



## MID ISLAND AREA - GIRL GUIDES OF CANADA PROGRAM NOTES

**Issue: #25 April 2008**

**Adviser**

**Joyce Wenner MIA Program**

Spring has sprung in Mid Island Area with the flowers now out in bloom although the weather is still quite cool- we can now look forward to longer days and warmer weather just on the horizon. So now we can look towards the outdoors, and camping activities.

### **DATES TO REMEMBER:**

April 1 <sup>st</sup> 2008	Spring Cookie Sales Begin	
April 7 <sup>th</sup> 2008	World Health Day	
April 19 <sup>th</sup> 2008	MIA A.G.M.	@ Fairwinds Golf Club in Nanoose
April 22 2008	Earth Day	
April 21-27 2008	Pitch In Canada	<a href="http://www.pitchin.ca">www.pitchin.ca</a>

### **Program Items:**

April is Earth month and Earth Day is celebrated on April 22. It is a great chance for your girls to get outside and do some community service. Host your own litter walk, shoreline clean-up or recycling challenge.

Earth Day is the largest, most celebrated environmental event worldwide. More than 6 million Canadians join 500 million people in over 180 countries round the world. Earth Day is the largest, most celebrated environmental event worldwide. **More than 6 million Canadians** join 500 million people in over 180 countries in staging events and projects to address local environmental issues.



Type of Earth Day Events: tree planting, gardening, community clean up, school yard clean up, eco field trip, nature walk, bike/walk day, reuse activity, charity clothing drive, waste reduction program, recycling drive, assembly, guest speaker, information display, workshop, seminar, art display, Eco Festival/Eco Fair, reuse arts and crafts, bird house building, play/concert performance, green clothing day, bake sale, raffle fundraiser, auction.

## PITCH IN 2008

A clean and beautiful community is also an asset. Take 20 minutes and help the environment by going out and cleaning up your community.



Visit ***www.pitch-in.ca*** to register your event and get free promotional materials like garbage/recycling bags, colouring sheets, and certificates. Contact your local City Yard to get free recycling bags.

### New Challenges:

1. The 20<sup>th</sup> anniversary of Sparks is happening January 3, 2009 and a Share and Bring a Friend Challenge will be developed for units to participate in.



The **Discover Hostelling Challenge** is fun to earn and can start you on the path to traveling around the world! This challenge can help your unit become global citizens who are connected to people and places near and far. The challenge is for Guides, Pathfinders, and Senior Branches and has three parts:

- Before you Go;
- Trip Planning;
- On Your Trip:

Catch the Hostelling Spirit and When you Return: Spreading the Word and Keeping Connected. You can find more information and worksheets at:

<http://www.bc-girlguides.org/resources/challenges/resources-challenges.html>

# When Disaster Hits

Emergency Preparedness Week is an annual event held **the 2<sup>nd</sup> week in May** that is designed to build public awareness of these risks and how to plan and be prepared for any type of emergency. During the week, a variety of events and activities are organized in the communities of every province and territory of Canada.

Emergency preparedness is a shared responsibility. It begins with you.

## **Personal Preparedness:**

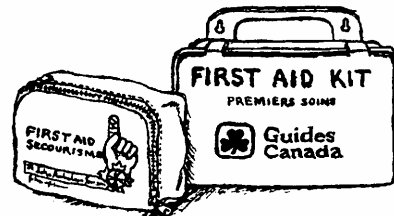
Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood or confine you to your home. What would you do if you did not have water, gas, electricity or telephones after a major emergency? No matter how well your community has planned their response to a disaster, in the event of a large-scale incident, first response resources may quickly become overwhelmed. To ensure the safety and well-being of you and your family, you should prepare now to take care of your own basic needs for at least the first 72 hours following a major disaster.

## **Emergency Supplies and Equipment:**

It is recommended that your home be equipped with the following emergency supplies and equipment. Try to store the items in a place that will be accessible even if there should be structural damage to the home (e.g., in an outside storage shed, garage, etc.).

- Bottled Water (two to four litres per person per day - 2 litres for drinking, 2 litres for food preparation/sanitation)
- Food (canned or dehydrated, with current expiration dates)
- Supplies for Infants and Children (formula, bottles, powdered milk, baby food, diapers, etc.)
- Utensils (knives and forks, can opener, pots, etc.)
- Paper Plates and Towels
- Small Camp Stove or "Canned Heat" like Sterno
- Paper and Pencil
- First Aid Kit (with instructions)
- Household Liquid Bleach (unscented) and Medicine Dropper (How to Make Water Safe)
- Blankets or Sleeping Bags
- Portable Radio (with spare batteries)
- Critical Medication (7-10 days of any prescription medications)
- Spare Eye Glasses/Contact Lenses (and supplies)

Denture Needs  
 Fire Extinguisher (dry chemical)  
 Flashlight (with spare batteries and bulb)  
 Watch or Clock (battery or spring wound)  
 Resealable Plastic Bags  
 Plastic Garbage Bags to Store Waste  
 Sanitation Supplies (soap, paper towels, tissues, pre-moistened towelettes,  
 waste containers, feminine hygiene products, etc.)  
 Small Shovel  
 Crescent Wrench (for turning off gas)  
 Other Tools (axe, hammer, screw driver, pliers, nails, etc.)  
 Warm Cap and Gloves  
 Candles and Match  
 Duct tape  
 Whistle  
 Large Tarp/Tent  
 Rain Poncho  
 Pet Food  
 Games, Books, Other Entertainment  
 Insurance policy numbers - Insurance Agent  
 Contact Numbers  
 Numbers of People You Want to Contact  
 One Complete Change of Clothing  
 Extra Car Keys



## **Your Automobile**

It is also recommended that your automobile be equipped with a small amount of supplies and equipment, as follows:

Bottled Water  
 Non-perishable Food  
 First Aid Kit (with instructions)  
 Flares  
 Blankets  
 Critical Medication  
 Fire Extinguisher (CO2)  
 Flashlight (with spare batteries and bulb)  
 Sanitation Supplies (plastic bags, tissues, moistened towelettes, etc.)  
 Tools (screw driver, pliers, knife)  
 Rope and Plastic Tape  
 Comfortable Shoes  
 Candle and Matches

# Safe Guide Tips

## First Aid Qualifications

A reminder that Safe Guide outlines the following qualifications for activities:

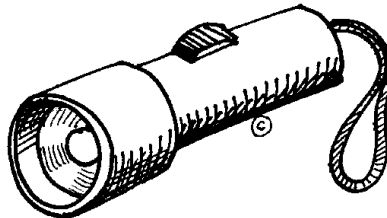
- **Levels one and two** – Emergency First Aid is strongly advised
- **Level two overnight** – Emergency First Aid is required
- **Level three and four** – Standard First Aid is required
- **Level four** – Wilderness first aid is required when EMS response is more than four hours away

## Emergency Response Planning

When it comes to emergency response plans, some people say “it’s all common sense”. However, the value of emergency response planning is not so much in the plan as the process of developing the plan. Thinking through the possible responses to an emergency heightens your awareness of how to effectively manage an activity, not only for safety but for its overall effectiveness.

The GGC website offers sample plans for some common activities. These samples are a great starting point for making your own plan. Many of the points are easily transferable or adaptable.

Keep copies of your old plans. Pull them out, review them and tweak them to work for your new activity. As you become more familiar with the thinking process, preparing your plans will become easier and faster. Remember, each activity needs individual attention, so think carefully about your activity when developing a plan.



## **BC CAMPING CHALLENGE**

**\*Note:** This is a four part challenge and this is the section for spring.

### **SPRING CHALLENGE:**

#### **In the rain:**

- Light a fire;
- Set up a rain gauge to measure the rainfall and collect enough rain water to wash the dishes.



#### **With one sheet of plastic - a minimum of 6'x6' - 4 poles and some rope,**

- Build a shelter. It's even better if you sleep under it!

#### **Invite another Unit to attend camp with yours and together do two of the following:**

- Participate in a "utensil" meal.
- Make a kite and fly it.
- Hide a treasure, giving at least 5 compass clues to find it.
- Sit for a meal with someone you don't know very well and then introduce them to the group.

#### **While on a hike:**

- Look for and record what winter has left behind (eg: nibbled twigs) and new signs of spring (eg: blossoms).
- Go on a Tadpole Hunt. Carefully collect some tadpoles to observe. Before leaving the pond, gently return the tadpoles to their natural habitat.
- Learn a song about frogs.

#### **Invite an unknown patrol or unit to share your campfire.**

#### **Make a junk sculpture from found garbage.**

- Properly dispose of it when you are done.

#### **Learn how to use a camp stove safely and use it to prepare a meal.**

#### **Discuss the environmental impact of using stoves rather than fires for your cooking.**


#### **Requirement - *Go on a Spring Camping Adventure!***

## Five Region Challenge: **Western Hemisphere Region**

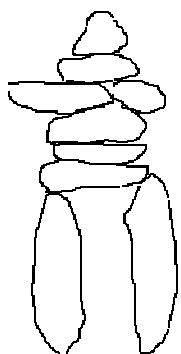
Earn the Five Region Challenge - Western Hemisphere Region Crest.

Units must complete one challenge from each of the four Arts sections (Music, Drama, Dance and Craft), plus at least one from the Outreach section. Download the booklets from the International section of [www.guidesontario.org](http://www.guidesontario.org) (Program/International/5 Region Challenge).

See sample activities from each section below.

<p><b>Music</b> From <i>Campfire Activities</i> (songs and dances) Pine and Spruce (Canada) On My Honour (Canada) Kee Chee (USA) One Bottle Pop (USA) Canadian Guiding Rap (Canada) World Association Yell Canadian Cumulative Yell (Canada)</p>	<p><b>Drama</b> <b>Time Tableau (G, P, SB)</b> Give girls a picture of people doing something, identify the country and ask them to create a tableau for others to see. After each group has shown its picture, ask them to create a scene that might have happened one or five minutes before or after. Hold each scene long enough for everyone to take in the picture. Move smoothly between the original scene and the before or after scene.</p>
<p><b>Crafts</b> <b>Collage or Mobile</b> Collect pictures of animals and ecosystems in the Western Hemisphere Region from travel magazines or <i>National Geographic</i> magazines, or download some from the internet. Sort the animals into the ecosystem where they live. Make a collage or mobile with your sorted pictures.</p>	<p><b>Dance</b> Indigenous people throughout the Western Hemisphere Region danced and continue to dance for many reasons: to celebrate birth, cure sickness and to bring rain. Dance can be a way to express emotions. Make up your own story and tell it with a dance. Use your body expressively, move your hands and keep the rhythm of the drums with your feet. Mimic everyday activities in your dance.</p>
<p><b>Outreach Activities</b> How many member countries are in the Western Hemisphere Region? Find them on the map. (B, G, P, SB) The Western Hemisphere Region has a World Centre. Where is it? What is it called? What language do they speak there?</p>	

## Mini Inukshuk



Inukshuks are stones piled in a representation of a person. They are traditional landmarks created in the Arctic where there are no trees and few distinguishing features of the land to use for reference when traveling.

### Materials

- Small stones or pebbles
- Empty "clear" film canister or pill bottle
- White craft glue or glue gun
- Large yarn needle
- Small piece of yarn

### How to Make your Inukshuk

#### 1. Prepare the canister

- Make a small hole in the bottom of the film canister with a needle or scissors.
- Fold the yarn in half and thread the two loose ends through the needle.
- Thread the needle and yarn through the hole in the canister.
- \*\* Don't pull the yarn all the way through! The loose ends should be inside the canister with the loop on the outside.
- Tie a knot in the loose ends of the yarn. Trim the ends and pull on the outside loop to hide the knot inside the canister.

#### 2. Build the Inukshuk

- Glue the stones together in an arrangement you like to make your Inukshuk.
- It doesn't have to be exactly like the example shown.
- Make sure the Inukshuk will fit into your canister before gluing it together!

#### 3. Assembly

- Glue the Inukshuk's feet to the inside of the lid.
- Carefully glue the canister and lid together, with the Inukshuk inside.

## Dainty Faceted Bead Bracelets

Pretty little bracelets that slip easily on and off. Make one to match for every outfit.

### You Need:

- [4mm Faceted Beads](#)
- [4mm Gold or Silver Beads](#)
- [Beading Elastic](#)
- White Glue

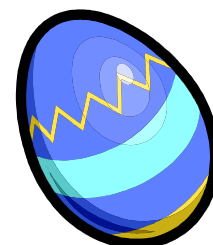


### Instructions:

- Cut a 12" length of elastic.
- Double knot one end.
- Stiffen the other end with white glue.
- Select two or more colors of faceted beads.
- String faceted beads on the elastic alternating with a gold or silver bead.
- Continue until you have a long enough string to fit around your wrist.
- Tie off with a double knot.
- Trim close to knot.

## Egg Shell Mosaics

*\* Here is a way to use us those dyed Easter egg shells*



### Equipment:

- eggshells -washed out and dry.
- Food colouring or cold water dye



### Directions:

- Dip egg shells in the dye.
- Let dry on paper towels.
- When dry crush up the shells into quite small pieces, about this size.

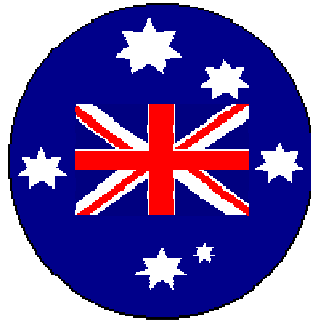
Note: Store the colours separately in plastic containers (yogurt or margarine tubs with lids are perfect).

Find some simple designs or pictures and draw them on paper or cardboard.

Glue your eggshells onto your design or picture.

## AUSTRALIAN MEDAL (NECKLACE)

### Materials (mobile):



paper,  
 some crayons, paint, markers or pencil crayons (if using B&W template),  
 scissors,  
 glue  
 ribbon, string or wool (long enough so the medal will go over the child's head)

OPTIONAL: cardboard (can use old cereal boxes)

OPTIONAL: clear contact paper (can purchase at office supply stores)

### Instructions:

Print out the template.

Colour as appropriate.

Cut out template piece.

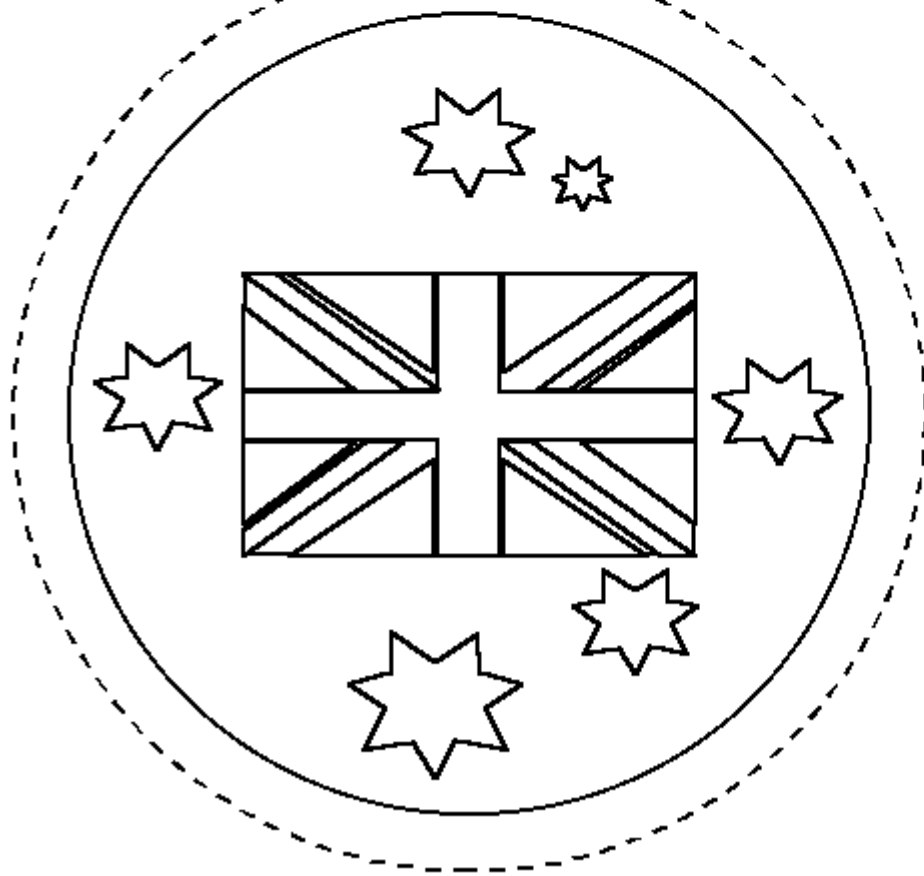
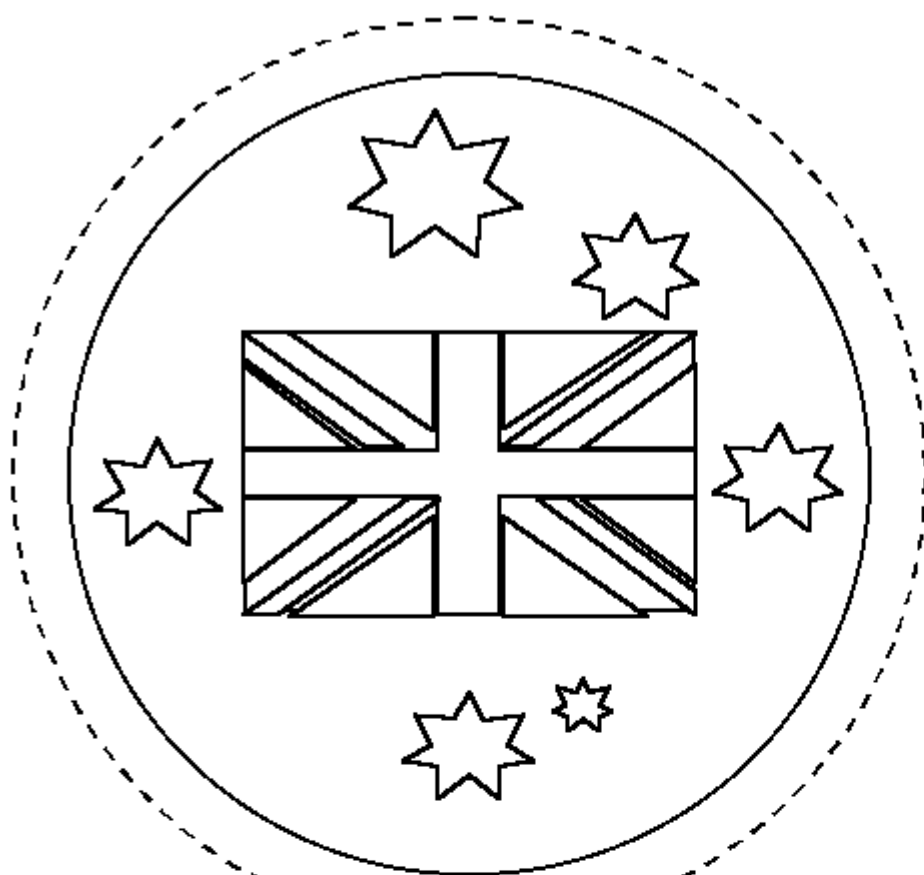
**OPTION #1:** Cut out a circle of cardboard the same size as the medal.

Glue in between the two halves to make it sturdier.

Fold medal in half and glue together.

**OPTION #2:** Cut out two circles of clear contact paper slightly larger than the medal. Sandwich the medal in between the pieces and trim as necessary. This will make the medal sturdier and water proof.

Poke a hole in the top and thread string, ribbon or wool through.



## DIDGERIDOO

Probably the easiest craft to make is a **Didgeridoo**- a musical instrument played by the Australian Aboriginals, they were decorated with ochre and a variety of natural dyes. You can make your own one using a paper tube.

### **Materials:**

- paper tube (wrapping paper, paper towel or multiple TP rolls)  
( used two paper towel rolls for hers)
- white paper
- crayons or felts
- transparent tape

### **Instructions:**

1. If you are using TP rolls or more than one paper towel roll, tape them together to form a single long tube.
2. Cut as many pieces of white paper as you need to cover so that each piece wraps once around the paper tube.
3. Make your "aboriginal art" design on the paper or pieces of paper that you will use to cover the tube.
4. Cover your tube with your design and tape it in place.
5. Begin to paint the toilet roll using dot patterns. These are used in traditional aboriginal designs. (dot paintings)
6. To play your didgeridoo, Blow air through the tube using the vibrations from your throat to create different sounds.



## AUSTRALIA

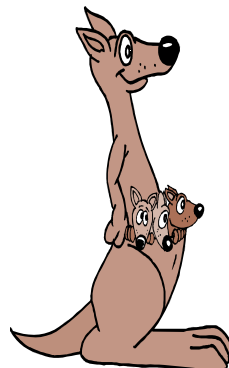
A big thanks to Alexandra and Belinda from Australia for sending me these two versions!

*"Our national cake would be the Pavlova or lamingtons if you were looking at some cooking for the holiday - Pavlova can be a bit tricky but Lamingtons are sponge, cut up into squares, sometimes with jam and cream but always rolled in chocolate and coconut." Since I'm not much of a chef and I do like to cook with the girls, I thought we'd stick to Lamingtons 😊.*

### Pink or Chocolate Lamingtons easier version

#### Ingredients:

- Lamington sponge (angel cake)
- Coconut
- Chocolate icing
- Raspberry jelly (Jello)
- 1 large plate
- 2 side plates
- A wooden spoon
- Two tongs



#### Directions: Chocolate Lamingtons:

1. Cut squares of lamington sponge
2. Dip the lamington sponge square into the chocolate icing.
3. Dip the chocolate-coated lamington into the coconut so the lamington is coated with coconut on all sides.
4. Use the tong to place the chocolate coconut coated lamington on a plate to stand.

#### Pink Lamingtons:

1. Dip the lamington sponge into the red jelly until it is coated on all sides.
2. Take the jelly-coated lamington and dip it into the coconut until it is coated on all sides.

# Songs

Try this action song to the tune of 'Frère Jacques'

*Cuddly Koalas,  
Cuddly Koalas,  
Possums too,  
Possums too,  
Wallabies and wombats,  
Wallabies and wombats,  
Kangaroos,  
Kangaroos.*

## **Actions**

Koalas: Hug yourself

Possums: Spectacles made from thumb and first finger.

Wallabies and wombats: Hands out to sides, move up and down.

Kangaroos: hands in front and jumping with feet together.

## **THE CUCKOO**

T'was on a summer's evening,  
I walked the forest through  
When suddenly I heard it,  
A sweet and low cuckoo

Cuckoo, cuckoo, cuckoo, cuckoo, cuckoo  
Cuckoo, cuckoo, cuckoo, cuckoo, cuckoo

Mister moon, mister moon,  
You're out too soon,  
The sun is still in the sky,  
Go back to bed and cover up your head  
And wait till the night draws nigh.

## RECIPE FOR SELLING COOKIES

### INGREDIENTS:

- 1 eager, enthusiastic Spark, Brownie, Guide, Pathfinder, or Senior Branch unit
- 2 (or more) groovy Guiders
- 1 handful of dedicated parent drivers
- 1 hungry neighborhood
- 2 cases of cookies per member

### INSTRUCTIONS:

SLICE your neighborhood into sections  
 SIFT through your change to make floats  
 SEPARATE the girls into sales teams  
 WHIP up some snacks  
 POUR on the enthusiasm  
 SPRINKLE on some good sense  
 then BEAT the pavement and  
 STIR UP the neighborhood by knocking on every door  
 YEILD: One highly successful cookie campaign!

## THE SAFETY BINGO GAME

Make nine different Safety Bingo game boards using card stock. These boards would be distributed among the group, possibly one per table or a team of 2 -4 people per card. Everyone should have at least one turn to answer a question. The first table, team etc., to get four in a row (horizontal or vertical) would yell **SAFETY!** The questions could be written on index cards and drawn at random. Make your own cards or to download the cards go to  
[www.girlguides.mb.ca/Downloads/Resources/CookieGames.pdf](http://www.girlguides.mb.ca/Downloads/Resources/CookieGames.pdf)

### Examples of questions are:

- 1) Cross on the green light only.
- 2) I should not play with this group until after cookie selling.
- 3) All litter belongs in here.
- 4) Never enter a customer's home.
- 5) Count my change aloud.
- 6) I know what 911 means.
- 7) Some Units meet in here.
- 8) When this is shining, I must wear sunscreen.
- 9) Have an approved telephone number ready if requested.
- 10) If this animal is tied up by the front door, I should come back another time.
- 11) If I have approval to ride this while selling cookies, I must obey the safety rules.
- 12) If someone is driving and wants cookies, I should call the accompanying adult.
- 13) This object is not a climbing object; it is used by firefighters.
- 14) I should cross the street here only after all cars have obeyed the sign.
- 15) A school is down the road.
- 16) A thank-you card to the store (where we sold cookies) could go here.

\*\*\*\*\* *Thanks to the Manitoba Girl Guide website* \*\*\*\*\*

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Our Future

# Puzzles & Word Games

## Energy Word Scramble

Below are 9 words that have something to do with energy, but the letters are all mixed up.

Unscramble the letters and write the answer in the space next to the jumbled letters. When you are done circle any words that are kinds of renewable energy and write FF beside any words that are fossil fuels.



DNMLILW

\_\_\_\_\_

LCRCETEIIY

\_\_\_\_\_

LOCA

\_\_\_\_\_

NAGTUARASL

\_\_\_\_\_

RREAWLOOPS

\_\_\_\_\_

ERNGYE

\_\_\_\_\_

SOLEFUSIFLS

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RYDOH

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THOGLAMEER

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Our Planet  
Our Future

# Puzzles & Word Games

## Energy Word Scramble Teacher's Answer Sheet

Below are 9 words that have something to do with energy, but the letters are all mixed up.

Unscramble the letters and write the answer in the space next to the jumbled letters. When you are done circle any words that are kinds of renewable energy and write FF beside any words that are fossil fuels.



DNMLILW

WIND MILL

LCRCETEIIY

ELECTRICITY

LOCA

COAL FF

NAGTUARASL

NATURAL GAS FF

RREAWLOOPS

SOLAR POWER

ERNGYE

ENERGY

SOLEFUSIFLS

FOSSIL FUELS

RYDOH

HYDRO

THOGLAMEER

GEOTHERMAL


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