



2020 Provincial Annual Convention
April 24 – 26, 2020
Fort Garry Hotel
Winnipeg, Manitoba

Girl  Guides

Dear Guiders and Rangers,

We would like to invite you to our 2020 Provincial Convention. This year's theme is "Get Busy Living". Get Busy Living means different things to everyone – some live to work, some live to play, some live for adventure and some just live day to day. This weekend will offer you sessions that are fun, informative and meant to help you discover new things to incorporate into the way you live your life. We have listened to feedback from previous years and asked for more feedback before planning this year so we hope that everyone can find sessions that interest you!

This year Manitoba Council is fully subsidizing the convention as we believe in Guider development (both personally and for your Guiding life). There is still an initial registration fee however we have also reduced this fee to make it more affordable for all. Once you attend the convention you will receive reimbursement from your District and Area for the registration fee you paid and Manitoba Council will be reimbursing District and Area.

The convention is a great way to learn new skills, brush up on old skills, make new friends and reconnect with friends you haven't seen in a while. We hope to see you there!

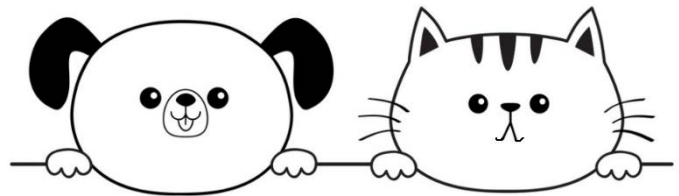
Krista Laberge
Provincial Commissioner

Heather McFadyen
Deputy Provincial Commissioner

Carolyn Titterton
Deputy Provincial Commissioner

Service Project: Animal Shelters and Rescues (province wide)

Pets, especially cats & dogs, can reduce stress, anxiety & depression, ease loneliness, encourage exercise and playfulness, and even improve your cardiovascular health. Caring for an animal can help children grow up more secure and active. Pets also provide valuable companionship for old adults.



This year our service project will be collecting items for various animal shelters & rescues throughout the Province. Cambrian* & Crocus West* Guiders collections will go to shelters & rescues in their area, while Grand Pines, Lagimodiere & Prairie Valley Guiders collections will be shared among places in Winnipeg.

*Cambrian & Crocus West Guiders, please watch for information from your AC about drop off locations and dates.

Here is a list of items on the wish lists of the rescue & shelter pages:

- NEW dog, puppy & cat toys
- Rope toys and medium & large kongs for dogs
- Large rawhides without knots, imitation pig ears, Dentabones
- Soft or hard cat treats
- Canned cat & dog food
- Large metal dog food/water bowls
- Small 2-sided cat dishes (un-tip-able)
- Nylon leashes, large & medium dog collars, harnesses
- Clumping or pellet cat litter (unscented)
- Medium or large litter trays & scoops
- Bath towels or small fleece blankets
- Lysol wipes & paper towels

NEW FOR 2020!!

This year at the Provincial Annual Convention we are going to be running a weekend long challenge / scavenger hunt. You will compete against other Guiders all weekend to earn the most points. The top players at the end of the weekend will receive a prize! Challenges will let you connect with Guiders across the province reconnecting with old friends and making new ones.



We are hosting our game on the app Goose Chase. Goose Chase is an online scavenger hunt app that allows players to compete against each other in fun games with creative challenges.

Be sure to download the app on your phone before you arrive at the convention! Look out for the game pin once you have arrived to join in on all the weekend fun!

Agenda

Friday April 24, 2020

6:00 pm to 8:00 pm

Early Registration (if you are unable to register on Friday night the registration table will be open on Saturday morning)

7:00 pm to 10:00 pm

Join us for a fun night of vision boards, board games, badge swap/sew, and of course, lots of chatting and catching up! At registration each participant will receive a shield to create their own 'Sisterhood Shield'. We will also have a Link info table set up for you to check out!

Please bring any old magazines you have to donate to the vision board activity – we will be collecting them at the start of registration on Friday night!

Saturday April 27, 2019

7:30 am to 8:30 am

Registration and breakfast

8:30 am to 9:30 am

Plenary – Deb Dawson Dunn

Deb Dawson-Dunn has a passion for helping women relax, get quiet and reconnect with their own inner wisdom. Then their lives get really juicy and joy filled because they are operating at their unique speed of happiness! She offers Women's Wellness Mentoring and Coaching, The Way of the Happy Woman Seasonal Retreats, private and semi-private SHE yoga, Wellness presentations and Intuitive Healing Stories. You can visit her at www.getitdunn.ca.

9:45 am to 11:00 am

Session 1

11:15 am to 12:30 pm

Session 2

12:30 pm to 1:30 pm

Lunch

1:45 pm to 3:00 pm

Session 3

3:15 pm to 4:30 pm

Session 4

6:30 pm

Cocktails

7:00 pm to 10:00 pm

Dinner, Annual General Meeting and Awards Presentation

Sunday April 28, 2019

8:00 am to 8:45 am

Breakfast

9:00 am to 10:30 am

Session 5

10:30 am to 11:00 am

Guides Own

Session 1: Saturday 9:45 am to 11:00 am

| Module Name | Objective |
|---------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Diversity and Inclusivity – Module 1 | <p>This is the first of four Diversity & Inclusivity modules. In this module, we will be looking at how the five pillars of Girls First can be applied in practice in interactions with girls and Guiders. We will discuss how Diversity and Inclusivity is part of GGC's core DNA and cover the ten commitments that Guiders can make in to improve their own practices. Participants will receive a crest for completing this session!</p> <p>NOTE: this is a repeat of the Diversity and Inclusivity – Module 1 offered in session 2. You should sign up for the one at 9:45 OR 11:15, not both.</p> |
| Your Mental Wellbeing | <p>Life is overwhelming and busy sometimes. We need to be able to recognize our body's cues, listen to our self-talk, and learn the importance of self-compassion. A facilitator from Klinik Community Health will give some tips and strategies to build into our lives regarding mental wellness, stress management, and self-care. Participants will receive resources and information about where they can go for help.</p> |
| Social Media/Safety Awareness | <p>Join Constable Buduhan from the Winnipeg Police Service to learn about topics such as:</p> <ul style="list-style-type: none"> • Video Games – Safe Gaming and Managing Video Game Usage • Social Media – What do I Need to Know? • Digital Footprint – Social Media Portfolio • Predators/Laws • Extortion Scams • Social Media Challenges • Apps I NEED to Know About • Available resources |
| Event Planning | <p>This session will provide you with the tools and resources to plan and execute your next event. Whether it's a birthday party for your 6 year old or a large Area event.</p> |

Session 2: Saturday 11:15 am to 12:30 pm

| Module Name | Objective |
|----------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Diversity and Inclusivity – Module 1</p> | <p>This is the first of four Diversity & Inclusivity modules. In this module, we will be looking at how the five pillars of Girls First can be applied in practice in interactions with girls and Guiders. We will discuss how Diversity and Inclusivity is part of GGC's core DNA and cover the ten commitments that Guiders can make in to improve their own practices. Participants will receive a crest for completing this session!</p> <p>NOTE: this is a repeat of the Diversity and Inclusivity – Module 1 offered in session 1. You should sign up for the one at 9:45 OR 11:15, not both.</p> |
| <p>The Mental Health of our Girls</p> | <p>Worry, Social Pressure, Anxiety and Depression. These are just a few of the mental health issues our girls might be feeling and dealing with. A facilitator from Klinik will help us learn more about these important issues and find ways to help our girls cope and feel safe and begin to develop tools to improve their mental health.</p> |
| <p>Self-Defence 101</p> | <p>Introduction to basic skills that can help all women feel safe by learning some effective moves that can help protect you. A Tae Kwon Do instructor/sensei is coming to teach strategies that will help prevent you from being a victim. Join this session to help yourself and learn new self-defence skills that can really protect you!</p> |
| <p>Make an Escape Room</p> | <p>Who doesn't love an escape room!?! Designing your own is easier than you think. Come participate in an easy escape room and then try your hand at designing your own. We'll share some ideas and do some planning. We'll post our ideas so everyone can share and build on them. Bring a notebook to collect your ideas.</p> |
| <p>Who is Ready to Get Lost?</p> | <p>N 45° 17.460 W 122° 24.800 -- first geocache coordinates May 3, 2000</p> <p>Join us as we get lost together! Grab a friend and then take off to find some caches. Please bring your own GPS or cell phone devices and dress for the weather.</p> |

Session 3: Saturday 1:45 pm to 3:00 pm

| Module Name | Objective |
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| <p>Conflict Management **Double session**</p> | <p>This session is part of the TEAM training and is intended to help you develop a personal understanding of the symptoms, causes, and solutions of conflict and to give you the skills to effectively manage conflict wherever and whenever it arises.</p> <p>This is not about who is right and who is wrong: Life is seldom that straightforward! This is about how to deal with situations where we are not all on the same page and how to move forward.</p> |
| <p>Girl First/Girls Driven</p> | <p>Interested in learning practical strategies to help girls lead their Guiding experience? This session builds on the Girls First information provided by Girls First Champions.</p> <p>Attend a session on all things girl-driven! Girl-Driven Ambassadors across the country have been hosting in-person and online sessions that focus on practical tips for supporting girl leadership and planning.</p> <p>You'll also receive useful resources and activities you can use in your units. Bonus: You'll receive a special crest!</p> |
| <p>Cupcake Decorating</p> | <p>Have you ever wanted to learn how to decorate beautiful cupcakes? Now is your chance, in this session, you will be guided and inspired to make beautiful hand-decorated cupcakes. You will be working with piping bags and various tips to make designs. We are excited to see your inner decorator!</p> |
| <p>W5 of the Trefoil Guild</p> | <p>Come learn the 5 W's of Trefoil: the Who, What, Where, When and Why. Do you know any Trefoil members or what they do? Did you know that many Trefoil members are also very active unit Guiders? Did you know that there are many different types of Guilds to join? Or maybe you have a group of Guiders interested in starting your own Guild? Come meet and talk to current members and have your questions answered and find out who we are and why we are a great branch of Guiding.</p> |

Session 4: Saturday 3:15 pm to 4:30 pm

| Module Name | Objective |
|---------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Conflict Management **Double session** | Continued from session 3 |
| Green Programming | <p>"It's not easy being green" – Kermit the Frog</p> <p>Or at least that's what we tell ourselves when we grab single use plastic for convenience or choose to not to reuse. This session will give you some ideas and tips on making your unit activities little greener including meetings and camps. We encourage you to bring your ideas to share.</p> |
| Leadership Mindsets | <p>During this leadership mindsets session we will be looking at each of the 6 leadership mindsets set out by WAGGGS. We will be playing games to grow your understanding of each mindset and why we should incorporate these tools into our leadership practice.</p> |
| Yoga | <p>This flow-style class will help improve your flexibility and challenge your muscular endurance, while using breath and movement to connect your mind and body. Flowing postures provide modifications for different levels, allowing for beginners, intermediate, or advanced students to enjoy a fulfilling practice.</p> |
| Winnipeg's Wonder Women Walking Tour | <p>From pioneer Annie McDermot to suffragette Nellie McClung, Winnipeg has been shaped by many remarkable women.</p> <p>Hear all about Cora Hind, the first female journalist in Western Canada, as well as the creation of the Royal Winnipeg Ballet, and the women who participated in the Winnipeg General Strike.</p> <p>Join us for this fun and interesting walk and learn about Winnipeg's Wonder Women.</p> |

Session 5: Sunday 9:00 am to 10:30 am

| Module Name | Objective |
|---------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Sing, Sing, Sing! | Bring your songbooks, and your favorite songs and we will sing! Enjoy the melodious singing of Girl Guides belting out their favorite Campfire Songs! We'll work our way through a traditional campfire singsong. Perhaps you'll learn a new song or two or a newer version of an old favorite! |
| STEM | Not comfortable presenting stem to your unit? Come out and explore hands on activities plus loads of resources to help you feel confident leading this important part of the program. New ideas for the seasoned guider as well. |
| Diversity and Inclusivity – Module 2 | <p>This is the second of four Diversity & Inclusivity modules. In Module #2, we will explain the formation, harm, and impact of biases and assumptions; Identify bias mitigation tools; and practice applying bias mitigation tools and feel confident using these tools. Participants will receive a crest for completing this session!</p> <p>PLEASE NOTE: It is HIGHLY recommended that you have completed Module #1 prior to attending this session</p> |
| Gadgets and Knots | Learn hands-on the knots you need to use at camp and in everyday life, including the knots used to hoist the flag. If there is time, we will learn one type of lashing and discuss types of gadgets that can be useful to make, using lashing. |

Optional additional training, Sunday 1:00 pm to 3:00 pm Manitoba Council Provincial Office

This training is not part of the convention and is not on the convention registration form. If you would like to attend, please send an e-mail to [Monika](#) to register.

Diversity and Inclusivity – Module 3

In Module #3, we will examine and analyze, using multiple lenses (an intersectional approach), complex experiences that may arise in Guiding; apply asset-based and trauma-informed approaches in practice and identify and discuss the challenges that marginalized communities may encounter through Guiding. Participants will receive a crest for completing this session!

PLEASE NOTE: It is HIGHLY recommended that you have completed Modules #1 & #2 prior to attending this session.