

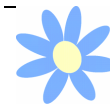


# My Information

My unit	
We meet	
Day	
Time	
Place	
My Guider's name is	
Her phone number	
My Guider's name is	
Her phone number	
My Guider's name is	
Her phone number	
Our district is	
Our District Commissioner is	
Her phone number	



For more information, visit [www.albertagirlguides.ca](http://www.albertagirlguides.ca)



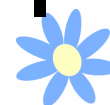
# Welcome!



We are pleased that you have decided to participate in the Guiding program this year. We know that it will be filled with lots of fun and will offer new challenges and experiences.



Brought to you by Alberta Membership  
With the kind permission of BC Membership





# About Girl Guides of Canada- Guides du Canada

Since it started in 1910, Girl Guides of Canada-Guides du Canada has impacted the lives of countless girls and women. As Canada's largest female organization, Guiding has contributed to the success of its Members by providing positive role models for girls. The program provides opportunities for fun, friendship, adventures, personal and leadership development and community involvement.

Today there are nearly 109,000 Guiding Members—almost 86,000 girl Members and over 22,000 adult Members.

**A fun place to make  
new friends!**

Guiding remains true to its ideals as a dynamic organization, changing with the times to reflect the needs and interests of today's girls and women.



Guiding is fun, bold and energetic. It empowers participants to face challenges with confidence. Through Guiding's various imaginative and innovative activity choices, girls are encouraged to fulfill their potential. It helps them become independent, confident and

caring individuals as they develop decision-making and life skills. Guiding helps them connect with their community and the world.

# Fun and Learning

The Girl Guide cookie sales program is intended to be FUN! There are many benefits for the girls other than simply raising funds. These benefits sometimes go unrecognized, but they should not be overlooked.

Participation in a cookie campaign helps to build self-esteem by

- goal setting
- decision making
- self-confidence
- money management
- safety awareness
- responsibility
- teamwork
- communication skills
- courtesy
- time management
- personal values
- practical and leadership skills
- respect for herself and others
- a sense of pride
- modeling



Many thanks to Manitoba Council & West Kootenai Area, BC, for their inspiration and input into the creation of this booklet

## Girl Guides and Cookies: A Winning Combination!

Cookies sales provide our main source of funds and benefit Girl Guides at all levels. Profits are shared with the unit, district, area and provincial councils to support Guiding programs.



Revenue from cookie sales may be used by units to purchase supplies, badges or craft materials, or to subsidize camps, special events or other unit activities.



At other levels, cookie revenue is used to develop and implement program resources, and to coordinate special events, international and inter-provincial trips for girls, training and leadership development.



## Organization

Girls belong to a unit. A group of units form a district; groups of districts form an area. There are 14 Guiding areas in Alberta. Guiding is 144 countries strong around the world!

The Guiding program is a place to have fun, learn life skills and make friends. The program is taught through games, crafts, songs, challenges, camping and international Guiding. Interest badges are optional and often completed at home. We encourage each Member to have a program or activity book for her branch.

All unit leaders are volunteers—we call them “Guiders.” It is important to select the right women to guide our girls. The screening process includes:

- interviews
- references
- Police Records Check
- a code of conduct



Volunteers are provided with ongoing training and resources.

## Getting Involved

Your support and input is vital to our organization and we encourage you to participate. These shared experiences will give you and your family fond memories.

Your valuable support allows Guiders to run a fun-filled program and engage in activities that may not otherwise be possible. If you are interested in becoming a Guider yourself, or in volunteering in another way, please let your Unit Guider know.

**Lend a Hand—make a difference!**

# Financial Commitments

Guiding is available to all girls and women. Financial assistance is available if required. Please contact your Unit Guider or District Commissioner for more information.

## Membership/ registration fee

The membership/registration fee will depend upon the needs of the local Guiding community, where the majority of the money will remain.

## Uniform

Guiding is a uniformed organization. There are many uniform options available from which each girl and her family may choose.

It is recommended that each girl have her own shirt and badge scarf.

For more information, contact your Unit Guider.



## Dues

Dues help offset the cost of running the program, and vary from unit to unit.

## Cookies

**Fall:** chocolatey mint cookie sales

**Spring:** classic cookie sales

All girls are expected to participate in sales.



## Camp

Camp fees are determined by Unit Guiders after considering the cost of food, accommodation, crafts, special activities and supplies. Units may camp once or several times throughout the year, depending on the age and interest of the girls.



# The Branches of Guiding



## Sparks

Age: 5-6

**Promise:** I promise to share and be a friend.

Through fun activities—including games, songs, crafts and community service with a purpose—Sparks learn to share and look at the world around them.



## Brownies

Age: 7-8

**Promise:** I promise to do my best,  
To be true to myself, my God/faith\* and Canada;  
I will help other people,  
And keep the Brownie Law

*\*Choose either the word God or the word faith according to your personal convictions*



Brownies explore their community and the world around them through an

## Guides / Pathfinders / Rangers

Age: 9-12 (Guides), 13-15 (Pathfinders), 15+ (Rangers)

**Promise:** I promise to do my best,  
To be true to myself, my God/faith\* and Canada;  
I will help others,  
And accept the Guiding Law.  
*\*Choose either the word God or the word faith according to your personal convictions*



In Guides, Pathfinders and Rangers, girls continue to develop their skills and self-confidence through a varied and challenging program.

