shoot at the local Rod and Gun club.

Photo: Annalisa Adam



Pathfinder friends Maggie (left) and Annalisa (right). Photo: Annalisa Adam

Maggie is moving to Quesnel and has already visited her new Pathfinder unit there. The 1st Roberts Creek Pathfinders, **Lions Area**, wish Maggie the best adventures with her new unit! They hope the sisterhood of Guiding will help to make this move easier for her.



Sylvia, a South Williston Mackenzie District Pathfinder, **Rivers North Area**, donated her long braids to Angel Hair for Kids—for the second time! Photos: Megan Brumovsky

2nd Gibsons Guides, **Lions Area**—girls being girls!



Warming up by the fire at Camp Olave. Photo: Jenny Silver



A circle of Guides. Photo: Jenny Silver



Snowshoeing on Grouse Mountain. Photo: Theresa de Boer



Making your hair stand on end with a Van der Graaff generator! Photo: Sabrina Van der Steldt



Playing with static electricity. Photo: Jenny Silver



Valentine hearts and crafts. Photo: Jenny Silver



Walking through Butchart Gardens.



On the carousel.



Educational tour of Butterfly World.

2nd Cowichan Guides, **Pacific Shores Area**, had a great Spring Break adventure in and around Sidney and Brentwood Bay, on Vancouver Island. We went to Butchart Gardens and Butterfly Gardens, swam at the pool and ate at Romeos. We saw the LEGO exhibit at the Sidney Museum, learned about the ocean ecosystem at the Shaw Centre for the Salish

Sea, on the Sidney waterfront, and couldn't resist stopping at the Sidney Bakery! The trip went so smoothly thanks to SVI's iMIS coordinator, Carol G., who helped to organize our accommodations at the West Saanich Heritage Schoolhouse, and to Sharon L., a Woodlyn District Guider, who gave us a tour of Butterfly World on her day off. Photos: Stacey Aucamp



2nd Smithers Sparks, **Rivers North Area**, had one of its meetings in March outside. It was a beautiful day for a walk, playing at Yorke-Hardy Park, picking up some litter and listening to a story. The girls heard the tale of a boy who discovers many starfish on the beach and throws only one back into the ocean. When told his action was futile, he responds that it'll make a difference to that one starfish! Photo: Pat Jones



For the Puppet Play badge, Anna, a 32nd North Delta Brownie, **Fraser Skies Area**, made an "old school" marionette. "I would have loved to wear the same uniform that my mom and my grandma wore when they were Brownies," she said.



1st Vanway Guides, **Rivers North Area**, enjoyed lots of winter fun, inside and outside, at Nukko Lake Camp in January. Photos: Amber Storey

Girl Guides

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