



# Blue-Print

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**Spring 2017**

Girl Greatness Starts Here

## LET'S CELEBRATE GUIDING STYLE!

### It's Canada's 150th Birthday!

*Erin Ladouceur, Provincial Program Adviser*

As most of us have figured out, it's been 150 years since Canada became a country. This is a big milestone for us to celebrate as Canadians, but also as members of Guiding. There are many opportunities within our program to learn about Canada and what makes us unique in a vast world. So, we should celebrate with our girls.

As to how your unit would like to celebrate this amazing milestone, this is a conversation to have with the girls. To help with the discussion, here are some ideas to use during brainstorming with your unit:

- Take part in the Canada Day July 1st celebrations in your town, entering a float or walking float for the parade; having a booth or games section within town picnic; travel to another town to take part in their festivities.
- Complete the 150th Birthday Provincial Challenge Bundle – Exploring Canada, Species at Risk and Alberta Arts Challenge.
- Complete the 150 Ways to Live Your Promise project.
- Complete a birthday themed service project with your local food bank.
- Host a unit, multi-unit, District or Area 150th birthday party or camping event.
- For 2nd Year Guides to 2nd year Pathfinders, you can look at attending our #Canada150 Arts Camp being held at Camp Jubilee in August 2017.
- Explore the Government of Canada – Canada 150 website to see what activities are in your area.  
Website - [canada.pch.gc.ca/eng/1468262573081](http://canada.pch.gc.ca/eng/1468262573081) or Canada 150.

I remember celebrating Canada's 125th Birthday when I was younger and totally think that we should work with the girls in our units to make this milestone in Canada's history amazing for them as well.

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# A MESSAGE FROM THE PROVINCIAL COMMISSIONER

Happy New Year! I hope you are all looking forward to 2017 that is filled with new opportunities, great Guiding memories, family time and lots of whatever makes you smile.

This time of year is also exciting for Alberta Council as we wait with bated breath to see if we have increased our membership yet again. By the time you read this we will know the actual number but I can tell you that we have increased our membership for the NINTH year in a row. That is incredible and is due in large part because our members across Alberta, Northwest Territories and Yukon are offering amazing programming and opportunities for the girls. We are helping them live their Promise to its fullest.

Planning for Thinking Day has already happened and everyone has so many great ideas to honor our organization. Don't forget that this is the ideal time to remember the CWFF (Canadian World Friendship Fund) and contribute in whatever way you can. If you have pictures of your celebration and a brief description, please send to my email so it can be included in my reports, the PC Facebook page, AGM slideshow and of course bragging at the national meetings. I love to talk about how amazing our members are so I am always looking for new material! The PC email for your reference is [provincialcommissioner@albertagirlguides.com](mailto:provincialcommissioner@albertagirlguides.com).

Have you saved the date for Multi-Faceted and the Alberta Council AGM/Banquet being held the weekend of May 26 – 28th, 2017. Our Chief Commissioner, **Pamela Rice**, will be there to install the new Provincial Commissioner. The weekend is taking place in Edmonton at the Radisson Hotel and the planning has begun for the training sessions which are surely going to be magical.

Alberta Council will be looking for a few positions to be filled this spring. Please take the time consider if this is an opportunity that you would like. I can tell you that even though I was nervous about taking on a new position, I have never regretted taking one of them on. It is a learning experience that is so rewarding. The opportunity to meet so many new people and grow your Guiding network is amazing. As well, having those things on your resume if you are looking for career moves/changes can't hurt. Don't be shy when updating your resume, use your Guiding skills and experience.

**Glenda** and I had the opportunity to spend some time with the Youth Forum in December. While they are small right now, they continue to look for new members from other parts of Alberta, Northwest Territories and Yukon. They had lots of fun on their weekend and we so excited to be part of it for a brief period of time.



As I write this, it is a cold day here in Edmonton. I don't know about you but I just think the month of December and early January was brutal weather wise. In spite of that I did see lots of photos of girls out and about not letting Mother Nature put a dent in their plans. Thank you! Last year in the article for this issue I told you how I had held a three week old Spark who was the daughter of one of my past Rangers. This year I am happy to tell you that by the time you read this, I will be holding another future Spark and she is my first grandchild. I remember hoping with bated breath that she would be a girl and then the ultrasound result came via text confirming it was a she. What a relief, I don't think I could have become a Beaver Leader. So in 5 years I will be a Spark Guider somewhere I imagine.

Have a great Thinking Day everyone and enjoy your celebrations. On behalf of the Alberta Council Provincial Commissioner Team, thank you for all you do!



# ALBERTA COUNCIL YOUTH FORUM

Cassey Fallis

## Experience the value of Guiding.

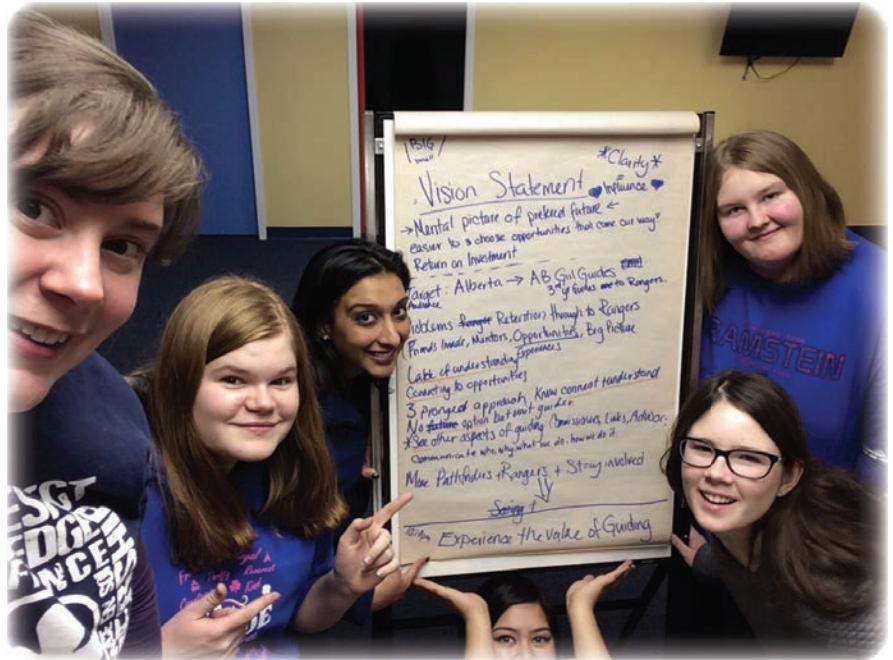
In just five words, the newly created Alberta Council Youth Forum has created their vision. Composed of a small team of four Rangers, **Alexis Holmgren**, **Keeley Toope**, **Kassandra Vandermeer** and **Cassey Fallis**, along with **Noreen Remtulla** as Chair, this group is ready to tackle any challenges and represent Alberta Council Guiding!

Recently the group spent a weekend together and put their minds to work to create their mandate and identity as the inaugural Alberta Council Youth Forum. The Youth Forum participants enjoyed workshops with the Provincial Commissioner, **Beverly Simpson Headon**, Deputy Provincial Commissioner, **Glenda Metro** and **Erin Chalmers**, reporter and anchor with Global TV Edmonton. They also had fun getting to know one another while on a shopping mall scavenger hunt, munching on lots of delicious snacks (yes, that included fruit and veggies!) and working hard to create a direction for the Forum.

To reach their vision, they decided their mission would be, "To retain youths by developing their skills, preparing them for their future in a safe and engaging environment."

This is truly a step forward for Guiding across the country. How will they accomplish their mission and vision? Only time will tell, but the possibilities are endless!

**The Alberta Council Youth Forum is still taking applicants from qualified Rangers from across Alberta, Northwest Territories and Yukon. Just email [youthforumchair@albertagirlguides.com](mailto:youthforumchair@albertagirlguides.com) to apply!**



# SPRING TENT CAMP

Barbara Gowan Mullie, 285 Calgary Guides

In May 2015, the 285th Calgary Guides did their spring tent camp at Bow Valley Provincial Park, less than an hour west of Calgary. Campsites in the Alberta provincial parks are reservable on a 90 day booking system on-line. Loop A of the campground has an isolated cluster of 4 tenting sites (19-22), with their own outhouse and potable water tap nearby. Each site has its own fire ring and picnic table, and a level spot to pitch a 6-8 person tent. The lack of refrigeration capability made for some valuable discussions about meal planning leading up to camp. The sites are heavily treed with spruce and pine, and the river across the road provides a lovely sound with lots of wildlife. However, the close proximity of a railway bridge made for an inconveniently early wake-up call on Saturday morning...there had better have been a bear on that bridge for the engineer to lean on the horn at 5:45am like that!!!

We spent the camp working on the Basic Camper badge; the girls also chose to work on their Naturalist Badge (for Beyond You program area). Friday night we arrived and set up the tents, did our camp orientation and rules, did mug-up, and went to bed. Saturday morning we were up bright and too early!!! We made pancake breakfasts on the Coleman stoves, cleaned up, and headed out for a nature hike. A 10 minute walk got us to the campground amphitheatre, and the head of the 1km Moraine Trail. This trail lead to our destination for the morning, Middle Lake, a small kettle lake with a 2.5km interpretive trail on the far side. A gentle climb up through mixed forest, with numerous interpretive markers along the way, gave ample opportunities to learn about local landforms and history while we caught our breath and had a drink.

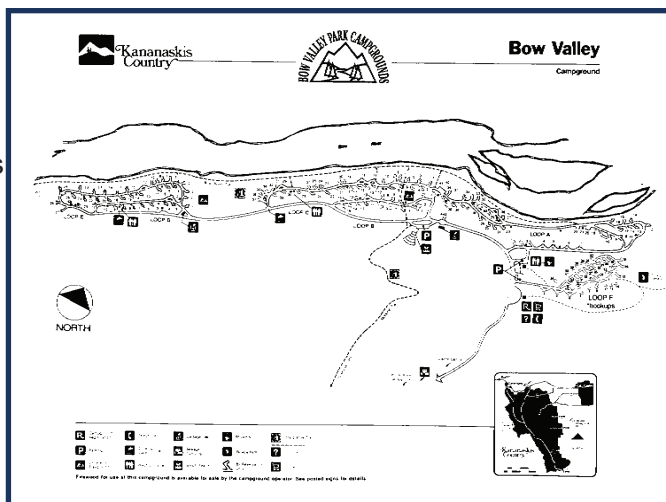
Middle Lake has its own day-use area, with picnic tables and an outhouse building. After a bathroom stop, we continued around the interpretive trail loop. Brochures for this loop can be picked up at the park visitor centre or downloaded on-line. The stops along the loop encouraged the girls to use their senses to note their surroundings and the goings-on of the local plant and animal life, the effects the glaciers had on moulding the landscape around them, and the effects of humans on the area.

By the time we finished the loop, we were all ready for a rest and a snack at one of the shaded picnic tables at the day-use area. An open field with bushes and trees around the perimeter was perfect for a game of Predator and Prey; while the girls were eating and having a discussion about camouflage, tracking, and stalking, one of the Guiders went out and set up the food and water stations for the game. 45 minutes of running and hiding in the growing heat was about all we were interested in, so we packed up and hiked back to the campsite for some build-your-own bunwiches for lunch.

We were ready for some resting time, so the girls sat down with some local nature guides to research 3 mammals, birds, plants, or bugs that live in the area, and the life cycle of one of those 3. We made a hat craft, and each patrol of girls set up and played their own Kim's game of found nature items. After a snack, we all retreated to our tents for some quiet time...though not many girls were content to be quiet! After rousing them with a fire drill, we made supper of mac and cheese, wieners, and frozen mixed vegetables (what can say, the girls chose the meals!).

After supper, we walked back to the amphitheatre, where the girls spent a pleasant hour creating Be Prepared skits about camp and fire safety. By the time we walked back to camp, we were all getting exhausted! We decided on an early and brief campfire and mug-up, and were in our tents right at dark.

Sunday morning was the usual get up, eat up, and pack up! After Guides' Own, the girls played Camouflage while waiting for their parents to arrive. We all agreed that it was a successful camp, and a wonderful campsite!





# WIN A UNIT PIZZA PARTY ...CREATE A TIME CAPSULE

On October 14th, 2017 the Alberta Girl Guide House is celebrating 25 years and a Time Capsule, which was put together in 1992, will be opened on that day. What will be in it? We have no idea, though units visiting the museum and archives have been making some inspired guesses.

The Archives Committee challenges your unit to put together the next Alberta Girl Guide House Time Capsule to be opened in October 2042.

What objects typify our lives and Guiding today? It's your decision. Have fun and be imaginative. The items you select need not be of high monetary value but should be unique about today and add an element of surprise and discovery for those who open this treasure chest of history.

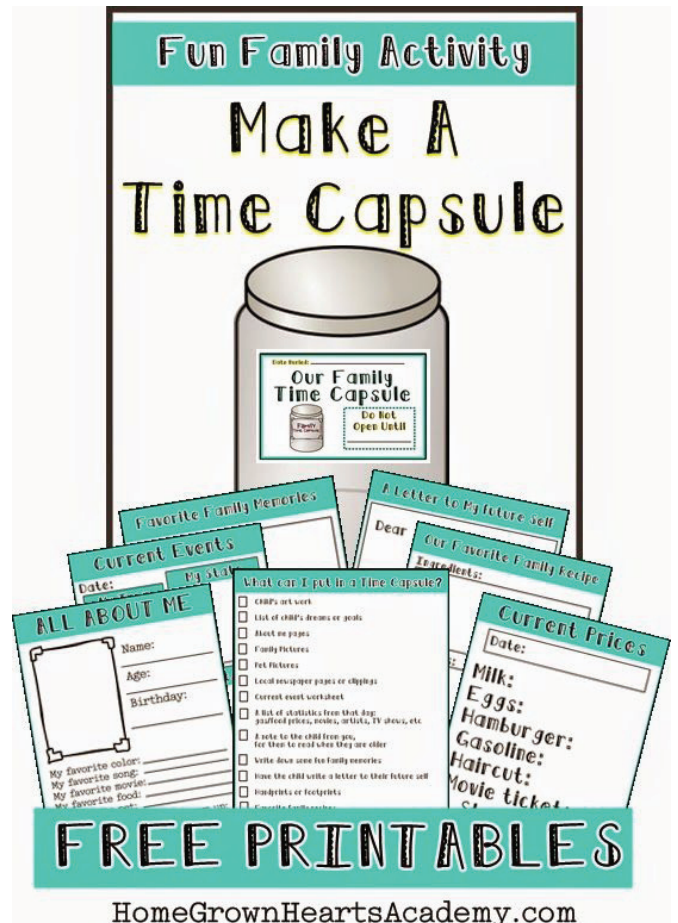
All the objects must fit in something no bigger than a 925 gram coffee can. Please don't include any perishable items e.g. food, batteries, rubber such as balloons.

Entries will be judged in three categories: Sparks/Brownies, Guides, and Pathfinders/Rangers.

Accompany your entry with a document detailing the number and name of the unit (ie 53rd Calgary Spark Unit), the date when the capsule was put together, and the names of the Guiders and girls involved. The archives committee will be responsible for sealing the winning entries and preserving them in the archives.

Entries, in the appropriate container, can be submitted at any time to the Alberta Girl Guide House but must be received no later than September 14th, 2017. The winning entries will be selected and announced at the Open House on October 14, 2017. Other entries may be returned to the units, perhaps as an opportunity to have a unit time capsule.

Any questions? Please contact Janet at [archives@albertagirlguides.com](mailto:archives@albertagirlguides.com)



# MYTHBUSTERS

## GIRL GUIDE EDITION

BUSTED

**MYTH**

– Outdoor Activity Leadership (OAL) training is mandatory before taking a unit camping or on any outdoor activities.

BUSTED

– OAL is not mandatory. However, the sessions included in OAL are a great opportunity to learn about meal planning, activities outside and overall camp life.

PLAUSIBLE

**MYTH**

– If an SG8 is required for a trip then there is a mandatory training for trip planning and trip financials.

CONFIRMED

– Starting January 1, 2017, all trips, both international and domestic, requiring an SG8 have a mandatory training for the responsible Guider (but all Guiders on the trip are encouraged to attend). Watch ANY GuideNews or the Alberta Council website, under Training, for upcoming dates.

CONFIRMED

**MYTH**

– Girl Guide awards are only given to long time Guiders.

BUSTED

– Awards are available for all Guiders. There is the bronze unit Guider award that is meant for newer Guiders. Check the awards booklet on the Alberta Council website for more information. Anyone can apply for an award for another Guider. Check with your area for deadlines and how to submit the award applications. Awards are a great way to show appreciation to a Guider who has gone above and beyond in their position.

**MYTH**

– If Safe Guide paperwork gets sent to the assessor@albertagirlguides.com email less than 2 weeks before a yellow level event it will be denied.

CONFIRMED

– ALL yellow level Safe Guide forms MUST be submitted at least 2 weeks in advance or they are automatically denied.





**MYTH**

– There is a reduced fee if girls join after the January 31st count date.

**BUSTED**

– The same registration fee applies if registration is after the January 31st count date. All registration forms must be to your iMIS home prior to this date for the official count. All registration forms should go to the iMIS home as soon as they are completed.

**CONFIRMED**

**MYTH**

– Creating a logo/crest for an event does not require provincial approval if the trefoil is not used.

**BUSTED**

– Any logo/crest requires provincial approval before use. You need to submit your logo on the AB.PR.01 form (found on the Alberta Council website under forms – fundraising). All logos must adhere to the merchandising guidelines that are set up nationally and also available on the Alberta Council website or on Member Zone.

**MYTH**

– Receipts only need to be given if the money received is over \$100.

**BUSTED**

– A general receipt should be given for any amount of money collected by Girl Guides of Canada at any level. Official tax receipts for donations can only be issued by the Alberta Council office.

**MYTH**

– FR.1s are not required for fundraising for CWFF.

**CONFIRMED**

– Raising funds for CWFF and selling Girl Guide cookies are the only fundraising initiatives that do not require an FR.1 form. For more clarification please contact [provincialcommissioner@albertagirlguides.com](mailto:provincialcommissioner@albertagirlguides.com)

**PLAUSIBLE**

Do you have a **MYTH** that you would like to have

**CONFIRMED**

or

**BUSTED** ?

Email your query to

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

# Alberta Council Sponsored Opportunities

## TRAINERS' WORKSHOP 2017

April 21 – 23, 2017

Registration for this event is now open.

Come join the fun and learning at the Trainers' Workshop, being held at the Radisson Hotel, Red Deer.

This workshop is for all trainers, trainer candidates and Area Training Advisers and will offer sessions relevant to you along with our annual Alberta Council Training Committee meeting.

Not a trainer.....don't worry, you are still invited to attend! This year we are pleased to offer the Trainer Stream (Train the Trainer) for trainer candidates or anyone interested in possibly becoming a trainer. The Trainer Stream is a pre-requisite to becoming a trainer and is offered every second year but there is no obligation to become a trainer.

Visit the Alberta Council Website under Training or ANY\_GuideNews for registration information. The deadline to register is March 29, 2017.



## MULTI-FACETED 2017

The Magical World of Guiding

May 26 – 28, 2017

Registration for this not to be missed event is now open.

Guiding is full of wonder and magic – from the young girls who exclaimed “that’s like magic” when they were shown how to get the perfect square in their ties with the reef knot, to the teenagers who transform into our young Guiders, to the magical bond we feel with our sisters around the world.

No matter your age or Guiding experience, there will be something for everyone at Multi-Faceted 2017 – The Magical World of Guiding!

Registration is limited and session choices are first come, first serve, so don't delay, visit the Alberta Council Website under Training or ANY\_GuideNews for registration information.

The deadline to register is April 10th, 2017.

SEE YOU THERE!



# 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](mailto: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](http://www.girlguides.ca/ab) or by emailing [international@albertagirlguides.com](mailto: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](http://www.girlguides.ca/ab) or by emailing Jacqueline Emes [sunnyowlggc@gmail.com](mailto: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](mailto: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](http://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*



# TRIP PLANNING AND TRIP FINANCIALS

This motion from Alberta Council will affect all members who are hoping to travel.

Training will be available by teleconference/Adobe Connect as it is a provincial training and require pre-registration. If you have questions on the requirements please email the provincial commissioner at [provincialcommissioner@albertagirlguides.com](mailto:provincialcommissioner@albertagirlguides.com).

***C.16.10.25 MOTION: Effective January 1, 2017, That all responsible Guiders participating in international and domestic travel requiring a SG.8 participate in a trip planning training before they submit the SG8 and attend a trip financial training within 4 months of receiving the trip binder. If Guiders have previous travel experience as an adult in Girl Guides they will be required to attend a review training. Trips approved prior to Jan 1, 2017 for travel in 2018 onward are required to take both of the trainings within 6 months (June 30, 2017).***

These trainings will be advertised on the Alberta Council website under Training as well as ANY\_GuideNews.

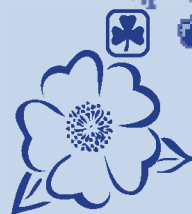
## JOIN THE TEEN CHALLENGE!

Are you looking for ways to challenge the girls in your unit to become more active? The ParticipACTION Teen Challenge is a good resource for you to bring more activity into your unit activities. A few facts as listed on the ParticipACTION website:

- Only 6% of boys and 2% of girls (15-19 years old) achieve 60 min of moderate to vigorous physical activity (MVPA) per day on at least 6 days per week.
- 73% of 13-17 year olds are watching tv, playing video games and on the computer after school
- Physical activity participation drops with increase age, more drastically among girls than boys. A longitudinal study showed that less than 50% of girls continued to participate in team sports in grade 9 as compared to grade 7
- Only 23% of teens 13-17 years old actively commute to school and 63% use an inactive mode of transportation. Inactive modes of transportation have increased steadily since 2000
- Between 1986 and 2006, walking for trips to school declined (from 38.6% to 30.7% for 14-15 year olds)
- Get active and you can get better grades - increased time in physical activity is associated with better academic achievement
- Adolescents and young adults that regularly practice sport present higher levels of physical self-concept (activity, endurance, strength, flexibility, coordination, sport, health, body fat, appearance) than their peers who are not involved in sports activities
- Highly-involved athletes are less likely to engage behaviours such as smoking and recreational drug use as compared to non-athletes
- Psychological factors such as self-efficacy, body image and physical self-esteem are significant predictors of physical activity among adolescents
- Teenage boys engage in more unstructured physical activity than girls
- Canadian adolescents tend to be less active in the winter months.

Visit [www.participaction.com/en-ca/programs/participaction-teen-challenge](http://www.participaction.com/en-ca/programs/participaction-teen-challenge) for more information

# WANTED



## VOLUNTEER OPPORTUNITIES AVAILABLE!

**Provincial Membership Adviser** – Reports to the Member Services Coordinator

**Provincial Training Adviser** - Reports to the Member Services Coordinator

**Provincial Program Adviser** – Reports to the Girl Engagement Coordinator

**Provincial Safe Guide Adviser** – Reports to the Risk & Compliance Adviser

**Provincial Link Liaison** – Reports to Alberta Council through a Deputy PC

For the Position Descriptions for each of the above-mentioned opportunities please visit the Girl Guides of Canada, Alberta Council website at:

<http://girlguides.ca/ab/>

under News & Articles click on New! Volunteer Positions Available.

In the case of the Provincial Membership Adviser the position commences immediately. All other positions commence following the Alberta Council Annual General Meeting in late May.

All positions have a term of three years.

Alternatively, application forms and position descriptions can be requested from Alberta Council

- By phone - (780) 424-5510
- By e-mail - [info@albertagirlguides.com](mailto:info@albertagirlguides.com)
- By mail – 11055-107th Street, NW, Edmonton, Alberta T5H 2Z6

Please email applications to the attention of Margaret Utgoff, Nominating/Search Committee Chairwoman at

[nominatingsearch@albertagirlguides.com](mailto:nominatingsearch@albertagirlguides.com).

Please put the Title of the position being applied for in the subject line.

**Deadline for applications is February 28th, 2017**



# CELEBRATE CANADA

## Canadian Trivia Questions

For the answers to these questions and for other Canadian activities, please visit [www.dltk-kids.com/canada](http://www.dltk-kids.com/canada)

1. What is the origin of the name “Canada”?
2. Who was the first Prime Minister of Canada?
3. What animal is on the Canadian quarter?
4. How many oceans touch Canada?
5. How many countries border Canada?
6. How many provinces in Canada?
7. What is the capital city of Canada (the national capital)?
8. True or False? Canada is the world’s second largest country, by land mass?
9. What is the Canadian \$1 coin called?
10. How many territories in Canada?
11. What is the most recent territory in Canada called?
12. When was the most recent territory in Canada formed?
13. When was the Canadian Charter of Rights and Freedoms included in the Constitution Act?
14. True or False? Superman was created by a Canadian?
15. Who were the first people to live in Canada?  
(a) Europeans, (b) Americans, (c) Aborigines, or (d) Norsemen
16. What is the name of the elected lower house of Canadian parliament?
17. What is the leader of Canada called?
18. What leaf is on the Canadian flag?
19. What is the Canadian national anthem called?
20. What is the “big prize” for the Canadian Football League (“CFL”) called? The \_\_\_\_\_ cup
21. What is the “big prize” for the National Hockey League (“NHL”) called? The \_\_\_\_\_ cup
22. What rodent is described by the Canadian Encyclopedia as having “had a greater impact on the history and exploration of Canada than any other animal or plant species”?
23. What measurement is used in Canada to measure temperature?
24. How many national languages does Canada have?
25. What are Canada’s national languages?
26. Who was the only Canadian ever to serve as Prime Minister of Great Britain?
27. Which was the tenth province to join Confederation?
28. Who was the first French-Canadian Prime Minister of Canada?
29. Who led the Metis in the rebellions at Red River in 1870 and in the northwest in 1885?
30. What was the name of the system of safe passages and safehouses that allowed American slaves to escape to freedom in Canada?
31. What is Laura Secord famous for?
32. How many time zones in Canada?
33. How many national parks are there in Canada?  
(a) under 10 (b) between 10 and 50 (c) between 50 and 100 (d) over 100
34. What is the name of the highest mountain in Canada?



**Proudly  
Canadian**



## PAGES FROM THE PAST

Janet Allcock

In my last article I told you some of the interesting stories from the Provincial newsletter “*Woodsmoke*”. When the editor of this publication retired in 1964 the office staff took on the task of producing the newsletter and it was given the less than inspiring title of “*Newsletter*”.

However in August 1975 readers were asked to submit ideas for a new name and a design for the front page and the next month “*Tumbleweed*” appeared.

On a personal note – this was its title and it confused me because when I joined Girl Guides of Canada I was a new immigrant and was living in Fort McMurray. As such, I did not see any tumbleweeds. It was not until the following summer when we took a road trip south that I finally seen a tumbleweed. I still remember feeling quite excited at my first sighting.

As we approach the 25th anniversary of the opening of the Alberta Girl Guide House, it is appropriate that I fill you in with some background to this important step. Reading through “*Tumbleweed*” I see that in 1986 Alberta Council members made the decision to purchase their own building.

They had looked at the options of leasing versus purchase and as they had been moving on average every three years, felt that the time and money involved in this could be better spent on developing Guiding.

Then the fund-raising began. Each month’s newsletter reported on the progress of donations, both corporate and individual. Numerous ideas on how to get involved flowed: from province-wide bottle drives termed GHARP (Guiding’s Humungous Reclamation Project) to a “Stamping Place” challenge which asked donors to send an outline of their footprint to be preserved in archives. If you took part in the latter you can come and find your footprint. Yes Archives still has them! Fiona Flouse, the Alberta Girl Guide House Mouse, was created to help with public relations and in February 1989 a craft idea of how to make a “Pet Mouse” appeared. The Alberta Government gave some very generous grants and when the building was purchased and renovated it was mortgage free.

The official opening of Alberta Girl Guide House took place on October 17th 1992, when girls from each branch cut coloured ribbons in front of 200 members and special guests. And Yes, Archives has the video of the event! It was a true milestone in the history of Alberta Guiding.



L to R: Marsha Ross (Chief Commissioner), Rosalyn Schmidt (Honorary Vice-President), Ken Kowalski (Minister of Public Works, Supply and Services, Alberta Government), Jan Reimer (Mayor of Edmonton)



# SUPER PROGRAM—LED BY SUPER GUIDERS!!

*By Tanya Watts & Charlene Nunemaker*

We were very fortunate to be chosen to attend the Super Program event for Pathfinder, Ranger & TREX Guiders that was held in Toronto last November. We met many Guiders from Ontario as well as delegates from across the country and Youth Forum members as well. It is nice to hear that we all have similar experiences, issues and successes no matter where we are in the country. After meeting and hearing the Youth Forum members speak, lead sessions & lead campfire Sat night, we are confident that Guiding will be well lead and in good hands for the next generation.

Putting faces to many names we see on the various Guiding Facebook pages was great! Getting to meet the 'expert' that always seems to be tagged in conversations was wonderful and certainly added to our personal reassurances that this person does indeed know her stuff!

Tanya was lucky enough to get to spend most of her time at the conference with Keynote Speaker, **Mark Collard**, from Australia. And it was half way through her time with him that she had her personal 'ah-ha' moment for the weekend.

Mark had us go through an exercise where all the participants were standing in a circle. He invited us three different times to cross the circle and find a new place. Each time we were to cross in a different manner: First, we were to pretend that we were entering an elevator of strangers. Let me tell you that crossing the circle was awkward, overly polite and quiet. Second, we were invited to cross as though we were in our cars in a rush to get someplace. Well, people were honking, rushing and still not really connecting with each other. Last, he asked us to pretend we were walking into a room of old friends - people we had known for most of our lives, but hadn't seen them in awhile. That trip across the circle took a long time, was noisy, people were hugging, shaking hands and happy.

The debrief on this activity was: how you show up affects your experience. If we show up closed, polite, secluded in our speedy cars, we may not get the same out of the experience as we would if we show up looking forward to meeting these people and to what we are about to experience.

How true this rings for all Guiding events! If we go to those meetings dreading them, or because 'we have to' as opposed to 'we want to', how different our evening is! If we attend trainings with an open learning mind, we have much more fun than if we try to speed through the weekend in our cars...Personal mindset is key!

*Continued on page 16*

*Charlene & Tanya with Chief Commissioner, Pamela Rice*



Continued from page 15

L to R: Chery Pounder, Charlene, Tanya, Becky Kellar

**Charlene** attended different sessions. One was on Independent Trips & Fundraising, a double session on Adventure camping, another on the outdoors where they did an activity to learn about endangered and protected species in ON, and one about Using Technology, led by the Youth Forum members. They did an excellent job and the best part was playing Kahoot! Never heard of Kahoot? Look it up, it's a great app based game where you can make up quizzes to play interactively with your girls. So much fun!!!

Other highlights included waiting in line to meet our Chief Commissioner, **Pamela Rice**, as well as a keynote address by **Mark Collard** where we learned about taking fun seriously (an oxymoron if I ever heard one!).

We received a copy of his book

"serious FUN Your Step-by-Step Guide To Leading Remarkably Fun Programs That Make A Difference".

We also learned about a website [www.playmeo.com](http://www.playmeo.com) that has many different ice breakers, games and other activities to play, the majority of which don't need any equipment or props. Great for a quick filler during a meeting or camp!

We were also fortunate enough to met **Cheryl Pounder** and **Becky Kellar**, both Olympic Gold Medalists for the Women's Hockey Team! These amazing hockey players had the room captivated for the evening and let everyone pose with them and their gold medals! We are excited to see that Cheryl is teaming up with Girl Guides of Canada for the Might Minds program! She is a wonderful speaker and will be someone the girls can relate to!



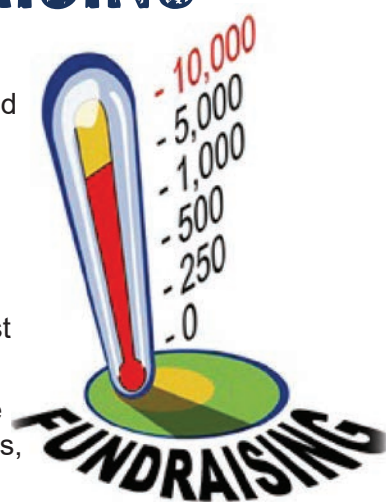
## HOW TO KEEP THE FUN IN FUNDRAISING

Beverly Simpson Headon

We all know it is somewhat daunting to do the fundraising and keep everyone engaged and enthusiastic. Whether you are fundraising for a trip, camp, meeting initiatives or the Canadian World Friendship Fund, you have to keep everyone involved and motivated to get the job done.

After the FR.1 one is submitted and approved is when the works begins! When planning your fundraisers, engage the girls for ideas, toss out your own and let them run with ways to advertise and execute your event. As we all know all fundraising must have participation from the girls.

While cookies is our first and foremost fundraising opportunity, there are ways to have fun with cookie sales, like making cookie costumes to attract attention at public venues, setting up cookie dispensers...the list goes on. There are lots of ideas out there to





make it more fun!

**Paint Nites** – these are becoming very popular and many companies out there offer different ideas on how to host one of these events. There are family nites available which allows for a fun night for everyone while making the funds needed.

**Bottle Drives** – get the family involved, the more hands the better. After the drive is done, have a refreshment of some sort with everyone. It is outside exercise that is great for everyone.

**Family Pizza Party** – talk to a local pizza place and see if they can provide a discount for pizza. Find a venue such as a community hall and set up beverages and desserts. The girls doing the fundraising can provide the entertainment. You may decide to include a silent auction (after reading the requirements on the Alberta Council website for donations that may be requested). It is a fun night for all ages.



**Good luck with your fundraising and have fun!**

# TRAINING

*Kathy Batty, Provincial Training Adviser*

Have you heard about what is happening, all under one roof, in Edmonton May 26 – 28th!?

- Multi-Faceted 2017 – The Magical World of Guiding
- The installation of our 20th Provincial Commissioner
- A visit from Pamela Rice – our Chief Commissioner (you may be lucky enough to get her crest!)
- Girls' Youth Forum
- Alberta Council Annual General Meeting and Banquet

This weekend is going to be jam-packed with activities, mentoring, laughter and enhancement!

The coordinators for Multi-Faceted 2017, **Tanya** and **Anne**, have been assembling their magical team to present exciting sessions such as:

- The Wild Rose Weekend (for our more experienced Guiders)
- OAL Modules
- The Science of Candy
- Robotics (back by popular demand for the 3rd time!)
- Chainmaille Bracelet Making (hot item from GM2016 – come see what the girls were all excited about!)
- Leading Active Games
- A Service Project (will also be open to ladies who can't join us all day, but are still attending the AGM and banquet!)

So grab your cape and wand and come experience the Magical World of Guiding, make new friends, reconnect with existing ones, refresh your skills and discover something new! This is a weekend designed for all of our Adult Members!

So now you are asking “***Do I get anything out of attending these trainings that I hear so much about and is it really worth my time to attend?***” The answer to that is a resounding **YES AND YES**, but don't take my word for it, read but a few testimonials from Guiders who have attended previous training events:

## **I Liked:**

- The diversity of the sessions
- Being creative (arts), new unit Guider – Sparks, meeting other leaders, swapping/trading
- Connecting with other ladies to share similar problems or similar successes
- *I love the sense of belonging and how it empowers women to know that they possess this knowledge too!*

*Continued on page 18*

### **I Learned:**

- How amazing Guiding is – I came alone and met several friends, everyone was friendly and inclusive
- I learned that I would choose sessions outside my box rather than areas I have experience in
- Things I can bring back to the meetings
- *That I had forgot stuff!*

### **I'm going to:**

- Become a trainer!
- Use the tips to help me get long awaited jobs done
- Take this back to district and promote training
- *Put what I learned towards my meetings and camps*

### **I would have liked:**

- More training, longer sessions on new Guider programming
- More social mingling, ice breaker games
- *More choices for Guiders who have been in Guiding longer*

I think the comments speak for themselves....what are you waiting for?....register for Multi-Faceted 2017 today as session choices are on a first come, first serve basis!

Training that is provided by Girl Guides of Canada (GGC) is designed to enhance the abilities of all adult members, whatever their role in Guiding may be. We have training streams that have been created by our National Office and they are referred to as **TEAM**, which stands for Training Enrichment for Adult Members. These modules have something for everyone.

**Unit Guider Stream** – If you are a new Guider, or a Guider who is changing Branches, then this stream is for you! These sessions are often offered at Area events and at Multi-Faceted. The sessions included in this stream offer Unit Guiders hints and tips on how to include the girls in planning meetings and events, branch specific information and so much more. The idea sharing that you will enjoy with other Guiders is second to none! Once you complete the foundation modules, TEAM offers a variety of Enrichment modules which will give Unit Guiders more dynamic ideas to take back to their units.

**Outdoor Activity Leadership (OAL)** – Research has proven that many of our girl members want to camp and be outside. Participating in the foundation OAL stream can assist Unit Guiders in incorporating camp and the outdoors into your program. These sessions are often offered at Area events, Multi-Faceted and HodgePodge and are ideal for anyone who wants to do outdoor activities with their units. Once you have completed the foundation modules, Guiders can move onto the Enrichments sessions which include Tent Camping and Adventure Camping modules.

**Commissioner Stream** – The Commissioner Stream is designed for Commissioners, Deputies, those interested in being a Commissioner and Advisers. This stream is offered annually in the fall (late Sept/ early Oct) as an Alberta Council sponsored Training Event. Three streams are offered during this weekend event - Getting Started is geared towards new Commissioners, or those who are thinking about becoming a Commissioner, More Depth is designed for our 2nd year Commissioner and the Administrator Stream is designed for 3rd year Commissioners and Advisers.

**Administrator Stream** – As noted above the Administrator Stream is designed for 3rd year Commissioners and Advisers or anyone who is looking for some personal enrichments. These sessions are normally offered at the Commissioners' Workshop which is held annually in the fall, but many of the sessions are also facilitated at Area Training events or Multi-Faceted.

**Trainer's Stream** – Otherwise known as *Train the Trainer*. The sessions in this stream are geared towards anyone who has an interest in becoming a trainer. They also cover the differences in teaching the adult learner versus the girls. The sessions also cover a myriad of facilitation skills, delivery and design and are facilitated by experienced trainers under Alberta Council. The Trainer Stream is usually offered to Guiders every two years at the Trainers' Workshop which is held in April. Registration for the 2017 Trainer's Workshop being held in Red Deer, April 21-23rd is now open. Check ANY\_GuideNews and the Alberta Council Website, under Training, for



more information and to register. Please note participating in the Trainer's stream training does not obligate you to become a trainer.

While the TEAM training streams that are offered in Guiding are designed for specific positions within Guiding, they can be taken by ALL Guiders at ANY time. Not only will you receive a lovely colored lamp pin when you complete the specific stream, you will leave the training with a wealth of knowledge and ideas while making new friends along the way!

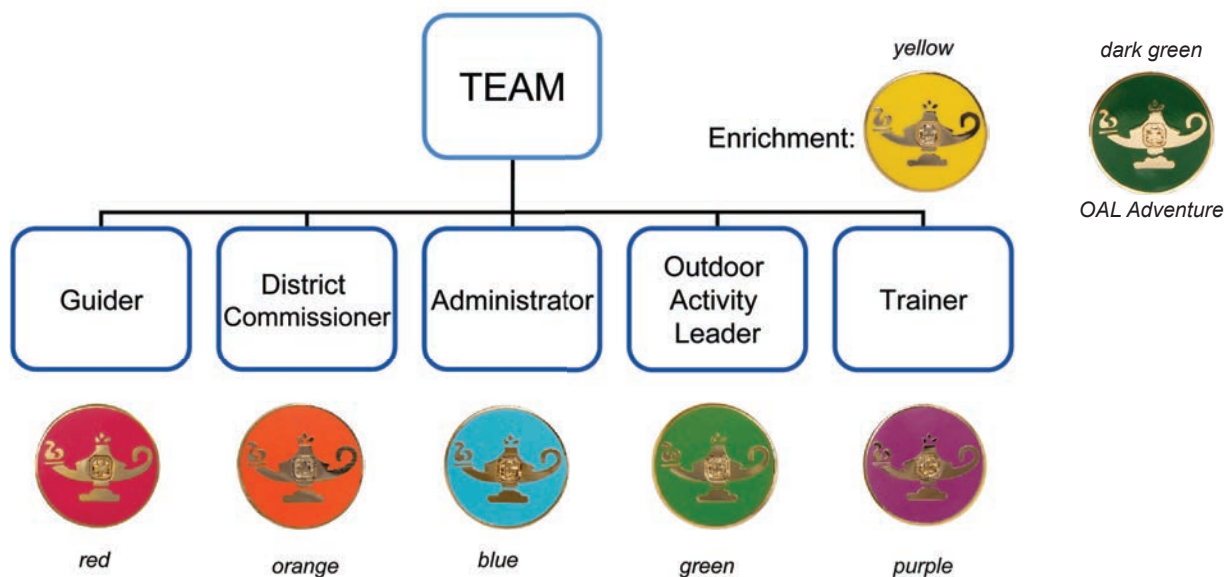
While we of course have our TEAM training streams as listed above, the Trainers in Alberta, Northwest Territories and Yukon are all skilled in a variety of other topics and therefore are able to offer a wide range of trainings, designed for you! Maybe you would like to know more about how lead a campfire, how to include girls in the meeting planning process, social media, singing, STEM, ceremonies or whatever you can think of... we can help....just ask!

For more information on the TEAM training streams and upcoming Alberta Council sponsored Training events, please visit the Training pages on the Alberta Council Website – [girlguides.ca/ab](http://girlguides.ca/ab).

I hope to see you at the Trainers' Workshop in April or Multi-Faceted in May.

TEAM Overview Chart						
Training and Enrichment for Adult Members (TEAM)					February 2014	
* Safe Guide is mandatory for adult Members to complete within 6 months of their Join Date.						
Stream	Programming			Membership Administration		
	Unit Guider		Outdoor Activity Leadership	District Commissioner/ACL	Administrator	
Foundations	New Guiders	Guiders Changing Branches	Getting Outside	Residential Camping	Getting Started	
	Building Unit Guider Skills All About Your Branch *Safe Guide	About the Girl Programming for the Girl Quick Start Putting the Pieces Together	Getting Outside - Unit Meetings and Day Camps	Leading Planning Food & Nutrition Camp Life	Foundation of Your Position District Administration Human Resources Building Your District Risk Management	Effective Communication Time Management Building Strong Teams Conflict Management Module of choice relevant to role
	Red pin	Red pin	Green pin		Orange pin	Blue pin
Enrichment: Role Specific	Unit Guider Enrichment		Tent Camping	Adventure Camping	More Depth	Personal Development Enrichment
	Dramatic Arts Exploring the Branches Guiding and the Promise & Law International Guiding Leading Active Games Communicating with Girls Girl EmPower Girls for Safer Communities Girls United: Helping Girls Connect in Healthy Ways		**Residential Camping modules or equivalent experience Planning & Packing Tents & Tarps Kitchens & Cooking Activities & Program Overnight	**Tent Camping modules or equivalent experience Trip Design and Structure Risk Assessment and Management Leadership Styles and Group Dynamics Navigation Adventure Camping Gear Adventure Camping Food Campsite Management Expedition(s)	Foundation of Your Position District Administration Human Resources Building Your District Risk Management	Bias Awareness and Equity Building Strong Teams Conflict Management Effective Communication Event Planning Financial Management Mentor Training Time Management **Understanding the Adult Learner Volunteer Management Ontario Treasurer Training
	Yellow pin		Yellow pin	Dark Green pin	Yellow pin	Yellow pin
			<div><div>Trainer</div><div><div>** Pre-requisite: Understanding the Adult Learner or equivalency</div><div>Needs Assessment Facilitation Skills</div><div>Training Design Training the Streams</div><div>Training Delivery</div></div></div> <div>Purple pin</div>			
Pins	Red	Unit Guider training: One pin for completion of the three New Guider modules. One pin for completion of the four Changing Branches modules.				
	Green	OAL Residential Camping Training: Completion of four modules selected from Getting Outside and Residential Camping, two of which must be Planning and Food and Nutrition				
	Orange	District Commissioner Training: Completion of the Getting Started District Commissioner modules.				
	Blue	Administrator Training: Completion of Effective Communication, Time Management, Building Strong Teams, Conflict Management, plus choice of one enrichment module relevant to your position				
	Purple	Trainer Training: Completion of the Understanding the Adult Learner and the Trainer modules				
	Dark Green	OAL Adventure Camping: Completion of the OAL Adventure Camping modules				
	Yellow (OAL)	OAL Tent Camping Training: Completion of the OAL Tent Camping modules				
Yellow	Enrichment Training: Completion of any five Programming and/or Membership Administration Enrichment modules					

# Training and Enrichment for Adult Members (TEAM)



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