

Fun Flexible

Special Needs

Resources

Healthy Lifestyles

Rangers

BC PROGRAM COMMITTEE

Creative Self Esteem

Lones

Program

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Environment

FunFinder

June 2012

Celebrations: July through September

This is the third edition of the FunFinder focusing on celebrations. This issue includes celebrations in July, August and September. However, these ideas could be used at any time of year.



How to Order BC Challenge Crests

I hope that all Guiders in BC are aware of the Challenges that can be completed as a fun alternative way to work towards your program requirements. But every week we receive the same question: "How do I order the challenge crests?"

On the BC Girl Guides website you can find the complete list of challenges

and their requirements at http://www.bc-girlguides.org/resources/challenge-crests/. On this same page, above the links to the challenges themselves, is a link entitled "BC Crests Interactive Request Form". You need to download this form and fill it out. You can then print it

payment (see the form itself for crest costs and mailing instructions) OR you can email your completed form to OfficeClerk@bc-girlguides.org and phone the office at 1-800-565-8111 during office hours to pay by credit card.

Once payment has been received, please allow 4-6 weeks for delivery.

Girls for Safer Communities

In BC we have over 170 Pathfinder and Rangers trained to visit younger Units and deliver a fun program based on safety in the community (covering several parts of the program at all levels). These older girls are ready and equipped to run a full meeting – the Unit being visited will need to provide

ratio and possibly a few supplies. Having the older girls visit your Unit can be beneficial in many ways, including giving the Pathfinder/Ranger an opportunity to practice her leadership skills.

and mail it in with your

Need help to connect with a trained Pathfinder or Ranger? Are you in a

community where there is

nobody already trained to deliver the program? This program is available for all girls at all levels – for more information check the website. To connect with a Pathfinder or Ranger to deliver the program contact qfsc@bc-qirlquides.org.

Could YOU Be a Program Adviser?

Do you love to come up with ideas for new and exciting ways to fulfill the Girl Guide program? Are you enthusiastic to learn about and work with all levels of Guiding? Can you pull together a team to run a program event in your district or area? And did you know that anyone can

become a program adviser? All it takes is a passion for Guiding and a willingness to take on a new challenge.

Many districts and areas are in need of program advisers. Take a look at the next page to see what some of the areas have accomplished this past year in terms of program. If you think that you would like to take on a position to ensure these types of events happen in your Guiding world, please contact your district or area commissioner to offer your expertise.

See the back page of this newsletter for a complete job description.

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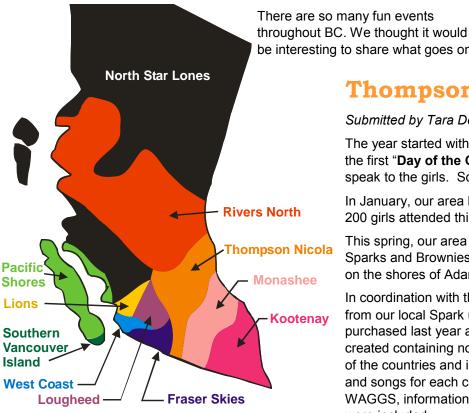
Enthusiasm wanted!

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

- Environment Resource
- Healthy Lifestyles Resource
- · Communications Liaison

Program Events News

What's Been Happening in BC This Year?



Rivers North Area

Submitted by Lorrine Adams, Girl Programs Manager

In November we hosted a Girls for Safer **Communities** sleepover in Prince George. The girls & Guiders that participated learned how to make their unit meeting locations & communities safer. Many of the participants have shared what they learned with the rest of the girls in their unit.

We are also working on our area girl event...Livin' Out Loud. A multi level camp to be held at Crooked River Provincial Park, (Bear Lake) July 6th - 9th. Four fun filled days for Sparks through Rangers. Activities will include canoeing, hiking, swimming, & much more!

Pacific Shores Area

Submitted by Dawnette Humphrey, Area Commissioner

In Pacific Shores Area we are fortunate to have an Area Special Events Adviser & she has a deputy. Each year they focus on a particular level, in the in the last Guiding year a trip for Pathfinders was organized to the H.R. MacMillan Space Centre in Vancouver.

be interesting to share what goes on area for next year??

Thompson Nicola Area

Submitted by Tara Decker, past Area Program Adviser

The year started with a ceremony in Riverside Park to mark the first "Day of the Girl". Local female dignitaries came to speak to the girls. Songs and a trading session followed.

in the various areas. Maybe this

information will spark an idea for your

In January, our area hosted the second "Snow Ball". Over 200 girls attended this evening dance party.

This spring, our area hosted a weekend **Science Camp** for Sparks and Brownies at Camp Selhowtkan, our camp located on the shores of Adams Lake.

In coordination with the International Adviser and with help from our local Spark units, 10 international costumes were purchased last year and a kit for use by Spark units was created containing not only the costumes but flags from each of the countries and information on traditional games, foods and songs for each country. If the country is a member of WAGGS, information about their equivalent Spark groups were included.

More recently, we have introduced the "Lead the Cheer -Community Challenge".

Lions Area

Submitted by Jill Campbell, Area Program Adviser

Last year we put on the **Snowflake Ball** and will be doing it again next year. We had 300 girls in their finest, visiting five stations. Face painting, singing, dancing, crafts and princess food made a big day. Free dance at the end to get rid of any remaining energy.

Lions Area also encourages activities with the **Program Enhancement Fund**. The fund covers an activity, chosen by the Guider, that they might otherwise be unable to afford. The maximum subsidy is \$15.00 per girl and adult needed for ratio. So far some of the activities have been snowshoeing, geocaching and beach bonfire, a trip to Victoria, Aquarium sleepover, sleigh rides, skating, Food Safe certification and Aboriginal education program.

We also ask the units to use the Program Adviser to present challenges; so far I have done four CSI Challenge sessions, but would be happy to do more!

Monashee Area

Submitted by Maureen Barkley, Deputy Area Commissioner

In October we held an Area **Patrol Leader Camp**, "Spooktacular". Held with a Halloween theme, this camp is for those girls who will be patrol leaders or patrol seconds for their Units in that year. The girls learn how to take dues properly, flag etiquette, how to plan and lead campfire, how to teach a skill, ceremonies, knots, Unit circle and communication skills—all while making Jack-o-Lantern tortillas, poison potions and playing mummy games! This is a great camp to have girls work on leadership skills!

Our **Guide Arrest** event was held in April and four court rooms were filled with third year Guides who had committed "crimes." For example: being mistaken as hooligans by an elderly woman on whom they tried to administer first aid, being mistaken as a gang because they all wore the same colour and chanted slogans — actually were singing Girl Guide songs. They were "arrested", processed (fingerprinted and put in a holding cell), then went to trial. They were encouraged to ask questions and had a lot of fun in the learning! Afterwards volunteers were thanked with cookies and the girls all received crests. A great way for Guides to work toward the Law Badge.

In June we will be holding a Spark and Brownie event called **Rainbow Revelee** and expect about 240 girls from throughout the area to attend this colour-themed event.

Our **Heart to Heart Community Challenge** has proven quite popular, and many crests have been distributed. To participate in our challenge, visit http://www.monasheegirlguides.com/challenges/ hearttoheartchallenge.pdf.

Fraser Skies Area

Submitted by Jenni Halladay, Area Program Adviser

Last summer we put on a Guider/daughter camp for Guiders and their daughters, in our area, as a way to promote program. We called it MaD About Camp Mac, a Taste of Program Camp! We completed four challenges and will be holding another camp this August.

In the winter, we held a **Snowflake Ball** for all the Sparks and Brownies in the area. It was a fabulous success with about 450 girls attending over three sessions scheduled in one day to accommodate the popularity of this event.

In the spring our new community challenge called **Hear Our Voice: A Community Challenge** was launched. The Challenge is open to all of Canada and WAGGGS, and can be found at: http://www.fraserskiesgirlguides.com/ HearOurVoice.html.

Lougheed Area

Submitted by Kirsten Goll, Area Program Adviser

This year we launched our Lougheed Area **Community Action Challenge**. The goal is to have a Unit complete at least ten community related service projects, events or activities as well as sell one third of Unit cookies door-to-door and participate in at least one cookie blitz for each campaign. This has brought very positive feedback and the requests for crests have been coming in steadily. To learn about our challenge, visit http://www.girlguideslougheedarea.org/Program/Community% 20Action%20Challenge.pdf.

In February an area event for all levels was held: 525 girls and Guiders attended the **TELUS World of Science Camp In**. The sleepover included access to all of the exhibits, science experiments, an Omnimax film and, of course, a campfire!

We had a **Pathfinder Transit Scavenger Hunt** in March. Pathfinders travelled around the Lower Mainland collecting points through photographs and by finding landmarks using all forms of public transit.

Guide Skills Day was held in April at Blue Mountain Park in Coquitlam. Patrols had the opportunity to learn about camp skills: tents, stoves, lanterns, knots, first-aid, tarping, fire starters, flags, bedrolls and team building! Edible Campfires and time for traders were also a highlight!

We had an area event for the Sparks in May called **Sparks** on **Safari**. It was held at the Greater Vancouver Zoo. The day included a train ride, craft, game run by the zoo staff, hotdog lunch, event crest and sing along.

Southern Vancouver Island

Submitted by Brenda Fraser, Area Commissioner

As we do not have an area program adviser in SVI, we did not have any area-sponsored program events this past year. We did, however, promote our SVI **Community Connections Challenge** which many units throughout the area participated in. This challenge involves program and service activities while it encourages making connections with the community. To view our challenge, visit http://www.svigirlguides.bc.ca/sviareachallenge.htm.

At the time of publication, we did not receive reports from West Coast Area or Kootenay Area.

Chocolate Day



Challenge: Quebec Chocolate Challenge

Adapted from: http://web.archive.org/web/20041104060500/http://guides-quebec.ca/page.php?id=84

Who doesn't love chocolate? Every day is a fabulous day to celebrate chocolate, but on July 7th we truly have reason to celebrate!

The Quebec Chocolate Challenge was issued in 2004 and, due to popular demand, has been recently reissued. You can order crests at a cost of \$1.50 plus shipping from their provincial office at 1-800-565-8111 or quides-quebec@bellnet.ca.

All branches must do A or B and up to 9 challenges below.

Sparks must complete 3 other challenges, Brownies 5, Guides 7, Pathfinders and Rangers 9.

A. Build a Chocolate Timeline.

Chocolate has been around a long time. Learn about the history of chocolate and how it first came to North America. Then create a timeline showing the important dates in Chocolate history. (http://www.chocolatemonthclub.com/chocolatehistory.htm)

OR

B. Do Some Chocolate Geography.

Learn about how beans become chocolate. Using a world map locate where cacao beans are grown. Where is most chocolate processed and consumed? What journey does the cacao bean undergo from picking to ending up as a bar of chocolate. (http://www.candyusa.com/FunStuff/CandyType.cfm? ltemNumber=935)

Additional challenges:

- Play a Kim's Game. Cut 10 different chocolate bars into pieces. How many different kinds of bars can you identify by looking at the cross sections.
- 2. What is fair trade chocolate? Which companies produce it? Compare the cost of a bar of fair trade chocolate with other well-



known bars of an equivalent size.

- 3. Become a Chocolate Tester.
 Hold a chocolate tasting event.
 What is the difference in taste
 between "bitter, semi-sweet and
 sweet" and "milk, dark and white
 chocolate"? Which do you like
 best?
- 4. Find chocolate facts. There are many myths and misconceptions about chocolate. Research 3 of the following: chocolate and acne, antioxidants, caffeine, cravings, tooth decay, nutrients, weight control, or cocoa butter. (http://www.candyusa.com/FunStuff/CandyType.cfm? ltemNumber=1624)
- 5. Create a Chocolate Tree. Using candy bar wrappers create a chocolate tree. Compare the nutritional information on the wrappers. Which have the most and least calories? Why? Organize the wrappers to reflect their nutritional qualities.
- Share a chocolate recipe. Bring in your favourite recipes involving chocolate and share it with your friends. Put together a cookbook for your unit.
- 7. **Be Daring.** Make instant chocolate pudding together, then finger-paint with it.
- 8. Chocolate as money. Explain that a long time ago, a group of people used cacao beans as money. Have the girls pretend that Canada will be using M&M's for money. Discuss the good points and the bad points.
- Do a survey. Keep a record of all the chocolate you eat over a week. Compare your results with the other girls in your unit. What brands and varieties of chocolate

are the most popular?

- 10. Make sweets. Make a selection of sweets using melted chocolate. Work out how much they cost to make and compare this with similar store bought chocolate.
- 11.Make a chocolate dessert. Bring it in and share it with your unit. Check out the following recipe websites:
 - M&M's: http://www.m-ms.com/us/baking/
 - Tootsie Roll: http://www.tootsie.com/recipes-baking.php
 - Godiva: http://www.godiva.com/recipes/ default.aspx
 - Hershey's: http://www.hersheys.com/recipes.aspx
- 12. Make a chocolate craft. Check out the following websites for making a craft out of chocolate.
 - http://www.hersheys.com/kisses/seasonal/ ideas.aspx
 - http://crafts.kaboose.com/chocolate-spoons.html
 - http://www.craftsayings.com/sayings/
 chocolate.shtml
 - http://www.essortment.com/all/chocolatecrafts_rgeq.htm
 - http://www.ehow.com/list_7216729_chocolate-crafts-kids.html
- 13. Examine different cookies. Buy several different brands of chocolate chip cookies. Challenge the girls to estimate how many chips are in different cookies, then take them apart like an archeologist does, and find out how many are really there. You may find out how the cookies are alike or different.
- 14. Create chocolate drama. Have the girls create funny chocolate stories or skits.
 - (1) The Day it Rained Chocolate(2) What will I do? I'm locked in a
 - (2) What will I do? I'm locked in a candy store
 - (3) This is so weird! I took a bite of my ____ and
 - (4) A giant chocolate bar came up to me and started crying saying.....
 - (5) One morning, I woke up and had a bad case of chocolate fever/chocolate sniffles/ chocolate pops.

Teddy Bear Picnic Day

July 10

Teddy Bear Picnic History

In 1902 a man Morris Michtom heard of an incident where President Roosevelt refused to shoot a black bear he came across. He created a small stuffed bear and called it Teddy's Bear (after receiving permission from the President to name it after him) and placed it in his toy shop window.

In 1907 John Walter Brannen wrote a tune that he called *The Teddy Bear's*

Picnic - little did he realize that it would become a celebration day recognized over the world!

In 1932 Jimmy Kennedy added the words to the tune, and the song became the starting point for a day of fun. Teddy Bear's Picnic Day is officially July 10th (no one is sure why as the composer's birthday was July 20th) but Teddy Bear's Picnic Days are celebrated throughout the year -

check calendars in your local community.

While the day we celebrate may change, having a picnic with our teddy bears is always how we celebrate. Make a whole day of it by incorporating games, songs, crafts, even learning experiences but, above all, have fun with your bear!

Music: Teddy Bears' Picnic Song



The song Teddy Bears' Picnic is believed to be public domain; below are the lyrics while you can check out these website links for the tune:

- http://www.preschoolkids.net/tbear_theme.htm
- http://www.saturn-soft.net/Music/Music1/MIDI/Children/Menu.htm
- http://www.flutetunes.com/tunes.php?id=395

If you go out in the woods today You're sure of a big surprise. If you go out in the woods today You'd better go in disguise.

For every bear that ever there was Will gather there for certain, because Today's the day the teddy bears have their picnic.

CHORUS

Picnic time for teddy bears,
The little teddy bears are having a lovely time today.
Watch them, catch them unawares,
And see them picnic on their holiday.
See them gaily dance about.
They love to play and shout.
And never have any cares.
At six o'clock their mommies and daddies
Will take them home to bed
Because they're tired little teddy bears.

If you go out in the woods today, You'd better not go alone. It's lovely out in the woods today, But safer to stay at home.

For every bear that ever there was Will gather there for certain, because Today's the day the teddy bears have their picnic.

CHORUS

Every teddy bear, that's been good Is sure of a treat today There's lots of wonderful things to eat And wonderful games to play

Beneath the trees, where nobody sees They'll hide and seek as long as they please Today's the day the teddy bears have their picnic.

Teddy Bear Picnic Field Trip

Look for events held within your local community.

The <u>BC Wildlife Park</u> in Kamloops has a Teddy bear Picnic Day as does <u>Stewart Farm</u> in Surrey, and the towns of <u>Whistler</u> and <u>North</u> <u>Vancouver</u>. Some of these are annual events have been going on for 20 years! They may give you the opportunity for a field trip and to tie into your own Teddy Bear Picnic Day.



Game: Hunting for Bears

Supplies:

Teddy bears or teddy bear stickers

Instructions:

 The first game that comes to mind as it is directly mentioned in the song is Hide and Seek--use your imagination as to how to play this

- game, taking into consideration your meeting space for this day.
- If at camp, have a game where the girls hide with their teddy bears.
- If the girls hiding themselves is not an option, hide the teddies--you can vary the game by using noises as the seeker gets closer to the bears
- or give them a time frame to find a certain number of them.
- Not many spaces to hide teddy bears? Then use teddy bear stickers that are easy for the girls to place in tiny hidden spots!



Game: Which Bear Am I?

Supplies:

- Pictures or names of famous bears printed onto paper
- Masking tape or safety pins

Instructions:

This is a form of Twenty Questions.
 Each girl gets a picture or the name of a famous bear pinned on her back-she can ask only questions that have yes or no answers of the other girls until she guesses which

bear she is!

- Need some famous bears?:
 - Smokey the Bear
 - Yogi Bear
 - Winnie the Pooh
 - Baloo of the Jungle Book
 - Berenstein Bears
 - Paddington Bear
 - Fozzie Bear
 - Snuggles (the fabric softener Bear)
 - Cindy Bear

- Boo-Boo Bear
- Teddy Ruxpin
- ANY of the Care Bears (10 original plus lots added)
- The 3 Bears from Goldilocks and the 3 bears
- Pooky (Garfield's Bear)
- Rupert Bear
- Gummi Bears
- Blinky Bill the Little Koala
- Brer Bear

Game: Picnic Blanket Bear Toss



Supplies:

- Teddy bears
- Blanket

Instructions:

- Use a blanket or your picnic tablecloth to toss teddies in the air—you can see whose goes the highest
- Or, use two blankets to toss teddies from one blanket to the other
- Or, have one side of the blanket holders try to get the teddies over the other side of the blanket.

Game: Going on a Picnic

Supplies:

• none

Instructions:

 For a quieter game play a version of this game where Player 1 starts with the phrase "My bear is going on a picnic and he/she is bringing" something that starts with the letter A (for example, an apple).

 Player 2 repeats what Player 1 said and then adds a second item beginning with the letter B, so on and so on (for example, an apple and a banana).

 A variant of this game that can be fun is to have the item start with the first letter of the player's name. For example, Mary says her bear will bring marshmallows...

Game: Teddy Bear Relay

Supplies:

Teddy bears

Instructions:

 Create relay races where girls have to carry their bear on their back while crawling, under their chin where they have to transfer the bear to another girl, between their knees as they hop...use your imagination and the possibilities are endless!



Arts: Using the Arts in Your Teddy Bear Picnic

Dance: Have the girls make up a dance to the tune of the Teddy Bears' Picnic. Ask them to incorporate their teddy bears.

Drama: Get the girls involved in how it would be to be a bear: have them act out hibernating, stretching, trying to get honey, eating honey or ants, catching a fish from the stream, climbing a tree, lumbering after another bear.

What would happen if the teddy bears came to life in the toybox or playroom? Have the girls create a skit.

Music: What other songs have bears? The Bear Went Over the Mountain, Going on a Bear Hunt is a great repeat song found in Campfire Activities, and of course, learn the words to the Teddy Bears' Picnic.

Art: Ask the girls what colour bears

are. Aside from black and white, there are a thousand different browns. Give the girls an outline of a teddy bear done on heavy paper or board. Using glue or modge podge have the girls create their bear by sprinkling a variety of materials on the picture: Cinnamon, coconut, sand, coffee grounds, sawdust, salt, pepper, whatever is available. Have them name their bear.

STEM: Teddies and STEM

Having fun with your teddy bear can also be a chance to learn. Here are some opportunities to incorporate STEM:

Have the girls take their teddies to the TEDDY BEAR CLINIC. There they can learn to weigh their teddies--is the biggest always the heaviest? Why or why not? Can the girls arrange their teddies in order of size, weight, etc.



Take a jar and fill it with graham teddy bear crackers. Have the girls estimate how many crackers in the jar at the beginning of the meeting. Reveal the answer later and have fun eating the crackers.



Where are bears found? Well, there's two in the sky-Ursa Major and Ursa Minor-have the girls locate them on a sky map, hear a

legend about how the bears came to be there.

Discuss how bears stay warm. Have the girls put their hands into ice water

for a minute. Then, taking a Ziploc bag full of shortening, place a second Ziploc bag over the hand of a girl and have her push her hand into the center of the shortening. Then have her put her hand (completely encased in shortening) back into the water. How much longer is she able to keep her hand there? How does this translate to bears?

Are polar bears really white? Take two glasses of hot liquid—wrap one in clear



plastic and one in white cloth. Let them sit and then return to them after a period of time. Which is the warmest still? The plastic is warmer. Polar bears aren't really white as white reflects heat. Their hairs are clear and absorb heat down to their skin and their hairs are hollow reflecting the light through making them look white.



Have the girls try to create parachutes for their teddy bears—give them materials and have them work together to create a parachute. Strap them on and see if the teddy bear

floats to earth or crash lands!











Create the mystery of the missing teddy bear! Have a CSI portion where the girls examine different paw prints, examine a scene for clues, follow a trail and solve the mystery.

Have the girls read about teddies in space--the link to this news is http://www.dailymail.co.uk/sciencetech/article-1091896/Out-world-British-teddy-bears-strapped-helium-weather-balloon-reach-edge-space.html

Introduce veterinary medicine and create a Teddy Bear Clinic. Have the girls stage accidents (there's some DRAMA again) and have them take their bears to a veterinary clinic where they learn some basic first aid and care of animals.

Have a supply of basic first aid supplies and even toy stethoscopes, doctors' bags, etc as well as introducing the need for rest and quiet when ill.

International: Send a Bear on Vacation!

Finish off a series of meetings with your Teddy Bear Picnic—have the girls begin the series by sending a bear on vacation!

Have a bear at the beginning of the year that goes with girls who either

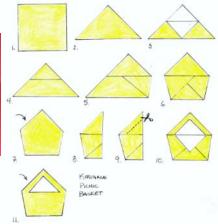
have holidays planned, or have parents going on a trip. Make sure that their journey is recorded and comes with photographs and even mementoes. You could have a couple of bears going in the unit—I've had some parents go overseas, to

unusual places and get into the spirit of the adventure. Start the bear in a small backpack so as to keep everything together. Then at the Teddy Bear picnic your bear(s) can be the guest of honour as you explore where they have been!

Craft: Kirigami Picnic Basket

- 1. Take a square piece of paper
- 2. Fold paper in half diagonally
- 3. With long side down, fold one corner down to edge of bottom
- Unfold
- 5. Fold the right corner along the crease you just made
- 6. Fold the left corner the same way
- 7. Flip over the paper
- Fold in half
- 9. Cut along dotted line, then unfold
- 10. Fold down the flap on the front
- 11. Tuck the back flap in





Craft: Bean Bag Bear



Supplies:

- One sock-white or tan or brown
- · Dried beans or rice
- Felt-white or black or brownone piece same colour as sock (or

close) and one piece contrasting

- Yarn and/or elastics
- Glue
- Scissors
- Wiggle eyes
- Black pompom

Instructions:

- 1. Fill the sock to within about 1 inch of the top of the sock (sock should be cut if too long). Leave some room for allowing the beans to plump down around the tied-off end.
- 2. Put an elastic tightly around the end to secure--this end may be glued. Place the sock on its tied end. Divide the sock approximately halfway and tie off to divide. The smaller half should be the top half as this will be the head.
- 3. Cut two felt ovals to be bear arms-

- secure top piece of ovals at divided half.
- 4. Cut two felt circles to be bear ears -secure at top of bean bag head
- 5. Cut two felt circles to be bear feetsecure with glue at bottom sides of bean bag body.
- 6. Cut smaller felt circles in contrasting colour to be paw prints on feet
- 7. Cut three ovals and two circles in contrasting colour to be inner ear pieces and mouth.
- 8. Attach pompom nose and wiggle eyes. Voila, your new bear!

More Craft Ideas

 Make a stick mask. Take a paper plate, a cupcake liner, felts, construction paper or cardstock and a stick (chopstick, dowelling, large tongue depressor) and make a bear mask. Cut two eyes out. Draw a nose and mouth on the cupcake liner and paste to plate. Cut out two ears and paste on. Attach to stick and have girls play with their masks

when doing the Arts.

- Have the girls string Honeycomb cereal necklaces. They then can eat them through the picnic.
- Make a bear cave. Have the girls staple or glue a brown paper bag that has been crumpled and/or cut onto a styrofoam meat tray or cardboard base. Have them collect materials from their natural
- surroundings and create their teddy bear's home. Add some teddy grahams to make the home lived in!
- Make edible playdough with honey and/or peanut butter (the recipes abound on the internet--just type in "edible playdough") and have the girls create teddy bears which they then can eat!

Service Project Ideas

Guiding is all about Community Service so why not add that aspect to your Teddy Bear Picnic Day.

- While collecting funds for the CWFF talk about the WWF—the World Wildlife Fund. The girls can band together to adopt a panda bear or polar bear.
- ◆ Hold a Teddy Bear Drive—collect teddy bears and other stuffed

animals and find a charity to give them to or investigate whether your fire hall or hospital or police station uses the **TEDDY BEAR** PROGRAM to help children when they are subjected to emergencies.



- Go closer to home-adopt a bear from the BC Wildlife Park in Kamloops--just follow this link: http:// www.bczoo.org/adoptananimal.htm
- Learn about Moon Bears and visit the Animals Asia site http:// www.animalsasia.org/eng/kids/ how help/index.htm where the girls can learn how to help by becoming activists in their own right.

Strawberry Sundae Day



Let's Make Strawberry Sundaes!

Who would have thought that there would be a day designated to a delicious dessert? When the warm weather arrives, nothing cools you better than ice cream, and nothing goes better with ice cream than strawberries and whipped cream, so celebrate with a Strawberry Sundae!

Strawberries are the first fruit to come out in the spring. The berries are

sweet and delicious and can be used in wide variety of ways from jams, drinks, salads, baking and more. Not only are they tasty, but they are also full of vitamins and minerals.



Ingredients & instructions:

- Put 2 small scoops homemade icecream in a bowl
- Top with 4 strawberries, hulled & halved
- Drizzle about 2 tbsp homemade strawberry sauce over the top
- Add 2 marshmallows, quartered
- Add colourful sprinkles & whipped cream.
- Garnish with 1 maraschino cherry

Facts About Strawberries



- Strawberries are the only fruit that has seeds grow on the outside.
- There are more than 20 types of strawberry plants.
- One cup of strawberries (144 grams) contains approximately 45 calories.
- The United States grow the most strawberries in the world, followed by Spain.
- The most common is the Garden Strawberry.
- The strawberry was considered poisonous in Argentina until the mid -1800's.
- Strawberries are "accessory" fruits

- meaning that they are used to make other foods look better.
- Many butterflies and moths feed on strawberry plants.
- The word strawberry comes from the Old English word "streawberige".
- Michael Kent produced the first cultivated strawberry in 1806.

Recipe: Tin Can or Ziploc Bag Ice Cream

Tin Can Method

Supplies:

- 1-3 lb clean coffee can with lid
- 1-1 lb clean coffee can with lid
- Duct tape

Ingredients:

- 1 cup milk
- 1 cup whipping cream
- ½ cup sugar
- ½ tsp vanilla
- Fruit (smashed), chocolate, etc.
- Kosher or Rock salt
- Ice (crushed or small cubes)

Instructions:

- 1. Pour milk, cream, sugar, vanilla into 1-pound coffee can.
- Use duct tape to tape lid on securely.
- 3. Put the 1 lb can inside the 3 lb can.
- 4. Layer ice and salt around the outside of the small can. When it's

- full, duct tape the lid onto the 3 lb can
- 5. Roll between 2 or more people on the ground for 10 minutes a level and fairly smooth area works best.
- 6. Open lid and drain ice water.
- 7. Open 1 lb lid and stir, making sure to scrape sides well.
- 8. Re-tape, re-pack with ice and salt, re-tape large can and start rolling again.
- This recipe makes about 3 cups of ice cream. Use fruit, chocolate or sprinkles to flavor ice cream if desired.

Ziploc Bag Method

Supplies:

- 2 med Ziploc bags & 1 lg Ziploc bag (must be heavy duty freezer bags) & 2-3 plastic grocery bags
- 1 recipe of ice cream mixture as above

Instructions:

- Chill ice cream mixture overnight in fridge, then put 1 cup in med freezer bag and seal securely.
- Put 1st bag into a 2nd med bag and seal to secure against leakage.
- Fill large bag half full of ice, add ½ cup of salt & mix. Put small sealed bag in the middle & cover completely with ice.
- 4. Seal the larger bag securely and put it into a couple of layers of plastic shopping bags.
- 5. Shake the bag or use your hands to move the mixture in the small bag around for 5-10 minutes.
- Carefully remove the small bag and check to see if the ice cream is hard enough. If not, reseal carefully, add more ice to the big bag, seal and shake some more.
- 7. When done, enjoy!

Recipe: Homemade Strawberry Sauce

makes 2 cups

Ingredients:

- 450 grams (1 pound) of strawberries, washed and hulled
- 1-2 Tbsp sugar
- 1/2 teaspoon lemon juice

Instructions:

- 1. Combine all ingredients in a blender or food processor.
- Pulse until berries are broken up, then blend until smooth. Taste and add more sugar if needed. (if you don't like seeds, strain the
- sauce before bottling)
- 3. Pour into two 1cup jars, leaving ½ an inch at the top of the jar, and freeze.



Craft: Strawberry Sundae Hat Craft Trader



Supplies:

- A small sundae glass (a plastic shot glass works well)
- Pink pompoms
- Small red pompom or large red seed bead
- Cotton ball
- Colourful seed beads
- White glue
- Hot glue
- Flat backed safety pin

Instructions:

- 1. Fill the glass with strawberry ice cream (pink pompoms).
- 2. Add whipped cream on top (a

- cotton ball shaped into a peak)
- Add sprinkles (dab glue onto cotton and sprinkle with coloured seed beads)
- Last, but not least, top with a cherry (a large red bead or pompom)
- 5. Glue pin to side of the cup and you have a summer strawberry sundae hat craft.

Game: Strawberry,

Strawberry, Cherry

Play this game as you would play

1. All the girls sit in a circle facing

One girl is "it". She walks around

each girl, she says "strawberry".

"Duck, Duck, Goose".

Instructions:

inwards.

Craft: Strawberry Sundae Bath Salts

Supplies:

- 1 bag of Epsom salts
- 1/2 a box of Baking Soda
- 1 Box Moisturizing Bath Beads
- 15 Sundae cups or similar
- 15 white bath scrubbies
- 15 red or pink bath beads
- 15 straws in colour that works with your sundae

Instructions:

- Mix the ingredients together adding more Epsom salts and baking soda to make it go further.
- If the beads are coloured, you won't need to add any colouring.
 If not coloured, use a paste food colour to add a little colour.



- 3. Pour ³/₄ cup of Epsom salt mixture into each sundae cup.
- Top with a bath scrubby pushed down into the cup (whipped cream).
- 5. Glue one of the bath beads to the top (maraschino cherry), and tuck a straw down the side.

These make great gifts!

the circle, tapping each of the other girls' heads. As she taps

- 3. Finally, she will tap a girl and say "cherry!"
- 4. The girl who was tapped "cherry" must get up and run around the outside of the circle, in the opposite direction as "it", racing "it" to make it back to her (now empty) spot in the circle.
- The girl who remains standing is now "it" and begins the game again.





Game: Strawberry Toss

Supplies:

- Red bean bags you could make your own to look like strawberries http://tinyurl.com/6wrjav9
- Buckets, boxes or hula hoops

Instructions:

1. Set up a series of buckets, boxes

- or hula hoops.
- Have the girls stand at a designated throwing line and try to land their strawberries in the bucket.
- 3. Use your imagination give points for landing in smaller buckets or for long distance throws.

Thread the Needle Day

July 25

History



The Oxford
Dictionary of
English Folklore
describes Thread
the Needle as
originally being a
game or part of a

game or a dance or part of a dance done in the Midsummer celebrations as part of the full customs and festivities. The term "threading the needle" came from the way in which the dancers joined hands and went through the arch formed by other dancers, thereby "threading" the "needle's eye". (see reference)

As the game became forgotten and antiquated, seamstresses and quilters adopted the day as their own, giving them an opportunity to showcase their skills and celebrate their art.

The term "threading the needle" also came to mean finding your way through a difficult passage, either physically or metaphorically such as maneuvering through a difficult problem.

Reference: Oxford Dictionary of English Folklore A Dictionary of English Folklore. Copyright © 2000, 2003 by Oxford University Press.

Arts: Original "Thread the Needle" Tune and Game



To learn the original tune and lyrics for the Thread the Needle dancing game, take advantage of the online version of *The Traditional Games of England Scotland & Ireland*, circa 1894. This game can be found starting on page 228 of Volume Two.

Volume One: http://archive.org/ details/traditionalgames01gommuoft

Volume Two: http://archive.org/ details/traditionalgames02gommuoft

There are two tunes and several

verses to this song; we have included just one version here.

This game is played much like many children's games (such as London Bridge is Falling Down): the girls line up in pairs. Turning to each other, they join hands and form an arch. The first couple, joining one hand to their partner, then "thread" their way through the arches. As they reach the end, the next couple in line then start to go through. The game is played until the "thread" is broken or the

Thread my grandmother's needle!
Thread my grandmother's needle!
Thread my grandmother's needle!
Open your gates as wide as high,
And let King George and me go by.
It is so dark I cannot see
To thread my grandmother's needle!
Who stole the money-box?
—London (Miss Dendy).

players make a mistake. Any tune can be used but there is a traditional tune (as cited above) and a number of

(as cited above) and a number of different lyrics that can be used, if wished.

On the internet, Mama Lisa's World: Children's Songs has some variants to check out, even a version played in Cameroon. There are also midi files available so you can hear the tune shown above: http://

www.mamalisa.com/blog/thread-the-needle-games/

Game: Thread the Needle Magic!

Threading the Needle is a magic trick done with a small piece of white rope.

- Holding approximately a 2 foot piece of white rope between your thumb and fingers, leave a piece approximately 8 inches long.
- Then bring the rope up around your thumb three turns, leaving a loop sticking up in the air. Holding
- the short end close to you, announce you will thread the loop with the rope without letting go of the rope.
- You then quickly move your hand forward passing it over the loop and voila! The loop is threaded.

Now for how it works...

It is important that you take the short end to loop through as when you pull forward with that piece, one of the loops on your thumb will come up and create the illusion you have threaded the loop.

Practice makes perfect so have the girls repeat until they can show it to their family.

Healthy Lifestyles: Yoga



Thread the Needle is a yoga pose.. what a great opportunity to introduce yoga into the meeting and get some stretching and relaxing happening.

We all need to relieve a little stress! Combine this with recognizing your pulse and heartbeat when resting and moving--see how yoga compares...

Instructions:

 Start on your hands and knees with your hands and knees apart and equal to your shoulder and hip width.

- 2. Bring one arm through your body to the other side with palm up
- Relax your hips down onto your feet while bringing your shoulder of the palm up arm down to the floor. You then should be resting on the outside of that shoulder.
- Your head should then be lightly touching the floor with the same side cheek and ear as the arm you have palm up.
- Your weight should be resting backwards onto your hips and legs.

Take 5 to 10 deep breaths and then slowly come out of the pose by using your hand to push yourself up.

This is an easy pose to start with but should still be done with caution. Now experiment and try a few other poses.

If you need visuals, check out these links:

http://yoga.isport.com/yoga-guides/ how-to-do-thread-the-needle-pose-inyoga

http://www.yoohealth.com/790/table-poses-thread-the-needle-pose.html

STEM: Science and Needles

STEM Idea #1

Use Thread the Needle to help the girls learn about depth perception and how important it is.

Rather than using an actual needle and thread, we can use bigger materials that will demonstrate the same principle as when we actually try to thread a needle...

You will need a pencil or thin piece of dowelling, a washer whose inner diameter is slightly larger than the diameter of the pencil or dowelling and a small lump of playdough or clay.

Place the washer on its side with the hole facing to the side and the edge

of the washer is directly in your vision. Support the washer in the playdough so that it is rooted firmly.

Now move enough away from the washer so that you must extend your arm

Holding the dowel, now close one eye and try to put the dowelling through the washer. Try the task with both eyes open.

What do you notice? Try with your other hand and other eye closed. Try the task with having one eye closed but with moving your head to get a different angle. How does that affect you?

The girls are learning that the left eye

and right eye see things differently and the brain combines the two images to help us judge depth perception. Moving your head does the same thing though not as easily.

STEM Idea #2

Try floating a needle on water.
Discuss why you might be able to.
Are you able to if it is a threaded needle? Why or why not?



STEM Idea #3

Learn about the sewing machine--how does it actually work? What is the difference between

a sewing machine needle and a regular needle?

Games: Hula Hoops and Yo-Yos

Thread the Needle is used in two different game toys - hula hoops and yo-yos!



In hula hooping, the move is done with two hula hoops and, while actually quite easy, seems a little difficult to describe. A video posted by

HulaHoopers.ca does a great job of showing the moves and can be a lot of fun for older girls.

http://hulahoopers.ca/hula-hooping-

tutorials/thread-the-needle-hula-hoop-tutorial/

Thread the Needle is a yo-yo move that can be done if you are somewhat skilled with a yo-yo--you need to be able to make the yo-yo "sleep" first of all

You then take your free hand and place it along the string of the yo-yo so that you can bend your string hand down and place the string of the yo-yo between the two halves of the yo-yo.

You then bring your free hand finger (that is in the string) up and towards you while you bring your yo-yo hand down and away riding the yo-yo along the string.

As the yo-yo reaches your free hand finger, take your finger away, jerk the string and wind the yo-yo up.

Easy? Not really, but with practice you'll be "threading the needle" in no time.

This issue of the FunFinder is a two part document. Please download Part 2 of the June 2012 FunFinder from:

http://www.bc-girlguides.org/resources/provincial-newsletters/

Contents of Part 2 include:

- Swiss National Day
- International Art Appreciation Day
- National Potato Day
- · Better Breakfast Month
- Mexican Independence Day
- International Peace Day
- Math Storytelling Day
- Asian Harvest Festival
- Area/District Program Adviser Position Description

This issue of the FunFinder is a two part document. Please download Part 1 of the June 2012 FunFinder from:

http://www.bc-girlguides.org/resources/provincial-newsletters/

Contents of Part 1 include:

- Title Page
- Program Events News
- Chocolate Day
- Teddy Bear Picnic Day
- Strawberry Sundae Day
- Thread the Needle Day

Swiss National Day



Independence Day!



In Switzerland they celebrate the independence of their country

from Austrian rulers on August 1st. They only began celebrating this holiday in 1891, but it was chosen because their oath of confederation was signed on this day in 1291.

This holiday is celebrated like other national holidays around the world: with barbeques and fireworks! They also illuminate the 25 meter high Rhine waterfalls on this day - a

spectacular sight.

Some celebratory events on this day include gymnastics demonstrations, children carrying paper lanterns through the streets, special breads with a Swiss flag on top, and bonfires lit on the tops of hills.

Craft: Swiss Cheese and Swiss Army Knife Hat Craft Traders

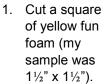


Some fun and easy crafts to represent Switzerland are these tradable hat crafts. The Swiss cheese could be made by girls as young as Sparks, but a little more dexterity is required for the knife.

Supplies:

- Red, white, grey, yellow fun foam
- Small fasteners (brads)
- Double-sided tape or glue
- Scissors
- Hole punches (two sizes, if possible)
- Safety pins
- Labels (if desired)

Cheese Instructions:

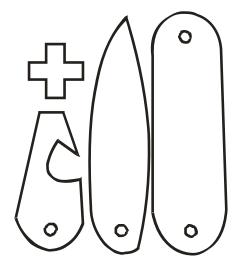


- 2. Punch holes in the foam.
- 3. Attach a label with a pin.

Knife Instructions:

- Cut the knife pieces from the red, white and grey fun foam. A template is provided. There is no need to cut the holes.
- Place the grey knife piece behind the red handle piece and attach with a small fastener.
- Place the bottle opener piece behind the handle piece at the other end and attach with a small fastener, ensuring that the knife point does not get caught.

- Attach the white cross to the handle using double-sided tape or glue.
- 5. Attach a label (if desired) with a pin.
- You can close the knife to hang from your hat, or leave it open as shown.



Healthy Lifestyles: Swiss Fondue



A traditional Swiss food is the cheese fondue. It was a winter dish, made using ingredients

available in the winter: cheese, wine and bread. In Switzerland, it is traditional to only dip bread into the fondue, but you could adapt and add fruit and vegetables.

Ingredients:

- 1 1/4 cups apple juice
- 2 cups cheddar cheese, shredded
- 2 cups Swiss or Gruyere cheese, shredded
- 2 tbsp. flour
- 1/4 tsp. garlic powder
- Dippers: chunks of bread, fruit or vegetables

Instructions:

- 1. In a medium saucepan, bring the apple juice just to the boiling point then reduce to a low simmer.
- 2. Add cheeses, flour and garlic powder and stir until melted.
- 3. Transfer the sauce to a fondue pot.
- 4. Using a fondue fork, dip the dippers in to the cheese mixture. No double dipping!

Music: Our Chalet Song



One of our four world centres is located in Switzerland. Our Chalet was founded in 1932 and is high up in the mountains on the outskirts of the Swiss alpine village, Adelboden. You can learn about Our Chalet by visiting their website at http://www.ourchalet.ch/en/home.

Also on the website is a downloadable version of the Our Chalet song. Visit http://www.ourchalet.ch/en/resources/document/view/1323 to view the lyrics for the song and to listen to it sung.

Arts: Picoulet Dance

This is a traditional circle dance from Switzerland. The girls stand in a circle and walk around while singing. With each added body part in the song, the girls shake all the previously mentioned body parts plus the new

body part. You can watch this dance in action at http://www.youtube.com/ watch?v=94KCtiBJDWI

Traditionally, this song is sung in French, but you can find both French

and English lyrics at http://www.mamalisa.com/?
t=es&p=2516&c=126
as well as hear the tune and download the sheet music at the same site.



Craft: Scherenschnitte



This Swiss craft involves cutting a design out of coloured paper, usually black, and then displaying it on a lighter

coloured paper, usually white. By cutting out the outline and fine features of your design, the white then shows through in the background of your picture. Your entire design should be cut from one single sheet of paper.

We are going to make a scherenschnitte with a heart and a traditional Swiss image, a tulip.

Supplies:

- coloured paper (we used pink construction paper)
 print the template onto this paper.
- CUT CUT
- white paper to mount the cut paper onto afterwards
- scissors
- glue stick

Instructions:

 Cut the design from the coloured paper. Be careful to NOT cut

- from the edges.. you need to puncture the paper to start cutting out the design.
- 2. Glue the finished Scherenschnitte onto the mounting paper.

For more templates, check out the following websites:

- http:// papercutting.blogspot.ca/2010/02/ template-tuesday-papercuts-forkids.html
- http://www.basteln-mit-elisabeth.de/ scherensch/scherens.htm
- http://www.papercutters.info/SA/ Galleries/

Game: Don't Look Back, The Fox Walks Around



Supplies:

A small object, such as a piece of fabric.

Instructions:

- To play this game, have the girls sit in a circle facing each other (towards the center).
- 2. One girl will be the fox. The fox walks around the outside of the

- circle, carrying the object.
- 3. Behind one girl in the circle, the fox secretly drops the object.
- When the girl who had the object dropped behind her realizes that it is there, she jumps up and tries to catch the fox.
- The fox runs around the circle, trying to reach the spot where the object was dropped without being tagged.
- If the fox makes it back to the empty spot, the other girl now becomes the fox.

- 7. If, however, the fox is tagged, she continues to be the fox and chooses another girl to drop the object behind.
- 3. If the fox is very sneaky, and the girl who had the object dropped behind her doesn't realize that it is there, the fox can run around the circle before the girl realizes that she must run, and she becomes a "lazy egg." The lazy egg sits in the middle of the circle until someone else becomes a lazy egg and takes her place.

International Art Appreciation Day

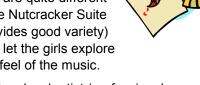
Aug 9

Celebrate Art!

Did you know that there is a day set aside in the summer for Arts Appreciation? Last August, people around the world were encouraged to take a moment and ponder the art around them. Your Program Committee thought that this is a celebration worth sharing! The links to Program are endless... here is just a sampling of things you could do with your girls and their possible program connections:

Go on a walk around your unit meeting place, digital cameras or sketch pads in hand, and look at everyday landmarks through an artist's perspective. When something catches your eye, stop a moment and capture that image. Share your findings and impressions as you go or when your walk is finished.

Paint to music. Play a few instrumental songs that are quite different (The Nutcracker Suite provides good variety) and let the girls explore the feel of the music.



Invite a local artist (professional or other!) to your meeting and have them share their work with the girls. Then give the girls an opportunity to learn and create in this style. (Brownies ~Artist at Work badge).

If you can't go visit an art gallery, create your own! Collect books from the library and prints or posters from a specific artist, genre, or



time period and then go on a Gallery Walk around your meeting room.

Regardless of which Art activities you do with your unit, make sure to take time to appreciate the art. In your discussions, have them tell you what they see, which details stand out, how a piece of art makes them feel. Let them tell you what they like about it -or what they don't.

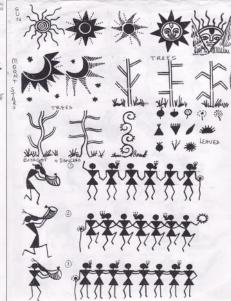
International Arts: Warli Art

For International Art Appreciation Day, why not try Warli Art, a traditional art form from Maharashtra, India? Local Pune artist and friend of Sangam World Centre, Punchi Mahtani, shared this style of art with

the Community Program participants in January 2012. The styles and patterns of Warli Art are easily adaptable for all ages and can be created on anything from paper and cards to cloth and pottery.

Warlis are one of the major tribes in the state of Maharashtra, north of Mumbai. They are known for their paintings throughout the world. Traditionally, this

artwork reflects a connectedness to mother earth and is done by women using powdered rice paint on the terracotta coloured walls of their mud huts. Warli art is a pictograph which narrates the cycle of life in nature with its relation to man. They depict a number of cultural themes related to household, agriculture and other social activities. Mountains, forests, trees, and animals are all part of the paintings.



The basic components of Warli art are lines, dots and triangles. Women have an extra round shape for a hair bun to differentiate from men.



National Potato Day

Aug 19

Challenge: Cross Canada Challenge - Atlantic Region



Consider doing the Cross Canada Challenge from the Girl Guides of

Canada national website (found in <u>Member Zone</u>). The PEI section of the challenge contains a lot of potato activities.

Background Information: PEI is famous for its potatoes. Here are some interesting facts about PEI potatoes:

- Farmers in PEI have been growing potatoes since 1771.
- PEI has rich sandy soil, which is the perfect environment for growing potatoes.
- Half of the potatoes grown in PEI are used to make processed frozen french fries, potato chips and other products.

The potato is so important to PEI that there is even an entire museum dedicated to the vegetable.

For more information on PEI check out: www.gov.pe.ca

Games: Potato Olympics

The Challenge

Set stations up around the room:



- 2. Potato Spoon Relay
- 3. Hot Potato Competition
- 4. PEI Potato Golf

As a large group or in smaller groups participate in the following activities.

Potato Sack Races

Can be done as an entire group or in relay formation.

Supplies:

• Garbage bags or pillowcases

Instructions:

Get into your sack and hop to the finish line.

Potato Spoon Relay

Supplies:

- Plastic spoons
- Potatoes

Instructions:

Get into teams of four and put a potato in a spoon. Try to run across the room and back without dropping it. If you drop it, pick it up and start again. Once you have returned, you will pass the potato and spoon to the next girl on your team.

Hot Potato

Supplies:

- Potatoes
- Stop watch

Instructions:

Sit in a circle and pass the potato all the way around the circle as quickly as possible. You will be timed so you continue to pass the potato until you get your best time.

PEI Potato Golf

Supplies:

- Foam potatoes or balls that are "pretend" potatoes
- Cones or markers

- Teeing areas
- Jump ropes or rope
- Pencils, paper, cards with places in PEI on them such as: Charlottetown, Cavendish, East Point, Alberton, Miminegash, Lennox Island, Souris, and Borden.

Instructions:

In groups of three or four, create a golf hole, which will be named after a place in PEI. Each group gets materials to build their hole: markers, rope and a card with the name of the place on it. Once all the holes are made, grab a partner, a scorecard and a "potato." Start at any hole you want and alternate throwing your potato until you hit the cone or marker at that hole. Record the number of throws on your scorecard and add up the points at the end. At this point you can discuss what you know about PEI and if anyone has ever visited Canada's smallest province.

Game: Potato Puzzle

Supplies:

- One potato per patrol, cut into about 5 pieces before the meeting
- Plastic Ziploc bags
- Toothpicks (round, not flat)

Instructions:

- 1. Have the girls gather in circles or patrols.
- Give each patrol a cut up potato (in a ziploc bag) and a stack of sturdy toothpicks.
- 3. The girls will need to put the

potato back together like a 3-D puzzle.



4. Work as a team and use toothpicks to put the potato back together.

Craft: Potato Stamp Art

From the PEI section of the Atlantic



Cross Canada Challenge

Create a souvenir Tshirt from PEI and decorate it using potato

prints. Have you ever been given a T-shirt from a place someone has visited? What is usually on these shirts? This is your change to design your own souvenir t-shirt. Cut out the graphics that you want on your shirt.

Supplies:

- Potatoes
- Paring knife
- Acrylic or fabric paint
- White t-shirts
- computer graphics (use simple shapes from clip art)
- · Scissors.

Instructions:

 The Guiders will have to cut a potato in half and place the graphic on the potato and cut around the shape. The cut should be 1/8 of an inch deep. Try to keep the potato moist – this will help the graphic stay in place. Slice around the outside of the potato cutting about 1/8 of an inch of the top layer. Dry potato with a towel.

Girls can then brush on paint and stamp the image and set aside to dry.

Options: Instead of decorating t-shirts, create greeting cards or wrapping paper from large sheets of plain packing paper.

Environment: Grow Your Own Potatoes

Directions for planting white potatoes in soil:

Supplies:

- Potato
- Soil
- Cup
- Knife

Instructions:

- 1. Select potatoes that have eyes that have started to grow.
- Using a paring knife, cut into the potato and around the eye in a square shape.
- 3. Cut out a large piece of the potato including the eye.
- 4. Poke holes in the bottom of your

paper cup. Fill the bottom of the cup with pebbles.

- 5. Fill the cup with soil.
- 6. Plant your piece of potato in the soil. The growing eye should stick out of the soil at the top.
- Put the cup on a saucer, water the soil and keep it in a sunny spot.

Directions for planting a white potato in water:

Supplies:

- Potato
- Clear plastic cup
- Toothpicks
- Water

Instructions:

- 1. Place a fat potato that fits easily into a clear plastic cup.
- 2. Stick toothpicks into the sides of the potato around the middle.
- Place the wide end of your potato into the clear plastic cup and rest the toothpicks on the rim of the cup.
- 4. Add water to your cup until the bottom of the potato is covered.
- Put the cup with the potato in a cool dark place and leave there for one to two weeks.
- 6. When the roots and stems (shoots) grow, place your potato near a sunny window.

Online Resources

- Potato Party colouring book: http://www.nourishinteractive.com/

 nutrition-education-printables/512-chef-solus-healthy-potato-coloring-story-book
- Potato activity sheets: http://www.nourishinteractive.com/
 http://www.nourishinteractive.com/
 https://www.nourishinteractive.com/
 https://wwww.nourishinteractive.com/
 <a href="https://www.nourishinte
- Prince Edward Island Potatoes activity book and teacher resource with activity sheets: http://peipotato.org/english/
 learning ctr.asp
- Potatoes to colour: http://www.supercoloring.com/pages/category/vegetables/potatos/

Craft: Potato Head

Create your own Potato Head People by decorating potatoes with beads, toothpicks, yarn and other craft supplies. See these links for more ideas on how to create a unique potato person:

- http://www.freekidscrafts.com/ mr and mrs potato heade1348.html
- http://www.craftideasonline.com/ potato_people.shtml
- http://melissahoward.suite101.com/ make-a-st-patricks-potato-heada44758

Better Breakfast Month



Let's Celebrate Breakfast!



September is Better Breakfast Month. How many people actually know what the word breakfast means? It means breaking the fast from not eating since the night before. Breakfast is the first meal of the day and it is so important to have a good start to our day by having a healthy and filling

breakfast to fuel our bodies. This is something the girls can have fun doing and learning different ways to have a good breakfast. You can do this over a couple of meetings.

Get the girls to spend time looking at Canada's Food Guide. They can plan out what they should be eating for breakfast and make sure they are getting some of their daily requirements to start the day. If your meeting location is somewhere with internet access they can even create their own food guide. Go to https://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php to see the food guide and to create your own.

Once the girls have done this, you can have a meeting and do breakfast for dinner as a unit. After the girls have looked at the Canada Food Guide they can plan a breakfast they want to make at their meeting. When they have planned out their menu they can do some of the shopping, as well.

You might also want to see if a chef from your area can come to a meeting and do a fun breakfast cooking class with the girls. Or you have a nutritionist come and join your meeting and talk to the girls about healthy eating and making the right choices for breakfast to fuel their bodies for the day.

Craft: Bacon & Eggs Hat Craft Trader

Supplies:

- Bottle caps
- White, yellow and brown felt or craft foam
- Popsicle sticks
- Pins
- Scissors
- White glue
- Black markers or paint

Instructions:

- Cut out the felt/foam in the shape of eggs, egg yolk and bacon.
- 2. Glue pieces inside the bottle cap.
- Cut the popsicle stick to about 1½" long and use a marker or paint to make it look like the handle of a frying pan. Glue it to

the back of the bottle cap.

4. Glue the pin to the back.



More Craft Ideas



- Buy solid-coloured aprons (Michaels sells them) and have the girls use fabric paint to create their own designs on them.
- Create your own placemats for your breakfast meeting. See http://familyfun.go.com/crafts/home-garden-projects/kitchen-crafts/kitchen-table-place-mats/ for ideas.
- Make necklaces using yarn or string and use different cereals that have holes in them.

Music: Ham & Eggs



Divide the group into two parts: one stands on "ham" and "flip," the other stands on "eggs" and "flop." Learn the tune at http://english4room.info/eng/songs/832-h-unit-119--ham-and-eggs-

Public domain. Reproduced from Campfire Activities, Girl Guides of Canada.

Mexican Independence Day



What is Mexican Independence Day?



Did you know that September 16th is Mexican Independence Day?

This is the day that Mexico celebrates their independence from Spain. In

1810, a Mexican priest, Father Hidalgo started a revolt against the Spanish. They were finally defeated in 1821. September 16th is the day that Mexicans remember the beginning of the struggle for freedom.

Today, the celebration starts on

September 15th with the ringing of bells at 11:00 pm, and is followed by a day of celebrations on the 16th.

Mexicans all over the world celebrate the day with parades, fiestas, picnics and fireworks. Streets, houses, buildings and cars are decorated with flags, balloons and sombreros in the national colours of green, white and red. The Zócalo (main square) is lighted up like Christmas. Mariachi bands play in the streets and people dress in traditional clothes or clothing in national colours.

Food is very important to the holiday.

fold

There are many stands set up that sell finger foods, Mexican candies and punch. Restaurants serve traditional Mexican dishes like Mole Poblano (a traditional chile sauce), Chiles en Nogada (chiles stuffed with meat, topped with walnut sauce and garnished with pomegranate seeds), Guacamole (an avocado dip) and chips.

The celebration ends in colourful fireworks show on the evening of September 16th during which you'll hear "Viva Mexico" which means Long Live Mexico!

Craft: Papel Picado

Papel picado are paper banners that are strung together and used to decorate home and store windows.

Supplies:

- green, white and red tissue paper cut into 8" X 10" rectangles.
- Scissors, glue & string

Instructions:

 Fold a piece of tissue paper in half side to side (fig1)

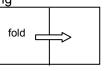


Fig. 1

- Fold in half top to bottom (fig 2), then fold again top to bottom
- 3. Using a pair of sharp scissors, cut shapes into the folded edges of the paper (like making a paper snowflake). Use simple shapes like hearts, flowers, diamonds, circles etc.
- 4. Unfold the paper to reveal the designs.

5. Fold the top edge of the tissue over a piece of string and tape into place. You can hang them individually or put several on a long piece, alternating the colours and hang like a banner.



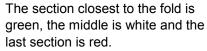
Craft: Mexican Flag

Supplies:

- White construction paper
- Green, white & red tissue paper
- 12" dowel or pencil
- Glue, pencil, ruler

Instructions:

- 1. Fold construction paper in half short side to short side.
- With fold on the left, use a ruler and pencil to divide the construction paper into thirds.



- 3. Tear tissue paper into 1.5 x 2" squares.
- 4. Put glue on first section of flag. Crumple green construction paper into small lose balls and stick to the glue. Make sure that the background is totally covered. Repeat with white for the middle section and red for the last section
- 5. Once dried, you can turn the flag

- over and do the other side. Just make sure that green is behind green, white behind white and red behind red.
- 6. When both sides are semi-dry, lay flag on table and open the card. Put glue down the folded edge and place the dowel or pencil along it. Glue the rest of the card together and let dry.
- If you would like your flag to look more authentic, print a flag from the internet, cut out the coat of arms and glue it onto the white section of your flag.

Word Search: Learn About Mexico

Used with permission from http://www.earthyfamily.com/

Find the words from the list below and circle them.

HINT: Words are also written backwards, diagonally, and any combination of up, down, etc.

| Z | O | > | _ | > | Α | V | _ | L | ┙ | Α | F | Α |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| D | С | Α | L | Α | С | Α | С | М | Ν | 0 | Р | M |
| I | Μ | Α | R | _ | Α | С | ∟ | Р | М | Ι | U | Ζ |
| Е | Α | Ζ | ┙ | S | Α | L | S | Α | F | Τ | В | Α |
| G | Υ | Τ | Τ | Α | Μ | Α | ∟ | Е | S | Ζ | Α | С |
| 0 | Α | Е | Х | L | V | Е | R | Α | С | R | U | Z |
| R | Α | С | Н | Ι | L | Е | L | В | Р | Q | Е | Р |
| I | Н | Ι | J | L | Т | 0 | R | Т | Ι | L | L | Α |
| V | Α | В | М | L | Н | L | 0 | Α | L | Р | Α | Т |
| Е | Α | В | Α | ┙ | Μ | M | W | Q | 0 | Α | Р | 0 |
| R | O | Ι | _ | Ι | כ | Α | Ι | U | Α | Ι | 0 | L |
| Α | Ζ | Р | S | ┙ | S | Α | ĺ | Α | K | כ | Ν | Е |
| Р | Ρ | Е | S | 0 | Α | С | J | Z | Р | Е | Z | ٧ |
| F | R | Ι | D | Α | K | Α | Η | L | 0 | М | G | U |
| 0 | J | 0 | R | 0 | Ζ | С | 0 | Υ | Е | Α | Т | L |

- Peso (Mexican currency)
- 2. **Calaca** (Paper skeletons seen during the Day of the Dead)
- 3. **Mariachi** (Mexican music)
- 4. **Maya** (Pre-Hispanic culture found in Mexico and Central America)
- 5. **Aztec** (Pre-Hispanic culture found in central Mexico)
- 6. **Chihuahua** (A northern state of Mexico)
- 7. **Tortilla** (Typical flat bread in Mexico made of corn)
- 8. Calavera (Rhyming poetry written during the Day of the Dead and public figures and family members)
- 9. Veracruz (A state in southern Mexico)
- 10. Chile (Hot peppers)
- 11. **Mole** (A typical sauce used during special occasions with ingredients such as chocolate and plantains)
- 12. Maíz (Spanish for corn)
- 13. Atole (A hot beverage made of corn)
- 14. **Diego Rivera** (Famous Mexican muralist, husband of Frida Kahlo)
- Tamales (Typical food of Mexico made of corn and stuffed with meat or vegetables)
- 16. Nopal (Edible cactus)
- 17. Frida Kahlo (Famous Mexican artist, wife of Diego Rivera)
- 18. Salsa (Typical sauce used in Mexican cooking made with tomatoes and chiles)
- 19. **Orozco** (Mexican artist who also painted murals)
- ¡Viva Villa! (Long live Villa! A typical revolutionary cry in honor of revolutionary hero Pancho Villa)

Game: Benito Juarez Says

Before starting the game, explain to the girls that Benito Juarez (Ben-eetoe W-are-ez) was a Zapotec Indian who was born into a family that was very, very poor. He worked hard and, with a lot of determination and love for his country, became the president of Mexico and defeated the French who had ruled Mexico for five years. The Mexicans loved him very much!

Instructions:

This game is similar to "Simon Says". In the game, each girl takes a turn

playing the leader and asking the others to do what she tells them. For example, the leader could say "Benito Juarez says spin around" or "Benito Juarez says pat your head." The other girls must keep doing the action until the leader says "Benito Juarez says stop" for each prior instruction. The girls can all have a turn being the leader.

Getting tricky – for older children

- Give orders quickly
- Give orders by making motions, ie

"Benito Juarez says, do this" (make motion of clapping hands). Repeat several times with different orders, then say "do this"



- Say something in casual manner like "straighten the line"
- Single out players like "Sarah, move back into line"
- Try something like "What's your name?"

Arts: Mexican Hat Dance

Music and dance are a big part of Mexican Tradition. Children learn to dance at an early age, and the Mexican Hat Dance is part of the Elementary school curriculum. They start with a very basic dance similar to the one that follows, then gradually add the traditional elements to it.

Supplies:

- Sombrero
- · Mexican Hat Dance Music or a

Mexican folk song with a similar beat.



Instructions:

- Place the sombrero in the middle of the room.
- 2. Have the girls form a large circle around the sombrero.
- 3. When the music starts, the girls should skip around the ring, holding hands.
- 4. When a girl's name is called, that

girl goes to the middle of the circle and performs her own dance around the sombrero. They can be as creative as they like.

- 5. The rest of the girls stand and clap to the beat of the music.
- The girl in the centre dances until another girl's name is called, at which time she rejoins the rest of the group in the circle.

International Peace Day



Service Project: Pinwheels for Peace

See http://

<u>www.pinwheelsforpeace.com/</u> for information on this project.



This is an International Project done by schools and youth groups around the world. Students create pinwheels, of all shapes

and sizes –the pinwheels will be decorated with their thoughts about "war and peace / tolerance/ living in harmony with others" on one side. On the other side, the students can draw,

colour or paint symbols of peace to visually express their feelings. They will assemble these pinwheels and on International Day of Peace, Sept. 21, when all of the pinwheels are planted outside as a public statement and art exhibit/installation. The spinning of the pinwheels in the wind will spread thoughts and feelings about peace throughout the country, the world! Log onto the above website to enter your location/ group onto the world map and see where these projects are being done. Crests for Guiding and

Scouting groups can be ordered off a link from this website.

For symbols of Peace and web-sites with Peace information try the following:

- http://www.planetpals.com/ peacesymbols.html
- http://www.designboom.com/ contemporary/peace.html

See the March 2012 issue of FunFinder (page 6) for instructions on how to make your own pinwheel.

Craft: Reverse Tie-Dye T-Shirts



Create Reverse Tie-Dye Peace T-shirts which work best with deep intense coloured shirts. Decorate with symbols of peace such as flowers,

peace signs, doves and trefoils.

Supplies:

- Rubber placemats
- Ball point or permanent pens
- Scissors
- Bleach diluted 1:4
- vinegar
- Spray bottle
- Gloves
- Newspaper
- Sink or pails of water (if outside)

Instructions:

- Have the girls draw Peace symbols on old rubber placemats (found at thrift stores). You can also use the trefoil symbol (clip art from national website www.girlguides.ca). Cut the symbols out.
- Lay the T-shirts out with newspaper inside the shirt (to keep the bleach from running onto back of shirt.)
- 3. Lay the rubber symbols out on the shirt.
- 4. With the bleach solution in the spray bottle, spray the shirt from a distance... concentrating on the

edges of your designs. Don't saturate the shirt, or the bleach will seep under the design and it won't be a crisp image.



- 5. Wait a moment while the bleach starts to remove the colour from the shirt.
- 6. Flip the shirt over and spray the back of it.
- 7. Plunge the shirt into a sink or pail of water with a cup of vinegar (this stops the bleach action).
- 8. Hang the shirts to dry.
- 9. Enjoy and take a group photo!

Music: Peace Songs

Search on <u>youtube.com</u> to listen to each of these songs.

- "Give Peace a Chance" by John Lennon
- "Peace Train" by Cat Stevens
- "Crystal Blue Persuasion" by Tommy James and The Shondells
- "Where Have All The Flowers Gone" by Pete Seeger
- ◆ "Pray Peace" by Alchemy VII

- "Someday" by Alan Menken and Stephen Schwartz
- "Last Night I Had the Strangest Dream" by Ed McCurdy
- "Come the Day" by Bruce Woodley
- "Earth" by David Roth
- "We've Been Asking Questions" by John Phillips of the Mamas & the Papas.

Guide Peace Songs can be found at Becky's Website: http://dragon.sleepdeprived.ca/songbook/ songbook index.htm

These include:

- Let There be Peace On Earth
- Sing for Joy
- Peace I Ask of Thee O River
- I'd Like to Teach the World to Sing

Math Storytelling Day



Reading With Math



Math is Fun! Here are some great picture books by author Greg Tang with a Math theme that will get your girls thinking outside the box...

Math for All Seasons ISBN 0439755379

Math-terpieces ISBN 0439443881 The Grapes of Math ISBN 0439598400

Math Appeal ISBN 0439210461

Other great Math stories that also present riddles and problem solving in a fun and creative way are:

Apple Fractions by Jerry Pallotta ISBN 0439389011

<u>Pizza Counting</u> by Christina Dobson ISBN 0881063398

Sir Cumference and the First
Roundtable (ISBN 1570911525) and
Sir Cumference and the Dragon of Pi
(ISBN 1570911649), both by Cindy
Neuschwander

All of these books should be readily available in the children's section of your local library!

STEM: Code Breakers



Since we're on the topic of Math, give your girls a chance to fine tune their code making and breaking skills with these variations on cryptograms.

Numbers Stand for Letters

This is a very easy code to solve! Each number stands for a letter.

- 1 stands for A
- 2 stands for B
- 3 stands for C
- and so on...

To help solve this code a bit quicker you can write out the whole alphabet, and then write out the numbers from 1 to 26 below it on an index card for the girls. Now, whenever you see a number, you can either count that many letters, or look up the number and write down the letter above it.

See if you can figure this one out:

7 21 9 4 5 19 - 9 19 - 1 23 5 19 15 13 5

(Solution: Guides is awesome)

Block Cipher

We write the message in a square block, one row at a time, and then read off the columns.

Example: To encode a message, write it in a block like this:

T H I S I S V E R Y E A S Y !

The coded message is passed on by looking at the columns and writing them out like this: TSE HVA IES SRY IY!

The decoder then rewrites the code words in a block again and reads the message across the rows.

Give this one a try:

HFGME EITER KNHNS EDEU PISM TNAB

H E K E P T F I N D I N G T H E S A M E N U M B E R S

(Solution: HE KEPT FINDING THE SAME NUMBERS)

For more ciphers and number games check out:

- http://www.cerias.purdue.edu/ education/k-12/teaching_resources/ lessons_presentations/ cryptology.html
- http://youthonline.ca/spykids/
- http://www.discoveryeducation.com/ free-puzzlemaker/
- http://www.cryptograms.org/

Arts: Oðblgshezi

Oðblgshezi (pronounced oth-bleg-SHEH-zi) is the perfect language to tell math stories! But what is this strange language? It is simply English words written using calculator digits. There are 10 letters in Oðblgshezi: I=1; Z=2; E=3; H (h)=4; S=5; G=6; L=7; B=8; TH (ð)=9; O=0

Start with typing 0.7734 into a calculator, then turn it upside down.

How many more words can you create on your calculator?

See http://www.langmaker.com/
calculatorwords.htm or http://https://

STEM & Arts: Make a Chinese Abacus

Adapted from the BC Girl Guides STEM Math Challenge

For centuries before the days of cheap digital calculators, people used abacuses to do calculations. Build your own, and use it to add up your cookie revenue!

Supplies:

- 6 popsicle sticks
- 2 pipe cleaners cut into thirds (6 x 10 cm long pieces)
- Ruler
- Pen or pencil
- Glue
- 12 red pony beads (or colour of your choice)
- 30 white pony beads (or colour of your choice)

Instructions:

- Marking with a pencil, divide one popsicle stick so that the 6 pieces of pipe cleaner will be evenly spaced (about 2 cm apart).
- Glue the ends of the pipe cleaners onto the marked locations on the popsicle stick, then glue another popsicle stick on top to make a "sandwich". Note that we used hot glue to do this, but you could use white glue.
- 3. Thread two red beads onto each pipe cleaner.
- Leaving space for your beads to move up and down (see picture), glue another popsicle stick sandwich onto the pipe cleaners.
- 5. Thread five white beads onto the pipe cleaners.
- 6. Glue a popsicle stick sandwich to the bottom of the pipe cleaners.

How it works:

Lay your abacus on a flat surface with the two beads at the top. These are called the "heaven" beads. Starting from the right-hand side of your abacus, the lower beads (called the "earth" beads) on each pipe cleaner are worth multiples of 10. Specifically, the lower beads on the right-most pipe cleaner are each worth 1, the lower beads on the second pipe cleaner from the right are worth 10,

the lower beads on the third pipe cleaner are worth 100, and so on up to 100,000 on the left-most pipecleaner.

The top beads on each skewer are worth five times the white beads: again starting on the right, the top beads are worth 5, 50, 500, 5000, etc.

To set the abacus to zero:

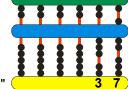
- 1. Lay the abacus on a flat surface with the two "heaven" beads at the top.
- 2. Move all the "heaven" beads to the top of the top section. Move all the "earth" beads to the bottom of the bottom section.

To show a number, for example 24, on the abacus:

- 1. Break the number up into single digits. For example, 24 becomes 2 tens (20) and 4 ones (4).
- 2. On the right-hand pipe cleaner (the "ones" pipe cleaner), move four bottom beads up to represent the 4 ones.
- 3. On the second pipe cleaner from the right (the "tens" pipe cleaner), move two bottom beads up to represent the 2 tens (20).

To show 37:

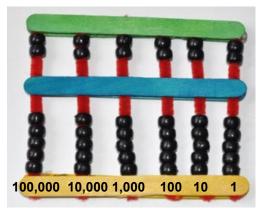
1. Break 37 up into single digits: 3 tens (30) and 7 ones (7).



- 2. On the "ones" 3 7 pipe cleaner: move one top bead down to make 5, and move two bottom beads up to make 2 (5+2=7).
- 3. On the "tens" pipe cleaner: move three bottom beads up to make 3 tens (30).

To show 293:

1. Break 293 up into single digits: 2 hundreds (200), 9 tens (90), and 3 ones (3).



- 2. On the "ones" pipe cleaner: move three bottom beads up to make 3.
 - On the "tens" pipe cleaner: move one top bead down to make 50, and move four bottom beads up to make 40 (40+50=90).
- 4. On the "hundreds" pipe cleaner: move two bottom beads up to make 200.

How to increase the Math Factor:

To add two numbers together, e.g., 24 and 32:

- Show the first number on the abacus. For example, show 24 by moving four bottom beads up on the "ones" pipe cleaner and two bottom beads up on the "tens" pipe cleaner.
- 2. Move more beads to represent the second number. Use the top beads, if necessary, to show totals that are greater than five. For example, to add 32 to the 24 you already have, you need to show a total of 6 on the "ones" pipe cleaner (4+2=6), so move one top bead down and leave only one bottom bead up.
- Move three more bottom beads up on the "tens" pipe cleaner. You should now have five "tens" and six "ones", which gives you the total of 56.

Can you figure out how to subtract using your abacus?

Asian Harvest Festivals



About the Harvest Festivals



Harvest festivals are celebrated all over the world. The harvesting of crops meant that there was now ample food available and time to

relax a bit as the hard work of harvesting had been done. Harvest time meant different times throughout the world dependent upon the climate of the region and the crops being grown.

In Asia the 15th day of the 8th lunar month became the symbolic end of harvest. As Asians used an ancient calendar this date actually changes from year to year in our current system. For 2012 the day falls on September 30th. Some countries celebrate on the current system's 15th of August while others have dates somewhere in between these times.

While each country in Asia has their own particular traditions which we will learn about, they share some commonalities in their traditions and festivities.

Tet-Trung-Thu Harvest Festival

This is the Harvest festival of Vietnam and is also known as the Children's Festival, believed to be so because parents then had time to turn attention to their children with the hard work of the harvest behind them.

Chusok Harvest Festival

This festival is the harvest festival of Korea--families celebrate the bounty of the harvest with special dishes and remembering their ancestors.

Chinese Moon Festival

In China the full moon that appears at harvest time is the traditional symbol of good luck, prosperity and happiness and the Chinese represent this in their famous mooncakes.

Lantern or Mooncake Festivals

This is the name given to the harvest festivals in Malaysia, Singapore and Taiwan. These festivities share the historical beginnings of the the Chinese Moon Festival but have developed specific traditions associated with each country.

Traditions

- Fresh and flavorful foods that celebrate the richness of the harvest—the most celebrated being mooncakes.
- Lanterns that symbolize the brightness of the harvest moon.
- 3. Dancing—as a celebration and as a way to tell a story or legend.
- New clothing or dressing up, including the making of masks.
- Legends and stories that remember the past and ancestors.
- 6. Games and songs.

Arts: Make a Mooncake



Looking to try a mooncake? Here are some links to recipes:

- http://allrecipes.com/recipe/adzuki-mooncake/
- Or for an easy one for the girls to make (not as authentic but lots of fun): http://www.afk.com/resources/mooncakerecipe.tpl

STEM and the Moon

All the harvest festivals use as their focus the full moon. This is a great opportunity to explain the phases of the moon—from new moon to full moon and all the phases in between. This gives the girls a chance to learn about the moon, lunar calendars and begin to explore the topic of the night

sky, the stars and how ancient people explained the movements of these celestial bodies because they did not know the science of astronomy.

Brownies-Key to Stem-Reach for the Stars; Guides-Beyond You-Astronomy-part 7; Pathfinders-Exploring a Theme-It's About time part 2

Arts: Make a Family Shrine

Just as the people of Mexico honour their ancestors in Dios de las Muertas then so do the Korean people during Chusok. Household shrines are small areas set aside in the home where family members go for prayer and

meditation and these shrines are a way of remembering their ancestors. Small trinkets considered precious as well as candles, handmade cards, flowers and pictures are placed there as well as gifts of rice and fruit.

Have the girls consider what would be the important aspects of a family shrine for their own families and then create posters or displays.

Craft: Paper Lanterns

Supplies:

- Brightly coloured paper in any size, as long as the paper is rectangular
- Scissors
- Tape or stapler

Instructions:

- Take the paper and fold it hotdog style (along the length).
- From the crease make cuts evenly spaced all along the

- crease but stopping short 1/2 inch or more of the opposite edge.
- Unfold the paper and then join the short edges together with tape or staples.
- 4. You have a lantern that you then can hang or place over an LED tealight on the floor.
- Mini hat lanterns can be made with coloured duct tape that has been stuck to itself and then cut into rectangles.

There are many shapes to the lanterns of the harvest festivals-stars, fish, butterflies, suns and lobsters are but a few.

Check out the internet for different patterns.



Healthy Lifestyles: Try Some Asian Foods



Try some new foods! What better opportunity to have girls try foods that they are not familiar with. Some of the

traditional festival foods are mooncakes (of course) (these can be bought at Asian groceries or there are many recipes), pomelos (like large grapefruit-oranges), pomegranates, water chestnuts, songpyeon which are rice cakes available also at the

Asian grocery or can be found on the internet. Foods that are red are considered good luck so try some others not listed.

Craft: Masks

Make a costume or mask! Do a dragon to do the Fire Dragon



dance of China, a unicorn for the traditional Vietnamese dance, a lion for the Lion dance of Korea. Have the girls make up a processional dance. The more elaborate, the more the impact on the girls.

- Dragon Mask: http://www.firstpalette.com/Craft_themes/
 Wearables/chinesedragonmask/
 chinesedragonmask.html
- Unicorn mask (adapt this idea using heavy paper): http://www.marthastewart.com/270793/ leather-unicorn-mask
- Lion mask: http://

 www.childbook.com/Chinese-Lion-Mask-Project-s/97.htm or http://

 tlc.howstuffworks.com/family/

 chinese-new-year-crafts3.htm

Active Games

Try one of the traditional games or sports of Harvest festivals in Asia—there is archery, tug-of-war, turtle tag, and in Korea there is Korean planking which is dancing and balancing while jumping on low boards that seesaw.

Find some game instructions online at: http://www.activityvillage.co.uk/ traditional chinese games.htm



Arts: Dance

Investigate and learn the traditional dances of the festivals—there is Ganggangsullae from Korea which is a circle dance,

Yangko dance, which is rhythymic swaying while stepping, or the Lion dance, which uses many movements from the martial arts.

Arts: Legends

Listen to a legend—whether it is the legend of Chang'e from China or Cuoi from Vietnam or Yueh Lao Yeh the



old man of the Moon, these legends will give you an insight into the cultures of another land and provide a starting point for even more activities. Some of the stories are humorous, others are told to explain the workings of nature but all are interesting.

- Legend of Chang'e: http://enghunan.gov.cn/SP/
 L Mid Autumn Festival/L Legend/index.html
- Legend of Cuoi: http://www.vietnam-culture.com/articles-30-4/The-moon-boy.aspx
- Vietnamese legends: http://www.vietnamese legends: http://www.vietnamese legends: http://www.vietnamese legends: http://www.vietnamese-4-1/Myths-and-Legends.aspx
- About Yueh Lao Yeh: http://www.regit.com/hongkong/festival/mooncake.htm

BC Program Committee

BC Program Adviser
Julie Thomson

Ranger Adviser
Ciara Martin

Lones Adviser Joyce Wenner (outgoing)

Susan Stephen (incoming)

Girl Programs Specialist

Colleen McKenna (outgoing)

Roberta Franchini (incoming)

Communications Liaison Vacant

Arts Resource Barb Wilson

Environment Resource Vacant

> Healthy Lifestyles Resource Vacant

STEM Resource Nadia Lee



AREA/DISTRICT PROGRAM ADVISER Position Description

We need program advisers in BC. But what exactly does a program adviser do? Read below for the job description. There are overlaps in duties between an area and a district program adviser, as written in black below. Red text indicates area program adviser responsibilities; blue text indicates district program adviser responsibilities. Both are very rewarding positions.

Purpose

- Stimulate interest and promote programs of all branches within the area/district
- Facilitate the communication of program events, activities, projects, and initiatives in the area/district

Qualifications

- Be conversant with the programs for all branches of Guiding
- Be passionate about girls and Guiders having fun, while completing the different levels of program
- Understand the principles of change, be receptive, and have an open and positive attitude toward suggestions and ideas

Term of Office

• Appointed for a three-year term, with a further two years optional and final

Responsibilities

- Attend area/district council meetings, and report regularly.
- Be familiar with, and enthusiastic about, all levels of the program.
- Ensure that district program advisers and area council are kept informed of current developments and changes within the program; Distribute information from the area program adviser.
- Distribute information from the Provincial Program Committee and the Communications Liaison.
- Pass on any concerns, opinions, ideas, or changes that are suggested to you, to the Provincial Program Committee or the area program adviser.
- Be aware of Lones and Members with special needs in your area/district. When necessary, ensure that these Members are receiving help with their program.
- Be prepared to receive and distribute information on Rangers, special needs, science and technology, the environment and active living.
- Conduct orientations with all new district program advisers.
- Conduct regular meetings of the program advisers within the area.
- Represent the area/district at workshops/conferences sponsored by the Provincial Program Committee.
- Draw attention to, and/or report on program-related articles in Guiding publications, including the Fun Finder.
- Frequently request iMIS lists of program advisers in your area, ensuring that they are put into your contact list for communication and reporting.
- Become a member of the BC program adviser's Facebook group.
- Ensure all of the district program advisers are on the Facebook group. Communicate those requests to the Communications Liaison.
- Submit an Annual Report to the area council, and the provincial Communications
 Liaison or the district council and area program adviser.
- Maintain a resource file or library, which Guiders in your area/district can access for program ideas.
- Provide resources and support to the area/district council and Unit Guider regarding delivery of the girls programs, including promoting the use of tools created by the BC Program Committee e.g., Science in a Box, Eco Pak, etc.
- Ensure that planned activities are aligned with the GGC Strategic Priorities.
- Adhere to the Pledge of Confidentiality and the Code of Conduct of GGC.

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