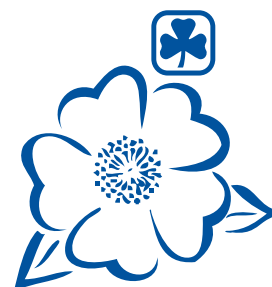


SPRING 2015

# Blue-Print



Girl Guides of Canada – Guides du Canada | Alberta Council | [www.girlguides.ca/ab](http://www.girlguides.ca/ab)

Girl Guides of Canada-Guides du Canada enables girls to be confident, resourceful and courageous, and to make a difference in the world.

## Ready, Set, Go Outdoors!

— Erin Ladouceur, Provincial Program Adviser

For many Guiders, we have started to look at our programming for ways to bring our meetings outside and help our youth members to expel their pent-up winter energy. With the arrival of spring, we are starting to plan our camping adventures for the year. This edition is full of activities, challenges and games that you can take outside and enjoy with the girls.

As we start planning our year end activities, we need to encourage our girls to take risks, to grow outside of their comfort zones and challenge themselves with new experiences. As Guiders we should encourage our girls to attend Provincial camps that interest them.

- For girls, who love the arts there is the Arts Extravaganza... Arts Camp.
- For girls, who are interested in learning about other cultures, there is Colour Your World event.
- For girls, who want to experience a weeklong tent event, there is the Mount Olympus and Beyond or Water World week long camp.
- And for Pathfinders who love backpacking, there is a Backpacking trip.

These are amazing opportunities for our girls. Information about these events can be found on the website, [www.girlguides.ca/ab](http://www.girlguides.ca/ab), in this *Blue-Print* or on *ANY\_GuideNews*.

So, let's go crazy, get dirty and have a blast with our girls for the rest of the year. Since this is our last edition for the year, I would like to thank you for the time you have invested in our members, with your amazing programming and your energy. Without you, we can't keep increasing our membership.

*Thanks again!*

## ATTENTION!

Pathfinder Guiders, are you interested in attending an AMAZING Guider conference put on by Ontario Council with the help of the Disney Institute.

**The conference will happen in the Fall 2015.**

Check out the August 2015 *ANY\_GuideNews* for more details.

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## A message from the Provincial Commissioner

Hello everyone,

As I write this article, I am looking out my window in Toronto at the National Provincial Commissioner meetings. I am unfortunately reminded that winter is here as we have had such a mild winter in most places within Alberta Council this year. However, I know that spring is coming, and with it, the renewed enthusiasm for Girl Guides with camps approaching.

**WE DID IT!** Alberta Council not only met the goal of 15,000 for 2015 that we set on May 24<sup>th</sup> for our membership but we surpassed it as at the count we were 15,148 and we have had more members added since then. **YOU** are the reason that we are able to do this, so thank you! Way to go and thank you for ensuring that the girls get registered in a timely fashion and the new leaders get screened so they can begin this great adventure. Speaking of goals, we are also in great shape for our cookie goal this year to order 100,000 cases of cookies in 2015. At this point, we are over halfway there with our sandwich cookie order and with GM2016 coming and the need for the valuable “cookie dough” to help us get there, it is a goal we are sure we can meet.

As you are aware by now Alberta Council voted to subsidize the Multi-faceted event with more funds than already provided making it a very affordable opportunity for more of our members. Many areas stepped up and tossed some assistance in so we are happy that the event is going to be well attended. It's going to be a great weekend as we “Boldly Go”. The extra funding will be in place for future Multifaceted trainings to keep them affordable for all of our Guiders.

Our Twinning Facebook® page has been very active with posts from both partners. Check it out and see what Guyana Girl Guides are up to. The name of the group on Facebook® is: Twinning 2020: Guyana & Alberta Council (Canada), so check it out! More information on Twinning will be coming out and how you can participate in this.

Sandwich cookies will be in your hands by the time you receive this edition of *Blue-Print* so just a reminder to ensure your girls are following *SafeGuide* procedures for cookie sales and that you are using Cookie All Stars to reward them for their hard work. Any recognition for girls selling cookies will encourage them to sell more, so consider ordering the crest for the group sales and then the awards for the girls who have sold more. Good luck with your cookie sales!

The spring also brings advancement and it for leaders is a time of a touch of sadness as you say goodbye to the girls you have had in your unit for a few years and then happiness as you welcome new ones. I have always believed that advancements are a reason for a big party and to celebrate. It is also a great time to recognize the girls who will be continuing on in your units, as well as a time to say thank you to the great Guiders you have had a chance to work with this year. Many districts have district wide ones which is a great idea. It lets the younger branches see what the next ones do and gives them something to look forward to and want to stay so they can do that too. Each unit needs to focus on retaining the girls and encouraging those eligible to move on. Perhaps a bridging event with the unit(s) that feed into your unit would help them feel comfortable about moving up. Theme your event and make it special as the girls will remember it.

Volunteer week is coming and I along with my deputies would like to thank you for your commitment, passion and time that you give to our organization. Take a moment that week to pat each other on the back for a job well done. This experience of leading is like no other.

In closing, I hope that all your camps and events coming up are a great opportunity for the participants to enjoy this sisterhood of Guiding that is so important. Hopefully the weather is welcoming and the mosquitos stay away. Have a great spring and summer.

Yours in Guiding,

**Beverly Simpson Headon**

*Provincial Commissioner, Alberta Council*

# Awards

It's **never** too late or too **early** to think about awards!

— Terri Bouvier, Awards Adviser

It's early March when I am writing this and I just received a number of Provincial and National award applications in time for the March 1 deadline. It may be a bit tight but we will do our very best to see that they are ready and waiting for presentation at area banquets around the province. But that does not mean it is too late to think about awards, there are many that can be approved by your areas in plenty of time. How about the Gold Thanks Pin for a Guider who went above and beyond or the Silver Thanks Pin for a friend of Guiding, male or female, who gave service to Guiding this year. What would we do without our parents and all the many things they do for us? Who knows, a mom you present it too might just decide to become a leader next year! There's the Team Award for a group of Guiders who worked together on an extraordinary service or event for your unit, district or area. How about the Unit Guider Award for the Guider who made a girls experience in their unit diverse and exciting or the Commissioner Award for the commissioner who made her Guiders feel welcome, appreciated and respected. And of course there are the Merit Awards in bronze, silver and gold for the Guiders who gave dedicated, excellent and outstanding service to Guiding.

By now all Members should have received their Membership Pin from their District or Area Commissioner since these are to be presented in the fall at the beginning of the Guiding year. Now is a good time for Commissioners to put a reminder on their calendars so the Guiders get them in a timely manner next year—one of those “Never too Early to think about awards” reminders!

All Guiders who are new this year will be receiving a New Unit Guider Appreciation Pin sometime during the year and this one is also best awarded early in the year to show how much we appreciate them.

Deadlines for applications for Provincial and National awards go on all throughout the year with the next ones being June 1 and September 1. Plenty of time to have them ready to present them at next year's events. After all, it's “Never too Early” to think about giving thanks and recognition to a deserving Guider!

Any names come to mind? Don't hesitate! Go online to [www.girlguides.ca/ab](http://www.girlguides.ca/ab) for forms and information. If you have questions please email [awards@albertagirlguides.com](mailto:awards@albertagirlguides.com).

*Hope this gave you some food for thought!*

## SAVE THE DATE!

### Commissioners' Workshop 2015

If you are a Commissioner or will be taking on an administrative role in the 2015/2016 Guiding year, then mark the **Commissioners' Workshop** on your calendar to plan your attendance.

This workshop will be held **October 2-4, 2015** and is being held at the iHotel in Red Deer. The weekend will offer the TEAM Commissioner Getting Started and More Depth modules, which are designed to give you the skills and knowledge needed to work effectively as a Commissioner, in addition we will also be offering TEAM Administrator modules which not only benefit Commissioners, but anyone in an administrative role. This workshop is open to **any** Guider who may be interested in becoming a commissioner or are looking for some personal development. It is an excellent opportunity to network with other members from across Alberta, Northwest Territories and Yukon and receive the most up-to-date information on all things Commissioner!

More information will be coming out in the coming months through *ANY\_GuideNews*, but in the meantime, mark your calendar and speak to your area training adviser for more information.

## Adult Arts Event 2015

**November 6-8, 2015**  
**Lions Youth Camp, Cremona, Alberta**

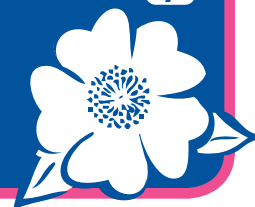
Cost is **\$150 (+GST)**

Registration deadline is **September 30, 2015**

Registration information can be found elsewhere in this edition, or visit [www.girlguides.ca/AB/Volunteers/Training/Events/AB/More/Training-Events.aspx](http://www.girlguides.ca/AB/Volunteers/Training/Events/AB/More/Training-Events.aspx) to fill it out electronically to email it into the provincial office.

*Get the registrations in early as space is limited!*

**Come and enjoy the weekend of the arts.**



# Training—What is TEAM?

— Kathy Batty, Provincial Training Adviser

By the time you are reading this, Multi-Faceted – TO BOLDLY GO will be behind us. We had 139 participants register to attend, which included one member from BC. Tanya and Janet did an outstanding job in coordinating all aspects of this annual event. On behalf of the Training Committee, I would like to take this opportunity to publicly thank Alberta Provincial Council for their outstanding support to the training of our Adult members. Due to this support, we were able to reduce the participant registration fee from \$290 to \$190.

## Thank you, thank you, thank you!

The Trainer's Workshop is taking place at the end of April. The Training Committee is so happy to have had participants register to take the TEAM Training Foundation Modules. We may have some future trainers by the time the weekend ends! The Trainer's Workshop is an opportunity for all Trainers and Training Advisers to come together for a weekend to learn from each other on different techniques and discuss Trainer related topics but most importantly, it is a time for us all to connect with one another.

## What is TEAM?

TEAM stands for Training Enrichment for Adult Members. GGC recognizes the importance of ensuring that our members have the tools they need to continue to provide the best program for our girls. Providing our adult members with learning and development opportunities, such as TEAM Foundation and Enrichment modules is just one ways we accomplish that goal. The TEAM modules are broken down into 5 different streams which include New Unit Guider/Guiders changing branches, Outdoor Activity Leadership (OAL), District Commissioner/Administrator and of course the Trainer stream. The Training Committee works hard to ensure that we are able to offer these foundation and enrichment modules to ALL adult members and Rangers in Alberta, Northwest Territories and Yukon. Please see elsewhere in this issue a TEAM overview chart for more information. Once you complete one of the streams, not only will you learn valuable skills and ideas, you will be presented with the appropriate colour of pin as recognition!

As the Guiding year is coming to a close for the 2014/2015 year, NOW is the time to give a little bit of thought to the following two questions:

1. What sort of training would have made my Guiding volunteer role in 2014/2015 a little easier? Were you a new unit Guider and had questions about your branch? (Unit Guider, All About your Branch) Or maybe you were an Area Standing Committee Adviser and needed to plan an event and were looking for a place to start? (TEAM Enrichment).
2. In the 2015/2016 Guiding year, what volunteer role will I be taking on and what training resources are available for me?

Your Area Training Adviser, Area Trainers or the Provincial Training Committee can and will assist you in answering those questions and any other you may have, but more importantly, they can supply you with the training resources you need and want!

This next little piece is a call out to ALL Rangers in Alberta, Northwest Territories and Yukon. Did you know that the TEAM training sessions are open to you as well! As a Ranger you play a vital role in Girl Guides? You are passionate and committed to Guiding, knowledgeable about the program and experienced as leaders. If you are close to finishing your time as a girl Member, we hope that you will continue on as an adult Member in whatever capacity you are able, whether it be as a Unit Guider, Link or Member at Large. Who better to lead GGC into the future than the bright and enthusiastic young women that today are our Rangers?

If you have ideas on a training session you would like to participate in either TEAM Foundation/Enrichment or on any other topic, please let us know and we promise to do our best to make it a reality!

Keep watching [www.girlguides.ca/AB/Volunteers/Training/AB/Training.aspx](http://www.girlguides.ca/AB/Volunteers/Training/AB/Training.aspx) for the most up-to-date information regarding the Training network.

## TEAM Overview Chart

Training and Enrichment for Adult Members (TEAM)										February 2014	
* Safe Guide is mandatory for adult Members to complete within 6 months of their Join Date.											
Stream	Programming					Membership Administration					
	Unit Guide		Outdoor Activity Leadership			District Commissioner/ACL		Administrator			
Foundations	New Guiders	Guiders Changing Branches	Getting Outside	Residential Camping		Getting Started					
	Building Unit Guide Skills	About the Girl Programming for the Girl	Getting Outside - Unit Meetings and Day Camps	Leading Planning Food & Nutrition Camp Life		Foundation of Your Position District Administration Human Resources Building Your District Risk Management		Effective Communication Time Management Building Strong Teams Conflict Management Module of choice relevant to role			
	All About Your Branch	Quick Start									
	*Safe Guide		Putting the Pieces Together								
	Red pin	Red pin	Green pin		Orange pin		Blue pin				
	Unit Guide Enrichment		Tent Camping	Adventure Camping		More Depth		Personal Development Enrichment			
Enrichment: Role Specific	Dramatic Arts		**Residential Camping modules or equivalent experience	**Tent Camping modules or equivalent experience		Foundation of Your Position District Administration Human Resources Building Your District Risk Management		Bias Awareness and Equity Building Strong Teams Conflict Management Effective Communication Event Planning Financial Management Mentor Training Time Management			
	Exploring the Branches		Planning & Packing Tents & Tarps Kitchens & Cooking Activities & Program Overnight	Adventure Camping Gear Adventure Camping Food Campsite Management Expedition(s)		Yellow pin		**Understanding the Adult Learner Volunteer Management Ontario Treasurer Training			
	Yellow pin		Yellow pin		Dark Green pin		Yellow pin		Yellow pin		
Pins			Trainer								
			** Pre-requisite: Understanding the Adult Learner or equivalency								
			Needs Assessment		Training Design						
			Facilitation Skills		Training the Streams						
			Purple pin								
Red	Unit Guide training: One pin for completion of the three New Guide modules. One pin for completion of the four Changing Branches modules.										
Green	OAL Residential Camping Training: Completion of four modules selected from Getting Outside and Residential Camping, two of which must be Planning and Food and Nutrition										
Orange	District Commissioner Training: Completion of the Getting Started District Commissioner modules.										
Blue	Administrator Training: Completion of Effective Communication, Time Management, Building Strong Teams, Conflict Management, plus choice of one enrichment module relevant to your position										
Purple	Trainer Training: Completion of the Understanding the Adult Learner and the Trainer modules										
Dark Green	OAL Adventure Camping: Completion of the OAL Adventure Camping modules										
Yellow (OAL)	OAL Tent Camping Training: Completion of the OAL Tent Camping modules										
Yellow	Enrichment Training: Completion of any five Programming and/or Membership Administration Enrichment modules										

# Twinning 2020

The purpose of Twinning 2020 is to foster cross-cultural learning and supported international relationship among the Member Organizations of the Western Hemisphere Region with the overall view to improve the quality of Guiding and Scouting experience. There are four main “touch points” in this initiative: Thinking Day 2015, International Day of the Girl 2015, Thinking Day 2016 and the hope is to have girls from the five Twinning countries to attend GM 2016. Our Twinning partner is the Guyana Girl Guide Association.

Guyana is situated on the Caribbean coast of South America; the capital city is Georgetown. More than 75% of the country is covered with forest and it is home to many rare and endangered species of flora and fauna. The official language of Guyana is English with the national language being Guyanese Creole.

Guiding started in Guyana in 1922 and GGGA became a full member of WAGGGS in 1975. At present there are 24 units in Guyana made up of Sunflowers (aged 4-7), Brownies (aged 7-11), Guides (aged 11-15) and Rangers (aged 15 to 19). There are also Young Leaders (aged 17 – 21) and Guiders who are over 21 years of age.

Members in Guyana, Alberta, Yukon and Northwest Territories celebrated World Thinking Day in many ways. Some played the World Thinking Day Game, others shared their Guiding Light and others learn about Guiding in one or more of the 146 countries of WAGGGS. Thank you to those who shared their photos. Many photos of World Thinking Day celebrations from Alberta and Guyana can be seen on the Facebook® group **Twinning2020: Guyana & Alberta Council**.

Congratulations to Ranger Carly Russell from Canmore who has been selected as the Alberta Twinning Girl Co-Lead who will bring the voice of youth to this initiative.

For more information on Twinning 2020, Guyana and Guiding in Guyana read updates in *ANY\_GuideNews*, check the provincial website, join our closed Facebook® group or follow us on Twitter® **@TwinningAlberta**. Please send any questions or you can share any Twinning activities you have done to [twinning@albertagirlguides.com](mailto:twinning@albertagirlguides.com).



## WANTED

Typical games, crafts and recipes from Alberta, Yukon and Northwest Territories to share with Guyana.

Send to [twinning@albertagirlguides.com](mailto:twinning@albertagirlguides.com).

## Plantain Buns Recipe from Guyana

### Ingredients

8 oz. flour  
2 tsp baking powder  
½ tsp salt  
3 oz. margarine  
8 oz. yellow plantain, grated or crushed  
1 egg, beaten  
Milk to blend

### Method

1. Sift flour, baking powder and salt into mixing bowl
2. Add margarine and rub in with fingertips
3. Stir in grated or crushed plantain
4. Add beaten egg and bind to stiff dough. Add milk if necessary
5. Place in lumps on greased and floured pan
6. Bake in a hot oven, 400° F, for 15-20 minutes



# Emergency Preparedness Challenge



## Purpose

To learn more about emergency preparedness and natural disasters that may occur in your community.

## Challenge Requirements

**Sparks and Brownies:** Do at least two of each section one and two.

**Guides, Pathfinders and Rangers:** Do at least three of each section one and two.

To earn an extra chevron (V shaped piece to add to the challenge crest) for the challenge, complete the Safe Guide section.

## Section 1: Learn

1. Learn about what disasters could happen in your community. Examples include flooding, tornado, train derailment, major fire, power outage, sour gas leak.
2. Learn what can cause a natural disaster in your community.
3. Describe, write or draw a disaster that could happen in your community.
4. Learn about what the consequences to your community a specific natural disaster could do.
5. Describe the consequences of a natural disaster to your family.
6. Learn about the type of coverage you may have or be able to obtain to be ready for a natural disaster (e.g., insurance).
7. Learn about National Emergency Preparedness Week. Attend an event if one is in your community.
8. Learn about Alberta Emergency Alert system.
9. Learn about the phrase: STOP, LISTEN, RESPOND—share what this means with 5 other members of your unit.

## Section 2: Do

1. Invite a speaker to come in and discuss the possibilities of an emergency/disaster in your community
2. Find ways you can prepare your home for a specific emergency. Present this to your unit. Work on putting this plan into place at your home.
3. Prepare a 72 hour emergency kit
4. Work on ways with your school or community center to be prepared for an emergency
5. Sit in on a meeting of your community's emergency plan committee or call the chair of this committee to learn about emergency responses in your community
6. Imagine that your special stuffed animal friend were to become lost. Come up with a plan to locate your stuffed animal.
7. Play a game of hide and seek
8. Create a first aid kit for your unit or home
9. Make a first aid kit hat craft to carry with you at camp

## Safe Guide section

1. Make a list of emergency numbers that would be helpful and find a place to keep this
2. Make a plan for how you will contact your family members in the event of a disaster
3. Make a plan of where you will meet your family in the event of a disaster
4. List 3 'safe' adults you could stay with if you couldn't find your family during a disaster
5. Learn what the SG4 form is and work on this with your unit regarding your meeting place or if you are having a special event.

## Program Tie-Ins

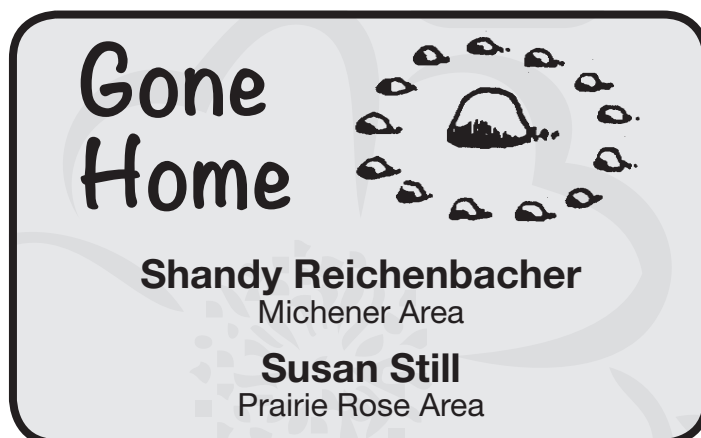
**Sparks:** In My Community keeper

**Brownies:** Key to Camping—make a Be Prepared kit; Key to my Community—safety; Key to the Living World—weather watch

**Guides:** First Aid badge – learn about safety; Fire Safety badge

**Pathfinders:** Prepare for the Unexpected

**Rangers:** Community Connections, Be Prepared



# Girls Go North! Territorial Challenge

The Girls Go North! Territorial Challenge has been designed to provide opportunities to experience different aspects of life in the north. The challenge is open to all levels of Guiding, and can be completed in a variety of ways depending on the age and abilities of the participants.

## How it Works:

- The challenge consists of three parts:
  - Moving! (Outdoors & Games)
  - Sharing! (Community History & Service)
  - Creating! (Art, Drama, & Music)
- Each part has its own crest to be earned.
- To earn a crest, complete the first section (#1) in each part of the challenge, along with one other section (#'s 2-6) from that part.
- When you purchase your crests all four pieces will be sent.
- Crests are FREE for NWT Guiding members. Challenge participants outside the NWT can purchase crests at a price of \$5 per set of 4.
- NO orders will be processed until payment is received.
- Order your crests emailing your request form to the following emailing [andreakorpel@hotmail.com](mailto:andreakorpel@hotmail.com)

## CHALLENGE REQUIREMENTS

### Part A – Creating!

1. Use your artistic talents to create something that communicates the spirit of Guiding in the North. Some ideas to consider:
  - a. A banner or mural to hang at your meeting place
  - b. A song, poem, or rap
  - c. A short skit or dance
  - d. A story, a sculpture, or an article of clothing...whatever your imagination comes up with!
2. Learn a song relating to the North. This could be a Guiding song such as the NWT Girl Guide Song or Fire's Burning in Inuktitut (both in Celebrate with Song—available from the Guide Store), or any other song you like. Sing it for an audience if possible.
3. Create and perform a skit based on a traditional story.
4. Make up your own legend to teach an important lesson. Share it with other girls if possible.
5. Experiment with printmaking or stencilling. Use this technique to decorate an item you can use, such as a coaster, place mat, book cover, tote bag, or article of clothing.
6. Learn about carving, scrimshaw, or other similar craft. Have someone demonstrate it if possible. Try it with a bar of soap, block of plaster, or other suitable material.

### Part B – Sharing!

1. Do something to help your community. Try:
  - a. Collecting food donations for your local food bank
  - b. Collecting blankets, toys, or clothes for a women's shelter
  - c. Picking up trash around your meeting place
  - d. Visiting seniors
  - e. Any other project that helps someone in your community
2. Talk to an elder or someone who has lived in your community for at least 10 years. Find out how things have changed during that time.
3. Make a snack using a traditional food such as bannock, berries, fish, caribou, seal or other item.
4. Visit or learn about a place of historic significance in your community. Make a picture, poster, or brochure to remind yourself and others about it.
5. Go for a walk around your community. While you are walking, discuss the things you see—what do you like about your community, and what could be done to make it better.
6. Visit your town or hamlet office. Attend a council meeting if possible.

### Part C – Moving!

1. Play a traditional northern game such as:
  - a. Ajagaak (bone toss and spear/catch)
  - b. Bag of bones (snare bone pieces with string)
  - c. Ball pass
  - d. Blanket toss
  - e. Akserk (chanting game)
  - f. Stick game
  - g. String figures
  - h. Any other game popular in your area
2. Create an active game to teach others something about the north. Play it with your unit.
3. Plan and participate in an outdoor excursion
  - a. Pack a lunch or snack to bring with you
  - b. Follow safety rules for your area
  - c. Dress appropriately
  - d. Have fun!
4. Learn about traditional food sources in your area. With assistance, gather and prepare a locally available food such as berries, fish, tea, or greens.
5. Prepare a snack, meal, or hot drink using outdoor cooking equipment
6. Practice using a compass with or without a map. Use a map of your area if possible.

# Request Form for *Girls go North! Territorial Challenge* Crests

Complete this sheet and Email to [andreakorpel@hotmail.com](mailto:andreakorpel@hotmail.com). Requests from outside of the NWT **must** include a cheque or money order for the cost of the crests (\$5.00 each GST and S&H included), made out to "GGC NT Area Council"

Unit Name:

Mailing Address:

Phone/e-mail:



Please check of the sections of the challenge completed by your unit.

Branch	Challenge Sections Completed										Total Number Completed
	1	2	3	4	5	6					
<b>Creating</b>											
<b>Sharing</b>											
<b>Moving</b>											

Date Challenge Completed: \_\_\_\_\_

Number of Crests Requested: Girls \_\_\_\_\_ Adults \_\_\_\_\_

Feedback on the challenge: (What worked? What would you have done differently?)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I certify that the girls/adults of the \_\_\_\_\_ Unit successfully completed the challenges noted above and may be presented with the *Girls Go North! Territorial* challenge crest.

Guider's Name (please print): \_\_\_\_\_

# Who are these? Swinging along the road...they are Guides, all Guides

— Sheila Morrison

The most valuable and amazing resource that Girl Guides of Canada has, are the members. It is a snap to promote Guiding when you get to meet some of the girls and women within the organization. I'm hoping this little ditty will inspire you to connect with the Public Relations Adviser in your Area and introduce them to some of the outstanding members who are our sisters in Guiding.

*Who are these? Swinging along the road,  
With a pack on the back, a song in the heart, to ease the load?*

Camping is one of the best ways to get to know someone. I first met Chris Haydon at a camping training. Let me introduce you. Chris was the Provincial Camping Adviser at the time. She is now the National SafeGuide Adviser, and the Alberta Liaison for GM2016. She has an adventurous spirit, and a knack for making the paperwork easy. She has a great way of putting risk into perspective that clears away the worry and addresses the girls' safety.

*It is a hundred years or more since they crowded through  
the door,*

*And they're coming along as gay and strong as ever they  
came before.*

Life happens while we are involved in Guiding. I have celebrated graduations, awards, scholarships, and weddings, and shared tears over moves, divorces, and deaths. I've met a Guide struggling with a terminal illness, and her amazingly strong Guider mother. I have written reference letters for Rangers' university scholarships and applications. I've met Guiding parents that I haven't seen for many years and catch up with the exciting things their grown daughters are doing now. More than once I have met 3 generations of Guiding members from the same family at District events.

*They are Guides, all Guides  
And in unexpected places  
You'll meet their friendly faces*

Recently I was invited to a conference for not-for-profit organizations by my instructor at Mount Royal University. One of the featured speakers, a lawyer, was a Guiding friend I haven't seen in a few years.

I love meeting girl members in unexpected places. I was wearing my GM2010 t-shirt at Indigo one day. The sales clerk approached me to ask if I needed assistance, noticed my t-shirt, and said "I was there! I won the talent show. We just moved from Ontario to Calgary, and I haven't found a Ranger

unit yet." Another time while visiting Heritage Park one day with my family, a young woman in period costume ran up to me, and said, "I know you. I'm one of Pam's Pathfinders that was in the Stampede parade this year." I've also had great chats with women around the world about Guiding over Twitter®.

Where have you met Guiding friends? Tell us on Twitter® @GGCAAlberta.

*And a ready hand besides  
There's not much danger  
Of finding you're a stranger  
For Commissioner or Ranger*

Let me introduce you to Erin. I first met Erin when she and I were roommates at a Provincial Council weekend meeting a few years ago; she was Area Commissioner for NWT.

Erin has been in Girl Guides since she was 5.5 years old, over 33 years. A television ad caught her attention when she was little. The television ad was a group of Guide-aged girls singing around a campfire.

Erin is currently the Provincial Program Adviser, and a Spark/Brownie leader in Yellowknife. She stays in Guiding because of the fun, friends and experiences she has had over the years. She loves that no matter where you go there are always people who were in Guiding. There are always lots of laughs, similar experiences and lots of support for what we are trying to accomplish.

She has many memories of Guiding. Many of them revolve around camp either as a girl or a leader. She also had the amazing opportunity as a teen to be a part of a nationally sponsored trip to Our Cabana. Through her vast Guiding experience, she brings a northern small town perspective.

Erin states, "I truly believe that our Guiders are what make our programming amazing. I would like to encourage Guiders to share their experiences with other Guiders, our Area Advisers and their Area Commissioners. We need to constantly work at making sure that our communities know what an amazing job we are doing."

*They are Guides, all Guides*

Tell us about the amazing women and girls in your Area. Email a brief bio to [pr@albertagirlguides.com](mailto:pr@albertagirlguides.com).

(source: "Songs for Canadian Girl Guides", 6th ed., 1981. Music and words by Mary Chater; also found in "Girl Guide Songbook, Vol. 1", Girl Guides Association, 1984.)

# Safety Around Firearms Challenge

Many Guiding Members in the North are from households where firearms are used – for safety on the land, for harvesting country food, for military purposes (e.g. Canadian Rangers) and for shooting sports.

The Safety Around Firearms Challenge teaches and/or reinforces safe and appropriate behaviour around firearms and the people who use them.

The challenge is designed so that all Members can participate, regardless of age. It uses a combination of learning techniques including drama, art and physical activity.

## Why a Firearms Safety Challenge?

Firearms safety is very much in tune with our Organization's values and philosophy:

- Our mission challenges Members in their personal development and empowers them to be responsible citizens—safe use of firearms is part of being a responsible citizen in the north and in rural/remote Canada;
- We are to use our resources wisely when we abide by the Guide Law – and for many northern families who rely on country food, firearms are essential to their well-being;
- Guiding is a diverse organization with the philosophy of offering 'fun with a purpose'—firearms are an important part of the north and training in firearms safety and history respects this.

In Guiding, females can do it all and do not feel the pressure society traditionally places on them. This includes firearms use. For example, in Nunavut and the Northwest Territories girls as young as seven are out hunting caribou with their families and many female biologists carry firearms as a regular practice during field surveys.

Members of all ages can benefit from increased knowledge about firearms and awareness of their own relationship to firearms use. We will be delighted to see girls and adults from across Canada undertake this challenge as a result.

Please email [andreakorpel@hotmail.com](mailto:andreakorpel@hotmail.com) to obtain a copy of the *Safety Around Firearms Guider Handbook and Answer Guide*. Crests are available upon completion of the challenge.

## Challenge information

### Section A: The Basics

Find out how a firearm can be used, and how to be safe around them.

### Section B: Parts of a Firearm

Learn about firearm construction.

### Section C: Role Play

Imagine how you would behave around a firearm under different circumstances.

### Section D: Art

Options include a colouring sheet or draw a picture—girls' choice.

### Section E: Gun Laws

Learn about the rules for acquiring, storing and using a firearm.

### Section F: Word Search

Complete the word search.

### Section G: History & Use

An interactive way to learn about firearm history in your community, your family, or the world.

### Section H: Debate

A fun way to explore the issues.

### Section I: Research

Learn about the laws and regulations.

### Section J: Hands on Knowledge

Learn from trained people how to handle firearms safely, using real firearms.

## CHALLENGE SECTIONS

BRANCH	A	B	C	D	E	F	G	H	I	J
Sparks	✓		✓	✓						
Brownies	✓	○	✓	○		◆	◆			
Guides	✓	✓	✓		◆	○	◆	○		
Pathfinders	✓	✓	✓		◆	○	✓	○	◆	
Senior Branches and/or Adult Members	✓	✓	○		✓		✓	✓	✓	○

✓ = Must do this Section

○ = Must do *one* of these Sections

◆ = Must do *one* of these Sections

# Alberta Polar Challenge

## Introduction

The goal of this challenge is to learn more about the Polar Regions (Arctic and Antarctic) of the earth.

The purpose of this challenge is to enhance your knowledge of the Arctic and Antarctic Polar Regions.

## Challenge Requirements

Sparks and Brownies need to complete two of each.

Guides, Pathfinders and Rangers need to complete three of each

## Science

- **Polar Scientists** – Learn about being a polar scientists, and explore your own mini polar region.

Each girl or group of girls will need: a 3-4 ft piece of string or rope, a magnifying glass (optional), and 6-8 toothpicks with flags or other identifying feature on them. This is an outdoor activity for winter or early spring, so make sure the girls are properly dressed. Each girl/group will place her string in a circle to identify her exploration area. Then using her eyes and the magnifying glass identify interesting features and use the flags to mark them. Ideas of things girls could choose to identify are: vegetation, rocks, cracks in the snow, changes from ice to snow, pools of melting snow, etc. Girls should then give other girls in the unit a tour of their exploration area, including the names they gave to the locations marked with the toothpick.

- **Salt water in polar regions**

The sea near McMurdo Station, Antarctica, is -2 degrees Celsius, but the water is not frozen at that temperature. Why? In this activity girls can explore some of the properties of water and ice by making their own ice cream.

Materials (per girl):

- 2 heavy duty Ziploc® bags per girl (1 large and 1 small)
- ½ cup milk, 1 tbsp sugar, ½ tsp vanilla
- Ice, salt, spoons and bowls to eat ice cream

Directions:

- Place the milk, vanilla and sugar in the small Ziploc® bag and carefully close it, being sure there are no leaks.
- Place the small bag inside the larger one.
- Surround the small bag with ice to ½ the large bag capacity.
- Add enough salt to lower the temperature of the ice, but do not worry about the exact amount. Girls will add the salt to their ice, NOT to their ice cream mixture!
- Shake the bags until the ice cream freezes.
- While eating the “experiments”, discuss how it works.

*Science background:* living in Canada, the girls live with ice and snow in the winter, thus the concept of melting ice with salt is not new. It is sprinkled on sidewalks and snowplows spread it on roadways to melt the ice. As salt is added to ice, the freezing point of the ice is lowered. Water will normally freeze at 0 Degrees Celsius (32 degrees Fahrenheit). A 10% salt solution freezes at -6.67 degrees Celsius, and a 20% solution freezes at -16.7 degrees Celsius (2 degrees Fahrenheit). By lowering the temperature at which ice is frozen, heat transfers out of the milk mixture into the brine solution and the milk freezes into ice cream.

- **Animals of the poles**

Watch a movie related to the poles (ex/ March of the Penguins, Happy Feet, Frozen Planet, Eight Below, Alaska). Talk about what life is like for the animals of the poles.

OR

Research the different types of animals that live in the poles and talk about what their life is like.

- **Climate change in polar regions**

There is a lot of snow and ice in the Polar Regions in the form of glaciers, icecaps, sea ice and icebergs. Complete the ice investigations below to determine if a warming climate that melts the snow and ice would cause a sea level rise.

*Ice Investigation #1:* If icebergs melt, will sea level rise?

Materials (per pair or team): deep dish pie or cake pan, toothpick, modelling clay, 2-3 ice cubes, water, clear plastic wrap.

- Give each team of girls a pan and a lump of clay.
- Mould the shape of a continent, pressing the edges flat against the pan.
- Pour in water to partially cover the clay continent.
- Put several ice cubes in the water to represent icebergs and sea ice. (note: the more ice you use, the easier it will be to see any changes in water level).
- Trace the water level into the clay with a toothpick or pencil.
- Cover the pan with clear plastic wrap to prevent evaporated of the water.
- Observe the marked water lines as the ice melts. Does the water level rise? Why or why not?

*Ice Investigation #2:* If glaciers and icecaps melt, will sea levels rise?

- Use the same pans and continents from investigation #1.
- Place 2-3 new ice cubes on top of the clay continent to represent glaciers or icecaps.
- Observe the marked water line as the live melts. Does the water level rise? Why or why not?

- **Glaciers**

The Polar Regions have many glaciers, but so do the mountains near us! Take a trip to the mountains and visit a glacier in Banff, Jasper, or another park. Does it look like the glacier is growing or shrinking? If you visit in summer, can you see or hear the glacier melting? Take pictures of the glacier to document your visit.

OR

Make a photo essay to show the retreat of the glaciers.

## Culture

- **People of the arctic and Antarctic**

People who live in the polar regions of the world experience long periods of complete darkness, and daylight. Thus when the sun reappears they are pretty excited. Create a song or dance to celebrate the return of sunlight in Polar Regions.

- **Polar games**

Learn to play some traditional Inuit games. Discuss how these games may relate to way of life in the Polar Regions.

*Animal Sounds:* place pictures of different animals in the middle of the circle ensuring there are two pictures of each animals. People jig around the circle. When the music stops everyone grabs a paper and starts to make the noise of their animals. The two people who have the same animal noise must find each other. Once the pair find search other they sit down although they can continue making the noise if they like. Continue until everyone is matched up then start again.

*Dog Sled Race:* the girls are lined up in teams at one end of the playing area. The first girl on each team runs down the length of the playing area on back, then picks up the second girl on her team (she holds onto the first girls waist). Together they run down the playing area and back, then pick up the third girl in their team, etc., until the whole team is running together.

*Back Bend:* the object of this activity is to bend backwards as far as possible and return to a balanced upright position while holding a metre stick to your nose. The stick must touch the mat behind the girl without resting on it or bouncing. Once the mat is touched, you must return to a standing position without moving your feet! Proper stretching is a must!

*Owl Hop:* the goal is to hop as long as possible on one foot. The inside of one foot must be placed behind the knee of the hopping leg. The participant must only use one leg throughout the activity, and each hop must completely clear the floor. Set to music and with a crowd cheering, this is a popular activity – especially with younger children.

*Frozen tag:* Play a game of frozen tag while wearing snow shoes.

- **Countries of the arctic**

Canada is one of the countries with land in the Arctic, what other countries are in the Arctic? Look at a map or globe and identify other countries with land above the Arctic Circle (Greenland, United States, Russia, Finland, Iceland, Norway, Sweden). While Antarctica is not owned by any one country, several countries claim land there and even more countries conduct research there (United States, Japan, Russia, China, New Zealand, Italy, France, Germany, United Kingdom, Argentina, Chile, South Africa, and Australia). Learn how to say “hello” in the language of countries within the Arctic Circle and that conduct research in Antarctica:

- Argentina and Chile: Hola (Oh-la)
- Canada, US, UK, South Africa, New Zealand, Australia: Hello
- China: Ni hao (nee-Ha-OW)
- Finland: Paivaa (PIE-vah)
- France: Bonjour (bohn-Zhoor)
- Germany: Hallo or Guten Tag (goo-tan tag)
- Iceland: Hae (hi)
- Japan: Konichiwa (koh-Nee-chee-wah)
- Norway: Hei (hi)
- Russia: dravstvuite (ZzDRAST-vet-yah)
- Sweden: Tja (sha)

- **Food**

Make traditional dishes using traditional methods of a country that is located in the Arctic Regions.

- **Clothes**

Why do people who live in the Polar Regions wear the type of clothing that they wear? Explain with a sock puppet the type of aboriginal clothing that would wear to keep you warm.

## Program Tie-Ins

**Sparks:** Exploring and Experimenting Keeper

**Brownies:** Key to My Community #4.A. Celebrations, Aboriginal People in Canada interest badge. Special days interest badge, Fabulous Food interest badge

**Guides:** Cultural awareness interest badge #4 and 5, Heritage interest badge #5, Discover your creativity #2, Naturalist interest badge, Endangered Species interest badge, Folklore interest badge

**Pathfinders:** Winter wonder land #10. Your dream career, Broaden your horizon #2 and 3

**Rangers:** The challenges, like the programs, are flexible and may be completed in a variety of different ways. Feel free to modify the challenges to suit your unit.



# Alberta Camp Challenge

## Introduction

This four-part challenge is designed to encourage you to camp (or at least do activities outdoors) in each of the four seasons while discovering something new about camping.



## Challenge

There are four parts to this challenge—one for each of the seasons. For each season complete:

- **Sparks**—two activities from the appropriate season in Part A, and two activities from Part B
- **Brownies**—two activities from the appropriate season in Part A, and three activities from Part B
- **Guides**—two activities from the appropriate season in Part A, and four activities from Part B
- **Pathfinders and Rangers**—two activities from the appropriate season in Part A, and five activities from Part B

You have completed the entire challenge (all four crests and the center crest) when you have completed 2 activities from each season (Part A) and a total of the following from Part B:

- Sparks—8
- Brownies—12
- Guides—16
- Pathfinders and Rangers—20

## PART A

**Spring**—date completed \_\_\_\_\_

- Identify 3 wild flowers at camp. Sketch and color them
- Learn the provincial bird of Alberta, Yukon and Northwest Territories
- Identify 3 signs of the season
- Dress and pack properly for a spring hike in the rain. What wildlife did you see? What signs of wildlife did you see?
- Have a wiener roast and learn the rules to follow in order to safely cook your food.
- Fly a kite that you have either made or purchased
- Go on a polliwog hunt. Carefully collect and watch them, then gently return them to their natural habitat.
- Go home from a hike or camp without losing anything.
- While at camp, practice environmental awareness. What can be done differently at your camp to reach the level of “Leave No Trace” camping?
- Participate in a challenge of your choosing

**Summer**—date completed \_\_\_\_\_

- Identify 3 birds at camp
- Learn the Provincial Flower for Alberta, Yukon and Northwest Territories
- Identify 3 signs of the season
- Sleep under the stars for a night
- Build a sundial and check it for accuracy. Use it while at camp
- Dress and pack properly for a hike
- Go on a scavenger hunt
- Plant a tree and/or have a tree planting ceremony
- Learn about environmental stewardship and how you can make a difference in the world
- Participate in a challenge of your choosing

**Fall**—date completed \_\_\_\_\_

- Identify 3 trees at camp
- Identify 3 signs of the season
- Learn why leaves change their colour in the fall
- Learn about dressing for a hike/walk in fall weather
- Get up early and watch a sunrise
- Play a nature or animal game outdoors
- Go for a walk/hike at night to observe the moon and the stars
- See if you can identify a bird nest
- Make a shelter and sleep in it for a night
- Participate in a challenge of your choosing

**Winter**—date completed \_\_\_\_\_

- Identify 3 signs of the season
- Look for and identify animal tracks
- Learn what Alberta’s Provincial tree is
- Learn how to dress to be outdoors all day in winter
- Go stargazing. Learn/Identify 2-5 objects/constellations
- Build a snowman
- Play an active game outdoors
- Learn about and try snowshoeing, cross country skiing, tobogganing or skating
- Place a crystal of snow or some snowflakes on a piece of black paper. Use a magnifying lens to view the flakes
- Participate in a challenge of your choosing

## PART B

- Pack a bag lunch for a hike and wear a hat
- Go on a long hike (Sparks 1-2km, Brownies 2-4 km, Guides 4-6km, Pathfinders & Rangers 6-10 km)
- Learn how to pack and what to bring to camp. Learn how to take care of your gear at camp
- Participate in a residential camp
- Participate in a tent camp for 1 night
- Participate in a tent camp for 2 nights
- Participate in a tent camp for 5 nights
- Eat oatmeal or a similar food right from the bag. Hint: tear open the pouch, place it in your cup, add hot water, stir and enjoy
- Cook something new over an open fire
- Learn/teach a new grace
- Cook a complete meal in one pot
- Cook a meal on a camp stove. Learn about refueling and repairs
- Cook a meal using a method of cooking you have not tried before; buddy burner, box oven, hay box, milk carton, open fire, briquettes in an egg carton, tin can stove, boil in a bag
- When it rains, collect enough water to make some tea
- Learn to whistle by placing a blade of grass between your thumbs and blowing through the gap between your thumbs
- Learn/teach a new song, dance or do a skit
- Build and sleep in a lean-to at camp
- Use a compass to find the four cardinal points
- Hide a treasure and give at least 5 compass clues to find it
- Do an orienteering course
- Participate in a singsong, campfire, Guides Own, or Flag ceremony at camp

### Game: Sponge Dodgeball

**This simple game is a sure-fire way to cool off on a hot summer day!**

All you need are a bunch of sponges and a couple of buckets filled with water. Put the sponges into the buckets so they become soaked. Divide into teams, and throw the sponges at each other. When a team member is hit with a wet sponge, he is out. The last person standing wins!

- Learn about dehydrating food and sample some dehydrated foods
- Go on a backpacking camp
- Invent a new piece of camp gear. Draw it and explain the merits of your invention
- Record your camp in a diary/journal/scrapbook. Add photos or drawings to your journal
- Learn a new knot
- Using knots you already know, build a useful gadget at camp
- Learn about fire bans
- Play rainy day games in the rain
- Do a good deed at camp
- Invite a Trefoil member or previous Guiding member to visit your camp or meeting to share her camping experiences
- Make a nature craft
- Participate in a team building game or activity
- Learn a new skill at camp
- Learn how to properly make a waterproof bedroll
- Participate in a time challenge
- Make fire starters at camp
- Learn to walk in nature. What do you see? Feel? Hear? Smell?
- Have a race to see who can make a fire and boil some water in a can.

### Felt Sit Upon

You will need:

- 2 pieces felt 30x20 cm (we get them 5 for about \$1)
- Glue gun or white glue
- Styrofoam chips
- Felt shapes for decoration

We actually ironed on the girl's names before they started them.

It was a great way to use up the Styrofoam. The Styrofoam is light weight and insulates.

For outdoor use you could cover with plastic.

Be sure you crush up the Styrofoam and stuff the sit-upon tightly.

# Games from around the world

## Chile: Corre, Corre la Guaraca

The name of this game translates to "Run, Run, la Guaraca", however the word Guaraca is made up word. The game should be played with five or more players and is probably more suitable for Sparks to Guides. The only item you will need is a handkerchief or scarf.

One player is selected to be "it". The other girls sit in a circle with their eyes closed while the girl who is "it" jogs around the circle with the scarf. The girls in the circle sing "Corre, Corre, la Guaraca who looks back will be bopped on her head!" Trying not to be felt, the runner drops the scarf on another girl's back and runs. If she makes it around the circle before the player realizes that the scarf is on her back, the seated player is out. If the seated player catches on, she must tag the runner. If she tags the runner, she is out. If she fails to tag her, they play again, but this time player 2 is "it".

## Pakistan: Ounch Neech

This is a great game to play at camp as you need an outdoor space with obstacles like tree stumps, playground equipment, rocks or benches. This game is a form of tag and is suitable for a group of at least four of all ages.

One player is selected to be "it". She chooses either "ouch" which means up or "neech" which means down. If she chooses neech, then the ground is not safe and players can be tagged if they are on the ground. To stay safe, they should be up on something like a tree stump or bench. If she chooses "ouch", then the ground is safe and they can only be tagged if they are up on something. Players will quickly realize that it's more fun to be where they shouldn't be. The first girl tagged becomes "It" for the next round of the game. Great fun, great exercise, and a great way to burn energy.

## Australia: Skippyroo Kangaroo

This game makes a great ice breaker and is a good way for girls to learn each other's names. You can play it with between 6 and 25 players.

Girls sit in a circle and the Guider selects one girl child to go into the middle. That girl is Skippyroo, the kangaroo. Skippyroo crouches forward on the floor with her eyes closed while the kids in the circle chant: "Skippyroo, kangaroo, dozing in the midday sun, here comes a hunter, run, run, run." At this point the Guider points to a child sitting in the circle, who then touches Skippyroo's shoulder and says, "Guess who's caught you just for fun?" and waits. Skippyroo tries to name the owner of the voice and if she guesses correctly, swaps places. The game begins again and continues until all the girls have had a chance to be Skippyroo.

## Korea: Kongki Noli

This game is similar to Jacks and would probably be enjoyed more by older girls – Guides to Rangers. Girls are paired and each pair has 5 small stones.

Round 1: The first girl scatters five small stones on the ground. She then picks one up and tosses it in the air and tries to pick up another stone and then catch the one she just threw. Now she has two in her hand; she throws one of the stones up in the air, and picks up a third. She continues this until she has all the stones in her hand.

Round 2: The player tries to pick up two stones every time she throws one up.

Each round means that she tries to pick up one more rock per throw. In round three she tries to pick up three rocks each throw and four in the fourth. For the game's last step, the player tosses all the stones in the air and tries to catch them on the back of her hand. Then she tosses them up again and tries to catch them in her palm. The number she catches is that her score. If she fails to catch them all, the other player has their turn.

## Trinidad and Tobago: Moral

To play this game, you need an area about 8m by 8m which is divided in half and then each half is divided into 4 boxes – like the diagram below. The boxes are numbered from 1 to 8. The aim of the game is to roll and bounce a tennis ball into each box starting with box 1 through to box 8 and back again. To start, the player must roll the ball from behind the playing area into box 1. She must retrieve it in box one and then bounce it. While she bounces the ball, she must clap her hands ONCE. She then rolls it into box 2, then retrieve it in box one and bounce it. This time when she bounces the ball, she must clap her hands TWICE. This continues to the other boxes, each time clapping her hands the number of times of the box she is in. When she successfully completed box number 8, she then does the reverse all the way back to box 1. No player can step on any lines!

4	5
3	6
2	7
1	8

# Natural Dyes for Fabrics

## Pathfinders – Natural Environment # 17

How to make natural dyes from plant materials:

- Choose blossoms in full bloom, and ripe berries.
- Avoid gathering from the wild – take blossoms from gardens so that you leaving the wilderness for others to enjoy.
- To make the dye solution cut the plant material into small pieces, add to double the amount of water as you have plant material. and bring to a boil and then simmer for about an hour.

Now you can add prepared fabric:

- The longer you allow the material to be in the dye solution the stronger the colour will be.
- For very dark colours leave fabric in over night.

To prepare the fabric:

- Choose plain fabrics, white or even better unbleached natural fibres work best (cotton and muslin work best)
- Soak the fabric in a colour fixative before dyeing to increase the ability of the dye to set in the fabric.

Use one of the following fixatives:

- Salt fixative for dyes made from berries – 1 part salt to 16 parts cold water
- Vinegar fixative for fabrics made from other plant materials –1 part vinegar to 4 parts cold water to
- For both types of fixative add the fabric to the fixative and simmer for an hour.
- Rinse the material and squeeze out excess.
- Continue rinsing in cool water until the water runs clear.

To dye the fabric:

- Strain plant materials from dye baths
- Place the wet fabric in the dye bath.
- Simmer until you have the desired colour but remember that the colour will lighten as it dries.
- Always wear gloves when working with dyes,
- Use a pot that will not be used for cooking when dyeing fabric.

To make the following colours use:

- Brown – walnut hulls, tea bags, juniper berries, coffee grinds, acorns (boiled)
- Orange – sassafras leaves
- Pinks – strawberries, cherries, raspberries
- Light green – lily of the valley leaves
- Red – dandelion roots, beets, rose hips, red onion skins, chokecherries
- Blues Purple – red cabbage, elderberries, grapes, blueberries, cherry roots, red maple tree inner bark
- Yellow – onion skins, marigold blossoms, willow leaves, celery leaves,
- Green – spinach leaves, grass, before putting in fabric

Wash natural dyed fabrics in cold water, and wash separately from other items. If they continue to bleed colour wash in well-salted water to assist in setting the dye.

## Activity: Bug Hunting

Have you ever taken the time to observe bugs? They are amazing creatures. They fly, buzz, sting, leap, and even light up.

### Materials

- Clear container
- Netting or waxed paper
- Rubber band
- Spoon
- Overripe banana
- Brown sugar
- Magnifying glass

### Directions

1. A good way to attract bugs is to put out something sweet like a banana with brown sugar sprinkled on top.
2. Let the banana mixture sit outside a while, then spread it onto the bark of a tree.
3. Check it regularly to see what new bugs you have attracted.
4. Look through the magnifying glass and draw what you see.
5. Come out at night with a flashlight and see if there are any newcomers.
6. If you want to watch a particular bug, put it in your container with a bottle cap of water, a stick, and some green leaves.
7. Cover the container with netting or waxed paper (make sure to poke small holes).
8. Return your bug to the place you found him within twenty-four hours.

# Ideas for Outdoor Activities from Your Camping Advisers

Your camping advisers have many ideas for activities that can be done at camp or at day events in the community. They will be happy to share their knowledge with you, so please contact them.

The following ideas are contributed by Karen MacDonald, Tiger Rousseau and Laurie McIntosh. They can be adapted for all age groups and cover some program work.

## Trailing Animals

*(adapted from a tracking article from NatureSKILLS)*

This outdoor activity is a great way to get young girls interested in tracking as a study. It's fun to follow a fresh set of tracks and realize you are getting closer and closer. These ideas are great to use when out on a hiking trail. Girls learn best by doing (experiential learning) and will become more interested in the world around them.

1. Have the girls follow you around, stepping exactly where you stepped. Wind around and step in all kinds of ways, even mimicking the gait of other animals. This begins track awareness and further learning can be had afterwards about the various tracks of animals they might see.
2. Play a hide and seek game. Use your imagination to come up with a reason why they need to find you. You will be hiding and running away from them, but you will have to drag a log behind you that has nails pounded about halfway in all around it. As you drag the log along behind you, it will leave scrapes and scratches on the ground. The girls will be able to follow these marks until they reach you. After playing a few times, start to remove some nails so it gets more and more difficult to follow, until the log is being dragged with out nails.
3. Be a mentor. Have the girls follow along with you as you trail. Pass along and share your excitement and enthusiasm. Encourage the girls to follow every trail they find as far as they can.

## Scavenger Hunts

### 1. Penny Nature

Give each girl a penny, which she is to hold face up between her fingers. Each girl must pile as many nature objects (pine needles, seeds, pebbles) as she can before the pile topples.

### 2. Winter Scavenger Hunt from *Exploring Winter* by Sandra Markle. Try to find one item from each category. Do not use the same item for more than one category.

- Something older than you are
- something younger than you are
- something that will not rot or decay
- something that will rot or decay
- something that will not burn
- something that will burn
- something rough
- something smooth
- a bird feather
- a seed
- a cocoon or egg case
- something that will change in the spring

### 3. There's a Hole

Have the girls find as many objects as they can that have a hole in it. If appropriate, reward them with a lifesaver candy

### 4. Territories

In this activity, the girls scavenge information. Divide the girls into groups of 3 or 4. Give each group a length of rope or string tied in a circle. Have each group place their circle down wherever they would like, as long as they are in the specified boundaries. Each group must then observe and record as much about their territory as possible. The girls may choose a site with a rock or log that can be turned over to observe the "underworld". Remind them to replace it as it was found. Set a time limit, then the girls can move their "territory". Have them compare the differences between the 2 locations.

## Hikes

### Group Hikes – Suggestions

1. Take very small groups; this way they can all see and hear
2. Know some of the things you will find in an area before going if possible, so you can be prepared
3. Let the girls lead the group, changing leaders
4. Recognize everything that is found by everyone, even the yucky stuff
5. Practise silent walks; to hear birds sing, or animals and birds on the ground.
6. Winter night hikes are fun with flashlights on fresh snow. Their range is cut down to concentrate on a smaller area as well as “seeing something”. Walk around these neat things so others may see them also.
7. When asked the name of something, try to ask something about the item rather than telling the name
8. Take local flower, bird or insect books along when you are going to a location where you are likely to find these things. Finding the flower, and then looking in the book, works better than the other way around.
9. Anyone can take a nature walk to smell, touch, hear and see the outdoors. The name of something isn't really that important but getting out and enjoying is. If every time you go out someone learns or sees something new, they will soon be more watchful. Get moms or dads to help you so you have small groups; just make sure they know your actual purpose is to investigate rather than get technical.
10. Walk in the rain, snow or sun. If you look carefully enough you will spot something different every time

### Hikes For Sparks

1. Teddy Bear Hike – The girls all take their teddy bears for a hike in the woods
2. Miniature Hike – Tell the Sparks to look for objects smaller than their thumbnail, then look at the objects through a magnifying glass
3. Backwards Hike – Tell the girls to wear their clothes backwards and inside out, walk parts of the trail backwards (where it is safe).

### Hikes For Brownies

1. Underworld Hike – Have the girls look under the underside of things with a dental mirror or a small mirror taped to a bent coat hanger
2. Rainbow Hike – Give the girls pieces of coloured paper and get them to find things that match the colours
3. Bug Hike – Give each Brownie a magnifying glass and see how many insects they can spot and identify along the trail
4. Texture Hike – Tell the girls to find a variety of tree barks (fallen), leaves, seeds and nuts of various textures. Using crayons and a long sheet of paper, create a collage of different rubbings from the natural items the girls have collected. You can then mactac the collage and use it for table runners for a banquet or party.

### Touchy Feely Boxes

(from *Canadian Guider* March/April 1996)

Discuss with the girls words that describe how things feel. Using the words that the girls come up with; walk carefully through a field, park, woods or garden to find plants, soil, rocks, etc that have the texture described by the words:

- rough – soil, bark
- smooth – rocks, leaves
- furry – moss

## Game: Water Ballon Piñata

**Here is a fun twist on a party favorite – the piñata!**

Fill about 7-10 water balloons with water and tie them off. Tie each filled balloon a couple of inches apart to a piece of string. (Make sure you use string sturdy enough to support the weight of all the filled balloons.) Leave enough string on either side of the balloons so you are able to tie each end of the string to a low-hanging branch or other area outside.

Using a plastic baseball bat, let your children take turns swinging at the balloons. Make sure the children who aren't swinging stand a safe distance back to avoid any accidents. Whoever hits and breaks the balloons will get a surprise shower!

# Museum Memos

## Research Rewarded

— Janet Allcock, Provincial Archives Adviser

Last time I wrote about archival records depending solely on what is deposited in them. Since then I have had a very interesting experience tracking through our records. An email correspondent asked what we might have about her great-aunt who was a Division Commissioner in Turner Valley starting in the 1930's. My correspondent had inherited some of her pins and wanted to fill in the gaps.

### STEP 1

Look at the pre-iMIS index cards which are stored in the Guide House basement. Remembering that the aunt would be known by her husband's name in those days, we found the record of when she held the position, the awards she received and a few other details about her Guiding history.

### STEP 2

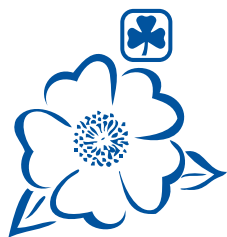
Find the photos taken when Princess Alice visited Turner Valley...and there was a photo of the aunt greeting this important visitor. Incidentally, Turner Valley seemed to be a hot bed of Guiding in the 1930's—which perhaps explains Princess Alice's visit.

### STEP 3

Read through the appropriate bound copies of Alberta Council Reports, where we found where she signed the guest list at the Annual meetings and the reports she submitted.

Altogether a very rewarding outcome! Will the archivists of the future be able to track today's activities? Please remember to send us your current documents, photographs and scrap-books and to write those reports which we all love to hate!

We are planning to be part of the *Edmonton Historic Festival and Doors Open Event* on **July 11, 2015**—come and visit us. For more information about what we can offer contact us at [archives@albertagirlguides.com](mailto:archives@albertagirlguides.com).



**Alberta Council**  
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[www.girlguides.ca/ab](http://www.girlguides.ca/ab)

## Awards Adviser WANTED!

**Are you interested in a challenge and new experience? Alberta Council is looking for an enthusiastic Guider with a passion for Guiding, interesting in promoting recognition for Guiding members.**

This position is one of a Supporting Committee Adviser and reports to Alberta Council through the Deputy Provincial Commissioner—O/SC.

**The position is open to any adult Member and the responsibilities include:**

- Chairing the provincial Awards Committee (comprised of the Area Awards advisers)
- Promoting both formal and informal awards and recognition

**Qualifications include:**

- Good written and verbal communications skills
- Timely responses to emails from Area advisers

**Deadline for application April 20, 2015**

Position commences: **June 1, 2015**

Application form and job description are available from Alberta Council:

11055 107 St NW, Edmonton AB T5H 2Z6

**PHONE** 780-424-5510 ext. 101

**EMAIL** [info@albertagirlguides.com](mailto:info@albertagirlguides.com)



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