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Fall 2016

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SPREAD THE WORD

Audra Denny, Provincial Public Relations Adviser

With a new Guiding year upon us, many Guiders ask themselves...how can we recruit? We know Guiding can be fun, empowering, and exciting, but how do we let other ladies know that secret?

Having a personal story is always a good way to approach telling the great women in your lives about Girl Guides. How did you become a Guider; did you come up through the ranks, or discover it as an adult? When was the last time you saw old friends at a Guiding event and spoke the language only we understand? Sharing a personal story about your experiences as a Guider will relay your infectious enthusiasm for this great organization.

When someone is asking about Girl Guides, it's great to "know your audience" and mention something relatable when responding. Does she like knitting? There's a badge for that! Does she like outdoor cooking? There's a camp for that! Does she like adventure? There's travel for that! Does she like girl talk? There are plenty of moments for that! Adult members and girls can always come try a meeting, so invite them to your next one.

Any way you decide to spread the word, remember you are an ambassador for Girl Guides. Always have your "why" ready to share, and your passion will shine through. Don't worry if you get excited and forget that there have been over 7 million girls involved in Canadian Guiding in the last 100 years, or how much the registration fee is; you can always direct them to www.girlguides.ca!

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A MESSAGE FROM THE PROVINCIAL COMMISSIONER

Welcome back! Wasn't that a summer? For the first time since 1999 we had a national camp in Alberta and oh what a camp it was! I was thrilled to go to my first GM and experience this very special opportunity. Alberta, Northwest Territories and Yukon were very well represented and it was absolutely amazing to watch all of our wear their green shirts with the very popular buffs on the designated day. It did rain...make no mistake, it rained a lot, but I am thankful that didn't snow.

By the time you read this, your unit will have been running for a few weeks, you've started selling cookies and you may have already been to camp (I love fall camping mostly because of the colors and the crisp mornings). This time of year is so special as you have girls you haven't seen all summer coming back excited to tell you all about their summer, and the new girls who are anticipating the great things they will get to do in Guiding. As well, you have reconnected with your adult sisters in Guiding through trainings, meetings and other activities. It's busy but it's fun!



We are still working through the various changes to our council and for Alberta Council our first meeting under the new structure will be in October. Exciting opportunities arise because of change and I am so excited to see where this takes us. I am especially excited about the Youth Forum for Rangers. The girls selected for this opportunity will be our ambassadors as well as providing Alberta Council with their thoughts on what they consider to be important to our members.

It is absolutely stunning to be able to say this, because one would expect that with the GM fundraising complete that our cookie sales may drop a bit. However, with 56,990 cases of sandwich cookies and 51,213 cases of mint cookies that puts us at 108,203 cases of cookies in 2016! Absolutely crazy! If we count every member (adults and girls) in the equation, that means we are selling 7.1 cases per member.

THANK YOU!

Within Guiding, there are always many new opportunities available at every level and I encourage you to keep your eye on the various publications for an opportunity that peaks your interest. From the Nationally sponsored International Trips to the Alberta Council's Program Committee great Challenge in recognition of Canada's 150th birthday in 2017, I am confident there is something for everyone. Speaking of Canada's birthday, stay tuned for a really unique, interesting opportunity that will be announced around the time you are reading this that will enable you to show your pride in Canada.

May 27th, 2017 is the next provincial AGM and will include a visit from our Chief Commissioner as well as the installation of the 20th Provincial Commissioner for Alberta Council. Mark your calendar now and save the date for the Multi-Faceted training also taking place that weekend, which will include your ticket to the AGM dinner. With that in mind, the search process will be starting soon for the position of Provincial Commissioner.

I hope that the 2016/2017 Guiding year is filled with lots of smiles, laughter and great memories. The time we spend with the girls is important, while it may not be evident right away, we are making a difference. To close I would like to share the last message from Lady Baden-Powell. I have always found this to be inspirational and hope you do too.

I shall have left this world when you receive this message, which I leave to express my thanks for all the kindnesses and the affection shown to me, and to say how greatly I have rejoiced over the way in which you have carried out your share in the work of the Movement that my beloved husband invented, for the advancement of boys and girls of all countries years ago.

I trust that you will continue fully to use the system of work and play that our Movement provides, keeping up the fun and the friendships made at your meetings and in camps, abiding by the Promise and upholding the Laws that you undertook to live by when you joined up.

I trust you will be successful in all your tasks, and may God be with you all in the coming years.

February 22, 1887 to June 25, 1977

Beverly

Thank you to all our adult members who participated in GM2016. Whether you were a patrol Guider, core crew or you took girls as Guest Campers, you helped make it happen. Without you, our girls could not have had this amazing experience. You welcomed the world and represented AB, NT, and YT extremely well.

Thank you to the area and district councils who supported their participants in various ways and the communities who supported the fundraising. This truly was an Alberta Council wide effort.

Special thanks goes to **Chris Haydon**, our Provincial GM Liaison who was instrumental in ensuring our 81 patrols were ready to go and ended up going herself.

The memories of GM2016 will live on for many years, there will be jokes about the mud that will last well into the next GM but they are our memories and we will cherish them!



QUICK START SNIPPET....

Girl Lead Programming

Kathy Batty, Provincial Training Adviser

*A special thank you to my 'ever helpful idea fairy' **Tanya Watts**, a Trainer and Guider from Edmonton Area, for supplying this "Quick Start" Snippet.*

Girl Lead Programming is a tricky balance between Being Prepared and letting the girls lead the way!

Guiding is a program for girls and as such, girls of all branches should have a big say in how they spend their time, but at the same time Guiders need to Be Prepared and do long and short term planning so the year has a good flow, key elements are covered and everyone is having fun!

Obviously how to include the girls in the planning process differs between the different Branches, but all need to include the girls! And while you need to show up at your first meeting with some get to know you games, an idea for nametags and other activities, you should also plan time for finding out what the girls want to do, and what they are hoping their Guiding experience will look like. With Guides, Pathfinders and Rangers, they will be able to tell you this for themselves, but for Sparks and Brownies, it is often helpful to have the parents there for that portion of the meeting.

Sparks and Brownies can be involved in the unit planning by selecting which game they would like to play or song to sing. As you play games and sing songs in the unit keep a file box with the names of the games and songs on cards (you may want to include pictures on the cards to help the girls who cannot yet read) and each meeting you can have a different girl pick a game or song from the box.

To help plan a camp or special activity menu you can play a game of "would you rather" – the Guider can ask questions such as:

- if you would rather have pancakes run to that wall, if you would rather have French toast sit down.
- if you would rather have cake jump on one foot, if you would rather have cupcakes spin in a circle.

By allowing the girls a voice in the menu, you will have much more success in them eating!

Guides can build on the skills they learned as Sparks and Brownies as many of them will remember the games they played and songs they sang. Giving a different Patrol the responsibility of planning the games or campfire portion of a meeting each week will not only enable them to be part of the planning process, but will also increase their skill in working together and getting to know the other girls within their Patrol.

You can also decide as a unit on what badges the unit would like to earn. Perhaps have each Patrol pick a section of the badge they would like to present and again work together in completing the requirements, they then present it to the rest of unit. Girls of this age could also be asked to plan and run the yearly Halloween Party or annual New Year's first meeting back fun night!





Pathfinders should be heavily engaged in planning their programming. At the first meeting of the year ask them “what would you like to do this year?”; “Are you interested in earning your Canada Cord? If so, which stream – camping or leadership?” Depending on their answers, it will shape how the year goes – if they all want their camping stream – your unit will be doing a lot of camping! If they all prefer the leadership stream, then you will be working on those skills instead. Once you know which direction each girl wants to take, work with them to reach that goal. Some Pathfinders will be able to look at the book and run with it on their own; others will need more guidance and assistance but keep in mind there may even be others who are more interested in the friendship and comradery that Guiding brings and not overly interested in earning their Canada Cord.

By this age Pathfinders should be able to plan their camp menu on their own although you may want to have a look over it to ensure there is a balance between the food groups. Time permitting; the girls can even do the grocery shopping as a unit, learning all the skills that budgeting entails.

By the time girls have reached Rangers, many will have the skills to do most of the planning on their own and should be encouraged to do so. They can plan their camp menus, decide what they want to do during camp, and can likely provide most of the content as well.

Ranger aged girls can tell you which program areas they want to focus on, bring in challenges from other provinces or countries and assist in other units.

You will learn as you get to know the girls how much assistance they will need. Some may not know where to start if they have to book the night out at the ceramics studio, so sit with them, and walk them through the motions to ensure success and not frustration. Many Ranger units also include the girls in the Safe Guide paperwork process, setting them up for success when they become a brand new young Guider.

Girl Lead Programming does not mean that the Guiders sit back and do nothing, but as girls grow through the branches, the Guider’s role evolves from ‘ring leader and starring act’ to the guiding hand that is needed to keep things on track and assisting girls to think outside the box.

For more great tips, hints, ideas and sharing – sign up for a training session(s)! Programming for the Girl, About the Girl, Quick Start, Putting the Pieces Together, All About your Branch and Building Unit Guider Skills are all designed to give you, the Unit Guider, the skills you need to be successful in your position!

The trainers in Alberta, Northwest Territories and Yukon along with the Provincial Training Committee are here for **YOU**, regardless of what position you currently hold in Guiding. Be sure to watch ANY_GuideNews and the Provincial Training calendar for opportunities to participate. Can’t find what you are looking for...ask us, we **WANT** to help!



SPRUCEWIND

Yukon District-Aurora Adventures Area

Sprucewind is the Girl Guides of Canada camping facility at M'Clintock Bay on Marsh Lake. It is the cornerstone to Guiding's commitment to the camping program in the Yukon. Sprucewind is south of Whitehorse, the North M'Clintock subdivision is about 40 minutes by road, on Swan Haven Drive. The camp property is one kilometer from the Alaska Highway on a year-round, well-maintained gravel road.

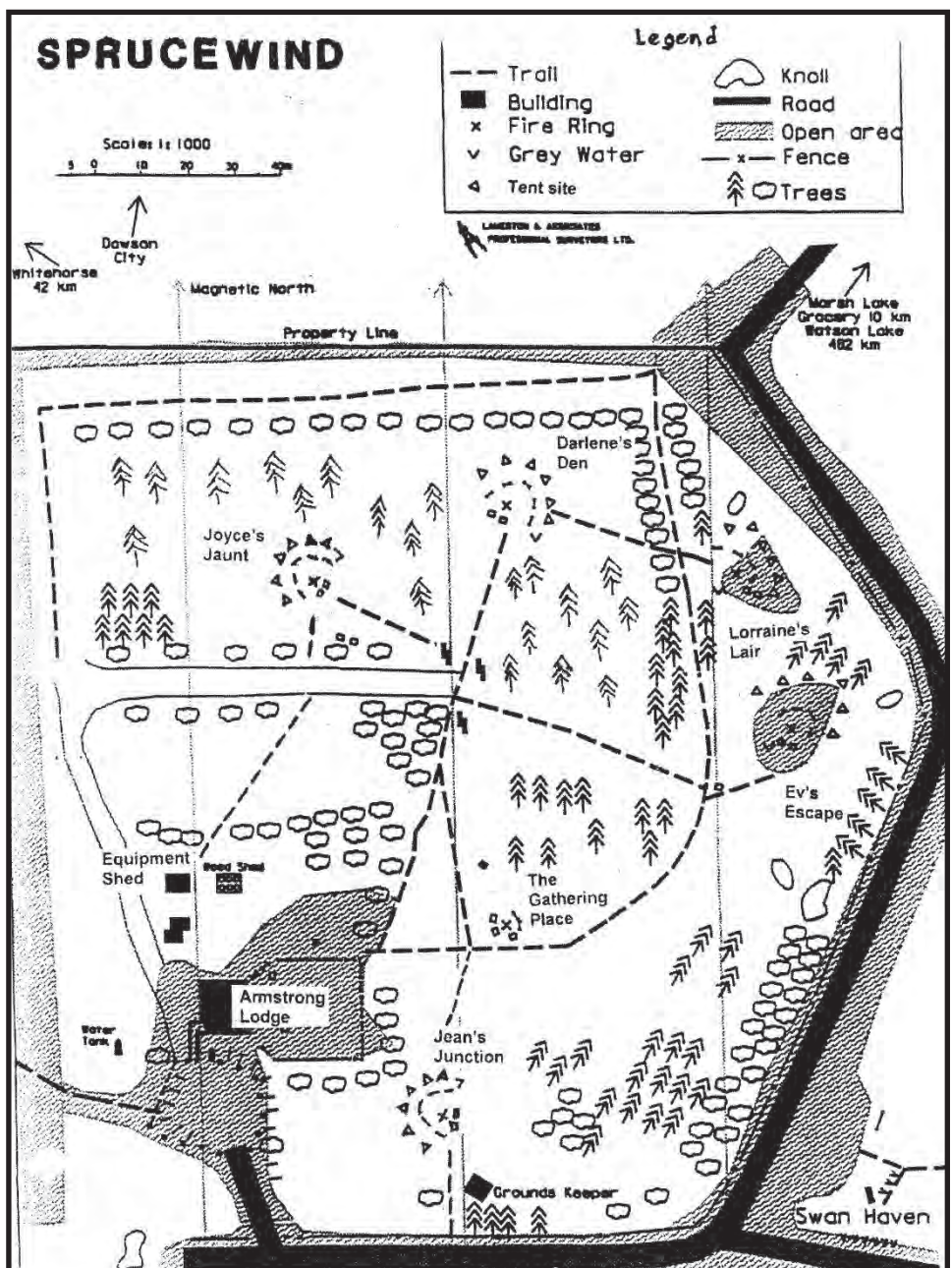
Sprucewind features Armstrong Lodge, a large equipment storage shed, a parade square, a wood compound, and five landscaped campsites for the summer tenting program. Access to a shared, public beach area is close by at Swan Haven. With appropriate supervision, waterfront activities may be planned as part of your camping program or the beach may be used for dry-land program activities and campfires at the appropriate firepits.

ARMSTRONG LODGE was erected in 1976, and is a 20' X 28' wooden structure with an enclosed veranda on two sides. The facility is serviced with electric lights and cooking stove and is heated with wood. Inside, the main floor space is an open design with a designated cooking area, including counters and storage units for pots, dishes, and supplies. Most of the ground floor space is occupied by tables and benches suitable for group activities such as meals and crafts. There is a small storage room, also on the main floor, in which supplies and non-perishable food are stored.

The enclosed veranda is used predominantly for temporary storage during winter Unit camps and also for permanent storage of seasonal items required around the Lodge. The windows are screened and covered with wooden shutters which can be raised and secured during summer use to provide additional lighting and lots of air flow to moderate the temperature in the building.

Armstrong Lodge is used for accommodation and programming during the winter months. During tenting season, Units may use the Lodge as a programming area during inclement weather. For large camps, Armstrong Lodge is often used as the camp kitchen supply and service area and the administration area.

The equipment shed contains both common camp equipment, such as coolers, water jugs, tarps, recycle bins and garbage pails, rakes, shovels and wheelbarrows, and tent site patrol equipment. The patrol equipment is stored in individual lockers, designated by site name. Each locker provides all equipment needed for a group of up to



20 girls and 4-6 leaders. Attached to the back of the shed is a smaller storage box for the propane tanks used with the cooking units at tent sites.

The Grounds

The Wood Compound is a fenced and locked area for firewood storage. Each tent site is landscaped with designated tent pads and include a large kitchen area with picnic tables. Grey water pits for liquid disposal are also located on each site.

Marked trails between sites on the property and a graveled access road allow for easy movement around the site. Eight latrines on holding tanks are provided around the property – two are located close to Armstrong Lodge and are wheelchair accessible, with another six situated in a central location to all tenting sites.

If you are looking to visit the Yukon with your Unit, Sprucewind is the perfect location to give them a fantastic camping experience.

For more information please contact the Aurora Adventures Area office at girlguides@klondiker.com.

*Provincial Commissioner **Beverly** and Deputy Provincial Commissioner **Glenda** at a recent visit to Sprucewind.*



A SPECIAL CHALLENGE CREST OFFER

ALBERTA COUNCIL IS PLEASED TO ANNOUNCE
A SPECIAL CHALLENGE CREST OFFER FOR THE 2016-17 GUIDING YEAR

BUY CANADA'S 150TH BIRTHDAY BUNDLE WHICH INCLUDES:

SPECIES AT RISK, EXPLORE CANADA AND
THE PROVINCIAL ARTS CHALLENGE

FOR THE AMAZING PRICE OF \$3 (GST INCLUDED)

A SAVINGS OF \$0.92/BUNDLE

OFFER EXPIRES JUNE 30, 2017

VALID ONLY FOR GUIDING UNITS IN ALBERTA,
NORTHWEST TERRITORIES AND YUKON.

MYTHBUSTERS

GIRL GUIDE EDITION

BUSTED

MYTH

– Girls and Guiders have to wear the newest uniforms to all Guiding events.

BUSTED

– Any Girl Guides of Canada uniform is considered uniform and can be worn by girls and Guiders. Once it is uniform, it is always uniform but when a newer version is introduced the older uniforms are no longer made.

PLAUSIBLE

MYTH

– all membership year pins should be worn at the same time.

BUSTED

– only wear the highest membership year pin you have achieved. Please feel free to pin your previous membership pins on a camp blanket or camp hat.

MYTH

– the enrolment or appointment pin is the only pin that goes on the left lapel.

CONFIRMED

– these are the only pins that should go on the left lapel of the Guider uniform.

MYTH

– girls attending Bring A Friend events need to only give contact information and pertinent medical information, they don't need to fill out the entire application form.

CONFIRMED

– girls attending Bring a Friend events only need contact information and pertinent medical information. Have registration information available though as you might gain some more girls! They are covered by GGC insurance for that activity.

MYTH

– If you don't use a trefoil you can make any merchandise you want.

BUSTED

– you have to have all merchandise logos approved by the deputy Provincial Commissioner before making this (see merchandising guidelines on the National website). Merchandise can only be for a specific event.

CONFIRMED



MYTH

– Enrolment must be at least 6 weeks after joining Girl Guides.

BUSTED

– Enrolment should be done as soon as possible and multiple times in the year if girls join through the year. This allows girls to feel that they are part of Girl Guides. You do not have to have your uniform to be enrolled.

MYTH

– the membership pin should be given out at the end of the Guiding year.

BUSTED

– the membership pin should be given at the beginning of the year and is for the year coming up (ie. When a Spark is enrolled she is given her 1 year membership pin). Membership pins are for belonging to Girl Guides and being part of the sisterhood.

MYTH

– Girl Guides of Canada is not allowed to participate in Tag Day by distributing poppies with the Royal Canadian Legion.

BUSTED

– this fundraising is allowed within the GGC Fundraising Policy and is a great way to support our veterans and be visible in the community. Girl Guides are not permitted to raise funds for other organizations, but given our long standing history with the Royal Canadian Legion this is allowed.

MYTH

– Every unit must collect dues weekly.

BUSTED

– just like with the tooth fairy, each unit collects dues differently. Some do this weekly and some monthly. This is not a mandatory fee, but rather a tool for the girls to learn about responsibility and help cover the costs of unit activities. Watch the Alberta Council website for a document called Do You Do Dues? to assist you in determining the right choice for your unit.

MYTH

– Only one Guider from a unit can attend a District meeting.

BUSTED

– every unit Guider is permitted and in fact encouraged to attend their District meeting, but there is only one vote per unit. District meetings are a great resource and you can participate in decision making and the sisterhood of Guiding.

Do you have a **MYTH** that you would like to have **CONFIRMED** or **BUSTED**?

Email your query to blue-print@albertagirlguides.com using **Mythbusters** as the subject line.

PROMISE, LAW & MOTTO INSTANT MEETING

Carmen Zayac, Woodsmoke Area Program Adviser

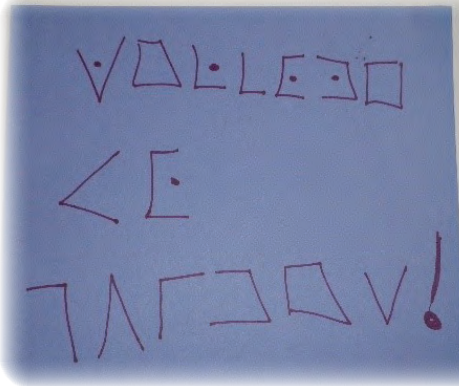
Opening

Have a code set up in the room that the girls can visit upon arrival and decipher. Have one big page with the cipher (see right), then interchangeable pages with different messages set up around the room. To write the messages, use only

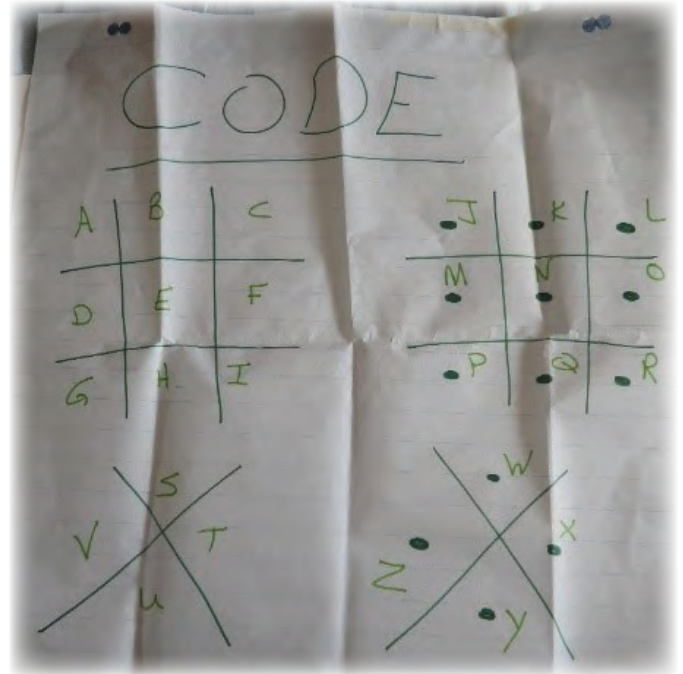
the lines/ dots for that particular letter.

Examples of messages:

- Welcome to Guides
- Learn your promise
- Have the Promise, the Laws & the Motto written in code.
- Look for treats under the "... " (and hide a treat for them to find)



Message reads "Welcome to Guides!"



Learning the Promise:

Have each line of the promise written on a different piece of card stock. Go through each one with the girls, and talk about what it means, how it matters and how they could use it in their lives.



Promise craft:

- 8 1/2 X 11 canvas
- Crayon pieces
- Hot glue gun
- Heat gun (blow dryers are too slow)
- Promise printed off on a sheet of paper to fit

Have the girls hot glue the crayons down the short side of the canvas. With paper protecting the table, have the girls hold the crayon end of the canvas up (so the colours will run down) and melt the crayons with the heat gun until desired effect is achieved. Place flat and let cool. Once the canvas has cooled, cutout the promise and hot glue onto the canvas.

Learning the Law:

Have each of the laws printed on a piece of card stock.

Go through each law, discussing their meaning. Give each girl the opportunity to talk about a time she used a particular law in her life, or how she could use it in the future.



Law craft:

- Large popsicle sticks (coloured are preferred)
- A sheet with the laws printed on it (so they fit the sticks)
- Glue
- Ribbon

Cut apart the Laws from the sheet of paper. Glue each one onto a separate popsicle stick. Double the ribbon so you have two sides hanging down evenly. Hot glue the sticks onto the ribbon (starting from the bottom).

Learning the Motto:

Have a card with the motto printed on it. Read it to the girls and discuss.

Motto Activity:

Have a few scenarios written out on papers scattered around the room.

Examples of scenarios:

- A day hiking trip
- A unit meeting
- A weekend camping trip
- A day at school

Have each girl or patrol go to a different scenario page, and write down what she would need to “Be Prepared” for each activity. Have her bring the page to a Guider to talk about or discuss as a group.

Motto craft:

- Large popsicle stick
- Motto printed off on a sheet of paper
- Glue

Cut out the motto from the sheet. Glue it onto the popsicle stick.

Connect all the crafts to take home:

- Staple gun
- Hot glue gun

Staple the ribbon of the Law craft onto bottom corner of canvas frame. Hot glue the Be Prepared craft along the melted crayons on canvas.



Game: Have 4 pieces of paper taped to each wall of the room. Each page has one of the following designations:

- Promise
- Motto
- Law
- Other

The Guider starts saying a line from either the Promise, the Law, the Motto, or some other phrase. Girls run to the wall that the line corresponds to. This is a variation of the 4 Corners game.

Closing: Say the Promise together as a group, and sing the Law Song together. Ask the girls to please Be Prepared for next weeks meeting.

LEARNING ABOUT NEW ZEALAND INSTANT MEETING

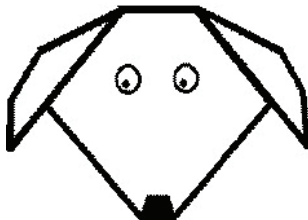
Bringing International into the Program

Bev Burton, Chinook Area Commissioner

Sparks and Brownies: Origami Lamb

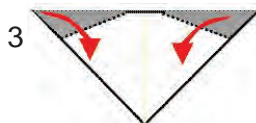
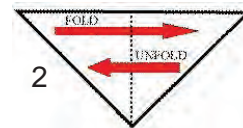
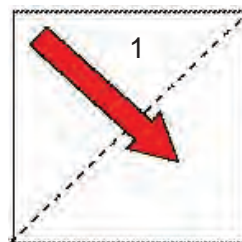
Materials:

- Square piece of white paper
- Black marker
- Wiggly eyes
- 2 cotton balls
- Glue



Instructions:

1. Valley fold the paper in half diagonally (so you have a triangle)
- Turn the triangle so the point is facing toward you.
2. Valley fold the paper in half diagonally again (so you have a smaller triangle).
- Crease and unfold
- This gives you a crease in the center of your larger triangle to use as a guide for the next step
3. On each side, valley fold a triangle about 3/4 of the way to the crease to make the ears
4. Mountain fold a small bit of the bottom tip of the triangle and a small bit of each ear
5. Mountain fold a small bit of each ear
6. Glue pieces of cotton balls onto the ears.
7. Glue wiggly eyes onto the face
8. Draw a black nose (and eyes) onto the face.

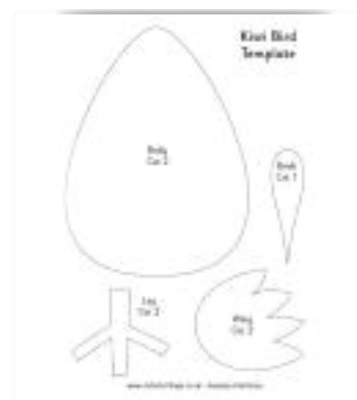


From: http://www.dltk-kids.com/p.asp?b=m&p=http://www.dltk-kids.com/animals/psimple_origami_lamb.asp

Guides: Felt Kiwi Softie Craft

Materials:

- Brown felt
- Yellow felt
- Black felt
- 2 black buttons (optional)
- Toy stuffing
- Thread and needle
- Pins
- Felt kiwi softie template (http://www.activityvillage.co.uk/felt_kiwi_template.htm)



Instructions:

1. Using our pattern, cut out 2 bodies and 2 wings from brown felt, 2 feet from black felt and a beak from yellow felt. If you do not want to use buttons you can use small circle of black felt as eyes.
2. Using running stitch, sew the beak to the front of one of the body pieces. Sew on the buttons or black felt circles as eyes.
3. Lay your body pieces one on top of the other. Slip the top of the feet in between the two layers and pin into place. Slip in the wings too and again pin.
4. Starting just above one wing, with running stitch close to the edge sew the two body pieces together. When you get to the wings and feet sew through all three layers.
5. When you have reached the top of the second wing, stuff the kiwi through the gap in the head and sew the gap closed.

From: http://www.activityvillage.co.uk/felt_kiwi_softie_craft.htm

Pathfinders and Rangers: Maori Necklace

Main supplies:

- White no-bake clay
- Round cutter (can or cookie cutter) 3" to 4" in diameter
- Pencil
- Wood beads
- Acrylics: Titanium White DA001, Ebony Black DA067
- Rolling pin
- sandpaper
- 15" black cord
- Gloss Varnish
- Brush: #3 round, 3/4" flat

Paint supplies:

- water basin
- graphite paper
- paper towel
- palette paper and stylus
- tracing paper

Instructions:

1. On a clean flat surface, use the rolling pin to roll the clay evenly flat – about 1/8" thick. Use a small can, glass or round cookie cutter to cut the shape. Carefully use a pencil to put a hole in the top for the cord. Dry.
2. Sand smooth if necessary. Use the 3/4" flat brush to basecoat both sides with Titanium White.
3. Transfer the pattern. First trace it onto tracing paper. Position the tracing paper onto the clay disk, then slide graphite under it. Hold firm and go over the lines with a stylus to transfer.
4. Use the liner to carefully paint the Maori design with Lamp Black. Dry.
5. Use the 3/4" flat to varnish. When dry, carefully put the cord through the hole. Add beads and knot it to make a necklace.

From: http://www.crafts4kids.com/projects/900/904_3.htm



Pathfinders and Rangers: Jade Koru Pendant

Materials:

- Green and white oven bake clay
- e beads - your choice of color
- wax paper and masking tape
- toothpick
- 36" Pacon® nylon filament
- small plastic knife
- plastic drinking straw
- Rolling pin

Instructions:

1. Work a piece of green clay about the size of a half dollar in your hand until soft. Add small bits of white clay - working into green but not completely - so streaks of white show in the clay. Roll out the clay to about a 4" square about 1/4" thick.
2. Use a paper towel tube as a cookie cutter or a small glass. Cut out circle with plastic knife. Use a drinking straw to cut away a small center circle from the middle of clay pendant. Take pattern and cut out. Lay on top of clay circle and trim clay to spiral shape. Remove excess clay. Make hole at top of pendant

with toothpick for stringing. Place pendant on a cookie sheet in the oven - 275 degrees for about 15 min. (follow package instructions)

4. Optional: For a glossy finish, paint a coat of varnish over entire pendant. Let dry.
5. Beading: Cut a 36" length nylon filament. Fold filament in half. Insert folded loop through top hole in pendant. Bring filament ends through loop, creating a Lark's Head knot. Add e beads on each length of nylon filament. Knot necklace ends securely. Thread filament ends back through several beads.

From: http://www.crafts4kids.com/projects/900/904_2.htm



LET'S MAKE THIS YEAR A YEAR TO REMEMBER

Erin Ladouceur, Provincial Program Advisor

Over the past couple weeks I have noticed on many different social media sites, that everyone is excited about the upcoming Guiding year. There have been posts about what the girls have decided they want to do, exciting events Guiders are planning for their units and the variety of opportunities existing for our members.

This year the Provincial Program Committee is launching two new challenges, Explore Canada and Species at Risk. When paired with this year's edition of the Provincial Arts Challenge, they form our exciting offering to celebrate Canada's 150th Birthday in 2017. These challenges will be published in our supplement Challenge booklet, which should arrive at your district meetings in November. If however you are excited to get started on them before November the challenge information can be found on our website, www.girlguides.ca/ab.

Since, I completely understand how this time of year can be busy and hectic, here are three must have Guiding website bookmarks that provide lots of information and resources for you.

- **www.girlguides.ca/ab** - Alberta Council Provincial Website – On this site, you will find information about Guiding in Alberta, NWT and Yukon. You will find Program Challenges, Camping/Event Information, Training opportunities, previous issues of Blue-Print and ANY_GuideNews, along with cool ideas. There are links to area council websites from this website as well.
- **www.girlguides.ca** – National Council Website – On this site, you will find information on Safe Guide, Member Zone link, registration information, National Challenges – Action on Poverty and Girls Count, back issues of Canadian Guider, and so much more. There are also links to other provincial council websites that host a myriad of useful resources.
- **www.wagggg.org** – World Association of Girl Guides and Girl Scouts – On this site, you will find information on WAGGGS, World Centers, Thinking Day information and activities, and other amazing opportunities available to our members.

So, as we start this Guiding year off, let's remember to celebrate the little and big things that happen in our meetings. And remember to engage your girls and have as much FUN as they are!



Species at Risk
Challenge



Exploring Canada
Challenge

Girls' Night in CAMPING

Renée Hill, Provincial Camping Adviser

September brings a new Guiding year and that means a new camping year. This past year we saw major changes to the structure of Provincial Council, Area Councils and District Councils. One of the changes included the elimination of the District Camping Adviser role; and creation of camp committees that are under the umbrella of the Area Camping Adviser. Members of the Area Camping Committees are there to support Guiders in anyway necessary to ensure a fantastic camp experience for all involved.

New Guiders especially are often apprehensive about camping and unsure of just where to start. Your District Commissioner will be able to let you know if there are Guiders in your District who have camping experience that you can approach for help. If you belong to a District who has Guiders who love to camp, ask if you can join a camp as a supervisor to see what goes on. Girls who

have come up through the program are also great resources that are often overlooked - if a girl has camped from Sparks to Rangers, she could quite easily be the most experienced camper in a District. Your Area Camping Adviser can share information about not only the "how-to" of camping but also any camp information (such as campsite booking) that is specific to your Area. Check out the training opportunities that are available either in your Area or at the Provincial level. There is contact information for the Provincial Camping Committee on the Alberta Council website and we are happy to answer questions for you (or point you in the direction of the right person to ask).

For those of us who are "experienced" campers we can share our enthusiasm for camping with new Guiders. Please consider inviting them to come camping with you, or to come visit camp. Perhaps you can help a new Guider explore some of the things that are often seen as unique to Girl Guide camping – flag and reflections, buddy burners, campfire, three basin dish washing etc. Share some of your great camp stories with new Guiders; let them see how much fun it can be and let them share in the laughter that often accompanies the memories.

Camping is often the place where some of the best memories are made. Here is to making lots of camp memories and new friends this year!

The Provincial Camp Committee would like to congratulate the 7 patrols of Pathfinders and 2 patrols of Rangers that will be representing Alberta/Northwest Territory/Yukon at SOAR 2017 in Smithers, BC. The adventure begins in just 10 months!

TREFOIL GUILD

Cathy Mantika, Trefoil Guild Liaison

Another year of Guiding is underway and belonging to a Trefoil Guild is a wonderful way of KEEPING THE SPIRIT ALIVE and staying connected with your Guiding friends. Did you know that we have approximately 30 Guilds with 300 Trefoil members? Each Guild is unique in the activities they do. Some provide service to the Guiding community while others just enjoy social activities or a combination of both of these. It is a wonderful way of staying in touch with long time friends or making new ones.

For information on starting a Guild or to find a Guild in your area, please feel free to contact me at cmantika@shaw.ca.



CLIP SHEET. May 30th, 1943

Thinking Day was celebrated in England this year by pigeon post. Messages and greetings for Guides throughout the world were sent from points in England, Scotland, Wales and Ulster to the Chief Guide in London, being flown by birds of the Army Pigeon Service.

In Rimbey, Alberta, Thinking Day was celebrated by inviting the Mothers to watch watch five girls receive their Tenderfoot badges, and then tea was served.

The Girl Guide Movement has recently received a very generous gift from Lady Baden-Powell, the Chief Guide. It is Pax Hill, the lovely country home of the late Chief Scout, Lord Baden-Powell, and therefore in a real sense the home of Scouting and Guiding. It is located about forty miles west of London, England.

The 21st I.O.D.E. Brownie Pack of Red Deer, prepared and sent Easter cards to the Crippled Children in the Calgary Red Cross Hospital. They are now preparing scrap - books to send the children.

Now that camping time has come the Brownies and Guides have been taking advantage of the nice weather. The Rimbey Girl Guides, and the Wetaskiwin Brownie Pack, each went on a hike recently. Such outings gave an opportunity for work on 'outdoor' badges. The Wetaskiwin Patrol Leaders also had an outing - an overnight camp reached by bicycle.

In the line of war work the Guides and Brownies have been active too. Recently the Gleichen Girl Guides collected 130 pounds of fat, the proceeds from which will go the Aid to Russia Fund. A fur salvage campaign was held ~~xxxxxxx~~ in Rimbey by the Guides there, and several boxes were collected to aid the Merchant Marines. In Wetaskiwin the Guides have made another quilt which will be sent to the Guides Overseas gift project.

On May 24th, H.R.H. Princess Alice inspected nearly 1000 Guides and Brownies in Calgary at X Mewata Stadium. Wearing her Guide uniform Princess Alice spoke to many Brownies and Guides during ~~her~~ thorough and unhurried inspection. Following the inspection Her Royal Highness invited the Guides and Brownies to "gather around" so that she could talk to them. She urged them to live up to the Guide Laws "...which mean, really, friendship, service and good fellowship to all". Princess Alice warmly commended the Guides and Brownies on their part in the work of sending clothes ~~and~~ children in England's blitzed areas and urged them to continue their efforts. Her final message was a plea to the girls to take First Aid and Home Nursing so that they might be ready ~~in~~ should trouble come.

Reproduction of the third issue of "Clip Sheet" from May 1943

Just one of the many treasures that can be found in the Provincial Archives.

COOKIES

Linda Hallonquist, Provincial Cookie Adviser

It is Girl Guide Cookie Time of the year again!! It is also a new Guiding year with a new Provincial Cookie Adviser, Linda Hallonquist. By now you should have received your Chocolate Mint cookies and are out and about selling these delicious delights.

Alberta ordered 51,213 cases of mint cookies which is 1378 more cases than in 2015!!! Congratulations to all unit leaders for ordering more cookies so our girls can do many more unit activities and programs, including but certainly not limited to, going to camp.

The Cookie All Star program is a fantastic girl and since we are all out selling cookies anyways, why not take advantage of this and make sure your unit is registered and prize is entered on the Cookie All- Stars site!

The Cookies Rising Badge allows Unit Guiders an easy way to incorporating cookies into the unit program. Each level of Guiding has a Cookies Rising Badge with activities that are fun and gets them more involved in the different aspects of cookies, not just selling them. There are many ideas for cookie selling events. Each one of these events can be adapted for each level of Guiding.

Cookie ACM: Make an Automated Cookie Machine (ACM). Refrigerator boxes make excellent ACM's. Set the ACM up at your meeting place parking lot or at a local business, such as your local bank or grocery store. Be sure to obtain permission from the manager before you arrive. The girls will have a fantastic time decorating the ACM in bright Guiding colours and cookie posters.

Cookie Table: Contact store managers at your local Grocery, Toy, Hardware, or Camping and Outdoor stores. Have girls in uniform taking shifts (along with appropriate supervision). This is also an excellent opportunity to recruit new girls and Guiders as everyone recognizes Girl Guide Cookies.

Special Events/Fairs/Farmers Markets: Many communities have these special events throughout the year. Contact the coordinators to see if you can sell during a special event such as seasonal celebrations like Santa Claus parades, pumpkin/corn maze farms, or community fairs.

Door to Door Cookie Blitz: We often hear from people that "Girl Guides never come to my house anymore to sell cookies". Perhaps work with your District to coordinate a door to door blitz. This is also an excellent way to do some unit bridging.

Before planning any cookie sales activity, please review Safe Guide to plan a safe and successful event.

Thank you to all the girls, Guiders and of course parents for supporting Girl Guide Cookies.

Remember if you have any great stories or successes that you would like to share, please email me at cookies@albertagirlguides.com.



STEM INSTANT MEETING FOR BROWNIES

Dana Wagner, Michener Area

In this instant meeting you will cover Key to STEM #3 – CABOOSH! and #5 – Building Up.

Materials required:

- 2L bottle(s) of diet coke
- Mentos
- paper
- Empty 2L bottle(s)
- ½ cup 20 volume hydrogen peroxide (available from beauty supply store or hair salons) per experiment
- 1 tbsp (one packet) Dry yeast per experiment
- 3 tbsp warm water per experiment
- Food colouring
- Dish soap
- Safety goggles
- Funnel
- Small cup/bowl
- Tray/cookie sheet
- Popsicle sticks/skewers/toothpicks
- Marshmallows/jujubes

Before girls arrive you may want to set up for each activity. You will be doing the Mentos & Diet Coke experiment, making elephant toothpaste, and the girls will be building a structure.

Mentos & Diet Coke Experiment

This experiment is best done in an outside space – it makes a mess but the girls LOVE it! You may want to have an adult helping each circle group with the experiment.

Place the bottle (the # bottles depends on how many you want – one of each circle group is a good idea) of diet coke on a level surface with the lid off.

Roll the paper in a tube just big enough to hold the Mentos. This makes it easier to drop a bunch of Mentos at one time in to the bottle. The more you use, the bigger the reaction. Covering the bottom of the paper tube, load Mentos in to tube and position over the top of the bottle. When the girls move their finger all of the Mentos should fall in to the bottle at the same time.

Diet Coke and Mentos Eruption



Make sure the girls know that as soon as all the Mentos drop in to the bottle, they need to run! But don't forget to look back at the eruption.

How does it work? It's mostly due to a process called nucleation, where the carbon dioxide in the pop is attracted to the Mentos. That creates so much pressure that the pop goes flying! All the carbon dioxide in the pop (the fizz) is squeezed into the liquid and looking for a way out. It's drawn to any tiny bumps that it can grab onto. Those tiny bumps are called nucleation sites: places the gas can grab onto and start forming bubbles.

Elephant Toothpaste Experiment

For this experiment you will want a tray/cookie sheet/disposable tin foil pan to place the bottle on to contain the toothpaste you will be making. Set up a station for each circle group, and have each girl add an ingredient to the elephant toothpaste.

As hydrogen peroxide can irritate skin and eyes, have everyone put on safety goggles. Place the funnel in the bottle, and let one girl pour the hydrogen peroxide in to the bottle.

Another girl will add 8 drops of food colouring. Have another girl add approximately 1 tbsp. of dish soap, while another swish the bottle around after the soap is added.

In the small cup/bowl, have one girl mix the warm water and yeast for about 30 seconds.

Using the funnel, have another girl pour the yeast mixture in to the bottle.

Stand back and watch the experiment happen!

How does it work? Foam is awesome! The foam you made is special because each tiny foam bubble is filled with oxygen. The yeast acted as a catalyst (a helper) to remove the oxygen from the hydrogen peroxide. Since it did this very fast, it created lots and lots of bubbles. Did you notice the bottle got warm? Your experiment created a reaction called an Exothermic Reaction – that means it not only created foam, it created heat! The foam produced is just water, soap, and oxygen so you can clean it up with a sponge and pour any extra liquid left in the bottle down the drain.

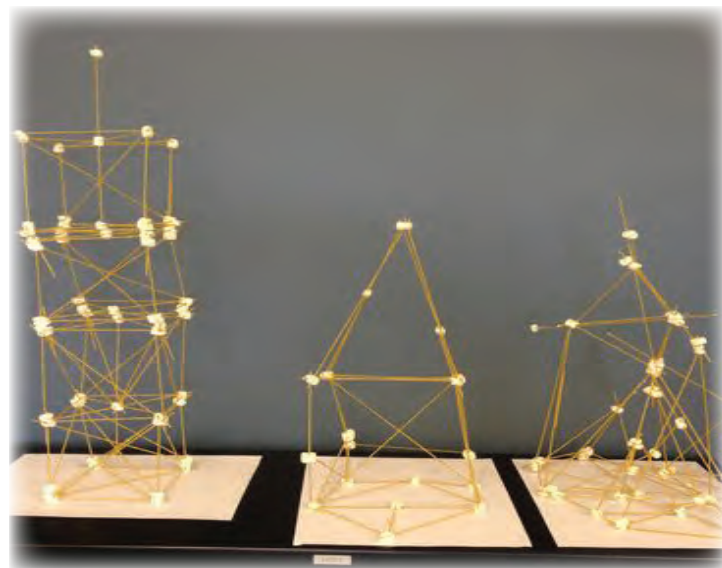


Elephant toothpaste

Elephant toothpaste is a science experiment that creates a fountain of foam. The elephant toothpaste experiment uses simple chemicals (though many formulas exist)

What is going to happen?
A chemical reaction

Ingredients:
Tall plastic bottle or graduated cylinder
Hydrogen peroxide (30 percent solution or stronger)
Dish detergent
Food coloring
Saturated potassium iodide solution
Large tin or tray
Paper towels
Several small cups
Dried yeast



Building Up

Using various items (toothpicks, skewers, popsicle sticks, marshmallows, jujubes, etc.) in their circle groups, have the girls build a structure. How high can they get it without falling over? They will need to work together to come up with a plan for something that will stay upright.

Once they have their structure built, ask the questions:

What worked well for them?

What didn't work?

Did it fall over the taller they built it?

What might have helped it not fall over?

PAGES FROM THE PAST

Janet Alcock, Provincial Museum and Archives Coordinator

A Provincial Newsletter is born during World War II.

Welcome to part one of a series profiling our Alberta Provincial Newsletters over the years.

The first Alberta Guiding newsletter, with short items of interest, was produced in April 1943. It was a typewritten sheet, complete with typos, and was called by the imaginative name "Clip Sheet". It was sent out every two weeks and was obviously successful as it only ran to 19 editions before taking the form of a more recognizable newsletter – of which more in later parts of this series.

On page 16 is a reproduction of the third issue of "Clip Sheet" from May 1943. Today's reader might be surprised by some of the language of the time and might also need some interpretation of the terms being used. For instance, in the early days a girl had to pass some quite demanding tests before being enrolled. This was called the Tenderfoot Test, so the girls receiving their Tenderfoot pins in Rimbey were being enrolled.

At that time many companies (Guides and Rangers) and packs (Brownies) were sponsored and the ones in paragraph 3 were sponsored by the Imperial Order Daughters of the Empire.

What probably is of most interest is the emphasis in the newsletter on war-time service work and general preparedness to contribute to the war effort. It was obvious that at this stage of the war continuing efforts were still needed although, as history records, by May 1943 the turning point had been reached even though it would be two years before the end came.



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Alberta Council**

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