

April 2019

# Blue-Print

**Girl Guides**  
**Alberta Council**

For Guiding in Alberta, Northwest Territories and Yukon

Girl Guides of Canada-Guides du Canada | Alberta Council | [girlguides.ca/ab](http://girlguides.ca/ab)

## Rah Rah for Rally Day and Girl Guides

### A message from the Provincial Commissioner

By Kathy Batty, Provincial Commissioner

**W**here did the year go? As many units plan year-end events and camps, we hope you will take a step back and reflect on all that you have done this year. Did you try out the Girls First Program? Were the girls more engaged in planning their meetings? Did you accomplish some of the goals you set in September, and, of course, did you have fun? Thank you for the time you took to make a difference in a girl's life.

In the spirit of giving thanks, I would like to take this opportunity to thank the Coordinators, Trainers, Guiders and Rangers who attended Multi-Faceted 2019. I know I speak for Julie and Laurie when I say that we had an amazing time having the opportunity to connect and reconnect with so many members from Alberta Council jurisdiction. Donna and Nyna, thank you so much for the time and effort it took to coordinate such a large event. To the Trainers who facilitated sessions...the sharing of your knowledge and enthusiasm with our members is so greatly appreciated. To the Guiders and Rangers who attended... thank you for seeing the benefit of attending our training events; Alberta Council is committed to providing the best opportunities possible to our members. We know that the majority of our adult members (73%) know the value of participating in training, so we hope you will go back to your units or districts and share your experiences, especially with those who have never attended before.

On May 11, 2019, many of our members will be participating in our tri-annual rally. The Alberta Council Youth Forum came up with the 2019 theme, Guiding in our Backyard. The areas and districts have been busy planning the activities to make it a fun day for everyone. Unfortunately, the PC Team has not yet mastered our cloning capabilities so will not be able to visit every rally. However, if you have not yet

received our crests, watch for Julie at the Michener Rally, Laurie at the Parkland Rally, and me at the Prairie Rose Rally. We are really looking forward to seeing our areas in action!

As this is the last edition of Blue-Print for the 2018/2019 Guiding year. I sincerely hope that each and every one of you take time over the next few months to relax a little so that when we meet again in September, we are all rejuvenated and ready for our next Guiding adventure!

**Happy summer**



### In this issue

A message from the Provincial Commissioner	1
Mythbusters	2
Girls First Program Without Internet Access	4
Celebrations from the Past	6
Mystery Meal	8
Where Does Rally Fit with Girls First?	9
Let's Celebrate Guiding!	11
Save the Date - Ranger Meetup	11
Rah Rah for A Taste of Guiding Rally	12
Alberta Council Training	13
Guiding Memory- Winter Escape	14

# MYTHBUSTERS

## Girl Guide Edition

**MYTH**

When camping overnight, Junior Leaders helping with a unit must be included in the Safe Guide paperwork and there must be adequate supervision to cover the girls in the unit and the Junior Leaders.

**CONFIRMED**

For yellow activities (overnight camping), the minimum supervision ratios apply to ALL girls and youth attending. For green activities, a member 16 years or older may assist in a supervisory capacity under the direction of a Guider, for Spark Brownie and Guide units.

**MYTH**

Canoeing in a public pool is a green event.

**CONFIRMED**

Boating in a pool where the facility provides the aquatic supervision is green.

**CONFIRMED**

**MYTH**

If a Mom helps out more than twice at a meeting, she must become a Guider.

**BUSTED**

If a non-member volunteer attends a unit more than two times, she is required to sign the Non-member Volunteer form (A.7), obtain a clear PRC and be registered in iMIS. The volunteer does not have to become a Guider.

**MYTH**

When holding a district event, the ratio for all branches is set to the lowest level, i.e. 1:5 if there are Brownies or Sparks attending.

**BUSTED**

Each branch maintains their ratio level, Sparks/Brownies 1:5, Guides/Pathfinders 1:7, Rangers 1:15.

**PLAUSIBLE**

**MYTH**

Donations may be accepted when selling cookies even if you do not have an FR.1.

Donations received while selling cookies are considered unsolicited donations. The DONATION ACCEPTANCE, CHECKLIST, PROCESS & GUIDELINES (AB-Council-30) should be used to document any donations. Where the donor does not request a receipt or provide their name/other information, simply note – anonymous donations received during cookie sales and document the total received, to help support the tracking of your donations.

**CONFIRMED**

**MYTH**

It is against Safe Guide to take Sparks tenting.

**BUSTED**

All age groups can tent! Tenting in an established campsite is a yellow event. Refer to the Safe Guide Activity Guide for Camping: Tenting in an Established Campsite.

**BUSTED**

**MYTH**

When travelling (or taking girls on a trip), Guiders are not required to charge GST.

**BUSTED**

When travelling within Canada GST must be charged on the participant fee.

**MYTHBUSTERS**

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

Email your query to [ANY-Blue-Print@girlguides.ca](mailto:ANY-Blue-Print@girlguides.ca) using **Mythbusters** as the subject line.

# Girls First Program Without Internet Access

By Tonya Wolfe, Girls First Coordinator

**T**he Girls First online platform is a great resource for girls and Guiders. The number of activities is growing weekly. What if access to the internet is a barrier for either the Guider or the girl? Is there a way for girls to complete badges independently without internet access?

Girls should be encouraged to explore the program and complete activities to earn badges on their own. There is a record sheet on the platform that can be printed and handed out for girls to track their progress, but how do Guiders get the girls to select their own activities?

Girls and Guiders without internet access can get an offline version of the platform by contacting [girlsfirst@girlguides.ca](mailto:girlsfirst@girlguides.ca) or calling the Alberta Council office.

## GIRLS FIRST

I found many families looking for options to access the offline program have limited internet access, do not have a computer at home, or want to minimize their daughters' screen time. This article shares ideas from Guiders across the country to help families access activities to complete the Girls First program.

Groups make frequent visits to the local library either to access the platform or to check out all the resources the library offers, such as audio/video collections and maker space technology. Once the girls browse the library holdings to find books of interest – either fiction or nonfiction, Guiders then ask the girls why they selected those books and how they could learn more about a particular topic. If libraries are difficult to access, girls can check out books from friends and families.

Some Units decided to plan a couple of months at a time rather than the whole year at once. Firstly, girls were instructed to select one area and a couple of themes in that area. After some brainstorming, they were able to plan two months' worth of activities during one planning session. If girls needed assistance with brainstorming, leaders and parents could ask open-ended questions such as:

- “What would you think of trying \_\_\_ (fill in the blank with leader/parent ideas)?”
- “What interests you when looking through the newspaper/magazine? How can you learn more about that?”
- If you had a superpower, what would it be? How can we use that to help others?
- What is your favourite activity we do as a family?  
What do you wish we could do more often?
- What would you do with \$1000? How could we make a plan for that to happen?
- How would you spend the day off from school?

Lastly, some units compiled ideas from both the platform and the girls to make checklists that the girls can use to work on badges at home. The following example is for Guides in the Build Skills program area, with ideas taken from the platform. If you are interested in having these developed for other program areas or levels, please contact [any-gfsupport@girlguides.ca](mailto:any-gfsupport@girlguides.ca) or contact the Alberta Council office.



Program Area	Theme	Objectives	Ideas?
Build Skills	Money Sense	Build the skills you need to make choices about your money. Activities in this theme will help you learn about budgeting, saving and spending, needs versus wants, foreign currency, interest, investments, and money management.	<ul style="list-style-type: none"> <li>• What would you do with \$50? Would you save, spend or donate?</li> <li>• Make a bank to store your money.</li> <li>• Open up a bank account. Make regular deposits. Decide how you will spend your money?</li> <li>• What kind of spender are you? How would you feel about spending all your money, saving it all, planning your purchases?</li> <li>• What are different ways you can make a payment?</li> <li>• What do you want to purchase? How can you raise the money to do it?</li> <li>• Make a grocery list for your family. Figure out how much the items cost. What ways can you make savings?</li> <li>• How much would you earn if you worked a job for 4 hours a week? What would you do with the money?</li> </ul>
	Life Stuff	Develop the skills you need to thrive. Learn how to lead, develop your communications skills, navigate your way through time management, explore different jobs and careers, learn to write a résumé or excel in a job interview, and test out setting and achieving personal goals.	<ul style="list-style-type: none"> <li>• What is the difference between being bossy and being a boss?</li> <li>• Try out the Marshmallow Challenge.</li> <li>• Build a bridge using newspaper and one metre of masking tape. How many books can it hold?</li> <li>• Write down your passions. Is there a career that can meet your passions?</li> <li>• Do you have a great idea? Could you create your own business with it? Think about ways you could sell your idea.</li> <li>• Learn about ways to stay safe online.</li> <li>• Learn how to speak clearly and confidently to a group. You can share a story you wrote, or read a chapter from your favourite book.</li> </ul>
	How To	Build the hands-on skills you need to take on projects and do it yourself. Busted bike? Flat tire? Hungry for homemade cookies? Want to be first-aid savvy? Start with the basics, then take your knowledge to the next level.	<ul style="list-style-type: none"> <li>• Try your own Iron Chef. Pick some ingredients and use them to make a full meal.</li> <li>• Make something useful by sewing using either a machine or by hand.</li> <li>• Take a babysitting course or first aid course.</li> <li>• Try finger knitting.</li> <li>• Take a variety of photos and make a photo board.</li> <li>• What should be in an emergency kit? Make one and keep it in your house.</li> <li>• Learn how to use simple tools in your house. Use them to hang a picture.</li> </ul>



# Celebrations from the Past

By Geoff and Janet Allcock, Archives Committee



Guiding members assemble with provincial flags before the Canada Day Parade in Spruce Grove in 2001.



To celebrate 75 years of Guiding, National created a float which was used by Guiding in parades across the country. Here it was in Edmonton's Grey Cup Parade in 1985.

From small-town parades and celebratory rallies to waiting to greet royalty, Guiding members have always enjoyed the excitement of getting together with other members for a special occasion.

The first rally that Girl Guides attended was in 1909 when Lord Baden-Powell held a rally at Crystal Palace, London, for members of his fledgling movement, Boy Scouts. With great daring a small number of girls also attended and when told they could not be Girl Scouts, pointed out that they were already registered. Baden-Powell turned to his sister, Agnes, for assistance and within a short time, an organization for girls officially formed. What memories those first girls must have had!

Some of the best Guiding memories are based on similar get-togethers. Certainly, I remember the excitement of seeing and hearing Lady Baden-Powell at the Soccer Stadium in my home town in 1960. I also felt a great sense of pride at the annual parade where all the members of the area joined together to march through the city centre.

Of all the categories we have of photographs in our archives those showing rallies, parades and V.I.P. visits must be among the most numerous. Here are just a few.



Chief Commissioner, Elaine Paterson and Provincial Commissioner, Donna Leonard Robb, visited Peace River in 1999. Here members form the words "Peace River."





Left: Brownies and Guides line the procession route, waiting to greet King George VI and Queen Elizabeth in 1939.



Guides took part in the V. E. Day Parade in Drumheller in May 1945.



Local Guides won the third-place ribbon for their float in the Community Section of the Spruce Grove and District Agricultural Society Parade in 1980.



"Hands across the Border" events have taken place in many different parts of Canada. Here the Morning Star District hosts a parade across the border at Coutts, Alberta.



Brownies carry their unit flags in the Spruce Grove Parade, in 1982.

**Girl**  **Guides**

# Mystery Meal

By Julie Kitz, Camping Adviser

**A** Mystery Meal (or Menu Meal) is a fun way to have dinner at a residential camp. The girls “order” a three-course meal from the Mystery Menu without knowing what each item actually is. The items correspond to food, utensils, drinks and possibly condiments. They have to eat whatever food arrives even if they do not get any utensils.

## Tips

- We serve small portion sizes and let them give away the food they do not like to reduce the waste. But they cannot share utensils!
- The rest of the food can be served buffet style afterwards to ensure everyone eats enough.
- All utensils and remaining food must be cleaned up after each course (i.e. no saving your spoon for your pudding coming in the next course).
- Our menu is Harry Potter themed, but it can be changed to any nonsense names you want.

**HP**



## Sample Menu and Order Form

Mystery Meal Order for \_\_\_\_\_

- Write an A in front of the four items you would like for your appetizer
- Write an E in front of the four items you would like for your entree
- Write a D in front of the three items you would like for your dessert

\_\_\_ Fizzing Whizzbee

\_\_\_ Maggoty Haggis

\_\_\_ Cockroach Clusters

\_\_\_ Chocolate Frog

\_\_\_ Peppermint Humbug

\_\_\_ Treacle Tart

\_\_\_ Bertie Bott's Every Flavoured Beans

\_\_\_ Knickerbocker Glory

\_\_\_ Jelly Slugs

\_\_\_ Drooble's Best Blowing Gum

\_\_\_ Sherbet Lemon

Food Allergies: \_\_\_\_\_

Menu: Crescent Roll, Potatoes, Carrots, Worms & Dirt, Chicken, Salad, Milk, Fork x2, Knife and Spoon.



# Where Does Rally Fit with Girls First?

By Dana Wagner, Program Adviser

**T**he rally is less than a month away as this hits your mailbox. Thank you to the Alberta Council Youth Forum for their hard work on the “In Our Backyard Rally 2019” document with all their great ideas!

One of the great things about Girls First is its flexibility. Whether your Area has chosen to use the Youth Forum ideas or planned something completely different, there is no doubt it will fit in Girls First somewhere. I want to show you where the rally activities fit into the program. These are the activities suggested by the Youth Forum for areas to use if they wish:



**POSTCARDS** Have the girls write a message/ draw a picture about their Guiding experience, such as their favourite activity done this year with their unit, or favourite campfire song. As an area, decide how these will be distributed after; perhaps each one will be mailed to a random rally attendee, or girls can take them home and decide on their own to whom they would like to send it. Program Areas and Themes this could fall under **EXPLORE IDENTITIES – DIFFERENT TOGETHER, & BEING YOU, GUIDE TOGETHER – OUR STORY, & SPIRIT OF GUIDING.**

**LETTERING & CALLIGRAPHY** The art of calligraphy is a great way to make whatever we write look beautiful. Whether you find examples on the internet, or you have a member in your area who is skilled in this art, girls will learn the basics of this beautiful art by participating in this activity. Program Areas and Themes this could fall under **EXPERIMENT & CREATE – ART STUDIO or BUILD SKILLS – HOW TO**

**DESIGN YOUR OWN STAMP** A template has been provided in the rally document. In this activity, girls have the opportunity to design their very own postage stamp. The possibilities are endless! Program Areas and Themes this could fall under **EXPERIMENT & CREATE – ART STUDIO or EXPLORE IDENTITIES – BEING YOU.**

**ENVELOPES** By participating in this activity, girls will learn that as long as they have paper, it does not matter if they have an envelope; they can make their own! Program Areas and Themes this could fall under **EXPERIMENT & CREATE – ART STUDIO or BUILD SKILLS – HOW TO**

## ...Where Does Rally Fit with Girls First?



**PHOTO/SELFIE BOOTH** What a great way to save our memories of fun and friendship from our rally! Maybe the girls made a new friend from a different community, or they want to have a picture with their best friend, or perhaps they want to take some silly selfies with some props showcasing their area. With someone designated to take pictures at your photo booth, these memories will last forever. Program Areas and Themes this could fall under **BE WELL – HEALTHY RELATIONSHIPS, GUIDE TOGETHER – SPIRIT OF GUIDING** or **EXPLORE IDENTITIES – BEING YOU**

**SCAVENGER HUNTS** The Youth Forum provided a variety of scavenger hunt ideas. You could give each member a paper scavenger hunt to look for a Spark, someone who has been a member for 20 years, someone who has been to a World Centre, etc. Alternatively, maybe you have chosen to do a scavenger hunt around the town your rally is held in or for items in nature. So many choices! Program Areas and Themes this could fall under **GUIDE TOGETHER – SPIRIT OF GUIDING, CAMPING AND THE GREAT OUTDOORS IS** or **CONNECT AND QUESTION – LOCAL COMMUNITIES**

**MAKING PAPER** Go back to basics and make paper the way it used to be made and learn the science behind it! Program Areas and Themes this could fall under **BUILD SKILLS – HOW TO** or **EXPERIMENT & CREATE – SCIENCE LAB**

**SERVICE PROJECT** If you have chosen to participate in a service project, this falls under **TAKE ACTION – YOUR ACTION.**

No matter what you do at your rally, the most important part is **HAVE FUN!** For our newest members, rallies are a great way to witness and be a part of the amazing sisterhood of Guiding; make new friends and keep the old!

# Let's Celebrate Guiding!

By Marg Easson and Kathy Kibblewhite, Safe Guide Advisers

**W**hat better way to have fun than to plan a large area rally event, a district rally or simply a bridging event; the larger the event, the more planning it requires. Your large rally requires a secure venue to accommodate the number of girls and Guiders you think will be attending. Remember to take into consideration the time of year and the potential for weather challenges.

If you have Third Party Service Providers (TPSP) coming in to run an event and a contract needs to be signed, please allow for additional time for the contracts to be reviewed and signed. Send the contract to either [any-contractsnorth@girlguides.ca](mailto:any-contractsnorth@girlguides.ca) (serving Aurora Adventures Area, Edmonton Area, Michener Area, Peace River Area, Tamarac Area and Woodsmoke Area) or [any-contractssouth@girlguides.ca](mailto:any-contractssouth@girlguides.ca) (serving Calgary Area, Chinook Area, Cypress Hills Area, Parkland Area and Prairie Rose Area).

Plan for all age groups and have activities that appeal to all the branches involved in the event; many events have the Pathfinders and Rangers paired with the younger branches. While this is a great way for the girls to work together, the Pathfinders and Rangers do not get to participate and end up acting more as assistants instead of participants.

**For questions on Safe Guide  
for your events, send an email  
to: [any-safeguideadviser@  
girlguides.ca](mailto:any-safeguideadviser@girlguides.ca)**

When planning your event be sure to review all the activities you are offering – if one activity is yellow, the entire event must be planned as a yellow level and paperwork needs to be submitted to [any-assessor@girlguides.ca](mailto:any-assessor@girlguides.ca). Early submission is advised as all adults attending as participants must be listed on the SG.3 and need to be in iMIS. A green level event is a “plan and go.”

Whether your event is a yellow or green level, as the Responsible Guider (RG), you need to ensure that all units attending are providing ratio and first aiders. At a multi-branch event the ratio is based on the branch levels. Sparks and Brownies ratio is 1:8 for green level, 1:5 for yellow; Guides and Pathfinders ratio is 1:15 for green level, 1:7 for yellow; and for Rangers ratio is 1:15 for both green and yellow levels.

You need to know who is in attendance; each unit needs to provide the organizers with list of adults and girls when they register for the event. On the day of the event, have one Guider from each unit check in and confirm who is attending.

Bridging events are a great way to encourage girls to continue with the Guiding program. They allow the girls a chance to see what the other branches do and to interact with the next level. These events are a great way to increase visibility in the community, foster communication, and encourage others to consider joining Guiding.

## Save the date - Ranger Meetup May 4, 2019

The Alberta Council Youth Forum invites Rangers and third-year Pathfinders from across Alberta, Northwest Territories and Yukon to **Edmonton** for the Ranger Meetup! Look for registration information on [girlguides.ca/AB](http://girlguides.ca/AB). Contact [albertacouncilyouthforum@gmail.com](mailto:albertacouncilyouthforum@gmail.com) if you or your unit are interested in participating.



# Rah Rah for A Taste of Guiding Rally

By Bev Burton, Membership Adviser

**A**s Guiding members, we know how much fun it is to come together, meet with our fellow sisters in Guiding, and have a blast at a rally. If you have not done this yet, you will have this wonderful opportunity with the upcoming rally in May. Since this is such a great experience for our members, the Alberta Council Membership Committee will be reinstating the Taste of Guiding rally!

The next part of this article will be best if you sing the words along to baa baa black sheep!

**Taste of Guiding rally, what's it all about?  
Bringing Guiding to girls and women in the outside world.  
Playing games, having fun, singing silly songs,  
Doing crafts, having fun, making memories!  
And then when they're done, they will get a fun new crest!  
Who wouldn't want to come and join this fun for good!**

Now, can you stop singing that fun song over and over in your head? The point of the Taste of Guiding Rally is to showcase what makes Guiding fun and unique. It gives girls and women a chance to sample the various aspects of what Guiding has to offer and then provides them the opportunity to join. There will be round-robin stations to highlight various aspects of Guiding for girls to do and for women as well so they can try out parts of Guiding (such as camping, information on the international component of Guiding, training opportunities, campfire, etc.). The hope is that when these girls and women have the chance to try Guiding, they will be excited and will join.

Your Area Membership Adviser will be looking to get this started in your area. So, how can you help, you ask? You can help out with the day of the rally, preparing the stations ahead of time, advertising the rally in your community, and then help welcome the new girls and women into Guiding!.



# Alberta Council Training

By Chris Burton, Training Adviser

## SAFE GUIDE

**T**he Alberta Council Training team commits to 100% compliance for Safe Guide training to new adult members. Each Area Training team will be contacting Guiders who require Safe Guide training. Alberta Council Training team offers Safe Guide training through telephone trainings and webinars (check ANY-GuideNews and our webpage for dates and registration), as well as face-to-face trainings. The GGC National website also offers a Safe Guide E-Learning module that you can register to take at your convenience. Remember – adult members need to complete Safe Guide training within six months of registering as a member, or their membership will be cancelled automatically.

## GIRLS FIRST TRAINING

The Alberta Council Training team and Girls First Champions work together to provide Girls First training to all UNIT Guiders by July 1. We offer two separate training webinars, Intro to GF and Branch Specific Girls First trainings. (Feel free to check ANY-GuideNews and the Alberta Council website for dates and registration). It is important for ALL UNIT GUIDERS to take a Girls First training. We currently have 60% of our Unit Guiders trained and will be working hard for the next three months to reach 100%. As we do not know how this training will proceed in the fall, we are encouraging every UNIT Guider to take the training now!

## NEW UNIT GUIDER PROGRAM

This fall, National launches a New Unit Guider program with five essential modules for all Guiders in their first year. The modules are:

1. The Girl Program – emphasis on Program Areas, Badges, and the Digital Platform.
2. Building Unit Guider Skills – emphasis on the Girl-Driven Approach, Engagement Strategies and Organizing Meetings.
3. Safe & Inclusive Space – emphasis on Diversity & Inclusivity, Accessibility, Girl Protection Safe Spaces.
4. Safe Guide – emphasizes our Risk Management Program
5. All About your Branch – emphasizes on Developmental Characteristics, Guiding Traditions and Behaviour Management.



## 2019 ALBERTA COUNCIL SPONSORED EVENTS

**June 8 – 9** Getting Started District Commissioner Training (at the Calgary Area Guide Centre)

**June 15 – 16** OAL Expedition (one night, two days) to Glacier Lake, Banff

**June 29 – July 2** OAL Canoe Tripping (four days, three nights)

**September 27 – 29** Commissioners' Workshop (offering three streams: Getting Started, More Depth, and Administration)

# Guiding Memory

## Girls First- Winter Escape

By: Sylvia Zuidema and Sheri LeBlanc, Guiders

**B**ack in September as part of the Girls First programming, the 2 St. Albert Pathfinders and two Ranger Lones decided to camp in each of the four seasons. We booked our winter camp at YoWoChAs, near Fallis, Alberta. Who could have predicted that our winter camp, planned MONTHS ago, would have us braving temperatures of  $-32^{\circ}\text{C}$ ?!

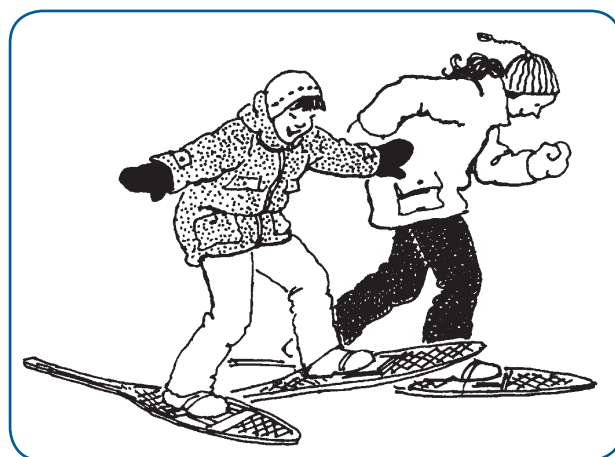
With the assistance of our intrepid camp programmers, Thistle and Comet filled our days with team activities, cross-country skiing, snowshoeing, high and low ropes initiatives, bouldering, broomball, and curling. The girls' hands-down favourite activity was the night hike; they LOVED gazing at the stars and could name several of the constellations – the Pleiades open star cluster was particularly bright that night. Of course, watching Wint-O-Green Mint Life Savers “spark” as they crunched in the dark was way too cool.

Another highlight of the weekend was the girls taking on the high ropes vines. As with any group, some were eager for the challenge, while others



were dreading it. All we ever ask of the girls is that they put on the harness and helmet then try the activity. Some made it a few steps up the ladder, some made it onto the cable, and a few made it across the entire length. Everyone was encouraged and cheered on by their fellow campers. They all pushed themselves to take just one more step or to go a little farther. Several girls experienced “firsts” on this camping trip; first-time cross-country skiing, first-time bouldering and the first-time eating perogies. Card and board games, paracord bracelets and junk food filled the evenings – what better way to cap off a day than with cake-in-a-mug and hot chocolate?

Our unit mantra is “#nofuninpathfinders” and despite our constant, stern admonishments, a spectacular, unforgettable time was had by all.







# We want YOUR submissions!

Do you have an awesome Guiding Memory to share? Any tips on how to run tricky meetings/activities/camp? Is there some piece of knowledge you wish to share with Guiding friends?



*Please send your stories to ANY-Blue-Print@girlguides.ca.  
Our deadline to receive submissions for  
the next issue is September 15, 2019.*

**We hope you have an awesome summer!**



**Alberta Council**

For Guiding in Alberta, Northwest Territories and Yukon

11055-107 Street NW  
Edmonton AB T5H2Z6

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