



Blue-Print

Girl Guides of Canada-Guides du Canada | Alberta Council | girlguides.ca/ab

Winter 2016

Girl Greatness Starts Here



PROVINCIAL MEMBERSHIP

Noella Brisebois, Provincial Membership Adviser

Well November is now upon us and the weather is beginning to change. The Census count will be done in December, so let's see how much more we can increase our membership numbers before then.

Each Unit should be continuing to monitor their Unit rosters to make sure that the girls/adults that should be there are and the ones that should not be there are removed before they are counted in the numbers.

Please remember even if you have a Guider join your Unit midway through the year, they will still need to be counted and paid for as well.

Please try to think of ideas to reward your Guiders for all their hard work and dedication.

An idea that was shared with me was the "Bring a Friend Night". When we were discussing this at the Standing Committee Workshop, we discussed that if you feel at the beginning of the year your Units are full and there doesn't seem to be enough Guiders to open new Units – try hosting the Bring a Friend night towards the end of the year. This way, it may encourage girls to register for the fall. If you are thinking of having a fun get together with the Guiders in your Unit/District/Division/Area – maybe the adults can host a "Bring a Friend" event to introduce Guiding to their friends. Never know, you may get some new Guiders.

Please, if you have any ideas that you would like to see done or have something you would like to share – do not hesitate to contact me.

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A MESSAGE FROM THE PROVINCIAL COMMISSIONER

Winter is almost here and I am hoping it is going to be a mild one. As I am writing this, I am sitting in sunny California and hoping that the snow hasn't come before I get home.

By now, your units have started up and your girls are getting acquainted and having fun. You as the unit Guider of course have been juggling multiple things like cookie sales, field trip planning, Safe Guide forms, meeting plans and more. Please remember to take a deep breath from time to time and enjoy the moment. Get down on the floor with the girls and share in their laughter. Sing loudly about The Little Green Frog or another silly song that makes everyone laugh. Now is when you are making memories with these girls that last a lifetime. That is for both of you. I have been an adult leader for a number of years and surprisingly I remember a lot of great moments. We are here for the girls so let's enjoy our time with them.

Now onto other things. You may have already heard the news that we have a new recognition award coming on board in February 2016, that we will carry forward as an annual tradition. Alberta Council recognizes the commitment that our members make to stay involved with us. For Ranger age girls who have 11 years of service, they will receive in the mail a very special Thinking Day card with a commitment pin in it for them to wear on their uniform. In this, our inaugural year, we are hoping to "catch up" and so the girls who are currently registered in a Ranger unit and have 11, 12 or 13 years of service will receive a pin. We didn't forget about our adult members, after all, where would we be without you? For adult members, if you have 22 years of ADULT service you will receive a pin in February of the year you achieve that goal. Again for this inaugural year, we will be sending this pin to all our current registered members in Alberta Council's jurisdiction who have 22 or more years of adult service so that will catch you all up. You need to know these pins are beautiful and will reflect who we are. When you see someone wearing the red pin you will know that they were a Ranger and a member for 11 years and if it is an adult they will be sporting a blue one and they have been an adult member for 22 years. So if you like bling, this is definitely incentive to stick around. We will put a picture of the pins in the next Blueprint, but for now we don't want to spoil the surprise.

As you know Alberta Council receives seventy five cents per case of cookies sold to be used for membership and rental subsidies. This was an outstanding year as we had sold over 105,000 cases of cookies, which translated into a lot of profits for the units/districts but also boosted how much we could give in assistance. Unfortunately, the subsidy amount collected did not cover the full membership requests but the Executive Committee made a motion to make up the difference so all assistance requests for membership were filled. We want all girls to be able to participate and have the benefits of Guiding in their lives, regardless of their circumstances.



Rally planning is in gear and it looks like it is going to be a great time for each area. Of course Alberta Council is going to come up with something really fun for you as a keepsake of the day so watch for it at your area rally.

I know some of you are worried about changes to how we do things in Girl Guides of Canada. Please be assured that changes are made with the intent to move forward and provide the best program and experience for all of our members. It is normal to feel a little worried as it is easier to just do things the way we always have, but it won't move us forward. I have been able to get information on the new girl program that is coming and I am excited for the girls who will get to be part of it. Girl Guides is 115 years old and we didn't get there by staying exactly the same. As the world moves forward, we need to as well.

I hope that when you read this you are enjoying a nice warm beverage with your feet up in front of a fireplace and are pleased with yourself that all of your holiday shopping and preparation is done. Then you can also have a little giggle that in all likelihood, mine won't be. I've got a very busy few weeks coming up when I get home from holidays so I hope I can pull Christmas off at my house with all of my family coming for dinner. I hope you will enjoy the holiday season with your friends and family. 2016 is going to be an amazing year with the Rallies, Guiding Mosaic, our new Commitment Pin and much more coming up.

Thank you for your time, passion, and continued support of Girl Guides of Canada.

Beverly

PUTTING INCLUSIVITY INTO PRACTICE

Naomi Bell, Provincial Special Needs Advisor

Are you looking for ideas around supporting persons with disabilities in your unit? Are you curious about how to adapt or modify your current programming to be fully inclusive? Do you need support with how to best program for individual members in your unit?

As the new Provincial Special Needs Advisor for Alberta Council, I am here to support Unit Guiders in putting our Inclusivity Guidelines into practice. In my life outside of Guiding, I am a Complex Needs Strategist for the Calgary Board of Education, and I am passionate about bringing inclusivity practice to life. I would love to hear from you whether you want to learn more about a certain disability, need programming ideas, are looking for support with behaviour management, or want to share what is working in your unit. We can work together to determine how best to support each and every member in your unit.

As many of you might already be aware, Girl Guides of Canada has recently released new guidelines that officially welcome all persons who live their lives as female. All persons who identify as female (whether they have already transitioned or are in the process of transitioning) are able to access and participate in all aspects of Guiding. The announcement of these guidelines received a great deal of positive media attention and supportive feedback from members from all over the country and North America.

The Guidelines document speaks to our inclusive practice, as well as providing answers to questions that Unit Guiders may have around supporting persons who are transgender. "The Guidelines for the Inclusion of Transgender Members" can be found at <http://forms.girlguides.ca/GuiderResources/Shared%20Documents/transgenderresource-guide.pdf>

If you have any questions about supporting Transgender members, or any other inclusivity questions, please feel free to send me an e-mail at specialneeds@albertagirlguides.com.



TRAINING BLING

Kathy Batty, Provincial Training Adviser

Have you noticed the lamp 'BLING' that your sister Guiders are wearing? You too can earn these gorgeous TEAM (Training and Enrichment for Adult Members) pins by attending training sessions and/or applying for equivalency.

The TEAM sessions are broken into 6 specific streams that include modules for both new and experienced Guiders.



Unit Guider Stream – If you are a new Guider, or a Guider who is changing Branches, then this foundation stream is for you! To earn this fantastic red lamp pin, new Guiders need to complete *Safe Guide, Building Unit Guider Skills and All About your Branch*. For Guiders who are changing Branches you too can earn this pin by completing *About the Girl, Programming for the Girl, Quick Start and Putting the Pieces together*. If you are interested in any of these sessions, please speak with your Area Training Adviser.

Outdoor Activity Leadership (OAL) – Research has proven that many of our girl members want to camp and be outside. Participating in the foundation OAL stream can assist Unit Guiders in incorporating camp and the outdoors into your program. To earn this lovely green lamp pin, Guiders are required to complete four modules from Getting Outside and Residential Camping, two of which must be Planning and Food & Nutrition. The sessions that fall under the OAL stream include the following: *Getting Outside-Unit, Meetings and Day Camps, Leading Residential Camping, Planning Residential Camping, Food & Nutrition and Camp Life*. If you are interested in any of these sessions, please speak with your Area Training and/or Camping Adviser.



Unit Guider, Personal Development or OAL Tent Camping Enrichment Streams – Now you are probably wondering how to get one of these beautiful yellow lamp pins. Guiding has a TON of fantastic TEAM enrichment sessions of which completing any 5 from the Unit Guider or Personal Development streams or the completion of the Tent Camping sessions will earn you one of these pins. Unit Guider Enrichment sessions include *Dramatic Arts, Guiding and the Promise & Law, Exploring the Branches, Leading Active Games, Communicating with Girls, and Girl EmPower*.

Personal Development Enrichment sessions include *Bias Awareness and Equity, Building Strong Teams, Conflict Management, Effective Communication, Event Planning, Financial Management, Mentor Training, Time Management and Volunteer Management*. If you are interested in any of these sessions, please speak with your Area Training Adviser.

If you have already received the OAL green lamp pin, then perhaps you are interested in the next step, Tent Camping. The sessions included with this stream include *Planning & Packing, Tents & Tarps, Kitchens & Cooking, Activities & Program and Overnight*. If you are interested in any of these sessions, please speak with your Area Training or Camping Adviser. Please note, you can receive more than one yellow pin.

Other **TEAM** streams available include:

Commissioner Stream - completing the Getting Started Foundation modules Guiders will receive a charming orange lamp pin. These sessions are available every year during the Commissioners' Workshop. While these sessions were created with the District Commissioner in mind, they are open to anyone.



Administrator Stream – If you complete the *Effective Communication, Time Management, Building Strong Teams, Conflict Management* plus one other module of your choice from the enrichment streams you will receive a beautiful blue lamp pin. If you are interested in any of these sessions, please speak with your Area Training Adviser.



Trainer Stream – To earn the pleasing purple lamp pin, Guiders are required to complete the pre-requisite *Understanding the Adult Learner*, plus the 5 trainer modules. These modules are offered at the Trainer's Workshop in April or during Multi-faceted. Following the completion of these sessions, you will be asked if you would like to move forward to become a trainer, but please note there is NO obligation to do so.

OAL Adventure – If you have completed the Tent Camping modules or have equivalent experience and would like to build your knowledge, skills and capacity for adventure camping which will enable you to meet the Safe Guide requirements for leading adventurous camping trips with your girls, then this is for you. Once you have completed the sessions and expedition, you will receive a delightful dark green lamp pin.



MAKE IT COUNT

- Don't forget to record your trainings on your **TR.9 (Training Module Tracking Form)**. The form can be downloaded from the national website <http://forms.girlguides.ca/SitePages/Home.aspx#training>.
- If you take a training through **e-learning**, please notify your iMIS home so they can enter this onto your profile (e-learning will do this but it takes a while and they suggest we also do it manually to make sure it gets in!). Don't forget to include your iMIS number on your request. Please speak with your District Commissioner for more information.
- When you have completed all the requirements for a specific TEAM stream, **notify your District Commissioner or your Area Training Adviser**. The presentation of these pins differs for each Area, speak to your DC or ATA for more information.
- **If you are interested in applying for equivalency** (receiving credit towards the modules and streams from past trainings you have taken or years of experience in the topic areas), please complete a **TR.1 Equivalency Request Form** and submit to your Area Training Adviser through your District Commissioner.
- **The Alberta Council Training webpages** are your one stop shop for all things Training under the Alberta Council umbrella. <http://www.girlguides.ca/web/AB/Volunteers/Training/AB/Training.aspx>
- As always, if you have any questions or concerns or would like to connect with your Area Training Adviser send us a note at **training@albertagirlguides.com**.

PROVINCIAL TRAINING TEAM

Provincial Training Adviser
Kathy Batty

Treasurer
Tanya Watts

Secretary
Terri Bouvier

Trainer Records Administrator
Laureen Bowman

Training Activities Adviser
Chris Burton

Training Outreach Adviser
Pat McWilliams

Trainer Development Adviser
Deleigh Rausch

Aurora Adventures Area Training Adviser
Erin Dixon

Calgary Area Training Adviser
Joan Schellenberger

Chinook Area Training Adviser
Judith Kopp

Cypress Hills Area Training Adviser
Susanne White

Edmonton Area Training Adviser
Janet Melnyk

Michener Area Training Adviser
Michelle Andersen

Parkland Area Training Adviser
Hazel Snyder

Peace River Area Training Adviser
Dianne Almond

Prairie Rose Area Training Adviser
Tracey Stagg

Tamarac Area Acting Training Adviser
Terri Bouvier

Woodsmoke Area Training Adviser
Cheryl Ryan



MULTI-FACETED 2016

Plan to join us as we explore
Guiding Around The World

March 11-13, 2016 at the Radisson Hotel in Red Deer.

Watch for registration information in January, 2016.



OAL ADVENTURE CAMPING

The OAL Adventure Camping modules provide a formal training that will build your knowledge, skills and capacity for adventure camping which will enable you to meet the Safe Guide requirements for leading adventurous camping trips for girls.

Modules included during this session: Trip Design and Structure, Leadership Styles and Group Dynamics, Adventure Camping Gear and Adventure Camping Food.

Date: 10:00 AM Saturday February 27th – 4:00 PM Sunday February 28th

Location: Calgary Guide House (2188 Brownsea Dr NW, Calgary)

Registration Deadline – February 16th, 2016

For more information or to register visit
www.girlguides.ca/WEB/Documents/AB/Forms/Training-Events.pdf

PRESERVING OUR PRESENT FOR THE FUTURE

Janet Allcock, Provincial Archives Adviser

In the fall a Calgary Pathfinder Unit decided to create a unique ceremony to enrol its new members. The girls brainstormed many ideas, narrowed the list down with a vote, elaborated on this smaller selection and came to an agreement on a theme for the evening. It was to be a Lord of the Rings Fantasy theme. Each Pathfinder was to take on the role of her favourite character from a book, movie etc. and challenge an obstacle course, working either on her own, or “in fellowship” with the others to find the Path. Guiders and the District Commissioner played characters such as Gandalf whose role it was to send the girls on their quest and to conduct the ceremony at the end.

The process showed the new member how to plan using a democratic method, allowed them to exercise a lot of creativity and to carry-out a plan to make what must have been a very memorable and fun evening.

How do I know all this? Because someone took the trouble to record the process and even better, took the trouble to send the digital file to me at Archives. As a result, that planning process document will be filed and kept for future historians to take delight in.

This is one of the first pieces of digital archive material that I have received and I hope it marks a new trend for documentation in the Museum and Archives.

I have spent much of the last year cataloguing documents and although there are documents from the early years of Guiding in Alberta and a wealth of information about happenings in the 1970's through to the end of the century from newspaper clippings, unit records, camp planning papers, there is little from the last fifteen years. As you know, it is all recorded digitally now. Perhaps it's because it doesn't take up space that no-one thinks to send it to Archives. And of course it's the same with photographs. They are sent in an instant to friends, but never to Archives!

We have a good working system to accession, record, store and retrieve hard copies of documents. Now we have had to discuss and decide on a process for information that comes to us digitally. We have a fledgling system in place and we hope that you will consider sending us your records and other important digital documents.



SAVE THE DATES ADULT CAMPING EVENTS FOR 2016

1. CAMPING ADVISER WORKSHOP – APR 22-24/16

2. CAMP SKILLS DAY – JUNE 5/16

3. INTERMEDIATE LAKE TANDAM CANOE COURSE – JUNE 11-12/16

4. HODGEPODGE – SEPT 16-18/16



OUTDOOR GAMES IN WINTER

Twyla Jenkins, Provincial Camping Advisor

SUMMER GAMES PLAYED IN WINTER

Many familiar games can be played in winter, and seem like a much different game. Falling in the snow changes the whole perspective of a game!

1. Tug of War. Draw a line in the snow and divide the girls into 2 teams. See which team can pull the other across the line.

2. Hurdles. Pile the snow into low hurdles and have the girls jump over them in a race.

3. Play soccer in the snow

4. Snow Golf or Frisbee Golf. Set up a course by digging small holes or sinking buckets in the snow. Mark each hole with a pole and flagging tape. Throw a Frisbee, or hit a large light ball with a stick (could be a hockey stick), toward the hole, counting the number of hits or throws.

5. Snow Ball. Play baseball using a snowball as the ball. Make the distance between the bases very short. When the ball disintegrates, quickly make another one.

6. Dodgeball. Use a soft, large ball

7. Tag Games.

A) **Everyone Tag.** Everyone is 'it' and has to try to tag as many players as possible. Anyone who is tagged has to stand still, until there is only one player left who has not been tagged. The last player yells "go" to start the game all over again.

B) **Frozen Tag.** One player is 'winter' and another is 'sunshine'. Play tag as usual, with 'winter' trying to tag as many players as possible. When a player is tagged, she must freeze on the spot until 'sunshine' touches her and then she can join the game again.

C) **Circle Tag.** Stamp out 5 circles in the snow about a metre across and spread around the playing area. Play tag as usual. The circles are safe places, but players can only stay in one for 5 seconds at a time.



SNOWBALLS

Everyone loves to make and throw snowballs in winter. Here are some activities that use snowballs:

1. Have each person roll a snowball in the snow and see who can make the roundest snowball in a given time.

2. Work in pairs to see which pair can roll the biggest snowball in a given time.

3. See who can throw a snowball the furthest distance.

4. Place catch with snowballs.

5. Have a snowman building contest. There can be several categories so that each team 'wins' a category. E.g. smallest, tallest, fattest, etc.

6. **Pig in the Ring game.** Divide the girls into teams and lay out a hoop, or make a circle out of a skipping rope, for each team. Draw a line in the snow at an appropriate distance from the hoop for the age of the girls playing. At a signal, each team tries to see how many pigs (snowballs) they can get into their team's ring.

SLEDS

1. DOG SLED RACES

Put the girls in teams and give each team a skipping rope and a piece of cardboard for a sled. One girl sits on the sled and the rest of the team pull her to the finish line. Repeat after switching drivers so every girl has a chance to ride the sled. As a variation, the girls could get creative and make their own sleds before the race.

2. SLEDDING SNOW TARGETS

Along a sledding hill, place buckets at various intervals. Each girl must make 2 or 3 snowballs and carry them with her as she sleds down the hill. One point is given for each bucket she hits, and three points for each snowball that lands in a bucket.

NATURE GAMES

1. Popcorn. Ahead of time, make up baggies with 10 pieces of popcorn in each. Hang the baggies in the trees, making sure they are spread out. Give 1 baggie to each girl to start the game. The girls will pretend to be deer trying to find food in winter. Every time they take 10 steps on a path or hard packed snow area, they must eat 1 piece of popcorn. In deeper snow, they must eat 1 piece of popcorn every 5 steps as this terrain uses more energy. Before their bag is empty, they must try to reach another bag of popcorn hanging in a tree. They continue to walk as long as they are able to collect more food. If their bag is empty before they can reach another bag, they have 'starved' and must return to base. Discuss with the girls the difficulties animals face trying to find food in winter.

2. Tracks. Animal tracks are easier to find in the snow. Follow them to find out their story.

- Were the tracks made by birds or animals?
- What is the size, length and shape of the track?
 - What is the pattern?
 - Is there a tail mark?
 - Do we know what animal it was?
 - How is the animal moving?
 - Was the animal short-legged or long-legged?
 - Did it stop along the way?
 - Did it meet another animal?

3. Learn About Tracks. In a clear area of snow, have the girls make tracks. They could walk, run, hop, jump, walk backwards, carry something, walk on all fours like an animal. Examine the tracks. How are they different? Does a person's height make a difference? Does foot size make a difference?

4. Big Foot Hunt. A leader pretends to be Big Foot and wears oversized boots to make a trail. After giving her a large head start, the girls follow her tracks in the snow. The leader should try to fool the girls by walking backwards, crossing tracks already made, hopping on alternate feet, etc. Big foot continues to travel until the girls find her.

SNOWSHOE GAMES

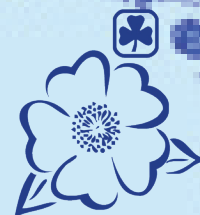
Many regular games like tag games and races, can be played on snowshoes.

1. Fox and Geese. Stamp out a large circle in the snow and add about six spokes from the center so it looks like a wagon wheel. One player is the fox and the rest are geese. They can only run along the spokes and circle of the wheel. The hub in the center is a safe spot, but only 1 goose at a time can be there. If another goose enters, the first goose must leave. When a goose is tagged, she and the fox trade places.

2. Potatoes. Potatoes (or other objects) are placed in a straight line leading from a basket. At the word 'go' the girls run from the basket to the first potato in their line and carry it back to the basket, then they go and get the 2nd potato, bring it back, go for the next one, and so on until all the potatoes are in the basket. The first to have all her potatoes is the winner.

This can also be done as a relay race. The first girl gets the first potato, the next girl gets the second potato, and so on.

WANTED



VOLUNTEER POSITIONS AVAILABLE!

Provincial Treasurer

Are you an enthusiastic accounting professional looking for a new challenge?

We are looking to fill the position of Alberta Council Treasurer. The position would commence April 30th, 2016, after successful election, and is appointed yearly for up to five years."

The Treasurer's duties include administering the financial affairs of Alberta Council, monitoring the annual budget and all financial transactions, managing the short-term investments of Alberta Council in consultation with the investment manager. See the posted position description for more details.

Qualifications: Professional accounting designation (CA, CMA, CGA, CPA) or equivalent professional accounting experience (excellent working knowledge of ACCPAC, audit controls, verification of payrolls, GST regulations, preparation of corporate tax returns, and preparations required for annual audit).

Deadline to apply: **Friday February 5th, 2016.**

Public Relations Adviser

Alberta Council is looking for an enthusiastic Guider with a passion for Guiding interested in promoting a positive image of Girl Guides of Canada to the public and fostering a sense of pride in Guiding among our Members in Alberta, Northwest Territories, and Yukon.

The position is open to any adult Member and responsibilities may include: chairing committee meetings; participating in provincial level meetings; orientation of Area PR Advisers; distributing news releases; communicating and promoting events that enhance our image; and increasing awareness of Guiding. See the posted position description for more details.

Qualifications include: Good written and verbal communication skills; at ease speaking with the media; and an overall understanding of various social media.

Position commences **immediately** and is for a three-year term.

For more information or to apply for either of these positions:

Application form and position description are available at the Alberta Council website:

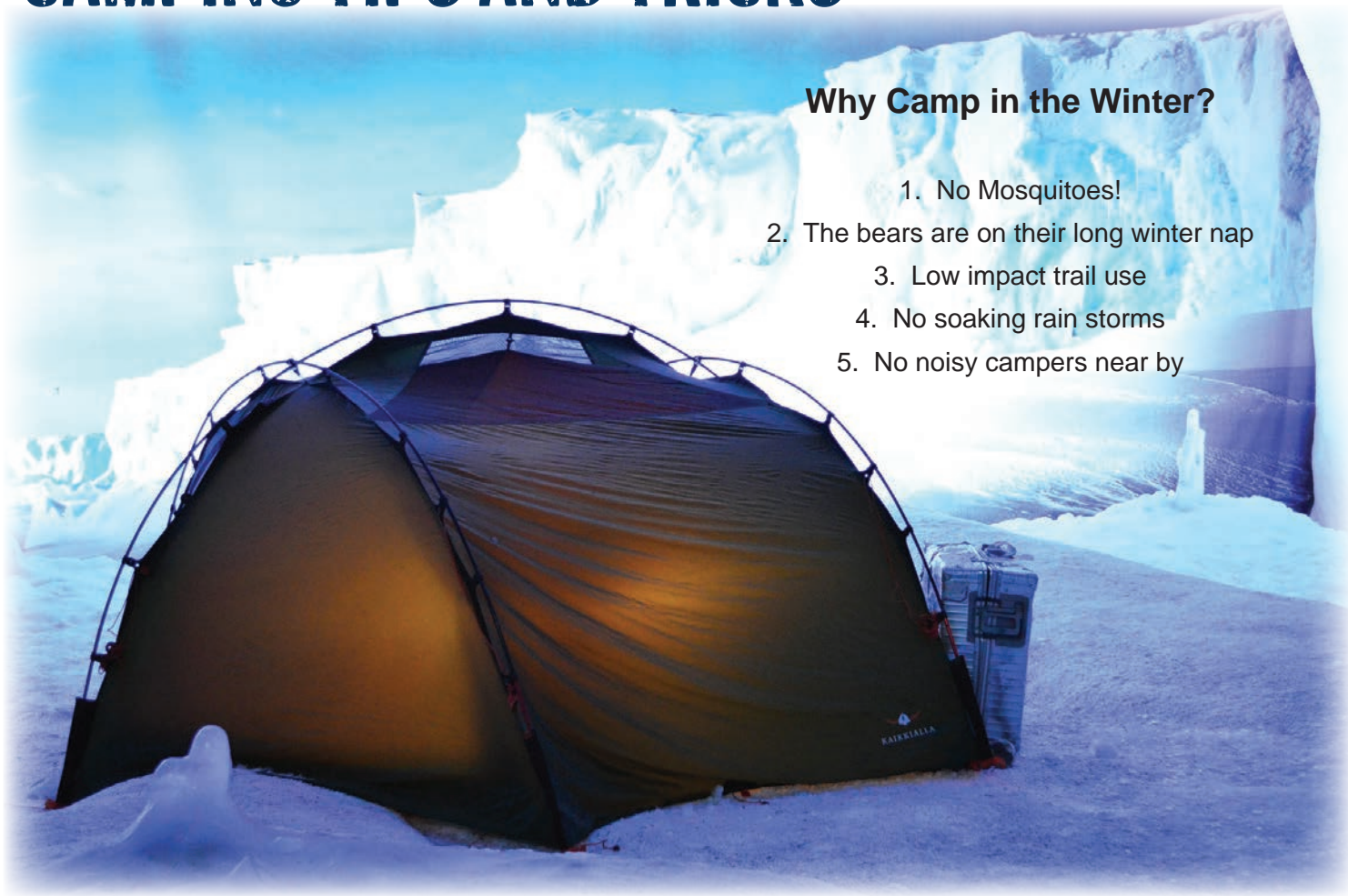
http://www.girlguides.ca/web/AB/Volunteers/Forms/AB/_Forms.aspx#committee

or call the office at 780-424-5510 for alternative ways to submit your application.

CAMPING TIPS AND TRICKS

Why Camp in the Winter?

1. No Mosquitoes!
2. The bears are on their long winter nap
3. Low impact trail use
4. No soaking rain storms
5. No noisy campers near by



PROVINCIAL CHALLENGE OF THE MONTH



December - Hemisphere Challenge

January - Gateway to Our Past

February - Guides on the Air (GOTA)

All Provincial Challenges can be found on the GGC Alberta Council website, www.girlguides.ca/ab, under the Program section.

WAGGGS CHALLENGES

Philippa Wagner, Provincial International Adviser

Alberta Council offers many challenges that add to the programming opportunities that you offer. However, there are even more challenges out there that you can use to enhance the program the girls participate in. Two challenges developed by the World Association of Girl Guides and Girl Scouts (WAGGGS) are the Free Being Me challenge and the Surf Smart challenge.

Did you know that 6 in 10 girls are held back from doing something they love because of worries about the way they look? We can make efforts to change statistics like this! WAGGGS has partnered with Dove to develop the Free Being Me activity pack. It includes fun, flexible activities for youth aged 7-10 and 11-14. You can help boost body confidence through active and inspiring session and complete a take action project to spread the word.

The Surf Smart challenge engages with children to examine the internet and social media. It takes you on a digital adventure to explore how to get more out of your time online and connect with local and global communities, and how to stay safe and make good choices when you're connected. It contains many fun activities to help you develop new digital skills and awareness under three themes:

- Connect positively online
- Protect yourself from online risks
- Respect your rights and reputation online

Information on both challenges is available online from WAGGGS (WAGGGS.org) and crests are available from the WAGGGS store (www.wagggs-store.org) for about \$11.15 for 10 crests.



WORLD THINKING DAY 2016

Philippa Wagner, Provincial International Adviser

February 22 is coming up quickly and many of us will be looking for ways to celebrate World Thinking Day (WTD) 2016. There are several resources available to help you introduce new members to Thinking Day and to expand the horizons of more experienced members!

World Friendship Flyer: Girl Guides of Canada will be publishing a 2016 version of the World Friendship Flyer with interesting information and engaging activities. Each Guider will be sent a copy in your Canadian Guider. Look out for it!

Canadian World Friendship Fund (CWFF): Girl Guides from across Canada have the opportunity to support other members in Canada and around the world by donating to the CWFF. The CWFF provides another opportunity for your unit to celebrate WTD, while learning about other Guiding countries around the world. The CWFF offers financial assistance to adult members who have been selected to accompany girls on nationally-sponsored trips, to members attending international Guiding events, and to girls and adults from other Guiding countries visiting Canada for special events. Each year Alberta Council encourages donations to the CWFF by offering a crest that can be purchased by members or units who donate at least \$5/ member to the CWFF. Watch ANY_GuideNews for when the crests are available and the cost.



WAGGGS Activity Pack: Each year WAGGGS chooses a theme for Thinking Day and in 2016, the theme is "Connect". They have developed an activity pack which is available online at WAGGGS.org. The activity pack gives 5-8 suggested activities in each of the areas we "connect" to:

- **Connect with me:** If we take the time to connect with ourselves and understand what makes us happy and confident, we can make a bigger difference in other people's lives.
- **Connect with friends:** Connection is friendship and friendship is happiness. So what makes a good friend? Connect with someone you care about, introduce a friend to Girl Guides and Girl Scouts, and explore the relationships that matter to you.
- **Connect with WAGGGS:** Look wider and connect with the amazing world of Girl Guiding and Girl Scouting. Feel like one in ten million, learn about our global movement and visit a WAGGGS World Centre!
- **Connect with the world:** Look wider still and see how you can make a difference in the places you care about. Go outdoors and get active, get to know your community or a place in nature, and learn something about the world around you.

Finally, WAGGGS is asking that you #connect10million and share your story with 10 million Girl Guide and Girl Scouts around the world! You can also order a crest from the WAGGGS store (<http://www.waggggs-shop.org/>). Crests are sold in packages of 10 or 25 and the cost is about \$1.15 per crest.

SAVE THE DATE! RALLY DAY 2016

Join your Guiding sisters in Alberta, Yukon and Northwest Territories on Saturday, May 14, 2016 for a rally to celebrate GM2016 coming to Alberta – Alberta Welcomes the World!

All girls and Guiders are invited to the rallies being held in every Area under Alberta Council. You will be getting more information from your Area as the event gets closer.

We want everyone to come out and celebrate together!

WINTER WONDERLAND! LET'S GET OUTSIDE AND EXPLORE!

Erin Ladouceur, Provincial Program Adviser

With the arrival of the winter solstice being less than 10 days away, many of our communities have already celebrated at least one snowfall, and as leaders, we are currently starting to think about activities for the second half of our AWESOME Guiding year. Throughout the Guiding program, there are many different opportunities to explore the joys of winter along with its many different sides. Given the geographical vastness of Alberta Council, our experiences with the winter vary vastly, but there's something for everyone to do. In Yellowknife, winter brings the amazing northern lights, the stars, snow castles, skating on the lake, and many other outdoor activities. During my time living in Calgary and Lethbridge, winter was always unpredictable and yet, when it did arrive it was still magical and fun.

So, how do we include winter in our activities? Winter activities demand thoughtful and careful planning to ensure that they are successful and safe for all members. But does this mean that we should stay indoors? No, it means we conquer our fears and do it! Plus, the girls need experience and opportunity to plan and execute an AWESOME winter activity.

Here are few steps to help you get started:

Step 1: Ask the girls what do they want to do for a winter activity? Some ideas to help you could be learn to ski/snowshoe, go skating at a local arena or outdoor rink, sliding at the local sliding hill, play on the play equipment at your local park, go for hike, or playing flashlight tag outside.

Step 2: Ask the girls how long of an activity do they want? This could range from a 30 minute game during a regular meeting, to a Saturday afternoon event, to a sleepover, to winter camping. Of course, this is very dependent on the girl's age and experiences.

Step 3: Ask the girls what winter clothing do they have? This is where the start of our Safe Guide evaluations should start, because depending on where you live, the access to appropriate winter clothing may factor into what you can do. It can also help you determine if you need to find donor equipment to make the activity accessible to everyone.

Step 4: Ask the girls if they are interested in helping organize the games, activities, program, etc for your winter adventure? Depending the age, the amount of participation will vary, but still encourage the girls to help with the planning or brainstorming ideas. If you need help, google "Winter Outdoor Activities for Youth" and a very broad list of activities are listed.

Step 5: Ask the girls to identify a time when they would like to do this activity? This might a good time to introduce the idea of watching the weather forecast and how it influences our activity decisions. As a Guider, you will need to ensure that the weather is appropriate for the activity being planned. Also, as winter is temperamental, even in the northern areas of our country, flexibility is key and backup plans are instrumental in ensuring the activity planned is safe and enjoyable for everyone.

Step 6: Leaders need to review Safe Guide for any paperwork requirements. Within our Safe Guide document, we have activity guides for tobogganing, skating, and outdoor activities. Leader should also take the time to ensure that the activities are inclusive to all members of their unit and modify if required.

Step 7: Once everything has been planned and the weather is nice, it's time to go and enjoy the winter activity.

Step 8: The last step of every activity should be evaluation by the girls and leaders to look for things that were awesome and things that could have been improved.

So, let's go outside, get active and enjoy winter. It can be as much fun as summer!





WINTER ACTIVITIES



Footprint Tag - Play Tag as you normally would... but stepping only in others' footprints.

Hula Hoop Challenge – have you ever tried using “Hula Hoops” all bundled up in winter clothes? See who can last the longest.

Snowball Target – In a safe place, throw snowballs at a target. Make sure rules are established so no one gets hurt. Targets can be made with coloured water in the snow.

Scavenger Hunt with Coloured Ice cubes. Hide them throughout the area and have groups gather them.



The deadline for the submission of
articles for the next edition of
Blue-Print is January 15th, 2016.

Send your submissions to
Blue-Print@albertagirlguides.com

**Girl Guides of Canada
Alberta Council**

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girlguides.ca/ab/

Publication Mail
Agreement Number

40009469