



Scouter



4
Leadership
Skills

14
Strategies
for Inclusivity

38
Girl Greatness
Cookies

18
GGC Pen Pals

37
A Guider's
Legacy

CANADIAN *Guiders*



Photo: Andrea Cowen

Dear Guiders...

Before joining GGC, I was not a camper. After my first Girl Guide camp, I knew that camping alone was enough to keep me coming back to Guiding year after year. I loved the challenge of mastering outdoor skills, of learning about nature, and of looking after myself and my gear. I had a patrol to support me and leaders to nurture me. Best of all, I had friends to share the fun and adventure with me.

GGC offers a wide array of resources to help Guiders create wonderful camping experiences for girls. Training sessions teach you how to prepare yourself and your Unit to live and learn in the great outdoors. The Outdoor Activities section on Member Zone features information and advice on camping. And, of course, *Canadian Guider* always carries at least four pages of camping ideas and activities in *Outdoor Guider*. In this issue, the ideas are for two theme camps that can take place in the outdoors or in a meeting hall. See pages 23-26 for tips on organizing a fun-filled cowgirl camp and a relaxing spa camp.

This issue also features articles on accommodating special needs at camp. On pages 16-17, Guider Tina Rose and Pathfinder Sabrina Zurbrigg, who has spina bifida, describe how their Unit made a few adjustments to enable Sabrina to participate in a canoe trip. Inclusivity is a keystone in Guiding, and we hope these testimonials will inspire other Guiders and girls to find ways to accommodate all Members of their Units at camp.

I have continued my love of camping and have camped with Girl Guides in all manner of ways and weather conditions. Throughout, I have always felt safe in a group of like-minded women and

girls, and I have learned more about myself at camp than anywhere else. My camping experiences have given me strength, courage and independence, enhancing my life immeasurably.

This is my last Chief's Message. I have truly enjoyed the opportunity to serve as your Chief Commissioner. In June, Sharron Callahan (on my left in the above photo) will take over this position. Sharron's passion for girl engagement and leadership is matched only by her commitment to mentoring women and to supporting girl greatness. I know she will treasure the opportunity to connect with you through this magazine as much as I have.

Yours in Guiding,

Chris Burton

P.S. Check out the back page for details on our amazing new Girl Greatness Awards! Please encourage your girls to vote!



In This Issue

Once again, it's time for a change of leadership at Girl Guides of Canada-Guides du Canada. This June, we will bid Chris Burton farewell and welcome Sharron Callahan as our incoming Chief Commissioner. Sharron hails from Newfoundland and Labrador, and brings with her a wealth of Guiding experience in a wide variety of GGC roles and positions. Please join us in thanking Chris for her energy, enthusiasm, dedication and great work as our leader, and in wishing Sharron all the best in her newest role at the helm of this Girl Greatness organization!

Cover photo by Marlene Graham

Features

Submissions from across the country
and around the world

- 4 Leadership Skills *by Becky Vincent and Vicky Wallace*
- 6 Global Guiding: Sangam's Community Program *by Joan Fleischer*
- 8 Global Guiding: The EU-Canada Youth Policy Roundtable
by Jennifer Duggan and Katie Zeman-Maitland
- 10 Global Guiding: COP17 *by Ashley Geddes and Megan Van Buskirk*
- 34 GGC Trefoil Guilds *by Lisa Donnelly*

Challenges

Challenges, contests and issues
for Girl Guides today

- 12 Girls for Safer Communities
- 14 Strategies for Inclusivity *by Jaime Myslik*
- 20 Global Guiding: GGC Twinning Projects
- 27 "Cache in" with the GeoFreakZ
- 28 The BC Geocaching Challenge *by Darlene Clark*
- 40 The 2012-2013 National Service Project

Focus

The business of Girl Guides

- 38 Cookie Bits & Bites: Girl Greatness Cookies *by Debbie Stackhouse;*
Cookies Fund Sweet Dreams *by Michelle Barclay*
- 42 Partners & Supporters: Thank You, Energizer® Canada!
- 43 fyi

Ideas

Ideas, thoughts and activities

- 18 Innovators: GGC Pen Pals *by Lisa Donnelly*
- 23 Outdoor Guider: Theme Camps *by Laura Allgrove*
- 30 Artzooka Crafts
- 36 Service Projects:
A Porta Potty Service Trip *by Devon Lemke & Anna Klick;*
Sewing Skills and Service *by Lois Kulach*

Voices

Guiders and girls

- 2 Chief's Message
- 16 Inclusivity in Unit Outings *by Tina Rose*
- 17 A Pathfinder's First Canoe Trip *by Sabrina Zurbrigg*
- 37 A Guider's Legacy *by Iona Chesworth*

Canadian Guider, Volume 82, No. 2, SPRING 2012 • ISSN 0300-435X Published three times annually (Winter, Spring, Fall) by Girl Guides of Canada-Guides du Canada, 50 Merton Street, Toronto, ON, M4S 1A3 416-487-5281 • 1-800-565-8111. Web site: www.girlguides.ca • E-mail: cdnguider@girlguides.ca • **Chief Commissioner:** Chris Burton • **Patron:** Her Excellency Dr. Sharon Johnston, C.C. • **Chief Executive Officer:** Deborah Del Duca • **Publisher:** Girl Guides of Canada-Guides du Canada • **Chairwoman, Editorial Committee:** Stephanie Bangarth • **Manager, Marketing & Communications:** Margaret Valois • **Editor:** Sharon Jackson • **Art Director:** Geraldine Withey • **Associate Art Director:** Ross Woolford • Annual membership fee includes a subscription to *Canadian Guider*. It is sent free to all registered adult Members and Rangers. If you are a Member and have an address change please notify iMIS in your provincial council office. If you are a paid subscriber and have an address change please notify the *Canadian Guider* directly, enclosing your *Canadian Guider* mailing label if possible. Send changes to *Canadian Guider*, Girl Guides of Canada-Guides du Canada, 50 Merton Street, Toronto, ON, M4S 1A3, Canada.

Girl Guides of Canada-Guides du Canada (GGC) recognizes and values the richness of human diversity in its many forms, and therefore strives to ensure environments where girls and women from all walks of life, identities, and lived experiences feel a sense of belonging and can participate fully. This commitment to inclusion means GGC's culture, programming, and practices encourage self-awareness and awareness of others; room for difference; and environments where girls and women feel safe, respected, supported, and inspired to reach their potential.

SUBSCRIPTIONS RATES: \$12 per year inside Canada, \$15 to USA, \$20 overseas. Single copies \$4.25 each. Canadian Publications Mail Product. Sales Agreement No. 40065172. With the exception of our own merchandise, Girl Guides of Canada-Guides du Canada does not endorse the advertisers found in this magazine, or their products or services. All submissions to the magazine become the property of the Girl Guides of Canada-Guides du Canada unless other arrangements are made prior to publication. Most articles and artwork in this magazine are owned by Girl Guides of Canada-Guides du Canada.

Photos: courtesy Camp Woolsey Red Team



Coaching and Collaborating Leadership Skills

BY BECKY VINCENT AND VICKY WALLACE

Ask a dozen Guiders to define leadership, and you'll likely get a dozen different answers. Through our years of working in Units and at summer camps, we've witnessed a wide variety of leadership styles, and have tried time and again to define exactly what leadership is.

Becky (far right) and Vicky (far left) take a "leadership leap" with their girls. In this photo, the girls may be between them, but in their work, these Guiders "lead from the middle."

We all know that our girls are always watching what we do, but are we aware of the leadership styles we demonstrate to them? To simplify things, we've broken down leadership styles into three broad categories: Guiders who "lead from the front," Guiders who "lead from behind" and Guiders who "lead from the middle." All three

leadership styles have their advantages and disadvantages, and the girls learn different things from each of them.

What sort of leader are you?

You're leading your girls in a craft. Which of the following three scenarios best describes how you would proceed?

1 You have all the elements laid out ahead of time. You ensure everyone has absolutely everything they need to complete the craft. You explain the procedure step by step, and ensure everyone has completed one step before moving on to the next. If a girl has trouble, you go over and either walk her through the step again or even do it for her.

2 You have all the elements set off to one side of the work space. You explain the craft in very general terms, leaving the girls a lot of room for personal interpretation of what the finished product should look like. You give minimal help to girls who are struggling with the craft.

3 You prepare all the elements, but expect the girls to get the pieces they need at the appropriate time. You explain the craft steps, but allow space for the girls to be creative and do their own thing. If a girl has trouble, you encourage her to ask one of the other girls for help, or you ask an early finisher to help her.

The first scenario describes a Guider who is used to “leading from the front.” The advantages of leading this way include a very nice end-product, and girls who know how to follow directions. The major disadvantage to this leadership style is that it does not allow for creative problem solving; nor does it allow the girls to take risks. They are expected to “follow the rules.”

The second scenario describes the Guider who is used to “leading from behind.” When done unconsciously, this leadership style can frustrate girls and leaders, as there is not enough communication or feedback given by either party. However, when consciously utilized with the right group of girls and the right situation, “leading from behind” can allow you to see the true leadership potential in your girls, as they solve problems on their own with only minimal guidance from you and the other leaders.

The third scenario describes the Guider who “leads from the middle.” This Guider gives sufficient instruction to clearly communicate her expectations, but also leaves room for creativity and independent problem-solving on the part of the girls. The Guider who leads from the middle finds ways to foster leadership among her girls whenever she encourages one girl to help

In our minds,
“leading from the middle”
is the optimum goal.



another. The advantage to this style of leadership is it doesn’t come across as “bossy,” and sometimes the girls don’t even realize they’re being led at all! In our minds, “leading from the middle” is the optimum goal.

Debriefing

Following a leadership activity, one of the most powerful things you can do is to have a debriefing session. This gives everyone a chance to reflect collaboratively on the role they played, what worked well, what could use some refining and what could be changed for next time. These sessions should be facilitated by an impartial adult, so that if the activity did not go well, the focus stays on improvements and not on the “blame game.”

The goal of your debriefing is for the girls to collaborate to draw their own conclusions about how the event went. However, if your girls initially find this process challenging, you can offer your personal observations to start the discussion, and then encourage the girls to continue it on their own. With a little bit of practice, the girls should be able to lead themselves through future debriefing sessions.

Coaching

Regardless of the type of leader you currently see yourself to be, remember to give your girls their own leadership opportunities. Encourage them to choose program elements, plan events and organize community service projects. Coach them before they’re put on the spot as leaders, and give them repeated chances to practise and refine their skills. Even if your own leadership style tends to be “from the front” or “from behind,” in this case, you’ll be effectively leading “from the middle.” 🌟

Becky Vincent is a Guider in Richmond Hill, Ontario.

Vicky Wallace is a Guider in Ottawa, Ontario.

Teaching in the Village of Joy

Sangam's Community Program

BY JOAN FLEISCHER

For 12 weeks at the beginning of 2011, I lived at Sangam, one of the World Association of Girl Guides and Girl Scouts (WAGGGS) World Centres. I spent those wonderful weeks volunteering at a school in the Village of Joy (Anand Gram). Established in 1965, Anand Gram is a leprosy rehabilitation centre in Pune district, Maharashtra, India. The school provides free education and boarding facilities for children whose parents are affected by leprosy.

I worked alongside my colleague, Ruth, a Guider from England. We had both chosen Anand Gram as our preferred placement as Tare in Sangam's long-running Community Program. (Sangam calls participants in the Community Program Tare, which means "Stars" in Hindi.) We were among five Tare who arrived in Pune at the end of December 2010. Shortly after, we attended Sangam's "Essence of India" session, which provided an introduction to Indian culture, information on Pune and its local transit, and visits to our work sites, in preparation for our placements in mid-January.

Settling In

Our first days at Anand Gram were, mildly put, unsettled. We were acting as on-site substitute teachers for all of the Standards (grades) in the school, and the teachers' attendance was irregular, especially as everyone prepared for India's Republic Day celebrations on January 26. This created an hour-by-hour scheduling adventure of the first order! However, we were warmly met with keen interest, curiosity and respect by the children.

After January 26, Ruth and I were assigned to teach English to small groups of students in Standards 5, 6 and 7, ranging in age from 11 to 14 years. Our classroom was the school's outdoor stage, where Ruth sat in one corner with her class, I sat with mine in another. Our chairs were the flagstone floor, and our blackboards were the blank sides of used printer paper from Sangam that we propped against us.

Our students sat around us with their texts, pens and notebooks, or alternatively their slates and chalk. Their English was almost non-existent; however, it is amazing how much you can communicate through sketches, body motions, interpretive sounds, smiles and laughter.

Support from Sangam

The school had no photocopier, telephone, paper supplies or computers, so we spent much of our off-time in the well-supplied resource room at Sangam. With the generous support of staff mem-

bers there, we planned lessons, photocopied exercises, created word puzzles and worksheets, and designed crafts.

Trust and Affection

Children at Anand Gram are taught by methods typical of Canadian schools in the 1940s and 1950s: rote memory, unvaried instruction and strict discipline. Nevertheless, our students came to us with wide, questioning eyes, ready smiles, impish behaviour, enthusiasm for variety, and a keen willingness to learn. Hesitancy on both sides gradually crumbled; trust developed; and true affection flowed in both directions. The students responded



Photos: courtesy Joan Fleischer



to our efforts by giving us their attention, while still indulging in youthful, innocent pranks executed in full trust that any negative consequences would be fair and short-lived.

Enjoying India

We spent four days a week at Anand Gram, with Wednesdays reserved at Sangam for Hindi lessons, cultural excursions and activities organized by the staff. On the weekends, we prepared the next week's lessons, and explored Pune and farther afield. Our routine was structured, yet flexible. As with all WAGGGS World Centres, Sangam staff members make every effort to provide a safe, comfortable, supportive home for visitors and volunteers.

Whatever enjoyment we experienced in our off-time activities, it was the children of Anand Gram who captivated our hearts and minds. How emotional was our last day! Goodbyes are always hard for some of us and, speaking on a strictly personal level, the students showed more self-control than I could manage at our parting. As Ruth and I departed in our waiting rickshaw, our eyes filled, but more urgently, so did our hearts – with love and appreciation

for each child who had given us so much and made our weeks at Anand Gram rich beyond compare.

The Measure of Success

Did we succeed in our work at Anand Gram? Did our commitment to respecting and helping our students have an effect? Did we meet the goals of instruction in English by English speakers? Did we manage to be adaptable without judgement? Did the children learn from our flexible, yet demanding, approach to teaching? Only our students can ever truly know.

In my years of Guiding involvement, nothing compares to the gift of sharing, learning and growing offered by Sangam's Community Program and the children at Anand Gram. If you are looking for an unequalled adventure, I challenge you to visit the Sangam website at: sangamworldcentre.org and click on "Programmes" for more information. It will open the door to the Guiding experience of a lifetime! 🌍

Joan Fleischer is a Guider in North Vancouver, British Columbia.



Photo: courtesy Jennifer Duggan

Jennifer Duggan



Photo: courtesy Katie Zeman-Maitland

Katie Zeman-Maitland

Promoting Participation

The EU-Canada Youth Policy Roundtable

BY JENNIFER DUGGAN
AND KATIE ZEMAN-MAITLAND

From October 2-4, 2011, the second EU-Canada Youth Policy Roundtable was held in Helsinki, Finland. The conference was co-organized by the Government of Canada and the European Commission (the executive body of the European Union), with support from the Government of Finland and the Finnish Youth Cooperation Allianssi (National Youth Council). We were honoured to be among the delegates representing Canada.

Our task was to discuss and analyze youth policy among the EU member states, the federal, provincial, and territorial governments of Canada, youth organizations, youth workers, youth researchers, and young people themselves. Our goal was to create concrete follow-up activities and recommendations for promoting youth participation in Canada and the EU.

Roundtable Discussions

The roundtable was organized as a series of panel presentations, supplemented by participant question periods and working groups. In the first session, we examined and compared Canadian and EU policy support for youth participation. In the second session, we studied good practice examples and identified organizations that facilitate youth participation. In the third session, we discussed practical tools used to motivate youth participation in Canada and the EU.

Many common challenges to youth participation were discussed, including measuring success, reaching disengaged youth, increasing funding, and sustaining programs. The common recommendations for increasing youth participation included establishing and supporting youth councils, encouraging youth to vote, engaging in open dialogues, embracing feedback from youth, conducting annual reviews, and initiating follow-ups with clear goals and timelines.

Personal Reflections

Throughout our time in Helsinki, we enjoyed warm and welcoming hospitality from the Finnish people and met many interesting and dynamic youth from all over Canada and the EU. We are very grateful to Girl Guides of Canada for providing us with this wonderful opportunity.

Thank you from Jennifer. . .

The conference was overwhelming at first, as a large amount of information was presented in a short period of time. However, once I had time to digest this information, I realized how enlightening and empowering the experience was. I came away inspired to work for changes based on the recommendations at the roundtable.

One of the conference participants was a Finnish Scout. Although he was there representing another youth organization, he recognized my Guide uniform and introduced himself as a Scout. After the conference, he arranged for me to visit their National Headquarters, where I met with members of their international team and with other Guides and Scouts. It was fascinating to learn about the similarities and differences between our two organizations.

The experience and knowledge I gained at the conference has made me determined to reach out to others. I have since contacted Tamarac Area Girl Guides and the St. Albert City Council, and both groups are eager to apply the conference recommendations to improve youth participation. Tamarac Area is considering the addition of a youth adviser to their council. St. Albert City Council is examining its existing programs, making revisions and creating new programs. This is just the beginning of a personal commitment I have made to share this experience with others, within Guiding and throughout my community.

Thank you from Katie. . .

While at the conference, I met many inspirational youth leaders from the EU countries and Canada, all of whom are passionate about youth participation in their communities and countries. For me personally, it was eye-opening to see all the different models that exist in Canada and the EU. Each culture is unique and needs its own youth strategy. It was heartening to know that we are not alone – that many organizations and countries are working on similar challenges.

I was asked to be a “rapporteur” for one of the working groups, which meant I helped the chair structure the dialogues, took notes and reported back to the plenary. I thoroughly enjoyed this position, which enabled me to experience the conference from another perspective. Because I wore my uniform, I also hope my participation in this role enhanced the visibility of GGC and the Girl Guide Movement. Interestingly, Jennifer and I were the only delegates who wore any form of a uniform at the conference.

The strongest reflection I came home with is that we have many opportunities at our fingertips to further engage youth in Canada, especially through Girl Guides. The old saying, “You don’t know what you don’t know,” rings true for me. I am now so much more aware of the challenges, dynamics and opportunities in youth participation for the betterment of individuals and of our society. 🌍

Jennifer Duggan is a Guider in St. Albert, Alberta.

Katie Zeman-Maitland is a Guider in Ottawa, Ontario.

training
 sustaining programs practical tools
 motivate youth
 betterment of individuals and of our society
 recommendations awareness
 youth participation youth researchers funding
 reaching disengaged youth
 youth organizations open dialogues
 youth workers inspirational youth leaders
 EU-Canada Helsinki



Photo: courtesy Megan Van Buskirk

Megan Van Buskirk



Photo: courtesy Ashley Geddes

Ashley Geddes

Saving Tomorrow Today

COP17

BY ASHLEY GEDDES
AND MEGAN VAN BUSKIRK

In November, 2011, the World Association of Girl Guides and Girl Scouts (WAGGGS) sent 17 delegates from 13 Member Organizations (MOs) to the 17th annual COP conference in Durban, South Africa. We were two of those delegates.

COP stands for Conference of the Parties, and was initiated when the United Nations Framework Convention on Climate Change (UNFCCC) came into being in 1995. Since that date, COP has been meeting annually to assess progress in dealing with climate change.

For the months preceding the conference, our delegation spent a lot of time attending virtual meetings on Skype. We decided

to create three WAGGGS working groups, to cover the topics of Capacity Building, Gender, and Media & Actions, which we wanted to focus on at the conference.

We met face-to-face in Durban a week before COP17 began. We were warmly hosted by the Girl Guides Association of South Africa (GGASA), who put us up at Fairfield, one of their Girl Guide camps. To be a member of the WAGGGS delegation, we committed to developing a project that we would take home with us to promote environmental awareness in our communities. During this week, we spent many hours presenting, critiquing and editing our projects. We also painted a mural, organized our working groups for the conference, and played a variety of environmental theme games with local school children.

COY7

We spent the weekend at the Conference of Youth (COY7), where we met delegates from all the other youth organizations and split into our working groups. It was great to see so many passionate young people in one location! We attended different sessions to learn about things that would be of prime importance at the conference, and spent time in our working groups, planning for what we wanted to achieve at COP17.

The Conference

The days at COP17 were long and busy. Our time was divided between side events, government debriefs, meetings, interviews, and shifts at the WAGGGS stand in the Exhibition Centre. Each organization attending COP had a stand to showcase their environmental goals. Ours featured posters we had made about our environmental awareness projects, information on gender and climate change, the results of the WAGGGS environmental survey, and the badges for the WAGGGS Food Security & Climate Change and Biodiversity challenges. It quickly became a popular spot, and we often heard delegates saying that they would "meet at the WAGGGS stand."

We also attended morning debriefs from Guy St. Jacques, the Canadian Chief Negotiator and Ambassador for Climate



Change. We talked to him about our role at the conference and presented information on the WAGGGS surveys and on GGC environmental initiatives. The Ambassador reported that he enjoyed seeing us at the morning debriefs and was interested in what we were doing.

Lobbying for Change

The WAGGGS delegates also worked efficiently at lobbying for change. The Capacity Building Working Group spent the entire two weeks writing and re-writing youth policy briefs about capacity building to reflect what was happening in the negotiations. We pushed for the inclusion of age- and gender-sensitive approaches to capacity building, as well as for the recognition of non-formal education as an essential tool.

Capacity building is an important topic for WAGGGS, because it enhances existing knowledge on climate change in various institutions, especially in developing countries. This includes improving the skills, training and education of people at all levels. Developed nations attempt to enhance the infrastructure in developing countries by implementing projects that build the capacity of the nation. Having a framework in place that provides adequate educational opportunities is essential to this process.

Our Reflections on COP17

Although the conference may have seemed more than a little challenging at times, it was great to experience an event like this. We now have a much better understanding of how governments work at these events. The process is not as simple as the democratic

agreements we tend to reach in Guiding. It is long and drawn out, but we felt that, as active and engaged youth, we were appropriately recognized and our input was respectfully considered during the talks.

All in all, WAGGGS had a very impressive delegation at COP17, and we were successful in demonstrating that Girl Guides is definitely about more than just cookies, crafts, and camping. We managed to get youth formally acknowledged as important participants in COP negotiations.

Finally, we want to thank Girl Guides of Canada from the bottom of our hearts for giving us this empowering opportunity. It has made us more passionate than ever about the positive impact that girls and young women can have on the preservation of this planet. 🌍

Ashley Geddes and Megan Van Buskirk are Guiders in Saskatoon, Saskatchewan.



Illustration: robertjohannsen.com

Common Concerns

Girls For Safer Communities

Last November, Guiding Units across the country participated in the ongoing GGC program activity, Girls for Safer Communities (GFSC), by undertaking safety audits in their communities. Using a checklist to assess safety features such as lighting, traffic and signage, girls became more aware of the risk factors affecting their personal safety and determined what actions could be taken to make their community safer for everyone.

The girls said they really appreciated the education behind safety and are now more aware of their surroundings.

GFSC was launched in 2010 by Girl Guides of Canada-Guides du Canada, in partnership with the Metropolitan Action Committee on Violence Against Women and Children (METRAC) and Me to We. Its purpose is to increase awareness about safety concerns of girls and women, and to mobilize girls to become leaders in their own communities.

The challenge teaches girls aged 5 to 17 to promote safety in their communities by using METRAC's Community Safety Audit. This tool helps girls and young women to evaluate their personal safety and the safety of their neighbourhoods, and to identify their local concerns and work together to develop an action plan that will improve safety for everyone.

Local Initiatives

In British Columbia, the 54th Vancouver Pathfinders audited the Champlain Mall in south east Vancouver. With the group of girls coming to an age where they would like to go out and meet some friends, they chose to audit the neighbourhood shopping centre. The girls said they really appreciated the education behind safety and are now more aware of their surroundings. While their overall rating of the shopping centre was good, they identified a few areas of concern that they plan to address with the local community. These include some lighting deficiencies and potential threats to their safety associated with the recent increase of crimes in the area.

For the 157th Guides of Kirkfield Park, in Winnipeg, Manitoba, an audit of the area surrounding a local church where they meet was quite revealing. While the area was generally clean and litter-free, there were no exterior lights around the church and some of the street lights had burned out along a nearby avenue. The girls felt the seven-block space between lights was especially problematic, because there are a number of bus stops along that stretch, and people tend to jay walk there. The Unit plans to share their safety audit report card with the local municipal office to see if the lighting can be upgraded. They will also recommend that the city consider installing a traffic light or a crosswalk.

In Ontario, the 1st Guelph Pathfinders took a different approach when they audited a nearby park. Their Guider laminated cards featuring each safety audit question individually, with its guidelines on the back. Stopping at 14 locations throughout the park, the girls considered one question at each site. They discovered that, despite the number of homes that surround the park and a well-lit walkway that passes through it, several trees blocked sight-lines and the centre of the park was relatively dark and isolated. The girls reported enjoying this activity and the Unit is planning several additional audits of other local parks and of their meeting space.

Common Safety Concerns

With so many girls and women conducting safety audit walks through parks, around neighborhoods and at meeting places throughout their communities, a number of common safety concerns were identified.

The top five safety concerns identified during these audits revolved around:

- insufficient lighting
- the need for additional traffic signs, cross-walks and road maintenance
- security threats in isolated areas
- litter and/or graffiti
- lack of security and surveillance features

Some of the recommendations to improve safety included:

- installing new cross walks and speed bumps
- installing motion-sensored outdoor lighting for meeting spaces
- repairing broken sidewalks
- placing additional garbage bins in parks
- trimming shrubs, bushes and trees

To date more than 4,200 girls have completed safety audits in urban, suburban, rural and remote communities nationwide. In all, 261 Guiding Units reported on their safety audits and another 162 Units (representing more than 3,200 girls) have pledged to participate in GFSC activities in 2012. 🌐

Preparation and Predictability

Strategies for Inclusivity

BY JAIME MYSLIK

Facilitating Unit meetings when one of the girls has a developmental challenge can be difficult. However, it is a task that Audrey D'Souza takes in her stride. As Brown Owl of the 1st Ajax Brownies, she has developed successful strategies to create an environment in which all the girls feel safe and comfortable, including Grace, a first-year Brownie who has autism.

Using her extensive experience in speech-language pathology, Audrey has tailored the Unit's program to suit Grace so adeptly that the other Brownies don't know she has autism. She is simply one of the girls. Here are some of Audrey's strategies for inclusivity.

A Predictable Routine

The structure of the meeting is consistent from week to week, so the girls know what to expect from beginning to end. A predictable routine was designed to help lessen the anxiety that Grace can experience in unknown situations, but the structure benefits all the girls.

Kaper Wheels

Kaper charts or wheels are designed to involve everyone fairly in a Unit's short-term chores (kapers). Audrey uses kaper wheels to assign each girl within each circle group a task at the beginning of every meeting. The girls have different responsibilities from week to week, but having their names rotate around the kaper wheel eliminates uncertainty, especially for Grace.

Photo: Audrey D'Souza





Kaper Wheel

Join a larger and a smaller circle together with a brass fastener. Place jobs along the inner circle and the girls' names on the outer circle. Turn the wheel for each meeting.

Illustration: courtesy Audrey D'Souza

Craft Preparation

The Unit's leaders ensure that there are pre-cut pieces and different glue options at each table when the craft involves fine motor skills. This ensures that girls at all levels of development can complete the craft with confidence.

Badge Worksheets and Photos

Audrey has developed worksheets to simplify badge preparation, which helps the girls organize their answers. She also encourages Grace to chronicle her research using photos as visual aids.

Circle Participation

The Unit leaders use circles to encourage participation in discussions, facilitating the flow of conversation so each girl has the opportunity to speak, but also knows she can "pass" if she wants to. Although Grace is shy and hesitant, with encouragement she will participate in the circle. "The smile on her face tells us she wants to be involved," said Audrey.

Audrey gives the leaders full credit for the success of these strategies. "They work as a team, and at the end of each meeting will assess what worked well, what didn't and how to improve," she said. "Their intuition and experience help Grace to fit in like any other girl!" 🌸

Jaime Myslik, of Toronto, Ontario, is a Member of the Canadian Guider Editorial Committee.

CANADIAN Guider 2012 Photo Contest

**We Need
Great Guiding Photos!**
Deadline: October 1, 2012

Once again, our next contest is going to be very simple. No branch categories. No specific theme. Just any and all the great Guiding photos you want to send in. So, keep your cameras close at hand and shoot, shoot, shoot! Just please keep the following in mind:

- We need clean focus and **high resolution!** For non-digital shots, make sure the print you submit is sharp and clear. For digital shots, program your camera to its highest resolution.
- An Image Submission Form must be included with each entry. The form is available in the Forms section of our website at girlguides.ca Do not write on, staple or paper clip your prints. For digital submissions, label your JPEGs with your full name, before any other identifying information. For all photos, please confirm that you have IR.1 (Image Release Permission) forms signed and on file.
- If you're submitting a photo or photos on behalf of a girl Member, please include her name and branch, as well your own contact information.

Send prints to *Canadian Guider* Photo Contest, 50 Merton Street, Toronto, Ontario, M4S 1A3, or **high-resolution** digital photos to: cdnguider@girlguides.ca Winners will be published in the Winter 2012 issue of *Canadian Guider*.

Prizes:
**Indigo Books & Music Inc.
Gift Certificates**

- Judges' Choice - \$75
- Five First Place Choices - \$50
- Five Second Place Choices - \$25
- Honourable Mentions - \$15

Accommodating Special Needs

Inclusivity in Unit Outings

BY TINA ROSE

Guiding provides programming that enables every girl to have fun, to learn, to challenge herself and to grow – whether she is very shy, has ADHD, is hearing or sight impaired, or has any other form of physical, developmental or emotional challenge. This commitment to inclusivity requires us to balance the special needs of an individual with the needs of the group. It's a challenge that Unit Guiders embrace in everything we do with our girls.

One girl in our Unit, Sabrina, was born with spina bifida, but she doesn't let that prevent her from participating fully in our activities and outings. For example, when she wanted to experience a wilderness canoe trip last summer, we simply made a few adjustments to accommodate her needs. We also developed a few health and safety rules with her, which she promised to follow.

One of the conditions of Sabrina's disability is that she has time-sensitive bathroom needs. To accommodate this, we set her watch alarm to give us a 15-minute warning, so we could paddle to a suitable location. Spina bifida also prevents her from carrying heavy loads, so during portages, she became our scout, leading the way and alerting the others when she saw anything that might trip them up. She also carried paddles and our dry sack, which contained our satellite phone, first aid kit and toilet paper.

We tested different paddling techniques for Sabrina, finally working out the most comfortable position for her by creating a backrest of hiking packs. We also paired her with our strongest stern paddler to enable her to take occasional breaks from paddling.

Sabrina experienced back pain most evenings, and since we weren't carrying a bed and a hot water bottle, we created them using an inflatable sleeping pad and a Nalgene bottle filled with hot water. This enabled her to lie more comfortably and still join in on a cut-throat game of cards.

Were the other girls in the group put out by our accommodation of Sabrina? Definitely not; in fact, they thoroughly enjoyed the enforced breaks as well as her company. They've all signed up for an exciting new adventure this summer, which Sabrina will use to work on her

Duke of Edinburgh's Bronze expedition. Can we accommodate Sabrina on this big trip – to Our Cabaña? *No hay problema!* 🇨🇪

Tina Rose is a Guider in Waterloo, Ontario.



Photos: courtesy Tina Rose



Paddling and Participating

A Pathfinder's First Canoe Trip

BY SABRINA ZURBRIGG

My name is Sabrina. I'm 14 years old and I'm in my second year of Pathfinders. I was born with spina bifida, but I am fortunate to have Guiders in my Unit who work around my disability so I can participate in Guiding activities. With their support, I attended Guiding Mosaic 2010 and last summer I went on my first canoe trip.

As we drove to our paddling destination in Algonquin Park, my watch "bathroom break" alarm went off. When we couldn't find a bathroom quickly, my leader simply pulled over so I could use the bush. Later in the day, as we were paddling on the river, my alarm went off again, so we pulled over to land. Like the first one, this break didn't take long, and a few minutes later we were paddling again.

While we were cleaning up after dinner at our campsite, my back started to hurt, so my leader filled a bottle with boiled water and we inflated my sleeping pad. I spent the rest of the evening laying down with the water bottle on my back, playing a card game called "Golf" with the other girls and the leaders. We laughed a lot as we tried to stop the bottle from rolling off my back.

When I woke up in the morning, my back wasn't hurting as much, and I enjoyed breakfast and a wonderful day of paddling, including a picnic lunch. One rule my leader gave me was not to do any heavy lifting. So my job on portages was to tell the girls who were carrying the canoes where there were rocks and roots on the path. On our return to camp, my back was still okay, but when it began to hurt later in the evening, I lay down again on my sleeping pad with the water bottle.

It rained that night and through the next day, so we put up a storm shelter in the morning and spent the time playing "Golf." As we headed home the following day, my back was a little sore again, so my leader told me to paddle only a bit. Even with a sore back, I am so glad that I was able to go on such an amazing adventure, and I'm grateful to my leaders and the girls in my Unit for including me. 🌸

Sabrina Zurbrigg is a Pathfinder in Kitchener, Ontario.

The GGC girls' uniform is getting a new look!



Starting this September, girls from Sparks to Rangers will be wearing a stylish new Girl Guide-blue uniform T-shirt. Look for more details in the Fall 2012 issue of *Canadian Guider*.



Girl Guides
of Canada
Guides
du Canada

Girl greatness starts here.

1-800-565-8111
girlguides.ca



In this age of digital media, wireless technology, blogs and email, is there still a place for traditional letters? Of course there is! Actually, Girl Guides of Canada-Guides du Canada is receiving more requests than ever before for pen pals from Girl Guide and Girl Scout Units all around the world.

All through the international Guiding community, there are girls looking for pen pals, leaders looking for pen pal projects and ideas, and Units in other countries looking for Canadian Units to organize pen pal friends. Are you interested in finding pen pals for the girls in your Unit? Here are some tips to consider:



Photos: Maria Skinner

- **Timing:** A pen pal project is best started at the beginning of the Guiding year. You'll need lots of time: to have the girls select geographic locations; to have them write letters or cards; and to send and receive the letters. Because of the time involved, you might want to consider undertaking a multi-year pen pal project.
- **Cost:** Price out the cost of mailing letters and possibly small mementos to your pen pals of choice.
- **Privacy:** Never have girls send or receive letters at their personal addresses. For all correspondence, use a post office box, the address of one of your Unit Guiders, or your meeting place address (with permission from the property owner/manager). Ensure the content of letters doesn't include unnecessary personal information; first names only are just fine!

A pen pal project is best started at the beginning of the Guiding year.



- **Unit Size:** Chances are you won't match up with a Unit that has exactly the same number of girls as yours. Your girls may need to double or even triple up in writing to a single pen pal. Conversely, each girl in your Unit may receive correspondence from a number of pen pals.
- **Content:** You'll need to review what your girls would like to send to their far-away friends. Make sure the content is age-appropriate. Consider using a template for younger girls to fill in, or have them correspond using drawings and artwork.

Did you know that GGC now has a Facebook page dedicated to pen pals? You can also find Pen Pals in the Support Resources section on Member Zone. There, you'll find contact information for Girl Guide and Girl Scout leaders around the world who have requested Canadian pen pals.

For more information, you can also contact:
international@girlguides.ca 

Lisa Donnelly is a Link Member in Toronto, Ontario, and sits on the Canadian Guider Editorial Committee.

Tips from a Pen Pal Pro

Maria Skinner, a Unit Guider with the 44th Toronto Sparks in Ontario, has been involved in setting up a large-scale pen pal project. Every one of her 40 Sparks has two pen pals each! Here's how she did it:

- Maria sent more than 40 emails around the world in an attempt to connect with potential Spark-aged pen pals.
- She received responses from all across Canada and as far away as Tanzania, Australia and the Bahamas. After considering the time it would take letters to get to and from these locations, the Sparks eventually decided to connect with Canadian pen pals in other provinces and territories.
- Since her Unit is large, Maria ended up creating pen pal links with a number of Units in Newfoundland, Yukon Territory and British Columbia and with one in Kemptville, near Ottawa, Ontario.
- Maria's Sparks decided to send their pen pals swaps with their letters. The first swaps were little Sparks shirt hat crafts made of felt.
- Maria set up multiple letter/swap exchanges. In December, the Sparks also sent holiday cards to their friends and enclosed activity books they had made.
- In return, the Sparks received many swaps from their new pen pals, including pink foam hands forming the Spark sign, felt lady bugs, and friendship beads.
- Because their pen pals were spread across three provinces and one territory, the project inspired the 44th Sparks to also undertake Zoe's Cross Canada Challenge. What a great way to link up different parts of the Guiding program!





Photo: courtesy Girlguides Curaçao

Photo: courtesy Girl Guides of Grenada

Forging Friendship Links

GGC Twinning Projects

Through Twinning Projects, Member Organizations (MOs) of the World Association of Girl Guides and Girl Scouts (WAGGGS) forge friendship links to learn about each other's countries, culture and Guiding programs. For the upcoming Guiding year, Girl Guides of Canada-Guides du Canada has twinned with the MOs of two Caribbean countries: Curaçao and Grenada.

Curaçao

(pronounced ku-ra-SAO or kyoor-uh-SO)

Curaçao is a self-governing island nation within the Kingdom of the Netherlands. It is located north of Venezuela and west of Grenada.



Fast Facts

- Population: 145,000
- Capital: Willemstad
- Climate: Semi-arid
- Languages: Papiamentu, Dutch, English, Spanish
- National Tree: Divi divi

Games in Curaçao

- Caribbean Dominoes
- Mancala/Wari

Tourist Attraction

- Scuba Diving

Photo: courtesy Girlguides Curaçao



Girlguides
Curaçao

Branches and Ages

- Elvita (pre-Brownies), ages 4-6
- Kabouter (Brownies), ages 7-10
- Junior Padvinster (Junior Guide), ages 10-13
- Senior Padvinster (Senior Guide), ages 13-17
- Pionier (Ranger), age 17+

Branch Mottos

- Elvita: Ban hasi otro = Let us make other people happy
- Kabouter: Ban komparti = Let us share
- Junior Padvinster, Senior Padvinster, Pionier: Sea perpara = Be prepared

Are you up for the challenge?

Completing the Curaçao Twinning Challenge will allow girls to:

- discover the name of the small neighbouring, uninhabited island that is part of the nation of Curaçao.
- learn what languages make up Papiamentu.
- learn how to prepare foods from Curaçao, such as tutu, stewed plantains, polenta.
- learn the Promise, Law and Motto in Papiamentu.
- discover the name of the first Guide to make her Promise in Curaçao.

Caribbean Foot Bracelet

Foot jewelry is common among a number of Caribbean cultures, and Curaçao is no exception. As you introduce your girls to this island nation, consider making a traditional Caribbean foot bracelet.

Materials

- 75 small beads
- 2 large beads
- beading elastic
- white craft glue

To Make

1. Cut a 30-inch (75-cm) length of elastic. Stiffen ends with white glue.
2. String approximately 12 small beads on the elastic to the center of the cord. Make sure you have enough to go around your second toe.
3. Push both ends of the elastic through a large bead, making a loop for your toe.
4. String seven to nine small beads on each end, making sure they are even in length. Push both ends of the elastic through a large bead.
5. Add small beads to both ends until you have enough to go around your ankle. Tie off with a double knot and trim.

If you are using very small beads, you can make three loops by adding one more large bead before you complete the ankle beads.





Grenada

(pronounced greh-NAY-duh)

A member of the British Commonwealth, Grenada consists of the island of Grenada and six smaller islands at the southern end of the Grenadines. Its most immediate neighbours are Trinidad and Tobago to the southeast, Venezuela to the southwest, and Saint Vincent and the Grenadines to the northeast.

Fast Facts

- Population: 110,000
- Capital: St. George's
- Climate: Tropical
- Languages: English, Grenadian Creole, French Patois (Antillean Creole)
- National Sport: Cricket

Grenadian Foods

- Callaloo Soup
- Peppercot

Nutmeg Ice Cream

As you and your girls begin learning about Grenada, try making one of this nation's sweetest delights: nutmeg ice cream.

Ingredients

- 1 ½ cups/375 ml milk
- 1 ½ cups/375 ml heavy cream
- 3 large eggs
- ¾ cup/185 ml sugar
- 1 tsp/5 ml freshly grated nutmeg
- 1/8 tsp/0.5 ml salt
- ¼ tsp/1.25 ml vanilla

1. In a saucepan bring milk and the cream just to a boil. In a bowl, whisk together eggs, sugar, nutmeg, salt and vanilla.
2. Whisk ½ cup (125 ml) of the milk and cream mixture into the egg mixture, and whisk the mixture into the remaining milk and cream mixture.
3. Cook over moderate heat, stirring constantly with a wooden spatula, until it registers 175 °F (80 °C) on a candy thermometer.
4. Transfer to a metal bowl set in a larger bowl of ice and cold water and stir it until cold.
5. Freeze in an ice-cream maker according to the manufacturer's instructions.

Photo: courtesy Girl Guides of Grenada



Girl Guides of Grenada

Guiding Program

Girls use pins, badges and program materials from Girlguiding UK, because Girl Guides of Grenada was once a Branch Association and has not yet developed these materials.

Are you up for the challenge?

- Completing the Grenada Twinning Challenge will allow girls to:
- discover what the colours and symbols on the Grenadian flag mean.
 - learn how to say hello and goodbye in some of the local languages.
 - find out what Grenada is one of the world's largest exporters of, and the nickname of the country that arose from it.
 - find out what oil down is.
 - learn when and how Guiding was established in Grenada.
 - investigate Grenadian Girl Guides service projects.

To find out more about the Twinning Challenge, visit girlguides.ca



Number of Members

1,518 girls (in 2006)

Branches and Ages

- Rainbow, ages 5-7
- Brownie, ages 7-10
- Guides, ages 10-16
- Ranger, ages 16-19

On the Trail & In the Spa

Theme Camps

BY LAURA ALLGROVE

Theme camps provide focus and continuity for all participants – Guiders and girls alike. Themes give camp organizers a template for planning everything from entrances to name tags to adventure activities to games to crafts to food. For the girls, they provide an awareness of structure and thoughtful organization that will make their camp experience all the more meaningful and enhance the memories they take home with them.



Photo: Kristyn Simmons

Here are some ideas for planning two very different theme camps. In the first, the girls enjoy a heap of good ol' country fun when they become cowgirls on the trail. In the second, they quietly pamper each other in the comforts of a soothing spa.

Happy Trails Western Camp (S,B,G)



Photo: Mariene Graham



Camp Entrance

Use your (and your girls') imaginations to create a ranch-style entrance, including a "Welcome to Happy Trails Camp" sign, cow ropes, cowgirl hats, stick horses, decorative straw or hay bales, and whatever else you can think up.

Sheriff's Name Badge

Each girl can make her own name badge, using:

- yellow or silver star-shaped fun foam in two sizes
- yellow or silver sequins
- permanent marker
- broach pin
- craft glue
- hot glue gun and glue

1. Using craft glue, attach a smaller star to bigger star.
2. Using craft glue, decorate with sequins.
3. Using permanent marker, print your name.
4. Using hot glue, attach the broach pin to the back.

Rodeo Games

Ride'em Race

The girls ride stick horses through an obstacle course, made up of poles, bales of hay, sawhorses, and other obstacles you have at hand. If you don't have stick horses, brooms work very well. The first one to cross the finish line is the winner.

Rope'em Challenge

Set up two bales of hay, two metres apart. Place a saddle on one bale and a bucket on the other bale to simulate the calf's head. Challenge the girls to sit in the saddle and try to throw a hula-hoop over the calf's head. Give each girl three tries.

Yippee Kay Yay Cattle Drive

Scatter approximately 50 balloons in a room or outdoor camp area and challenge the girls to "drive" them into another room or outdoor location using their stick horses.

There's Snakes in Yer Boots!

Girls are given four or five rubber snakes to try to toss into an old cowboy boot. The girl who gets the most snakes in the boot is the winner.

Little Livestock Show

Get the girls to bring out their stuffed animals for a livestock show.

Concho Craft

No self-respecting cowgirl would be seen without her bandana! And every cowgirl knows her bandana needs a concho. Each girl can make her own cowgirl bandana slide concho, using:

- a concho (available at dollar stores and bead suppliers)
- pony beads
- a length of suede or leather cord
- a bandana

1. Thread six pony beads on to a length of suede cord.
2. Tie both ends with double knots.
3. Loop in half and push loop up through the bottom of concho and back down other slot.
4. Slide onto bandana.
5. Pull ends to tighten.



Cowgirl Grub

Cowgirls work up big appetites, so you'll need a good supply of grub. Happily, there are all kinds of chuckwagon victuals the girls will love to chow down:

- beans & franks
- corn on the cob
- sweet cornbread
- cow pies (no-bake chocolate cookies)
- trail mix
- sarsaparilla (aka, root beer)
- cactus juice (aka, green drink crystal mix or lemon-lime soda)
- sloppy Joes
- salsa and tortilla chips
- cowboy French toast (use thick sliced bread)
- soda bread
- "yellow- and black-eyed" chili (see recipe)



"Yellow- and Black-Eyed" Chili

This recipe will serve 10 to 12 healthy appetites, and the girls will enjoy the novelty of "yellow and black eyes" corn kernels and black beans (replacing kidney beans).

- 3 tbsp/45 ml olive oil
- 2 cups/500 ml chopped onion
- 3 cloves garlic, minced
- 2 lbs/1 kg extra lean ground beef
- 5 tbsp/75 ml chili powder
- 2 tsp/10 ml ground cumin
- 3 large (29 ounce) cans diced tomatoes
- 2 (16-ounce/475-ml) cans black beans with liquid
- 5 cobs fresh corn (uncooked) – or use frozen corn

- In a large pot, over medium high heat, sauté the chopped onion in olive oil until tender.
- Add the minced garlic and ground beef and sauté until the beef is browned (approximately five minutes.)
- Add chili powder and cumin and mix well.
- Add the diced tomatoes; bring to a gentle boil; and reduce heat to low. Cover and simmer for an hour, stirring occasionally.
- Carefully cut the raw corn from each cob.
- Stir the corn and beans (with liquid) into the chili and heat through.
- Serve with tortilla chips, sweet corn bread or soda bread.

For fun, serve meals in pie tins and snacks such as chips, popcorn, and trail mix in straw cowboy hats lined with napkins.



Photo: Amanda Bauldry

Soothing Spa Camp (G,R,R)

Spa Entrance

Hang a sign saying, "Welcome to the Soothing Spa," with a picture of a girl wearing a bathrobe, slippers and turban-towel. You can find pictures in magazines or on the Internet. Place floating candles in bowls of water and spread assorted pillows, yoga mats, and camp foamies around for the girls to relax on. Play soothing music.

a girl from each team makes her way blindfolded over to her team's pile. She must search out and put on shoes, a shirt, pants and a hat, and then pose while someone takes a photo of her, before returning all her "wardrobe" to the pile and making her way back to her team to tag the next girl. Team members can help direct her with audio clues. First team finished wins.

Name Tags

Purchase or make cardboard purse cut-outs. Each girl can decorate her purse with glitter and write her name on it in permanent marker.



Cucumber Eyes

Have the girls join up in pairs. One girl lies down on a yoga mat or camp foamy, while her partner places cucumber

slices on her eyes. See how many slices each girl can stack up.

Games

Fashion Relay

Have the girls form two teams. You need two piles of old shoes, shirts, pants and hats – men's and women's – large enough so the girls can easily put each article on over their own clothes. On the count of three,

Kim's Game

Place 15 to 20 beauty items on a tray. Let the girls look for 10 seconds and then cover up the tray. Give the girls 30 seconds to make a list of all of the supplies they remember.

Round Robin Spa Stations

Have the girls work in pairs at each station.

Friendly Facials

Make and apply homemade facial masques.

1. In a small bowl, mix a tablespoon each of yogurt and oatmeal.
2. Stir a few drops of warmed honey into the yogurt and oatmeal mixture.
3. Apply the mask to the face and a slice of cucumber over each eye.
4. The girls can lie on a yoga mat or camp foamy as they enjoy their facials.
5. After approximately 10 minutes, remove the cucumber slices and wash the masque off.

Moisturizing Manicures

Make homemade hand soaks and give each other hand treatments.

1. Mix a tablespoon each of biodegradable liquid soap and olive oil in a bowl of warm water
2. Soak hands for five minutes. Dry hands and nails thoroughly.
3. Paint fingernails using super-fast-drying nail polish. Add decals (optional).
4. Lather in moisturizing hand cream.



Peppy Pedicures

Make homemade foot soaks and give each other treatments.

1. Mix a half cup of sea salts or Epsom salts in a basin of warm water.
2. Soak feet for five minutes. Dry feet and toenails thoroughly
3. Paint toenails using super-fast-drying nail polish. Add decals (optional).
4. Lather in peppermint foot cream.



Spa Cuisine

Make spa-style snacks, using:

- fruit pieces (placed on pretty plastic trays with doilies)
- vegetables and yoghurt dips (arranged on plastic trays and with plastic sherbet glasses for the dips)
- apple cider and iced tea (served in plastic wine glasses)
- sandwich bites (cucumber, egg salad, tuna salad)
- bite-sized oatmeal cookies
- mini cheesecakes (see recipe below)

Mini Cheesecakes

This recipe makes 48 2-inch cheesecakes.

- 2 packages cream cheese (at room temperature)
- $\frac{3}{4}$ cup/175 ml sugar
- 3 eggs
- 1 tbsp/15 ml vanilla
- 1 tbsp/15 ml lemon juice
- 48 round vanilla wafers
- 48 2-inch/5-cm aluminum mini baking cups
- 1 can cherry pie filling

- Blend cream cheese, sugar, eggs, vanilla and lemon juice into a smooth mixture.
- Place a vanilla wafer in each mini baking cup.
- Spoon cream cheese mixture generously over each wafer.
- Bake at 350 °F (175 °C) for 15-20 minutes.
- Let cool. Top with cherry pie filling and refrigerate until ready to serve.

Laura Allgrove, of Williams Lake, British Columbia, is a Member of the Canadian Guider Editorial Committee.

Environmental Awareness

Note: Try to avoid using nail polish remover. Ask girls to arrive at camp without wearing any. If you have to use the remover, dispose of all tissues and cotton balls in a zipper-lock bag and take it away from camp with you. Never flush it down septic-field toilets or put it in latrines!

Luscious Lip Gloss

Make homemade lip gloss. (Ask the girls to recycle a lip gloss or other small cosmetic pot they already have, or buy small cosmetic pots at a dollar store.)

- Mix a teaspoon each of aloe vera gel and coconut oil in a zipper-lock bag.
- Add an eighth of a teaspoon of vitamin E oil and a drop of peppermint, almond or vanilla oil.
- Knead the bag until the lip gloss is smooth.
- Snip off a corner of the bag and squeeze into a lip gloss pot.



Photo: courtesy Camp Woodsey Red Team



Join the GeoFreakZ!

There is more than one way to geocache. For example, at geofreakz.com you can create an avatar that will enable you to geocache in outer space! Then watch the GeoFreakZ on TELETOON. Each episode has clues that will allow your avatar to advance further and gain extra points and prizes.

Think you've got what it takes? Join the quest...

"Cache in" with the GeoFreakZ

Enter the Wonderful World of Geocaching

Have you ever stumbled across a plastic container hidden in a tree, or seen people walking around a campsite with strange looking devices in their hands? Welcome to the wonderful world of geocaching!

Geocaching is a high-tech outdoor treasure hunting activity, in which participants use GPS technology to "hide-and-see" containers called "geocaches" anywhere in the world.

Why do people geocache?

Geocaching provides a fun opportunity to explore your neighbourhood, town or city. It is also a great way to spend time outdoors with family and friends and to enhance your hikes, bike rides and overnight trips. And, because many geocaches are cleverly hidden, it also presents you with exciting new orienteering and navigation challenges.

Geocaches can be found from Antarctica to North America, and all around the globe. They may be at your local park, on a city street, near your campsite or cottage and even underwater. Visit geocaching.com and type in your postal code. A map will appear to show you all the caches hidden in your neighbourhood.

What do geocaches look like?

Geocaches come in all shapes and sizes and are often cleverly camouflaged. They can be as small as the eraser on your pencil or larger than a sofa. Inside a geocache you will find a logbook or log sheet for you to sign. In larger caches you will often find small items to trade. You are welcome to take any "trader" item you find in the geo-

cache, as long as you leave something of equal or greater value in its place.

If you get lucky, you may stumble across a geocache that has a trackable inside. Trackables are game pieces marked with a unique tracking code that allows you to follow their movements on geocaching.com. Some have specific missions attached to them; for example, "Please help this trackable travel across the country." The only rule regarding trackables is that, if you remove them from a cache, you must be willing to help them along in their mission, by placing them in another cache.

How do I get started?

You need:

- a Global Positioning System (GPS) device or a GPS-enabled mobile phone
- an account on geocaching.com (accounts are free)

To begin:

- Click "Hide & Seek a Cache."
- Enter your postal code or address and click "Search."
- Choose some geocaches; enter the coordinates into your GPS device; and head out to find the caches.

You should know:

- All geocaches have a level of difficulty associated with them, so start with an easy one until you understand the basics.
- Personal GPS devices are not precise. Once you are within 25 feet of your target, put the GPS away and search with your eyes. Always return a cache where you found it.

Introducing Geotrails . . .

Please join us for the exciting Geotrails Program



May 19 – October 13

Head to one of the participating Parks Canada locations and take part in this terrific geocaching adventure. For more information, visit www.geofreakz.com

Fun GeoFreakZ Facts

- There are more than 1.6 million geocaches around the world, including one in space.
- There are more than 125,000 active geocaches in Canada, and Ontario has the most geocaches of any province or territory.
- Some caches are known as "night caches," which means their clues are invisible in the daytime and only become evident once it's dark outside.
- Two geocaching enthusiasts, Kiet and Jill Callies, once geocached for 1001 days straight, and they're not the only ones!
- There is a worldwide environmental clean-up initiative supported by the geocaching community. It's called CITO (Cache in Trash Out), and the concept is simple. To support CITO, you collect any litter you find on your cache hunts, trek it out with you and dispose of it properly. For more information and to take part in CITO events, visit: geocaching.com/cito



High-Tech HUNTING

The BC Geocaching Challenge

BY DARLENE CLARK

The 1st Cottonwood Pathfinders and Northern Stars Trex have enjoyed geocaching for a few years now. When BC Girl Guides initiated the Geocaching Challenge, our girls were delighted to join the more than 60 Members of Units in Heritage District for a fun event that tested their geocaching skills and earned them a new crest.

Our day started with a quick lesson in geocaching, presented by Carley Weber, a Ranger and Trex Member. We talked about the history of geocaching, where the first geocache is located, who created it, and much more. All this information is available at: bc-girlguides.org including the essential geocaching etiquette tips reprinted in the sidebar on page 29.

Next on the agenda was learning how to use our GPS (Global Positioning System) devices. Originally designed for military applications, GPS devices are now available everywhere, and include hand-held models for hiking, camping, trekking (and geocaching), as well as units that are incorporated into cars, and even mobile phones. They are also widely used in commercial and scientific applications all over the world.

Once we mastered our GPS devices, we began our hunt for geocaches. The first one was a web camera cache on the top of the Two Rivers Art Gallery in Prince George. It streams into a line feed of the Civic Centre

Photo: Darlene Clark



Plaza on the Internet. Once we found the cache, and our photo was taken, we were off in search of more caches before meeting with the other Units for lunch in a local park. Then we were back on the geocache hunt again, using public transit to get around town.

To enhance the girls' chances for success, we did a pre-hunt to make sure there were a decent number of well-maintained caches for the event. This enabled us to provide participants with a mixture of known caches and unfound caches. Each Unit received forms that included the location and description of the caches, an encrypted hint and space for finders' information. All completed forms were handed in to be logged at the end of the search.

Geocaching.com

Members of the ever-expanding worldwide Geocaching community create an account at geocaching.com and then enter some location specifics before beginning to search for caches. We log our finds and record trackable items. Melanie Carlson, a Guider with the 1st Cottonwood Pathfinders, logged all our finds from the challenge, using a registered Girl Guide account.

The participating Units' success rates varied widely, with some finding only one cache and others finding as many as eight. Regardless of how many each Unit found, we all learned some new skills in navigation and had a fantastic time doing it! 🌐

*Darlene Clark is a Trex Guider
and geocaching enthusiast
in Prince George,
British Columbia.*



Take, Leave, Log Geocaching Etiquette

In addition to the three main rules of geocaching: take something; leave something; log it in the book, there are points of etiquette any geocacher should know and follow.

Trade

Trade up, trade even, or don't trade at all. Small toys, fresh batteries and collectibles are typical items to find in a cache. However, food, weapons, explosives or illegal substances are banned.

Be Good to Other Cachers

One of the greatest pleasures of caching is meeting other cachers on the trail. Take a minute to introduce yourself, but do not point out where cache is hidden or give clues unless requested to do so. When other cachers discover you at a cache, offer to re-hide it so they can enjoy the hunt too.

Maintain the Caches

Carry spare zip-lock bags, log books and pencils. When you log a cache, be sure to report its condition to the owner. If the cache log is wet, drop in a replacement. Place contents that are in danger of getting wet in a zip-lock bag. If the cache is filled with mouldy trade garbage, pack it out and wipe out the container. Restore the cache as close to its original state and hiding place as possible.

Log Your Find

Let the geocache owner know you searched, whether you found it or not! There is nothing wrong with posting a DNF (Did Not Find), which may alert the owner to problems with the cache. Share a story from your hunt and list your trades. If you have a problem with the cache, let the owner know in a separate email.

Be a Geocaching Ambassador

Use stealth when searching. Letting a "muggle" see you might compromise the hiding place and result in a missing cache. Borrowed from *Harry Potter*, in geocaching, a "muggle" refers to a non-cacher, and may be curious as to what you are doing lurking in the bushes (certainly the police will take an interest). Be polite. Explain what you are doing. Be a geocaching ambassador!

THE



Artzooka!

HEY SPARKS & BROWNIES!

Make yourself some FOLIAGE FRIENDS!

Use your imagination to turn your ordinary garden finds into a whimsical menagerie!



WHAT YOU NEED:

- Colourful Construction Paper or recycled Paper
- markers, Crayons & glue
- leaves, fallen Petals, flowers: Go outside and see what kinds of animals are hiding in your garden or nearby Park.

When you have found leaves & foliage in shapes you like, glue them to pieces of paper in different arrangements and let your imagination do the rest!



Leaves Can Become funny hair, the Body of a turtle, fluttering wings of a Butterfly or the flapping wings of a Dove!

HINT: To Preserve your Creations, Press them Between two Books.

GIRL GUIDE CHALLENGE

What will you Artzooka! today?

HEY GUIDES!

let's make a...

one-of-a-kind light switch!

Brighten up your Bedroom with a Spring-inspired light switch Plate!



WHAT YOU NEED:

- a Plain light switch Plate
- scissors, white glue, coloured Paper, felt, fabric, found objects, Buttons, Pipecleaner...
- Anything Bright and Colourful you have around the house will work!

- wrap your switch Plate coloured tissue Paper- and hold it in place with Clear tape at the Back- just make sure to leave the switch & screw holes uncovered!



- Now here comes the fun Part! Use your imagination to turn your Plate into any Spring-time Creature or Plant you Can think of!
- We made ours into a ladyBug using felt, Pipecleaners, Buttons, PomPoms & glitter
- Wait a Couple of hours for it to Dry Completely and ask a Parent or adult to help you screw it Back into the wall!

Watch Artzooka! on Kids' CBC
www.artzooka.com

THE ArtZooka!

TO ALL PATHFINDERS!



Let's make... **HOMEMADE ALL-NATURAL TIE-DYE**
Put a new spin on your old white clothing!



- WHAT YOU NEED:**
- Berries (BlackBerries, BlueBerries &/or raspBerries work Best)
 - saucePan & stovetop
 - Bowl, sieve & 1 quart of water
 - 4 tableSpoons of salt
 - white t-Shirt, socks.. anything really!
 - elastic Bands

- Place two cups of Berries & 1 quart of water on stovetop; simmer for 30 minutes.
- Pour the water through a sieve and pour Back in the saucepan; add the salt
- Meanwhile twist the Clothing in tight spirals and secure tightly with elastic Bands



- Dip the white Clothing item in the Berry-water & let soak for at least 5 minutes
- Rinse in cold water and carefully remove the elastic Bands
- Hang to Dry
- Now you have a one-of-a-kind, custom Piece to add to your wardrobe!



GIRL GUIDE CHALLENGE

What will you Artzooka! today?

Hey there Rangers:

Celebrate Spring in style with a Wildflower Crown!



On any summer day in Russia, children show off their flower headdresses. Called venki (Russian for wreaths), the crowns can be made with just about any long-stemmed flowers in bloom, as long as the stem is flexible and hard to break. Pansies, daisies, Queen Anne's lace, poppies, and many grasses work well. For one crown you'll need to gather about a dozen stems, each at least 8 inches long.

To start, take three stems and begin to braid them together. As you go, weave in more stems to create length and fullness.



- secure strands by knotting them together or use a small piece of natural coloured string to keep the stems secured in place.
- continue adding stems in this manner until the crown is long enough to fit around your head, then weave or tie the two ends together
- for a finishing touch, weave in extra stems at any points throughout the crown that are a bit thin of flowers!

Watch Artzooka! on Kids' CBC

www.artzooka.com



Keeping the Spirit Alive

GGC Trefoil Guilds

BY LISA DONNELLY

Trefoil Guild is one of Guiding's most dynamic groups. Guilds come in all sizes and are active in every province and territory. However, despite their popularity throughout the country, there are still many GGC Members out there who don't know a lot about them.

Last year, Girl Guides of Canada-Guides du Canada boasted 3,514 Trefoil Guild Members. Of these, 572, or approximately 16 per cent, were also Unit Guiders. Here are some other interesting bits of information about this vital part of our organization:

- Aged 30 and up, Trefoil Members can also be Unit Guiders, Trainers, Task Group Members, or all of the above.
- Many Trefoil Guilds have unique names. Examples include the Taiga Adventure Guild located in Saskatchewan and the Fireside Friends Trefoil Guild in Newfoundland and Labrador.
- Trefoil Guild Members get together for fun, friendship, service projects, socializing, crafts, songs, camping, travel... you name it!
- There is an online Trefoil Guild, the 1st Canadian Internet Trefoil Guild, which has Members from coast to coast! Recently, this Guild established the Elaine Hodgson Memorial Lone Guiding Campership for Lones who have limited finances to attend Guiding events.
- Trefoil Guild Members are all invited to attend national gatherings. The next National Trefoil Guild Gathering will take place in Regina, Saskatchewan from June 12-16, 2013.

Photos: courtesy GGC Adult Member Support

Are you a Unit Guider? Consider inviting Trefoil Guild Members to a Unit meeting or event to do crafts, songs or games with your girls, or simply to get in on the fun. Trefoil Guild Members can also do badge testing for you!

For more information on Trefoil Guild, read through *TG News* (the Trefoil Guild Member newsletter) at: girlguides.ca/publications

You can also contact your Provincial Trefoil Guild Adviser or the National Trefoil Guild Specialist, Joyce Perrie, at: trefoilguildspecialist@girlguides.ca

A Year in the Life of a Trefoil Guild

Are you thinking of joining a Trefoil Guild, or perhaps even starting one? Are you interested in knowing what Trefoil Guilds might be up to in your neighbourhood? Chances are there is a Trefoil Guild near you, with Members eager to share their Guiding knowledge, stories, treasures, and skills with you and your girls.

One such group is the 1st Etobicoke Trefoil Guild in Ontario. The Members of this Guild are active, lively, interesting, fun-loving women, who have many, many years of Guiding experience between them. The Guild's president, Beverley Gordon, summed up the collective attitude of its Members when she described her years in the Guild. "The opportunity to continue to have fun and work within Guiding is the reason I love Trefoil – my blood runs blue!"

What does a Trefoil Guild do over the course of a Guiding year? Let's look at the Etobicoke Trefoil Guild's typical activities.



Thinking Day Campfire

The Guild organizes an annual Thinking Day campfire at a local mall.

In 2012, the event was at capacity, with 300 GGC Members in attendance! The Guild even had a special crest made for the occasion.

Meet Your Neighbour

Each year, this Guild puts on a free event for Unit Guiders, Trainers and Guild Members to "meet and greet." The events have themes (the most recent was "Guiding's Treasure Trove") and include refreshments and event door prizes. From one of these events, Guild Members created a 60-page craft booklet as a resource for Guiders, complete with step-by-step instructions and pictures of each craft. As well, the Guild maintains a "traveling store" at each of these events. Guiders can "window shop" and see examples of items they might like to purchase from the online store.

Cookies, Cookies, Cookies

Each year, the Guild helps Unit Guiders to sell cookies by booking space at local stores on four weekends and by helping Guiders organize the paperwork to have their Unit attend. They also order and sell their own Girl Guide cookies.

Monthly Meetings

The Guild meets monthly to socialize and conduct business. They record minutes and distribute them to their membership and to their Commissioners/ACLs. These meetings are optional, as some Members of this Guild live up to six hours away! They are generally held at a Member's house and can take the form of a simple "coffee klatch" meeting or of a more elaborate Mexican fiesta, and everything between.

Service Projects

The 1st Etobicoke Trefoil Guild always has a few projects on the go. Last year, they knitted 150 "ditty bags" for Elisa House, a local women's shelter. They filled each bag with personal toiletry items, such as shampoo and toothpaste. Over the holidays, they also prepare holiday bags, which include slippers and mittens.

If you want to help keep the spirit alive by joining a Trefoil Guild in your area, contact your Commissioner or ACL. ☘

Lisa Donnelly is a Link Member in Toronto, Ontario, and sits on the Canadian Guider Editorial Committee.



Paddling with a Purpose

A Porta Potty Service Trip

BY DEVON LEMKE AND ANNA KLICK

Last October, seven girls from the 2nd Edmonton Trex Unit paddled 40 kilometres on the North Saskatchewan River, from Genesee to Devon, Alberta. Aged from 12 to 15, we were paddling with a purpose.

Our purpose was a Porta Potty, which we tied in one of the canoes. It was supplied by Paddle Alberta's Adopt-a-Throne Depository Program for remote outhouses. We were inspired to participate in the program after a 2010 canoe trip in northern Saskatchewan, where we encountered many canoe campsites that were very dirty, due to lack of proper toilets.

At the campsite, we used two small shovels and a hatchet to remove roots, then dug a hole several feet deep on top of one of the



Photo: courtesy Erin Eacott

hills at the campsite. We placed the Porta Potty on top of the hole, levelling it with boards we had also brought with us. We used rocks from the river's shore to anchor the base. We also cleared a trail to it and marked it with flagging tape. Once the Porta Potty was in place, one of the girls climbed down into the toilet. We agreed unanimously that her position in the Porta Potty was a onetime opportunity, as we're certain many campers will be happy to use it from now on! For more information on this great service opportunity, visit: paddlealberta.org/environment/depository_program.asp

Devon Lemke and Anna Klick are Members of the 2nd Edmonton Trex Unit, in Alberta.



Photo: courtesy Lois Kulach

"Rag" Quilting for Comfort

Sewing Skills and Service

BY LOIS KULACH

To work towards their "Needlework Skills" badge, the Guides in our Unit cut old denim jeans into squares and added flannelette to the other side. We sewed them together to make quilts, and clipped the edges so they "ragged" when washed.

We invited Carmichael Outreach director Shawn Fraser to speak to us about what his organization does in our community

and to present him with our quilts. Carmichael Outreach distributes hot food, clothing, blankets and other comforts to people in need. Our girls are now busy collecting lidded plastic containers and boxes to support the charity this year.

Lois Kulach is a Guider working with the 52nd Guide Unit, in Regina, Saskatchewan.

Owls, Toadstools, Girls and Guidestuff

A Guider's Legacy

BY IONA CHESWORTH

Do you remember *Owls and Toadstools* and *Guidestuff*? These magazines attracted subscribers from all over the world, and were created by a Guider in the Ontario small village of Eden Mills. Her name was Ann Veronica Chesworth, and she produced these much-loved publications for Brownies, Guides and Pathfinders from 1974 to 1996. Ann was also my mother.



Photo: courtesy Iona Chesworth



Fondly known to her Guiding friends as Cheesie, Ann emigrated with her husband from England in 1969, bringing with her a passion for wildflowers, the outdoors, drawing and teaching. She also had three girls among her four children, which led her to join Girl Guides of Canada.

While actively working with Brownies, Guides and Pathfinders, and publishing her magazines, Ann also explored other avenues of Guiding. With the Ontario Provincial Program Committee, which was instrumental in developing the Pathfinder Program, and with

her long-time Guiding friend, Mary Louise Hose, she organized the first integrated Girl Guide camps in Ontario, at Doe Lake, near Huntsville. She

was also very active with Lones for many years.

Ann's passion for wildflowers included edible wilds. Having studied botany in England, she taught evening classes on edible wilds at George Brown College, discussed them on CBC radio, introduced them to her Guides and Pathfinders and wrote about them, with illustrations, in a booklet on wild flowers.

Throughout her 45 years in Eden Mills, Ann was widely respected as an "encyclopaedic" community resource. A steady stream of children and adults visited our house, to borrow books and videos or just to talk with her. She also



participated in many important local projects, one of which raised \$100,000 for a new elevator in our community hall. In her later life, she was confined to a wheelchair, and that elevator enabled her to continue to participate in functions such as our annual writer's festivals and meetings for community initiatives to save historic bridges and homes.

Ann passed away on October 24, 2011. I and my siblings were fortunate to have received a lifetime of knowledge and inspiration from her. I joined as a Brownie and am currently a Guide Guider. My older sister is a Pathfinder Guider in Yellowknife, Northwest Territories, and my daughter, who started in Sparks, is now a Ranger. My mother's legacy carries on.

Remembering Ann

I am putting together a scrapbook of Guiding memories of my mother. If you have anything to share, please contact me at: iona.jane45@gmail.com or at 131 York Street, Eden Mills, Ontario, NOB 1P0. ☁

*Iona Chesworth is a Guider in Smiths Falls, Ontario. *For more information on Owls and Toadstools and Guidestuff, visit: guidezone.e-guiding.com/af_otabout.htm*

Illustrations: Ann Veronica Chesworth



Photo: Kaatje Mitchelson

A Sweet Deal

Girl Greatness Cookies

BY DEBBIE STACKHOUSE

Canadian Guider is pleased to introduce the first in a series of submissions that showcase the many and diverse activities that Guiders and girls are able to do because of the funds they help raise through cookie sales. The opportunities our cookies fund are sweet, indeed, and every one of them promotes girl greatness!

Cookies have always been close to my heart. I started with Girl Guides as a Unit Guider in the fall of 2000 and within days of joining was presented with a couple of cases of cookies to help sell. Living in the country, I had no idea what I was going to do with them. So, I took them to work and was pleasantly surprised when they were quickly snapped up.

I have sold cookies in every single campaign since and I am convinced this is the sweetest deal going. I have three daughters who have been in a variety of activities outside of Guiding, in support of which we have sold all manner of things from chocolates to cards to tickets to fruit. Nothing in these sales has come close to the revenues generated by Girl Guide cookies. Sweeter still is the fact that 64 per cent of this money stays within Guiding at one level or another.

Because the Girl Guide cookie brand is so well known, there is little need for us to spend much time or energy on marketing them. We have sold them door-to-door, at the mall, at grocery stores, at farmers' markets and at many other venues. Everywhere we go, they practically sell themselves.

Cookies and Girl Greatness

Our girls learn valuable life skills selling cookies. They can set a goal; figure out how many cookies they need to sell to reach that goal; and then execute their plan. Two of my daughters paid their way to GM2006 and GM2010, all on cookie sales, and my middle daughter is currently fundraising in hopes of going on an international trip and earning great Cookie All Stars rewards at the same time. As a parent, I consider this an outstandingly sweet deal!

There are many great Girl Guide cookie stories out there. Our first is from Michelle Barclay, in Winnipeg, Manitoba. If you have a sweet story about how you and your girls sold your cookies or what you did with the revenue, please send it to *Canadian Guider*, so we can spread the word on our sweet deal. 🍪

Debbie Stackhouse, of Colpitts Settlement, New Brunswick, is National Cookie Adviser.



Earning and Learning

Cookies Fund Sweet Dreams

BY MICHELLE BARCLAY

My daughter, Juliana, joined Guiding as a Spark and is now in third-year Pathfinders. Cookies are a highlight of the Guiding year for her. As a Spark she found it fun to sell them. Over the years, she used them to raise money for her many Guiding trips and adventures. Now, she sees cookie sales as way to achieve her dreams.

I was Juliana's leader through Sparks, Brownies and Guides, and as any leader who has a daughter in her Unit knows, when there are cookies still left after a campaign, our daughters are usually the ones helping to sell them. After all the other girls in our Unit have finished their sales, Juliana will be out there finishing up the last few sales.

In her first year as a Guide, our Unit decided to travel by train to Churchill, Manitoba. To pay for the trip, we increased our cookie order. Seeing the opportunity, Juliana sold 15 cases in one campaign. As she moved to Pathfinders, and more camping and travel opportunities arose, Juliana used cookie sales again as the primary way to raise the money to fund her participation.

These days, she sells 50 or more cases over the two annual campaigns, always with the goal of using the money for an upcoming trip. She has developed a network of customers she calls during every campaign. She and her younger sister, Martina, sell door-to-door any free night they have until their cookies are gone. We often have to look for more cookies to meet the requests from their regulars and referrals!

Girl Guide cookies provided Juliana with funds to get her to Guiding Mosaic in Guelph, to Caddy Lake International camp and to another international camp in Nova Scotia. She's also enjoyed the Cookie All Stars program, earning various gift cards that she has used to buy herself books and an iPod. Her next dream is to be selected for a GGC international trip. How will she cover those costs? Girl Guide cookie sales, of course.

Girl Guide cookies are, indeed, the sweetest deal going! 🍪

Michelle Barclay, of Winnipeg, is Provincial Cookie Adviser for Manitoba.



Photos clockwise from bottom left: Judith Oldfield, Darlene Clark, Stephanie Wilson, Aliya Kiani, Dana Root, (Unknown), Kattie Russel





Exploring, enjoying and protecting our environment have always been important parts of the Girl Guide experience. Beginning this September, we are expanding on this tradition by focusing the 2012-2013 National Service Project on environmental sustainability.

How do we make sure we are doing all we can to promote environmental sustainability in our communities, in Canada and around the world? Our Unit programs are an obvious start. By working on their Keepers, Keys, Interest Badges and Modules, girls begin to develop an appreciation for their natural environment and to develop ways to protect and enhance it. In addition, many extra programming activities, such as tree planting, shoreline cleanup and storm drain stencilling, offer exciting ways for girls to connect to the natural world.

Tree Planting Grants

Since 2008, GGC Tree Planting Grants have offered girls and young women hands-on opportunities to raise awareness of environmental issues and to transform green spaces in their communities. So far, girls have enhanced local environments across Canada by planting more than 5,775 trees!



Photo: iStock

Photo: Cheryl Keith

This year, with the help of TD Friends of the Environment and a task group of Pathfinders and Rangers, GGC developed an environmental program to supplement the Tree Planting Grant. It will enable girls

Sustaining our Environment

The 2012-2013 National Service Project



Photo: John Schnare

WAGGGS Biodiversity Challenge Badge

Do you know about the WAGGGS Biodiversity Challenge Badge?

It encourages girls to learn about biodiversity and to become active agents of change

in biodiversity issues. For more information, look for the Biodiversity Challenge Badge at: waggsworld.org



to develop a better understanding of their natural world and of their impact on it. More information about how you can bring this exciting program to your Unit will be available in September.

Stay tuned for more information on comprehensive, hands-on service projects that will empower your girls to make a real difference in their world!

Tree Planting and Beyond!

In October 2011, the 1st Penetanguishene Guides and Pathfinders and the 1st Pene-

tanguishene Brownies got together at their local ecological garden, where the girls were able learn about wild and cultivated edibles and then plant dwarf apple trees and high-bush blueberry plants. The girls continue to check in on how things are growing.

On June 6, 2011, the 1st Norman's Cove Guides organized a District activity, inviting Units to participate in a project for girls to plant flowering shrubs, beautifying and preventing erosion and wind damage to a local pond, and providing habitat and shelter for local birds. 🌿

MARKETEX
Brand Identity Solutions

1155 Stellar Drive
Newmarket, Ontario
L3Y 7B8

T 905.895.4758 F 416.913.1688
E sales@marketex.ca
www.marketex.ca

- Embroidered Crests
- Woven Labels
- Sportswear
- Promotional Products
- Screen Printing
- Direct Embroidery

Positive Energy

Thank You, Energizer® Canada!

It is frequently said that small-town Canadians have big hearts. That's certainly the case in the Walkerton, a small community in southwestern Ontario. When the town's largest employer, Energizer Canada Inc., wanted to support local Guiding Units with a \$1,500 donation, the girls were pretty clear about how the donation should be shared.

“When we asked the Walkerton girls what they thought we should do with the money, their requests for more crafts and camps were expected; but some girls wanted to use it to help others,” said Community Guider Chris Motsch, who also sits on the Ontario Provincial Council. “We decided to share the donation with Guiding Units in the surrounding towns, through bridging activities, such as a Valentine’s Day roller skating party, a Thinking Day carnival, a winter camp and a spring swimming party.”

Chris said it’s nice to see the Guiding Units interacting and having fun together. “As a Guider and lifetime Member, I know that we are doing great things in a small way, and having someone outside the organization recognize it, too, is a nice pat on the back.”

Energizer Canada has been sharing positive energy with Guiding in various ways for the past several years. In 2010, the company provided more than \$60,000 worth of flashlights to Guiding Mosaic campers, and donated 100 of their famous Energizer Bunnies for Rally Day draw prizes.

Photo: Lisa Wells



Positivenergy Scholarships

The company is also a big supporter of the GGC national scholarship program. In 2011, they provided three \$2,000 Energizer Canada *Now That’s Positivenergy* Science Scholarships, to assist Members pursuing post-secondary education in applied science and technology. The recipients were Sylvia Rowat and Belinda Li, from British Columbia, and Shelby Lynne Wagstaff Clark, from Ontario. Continuing this investment in Canada’s future technology workforce, Energizer Canada has pledged to support another three scholarships in 2012.

In recognition of GGC’s commitment to the global sisterhood of Guiding, Energizer Canada has also given a boost to the Canadian World Friendship Fund (CWFF). In honour of World Thinking Day, the company pledged to donate one dollar for every ‘Like’ they received on their Facebook page over the course of three days. Rallying our Facebook friends and fans to the cause, GGC raised \$1,020 for CWFF.

Now that’s positive energy! 🐰



now that’s positivenergy

fyi



Awards

Fortitude Award
Heather Pearce, ON

Team Awards
Becca Corvec, AB
Claire Groves, ON
Kristen Harvey, AB
Rachel Henderson, ON
Andrea Shen, BC
Siena Wood-Hutton, BC

National Thank You
Sonia Varkey, ON



Photo: courtesy Tracy Spearing

Girl Guide Cookies at Queen's Park

Girl Guides set up a display at the Queen's Park March Break Levee, hosted by The Honourable David C. Onley, Lieutenant Governor of Ontario. The display received a good deal of attention from families attending the levee, and Mr. Onley was delighted to receive his own box of Girl Guide cookies.



ZONE WEST
Toll free: 1-888-912-7378
Phone: 604-460-2828
Toll free fax: 1-866-797-2824
Fax: 604-460-2006
#104 - 20145 Stewart Cres.
Maple Ridge, BC V2X 0T6
Email: zonewest@zonewest.ca
www.zonewest.ca

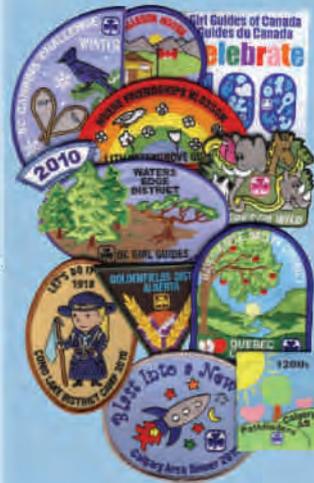


SAVVY SHOPPERS know:

Our guarantee to beat any lower price means they can buy with confidence & fiscal responsibility without compromising quality, service or delivery.

CRESTS...

- Low 50 minimum
- Have 7 thread colours, the background fabric plus the border for 9 colours total at no extra charge.
- Irregular shapes are no extra cost!
- Create your own layout, pick from stock designs or have us create one for you at no charge.
- 20 working day delivery
- Up to 1 week *RUSH orders available
- *Call for details



Crests
Pins
T-shirts
Hats
Woven Labels
Silk-screening
Direct Embroidery

NIGHT

~ An Exciting Camping Adventure ~

SAFARI

at JUNGLE CAT WORLD

Fun and educational
Wildlife Show - meet some
amazing Creatures

Night Time Guided Tour
through Cat World

Evening Meal &
Snacks

Bunkhouse
Accommodations

45 minutes east of Toronto

www.junglecatworld.com

Meets Requirements for
Endangered Species Badge

3667 Concession Rd. 6
Orono, Ont. 905-983-5016
info@junglecatworld.com



**SANTA'S SCOUT & GIRL GUIDE
CAMPING EVENT**
SATURDAY, JUNE 9, 2012
Bracebridge, Muskoka

**\$20.00 p.p. for a day of fun and a night of
camping under Santa's Whispering Pines!**

Reserve Today!

www.santasvillage.ca
groupsales@santasvillage.ca
(705) 645-2512 ext 231

Gotta Group?

Now You Need The Scoop!

Like Us On Facebook
For Ideas & Deals
All Season Long



**NEW
For 2012
3D
Experience!**

It's A PA Day For Some! Add Friday To Your Weekend With A Back To Basics & Beyond Afternoon
Cost + Details On The Web.

**Santa's
Village**
FAMILY ENTERTAINMENT PARK



**Eaglecrest
Aerial Parks**



fyi

GGC Tributes

Girl Guides of Canada-Guides du Canada Members are frequently recognized in their communities for the wonderful work they have done during their Guiding lives. As many of them may be familiar to you, we thought we would share the following announcements (December, 2011 to February, 2012) with you:

In Memoriam Recognition

Rene Bolger, ON
Elizabeth Cole, QC
Betty Evans, SK
Joan Finholm, ON
Margaret Fulton, NB
Earla Gibbons, ON
Joan McVey, BC
Shelagh O'Dwyer, BC
Olga Pieroway, NL
Susan Shoebottom, ON

A Tribute Opportunity

Supporting Scholarships

If you, or your Unit or your Trefoil Guild would like to make a donation to the GGC National Scholarship Fund in honour of any of the women recognized above, we would be delighted and grateful to accept contributions by any of the following methods:

Telephone: Julia Haggerty at (416) 487-5281 ext 228 (credit card donations only)

Online: on the GGC website: girlguides.ca click on Support Us, select Ways of Giving and then click on CanadaHelps.org under one-time gifts.

Mail: please send the honouree's name and address (or next of kin information) along with your cheque, payable to Girl Guides of Canada, 50 Merton Street, Toronto, ON M4S 1A3 and we will ensure the honouree and/or family is aware of your generosity.

Tax receipts will be issued for donations of \$10.00 or more.

Please Join Us
Girl Guides of Canada-Guides du Canada
Board of Directors
2012 Annual General Meeting

Saturday June 2, 2012
Delta Calgary Airport, 2001 Airport Road NE
Calgary, Alberta

Annual General Meeting: McCall Ballroom 5:00 p.m.
Banquet: Garden Court 6:30 p.m.
RSVP by May 11, 2012

NOTE:

Cheque or credit card will be accepted for the banquet at a cost of \$60.

Limited space available. Reservations will be confirmed on a first come/first served basis.

Parking will be discounted for GGC guests from \$25 to \$12.60 and must be arranged in advance.

If you require parking, include \$12.60 per day in your payment.

Parking passes will be distributed prior to the AGM to those who RSVP by May 11, 2012.

To reserve and to select your preference of beef or vegetarian dinner, fill in the form available at Member Zone and in *Guidepost*, or contact Helen Cuthbert, tel. 416.487.5281 ext. 293 or email: culberth@girlguides.ca



embroidered woven labels
crests patches printed PVC glow-in-the-dark badges

 **emblemtek**
emblemtek.com
1-800-267-9385

- ▶ **Quality service at low prices!**
- ▶ 25 piece¹ minimum
- ▶ Up to 15 design colours¹
- ▶ Delivery: 9-12 days²
- ▶ Rush service available
- ▶ No artwork or set-up fees³
- ▶ Manufacturing in Canada

1. For embroidered emblems.
2. Business days – most emblem types.
3. On most emblem types.



Coming Soon to girlguides.ca . . .

The GGC Brand Centre

An exciting new resource will soon be available for all GGC Members. The new Brand Centre will provide you with a simple-to-use, single source for creating, ordering and distributing marketing and promotional materials.

Located on the national website (girlguides.ca), the Brand Centre will contain all the tools and resources you will need to create Guiding materials that are professional, inspiring, engaging and consistent – and, most importantly, that adhere to our well-established brand.

As a GGC Member you will be able to download logos, clip art and branded photographs for use in your materials. Selected Members will be able to create and print regionalized resources, such as brochures and posters, and to request and reserve tradeshow items, such as banners and displays. Stationery items and print, online and broadcast advertising resources will also be available, as will guidelines and style guides that will help you understand how to use the GGC brand to grow Guiding's visibility across the country.

Watch for the launch of the Brand Centre this spring, and use its resources to help you share your passion for Guiding.

Membership Growth

With a 0.43 per cent increase over last year, the Girl Guides of Canada Membership numbers have remained relatively steady for the last three years. Here are some highlights from the 2011-2012 Membership count report:

- We saw an overall increase in both girl and adults Members over the previous year.
- We saw Membership increases in the provinces of Alberta, British Columbia, Saskatchewan and Quebec.
- We also saw promising growth in some of our branches – Pathfinder and Multi-Branch.
- For the provinces with online registration, we saw 60.3 per cent of our total girl registrations come from online registration, and 39.7 per cent from paper registration (for the period during which online registration was launched).

Girl Members	70,948
Adult Members	18,748
TOTAL MEMBERSHIP	89,696



Members of Girl Guides of Canada may reproduce *Canadian Guide* articles and accompanying artwork, illustration and photography, for use at the Unit level and for training purposes in Guiding. However, if a copyright statement accompanying an article, photograph, illustration or piece of artwork indicates that the item may not be reproduced, Members may not copy the item in any form without first seeking permission through the Manager, Marketing & Communications. Reproduction of any part of this magazine, when the reproduction is intended for resale, is not permitted without first obtaining permission from the Manager, Marketing & Communications. Before reproducing any item, check for copyright status. Check also to be sure everything in the article is up-to-date and still appropriate.

Our Team is Growing

Canadian Guider Welcomes a New Editorial Committee Member

Photo: courtesy Jaime Myslik



Jaime Myslik, Member
Guelph, ON

Jaime was a GGC youth Member for 10 years, receiving her Canada Cord in her third year of Pathfinders. She has worked with Guide Units in both London and Waterloo. She has an Honours BA, with a double major in Sociocultural Anthropology and Linguistics from the University of Western Ontario, and a postgraduate certificate in Book and Magazine Publishing from Centennial College. This fall, she will begin working on her Masters of Journalism at Carleton University. Currently, Jaime is

working as a freelance writer and editor. Her interests include horseback riding, jogging, yoga, dancing, snowboarding, and, of course, writing.

Guiders can contact Jaime by e-mail at cdnguider@girlguides.ca

Accessible Customer Service at GGC

Earlier this year, Chief Commissioner Chris Burton announced that GGC had introduced the *Accessible Customer Service Policy 01-29-01* as a way of guiding all of us to excellence in serving all Members and accommodating individuals with disabilities. This policy formalizes and recognizes the great work that already happens every day at GGC to ensure people of all abilities have equal opportunity to benefit from Guiding in the same way.

The policy was launched in December to Members in Ontario to comply with new accessibility legislation in that province. Rollout to other provinces will begin soon. For more information about the Accessible Customer Service Policy, visit: girlguides.ca/inclusivity

		1878 Kingsway Vancouver, B.C. Canada, V6N 2S7	WEBSITE: www.clothinglabel.com E-MAIL: sales@advantagelabels.com
PRINTED TITLE TAPES			
GUIDE TITLE TAPES PRINTED 50 TITLE TAPES(1 Line): \$30.00+TAXES+POSTAGE 100 TITLE TAPES(1 Line):\$45.00 +TAXES + POSTAGE		85th WINDSOR GUIDES 10th SPARKS UNIT 5th CHATHAM BROWNIES B.V. PATHFINDERS EMBROIDERED TITLE TAPES 14th RANGERS 14th BROWNIE UNIT 10th KINGSTON BROWNIES 1st WILLOUGHBY BROWNIES	
NOW AVAILABLE			
GUIDE TITLE TAPES EMBROIDERED 25 TITLE TAPES: \$40.00 + TAXES + POSTAGE 50 TITLE TAPES: \$65.00+TAXES+POSTAGE 100 TITLE TAPES:\$100.00 +TAXES + POSTAGE			
CUSTOM EMBROIDERED CRESTS & PATCHES			
		TO ORDER OR FOR INFORMATION CALL: VANCOUVER, BC: (604) 875-8880 ALL OTHERS CALL: 1-800-791-8633 FAX: (604) 875-8880	

Custom Embroidered Crests

Enameled Pins • Woven Patches

SERVING THE GIRL GUIDES
 Best Service Low Price High Quality On-Time Delivery

CHAMPION EMBLEM & NOVELTY CO., LTD.

Toll-free: 1-888-826-4711 • P.O. Box 39056, Point Grey, Vancouver, BC V6R 4P1
 Tel: 604-874-0632 Fax: 604-874-0522 • E-mail: sales@championemblem.com • champin@telus.net • www.championemblem.com

NEW!

Girl Greatness Awards

Leadership Prix des filles



Girl Greatness *noun*

1. *Awesome acts of confidence, resourcefulness, courage and making a difference by Canadian girls.*
2. *What Girl Guides of Canada is all about.*
3. *An award recognizing the great personal achievements of Canadian girls.*
4. *You!*

You do amazing things every day. You leap into action, overcome obstacles, come up with brilliant ideas, and pretty much add a little bit of awesomeness to the world around you. Now it's time to be recognized!

Girl Guides of Canada's new Girl Greatness Awards is all about applauding girl Members accomplishing great things in their lives and in their communities. Inspired by Girl Guides of Canada's Mission, the awards recognize one girl per branch who has excelled in one of the following award categories:

- **Confidence**
- **Resourcefulness**
- **Courage**
- **Making a Difference**

Nominations for the inaugural Girl Greatness Awards are now in. All Members are invited to review the finalists and cast their votes in May, 2012.

YOU are Girl Greatness.



20 Girl Guide Members will receive the beautiful new Girl Greatness Award Pin. All nominees will receive a certificate signed by the Chief Commissioner.

Help decide the winners. Vote now!
Visit girlguides.ca



Canadian Guide
is printed with
vegetable-based inks.