

## Heritage Challenge

Girl Guides of Canada, Newfoundland and Labrador Council



## Background:

Each province of Canada is unique in what it brings to this great country. In Newfoundland and Labrador (NL) we have a rich heritage that adds to our culture. In this challenge, Members will explore various parts of our culture and heritage. The opportunity to have guest speakers come to meetings to share knowledge, crafts, music, dance, etc. can add to the experience for your Units.

When you have completed the required activities, crests can be ordered from the Provincial Office. Email [nl-provoffice@girlguides.ca](mailto:nl-provoffice@girlguides.ca) to make your request. Please share your feedback and Unit pictures on the [Provincial Program Facebook page](#)

## **This challenge has 6 areas: Music, Food/Cooking, Folklore, Crafts, History, and Geography.**

To fulfill the requirements for this challenge, Members must do activities from each section. The number required depends on the Branch.  
Sparks and Brownies: 1 Guides/Pathfinders/Rangers/Adults: 2

## Music:

1. Learn the “Ode to Newfoundland” and the “Ode to Labrador” and sing them in a meeting.
2. Invite a local musician (e.g., accordion or fiddle player) to a meeting to play traditional songs and teach them to your Unit.
3. Learn a traditional dance such as a step dance or a square dance.
4. Choose two NL music groups, such as those listed. Listen to and sing along with one of their songs: Great Big Sea, Shanneyganook, Figgy Duff, Fortunate Ones, Ryan’s Fancy, Sons of Erin, The Once, Harry Martin, or Jacinda Beals.
5. Learn to play the spoons and play along to “Mussels in the Corner.”
6. Make an ugly stick and play it.
7. Choose a popular NL folk song and create illustrations to accompany the verses.
8. What is a mummer? Have a mummer party or a mummer parade and create a unique costume. Play the Mummies Song by Simani.
9. If there is an Indigenous group in your community, invite them to learn about traditional drumming, music, dance, and/or throat singing.



### Food/Cooking:

1. Have a potluck. Have members bring dishes that are traditional in their families (e.g. recipes that have been passed down from Nan to mom to them).
2. Create a unit cookbook of traditional recipes. Collect recipes from all members in various categories, compile them and give each girl a copy.
3. Learn how to bake bread and share some with your Unit.
4. In a meeting or at camp, make toutons/flummies for a meal or snack. Ask girls how people traditionally eat them (e.g., who uses butter, jam, molasses, syrup, etc.).
5. Using berries found in NL, make a batch of jam. Bottle it and share it with your Unit.
6. Bake some traditional treats (e.g., tea buns, jam jams, molasses buns, snowballs, etc.).

### Folklore:

1. Learn to play a traditional game from NL's past (e.g. Piddly/Tiddly, Seal Crawl/Race, One Foot High Kick, etc.). Teach your unit how to play it for fun.
2. Think about some words and phrases that are unique to NL (e.g. crooked, "Got me drove", gutfounded, etc...note: you can use the NL Dictionary to help). Make a picture dictionary for someone who "Comes from away" (CFA) to help explain what these words mean.
3. Do you believe in fairies? Find some fairy stories from NL and share them with your Unit.
4. In the past, many isolated communities did not have access to medical help. Find some folk remedies that were used by your grandparents, and explain to your Unit what it was for and how it was done. What is a bread poultice? Why did children wear a sack of coal under their clothes? Do you think the remedies would work today?
5. Read a story or poem written by an NL author/poet.
6. Learn some phrases used by one of the Indigenous groups in NL: Innu Nation, NunatuKavut Community Council, Nunatsiavut Government, Miawpukek First Nation, and Qalipu Mi'kmaq First Nation Band.
7. What are some folktales from your culture or heritage? Invite a folklorist or storyteller to do a workshop with your Unit or a group of friends.



## Crafts:

1. Invite some experienced local rug hookers to a meeting. Learn the art, and try to make a small piece.
2. A killick is a homemade anchor. Make a miniature killick for a hat craft or trader.
3. Invite some experienced local knitters to a meeting. Learn the art, and try to knit something simple (e.g. washcloth or scarf).
4. Painted row houses are an iconic part of the St. John's skyline. Paint beach rocks or another medium (e.g. canvas, driftwood, etc.) to look like the colourful houses of Jellybean Row. Put them on display or give them as a gift.
5. Newfoundland and Labrador each have their own distinctive tartans. Tartans were first brought to Canada by Scottish Settlers. Find a hat craft you can make (friendship knot, tam, hair bow, scrunchie, or trader) that you can make using some tartan.
6. If you live near a beach, collect shells and beach glass and create a picture.
7. Inukshuks were used by Indigenous groups in Labrador to give directions. Create a large Inukshuk with your Unit or, using small rocks, create a small, individual Inukshuk.
8. What is a mummer? Bring a doll to your meeting and dress it up as a mummer.
9. Many people make jewelry from animal antlers and fish ear bones (also known as Otoliths), this stemmed from our Indigenous people ensuring that no part of the animal went to waste. Consult with a local hunter or fisherman and see if you can arrange to obtain some antlers, otoliths or another useful part to minimize the waste, and create a piece of jewelry.
10. Find a traditional craft that is specific to your area. Learn how to make it.

## History:

1. Learn about the history and culture of one of the Indigenous groups in NL: Innu Nation (Labrador), NunatuKavut Community Council (Labrador), Nunatsiavut Government (Labrador), Miawpukek First Nation (Newfoundland), Qalipu Mi'kmaq First Nation Band (Newfoundland). Share what you learned with your Unit.
2. Who was Myra Bennett? Why was she important? Find out where she lived and how she helped the people of the Great Northern Peninsula.
3. Invite a member of your local Royal Canadian Legion to a meeting, or visit one to learn about the history of the Royal NL Regiment.
4. Learn about a famous NL soldier - (e.g. Tommy Ricketts, Owen Steele, John Shiwak, John Bernard Croke).



5. Did you have a family member who served in the Royal NL Regiment? Share their story with your Unit.
6. Learn about 'The Blue Puttees' and listen to some of the songs written about them.
7. Visit a local Heritage Building or location in your area. Find out how this place is connected to your community's history.
8. Who was Dr. Grenfell? Why was he important? Learn about the Grenfell Foundation and its importance in Northern NL.
9. Who was Hazel Newhook? Why was she important to Newfoundland and Labrador history? Investigate her history and her link to Girl Guides.
10. Research the following six important Labrador women: Doris Saunders, Beatrice Watts, Jean Crane, Lydia Campbell, Elizabeth Penashue, Angela Andrew. Choose one and write a story about them, and draw a picture to accompany your story.

### Geography:

1. NL has many original and unique place names. Use a map to locate some of these names (e.g. Come by Chance, Cow Head, Cupids, Dildo, Happy Adventure, Happy Valley-Goose Bay, Heart's Content, Lawn, Leading Ticks, Tilting).
2. What town do you live in? How did it get its name? Research the origin of your town and share it with your Unit.
3. Create a puzzle or scavenger hunt activity using NL place names and have your Unit complete it.
4. Find a local trail. Plan a hike with your unit to explore the area. Be sure to take lots of pictures and consider sharing your trek with @GirlGuidesofCanada on Facebook or Instagram. Invite another unit to join in for a fun bridging event!
5. "Red sky at night, sailor's delight. Red sky in morning, sailors take warning." This is a very common phrase used in NL when talking about the weather. Find more common NL phrases and learn what they mean. Share them with your Unit.
6. Geocaching is fun way to hike and explore an area. Earthcaching is a specific type of cache that teaches about landforms in an area. Go to <http://www.earthcache.org/> to learn about and discover this fun sport. With your Unit, try to find a local earth cache.
7. Plan an expedition/hike to investigate the wildlife (flora and fauna) that lives in your city or town. Look into what's native and what has been introduced. Does protection of these species matter?



## Program Connections:

Wondering how the activities in the Newfoundland Heritage Challenge fit into the Girls First Program? Below are the connections between the Challenge and the Girls First Program Areas and Themes. If you find other connections to your program, please feel free to give your girls credit for them. This is not a comprehensive list, feel free to apply your activities to other parts of the program as you see fit. Remember that each activity you complete can accomplish multiple parts of the program.

If this event is organized by a District or Area, then the activities will involve bridging and count for program requirements.

### ALL BRANCHES:

#### CONNECT AND QUESTION

- LOCAL COMMUNITIES
- CANADIAN CONNECTIONS
- WORLD STAGE

#### EXPERIMENT AND CREATE

- ART STUDIO

#### BUILD SKILLS

- HOW TO

#### GUIDE TOGETHER

- SPIRIT OF GUIDING

#### INTO THE OUTDOORS

- NATURE DISCOVERIES
- CAMPING SKILLS AND ADVENTURES

#### EXPLORE IDENTITIES

- GENDER POWER

#### BE WELL

- MY PHYSICAL SELF

