



Girl Guides  
of Canada  
Guides  
du Canada



# The Signal

Newfoundland and Labrador Council

## "Girl Guides at Government House Garden Party"





# Editor's Note

I would like to thank everyone who sent in articles and photos for this issue. It contains stories of summer camps, award presentations and international trips, which I am sure you will enjoy reading.

Starting with this edition, the Signal has undergone a make over, however, this has not changed the content. We have updated our cover to ensure the National Brand Standards are met.

The other change that you will see are the Deadline dates. These new dates are listed below with the next one due on Dec 15 2015. Please send any photos and/or stories you have in order to continue to make The "Signal" the great publication that it has become.

**Stacey Adey**  
The Signal Editor



Here is a photo of Bethany Roberts, Hannah Moores and Amber Chippett taken at their Brownie Advancement in Gorge Park in Grand Falls-Windsor.

**Photo by Dawn Oldford**  
**and Story by Melanie Moores**

## The Signal

The Signal will be published every three months with a total of four issues per year

### Deadlines

**Dec. 15**

**Mar. 15**

**June 15**

**Sept 15**

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

Welcome to another year of great Guiding in Newfoundland and Labrador. By now things should be in full swing, planning events, setting up meetings, and meeting new Girls, Guiders and parents.

Guiding has been quite active in NL this past summer. Many girls traveled internationally, while others participated in a very exciting "Around the World Without a Passport" International event held at Provincial Headquarters in July.

Camping is on the rise with three very successful Provincial Camps being held each summer since 2013. One hundred and thirty of these enthusiastic campers are now very busy fundraising and preparing for Guiding Mosaic at Sylvan Lake, Alberta next summer.

As a result of Guiding Mosaic in July 2016 there will be no Provincial Camp, however, I am sure this won't dampen the spirit of the many District and Area camps that will be held across the province.

A very successful Guiders/Commissioner Conference "Defying Gravity, Guiding the Future" was held in October with approximately 150 participants. Whether a new or experienced Guider it offered many opportunities for training and interacting with knowledgeable Guiders who share their skills. It was wonderful to meet and chat with so many of you from across the province.

The Provincial Door To Door Cookie Campaign continues to be an astounding success. Imagine, every case of cookies has been sold and we are still receiving requests for more. An over-whelming positive response was, once again, received from residents who were glad to see the Girl Guides selling cookies door to door.

It is awesome how Girls and Guiders come together as a team to promote Guiding in our communities. A huge thank you to every Girl, Guider and parent who helped make this campaign such a great success.

By now you should be aware of Twinning 2020. Newfoundland and Labrador is excited to be paired with sister Girl Guides from Nova Scotia, New Brunswick, and Prince Edward Island, to connect with the Girl Guides Association of St. Vincent and the Grenadines to celebrate our cultures and foster a shared sisterhood. This past summer our Provincial Twinning Lead, Nita Mason, Youth Co-lead, Carissa Haines and our International Chief Commissioner, Sharron Callahan had the opportunity to attend meetings in Mexico. A summary of these meetings was presented to Provincial Council in September. We encourage everyone to keep checking our website for updates

Thanks to the help of our Membership Growth Coordinator, Allison Graham new units are opening across our Province in locations that have not been active for many years. With support from our Guiders, I am confident these Units will succeed and offer dynamic programming.

Hats off to all for continuing to promote "on-line registration". Currently, 93% of all NL members have registered online. Please continue to encourage parents to use



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this method as it is the quickest way to hold a spot for their daughter as membership is on the rise. It is imperative that all Girls and adults attending meetings are registered for insurance purposes. Anyone unsure of "the guidelines for meeting attendance", please contact Provincial Office.

Looking for a new and exciting opportunity and would like to meet guiders from across the province? Why not consider becoming a member of one of our new Provincial Committees. Check out our provincial website or monthly Newsflash for all the details. We look forward to receiving your application.

The success of Guiding in Newfoundland and Labrador is so great because of your commitment and dedication. Thanks for all you do for Guiding.

*Kay Penney*

**Provincial Commissioner**

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# Cookie News

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## Mother and Daughter Cookie Sellers



Here is a photo of mother and daughter duo ready to set out selling cookies door to door. New guider Kim Catling with her daughter, guide, Riley Catling.





# Cookie Draws

**Con Ba Su Area**

Jorja Pottle \$50.00 Gift Card  
1st Kelligrews Foxtrap Sparks  
Kelligrews Foxtrap District

Bailey Roach \$50.00 Gift Card  
1st Kelligrews Foxtrap Guides  
Kelligrews Foxtrap District

1st Kelligrews Foxtrap Sparks \$50.00  
Kelligrews Foxtrap District

**Eastern Bays Area**

Olivia Reid \$50.00 Gift Card  
1st Catalina Guiding Unit  
Discovery District

Claire Penney \$50.00 Gift Card  
1st Bay Roberts Guides  
BNB District

1st Bay Roberts Guides \$50.00  
BNB District

**Long Range Trails Area**

Brianna Bellows \$50.00 Gift Card  
3rd Curling Guides  
Blomidon District

Sophie Greene \$50.00 Gift Card  
1st Burgeo Sparks  
Burgeo District

3rd Curling Guides \$50.00  
Blomidon District

**Northern Mosaic Area**

Mary-Ellen Pittman \$50.00 Gift Card  
5th St. Anthony Brownies  
St. Anthony District

Katie Young \$50.00 Gift Card  
1st St. Anthony Rangers  
St. Anthony District

5th St. Anthony Brownies \$50.00  
St. Anthony District

**Oceans Edge Area**

Rowan Percy \$50.00 Gift Card  
11th Mt. Pearl Sparks  
Marconi District

Amber Power \$50.00 Gift Card  
3rd Mt. Pearl Brownies  
Marconi District

3rd Mt. Pearl Brownies \$50.00  
Marconi District

**Trefoil Central Area**

Gabrielle Haas \$50.00 Gift Card  
1st Baie Verte Guides  
Emerald District

Merissa Haas \$50.00 Gift Card  
1st Baie Verte Brownies  
Emerald District

1st Baie Verte Guides \$50.00  
Emerald District

**Tuckamore Area**

Molly Brewin \$50.00 Gift Card  
53rd St. John's Brownies  
East Coast District

Gina Gibbons \$50.00 Gift Card  
57th St. John Guides  
East Coast District

53rd St. John's Brownies \$50.00  
East Coast District

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Congratulations to all winners!!!

Winners will be either notified when they can pick up their prize at Provincial Office (for those in the St. John's Area), all other prizes will be sent out through Canada Post.

## Registering Mint Sales for Cookie All Stars

Our [Unit Tracking Tool](#) is THE way to register your girls' and unit's sales.

Benefits of using Unit Tracking:

- ◆ Record girl's individual sales, payments and additional cookies or returns all in one spot.
- ◆ By clicking the "Send to Cookie All Stars" button your mint sales information is automatically transferred to the Cookie All Stars registration site.
- ◆ Accessible to all Unit Contact Guiders through the Cookie All Stars site and to the cookie orderers through both the Cookie Ordering and Cookie All Stars sites.



To access Unit Tracking:

- ◆ Establish your user name and password – this may take a day or two to confirm. If you do not have password from last year, [email us](#).
- ◆ Here is the direct link bypassing Member zone: <https://cookie.girlguides.ca/web/CookieAllStars>
- ◆ DO NOT FORGET to click the button "Send to Cookie All Stars."

The Cookie All Stars registration site will open in February 2016.

### ***Spring 2016 Classic Cookie Orders***

The **deadline** to order spring 2016 Classic Cookies is **December 15th, 2015**. Please be sure to email your orders to Deanna, NL Provincial Cookie Chair @ [the-hewitts@hotmail.com](mailto:the-hewitts@hotmail.com) and cc your Area Commissioners. Please take into consideration that Classic Cookies also sell well in the fall.



# A Zip Line Adventure

This summer the 1st Grand Falls Windsor Girl Guides had our camp at Gros Morne National Park. We had planned for our last day of camp to go to Marble Mountain and take part in the zip line and spider challenge. A couple of girls were first afraid of going on the zip line and were just going to do the spider challenge but after getting to Marble Mountain and having the girls talk with the staff and each other, they decided to go ahead and try it. We as leaders were so proud of them. It was scary at first but by the end of the run they were trying to hang upside down and the girls were so happy they had the confidence to give it a try.

***Photos and Story Submitted by Crystal Hurley and Lesley Caravan***



## Cookie Photo Contest Winner

The photo contest winner for Fall 2015 was 2nd Paradise Guides, Paradise District, ConBaSu Area.



[www.girlguides.ca](http://www.girlguides.ca)

## How *Elizabeth* Did It!

My name is Elizabeth Tuck and I am a third year Ranger. I came close to leaving Girl Guides but one thing that changed my mind was when I was elected onto the Ranger Council as Secretary. I have come back again on council as President and I could not be happier! I travelled to Sangam this summer with the national sponsored trip. Through this trip I have found a more firm place in WAGGGS and I now know I am not leaving Girl Guides anytime soon. So how did I do it? Awesome leaders, self confidence and being inspired to change the world.



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# I am One in 10 Million

## Stories from Strong Women and Girls

The invitation for Guiding members in Atlantic Canada and its Twinning partner, St. Vincent and the Grenadines, to make their voices heard continues.

**Every one of us is part of the 10 million-strong sisterhood of World Guiding.  
Every one of us is unique and special; every one of us can make a difference in the world.**

Stand up and be counted, be heard, and be proud to be a member of Guiding.

Share your message - write it, draw it, video it:

**Facebook:** *Twinning 2020: Atlantic Canada & St. Vincent and the Grenadines.*

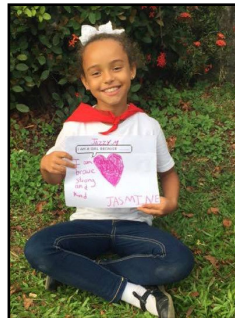
**Twitter:** @Twinning2020

Also, check out the promotional Twinning videos on the Facebook and Twitter pages AND watch for another Twinning activity coming in November.

**Photos:** Faces and voices (except the first one) are from our Facebook page; will yours be the next we see?



Atlantic Canadian and St. Vincent Twinning leads at the Twinning Conference at Our Cabana - the start of a plan!



SVG Brownie:

I am a Girl because: "I am brave, strong, and kind."

(Note she is wearing Canadian colours of red and white for Colour Change Day!)



NS Twinning Lead Lashauna and her twin sister Lauren: "Twins 4 #Twinning"



Pathfinders at the NS Quest 2015 Camp:

"Be Loud! Let your voices be heard!"  
"Be yourself. No apology necessary!"



SVG Twinning Leads Bryanna and Jemisha, also in Canadian colours

# International News



## International Day of the Girl 2015 – Reach Your Full Potential

The GGC theme for IDG 2015 focuses on breaking down barriers and overcoming gender stereotypes to help girls and young women to **reach their full potential**. Instant meetings with activities have been developed and are up on the GGC website under Special Programming – Make a Difference Days. Girls can earn the new IDG crest. In collaboration with our twinning partnership you are also encouraged to share your stories of the activities you do to celebrate IDG on the “Twinning 2020: Atlantic Canada & St. Vincent and the Grenadines” Facebook page.

It's never too late to celebrate!!!!

## 2016 Nationally Sponsored International Trips

Two international trips will be offered for 2016:

Sangam World Centre, India (July 29-August 18)  
Flame Camp, England (July 18-July 31)

**Applications and references MUST be submitted online this year.**

The deadline for applications and references was Sunday, November 8<sup>th</sup>, 2015 at 11:59 p.m. EST.



## World Thinking Day 2016 – Connect



The World Thinking Day 2016 ‘Connect’ resource is available at [www.worldthinkingday.org](http://www.worldthinkingday.org). Built on the theme of ‘Connect’, the activities invite you to explore and celebrate the meaningful connections that make our lives better, whether to the people closest to us, to a place we care about, or to a Girl Guide or Girl Scout friend on the other side of the world. Making more positive connections matters, because it helps us to be happy. But what does it mean to feel

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truly connected? Connected to who we are, connected to where we are, and connected to the people around us?

### **World Association of Girl Guides and Girl Scouts (WAGGGS)**

With ten million Girl Guides and Girl Scouts from 146 countries across the world, the World Association of Girl Guides and Girl Scouts (WAGGGS) is the largest voluntary movement dedicated to girls and young women in the world – ten million strong. Its mission is to enable girls and young women to develop their fullest potential as leaders and responsible citizens of the world. Through innovative non-formal education programmes, WAGGGS helps girls to understand and take action on important issues in their lives. We are a member of WAGGGS!!!

Some of the current initiatives of WAGGGS include:

- Voices Against Violence: empowering girls to understand & combat violence in their communities
- Free Being Me: improving girls' body confidence and self esteem
- ♦ Global Action Themes\*: equipping girls to make the Global Goals a reality



\*2015 will be the final year of WAGGGS annual themes focusing on the UN Millennium Development Goals (MDGs). Through our Global Action Themes, WAGGGS members have been taking action on the MDGs since 2009. The themes have encouraged girls, young women and members of all ages to make a personal commitment to change the world around them.

WAGGGS has a history of changing the lives of girls and young women through its projects and activities in local communities. Girl Guiding/Girl Scouting provides enriching experiences for its members, experiences that stay with them for a lifetime. By working on these GATs, WAGGGS and its members of all ages are sowing the seeds of social change for generations to come.

Beyond 2015 we will be focusing on Sustainable Development Goals (SDGs) which our world organization has been involved to help shape. The 2030 Agenda for Sustainable Development represents an historic agreement of unprecedented scope, setting out a far-reaching and ambitious collection of goals to structure our collective efforts to achieve a more just and equitable world. In order to effect real change in the lives of girls & young women around the world, we must equip and empower young people to be the drivers and agents of the 2030 Agenda.

Look for more information to come on how these goals will be incorporated into programming and theme days at the WAGGGS level at [www.wagggs.org](http://www.wagggs.org)



# 2015 World Without a Passport Event

## July 19-26<sup>th</sup>

Ten girls gathered from across the Province in July to attend the second **World Without a Passport** event held in St. John's, NL at Girl Guide Headquarters. Girls spent the week exploring St. John's including historical, governmental, educational and multicultural aspects of the city as they would if they were touring anywhere around the world. They also learned about several organizations working to help others and had the opportunity to be involved in exciting community service work throughout the week.



Each day was dedicated to one of the WAGGGS' eight Global Action Themes. We started the event by learning about our new twinning country - St. Vincent and the Grenadines - with our Provincial Girl Twinning Lead. Each evening we "visited" one of the five World Centres (including the virtual one in Africa) and ate a meal and did activities that was representative of that part of the world. We also benefited from having special Guiding guests come in to talk to us about their trips to these World Centres and/or regions. The girls also learned about Guiding in other countries from each other and participated in a mock World Conference. They used public transport (MetroBus) to get around as they would have done if they had traveled to any foreign city and went on tours, walked the trails and streets of St. John's, explored and generally enjoyed the experience of meeting new people and making new friends. They also completed the Bronze, Silver and Gold WAGGGS Global Action Theme Challenges.



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Highlights of the week included twacking downtown St. John's, baking at the Gathering Place, visiting the Hindu temple, hands-on science experiments at the Marine Institute, going to The Rooms, lunch at the Farmer's Market, the awesome campfire with the Rangers, using the Metrobus and attending the Victoria Park Lantern Festival. They also visited the Fluvarium, toured Commissariat House, visited a local Food Bank, read books, sang songs, played games and did crafts with young children from the Association for New Canadians, toured Signal Hill and watched the Tattoo, dined at a local restaurant, ate a "100 mile" meal (Great Meals for Change), toured the House of Assembly and were tattooed with henna ink! We concluded the week with an International Bazaar so the girls could practice their bartering skills and buy some international souvenirs. Proceeds were donated to the Canadian World Friendship Fund.

It was a fantastic and busy week with a great bunch of girls. Special thanks to the adult volunteers who were able to give an hour, a morning, an afternoon, a night, a day and the whole week to give these girls a great guiding experience!

Pictures from top left clockwise:

Volunteering with children with the Association for New Canadians

Tour of the NL House of Assembly

Visiting the Hindu Temple

Empowerment Day

Raising our hands to Stop the Violence at Angels Corner downtown St. John's

Visiting Sangam and getting henna tattoos!

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## Let The Fluvarium be part of this year's Meeting Plan!

The Suncor Energy Fluvarium has great environmental programs available for your Guiding, Scouting, or other Community Youth Group. We would love to be part of your Fall, Winter, Spring or Summer Camp Plans.

Our Friends of Freshwater Habitats program includes four age appropriate sections with activities for youth kids ages 5 – 14, plus we are willing to work with you to tailor an evening at The Fluvarium to your programming needs.

Find more details here about what we have to offer ...  
<http://fluvarium.ca/education/programs/youth-programs/>

Watch out too for new programs in the coming months to really get you exploring!



# The Adventure of a Life Time



As I sit on the bow of a hundred and ten foot vessel, I see the sky light up in brilliant shades of orange, red, and yellow. As I sit there quietly the sun begins to rise, marking the start of a wonderful day and such a memorable week.

After a wonder spread of fruit and yogurt during pre-breakfast, we were then ready to devour the wonderful homemade breakfast that Omar, our chef, had so loving prepared. After we had finished our breakfast, we were ready to tackle the day's adventures. We jumped in with two feet... into the ocean of course!

I was left speechless after our first snorkel at "the aquarium". It is hard to imagine that something that beautiful can really exist. I will never forget taking my first breath underwater while observing an impressive array of vibrant colors. There were numerous species of tropical fish, eels, starfish, and jellyfish for as far as the eyes could see. I have seen aquatic organisms with my own precious eyes that I had thought only existed in photographs.



As we continued our adventure, we found ourselves visiting a very heartwarming little village. There was an overwhelming sense of family, security, and love as we approached the island on which village was located. The beautiful residents were glowing during our whole visit, especially when we agreed to play some volleyball with them. You'd never know that these people survive in this little village with no fresh water, no electricity, no medical facilities, no stores, and very little food. I will never forget the pride and gratitude of the villagers as we gave them each a little package of food. Something that would barely be missed in our pantries meant everything to them. I was taken back by how welcoming they were; twenty strangers visit their village and leave an hour later as their friends.



Butterflies partied in my stomach as I find myself on top of a cliff. Hand in hand with my best friend, we start running towards the edge. We rapidly approached the edge and my butterflies persisted. As my feet left the rock, I felt an overwhelming flood of relaxation. In that moment, suddenly I was fully relaxed. The water we plunged into was just as warm as a bath. As we reach the surface of the water again, we are flooded with pride and accomplishment. It is memories like this that will last forever.

Leaning on the rail of our vessel, I look out the Sea of Cortez. Reflecting on the adventure of a lifetime that



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will hold a special place in my heart forever. My sisters in guiding made this trip memorable; along with, naturalist Lela, lifeguard Guri, and the fantastic Panterra crew. I would like to say a huge thank-you to the Girl Guides of Canada, the Girl Guides of Newfoundland and Labrador, and the Con Ba Su area for supporting me during my endeavors and for shaping me into the Girl Guide I am today!



Carissa Haines  
Girl Representative  
Sea of Cortez 2015  
International Travel Experience



## ***Camp Amazing Race to Mosaic 2016***

The 1<sup>st</sup> Chamberlains Pathfinders kicked off their new year with their unit fall camp.

In September, *Camp Amazing Race* took place in Salmon Cove. Despite the RDF from Post Tropical Storm Henri, they took to 2 nights sleeping in tents, cooking outdoors, completing a compass orienteering challenge, knot tying challenges, nature crafts and enjoyed a morning hike along Trail of the Eagles.



These Pathfinders are preparing themselves for Mosaic 2016 and with this camp and more activities to come, they will be sure to be more than ready! Additionally, for several of these guiders, their Canada Cord program completion is within reach this year. Great news and amazing accomplishments!

***Photos and Story Submitted by Coreen Bennett***





# International Day of the Girl

Two units in the ConBaSu Area celebrated International Day of the Girl 2015 with Dr. TA Loeffler. TA spent time with the girls talking about overcoming the perceived barriers and challenges of something so extraordinary such as climbing the summit of some of the world's beautiful and highest peaks. Time was spent on how being a woman may have its own challenges, but with the right supports and mentors, anything is achievable even with the set-backs. Everyone was encouraged to find their "Everest" and make it their own by believing in it, making it a goal and embracing it. The girls were so thankful to TA for her stories about training, fund raising and finding the people to believe in her dreams too.



***Story and Photos Submitted by Coreen Bennett.***

## Guide Hike to Cobbler Path



Our outdoor hike on June 27<sup>th</sup> was a great success...we did not think it was going to happen with the fog and drizzle but it turned out to be a lovely day. Six brave girls from the 2<sup>nd</sup> Girl Guide Unit started at Red Cliff Road and ended at Doran's Lane. The girls had a great

hike and adventure exploring the coastline of this great area. The scenery was absolutely beautiful. This path is an East Coast Trail and you can locate it on <http://eastcoasttrail.ca/trail/view.php>.



***Story and Photos Submitted by Donna Tuck***



# Summer Camping Adventure

The 5th Grand Falls Windsor Guides had Summer Camp from the 3-6th of July 2015, camping in Berry Hill, Gros Morne National Park. They participated in a Aboriginal Fire circle at Lobster Cove Lighthouse, completed a 10km hike to Bakers Brook Falls, and visited the Marie Interpretation Center. On the return trip home, they had a great time at Marble Zip Tours, where half the girls completed the zip lining course and the other half did the high ropes course.

**Story and Photos Submitted by Dawn Oldford**



# Lewisport Girl Guides



This year the 4th Lewisport Girl Guides planned a trip to St. John's as our girl guide camp. We did fundraisers to raise enough money for a bus and to take in many sites in the city. We stayed at guide headquarters for 2 nights. We swam at the Aqua arena, hiked on Signal Hill, went to Geo Center, Freakes Lunchbox, Wallnuts Climbing Center, took in a movie, did a bit of shopping at the Avalon Mall, went to Axtions and the highlight of the trip was a tour of the NTV Station with Amie, met Eddie Sheerr, tour OZFM and spoke on the radio. We named our camp - Camp Jelly Bean for the jelly bean homes.

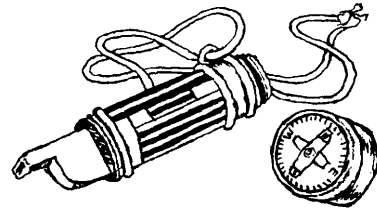
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**Photos and Story Submitted by Sandra Whiteway**



# Blast from the Past

When I was a Ranger we had a fairly big unit and we loved to camp so when Trefoil Trails first open we were one of the first groups to camp there. At the time there was only one building, an outhouse and a rough trail down to the pond, we didn't even have grass to set our tents up on so we just set them up in the parking lot. We were roughing it but thanks to our wonderful leaders we were well prepared and ready for the challenge.



The camp included the usual camping activities: outdoor cooking, hiking, canoeing and even learning some map and compass skills. After a lesson on how to use the compass, taking coordinates and plotting a path our leaders decided we were ready to put our newly acquired skills to the test. They gave some coordinates and told us to take our compass and follow the route that they had laid out for us.

So we were all very confident in our newly learned skills set out on our little adventure with no worries at all and confident we would complete the task without any problems. Everything started out good and before we knew it we were in the middle of the woods surrounded by trees on the side of a hill, and at the time that hill felt more like the side of a cliff with how steep it was and we started to worry that we had gone off track. We decided that our leaders never would have sent us out in the wood without first mapping the course themselves and where we were could not possibly be where they meant us to be as it was very rough terrain. Convinced that we were very off course because there was no way our leaders traveled this course we were at a loss as to whether we should continue the way we were going or back track and find our way back.

Once we did find our way out again we rounded on our leaders and told them that even though we found our way back we are almost sure we did not go the way that they intended us to go. As we are recounting our adventures in the woods on the side of a hill we notice that they are laughing at us. We come to learn that they did not travel the course themselves but just pick some coordinates for us to follow. Needless to say they had a great laugh at our stories and we learned to be confident in our skills because even if the path is difficult there is great reward once you reach the end.

***Submitted by Stacey Adey***





# Awards Ceremony

On October 28th 2015 girls from Tuckamore, Oceans Edge and ConBaSu Area received awards. The Lady Baden Powell, Canada Cord and The Chief Commissioners Award was given out to many well deserving Guides, Pathfinders and Rangers. Each girls was presented her award by the Provincial Commissioner Kay Penney and her Deputy Pam Eavis. The ceremony was followed by a receptions for the recipients and their guests.



***Left: Recipients of the Lady Baden Powell Award.***

***Right: Recipients of the Canada Cord***



***Left: Recipients of the Chief Commissioners Award***





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