



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

Issue: #21 December-2007

Joyce Wenner MIA Program Adviser

Well here it is the end of another year and we are half way through the Guiding year too. It's been a busy year so far. I attended the Composite Conference- "**Threads that Bind**" and got to meet lots of leaders from around the province. Next up is the Program-International **Bridges** in February which I know will also be a lot of fun, sharing and adventure.

### **What's New:**

Girls today need to know how to get along together, how to build strong connections and form rewarding friendships with each other while learning how to be supportive.

Girls United consists of training for leaders and challenges for girls:

- **Training** - How to identify bullying and the critical steps leaders can take to create a sense of caring, belonging, and mutual responsibility between all girls.
- **Challenge** - Activities to encourage the creation of healthy relationships and an understanding of the negative impact of social aggression and bullying. Girls will receive a challenge crest when they participate in these activities.

You can find more information as it becomes available during the **Bully-Free Week** on: [www.girlguides.ca](http://www.girlguides.ca) – **Member Zone**

### **Bullying Awareness Week: November 19–23**

**Girls United** is a Girl Guides of Canada initiative that promotes involves training for leaders and challenges for girls.

The **Girls United Challenge** healthy relationships and prevents bullying. Developed with the support of **PREVnet**, the initiative includes unit activities that highlight the negative impact of social aggression and bullying, and create a sense of caring, belonging and mutual responsibility between all girls.



### **National Child Day: November 20**

The theme for National Child Day 2007 is The Right to be Active. The theme was chosen to encourage physical activity among children and inform parents, caregivers and educators that physical activity is essential to children's health and well-being.

### **UPCOMING EVENT:**

#### **Guides Exploring Science and Technology (G.U.E.S.T.) is coming to the North!**

G.U.E.S.T. 2008 will be held in Prince George on May 24–25, 2008. This exciting event gives Guides a chance to visit a university campus and experiment with hands-on activities led by local scientists and engineers. Girls will meet role models and have loads of fun exploring science and technology. Participants: Patrols of 6 Guides and 2 Guiders from Districts in the New Caledonia, Northern Lights, and Peace River Areas. Applications will be accepted at the Provincial Office between February 1 and February 8, 2008. See the [G.U.E.S.T. 2008 Patrol Application form](http://www.bc-girlguide.org) for more details available [www.bc-girlguide.org](http://www.bc-girlguide.org).

## **REMINDER: “*Show us the Instant Meetings*” Contest**

**This is a reminder to send in your Instant minutes to the contest. The Area Program Advisers managed to present 8 new meeting outlines for all Branches of guiding and I know the leaders in MIA can do just as good a job.**

**BC Program Committee** needs your help! We are trying to collect “**Instant Meetings**” to use on the BC Girl Guides website, as well as, preparing a collection of Instant Meetings to be published for all BC Guiders.

We are looking for a variety of Instant Meetings that may include:

- Provincial or National challenges
- Interest badges at all levels
- Bridging with other branches
- Program components (i.e. keepers, keys, guide/pathfinder modules)

These could be done over the course of one or two meetings, a monthly theme, a sleepover or a day camp. When you show us the Instant Meetings we will put your name in a draw to “**Show you a \$25.00 gift certificate to Guide Shop!**” Winners will be published on the BC website. All entries become property of the BC Program Committee. “**Show us the Instant Meetings**” Contest runs from September 1, 2007 to January 31, 2008.

Please send your Instant Meetings to the BC Program Committee: Please ensure that you include your name, District/Division/Area and address.

**Email:** Please put in subject line “**Show us the Instant Meetings contest**”

**program@bc-girlguides.org** or **Mail:** BC Program Committee

C/o BC Girl Guides of Canada 1476 West 8th Avenue, Vancouver, BC V6H 1E1

## **Cookie Corner:**

### **“The Ultimate Chocolatey Mint Contest” Continues**

Please spread the word that the national chocolatey mint contest is currently running and is open to all units across Canada. We’re looking for new and exciting crafts that spark the imagination and relate to the Guiding experience. The winner will receive a grand prize of the Ultimate Craft Kit, cool Guiding gear and a gift certificate to a Guiding store!

Submission deadline is **December 31, 2007**.

For more contest details please visit:

[https://memberzone.girlguides.ca/C7/Cookies/Document%20Library/cookie\\_contest.aspx](https://memberzone.girlguides.ca/C7/Cookies/Document%20Library/cookie_contest.aspx)

This month I would like to remind you about the **Cookie Poster Deadlines** coming up on January to Area. MIA is very fortunate to have some great artists and it is up to us as Leaders to promote this important activity in Guiding – not only as a PR tool but also part of the Guiding program requirements. A reminder that the posters can be either hand drawn or computer generated and is open to all levels of guiding from Sparks to Trefoil Members.

## BC COOKIE POSTER CONTEST RULES

- Poster must be drawn on 35cm wide x 55cm high (14" high x 22" high) = half sheet white poster board.
- Poster orientation can be either vertical or horizontal
- If cookie is illustrated it must depict the current cookie made by Dare
- Posters may depict either the chocolatey mint cookie or the sandwich cookies, or both.
- Poster must be completely hand drawn. Therefore there should be no cut-out or traced characters or computer generated images or any kind. There should be no 3D additions, eg. Googly eyes, fun fur etc.
- If Guiders and/or girls are illustrated, they should be wearing uniform.
- Posters must include a correct trefoil with the box around it. The trefoil may be any solid colour.
- There is a separate category for computer generated posters. These posters should be supplied in hard copy on an 8-1/2 by 11 sheet, either vertical or horizontal orientation... This is an across the board category, not restricted to any single level

### **POSTERS MUST INCLUDE THE FOLLOWING:**

- the words: ***Girl Guide Cookies***
- price: ***\$4 per box***



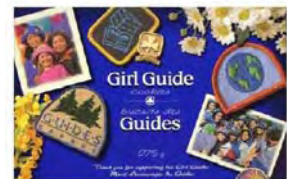
### **OTHER SUGGESTED INCLUSIONS:**

- the toll free number: 1-800-565-8111
- the website: [www.bc-girlguides.org](http://www.bc-girlguides.org)

- The poster contest is open to all branches, including CAJURA, Link, Trefoil Guild and Adult members, if interested.
- Check with your District Commissioner for local deadlines. The judging process takes time and is as follows:
  1. Each District selects the top three posters from each branch and sends these to Division and/or Area
  2. Area selects the top three posters from each branch and sends these to Province
  3. Province selects the top poster in each category
- Please remember that these posters are to be used for advertising. Therefore, bold, clear information is required.
- Posters not sent on to the next level should be used for local promotion in stores, banks, libraries etc.

### **ON THE BACK OF EACH POSTER ATTACH A LABEL WITH THE FOLLOWING:**

- Artist's name and age**
- Mailing address**
- Branch and Unit**
- District, Division, Area**



**DEADLINE FOR SENDING POSTERS TO PROVINCE: JANUARY 31, 2008**

# SONGS

## He's Got the Whole Camp

(\* same tune as "He's Got the Whole World In His Hands")

He's got the whole camp in his hands . . . (3x)  
He's got the whole world in his hands.

He's got the spritely springing Sparks...

...busy bouncy Brownies...

...growing, glowing Guides...

...perky, peppy Pathfinders...

...jumping Junior Leaders...

...cheerful clapping Cadets...

...roving, running Rangers...

...lively, laughing Leaders...

...crazy, kooky Commissioners...

...pushy, pushy parents...

...Icky, Icky Boys...

## Let Me Call You Sister

(to the tune of "Let me Call you Sweetheart")

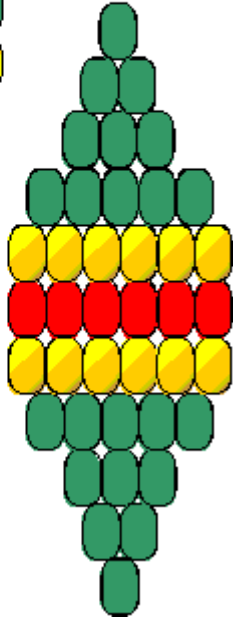
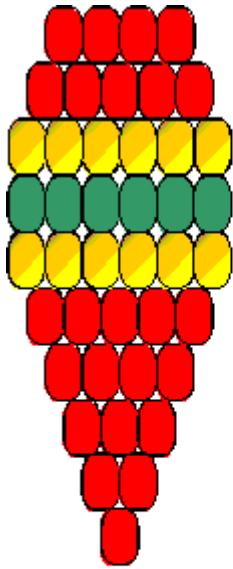
Let me call you sister  
I'm a Girl Guide too.  
Let me hear you whisper  
All the Guide Laws through.  
Keep your Girl Guide Promise,  
In your heart so true,  
Let me call you sister,  
I'm a Girl Guide too.

*Here's a very similar song, submitted by Linda Grant.*

Let me call you Girl Guide  
I'm a Girl Guide too  
Let me hear you whisper  
All the ten laws through  
Keep your Girl Guide Promise  
In your heart so true  
Let me call you sister  
I'm a Girl Guide too.

# CRAFTS

## Pony Bead Ornaments



Weave metallic pony beads and translucent beads on gold cord to make stunning ornaments.

### You need:

- Translucent Green and Red Pony Beads
- Metallic Gold Pony Beads
- White Glue
- 42" Metallic Gold Cord

### Instructions:

1. Cut cord to 42".
2. Stiffen ends with white glue. Let dry.
3. Fold cord in half.
4. Tie a small knot near the fold to make a small loop.

Using Picture Pattern above:

1. Begin weaving with the top row.
2. Slide all the beads for that row on one cord.
3. Slide the other cord through the same beads in the opposite direction.
4. Pull tight.
5. Continue until ornament is complete.
6. Tie off. Dab white glue on the knot.
7. Let dry. Trim.



## Angel Pattern

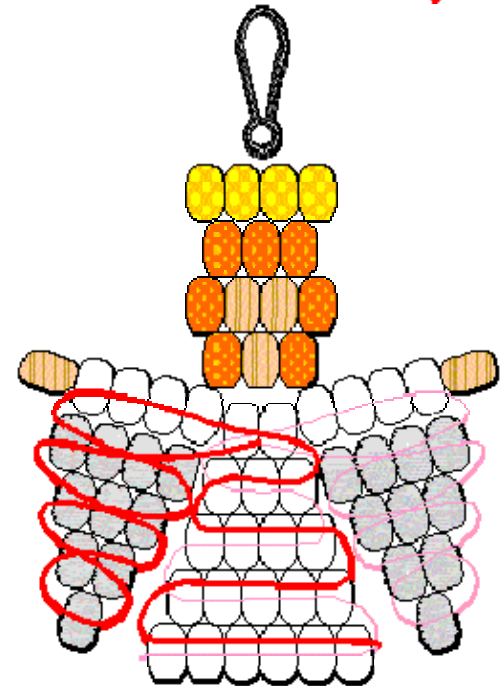
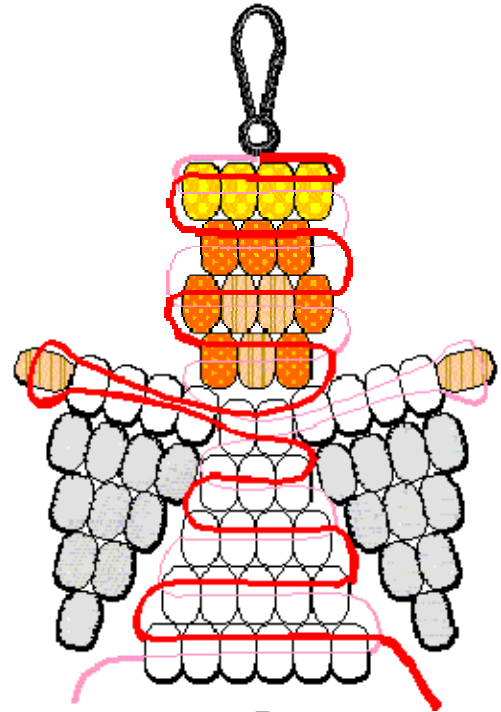
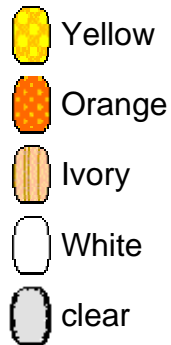
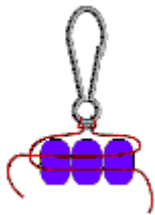
Makes a great ornament or backpack decoration.

### You Need:

- 4 Yellow or Gold Pony Beads
- 7 Orange Pony Beads
- 5 Ivory Pony Beads
- 28 White Pony Beads
- 20 Clear Pony Beads
- 2 Yards Satin Cord
- 1 Lanyard Hook

### Basic Instructions:

Fold your ribbon in half to find the center. Use a half hitch (see detail below) to secure it to lanyard hook. Lace beads using pattern at right as a guide. Wings are the last to be laced. After you finish the angel's dress, lace back up to the arms and add wings using pattern below right as a guide. Finish by tying off with a double knot on angel's back.



## Rudolph Puzzle Piece Pin

### Materials:

1. You need 3 old puzzle pieces.(2 small & 1 medium size -- you can get these from the same puzzle, just pick through to find smaller and bigger pieces or you can get the medium sized one from a child's puzzle and the 2 small from an adult's puzzle)
2. 1 bottle of brown paint (we always use temptra paint as my daughter is young, but you can use acrylic paint).
3. Small wiggly eyes.
4. 1 piece of red & green felt.
5. 1 craft pin
6. Glue gun
7. One small bell (optional)



### Directions:

- First paint the puzzle pieces brown and let dry.
- Once dry, take the small puzzle pieces and glue them to the larger one in the corners only.
- Attach the wiggly eyes.
- Cut out a small red circle for the nose and glue. (or use a small red pom pom instead)
- In the corner of one of Rudolph's antler make a small holly leaf from red and green felt.
- On the reverse of medium size puzzle piece, attach the craft pin.

## CHIRTMAS TREE BALLOONS

### Materials Needed:

- Balloon (smaller, round ones)
- Liquid Starch
- Newspapers (cut in little pieces)
- Seeds of all kinds (I used corn)
- Glue
- Paint (I used gold)
- Matches
- Lace

### Instructions:

1. Blow up balloons (at a size to fit your palm).
2. Smear the starch all over the balloon (or use your favorite paper mache recipe).

3. Put the pieces of newspapers all over the starch - Let dry.
4. Repeat this procedure three times.
5. When you get the newspaper completely dried, pop and take out the balloon.
6. Decorate it with seeds using glue. The impression would be better if you put the seeds in some order to make a nice relief.
7. Paint it with one color only, to put the accent on the relief design.
8. Tie the lace on the match
9. Put the match inside the ornament to be the hanger

# RECIPES

## Christmas Blessing Snack Mix

Stacey Hicks shares this holiday snack mix and the reason behind each ingredient. Includes printable bag tag!

### Materials Needed:

- 2 cups small pretzel twists
- 2 cups Bugles brand corn snacks
- 1 cup red hots
- 1 cup peanuts
- 1 cup M&Ms brand chocolate candy (red and green)
- 16 Hershey's brand chocolate kisses

### Instructions:

In a large bowl, mix all the ingredients together. You can make this mix as a family and eat while discussing each ingredient and how it relates to Christmas.

If this is for a gift, make a special card with these descriptions (or print out the bag tag I provide below):

- |  |
|--|
| <ul style="list-style-type: none"> <li>• <b>Bugles Corn Snacks</b> - Shaped like a trumpet to remind us of the angels we have heard on high.</li> <li>• <b>Pretzels</b> - Arms folded in prayer, a freedom sought by those who founded our country.</li> <li>• <b>Red Hots</b> -To symbolize the holly berries decorating our mantel tops.</li> <li>• <b>Peanuts</b> - Plant the seeds for peace on Earth.</li> <li>• <b>M&amp;Ms</b> - Memories of those who came before us to lead us into a blessed future.</li> <li>• <b>Hershey's Kisses</b> - The love of family and friends that sweetens our lives.</li> </ul> |
|--|

## **Candy Cane Brittle Makes 2 pounds**

**From the kitchen of Cheree Bailey off the internet**

### **Ingredients**

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1/2 cup light corn syrup  
 1 cup sugar  
 1 cup crushed candy canes OR 1-1/2 cups nuts of your choice  
 1 teaspoon butter or margarine  
 1 teaspoon vanilla  
 1 teaspoon baking soda

### **DIRECTIONS:**

1. In a round 1-1/2 quart microwave safe dish, combine corn syrup and sugar.
2. Stir well until blended.
3. Microwave on high for 4 minutes.
4. Stir mixture (if using nuts instead of candy canes, stir nuts in now).
5. Microwave on high 4-5 minutes or until light brown.
6. Stir in butter and vanilla-blend well.
7. Microwave on high 1-2 minutes. Add baking soda-stir lightly until foamy.
8. Quickly pour onto lightly greased baking sheet (you can use Pam or shortening).

Pour crushed candy canes over brittle while warm and press lightly onto surface. Let cool.

## **7 Layer Bars** Makes Approx 18-24 From the kitchen of **Caroline Marshall**

Northpole.com, LLC

### **Ingredients**

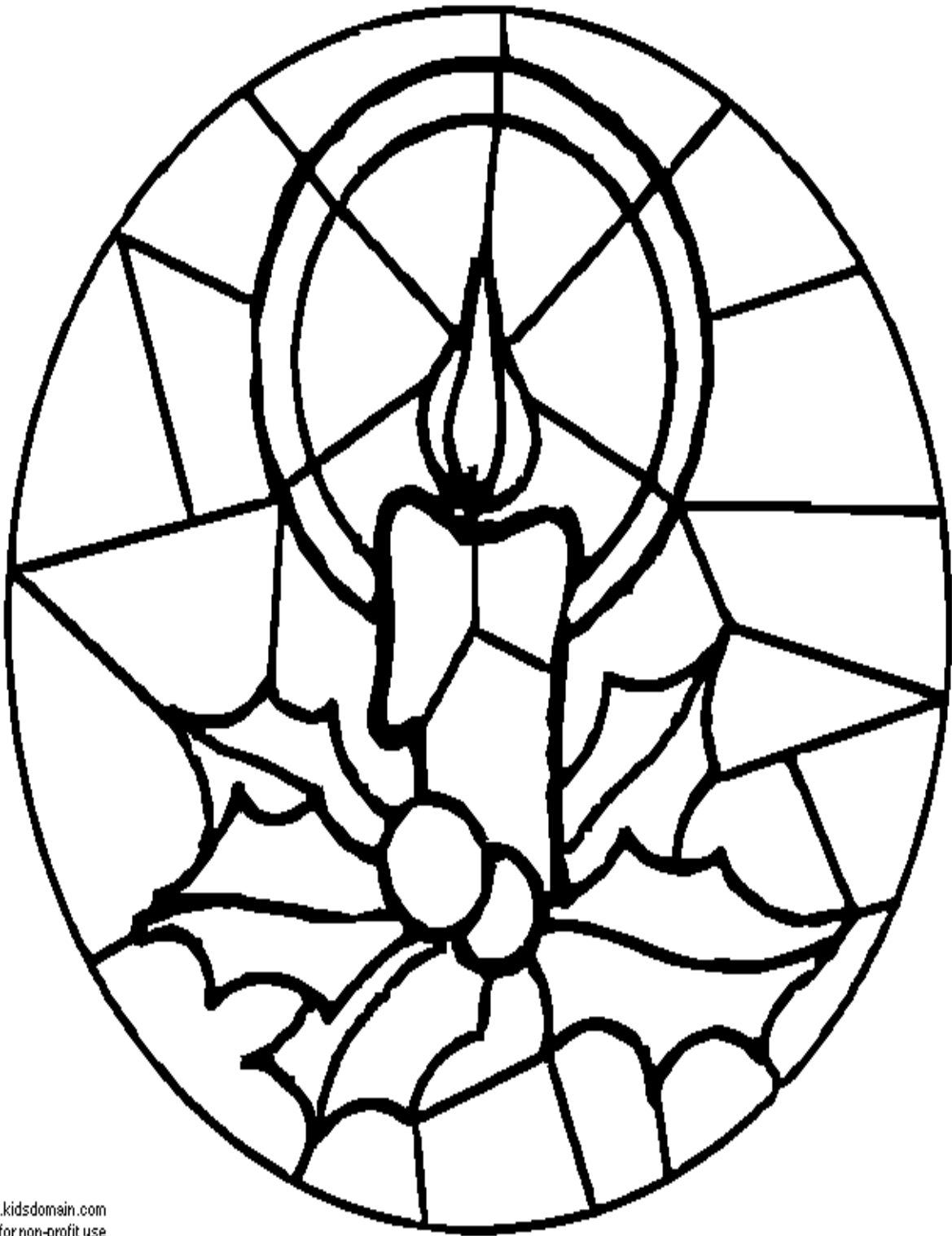
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1 Stick Margarine melted in pan.  
 1 Cup Graham Cracker Crumbs  
 1 Cup Angel Flake Coconut  
 1 Can Burdens Condensed Milk  
 1/2 Package Hershey's Milk Chocolate Chips  
 1/2 Package Hershey's Butterscotch Chips  
 1 Cup Of Your Favorite Chopped Nuts

### **Directions**

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Layer all ingredients in order listed in a 9x13 cake pan. Then bake at 350 degrees for about 20 min or until it starts to pull away from the side of the pan. Let cool and then cut into squares. Very good but also rich!



[www.kidsdomain.com](http://www.kidsdomain.com)  
free for non-profit use

**Colour with wax crayons then either cover with vegetable oil to make stained glass effect or heat paper on a warming tray set to low temperature to make crayons melt and give same effect.**

# First Aid for All

## PREVENTING DISEASE TRANSMISSION

The approaching flu season and news reports of avian influenza outbreaks in several Asian countries have generated questions about the possibility of a flu pandemic in Canada. The best way to protect yourself and others from all types of influenza is to follow these simple rules:

Wash your hands often, using plenty of soap and warm water. – teach the girls this too by having them wash their hands while singing ***Twinkle, Twinkle Little Star***

Cover your mouth when you cough.

Use a tissue or a handkerchief when you sneeze.

If you become sick, stay at home – don't spread your germs to others.



## First Aid Equivalencies

**When you have attended a first aid course that is named differently than the 3 named below, (eg Occupational First Aid), compare this list of components with your course outline. If all these components were covered in your course then the equivalency has been met. When using a first aid equivalency, keep a copy of your course outline with your First Aid Certificate.**

Where Safe Guide Requires **Emergency First Aid**, minimum training is one full day and includes the following components:

- Primary survey – scene assessment, EMS activation, ABC's – including critical interventions, rapid body survey
- Airway emergencies
- Breathing emergencies – CPR – adult, child (Responsible First Aiders supervising children 8 years and older require only Adult CPR)
- Bleeding management
- Shock
- Secondary survey

Where Safe Guide requires **Standard First Aid**, minimum training must be 13 hrs. and include the following components:

- Primary survey – scene assessment, EMS activation, ABC's – including critical interventions, rapid body survey
- Airway emergencies – adult, child
- Cardiovascular emergencies – CPR – adult, child (Responsible First-Aider's supervising children 8 years and older require only Adult CPR)
- Bleeding management
- Shock
- Head/spinal injuries
- Musculoskeletal injuries – fractures, sprains, strains, dislocations, splinting

- Soft tissue injuries – bruises, cuts and scrapes, impaled objects, bandaging, internal injuries, burns
- Sudden medical conditions – diabetic conditions, convulsions, asthma, allergies, heat exhaustion/stroke, hypothermia
- Poisons, bites and stings
- Multiple causality incidents
- Secondary survey

Where Safe Guide requires **Wilderness First Aid**, all of the Standard requirements must be met, plus the following:

- Prolonged casualty care
- Casualty packaging and transport
- Practical outdoor/wilderness scenarios, including improvisation...

### Dates to Remember

<b>December 1st</b>	<b>World Aids Day</b>	
<b>December 3</b>	<b>International Day of Disabled Person</b>	
<b>December 6</b>	<b>National Day of Action on Violence Against Women in Canada</b>	<b>Vancouver</b>
<b>January 7, 2008</b>	<b>Chinese New Year Chinese Year 4706</b>	<b>Year of the Rat</b>

# SPARKS

# BROWNIES

## TREASURE ROCKS

**1C. Used ground coffee grounds**      **¼ C. sand**  
**½C. salt**      **1½ C. flour**  
**1C. water**      **Small Plastic Toys or Coins**

1. Mix first 5 ingredients and stir until dough like.
2. Shape into balls.
3. Make a hole in the ball and insert the treasure into the hole.
4. Fill the hole with more dough. I find it best if the treasure is wrapped in plastic wrap.
5. Allow to air dry for 2-3 days. { put in oven 5 hours at 100 degrees F to speed up drying time}
6. For larger treasures you can double or triple the recipe and use bigger treasure items.
7. Need to break the rocks to find the treasure.

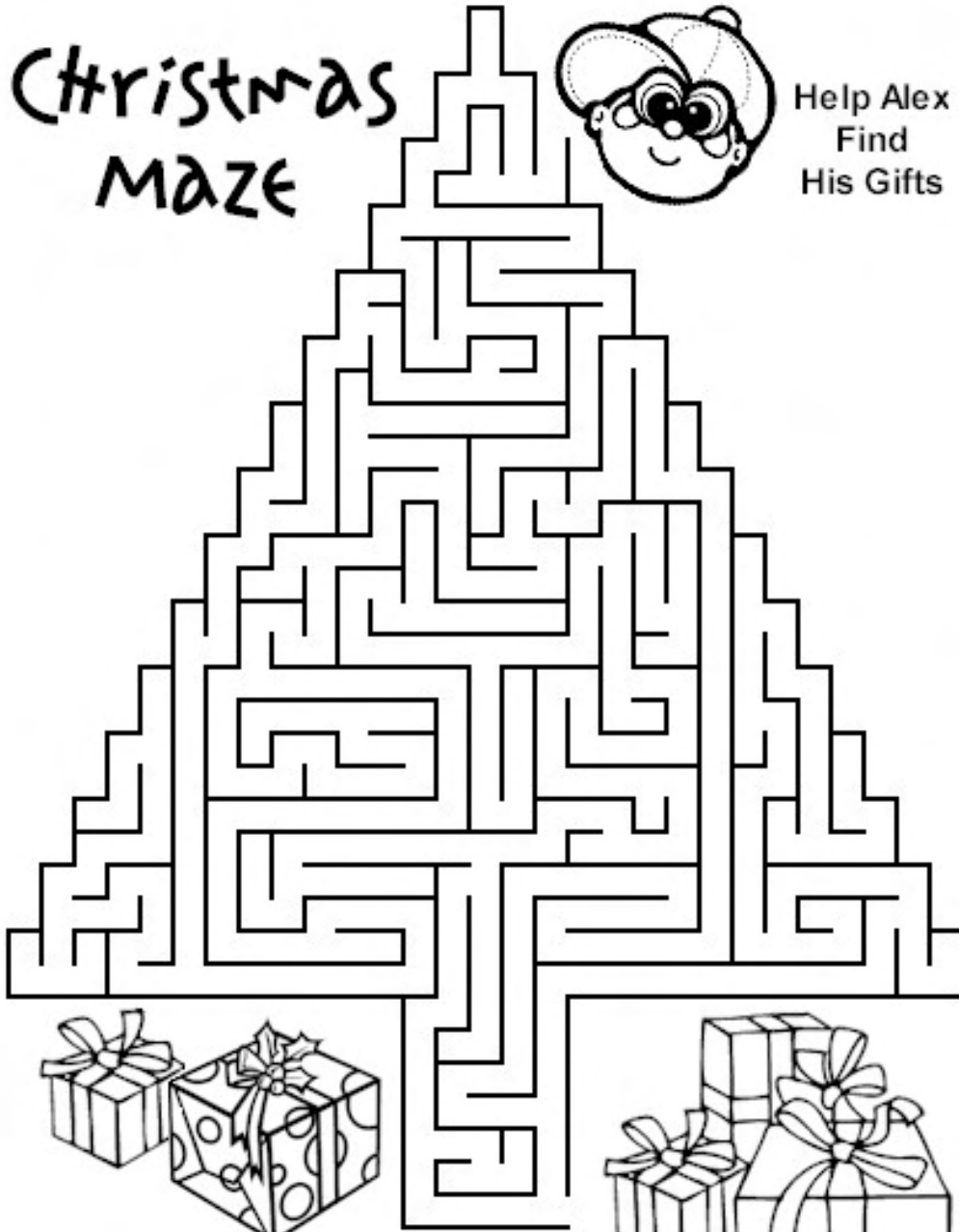
**Optional:** Roll the rocks in coloured glitter for a special touch the

**Note:** You can also do this and put in guiding items- key chain, small pins, crest etc wrapped in plastic baggies to keep them dry.

# Christmas MAZE



Help Alex  
Find  
His Gifts



# Girl Guides

## Here is a great resource for the Lady BP Challenge.

A member of the Alberta Program Committee Tamara Van Horne designed an 11 page booklet last year and it is now available on the Alberta website. As you probably know, the Lady BP challenge is not printed in the girls' book (Guides), only on the cards, so it can be hard for them to know what the requirements are and the Lady BP challenge takes a personal commitment from the girl to complete. You can download the Adobe file just go to [www.albertagirlguides.ca](http://www.albertagirlguides.ca)

## Pathfinders

### Peace Pin:

#### Materials:

- embroidery thread in listed colours
- scissors
- tacky glue
- 1/3 popsicle stick- sand off rough edges
- pin back

#### Directions:

1. Break popsicle stick in 1/3
2. Divide stick into 8 even sections
3. Wrap with embroidery threads in colour order as per list below 1 colour per section and glue at back.
4. When stick is completed attach pin back with glue gun and add

**Red** = Courage to take action against bullying

**Pink** = The Energy to get involved

**Yellow** = Loyalty to your friends

**Green** = Hope for a future free from fear

**Blue** = Faith in yourself and trust in others "A true blue friend"

**Grey** = Power and Dignity for all

**Purple** = The Strength to stand up for what you believe

**White** = A wish for peace

Taken together the colours of the rainbow represent our hope for tomorrow to be bully-free.

Attach this pledge to the pin to remind the girls what it means

**“I pledge to be a peaceful person,  
To be peaceful in my school,  
family, neighbourhood & community.  
To not encourage others to fights and to set a  
peaceful example for others to follow.”**

## Senior Branches

### Updates and Alerts

**Scholarships:** Reminder to all PA's to encourage your Senior Branch members to apply for Scholarships and bursaries.

Girl Guides of Canada-Guides du Canada runs a scholarship program for their Members each year. Last year 14, \$2,000 scholarships were presented to Members from across Canada.

Information on the 2008 Scholarship program is posted on the national website. **Members must apply for scholarship by April 1, 2008** so please allow at least 3 weeks to have you package arrive there on time.

BC Council also has a number of bursaries and scholarships to give out each year. The BC Council Bursary, Eva Pound Scholarship, and the Margery Dumphries Scholarship are also available to Senior Branches members who are graduating in 2008. Please watch the closing dates for submissions.

Go to [www.bc-girlguides.org](http://www.bc-girlguides.org) and click on Scholarships and Bursaries under Awards to download information about application forms for MIA bursaries: Guide Shop, Trefoil Guild and Edith Duncan-Krebs. Look for applications and criteria at the Guide Shop or online: [www.midislandgg.com](http://www.midislandgg.com) .

**2007 Chief Commissioner's Gold Award Ceremony:** Area Commissioners are reminded to submit Chief Commissioner's Gold Award certificate request forms to **Administrative Assistant Heidi Waechtler** ([adminassist@bc-girlguides.org](mailto:adminassist@bc-girlguides.org) or fax 604-714-6645) so that the girls can be added to the ceremony invitation list.

Girls who have completed the requirements by **December 31, 2007**, will be eligible to attend the ceremony in May 2008 in Victoria BC. Another reminder will be sent to Area Commissioners in late December / early January along with a list of girls in each area who are already on the invitation list.

**Senior Branches Program Update:**

It looks like the program will be broken into 8 different program areas..Community Connections..Explore your Creativity...Healthy Living....Your Future.... Leadership... Guiding...Global Awareness and the Outdoors.

They are looking at breaking it into two different levels..one a leadership level (modeled after the old Jr. Leader and Cadet Program) and the other one with a group of peer level (modeled after the old Ranger Program). What's really nice about this new program is that the girl can work in one level..and then the following year can switch to the other level without loosing anything.

**WISHING YOU  
AND YOURS  
A  
VERY HAPPY  
HOLIDAY**



*Joyce Wenner  
Program Adviser  
Mid Island Area*

This Feb 23, 2008 Mid Island Area will be holding a training session for all District Program Advisers [others too]. **“MID ISLAND AREA DISTRICT GUIDING TEAM DAY”**

Please mark it on your calendar and try to be there as this is a great way to network with the other program advisers in your district. Circle your calendar and watch for the applications coming out soon -

**DEADLINE FOR APPLICATIONS IS FEBRUARY 3, 2008**

**Saturday February 23, 2008**



**9:30 am to 3:00 pm**  
**St. Philips Church Lantzville**