

February 2024

# Blue-Print

**Girl Guides**  
Alberta Council

For Guiding in Alberta, Northwest Territories and Yukon

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

## A message from the Provincial Commissioner

Tracy Burton, Provincial Commissioner

**A**s I am writing this article, I am looking at the snow on the ground. While winter is fast approaching, it is easy in Guiding to get stuck in the “blahs” this time of the year. Do not fear, for ANY Council is here! There are several great opportunities coming that I am very excited to share with you.

Multi-faceted is coming in March and looks a bit different this year. This time, Multi-faceted is happening at an outdoor location, so there are opportunities for some exciting outdoor sessions and new topics. It is a weekend training where Rangers and Guiders from all over ANY Council can come together, meet new friends, and learn new skills. I hope to see you there.

ANY Council is proud to offer the Program of Excellence challenges starting in January. This is a group of challenges that explore many different parts of the program, tailored for each branch. You will get the chance to go outdoors, do service projects, learn new skills, host Bring a Friend events, and learn about ceremonies in Guiding. There are badges for each challenge area, and then there is a large badge to put them all together. ANY Council is paying for the large badge for any group in ANY Council that participates. These activities are all part of the program platform and provides innovative ways to work through the program.

Alberta Girls Parliament is set to return this spring, open for Pathfinders and Rangers. The youth learn debating skills, how to research issues that affect them, and how to work as a caucus. They all get the opportunity to learn about parliamentary procedures, visit parliament and also have amazing fun going to West Edmonton Mall and doing activities together. Open debates are available for youth to attend, as well.

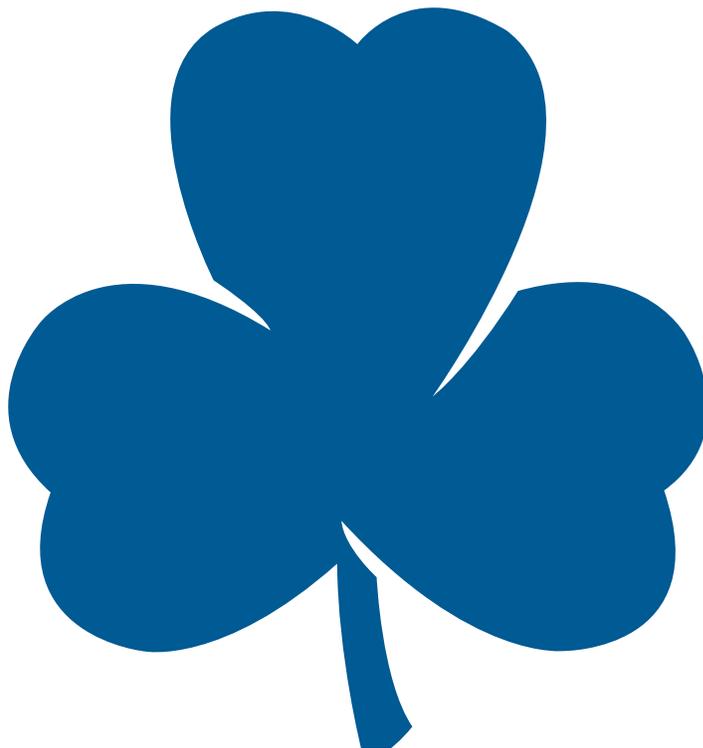
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There are multiple provincial camps this summer - Arts Camp, week-long Guide camp, week-long Pathfinder and Ranger camp. Each of these camps needs Guiders to help make these amazing experiences for girls. More information will be coming out in future Guidepost issues.

Wow - I feel like my “blahs” are all gone, and I hope that they are for you too! I hope that you get the chance to participate in some of the awesome events we have coming up. I also hope that you get a chance to rest, rejuvenate and restore yourself to enjoy an amazing second half of the Guiding year.

**Tracy Burton** Provincial Commissioner



## Guiding Memory

Submitted by Sam Nederlof, Calgary Area

I became a guider first with Brownies (now Embers) in 2011. In 2021, I became a full time Sparks Guider.

One of my favorite Guiding memories is going to Frank Slide with my Embers unit. Our first visit to Frank Slide was June 2012 and our second visit was either in 2015 or 2016 ... I cannot remember the exact year. During our second visit to Frank Slide, we joined another Embers unit. We participated in different activities on the visits, and we learned different things, so we had a new experience both times. We made the Frank Slide Interpretive Centre our home for both visits, and we made sure to visit the Bellevue Mine when we were there, too!

Another favourite memory of mine is our district camp in 2014. It was an awesome weekend to get together with all levels of Guiding in our district. This camp occurred over Mother's Day weekend, so the crafts ended up being gifts that the girls could give to their moms (or mother figures). It was such a fun weekend!

# Girl Guides

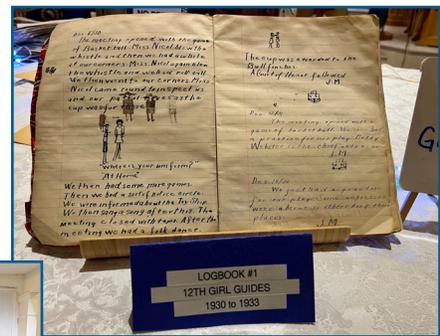
# Follow Up Story: The 12th Calgary Guides celebrated their 100th Anniversary this year!

Submitted by Megan Belenky, Calgary Area PR Adviser

The 12th Calgary Guides have been meeting at the St. Stephen's Anglican Church since 1923! This past October, they celebrated this milestone with a special tea and the enrolment of their 2023/24 Guides. The unit invited Guiders and past members to celebrate and reminisce; it was such a special event.

This unit has kept logbooks from throughout their years, and scrapbooks to commemorate their time together. There were photos from camps and events, newspaper articles, old cookie boxes, and so much more. It is so amazing how much history one unit has been able to maintain. The love and joy that this unit exudes is contagious. Many previous members and Guiders of this unit attended, and it was so fun to see them recognize the memorabilia and share their memories.

This event ended with a special enrolment ceremony of the 2023/24 Guides. You could see how special this was to the new members of the 12th Calgary Guides and the pride in the faces of all those at this event. We cannot wait to see what the next 100 years will bring for this unit!



## Alberta Girls' Parliament - 52 Session

Submitted by Bev Burton, Alberta Council Girl Engagement Co-ordinator

AGP is a mock parliament where Rangers and Pathfinders (aged 14 - 18) from all over Alberta and beyond come together for a unique five-day educational experience. Parliamentary delegates learn about the Canadian parliamentary system and participate in parliamentary sessions where they practice their debating and public speaking skills. The girls conduct their own debates, listen to guest speakers, tour the Alberta Legislature and visit West Edmonton Mall. Registration details for the next AGP are coming to Guidepost later in January.

# Calling All Potential Trainers

Submitted by Tirzah Wolff, Alberta Council Training Adviser

## CALLING ALL POTENTIAL TRAINERS!

Have you decided that maybe you want a different challenge within Guiding? Is training/teaching a passion? We need you to join our training team. Please contact your Area or Provincial Training Adviser and ask questions about becoming a trainer candidate. You can also look up details on the ANY Council Calendar. We are available to talk you through the process and have you join our amazing team!

<https://www.girlguides.ca/web/AB/HomeContent/More/Calendar.aspx>

Check out the **National Training Calendar** for the “Themed” trainings that are now offered to all Guiders! There are multiple offerings for Mental health wellness, appreciation, and Guiding hints and tips.

### MULTIFACETED EVENT

We are gearing up for our annual in-person Guiding event.

Come join us at Camp Evergreen for

### MULTI-FACETED 2024

**March 15 - 17, 2024.**

We are taking a different approach with this event keeping in mind the rising costs of in-person activities. This is a regular camp with bunk-style sleeping accommodations that will be for all Guiders but a wonderful way to get started as a new Guider. There is the potential to go snowshoeing, hiking, make messy crafts (dedicated room, so bring on the glitter!), many outdoor activities and holding an ACTUAL Campfire with songs and sisterhood included.

Your fee will include 2 nights' accommodation, 5 meals, 3 snacks, and hours of FUN! You can find registration link and session information in GuidePost or the following the link in the ad.

## MULTI-FACETED TRAINING

**FOR RANGERS, TREX AND GUIDERS**

**MARCH 15-17, 2024**

**JOIN GUIDING MEMBERS FROM ACROSS ANY-COUNCIL IN A WEEKEND FILLED WITH TRAINING WHILE BUILDING THE SISTERHOOD**

**CLICK [HERE](#) TO REGISTER AND OBTAIN ALL THE DETAILS**

**Girl  Guides**

# The Best Summer Ever

Submitted by Emily P, ANY Council Youth Forum Member

This past summer, my love for Guiding grew even deeper. It started when my Pathfinder/Ranger unit went on an independent two-week-long trip to the Maritimes. We stopped at Prince Edward Island, Nova Scotia, and New Brunswick. I had never been anywhere close to the other side of Canada, so I was extremely excited; so excited that the night before we flew out from Edmonton, I went on a deep cleaning rampage because I did not know what else to do with all my excitement.

We arrived in Halifax at 6 a.m. and jumped in the rental car to go to Peggy's Cove. As someone who absolutely adores photography, this has always been a dream destination for me. The feelings I felt while I was at Peggy's Cove are indescribable. The sound of waves and the smell of the sea made me feel so at home even though I had never been there before. One thing about the Maritimes is the humidity is much higher than in Alberta, so everyone's skin felt so soft and smooth; I do not think anyone had to use lotion the whole trip. That night after our Peggy's Cove adventure, we stayed in the cutest little town called Lunenburg and learned a lot about the history of Canada and why Lunenburg was so important to the fishing industry. Being a very old town, there are a lot of ghost stories, so we went on a ghost walk the next evening.



The next day was Canada Day, so we went back to Halifax and even got to attend a Citizenship Ceremony at the Pier 21 Immigration Museum, where I also got to learn a little bit about my roots in Canada. We then partook in a lot of different activities at Halifax Harbor, everything from face

painting to different types of dancing. We spent a couple more days in Halifax after this, and we saw a few things such as The Titanic Exhibit, The Royal Nova Scotia International Tattoo Show, and some shopping.

From there, we went to Prince Edward Island (PEI), and had our very first beach day! While we were there, we of course visited Anne of Green Gables and Charlottetown. I was so surprised to learn that PEI is so small; they have to leave the province to

go to Costco. In Charlottetown we stayed at the cutest little hostel and got to hear many different people's stories from all over the world that were staying there at the time. There was a person from France who even made us crêpes at midnight one night.

After PEI we headed to New Brunswick. We visited several places, but one of my favourites was Hopewell Rocks and repelling. I had never experienced repelling before, and I was so terrified that I almost backed out (it was a 147 ft, after all). My Guiding peers helped me calm down and I



# What's Up in WAGGGS

Submitted by Bev Burton, Alberta Council Girl Engagement Co-ordinator

There are a plethora of challenges available through the WAGGGS website ([wagggs.org](http://wagggs.org)). Crests are available for these challenges on the website also. Here are some fun challenges available.

**Join WAGGGS and Dove's  
body confidence revolution!**



**Plastic Tide Turners Challenge  
To educate about plastic pollution  
and campaigns against it.**



**World Thinking Day 2024**



Crests are available now and the activity pack is available now as well.

The International Committee will be helping put out an instant meeting for this activity available in the new year.

# Guiders and the Media

Kim Papp, Alberta Council PR and Communications Adviser, [any-prcomm@girlguides.ca](mailto:any-prcomm@girlguides.ca)

Someone from a news agency has asked you for material for a story. Who are you going to call? The ANY PR Adviser!

Throughout the Guiding year, members often express excitement about sharing stories regarding their unit, District, or Area activities, and local media may contact them directly. Common media opportunities include Guiding events, service projects, cookies, registration, volunteer recruitment, and more. GGC's National governance policies require that members reach out to their Provincial designate for support and direction when submitting a story or responding to a media request. ANY Council is available to work with you on opportunities and ideas and ensure Guiding is represented positively, accurately, and strategically in public.

For ANY Council, I (ANY PR Adviser) am happy to triage your request for support and pass this along to our Provincial PC/DPC team.

Showcasing your enthusiasm for Guiding is an exciting way to foster new member growth and bring the benefits of Girl Guides into the public eye.



**Our ANY PR Adviser at one of her 11 prior media interviews as an ambassador of Guiding**

# Silver Thanks Award

Submitted by Megan Belenky, Calgary Area PR Adviser

All of you know about Girl Guide Cookies, but do you know about the man who ensures they are all delivered on time and with little-to-no damage during transport?

## MEET DOUG!

Doug has been the face behind the partnership with AMJ Campbell here in Calgary. Doug has worked with AMJ for many, many years and partnering with Girl Guides of Canada has been one of the highlights of his career! He was an integral part of the changes that were made back in 2019 with the deliveries of our cookies, and the centralized cookie pick up. To many of us, the logistics of delivering over 4 million boxes of cookies each year would stop us in our tracks; however, Doug took this challenge head on and we would never want to return to the old ways!



This year, Doug is retiring from AMJ Campbell. Calgary Area was honoured to receive an invite and wanted to share how special the relationship with AMJ Campbell is to us as well. Sarah and Megan were honoured to represent Calgary Area Girl Guides at Doug's Retirement Party and award him with a Silver Thanks Award. Thank you for all your support over the last few years, Doug, the shoes you are leaving behind are mighty big to fill, and we want you to know that you are always welcome to volunteer at our Cookie Delivery Days!

# Leaders Today - Sangam World Center August 16-22, 2023

Barb Yost - Crimsonstar/Parkland Area Guider

Wow! Experiencing this event this was a once in a lifetime opportunity. I received a scholarship to attend the Leaders Today event at the Sangam World Centre. Sangam is warm and welcoming. The staff were both amazing and knowledgeable, and the leadership program was exciting and rewarding. Attending Leaders Today with other women who share the vision of empowering women proved to be an uplifting and inspiring experience.

This event brought women from ten different countries together: Côte d'Ivoire, Venezuela, Ukraine, Poland, United Kingdom, Bangladesh, Eswatini, Madagascar, USA, Singapore, and of course, Canada.



We had activities from 7 a.m. to 9 p.m. The day events ended with swimming in the pool after dark to unwind. Each day involved yoga, chai, patrol corners, and flag ceremonies. We explored Pune which was an eye-opening experience; an abundance of people, cows, goats, and rickshaws. The cultural tour to Laxmi Road included going to markets, a tailor in which you picked out the material for a Sari, restaurants, more rickshaw rides, and public transportation.



At Sangam, we attended a myriad of leadership sessions where we learned about community action projects, had an opening ceremony and a pinning ceremony. We had an International night (I shared crests, pins, smarties and coffee crisp chocolate bars), played WAGGGS games afternoon, listened to influential Indian women guest speakers, had a campfire (where I shared the songs “Black Socks” and “Make New Friends”). One day, a patrol (ages 10-14) came to visit, and we planned the activities and games for them. There was a full India afternoon and evening with dancing, food and other traditions.

For the community project, I joined Door Step School. It is a nonprofit that takes education to the doorstep of often forgotten or migrant children. We went to a classroom on a construction site. The children were so polite and thankful our donations and company. We brought games and activities to share with them. My heart was full that day.

We engaged in challenges which included scaling the water tower, taking a rickshaw on our own to do a scavenger hunt in Pune, and we completed a scavenger hunt around Sangam to learn about the world centre. This whole trip was a giant challenge - the culture was so different from my own. The trip was also filled with so many splendid moments of friendship, fun and learning.

After receiving an invitation, we ate dinner in a community member’s home. Being able to share how they live was a bit of a shock; it really makes you thankful for what you have. We walked around their neighbourhood which included going into temples and shrines, and getting to know their family was invaluable.

Sangam is gearing up for their 60-Year anniversary and has several events leading up to it; this special anniversary celebration would be amazing to attend in 2026.



# Fun Recipes to Try

Submitted by Bev Burton, Alberta Council Girl Engagement Co-ordinator

Check out these recipes taken from  
**Camping Cuisine - A Cookbook for Campers,**  
**ANY Council Camping Committee 2019 Edition**

## **BREAKFAST IN A BAG II** *Twilight District, Prairie Rose*

**Cooking method:** Open fire

**Cooking time:** 20 minutes

**Servings:** 1

**Ingredients:**

1 - 2 strips of bacon

1 brown paper bag (lunch size)

1 - 2 handfuls frozen hash browns

1 stick

1 - 2 eggs

Place bacon strips in the bottom of a paper lunch bag. Toss in potatoes. Break in eggs. Close by folding down top of paper bag at least 3 times but leaving 3 - 4 inches of air space above the food. Insert a pointed stick through the top folded part of the bag. Prop with rocks to hold bag 4-5 inches over the hot coals for 8 - 10 minutes. (Do not touch the coals with the bag or you'll set your breakie on fire.) Remove from heat and pull out the stick with an oven mitt. Open the bag and fold down the paper. Eat out of bag.

## **CHIPMUNKS** *Glen Allan District, Edmonton*

**Cooking method:** Open fire

**Cooking time:** 5 - 10 minutes

**Ingredients:**

Prepared brownie squares or 2 bite brownies

Chocolate mint wafers or peppermint patty

Split a small brownie horizontally through the middle. Place a chocolate mint wafer in the middle. If the brownie is iced, turn the icing to the inside. Wrap in foil and cook in coals for 5 - 10 minutes.

# Tips for Using the Safe Guide Portal

Twyla Jenkins and Betty Slater, Acting Alberta Council Safe Guide Co-Advisers

**W**e have all been getting used to this new way of submitting forms for assessment. Congratulations to all those who have done such a great job of using the Portal this fall.

1. Remember to send home the SG1 and SG2 to all parents well before you need to fill out the forms on the portal. You need accurate numbers of participants to put on the portal SG3. You should only be entering those girls who have returned a signed SG2 to you.
2. You need to enter in the portal SG3 the names and iMIS #s of all adults attending the event. All Guiders named must have a current PRC and Safe Guide training entered in iMIS. All non-members named on the SG3 (parent volunteers) must have a current PRC and A.7 in iMIS. Anyone named on the portal SG3 who is not already in iMIS will probably not get it entered in time and will be unable to attend. Please encourage everyone who would like to assist at an event to start early to send in the required documents.
3. Anyone named as First Aid on the forms must have their certificates for First Aid or for Health Care Professional in iMIS. Please check expiry dates and send current certificates in to iMIS well before the event.
4. Fill in the SG4, SG1, SG5 (if needed), SG7 (if needed), and list of additional supervisors (if needed) using the current forms on the National website, and have them ready to attach to the portal submission.
5. You are not able to go back into the portal and make changes after you submit the forms. Try to have them accurate at the time of submission. Last minute emergency changes can be sent to your Assessor and she will have them entered for you.
6. If two or more units are attending the same event, they must all be included on the same set of forms. Choose one of the Guiders to be the RG who sends in the forms, and she will include the information for everyone attending. If desired, you may attach an SG1 for each group. For example: One for Sparks, one for Embers, etc. or one for those arriving Friday night, one for those arriving Saturday morning, etc.
7. The deadline for Yellow level events is 14 days prior to the event, and 21 days for Red level events and events for large groups of 75 or more people. Do not wait until the deadline to submit forms, as often life happens, and the deadline is accidentally missed. All late forms are denied and results in cancellation of the event. To ensure this does not happen, please send in the forms four to six weeks before the event if possible.
8. On the AB Council website, under Safe Guide, there is a video tutorial with more information on using the portal, and sample forms to assist you with filling out the forms.
9. If you have any questions please contact [any-safeguideadviser@girlguides.ca](mailto:any-safeguideadviser@girlguides.ca) or [any-safeguideadviser1@girlguides.ca](mailto:any-safeguideadviser1@girlguides.ca).

# Giving Thanks

Submitted by Amanda Saigeon, Alberta Council Member Services Coordinator

**S**aying thank you is directly correlated with a person's wellbeing. Studies show that the more you appreciate and are thankful for, the more attuned you are to your feelings of well-being and gratefulness. Please copy and send this to those Guiders in your Guiding World that you appreciate.



# Becoming a Guider in the 1950s

Janet Alcock, Alberta Council Archives Lead

In my last article, I discussed the enrollment process for a girl in the 1950s to become a Guide. An Ember had to pass similar age-appropriate tests. And the Guider of the Company or Pack that she was joining also had to demonstrate that she was capable of running the unit.

The leader's responsibilities, if a Brown Owl, as stated in 1953 P.O.R. (Policy, Organization and Rules) included:

*“maintaining a high standard in the Ember tests ... She should see that all Pack records are kept up to date and should report regularly to the Commissioner on the progress of the Pack ... After being warranted (i.e. tested and appointed) she may enroll her own Tawny Owls and Embers and pass them through the Ember and Golden Bar Tests. Until she is warranted she must arrange for some qualified person to test and enroll her Embers.”*

The Brown Owl had to fulfill the following requirements before receiving a warrant.

1. Pass a test to show that she can teach both the Embers and Golden Bar Tests and know how to prepare Embers for the Golden Hand Test.
2. Have trained a Pack successfully for at least three months and have kept or been responsible for satisfactory Pack records and accounts.
3. Have read “The Wolf Cub Handbook” and “The Ember Handbook” and have become conversant with the current edition of “Policy, Organization and Rules”.
4. Be accustomed to telling stories to the Pack.
5. Should have taken some form of Ember training by attending training classes, Guiders' meetings etc.”

At that time the highest award for Embers was the Golden Hand and for Guides it was the First Class and then the Gold Cord. The Unit Guiders could not test a girl for these and the Proficiency badges; The girls were tested by someone outside the unit.

One of the responsibilities of a Guide Captain was to run the Company based on the Patrol System. It was her responsibility to ensure that the Patrol Leaders were well trained to help her teach her patrol the skills necessary to pass the Tenderfoot and the second class Tests and that they would be good representatives of their patrol at the Court of Honour. There were books produced to help both her and the Patrol Leaders to reach this aim and there were often camps and trainings specifically



Calgary Patrol Leaders' Cycling Camp.  
Photo taken by Elinor Branter in 1941



Patrol Leaders' Camp in 1946.

to this purpose. There would be a time scheduled into each meeting for Patrol time. As many units only had one adult leader, the Patrol Leaders were, in effect, acting as young leaders, but as Guides at that time were aged 11 to 16, that was appropriate.

I should say a bit about the Court of Honour, which was often how girls first learned how a democratic system worked. The Patrol Leaders would meet separately with the Leaders and make plans for future meetings and to discuss any issues brought up by the girls in their Patrol. They would then report back to their Patrol. In this way they all had an opportunity to voice their opinions.

The 1970's was a time of change. The Warrant system was discontinued in 1972 when an appointment system was introduced and the age of Guides was reduced to nine to twelve when Pathfinders were introduced in 1979.

## Guiding 101

Submitted by Bev Burton, Alberta Council Girl Engagement Coordinator

**G**uiding often uses terms that may not be familiar to everyone. Here is your chance to play a fun game to see if you can match up the Guiding term to what it means.

1. CWFF	A. Your sleeping bag, mattress, and groundsheet are all rolled into a single unit
2. WAGGGS	B. Cooking on top of a tin can which is heated from a flame under the can
3. BEDROLL	C. A ceremony to welcome new girls into a branch of Guiding
4. BRIDGING	D. Canadian World Friendship Fund
5. BUDDY BURNER	E. A mesh bag to store personal dishes in for camp
6. DITTY BAG	F. Database Girl Guides uses to store information about members such as membership years and training
7. ENROLMENT	G. World Association of Girl Guides and Girl Scouts
8. iMIS	H. Having different branches meet together to learn about a different branch

Answer Key: 1-D, 2-G, 3-A, 4-H, 5-B, 6-E, 7-C, 8-F

# Attention Youth Members: Exciting Challenge Opportunity!

Hannah, ANY Council Youth Forum Member

**H**ey folks! Are you looking for a challenge to complete and a crest to collect? Well, the ANY Youth Forum can help with that. Targeted at Guides, Pathfinders, and Rangers, the You in the World Challenge aims to help girls explore friendship, their community, and reflect on their life in the past. Some pillar concepts from the challenge include friendship, communications, and growing up.

There are tons of fun activities for you to do, such as making friendship bracelets, hosting a poetry night, or scrapbooking. Different age groups must complete a different number of tasks to earn this crest. However, the final element of the challenge is for everyone to complete the activity in the Interactions with Our Community section.

The You and the World Challenge also gives you the opportunity to earn some program badges. The activities cover several areas and themes of the Girl Guides of Canada program for both younger and older girls. These include Guide Together, Explore Identities, and Experiment and Create, just to name a few.

## Questions & Feedback

If you have any questions, concerns or feedback, email us at

[ANY-YouthForumGroup@girlguides.ca](mailto:ANY-YouthForumGroup@girlguides.ca)

or contact us on Instagram

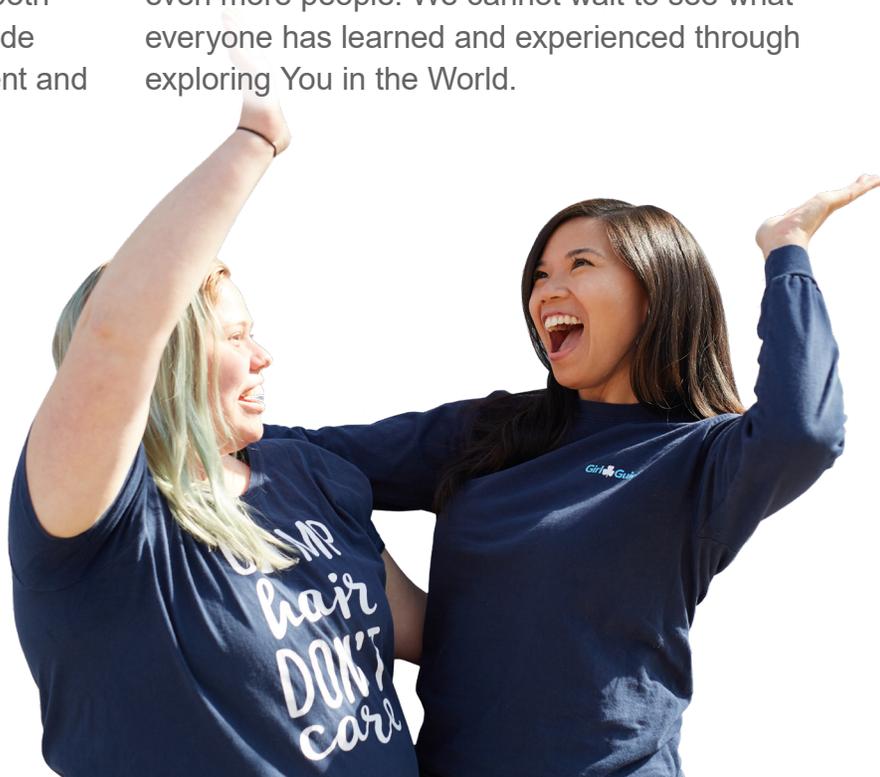
[@albertacouncilyouthforum](https://www.instagram.com/albertacouncilyouthforum).

For ideas on how to get started, check out our Instagram page and the previously mentioned hashtags, which we will update as units complete the challenge activities!

We hope that this challenge inspires members of Guiding from a variety of ages to become more in touch with themselves, their peers, and their communities. On completion of the challenge, you will also receive a crest designed by one of our Youth Forum members.

To access the challenge, visit the Alberta Challenges page on the Girl Guides website. Click the Program tab and scroll to the bottom, where you will see the Youth Forum Challenge on the bottom right.

Sharing your achievements: if you want to share what you have made with the world, feel free to post on Instagram, using the hashtags **#youintheworldchallenge** and **#anyyouthforumchallenge** so everyone else can see what amazing jobs you have done. Also, with your permission, we will repost some photos on our own Instagram page, so that it reaches even more people. We cannot wait to see what everyone has learned and experienced through exploring You in the World.



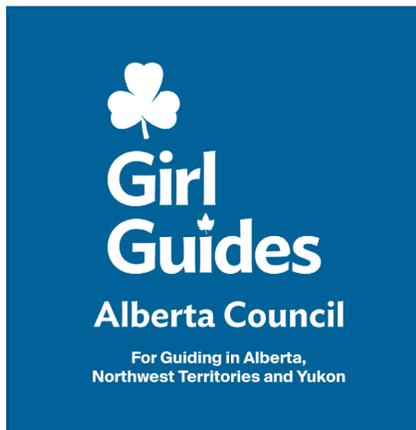


**The next article submission  
deadline for Blue-Print is  
March 15, 2024  
Send your submissions to  
[any-blue-print@girlguides.ca](mailto:any-blue-print@girlguides.ca)**

# Girl Guides

## Alberta Council

For Guiding in Alberta, Northwest Territories and Yukon



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