

April 2018

# Blue-Print

Girl Guides  
Alberta Council

For Guiding in Alberta, Northwest Territories and Yukon

Girl Guides of Canada-Guides du Canada | Alberta Council | [girlguides.ca/ab](http://girlguides.ca/ab)

## Thanks & Appreciation

### Guiding Memory The Thank You's That Stand Out By: Rosemary Smith

**A**lberta Council excels at hosting council-wide events that allow Guiders and Rangers to gather and share experiences. This was my third time attending Multi-Faceted since becoming a member of Alberta Council in Whitehorse. The last time I attended as the sole delegate from my District. I love that my District and Area support my bi-annual attendance where I can experience the Sisterhood of Guiding. The number of attendees at Multi-Faceted was more than the number of Guiders in my Area. I used some of my time at Multi-Faceted to learn what Guiders have to say about thanks and appreciation for this issue of Blue-Print. I interviewed Guiders sitting at my tables and driving with me to and from the venue about their memories of giving or receiving thanks and appreciation. The answers varied but many shared that the small surprises were most memorable.

Guiders shared that gifts of useful items provided constant reminders of their adventures. Favourite gifts included branded items like a water bottle, grocery cart tokens, or something carefully chosen as the perfect gift for that special Guider. I received one of those perfect gifts a month after I moved north. Having left most of my camping supplies in the south, I received my much-loved camp chair as a thank you for helping at camp.

The honest thanks from our youth are often the most touching. I cherish a heart and hug poem from my Guides. At a Valentines meeting, we made special gifts of hugs and kisses (chocolate ones) for anyone the girls thought deserved one. They gave me one at the end of the meeting, signed by everyone.

We remember how we feel when someone tells us thank you. One Guider had special memories of receiving a Brown Owl appointment pin at a camp from the past Brown Owl and the girls. Years later she still remembered the expression of trust and how the gesture made her feel that she was worthy

of being 'head' Owl in a time when it was a formal leadership position.

Sadly, many Guiders could not recall a special thank you, big or small. The worst story was about a thank you that flopped. Due to delays in presenting the gift, its condition deteriorated. When it was finally presented to the Guider, the gesture felt like an afterthought rather than the honest appreciation that was intended.

Admittedly, I sometimes do not take the time to show my appreciation. Here is my shout-out to the Guider who recently gave me a ride from the Alberta Council office to Michaels, **thank you!** Your kindness benefited our girls. I purchased all the supplies for our Harry Potter sleepover, and I found gel wax for candle making with the Rangers. You helped make these activities special.

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# A message from the Provincial Commissioner



**Thanks And Appreciation** By: Kathy Batty

**T**hree simple words that we often forget to put into practice - thanks and appreciation. Showing appreciation and thanks to our member and non-member volunteers can be done in so many different ways and does not always need to include an official award.

We want our volunteers to know that their time and effort is appreciated. Appreciating them should always be at the forefront of our minds, whatever that time and effort looks like. Why wait until the end of the Guiding year to show that Guider from another District how much you appreciated her sharing that fantastic no-fail Brownie meeting resource. How about inviting her to your next Brownie meeting and present her with an **Air Freshener Award** (an air freshener thanking her for the fresh idea) and a card made by the unit? Or for that mom and dad that assisted in loading and unloading your District's 600 cases of cookies into vehicles during that snowstorm in March. How about having their daughters present them with a **Helping Hand Award** (outline of a hand traced on construction paper with their name and date) at the next unit meeting or event?

While the examples may seem silly, they are meant to be fun. After all Guiding is all about fun. The Alberta Council website, under Awards, has other examples of fun and informal appreciation awards. I am sure you can find more examples on Pinterest too.

When formal recognition is more appropriate, we encourage you to nominate other members for the Girl Guides of Canada awards. At one time, GGC wanted a minimum of 20% of our members to be recognized with awards each year. If the timing goes as planned, as you read this edition of Blue-Print, you can also find the revised National Award Guidelines on Member Zone. I hope that you peek at the new National Award Guidelines and consider nominating someone within your Guiding community. You do not need to be a Commissioner to nominate someone for an award, nor do you need to wait until the end of the Guiding year. Please speak with the member responsible

for Awards in your Area to get more information, or email the Alberta Council Awards Lead at [awards@albertagirlguides.com](mailto:awards@albertagirlguides.com) and she will be able to point you in the right direction.

In the spirit of giving thanks, I would like to thank the Coordinators, Trainers, Guiders and our 'Lone' Ranger who attended Multi-Faceted 2018. I know I speak for Deputy Provincial Commissioners, **Julie Perras** and **Laurie McIntosh**, when I say that we had an absolutely amazing time, and enjoyed having the opportunity to connect with so many members from Alberta Council jurisdiction. Thank you so much **Jan McCaghren** and **Lorie Coghill**, for your time and effort to coordinate such a large event. If there were any hiccups during the weekend, as a participant, I did not notice them. To the Trainers who facilitated sessions, I heard many comments from people who were very happy with the variety of topics that you made available, so thank you very much for sharing your expertise. To the Guiders who attended: thank you for seeing the benefit of attending our training events, even though some of you did not get into your first choice of sessions. We hope you will go back to your units or districts and share your experiences, especially with those who have never attended before. To the 'Lone' Ranger: we would like to thank you wholeheartedly for attending Multi-Faceted 2018. You were the only youth member in attendance, but this did not seem to diminish the fun you had. In fact, every time I ran into you over the weekend, it appeared you were having a wonderful time. And finally, on a personal note, I would like to thank the "Fan Girls" from Papaschase District, I do not think I have ever had such an enthusiastic and entertaining reaction to being met!....Yes I am 'that' Kathy!

As this is the last edition of Blue-Print for the 2017/2018 Guiding year, I sincerely hope that each and every one of you take time over the next few months to relax a little so that when we meet again in September, the start of the transition year for Girls First, we are all rejuvenated and ready for our next adventure!

**Happy summer!**

# Historic Ways To Say Thank You

By: Geoff and Janet Allcock, Archives Committee



A box of cookies is always welcome.

During the 1980's, members of Girl Guides took part in a very interesting promotional project called **"Cookies take Wings"**. Pacific Western Airlines welcomed members aboard flights between Fort McMurray, Edmonton, Calgary and Medicine Hat to hand out cookies to passengers. The airline staff were, of course, thanked with boxes of cookies. Here Brownie, Amanda Cornell, gets ready to hand cookies to PWA pilot Dave Geekie.

CM '99 Footsteps in Time International Camp took place in a number of locations across Canada. Betty Slater headed up the camp held at Camp Jubilee and here she receives a plaque from the Taiwanese delegation. The plaque now forms part of our collection.



International Guests show their appreciation



Thanking the community

Showing that we are part of the community has always been important in Guiding. To this end we can do services such as the Yellow Fish Road project, a litter clean-up, or visit a seniors lodge. Here, in 1985, some Edmonton Guides and Brownies help with the festive season by singing carols in a local mall.

Anyone who has been the recipient of a Grand Howl will know just how special it makes you feel. In 1984, the 4th Edmonton Brownie Pack showed their appreciation for their Guider Steffie Fossbakken in this traditional way. P.S. Brownies visiting the archives often do it for me – so I know.



Brownies have a great way to say "Thank you"

## CORRECTION

In the last issue we incorrectly identified the photo of girls doing dishes as Rangers. We would like to thank Marguerite Helps (Guider in Charge of the camp) who told us that it was a Guide camp held in 1965 with the theme HMCS Nonsense.

**Girl Guides**

# Saying Thanks A Great Way To Retain Guiders (and Girls)

By: Bev Burton, Alberta Council Membership Adviser

**W**e all like hearing thank you when we put in extra work or made something extra special. The simple act of telling someone they have done a good job makes all the effort worth it. In Guiding, we have the opportunity to encourage girls and Guiders to come back again by telling them they are doing a good job and to say thank you for all their effort over the past year.

**Here are some fun ways you can say thank you to the Guiders and girls around you.**

1. Put a sign that says “You’re All That” on a bag of chips
2. On a Starburst – “You’re a super STAR, I am so thankful I could BURST”
3. On a chocolate egg – “You’ve been EGG-celent! Thanks so much.”
4. On a Werther’s candy – “I do not know WERTHER I have said it enough . . . but thanks!”
5. On a Reese’s peanut butter cup – “Have I told you ‘Reese’-ently how much I appreciate you”
6. On a Burt’s Bee’s lip balm – “Thanks for a Bee-ing such a great (fill in role). You’re the balm!”
7. With gummy bears – “This BEAR-ly does it justice, but thank you!”
8. On a Swedish fish package – “You are o-FISH-ially the best! Thanks!”
9. On a box of animal crackers – “This place would be a zoo without you”

## 2... 4... 6... 8... Who do we APPRECIATE?

By: Tanya Watts, Alberta Council Training Adviser

**M**y sincere and heartfelt **THANK YOU:**

- To the **70+ TRAINERS IN ALBERTA, NORTHWEST TERRITORIES AND YUKON** for all of your hard work and dedication this Guiding year for delivering great trainings to Alberta Council members.
- To the **OFFICE STAFF** for your assistance in helping the Training Team – with photocopying; gathering supplies; taking registrations and chasing down details – it is greatly appreciated.
- To all of the **MEMBERS** who registered for trainings and have come out to expand your horizons and learn a new skill; to refresh an old skill and to meet new friends.
- To all the **WEBINAR AND TELEPHONE TRAINERS AND PARTICIPANTS** for trying something new and assisting the team to work out a few kinks (more topics are in development for next year).
- To all of the **COORDINATORS** of our Council-sponsored trainings this year.
- Thank you **UNITS, DISTRICTS, AREAS AND ALBERTA COUNCIL** for seeing the value of training our members and providing financial support so members can attend.

Keep an eye open for upcoming trainings. We will be working with the Girls First Champions to ensure they are involved in our training plans in the new Guiding year. We look forward to the excitement of the new program and the opportunities it provides us to update our materials.



# Save The Date

**Hodgepodge 2018 is September 21-23, 2018 at Deer Valley Meadows, near Alix, AB**

**W**hat is Hodgepodge? It is an Alberta Council training event with a diverse focus on outdoor activities in Guiding. This is the sixth time for this biennial event, and there is always something new to experience. Session selections include OAL modules, archery, compass games, geocaching, Wild By Nature offerings, outdoor cooking, hands-on projects, and much more. If this is your first time or your sixth time, there is plenty to keep you busy all weekend, including night games, an orienteering challenge, and a team gadget challenge. Keep your eyes on the ANY\_GuideNews emails, or Alberta Council website, for registration information in the next couple of months. Direct your questions to Stephanie Lindstedt at [geoguider25@gmail.com](mailto:geoguider25@gmail.com).

**Commissioners Workshop is September 27-29, 2018**

**OAL Weekend Training for Guiders and Rangers**

Twyla Jenkins, Kathy Cawthorpe

**T**his training covers all the modules to obtain both the Residential Camping and the Tent Camping streams of the Outdoor Activity Leadership Program.

If you do not show appreciation to those that deserve it, they will learn to stop doing the things you appreciate.



## Topics Include:

Leadership, pre-camp planning (paperwork, timelines, budget, parent meetings, kit lists, etc.), menus and cooking methods, sanitation, program ideas and activities, ceremonies, safety, tents and tarps, knots and gadgets, axes and knives, questions and answers, participant sharing.

## Date And Times:

OAL Residential camping - **Saturday, June 2, 2018 9 a.m. – 5 p.m.**

OAL Tent camping - **Saturday, June 2, 9 a.m. – Sunday, June 3, noon**

Note: Staying for both days gives you both residential and tent camping streams.

## Place:

Camp Sherbino (near Sylvan Lake)

## Cost:

Day only **Saturday, June 3: \$25.00 + GST = \$26.25**

Both **Saturday and Sunday, June 3-4: \$50.00 + GST = \$52.50**

## Bring:

Health form, dishes, water bottle (filled), sunscreen, insect repellent

Dress for the weather as we plan to be outside all day

Meals will be supplied by the cooking sessions

Bedroll if staying overnight.

The Tent camping program requires participants to stay overnight in a tent. You can bring your own tent, or we can supply a tent. Please let us know if you are bringing your own.

**Deadline To Register: May 1, 2018**

**Questions:** Contact [twylajenkins1@gmail.com](mailto:twylajenkins1@gmail.com)

# MYTHBUSTERS

## Girl Guide Edition

**MYTH** Unit funds cannot be used for unit trips.

**BUSTED** Unit funds can be used for unit trips as long as an appropriate amount is left in the unit for other activities and any fundraising has been approved (using an FR1). Trips do not have to be international, they can include smaller trips such as going to the zoo.

**CONFIRMED**

**MYTH** When fundraising for a trip, more than 25% of the funds **can** come from cookies.

For trip fundraising, a minimum of 25% of the fundraising **must** come from cookies. The more, the merrier. (Remember that Cookie All Stars applies to these cookies as well!)

**CONFIRMED**

**MYTH** Can cookies be donated after the 8 month sell by date? Are they still good?

As long as cookies have been stored properly, they are still consumable. When donating cookies that are past the 8-month code date, please be sure to label each box with a sign indicating that they are donated cookies and not for resale! See [girlguides.ca/ab](http://girlguides.ca/ab) – best practices guide for cookies for more information.

**MYTH** All forms at the end of the year are shredded.

**BUSTED** Health forms should be returned to the parent/guardian or shredded. All other Safe Guide forms need to be retained. The forms are put in an envelope and the AB-Council.05 form goes on top (see [girlguides.ca/ab](http://girlguides.ca/ab) and look under Guiders – forms). These are then stored at the Alberta Council Office. Check with your District Commissioner for where to send the envelopes when you have completed them.

Do you have a **MYTH** that you would like to have **CONFIRMED** or **BUSTED**?

Email your query to [blue-print@albertagirlguides.com](mailto:blue-print@albertagirlguides.com) using **Mythbusters** as the subject line.

**MYTH**

If all the Guiders in a unit are leaving that unit, the financials should be left with the District Commissioner.

**CONFIRMED**

If all of the Guiders in a unit are leaving that unit, including the treasurer, all of the financial records, including cheque books and receipt books, as well as the completed financials for the first 6 months must be given to the District Commissioner who will ensure the financials are reviewed as per our financial policies.

**MYTH**

Cookies can be sold at any time.

**BUSTED**

There is a sell by date for each cookie campaign. Cookies have an 8 month shelf life and need to be sold within that time frame.

**MYTH**

If a Pathfinder age girl only wants to help with a unit and not work on the Pathfinder program, she is registered with the unit she is working with.

**CONFIRMED**

If a girl is only helping in a unit and not working on her own program, she is registered as a girl assistant, and her home council is the unit that she is helping with. She will need to register via paper because online registration does not permit this sort of registration.

**MYTH**

Girl Guide insurance covers cookies stored in your home.

**BUSTED**

Cookies stored in your home are not covered by Girl Guide insurance. They need to be stored in a cool dry place. If there are more than 5 cases of cookies unsold at the end of a campaign, complete the AB Council 26 form (girlguides.ca/ab – look under program, then cookies), outlining the plan for selling these cookies.

**MYTH**

Online registration is finished June 30th.

**BUSTED**

Online registration is open throughout the year and can be used in the fall for girls registering for units. If financial support is requested, the registration needs to be completed as a paper form and the amount required for assistance written on this form. Paper forms need to be to your iMIS home as soon as possible for entering in.



# Girl Guides

## Profile Dana Wagner

Dana Wagner, Alberta Council Program Adviser

**W**hen my term as DC finished, one of my fellow Guiders surprised me with an awesome thank you at our District advancement. They presented me with a vase that said, “Brown Owl – Thank you for helping me Bloom and grow!” She had girls bring me flowers one by one. Each flower had a tag.

Two pink carnations with tags that said - **Thank you for showing us how to share. Thank you for helping us “Be a Friend”.**

Two orange carnations with tags that said - **Thank you for helping us “To do your Best”. Thank you for helping us “Lend a Hand!”**

Two blue carnations with tags that said - **Thank you for sharing in the “Sisterhood of Guiding”. Thank you for sharing your “Gifts and Skills”.**

Two pretty green flowers with tags that said - **Thank you for guiding us down our path! Thank you for helping us explore our world.**

Two pretty red flowers with tags that said - **Thank you for encouraging us to explore new interests. Thank you for being a part of our journey.**

I think my first memory of Guiding is a winter Brownie camp a long time ago in Didsbury, AB where my Guiding time started. The residential camp was just outside of town. There was a small frozen creek beside the hall where we went skating. It was a lot of fun! I remember the power went out at some point. In true Girl Guide fashion, we did not let it stop us. We cuddled close to each other to keep warm and not be scared. Power came back on and we had a memory to last a lifetime.

I am still fairly new to the Alberta Council Program Adviser position, but I think the thing I love most about this position is the endless program possibilities. Together with the Area Program Advisers, we develop amazing new challenges for everyone in Alberta Council to add to their unit program work. Also, there are summer camps the program committee offers for girls.



## Profile Angela Smith

Angela Smith, Web Coordinator

**T**his fall marks my 35th year in Guiding, 13 years as a girl member, and 22 as an adult member. There is no specific thank you or appreciation that I gave or received that stands out to me. Guiding gives me the opportunity to grow as an individual and expand my skills in ways I never imagined, how do you thank someone for that? I chose to thank Guiding as a whole by giving back to this great organization that we all belong to.

I remember my very first Brownie meeting like it was yesterday. My friend Andi and her mom came and picked up me and my mom. We drove to the church for Brownies, but we were so early, no one else was there! Our mothers decided we should go up the street for a drink; Andi and I had chocolate milk. FINALLY, it was actually time to go to Brownies. There were girls there in brown dresses like ours.



That night it seemed like Brownies was just something that was always there, a place I always belonged.

I love the fact that my Guiding roles allow me to regularly see so many of the great women I have met over my years of Guiding, including some of the girls I was in Brownies with almost 35 years ago! My roles tie into my job as well. I am a help desk administrator and spend a good portion of my day training people how to use computers; and that transfers easily to helping Guiders expand their skill set. Being the Alberta Council Web Coordinator also helps me to keep up on my coding skills.



# The Alberta Council Youth Forum

**2018 Welcome Camp Experience** By: Emily Hayes, Alberta Council Youth Forum

**T**he Alberta Council Youth Forum spent the weekend of February 23 to 25 in Calgary for our Annual Welcome Camp. Since our 11-member team lives all across Alberta, Welcome Camp serves to introduce the new members and reunite returning members. We had so much fun and we accomplished a lot. We bonded as a team, planned a number of projects and ate lots yummy food. From pitching ideas to completing projects, we were unstoppable!

We enjoyed a visit from, our Provincial Commissioner, Kathy Batty who drove all the way from St. Albert just to spend a few hours with us. Deputy Provincial Commissioner, Laurie McIntosh also joined us to discuss the new projects and ideas we had come up with over the weekend. It was super helpful to be able to talk to them in person and they were more than happy to give us positive feedback and suggestions for our ideas. To show our appreciation, they were the first to receive our brand new Alberta Council Youth Forum crest.

To get to know one another and share who we are, we created vision boards. We cut and pasted from magazines to create a compilation of images and words on a board that visually represent the future we want to create for ourselves in a funky, artistic way. We got to know each other quite quickly by talking about what each of us were putting on our boards and seeing what everyone's values are. We certainly had some interesting conversations and debates. We truly voiced our opinions on different subject matter that came up throughout the activity.

Saturday was a jam-packed day filled with project planning and brainstorming activities such as

the Alberta Council Annual General Meeting, a newsletter exclusively for Rangers and the time capsule. We also created our own Instagram account (@albertacouncilyouthforum). Give us a follow and send us a DM if you are a Girl Guide in Alberta, Yukon or Northwest Territories to get a follow back.



We are excited about the Ranger Meetup on Saturday, April 28 in Calgary. There are only 50 spots available to meet the Alberta Council Youth Forum. The Ranger Meetup is the opportunity for Rangers to voice their ideas and opinions and to participate in an awesome scavenger hunt around the University of Calgary campus. This event really puts Girls First! This is one of our first events that we are running this year. We would love to host more like this in other areas around Alberta, Yukon and the Northwest Territories. We love hearing Ranger opinions to represent you better as the Alberta Council Youth Forum.

If you would like to attend, email [albertacouncilyouthforum@gmail.com](mailto:albertacouncilyouthforum@gmail.com)



**Everything she wants to be.**

# Adult Awards

By: Jan Kolotylik, Alberta Council Awards Lead

**W**hen you consider which awards to give or how often to present an award to an individual, it is important to remember that our members are often around for many years (we hope). We do not want to give formal awards too closely together as we want to be able to honour them for many years with further awards. On a regular basis, present informal recognition to Guiders. Some awards, like the Gold Thanks Pin, Team Award and Letter of Commendation can be presented more than once, so please consider those awards in that context. Presenting these awards with a heartfelt letter of support is very meaningful to the recipient simply because you cared enough to take the time to say “Thanks.”

The four Unit Guider Awards, New, Bronze, Silver and Gold, correspond to the number of years you are a Unit Guider. The New Unit Guider Appreciation Pin requires no paperwork and recognizes the first year of being a Guider. The others are for Guiders who provide girls with diverse and exciting programs. Bronze is for one to three years experience, and may be awarded during the first year; Silver, for four to 10 years; and Gold, for more than 10 years. The Commissioners Award is given for leading by example, either during her term or upon completion of her term.

Then there are the Merit awards - Bronze, Silver and Gold. It might seem like a great idea to give someone a Gold Merit because you feel that is what she deserves; however, you skipped over two other awards. Down the road, someone wanting to recognize that Guider may not feel a Bronze Merit would be appreciated when she already has the Gold. We all know Guiders like to collect pins and

crests, so why deny anyone the opportunity to get as many awards as possible? There is also an award for Commissioners that can be given, if applicable. Many areas have area awards and these should also be considered in the planning.

**“ Although it is just one pin, you can mount the pin and present it along with the certificate ”**

Consider giving the Silver Thanks Pin to our community partners and other non-members who have supported Guiding in great ways. For example, if a community league offers free use of its facilities, nominate them for the Silver Thanks Pin. Although it is just one pin, you can mount the pin and present it along with the certificate. Presenting it at a community league AGM or other public event recognizes the whole group. Many supportive Guiding family members and partners receive this award for their tireless support and work they do for our organization.

The Area Awards committee, or the appropriate council, approves and presents the previous awards. Whereas, Alberta Council approves awards given after the Guider receives the Bronze, Silver and Gold Merit awards. The Medal of Merit, for exceptional service to Guiding above the basic requirements for the position held, is first in line. After that is the Alberta Rose, which is for ongoing service above and beyond the requirements of the position held. Holders of the Alberta Rose, who meet the other qualifying criteria, may be eligible for the Alberta Council Provincial Commissioner’s Promise Award.



Papaschase District Fan Girls: Stacey, Adrienne, Tanya, Trina, Lisa, Michelle, Cathy, and Ashlynne

Nationally approved awards are the Fortitude Award, Honourary Life Award (HLA), Beaver Award and Maple Leaf Award. All of these require Alberta Council approval before they can move forward. Interesting fact with regards to the HLA, there currently are 180 recipients of this award with a combined total of 1,980 years of membership and commitment to our organization.

“

Remember an award may require a minimum number of letters of support, but there is no maximum number. It is more meaningful to the recipient to see a greater show of support from her peers and others in Guiding.

By: Dana Wagner, Alberta Council Program Adviser

This month my Brownie unit has been working on the 20th Provincial Commissioner's Challenge. Working with the girls, we came up with a service project for the "Grow" portion of the challenge. They wanted to thank people in our community who do things for others. Maybe no one else said thank you to these outstanding individuals? So, we decided to tell them just how important they and their roles are within the community.

As a unit, we made chocolate chip cookies. While the cookies were baking, each girl made and decorated a box from cardstock and filled it with cookies.

The look on everyone's face as we thanked them for their contributions to our town let us know that this was the right service project to do and an amazing way to say thank you.

If you are looking for a service project to do with your girls, consider saying thank you to the ones who keep us safe in our communities.





# Alberta Council Scholarships

Will you be a full-time student at a post-secondary institution in the Fall of 2018?

The Girl Guides of Canada, Alberta Council Scholarship Program is one of the ways that Alberta Council recognizes members who embody the Mission and Values of the organization. This program supports members from Alberta, Northwest Territories and Yukon as they pursue their education goals and rewarding career path.

Scholarships are open to girl and adult members who will be pursuing full-time post-secondary education at a recognized institution in the Fall of 2018.

See the Alberta Council website Scholarship page  
for the information/application form.

The application deadline will be **May 11, 2018.**



**Girl  
Guides**

**Alberta Council**

For Guiding in Alberta,  
Northwest Territories and Yukon

11055-107 Street NW  
Edmonton AB T5H2Z6

[girlguides.ca/ab/](http://girlguides.ca/ab/)

The deadline for the submission of  
articles for the next edition of Blue-Print is  
September 15th Send your submissions to  
[Blue-Print@albertagirlguides.com](mailto:Blue-Print@albertagirlguides.com)

Publication Mail  
Agreement Number  
**40009469**