



Girl Guides
of Canada
Guides
du Canada

BC Program Committee



FunFinder

December 2011

Celebrations: January through March

This edition of the FunFinder focuses on celebrations in the months of January, February and March. The most popular (and common) celebrations are New Year's Day on January 1st, Valentine's Day on February 14th, our very

own Thinking Day on February 22nd and St. Patrick's Day on March 17th. But there are all sorts of fun and crazy celebrations that we can incorporate into our Girl Guide meetings. On Penguin Awareness Day (January 20th) you could

have a penguin-themed meeting. February 20th is Love Your Pet day - you could do a pet badge that day.

Check out the [Holiday Insights website](#) for lots of fun celebration ideas. The ideas are endless!

Challenges and Program

Challenges are a fun way to complete the Guiding Program while earning a "bonus" challenge crest. And did you know that you can work on challenges not just from BC and National? You can do ANY Girl Guide challenge in Canada! Prior to working on the challenge, however, it is strongly recommended that you contact the Province to determine crest availability, costs and shipping.



To find National challenges, log into Member Zone, select "Program Resources" at the top and then "Girl Programs".

The provincial challenges can be found on their websites (click each province name below to find the challenges):

- ♦ [British Columbia](#)
- ♦ [Alberta](#)
- ♦ [Saskatchewan](#)
- ♦ [Manitoba](#)
- ♦ [Ontario](#)
- ♦ [Nova Scotia](#)
- ♦ [New Brunswick](#)
- ♦ [Newfoundland & Labrador](#)

Program Advisers - We Need You!

This is the first and only edition of the FunFinder for 2011. We, the BC Program Committee, have not published any issues of this newsletter as we are in dire need of assistance! We are looking for a Communications Liaison - someone who knows how to use Microsoft Publisher (the program we use to

create this newsletter). For more on this position, please see page 15.

We also need article submissions from the Program Advisers of BC. Program Advisers are among the most creative ladies in Guiding, and we know that you have great ideas that could be shared with the rest of the

province. Watch for article submission requests on the Program Advisers Facebook group. If your district doesn't have a Program Adviser, talk to your District Commissioner - maybe someone you know would be perfect for the position!



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Enthusiasm wanted!

We are looking for creative, enthusiastic Guiders to join the Provincial Program Committee team, as follows:

- ♦ STEM Adviser
 - ♦ Communications Liaison
 - ♦ Arts Resource
 - ♦ Lones Adviser
- Please see page 15 for more information.*

News

To Share and Be a Friend Challenge Ending June 2012!

The "To Share and Be a Friend" challenge will end in June 2012, so this is the last year that it can be done. This is a challenge just for Sparks, and it covers program selections from all of the keepers, although you just need to cover one activity from three different keepers to earn this challenge.

You may have ALREADY earned this challenge crest! Please read through the Spark Guider's Manual and compare it with the challenge

requirements (which are found on MemberZone). And it is a nice big crest for the girls to start collecting for their badge blankets! The crests will be available in the online store only until June 2012.

Remember that we are always fulfilling the SPIRIT of the program activity - so even if the activity in the challenge is not exactly the same as what is written in the book, it can still fulfill program requirements.



Guide Guiders Manual Available on MemberZone

If you look on the online store, you will see that we do not have a Guider manual for Guides... we have one for Sparks, Brownies and Pathfinders, but nothing for Guide Guiders!! What?!?! That seems unfair, right??

Well, let me share a not-so-secret

tidbit of information with you - the Guide Unit Guider's Handbook is available completely free on MemberZone! Check it out at the link in MemberZone: Program Resources > Girl Programs > Guides.

Want to know what to do with those

little challenge badges - well, that information is on there! Want to know the basics of a Horseshoe formation opening - that's there, too! Please visit MemberZone and review this resource.

Music Resources Online

Do you sing with your girls? Did you know that music is part of our program? Our openings and closings have special songs, singing is included as part of our program activities to help the girls learn (for example, the Water All Around section of the Key to the Living World in Brownies tells us to learn or make up a song about water and sing it with the unit) and it is a core part of our campfires at camp. Music and songs are part of the fabric of Guiding that binds us all together, and is a tradition that is passed down from generation to generation.

But what if you don't know any of the songs? Or if you think you are a "terrible singer" so you don't WANT to sing with your girls? What do you do then? Do you deprive your girls of the joy that music can bring them? No! You can talk to your District

Commissioner and see if there are Guiders available who can come out and teach your girls some songs, you can read through the songbooks that are available for purchase on the online store and teach them to yourself, or listen to CDs to try and learn the songs. But there are online resources, available, as well.

The TuneGuide at <http://tuneguide.e-guiding.com/> has about 110 songs for you to listen to and download. When you are on the page to listen to the songs, use your browser to Save Page As... and you will be able to store the mp3 file onto your hard drive, then import it into your own music player (such as iTunes or Windows Media Player). You can then create your own CD or transfer the music onto your mp3 player to be transported to your meetings!

Please share the joy of singing with



your girls. Songs are an important part of Guiding that they will remember forever.

National Bird Day

Jan
5

Visit the National Bird Day website at <http://nationalbirdday.com/> for more information.



Feed the Birds

Why Feed the Birds?

- ♦ Food is scarce in winter
- ♦ By feeding we provide extra energy

Important Information:

- ♦ Clean feeders regularly
- ♦ If you start feeding, don't stop! Feed them all winter long, right through to the spring.

What to Feed:

- ♦ Assorted wild bird seeds
- ♦ Suet cake
- ♦ Small amounts of peanut butter (ratio: ¼ c. peanut butter to 1 c. of seed)
- ♦ Cut up fruit, vegetables, or apple halves impaled on tree branches
- ♦ Clean water

What Not to Feed:

- ♦ Unnatural foods, such as bread, can make birds very ill
- ♦ When birds have an unnatural and dependable food source, they do not migrate in the winter as they should.

Recipe: Wild Bird Seed Cookies

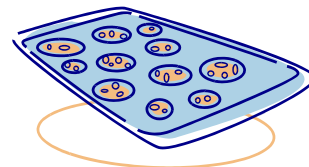
(makes 4 dozen)

Ingredients:

- ♦ 2 cups flour
- ♦ 2/3 cups or more of Bird Seed
- ♦ ½ tsp baking powder
- ♦ Macaroni elbows or other pasta pieces as hangers
- ♦ ½ cup sugar
- ♦ 2 egg whites for wash
- ♦ 2/3 cups lard, butter (unsalted) or solid margarine
- ♦ Cookie cutters
- ♦ 2 eggs
- ♦ String or twine to hang cookies

Instructions:

1. Sift dry ingredients together.
2. Cut in shortening with a pastry blender until crumbly.
3. Add eggs and mix until dough firms.
4. Add bird seed, knead until smooth.
5. Chill overnight wrapped in wax paper and plastic bag.
6. Roll out on lightly floured surface to ¼" thickness.
7. Cut out shapes using cookie cutters.
8. Press macaroni pieces towards the top of each cookie for ease of hanging.
9. Brush cookies with slightly beaten egg whites.
10. Press more bird seed over top of each cookie.
11. Place on ungreased cookie sheet. Bake at 325 degrees for 12-15 minutes or until cookies harden.



STEM: Soft Shelled Eggs

All birds come from eggs, so why not incorporate some science into this celebration with an experiment.

Supplies:

- ♦ 2 eggs
- ♦ Vinegar
- ♦ Water
- ♦ 2 clear glass jars with lids
- ♦ Hammer and nail

Instructions:

1. Record how the eggs look and feel before the experiment.
2. Place one egg into each jar.
3. Fill one jar with vinegar and one jar with water. Label the jars.
4. Poke a hole in the lids using the nail and hammer.
5. Screw the lids on.
6. Let the eggs sit in their liquids for at least a day. You need to leave them in until the calcium carbonate shell has completely dissolved away.
7. Watch what is happening when the eggs are in the jars. There will be bubbles coming from the egg in the vinegar.
8. Carefully pour the liquids out of the jar.
9. Carefully remove and touch the eggs. Record how they feel after the experiment.

What happened?

Egg shells are made from calcium carbonate. When the calcium carbonate comes in contact with vinegar (acetic acid), a chemical reaction occurs: it breaks down into calcium and carbon dioxide gas, which erodes the shell. The bubbles that you saw were carbon dioxide.

Chinese New Year Activities

Jan 23,
2012

Challenge: Zoe's Trek Around the World - Beijing, China



Have you checked out the Zoe's Trek Around the World set of challenges on

Member Zone? What a fun way to cover some of the international components of our program!

Beijing, China is the first stop on Zoe's journey, and you can try several activities to earn this challenge crest.

Get active by trying Tai Chi, and depending on the branch level, explore your creativity by creating a Chinese New Year dragon, making a paper lantern or kite, or design a room using Feng Shui. Learn about the

Chinese culture through folk tales, a Chinese New Year celebration, or experiment with some delicious Chinese food. There is no Guiding in China, so the challenge has the girls "travel" to nearby Hong Kong to learn about the Hong Kong Guides Association. This challenge crest can be earned in just one meeting.

Instant Meeting: Chinese New Year Celebration

Length of meeting: about 1.5 hours

Supplies:

- Chinese zodiac
- Chinese jump rope (Active Living toolkit)
- Cotton balls
- Chopsticks – 1 pair per team
- 2-3 beanbags/soft balls
- A traditional Chinese folktale or fable. There are many available on the internet, or through your local library.
- Snack food (example- Mandarin oranges, Fortune cookies)
- Red construction paper
- Felt pens, (optional: metallic felt pens, glitter, feathers, sequins)
- ½ to 1 ball of bright coloured yarn
- Popsicle sticks
- Glue
- Sidewalk chalk or yarn

Planning Girls should bring their own re-usable dishes for snack time.

Opening: your usual opening

Starter: 2012 is the year of the Dragon. Use the Chinese zodiac to find which animal will be celebrated next year. Which animal was celebrated the year that you were born? How do you say Happy New Year in Cantonese? Does anyone in the unit speak another language - if so, how do you say Happy New Year in that language?

Game: Chinese Jump Rope

Two girls stand facing each other, about 4 feet apart, with the rope around their ankles. The third girl will be the jumper. Make up a combination of jumps. For example,

start with both feet outside the rope and jump in and out with both feet. Try jumping so that one foot is inside and the other foot outside the rope. Alternate feet, cross over, etc.

Game: Tiger's Tag

Have three girls link up in a single file line with their hands on the shoulders of the girl in front of them. These girls will act as the "tiger." The first girl in the line is the tiger's "head", and last girl is the "tail". The goal is for the tiger to tag the other girls. Once tagged, the girls join on to the tiger's tail and the tiger grows until everyone has been tagged and become part of the tiger.

Game: Snowball chopstick relay

Divide into relay teams. Each relay team gets a pile of cotton balls ('snowballs'). Make a start and finish line, place empty containers at the finish line. Team members take turns picking up one snowball with the chopsticks, running to the finish line and dropping it into the container. If you drop the snowball use the chopsticks (not your hands) to pick it up and keep going.

Game: Quick Catch

Stand in a wide circle. Start with one beanbag/ball and add 1 or 2 more as you go. When the ball is caught, the catcher must throw it as quickly as possible to another girl and use a different method of throwing than the girl before. Try throwing underhand, under your leg, with your other hand, etc.

Activity: Listen to a traditional Chinese folktale or fable then act it out.

Snack: see supplies

Craft: Chinese Fans

Red is an important colour at Chinese New Year, it represents good fortune. Decorate red construction paper with felt pens, and (optional) glitter, feathers and sequins. Fold the paper like an accordion into 2cm pleats. Gather the bottom edge and tightly wind the coloured yarn to make a handle for the fan. Insert the popsicle stick into the string handle and secure it in place with glue.

Game: Hopscotch

If you have access to an outdoors area where you can use sidewalk chalk: divide into teams and draw creative hopscotch courses. If you are using an indoor space: arrange pieces of yarn to make circles, squares, etc to create a hopscotch course. The courses can be as imaginative and complex as you like. Take turns trying out other teams' hopscotch courses.

Closing: your usual closing.

Program Connections:

The World Around Me Keeper
Being Healthy Keeper
Key to My Community - Celebrations
Key to Active Living
Key to the Arts
Discovering You (Being Healthy)
Beyond You
You in Guiding (Cultural Awareness)
A World to Discover

Groundhog Day Activities

Feb
2

Groundhog Day Origins - February 2nd

This is a great theme for a meeting to talk about Groundhog Day and the legend surrounding it. Groundhog Day originates in a Scottish poem:

"If Candlemas Day is bright and clear/
There'll be two winters in the year."

How groundhogs got a reputation for predicting weather patterns is a mystery, because they are not the

least bit interested in their shadows or the number of winter weeks remaining. The German settlers in Pennsylvania started the tradition of watching groundhogs to see if they have shadows back in 1887. The tradition caught on and now it is celebrated across Canada and the United States. Many regions have a local "hero" groundhog.



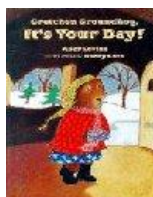
Read About Groundhog Day

Gregory's Shadow

by Don Freeman

ISBN: 9780142301968

When Gregory the Groundhog sees his shadow and runs away from it the day before Groundhog Day, he must find a way to overcome his fears in order to make his important appearance at the big event.

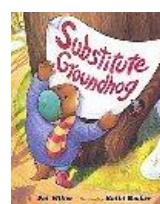


Gretchen Groundhog, It's Your Day!

by Abby Levine, illustrated by Nancy Cote, published by Albert Whitman & Company

ISBN: 9780807530580

It's almost Groundhog Day, and the town of Piccadilly is all a-buzz because Gretchen Groundhog won't show herself. This is her first year, and she's too shy to come out.



Substitute Groundhog

by Pat Miller, illustrated by Kathi Ember, published by Albert Whitman & Company

ISBN: 9780807576434

When Dr. Owl diagnoses Groundhog

with the flu and orders him to two days of bed rest, Groundhog must find a substitute to do his job on February 2, but it seems that none of his friends are quite right for the job.

Discuss Seasons



Discuss seasons and what changes happen in each season.

Describe how the neighbourhood and campsite change as

the seasons change. Talk about the different activities that you do in each season. What does a groundhog do in the different seasons?

Game: Don't Wake the Groundhog

Play soft music and toss a ball decorated like a groundhog (or a stuffed groundhog, if you have one) around the circle. The girls need to be quiet...if they drop the groundhog they need to sit back out of the circle, as well as the girl holding onto the groundhog when the music stops. Who will be groundhog Queen?

Shadow Investigation

Create a stuffed groundhog by colouring and cutting out a groundhog using stiff paper. Cut a second sheet of paper to match the first, then staple the bottom and sides together, stuff with newsprint, and complete stapling closed.

Take the stuffed groundhogs outside and trace the shadows onto the pavement using chalk (or onto large

paper). Return outside at a different time of day, and repeat the shadow tracing. Compare the two shadows - are they the same or different? Why are they different?

Shadows vary in length based on the angle that the light hits them - the sun is in a different location in the sky at different times of day, thus the length of the shadows changes.

Groundhog Day Crafts & Ideas Online

Toilet paper roll groundhog: <http://www.dltk-kids.com/animals/mgroundhog.html>

Peek-a-boo groundhog puppet: <http://familycrafts.about.com/od/groundhogscrafts/ss/PeekABooGroundhog.htm>

Warton Willie colouring sheets: http://www.southbrucepeninsula.com/en/wartonwillie/Colouring_Pages.asp

Groundhog mask: <http://>

www.enchantedlearning.com/crafts/groundhogday/mask/

Several Groundhog day activity ideas: <http://webtech.kennesaw.edu/jcheek3/february.htm>

Groundhog day activities and games: <http://www.apples4theteacher.com/holidays/ground-hog-day/>

More ideas: <http://stepbystepcc.com/holidays/groundhog.html>

Valentine's Day Activities

Feb
14

Game: Throw the Smile

In this game, players are forbidden to smile, but giggling and laughing will definitely occur, anyhow. No supplies are needed.

Instructions:

1. Sit the girls in a circle, making sure they can all see each other. One girl is chosen to be IT, and
2. The girl who "catches" the smile, now pretends to take it from her

she starts the game by making a HUGE smile, while all of the other girls must remain emotionless. IT then wipes the smile off of her face with her hand and "throws" it to another girl in the circle.

hand and put the smile on her own face. She then wipes off the smile and throws it to someone else.

3. Anyone who is not "in possession" of the smile must not crack a grin. If they do, then they're out!

Game: St. Valentine Says

Instructions:

Played similar to Simon Says.

1. Choose one girl to be "St. Valentine". She then issues commands, such as: "St. Valentine says twirl around". The

girls must follow her directions, and twirl around.

2. The girls continue to follow St. Valentine's instructions, as long as she precedes each command with "St. Valentine Says". If she does not say these three words,

then the girls must not follow the directions.

3. If, for example, St Valentine says "Sit down!", whoever sits down will be out.
4. Repeat steps 2 & 3 for several motions/activities.

Game: Follow the Leader and Follow Your Heart

Used with permission from Ontario Girl Guides.

Supplies:

- Valentine heart picture
- Diagram of an actual heart

Instructions:

1. As a Valentine's Day meeting activity, talk about the symbolic meaning of hearts – being a friend and showing you care, sharing Valentine cards, etc.
2. Ask the girls about their actual hearts.
 - a) Where is it? (about the middle of the chest, a little to the left)
 - b) What does it do? (pumps blood

Program Connections:

Being Healthy Keeper
Key to Active Living
Discovering You
Living Well

around to all parts of their body).
c) How big is it? (about the size of their fist; have them make a fist)

3. Ask them how they can feel their heart, and then show them how to feel the pulse in their neck, telling them not to use their thumbs. Most girls already know how to take their own pulse.
4. Then play a game of Follow the

Leader, doing activities that get the heart moving (jumping, alternating arms outwards, kicking legs upward, bending, etc.). Once it's obvious they're working a bit, have them stop and immediately take their pulse again. Most girls are surprised at how quickly their pulse rate increases!

5. Finish with a discussion about the importance of looking after their heart and exercising to get their blood flowing. Talk about how often they should exercise and in what ways (through indoor exercise, sports, dancing, etc).

Service Project: Valentines For Vets

Valentines for Vets began in 1989 when the late newspaper columnist, Ann Landers, encouraged her readers to create special valentines for Veterans in care facilities throughout Canada and the United States. Veterans Affairs Canada is keeping her legacy. They welcome and

encourage all Canadians, young and old, to send Valentine greetings to Canadian Veterans.

Valentines received are sent to Veterans in care facilities across Canada.



Please send your valentines to:

**Valentines for Vets
Communications Division
Veterans Affairs Canada
P.O. Box 7700
Charlottetown, PE C1A 8M9**

Source: <http://www.veterans.gc.ca/eng/feature/valentine/background>

Craft: Candy Cane Heart

Supplies:

- ♦ 2 candy canes - buy these on sale after Christmas!
- ♦ Hard candy
- ♦ Hot glue gun
- ♦ Yarn or ribbon



Instructions:

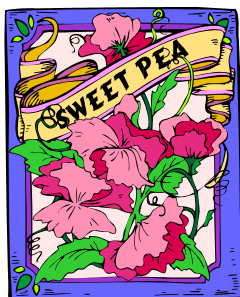
1. Overlap the two candy canes to make a heart and attach them together with hot glue.
2. Add the yarn or ribbon to the top with glue.
3. Add the hard candy for decoration.
4. Attach a personal note to the ribbons.



Craft: Sweet Peas for you Valentine Sweetheart

Supplies:

- ♦ Kitchen sponge
- ♦ Scissors
- ♦ Small clay pot
- ♦ Acrylic paint
- ♦ Potting soil
- ♦ Plastic baggie
- ♦ Packet of seeds - sweet pea for



this idea, or substitute with other seeds, such as forget-me-not

- ♦ Ribbon

Instructions:

1. Using the scissors, cut the sponge into a heart shape (so that it will fit on the side of the pot).
2. Dip the heart sponge into the

acrylic paint, and sponge print a design onto the pot. Allow to dry.

3. Place the potting soil into the plastic baggie, then place the baggie with the seed packet (including seeds and instructions) into the pot.
4. Complete the project by adding a ribbon for decoration.

Environment: Valentines for the Birds

Used with permission from:

<http://www.ordinarylifemagic.com/2009/01/valentines-for-birds.html>

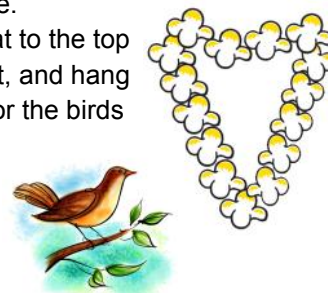
Supplies:

- ♦ Floral wire
- ♦ Cotton thread
- ♦ Something yummy for birds: stale popcorn, bits of dried apple, berries, dried orange pieces

Instructions:

1. Cut a length of wire about 12" to make a heart.
2. Bend the wire in half to make the pointed bottom of the heart.
3. Poke the wire (from both sides) through the popcorn, etc. Fill up both sides of the heart with the food.

4. Twist the ends of the wire together, bending to form the heart shape.
5. Tie the treat to the top of the heart, and hang it outside for the birds to enjoy.



STEM: Magic Colour-Changing Flowers

We keep flowers fresh by placing them in water so that the flowers can drink the water. But what happens if you give them coloured water to drink?

Supplies:

- ♦ Water
- ♦ Cup, bottle or vase
- ♦ Food colouring
- ♦ White flower (carnations work well)

Instructions:

1. Fill the container 3/4 full with water.
2. Stir in a few drops of food colouring.
3. Clip the end off of the stem of a fresh flower.
4. Place the flower in the water.
5. Wait a few hours, or overnight, to see what happens. The flower will begin to change to the colour of the water.

Interestingly, flamingos are pink for the same reason that the flowers change colour - they eat a lot of shrimp and the pink pigment of the shrimp gets deposited into their feathers, bills and legs.

Isn't science cool???



National Tooth Fairy Day

Feb
28

Sparks & Brownies Love the Tooth Fairy!



Sometimes it is traumatic for kids to lose their baby teeth. But the friendly, smiley Tooth Fairy turns this event into

something they look forward to.

If you go to camp with Sparks or Brownies, don't forget to bring something along for the Tooth Fairy to leave under a camper's pillow - you never know when a girl might lose a tooth!

Some ideas to recognize Tooth Fairy Day with your unit are as follows:

- ♦ Invite a dentist, dental hygienist or public health nurse to come talk and do a demonstration on good brushing techniques.
- ♦ Plan a field trip to a child-friendly dental office. Some dentists will open their office at night to welcome a Spark or Brownie unit.

Gathering Activities: Colouring and Activity Sheets

In Spark & Brownie units, having a quiet activity waiting for the girls when they arrive at the meeting place helps to keep them busy while they wait for everyone to arrive. They can work on their gathering activities until it is time to do the traditional opening. There are many resources online for gathering activities.

Colouring sheet from Franklin and the Tooth Fairy: http://www.dltk-kids.com/t_template.asp?t=http://www.dltk-teach.com/books/bfranklintoothfairy.gif

Tooth fairy colouring sheets: <http://images.google.com/images?q=tooth+fairy+coloring>

Maze to find a lost tooth: <http://www.nickjr.com/printables/muno-missing-tooth-maze.jhtml>

Tooth Fairy Word Find: <http://www.toothfairyland.com/images/TFLFindaword.pdf>

Smile Collage



Source: Brownie Program Book
Have Sparks and Brownies cut out smiles from magazines and

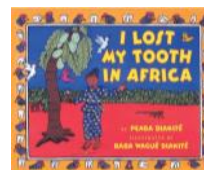
create a smile collage. Use cardstock for the backing of the collage, and create a brushing/flossing record for the girls to take home.

Read About Tooth Loss Traditions

Throw your Tooth on the Roof
by Selby Beeler

ISBN 0395891086

Find out about traditions around the world regarding children and their lost teeth.



I Lost my Tooth in Africa

by Penda Diakité, illustrated by Baba Waque Diakité, published by Scholastic Press

ISBN 0439662265

This is the story of a girl visiting West Africa and discovering the different traditions of a different culture.

Craft: Toothbrush Bracelet

(For Brownies and Guides – adult supervision and stove required)

Toothbrushes should be replaced every few months. Recycle old toothbrushes by making bracelets.

Supplies:

- ♦ A toothbrush that is made of soft plastic
- ♦ A large pot that is wide enough for the toothbrush
- ♦ A large bowl
- ♦ A towel
- ♦ Round-tipped pliers

Instructions:

1. Remove the bristles: Pluck the bristles out of the toothbrush using your round tip pliers.
2. Soften the handle: Boil water in a large pot and put a lid on top. Once your water is boiling, drop your toothbrush inside the pot and leave it in to soften for 5-10 min. Have the Guider do this step.
3. Bend the handle: the Guider takes the toothbrushes out using tongs and places them on a towel. Be careful when handling the hot toothbrush. Wrap the toothbrush in the towel and bend the two ends together firmly. If your toothbrush is hard to bend, put it back in the pot for several more minutes.
4. Cool the bracelet: the toothbrush will still be soft after it is bent. Dip the bent toothbrush in a bowl of cold water so the plastic can harden again. This way it can set in the bracelet shape.

Craft: Tooth Purse



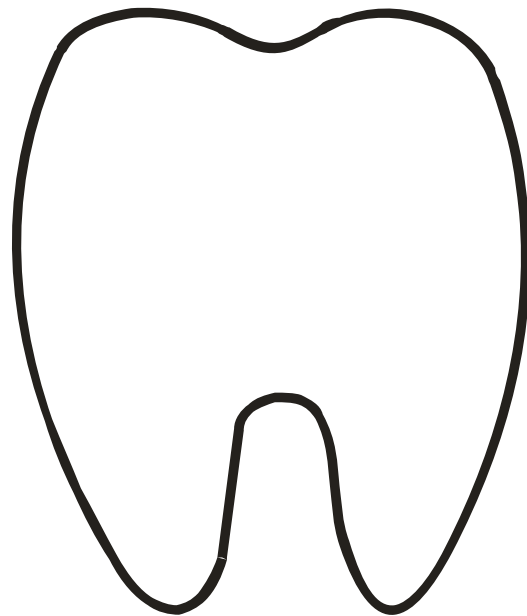
Supplies:

- Felt or fun foam
- Hole Punch
- Yarn or Thread
- Googly Eyes
- Permanent marker

Instructions:

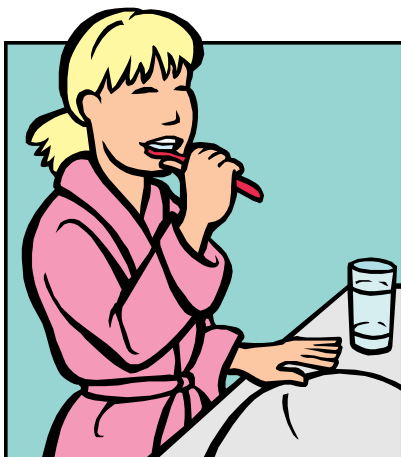
1. Cut out two identical teeth from white felt or fun foam (you can use the template, or freehand).
2. With both pieces of felt together, make several holes around the edge of the tooth using a hole punch. You need to make sure that your holes match up.
3. Keeping the two pieces of felt together, sew the yarn in and out of the holes, as shown. Leave some extra yarn at the top of the tooth to create a handle for your purse.
4. Add the googly eyes with glue.
5. Add details using a permanent marker.

Idea adapted from <http://kidscraftzone.com/post/Printable-Tooth-Fairy-Pillow.aspx> and used with permission



Template by Julie Thomson

Music: Brush, Brush, Brush Your Teeth

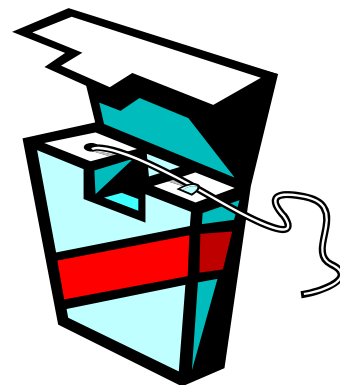


To the tune of "Row, Row, Row Your Boat"

Brush, brush, brush your teeth
Gently round your gums.
Merrily, merrily, merrily, merrily,
Brushing can be fun!!

Brush, brush, brush your teeth
Brush them every day.
The front, the sides, the back, the top
To keep decay away!

Floss, floss, floss your teeth
Floss without delay.
You need to do this every day
To keep decay away!



Source: unknown

Dental Information and Activities Online

American Dental Hygienists' Association <http://www.adha.org/kidstuff/index.html>

Healthy Teeth: <http://www.healthyteeth.org/>

Fun dental activities for the whole family: <http://dentistry.about.com/od/dentalcarebyage/tp/activitieslist.htm>

Dental crafts: http://www.kidssoup.com/dental_health/dentalhealth_activities.html

More dental health crafts: http://www.dltk-kids.com/crafts/miscellaneous/dental_health_month.htm



Program Connections:

Being Healthy Keeper

Key to Active Living: Germ Buster & Good Health
Smile Girl interest badge



2012 is a Leap Year

Feb
29

What is a “Leap Year”?

A leap year is a year in which one extra day has been inserted at the end of February. A leap year consists of 366 days, whereas other years, called common years, have 365 days.

The extra day, the 29 February, is the 60th day of a leap year in the Gregorian Calendar, with 306 days remaining.

You can work out which year will be a Leap year by dividing the year by 4.

Years which are evenly divisible by 4, such as 2004 and 2008 are leap years. However, there are some exceptions in century years.

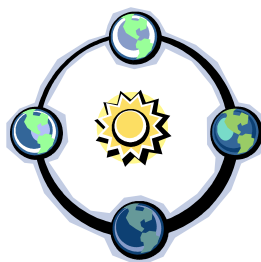
A century year, that is, a year which ends in two zeroes 1800, 1900, 2000, etc., is not a leap year unless it is also evenly divisible by 400. This means that the year 2000 was a leap year and 2400 will also be one, but 1800 and 1900 were not leap years.

Also, frogs have nothing to do with a leap year, but we know that frogs “leap”, so we have chosen to include some frog activities here for you.



STEM: Why Are Leap Years Used?

The time it actually takes for the Earth to travel around the sun is 365.24219 days, but our calendar is either 365 days (for a “common” year) or 366 days (for a “leap” year). If we did not have leap years, our seasons would “drift” - every year we would lose about 6 hours. After 100 years, our calendar would be about 24 days ahead of the season - over time our summers and winters would be reversed! So we try to make our calendar match up with the seasons and thus add the leap year. If we had



365.24219 Days

a leap year every 4 years, then we have 366.25 days in a year... that's pretty close, but still would set our

seasons “off course” and eventually we would have our seasons at different times.

To correct this inaccuracy, we skip a few leap years - the centuries not divisible by 400. This averages our calendar year to 365.2425 days. Still not exact, but that's very close to the actual solar year of 365.24219 days! The difference is only 0.00031 days or 26.784 seconds off. This means we are only off by one day every 4,000 years! That's pretty darn close.

Leaping Contests

Let's leap for Leap Year! Have the girls run and jump from a pre-marked line on the floor or grass. Write their names on frog stickers taped to popsicle sticks to use as flags to mark where they land. Indoors you can stick the popsicle sticks into plasticine or playdough to help them stand up.

Find out who can leap the highest by taping a large picture of a tree (created using a roll of newsprint paper) onto a wall. Give each girl a frog sticker to jump up and stick to the tree as high as she can.

Print out about 30 clipart pictures of frogs, cut them out and release them in the breeze of a fan. Have the girls catch or leap on the frogs and stuff them into a bag.

Using the same clipart frogs, have the girls hold on to the edges of a bed sheet or parachute. Have them gently flutter the sheet up and down to make the frogs hop around. On cue, have the girls fly the frogs high in the air to leap off of the sheet, then race to collect as many frogs as they can. You could have some special frogs (with stickers on the back) so that the “winners” are the girls who collected the frogs with stickers.

Cut out lily pad shapes from green construction paper and create a trail for the girls to follow - leap from lily pad to lily pad to get to the end of the course.

FrogWatch

Frogs and tadpoles are a valuable asset to the environment. They help control insect pest populations. Tadpoles are natural nutrient filters and can help control the level of algae in ponds. They are very sensitive to changes in habitat and indicate the overall health of the environment.

BC FrogWatch is a program which collects information on frogs, toads, salamanders and turtles within BC. You can help by observing these amphibians and reporting your findings.

To find out more, visit <http://www.env.gov.bc.ca/wld/frogwatch/>

Make a Frog Bank for Thinking Day in a Leap Year



Supplies:

- ♦ Recycled jar or canister (we used a cardboard tea canister)
- ♦ Green felt
- ♦ Red felt
- ♦ Green Fun Foam
- ♦ 2 green pom poms
- ♦ 2 googly eyes
- ♦ Permanent marker
- ♦ Glue
- ♦ Scissors

Instructions:

1. Measure and cut a length of felt to fit around the canister. You can also calculate the size needed as follows: the height of the rectangle will be the height of your canister. The length of your rectangle will be the diameter of the canister (distance across the circle) multiplied by 3.14. The tea canister is 3" tall by 3" across, so

a rectangle of 3" x 9.5" covers the edges of the cylinder.

2. Glue the felt around the outside of the canister.
3. Trace the bottom of the canister onto Fun Foam, then draw feet coming out the front. Cut this out (be sure to leave the feet attached to the circle), then flip it over so you can not see the marks from the marker. Glue the feet to the bottom of the canister. These are the front feet.
4. Draw some back legs and feet onto Fun Foam, as desired. A sample is shown in the photo. Glue these legs onto the side of the canister.
5. Glue pom poms onto the top front of the canister, above the front feet.
6. Glue googly eyes onto the pom poms.
7. Draw a mouth onto the felt using a permanent marker.
8. Create a tongue using red felt, and glue it on to the mouth.
9. Cut a hole in the lid, large enough for coins to go through.

Collect Coins for the Canadian World Friendship Fund

Have you heard of CWFF? That's the Canadian World Friendship Fund. Use the bank above to collect coins to donate to CWFF.

Following is a small list of ideas for you to try. Of course the possibilities are only limited by your imagination. Let the sky be the limit!

- ♦ Collect loose change at meetings in a globe bank.
- ♦ Hold a potluck AGM, tea or other get together with admission, by donation, to CWFF.
- ♦ Hold a silent or live auction.
- ♦ Charge admission to an International dinner or breakfast.
- ♦ Hold a dessert and entertainment

night.

- ♦ Donate a nickel for every year you have lived.
- ♦ Hold a block-a-thon. Girls get pledges to see how many trips around the block they can make. They could skip, walk, run, hop.
- ♦ Hold a baking contest and sell the baking after.
- ♦ Hold a cake decorating contest and finish with a cake walk.
- ♦ Hold a kidnap breakfast where participants have to pay for a ride home.
- ♦ With your unit plan and run a district, division or area carnival.
- ♦ Hold a garage sale

- ♦ Hire your unit out as a clean up crew.
- ♦ Hold a hop scotch – a - thon.
- ♦ Hold a skip-a-thon.
- ♦ International marketplace
- ♦ Hold a fashion show and charge admission.
- ♦ Paint store windows at Christmas, Halloween, Easter etc.

For information on CWFF visit

<http://www.bc-girlguides.org/resources/international/canadian-world-friendship-fund-cwff/>.



World Water Day

Mar
22

Meeting Ideas

The activities on the following pages would ideally be done over two meetings. The first meeting is in the hall, and activities are outlined below. The second meeting is at a local body of water, discuss which animals, plants and insects rely on this body of water. Are these inter-related? How is water important to their lifecycle? Play some games, have a hike! Enjoy yourselves! Consider doing a shoreline clean up, field trip to the water reservoir, the water treatment

center or the fish hatchery.

Discuss the Water Theme

What are the different ways we use water? What forms does water take? What are some recreational activities that we do that require bodies of water? How do these activities impact the local Eco System?

Print some water activities from the Holly Heron Booklet: [http://www.ec.gc.ca/eau-water/default.asp?](http://www.ec.gc.ca/eau-water/default.asp?lang=En&n=88C2C5AD-1)

[http://www.ec.gc.ca/eau-water/default.asp?](http://www.ec.gc.ca/eau-water/default.asp?lang=En&n=88C2C5AD-1)

Talk about the Water Cycle

Show a poster or diagram – available at <http://cd7.e2bn.net/e2bn/leas/c99/schools/cd7/website/images/bp-watercycle2.jpg>

Where does your community water come from? How is it purified?

What are the sources of water pollution in your area?

Water Pure and Simple Activity

From the BC Girl Guide Eco-Pak

Water runs through our kitchens, bathrooms, factories, schools and farms. In the process, it gets polluted with dirt, bacteria, chemicals, oil, soap and other substances. What's the best way to separate the "treasure" (clean water) from the "trash" (pollutants)?

Supplies:

- ♦ 2 clear plastic jars with lids
- ♦ water
- ♦ mesh screens
- ♦ rubber band
- ♦ gravel, sand, soil
- ♦ small leaves, twigs and other natural objects
- ♦ funnel
- ♦ spoon

Instructions:

Important Note: DO NOT drink the water in this experiment!

1. Make polluted water. Fill a jar half full of water. Add a few spoons of sand, soil and leaves or twigs. Put on the lid and shake well.
2. Let the polluted water sit for 5-10 minutes.
3. What floats? What sinks? The stuff that ends up on the bottom is called sludge.
4. Use a rubber band to fasten the screen over the funnel. Set the funnel in the empty jar.
5. Slowly and carefully, pour the dirty water into the funnel. Try not to disturb the sludge at the bottom

of the dirty water.

6. Talk with the girls about what the filtered water looked like and compare it to the original polluted water. What pollutants did the screen filter out? What pollutants are still in the water? Would you say the water is 'clean'? Why or why not.

Eco-message:

Filtering water is one step in the process to treating our drinking water. The filtering process helps to remove dirt and twigs, but there are other things that pollute our water. Not only is it important to treat our water before we drink it, but it is important to protect our water supply to limit the pollutants that enter it.

Oil Spill Clean Up

From the BC Girl Guide Eco-Pak

Suppose a giant oil tanker hits a rock. Millions of gallons of oil spill into the ocean. You're in charge of the cleanup! How do you keep the oil from spreading? How do you clean it up?

Divide the girls into small groups - about four in a group works best.

Supplies for each group:

- ♦ 1 pie plate/bowl/basin/etc. of water

(the "ocean")

- ♦ 1 cup with a small amount of dish detergent
- ♦ 1 empty cup
- ♦ 1-2 paper napkins (serviettes)
- ♦ 1-2 small sponges
- ♦ 1-2 drinking straws

Instructions:

A leader pours an "oil spill" (darkly coloured oil, such as olive oil, looks

best) onto each group's "ocean". The group's task is to clean up the spill. For older girls, you can have leaders be "weather" (blowing through a straw = wind, a water gun = rain), interfering with the girls' progress. After a set period of time, have the girls get together to discuss what did or didn't work for them. It gives them a whole new understanding of how difficult it really is to clean up an oil spill.

Edible Earth Parfaits

From the BC Girl Guide Eco-Pak

Here's a fun (and tasty) way to learn about the geologic formations in an aquifer, how pollution can get into groundwater and how pumping can cause a decline in the water table.

You will build your own edible aquifer,

learn about confining layers, contamination, recharge and water tables. If you don't have easy access to the Eco Pak, e-mail the program committee at program@bc-girlguides.org to send you an electronic version. You can also get

creative, use Oreo crumbs for dirt, gummy worms, broken chocolate cookies for stones and so on!



Game: Salmon Survival



Source: Guide Instant Meeting Booklet, BC Program Committee 2009

All the girls line up across one side of the playing area; they are the salmon. A girl stands in the centre of the hall; she is the fisher. The Guider shouts

"fast current" and all the salmon try to get across to the other side of the area, without getting caught by the girl in the middle (fisher). If someone is caught they stay where they were tagged, becoming "fishing nets". On the next call of "fast current" the same girl remains as fisher and the salmon

try to run to the other side of the area again. Any girls that have become nets remain where they were standing but can stretch to catch anyone that runs close enough for them to reach. Eventually there will be only a few, or none, of the salmon left.

Game: Water Cycle Relay

(borrowed with permission from <http://www.guidinguk.com/>)

Supplies:

- ♦ bucket of water at the start
- ♦ a veggie zip lock bag (those are the large ones with holes in them!) for each team

Instructions:

1. Divide the girls in teams of 5 in a line quite widely spaced. The girls within the line are also spread far apart.
2. On 'go' the first girl takes and fills the Ziploc (she is the **Cloud**) and twirls while advancing to the next

girl. She passes on the bag.

3. The second girl is the **Mountain** and she runs to the next girl and passes on the bag.
4. The third girl is the **Rain** and she hops on one foot to the next girl.
5. This fourth girl is the **Stream/River** and she winds her way - zigzagging to the next girl and passes on the bag.
6. The fifth girl is the **Ocean** and she takes the bag and waves all the way back down to the bucket (at the beginning of the line). She fills up the bag and is now the

Cloud.... (the previous first girl is now the **Mountain**) and so on. The girls have to listen to the directions as they will have to remember what they are (or have become) and the action for it.

They will get lots of encouragement and cheering from their team! The relay continues until the first girl or cloud is the ocean and waves her way down to the bucket.

You all get a bit wet...the waves have a great time! (Actually everybody does!) It's an amusing way to teach about the water cycle. Have fun - get wet!

Salmon Art: Recycled Salmon

Supplies:

- ♦ Newspaper (whole and shredded)
- ♦ Wax crayons or oil pastels
- ♦ Salmon image
- ♦ Candle stubs
- ♦ Tempera paint in green, red, black
- ♦ Stapler
- ♦ Scissors
- ♦ Googly eyes (optional, but fun)

Instructions:

1. Take a full sized newspaper (not a tabloid) and fold it in half

vertically. Now you have the perfect proportions for a good sized adult salmon.

2. Look at a picture of a real salmon to examine how many fins a salmon has.
3. Start at the nose and touch all sides of the folded paper while you draw the outline of your fish in black crayon.
4. Use a variety of wax crayons to show the scales.
5. Use the candle stubs draw scales.

This will give it an interesting texture. If you can't find candle stubs, using wax crayon thickly will do the same thing.

6. When you are finished take a wash of paint and brush it lightly over the newspaper fish.
7. Cut the fish out, being careful not to cut through the fold.
8. Now you can stuff the fish with the newspaper clippings or with shredded paper.

Service Project: Yellow Fish Road

Consider participating in Trout Unlimited Canada's Yellow Fish Road. This project involves learning about protecting storm drains and how what goes in them affects local bodies of water. Units use stencils to paint yellow fish near storm drains and distribute door hangers to explain that the yellow fish are there to remind them that anything that flows

down the storm drain ends up polluting local water bodies. This is an educational and fun project that units of all ages can enjoy.

You can contact the Federal Government-Fisheries and Oceans, and see if a biologist can come to your meeting, with the "Yellow Fish Road" Cart to borrow and a video

explaining the project to the girls. Select a neighbourhood, obtain permission from the local community, and then paint the storm drains the following week.

Download a program guide from the Guides Ontario website.

Danger! Polution Shock!

What's the most dangerous season for many North American Lakes? Springtime! Snowfalls, just like rainfalls, can be full of air pollution. All winter long, the snow piles up on the ground. The pollution trapped in

the snow builds up, too. When the snow melts in the spring, all this acid is suddenly released. A lot of it pours into lakes. Sometimes the pollution level in a lake can become 1,000 times greater in just a couple of

weeks. This sudden "Pollution Shock" kills insects, frogs, and even fish such as trout and salmon.



Music: Water Themed Songs

Jubilee Songbook

- Skye Boat Song, p. 31
- Rain Song, p. 55
- Barges, p. 56

Celebrate with Song

- Raindrop Song, p. 38
- If Ya Didn't Have Rain, p. 40



Useful Resources on the Internet

Check out the Water section of these K-12 Resources for teachers and educators on the Metro Vancouver website: <http://www.metrovancouver.org/region/teachers/Pages/K-12Resources.aspx>

Project WET presentation sheets are available on the Environment Canada website: <http://www.ec.gc.ca/education/default.asp?lang=En&n=CD60F53C-1&offset=22&toc=show>

The Explore Water with Holly Heron booklet is no longer available in print, but it is a wonderful resource that you can download and print yourself: <http://www.ec.gc.ca/eau-water/default.asp?>

Additional Water Activities on the Eco-Pak CD

- Weird Web (page 17 of Eco- Pak)
- Who Am I (page 18 of Eco- Pak)
- Habitat/ Shrinking Island (page 7 of Eco- Pak)
- Waterfowl and Oil Don't Mix (page 36 of Eco- Pak) demonstration
- Incredible Journey Game (Water Cycle FUN!)

If you don't have easy access to the Eco Pak, e-mail the program committee at program@bc-girlguides.org to send you an electronic version.

Program Connections:

Going Outside Keeper
In My Community Keeper:
Water & Clean Water

Key to the Living World: Water All Around Water, Water Everywhere interest badge
Saving Water interest badge

Beyond You: Learn about the Environment & Water
Water interest badge

Our Environment (7 & 9)



BC Program Committee

BC Program Adviser

Julie Thomson

Ranger Adviser

Ciara Martin

Lones Adviser

Joyce Wenner

Active Living Adviser

Amanda Jagdis-Pugh

Environment Adviser

Tamara McLean

Girl Programs Specialist

Colleen McKenna

STEM Adviser

Vacant

Communications Liaison

Vacant

Arts Resource

Vacant



Girl Guides of Canada
Guides du Canada

The BC Program Committee is currently looking to fill the following positions:

STEM Adviser

Purpose

- Promote Science, Technology, Engineering and Math activities through British Columbia GGC programming for Girls and Guiders.

Qualifications

- Be conversant with the programs for all branches of Guiding.
- Be enthusiastic about S.T.E.M. and have some work experience in at least one of the fields.

Communications Liaison

Purpose

- Support and act on behalf of all Program Advisers.
- Provide communication between the Provincial Program Committee and Program Advisers throughout the areas.
- Facilitate communication of Program events, activities, projects, and initiatives.

Qualifications

- Be a Program Adviser who has completed at least one year in that position at the district or area level.
- Have the necessary computer skills to be able to create newsletters (e.g. Microsoft Publisher), and manage the Facebook group.
- Be passionate about girls and Guiders having fun while completing the different levels of program.

Arts Resource

The Program Committee has recently taken over the responsibility for Arts Resources from the Training Committee. At this time we do not have a job description for this position, but we are looking for someone with an Arts background to join our team and promote all things Arts-related: music, drama, dance, crafts, etc. If this person is you, please contact us for an application form.

To apply for any of these positions, please contact program@bc-girlguides.org

Lones Adviser Position

In addition to the positions listed above, we are also looking for a new Lones Adviser. Joyce Wenner will complete her 5 year term in this position as of May 2012. We would like to have someone in place before that date so that Joyce can transition her into the position.

The Lones Branch of Guiding was established to enable girls to become Sparks, Brownies, Guides, Pathfinders and Rangers who, because of work, studies, illness or distance from an active Unit, are unable to attend meetings in the usual way.

Following is an excerpt from the Lones Adviser position description. Please contact program@bc-girlguides.org for an application form and more information.

PURPOSE

- To promote additional program ideas and activities for Lones.
- To provide a way for the Lones Adviser and all Lones to keep in touch with each other.

QUALIFICATIONS

- Be conversant with the program for all branches of Guiding, being

familiar with Lones.

ACCOUNTABILITY

Provincial Council and Provincial Program Committee

MEMBERSHIP

Chosen by a Selections Committee, and appointed by the provincial program adviser; becomes a member of the Provincial Program Committee.

TERM OF OFFICE

To serve a three year term, with a further two years optional and final.

GUEST 2012 in Prince George Guides Exploring Science and Technology (GUEST) Information Sheet and Application Form



GUEST 2012 in Prince George is an opportunity for Guides to have fun while exploring science and technology. Girls will visit UNBC in Prince George, sleep in the college dormitories, and join in hands-on science and technology activities led by local scientists and engineers.

- Place** University of Northern BC, 3333 University Way, Prince George BC
- Date & Time** Check-in: 11:30 am – 12:30 pm, Saturday, June 2, 2012
Depart: 12:00 noon, Sunday, June 3, 2012
- Participants** Patrols of two Guiders and six Guides (plus one alternate Guide) from districts in Rivers North Area.
- Cost** \$450 plus HST (\$504 total) per patrol. Includes all activities, Saturday accommodations in the university dorms, Saturday dinner, Sunday breakfast, and snacks. Note: Lunches will not be provided.
- Travel** **Patrols must arrange their own travel to and from the event. Patrols will be reimbursed for up to 2 vehicles travelling from their home community;** parking will be provided for up to 2 vehicles per patrol. All travel at the event will be by chartered bus.

You must provide your own lunch on both event days. On Saturday, please eat before arriving at the event. For Sunday, bring food or buy lunch after leaving the event.

Application details: *(An interactive version of this application can be found on the GGC – BC Council website @ <http://www.bc-girlguides.org/events/>)*

Applications will be accepted between Nov 30, 2011 and Jan 30, 2012. Space is limited to 15 patrols and will be filled by lottery if more than 15 applications are received.

- ☐ Completed Registration Form
- ☐ Cheque for the patrol fee of \$450 plus HST, (\$504 total) post-dated to Jan 30, 2012

Patrols will be contacted by **mail** and **email** (*see below) by approximately February 15, 2012 to advise if your patrol has been selected. Upon being selected you will receive a patrol registration package. Patrols that have *not* been selected will be waitlisted until April 1, 2012. If your patrol has not been selected for the event by this date, we will return your cheque for the patrol fee.

Refunds and Changes to Patrols:

- We will return your cheque for your patrol fee if your patrol withdraws from the event on or before April 1, 2012. We cannot refund patrol fees for patrols that withdraw after April 1, 2012.
- Each accepted patrol may designate an alternate girl; if a participant withdraws from your patrol your designated alternate may take her place provided that we receive notice of the change on or before May 1, 2012. We cannot accommodate changes to patrols after May 1, 2012.
- We cannot partially refund patrol fees if a participant withdraws and is not replaced.

Application: *(Please remember to keep a copy of this application for your records)*

Patrol Contact Guider Name: _____ iMIS # _____

Address _____ City & Province _____

Postal Code _____ Email or Fax _____

Phone (eve) _____ Unit _____

District _____ Area _____

**If selected would you prefer your Patrol Registration Package via ☐ Mail & Email or ☐ Email only*

Incomplete or late applications cannot be accepted. Send your application to:

Attention: GUEST 2012 in Prince George
Girl Guides of Canada – BC Council
1476 West 8th Avenue
Vancouver, BC V6H 1E1

If you need more information about this event, please contact Tamara, Chair of GUEST 2012. Email (preferred): tamara1@telus.net Phone: 250 427-1741