



Girl Guides  
of Canada  
Guides  
du Canada

# The

# Signal

November 2013

Newfoundland and Labrador Council

*Girl Greatness Starts Here*

## Provincial Cookie Blitz Day



**SUPER COOKIE SELLER**



**SELLING GIRL GUIDE  
COOKIES LEADS TO  
GIRL GREATNESS**



## Editor's Note

I would like to thank everyone for their submissions for this issue. We have a great issue for you this month with many great stories from our Areas, as well as great ideas from our International Advisor.

I hope that everyone has been enjoying their electronic edition for The Signal. Please remember that if you would still like to receive a copy by mail then just contact the Provincial Office and have your name added to the mail list.

I would like to encourage everyone to keep sending in your stories and pictures. Do you have a great camping recipe that you would like to share, or how about a great craft idea that has worked well for you. Remember this is your place to share all those great ideas with our fellow guiders.

**Stacey Adey, Editor**

## Sharky's Glamour Party Winners!



## The Signal

The signal will be published every second month with a total of 6 issues per year

**Next Deadline**  
November 30

**Editor**

Stacey Adey  
thesignal.ggc@gmail.com

**Provincial Office**  
63 Roosevelt Avenue  
St. John's NL, A1A 0E8  
1-800-565-8111  
www.ggcnf.org

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## ***From Your Provincial Commissioner***

Welcome back to yet another year of great Guiding in Newfoundland and Labrador. By now, you should be in the process of getting meetings up and running and planning the year's events.

Province has been quite busy as the first "Guiding a la Carte" Guider Conference was held at Burry Heights Camp with close to 50 Guiders in attendance. The second of these conferences is scheduled for the November 1<sup>st</sup> weekend at Lion Max Simms Camp and we are looking forward to it being as great a success as the first.

The "Cornucopia of Guiding" Committees Conference was held recently at Lion Max Simms Camp with many great discussions shared by Provincial and Area Advisors. As a result, watch out for many fun and exciting things to be shared within your Areas. Our Chief Commissioner, Sharron Callahan participated in the sessions and shared two great presentations with the Advisors. It was both an honour and a privilege to have her in attendance.

Many thanks go out to the planning committees of these Conferences for making them all a great success. Great job ladies !!!

The Provincial Door-Door Cookie Campaign turned out to be an astounding success. Imagine, we sold every case of cookies and are still receiving requests for more. Girls and Guiders received over-whelming positive responses from residents who were glad to see these little "girl guides" selling cookies door - door, once again. Chief Commissioner, Sharron Callahan and I visited some locations during the "blitz" and witnessed the excitement and fun they were having. What a great way to work on the "Guiding Granny Challenge". It was totally awesome how Girls and Guiders came together as a team to promote Guiding in our communities. A huge thank you to every Girl, Guider and parent who helped make this campaign such a great success.

Hats off to all for continuing to promote "on-line registration". Currently, 95% of all our members have registered online. Please continue to encourage parents to register online, as this is the quickest way to hold a spot for their child. Membership is slowly rising so please ensure that all Girls and adults attending meetings are registered. Anyone unsure of "the guidelines for meeting attendance", please contact Provincial Office.

This is a reminder not to forget to read the monthly Newfoundland and Labrador "News Flash". It contains valuable information on upcoming items and events happening across the province. If you have not been receiving this email please contact Sharon at Provincial Office.

Looking forward to another successful year of Guiding in Newfoundland and Labrador.



*Kay Penney*

**Provincial Commissioner**

# The Signal Submission Guidelines

In order to ensure that our provincial news letter is up to date and timely the following guidelines have been compiled for members that wish to make a contribution. If you have any questions or comments regarding these guidelines please contact [thesignal.ggc@gmail.com](mailto:thesignal.ggc@gmail.com). Thank you for your contribution.

## **Submitting Content:**

- Please send all submissions to [thesignal.ggc@gmail.com](mailto:thesignal.ggc@gmail.com)
- You will receive a confirmation of receipt. If you do not hear back within a couple of days please contact us again to make sure we did not miss your submission.
- Please remember that there is limited space and if you are sending large amounts of content then not everything may be published and it is up to the editor to pick and choose what can and cannot be included.

## **Deadline for Submission**

- With the new electronic version of The Signal we will be able to now publish more issues of The Signal per year. The Signal will now be published every second month, with a monthly News Flash coming out at the beginning of every month.

- News Flash Deadline is Third Monday of every Month
  - The Signal Deadlines are
    - July 30                      January 30
    - September 30            March 30
    - November 30             May 30

*\* Please note that we are on the trial stage of our New Electronic version of The Signal and all deadlines and publication dates are subject to change. Please see current issue of The Signal for most up to date deadlines.*

## **Images**

- If you are including photographs with your submission, please send them as a separate attachment in your email.
- Ensure that all members appearing in the pictures have an image-release
- Please include a brief caption to accompany the photo. Identify people appearing in photos and include a photographer credit whenever possible.

## **Formatting**

- The Signal is published in Arial (the official GGC font). If you submit text in an unusual format it may or may not get published that way.
- Please submit all articles in a Microsoft word Document as The Signal is created in Microsoft Publisher and items created in other formats may not transfer well or may have to be rearranged. Any submissions not sent in the proper word document format will not be published.
- With the new Electronic version you can place hyperlinks in your articles. Please do not set them up in advance, but let us know what the links should be by including that information along with the content. (EG: Text of article here (Editor: Please link the phrase "Girl Greatness" to [www.girlgreatness.com](http://www.girlgreatness.com).) Followed by more text of article.)

Updated April 25, 2013

# PROVINCIAL COOKIE BLITZ WINNERS!

**Con Ba Su Area**

Ipod shuffle: Payton Slade- 3<sup>rd</sup> Chamberlains Sparks  
Ipod shuffle: Hayley Rideout- 1<sup>st</sup> Kelligrews/Foxtrap Guides  
\$50 towards unit party: 3<sup>rd</sup> Chamberlains Sparks

**Eastern Bays Area**

Ipod shuffle: Nikita Bruce- 1<sup>st</sup> Normans Cove Guides  
Ipod shuffle: Chantel Collins- 1<sup>st</sup> Placentia Brownies  
\$50 towards unit party: 1<sup>st</sup> Placentia Guides

**Long Range Trails Area**

Ipod shuffle: Emily Flynn- 1<sup>st</sup> Stephenville Sparks  
Ipod: Samantha Bugden- 1<sup>st</sup> Stephenville Sparks  
\$50 towards unit party: 1<sup>st</sup> Kippens Sparks

**Northern Mosaic Area**

Ipod shuffle: Alysha Carter- 3<sup>rd</sup> St Anthony Guides  
Ipod shuffle: Shawna Biles- 3<sup>rd</sup> St Anthony Guides  
\$50 towards unit party: 3<sup>rd</sup> St Anthony Guides

**Ocean's Edge Area**

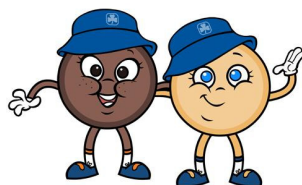
Ipod shuffle: Jennifer Snow- 1<sup>st</sup> Mount Pearl Trex Unit  
Ipod shuffle: Erin Parsons- 17<sup>th</sup> Mount Pearl Pathfinder Unit  
\$50 towards unit party: 17<sup>th</sup> Mount Pearl Pathfinder Unit

**Trefoil Central Area**

Ipod shuffle: Alexandra Poole- 1<sup>st</sup> Grand Falls-Windsor Guides  
Ipod shuffle: Kaylee Tremblett- 1<sup>st</sup> Grand Falls-Windsor Sparks  
\$50 towards unit party: 1<sup>st</sup> Grand Falls-Windsor Sparks

**Tuckamore Area**

Ipod shuffle: Jenna Oliver- 30<sup>th</sup> St. John's Brownies  
Ipod shuffle: Danielle Dodge- 10<sup>th</sup> St. John's Pathfinders  
\$50 towards unit party- 49<sup>th</sup> St. John's Brownies



# Ranger Council

**Are you a Ranger? A third year Pathfinder? A Link?**

**Have you heard about Ranger Gathering? What about Ranger Council?**

If you haven't then let's get started! Ranger Gathering is an event held every year to bring together Rangers, third year Pathfinders, and Links from across the province. It's full of fun activities and friends that you'll keep for a lifetime. This year's Ranger Council (Savannah, Madi, Paige, Tori, and Chantal), who organize each Gathering want to invite you to come be a part of it. If you want to become a part of Ranger Council it's as easy showing up to Gathering with a few posters and running in our elections. Keep a look out because applications for this year's Gathering are coming soon. Nervous about coming? Make sure to check us out on Facebook (NL Rangers) and we will answer any questions that you might have

Hope to see you this year and spread the word!



Yours in Guiding,

Savannah (President)  
Madi (Vice-President)  
Paige (Vice President)  
Tori (Projects-Coordinator)  
Chantal (Secretary)

Facebook link: <https://www.facebook.com/groups/221677927994033/>

FALL 2013

# YOUTH GROUP PROGRAMS AT THE ROOMS



Are you working towards a badge? Or looking for a field trip that's fun and filled with fascinating things? We have hands-on programs just for you.



## UPDATED! Boreal Buddies (suitable for age 5-7 yrs)

In this fun-filled, hands-on program, you'll backpack the Connections Gallery to get a close up look at beavers, birds, bears and other boreal forest animals. Let's shine up the binoculars and prepare to explore bogs, ponds, rivers and other habitats from around the Province's forest. From teeth and tails to tools and top hats, you'll be amazed at how much people and animals are connected to each other. Formally the Beaver to Beaver program.

Wednesdays 6:30-7:30pm  
Saturdays 11am-12pm or 2:30-3:30pm  
Maximum 25 participants

## Lighthouse Fun (suitable for age 5-7 years)

Have you ever visited a lighthouse? What did you see? What did you hear? Come in and discover why lighthouses are so important and find out why each lighthouse is different. We'll share lighthouse stories, create a model lighthouse and explore the Connections Gallery to find out which plants and animals you might find living near lighthouses.

Wednesdays 6:30-7:30pm  
Saturdays 11am-12pm or 2:30-3:30pm  
Maximum 25 participants

## NEW! Peoples of Labrador (suitable for age 8-10 yrs)

In our brand new Husky Energy Gallery, come learn about the Inuit, Southern Inuit and Innu peoples of Labrador. Discover how their ancestors survived on the land and sea and how their cultures changed over time. Play a Southern Inuit string game, make your own Inuit snow goggles and design your own Innu caribou skin coat.

Wednesdays 6:30-8pm  
Saturdays 11am-12:30pm or 2:30-4pm  
Maximum 25 participants

## Secret Codes of the Sea (suitable for age 8-10 years)

Do you use secret codes when you message a friend? In this program, we'll explore different ways to communicate – with codes and flags! Codes and flag signals have a long and exciting history, and have been used by sailors and sea-faring people for hundreds of years. Come and decode and exchange secret messages with a partner using Morse code. Find out why flags were flown on Signal Hill and get creative as you design your very own personal flag.

Wednesdays 6:30-8pm  
Saturdays 11am-12:30pm or 2:30-4pm  
Maximum 25 participants

## NEW! The Power of Art (suitable for ages 12-15 yrs)

This program empowers youth to share ideas about art and culture. We'll begin with an interpretive tour of a contemporary art exhibition, followed by a lively group discussion. We'll learn how artists are related to and affected by the world around us. In this engaging program, youth will sharpen their critical thinking skills and gain a deeper understanding of the role of art in culture.

Wednesdays 6:30-8:30pm  
Maximum 25 participants

Book your program by calling Visitor Services at 757-8090.

There is a \$4.00 charge per child/youth, but group leaders are free.



www.therooms.ca

757.8000 | 9 Bonaventure Ave. | St. John's, NL

# Visiting Beaumont-Hamel



My trip to Europe was absolutely amazing, I could not have asked for a better trip. I took the bus across Newfoundland and met two new girls. We got very close over the two weeks we were together because we were all early so we stayed at the Cabot building in St. Johns with our chaperon from Stephenville. The five of us got very close before we even met the other 12 students and the rest of the chaperons and veterans.

On the Friday before the trip, we got to meet everyone. I was so excited. I introduced myself and we all got to be very good friends. We went on the plane to Europe that night it was my first time on a plane, I liked it! Seeing London from all the way up in the sky was amazing. After we landed we drove down to Dover and then boarded the ferry. I got to see the "White Cliffs of Dover" and also traveled across the English Channel

which was pretty awesome!

We stayed in a hotel in Lens, France. Each day we visited different places. I got to visit Vimy Ridge, Beaumont Hamel, The Great War Museum in Peronne and also many cemeteries. One cemetery that we visited was the largest common wealth cemetery in Europe with over 11,000 graves, only 6 were Newfoundlanders and we made sure to find each one. I never knew this before but when the headstones are very close together then that means that the bodies could not be separated. When the headstones are far apart then the bodies are separated. Sometimes on the headstones there would be more than one name. That was because in explosions, the bodies fused together and had to be buried in one grave. That is so terrifying.

We also visited the site where John McCrae wrote the poem "In Flanders Field". In the cemetery beside it, there was one grave that really stood out to us. It was the grave of a young boy who died in battle at only 15 years of age. It was emotional for us because those of us on the trip were only between the ages 16 and 18. This boy was younger than us. He must have been so scared. To be fighting and getting killed at that age is crazy.

We visited 5 of the caribous; Beaumont-Hamel, Guedecourt, Masnieres, Monchy Le Preux and Kor-



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trijk. At each monument, we held a short wreath laying ceremony. I got to read at the ceremony in Kortrijk, Belgium which was great. Each caribou at each monument points towards the direction that the soldiers faced before battle. There is one more caribou located in St. John's, NL. This caribou points towards the Caribou in Beaumont Hamel!

I visited Menin Gate in Belgium, as well. We got to experience the ceremony that is held at Menin Gate every single evening. Volunteers put on a wreath laying ceremony with the Last Post and a large crowd gathers around, they even have to block off a section of the road every evening around 7:30pm for the ceremony. They never miss a day, rain or shine. They started this ceremony the day that World War 1 ended. The only time that they took a break from the ceremony was during World War 2 because the Germans would shoot if they saw anyone. The day that WW2 ended, volunteers started the ceremony that evening. Ever since, they have never missed a day.

In London on the way back we got to do some sightseeing. I got to see Big Ben, the London Eye, the gate to Buckingham Palace and also Trafalgar Square. It was amazing!!

I'm so glad that I got to go on this trip. I learned so much. You do not learn about this kind of stuff in school. To really learn, you have to be there. I now look at life a lot differently. Most of these young men didn't have time to appreciate life, especially the poor boy who died at 15. I am a proud Newfoundlander. I felt so honoured to be a Newfoundlander over in Europe. We are appreciated and respected so much.

***Story and Photos by Jessica March***



## Emma Walsh - Our Chalet Assistant

Hi! I'm "Canadian Emma" from St. John's, Newfoundland. I started out in Guiding as a four-year-old Spark and have stuck with the organization ever since! I now enjoy being a leader for the same Sparks unit that introduced me to Guiding. I have completed two years at Memorial University of Newfoundland, but am very excited to move to Montreal in the fall, to begin my studies at McGill University. I will be studying food and nutritional sciences, and hope

to become a dietitian one day. In my free time I like to chill out, eat good food, and explore the beautiful outdoors. I feel very lucky to be spending my summer among the mountains, living the Swiss life, and doing the adventurous activities that I love.



### ***International Day of the Girl Meeting Challenge***

International Day of the Girl (IDG) is a day to commemorate and support girls' rights, and to end global gender inequality. IDG takes place on October 11. It is a worldwide opportunity to bring awareness to, and further the advancement of girls' rights across the globe and to empower girls to take the lead.

The United Nations declared this day as a time to recognize girls and young women as citizens and powerful agents of change in their lives, the lives of their families and of their communities. It's a day to hear from girls about what empowers them. By delivering this instant meeting, you are offering girls the opportunity to explore, speak out and be inspired to take action on girl impacting issues they care about in their communities and around the world. Ideally this meeting will take place the week leading up to, or on, October 11th; however, units can choose to participate as close to the date as possible.

Earn a crest by completing the instant meeting activities. Download the information at [http://www.girlguides.ca/GGC/Media/Day\\_of\\_the\\_Girl/GGC/Media/Day\\_of\\_the\\_Girl.aspx](http://www.girlguides.ca/GGC/Media/Day_of_the_Girl/GGC/Media/Day_of_the_Girl.aspx).



# Sangam Friendship Bracelet Project



Our World Centre in India has invited Girl Guides and Girl Scouts from all over the world to make friendship bracelets and send them to Sangam. They will then sell them in Yahdei, the name of the Sangam shop, for just 10 rupees each (this is approximately 17 cents in Canadian currency).



The sale of the friendship bracelets will help Sangam to continue supporting its projects, like Children's Camp, and supporting its community partners. It will also allow visitors, and particularly local guides and scouts, to buy something that celebrates the world of WAGGGS and the international friendship we all share.

Why not have a bracelet-making meeting with your unit? You can make your bracelet/s in any colour you choose. We'll be pleased and excited to receive them in all colours of the rainbow. Make a bracelet for a friend, and then make another one to send to Sangam. When you pass on your bracelet, you can share the Sangam Spirit by explaining why you made the bracelet. You can share what you have learned about Sangam or your favourite Guiding experience on a label attached to the bracelet.

We would also like to help promote the WAGGGS' Global Advocacy Campaign to [Stop the Violence](#) through this friendship bracelet project. Learn about the campaign and make your bracelets in the red and green colours of the campaign. This will help us to keep building the whisper into a shout!

Thank you for your friendship and support. We hope you enjoy making your friendship bracelets, and we look forward to receiving them and sharing the international friendship!

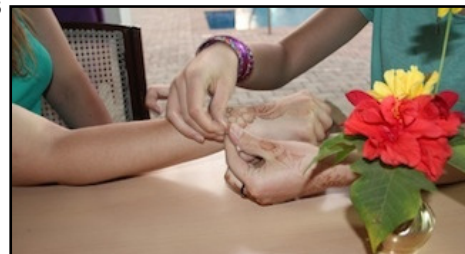
There is no deadline! This is an ongoing project and you can send your bracelets all year long.

If you have any questions, please email [info@sangamworldcentre.org](mailto:info@sangamworldcentre.org).

**Send your completed friendship bracelets**

**to:**

Sangam World Centre  
c/o Friendship Project  
Alandi Road  
Yerwada  
Pune 411 006  
INDIA



For more information about this project - [www.sangamworldcentre.org/en/friends/friendshipproject](http://www.sangamworldcentre.org/en/friends/friendshipproject)

# Looking for new badges to work on in your units? Check out these WAGGGS Challenges:

The **Food Security and Climate Change Challenge Badge** will teach you about issues of environmental protection and food security and inspire you to be an active part of solving the problem. You can download the curriculum at [http://www.wagggs.org/en/take\\_action/activities/climatechange](http://www.wagggs.org/en/take_action/activities/climatechange).



The **Biodiversity Challenge Badge** encourages children to get to know the natural world around them, to find out why certain species and habitats are struggling and to understand the links between biodiversity and the well-being of people around the world. It also raises awareness on biodiversity issues such as rainforest deforestation, endangered species and the importance of clean drinking water among children. It also fosters taking responsible actions in your community.

You can download the curriculum at <http://www.wagggs.org/en/resources/document/view/21432WAGGGS>

**Global Action Theme (GAT) Badges in Bronze, Silver and Gold** focus on learning about the eight Millennium Development Goals (MDGs). The curriculum encourages girls, young women and members of all ages to make a personal commitment to change the world around them. The MDGs are closely linked to our World Thinking Day themes. Check out the activities for ideas by downloading the curriculum at [www.wagggs.org/en/take\\_action/activities/gatbadge](http://www.wagggs.org/en/take_action/activities/gatbadge).



## 2013 - International Year of Water Cooperation

WAGGGS has launched a new **Water Challenge Badge** with tons of exciting activities for all age ranges! Badges will be available to order soon through the WAGGGS online shop. You can download the new badge curriculum at: <http://www.wagggsworld.org/en/resources/document/view/24037>.



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The **WAGGGS Games Go Global Badge Series** was launched prior to the Olympic Games being hosted by the UK in London in 2012. This sport-oriented activity pack was designed to help Girl Guides/Girl Scouts grow, develop and learn about the Olympic Games and the UK's incredible sporting and cultural heritage. By taking part in the curriculum you will:

Challenge yourself to 'do your best' – which is something that athletes and Girl Guides/Girl Scouts have in common!

Learn about Great Britain; its people, culture and sporting heritage

- Experience the excitement of Olympic sports
- Prepare like an athlete through physical, spiritual and cultural activities
- Understand how the Olympic Games bring countries together

You can download the curriculum at: <http://www.wagggs.org/en/resources/document/view/23040>

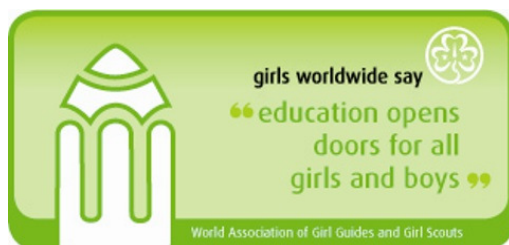


The **WAGGGS AIDS Badge** was developed to help girls and young women to learn about HIV and AIDS by doing a number of activities especially designed for the age ranges within Girl Guiding/Girl Scouting. The activities form a challenging curriculum that addresses the following aspects of HIV and AIDS awareness: prevention, discrimination and care and support. The curriculum is suitable for Pathfinders and Rangers girls as can be downloaded at: <http://www.wagggs.org/en/resources/document/view/31>

It's not too late to work on the **World Thinking Day 2013 Badge**. Twin activity packs for the two 2013 themes of "Every mother's life and health is precious" and "Together we can save children's lives" are available for download at: <http://worldthinkingday.org/en/activities10>.



**The theme for World Thinking Day 2014 will be:**



## Canadian Badges with International Flair

### Twinning Challenges: Grenada and Curaçao

Girl Guides of Canada-Guides du Canada's twinning program is an international community development and educational program which links Guiding Members in Canada with Guide Associations in developing countries. GGC has supported twinning projects in more than 25 countries, helping to improve the quality of life for women and girls, along with their families and communities. Every twinning project is a little different but each one offers Canadian Guiding members the opportunity to learn about another country, culture and Guiding program!

We currently have two National twinning partnerships with the Caribbean nations of Grenada and Curaçao. Learn about Guiding in these countries by completing the two twinning challenges at: [http://www.girlguides.ca/challenges\\_and\\_activities](http://www.girlguides.ca/challenges_and_activities). The challenges are flexible allowing Guiders to consider the age groups that they work with. Why not challenge your unit to learn about these countries and our sisters in Guiding who live there?



## Baking on the Trail



For those of you Guiders who have ever attempted a backpacking trip with girls, you know how it can be challenging to come up with a menu that is light-weight, easy to prepare and still tasty for those hungry girls.

This past summer, the 1<sup>st</sup> Chamberlains Rangers completed the Spout Path section of the East Coast Trail and in planning the menu, the girls were adamant that they wanted (of all things) freshly baked BROWN-IES! How in heaven's name does

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one prepare baked goods on a backpacking trip? The answer is a small, light-weight piece of equipment called the Outback Oven. I had purchased one of these miraculous things many years ago for personal use and I dug it out of storage and pressed it back into service for my Rangers. The Outback oven is essentially a non-stick frying pan with a lid with a few other specialized pieces....just look it up on the internet....

Armed with the necessary equipment, the search for the ideal recipe began. Backpacking means sticking mostly to dry ingredients so modifying recipes that called for eggs for example was necessary. Ultimately we landed on a recipe from [www.food.com](http://www.food.com) called "Knock you Naked Brownies" and worked from there.

**The night before departure, we placed in one zip-lock bag:**

1 cup Bisquick

½ cup sugar

3 tbsp cocoa

2 tbsp powdered milk

(the recipe also called for 1 tsp of vanilla but we left this out with no apparent negative results)

**In a second zip-lock, we placed:**

1/3 cup cocoa

½ cup sugar

Once we arrived at Little Bald Head campsite (about half-way between the Goulds and Bay Bulls), we added ½ cup of water to the first zip-lock bag and mixed it all up IN THE BAG. When mixed, we put this in the outback oven pan (which had been lightly greased with a little vegetable oil). Over the top, we sprinkled the contents of the second ziplock bag, followed by ½ cup nuts (optional). Then, 1 2/3 cups of hot water went over the top.

We placed the lid on the pan, lit the stove, placed the pieces of the outback oven in place according to the directions and waited patiently. Soon....the smell of chocolate filled the air. Amazingly, the cooking time was not significantly different than the recipe indicated for your oven at home!

The results were amazing! We all took our sporks, sat around the pan and ate like cave-women or in our case, trail weary Rangers (essentially the same thing)!

So the moral of the story is that you CAN have freshly baked food on the trail with the right equipment, a slightly modified recipe and group of daring girls!

**Submitted by Jackie Perry (1<sup>st</sup> Chamberlains Rangers)**



## Western Hemisphere Regional Committee

Adrienne Edmunds, from Goose Bay, NL, has been elected to the Western Hemisphere Regional Committee. Congratulations Adrienne!

Other candidates elected are:  
Grace-Anne Crichlow, Barbados  
Rochelle Forde, St. Vincent and the Grenadines  
Schemel Patrick, Guyana  
Meredith Petrona-Martina, Curacao  
Joey Rosenberg, USA

Look for pictures on Facebook soon.

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## Program Bits and Pieces

**National Service Project - Operation Earth Action - has been extended for a second year.**

All the activities from last year's project are still part of the challenge, and two new projects have been added (see below).

**Do any two of the six challenges**, and you can order the crest from the GGC online shop. This year's crest (2013) is the same design as last year's but the background colours have swapped places.



The new activities:

- Building / Supporting Animal Habitats - Build an animal habitat (e.g. a duck box or bat box), or preserve or restore an outdoor space (e.g. do a clean up or make an outdoor space "wildlife friendly")
- Transforming Trash to Treasure - Find a new use or purpose for things you might otherwise throw out (e.g. you might create a new product or hold a swap event).

**Share your ideas and activities!** Animal habitats: submit a picture of what you think your bedroom would look like if you were a duck, frog, or bat. Trash to treasure: send a photo of your completed treasure.

No worries about photo releases since girls' images are not included. Everyone loves to see what others have done so please send your photos and artwork in!

Check out all the activities and find out how to submit your art and photos here: <http://nsp.girlguides.ca/home.aspx>

### Program book updates:

Program books are updated every year. Most changes are minor (e.g. a change

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in wording, adding an additional activity suggestion, updating web sites), but if your unit books are more than a few years old, it might be time to replace them. *Quick check:* Does your program book contain the Cookies Rising program? If not, it's time to get a new one.

From this point on, updates will be posted on the National web site each summer. It should be easy to remember to check both Safe Guide updates and program updates each fall before starting meetings.

This year's updates can be found here: [https://memberzone.girlguides.ca/ProgramResources/girl\\_programs/SitePages/Home.aspx](https://memberzone.girlguides.ca/ProgramResources/girl_programs/SitePages/Home.aspx)

### Provincial Web Site:

**Finally!** We have started updating the program information on the provincial web site. The resource section has not yet been updated.

**Please help!** We are our own best resource - if you have done an activity or craft that was a great success (and that directly related to the girls' program), please share it with others. Send an e-mail to [ggnlprogram@gmail.com](mailto:ggnlprogram@gmail.com) and describe what you did or made. (Unless you made it up yourself, we also need to know the source so we can provide appropriate credit or a link to the web site.)

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# “Love for Ladies”

Our newly formed Ranger group, 1<sup>st</sup> Bay Roberts' Rangers, was pondering over our program challenges for the year. Events in the fall of 2012 including the newly recognized International Day of the Girl Child and the eye opening shooting of Malala Yousafzai, a female Pakistani teen, prompted our unit to take on a Global Awareness challenge to promote issues involving women



and children around the world. We wanted to help raise awareness among our peers as well as raise funds to support this cause. Upon further investigation, we noticed that the theme for Thinking Day 2013, “Together we can Save Children’s Lives”, coincided with our cause and we set out to raise funds for the World Friendship Fund.

One of the first topics brought into our discussion was bracelets. We noticed that many of us and our friends had been wearing jelly bracelets in support of varying causes which sparked the idea for our project. We were confident we could sell colorful bracelets with a catchy phrase; but what phrase? Our group decided to meet and



brainstorm during our free time after school. That day was a success as we decided on the phrase “Love for Ladies”. This phrase was fitting since the ‘Ladies’ are the mothers of the children. Educating and looking out for the rights of these ladies will enhance their lives and the lives of their

children. That day also allowed us to design our bracelets as well as compare costs from various companies.

At our next regular meeting, we shared these ideas with the leaders who approved of our cause. To raise the funds needed for ordering the bracelets, we decided to hold a Christmas recycling drive. People gladly gave us their recyclables and in a short time we had reached our financial goal, and were able to order our bracelets.

By the end of January we received the package we had anxiously been waiting for, which contained a little over 200 bracelets. Immediately we began advertising for our bracelets. We wore the bracelets ourselves, put pictures on Facebook explaining why we were selling bracelets, and went as far as wearing a banner in school. Our families and friends purchased bracelets and started wearing them, and by word of mouth we soon had girls as well as boys, in addition to members from younger units in our district such as Sparks and Brownies looking to buy the bright pink bracelets!

By the time we had sold all our 207 bracelets for \$3 each, we were preparing for our enrollment. At our enrollment our unit presented a cheque drawn by one of the girls in our unit for the money raised, which came to a total of \$621.



This project was a big commitment for our unit from start to finish. We walked around Bay Roberts for a few hours in the cold trying to collect enough recyclables to pay for our bracelets. Once we received our bracelets, each girl was responsible for a large quantity of them due to our small unit size. This project enabled us to complete challenges for our Ranger program, have a lot of fun, learn about the World Friendship Fund, as well as face new experiences and challenges. We also were environmentally friendly by recycling. Each girl in our unit feels great about contributing to such a wonderful cause that we are proud to be a part of. From start to finish, we thoroughly enjoyed spreading the “Love for Ladies”.

***Story and Photos by Emilia Mercer and Abbie Mullins, 1st Bay Roberts Ranger Unit.***

# A Fire, A Hot Dog and Great Friends!



To end off the Guiding year, 1st Kelligrews Foxtrap Sparks, Brownies, and Girl Guides planned an outing. The girls were asked to bring at least one washed and dried out milk carton and get dropped off at a local duck pond in Conception Bay South. Upon arrival

the girls were provided with duck feed to feed the ducks. Once all the feed was gone, they walked in two's to the end of the road at the beach. All the girls were then explained how the hot dog in a milk carton works and got to cook their very own.



The girls were able to enjoy the fire, their hot dog, and have their friends by their side! Some girls played in the sand on the beach, while others sang songs and watched the sunset. Overall, the night was a huge success! This was a great way to end the Guiding year and we are hoping to make it an annual adventure for the girls!



***Photos and Story Submitted by 1st Kelligrews Foxtrap Guiders***



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