

UNIT GUIDER POCKET PAL



PATHFINDERS 2021-2022 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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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

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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 9-12)

Guides is a three-year program

Pathfinders (ages 12-15)

Pathfinders is a three-year program

Rangers (ages 15-17+)

Rangers is a three-year program

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 Guide 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!

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FLAG ETIQUETTE

Flags and Guiding

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

Colours means the flags. The colour ceremony is the raising or lowering of a flag and the colour party is the group that performs the ceremony.

During a ceremony, meeting or special event

- When the Canadian Flag is displayed on a staff placed on a platform, stage or dais, it should be to the right of the speaker.
- When the Colours (flags) 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 celebrant's or speaker's right as she faces the audience or congregation.
- When used in the body of an auditorium the Canadian Flag should be on the right of the audience.

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There are eight program areas and each program area has three themes under it.

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

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ACCESSING THE GIRLS FIRST PLATFORM

Go to this website:

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

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: \$7.00
Subsidy Fund: \$0.75
Area:
District:
Unit:

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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 Guide Handshake attend at least one meeting in your new branch.

SAMPLE ENROLMENT CEREMONY

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

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

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

GUIDER: Are you ready to make the 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 Guide Promise.

GUIDER: (Pins on the Enrolment Pin and shakes hands with the new PF using the Guide 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!

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PATHFINDERS AWARDS

Guiding at the Pathfinders branch offers you 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.

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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 topic.

Topics include:

- Government
- Ceremonies
- What being Canadian means to me
- Multiculturalism in Canada

OR

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If you are interested in earning your Canada Cord, you are encouraged to work on components of this award throughout each of your 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

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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
 - Can connect with a local organization or charity of choice
 - 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 you can achieve as a Pathfinder. It encourages you to meet new people, learn more about yourself and your abilities, and puts your leadership skills into action.

To earn your Canada Cord, you need to have also earned the Community Service award and the Citizenship Certificate.

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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.
- 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're a Girl Assistant, you can do this with the younger unit you volunteer with.

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* Activities where you are leading younger girls can be done:

- in one full unit meeting or spread across several unit meetings
- in one day or across several days at camp

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

* Activities where you are leading younger girls can be done:

- in one full unit meeting or spread across several unit meetings
- in one day or across several days at camp

PART 5

Learn about first aid. Complete an emergency first aid course given by a recognized agency.

OR

Complete a first aid-focused meeting including any combination of:

- At least four activities on the topic of first aid

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WORLD ASSOCIATION OF GIRL GUIDES AND GIRL SCOUTS (WAGGGS)

Canada was a founding Member

150 Member Organizations

10 million Members

Largest female organization in the world

Guiding began in 1909, spread to Canada in 1910 and Alberta in 1913

www.wagggs.org

FIVE WORLD CENTRES

There are five world centres for Girl Guides.

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

There are programs and events held for Girl Guides around the world at the world centres.

Their websites (www.waggggs.org) has more information.

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OR

- A First Aid instant meeting

OR

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

PART 6

Earn your Citizenship Certificate.

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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. 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 this.

CANADIAN WORLD FRIENDSHIP FUND (CWFF)

This fund is supported by Girl Guide members in Canada and is used to support international and national travel trips, the 5 World Centres and Guiding in 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 a variety of ways to raise funds for the CWFF, talk to your District Commissioner for information on this.

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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

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AWARDS

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

Check the Alberta Council Awards Booklet on the provincial website, girlguides.ca/ab to get all the details for the 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

Safe Guide

Insurance Booklet

National and Provincial Fundraising Policy

Emergency Response Card

The Brand Centre - brandcentre.girlguides.ca

The Guide Store - thegirlguidestore.ca

Area Standing Committee Advisers

Provincial website - www.girlguides.ca/ab

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REGISTRATION FEES

Total - \$175 for girls

National: \$60.00

Province: \$37.00

Subsidy Fund: \$30.00

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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