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CANADIAN *Guider*



Hello Rangers & Guiders ...

There's nothing quite like that magical moment when a unit activity goes exactly as planned and everything falls perfectly into place. You can just sit back and watch as the girls dive right into another amazing Guiding moment.

But sometimes things can go a little wobbly. The weather doesn't cooperate. The girls aren't into the activity as much as you thought they'd be. You discover you've left the main ingredient for your camp snack on your kitchen table. When things start to go a little off track, it can frazzle even the most true-blue Guider.

In the Outdoor Guider section (page 23) of this issue of *Canadian Guider*, Diamond Isinger – a planning pro extraordinaire and the newest member of our editorial committee – shares some must-try tips for keeping your camping activities on track no matter what unexpected hurdle pops up. As Diamond notes, you can also up the odds of averting mini-disasters by putting girls in the lead from the get-go. When girls are actively involved in planning, it helps ensure that good ideas turn into successful activities. And if things do start to go off track, chances are the girls will come up with ingenious solutions. As a bonus, you'll also help them flex their problem-solving muscles.

Putting girls in the lead – in their own units, on local councils and right up to our national Board of Directors – is a top priority at Girl Guides of Canada. On page 8, we introduce you to the outstanding members of our new National Youth Council. These nine young women, along with Council Chair and GGC Board member Madeleine Deschenes, are offering a genuine voice on the issues impacting girls and all they want Guiding to be. It's young women like these, and all the girls across the country, who will keep Guiding relevant and lead us into the future! Please join us in welcoming them.

Also in this issue of *Canadian Guider* . . .

Here are some interesting resources to help you and your units be the best you can be:

- For 150 ideas to celebrate Canada's sesquicentennial, see page 10.
- To keep on growing Guiding in the summer months, see page 34.
- To learn about handling different learning styles in girls, see page 38.
- To learn how to put your Guiding skills to work on your resumé, see page 42.
- For new spins on traditional Guiding ceremonies, see page 44.

Yours in Guiding,

Pamela Rice
Chief Commissioner

Jill Zelmanovits
Chief Executive Officer

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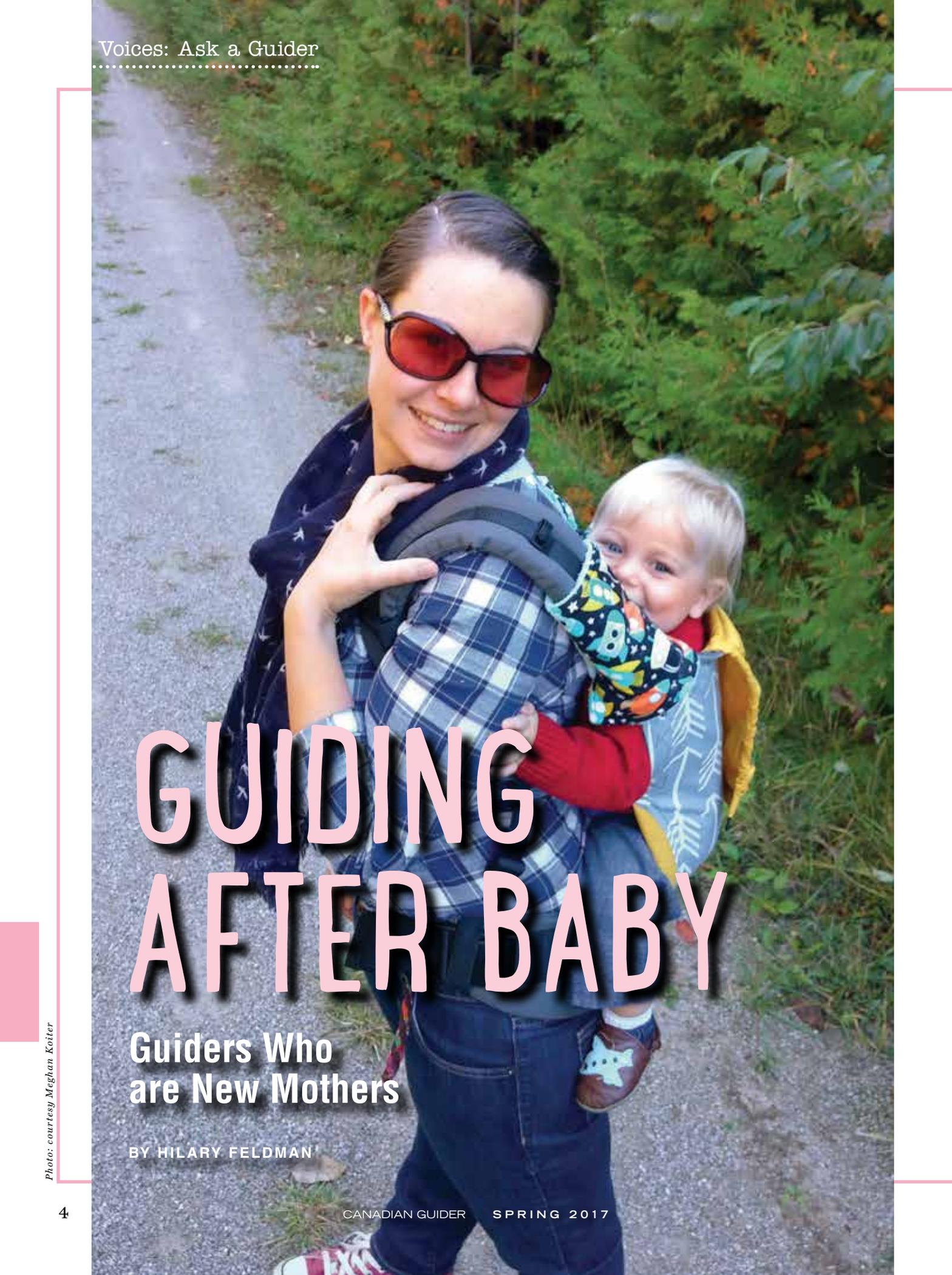
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Girl Guides of Canada–Guides du Canada (GGC) recognizes and values the richness of human diversity in its many forms, and therefore strives to ensure environments where girls and women from all walks of life, identities, and lived experiences feel a sense of belonging and can participate fully. This commitment to inclusion means GGC's culture, programming, and practices encourage self-awareness and awareness of others; room for difference; and environments where girls and women feel safe, respected, supported, and inspired to reach their potential.

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A woman with dark hair pulled back, wearing large red-tinted sunglasses and a dark blue scarf with white stars, is smiling and carrying a young child in a blue and white plaid baby carrier. The child has blonde hair and is wearing a colorful patterned shirt and a grey vest with a yellow collar. They are walking on a gravel path surrounded by green foliage.

GUIDING AFTER BABY

**Guiders Who
are New Mothers**

BY HILARY FELDMAN

What happens when you make the transition from being a “care-free” Guider to a diaper-toting mommy? We asked four Guiders who are also new mothers to share their experiences and insights about making this work – and about how we can all support women to stay in Guiding as their lives evolve.

How has your involvement in Girl Guides changed since becoming a parent?

Meghan: When my son was born, I took the year off. As he approached his first birthday, I joined a unit closer to home. I offered to be part-time and come twice a month, but I have such fun that I go to most meetings. Since I’m not ready to leave my son overnight yet, I’ve had to sacrifice going to sleepovers and camps for now. It’s hard because those are the best times to connect with our girls and really get to know them.

Agnes: I wasn’t a Unit Guider, so it wasn’t as much of a transition. However, since I do things such as four-day backcountry trips where babies can’t come, it’s had a huge impact on my partner. I’ve had to limit my Guiding activities, although I am still a Safe Guide Assessor and Trainer.

Sarah: I worked out a rotating schedule with my co-Guiders, ensuring we always have ratio while providing flexibility. I am very lucky to work with understanding and accommodating co-Guiders, who took over everything while I adjusted to being a mom.

Kumiko: I made a conscious decision to step away from unit meetings to reduce the expectations on my new baby and myself. I joined a Trefoil Guild group when I turned 30, to keep connected to the community; it enables me to participate in events and camps when I can.

How do you make it work?

Meghan: I plan dinner ahead of time and make it easy, for example something from the freezer or soup and sandwiches. I get off work in the early afternoon, so I have time to play with my son and get dinner on the table before leaving for meetings. My partner comes home from work right away on meeting nights, making it a lot easier for all of us to handle.

Agnes: Having a partner who recognizes the value of Guiding helps a lot – and one who pitches in is even better. Mine purchased all the food for my last OAL Adventure Expedition!

Sarah: I could not have continued with Guiding without an understanding spouse and accommodating Guiders. I would advise Guiders to manage expectations from the moment you announce your pregnancy or when you join the organization for the first time as a mom. Since being on maternity leave, I handle the daytime organizing and my co-Guiders handle evening work.

What makes it worthwhile to stay involved in Guiding?

Meghan: The girls! It brings me so much pleasure to spend time with energetic, creative, hilarious girls who make me feel so young! During my first meeting back, it felt great to be Splash again instead of Mom. In today’s world, where hate, fear and disrespect for others are rampant, it’s important for us to work together and spread love, kindness, respect and inclusivity.

Agnes: The relationships with other Guiders. It’s hard keeping up with friends – particularly those without children – and Guiding activities provide a good way to spend time with adults.

Sarah: It is important to have an activity outside my home for a couple of hours once a week, and reconnect with my girls, my co-Guiders and my community. It also shows my son that it is important to give back to the community, and to be a member of a global organization championing girls and women worldwide.

Clearly, there are many different ways to stay involved in Guiding! Thanks to Kumiko Bruckal, Agnes D’Entremont, Sarah Govan and Meghan Koiter (Splash) for sharing their experiences! 🌸

Hilary Feldman is a Guider living in Vancouver, BC, and a member of the Canadian Guider Editorial Committee. Kumiko Bruckal lives in Kelowna, BC; Agnes D’Entremont lives in Vancouver, BC; Sarah Govan lives in Ottawa, ON; and Meghan Koiter lives in Waterloo, ON.

Helping Hands Supporting New Moms

- **Maintain flexibility.** Moms with young children may have to leave meetings early, arrive late, miss special outings or cancel at the last minute.
- **Talk about her needs.** Keep co-Guiders in the loop about expectations and scheduling to avoid surprises. A little bit of communication can go a long way.
- **Offer small jobs and roles.** This will help keep her connected to Guiding while reducing her time commitment.
- **Don’t expect her to maintain the same level of commitment.** New parents are swamped by life changes, so keep Guiding fun and accessible, rather than an onerous drain on limited time and energy.

Role Models and Mentors



Wanda Robson and Viola Desmond

Wanda Robson (photo left) is a longtime Girl Guides of Canada member who has helped countless girls and young women to set goals, meet challenges and make a difference in their world. She is also the sister of another strong Canadian female role model and mentor – Viola Desmond (photo right), a black businesswoman from Nova Scotia, whose image will be featured on the new Canadian ten-dollar bank note.

Daring. Courageous. Risk-taker. These are all words used to describe Viola Desmond, when in 1946, she refused to leave the whites-only area of a movie theatre, sparking the first known legal challenge against racial segregation brought forth by a black woman in Canada. Her defiance helped ignite the Canadian civil rights movement.

Viola's Anti-Discrimination Legacy

When it would have been easier to sit down and stay quiet in the designated “blacks” area of the theatre, Viola stood up and spoke out for equality, facing arrest and conviction as a result. Her act of defiance continues to resonate with girls and women across Canada. A trailblazer in her time, Viola is an icon today, and Wanda is proudly keeping her sister's legacy alive.

Photos: courtesy Wanda Robson



Wanda has spoken frequently about Viola in public and in classrooms throughout Canada. When talking about what girls today can learn from her sister's experience, she speaks of black history, discrimination and how it feels to be rejected. She says that Viola has become a beacon of hope for many who, learning about her courage, are able to see that they can also courageously succeed in what they want to do. Her aim in continuing to share this legacy is to inspire girls and women to pick up the torch of anti-discrimination and speak out in the face of blatant acts of discrimination.

Wanda's GGC Legacy

Wanda became a GGC member when her daughter came home from school asking to be a Brownie. She initially thought the meeting time each week would give her an opportunity to spend a few precious hours alone at the library. However, after three weeks, her daughter's Guider asked if she could help out with the unit. So, her alone time in the library was gone, but she always refers to the day she was asked to join Girl Guides as "my lucky day." Guiding



became such a part of her life that her family still calls it "one of her other homes."

When asked what her daughter got out of Guiding, Wanda responds, "Patience, tolerance, understanding and a desire to help the helpless." Long after her daughter became an adult, Wanda continued to work with girls in Guiding, a place where she felt "comfortable and accepted," she says. She loves the interaction she has with the girls, and watching so many of them come out of their shells and gain a sense of achievement. She never ceases to be delighted by the way girls throw their arms around each other when they complete a challenge, and by how the older girls become strong role models for younger girls.

"Once you are a member, you are always a member," Wanda says of her unwavering commitment to Girl Guides. "The value of our organization in the lives of today's girls is very real. The Guiding Movement empowers them to understand their potential, and that they never need to fade into the background. It gives them a foundation of knowing who they are and what they can accomplish. I never fail to marvel at what Guiding has to offer girls! It gives them such confidence."

Wanda also believes the values of Guiding have grown with the opportunities girls have today. "There are more and more avenues open to girls today," she says. "Knowledge, technology, politics and science are all open to girls. Guiding is the place where girls can make lasting friendships and gain the self-esteem to meet their goals and take their rightful place in the world." 🌐

Viola Irene Desmond (July 6, 1914 – February 7, 1965)

Viola challenged racial segregation at a film theatre in New Glasgow, Nova Scotia in 1946. She refused to leave a whites-only area of the Roseland Theatre and was subsequently convicted of a minor tax violation used to enforce segregation. Her case became one of the most publicized incidents of racial discrimination in Canadian history. In 2010, she was granted a posthumous pardon, acknowledging she was rightfully resisting racial discrimination.

While the Famous Five suffragettes, along with Quebec politician Thérèse Casgrain, were featured on the back of the Canadian fifty-dollar bill unveiled in 2004, Viola Desmond is the only woman other than Queen Elizabeth to be featured on the front face of a Canadian bank note.

Viola Desmond was also honoured with her image on a Canada Post stamp, issued in February, 2012.



GIRLS IN THE LEAD

The GGC National Youth Council

How do we ensure that our organization continues to be relevant to girls? By giving them a seat at the decision-making table. That's what our new National Youth Council is all about – putting girls in the lead.

This new council is comprised of 10 young women from across the country, including a chair, who sits on the GGC Board, to ensure girls' voices and perspectives are being heard loud and clear at the governing level of our organization. By developing initiatives around ideas that girls themselves identify as important, we'll put girls at the forefront of issues impacting them so they can lead the way in shaping the future of our organization and our world. Through the council, girls will have a voice and impact on Guiding like never before.

Meet the girls helping shape Canadian Guiding:

Madeleine Deschenes

ONTARIO

Chair of the National Youth Council

"I believe strongly that active living, sports and a connection with the outdoors are very important components to helping girls grow into strong, healthy and compassionate women."

Underwater dreams

"I have always dreamed of becoming a mermaid and living in the ocean! I love playing in the waves and in the sand!"



Kianna Benson

NOVA SCOTIA

"I believe that when we see past the little things, we can find the root of a problem and start to make a difference by creating meaningful, lasting, positive change."

Ready for anything

"I've caught a live lobster in the ocean with my bare hands."



Andrea Chakma

ONTARIO

"It's important to empower youth as much as possible because there are unlimited possibilities if people are given the chance to step up and lead the way."

Globetrotting "I love to travel and I have my own travel journal."



Shelan Emre

MANITOBA

"As youth we are the future, and if we know how to deal with a variety of different people and different situations, that will take us through life."

Funny fact "I'm a volunteer clown."



Mackenzie Furey

NEWFOUNDLAND AND
LABRADOR

"I think we will be very effective ambassadors and role models for our country – promoting a love of self, others and Guiding."

Sort of famous

"I go to Starbucks so often they make my drink while I'm still waiting in line."



Nayah Mang

BRITISH COLUMBIA

"I'm so thankful for the way Girl Guides of Canada has shaped who I am today, and I am passionate about the positive effects it can have on other young girls like me."

Travel pro "I love to travel and have visited nearly 20 countries so far."



Hari Ilangomaran

ONTARIO

"It's all very good to think of plenty of great ideas, but what good is it if one is not going to act on them, or even just share them?"

Fruity fan "I'm head over heels in love with mangoes and pineapples."



Sophie McCafferty

QUEBEC

"By finding solutions to environmental issues, not only do we better the lives of girls, we assure them of the possibility of a bright future."

Perfectly me "I'm a vegan, hippie, eco-freak who's just hoping that the future is bright."

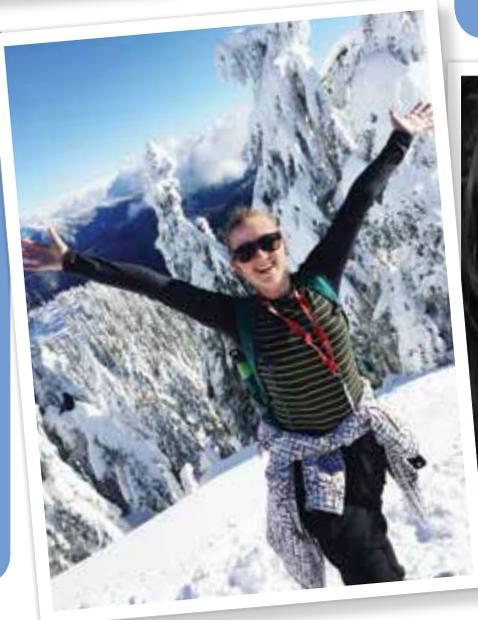


Nerissa Kassis

BRITISH COLUMBIA

"I have a passion for procedures and guidelines, especially ones that ensure that Guiding is a safe space for girls from diverse communities."

Mad skills "I do competitive improv and have double jointed toes."



Bailey Walton

ALBERTA

"I've always believed each person is most beautiful when they're passionate about something."

Totally grounded "I've stood at the exact middle of the world, latitude 00°00'00" – also known as the Equator." 🌍



150 IDEAS FOR 150 YEARS

Celebrating Canada's Sesquicentennial

In honour of Canada's sesquicentennial, here are 150 ideas for things you and your unit can do to celebrate this year.



1 Plant a native Canadian maple tree. Check out GGC's Tree Planting Grant. **SBGPR**

2 Create Canada 150 T-shirts. **SBGPR**

3 Spend 150 minutes in one week doing something helpful for someone else. **SBGPR**

4 Visit another community or place of historical interest by bicycle. **GPR**

5 Try square dancing. Pioneers loved it! **GPR**

6 Build the P.E.I. Confederation Bridge out of gum drops and toothpicks or spaghetti and marshmallows. **BGPR**

7 Play a skipping or schoolyard game that your grandmother played when she was a girl. **SBG**

8 Collect 150 children's books and donate them to a local shelter or community centre. **SBGPR**

9 Challenge the girls to collect nickels in 150-cent increments and contribute the total to the Canadian World Friendship Fund. **SBGPR**

10 Organize a unit 150-kilometre hike: divide 150 by the number of hikers to determine the length of your hike, e.g., a group of 30 girls and Guiders hikes five kilometres for a collective total of 150 kilometres. **BGPR**



- 11 Adopt a piece of Canada. Choose an area – large or small – that your unit or individual girls can keep litter-free all year. **SBGPR**
- 12 Design and send thank you cards to people who serve your community, e.g., firefighters, police officers, paramedics, librarians, etc. **SBGPR**
- 13 Collect 150 items of food for your local food bank. **SBGPR**
- 14 Take on the National Service Project: Action on Poverty. **SBGPR**
- 15 Have a co-operative work bee (as Canadian pioneers did to raise barns, make quilts, clear land, etc.) to help someone in need or at your local Guide camp. **SBGPR**
- 16 Learn about endangered Canadian species and make posters of your favourites. **SBG**
- 17 Design a robot that will help solve a problem we face in Canada. **SBGPR**
- 18 Discover one of the many hiking trails that have been established throughout Canada in the last few decades. Snack on a Canadian-grown fruit as you hike. **SBGPR**
- 19 Find out how far children in your area had to walk to reach school 150 years ago. Discover how long it takes you to walk the same distance. **SBG**
- 20 Organize a snowshoe or skating party. **SBGPR**
- 21 Do something you haven't done before to help the environment. **SBGPR**
- 22 Make placemats or tray favours for Meals on Wheels or a local seniors' residence. **SBG**
- 23 Throw a 150th party for a Spark, Brownie or Guide unit. **PR**
- 24 Make beeswax candles and light one on July 1. **GPR**
- 25 Make butter. Serve it on hot homemade biscuits, scones, bannock or bread. **GPR**
- 26 Learn how to use a compass and put your new skills to the test to find a treasure. Before the invention of GPS devices, the compass was the standard geographic orientation tool. **BGPR**
- 27 Invite a local historian to talk to your unit about your community's history, or go on a guided tour of local historic places. **SBGPR**
- 28 Using recycled materials, make some old-fashioned toys, such as a handkerchief doll, "telephone," kaleidoscope, thaumatrope, Jacob's ladder or stilts. **SBG**
- 29 Design and make a quilt block, using a pattern that tells something of Canada's history during the last 150 years, or learn about weaving and try it out using a simple loom. **GPR**
- 30 Make a dried apple ring. **SBG**
- 31 Make an apple-face doll. **GPR**
- 32 Make and fly kites decorated with Canadian symbols. **SBG**
- 33 Throw a face-painting party. Paint Canadian symbols such as maple leaves, beavers, loons, the Bluenose schooner, moose, caribou and provincial/territorial flowers. **SBGP**
- 34 Pick up 150 pieces of garbage. **SBGP**
- 35 Design and hook a rug featuring Canadian wildflowers or symbols. **PR**
- 36 Have a cupcake-decorating contest. **SBGPR**
- 37 Paint old sneakers with pictures of Canada. **SBGPR**
- 38 Paint a mural or make a poster about Girl Guides celebrating Canada's history. Display it in your local library or community centre. **SBG**
- 39 Make an abstract collage using yarn or paper in colours that remind you of the seasons in Canada. **SBG**
- 40 Make a mobile featuring the beaver, Bluenose schooner, caribou, loon and polar bear found on Canadian coins. **SBGPR**
- 41 Visit a pioneer museum. Play a Kim's Game after your visit and see what you can remember. **SBG**

HAPPY 150 CANADA



42 Make a bucket list of five places you'd like to visit in your community, province/territory and Canada. **GPR**

43 Visit your city hall, your provincial capital, or the national Parliament buildings in Ottawa. **GPR**

44 Canada was united by the building of the railway from sea to sea. Visit a railway museum or go for a train ride! **SBGPR**

45 Visit a Century Farm, or a very old farm, and find out how farming has changed in the last 150 years. **SBGPR**

46 Search out some of the communities within 150 kilometres of your location. Arrange a party or video chat with a Guiding unit in one or more of them. **GPR**

47 As a unit or in groups, lie on the floor in the shape of Canada's flag. **SBG**

48 Have a Red-and-White party. Dress in red and white and organize food and crafts that feature the colours of Canada's flag. Play some pioneer games. **SBG**

49 Open your meetings with "O Canada" in both English and French. **GP**

50 Close your meetings with "Taps" in both English and French. **GPR**

51 Create a rap, skit, poem or song about an early Canadian explorer or other famous Canadian. **GP**

52 Find someone who has attended a national or international camp. Invite her to your meeting to share her experiences. **GPR**

53 Go for a hayride, buggy ride, sleigh ride or horseback ride. People relied on horses for transportation 150 years ago. **SBGPR**

54 Research what country or Indigenous community your ancestors came from and where in Canada they first lived. Depict this aspect of your unit's heritage on a map of the world. **BGPR**

55 Have a dinner party with food from each country or Indigenous community represented in your unit's heritage. **BGP**

56 Have a show-and-tell of something from the past that is precious to your family. **SBGPR**

57 Make a comic about a famous woman from your province or territory. **GP**

58 Invite a member of parliament or member of your provincial legislature to video chat with your unit. **BG**

59 Learn about a famous Canadian female athlete and try her sport. **SBGPR**

60 Hold a fashion show of clothes worn by Canadian women over the past 150 years. **SBGPR**

61 Find out what your neighbourhood, town or city was like 150 years ago. Research through your community archives online or in-person. **GPR**

62 Canada's motto is *A mare usque ad marem* ("from sea to sea" in Latin). Hold a sea-to-sea party with something special representing each province and territory. **SBGPR**

63 Hold a gourmet Canadian dinner party with food, decorations and special guests representing our provinces and territories. **SBGPR**

64 Hold an old-fashioned beauty salon night. Find pictures of women from different decades over the last 150 years and copy their hairstyles. **GPR**

65 Enter a float in a Canada Day or similar parade, or organize kids' activities at a Canada Day celebration. **SBGPR**

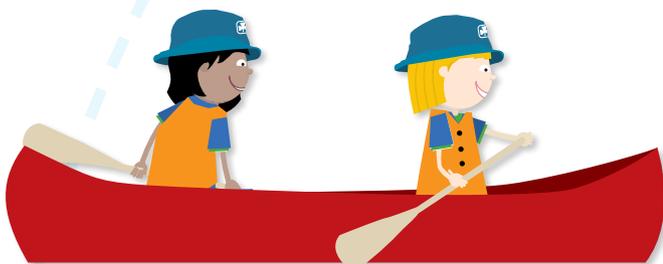
66 Attend a citizenship ceremony and present small gifts to the new citizens. **GPR**

67 Have an old-fashioned taffy-pulling party. **GPR**

68 Connect with pen pals in another province. Practise the art of cursive penmanship or calligraphy by writing letters to each other throughout the year. Set up a video chat to meet your pen pals face-to-face. **SBGPR**

69 Individually or as a unit, make up a modern fairy tale about Canada. **SBG**

- 70 Make a scrapbook about Canada and send it to a Girl Guiding or Girl Scouting group in another country. **SBG**
- 71 Hold an enrollment or other Guiding ceremony at an historic site. **SBGPR**
- 72 Visit the oldest part of your local cemetery and see what you can learn about your community's early inhabitants. **GPR**
- 73 Plant a flowerbed with flowers such as cosmos, baby's breath and pansies. Find out the meaning of different flowers that were popular 150 years ago. Press and dry some of your flowers and leaves. Use them to make cards or bookmarks. **SBGPR**
- 74 Celebrate holidays and festivals the way they were celebrated 150 years ago. **SBGPR**
- 75 Make a stop-motion video about a Canadian animal. **GPR**
- 76 Box-lunch socials were favourite parties 150 years ago. Each girl made lunch for two and put it in a box she had decorated. They were auctioned off anonymously, and the buyer got to share lunch with the maker. Hold a box lunch social with another Guiding unit, or for your family and friends. (Be sure to check for food allergies!) **PR**
- 77 Adapt a favourite board or action game by introducing popular Canadian animals or famous Canadians. **SBGP**
- 78 Pick a province or territory and plan an imaginary trip to visit it. Turn what you learn into a theme party or camp. **SBGPR**
- 79 Hold a coast-to-coast-to-coast themed camp. **SBGPR**
- 80 Hold a starry-night party at your unit meeting or a local observatory or space/science centre. Learn how to navigate by the stars on your own or with help from an astronomer. Serve star-shaped food. **SBGP**
- 81 Assign uniquely Canadian names to your Brownie circles or Guide patrols. Use them all year. **BG**
- 82 Most Canadian communities are built on or near a waterway. Research the waterways near your community, and canoe, kayak or row on one. **SBGPR**
- 83 Imagine what it will be like 150 years from now and hold a meeting on that theme. **BG**



- 84 Design a Guiding uniform for the year 2067. **BG**
- 85 Invite a female politician to talk about her work. Learn about the Famous Five, who fought for our right to vote. **GPR**
- 86 Participate in the Famous Five Challenge offered by Girl Guides of Alberta. For information go to girlguides.ca >Home>Programs>Specialized Programming>Challenges>Famous Five Challenge **GPR**
- 87 Read something written by a Canadian woman. Dramatize part of it. **SBG**
- 88 Look at art created by Canadian artists, especially women. Share what you enjoy about these pieces of art. **SBGPR**
- 89 Have girls interview each other about what they like about Canada and what their dreams are for the future of the country. **GPR**
- 90 Make a time capsule. If possible, place it in the foundation of a new building or at a local Girl Guide camp/property. **SBGPR**
- 91 Hold a district/community campfire and make a special wish for Canada. **SBGPR**
- 92 Write to the Prime Minister and tell him all about your hopes for Canada. **SBGPR**

- 93 Find out about Canada's constitution, including the Charter of Human Rights and Freedoms. Draft a bill of rights for your unit. **GPR**



- 94 Draw a picture of your favourite Canadian animal. **SB**
- 95 Paint a picture of a Canadian forest. **SB**
- 96 Pretend you live in the year 2067 when Canada will be 200 years old. Write a letter to a friend or tell a story about your daily life. **BG**
- 97 On Canada Day, write postcards to the oldest and youngest people you know. **BGP**
- 98 Design your own perfect Canadian community. Make up a name for it. What will the people, the buildings and the laws be like? **GP**
- 99 Make up a Canadian joke. **GPR**
- 100 Wear a Canadian flag pin all year. **SBGPR**
- 101 Figure out how old you'll be when Canada is 175 years old. Act out what you think you'll be doing. **GP**

HAPPY 150 CANADA

102 Learn how to identify and prepare various kinds of Canadian wild edibles. **GPR**

103 Create a new recipe using only Canadian ingredients. **GPR**

104 Sing a song your grandmother learned at school. **SBG**

105 Dress up in old-fashioned clothes, bake a traditional sponge cake, make finger sandwiches, and hold “afternoon tea.” Consider an *Anne of Green Gables* theme! **SBGPR**

106 Go on a picnic and play the kinds of games popular at picnics 150 years ago, e.g., three-legged races, spoon-and-egg races and sack races. **SBG**

107 Have a dolls’ party or teddy bears’ picnic. If you can locate some, bring old-fashioned toys. **SB**

108 Have a Robert Munsch (or other Canadian writer) party and dress up as the author’s popular characters. **SB**

109 Learn some popular songs of the late 19th Century. Sing them at a seniors’ residence. **GPR**

110 Invite longtime GGC members to share a cup of tea or coffee with your unit and talk about their girlhood Guiding experiences. **GPR**

111 Have a grandparent-girl party with the girls’ own grandparents and/or other special people and/or your unit’s grandparent friends. **SBGPR**

112 Start a tradition of a unit photo album. Take a picture of your whole unit. Put everyone’s name on it and put it in an album. Add a new photo each year. **SBGPR**

113 Prepare and eat a locavore meal, using only ingredients found within 150 kilometres of your home. **GPR**

114 Parks Canada is offering free passes in honour of Canada’s sesquicentennial! Get free passes to visit a national park. **SBGPR**

115 Visit a local museum or heritage site. **SBGPR**

116 Build a “little free library” and place it somewhere in your community. Fill it with books and include Girl Guide bookmarks and other information about how to join us! **GPR**

117 Plan and run a Canada 150 flash mob in a public place. **GPR**

118 Write welcome cards for new Canadians in your community. **GPR**

119 Invite new Canadian families to a unit meeting, barbeque or potluck dinner. **SBGPR**

120 Connect with your local centre for new Canadians, and invite any children or youth new to Canada to visit your unit to make them feel welcome. **SBGPR**

121 Gather a selection of older Guiding uniforms. Hold a Guiding-through-the-ages fashion show in your unit, and learn about how Guiding has changed over time. (Some provinces have heritage boxes or uniform rentals available!) **BGPR**



122 Women’s career opportunities have come a long way in the past 150 years! Hold a career night in your unit and invite women from different professions to share. **BGPR**

123 Hold a Canada 150 bridging event with all Guiding levels. **SBGPR**

124 Bake the original Girl Guide cookie recipe. Compare the original cookies with today’s cookies. (Be aware of food allergies!) **SBGP**

125 Knit, finger-knit or crochet a toque, or embroider a handkerchief or camp blanket. **BGPR**

126 Hide a geocache or letterbox to commemorate Canada’s 150th. **GPR**



127 Learn about the ways your community can be more accessible for Canadians who have disabilities and conduct an accessibility audit of your meeting location or neighbourhood. **GPR**

128 Canadian Guiding has always been about creating inclusive and accepting spaces for girls and women. Discuss the importance of inclusivity, and develop strategies for your unit to make all girls and women feel welcome. **PR**

129 Spend 150 minutes a week being active outdoors. **SBGPR**

130 Take part in a haunted-places walk to learn more about your community. **PR**

131 Create a stop-motion video about your favourite Canadian sport, animal, singer, actor or anything else Canadian! **GPR**

132 Pretend you're running for Prime Minister and design your campaign poster explaining why people should vote for you! **GPR**

133 Hand out hot chocolate at your local Remembrance Day parade or other community event. **GPR**

134 Invite a veteran or current member of the Canadian Forces to visit your unit. **SBGPR**

135 Hold a Canadian trivia contest. **PR**

136 Go curling. **SBGPR**

137 Learn five songs new to your unit from the new GGC songbook, *Sing It Loud: A Girl Guides Song Collection*. Look for instructions online. **SBGPR**

138 Visit another province and connect with a Guiding unit while you're there. **PR**

139 Read or listen to a story written by an Indigenous Canadian author, and create a story sack for it. Indigenous and Northern Affairs Canada provides great written and audio stories online. **BG**

140 Make red and white elephant's toothpaste or bath bombs. You can find instructions by searching online. **GPR**

141 Find a creative place near water. (Think outside the box.) Host a shoreline cleanup in that area. **SBGPR**

142 Make a tin-can lantern, featuring a Canadian design for the light to shine through. **BGPR**

143 Create a wordle that describes Canada. Try to come up with 150 words! **GPR**

144 The CN Tower is the tallest freestanding structure in the Western Hemisphere. Build your own freestanding tower and see how high you can go. **SBGP**

145 Choose an issue that is important to girls in Canada today. Record a video with ways future leaders can make life better for girls in the next 150 years. **GPR**

146 Make a snow globe that features your favourite Canadian winter activity. (You can find lots of ideas on the internet.) **BGPR**

147 Did you know basketball was invented by a Canadian – James Naismith, who was born in Almonte, Ontario? Create your own version of basketball and teach it to your unit or another branch. **GPR**

148 Monarch butterflies migrate to Canada every summer to lay eggs before traveling back to Mexico to hibernate. Create a rubber band powered butterfly and see how far it can fly. For instructions, type the subject into your internet browser. **BGP**

149 Create a map that highlights the interesting places in your community, and share it with visitors. **GPR**

150 Complete the Canada 150 Instant Meeting, and share the ways you have celebrated our sesquicentennial on social media with the hashtag **#canada150** and tag **@girlguidesofcan** on Twitter/Instagram and Girl Guides of Canada—Guides du Canada on Facebook! **GPR**

A version of these ideas originally appeared in the January/February 1992 edition of Canadian Guider, to celebrate Canada's quasiquicentennial. The original 125 ideas were compiled by the late Dorothy Crocker, a longtime GGC member who lived in Warton, ON. They have been updated and expanded to 150 by Canadian Guider Editorial Committee members Rachel Collins (Chair), Hilary Feldman, Diamond Isinger and Melissa Moor.



Check out our Canada 150 Instant Meeting!

A subsidized crest costing only \$1.50 each is available from thegirlguidestore.ca





Beyond Our Borders

Canadian Guiders Abroad

BY HILARY FELDMAN

Canadian Guiders have a wide variety of opportunities to travel on provincial, national or independent trips, or by volunteering at our global organization's World Centres. But there's another way to share the sisterhood of Guiding. You can become a leader beyond our borders!

Photo: Marlene Graham

The World Association of Girl Guides and Girl Scouts (WAGGGS) facilitates opportunities for Canadian Guiders to work with Girl Guide and Girl Scout units and troops abroad. To give you a glimpse into these exciting opportunities, we asked several Canadian Guiders to share their insights about what it's like to be a Guider in another country.

Programs

Studying for her university degree in Madison, Wisconsin, Melissa Charenko also became a Brownie Girl Scout leader there. While some things were new to her, such as remembering to say "Scouting" instead of "Guiding" and referring to "Daisies" rather than "Sparks," she found the overall structure of Girl Scouts USA (GSUSA) very similar to our own. "As in Canadian Guiding, the girls worked on a program and earned badges, sang songs, made new friends, and went to camp," she said. "Even some of the individual program requirements were quite similar. For example, working on the GSUSA Home Scientist badge, we did a lot of the same activities I had done with Brownies back home."

In contrast, Hannah Scott found the Girlguiding Scotland program quite different. During her university exchange, she was a leader in the 176th City of Edinburgh Brownies. "The program book is not as structured as the Brownie program at home," she explained. "Their key system is definitely more intensive than the very broad badges we work with here. In three months, the girls in Scotland earned two badges, whereas at home we'd have covered at least two keys, plus several badges, and whatever the girls wanted to do on their own. Individual badge work doesn't seem to be as popular in Scotland."

Exploring new ways of engaging with girls is another benefit of Guiding abroad.

Badges, Patches and Crests

Around the world, girls and leaders wear uniforms and collect badges (or patches) and crests. Melissa's Girl Scouts sewed all their badges onto uniform vests. With more space than a sash, there's also room on the back of the vests for badges from camping trips. Instead of having a campfire blanket, GSUSA girls display these special interest badges whenever they wear their vests.

Cookies

American Girl Scouts sell a wider variety of cookies than Canadian Girl Guides. "From Thin Mints to S'mores to Savannah Smiles to Shortbread Trefoils, we sold 12 varieties in the same cookie campaign," Melissa said. "It meant keeping track of more orders, and of course, we had to sample them ourselves, so we could be knowledgeable about each variety — and they are all really yummy!"

Girl Engagement

Exploring new ways of engaging with girls is another benefit of Guiding abroad. Meeting spaces and group sizes vary a lot from country to country. Hannah's Scottish Brownies were a much larger group of 30 girls, despite meeting in a smaller room (half the size of her usual gym space), which made crowd control a very important skill. Melissa found the same thing in Wisconsin, where her troop met in an activity room at the local library. While this meant adapting many activities to work in a quieter space, it also gave her valuable experience in getting the girls to quiet down.

Diversity and Universality

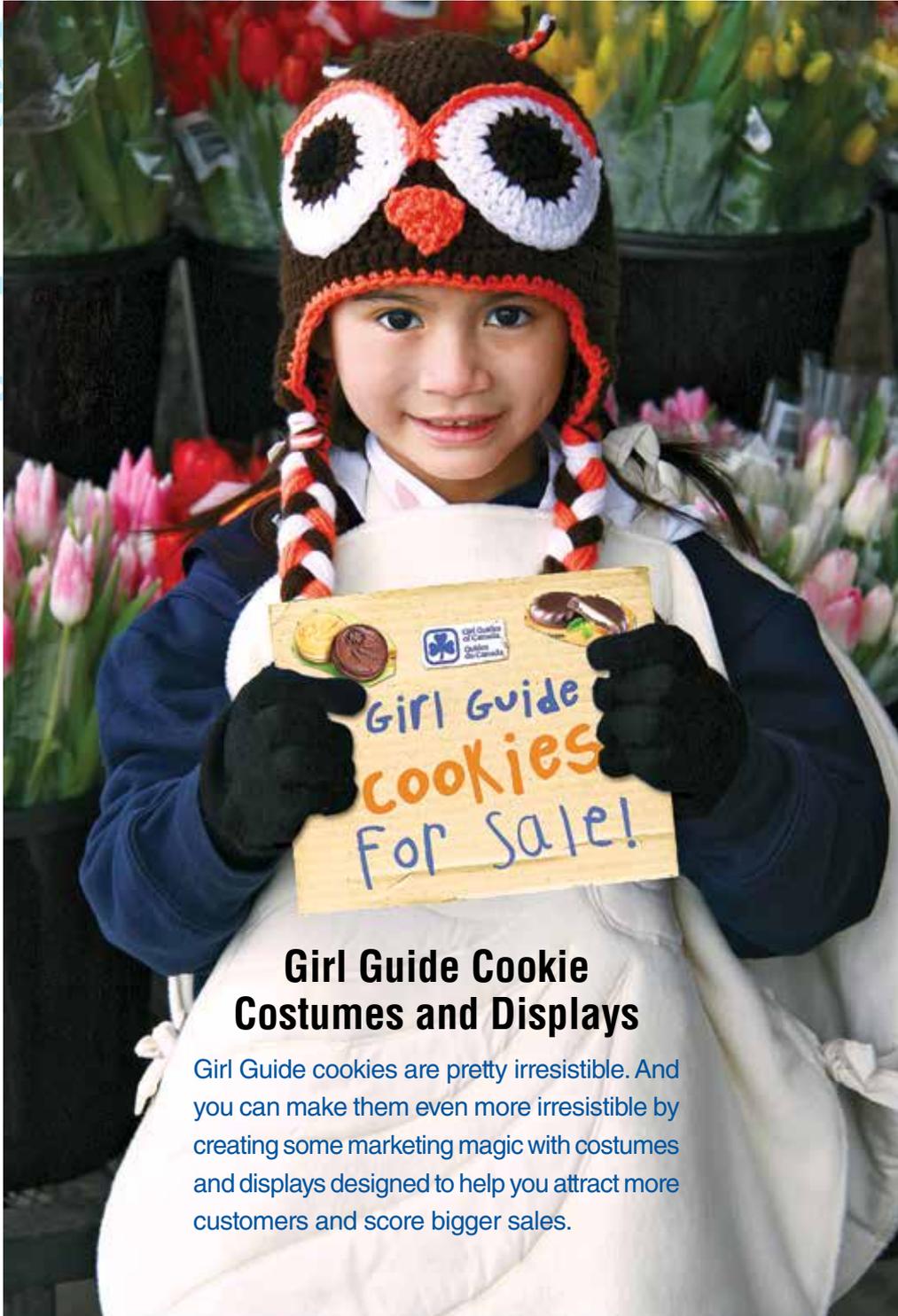
Working with diverse leaders allows you to bring individual strengths to a group. "Scottish Girl Scouts sing a version of the Brownie closing song with different lyrics, and I'm going to teach that to my girls in Canada," said Hannah. She reciprocated by teaching the Scottish Brownies some of our campfire songs and games such as Fruit Salad and The Wind Blows. Liz Ward, who spent two years as a Brownie leader in Ireland before returning to her unit in Vancouver, BC, brought back a wide array of new crafts, games and songs to delight her unit — as well as a hint of an Irish lilt in her speech.

Around the world, the program details may be unique to a country, but the big picture of Girl Guiding/Girl Scouting is universal. "I had worked at Our Cabaña one summer, so I knew that Guiding and Scouting around the world are basically the same, with minor variations that speak to the diversity and vibrancy of individual members and our different backgrounds," said Melissa. "Participating in a GSUSA Brownie troop helped me feel more at home as I settled into my life in Wisconsin. My Monday nights were packed with the songs, friendship and adventures I was used to in Canada." Hannah agrees. "Initially, Guiding in Scotland was unfamiliar," she said. "I arrived with a different uniform shirt, a different skill set, and a different accent. But after only three months, I recognized the power of Girl Guides/Girl Scouts as an organization. I felt I was part of something bigger than any one unit, district, area, or country. Guiding is a global sisterhood, and wherever in the world I go, I will always find a way to be involved." 🌍

Hilary Feldman is a Guider in Vancouver, BC, and a member of the Canadian Guider Editorial Committee.

Around the world, the program details may be unique to a country, but the big picture of Girl Guiding/Girl Scouting is universal.

MARKETING MAGIC



Girl Guide Cookie Costumes and Displays

Girl Guide cookies are pretty irresistible. And you can make them even more irresistible by creating some marketing magic with costumes and displays designed to help you attract more customers and score bigger sales.

Photo: Van Chau



Photos: Van Chau

COSTUMES AND CURB APPEAL

by Van Chau

With charming cookie costumes and an eye-catching display booth, our girls had no difficulty grabbing public attention and selling 80 cases of cookies for our unit in one campaign. The girls rocked it in their cookie costumes, connecting with their customers before they had to say a word! People readily approached the girls in costume – most likely because they looked so compelling in them. With customers engaging the girls, instead of the other way around, the girls became more confident in interacting and making sales. An added benefit was how much this helped the girls strengthen their interpersonal skills.

The cookie costumes also enabled the girls to have more fun, as they made up silly cookie songs and entertaining dance routines to engage their customers. I never underestimate the power of creative fun to win over customers!

The cookie booth idea came about after I had been hauling a table and a couple of camp chairs to sell cookies with my units for seven years. It was time for a cookie

display makeover – like those before-and-after home makeovers you see in magazines. I wanted something simple, yet eye-catching. This cookie booth was made from scrap plywood and lumber, and jazzed up with paint. Occasionally, I embellished it with a cheerful banner made from fabric scraps in Guiding colours. I also framed a cookie price sign and placed it beside a Girl Guide doll on the booth as a finishing touch. Little details can make a big difference!

Our cookie booth proved to be the perfect complement to the girls in their uniforms and cookie costumes. We received many wonderful comments and remarks about it from customers: “That is gorgeous!” “What a great idea!” “That looks really smart and professional.” “How fun!” And the girls loved it, saying, “It’s like our own mini-cookie store!”

Think Outside the Box

The girls did not limit themselves to just selling cookies at the booth. They seized the opportunity to also promote Girl Guides and Girl Greatness by handing out GGC cookie recipes, recruitment brochures, stickers, and

other promotional materials. The cookie booth attracted a great many customers, some of whom engaged in conversations with the girls. They asked what the cookie sales revenues were used for; were curious about all the badges on girls’ sashes; and wanted to know how to get their daughters/granddaughters into Girl Guides. And our cookie sales went up and up!

Make Your Own Marketing Magic

If you want to replicate the costumes and cookie booth we made, the instructions can be found at: <http://bit.ly/2neb2lz>.

Remember, whether you build a cookie booth like ours, or one of another design, always put safety first:

- Never place a cookie booth on uneven ground.
- Be sure that all the hardware is attached securely.
- Do NOT use the booth in a windy environment.
- Be sure to have enough weight on the attached floor plate to help support the cookie booth. 🍪

Van Chau is a Guider in Langley, BC.



Photo: Leslie-Ann MacKenzie

COOKIES ACROSS THE COUNTRY

MEET "COOKIE"

by Leslie-Ann MacKenzie

"Cookie" was created by a former Guider, Tianna Bertolo, when our unit needed to sell a lot of cookies to fund independent trips. Tianna is an extraordinarily creative individual, who decided that a cookie costume would draw more attention and increase our sales. And she was right! Her costume was super popular, and many customers asked to have their photo taken with her as they purchased their cookies.

Tianna copied the GGC Chantal chocolate cookie doll for the design. The suit consists of three inches of foam on either side, covered in brown faux-fur. It took Tiana a couple of months to hand-sew everything, and it apparently also came in handy for snuggly napping, when she took a break from studying for exams. The wearer needs help getting into the suit and a Pathfinder or Ranger on either side of her as she walks around. This just adds to the fun for the girls as they work as a team to get the body, feet and hands in place and make "Cookie" come to life.

"Cookie" has walked in many a parade with us, waving at her adoring fans in the crowd, and has also turned up for a few Canada Cord presentations. Wherever she and her team of helpers appear, "Cookie" never fails to be a hit and our cookie sales increase! 🍪

Leslie-Ann MacKenzie is a Guider in Waterloo, ON



Photos: Leslie-Ann MacKenzie

Photo: courtesy Tisdale Girl Guides, SK



Girl Guides in Tisdale, SK, created a cookie ATM to "dispense" cookie boxes to intrigued customers, who inserted five dollars in the top and received their sweet treats from the bottom.

Twin Pathfinders Mira and Rucha Persaud, of the 1st Milton Park Guiding Unit, in Montreal, QC, used their imaginations creatively and their resources wisely, to make cookie costumes out of scrap cardboard and craft paint. "These were fun to make, and simple because we didn't need to buy any supplies," they said. "And the costumes really helped draw customers to buy our cookies."

Hali Smith-Barre and Jane Harkness of the 1st Virden Rangers in BC made these costumes as part of their Cookie Campaign Challenge. They used hula hoops as the frame, cut a circle of fabric larger than the hoops, added a drawstring and tightened the fabric around the frame. They created adjustable straps to help the costume fit whoever is wearing it and used the “stuffed cookie” figures as their reference to make the faces on the cookies with fabric paint.



Photo: courtesy 1st Virden Rangers, BC

The 31st London Guides in Ontario set up a cookie drive-thru and attracted customers with their costumes and display.



Photo: courtesy 31st London Guides, ON



Photo: courtesy Mira and Rucha Persaud



Photo: courtesy 3rd Halifax Pathfinders, NS

Pathfinders in Halifax, NS, used a camp blanket and balloons in GGC branch colours to attract customers to their cookie display table. 🍪

MIGHTY MINDS



Shining a Light on Mental Health

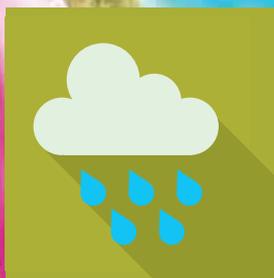
We know that many girls and young women struggle with mental health issues. That's why we developed our new mental health programming, Mighty Minds – to shine a light on mental health and get girls talking about it, so they feel confident to tackle any challenge and grab hold of every opportunity that comes their way.

To celebrate our new program, Shine a Light on Mental Health events were held at Toronto's Nathan Phillips Square, on Parliament Hill and in Newfoundland and Labrador, Nova Scotia, Quebec and other locations throughout Canada. Among the Toronto presenters were (top photo, left to right) GGC Chief Commissioner Pamela Rice, two-time Olympic hockey gold medalist Cheryl Pounder, Ranger Hari Ilangomaran and Guider Elizabeth Robichaud.

"Mighty Minds is important because, even though the statistics indicate one in five people is impacted by mental health issues, those issues affect everyone around that person," said Cheryl, who has made both mental and physical health a priority in achieving her status as an elite athlete. "This program will be helping girls to identify issues in themselves and to understand how to help others." 🌟



Donna Santos, ©GGC



What to Do When . . .

The Ups and Downs of Camp Life

BY DIAMOND ISINGER

Looking for a crash-course in all things camping? Want to be prepared for when things go sideways – or better yet, want to keep them on track in the first place? Here are some tips to help you know what to do when organizing your camp and when things begin to unravel.

Photo: Abby Wilson



When Your Best-Laid Plans Go Awry . . .

How to keep calm, carry on and turn potential camp disasters into empowering experiences for girls . . .

Wild weather can strike at any time and make your perfectly planned program a no-go. Too hot? Too cold? Consider relocating your activities to a more appropriate spot away from the extremes. Getting stir crazy? Lots of camp fun can best be had outdoors, so take your girls outside for a game or activity, even if the conditions aren't optimal! Don't be afraid to embrace the crazy weather; some of the best camp memories have been created in snow drifts or mud puddles. Just ask the girls who had a blast puddle-jumping at last year's national camp, Guiding Mosaic 2016!

Photo Abby Wilson

Even a well-plotted agenda can be sidetracked by activities taking less or more time to complete. Come prepared with some minimal-equipment or no-equipment games to get girls moving or keep them occupied. A box of simple items such as beach balls, hula hoops, and other gear can be used in many different ways. To amp up the fun, a rubber chicken toy is any Guider's dream anti-boredom tool. Check out ideas online such as the BC Girl Guides Program Committee's five games that can be played with just one rubber chicken: bc-girlguides.org >Program>Program Resources>Games and Activities>Rubber Chicken Games.

To reduce the number of "What are we going to do now?" questions, Julie Lansley, a longtime Guider who has worked with units in many branches in Burlington, ON, recommends posting a rough schedule the girls can see and follow so they know what's next. "An outline of what and when things are happening provides routine and structure for those who need it, and keeps your day on track," she says.

Feeling overwhelmed by an unwieldy gaggle of girls? If you've got lots of girls on the go for program time, a round-robin format splitting them into patrols is the way to go. Mature girls of the same branch or an older branch can act as patrol leaders to help get younger girls through activities and also boost their own confidence as leaders.



When You Need to Beat the Blues . . .

Spending time away from home can be challenging for girls of all ages. Advance preparation, a compassionate approach during your trip, and other strategies will help girls stay content and confident. In keeping with our new Mighty Minds challenge, there are activities in all branch programs that are good for relieving stress and anxiety (colouring books/sheets, stress balls, deep breathing, exploring feelings and emotions,

etc.) that can be used before or during camp.

To ensure girls are comfortable going away with your unit, gradually easing into bigger camping trips can be a winning approach. Plan a sleepover or a day camp close to home to give girls a taste of Guiding outside of your unit meetings, and see how they cope in new situations. This will also let you know as a Guider how your unit fits together, where friendships are forming and what issues might arise, and act accordingly before camp to help strengthen the bonds among your girls. Consider resources such as our Girls United program (available at girlguides.ca) where you can access training for your co-Guiders and yourself, and select interactive challenge activities for girls to complete.

At camp, encourage girls to participate fully in the fun and awesome stuff that's happening, and ask enthusiastic campers to help engage any isolated girl(s) in the activities. If homesickness strikes, have a quiet one-on-one with the homesick girl. Address her in a calm manner as a respectful and caring listener. Assure her that what she's feeling is understandable and okay, and encourage her to participate in whatever way is comfortable for her, rather than disengaging completely.

Enlist older girls to provide friendship to younger girls. At their annual district camp, Pathfinders



and Rangers from West Point Grey District in Vancouver, BC, read storybooks to younger girls before bed, selecting stories that relate to each year's camp theme. This strategy provides a fun and easy way to have the girls move through their bedtime routine smoothly, while freeing up the Guiders to deal with evening clean-up and/or preparation for the next day.

When Everything Turns Soggy . . .

Black socks never get (or at least look) dirty, but they can sure get wet – along with all your other gear! And wet clothing can be a major source of discomfort and a potential health hazard when you're exploring the outdoors.

A well-planned kit list includes extras of the warm essentials such as socks, toques for sleeping, and other cozy gear. These items don't take up much space in your camp pack, and can make a huge difference in how warm and dry you stay!

Employ the expertise of experienced campers to determine what you need and then practise packing. Organizations such as AdventureSmart (adventuresmart.com) and local search and rescue

groups (check sarvac.ca for listings) will often make free or low-cost presentations to your girls about the essentials for staying comfortable and safe as you venture farther and farther into the great outdoors.

Pack an extra set or two of sleeping gear for your unit's emergency use. This may come in very handy, especially if you are bringing girls to camp who are less familiar with all the gear they will need. From unexpected tent leaks to spills and chills, you'll be glad to have a spare blanket or sleeping bag to offer.



When Culinary Challenges Arise . . .

Fun and comfortable camping also requires happy bellies and there are a few steps you can take up front to help girls who have anxiety about mealtime or food ingredient restrictions due to allergies or cultural/religious practices. Ask families to provide specifics about allergies, intolerances, faith-based dietary restrictions, and preferences. You can do this by circulating a brief questionnaire on paper or by email, or you can hold a pre-camp family meeting. Ask lots of thoughtful



Photo: Diamond Isinger

questions; understanding and inclusion is key and comprehensive information will prevent surprises later. Then work collaboratively with girls and their families to brainstorm, shop and/or prepare meals. This will help reduce mealtime stress and ensure that all girls and Guiders are well fueled up.

Sparks or Brownies can easily suggest their favourite snacks and conduct a simple vote on their preferred meals. Guides, Pathfinders and Rangers should be well-equipped to plan and outline specific culinary details, including sourcing recipes and ingredients. You can find great recipes on your favourite food blogs or websites such as Pinterest. But don't be



Illustrations: ©PhotoSpin

afraid to just keep it simple – classic camp recipes are always winners, especially where you have limited kitchen facilities or are cooking for a big crowd.

Jennifer Higgins Thornton, a Guider with the 2nd Bedford Pathfinders in Bedford, NS, recommends meals that are do-it-yourself. “Pizza, taco salads and subs the girls make themselves create less waste,” she says. Alex Beaudoin from the 52nd Orleans Brownies in Orleans, ON, has also been impressed by girls’ adventurousness when it comes to trying new or unfamiliar food, when everyone else is eating it. “Camp provides a great opportunity to experience new foods,” she says.

Suitable food substitutions can usually be easily made so ingredients work for all girls’ needs and preferences. If you need ideas about specific substitutions, families can recommend brands or food items based on their experience in managing

their girls’ diets. These might provide a new taste experience for everyone else, too!

When You Wrap it All Up...

As you wrap it up, offer girls the opportunity to talk about the highs and lows of camp:

- Some Guiders use the two-stars-and-a-wish format, in which each girl and Guider is asked to share their two favourite things about camp and to put forward one thing they would change for next time.
- Hold a debriefing at the end of, or as soon as possible after, camp. You will get the best feedback while the experience is still fresh in the girls’ and Guiders’ minds and they can provide accurate and complete input for next time. Constructive



feedback is the best way to plan even more awesome adventures for your next camp!

- Check in with your girls’ families to see how they felt the camp went, as they may have additional perspectives from speaking to their girls upon their return from camp.
- If it works, it doesn’t need fixing! Finding great tips and tricks that suit your Guiding unit is a major accomplishment. So, keep records of the things that worked and be sure to repeat them at future camps to avoid having to start from scratch each time you plan. Share your ideas with other Guiders so they can also benefit from your experience.
- No matter what happens during your camp, congratulate your co-Guiders, your volunteers and yourself on providing an experience that the girls will benefit from for years to come! Spending time in a safe, supportive and empowering environment with Guiding friends is what it’s all about! 🌟

Diamond Isinger is a Guider in Vancouver, BC, and our newest Canadian Guider Editorial Committee member. For more on her, see fyi page 47 in this issue of the magazine.



Thank you Dare Foods

Supporting Guiding in First Nations Communities

From large cities to remote communities, we want every girl to discover what's possible through Guiding. Thanks to the generosity of Dare Foods Ltd., girls in Turner Lake and Whitecap First Nations, Saskatchewan can now experience Guiding. Two new units will open this fall in these reserve communities, with Dare's support of membership fees, uniform costs, adult training and culturally-relevant programming enhancements. Talk about sweet news! 🍩



Photo: Wayne Eardly

GGC Looks Forward

The Future of Canadian Guiding

The world of today's girl is changing and evolving at an ever-increasing rate. Girl Guides of Canada needs to continue to play a relevant role in the lives of girls across Canada. We realize that now is the time to take a good hard look at our organization, so we're reaching out to talk with members and non-members to discuss their vision for the future of Canadian Guiding.

Consultations and focus groups are being held across the country, and at the *Ignite. Inspire. Innovate.* conference in April, where 150 of our older girl members will define the GGC of tomorrow.

All this will inform our planning process as we develop the new strategic priorities that will ensure our organization remains vibrant, relevant and sustainable. 🍩

Stay tuned . . .

askPamela@girlguides.ca

askJill@girlguides.ca

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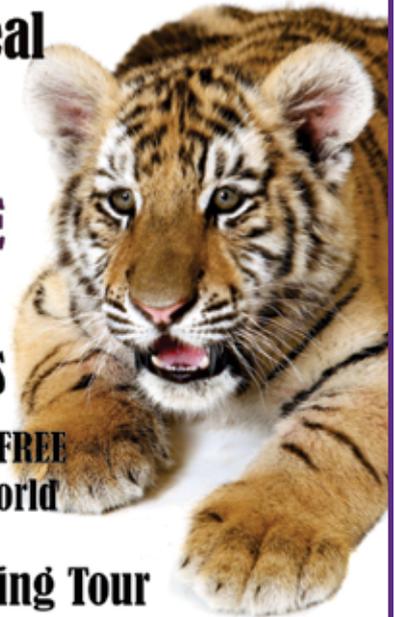
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www.junglecatworld.com/night_safari.html



Urban Trekking

Exploring Your Community

BY TAYLOR BALL

Many Rangers living in urban areas often itch to escape the frenetic pace of city life by heading into the great outdoors. But what if you don't have time to take a wilderness break? Easy – get out on an urban trek and explore your community.



Photo: courtesy Taylor Ball

As a lifelong Vancouverite, I thought I knew everything there was to know about my city. So, when a friend suggested we take a walking tour of Vancouver, I was surprised, but also intrigued. On that trek, we learned a lot about the history of our city. It was so much fun, we decided to do another trek, this time searching for local murals and other forms of public art. It was an incredible and eye-opening experience, and I realized I had become an enthusiastic tourist in my own city.

If you like to travel and/or trek, urban exploration will be right up your alley (pardon the pun)! Although a busy downtown center may not be the first place that comes to mind when planning your next outdoor adventure, it is an idea worth exploring.

Here are some tips to get you started on your own urban treks:

Take a Walking Tour

- A guided walking tour usually costs 15 to 25 dollars per person (tip not included). Free, self-guided walking tours are often available through city archives or by doing a quick online search.
- If you can't find a walking tour in your city, make your own! Get a group of friends together and have each person research a neighbourhood or interesting location. Great places to explore include national and historical sites, as well as various communities within your city.
- If you aren't a history buff, try a haunted walk tour instead.

Go Geocaching

- Another reason to get outside is to find one of the many geocaches (hidden treasures) that have been stashed in both urban and rural locations around the world. There are sure to be some in your city or town. To get started, download the geocaching app on your mobile phone or learn more about it at geocaching.com

Document Your Trek

- Be sure to snap pics of your unit in front of outdoor exhibits, local attractions and interesting murals and sculptures. Don't forget to tag Girl Guides of Canada (GGC), if you're sharing online.

Spend a Night in a Hostel

- After exploring, with appropriate parental permission, spend the night in a local hostel. Hostels provide inexpensive accommodation and excellent opportunities to meet other travellers. You can also complete the BC Discover Hostelling Challenge.

Be Safe!

- Take the same precautions you would when planning for a nature hike. Get a map, share your location and route with others, and be sure to follow the GGC Safe Guide. 🗺️

Lend a Hand

Helping the Homeless

As you explore your urban landscape, educate yourself on its homeless community, and find practical ways to lend a hand to the people you encounter along the way.

■ It's great to explore your city and learn about its history; however, it's important to also pay attention to the people living within it. Consider the following statistics on homelessness in Canada:



An estimated 235,000 of our citizens experience homelessness each year.



Nationwide, 14 per cent of our children live in poverty.



Young people aged 16 to 24 make up 20 per cent of our national homeless population.



An annual average of 35,000 children and teens live without a home, and on any given night, there are up to 7,000 minors sleeping on city streets or in shelters.

Make Your Urban Trek Meaningful

GGC's National Service Project (NSP): Action on Poverty is easy to integrate into your urban trek or other unit activities. So far, there are three activities for 2016-2017: Keep Someone Warm, Volunteer and Make a Difference Bags. Additional activities will be launched in the fall. Here are some easy ways to make a big impact as you lend a hand:



- While we often think of the homeless during the cold winter months, they have unique needs during the summer, too. Ask for donations from your community and fill backpacks with sunscreen, water bottles, ponchos and year-round necessities such as public transit tickets, meal gift cards and non-perishable snacks. For inspiration, check out initiatives such as the

Vancouver-based Project Backpack.

- Create feminine hygiene and toiletry kits for women who are homeless or living in shelters.
- Make lunches to share with those in need. Have each girl in your unit bring some of the ingredients, such as bread, lettuce, tomatoes, hummus, sliced meat and some granola bars and pieces of fruit. Voila! Divide it all into paper bags; write a friendly message on each bag; and give out free lunches along your trek route.



Be sure to track your actions at <https://nsp.girlguides.ca>. You can also connect with an NSP agent for more ideas on how to participate – they're a great resource right in your own community. 🏠

Taylor Ball is a Ranger from Vancouver, BC, and a member of the Canadian Guider Editorial Committee.

IDEAS TO GO

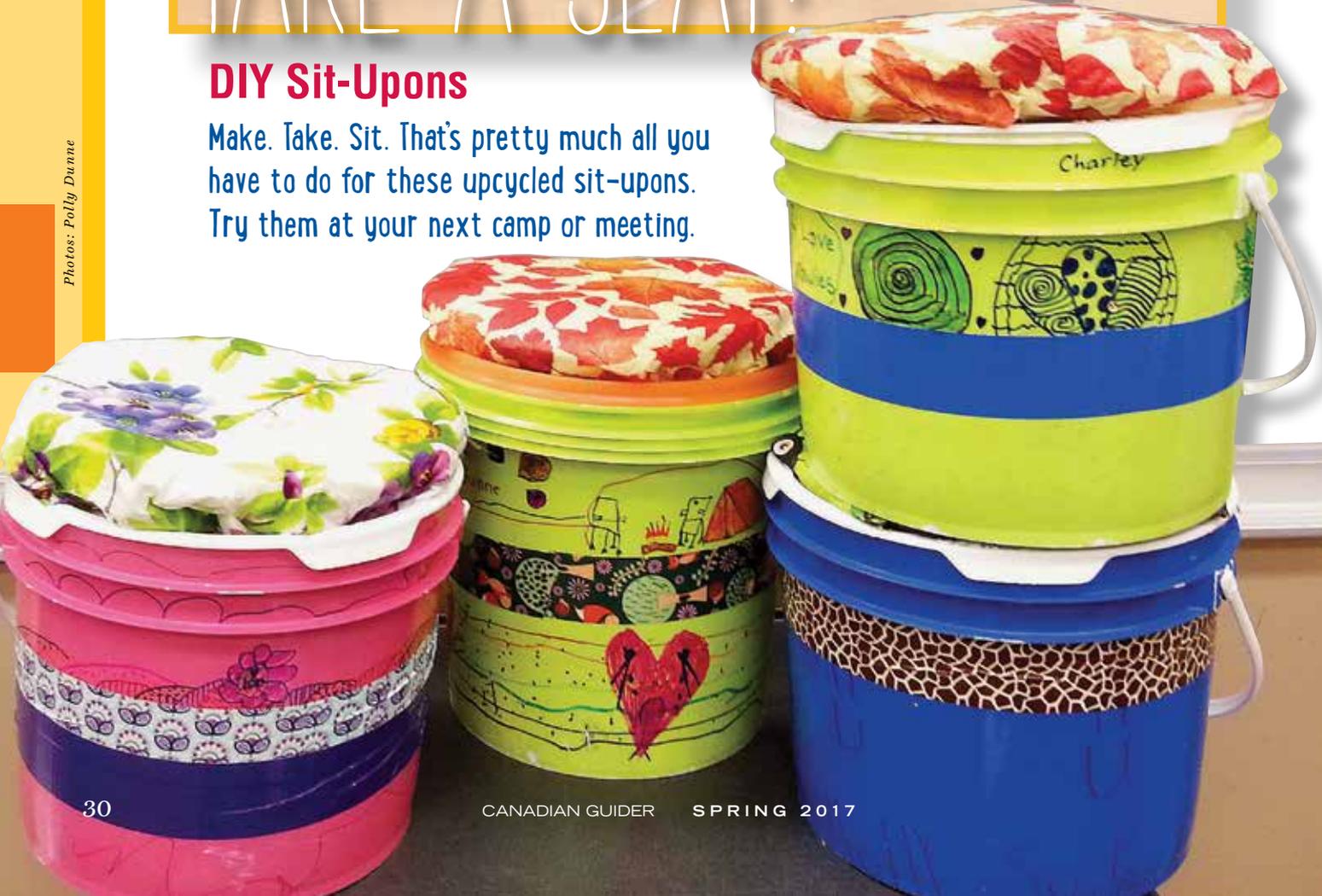


TAKE A SEAT!

DIY Sit-Upons

Make. Take. Sit. That's pretty much all you have to do for these upcycled sit-upons. Try them at your next camp or meeting.

Photos: Polly Dunne



COLOURFUL CAMP BUCKET SIT-UPON

S B G P R

submitted by Polly Dunne, Metcalfe, ON

What You Need

- food buckets with lids from restaurants, grocery stores or hotel kitchens
- paint and paint brushes
- old sleeping mats, blankets or towels
- old vinyl table cloths
- scissors
- glue gun and glue sticks
- duct tape (optional)
- permanent markers (optional)

What You Do

(Sparks and Brownies will need help with some steps.)

- 1 Wash the buckets and lids and remove any shipping stickers. Dry well.
- 2 Paint each bucket and allow to dry. (Don't paint the lids.)
- 3 Cut old sleeping mats, blankets or towels to fit as cushions on the lid of each bucket.
- 4 Cut circles out of vinyl table cloths large enough to wrap over the cushion circles and affix with hot glue.
- 5 Hot glue the vinyl-covered cushions to the top of the lids.
- 6 Personalize the buckets with duct tape and markers.
- 7 The girls can store various items inside their buckets at camp, carry them easily with the handles and sit high and dry on them for meals, campfires and other camp activities.



Photos: Polly Dunne

GROCERY BAG SIT-UPON

S B G P R

submitted by Riley Haslinger, Maple Ridge, BC

What You Need

- eight plastic grocery bags (use four each of two colours for a "plaid" effect)
- stapler
- duct tape (optional)

What You Do

(Sparks and Brownies will need help with some steps.)

- 1 Fold each bag lengthwise so the handles and bottoms are tucked inside.
- 2 Place bags of the same colour parallel to each other.
- 3 Weave the bags together; tuck the ends under and staple to secure them.
- 4 If you wish to, finish the edges with duct tape, which will both cover the staples and give more strength to the sit-upon.



Photo: Riley Haslinger

TEAM CREATIVITY

COLLABORATIVE MURALS S B G P R

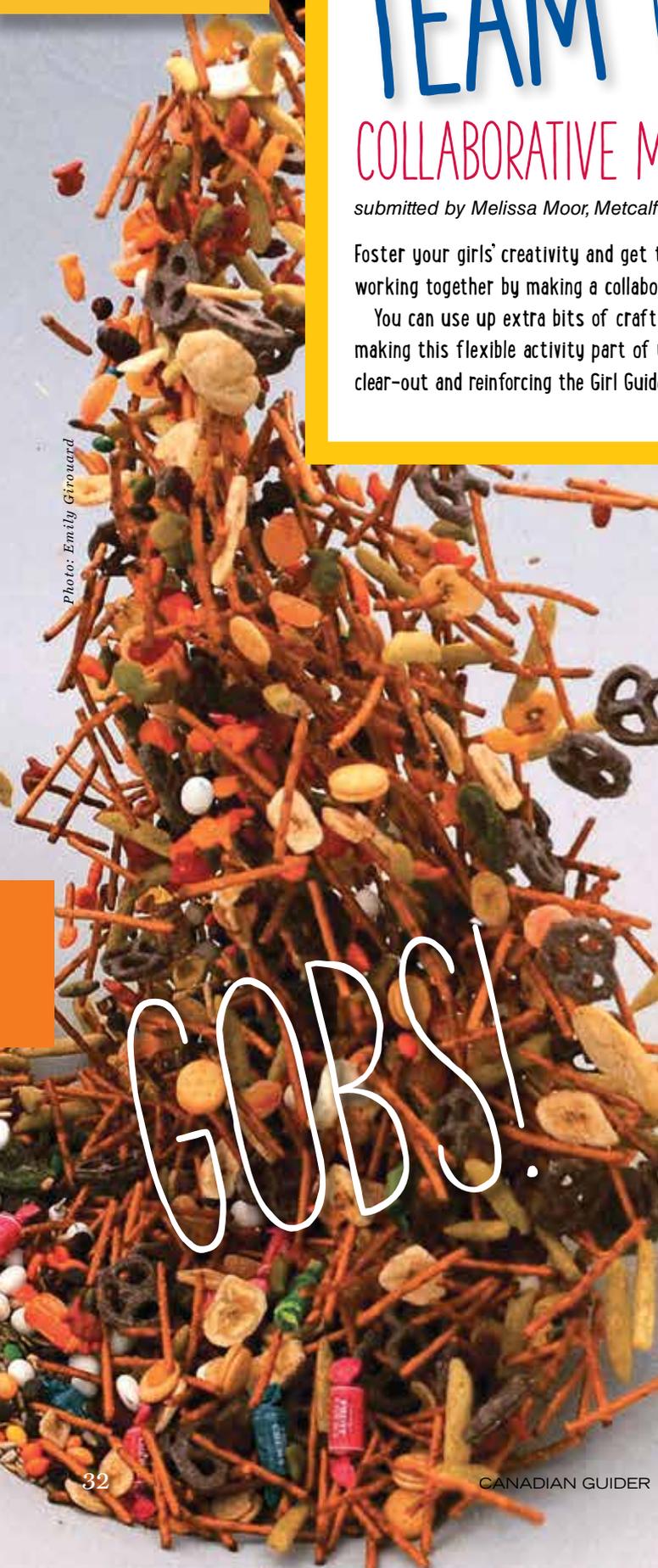
submitted by Melissa Moor, Metcalfe, ON

Foster your girls' creativity and get them working together by making a collaborative mural.

You can use up extra bits of craft supplies to create these murals, making this flexible activity part of your unit's spring craft supply clear-out and reinforcing the Girl Guide tradition of using resources wisely.



Photo: Emily Girouard



GOBS!

TRAIL MIX WITH A TWIST

submitted by Rachel Collins, Guelph, ON

Want to put a fun twist on your girls' trail mix? Try Good Old Bedsheet Snacks (GOBS). Fun and easy to organize, GOBS will have everyone laughing with yummy delight!

What You Need

- a clean bedsheet (a single fitted sheet works very well)
- trail mix ingredients
- small plastic-lidded containers or zipper lock bags
- a metal or plastic scoop

What You Do

- 1 Ask the girls to each bring one to two cups of their favourite trail snacks to your meeting or camp.

- 2 Have them dump all their snacks on a freshly-laundered bed sheet.
- 3 Then, with the girls holding on to the edges of the sheet, direct them to gently toss the trail snacks together!
- 4 Once they have finished – and it may take a bit of time, because they will likely be laughing and wanting to toss again and again – scoop out one to two cups of the unit's GOBS mixture per person and place in containers or zip-lock bags for everyone to enjoy on your next hike!

Allergy Alert!

When you ask the girls to bring in their trail mixes, make sure they are aware of any food allergies among the group and avoid including those ingredients.

Illustration: © Girl Guides of Canada

What You Need

- a roll of paper
- scissors
- glue sticks
- drawing supplies (pencil crayons, crayons, markers)
- leftover craft supplies (scrap paper, felt, tissue paper, stickers, ribbon, pipe cleaners, doilies and any other craft supplies your unit has)

What You Do

- 1 Decide on a theme for your mural. This could be related to the theme of your meeting or an upcoming

event (e.g., camp, things your unit has done/will do this year, cookie selling, unit service projects, a season, a festive holiday, Canada's sesquicentennial, etc.)

- 2 Decide if your whole unit will work on one mural, or if the girls will work in smaller groups to create several murals.
- 3 Cut one large piece of paper for each group and lay it on the floor. Make the pieces of paper big enough for all the members of each group to work on the mural at the same time.

- 4 Arrange craft supplies, drawing supplies, glue and scissors on the floor around the paper.
- 5 Explain to the girls that they will be working together to create one (or more) murals on the chosen theme, using any of the available supplies. Encourage them to use team creativity as they work.
- 6 Start creating!

Showcasing Your Murals

Highlight your girls' creativity, teamwork and resourcefulness by displaying your collaborative murals at:

- advancement ceremonies
- community events where you are selling cookies
- registration events for the next Guiding year
- any other appropriate venues.



Illustrations: © Girl Guides of Canada

FUN IN THE DARK!

GLOW TAG S B G

submitted by Rachel Collins, Guelph, ON

Here's a fun tag game that's sure to give your girls a happy "glow." It can be played in a darkened room indoors, or outside at night. Just make sure the play area is cleared of any hazards.

What You Need

- glow stick bracelets in different colours
- an open space that can be darkened and is large enough to play safely

What You Do

- 1 Randomly hand out one glow stick bracelet to each girl.
- 2 Turn out all the lights in your play area, but leave a small source of light (from a window or door) so the girls

can see just well enough to prevent collisions.

- 3 Assign one colour to be it. When a girl gets tagged by another girl who has the "it" colour of bracelet, she switches bracelets with the person who tagged her.
- 4 Periodically call out a new colour to be "it" until all the colours have been selected.

Calling all Guiders!
Send your DIY and craft ideas to cdnguider@girlguides.ca

Photo: Christie Vanderlist

Keep the Flame Burning

Guiding in the Summer

BY DIAMOND ISINGER

In the lazy and hazy days of summer, September can be far from Guiders' minds. But summer provides great opportunities to recruit more girls to your unit by spending a day outside. After all, what better place to grow Guiding that outdoors, under a warm sun?

Here are some tips to help you organize events and activities to draw public attention, attract new members and, best of all, give your girls some summer fun!

Decide Where to Go

Have the girls choose what they like from online event calendars of community centres, public libraries, residents' associations, local newspapers, and family fun listings, and decide where to go. Examples of great destinations include: Canada Day celebrations (especially in 2017 during Canada's 150th), your local Pride festival (spread the word about our inclusive programs!), reading club events at your local library (Guiding members participate in lots of literacy-themed activities), community barbecues, and many more events.

Map out your top recruitment needs and consider your budget and logistics. Do you have spaces available in a new unit? Attend events close to the meeting loca-



Photo: Diamond Isinger

tion. Some events are free or discounted for non-profits, so don't forget to ask for a special rate.

Get creative. Even if organizers do not advertise vendor opportunities, let them know the value that Guiding can add to their event. Offer to plan a craft or game station or have Pathfinders or Rangers in uniform assist with pre-arranged activities. Event organizers will often waive the fee for a Guiding booth if you can help add something awesome or fill an important need. It's a win-win for everyone involved!

Prepare for the Event

Recruit your most enthusiastic Guiders and girls to staff your booth and engage with the public. Plan to have several people take turns in different spots; it helps to have one person stand outside the tent to draw in visitors while others chat with potential members in the cool shade.

Gather gear for your booth. A pop-up tent is a must in hot weather to keep cool and offer shade to visitors passing by.



At your booth, deliver a short sales pitch that addresses the following questions:

- *What makes GGC unique?*
- *What can Guiding offer girls that no other organization can?*
- *Why should girls and women be a part of our programs?*

When speaking with parents, highlight the exciting, fun, safe, all-female environment we offer, the fabulous mentors who are role models for the girls, and the well-rounded activities we participate in. From science to arts to camping and outdoor adventures to service to international travel and so much more, there's something in Guiding for every girl!

For potential volunteers, remember to explain that no experience is required, training is provided, women of all ages and backgrounds are welcome, and Guiders don't need to be moms to join us. Oh... and, of course, make sure they know that we have tons of fun!

After the Event

Follow up immediately with any potential members who expressed interest during the community event; a prompt email or phone call will ensure you don't lose the recruitment momentum.

Give cookies and a card to the event hosts, thanking them for the opportunity to grow your local membership. Also recognize and thank the girls and Guiders who came to help with your booth.

Now all you need to do is save the date for next year! 🍪

Diamond Isinger is a Guider in Vancouver, BC, and the newest member of the Canadian Guider Editorial Committee.

For more ideas and tips, check out the new GGC resource at: **Member Zone > Communications > Community Event Kit**

Many events will offer a tent for rent or for free, but wherever possible, bring your own Girl Guide-branded tent to stand out in the tent crowd. Bring banners, displays, and other helpful items. These can often be borrowed from your area/community or province through your public relations advisor or council.

Pick your promo materials. Easy and low-cost giveaways include brochures and Guiding-themed stickers to hand out to kids, attracting families to your booth. These and other items are available at: <http://brandcentre.girlguides.ca> or your provincial office. Camp hat crafts are popular with kids, too; gather supplies for your favourite swaps to make with kids who visit your table!

The Big Day

Get a good sleep the night before, bring all your gear, and be ready to represent our organization proudly wearing your uniform!

For hot summer days, bring a full water bottle to keep hydrated, a hat (camp hats are perfect and eye-catching for public events – kids will ask you all about your cool crafts and badges) and snacks.

Photo: Hilary Feldman



Carry on Guiding

Tips for Summer Activities

BY RACHEL COLLINS

For many girls, the summer not only means a break from school, it means a break from Guiding, too. But it doesn't hurt to keep girls thinking about Guiding during June, July and August. Here are five ways you can carry on Guiding for girls in your units.



Photo: Marlene Graham

1 Encourage Memories

During the Guiding year, create yearbooks, memory books or scrapbooks of your weekly meetings and all the adventures your unit has gone on. This way the girls can look back at all their happy memories as they enjoy the summer months.

2 Send Home "Funwork"

Ensuring it doesn't appear like school homework, introduce some "funwork" to keep your girls engaged over the summer. Send them home with some badge work, or ask them to come to the first fall meeting with something prepared that they can share with each other. Sparks, Brownies and first-year Guides could share a memory they created or a favourite object they received during the summer. Second- and third-year Guides can plan a game or a song to teach new girls.



Photo: Marlene Graham



Photo: Diamond Isinger

3 Hold a Meet-and-Greet

Consider holding a barbecue, picnic, park meet-up, or potluck for returning girls to get together and for new girls to be welcomed to their unit. For younger units, you may wish to encourage parents to stay and ask questions. Have some equipment for light activities (skipping ropes, balls, puzzles, board games, hula hoops) available for younger girls to play with.

4 Go Camping

Is there anything quite like camping in beautiful summer weather, with warm days and nights? A summer camp is a great way for girls to get excited about seeing each other again, and to look forward to the beginning of a new Guiding year in the fall. If you're not able to commit time to organize a unit camp, encourage your girls' families to sign them up for provincial Guiding camps.

5 Send Messages

When you email parents before the start of the year, include a special note for the girls, too. Here is an example of what we write:

*Dear Brownies,
We hope you have all been enjoying your summer, and are getting excited for Brownies! We're planning lots of fun activities and are excited to see you. We have lots of new Brownies joining our group this year. We hope you are looking forward to making lots of new friends.*

As Brownies, we like to try new things. Before the first meeting, we want you to think about something new you would like to try, and come to the meeting ready to tell us about it. We can't wait to hear your answers. We might just try some of your ideas together. So, dream up ideas and come ready to share!

On the facing page, Sarah Pippy offers other great ways to keep in touch with your girls and their families during the summer. 📧

Rachel Collins is a Guider in Guelph, ON, and Chair of the Canadian Guider Editorial Committee.



Photo: Sarah Pippy

SPECIAL DELIVERY

Unit Welcome Letters

BY SARAH PIPPY

Summer offers us all an opportunity to prepare for the coming fall, when we will unpack the toadstool, get everything in order and invite our girls back for another exciting year of Guiding. For our unit, that means sending out welcome cards, addressed to the girls, and delivered by good old Canada Post. Why you ask? It's simple: who doesn't like getting a letter in the mail – especially when you are a kid?!

There are a number of benefits to sending welcome letters in the mail:

1 The Girls Feel Special

The girls feel super important when they discover that they received a card in the mail that is solely addressed to them. I get many comments from parents at the beginning of the year, telling me how thrilled their daughter was to receive the letter. In the card, there is a little personalized blurb. It starts by saying "Hello" and includes their name. It welcomes them back if they are returning to the unit, or welcomes them to the unit if they are new. In the past, we included their previous year's Cookie All Star badges, which arrive after our unit meetings are done. And for girls whose birthdays are close to the time of mailing, we add a P.S. with some birthday wishes.

2 We Gather Information

In the card, we include a separate "All About Me" survey. For Sparks and Brownies, it has questions such as:

- *What did you like about Brownies/Sparks last year (depending on if they are advancing or returning)?*
- *What would you like to try this year; what makes you upset; what are things that make you feel better?*
- *What is one thing you want the Guiders to know about you?*

Guides and Pathfinders are asked:

- *What do you want to do to make this world a better place?*

The girls are encouraged to fill out the survey and return it via Canada Post or email, or bring it to the first meeting. On the back of the survey, I answer the same questions I asked them; that way they can get to know me before the year starts.

3 We Connect with Parents

I feel these letters make a great first impression on the parents. It shows that we made that extra effort to make their daughters feel special. As well, they see that we care about getting to know their daughters as individuals. 🌍

Sarah Pippy is a Guider in Newmarket, ON.

Photo: Marlene Graham



To Each Her Own

Celebrating Different Learning Styles

BY TAYLOR BALL
AND MELISSA MOOR

We all learn differently. Guiders and girls alike may have different learning styles that impact how they engage with activities in Guiding. That's why we need to celebrate the differences and embrace inclusive learning.

Learning styles can have an impact on everything from reading, writing and math to organization, time management, abstract reasoning, long- and short-term memory and attention span. If we don't recognize and respond to these differences appropriately and effectively, they can cause a girl to feel frustrated and possibly even lower her self-esteem.

Learning Styles and Challenges

There are three main learning styles:

- visual
- tactile
- auditory

There are six common learning challenges that can affect the ability of girls to absorb and process information:

- dyslexia
- dyscalculia
- dysgraphia
- language processing disorder
- nonverbal learning differences
- visual perceptual deficit / visual motor deficit

Our GuideAbility resource provides details about these learning challenges. You can find it at: girlguides.ca > **Inclusivity and Accessibility > Guideability**

Inclusive Learning

To provide quality learning experiences to the girls in your unit, first create an inclusive environment:

- At the start of the year, ask girls how they learn best. For example:
 - Do you like hearing instructions, reading instructions or both?
 - Do you like working in small or big groups?
- Create a short survey or ask girls to draw what their ideal learning environment looks like. This can be a great opportunity to talk to your unit about our different learning styles.
- Incorporate activities that recognize and cater to the three main learning styles: visual, tactile and auditory.
- Help girls identify and celebrate their strengths by creating strength cards. Girls with different learning styles may have the tendency to focus on the things they struggle with, such as reading or writing, rather than celebrating their strengths.
 - Give the girls index cards and ask them to write down or draw their “super strengths” and “sometime strengths.” These could be anything from listening to being a good friend to writing to paying attention to drawing to playing sports, etc.
 - Help girls foster a growth mindset by emphasizing the fact that strengths and weaknesses are not fixed and can be improved.

Incorporate activities that recognize and cater to the three main learning styles: **visual, tactile and auditory.**

- If you realize that an activity may not be accessible to a girl in your unit, explain the activity to her and ask her what can be done to ensure that she can participate.
- Pay attention to whether your activities are accessible to all of the girls in your unit and be prepared to modify activities as you go to help all girls enjoy them.
- Add a drawing or acting option to activities that would usually require writing. For example, instead of brainstorming just by asking for ideas and writing down responses, give girls the option to draw or act out their ideas.
- Have girls complete activities that include reading, writing and math in pairs or small groups, so they can work together. Remind girls that their strengths may be different from their partner’s or group mates, and that’s okay.
- Provide all girls with options. This can mean offering two or more versions of one activity, such as two similar crafts, one of which is more complex. This can also mean offering two or more different activities concurrently and allowing girls to choose which one they want to do. 🌐

Unit Activities

To include all girls in unit activities, recognizing and responding to different learning styles is essential.

- Present instructions for games, crafts and activities in a variety of formats.
 - Instructions can be delivered out loud, written down, illustrated in pictures of how to do the various steps, and shown in demonstrations, audio clips or video instructions.
 - Instead of explaining all the instructions at once, explain one or two at a time.
 - Provide a set of instructions, either written or in pictures, that the girls can refer to as they complete an activity.

Taylor Ball is a Ranger in Vancouver, BC. Melissa Moor is a Guider in Metcalfe, ON. Both are members of the Canadian Guider Editorial Committee.

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Quilting in Quinte

Girl Guides Enter National Competition

BY ANNETTE SNOW

Last fall, Girl Guide members in Quinte, ON, quilted their way to the 2017 Canadian Quilter's Association National Youth Challenge. And they did an amazing job!

Elfrida Snow and the St. Thomas Stitchers first introduced the girls to the creativity, teamwork and fun of quilting. To date, their work has been featured in Girl Guide social media and in the Summer 2016 edition of the *Canadian Quilter* magazine, and one of the Brownies has already won the National Youth Challenge Competition twice!

These successes caught the attention of the CEO of Cantik Batiks, a major quilting fabric company. He offered a supply of free fabric to the Belleville Sparks, Brownies, Guides, Pathfinders and Rangers. As any quilter knows, free fabric is really exciting, and this was a very generous gift. Cantik Batiks enabled the participating girls to choose their fabric colour scheme directly,

and the two-time competition winning Brownie had the opportunity to design her own quilting fabric.

During their first sessions last fall, the girls learned to use a sewing machine and an iron, and made and decorated a tote bag from the Cantik Batik fabrics. The bags turned out beautifully. Girls then went on to make quilted art creations to enter into the 2017 Youth Challenge. In total, 18 girls participated in the quilting project.

This spring, we're planning additional quilting sessions for new girls who are interested. Among the teachers, will be the girls who have already participated. In the tradition of the sisterhood of Guiding, each girl will share a technique that she enjoyed accomplishing during the fall sessions and help the new girls to make their own special quilting creations. 🧵

Annette Snow, daughter of Elfrida Snow, is a Guider in Belleville, ON.

Photo: Annette Snow

Creative Teamwork

Easy Group Quilts

BY HILARY FELDMAN

Not every unit has access to experienced quilters and sewing machines to make traditional quilts. However, here's an easy way to create fabulous quilts, using readily accessible materials such as scrap fabrics, fabric paint, buttons, and hand stitching.

Easy group quilts enable girls of all ages, including Sparks and Brownies, to participate in creative teamwork, by making a single square each, that then becomes part of a unit quilt design. And adding a few different stitches and a button can also fulfill Girl Guide sewing badge requirements. The unit quilt can be made up of joined squares or designed in a more complicated arrangement, depending on the desired style and available time.

Commemorative Quilt

This simplified quilting project can be used to create a quilt for a special occasion, to donate as a service project, or to present as a gift for a significant person. For example, when West Point Grey's District Commissioner, Janine Chew Graham, was approaching the end of her term and moving away, the entire district came together to create a Guiding memento for her. Each unit designed and made a large square for the front of the quilt, and District Council members embellished additional squares to commemorate significant moments in Janine's term, including her participation in a large provincial camp.

The final step was to piece together all the individual squares and join them to a backing. The reverse of this quilt also had a pattern, but that is optional; a single piece of fabric works just as well. The finished quilt was presented to Janine at the year-end district advancement ceremony. She was delighted, and the girls and Guiders were amazed to see how nicely their unit's contributions had come together in a beautiful full-size quilt!

Hilary Feldman is a Guider in Vancouver, BC, and a member of the Canadian Guider Editorial Committee.



Photos: Hilary Feldman

Enhance Your Resumé

Girl Guide Skills in the Workplace

BY SARAH AND NIKKI DI MILO

A great thing about being in Girl Guides is meeting new people and having opportunities to make a positive impact on the lives of those around you. But membership in this great organization can also have a huge impact on your own life, including your career!

You may be surprised by the number of skills you've developed in Guiding that are in demand from employers – everything from event planning and risk management to mentoring and community engagement. So, when you're seeking new professional opportunities, incorporating Guiding into your resumé can give you an edge.

As you consider your work experience and professional assets, review your Guiding resumé and track all the skills you have developed through trainings, camping, travel, administration and meeting organization. Check out the following tips on how to make those Guiding skills and experiences relevant in the workplace and therefore attractive to prospective employers.

GUIDING

Describe Guiding

Before describing what you have accomplished in Girl Guides, briefly explain what Guiding is. Your potential employer may never have heard of our organization, or may think we're just about cookies, camping and crafts. Describe why Guiding is important to you and to the community at large. For example, you can say, "Girl Guides of Canada is an organization where girls and women can challenge themselves, put their ideas into action and gain the skills to confidently navigate their world."

Outline Your Skills and Values

As a Unit Guider, you teach girls many skills and values that are desirable in the workplace. And, if you can teach these skills and values, you have them yourself, so include them on your resumé! For example, you have learned and now teach girls to:

- explore nature and consider the impact they have on the environment
- pursue science and technology
- develop social skills and respect themselves and others
- work as team players
- become confident, courageous and resourceful
- gain an understanding of the issues that impact girls and women around the world.

And don't forget to mention that teaching is a skill in itself!

SKILLS AND VALUES

Check out GGC's new online resource: Translating your Guiding Skills to the Professional World
<http://bit.ly/2o2wU6J>

SKILLS AND ATTRIBUTES

List Your Skills and Attributes

Are you a certified First Aider? Are you a Girl Guide Trainer? Do you excel at speaking about Guiding at public events? Are you an experienced camper, a creative crafter, an adept writer or a talented photographer? Are you a unit treasurer, expertly handling money and other administrative details? Have you mentored older girls and other Guiders? All of these skills and attributes – and any others you have exhibited in your Guiding life – are workplace assets.

In addition to any specific skills and attributes you may have, here is an overview of what every Guider can bring to a potential employer:

- You recognize how mentoring contributes to the success of others.
- You're a whiz at collaboration and teamwork – integral to most professions.
- You've created meaningful methods to facilitate community engagement.
- You've used project management to ensure successful completion of programming.
- You've developed strong networking skills to achieve group goals.



REFERENCES

Use Your Guiding References

Other Guiders can provide excellent workplace references! Those who have travelled with you, witnessed your administrative skills and seen you work with the girls in weekly meetings, at events and at camps can attest to your leadership and teamwork attributes.

TRAVEL

Include Your Travel Experience

Your Guiding travel experience will also be of interest to potential employers, especially if you were chosen to lead a specific trip. Be sure to highlight which qualities/skills were considered during the selection process. Also include the things you learned while travelling, relating them to your chosen field.

AWARDS

List Your Awards and Recognitions

Include a short description of each award, or wait until you are asked at an interview. Your description may be as simple as "Silver Merit Award for excellent service in Girl Guides," or more detailed, depending on the award. Awards such as Unit Guider Appreciation, do not need an explanation, but will by their name emphasize your positive contribution to the organization.

Avoid Guiding Jargon

While terms such as DC, Canada Cord and Safe Guide make sense to you, to someone outside of Guiding they are meaningless, unless explained. Be sure to use plain language so potential employers don't get confused or bored and fail to comprehend all that you have accomplished through Guiding.

Remember that, just as you keep growing and learning in your career, you do the same through Guiding. The experience and skills you have acquired throughout your time in Girl Guides will continue to grow and enhance your resumé, whatever field or position in the workplace you pursue. 🌐

Nikki and Sarah Di Milo are Guiders in Greenfield Park, QC, and Brossard, QC, respectively.

Photo: Wayne Eardley



Photos: Cathy Hirose

OLD AND NEW MIX THE TWO!

Traditional and Contemporary GGC Ceremonies

BY CARA HICKS

Ceremonies have always been a fundamental part of Guiding, which is why we have continued to honour our traditions for more than a century. But, as we welcome new members and fresh ideas, we also embrace contemporary ceremonies. The “old” reinforces our foundations; the “new” helps us build on those foundations; and mixing the two keeps our organization strong, vibrant and relevant to today’s girls and women.

Some Guiding ceremonies, such as openings and closings, are weekly meeting traditions. Others, such as enrolments, advancements and Thinking Day events, have specific purposes. All of them can incorporate a mix of old and new.

Retaining the Old

A tradition is a way for us to carry forward our customs and beliefs from generation to generation. Traditional ceremonies, such as our meeting openings and closings, help new members to understand the culture of Guiding, as longer-time members welcome them in and share their Guiding routines and experiences.

Our traditions also help members revisit their Guiding memories. Many of the women I meet who find out I am a Guider tell me how fondly they remember the popular refrain, “Tu-whit, tu-whit, tu-who,” and ask if we still “Twist me and turn me” beside the pond and stepping stones; or tell me about the pride they took in conducting a flag ceremony after a Guider led them through it again and again, until they got it down perfectly. By sticking with many of our traditional ceremonies, we can give today’s Guiding members their own memories to cherish – and to pass on – in future years.

In Guiding, we have our own way of doing some things, and new members are encouraged to learn and embrace these traditions. It’s our way of carrying forward our customs and beliefs to the next generation of Guiders. When we conduct a ceremony that we remember fondly from our own youth, our girls will catch our enthusiasm and gain an understanding of the traditions that are fundamental to the Guiding Movement. And, together, we will keep the unique magic and sisterhood of Guiding alive.

On the other hand, tradition can gain a reputation for being “stodgy” and not keeping up with the times. When you hear members complain, “Not this old ceremony again,” take a look at why you’re actually doing it. Repeating the same old ceremony is not tradition, if you’re doing it simply because it is the one you’ve always done,

and are unwilling to do something different because it is too hard to change or because you’re afraid to try something new. But if you want to honour the Guiding past and introduce new members to it, take the time to explain what you are doing and why you are doing it, and then conduct the ceremony with enthusiasm and pride.

Embracing the New

Embracing contemporary ceremonies doesn’t mean that you’re abandoning the purpose of traditional ceremonies. It simply increases flexibility and facilitates options. For example, when badge sashes and ties were not available for an enrolment a while ago, one of our Spark units organized a Halloween-themed costume ceremony. Can you picture Darth Vader at a Spark enrolment? It was hilarious, memorable, and fitting for the time of year and for the spirit of the enrolment. The girls loved it!

By including a contemporary ceremony where appropriate, we demonstrate that Girl Guides of Canada is always evolving to reflect the interests and desires of girls, especially if they have had a hand in creating it. For younger girls, having input to a new experience will pique their interest and get

them really engaged in the ceremony. For older girls, having the opportunity to practise their leadership and organizational skills in a new ceremony will reinforce the girl-centred focus of Guiding.

Contemporary ceremonies also allow for interesting program overlaps, for instance, incorporating badge and challenge work or special events. They are also inclusive for those girls and leaders who are new to Guiding and who aren’t yet familiar with traditional ceremonies. Embracing new ideas not only counters the stigma of, “We do it this way because that’s the

way it has always been done;” it can also give birth to new Guiding traditions.

Mixing the Two

No matter what you do, remember that your ceremony still represents Girl Guides and that the importance of the moment or ceremony is still honoured. Remember also that there is no absolutely “right” or “wrong” way to conduct a ceremony. So, go ahead — with the old or the new — and why not mix the two? ☺

Cara Hicks is a Guider in Ottawa, ON.



Photos: Cathy Hirose

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Awards

(October 2016 to February 2017)

Team Award

Susan Birnie, ON
Cheryll Corness, ON
Linda Crawford, ON
Betty Slater, AB
Brigitte Trau, ON
Julia Von Flotow, ON

Fortitude Award

Lynn Ablard, ON
Cheryl Herle, AB
Patricia Maloughney Herbel, SK

Bronze Merit Award

Theresa McCreedy, NB

Honorary Life Award

Wendy Baker, ON
Heather Perigoe, ON
Marcia Powers Dunlop, ON
Donna Samson, BC



Photo: courtesy Diamond Isinger

Joining the *Canadian Guider* Team . . .

Diamond Isinger

The *Canadian Guider* Editorial Committee is delighted to welcome Diamond Isinger to the team.

A lifelong west-coast Guiding member, Diamond now lives in Ottawa, ON. Until her departure from BC in January 2016, she served as West Coast Area Commissioner and PR Adviser, leading programs and growing Guiding with 3,300 girls and women in the Vancouver area. Having already written many articles for the magazine as well as blog posts for girlguidescanblog.ca she says she is thrilled to join the committee.

By day, Diamond keeps busy as a political staffer in the Office of the Prime Minister of Canada. After-hours, she enjoys summer camping, organizing special GGC events, snapping candid pictures of Guiding members (you can find many of her photos in *Canadian Guider* editions past and present) and sharing stories of girl greatness with anyone who will listen. 🌟

In Memoriam

GGC Tributes

(October 2016 to February 2017)

Girl Guides of Canada–Guides du Canada Members are frequently recognized in their communities for the wonderful work they have done during their Guiding lives. As many of them may be familiar to you, we thought we would share the following in memoriam announcements:

- | | |
|-----------------------|-------------------------|
| Lynn Ablard, ON | Joyce Rankin, ON |
| Winifred Argue, BC | Melissa Ringler, ON |
| Anne Brown, AB | Louise Sawitzki, ON |
| Sheila Flynn, BC | Lorna Sherman, ON |
| Heather Humphries, ON | Elizabeth Van Luven, ON |
| Florence Petten, NL | Lori Vanden Heuvel, ON |
| Ethel Pfander, ON | Ruby Veysey, ON |
| Edith Pringle, ON | |

A Tribute Opportunity

Supporting Scholarships

If you, or your unit or your Trefoil Guild would like to make a donation to the GGC National Scholarship Fund in honour of these women, we would be grateful to accept contributions. For more information, please email us at: dixonr@girlguides.ca

AGM Invitation

PLEASE JOIN
GIRL GUIDES OF CANADA–GUIDES DU CANADA
BOARD OF DIRECTORS
FOR OUR 2017 ANNUAL GENERAL MEETING AND BANQUET
SATURDAY JUNE 24, 2017
5:00 P.M.

THE DELTA FREDERICTON
225 WOODSTOCK ROAD
FREDERICTON, NB E3B 2H8
ANNUAL GENERAL MEETING: 5:00 P.M.
BANQUET: 6:30 P.M.

FOR MORE INFORMATION ON
HOW TO OBTAIN A BANQUET TICKET,
PLEASE CONTACT ELISSA HERMOLIN
AT HERMOLINE@GIRLGUIDES.CA
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HARD WORK

MAKING US FEEL
INCLUDED

ALL
THE CRAFTS

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NATIONAL VOLUNTEER WEEK APRIL 23-29, 2017



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