

# UNIT GUIDER POCKET PAL



## EMBERS 2023-2024 ANY COUNCIL

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## MISSION

To be a catalyst for girls empowering girls.

## VISION

A better world, by girls.

## GIRL GUIDE PROMISE

I Promise to do my best,  
To be true to myself, my beliefs and Canada.  
I will take action for a better world  
And respect the Guiding Law.

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## MOTTO

Be Prepared

Lend a Hand

Ember Motto

## LAW

The Guiding Law challenges me to:

- be honest and trustworthy
- use my resources wisely
- respect myself and others
- recognize and use my talents and abilities
- protect our common environment
- live with courage and strength
- share in the sisterhood of Guiding

## EMBER LAW

As an Ember I am honest and kind;  
I help take care of the world around me.

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## EMBERS OVERVIEW

**For girls ages 7 & 8**

**Ember Units meet once a week, usually for 1.5 hours**

Embers is a place for fun activities for 7- and 8-year-olds. She'll have a blast with old and new friends using her imagination, exploring nature, gaining new skills and finding ways to "Lend a Hand" (the Ember Motto) in her community.

**Your Ember could experience these activities.**

- Planting a garden and watching it grow
- Nurturing healthy friendships and managing conflict
- Meeting local women entrepreneurs or artists
- Building with basic tools such as screwdrivers and hammers
- Leading the group in their favourite game
- Learning outdoor safety and camping fundamentals

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## Sparks (ages 5 and 6)

Sparks is a two-year program

## Embers (ages 7 and 8)

Embers is a two-year program

## Guides (ages 9-12)

Guides is a three-year program

## Pathfinders (ages 12-15)

Pathfinders is a three-year program

## Rangers (ages 15-17+)

Rangers is a three-year program

## Link (ages 18-30)

Link is to allow women 18-30 to stay connected to Guiding

## Trefoil (ages 30+)

Trefoil is for women 30+ to stay connected to Guiding

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There are eight program areas and each program area has three themes under it.

1. Guide Together (Our Story, Spirit of Guiding, Camping and the Great Outdoors)
2. Explore Identities (Being You, Different Together, Gender Power)
3. Build Skills (Money Sense, Life Stuff, How To)
4. Be Well (My Mighty Mind, My Physical Self, My Healthy Relationships)
5. Experiment and Create (Science Lab, Design Space, Art Studio)
6. Connect and Question (Local Communities, Canadian Connections, World Stage)
7. Take Action (Your Choice, Your Voice, Your Action)
8. Into the Outdoors (Nature Discoveries, Our Shared Planet, Camping Skills and Adventures)

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## EMBER PROMISE

I Promise to do my best,  
To be true to myself, my beliefs and Canada.  
I will take action for a better world  
And respect the Ember Law.

## EMBER OPENING SONG

We're the Embers  
Here's our aim  
Lend a hand  
And play the game

## EMBER CLOSING SONG

Oh hear us now,  
Your children call.  
Grant to us peace,  
And bless us all

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## ACCESSING THE GIRLS FIRST PLATFORM

Go to this website:

[https://experience.girlguides.ca/ggc-login?\\_ga](https://experience.girlguides.ca/ggc-login?_ga)

**You need your iMIS number to log into this, use your name as it appears in iMIS and the email address you have in iMIS**

## HOW TO EARN BADGES

- ♣ To earn a Theme badge it is recommended
  - Girls participate in 6-8 activities
- ♣ To earn a Program Area badge
  - Girls complete 2-3 theme badges/theme
- ♣ The guidelines to earn the Take Action Program Area are a little different –
  1. **Your Choice:** complete the Explore Your Passion Instant Meeting
  2. **Your Voice:** complete the Driving Change Instant Meeting
  3. **Your Action:** complete 1-3 actions

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At enrolment, Embers get their enrolment pin, membership year pin and certificate.

Enrolment requirements: know the promise, law and motto. Guides also need to learn the Guide Handshake attend at least one meeting in your new branch.

### SAMPLE ENROLMENT CEREMONY

**OWL:** Do you know that if you make your Ember Promise you must always try to do your best to carry it out?

**NEW EMBER:** Yes

**OWL:** Come to the toadstool and make your Promise as a Ember.

**NEW EMBER:** *stands by Toadstool and makes sign and recites promise.*

**OWL:** (Pins on the Ember Pin and circle emblem and welcomes her with the Ember Handshake.) You are now a Ember of the \_\_\_\_ unit. I trust you to do your best for the unit

\*Make sure to involve the girls in planning their enrolment ceremony. The possibilities are endless!

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### THINKING DAY

Thinking Day is on February 22<sup>nd</sup> and is the shared birthday of Lord and Lady Baden-Powell who were the founders of Girl Guides. It is celebrated by Guiding and Scouting members worldwide.

The WAGGGS website usually has activities to do each year for Thinking Day and a crest associated with this.

### CANADIAN WORLD FRIENDSHIP FUND (CWFF)

This fund is supported by Girl Guide members in Canada and is used to support international and national travel trips, the 5 World Centres and Guiding in countries around the world.

The goal is to raise \$5.00 per member for the CWFF. There is an Alberta Council challenge with a crest for raising \$5.00 per member.

\*There are a variety of ways to raise funds for the CWFF, talk to your District Commissioner for information on this.

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### GIRL GUIDE COOKIES

Selling Girl Guide cookies is the main fundraiser for units. In the fall, the chocolate mint cookies are sold, and in the spring the classic chocolate and vanilla sandwich cookies are sold.

Breakdown of cookie money:

National & Dare:	\$38.50
ANY Council:	\$7.00
Membership Subsidy:	\$0.75
Area:	
District:	
Unit:	

\$25.75 - Area, District, Unit.

Each Area sets a different breakdown, but Units are guaranteed a minimum of \$13.50/ case.

### FIVE WORLD CENTRES

There are five world centres for Girl Guides. 10

1. Pax Lodge – England
2. Our Chalet – Switzerland
3. Our Cabana – Mexico
4. Sangam – India
5. Kusafiri – virtual world centre in Africa

There are programs and events held for Girl Guides around the world at the world centres.

Their websites ([www.waggggs.org](http://www.waggggs.org)) has more information.

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## INCLUSIVE GRACES

### CAMPFIRE GRACE

(Tune: Fire's Burning)

We're thankful, we're thankful  
For friendship, for friendship  
And for good food, and for good food  
And hands that prepared it.

### KNIFE, FORK, SPOON, SPATULA

I'm a knife, fork, spoon, spatula, cha cha cha  
I'm a knife, fork, spoon, spatula, cha cha cha  
I'm a knife, fork, spoon, I'm a knife, fork, spoon,  
I'm a knife, fork, spoon, spatula, cha cha cha

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## AWARDS

There are awards for your contributions to Guiding and for those of the amazing women with whom you work.

Check the Alberta Council Awards Booklet on the provincial website, [girlguides.ca/ab](http://girlguides.ca/ab) to get all the details for the awards.

Check with your District Commissioner for more information about awards.

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## GAMES

### FRUIT SALAD

One (or more) girls are in the middle of the space and everyone else is lined up on one side. Everyone thinks of a fruit. The person in the middle calls out a fruit and if their fruit is called, the girls run across to the other side. The ones in the middle try to catch them, anyone who is caught becomes part of the middle. When the ones in the middle call fruit salad, everyone runs across and a new game is started.

### BLOB TAG

One girl is it. She tags other girls and anyone who is tagged becomes part of one long chain (the blob) that continues to catch girls and they join the chain.

### BUTTON

The girls all sit in a circle and someone is in the middle with their eyes closed. A button is passed around the circle while the girls sing "button you must wander, wander, wander. Button you must wander everywhere". Everyone then holds their hands behind their back and one girl has the button. The girl in the middle tries to guess who has the button.

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## RESOURCES

**My GGC** - [www.girlguides.ca](http://www.girlguides.ca)

- Check your unit roster

**Guiding Essentials**

**Safe Guide**

**Insurance Booklet**

**National and Provincial Fundraising Policy**

**The Brand Centre** - [brandcentre.girlguides.ca](http://brandcentre.girlguides.ca)

**The Guide Store** - [thegirlguidestore.ca](http://thegirlguidestore.ca)

**Area Standing Committee Advisers**

**Provincial website** - [www.girlguides.ca/ab](http://www.girlguides.ca/ab)

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## REGISTRATION FEES

**Total - \$175 for girls**

National: \$60.00

Province: \$37.00

Subsidy Fund: \$30.00

Area:

District:

Unit:

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## DISTRICT INFORMATION

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## MY INFORMATION

**UNIT NAME AND IMIS NUMBER:**

**DISTRICT:**

**DISTRICT COMMISSIONER:**

**AREA:**

**AREA COMMISSIONER:**

**IMIS NUMBER:**

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## AREA INFORMATION

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