

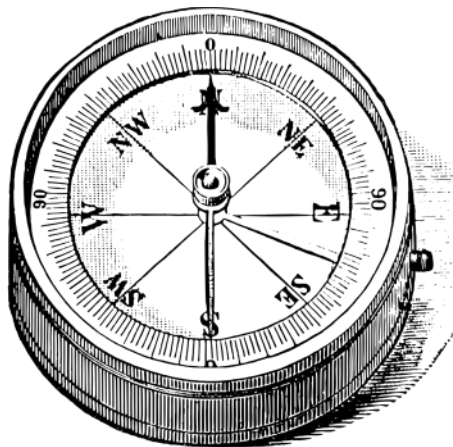
FunFinder

November 2018

Guiding Traditions

As members of Guiding, we are so fortunate to have a rich history full of camping, traditions, songs, activities and ceremonies. Throughout this FunFinder issue, you can explore some of the activities, skills and ceremonies that Guides and Guiders of years past enjoyed and mastered, and learn about how to include them in your Guiding group.

Incorporating historic camping skills, Guiding traditions, and/or ceremonies into your regular meetings and camping activities can be easy, fun and a great way for girls of all ages to learn new skills, and learn more about Guiding.



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Recipe for GORP

This classic camp snack has been a staple for Guides for generations.

This recipe was found in "The Guide Handbook" published in 1977 by Girl Guides of Canada!

It tastes just as good today as it did then.

GORP

- 1 cup corn syrup, molasses or honey
- 3/4 cup milk powder
- 1 cup oatmeal
- 1/2 cup peanut butter
- 1/2 cup chocolate chips
- 1/2 cup wheat germ
- 1/2 cup (or more) crushed peanuts
- 1/2 cup raisins

Mix all ingredients thoroughly. Roll into balls and wrap each in a small piece of waxed paper, twisting the ends. Chill.

This form of GORP may be different than the trail mix that your unit is used to. Try making both recipes and have a taste test, asking your unit to vote on which they like the most.

Make sure to substitute out any nuts or allergens before bringing it into your meeting place.

Happy Snacking!

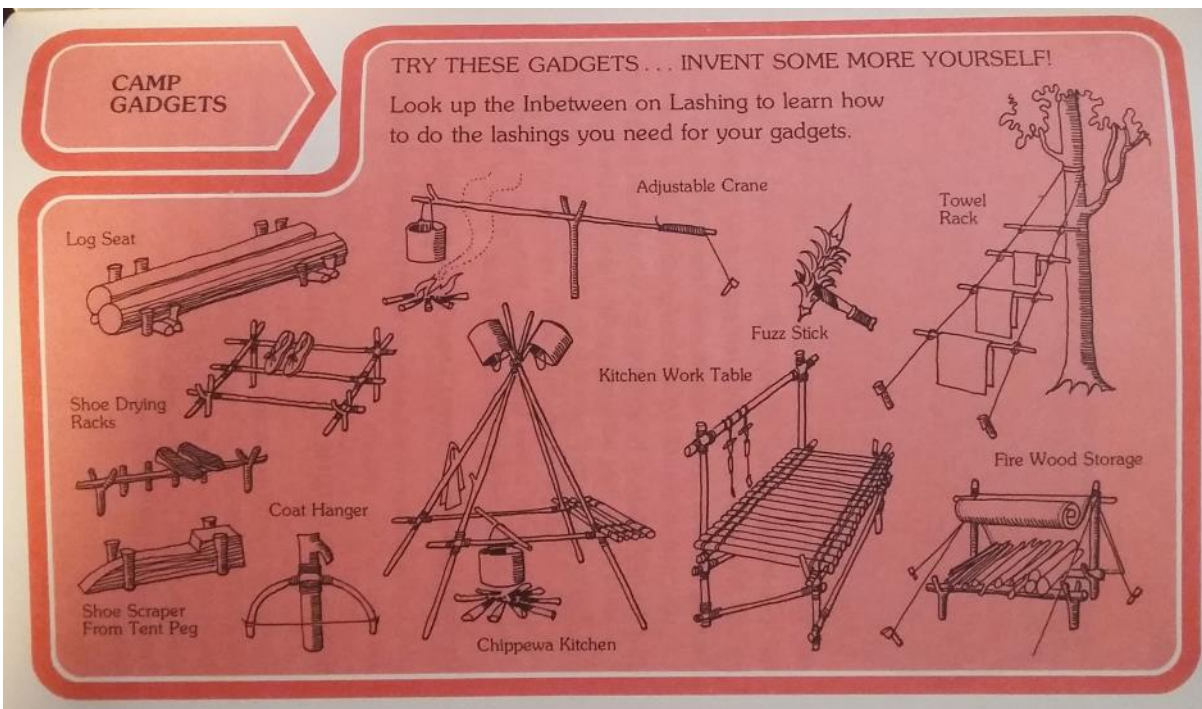


Pioneering and Camp Gadgets

Pioneering, lashing and knot tying are all traditional skills that were a part of everyday camping life for many of the members of our organization in the past. Lashing was not just a skill to show off; by being able to tie together a shelter, wash station or camp kitchen, Guides could make their camping experience easier and more enjoyable.

On this page you will see some examples of different camp gadgets that can be made, as well as an explanation of two of the most common lashes. You might also want to look up Tripod lashing and Continuous lashing for a full understanding. These would be an excellent challenge for Guides, Pathfinders or Rangers to attempt in a meeting or at a camp. Check out some of the activities that can be introduced at all age levels to help learn and practice knots, and strengthen their skills and interests in pioneering and camp gadgets.

Camp Gadgets



Images for this page were found in "The Guide Handbook" published by Girl Guides of Canada, 1977

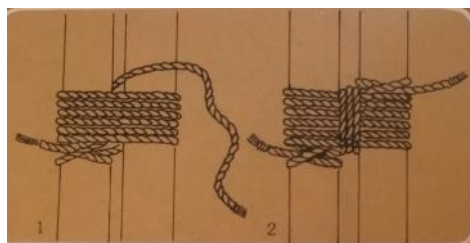
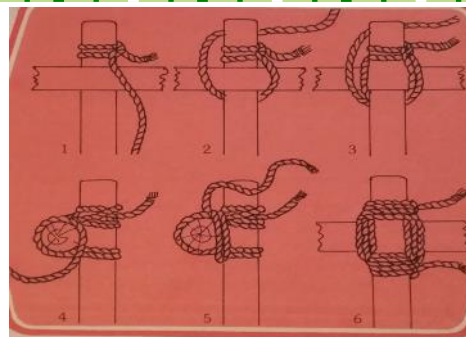
Square Lashing

This is used when two spars are at an angle. Start with a clove hitch on the upright spar, right below where the horizontal spar will be.

Wrap the rope around the cross piece and the upright spar to attach them.

The lashing goes around the outside of each spar. Once you have gone around 3 or 4 times, make two "frapping" turns around the center between the timbers. Finish it off with a clove hitch around one of the spars.

See the top image in the center.



Shear Lashing

This is used for binding parallel spars, either to create a stronger spar for something like a bridge, or to tie two together to make a longer spar.

Start with a clove hitch on one of the spars, and then wrap the rope around both spars 6 or 7 times, one beside the next. Make two frapping turns between the timbers, pulling tight. Finish it off with a clove hitch around the second spar.

Note: to make a longer spar, do two shear lashings with a small distance between them, without the frapping.

See the bottom image in the center.

Knot Board Craft

(S, B, G, P, R)

Supplies

- ♦ Short lengths of thin rope, approximately 15-20 cm long
- ♦ A piece of felt for each girl
- ♦ Dowel
- ♦ Hot glue gun and glue
- ♦ Markers or pre-printed labels
- ♦ String

Note: Depending on the age of the girls participating, the knot board may be more complex.

Directions

1. Have the girls "build" their knot board. Fold the felt over the dowel, and glue it down. Attach the string to each end to make a hanger.
2. Work with the group to tie one knot at a time.
3. Start with the basic knots, the square knot, figure 8 knot, overhand knot and overhand loop.
4. For older girls, add the bowline, double figure 8 and any other knots that are necessary. For some the knots may have to be tied around a short piece of dowel.
5. Have an adult or older girl volunteer help by hot gluing the knots to the felt. Label each knot for future reference.



Human Knot

(G, P, R)

Supplies

There are no supplies required for this activity.

Directions

1. Have the girls stand in a circle, facing in to the center. You may have to split into two groups, depending on the size. This activity will work best with a group of 7-12 people.
2. Each girl will put their right hand into the circle, and join hands with someone.

Knot Run

(S, B, G, P, R)

Supplies

- ♦ One length of rope to tie knot

Directions

1. Have the girls sit in a circle, facing in to the middle.
2. One girl will be "it" walking around the circle with the rope, while the girls will be sitting with their hands behind their back, waiting for the rope to be passed.
3. In the style of duck, duck, goose, the "it" person will walk around the circle, and drop the rope into someone's hands.
4. The "it" person runs around the circle to get back to the spot before the girl with the rope ties the knot.

For Sparks and Brownies:

Choose one simple knot for the girls to tie, such as an overhand knot, and then maybe try a figure 8 knot.

For Guides, Pathfinders and Rangers:

Start with only using one knot, the same as with sparks or brownies. Once they feel comfortable with those knots, allow the girl who is "it" to choose what knot needs to be tied. Be sure they say it before they drop the rope!

3. They should not be holding hands with the person right beside them.
4. The girls then do the same with the other hand. Everyone should be all knotted up!
5. The girls then work together to untie themselves, making sure to not let go of their hands.
6. This will involve stepping under or over arms, and communicating and supporting each other.
7. You have completed the activity once the knot is untied! This will mean that everyone is standing in a circle, although some girls may be facing the opposite way.

Magic Knot

(S, B, G)

Supplies

- ♦ Lengths of rope for tying
- ♦ Clock or timer

Directions

1. Each girl gets one length of rope.
2. Have them all sit in a circle, facing in to the center.
3. Explain that they each will get 1 minute to tie the biggest, craziest knot they can.
4. Remind the girls that most knots are a series of loops with ropes going through the loops!
5. Set the timer and let the girls tie for 1 full minute.
6. Once they are done, everyone will pass to the left, and wait until you say to go to untie.
7. Continue doing this, and change the time limit, or give them a second section of rope to make the activity more challenging!



Orienteering

Although many of us could pull our phones out of our pockets and use a GPS or online map to find our way, that was not always the way that Guides found their way around.

Understanding how to use a compass is a great skill to have! Here are a few basic compass tips:

1. Always hold your compass flat and steady. This will make sure that the needle can float and point to North.
2. Keep your compass away from objects that have iron in them, as this may cause an unpredictable

reading.

3. To “set” your compass, wait until the needle is pointing towards North, and then turn the casing so that the North marking on your compass is where the needle is pointing.
4. Taking a bearing means that you are finding out the direction of a specific landmark. Face the landmark, and set your compass so that it points North. Then look at your compass. It may help to bring it close to eye level. Sight the landmark and the degree or direction that is closest to it on the compass. That is your bearing.

There are many games that can be played to introduce girls of all ages to orienteering.



Points of a Compass Game

(G, P, R)

Supplies

Chairs arranged in a circle; strips of paper with the compass directions on them; a hat or bag to put the papers in and a timer.

Note: This game works best for a group of 8 or less, however if you have more girls you can add in other words which are actions they need to complete as the rest of the girls get into order.

Directions

1. Sitting in a circle with 8 chairs, have each girl take a slip of paper and not look at it.
2. When you say go, everyone looks at their papers. The girl who has North yells out “I am North!”. The other girls find their seats based off of her. For example, South would be directly across from north and so on.
3. Check all of their papers to see if they are correct. Keep playing, timing each round until the girls know their compass

Can you Find it?

(S, B, G, P, R)

Supplies

Per team, a compass and four slips of paper with instructions.

Directions

1. Give each team a compass and an envelope with four folded pieces of paper.
2. Everyone goes outside and each team finds a home location.
3. Girls take out one paper at a time and do what it says before taking out the next. The messages might be something like: Can you find something that makes a sound in a N.E. direction?

Compass Geometric Shapes

(S, B, G)

Supplies

A compass for each person or pair, and a quantity of wrapped candies.

Directions

1. Set the candies out on the ground or grass several metres apart.
2. Give each person compass directions starting beside a candy.
3. The directions will make a square, but don't tell them that, i.e.: 4 paces N, 4 paces E, 4 paces S, 4 paces W.
4. If they have done it correctly they will be back where they

5. started and can keep the candy.
5. Do the same with other shapes. Have fun varying the number of paces to make the game more challenging.

Thank You!

Special Thanks to Becky's Guiding Resource Center for these two great compass games!

Ceremonies

Ceremonies are an important part of our organization. They can make an ordinary event special or add significance to something that is already a special event. Ceremonies help to strengthen a group and provide a sense of tradition and continuity.

All ages have ceremonies that hold a similar purpose, however depending on the age it may be carried out differently. Advancement, opening and closing ceremonies, a flag ceremony or Guides Own are all examples of ceremonies that are regular parts of Guiding.

Over the next pages, you will see examples of traditional ways to do ceremonies, and some ways to excite your girls about them.

Before you Plan a Ceremony

Before you start to plan a ceremony for your unit, there are things you may want to keep in mind. All those participating will have various needs, backgrounds and experiences.

For example, a Guides Own for Sparks would be kept short and interactive, and if you had a girl or Guider with mobility restrictions, a hiking Guides Own would not be a good fit.

As found in the 2006 publication of "Listen Learn Lead Live! The Pathfinder Program" here are some helpful questions to ask yourself while planning a ceremony:

- Where will it be held? Perhaps somewhere that has a special meaning for your unit, such as a clearing at camp, a nearby park

with a great view, a special building, on a boat, etc.

- When should it be held? Consider the time of day, month, year.
- Who will attend? Will there be special guests in attendance? (Parents, Commissioners, Mayor, etc.)?
- How will everyone participate?
- Will there be music, readings or poems?

As you reflect on each of these questions, you should be creating a clear vision of what your ceremony will look like.

Don't forget that ceremonies are held for a reason. Consider the purpose of the ceremony, and what do you want the girls to feel, achieve or have at the end of it. Enjoy!

Flag Ceremony and Colour Party

(G, P, R)

This is the ceremony for raising a folded flag up a flag pole, often done to symbolize the opening of a camp or event. Members should be in a horseshoe formation.

The Colour Party, which is a party of three, when called upon, fall out of their place in the horseshoe and march around the outside to the middle of the horseshoe, entering there. Other Guides may have to step

to the side to allow room.

The middle girl holds the flag, which is folded. Upon reaching the pole, the guard on her right attaches the loop end of the flag to the halyard. The guard on the left attaches the toggle side of the flag.

The guard on the right raises the flag, and attaches the halyard to the pole.

The Colour Party returns to their places retracing their steps out.

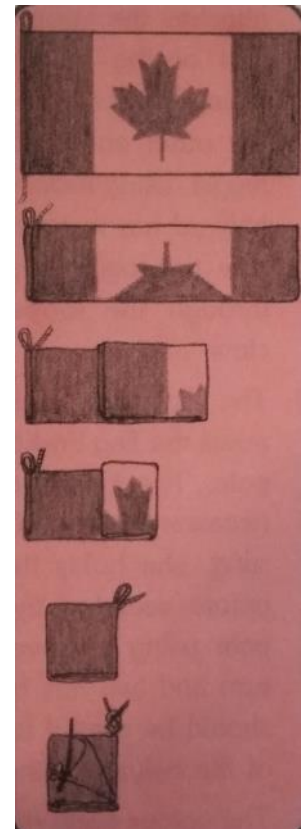
Folding a Flag for Hoisting

Being able to fold a flag properly is an important skill for Guiders and older girls to know. If folded incorrectly, it will become unraveled before you hoist it.

Note: The "hoist" is the side of the flag that attaches to the pole. The "fly" is the other end. The strop is the longer line.

1. Holding the flag flat with one person at each end, fold it in half,

- taking the bottom to the top.
2. Fold the fly to meet the edge of the red stripe nearest to the hoist
3. Fold the flag again to meet the same red stripe.
4. Fold the hoist's red stripe over the folded flag. Wrap the strop around to hold it. Assure to only tuck a bend of it under as to not create a knot. Leave the toggle on top of the folded flag.



The information and photo for this section comes from "The Guide Handbook" published by Girl Guides of Canada in 1977.

Green Trees

Many songs and poems speak about your connection to nature or faith, these can be a great way to transition parts of your Guides own.

Green Trees is found on page 113 of "Celebrate with Song" Published by Girl Guides of Canada—Guides du Canada in 1995.

*Green trees around us,
blue skies above;
Friends all around us in a world filled
with love.
Taps sounding softly,
Hearts beating true,
As campers sing good-night to you.*

When sharing songs or poems, it can be helpful to print off the words or music for it before hand to share with the members. Alternatively, you can teach these songs to the girls throughout your event, creating a cumulative Guides Own of all of the things they had learned throughout the weekend.

Ask Around the Circle

Guides Own is about each girl and their relationship with themselves, others and the activities they participate in. What better way to show that then giving each of them a chance to talk during Guides Own. Always allow a girl to pass if she is uncomfortable. Here are just a few topics you could ask the girls.

- What was your favorite part of camp?
- Why do you love Guiding?
- How can you take what you learned to help others?
- What does being a Spark/Brownie/Guide/Pathfinder/Ranger mean to you?
- What is a challenge that you overcame this weekend?
- When was a time this weekend that you felt connected to another person, to your faith or to nature?

Guides Own - What is it?

Guides Own is a time for girls and leaders to come together and share their feelings. Feelings about their relationships with their friends and other people, with their religion and with the activities they just shared. These can be happy feelings about this fun they had, or troubles that they want to change and do differently in the future.

Guides Own can be made up of all kinds of different activities. It can happen in one place, or can be a moving activity. You can read poems, sing songs, have a moment of silence to reconnect with nature or go around the circle and give time for each girl to share a feeling, story or thought.

This is not something that needs to be planned and lead by one person, Guides Own is often best when it is planned and lead by many people, after all, each participant has a different feeling and perception of

each event, and bringing some of those into the planning process will make it more meaningful for all those involved.

Guides Own is often held at the end of a camp or a time when girls have been living and working with each other, however it could be held any time you want to express feelings and connect the group of girls you are working with.

Guides Own are as diverse as the girls in your group and can be adapted to be for every age. Younger girls may be more interested in singing songs, and acting out their favorite parts of the camp, and older girls may enjoy the serene feeling of reconnecting with nature in a peaceful and calm way, but there is no right or wrong way to do Guides Own, as long as the girls leave feeling connected, and that their voices and feelings matter.

It's What's Inside that Counts

Supplies (per person): small square of fabric, elastic band, small rock, shell and feather.

Hand out square of material (about the size of your palm).

The world we live in is a material world. But it is not the things we buy, wear, or what we look like that counts. It's what is on the inside that matters most.

Hand out the rocks.

The rock represents the earth. In our busy lives, whether at school or work, with our friends, or in our families, we need a solid base to build on. As Guiders and girls, we help to give each other this solid base.

Hand out the shells.

The shell represents the water. All living things need water; all things

on land; all things in the air; all things in the water. Through Guiding and in other parts of our lives, we explore the flowing currents of our faith.

Hand out the feathers.

The feathers represent the air. What we do and say can build up or hurt others. Our words are like the wind -- you do not see them, but you see their effects.

Now wrap these things inside the material and tie it up with an elastic.

Always remember that IT'S WHAT'S INSIDE THAT COUNTS.

This fantastic activity was found on Becky's Guiding Resource Center.

Leading a Campfire

Campfires are often a highlight of camp for many girls. They can be a casual experience where there are some songs sung, and perhaps food is cooked, or can be a formal affair where the songs and skits are preplanned, and there is an order to it.

During a formal campfire, there is a leader who organizes the songs, brings together the participants and tends to the fire. Being the Campfire Chief is a fun experience, and a great way for girls to practice their leadership skills.

Here are some helpful tips to someone who is a first time Campfire Leader, or is hoping to make their campfires even more enjoyable:

- ♦ Having a written out programme will help the atmosphere and fun continue throughout without awkward pauses. Feel free to ask people for their favorite songs to include before hand, during your planning!
- ♦ Speak with a loud and clear voice, and announce the name of the song before you start singing.
- ♦ Lead the song, or ask someone who knows it better to lead, by strongly singing the first line to get everyone going
- ♦ Include a range of different songs, including action, reflective, silly, and lighthearted songs.
- ♦ Poems and skits also can have a great place at a formal campfire,

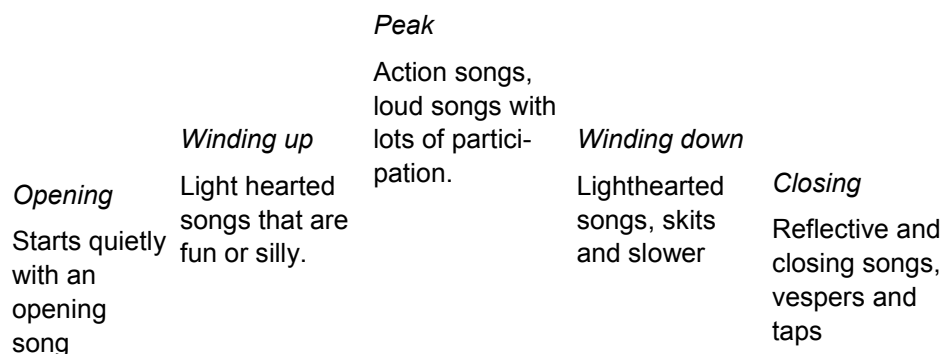
especially if groups are asked to rehearse the skits before hand.

- ♦ Formal campfires begin when everyone enters the campfire together, walking in line in silence, and ends the same way. Members should leave pocket knives, flashlights and anything distracting outside of the campfire circle to be fully present during the campfire. Make sure to remind them of this before hand, so you don't need to during the campfire.

Most importantly, have fun! It's a great joy to be able to set the atmosphere of a campfire, and teach and sings songs with your fellow Guides and Guiders!

The Structure of a Campfire

When planning your campfire, you want to make sure that everyone is having fun and that your song order makes sense. This works best if you plan your songs the way that a fire burns, smaller in the beginning, big excitement once it gets going, and then slowly burns down to a calmer fire. Your songs should follow the same pattern. Your campfire structure should look something like this.



Campfire Skits

(S, B, G, P, R)

Campfire skits are a fun way for girls to work together to act out a joke or other funny scene. Skits should be practiced before hand, and can be made up by the members of the group, or found in countless resources. Many Guiders have song and skit books that are filled with great ideas, or many can be found online.

If you want your girls to preform a skit at an upcoming event, bring some ideas to your meeting or to camp during a free time. This means you could provide books to them, print out different ideas online, or brainstorm with them some great skits that they have seen in the past.

Make sure to give them plenty of time to practice, as some skits take a few small props, such as a cup, or a broomstick, that can be easily found at camp if given enough time.

Rain Fall Circle

(S, B, G, P, R)

1. Have all of the member around the campfire fall silent, and explain that you are going to create a rain storm.
2. Start by slowly rubbing your hands together, as you to this, the person next to you will start, and so on, passing it around the circle.
3. Once everyone is doing it, you may start snapping, once again, those around the circle only switching their action when the person beside them does.
4. Continue building sounds, patting your knees, clapping softly, then hard, stomping your feet, and then both stomping and clapping to make thunder noises.
5. Then slowly one by one reverse your actions, until finally you sit for a moment in silence, after the "storm has passed".

Program Connections

There are many program connections throughout this issue, and even more fun activities available! Check out some of following activities on the Girls First Platform and have fun exploring new and old traditions.

Sparks

- Guides' Own
- Advancement Ceremonies
- Sparks Openings and Closings
- Treasure Map
- Beyond Camp Basics
- Come Together At Campfire



Brownies

- Tying Reef Knots
- What Does the Toadstool Mean to Me?
- Guides' Own
- Advancement Ceremonies
- Brownie Circles
- Connect & Question
- Flashlight Scavenger Hunt
- Yum-Fire



Pathfinders

- Tying Reef Knots
- Guides' Own
- Advancement Ceremonies
- Ceremony Creations
- Lashing Out
- Natural Navigation



Guides

- Tying Reef Knots
- Guides' Own
- Advancement Ceremonies
- Creating Camp Gadgets
- String It Along
- Compass Course
- Beyond Camp Basics
- Blaze Buidler



Rangers

- Knot It
- Tying Reef Knots
- Lashing Out



- Natural Navigation
- Enrolment Ceremonies
- Guides' Own
- Ranger Ceremonies



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