

MID ISLAND AREA - GIRL GUIDES OF CANADA

PROGRAM NEWS

Issue: #31 December 2008

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As I write this on an unusual sunny and warm day my husband is busy outside putting up the holiday lights on the house and trees and I am trying to get my mind around the fact that Christmas is just 7 weeks away. By now your units should all be up and running – enrolments have or will soon be held as guiding programs are in full swing.

I would like to wish you all a very Happy Holiday Season and the best in 2009!

PROGRAM NEWSFLASH

I recently sent out information to DPAs in Mid Island Area on three new challenges/requests for volunteer **pilot units**:

National Eating Disorder Information Centre (NEDIC), for more information on doing this test project contact Jacqueline at lacroixj@girlguides.ca

Cookies Rising - plan a cookie meeting during the spring cookie campaign (February) where your unit will try out two activities. Your feedback and input will help to shape the new cookie program. More information for the “Cookies Rising” email programs@girlguides.ca

December 6 - National Day of Action - go to the GGC website to use the GGC Day of Action Toolkit, which has ideas for use with units. I encourage all the units to participate in these exciting opportunities and challenges.

Cybercitizen Challenge: Another new challenge was launched Nov 3rd. The Cybercitizen Challenge is designed to give girls and young women in Guiding the critical thinking skills they need to use digital technology safely and wisely. Topics covered in this Challenge include privacy, safety, online marketing and authentication of information. This challenge has been designed in cooperation with Media Awareness Network and replaces the You Go Girl in Technology Challenge. Check out Member Zone.

DATES TO REMEMBER

December 8 th 2008	MIA Meeting	Cookie money and registration money turned in from all districts
December 31, 2008	“Guides Get Active” Photo contest deadline	Girl Guides of Canada, Cookie Department, 50 Merton St., Toronto, Ontario M4S 1A3 email this entry and the photo/explanation to: ckhelp@girlguides.ca
January 26 2009	Chinese New Year	Year of the Ox
January 25 2008	Robbie Burns Day	

2009 World Thinking Day Card Opportunity

Create a World Thinking Day card that will be sent around the world.

BC Council would like to send a special greeting card for World Thinking Day 2009, a card created by a registered Member of Guiding in BC. The chosen card design will take Thinking Day greetings from BC Council to many people and organizations around the world including the WAGGGS World Bureau; Member Countries such as the USA, Japan, and Dominica; the Premier of BC; and even the Queen of England. **And this card could be your very own design!**

All registered BC Members are encouraged to submit a card design that reflects World Thinking Day and this year's WTD theme: "Stop the spread of AIDS, malaria and other diseases." Use your imagination, be creative and have fun!

All card designs are to include the Trefoil, which can be drawn, traced, or taken from the GGC website's clip art page: <http://forms.girlguides.ca/Clipart/> (this page is public).

Create your design on paper no larger than 8 ½" by 11".

On a separate piece of paper print:

- your name,
- iMIS number (if known),
- Guiding area and branch of Guiding (Sparks, Brownies, Guides, Pathfinders, Rangers or adults).

Send or deliver your design by before **January 8, 2009** to:

BC Girl Guides
Attention WTD Card
1476 West 8th Ave.
Vancouver, BC. V6H 1E1

CHALLENGES

In celebration of the International Year of Planet Earth, the first annual **WHERE Challenge** is a unique national contest that asks Canadian kids aged 10 - 14 years to discover the answers to these questions: What on Earth is in your stuff and WHERE on Earth does it come from? More than \$17-thousand in cash prizes will be awarded to regional and national winners, as well as schools. The non-profit **WHERE Challenge** is sponsored by EnCana Corporation and Teck Cominco Limited.

The WHERE Challenge is encouraging bright young minds to not only think about the many ways the Earth's resources support us, but also to contribute to future discoveries and ground-breaking innovations by considering Earth sciences as an exciting educational and career opportunity.

Participants are asked to create a story about what on Earth is in their stuff and **WHERE on Earth** it comes from. Participants pick a favourite object in their home, school or playground, identify one or more non-renewable Earth resources used to make that object and **WHERE on Earth** those resources come from. The story can be told through an essay, a poem, a song or a play, a painting or a poster, an audio, video or multimedia presentation or anything else you can dream up!

All participants between 10 and 14 years are encouraged to participate in the **WHERE Challenge**, and may be submitted as an individual or group entry. **Entries may be submitted between January 15th and February 28th, 2009.** Judging is based on creativity, accuracy and originality and winning entries will be used as promotional tools to raise awareness about Earth sciences. Up to seven regional cash prizes ranging from \$250 to \$100 will be awarded in BC. Three national grand prizes of \$3,000, \$2,000 and \$1,000 will be awarded also.

2008 GGC Girls Book Giveaway!

Contest

Prize Pack One: <ul style="list-style-type: none"> • Sophie and the Sea Monster • The Boy Who Ate the World and the Girl Who Saved It 	Prize Pack Four: <ul style="list-style-type: none"> • Marshmallow Magic and the Wild Rose Rouge • Where the River Takes Me
Prize Pack Two: <ul style="list-style-type: none"> • Newton and the Giant • Newton and the Time Machine 	Prize Pack Four: <ul style="list-style-type: none"> • An autographed copy of David Suzuki's Green Guide with a reusable shopping bag from Mabel's Labels
Prize Pack Three: The One and Only Zoë Lama The Legend of the Lost Jewels	Deadline: December 31, 2008

For more information and sign up entry log on to www.girlguides.ca/gcgirls/whats_new/contests/ggcbookgiveaway.html

BC Camping Challenge

The NEW BC Camping Challenge contains three categories:

- Culinary Capers,
- Camp Skills
- Outdoor Activities.

To earn a slice of the Challenge Crest (badge shown is in three sections), you need to have an overnight camping experience and complete challenges from each section. Sparks can camp for one or two nights; Brownies, Guides, Pathfinders and Rangers all need to camp for two nights.

To complete a challenge and earn a seasonal slice of the crest, please carry out the minimum number of challenges from each of the three sections as follows:

Sparks & Brownies: Two from Culinary Capers and Camp Skills, one from Outdoor Activity

Guides, Pathfinders and Rangers: Three from Culinary Capers and Camp Skills, one from Outdoor Activity

For more information on receiving your crest(s) contact your Area Camp Adviser.









Winter

Culinary Capers:

- ✎ Help plan the camp menu
- ✎ Wash your own dishes
- ✎ Use a liquid disposal pit
- ✎ Cook a pizza using fresh or dried herbs as part of the ingredients
- ✎ Go on a trail hunt - Use trail signs to find supplies for s'mores, then make them
- ✎ Use a buddy burner
- ✎ Make an English muffin pizza
- ✎ Try making pizza kebobs
- ✎ Learn a new grace - Use the grace at three meals while you are at camp



 **Outdoor Activities:**

-  Go snowshoeing or tobogganing
-  Build a snow man
-  Go skating outdoors
-  Make a plaster cast of an animal footprint
-  Make a bird feeder and hang it up
-  Play a Kim's game outside
-  Play a compass game
-  Using materials found at camp, create a new game

RANGERS

Bursaries and Scholarships

If you are graduating in June 2009, there are several Guiding scholarships you can apply for, both Provincially and Nationally.

BC applications are available from the provincial office or on the BC website:

www.bc-girlguides.org. Applications for the BC bursaries and scholarships are to arrive at the provincial office — BC Girl Guides, 1476 West 8th Avenue, Vancouver V6H 1E1-no later than 5 p.m. on the deadline dates listed below. If the deadline falls on a weekend applications will be accepted until 5 p.m. on the next business day.

Deadline dates are as follows:

Pat Drugge Adult bursary	February 15
BC Council bursaries	March 15
Eve Pound scholarship	April 15
Margery Dumfries scholarship	April 15

* More information to becoming on local awards

- Mid Island Area Awards
- Trefoil Guild Award

There are two scholarships available at the national level:

- Girl Guides of Canada-Guides du Canada Scholarship
- Roberta Bondar Scholarship

The GGC Scholarship is open to any Member who is entering or continuing post-secondary education. The Roberta Bondar Scholarship is for any Member who is entering third or fourth year or post graduate studies in the fields of mathematics, science, applied science or technology.

Application forms and criteria are available from national and provincial offices, www.girlguides.ca/memberzone or www.girlguides.ca.

Completed applications must be submitted by April 1 2009 to:

Scholarship Administrator
 Girl Guides of Canada-Guides du Canada
 50 Merton Street
 Toronto ON M4S 1A3

Web sites to check out for more scholarships!

- www.bc-girlguides.org
- www.girlguides.ca (Resources/Forms)
- www.scholarshipscanada.com/tips/guide.asp
- www.studentawards.com
- www.tdcanada.trust
- www.bcawardsonline
- www.wendysclassicachiever
- www.icbc.com (for Road Sense Team Scholarships)
- www.terryfox.org
- www.millenniumscholarships.ca

PATHFINDERS

Camping Recipes

Courtesy Camp the Wave- BC Camping conference 2008

GOOF BALLS	TRAIL SOUP MIX
<p>(10 count) cans refrigerated biscuits 20 chocolate Kisses 60 miniature marshmallows ¼ cup sugar 2 tsp cinnamon</p> <p>Heat oven to 350° F. Flatten biscuits and wrap one chocolate candy and 3 mini marshmallows in the center. Pinch edges together adding a drop of water if necessary, so that the candies are not poking out. Roll in mixture of cinnamon-sugar. Bake for 10 minutes. Serve immediately.</p> <p>Method: box oven/cabin</p>	<p>½ cup beef or chicken bouillon mix 2 tsp dried parsley 1 ½ cup dried carrot slices 1 ½ cup dried celery ¼ cup dried onion flakes 1 cup instant rice</p> <p>Combine all ingredients in a Ziploc bag. To make 2 servings, boil 4 cups of water. Add 1 cup of the soup mix. (Shake to distribute ingredients) Simmer for 10-15 minutes, until vegetables are tender.</p> <p>Method: backpacker's stove /camp stove</p>

Recipes for New Years

Mexican Bunuelos

Ingredients:

- tortillas
- cinnamon
- sugar

Directions:

- Deep fry flour tortilla in oil until light brown
- drain.
- Sprinkle with cinnamon sugar.
- Enjoy.

SPARKS AND BROWNIES

Salt Crystal Snowflake

* From issue #32 ON MY OWN

Materials:

Hot water (preferably boiled beforehand)

A cup or mug

Salt

Thick black paper – cardstock, not construction paper

Paintbrush

Instructions:

Boil water and pour into a cup that can withstand hot water.

Add a couple of teaspoons of salt and stir until it dissolves. Continue to add salt a teaspoon at a time until it no longer dissolves and there are salt crystals at the bottom of the cup even after stirring for a while.

Paint your snowflake on the black paper with the salt water. Leave your art to dry overnight.

TIP: every time you dip your paintbrush in the water stir it so the salt doesn't settle to the bottom.



January

The new year begins on January 1st, **New Year's Day**. January 6 is known as **Twelfth Night** and is the last day in the song *The Twelve Days of Christmas*, which starts on Christmas Day.

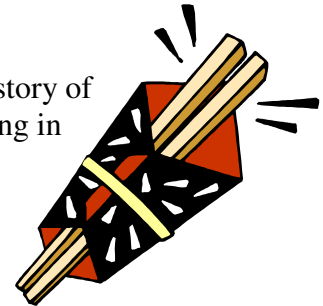
Chinese New Year starts on January 26. Welcome the Year of the Ox with lots of noise to chase all the evil spirits away. Chinese New Year is celebrated beginning the second new moon after the winter solstice - Dec 21. The celebration traditionally last 14 days (until the next full moon), but today it usually lasts a week. At midnight the oldest family member says the first New Year greeting *Gung hay fat choi*.



History of Chop Sticks and Fortune Cookies

- 1) In much of Asia, especially the so-called "rice bowl" cultures of China, Japan, Korea, and Vietnam, food is usually eaten with chopsticks. Chopsticks are two long, thin, usually tapered, pieces of wood. Bamboo is the most common material, but they are also be made of various types of wood, as well as plastic, porcelain, animal bone, ivory, metal, coral, agate, and jade.

- 2) Like chop suey, fortune cookies are an American invention. One history of the fortune cookie claims that David Jung, a Chinese immigrant living in Los Angeles and founder of the Hong Kong Noodle Company, invented the cookie in 1918. Concerned about the poor he saw wandering near his shop, he created the cookie and passed them out free on the streets. Each cookie contained a strip of paper with an inspirational Bible scripture on it, written for Jung by a Presbyterian minister. Another history claims that the fortune cookie was invented in San Francisco by a Japanese immigrant named Makoto Hagiwara. Hagiwara was a gardener who designed the famous Japanese Tea Garden in Golden Gate Park. An anti-Japanese mayor fired him from his job around the turn of the century, but later a new mayor reinstated him. Grateful to those who had stood by him during his period of hardship, Hagiwara created a cookie in 1914 that included a thank you note inside. He passed them out at the Japanese Tea Garden, and began serving them there regularly. In 1915, they were displayed at the Panama-Pacific Exhibition, San Francisco's world fair.



Environment

All those piece of craft paper, old magazines can be turned in to fun wrapping paper and cards by using the scraps to make collages. Draw templates of trees, stars etc and fill them in with pieces of the "leftovers".

CRAFTS

Easy Christmas Decoration

What you need:

- small sized balloons
- white glue
- red and or green wool
- gold cord
- glitter

Directions:

- 1) Wrap a small inflated balloon with green or red chunky wool soaked in a mixture of white glue and water 2 parts glue to one part water.
- 2) Sprinkle with glitter and allow drying.
- 3) When dry - pop the balloon
- 4) Attach string to ornament.
- 5) You could do different sizes and make a wreath, or hang them on a tree.

Old Christmas Card Wreath

Want a green way to use up your old Christmas cards?

What you need:

- used Christmas cards – all colours and designs
- plain cardstock – optional
- a template of a holly leaf
- white glue
- glue gun-
- styro foam wreath shape 10” size
- Or use a large paper plate with the center cut out and make it fuller using newspaper twisted to make a wreath shape. Cover with green tissue paper.



Directions:

- 1) Trace holly leaf shapes on old cards
- 2) Cut holly leaf shapes. You will need a lot of them
- 3) Glue a toothpick onto the back of the leaf to form a 1 inch pick
- 4) Stick them in and glue them around the wreath so as to completely cover it.
- 5) Fan and overlap the leaves
- 6) Attach a cord to the back to hang on the door.

SNOWMEN TREE ORNAMENT

What you'll need:

- large craft sticks
- small twigs
- white and black acrylic craft paint
- orange toothpicks
- colorful felt
- Glittery chenille sticks
- Shiny pom poms
- Black craft foam
- Buttons or sequins
- Ribbon
- Hot glue gun
- Scissors



How to make it:

1. Paint the craft sticks white and let dry completely.
2. Break twigs into pieces about 3 inches long.
3. Cut strips of colorful felt to make scarves, fringe the ends with scissors.
4. Cut the end off of an orange toothpick, about 1 inch long.
5. Cut a hat out of black craft foam.
6. Using the wrong end of a paintbrush, dip the end into black paint, then dot on an eye, repeat for the other eye. Repeat this process for the mouth. Or, use a round-tip marker.
7. Glue the orange toothpick nose in place.
8. Tie the felt scarf around the snowman's neck, or simply fold over to look like it's blowing in the wind, and then glue it in place.
9. Glue on hat. If you prefer ear muffs, cut a piece of chenille stick to fit around top of head, then glue in place. Glue on pom poms for the muffs.
10. Glue buttons or sequins in a line below the scarf.
11. Cut a piece of ribbon 8-10 inches long for the hanger. Fold in half and glue the open ends together on the back of the snowman's head.
12. Lastly, glue on the stick arms and let your snowman dry in a safe place where he won't get bumped.

Tips:

There is a very large variety of colorful chenille sticks, pom poms, and felt available at craft supply and Dollar stores.

If you don't have any felt, or if you prefer to use a patterned fabric, remnants make great scarves! Gingham and stripes give your snowman a country feel.

Teach children to respect the environment by either picking dead branches off a bush or tree, or to gather them from the ground.

<http://crafts.kaboose.com>

Pop Out the Cork

Add pop to a dining room with wine corks wired to tiny red jingle bells- Suitable for older girls and leaders.

What you Need:

- 22 corks of the same size
- 22 small (3/8 of an inch) red bells bought from a crafts store.
- Green floral wire
- drill
- ribbon
- silk holly or poinsettia flower



Directions

- Drill a small hole (just big enough to fit your wire through) 1/4 of an inch from the top of each cork and another 1/4 of an inch from the bottom.***It is very important to make sure all the drilled holes at the top line up with the holes at the bottom.
- Using long, green floral wire, push the wire through all the bottom holes of the corks.
- Leave enough wire at both ends when finished for tying closed later.
- Cut another long piece of floral wire to string the tops of the corks together, alternating with the bells.
- Tie ends of wire at the top and bottom, twisting to close and make a wreath shape.
- Decorate the top by gluing a silk flower or holly leaves
- Hang with length of ribbon.

HOLIDAY CANDY TREE DECORATION

MATERIALS NEEDED:

- Coloured felt
- Lollipop sticks [available at craft stores]
- Glue gun
- White cello wrap
- Ribbon
- Cording



DIRECTIONS

- cut felt lengthwise into 1 cm wide strips
- roll the strips and secure with glue – you can use two co-ordinating colours and roll them together 2 toned sucker
- attach stick to back of roll
- cut a 12cm square cello wrap
- cover the sucker and secure with ribbon
- attach cord or tree hanger

ROBBIE BURNS DAY

Robert Burns (25 January 1759 – 21 July 1796) (also known as **Rabbie Burns**, **Scotland's favourite son**, the **Ploughman Poet**, the **Bard of Ayrshire** and in Scotland as simply **The Bard** was a poet and a lyricist. He is widely regarded as the national poet of Scotland, and is celebrated worldwide. He is the best known of the poets who have written in the Scots language, although much of his writing is also in English and a 'light' Scots dialect, accessible to an audience beyond Scotland. He also wrote in standard English, and in these pieces, his political or civil commentary is often at its most blunt. As well as making original compositions, Burns also collected folk songs from across Scotland, often revising or adapting them. His poem (and song) ***Auld Lang Syne*** is often sung at New Year [Hogmanay],

Burns Night, effectively a second national day, is celebrated on **25 January** with Burns suppers around the world, and is still more widely observed than the official national day, Saint Andrew's Day, or the proposed North American celebration Tartan Day. The format of Burns suppers has not changed since Robert's death in 1796. The basic format starts with a general welcome and announcements followed with the Selkirk Grace. Just post the grace comes the piping and cutting of the haggis, where Robert's famous ***Address To a Haggis*** is read and the haggis is cut open. The event usually allows for people to start eating just after the haggis is presented.

HAGGIS

After you have removed the heart, liver and lungs from the sheep you'll need to parboil them for a few minutes then pour the water out and get some fresh. Continue boiling for another half-hour and remove the heart and continue cooking the liver until it will grate easily. Trim away all skin from heart, cut liver in half (set back the other half for later).

Mince together liver, heart and lungs and add a pound of beef suet. Take the other half of liver and grate. Add chopped onions, some dry toasted oatmeal (cook in oven until it's a light brown color). Add two teaspoonfuls of meal and spread the mince on a board and scatter the meal lightly over it with a generous seasoning of salt, pepper, a little cayenne and marjoram, well mixed.

Have a clean sheep's stomach waiting, stuff with meat and about half-pint of beef gravy. You have to allow the meat room to swell so be sure not to fill the bag too full. Press out the air with your hands and sew up the bag. When it first swells up in the pot go ahead and prick it with a large needle to prevent it from erupting. Let it cook slowly for three hours.

RECIPE FOR BAGLESS HAGGIS

1/2 lb. Beef liver
3/4 lb. Lamb shoulder
2 lamb kidneys
1/4 lb. Beef suet
1 cup oatmeal
1 cup stock
2 onions, chopped
salt & pepper



*Boil all meat for about an hour. Let cool and grate liver. Chop up rest of meat & suet. Toast oatmeal in oven, shaking occasionally. Mix meats, onions, oatmeal and suet together with a cup of stock in which liver and meats cooked. Add salt and a generous amount of pepper. Put into greased bowl or small pan. Cover with two layers of foil and steam on a rack in a pan of boiling water for approximately 2 hours. Serves 6.