

# On My Own



BC LONES

NEWSLETTER



SPRING 2012 Issue: 45

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## On My Own

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Credit as to source would be appreciated.

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# JOYBUG'S LETTER



First off, I want to welcome our new Lones Members who have just joined us since December- Alison, Danica, Erica, Raeleigh and Isobel. I also want to wish you all a very Happy World Thinking Day on April 22, as we join our Guiding and Scouting sisters and brothers around the world celebrate the joint birthdays of Lord and Lady BP. How many of you took up my challenge to make a World Thinking Day card or donation to the CWFF?

After a wild and cold winter in most parts of BC, I am sure you're all looking forward to spring. Did you see your shadow on Groundhog's Day? Six more weeks of winter said the groundhog in the USA but Canada's Wiarton Willie is calling for an early spring. Although six weeks seems a long time – check your calendar to see just how many days it is until the first day of Spring on March 20?

Spring must look far off up in Stewart where Lora Lee Murray our Sparks Guider lives. It is in northwest BC near the eastern Alaskan border where over a typical winter, 572 cm (18.75 feet) of snow falls on them. That equals 3+ men standing on each other's shoulders deep! They gained the distinction of being the country's snowiest town in January. In fact they are listed as the fifth on the list for places recording the most snowfall in Canada. Dease Lake also had record low temperatures in January in the -40's too and adding in the windchill factor makes for a cold time.

This issue focuses on Earth Month, funny celebrations and Guiding challenges. Do you know that when you do a challenge you also get credit on your program work too! For those of you who help out in other branch level Units – be sure to keep track of your time and projects that time counts.

The outdoors and nature are common thoughts once the weather starts to get warmer and the days longer. So we're also getting a jumpstart on some things you can do at camp this year too. There are some great camping opportunities coming this spring and summer so now is the time to start to Be Prepared.

***Yours in Guiding,  
JOYBUG***

Joyce Wenner  
BC Lones Adviser

- Don't forget to send in your On My Own newsletter submissions of pictures and/or write-ups via e-mail to [lones@bc-girlguides.org](mailto:lones@bc-girlguides.org).



# Program News



## Newest BC Challenge

In January 2012, the BC Program Committee launched their newest project ***The BC ShakeOut Earthquake Preparedness Challenge***. This challenge helps you and your family prepare for an earthquake plus the events you will possibly meet up with over the following 72 hours.

## “Music Music”

GGC National has plans for a new national Music playlist so all Guiding Members across Canada will be able to learn the same songs and tunes to all Guiding songs.



What are your favourite Guiding songs? Why not get a jump start and make your own Guiding songbook. All it takes is a duotang or file folder and some paper. Try sorting your songs into categories: *Action, Silly Special Days, and Closing, etc.* To find words and music online for songs log on to the GGC websites or Google in “Songs for Girl Guides”.

## International Women’s Day 2012

International Women's Day, held on March 8, is a global day to celebrate the economic, political and social achievements of women past, present and future. Thousands of events are held throughout the world to inspire women and celebrate achievements. Great improvements have been made and today we have female astronauts and prime ministers, girls are welcomed into university, women can work and have a family, women have real choices and Girl Guides is part of those changes! In Canada the theme for International Women's Day is **“Strong Leadership. Strong Women. Strong World: Equality”**.

## Queen Elizabeth Celebrates her 60<sup>TH</sup> Year as Queen Trivia

- Did you know that Queen Elizabeth was a Girl Guide? The 1<sup>st</sup> Buckingham Palace Unit was founded in 1937.
- She is the Queen of Canada and ascended the throne on February 6, 1952 following the death of her father King George VI.
- Her coronation gown was embroidered with the floral emblems of all the Commonwealth countries including the Canadian maple leaf.
- She sent her first email in 1976 and joined Facebook in 2010.
- She is the mostly widely-travelled ruler – visiting Canada more than 23 times plus 124 other countries but doesn't have a passport.
- She has had four likenesses of her on our money and is also on our postage stamps.
- She has nine Royal Thrones (six in Buckingham palace, two in Westminster Abby, one House of Lords.)
- Although her real birthdate is April 21 her birthday is officially celebrated in Canada on the last Monday in May as a holiday.

**WAGGGS  
Olympia Badge**

With 2012 being an Olympic Year, WAGGGS has created the Olympia Badge. In 2008 the badge was for Beijing China and this year the summer Olympics will be held in various cities in England starting in July.

If you want to find some ideas for an Olympic or Active Living theme – Check this link out:  
<http://www.waggsworld.org/en/take-action/activities/olmpia>

On the Olympic Flag there are five Rings to represent the areas in the world. The red ring represents the Americas - North, South and Central.

***Herstory: Then and Now*** is GGC's online photo sharing on Flickr. Each month, GGC will post a small sample of women's images from our GGC national archives. These photos will give you an insight into our past, and enable Girl Guide Members and volunteers the opportunity to learn about the origins of current-day customs and activities, plus witness how Guiding has changed throughout the 21st century. Check it out <http://www.flickr.com/photos/girlguidesofcan/sets/72157629130607307/>

# SPARKS



## Fun Drawings X 3

This is a fun way to make different drawings. You can use craft, construction or heavy tissue paper.

### Supplies

- Crayons 3 colours your choice
- Washable Markers
- Construction Paper
- clear adhesive tape
- rubber band

### Directions

1. Pick out three of your favorite colors from your Crayola Crayons or Washable Markers.
2. Hold all three crayons together. Wrap a rubber band around them. Tape the three crayons together so they won't slip.
3. Now draw with your color trio. Making swirls and curls is as easy as 1...2...3.

## Some fun indoor camping ideas for Sparks



### Making Indoor Campfire Ideas

1. Make a campfire using a pizza pan with a battery operated flashlight in the center. Place real wood over this and fill the spaces with orange, red, and yellow tissue paper. There needs to be enough space between the wood to still touch the light on and off without disturbing the wood.
2. To make a 3-D campfire - paint paper towel tubes with brown paint. When the paint dries, hot glue four of the tubes into a square shape for the base of the campfire. Then glue the remaining tubes up towards the center, like a pyramid. When the glue is dry and cool, glue pieces of yellow, red and orange tissue paper to the wood to represent the fire.



# BROWNIES



## Camp Out

Brownies can participate in camping activities to help learn to enjoy the outdoors and nature. These camp-outs can vary from day camping --- where girls spend the entire day at a campground complete with planned activities --- to an overnight camp that includes hiking, crafts, campfire sing-a-longs and marshmallow roast rounded off with mug up.

If you can't go to a planned Brownie Camp why not have one in your basement or own backyard with a friend or family. Set up your tent, load it up with your flashlight, ground sheet, sleeping bag, and pillow. You can make your own imitation firepit too if you can't have a real one – see on the Sparks page section. Think of different ways you can make your camp just like the real ones.

### Camp-Themed Reading Suggestions

<p><b>The Berenstain Bears and the Ghost of the Forest</b> by</p>	<p><b>Amelia Bedelia Goes Camping</b> by</p>
<p><b>The Berenstain Bears Go to Camp</b> by</p>	

### Campout Cooking Treats

<p><b>Mint S'mores</b></p> <ol style="list-style-type: none"> <li>1. Take two Girl Guide mint cookies</li> <li>2. Toast your marshmallow and place between two cookies.</li> </ol>	<p><b>Ants On A Log</b></p> <ol style="list-style-type: none"> <li>1. Spread peanut butter or softened cream cheese on celery sticks</li> <li>2. Add raisins on top.</li> </ol>
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### Campfire Brownies

**Supplies: 2 plastic Large Ziploc bags – Make sure tightly sealed and follow directions**

<p><b>Bag 1</b></p> <ul style="list-style-type: none"> <li>• water</li> <li>• 1 crumbled sleeve graham wafer crackers</li> <li>• ¼ cup copped nuts - optional</li> <li>• 2 Tbsp icing sugar</li> </ul> <p><b>Bag 2</b></p> <ul style="list-style-type: none"> <li>• ¼ cup water</li> <li>• ¾ c chocolate chips</li> <li>• 3 Tbsp milk powder</li> </ul>	<p><b>Directions</b></p> <ol style="list-style-type: none"> <li>1. Over the campfire, carefully simmer pot of water to hot but not boiling.</li> <li>2. Remove from heat and dip bage # 2 into the pot/ when the chocolate melts,</li> <li>3. Add the ingredients from bage #1. Combine and knead. Can be eaten warm or later as brownie chunks.</li> </ol> <ul style="list-style-type: none"> <li>• <i>Thanks to Reena Nerbas for this recipe</i></li> </ul>
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# BC Camping Challenge - Spring

**Sparks & Brownies: Do two from Culinary Capers & Camp Skills, one Outdoor Activity**  
**Guides, Pathfinders, Rangers: Do three from Culinary Capers & Camp Skills, one Outdoor**

Culinary Capers	Camping Skills
<ol style="list-style-type: none"><li>1. Make a friendship fruit salad</li><li>2. Make a boil in a bag meal</li><li>3. Make a stuffed pizza</li><li>4. Go on a trail hunt for your breakfast</li><li>5. Cook a tin foil dinner</li><li>6. Cook a meal using dehydrated foods</li><li>7. Cook a banana boat</li></ol> 	<ol style="list-style-type: none"><li>1. Use a single burner stove</li><li>2. Sing a new grace</li><li>3. Sleep in an emergency shelter</li><li>4. Learn how to storm lash your tent</li><li>5. Help sort your district / unit camping equipment</li><li>6. Lay and light a campfire</li><li>7. Cook one meal on a campfire</li><li>8. Teach another level of girls how to put up a tent</li><li>9. Make a dogwood or stellar jay camp hat craft</li></ol>
Outdoor Activities	
<ol style="list-style-type: none"><li>1. Draw or photograph a tree in blossom</li><li>2. Take a walk in the rain, and sing a song about rain</li><li>3. Take a picture of all the campers with a box of classic cookies</li><li>4. Find and identify two wild flowers</li><li>5. Play a wide game</li><li>6. Make a birds nest craft on your nature walk</li><li>7. Build and put up a bird or bat house at camp or in your community (get approval)</li><li>8. Identify an edible plant and learn what it is used for.</li><li>9. Play a game of leap frog and sing a song about frogs</li><li>10. Visit a fish hatchery</li></ol>	

**Kim's Game** – This game was originally played when scouting first started in 1909 - used to develop powers of observation using all your five senses. The idea is to identify 10-20 objects can be done with sight and also touch, smells, sounds (whistle blowing, doorbell ringing, toilet flushing), etc.

## Sound Maps B G P

### Supplies

- index card or piece of paper
- pencil



### How to Play

1. Take a piece of paper or an index card and a pencil and mark an "X" in the middle of the paper, which will represent you.
2. Find a special place to sit outdoors and listen carefully to your surroundings.
3. As you listen, map the different sounds that they hear around them, by using symbols to represent the sound in relation to where they're sitting.  
Symbols you could use are: W= wind, B= bird, P=people etc or draw figures of your own choosing. ♪ =music 🛎 = bell ☺ = people
4. At the end of 10 minutes time, look at your maps and discover everything you heard.

## Ant's Eye View B G P

Lie on your back on the ground and look at the world from a different perspective. Stay still for a few minutes and look at such things as tree trunks, branches, sunlight coming through the leaves, birds, and spider webs. Describe what you saw.

## Stalk an Insect S B G P

Watch everything one ant does for one to two minutes. Look at it through a magnifying glass. What did you see?

**Eco Message:** You will get a different look at the diversity in the surrounding habitat. Sounds and sights heard in the city will be much different than those in the forest.

# Camping Songs

## **A-Camping We Will Go** (tune: Farmer in the Dell)

A-camping we will go,  
A-camping we will go,  
Hi-ho and off we go,  
A-camping we will go.

First we pitch our tent  
First we pitch our tent  
Hi-ho and off we go  
A-camping we will go

Next we chop some wood  
Next we chop some wood  
Hi-ho and off we go  
A-camping we will go

More Verses:

We light the campfire now  
We cook our dinner now  
We tell fun stories now  
It's time to go to sleep

## **Chicka Boom**

I said a boom chicka boom (echo)  
I said a boom chicka boom (echo)  
I said a boom chicka rocka chicka rocka chicka  
boom (echo)  
Oh yeah (echo), uh huh (echo), next time (echo)  
A little softer (echo).

A little louder  
A little slower...  
A little faster...  
The end!!!

For more camping songs go to:

<http://www.weknowcampfiresongs.com/index.html>  
<http://dragon.sleepdeprived.ca/songbook/Plan4.htm>

## **I'm Going Camping** (tune: Twinkle Twinkle)

I'm going camping, yes sirree!  
I'm going camping, won't you come with me?  
First we'll pitch our tent on the ground,  
Then make a fire as we all gather round.  
I'm going camping, yes sirree!  
I'm going camping, won't you come with me?

Next we'll cook on the open fire,  
Then tell stories till we all get tired.  
When the stars are twinkling bright,  
We'll sleep in our tents 'til the morning light.  
I'm going camping, yes sirree!  
I'm going camping, won't you come with me?

When we see the morning sun,  
We'll wake right up 'cause the day's begun.  
There's so much that we can do --  
Fishing, swimming, hiking, too.  
I'm going camping, yes sirree!  
I'm going camping, won't you come with me?

## **No Bananas In The Sky** Sung to tune Tavern in the Town

There's no bananas in the sky, In the sky  
There's no bananas in the sky  
There's a sun  
And a moon  
And a coconut cream pie  
But there's no bananas in the sky, In the sky!



# GIRL GUIDES



## Cookie AllStars Program

Did you know that even in Lones - members you can earn their **Cookie AllStar** crest? You need to sell a minimum of 7 cases between the fall and spring campaigns in a Guiding year to be recognized for this program. The cases must be ordered by or for you alone and not part of a unit's cookie blitz. This does not mean you can't order the cookies from active units or with your local district orders. Once you have realized this goal you need to let your Lones Contact Guider know so we can access the earned crest and certificate from National for you. Selling cookies is also a great way to fundraise to attend camps and special events too, so think about what you would like to achieve.

## Preparing for the Outdoors

### KNOTS, KNOTS, and more KNOTS

Looking for some great interactive websites to learn how to tie your knots for camping this year?

- <http://bsatroop21.net/Knots.htm>
- <http://troop170.org/knots.html>
- <http://66thlondon.org/knots.html>

### How Many Layers Do I Need?

QUESTION: Why is it important to wear layers when we're on an outing?

#### Supplies

- CD or cassette player or iPod with some fast and energetic music

#### Directions

1. Dress for the outdoors and go outside.
2. Check your body temperature before you start to dance or exercise.
3. Do the test outdoors and check the following
  - Is your skin dry or moist?
  - Are you cold or warm?
4. Put on the music and dance for the length of one or two songs then, check your body
  - What was your body temperature like before you started?
  - What was it like while you were exercising?
  - What was it like right after you stopped exercising?
  - What was it like 5 minutes after you stopped exercising?
  - Do you feel like putting more clothes on or taking some off?
  - How many layers will you start with?
  - What type of clothing will you choose when you go out?



## S.T.E.M. Program Work - Thanks to Tracey Mozel and Julie Thomson - BC Program

- Physics #3, #4, #5
- Chemistry Badge #6,
- STEM Challenge



### 1. Magnetize a paperclip to make a compass.

- Supplies: magnets, paperclips, compass and cork
- Make an indented line on the cork
- Straighten your paperclip and rub the magnet down the length of the paperclip 30-35 times in the **same** directions (don't go up and down).
- Lay your paperclip on the cork and float the cork in the sink. The cork will spin until it turns north.
- Use your compass to see if your home made magnet actually works

### 2. Learn about Friction

- Supplies: Piece of wood for a ramp, some toy cars with wheels, different substances to put on the ramp (like oil, sand, water, wax paper, sand paper, tin foil, or any other ideas you want to try); tarp for under the ramp and egg timer or stop watch – optional.
- Set up the ramp on a tilt. #1 Time your car's descent without anything on the ramp and records the times. #2 Put one of the various substances on the ramp and try it again. Was the car faster or slower? Why? Try it again using other substances. You could even use cars with different kinds of wheels??

### 3. Playing with Light

- Supplies: Flashlights, cellophane, elastic bands
- Tape some squares of white paper up the dark classroom. Use a flashlight with red, blue and green cellophane taped over them.
- Shine different combinations of light on the paper. What colours can you see?

### 4. Blowing Out a Candle (Chemistry)

- Supplies: 2 jars, one that is shorter and can fit inside the large one, baking soda, vinegar
- Directions: In the large jar pour in vinegar. In the smaller jar put in the soda. Carefully place the soda inside the large jar. The large jar also needs a lid with a straw in it. Put the lid on the large jar with the straw and then tip the bottle over gently and CO<sub>2</sub> will form. You can then put out a small fire like a candle or match. You've made a fire extinguisher!

### 5. Raw or Cooked? (Physics)

- Supplies: 1 hard boiled egg, 1 raw egg, a small bowl
- Directions: Place both eggs in front of you – can you tell - without breaking them, which egg is cooked and which is raw?
- Spin both eggs on their sides, at the same time with the same force. Note the egg that is making the fastest and even spins - that that egg is the cooked one.
- Crack the other egg into the bowl to prove it.

# PATHFINDERS

## Pathfinder Program

As a Pathfinder you take a more active role in planning your program and deciding what works for you and you want to do and accomplish. Over the year you plan the path you want to take with help from your Lones Contact Guider as your mentor. It is your job to keep in touch with your mentor by providing you with support, knowledge and advice to help meet your goal.

This year we have a large Pathfinder group and one of the things I need to remind you all is that you must keep your Lones Pathfinder Guider up to date on your program. She is the only one who can update your records and keep them up to date. If you use another Guider to test your work, **please remember** you still need to send the proof to your Lones Contact Guider.

## Camping

One of the best things you can enjoy while out camping is to cook over an open fire. Nothing tastes better but you do need to take precautions too when building your fire from the materials you use to the place where you build it. Fire lighting is an important basic skill. It is vital for cooking, keeping warm and as a focal point for various activities when going camping.

A fire needs to be built carefully - you can't just pile lots of wood together and light a match. When you are making a fire on the ground or using a raised, ready-made firepit, it is always necessary to take time to prepare everything before you actually strike the match.



The first things you need to decide is where your fire is going to be, collecting suitable materials, how to build your fire properly and make preparations for putting the fire out in an emergency.

### Tricks for making a campfire

1. Decide where you want to build your campfire - away from tree overhanging low branches, hedges, buildings or tents. A fire area is usually a 1 metre square.
2. Check the wind direction.
3. Get everything ready first. Dry kindling (thin twigs and sticks) is very important. If it has rained recently, you can still find kindling under bushes or trees and keep your kindling dry while searching for larger twigs and small sticks
4. If you are lighting the fire directly on the ground look for where fires have been lit before. The area will simply need to be checked that it is ready to use. If it is a grassy area, check whether it is okay to lift the turf to find a bare patch of ground for your fire.
5. **Laying and lighting the fire**
  - Stand the first twig upright in the ground.
  - Surround it with tinder. Use a left over candle ends or rolled newspaper tied with string and dipped in paraffin wax can be used as starters
  - Start placing it into a tepee shape by surrounding this with kindling.
  - Use progressively thicker twigs, expanding this shape and leaving a gap at the bottom for your match.
  - Light your match, shielding the flame in your hand and getting as near as possible to the fire.
6. **Remember**
  - Never use liquid paraffin wax, aerosol cans or gasoline to light or revive a fire.
  - Feed a fire - don't smother it. Fires often go out if they are not looked after in the early stages so watch it carefully.
  - Replenish the fuel frequently, remember that it is important **not** to allow the fire to become too 'dead'.

- If the fire you are making is for cooking - remember to start it long before you need to start doing the cooking. The cooking fire should not only be 'smokeless' but also 'flameless'. Hot coals and embers give a constant heat suitable for cooking - **Do Not** cook over open flames
- After you have finished with your fire put it out: In both cases, check thoroughly and make sure that the fire is out by using one of two ways:  
**With water** - Let the fire die down. Spread out sticks and coals, sprinkle with water being careful that it does not turn to steam and scald you.  
**Without water** - Let the fire die down. Spread out the hot sticks and coals; scrape any burning embers from the logs and sticks. Cover thoroughly with dirt and scatter embers to make sure the fire is completely out and always remember to leave your fire area as you found it, so that there is no trace that you have been there.

## Fire Making Instructions Sheet

Fire Starters	Tinder	Kindling	Fuel
<p><b>Matches</b></p> <p>Kitchen size matches are best. Make sure they are waterproofed by dipping in paraffin wax or nail polish,</p> <p>Flint and Steel Any stone containing quartz is good. For steel, use back of knife blade or file with burr ground off.</p> <p>Burning Glass Magnifying glass or</p> <p>Cotton Balls Dipped in petroleum jelly</p> <p><b>DO NOT USE</b></p> <ul style="list-style-type: none"> <li>• <b>Acorns</b></li> <li>• <b>Shale (Rock)</b></li> <li>• <b>Wet Rocks</b></li> <li>• <b>Aerosol Cans</b></li> </ul>	<p><b>Grass</b></p> <p>Fine, dry – up off the ground and dried weed</p> <p>Dry Leaves Still on the tree</p> <p>Fine Twigs “Squaw Wood” from standing trees.</p> <p>Bark Cedar or birch picked from dead standing trees or on the ground</p> <p>Fine Shavings of dry wood</p> <p>Paper, Candle ends, Rolled wax coated paper and string, sawdust /wax in egg cartons</p> <p>Commercial fire starters - Sterno</p>	<p><b>Twigs</b></p> <p>Dead, dry “squaw wood” from standing trees.</p> <p>Weed Stems Medium and heavy stems.</p> <p>Split Wood Always good as long as it is</p> <ol style="list-style-type: none"> <li>1. Dry</li> <li>2. Split fine enough</li> <li>3. More than you think you need.</li> </ol> <div style="text-align: center;">  </div>	<p><b>Wood</b></p> <p>Any size. Better split it if your log is more than 3 inches in diameter.</p> <p>Charcoal BBQ briquettes.</p> <p>Coal Soft or hard</p> <p><b>Resources</b></p> <p>GGC Camp Handbook BSA Handbook BSA Field Book Internet Sites</p>

### Do You Want To Find Some New and Different Camping Recipes? Check out these websites:

- [www.quietjourney.com/recipes/](http://www.quietjourney.com/recipes/)
- [www.food.com/cookbook/girl-scout-camping-recipes-214985](http://www.food.com/cookbook/girl-scout-camping-recipes-214985)
- [www.angelfire.com/tx/scout21/index.html](http://www.angelfire.com/tx/scout21/index.html)
- [www.scoutingresources.org.uk/.../cooking\\_camprecipes\\_001.pdf](http://www.scoutingresources.org.uk/.../cooking_camprecipes_001.pdf)
- [www.adventuresportsonline.com/recipe.htm](http://www.adventuresportsonline.com/recipe.htm)
- [www.retiredscouter.com/resource\\_tin\\_foil.html](http://www.retiredscouter.com/resource_tin_foil.html)
- [www.justbrownierrecipes.com/bro-0034141](http://www.justbrownierrecipes.com/bro-0034141)
- [www.recipesforcamping.com/inxcgu.html](http://www.recipesforcamping.com/inxcgu.html)

# April is Earth Month

Each April we join together to look at ways we can reduce waste in our daily lives as we celebrate Earth Month. April 22 is designated Earth Day but the whole month is time to think of ways to save energy and keep our planet healthy. Each of these Earth-friendly activities all help when we take the time to do them.



Earth Day is the perfect day to start some good habits you keep meaning to get around to. Some ways you can help are:

- **Keep Your Neighborhood Clean** - when you see trash on the ground, toss it in a trash can.
- **Recycle Cans, Bottles, and Paper** - Save them at home and at school, and help your family recycle them.
- **Help Keep the Air Clean** - Ride your bike or walk to school. Too many cars cause a lot of pollution.
- **Save Paper** - Use both sides of your paper at school and at home. To clean up messes, use sponges or washable reusable cloths instead of paper towels.
- **Help Save Water** - Don't leave the water running while you brush your teeth.
- **Help Save Energy** - Turn off the lights when you leave the room.
  - Turn off the TV when you're finished watching it.
  - Don't leave the refrigerator door open - get what you want quickly.

## Pitch-In Canada 2012

2012 is the 46th annual PITCH-IN CANADA WEEK. The campaign's theme is: **OPERATION: Clean Sweep**. The program is the largest environmental improvement Campaign in Canada and Girl Guides of Canada is a partner. To take part in this annual clean-up campaign in your community you can register at <http://www.pitch-in.ca/Coded/PIW/Introduction.php>.

Recycle bags are free in all communities (If registered as a group the bags will be sent to you in April via Canada Post AFTER you register your PITCH-IN WEEK project with PITCH-IN). Also you can log on to <http://www.pitch-in.ca/Overview/E-Overview19.html#British> to see where to pick them up in your community.



## Waste Products

Almost everything we do leaves behind some kind of waste. The average household creates ordinary garbage, while industrial and manufacturing processes create solid and hazardous wastes.

### Compost

Compost is what we call the organic material that is made by combining organic wastes (e.g. yard trimmings, food wastes, manures etc.) To be used to improve the soil to grow plants.

When joined in proper ratios it breaks down the organic materials; and gives the environmental benefits by creating a useful product from organic waste that would otherwise have been sent to the landfill.

Learn how to create your own compost pile.



### Garbage (or Non-Hazardous Waste)

More commonly known as trash or garbage, non-hazardous waste is made up of everyday items we use and then throw away. Things like product packaging, bottles, food scraps, and newspapers.

This garbage comes from our homes, schools, hospitals, and businesses.



# Eco Games

## Trash Relay S, B, G



Do with friends, your class or siblings

### You will need

- Trash! (An assortment of trash including waste, compostable items, and recyclable items)
- Rubber gloves
- 3 Bins or bags to sort the trash waste, compostable items, and recyclable items

### How to play

1. Have a pile of household trash
2. Put a pair of rubber gloves and place the pile of trash half way between your start and the bins or bags end lines. At the end line, place three buckets or containers labeled “Garbage”, “Recycle”, and “Compost”.

The object of the game is to put on the rubber gloves, run (walk, skip, crab walk...whatever you decide) to the ‘trash’, select an item, run to the end and put it in the proper category, run back to the start and hand off the gloves to the next girl in line. The relay can be run until every girl has gone once/twice/etc., or when all the trash has been sorted. If doing this alone – see how much time it took you to do the game.

### Eco-message

Once the trash is sorted, talk with the parents about what you found in the garbage and how much of it was in the ‘wrong’ place. Talk about the ways in which we can reduce our garbage, but when we do make it, how we can make sure it gets put in the right place.

## Plastic Bits ‘N Pieces G, P \*Learning Resources – Power of Science – Ecology, 2003

Suppose somebody dumped a truckload of plastics off at your house, school or meeting place. How could you separate the treasures (the stuff to recycle) from the trash (stuff you toss)? You could sort the plastics by hand; one piece at a time, but you could be very old by the time you finished! What are better and faster ways?

### You will need

- Mixed plastics (sandwich and grocery bags, six-pack holders, packing material, soda bottles, straws, fishing line, and so on.)
- Scissors
- Container with a lid (such as a coffee tin)
- Balloon
- Dishpan with water (optional)
- Tape

### What to do

1. Cut the plastic objects into small pieces. Mix the pieces together into a pile on a table.
2. Blow gently on the pile. Which plastics separate from the others?  
What do these plastics have in common?
3. Look at your tools: balloon, container, water, and tape. How could you use these tools to further separate the plastics? Experiment! Your goal is to sort each type of plastic into its own pile.
4. Here’s a hint for the balloon: blow it up, tie it off, and rub it on a wool sweater, carpet or your hair. Hold it close to the pile of plastic. What happens?
5. Here’s a hint for the container: Use it to shake the plastic, or try spinning it, like a washing machine.

**Eco-message:** Not all plastics are equal! There are seven major kinds of plastic. Some kinds are recyclable. Others are not. Blowing on the pile separated the plastics by weight. The lighter plastics blew away. The heavier ones stayed. Discuss what other properties of plastic you used to sort them. What didn’t work?

## Ecological Footprint

Did you know all humans depend on the Earth to live? The amount of land, water measurement we each need to produce all the things we use and absorb the waste we produce is called our “**Ecological Footprint**”.



There are five different things that make up the impact we leave: food, energy, waste, water and transportation - all of which leave a footprint on nature when we use them. It is important to look at ways to reduce the negative effects so we will be able to keep our natural resources for years to come.

Take a look at the garbage and waste products we use in our own homes and see how we can make a difference by using the 3R’s – Reduce, Reuse and Recycle.

### How Green is My Kitchen? B G P

Did you know that the food we eat is our energy that keeps our body healthy and working right? Did you know that everything uses energy in some form or another? We need energy to produce and get food but we must also be careful to preserve that energy so we don’t run out in the years to come. One way we can save energy is to use ways of making food in a way that uses less. Here is a chart to see how much energy you use in your own kitchen.

To score points: Example:

If you eat raw fruits and vegetables rather than cooking them give yourself a check mark or tally point for each time in that day’s box.

My Kitchen Green Behaviour	Mon	Tue	Wed	Thur	Fri	Sat	Sun
I used the microwave to reheat							
I ate raw fruits and vegetables							
I decided what I wanted before I opened the fridge and then closed the door right away							
I took my lunch in a reusable container							
I used a composter bin							
I used my own reusable bags when we went shopping							
We tried to buy products with less packaging							
Used a refillable container							
Bought products that were grown locally when in season							
<b>MY TOTAL</b>							

- Natural Resources Canada – Energy and the Environment

## Be a Litter Detective

**Objective:** Develop a positive attitude against littering and find some solutions to help reduce littering.

### Supplies

- paper and pencil
- gloves for protection
- litter collection bags
- a map of your schoolgrounds or neighbourhood



### What to Do

1. Do you know what "littering" is? Have you littered? What did you litter? Why?
2. Look around your home, neighbourhood or school where litter can be found and identify it on your map. The locations can be indoors or outdoors and must be as specific as possible. Identify the locations on the map.
3. The goal is to collect and analyze all litter located within the selected area. Allow 15-30 minutes for the litter collection.

### After the litter collection

1. Examine the collected litter materials and put them into categories
2. Determine the most frequent litter components.
3. Record the data.
4. After sorting look at
  - Which locations yielded the most litter and why?
  - Can any of the littered items be recycled or used in some other way?
  - By examining the types of litter can you determine which age group may be most responsible for the litter?
  - Does the school or community have rules or laws against littering? If so, are the rules or laws enforced? What penalties are involved?
  - How is litter managed at your school?
  - Does your school provide refuse containers near the litter locations?
  - How can the amount of littering be reduced?

**Follow-up activity:** Repeat the exercise after a week or month then compare your findings.

### Program Connections

**ECO CHALLENGE** - Eco footprint - all branch levels

**Brownies; Key to Living World # 4, #5** Celebrate Earth Day **Outlooks:** Recycle, Terrific Trash

**Guides:** Discovering You - Understand How to Be Responsible, Personal Growth Recycling Interest Badge

**Pathfinders:** Our Environment

**NOTE:** Recycling is Cool!

**A good book to read is *Canada Recycles*** By Peter Cook and Laura Suzuki for Brownies and Guides. In five simple chapters it gives a complete overview, exploring of the different types of recycling, such as plastics, paper, metals, glass and more. It's never too early to learn about recycling. **ISBN-13: 978-1-4431-0715-0**

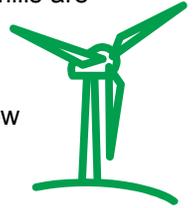
# Wind Energy

Wind energy is one of the fast growing **alternative energy** sources in the world. Wind is a clean fuel; wind farms produce no air or water pollution because no fuel is burned. Using the power of wind has been done for centuries. The earliest windmills were found in Iran, then known as Persia, and looked like large paddle wheels. Windmills were used to pump water and grind grain. Wind is air in motion. It is produced by the uneven heating of the earth's surface by the sun

Windmills work because they slow down the speed of the wind. When wind flows over the airfoil blades it causes lift, like the effect on airplane wings, and makes them turn. The blades on today's windmills are connected to a drive shaft that turns an electric generator to produce electricity.

**One** wind turbine can produce enough energy to produce electricity for as many as 300 homes.

The only drawback to using wind power is in places where there is not enough constant wind flow unlike in California and some of the prairie provinces where they can be used constantly.



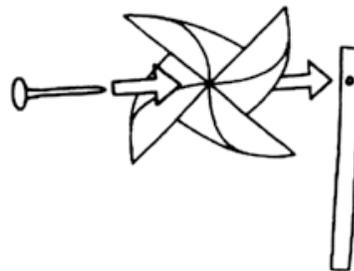
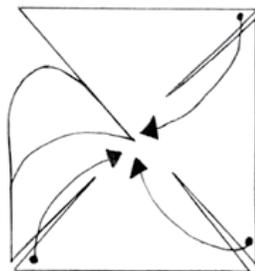
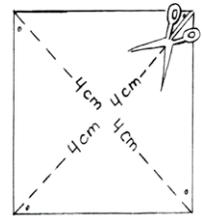
## Make your own Windmill

### Supplies

- 1 X 20cm X 20 cm square of paper - you can use recycled wrapping paper, or old magazine
- plasterscine
- sharp pencil, ruler, scissors
- push pin or paper fastener
- beads optional - with hole big enough to slide onto the paper fastener
- drinking straw

### Directions

1. Fold your paper in half diagonally to make a triangle and press along the crease. Unfold it and then fold across the other diagonal and press along the crease. Open up again from the center where the creases meet. Measure 4cm along each crease line and make a dot with your pencil.
2. Cut from the outside corner along the crease line to the dot. Don't cut all the way to the middle.
3. Roll some plasterscine into a small pea sized ball. Place it under the center spot of your paper. Use a sharp pencil to make a small hole in the center of your paper. Using the plasterscine make a hole in the left side of each corner.
4. Fold each corner toward the center so the holes line up with the hole in the middle. Push the paper fastener through the five holes.
5. Thread a bead onto the paper fastener. This will make your windmill spin.
6. Measure 2 cm from the top of the straw and a hole through both sides of the straw with the sharp pencil.
7. Push the paper fastener through the holes and fold the ends back to hold your windmill together.



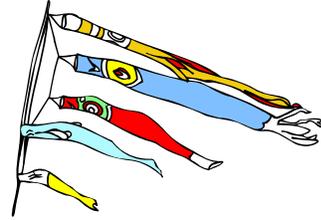
<http://oe.nrcan.gc.ca/sites/oe.nrcan.gc.ca/files/files/pdf/calendarclub/booklet2011-eng.pdf>

## Make a Windsock G. P.

Make a colourful windsock and learn more about how windy it is in your area and which direction the wind is coming from.

### Supplies

- wire or wire coat hanger or pipe cleaners
- rectangle of fabric
- lengths of ribbon
- needle
- thread
- pins



Note: Your windsock can be any size any size, but make sure the long edge of your fabric rectangle is the same length as your piece of wire.

### Directions

1. Lay out your fabric with the back of the fabric facing you.
2. Fold over one of the long edges by about two centimetres and pin down.
3. Sew down the folded edge to make a seam, and feed your wire through it.
4. Fold over the other long edge in the same way and pin down.
5. Pin ribbons – use as many as you want and any length - along the second seam, their long tails facing away from the fabric.
6. Sew along the second seam, sewing over the ribbons to hold them in place.
7. Fold your windsock in half with the back of the fabric facing outward and pin the short edges together then sew down the short edges.
8. Bend your wire to shape the windsock into a circle.
9. Cut one more ribbon to make a handle.
10. Sew the ends to either side of the top of your windsock (the edge with the wire).
11. Turn the windsock inside out and hang it up somewhere high outside.
12. Look at how it moves at different times of the day. Keep a diary of the direction and force of the wind by checking your windsock.



# Eco Friendly Craft Ideas

## Making Recycled Paper

Can you guess how many trees are needed to make a typical Saturday edition of a big-city newspaper?

- More than 5,000?
- More than 10,000?
- More than 20,000?

If you guessed the last one, you're right which works out to more than one million trees each year!

Paper can be made from numerous natural materials like hemp, cotton, and believe or not, even elephant dung! Most often; however, paper is made from the pulp produced from trees. Think of how important paper products are in our day to day lives - from toilet paper, to paper napkins and plates, to computer and looseleaf writing paper.

It only takes a second to use and discard a paper product, but it takes many more years for a tree to grow. Fortunately we have choices. We can reduce the amount of paper we use, recycle what we can when we're done, and choose to use products made with recycled paper – including paper you can make yourself.

### Supplies

- scrap paper and/or newspaper
- a wire whisk (or a blender)
- water
- a bucket
- a big square pan at least 5cm deep
- a rolling pin (or an iron)
- a piece of window screen, or a mesh, that fits inside the pan
- a measuring cup
- tea towels
- dye for colour

### Directions

1. Tear the scrap/newspaper into tiny pieces and let soak in a bucket of hot water for at least 30 minutes. Use the whisk to beat the mixture until it is a creamy pulp.
2. Add dye for colour (or leaves for texture) as desired.
3. Pour the blended pulp into a measuring cup. Put at least 3cm of water in the bottom of the pan. Place the window screen in the bottom of the pan and pour one cup of the pulp mixture onto the screen.
4. Spread the pulp evenly in the water with your fingers – it should feel mushy. Lift the screen out and let the water drain.
5. Place the pulp-covered screen onto of some tea towels. Lift the screen away leaving the pulp behind.
6. Cover with another cloth and use the iron, or the rolling pin, to flatten and press out the extra moisture.
7. Let the pulp dry for at least 24 hours.
8. Use your reused paper to write a letter or card.

## Sawdust Clay Dough

### Supplies

- Newspaper
- 3 cups sawdust (available at a lumberyard)
- 2 cups wet wallpaper paste (mix with water according to package directions)
- Acrylic paints
- Paintbrush
- Large bowl and spoon
- Tube
- Wire frame or foil

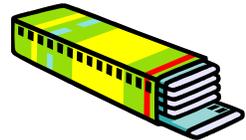
### Directions

1. Cover your work surface with newspaper. Mix the sawdust and wet wallpaper paste together in a large bowl and stir until the mixture becomes doughlike. Take out of the bowl, and knead clay dough with your hands.
2. Use this thick clay to make sculptures. You can form your sculpture over a tube, a wire frame, or a small ball of foil just like regular clay.
3. This clay is great for making small bowls and vases too. After making your clay creation - paint it with a coat of wet wallpaper paste to set it. Set it aside and air dry for about 4-5 days.
4. When completely dry - paint with acrylic paints.

## Recycled Candy Wrapper Bookmark

### Supplies

- Empty colorful candy, gum or snack empty wrappers.
- Bristol board or heavy cardstock
- Glue
- Scissors
- Ruler
- Eyelets (optional)\* – available in craft and stationary supply stores
- Ribbon or coloured wool
- And any other touches you would like to add to your bookmark (bells, beads, ribbons, charms etc.)



### Directions

1. Choose the size wrapper you would like to make your bookmark and cut some cardstock or Bristol board that is the same size.
2. Slip the board inside the package if you would like to make a double sided bookmark or just cut outside of the package.
3. With the glue stick the wrapper on the Bristol board and wait until it's dry.
4. Now comes the creative part: you can attach an eyelet at the bottom of the bookmark and then tie a ribbon through the eyelet or hang a charm or some beads, use your imagination!!

**Note:** I used a Dentyne Gum cardboard sleeve that I flattened and trimmed off the sides then glued the two face fronts together so I didn't need the Bristol board.



# GROWING A GARDEN



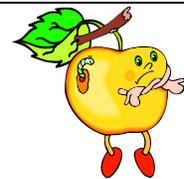
## Getting Ready To Plant Your Garden

- Choose a good location for your garden that does not have too much shade or sun, and is close to a water supply.
- Work in manure to prepare the soil to feed your plants.
- Pick some seeds that are appropriate for your climate zone – vegetables, flowers or plants
- First plant the seeds in small containers in prepared soil. A cardboard egg carton is great to use.
- When the sprouts appear and are about two inches tall transplant into your garden after the last frost of the season - around the end of May.
- Be sure to put the plants far enough apart but not too deep. Be sure to read the directions on your seed package to make sure you are doing it properly.
- Water the plants regularly, especially in mid summer, so the soil doesn't dry out.
- Now wait for them to grow and enjoy what you have grown.

Worms aren't as slimy as you may think.

Did you know they actually make great garden helpers? They help us by

- Tunneling through the soil under your plants to make airways for the plant's roots.
- They eat dead plants and turn them into fertilizer that then feeds your plants.



### Worm Farm

#### Supplies

- Plastic box or shoe box
- Common worms - found in the ground after it rains
- Moist soil
- Compost materials
- Grass clippings.
- Leaves and weeds, coffee grounds, vegetable scraps, etc.

#### Instructions

1. Puncture top of box with air holes.
2. Place common worms in the box filled 1/3 full with soil.
3. Keep in a cool dark place
4. Be sure to keep the soil moist and to feed your worms with compost items.
5. Stir the soil once a month or so.
6. Don't move the worms to your garden for at least one month.
7. Let them go into your garden to help the soil.

### Celebrate these special events on the eco-calendar:

- World Forestry Day March 21
- National Wildlife Week (2<sup>nd</sup> week in April) <http://www.nwf.org/Wildlife/Activities/National-Wildlife-Week/Educators.aspx> for daily free posters and trading cards each Friday.
- Earth Day (April 22, April is also considered Earth Month)
- Pitch-in Canada (April 23-30, 2012)
- Compost Awareness Week (1<sup>st</sup> week in May)
- Canadian Environment Week (June 5-11)
- Bike Month (June)
- Commuter Challenge (1<sup>st</sup> Monday to Friday in June)
- Clean Air Day (1<sup>st</sup> Wednesday in June)
- Oceans Day (June 8)
- BC Rivers Day (last Sunday in September)
- Waste Reduction Week (3 week in October)



# S.T.E.M. Challenge

## Science

Coin In A Bottle	Magically Moving Water
<p>Can you get a coin to drop inside a plastic bottle?</p> <p><b>Supplies</b></p> <ul style="list-style-type: none"><li>• plastic drink bottle</li><li>• dime</li></ul> <p><b>Directions</b></p> <ol style="list-style-type: none"><li>1. Take an empty plastic bottle and place it in the freezer 15 minutes with the lid screwed on loosely.</li><li>2. Take the coin and place it in a container of hot water.</li><li>3. Take bottle out of freezer and place the coin on the open bottle and wait.</li><li>4. The coin should drop into the bottle neck.</li></ol>	<p>Can you figure out how to get water from one cup to another without touching either cup or the water? Find out how with this experiment!</p> <p><b>Supplies</b></p> <ul style="list-style-type: none"><li>• Two drinking glasses, preferably clear</li><li>• Water</li><li>• Two or three paper towels</li></ul> <p><b>Directions</b></p> <ol style="list-style-type: none"><li>1. Fill up one of the glasses with water, almost to the top. Leave the other one empty.</li><li>2. Twist the paper towels together into a small rope.</li><li>3. Bend the paper towel rope into an upside-down U shape. Place one end in the glass of water and the other in the empty glass.</li></ol>

- Why did this happen? (\* See answers on last page of newspaper)

## Math

**SUDOKU** is a popular puzzle and a great way to practice your logical thinking skills and are also a good quiet-time activity. In Japanese, *Sudoku* means something like "numbers singly".

### What you should know before you start

You can find books of Sudoku puzzles virtually anywhere—book, drug or grocery stores, or even in your local newspapers. There are also plenty of websites with free Sudoku puzzles (many with solutions) that you can play online or print out; a quick search on "Sudoku" will turn up dozens of sites. [For younger girls, look for the smaller 4x4 or 6x6 puzzles.] The same sources are often good for tutorials and tips on solving Sudoku puzzles, if you need some pointers to get you started.

### Supplies

- Sudoku puzzle with an appropriate level of difficulty
- Pencil

### What to do

1. Try to solve the Sudoku puzzle – you must fill in the numbers 9 squares with the numbers 1-9 that can only be used once in each square.
2. In each Sudoku puzzle, several digits have already been entered (the "givens"); these may **not** be changed. It is your job is to fill the remainder of the grid with digits from 1-9
3. A "good" Sudoku puzzle has only **one** solution. For added excitement you can time yourself



Websites to learn more about Sudoku make blank Sudoku grids and create your own Sudoku puzzles...

- [www.sudokuonline.co.uk/blank\\_printable\\_sudoku\\_grid.php](http://www.sudokuonline.co.uk/blank_printable_sudoku_grid.php)
- [www.dailysudoku.com/sudoku/kids/](http://www.dailysudoku.com/sudoku/kids/)
- <http://mypuzzle.org/sudoku/kid.html>
- [http://www.activityvillage.co.uk/sudoku\\_for\\_kids.htm](http://www.activityvillage.co.uk/sudoku_for_kids.htm)
- [http://www.superteacherworksheets.com/sudoku/sudoku-kids-learn-a\\_WQZMN.pdf](http://www.superteacherworksheets.com/sudoku/sudoku-kids-learn-a_WQZMN.pdf)

## Fitness Game

Is it too miserable outside? Here is a fun and quick way to get some exercise that you can do with your whole family or just a group of friends and it takes very little equipment.



### Supplies

- One set of Dice (can be played with on die only and use one of the larger numbers when #1 is thrown).

### Directions

1. Have everyone sit in a circle.
2. Each person takes a turn throwing the dice and do the actions that go with each number throw.
3. Bend down and touch your toes five times.
4. Do five jumping jacks.
5. Sit down with your legs stretched in front of you and touch your toes five times.
6. Circle your outstretched arms five times forward and then five times backwards.
7. Run on the spot while everyone counts to 10.
8. Touch head, shoulders and knees and toes five times.
9. Run around the outside of the circle and sit down when you get back to your space.
10. Skip around the outside of the circle with your neighbour on the left.
11. Put your hands behind your back and bend over till the count of 10.
12. Stretch one leg out behind you and hold for the count of 10.
13. Stand up and bending sideways slide your arm down your leg as far as you can go - three times on each side.



## Camping For Lones Reminder

The Elaine Hodgson Memorial **Lone Guiding Campership** is available to help girls in Lones - Sparks through Rangers - to experience all that their Guiding sisters in active Units enjoy. Many Lones do not have easy access to Guiding events and their finances often limit their ability to attend camp and special opportunities such as, **SOAR, RACket, etc...**

Contact  
[loneguidingcampership@e-guiding.com](mailto:loneguidingcampership@e-guiding.com)

For additional information and application details.

Note: Lones girls are eligible assistance in going to special events like GUEST, etc. Those wishing to be considered need to write a letter to the BC Lones Adviser requesting assistance.

# RANGERS

## CAMPING OPPORTUNITIES: Summer 2012

### Adrenalin Rush – Paddles in Motion

For girls ages 15 plus to Explore Salt Spring Island Community, enjoy the local fun and learn the skills and techniques of ocean kayaking from a kayak outfitter. Application on the BC Website, deadline to apply is **April 13, 2012!**

### RANGER RACket

Would you like to *Swim with the Fish* and *Have a Good Time!* Then here is something you will enjoy. The Annual Ranger **RACket** Training Weekend *aka "Spiffy's Deep Sea Adventure"* will be held this year at **Camp Kanaka** in Maple Ridge, BC – on April 27 to 29, 2012.



An email with registration forms was sent out to all registered Rangers in January. Your completed application and event fee of **\$84.00** (\$75.00 + \$ 9.00 HST) is due to BC Guide House by Wednesday **February 29, 2012** so don't delay!

Girl Guides of Canada – BC Council  
**Attn: Ranger RACket**  
1476 West 8 Avenue  
Vancouver, BC V6H 1E1

### Graduating this year? Send in your Scholarship Applications Now!

You don't have to be an A-student to apply for a GGC scholarship. We're looking for applicants with a real passion for Guiding so whatever your career choice: from medicine to web design to engineering or education: the GGC scholarship program gives support to girl and adult Members as you head off to pursue your post secondary education. Last year GGC awarded 35 scholarships worth \$62,000. Whether you're heading to university for the first time, tackling an apprenticeship as a mature student or heading back to college part-time, there's a 2012 national scholarship that's right for you! The application deadline is **April 1, 2012**. For more information, please visit <http://girlguides.ca/scholarships>.



### Congratulations

BC Lones is excited to congratulate Laura and Mandy from the 1<sup>st</sup> BC Lones Ranger Unit on completing their Chief Commissioners Gold Award  
Justine for completing her Commonwealth Award  
We're all proud of your achievements

**Note:** BC Lones Ranger Guider Susan Zutz is the Duke of Edinburgh Award Adviser. If you are interested and want to learn more about this program, contact her at: [szutz@telus.net](mailto:szutz@telus.net).

## Healthy Life Styles – Make Your Own Home Gym

March is Exercise Month! We all know that keeping healthy means eating and exercising right to keep our bodies fit, but going to the gym costs money and often we don't have the time to go or there isn't one nearby. Here's a great way to exercise at home while you're listening to music. Exercising is also a great way chase away the winter blues and stress.

The following exercises are designed to target specific muscle groups.

Do 10 to 15 repetitions for each of the excercises.

- 1. Wall Slides:** Stand with your back against the wall. Make sure your feet are 12 to 18 inches from the wall. Slide down, keeping your back against the wall until your thighs are parallel to the ground. Hold that position for two seconds — and then slide back to starting position. Work up to 10-12 repetitions. Repeat.  
**Target muscles:** glutes and quadriceps
- 2. Step-Ups:** Turn a plastic milk crate upside down or a sturdy wooden box - making sure it's stable. Step up onto the crate with your right foot and then bring up your left foot. Then, bring down your right foot and then left. Repeat exercise, starting with the left foot up, following the same pattern. Work up to 25 on each side.  
**Target muscles:** glutes and quadriceps

**Bicep Curls:** Fill empty 1 litre milk (Plastic containers with handles are best for gripping.) or water bottle partway with water or sand. Holding onto the container with palm facing front, bend right arm toward chest. Repeat with left arm. Work up to 10-12 repetitions on each side. Gradually increase intensity by adding more water or sand.  
**Target muscles:** biceps and forearms

- 3. Side Lateral Lifts:** Create weights as above in biceps curls (or use soup or vegetable cans); hold one in each hand. Place hands at either side of body while standing with feet shoulder-width apart. Raise both arms until they are parallel to the floor. Pause for two counts and then lower to starting position. Repeat.  
**Target muscles:** deltoids (muscles that cover shoulder joint)
- 4. Chair Dips:** Sit on the edge of a chair, placing your hands on either side of your buttocks and holding onto the chair's edge. Place feet flat on the ground, about shoulder-width apart. While supporting your weight in your palms, slowly lower your body off the chair until your elbows point backward and your butt comes close to the floor. Slowly push yourself back into the starting position. Repeat. Work up to 10-12 repetitions.  
**Target muscles:** triceps
- 5. Ab Curls:** Lie on your back with one knee bent and the other leg fully extended. Keep your chin tucked into your chest throughout the movement. Raise your shoulder blades off the ground about six inches and hold the position for five seconds. Lower your shoulders to just before they're touching the floor. Repeat. Change sides. Work up to 20 repetitions on each side.  
**Target muscles group:** abdominal





## Cross Canada Challenge

The Cross Canada Challenge is a fun way to learn about Canada and learn some new games. In this issue we will look at the three Canadian Territories. Canada has three Territories (Yukon, Northwest Territories, and Nunavut) that cover 39% of our country but the population is very small. Only 0.29% of Canadians live in there. In 1870 the Hudson's Bay Company gave the Territories to the Canadian government along with land that later became part of Manitoba, Saskatchewan and Alberta. The Yukon became separated from the Northwest Territories in 1898 and on April 1, 1999, the NWT was divided and the new territory of Nunavut was created.



### Arctic Winter Games

This fun event was the brain wave of Cal Miller who attended the first Canada Winter Games in 1967 in Quebec City and decided that the Northern Territories needed something to show the rest of Canada their heritage. With help from Stu Hodgson the first Arctic Winter Games started in 1970 in Yellowknife for only athletes from the Northwest Territories, Yukon and Alaska. Now it is now held every two years in March with athletes from northern Alberta, Northern Quebec, Nunavut, Greenland and Russia. It has many of the same games that the Winter Olympics has plus some very unique and traditional ones native to the Inuit people.

These Games celebrate sport, social exchange and cultures. The Games provide an opportunity for the developing athlete to compete in friendly competition while sharing cultural values from northern regions around the world.

Some of the Inuit events are

- **Mouth and Ear Pull** – object is to reach around behind the other person's head and grab their mouth or ear and try to make them turn their head to the side.
- **Head Pull** - contestants have webbing fastened around and joined between both heads and try to pull each other off balance.
- **Finger Pull** - two contestants face each other with their middle fingers locked – pulling until one of them is forced to straighten their finger
- **Arm and Hand Pull** – same thing as the finger pull
- **Knuckle Pop** – this is a push up contest where the contestants try to hop forward while balancing on their knuckles and toes. Don't try this one as it can be very painful – its better to just watch!
- **Kicking competitions** – jumping up a kicking an object hanging from a rope – usually a wad of sealskin. The height keeps going up and you must kick the target with one foot and then land on the same foot.
- **Musk-Ox fight** - women get down on their hands and knees with their heads together on the sides and try to push against each others shoulders to knock the other person over.

The winners all receive individual medals and the Hodgson Trophy is given out to the team that demonstrates the "ideals of fair play and team spirit". Another competition is Bannock Making open to both women and men see recipe.....>

#### Program Connections:

Sparks – My Community

Brownies - Key to My Community, Outlook Badges: Aboriginal People in Canada and All About Canada

Guides - Discovering You: Understand How to be Responsible, Beyond You: Discover Your Community

Outlook Badges: Heritage and Provincial/Territorial

Pathfinder - Follow that Woman -Be a Model Citizen Canada at Your doorstep

Rangers – Gender Roles

### BANNOCK RECIPE

#### Ingredients:

- 2 cups flour
- 1 Tbsp baking powder
- 1 tsp salt (optional)
- 2 Tbsp oil, butter or lard
- 2/3 cup warm water

#### Directions:

1. Put first 4 items in a bowl and mix with your fingers until crumbly.
2. Slowly add water and mix until dough feels soft and keep working the till it holds together. Don't add more water!
3. Take a small handful and wrap around the end of a green stick, like a marshmallow roast. Knead it so it stays together.
4. Cook over coals for about 10 - 12 minutes, rotating to cook evenly. Eat as is, or add a bit of jam.
5. Optional- can make into biscuit shapes and fry in a cast iron frying pan covered with tin foil over the coals

# Lones Fun Page

## Weird Facts



### About animals

- ☺ Starfish have no brains
- ☺ All Polar bears are left-handed
- ☺ A cow gives 200,000 glasses of milk in its lifetime
- ☺ Camel milk will not curdle
- ☺ A duck's quack has no echo
- ☺ In its entire lifetime an average worker bee only produces 1/12<sup>th</sup> a teaspoon of honey
- ☺ An ostrich's eye is bigger than its brain.
- ☺ Elephants are the only animals that cannot jump
- ☺ Butterflies taste with their feet.
- ☺ Mosquitoes have teeth.
- ☺ The flea can jump 350 times its body length. It's like a human jumping the length of a football field.
- ☺ Cockroaches can live 9 days without its head-they only die because they cannot eat.

### About humans

- ☺ It takes your food seven seconds to get from your mouth to your stomach.
- ☺ One human hair can support 3 kg (6.6 lb).
- ☺ Human thighbones are stronger than concrete.
- ☺ There are about one trillion bacteria on each of your feet.
- ☺ The average person's skin weighs twice as much as the brain.
- ☺ Your body uses 300 muscles to balance itself when you are standing still.
- ☺ It is impossible to sneeze with you eyes open.
- ☺ If saliva cannot dissolve something then you cannot taste it.



## Guiding Trivia

1. Sparks are called different names around the world. Pippens, Daisies, are just a few of the names - can you find out some others?
2. Did you know that there are Brownies in 144 countries around the world! We're all members of WAGGGS which stands for the World Association of Girl Guides and Girl Scouts.

# Spring Word Search Puzzle

Find the words about Springtime which are listed at the bottom of the page. The words can be backwards, forwards, up, down, or written diagonally. Circle the letters individually but many letters in the grid may be used in more than one word.

G R K D C G U M W H A Y A D R O B R A P  
O E A R M D U V Z T C P P J E N C D A Q  
O V D A F F O D I L S H R G F K X L O Q  
D O T N E O X L L A R W G I Z Q M U E C  
F S B L O O M F I E E S E Q L S W T D A  
R S I U K L V G F W T F T E U F A S F U  
I A C U T V N H L N S R Z N T R O V M K  
D P Z M S I P G O O A N D M G P D O K C  
A Y E H T O C G W M E A R I B K E I L U  
Y L Q N D W R V E M Y F M A N I N A Q S  
P U A Z J E B N R O V S F V S T V N E Z  
L L T L M K Q Q S C D V I O Z E Y A X X  
P M R R L K J M V R R P S Z T S X V G X  
V L A R Y A G N I R P S Y U R U O Y I O  
R W I G W A B B Y S S C B N C Y L O P M  
O J Z P B M X E D M I I F I Q O C I O D  
L F U U K R W T S G C X B M K F R T P M  
E R T F L S S T P A T R I C K S H C Z K  
H C L K I D E W D J B Q H S F E R W D T  
Z L L B N S B J P W Y X P G R P Q R N T

APRIL FOOLS  
BIRDS MIGRATE  
CROCUS  
EGGS  
KITES  
PASSOVER  
ST PATRICKS

ARBOR DAY  
BLOOM  
DAFFODIL  
FLOWERS  
MOTHER  
PLANTING  
SWEET PEA  
WARMER

BASEBALL  
COMMONWEALTH  
EASTER  
GOOD FRIDAY  
PALM SUNDAY  
SPRING  
TULIP

# Fun Holidays

Here are some holidays we celebrate each spring, but did you know there are other unusual celebrations too? Take a look at some of these.

## **Shrove Tuesday**

(February 21) AKA Pancake Tuesday is associated with Mardi Gras which is French for "Fat Tuesday" and is celebrated the day before Ash Wednesday which is the start of Lent. Carnival season starts the day of Epiphany on January 8, 2012 and ends February 21. Some popular activities include wearing masks and costumes, dancing, parades, eating King Cake, and throwing out brightly coloured beads in purple, green and gold.

## **Dentist Day**

(March 6) is a day to display a big, toothy smile. Your Dentist plays a role in keeping your smile bright, and your teeth and mouth healthy.

## **St. Patrick's Day,**

(March 17) St. Patrick, patron saint of Ireland, who was thought to have chased all the snakes out of their country. There is a saying to that: ***Everyone is a little Irish on Saint Patrick's Day.***

## **April Fool's Day**

(April 1) The origins of April Fools Day are uncertain. Some see it as a celebration related to the turn of the seasons, while others believe it stems from the adoption of a new calendar.

## **International Children's Book Day**

(April 2) encourages reading, and promotes the love of books for children. It marks the birthday of Danish storyteller Hans Christian Andersen (1805).

## **Passover (Pesach)**

(Sunday before Good Friday) The Feast of the Passover, also called the Feast of Unleavened Bread, observes the escape of the Jews from Egypt - who ate unleavened bread, and since then the Jews have allowed no leavening in their houses during Passover, instead their bread is replaced by matzoh.

## **May Day**

(May 1) May Day means different things to different countries. May Day is also a traditional holiday in many countries originating from various Celtic and German festivals. May Day marks the beginning of farming in spring in the Northern Hemisphere. May Day tradition involves dancing around the Maypole and crowning of the "Queen of the May."

## **Cinco de Mayo**

(Mexican celebrates on May 5) Although it is often referred to as Mexico's Independence Day, Cinco de Mayo actually marks the 1862 battle in Puebla when a small, outnumbered Mexican army defeated the French, a turning point in Mexico's struggle for independence. Cinco de Mayo, brought to the U.S. by Mexican immigrants grew important in the 1960s when the Chicano movement adopted the holiday as an avenue for showing ethnic pride.

## **Mother's Day**

(Sunday May 13) Proposed by Anna Jarvis of Philadelphia in 1907, it is held on 2<sup>nd</sup> Sunday in May to honour mothers. It was officially proclaimed Mother's Day, a national day of observance in Canada and the USA.

## **National Bike Week**

(May 18, 2012) the 56<sup>th</sup> year of observing Bike to Work or School Day held the 3<sup>rd</sup> Friday in May.

## **Lucky Penny Day**

(May 23) A penny doesn't buy you much if anything these days but it was used to buy your grandparents "penny candy" or "a penny for your thoughts". There is a superstition that says if you pick up a penny that is lying face up and give it away it will bring you good luck! Save them and give a CWFF donation. It also can be used too as a handy screwdriver when nothing else is available.

# CRAFT IDEAS

## Puffy Paint

This is a cheap way to make some puffy paint instead of buying at the craft store.

### Supplies:

- 6 tablespoon selfrising flour \*
- 6 tablespoon salt
- food coloring
- water
- cardboard

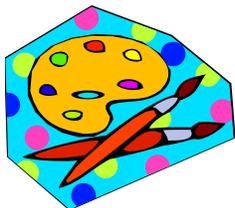
### Directions:

1. Mix the flour, salt, and water (enough to form a paste) together until you have a thick paste.
2. Next separate some of the paste into different dishes or an old muffin tin works great.
3. Then add your food colorings in what ever shade you want.
4. You can use paint brushes or cotton swabs to paint onto cardboard. Make sure you brush the paint on thick so that it will puff up when you're done
5. Once you are finished painting place the cardboard picture in the microwave for 10-15 sec.

– NOTE

If you don't have any selfrising flour at home use this formula

- 1/3 cup flour
- 1/8 teaspoon salt
- 1/2 teaspoon baking powder



## Moon Sand Modeling Clay

Moon Sand is a mix of fine grained sand and modeling clay that does not harden permanently. It is a mixture of cornstarch, play sand and water. If you add food coloring, you can use Moon Sand to make three-dimensional sand art

### Supplies and Directions:

- Mix 3 cups play sand (use really fine sand you can find at Wal-Mart).
- Add 1 cup cornstarch
- 3/4 to 1 cup water. \* Start with 3/4 cup and continue adding water until you have the desired consistency.
- Mix well.
- Cover and store in an airtight container.
- Use it to make your shapes or sculptures.
- You can make an inukshuk for Cross Canada Challenge-Territories
- You may need to add a few tablespoons of water if it needs to be moistened.

**Tips:** *If the moon sand becomes difficult to work with, add a few drops of water to the sand and shake thoroughly. To make your moon sand structure more permanent, add epoxy glue or acrylic wood glue into the sand before molding it into the shape you want.*

In the Canadian Arctic, you can see piles of rock slabs and stone built to look like the shape of a person with arms stretched out.

These stone figures are put up by Inuit are known as inukshuk (pronounced '**in-ook-shook**'). In the Inuit language Inuktitut, it means "**likeness of a person**" or "**in the image of man**".





## Leprechaun



### Supplies

- Paper plate
- One piece of green construction paper
- One piece of red construction paper
- Construction paper
- scraps in blue, white, black, pink, and yellow paper
- Pencil
- Some coins to use as tracing templates
- Scissors
- Glue

### Directions

1. Start by making the leprechaun's hat: Cut a square from the green paper - the size you would like the hat to be depending on the size of your paper plate.
2. Cut a thin rectangular strip of green construction paper 7 cm wide for the brim of the hat. Make this a little longer than the green square which will be the hat.
3. Cut a long rectangular strip of black construction paper 4cm wide the same width as the green square hat for the trim on the hat.
4. Make a buckle: use yellow, gold, or orange construction paper. Take a small scrap 5 x 6 cm and fold it in half and cut a rectangle. Along the fold, you can cut out the inside to make a hollow rectangle.
5. Glue all the pieces in place on the hat and then onto the plate
6. The next step is to make the eyes - for tracing, use a quarter to trace a circle in black, the penny to trace a circle in white, and the dime to trace a circle in blue.
7. All these circles then get glued on top of one another - biggest to smallest, to make the eyes. The use a black fine tip marker to make center of eyes and glue onto the paper plate.
8. Make the nose: take a bit of pink construction paper scrap, and make a heart shape and glue it upside down below eyes.
9. Below the nose use fine line marker to draw on a wiggly line for mouth. You can also add some teeth too if you want, out of two small rectangles made from scrap of white paper.
10. To make his beard - take red construction paper and cut thin long strips from it width across paper about 1/4 inch wide then cut all of them in half to make shorter strips.
11. Take each strip and roll it tightly around a pencil to make them curly. Then glue each curly strip around the edge of the plate on the bottom half to make his beard.
12. Cut a loop of string or ribbon and tape it to the back for hanging.

This craft reprinted courtesy of [Crafts-For-All-Seasons.com](http://www.crafts-for-all-seasons.com).

For picture of head, log on to [http://www.freekidscrafts.com/paper\\_plate\\_l-e652.html](http://www.freekidscrafts.com/paper_plate_l-e652.html)

## Origami Shamrock

Origami is a great art project to learn how to do. To learn the basic folds you need to learn go to <http://www.origami-instructions.com/origami-base-folds.html>

Want to learn how to make an origami shamrock to make. Just log on to ....

<http://www.allcrafts.net/fjs.htm?url=www.origami-instructions.com/st-patricks-day-origami.html>

## Acrylic Frame Note Holder

These would make great gift for moms, dads or teachers; and best of all, they are quick and inexpensive to make too!

### Supplies

- 4 x 6 clear plastic picture frame \*can be found at most dollar stores.
- Picture or gift wrap paper
- scrap pieces of ribbon
- decorations – optional - ribbons, bows or jewels
- sticky Post It note pad
- double sided sticky tape
- craft glue

### Directions

1. Take the card insert out of the frame to use as a template.
2. Cut picture or paper down to size and insert into the frame so the back stand of the frame is at the top. This gives you the stand to prop the note pad up.
3. Add two strips of double sided tape and attach top the back of the notepad at the top and bottom.
4. Place the notepad on to the frame allowing for a margin on the sides and top.
5. Cut a length of ribbon and attach to the frame and add a bow above note pad to make it look like a present.

## Spring Tulip Magnet

### Supplies

- Plastic perler bead pegboard
- Perler beads: Hot Pink X 14  
Plum X 29  
Neon Orange X 8  
Cheddar Orange X 23  
Yellow X 21  
Light Green X 27  
Lime Green X 44



### Directions

1. To view the picture log on to Perler beads website  
<http://www.eksuccessbrands.com/perlerbeads/Projects/Tulips.htm>
2. Use a large hexagon and a small circle pegboard for your project. If you are using a clear pegboard, slide the actual-size pattern underneath it. Now, place all the beads for your design.
3. Beads Needed for 1 Tulip: colour ideas but you can use any colours you like as long as you use the same number of beads  
Hot Pink X 14  
Plum X 29  
Neon Orange X 8  
Cheddar Orange X 23  
Yellow X 21  
Light Green X 27  
Lime Green X 445
4. Cover the completed design with the ironing paper. Keep the iron level and gently iron the beads in a circular motion for about 10 seconds to fuse the beads evenly. Ironed properly, the beads will still have an open center.
5. **(Warning: for younger girls the ironing must be done by an adult only).** Make sure to iron without steam.
6. Once the design is cool, peel off the ironing paper. Lift your design from the pegboard.
7. Glue a magnet to the back.

## Dates to Remember

March 11, 2012	Clocks Spring forward <b>one hour</b>
March 17, 2012	St. Patrick's Day
March 20, 2012	First Day of Spring
April 1, 2012	April Fools Day
April 6, 2012	Good Friday
April 8, 2012	Easter Sunday
April 22, 2012	Earth Day
April 23-30, 2012	PitchIn Canada 2012 Week
May 1, 2012	May Day
May 1-7, 2012	Compost Awareness Week
May 13, 2012	Mother's Day
May 21, 2012	Victoria Day

## THUMBS UP

- BC Council for a great World Thinking Day Open House event
- Lexus, McKenzie, Stephanie, Justine, Tyra Laura and Mandy for their program work commitment
  - Lones Guiders for their commitment to the Lones Program



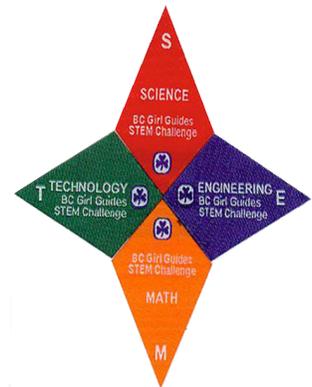
### STEM Experiment Answers: What Happened?

**Coin in a Bottle:** The hot coin makes the cold plastic expand to let the coin to fall - pop up and down.

**Magically Moving Water:** After a few minutes (\* this experiment requires some patience) you will notice water seeping its way along the paper towel rope and dripping into the empty glass. If you leave it alone, the water will transfer until there is an equal amount in each glass. See how long it takes. The water is actually being pulled through tiny channels in the fibres of the paper towels. This process is the same one that brings water from the roots of a plant all the way up the stem to the top.

**Magnetize a paper clip:** The paperclip is made of metallic fibres that are scattered in all directions. The magnet makes the fibres all turn in a North-South direction. When you place the paperclip on the cork it can move as it floats in the water. The force of these fibres and their attraction to the North Pole will pull the paperclip to face north.

**Raw or cooked?** The raw egg's centre of gravity is the yolk. Since all the insides of the egg are liquid, the yolk moves, and the spins are slowed. A cooked egg's centre of gravity is the yolk too, but since the egg is cooked, nothing moves inside, making it easier for the egg to spin around the centre of gravity.



**Lady Baden-Powell visiting Canada**  
from GGC archives: *Herstory-ThenandNow*

