

UNIT GUIDER POCKET PAL



GUIDES 2020-2021 ALBERTA COUNCIL

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MISSION

To be a catalyst for girls empowering girls.

VISION

A better world, by girls.

GIRL GUIDE PROMISE

I Promise to do my best,
To be true to myself, my beliefs and Canada.
I will take action for a better world
And respect the Guiding Law.

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MOTTO

Be Prepared

Lend a Hand

Brownie Motto

LAW

The Guiding Law challenges me to:

- be honest and trustworthy
- use my resources wisely
- respect myself and others
- recognize and use my talents and abilities
- protect our common environment
- live with courage and strength
- share in the sisterhood of Guiding

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GUIDES OVERVIEW

For girls ages 9 to 11

Guide Units meet once a week, usually for two hours

In Guides, girls strengthen their leadership skills by taking the lead in Unit activities, learning to organize events, and teaching each other new skills, all while having fun with girls their own age. The Guide program includes activities that deal with cyber safety, anti-bullying, self-esteem, health and fitness and environmental sustainability. Guides also have opportunities to take action on issues important to them and to make an impact on their community through service projects such as tree planting and volunteering at local food banks.

Your Guide could experience these activities:

- Collecting and donating items to a shelter or organization
- Planning a tree planting project
- Learning about online safety
- Identifying what makes a healthy friendship
- Planning a celebration event for younger girls
- Camping under the stars

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Sparks (ages 5 and 6)

Sparks is a two-year program

Brownies (ages 7 and 8)

Brownies is a two-year program

Guides (ages 9-11)

Guides is a three-year program

Pathfinders (ages 12-14)

Pathfinders is a three-year program

Rangers (ages 15-17)

Rangers is a three-year program

Trex (ages 12-17)

Trex focuses on camping and the outdoors

Link (ages 18-30)

Link is to allow women 18-30 to stay connected to Guiding

Trefoil (ages 30+)

Trefoil is for women 30+ to stay connected to Guiding

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GUIDE PROMISE

I Promise to do my best,
To be true to myself, my beliefs and Canada.
I will take action for a better world
And respect the Guiding Law.

GUIDE LAW SONG

I challenge myself with the Guiding Law
To be honest and true
To be wise in the use of resources I have
To respect myself and others too
To know and to use my gifts and skills
To protect our common world
Live with courage and strength
And to share in the joys
Of the Guiding Sisterhood!

GUIDE CLOSING: TAPS

Day is done, Gone the sun
From the lake, From the hills, From the sky
All is well, Safely rest, Peace is nigh

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FLAG ETIQUETTE

In Guiding, you will often hear the terms *colours*, *colour ceremony* and *colour party*:

- **Colours** means the Flags.
- **Colour ceremony** is the raising or lowering of a flag.
- **Colour party** is the group that performs the ceremony.

During a ceremony, meeting, or special event:

- When the Canadian Flag is displayed by being held by a person using a staff or placed on a platform, stage or dais, it should be to the right of the speaker.
- When the *Colours* are used in the Guide horseshoe, the Canadian Flag is always on the Guider's right and the World Flag on her left as she faces the horseshoe.
- When displayed in places of worship or on a speaker's platform, the Canadian Flag should be displayed flat (hung horizontally) against the wall or on a staff on the speaker's right as they face the audience.
- When used in the body of an auditorium the Canadian Flag should be on the right of the audience.
- **Order of Precedence:** Canadian Flag, World Flag (WAGGGS), Girl Guides of Canada Flag, Brownie Flag, Spark Flag.

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There are eight program areas and each one has three themes under it:

1. **Guide Together** (Our Story, Spirit of Guiding, and Global Guiding)
2. **Explore Identities** (Being You, Different Together, and Gender Power)
3. **Build Skills** (Money Sense, Life Stuff, and How To)
4. **Be Well** (My Mighty Mind, My Physical Self, and My Healthy Relationships)
5. **Experiment and Create** (Science Lab, Design Space, and Art Studio)
6. **Connect and Question** (Local Communities, Canadian Connections, and World Stage)
7. **Take Action** (Your Choice, Your Voice, and Your Action)
8. **Into the Outdoors** (Nature Discoveries, Camping Skills and Adventures, and Our Shared Planet)

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ACCESSING THE GIRLS FIRST PLATFORM

Go to this website:

<https://experience.girlguides.ca/ggc-login>

You need your iMIS number to log into this, use your name as it appears in iMIS and the email address you have in iMIS

HOW TO EARN BADGES

- ♣ To earn a Theme badge it is recommended
 - Girls participate in 8-10 activities
- ♣ To earn a Program Area badge
 - Girls complete 2-3 theme badges/theme
- ♣ The guidelines to earn the Take Action Program Area are a little different –
 4. **Your Choice:** complete the Explore Your Passion Instant Meeting
 5. **Your Voice:** complete the Driving Change Instant Meeting
 6. **Your Action:** complete 1-3 actions

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GIRL GUIDE COOKIES

Selling Girl Guide cookies is the main fundraiser for units. In the fall, the chocolate mint cookies are sold, and in the spring the classic chocolate and vanilla sandwich cookies are sold.

Breakdown of cookie money:

Dare: \$21.75
National: \$4.75
Province: \$5.75
Area:
District:
Unit:

Note: These numbers are subject to change once the 2020-2021 Guiding year cookie money breakdown is released later this year.

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At enrolment, Guides get their enrolment pin, membership year pin and certificate.

Enrolment requirements: know the promise, law and motto. Guides also need to learn the Guiding Handshake and attend at least one meeting.

SAMPLE ENROLMENT CEREMONY

PATROL LEADER: I present _____ who wishes to be enrolled as a Guide.

GUIDER: Are you familiar with the Guide Law, and have you considered what it means?

NEW GUIDE: I believe I understand the meaning of the Guide Law.

GUIDER: Are you ready to make the Guide Promise?

NEW GUIDE: Yes

GUIDER: Will you promise to do your best, to be true to yourself, your beliefs and Canada? Will you take action for a better world and respect the Guiding Law?

NEW GUIDE: (Making the Guide Sign) Says the Guide Promise.

GUIDER: (Pins on the Enrolment Pin and shakes hands with the new Guide using the Guiding handshake.) I trust you to keep your promise and to try to help people wherever you are. The ___ Guide Unit welcomes you as a member and trusts you to make the Promise and Law a part of your life.

*Make sure to involve the girls in planning their enrolment ceremony. The possibilities are endless!

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Lady Baden-Powell Award

Award Requirements:

Part A

Earn all eight Girls First Program Area Badges:

- Guide Together • Explore Identities • Build Skills
- Be Well • Experiment and Create • Connect and Question • Take Action • Into the Outdoors

Part B

Participate in a major community service project. This cannot be the same service project used to complete the Your Action Theme of the Take Action Program Area.

Part C

Take a leadership role in the delivery of a unit meeting, event, outing or special project (including a camp) for your own unit or a younger branch. You should be involved in all aspects of this from planning through delivery of the meeting/event/project and its evaluation.

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Lady Baden-Powell Award (continued)

Part D

Share your favourite experiences and memories of Guides with your unit, a younger branch, or a group of friends from outside Guiding. Include what younger girls have to look forward to when they become a Guide, or what you are looking forward to as a Pathfinder.

Part E

Participate in at least three Pathfinders meetings.

Part F

In her last message before her death, Lady Baden-Powell wrote:

"I trust you will continue fully to use the system of work and play that our Movement provides, keeping up the fun and friendships made at your meetings and camps, abiding by the Promise and upholding the Laws that you undertook to live by when you joined up. In that way you will not only advance yourself in body, mind and spirit, but you will affect those around you, in doing what is honourable and right and wise, and in giving out kindness of thought and action, thus striving against all ills and helping to make the world a happier and better place in which to live."

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Lady Baden-Powell Award (continued)

Part F (continued)

Reflect on what Lady Baden-Powell's words mean to you. How do they make you feel? What do they make you think about? What do they inspire you to do? What can you do using your Guiding experiences to make some of your hopes for yourself, your friends and family, your community or the world become true? Find a creative way to express these thoughts – perhaps in song, or a story, maybe in a collage or skit. You might even do a STEAM-based project (science, technology, engineering, arts, or math) or offer service or volunteer as a way to express what these words mean to you. Share what you've created or done with others, including your unit, as well as girls in other branches.

WORLD ASSOCIATION OF GIRL GUIDES AND GIRL SCOUTS (WAGGGS)

WAGGGS was formed in 1928 and Canada was one of the 26 Founding Members. Today WAGGGS has Member Organizations in 150 countries around the world with 10 million members which makes it the largest female organization in the world. Website: www.waggggs.org Guiding started in 1910 and came to Canada that same year. The movement then came to Alberta in 1913.

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FIVE WORLD CENTRES

There are five WAGGGS World Centres:

1. Pax Lodge – England
2. Our Chalet – Switzerland
3. Our Cabana – Mexico
4. Sangam – India
5. Kusafiri – traveling world centre in Africa

There are programs and events held for Girl Guides and Girl Scouts around the world at the World Centres.

Visit the WAGGGS websites (www.waggggs.org) for more information.

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THINKING DAY

Thinking Day is on February 22nd and is the shared birthday of Lord and Lady Baden-Powell who were the founders of Girl Guides and Boy Scouts. It is celebrated by Guiding and Scouting members worldwide.

The WAGGGS (World Association of Girl Guides and Girl Scouts) website usually has activities to do each year for Thinking Day and a crest associated with it.

CANADIAN WORLD FRIENDSHIP FUND (CWFF)

This fund is supported by Girl Guide members in Canada and friends of Guiding. It offers financial assistance to Guiding members traveling internationally and nationally, the 5 World Centres, and Guiding in other countries around the world. The goal is to raise \$5.00 per member for the CWFF. There is an Alberta Council challenge with a crest for raising \$5.00 per member.

*There are many ways to raise funds for the CWFF, talk to your District Commissioner for more information.

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GAMES

FRUIT SALAD

One (or more) girls are in the middle of the space and everyone else is lined up on one side. Everyone thinks of a fruit. The person in the middle calls out a fruit and if their fruit is called, the girls run across to the other side. The ones in the middle try to catch them, anyone who is caught becomes part of the middle. When the ones in the middle call fruit salad, everyone runs across and a new game is started.

BLOB TAG

One girl is it. She tags other girls and anyone who is tagged becomes part of one long chain (the blob) that continues to catch girls and they join the chain.

BUTTON

The girls all sit in a circle and someone is in the middle with their eyes closed. A button is passed around the circle while the girls sing “button you must wander, wander, wander. Button you must wander everywhere”. Everyone then holds their hands behind their back and one girl has the button. The girl in the middle tries to guess who has the button.

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INCLUSIVE GRACES

CAMPFIRE GRACE

(Tune: Fire’s Burning)

We’re thankful, We’re thankful,
For friendship, For friendship,
And for good food, And for good food,
And hands that prepared it.

KNIFE, FORK, SPOON, SPATULA

I’m a knife, fork, spoon, spatula, cha cha cha
I’m a knife, fork, spoon, spatula, cha cha cha
I’m a knife, fork, spoon, I’m a knife, fork, spoon,
I’m a knife, fork, spoon, spatula, cha cha cha

Actions: put your arms above your head and mimic the shapes of a knife, fork, spoon, and spatula, and wave your arms back and forth for the Cha Cha Cha.

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AWARDS

Volunteers in Guiding do so much and ultimately empower every girl in Guiding to discover herself and be everything she wants to be. Recognizing adult members is an important way to help our volunteers feel valued and thanked.

There are awards for your contributions to Guiding and for those amazing women you work with.

Check the Alberta Council Awards Booklet on the Alberta Council website, www.girlguides.ca/ab to get more details about these awards.

Check with your District Commissioner for more information about awards.

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RESOURCES

My GGC - www.girlguides.ca

- Check your unit roster

Guiding Essentials – on member zone under About Guiding

Safe Guide

Insurance Booklet

National and Provincial Fundraising Policy

Emergency Response Card

The Brand Centre – on member zone

The Guide Store – www.thegirlguidestore.ca

Area Standing Committee Advisers

Provincial website - www.girlguides.ca/ab

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REGISTRATION FEES

Total - \$150 for girls

National: \$60.00

Province: \$42.00

Area:

District:

Unit:

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MY INFORMATION

UNIT NAME AND IMIS NUMBER:

DISTRICT:

DISTRICT COMMISSIONER:

AREA:

AREA COMMISSIONER:

IMIS NUMBER:

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DISTRICT INFORMATION

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AREA INFORMATION

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