



Blue-Print

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

Summer 2017

Girl Greatness Starts Here

GUIDING MEMORY

Amanda Saigeon Alberta Council International Advisor

It was harder than I had anticipated to pinpoint my favourite Guiding memory. The first memory that stands out was my Pathfinder adventure to Sunbird Jubilee at Camp Woods in 1996. We travelled for 2 days from BC to attend our first out-of-province camp. Little did I know at the time, 20 years later I would be an Alberta Guider taking a unit to Guiding Mosaic to the same camp.

However, the memory that I cherish the most is being a waterfront lifeguard at Camp Olave. I was fortunate enough to be able to facilitate summer programming for campers, supervise swimming and teaching canoeing.

The memory I have been waiting to create is bringing Alberta girls to Camp Olave. Creating memories from a camp I attended as a girl.

If you haven't heard of Camp Olave in Roberts Creek BC or Camp Woods in Sylvan Lake AB, I encourage you to explore them!

Do you have a favourite memory and photo to share? Email blue-print@albertagirlguides.com

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A MESSAGE FROM THE PROVINCIAL COMMISSIONER

It is with a tinge of sadness but one also of appreciation that I write this last article as the Provincial Commissioner for Alberta Council. It's been an amazing journey that afforded me many opportunities to meet the girls and Guiders that make up our amazing council.

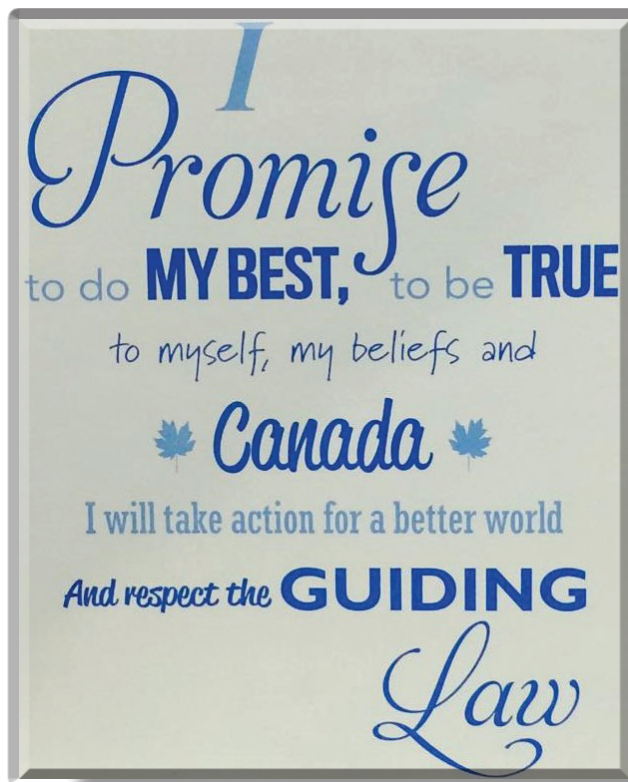


The airports became familiar places to me as I travelled for provincial business across our province and country. It was a thrill for me to go to the Yukon three times in my term and to Yellowknife, NT twice. These are areas I had never been and to see Guiding thriving and meeting the girls and Guiders was great. I was fortunate to attend the National AGM's in Vancouver, BC, St. John's NL and Toronto, ON. As a part of the Provincial Committee we had a meeting in Winnipeg, MB to work on the Governance Review Implementation so I truly went coast to coast with a stop in the middle. Some of the travelling involved my deputy Glenda who was tasked with driving as it is not my favorite thing to do. We have many stories of being directionally challenged at times but many laughs along the way.

Having deputies in this position is essential to being able to get the job done. I have been so fortunate with my choices of **Glenda Metro** and **Tracy Burton**. Glenda had been my deputy as Edmonton Area Commissioner so I knew we worked well together and what skills she brought to the table. Tracy had been on Alberta Council as Program Adviser with me while I was AC and I knew that she was very organized and a strategic thinker. Both of them have been supportive and they just knew what was required and got it done. I can't imagine this journey without them on it.

My term as PC brought about changes in the way we do things not just in Alberta but across the country. While change can be difficult for some, by working together we are making it happen. Change is essential if we wish to move forward and Girl Guides of Canada needs to in order to remain relevant to the girls of today and tomorrow. I would like to take this opportunity to thank each of you for your contributions to your units, districts and areas in putting the new ways of work into play.

Alberta Council made a commitment to have a tri-annual rally for our members as everyone enjoyed the branches all together at the 2010 and 2013 rallies celebrating the 100 years of Guiding in Canada and Alberta respectively. With that in mind, We Welcome the World rally was held in May 2016. All reports indicate a good time was had by all and I was able to go to the hall in Drayton Valley where I first



became a Brownie and participate in their rally. Talk about going home, it was quite the experience to see the stage where I had been enrolled.

Camp 101 held in 2015 in the Yukon was a great chance for girls and guiders from across Canada to experience camping in the north. Yukon District's Camp Sprucewind is in a beautiful location and is a well laid out camp. Their opening ceremony was unique and a great deal of fun. Kudos to the organizing team and thank you for including Canada in your plans.

Who will ever forget Guiding Mosaic 2016 or more accurately Guiding Mudsaid! It was my first GM experience and while Glenda wasn't able to go, Tracy and I were giving out crests like crazy. Of course, everyone wanted Glenda's crest too so they could complete the circle so she was inundated with requests after GM for them. Getting to be there as the PC of the province that this event was held in was fantastic, as I had actually got a chair to sit on for the opening ceremonies (in the rain next to the Scouting guy who was wearing shorts and no rain gear). I worked in the Tuck Shop which was truly the sweetest place in camp. Turns out that I chose the right task as core crew as I was able to work with a great team (**Gayle, Charlene, Jennifer, Debbie**) who made every day so much fun. We saw almost every girl in camp at least once during camp but likely more than that.



I could go on for pages about the great memories these last three years have given but I will leave room for other articles. On behalf of my deputies Glenda and Tracy as well as myself, I would like to say thanks for the memories. A large part of our term was centered around the promise as it is the very cornerstone of who we are and what we do. It is the anchor that we have that keeps us connected. We wish the best for the new PC Team and offer our support if they need anything from us. They will soon find that being in these positions will give them the connections to the past that are so strong. The past PC's of Alberta Council are amazing women and throughout our term have been there to support, encourage and offer sound advice when needed. So while it is with sadness that I am ending my term, I am happy to be joining those who went before me.

The words Thank You don't really seem to say it enough but thank you from the bottom of my Guiding heart for the opportunity of being the Provincial Commissioner for AB, NT and YT. It truly is the best provincial council in the country. We have maintained a membership increase for 9 years in a row now and our cookie sales are out of this world selling almost 7 cases per member (including girls and adults). Our girls are doing amazing things in their units and travelling. I wish you all success in your future and hope that your dreams and aspirations come true. One of my dreams came true on February 4, 2017 when I became a first time grandma to a beautiful future Spark! I look forward to taking my sweet little granddaughter Isla to Sparks and if they need a leader, I'll be there! So my friends, I will leave you with this, **I promise to do my best**



PAGES FROM THE PAST

Janet Allcock, Provincial Museum and Archives Coordinator

In my recent articles I wrote about the development of the early versions of the Provincial Newsletter - *Woodsmoke* and *Tumbleweed*. You may wonder how and when it became *Blue-Print*. Well, in September 1994 a new editor was appointed and a couple of months later she announced a competition for a new name. In May 1995 the name *Blue-Print* was selected. It was not the glossy newsletter of today. It was still printed on regular paper without colour, but lived up to its name by having a blue cover and was printed in blue ink. Since then, to my knowledge, no-one has suggested another name change and it has been a true tool for an organization for which the colour blue has vast significance.


I became editor of *Blue-Print* in the fall of 1997 and for five years carefully juggled my vacation plans around the then seven deadlines a year. One of the reasons I applied for the position was that I wanted a reason to learn desk-top publishing. To support my application I had submitted a copy of our family annual newsletter. However this letter was produced by my husband, who agreed to teach me if I got the post. So for the first issues he sat by my side and said things like "You need to choose a font", "How many columns do you want", "Here's how you link the text in the columns", "It's time you put some word art in.....oh, move over and let me show you how to do it!!" It was fun, but demanding (and how many times have I heard that in Guiding!). The seven deadlines meant that no sooner was one issue sent to the printers then the next deadline loomed. In the early days some copy still arrived handwritten, and although my superior told me she did not think much would come electronically, it was not long before most of it did. Firewalls were not well developed then and viruses were a constant challenge. Photos could not be transmitted electronically in those far-off times and so I used graphic art to lighten up the pages – in fact I got a set of 10 CDs of graphics as a Valentine's Day gift! Wow!!

However technology gradually made an impact. At the end of 1999 *Blue-Print* was put on line as a text only document and by June 2001 readers were asked if they wished to receive it electronically. The next major change was to produce the printed version on glossy paper with colour: so in the fall of 2010 it became the newsletter you now know.

If you are still reading this, I will now let you into a "secret". As I said, most of my vacations were arranged around the deadlines, so when I had an opportunity to travel in India with a well-known charity I had to do some quick thinking. My husband agreed to take over as editor and my daughter was drafted in to proof the issue to ensure all the Guiding stuff was correct! One Guider who called a couple of days before the deadline and asked to speak to "the editor" responded with stunned silence when told that "the editor" was out of the country. More stunned silence when she learned that the owner of the male voice was deputized! If you keep back issues, it's the December 2000/January 2001 issue.

Blue-Print

Alberta Girl Guide News



Visit us at our Web-site: www.albertagirlguides.com Dec, 2000/Jan, 2001

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Wild Rose Training 2001

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What if I'm asked to sign something?

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2001 International Year of Volunteers

Girl Guides of Canada-Guides du Canada is proud to join the United Nations and the World Association of Girl Guides and Girl Scouts in celebrating this special year to recognize volunteers

DATES TO REMEMBER

December 5, 2000	International launch of IYV
February 22, 2001	Celebrate Thinking Day as Guiders across Canada are presented with a pin to recognize their work as Guiding volunteers
April 21, 2001	Global Youth Service Day
April 22-28, 2001	National Volunteer Week
October 1, 2001	International Day of Older Persons

For more information:

- Look for articles in *Canadian Guider*
- Check out the National web-site (www.girlguides.ca)
- Contact Stephanie Carrier (carriers@girlguides.ca or phone 416-487-5281 Ext. 201)
- Visit web-site <http://www.iyv2001.org>

Start planning for Thinking Day International

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Year 2000 Alberta Scholarship Winners

Pages 8 and 9

CAMP OKEEKUN – CHINOOK AREA

Bev Burton, Chinook Area Commissioner

Camp Okeekun is a hidden jewel in the south west corner of the province of Alberta. Okeekun means place where friends meet, and what a better way to describe Girl Guides at camp! Camp Okeekun is located just outside of Fort MacLeod. Camp Okeekun offers affordable camping and has two residential sites and two tenting sites. Camping equipment is available at the camp for Girl Guide groups to use. Camp Okeekun opened in 1968, and most of the camp was rebuilt following the devastating flooding in 2013, so most of the buildings are new. There is running water to all sites, with hot and cold water available at all sites. Electricity and fridges are available at all sites.

The first residential site is the Olave House site. This site can sleep 48, and has three bunk house buildings, a main camp kitchen building, a craft building, 2 gazebos, and a playground. This site has a campfire pit, and large amounts of green space to play games and enjoy being outside.

The second residential site is the Chalet site. This building was just rebuilt in 2016, and can sleep 24. There is a main kitchen area, 2 attached bunk houses and an indoor bathroom. There is a campfire pit available. This is the site that is available for winter camping and is heated and very cozy for winter camping.

There are two camping sites, Jennifer Peters and Nancy Rutt. Each has a covered camp kitchen building, has emergency sleeping trailers with bunks in each, and the Jennifer Peters site has a yurt and gazebo as well. Between the two camping sites is a large playground, and both have campfire pits.

To book the camp, please contact the Chinook Area office at 403-328-0733, or email at chnkoff@telusplanet.net. We look forward to you making new camping memories at Camp Okeekun.

RESIDENTIAL SITES

Olave House Site



Olave House Residential Site Kitchen / Dining Building



Olave House Site Sleep Trailers



Burton House: Craft / Meeting Building & Playhouse



Residential Site Play Area

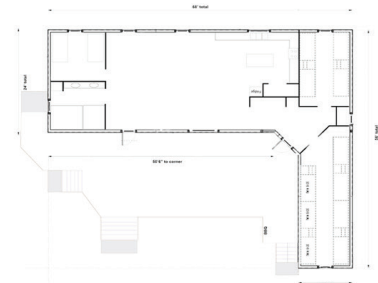


Shared Chapel/Reflection Area

Chalet



Chalet Residential Site



TENTING SITES



Jennifer Peters Tenting Site



Sleep Trailer at J. Peters Site



Yurt



Cook Shelter at Nancy Rutt Tenting Site



Sleep Trailer at Nancy Rutt Site

SHARED AREAS



Play Area at Tenting Sites



Marion Hamilton Garden of Memories



Kopp Connection

MYTHBUSTERS

GIRL GUIDE EDITION

MYTH

– Each unit can only have \$500 in their unit at the end of the year and the rest has to go to the Area or District.

BUSTED

– There is no set amount to have in your unit at the end of the year. You should have enough to cover the costs of starting the next Guiding year until the cookie and registration money comes in.

GIRLGUIDES.CA/AB

GIRLGUIDES.CA/MZ

MYTH

– The Cookie All Stars deadline is a true deadline and you can not apply after this.

CONFIRMED

– The deadline for Cookie All Stars is a firm deadline. You don't have to wait until the last minute to input your All Star sales. Remember, this initiative is for both classic and mint campaigns. For more information on Cookie All Stars visit Member Zone under Cookies.

MYTH

– It is a good idea to keep cookies available for the next campaign.

BUSTED

– You should try and sell your cookies during that specific campaign. If you are not able to sell them during that campaign, you must ensure that they are not sold after their 8 month shelf life. The date of production can be found on the box. The cookies also must be stored properly (cool and dry) until the next campaign.

MYTH

– The Responsible Guider needs to be at the event the entire time.

CONFIRMED

– Yes, the Responsible Guider must be at the event the entire time as per Safe Guide. If this is not able to happen, a new Responsible Guider needs to be appointed for the event and the paperwork resubmitted to your Assessor.

MYTH

- Health Forms are to be sent to the Alberta Council Office at the end of the year.

- Health Forms are either given back to the parents/guardians or shredded at the end of the Guiding year.

BUSTED

MYTH

- It is okay to post everything about your unit on Facebook, including pictures.

- You need to ensure that an image release has been obtained for each person in the photo. Best Practice is to only post to a closed site such as a Unit Facebook page, not an open site. Alberta Council does encourage you to participate in the online social media space, but urge you to do so properly, exercising sound judgment and common sense.

Alberta Council does have Social Media Guidelines that we encourage our members to become familiar with. To obtain a copy of these guidelines or for more information, please contact the Alberta Council Public Relations Adviser at pr@albertagirlguides.com.

BUSTED

MYTH

- Pets are allowed at unit meetings and camp.

BUSTED

- Only service animals are permitted at meetings and camp.

As per the policy from Girl Guides of Canada, you can ask the person to provide documentation from one of the recognized health professionals listed in the document.

MYTH

- Girls or women can only join Girl Guides in the fall.

BUSTED

- Girls and women can join at any time of the year. Online registration can be used for girls until the end February. If a girl would like to join your unit in March, she can by filling out a paper registration form.

MYTH

- "Bring a Friend" nights are covered by Girl Guide insurance.

CONFIRMED

- Yes, Girl Guide insurance covers "Bring A Friend" night. You should always ensure to collect basic information, such as allergies and emergency contact information for the friend but you do not have to fill out a full health form for the one meeting. Bring a Friend nights are a great recruitment activity.

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

Email your query to

blue-print@albertagirlguides.com using **Mythbusters** as the subject line.

OAL CAMP SKILLS TRAINING

This training will cover all the modules needed to obtain the Residential Camping and the Tent Camping Streams of the Outdoor Activity Leadership (OAL) Program

Topics include: Leadership, pre-camp planning, 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: OAL Residential camping – Sat June 3/17

OAL Tent camping – Sat June 3/17– Sun June 4/17.

Cost: Day only Sat June 3: \$15.00 + GST = \$15.75

Both Sat and Sun June 3-4: \$25.00 + GST = \$26.25

Bonus: Staying for both days will give you both residential and tent camping streams.

Watch the Alberta Council website and ANY_GuideNews for registration details.

For more information please contact twylajenkins1@gmail.com

COLOUR YOUR WORLD 2017

Join us for a 7 day camp around the world without boarding a plane!

Colour Your World is a week-long event for girls who have completed their third year of Guides.

It will be held July 30 to August 6, 2017 at the Alberta Girl Guide House in Edmonton. Girls from across Alberta, Northwest Territories and Yukon will spend a fun-filled week together getting to know each other and exploring the world around us.

The event focuses on learning about the international side of Guiding by trying food, dances, games and crafts from around the world.

The registration form and instructions can be found at www.girlguides.ca/ab or by emailing international@albertagirlguides.com.

Registration forms should be sent with payment to the Alberta Council Office by April 28, 2017. The registration fee is \$220.50 (\$210.00 plus GST).

ALBERTA ARTS CAMP 2017 - #CANADA150

Join us for a six night/seven day residential camp celebrating 150 Years of Canadian art and culture. #Canada150 is a week-long event for 2nd & 3rd Year Guides and 1st & 2nd Year Pathfinders from Alberta, Northwest Territories and Yukon. Youth members will spend the week creating friendships and memories while learning or mastering various forms of art including: sewing, drama, music, visual art and more!

Date: Sunday August 13th to Saturday August 19th, 2017

Location: Jubilee Girl Guide Camp, Cochrane, Alberta

Registration and more information can be found at www.girlguides.ca/ab or by emailing Jacqueline Emes sunnyowlggc@gmail.com.

Registration Forms must be sent with payment to the Alberta Council Office by April 28, 2017. The registration fee is \$262.50 (\$250 + GST).

Attention Rangers & Adult Members - If you are interested in helping to organize and volunteer at this camp, please contact Jacqueline Emes (sunnyowlggc@gmail.com) for more information.

150 WAYS TO LIVE YOUR PROMISE PROJECT

Introduced by Alberta Council Fall 2016

This exciting project that will combine the celebration of Canada's 150th birthday and living our promise. The goal is to learn about our diverse country and how we can live our Promise every day.

We encourage units, councils and Guilds to participate.

The Alberta Council website has been updated to supply you with more information. It has great ideas for a number of different tasks to perform.

This project is only available for members who are in the jurisdiction of Alberta Council, so if you are in AB, NT or YT, you are one of the lucky ones! Check the Alberta Council website for all the details! It's going to be fun!

girlguides.ca/WEB/Documents/AB/Program/150-Ways-Promise-Project.pdf



*150 ways to Live Your Promise Project
Girl Guides of Canada, Alberta Council
Canada Day 2017*

WAGGGS REGIONAL CHALLENGES

Amanda Saigeon, Alberta Council International Advisor

There are many challenges that units can complete that are available through the various Guiding programs and the Alberta Council. There are even more challenges that complement programming activities on the WAGGGS website! Did you know that the International section of the Alberta Council website has resources available for the Western Hemisphere Regional Challenges, we have even linked the program tie-ins and provided recipes, crafts and activities for each of the regions. Check out the webpage!

WAGGGS Regional Challenges

The purpose of this challenge is to learn more about Guiding around the world, focusing on one of the five regions of WAGGGS at a time. Each region has a crest, and they can be purchased from our office!



CRAFT from NORWAY - Cork Trolls

Ancient Norwegians believed that trolls with magical powers lurked among the country's fjords and forests.

Supplies:

- 2 corks
- Glue
- Fun fur or felt for hair
- Felt, cloth or crepe paper for clothing
- Yarn or string for belts
- 4 to 5 pompons for nose,
- Sticks for hands and feet
- 2 googly eyes
- Small bow-tie pasta for ears
- Crepe paper for hat



Glue one cork on top of the other, then glue on hair, clothes and features using the materials listed. To make the hats, apply glue around the top 1/2 inch of the cork, then wrap a 1/2-inch edge of crepe paper around the glued area and gently twist the opposite end. Finally, glue a pompon on top.

RECIPE from Kenya – Ugali

The national dish of Kenya is a cornmeal mush called Ugali. It is cornmeal cooked with water to a thick consistency and poured out onto a board or plate for everyone to eat from. The following recipe for ugali could be made over an open fire outside, or in a kitchen. Beef broth with vegetables can be poured over it, and on special occasions chunks of meat are added to the broth. Yield: serves 4 to 6

Ingredients:

- 1 cup cold water
- 1 teaspoon salt
- 1 cup yellow cornmeal
- 3 cups boiling water

Equipment: Medium-size saucepan, mixing spoon or whisk

1. Put cold water in saucepan, and, mixing continually, add cornmeal and salt. Bring to a boil over high heat, and, mixing continually, slowly add 3 cups boiling water to prevent lumps
2. Reduce to simmer, cover, and cook for about 8 minutes, mixing frequently to prevent sticking. Add salt to taste and mix well
3. Serve in individual bowls with cream, sugar, syrup, or butter poured over it.



THE PROPOSAL

Misty McGill

My Fiancé **Ian Fenzl** and I had been dating for just over a year but have known each other for closer to 10. His brother and one of my dearest friends have been together for all that time and in 2015, were married. At the wedding Ian & I were both in the wedding party and you could say that event was the spark that set things in motion.

Fast forward to January 2017.

While on my way back from Pathfinder camp at Camp Olave in Sechelt BC, he proposed in a well-coordinated surprise between my Co-Guiders, Ian's brother, the BC Ferries staff and Ian himself which I had no idea about. I knew he had been designing a ring with a local Goldsmith, but that was it.

So here we were, on our ferry ride home. My co-Guider **Dona** suggests to me that we all go for a group picture up top on the outside deck before the girls disperse to explore the boat. I agree and gather our gaggle of girls and proceed outside and upstairs just as it starts to rain.

Against the railing, in the gently falling west coast mist, we gather for our group photo. Once done, Dona motions for us to come gather around her. We stand in awkward silence just long enough for the Pathfinders to ask, "What are we doing?" and "Can we go?". I have no idea what's going on but assume Dona has something to say. Just then she suddenly turns 90 degrees with an outstretched pointing arm and says "Who's that?". (An action that would prove be ridiculously obvious of what's about to happen if I wasn't so completely clueless.)

I see Ian walking towards me and say "My Sweetie! He's come to meet me on the boat." I'm not completely surprised because I was expecting him to pick me up at the Horseshoe Bay ferry terminal once we docked. But this is where everything suddenly goes slow motion and I get tunnel vision.

Ian takes both my hands and leads me away from my Pathfinders and co-Guiders. His hands are shaking. I catch his brother (**Sean Fenzl**, a professional photographer) just out of the corner of my eye with huge camera in hand snapping away pictures. It all starts coming together for me. He gets me to climb onto a big metal box that contains lifejackets. Then Ian gets up on top as well.

Before I know it, Ian is on bended knee. Ring box in hand asking if I would do the honour of marrying him. Overcome by the moment I say, "Of course I will!". He's quick to reply, "You're saying YES right? That's a YES??". "Yes" I say, "I'm saying YES!"

All of a sudden a HUGE roar comes from the Pathfinders & Guiders watching from the covered area of the deck behind me. Clapping, whistles, hoots and hollers I'm SURE could be heard by the passengers below. Those teens have Tweeted, Instagramed and Snap Chatted the proposal before I could step off the box.

I'm overwhelmed. They run over to hug me. Ian hugs the Guiders who helped make the magic moment possible.

After collecting ourselves and getting a tour of the ship's bridge with the Captain, we make our way back to the passenger area to reunite with the Pathfinders and Guiders. Ian says, *"It all just came to me. I know how much Guiding means to you and these girls are a part of your life. I just knew this was the way to do it."* I said to one of the Pathfinders who has been with me for the last 8 years, "This is just so amazing but I bet you just think I'm your Silly Guider." And she replied, "Misty, you've never been just our Silly Guider."



Guiding has a way of touching different aspects of our lives. How has Guiding touched your outside of Guiding life? Please share your stories by emailing blue-print@albertagirlguides.com.

Instant Meeting for Sparks or Brownies

Save our Water

Jennifer Dougherty, Cypress Hills Area

Gathering Activity – How Pollution Moves Through our Water ways (10-15 minutes)

This activity shows the girls how throwing garbage and dumping chemicals into our water ways moves through our rivers/lakes and oceans. It also shows how pollution gets into our soils, ground water and plants.

Materials:

- Plastic tablecloth (this activity is messy)
- Paper egg carton (one for each girl)
- Water (have it containers that you can pour from)
- “Liquid Pollution” aka Food Colouring (variety of colours – use this to dye your water) – meant to represent effluents, pharmaceuticals, and household chemicals that end up in our water
- Paper Towels
- “Pollution” (mix of ground flax, glitter shreds, anything really light that will float in water – prepare in advance)-meant to represent garbage and debris thrown into our water

Discussion:

Ask the girls what pollution is and how they think it gets in our water. Talk about throwing garbage in the river/ lake while camping or hiking while doing this activity.

How to Do the Activity:

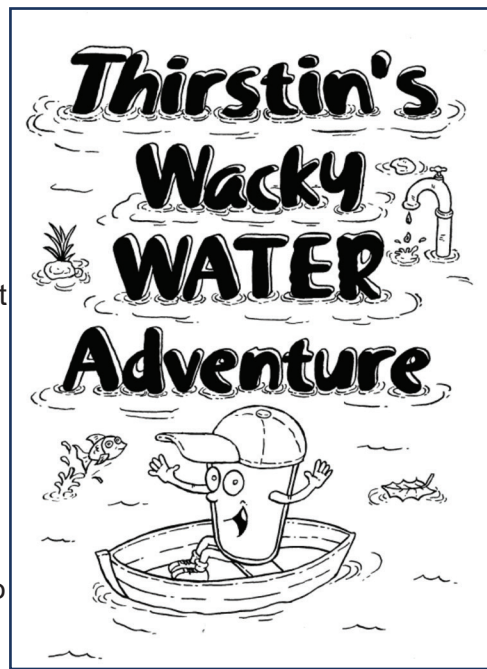
- Set up your tablecloths either on the floor or a table and put all with materials in the centre
- Give a paper egg carton to each girl along with a couple of sheets of paper towel. Ask the girls to place the paper towel under their paper egg carton
- Each girl needs to place a generous scoop of the “pollution” in the first couple cups of their egg carton
- Pour the coloured water into the cups with the “pollution” and keep pouring until all the egg cups are full of water. The “pollution” should move from cup to cup as the water flows.
- Ask the girls what they observed, talk about throwing garbage into a river/ lake or ocean
- Leave the experiment for about 30 minutes to give the water time to soak through the paper egg carton

Sparks/Brownie Opening Song/Discussion/Activity Book (15-20 minutes)

- Talk about the different activities the girls like to do in water and what we use water for. Why do they think it’s important?
- Ask the girls where they think our drinking water comes from? How does it get to our house? Is it clean?
- Pass out the activity book for the girls to work on. There are a variety of water related activities (word searches, mazes, colouring, etc.). Visit epa.gov to find Thirstin’s Wacky Water Adventure booklet

Activity – Cleaning up After an Oil Spill (25 minutes for Sparks, 40 minutes for Brownies)

This activity is designed to show the girls what happens to our shorelines and waterfowl when there is a pipeline break or an oil spill. The girls will attempt to clean their “Duck” after it is covered in oil (older girls will also attempt to clean up the shoreline). The girls will also try to clean up the oil spill in the water using a variety of different methods.



Materials:

- Plastic tablecloths (this activity is messy)
- Bottle of Cooking Oil (Canola works well)
- Clear plastic containers (fairly large size) – this is your lake/ ocean
- Feathers (one for each girl) – these represent ducks/waterfowl
- Rocks, leaves, etc. Other materials you would normally find along the shoreline
- Water
- Paper towels
- Cotton balls, small sponges, straws, cotton make up remover pads
- A bottle of Blue Dawn dish soap
- Turkey basters (one for each plastic container)

**How to do the Activity:**

- Set up stations on the plastic tablecloths with a container and place the feathers, shore line materials, cotton balls, sponges, straws, make up remover pads and turkey basters at each container
- Divide the girls into groups and assign each group to one of your containers (while the girls are working on the activity books, fill the containers about half full with water)
- Have the girls touch each of the dry feathers and shoreline materials; ask them what they observe – how do they feel, what do they look like, etc.
- Ask the girls to make observations about their “lake”/” ocean”. What do they notice? Is the water clear? Etc.
- Have a Guider open the bottle of cooking oil and pour the oil into the water in each of the containers. Be generous and use the entire bottle. The Guider pouring the oil represents a tanker or a pipeline that has burst. Ask the girls what they observe. They should notice that the oil is sitting on top of the water.
- Have the girls put their feather (and other shoreline materials) into the water/oil and move it around (similar to a duck swimming in the water)
- Have the girls take their “Duck” out of the water and touch it ... ask them what they notice about their feather this time. Ask them if they think they can remove all the oil from their duck
- Using the cotton balls, paper towels, sponges, make-up pads, have the girls try to clean their duck and make the feather feel like it did before the oil spill. They should find this really difficult. Ask the girls if there’s anything else on the tablecloth they think could help them clean their duck. The girls should point out the dish soap as a possibility
- Have a Guider put a drop of the blue Dawn on each girl’s feather and have them clean it again. They should have a lot more success cleaning their duck
- Once they are done cleaning their duck (and other shoreline materials), have the girls try to clean up the oil spill with the materials provided. They can use the straw to move the oil spill into a corner of the container and the turkey baster to “vacuum” it off the water’s surface (have a bowl available for the girls to squirt the oil).
- Ask the girls if this task was easy, sort of hard or really hard. Ask them what they think would happen if they didn’t get the oil off the duck and out of the water.
- Have the girls wash their hands after this activity

Once the girls come back from washing their hands, return to your Gathering activity and have the girls make some observations. The water should have soaked through the paper egg cartons and should have dyed the paper towels underneath. There may be water all over the plastic tablecloth and possibly the floor. The “pollution” should be all over the walls of the paper egg carton. Ask the girls what they think happened to all the pollution and chemicals that were in the “river”. Did they go away? Explain about “pollution” getting onto our shorelines? Ask them if they would want to visit a lake/river/ocean that looks like this? Would they want to swim in it? Drink the water?

Game: Fishie, Fishie In the Sea

Spark/Brownie closing. The girls can take their activity book home with them.

FOUR ELEMENTS CHALLENGE

Terri Bouvier, Tamarac Area

Goal: to learn more about the elements that surround us every day.

Program areas covered:

Sparks: Going Outside Keeper (additional activities), In My Community Keeper (water, additional activities)

Brownies: Key to the (Living World (plant life, water all around), Water Everywhere interest badge, Special Interest badge

Guides: Beyond You – Explore the Outdoors and Nature (#2, #6), Ecology interest badge, Naturalist interest badge, Water interest badge

Pathfinders: Up Close and Personal with Nature

Rangers: Our Local Environment, Water, Water Everywhere, Your Interests

Challenge Requirements:

Sparks and Brownies: do one of the challenges provided for each section

Guides, Pathfinders and Rangers: do both of the challenges provided for each section

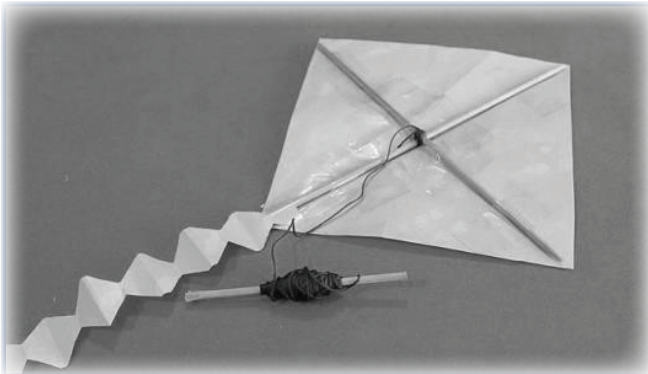
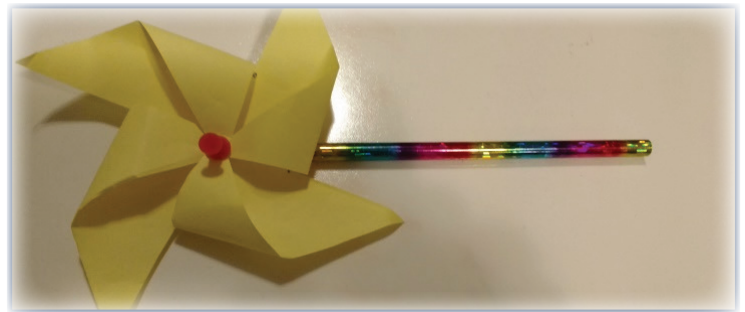
Materials: the materials for each section are provided with the individual activities

Opening: Have your regular opening. Talk about the world around us and how we are going to learn about it while doing the challenge activities

Section 1 – Air

Make a Tiny Pinwheel Materials:

- Paper that is coloured, double sided or printed on
- Small pony bead
- Pencil
- Push pin tack
- Scissors
- Ruler



Make a Tiny Kite Materials:

- Lightweight paper like parchment paper
- Three wooden skewers
- Yarn
- Ruler
- Scissors
- Transparent tape

Section 2 – Earth

Make a Sand and Seashell Pendant or Camp Hat Craft Materials:

- Sand (available at craft stores in different colours and textures)
- Tiny seashell or pebble
- Modge Podge (available at craft stores)
- Bottle cap (can be purchased at grocery and wine/beer making stores)
- Short piece of thin wire • Hammer and small nail • Pencil
- Masking tape • Popsicle stick
- For necklace: cord, about 20"
- For camp hat: safety pin



Make an Earthquake Detector Materials

- Box
- Construction Paper
- Pointed Tip Scissors
- Rubber Bands
- Ruler
- String
- Tape
- Washable Fine Line Markers



Section 3 – Water

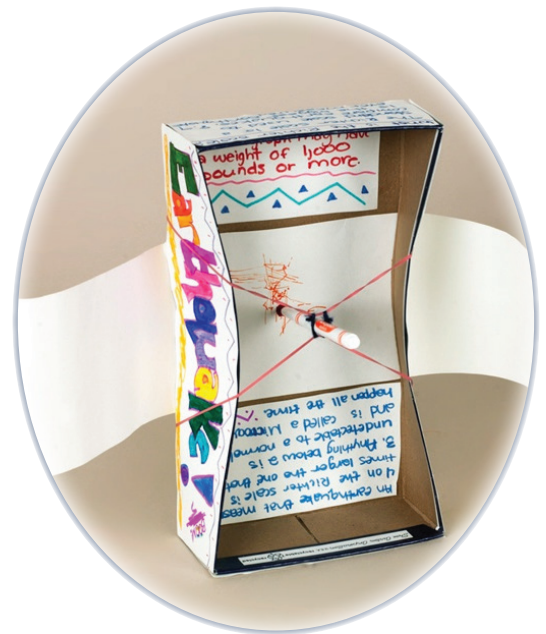
Make a Water Cycle Bracelet Materials

- Pony beads in the following colours
 - Green for Land
 - Yellow for Sun
 - Clear for Evaporation.
 - White for Cloud/Condensation
 - Blue for Precipitation
- Embroidery floss, yarn, plastic lacing cord, or any type of cord you like
- Safety pin
- Scissors

Make a Water in a Jar Terrarium Materials

- A clean jar and lid
- Small rocks such as gravel
- Sand (play sand or aquarium sand)
- Potting soil
- Small plant such as moss, or grass seed or small beans
- Small bottle cap or shell.
- Water

Amounts needed depend on size of jar.



Section 4 – Fire

Make an Edible Campfire

- Many variations can be found online

Make Firestarter's - Frugal Way #1

- Cotton pads
- Melted wax

Discussion: Talk about each of the challenges, for example how air is all around us and moving air made the pinwheel move and the kite fly.

Closing:

- Sing "Listen to the Earth" as a round (words and music can be found at www.girlguides.ca/ab in Sue's Virtual Campfire Songbook!)
- Sing "Land of the Silver Birch" (found in Sue's Virtual Campfire Songbook)
- Finish with usual closing

Activities: A pdf document with complete instructions of these activities can be found at tamaracareaggc.com/program.html.



RECIPE IDEAS

Do you have a favourite camp recipe that you would like to share? Email blue-print@albertagirlguides.com with recipe details and photo if possible.

From Renee Hill, Alberta Council Camping Adviser

Like many Guiders, I have found that changing up a unit's traditional camp menu can be a bit of a challenge. And often it is the girls who resist something new, not just the adults. So I was intrigued when a friend of mine in England recently told me that they did a cooking competition at a camp for their Guides and Senior section girls. I asked for details and my friend kindly sent me their outline for the competition. They did the competition as patrols and cooking was done either over the fire or on a camp stove.

All patrols were given the same base ingredients: 1 lb turkey, 1 onion and 1 can chopped tomatoes. All patrols also had access to a "larder" that held staples such as garlic, tomato paste, Tabasco sauce, oil, and a selection of herbs and spices.

The patrols were then given a random carbohydrate (pasta, rice, potatoes or noodles) and a random vegetable (peppers, zucchini, mushrooms or celery). And the competition was on!

Group one received pasta and zucchini and their finished dish was Turkey Arrabiata with Pasta. They added turkey to cooked onion before they added tomatoes and chili flakes. This was all cooked through and then served with pasta.

Group two had mushrooms and potatoes and their final product was Turkey Burgers with Patatas Bravas and Garlic Mushrooms. Turkey patties were made with onion and fried. Mushrooms were also fried with some oil and 2 cloves of garlic. Potatoes were peeled, diced and boiled until tender. In another pot chopped tomatoes were added and warmed through with a bit of cayenne pepper, garlic and some chilli flakes. Once the tomato mixture was simmering they added the potatoes and left it to rest and absorb the sauce.

Group three had rice and peppers and their final dish was a Red Risotto with Tabasco Turkey. Turkey was marinated in a collection of spicy sauces including Tabasco and cayenne pepper. Rice was cooked with chopped tomatoed, diced pepper and boiled down to make a risotto.

Group four had noodles and celery and their creation was Turkey Kebabs with Noodles and Tomato Vegetable Sauce. This was made by threading diced turkey onto kebab sticks and then bbq'd over the fire. Vegetable sauce was made with chopped celery, chopped tomatoes and boiled together to cook through the vegetables. All served on a bed of noodles.

Definitely need to try something similar!

Sausage and Sweetcorn Hash (serves 4)

- 8-12 Sausages
- 4-6 New potatoes
- 1 can sweet corn
- BBQ sauce
- 1 can chopped tomatoes (optional)
- Salt and Pepper

Wash potatoes and cut into 5 mm slices. Place in saucepan with enough water to just cover the potatoes and add a pinch of salt. Place on fire (or stove); bring to boil and simmer until almost cooked. Drain potatoes and return to pan. Cover and keep warm off direct heat.

While potatoes are cooking, cut sausages into chunks and fry in oil. When sausage is almost cooked, add the potatoes and seasoning. Fry until potatoes start to brown. Add sweet corn (and tomatoes if desired), heat through and serve with BBQ sauce.

WHY NOT CLIMB MOUNT EVEREST?

Be Bold, Adventurous!

Erin Ladouceur Alberta Council Program Adviser

As the end of the year is fast approaching, many Guiders are looking for that perfect year end wrap up, advancement ceremony, or outrageous camp theme idea. This year, I would like you to climb to Mount Everest! Now, I do not mean for you to actually go to Mount Everest and climb the mountain, rather I would like to challenge you to be BOLD with your planning. This means taking that leap to do things differently. Ask your unit to provide not only the theme idea, but the activities, crafts, songs, etcera for your adventure.

What if you did a backwards camp? Where instead of an opening ceremony, you do the closing ceremony first? Think of all the weird and wacky things that we do and for the most part, there is a “defined” order to how it’s done. BE ADVENTUROUS! Look to your unit for guidance and direction and trust them. It can be hard to break the mold.

Activities to think about:

- With Canada’s 150th Birthday, there are many different activities available on the web, as well, as the 150 Ways to Live Your Promise project.
- Host a Block party on July 1st to celebrate.
- Go on a unit “Road Trip” - Go to another town for Canada Day celebration. Go to a National or Provincial park to earn the Exploring Canada. If you can’t actually travel, be creative! Make a bus out of a fridge or huge box and pretend to travel.
- Be a Tourist in your own town.
- Try an outdoor summer sport – like lawn bowling, archery, etcera.

As this is my last Blue-Print article in the Program Adviser Adviser role, I would like to encourage everyone to look at the many different council positions and apply. The experience of being an adviser has been amazing and totally rewarding.

I would like to thank you all for being amazing, creative and dedicated to Guiding. You are amazing role models to all members, young and old. Yes! Guiders in Alberta, NWT and Yukon do climb Mount Everest every day! You are AWESOME!

A SPECIAL CHALLENGE CREST OFFER

DEADLINE TO PURCHASE FAST APPROACHING
BUY CANADA’S 150TH BIRTHDAY BUNDLE WHICH INCLUDES:
SPECIES AT RISK, EXPLORE CANADA AND
THE PROVINCIAL ARTS CHALLENGE

OFFER EXPIRES JUNE 30, 2017

VALID ONLY FOR GUIDING UNITS IN ALBERTA,
NORTHWEST TERRITORIES AND YUKON.

MOUSE IN THE HOUSE CHALLENGE

Instant Meeting for Sparks

Andrea Simon, Sue Burke, Jennifer Matheson and Kathy House - Edmonton Area



This year in our Sparks unit, we have a number of girls that have completed all but two keeper badges in their first year. It has been a challenge to keep them engaged as many of the activities we are doing, they have already completed. So, our team decided to incorporate provincial challenges into our programming.

Mouse in the House is a fun challenge full of life skills that everyone of all ages need to know. While many of the suggested activities for this challenge are more difficult for Spark aged girls, over the course of two nights, we developed the following meeting plan and it was a big success!

Night 1 - Introduce the challenge and complete two of the five requirements

Cooking - We had our Sparks create a healthy snack which could be replicated at home for their family and friends. We made yogurt parfaits complete with fresh berries, bananas, granola and their choice of yogurt. We taught the girls about the four food groups and encouraged them to try this snack, even if it had things they didn't like. The following week we asked how many girls made it for their families and were thrilled to see hands shoot in the air to say they had.

Etiquette - Learning how to set the table is a lifelong skill that every child needs to know and we were confident our Sparks could master this. We created a relay game with basic items for setting a table (plates, cups, cutlery, napkins) and girls were split into two teams and had to run to a table and pick one of each item and then set the table correctly. We were encouraged to learn that many girls already help with this job at home. We gave them all a placemat guide to help them remember that the fork goes on the left of the plate and the blade of the knife faces the plate! After this game we talked about table manners (sheet attached) and acted out appropriate and inappropriate behaviour at the dinner table.

Night 2 - review last week and complete two more sections.

At the end of the night, hand out gardening packages to complete at home.

Basic Repairs - We decided to focus on hammering nails for this activity. Each Spark was given a block of wood with their initial traced on it. Girls got to hammer five nails into the block of wood to create a sign for their door handle or for their desk. We also taught the girls how to take a nail out of a block of wood. Fortunately, we didn't have any hammered fingers or thumbs.

Sewing - This is the part of the challenge that scared us the most after having crying Brownies sewing a few years ago. One of our leaders had been volunteering in her daughter's Kindergarten class and they were doing lacing and she suggested us doing that as our sewing component. We printed trefoils on cardstock and then punched holes all the way around the perimeter. Girls used wool to "sew" the trefoil pieces together. It worked out extremely well and best of all there were no tears!

Take-home activity - Gardening - Planting seeds seemed like a great way for the Sparks to experience gardening first hand. Since our meetings are only 1 hour, we decided that girls would be sent home with a garden package to complete with their parents. We discussed how you can grow vegetables, flowers and fruits from seeds. Many of the girls currently help in their family's gardens and were excited to grow something of their own. In a cello bag, they were given two small terracotta pots, two pea seeds, two sweet pea seeds, two dirt "pucks" that once they are watered, expand to a little bundle of dirt to plant in.



SUMMER BACKPACKING CAMP FOR PATHFINDER AND RANGERS

When: August 13-19, 2017

Who: Open to girls registered as Pathfinders and Rangers in the 2016/17 year from Alberta, the Northwest Territories and Yukon.

We will meet for 2 days in Calgary to get to know each other, learn about gear, backcountry camping and navigation, and to plan and prepare for our trip.

We will then board the bus to travel to the trailhead in Kananaskis for a 4 day backpacking trip.

Prerequisite: Girls must be capable of carrying a loaded backpack (up to 25-30% of their weight). Days will vary from 7 – 10 km with a loaded backpack.

Registration: Please register at www.girlguides.ca/ab by April 28/17.

Registration is on a first come first serve basis.

Cost: \$200 + GST

OUTDOOR ADVENTURES SUMMER TENT CAMP

Do you love to camp? Do you want to work on your camping skills? Do you want to meet other Pathfinders & Rangers from all over Alberta Council?

Then this camp is for you!

Join us at Camp Mockingbird from July 16th-22nd, 2017

Who: Girls aged 12-17 who have completed at least one year of Pathfinders or Rangers. Girls will be accepted on a first come, first served basis!

What: Summer Tent Camp for Pathfinders and Rangers.

Where: Camp Mockingbird. Camp Mockingbird 93 km northwest of Calgary.

When: July 16th-22nd, 2017

Cost: \$250 plus GST. This includes your meals, snacks and all activities for the week.

Why: To develop a wide range of camping skills in a fun setting!

If you have any questions, please contact Leslie at lesliejones@shaw.ca.

Registration forms should be sent with payment to the

Alberta Council Office by April 28, 2017.

ADULT ARTS EVENT REVAMPED! SAVE THE DATE

This year the Adult Arts Event will highlight all the arts but with an added flare

STEM activities!

Come out to the Lions Youth Camp, Cremona, October 27 – 29, 2017 for a weekend of fun, fellowship and new learnings.

Mark the date on your calendar as this event happens only once every two years.

Watch ANY_GuideNews for more information.

Coordinator is Mary Hatcher,
mhatcher@telus.net

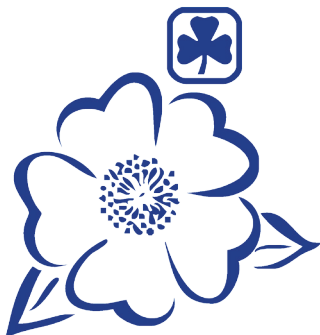
COMMISSIONERS' WORKSHOP SAVE THE DATE

Excited or a bit nervous about becoming a Commissioner? Excited about being a Commissioner and wanting to learn more?

Let us put you at ease at the annual Commissioners' Workshop being held September 29 – October 1, 2017 in Red Deer.

The workshop offers three streams – Getting Started for new Commissioners and Deputies and those who are interested in becoming Commissioners, More Depth for current Commissioners and Deputies who have completed Getting Started and the Administration stream for experienced Commissioners, Deputies and Advisers at any level.

Mark the date on your calendar and watch ANY_GuideNews for more information



**Girl Guides of Canada
Alberta Council**

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Send your submissions to
Blue-Print@albertagirlguides.com

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