



# Guides



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Ignite. Inspire.  
Innovate.



# Girls' Voices Matter

Hello Rangers and Guiders,

**T**he world has a long way to go when it comes to making space for girls' voices. Ask Jillian Ashick-Stinson, a graduate student and Brownie Guider, who was a World Association of Girl Guides and Girl Scouts delegate at the 2017 United Nations Commission on the Status of Women (CSW). While she was at CSW – which is all about gender equality and the advancement of girls and women – Jillian was a little taken aback by the attitudes she sometimes encountered.

As she writes in this issue (see page 10), “Many times, I and other young women delegates were spoken over, ignored or told to sit down.”

Of course, Jillian isn't the only one to experience this. At our recent Ignite. Inspire. Innovate. conference (see page 4), we heard from girls about how often they are shut out, shut down and held back. Their stories were poignant and powerful, and made it clear that Guiding plays an important role in ensuring that the voices of girls are heard and more importantly listened to and respected.

At the end of the event, we made three commitments to the delegates, on behalf of GGC. We pledged:

1. to **listen**, because we hear that Pathfinders and Rangers feel girl members are sometimes invisible in GGC, and this must change
2. to **reflect** what is important to girls in all the experiences available in Guiding
3. to **transform** into a truly **girl-driven organization**, in which each girl writes her own story and uses Girl Guides of Canada to be everything she wants to be!

At the unit level, **girl-driven** means that girls:

1. have a **choice**
2. have a **voice**
3. have **support!**

In Guiding, girls can talk about tough topics and explore new things with the support of Guiders and older girls who are committed to helping them turn their ideas into actions.

As you start the Guiding year, take the pulse of your unit. Discover what activities girls are eager for and what they want to achieve. If we want to give girls the skills, the space and the edge to take the lead in defining their world, we must empower them to define themselves. Ultimately, the Guiding experience is by girls and for girls, because girls know their world best!

Yours in Guiding,

Pamela Rice  
Chair of the Board, Girl Guides of Canada

Jill Zelmanovits  
CEO, Girl Guides of Canada



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Cover Photo: Silvana Metallo

**Canadian Guider, Volume 87, No. 3, FALL 2017** • 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](http://www.girlguides.ca) • E-mail: [cdnguider@girlguides.ca](mailto:cdnguider@girlguides.ca) • **Chair:** Pamela Rice • **Patron:** Her Excellency Dr. Sharon Johnston, G.C. • **Chief Executive Officer:** Jill Zelmanovits • **Publisher:** Girl Guides of Canada–Guides du Canada • **Chair, Editorial Committee:** Rachel Collins • **Manager, Advocacy and Communications:** Myna Kota • **Supervisor, Communications:** Catherine Campbell • **Communications Coordinator:** Mary Vincent • **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.

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# Loud and Clear!

Girls Speak Up at Ignite. Inspire. Innovate.



Photo: Silvana Metallo

No topic was off-limits when 150 Ranger-age girls from across Canada came together in Toronto for our girls' conference – Ignite. Inspire. Innovate. They had a lot to say about their lives, their concerns and priorities, and what Guiding needs to be to support them. And Girl Guides of Canada (GGC) heard their messages loud and clear!



**IGNITE.**  
**INSPIRE.**  
**INNOVATE.**





## This conference was truly all about girls.

It was about diving into what matters to them, and zeroing in on how they want to shape their world for themselves and for other girls and young women. Panels, discussions and conference sessions covered the topics girls identified in the conference planning process – from feminism, body shaming and mental health to gender and sexuality. Along the way, girls got into in-depth conversations about everything from rape culture and consent to the gender pay gap and their feminist role models. Nothing was off limits. There were no taboos. There was no shying away. No topic was considered as “not what we talk about in Guiding.”



## Standing, Speaking, Supporting

In a world where teen girls are so often de-valued and overlooked, Ignite. Inspire. Innovate. gave them a platform and a safe space to stand up, speak out and support one another. There was no doubt participants were extremely well informed and powerfully armed to change the world. (Call us biased, but as Girl Guides, we kind of knew they would be – they are after all the experts in their own lives!) And throughout the weekend, what girls spoke about provided valuable insights

into what they're looking for from Guiding.

The girls were bluntly honest as they described the negativity, hurdles and barricades they face in their lives. They talked about how they're boxed in by sexist dress codes and how they're pressured by unrealistic media ideals. They're forced to fight for control in so many parts of their lives – whether on the sports field, in the classroom or at their part-time jobs. And often they feel the adults in their lives just don't understand the pressures they face.

## Fierce, Engaged and Determined

Yet it's clear that these girls are challenging this unfairness and the unequal expectations they face. They're fierce. They're engaged. And they're determined to fight for what they believe in. They don't hesitate to call out sexism when they see it. They're using the internet and social media to amplify their voices as they demand change. Ultimately, they're determined to inhabit a world in which there are no gender stereotypes, they aren't judged for how they look, they're safe, and they and their friends do not suffer discrimination.

Throughout the weekend, girls repeatedly said they want Guiding to be the place where they can discuss these kinds of topics. In Guiding, they feel they can do anything – it's a safe space where they don't have to adapt their behaviour or their aspirations to suit other people's opinions and biases. Girls at the conference made it explicitly clear that, if Guiding is going to be relevant to them, Guiders need to listen to what they have to say. And that is the only way Guiding can fill the niche of being their space – where they are valued and respected, and can simply be who they want to be.

## Taking Action

By the end of the conference, one thing was clear – girls are eager to carve out a place for themselves and take action for a better world, and they want Guiding on their side. Girls are unstoppable when they're supported to be strong, independent, confident and open-minded – in short, to be themselves!



Photos: Silvana Metallo



## Speaking Up!

**G**oing to Ignite. Inspire. Innovate. made a huge impact on me. It provided me with so many opportunities that I don't think I ever have anywhere else. I was honoured to share one of my spoken word poems at the "What does feminism mean to you?" panel. In my opinion, it isn't my best poem, so I was a bit scared delivering it. But after the panel, many girls complimented me. Their feedback really made me think differently about myself as a poet and how I can learn to accept myself and my work.



The workshops I attended also helped me see myself, and I think that's very important for everyone. When I arrived at the conference, I had a full face of makeup and my hair done up. Normally, it would take a miracle for me to go out in public without it. But as the weekend progressed, I wore less and less makeup and became way more comfortable in my body. Now I can actually go to school without worrying if I'm pretty enough.



I know that weekend experience will probably be one of the best of my life. I felt so free, going on a trip with girls my age and just being able to hang out and talk freely about whatever we wanted. It gave me a taste of what it's like to travel on my own, and provided me with multiple opportunities for responsibility and independence.

—Emily Erickson, Ranger, Edmonton, AB



## Listening Up!

**W**hen I applied to participate at this conference, I knew it wasn't about me. I was there as an adult ally to advocate for the girls. I was there to put them first, to support their knowledge and to learn from their personal experiences. The girls were at the centre of this conference, so everything was focused solely on them.

I really enjoyed being able to take a step back, to see how the girls interacted with each other, and to hear what they had to say. They were so open about their opinions and their concerns about the world in which they live. They discussed their personal experiences with sexism and homophobia, and their struggles to be heard as relevant and vital members of society. I want to keep these open conversations going with the girls in my unit, and see how we can help all girls through Guiding.



Girl Guides can do so much for girls! This conference showed me what I need to do as an adult to support them in strengthening their voices. I believe all participants left the weekend feeling as though they had been truly heard and that they were ready to bring back what they had learned to their own corners of Canada.

—Lynsey Lodge, Guider, Winnipeg, MB



# Being Heard!

Voices from Ignite. Inspire. Innovate.



“I really liked having a voice in what will happen next in Guiding. I felt empowered and that my voice mattered.”

“The conversations were exciting and relevant and felt very empowering.”

“The panelists were listening to us and not just telling their own stories – they helped us shape ours.”

“I really felt like our voices as girls matter, which we don't really get to see a lot. It made me excited for the future of Girl Guides and opened my mind to new ideas.”

“We got into some very deep conversations, and I loved it.”

“I was so moved and inspired by the stories from the other girls! At one point, hearing about the injustices so many girls experience, I felt angry tension building in my body.”



“You know how you get chills from being so pumped and inspired and knowing that this is what you love? I had those chills all weekend!”

“This conference really encouraged me to make a change and reminded me of how important it is to create a better world.”

**IGNITE.  
INSPIRE.  
INNOVATE.**

Photos: Silvana Metallo



# WHAT'S NEW?



## 2017-18 Programming Options

Every year we launch new programming that's responsive to current issues and reflects girls' interests. Be sure to save space in your unit's plans for this year's exciting new programs from National. As always, put girls in the lead by involving them in planning and making their ideas happen.

COMING IN  
JANUARY  
2018

### MAKE A DIFFERENCE DAYS

*Resource materials will be available one month in advance of each Make A Difference Day.*

WORLD  
SPACE  
WEEK

OCTOBER 4-10, 2017

Girls can be innovators and explorers as they discover the infinite possibilities of space. This instant meeting is an opportunity for units to launch into the world of STEAM (science, technology, engineering, arts and math).

INTERNATIONAL  
WOMEN'S  
DAY

MARCH 8, 2018

On International Women's Day, GGC wants girls to think big and dream even bigger! This instant meeting is focused on entrepreneurship and celebrating women who've driven innovation and inspired others to follow suit.

EARTH  
DAY

APRIL 22, 2018

This Earth Day, let's come together to protect our planet! Through this instant meeting, girls can connect with nature, learn about environmental justice, and take action to make the Earth a safe and healthy place for everyone.



CANADA'S  
150<sup>TH</sup>

There's still time to participate in our Canada's 150<sup>th</sup> instant meeting! Crests are just \$1.50 each.

DECODE  
CHALLENGE

Our digital media literacy program is designed to help girls explore topics such as female representation in digital media, creating safer spaces online and disconnecting/reconnecting online and in real life. DeCode replaces the Cybercitizen Challenge and can be done in two or three unit meetings. Use it to promote Safer Internet Day on February 6, 2018.



# It's Our Turn

## Girl Guides on the Global Stage

BY JILLIAN ASHICK-STINSON

Girls and young women have a lot to say on the topics that affect their lives. And it's time for the world to listen up, especially when Girl Guides appear on the global stage.



Photos: courtesy WAGGGS

I've always wanted to represent Girl Guiding internationally, to show the world the impact and benefits of empowering girls and young women. Last March, as a World Association of Girl Guides and Girl Scouts (WAGGGS) delegate at the United Nations Commission on the Status of Women (CSW) conference, I was eager to be in a forum in which young women could share their perspectives and experiences and have them seriously considered by

international decision-makers. But I discovered that the world still has a long way to go when it comes to making genuine space for young women's voices to be heard.

The CSW is the principal global body dedicated to gender equality and the advancement of girls and women. WAGGGS delegates have been attending the CSW conference each year for the last decade, to advocate for the rights of girls and young women and to directly engage with decision-makers. As a feminist and lifelong member of Guiding, I've seen firsthand the impact of making space for girls and young women to speak up and be truly engaged. I was disappointed to find that at this CSW conference, WAGGGS delegates faced difficult challenges in making sure the girl voice was not only heard, but actively included in final session documents. In fact, many times I and other young women delegates were spoken over, ignored, or told to sit down.

## Guiding and the Female Voice

This frustrating experience led me to reflect on my time in Guiding. Where did my confidence, my energy and my drive to create social change come from? Guiding didn't create it from nothing, but it certainly nurtured that part of me and

**Sharing our experiences was a powerful reminder of the work that has been done and of the long road we must still travel together.**

provided a safe space for me to start practising leadership and using my voice. Guiding also helped me to prepare myself to face the challenge of speaking up in less-than-welcoming environments.

One of the most valuable parts of the CSW conference for me was connecting with other young women in Guiding from around the world. Sharing our experiences was a powerful reminder of the work that has

been done and of the long road we must still travel together. One delegate summed up the issue clearly and concisely when she said, "Girls cannot be what they cannot see." While Guiding encourages girls and young women to become engaged in their units and the wider world, we need to provide them with strong young female role models to ignite and inspire their voices.

Having volunteered on the Ontario Girl Advisory Forum, I know what giving youth a seat at the table can lead to and that's why it's so important for Girl Guides of Canada to keep the momentum going. Our National Youth Council and the Ignite. Inspire. Innovate. conference (see page 4) are both putting the voices of young women front and centre – not just for show, but for actual decision-making. It's time for the world to truly listen to what girls and young women have to say, to respect their roles as decision-makers and as active participants in their own lives and in our collective future. Every step Guiders take to offer each girl an inviting space to practise using her voice is an essential part of empowering all girls to become the kind of leaders they aspire to be. 🌍

*Jillian Ashick-Stinson is a Guider in St. John's, NL, and was a delegate at the 61<sup>st</sup> United Nations Commission on the Status of Women (CSW) in March 2017.*

## It's Their Turn Amplifying the Girl Voice in Your Unit

- **Respect that girls are experts in their own lives.** Take their cues on what matters to them and learn what their world is like – not what you *think* it's like. If you have a question, just ask them!
- **No decision is too small.** Girls as young as Sparks can work together to pick games, crafts, programming and even the camp menu. Though this may slow down the planning process sometimes, it creates meaningful learning opportunities of choice and independence.
- **Promote opportunities for girls to use their voices beyond your unit.** Encourage them to speak out on social media, through WAGGGS or national Girl Guides of Canada initiatives and at community events. (You can check out GGC's new Advocacy Guidelines at <http://bit.ly/2ugb8vD>)
- **Invite older girls to share their expertise with your unit.** Pathfinders and Rangers who share their skills serve as inspiring role models and mentors to their younger Guiding sisters.



# Minor Changes Major Benefits

## Accessible Unit Activities

BY HANNAH SCOTT

Guiding welcomes all girls and women, and we strive to provide an environment and a program that empowers each member to thrive and be the best that she can be. Accessible unit activities are an essential part of this inclusivity, and not just in terms of physical spaces. Accessibility also means finding ways to adapt games, crafts and other activities to support girls and Guiders who have mobility challenges.

When planning your unit's activities, there are strategies, minor changes and innovations you can employ that will reap major benefits and enhance the Guiding experience for everyone.



Photo: Hannah Scott

## Needs and Expectations

- **The girls and their parents are your first and best resource. They know what activities work (and don't work).** Discuss needs and expectations with them and continue to check in to ensure they are being met.
- **Alter or eliminate some activities** if necessary, to make all girls feel welcome and want to stay in Guiding.
- **If a girl and her family decide to share her accessibility needs with the unit, consider it a learning moment in the girls' program.** This will help the other girls to better understand her situation and to ask how they can contribute to making the unit a safe and welcoming place for her to join in.

## Active Games

- While mobility issues may make some active games, especially running games, difficult for some girls, you can adapt many of them so everyone in the unit can participate. Tag, “Octopus” and “Fruit Salad” games may not work, but “Ship to Shore” (combining running with actions in place) can easily suit all girls, if speed is eliminated as a condition. For example, rather than running to the bow or stern sides of the room, girls can simply point or look in the correct direction. And games such as “Simon Says” are good because they do not require running.
- For games that require partners, you may need to gently designate pairs, especially among younger girls.

## Action Songs

- You may need to eliminate more challenging action songs, but you can modify others to make them accessible. For example, arrange the actions in the “Penguin Song” so girls move hands and feet, rather than arms and legs. And other songs, such as “Hermie the Worm” and “Auntie Monica” enable the girls to decide for themselves how much movement they use.
- At campfires, use silly songs, such as “I Put a Penny in the Gum Slot,” “Sipping Cider,” and the “Donut Song,” which require minimal movement and get all the girls giggling.

## Cookie Selling

- If a girl requires a wheelchair, find some routes and locations that are accessible to her.
- Always give girls lots of different options for how they would like to participate in cookie sales — working in pairs, handling the boxes, giving the sales pitch, helping create the sales signs and displays or wearing a cookie costume.

## Camping and Events

- To ensure accessibility at camps and events, discuss logistics with girls and their parents well in advance:
  - Will you need a wheelchair-accessible bus, car or van?
  - Are at least some trails wheelchair-accessible?
  - Are cabins wheelchair-accessible? Does the bunkroom have sufficient space for maneuvering? If a wheelchair is electric, can it be plugged in for recharging? Does the camp have wheelchair-accessible bathrooms?
  - Will tent camping be appropriate?
  - Will beaches, archery ranges, outdoor toilets, etc., be accessible?
- Consider bringing an additional Guider to help you, and designate a point person for girls who have mobility challenges. This is particularly important for younger girls who may need washroom assistance, and in the event of an emergency.

## Crafts

- Be prepared to adapt crafts such as friendship bracelets, beading, sewing and complicated hat crafts so they are accessible to girls who have fine motor skills challenges. You can also consider template crafts, for which each girl decorates her own pieces and Guiders help with assembly. And, as needed, replace tiny bead projects with paper crafts and projects using larger elements.
- Put adults in charge of all potential dangerous elements, such as hot-glue, sharp scissors or knives, etc., so even in cases in which some girls could handle them safely, all girls are given the same assistance.

## Program

- Build a toolkit of modifications for activities such as skits or charades to facilitate girls who have disabilities. For example, older girls’ programs often involve extensive writing or drawing, which can be challenging for those who have fine motor skills challenges. You can replace these with group activities that have a variety of player responsibilities so each girl can have input, but not all girls have to draw or write. Group discussions and brainstorming sessions and activities in which girls work in teams and groups work well, too. 🧠

*A Guider in Vancouver, BC, Hannah Scott has developed many unit accessibility ideas and activities, which she shares with other Guiders.*



Photo: courtesy GGC National Archives

# Solid Past Bright Future

## Delivering What Girls Want

**W**e all know that Girl Guides is all about the girl. From the start, it's been girls in the lead – girls who set the goals and girls who lead the adventures. In 1910 they ignited Guiding in Canada. They laid the foundation for the GGC of today, an organization of more than 76,000 girls from coast to coast to coast – supported by women who have their backs and are committed to making a difference in their world.

### What does that mean for Guiding in 2017 – and what will it mean in 10 years' time?

With this question front and centre, we've reflected on where we've been as an organization and what we need to do to be relevant well into the future. Over the past 18 months, we've talked with thousands of girls, with their parents and with their Guiders. What we've learned is that we can't just sit back, because the world girls live in changes so rapidly. It's up to us to keep pace in order to meet their needs – and to remain relevant as an organization. Together we need to renew our commitment to ensuring Girl Guides is truly girl-driven.



## Choice, Voice, Action

### What do girls want?

- activities that are fun and exciting – and that align with their world
- choice
- their voice to be truly heard
- to be able to take action in the areas that are meaningful to them
- support from female role models who are committed to positively impacting their lives

**Bottom line – girls want to be in the driver's seat. They want to be empowered to be everything they want to be.**

### What do parents want?

- consistent, quality programming for their daughters
- activities that complement what their girls are doing at school, at home, and in their other extra-curricular activities

**And yes, they want their daughters to be empowered to be everything they want to be.**

### How does this fit with where we're heading as an organization?

When you look at what girls and their parents want, and what GGC is all about, it's a pretty good match. But we need to make sure we are relevant and deliver what matters most to the girls of today – and of tomorrow.

Based on what girls told us, moving forward Guiding will focus on five key attributes that a girl in Guiding will develop. She will become:

- confident
- resilient
- independent
- open-minded
- fulfilled

It's all about building on the foundation that has shaped our organization over the past 100 years – girls setting goals, girls leading units with the support of Guiders, and girls standing up for themselves and making a difference in their world. A place where a girl can truly become **everything she wants to be.**

There's no question that girls need Guiding now more than ever. What an exciting time to be part of our organization. 🌟



Photos: Wayne Eardley

# Shooting for the Stars

## Julielynn Wong

BY DIAMOND ISINGER

It all started with her Girl Guide astronomy badge. For Julielynn Wong, that badge, along with her aspiration to follow in the footsteps of Canadian astronaut and GGC member Roberta Bondar, inspired her to shoot for her own stars. Today, she is a medical doctor and health tech star in the aerospace medicine and public health sectors.

Joining GGC as a young girl, Julielynn discovered her passion for STEM (science, technology, engineering and math) while gazing up at the night sky, learning about astronomy and exploring other STEM activities with the girls in her unit. She went on to launch her out-of-this-world career in medicine and science.

Completing medical school at Queen's University and her Masters in Public Health at Harvard University, Julielynn eagerly absorbed the knowledge that her Girl Guide experience inspired her to pursue. She now designs 3D printable supplies for use on space missions and in remote communities that do not have access to urban resources. Her career has taken her to unique science environments, including NASA's Mars Desert Research Station, where solar energy is used to print those 3D medical supplies.

And about one of Julielynn's childhood heroes, GGC Lifetime Member Dr. Roberta Bondar? "She influenced me to dream big and pursue my goals," says Julielynn. "She inspired me to become a pilot, medical doctor, and analogue astronaut." In 2002, Julielynn was the recipient of a GGC Roberta Bondar Scholarship to further her studies. Since then, she has achieved and surpassed all three of those goals! How's that for a Guiding role model?

### A Lifelong Passion

Sharing her enthusiasm for STEM has also been a lifelong passion for Julielynn. As a Pathfinder, she volunteered with a Brownie unit to conduct fun STEM activities with girls. While in medical school, she became an adult member, organizing special activities such as a Bone Building Challenge program event. After medical school, determined to engage girls in sun safety, she created a Girl



Photo: courtesy Julielynn Wong

Guide Sunsense Challenge for New Brunswick Council. And as a young planetarium employee at the Ontario Science Centre, she led many girls through astronomy programming and stargazing experiences during Girl Guide visits and "camp-in" sleepovers.

These days, Julielynn is still actively engaged in giving back to Guiding. Last spring, she spoke at the 2017 Ignite. Inspire. Innovate. conference to engage girls in STEM fields, including a session on drone flight. She is also developing a drone education program she hopes to make available to Guiding units.

### Promoting STEM

Want to explore STEM with your unit, in your studies, or as a career? "The more perspectives we can bring to solving a STEM challenge, the better," says Julielynn. "More girls and women entering these male-dominated fields will insure more diverse ideas and innovation."

To any girl or woman interested in starting into a STEM career, and to any Guider wanting to introduce STEM to her unit, Julielynn has lots of advice to share. "It's possible to teach yourself new STEM skills," she says. "Keep learning. It's okay to make mistakes. Don't be afraid to ask for help when you need it. Try to solve big challenges. And choose to make a lasting impact."

True to her Girl Guide roots and in keeping with her commitment to STEM, Julielynn Wong continues to take action for a better world! 🌍

*Diamond Isinger is a Guider from Vancouver, BC, and a member of the Canadian Guider Editorial Committee.*



Our World Space Week (October 4-10) instant meeting provides an opportunity for girls to explore the infinite possibilities of space. Go to [girlguides.ca](http://girlguides.ca) > Programs > Make a Difference Days

# STEM-inism in Action

## Kirsten Dougans

BY HILARY FELDMAN

An engineer in Vancouver, BC, Guider Kirsten Dougans is passionate about inspiring girls and women to pursue careers in STEM (science, technology, engineering and math). In fact, you might say she is a STEM-inist in action.

**“W**omen and girls make up half the world, so we need to have our say in discovering, exploring and improving it, by pursuing STEM knowledge and careers,” says Kirsten.

Having been a girl member for 12 years in Port Moody, BC, she credits Girl Guides of Canada (GGC) for encouraging her to pursue her love of STEM.

After high school, Kirsten studied engineering at the University of British Columbia. While she can't pinpoint any particular Guiding badge or event for inspiring this choice, she credits GGC for helping her along the way. “Guiding has always encouraged me to try new things, and has given me opportunities to develop my interests and skills in problem-solving,” she says.

Now a Guider with the 12<sup>th</sup> Vancouver Sparks, Kirsten is known as “Shimmer,” a perfect name for someone who loves to illuminate STEM for young girls. Indeed, despite a demanding academic program, “Shimmer” began working with her Spark unit while attending university. “Guiding provided me with a fun escape from the demands of school,” she says. “My weekly Sparks meetings enabled me to take a break from my busy schedule of classes, assignments, labs and projects, and to spend some time doing something I loved.”



Photo: courtesy Kirsten Dougans

**“I love seeing my Super Science Sparks gain confidence and accomplish new things.”**

### Super Science Sparks

Kirsten is a hands-on Guider, as comfortable belting out silly action songs as taking girls to camps and events. She introduces her Sparks to science concepts through fun activities and attention-grabbing demonstrations, starting with the basics: exploring, experimenting and brainstorming. This year, inspired to take the girls to the APEGBC (Association of Professional Engineers and Geoscientists of BC) Science Games, she introduced the unit to dioramas and landforms – and the Super Science Sparks team was born. “I love offering new opportunities to girls,” she says. “I love seeing my Super Science Sparks gain confidence and accomplish new things.”

Kirsten's advice to Guiders who want to support girls in pursuing STEM is to encourage them to wonder about everything, to ask questions, and to try new things. “Guiders can expose girls to a wide range of STEM-related activities,” she says. “And we can introduce them to women currently working in STEM careers who can talk about the awesome jobs they do!” 🌍

*Hilary Feldman is a Guider in Vancouver, BC, and a member of the Canadian Guider Editorial Committee.*



Photo: Coreen Bennett

# Small Unit Big Impact

## Rangers Take Action on Poverty

BY COREEN BENNETT

**W**hen the five girls in the 1<sup>st</sup> Chamberlains Rangers started brainstorming what they wanted to achieve last year, a large-scale community service project was at the top of their list.

For inspiration and tools, the Rangers turned to GGC's National Service Project (NSP).

The girls reached out to Choices for Youth (CFY), a local group that supports at-risk and homeless youth in St. John's, to learn about the very real state of youth homelessness in their province and how they could partner for change. The Rangers

took on a key role in a Coldest Night of the Year walk, collecting hats, mittens, scarves and socks for youth who have nowhere to go. That they spearheaded this initiative themselves to support youth their own age made this event even more meaningful for them personally.

As Guiders, we encouraged the girls to think big and explore all outreach possibilities. This included highlighting the event through social media, installing a collection box at their school, and getting the word out to their personal and Guiding networks, including friends, family, other units and provincial Trefoil Guilds. The response was overwhelming and heartfelt. The donations started flowing in and our small unit of Rangers ultimately collected more than 800 items of clothing.

While Action on Poverty provided the girls with inspiration and a toolkit to support their goals, it was the Rangers' pure enthusiasm that made this such a huge success. 🌟

*Coreen Bennett is a Guider with the 1<sup>st</sup> Chamberlains Rangers and Chamberlains District Commissioner in Newfoundland and Labrador.*

# NSP: Action on Poverty

## Achievements & Updates

Action on Poverty is about girl-driven service – girls choosing a service activity that’s meaningful to them and taking action to positively contribute to their community. This NSP aims to reduce the harmful effects of poverty by building understanding, empathy and compassion for those living in poverty while reducing its stigma. Check out what girls in Guiding throughout Canada have achieved through NSP to date!

### 2016-17 Actions Taken

**6,131**  
Girls Participated

**1,730**  
Guiders Participated

**4,237**  
Keep Someone Warm Items

**5,579**  
Total Hours Volunteered

**5,449**  
Make a Difference Bags

**562**  
Non-Members Participated

## New NSP Activities for 2017-18

This Guiding year, the NSP focus will move to hunger. According to Food Banks of Canada, in March of 2016, 863,492 Canadians accessed food banks across the country. Of these, 36 per cent were children and youth. Service activities new to the NSP for Year 2 include:



Collect and Donate Food



Food Share Bags

Girls can earn a unique NSP crest for each year they participate in Action on Poverty.



## Wondering Where to Start?

Check out [nsp.girlguides.ca](http://nsp.girlguides.ca) for instant meeting activities and service project ideas, and to log your unit’s actions. If you run into any challenges or need some guidance, NSP Agents are here to support you. To get in touch with a NSP Agent, email [programs@girlguides.ca](mailto:programs@girlguides.ca)

## NSP Notes From 1<sup>st</sup> Chamberlains Rangers

**“When I first heard about the NSP and Action on Poverty, I was really excited** to make a difference in my community. I feel like I’ve made a difference to youth who are currently struggling. I loved taking part in this NSP and I can’t wait to see what next year’s service activities will be!”

— Carina

**“I had no idea how many young people were considered homeless** and living in poverty in our area. When I learned that youth my age (teenagers) were homeless, I wanted to find a way to help even more. I was so excited and amazed at how many articles our small unit collected. We made a difference with this one act of caring and kindness.”

— Erica

**“This was a great way for us to share the principles of Guiding** while learning about the scope of youth homelessness in our province. And we discovered ways in which we could help bring awareness to the problem by helping the youth in our community.”

— Megan

# Let's Make Magic!

## A Brownie Camp How-To

BY RACHEL COLLINS

Our unit's Brownie magic camp never fails to enchant the girls. Here are some activities you can use to create your unit's own magical weekend!



### HARRY POTTER HOUSE SORTING

This opening activity provides a fun way to group the girls. Decide on the number of houses you need, and have the girls come up with Hogwarts-inspired names for them. We coined the names Grizzlewhiff, Mooslethorn, Turtletuft and Loonpaddle.

#### What You Need

- clear plastic cups (the smaller the better)
- food colouring (one colour for each house)
- baking soda
- glitter
- vinegar
- heavy construction paper or Bristol board
- coloured markers

#### What You Do

- 1 In advance, divide the cups into equal numbers for each house and place a drop or two of the appropriate food colouring into each.
- 2 Cover with baking soda, making sure the colouring is not visible, and move the cups into random order.
- 3 One by one have each girl drop a pinch of fairy dust (glitter) and pour a bit of magic potion (vinegar) into a cup. The baking soda and vinegar will react, and the foam that rises to the top will be tinged with the colour of the house she will join.
- 4 Once all the girls have been assigned houses, have them create a house cheer and make a house banner out of construction paper or Bristol board.

**Note:** Do a test run in advance to determine how much food colouring, baking soda and vinegar will give the best colour reaction.

### TROLL BOOGERS

We begin this activity with a story about hearing noises in the night, and going to investigate, only to find a large, lumbering troll wandering away. We tell the girls we collected some of his snot, brought it back to camp, and analyzed it to find the recipe. Yucky but fun!

#### What You Need

- packets of unflavoured gelatin
- corn syrup
- water
- food colouring (optional)
- fork

#### What You Do

- 1 Mix ½ cup boiling water and 3 packets of unflavoured gelatin, until all the gelatin is dissolved. Let stand for a few minutes.
- 2 Slowly add ½ cup corn syrup.
- 3 Stir and pull strands of boogers out of the solution.
- 4 Touch and taste! A bit yucky, but edible, and the girls will love the ick factor!



# MY PERSONAL MONSTER

This activity allows girls to turn their own names into personal monsters!

- fabric for painting (muslin or canvas works well, but you can use whatever is on hand)
- fabric for backing
- cardboard
- acrylic paint
- brushes
- fabric pen
- buttons, gems, glitter, chenille stem embellishments (optional)
- polyester filling
- needle, thread (and/or sewing machine)

## What You Do

- 1 Have each girl pick a colour of paint, and place a piece of fabric on a piece of cardboard. Help her to squeeze the paint out in the shape of her name along the centre of the fabric. Fold over and squish the paint around (think of an inkblot). Open the fabric back up. If necessary, add more paint. Once each girl is satisfied with her monster shape, set it aside.
- 2 Once the paint is dry, the girls can create their monsters based on the shapes their names made. Give them paint and/or use hot glue, fabric glue, or a needle and thread to help them attach embellishments.
- 3 You can teach the girls how to hand sew to finish their monsters or have a Guider take them home to run off on a sewing machine. To prep for sewing, hold the painted fabric up to a window and draw a rough outline, then place the fabric and the backing fabric face-to-face. Sew around the outline, leaving a gap. Trim back the extra fabric, turn inside-out, stuff, and sew the opening closed.



## CAMP FAIRIES

We love to surprise the girls with a visit from camp fairies. We create fairy signs on the first night, and deposit fairy gifts on the second night.

### FAIRY SIGNS

- glitter trails around your building or campsite
- magic traces in the breakfast bananas (designs and notes scratched into the banana skins once the girls are asleep)
- small, fairy-sized cards welcoming the girls to camp

### FAIRY GIFTS

Take the girls on a hike and have each girl collect pretty stones, bits of fallen bark, fallen autumn leaves, empty snail shells and other non-living natural objects to leave for the fairies before bedtime. When the girls are all asleep, remove their gifts and replace them with polished rocks, mini glass vials of dried flowers or other small items as gifts from the fairies to the girls.

### FAIRY TRICKSTERS

While the girls are out for a hike, take all the cutlery out of the kitchen and leave a dusting of fairy glitter behind. At dinner, ask the girls to set the table. Once they discover the mystery of the missing cutlery, hand out large utensils (potato mashers, tongs, wooden spoons, spatulas, etc.) and watch the girls have a very fun and very messy dinner! 🍴

*Rachel Collins is a Guider in Guelph, ON, and Chair of the Canadian Guider Editorial Committee.*





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# CAMPING WITH CARE

## Say Goodbye to Disposable Plastic

BY TAYLOR BALL

Canadians have countless opportunities to enjoy all that nature has to offer from coast to coast to coast. As more and more outdoor enthusiasts hit the trails and shorelines, it's important to protect these wild and natural settings. Here's how you can camp with care by saying goodbye to disposable plastic food packaging.



Photo: ©iStock/juckereative

It was a beautifully clear, calm and quite day, with the silence broken only by the sound of water dripping from our paddles. I was kayaking with friends through the Southern Gulf Islands along the BC coastline. We stopped for lunch on Chocolate Beach, named after the native chocolate lilies growing there. As we landed our kayaks on the beach, we enjoyed a clear view of colourful starfish in the waters below. But it was the beach itself that delighted us, with its pristine white sand made entirely out of crushed shells.

### Mother Nature's Waste Management System

For hundreds of years, the Saanich people also visited this tiny island, where they stopped to eat their own meals of shellfish. Over the centuries, the shells they left behind were eroded into sand, and Chocolate Beach was born. Doesn't Mother Nature have some wonderful tricks in her organic waste management system?

Resting there after lunch, I thought about how this lovely beach was created entirely out of the "picnic packaging" of the Saanich people. Based on our current practices, if we were to amass even 100 years worth of our disposable food packaging, the result would be entirely different. Indeed, rather than creating lovely sandy beaches, we have caused entire islands to be born of waste that is neither beautiful nor pristine. The infamous Great Pacific Garbage Patch alone, which is twice the size of Texas, is estimated to be made of seven million tons of garbage.

### The Peril of Plastic

As I thought about the waste-free meals the Saanich people ate on Chocolate Beach, I realized my own meal there included a great amount of packaging. I had brought individual ready-made granola bars, instant oatmeal pouches and juice boxes, and packed pretty much everything else in waterproof zipper-lock plastic bags.

Moreover, I was neither recycling the packaging nor composting any food I didn't eat. Instead, I stored it all in one big plastic garbage bag that I planned on throwing away when I got back to dry land. It hit me that I was being more wasteful while enjoying outdoor adventures than I would ever allow myself to be at home. I had traded environmental sustainability for camping convenience.

Since that eye-opening visit to Chocolate Beach, I've thought long and hard about how I can use less throw-away packaging and be gentler on the Earth by camping with care. And the first thing that needed changing was my use of plastic bags. I researched the problem and hunted for solutions. Here are some of those solutions on the next two pages.



# Ditch Disposable Plastic



## Eco-Friendly Food Lids and Wrap

You can eliminate, or at least cut down, on camp garbage by ditching the plastic wrap in favour of eco-friendlier alternatives.

## SWITCH TO SILICONE

If you pardon the pun, it isn't much of a stretch to switch from using plastic wrap to silicone stretch-top lids. Indeed, it won't even stretch your budget, because these lids can be used and reused for years. They securely cover pots, small bowls, containers and glasses, and can be used on even the coldest of winter camping trips and the hottest of summer excursions. Silicone retains its stretch ability indefinitely, and doesn't retain flavours or odours.

## CREATE A BUZZ WITH BEE'S WRAP

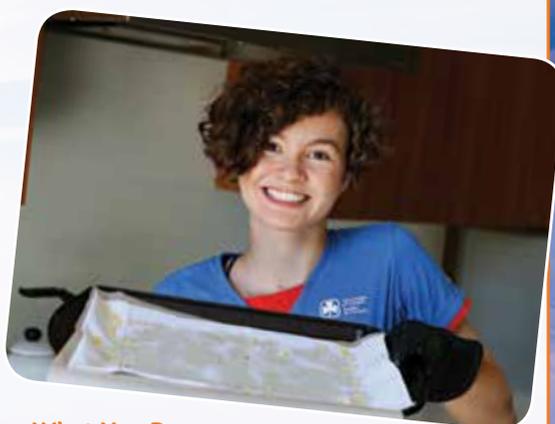
Another replacement for plastic wrap is bee's wrap, which is typically made from cotton muslin, beeswax, jojoba oil and tree resin. The beeswax and jojoba oil have antibacterial qualities that help keep food fresh in most conditions, except for extreme heat, when it's better to use silicone lids. As you apply bee's wrap, the warmth of your hands melts the wax and creates a water-resistant seal around your food. Unlike plastic wrap, bee's wrap doesn't tear easily and can be washed gently and reused again and again. It's truly the bee's knees!

## DIY BEE'S WRAP

If you're looking for fun meeting activities that centre around environmental sustainability, you can make your own bee's wrap.

### What You Need

- one hundred percent cotton fabric (try old sheets or pillow cases with fun patterns)
- beeswax, grated or in pellets
- cookie sheet
- pastry or new paint brush
- clothesline and clothes pegs



### What You Do

- 1 Preheat the oven to 185 °F.
- 2 Cut fabric into desired size and place on cookie sheet.
- 3 Lightly sprinkle grated beeswax onto fabric – approximately half an ounce (14 grams) per piece of fabric.
- 4 Place in oven for five minutes. (Watch carefully!)
- 5 Remove from oven and use the pastry or paint brush to spread the melted wax evenly over the fabric.
- 6 Hang to dry.
- 7 If there is leftover wax on the cookie sheet, you can add another piece of fabric to the tray and repeat the process.

### How You Use It

- 1 Gently wrap the sheet directly around your food and press with your bare hands to seal it.
- 2 To reuse it, simply wash in cool water with a mild, unscented dish soap.



# Goodbye Disposable Hello Reusable



## DIY CAMP BAGS

Cut down on plastic waste by saying goodbye to disposable zipper lock bags, replacing them with do-it-yourself reusable bags. Here's a pattern for DIY bags that can be used and reused to store your silicone stretch-lid covered containers and bee's wrap protected food, your utensils and even your toiletries.

### What You Need

- 4-8 clean plastic grocery bags for each bag you want to make
- parchment paper
- iron
- scrap fabric that is slightly bigger than the grocery bags
- sewing scissors, needle, thread and pins
- Velcro strips/pieces, buttons or zippers (optional)

### What You Do – Part 1

- 1 Flatten the plastic bags, then cut off the bottom and handles. Cut along the side so the plastic can be opened flat to form a large rectangle. Do this to all of the bags.
- 2 Cut two sheets of parchment paper. Each sheet should be larger than the plastic pieces. These will go above and below the plastic, sandwiching it.
- 3 Place two pieces of plastic between the parchment sheets. (You'll add more layers later.)
- 4 Start on a low setting and iron the parchment with the plastic underneath. Lift the parchment every 30 seconds to check if the plastic has begun to fuse together. The plastic will begin to shrink and become slightly wrinkled.
- 5 Once the two layers of plastic have fused together, add one additional layer of plastic at a time until you reached your desired thickness. For a flexible plastic fabric, you will need three sheets of plastic. For a sturdier and stiffer plastic fabric, use six layers.

### What You Do – Part 2

- 1 After you have fused the plastic, you may want to trim the edges to create a rectangular shape.
- 2 Cut a piece of cloth fabric that is the same size as your plastic sheet.
- 3 Place the right side of your cloth fabric facedown on the plastic and sew along the seams.
- 4 Turn the fabric inside out so that the right side of the cloth is showing.
- 5 Next fold the fabric in half, while leaving some extra material to later be used as a flap, and sew along the sides.
- 6 You can add buttons, Velcro closures or even a zipper and voila, you have a reusable, waterproof camp bag! ♻️

*Taylor Ball is a Ranger from Vancouver, BC, and a member of the Canadian Guider Editorial Committee.*

Background: ©iStock/jachereactive; Photos: courtesy Taylor Ball



# Sleepovers



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Booking starts in September:  
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# Engaging Parents

## How to Build Partnerships

BY CORI KULBABA

Parents can play an important role in supporting their daughters' Guiding adventures. They can also be a great untapped resource for your unit. Check out these ideas for building strong partnerships with parents right from the start of the Guiding year and throughout.

Photo: ©iStock/jashlock

**G**uiding is all about offering awesome experiences to girls in our units. And parents who are well informed about your unit and share their daughters' experience can really help to make that happen. Parents who see firsthand the benefits of Guiding are more likely to re-register their daughters. And many have unique skills and support they can offer your program. Here are some tips for creating strong partnerships with your girls' parents.

### Start the Year Off Strong

Making a good impression with your unit's parents in September is an excellent way to create positive relationships that will last the entire Guiding year. Reach out to them via email before your first unit meeting to introduce yourself, to confirm the unit's start date, meeting time and location, and to let them know what to expect on the first night. Some Guiders include a welcome letter in their first email to parents with more information, such as how dues are collected, the need for girls to bring indoor shoes, and directions to the unit's meeting room within the building. Also consider holding a parent meeting in September, in which they can see firsthand how the unit runs, ask questions, and get to know you and your co-Guiders a little better.

### Keep Communication Open

After creating a strong start, make sure you keep the information flow moving. Give parents lots of notice about upcoming camps, outings, events and special meetings; this will ease unnecessary confusion and tension and facilitate stronger parental participation. When submitting your Safe Guide forms to GGC for a sleepover, send them to parents at the same time, so they have ample notice. Let them know that you are open to any questions, suggestions or concerns they might have. They could have terrific ideas for activities, or might bring up a concern that you and your co-Guiders may have overlooked.

### Know Your Age Group

First-time Spark parents obviously need more information than do third-year Pathfinder parents. Providing new parents with extra information, such as monthly unit updates, will help put worried minds at ease. A great way to engage new Spark moms is to organize a Mommy and Me camp. This will not only help the girls and their mothers become more comfortable with camping, it will ease some of the camp workload for Guiders. And sending home information about what to pack will help them feel more at ease with their daughters being at camp for a weekend, and also give you less to worry about in terms of the girls' clothing and gear at the camp.

### Embrace Parents' Expertise, Skills and Talents

Is one of your girl's moms an accountant? She might be willing to become your unit's treasurer. Do any of your girls' parents have a unique career? They might be happy to share details with your unit. Is there a STEM-savvy parent who could work with the girls on a related project? Parents can be excellent providers of specialized programming. As you embrace parents' expertise, skills and talents, you will create trusting, friendly relationships.

For example, a parent who is a veterinary technician might be more than happy to take girls for a tour of a clinic. And you might also find someone who has a hobby (graphic design, computer apps, woodworking, spelunking, geocaching, etc.) and will lead a fun outing and/or a meeting to help girls earn badges you wouldn't have otherwise considered.

### Welcome Willing Hands

It can sometimes be tough to find parents who will step up and come to weekly meetings, but don't forget about other ways they can help you out. A mom who works evening shifts might not be able to volunteer at your weekly meetings, but she might be happy to store the unit's cookies.

**“A mom who is not able to commit to helping out every week might be able to come to a weekend camp.”**

A mom who is not able to commit to helping out every week might be able to come to a weekend camp. And a mom who can commit to going with girls as they sell cookies door-to-door can provide the safety supervision you need for that one night.

### Recruit, Recruit, Recruit!

While using parents for special outings and jobs is important, don't overlook the necessity of recruiting Unit Assistants. These volunteers can fill in if one of your Guiders is sick, and can attend weekly meetings to provide extra support and meet the required adult-girl ratio for larger units. Talk to your parents, particularly moms, about this opportunity at the start of the year. Many moms who started out as Unit Assistants have later become Guiders! 🌟

*Cori Kulbaba is a Guider in Winnipeg, MB.*

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**Free being me**



# MINI BUT MIGHTY

## Working with Small Units

BY LIZ KNOWLES

Guiding units can range in membership from small to large numbers, each with their own challenges and advantages. Here's how some Unit Guiders have adeptly managed mini – but mighty – units.



**W**hen three other Guiders and I decided to open a Guide unit in a section of Montreal where there weren't any last year, we were a little worried. Often, new units are created to help with overflow from larger units, but this was not the case for us, and we didn't have a base of girls on which to grow. So, even after distributing flyers and notifying our local media of our intention, we had no idea whether anyone would turn out. Anxiously, I refreshed our new roster daily to see if any names had appeared, but it was still empty when the advertised time for our first meeting rolled around.

Illustrations: ©GGC

We figured that we might as well show up and keep hoping, so we grabbed some supplies and headed to our meeting space. Luckily, one girl arrived, and then invited a friend, and we grew from one to three to six by the end of that first year and to 11 during our second year! To facilitate the girls who were third-year Guide age last year, we've now become a Guide/Pathfinder unit.

Over the course of my eight years as a Guider, I've volunteered with nine different units in three different cities, and often with two or more units concurrently. They've ranged in size from four to more than 30 girls and have each had their unique dynamics. As much as I've enjoyed working with all of them, I've got to say I'm

quite partial to the smaller units. There are definitely upsides to working with large units and many ways to manage them, but I've always loved the sense of connection you get with the girls when you really get to know them.

### The Personal Touch

In my experience, smaller units tend to be less cliquy; the girls get more of a chance to lead and have their voices heard; and retention is higher, because each girl feels more involved. Nobody gets left hanging back and not fully participating, because we're able to find ways to engage every girl on a personal level. If something isn't working, we can change our plans easily; and we spend almost no time moving between activities and waiting for everyone to regroup.

This bias towards smaller units is not unique to me. A pair of sisters moved to our smaller unit from a larger one because our meeting place was closer to their home, and they frequently say how much they enjoy its small size. And Guiders from other mini-but-mighty units also share this feeling. For example, Christine Downey, from the 1<sup>st</sup> Westward Sparks in Montreal, says, "You can do some activities that you might not be able to afford to do with a larger group; it's easier to take the girls on outings."

Other Guiders in Quebec agree. Renee Sabetta-Cavers, from the 1<sup>st</sup> Ormstown Brownies, believes that a smaller unit makes managing things simpler. "It's easy to keep everyone on the same page," she says. "The girls each get my individual attention during badge work, and can more readily share comments about their day as they work on crafts." Cathenna Michaud, from the 6<sup>th</sup> Lachine Guides, says, "Having a small group is great, because you don't have to yell over a crowd; and talking to and keeping track of parents is easier, too."

Esther Keller, a Guider in Lennoxville, talks about engaging girls on a more personal level in small units. "There's enough time in the year for each girl to choose a topic for a meeting," she says. "It can be so much more empowering for them." Heather Harper, from the 1<sup>st</sup> Huntingdon Sparks and Guides, is interested in how a smaller unit can impact girls' relationships with each other. "Because our unit is so small, our girls have many opportunities to practise how to agree to disagree," she says. "They are developing their ability to work with just about anyone, even if they have different opinions and ways of doing things."

For activities and events that require larger groups, Gigi Cordeiro, from the 1<sup>st</sup> Montreal Sparks, and Jessica Ganten, from the 82<sup>nd</sup> Montreal Guides, say small units can always join up with others of the same branch or bridge with different units. I and my co-Guiders have followed their advice and met up with two Ontario units to take our girls on a trip to Kingston last spring. This was a wonderful opportunity for us as we got the best of both worlds – a trip planned by and for our mini unit of girls, and a chance to get to know Guiding members from another province. 🌐

*Liz Knowles is a Guider in Montreal, QC.*

# S.T.E.M. CHALLENGE AND SLEEPOVER

## An Evening in the Underground Studio MakerSpace

### Friday, November 3 & 10, 2017

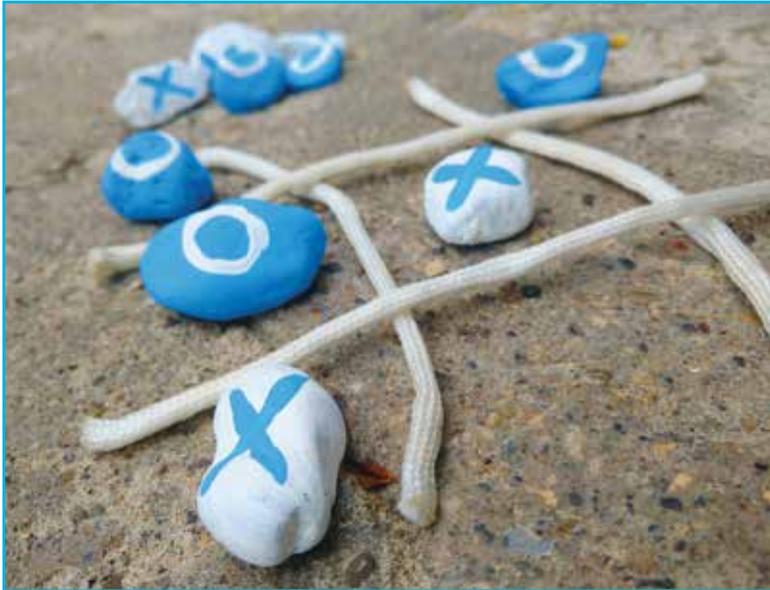
Join us for a fun-filled overnight adventure featuring activities and programs created by THEMUSEUM & our Underground Studio MakerSpace with Girl Guides and Brownies in mind! Come tinker, hack, build, design, imagine and create! Working with the principals of S.T.E.M learning, your unit will have a blast while working towards their engineering badge! The sleepover will offer free time exploring THEMUSEUM, programming, snack, campfire fun, and breakfast!

**Drop off:** . . . Friday November 4 & 10, 6:00pm - 6:30pm  
**Pick up:** . . . Saturday November 5 & 11, 8:30am - 9:30am  
**Location:** . . . . . 10 King St. West, Kitchener, ON  
**Cost:** . . . . . Guides & Brownies - \$50<sup>++ST</sup>  
 . . . . . Leaders - \$20<sup>++ST</sup>

THEMUSEUM.ca DOWNTOWN KITCHENER



## These games all employ strategy, logic, and problem-solving.



### PORTABLE TIC-TAC-TOE S B

Make a few unit sets for girls to entertain themselves when they've finished an activity.

#### What You Need

- rope (moderate weight and pliable - i.e., something that will lie flat)
- stones (10 per girl)
- paint and brushes
- storage container (small zipper-lock bags, small boxes, etc.)

### SHISIMA S B

A game that originated in Kenya, Shisima is a variant on Tic-Tac-Toe, making it a great next step for girls looking for a new challenge. Shisima means body of water, and is represented by the centre space on the board. The small playing pieces are called imbalavali, which means water bugs, and dart around the board like bugs do on water.

#### What You Need

- counters – use buttons, coins, paper clips, etc. (six per girl, in two colours)

- fun foam sheets
- storage container
- permanent markers
- cardboard octagon templates (pre-made by a Guider)

#### What You Do

- 1 Trace the octagon template onto a piece of fun foam, then use a ruler to connect opposite sides with straight lines. (The girls will need some help with this part.)
- 2 Cut your fun foam down to size.
- 3 Using permanent markers, decorate your board any way you like!

#### What You Do

- 1 Cut the rope into four equal pieces. These pieces pack small, and can be laid out to create a Tic-Tac-Toe board anywhere! (If your rope frays, tie a knot at each end, or have a Guider burn the ends.)
- 2 Paint the 10 stones with two different colours or designs, or simply mark five with an X and five with an O.
- 3 Pack all 10 stones and your four lengths of rope into a small container to store your game on the go!

### TAKE IT OUTSIDE! S B

A great activity for Sparks and Brownies is "Leave No Trace" Tic-Tac-Toe. Challenge girls to work in pairs to make and play their own game of Tic-Tac-Toe. They can use long reeds, twigs, or lines in the sand to make a board, and pinecones, stones or fallen leaves as markers, then have fun playing their nature board game. Remind them not to pick any living things.



- 4 Place your boards, playing pieces and rule sheet inside a storage pouch for a quick game that is perfect for quiet time, or for playing in bunks or tents.

#### How You Play

- 1 Players take turns moving one piece at a time, from one intersection to another.
- 2 Pieces cannot jump over other pieces, and pieces cannot share spaces.
- 3 The goal of the game is to get three pieces lined up in a row, including one on the centre space.

This board game can help girls to exercise their brains with some simple mental math.



## LU-LU DICE

Originating in Hawaii, lu-lu dice are flat, circular tokens that are decorated on one side and have a number on the other side. The dice are worth one, two, three or four points, and the goal of the game is to be the first player to reach 100 points. The game has a high level of chance and a low level of strategy, but it does help girls to exercise their brains with some simple mental math!

### What You Need

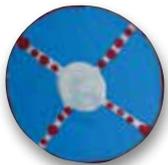
- flat wooden discs (four per girl)
- acrylic paint and brushes
- clear coat (optional)
- storage container (a small zipper-lock bag, a tiny plastic container, an old tin, etc.)

### What You Do

- 1 Each girl will need to make four dice. The sample shown is a traditional design, but you could get creative and represent the numerals 1 to 4 in any way you like.
- 2 Once the paint on that side has dried, flip the tokens over and decorate them however you like. You can paint the pieces, or you can modge podge the back using pictures from magazines.
- 3 Once the dice are dry, you may want to put a clear coat on them to make them stronger.
- 4 Put your pieces into a storage container and prepare to have fun!

### How You Play

- 1 Players have two tosses per turn.
- 2 A player starts by tossing all her dice into the air. Once they have landed, she collects any dice that have landed face down.
- 3 She tosses these dice again, and then totals up all the points showing on the dice. If all the dice are face-up, her score is 10 points.
- 4 If all the dice land face-up on the first toss, she can toss them all again one additional time. In this way, a player can score a maximum of 20 points per turn (if all dice land face-up on both tosses).





## MANCALA

### What You Need

- paper egg cartons
- acrylic paint and brushes
- 48 counters per girl (small stones, dried beans, glass gems, etc.)
- a small container to store the counters (you can use a zipper-lock bag, small plastic container, etc.)

### What You Do

- 1 Separate the top and bottom of the egg carton. You will use one entire carton bottom for the board, as well as cutting two sections of two egg cups and placing them as kahalas on either end of the board.
- 2 Paint the entire thing, and decorate any way you like! Depending on the colours you are using, you may require several coats to get full coverage.

### How You Play

- 1 Dole out 48 counters per girl, and have the girls play in pairs.
- 2 Players sit across from each other, with the mancala board placed horizontally between them.
- 3 To set up the game, place four counters in each of the 12 small wells. There are no counters in the kahalas at the start of the game.
- 4 Taking turns with your opponent, pick up all the counters from one of the six bins on your side. Moving right, drop a counter in every bin you pass, including your kahala. (Make sure you drop just one counter in your kahala, even though it has two pockets!) If you reach your opponent's kahala, skip this space and continue adding counters to your wells until you are out of counters. Counters in your kahala are safe and cannot be removed. If the last counter you drop lands in your kahala, congratulations! You have earned an extra turn and may play again.
- 5 If the last counter you drop lands in an empty well on your side of the board, additional congratulations! You may collect every counter in the well directly opposite your own (the one on your opponent's side of the board), and add it, as well as the single counter you added to your own empty well, to your kahala.
- 6 The game ends when one player's bins are empty. The opposing player can move all the counters left in their wells into their own kahala. The player with the most counters in their kahala at the end of the game is declared the winner.

Mancala is an ancient game with lots of potential for depth and strategy. Try planning your moves a turn or two ahead. ♣

*Rachel Collins is a Guider in Guelph, ON, and Chair of the Canadian Guider Editorial Committee.*

**Mancala is an ancient game with lots of potential for depth and strategy. Try planning your moves a turn or two ahead.**



# Role Models Who Rock!

## Girl Greatness Award Recipients

Being confident, courageous and resourceful, and making a difference is the Girl Guide way. Meet five recipients of the Girl Guides of Canada 2017 Girl Greatness Awards.



Cassidy

### Sparks Making a Difference

Inspired by her family, Cassidy started raising money for the CIBC Run for the Cure and raised more than \$1,200. She also learned about kids with cancer who needed wigs at summer camp, and once she hit her fundraising goal she cut and donated 12 inches of her hair to Locks of Love. She will continue to donate her hair as often as she can, because she knows it will make a difference for other children.



Elizabeth

### Brownies Confidence

*I cannot read and write things on my own. This makes me feel very bad about myself because I try really hard to read, but it is taking me longer than anybody else I know. I am also the only girl (that I know of) who loves dinosaurs and snakes more than dolls or dresses. All these differences make me stand out and feel really shy. At first, I begged my mom to let me quit Brownies because I felt so silly and different. She told me to be myself and take my time, so I stopped trying to be like the other girls and started talking about what makes me special. I am going to read a story to my unit this month. I am excited to do this because I know the other girls will support me. This has given me confidence, and I am also planning to bring my dinosaur collection, so I can teach the girls all about the different dinosaurs. Maybe another girl will learn to love dinosaurs, too! Thank you for helping me with my confidence. I am pretty awesome and Brownies helped me to see that.*

# Kinley

## Guides

### Confidence

Kinley is smart, funny and kind. She also happens to have Down's Syndrome. When she first started as a shy Brownie, she was not confident about sleepovers and camping trips, but she participated in a few with her mom. Now in Guides, she is eager to go camping independently. She also talks confidently to all the other girls and participates in all the activities. She especially likes helping the Guiders and younger Guides, and selling cookies door-to-door. In fact, Kinley has now gained a great deal of confidence in all areas of her life.



# Kate

## Rangers

### Courage

*I am a regular high school student. I am highly involved in Girl Guides, my community, and my school. However, I struggle with mental health issues such as social anxiety disorder and depression. For a long time, I struggled to talk about it, as I did not have a way to cope. It interfered with my daily life, and still interferes now. I continue to stride through every day, to go to school and try my best despite my insecurities and fears. I take part and volunteer and try not to hold myself back. Every day, I feel as if I might just have to give up – that it is all just too much – but I continue to convince myself to get out of bed and try my hardest in everything I do. I often worry about my mental health issues and how others might react or treat me if they find out about them. Despite my social anxiety, I have worked hard to receive high grades in school. Even though I have things that hold me back in life, I can still move forward and overcome them to achieve great things. I believe that this is what courage is.*



# Ainsley

## Pathfinders

### Confidence

*I want to show young women that being confident in a cause and pursuing recognition is something to be proud of. I am 15 years old, and I am deeply interested in politics, gender studies, social sciences, and the humanities. I am involved in many different organizations in my school and community, and I try to encourage and uplift other people by reminding them to be positive and happy. I have constantly struggled with body image and with being confident in my skin. Although I have felt this way, I have blossomed into a very confident young woman, who isn't afraid to voice her opinions and stand up for issues I am passionate about.*



Go to [girlguides.ca](http://girlguides.ca) for full list of the 2017 recipients. Nominations for the 2018 Girl Greatness Awards open this winter. 🌟



# Get Out There!

**Free and  
Low-Cost  
Community  
Outings**

BY DIAMOND  
ISINGER

September brings a blank Guiding slate you can fill up with free or low-cost adventures in your community. Fire hall visits and paint-your-own art studios are classic destinations, but there are many other activities that can provide big fun for the girls at a small cost to your unit!

**Community visits provide all kinds of benefits – for example:**

- **Girls will have a blast experiencing new things in a new place, and will see their community from fresh perspectives.**
- **Your unit can complete many programming elements in the community.**
- **Being visible in your community will help boost Guiding's profile and grow our membership.**

**Here are a few ideas to get you started:**

### **Nifty Nutrition**

Learn about delicious and healthy food options at your local grocery store. Many supermarkets offer cooking classes for kids and store tours with a certified nutritionist. Or you can do it yourself. Take girls to the store to shop for ingredients for a simple snack, such as trail mixes or smoothies, and find a nearby spot to make them. If you're headed to camp, get the girls involved in your meal planning and shopping in advance.

### **Fabulous Forests and Great Gardens**

Want to make a difference in the environment? Participate in GGC's tree planting grant program. Got a green thumb or know someone who does? Visit a neighbour's garden, a community garden, or a garden centre. Arrange for girls to help plant, water, weed and beautify the garden. Rake leaves in your community in autumn. Your municipality or local seniors' residence may welcome your assistance. Try to maintain your assistance all year.

### **Fun Physics**

You can experiment with pendulums, kinetic energy and other aspects of physics while being active at your local playground. Many sample experiments are available online with a Google search for "playground physics." For bonus fun when girls get tired, bring paper and pencils so they can design their dream playground features, incorporating their newfound understanding of physics.

### **Amazing Arts**

Art galleries and museums are great places to visit. Many have free-admission days or evenings, discounted admission for children and/or groups or other low-cost offers. Take advantage of the venue's programming or bring sketchbooks and challenge girls to create their own masterpieces while seated in front of their favourite works of art.

### **Super Citizens**

Get engaged in your community by understanding civic issues. Visit your city/town council or provincial/territorial legislature to view public proceedings and get a grand tour of the buildings while you're there. Canadian politics needs more women to be involved at all levels – and introducing your girls to these places of influence at an early age may help inspire them to take action themselves.

### **Dollars and Sense**

Make your meeting count with a visit to a local bank or credit union branch. These financial institutions can offer important information about banking, while equipping girls

with valuable life skills, such as how to set and meet financial goals. From opening savings accounts to writing cheques, there's a lot to know about keeping your finances in order.

A financial institution visit provides a great connection to GGC's **Girls Count** challenge, too. After your visit, consider inviting a bank or financial institution representative to a unit meeting.

### **Transit Tips**

Hop on your community's buses, trains, streetcars and subways to learn how to ride safely and respectfully, and get to your destination on time. Some larger communities will even offer special transit tours, for example, Vancouver's Canada Line, where employees will take girls to the control centre behind the scenes. Ask your local transit authority.

### **Starry Sights**

Gaze at the night sky for an evening experience full of magic and STEM! Visit an observatory (colleges and universities often have these), or find a hobbyist (astronomers' clubs are a great source) who can lead you through some stargazing activities. All you need is a dark place – even a backyard will do – to explore the night sky with a telescope. Check out the **World Space Week** instant meeting mentioned on page 9 of this issue of *Canadian Guider*.



Photo: Diamond Isinger

### **Conscientious Consumers**

Become savvy shoppers with a visit to some clothing stores at your local mall. Girls can read labels to find out where the clothes are made, discuss the pros and cons of supporting local shops versus major chains, examine quality of construction and textiles, and compare prices. If there is a consignment shop nearby, take them there, too!

Want to make these cool outings happen? Be creative and don't be afraid to ask for help. Every opportunity can be leveraged for learning in Guiding and can provide girls with invaluable new skills and experiences. Consider your network of friends, family, colleagues and neighbours; you probably already know countless people who have passions, hobbies and professions they will gladly share with your girls. So, get out and get active in your community! 🌍

*Diamond Isinger is a Guider from Vancouver, BC, and a member of the Canadian Guider Editorial Committee.*

# SILLY FUN!

## Celebration Days

COMPILED BY HILARY FELDMAN

Celebration days provide a great way to inject a little silliness into your unit meetings – just for the fun of it! Believe it or not, all these dates are actual “days.” Just Google them! Then try out the ideas at your unit meeting on or close to those days.



Photo: Hilary Feldman

### October 6: Mad Hatter Day

It's time for a tea party. Wear your best hat, or make crazy creations from construction paper, flowers and gems. Try to speak in rhyme and avoid common words. Be as “mad” as you want!

### September 19: International Talk Like a Pirate Day

Avast ye land lubbers, bring your eye patches, hooks and bandanas! Try to talk in character for the whole meeting. Create a pirate geocache challenge – or opt for an old-fashioned treasure map or scavenger hunt, with pirate booty as the reward.

### November 12: International Tongue Twister Day

Here's a chance to brainstorm some new tongue twisters. Hold a unit competition, and challenge yourselves to say them as quickly as you can.

### December 8: Pretend to Be a Time Traveller Day

Dress up like someone from the past – or imagine how people will dress in the future. How would they talk? Try to guess each person's place in time by using clues. Make personal time capsules – to be opened in five years.

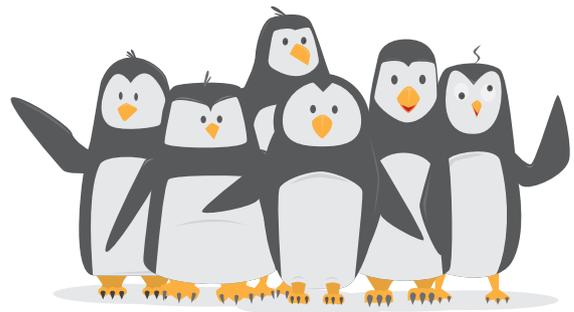


Illustration: ©Shutterstock/Bika Ambon

### January 20: Penguin Awareness Day

This day is especially good for Sparks and Brownies, but all branches enjoy the silliness of the “Penguin Song” and “Forty Years on an Iceberg.” Dress in black and white. Read *Cinderella Penguin* or *Tacky the Penguin*. Fold origami penguins, nibble penguin crackers, or decorate penguin-shaped sugar cookies. Find out where penguins live and learn some interesting facts.

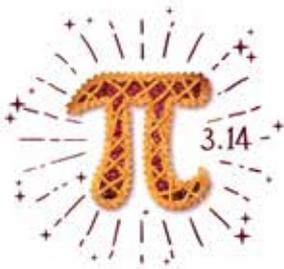
**November 21:  
World Hello Day**

World Hello Day was begun in response to the conflict between Egypt and Israel in the fall of 1973. Forty-four years later, it is observed by people in 180 countries as an opportunity to express their desire for world peace. Translate “Hello” into all the languages you can think of – especially those spoken at home by girls in your unit. Include greetings in Indigenous Canadian languages.

## February 17: Random Act of Kindness Day

While this is more a service-oriented day, see if the girls can come up with fun ways to make a random difference, whether big or small. Have them each do random acts of kindness on their own and share them at your meeting. Make amusing cards for seniors, cute dog/cat biscuits for a pet shelter, or fanciful tray favours for your local Meals on Wheels.

Illustration: ©Shutterstock/artskevortsova



## March 14: Pi Day

Pi Day is celebrated on March 14 (3.14) around the world. Pi ( $\pi$ ) has been calculated to more than one trillion digits, and continues infinitely without repetition or pattern. This infinite nature makes it a fun challenge to memorize, and to calculate

more and more digits. And, of course, there is pi and there is pie! To mark this day, combine math facts with baking, and a few other fun pi activities. For example, make pi bracelets or a pi mini-disc golf course, and top off the meeting with a slice of pie! You can find all kinds of ideas at [piday.org](http://piday.org) and [education.org](http://education.org)

## April 16: Wear Pyjamas to Work Day

Everyone loves to relax in pjs and slippers. Combine comfort with bedtime-themed activities (spa treatments, footbaths, manicures/pedicures). Make little fleece pillows (tooth fairy versions may appeal to younger girls). Collect good night kits with toothbrushes, picture books and stuffies to provide comfort to children in shelters.

## May 14: Dance Like a Chicken Day

Celebrate with all things chicken! Everything can be chicken or egg themed. Incorporate rubber chickens for active games or play Duck-Duck-Chicken. And don't forget to dance like a chicken!



Illustration: ©GGC

## June 17: World Juggling Day

Start with floaty scarves and small beanbags. Watch instructional videos or read a manual for tips. Add in face painting and magic tricks to complete this festive and fun theme.

## Create Your Own Unit Day

Brainstorm with the girls to find a common interest or topic. Whether you observe existing celebration days or organize your own Unit Day, girls – and Guiders – love to have a good laugh, so use this time to create fun and humour and provide novel ways to deliver program elements. 🌟

*Hilary Feldman is a Guider in Vancouver, BC, and a member of the Canadian Guider Editorial Committee.*

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# Congratulations!

## GGC 2017 Scholarship Recipients

The Girl Guides of Canada–Guides du Canada National Scholarship program recognizes members pursuing post-secondary education. Each year, GGC’s scholarships are awarded to members heading to college, university or a trades program, whether in their first year of studies or later in their degree, on a full-time or part-time basis. Scholarships are just one way we support girls and women in pursuing their goals.

<b>Actuarial Foundation of Canada National Scholarship</b>		<b>Barrett Environmental National Scholarship</b>	<b>Barrett Family Foundation National Scholarships</b>			
						
<b>Amanda</b> North Vancouver, BC First Year, Applied Science, Queen’s University	<b>Jingyan</b> Toronto, ON First Year, Health Sciences and Business, University of Western Ontario	<b>Danielle</b> Kitchener, ON Second Year, International Development, University of Waterloo	<b>Carissa</b> Conception Bay South, NL Second Year, Nursing, Memorial University	<b>Hanna</b> Clearwater, BC First Year, Agricultural Management, Olds College	<b>Safira</b> Calgary, AB Second Year, Public Affairs and Policy Management, Carleton University	<b>Samantha</b> Winnipeg, MB First Year, Social Work, University of Winnipeg

<b>Bayer Inc. Science Education National Scholarship</b>	<b>Dr. Roberta Bondar National Scholarship</b>	<b>Dare Foods Limited National Scholarships</b>		<b>Equitable Life Insurance Company of Canada National Scholarship</b>
				
<b>Brandi</b> Ferryland, NL Postgraduate, Marine Studies, Memorial University	<b>Erica</b> Calgary, AB Postgraduate, Veterinary Medicine, University of Calgary	<b>Camryn</b> Point de Bute, NB First Year, Science, Mount Allison University	<b>Danielle</b> Nipawin, SK First Year, Science, University of Saskatchewan	<b>Ingrid</b> Roberts Creek, BC First Year, Health Care Assistant, Capilano University

## GGC National Scholarships



**Kelsey**

Vancouver, BC  
First Year, Science,  
University of  
British Columbia



**Maryna**

Sooke, BC  
Second Year,  
Nursing,  
Camosun College



**Danielle**

Moose Jaw, SK  
Third Year,  
Biochemistry,  
University of  
Saskatchewan



**Emily**

Kingston, ON  
Fourth Year, Science,  
Queen's University



**Neha**

Coquitlam, BC  
Postgraduate,  
Applied Science,  
Simon Fraser  
University



**Suzanne**

Nepean, ON  
Part-Time Studies,  
Information Studies,  
Charles Sturt  
University



**Andrea**

Port Moody, BC  
Part-Time Studies,  
Education, Simon  
Fraser University

## The Masonic Foundation of Ontario National Scholarships



**Candace**

Windsor, ON  
First Year, Medical  
Sciences, University  
of Western Ontario



**Ceceilia**

Toronto, ON  
First Year,  
Foundation Year  
Program, University  
of King's College



**Celeste**

Ottawa, ON  
First Year, Arts,  
McGill University



**Melissa**

Toronto, ON  
First Year, Medical  
Sciences, University  
of Western Ontario



**Rachelle**

Ottawa, ON  
First Year,  
Environmental  
Science,  
University of Ottawa

### Humber Glen Trefoil Guild National Scholarship



**Monika**

Kitchener, ON  
First Year,  
Psychology,  
Wilfrid Laurier  
University

### Kingston Trefoil Guild National Scholarship



**Tapanga**

Sudbury, ON  
Postgraduate,  
Industrial Relations,  
Queen's University

### Norma Osler Education National Scholarship



**Tanya**

Burnaby, BC  
Postgraduate,  
Education,  
Simon Fraser  
University

### Col. Karen Ritchie Memorial National Scholarship



**Corrine**

Rothesay, NB  
First Year,  
Engineering,  
University of  
New Brunswick

### WBE Canada Business Education National Scholarship



**Jessica**

Vancouver, BC  
First Year,  
Commerce,  
University of British  
Columbia

# Thanks to Girl Guides...

Here's what some of our scholarship recipients had to say about Guiding's impact on their lives:



**Barrett Environmental National Scholarship**

## Danielle

Kitchener, ON  
Second Year, International Development,  
University of Waterloo

*My daily motto comes from both the Brownie and Guiding Law. The line which has meant the most to me in my daily life is: "I will take action for a better world." This holds a significant place in my heart because I live every day with the goal to make the world a better place. It was this influence in my life from a young age that helped shape my passion and guided my goal of working in the International Development field. I hope one day to work for an organization in which I can help create a better world for all people.*



**Dr. Roberta Bondar National Scholarship**

## Erica

Calgary, AB  
Postgraduate,  
Veterinary Medicine,  
University of Calgary

*Guiding taught me about resilience, role modeling and empathy. The greatest impact this has had on me was the decision to pursue veterinary medicine. I am going into a field that requires its members to be leaders in the community and advocates for animal health.*



**Norma Osler Education National Scholarship**

## Tanya

Burnaby, BC  
Postgraduate, Education,  
Simon Fraser University

*In Guiding, I learned to respect cultural, physical, sexual, and socio-economic diversity. I approach my classes, my colleagues and my Guiding units with respect and kindness, building safe and inclusive spaces, where people feel comfortable taking risks. Everyone has a voice in my classroom. They know it's okay to make mistakes and learn from them.*

## Thank You Scholarship Supporters

Thank you to the individuals, groups, foundations and corporations who helped make the 2017 scholarship program possible.

- Actuarial Foundation of Canada
- Barrett Family Foundation
- Bayer Inc.
- Dare Foods Ltd.
- Equitable Life Insurance Company of Canada
- Humber Glen Trefoil Guild
- Kingston Trefoil Guild
- Masonic Foundation of Ontario
- The Family of Norma Osler
- Supporters of the Col. Karen Ritchie Memorial Scholarship
- WBE Canada



**Would you like to support GGC's National Scholarship Program to help girls and women pursue their educational goals and reach their full potential?**

To find out how you can contribute, email [scholarship@girlguides.ca](mailto:scholarship@girlguides.ca) or call 416-487-5281 ext.273.

# fyi

## Awards

(February – June 2017)

### Beaver

Marlo Jurkowski, MB  
Beverly Simpson Headon, ON  
Valerie Zaloum, QC

### Bronze Merit

Karen Bozynski Wilson, ON

### Fortitude

Jennifer Bartels, BC  
Peggy Ann Bradshaw, ON  
Susan Caterina, ON  
Gillian Hamby, ON  
Kiarra Hamby, ON  
Sarah Hamby, ON  
Alexandra Kazemi-Tabar, ON  
Debra Manulak, BC  
Emma Sellwood, ON

### Gold Maple Leaf

Janet Mann, YT

### Honorary Life

Leslie Berg, AB  
Terri Bouvier, AB  
Pam Godfrey, QC  
Caralle Hicks, ON  
Edie Jubenville, AB  
Kathy McKay, NS  
Nancy Novak, ON  
Sylvia Oldenzel, ON  
Bea Robertson, BC  
Barbara Sanipelli, MB

## Sovereign's Medal for Volunteers



Sponsored by the Governor General of Canada, the Sovereign's Medal for Volunteers recognizes the exceptional volunteer achievements of Canadians from across the country. Girl Guides of Canada was honoured to have 20 extraordinary volunteers presented with the Sovereign's Medal this year:

### Alberta

Christine Burton  
Nyna Marr

### British Columbia

Donna Hillman  
Teresa Howden  
Diane Hough

### Manitoba

Deb Smith

### Newfoundland & Labrador

Sheila Lynch

### Nova Scotia

Denise Hirtle

### Ontario

Brenda Barron  
Marnie Cumming  
Liz Lovis  
Elaine Paterson  
Judy Pavlis  
Bonnie Porteous  
Shari Steffler

### Quebec

Louise Triggs

### Saskatchewan

Margaret Ferguson

### National Council

Susan Birnie  
Krysta Coyle  
Patricia Perez-Coutts



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## In Memoriam

### GGC Tributes

(February – June 2017)

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 are sharing the following in memoriam announcements:

Betty Aggerholm, ON  
I. Barbara Daniel, ON  
Janet Elizabeth Denison, BC  
Alice Fuchs, SK  
Beth Hamilton, SK  
Gerardina Hoefsmit-de Lint, ON  
Patricia Ion, AB  
Donna Lambert, ON  
Sue Loring, NS

Alison Maitland, ON  
Joan Proctor, ON  
Nichole Sanders, BC  
Ellen Saunders, SK  
Josephine Slywka, BC  
Barbara Wells, ON  
C. Mona Whitwell, ON  
Verona Woodford, NL

## 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 these women, we would be grateful to accept contributions. For more information, please email us at: [dixonr@girlguides.ca](mailto:dixonr@girlguides.ca)

## Welcome and Farewell

### New and Retiring GGC Board Members

We are pleased to welcome the following members to the Girl Guides of Canada–Guides du Canada Board of Directors:

**Sarah Govan-Sisk**  
Ottawa, ON  
Director – International Commissioner

**Kathy McKay**  
Halifax, NS  
Board Director

The new directors were installed in June at the Annual General Meeting in Fredericton.

We'd like to extend our sincere thanks to members who have recently completed their terms on the Board: **Karen Bozynski Wilson, Janet Mann** and **Sharron Callahan** (who served as Chief Commissioner and International Commissioner).

**SCHOLARSHIPS 2018**

Let Guiding support you as you follow your dreams!

Applications open winter 2018 on [girlguides.ca/scholarships](http://girlguides.ca/scholarships)  
Application deadline is April 9, 2018

Girl Guides of Canada  
Guides du Canada

**#GirlPoweredGGC**

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

# Thank You and Welcome!

## Canadian Guider Editorial Committee Members

**Rachel Collins** (Chair) and **Melissa Moor** (member) have completed their terms on the *Canadian Guider* Editorial Committee. We thank them for their fabulous contributions to the magazine.

Committee member **Hilary Feldman** has accepted the position of Chair, and we are delighted to have her continued support and to welcome her leadership.



Photo: courtesy Hilary Feldman

Hilary Feldman

We are also delighted to welcome two new members to the committee:

Photo: Mia Szabo



### Kathryn Lyons

Kathryn was a badge-hungry, camp-happy GGC member from Brownies to Pathfinders in Ottawa and Montreal. For the past seven years,

she has been a Unit Guider with the big-and-busy multi-branch 12<sup>th</sup> Ottawa Guiding Group. Her inner eight-year-old delights in the creativity, energy and endless enthusiasm of the younger branches, and her adult self loves the insight, ingenuity and passion of the older girls. A journalism graduate, Kathryn works as an accessibility advocate in museums, and is mother to a Pathfinder.

Photo: Courtesy Noreen Remtulla



### Noreen Remtulla

A GGC member since she was a Spark, Noreen Remtulla is the inaugural Chairwoman of the Alberta Council Youth Forum, and was MC at GGC's Ignite. Innovate. conference last spring. She has held a number of Guiding

positions in Edmonton, including Public Relations Advisor and Commissioner, and has worked as a Unit Guider for all branches of the organization. Currently a Ranger Guider, this year Noreen will also be working with Pathfinders as a leader for The Duke of Edinburgh's International Award. 🌍

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