

FunFinder

March 2020



IGNITE SPECIAL EDITION



In October 2019, Pathfinders, Rangers, Trex, Unit Assistants, Bridging Members, and Guiders from across BC came together for IGNITE, a weekend-long conference. Participants had the opportunity to explore the girl-driven program in a meaningful context, cultivate their leadership skills, and connect with peers on issues and interests important to them. The event included trainings and sessions on STEM, art, leadership, health and wellness, and even a birthday party to name a few!

“I learned how to get lots of scholarships, how to do magic, beauty and the power of social media, the art of alcohol inks, and how to code. I learned many fun things and many useful things.” - Cate, Ranger from Rivers North Area

We wanted to give all Guiders in BC a taste of IGNITE by making it the theme of this issue of FunFinder! You will find activities and resources contributed by IGNITE presenters. We hope that by sharing these resources you will be inspired with new ideas and useful information to bring to your older units.

Thank you to all our presenters who came to IGNITE, and to those who contributed to this edition of our FunFinder, including **Hilary Feldman** and **Van Chau** for capturing the featured photos from this special event!

Inside this issue:

<u>IGNITE Special Edition</u>	1
<u>Ocean Wise</u>	2
<u>Top 5 Tricks for Grant Writing</u>	2
<u>Ocean Wise Guider Offerings</u>	3
<u>ShEvaluesco</u>	4
<u>Resiliency in Action</u>	4
<u>Engaging with Female Political Leadership</u>	5
<u>5 Tips for Getting Your First Credit Card</u>	5
<u>Unlock your Future</u>	6
<u>Scholarship Application Checklist</u>	7
<u>Free to Be Talks</u>	8
<u>Why Do I Sometimes Struggle with Not Liking Myself?</u>	8
<u>Engineers and Geoscientists of BC</u>	9
<u>Making a Bouncy Ball</u>	9
<u>So You Want to be a Tradesperson?</u>	10
<u>BC Building Trades Council</u>	11
<u>Program Committee</u>	11

Ocean Wise is a global ocean conservation organization focused on the protection and restoration of our World's Oceans.

The Ocean Wise Youth team works with youth across Canada, providing them opportunities to learn more about marine biology, take action in their own communities, and build connections to nature.

Learn more about their programs at <https://education.ocean.org/>



At IGNITE, Ocean Wise lead a session on **Conservation Project Development** and **Grant Writing** for youth.

This workshop included simple steps to making a project action plan and a breakout session to brainstorm project ideas and how to create your own action plan.

Once participants developed a mock action plan, they dove right into the ins and outs of grant writing – how to write a proposal, tips and tricks, common mistakes, and how to find funding opportunities for youth.

Examples were based on youth conservation projects, but skills were easily transferable for a variety of project ideas.



Didn't get to attend? How can your unit incorporate some of these session ideas in your next meeting?

TOP 5 TRICKS FOR GRANT WRITING

Have an idea for a project that will improve your community but need some support to make it a reality? Luckily there are many different organizations looking to empower youth by providing service grants! Below are a few tips for writing a great grant application:

1. Create a Plan Before Applying for Grants

- It's much easier to apply for grants if you already have an action plan, budget, and timeline created.
- Make sure you know: who you are helping, how you are helping them, and how you will measure the outcome of your project.

2. Highlight the Funding Criteria

- Make sure you read the application requirements closely and make a point to clearly outline how your project fits within.
- Some requirements are very specific, and your project will not be chosen if it doesn't match with the company's ideals.

3. Follow the Template and Formatting Exactly

- It seems simple, but don't lose points by not applying in the format they ask for.
- Most will have a fill in the black template which makes it easy, but if they ask for a budget in Excel, make sure it gets submitted in Excel.

4. Get Straight to the Point - Don't Leave Blank Spaces

- The funder reads a lot of applications, so make sure yours stands out by giving them all the information in a concise format – short and sweet!
- Make sure you don't leave blank spaces: if the question doesn't apply to you just put N/A – don't make the funder guess why the question was left blank.

5. Don't Get Discouraged!

- You might not get the first grant you apply to. There are a lot of external factors at play that you can't plan for such as similar projects being submitted at the same time.
- Keep trying – eventually you'll get selected for one!

Looking for a place to start?
Check out the Rising Youth Grants:
<https://risingyouth.ca/>

Ocean Wise Guider Offerings



Ocean Wise is proud to offer a variety of workshops available to Girl Guide Groups in the Lower Mainland. All the activities below are offered free of charge. If you are interested in booking with an Ocean Wise Guider, please contact youth@ocean.org to discuss timing and meeting locations.

Activities for All Ages

Beach Walk

Join an Ocean Wise Guider to explore a local beach. In a low-tide beach walk, you'll learn about the ecology of the area and how we can protect the ocean! We'll keep an eye out crabs, mussels, snails, worms, arthropods, sea stars, urchins, and even fish. Your guider will take the group through the four intertidal zones, giving them an inside look at how animals have adapted to this difficult ecosystem. Your guider will walk you through proper beach etiquette to ensure your group doesn't harm any of the creatures that call the tide pools home.

Plankton Tow

Plankton are microscopic organisms that make up an important part of the ocean food chain. An Ocean Wise Guider will introduce the ocean food web and then head down to a local beach to teach the group how to take plankton samples using a plankton tow. Once collected, we'll take a look at our new friends with a microscope, learning how to use a microscope to identify different types of plankton and the integral role they play in ocean health.

Watershed/Forest Walks

Take a walk through a local forest ecosystem with an Ocean Wise Guider – stopping along the way for exploration, games, and activities. Your guider will introduce forest ecology principles and teach the group about how watersheds connect all ecosystems to the ocean.

Activities for Pathfinders & Rangers

Leadership Workshop

Take a closer look at what it takes to be a great leader – and develop your leadership skills through a variety of games and activities designed to bring out the leader in every girl. An Ocean Wise guider will go through some leadership reflections and teach the group some common team building exercises/strategies they can use as leaders in their own communities.

Project Development Workshop

Join Ocean Wise for a workshop on Project Development and Grant Writing for youth. This workshop will include simple steps to making a project action plan and a breakout session to brainstorm project ideas/create your own action plan. Your guider will also delve into grant writing and where to find funding for community service projects. Girls will leave with a project action plan and resources for completing their own service projects.

“Attending IGNITE meant so much to me, as I am a very independent girl. I want to learn what I can do and how I can impact our world. Many girls struggle with the same journey and this made me so happy to have help along the way.” - Kate, Pathfinder from Fraser Skies



ShEvaluesco

Be Bold. Build Resilience. Know Your Worth.

Resiliency in Action: Debate Line

Being able to manage difficult conversations is a cornerstone of self-advocacy and resilience. This activity is a great way to help the girls find and practice their voice!

1. Each participant finds a partner.
2. Create two lines across the room, with the partners facing each other.
3. Line 1 is the 'no' line. This means that whatever the partner in Line 2 says, the job of the individual in Line 1 is to say no (with an explanation).
4. Line 2 are the 'asker.' They have an issue to voice, and are not willing to take no for an answer. They must self-advocate, over and over!
5. Reiterate the importance of debating respectfully, but encourage the girls to be firm and assertive.
6. Provide an everyday situation (see example situations). Each pair has to go back-and-forth with their debate for as long as you wish. Often this is 2 minutes in duration, enough time that the 'askers' have to *really* put some effort into standing up for themselves, and not giving up the debate. The girls go back and forth in their debate until you say 'stop.'
7. Once the debate has ended, switch the roles of the lines. Line 1 becomes the 'asker' group and Line 2 becomes the 'no' group – provide a different situation for the second round.
8. Reflect as a group – ask the girls some questions like:
 - ♦ Was it challenging to keep debating over and over?
 - ♦ Why do you think this is?
 - ♦ When your partner was the 'asker,' what creative and convincing methods did they use?
 - ♦ What are some examples of body language that are important when you are standing up for yourself?

ShEvaluesco is BC non-profit, partnering with secondary schools and community groups to run life-skill development workshops for female-identified youth.

The mission of ShEvaluesco is to empower young women with knowledge, strategies and tools to confidently navigate life after secondary school.

Through an interactive and strength-based curriculum, we address key topics like assertive communication, self-advocacy, financial literacy, and resilience.

Visit the ShEvaluesco website to learn more or say hello at:

www.shevaluesco.ca

Example Situations

You order and pay for a large chocolate Frappuccino from Starbucks. You are handed a small hot chocolate instead. You really wanted that Frappuccino, and let the barista know that it is not what you ordered.

- ♦ 'No' line: plays the role of barista (who refuses to re-make the drink).
- ♦ 'Asker' line: asking for the proper drink, determined to get what she paid for.

You apply for a summer job at an ice cream store. When the manager interviews you, she says: "I cannot possibly hire you, you have no work experience."

- ♦ 'No' line: plays the role of the manager (who continues to decline the job-seeker).
- ♦ 'Asker' line: plays the role of the job-seeker, determined to convince the manager to hire her.

You choose a bag of chips at the grocery store that is on sale for 50% off. When you get to the check-out, the clerk rings it through as full price.

- ♦ 'No' line: plays the role of the clerk (unwilling to recognize the discounted price)
- ♦ 'Asker' line: plays the role of the customer, determined to get the 50% off

- Engaging with Female Political Leadership -

One of our most popular sessions at IGNITE was the *Female Politician Panel* featuring North Vancouver Mayor Linda Buchanan, North Vancouver MLA Bowinn Ma, Richmond City Councillor Kelly Green and Richmond Councillor Carol Day.

Do you have members in your unit who are dreaming of becoming future politicians? Did you know that your local city councillors, mayors, MLAs and MPs are often willing to attend community events, including Guiding meetings and events?

If you are interested in organizing your own activity, reach out to your local City Hall or Constituency Office and invite your local female politician to one of your Guiding meetings or events!



"I learned a lot at Ignite. I learned about our past as Girl Guides, my future as I grow older to support this organization, games and facts I can share with my unit, and most of all, what happens when you fill a room with Girl Guides from all across BC, they have fun and become friends." - Alayna, Ranger from Pacific Shores



5 Tips for Getting Your First Credit Card from ShEvaluesco

1. Build Credit Early and Safely

You can get a credit card before the age of 18 with a parent or guardian as a co-signer. This is a great way to familiarize yourself with how credit cards work, start responsible spending habits, and build a credit history.

2. Do your Research

Canada's banks and other financial institutions offer student credit cards with a variety of interest rates, fees, and rewards programs. Be sure to research a number of different credit card options to figure out what will suit your needs.

3. Treat Credit Cards like Cash

Spend only what you have! Treating your credit card like cash means that you pay your credit card balance off in full every month, avoid interest payments and stay out of debt.

4. Get to Know your Bill

Every month, carefully review your paper or electric credit card bill to double check purchases, confirm your payment due date and know what you owe.

5. Never be Afraid to Ask Questions

Being money smart takes work! Never hesitate to ask questions, whether that be in-person at a bank, over the phone, or around the dinner table with your family.

Unlock your Future is a company dedicated to helping students navigate the scholarship process and fund their academic dreams. Collectively, Brittany Palmer and her younger brother won 35 scholarships totaling over \$125,000.

Brittany founded *Unlock your Future* in 2005 to help other students view post-secondary education as an attainable opportunity rather than a daunting financial obstacle. Brittany presented the dynamic *Unlock your Future* Scholarship Seminar to IGNITE participants, helping them see the various funding opportunities that are available while teaching a step-by-step program for navigating the process. UYF also offers private consultation sessions, an online [Student Resource Centre](#) and an [Unlock your Future Scholarship Workbook and Kit](#).

At first, scholarships can be intimidating and may seem out of reach. Below are some common fears and concerns students often have. Conquer your fears and commit to the scholarship process. You can do it!

I Am Too Young

If you are not in grade 12, you may feel that it is too early to begin thinking about scholarships. It is never too early to get started.

As a younger student, there are a number of steps that you can take now to begin building your scholarship foundation. Take advantage of the time that you have. There are even a select few applications that you can submit prior to grade 12. Do keep in mind that there are only a handful of scholarships open to younger students. High volume starts at the grade 12 level and continues into your post-secondary career. However, it can be helpful to seize those opportunities that are available so that you can gain some experience early on. Having said that, that does not mean that it is too late to start if you are currently in grade 12 or if you are already a post-secondary student.

You can apply for scholarships throughout your entire educational journey, from grade 8 to your PhD. This is an ongoing process.

I Do Not Have The Grades

The majority of scholarships are not based on academic standing alone. Do not dismiss scholarships simply because you feel that your grades are not adequate. If you encounter applications where your grades do not meet the minimum requirements, do not let that discourage you.

There will be other opportunities for you down the road.

I Do Not Have The Time

As a student, you often manage a busy schedule between academic commitments and extracurricular activities. While you may feel like you do not have room in your schedule to accommodate scholarships, you must find a way to make it work. Make the time. Scholarships require a significant time investment, especially at the beginning. This is a labour intensive process but as you build your scholarship foundation, you find your rhythm and it becomes easier over time. Plus, let's say that you spend

ten hours working on an application and you win \$1000. \$100/hour is a pretty decent working rate.

Try to keep the big picture in mind.

I Have Not Done Enough

If you happen to read biographies of scholarship recipients, it seems as if these students were child prodigies who started international organizations. This can be intimidating and make you feel as though you have not done enough. Often times you have accomplished much more than you may have thought. We occupy ourselves with activities that we enjoy. Once it becomes incorporated into our everyday lives, we may not view it as important when in actuality it may be a quality that a scholarship committee is looking for.

Do you volunteer, play a sport, sit on student council? Take a careful look at what you do to occupy your time and you may be surprised.

Believe in yourself.





Scholarship Application Checklist

Keep the points below in mind as you navigate the scholarship process. Pay attention to the details. You do not want to jeopardize your application because of a minor oversight.

- ✓ Carefully and thoroughly read the application—including the fine print
- ✓ Make sure you qualify for the scholarship: double check the eligibility criteria
- ✓ Mark the deadline in your calendar
- ✓ In the event that the application invites you to include supporting documents, take advantage and do so
- ✓ Answer all questions
- ✓ Collect reference letters in advance and provide your referees with ample notice
- ✓ Provide your referee with a copy of your Activities & Accomplishments list
- ✓ Ensure that you have referees from different areas of your life, providing a well-rounded picture of who you are as a candidate
- ✓ Have at least one person proofread your application
- ✓ Keep a copy of the completed application
- ✓ Is your application assembled properly? Certain committees are picky about the use of paper clips, staples and etcetera. Make sure you have followed their guidelines.
- ✓ Mail/submit the application in time for the deadline
- ✓ Mark it in your Records Log



Unlock your Future

604.313.1357

brittany@keytoscholarships.com

www.keytoscholarships.com

©Unlock your Future

Free To Be Talks is a non-profit organization promoting positive body image to youth, parents, and educators through education in schools, speaking events, and media. Their research-backed program, *Free To Be* is for youth in grades 5-8 and empowers boys and girls to reach their full potential by developing media literacy awareness, cultivating individual and group strengths, building resilience to social pressures that impact body image and nurturing a positive social environment.



You can be trained online to deliver the program in your own community. For more information on presentations or the program please email renae@freetobetalks.com or learn more at www.freetobetalks.com

Why do I sometimes struggle with not liking myself?

From the moment we are born we receive messages about ourselves. Our parents, friends, and the media are all very influential in shaping how we think about ourselves. Sometimes the messages we receive teach us that we are enough, we are valuable and we matter. Other times, we receive messages that tell us that if look a certain way, have a certain body, or wear certain clothes *then* we will be enough or we will matter.

By the time we are a teenager, we have millions of experiences that have influenced our beliefs about who we are. Often, these beliefs form core ideas about who we are and they are outside of our conscious awareness. Most people have received both of those messages described above.

Sometimes a girl (over her life) may receive many more comments indirectly or directly about their appearance, in comparison to hearing about other qualities about herself (in line with the 2nd message listed above). If this happens, overtime she may start to place a lot of value in her appearance or body because that is where her attention has been constantly directed!

However, our appearance is one aspect of who we are! If we want to be healthy, whole people we have to focus on *all* the aspects of who we are. **This can be very hard to do in our society because there is so much focus on outward appearance from such a young age.**

Therefore, it's really important to have habits and healthy things you can do to counter our "appearance-focused" society. Below are 3 things you can do to ensure you grow all of yourself!

1. **Be mindful of what your following on social media.** Unless you are following cats or puppies (or something similar) when you see appearances again and again, that is what you are going to be reminded about (it's the way our brains are wired).
2. **Use your body to experience life.** Our bodies are powerful and instruments that can be used to do and create things. We experience our lives through our bodies. Use your body as a vessel not an ornament!
3. **Focus on all the different aspects of who you and your friends are!** You can compliment the intention of an action (e.g. you are so hardworking, funny, caring etc.,) or you can notice someone's passions (e.g. notice what makes someone smile or lost in time etc.).

If we want to be holistic people, then we need to focus on filling up all the different aspects of who we are. We can still address a person for their appearance and looks, because that is a part of who they are, it is just not all that they are.

Activity:

- ♦ Squats x 10 (e.g. about riding bike verses knowing how to ride bike)
- ♦ Compliment the intention of an action (e.g. you are so hardworking, driven, ambitious, funny, caring..)
- ♦ Notice someone's passions and care about them (e.g. notice what makes someone smile, or lost in time)
- ♦ Invest in ALL of you - focus on what your body is capable of doing.

Submitted by Renae Regehr



ENGINEERS & GEOSCIENTISTS BRITISH COLUMBIA

Engineers and Geoscientists of BC

Engineers and Geoscientists BC regulates and governs the professions of engineering and geoscience. They believe in investing in the students of today by sparking the interest, confidence, and enjoyment of science and technology through classroom visits, hands-on activities, grants and scholarships, and an annual Science games event. By making the connection between an interest in science with a passion for experimenting and learning, they help youth imagine themselves as future engineers or geoscientists.

Want to know more? Connect at careerawareness@egbc.ca

Making a Bouncy Ball

Materials:

- Borax
- Cornstarch
- Food Colouring (optional)
- Measuring Spoons
- Warm Water
- White or Clear School Glue
- Two Disposable Plastic Cups
- Mixing Sticks



Instructions:

1. Label the plastic cups “Ball” and “Borax”.
2. In the “Borax” cup, mix $\frac{1}{2}$ tsp. of borax with 2 tbsp. warm water in the borax cup, and stir the mixture until the borax is completely dissolved in the water. If you wish, you can add food colouring at this point. Adding a drop at a time, until the desired colour is achieved.
3. In the “Ball” cup, pour 1 tbsp. of glue and add $\frac{1}{2}$ tsp. of the borax mixture to the glue. Don’t stir this.
4. Add 1 tbsp. of cornstarch and refrain from stirring. Wait 10 to 15 seconds, and then stir the mixture vigorously until it thickens and becomes very difficult to stir.
5. Scoop the mixture out of the cup and begin kneading it with your hands, while simultaneously shaping it into a ball. Initially, the mixture will be very sticky and soft, but with continued kneading it will solidify and develop bouncy ball properties.
6. Make sure to wash your hands and any non-disposable utensils used very carefully after working with borax. To preserve the ball’s elasticity, store it in a Ziplock bag.

What Else Can You Do?

Older members can be challenged to create the bounciest ball possible.

They should follow proper lab procedures and ensure their experiments are valid by changing only one variable at a time.

The bounciness of a ball can be measured by dropping (not throwing) it from a pre-defined height and measuring the height of the first rebound bounce.

Resources

Polymer Science Learning Centre: Kid’s Macrogalleria <http://www.pslc.ws/macrog/kidsmac/>

So What’s Going On?



When you mix two substances together in a chemical reaction you can end up with something completely unlike the original reactants.

In this reaction, you mix sticky white glue with a solution, and end up with a silly putty-like material.

The major ingredient in white glue is polyvinyl acetate, a synthetic polymer. Polymers are chains of molecules that are linked together through covalent bonds.

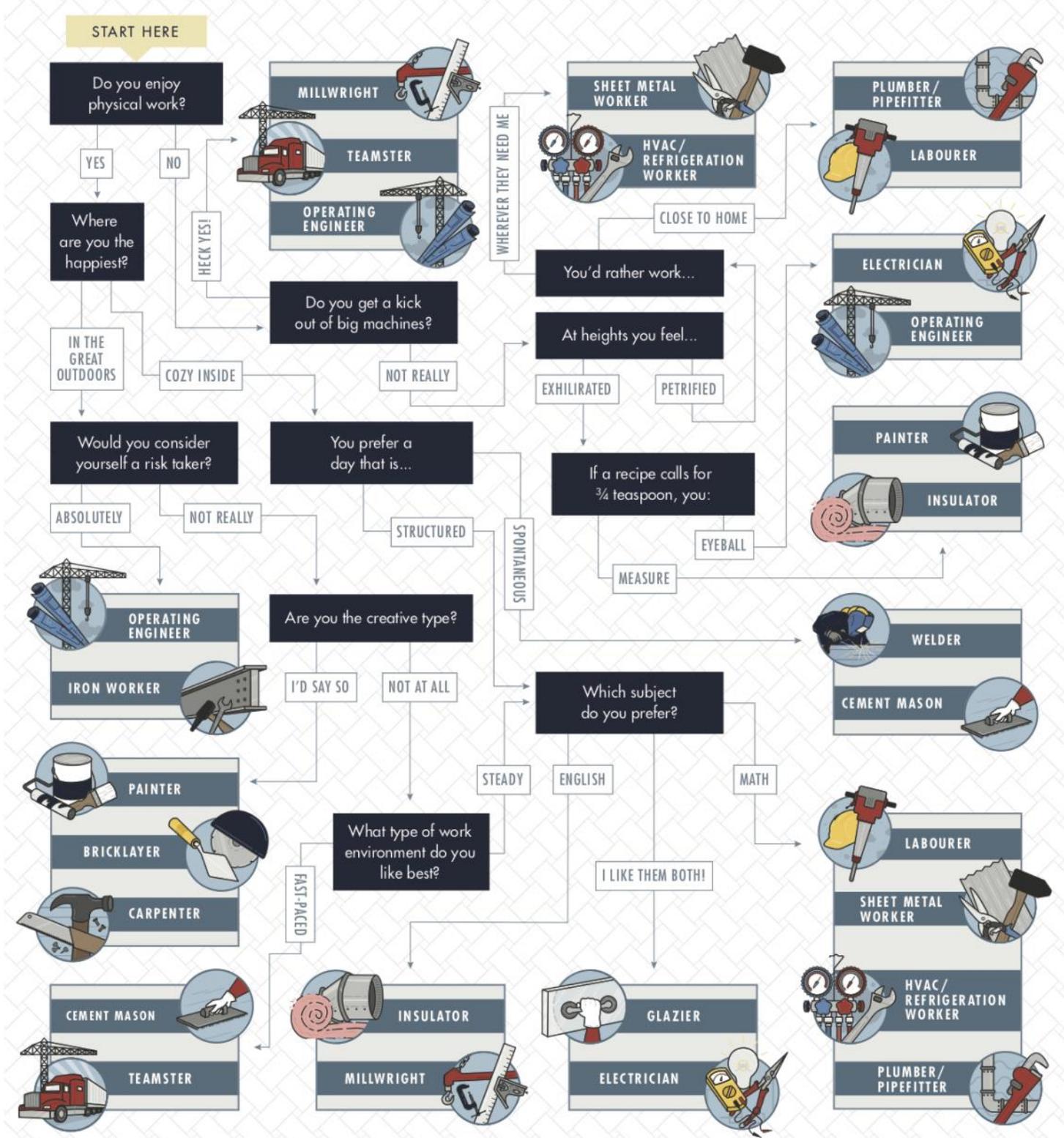
When mixed with borax (sodium borate), the molecules are cross-linked together by the borate ions, forming a flexible, pliable putty with elastic properties.

The cornstarch is not essential, but it helps to bind the molecules together so that they hold their shape better.

This reaction is endothermic—that is, it absorbs heat from its surroundings. Mixing the substances with your hands helps the reaction by adding heat.

So you want to be a tradesperson. What trades should you explore?

This game has been created to introduce aspiring trades workers to a variety of career options. We encourage you to play this game for fun, but explore all career opportunities the trades have to offer.



The skilled trades are great careers for women! First, you would become an “apprentice” and spend time between working and going to school to learn your trade. This usually takes about four years – just like a university degree. You would spend about 10 weeks a year in school, and the rest of the time you would work at your trade and earn a salary. Once you complete your apprenticeship, you would become a “journey person,” and depending on your trade, you would be awarded a “Red Seal,” signifying you have all the skills and competencies to do your job well.

Which trade is right for you? Be sure to check out the flowchart on the previous page to learn which trades best fit your interests!

“When I got accepted I was nervous because I'm going into a conference with people I never met but as soon as I got to the airport and got on the plane I realized that we all feel that way and that it will be okay.

At IGNITE, I didn't just learn about Girl Guides, I learned that it's not just a program that you go through, there are experiences and a bond that is unbreakable.

They are your family and you will love them. Thank you Ignite for teaching me that <3”

- Giselle, Ranger from Pacific Shores



Did you know...

the BC Program Committee has an exciting new event coming up in October 2020 specifically focusing on opportunities for women in the trades sectors?

Pathfinders, Rangers, Bridging Members, and Link Members will be invited to attend this exciting event in the Okanagan. Keep an eye out for information coming soon by email!

Girl Guides BC Program Committee

BC Council

Our Guiding programs support and fulfill the Guiding Vision and Mission. Carrying out the program reinforces the values of the Guiding Promise and Laws.

The Program Committee works to support all levels of Guiding, creating resources and hosting events throughout the province.

Email us at bc-program@girlguides.ca for more information or to express interest in joining the committee!



This publication may not be reproduced, in whole or in part, in any form, or by any means, electronic or mechanical, for use other than for Guiding activities within Canada, without the prior written permission of the BC Program Committee bc-program@girlguides.ca