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Blue-Print

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Girl Guides

Alberta Council

For Guiding in Alberta, Northwest Territories and Yukon

A message from the Provincial Commissioner

By: Kathy Batty, Provincial Commissioner

It has been an incredible start to the 2019/2020 Guiding year. Having had the opportunity to spend the September 13-15 weekend at the GrassRoots Huddle (GRH) with over 100 youth and adult members from Alberta, Northwest Territories and Yukon (ANY) simply reiterated to me just how truly amazing our members really are!

GRH provided members the opportunity to engage in activities and discussions focused on girl engagement, adult engagement, diversity and inclusivity (D&I), and social media. They had an opportunity to connect with their peers, their Areas and with members of Alberta Council to collaborate on opportunities to improve the member and girl experience, in an effort to grow guiding from the ground up.

What truly inspired Laurie, Julie and I was the awesome, but easy to implement, ideas that our GRH participants asked ANY Council to look at, in an effort to make it easy for them. Many of these ideas are already in action at the Council, Committee and Area levels. Yes, your voice matters!

I know that the 2019/2020 Guiding year is going to see so many empowering, imaginative, girl-driven activities that support everything she wants to be. We encourage you to tag us in your posts at [#GGCAlbertaCouncil](https://twitter.com/GGCAlbertaCouncil) so we can continue to promote the awesomeness of our members.

I hope that this Guiding year is everything you want it to be and more.

THANK YOU for all you do! *Kathy Batty*

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Applause

Thank you to all the volunteers who helped make our girl and adult events a success last year.

Commissioners' Workshop 2018

Debbie Morgan	Kathy Watson
Jan McCaghren	Pat Istead
Tammy Robbins	Sue Fortunka

Diane Wereley
Nadine Beyersbergen-Weiting
Stephanie Lindstedt
Tammy Robbins
Tiger Rousseau
Tracey Stagg

Girls Just Wanna Have Fun Ranger Event (sponsored by Program)

Dana Wagner (RG)	Amanda Oldale
Caroline Lobban	Carmen Zayac
Chianna Pedersen	Jessica Neufeld
Lea Pham	Marla Haring
Tiernan Neufeld	

A Link to the Future - Ranger & Link Event (sponsored by Program)

Shannon Callaway (Robertson) (RG)	
Amanda Reid	Caroline Lobban
Dana Wagner	Denise Brake
Gina Hartman	Helene Prud'Homme
Jacqueline Emes	Judy Nicolas
Lisa Yee	Natasha Wagner
Rebecca Stewart	Sarah McCarron

Multi-Faceted (sponsored by Training)

Donna Leonard Robb (Coordinator)
Nyna Marr (Coordinator)
Kate Hanna
Kathy Cawthorpe
Laureen Bowman
Marion Rex
Maryanne Beyersbergen
Nadine Beyersbergen-Weiting
Sue Fortunka
Terri Bouvier
Tirzah Wolff

OAL Camp Skills Training (sponsored by Camping)

Kathy Cawthorpe	Twyla Jenkins
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Getting Started Commissioner's Training (sponsored by Training)

Kathy Watson	Debbie Morgan
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Alberta Girls Parliament (sponsored by Program)

Shannon Jaeger (RG)	Gultaj Kara
Heather Robertson	Julie Kitz
Katherine Lines	Laurie Robertson
Robyn Kitz	Vanessa Padoani

Trainer's Workshop (sponsored by Training)

Rose Ward (Coordinator)
Erin Dixon
Natalie Taylor
Chris Haydon

Summer Mash Up Guide Camp (sponsored by Camping)

Amanda Farkash (RG)	Alison Hathaway
Bev Morrow	Debbie Shudra
Heather O'Bear	Mae Stewart
Rean Knight	Steph Walker

Helpers:

Dana Wagner	Kim Fokkema
Natasha Wagner	

Rangers as Staff:

Ailish McDonald	Krista Gomez
Rhiannon Walker	

Leslie Jones (RG)
Kate Johnston (alternate RG)
Danielle Gervais
Kirsten Johnston
Melody Laurin
Rose Crowley-Kampel

Kimberly Ivey-Hogue
Kristen Smith
Philippa Wagner

Barb Gowan-Mullie
Sam Boys

Linda Pic
Susan Ryan

Laurie McIntosh (RG) Liz Jack
Maren Bolstler

Jacqueline Emes (RG)	Aimie Williams
Annette Jaenen	Beverly Lipon
Caroline Lobban	Cheyenne Hatter
Dana Wagner	Denise Brake
Donna Thomas	Eileen Johansen
Georgina Tucker	Helene Prud'Homme
Jessica Neufeld	Kimberly Jollimore
Lindsay Richardson	Mackenzie Wilson
Natasha Wagner	Sharon Wildwind
Tara Neilsen	Theresa Wamboldt

Emily Hayes
Laura Dancheck
Zoe Avramenko

Genevieve Stefanik
Max Prud'Homme

Adette Lacerte (RG) Deb Shudra
Erin George Sonya MacQuarrie
Trish Higgins



Julie Perras (RG)	Amy Pohl
Bev Burton	Breanne Stephen
Chris Burton	Dana Wagner
Emily Vandermeer	Julie Kitz
Liz Maki	Melanie Murray
Natasha Sarkar	Shannen Hoffman
Shannon Callaway	Veronica Hoffman

Anita Roy
Skylar Johnson

Anna Robertson Laurie McIntosh

Sue Fortunka	Diane Wereley
Bev Burton	Beverly Simpson Headon
Chris Burton	Donna Leonard Robb
Judy Bober	Karla Williamson
Kate Hanna	Leslie Horton
Louise Lines	Margaret Utgoff
Tirian Eynon	Tirzah Wolff
Tracey Stagg	Tracy Burton

Chris Haydon Judy Bober
Leslie Horton Margaret Utgoff
Tammy Robbins Tirzah Wolff

Enidd Isaac Pat McWilliams

Thank you to Anne McSavaney, Debbie Sugden and Doris McDowell for the many hours invested in updating the *Alberta Council Camping Committee Cookbook – Camping Cuisine* (formerly known as Eating Out).

Save the Date

Make sure to check the Alberta Council Calendar

COOKIE DAYS: Friday, October 18 to Sunday, October 20, 2019

OAL ADVENTURE CAMPING MODULES: Saturday, October 26 to Sunday, October 27, 2019

ADULT ARTS EVENT: Friday, November 1 to Sunday, November 3, 2019

MULTI-FACETED TRAINING: Friday, May 1 to Sunday, May 3, 2020

The New Uniform Is Here!

Bev Burton, Membership Adviser

The new Girl Guide uniform is one unified look for both girls and women. Choices for the uniform include either the navy-blue T-shirt or tunic and is the same across all branches. Girls and women can choose to wear any pants or bottoms they are comfortable with for unit meetings or events. The Girl Guide store will no longer be carrying the blue cargo pants.

The optional badge scarf and branch specific tie will still be available at the store. Displaying badges on badge scarves, camp blankets and memory books are all great ways of showing them off. Or girls can display them on other creative ways they would like to display them. Adults will still be able to purchase a pin tab

and scarf. For more formal occasions, the branch tie can be worn with the shirt for girls. For Pathfinders, Rangers and adult members, they can match the uniform shirt or a white shirt with a navy suit or skirt. All of the guidelines for uniform and the Girl Guide LookBook are on the store website and contain other suggestions for uniform.

Any uniform that has been a part of Girl Guides is still acceptable for girls and adults can still wear any uniform that has been in Girl Guides. Many of the girls who already have the previous uniform may choose to continue to use those uniform pieces and this is still valid uniform. Uniform is always uniform.



Which Cookie Are You?

Your dream holiday is...

- A) Sightseeing a famous city
- B) Skiing in the mountains
- C) Relaxing on the beach

Your favourite fruit is...

- A) Apple
- B) Orange
- C) Banana

Your friends describe you as...

- A) Organized
- B) Original
- C) Understanding

Your ideal pet is...

- A) Cat
- B) Fish
- C) Dog



You most enjoy travelling by...

- A) Plane
- B) Boat
- C) Train

Your favourite summer snack is...

- A) Watermelon
- B) A Smoothie
- C) Ice Cream

Your favourite shoes are...

- A) Sneakers
- B) Boots
- C) Sandals

Your favourite flower is...

- A) Lilac
- B) Rose
- C) Sunflower

Mostly A's

You're a vanilla sandwich cookie! You may be classic, but you are far from boring. You make the best plans, and are a great listener. You are prepared for anything that may come your way. You are super sweet, kind, and fiercely loyal and you can always find a way to help those around you.

Mostly B's

You're a Mint cookie! You are super interesting to talk to, and always add a little spice to the lives of those around you. You've got a sense of adventure, and aren't afraid to take a risk, so long as it's practical. You're determined and strong, and when you set your mind to it, you can do anything.

Mostly C's

You're a chocolate sandwich cookie! You are a loyal and reliable friend, which is just one reason everyone loves you. You are the one people come to for advice and comfort, and you have a way of staying cool under any circumstances. You are funny, confident, and courageous.

How the Girl Guides Won the War

Ainsley Zayac, 1st Vermillion Rangers

“How the Girl Guides Won the War” by Janie Hampton, is an amazing book showing what girls sacrificed to help with the war effort. In Britain, Girl Guides volunteered to help with the war effort any way they could from being hosts to Kinder support children, collecting scraps and helping people affected by the Blitz. Reading about girls much younger than me working hard for badges that are way more complicated than they are today was truly inspiring. From girls thrifting, saving lives, and lifting everyone’s mood in a dark hour it makes me very proud to say that I am a part of Girl Guides. If you are at all dedicated to the Guiding movement this book should be your number one favourite.

Kinder support children were the kids sent from across the dangerous war-torn countries of Europe to live in Britain or the Americas, where they could be safe from the Nazis. Over 10,000 children were saved from the gas chambers by Kinder support even though it only ran from December 1938 to September 1939. Many of the Kinder support girls joined Girl Guides including one by the name of Ruth Wassermann. Ruth was the Patrol Leader of the Larks where she learned many skills such as knots, Morse code, and sewing. Ruth said in her later years that “The Guides taught us self-discipline, responsibility, provided adventure, good respect for self-reliance, and to be helpful to others.” Kinder support Guides also helped collect money and items for the war movement.

Many Guides spent their free hours finding ways to donate to the war effort. In Hull, they knitted

garments and collected tin foil and other small objects which they sold and made 10.5 pounds that they donated to the Polish and Finnish Guiding Found. In Kent, Girls collected medicine bottles from local doctors and chemists. Kendal Guides gathered many things, including old mackintoshes (raincoats). They were then sent to a unit in Grassmere, that made gloves out of them for the minesweepers in the Atlantic. The list doesn’t end here, girls raised money for air ambulances, collected food to donate, knitted wool socks for soldiers, and more.

The Blitz started in September 1940 and Guides quickly rose to help with their First Aid skills, outdoor cooking methods, and campfire songs. A young 14-year-old Guide by the name of June Mackenzie was on a double-decker bus when a daylight air raid started. Mackenzie was on a road with little cover and the bus was directly hit with a machine gun while bombs were dropped on the road ahead. June had to walk past many dead people, one being the bus conductress that had lost her face in the attack, to get to the other passengers on the bus. She stitched up several wounds and had to wait for the ambulance to show up. London Guides made stoves out of old bricks from bombed houses, in order to make fires to heat tea and make food. Guides from Oxford set up a wooden box full of hay with a pot of covered stew or soup and then let it sit for the rest of the day to cook, this saved fuel. Guides were also encouraged to grow potatoes for food in any little patch of soil they could find. Girl Guides also sang campfire songs in the tube system at night to keep morale up. It was not uncommon to hear

a few notes of Three Blind Mice drift down the otherwise quiet underpass. Guides were a huge part of the war effort, and their help didn't go unnoticed.

Guides played a huge part in the Second World War, from opening their arms to girls of other races, raising money for supplies, and risking their own lives to help others to safety. These sacrifices didn't go unnoticed. By the time the war had ended, many Guides had been rewarded for their efforts. It is truly amazing to

learn about what Guides did to the people in need throughout the war, between sharing what they had, spending the time that could have been full of games to thrift and create gifts for soldiers, and dealing with the hardships of loss while saving others' lives; Guides certainly show many skills. Throughout the ages, Guiding has changed, but I would like to think that even now when conflict strikes in the world, we will proudly put on our uniform and go help people in need.



Share Your Story!

Have you ever found yourself in a situation you knew only other Girl Guides would understand? Blue-Print is launching a new feature entitled ***"You Know You're a Girl Guide if..."*** and we would love to have your wacky and unique Girl Guiding stories!

Please send your submissions to any-blue-print@girlguides.ca

Alberta Council Social Media

Veronica Hoffman, Deputy Public Relations and Communications Adviser

The Alberta Council Public Relations Committee has developed a Social Media Plan over the summer and is now putting it into action! Our social media mission is to use social media to connect with current and potential members and promote Guiding to the global community. There are three goals that we want to accomplish with this plan. The first goal is to increase public awareness of Girl Guides of Canada within Alberta, Northwest Territories, and Yukon. The second goal is to build and foster relationships with communities, companies, media, and other organizations within Alberta, Northwest Territories, and Yukon. The final goal is to engage with our current adult and youth members that rely on social media for information.

There are a few guidelines that we would like to outline about our social media platforms:

Safety of our membership

To ensure the safety of our members, event summaries will be posted after an event or activity has ended unless the event is a public event, such as, Alberta Girls Parliament, Guiding Mosaic, and Rally Day, where the proper safety and security measures have been put in place to deal with unwanted guests.

Posts and comments

Posts and comments must follow the Girl Guides of Canada Code of Conduct and align with the Vision and Mission of Girl Guides of Canada to help create a safe and positive space for all our followers on social media platforms.

Addressing questions

There is a closed Girl Guides of Canada, Alberta Council Guiders group attached to our Facebook page where we encourage you to ask questions. The appropriate Adviser or member from the Alberta Council Provincial Commissioner Team will be notified and provide you with an answer.

Hashtags

Please tag us in your photos and posts using the hashtag **#GGCAAlbertaCouncil**



Have something you would like to share? We would like to showcase Guiding from all areas within Alberta Council. If your Area, District, or Unit has done something exciting we would like to make a post about it!

The guidelines for the posts are:

- Everyone in the image(s) **MUST** have an IR.1 Image Release form in iMIS prior to the photo being posted.
- Maximum 100 words per post
- Send the information to Veronica at any-dprcomm@girlguides.ca
- Attach high quality .jpg images to the email

Another Year of Membership Growth

Bev Burton, Membership Adviser

Another Guiding year has started and again we want to give as many girls the opportunity to experience Guiding as possible. The Membership Committee is working hard to ensure that Guiding continues to grow again in Alberta Council for the upcoming year. The National Membership Growth goal is a 3% increase in new members in the upcoming year.

How can you help with Membership Growth?

1. First and foremost continue to provide the exceptional Guiding experience that you have been doing. Without our amazing Guiders and those who work in administrative support positions, we would not be able to accomplish anything!

2. Bring A Friend Challenge (for girls) and Plus One Challenge (for adults). These are both available on the ANY Council website and are fun ways to get more girls and women into Guiding. You can build these challenges into your regular unit meetings and information is available on the ANY Council website on how to do these meetings. There are crests available from the ANY Council Office for both of these.

3. Taste of Guiding Rallies – these will be stand alone events or combined with already established community events. They will be a chance for girls and women who are not currently in Guiding to get a taste of the fun and exciting activities that are happening within Guiding and to help recruit new members to the organization. Please talk to your Area Membership Adviser to help out with these events.

4. School Mail Out Campaign – we will be targeting the elementary schools with mail outs of information on joining Girl Guides. Please talk to your Area Membership Adviser to help out with this project.

5. Park Bench Project – to promote membership growth in our communities we are encouraging all Units, Districts and Areas to talk with their town offices about buying a park bench and plaque adorned with the Girl Guides of Canada name.

6. Word of Mouth – our best promoters of Girl Guides are our own members. If each person brought in 1 friend into Guiding, can you imagine what an amazing movement we would see!

Just remember, girls and women can sign up for Guiding at any point in the year, and we want to welcome each new member whenever they come.



MYTHBUSTERS Girl Guide Edition

MYTH

If a contract / lease is for less than one year, the Guider or District Commissioner can sign the contract.

BUSTED

Contracts for less than one year are “short-term contracts” and must be signed by a designated Alberta Council contract signer. Refer to Guiding Essentials (Member Zone) for details regarding contracts. For information on where to submit contracts, refer to the Alberta Council website (Guiders – Forms – Alberta Council Resources – Contracts).

MYTH

The trainings in the New Guider Learning Path may be taken by all Guiders – new and experienced.

CONFIRMED

The New Guider Learning Path training modules are available to all Guiders, regardless of experience level. These trainings may be particularly beneficial to Guiders changing branches. There are five modules available as in-person, telephone and webinar trainings.

MYTH

I don't need to have Image Releases (IR.1) for all my girls when I post photos on a private Facebook page.

BUSTED

Although you control what is being posted on that page, you cannot control people from taking screenshots of a Facebook post and sharing that information. You should not post any photos on social media unless all the people in the photos have Image Releases.



MYTH

All Adult members and Rangers receive Canadian Guider with their membership.

CONFIRMED

Once you register as a member, all Adult members and Rangers receive the Canadian Guider, a Girl Guides of Canada publication. Canadian Guider is published three times a year – Winter, Spring and Fall and is mailed to your address in iMIS. To see back issues, go to the Girl Guides of Canada website (About Us – Media – Publications).



MYTH

Girl Guides has launched a new uniform navy t-shirt. Old / previous uniform pieces can no longer be worn as uniform.

BUSTED

Members can wear the new t-shirt/tunic or any prior uniform pieces. Ties, sashes and scarves are optional, not mandatory. See "The New Uniform is Here!" on page 4 for more information.

MYTH

Girl Assistants do not need to be registered in a separate unit such as Pathfinders or Rangers in addition to the unit they are volunteering in.

CONFIRMED

Girl Assistants can volunteer in units two levels below the one designated for their age-group (Rangers volunteer with Guides and lower, Pathfinders with Brownies and lower). However, if they do not want to be in a Pathfinder or Ranger group, they may be registered in the unit they are volunteering in solely as a Girl Assistant (paper registration form). Membership fees for the girl would be paid to the unit they are volunteering with. (Note: Units / Districts may consider subsidizing the Girl Assistant's fees in the same manner that adult member fees are covered). Ensure all Girl Assistants are on the Unit Roster.



MYTH

Guiding has really changed with the new Girls First Program.

BUSTED

The Mission and Values of Girl Guides has not changed. The program still incorporates the arts, science, outdoor challenges and global awareness in the program. Girls First Program has provided a new tool to help make the program more agile (an online program enables updates to happen quicker). It has tried to incorporate the best of what Guiders are doing across Canada and has presented them in an easy to use fashion to minimize the planning time for them.

Alberta Girls Parliament

Edie Jubenville, AGP Team Lead

“Alberta Girls’ Parliament? What’s that?”

This event hid from my radar until 2001 when, Rosalyn Schmidt, the AGP Adviser of the day, contacted me and asked if I would like to participate and join the AGP Guiding team. It sounded a bit dry – just debates and parliamentary procedure. However, my ideas about AGP changed as soon as I met the Executive team, who had been elected from the previous Session of AGP. I was impressed with their enthusiasm and passion for AGP. At our first meeting – of all the Guiders and Executives – these 5 Rangers (Senior Branches they were called at the time) decided the debate topics and what service project they wanted to do, they also discussed the dress code for the event, determined who they wanted to invite as guest speakers and went over the schedule in great detail.

At the event itself, I was even more impressed. The Executive of AGP (made up of the Premier, Deputy Premier, Leader of the Opposition, Alternate Leader of the Opposition and the Speaker) took charge and helped at the registration desk where they greeted old friends, made new girls feel welcome, introduced everyone through their icebreaker game and kept everyone on track for the entire five days. At one point I mentioned something about ‘camp time’, i.e. it happens when it happens, however I was informed that AGP runs on ‘AGP time’, which is right on time! This was another thing that impressed me. As Guiders, we were there to facilitate the event, but we were definitely not running it!

I was back as the Adviser the next year and continued for the next four years because I

got hooked on AGP. I kept telling everyone how impressed I was with how these Rangers ran such a great event. After being away for 10 years, I am back as the Team

Lead and I am still impressed. I recently met a Ranger who just came back from AGP after attending for the first time this spring. She said that she felt welcomed at AGP. She has been on several other debate teams outside of Guiding and she always felt a little intimidated; but at AGP, she said that she felt encouraged by the Executive and her Caucus and she felt more comfortable debating at AGP than at her Debate club. She was so enthused about her experience she was telling everyone about it and encouraged them to apply next year. I recall many others over the years, who attended AGP on the advice of a Guider or parent and subsequently became avid AGP delegates and promoters.

AGP is more than just debates. There is a tour of the Alberta Legislature, the opportunity to meet girls from all over the Province and often from beyond its borders. Past guest speakers have ranged from inspiring (Hayley Wickenheiser) to political (Rona Ambrose, Kim MacDonald) to sometimes controversial (Ezra Levant). While not always famous, there have been many speakers who have inspired, challenged and



encouraged these young women throughout the years. Delegates have met many of the Alberta Lieutenant-Governors throughout the years.

So how did this all start? Mrs. Ethel Wilson (1902-1983) had a dream; a dream to teach girls about government and their responsibilities as citizens. She was an Edmonton Alderman from 1951-1959 and an MLA from 1959-1971. She took her dream to the Alberta Council of Girl Guides of Canada-Guides du Canada and, in 1971, the formation of Alberta Girls' Parliament was proclaimed in the Alberta Legislature. She was re-elected in 1963 and 1967 as a member of the

Social Credit government. From 1962 to 1971, Mrs. Wilson was Minister without Portfolio and sat on a number of boards including the Royal Alexandra Hospital Board. She ran in Edmonton Kingsway in the 1971 election but was defeated by a Progressive Conservative candidate. During these years, Mrs. Wilson raised a family of three children. She died on December 8, 1983. She had seen 12 sessions of Alberta Girls' Parliament take place, serving as Parliamentarian - her dream realized. It is that time of year again, when we advertise for the upcoming session.

The 49th Session of Alberta Girls' Parliament
Wednesday, March 18, 7:30 PM to Sunday, March 22, 1:30 PM
Providence Renewal Centre in Edmonton

Registration opens **November 1, 2019** on a first come, first served basis. This year we are expecting representative Rangers from across Canada, as well as members of 4H and the Association of Junior Forest Wardens of Alberta, so get your registrations in early.

You can apply if you are a Pathfinder, Trex or Ranger, 15 to 18 years old at the time of the event.
Not quite 15? We also take two 14-year-olds to be Sergeant at Arms and Clerk of the Assembly

The registration cost is \$250 plus GST, which includes all accommodations, meals, snacks, and activities for this 5 day-4 night event. No further subsidy is available from Alberta Council as your cost is less than half of the actual cost of the event.
Further subsidy assistance may be available from Units, Districts and/or Area Councils.
Transportation costs are not included in this fee.

Watch ANY-GuideNews for the Registration link

Although 2020 marks the 49th Session of AGP, we are already planning ahead for the **50th Anniversary** Session of AGP from **March 17 to 21, 2021**. AGP is the second longest running Youth Parliament in Canada and the only Girls' Parliament that has been running for this long. We are interested to hear from you if you are a past AGP Delegate, Executive, Guider or Page. We hope to have something at the 50th Anniversary to include YOU! Let us know who

you are and what Session(s) you attended. Would you be interested in attending the Opening of Parliament (March 19) and/or the banquet (March 20)? Do you have some fond memories of AGP that you would like to share? Did you make any lifelong friendships at AGP?

We would like to hear from you!
Contact **Edie Jubenville, AGP Team Lead**
by email any-agp@girlguides.ca

2019 Alberta Girls' Parliament

Banquet Speech

Aliysha Ahmed

My name is Aliysha Ahmed, I'm a 16-year-old Edmontonian and your Leader of Opposition for this session of the Alberta Girls' Parliament. Welcome to this year's banquet.

I'm usually a lot more humorous than this, but unfortunately, this speech comes from the heart. So instead, I need to concentrate on not crying, I apologize in advance. Now, before anything else, let me tell you about my background with AGP. I "unofficially" joined AGP about 8 years ago as a page. I would always look at the delegates in awe, waiting for the day I would finally be a part of the debate. Three years ago, I finally got my chance. I was a small, scared out of my mind 14-year-old girl, the youngest out of all of the other delegates. I was horrified by the thought of talking to or befriending the other girls. I was terrified of everyone else hating me.

The girls that befriended me in my first year seemed to understand my fear and anxiety. One of the first acts of kindness that I received was from that year's Premier. She made me feel like I was welcome and wanted from the second I walked through the Centre's doors. She helped me to my room, talked to me and assured me that the girls here were really cool. The second act of kindness that I remember vividly is something that happened after our mock debate. A delegate from the opposing side called after me. When I stopped, looking like a literal deer in the headlights, she gave me the biggest hug and told me: "I've been waiting for you to become a delegate ever since you were a little page." The thought that someone

cared enough about me that they had been watching me grow and become one of them was simultaneously the best and the scariest feeling of my life. There have certainly been other acts of kindness over the past few years, but these two were the ones that stuck with me during my first year here.

I can't help but feel like if it weren't for these kind gestures, I would never have been able to find my voice during the debate, I wouldn't have actually tried to find my place in this Parliament, I wouldn't have ever felt like I belonged. In fact, if it weren't for the kindness exhibited to me that year, I probably wouldn't have made the amazing, lovely, beautiful friends that I have today. I probably would have come home at the end of the weekend and refused to go back the next year. I can only hope that as a member of the Executive Committee, I have managed to do the same for some of the girls sitting here today. It was, after all, one of the main reasons why I wanted to be an Executive in the first place.

Being a part of the Executive Committee felt a bit like that first year as a delegate. Once again, I was the youngest delegate out of the five of us, and once again I was filled with doubts: would I be able to fit in, would they listen to what I have to say? Only to realize that I had nothing to be afraid of. Despite being the youngest one on the committee, I was acknowledged, I was listened to, I was important, and I had a voice. Even though I felt unprepared to be in an executive position, the girls helped me find my place. They encouraged me, they helped me gain confidence, and they let me know that



I could do it. Even when I had doubts, I would remember that they were there for me, that they absolutely and completely believed in me, and I would feel better about everything.

That's what makes AGP so special, and believe me, AGP is special. Everyone is supportive, encouraging, always willing to share points, and have fun. The girls here are always willing to talk to you if you're feeling down, they're happy to talk about your interests and if they don't agree with what you say, they're respectful. Maybe it's because we're around each other longer, maybe it's because we are a tight group, but I have never once felt like I wasn't enough at AGP. If I mess up, I'm not afraid of being ridiculed because I know we all love and have respect for each other. Yes, we are professional, but we also support each other. We're allowed to make mistakes and we're encouraged to learn.

The girls that I've befriended over the past three years are quite possibly some of the kindest, smartest and most down-to-earth people I have met in my entire life. They aren't afraid to speak their mind, they're willing to set an example and they want to lead us towards a better future. They are willing to listen to you rant when you

are feeling angry or upset, and they're quick to reassure you that you belong here and that you matter. They are passionate, they are strong and they are good people, which are qualities that I think the world is going to need moving forward. Let's be honest, the only way this world is going to get better is through compassion and acceptance. I'm proud to say that these girls are very well versed in both of these traits, along with plenty of others that I'm sure will make this world a better place.

To me, AGP will always be the best way for strong young women to learn how to use their voices, to be confident in themselves, to realize their potential, to support each other, and to be able to become the people this world needs to progress. That is why AGP is so important. It has managed to convince girls that we are what the world needs, and through AGP, we have learned to accept this and shape the future into what we want it to be. AGP has given us the push we need to believe that we can make an impact in our cities, our provinces, our country, and even the world. It's the friendships I've made here, what AGP stands for and the gratitude I feel because this place exists for us young women, which makes me want to come back every year.

Camping Cookbook

Julie Kitz, Camping Adviser

**The Camping Committee is revamping the Camping cookbook!
Take a look at some of the new recipes you can find:**

INDIVIDUAL FRUIT COBBLERS *Phyllis Clow, Edmonton*

Cooking method: Box oven

Cooking time: 30–40 minutes

Servings: 8–12

Ingredients:

Canned pie filling (apple, cherry, etc.)

White or yellow cake mix

Line clean tuna cans (1 per person) with foil and grease. Spoon 1–2 tbsp of pie filling into each can. Pour on 2–3 tbsp of prepared cake mix. Place in box oven for approximately 35–40 minutes. Serve with whipped topping (optional).

Variations:

- Spread a can of pie filling on bottom of cake pan, i.e. apple pie filling with cinnamon. Pour a prepared cake mix over pie filling. Chocolate with apple is good.
- On bottom of cake pan, place pineapple slices, brown sugar, and pineapple juice. Cover with coffee cake mixture or regular cake mix. Gingerbread is excellent.
- Use prepared biscuit mix (¼ cup mix, 1 tbsp butter, and 1 tbsp hot water) instead of cake mix.

PUDDING IN A BAG *Karen MacDonald, Edmonton*

Mix instant pudding in a large bowl and pour individual servings into plastic resealable bags, seal and let set. Eat out of bag. Great when in a rush!

ICE CREAM IN A BAG *Lisa Franklin*

Servings: 1

Ingredients:

2 tbsp sugar

½ tsp vanilla

Ice cubes (enough to half fill a gallon-size bag)

½ cup salt (kosher or rock salt works best, but table salt is fine)

1 cup half & half cream

1 gallon size plastic resealable bag

1 pint-size plastic resealable bag

Combine the sugar, cream, and vanilla in the pint-size bag and seal it tightly. Place the salt and ice in the gallon-size bag, then place the sealed smaller bag inside as well. Seal the larger bag. Shake the bags until mixture hardens (about 5 minutes). Feel the small bag to determine when it's done. Take the smaller bag out of the larger one, add mix-ins (cookies, candies, fruit, etc.) and eat the ice cream right out of the bag.

**You can find more recipes like these in the
Camping Cuisine Cookbook on the Alberta Council Webpage.**

New Guider Learning Path

Chris Burton, Training Adviser

This fall, GGC is excited to launch a new training program for adult members as they start their Guiding journey! The New Guider Learning Path is a series of five courses, including Safe Guide, that ensures Guiders feel confident, and prepared to lead their units. The courses are fresh and engaging and reflect what Guiders have told us they most need to know.

Starting in September 2019, all new Guiders will need to complete five learning modules. These modules make up the New Guider Learning Path, and new Guiders will receive the Red Training pin upon completion of all five modules. Ideally, all new Guiders will complete the modules (online, as National E-modules or in-person) within their first 6 months of joining a unit. During this launch year, apart from mandatory completion of Safe Guide, failure to complete the other four modules will not result in Guiders being removed from their units.

The five modules are:

Safe Guide - Risk management tool, mandatory completion within 6 months of join date

The Girl Program - Overview of the program, badge guidelines, navigating the platform

Building Unit Guider Skills - Girl driven approach, girl engagement strategies, organizing effective meetings

All About the Branch - Developmental characteristics, Guiding traditions, behaviour management, girl engagement strategies

Safe & Inclusive Space - Safe space practices, diversity and inclusion, accessibility, child protection (online on the national GGC website)

The ANY Council Training Committee is offering in person (at the Area level) trainings along with webinars and telephone trainings covering the New Guider Learning Path modules. Check ANY-GuideNews and with your Area for dates and registration information.



Updates! Updates! Get Your Program Updates!

Dana Wagner, Program Adviser

Welcome to a new Guiding year! Over the summer there were exciting updates to the Girls First program; In to the Outdoors was added to the platform. There are lots of exciting activities for each theme – Nature Discoveries, Our Shared Planet, and Camping Skills and Adventure.

Here are some great activities from each branch for this amazing new Program Area:

Sparks

More Than Marshmallows – Build some of your basic camping skills to help you get ready for an overnight experience.

Brownies

“Knot” Your Average Activity – Practice tying bows, reef knots, and packer’s knots to help you prepare for camp.

Guides

Creating Camp Gadgets – Bring you’re your inner engineer and construct a camp gadget to make your life at camp a little more comfortable.

Pathfinders

Gourmet-on-the-Go – In this activity, experiment with different recipes and cooking techniques to spice up your camping experience.

Rangers

Natural Navigation – In this activity, you’ll explore some of the different ways that Mother Nature has your back on the trail.

Updates have been made to all the Girl Awards – Lady Baden-Powell, Canada Cord, and Trailblazer Awards – to reflect the new Program Area. Information about all awards can be found on the platform by going to – All About Guiding – All About Guides/Pathfinders/Rangers or on the Alberta Council website by going to – What Girls Do – Alberta Council Programming – Program Resources

– Specialized Programming. Here you will also find support for delivering the program, awards & appreciation resources, and program & award equivalencies.

How girls earn badges

Theme badges

Sparks and Brownies

We recommend younger girls complete 6-8 activities

Guides, Pathfinders and Rangers

We recommend older girls complete 8-10 activities

Special note

The guidelines to earn the theme badges within the **Take Action Program Area** are a little different.

- **Your Choice:** complete the Explore Your Passion Instant Meeting
- **Your Voice:** complete the Driving Change Instant Meeting
- **Your Passion:** complete 1-3 actions

Program area badges

To earn a program area badge, girls complete 2-3 theme badges within that program area.

It's up to you and the girls!

Remember: **These are just guidelines.**

Every unit works differently. It's the fun and memories that are important – not ticking off boxes. Use your judgment when awarding badges.

“What makes you unique?”

That’s a question many of our Brownies and Guides are excited to answer! They know what they’re passionate about, and they’re looking for badges that can help them explore and share their interests.

Discovery badges celebrate the Brownie or Guide who wants to dive deeper and explore everything she wants to be. Discovery badges are a fun new way for a girl to put her own stamp on her Guiding journey, either on her own, with a trusted adult, or with her unit (in patrols or small groups). These badges are girl-driven and flexible – it is up to each

girl whether she wants to explore them in addition to the program. They aren't meant to show that she has "mastered" a skill or subject. Instead, they showcase her unique passions and interests as she discovers who she is.

It's the 10th anniversary of the National Service Project (NSP) and GGC has a new vision: A Better World, By Girls, is coming shortly. To celebrate this anniversary and GGC's new vision, the NSP is going girl-driven! Girls across Canada will rally together

to define what their better world looks like and act upon it.

The new website will soon be ready for you to share the ways you're building a better world together with your girls. A new instant meeting will also be available on the program platform this fall. Whether the girls in your unit decide they want to do nothing but crafts all year, or they want to do a little something from every Program Area; the important part is that they have fun doing it!

Guiding Is...

"Roasting marshmallows and hot dogs with my friends around a campfire"

Isabella, Age 11



Let your girls shine!

"Guiding Is..." submissions can be sent to any-blue-print@girlguides.ca.

GrassRoots Huddle 2019

Thank-you to the Youth and Adult members from across Alberta, Northwest Territories and Yukon for your time, enthusiasm and engagement at GrassRoots Huddle 2019. Your thoughts and ideas continue to inspire and make a difference.



Representing GGC at Canada's Youth Summit

Alex Holmgren

"Youth are not the leaders of tomorrow. You are the leaders of today."
– Prime Minister Justin Trudeau

In March, I checked my email to find that I had been personally invited by the National Office to apply to attend the Canada Youth Summit in Ottawa. Without hesitation, I instantly applied.

When I was a Brownie, I made a promise to myself to always take advantage of every opportunity presented to me. Besides, I knew

this would be a once-in-a-lifetime chance to bring my advocacy efforts for diversity and inclusion to the federal government level which I have been actively advocating for since I was 12. I was selected as one of two members of GGC to attend the Summit. I felt incredibly honoured to be given the opportunity to represent Guiding and the National Diversity and Inclusion Action Group at the Summit and to have direct input on the government's new Canada Youth Policy.

From May 1-3, 2019 I participated in a variety of open dialogue plenary sessions where I was able to openly discuss, and have my voice heard on important issues including; climate change, gender equality, inclusion, health and wellness, employment and innovation, and social impact and democratic participation. These discussions were made into recommendations that we prepared for the Prime Minister for the

Canada Youth Policy, and questions we would have the opportunity to ask him during the Summit and the ending town hall meeting.

In the session about gender equality, we were asked to share our reason why; the reason we believed in gender equality. I got up, in front of

the room of 200 people and shared my personal story about how I was told at the age of 10 why my mom chose my name. In part, I was named Alexis because it could be shortened to Alex (a gender-neutral name). My mom had worked in Human Resources going through resumes and selecting candidates for interviews for years. Her bosses instructed her to throw out the ones

with "female-sounding names" because they did not want to hire women, even if they were more qualified. That has always stuck with me. Later, two people sitting in the row in front of me approached me and told me how brave I was sharing my story and how it inspired them. One of my fellow members of the RCMP National Youth Advisory Committee asked me to share the story at the RCMP National Youth Summit again later that same month in Ottawa, which I did. I am incredibly proud of the way I can use my words to positively impact others.



At the Summit, we had the opportunity to hear from a variety of impactful guest speakers including astronaut Jenni Sidey-Gibbons who was born in Calgary! She was incredibly inspirational, speaking about what it was like being a woman in STEM and a female astronaut. She also talked about how Roberta Bondar was one of her early childhood heroes. Her speech



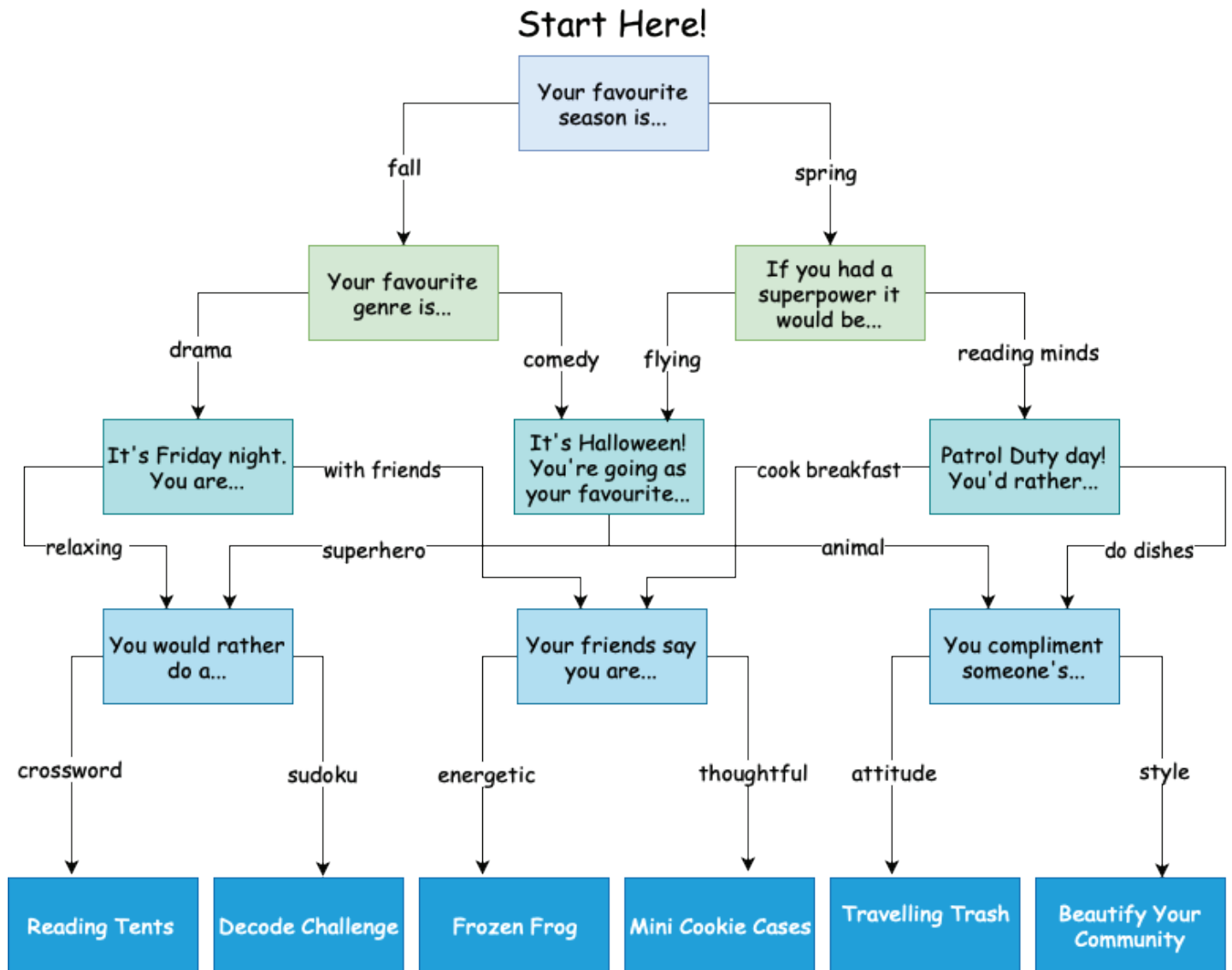
resonated deeply with me as a woman who wants to pursue a career in STEM as a genetic counsellor and as someone who has looked up to Roberta Bondar since I first learned who she was in Brownies.

One defining moment that I will carry with me moving forward was when I met Parliamentary Secretary Peter Schiefke. He was so excited that I was from Girl Guides and said that we don't get nearly enough credit for what we do, shaking my hand and giving me a hug, he also said that as soon as she is old enough, his daughter will join Sparks. In addition, he took the time to encourage me saying that peer to peer, my work for diversity and inclusion is more important than any work they can do as a government. I will carry that moment with me forever as I move forward in my life.

Also, I was absolutely thrilled to have the opportunity to meet, speak with, and shake hands with Prime Minister Justin Trudeau and Sophie Trudeau. Another highlight of the Summit was when NASA astronaut David Saint-Jacques answered my question on how people with disabilities can be included in the space program directly from the International Space Station. I was also incredibly excited when we had the opportunity to see a private concert where Olympic ice dancer Tessa Virtue and Sophie Trudeau spoke and Canadian duo Elijah Woods x Jamie Fine (from "The Launch") performed. All in all, my experience was absolutely incredible. Meeting with so many like-minded young leaders in their communities who aspire to make changes just as much as I do, and to serve their communities was phenomenal. I cannot wait to use what I learned at the Summit, and the encouragement I gained going forward to create change in my community and my advocacy work for diversity and inclusion. I am so immensely grateful to have been able to have this experience.



GiRLS FIRST Quiz




**Girl
Guides**
 Alberta Council
 For Guiding in Alberta,
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Happy 40th Birthday Pathfinders!

Janet Allcock, Archives Lead

The 1970's was a decade of change for Girl Guides of Canada. This was not entirely new as the Movement has always sought to keep up to date and to provide what the girls of the time need. The program had always been updated to reflect the interests of the time and a new uniform was introduced in 1963.

Now, however, there was pressure from parents to allow girls younger than seven to join Brownies. A number of Provinces, including Alberta, ran very successful pilot programs for a younger age group and this seemed likely to be introduced. But when the time came, the change was much more than the addition of a new branch at the younger end.

Instead, in a revolutionary move in 1979, the age level for Brownies became six to eight, for Guides it became nine to eleven and a new branch Pathfinders was introduced. This was a major change and required new programs for all levels except the Senior Branches and a lot of adjustments from Guiders. But it did not take long for Pathfinders to become part of our Guiding family and it is difficult now to imagine what it would be like without this branch. As they sing their song...

*"Sharing a promise and sharing a song,
Planning tomorrow, enjoying today.
Pathfinders, we're here to stay."*



An Arrowhead Area Pathfinder unit forms a Guard of Honour for recipients of the Canada Cord in 1999



St. Albert Pathfinders tour the Riverside Forest Products plant in Armstrong, BC during a trip in 1997



Four well laden Pathfinders from the 1st Spruce Grove unit head for a wilderness camp in the fall of 1979



The 1st Spruce Grove Pathfinders hold a candlelight enrolment ceremony in 1985

ANY Trefoil Guild

Sue Schroder, ANY Trefoil Guild Liaison

2019 has been a special year for Trefoil Guilds! We are celebrating 60 years since the formation of the first Trefoil Guild in Woodstock, Ontario in 1959. In Alberta, Guilds began in Edmonton and Calgary in 1978. Since then, we have flourished and are still growing with 37 Guilds in Alberta, Northwest Territories, and Yukon. A national competition was held to design a crest commemorating our 60th anniversary which will be available soon. With National's help, there will be Trefoil Guild celebrations during the 2019-2020 Guiding year, Stay tuned.

In June, the National Trefoil Guild Gathering was held in Sudbury, Ontario with 250 members and 7 international guests. This is a Trefoil Guild event held every three years in different parts of our beautiful country. The activities and trips were chosen to give many choices for participants. One very popular activity was the day trip to North Bay to visit the home of the Dionne quintuplets and to cruise Lake Nipissing. There is always a service project at the gatherings. Participants were asked to bring knitted items, books, baby supplies, etc., which was later presented to NEO Kids, Northeastern Ontario's hub for specialized children's care. Our fourteen travellers had a fantastic experience spending five days making new friends, rekindling friendships, laughing, singing, sharing, eating, and learning new things. One member wrote that "it was a total learning experience for her to see how Trefoil Guilds could accomplish so much with so much fun!" Google TG News to see photos of the event. The next gathering will be June 2022- Winnipeg here we come!



Nationally, there are a few changes in iMIS entries. As of August 2019, Trefoil Guild presidents are referred to as Guild Leads with no defined length of term. The Lead position should be voted on by the Guild members on an annual basis. If the Trefoil Guild has a bank account, the Guild will have a Treasurer who will be elected annually for a maximum of five years. These two positions are the only Guild positions identified in iMIS. Guilds may have as many informal positions as needed but these are not entered in iMIS. For example, if the Guild wishes to maintain a written history, a member would write notes or take minutes.

Are we still Guiders? 'Guider' is a job title. Those of us who are solely Trefoil Guild members, are no longer Guiders but Members of our Trefoil Guild, Girl Guides of Canada.

There is a new National Trefoil Guild pin and some new uniform pieces available. There are no changes in Police Records Checks (PRCs), exemption requirements, and National or ANY membership fees this year.

Trefoil Guilds are wide open with exciting activities and a source of great friendships! Have a great Guiding year Keeping the Spirit Alive!

ALMS LakeKeepers at GGC Camp Westover Lake

Susan Ryan

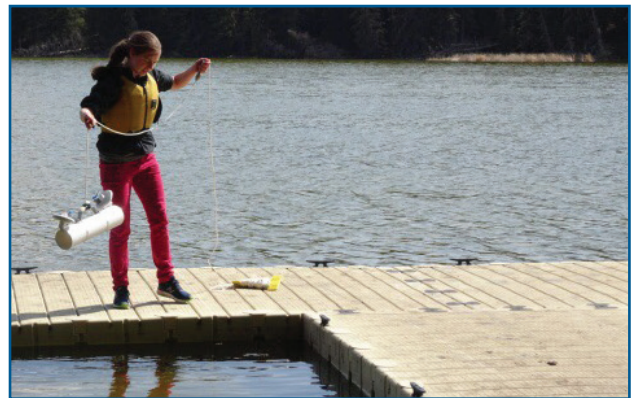
If you were at Westover Lake for Beginner Backpack and Canoe Weekend in June (80 girls), ANY Council Outdoor Adventure Camp in July (40 girls), unit camps in mid September (15 girls), Westover Canoe Weekend in late September (110 girls), or were one of the 55 adults to participate in the various events, you were introduced to limnology and water monitoring through the Alberta Lake Management Society (ALMS) LakeKeepers program. Across Alberta, ALMS volunteers monitored the water quality of more than 30 lakes in 2019 and GGC Calgary Area took part.

Caitlin Mader, the ALMS Program Coordinator, came to Westover in June to demonstrate the monitoring equipment to girls and Guiders and talk about lake monitoring and management. Caitlin explained sunlight penetration and algae production; spread, detection, and treatment of invasive species; and the relationship between nutrient loading and the health of the lake. Caitlin was very impressed with the quality of questions that the girls asked.



Caitlin Mader of ALMS demonstrates the Secchi Disk, used to determine how far sunlight can penetrate into a lake.

Water samples sent to Edmonton were tested for chlorophyll-a, microcystin and total phosphorous. A small PVC pipe was installed under the dock in June and removed in September to check for invasive species. We will get the results of all the water tests in March or April 2020. Watch for another article in this publication then.



Caitlin Mader of ALMS demonstrates the use of the Kemmerer: Open the end caps, lower the Kemmerer to 1 metre below the surface, release the messenger to close the end caps. Bring up a sample of water from the lake that is not mixed with surface water. During actual sampling, this is done from a boat at the deepest part of the lake.

Girl Guides
Alberta Council

For Guiding in Alberta, Northwest Territories and Yukon

Letter from the Editors

Sam Boys and Finley Rogers, Blue-Print Co-Editors

Dear Blue-Print Readers,

This year, we are trying something new with Blue-Print. We would like to open our submissions process up to everyone within ANY Council; we are looking for short (1-2 paragraph) entries with a picture or two to come along with it, if you have them. We are also adding in some new graphics and trying to keep our “fan favourite” pieces going. We are also doing something interesting, by going theme less for the year; this should alleviate the pain of trying to fit stories in, or worrying if your submissions will be accepted. Please let us know if you have any suggestions! Submissions can be sent to any-blue-print@girlguides.ca.

Thank you,

Sam and Finley



Tag us in your photos using:

#GGCAAlbertaCouncil

Follow us on social media!



Girl Guides of Canada, Alberta Council



@GGC_ANYCouncil



@GGCAAlbertaCouncil



GGC, Alberta Council

2019 Call for Provincial Commissioner

Are you the next Provincial Commissioner (PC) for
Alberta, Northwest Territories & Yukon (ANY)?

Would you like to be the senior spokesperson
and ambassador for **ANY Council**?

Do you want to promote Guiding throughout
the Council and support all levels of Guiding
throughout Alberta, Northwest Territories
and Yukon?

**Applications are being
accepted until
November 18, 2019.**

This is a three-year term starting May
2020. Visit the Alberta Council Website
(Guiders – Volunteer Opportunities) for
more information and to apply.

Do you know someone who would make an excellent PC?
Let us know by emailing any-nominations@girlguides.ca.



Girl Guides
Alberta Council

For Guiding in Alberta, Northwest Territories and Yukon

11055-107 Street NW
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girlguides.ca/ab/

The deadline for the submission of
articles for the next edition of Blue-Print is
November 15, 2019. Send your submissions to
any-blue-print@girlguides.ca

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