



**November  
2016**

**Volume 28  
Issue 2**

# The Prairie Lily

**A Newsletter of Girl Guides of Canada-Guides du Canada, Saskatchewan**



## World Thinking Day 2017

Celebrate and grow on February 22 with Girl Guides and Girl Scouts from around the world! Celebrated since 1926, World Thinking Day is a day of international friendship, speaking out on issues that affect girls and women, and fundraising for 10 million Girl Guides and Girl Scouts around the world.



Every year, World Thinking Day has a different theme about which Girl Guides and Girl Scouts can learn and take action. In 2017, hopefully we can **grow the World Thinking Day celebrations** and invite more girls and young women around the world to experience what it means to be part of the Girl Guiding and Girl Scouting Movement! Download the World Thinking Day resource [World Thinking Day Challenge for 2017](#) found on the WAGGGS website.

You can earn your World Thinking Day 2017 Badge in three simple steps:

- **Make new friends** by identifying a group in your community that doesn't have access to Girl Guiding and invite them to participate at your World Thinking Day celebrations.
- **Share the fun** of what it means to be a member of the World Association of Girl Guides and Girl Scouts (WAGGGS) with your new friends by solving the mystery of the missing "seeds of change". Go on a treasure hunt by choosing activities from each part of the WAGGGS tree.
- **Plant a tree!** Once you locate the missing "seeds of change", celebrate World Thinking Day and mark the beginning of a new friendship by planting the seeds!

*"From a small seed a mighty trunk may grow." Aeschylus*

### What's inside...

Upcoming Dates	2
Message from the PC	3
Bridging Rivers Area news	4 - 5
Southern Horizons Area news	6 - 7
Districts and DC's	8
Provincial positions	9
International	10
Hunger Games: Pathfinders/Rangers	10
TNT Conference: Pathfinders/Rangers	11
Link	11
Program	12
New National Service Project	13
SunRidge Cares	14
Applause for the Arts	15
January Conference Registration Form	16
Emergency First Aid & CPR Training	17
Communications	18
<i>The Prairie Lily</i>	18
Heritage Lake & Serenity Camp	19
Safe Guide	20 - 21
OAL Bagwa Loop Canoe Trip Report	22
OAL Adventure Training Registration	23
PR	24 - 25
Cookie Chatter	26
Lones	27
Trefoil Guild	28 - 29
Awards	30
Youth Recognition Ceremony	31 - 32

**Girl Greatness Starts Here!**

## Upcoming dates...



December 9	Provincial Rallies Registration Deadline
January 20-22	January Conference (Saskatoon)
January 22	Emergency First Aid & CPR Training (Saskatoon)
February 10	<i>Prairie Lily</i> Deadline
February 22	World Thinking Day 2017
February 24-26	Pathfinder/Ranger Camp (Echo Lake)
March 10-12	Lady B-P Weekend (Yorkton)
March 10-11	Provincial Council Meeting (Saskatoon)
March 17-19	Pathfinder Ranger Conference "TnT" (PA)
April 1	National Scholarships Application Deadline
April 10	<i>Prairie Lily</i> Deadline
April 22	Earth Day
May 6	Clean-Up Saskatchewan
May 12-14	OAL Adventure Camp Training (Pike Lake)
May 12-13	Provincial Council Meeting & AGM (Regina)
August 11-14	Serenity Ladies Camp (Heritage Lake)
September 2-4	Heritage 57 Camp (Heritage Lake)

## Contact information

**Provincial Office:** 306-757-4102

**NEW** Toll-free: 1-800-565-8111

Brenda Gartner – [admin@girlguides.sk.ca](mailto:admin@girlguides.sk.ca)

Margot Mack – [provincial@girlguides.sk.ca](mailto:provincial@girlguides.sk.ca)

Hamesh Kumar – [finance@girlguides.sk.ca](mailto:finance@girlguides.sk.ca)

Tracey Quiring – 306-652-3180

[membersupport@girlguides.sk.ca](mailto:membersupport@girlguides.sk.ca)

200-1530 Broadway Ave. Regina S4P 1E2

Website: [www.girlguides.ca/SK/](http://www.girlguides.ca/SK/)

**Bridging Rivers Area Office:** 306-652-3275

**New** Toll-free: 1-800-565-8111

Fax: 306-652-4450

Yvonne Turnbull

[bridgingrivers@sasktel.net](mailto:bridgingrivers@sasktel.net)

801 Preston Ave. Saskatoon S7H 2V1

Website: [www.saskatoongirlguides.ca](http://www.saskatoongirlguides.ca)

**Southern Horizons Area Office:**

306-352-8057 or **New** Toll-free: 1-800-565-8111

Fax: 306-565-3065

Christieann Clarke

[southernhorizons@sasktel.net](mailto:southernhorizons@sasktel.net)

1530 Broadway Ave. Regina S4P 1E2

Website: [www.reginagirlguides.ca](http://www.reginagirlguides.ca)



The members of Provincial Council  
and all the staff wish  
you and your family  
a very happy and safe holiday season!

## Provincial and Area Office Hours

September - June: Monday to Friday

8:30 a.m. - 5:00 p.m.

**Christmas Closure:** December 22 @ 5 p.m.  
and re-opening January 3, 2017



## Annual General Meeting

May 13, 2017

**Southern Horizons Area Girl Guide Centre**

1530 Broadway Avenue, Regina



coming  
soon!

## Watch for Employment opportunity

The Provincial Membership Services  
Coordinator will be taking a maternity  
leave for one year. The Provincial Office  
will be advertising soon for this position.

# A Message from the PC



Girls First!

What a whirlwind of activity over the past few months for me as PC! It has been exhilarating, exciting and I will admit, somewhat exhausting!

The highlight of the past few months had to be the opportunity to present the awards at the Youth Recognition Ceremony at the end of October. It was a great honour to present Canada Cords, Chief Commissioner Awards, and Community Service Awards. There were also two Bronze Duke of Edinburgh awards awarded that day. The short biographies on the girls truly highlighted what talented, gifted and service minded young women we have in our organization. I am always amazed at what the youth of today can accomplish for themselves and for their communities.

I did take the opportunity at that event to highlight some opportunities that I would like our youth members to consider over the next few months. I would also like to let you know of these opportunities so that you can encourage girls to apply or participate.

The National Youth Council applications have just closed but there will be a yearly opportunity to apply. Something to consider for fall 2017! Girls selected on the Youth Council will be asked to advise, assist and help provide direction for the National GGC Board of Directors to ensure that the organization is engaging our youth in how they want to be engaged.

Also at the National level, there will be a conference held April 21-23, 2017 in Toronto for girls aged 16 plus. There is an anticipated onsite

attendance of 125 youth members and 25 non-members and an additional 150 offsite youth members. The offsite participants will be engaged via online opportunities and social media. The participants will be selected to represent a varied demographic of age, locations, and experience in the organization. The focus of the event will be to engage our youth members in what they need and what they want from Girl Guides of Canada. It will be a great place for girls to learn more about Girl Guides of Canada as well as a way for the organization to learn more from the girls. I encourage girls from Saskatchewan to apply whether they would like to travel to Toronto or if they would like to try the offsite opportunities. More information about the event and the application will be posted shortly!

Our current Youth Forum Adviser, Desire White, has been tasked with searching for 3<sup>rd</sup> year Pathfinder and Ranger aged girls who could take a lead on establishing our first Saskatchewan Girl Guides Youth Forum. Our hope is that this will be a working committee which will advise and consult with the Provincial Council on matters pertaining to youth in our province. Watch your email, social media and website for more info!

I love the direction in which the organization is moving as we recognize the importance of making the girls active participants in the program. They are not only the future leaders of GGC or in their communities, they are our CURRENT leaders! Let's provide opportunities for all our youth members, from Sparks through Rangers, to make decisions, to provide direction on what they are interested in from the program and to allow them to take the lead on those initiatives. What better way to develop girls to be confident, resourceful, and courageous than by facilitating those skills at all ages and levels. Remember to put the Girls First!

*"Leadership is about making others better as a result of your presence and making sure that impact lasts in your absence."* – Sheryl Sandberg, (Chief Operating Officer of Facebook)

Yours in Guiding,  
*Laurie Lanovaz*

Provincial Commissioner [pc@girlguides.sk.ca](mailto:pc@girlguides.sk.ca)





## BRIDGING RIVERS AREA NEWS STREAM...

Birch Hills Guides and Pathfinders at Waskesiu



60<sup>th</sup> Saskatoon Sparks Unit Halloween Party



**Happy fall!** I hope you were able to enjoy the lovely weather we had in early November! As you know we are all here for the girls. We plan for them, spend time getting to know them, and work hard to come up with new and exciting experiences for them to help these girls grow into confident young women. As a unit Guider you are making a difference in these girls' lives. Another way to consider making a difference in our organization is to take on another role, whether it be in your district as treasurer or District Commissioner, or even just taking on a district camp or cookie drive. The more women we have taking on these roles, the easier it is on everyone. We are all busy, I get that, but it is very rewarding to see what a difference our organization makes. The more we can support each other, and help each other to provide opportunities for our girls, the better off we all are, and the less there is on each woman. So the next time an opportunity to serve a little more comes along, seriously consider how you can help in your district or area. Don't think 'I can't do that'. Instead think 'What can I do to help?'

Sara Horseman, Area Commissioner



Spooktacular District Rally held in Tisdale. Girls were from Tisdale, Nipawin and Melfort.



1<sup>st</sup> Saskatoon Trex  
Welcome Kayak Camp







Martensville Guiders enjoying a Hollywood themed Enrolment



RedWing Trex at shooting range



1<sup>st</sup> Martensville Sparks, TD tree planting



1st Warman Brownies playing Snakes and Ladders and baking cookies



Goodsoil Enrolment



# *Southern Horizons Happenings*



**Sparks #8 being read a story during their Food Bank Tour.**



**Regina Sparks 27  
Pumpkin bowling!**



**Estevan girls on stage at the 40<sup>th</sup>  
Annual United Way Telethon on  
October 15,  
getting ready to sing songs.  
The Telethon was very successful!  
Great job, Estevan!**

# *Southern Horizons Happenings*



**Regina Sparks 27**  
**Successful cookie sales**



**Regina Sparks 27**  
**Collecting food for the food bank**



**1st Estevan Girl Guides**  
**Packing shoe boxes for Operation Christmas Child on November 2**



# Districts and District Commissioners – September, 2016

## Southern Horizons Area

- Estevan District – (Arcola, Estevan, Carnduff)  
Christa Morhart [christa\\_morhart@yahoo.ca](mailto:christa_morhart@yahoo.ca)  
306-634-7229
- Grasslands District – (Coronach, Gravelbourg,)  
VACANT Acting: Michelle Gibney  
[southernhorizonsac@sasktel.net](mailto:southernhorizonsac@sasktel.net) 306-543-5966
- Heartland District – (Regina – central)  
Patty Maloughney Herbel  
[pattymaloughneyherbel@hotmail.com](mailto:pattymaloughneyherbel@hotmail.com)  
306-757-0848
- Long Lake District – (Lumsden, Southey, Strasbourg)  
Karen Hancock [kghancock@sasktel.net](mailto:kghancock@sasktel.net)  
306-484-2254
- North by Northwest District – (Regina – northwest, Grand Coulee)  
Yvonne Harrison [yvonneharrison@sasktel.net](mailto:yvonneharrison@sasktel.net)  
306-924-0442
- Parkland Prairie District – (Esterhazy, Foam Lake, Langenburg, Yorkton)  
Jacqueline Schmidt [limeky@sasktel.net](mailto:limeky@sasktel.net)  
306-783-5391
- Prairie Gold District – (Regina – north)  
Roxanne Wale [waler@accesscomm.ca](mailto:waler@accesscomm.ca)  
306-949-1482
- Prairie Skies District – (Cabri, Gull Lake, Maple Creek, Shaunavon, Swift Current)  
Betty Harris [guiderbetty@hotmail.com](mailto:guiderbetty@hotmail.com) 306-773-7604
- Rainbow District – (Gladmar, Ogema, Weyburn,)  
Abby Krado vill [abby.mwsl@sasktel.net](mailto:abby.mwsl@sasktel.net)  
306-842-3358
- Salton District – (Davidson, Moose Jaw, Riverhurst)  
VACANT Acting: Michelle Gibney  
[southernhorizonsac@sasktel.net](mailto:southernhorizonsac@sasktel.net) 306-543-5966
- Southern Lights District – (Regina – south)  
Karen Jaster-Laforge [karen\\_j5@hotmail.com](mailto:karen_j5@hotmail.com)  
306-924-4713
- SunRidge District – (Regina – east)  
Desire White [desire.white@yahoo.ca](mailto:desire.white@yahoo.ca) 306-737-3949
- Tipitotum District – (Balgonie, Fort Qu'Appelle, Indian Head)  
Colleen Reynard [ihbrownwl@yahoo.ca](mailto:ihbrownwl@yahoo.ca)  
306-695-2391

## Provincial office

- Northern Pines District – (La Ronge, Stanley Mission, Pinehouse Lake)  
Megan Van Buskirk [megan.dpc@girlguides.sk.ca](mailto:megan.dpc@girlguides.sk.ca)

## Bridging Rivers Area

- Aurora District – (Saskatoon south of river, central, west)  
VACANT Acting: Sara Horseman  
[bridgingriversac@girlguides.sk.ca](mailto:bridgingriversac@girlguides.sk.ca) 306-374-0859
- Day Lights District – (Saskatoon south of river, northeast sector)  
Jennifer Christian [julietsask@hotmail.com](mailto:julietsask@hotmail.com)  
306-975-9882
- Evergreen District – (Birch Hills, Christopher Lake, Prince Albert, Shellbrook, Wakaw)  
Sheri Gunville [sgunville@sasktel.net](mailto:sgunville@sasktel.net) 306-764-9385
- Lone Star District – (Saskatoon north of river, core neighbourhood)  
Kayla Kirby [kaylakirby@live.ca](mailto:kaylakirby@live.ca) 306-979-7885
- Morning Lights District – (Saskatoon south of river, southeast sector, including Humboldt, Quill Lake)  
Anita Lepard [anitalepard@hotmail.com](mailto:anitalepard@hotmail.com)  
306-374-8346
- Northern Points District – (Martensville, Warman, Saskatoon north of river, east sector)  
Susan Beltman Whiteley [sbwhiteley@yahoo.ca](mailto:sbwhiteley@yahoo.ca)  
306-881-3352
- Pasquia Lily District – (Melfort, Nipawin, Tisdale)  
Carol Yaremy [carolyaremy@hotmail.com](mailto:carolyaremy@hotmail.com)  
306-752-4699
- Prairie to Pine District – (Goodsoil, Kindersley, Luseland, Maidstone, Meadow Lake, North Battleford, St. Walburg, Turtleford, Unity)  
Stefanie Harrington [prairietopinedc@hotmail.com](mailto:prairietopinedc@hotmail.com)  
306-304-7721
- Stardust District – (Saskatoon north of river, west, Dinsmore, Rosetown )  
Linette Plant [linetteandmike@live.com](mailto:linetteandmike@live.com) 306-249-2264





# Help Wanted!

Do you know someone who is **energetic**, **organized**; and has the **ability to be a leader**? And enjoys being **part of a dynamic team**?

Consider nominating her for the volunteer position of **SOUTHERN HORIZONS AREA COMMISSIONER**. The Area Commissioner

(AC) is the link between the Provincial Council and the Guiding community.

An **upbeat positive attitude** will work in partnership with the Area Council to champion the GGC Vision, Mission and Values while respecting the confidential nature of the work.



An Area Commissioner holds this position for no more than three consecutive years. Working closely with the Area Council, Saskatchewan Council and the Area Office Coordinator, the AC will **help plan and manage the affairs** of the Southern Horizons Area and **promote open communication** between the DC's, Unit Guiders, parents and the girls. The AC will play a key role in ensuring the Area Operational Plan is consistent with GGC Strategic Plan and she represents your area at the SK Council meetings (four times a year).

If you know of someone who fits this description, forward your nomination to Laurie Lanovaz, Provincial Commissioner at [pc@girlguides.sk.ca](mailto:pc@girlguides.sk.ca).

**If you are interested in the position, we invite you to complete the Provincial Position Application** (available on the provincial website) and submit to Provincial Commissioner, #200 – 1530 Broadway Avenue, Regina, SK S4P 1E2 or to [pc@girlguides.sk.ca](mailto:pc@girlguides.sk.ca).

**Please note that the nominations for this position close January 31, 2017.**

## Two provincial positions have been filled!

Welcome to the new Provincial Girl Engagement Coordinator, **Heather Collier**, from Cut Knife.

Heather will work with the Provincial Camping, International and Program Advisers.

Welcome to the new Provincial Membership Adviser, **Charmaine MacDonald**, from Macoun.

Thank you **Heather** and **Charmaine** for taking on these roles!

*Welcome*

## GGC National Scholarship Program

Girl Guides of Canada's National Scholarship Program supports members as they pursue their educational goals and develop rewarding career paths. In the winter of 2017 view the national website for all details about applying for the 2017 national scholarships.

**The deadline for applications is April 1, 2017.**



# International

Submitted by Melissa Gartner  
Provincial International Adviser, [international@girlguides.sk.ca](mailto:international@girlguides.sk.ca)



## What is the Canadian World Friendship Fund (CWFF)?



The Canadian World Friendship Fund is maintained through voluntary contributions from members and friends of Guiding, to help our members to experience Guiding internationally. It offers financial assistance to adult members who have been selected to accompany girls on nationally sponsored trips, to members attending international Guiding events as GGC representatives, and to girls and adults from other Guiding countries visiting Canada for special events.

Get girls involved in planning and running a fundraiser for CWFF. Here are some ideas to get you started:

- Host a unit-run book sale or rummage sale.
- Collect bottles and cans.
- Invest in a cute piggy bank. Challenge girls to find and bring nickels, dimes and quarters to “feed to” the bank.
- Collaborate with the units in your district to run a carnival, karaoke night, or community bingo.
- Spend an afternoon baking with your girls, and then run a bake sale.

Each member is challenged to contribute \$5 to the CWFF each year.  
Can you and your girls meet this challenge?

\*\*\*\*\*

## THE HUNGER GAMES

February 24 – 26, 2017

All Pathfinders and Rangers

Echo Lake Bible Camp



Come for an adventure and skill building activities that are based around the Hunger Games Trilogy!  
Test your knowledge and make some new allies.  
May the odds be in your favour!

**Girls, come as a unit or come individually.**

**Cost is \$60 per person.**

**Registration deadline is January 27, 2017.**



Supported by a  
grant from  
Saskatchewan  
Parks and  
Recreation  
Association

For event information contact Wendy Lawrence @ [wlawrence0@me.com](mailto:wlawrence0@me.com)

For the Registration Form, click on the following link on the Saskatchewan website:

<http://www.girlguides.ca/web/SK/Home/SK/Default.aspx?hkey=d8f60f59-d894-4748-a76a-bfdcf3644622>  
under UPCOMING EVENTS.



# TnT

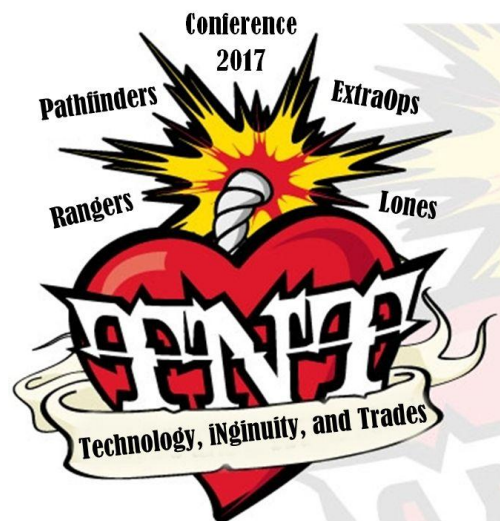
## Technology, iNgenuity, and Trades

### Girl Conference `17

March 17-19, 2017

7 p.m. Friday – noon Sunday

Prince Albert, SK



To design or not to design? To paint or not to paint? To film or not to film? Questions abound as we offer Pathfinders, Rangers, ExtraOps and Lones girls the opportunity to choose sessions at a future-focused conference.

Outside of the session choices, this conference will offer a super star Master Chef inspired dinner, fun rockin' out fitness choices, a late night coffee house, and MORE!

Cartoon Creation

Super Scupltin'

Improv

Painting Party

Comp Coding



**Watch for registration information in your inbox soon.  
Sign up early to secure the best sessions for you!**

Supported by a grant from  
Saskatchewan Parks and  
Recreation Association

**Bring your iNgenuity and Guiding friends to the Tech 'n  
Trades girl-focused conference in Prince Albert!**

\*\*\*\*\*

## Link

Submitted by Emily Bindle  
Provincial Link Adviser, [link@girlguides.sk.ca](mailto:link@girlguides.sk.ca)



Hey Link members! There is a new Link email address [link@girlguides.sk.ca](mailto:link@girlguides.sk.ca) and so feel free to contact me with any questions! If your email address has changed please let the office know. I will be sending out a newsletter in December to the email addresses in iMIS. If you are attending the January Conference, please attend my session as we will be having chats about the future of Link, how you can get involved, and about making connections within Link.

# Program

Submitted by Sara Horseman, Provincial Program Adviser  
[program@girlguides.sk.ca](mailto:program@girlguides.sk.ca)



The Program committee has been busy planning and organizing various events and program items. Watch for more Instant Meetings to come by email and to be added on the website. If you have a topic you would like an instant meeting for, let me know and I'll see what I can do.



The deadline for the **Rally packages** is **December 9** and this is a firm deadline so please get your orders in! You will get a booklet of program ideas about camping, then and now, as well as a crest and an item for each person all for only \$1 per person! It is a great deal! There will be activities for all branches, making this a great bridging activity. See the provincial website for registration information.

Plans for the **Pathfinder/Ranger Conference "Technology, iNgenuity, and Trades" (TnT)** are well underway. This event will be held March 17-19, 2017 in Prince Albert. More information can be found in this issue of the *Prairie Lily* on page 11 and it will also be sent out by email.

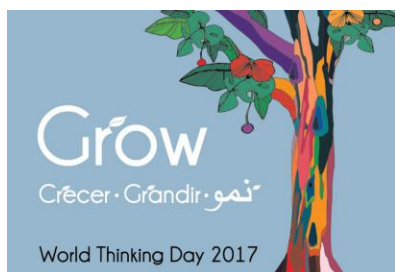
The **Lady B-P Weekend** plans are also underway. Amazing multi-talented efforts are recognized of girls completing the Lady Baden-Powell Challenge. Mark your calendars for March 10-12, 2017. This event will be held in Yorkton at the Yorkdale Central School. A kit list will be emailed out to everyone after you have registered. The registration form will be available on the provincial website and will be sent out by Informz in early January. The event will start at 7 p.m. on Friday night and will end at 11 a.m. on Sunday. We hope to see lots of third year Guides attend!



## Program updates from National

As you may have read in the fall issues of *GuidePost*, National has launched several new programs!

- The new National Service Project – **Action on Poverty** was launched in September. See page 13 in this issue of the *Prairie Lily* for more information.
- **Girls Count**, a Financial Literacy Challenge, was also launched in September. With the completion of the pilot last year, the new program is now readily available for all branches. Click on [Girls Count](#) or go to the national program website.
- In October the new **Be You Challenge** was launched, and it aims to help girls build their self-acceptance and self-esteem. This replaces the old Love Yourself Challenge. Be You is fully updated and was developed once again with support from NEDIC. Crests for these Challenges are available at the GGC online store.



This year National has not produced a Friendship Flyer for World Thinking Day (WTD) 2017. Instead, as WAGGGS has put together a great WTD resource for the theme of growth, National will be actively promoting that program instead of creating their own. It's a great opportunity for us to integrate WAGGGS programming into our GGC programs. (See the cover of this *Prairie Lily*.)





# NEW National Service Project: Action on Poverty

Submitted by Megan Clarke

The new National Service Project (NSP), which will run over the 2016-17 and 2017-18 Guiding years, is "Action on Poverty". This is the first time that each year of the NSP will have a distinct focus within the overarching theme of poverty. This Guiding year, we will be focusing on homelessness and then in year two (2017-2018) we will be focusing on hunger.

## Take Action

For the first year of the NSP as we focus on homelessness, we have three exciting service activities for girls to participate in: Keep Someone Warm; Volunteer; and Make-A-Difference Bags. Each one is described in detail on the NSP website: <https://nsp.girlguides.ca> and several options for ways to get involved are provided there.



Keep Someone Warm

In order to earn the Action on Poverty crest, girls need to complete a service activity and log their actions. To do this, simply go onto the NSP website, click on the activity that you did, and find the 'log your action' buttons on the right-hand side of the page. If the service is completed as a unit, then the Guider can log on behalf of the entire unit. It is important to log your actions, because when girls and units log their actions we can see clearly the collective impact that Girl Guides of Canada is having across the country.



Volunteer

## Take it Further

What makes the NSP unique from other programs is the opportunity for service learning. Service learning involves learning about a topic and building understanding about it before taking action. This allows girls to better understand why they are completing a particular service activity and the impact it has. While the Instant Meeting activities created by the Program team at National are not a required component of the NSP, by using them you can help girls have a more rewarding and fulsome experience.



Make a Difference Bag

It is completely up to each Guider to determine which, how many, and how they will incorporate these Instant Meeting activities into their unit meeting. As well, the instant meeting is *not* a requirement for earning the Action on Poverty crest, however, we would encourage as many Guiders to include these activities in their meetings as possible so girls build an understanding of the complexities surrounding poverty and to have the opportunity to build empathy and break stigma.

## Before You Start

Before you choose your service activity, make sure that you have touched base with the charity, non-profit or organization that you would like to support. It is important to make sure that the service activity that you would like to do is something that meets a need. If you need any help finding an organization to work with, please contact one of your NSP Agents (see below), and we'd be more than happy to give you a hand!

Saskatchewan has four friendly NSP Agents who are ready to provide whatever information and assistance you may need in order to offer this valuable service learning opportunity to your unit or Trefoil Guild. As well, we'd love to see pictures and hear about your unit's experience participating in the challenge!

- Diandra Thompson (Martensville) - [Martensvilleguides2@gmail.com](mailto:Martensvilleguides2@gmail.com)
- Jennifer Christian (Saskatoon) - [julietsask@hotmail.com](mailto:julietsask@hotmail.com)
- Laurie Toews (St. Walburg) - [toewslb@sasktel.net](mailto:toewslb@sasktel.net)
- Megan Clarke (Regina) - [meganl@sasktel.net](mailto:meganl@sasktel.net)

Have fun, and make a difference!

# SunRidge cares: a service sleepover

Submitted by Desire White

On October 14, over 60 girls from Sparks to Pathfinders attended a district sleepover hosted by SunRidge District. At the sleepover, the girls participated in their choice of service projects, completed some random acts of kindness, and everyone participated in the Regina Food Bank Drive.

We began by giving the girls some options ahead of time so that they could select which service projects were most important to them. Here is our collective impact from the service projects:

- For Keeper of the Stars, a local parrot rescue, we created approximately 40 enrichment toys for the special birds in their care.
- For Regina Cat Rescue, we created over 30 cat toys for the furry friends looking for forever homes.
- In conjunction with Camions of Care, we assembled over 200 feminine hygiene kits for shelters to have available for women in need.
- We decorated over 200 cookies, attached thank you notes to them, and delivered them to emergency services including fire halls, police services, Mobile Crisis Services, nursing staff in hospital emergency departments, the mother and baby unit, and EMS.

Another project that we completed throughout the day was empowering the Guides and Pathfinders to lead Random Acts of Kindness with the Sparks and Brownies. They created and decorated kindness postcards, assembled treat bags, and tied notes around bottles of bubbles and flowers before setting out in the community to brighten the days of our neighbours. We randomly distributed the items around the neighbourhood, just to make someone else smile.

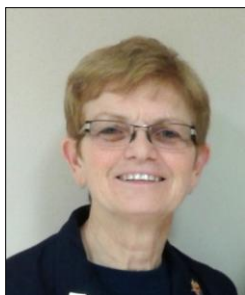
We wrapped up our day together by collecting donations for the Food Bank Drive.

Over and over, we heard girls proclaim that they were enjoying the projects and that it was the “best sleepover ever”! As Guiders, we enjoyed the amount of enthusiasm and engagement that the girls displayed. It gave the girls more confidence in themselves and it motivated them to be kind to one another and others. It was so exciting to see the girls smiling so widely and having such fun building a strong community bond. We hope that the girls will continue to give back to the community and take pride in their role in making the world a better place.



**What Random Act of Kindness can you do today to make someone's day a little bit sunnier?**





# Applause for the Arts!

Submitted by Janice Graessli, Provincial Arts Adviser  
[arts@girlguides.sk.ca](mailto:arts@girlguides.sk.ca)



Remember our veterans who gave their service to our country for our freedom. Find out the name of a veteran who lives close to you. Send them a homemade Christmas card signed by the girls in your unit, or as a Guider, deliver by hand the card. They gave the ultimate service. We can give back in a small way.

With Christmas around the corner, try to get out to a senior's centre or a community concert. Have your group practice at your meeting to entertain others. It is great fun and a wonderful service project. Give the seniors a simple star craft or love box you have made. They will cherish your gifts.



**Star Craft:** Guider makes small star craft template. Girls trace and cut two stars onto fun foam and decorate with stickers or metallic pens. Make a slit from tip of one point to middle on one star. Make a slit from between two points to middle of other star. Slide stars together at slits. Punch a hole in point of one star. Hang with yarn. Make small stars to hang on tree or as tray favours in senior's home.

More ideas can be found at 50 Star Crafts Ideas at: [www.redtedart.com/star-crafts-ideas](http://www.redtedart.com/star-crafts-ideas).

**Bells:** Four sets of hand bells were purchased with donations in memory of Nina Smith, a former Punnichy Guider. They are stored at the Area Offices and can be borrowed by any unit. They are colour-coded, kid friendly with laminated sheets of music. Try *Twinkle, Twinkle Little Star*, *Joy to the World* or *Jingle Bells*.



**Ribbon Dancing:** Girls of all ages love to use ribbon sticks in creative movement and they can be used at Enrolments, concerts, sleepovers, camps, or Guide's Own. Make sticks with crepe paper or surveyor's tape, duct taped to a pencil crayon. The ribbon should be as long as a girl's arm outstretched to reach to the floor for easy movement. Use any kind of music to suit your theme. Try the songs: *It Came Upon a Midnight Clear*, *White Christmas*, *Away in a Manger* or *Silver Bells*.

View this Chinese ribbon dance at [www.youtube.com/watch?v=n-GADdbtCb8](http://www.youtube.com/watch?v=n-GADdbtCb8)

Here are some basic movements. Work each motion about 20 seconds. Adapt to music. The Guider demonstrates and calls out basic bolded words, then the girls do their own dance.

- **Swings:** use shoulder, back and forth, like going to school and coming back along same path.
- **Tummy:** in front motion, from side to side, waist high.
- **Bottom:** behind back, waist height, from side to side.
- **Clean your shoes:** swing low across feet, from side to side.
- **Rainbows:** overhead, side to side, look up.
- **Swings:** both arms swing beside the body, up and down.
- **Circles:** work from shoulders, make big circles.
  1. Draw a circle in front of the body, try right hand; then change to left.
  2. Draw a circle overhead on ceiling.
- **Snakes:** Work from wrist only, move away so snake won't bite, through grass up and down, and sideways.

**Painting Windows:** Pathfinders and Rangers can paint a Christmas scene in the window of a local business. Great service and PR, too!

**Love Box Craft:** (For Christmas, Valentine's or Mother's Day) Supplies needed: very small box or styrofoam cube or block of wood, thin ribbon (about one m. per box), wrapping paper, scotch tape, love poem, scissors, hole punch. With scissors cut a piece of wrapping paper to cover empty box. Secure with tape. Cut ribbon and tie around box. Cut out love poem. Use a hole-punch to make hole in corner of poem paper. Thread ribbon through hole; tie poem with ribbon to present; use scissors to curl ribbon.

## Love Poem

*This is a very special gift  
That only you can see  
The reason it's so special  
It's just for you from me.*

*Whenever you are lonely  
And feeling kind of blue  
You only have to hold this gift  
To know that I think of you.*

*You never can unwrap it  
Please leave the ribbon tied  
Just hold the box close to  
your heart  
It's filled with love inside.*

I hope to see you at January Conference. Oh, the friends I will meet, the fun I will have, and all because I am a member of Girl Guides of Canada!



# January Conference Registration Form

January 20 – January 22, 2017

Name: \_\_\_\_\_ iMIS #: \_\_\_\_\_

Phone (home): \_\_\_\_\_ (work): \_\_\_\_\_  
(cell): \_\_\_\_\_

I prefer to receive information by:

☐ E-mail: \_\_\_\_\_

☐ Mail (address): \_\_\_\_\_

☐ Fax: \_\_\_\_\_

City/Town: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Food/ Allergies/Diet and/or physical restrictions: \_\_\_\_\_

I would like to share a room with (if applicable): \_\_\_\_\_

☐ Smoker ☐ Non-smoker Note: All rooms are non-smoking rooms!

*In consideration of others, please make this a Scent free event!*

Optional: For grant purposes please self-identify if you are: ☐ First Nations ☐ Metis ☐ Inuit or ☐ an immigrant.

## Register early and save \$25!

Prices are per person (includes GST)		Regular Price after November 30
Conference & hotel	1/room	\$395
Conference & hotel	2/room	\$245
Conference & hotel	3 or 4/room (sharing beds)	\$225
Conference only	no hotel	\$155

The **Session Choices** and **Session Registration Form** are on the provincial website. Please check them out and send to the Provincial Office.

**After December 15, registrants will pay the “Conference only” fee** and be responsible for arranging their own accommodation. The hotel will not guarantee the room rates or availability after that date! Please check with the Provincial Office first as we may have a few spots to fill within the rooms we have booked.

- No registrations can be accepted after January 12, 2016.
- Price includes: Saturday and Sunday breakfasts, Saturday lunch, Saturday banquet, coffee break drinks and evening hospitality.

### Conference Logistics:

- |   |  |
|---|--|
| • Registration Friday evening 6 – 7:15 p.m. | Sessions start Friday evening 7:15 p.m.        |
| • Saturday Breakfast 7:30 – 8:30 a.m.       | Morning Sessions 8:30-10:15 & 10:45 – Noon     |
| • Saturday Lunch 12:00 – 1:30 p.m.          | Afternoon Sessions 1:45–3:00 & 3:45 – 5 p.m.   |
| • Saturday Reception 6 p.m.                 | Banquet and evening activity start – 6:30 p.m. |
| • Sunday Breakfast 7:30 – 8:30 a.m.         | Morning Session – 9:00-11:45 a.m.              |

### Please return a complete Registration Form to the Provincial Office.

Payment enclosed: \_\_\_\_\_ (Cheque payable to Girl Guides of Canada, SK Council)

**OR** Credit Card # \_\_\_\_\_ (VISA, MC only) Expiry Date: \_\_\_\_\_

Girl Guides of Canada, SK Council

200-1530 Broadway Ave., Regina, SK S4P 1E2

**OR** email [provincial@girlguides.sk.ca](mailto:provincial@girlguides.sk.ca)

**OR** by phone 306-757-4102 Toll free 1-800-565-8111

**OR** fax 306-347-0995



Saskatchewan  
Parks and Recreation  
Association  
*Recreation  
An investment for life*

**REFUNDS:** This fee is refunded less \$25 administration fee until two weeks prior to the event. Within those two weeks, a written request must be sent to the Provincial Office for consideration of any refund.





# Emergency First Aid

## Canadian Red Cross First Aid & CPR



Adults and girls 14 years old and over

Emergency First Aid covers the basics including how to respond, the EMS system, airway emergencies such as choking, breathing emergencies such as asthma and anaphylaxis along with circulation emergencies including cardiac arrest, stroke, and deadly bleeding.

Emergency First Aid is required for some Safe Guide yellow activities such as those involving specialized equipment, sleepovers, and outdoor cooking.

This course will use a “blended learning” format. Before the course, complete the first aid theory online at your own pace and when you have free time (approximately four hours). You can access the course anywhere via the internet. When you’ve completed the online portion, you print out a certificate and bring it to the half day hands-on skills portion of the course.

If you are coming for January Conference, this course is offered as an extension of that weekend. Earn your first aid before heading home!

Date: **Sunday, January 22, 2017** 1:00 – 5:30 p.m.  
Location: Guide House, Saskatoon  
Cost: \$80  
Numbers: Minimum 6 participants to a maximum 12.  
Any questions? Contact Carla Punshon ☎ 306-381-7863 or 💻 [carla@punshon.ca](mailto:carla@punshon.ca)

### Deadline to Register: Wednesday, December 21, 2016

✂-----

Name: \_\_\_\_\_ iMIS #: \_\_\_\_\_

Girl Member 14+ years or older: \_\_\_\_\_ Adult Member: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Email: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

#### Self-declaration:

Optional: For grant purposes please self-identify if you are: ☐ First Nations ☐ Metis ☐ Inuit or ☐ an Immigrant

Fee: \$80 Payment enclosed: \_\_\_\_\_ (Cheque payable to Girl Guides of Canada, Sask. Council)

OR Credit Card # \_\_\_\_\_ (VISA, MC only) Expiry Date: \_\_\_\_\_

Please **return a complete Registration Form** by mail, email OR fax to the Provincial Office.

Girl Guides of Canada, Saskatchewan Council

200-1530 Broadway Ave, Regina, SK S4P 1E2

OR Email [provincial@girlguides.sk.ca](mailto:provincial@girlguides.sk.ca)

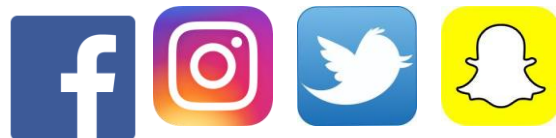
OR Phone 306-757-4102 Toll Free 1-800-565-8111

OR Fax 306-347-0995

REFUNDS: The fee is refunded up to two weeks prior to the event. Within two weeks, a written request must be sent to the Provincial Office for consideration of any refund.

# Communications

Submitted by Amanda Lang, Provincial Communications Adviser  
[communications@girlguides.sk.ca](mailto:communications@girlguides.sk.ca)



## Calling all photography enthusiasts!

I'm looking for Guiders and Rangers to act as special event photographers around the province. Is there a provincial, area, district, or bridging event going in your community? We want you there to photograph it and post to social media for everyone to see! Please email me if you want to join the team (or have a name of someone who might be interested) and we can discuss all the details.

## 'Twelve Days of Giving' is returning – December 1 to 12

Be sure to follow along on all the Saskatchewan Girl Guides social media (@saskgirlguides) for your chance of winning a crest from the collection of Peggy Roettger. For those who didn't know Peggy, she was a long-time dedicated Guider who passed away in July 2015. Thanks to her co-Guiders, we are giving you the opportunity to win some crests to add to your own camp blanket.

## Tracking Girl Guide ads

We are asking for your help in tracking where Girl Guide ads pop up around your community and online. Please complete the following survey any time you see any Girl Guide ad and share this with your district and girls and their parents.

<https://docs.google.com/forms/d/e/1FAIpQLSeTCy6jby372sD68jICnPaQVfTKryXdbiYhj61HailOggzIQ/viewform>



## The Prairie Lily

Submitted by Marg Stewart  
Editor [b.stewart@sasktel.net](mailto:b.stewart@sasktel.net)

The provincial newsletter, *The Prairie Lily*, is published four times a year.

Deadlines for submissions are: **February 10, April 10, September 10, and November 10.**

- Submissions of provincial articles or photos may be sent to the Provincial Office at [provincial@girlguides.sk.ca](mailto:provincial@girlguides.sk.ca) or directly to Marg at [b.stewart@sasktel.net](mailto:b.stewart@sasktel.net).
- Please submit articles and photos that pertain to area and district events to your Area Office for inclusion on the area pages.
- All awards that are presented throughout the year may be sent to Marg to go on the Awards page.

### A reminder: Your choice! Here are two options:

When the *Prairie Lily* is compiled it is posted on the provincial website in full colour.

- If you prefer to have the 'online copy only' we will discontinue mailing you the paper copy and we will send you a link to the electronic copy of the *Prairie Lily* as soon as it is posted. Enjoy a colour copy immediately. If you would like this option, please notify the Provincial Office of your preference.
- If you prefer to receive the usual 'paper copy' in the mail with only the front and back pages in colour, you will receive your paper copy a number of days after the electronic copy is posted on the website.

Thanks to all those who have submitted articles or sent photos! Guiding is great in Saskatchewan!



# 16<sup>th</sup> Annual Ladies Serenity Camp at Heritage Lake



"Guiders and friends", don't forget to pencil this date into your new 2017 calendars!

**August 11 - 14, 2017**

Good fun, food and fellowship!

It's all you'll ever want – get away to Heritage Lake next summer, 2017!

## **“Heritage 57” Camp**

**Celebrate 57 years of Heritage Lake camping**

**September 2 - 4, 2017**

Welcome back to former campers and family.  
Gather your memorabilia for display. Share your old photos,  
from early Heritage Guiding years.

\$57 per person for the weekend!  
(The cost includes ground fees, anniversary goodies,  
pancake breakfast, BBQ, old time campfire and activities.)

Encourage your family to share the September Long Weekend  
at Heritage Lake Provincial Girl Guide Camp.

Friend us at “Heritage 57” on Facebook.



## **Celebrate Canada's 150<sup>th</sup> Birthday**



The clock is set and the countdown of 150 days is nearly over as we start celebrating Canada's 150<sup>th</sup> Birthday. Canadian Heritage and CBC/Radio-Canada have joined together and are announcing the countdown to 2017. The countdown started in late July.

What's your story? Make Girl Guide history! Share photos, videos and stories that define Canada for you. Email your story to [CBCNews2017@cbc.ca](mailto:CBCNews2017@cbc.ca) or #cbc2017.

**In Saskatchewan two special events are happening on December 31, 2016.**

The **City of Regina** will organize free, family-friendly New Year's Eve events at three sites: Conexus Arts Centre, Saskatchewan Science Centre, and Wascana Park. Programming will include performances by local ethno-cultural, Francophone and Indigenous artists, storytelling by Indigenous elders and outdoor activities such as skating, curling, sleigh rides and snow decorating. The festivities will culminate with a spectacular fireworks display at 20:17p.m. in Wascana Park.

The **Saskatoon Fireworks Festival Inc.** will deliver free, family oriented New Year's Eve programming in downtown Saskatoon that will feature an afternoon skating party, musical entertainment starting at 5 p.m. and a formal event starting at 8 p.m. in both official languages with representation from the Indigenous and ethno-cultural communities. The event will include a fireworks display at 20:17 to mark the 150<sup>th</sup> anniversary.



# Safe Guide

Submitted by Megan Loessl – Deputy Provincial Safe Guide Adviser  
[provincial@girlguides.sk.ca](mailto:provincial@girlguides.sk.ca)

There are so many great activities to do with our girls that sometimes it is hard to know what paperwork is required for each activity, so we thought we'd give you a few ideas for planning some fun winter activities!

## Dogsledding

<b>Level</b>	Yellow - TPSP
<b>Forms to Parents</b>	SG.1, SG.2
<b>Forms to Submit</b>	SG.1, SG.3, SG.4 (SG.7 if required – see Notes)
<b>When to submit</b>	At least 14 days before the activity
<b>Participants</b>	All branches
<b>Notes</b>	Level may change depending on distance from EMS. Use the Third Party Service Provider Activity Guide – Activity Specific Procedures on page 73 to assess whether an SG.7 needs to be completed.

## Family BBQ/Weiner roasts - adults only cooking

<b>Level</b>	Green
<b>Forms to Parents</b>	Permission given on registration
<b>Forms to Submit</b>	None
<b>When to submit</b>	N/A
<b>Participants</b>	All branches
<b>Notes</b>	SG.4 to be shared with all adults.

## Family BBQ/Weiner roasts – girls cooking

<b>Level</b>	Yellow – girls cooking over fire
<b>Forms to Parents</b>	SG.1, SG.2
<b>Forms to Submit</b>	SG.1, SG.3, SG.4
<b>When to submit</b>	At least 14 days before the activity
<b>Participants</b>	All branches
<b>Notes</b>	All adults attending must be listed on SG.3. SG.2 and H.1 required for all minors.

## Parade Floats

<b>Level</b>	Yellow
<b>Forms to Parents</b>	SG.1, SG.2
<b>Forms to Submit</b>	SG.1, SG.3, SG.4
<b>When to submit</b>	At least 14 days before the activity
<b>Participants</b>	All branches
<b>Notes</b>	Ensure that the owner of the vehicle has adequate insurance and driver is licensed.

## Skiing – Cross Country

<b>Level</b>	Green
<b>Forms to Parents</b>	Permission given on registration
<b>Forms to Submit</b>	None
<b>When to submit</b>	N/A
<b>Participants</b>	All branches
<b>Notes</b>	Level may change depending on distance from EMS. Notify parents and commissioner. SG.4 to be shared with all supervisors.

## Skiing /Snowboarding– Downhill

<b>Level</b>	Yellow – conditional activity
<b>Forms to Parents</b>	SG.1, SG.2, SG.5
<b>Forms to Submit</b>	SG.1, SG.3, SG.4, SG.5, SG.7
<b>When to submit</b>	At least 14 days before the activity
<b>Participants</b>	All branches
<b>Notes</b>	Helmets recommended. Must take place at reputable commercial ski hill. A copy of \$2 Million Certificate of Insurance must be provided from the TPSP and kept on file at the unit.

## Sledding/Tobogganing

Level	Green
Forms to Parents	Permission given on registration
Forms to Submit	None
When to submit	N/A
Participants	All branches
Notes	Must go down the hill feet first. See Activity Guide on page 69 for Best Practices. SG.4 to be shared with all supervisors.

## Snow Shoeing

Level	Green
Forms to Parents	Permission given on registration
Forms to Submit	None
When to submit	N/A
Participants	All branches
Notes	Level may change depending on distance from EMS. Notify parents and commissioner. SG.4 to be shared with all supervisors.

## Remember Safe Guide deadlines!

- **Green Level Activities** – Approval is not required.
- **Yellow Level Activities** – Your paperwork must be submitted at least **14 days before** your activity.
- **Red Level Activities** – Your paperwork must be submitted at least **21 days before** your activity.

Late submissions will not be assessed and you will be required to cancel or postpone your event.

Make sure you submit your paperwork on current forms, **ON TIME!**

Send all Safe Guide paperwork for assessment to [provincial@girlguides.sk.ca](mailto:provincial@girlguides.sk.ca)



## Correction from last *Prairie Lily* regarding Archery Facilitators!

Archery Facilitators HAVE to provide a NASP certificate or equivalent training and have it submitted with the Safe Guide paperwork.

The certificate does NOT have to be entered into iMIS to be approved. (The Facilitator does not have to be a GGC Member or Non-Member volunteer so does not require an iMIS number)

\*\*\*\*\*



As per Canada Revenue Agency standards,  
**RECEIPTS MUST BE SUBMITTED**  
with **ALL** provincial expense claims.



**PLEASE NOTE:** The GGC Online Store will be closed for inventory validation from noon EST December 8, 2016 to 9 a.m. EST January 1, 2017.





# OAL Adventure Training – Bagwa Loop Canoe Trip

## September 3 - 5, 2016

Submitted by Anita Lepard, Photos by Amanda Lang and Carla Punshon

Hopefully you have heard the stories of our previous adventures: hiking to Grey Owl's Cabin, canoeing from Saskatoon to Batoche, as well as winter camping at Duck Mountain. As with our previous adventures, we met the day before our trip began so that we would be able to be off first thing in the morning. We had been watching the weather closely, and with a strong head wind gusting up to 39 km/h, we launched from the Narrows on Waskesiu Lake. I soon realized that we would not be making it to our destination of Bagwa Lake that day.



We stuck near the shore where the wind was not as strong. Even so, I was happy when we got into a bay and we received much needed shelter out of the wind. We stopped for lunch in the quiet bay, and we forgot about the whitecaps. As we decided how we would continue our trip, we decided on the shortest and fastest route: we decided to cross at a very narrow part of the lake, which started at the end of the bay. We were sheltered by trees, then a small island. As soon as we got past the island, we dug in and crossed the lake.

I enjoyed rolling on the large waves, but not everyone did. I looked at how the canoe was packed and realized that if we tipped, everything would be lost! I thought that we should clip on our packs the next time we got a break from the wind gusts. We never got the break, but we did take a couple seconds each to clip on our packs. We all made it safely across the lake, however, it did test our paddling abilities and knowledge! All the canoes had taken on water and we headed to shore to empty the canoes. Even though it was not an established campground, the place we stopped became our home for the night. Once our food was safe in a self-made bear cache (this was another adventure!), we fell asleep to trees creaking in the strong winds.



The next morning was slightly calmer, and we headed out with a bag of gorp each for a breakfast snack. When we reached Kingsmere Lake, the wind was still blowing strongly and the white caps were large. We set up camp at Southend, and had a large and delicious brunch. Then we hiked around the area and to the Warden Station.

The last day, as usual, was the nicest. We had a leisurely paddle back to the Narrows. The lake was like glass, though the wind did pick up through the morning.

We were a little disappointed that we did not actually get to our destination – Lily, Claire and Bagwa Lakes, but we had fun, we were not exhausted, and we learned a whole lot. There is always next year to canoe The Loop! Despite the pfd that did not get packed, the toilet bag left behind at the emergency camp spot, and a few other minor mishaps, we all enjoyed the trip... It is not one we will forget soon! "It's all about the journey..."

If you would be interested in canoeing, hiking, winter camping and other adventure type camping, Carla and Heather would love to have new trainees! Please see page 23 in this issue of the *Prairie Lily* for the next OAL Adventure camping theory training, coming up May 12 – 14, 2017.





# Leap Into Adventure

## OAL Adventure Camp Training – Part B May 12-14, 2017

Are you a camper that wants to gain the skills and knowledge to take your girls backpacking, canoe tripping, cycle camping, or more? Come to this weekend training and make your “leap into adventure”.

(Note – Part A and Part B can be taken in any order. We will alternate parts each year!)

**When:** Friday, May 12, 7:30 p.m. – Sunday, May 14, 2:00 p.m.  
**Where:** Trefoil Trails, Pike Lake  
**Cost:** \$80  
**Deadline to register:** April 21, 2017

Content at this Part B training will be from the OAL Adventure Camping program:

- Module 2 Risk Assessment
- Module 3 Leadership Styles, Group Dynamics, and Management
- Module 7 Campsite Management  
and
- You will earn Paddle Canada Lake Canoe Skills Introduction Tandem certification (Providing the weather and wind cooperates!)



You will then plan for a canoe trip which will occur in the summer of 2017 (Date and location to be chosen by the group at this training).

Want more details on this OAL Adventure program? Follow this... go to Member Zone, Guider Resources, Camping and Outdoors, Adventure Camping.

### **Deadline to register: April 21, 2017**

If you have any questions, please contact Carla Punshon @ email: [carla@punshon.ca](mailto:carla@punshon.ca)

✂-----

<b>OAL Adventure Camp Training</b>	<b>Trefoil Trails, Pike Lake</b>	<b>May 12-14, 2017</b>
------------------------------------	----------------------------------	------------------------

Name: \_\_\_\_\_ iMIS #: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Email: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Special Dietary Needs: \_\_\_\_\_

Cost: \$80 Payment enclosed: \_\_\_\_\_ (Cheque payable to Girl Guides of Canada, SK Council)

OR Credit Card # \_\_\_\_\_ (VISA, MC only) Expiry \_\_\_\_/\_\_\_\_

Optional: For grant purposes please self-identify if you are: ☐ First Nations ☐ Metis  
☐ Inuit or ☐ an immigrant.

Please return a complete registration form to the provincial office.

Girl Guides of Canada, Saskatchewan Council  
200 – 1530 Broadway Ave, Regina, SK S4P 1E2

If registering by email, please indicate all particulars in the registration form.

OR email [provincial@girlguides.sk.ca](mailto:provincial@girlguides.sk.ca)

OR register by phone 306-757-4102 / Toll-free 1-800-565-8111 / OR fax 306-347-0995

**REFUNDS:** The fee is refunded less \$25 administration fee until two weeks prior to the event. Within those two weeks, a written request must be sent to the provincial office for consideration of any refund.



## Public Relations

Submitted by Alice Gaveronski, Provincial PR Adviser  
[publicrelations@girlquies.sk.ca](mailto:publicrelations@girlquies.sk.ca)

**Thanks** to Sara and Cathy (Saskatoon) who attended the Eco Friendly Sask 5<sup>th</sup> Birthday Celebration in Saskatoon on Sept.16! Below is their "report". Two GREAT Saskatchewan Girl Guide P.R. Ambassadors!

"The event was well attended. We wore our uniforms and that helped to spark some conversation as others approached us to find out for what we were funded or what Guiding does to promote eco friendliness. The evening was held, in part, to bring together representatives of the funded groups so they could get acquainted and share stories, and that was accomplished. We learned a little more about the diversity of projects funded by this group. And, as a bonus, we enjoyed a Saskatoon chef's local ingredient sourced vegetarian food treats!"

### A few basic things about the Media

"Media" stands for print media (newspapers, magazines, newsletters, etc...) and electronic media (radio, television, cable, video images). Communication with, and preparing for dealing with, media will depend on what form of the media you approach.

The media covers lots of "stories". Your event or activity is one of many they **might** be interested in covering. Don't **expect** the media to cover your event just because it took place. **Understand** that the media may not always be able to cover every event, no matter how newsworthy. A "last minute" major news breaking story which developed just before your event may be "bad news" – for your event's chance of getting covered. However, there are ways to **enhance** your chance of being "covered". Here are some basic rules.



- **Media do look for "good" stories.** Bad news all the time can be depressing. Your "good news" story might be just the "balance" the media are waiting for on the day of your event!
- **REMEMBER – 'Make News – Media exist to cover news'.** What is it about your event that makes it news? Or, even better, what can you do to *make your event news*?



### Girl Guides CLEAN-UP Saskatchewan

Saturday, May 6, 2017

Mark your Calendar and watch for all the SPECIFIC information in 2017!  
It will be our 11<sup>th</sup> year for this GREAT service project!







# 2017 NATIONAL GIRL GREATNESS AWARDS

**Confident, Courageous, Resourceful, and Making a Difference**



Get your girls involved! There are three ways that girls can participate: Girls can nominate themselves, nominate another girl member, or join the Selection Committee. February, 2017 is the time when girls can nominate themselves or another girl member for this awesome national award. Saskatchewan Girl Guides do amazing things, so let's get ready to nominate many Saskatchewan GIRL members for their achievements in any or all of the four award categories. For the Nomination Criteria and Award Rules, go to the National Girl Guide website under "Special Programs". You can also check out the 2016 Girl Greatness Award Recipients and there is a Meeting Guide for the adult member with a sheet of "Frequently Asked Questions". Twenty Girl Greatness Award recipients will receive an award pin and a certificate signed by the Chief Commissioner. SASKATCHEWAN girl members can be recipients of these awards!



You can HIKE in the winter – just dress accordingly and check the weather! Try out snowshoeing for something different. Many public parks, cities and towns keep their trails clean, so no excuses and remember to get your 2016 CREST before they are gone!



Remember to take photos of your hiking event and send them to:  
[publicrelations@girlguides.sk.ca](mailto:publicrelations@girlguides.sk.ca) or [provincial@girlguides.sk.ca](mailto:provincial@girlguides.sk.ca)

## HIKE AROUND SASKATCHEWAN 2016 Crest Request Form

Unit participating \_\_\_\_\_ Number of participants \_\_\_\_\_

District \_\_\_\_\_ Area \_\_\_\_\_

Date of Hike \_\_\_\_\_ Location of Hike \_\_\_\_\_

Mailing address for crests: \_\_\_\_\_

\_\_\_\_\_ Crests @ \$2 each = \$ \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_

Optional: For grant purposes please self-identify if you are: ☐ First Nations ☐ Metis  
☐ Inuit or ☐ an immigrant

Girl Guides of Canada-Guides du Canada, Saskatchewan Council  
200-1530 Broadway Avenue, Regina, SK S4P 1E2



**Best of the Season and HAPPY NEW YEAR TO ALL!**





# Cookie Chatter



Submitted by Megan Clarke, Provincial Cookie Adviser  
[cookies@girlguides.sk.ca](mailto:cookies@girlguides.sk.ca)

## Cookie All Stars

Now that your Guiding year is well underway and your cookie campaign is finished (or winding down), it is a great time to think about Cookie All Stars. We would love to see all groups participating in Cookie All Stars this year!

Remember if your group sells ten cases at group sales (door-to-door, mall/store sales, cookie drive-thrus, etc...) over the course of the Guiding year, everyone who participated is eligible for a cool crest!



As well, there is a new top prize for Cookie All Stars this year! Each girl who sells 80 or more cases of cookies individually will have a choice of the following rewards:

- a) Camp Kit (approximate value \$300)  
Here is what is included in the Camp kit:
  - Backpack with hydration pack
  - Sleeping bag
  - Flashlight
  - Mess kit
- b) Best Buy gift cards valued at \$250



## Registration

The Cookie All Stars registration site will open for all units, in February 2017 after the cookie ordering period is finished. The passwords for the Cookie All Stars site that Guiders established last year are still valid.

## Out-of-Campaign Cookie Question

One question that I have been asked about Cookie All Stars is whether out-of-campaign cookies (for example, Classic cookies in the fall) can count towards a girl's Cookie All Stars sales totals. The answer to that question is YES!

To make sure these are accounted for, you will need to enter the case amount under the fall campaign field titled "Surplus/ Wish List". By including your spring case amount in this field this will ensure that the cases are included in your total case amount so that they are available to be allocated under the girl selling amounts.

## Cookie Tracker

**IMPORTANT** – using the online Cookie Tracker **does not automatically register** you for Cookie All Stars. To register for Cookie All Stars units **must use the actual** Cookie All Stars site in spring 2017.

The Cookie Tracker tool has the functionality to transfer sales information directly to the Cookie All Stars site. This functionality has been provided as a way for Guiders to save time with cookies' administration – and to keep their mint sales organized. However using it does not mean that the unit is entered for Cookie All Stars, and it is important to take the time to ensure that the information transferred over.

**Thank you** to all who have taken the time to reach out with questions! I know that the mint cookie campaign this year was incredibly successful, with cookies going very quickly, something that is a testament to your organization and dedication. As always, if you have any questions (about Cookie All Stars or anything cookie related), please reach out to me with an email at [cookies@girlguides.sk.ca](mailto:cookies@girlguides.sk.ca)!

# Saskatchewan Lones

Submitted by Lorraine Thibeault, Provincial Lones Adviser  
[lorrainethibeault52@gmail.com](mailto:lorrainethibeault52@gmail.com)



Welcome to Guiding in our many seasons this autumn. Just in October and November, we've experienced fall, winter, and spring weather. For my Guide/Pathfinder/Ranger group, we did fall hiking in the deep snow in October under the threat of rain. I guess we'll need to record it as a "fall-into-winter with a little bit of spring" hike.



We've had a change in Lone leaders. Presently Jess is our only active Lone Guider with one Lone Brownie. We say thank you to Jackie for her leadership over the years. I've received inquiries about two potential Lone Sparks and one potential Lone Brownie. I am presently recruiting a Lone Guider for Sparks and one for Brownies in anticipation of our potential Lone members. Thank you to all of you who have passed on the information about Lone Guiding to those who are in need of this type of Guiding.

I would like to clear up a misunderstanding concerning which unit a Lone girl belongs to. I will use the example of Jacqueline, a Lone Ranger who lives in Meadow Lake. [Note: This is just an example. There is no Lone Ranger in Meadow Lake, and Jacqueline is not a real Ranger in Meadow Lake.]

- When Jacqueline registers as a Lone Ranger, she registers with the province of Saskatchewan in the same way that all our girls register. The exception is that she notes on her registration that she wants to be a LONE RANGER.
- Once Jacqueline's registration, health form, image release form, and fee are received by provincial Guiding, Jacqueline is registered in the 1<sup>ST</sup> SASKATCHEWAN LONES GUIDING UNIT, and I am notified to arrange for a Lone Guider to work with Jacqueline.
- The other registered girls in her town belong either to the 1<sup>st</sup> or to the 2<sup>nd</sup> Meadow Lake Guiding Unit, Prairie to Pine District, Bridging Rivers Area, Saskatchewan Council, Girl Guides of Canada.
- Jacqueline does not belong to these other designations based on town, district and area. She simply is a member of the 1<sup>st</sup> SK Lones Guiding Unit, Girl Guides of Canada. She does not belong to a district or an area.
- While she belongs to this provincial unit, she can join in the special activities of any unit that invites her to attend. If the 2<sup>nd</sup> Meadow Lake Guiding Unit is holding a fall outdoor day or a special Christmas get-together at the swimming pool, Jacqueline can be invited to join the girls from that unit. If the Ranger Unit in Goodsoil or in Saskatoon invites Jacqueline to its enrolment or reaffirmation ceremony or to a winter camp, Jacqueline can choose to join them. Even with joining in these activities, Jacqueline remains solely a member of the 1<sup>st</sup> Saskatchewan Lones Guiding Unit, Girl Guides of Canada.

Remember, LONES is an option for girls who are unable to attend regular meetings due to distance from a regular unit, health challenges, studies or physical challenges. As Lones, girls continue in Guiding by working long distance with a Guider. Lones earn badges, do service projects, play games and participate in fun activities. Lones take part in camps, trips, selling cookies and in special events. They receive regular packages by email and/or regular mail and have regular contact with their Lone Guider.



Have a wonderful winter of Guiding activities.





## Keeping the Spirit Alive!

Submitted by Judi Kehler  
Provincial Trefoil Guild Liaison



Saskatchewan held their annual **Provincial Trefoil Gathering** on October 14-16, 2016 at Dallas Valley Ranch Camp which stretches across the east rim of the beautiful Boggy Creek Valley only a 20 minute drive from Regina.



**The STAR program (Three categories: Creative, Lifelong Learning, Environmental)** on which the committee from the Regina Trefoil Adventure Guild (TAG) worked for many months was very successful. Other Guilds in Davidson, Yorkton, Regina, Strasbourg, and Moose Jaw completed the weekend with such things as Reflections, coffee breaks, Campfire, and mug up. There was a choice of coming for the two nights or just for the one day. This proved very popular. We had 17 come for the overnight, and 15 for the day, giving us a total of 32 registrants. This was more than double those who attended last year's Gathering so we were very pleased with the turnout. This was the first try at our new format of rotating between the north and the south of the province. This year was the southern half of the province. Although it was a Provincial Gathering, we were disappointed that no Guilds from the northern half chose to attend. Next year's Gathering will be held in the north using the same or a similar format.

Following are some of the highlights of this year's Gathering:

The Friday night movie, "The Calendar Girls" is a true story of women in the UK fundraising for cancer by producing a "nude" calendar. The story was both funny and poignant, and even more so since it really happened. Popcorn was a must for 'movie night'. Mug up was provided by the Regina R & R Guild.



Learning to watercolour with instructor Lori Alfody, R & R Guild was fun and informative. (Top photo on right) Who knew there was such talent in our group! The ladies went back to this whenever they had free time throughout the day.

"Keeping up with your grandchildren on the web" was popular and well received. Jo Szostak and Sheila Wilson from TAG made it seem easy, as they instructed us in a language we understood, going through Facebook, Instagram, and a new one called Snapchat. (Middle photo)



Drumfit, a new type of exercise taught to us by a qualified fitness instructor, Marjorie Anderson, also from TAG, made exercise fun. It was enjoyed so much that she gave a second session to those that couldn't be in the first session. (Bottom photo on the right)



Laughter Yoga – yoga made fun! This type of Yoga has been around for a long time, but it isn't as popular as the regular Yoga, but it should be! What fun, and especially with instructor Fran Protz, a TAG member who really knows her stuff. This was a plenary session right after lunch and it sure got the blood flowing and smiles on our faces. (Top photo)



The only outside presenter, Dwight Mercer, Master Composter brought his expertise and his red wrigglers to tell us all about composting for Seniors who are often in condos or apartments. Anyone who wanted to start their own 'worm farm' could take a container home for free. In the photo on right, Arlene Berbenchuk, from R & R Guild is picking her worms for composting.



Paper folding was very popular and right in season with Christmas decorations and gift boxes made from old Christmas cards. Alice Gaveronski, TAG, made this session easy and fun and everyone left with a product they had made. (Bottom photo on right)



All the activities weren't indoors. Thanks to Beth Dreger, a TAG member who set up a scavenger hunt. The activity provided an opportunity to see the beautiful valley and get some fresh air.



Dinner guest speaker, Betty Collicot, from Moose Jaw Trefoil Guild, spoke to us about *Navigating the Healthcare System*. Betty is a trained nurse, has held many Girl Guide positions, been past mayor of Fort McMurray, sat on the committee to build a new hospital in Moose Jaw, and is presently Chair of the Five Hills Health Region. Her suggestions were timely and down to earth.

**Good work, ladies!**

**You all helped make this happen!** On October 25, Girl Guides of Canada received a **Heritage Plaque** from the Government of Canada – a momentous occasion for this organization. We are being honoured by the Government of Canada for our impact on girls and women over the past century. A special event was hosted at the national office to unveil our new Heritage Plaque with Parks Canada, and special guests, The Honourable Patricia A. Hajdu, Minister of Status of Women; and Dr. Roberta Bondar, former Girl Guide and Canada's first female astronaut.



**Mona Eleanor Jones (Cooper)** of Moose Jaw passed away peacefully on October 7, 2016 at the age of 101. As an expression of sympathy donations in Mona's name may be made to the Moose Jaw Trefoil Guild, Girl Guides of Canada, 1228 Caribou Street West. Mona's Guiding story was featured in the April 2016 *Prairie Lily*.



# Awards

Submitted by Megan Clarke, Provincial Awards Adviser, [meganl@sasktel.net](mailto:meganl@sasktel.net)

As you may know, awards and recognition can be a very important tool for the retention of adult members within Guiding. A little bit of appreciation goes a long way, and awards are a great way to let those you work with know how wonderful they are!



Formal awards can (and should) be granted throughout the year, and can be a fantastic platform to recognize our adult member's contribution to Guiding. Informal recognition should also be ongoing. **Any** member may nominate any member at any time – it does not need to occur at year-end, and it does not need to be initiated by a commissioner. National has set a guideline that about 20% of each province's members should be recognized in any given year. To this end, there are a wide variety of awards available for Adult Members of Girl Guides of Canada.

I would like to focus a spotlight on a provincial award – the Saskatchewan Guider Appreciation Award. In order to be eligible for this award, a Guider:

- Must be a registered adult member of GGC.
- Has demonstrated qualities of measurable service and has been conscientious in her duties beyond expectations for her position.
- Has created a positive impact to our girls and Saskatchewan Guiding.



In order to nominate someone for the Saskatchewan Guider Appreciation Award:

- Complete an application form (R.3P).
- Obtain a letter of support.
- Submit the application form and supporting letter, along with an iMIS profile (available from your Area Office) and send to the council concerned for approval.

Once approved, the award pins are available from Provincial Council.

For more information on this or other awards which are available, the processes for applying, or a template for letters of recommendation, please email Megan at [meganl@sasktel.net](mailto:meganl@sasktel.net). As some awards need a fair bit of lead time (up to three months), it is good to get in touch as soon as possible.

## Another great PR moment for Saskatchewan Girl Guides...



Charlene McLean was honoured for her Girl Guide volunteer contributions at the Saskatchewan Seniors Mechanism's (SSM) 7<sup>th</sup> Annual Saskatchewan Senior Volunteer Award! The nomination was made when Charlene was the PC. The award ceremony was held on September 25 in Regina. All nominees were promoted in the *Regina Leader Post* on October 26 by the Saskatchewan Senior Mechanism with a picture and bio, as printed here: *CHARLENE MCLEAN has been active in the Girl Guides of Canada for over fifty years, forty-one of those as an adult member. She is currently Provincial Commissioner. She has held many local, provincial and national positions, and even a serious fall six months ago didn't keep her from her Girl Guide duties. She has served as a Unit Guider, a Saskatchewan Trainer, a Saskatchewan Council International Adviser, a National Program Adviser, Regina Area Commissioner, and Provincial Commissioner. She helps both girls and leaders achieve their full potential, encouraging them to move*

*past their comfort zone and try new experiences. It is said that, "she has a wonderful volunteer heart and a passion for Girl Guides and loves the sisterhood of Guiding."* Congratulations, Charlene, for all your Girl Guide volunteer contributions!

Note: Anyone can nominate someone for an SSM award. Nominee must be 55 years of age or older, be a resident of Saskatchewan, and have made a significant volunteer contribution to their community. Contact Saskatchewan Seniors Mechanism at 306-359-9956, or email: [ssm@skseniorsmechanism.ca](mailto:ssm@skseniorsmechanism.ca), or go to their website at [www.skseniorsmechanism.ca](http://www.skseniorsmechanism.ca) for more information or for a nomination package.



# Youth Recognition 2015 - 2016

The following girls have received awards during the past Guiding year. Those with an asterisk \* attended the Youth Recognition Ceremony held in Saskatoon on October 30, 2016. **Congratulations, girls!**



## Canada Cord

The Canada Cord is the highest award a girl can earn as a Pathfinder.

Sharisa Grimwood	Katie Liagridonis*	Katherine Daku*
Shelby Gunderson	Alisa Carpenter-Kulach*	Nicole Housen*
Sarah Stroeder*	Sydney Morrison*	Olivia Johnston*
Nicole Fedorychka*	Taylor Poersch	Montana Kadynuik
Isabelle Arthur*	Tiara Gaudry	Hali Remlinger
Emma Eckdahl*	Jessica Spearey*	Katherine Remlinger
Cassidy Thiessen*	Eden Baxter*	Rachel Smith*



## Community Service Pin

This pin is presented to Pathfinders upon completion of 15 hours of community service projects.

Isabelle Arthur*	Sydney Morrison*	Jessica Spearey*
Emma Eckdahl*	Taylor Poersch	Jade Baker*
Cassidy Thiessen*	Tiara Gaudry	

## Bronze Chief Commissioner Award

This award is presented to Rangers after completion of 9 challenges from at least four different program areas.



Kiara Lundquist*	Tansley Hayes	Elia Maxwell
Monique Lacroix	Emily Turnbull*	Karisa Gorrill
Michelle Thoresen	Bailey Mundell*	Amanda Fox
Kylen Rioux	Lauren Hill	Madison Kelln
Michelle Harrison*	Jacy Nickel	Chandra Wale
Nadine Gordon	Ava Breker	
Makenna McClelland	Amy Kish	

## Silver Chief Commissioner Award

This award is presented to Rangers after completion of nine additional challenges from at least four areas.



Amanda Fox	McKenna Carswell*	Katie Turnbull*
Madison Kelln	Breez Harley	Ali Jansen
Chandra Wale	Kali Kozar	
Kayle Hoko	Alannah Jorgensen	

## Gold Chief Commissioner Award

This is the highest award a girl can earn as a Ranger.



Rebecca Grimwood	Syndel Thomas Kozar
Ashley Swirsky	Samantha Brice*

## Commonwealth Award

This award is awarded by the Unit Guider for completion of the challenge.



Monique Lacroix	Breez Harley	Syndel Thomas Kozar
Michelle Thoresen	Kalli Kozar	Samantha Brice*
McKenna Carswell*	Ashley Swirsky	

## Bronze Duke of Edinburgh Award

Katie Turnbull*	Maura McKenzie*	Brianna Vaagen*
-----------------	-----------------	-----------------



## Youth Recognition Ceremony

Standing: Eden Baxter, Maura McKenzie, Sarah Stroeder, Brianna Vaagen, Kiara Lundquist, Nicole Housen, Katie Turnbull, Olivia Johnston, Bailey Mundell, Isabelle Arthur, Jade Baker, Sydney Morrison, Rachel Smith, Samatha Brice, Alisa Carpenter Kulach, Jessica Spearey, Katie Liagridonis

Front row: McKenna Carswell, Nicole Fedorychka, Emily Turnbull, Cassidy Thiessen, Emma Eckdahl, Michelle Harrison, Katie Daku



Return undeliverable Canadian addresses to:

**Saskatchewan Council**

**200-1530 Broadway Avenue**

**Regina, SK S4P 1E2**

[provincial@girlguides.sk.ca](mailto:provincial@girlguides.sk.ca)

[www.girlguides.ca/SK/](http://www.girlguides.ca/SK/)

Phone: 306-757-4102

New Toll-free: 1-800-565-8111

Fax: 306-347-0995