

The

Signal

Winter 2010

Newfoundland and Labrador Council

Girl Greatness Starts Here



Girl Guides
of Canada
Guides
du Canada

100 Years of Guiding



Girl Guides
of Canada
Guides
du Canada

1910-2010

Girl Greatness Starts Here
Le leadership des filles commence ici

Provincial Monument

Commemorating 100 Years Of Guiding In Canada

Members of Guiding in NL will be erecting a monument
on the grounds of Government House.

A monument fund has been established for collecting donations from our
members to offset the cost of the monument.

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.

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Members, Units, Guilds, Councils etc. can forward their donations to their area or directly to the Provincial Office by April 1, 2010. Please have members sign their name on one plain white sheet of paper with their unit/guild/council name on top.

Any member requesting a tax receipt will need to send their donation directly to the Provincial Office. Some members may even want to donate \$1.00 for each year in Guiding.

The Signal

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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

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From Your Provincial Commissioner

At long last we are celebrating 100 years of Guiding in Canada! Isn't it incredible that each of us is here to commemorate such a milestone? Do you ever wonder if Lord and Lady Baden Powell had any idea of the impact their efforts would have on girls and women even 100 years later? They are truly role models that each of us can live by.

During this year of celebrations I will be visiting at least 100 units in the province and I hope to have the opportunity to say hello to you. That's one way I will be celebrating this year. I wish that each of you will take the time to share some Guiding moments with each other and some other friends too.

I know you will be receiving your Guider's appreciation gift that says thank you for what you give to Guiding. What a great idea that our Membership, Marketing and Public Affairs Department had in having a Guiding reusable bag. It's not a new idea for us to be mindful of the environment, but to promote Guiding at the same time is a bonus.

Before Christmas I sent out a letter to each of you to let you know what is happening in the province about restructuring. We plan to keep you informed of any new information through your Area Commissioners and through the website as well. To stay current and to do the best job we can, we do need to be constant in our planning and reviewing of our organization and how we do things. Together we can do it.

In just a few more weeks we will be planning our Thinking Day activities and what wonderful celebrations we can have recognizing and celebrating 100 years. Many girls and Guiders will be getting ready to attend GM2010, what fun is in store for them.

Newfoundland and Labrador will commemorate the 100 year birthday by erecting a commemorative monument which will be unveiled on the grounds of Government House late spring or early summer. The plan is to have a shaped trefoil in blue pearl granite at the top of the monument and below on black granite will be an etching of Lady Baden Powell and girls of today with a message below. To recognize each member of today, we are giving every girl and adult the opportunity to make a donation of \$2.00 or more and their name will go in a commemorative book that will be displayed at Girl Guide Headquarters. Perhaps you may want to donate a \$1.00 for each year you have been in Guiding. We also have a very generous donation to help us with the costs.

We are having our Provincial Council Meetings and the Provincial Dinner and Annual General Meeting in one of the areas outside of the St. John's region and I hope to see you there.

Have a wonderful Thinking Day!

I hope that each of you has a very special year in Guiding during 2010 and let's celebrate and have fun!

....until next time.



Provincial Commissioner



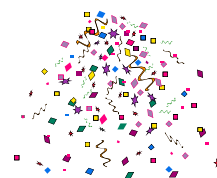
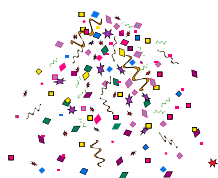
Guider's/Commissioner's Conference 2010

Guiding Is A Girl's Best Friend

LET'S CELEBRATE IN 2010

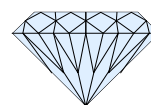
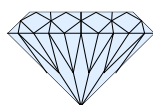
Location: Gander

Date: October 22 – 24, 2010



This Conference will be a great week-end of training, friendship, and celebration! Plan to attend!

Guiding Is Like A Diamond!
A Girl's Best Friend!



Application form will be in the next issue of the *Signal* and/or on our provincial website (www.ggcnf.org).

Your Provincial Archives

What is an Archive? According to Wikipedia, an **archive** is a collection of historical records, as well as the place they are located. Archives contain primary source documents which have accumulated over the course of an individual or organization's lifetime.

In general, archives consist of records which have been selected for permanent or long-term preservation on grounds of their enduring cultural, historical or evidentiary value. Archival records are normally unpublished and almost always unique, unlike books or magazines for which many identical copies exist. This means that archives (the places) are quite distinct from libraries and museums with regard to their functions and organization, although archival collections can often be found within library and museum buildings.

A person who works in archives is called an archivist. The study and practice of organizing, preserving, and providing access to information and materials in archives is called archival science.

Archivists tend to prefer the term "archives" (with an S) as the correct terminology to serve as both the singular and plural, since "archive," as a noun or a verb, has acquired meanings related to computer science.

Our Provincial Archives Room, located in the Girl Guides headquarters' building in St John's, is a very small space and we are therefore limited as to what we can accept from Guiding members, past and present.

For this reason, we are, unfortunately, not able to accept everybody's old Guiding memorabilia. In future *Signal* issues, we hope to publish a list of desirable items which would add to our collection without creating unnecessary duplicates.

Prior to making a donation to our archives, the best practice is to send us (Provincial Archivist, through Provincial Office) a list of the items in question so that we can assess their suitability and desirability against our current holdings, before any avoidable exertion and shipping costs are incurred.

(Submitted by Edith Cuerrier, Provincial Archives Adviser)

Editor's Note

Dear Guiding friends,

Autumn just flew by and the Holidays are already over. The winter is shaping up to be busy with anniversary happenings as well as our regular Thinking Week events and other seasonal activities, indoors and out.

Happy 100th Anniversary! 2010 marks the 100th year of Guiding in Canada and there is much to celebrate. Be sure to mark your calendar with all the upcoming events (see page 26).

May the year 2010 be filled with fun, friendship and fabulous excitement for all of us!

Yours in Guiding,

Edith Cuerrier, Signal Editor

Guider Krista, Olympic Torchbearer!



Congratulations to Guiding Member Krista Parsons-Butler who won the opportunity to run with the Olympic torch in her community. Krista is the Water Activity Adviser for Newfoundland and Labrador and is a District Guider for District 24 in St. John's Area.

When Krista Parsons-Butler was in high school in 1988, the Olympic Torch Relay came through her hometown. It was then the idea began for her, that the next time the Olympic Torch Run came to Canada she would be part of it. In 2008, Krista thought that she and her husband should enter the 2010 Olympic torch contest to carry the flame. She thought that if both she and her husband entered one of them might win. Surprise! They both won, and on the morning of November 13, they both got their turn to run with the torch. Krista ran in CBS Area approximately one hour after her husband.



Pictured above is Krista Parsons-Butler, Guider and Olympic torch bearer (centre), with our Deputy Provincial Commissioners, Ros Pratt at left and Germaine Fisher at right. (Photo submitted by Germaine Fisher.)

Editor's note: You may have seen Krista on CTV as morning show host and fellow torchbearer Seamus O'Reagan handed off the Olympic flame to her that morning in Conception Bay South.)

Congratulations to any and all Guiding members who may have had the honour of being a torch bearer in this province and across Canada!

Germaine Fisher

Deputy Provincial Commissioner

Pitcher Plant Weekend

The new Pitcher Plant Weekend was held on October 23-25, 2009 at ConBaSu hut in CBS. Though the number of participants was low, it was a worthwhile weekend. The theme was Newfoundland Traditions including traditional Newfoundland meals. The participants completed sessions related to Heritage (Rug Hooking), Social Issues (women and violence), Traditional Newfoundland dance, Self Development (Tai Chi Chih), Leadership, and Goal Setting and they gave presentations on Newfoundland women. We even had a visit from Dorothy Wyatt. Every-body had a wonderful week-end. The next Pitcher Plant weekend will take place in 2011 in the Central Area.

All Guiders are encouraged to attend trainings in their areas. If you need a particular training please let your Area Training Adviser know your request. She will then contact the Training Department to set up the training. Also, please try to attend the training you have signed up for as the trainer has to prepare for the number expected and it is difficult when people do not show up for the training.

Heather Courage
Provincial Training Adviser



Above: Group photo of (back row) Lin Greenhan, "Dorothy Wyatt", Daphne Slade, (front row) Heather Courage, and Jane Sissmore.



At left: Andrea O'Neill, and Daphne Slade work on their rug hooking projects.



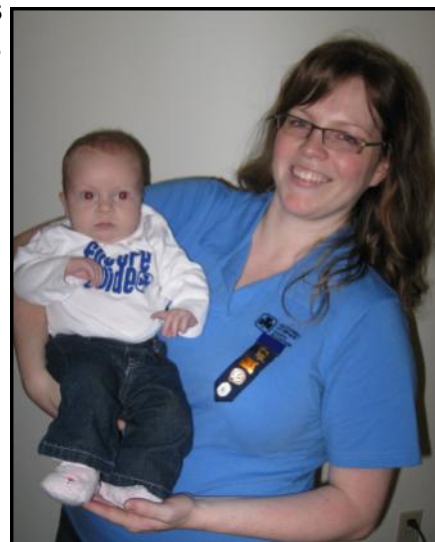
Below: In the kitchen, Sandra Murphy cooks as Heather courage peeks in.

(Photos by Lin Greenhan.)

Future Guide at Registration

At right is a picture of my daughter Grace. At last year's Mother Daughter Banquet, and while seven months pregnant, I was presented with the "Future Guide" onesie from my District Council. After Grace was born, I felt it only appropriate to dress her in it and bring her along to our Registration in September! She was a hit! I'm greatly looking forward to her starting her journey in Guiding in a few years!

Stephanie Tucker
Green Mountain District
Commissioner



Guide Groups Attend Royal Visit at Mile One



On October 23rd, Prince Charles and wife Duchess Camilla were at Mile One Centre for their official welcoming ceremony to Canada and to Newfoundland and Labrador. The event included performances, speeches and full military honours for Their

Royal Highnesses. Our Ranger group, along with many other groups of Guiding members, waited patiently at Mile One stadium for the Royal Visit. Pictured above is our view of the Prince as he greeted Newfoundland and Labrador. The group photo shows (left to right) Ashley, Sarah, Alyssa, Kimberly, Rebecca and Coralie after seeing the Prince.

Story and photos submitted by Sarah Simmons, Goulds Rangers.

Meet Megan: Guider, Student, Tutor, Role Model...

Avalon Area would like to congratulate Megan Drodge, a young 19 year old enthusiastic Guider from Mount Pearl for being chosen as one of the twenty-five Canadian youth accepted into the Order of Canada Mentorship Program. Megan travelled to Ottawa in November 2009 to meet other youth and to take part in an amazing adventure.

Some of the highlights of Megan's adventure included witnessing an Order of Canada Investiture Ceremony and a Round Table Discussion with Her Excellency the Governor General.



Megan came up through the Guiding movement and is currently a Contact Guider in her Spark group. She is also involved in the Scouting movement as a beaver leader and she serves on the National Service Team as Deputy Executive Commissioner for Youth in Eastern Canada.

Megan has a keen interest in youth leadership initiatives. She loves providing opportunities for young people as well as taking part in opportunities herself. She is involved in the Mount Pearl Youth Action Team, the Special Olympics, the Lions Club, the Mount Pearl Crime Prevention Committee in the planning and execution of an Anti-Bullying week, Mount Pearl City Days and the Frosty Festival.

Megan works at Young Drivers of Canada as well as co-owning and managing a small tutoring company in which she is one of the tutors.

She is in her second year of studies at MUN majoring in physics and chemistry with hopes of one day becoming a doctor.

In her spare time Megan loves to travel, listen to music and curl up with a good book.

Congratulations Megan! You are a perfect example of the type of individual that Guiding is lucky to have as a role model for our young girls. Avalon Area is proud of you and we wish you much success in the future!



Cindy Stone

Avalon Area MMPA Adviser

CBS Area News

The Second CBS Area Fun Day was held in September at the ConBaSu hut in Seal Cove. Kids enjoyed snacks, face painting, tattoos, crafts and a bouncy castle. A commemorative plaque was also presented at the hut in honour Hazel Fagan's lifelong dedication to Guiding. Attendance was great and lots of fun was had by all!

Chamberlains District held a drive-through Mint Cookie Blitz at several locations in CBS. (Photo at right).



Photo above: Elizabeth Laurie-Furlong, CBS Area's International Adviser was elected as a councillor in Paradise during the most recent municipal election.



Kelligrews-Foxtrap District had a district wide summer camp!

Girls enjoyed canoeing, swimming and crafts. (Photos at left.)



In September Kelligrews-Foxtrap District participated in the Great Canadian Shoreline Clean Up. 34 participants helped to clean up Foxtrap Beach, and collected 7 bags of garbage and 2 bags of recyclables. Immediately after the clean up, there were refreshments of roasted wieners for hot dogs, and marshmallows for s'mores.



(Continued on page 11)

Rotary Club Honours Gander Guider

Gander District would like to congratulate Hilda White – a long time member of Guiding with 43 years dedicated to Guiding in Gander – on receiving the Paul Harris Fellowship Award from the Rotary Club of Gander. The Paul Harris Society is named after Paul P. Harris, founder of Rotary International.

Contributions to the Rotary Foundation support their goal of advancing international understanding, goodwill, and peace. Participation in the Paul Harris Society is an especially meaningful and significant commitment. Contributions have helped provide:

- wells for clean water to a community in India
- equipment for a children's library in Ecuador
- polio vaccine for millions of children
- playground equipment, musical instruments and therapeutic toys for rehabilitating orphans and other children in the Czech Republic
- eyeglasses for needy adults in the Philippines

Contributions of \$1000.00 USD to the Rotary Foundation entitles the donor to be recognized by the Paul Harris Society with a Paul Harris Fellowship or to award that Fellowship to another. The Rotary Club of Gander has accumulated this entitlement through yearly contributions to the Fellowship. This Rotary Club, traditionally, awarded these Fellowships to Rotarians who made significant contributions to the Club, in terms of volunteerism.

The Rotary Club of Gander recognizes that friends, family, spouses, and colleagues make many valuable contributions to our lives and to that of the community so this past year, they decided, for the first time, to award the Paul Harris Fellowship to a non-Rotarian. This was meant to recognize members of the community that have provided, through years of committed volunteerism, an example of the Rotary motto of "Service Above Self". The club chose to present **Hilda White** with a Paul Harris Fellowship in recognition of her years of service to the community.

Story submitted by Sandy Moss, District Commissioner, Gander District

(Continued from page 10)



Finally, Hopewell Guides held a "Sleepless Sleepover" in June at the LOL Lodge, Upper Gullies. They played games, did crafts and completed the Science challenge. The Guides later enjoyed a pajama party with facials and manicures, campfire and snacks. Hopewell Guides also held a summer camp at Butter Pot Park. (Photos on this page.)

All photos and captions submitted by Mollie Dyer, CBS Area MMPA Adviser.



Sparks Projects

The 1st Larkhall Sparks have undertaken two projects this year. The first one was making a Thinking Day Chain which we started at the beginning of the year. This chain is passed around to as many units as possible and each girl adds a link with their name. We hope to have it back in our unit in time to bring it to the Thinking Day Rally. (top photo.)

Our second project was developed by Guiders and is called "Project Past Girl Members Give Back": this project has invited past District IV girl members who are no longer involved with Guiding to give back by doing something with the Sparks. So far Manasi Gadag talked to our Sparks on racism and read her book on the subject, a book which was published when she was in Grade 3. (Bottom photo.) Natalie Miller MacDonald, Tiffany Henderson, Krista Skanes Burt, Julia Kavanagh, and Ashlee Forward have all agreed to take part as well. It is so nice to see them come back and rekindle some of their Guiding spirit.



**Guiders,
1st Larkhall Sparks**

(Story and photos submitted by Judy Henderson)

Guiding Through the Ages - 100 Years of Guiding

Rangers Gathering

Where: Lion Max Simms Memorial Camp
When: March 26th - 28th, 2010

Who: Rangers, 3rd Year Pathfinders, Link
Cost: \$110 or \$120 with T-shirt



Please return application and fees to:
Girl Guides of Canada – Guides du Canada,
Newfoundland and Labrador Council,
566 St. John's Place,
St. John's, NL A1A 1S3
(Phone: 726-1116)



Contact Guiders: Liz Porter - 643-4650 & Heather Budden - 895-2108

APPLICATION

Name: _____

Mailing Address: _____

E-mail Address: _____

Branch of Guiding: 3rd Year Pathfinder ☐ Ranger ☐ Link ☐

Transportation: Bus (Provided): East Coast _____ or West Coast _____ Own Transportation _____

Any special dietary or allergy concerns: _____

T-shirt: Yes or No If YES, Size: **S M L XL XXL**

Are you interested in becoming a member of the Ranger Council of NL? Yes or No

Are you interested in receiving information from the Ranger Council of NL to find out more about this opportunity? Yes or No

TOTAL PAID: _____ (Check or money order made payable to Girl Guides of Canada).
Your Area, District and Unit may be able to help financially.

Deadline for Applications: February 12th, 2010.

The Values of Mentoring

The **Mentoring Program** is a proactive plan for districts and units to better retain new Guiders, ensure greater success for new Guiders in their first year and ensure a quality unit experience for girls.

Guiders who are encouraged, supported and recognized will be more likely to continue their Girl Guiding experience and will be more likely to find greater satisfaction with the organization.

We are an organization that values the gifts of all of our Members. The intention of the **Mentoring Program** is that experienced Guiders will be mentors to new and returning Guiders.

The **Mentoring Program** is designed to complement the **Orientation to Guiding** training. Mentors will work hand-in-hand with District Commissioners and are supported by the Area MMPA Advisers and Area Training Advisers.

If you are interested in being a resource person (Mentor) for a new Unit Guider, Administrator or Commissioner, then our **Mentoring Program** is for you!
(notes from the GGC BC website)

In NL, please contact Cindy stone at cindystone16@gmail.com



Mentoring Kite Pin

**A great big THANK-YOU
to all those Guiders (Mentors) who are mentoring this year's new Guiders!**

Welcome To Lana...

Just as I start my new position as Membership Growth Coordinator I have already hit the road travelling across the Province for meetings – a baptism by fire of sorts. First Gander, then Stephenville, next on to Corner Brook, then making my way back towards St. John's, last stop Bishop's Falls. Two weeks later I am on the road again to visit Marystown. It is through my travels that many memories of my years in Brownies have come to the forefront.

Looking back, I can attribute my cooking skills to Brownies. This is where I learned the basics of cooking. I know this because I earned a badge saying so. When I returned home to Newfoundland, having been away for university, I started to divest of the many things I had kept over the years at my childhood home. In amongst all the clutter, I came upon all of the things my mother kept from my days as a Brownie. The prized find was my Brownie sash – full with badges and pins.

Taking a step back from the memories, membership growth is a consideration for Girl Guides Newfoundland and Labrador Council as we seek ways to attract new members for the sake of bringing those who have never been involved in Girl Guides, and to bring those who have left Guiding back into the fold of this great organization. As a unique organization with specific girl-focused activities and programs, this is its strength – it is what sets us apart from all other membership-based organizations.

I assume this new position at a pivotal time to identify priority projects and programs for membership growth opportunities. So, I look forward to the challenge of growing membership within Girl Guides Newfoundland and Labrador Council.

Submitted by: Lana Roestenberg, Membership Growth Coordinator
membershipgrowth@ggcnf.org

Your Membership Dollars At Work!

Membership in Girl Guides of Canada Newfoundland and Labrador Council has many benefits, but perhaps the most satisfying is the knowledge that your membership fee helps fund numerous projects, programs and activities for Girl Guides all across Newfoundland and Labrador.

Those who are not able to pay the full membership fee can benefit from the Sharon Callahan Member Assistance Fund. The Sharron Callahan Member Assistance Fund guarantees that Guiding is affordable to all who wish to be Members of Girl Guides.

Visit www.ggcnf.ca for an application.

Zero Trans Fats in 2010 Classic Cookies! And other Cookie news...

We're excited to reveal a delicious new makeover for our 2010 classic cookies: the cookies are now 0 g trans fat per serving. In addition, we're also unveiling a new cookie box in honour of our 100th Anniversary.



Cookie All Stars Update

Be sure to remind girls and their families that Cookie All Stars continues for the 2010 classic campaign. Please note:

- Unit Guiders should track the actual number of cases each girl sells individually – no pre-orders. Individual prizes will be awarded based on the number of cookies girls sold during both the 2009 mint and 2010 classic campaigns.
- Keep your girls' 2009 mint sales records until you are ready to transfer them into the Cookie All Stars prizing and recognition site. Look on website for the Unit Tracking Form.
- The prizing and recognition website is being revised to make it easier for Guiders to enter their requests. As Unit information will be pulled directly from iMIS, it is very important to have all the girls entered into iMIS by January 2010.
- NEW! As an added bonus, girls participating in Unit cookie selling events will receive a group sales crest if the Unit reaches a sale of 20 cases or more for the combined 2009 chocolatey mint and 2010 classic campaigns.

Please visit the cookie section on the National Website Member Zone for more information.

Questions about where to buy cookies

Girl Guide cookies are in demand! And we want to share the word that Girl Guide cookies are available. A link on the cookies section within the GGC public web site was created titled "where to buy" that will direct consumers to their provincial website.

Where can I direct consumers who have Girl Guide cookie product quality concerns?

Should you receive any inquiries regarding product quality, please instruct the customer to call our cookie customer service helpline at 1-800-507-7564 or to send an e-mail to cookies@girlguides.ca. The telephone number is also located on the side panel under the ingredient list on all Girl Guide cookie boxes.

Youth of the Year in Bishop's Falls

Ashley Coffin has been awarded the title of Youth of the Year in Bishop's Falls. Ashley is a Grade 12 student from Leo Burke Academy and a Pathfinder leader in Bishop's Falls District. Ashley works to her full potential as a student, is involved in school life, is an active community volunteer, a junior firefighter, a wonderful athlete and a team player. Ashley's selfless volunteer hours and dedication to the youth of her community are outstanding.

Ashley has been an active member of Girl Guides of



Pictured above are (left to right) Ashley Coffin, with Pathfinders Matti Earle, Candice Bernard and Penny Boone. (Photo by Danika Hynes.)

Canada— Guides du Canada for most of her school years and, for the past 2 years, Ashley has been volunteering as a Junior Leader. Ashley helps to make Pathfinders a cool place to be. In the past 2 years, Pathfinders has grown from no unit to having 12 registered girls. These are grade 7 and 8 girls and we truly believe that Ashley's involvement, creative ideas and positive attitude have contributed to our dramatic growth in numbers and true commitment from the younger girls. As a Pathfinder Leader, Ashley helps to organize weekly meetings, fundraisers and community volunteer projects. Ashley goes beyond the essential role of Junior Leader and really looks for ways to keep the girls interested. On one occasion, with permission from her parents, she volunteered her family's cabin and helped to plan a sleepover for all Pathfinders. Another night, she prepared a sliding hill in her back yard, set up lights and invited the girls to a sliding party. You can only imagine how much this means to our Pathfinder girls.

In addition to her Guiding activities, Ashley has played on the Leo Burke Academy Volleyball team throughout all her school years. She is a team member who not only strives to be her personal best but also pushes others to succeed. Over the past year, Ashley has dedicated many hours to sharing her love of the sport with younger students. Ashley ran an after school volleyball program for students at Helen Tulk Elementary. Ashley not only committed herself to working with the Elementary students but she has since begun coaching the L.B.A. Junior Girls' Volleyball Team.

Ashley is an inspiration to our girls and is in turn helping to create a future of young leaders in our town. Ashley has displayed empathy, integrity, dedication and leadership skills which make her an excellent role model.

Diana Tatic, Bishop's Falls District Commissioner

Are you a real princess?

The 1st Glenwood Spark, Brownie and Girl Guide units celebrated their end of year with a traditional mother and daughter banquet.

Girls in this unit are from the small communities of Glenwood and Appleton, and this year we were very proud and fortunate to have Sheena Windsor, Miss Newfoundland and Labrador 2008-09 as the guest of honour. Sheena spent much of her childhood in Glenwood and Appleton and was a familiar face to many at the Banquet. When it was her time to speak, she stood up and put on her crown, at that moment you could hear a pin drop. Every little girl in the room was captivated by her speech.



She talked to the girls directly about self esteem and feeling good about yourself. She told them to be nice to others and if anyone says things to hurt them or tries to bully them, to put themselves in their own personal bubble and let the other persons mean actions or words bounce off them and not penetrate inside the bubble.

When she asked if anyone had any questions, almost every girl in the room had a question, but the cutest questions were from the Sparks. My per-

sonal favourite was, "Are you a real princess?" Sheena went on to explain that all the little girls were just like her. She pointed out that they each had their own tiara and were each a princess in their own special way.

One little girl kept looking out the window and finally put her hand up to ask "How did you get here tonight?" I think she was looking out the window expecting to see a horse drawn pumpkin carriage! When Sheena explained that she drove from her mother's house just down the road, the girls were wondering who the "queen" was. Then when Sheena went on to explain that her mother was most of the girls preschool teacher, the looks of astonishment on their faces once more was amusing. The just couldn't believe that their preschool teacher "Miss Gaye" was a queen.

We often wonder about fairy tales and the unrealistic portrayal and negative influence of princesses and queens have on society, but I can tell you that there was nothing negative about the great night these Guides had with Miss Newfoundland and Labrador. For these girls, each wearing their plastic tiaras, celebrating with their friends and moms they definitely felt good about themselves and were proud to be a Guider and a girl.

The night ended with a campfire where the girls sang their favourite songs and the moms (and Sheena) tried to keep up. It was an empowering night of celebrating self esteem and believing in yourself which was perfect end to a very fun filled year of Guiding.

Photo and story by: Jill Wheaton, Guider, 1st Glenwood Sparks, Terra Nova District.

Celebrate World Thinking Day 2010

“together we can end extreme poverty and hunger”

Try some of the activities found in the Thinking Day 2010 flyer, make a donation to the Canada World Friendship Fund; and then order the World Thinking Day 2010 badge for your unit members from <http://www.waggs-shop.org/index.php/en/1/Badges/3>

Find links to the flyer and other resources on our provincial web site: <http://www.ggcnf.org/home.html> under Departments – International, or ask your area international adviser.

The Right to Food comic book: <http://www.waggsworld.org/en/grab/909/1/RTF-english.pdf> “This is a book about the right of every human being to be free from hunger. It tells eight different stories about people in eight different countries.” The stories often incorporate other subjects ranging from the impact of war on food resources and the need for clean water to AIDS and eating disorders.

Please note that some pages (beginning and end of each story, usually) don’t photocopy well in greyscale, though printing directly from the computer does work.

A Fiver for Friendship: We all know a penny doesn’t go very far these days and that is equally true of our donations to the Canadian World Friendship Fund (CWFF) aka Thinking Day pennies. All donations, big and small, are gratefully accepted, but we encourage Guiders and units to introduce the concept of a “Fiver for Friendship” and strive for an average of \$5 per member as their donation in 2010. The CWFF supports worthwhile programs including our Guiding sisters in other countries through Mutual Aid projects, the World Centres and international service projects.

WAGGS Challenges:

2010 Thinking Day Challenge: <http://www.worldthinkingday.org/en/grab/3642/1/activitiesWTD2010.pdf>

Additional activities to use if you are doing the Canadian Thinking Day challenge.

WAGGS AIDS Challenge: https://memberzone.girlguides.ca/WAGGS%20AIDS%20Badge/waggs_aids_badge.aspx The Canadian version of the WAGGS AIDS Challenge, adapted to be age- and culturally-appropriate for Canadian members.

Global Action Theme (GAT) Challenge: <http://www.waggsworld.org/en/grab/3450/1/GATcurriculumENG.pdf>

Based on the United Nations Millennium Development Goals, WAGGS’ Global Action Themes are being used as themes for Thinking Days, World Centre activities and international seminar topics. There are easy, fun activities suitable for all ages which tie in well with our programs. Even if you are not interested in doing the challenge, you may find this a useful resource for meeting ideas.

Badges for all three challenges are available from <http://www.waggs-shop.org/index.php/en/1/Badges/3>



Trekking Europe 2009

In June 2009, eight Rangers and three Guiders from District 24 in St. John's Area travelled to England, Switzerland and France.

The warm and friendly welcome at Pax Lodge was the perfect start to our adventure. In just two days we explored all that London has to offer. It was then off to Our Chalet where the peaceful lush Alps of Adelboden, Switzerland, were certainly a contrast to the busy streets and underground of London.

The program at Our Chalet was out of this world! Each day brought with it new and exciting challenges. One of the most memorable moments was an overnight hike to the summit of Bunderspitz to watch the sunrise. Other highlights included rock climbing, rappelling, white water rafting, swimming in a glacial lake and of course the world's finest chocolate! The sisterhood of Guiding was strong as new friendships were formed and old friendships were strengthened.

Our trek through Europe ended in Paris with a rich cultural experience from the Louvre to the Eiffel Tower.

We would like to thank everyone who supported us in making this journey to Pax Lodge, Our Chalet and Pairs, France, an experience of a lifetime.

(See more photos of our trip on the back cover.)

***Lesley-Anne, Krista, Beth, Jessica, Ashley, Chelsea, Hilary,
Amy, Emma, Johannah, and Kathleeen
Trekking Europe 2009, Independent Group Trip***

A Skills Building Symposium

“Conducting Leadership: A Skills Building Symposium”; I knew right away that I wanted to attend. However, not only was this going to be my first national Guiding event, it was also my first experience in mentoring Pathfinder aged girls. I was excited, yes, but also a little nervous. On the plane to Toronto, I was still questioning my leadership skills and wondering what kind of a mentor I was going to make for the girls.

By the time I boarded the plane back to St. John's, I

no longer had any doubts about my abilities and skills as a leader. The summit was an amazing experience. Guest speakers, out-trips around Toronto, debriefing sessions, and development of action plans made for a busy weekend. The weekend's focus on hunger and poverty taught the girls how to become leaders in their communities while contributing to solving these world issues. I quickly realized as I was watching the girls develop and build on their leadership skills that I was doing the same.

The most important thing I took from the conference was the ability to lead others without feeling the need to take charge and do everything myself- a mistake we all make! I learned how to be a more involved leader, who can quietly encourage and motivate others, instead of assigning duties and tasks. I learned that you have to earn the respect of those you are leading, not demand it. I learned that the most important role of a leader is to teach others how to lead. I learned all of this in one short weekend!

While the leadership skills were the most important to me personally, they are just one of many skills I learned at the National Summit. Overall it was a fantastic experience, one that I would recommend to any guider.

Brittany

Young Adult Mentor, National Girl Summit



Pictured above, we visited the roof of a Mountain Equipment Co-op building. The garden is a “green roof”. It helps filter the pollution produced by the building and controls the temperature inside the building.

International Trip Reports

I, along with 35 other girls and mentors, attended a Conducting Leadership Symposium in Toronto, Ontario. The conference was developed to help us as girls learn how to be leaders in our own communities. We also learned about hunger and poverty issues around the world. There were many different speakers from organizations such as *Food Banks of Canada* and *Me to We* who helped us learn about different leadership styles. The sessions were really interesting and used activities and interaction between the speakers and the girls to help us learn. My favourite presentation was the one on GM 2010 because it included pictures of previous GMs. Also I am planning to attend GM so it helped me learn a lot about the campground and what I need to do to register. This Leadership Seminar was a great opportunity to meet new friends and to become aware of the issues in our country and in our world. I had a blast!

Emily

Girl member, National Girl Summit

Meeting the Ecuadorian Girl Guides was definitely my favourite part of the trip. I was surprised to learn that some of the girls, who speak near perfect English, had learned through school, just regular English classes, like we'd do core French here. It was definitely shocking to see their progress, and I was really impressed.



Our trip to the Mitad Del Mundo, the Middle of the Earth, was possibly the coolest thing I've ever done, to be able to say I was on both sides of the equator at once. They did tests to prove that it was the equator. It was pretty intense seeing water drain down straight instead of spinning first!

Finally, the main part of the trip - building the school kitchen in a mountain community called Gulahuayco. This farming community is not very advanced; they had shared outhouses, and the school buildings were small and old, and in major need of refurbishing. I saw so many people living off the bare minimum, and not even realizing it. It was inspiring to see people whom we would consider very poor just being happy to be alive. Ecuador's indigenous peoples do not have very much, but their spirit and community strength is something I'll never forget. They all came together for the greater good of their children, and their community, to build this school kitchen which will offer clean food and a place for the children to wash their hands before every school lunch, which will help stop diseases. It's heartwarming to see so many people take so much pride in their community and their descendants. I hope that my work in this community will help to strengthen its prosperity for years to come.

All in all, my trip was absolutely amazing... an eye-opening, culturally different experience that I would never have imagined.

Samantha

Ecuador Adventure. Nationally Sponsored International Event

(All photos submitted by report authors.)

(More International trip reports on page 23)

(International trip reports continued from page 22)

The best part of my trip was staying at Pax Lodge. Each day there was so much planned for us that sometimes we'd be gone out the entire day! The other girls there were from California, Texas and England. We all got to know each other, and spent many nights telling each other our own Girl Guide memories.

This trip challenged me in many ways to become a better person. I felt like I was giving back to the community when we worked with volunteers of Heath Hands to clean up a nearby park in Hampstead Heath. We spent the day pulling weeds; it was tiring, but it was worth it to see a nice clear ground of green grass and frogs hopping around. Twenty of us climbed inside a hollow tree at the same time. Imagine that! On our last day, we had to find our own way across London, using a map. By the end of the day we had made it to Abbey Road, to platform 9 $\frac{3}{4}$ (from *Harry Potter*), to the center part of London, and to Hamleys, the 7 floor toy store! One other place we had to find was the London Eye! This Ferris wheel is the biggest in Europe, and I have a fear of heights! It was difficult to get on it but after being encouraged by the other girls, I found myself stepping in, and during the whole ride I enjoyed looking out across London and seeing its best features.

Robyn

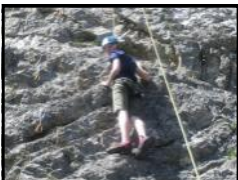
Discover Your Potential, England, Nationally Sponsored International Event

On our trip to England we did a lot of things that I enjoyed! We got to go into the gates of the Buckingham Palace (and I must say we got some very jealous looks when we walked in); we also went to a lot of amazing museums and lots of beautiful churches. In Westminster Church we got to see Lady and Lord Baden-Powell's tombstones. We also got to go to the play "Wicked" and that was just breathtaking. When we went to Pax Lodge we met people our age from England, Texas and California. It's great how even today we still keep in contact. We all had a excellent time and it was the best thing I've done in my whole Guiding life and I highly recommend it to everyone.

Sarah

Discover Your Potential, England, Nationally Sponsored International Event

Switzerland was an experience I will never forget! Every morning we'd wake up, look out the window, and see the most beautiful mountains and scenery we've ever seen. Every day was a big adventure! Whether we were zip-lining, rappelling, rock climbing, tight-rope walking, bungee jumping, or even climbing the Alps at 2 in the morning, there was always something new and exciting to do! I have never felt so tired, been so scared, or pushed myself as hard as I did in Switzerland. Although it was a huge challenge, I have never been so proud of myself, or felt as accomplished as I did when it was all over. Given the opportunity, I would definitely do it all over again!

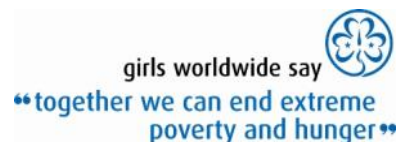


Sarah

Swiss Experience 2009, Nationally Sponsored International Event



Girl Guides
of Canada
Guides
du Canada



Celebrate World Thinking Day 2010

“together we can end extreme poverty and hunger”

Try some of these activities and fundraising ideas in preparation for Thinking Day 2010 or at a Thinking Day Event. Once you've completed several activities and made a donation to the Canada World Friendship Fund, you can order the World Thinking Day 2010 badge for your unit members from <http://www.waggs-shop.org/index.php/en/1/Badges/3>

For Younger Members:

1. Cabbages

Try this game played by Brownies in Zimbabwe: The leader needs a tablecloth or blanket. When the leader calls out 'Cabbages!', all the players must curl up in a tight ball like a cabbage and close their eyes. The leader covers one of the players with the blanket then asks the players to open their eyes. The players must work out which player is under the blanket. The first one to call out the right name is the winner!

2. Everyday foods

Find out about the main types of food eaten in one of the WAGGGS' featured countries (Sudan, Georgia, Haiti, Maldives or Zimbabwe). Perhaps you could get a small amount to try with your unit. How does it compare to the food we eat in Canada?

3. Life game

Everyone stands in a circle, with sweets or small pieces of fruit in the centre. Each person is given a card with a situation on it (eg. war widow with three children and very low income) with the number of sweets she is allowed to take. Everyone compares how many sweets they have at the end of the session. Discuss the different ways war can affect people's access to food.

4. Fair play

Use this variation of Kim's Game to show the impact of uneven distribution of resources. Split into two groups; one team has twice as many players as the other. Lay out about 10 to 15 small items of food on a tray or table. Players have two minutes to look at them, trying to memorize them. Then the objects are covered and the players must write as many down as they can. The small group is those with access to resources, so each of them has a pen/pencil each, a sheet of paper, a chair, and perhaps even sits close to the objects; the larger group has only one pencil and has to stand some distance away. After the game, discuss how the two groups felt being treated so differently. Was it fair to do it this way? Can you think of examples when life is like this for your community or other communities?

For Older Members:

1. Learn about food subsidies

Investigate the Canadian government's policies on this subject and how it may affect other countries. Share your findings with your unit. Contact your local MP to have them come

(Continued on page 25)

(Continued from page 24)

Speak with your unit or provide information to your unit about what their political party is doing about the issue.

2. Local business connections

Invite two local business leaders from small or medium size companies to come and talk to your unit about poverty and hunger within Canada and what their company is doing to help combat these issues.

3. Day in the Life

Find out how children live in extreme poverty in another country. Imagine a 'day in the life' of someone of your age based on your findings and tell your group about it. Perhaps try to contact "Me to We" to have a representative speak with your unit or provide information to your unit about their programs to support these children across the world.

4. Bodu Beru

The traditional music and dance in the Maldives is named after the drum Bodu Beru. Find out about drum music around the world and have your unit give a short presentation to other branches and units.

You can find more World Thinking Day 2010 activities by logging onto <http://www.worldthinkingday.org/en/activities09>

Canada World Friendship Fund - CWFF

The Canada World Friendship Fund supports several very worthwhile programs including our Guiding sisters in other countries through Mutual Aid projects, the World Centres and international service projects to name a few. It is our donations to the CWFF that makes this support possible. Please work with your unit to encourage each member to donate a "Fiver for Friendship". Every \$5 donated by a member to the CWFF provides for the continuation of these kinds of supports and extends our Girl Guides of Canada friendship around the world. Please contact your provincial office for the donation process to CWFF.

Fundraising Activity Ideas!

1. Make a special wish box. Give up a treat and save the equivalent of \$1 per day, or \$1 per week, inside your wish box between January 1st and World Thinking Day. Alternatively, you can do this between World Thinking Day and the Centenary Celebration Day on April 10th.
2. Find out the daily wage in one of the WAGGGS' featured countries (Sudan, Georgia, Haiti, Maldives or Zimbabwe). Raise funds by doing various events such as holding a craft sale to raise the equivalent of the daily wage for each member of your group.
3. Organize a talent night or showcase with your unit and the units around your community. Charge a small entry fee and donate it to the Canada World Friendship Fund.

Once you've completed several activities and made a donation to the Canada World Friendship Fund, why not order the World Thinking Day 2010 badge for your unit members from <http://www.wagggs-shop.org/index.php/en/1/Badges/3>

Happy 100th!



PROVINCIAL EVENTS

January 16	Media Launch
February 22	Centre your Thinking Day celebrations on "100 Years of Girl Greatness"
March 26-28	Provincial Rangers Gathering
May 15	Area Rally Day (or sleepover if you want!)
May 28-30	Trefoil Gathering
Summer 2010	Special Guiding Granny Challenge
October 22-24	Guiders Conference (Let's Celebrate!)

Challenges:

- * Original Service Project of 100 items donated to a charity
- * 100 Years of Girl Greatness (Guiding Granny Challenge)
- * Increase Provincial membership by 100 (9.09 members per Area!)
- * NL Program History Challenge Badge

Prizes will be awarded for these challenges

- * Provincial Commissioner to visit 100 Units throughout Newfoundland and Labrador in 2010.
- * Province will give a "Future Guide" onesie to the first female baby born in each Area.

See this information and more details on the National and Provincial Websites.

Provincial 100 Service Challenge
100 Years of Caring

Challenge your unit/district/trefoil group to donate 100 items to charity (i.e. 100 tins of food to your local food bank, 100 gift bags to your local women's shelter) to celebrate 100 years of Guiding in Canada.

Once you have completed this challenge, please take a picture of your unit, district, or Trefoil Guild group doing the challenge and send it via e-mail to liz.porter@nf.sympatico.ca or regular mail to **2 Centre Place, Stephenville, NL A2N 2E1** along with your mailing address and number of participants completing the challenge included on a piece of paper with the picture.

We will then ship your **100 Years of Caring** buttons to you and put your picture in *The Signal* (please make sure everyone has their IR form photo release signed, thank you). We look forward to seeing every member wearing a Caring button by the end of 2010.

Crest Contest Winner in Central East



Danielle King, a Guide in Bishop's Falls, was one of three girls who entered a contest to design a crest for Central East area.

Danielle won the contest and was presented with a framed copy of the crest she designed that incorporated all of the Districts in her Area.

She was awarded the framed print at the Annual General Meeting in Norris Arm North, back on June 13.

In photo from left to right: Central East Area Commissioner Kathie Waterman, Guide Danielle King of Bishop's Falls , and Guider Marge Gaulton.

Guiding Heritage On Display

At the 2009 Leo Burke Academy Heritage Fair, Pathfinder Matti Earle of Bishop's Falls proudly presented a project on the history of Girl Guides of Canada– Guides du Canada.

Matti, in the picture at right, is shown in front of her heritage display.

(All photos and stories on this page by Diana Tatic, Central East MMPA Adviser, and Bishop's Falls District Commissioner.)





Girl Guides
of Canada
Guides
du Canada



**Just a few more photos
from our International
adventures. Read more on
pages 19-25.**

**HAPPY THINKING WEEK
To All Girl and Adult
members of Guiding!**



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