

UNIT GUIDER POCKET PAL



PATHFINDERS 2020-2021 ALBERTA COUNCIL

1

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.

2

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

3

PATHFINDERS OVERVIEW

For girls ages 12 to 14

Pathfinders meet once a week, usually for two hours

In Pathfinders, girls take the lead and become active in the causes they believe in. Pathfinders learn the value of teamwork while organizing their own events and outings and are encouraged to explore new interests in diverse areas such as photography and web design, engineering, community building, technology and more.

Your Pathfinder could experience these activities:

- Learning about healthy relationships and building self-esteem
- Creating eco-friendly decorating ideas for your personal space
- Having discussions about body image and the media
- Setting out on a rafting trip
- Taking an international trip
- Host a bridging night
- Leading activities for younger girls in Guiding

4

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

5

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.

GIRL 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

GIRL GUIDE CLOSING: DAYLIGHT TAPS

Thanks and praise, For our days
'Neath the sun, 'Neath the stars, 'Neath the sky
As we go, This we know, Peace is nigh

*Daytime Taps is used for events that are over before nightfall

6

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, Sparks Flag.

7

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)

8

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

9

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.

11

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

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

SAMPLE ENROLMENT CEREMONY

FELLOW PF: I present _____ who wishes to be enrolled as a Pathfinder.

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

NEW PF: I believe I understand the meaning of the Guiding Law.

GUIDER: Are you ready to make the Girl Guide Promise?

NEW PF: 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 PF: (Making the Guide Sign) Says the Girl Guide Promise.

GUIDER: (Pins on the Enrolment Pin and shakes hands with the new PF using the Guiding handshake) I trust you to keep your promise and to try to help people wherever you are.

The ____ Pathfinder 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!

*PF = Pathfinder

10

PATHFINDERS AWARDS

Guiding at the Pathfinders branch offers girls the opportunity to work towards three special awards:

1. Community Service Award
2. Citizenship Certificate
3. Canada Cord

COMMUNITY SERVICE AWARD

1. Complete three different types of service projects on these themes:
 - Supporting Your Community
 - Going Global International
 - Environmental Awareness
2. To earn this award, you must complete it while you're a Pathfinder.
3. Must volunteer for approximately 15 hours of service altogether, including your preparation time.
4. The award can be earned at any time during your years as a Pathfinder. You can do one project every year, spread the projects out over three years, or do all three in the same year.

12

COMMUNITY SERVICE AWARD (CONTINUED)

Guidelines for service:

- Hours can be divided among the three projects in any way you choose.
- You must participate in the planning as well as the project.
- Some of the service can include service in Guiding; however, the major focus should be on service that benefits other organizations or the general community outside of Guiding.
- You must demonstrate community and leadership in planning the project.
- You can do these projects on your own or with others.
- Completion of this service cannot count towards earning the Take Action Program Area or the Your Action Theme badges.

The **Community Service award** is your opportunity to find out what's going on in your community and to learn how you can make a difference in the lives of others.

CITIZENSHIP CERTIFICATE

1. Complete two activities from each of the following topics:
 - Government
 - Ceremonies
 - What being Canadian means to me
 - Multiculturalism in Canada

OR

13

CITIZENSHIP CERTIFICATE (CONTINUED)

2. One activity from each topic AND a service project.
 - Provide a service, take action or speak out on an issue that is important to you
 - Connect with a local organization or charity
 - Should involve a minimum of five hours, including planning
 - Does not count towards Community Service Award
 - This service cannot count towards earning the Take Action Program Area or Your Action Theme badges or the Community Service Award.

Earning the **Citizenship Certificate** demonstrates that you actively care about Canada and the people around you.

CANADA CORD

The Canada Cord is the highest award a Pathfinder can achieve. It encourages girls to meet new people, learn more about themselves and their abilities, and puts their leadership skills into action.

To earn the Canada Cord, girls need to have also earned the Community Service Award and the Citizenship Certificate.

14

CANADA CORD (CONTINUED)

If Pathfinders in your unit are interested in earning their Canada Cord, encouraged them to work on components of this award throughout each of their three Pathfinders years.

CANADA CORD PROGRAM REQUIREMENTS:

PART 1

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 2 – Learn and demonstrate leadership

Plan and participate in three outdoor camps, sleep in tent/shelter, have at least five meals and stay at least one night.

- **1st camp:** as a participant, helping in the planning and at camp
- **2nd camp:** as an assistant to the leader, with responsibility for a specific aspect of the program
- **3rd camp:** as a leader of a team. Can be completed alone or by two girls working together.

OR

15

CANADA CORD (CONTINUED)

PART 2 (continued)

Plan and participate in three leadership events that together take a total of approx. 25 hours. Two should take approx. 5 hours/ea. and one approx. 15 hours.

- **1st event:** as a participant, helping in the planning and at the event
- **2nd event:** as an assistant to the leader with responsibility for a specific aspect of the event
- **3rd event:** as a leader of a team. Can be completed alone or by two girls working together.

PART 3

Earn your **Community Service Award**

PART 4

Participate in bridging activities with Rangers and younger girls:

- 1) Participate in two activities with Rangers members. If there is not currently a Ranger unit in your area, make a plan for how you can start a Ranger unit.

16

CANADA CORD (CONTINUED)

PART 4 (continued)

2) Take a leadership role in the delivery of at least one unit meeting for younger girls or three activities at camp. You should be involved in all aspects of these activities from planning, through delivery of the activities and their evaluation.

*If you are a **Girl Assistant** for a younger unit, you can do this part with the unit you volunteer with.

3) Bridging activities are in addition to the **Community Service Award** and camping or leadership event options.

4) The activities where you are leading younger girls could be done over a minimum of:

- Four unit meetings, or
- Two half-days of a special-event program, or
- One day at a camp.

PART 5 – Learn about First Aid

Complete an emergency First Aid course given by a recognized agency.

OR

17

CANADA CORD (CONTINUED)

PART 5 (continued)

Complete a First Aid-focused meeting including any combination of:

- At least four activities on the topic of First Aid

OR

- A First Aid instant meeting

OR

- Invite a guest speaker or expert presenter such as a local First Aid responder, nurse, or first aid instructor to make a presentation about First Aid and help you learn some basic First Aid skills.

PART 6

Earn your **Citizenship Certificate**

18

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.

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.

19

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 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.

20

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.

21

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.

22

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.

23

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

24

REGISTRATION FEES

Total - \$150 for girls

National: \$60.00

Province: \$42.00

Area:

District:

Unit:

25

MY INFORMATION

UNIT NAME AND IMIS NUMBER:

DISTRICT:

DISTRICT COMMISSIONER:

AREA:

AREA COMMISSIONER:

IMIS NUMBER:

26

DISTRICT INFORMATION

27

AREA INFORMATION

28