



Blue-Print

Girl Guides of Canada-Guides du Canada | Alberta Council | girlguides.ca/ab

Girl Greatness Starts Here

Winter 2017

25 Years At Alberta Girl Guide House... And Counting!

Cassey Fallis - ABCYF

Saturday October 4th was a busy day at the Alberta Girl Guide House located in Edmonton. It was the 25th anniversary of the time capsule being put away during the official opening of the building in 1992.

Keeley Toope and I participated in the momentous occasion, dressing up in retired Guiding uniforms for the day.

Guiding groups and media came out, curious to see what was in the mysterious canister. Using the surprise time capsule opening tool (a can opener of course!) **Janet Allcock**, Museum and Archives Coordinator and **Kathy Batty**, Provincial Commissioner, along side a lucky Brownie who was in the crowd got the rare opportunity to open the canister. Inside were baggies filled with goodies, mostly pins and crests, from all areas of Alberta Council, a few of which no longer exist or have been renamed. What else could you expect from a Girl Guide time capsule? There were no old cookies hiding in there luckily, but there was a letter commemorating the sealing of the time capsule, along with a copy of Tumbleweed, the Alberta Guiding bulletin that is now the Blue-Print! Looking at all the trinkets stored inside, it was interesting to see how much has changed in such a short period of time, but also how much has stayed the same.

Opening the time capsule was a fantastic experience that both Keeley and I thoroughly enjoyed. So what's next in the future? Well the Alberta Council Youth Forum plans to put together the next time capsule for the 50th anniversary. Feel free to email albertacouncilyouthforum@gmail.com to share your ideas with us! We would love to include them! Until then, we suggest having your unit visit The Alberta Girl Guide House to see the items from the time capsule yourself. There is programming for units where your girls can dress in heritage uniforms, do a scavenger hunt and play games. The Alberta Girl Guide House also makes a great place for a sleepover. Hopefully you'll see us in 2042 opening the next time capsule!



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A Message from the Provincial Commissioner

Kathy Batty, Provincial Commissioner

The calendar tells me it has been over six months since **Laurie, Julie** and I had the honour of becoming your PC Team. What a six-months it has been! We have been very busy trying to make heads or tails of what our roles entail, all the while making it our priority to ensure that the best interests of our members continue to be at the very forefront.

I recently attended an Adult Awards Ceremony in Calgary Area, honouring adult members who received awards during the 2016-2017 Guiding year. Below is a portion of my speech that I would like to share.

You may have heard way back in February 2017, that the 2017 Membership Count saw a ninth consecutive year of increase for Alberta Council – as of the count



date at the end of January, we stood at 15,768, an overall increase of 480 members or 3.14%. As of November 11th, Alberta Council was sitting at 15,734 members, and I'm confident...and just a little bit hopeful that number is still growing.

You may also recall that since 2012, Alberta Council receives \$.75 per case of cookies sold within our jurisdiction and every dime is put towards member or rent subsidy. I am happy to report that once all is said and done, 2017 will see Alberta Council providing \$113,679.10 to all the Areas and Districts under our umbrella to offset member subsidy and meeting space rental costs.

Our ability to provide this subsidy is one more reason why our cookies are so vital to our organization. 2017 had us selling 115,782 cases of mint and classic cookies, an increase over 2016 by over 7400 cases!

You are probably sitting there right now wondering, why she is quoting all these numbers at us. The fact is, Alberta Council would not be able to boast about our nine consecutive years of membership increase or our 10 consecutive years of increased cookie sales if we didn't have you...our adult volunteers. The

time and dedication that adult members provide to Girl Guides of Canada is second to none. Whether you volunteer as a Unit Guider, hold a position on a District or Area Council, are a trainer, or a cookie orderer, or perhaps you give up your own vacation time to volunteer at one of the week-long camps that are held over the summer, the service that you provide is invaluable in empowering girl members to *Be Everything She Wants To Be*.

Consistently, you are being asked to selflessly give up time away from your family to support Guiding. This includes, but certainly is not limited to, getting that Safe Guide paperwork into our assessors so girls can experience their first camp, supporting Guiders by facilitating training sessions so they can continue to provide awesome Guiding experiences for our girl members, or being that constant role model for that one girl who needs it the most. All of that and so much more is what make our adult members so irreplaceable.

Studies show that one of the most important retention tools an organization can use is to recognize their volunteers, even if that recognition is as simple as the words thank you. Girl Guides of Canada goes a bit further by recognizing the priceless contributions of our adult members, and in some cases, non-members, by promoting their many attributes with award presentations. There are many awards inside and outside of our organization for which all members are encouraged to nominate someone. From a Unit Guider, Commissioner, Medal of Merit Award to a Honourary Life, or by giving a fun award, we do our best to ensure our members realize their worth.

Regardless of the role you play in Guiding, you are valued and greatly appreciated. I know very well the variety of challenges that are faced in the roles we have and the uncertainty that organizational change brings. Change doesn't have to be bad, in fact change is what has kept us relevant for well over 100 years, and is what will keep us relevant for 100 more.

What it means to be a Girl Guide who embraces change

Liz Maki, Girl Engagement Coordinator

Change can be scary! Especially when you don't know what that change is going to look like. But change can also be good.

Sometimes it's easier to stay with what we know because it's comfortable and familiar. If we step outside our comfort zone, even a little at a time, change won't seem so scary and will eventually become comfortable and familiar.

As you have all hopefully heard, our programs are changing. The Girls First program is scheduled to launch for the 2018/2019 program year. The Girls First team at National is endeavouring to make the new program dynamic and flexible; understanding that our girls' needs change, and so must the program be able to change to keep up – to be relevant.

Units have been chosen to test some aspects of the program. There is currently 712 Guiders with 789 units participating in testing from every Province and Territory across the country.

Girls First Champions are being recruited as well. They will be here to help you transition to the new program; helping to take the fear and trepidation we may feel out of the transition.

The Girls First section of the National website (www.girlguides.ca/web/Girls_First) is updated monthly. There are 2 tabs with information – “From the Project Team” and “From the Field”. To keep up to date on the goings on with Girls First, I encourage you to check out this section of the website.

As always, if you have any questions, please feel free to contact me at program@albertagirlguides.com. If I don't know the answer, I will try my best to find it.

What it means to be a Girl Guide who:

- Remembers and learns about the past
- Has fun in the present
- And preserves it for future Guides to enjoy

Janet Allock, Museum and Archive Co-ordinator

On Saturday October 14th the Alberta Council Girl Guide Museum and Archives had a special event. When the Guide House in Edmonton was officially opened in 1992 a group of Guiders put a Time Capsule together. The time had come, 25 years later, to open it.

Girls, Guiders, and Alberta Council gathered together to see what was in it. Two members of the Alberta Council Youth Forum, splendidly dressed in heritage uniforms, assisted as hosts. A Brownie helped by **Kathy Batty** wielded a can opener and with some difficulty cut round the lid. The contents were revealed

as bags of crests and pins from every Area in Alberta in 1992. There were crests from Areas which have now amalgamated with other Areas and Divisions which no longer exist. Many of them are interesting additions to our collection of historical crests.

After the opening, the girls toured the museum and then enjoyed cake and juice to complete the celebration. Visitors throughout the day, including Unit and Trefoil Guild members, also enjoyed cake.

The Time Capsule and its contents are now on view in the Museum for all visitors to see. So now we should look to preserving our present for future members to appreciate. The Alberta Council Youth Forum is putting together the next Time Capsule which will be opened in 2042 - mark the date on your calendar!

Meanwhile the Museum continues to provide fun programming for Units coming in during the evenings and having weekend sleepovers. The girls love dressing up in old uniforms and learning how these have changed over the years. They, and their Guiders, are often very surprised to see how much we have preserved from our Guiding past. The games we play are both fun and a learning experience. The calendar for these visits fills up pretty quickly, so if you would like your Unit to come, please plan well ahead.

The Museum and Archive are also still collecting artifacts and documents from the present time, including digital photographs and planning records. Currently at the top of our wish list is all current uniform T-shirts and ties, especially Ranger and Guider ones. We would also like to keep our image library updated with photographs of recent Guiding events. Imagine future girls and leaders dressing up in today's uniforms and learning about the ways in which we celebrated Canada's 150th birthday.



What does it mean to be a Girl Guide member who attends trainings?

Tanya Watts, Provincial Training Adviser

Girl Guide members who attend trainings are informed and making friends!

Trainings are there for Members who want to learn a new skill or topic and to refresh memories on subjects learned long ago. Alberta Council Trainers are a knowledgeable group of ladies whose collective talents include: Team Building; Knot Tying; Campfire Planning; How to Build Unit Guider Skills; Leading Active Games; Menu Planning; Finances; International Guiding; Card Making; Tent Raising; Communication; Robotics; etc., etc. The list of talents these ladies have is almost limitless.

Trainers want to train! If you would like to attend one of the above topics or have another idea for what you would like at your Area level, please contact your Area Training Adviser and she can schedule a training.

Members who attend Alberta Council sponsored weekend long Trainings Events: Multi-Faceted, the Commissioners' Workshop and the Adult Arts Event, tell us that one of the most important parts of the weekend for them is the networking with other Guiders. Meeting new friends and getting together with the existing ones is integral to the experience. Sharing ideas, stories and swapping badges is part of the fun and excitement!

Another way for you to join in the fun of training is to take one of the telephone or webinar trainings that we offer. Guiders love being able to call or sign in from the comfort of their homes and enjoy the interactions

with the Trainer in that manner. New topics are being developed – keep your eyes open or suggest one!

Upcoming trainings can be found on the Alberta Council main page under Upcoming Events, on the Training web page, and Calendar, and advertised in ANY_GuideNews. ☺

We hope to see you at Multi-Faceted coming up March 9-11, 2018 in Red Deer or out and about at your local Area Trainings!

**No time to go to trainings?
None near you?
Need some new ideas or expert help?
We have something just for you!**

Since September, well over a hundred Guiders in AB, NWT and YT have logged on to their computers to take part in interactive webinars from the comfort of their homes. Led by Alberta Council trainers, the first webinars are concentrating on topics for new Guiders, like Safe Guide and Building Unit Guiding Skills, but additional topics are being introduced all the time. Some are held during the daytime but most are in the evening.

So how can you find out what is on offer? Upcoming webinars are advertised in ANY_GuideNews but you can also find them on the Calendar on the Alberta Council website. Just follow the link to register online! Your trainer will contact you with details of how to log on. All you need is internet access and working speakers or a head set for your computer or tablet. There is no cost to you to participate.

Never been on a webinar? Why not try one out? It's a great way to learn both from the trainer and the other participants.



Multi-Faceted 2018

SAVE THE DATE!

March 9-11, 2018 in Red Deer

Come and join us “Once Upon a Time” at Multi-Faceted 2018 as we explore where we’ve been, where we are now, and where we’re going. We have some exciting sessions planned! More details and registration information will be out in the New Year, keep watching ANY_Guide News for details!

Arts

- Chainmaille
- Crafts
- Music for the Non-Musical
- Photography
- Scrapbooking

Program

- Bias Awareness (Inclusivity)
- Conflict Management
- Financial Management
- Girl Protection
- Safe Guide Refresher

Personal Development

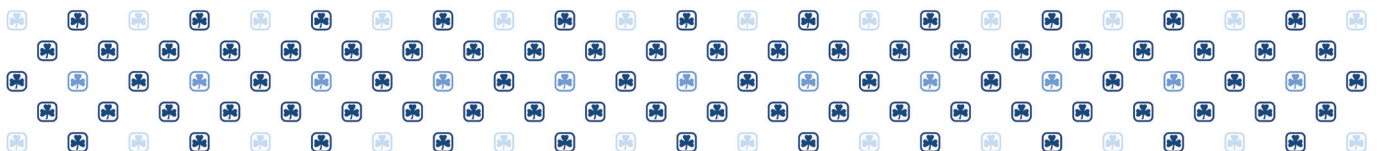
- Car Maintenance
- Custody Issues – How do we handle them?
- Special Needs Girls
- Stress Management
- Taxes – personal income tax tips

OAL

- Building Camp Gadgets
- Campfire Planning
- Getting Outside
- Leave No Trace
- Plant Identification

STEM

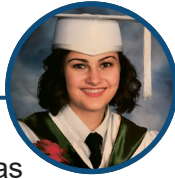
- Candy Chemistry
- Maker Space
- Robotics
- STEM for Sparks & Brownies
- Things That Fly



Scholarships

Tiana Marie Comessotti

Margaret Utgoff Scholarship



In her 13 years of Guiding, Tiana Marie has had the opportunity to participate in many amazing opportunities such as Alberta Girls' Parliament, being a banner carrier in the Calgary Stampede, taking part in the Calgary Road Race Green Team and attending Guiding Mosaic 2016. She has traveled extensively with her unit to New York, Our Chalet and Pax Lodge, California and the winter Olympic games in Vancouver. She was selected to be a Youth Ambassador for a National Conference held in Toronto and is proud to be a Member of Girl Guides of Canada and grateful for sharing in these opportunities.

Tiana Marie feels it is important to take what you have learned and share it with others. Through her participation in Alberta Girls' Parliament, she states that her voice grew from having little effect to influential and this has made her determined to take action for a better world. She has strong communication skills, a keen sense of humor and is a valued member of any group. Tiana Marie attends the University of Waterloo in the Honours Life Sciences program.

Erin Brintnell

Alberta Council Scholarship



A Member for 13 years, Erin has been involved in many community projects and initiatives. At the age of 14 she and her Pathfinder unit organized a Hunger Dinner. They handled all the planning details, acquired an amazing speaker and collected money for the Canadian World Friendship Fund. She is also involved with CW4WAfghan, a not-for-profit which works to advance education for Afghan women and girls, where she creates inspirational videos and presentations for audiences and their website. Erin also acts as hostess for their annual "Breaking Bread" dinners.

Guiding has taught Erin that it is fundamentally important for young women to be actively engaged in their community as the future is in their hands! She has a heightened sense of curiosity about the needs of her community and her role in making change within it. Erin is attending the University of Calgary in Health Sciences and is majoring in Bioinformatics.

Gina Hrachy

Alberta Council Scholarship



Gina has been actively involved in Girl Guides for 13 years. She has attended many inter-provincial and provincial events including SOAR, Color Your World and the Provincial Arts Camps, first as a participant and continuing as a Junior Leader. She also attended the Girl Guides of Canada 100 Anniversary Camp and traveled with her unit to Europe.

Gina learned responsibility and perseverance at a young age. She is very committed to helping grow her community through her involvement in food and clothing drives, organizing mental health walks, or volunteering with Walk A Mile In Her Shoes. In her work with the Athabasca Interact Club, she has helped integrate Syrian families, is an international Youth Ambassador and volunteers at her church.

Gina is pursuing a Bachelor of Fine Arts degree at Memorial University of Newfoundland.

Katherine Lines

Alberta Council Scholarship



A Member for 13 years, Katherine has actively participated in national, provincial and area projects and initiatives including Guiding Mosaic, Alberta Girls' Parliament, provincial camps and Night Trek, as well as being a girl participant at the National Membership Engagement conference held in Toronto.

Proud to be a Girl Guide, Katherine unites with many other girls that stand up for improving the environment and having an impact on the community as well as globally. She has participated in Warm Feet For Street, Share A Bear, community clean-ups, and organized and made toques for Partners Relief Development in Nepal. She is an active member of her school theatre productions.

Katherine attends University of Calgary and is working toward a Bachelor of Arts degree in Ancient and Medieval History.

Aurora Lindley

Alberta Council Scholarship



Aurora has been a member of GGC for 18 years having completed all the branches and 5 years as an adult. In her role as a District Commissioner, she has provided leadership as well as initiating events and projects such as tree planting days, award ceremonies and Guider retreats.

She has participated in area campsite clean-up, rally

days, Global Fest and Calgary Stampede breakfasts, as well as in events including constructing affordable housing, and sandwich making for homeless people. Aurora states that Guiding has made her much more resilient and more prepared for issues that arise in her life.

Aurora is at SAIT in the Medical Lab Technology program.

Mackenzie Marriott

Alberta Council Scholarship

Mackenzie has been a member of GGC for 13 years during which time she participated in local and global events such as Color Your World, Alberta Girls' Parliament, as well as local projects including lunch with seniors and Trick or Eat. She traveled to England, France, Switzerland and Italy with girls from her Territory and visited Pax Lodge and Our Chalet. While in Switzerland, she challenged herself mentally and physically by participating in the Swiss Challenge which included a ropes course and climbing the Elsigne Alp.

Mackenzie is enrolled in Psychology at Acadia University.



Charlotte Carr

Alberta Council Scholarship

Charlotte has been a Member of GGC for 6 years and has participated in many community events. As a Youth Cultural Diversity Ambassador, she built a foundation of confidence and acceptance among new immigrants allowing them to give back to their new community. Her role as Premier at Alberta Girls' Parliament instilled confidence and motivation and helped her develop a strong team and a host successful event.

An engaged listener, Charlotte is curious about the experiences of others and a willing mentor. She believes that GGC provides an opportunity for girls to discover themselves, find their talents and passions, and grow.

Charlotte is studying neuroscience at the University of Alberta.



Rebecca Maddison

Alberta Council Scholarship

A member of Guiding for 14 years, Rebecca developed a passion for travel as she traveled extensively with her unit and as a selected participant. She has visited two world centers – Our Chalet and Pax



Lodge, as well as traveled to Peru. She has also traveled to New York City, participated in Guiding Mosaic,

Alberta Girls' Parliament and Rocks, Ropes and Paddles.

Rebecca states that GGC provides a lifetime of friendships, an environment of inclusivity and the opportunity to get involved with your community and develop appreciation for global cultures. Rebecca is an alpine ski racer and volunteers at Spruce Meadows, CIBC Run For The Cure and Relay for Life. She faces all challenges head on, is an excellent role model and provides well thought out decisions.

Rebecca is studying International Business at the University of Calgary.



Inaara Mawji

Alberta Council Scholarship

A member of Girl Guides for 10 years, Inaara has developed strong leadership skills. Determination, hard work and teamwork helped her earn the Gold Duke of Edinburgh award. Active in the community she has been involved in river clean-ups, sorting food at food banks, volunteering at the Children's Hospital and the World Partner Walk.

Known for her diligence, teamwork, dependability and excellent leadership skills, Inaara is a positive, motivated leader with amazing potential providing an outstanding role model for the girls in her unit.

Inaara is enrolled in Engineering at the University of Calgary.



Kristen Tenborg

Alberta Council Scholarship

Kristen has been a member of GGC for 13 years and believes that the organization gives girls the opportunity to learn how to thrive in the world. Traveling on two international trips to Australia and New Zealand, and England and Ireland helped her learn about different cultures. While in Australia, Kristen felt more connected to nature and realized we have to protect the world as much as we protect ourselves.

Volunteering at Kamp Kiwanis, Stampede parties and Halloween events has provided opportunities for her to have a positive influence on children while providing a safe and fun environment. Kristen has a strong sense of community, fellowship and caring for others. Kristen is pursuing a Bachelor of Nursing at Mount Royal University.



What it means to be a Girl Guide who considered Membership Growth

Bev Burton, Provincial Membership Adviser

Everyone has done an amazing job over the years of recruiting new girls and women to Guiding. We need to continue this growth trend. We also need to look at ways to retain the girls and Guiders we have, in order to keep the organization vibrant. Here are some key areas where everyone in the organization can help improve retention.

Ensure that meeting spaces are accessible

Check around your meeting space to ensure that everyone is able to get to the meeting space as well as to the bathrooms. This also means looking at the actual location on the outside and see if it is easily accessible to everyone. If you have bus transit in your area, does it come close to your meeting space so everyone has a means of getting to the meetings? If people cannot get to the meetings or get into the meetings, then they will stop coming.

Ensure that activities are financially accessible

It is great that Units, Districts, Areas, and Alberta Council plan so many fun and exciting activities, but it is important to check that these activities are financially accessible for all girls and women. This may mean making sure that everyone knows that financial assistance is available so that they can participate. It may also mean that, depending on the composition of the group, you do not have people bring items, such as items for birthday boxes, so no one feels excluded. If girls or women feel excluded from activities, they are not as likely to stay in the organization.

Follow up with girls or women who are not coming to the meetings

There are a variety of reasons why girls or women do not come to meetings, but if there is anyone who does not come to at least 2 or 3, there may be something that could be changed to encourage them to attend more often. It may be that they want a bit more activity at the meetings, or they like making crafts and want more of that, or there may be a conflict with another person that needs resolving. Also, giving these girls the chance to catch up on program work they missed during their absence will

help so they do not feel like they missed part of the experience. If there is conflict between Guiders, it may be worth getting your District Commissioner involved to help with the situation.

Ensure that Guiders feel that their current position is a good fit for them

Not everyone is comfortable in every role in Guiding. Sometimes changing roles revitalizes and retains Guiders. Being flexible and open to opportunities at the Unit, District or Area level ensures that everyone can find a suitable role in Guiding.

Invite girls and women back next year

This is a simple way to retain girls and women and it really works! Many women leave because no one told them they were doing a good job and invited them back for the next year. The same is true for girls, especially if they are changing branches. Bridging activities where the girls and their parents can get comfortable with the next branch improves girl and Guider retention between branches.

Working together, we can all ensure that Guiding continues to grow strong in Alberta, Yukon and the Northwest Territories.

What it means to be a Girl Guide who recognizes others

Jon Kolotyluk, Awards Lead

Awards in Guiding can be applied for at any time by any Guider. If you would like to apply for a Provincial or National award for another Guider, contact your Area Awards representative for information. Or, fill out the needed forms and send to your Area Awards along with the needed support letters. Provincial and National awards applications cannot be accepted without signatures from your Area Commissioner and Area Awards representative.

The Provincial Awards team will review the applications and get back to your Area Awards for more information, if needed.

Please be aware that awards requiring National approval may take up to 4 months to be approved. That means you need to plan if you want to make the award presentation at a certain date.

Start the process early and ask for more support letters than you need. Send all applications and any other questions to the Alberta Council Awards mailbox, awards@albertagirlguides.com.

What it means to be a Girl Guide who considers Inclusivity & Diversity

Alexis Holmgren (ABCYF) and Julie Perras (DPC)

Inclusivity is about creating an environment where those who identify as girls and women -- from all walks of life, identities, and lived experiences -- feel a sense of belonging and can participate fully. GGC's commitment to inclusion means our culture, programming, and practices encourage self-awareness and awareness of others; room for difference; and environments where girls and women feel safe, respected, supported, and inspired to reach their potential.

Our National Office has some great tools to support inclusivity:

- GGC Inclusivity in Canadian Guiding
- Guidelines to Achieving Inclusivity
- GGC Inclusivity FAQs
- Guideability

These documents are available under:

MY GGC – Member Zone for Guiders – About Guiding – Inclusivity & Accessibility

At the Sept 2017 Alberta Council Grass Roots Huddle, our members collaborated to identify questions that can be used as tools to support inclusivity in Guiding and putting Girls First.

STARTING OFF RIGHT

- What are the expectations and priorities of the girls and their parents?
- What do we need to do to create an open and safe environment and gain trust?

PROGRAMMING

Is what I am planning appropriate?

Have I considered:

- Family structures or dynamics,
- Backgrounds,
- Traditions, and
- Beliefs.

Can everyone participate? This includes:

- Can everyone get there? Things to consider:
 - Is the location accessible?
 - Is transportation available / attainable?
- Does everyone have or have access to the right equipment?

- Am I flexible and responsive to meet the needs of the girls in the moment?

FINANCES

- Are we budgeting to make programming affordable?
- Are we basing cookie sales / fundraising on what we need to support program?

Are we managing the timing of costs? This includes:

- Did we provide advance notice of costs?
- Have we looked at spreading out costs through dues vs. lump sum camp payments, etc.?
- Have we communicated options?

MENTAL HEALTH / HEALTH & WELLNESS

Starting off Right

- Do I have the resources or support to accommodate the needs of everyone?
- If not, what are my options?
- Have I communicated my own challenges to my co-Guiders?

Programming – giving girls the tools they need to thrive

- Am I bringing in the right resources to best convey the message(s)?
- Am I reiterating key messages?

FOOD ALLERGIES

- Is the food safe?
- Is there something for everyone?

INDIVIDUALITY

- Does every girl have a voice?

Building an inclusive environment creates the space that allows for diversity to flourish. Our goal is not to eliminate diversity but to engage all members within the sisterhood of Guiding then celebrate what makes them unique.

CELEBRATE DIVERSITY

January is a new year and a great opportunity to look at the different events, holidays and traditions that your members celebrate.

Meeting Idea:

- Take a poll and identify events celebrated through the year. Purchase or print calendars and either get stickers or print images that relate to the key events. Have girls identify what event they believe the image relates to then add it into the calendar. Give each girl one opportunity to share their favourite event or holiday and how it is celebrated.

Mythbusters

Girl Guide Edition

MYTH

– You do not need to receipt dues.

BUSTED

– All Girl Guide money must be receipted. You can receipt dues for the whole unit at each meeting (does not need to be specific for each girl) but needs to be recorded.

MYTH

– If you do not get approval from the Safe Guide assessor for a yellow level activity, you can go as a non-Guiding event.

BUSTED

– You can not go as a non-Guiding event if you have not been approved. You then put yourself at personal liability for this event and you may be terminated as a Guider. Work with your assessor to see if there is part of your activity you may be able to still do.

MYTH

– Assessors accept Safe Guide forms for yellow activities less than 14 days if you were away at the time of the deadline.

BUSTED

– No matter the reason, assessors must receive all yellow level activity forms at least 14 days in advance or the activity is automatically be denied.

MYTH

– The Code of Conduct applies to Guiders, girls and parents.

CONFIRMED

– The Code of Conduct applies to the Guiders who sign it, as well as the girls and parents as the parents sign for them. If you are having problems with anyone who has signed the Code of Conduct not abiding by this, please talk to your District Commissioner.

CONFIRMED

MYTH

- You cannot sign your own cheque from your unit to yourself.

BUSTED

- While it is best practice to not sign a cheque payable to yourself, sometimes circumstances make it necessary. However, the other person signing the cheque must look through all the receipts and make sure that this is correct before signing and be the first signer on the cheque.

MYTH

- Men are not allowed to come to unit meetings to help with a specific badge.

BUSTED

- Men are allowed to come to the meetings but they must be accompanied by a Guider and there must be a separate washroom available for their use. They can not be left alone with the girls at any time.

MYTH

- If a girl does not do every requirement for a badge she is not able to get the badge.

BUSTED

- Make sure that you are looking at the ability of the girl and the work that she put into this badge, as well as if she meets the intent of the badge before deciding if she has completed this or not.

MYTH

- You are required to set a firm deadline (a specific date) for returning cookie money and to use the ONE Alberta cookie tracking form.

CONFIRMED

- A firm and specific date is required and the cookie tracking sheet must be used. An updated cookie tracking sheet is on the provincial website. You can now fill and save the form.

MYTH

- Cookies can be sold and promoted online, such as using Facebook.

BUSTED

- Cookies CAN be promoted or marketed online but they can not be sold online. The actual sales transaction can not happen online; it must be done in person. This should also be done by the girl. The cookies need to be promoted for the same cost of \$5 per box, there are no added charges (such as delivery charge) or "deals" for buying multiple boxes.

BUSTED

Our Cabaña Trip 2017

Kassidy Fount, Edmonton Ranger

On July 8 I boarded a plane to Toronto with **Keeley Toope** from St. Albert who I had just met 30 minutes before. I was glad I knew at least one other person before we had to meet the other eight who were also going on the trip. Our group had been chatting on the app Whatsapp. We communicated quite a bit the past few months but I was still very nervous to meet everyone.



After arriving in Toronto we met the rest of the group and our team of ten was complete: myself, Keeley and **Jill Dreger** from Alberta; **Christina Matchett**, British Columbia; **Kaitlin Crawford**, New Brunswick; **Sophie Lawall** and **Emily Carr**, Manitoba; **Annabel Berthoff**, Ontario; **Bonnie Boulter**, Nova Scotia; and **Mackenzie Furey**, Newfoundland. Everyone was a little bit awkward as we made our way to find the shuttle that would take us to our hotel. I was assigned to share a room with Mackenzie. I learned a lot about Girl Guides from Mackenzie who was on the National Youth Council and attending the camp SOAR after our trip. Our first dinner together was very delicious and helped us all to bond over food. When we were all full and happy we made our way to the meeting rooms where we discussed what we were looking forward to on the trip, swapped gifts from our provinces, swapped crests and made guidelines for us to follow on the trip. It was a very beneficial meeting.

The next day was the day we flew to Mexico. When we arrived our tour guide, Jose, eagerly took us to Ticalli, a Guías de México facility, which is a beautiful building in a great location. After an amazing dinner of tacos we explored the beautiful city, visiting a market, watching a street show and seeing the

glorious Angel of Independence monument. We ended the night at a cake shop. As we sat munching our cake I saw how close we all were already. The following three days in Mexico City Jose and Javier took us to Teotihuacan: The Pyramids of the Sun and the Moon, to see another monument, to an amazing cathedral, on a walking tour, to the Olympic stadium and to a few markets. The meals we had in Mexico City were delicious. We ate a lot of corn tortillas and cacti. Our last night in Mexico City before heading to Our Cabaña was spent at a wrestling match which was a lot of fun! It was very different from the wrestling on TV and a great way to experience Mexican culture.

When we arrived at Our Cabaña in Cuernavaca we were all awestruck by the beauty of the world centre. The plants and flowers there were healthy and looked almost magical. All the staff we met were so nice and welcoming; we developed a close bond with them. The food was out of this world amazing. Every single day I was very excited to see what we were getting. There were two other groups doing the Friendship Event with us, one from North Carolina, USA and another from Scotland. Between us there were three dorms, each one had at least two girls from each group, with the Guiders all sharing a separate room. The first night my dorm jumped right into crest swaps. It was great to hear all the stories about where the crests and pins were from. My days at Our Cabaña with all my new friends felt long and short at the same time. We did so many activities in one day it was crazy! There was always something to do, I was never bored. The program allowed for a lot of free time which I spent either in the craft house, chatting with my new friends, exploring the grounds, playing sports or in the pool. One of the highlights of my time at Our Cabaña was doing crafts and playing with the children that came in for a morning. There was a bit of a language barrier while we did the crafts but when we jumped rope and hula hooped the language barrier faded away. The hugs that I got from all the little boys and girls warmed me up, even though I was already melting in the Mexican heat but it was still a great feeling. Other activities we did were really fun too, we went waterfall jumping, learned about a WAGGGS initiative, did scavenger hunts, played WAGGGS and Mexican games, went to downtown Cuernavaca, visited the

city of Teopoztlan, had an amazing pool party, and many more. The last night at Our Cabaña we had the 60th anniversary celebration which included lots of games, dancing, a surprise mariachi band, a ceremony and some late night pool jumping. It was a really special thing to be able to celebrate such an important anniversary at the world center.

It was really hard to leave Our Cabaña. Most of my Canadian friends were in tears as we had to say goodbye on the last day. (Apparently Canadians are very emotional). We returned to Mexico City with Jose and Javier, stopping by Xochimilco on the way and rode down the canals. It was so beautiful there and the atmosphere was so fun. Our last stop was the Frida Kahlo museum, it was so amazing seeing the blue house where the amazing artist Frida Kahlo lived. After Jose and Javier dropped us off at Ticalli we went for our last Mexican dinner. We ended the day with a long walk around Mexico City and delicious churros. Our last day in Mexico was truly memorable and a fantastic time.

The morning of our flight back to Canada we had breakfast with our friends from Scotland and North Carolina as well as some girls from Texas and Chicago who were going to Our Cabaña for the next Friendship Event. We reminisced and eased the worries held by the next group. My friends and

I cried as the bus pulled out of the beautiful blue gate outside Ticalli heading to the airport and our international friends waved goodbye to us.

On the flight back to Toronto my emotions were torn between being sad about leaving Mexico and being excited to go home and see my family. One thing I knew for sure was I was dreading saying goodbye to all the Canadian girls. As we all sat down for our last dinner together I couldn't believe that less than two weeks before we had barely known each other as I had made some of the best friends ever. When we had our debrief meeting I was fighting to hold back tears as we did some group reflection. Each one of the beautiful ladies on this team of ten had helped me to grow or change at some point on our trip. They all knew I wasn't a strong swimmer so when we did water activities they were all looking out for me and helping me when I needed it. I don't think I could have jumped off a single waterfall if my friends weren't waiting at the bottom cheering me on.

My experience in Mexico was positive in every single way. The trip changed me physically and mentally. After facing my fear of heights and water by climbing gigantic pyramids and jumping of waterfalls I have now found faith in myself, I feel as though I can do anything now. I'm so glad I was selected to go on the best trip of my life!



Alberta Girls' Parliament 47th Session

March 14 to March 18, 2018
Registration started November 1, 2017

- Are you a Pathfinder, Trex or Ranger, 15 to 18 years old at the time of the event?
- Not quite 15?
- We also take two 14 year olds to be Sergeant at Arms and Clerk of the Assembly

We have the event for you; there is nothing else like it in Canadian Guiding.

*Pathfinders and Rangers
won't want to miss this unique
opportunity
to meet Rangers from all over
Alberta and beyond*

Guiders! Share this information with your Pathfinders, Trex, and Rangers!

Where:

Providence Renewal Centre, 3005 119 Street,
Edmonton, Alberta

Who:

Alberta Council Girl Guide members and special guests from out-of-province Rangers, AJFWA, CGIT & 4H girl members. This is not a unit event.

Cost:

\$250 plus GST if you are a registered Guiding member within Alberta Council's boundaries; \$300 plus GST if you are registered with another provincial council; and \$350 plus GST if you are an invited guest from another organization (not Guiding). This cost includes all meals, snacks, activities, and four nights accommodation at the Providence Renewal Centre. The prices are varied based on various subsidy restrictions for the different groups in attendance but all groups are subsidized significantly.

Transportation:

Chartered bus Southern Alberta route starting in Lethbridge, Calgary, Red Deer and on to Edmonton.

Also transportation from the airport or bus stops is included.

Why:

Increase public speaking and debate skills; learn

about the parliamentary process; meet interesting motivational speakers chosen by the elected delegates; have fun with various participants from all over Alberta and beyond; complete your Duke of Edinburgh Residential requirement; shop at West Edmonton Mall; tour the legislative building; find out about different political careers; make lasting friendships; receive the AGP pin and crest designed exclusively for delegates; and so much more.

WARNING:

Spots will fill fast and applications are accepted on a first come, first served basis so please don't delay. We encourage a mix of new and returning girls and all successful applicants will receive an information package by February 2018.

MORE:

Your parents, relatives and friends, AGP alumnae, Guiders and Units may come to the Parliamentary Opening on Friday evening and to the AGP Banquet on Saturday. Reservations are required for both. Reservation information will be in your information package.

**For more information about AGP, please
contact Edie Jubenville, AGP Adviser by email
agp@albertagirlguides.com**

Please remind members in our your units

Volunteer Opportunities

Are you the new Alberta Council Trefoil Liaison?

This role keeps the lines of communication open between the Guilds in Alberta, Northwest Territories and Yukon. Working as part of the Membership Team, she is an important link between the Guilds and Alberta Council. Our Trefoil Guilds are filled with Guiders who have backgrounds in all aspects of Guiding and are very important resources in our areas.

Please see the position description and application on the Alberta Council website and consider applying for this great opportunity. Alternatively, application forms and position descriptions can be requested from Alberta Council

- By phone - (780) 424-5510
- By Email to the attention of **Beverly Simpson Headon**, Nominating/ Search Chairwoman at nominatingsearch@albertagirlguides.com. Please put the title of the position being applied for in the subject line.

Deadline for applications is December 28, 2017.

Link Members rejoice – new programming is now available. Stay connected with Guiding while continuing to develop valuable skills for your professional and personal life. The new Link programming is all about choosing your own adventures with a unit or individually. Learn more about Link at www.girlguides.ca/linkmembership.

Guide Summer Camp Coordinator

Are you looking to share your love of the great outdoors? The role of this volunteer position is to promote, organize and facilitate the week long Guide Camp in the summer of 2018. Part of that would be deciding when and where the camp would be held. You will have the opportunity to contribute to this unique experience and meet 50 amazing girls from all over Alberta Council. Please contact Julie Kitz, our Camping Adviser, at camping@albertagirlguides.com for more information."



Simple Public Relations

Rosemary Smith, Public Relations and Communications Adviser

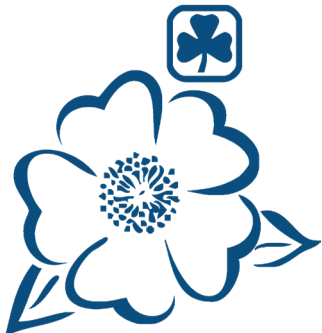
Wearing our uniform with pride is such a simple but effective form of public relations. The most common times to wear our uniform are community events and meetings or any time someone outside of Guiding can see us. With our weather, wear your ties, or when appropriate sashes, outside of your jacket. It's a statement, we are here and this is what we are doing.

We are a uniformed organization, and as it is a uniform, the style may not suit you. The colour may not be your favourite, but that is not the point of a uniform. A uniform is for general identification from a distance, without verbal communication and we wear it because of what it stands for. There are appropriate ways to compromise, buying a larger size and tailoring it in appropriate fashion or wearing a shirt under the uniform for comfort or warmth.

There are many reasons to be proud of our uniform. For me it is the opportunities it has provided me. A 'friend' from the internet who met me at the Ottawa Airport when I arrived from BC for college, in uniform for identification. The strangers who stopped to chat at the Zurich airport on the way to my volunteer session at Our Chalet. More recently, arriving at the GrassRoots Huddle to an instant group of friends.

Wearing your uniform before or after activities can open up a whole new group of people to talk to about Guiding. Mainly because it is a great way to promote Guiding with little work from yourself. It usually starts with, "I (or someone I know) was a Girl Guide." It is a great chance to use a 'Guide elevator Pitch'. A short quick introduction to what Girl Guides still provide. There is a great document in Member Zone as part of the PR Tool Kit called "How to be a Good Ambassador."

We often think of public relations as the big activities or events, and the formal results of those. Cookies and registration numbers. We forget that every encounter we have with others, from the parents to strangers on the street, remind people we are still here. In the long run that can be more important.



**Girl Guides of Canada
Alberta Council**

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Edmonton AB T5H2Z6

girlguides.ca/ab/

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Send your submissions to

Blue-Print@albertagirlguides.com

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