



The

Signal

Spring 2010

Newfoundland and Labrador Council

Girl Greatness Starts Here



Girl Guides
of Canada
Guides
du Canada

Scouts and Guides together again



at the BP Luncheon

Pathfinders Catering the BP Lunch



Collecting food for the local foodbank



A Valentine from Chloe,
1st Guide's Sparks for the
Provincial Commissioner
and future Spark Lyiah.



Provincial Luncheon and Annual General Meeting Newfoundland and Labrador Council

When: May 1, 2010
Time: Lunch at 11:30 a.m. (ticket holders only)
 AGM will begin 12:30 p.m.
 (Members of the general public are welcome to attend.)
Place: Anchor Inn, Twillingate

Lunch Tickets: \$20.00 each Provincial Office, 726-1116
Deadline: Friday, April 23, 2010 (4:30 PM)



The Signal

is published three times a year (Winter, Spring/Summer, and Fall) by the Girl Guides of Canada - Guides du Canada / Newfoundland and Labrador Council, and is sent to all registered adult Members and Rangers within the province.

Deadlines

15 July for Fall issue
 15 Nov for Winter issue
 28 Feb for Spring Summer Issue

Editor

Edith Cuerrier
 e_cuerrier@hotmail.com

Provincial Office

Bldg 566, St John's Place,
 St John's, NL, A1A 1S3
 1-800-565-8111
 www.ggcnf.org

*Mailed under Canada Post Publications
 Mail Sales Agreement No. 17080506.*

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1910-2010 Girl Greatness Starts Here
 La leadership des filles commence ici

From Your Provincial Commissioner

Happy celebrations! By this time, winter is behind us and spring is here, even some flowers may be thinking of growing. This is an exciting year for each of us as we celebrate Guiding. There are so many ways we can celebrate. Just even talking about our Guiding experiences to someone else is celebrating. Of course, there are birthday parties, sleepovers, rallies, parades, tea parties and all kinds of fun events to participate in.

We have all been busy celebrating World Thinking Day. We hosted the BP Luncheon at Guide Headquarters this year and over 50 people attended. On your behalf, I brought greetings to the Scouting members of the province. We enjoyed celebrating with members of Scouts Canada and are pleased that we share this tradition. Deputy Chief Commissioner Sharron Callahan attended and addressed the gathering. Ashley Mercer, Girl Public Relations Adviser was the master of ceremonies and did it with confidence. I also recently attended a Thinking Day Rally and did a craft, helped with the world flag puzzles, participated in "are Girl Guides smarter than their Guiders" (and yes they were), and played an active game about the World Centres. We had fun!



Areas have been busy for the past months merging their districts into the required size to make it easier for districts to have full councils. Our province is restructuring eleven areas down to seven to better reflect our membership numbers of today. We recognize that change is hard but we need to look at ourselves as one organization and see that the change is for the better and let's be positive. For the past number of years, we have been working diligently to slow down our rate of decrease and, slowly but surely, we are accomplishing that. With each of you helping us achieve that, we can do it.

Just a word about our renewed Promise – please take a moment to think about the reason the change was made. The following was taken from the Guider Resource for the Promise. "The words 'God/fait'h' have been replaced by the term 'beliefs'. This change reflects the freedom of each Canadian to choose and practice one's own beliefs, as protected by the Charter of Rights and Freedoms; and thus, the responsibility of each and every one of us to respect the beliefs of others. It is also reflected in the Guiding Law which challenges us to 'respect yourself and others'."

I would like to take this opportunity to say a sincere thank you to each of you on the occasion of National Volunteer Week, April 18-24, 2010. The theme for this year is "Volunteers Connect Communities" and that is what each of you do for Guiding. We have over 1100 adult members and every one of you have made a difference in the life of a girl. Many of you have volunteered directly with girls, and others have worked indirectly to make a difference. We have the honour to make that difference, so I thank you on behalf of those girls.

I hope that each of you will have a very special year in Guiding during 2010. Let's celebrate and have fun! Be safe,
.....until next time.

A handwritten signature in black ink that reads "Judy Shannahan". The script is cursive and fluid.

Provincial Commissioner



Girl Guides Work Miracles for the Janeway 2010 15 Years of Children Helping Children

Who can believe that Girl Guides of Canada in Newfoundland and Labrador has been supporting sick children and the Janeway for 15 years? And yet as we celebrate our 100th anniversary of Guiding in Canada with rallies and special events, we still take the time to help support the sick and injured children of the province for the 15th consecutive year.

Girl Guides Work Miracles for the Janeway Day is a great opportunity for girl Members to have fun while helping children— children just like them. Girl Guide Members all across Newfoundland and Labrador participate in one day of selling lemonade at a grocery, department or convenience store in their area – wherever they will receive the support needed from management, staff and the people of their community.

This year **Saturday, April 24, 2010** has been selected for *Girl Guides Work Miracles Day* provincially. However, it may not be possible for all groups to participate on this date; should there be any scheduling issues, a date as close as possible to April 24, 2010 should be selected.

By now, all contact commissioners in the province should have distributed information to all their Guiders so that as many units or districts who wish to participate may do so. The registration forms should have been returned to Germaine Fisher by **Friday, March 26, 2010**. If you have any questions or need any further information, please contact Germaine at germainefisher@yahoo.ca.

Editor's Note

Dear Guiding friends,

The Signal is looking for volunteer proofreaders. If you are good with words, grammar and spelling, familiar with Guiding protocol and “lingo”, and computer savvy, we need you. You can join the team from anywhere in NL as long as you have access to the internet. Contact me at e_cuerrier@hotmail.com or talk to me at the upcoming AGM (see page 2)...

Have a great spring and summer! Hope to see you all at the AGM in Twillingate! Happy 100th!

Edith Cuerrier, Signal Editor



Commemorating 100 Years



A Monument will be erected to commemorate 100 years of Guiding in Canada.

It will be erected on the grounds of Government House.

This monument represents all Guiding Members
and

each member is asked to donate \$2.00 (or more)
to the monument fund.

Each member who makes a donation can sign an
official page and

all pages will be bound in a commemorative book.
(This book will be displayed at our Provincial Office.)

Please send in your donation individually,
or through your Council or Guild.

Some members may even want to donate
\$1.00 for each year in Guiding.

Any member requesting a tax receipt will need to
send their donation directly to the Provincial Office.



CALLING ALL GUIDERS!

Calling all Guiders to a place where you can have fun and celebrate the 100 years of Guiding, learn many new things and meet new people.

Where is this place?.....

The Guiders'/Commissioners' Conference in Gander on October 22-24, 2010.

This conference is an excellent opportunity for you to learn about the many different aspects of Guiding through training sessions and through sharing with fellow Guiders from across Newfoundland and Labrador.

Consider applying, the application is in this issue of The Signal.

Looking forward to seeing all of you at the conference.

THE PROVINCIAL TRAINING DEPARTMENT

Breaking news on camping!

An Area recently stepped forward and accepted responsibility for **organizing the Provincial Guide camp this summer...**

Thank you CBS Area!

The tentative dates (depending on confirmation of a location) are June 24 to July 1st, 2010. Details will be forwarded to Areas and posted on the provincial website as soon as they are available.

Judi Pardy

Provincial Camping Adviser



International Travel 2010

Selected for Nationally Sponsored Trips:

UK Centenary Event, England

Sarah Nurse, CBS Area, selected nationally

Ariel Hannaford, CBS Area, national alternate



5 girls and 2 Guiders from Canada will be attending this event

Ecuador Adventure

Holly Fleming, St. John's Area, selected provincially

Hannah Stevenson, Avalon Area, selected nationally

Guider Krista Gladney, national alternate

10 girls and 2 Guiders from Canada will be attending this event

WAGGGS and CWFF Thinking Day 2010

This year saw the introduction of the "Fiver for Friendship" campaign as a way to increase donations to the Canadian World Friendship Fund (CWFF). Hopefully we will see an increase in our donations; it is so true that a penny just doesn't go very far these days.

The CWFF supports the World Centres which any Guiding member may visit, and provides mutual aid and disaster relief. Your donations do make a difference!

This year's disaster relief money will go to our Guiding sisters in Haiti.

If you haven't done so already, please send your pennies (nickels, dimes, quarters, loonies and toonies!) in to your area so they can forward them to the Canadian World Friendship Fund (CWFF).

And, as always, we would love to hear how you celebrated Thinking Day this year. If you did something fun, something different, or continued a tradition, send your area adviser a short report and/or a photo.



The Great Guider Getaway 2010
Location TBD
August 13-16, 2010



(In photo above: The happy participants of The Great Guider Getaway 2009)

Come and enjoy a weekend away and celebrate 100 Years of Guiding with other Guiders from across the Province. This is your weekend to get away from it all and enjoy some time for yourself.

No camping experience is necessary but you must be willing to sleep in tents and assist with cooking, cleanup and other chores – at a leisurely pace, of course. Experienced campers will be there to show you the ropes. Learn how to camp without being responsible for anyone but you!

Come to the Great Guider Getaway for laughs, excellent food, relaxation and, most of all, fun.

The Great Guider Getaway 2010
August 13-15, 2010
Application Form

Name: _____

Address: _____

Telephone: _____ Email: _____

Position(s) in Guiding: _____

Unit: _____ District: _____ Area: _____

Do you have camping experience: Yes _____ No _____

Please list any activity you would like to do at camp, ie. campfire, geocaching, swimming, etc. _____

Please list favourite foods or allergies: _____

Fee: TBD

More details and kit list will be sent to participants. If you have any questions, please contact one of the following guiders by email:

Kim Norman

knorman@nl.rogers.com

Robyn Saunders

robynsaunders@hotmail.com

Alicia Crowe

aliciacrowe@gov.nl.ca

Andrea O'Neill

andreaoneill@nf.sympatico.ca

Lesley Troke

ltroke@cnlopbnl.ca

Please submit applications and fees to the following address:

Girl Guide Headquarters

c/o The Great Guider Getaway 2010

Building 566

St. John's Place, Pleasantville

St. John's, NL A1A 1S3

Deadline for Applications is June 13, 2010

Vet Visit

The 1st Thomas Guide Unit held a regular meeting at the Sunrise Animal Hospital in Mount Pearl. We had a tour of the whole hospital and the girls had the opportunity to try on scrubs including head covers and face masks...and of course the leaders had a turn as well. Girls and leaders got to see different objects such as tinsel, chew toys, pennies that cats and dogs swallowed and were removed by the vets...everyone got a kick out of this!

Photo/story by Michelle O'Brien



Night Hike



In February when the moon was bright, the St. Georges Brownies and Guides went on a night hike. It was beautiful! We hiked in the woods and even though the girls brought along flashlights, they did not use them. They star gazed and moon gazed while lying on their back in the snow. They played spot light and had hot chocolate when they arrived back home. L-R back: Kaylee Sullivan, Kaitlyn Legge, Katelyn Ryan, Mackenzie Long, April McPherson, Charlize Linthorne, L-R front, Julia Legge, Laura Goth, Anita Goth and Alexandra Zeleau.

Story and photo submitted by Lynn Alexander

Haiti Relief



The 15th Cowan Heights Brownies, a group of 11 girls in St. John's, were very distraught to hear about the earth quake in Haiti and wanted to help the children affected. We decided to put a spin on the 100 year challenge with that in mind and challenged our girls to go out and raise 100 Loonies between them. We encouraged them to work hard to solicit the money from friends, family and neighbours. We wanted them to put some effort into the challenge so they would experience the feeling of working hard to help others. The girls met and exceeded our expectations. They raised a total of \$737.83!! They are so proud of themselves, and we of them. It is amazing what 11 determined little girls can accomplish! Back Row: Emma Reid, Kathleen Burton, Jillian Flynn, Anna Taylor & Angel White. Front Row: Lillith Kelly, Emma Stagg & Emma Harvey. Missing from photo): Brooke Ingram, Cassidy O'Reilly & Roby Morrison, Tammie Harvey (Guider), Lisa Burton (Guider), Sherry Reid (parent helper), Brittany Butler (Jr leader).

Wreath and Stepping Stone

On Nov 11, the Witless Bay Guide Unit laid a wreath made with 100 poppies at the Annual Bay Bulls Remembrance Day Service. Later that month, they took a hike along the Beaches Path section of the East Coast Trail to lay a special stepping stone to commemorate 100 years of Guiding in Canada.

Photo/story by Theresa St Croix, 2nd Witless Bay Guider.



On Valentines Day weekend, Hopewell Guides and Pathfinders and Holyrood Guides attended "Heart to Heart" camp at the ConBaSu hut. At camp, the girls learned about the History of Guiding, celebrated Valentines Day and held their own Olympics.

Photo by Bernice Breen



The 2nd St Thomas Brownies spent a meeting at the Rooms museum! At another meeting these Brownies completed their pen pal badge, sending letters to another Brownie group in CBS.

Photo/story by Michelle O'Brien



The 2nd Chamberlains Brownies have been very busy! At one meeting, a Guider brought in her dog to teach the girls about pet care. At another meeting, the Guiders taught the girls about first aid. They made first aid kits and had a teddy bear clinic. The girls then fixed up Guider Christina; looks like they learned lots!

Photo/story by Cheryl Whitten



CBS Area keeps busy...

CBS Area Commissioner, Kay Penney and Deputy Tobi AuCoin visited the Chamberlains Pathfinder camp in January. Both Kay and Tobi took a turn skipping to complete their 100 in 100 challenge!

Photo by Laureen Garland



In early February, the 3rd Chamberlains Guides held their enrolment. All 18 girls were enrolled and presented with their pins/certificates by Kay Penny, CBS Area Commissioner. Kay is hoping to attend 100 events/meetings in the CBS area during this 100 year celebration and the Girl Guides hope to see her at several other events before the year ends. The Enrolment had an Olympic theme with each of the 4 patrols representing one of the 4 World Centers at the Olympics.

Photo by Lisa Coles



The 1st St Thomas Girl Guides held their Winter Camp at ConBaSu in January. The weather was beautiful so we took advantage and had an outdoor walk around the neighbourhood, outdoor scavenger hunt, played games and made snow guides. The girls organized and performed their own talent show which was awesome. We made scarves, camp gadgets and the girls 'favourite' did chores. A great weekend was spent together and both girls and leaders left with wonderful memories!

Photo/story by Glenda Hindy



The 3rd Chamberlains Sparks collected items for the Samaritan's Purse Operation Christmas Child in November, and filled four boxes full of toys, school supplies and personal hygiene items. The collection was done as part of the World Around Us keeper, in which the girls learned about life in other countries, and what they can do to help. The Sparks placed a letter in each box, and hope to hear from the children who had a Merry Christmas because of the 3rd Chamberlains Sparks.

Photo/story by Kim Penney.



GGC Provincial Website Gets a New Look!

To celebrate our **100th anniversary**, *Girl Guides of Canada-Guides du Canada's* NL Provincial website will get a whole new look in the coming months! The launch date is set to happen in April.

When re-designing the website, we didn't stop at making it look better or working more efficiently...We've expanded the content. Take a few minutes to explore the new features of the website. New features include a useful links section, a search function, a site map, and much, much more to help you navigate the website!

One big change to the website is that the "**Enter**" page will no longer exist. You'll find that navigation on the site remains similar to the old site, but some of the navigational toolbars have been removed or re-named. To help you easily navigate the website, we've added a **Sitemap**.

Presently, the **Resources** page includes a listing of informational documents, application forms, and guidelines. Some of the materials on this page have been moved to other applicable pages. The resource material has also been divided into two categories – Girl and Youth Members and Adult Members.

In the **Join Us** section you will now find useful a section posting member volunteer positions, as well as any staff position, available with Girl Guides of Newfoundland and Labrador Council.

You will now find a **Calendar of Events** under the **News** section of the website so that areas, districts, or units can announce key dates (registrations events, Area events, etc.). Any event our members would be interested in will be posted on the Calendar of Events section.

Also, a new feature on the website is an **online Information Request Form** for those who are interested in receiving information about Girl Guides and our programs or contacting any one of the departments within our organization.

Be sure to give the **Search** site a try to help you find your way around the new website. If you can't find something you need information on, please don't hesitate to contact us at Provincial Office.

SPRING MEMBERSHIP RENEWAL

This spring, we are excited about membership plans underway to better prepare you for fall registration. A new renewal process for current members is being introduced for the 2010/2011 Guiding year. By offering membership renewal to our girl members this spring, we can identify and focus our recruitment efforts for the fall.

Renewing girls this spring will also help to distribute some of the workload for Guiders when it comes to registration time in the fall.

The first province-wide spring renewal for girl members will take place in April/May!

Renewing Girl Members:

District and Area Commissioners will be informed of the new process via an e-mail. The intention is that spring renewal offers a benefit to our currently registered girl members. By registering early, returning members will reserve their spots in their current unit or the next level of Guiding, as applicable. Between paying for school supplies, new school clothes, and other extra-curricular activities in the fall, it can be financially stressful. It may be easier for families to pay for Girl Guides of Canada registration in the spring. If you collect membership money with spring registration, please send the money to Provincial Office along with the forms.

If you have any further questions, please contact Lana Roestenberg, Membership Growth Coordinator at membergrowth@ggcnf.org or (709) 726-1116.

The following outlines the process details and the timelines associated with each step.

During the last two weeks of April

A mailing will be sent to each District Commissioner with information to distribute to their Unit Guiders on how parents/guardians can renew their daughter's membership and reserve their place for the upcoming Guiding year.

The information will include Unit Rosters; personalized A5-R's or copy of A-5 form for new registrations; and a Girl/Youth Membership Re-registration tracking sheet.

During the week of May 31

Parents should return the A5-R or A-5 directly to their Unit Guider who will then send the forms to Provincial Office for processing. If money is collected, it needs to be submitted with the A-5/A5-R to Provincial Office.

As Area and District Commissioners, and Unit Guiders, you are the backbone of our organization. Thank you for your outstanding dedication and continued commitment!

GUIDING IS A GIRL'S BEST FRIEND
 "Let's Celebrate In 2010"
 Form 1



Complete and Return:

Name: _____
 Mailing Address: _____
 Phone number: _____
 E-mail address: _____
 Unit: _____ District: _____ Area: _____

Our conference is *Scent Aware*. We ask that you fill out this section if you have allergies or special need that we can assist you with. We would like to ensure that your conference is a pleasant experience for you.

Allergies: _____
 Dietary requirements: _____
 Special arrangements: _____
 T-shirt order:

T-shirt size	Quantity ordered x \$10.00 each
Small	
Medium	
Large	
X-Large	
XX-Large	
Total Cost	\$

Notes

- ❖ Health forms will be available on site (you can bring your own)
- ❖ Registration will take place from 5:00 PM – 800 PM.
- ❖ Don't forget to bring along your traders if you would like to share/trade with fellow Guiders.
- ❖ Please make cheque payable to Girl Guides of Canada.

RETURN TO:
 (Before June 1st)

Colleen Ryan
 40 Lakeview Drive
 Stephenville, NL
 A2N 3B8

If you have any questions contact:

Colleen Ryan (643-3072) colleen643@hotmail.com (Registration)
 Dianna Kung (643-5923) dan.kung@nf.sympatico.ca (Chair Person)
 Susan Oates (643-4688) foates@nf.sympatico.ca (Provincial Coordinator)

GUIDING IS A GIRL'S BEST FRIEND

"Let's Celebrate In 2010"

October 22, 23, 24, 2010

Gander, NL.

The Newfoundland and Labrador Council of Girl Guides of Canada invites you to join us for a weekend of training, friendship and celebration.

Conference fee: The fee is set at \$110. Guiders can check with their District or Area for possible assistance.

Meals: Breakfast, lunch and coffee breaks on Saturday, breakfast on Sunday and the banquet on Saturday evening are covered in your conference fee. A bag lunch will be provided on Sunday, (please request at registration). You are responsible for your own supper on Friday evening.

Transportation: Travel to and from the Conference is your own responsibility. Please check with your District or Area for possible assistance.

Applications: Completed applications must be sent to Colleen Ryan with the non-refundable \$110 fee + \$10 for t-shirt (if you would like to purchase one) by June 1st, 2010. Substitutions will be allowed for Guiders/Commissioners already registered. The number of delegates is limited, so please apply early to avoid disappointment.

Accommodations

A block of rooms has been confirmed at Hotel Gander. There are other hotels in the Gander area that you may prefer to use for your stay. Delegates are responsible for booking and paying for their own rooms. We suggest you check with your District or Area for possible financial assistance. When booking your room let the hotel know that you are registering for the Girl Guide Conference. You need to make your reservations as early as possible, and definitely before the 15th of September. The following chart provides information on the rates for the host hotel and for other hotels in Gander. Make sure you confirm your room rate when you book your room. **Remember you will need to book two nights – October 22 & 23, 2010**

HOTEL	SINGLE	DOUBLE	Other Information
Hotel Gander 1-800-563-2988	\$95.00 + tax Double bed	\$105.00 + tax 2 double beds	No limit of # of occupants
Comfort Inn 1-800-256-3535	\$95.99 +tax (Each additional person \$5.00)	\$95.99 + tax (Each additional person \$5.00)	Kitchenette & Deluxe Continental Breakfast included
Sinbad's 1-800-563-8330		\$105.00 + tax	
Country Inn Motel 1-877-956-4005		\$70.00 + tax	
Irving West Hotel 709-256-2406		\$83.00 + tax	

Guiders'/Commissioners' Conference Session Registration Form Girl Guides of Canada-Guides du Canada October 22-24, 2010

Complete and return this page.

Name: _____

Address: _____
 _____ Postal Code _____ Area _____

Email: _____

Phone Day: _____ Evening: _____

Commissioners: If you are a new Commissioner (e.g. no Commissioner training), you will need to take the Commissioner's Training.

Please note:

- All sessions at this conference are from the Training and Enrichment for Adult Members (TEAM) modules.
- Spark, Brownie, Guide, and Pathfinder Program sessions are full-day sessions.
- On Saturday, you have your choice of one 3 hour or two 1 ½ hour sessions in the morning and 2, two hour sessions in the afternoon.
- Please mark the session number as "First" or "Second" in order of preference on this sheet.
- Please note that there will be a plenary session for everyone on Sunday morning 9– 10:30

Saturday	All Day 9–5	Morning 9-12 3 hours	Morning 9-12 1 ½ hours	Afternoon 1-3	Afternoon 3-5
First					
Second					

Example:

1. Want to do the Pathfinder Program all day: Then put session number 4 in the all day time slot.
2. Want to do Conflict Management, Event Planning, Spark Sampler, and Geocaching: Put session number 12 in morning 1 ½ hour first choice and session number 13 in the Second Choice of morning 1 ½ hour session. Then afternoon sessions place session number 16 in afternoon 1-3 and session number 20 in afternoon 3-5.

SAMPLE FORM	All Day 9–5	Morning 9-12 3 hours	Morning 9-12 1 ½ hours	Afternoon 1-3	Afternoon 3-5
First	4		12	16	20
Second			13		

Return Form to: Ms. Colleen Ryan
 46 Lakeview Drive
 Kippens, NL A2N 3B8

Conference Session Form—October 22-24, 2010

All Day 9:00 am – 5:00 pm

- 1) Spark Program** Learn about the Spark- aged girl, a wide variety of program ideas, girl centered programming, how to plan and structure unit meetings, games, songs and crafts.
- 2) Brownie Program** Learn about the Brownie-aged girl, a wide variety of program ideas, girl centered programming, how to plan and structure unit meetings, games, songs and crafts.
- 3) Girl Guide Program** Learn about the Guide-aged girl, a wide variety of program ideas, girl centered programming, Guiding traditions, how to plan and structure unit meetings, games, songs and crafts
- 4) Pathfinder Program** Learn about the Pathfinder-aged girl, a wide variety of program ideas, age appropriate strategies for healthy living and social development, the 'By Girls for Girls' program and how to plan and structure unit meetings.
- 5) Camp Skills** In this hands on session you will learn how to plan a camp (menus, schedule, etc.), basic camp skills – putting up a tent, gadgets, outdoor cooking, to develop a girl focused program, and how to safely operate a camp.
- 6) Commissioners' Training** Learn the skills and gain knowledge to work effectively as Commissioners. Topics to be covered - planning, time management, records management, how to plan meetings, conflict management, team building, communication and leadership skills.

Morning 9 am – 12 pm (3 hour session)

- 7) Bias Awareness/Equity** The main goal of this training is to learn about developing a program that is inclusive and welcoming to a diverse group of girls, to examine how we plan in our units and to provide an introduction to personal bias and how it affects the unit.
- 8) Girls United: Helping Girls connect in Healthy Ways** Learn about the dynamics of girls' relationships i.e. bullying, social aggression, understand the motivation behind social aggression and its impact on girls, and age appropriate strategies for promoting healthy relationships.
- 9) Financial Management** Learn about the process to maintain financial records, spreadsheets, forms, budgeting, financial report, financial review, and financial management.
- 10) Ranger Program** Learn about the Ranger 'You Lead the Way' program, Youth Leadership approach, the role of the Guider in a Ranger Unit, youth-adult partnerships, and program challenges.

Morning 9 am – 12 pm (2 - 1 ½ hour sessions)

- 11) International Guiding** Learn about the international aspect of Guiding, the role of WAGGGS, ways to bring international activities into your unit.
- 12) Building Strong Teams** Learn about what a team is, who is on your team, how a team works, develop skills to form a team, improve the teams you lead and learn how to be a better leader of your team.
- 13) Conflict Management** Learn about the causes, symptoms and solutions of conflict and develop the skills to effectively manage conflict.
- 14) Event Planning** Learn about the process of event planning, develop planning skills, create an action plan, plan an event that could be used in Guiding.

Afternoon 1 pm – 3 pm

- 15) Girl Guide Sampler** This hands-on active session will provide you with ideas for songs, crafts and games for Girl Guides.
- 16) Spark Sampler** This hands-on active session will provide you with ideas for songs, crafts and games for Sparks.
- 17) Communicating with Girls** Learn effective communication skills and techniques that are helpful in your unit, develop age-appropriate communication skills, identify age specific characteristics related to communication, and how respectful and effective communication is relative to all age groups.
- 18) Dramatic Arts** Learn about the importance of including Dramatic Arts in the program and possible styles of Dramatic Arts – role playing, puppetry, drama games, mime, storytelling and improvisation.

Afternoon 3 pm – 5 pm

- 19) Brownie Sampler** This hands-on active session will provide you with ideas for songs, crafts and games for Brownies.
- 20) Leading Active Games** Learn about the importance of having active games in the program; develop skills to lead active games, cooperative games, the emotional, social and physical benefits and the opportunity to practice leading active games.
- 21) Geocaching** An outdoor treasure hunting game in which the participants use a Global Positioning System (GPS) receiver to hide and seek containers called 'caches'. Learn the skills of how to geocache and how it can be used in your unit.
- 22) Time Management** Learn the skills and gain knowledge to effectively manage the time you spend Guiding; setting priorities, planning, time and stress management.

Western Rangers Gather

On October 3rd and 4th, the Ranger Council of Newfoundland and Labrador had a mini-gathering in Corner Brook for Western Rangers to get informed in reducing HIV infection rates in young Canadian women. During the weekend, the 12 girls in attendance participated in some very educational activities. After getting to know each other and having some pizza, a local nurse gave the girls a presentation on HIV infections which was very well received. Donations were made raise to funds for *Spread The Net*, which was also a topic of discussion during our weekend. To encourage health and wellness, we ended the night by playing some Wii Fit and other active games on the Wii system. One of the challenges during the weekend was to learn as much as we can about HIV infections and malaria, and to educate young women in Canada so we can decrease the occurrence rates.

If you would like to learn more about HIV infections or *Spread the Net*, there are many ways to stay informed. Check out the Facebook group called *Stay Informed!*, or go to www.avert.org/canada-hiv.htm, and help us reduce HIV infection rates in young women in Canada.

Story and photo submitted by Nicole Shears



In photo, left to right, back row; Aragorne Lomond, Heather Tiller, Samantha Budden, Miranda Roxon, Nicole Shears, Kelly Young, Sarah Dominie; and front row; Miranda Benoit, Nicole Pelley, Cassandra Gallant, Alyssa Chaffey. (Missing: Rebecca Hulan)

Chinese New Year

The Stephenville Rangers decided to celebrate Valentine's Day by welcoming in the Chinese New Year which was on the same day. We ordered Chinese food and shared information about Chinese culture, then enjoyed the movie *Mulan*. Kung Hei Fat Choi everyone!

(Photo, from left, Rangers Miranda Roxon, Dianna Kung (leader), Nicole Shears, Alyssa Chaffey, Katarina Roxon (standing), and Stephanie Fradsham.)

Dianna Kung, Southwest Area



We Can Help!



The 1st Musgravetown Guides completed the 'We Can Help' St. John First Ambulance Course over 3 meetings. The course was taught by 3 qualified Guiders: Jewel Holloway, Lori Holloway and Wendy Little. The girls had an awesome time learning and it is a great course to do with them.

Wendy Little, 1st Musgravetown Guider.

Mount Pearl Girl Guides Celebrating 50 Years

50 Years ago Reverend Mark Genge was rector of the Church of Ascension where a boys' youth group was active. He wanted a group activity for girls as well. Reverend Genge set the wheels in motion and was assisted by Girl Guide Provincial Council executive members in setting up the 1st Local Association for Girl Guides in Mount Pearl. In 1959, Mrs. Mary Randell held the very first Girl Guide meeting in Mount Pearl. Nine girls in one patrol became the 1st Mount Pearl Girl Guide Company which was soon followed by the 1st Brownie Pack. The seed of Guiding in Mount Pearl had been sown, a seed that has matured and spread to hundreds of girls over the ensuing 50 years who still enjoy the fun of Guiding.

50 Years later . . .

On the evening of December 9, 2009 a "50th Celebration" event was held at Newtown Elementary School. Girls from all branches of Guiding along with their leaders enjoyed a fun-filled night. There were crafts, games and activities galore.

Twelve stations were set up with various themes that each unit visited on a rotating basis. An event planner at each station explained the activity to the unit. The fun started with a 'fill the stocking relay' at station 1 organized by the 1st Mount Pearl Sparks unit leaders. On to station 2 where the 2nd Mount Pearl Ranger unit helped the girls with a snowman craft. Tea and cupcakes with "Lady Baden-Powell" were enjoyed at station 3. Next was station 4 where the 7th Mount Pearl Sparks unit leaders held an 'unwrap the chocolate relay'. The 11th Mount Pearl Guide unit assisted with a beautiful angel craft at station 5. The 11th Mount Pearl Brownie unit leaders at station 6 were popular with their decorating of Christmas cookies. Both the 8th Mount Pearl Brownie and Guide units were busy at station 7 with 'Christmas Around the World' puzzles. Of course, any December event would not be complete without a visit from, and pictures with, Santa taken by the 18th Mount Pearl Guide unit at station 8. The 4th Mount Pearl Pathfinder unit was non-stop painting faces at station 9. Then on to station 10 where the 20th Mount Pearl Guides blind-folded, twisted and turned the girls for the 'pin the nose on Frosty' game. In the middle of the gym was station 11 where the 9th Mount Pearl Guide unit held a 'gift wrap relay' accompanied by lots of cheering. Last but not least at station 12 the 13th Mount Pearl Pathfinder unit manned the nets for their "snowball" toss.

The evening ended with Marconi District commissioner Gayle Johnson announcing the winner of the "50th Celebration" crest design contest. Congratulations Katrina Parsons of the 4th Mount Pearl Pathfinder unit on a great job!

In many different ways Guiding has changed dramatically throughout the 50 years that it has flourished in Mount Pearl. The one thing that never changes is the fact that many people have to donate their time to keep Guiding alive. Many thanks to Reverend Genge and Mary Randell for planting the seed that has grown to be what Guiding is today in Mount Pearl.



Brownies Adopt Seniors Home

The 1st Larkhall Brownies adopted the Agnes Pratt Home in December 2006. Every year our Brownies contribute to the Wreath of Kindness Program. The purpose of this wreath is to provide residents of the Agnes Pratt Home who have little or no family support with a small gift and a card. Every year our Brownie unit provides two Christmas gifts and two Easter gifts to a couple of seniors. We never know who receives our gifts as they are done by number. We also make Valentines, Christmas and Easter cards for all of the seniors at the Agnes Pratt Home and the Brownie Unit delivers them to the seniors. And sing a song to all of the residents. This year we delivered 140



Valentines. One gentleman came up to us and said that he has the Valentine that we gave him last year on his nightstand. We can't tell you how this made us feel, all we know is that the Brownies really enjoy visiting the seniors and the seniors also enjoy their visit. When we delivered our Christmas cards to the seniors this year, a lady told one of our girls, "You are the little girls that provided me with my Christmas gift this year". We were so excited to hear that she received a gift from us.

During one of our visits, we got to meet Mrs. Violet Hodder who told the girls that she was in Guiding and used to be a Guider. Mrs. Hodder loves to have her picture taken with the girls.

We really enjoy our involvement with the Agnes Pratt Home and it makes us very happy to know that we have eased the loneliness in a senior's life.

Story and photo submitted by Daphne Slade, Brown Owl, 1st Larkhall Brownies.

Exemplary Community Service



The North River Guides and Sparks collected over 100 baby blankets and presented them to the Daybreak Parent Child Centre which offers a variety of family programs in our community to help children, parents and/or families in different ways.

Doreen Snow, Coastal Area Deputy Commissioner



The 53rd Pathfinders partnered with The Salvation Army for a community food drive. Winter is a very demanding time for food banks with usage being at peak for the year. The girls and their leaders collected over 250 items for The Salvation Army food bank. Major Donette Green of The Salvation Army accepted the donations.

Lin Greenham, District IX, St John's

Thinking Day Tribute to Olympics



On February 23, District IX celebrated Thinking Day with a tribute to The Olympics. There was a flag ceremony, lighting of the Olympic flame, games for all, and medals were awarded. *Story and pictures by Lin Greenham*

Thinking Day Ocean Style

St George's Sparks, Brownies and Guides celebrated Thinking Day Ocean Style in reference to Lord and Lady BP who first met aboard a ship. The girls dressed in ship-board attire and sang sea songs, and Sparks made a banner.

Photo/story by Lynn Alexander



Long Pond Challenge



Long Pond District issued a challenge among its units to collect 100 items each for the CBS Food Bank during Thinking Week. Sparks set out to collect only canned foods, Brownies only boxes, Guides only bottles and Pathfinder/Rangers only bagged products. While each unit came close, Guides won the challenge and proudly displayed their 100 bottles in formation as shown above. All in all, it made a great contribution to the area food drive held as part of the Tri-area rally and proved fun for the girls as well.

Loretta O'Brien, Long Pond District Guider

World Centres

On February 18th the Lake Melville District held their Thinking Day celebrations. This event was planned and executed by the 1st Happy Valley Pathfinders and a great time was had by all. The pathfinders chose a theme of 'Discover the Four World Centers'. They had a large world map available for everyone to see where the world centers are in relation to Labrador. The pathfinders explained a bit about the food, geography and culture of each area and they had activities and crafts to represent each area. For Sangham, India the girls made rangoli and bindi. For Our Chalet, Switzerland, the girls played a game of 'Pin the Skier on the Alps'. For Our Cabana, Mexico the girls got to break pinatas filled with treats. For Pax Lodge, England the girls got to make royal crowns. Snacks were provided by the newly formed Big Land Trefoil Guild. We had sandwiches from England, Swiss chocolate fondue from Switzerland, pita, hummus with veggies and curry dip from India and nachos from Mexico. Many thanks to the 1st Happy Valley Pathfinders and their leaders for putting off such a successful event.

Kelly Norman, District Commissioner, Lake Melville District, Labrador Area



Annual Tri Area Thinking Day Rally



Thinking Day crafts, games and songs were the order of the day at the annual Tri-Area Thinking Day Rally hosted by CBS area this year. Lots of Thinking Day pennies, dimes, quarters and loonies were collected for the CWFF. Refreshments and 100th anniversary birthday cupcakes were served, of course. *Photo/story: Edith C.*



Newfoundland and Labrador generosity in action

All ages taking part in the Community Caring Challenge

2nd Stephenville Pathfinders with their 100 rolls of pennies donated to the Janeway: (back) Sarah, Julia, Lauren, Savannah, (front) Mikayla, Madison, (missing: Abigail).

Photo and story: Darlene Greenham and Pam Bennett.



The 1st Musgravetown Girl Guides brought in their 100 items for the food bank.

Photo/story from Wendy Little.



86th Cowan Heights Brownies collected and donated \$181 to the Haiti Relief Effort via the Canadian Red Cross as part of the Provincial 100 Service Challenge.

Photo/story: Michele Clarke.



Grand Falls-Windsor's 1st Brownies and 2nd Sparks recently presented a donation to the President of the SPCA.

Photo/story: Margaret Moore.



The Portugal Cove-St. Phillip's 1st Beachy Cove Sparks collected over 100 items of food for our local food bank.

Photo/story: Jeanette Wells.



The 5th Grand Falls Guides held a food drive and collected a total of 250 items. They then visited the local food bank to donate the items, help stock the shelves and learn about the operation of the food bank.

Photo/story: Melanie Mackenzie.



In February, girls and leaders in Baltimore District joined parishioners at Immaculate Conception Church in Calvert to celebrate Thinking Day. As this year's Thinking Day theme is "together we can end extreme poverty and hunger" District members and parishioners were asked to donate non-perishable food items. All food items collected were donated to The Gathering Place, a service centre in St. John's that provides meals to approximately 100 men and women each day.

11th Mount Pearl Sparks bridged with the 1st Mount Pearl Rangers. Together, they collected 100 pairs of mitts, sewed each pair together and donated them to a local homeless shelters. The activity was great as the older girls taught the younger ones and the younger ones love and admire the older ones. It was a win/win situation. *Story from Rose Clarke.*

Celebrating at Casa Loma:

What a thrill to celebrate the commencement of my 30th year in Guiding at the 100th Birthday celebrations at Casa Loma in Toronto on January 16th!

Located in Toronto, Casa Loma is a famous castle which has towers, elegant furniture, secret passageways, flowing staircases and stables. Most importantly, it is a very special place for Guiding. Lady Mary Pellatt (née Dodgson), the woman who lived there was a special person. She was the first Chief Commissioner of Girl Guides of Canada. According to the GGC website, she was born in 1858 in Toronto, Canada. In June 1882, she married Henry Mill Pellatt. She was created Chief Commissioner of the Dominion of Canada Girl Guides in July 1912. As early as 1913, she invited Guides to view her palatial home, Casa Loma. Guides became frequent visitors to the house and its grounds. Pellatt also planned trips for the Guides to her country home, Lake Marie Farm, in King, Ontario. She resigned her position in 1921 due to ill health. In 1922, Pellatt was presented with the Silver Fish. She died suddenly of heart failure in July 1924. The Girl Guides formed a Guard of Honour for her funeral at St. James' Cathedral in Toronto. She was buried in her Girl Guide uniform in King, Ontario. There is a permanent Girl Guide display at Casa-Loma.

The castle, home to a very important Guiding pioneer, the first Commissioner of Canada, was a terrific venue in which to meet for this centenary birthday! Thousands of Guides and Guiders gathered at the castle to celebrate in true Guiding style: crafts, displays, flags, music, games and, of course, cupcakes!

The castle is magnificent throughout but my favourite spot is a special room which showcases Lady Pellatt's connection to Guiding. It houses her beautiful white and blue coloured Commissioner uniforms, a "Rosebud" uniform (earliest form of Brownies) and her Silver Fish Award. In an adjacent case is a display of the 100th anniversary and the current types of service projects members of the Guiding movement. While I was enjoying this display, three very familiar individuals joined me, a Brownie, a Pathfinder and a Guide. Although I did not know them personally, I did recognize their uniforms, they were the ones worn by my generation, complete with a semaphore card in the Guide pocket!! These young women were thrilled to proudly model these "older" uniforms. Admittedly, I was equally thrilled to have a short trip back in time to my own Guiding days! The Birthday party was indeed complete when I reconnected with a former international Guiding camping buddy who is now our Chief Commissioner for Canada, Chris Burton. Along with members of the Pickering Guides, she willingly allowed a photo op while she, like Chief Commissioner Lady Pellatt many years ago, graciously welcomed guests and shared the Guiding spirit! (See my photos on the next page...)

Guiding has been and continues to be an integral part of the lives of many girls and women in Canada and worldwide. In 2010, I look forward to transferring my semaphore skills into texting skills (a workshop at the party) and move forward to do my part to continue to make Guiding a relevant and exciting organization for girls and women in Canada.

Donna Hardy Cox,
Provincial Diversity Coordinator

100 Years of Changing Lives



Photos clockwise from top left: Casa Loma castle; Chief Commissioner Chris Burton with 3 Guides; Pathfinder, Guide and Brownie in 1970-80s uniforms; looking down of a gathering of girls and leaders at Casa Loma; centennial display; Donna in front of Lady Pellat display. In centre: commemorative stamp.

Sparks Valentines

Goulds Sparks are off to a good start in celebrating our 100th Anniversary! 26 bubbly little girls worked really hard on the 100th anniversary Caring Challenge. The Sparks collected 100 bags of candy, 100 names of seniors in our community and they also made 100 valentine cards.

On Valentine's Day the Sparks, together with their parents went around our community delivering special Valentine packages each containing a bag of candy and a homemade valentine. That day the Sparks put a smile on the faces of 100 or more seniors! One of our delightful recipients was our very own Provincial Commissioner Judy Shanahan. Even though she is not yet a senior, Judy was very excited to receive her treat!

Cindy Stone, Spark Guider



Going to the dogs...



We asked the girls to bring in a can or bag of cat food for the local S.P.C.A. at our District Thinking Day event. Our challenge was to 'donate 100 items to a charity', but we outdid ourselves, donating 210 cans/bags of cat food, plus a few bags of treats!

Laurie Pittman, Guider, District 16, St John's Area



Guiders from area councils and Trefoil Guilds across the province also rose to the challenge. Above and below are two great examples. Bravo ladies!



Avalon Area News



1st Ferryland Sparks dress up and have a Tea Party!!!!
What little 5 or 6 year old doesn't like to dress up... what a hit!!
Photo/story from Cindy Stone

Fermeuse-Renews District Guide camp took place in August at the Lion's Den in Manuels. The theme was "Camp Hollywood". The girls had a great time dressing up in their cocktail dresses for a cocktail party. Celebrity look alike night was a great hit. We had an awards night the last evening when every girl got an award for something. We also had a great time doing crafts, hiking, and swimming.

The same group had Ms. Virginia Trieloff, an artist from Barbados come to a meeting and talk about when she was a Brownie and about her paintings. The girls really enjoyed what she had to say and loved her paintings.

Story by Amelda Boland, Guider

The 1st Witless Bay Brownies had big plans to enter the Christmas parade as Jingle Bell Rock Stars. Arrangements had been made to decorate a float as a Christmas themed concert stage. The Brownies would be performing the song Jingle Bell Rock on the stage throughout the parade, and they were very excited as some of the girls have never been in the parade before. It was disappointing to find out only two days before the parade that the float was no longer available for the Brownies to use. However, the girls didn't let the bad news ruin their plans, and they decided to walk in the parade instead! Dressed in their finest Jingle Bell Rock Star attire, the Brownies proudly walked the parade route, singing and playing their instruments the entire way. Ask any of the Brownies if they got tired during their long walk, and with a big smile they will tell you that "ROCK STARS DON'T GET TIRED!" It's a good thing that these rock stars didn't get tired, because their hard work paid off and they were awarded second place in the parade for their unique take on the Christmas carol Jingle Bell Rock.

Photos/story from Cindy Stone





Girl Guides
of Canada
Guides
du Canada



Great friends
Greater experiences
Greatest memories

20 Years Dedicated Service

Congratulations to Joan Osmond
who has been with us 20 years.
Thanks Joan!



Provincial Office: Building 566, St. John's Place • St. John's
Newfoundland and Labrador • A1A 1S3 • Telephone: 709-726-1116 • Fax: 709-726-4045
Toll Free: 1-800-565-8111 • Email: provoffice@ggcnf.org • Website: www.girlguides.ca