

# UNIT GUIDER POCKET PAL



## RANGERS 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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### RANGERS OVERVIEW

#### For young women ages 15 to 17

Rangers lead their own adventures and set their own goals to create their own unique Guiding experience. Rangers begin to explore career options and learn valuable life skills such as financial planning and building repairs. Rangers are also involved in active leadership opportunities in their communities and beyond like global development projects, eco-awareness initiatives and teaching skills to younger girls as Girl Assistants.

#### Your Ranger could experience these activities:

- Learning how to write a great resume
- Budgeting for living away from home
- Leading discussions about body image and the media
- Taking an overnight canoe trip
- Volunteering as a Girl Assistant with younger girls
- Connecting with the wider world through international travel and WAGGGS
- Furthering their education through Girl Guides of Canada scholarships

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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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## 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

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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, Sparks 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, Rangers get their enrolment pin, membership year pin and certificate.

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

## SAMPLE ENROLMENT CEREMONY

**GUIDER:** You made your first Promise when you were enrolled as a Guide/Pathfinder. Do you now have a deeper understanding of the Promise and Law?

**NEW RANGER:** Yes, I believe that I do.

**GUIDER:** Please reaffirm your Promise.

**NEW RANGER:** (Making the Guide Sign) I Promise ...

**GUIDER:** (Pins on the red Enrolment Pin and shakes hands with the new Ranger using the Guiding handshake) The \_\_\_\_ Ranger 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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## RANGER AWARDS

Rangers have the opportunity to set challenging goals and dream big with three special awards:

1. Ranger Service Project
2. Cookie Campaign Challenge
3. Trailblazer Leadership Award (Bronze, Silver, & Gold)

### RANGER SERVICE PROJECT

Complete a service project in an area of interest to you. You should be involved in the full project including the following aspects:

- Research & Design
- Preparation
- Implementation
- Evaluation

You can complete the project on your own or with someone else.

The project should require at least 20 hours of time to complete all parts.

This service cannot count towards earning the Take Action program area Badge or the Your Action Theme badges.

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## RANGER AWARDS (CONTINUED)

### COOKIE CAMPAIGN CHALLENGE

Take an active role in supporting the sale of unit cookies in at least four cookie campaigns using at least two different methods over the four campaigns.

There are three methods outlined below; however, others may also be used:

#### 1) Getting Ready for Your Cookie Campaign

- a) Have a clear idea of what you're going to do with the funds raised, what you'll learn from the experience and what your sales goal is. Find out how much your unit earns per case.
- b) Research the cost of an activity and then figure out how many boxes of cookies would be needed to support it.
- c) Create personal goals for what you want to get out of selling cookies.
- d) Get to know your product to get ready to sell and answer questions.
- e) Understand the motivations of your customer. Put yourself in the customer's shoes to understand what is appealing about the cookies. Put together your thoughts on what motivates customers.

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## COOKIE CAMPAIGN CHALLENGE (continued)

- f) Brainstorm a list of typical customers and where And how you can reach them.
- g) Ask relatives or friends to assist you in finding out what kind of information would be appealing as an incentive to buy cookies.

#### 2) Marketing Your Cookies

- a) Play a role in developing your unit's marketing plan. You could take on one of the following roles or another needed within you unit. Use your skills to choose a position that can make use of what you like and are good at:
  - **Event Planner** - This person organizes the where, what and when for a cookie sales event.
  - **Art Director** - Designs the cookie booth display and/or presentation.
  - **Customer Service Rep** - Talks to customers and develops a short sales pitch to catch the customer's interest; she may also coach team members on how to present themselves to customers.
  - **Finance Manager** - Tracks the costs and expenses of cookie sales.

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## COOKIE CAMPAIGN CHALLENGE (continued)

- **Marketing Manager** - Finds new places to sell, identifies new types of customers, and creates thank-you messages.
- **Public Relations Specialist** – Writes news items to highlight the group's successes; lets people know about who has benefited from the sales.
  - b) Create a sales pitch with others in your unit and learn about making cold calls.
  - c) With a group, role-play possible scenarios that cookie sellers may encounter.
  - d) Get copies of any sales aids available from the national office (check [www.girlguides.ca](http://www.girlguides.ca) and Member Zone). Invite a marketing specialist to a meeting to talk about branding.
  - e) Check into the dollars and cents of managing cookie sales. Your cookie campaign is a hands-on chance to gain experience in money management:
    - Create a budget for your campaign (or for the activity which the cookies will fund).
    - Manage the cash. Show younger girls how to make change, use a spreadsheet to track sales and profits and help prepare bank deposits.

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## COOKIE CAMPAIGN CHALLENGE (continued)

- 3) **Sell those cookies**
  - a) Choose one of the following options for pitching and selling your cookies, or create one entirely of your own:
    - Set up events to promote and sell cookies (this is referred to as "in-field marketing"). Create a list of all the tasks that will be part of the event. Estimate when each item should be organized or completed.
    - Set up and complete a neighbourhood cookie blitz. Create a list of all the tasks that will be part of the event. Estimate when each item should be organized or completed.
    - Set up and complete a cookie selling partnership with a local business. Create a list of all the tasks that will be part of the event. Estimate when each item should be organized or completed.
- 4) **Additional options**
  - a) Review what you have learned from your campaign that will benefit you in the future. Make this part of the next cookie campaign.
  - b) Determine how to use the cookie campaign sales aids most effectively (collaborate with other units or groups; assign neighbourhoods or parts of your community to different groups).

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## COOKIE CAMPAIGN CHALLENGE (continued)

### 4) Additional options (continued)

- c) Cookie campaigns can help you explore careers — particularly those involving sales, marketing, and public relations. But here are a few additional fields to investigate. Meet with someone in one of the careers from the following list or go to his or her workplace for a tour:

- |                         |                           |
|-------------------------|---------------------------|
| o Communications        | o Media Relations         |
| o Accounting or Finance | o Graphic Design          |
| o Advertising           | o Branding                |
| o Product Development   | o Nutrition               |
| o Food Sciences         | o Journalism              |
| o Culinary Arts         | o Entrepreneurial Studies |
| o Food Manufacturing    |                           |

- d) Review what skills you've learned through selling cookies that you could transfer to your resume and make these updates. Your skills clearly relate to sales and retail jobs. However, you've also learned "soft" skills that can be used to describe the kind of person you are and how you approach a job. Use your cookie-selling goals and sales record to demonstrate measurable successes.
- e) Find ways to use cookie sales as a way to give back to your community and put it into action. For example: Invite people to buy a box of cookies to donate to a women's shelter, group home or seniors' home or promote cookie campaigns as a way of teaching skills and raising the profile of Girl Guides of Canada in your community

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## RANGER AWARDS (CONTINUED)

### TRAILBLAZER LEADERSHIP AWARD

The Trailblazer Leadership Award is the highest award a Ranger can earn. This prestigious award is the culmination of your work as a girl member. A Ranger must demonstrate her leadership and management skills by setting her own learning goals, organizing community service, creating events for peers and younger girls and running cookie selling campaigns. The award recognizes a girl's outstanding achievement and her commitment to the Vision, Mission and Values of Girl Guides of Canada—Guides du Canada.

There are three levels to this award – Bronze, Silver and Gold. If you are interested in earning the Trailblazer Leadership Gold award, you will need to start planning early as a Ranger. There are activities in the digital platform to help you plan out how you can earn this award. Be sure to check out the Trailblazer Leadership Award Activity and Trailblazer Awards Planning Resource.

You can also earn parts of this award through working as a Girl Assistant with a younger unit.

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## TRAILBLAZER LEADERSHIP AWARD (continued)

### BRONZE AWARD

#### PART 1

Complete one Theme in each Program Area:

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

To complete a Theme, Rangers should work on two topics within that Theme. Rangers can use existing program challenges, instant meetings, and activities to complete a topic.

OR

Rangers can work independently, in groups or as a unit to develop a challenge on a topic of their choice. In developing a challenge, it should be completed over at least two meetings, and Rangers will need to:

- Develop outcomes, objectives, themes, and skills appropriate to the topic.
- Develop activities for the challenge (either new or utilising those existing within the program) to be completed individually or as a group.

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## TRAILBLAZER LEADERSHIP AWARD (continued)

- Leading the meetings in which the challenge is completed.
- Sharing what you've learned – in your unit, in your community/school or through a bridging activity or meeting with another unit.

### SILVER AWARD

#### PART 1

Complete the **Bronze Award**

#### PART 2

Complete one additional Theme in each Program Area. Themes completed in the Silver Award must be different than those competed to earn the Bronze Award.

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OR

Rangers can work independently, in groups or as a unit to develop a challenge on a topic of their choice. In developing a challenge, it should be completed over at least two meetings, and Rangers will need to:

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## TRAILBLAZER LEADERSHIP AWARD (continued)

- Develop outcomes, objectives, themes, and skills appropriate to the topic.
- Develop activities for the challenge (either new or utilising those existing within the program) to be completed individually or as a group.
- Leading the meetings in which the challenge is completed.
- Sharing what you've learned – in your unit, in your community/school or through a bridging activity or meeting with another unit.

**Note:** No Theme in any Program Area can be complete more than one time in the attainment of the Silver or Gold Award.

### GOLD AWARD

#### PART 1

Complete the **Bronze Award** and the **Silver Award**.

Complete one additional Theme not already completed in the Bronze or Silver Awards from any five Program Areas of the Ranger's choice.

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## TRAILBLAZER LEADERSHIP AWARD (continued)

### GOLD AWARD

#### PART 2

Complete the **Ranger Service Project**

#### PART 3

Complete the **Cookie Campaign Challenge**

### 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](http://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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## TRAILBLAZER LEADERSHIP AWARD (continued)

To complete a Theme, Rangers should work on two topics within that Theme. Rangers can use existing program challenges, instant meetings, and activities to complete a topic.

OR

Rangers can work independently, in groups or as a unit to develop a challenge on a topic of their choice. In developing a challenge, it should be completed over at least two meetings, and Rangers will need to:

- Develop outcomes, objectives, themes, and skills appropriate to the topic.
- Develop activities for the challenge (either new or utilising those existing within the program) to be completed individually or as a group.
- Leading the meetings in which the challenge is completed
- Sharing what you've learned – in your unit, in your community/school or through a bridging activity or meeting with another unit.

**Note:** No Theme in any Program Area can be completed more than one time in the attainment of the Silver or Gold Award.

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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](http://www.waggggs.org)) for more information.

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## THINKING DAY

Thinking Day is on February 22<sup>nd</sup> 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.

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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](http://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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## 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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## RESOURCES

**My GGC** - [www.girlguides.ca](http://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](http://www.thegirlguidestore.ca)

**Area Standing Committee Advisers**

**Provincial website** - [www.girlguides.ca/ab](http://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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