

On My Own



NEWSLETTER



Summer 2012 - Issue #46

Table of Contents

Page 2	Joybug's Letter
Page 3	National News
Page 4	Lones- Welcome Susan
Page 5	Sparks Lones Campership Inormation
Page 6	Brownies Program Keys and Outlooks
Page 7	Guides Trail Signs
Page 8-9	Lashings and Gadgets
Page 10	Pathfinders Compass trails
Page 11	Rangers - Hiking tips from Susan
Page 12	Backpack Camp Stove
Page 13-14	Compass Frisbee Golf
Page 15	Crafts Fleece Toque Swap Happy Face Magnet
Page 16	Crafts Balloon Flip Flops Bumblebee Pot
Page 17	Religion in Life Badge Information
Page 18	Lones Fun Page Odd Facts Jokes Reading suggestions
Page 19	Summer Crosswood Puzzle
Page 20	Smart Moves To Stay Healthy
Page 21	International Games Go Global Challenge Twinning Project
Page 22	Grenada Information
Page 23	Dates to Remember Thumbs Up
Page 24	Goodbye Penny Playland Info Lones in Pictures
Page 25-28	Lones registration form - A.5P

On My Own

Is published quarterly by the
BC Lones of Girl Guides of Canada - BC Council
Created by Lones for Lones

Items appearing in this publication may be copied for use within Guiding.
 Credit as to source would be appreciated.

Deadline for submissions for the next issue is: **August 1, 2012**

Joyce Wenner
Provincial Lones Adviser
On My Own Editor

JOYBUG'S LETTER



Dear Lones Members,

As I write this issue's letter we are nearing the closing of another Guiding year, and this will be my final one as the BC Lones Adviser. Before I go I want to welcome our newest members: Isobel, Ashlea and Chantea who have joined Lones for the first time this spring and wish you all the best as you meet new challenges.

In an earlier edition of On My Own, I put out a challenge in recognition of World Thinking Day to all Lones Members to raise money for the CWFF. The money was to be sent to the BC Lones Adviser and all the girls who completed it received a crest for their efforts. Congratulations go to the 1st Lones Girl Guides for taking up the challenge. It was great to be able to forward your donations to the CWFF.

Beginning this April 2012 - BC Girl Guides started online registration for active Units. This **will not apply** to Lones members. Lones registrations will still be done the same way as in previous years with the completed packages mailed into BC Guide House along with the registration fee. You will find an A.5P form is attached to this newsletter so you can register now for 2012-2013. If you decide you want to return to an Active Unit for the upcoming Guiding year - you can still register online or use the A.5P form sent out to you and enter the information online.

I want to take this opportunity to wish a fond farewell to Chris Burton who is also stepping down from her position as the Chief Commissioner effective June 2012 and introduce our new GGC Chief Commissioner Sharron Callahan from Newfoundland.

As I leave, I know the Lones program will be in good hands as I introduce my new successor Susan Stephen who has now accepted the Lones Adviser position effective May24, 2012. I know you will make her feel welcome just as you did me. (You can learn more about Susan in this edition of the newsletter)

As I sign off I also want to thank all the Guiders - past and present- who have worked with the Lones program. For me it has been a great five years working with all of you and I can't thank-you enough. To you in Lones, thank you too for welcoming me into your program. You are all unique young women who are confident, resourceful and caring as you set out to make a difference in the world around you.

I wish you all the best of luck and look forward to following your progress in the years to come.

Yours in Guiding

Joybug

Joyce Wenner
BC Lones Adviser

Girl Greatness Starts Here

Introducing Our New GGC Chief Commissioner



Sharron Callahan



Sharron is from St. John's, Newfoundland and takes on the position as our new GGC Chief Commissioner effective June 2012.

Sharron is an active Unit Guider who has held numerous provincial and national positions over the years. She is committed to ensuring that Girl Guides of Canada remains focused on girl empowerment and the development of girl leadership, and supporting the Guiders who mentor Canadian girls.

NEW GUIDING UNIFORMS ARE COMING SOON!

Coming this fall – a new Girl Guide blue uniform T-shirt that unites all girl branches of Guiding will be made available. Now Sparks, Brownies, Guides, Pathfinders and Rangers will all be recognizable as part of the Girl Guides of Canada organization when wearing the new T-shirt.

The new T-shirts are made of easy-to-care and wear 100% cotton. They will be joined with new ties for Sparks and Brownies, plus a new badge sash for Sparks. Each branch of Guiding still has their own distinctive colour, found in the accent colour in each branch's shirt – pink for Sparks, brown for Brownies, blue for Guides, green for Pathfinders and red for Rangers.

Look for the new uniform that will be available at thegirlguidestore.ca by early September 2012.



Note: Girls can continue to wear their old uniform T-shirt too until they outgrow it or move up to the next branch of Guiding.

TWINNING PROJECT



Our **NEW** Twinning partnership with the Caribbean nations of **Grenada** and **Curaçao** is now posted online under Challenges on the Girl Guide website. This new twinning project allows all members of WAGGGS to share friendships and learn more about each other's country, culture, and Guiding program. (Look for more information about these countries in this issue of OMO on page 22)



WELCOME TO BC LONES SUSAN

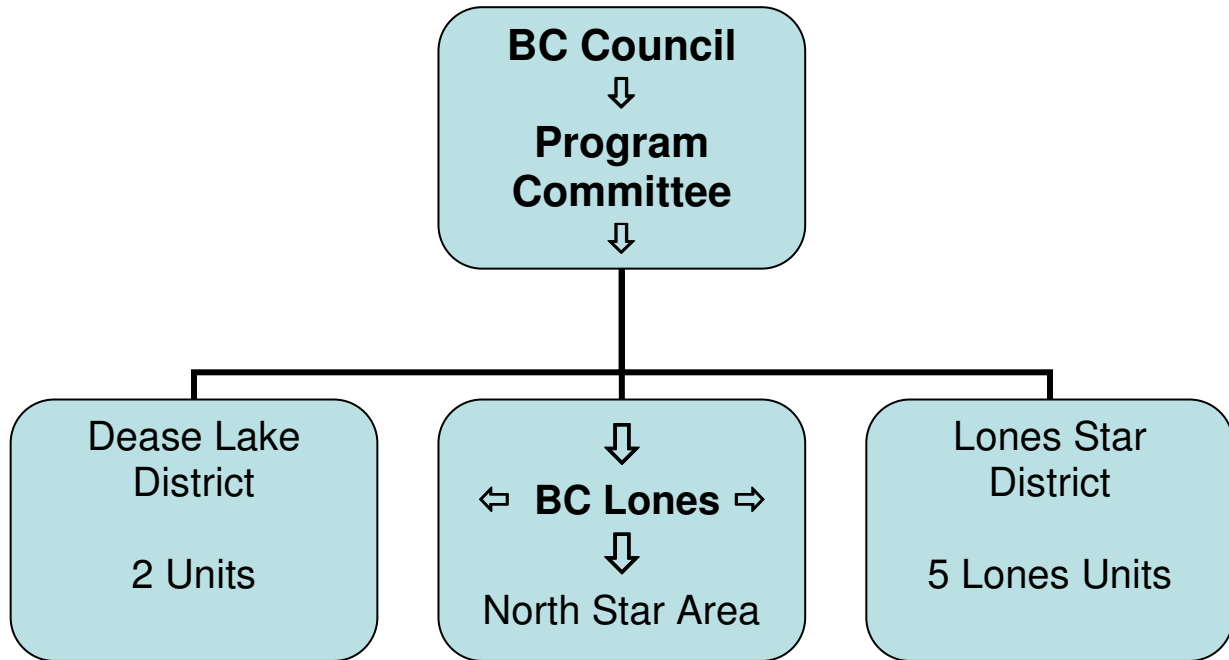
Susan Stephen is our new Lones Adviser for BC Council Girl Guides. She is a Guider from Port Coquitlam in the Lougheed Area and has just completed her term as the National iMIS Adviser. She has been involved in Girl Guides for 38 years: 8 as a girl and 30 as an adult - 14 of those were as a Unit Guider working with Sparks to Pathfinders Units. She has held many positions at the district, area and provincial levels including district commissioner, deputy area commissioner, deputy provincial Membership Adviser and iMIS Adviser for district, area and province. Susan used to be a Beaver Leader with her son, but when he stopped going, she focused her attention on Girl Guides. She's planned many Guiding events and celebrations, has attended SOAR as Patrol Guider and staff as well as being part of the SOAR 2007 steering committee.



Currently, she is a Member of her area awards committee and sometimes helps with her daughter Becca's Unit. Becca is also a Girl Guide leader! Susan is a Member of two Trefoil Guilds - The Same Time Next Year Trefoil Guild and the Kanaka Trefoil Guild.

Susan cheers for the Vancouver Canucks Hockey team. She loves travelling and has visited several countries including Mexico, England, France, and Italy. Last year she visited Greece and this spring enjoyed a vacation to Florida and New Orleans with her husband where she got to go on a boat tour into the swamps to see the alligators!

As our new adviser, Susan is looking forward to taking BC Lones into the future as we make changes in our program and delivery using various social media outlets. Welcome to Lones Susan!



SPARKS

NECKERCHIEF UPDATE

The English Guiding neckerchief belonging to 7th Kendal Rainbow Guides that is travelling to the WAGGS countries since 2010, left Malta last month and has returned back to the UK where they will decide the next country to send it to.



Note: your Sparks Challenge crest in on the bottom left side. Fiona their Guider will keep us up to date on its journey.

Spring is finally here and the flowers are out in bloom. Here is a great idea to make a Cherry Blossom picture or a special card for Fathers' Day

Supplies:

- Blue construction Paper
- Brown felt marker or paint
- Pink powdered Tempera paint
- Popped popcorn (plain – cooled with no butter or salt added)
- Glue
- Cardboard or Cardstock paper



Directions

1. Take a sheet of blue construction paper for the back ground.
2. Make a tree trunk with branches with the brown marker, crayons or paint
3. Put the popcorn and some of the powdered pink paint in a plastic bag and shake. These will be your blossoms. Pour the pink popcorn onto a tray.
4. Put white craft glue on a paper plate and dip the popcorn into the glue and then stick to the tree branches to make their Cherry Blossom Tree.
5. You can glue a piece of cardboard or cardstock to the back to stiffen the picture.

Optional: Turn this into a greeting card by using cardstock paper and fold in half. Before decorating the outside write inside your saying. Ex. "*Happy Fathers Day*"- then make the cherry blossom picture on the outside. You can also use a fingerprint to make a butterfly or bumblebee to hover over the tree. If you use purple or blue tempera paint you can make them into hyacinth flowers. Use your imagination for other things to add to your picture too.

LONES CAMPSHIP REMINDER

The Elaine Hodgson Memorial **Lone Guiding Campership** is available to help girls in Lones (from Sparks through Rangers) to experience all that their Guiding sisters in active Units enjoy at Guiding camps.

This fund is for Lones who do not have easy access to Guiding events or finances limit their ability to attend camps and special opportunities such as SOAR. For more on the campership fund please contact loneguidingcampership@e-guiding.com for additional information and application details.

BROWNIES

KEY TO STEM

Number Magic

Numbers play an important in our daily lives. Not only do we use them to add or subtract things but they are also used to identify us from others too.

1. Name five ways we use math in everyday life in
 - home
 - school
 - work
2. How did people use math before there were calculators and computers? Name some things that were used to count things.
3. Play a math game.
4. Use math to figure out how to sew a piece of clothing or make a craft or a model.
5. Count the girls in your class. How many girls have black, brown, blonde or red hair? How many have green, blue, grey or brown eyes?



KEY TO THE LIVING WORLD

Water All Around Us

Do you know where they get the water in your town? How can we all keep it clean and safe for us to use?

Do the following:

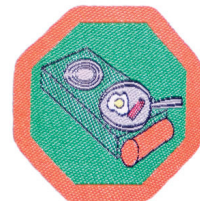
1. Conserve water at home by turning a tap on only when you need it, instead of running it when you brush your teeth, wash dishes or do other household chores.
 - a. Find out how people who live in the desert where there is little water manage.
 - b. Paint a picture about water or make a mural.
2. Learn or make up a song about water. Sing it with your friends or class.
3. Find out how a wetland, conservation area or body of water helps to supply water for your community.

Describe a body of water near where you live. What kinds of plants and animals live near it? Take or draw some pictures and make a booklet of your body of water.

KEY TO CAMPING INTEREST BADGE - Outdoor

Cookout

1. Pick a location for an outdoor meal and snack.
2. Plan your menu. What will you cook and how will you cook it?
3. Make a list of ingredients and utensils you will need to cook your meal.
4. Prepare and serve your meal with supervision from an adult.



MINI CAMPFIRE CAKES

- Hallowed out navel oranges cut in half to make cups
- Cake mix- made according to directions
- Heavy tin foil

Directions:

- Make cake mix according to directions on package.
- Fill hollowed orange half $\frac{3}{4}$ full with cake batter and wrap securely in tin foil
- Bake in coals of fire for 12-15 minutes until done

Safety equipment needed for campfires:






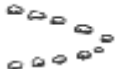
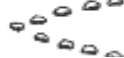










- A bucket of water
- A bucket of sand
- A shovel and a rake.
- It is also a good idea to have a 1-pound coffee can full of baking soda near fires.
- **Note:** Don't forget to stack the three sizes of wood used in fire building (tinder, kindling, fuel).



GIRL GUIDES

Trail Signs

Trail signs are a fun camping or hiking activity. They were used by trackers in the days before cell phones, satellite phones or GPS – to keep in touch or track of each other. Try laying a trail for your friends or family to follow using these signs. Trail signs can also be part of a scavenger or a treasure hunt, to show the way to the treasure.

MATERIALS USED	STRAIGHT AHEAD	TURN RIGHT	TURN LEFT	DO NOT GO THIS WAY
ROCKS				
PEBBLES				
STICKS				
LONG GRASS				
NUMBER OF PACES AND DIRECTION INDICATED				
GONE HOME				



Girl Guide Raeleigh at the 2012 Science Camp “Girls Get IT”

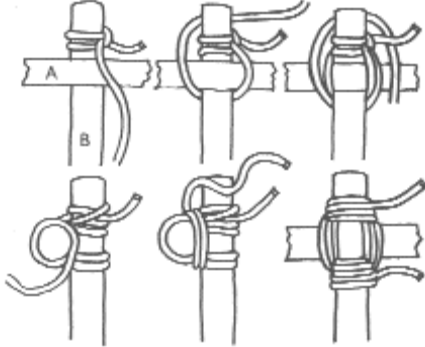
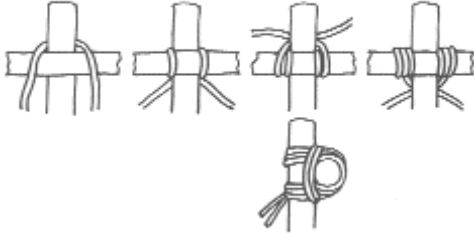
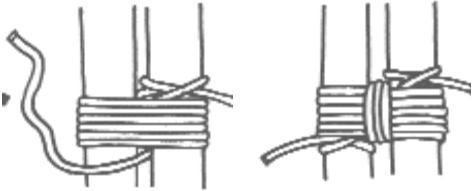
Lashings and Gadgets

Camp gadgets can be made into anything - from a roasting stick to a dining table. and almost anything else that can be made easily by using wood. All that's required is a little knowledge about wood, a few basic knots, hitches and lashings, plus your imagination.

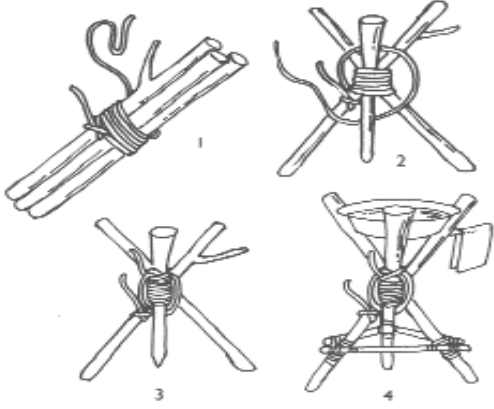
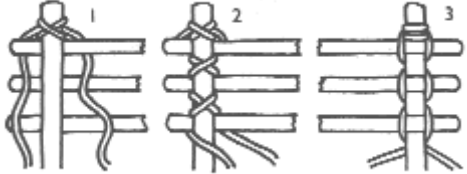
Lashings

Learning lashings is a great pre-camp activity that can be done indoors or outside.

When two or more poles or sticks are tied together with cord or rope, we say they are "lashed" together. There are different kinds of lashings, depending on how you want the poles tied to each other. See the following lashing and ways you can use them to make your gadgets for camp.

<p style="text-align: center;">Square Lashing</p> <p>Square lashing is used to tie poles at right angles.</p>	
<p style="text-align: center;">Method #1</p> <ol style="list-style-type: none"> 1. Make a clove hitch on the upright. Bring the working end down on top of pole A vertically, horizontally behind pole B; vertically up the other side of A; horizontally behind pole B. 2. Continue doing this several times, making sure you are making a square each time with your cord, and keeping it tidy and tight. 3. What really tightens lashings is the frapping. Frapping is done by winding the cord tightly between the poles. End with a clove hitch on the crosspiece, and tuck in the end. 	
<p style="text-align: center;">Method #2</p> <p>Another way to square lash is to place the middle point of your cord around the upright. Then bring both ends down around the crosspiece. Go around the back of the upright below the crosspiece. Bring both ends up over the crosspiece again, around and upright and continue in this manner. Frap and tie with a reef knot. This method is not as tidy looking as the previous method, since the ends are crossed each time at the back. It should hold just as well.</p>	
<p style="text-align: center;">Shear Lashing</p> <p>Shear lashing is used to tie two or more poles together in a parallel fashion. You may want one long pole, for example, but have only short ones. Two or three can be shear lashed.</p> <ol style="list-style-type: none"> 1. Tie a clove hitch around one, and then bind the two poles together tightly. 2. Frap, and end with a clove hitch, tucking in the end. 	

• From *GIRL GUIDES OF CANADA*

<p style="text-align: center;">Tripod Lashing</p> <p>Tripod lashing is used to tie three poles together to make a tripod, like the kind you would use for a washstand.</p> <ol style="list-style-type: none"> 1. Lay the three poles together. 2. Start with a clove hitch on one. 3. Bind the three together. 4. Spread the poles so they will stand. Frap tightly in all the spaces and end with a clove hitch on one pole, tucking in the end. 	
<p style="text-align: center;">Continuous Lashing</p> <p>Continuous lashing is used to make a table top or join sticks together to make a broad, flat surface for some other purpose.</p> <ol style="list-style-type: none"> 1. Sticks should be all the same size to make a flat and tidy table top. 2. Double a long piece of lashing cord - approximately three times the length of your finished table top. 3. Place the double end around a stick that will support the top sticks and be perpendicular to them. 4. Cross the cord; bring it under the first horizontal stick; then up on top and cross it again. 5. Repeat until all the sticks have been lashed onto the support stick. 6. End with a clove hitch. Do the same with another support stick at the other side of the top sticks. 	

Making Gadgets

Here are some tips for making gadgets

1. Use dead wood that isn't too brittle. If it breaks easily in your hands then it won't last long as a piece of furniture. Seasoned green wood is the best. Utility workers cutting down unwanted trees are usually happy to give branches away; green wood can also be obtained from people clearing out undergrowth in woods. Hockey and curling teams discarding hockey sticks and curling brooms are other good sources. These woods make great gadget wood. If there is no other source of wood, you can buy doweling. Living trees should not be cut, unless under the direction of a forester for purposes of wood lot management.
2. If the gadget is to go into the ground, sharpen the ends with a hatchet. Make a hole in the ground with a tent peg and mallet.
3. Use a saw or pruning shears for thin pieces of wood to make the ends tidy.
4. Look for forked sticks; they have many uses.
5. Lashing cord should be strong. If it can be broken by pulling on both ends, it will not last.
6. Lashing cord can be reused many times. Take the gadget apart carefully when you are finished with it. Don't cut the cord; untie it.
One reason for using proper hitches and knots is that they will untie easily when you want to take them apart.
7. Wind the cord around a stick. Small pieces of cord can be joined together with a reef knot. When joining cords of different thicknesses, a sheet bend should be used.
8. Refrain from leaving bits of string, especially nylon, lying around; they can be dangerous to birds and animals. **Remember the Guiding way - to leave no trace!**

PATHFINDERS



WHAT'S UP? Pathfinder Meggin helping Guides make traders for camp

Compass Trails - An Outdoor Game (Great for camp)

Guide and Pathfinder Program Application

Guide: *Beyond You* - Explore the Outdoors #3, *Fun in the Outdoors*- Exploring and Hiking badges

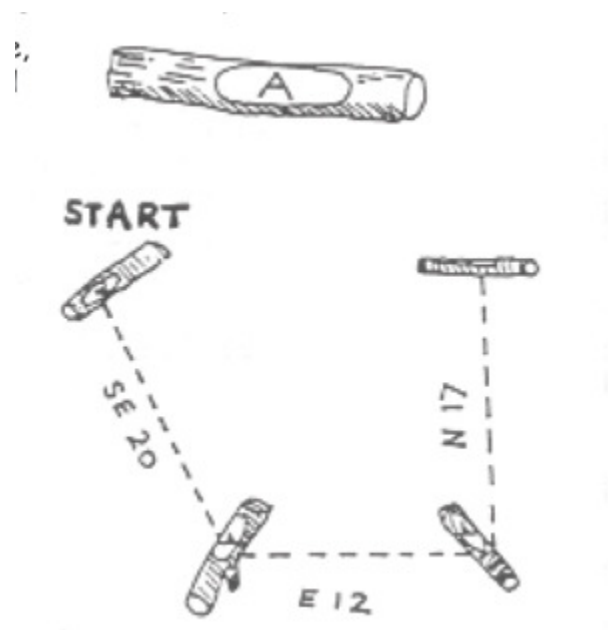
Pathfinder: *Let's Take it Outside* - Finding Your Way #4, #5

Materials

- Compass – 1 per group
- Paper and pencils
- A good supply of twigs marked in some way, e.g., by winding with coloured wool or by cutting a slice from the bark and colouring the exposed part with a marker or paint. If you have a large number of girls, have several sets in different colours.

Directions

1. Divide the girls into groups of no more than four or five.
2. The groups go off in different directions and decide on a starting point for their trail. A marked twig is left there.
3. The compass is laid on the ground and a direction is chosen and written on the paper.
4. That direction is followed for a chosen number of steps (a number between 10 and 40 is good) and the number of steps taken are written beside the direction, e.g. South 23 steps.
5. Another direction is chosen and the group goes as before, noting direction and number of steps and leaving a marked twig each time the direction is changed.
6. Set a time limit of about 20 minutes to lay the trail.
7. The trails are then exchanged between groups and each group has 20 minutes to follow the new trail and find all the marked sticks and bring them back to the group.
8. First group to return with all the sticks is the winner.



*Thanks to Girl Guides of Canada - Ontario Council Leaders Ladder - 2008

RANGERS



Hi Ladies

I recently attended a seminar with the Scouts, based on the 10 Essentials of Hiking, and thought you might like to know this too. It made good sense, and I hope you find the information helpful, for both yourself, and for sharing. There was a lot of new stuff for camping and hiking, some pretty pricey, but worth the price if you are a serious camper/hiker. The marino wool underclothes were fantastic, and not bulky, allowing for greater movement, and less resistance.

10 Essentials:

1. Map
2. Compass or GPS (*don't rely on your cell phone, the battery will die before you get un-lost)
3. Water, and a purifier
4. Extra food (dehydrated/dry food weighs less)
5. Rain Gear, good foot wear, extra clothes/socks
6. Firestarter (waterproof matches, magnesium striker)
7. First Aid Kit (-include scissors, anti-histimine, and Bactroban*) (*better than Polysporin, needs doctor's note)
8. Knife / Multi Tool
9. Flashlight
10. Sunscreen and Sunglasses

Good Ideas to have along

- Head Lamp with reflective strap
- Marino wool underclothes, or fleece
- Gloves / Hat
- Whistle
- Folding Saw (these are SO useful, especially if you have to make a stretcher or get wood for a fire)
- Bear Spray? Depends on the area of travel.

And don't forget the Biggest Rule of all,
**TELL SOMEONE WHERE YOU ARE GOING, AND
WHAT TIME YOU SHOULD BE BACK.**

They can't look for you if they don't know where you went!

Hope you are all getting out there and enjoying the warmer weather.

Happy Hiking

Susan

1st Lones Ranger Guider

LINKS and More

Since many Rangers will be graduating this year and leaving the youth Guiding program, it is time to remind you of the options that are available to you for next year.

You can join as a LINK member- a program designed for women aged 18-30 yrs. In BC Link members have been busy helping out with other branch Unit meetings, camping trips plus district and area events around the province. Link isn't all work and no play as units often hold meetings in coffee shops, camping events, over potluck dinners or even in between musical sets at a concert.

To find out more information on the program log on to the BC website home page www.bc-girlsguides.org or for the Link program contact link@bc-girlguides.org.

Another option is to join as a transitional adult Guider if under 19 yrs. which allows you to help lead a Unit and still keep up your Guiding Membership. Upon turning 19 you will become a full fledged Adult Guider.

CONGRATULATIONS
Justine P

*For completing your Chief
Commssioners Gold
Award!*

COMPASS FRISBEE GOLF

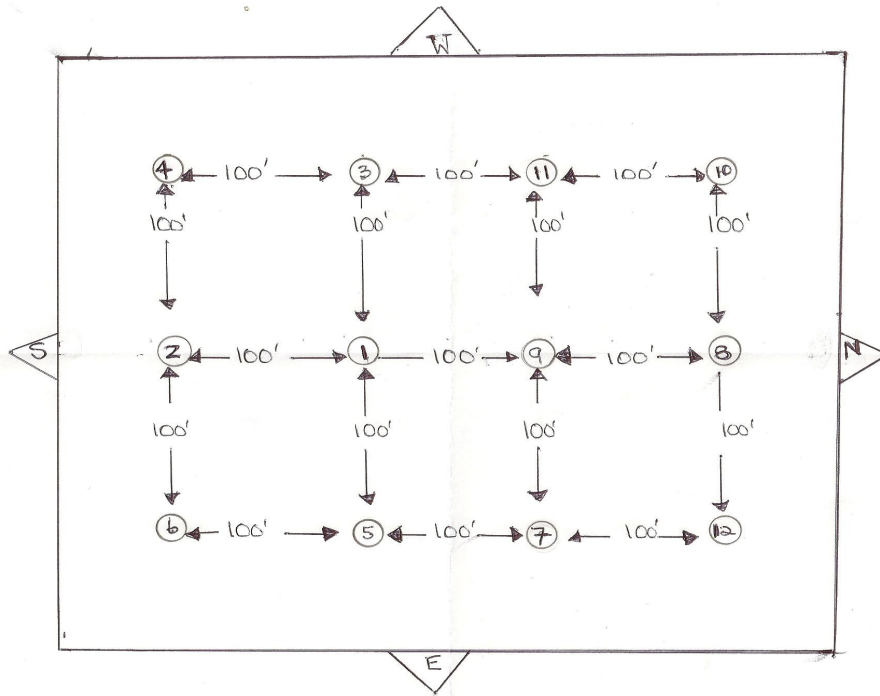
This game combines Frisbee Golf with Compass reading

Requirements

- A large field (300' x 200') as big as a football field
- Frisbee for each team
- 12 small orange cones
- Compass for each team
- Print out of Game Sheet for each team
- Pen for each team

Directions

1. Number each cone from 1 to 12 by writing the number on the inside with a permanent marker. (You can also use paper plates or other objects if you don't have cones.)
2. Using a compass, lay out the cones in a large field like this diagram. (Notice that **North** is to the right!)



The Game

4 teams (2 person teams work best)

One person throws the frisbee while the other person works the compass, points, keeps track of the number of throws, and writes down the cone #.

All teams start at cone 1 at the same time. Everyone finishes at cone 9.

1st team to navigate the course the fastest in the fewest throws with the right cone numbers written down on their game sheet wins.

The Rules

- Teams must switch thrower/tracker roles each hole.
- Teams must throw their frisbee until it hits the cone before they can lift it to find its number.
- Throwers can take no steps while holding the frisbee.

Team Scoring Sheets

Scoring: The simplest way to score is have the first team to final cone with the correct cone numbers be the winner. You could add a 5 second or 10 second penalty for every throw over 9 taken, but more throws tend to take more time anyway.

<p>RED TEAM – START AT CONE # 1</p> <p>FLY SW 140' = CONE # _____</p> <p>FLY N 100' = CONE # _____</p> <p>FLY NE 140' = CONE # _____</p> <p>FLY SE 140' = CONE # _____</p> <p>FLY N 100' = CONE # _____</p> <p>FLY N 100' = CONE # _____</p> <p>FLY W 100' = CONE # _____</p> <p>FLY SW 140' = CONE # _____</p> <p>FLY E 100' = CONE # _____</p>	<p>BLUE TEAM – START AT CONE # 1</p> <p>FLY SE 140' = CONE # _____</p> <p>FLY W 100' = CONE # _____</p> <p>FLY NW 140' = CONE # _____</p> <p>FLY N 100' = CONE # _____</p> <p>FLY E 100' = CONE # _____</p> <p>FLY NW 140' = CONE # _____</p> <p>FLY E 100' = CONE # _____</p> <p>FLY SE 140' = CONE # _____</p> <p>FLY W 100' = CONE # _____</p>
<p>ORANGE TEAM – START AT CONE # 1</p> <p>FLY NE 140' = CONE # _____</p> <p>FLY N 100' = CONE # _____</p> <p>FLY W 100' = CONE # _____</p> <p>FLY W 100' = CONE # _____</p> <p>FLY SE 140' = CONE # _____</p> <p>FLY SW 140' = CONE # _____</p> <p>FLY SE 140' = CONE # _____</p> <p>FLY N 100' = CONE # _____</p> <p>FLY N 100' = CONE # _____</p>	<p>GREEN TEAM – START AT CONE # 1</p> <p>FLY NW 140' = CONE # _____</p> <p>FLY N 100' = CONE # _____</p> <p>FLY SE 140' = CONE # _____</p> <p>FLY E 100' = CONE # _____</p> <p>FLY S 100' = CONE # _____</p> <p>FLY SW 140' = CONE # _____</p> <p>FLY W 100' = CONE # _____</p> <p>FLY N 100' = CONE # _____</p> <p>FLY NE 140' = CONE # _____</p>

MORE CAMPING IDEAS Backpack Pop Can Stove

Invented by: Unknown. Construction directions by: LaMar Kirby -- Orem Utah
Used with permission from Keith Kirby http://journeytoforever.org/edu_bkpkstove.html

Home Made -- Lightweight Backpack Stove

This little stove is fun to make as it only takes a few minutes and not just a toy – it works great too! It puts out a hot ring of blue flame like a gas stove and can hold enough fuel for about 15 minutes -- so if you're cooking something that takes longer than that, better make two so you can alternate them to keep up the heat. Send us a picture of you making and using this handy stove to OMO



Supplies

- 2 Aluminum soda cans (soft-drink cans)
- 1/4 cup of Perlite (this can be found in the gardening department)
- Wire coat hanger
- De-natured alcohol purple in colour (found in the paint dept. or boating supply)

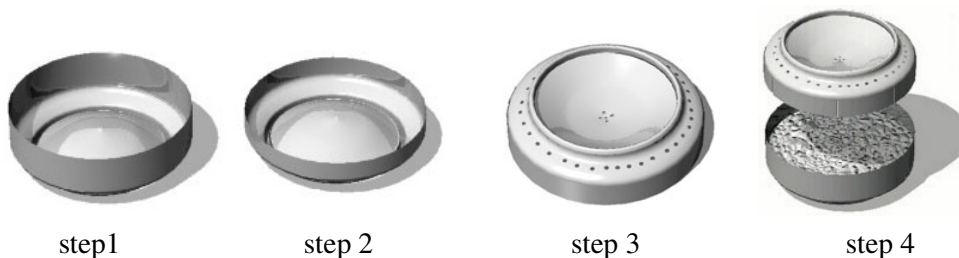
Tools

- Scissors
- Drill
- 1/16" (2 mm) drill bit
- Wire cutters

Directions

1. For the base of stove neatly cut one pop can about 1-1/2" (3.5cm) from the bottom.
2. For the top, cut the other can about 1" (2.5cm) from the bottom.
3. Drill a number of holes (18-30) around the edge of the top and in the center as shown; use a 1/16" drill bit.
4. Fill the base with perlite, just more than one half full.
5. Make 6-8 vertical cuts around the top. Make the cuts up to but not over the rounded edge. Slowly press the top into the bottom. (A small board can help make it even.)
6. Fill the stove about half full of alcohol. Light the burner by slowly moving a match or lighter over the edge of the burner. Note: If it does not stay lit, tip the burner up to leak some fuel into the rim and relight. Hold it until it stays lit or gets too hot.
7. Cut and straighten a coat hanger. Use fine sandpaper to remove any paint or coating. Bend the coat hanger wire (or any large gauge wire) into a shape that will hold a pot a few inches above the burner (see the example). Note: with a little imagination you can create a number of stove bases.

For more pictures and complete instructions log on to http://journeytoforever.org/edu_bkpkstove.html



step 1

step 2

step 3

step 4

CRAFTS

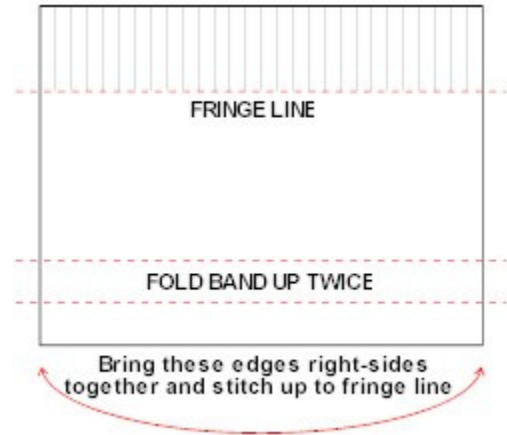
FLEECE CAMPING TOQUE SWAP

Materials

- piece of fleece fabric 12 cm X 15 cm
- safety pin
- needle and thread
- decorations- optional

Directions:

1. Cut off 1 cm strip from longest length and set aside.
2. Fold the fleece in half - hot dog style.
3. With needle and thread sew inside out using a blanket stitch 12 cm side together 7 cm up leaving top portion open. This will make the top fringe.
4. Fold bottom up 2 cm to form brim.
5. Gather top together and tie off at the top of stitching. Cut 5 cm slits every 2cm along the top end. to make fringe. **Optional** - Glue desired decoration to the rim, i.e. Maple leaf, flower or whatever you want.



HAPPY FACE DAD AND ME MAGNET

Supplies:

- ¼ c salt
- ¼ c water
- ½ c flour
- Cookie sheet
- Acrylic paint: yellow, fleshtone, black, white
- Paintbrush
- Toothpick
- Acrylic sealer spray
- Magnet
- White craft glue



How to make it: Preheat oven to 250 degrees F.

1. Mix together dough using 2 parts flour, 1 part salt, and 1 part water. * Make sure dough is not sticky; you should be able to work it in your hands. If too sticky add small amounts of flour until workable but not too much or your magnet will break!
2. Pull a piece of dough off and form a ball by rolling it in your hands. Flatten the ball of dough onto the foil lined cookie sheet - about ½" thick. Use a glass as a cutter to make into a round circle. Repeat this step only make the second ball a little smaller.
3. Place small circle carefully over ¼ of the larger circle. Use a knife or the toothpick to cut out a piece of the larger circle to fit the smaller circle into. Carefully push them together.
4. Roll small pieces of dough to form the round noses. Flatten in your hand and then place onto the two faces.
5. Use a toothpick to draw on the smiles. **Be sure to do this step before baking.**
6. Place cookie sheet in oven and bake for 2 ½ hours.

7. Remove from oven and let cool completely.
8. Paint faces yellow and noses peach. Let dry. Repeat for a second coat.
9. Use the handle end of the paintbrush to add whites of eyes. LET DRY completely before adding blacks of eyes or they will run together.
10. Add blacks of eyes in same fashion as the whites. Use toothpick dipped in black paint to draw within the smile lines to make your happy face.
11. Get a grown-up to spray the entire surface with acrylic sealer spray.
12. Glue a magnet to the back and let dry.
13. Tips: Personalize your smile faces by adding hair, glasses or freckles.

Bumble Bee Pot

Materials:

- Acrylic paints - White , Black and bright Yellow
- Foam sheets: white and red
- 3" clay saucer
- 2 1/2" terra cotta clay pot- tall and skinny size.
- 2 x 15-mm googlie eyes
- 1x Yellow chenille pipe cleaner stem
- Scissors
- Low-temp glue gun and glue sticks
- #12 flat paint brush
- Fine point permanent black marking pen



Directions:

1. Paint pot bright yellow set aside to dry
2. Paint clay saucer black set aside to dry
3. Use flat brush and black paint make two stripes horizontally around the pot about 2 inches apart on bottom half of pot.
4. Use black Sharpie marker to paint mouth on top rim of the pot.
5. Trace a wing shape pattern on white foam and the hearts on red foam.
6. Use scissors to cut out 2 pattern shapes.
7. Position and glue onto pot at the back to make the wings
8. Glue the googlie eyes on saucer side to make eyes and chenille stem to the top of saucer for antennae.
9. Use paint brush handle to dip into white paint to make dots to the black stripes if you want.
10. You can use this to store things in or make it as a gift and fill it with candies

NOTES: Let paint dry completely between steps

To make even stripes put strips of masking tape around the pot and paint black in between – see picture for example.

Colourful Summer Flip Flops

Supplies:

- 1 pair rubber flip flops sandals
- 1 package of small water balloons –available at Dollar Stores and Walmart



Directions:

1. Tie and knot the water balloons in half along the top straps of the flip flops- bunching them all together
2. Use random colour pattern until completely covered on both sides of the toe separator.
3. Now you have a colourful pair of flip flops to wear to the beach

RELIGION AND LIFE

Membership in Girl Guides of Canada is open to all girls and women who wish to make the promise, regardless of their beliefs. One of the lesser known program items is the Religion in Life program that was developed to assist in the spiritual growth of each member, adult or youth, who actively participate in their own religious denomination. Girl Guides of Canada upholds the principle that religious instruction is the responsibility of the parents and religious authorities.

There are five age-related stages for the Religion in Life program:

- Brownies - yellow border
- Guides - green border
- Pathfinders - blue border
- Rangers - red
- Adults - purple

Note: Only one emblem - the last stage earned- is worn on your uniform.

Depending on your religion there are different requirements in each to earn your badge. Those that are included are:

Anglican Church of Canada	Christian and Missionary Alliance in Canada	Orthodox Church
Apostolic Church of Pentecost of Canada	Eastern Orthodox Church	Pentecostal Assemblies
Bahai Faith	Community of Christ Congregational Christian Church of Canada	Polish National Catholic Church of Canada
Buddhist Faith	Evangelical Church of Canada	The Presbyterian Church in Canada
Canadian Baptist Ministries	Free Methodist Church	Society of Friends (Quakers)
Canadian Mennonite Brethren Churches	Hindu	Roman Catholic Church
Canadian Forces (Protestant)	Islam in Canada	Seventh-day Adventist Church
Canadian Unitarian Council	Jain	Sikh
Christian Church (Disciples of Christ)	Jewish Religion	Seventh-day Adventist Church
Christian Science	Lutheran Churches of Canada	Sikh
Church of Jesus Christ of Latter-day Saints	Moravian Church of Canada	Vineyard Churches of Canada Zoroastrianism
Church of the Nazarene		United Church

If you would like to receive detailed information on this program for any of the above listed religions, please contact me at program@monasheegirlguides.com.



LONES FUN PAGE

ODD FACTS

- The toothbrush was invented in 1498
- People do not get sick from cold weather; it's from being indoors a lot more.
- When you sneeze, all bodily functions stop, even your heart!
- Only 7% of the population are left handed
- Babies are born without kneecaps. They don't appear until they are 2-6 years old.
- A coat hanger is 44 inches long when straightened
- The only two animals that can see behind themselves without turning their heads are the rabbit and the parrot.
- The average housefly lives for one month.
- Your feet are bigger in the afternoon than any other time of day.
- You burn more calories sleeping than you do watching TV
- The average person over 50 will have spent 5 years waiting in lines.
- Pearls can dissolve in vinegar
- Most dust particles in your house are made from human skin that falls off our bodies

JOKES - See answers on page 24

1. What did the mama snake give her daughter?
2. What did the lettuce say to the celery?
3. What do ducks eat for lunch?
4. What do you get when you mix poison ivy and a four leaf clover?
5. Where do mermaids go to see a movie?
6. Why do salmon live in salt water?

READING SUGGESTIONS

<p>SPARKS</p> <p>Some Dads by Nick Bland</p> <p>Some dads are very careful and some dads misbehave. Some dads are sporty and some dads just brighten your day. No matter who your dad is, he is the best dad in his own special way</p>	<p>BROWNIES</p> <p>Farmer Joe Goes to the City By Nancy Wilcox Richards</p> <p>Farmer Joe goes to the city to buy his wife a birthday present. It has to be special and it has to be red — her favourite colour</p>
<p>GUIDES</p> <p>Plain Kate by Erin Bow</p> <p>Plain Kate lives in a world of superstitions and curses, where a song can heal a wound and a shadow can work deep magic but it causes problems in the town where she lives</p>	<p>PATHFINDERS</p> <p>The Margaret Trilogy By Bernice Thurman Hunter</p> <p>Is a story about a young girl coming of age in late 1920s-era Ontario. Join Margaret as she deals with the Great Depression, sibling rivalry and a severe illness, all while discovering beauty in the world through her newfound love of horses and the country.</p>



Camping



axe
 bear
 bug spray
 campfire
 canoe
 cooler
 fishing
 flashlight

forest
 fresh air
 hiking
 hotdog
 lake
 marshmallow
 mosquito
 mountain

peaceful
 picnic table
 river
 sleeping bag
 starry sky
 tent
 wood

SMART MOVES TO STAY HEALTHY

Summer is almost here and its time to get active again. Here are some myths and misconceptions about healthy lifestyles that need to be looked at.

Myth 1—Exercise is not fun.

Its fun to be good at something and being good can make you feel better. Whether it is scoring a basket, hitting a home run, or perfecting a tumbling routine ythye can put you in a good mood. When you exercise, your brain releases biochemical compounds called **endorphins** that can make you feel happier. It always feels great to have a strong, flexible body that can do all the activities you enjoy like running, jumping, and playing with your friends.

Myth 2—it’s OK to skip breakfast if you are not a “morning person.”

A good healthy breakfast refuels your body and gives you day a jump-start. Breakfast is the most important meal of the day so, don’t miss it. The Canadian Dietetic Association says that kids who eat a healthy breakfast are more likely to have better concentration, problem-solving skills and eye-hand coordination. You will also be more alert, creative and less likely to miss days of school. Be sure to put breakfast on your morning to-do list!

Myth 3—It is not smart to snack.

You don’t need to avoid snacks because they can fit into a healthy diet. So, don’t skip good snacks. Snacking on nutritious foods like fruit, vegetables and nuts can keep your energy level high and your mind alert without taking up a lot of your time.

Myth 4—You should only drink bottled water because it is better for you.

Drinking bottled water is no different from drinking water from the tap. When you stop buying water in bottles you **“Go Green”** and help to cut down on the amount of solid waste that goes into our landfill.

Myth 5—If you swallow your gum, it will stay in your stomach for seven years.

Gum will not stay in your stomach for seven years. It goes through your system at the same rate of other food, in about 12 to 24 hours.



INTERNATIONAL



The World Association of Girl Guides and Girl Scouts have a new "**Games Go Global Badge**" that you can earn. This June 2012, the Summer Olympics are being held in the United Kingdom, and the **Games Go Global** Badge will help WAGGGS members around the world learn more about the Games sporting and cultural heritage. Challenge yourself to '**do your best**' – which is something that both the athletes and Girl Guides/Girl Scouts all have in common! Prepare like an athlete through physical, spiritual and cultural activities, Understand how the Olympic Games bring countries together

To check out the criteria and resources go to World Association of Girl Guides and Girl Scouts - Games Go Global go to www.waggs.org/en/resources/document/view/23040

To earn the **Games Go Global Badge**, Members should complete the number of activities for your age, as listed below. You should complete activities from each of the three categories and we encourage you to choose a good balance of physical, mental and emotional activities. For example, a WAGGGS Member aged seven wishing to earn the Silver badge should choose two activities from Stadium, two from Temple and two from Theatre.

Level	Ages 5–7	Ages 8–10	Ages 11–14	Ages 15+
Gold	4	9	9	9
Silver	3	6	6	6
Bronze	2	3	3	3

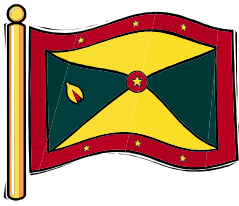
New Twinning Challenge: Grenada and Curaçao

Girl Guides of Canada is proud to introduce our new twinning partnership with the Caribbean nations of **Grenada and Curaçao**. Twinning allows all Members of the World Association of Girl Guides and Girl Scouts (WAGGGS) create a partnership to share friendships plus learn about each other's country, culture and Guiding programs.



This new Challenge will help Canadian Girl Guiding Members join the global network of 10 million girls worldwide in 145 countries that belong to WAGGGS.

To find out more about this Challenge go to www.girlsguides.ca



FACTS ABOUT GRENADA



Grenada (the first “a” is a long vowel) is the most southerly of the 7 Windward volcanic Islands that make up the Grenadines that are about 100 mi (161 km) from the Venezuelan coast off South America.

History

The Arawak Indians were the first to inhabit Grenada, but they were all eventually massacred by the Carib Indians. When Columbus arrived in 1498, he encountered the Caribs, who continued to rule over the island for another 150 years when the French gained control of the island in 1672 till 1762 until the British invaded and took over. The slaves were later granted freedom in 1833.

After more than 200 years of British rule (most recently as part of the West Indies Associated States) Grenada finally became independent on Feb. 07, 1974 making Grenada one of the smallest independent countries in the Western Hemisphere. Hurricane Ivan struck Grenada in September of 2004 causing severe damage that can still be seen today.

Land area: 131 sq mi (339 sq km)

Population (2010 est.): 107,818 (growth rate 0.5%);

Capital and largest city (2003 est.):
St. George's, 4,300

Monetary unit: East Caribbean dollar

Government: Constitutional monarchy
A governor-general represents Queen Elizabeth II

Languages: English, Creole and French Patois

The Girl Guides Association of Grenada (GGAG) is the National Guiding Organization of Grenada. They have over 1518 Members as of 2006. Founded in 1925, Grenada became an associate member of WAGGGS in 1990 and then attained full membership in 2010.

They have Rainbows (5-7 yrs) Brownies (7-10 yrs)
Guides (10-16 yrs) Rangers (16-19 yrs)

Girl Guide Promise:

I promise that I will do my best
To do my duty to God
To serve the Queen and my country and
Help other people, and
To keep the Guide Law

Grenada Guiding Program

Based on the 8 point system using

1. physical fitness
2. the mind
3. outdoor enjoyment
4. homecraft skills
5. service to others
6. human relations
7. creativity
8. character



Learn about Curaçao in the Fall Edition of OMO

DATES TO REMEMBER

May 21	Victoria Day
June 10	Hands Across The Border
June 17	Fathers Day
June 20	First Day of Summer
June 21	Aboriginal Day
July 1	Canada Day
August 6	BC Day
September 3	Labour Day
September 9	Grandparents Day

OTHER ODDBALL AND FUN HOLIDAYS TO OBSERVE

See if you can find some other ones and think of some fun ways to celebrate them.

MAY Salad Month		JUNE Dairy Month	
Mother Goose Day	May 1	Flip a Coin Day	June 1
Cinco De Mayo	May 6	National YoYo Day	June 6
National Chocolate Chip Day	May 15	Fly A Kite Day	June 15
		Camera Day	June 29
JULY Ice Cream Month		AUGUST Water Quality Month	
Stay out of the Sun Day	July 3	Watermelon Day	August 3
Chocolate Day	July 7	Friendship Day	August 5
Teddy Bears Picnic Day	July 10	Left Handers Day	August 13
Mutts Day	July 31	Be An Angel Day	August 22



THUMBS UP

- ☺ Meggin for helping Guides with making their camp swaps
- ☺ 1st Lones Girl Guides: Lia, Zoe, Natalie, Raeleigh and Gemma for earning donations for the CWFF
- ☺ Lones Ranger Guider Lorraine Adams for being the GIC at GUEST 2012 in Prince George
- ☺ Former Lones Ranger Guider Donna Samson for receiving the Medal of Merit award
- ☺ Lones Ranger Guider Susan Zutz for receiving her Gold Merit award
- ☺ Ranger Laura who will be attending a Scouting Camp in Denmark this summer
- ☺ Gemma K for sharing her vacation pictures in Asia on her family blog
- ☺ Meggin, Gemma, Lia, Maya and Natalie for completing their Cookie Allstars
- ☺ Zoe and Gemma for earning the Lady BP award

Say Goodbye To Our Canadian Penny



- The last Canadian Penny was stamped and made on **Friday May 4th 2012** at the Canadian Mint in Winnipeg Manitoba. The mint has produced 35 billion pennies since it began production in 1908.
- The first Canadian cents were struck in 1858 and had a diameter of 25.4 millimetres (1.00 in) and a weighed 4.54 grams (0.0100 lb). It was made of 95% copper, 4% tin, and 1% zinc.
- From 2000-2012 the penny is made of 94% steel, 1.5% nickel, and 4.5% copper (as plating) weighed 2.35 grams and is 25.4 mm, round.
- These cents were originally issued to bring some kind of order to the Canadian money system, which, until 1858 used the British coinage.

JOKES- Answers

1. A goodnight hiss
2. Stop stalking me
3. Soup and quackers
4. A rash of good luck
5. At the Dive-in
6. Because pepper makes them sneeze



Lorraine - Ranger Guider hard at work



Lones in Pictures

Gemma K – Pathfinder boating in Asia



2012 PlayLand at the PNE Ticket Program

Once again Playland/PNE has offered Girl Guides of Canada Members and their families a special discount for PlayLand tickets. The GGC promotion code will enable Members to purchase discounted tickets for Playland, the Fair at the PNE, Fright Nights at Playland and other select special events held at the PNE, such as Disney On Ice.

This discount is only available for GGC Members and their families. To purchase your tickets contact your Unit Lones Guider or Lones Adviser at lones@bc-girlguides.org for the promotional code needed. Then go online to www.pne.ca/groupsales, select "**Buy passes**" and enter the code to purchase your tickets.

GIRL REGISTRATION Form and PARENT /GUARDIAN CONSENT

Girl Membership (iMIS) # _____

PARENT/GUARDIAN: Please complete pages 1 & 2 of this form and submit following the instructions provided by your Guiding office as soon as possible to secure your registration. Registration is not complete without payment. For further information please call 1-880-565-8111 during regular office hours. **Please retain pages 3 & 4 (Code of Conduct) for your reference**

Unit Placed in: _____ Unit iMIS #: _____
 Received Date: _____ Date Paid: _____

I want to join: Sparks (5-6) Brownies (7-8) Guides (9-11)
 Pathfinders (12-14) Rangers (15-17+) Lones
 How did you learn about Guiding? Previous girl Member Family/friend in Guiding Website School
 Media Print Advertising Cookie Campaign

Have you been a Member with Girl Guides of Canada-Guides du Canada before? If so, what unit and which year?
 Unit: _____ Year: _____
 Do you have a preference for a particular unit now? If yes, please list:
 Unit: _____

PART A: Contact Information

Daughter/Ward: _____
 First name and initials _____ Last name _____
 Address: _____
 Apt./No. Street P.O. Box or R.R. No.

 City Province /Territory Postal Code
 Phone: Home () _____ Cell: () _____
 Birth date: / / _____ email: _____
 year/month/date (enables access to the Girl Zone on the GGC website)

Main Parent/Guardian: _____
 First Name Last Name Email: _____
 Telephone: Work: () _____ Home: () _____ Cell: () _____
2nd Parent/Guardian: _____
 First Name Last Name email: _____
 Telephone: Work: () _____ Home: () _____ Cell: () _____

Emergency Contact:
other than custodial parent; not resident in girl's home _____
 First Name Last Name
 Telephone: Work: () _____ Home: () _____ Cell: () _____

PART B: Use of Information

In order to ensure we are continually improving our programs and activities, GGC may periodically contact girls to ask for their ideas, opinions and feedback. Please check the box if you **do not** give us permission to contact your daughter/ward.

PART C: Accessibility Needs

GGC wants to ensure your daughter/ward has the opportunity to participate fully as a Member. If she has any disabilities that may require accommodation, disclosing them will help us to place her in the best unit for her needs. If you wish to discuss any accommodation needs with a GGC representative first to help find the best unit for your daughter/ward, you can contact your provincial office at 1-800-565-8111 or membership@girlguides.ca

PART D: Membership Agreement

I understand that by signing this agreement:

- Girl Guides of Canada-Guides du Canada (GGC) is a volunteer organization for girls and women, and I will support my daughter/ward and her Guiders in their activities throughout the year.
- I agree to support the sale of Girl Guide Cookies, the main fundraiser for GGC.
- I understand my responsibility in making sure my daughter/ward arrives and is picked up on time for meetings and other activities.
- I have read and understand the **Code of Conduct**, and I agree that I and my daughter/ward will abide by it and uphold its terms. I will also inform any other parent(s)/guardian(s) of my daughter/ward who will interact with GGC that they must also abide by it and uphold its terms.

Signature of Parent/Guardian _____

Date _____

FOR OFFICE USE ONLYName: _____ Birth Date: (YY) _____ (MM) _____ (DD) _____
Unit Name: _____ Girl Membership (iMIS) # _____

Parent/Guardian Consent

General Consent Statement

Guiding activities are organized according to set standards and guidelines for activity management including supervision, training, equipment, and health matters. These standards are documented in Safe Guide: Activity Planning and Safety Management and are available upon request.

During a typical Guiding activity, your daughter/ward may participate in activities, supervised by her Guider, which may include, but are not limited to:

- Arts and crafts (use of scissors, glue, small craft materials)
- Active games (physical activities that may involve balls, running, skipping, jumping, tossing, etc.)
- Use of equipment (for science experiments, crafts, games, cooking, etc.)
- Active outdoor activities in the community (cookie sales, walking tours, skating, nature walks, etc.)
- Excursions to local points of interest (museums, parks, fire halls, etc.)

In all activities there is an element of risk. While Girl Guides of Canada and your daughter's/ward's Guider(s) take reasonable precautions to minimize these risks, this is no guarantee against injury or loss.

Some of the risks associated with typical activities include (but are not limited to): scrapes, cuts or bruises; sprains, strains or possible broken bones; illness from known or unknown sources; theft or loss of possessions; unforeseen injuries from activities, equipment or actions of your daughter/ward, other participants or other people, including negligent actions.

You will occasionally need to provide your daughter/ward with equipment or clothing appropriate for the activity.

From time to time, unscreened adults who are not Members may assist with the supervision of your daughter's/ward's unit activities under the direction of a Guider. Our procedures do not permit a girl to be left alone with an unscreened adult.

Some activities may take place in the community. These may be within walking distance, or may require a different drop-off or pick-up location. When activity locations require alternate drop-off or pick-up or other transportation arrangements, the Guider will provide you with the details.

From time to time your daughter/ward may attend activities or events (e.g., camps, trips, or special outings or events) that would be in addition to the activities outlined above. Your permission will be required for these specific activities/events. If this occurs your daughter/ward's Unit Guider will send home additional information about the planned activity or event.

Declaration:

I have read and understand the information provided on this form. I understand and assume any and all risks associated with Guiding activities on behalf of my daughter/ward not limited to those risks listed above. I authorize my daughter/ward to participate in the activities described above.

Name: _____
(please print)

Signature: _____

Date: _____



PLEASE DETACH THIS PAGE AND RETAIN FOR YOUR RECORDS.

DO NOT RETURN WITH YOUR SIGNED APPLICATION

Code of Conduct

(Revision: December 9, 2010)

This Code of Conduct is an integral part of involvement with Girl Guides of Canada – Guides du Canada (GGC). The Code of Conduct requires all Members, all volunteers, all employees, and all parents and guardians of Members to:

1. Refrain from words, actions and behaviour – in any medium -- that demonstrate disrespect for other Members, volunteers, employees, or the family members of such individuals.
2. Uphold GGC's reputation and integrity by ensuring that their conduct, whether in person, online, or otherwise, brings honour and dignity to GGC.
3. Be vigilant in ensuring an environment that is safe and protects girl and adult Members, volunteers and employees from emotional, physical, verbal and sexual abuse.
4. Respect other Members', volunteers' and employees' rights to privacy and the confidentiality of their personal information.
5. Act with honesty and integrity when dealing with property, monies and any other assets belonging to GGC.
6. Respect and abide by the laws of Canada and of the relevant Province or Territory.
7. Treat Members, volunteers, employees and Members' families fairly, knowing that GGC does not tolerate unlawful discrimination on the basis of race, national or ethnic origin, citizenship, colour, religion, sex, age, mental or physical ability, political beliefs, socio-economic status, health-related status, sexual orientation, marital status, or any other grounds enumerated in the human rights legislation of the jurisdiction in which the individuals involved are located.

In addition, Members, volunteers and Employees will:

8. Subscribe to the principles of the Promise and Law of GGC and adhere to GGC's bylaws, policies and procedures.
9. Fulfill their roles and responsibilities as stated in their position descriptions (where applicable) and act within the limitations of their authority in the discharge of their duties.
10. Diligently maintain the confidentiality of any information regarding GGC that they have obtained in the course of performing their roles in Guiding and that is not generally available to the public.

Girl Guides of Canada-Guides du Canada reserves the right to take action regarding any breach of the Code of Conduct.



PLEASE DETACH THIS PAGE AND RETAIN FOR YOUR RECORDS.

DO NOT RETURN WITH YOUR SIGNED APPLICATION

The Code of Conduct and You

(March 2011)

The stated values for Girl Guides of Canada (GGC) are stipulated in the Promise and Law, and are further reinforced by the Code of Conduct. Being a part of the Guiding community, you – girl Members and their parents/guardians, adult Members, volunteers, and employees – have the right to participate in an environment that is respectful, safe, and positive. With this right comes the responsibility to ensure a respectful, safe and positive experience for everyone involved in Guiding.

Each person involved with GGC has roles and responsibilities with respect to the Code of Conduct:

- Uphold the principles of the Code of Conduct and be personally accountable for your actions and behaviour.
- Hold each other accountable for actions and behaviour.
- Use open, clear and respectful communication to resolve issues.
- Take prompt and reasonable action to address issues in a timely manner to avoid unnecessary escalation, and seek assistance if necessary.
- Be a role model for others, especially for our girl Members/daughters/wards.

Adult Members working with girls are expected to:

- share and explain the Code of Conduct to the girls in their Unit, and together establish a common understanding of the Code of Conduct as it applies to their Unit;
- educate themselves on GGC policies and procedures;
- explain to non-member volunteers, and parents/guardians, the policies and procedures relevant to their interaction with GGC;
- communicate regularly and meaningfully with parents/guardians;
- maintain consistent standards of behaviour for all girls.

Parents/guardians are expected to:

- encourage and assist their daughter/ward in following the Code of Conduct;
- ensure that other parent(s)/guardian(s) of their daughter/ward are aware of the Code of Conduct, and of their responsibility in following it in their interactions with GGC;
- support the efforts of GGC and its adult Members in maintaining an environment where all can enjoy Guiding;
- communicate regularly and meaningfully with the Unit Guiders of their daughter/ward's Guiding Unit

Girl Members are expected to:

- Participate in programming with their Unit Guider to learn about the Code of Conduct and our standards of behaviour.

The Code of Conduct policy is available from adult Members or from provincial offices. Adult Members and employees can access policies related to the Code of Conduct through the Member Zone section of the GGC website.