

Girl Guides  
of Canada  
Guides  
du Canada

# The

# Signal

Spring 2013

Newfoundland and Labrador Council

*Girl Greatness Starts Here*

## *Deal or No Deal Guiding style at the Downhome Expo*



# Editor's Note

I am so excited for our very first electronic edition of The Signal. With the new format those receiving electronic version will get to view it all in color for the first time. Also we hope to be able to bring The Signal to you more often so we are changing our three issues a year to six. Please see page 4 for Submission Guidelines and deadlines.

It seems like Guiding all over our province has been really busy as we have a very full issue with some great stories and ideas for you. I want to thank everyone for their great submissions and encourage all of our members to keep submitting their great stories, ideas and pictures.

As we are getting close to the end of our Guiding year please remember to share your year end stories and camp ideas for the next issue.

**Stacey Adey, Editor**

## COMING THIS FALL GUIDERS CONFERENCES

- Two locations
- Two dates
- Two opportunities to join in the fun

More information will be available in the near future.

## Correction

On Page 16 of our last issue there was an Article about the Kelligrews Spark, Brownies and Guides. That title should have read Kelligrews and Foxtrap Sparks, Brownies and Guides. Sorry for the mistake.

## The Signal

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

**Next Deadline**  
July 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***

Spring is in the air and with increasingly nice weather comes the excitement of camping. This summer we are offering two Provincial camps, one at Camp McCarthy in Carbonear and another at Camp Hancock in Gambo. Hurry, get your application in so you don't miss out on the fun activities and many camping skills being offered.



Everyone should, by now, have received the first issue of our monthly E-blast. This will continue to be a great information tool for Guiders. The *Signal* will also be sent out electronically, every two months, however hard copies are still available upon request. Please, take the time to read through the valuable information, success stories and opportunities for girls and Guiders alike.

Our 2013 Cookie Week is now behind us. It was fabulous to see the great support our business community offered in allowing members to avail of spaces to sell cookies, giving us another opportunity to make ourselves visible in these communities.

As Areas plan for their Annual General Meetings and Districts put the final touches on plans for the Parent and Daughter Banquets, please take time to say thanks to Guiders and parent helpers. Encourage our parent helpers to become a member of the largest organization for girls and women as each of us has something special to offer.

Over the past several weeks, a thank you was sent to every Guider in the Province as a token of appreciation for all you do for Guiding. As you display this screen cleaner on your cell phone, you continue to promote Guiding. Once again, a huge thank you. Girl Greatness does start here and it's because of you!!

***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



# 709 Derby Girls



On Wednesday March 20th 2013, members of the 709 Derby Girls visited the 15th Brownies and 37th Guides at Cowan Heights Elementary. The Derby Girls explained Roller Derby to girl members, demonstrated some awesome

tricks and techniques, taught the importance of learning how to fall correctly and even had them try it out for themselves, in their sneakers, not skates! Our Girls became official junior 709 Derby Girls in training and got all of the Derby Girls' autographs!

They loved hearing about how Roller Derby, just like Girl Guides, is all about empowering women along with being inclusive for women of all ages, sizes, and athletic ability! It was a great event and a lot of fun was had by all! Surely a meeting they will be talking about for a long time :)

***Photos and Story by Holly Baker, Guider***



# MUN Botanical Garden

The MUN Botanical Garden is very pleased to offer some free on-line resources for Girl Guides across the province of Newfoundland and Labrador. They have also scheduled a series of educator workshops suitable for Guide leaders, Rangers and parents in the northeast Avalon region this fall. Please see below for more information.

## **1. *Nurturing Nature in Programs and Play Educator Workshop Series:***

This workshop series is suitable for youth groups and recreation leaders, environmental educators, parents, teachers, and anyone who would like to incorporate nature and gardening into their programs and play. Each program will include activities, songs, games, stories, a package of resources and of course, a nature hike. All programs will include indoor and outdoor activities and will proceed rain or shine. Programs will include: Three Cheers For Composting, Winter Woods Walk, Get Growing Without A Greenhouse, Trees are Terrific, Halloween Howl and more. Pre-registration is required for all programs. Special discounts for students and members of AECENL. Please follow the link to the Garden's website for more information and a copy of the registration form: [http://www.mun.ca/botgarden/group\\_prog/NurtureNature.php](http://www.mun.ca/botgarden/group_prog/NurtureNature.php)

**2. *From Garden to Classroom Activity & Resource Guide*** was created through NSREC PromoScience funding. Many of the activities and resources have been a mainstay of the Botanical Garden's education program and are simple, inexpensive, and can use materials recycled from home, work or school. While using these activities with your group may not make a budding botanist out of every student, it will certainly be a good first step in creating a generation of conservationists. Programs include everything from nature hikes, arts and crafts and more. *From Garden to Classroom* is available on-line as a PDF on the Botanical Garden's website: <http://www.mun.ca/botgarden/news.php?readhighlight=181>

**3. *Breaking Ground – Biodiversity in the Schoolyard: A Resource Manual for Newfoundland and Labrador Educators*** was produced by MUN Botanical Garden to assist educators 'enhance' school, church and community gardens to allow wildlife to move back into the area, thus making it possible to move the learning and fun to the 'outside' environment. This resource guide provides a variety of techniques and projects that may be employed to help enhance gardens and playgrounds for wildlife and was developed thanks to the financial support of Environment Canada, EcoAction Community Funding Program and feedback from Newfoundland and Labrador educators and parents. *Breaking Ground* is available on-line: <http://www.mun.ca/botgarden/news.php?readhighlight=167>

For more information please contact Anne Madden Education Coordinator MUN Botanical Garden at 709-864-8590 or by email at [bgprograms@mun.ca](mailto:bgprograms@mun.ca).

Visit them on Facebook: MUN Botanical Garden Inc. <https://www.facebook.com/pages/MUN-Botanical-Garden-Inc/280608787849?ref=hl>

# ***Railway Coastal Museum***

The Railway Coastal Museum has programs that provide an exciting and informative experience for children and adults while learning about the history of the railway and coastal boat service in Newfoundland. The programs runs for one hour and we not only give a tour of the museum, but also fun activities for children to discover history in a fun interactive way.

The program varies based on age level so that we can provide the best experience for all people who come through our doors. Some of these activities include a scavenger hunt (age 12-14), a puppet show (age 5-6), and a timeline activity (age 7-8).

For only \$4 per child, these tours provide an experience that can be the basis for further learning. To book a tour or to learn more about our program please feel free to contact Katherine MacDonald Program Developer or the museum at [709-724-5942](tel:709-724-5942) or by email at [kmacdonald@railwaycoastalmuseum.ca](mailto:kmacdonald@railwaycoastalmuseum.ca).

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## **Sparks Helping Local Animal Shelter**



In March, the First and Second Labrador West Sparks units combined for a great cause. First they learned about what an animal shelter does and then met a representative of the local Faiths Haven Animal Shelter. They then made cat toys out of donated socks, cotton and catnip for local cats that are at waiting for their “forever” homes. Thank you girls!

***Photo and Story by Chantil Strangemore, Guider***





# MHA Visits Girl Guides

On February 27, 2013, the 2nd Chamberlains Girl Guides welcomed a special guest to their meeting.

The Honourable Terry French, MHA for the District of Conception Bay South and Minister of Tourism, Culture, & Recreation visited to discuss his years of community involvement and why he entered politics. He gave the girls some insight into the tough decisions he has to make, and why he has dedicated his career to making a difference in his community and province.

The visit was part of the girls' work towards their Beyond You program. The girls brainstormed and came up with some very important questions to ask their MHA, such as: Why did you enter politics? What's the hardest part of your job? If you weren't a politician what would you like to be? and What's your favorite pizza topping?!!

The 2nd Chamberlains Girl Guides are continuing with their community-minded work, and hope to achieve their *You in Guiding* "Supporting Your Community" community service badge with a very special event this Spring that we'll tell you all about in a future issue of The Signal.

**Story and photo by  
Kim Penney Guider**



## Blomidon District Celebrates Thinking Day



Sparks, Brownies, Guides and Pathfinders of Blomidon District in Long Range Trails Area gathered to celebrate Thinking Day on February 26th. The girls shared songs and skits focusing on the story of Lord and Lady Baden-Powell. Pictured here are Brooklyn Stride (6th Corner Brook Sparks), Brooklyn Decker (21st Corner Brook Brownies), Olivia Elliott (1st Corner Brook Girl Guides) and Melanie Wells (1st Corner Brook Pathfinders).

**Story and Photo submitted by  
Donna Eldridge, Guider**

# HERITAGE TREFOIL GUILD

Members of the Heritage Trefoil Guild have been busy these past months. They held a Thinking Day Ceremony with the theme "Together we can save children's lives" and "Every mother's health and life is precious". In keeping with this theme each member did a reading and pinned it to a doll representing the babies of different countries, along with table favors, explaining what our World Friendship monies were used for in these countries. Members attended the Scouters breakfast, district dinner for Guide-Scout Week, participated in "Operation Earth Action." by doing the "Map a Meal". The first meal travelled 2431 km (local) and the second meal travelled 15,100 km, for a difference of 12,669 km. The meals consisted of chicken and vegetables as well as two desserts. They really shrunk our meals! Part two of this challenge was "To be an energy detective". Members were really challenged on this one as we learned how to save energy in their homes and deliver information to family, friends and neighbors. A copy of our challenges have been sent to National.

## Creative Craft Badge



This is Andrea Coombs, 1st year guide, from the Labrador West Guide Unit is seen here holding a model of a Canadian Coast Guard boat that she made with the help of her dad Scott. This project was for her (creative craft badge) and she named it the CMV Girl Guides.

***Story and Photo submitted by Deanna Hewitt, Area Commissioner,***





## Guides Learn about Chinese Culture



Sarah Howell is a third year Guide in Chamberlains District. As a part of the program work, the girls have to learn about another culture. Sarah is from China and agreed to share her Chinese culture with the group. Sarah, having traveled to China, had many great pictures and souvenirs of her trip. She wore a beautiful traditional Chinese outfit and also made Chinese dumplings to share with her unit. She also taught the group how to write Chinese characters and symbols. The girls really enjoyed Sarah's presentation.

**Story and photo submitted by Connie Korchoski, Guider 3rd Chamberlains Guides**

## Canada Cord Ceremony

Patti Ricketts received her Canada Cord on January 29, 2013. Gerald MacDonald, the mayor, was invited to the ceremony. He was very proud and honoured to be able to share this special day with Pattie.

**Story and photos submitted by Donna Warren, Girl Guide leader & Commissioner Burgeo District.**



## Sparks learn About World Thinking Day

For World Thinking Day the 10th Sparks at Mary Queen of Peace School brought their baby dolls or favourite stuffed animal and learned what all children around the world need to stay healthy, happy and safe. They also learned about why Thinking Day exists and sang Happy Birthday to Lady Baden-Powell.

**Story and photo Submitted by Shelley Pardy, Guider**





## Thinking Day Weekend With District 19

District 19 celebrated a very special Thinking Day weekend recently which started with a Friday night Guider social at Clay Café. This turned out to be a fantastic opportunity for the leaders to have a chance to get to know each other better outside of our meetings and to try a new skill! We learned we have a lot of artistic talent in our District!



On Saturday night the Guide unit held their winter sleepover at Rainbow Hut where their theme was this year's National Service Project, Operation Earth Challenge. The girls signed pledges to use water bottles and decorated their own to take home using metallic markers and fabric. They also created their own reusable bags using their favorite old t-shirt. We had lots of great designs!



The weekend ended on a very high note with our very own Thinking Day Rally! Sparks, Brownies and Guides arrived early afternoon to complete the Twinning Challenge at the local rec centre. There the girls receive passports as they entered and received stamps as they moved from station to station. Stations included making the Curacao Flag, tasting foods inspired by the Caribbean, making beaded ankle bracelets, and finally learning a Caribbean dance! The girls (and leaders) had a wonderful time learning new things about Curacao! The afternoon ended with a campfire where the girls learned new songs and sang their favorites. A fun weekend was had by all!



**Story by Sharon Hall, District Commissioner/Guide Leader**

## Camp Blankets

L.O.L. Trefoil members (Cindy Stone, JoAnne Taylor, Kim Mercer and Karen Dinn) helping the Goulds Guiding Group make Camp Blankets for their next camp.

**Story and Photo Submitted by JoAnne Taylor, Guider**



## (LET'S CAMP S'MORE) SKILLS CAMP Provincial Guide & Pathfinder Camp

This summer The Provincial Camping Dept. will be holding 2 Provincial camps for Guides & Pathfinders. One on the East coast at Camp McCarthy in Carbonear from June 21-25, 2013 and the Second in Trefoil Central Area at Camp Hancock in Gambo from July 12-16, 2013. The cost of the camps will be \$110 plus HST for a total of \$124.30. Both camps will be the same so the girls can pick the date that works the best for them it doesn't have to be in their area.

This Camp will allow girls the opportunity to develop self-esteem and confidence while building camping and leadership skills along with enjoying the outdoors with both new and old friends. The Camp objective is to introduce basic camp skills to those who are new to outdoor camping and more advanced skills to the more experienced camper. Of course there will be lots of fun and adventure. With games, crafts and, with any luck, nice warm weather for some water activities. Hopefully by teaching these camping skills it will give girls the skills required to apply for the National Camp in 2016

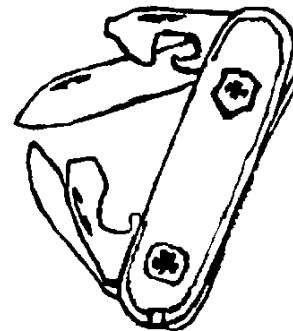
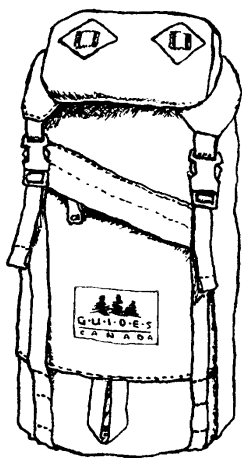
The camp application will be posted in the Signal and on the Provincial camping web site. Please send application and payment into the Girl Guide Provincial office 63 Roosevelt Ave. St. John's A1A 0E8.

If anyone has any questions please send an e-mail to Nancy Stanley @ [nancy-istanley@hotmail.com](mailto:nancy-istanley@hotmail.com)

We are also looking for site Guiders, First Aiders, Program helpers, Quartermasters to attend these camps. However if you are a Guider interested in going to camp for only a day or two we could use your help as well. Please send me an e-mail.

Looking forward to receiving a lot of applications. See you all at CAMP!!!!!!

***Nancy Stanley, Girl Guides of Canada, Provincial Camping Adviser***



# (LET'S CAMP S'MORE) SKILLS CAMP

*Please send Application and Payment to Girl Guide Headquarters at 63 Roosevelt Ave St. John's A1A 0E8*

## Girl Application Form

NAME: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Unit: \_\_\_\_\_ District: \_\_\_\_\_ Area: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

This year we will be having 2 Camps: Camp Cost \$110.00 plus GST Total \$124.30

One on the East Coast June 21-23/13 at Camp McCarthy in Carbonear

2<sup>nd</sup> In Trefoil Central July 12-16/13 at Camp Hancock in Gambo

Please write below the camp that you are applying

for: \_\_\_\_\_

### **--CAMPING EXPERIENCE**

List all camps (if any) you have attended in the last 2 years.

Name of Camp	Location	Building or Tent	# of Nights	Month/ Year

In your own handwriting, tell why you would like to attend this Camp.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

List Any Food Allergies: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

List 2 of your favourite camp foods: 1. \_\_\_\_\_ 2. \_\_\_\_\_

List 2 of your least favourite camp foods: 1. \_\_\_\_\_ 2. \_\_\_\_\_

Signature of Unit Guider: \_\_\_\_\_ Date: \_\_\_\_\_

I accept full responsibility for all expenses (camp fee, travel expense, etc) incurred by my daughter/ward \_\_\_\_\_ for this camp.

Signature of Parent/  
Guardian: \_\_\_\_\_ Date: \_\_\_\_\_



## (Let's Camp S'More) Skills Camp 2013 Staff Application

Provincial Guide & Pathfinder Camp

Camp Dates: June 21-25/13 at Camp McCarthy in Carbonear  
July 12-16/13 at Camp Hancock in Gambo

**Please send application into the Girl Guide Provincial office 63 Roosevelt Ave St. John's A1A 0E8**

Guiders MAY APPLY FOR THE ENTIRE DURATION or part of the time for either camp

Name:		iMIS#:
Address:		City/Town:
Province:	Postal Code:	Telephone: (     )
Area:		email:
Position in Guiding:		
Waterfront Qualifications (Y/N)	Type	Expiry date:
First Aid Qualifications (Y/N)	Level	Expiry date:
If you wish to fill in for just part of the camp fill in available dates and times.		

I WOULD BE INTERESTED IN THE FOLLOWING STAFF POSITIONS:

**NUMBER** YOUR CHOICES IN ORDER OF PREFERENCE.

- ☐ FIRST AIDER
- ☐ FOOD SERVICES
- ☐ LIFE GUARD
- ☐ SITE GUIDER
- ☐ PROGRAM
- ☐ CRAFTS
- ☐ CAMP SKILLS eg: knots, outdoor cooking Compass

Any questions please send along an e-mail Nancy Stanley at [nancyjstanley@hotmail.com](mailto:nancyjstanley@hotmail.com)

# POP CAN CAMP CHICKEN



This past February the 34th Pathfinders from Tuckamore Area held a Winter camp in Tours Cove. The girls planned all their own activities and meals and decided that they were going to have roasted chicken for supper on Saturday. One of their Guiders introduced them to pop can Chicken and they all loved it so much that they will never cook chicken any other way again at camp. The following is a step by step process on how they did it, in case any of you would like to try it at your camps this summer. The girls did theirs in an oven but it can also be done on a BBQ or over coals. Photos are of Heather Snow and Jenna Dalton who prepared and cooked our chicken and pictures of our

chicken before and after cooking.

## **What you need:**

- Whole chicken (number of chickens depends on number of people being served. We had 8 people and 2 chickens)
- Your favorite spice rub (recipe for our Rub is included below)
- 1/2 can of pop per chicken (we used lemon lime flavored pop)

## **Directions:**

1. Preheat oven to 350° or prepare BBQ/coals
2. Make sure chickens are thawed and remove everything from the inside of chicken.
3. Rub chicken with spice rub
4. Open pop can and pour half the liquid into glass then place pop can inside of chicken as pictured.
5. Let cook for 1 hour-1.5 hours or until chicken is cooked through. (\*cooking times may vary depending on oven and method used) If cooking on BBQ try to keep chicken covered with BBQ lid or tinfoil.
6. Serve and enjoy!



## **Kansas City Dry Rub**

- 2 cups Sugar
- 1/4 cup Paprika
- 1/2 cup Coarse Salt
- 2 t Coarse Pepper
- 1 t Garlic Powder
- 2 t Chili Powder
- 1/2 t Cayenne Pepper

Combine all ingredients as shown. Add more Cayenne Pepper for more heat. Rub on your favorite meat and let stand for an hour for maximum flavor. (\*Recipe taken from bbqpitboys.com)



***Story and Photos by Stacey Adey, Guider***

## Marconi and Goulds District Celebrate Thinking Day



Marconi and Goulds District celebrated **World Thinking Day** together on February 20<sup>th</sup>. Girls learned what our Guiding sisters are doing in Malawi, Jordan, Pakistan, Venezuela and the Republic of Ireland to improve the health of mothers and babies/children in their countries. The girls all brought their dolls and learned how to protect them from diseases such as malaria (by using a mosquito net at night), diarrhoea (by giving them rehydration solution) and pneumonia (by handwashing and proper sanitation). The girls discussed why mothers and health care workers are important and their dolls were also immunized. The Pathfinders and Rangers led all of the activities with the younger girls and did a fantastic job! We also celebrated the birthdays of Lord and Lady Baden-Powell (with birthday cake of course), collected pennies for the Canadian World Friendship Fund and awarded membership pins to some of our Golden Gem Trefoil Guild members - Ruby Slade (24 years), Sandra Hoysradt (34 years) and Barbara Howlett (56 years). Congratulations ladies!!!



***Photos by Pat Adams***

## Witless Bay District Gets Fit

The leaders and girls of the Witless Bay District, Ocean's Edge Area, are very much aware of the importance of physical activity for children and recently did their part to encourage the girls to make exercise a part of their weekly routines. While completing the Get Fit Badge, the girls had the opportunity to do yoga and play relay games. And to keep their interest piqued, each unit could choose their own game to play. It was a great workout with much frolicking and antics galore!

***Photos and Story Submitted by Madonna Ryan***





# Safe Guide Tips

Planning a camp? Be sure to take a look at the step-by-step planning guide and checklist for tent camping at Safe Guide Page 59. You don't need to "re-invent the wheel" - it's all there for you! You'll find everything you need to consider before and during camp. Check it out!

**Have Fun. Be Safe.**

## GUIDING GRANNY CHALLENGE CAMP

The never ending summer of 2012 was the perfect time for Hopewell Guides and Pathfinders to complete our Guiding Granny Challenge while tenting at Bellvue Beach Campgrounds. For the six Guides, three Pathfinders, and three Guiders, the days were long and warm, and the nights were clear and perfect for sleeping underneath the stars. We planned to complete 20 challenges, but the weather was co-operative and the girls were enjoying everything so much, we completed 27 challenges. Hikes to the beach, sketching near the water, campfires, night hikes, stargazing, nature pencil rubbings, and crafts that included painted glass lanterns and our signature "Guiding Granny Knot" all contributed to a relaxing, rejuvenating summer experience that was the highlight of our Guiding year.

***Submitted by Carmel St. John Dyer, with pictures by Bernice Breen and Lisa Morgan***



# St. Patrick's Day Craft



On March 12, 2013 our Girl Guides went to the Calder Health Centre to visit 18 residents and did a St. Patrick's Day craft with them. We presented them with a basket of personal items from us. Everyone had a fun evening doing crafts & getting to know each other. Here is a picture of Girl Guide Jessica Warren and her Great-Grandmother Susie Billard who is 95, the oldest woman in Burgeo.

**Story and photos submitted by Donna Warren Girl Guide leader & Commissioner Burgeo District.**



## Thinking Day Activity



This year the Lewisporte Guiding Units chose the theme "Together we can save lives" for Thinking Week. On Feb. 19th all units came together in the Kin Center for our Thinking Week joint meeting. We had a guest, Cathy Verge, who has been to Africa a few times. She did a slide presentation about the children and the poor conditions in Africa. She gave a short talk and taught the girls a song that she had learned in

Africa. Each girl was asked to bring in an item such as crayons, coloring books, toothbrushes, toothpaste etc. Most girls brought in several items. Pictured below is Cathy with a girl from each unit around the table with all the items on it that will be going to children in Africa in May.-- The Sparks and Guide Units completed all the requirements for the Thinking Day Badge and have since been presented with them.

**Story and Photo Submitted by Sandra Whiteway, Guider**



# National Service Project Operation Earth Action

We know lots of you have done this challenge - National has sold out of the crests and had to order more - but not many of you have logged your actions.

Please do; let everyone know what you have done. It's super easy - go to the web page that features the activity you did (click on the icon at the top of the challenge's home page to get to your activity) and then click on the "report here" button on the right of the page. Whether you are reporting as an individual or a unit, you will be asked for your IMIS number and some basic information related to the activity (number of participants, and so on)



Don't know your unit IMIS number? You can find it on your IMIS roster report, it is the ID number at the end of the unit name.

**Photos:** They've received even fewer photos than reports. I'll bet that many of us have photos of our units doing this challenge but just didn't get around to sending them in.

Again, super easy to do this. From the challenge's home page, about half way down in the text, you will see the words "online "We Pledge" initiative". Click there and the next page will lead you to information on how to submit your photos, and a photo gallery.

While they do have a preferred format for the photos, I suspect they will accept what you have. AND accept them past the deadline.

Did you notice? The first photo you see on the gallery page is of 1st Marystown Sparks pledging to use their reusable water bottles. Congratulations!



*Left: Pathfinders sewing t-shirt shopping bags; Right: Guides decorating water bottles*

**A word about photo releases: Your unit roster will show whether your girls' parents have said yes or no to the photo release; always check before sending/displaying/publishing photos.**



# ***Cookies Rising and Canada Cord***

Did you know? The Cookies Rising program is a required component of the **Pathfinder Canada Cord**. Unfortunately, this is not in the current program book; however, it is on **the program record sheet** and **Canada Cord tracking sheet** found under Program Resources in the Member Zone. [https://memberzone.girlguides.ca/ProgramResources/girl\\_programs/pathfinders/SitePages/Home.aspx](https://memberzone.girlguides.ca/ProgramResources/girl_programs/pathfinders/SitePages/Home.aspx)

## **DON'T PANIC!**

If you have girls completing their Canada Cord this year or next and they have not done the Cookies Rising program, it is perfectly acceptable to complete the Cord requirements as written in the program book.

BUT if you have girls just starting the Pathfinder program, please ensure that the Cookies Rising program is a part of their program.

The Cookies Rising program is intended to be a part of the basic program at all levels; though at the Ranger level, girls do the Cookie Campaign Challenge instead.



## **Are we all on the same page?**

Although girls' programs are updated annually, the program books are not. Often the changes are minor - a change in wording, or removing a reference to a pop star no longer relevant to the girls. Occasionally, though the change can be more important; the Cookies Rising program as a requirement for the Canada Cord is a prime example.

Program books are updated when new books are needed for inventory. However, since the basic program hasn't changed, neither does the cover. The only clue that the book has changed is the copyright date. I own three Guide program books - the newer two are from 2011 and 2012. In the 2012 book, the Cookies Rising program has been moved and mentions Cookie All Stars; as well, the new uniform is shown on the uniform page. Those are the only changes I have noticed and they are not a big deal.

BUT when I dig out my 2005 version, suddenly there is a huge difference - even though the cover is the same. The 2005 book was intended for girls and contains badges only; the program was on cards which came in a carrying case.

So please don't assume that, because you and your co-Guider are carrying what seem to be identical books, you are actually working with the same information.

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This is a vexing problem and one for which we do not have an easy solution. The National Program Adviser is working with National staff to try and find a way to have such changes made visible and readily available to Guiders. Updating the program book every time a change is made is not the answer (even if National were willing to throw out its inventory and replace it every year, how many Guiders would be willing to purchase a new book every year?)

At the moment, all we can do is urge you to read the Guide Post when you receive it (most changes are included in this), and pledge to do the best we can to pass information on to you.

For your part, the most important thing to remember is that no girl should be denied an accomplishment because the most current guidelines or requirements were not available to her.

# Lady B-P Event



Originated by Denise Hennebury of Ocean's Edge Area some years ago, this is a seminar-style event for third-year Guides working on the Lady B-P Challenge.

The goals for the event were and continue to be (in Denise's words):

- to get the girls excited about Guiding again (sometimes by third year things are getting repetitive)
- to create something special for that age group that younger girls will look forward to attending
- to get the girls thinking about continuing on in Guiding
- to help the girls meet other girls they will see at camps and events later on
- oh yeah .. and to help some girls finish challenges towards their BP award.

The 2013 Lady B-P event was hosted by Ocean's Edge Area, and attended by girls from Ocean's Edge, Tuckamore, and Con-Ba-Su Areas.

Highlights of this year's event were:

- Girls did presentations on a Guiding country at each meal and break.
- Provincial International Adviser Robyn Lee completed both Twinning Challenges with the girls. The highlight was making beaded foot jewellery.
- Girls did a clean up around Headquarters. The construction taking place in the neighborhood made this a big job - girls collected a dozen full bags of garbage in a very short time.

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- Lady B-P herself came to tea! Girls dressed for the event and were served tea and scones. (Making scones was an adventure in itself - neither cook had ever made them before and they discovered that they had eaten all the eggs at breakfast, neglecting to save any for the scones! Luckily, a 'best guess' substitution of ingredients resulted in delicious scones!) Special guest was Elizabeth Reynolds who had met (the real) Lady B-P twice - once as a Brownie in 1st St. John's Brownie Pack, and once as a Guide receiving her All-Round Cord. She amused everyone with stories of rushing to complete the challenges for her All-Round Cord in time for Lady B-P's visit.
- Girls did the National Service Project (Operation Earth Action), making lip gloss, shampoo, and molded soap, and sewing reusable shopping bags from t-shirts.
- Girls completed the 2 Twinning challenges, 1 badge, 2 Lady B-P challenges and 18 program activities, ranging from science experiments, to sewing, to a fire safety audit, to money management. A very busy three days!

**2013 Lady B-P Event report submitted by Responsible Guider, Teresa St. Croix**

**Everyone** has done an activity or held an event that turned out to be a real success - share your story of a program-related success; send to [ggcnlprogram@gmail.com](mailto:ggcnlprogram@gmail.com)

# Ranger Gathering 2013

## The Age of Innocence



I will never forget the three years in which I have attended the Newfoundland Ranger Gathering. This event brought about some of the most amazing friends and experiences. I fell in love with the event and cried as I left for the last time this past year. It's thanks to this event that I have not only become a better Guider, but learned about myself, who I am, who I want to be and how I want to live my life. I honestly would not have become who I am today without the support of all those who gave support to the Ranger Gathering and gave us high school students a chance.

On April 12<sup>th</sup> -14<sup>th</sup> 39 Rangers and Pathfinders from across the province arrived at Lion Max Simms Camp for an amazing weekend. It gave Newfoundland Rangers a

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chance to meet others who love Guiding as much as they do. This year we, as a council, decided to concentrate our efforts on the Millennium Development Goals (MDG) of reducing child mortality and improving maternal health. Throughout the weekend we gave each participant a thorough background on some of the issues facing both those MDGs.

By the end of the weekend each Ranger and Pathfinder had participated in three workshops, a dance and a banquet all related to those themes, as well as enjoyed various social activities. We had learned about the importance of breast feeding, the 5<sup>th</sup> birthday and most importantly being passionate for what you believe in. Even though it was indirectly, each person came out of this gathering with a feeling that they could accomplish whatever their heart desires.

I have yet to attend another conference quite like this one. Every person left on the 14<sup>th</sup> having enjoyed themselves thoroughly and wanting to come back for another year. It allowed us girls to express ourselves during a time in which we are learning to become adults, maturing and becoming who we are meant to be. Nearly every person who left was changed by this conference either in a small or large way.

I would like to thank, on behalf of the Ranger Council of Newfoundland and Labrador and the entire Ranger Gathering, each and every member of the provincial council who made this gathering possible. We would not have been able to have such a fun and exciting weekend without their support. Also I would like to thank Nita, our provincial advisor, who kept us going when times became hard. Kay and Pam thank you for attending and being part of this event. Thank you to all the adults who made this gathering possible, both adult members at the conference and parents who allowed their children to attend. Finally, a big thank you goes out to every person who attended the gathering. It would not have been possible without each and every one of you. THANK YOU!

I will never forget this gathering and all it has done for me and all members who have attended.

***Photo and Story Submitted by Holly Fleming, Ranger***



# Highlights from Snowshoe District

Viking Trail Academy Sparks, Brownies, Guides and Pathfinders visited the local fire department, police detachment and health centre. The Girl Guides learned a lot and enjoyed their evening. Pictured below is Brownie, Carly Genge as she tries on the fire fighter gear and says " I think I want to be a fire fighter when I grow up". Also shown are the Brownies working on their Key to my community. Here they are representing different jobs in their community. The girls also did a presentation on each job and why it's an important job in our community. The girls had a lot of fun!

***Photos and Stories Submitted by Deanna Hewitt, Northern Mosaic Area.***





## Special Visitor to Girl Guides



The 2nd St. John's Guide unit had a special visitor to their meeting recently. Spock and his owners Jon and Rachelle came to tell them all about what it is like to own a large dog and some of the different programs that he is involved in. The girls learned how taking care of a large dog is different than a small one, what he likes to eat and what he does as a Therapy Dog. The girls took turns giving Spock Treats and brushing him. Spock loved all the attention and the girls had lots of fun while learning lots!

***Story and Photo by Stacey Adey, Guider***

## Fashion Show

Fermeuse –Renews units from Sharmrock District put on a fashion show complete with a runway adorned with Christmas lights for their families. Snacks and a photo op followed the fashion extravaganza. Pictured on the Left is the Pathfinders at the Fashion Show, l-r Kaitlyn Lawlor, Deanna Hayden, Shae – Lynn Boland, and Kelsey Hopkins. Pictured on the right is the Sparks at the Fashion Show. l –r Ava Brothers, Abby Kenny, Jane Coady, Isabella O'Leary, Alyssa Rogers, Alicia O'Brien, Jorgia Hawkins, Kenedi Chidley, Kendall Walsh.

***Photos and Story submitted by Madonna Ryan, Guider***





# Northwest Centennial Roundup Oregon, USA.



When I went to Oregon, it was easily one of my favourite trips. I met many friends, that I know I will keep in contact with.

Going from here to Toronto on my own, was a little intimidating, but the leaders kept an eye out to make sure I got there safe and sound. We had to wait a bit for the girls from the west coast to meet us in Vancouver. That night we met in a hotel room to get to know each other. The room wasn't quiet, 30 minutes and one delivery of pizza later, you'd swear we'd have known each other for at least months before that night rather than a few hours. We split into our two patrols for traveling to Portland, so the leaders would be used to watching the right girls. With two days in Portland, we wanted to make the most of it. We hopped on the "Big Pink Trolley Tour", which took us around to see all the different sites in Portland. We stopped at a fountain to cool off because it was about 93°F, or 38°C. Then we stopped for the famous Voodoo Doughnuts. The line was about 10 minutes long, but completely worth it. The second day, we went to the zoo. The animals were really cool, they had all sorts of bears, otters and orangutans and you could get so many different types of fudge at the gift shop. Afterwards, we decided to walk down the road to the Rose Garden, which was beautiful. Before getting ready for supper, we returned to the fountain to cool off because the temperature was still really high. The next day, we were off to camp.

After picking up the independent patrol from Vancouver we were off to the campsite. The girls from the states were very sweet. We were trading swaps before we even got our gear from the organizer. There were so many different activities planned, from soap making, book making, rafting, sailing, ham radio, to flash mobs and building a dog house. Every night they had a different camp wide presentation. They had a band, a comedy group, and a marimba group come in for us. The neighbourhood campfire was probably my favorite night though. Each of the four neighbourhoods that the camp was divided into had their own campfire in a small clearing within the grounds.

We shared our songs and brought back some new songs. A few girls even had made up one song for the camp, it was really cool. The activities were a lot of fun, and were not too much of a walk away. They were interesting and kept you engaged for the whole time, or if they finished early, you could take a slow walk to your next session. Between sessions, we were flagged down for swaps. We had black hats to wear so our



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leaders could distinguish us from the other campers. The flash mob was practiced for the birthday party, which was for all girls within the Northwest region of Oregon and South Washington. It had booths from local businesses, bits about the Girl Scouts of the United States America's history, and bouncy castles. It was a great way to end our time in Oregon.

After the closing ceremonies, our patrol and the patrol next door had a small campfire between us. We exchanged versions of songs, verses and taught each other new songs. The next morning, as we boarded the bus, I quickly taught "Say Why" to our new friends. We sang "Linger" and "Say Why" as we hugged, exchanged emails and wiped away tears. We stopped and dropped the Vancouver girls at the train station and said good bye again. Then we went to the airport hotel to wait for our flight. The next morning, after we landed in Vancouver, we had to separate. We were crying as we left the girls from the west coast at their gates. Once in Toronto, we repeated the scene in Vancouver, as we left friends to meet their parents. My leaders and the only other girl left, brought me to my gate and said good bye. After a couple more hours, I was home, and the best two weeks of my summer were over.

***Story and Photos by Caroline Pike District 5 Ranger, Tuckamore Area***

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## ***Change the World Camporee Connecticut, USA***

Rebecca Adams attended the Change the World Camporee in Connecticut in August 2012 with Guider Della Coles (article in the last Signal). Highlights of her trip included horseback riding, the outing to New York City and her home stay experience. She also learned a lot about the world, both bad and good, which makes her want to help make her country and world a better place for everyone to live in with world peace and to not have people starving. She plans to volunteer at a food bank to help people who are hungry. As a result of the trip she now has the courage/confidence to travel alone outside the country. Overall she had an amazing experience and hopes to have the pleasure of another trip soon.



***Rebecca Adams, 34<sup>th</sup> St. John's Pathfinders, Tuckamore Area***

***Photo: The Canadian delegation at the Canada Display Booth at Change the World Camporee in Connecticut, USA in August 2012.***

# Twinning Challenges

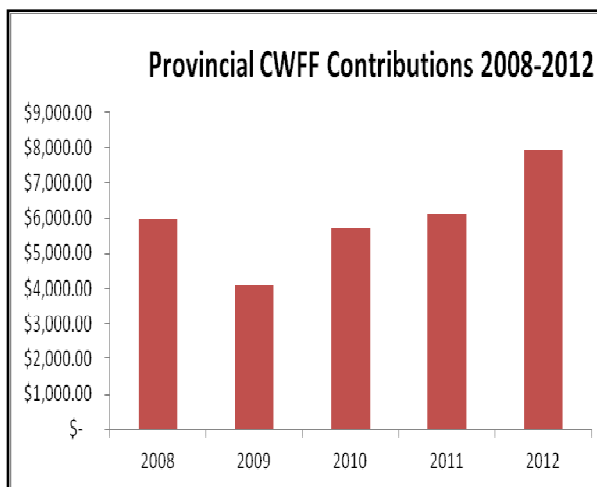
Congratulations to the 1<sup>st</sup> Hopewell Guides (Con Ba Su Area) for completing the Curaçao twinning challenge on February 7<sup>th</sup>. Junior Leader/Ranger Chantelle Curl planned the evening for the Guides. She told them all about Curaçao and helped them find the country on a map. They learned about Guiding in Curaçao and about the Promises and Mottos of each age group. They heard about the Papiamentu language and Chantelle adapted one of the unit's own popular games, "Poor Kitty", using the Papiamentu word for cat, "Pushi". She ended the evening by serving the girls Fried Bananas which she had made at home and brought for them to try. Yum!



Third year Guides also completed the twinning challenges for both Grenada and Curaçao at the Lady Baden-Powell camp, held at Headquarters in April. The girls learned about our twinning projects with the countries, sampled pumpkin pancakes and nutmeg ice cream and made their own Caribbean foot jewelry (made from pipe cleaners and pony beads). Here they are on the left showing off their handiwork!

## Canadian World Friendship Fund

Our contributions to the Canadian World Friendship Fund are increasing with 2012 being our best year yet! Thanks for all of your support and remember you can donate to the CWFF at any time of the year. Please send in ideas and pictures of CWFF activities that you are doing with your units/groups to [ggcniinternational@gmail.com](mailto:ggcniinternational@gmail.com). Let's make 2013 an even better year!!!





## Congratulations to our 2013 Travellers!!!

Bon Voyage to the following girls and Guiders who have been selected for nationally sponsored trips for Summer 2013:

### Kenya Adventure

- Chantal Newell (Patrol #1) – Long Range Trails
- Emily Collis (Patrol #2) – Tuckamore
- Susanne (Susie) Hawkins (Patrol #2) – Eastern Bays (Guider)
- Stacey Burke (Patrol #2) – Trefoil Central (alternate)

### Swiss Adventure, Our Chalet, Switzerland

- Megan Engram – Oceans Edge
- Marigold Benoit – Long Range Trails

### WS2013, West Sussex, England

- Tori Lawless – Northern Mosaic

### Arctic Adventure, Churchill, Manitoba

- Abigail Newman – Oceans Edge

### Newfoundland Adventure

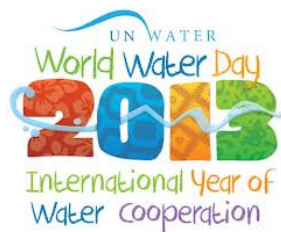
- Carissa Haines – Con Ba Su

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# International Year of Water Cooperation—2013



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



Looking for more WAGGGS challenges? The Climate Change and Biodiversity challenge curriculum can be downloaded from the WAGGGS website and badges ordered through the WAGGGS online store too!



## Girl Empowerment & Assisting Others

Last year as part of our Girl Empowerment Guiding theme District 19 endeavored to learn about and perform an action demonstrating Girl Empowerment. The District as a whole chose to support Naomi House as part of this action by providing much needed toiletries such as toothbrushes, shampoo, soap and bed sheets. While the premise sounds simple the support they received through these everyday items was greatly received. They were genuinely overwhelmed by our support and the leaders who delivered the items were so touched by how we had helped these young women that we decided to do this again this year to show our support to these young women as they get back on their feet again.

For those who are unaware, Naomi Centre is located in St. John's and is an emergency shelter and short term residence for young women between the ages of 16 -30 who are in need of safe, supportive and temporary housing. Young women who are residents at Naomi Centre receive support that encourages making informed choices and decisions, potentially leading to greater stability in regards to personal relationships, finances, emotional well being and housing so they can return to family or community. Staff assist residents with educational and employment needs, life skills instruction and housing.

As a district, we would like to thank all the young girls and families for their generous donations and we hope that girls have learned the importance of assisting those in need but most importantly to empower themselves and others to make a change in the world around them

Below is a picture of the Guide unit and the two Brownie units with the donations on the table behind them. Not pictured but also contributing were 1st Beachy Cove Sparks.

***Story and Photo Submitted by Sharon Hall, Commissioner***



## Witless Bay District Girl Friends Through Time

The Witless Bay District, Ocean's Edge Area, units are fortunate to have former leaders in their district who are willing to educate the girls on Guiding in the past. Some of these leaders visited the Witless Bay units recently to assist the girls with their Program work "Girl Friends Through Time." What a golden opportunity for the girls to hear about Guiding's colorful past and to learn from the experiences of these dedicated leaders of yesteryear. The girls and leaders express their gratitude to these ladies for their continued interest in the Guiding movement.



***Photo and Story submitted by Madonna Ryan***

## Guider Get Away

Shamrock District in Ocean's Edge Area is hosting a "Guider Get Away" week end on June 14-16 at the Lavrock Center in Salmonier. The cost \$100 per person, \$110 if you want a tee shirt. The fee includes all meals, snacks, crests and crafts.

This weekend is available to Guiders in any Area of our Province. Come join us for some fun, learn new things and make new friends.

For more information and your kit list and schedule please contact Amelda Boland, Camp Advisor at: [jerry.boland@nf.sympatico.ca](mailto:jerry.boland@nf.sympatico.ca)

## Fire Safety

Ocean's Edge Area Shamrock District Ferryland Spark & Brownie unit enjoying their visit to the Ferryland Fire Station.



***Photo and Story Submitted by Anne Marie Carew, Brownie Leader***

## A NIGHT OUT IN THE SNOW



Rangers and Leaders from Shamrock District enjoy frolicking in the snow.

***Photos Submitted by Madonna Ryan***



## Cookies Selling



## 1st St. John's Rangers and 34th Pathfinders enjoying a Snowshoeing Hike



Provincial Office: 63 Roosevelt Avenue • St. John's  
 Newfoundland and Labrador • A1A 0E8 • Telephone: 709-726-1116 • Fax: 709-726-4045  
 Toll Free: 1-800-565-8111 • Email: provoffice@ggcnf.org • Website: www.girlguides.ca