



The

Signal

Winter 2011

Newfoundland and Labrador Council

Girl Greatness Starts Here



Girl Guides
of Canada
Guides
du Canada

A Year of Celebrating



Editor's Note

Dear Sisters-in-Guiding,

What a great year we had in 2010! We truly celebrated our 100th anniversary in style in this province and across Canada.

To celebrate our 100th Anniversary, Her Honour Mrs. Crosbie invited girls to make ornaments and decorate the Christmas tree at Government House. During that visit, our Provincial Commissioner was presented with a special frame dating back to July 1935 when Lord and Lady Baden Powell visited Newfoundland, as well as a 1961 handwritten letter from Lady BP. The frame contains a thank you card from the Baden Powell family and two photographs taken during their 1935 visit, while the 1961 letter thanks Miss Murray for another visit. The late Jean Murray's cousins inherited her estate and chose to donate these historical items to Guiding. How fitting that this donation was made as our 100th anniversary year came to a close.

We are now on the cusp of another Guiding year full of promise. Have a great one!
Yours in Guiding,

Edith Cuerrier, Signal Editor



The Signal

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

Deadlines

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

Editor

Edith Cuerrier
e_cuerrier@hotmail.com

Provincial Office

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

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

In this issue:

- P 3: Message from your PC
- P 4: Awards
- P 5: Tree Trimming at Government House
- P 6: Camping
- P 7: Provincial News
- P 8: Awards
- P 9: Mentoring
- P 10 & 11: Membership Growth
- P 12 & 13: 2010 Highlights
- P 14 & 15: Training / Area Highlight
- P 16 to 18: International
- P 19 to 22: Area Highlights
- P 23: Trefoil Guild
- P 24: The Last Word...



Girl Guides
of Canada
Guides
du Canada

From Your Provincial Commissioner

Already it's 2011 and what an amazing year of celebrations we have had. As I write this message I am in Alberta with my daughter and family for Christmas and on Alberta time I had an extra 3 ½ hours to celebrate and think about Guiding. In 2010 many of you have seen changes in your District and in your Areas and we realize that some of the changes have been challenging. With everyone doing their best they can to be part of the solution we can meet and conquer each challenge. As we all remember to move forward as one, whether it is one unit; one district; one area; and as one organization we can accomplish much. Throughout the year and as we came together to celebrate, it was a time to realize that Guiding is worth celebrating, all the time. What each of you contributes to Guiding does make a difference to a girl. While everyone may not work directly with a girl, each woman does make a difference. Whether you are Guider; a secretary; a commissioner; a committee member; remember that each task you perform is for the benefit of a girl. Many of our celebration challenges benefitted the community and that is not new for us to do.



I have been very busy the past few months completing my challenge of visiting 100 units and I have exceeded my goal. What was suggested as a challenge by far turned into my goal for 2010. Visiting units and meeting so many girls and Guiders has been one of the highlights of my Guiding years. It has been very rewarding for me personally and I am so very much appreciative of the reception that I have received while I have travelled. I have visited girls and/or Guiders starting in ConBaSu for an enrollment and dinner cooked and served by girls; parent and daughter banquets up the Southern Shore; and ConBaSu Area; visiting in Twillingate for colourful cupcakes; all the way up and down the great Northern Peninsula meeting with Guiders for lunch and further down the coast for coffee and then dinner in Rocky Harbour; through a wind and rain storm to get to Port aux Basques to buy the first box of cookies followed by crafts and a fun rally, and onto the next day to Burgeo where the girls were treated to a girls' day spa and we had such fun talking with the girls. Following Burgeo I spent a few days in Corner Brook to attend a regular Sparks meeting which was the first time for me; I met with Brownies and joined their Brownie Circle, such wonderful memories for me. I met with girls and Guiders in Deer Lake and 'ate' a campfire in Pasadena at a fantastic rally. After attending the Guiders'/Commissioners' Conference in Gander I continued on for more visiting. That evening we met with girls and Guiders in Harbour Breton and Hermitage for a Halloween Party and was warmly welcomed again the next evening in St. Alban's and Milltown and had the opportunity to speak with new Guiders as well. In Grand Falls-Windsor I had my picture taken with each girl who came to the outdoor campfire. What a perfect evening, cold, clear and yummy marshmallows as we sang our campfire songs. The next evening I visited King's Cove and spoke to some parents and then went to Catalina to see Sparks and Guides. I joined Brownies in Bonavista to do a craft for their Halloween Party with Frances Sweetland. The visiting for that part of the trip ended with a Halloween Party with the Guides in Random Island where I wore

(Continued on page 4)

(Continued from page 3)

pink hair and funky glasses and had a 3 foot microphone (oh the things we do). I did rest a few days home and then flew to Labrador East District where we spent a few days meeting with Guiders and girls from Sparks to Rangers and I was very honoured to present Canada Cords. We flew over to Labrador West District where we visited Brownies at a day camp; joined the Trefoil Guild; Rangers; Guiders and members of the Area Council for dinner and then enjoyed a presentation by Rangers about their European visit. I finished my visit to Labrador with Pathfinders at Duley Lake and joined them for a great campfire in snow and -10 degrees. I had the best s'mores. I was soon near my 100th visit and was delighted to enroll Sparks in Goulds and then was welcomed by the 1st Goulds Brownies (my very own Brownie Unit) for my 100th visit. Pizza and cake awaited us and they presented me with a very special plaque signed by the Brownies acknowledging my 100 visits. I finished off the evening by visiting hundreds of girls in Tuckamore Area at a 100th Anniversary rally. I more than reached my goal! To say the least, it has been a very rewarding and uplifting experience and my heartfelt thanks to those that welcomed the Provincial Commissioner to their units and communities. A special thank you to those along the way who accompanied me. Thank you to all.

.....until next time



**Judy Shannahan,
Provincial Commissioner**



50 YEAR MEMBERSHIP PIN

During the awards ceremony at the October Provincial Council meetings, a 50 year Membership Pin was presented to Mary Randell from Ocean's Edge Area.

Mary was the leader of the first Guide unit to open in Mount Pearl in 1959. She has held positions such as Brown Owl, District Guider, Commissioner, Deputy Commissioner and Camping Adviser. She was also the Property Manager for the provincial council.

In 1970 she was a participant at the Crystal Cliffs Training Conference in Nova Scotia. Her camping days as Site Guider spread from 1959 to 1989 doing Company Camps in three Atlantic provinces. In the early 70s, she was Site Guider of a Touring Camp held in PEI, Camp Nunatsuak in Lake Melville, and attended the Queen's Silver Jubilee camp in Nova Scotia. I bet she can share a lot of camp stories.

In addition to this 50 year pin, she has received the Blue Thanks Pin, Gold Merit and Medal of Merit Awards, Letter of Commendation and an Honorary Life Award. Congratulations Mary on your well deserved achievement!!!

Story submitted by Patricia Adams

Girl Guide Christmas Tree at Government House...



In early December, Her Honour Mrs Crosbie, our Honorary President, invited girls and Guiders to trim the Christmas tree in the front foyer at Government House. The tree was trimmed with ornaments handmade by Guiding units from all areas in the province. *(Photos by Edith Cuerrier.)*

NEW CAMBERSHIP FOR LONES

The new Elaine Hodgson Memorial Lone Guiding Campership is available to help girls in Lones (Sparks through Rangers) to experience all that their Guiding sisters enjoy. Many of these girls do not have easy access to Guiding events and their finances often limit their ability to attend. Please let the Lones in your community know of this opportunity. For additional information about the Lone Campership and application details, please email: loneguidingcampership@e-guiding.com

*Submitted by Margaret Valois, Manager, Marketing & Communications
Girl Guides of Canada—Guides du Canada*

Girl Guides of Canada-Guides du Canada (GGC) Elaine Hodgson Memorial Lone Guiding Campership Campership Application Guidelines

Please fill out the application form in its entirety:

1. Applicants will be selected for Lone Guiding Campership opportunities based on the following criteria:

- * a. Campership opportunities from this program are open to all Registered Lone Members (Sparks through Rangers). Only one application will be considered per girl per Guiding season (September to August).
- * b. An amount of up to 50% of the combined travel and GGC Camp/event fee, or a maximum of \$150 per applicant will be awarded. The number of camperships awarded will be based on availability of funds.
- * c. A copy of the event/camp registration form must be included, or confirmation from event organizers indicating the cost to attend with the Campership application. The Lone Campership Team will use this fee amount to calculate the amount of the campership.



2. **Application Deadlines:** Applications should be forwarded to the following address on or before the 1st of the month, and up to two (2) months (if possible) prior to the month of the application deadline for the GGC Camp being applied for:

* **loneguidingcampership@e-guiding.com**

* or send to:

Elaine Hodgson Memorial Lone Guiding Campership
c/o Fund Development and Stewardship Coordinator

Girl Guides of Canada-Guides du Canada, 50 Merton Street, Toronto, ON M4S 1A3

NOTE: If you have emailed your application and do not receive a confirmation email within 7 days please email us ASAP.

3. GGC, National Office will send each successful applicant and her parent/legal guardian a confirmation letter together with a cheque made payable to the applicable provincial contact (on the event application form) for amount being granted from the Campership. The applicant's parent or legal guardian will submit this cheque and a cheque for the balance of the payment owing to the respective provincial contact. It is the responsibility of the applicant and/or her parent/legal guardian to ensure that full payment be made by the deadline and that all conditions set out by the GGC camp/event organizers are met.

Thank you for your interest in the Lone Campership!

For questions about the Lone Campership, please email
loneguidingcampership@e-guiding.com

(This page and application form also available on our provincial website at www.ggcncf.org)

COUNCIL POSITIONS AVAILABLE

Provincial Adviser/Department Head

Many thanks to Margot Walsh Provincial Program Adviser/Department Head and Nita Mason Provincial International Adviser/Department Head for all the good work they have done and the wonderful things they have accomplished, and are continuing to do in their positions. Their terms will be finishing this April which means the opportunity exists for those Guiders who would like to take on the exciting challenge of leading a provincial department to express interest. If you are interested in either of these positions please contact Provincial Office via e-mail provoffice@ggcnf.org with a letter containing information stating why you think you would be a good candidate and what talents and skills you could bring to the position. Please submit by February 11, 2011.

Tuckamore Area Commissioner

Also much gratitude is extended to Donna Tuck for her excellent service to Guiding as St. John's, now Tuckamore, Area Commissioner. Donna's term is also ending creating the opportunity to lead an area team for a dynamic Guider with great organizational skills.

If you are interested in this position and would like more information, or to obtain an application please contact Provincial Office provoffice@ggcnf.org or call 726-1116.

Provincial AGM and Dinner Expressions of Interest in Catering

The Annual Meeting and Dinner
will be held **April 9, 2011.**

If you are interested in catering the Provincial Annual Dinner, please submit your quote including the following information to Provincial Office (provoffice@ggcnf.org):

- * Supper for approximately 80 to 100 Guiding members and guests
- * Menu - hot meal and dessert
- * Location and name of facility (successful caterer is responsible for booking)
- * Tablecloths and napkins to be supplied by caterer
- * Water/glasses for everyone
- * Facility should be accessible by persons with physical challenges.

Deadline for submission: February 21, 2011.

THANK YOU!

Many thanks to the
100th Anniversary
Committee
led by Liz Porter
and Susan Oates
for all their hard work
and commitment in
leading the province in
celebrating 100 years
of great Guiding in
Canada. What fun,
friendships and
memories we all
made!
Here's to the next 100!

2010 Canada Cord Award Ceremony



Photos by Edith Cuerrier.

2010 Chief Commissioner's Gold Award Ceremony



Photos by Edith Cuerrier.

Mentoring, mentoring, mentoring...

Good day to all my sister Guiders. Let me introduce myself - My name is Pat Dwyer and I have just accepted the position of the Provincial Mentoring champion which comes under the umbrella of the MMPA department with Karen Dinn at the helm. Mentoring is a very vital part of the Guiding picture. It is the link between new Guiders and more experienced and knowledgeable women who have gracefully agreed to help the new Guider along her journey. Many of us started with some fears and with no one to help us. So let's get these partnership happening again this year so we can continue the great work of my predecessor Cindy Stone. **Congrats Cindy!!**

If there are partnerships in place now, please let me know ASAP who they are so we can get them in the iMIS database. If you are a mentor or a new Guider and need to form a partnership, contact me also. Every new Guider should be paired up with a mentor. If you would like to be a mentor, contact me as well. We can make that happen. Let's keep the ball rolling to keep the new Guider happy. Remember, happy Guiders make for happy girls!! Please let me know if I can be of assistance to you and do not hesitate to contact me. You can email me at pdwyer@nf.sympatico.ca or phone 634-0912 Until next time...



Have a great Guiding day and remember that girl greatness starts here !!

Pat Dwyer, Provincial Mentoring Adviser

Postcards for Peace

This year marked the first year that we, as Girl Guides, embarked on the "Postcards for Peace" campaign with very encouraging results for our first try. We received **798** postcards from girls and Guiders all across the province. The enormous response symbolizes the respect and admiration we have for our soldiers that are serving on foreign soil. Many Guiders took this opportunity to work on this project during Remembrance Week and invited a veteran to come into their units and speak to the girls. These postcards, believe it or not, are the only mail some of our soldiers receive so let's try to double our numbers next year. Great job everyone and many thanks to each of you who supported this worthwhile project for our troops.

Any questions about the project.
please contact Pat Dwyer at pdwyer@nf.sympatico.ca
(Story by Pat Dwyer, Long Range Trails MMPA Adviser)

Recruitment is an Everyday Responsibility

Learning to connect quickly with potential members - those customers, colleagues, employees and even total strangers – on a daily basis by taking advantage of your mind, your voice, and above all your imagination, will give Girl Guides of Canada-Guides du Canada, Newfoundland and Labrador Council a significant competitive edge in maximizing the potential in recruiting new members.

In life you need to pay attention to people. Those you see on a daily basis, as well as total strangers. A simple HELLO can make a difference to people!

So, how does GGC match up with other youth and recreational programs? Very well I think, but we (volunteers and staff together) need to be vigilant to better communicate to potential members why it is important to belong to GGC. For those current members, it is exceedingly important to communicate the value of staying with GGC.



Like most membership organizations, GGC is undergoing a transition in its membership, in both size and composition. While we are sustaining our membership as of last year, it is a balancing act with units closing and other units opening up.

A key challenge for GGC is to continue to be attractive to our long-term members while finding new ways to appeal to a younger subset of members who may have a number of commitments; school and other activities.

Developing credibility with people when you connect with them quickly can make a big difference in vying for their attention and getting them to join GGC over other organizations. So does showing them that you genuinely want them as members of Girl Guides.

Send personal notes to members you haven't seen in a while to reconnect and let them know that you've missed them and are anxious to have them back.

Connecting with people is obviously good. But, connecting each and every day is an arduous task. It's not always easy, but it is important to the success of GGC's Newfoundland and Labrador Council. Volunteers, alongside staff, must take the first step with those customers, colleagues, employees and even total strangers, and make the effort to continue building relationships that will translate into memberships and bring Guiding to more girls across the province.



Building Ideas for Membership Recruitment

We are confronted with an unending stream of diverse messages that continually compete for our attention; emanating from paper and electronic sources (television, radio, newspapers, magazines, business notices, advertisements, billboards, etc.) So, how does Girl Guides penetrate the mountain of messages to spark interest and become noticed as a way to draw new members or regain members lost?

While the world is growing more technologically advanced in the age of digital social media (Facebook, Twitter, YouTube), there is an increasing need to expand on the ways of membership recruitment. It is time to re-instate some of the old but powerful strategies, and enhance them with new methods and technology; think outside the box.



Some of the tried and true methods of membership recruitment include:

- * Post Girl Guide brochures and flyers at local libraries and bookstores, community centres, grocery stores, and businesses (look to your local municipal business directory).
- * Post your unit meeting location, date and time in your local newspaper, community events calendar, on the municipal website, and church newsletter or bulletin - while also highlighting your need for leaders.
- * Promote GGC by setting up a booth at local community events, Career Fairs and Volunteer Fairs. Look to your MMPA Adviser for help.

Take the tried and true and add to them...

- * Leave brochures and flyers at your hair salon, your veterinarian, with clergy, or your real estate agent; ask your doctor, dentist, optometrist, etc. if you can leave GGC brochures or posters in their offices.
- * Challenge other Areas, Districts, or units to membership contests - not only at the beginning of the year but throughout. Loser buys pizza for the winner.

Now let's take this a step further to introduce some old ideas using new methods and technology.

- * Post how-to videos on YouTube: cooking while camping, building a campfire, etc. while highlighting why joining Guides is fun.
- * Invite everyone you know to become a fan of Girl Guides of Canada's Facebook group. If you aren't already, become a fan yourself!!
- * Work with a local production company or a local film school to produce a video or mini-movie and submit to contests focusing on an aspect of Girl Guides. For example, Women's International Film Festival, Atlantic Film Festival, Canada National Youth Film Festival.
- * Enter writing contests and have GGC as the subject in the storyline (e.g. The Telegram's Short Fiction Award, The Cuffer Prize).

2010 Highlights



Thank you bags mailout working bee



Lieutenant Governor's Garden Party



BP Brunch at Girl Guide Headquarters



Family Day at Bowring Park

2010 Highlights



100th Anniversary
Rally Day



100th Anniversary Monument Unveiling at Bowring Park



Let's Talk About TEAM.....

First of all TEAM stands for Training and Enrichment for Adult Members. The TEAM program is presented as modules which Guiders can complete at trainings or some are online through E-learning.

Below are a few examples of what is offered through TEAM.

Program Sessions for all Branches – Learn about the girl-centered program, activities to use in your units, how to run a meeting, shared leadership and many more things.

Bias Awareness / Equity – This module is designed to provide an introduction to personal bias: how it is formed and inclusive programming within your unit.

Girls United – Helping Girls Connect In Healthy Ways – Girls need to know how to get along with others, how to build strong connections and friendships with other girls. Learn how girls relate to each other, and learn age-appropriate strategies for promoting healthy relationships.

Mentor Training – This module is designed to welcome mentors and provide them with the information necessary for the role. Understanding the complexities, including the role of the mentor, and communication skills for the mentor, will instill in the mentor the confidence needed to begin the role.

Event Planning – Learn about the process of event planning, develop planning skills, create an action plan, and plan an event that could be used in Guiding.

Financial Management – Learn about the process to maintain financial records, spreadsheets, forms, budgeting, financial review and financial management.

Leading Active Games – Learn about the importance of having active games in the program, developing skills to lead active, cooperative games, the emotional, social and physical benefits and the opportunity to practice leading active games.

These are just a few of the modules presented through the TEAM program. A full listing is on the Girl Guides of Canada-Guides du Canada National Website. Contact your Area Training Coordinator or Area Commissioner for information about upcoming trainings in your area. **All** Guiders can participate in these trainings.

Learn new things and most of all have fun at your next training!

Heather Courage
Provincial Training Adviser



Pitcher Plant Weekend 2011

Save the Date

The Pitcher Plant Weekend
will be held:

October 21- 23, 2011

The Pitcher Plant weekend is designed as personal development for Guiders. The content will come from the TEAM enrichment modules that lend themselves to personal development and values.

More information will be available in the next issue of the Signal.

In The Big Land...



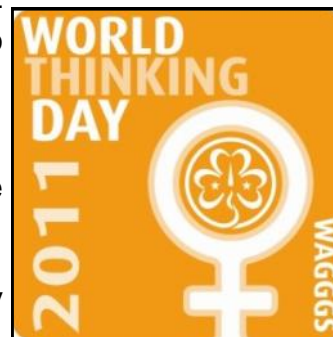
Provincial Commissioner Judy Shannahan and Executive Director Joan Osmond on a visit to Lab West during our 100th Anniversary year.

Thinking Day 2011

Girls worldwide say “empowering girls will change our world”

The aim of this year’s Thinking Day theme is to raise awareness of the situation for many girls and young women and to empower them to take a stand against inequality.

- * Girls are twice as likely to be illiterate as boys
- * 70% of the 1.2 billion people living in poverty in the world are women
- * Only 1% of the world’s land is owned by women
- * Women do 2/3 of the work in the world, but earn only 10% of the income



Gender equality and empowering women is the third of the eight areas of focus made by 189 world leaders at the United Nations Millennium Summit in 2000.

Meeting ideas: By the time you are reading this, Girl Guides of Canada-Guides du Canada will have developed activities and meeting ideas based on the WAGGGS activity pack, so check out the National web site. Feel free to mix and match with ideas from the WAGGGS site <http://www.worldthinkingday.org/en/grab/20868/1/WTDActivityPack2011.pdf> and/or the GAT challenge activities for this topic.

In addition, for World Thinking Day 2011, WAGGGS has identified **five focus countries** (one from each region) to showcase gender equality and women’s empowerment, demonstrating how Girl Guiding and Girl Scouting supports the young women in these countries to have a long term, practical and beneficial impact on the communities in which they live. The five focus countries are:

- Bolivia (Western Hemisphere Region)
- Cyprus (Europe Region)
- Democratic Republic of Congo (Africa Region)
- Nepal (Asia Pacific Region)
- Yemen (Arab Region)

With funds raised through World Thinking Day, one young woman in each of the five countries will receive a scholarship from the Fund to attend the Young Women’s World Forum in March 2011. Read more <http://www.worldthinkingday.org/en/news/20493>. Older girls might choose to do one or more of the focus country activities in the WAGGGS activity pack (link above).

Donations: Whether you promote Thinking Day pennies or a Fiver for Friendship, all donations should be sent to the Canadian World Friendship Fund through your Area. A portion of the funds received is sent to the WAGGGS World Thinking Day fund to support their projects.

To order the crest: Crests may be purchased from the WAGGGS shop at <http://www.wagggs-shop.org/index.php/en/1>

Submitted by Nita Mason, Provincial International Adviser

Trip Report 2010

Ecuador Adventure

Over my desk, I keep a postcard that pictures Lady Baden Powell with a quote from her, "Help to create a better world and a brighter future for the youth of tomorrow". This summer I was able to do that. I was chosen to partake in "Ecuador Adventure 2010", which was organized by Girl Guides of Canada and *Me to We*. Along with nine other girls, two leaders and two Ecuadorian Girl Guides, I helped to build a school in the community of Gulu-huaico (3400 metres above sea level). It was incredible how we were able to spend two weeks together in a foreign country and get along so well, even though we had never met before. It must have been the Guiding spirit that pulled us together. During our stay we managed to sand by hand, paint and carry over 1000 roof tiles, design, draw and paint a wall mural with the message "Be happy, Be healthy" in Spanish and Quechua, and make mortar out of water, dirt and grass, which we used for building with the 500 bricks we had carried. Our trip was not all work, we did get to visit the Equator, attend a traditional concert, visit a cloud forest and see the highlights of Quito.

"Ecuador Adventure 2010" also created great memories, new friends, an appreciation of a new culture and most importantly a new understanding for how fortunate I am. A highlight of the trip was seeing all the smiling faces wherever we went. When we were driving along the road, adults and children would stop what they were doing to smile and wave to us. When we were in the community of Gulu-huaico, the children would have the biggest smiles imaginable on their faces, while they helped to build their school. The children and adults had so little, but yet they were so happy - happier than I have ever seen anyone before. Another highlight for me was building the school with the children. They were willing to do whatever needed to be done, and they did so with enthusiasm even though the work was hard and tiring. Not a soul complained. "Ecuador Adventure 2010" was a life-changing experience. I am very glad that I was able to be part of it. I hope that my contribution will allow the children to have a brighter future. Thank you Girl Guides of Canada for this amazing opportunity and all the special memories. What a wonderful way to celebrate the 100th year of Guiding!

Holly, Tuckamore Area



Trip Report 2010

UK Centenary Camp

The UK Centenary Camp took place in the beautiful English countryside. It was breathtaking. There was actually a field full of sheep right next to where we were camping! The best thing about this camp was meeting all the different girls from all over the world. The camp included 5000 girls from everywhere, and I got to talk to them and learn all about their different cultures and even learn some of their different languages. It was fantastic to meet these girls from places like England, Scotland, Denmark and Honduras, that I still keep in touch with now. We had many long conversations just about how things are said differently here and in England, and I still use some of the phrases that I picked up while I was there! Also, during International Nights, the girls got to give presentations on their cultures and we got to see them do different dances, sing different songs, and we even got to sample some of their local cuisine. Yum!

Camp activities were a blast. I experienced things that I would never do here in Newfoundland, like playing cricket at a legitimate cricket stadium (and then watching a match played by professionals!), bell-boating (which involves a boat that looks like two canoes attached together), visiting local museums, and community service projects (we helped with an environmental group, it was great giving back to the community!). I was challenged during some of these, but thoroughly enjoyed them and learned from them! Plus, I got to do these activities with all my new friends from all across the world. We got to do more fun activities in the evenings, such as a disco, and spa nights, where we were pampered with pedicures and facial treatments.

Leaving camp was hard because I had to say goodbye to all of my friends, but as we all said at closing ceremonies, "This is not a goodbye; it is a see you later". I will never forget any of these people that I have met and the things that they have taught me. But next I got to tour London, which was fantastic. I got to see all the sights like Big Ben, Westminster Abbey, London Bridge and the London Eye, while doing a bus tour. I had always wanted to see these places and going there was like a dream of mine coming true! Also, we got to go inside the gates at Buckingham Palace, which was so cool and definitely made me proud to be involved in Guiding.

I feel as though this camp and this trip opened my eyes a lot and all-in-all made me a better person. I was pushed out of my comfort zone, but I learned that that can quite often create the best experiences. I was extremely proud of myself after coming home from this trip. I definitely encourage other Guides to attend a camp like this if they ever are presented the opportunity. It was the best experience of my whole life as a Guide and I would go back in a heartbeat if I could.

Sarah, Con-Ba-Su



A 2010 Time Capsule

To celebrate our 100 years of Guiding in Canada, District 24, of Tuckamore Area, decided to create a time capsule. Each unit in the district submitted two scrapbook pages with pictures of the girls doing different activities. All of the pages were then compiled in a scrapbook of the district, including a Guiders page. Each unit was also given an envelope to submit anything it wanted to represent Guiding in the year 2010, as well as, one badge that each unit worked on that year. Other items in the time capsule included a DVD of the girls singing campfire songs, a copy of the *Canadian Guider* and the *Signal*, and a banner signed by everyone who attended the time capsule sealing event held in June 2010. The time capsule was sealed with duct tape of every colour in Guiding and will be opened in ten years. A great time was had by all who participated in this event!

Story by Stacey Adey / Photos by Lesley-Anne Moore
District 24, Tuckamore Area



Trefoil Tea Party



The 2nd Stephenville Rangers and Stephenville Pathfinders held a tea party for the Chickadee and Sou'westers Trefoil groups in appreciation for all their support, dedication, and inspiration for the girls. Also, the girls who travelled to GM 2010 made a slide show presentation.

A good time was enjoyed by all!!!

FUTURE GUIDES



Pictured at left is 6 month old Eva St. Croix and her cousin Kathleen Reddy who is a second year Spark. Eva received her "Future Guide" shirt for being the first baby born in Ocean's Edge Area in 2010. Both girls were very happy to show off their Guiding colors!! Ocean's Edge Area can't wait until Eva enrolls as a Spark!

Story and photo by Cindy Stone, submitted by Joanne Taylor, MMPA Ocean's Edge Area.



Bridging the Years

Pictured above is Guider Sally Seaward in her Legion Uniform. She has been a member of Guiding in Marconi District for 38 years and with her is my granddaughter Madison Tiller, a Spark with the 1st Mount Pearl Spark Unit.

Story and photo submitted by proud grandmother Wanda Tiller.

A Hiking We Will Go

From top to bottom:

1. Each fall the Girl Guide groups in Lewisporte take part in a fall hike and campfire. All the groups are experiencing a welcome growth in enrollment this year. Pictured are the Brownies enjoying their campfire experience on Oct. 12 at Woolfrey's Pond Park.

2. The Pathfinders preparing to get their campfire underway.

3. The Sparks enjoyed their outing and stopped for a rest at the gazebo at the Woolfrey's Pond boardwalk.

4. The Guides used the beautiful backdrop of Woolfrey's Pond for their group photo.

5. Sparks leader Roxanne Keeping told the girls about the different trees and plant life they saw along their hike.

6. Sparks Katie Keeping and Riley Catling were excited about heading off on the trail.

7. The Brownies cooking up a delicious campfire snack.



*Photos and captions by Karen Wells
Editor, The Pilot, Lewisporte Community Newspaper*

Melville District Canada Cord

On November 4th, the Lake Melville District held its Canada Cord Ceremony. Provincial Commissioner Judy Shannahan presented Kayla Chubbs, Ellen Niles, Cassie Powell, and Monica White with their Cords. Family, friends, former Guiders, current Guiders and town officials attended the Northern Lights themed ceremony which was very moving and emotional. Messages of congratulations were passed along from Northern Mosaic Area Commissioner, MP Todd Russell and MHA John Hickey.

***Story and photos submitted by Kelly Norman
District Commissioner, Lake Melville District***



Remembrance Day in Silverbirch District



On Thursday November 11, the 1st Sparks, Brownies and Guides attended the Remembrance Day Ceremony in Appleton.

At left, Girl Guides Chelsea Bath and Bethany Thompson display the Remembrance Day Wreath made by the Glenwood Sparks, Brownies and Guides.

At right, Spark Loclynn Smith, Brownie Kaitlyn Wells and Guide Cassidy Mullet lay a wreath at the Peace Monument in Appleton during their Remembrance Day Ceremony

Story and photo submitted by Kelly-Anne Roul, Guider, Silverbirch District.



Members of the Fireside Friends Trefoil Guild gathered around some of the baskets that they put together to benefit needy families through the Food Sharing Association under the Guiding's National *Eradicate Hunger and Poverty Challenge*. Photo courtesy of Sharron Callahan.

HANDS ACROSS CANADA...

In April 2010, BC Council's provincial newsletter *The Pipeline* printed a story entitled "Do Service-Eradicate Hunger and Poverty" about the birthday baskets project undertaken by Tsawwassen District to collect supplies needed to provide a birthday party for needy families with young children. After reading the article, I contacted the *Pipeline* to get in touch with the Contact Guider. Thank you, *Pipeline*, for facilitating this contact and thank you to Sharon Guilford and Tsawwassen District for sharing their birthday basket list with us so our Trefoil Guild could also undertake a similar project here in St John's.

Our project began in September and by our Christmas Gathering on December 9, we had assembled 12 baskets. The baskets were mostly themed (dinosaurs, Toy Story, Princesses, hockey, Dora) and covered a variety of age groups. Our members went shopping in groups of 2-3 and had a fabulous time picking out supplies at dollar store locations and then meeting in someone's house to assemble their baskets. One of our members had contacted the Food Sharing Association prior to us undertaking this project and they were thrilled with it. They agreed to arrange the distribution of the baskets to the various local food banks. Prior to distribution, the baskets were weighed and amounted to 127.5 lbs. and this was entered into the national website under the *Eradicating Hunger and Poverty Challenge*. It is noted that the Food Sharing Association is now advertising for children's birthday party supplies and while unconfirmed, we do believe this is the result of our approach back in September. Obviously, a need has existed for this help and we are so proud to have assisted with this identification. Rightly so, however, this project idea belongs to Tsawwassen District and, for this, needy families on the east coast of our country thank you. How fabulous it is when ideas from thousands of miles away can find their way to another location and can be shared! How wonderful is the network of the sisterhood of Guiding!

If any unit, district, or Trefoil Guild in Newfoundland and Labrador would like more information to do such a worthwhile project, you may contact sharonc@nl.rogers.com or debbiew@nl.rogers.com.

Sharron Callahan, Fireside Friends Trefoil Guild, St John's, NL

Happy Thinking Day 2011



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