

November 2018

Throw Back (to Basics)



The Piccolo

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The 2018-2019 Guiding Year

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November 9	Ericsson STEM Career Day
November 18	Girl Recognition Event
November 19-24	PED Week
November 25	Girl & Guider Tea
November 27	Giving Tuesday
Dec 24– Jan 1	Provincial office closed
January 8	Spring camp booking begins
January 19	Guider Symposium
February 1-3	Snow Trails
February 22-23	All the Time in the World (Thinking Day)
March 17	St. Patrick's Day Parade
April 27 (?)	Earth Day Events
April	Geordie Play
May 4	Provincial AGM
May 10-12	Camp Opening
June 1	National AGM (trip to Ottawa)
July 8-August 3	WWWTA
August 3-10	Voilà Québec!
August 18 (?)	Pride Parade

Legend

<u>Training dates</u> are highlighted in yellow. Read more about them on <u>page 10</u>. Available <u>Girls First sessions</u> are highlighted in blue. Read more about them on <u>page 5</u>.

> Here are the dates for events currently scheduled for the 2018-2019 Guiding year.

Teams have been formed for many of the events. If you'd like to get involved, please reach out to <u>dpc.cpa@guidesquebec.ca</u>.

The Piccolo is published by Québec Council on the 2nd Thursday of every month (except the month of July) and contains valuable information for all members.

Deadline for submissions for the December issue: December 6. Editor: Lizzie Knowles | communications@guidesquebec.ca

Message from the PC Team



RoseAnna Cirino, Provincial Commissioner | pc.cp@guidesquebec.ca Carol Kelly, Deputy Provincial Commissioner | dpc.cpa@guidesquebec.ca

You must all be getting into your routines by now: busy hosting enrolment ceremonies, lending a hand in our communities, organizing outdoors camps and days, selling cookies and celebrating one or more of the various celebrations we are so lucky to be able to explore here in Canada.

Last February, on Thinking Day, the National office released GGC's new vision and mission statements. Both of them were updated to ensue that they properly reflect what we offer our girls.

Our Vision: A better world, by girls

Our Mission: To be a catalyst for girls empowering girls



Through these statements, we are all aligned and focused on the same goals across the country. They clarify what we are in Guiding and, equally important, what we are not! They identify our combined roles as GGC members and our ability to create a powerful chain reaction of events and outcomes - all of which make up the Girl Guide experience. The new vision and mission clearly recognize that it is YOU Guiders, volunteers and staff who make the difference for girls.

We have been privileged to have so many Guiders step up and join together in planning a multitude of exciting provincial events. It is never too late to join your sisters in Guiding and make the magic happen. But most importantly, please participate and share these events with your girls. Many hours of planning go into making them possible and we count on everyone to participate in them. And YES – there is a crest for that!

We're looking forward to seeing many of you with your daughters (or nieces, granddaughters, mothers, aunts, etc..) at the Girl and Guider tea on November 25. The deadline was extended so there's still time to register!

The PC Challenge: November

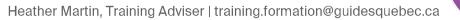
Every month, the PC team will have a new challenge for you to help grow Guiding, cover parts of the program, or simply have fun!

In the spirit of bringing the past into the present, the November PC Challenge is to share your favourite activity from when you were a girl with your unit! Take a picture and send it to <u>communications@guidesquebec.ca</u>.

If you're feeling extra ambitious, why not blog about it? There's a crest for that!

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Training News



PED Week

Register for sessions other than Mental Health First Aid <u>here</u>.

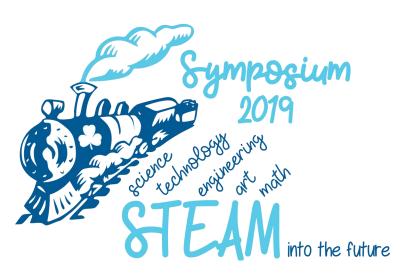
During PED week, units are encouraged to cancel their meetings and attend one or more training sessions. You can register for ones in any location. You don't have to stick to your district!

Friday, Nov 16 to Saturday, Nov 17	Quebec Est District Training New Guider training, Girls First, Safe Guide, Enrichment and sisterhood	Québec Est
Monday Nov. 19 7-9:30 pm	Coping with challenging behaviours in your SPARK or BROWNIE Unit A sharing of best practices and some practical ideas on how to best manage your unit if you have girls with ADD/ADHD, anxiety disorders, learning challenges and/or other factors which result in behaviour or discipline issues.	Riverdale District St Anthony's School
Tuesday Nov. 20 7-9:30 pm	Coping with challenging behaviours in your GUIDE, PATHFINDER or RANGER Unit A sharing of best practices and some practical ideas on how to best manage your unit if you have girls with ADD/ADHD, anxiety disorders, learning challenges and/or other factors which result in behaviour or discipline issues. *Note: if you cannot attend the branch specific session, you are welcome at the other one but please recognize that ideas and program related content will be at the advertised level.	Lakeshore District
Tuesday Nov. 20 7-9:30 pm	Public Relations Strategies in your Community - Be seen, be valued and be effective - An interactive training for ANYONE interested in helping build Guiding in your community.	Provincial Office 100 Alexis Nihon Suite 270 Saint-Laurent
Wednesday Nov. 21 7-9:30 pm	<u>Creative Service Projects</u> Creative ideas for all branches to get involved in the community and make a difference.	Monklands District Wesley Community Centre 5964 NDG Ave.
Wednesday Nov. 21 7-9:30 pm	 <u>1 - Girls First Welcome Session</u> <u>2 - Girls First Follow up & Questions Answered Session</u> Join Girls First Champions for EITHER the Introductory Session on Girls First OR a Follow up and Q & A for those who have some experience but looking for refresher/reinforcement. 	Northern Lights District Rosemère Community Center 202 ch de la Grande-Côte J7A 1H4
Friday Nov. 23 6-10 pm AND Saturday Nov. 24 8 am-5pm	Mental Health First Aid Certification Deposit of 50% required (course max \$125) Mental Health First Aid is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just as CPR training helps a layperson with no clinical training assist an individual following a heart attack, Mental Health First Aid training helps a layperson assist someone experiencing a mental health crisis, such as suicidal behaviour. Learn more here.	Dawson College Room 3F-2 Non-Guiding friends welcome <u>Register here</u>

Symposium 2019

Saturday, Jan. 19, 2019 8:30 am - 4:30 pm John Abbott College Ste Anne de Bellevue, QC

Get your motor running, rinse out those test tubes, clean your paintbrushes and dust off your calculator!



Symposium 2019 will use Science, Technology,

Engineering, Arts and Math platform activities to connect Girls First concepts with tips and techniques for effective Guiding leadership.



All adult members and Rangers are encouraged to cut out their preferred symbol and paste it on their 2019 calendar to save the date!

Full details and registration link will be in the December Piccolo

PR News

Andrea Munster, PR Adviser | pr.rp@guidesquebec.ca

PED Week Session

Would you like to learn how to effectively use PR throughout the Guiding year to help RECRUIT and RETAIN new members?

Come join the PR team to learn PR basics, tips and tricks and share and hear success stories at this year's PR PED week session. Check out the PED week <u>schedule</u> for details.



NEW At a Glance sheets are ready!

With the program change, the old *Branches at a Glance* sheets became somewhat obsolete. New ones are now available on the <u>PR tools page</u> of the provincial website highlighting the Girls First program areas and how they might be covered in different branches. They are a great tool to use at PR events and can help explain what Guiding is all about. 3 versions are available: French, English and bilingual to print double-sided.





Valerie Zaloum, International Adviser | international@guidesquebec.ca



Québec Council has accepted the invitation from Newfound & Labrador Council to attend their interprovincial camp next summer.

When: July 29 - August 4, 2019

Where: This camp will be held at Kildevil Campsite, Lomond, NL.

Located on the shores of Bonne Bay with stunning ocean views and magnificent mountains, rich in cultural connections

Here's an awesome chance to visit Canada's most easterly province, meet amazing girls and women and share their wonderful hospitality. Preliminary targets are looking at 1000 members in attendance, Newfoundlanders and girls from across the country – and maybe YOU?!

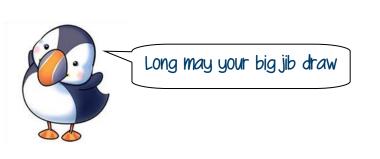
The event will be a true basic camping experience involving tenting and patrol cooking with a program full of challenge and fun. Apply to be part of the adventures in water activities, arts, crafts, sports and exploring the western part of the Island province. The camp is situated on the border of Gros Morne National Park in the community of Lomond.

Québec Council will sponsor a Ranger-aged patrol of 4 girls, and 1 Guider. 80% of the cost of this trip will be covered by Québec Council for girls and 100% for Guiders.

Applications for this wonderful opportunity are open to members who will be Rangers in the 2019-2020 Guiding year and to Guiders.

The deadline for applications is December 10, 2018.

Girl Application Form Girl Reference Guidelines Girl Reference Form Guider Application Form Guider Reference Guidelines Guider Reference Form



Thinking Day



Guiders and girls from all branches are invited to join together and celebrate the worldwide sisterhood of Guiding at this exciting event!

~ ALL THE TIME IN THE WORLD ~

A Thinking Day To Remember!

February 22 at 7 pm to noon on February 23, 2019 Marché Bonsecours, Montréal

There are many fun activities planned for all our globe trekking time travellers! Upon registration, Guide and Pathfinder units will be assigned a WAGGGS country to represent at our global Hands of Friendship fair. Each unit will have a space where they can share whatever they choose about their country. For example: geographical or cultural information, facts about Guiding or about women in that country, crafts, songs, or games, of the past or the present ... the only limit is the girls' imagination!

Rangers have the choice of three fun ways to participate:

- Be a part of the global Hands of Friendship fair activities along with Guides and Pathfinders;
- Be on the logistical team managing different phases of the event from set-up to take-down;
- Be an animator in the activity plan for Brownies, leading interactive exchanges & role-playing.

Brownies will share their own adventure as time travellers, and visit the older girls' world!

Sparks (nominal fee), with their units or families, are welcome to join in the fun as of 8:30 on Saturday morning.

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The cost of \$20 per person will include:

- Engaging activities
- An evening snack
- Overnight accommodation
- · A nutritious breakfast
- A snazzy crest

The registration deadline is February 1, 2019, but spots are limited... register early so you don't miss out!

BONUS: Early registrants will receive a special limited-edition event souvenir!

Here's the handy-dandy link to register

Property Stewardship Committee



Spring Reservations

Are you planning ahead for your Spring Camp in 2019? This information might help... The first available reservation dates will be: May 17-19, 2018 (possibly without running water) and May 24-26, 2018 (with running water). Registration will open on January 8.

Camp Jobs

Have you always dreamed of spending your spring/summer at Wa-Thik-Ane? Summer job descriptions are up <u>on the website</u>! Interested candidates should forward CVs to <u>cv@guidesquebec.ca</u>. Qualified candidates will be called for an interview. Ranger Guiders, please share this opportunity with your girls!

Thank you!

Thank you from the shores of Wa-Thik-Ane. 2018 was another great season! It takes a team to look after such a big property. There is a core team that makes up the property committee and I want to extend my utmost thanks to all of you who help me keep the camp running smoothly and help to recruit volunteers to get projects completed.

However, we cannot and don't do it on our own. I want to say thanks to everyone who helped open, close and do all the in between jobs like the awesome accomplishments on work weekend. Wa-Thik-Ane is our camp and it belongs to all its members and without you it wouldn't be the beautiful place it is. From girls pitching in to do service projects to the adults that lend a helping hand, thank you for creating a safe place of strength, friendship and lots of memories for us all to share in.



Goodbye for another winter!

Membership

roster on Member Zone.



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At your weekly meetings, please take the time to look around the room and see what girls and

they haven't paid their membership fee and that's not fair to the other girls! You can find your

Guiders are attending. If they're there, they should be on your Roster! If they're not, that means

Camping News Joanne Cardinal, Camping Adviser | camping@guidesquebec.ca 55498 1696103 1118523 1486036 1424477 AVE THE HIJJ KEEK Snow Trails: A winter camp for Pathfinders February first to third 2019 **Program News** Sharon King, Program Adviser; Emily Lillies, Deputy Program Adviser programme@guidesquebec.ca

Throw Back (to Basics)

November greets us with colder weather, darker days and the thoughts of winter months ahead. It's a great month to get cozy inside and try some new things for girls but the ideas that are really throw backs to basics for leaders.

Try a knit night with a local knitting expert - from Sparks to Rangers, girls can try their hand at basic knitting (looms work well for Sparks). Linking to a community project to help the homeless is a great way for girls to connect a skill to service.

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Get down to the basics when it comes to understanding how germs make us sick and do a fun lesson on hand washing made a lot more memorable using a glow in the dark powder! Check out: <u>www.glogerm.com</u> and help educate about the basics of preventing the spread of germs.

LINK to Platform Activities: Germ Journey, Keep Away Viruses

Have a knot night! We all remember learning knot tying, right? Put those knots to use by having girls can make some <u>fun gifts using paracord</u>.

LINK to Platform Activities: <u>"Knot" Your Average Activity</u>, <u>What's "Knot" to Like?</u>, <u>Lashing Out</u>, <u>Knotted Up</u>, <u>Knot It</u>



is your unit looking for a service project?

For Giving Tuesday, we've partnered up with Tealey Kasennisaks Normandin from the Native Women's Shelter to collect donations of winter items, especially coats, boots, hats and scarves for women and children. Food such as canned soups, pasta sauces and pasta, flour, sugar, cereal, juice and juice boxes are also appreciated.

Donations can be dropped off at 1377 St. Jacques on November 27. They're open Monday-Friday, 8 am-4pm but if you'd like to go on a different day, please call ahead: 514-816-1147.

Young Women's News

Helena Green, Young Women's Representative | yw.rep.jf@guidesquebec.ca Game Changers Event Team | gamechangers@guidesquebec.ca



We changed the game the weekend of October 19-20! Fun was had by all!

There was lots of dancing and singing on the Friday night at the Game Changers party. The talking sessions on the Saturday morning were engaging and we hope all the girls left with a sense of empowerment and feel they have the tools to change the game anywhere they go.

Saturday afternoon was full of fun games and free time. We ordered in pizza for Saturday's dinner from Morin Heights, which was a first!



All in all, Game Changers 2018 was a success and a blast for everyone. We would like to thank everyone who came and I think that everyone on the planning committee should be so proud of what they have done. We did it!

Remember to "Be a game changer, because the world has enough followers."





Girls First



Girls First Champions | gfsupport@guidesquebec.ca

Looking for help getting girls to register for the digital platform? Check out this printable handout for girls and parents/guardians highlighting the top 5 reasons to get on the platform, how to register, helpful resources and more (EN <u>single-sided</u> | EN <u>double-sided</u> | FR <u>single-sided</u> | FR <u>double-sided</u> !

Awards News

Annette Levasseur, Awards Liaison | awards.reconnaissance@guidesquebec.ca

Award of the Month: Distinctive Youth Award

The Provincial Commissioner's Honours Award is given to recognize a Guider who was involved in the planning of provincial events, camps or initiatives.

- **Bronze** Being directly involved in the planning and organization of provincial events, camps, or initiatives **twice** in one calendar year
- Silver Being directly involved in the planning and organization of provincial events, camps, or initiatives **three** times in one calendar year
- Gold Leading or co-leading any number of provincial events, camps, or initiatives in one calendar Year

Tip of the Hat





I would like to send a **"Tip of the Hat"** to a wonderful Guider, Sara Ogilvie, from Secteur Argenteuil.

Sara is the true definition of kindness: Always smiling, offering encouragement, and forever willing to help out when she can. She has taken on several projects over the years in both her district and provincially and most recently heading the

"Guider Getaway" weekend at Wa-Thik-Ane. It was a wonderful, much appreciated and fun weekend away.

Thank you Sara for all that you continue to do for your district and for QC Guiding!

Lisa Labelle Riverdale District

You can also send a Tip of the Hat to a Guider. Submit her name, her District and why she is special to the Awards Team (<u>awards.reconnaissance@guidesquebec.ca</u>). The Guider will receive a crest at home and it will be published in the Piccolo.

Treasurers' Trove

Claire Morier, District Treasurer Support Liaison | finances-support@guidesquebec.ca

Signing Officers

Signing officers need to be changed or approved at the start of every Guiding year. If this hasn't been done, this must be done as soon as possible through an approved motion at a district meeting – this year, all district signing officers should be updated to include RoseAnna Cirino. She should be the only signing officer at the provincial level on the district accounts.

Budgeting

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All districts should begin preparing a budget for the 2019 calendar year.

Once prepared and finalized, the budget should be approved through a motion at a district meeting. A copy should be sent attached to the district minutes to <u>finances-support@guidesquebec.ca</u> sometime in November or December. See the September Piccolo for some more information.

Year-End

The financial year end for Unit and District books is December 31. Consider reviewing your current records and cleaning them up now. This will mean one less thing to do during the holiday season. All district books will need to be reviewed.

Safe Guide News



Pam Godfrey, Safe Guide Adviser | safeguide@guidesquebec.ca

The French version of Safe Guide is now <u>online</u> and the French versions of all forms are available on the same page.

Please remember that you must use the most current versions of Safe Guide forms. All the "basic" forms: SG.1, SG.2, SG.3 and SG.4 were updated this past summer. If you submit paperwork for assessment using an old form, it will be returned to you, wasting both your time and the assessor's. By all means, consult your old forms to help you complete properly!

A reminder that your girls should be registered by now and you must have an H.1 Health Form for each girl. When they registered, parents provided consent for all Green level activities, such as going outdoors, walks in the community, etc. If a girl is not registered, you must obtain consent for activities, as well and ensure you have emergency contact information.

Trefoil News

Ellen Gauthier, Trefoil Guild Liaison | trefoil.trefle@guidesquebec.ca

In past years Guilds have been involved in many activities in their communities such as making bookmarks, tray favors for senior homes and hospitals, making blankets, mitts, hats for women's shelters and the like. Guild members help units in their area. Guilds also enjoy luncheons and suppers at local restaurants and each other's homes.

If you are interested and would like to join or start up a Guild, please email Ellen Gauthier at <u>trefoil.trefle@guidesquebec.ca</u> or call at 514-453-3734. She will direct you to a Guild in your area. We are looking for past Guiders who live in the Sutton Area to start a Guild there.

DC Voice

Sarah DiMilo and Lisa Labelle, DC Voice | dc.voice@guidesquebec.ca

November is here!

Things you should now have in place for your district:

- Held at least 1 district meeting, and planned and set the dates and times of your future district meetings with your guiders (don't forget to invite the DC Voice). Remember to send all meeting minutes to the office!
- All banking business should be settled (new signing officers, etc).
- All cookies should be distributed, sold, and money returned to District treasurer (or very soon).
- Be aware of all enrollment dates in your district and try to attend as many as possible.
- Ensure that all invited girls and guiders will be attending the Girl Recognition ceremony on November 18 (as many as possible).
- Be sure all guiders are aware of the provincial events coming up, and encourage everyone to participate with their girls. Be your district's cheerleader for provincial events!

Succession planning:

If this is your last year as the DC, please be actively engaged in finding your replacement. Best to have the replacement act as your "deputy" from now until the end of your term, so that she is prepared to take over when the time comes.

DC Voice succession:

This is the last year for both Sarah and Lisa as the DC Representatives (DC Voice) on council. If any DCs are interested in finding out what is involved in the DC Voice position, please contact us! We'll be happy to share with you. We are actively searching for a replacement.

Link News

Olivia Durand, Link Liaison | link@guidesquebec.ca

We are pleased to announce Olivia as our new Link specialist! Stay in the loop with the Link Facebook page!

First Aid News



Au Secours Denise OBriain is carrying on the business of retired Pulse Aide Inc.

They offer courses tailored to the needs of GGC as per Safe Guide July 2018

** Note that GGC does accept first aid certification from other providers too! **

Standard First Aid & CPR/AED Level C Course - BLENDED LEARNING format

- Complete the first half of the course online at home, at your own pace, prior to the course date
- Then participate in the ONE DAY hands-on teaching/skills-practice in-class session
- · Equivalent to the previous 16-hour in-class teaching and practice format
- · Access to the new Canadian Red Cross online portal and useful online resources
- NEW Canadian Red Cross First Aid & CPR Manual 2017 edition
- · Digital Certification upon completion valid for 3 years

Upcoming Courses

All courses include access to online course prior to the date and an in-class session on the date stated. Cost: \$110 (no tax)

- Standard First Aid & CPR/AED C Sat., November 24, 2018, 8:30 am 5:30 pm Kirkland
- Standard First Aid & CPR/AED C Sat., December 8, 2018, 8:15 am 5:15 pm Laval
- Standard First Aid & CPR/AED C Sun., December 9, 2018, 8:30 am 5:30 pm Pointe-Claire
- Standard First Aid & CPR/AED C Sun., January 27, 2019, 8:30 am 5:30 pm St-Lazare

<u>Upon completion</u>, GGC – Quebec Council will reimburse 2/3 of the cost for active Guiders

If you or your District would like to hold a course at your own time and location, please let us know.

For more information or to register, please email Tricia Lax at <u>ausecours.firstaid@gmail.com</u>

From the Office



There's a Crest for That!

Did you find your iMIS number in *The Piccolo*? Email <u>communications@guidesquebec.ca</u> to receive an "**I read the The Piccolo**" crest! Adult members and Rangers can keep an eye on *The Piccolo* for new chances to win every month!

Closed for the Holidays

Please note that the provincial office will be closed for the holidays from December 24 to January 1.

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DEAR OLAVE: One of my girls was invited to the Girl Recognition Event but didn't earn an award in our unit last year. I'm confused. What is this *Youth Commitment Award* that is mentioned in her invitation and how did she get nominated for that?

Award Curious

DEAR AWARD: Girls get invited to the Girl Recognition event for earning one of four awards: the Lady Baden-Powell, the Canada Cord, the Chief Commissioner's Award (recently the Trailblazer Award) and the Youth Commitment Award. The first three are ones that she earns in her unit by completing different program components. The Youth Commitment Award is earned by any member who has completed 10 years in Guiding as a girl. It is awarded during her 11th year. That list is pulled automatically from our database and no nomination process is necessary. For the other three awards, we depend on Guiders sending a list to the office of all girls in their unit who earned them in the last year.

DEAR OLAVE: My daughter just moved up to Guides this year. I really enjoyed our time together working on her interest badges for Brownies and she was so engaged in learning new skills/trying new things. I was looking forward to watching her earn the beautiful embroidered badges in Guides, and now that she's here - they are all gone.

How do I get my head out of my own backside and not let her see my disappointment - this is about her, not me!

There used to be a badge for that

DEAR THERE USED TO BE: We still have badges! While they may be different shapes and sizes, they still speak to girls' interests and activities that they love to learn about. The Girls First program engages girls to drive the program the way they want it to be, which is an exciting thing to watch as girls make choices that matter to them in every stage of their growth. There's nothing saying that she can't still work on a project at home (something she can choose and be passionate about) and bring in her work to show the other girls and have it count towards a badge!

DEAR OLAVE: I have a few girls in my unit who aren't image released and one of the parents is particularly concerned about other parents taking pictures during events like enrolment where they might later end up on social media. I'm happy to ask parents to be thoughtful when sharing pictures, but I don't have time to go around policing what they do after the fact. How can I explain this to this parent?

Picture Privacy Concerned

DEAR PICTURE: It sounds like you're doing your best. You can ask parents to please consider who is in the pictures they take and where they get shared, but nobody is expecting you to enforce what they do once they leave your unit. You are responsible for the pictures you post as a Guider or unit (see some <u>guidelines here</u>), and the Image Release tells us what pictures can be used for promotional purposes, but there's actually a line there that all parents sign off on saying that GGC is not responsible and does not monitor the personal use of pictures or recordings.

Have a question for Olave? Send it to communications@guidesquebec.ca

Girl Guides of Canada – Guides du Canada, Québec Council 270-100 boulevard Alexis-Nihon, Saint-Laurent, Québec, H4M 2N7 info@guidesquebec.ca | 514-933-5839

Local Stories



Have you been keeping up with the <u>Guides Québec Blog</u>? Three new recent posts are up. Michaela wrote about being on TV, Andrea wrote about being a PR adviser and Darcy wrote about earning all the Brownie badges and being featured in her local newspaper!

The 5th Beaconsfield Brownies and the 4th Beacon Hill Guides from Lakeshore District have been busy! The Brownies completed the chocolate challenge and the Guides planned a Halloween party for the Brownies!





Let us know what your unit/district is up to this fall and earn a NEW crest! Have an event you'd like to invite others to? Email <u>communications@guidesquebec.ca</u> and we'll help you get the information out!