Mid Island Area GIRL GUIDES OF CANADA
PROGRAM NOTES

Issue # 2 February 2006

This month I would like to highlight the Challenges and give you some program ideas. As you may be aware March 8th is the annual "International Women's Day" and Canadians celebrate this from Sunday March 5th to 11th. The Famous Five Challenge works well with this event.

Also an update on the new Program items; the Echo Pak should be delivered by late spring; and the new Pathfinder program will be having badges rather than the proposed Italian charm bracelets due to feedback from girls [90% didn't want them] plus the cost was so high.

Question please: To all units who have a special needs member in your unit. Patricia Barrett is the Prov. Special Needs advisor and would like to have contact with those unit leaders to create a data base plus to give assistance and guidance where and when needed. Contact her at **Patricia.Barrett@redcross.ca**.

Famous Five Challenge:

The term Famous 5 refers to the five women who took part in the 'Persons' Case. This Case was based on a challenge to the laws of Canada which stated that women were not considered 'persons' under the law and, therefore, could not hold "appointed" positions. Emily Murphy, Nellie McClung, Henrietta Muir Edwards, Irene Parlby and Louise McKinney helped lead the way in this case and were leaders in many of the reforms to laws affecting women and children today.

Crests are $.85 each and are available from Alberta Guide Shop:
info@albertagirlguides.com

Women's History Challenge:

By doing this Challenge, you'll have fun and learn lots about the great accomplishments of women in Canadian history.

To take the Challenge:

- Participate in two activity options for your branch.
- Complete the evaluation form and send it to the National Office.

- Go to your local Guide Shop to purchase a crest

For more information on this challenge and Women's History, please download the Women's History leader information kit at the National Girl Guide Website - **www.girlguides.ca** and search under program ideas.

Science and Technology:

Technology:

Why not use the **Cookie Crest Design Contest** for the technology side of this Challenge by using the computer and the clip art available from **GGC**. The criteria is available on the national website at **www.girlguides.ca/default.asp?id=888**

The contest is open to units across Canada in all five branches. Only **one** crest design may be submitted per unit. Design the crest together at a unit meeting or hold a crest design contest for your girl members. It's really up to you and the girls to decide on which crest you will submit for your unit.

Submission Deadline: April 1, 2006. Submissions should be sent to **Girl Guides of Canada, Cookie Department, 50 Merton St., Toronto, Ontario M4S 1A3.**

Science:

Sparks:

Select at least 2 of the following areas of interest and do an applicable activity - either the one listed here or another equivalent challenge.

Science Experiment

Structures: Explore how to build a tower that is stable and will support itself.

Materials for each team: 15-20 Gumdrops, 20-30 marshmallows (preferably the little ones), 40 toothpicks (round ones with 2 pointy ends).

Step 1) Divide the girls into teams of three.

Step 2) Each team should build a tower with the materials provided. The goal is to build the highest tower possible, without it tipping over.

Step 3) They can now dismantle the tower and eat the marshmallows and gumdrops!

Tips: They need to build a strong base before trying to build it high. Cross bracing (i.e. triangles with the toothpicks) help to reinforce the structure.

When the tower starts to tip over, quickly place some toothpicks in the way that it is tipping to support the tower better. There is no wrong design!

Buoyancy: Explore the effect of boat design on its ability to hold weight.

Materials for each girl: piece of aluminum foil approximately 30 cm by roll width. Also, bring a large container, or several buckets, and lots of pennies (100 or so).

Step 1) Give each girl a piece of aluminum foil. Direct them to make a boat with it. Tell them you will be counting how many pennies it will hold without sinking.

Step 2) Fill the large container or buckets (or use the sink) about halfway full of water. Float a couple of boats at a time. Drop the pennies one by one into each boat (the girls can help count!).

Step 3) Discuss the designs with the girls. Can they see why some boats took on water very quickly (perhaps there was a hole or a fold in the foil, at the water level)? Can they see why some boats held many pennies (perhaps the boats had large flat bottoms or higher sides)?

Tips: Let their imaginations guide them in their design because you want a variety of boat designs to illustrate why some boats hold the pennies and why some don't.

Watch the Egg Swim

Materials Needed:

- ☺ 3 eggs
- ☺ 3 jars
- ☺ Salt

Method

A. Fill one jar with tap water. Carefully drop in egg. Does the egg float?

B. Fill another jar with tap water and salt (plenty of salt). Carefully drop in egg. Does this egg float?

C. Fill the last jar with half tap water and half salt water. Carefully drop in egg. Does this egg float?

What Happens and Why

Tap water does not contain anything to help the egg to float. The density of the salt water helps the egg to sit on top. Mixing half tap water and half salt water can match the

density of the egg and help it to float in the jar. If it doesn't work at first, try adding a bit more salt.

Guides/Pathfinders:

Mold Terrarium

Materials Needed:

- ☺ A clear container with a lid that can be thrown away
- ☺ Adhesive tape
- ☺ Water
- ☺ Some leftover food (you can use whatever is in your refrigerator), such as bread, fruit (like oranges, lemons, or grapes), vegetables (like broccoli, zucchini, or green pepper), cheese, and cookies or cake. **Do not use anything with meat or fish in it--after a few days, these would start to smell very, very bad.**

Method

A. Dip each piece of food into some water and put it into your container. If you use a big jar, lay it on its side. Try to spread the pieces out so that they are close to each other, but not all in a heap.

B. Put the lid on the container. Tape around the edge of the lid to seal it. Put the container in a place where no one will knock it over or throw it away. You may want to label it "Mold Terrarium."

C. Every day, look at the food in your Mold Terrarium:
—What happens as the days pass by?
—What food started getting moldy first?
—What color is the mold?
—How many different colors do you see?
—What texture is the mold--flat, fuzzy, bumpy?
—Does everything in your Mold Terrarium get moldy?
—Does mold spread from one piece of food to another?
—Do different kinds of mold grow on different types of food?

What Happens and Why

That fuzzy stuff growing on the food in your mold terrarium is mold, a kind of fungus. Mushrooms are one kind of fungus; molds are another.

Unlike plants, molds don't grow from seeds. They grow from tiny spores that float around in the air. When some of these spores fall onto a piece of damp food, they grow into mold.

Green plants are green because they contain a chemical compound called chlorophyll. Chlorophyll makes it possible for green plants to capture the energy of sunlight and use it to make food (sugars and starches) from air and water. Unlike green plants, mold and other fungi have no chlorophyll and can't make their own food. The mold that grows in your mold terrarium feeds on the bread, cheese, and other foods. The mold feeds itself by

producing chemicals that make the food break down and start to rot. As the bread rots, the mold grows.

Ick! Who wants this stuff around?

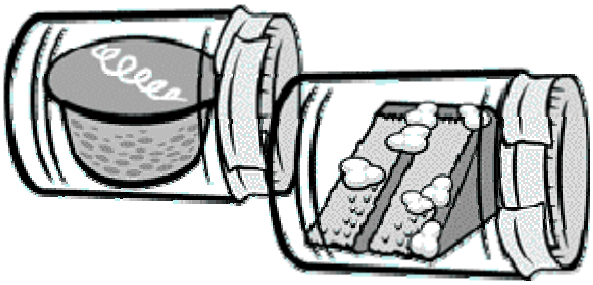
It can be annoying to find moldy food in your refrigerator. But in nature, mold is a very useful thing. Mold helps food rot, which is an icky but necessary thing. In a natural environment, rotting things return to the soil, providing nutrients for other plants. Mold is a natural recycler.

Why does the mold on different foods look different?

There are thousands of different kinds of molds. One mold that grows on lemons looks like a blue-green powder. A mold that grows on strawberries is a grayish-white fuzz. A common mold that grows on bread looks like white cottony fuzz at first. If you watch that mold for a few days, it will turn black. The tiny black dots are its spores, which can grow to produce more mold.

Why didn't some foods get moldy?

If you used foods that contain preservatives, mold may not have grown very well on them. If you want to experiment more with mold, you can make one mold terrarium using food with preservatives (like a packaged cupcake) and another using food that doesn't have preservatives (like a slice of homemade cake). Which one grows more mold? You can also experiment with natural preservatives like vinegar and salt. If you do more experimenting, let us know what you discover!



Make a Pizza Box Solar Oven!

This solar oven has been adapted from many designs. Please feel free to improvise!
The pizza box solar oven can reach temperatures of 275 degrees, hot enough to cook food and to kill germs in water. A general rule for cooking in a solar oven is to get the food in early and don't worry about overcooking. Expect the cooking time to take about twice as long as conventional methods, and allow about one half hour to preheat.

What You'll Need

- Recycled pizza box
- Black construction paper
- Aluminium foil
- Clear plastic (heavy plastic works best)
- Non-toxic glue, tape, scissors, ruler, magic marker
- Wooden dowel or straw

How to Make Your Pizza Box Oven

Draw a 2.5cm border on all four sides of the top of the pizza box. Cut along three sides leaving the line along the back of the box uncut. (Diagram #1)

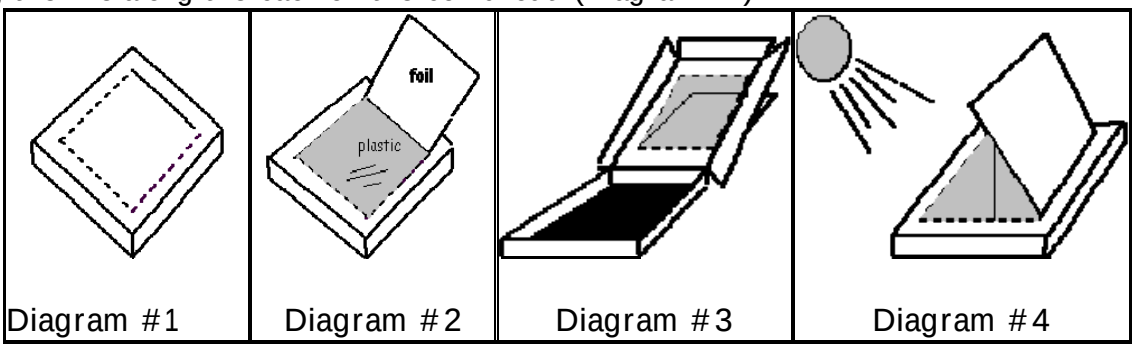


Diagram #1 | Diagram #2 | Diagram #3 | Diagram #4

Form a flap by gently folding back along the uncut line to form a crease. (Diagram #2) Cut a piece of aluminum foil to fit on the inside of the flap. Smooth out any wrinkles and glue into place. Measure a piece of plastic to fit over the opening you created by forming the flap in your pizza box. The plastic should be cut larger than the opening so that it can be taped to the underside of the flap. Be sure the plastic becomes a tightly sealed window so that the air cannot escape from the oven interior.

Cut another piece of aluminum foil to line the bottom of the pizza box and carefully glue into place. Cover the aluminum foil with a piece of black construction paper and tape into place. (Diagram #3)
Close the pizza box top (window), and prop open the flap of the box with a wooden dowel, straw, or other device and face towards the sun. (Diagram #4) Adjust until the aluminum reflects the maximum sunlight through the window into the oven interior.

St Patrick's Day Ideas

St. Patrick's Day Punch

Ingredients:

1/2 gallon lime sherbet
2 litre bottle of 7-up or Sprite
Let the sherbet soften in the refrigerator for about 1 to 2 hours before preparing. Mix sherbet & soda in punch bowl or large mixing bowl with a hand mixer on medium speed until well blended. Serve immediately or chill in the refrigerator

Soda Bannock*: This is a fruit bread that does not require yeast, easy for kids to make.*

Ingredients:

8 ounces of flour (2 cups)
1 level teaspoon of salt
1 level teaspoon of cream of Tartar
1 level teaspoon of baking soda
Buttermilk (about 1/8 litre)
1/2 ounce butter or margarine (1/8 of a stick)
1/2 ounce sugar (1/8 cup)
optional: 1/4 cup, traditionally raisins or currents

Sieve the flour, salt, cream of Tartar and baking soda.
Rub in the butter with your fingertips.
Add the sugar and raisins, mix well.

Mix in a small amount of buttermilk to form a wet dough - the amount is about 1/8 of a litre box of buttermilk. You should be able to pick up and handle the dough, but it should also be pretty damp and stretch easily.

Dust a countertop with flour and knead the dough a little (the fun part of bread making!).

Then form the dough into an oval shape a couple of inches high, roll it in flour and place it in a floured baking pan. Flatten it to about 1 - 1/2 inches height with the backs of your hands in the pan.

Bake for half an hour at 350 F. Check that the center is cooked with a toothpick before you take it out.

St. Patrick's Day Quiz

S	I	R	T	O	C	K
H	D	I	R	A	S	T
S	A	M	P	E	B	H
	N	E	R	U	C	E
G	C	P	R	R	H	A
R	E	E	N	Y	A	T
L	S	I	N	G	U	N

Starting at the "Lucky Leprechaun's hat, find the following words to do with St. Patrick's Day (letters need to be connected to each other, but can go any direction):

- Shamrock
- Green
- Leprechaun
- Pub
- Eat
- Toast
- Sing
- Dance
- Merry

Left over letters spell this issue's "Quarterly Quiz" answer

CRAFT PAGE

Leprechaun Pony Bead Pattern

You need:

--26 Green Pony Beads
--4 Ivory Pony Beads
--7 White Pony Beads
--6 Black Pony Beads
--2 Silver Pony Beads
--4 Feet 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 the pattern below left as a guide.

Leprechaun Hat

You need:

--24 Green Pony Beads
--4 Black Pony Beads
--2 Silver Pony Beads
--4 Feet 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 the pattern below right as a guide.